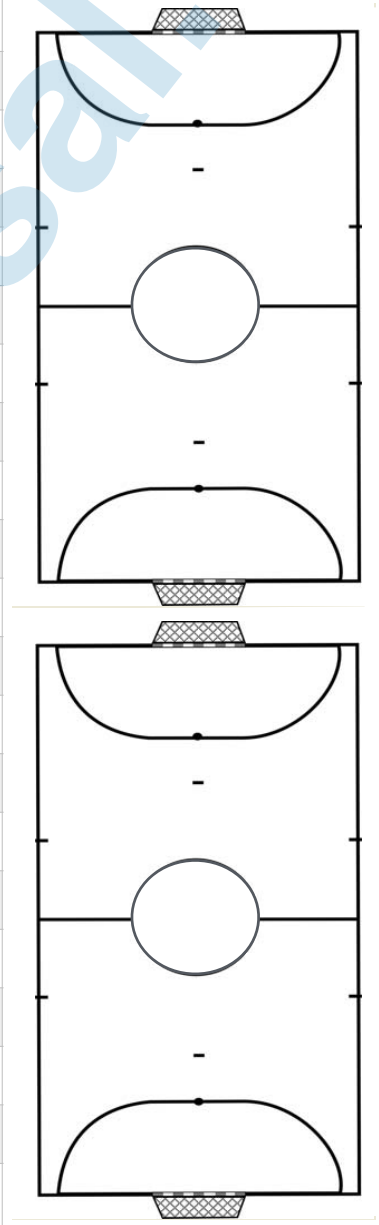
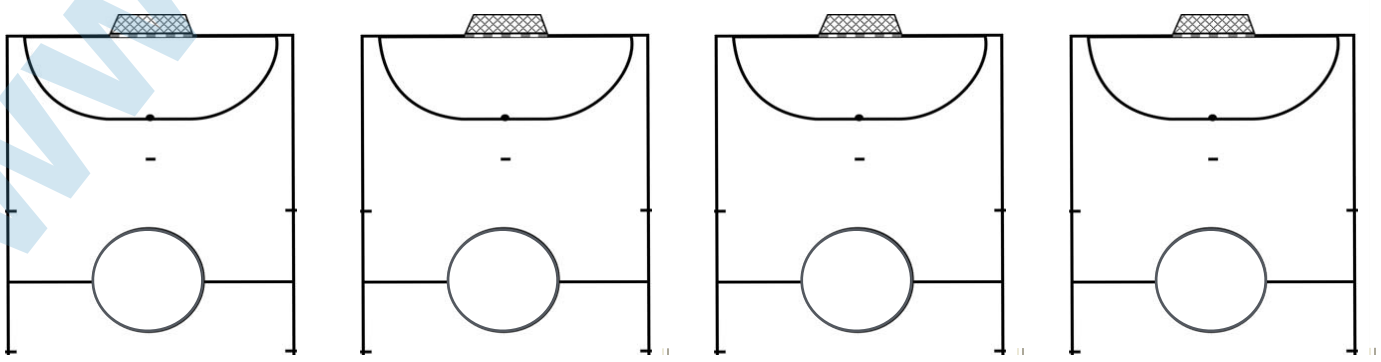
SCHEDA SEDUTA DI ALLENAMENTO

FASE:	giorno settimana: data:
PERIODO:	OBIETTIVO GENERALE:
SEDUTA N	OBIETTIVO 1:
ALLENAMENTO N	OBIETTIVO 2:

N	MIN	DESCRIZIONE





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