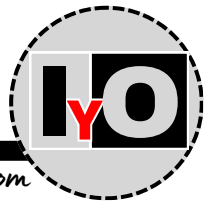




PLAN DE ENTRENAMIENTO



SEMANA: _____

imprimeyorganiza.com

-WOOD-

LUNES



Blank purple box for Monday's workout plan.

MARTES



Blank purple box for Tuesday's workout plan.

MIERCOLES



Blank purple box for Wednesday's workout plan.

JUEVES



Blank purple box for Thursday's workout plan.

VIERNES



Blank purple box for Friday's workout plan.