



# MONTANDO O SISTEMA 3X1

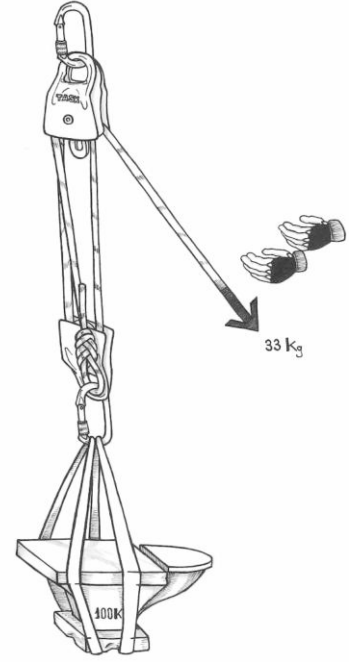
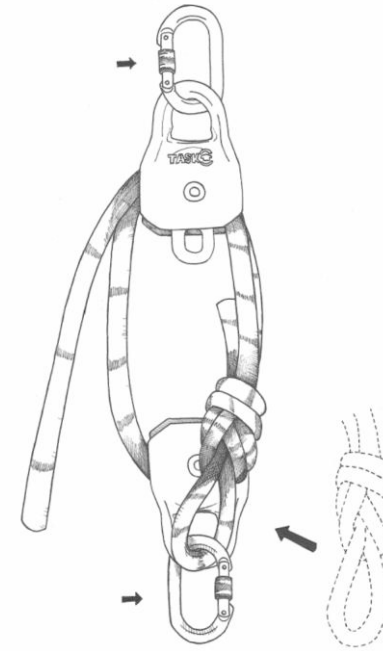
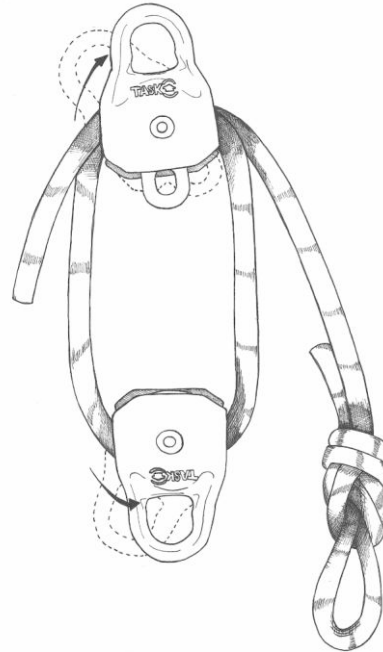
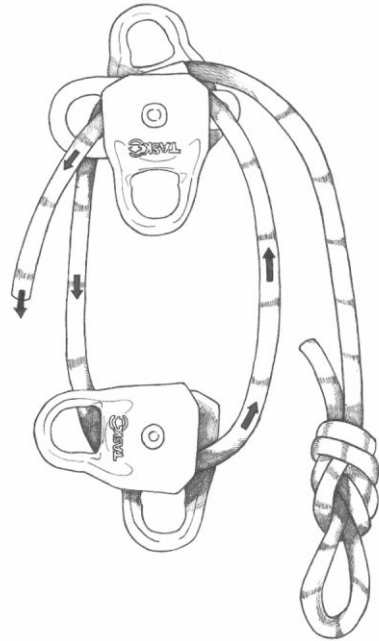
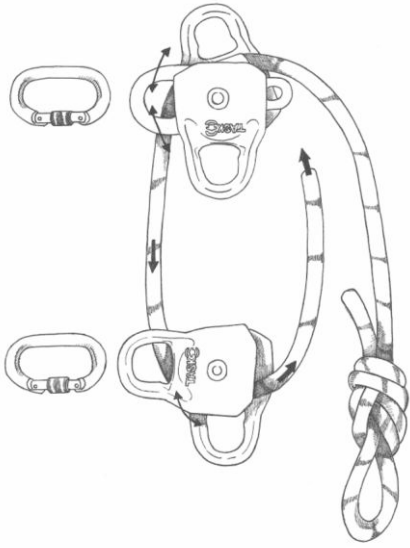
## PASSO 2

## PASSO 3

## PASSO 4

## FORÇA UTILIZADA NO SISTEMA 3X1

### PASSO 1



### SISTEMA 3X1 COM ROPE GRAB

### SISTEMA 3X1 COM 2 ROPE GRABS

### SISTEMA 3X1 COM PRUSSIK

### UTILIZAÇÃO ILUSTRAÇÃO A

