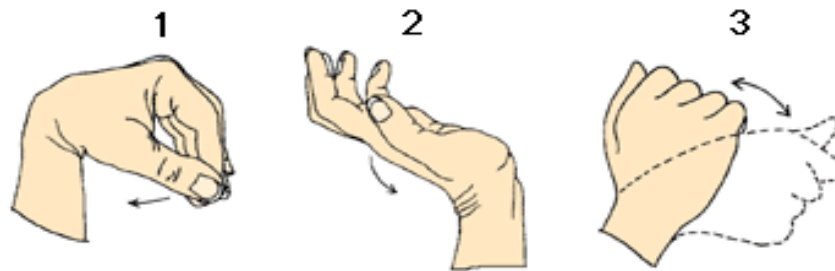
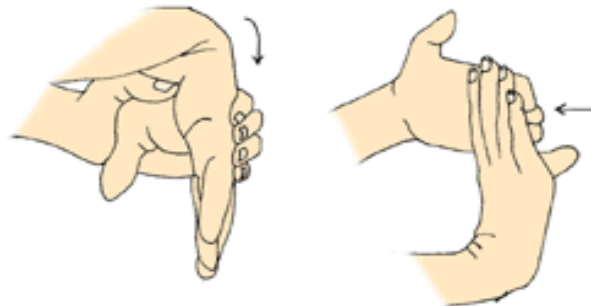


Exercícios para os pulsos



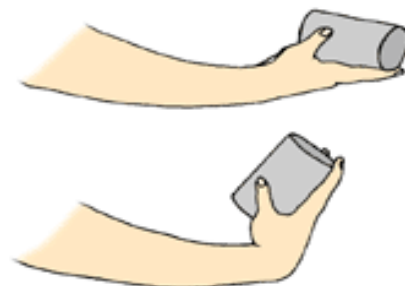
Movimentos de estiramento máximos



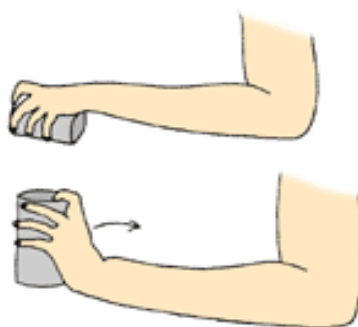
Ao nível do pulso



Palma aberta, abrir e fechar dedos



Flexões do pulso



Extensões do pulso



Fortalecimento do agarre