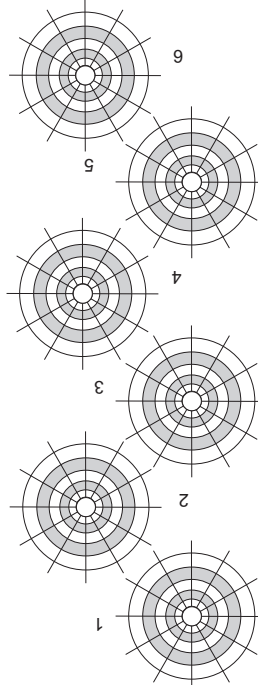


**AGRUPACIONES**



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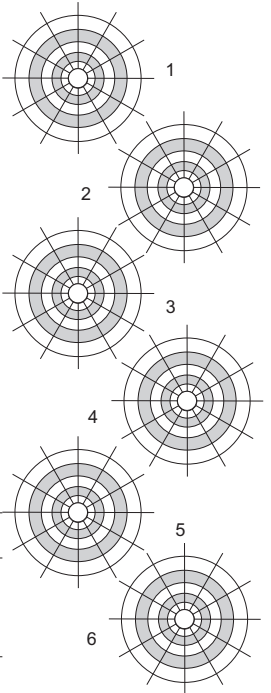
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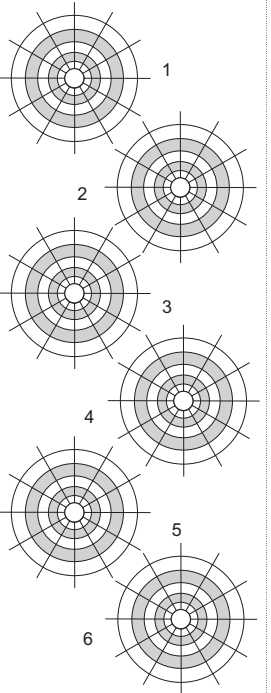
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**AGRUPACIONES**

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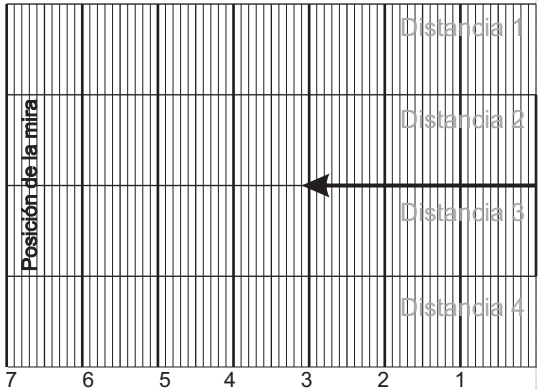
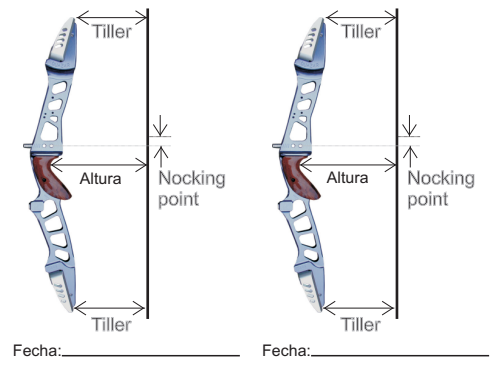
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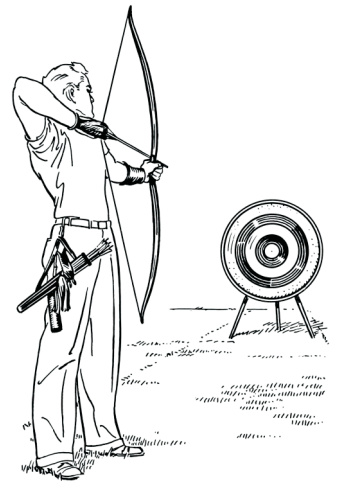
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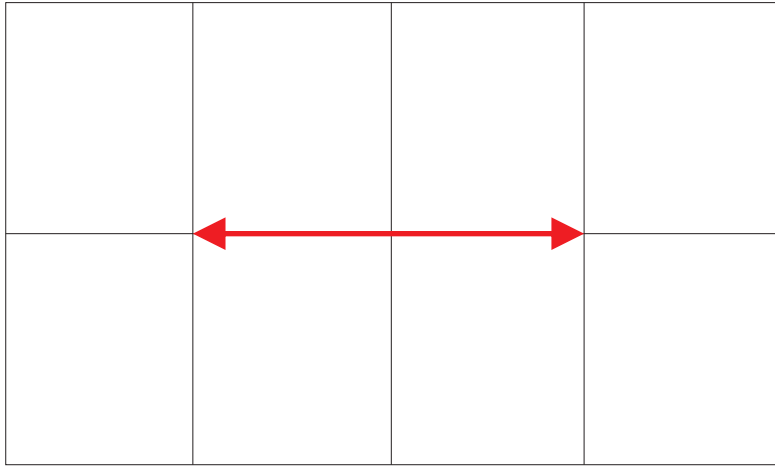
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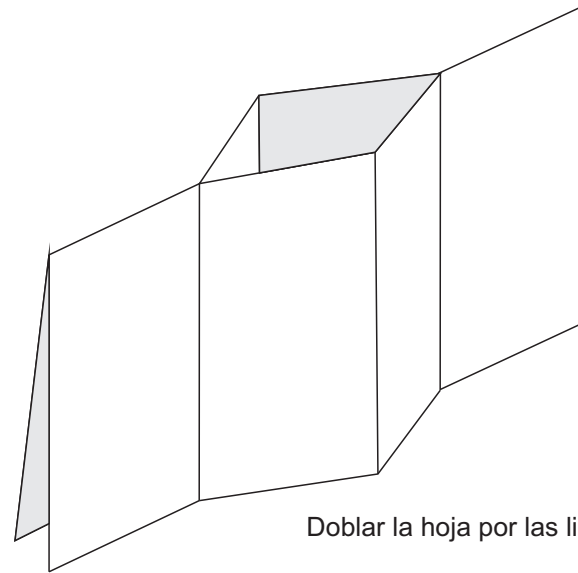
ricardoruiz@colombia.com



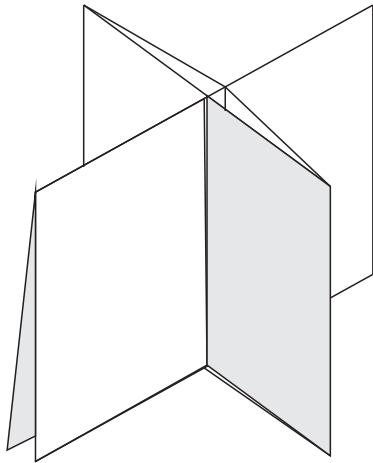
**DIARIO DE ENTRENAMIENTO**



Cortar la hoja por la marca central



Doblar la hoja por las líneas punteadas



Diario de entrenamiento listo y de tamaño apropiado para el bolsillo del carcaj