Plan treninga

Ime i prezime:

Datum:

## Dan 1:

| Vježba | Serije | Ponavljanja | Težina (kg) | Komentar |
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## Dan 2:

| Vježba | Serije | Ponavljanja | Težina (kg) | Komentar |
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## Dan 3:

| Vježba | Serije | Ponavljanja | Težina (kg) | Komentar |
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