







REGISTRO

  Tomar Foto
 Seleccionar foto

Correo electrónico _____


Contraseña _____

Nombre _____


Fecha de nacimiento
 

☐ Hombre ☐ Mujer ☐ Otro

Peso _____ Altura _____



Tomar Foto




Seleccionar foto

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Nombre


Fecha de nacimiento

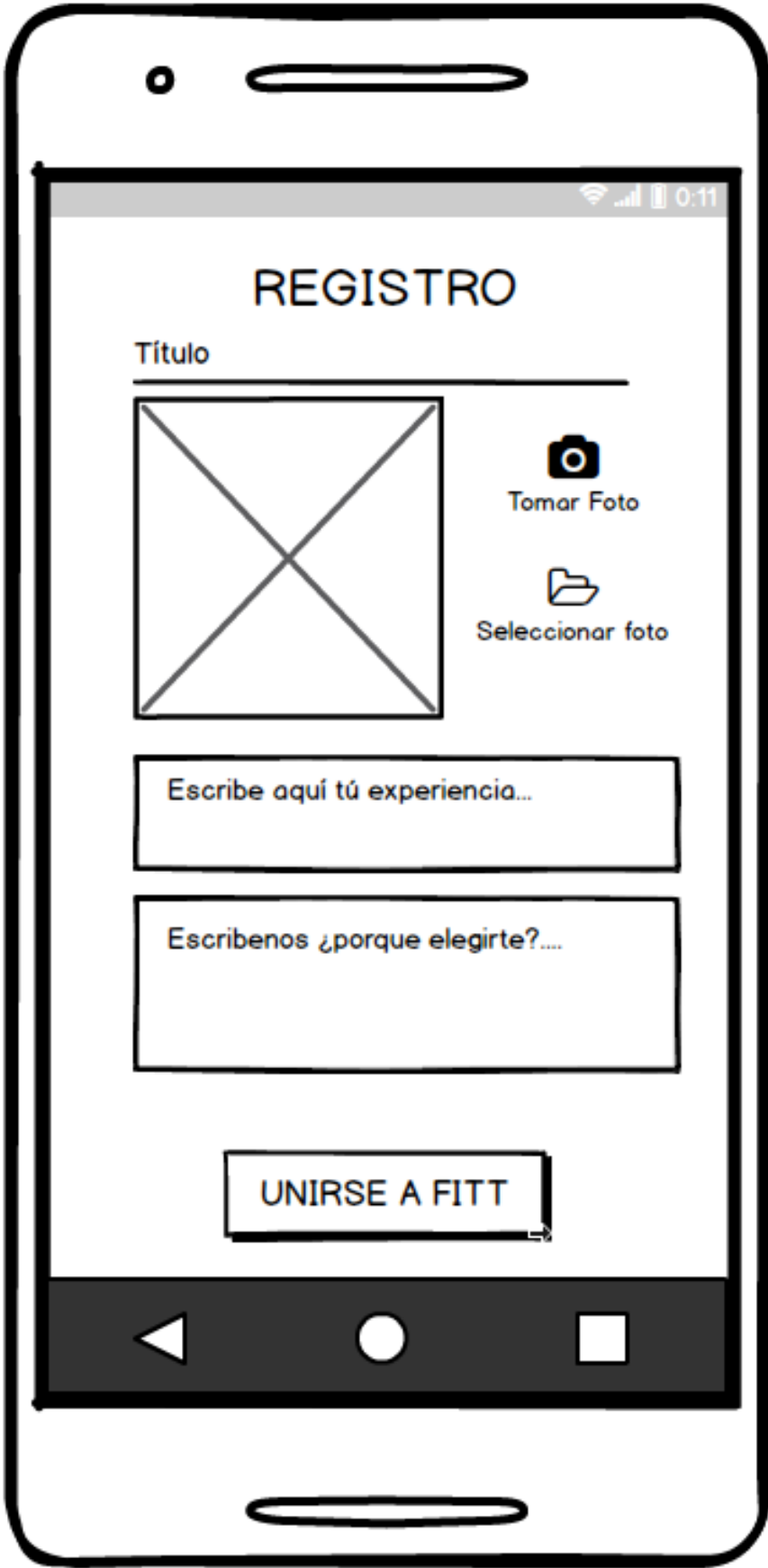


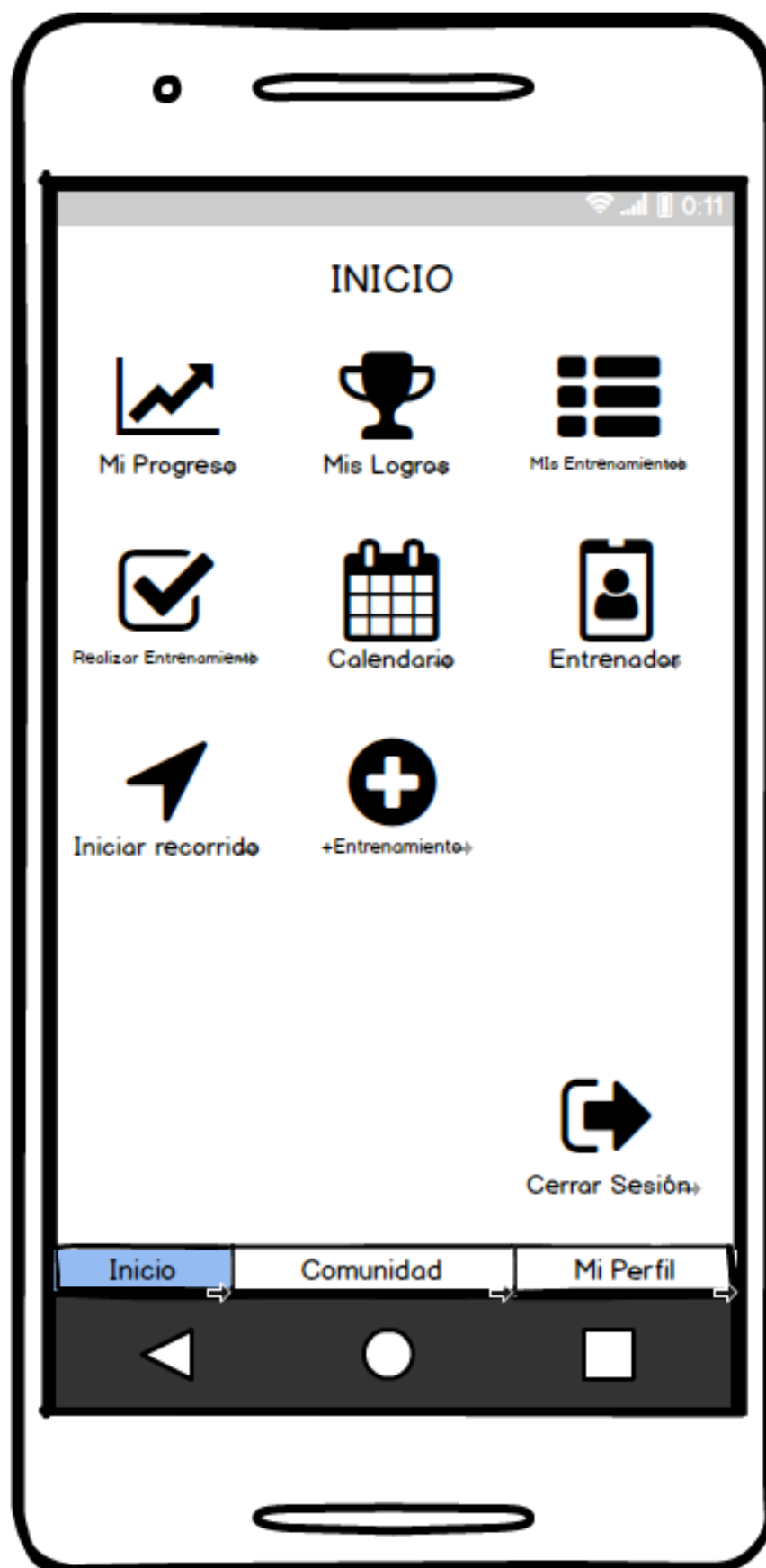
☐ Hombre
 ☐ Mujer
 ☐ Otro

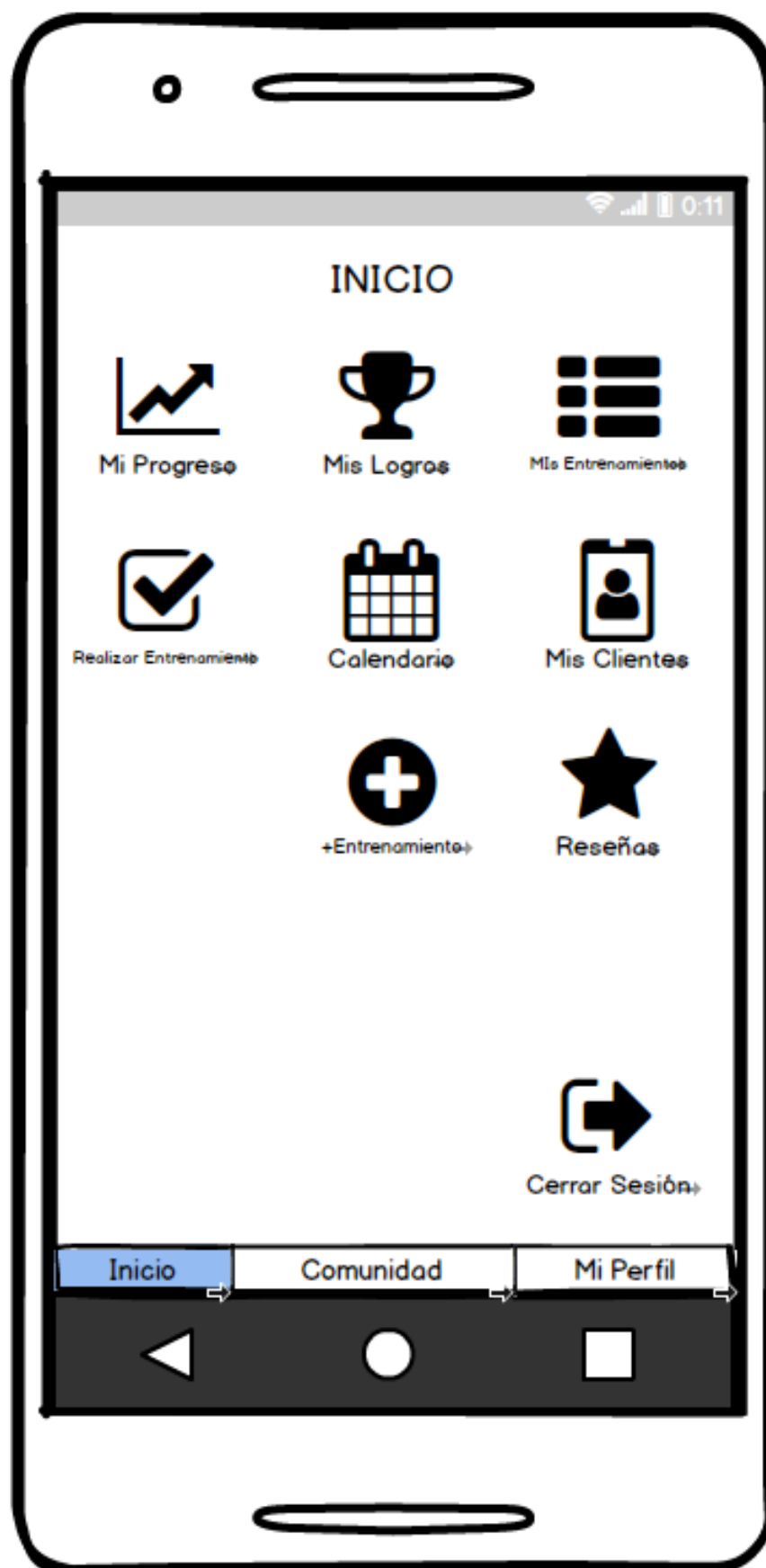
Peso

Altura





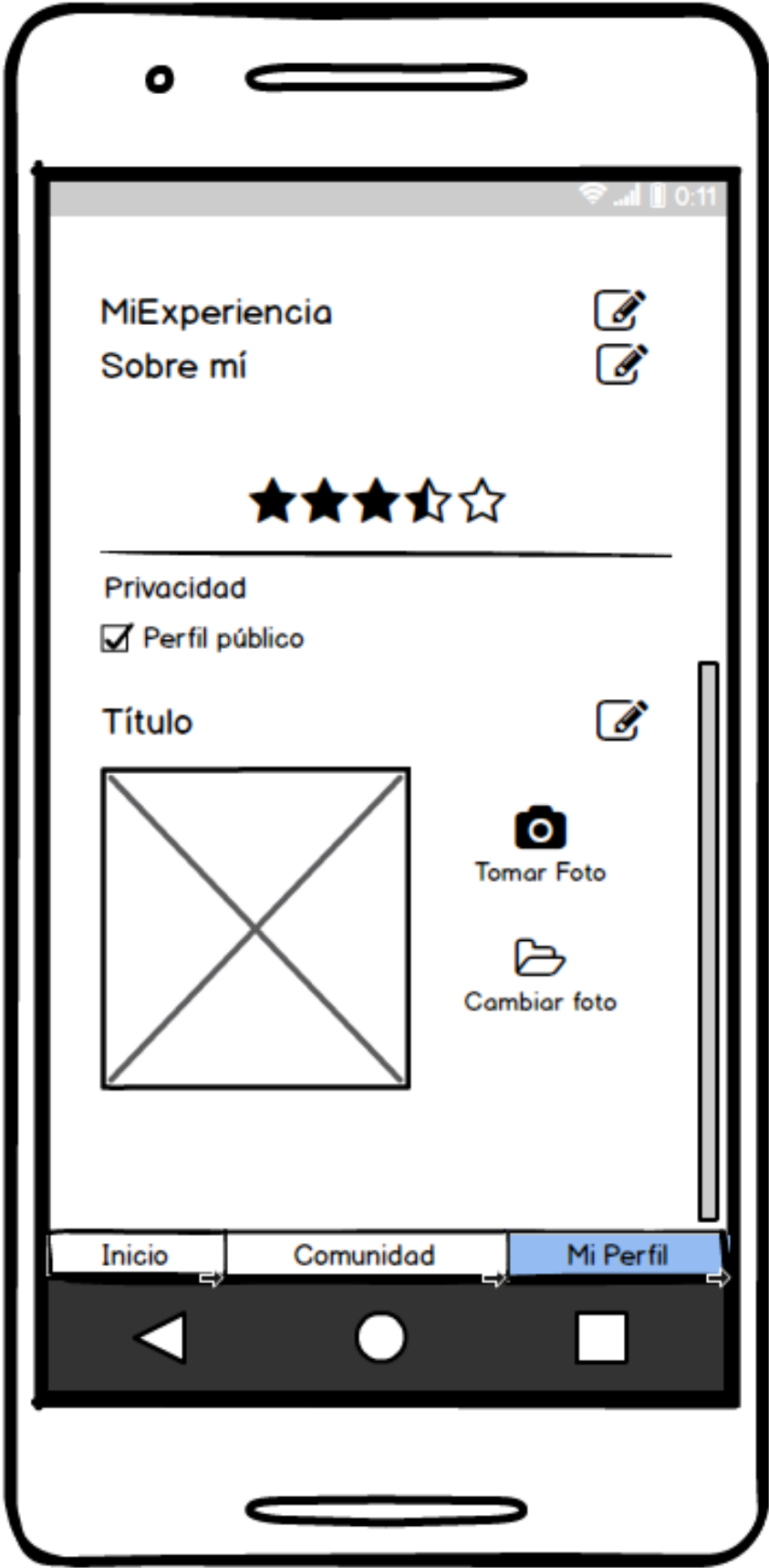




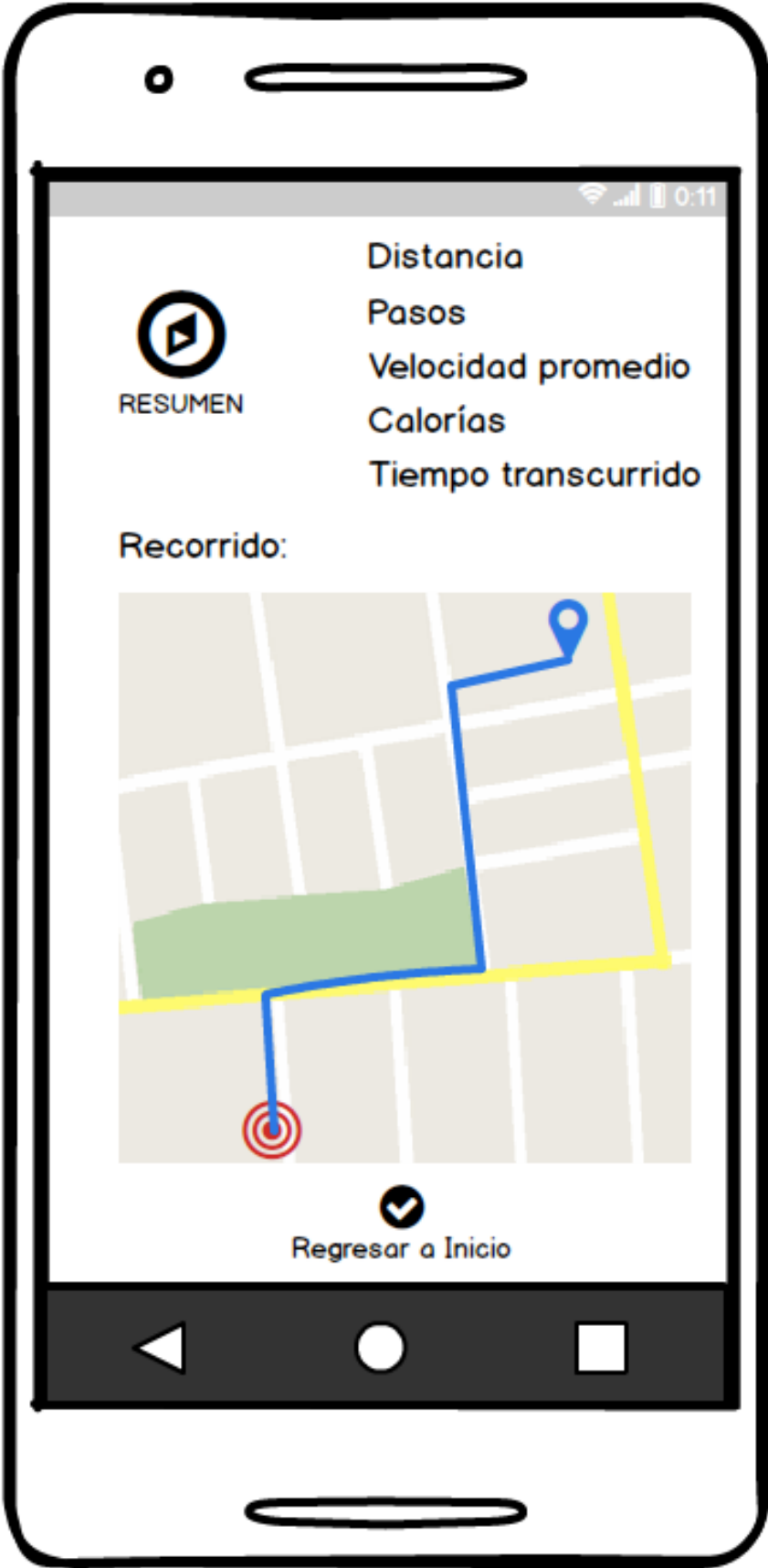


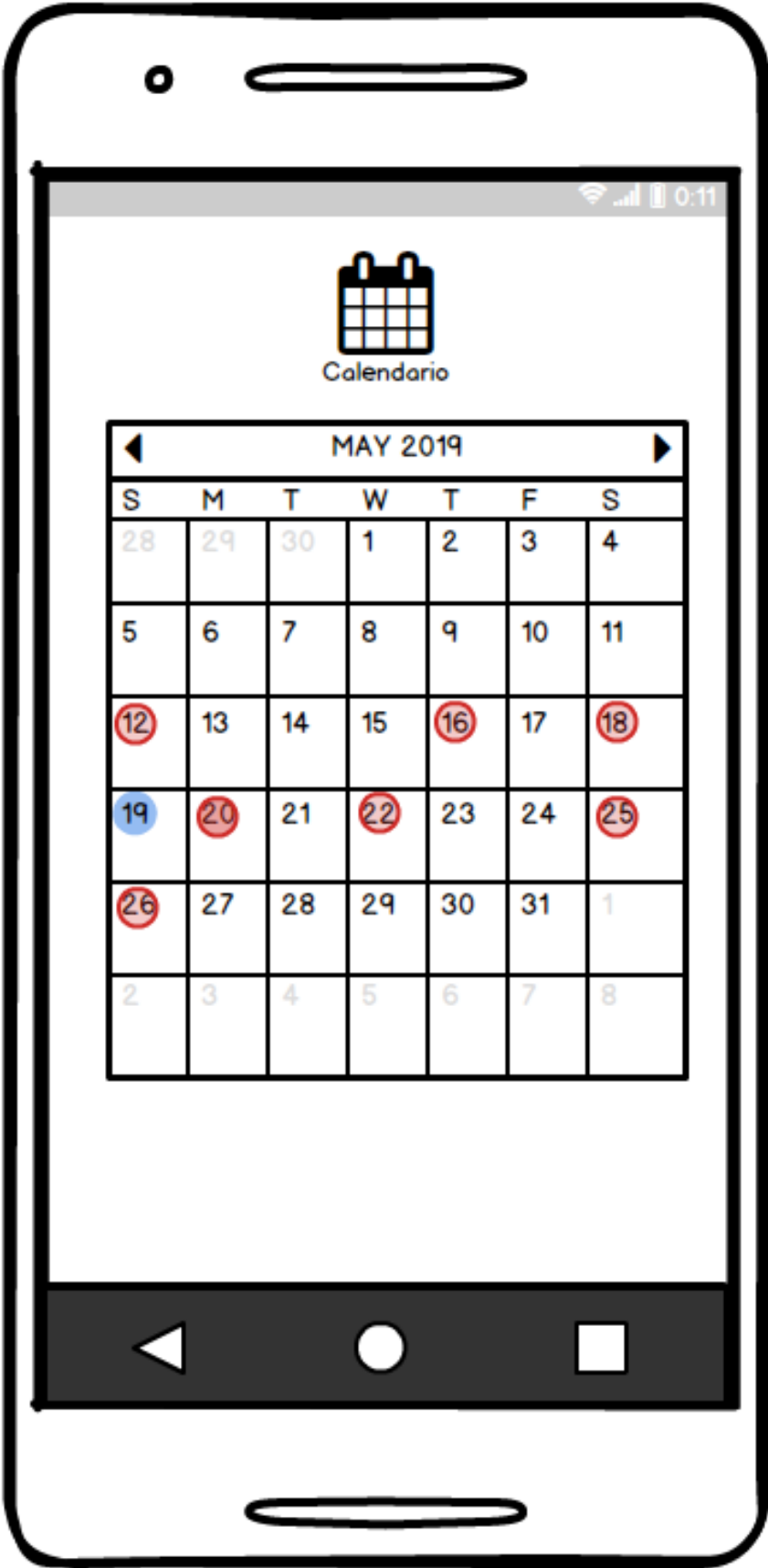


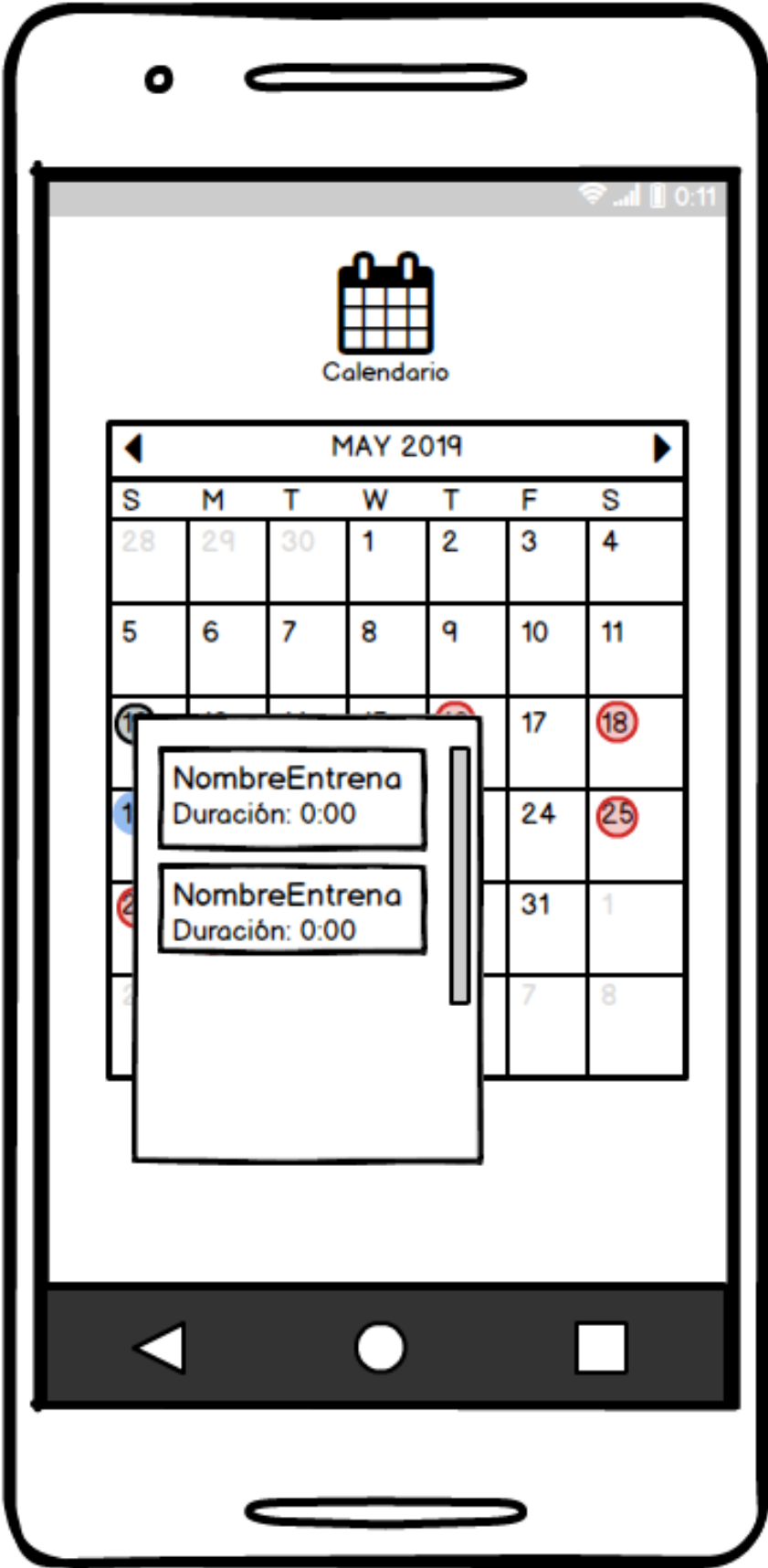


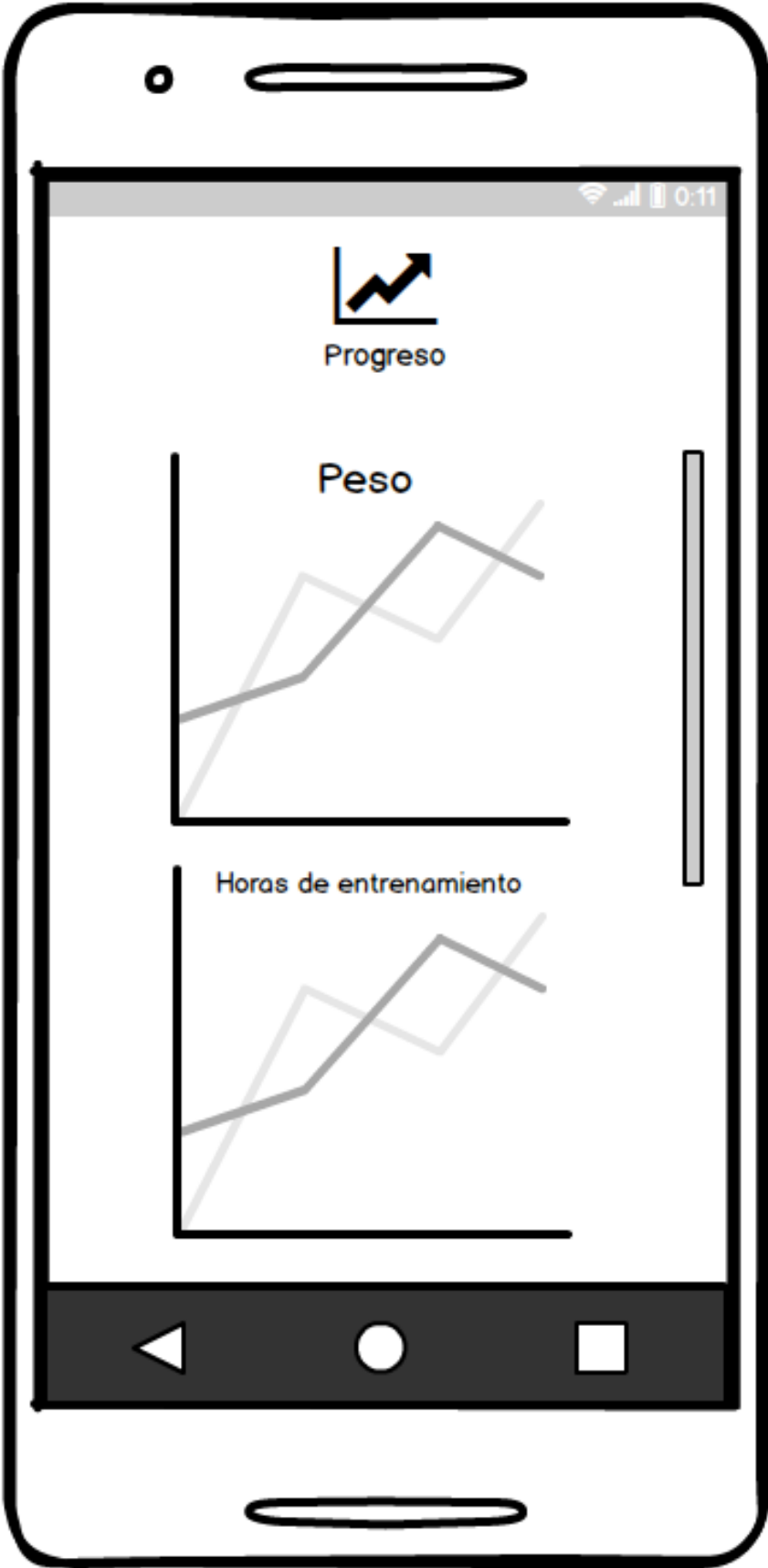




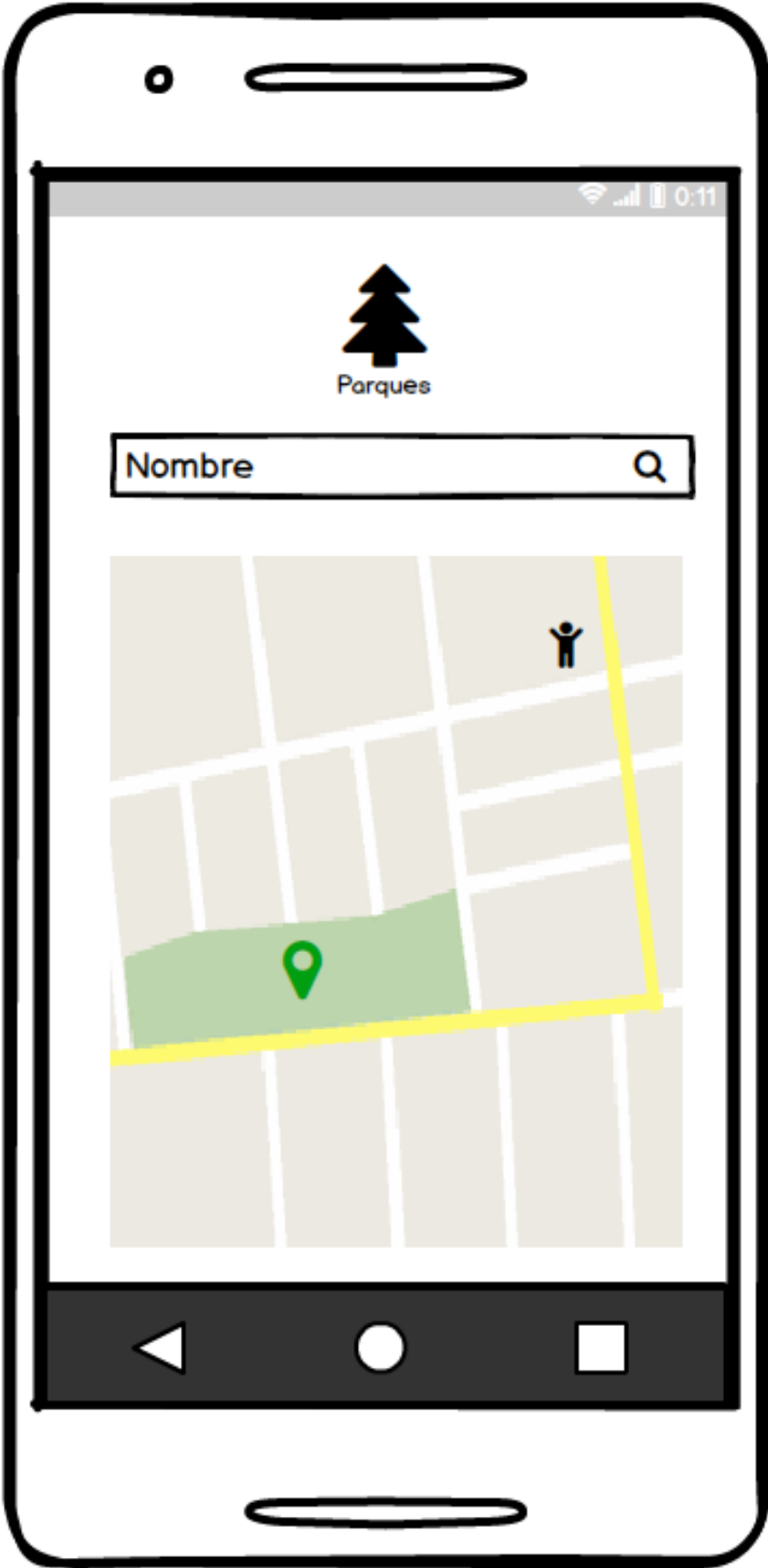


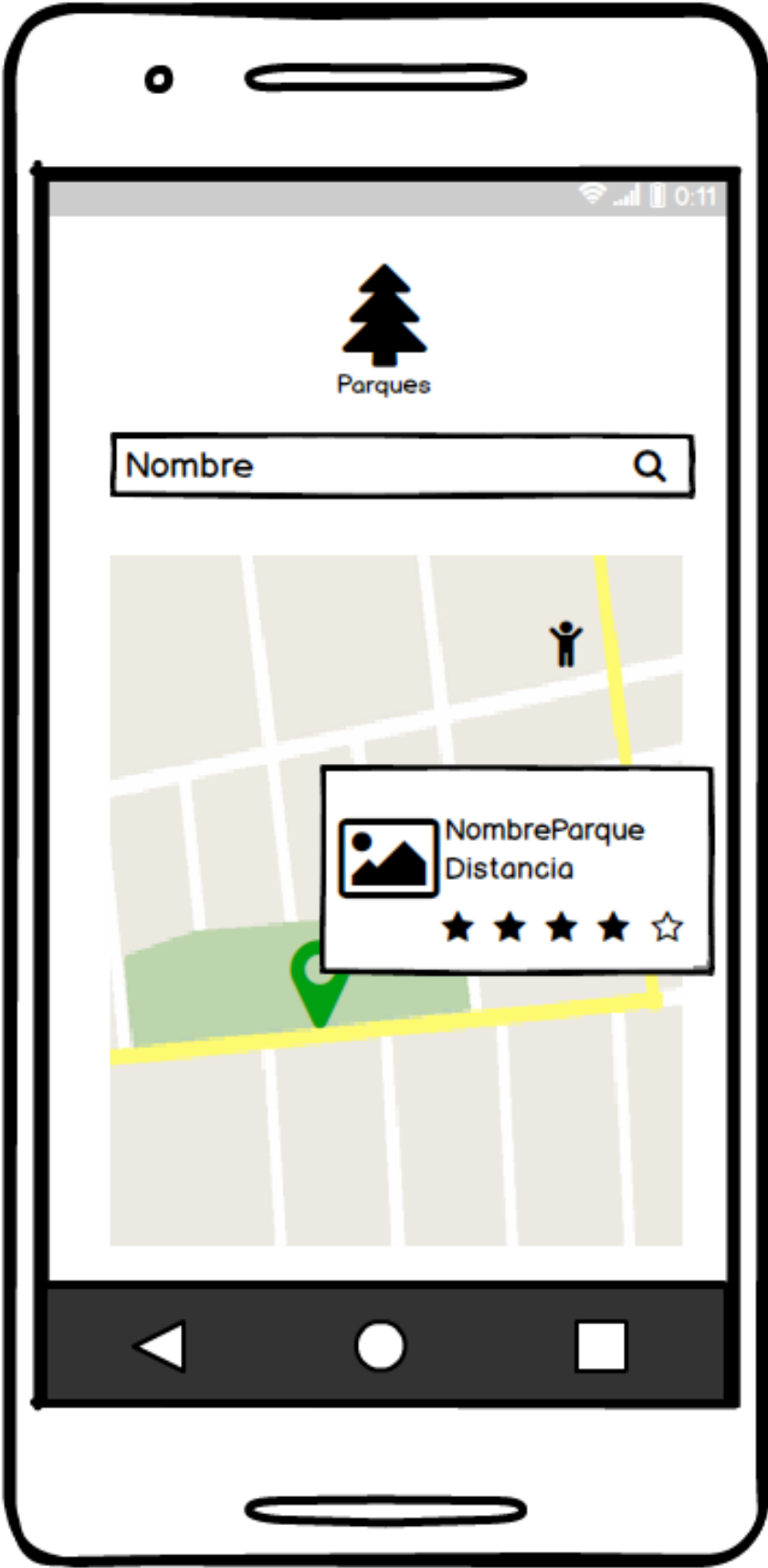


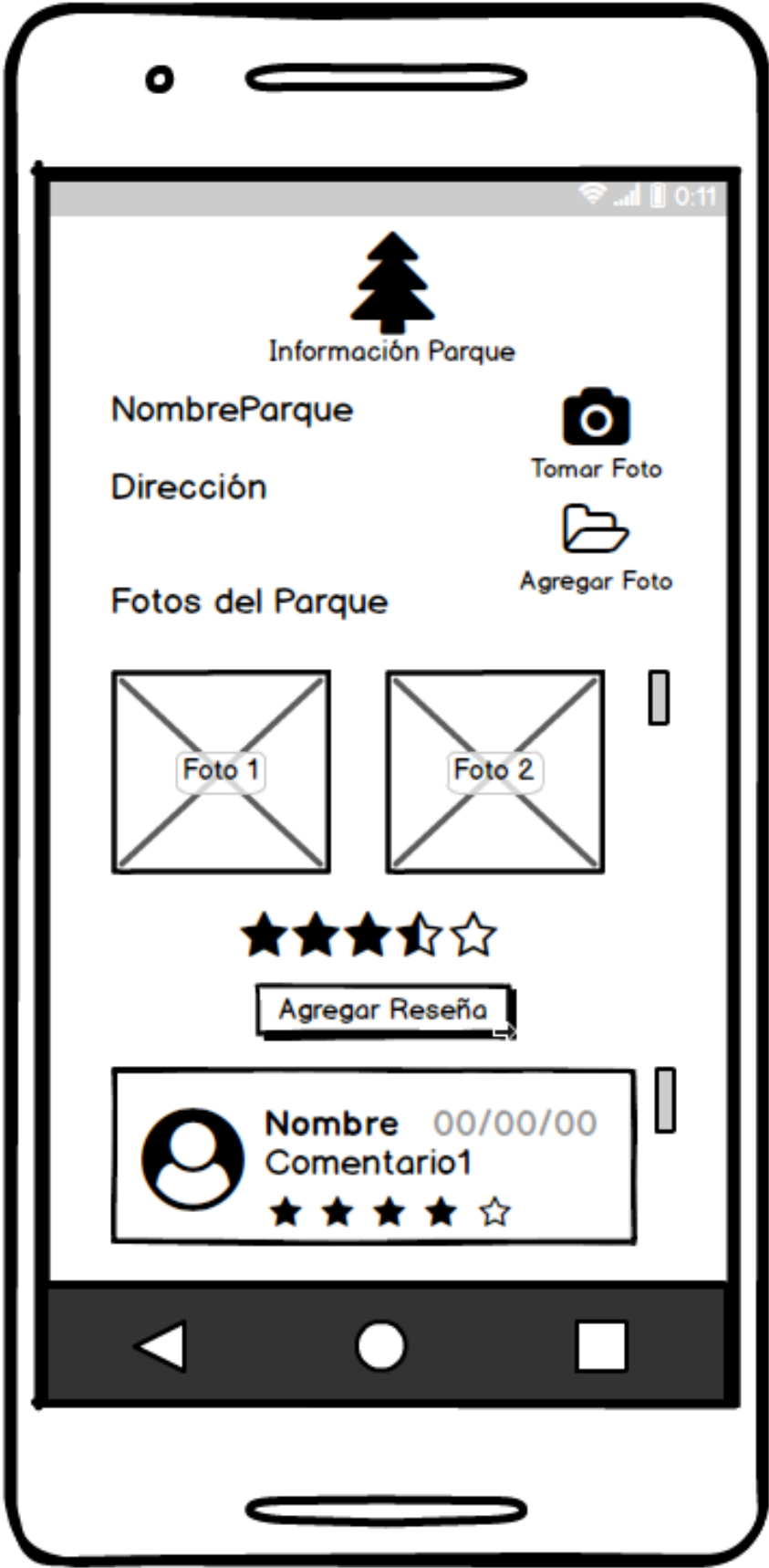




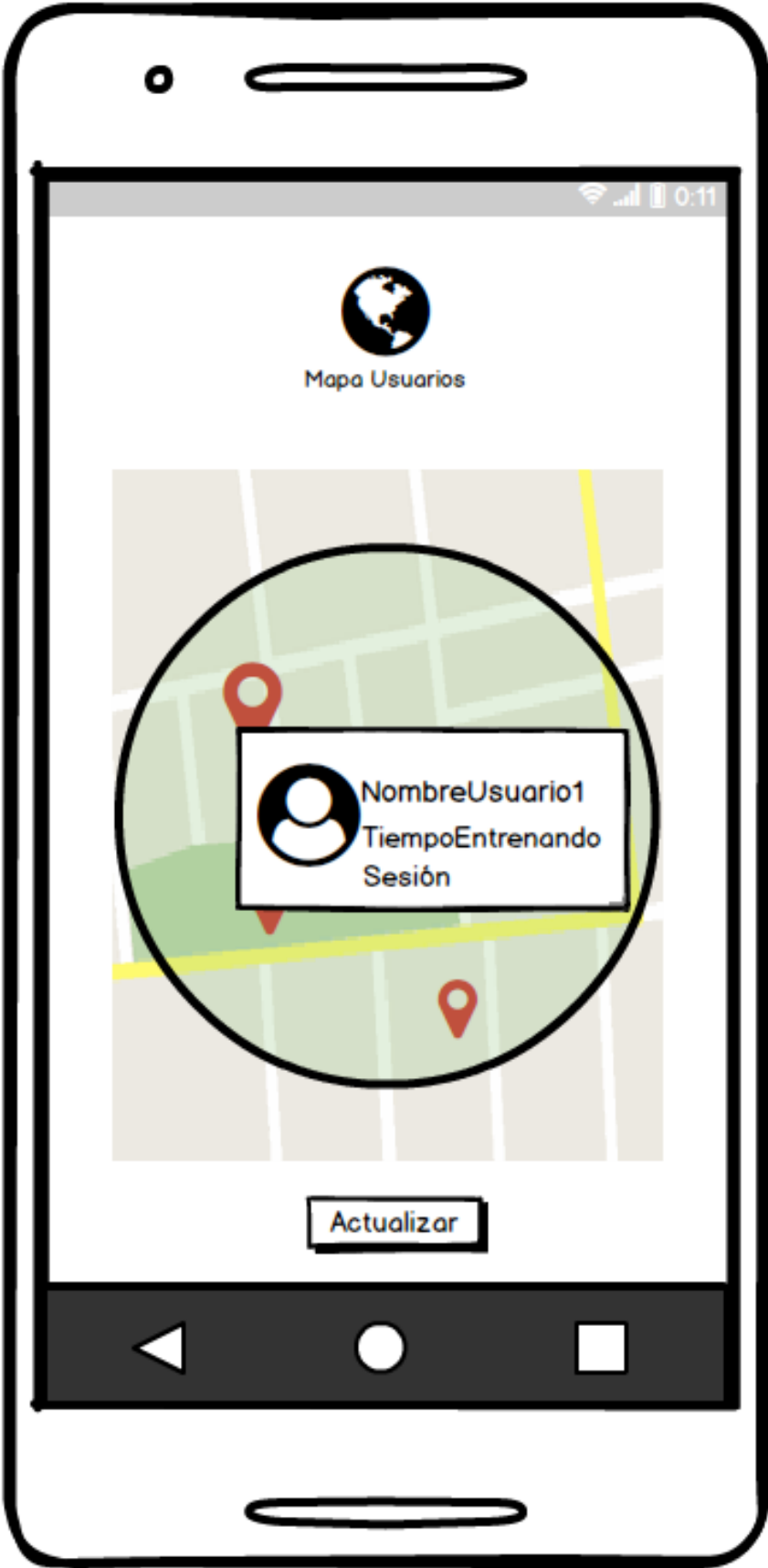


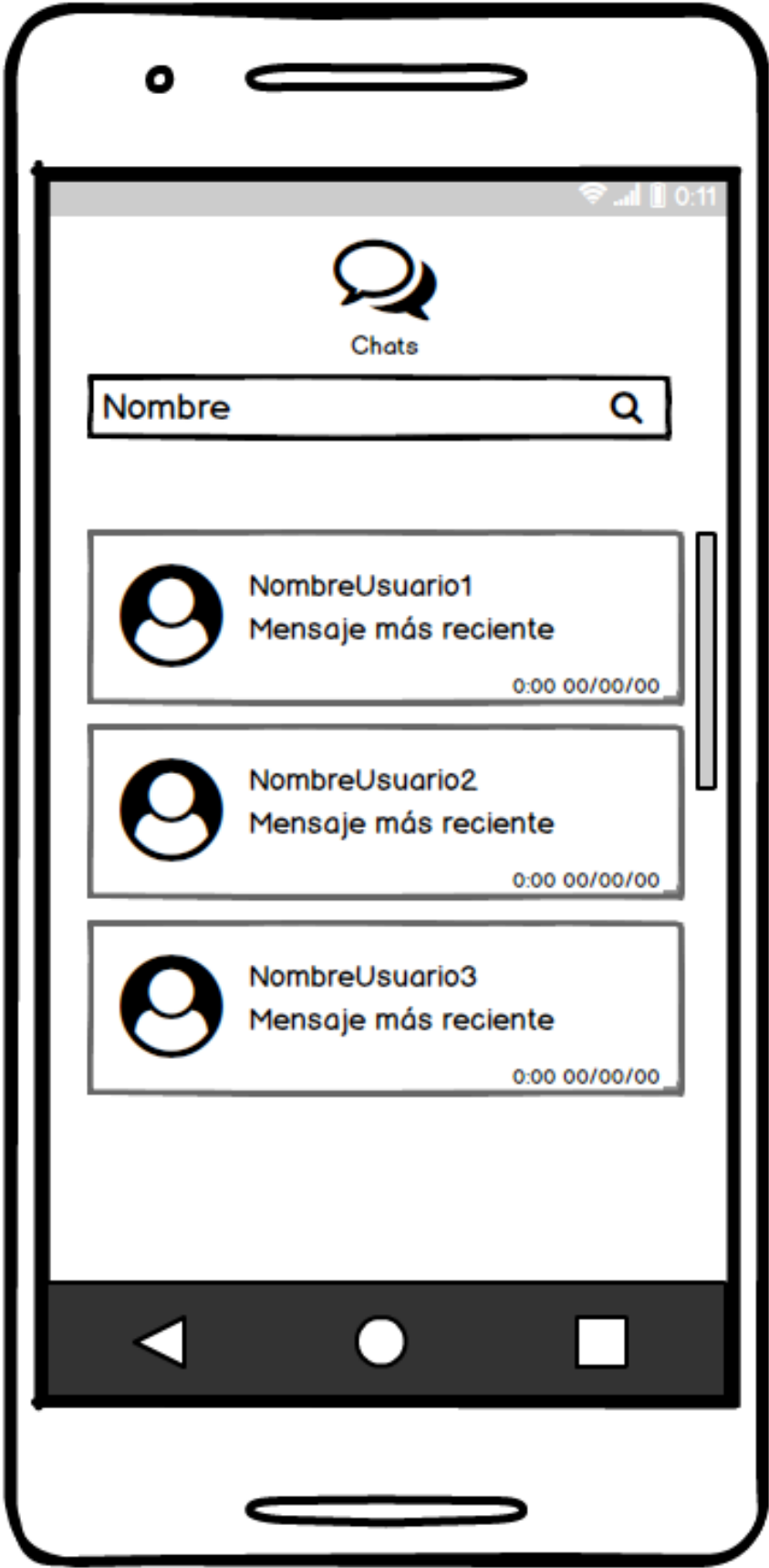


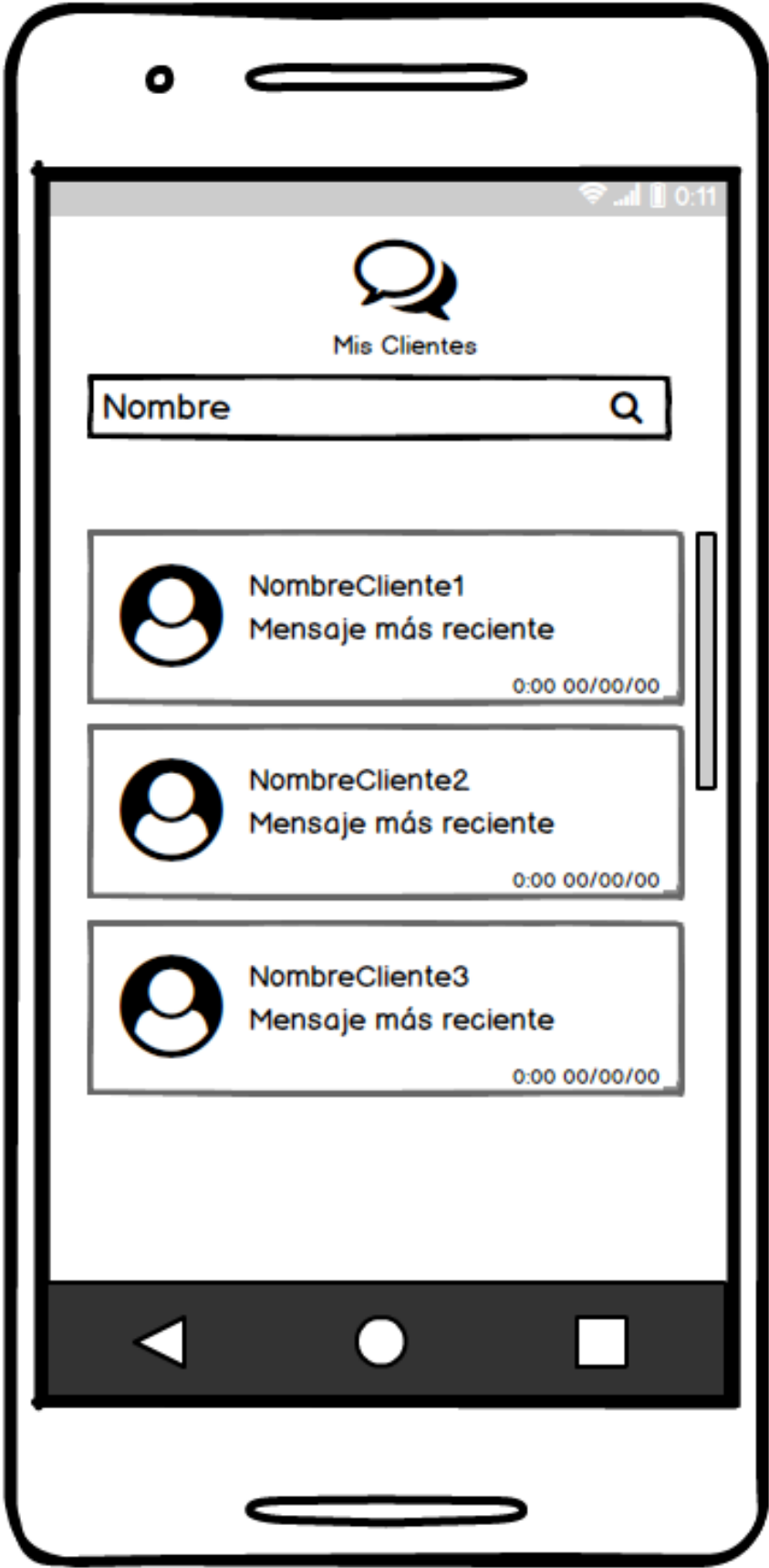


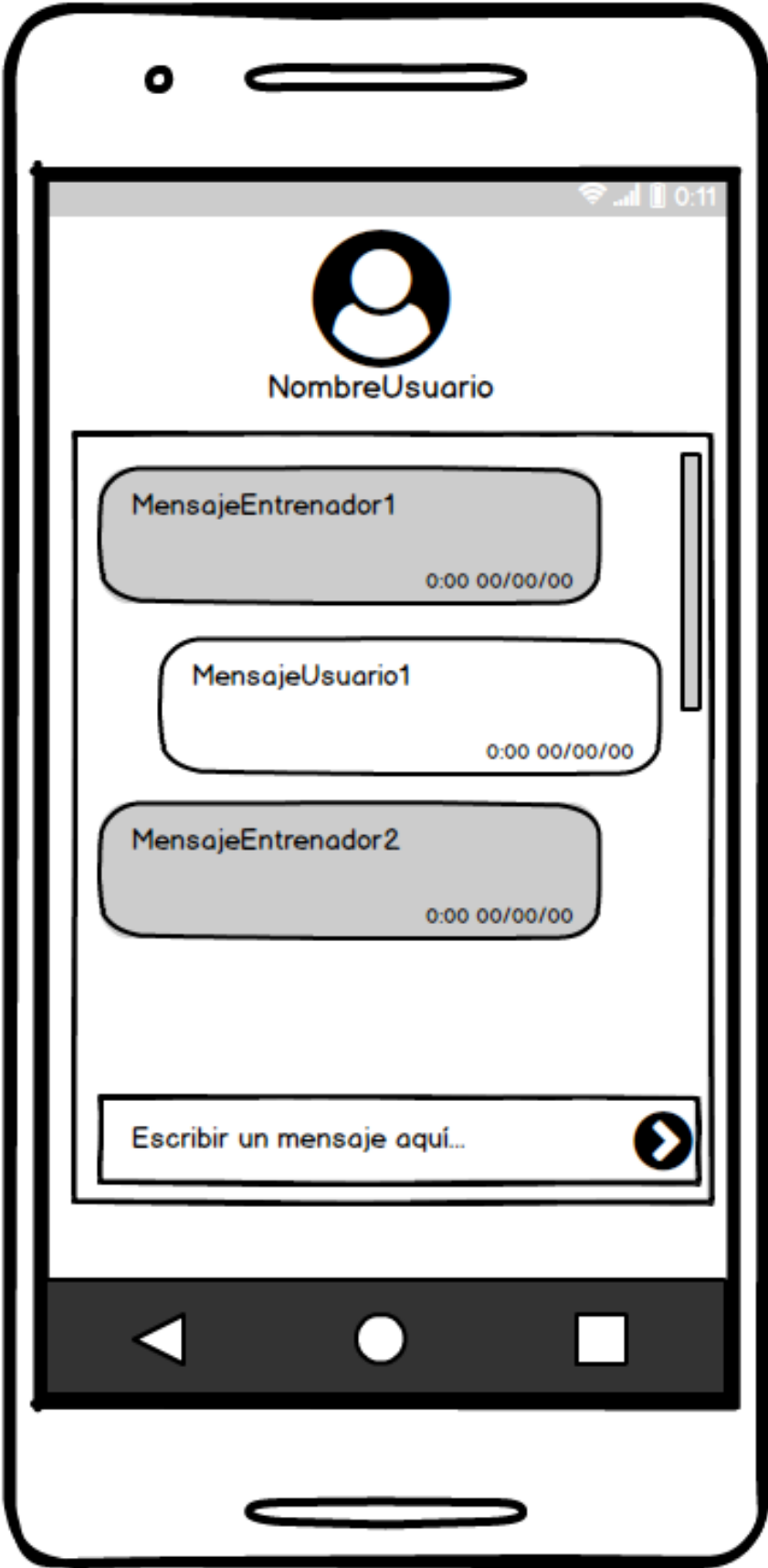


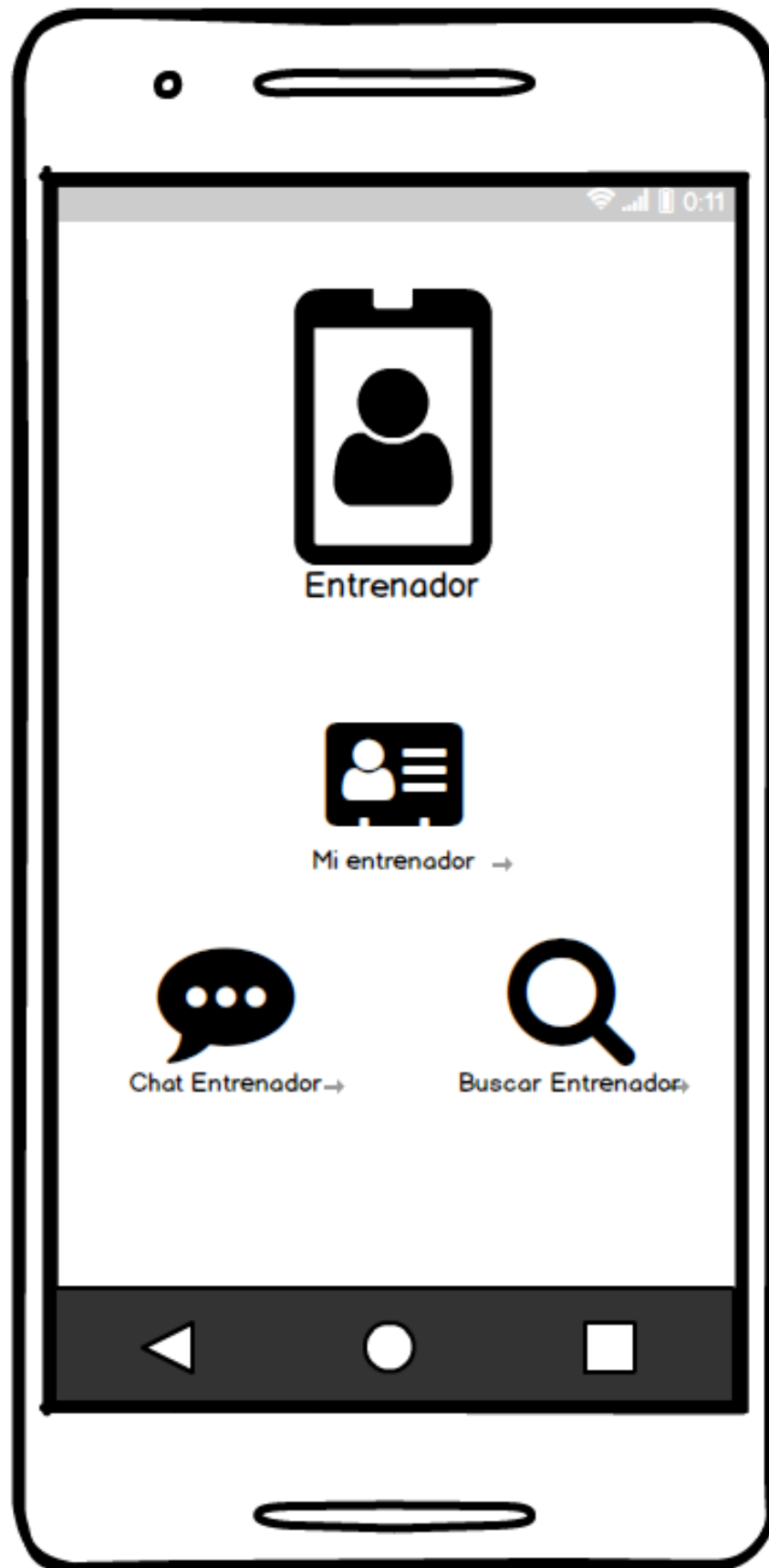


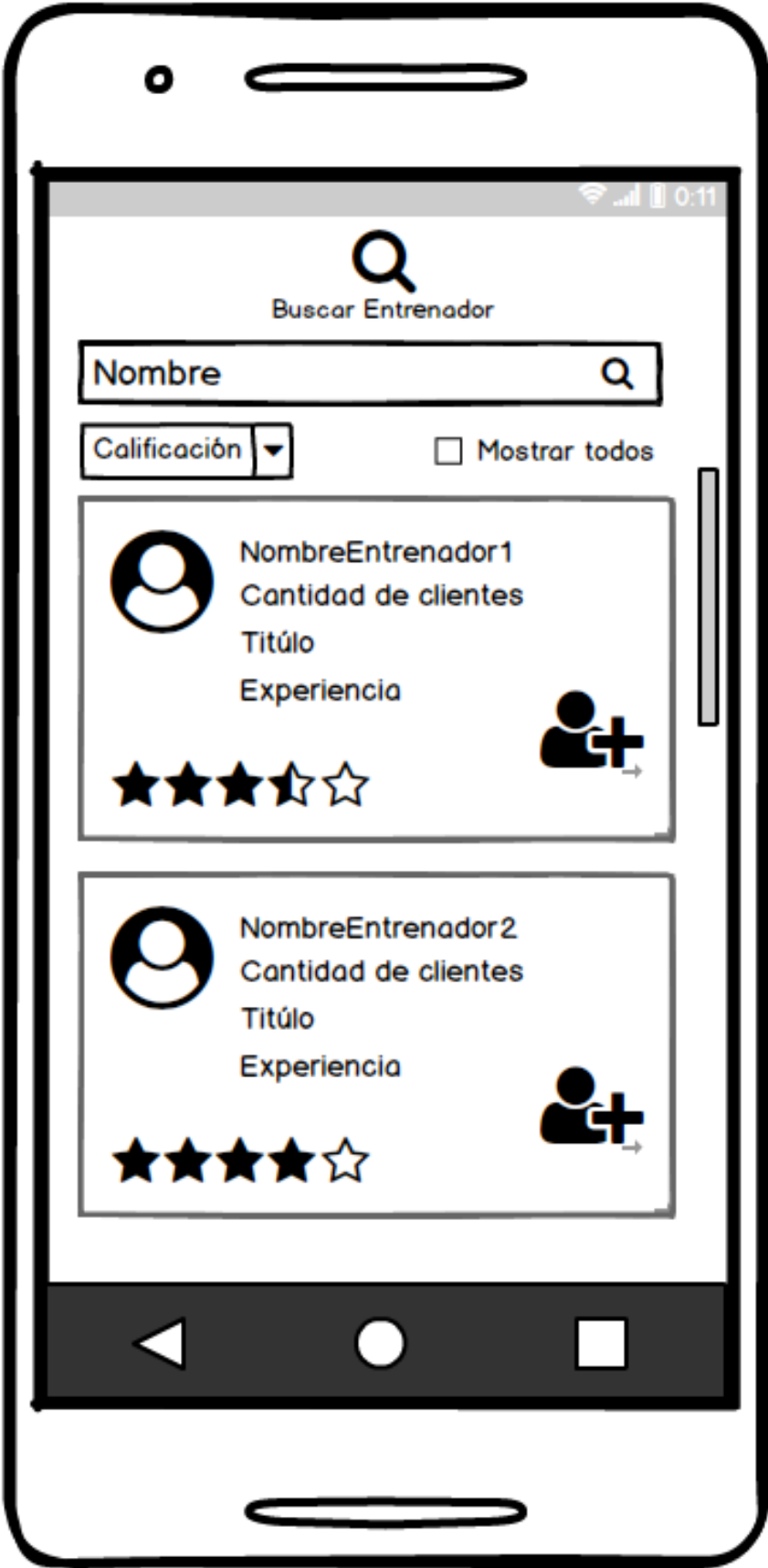


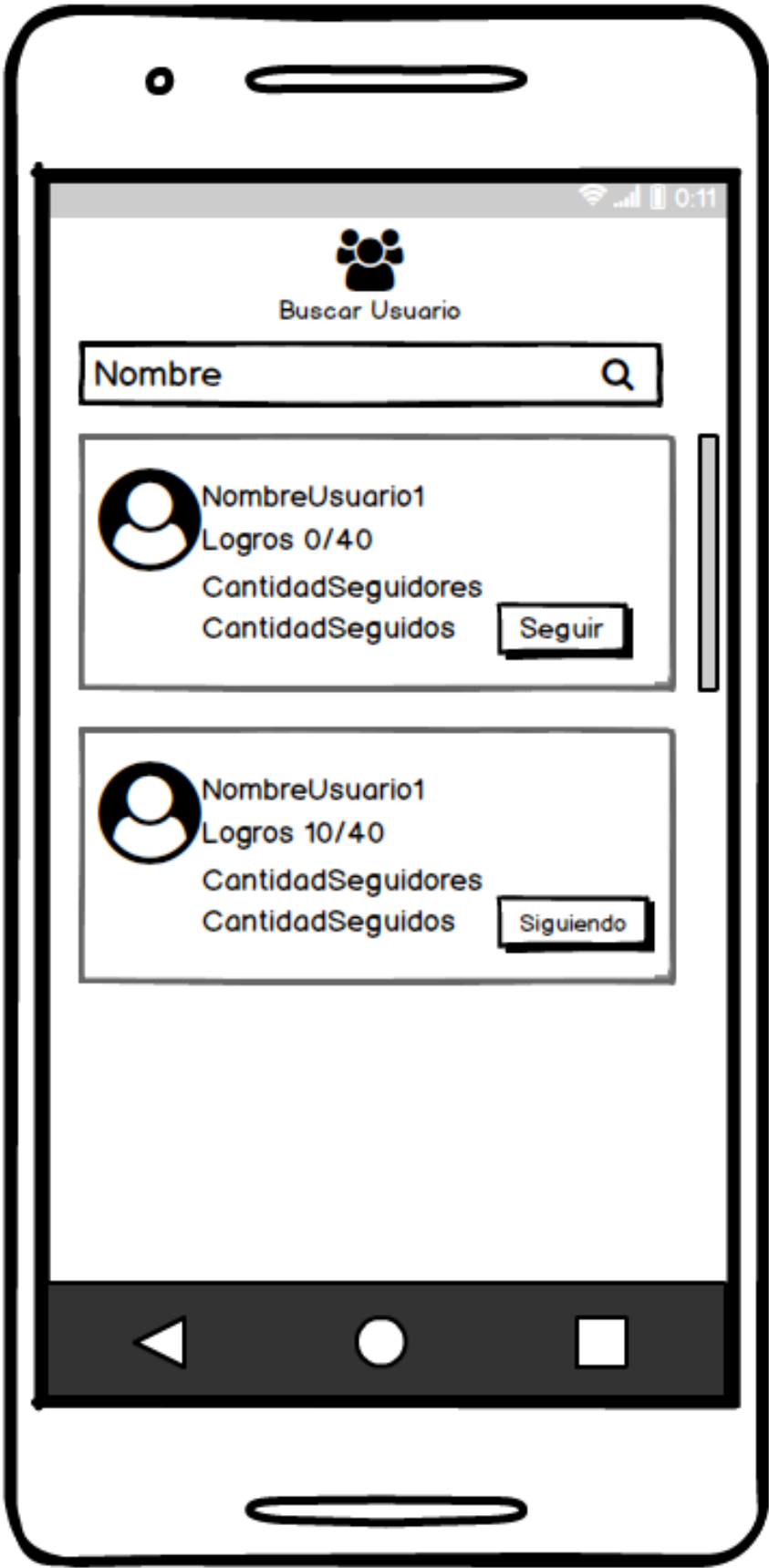










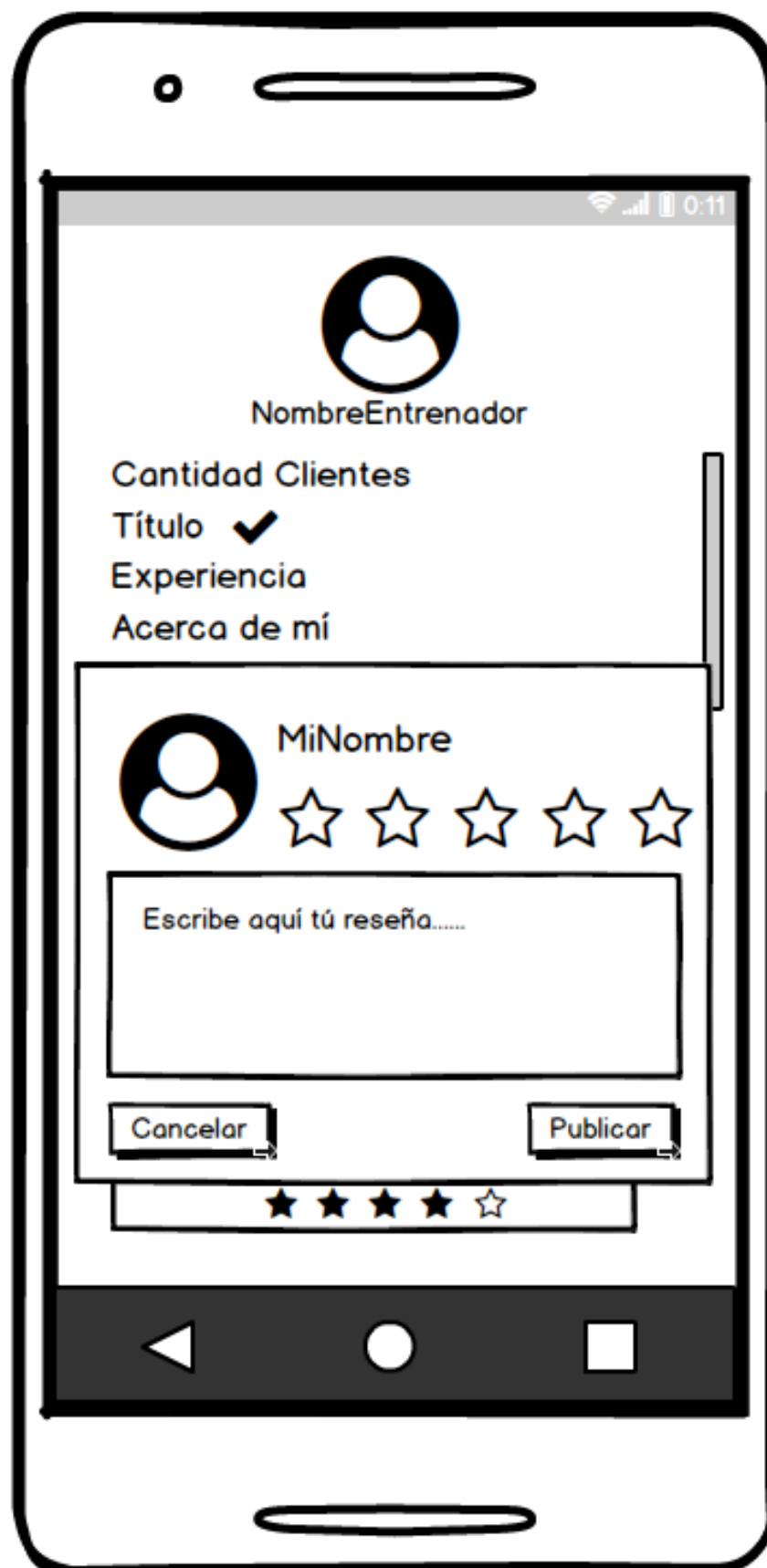




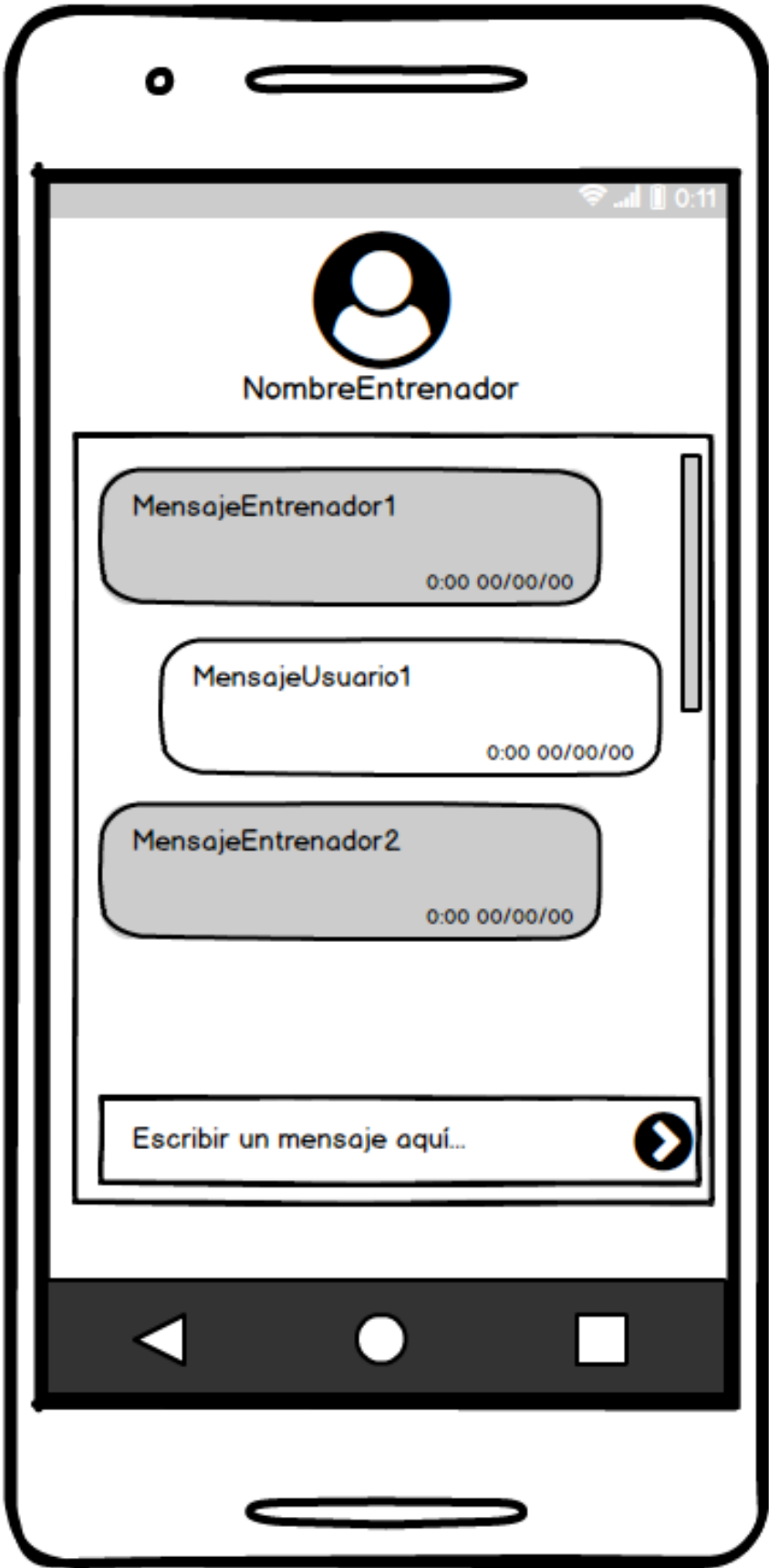


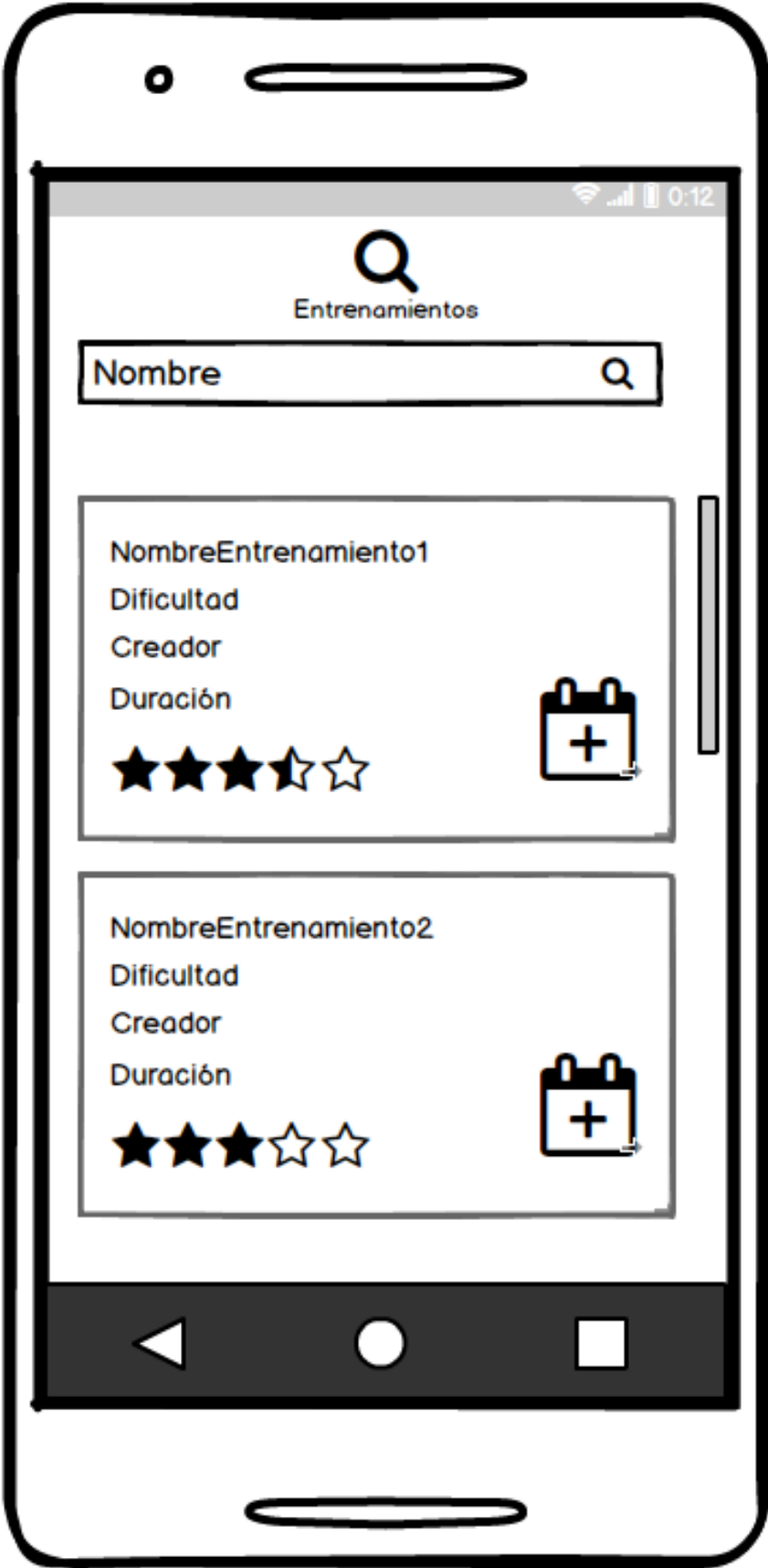




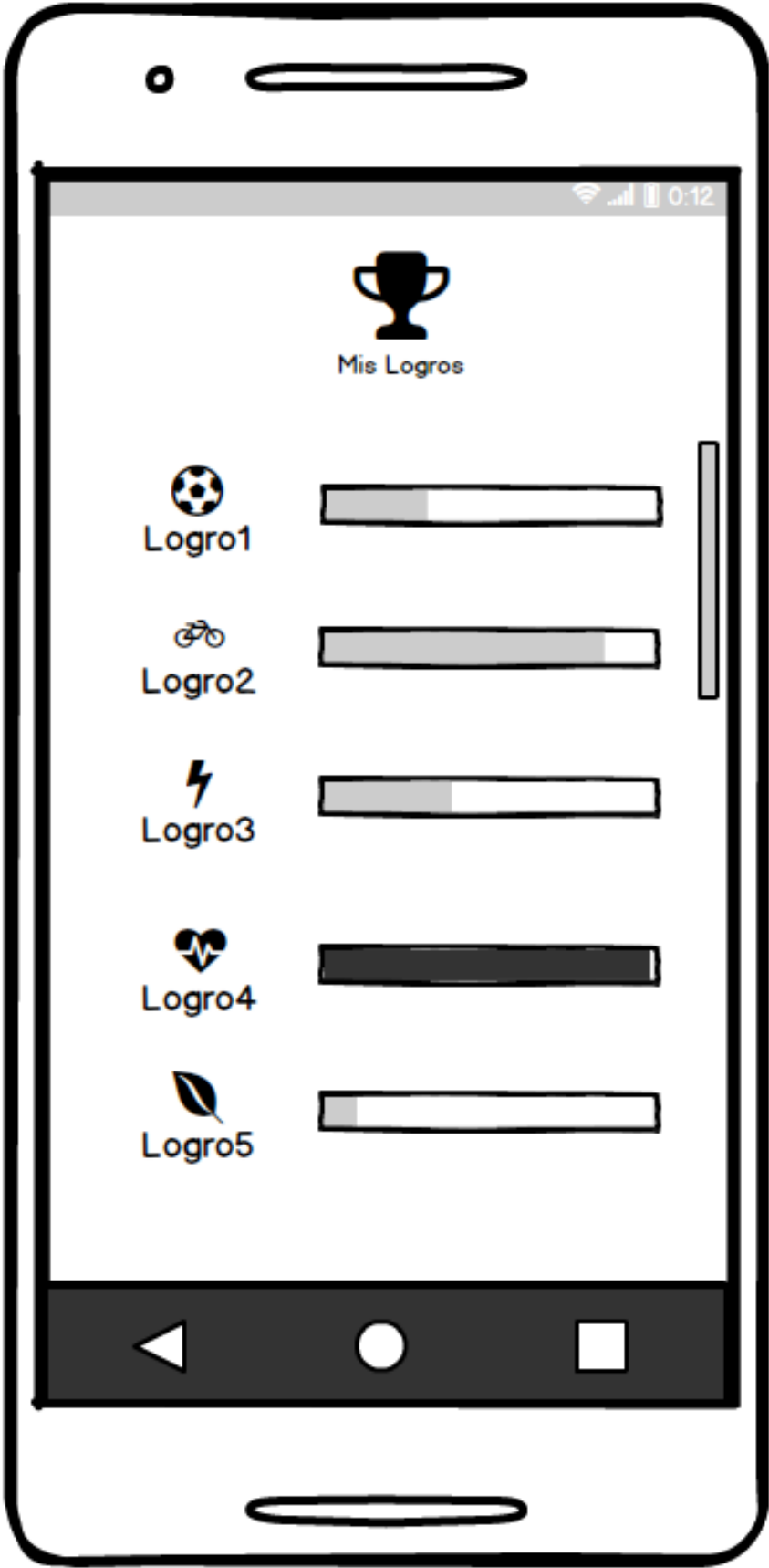


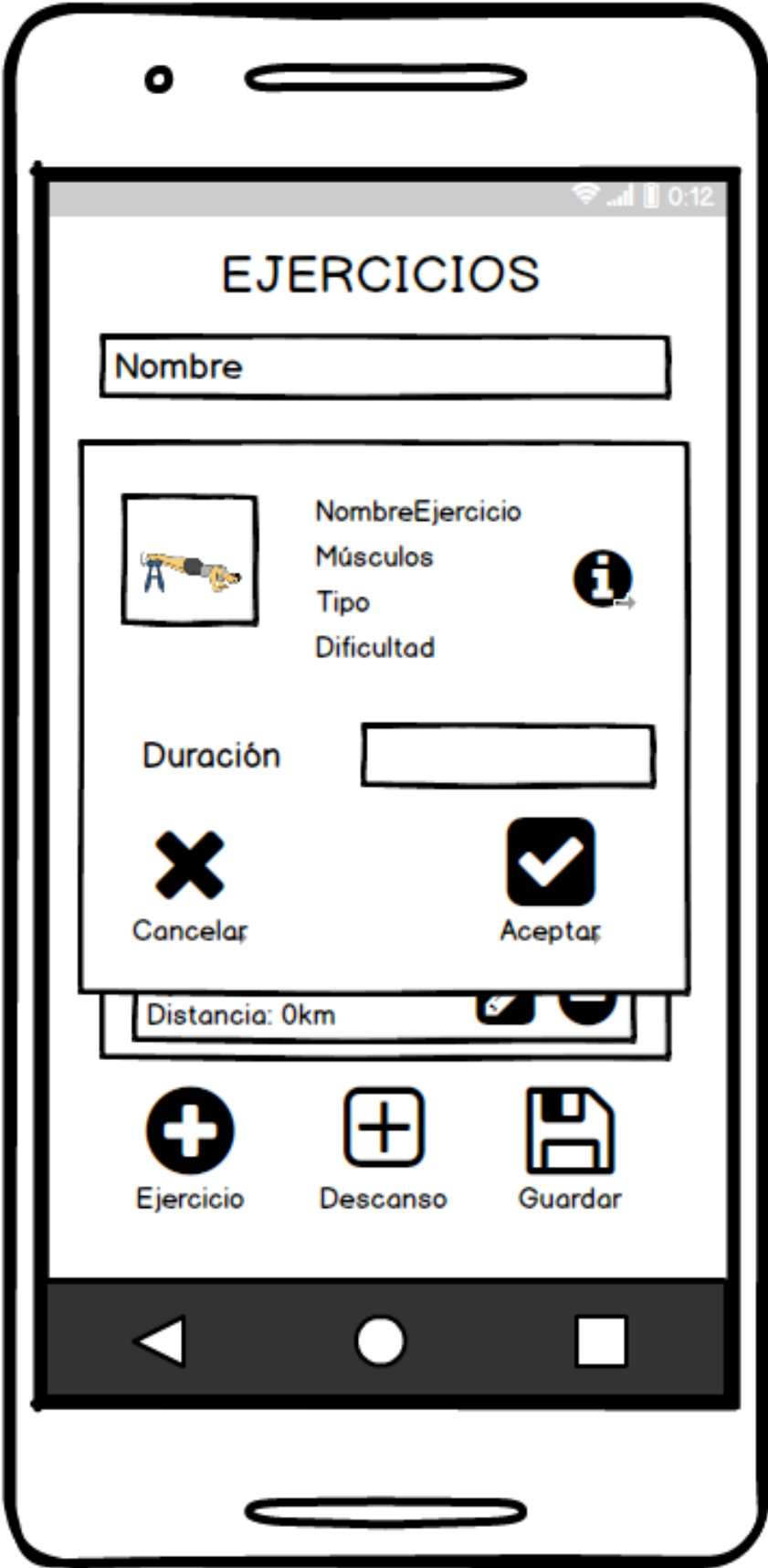




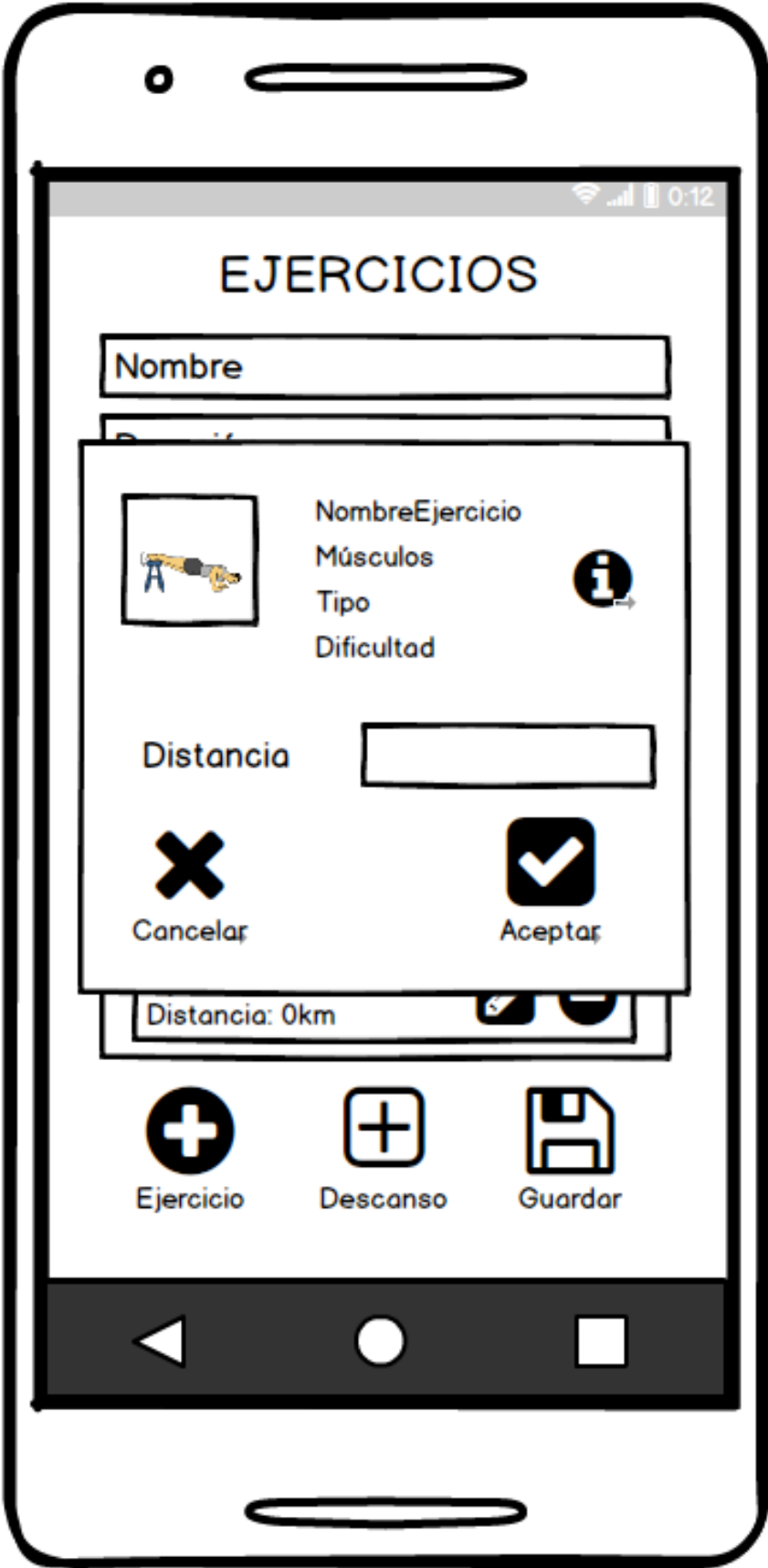













SESIÓN

Nombre




NombreEjercicio

Músculos

Tipo


Dificultad




Repeticiones

Series

Descansos



Cancelar

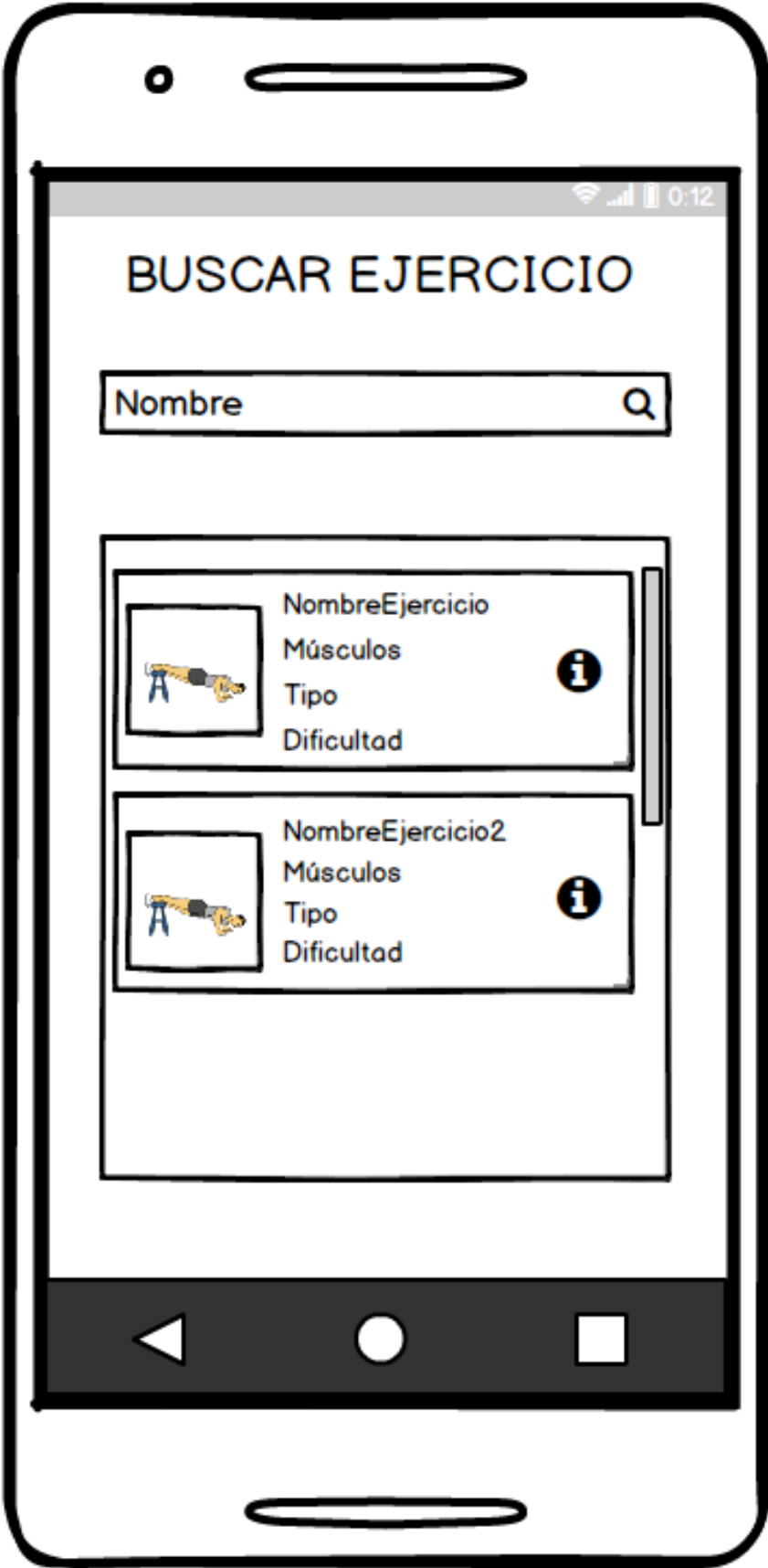


Aceptar

Ejercicio

Descanso

Guardar



0:12

CREACIÓN ENTRENAMIENTO

INFORMACIÓN DEL ENTRENAMIENTO

Nombre

Descripción

Duración

Dificultad

☒ Pública

☐ Privada

Días de descanso

Crear ejercicios







