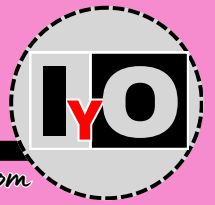


# PLAN DE ENTRENAMIENTO



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## CROSSFIT WOOD

LUNES



MARTES



MIERCOLES



JUEVES



VIERNES

