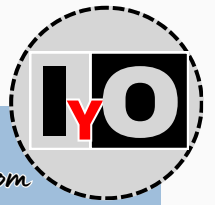
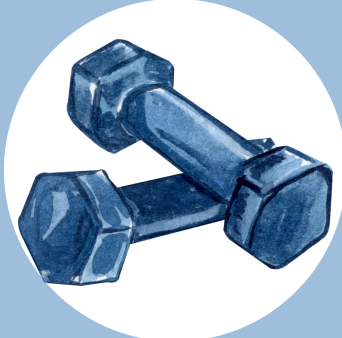


# Plan de Entrenamiento Semanal



*imprimeyorganiza.com*



**NOMBRE:** \_\_\_\_\_

**EJERCICIOS**

**REPETICIONES /** 

**LUNES**

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**MARTES**

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**MIERCOLES**

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**JUEVES**

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**VIERNES**

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