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Veja como funciona o treino de resistência, benefícios para força e saúde, e como fazer em casa com ou sem equipamentos. O treino de resistência deixa você mais forte de um jeito diferente. Quer ter o corpo preparado para atividades de desgaste? Veja como a modalidade pode ajudar! O treinamento funcional pode ser realizado por todas as pessoas, desde que acompanhadas por um profissional de educação física. Esse tipo de treino é dinâmico e envolve vários grupos musculares, ... May 3, 2026 · A proposta é simples: preparar o corpo para as demandas do cotidiano, melhorando não apenas a força, mas também o equilíbrio, a coordenação e a resistência física. Como é o ... Oct 4, 2025 · O Que É Treino Funcional De Resistência? O treino funcional de resistência é uma abordagem de

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