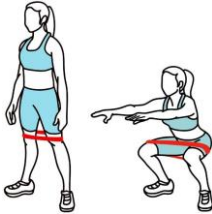
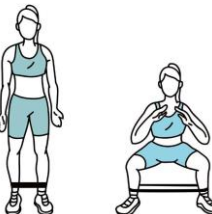
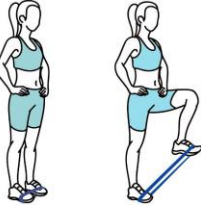
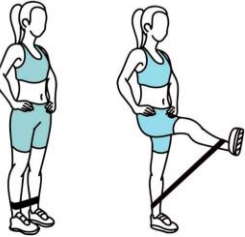
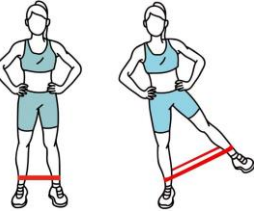
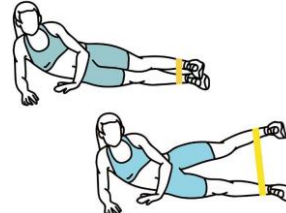
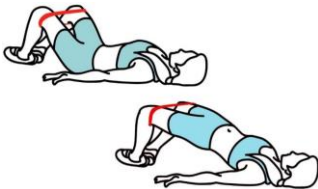
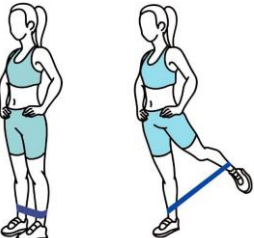
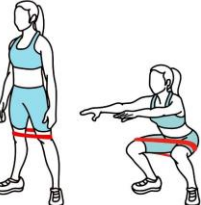
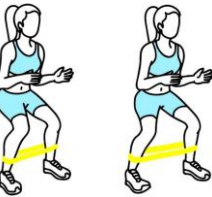
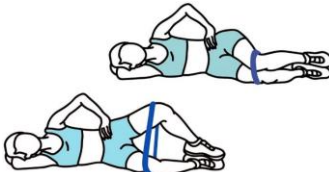
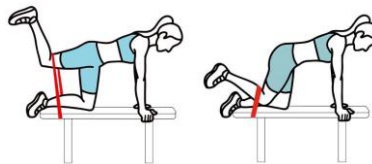
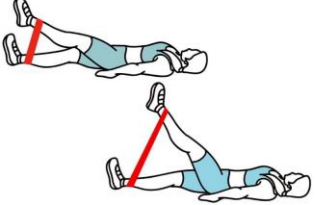
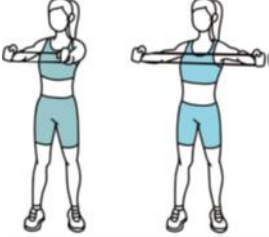
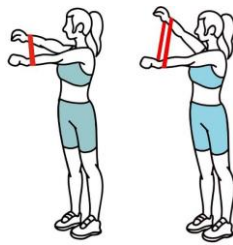
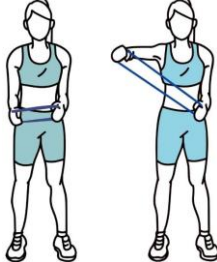
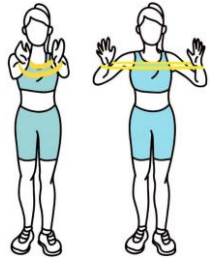
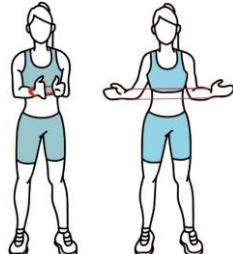
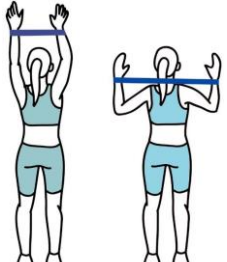
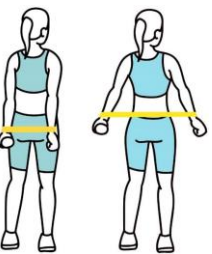
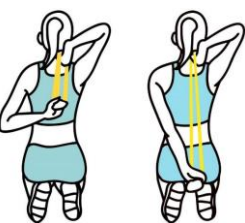
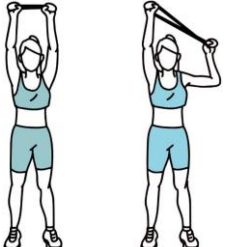
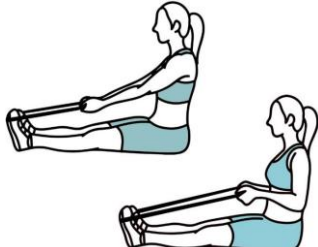


FORMATO DE EJERCICIOS CON MINI BANDAS ELÁSTICAS

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 SERIES. ____ X ____ REPS ____ VECES X SEMANA	 SERIES. ____ X ____ REPS ____ VECES X SEMANA	 SERIES. ____ X ____ REPS ____ VECES X SEMANA

OBSERVACIONES: _____
