



ΗΜΕΡΑ:

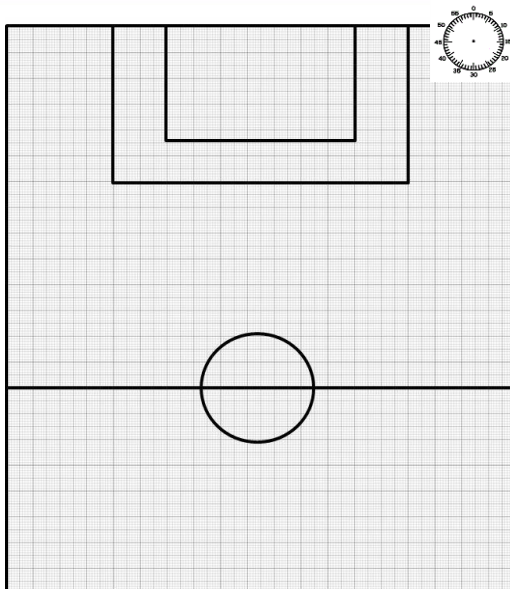
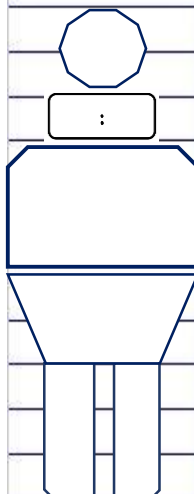
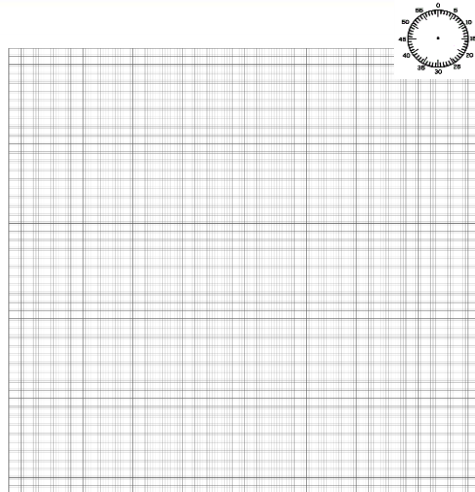
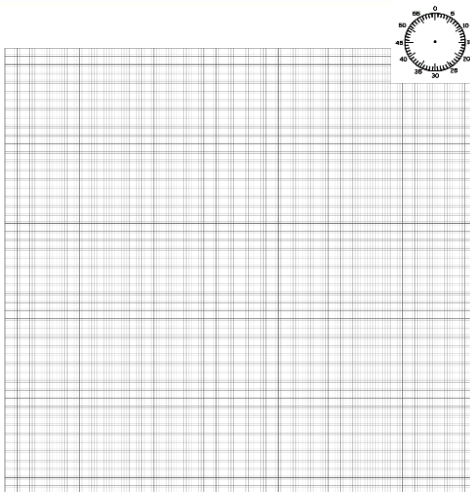
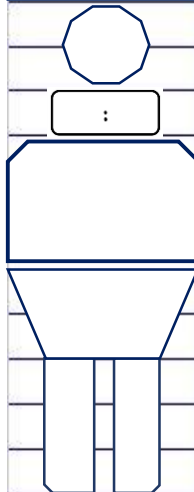
Στόχος:

ΗΜΕΡ/ΝΙΑ:

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ΔΙΑΡΚΕΙΑ:

ΑΣΚΗΣΕΙΣ



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Π.Μ.: _____

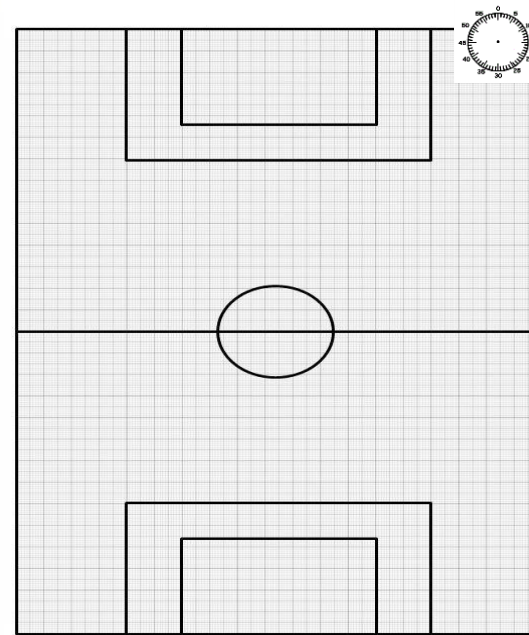
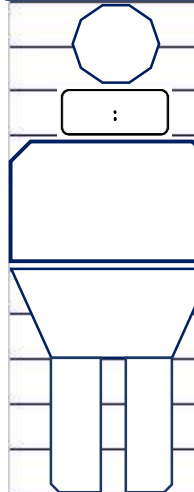
Κύριο μέρος:

ΕΒΔ: _____

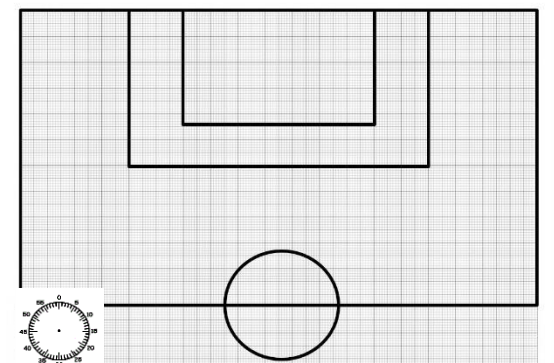
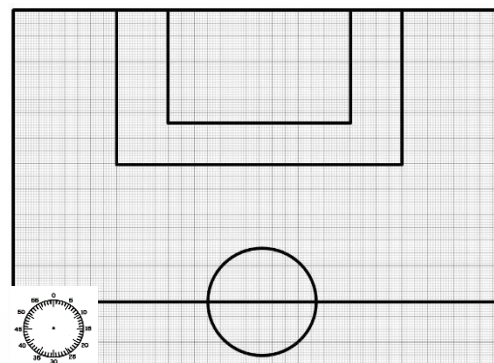
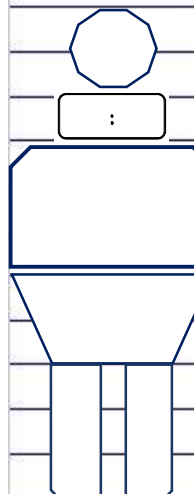
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ΔΙΑΡΚΕΙΑ:

ΑΣΚΗΣΕΙΣ



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Αποθεραπεία:



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