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| **INTEGRANTES: 1- 3-**  **2- 4-** | **1- FCR** | **2- FCR** | **3- FCR** | **4- FCR** |
| **OBJETIVO:** | **1- FCA** | **2- FCA** | **3- FCA** | **4- FCA** |

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| **Sesión** | **Músculos** | **Ejercicios** | **Series** | **Repeticiones** | **Máximo ejercicios** | **Intensidad**  **%** | **Continuidad(días)** | **Elongación** | **Tiempo recuperación** | **Nivel de esfuerzo** |
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| **Calentamiento sesión 1**  **Músculos trabajados** | | | | |
| **Calentamiento sesión 2**  **Músculos trabajados** | | | | |
| **Calentamiento sesión 3**  **Músculos trabajados** | | | | |
| **Calentamiento sesión 4**  **Músculos trabajados** | | | | |
| **IMC INTEGRANTES** | **1- IMC** | **2- IMC** | **3- IMC** | **4- IMC** |
| **RANGO INTEGRANTES** | **1- RANGO** | **2- RANGO** | **3- RANGO** | **4- RANGO** |