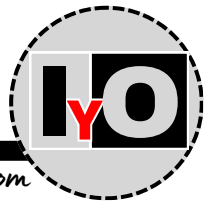




# PLAN DE ENTRENAMIENTO



*imprimeyorganiza.com*

FECHA: \_\_\_\_\_ GRUPO MUSCULAR: \_\_\_\_\_

## FUERZA

| EJERCICIO | REPS | 🕒 | PESO | NOTAS |
|-----------|------|---|------|-------|
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## CARDIO

| EJERCICIO | DISTANCIA | 🕒 | NOTAS |
|-----------|-----------|---|-------|
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|           |           |   |       |
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