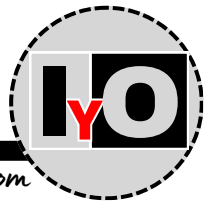




PLAN DE ENTRENAMIENTO



SEMANA: _____

imprimeyorganiza.com

-WOOD-

LUNES

Blank pink box for Monday's workout plan.

MARTES

Blank pink box for Tuesday's workout plan.

MIERCOLES

Blank pink box for Wednesday's workout plan.

JUEVES

Blank pink box for Thursday's workout plan.

VIERNES

Blank pink box for Friday's workout plan.