

PLANTILLA RUTINA GYM

WEEKLY GYM WORKOUT

LUNES

Exercise: Sets: Reps: Peso:

Exercise: Sets: Reps: Peso:

Exercise: Sets: Reps: Peso:

Exercise: Sets: Reps: Peso:

MARTES

Exercise: Sets: Reps: Peso:

Exercise: Sets: Reps: Peso:

Exercise: Sets: Reps: Peso:

Exercise: Sets: Reps: Peso:

MIERCOLES

Exercise: Sets: Reps: Peso:

Exercise: Sets: Reps: Peso:

Exercise: Sets: Reps: Peso:

Exercise: Sets: Reps: Peso:

JUEVES

Exercise: Sets: Reps: Peso:

Exercise: Sets: Reps: Peso:

Exercise: Sets: Reps: Peso:

Exercise: Sets: Reps: Peso:

VIERNES

Exercise: Sets: Reps: Peso:

Exercise: Sets: Reps: Peso:

Exercise: Sets: Reps: Peso:

Exercise: Sets: Reps: Peso:

SABADO

Exercise: Sets: Reps: Peso:

Exercise: Sets: Reps: Peso:

Exercise: Sets: Reps: Peso:

Exercise: Sets: Reps: Peso:

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