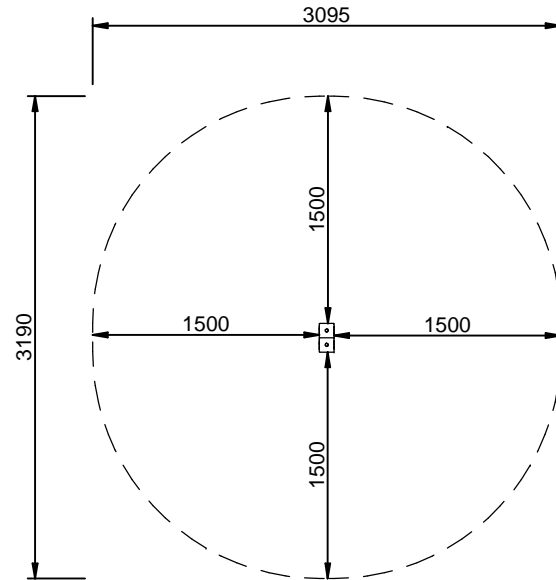




FICHA DE PROYECTO / PROJECT SHEET / FICHE DE PROJET / FICHA DO PROJETO

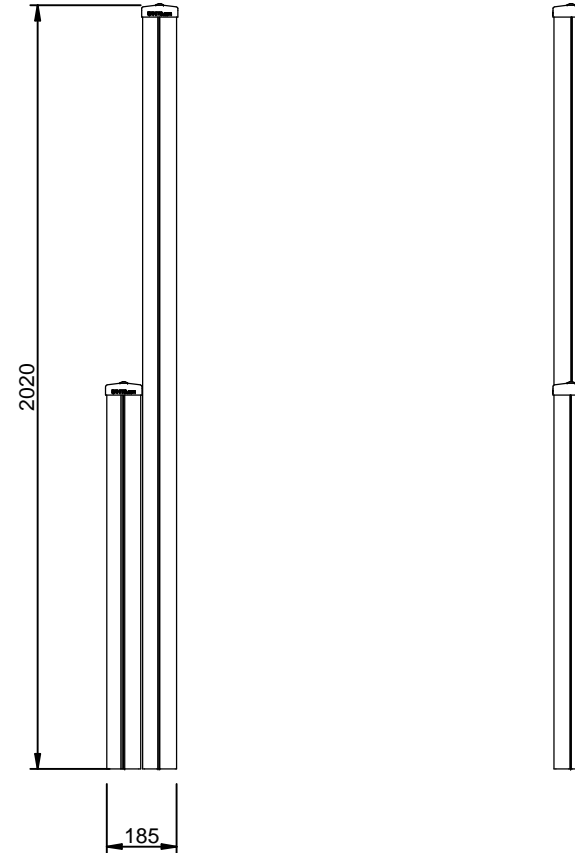
**SENTADILLAS / SQUAT POST / POSTE A FLEXION DE GENOU / POSTE A FLEXION**

JCIR11



E 1/50

A = 8 m<sup>2</sup>



E 1/20