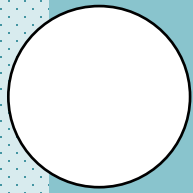


GRUPO TOP

# CALENDARIO *semanal*

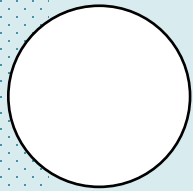
#TÚ  
PUEDES  
MÁS  
BY  
ROSA  
FITNESS

1 – 15 Septiembre



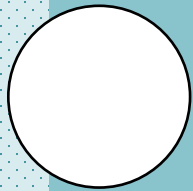
**LUN**

ESPALDA, BICEPS  
Y HOMBRO



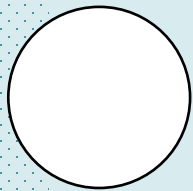
**MAR**

TRICEPS Y PECHO



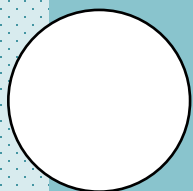
**MIE**

TRISERIES



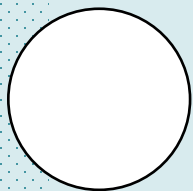
**JUE**

FULLBODY



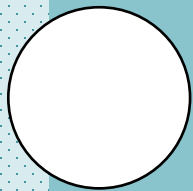
**VIE**

ABDOMEN



**SAB**

MUSLO



**DOM**

DESCANSO

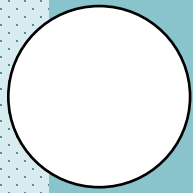


GRUPO TOP

# CALENDARIO *semanal*

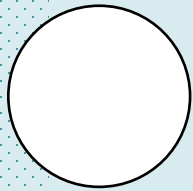
#TÚ  
PUEDES  
MÁS  
BY  
ROCKA  
FITNESS

16 – 30 Septiembre



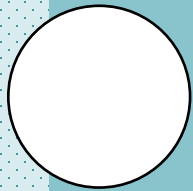
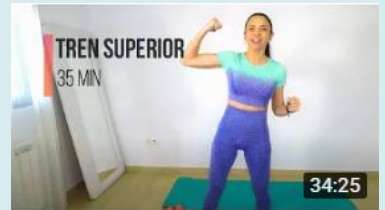
**LUN**

FULLBODY



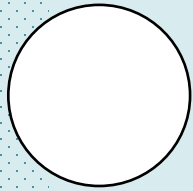
**MAR**

TREN SUPERIOR



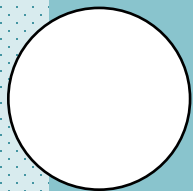
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GAP



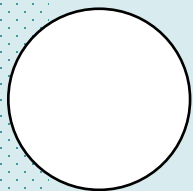
**JUE**

BODY STRONG



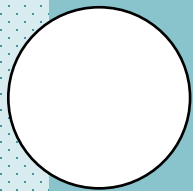
**VIE**

HOMBRO



**SAB**

FULLBODY



**DOM**

DESCANSO

