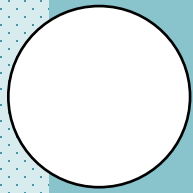


GRUPO TOP

CALENDARIO *Semanal*

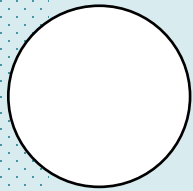
#TÚ
PUEDES
MÁS
BY ROSA
FITNESS

1 – 15 JUNIO



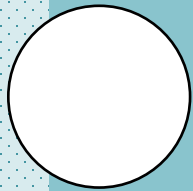
LUN

FULLBODY



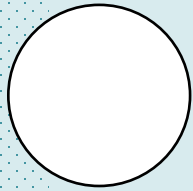
MAR

INFERIOR



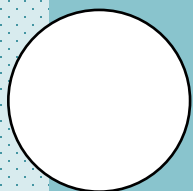
MIE

TRICEPS Y PECHO



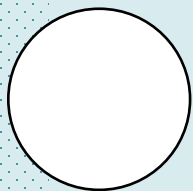
JUE

FULLBODY



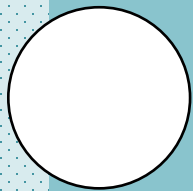
VIE

MUSLO



SAB

HOMBRO



DOM

DESCANSO

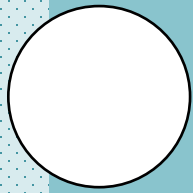


GRUPO TOP

CALENDARIO *semanal*

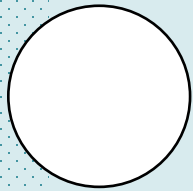
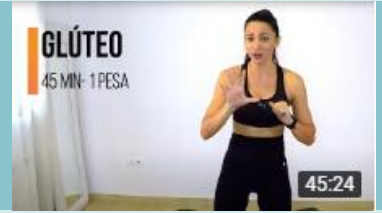
#TÚ
PUEDES
MÁS
BY ROSA
FITNESS

16 – 30 JUNIO



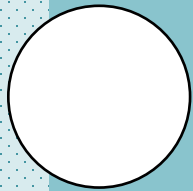
LUN

GLÚTEO



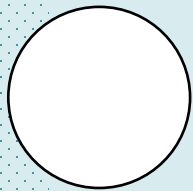
MAR

PECHO



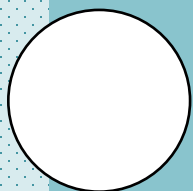
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BICEPS Y TRICEPS



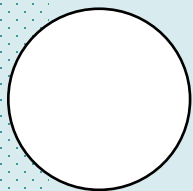
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FULLBODY



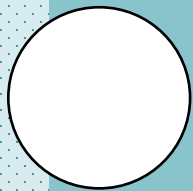
VIE

PIERNA



SAB

FUERZA



DOM

DESCANSO

