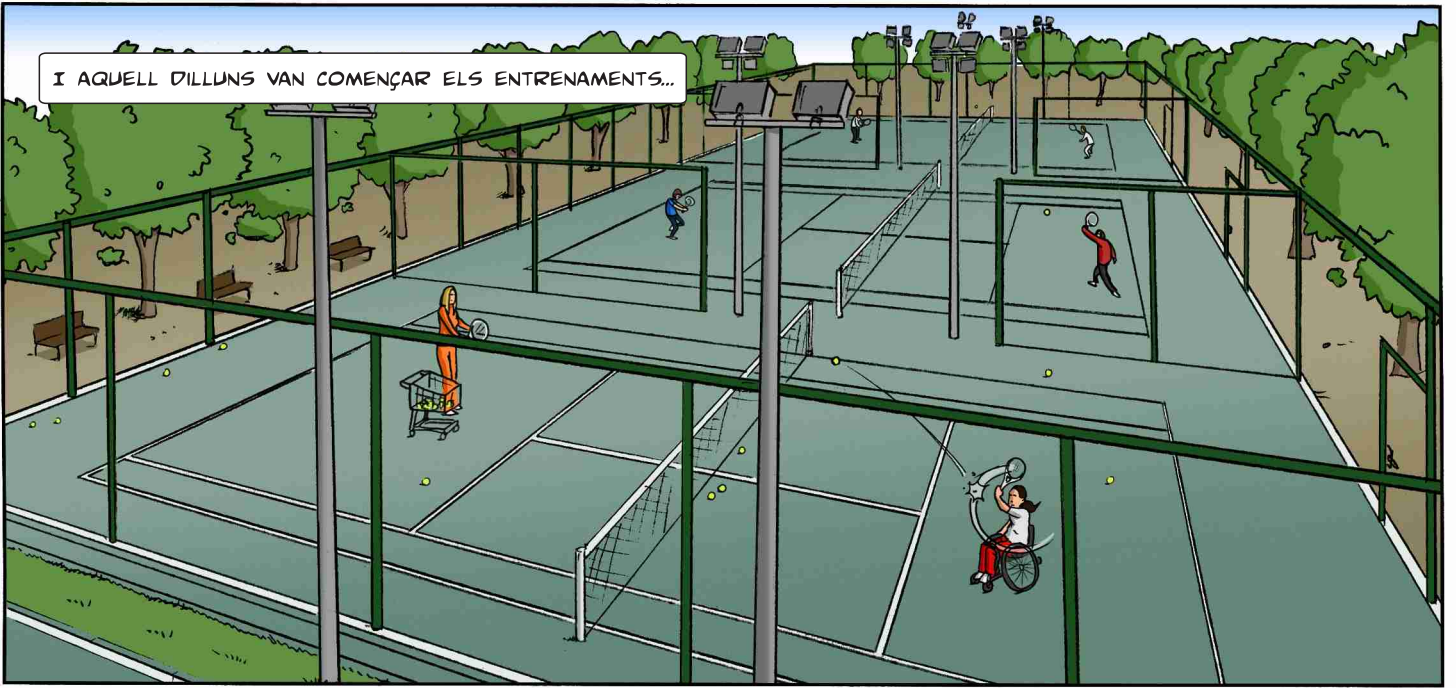


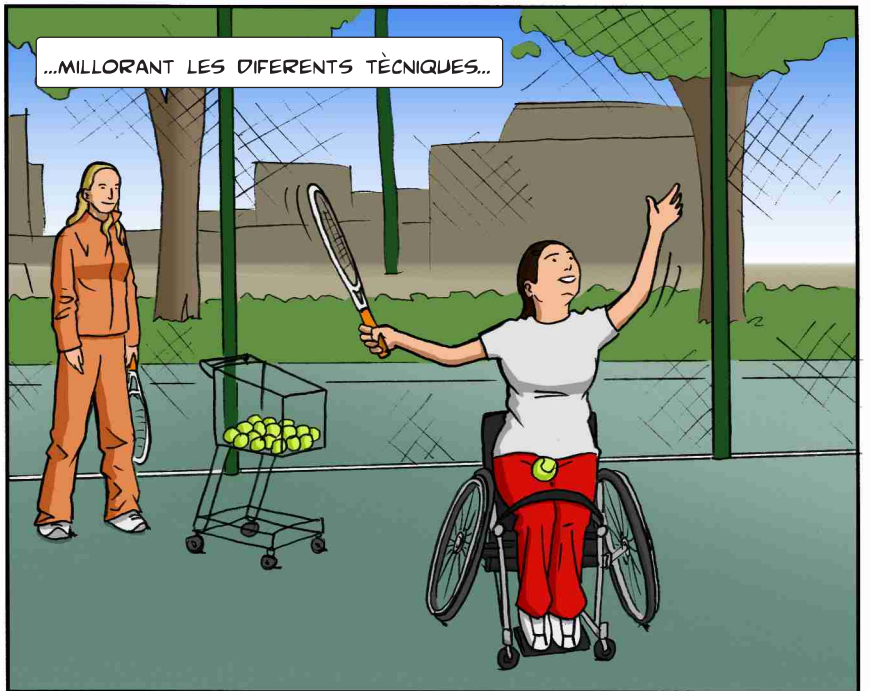
I AQUELL DILLUNS VAN COMENÇAR ELS ENTRENAMENTS...



...QUATRE DIES PER SETMANA...



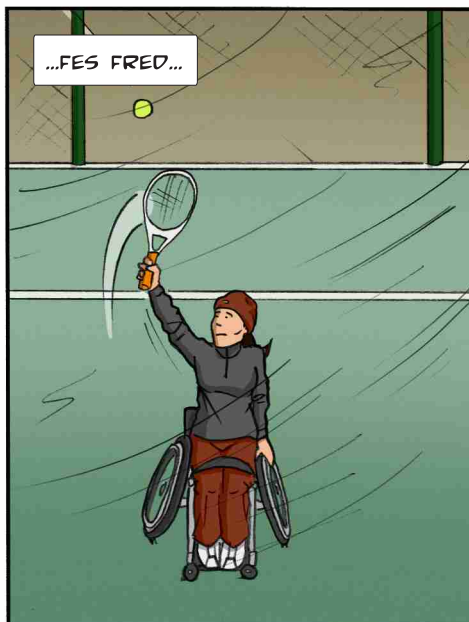
...MILLORANT LES DIFERENTS TÈCNiques...



...FES CALOR...



...FES FRED...



...O PLOGUÉS...

