

Semana 1

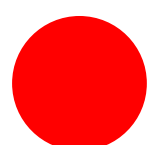
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FUNCIONAL

PIERNAS
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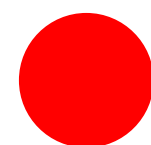
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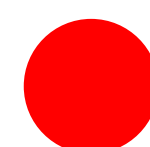
LUNES



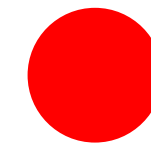
MARTES



MIÉRCOLES



JUEVES



Semana 2

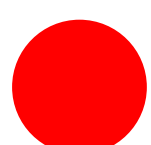
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PIERNAS
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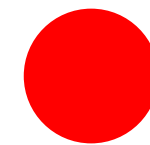
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FULL BODY

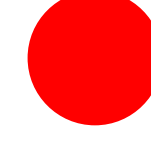
LUNES



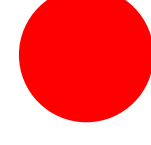
MARTES



MIÉRCOLES



JUEVES



Semana 3

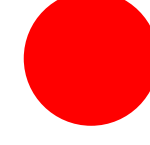
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PIERNAS
FUNCIONAL

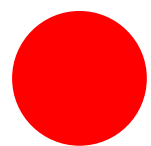
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FULL BODY

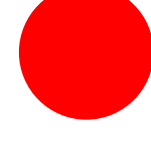
LUNES



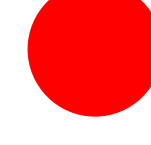
MARTES



MIÉRCOLES



JUEVES



Semana 4

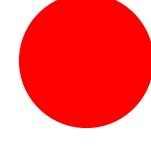
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PIERNAS
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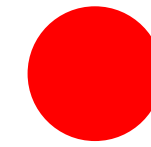
TREN SUPERIOR
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FULL BODY

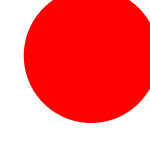
LUNES



MARTES



MIÉRCOLES



JUEVES

