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My 1.5 mile time is 13". Nothing to brag about at all. I came across Freeletics and want to give it a spin. I have cut out liquid calories out of my diet and want to challenge myself with a new workout program. Should a fatbody like myself, begin with Cardio, Strength&Cardio or Strength. I figure Strength&Cardio would be a mix and I wouldn't ...

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CARDIO & STRENGTH GUIDE The Freeletics Cardio & Strength Guide is a goal oriented training plan to build strength and muscle and simultaneously burn fat. Only Freeletics workouts and MAX will be used.

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Strength's benefit: Okay, so the benefits here aren't quite as extensive as for cardio, but studies have shown that doing strength training just twice per week can prevent you from gaining intra-abdominal fat, which contributes to the development of many deadly diseases.

Unsere Testerin Anna hat nun ihre erste Woche Freeletics mit dem Cardio & Strength Guide abgeschlossen. Nachdem sie noch mit ein paar Nachwirkungen einer Erkältung zu kämpfen hatte wurde sie schon bald vom Freeletics Fieber gepackt. Anna hat bisher noch kein Trainingssystem dieser Art ausprobiert und war dementsprechend gespannt darauf, wie ihr Körper reagieren wird.

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freeletics cardio & strength guide allow for progress in both directions. Still, you would certainly build muscle faster if you trained with the Freeletics Strength Guide.

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You should go with strength. I'm 205lb and started with strength too. I'm in week 8 and can see my six pack in there somewhere :). If you skinny you don't need cardio n strength. That's my opinion. Freeletics workout are all high intense so in all of them you have something from cardio too

Strength, Strength&Cardio, or Cardio? : freeletics

Freeletics Cardio & Strength Guide Woche 1 - Fitness Spartacus

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Este es mi primer entrenamiento de Freeletics Strength. Como podéis ver, no estoy en forma. Durante 15 semanas seguiré su plan de entrenamiento. NOTA: al principio de cada vídeo pondré el ...

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