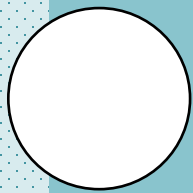


GRUPO TOP

CALENDARIO *semanal*

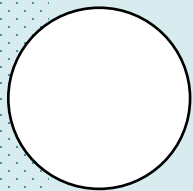
#TÚ
PUEDES
MÁS
BY ROSA
FITNESS

1 - 15 Mayo



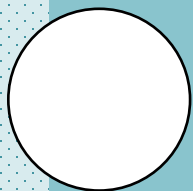
LUN

FULL BODY



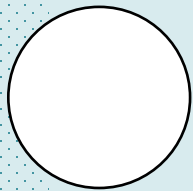
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TREN SUPERIOR



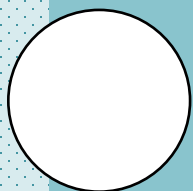
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BICEPS Y TRICEPS



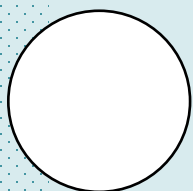
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MUSLO INTERNO



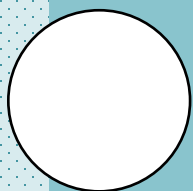
VIE

TABATA



SAB

ABDOMINALES



DOM

DESCANSO

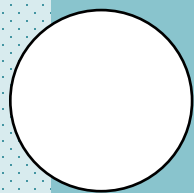


GRUPO TOP

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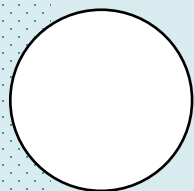
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PUEDES
MÁS
BY ROSA
FITNESS

16 – 31 Mayo



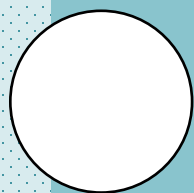
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FULL BODY



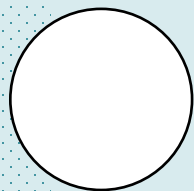
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PIERNA



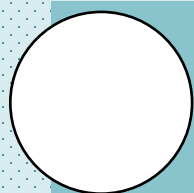
MIE

BODY STRONG



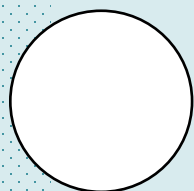
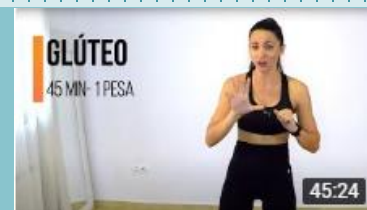
JUE

HOMBRO



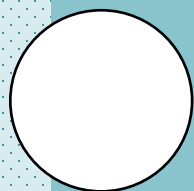
VIE

GLÚTEO



SAB

ABDOMEN



DOM

DESCANSO

