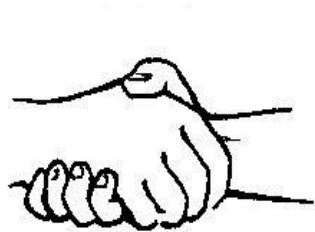
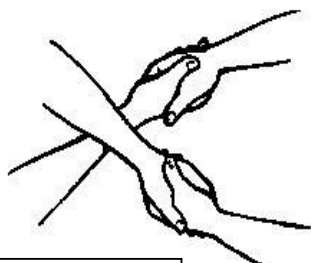


GINÁSTICA ACROBÁTICA

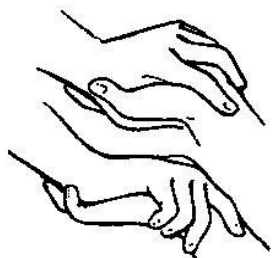
TIPOS DE PEGA



PEGA SIMPLES



PEGA DE PULSOS COM ENCAIXE DE DEDOS



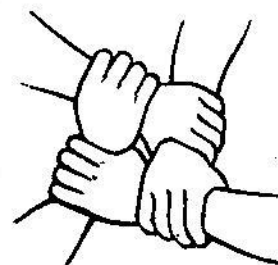
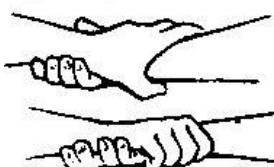
PEGA SIMPLES



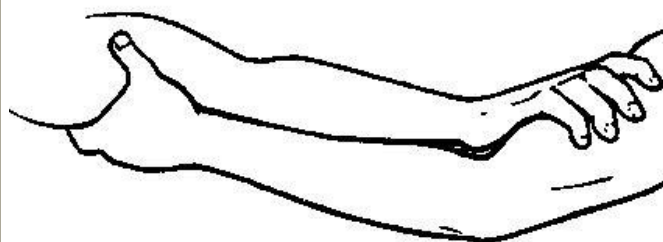
PEGA DE DEDOS



PEGA DE PULSOS



PEGA ENTRELAÇADA



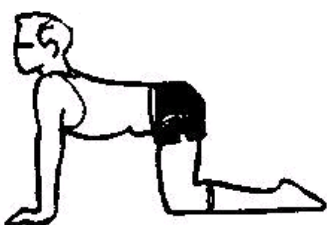
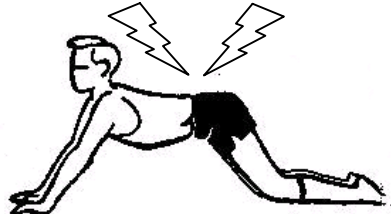
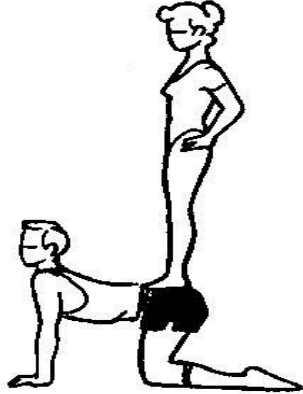
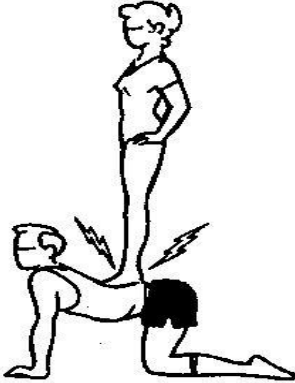


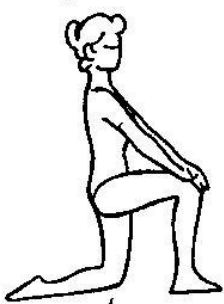
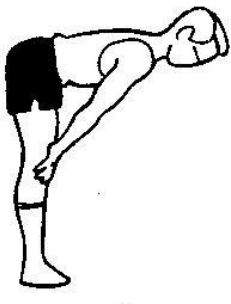
PEGA DE BRAÇOS



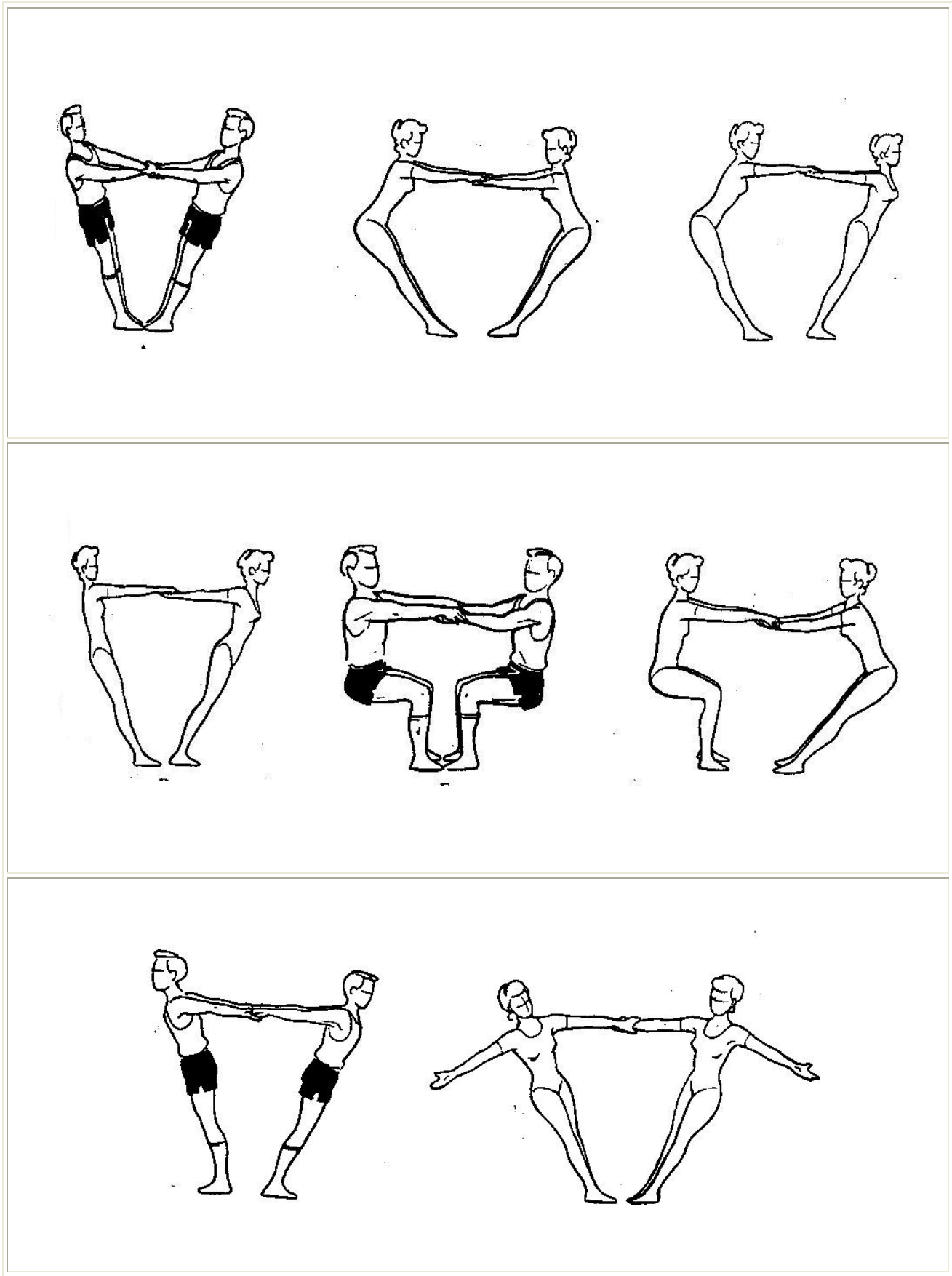
PEGA MÃO/PÉ



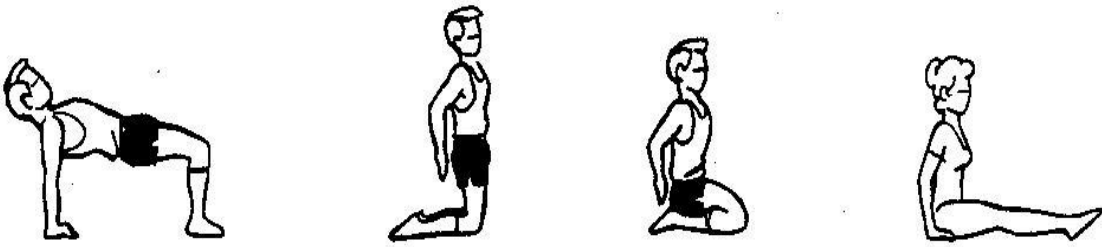
EXERCÍCIOS DE POSTURA (alguns exemplos)

 <p>A</p> <p>CORRECTO</p>	 <p>B</p> <p>INCORRECTO</p>	
 <p>A</p> <p>CORRECTO</p>	 <p>B</p> <p>INCORRECTO</p>	
 <p>A</p> <p>CORRECTO</p>	 <p>B</p> <p>INCORRECTO</p>	 <p>A</p> <p>CORRECTO</p>  <p>B</p> <p>CORRECTO</p>

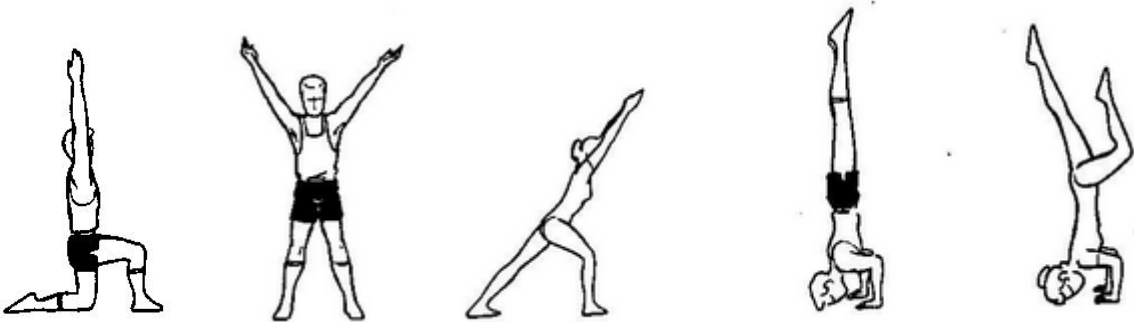
EXERCÍCIOS DE CONTRA-PESO



SINGULARES

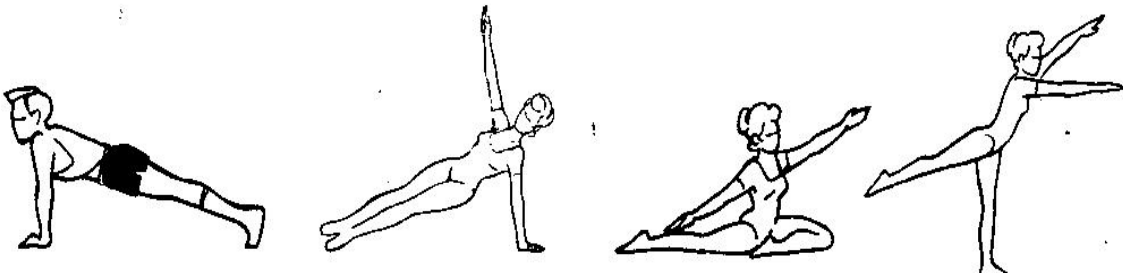


INICIAÇÃO



INICIAÇÃO

INTERMÉDIO

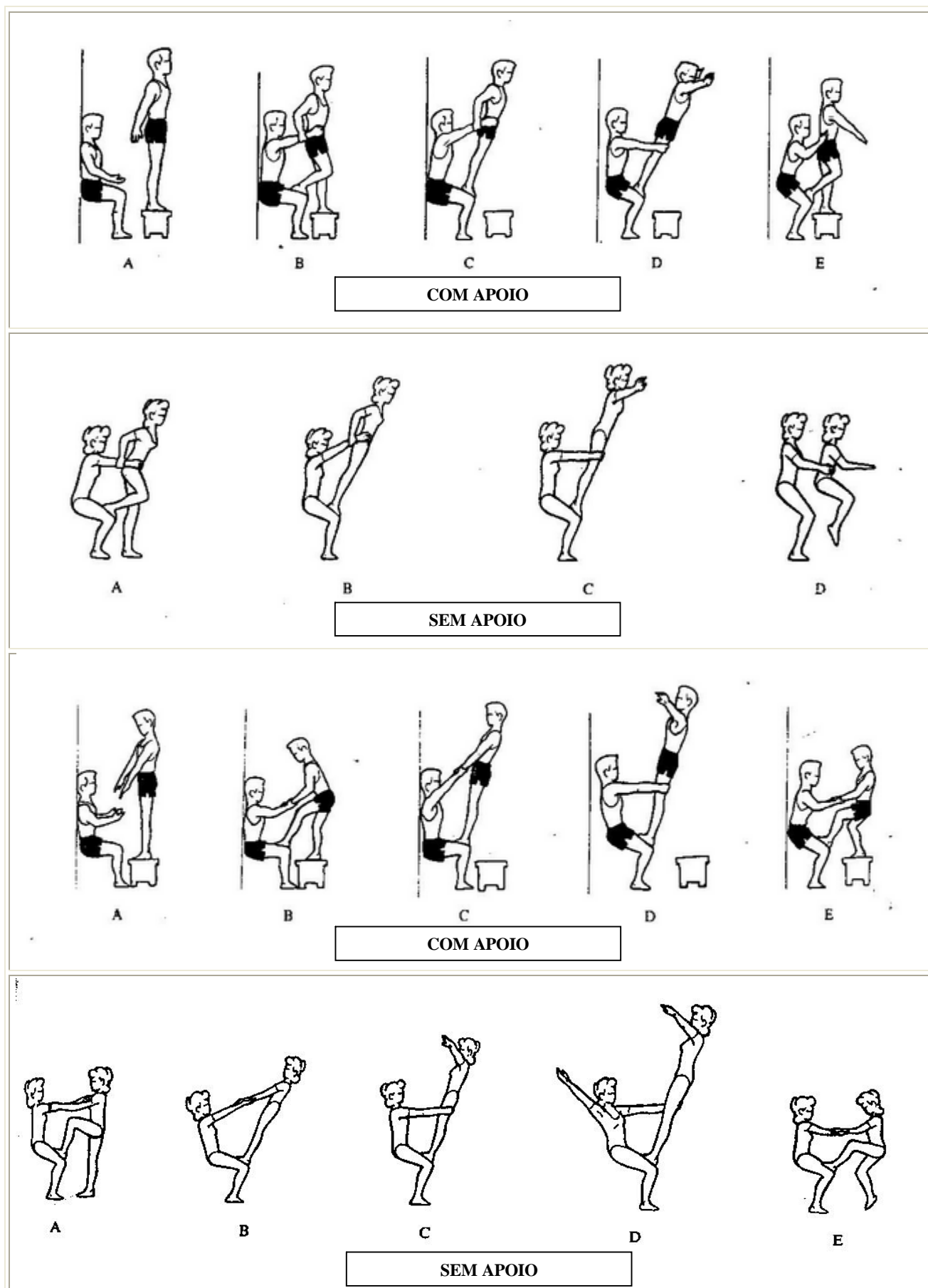


INTERMÉDIO

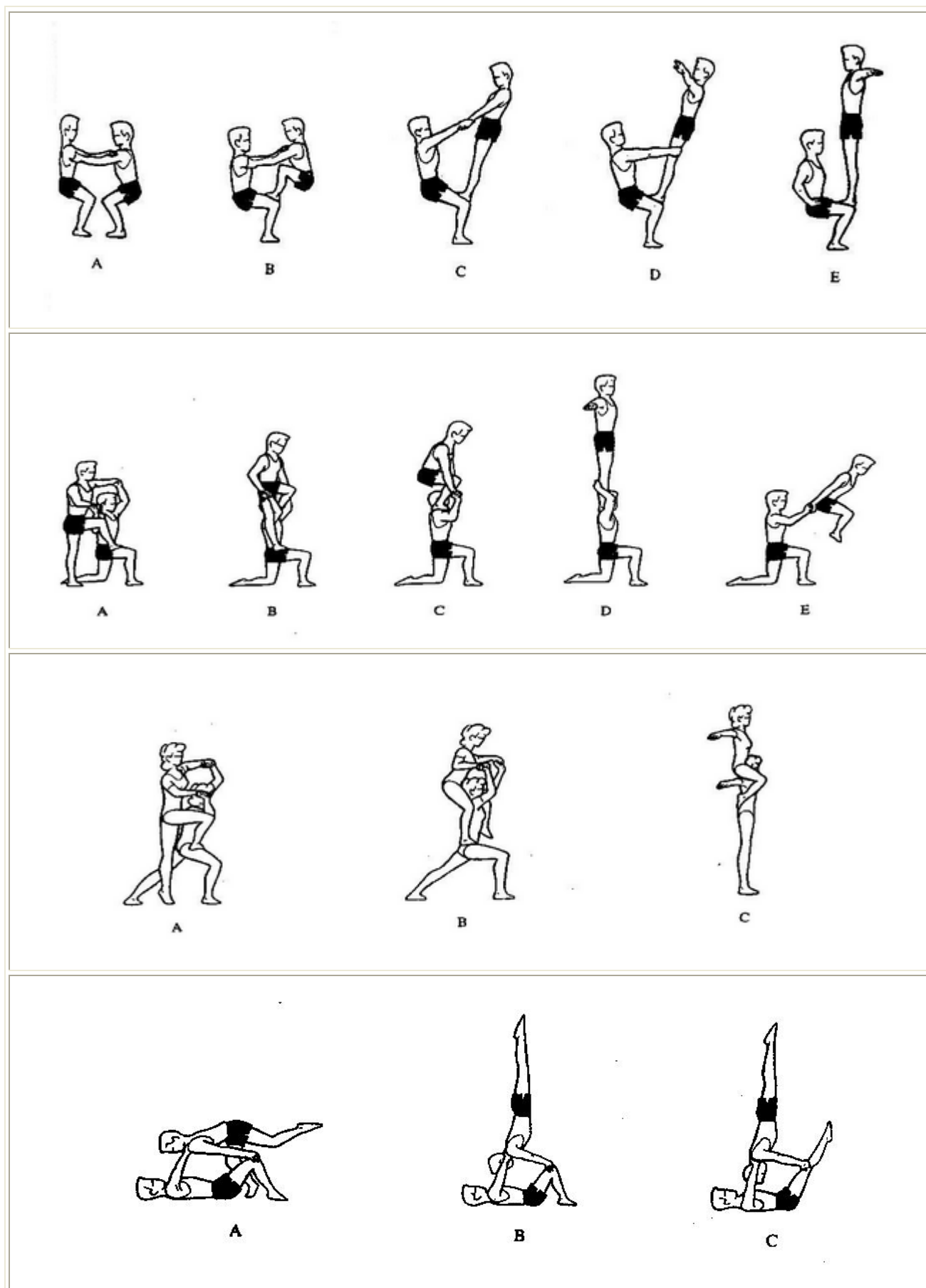


AVANÇADO

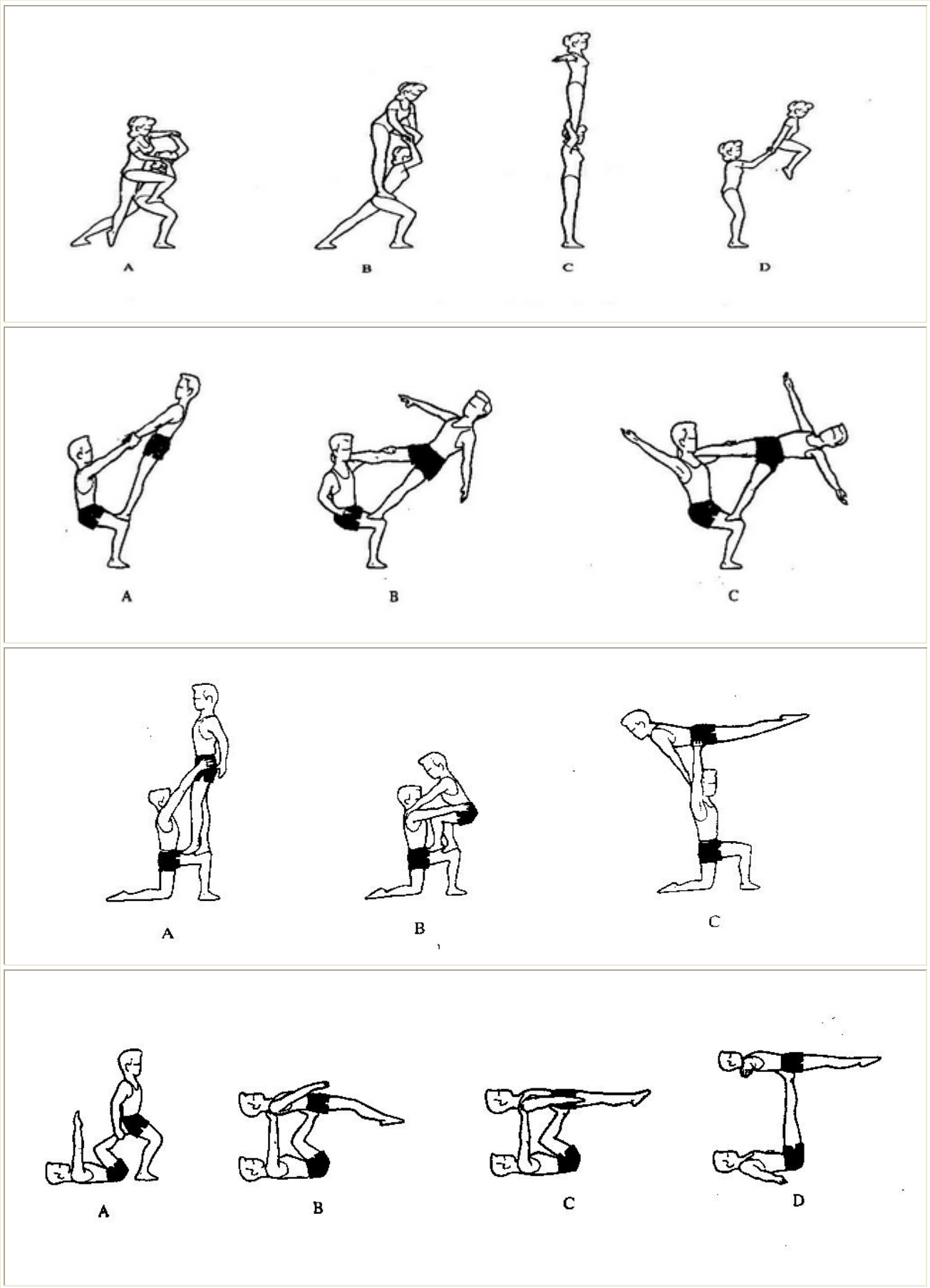
MONTES SIMPLES (iniciação)



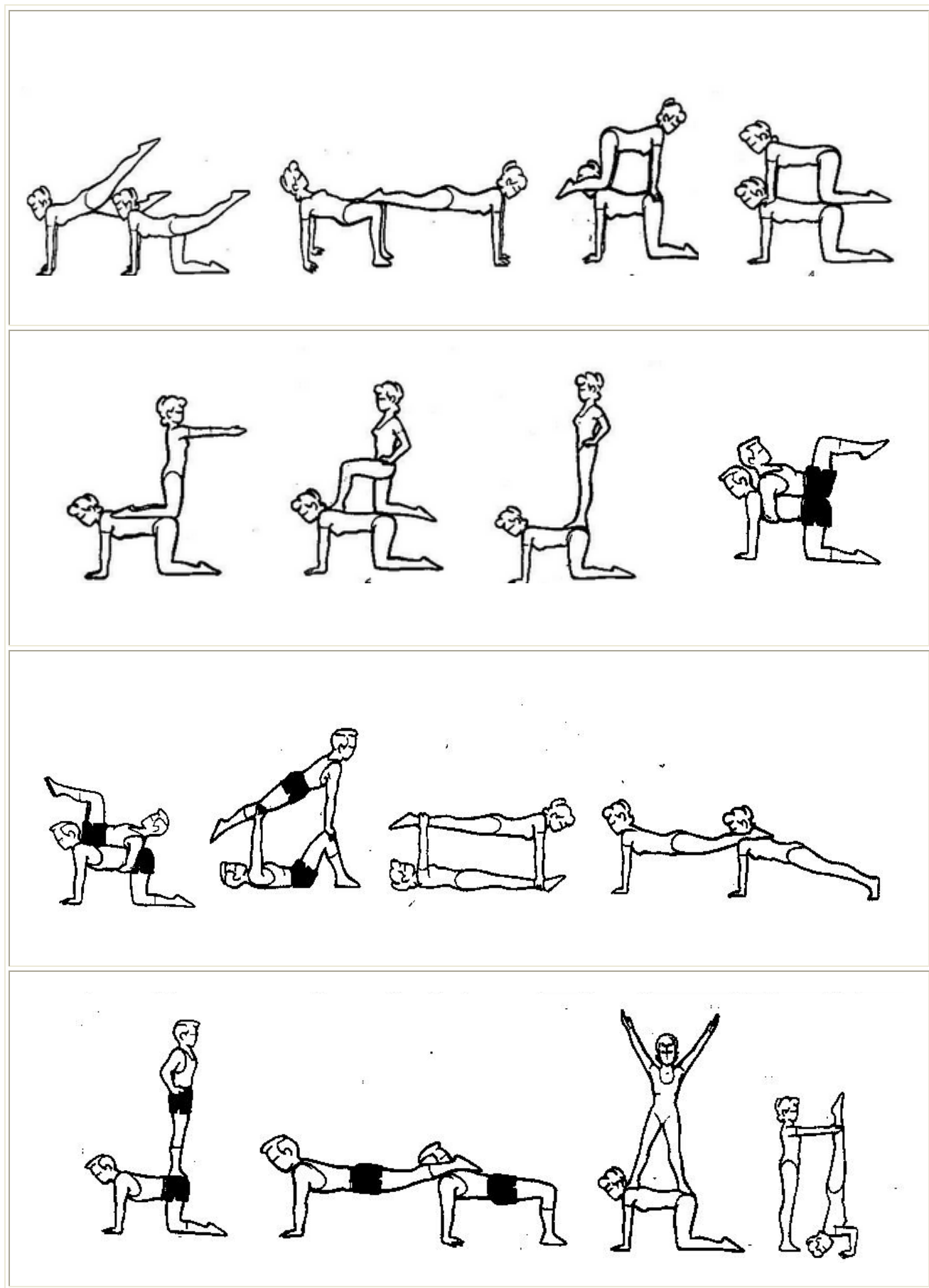
MONTES SIMPLES (intermédio)



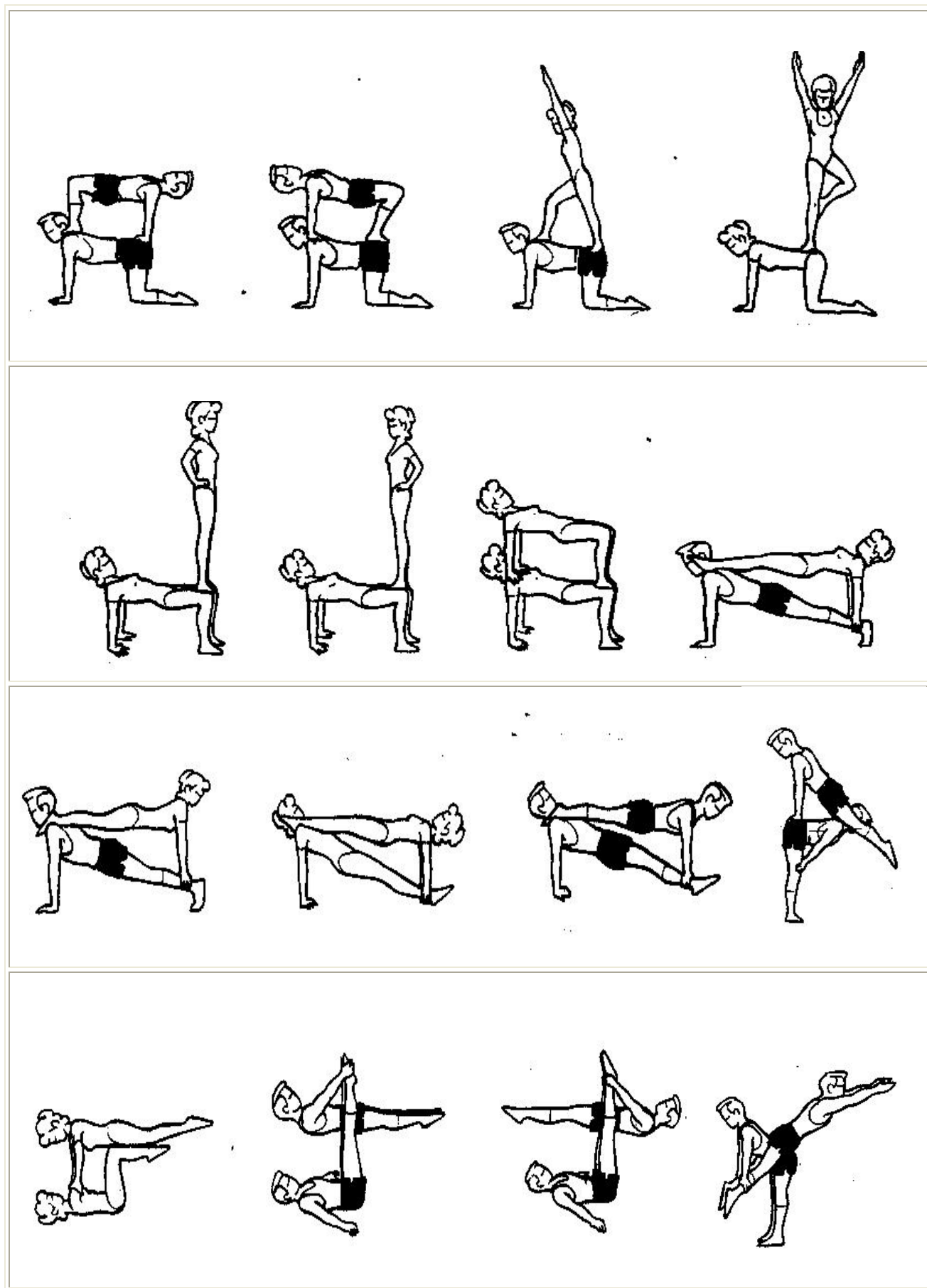
MONTES SIMPLES (avançado)



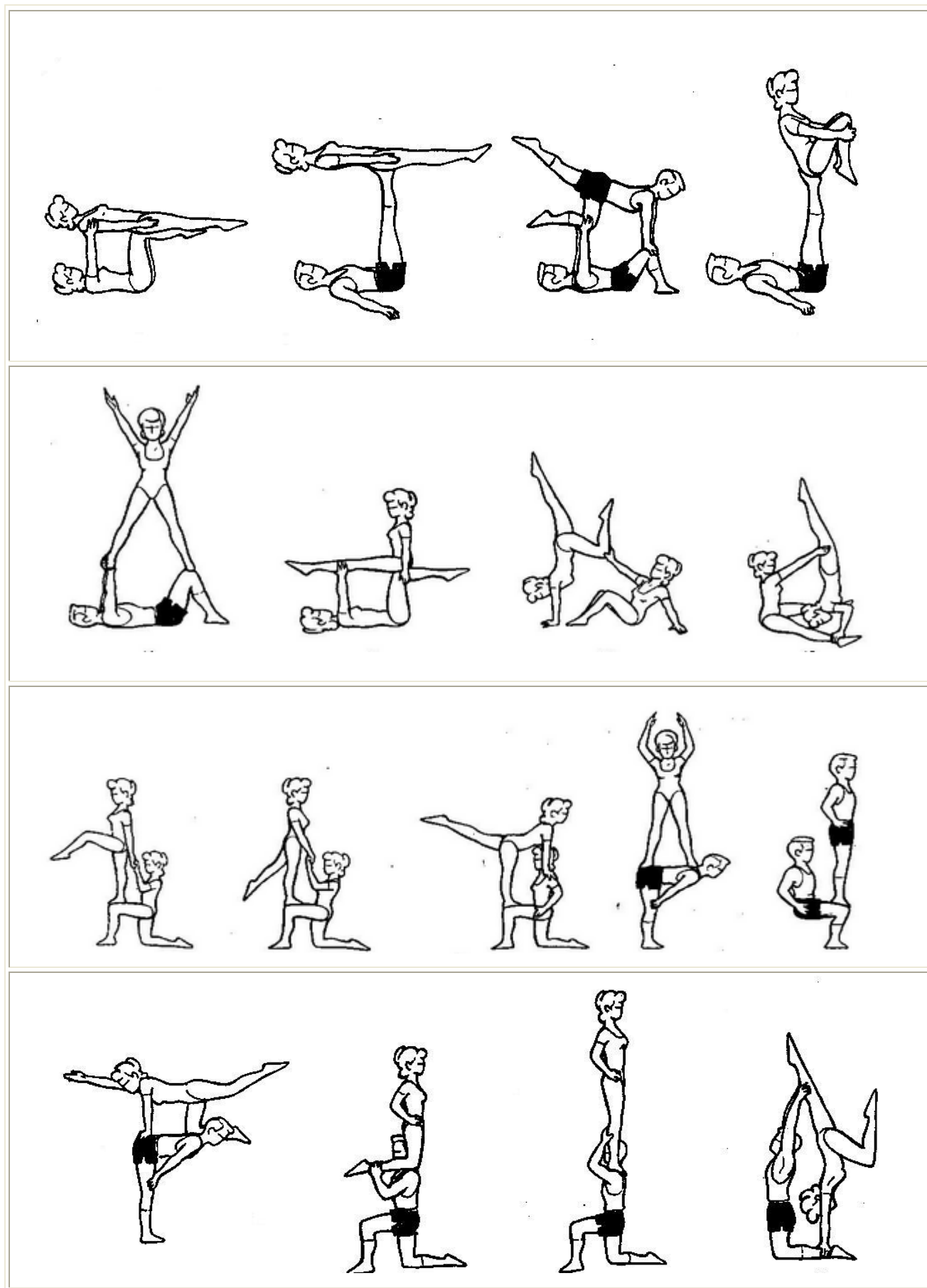
PARES (iniciação)



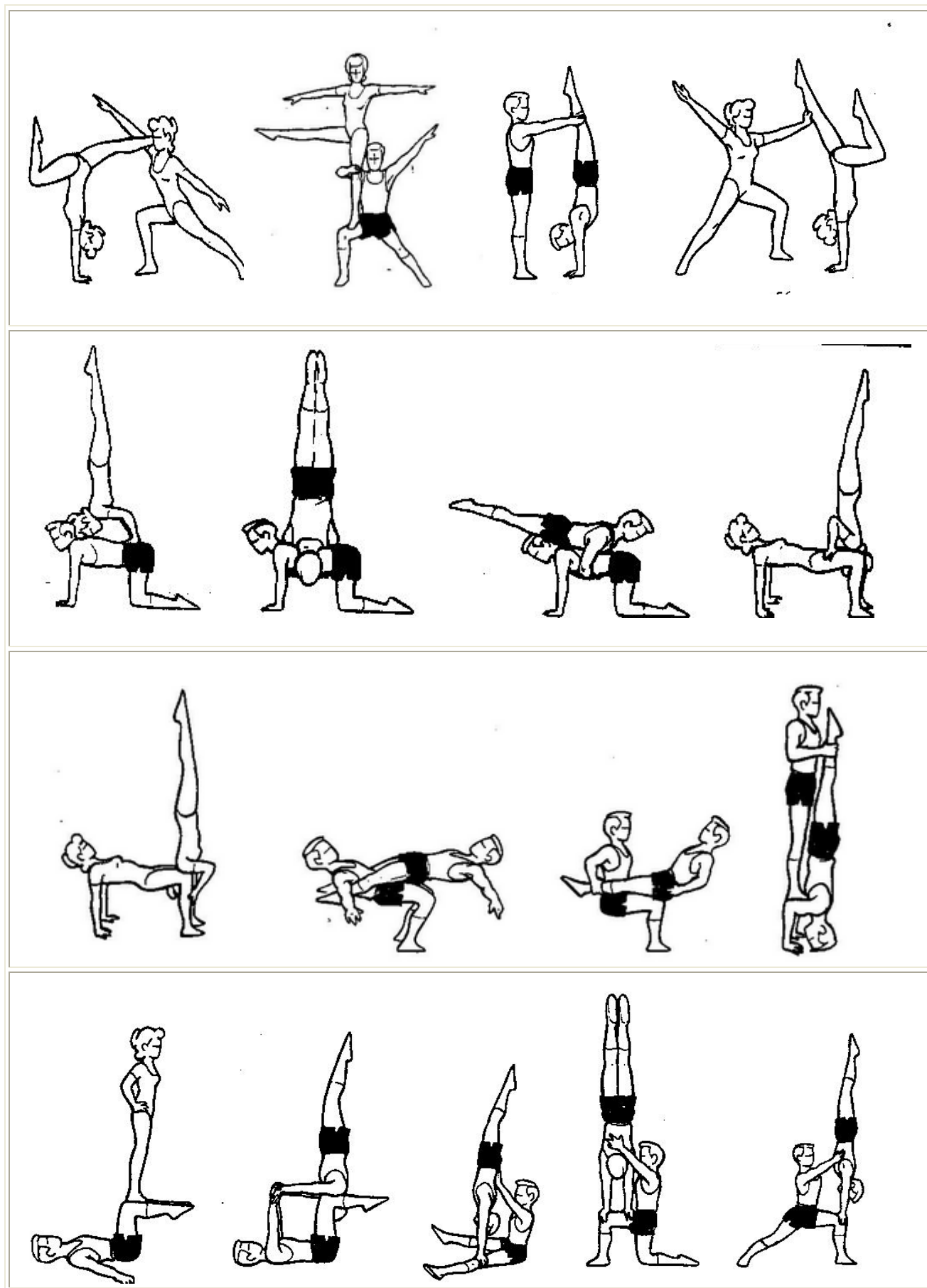
PARES (intermédio)



PARES (intermédio; cont)



PARES (avanzado)



MONTES A TRÊS



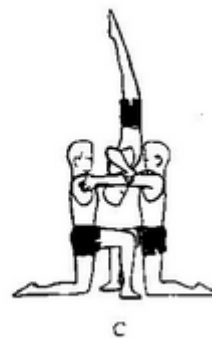
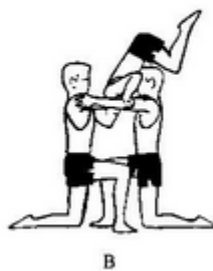
INICIAÇÃO



INICIAÇÃO

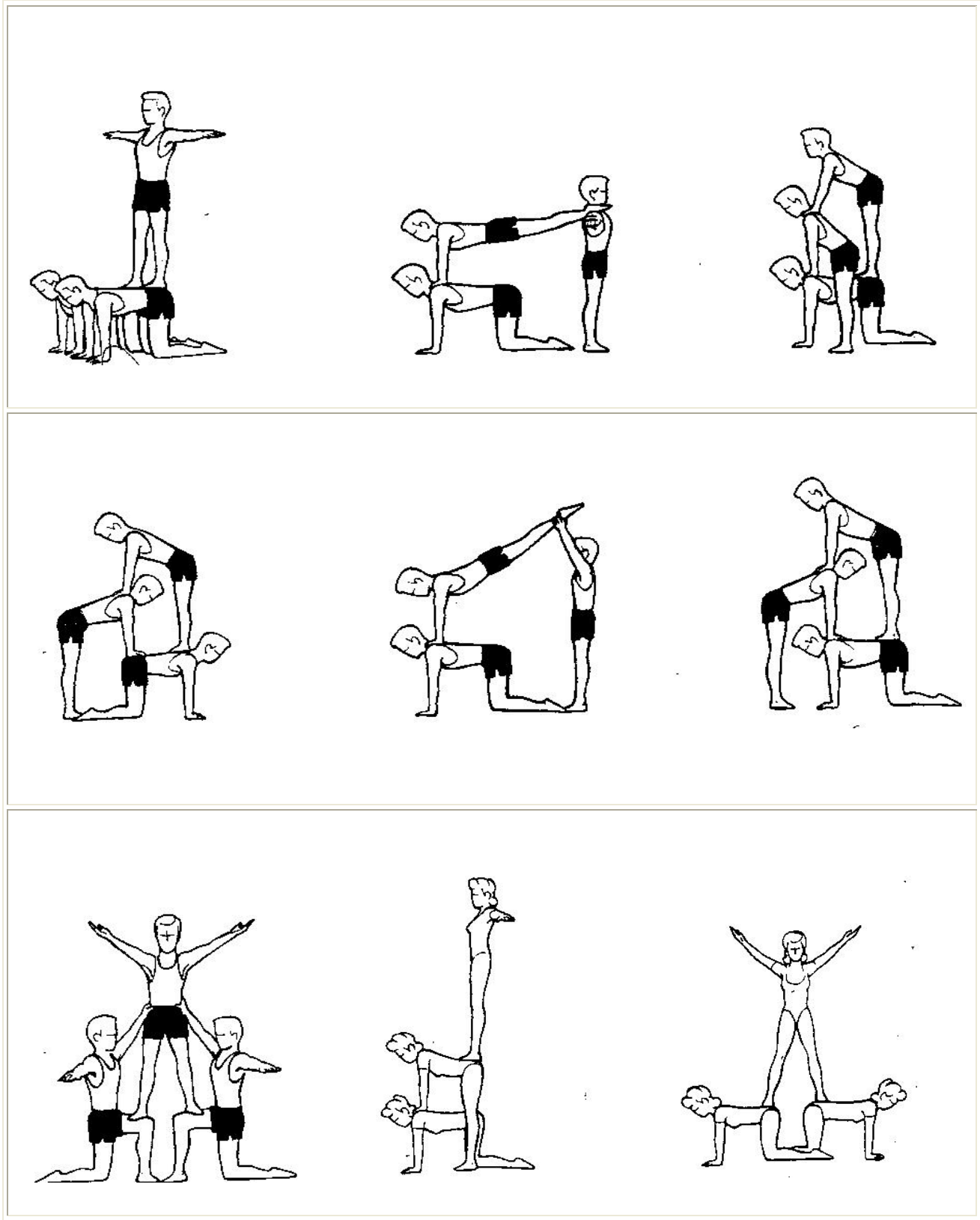


INTERMÉDIO

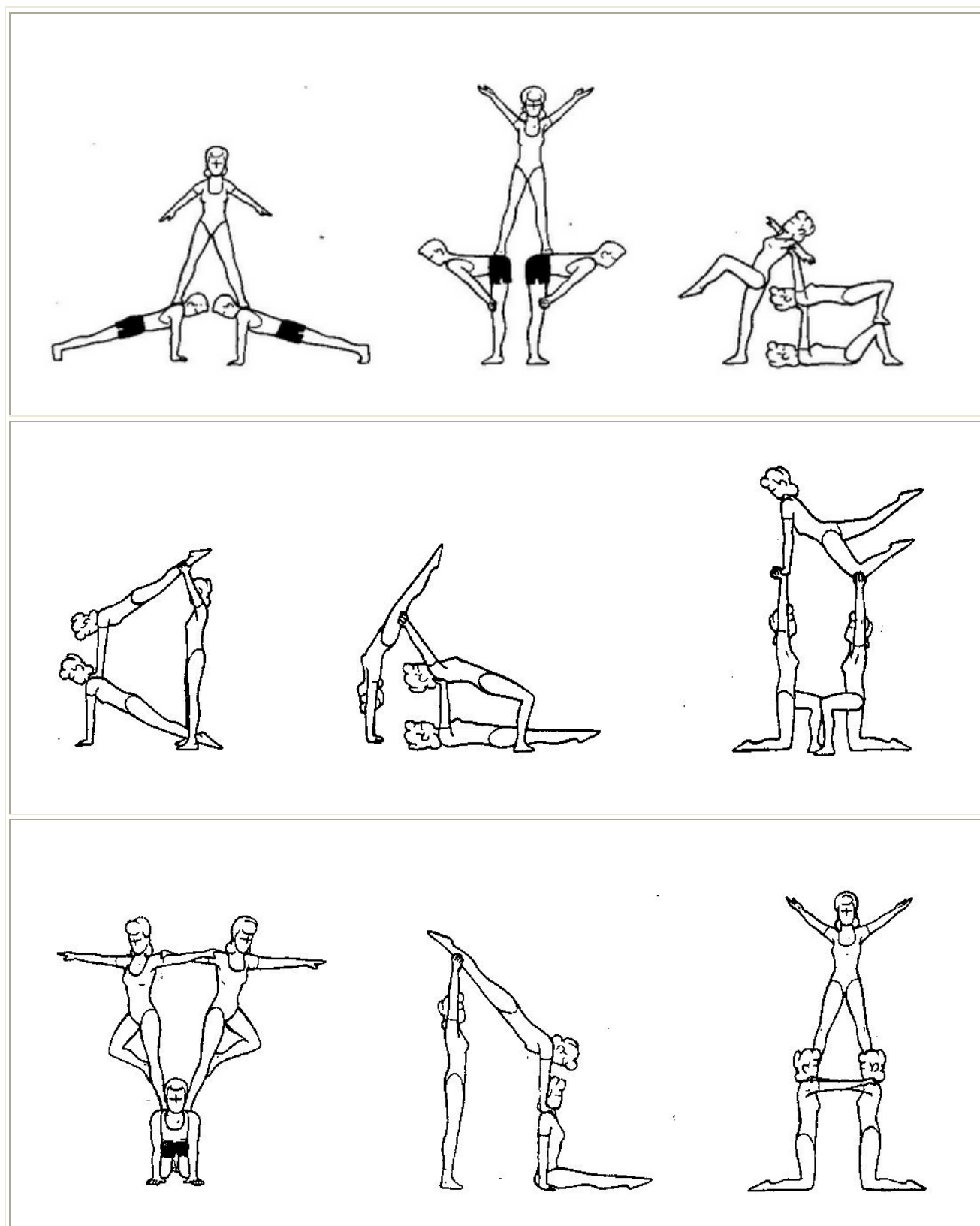


AVANÇADO

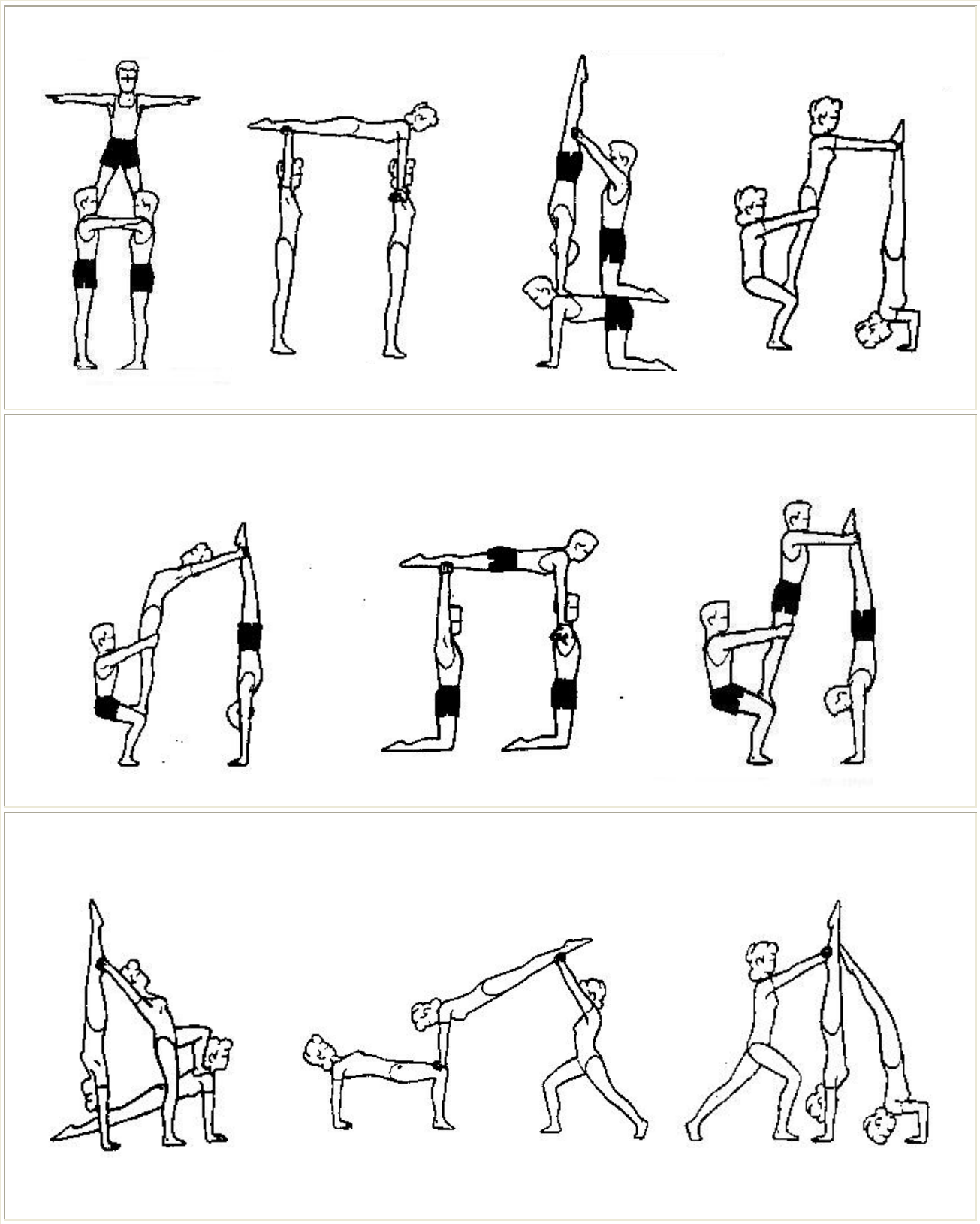
TRIOS (iniciação)



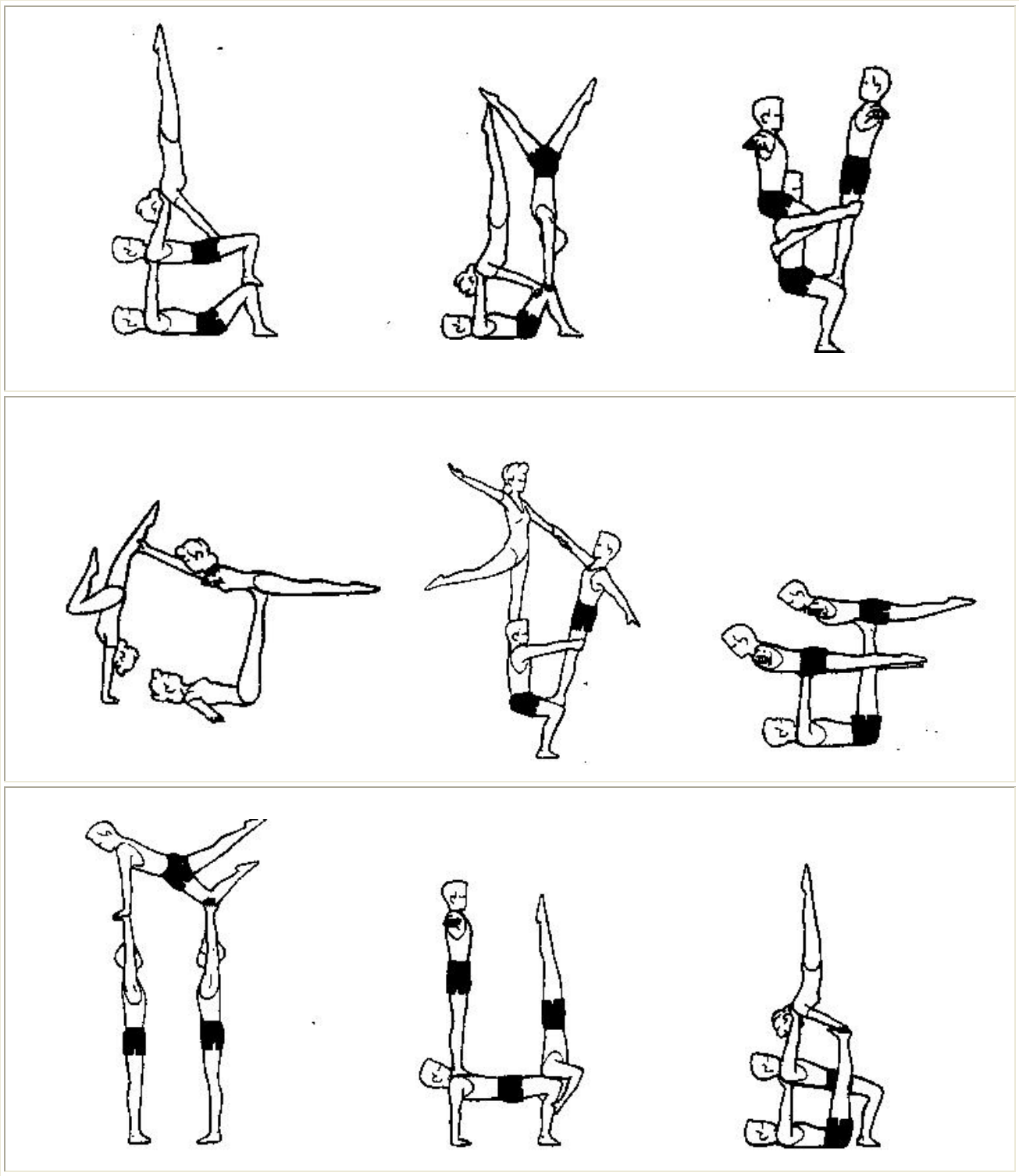
TRIOS (intermédio)



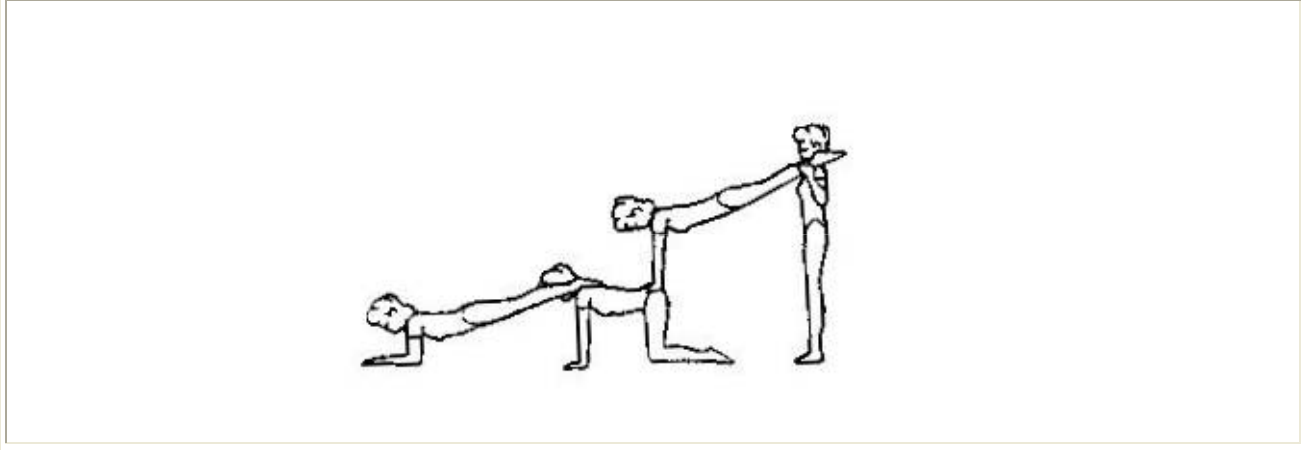
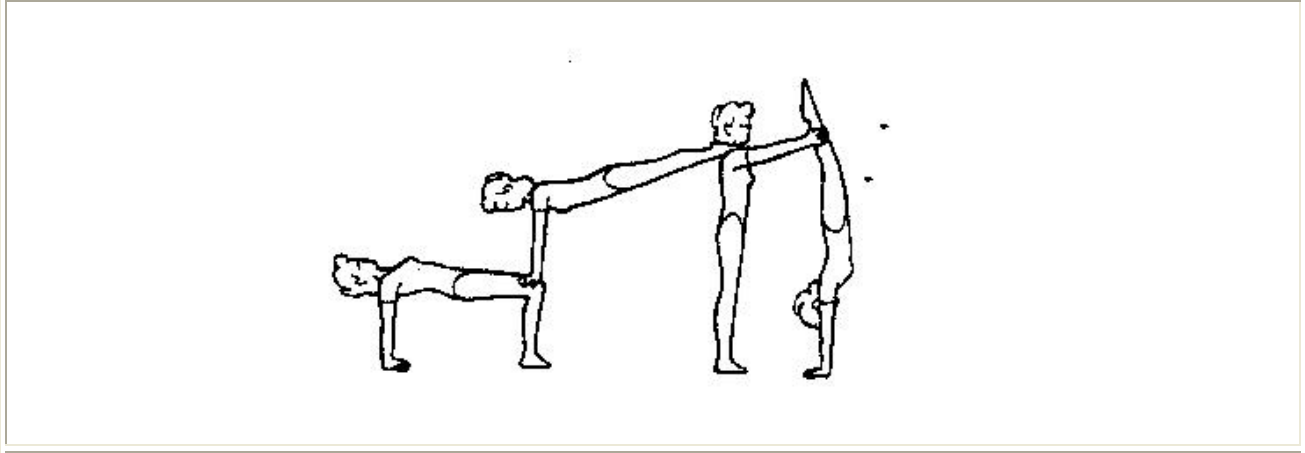
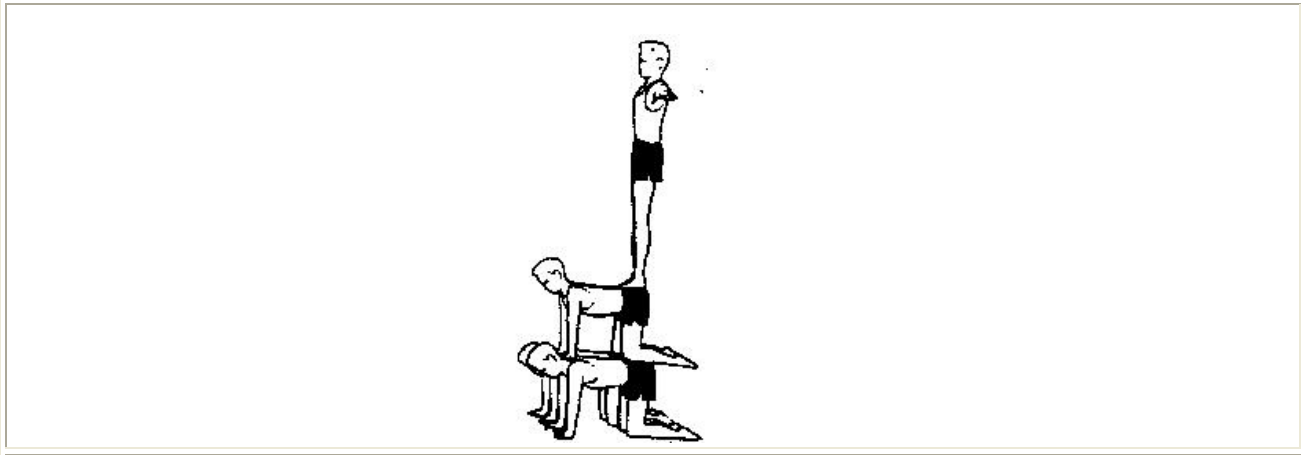
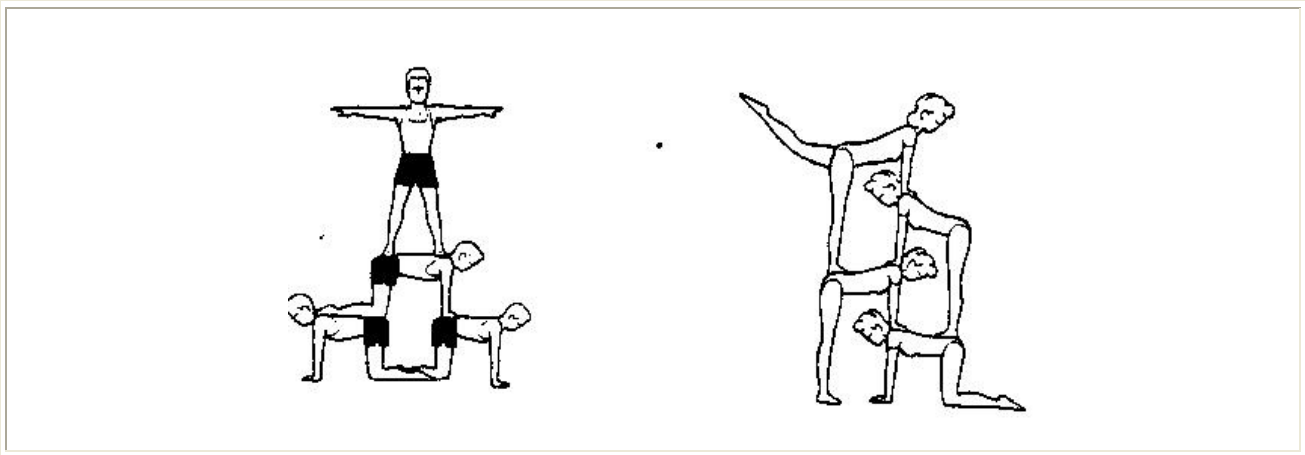
TRIOS (intermédio; cont)



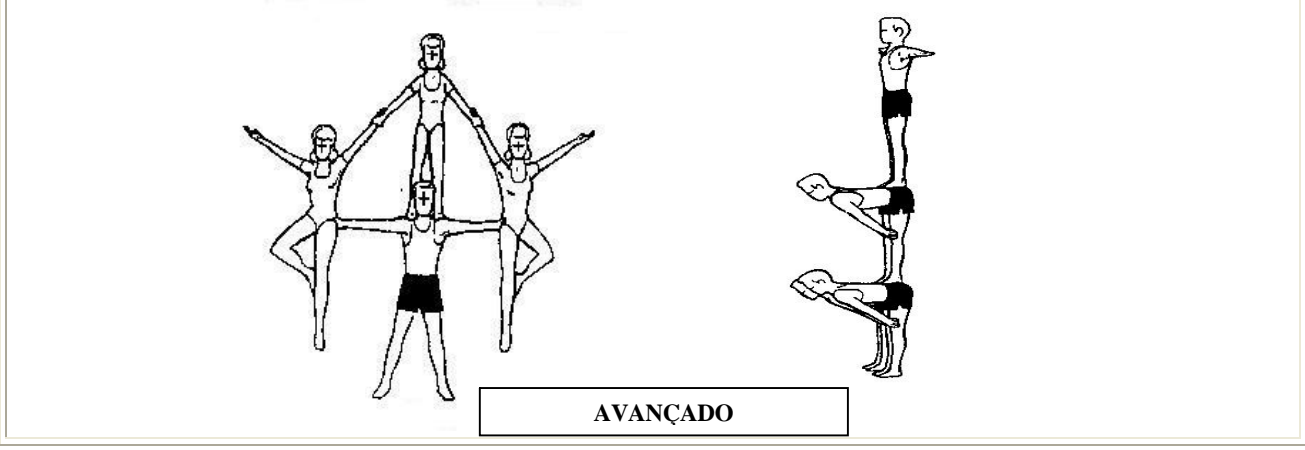
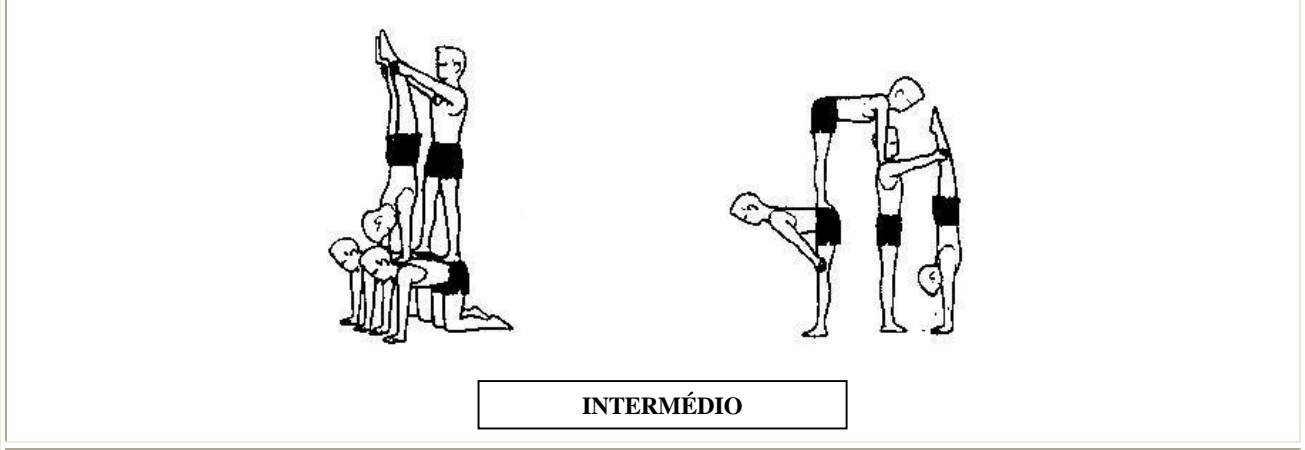
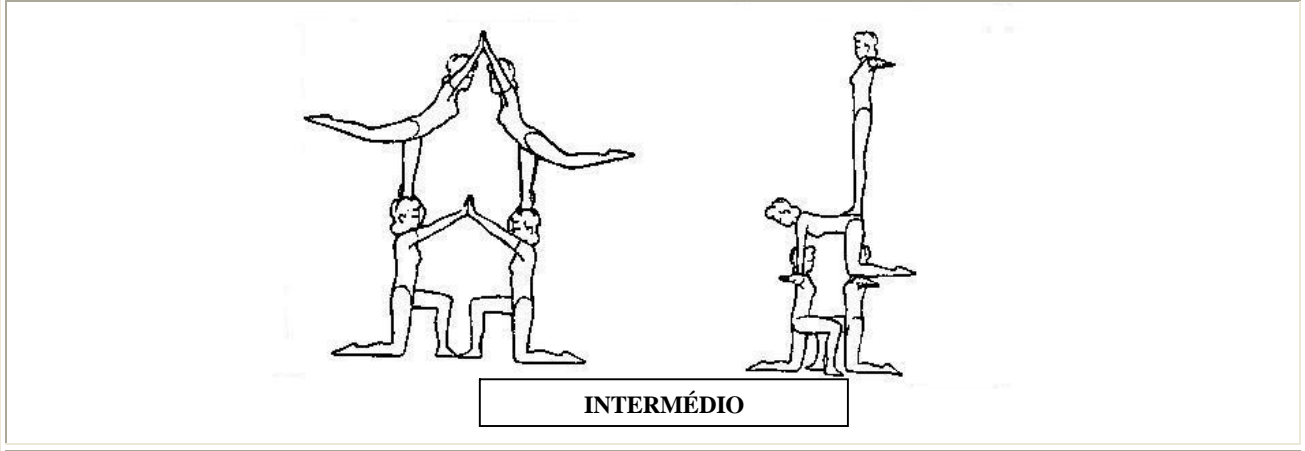
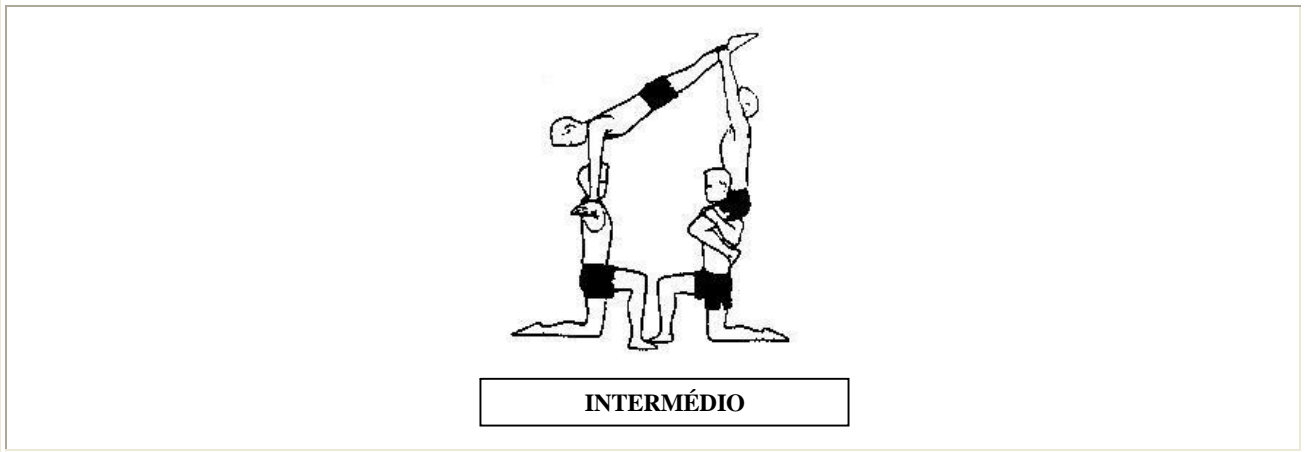
TRIOS (avanzado)



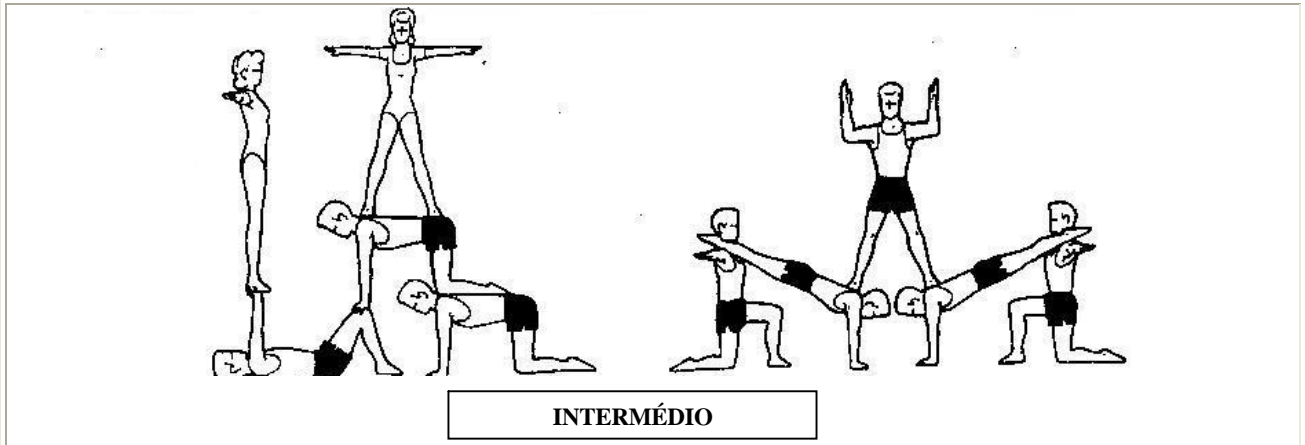
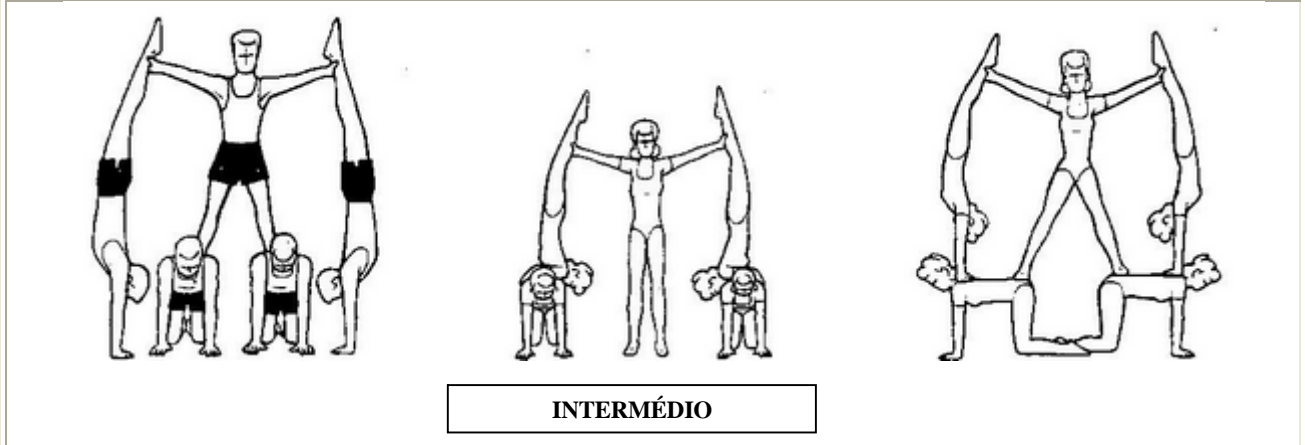
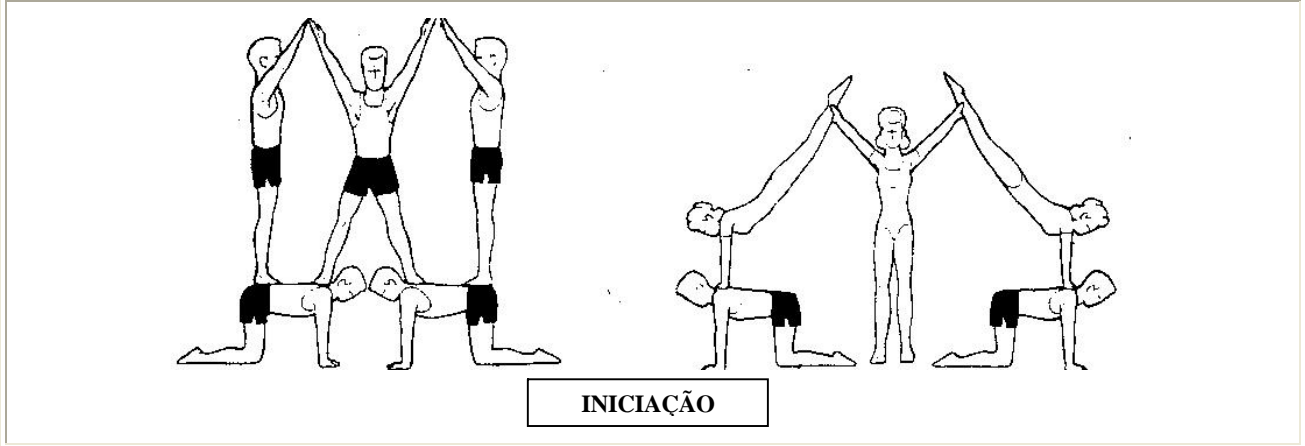
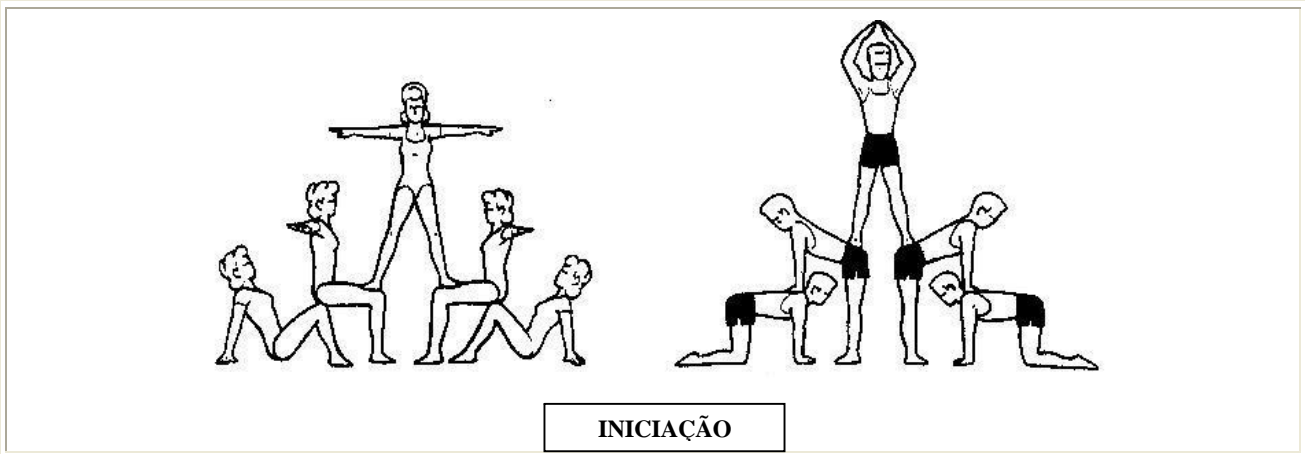
QUADRAS (iniciação)



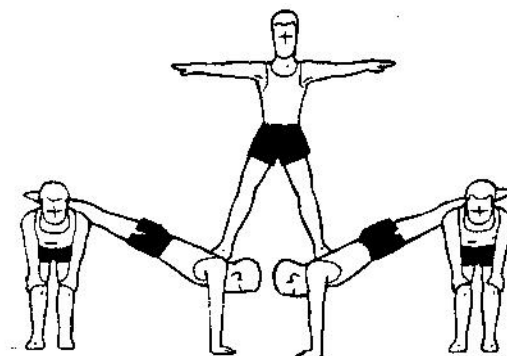
QUADRAS (intermédio e avançado)



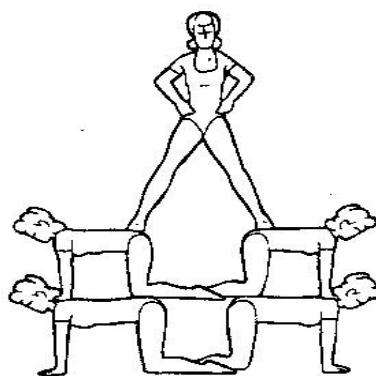
PIRÂMIDES DE CINCO ELEMENTOS



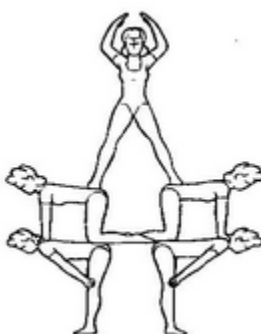
PIRÂMIDES DE CINCO ELEMENTOS (cont)



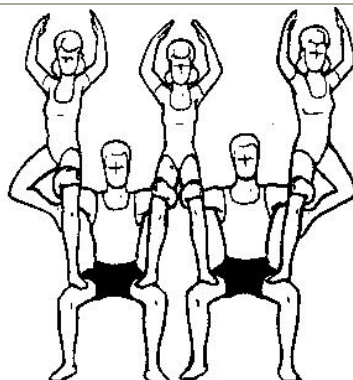
INTERMÉDIO



INTERMÉDIO

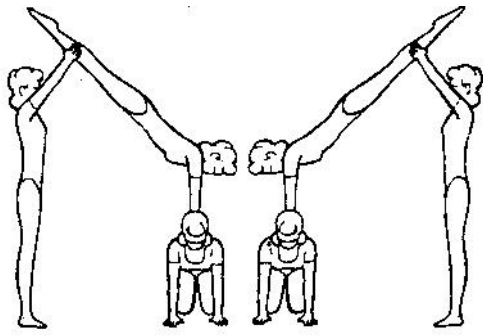


AVANÇADO

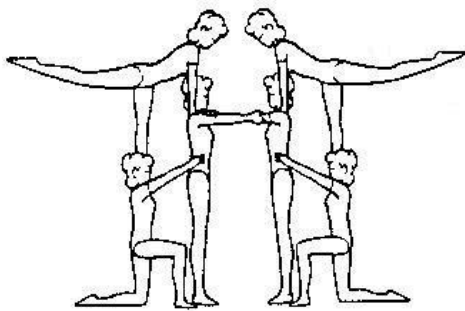
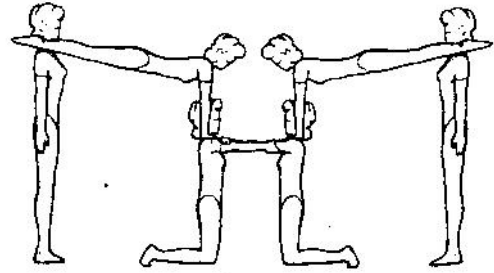


AVANÇADO

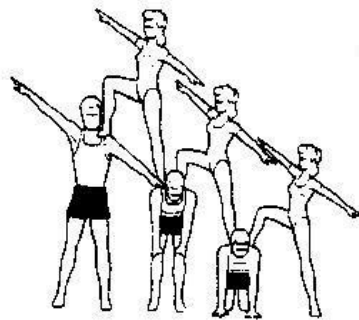
PIRÂMIDES DE SEIS ELEMENTOS



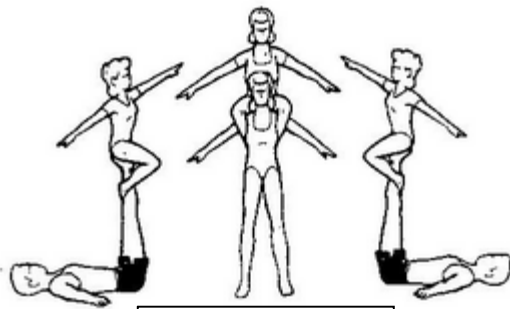
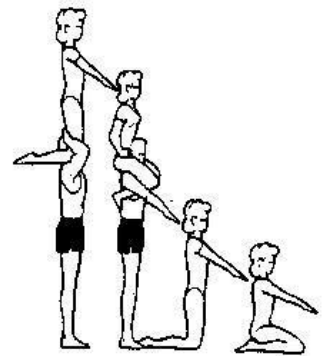
INICIAÇÃO



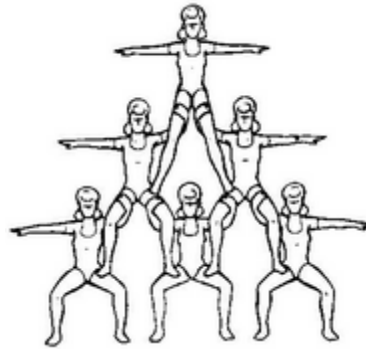
INICIAÇÃO



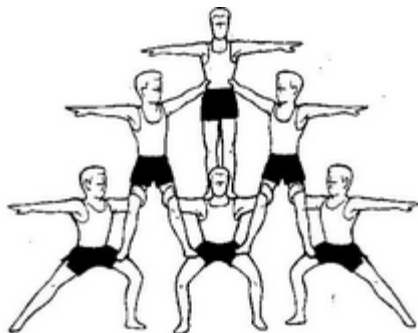
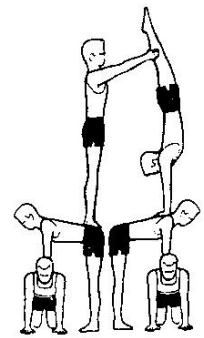
INTERMÉDIO



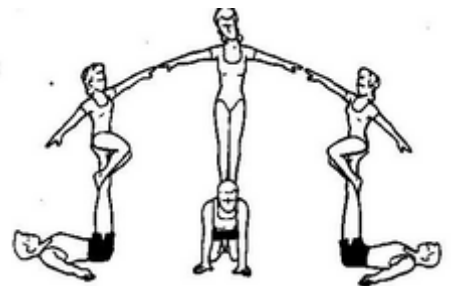
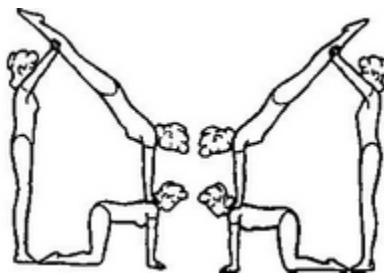
INTERMÉDIO



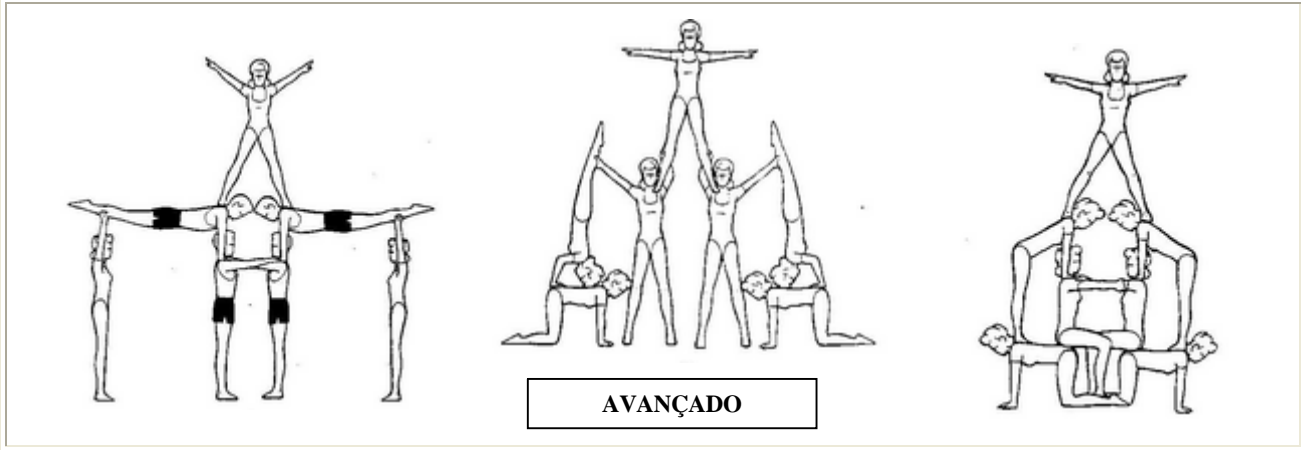
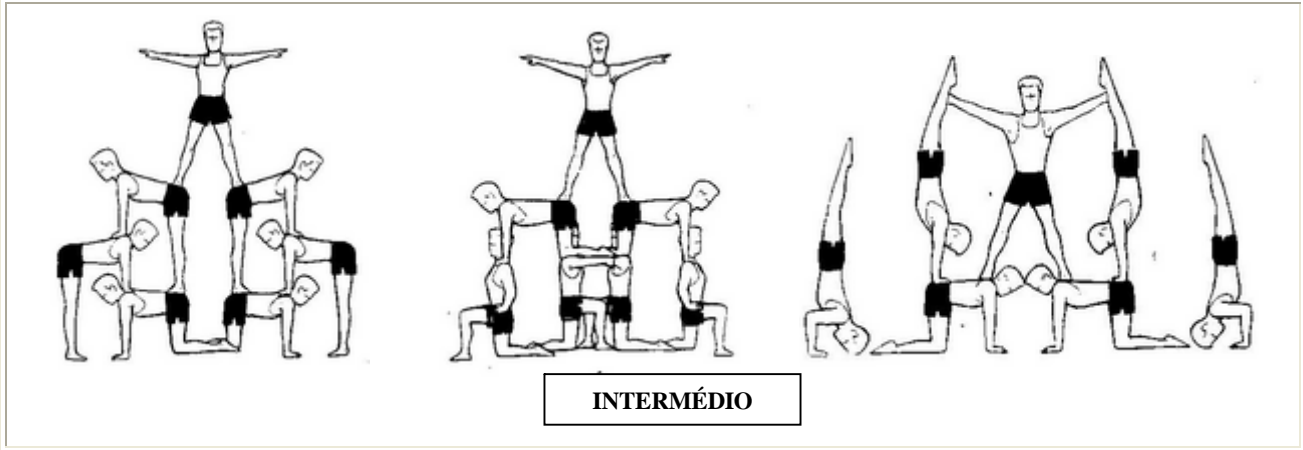
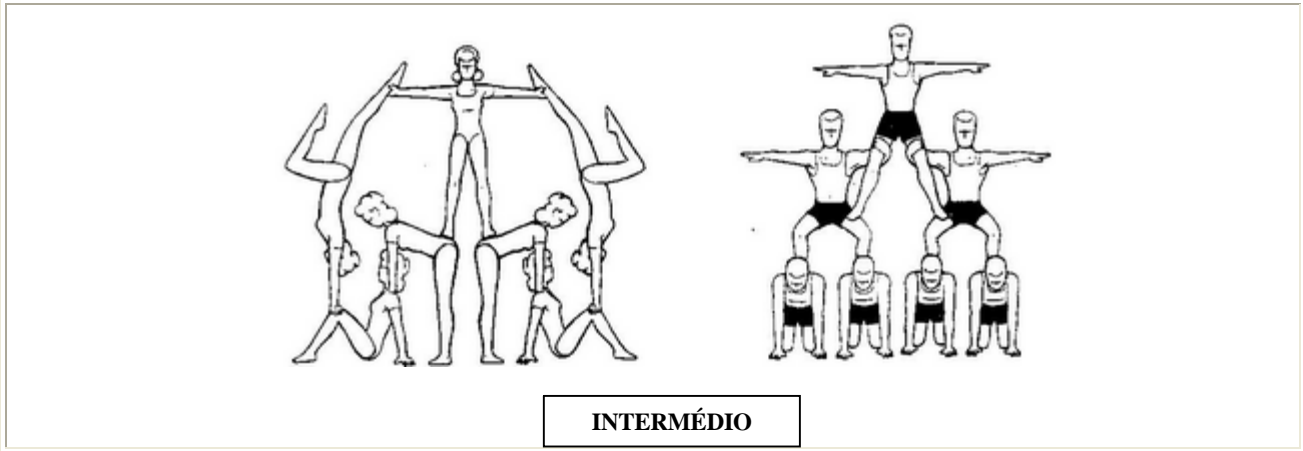
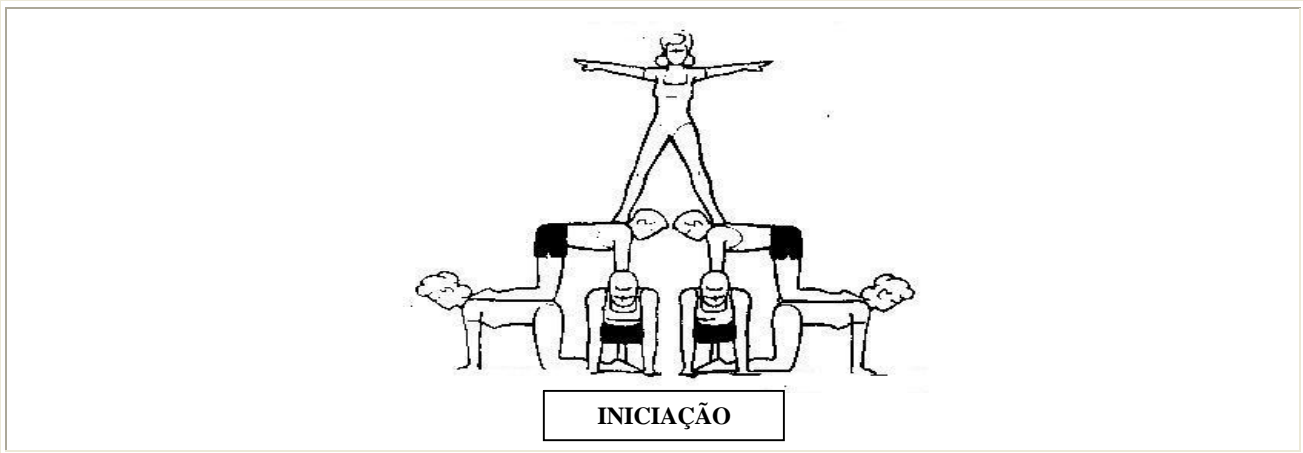
AVANÇADO



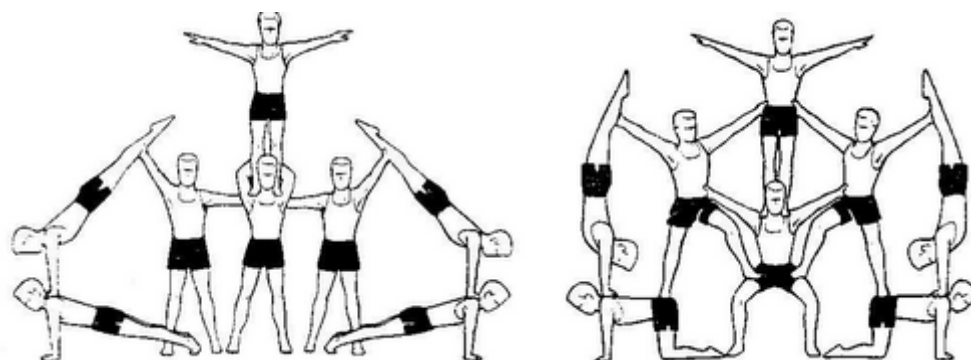
AVANÇADO



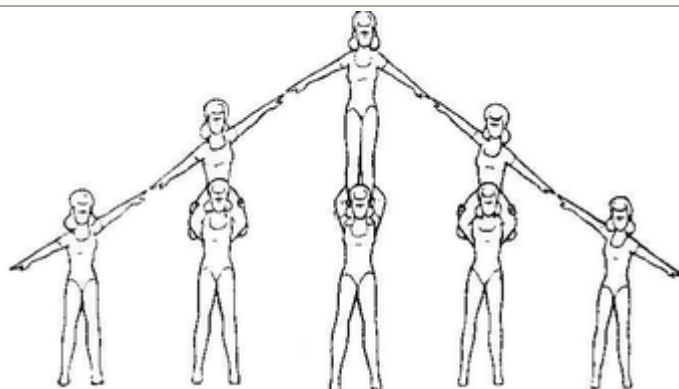
PIRÂMIDES DE SETE ELEMENTOS



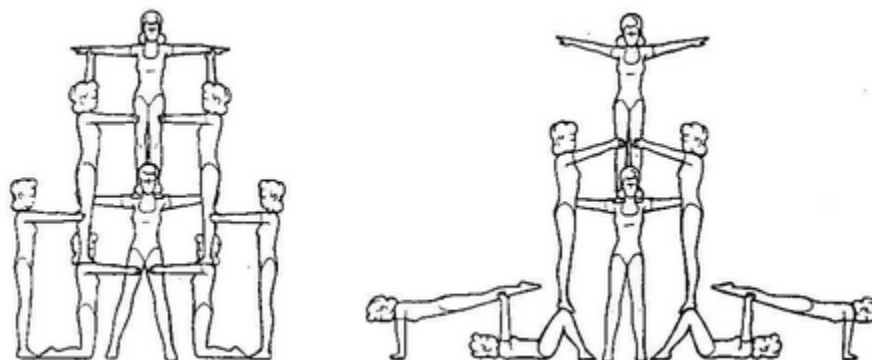
PIRÂMIDES DE OITO ELEMENTOS



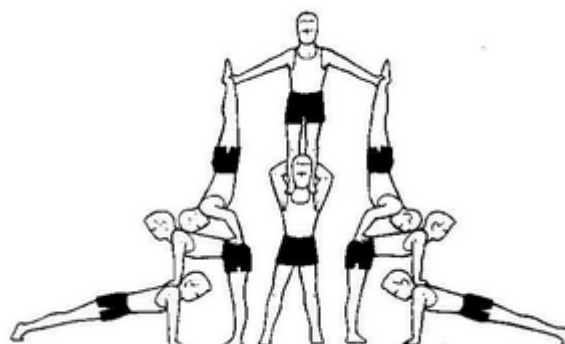
INTERMÉDIO



INTERMÉDIO

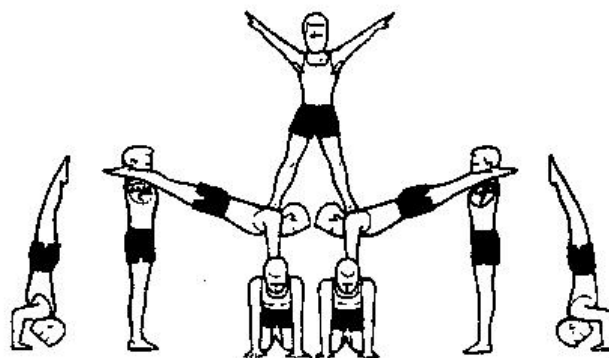


AVANÇADO

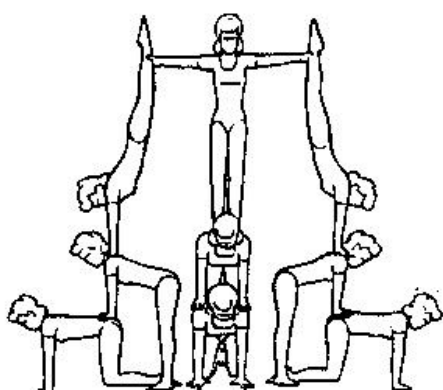


AVANÇADO

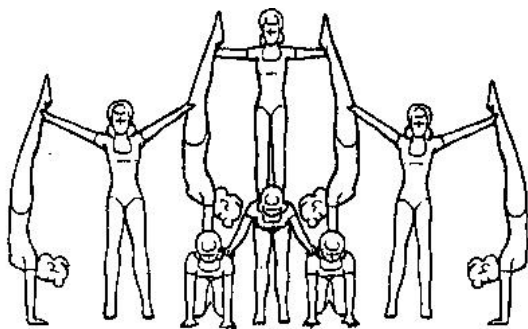
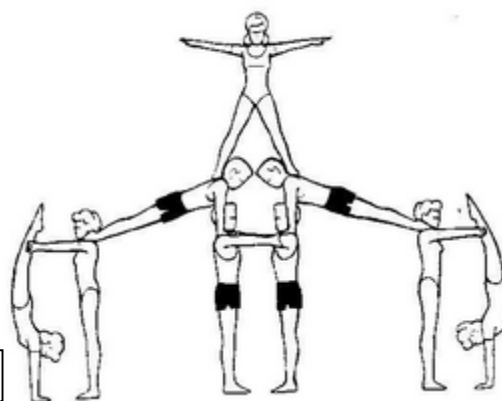
PIRÂMIDES DE NOVE E DEZ ELEMENTOS



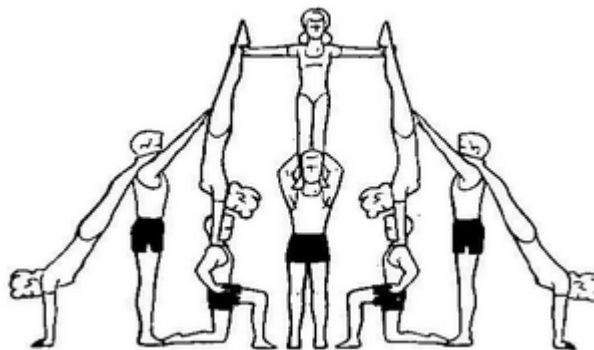
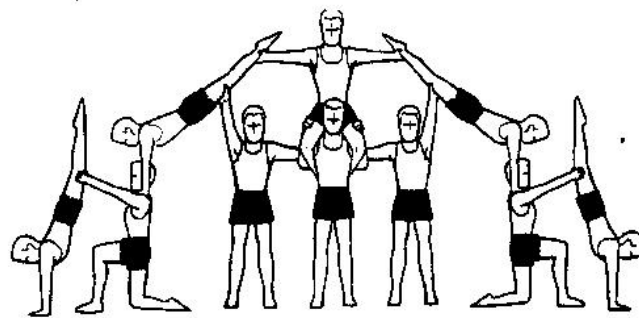
INTERMÉDIO



AVANÇADO

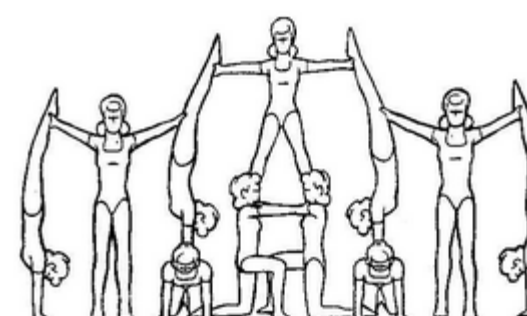
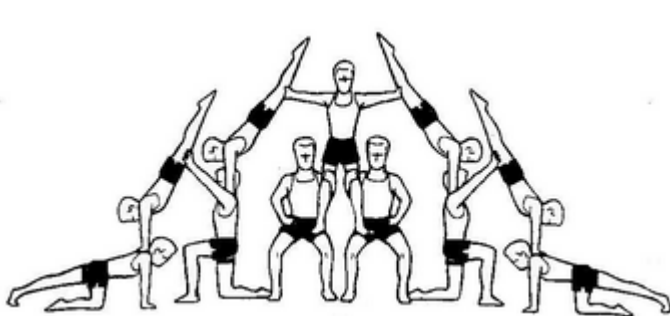
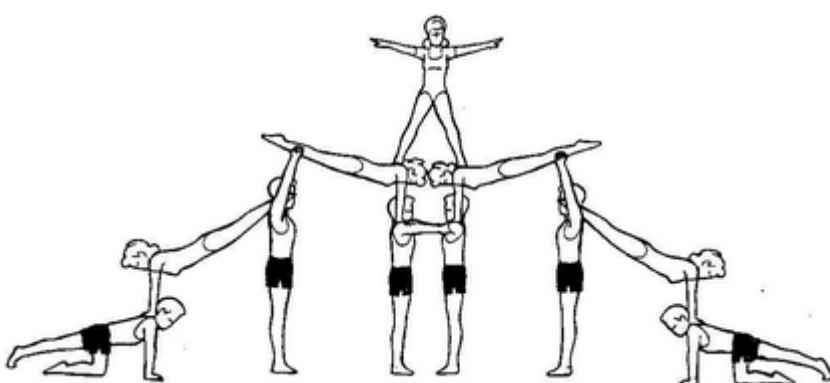
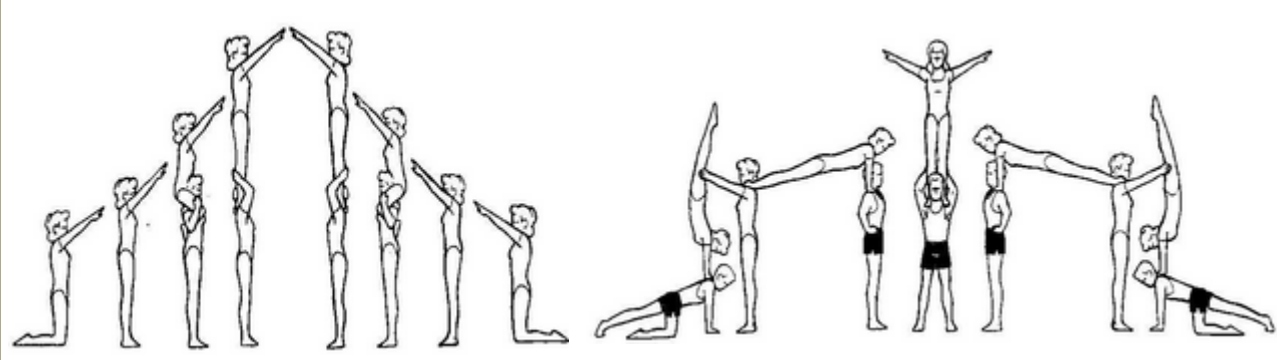
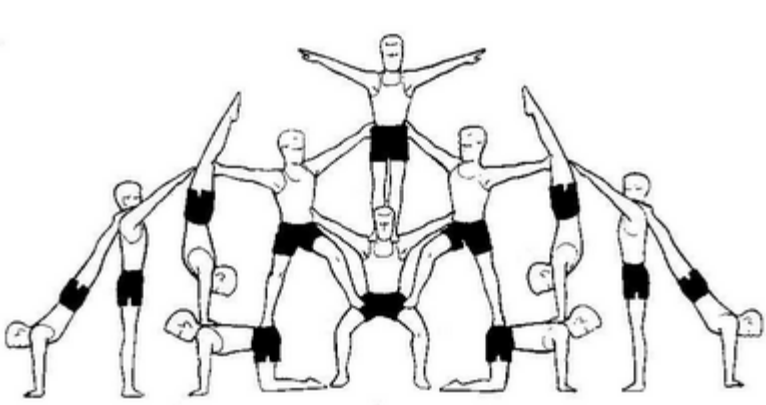


INTERMÉDIO

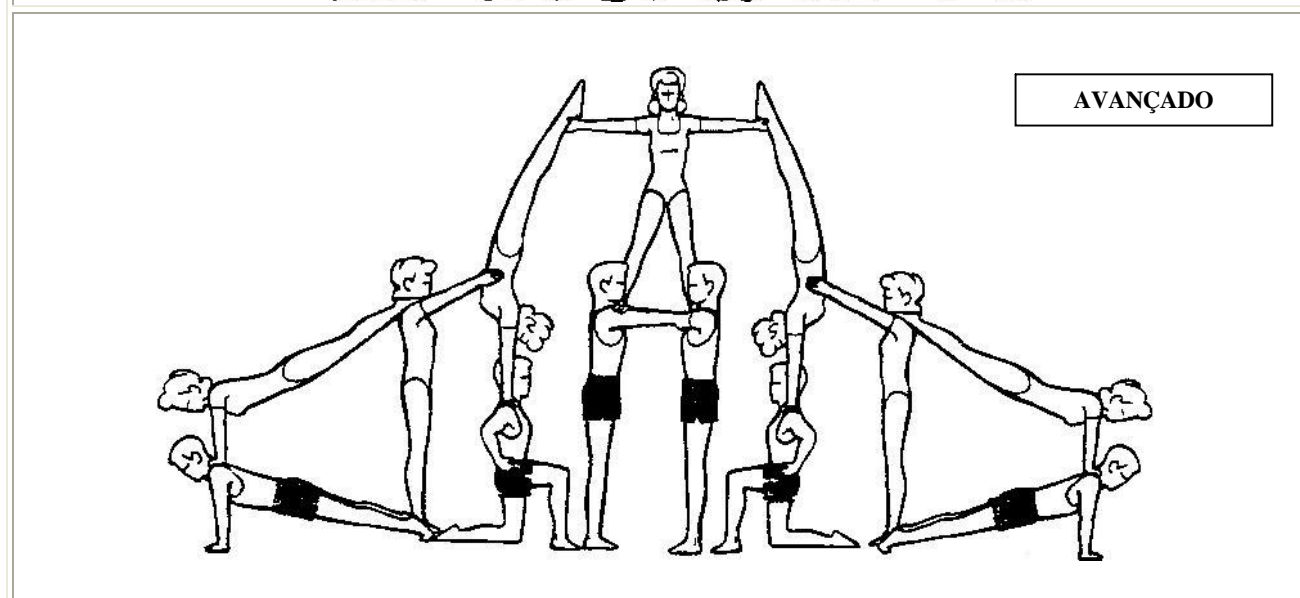
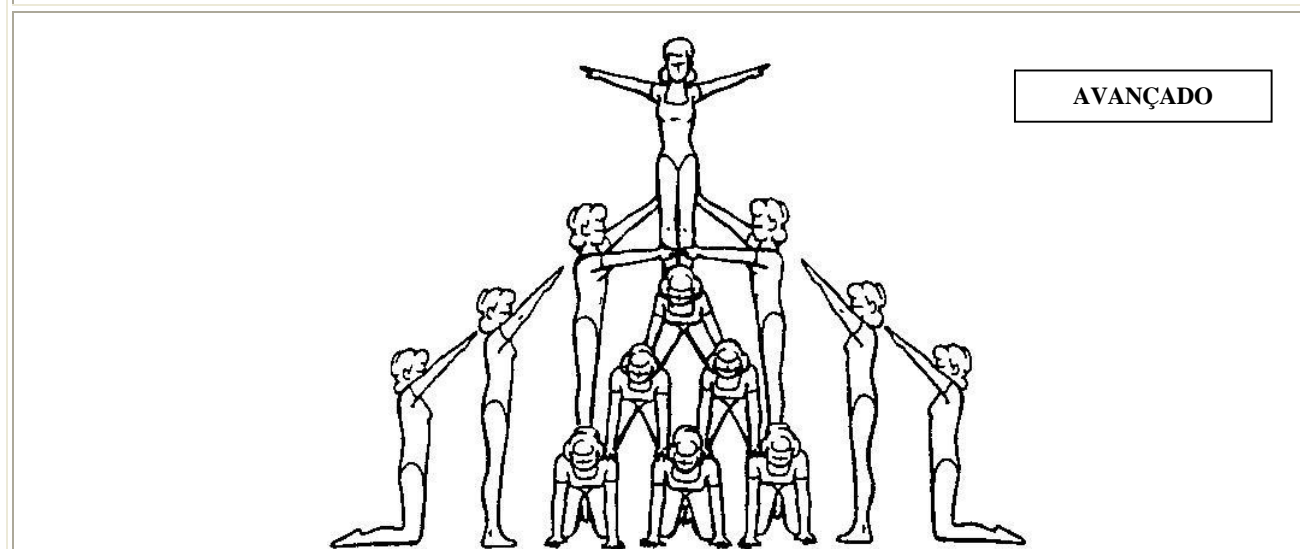
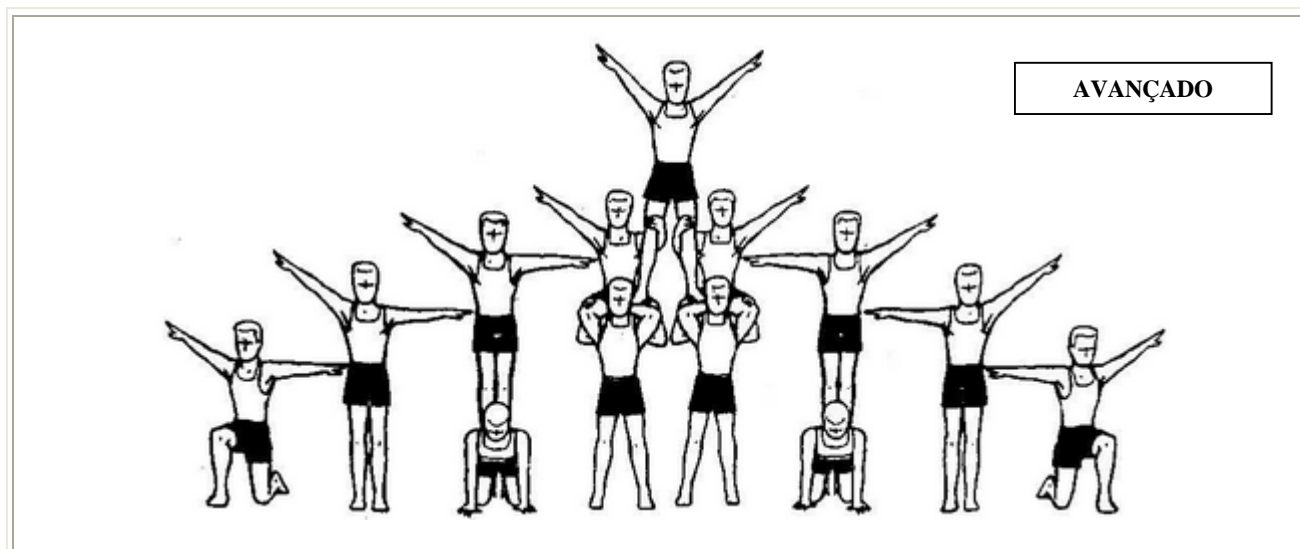


AVANÇADO

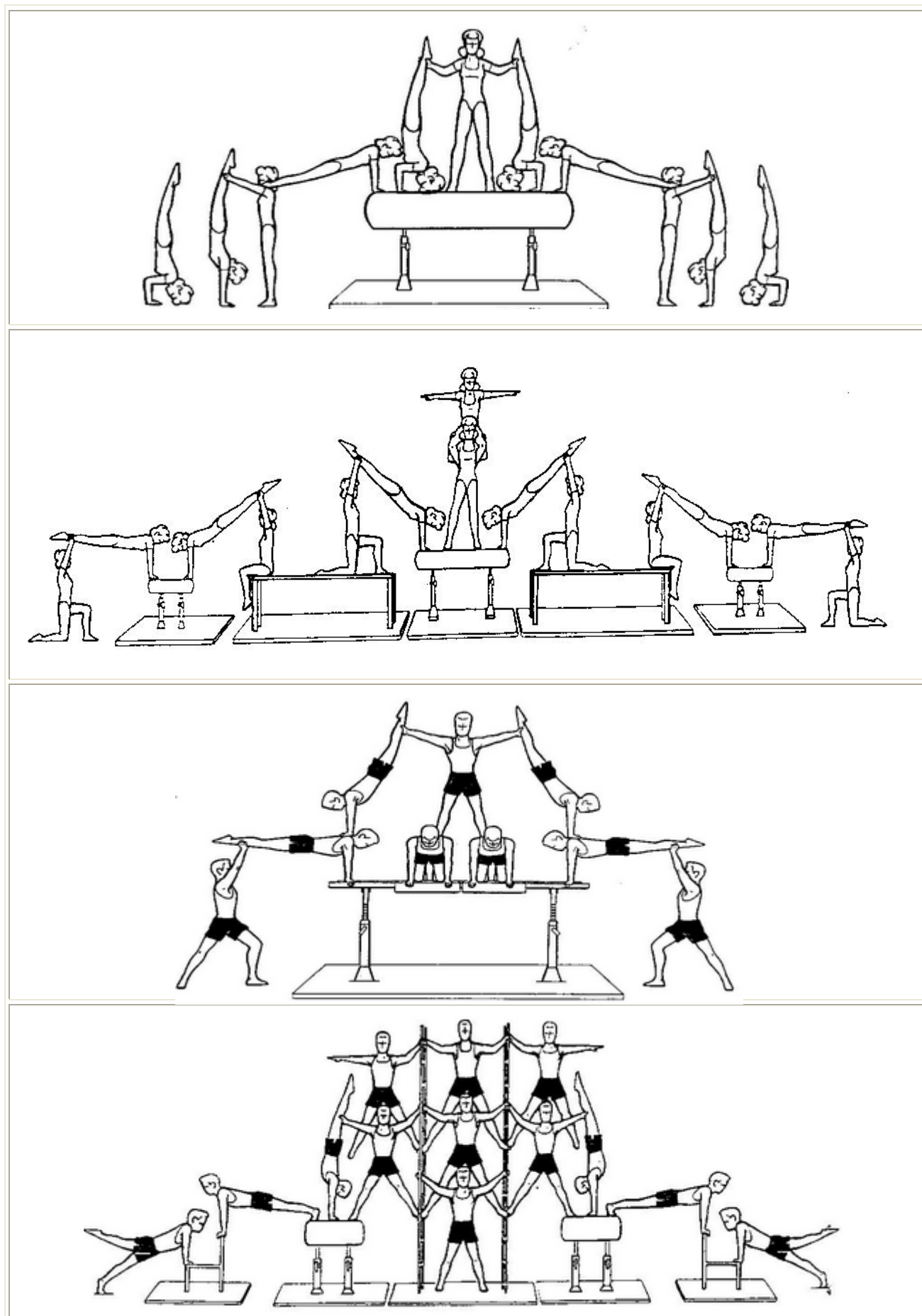
PIRÂMIDES DE ONZE E DOZE ELEMENTOS

 <p data-bbox="343 616 598 660">INTERMÉDIO</p>	 <p data-bbox="1013 616 1268 660">AVANÇADO</p>
 <p data-bbox="710 1075 965 1120">AVANÇADO</p>	
 <p data-bbox="710 1500 965 1545">INTERMÉDIO</p>	
 <p data-bbox="726 2004 981 2049">AVANÇADO</p>	

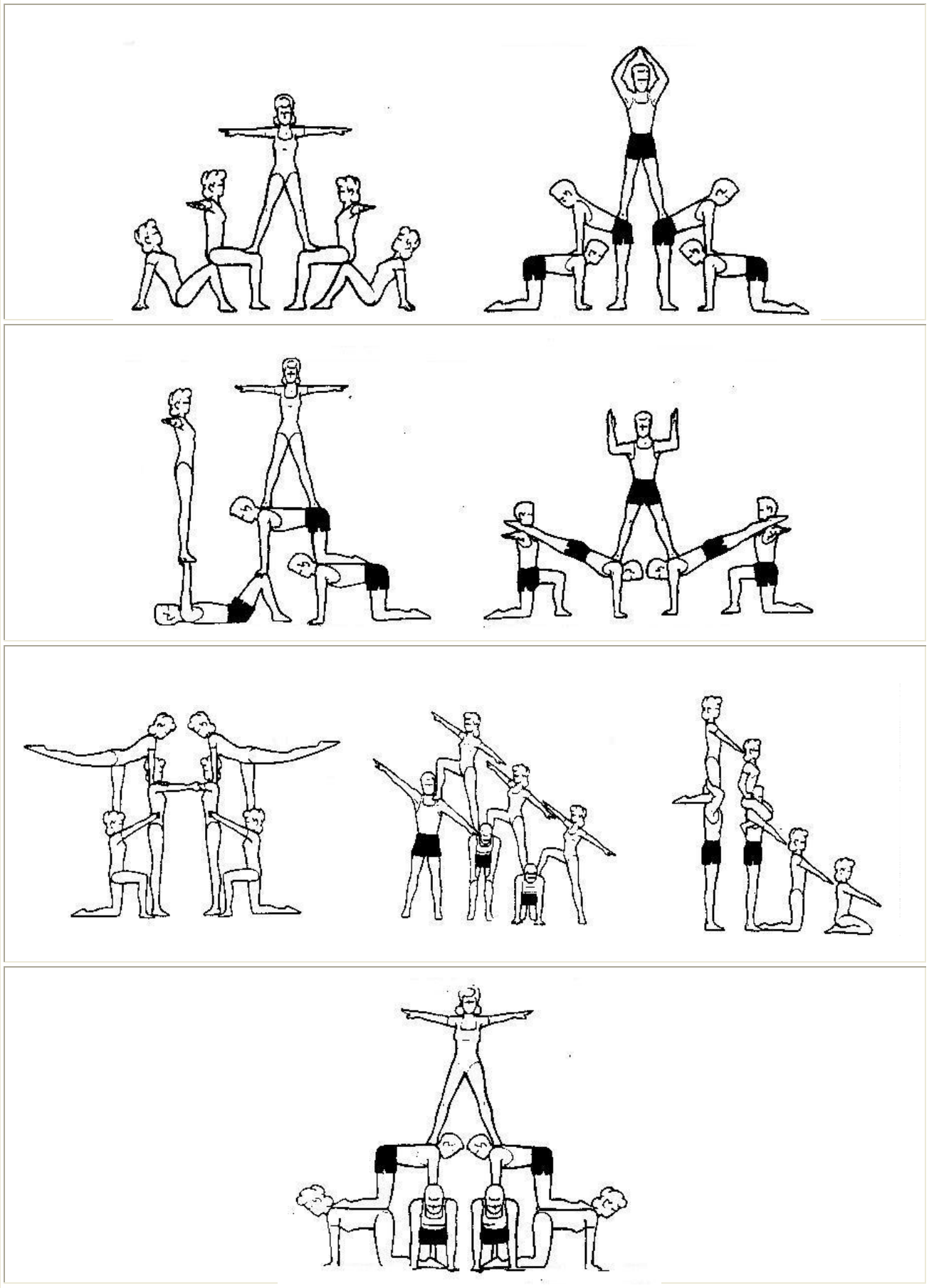
PIRÂMIDES DE TREZE ELEMENTOS



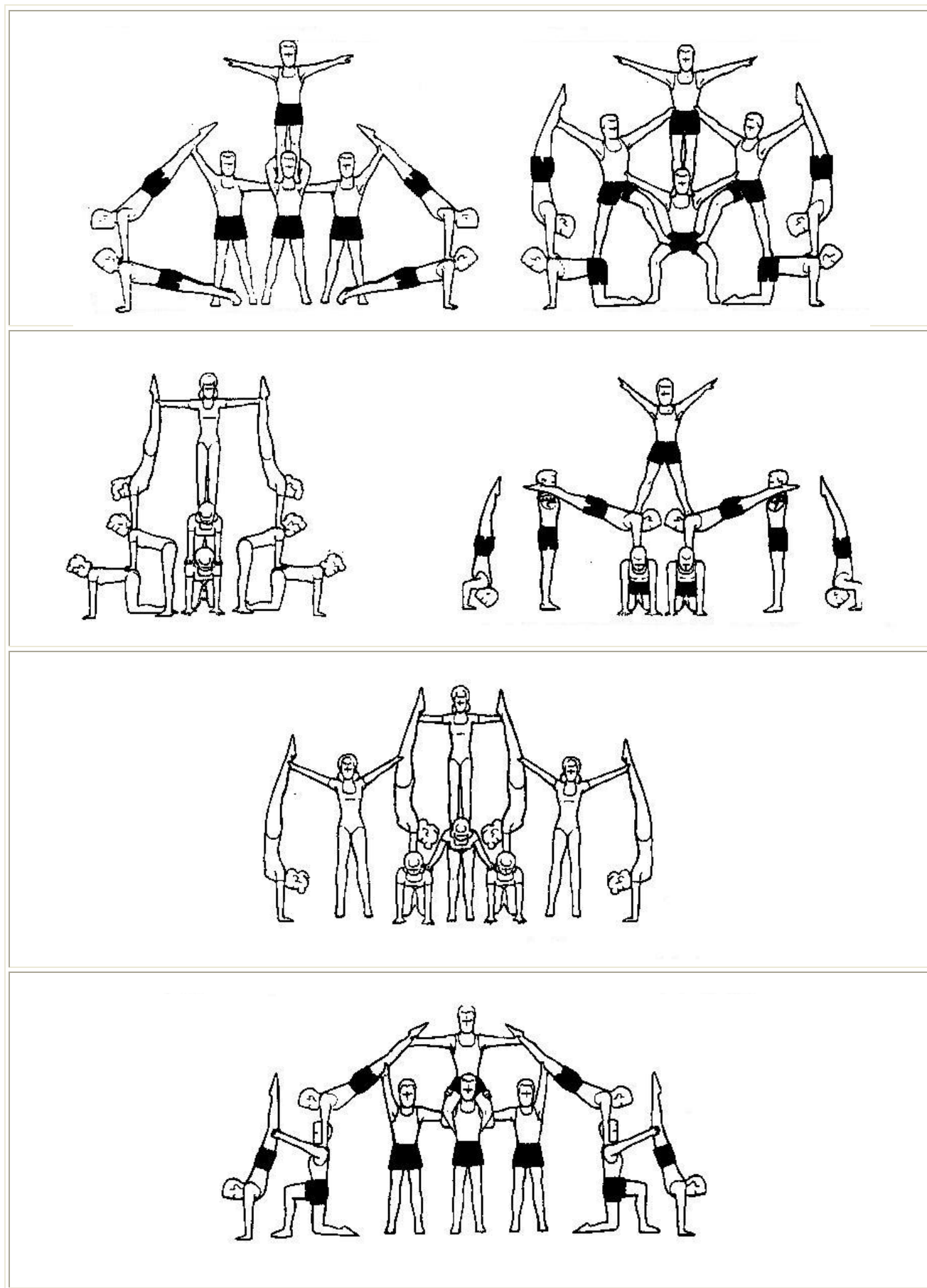
PIRÂMIDES DE APARATO



PIRÂMIDES DE 5,6 e 7 ELEMENTOS



PIRÂMIDES DE 8,9 e 10 ELEMENTOS



PIRÂMIDES DE 11,12 e 13 ELEMENTOS

