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O treinamento funcional é um tipo de modalidade desportiva que surgiu nos EUA e que de início era utilizada por atletas e praticantes ocasionais de esportes, especialmente nas modalidades do atletismo. O objetivo era complementar o treinamento específico de qualquer que fosse a modalidade do praticante, fortalecendo a musculatura a fim de evitar lesões, visando um melhor desempenho. Atualmente o Treinamento Funcional é uma atividade em franco crescimento em todo o mundo.

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