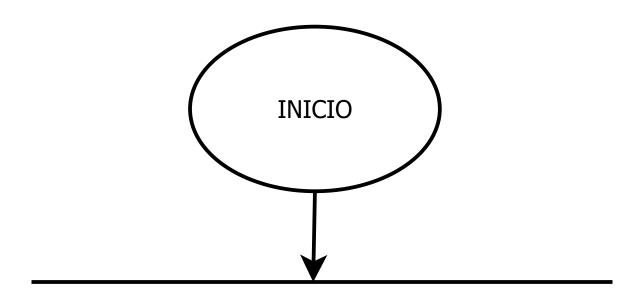
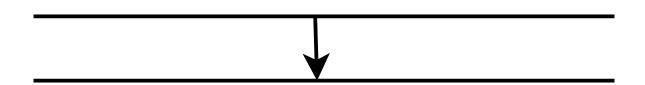
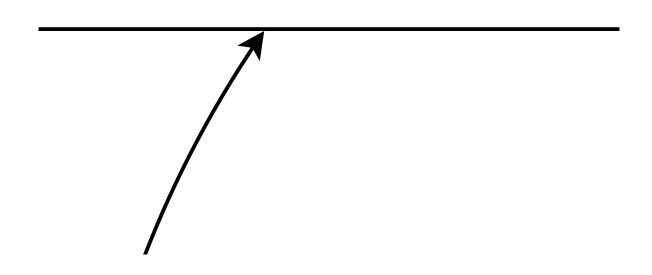
Sele

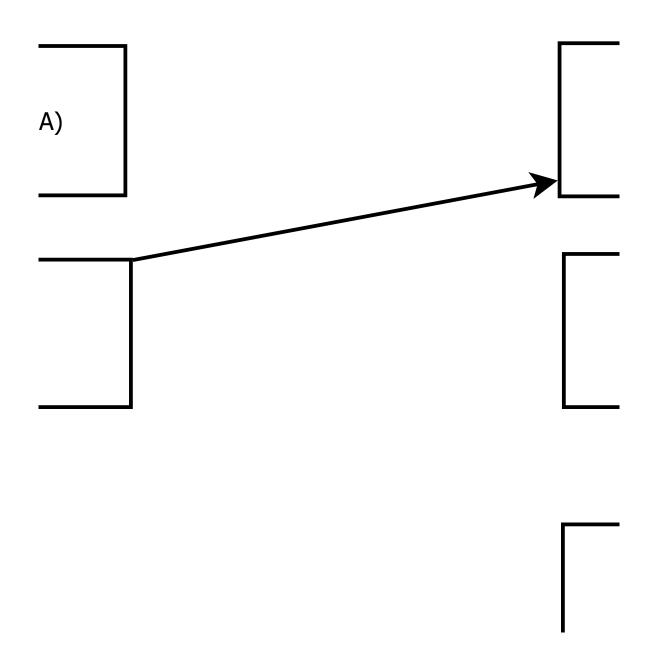


ecciona la rutina(PRINCIPANTE,INTERMEDIA,AVANZAD

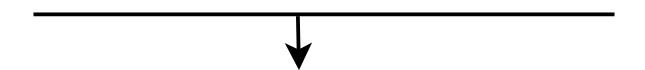


Selecciona un ejercicio

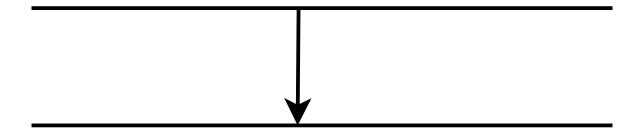




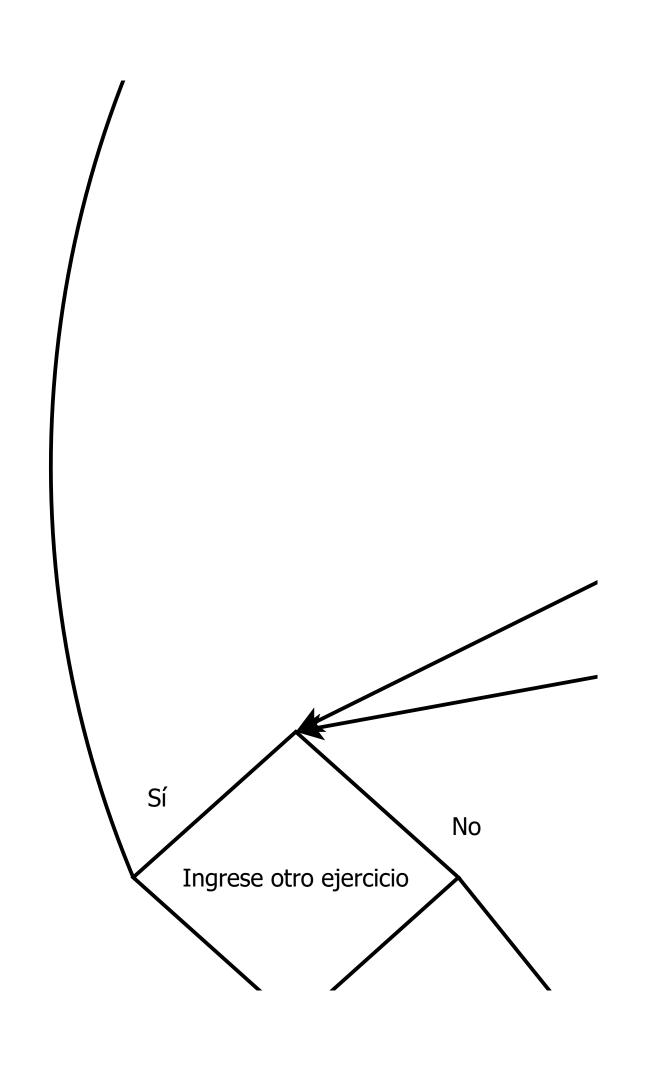




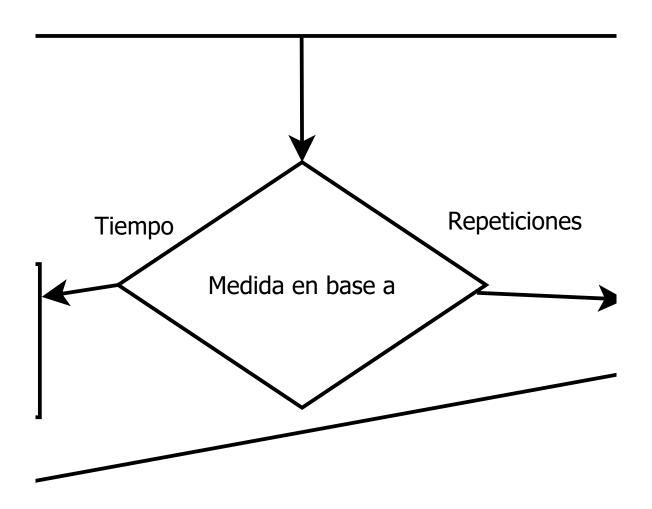
Selecciona la área del múculo a trabajar



Selecciona la intensidad



Ingresa tiempo (horas, minutos, segundos)



Ingresa series y repeticiones



