**TABLA DE RUTINA**

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| **BLOQUE 1** |

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| **SESION 1** | **SESION 2** | **SESION 3** |

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| **EJERCICIO** | **DURACION** | **DESCANSO** | **EJERCICIO** | **DURACION** | **DESCANSO** | **EJERCICIO** | **DURACION** | **DESCANSO** |
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| **BLOQUE 2** |

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| **EJERCICIO** | **DURACION** | **DESCANSO** | **EJERCICIO** | **DURACION** | **DESCANSO** | **EJERCICIO** | **DURACION** | **DESCANSO** |
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| **BLOQUE 3** |

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| **SESION 1** | **SESION 2** | **SESION 3** |

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| **EJERCICIO** | **DURACION** | **DESCANSO** | **EJERCICIO** | **DURACION** | **DESCANSO** | **EJERCICIO** | **DURACION** | **DESCANSO** |
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