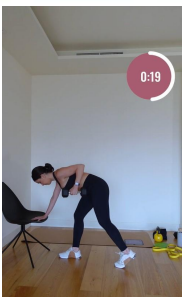
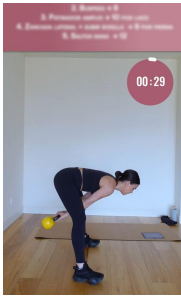
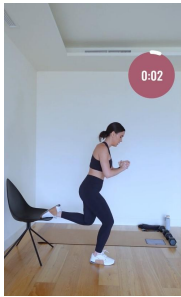
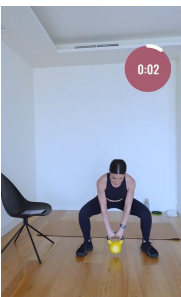
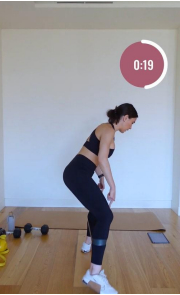
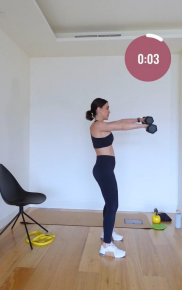
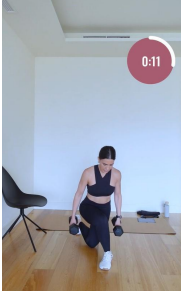
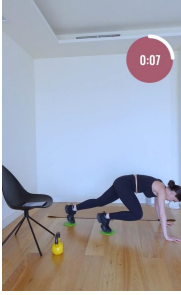
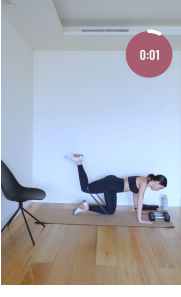
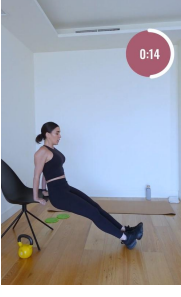
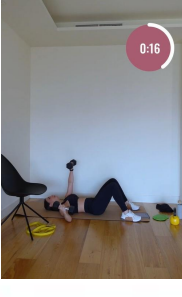
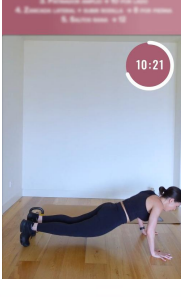
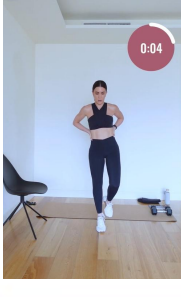
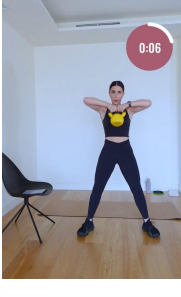


PROGRAMA DE ENTRENAMIENTO

FITGLOW

	DÍA 1	DÍA 2	DÍA 3	DÍA 4	DÍA 5	DÍA 6	DÍA 7
SEMANA 1	 0:24 PIERNAS, GLÚTEOS Y CORE VER VÍDEO	 02:16 HIIT ANAERÓBICO VER VÍDEO	 0:19 TREN SUPERIOR Y CORE VER VÍDEO	 00:29 HIIT ANAERÓBICO VER VÍDEO	 0:02 PIERNAS, GLÚTEOS Y CORE VER VÍDEO	 0:02 FULL BODY + CARDIO VER VÍDEO	 DESCANSO
SEMANA 2	 0:19 PIERNAS, GLÚTEOS Y CORE VER VÍDEO	 03:07 HIIT ANAERÓBICO VER VÍDEO	 0:03 TREN SUPERIOR Y CORE VER VÍDEO	 02:20 HIIT ANAERÓBICO VER VÍDEO	 0:11 PIERNAS, GLÚTEOS Y CORE VER VÍDEO	 0:07 FULL BODY + CARDIO VER VÍDEO	 DESCANSO
SEMANA 3	 0:23 PIERNAS, GLÚTEOS Y CORE VER VÍDEO	 04:12 HIIT ANAERÓBICO VER VÍDEO	 0:11 TREN SUPERIOR Y CORE VER VÍDEO	 04:08 HIIT ANAERÓBICO VER VÍDEO	 0:01 PIERNAS, GLÚTEOS Y CORE VER VÍDEO	 0:14 FULL BODY + CARDIO VER VÍDEO	 DESCANSO
SEMANA 4	 0:36 PIERNAS, GLÚTEOS Y CORE VER VÍDEO	 15:22 HIIT ANAERÓBICO VER VÍDEO	 0:16 TREN SUPERIOR Y CORE VER VÍDEO	 10:21 HIIT ANAERÓBICO VER VÍDEO	 0:04 PIERNAS, GLÚTEOS Y CORE VER VÍDEO	 0:06 FULL BODY + CARDIO VER VÍDEO	 DESCANSO