



■ **Muscoli principali** ■ **Muscoli secondari** ■ **Muscoli accessori**

Quadricipiti  
Vasto mediale  
Vasto laterale



Glutei

Femorali

■ Muscoli principali    ■ Muscoli secondari    ■ Muscoli accessori



Quadricipite  
Vasto laterale  
Vasto Mediale

- Muscoli principali
- Muscoli secondari
- Muscoli accessori

# Musculação & Fitness.Pt

Quadricipiti  
Vasto mediale  
Vasto laterale



Glutei

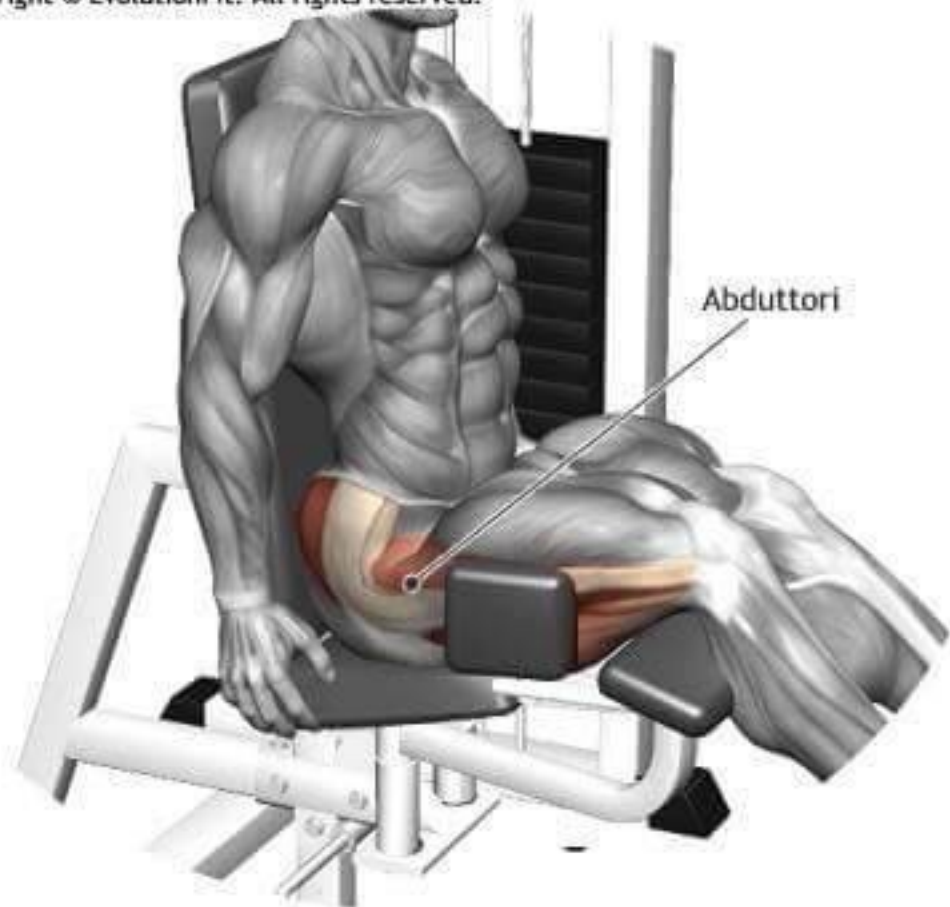
Femorali

■ Muscoli principali    ■ Muscoli secondari    ■ Muscoli accessori



Adduttori

**Muscoli principali**   **Muscoli secondari**   **Muscoli accessori**



**Muscoli principali**



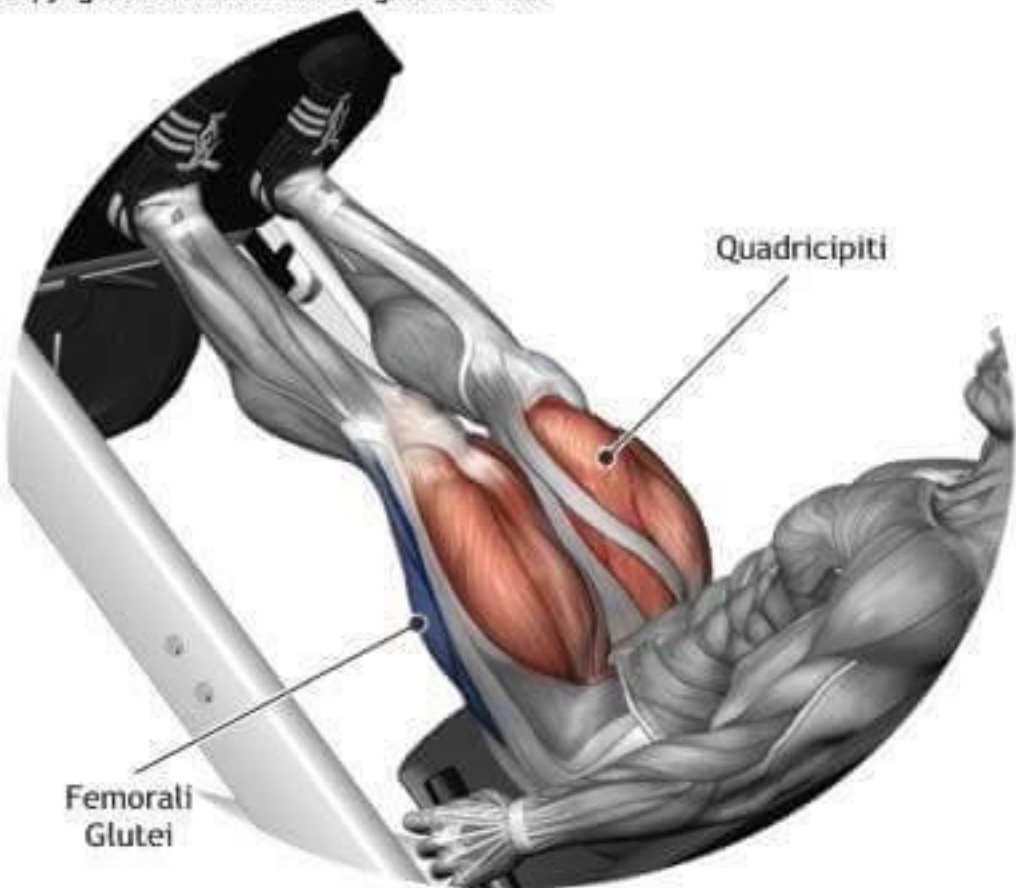
**Muscoli secondari**



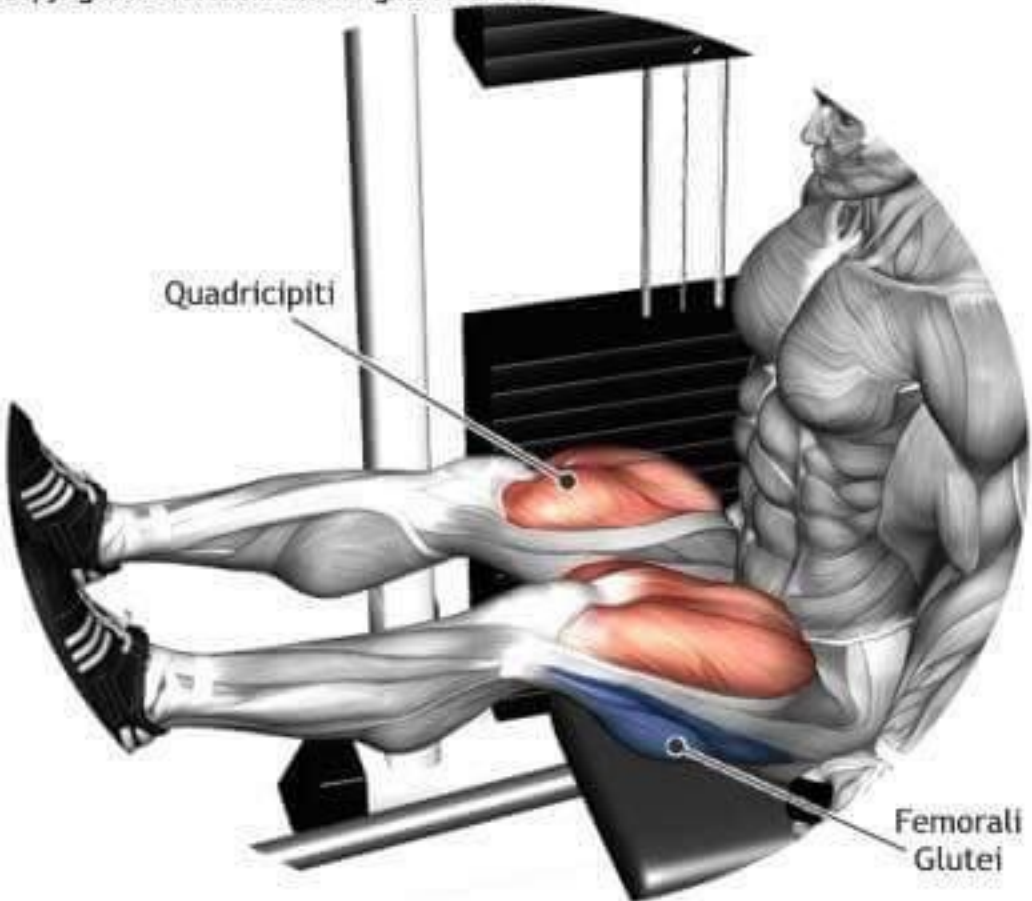
**Muscoli accessori**



**Muscoli principali**   **Muscoli secondari**   **Muscoli accessori**



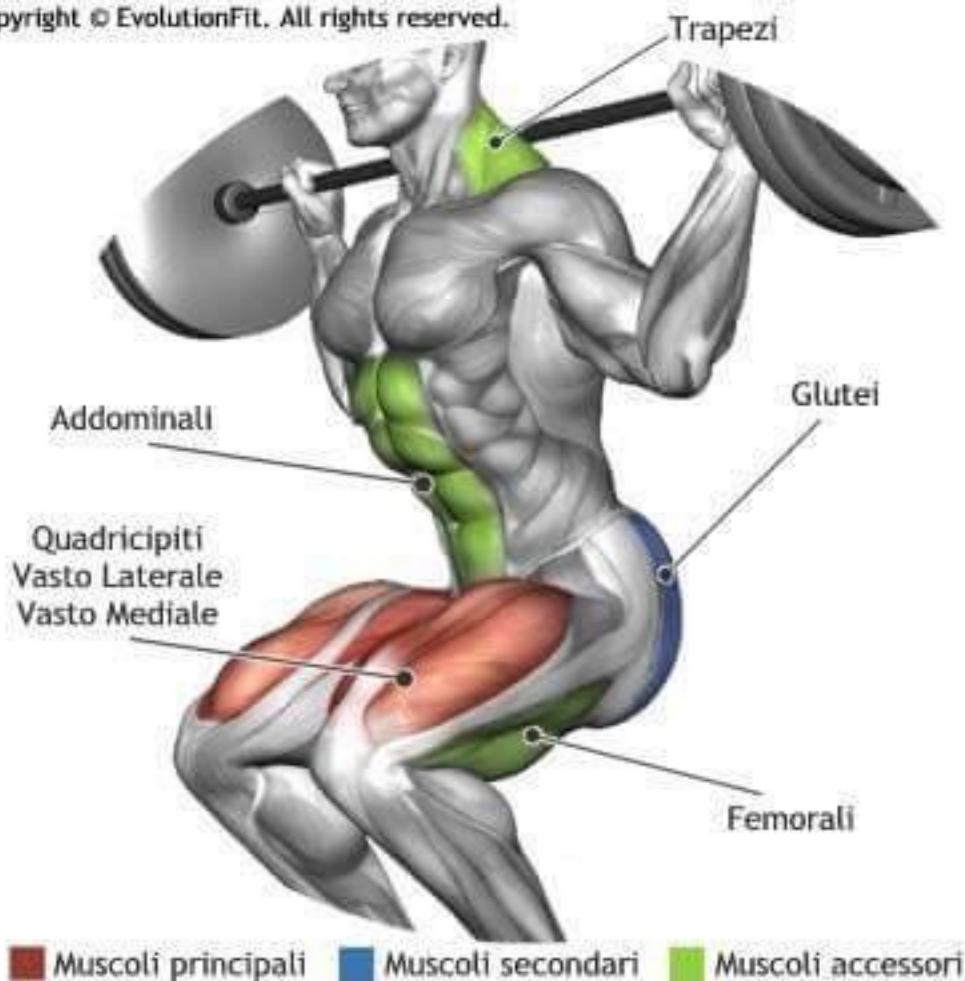
**Muscoli principali** **Muscoli secondari** **Muscoli accessori**



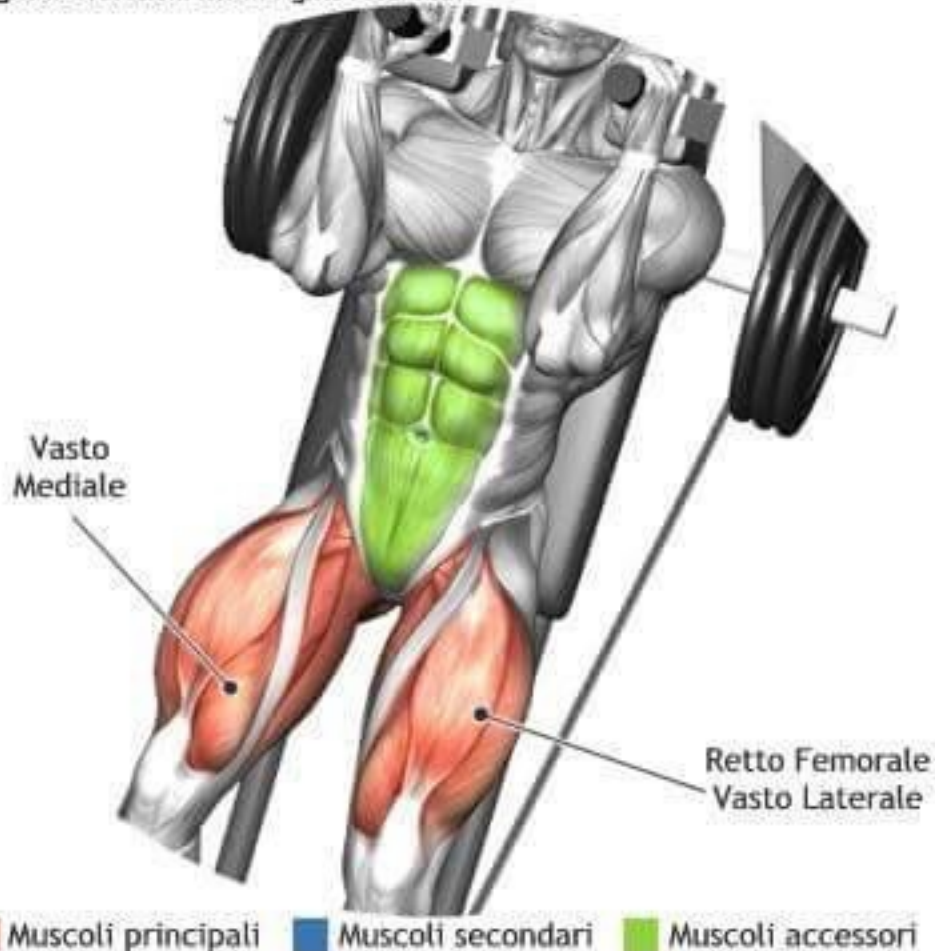
**Muscoli principali**   **Muscoli secondari**   **Muscoli accessori**



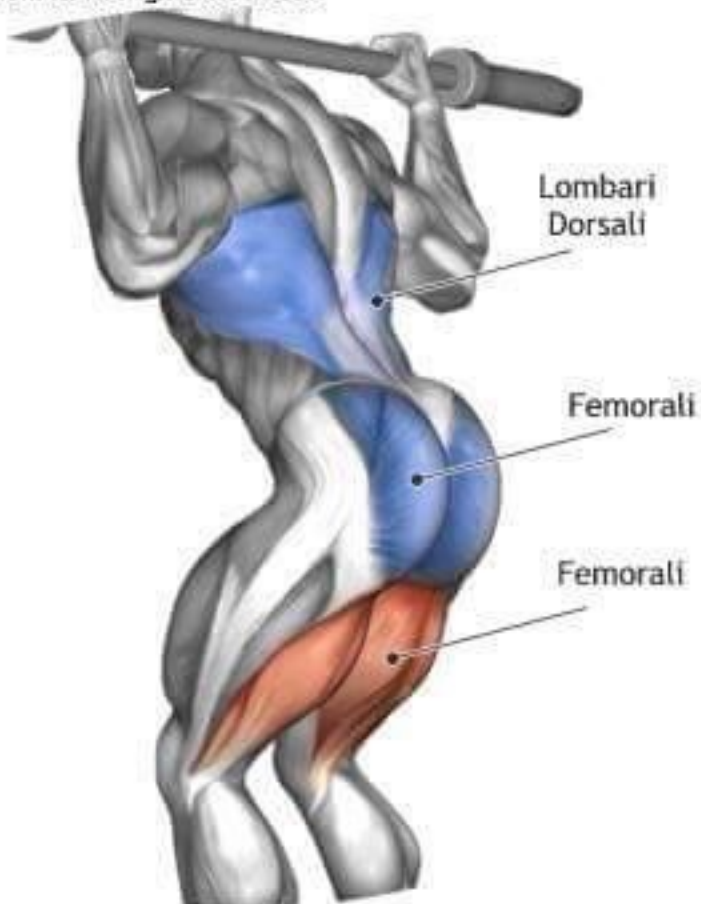
**Muscoli principali**   **Muscoli secondari**   **Muscoli accessori**














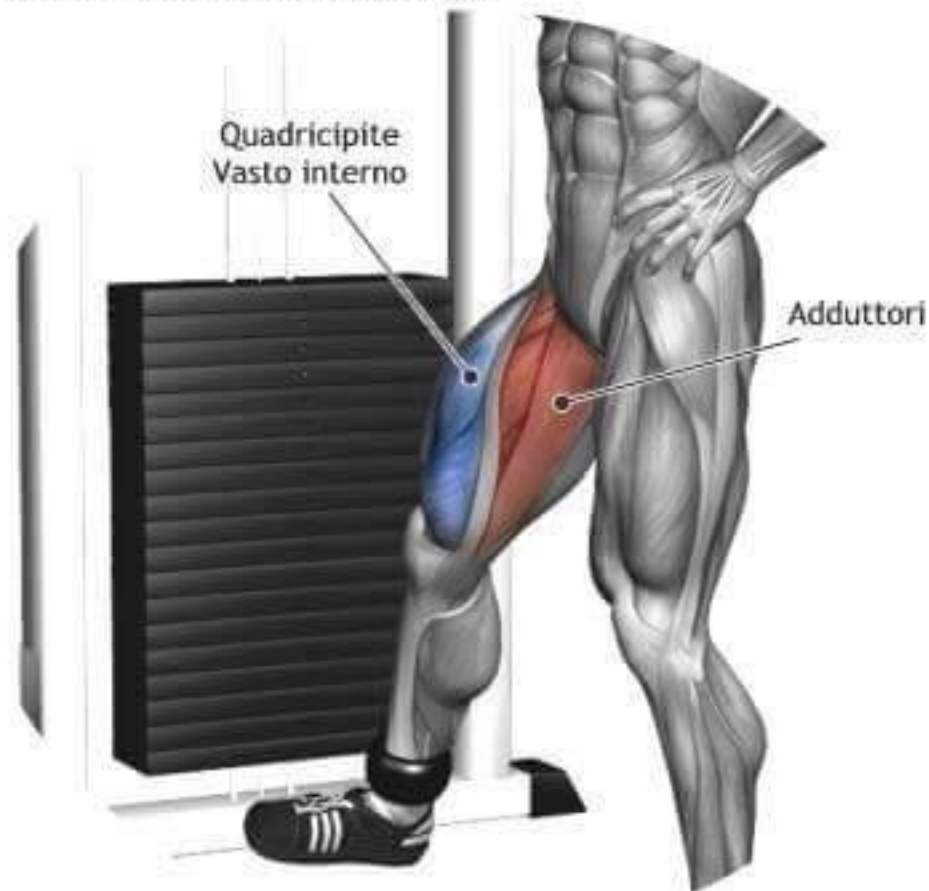
**Muscoli principali**   **Muscoli secondari**   **Muscoli accessori**

Adduttori

Quadricipiti

 Muscoli principali  Muscoli secondari  Muscoli accessori

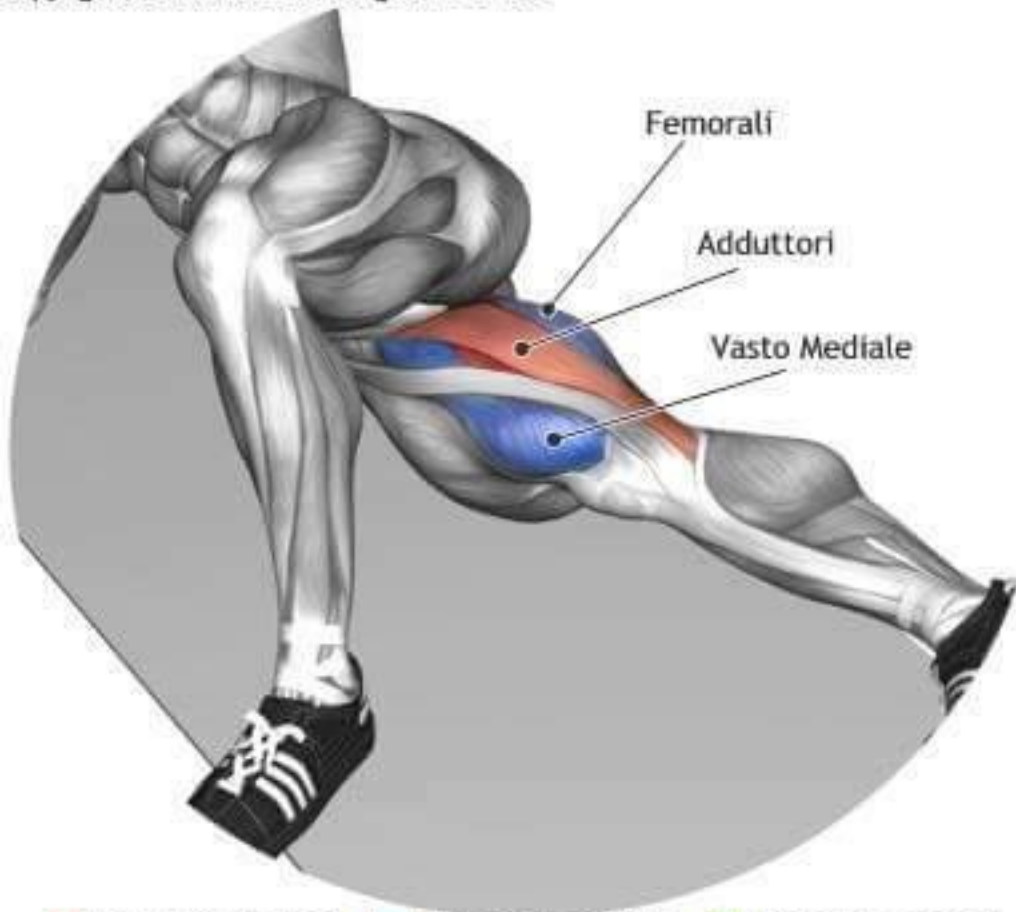




**Muscoli principali** **Muscoli secondari** **Muscoli accessori**



**Muscoli principali**   **Muscoli secondari**   **Muscoli accessori**



■ Muscoli principali   ■ Muscoli secondari   ■ Muscoli accessori

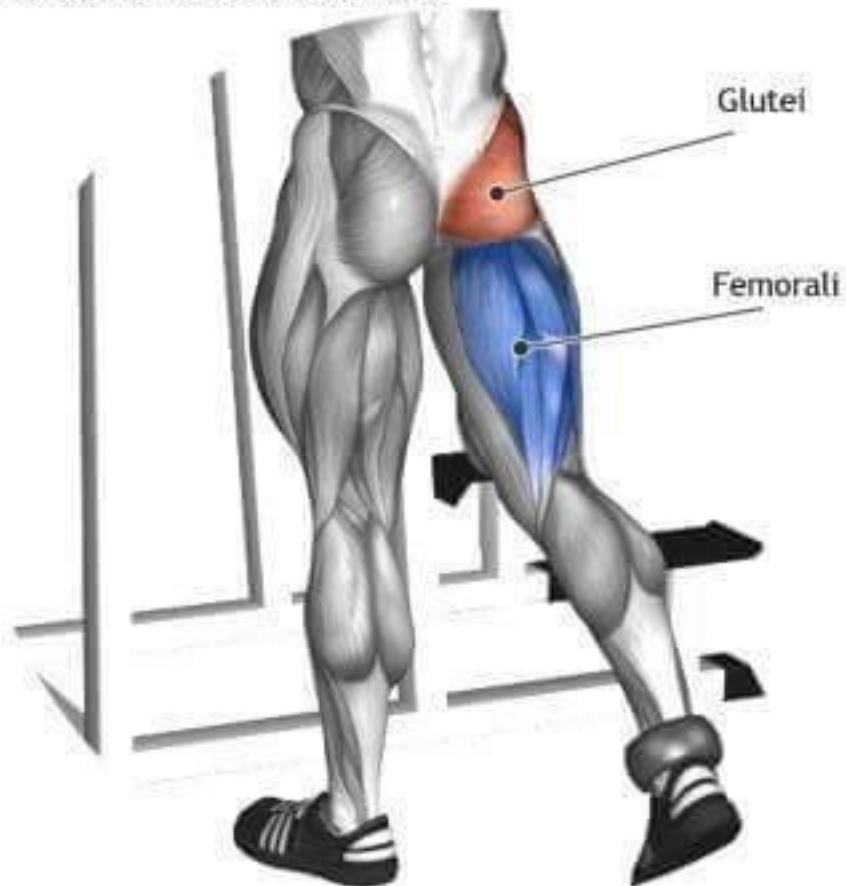


Glutei

Area Lombare

Femorali

**Muscoli principali**   **Muscoli secondari**   **Muscoli accessori**



**Muscoli principali** **Muscoli secondari** **Muscoli accessori**






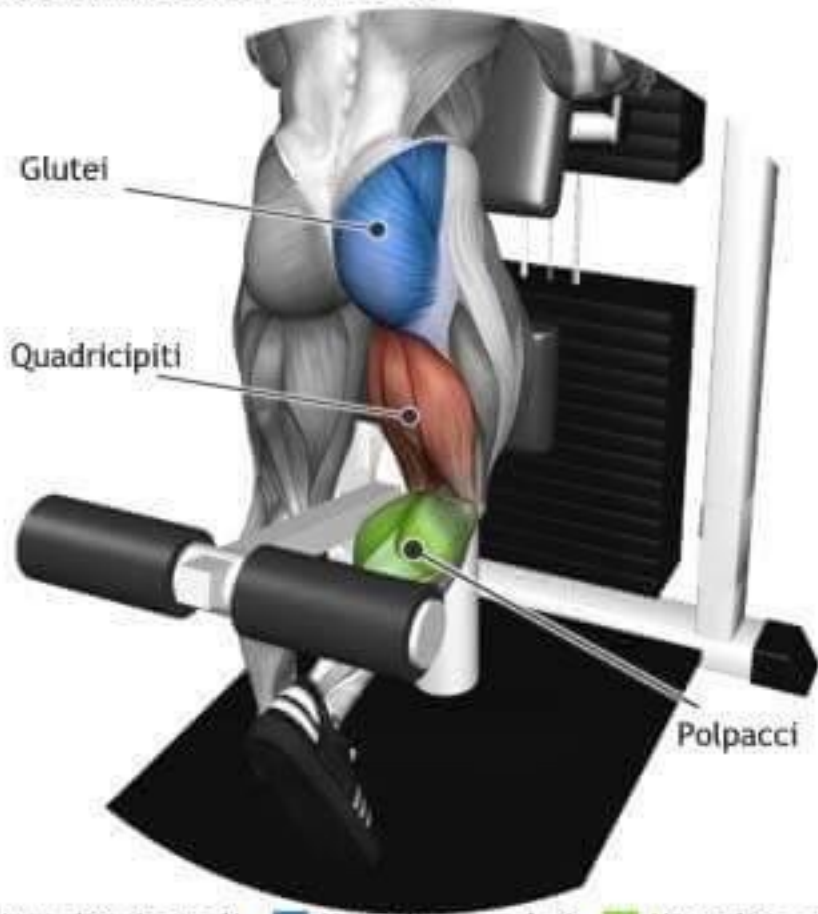
■ Muscoli principali    ■ Muscoli secondari    ■ Muscoli accessori



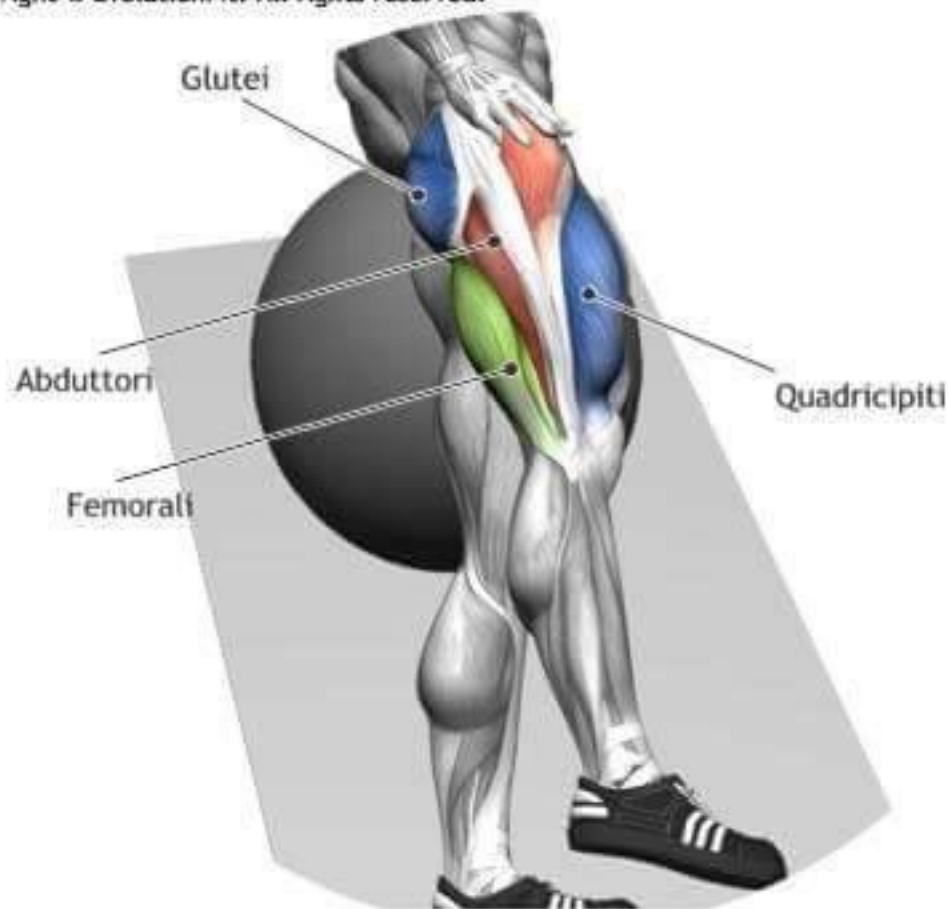
**Muscoli principali**   **Muscoli secondari**   **Muscoli accessori**



 Muscoli principali  Muscoli secondari  Muscoli accessori



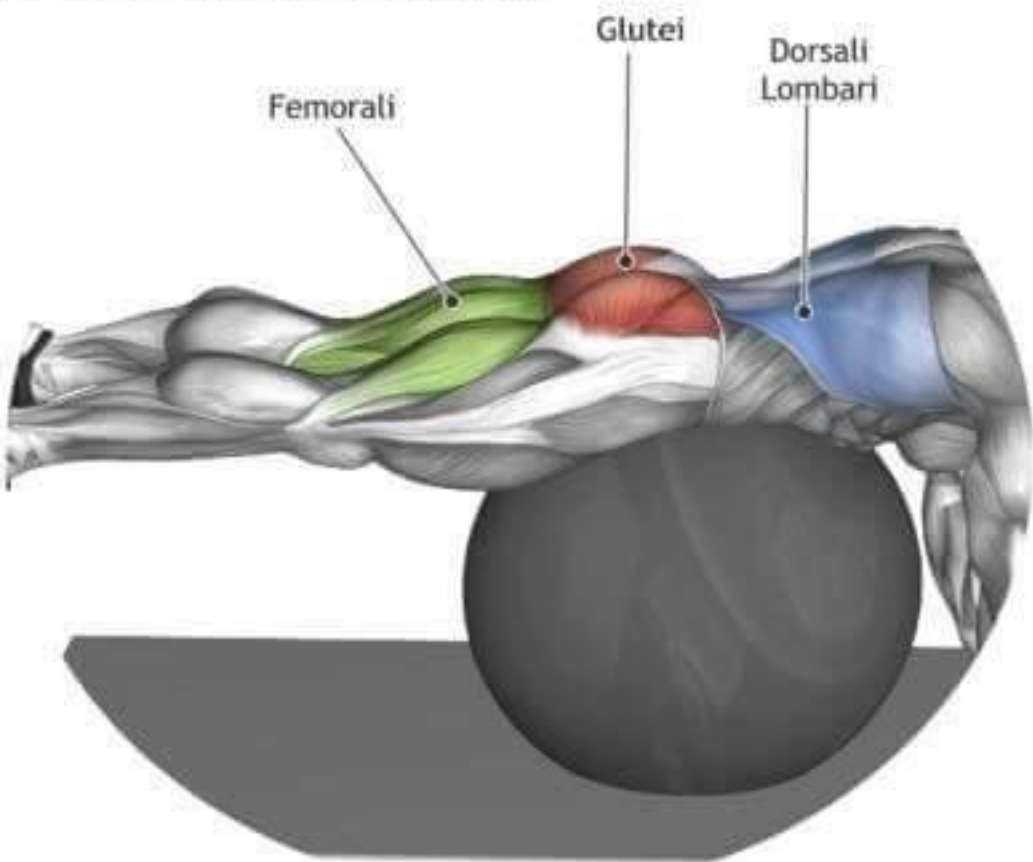
Muscoli principali Muscoli secondari Muscoli accessori



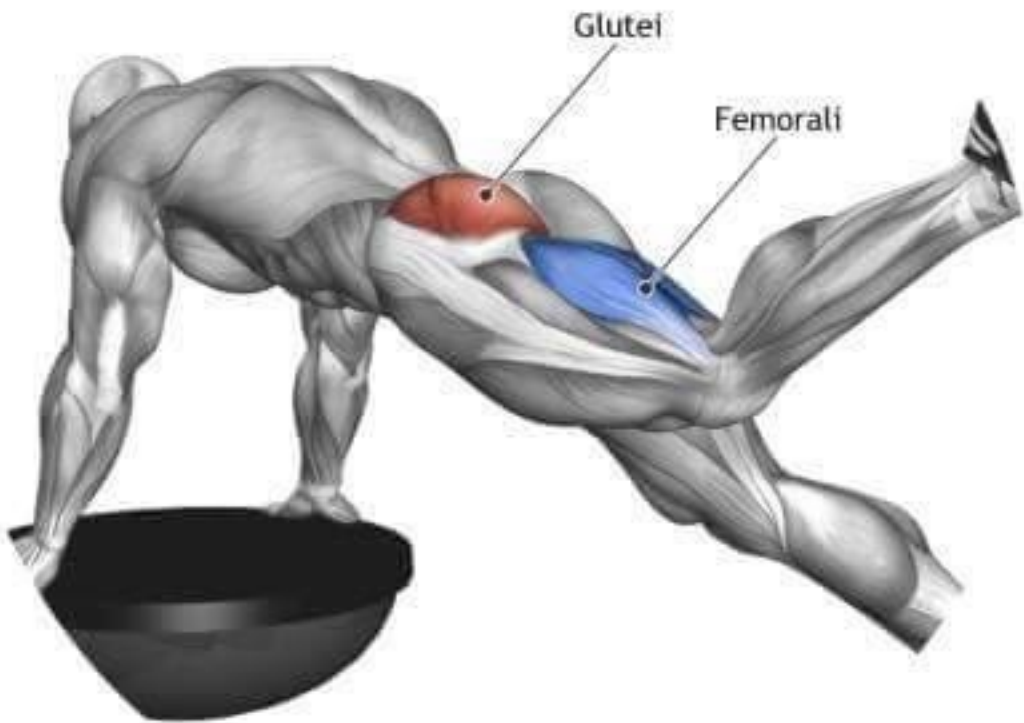
**Muscoli principali**   **Muscoli secondari**   **Muscoli accessori**



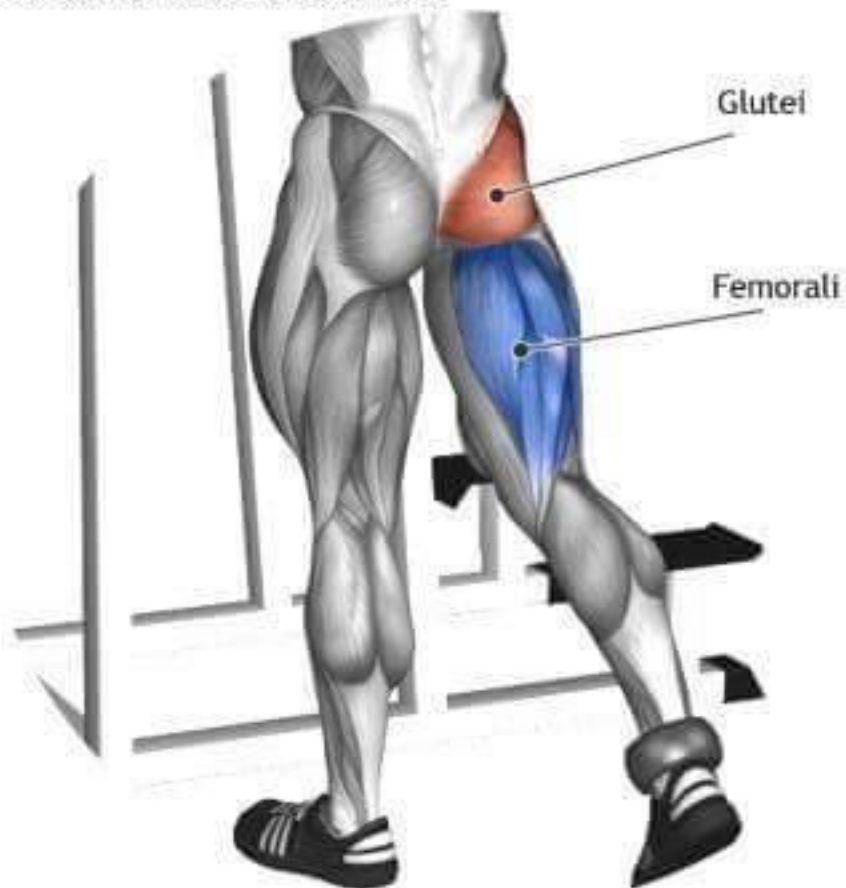
■ Muscoli principali   ■ Muscoli secondari   ■ Muscoli accessori



**Muscoli principali**   **Muscoli secondari**   **Muscoli accessori**



**Muscoli principali**   **Muscoli secondari**   **Muscoli accessori**






**Muscoli principali** **Muscoli secondari** **Muscoli accessori**

Glutei



Femorali



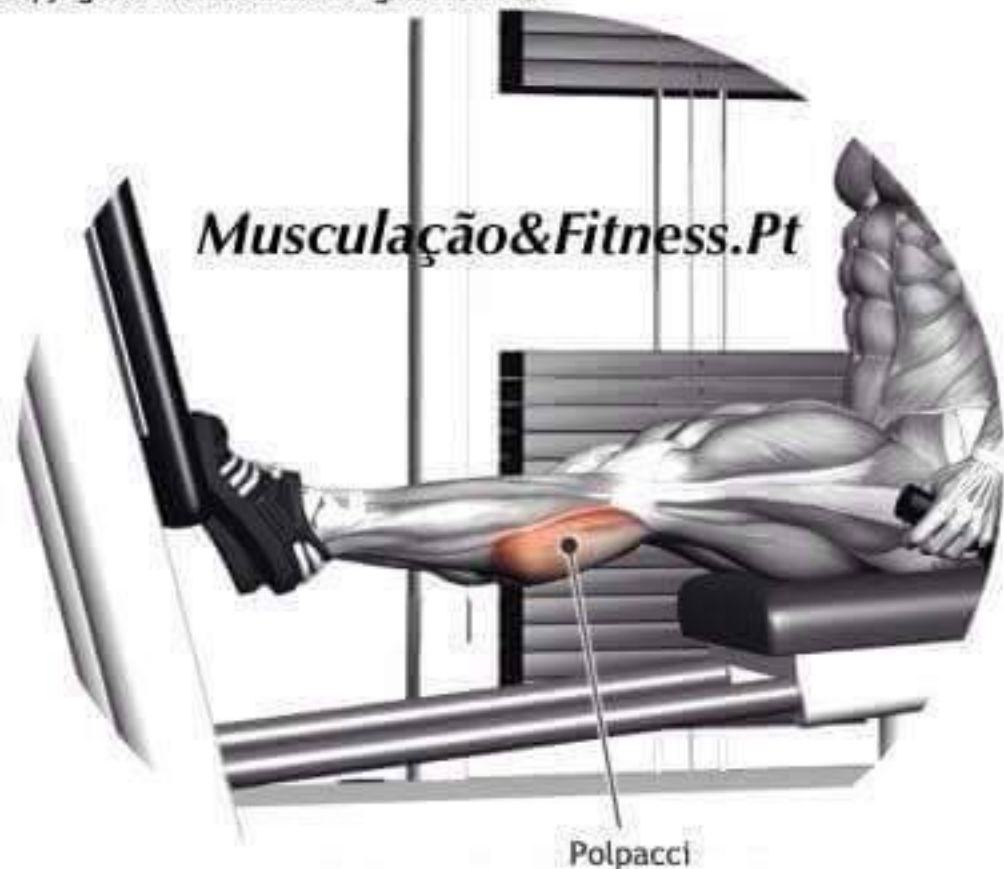
 Muscoli principali  Muscoli secondari  Muscoli accessori

Polpacci  
Capo mediale  
Capo laterale



**Muscoli principali**   **Muscoli secondari**   **Muscoli accessori**

# Musculação & Fitness.Pt



**Muscoli principali**   **Muscoli secondari**   **Muscoli accessori**