

PLANEJAMENTO DE TREINOS

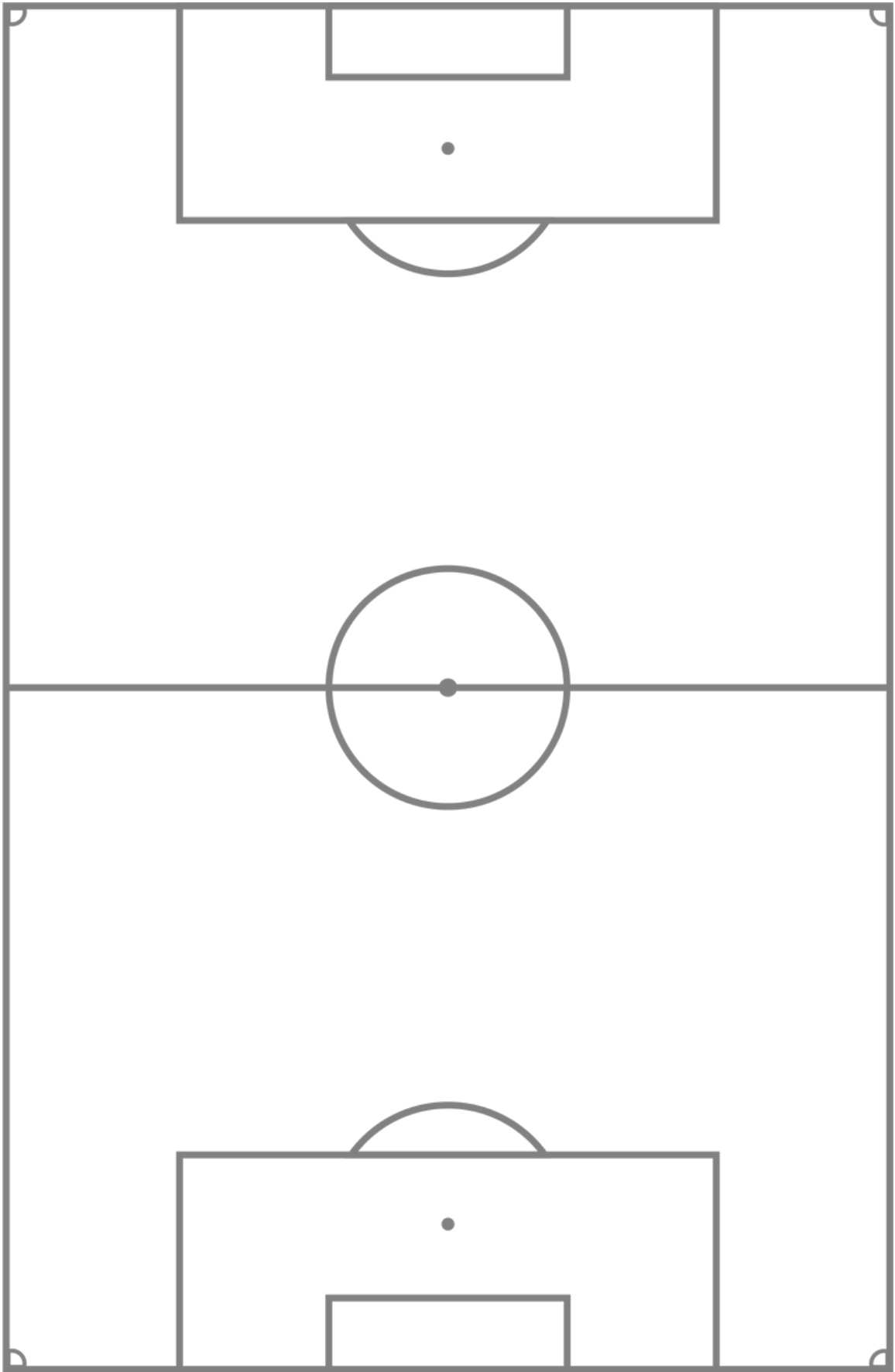


CASA DO TREINADOR

@casadotreinadorbr

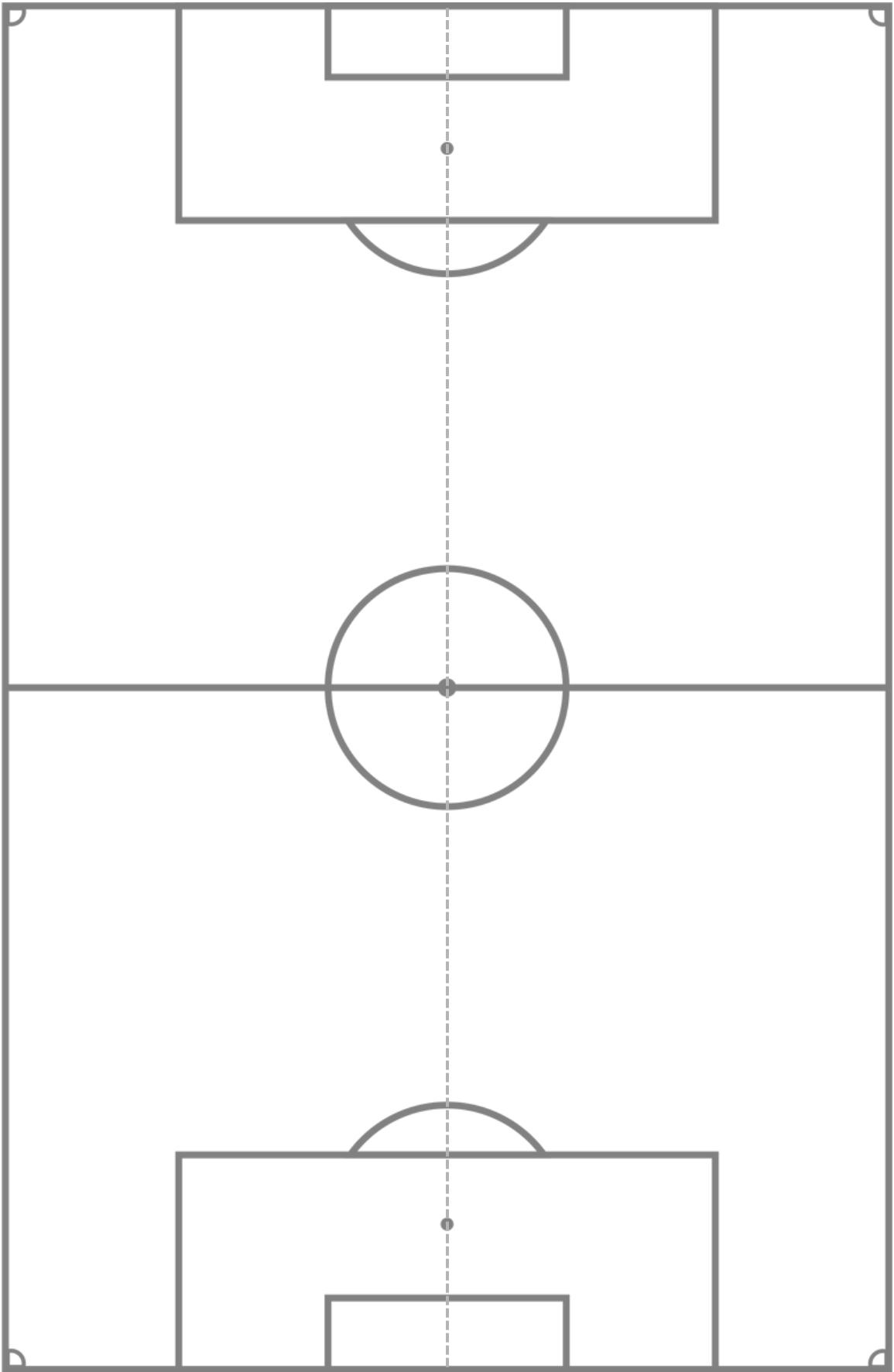
Data/Hora:

Objetivos:



Data/Hora:

Objetivos:



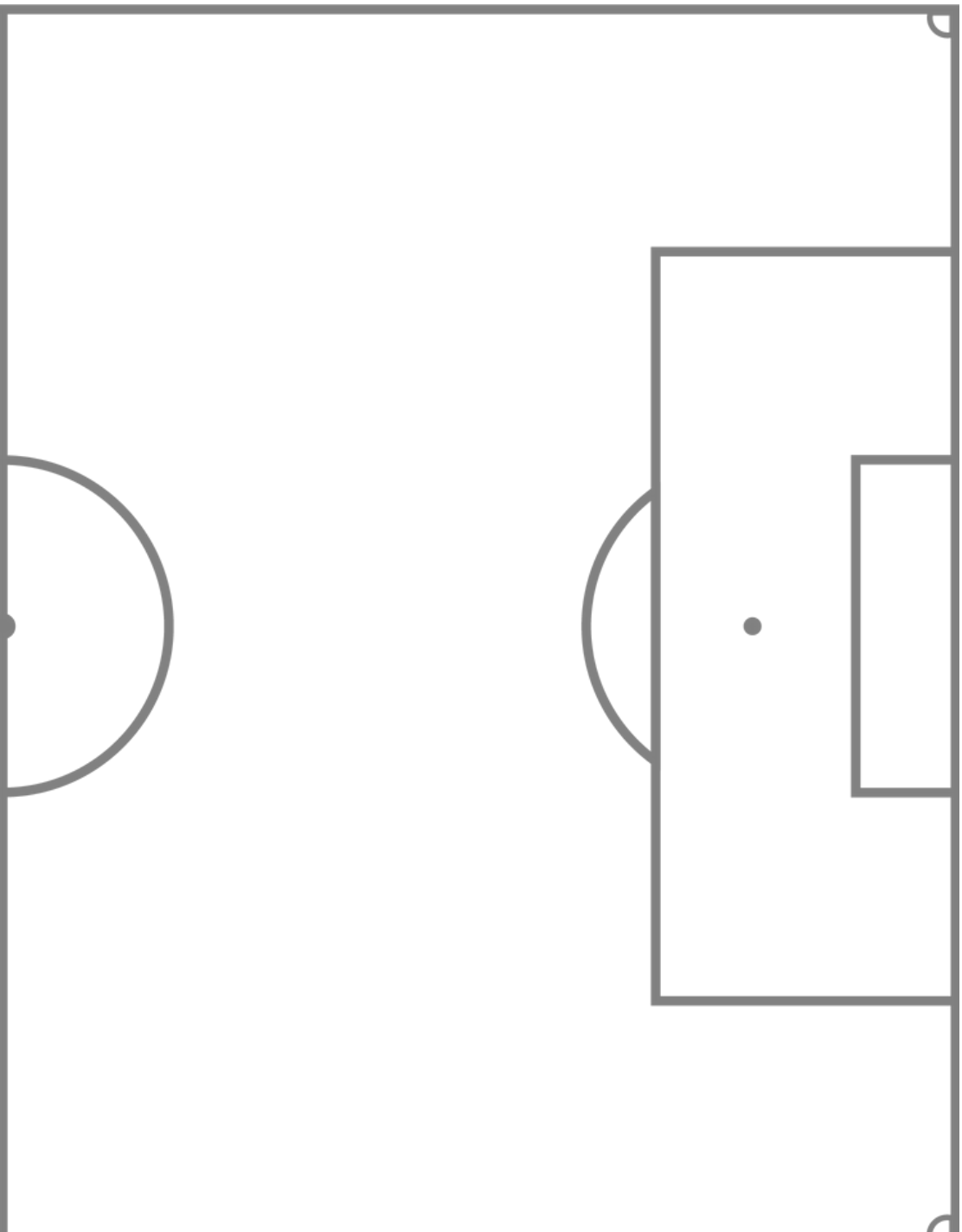
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Data/Hora:

Objetivos:



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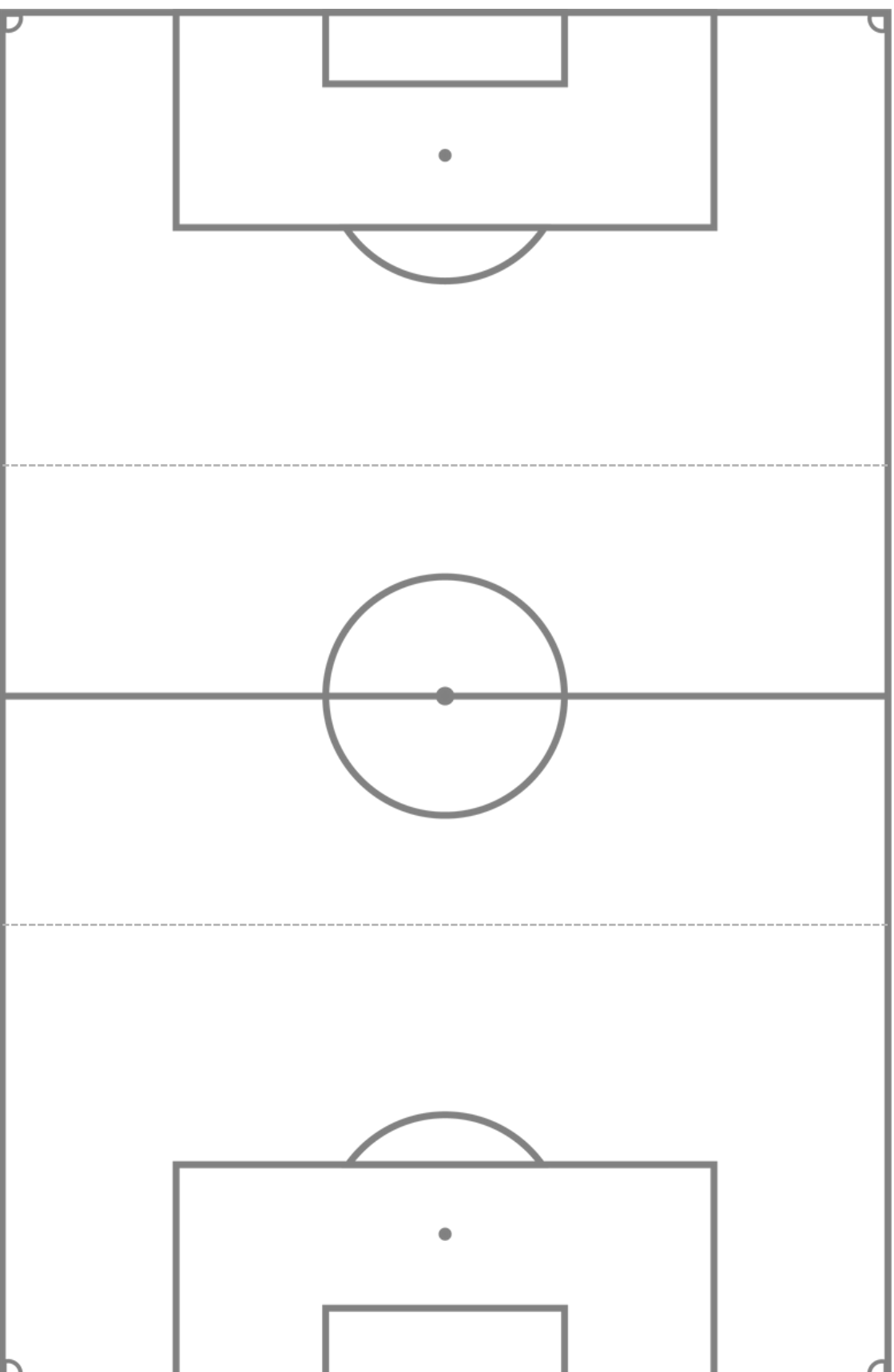
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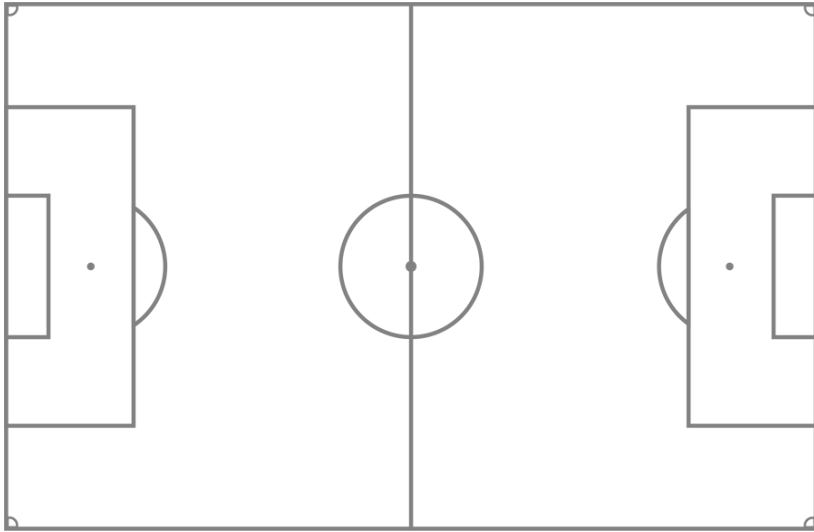
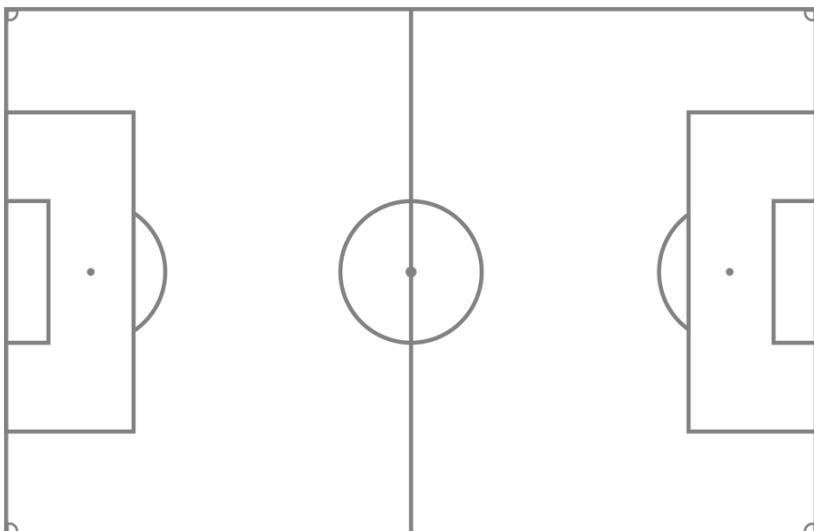
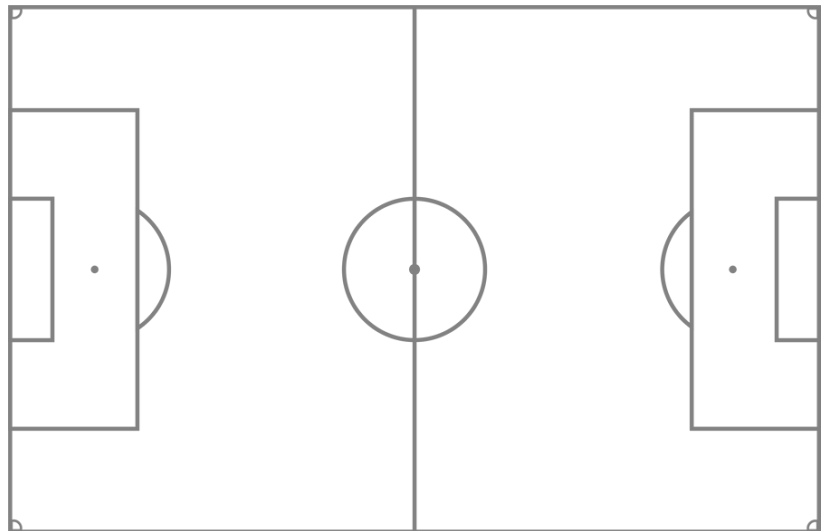
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Data/Hora:

Objetivos:[illegible][illegible][illegible]