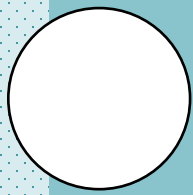


GRUPO TOP

# CALENDARIO *semanal*

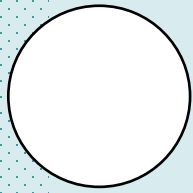
#TÚ  
PUEDES  
MÁS  
BY ROSA  
FITNESS

1 – 15 Febrero



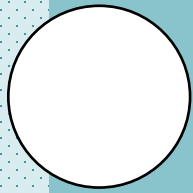
**LUN**

BICEPS



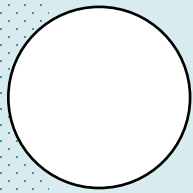
**MAR**

HOMBRO



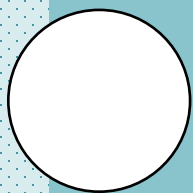
**MIE**

BODY STRONG



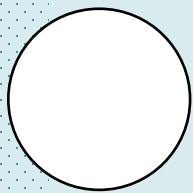
**JUE**

GAP



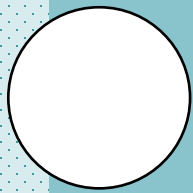
**VIE**

FULLBODY



**SAB**

GLÚTEO



**DOM**

DESCANSO

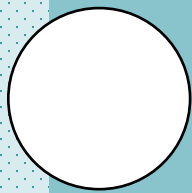


GRUPO TOP

# CALENDARIO *semanal*

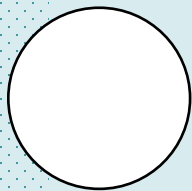
#TÚ  
PUEDES  
MÁS  
BY: ROSA  
FITNESS

16 – 28 Febrero



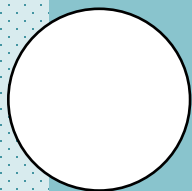
**LUN**

FUERZA



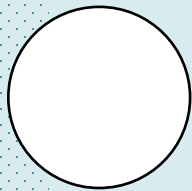
**MAR**

BICEPS Y TRICEPS



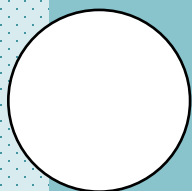
**MIE**

FULLBODY



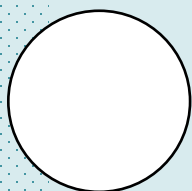
**JUE**

GAP



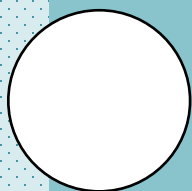
**VIE**

HOMBRO



**SAB**

PIERNA Y GLUTEO



**DOM**

DESCANSO

