HARJOITUSOHJELMA NIMI:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. JAKSO 2018-2019

TAVOITE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| 1. päivä |  toistot/sarja/paino | vk.1 | vk.2 | vk.3 | vk.4 | vk.5 | vk.6 |
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| 2. päivä |
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