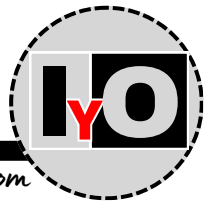




# PLAN DE ENTRENAMIENTO



SEMANA: \_\_\_\_\_

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## -WOOD-

**LUNES**



**MARTES**



**MIERCOLES**



**JUEVES**



**VIERNES**

