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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.

### **CARDIO STRENGTH TRAINING GUIDE FREELETICS PDF**

Die Freeletics Training Journeys sind umfangreiche Trainingspläne, welche allen Athleten gerecht werden. Egal, welches Fitnesslevel jeder mitbringt, ganz gleich, wie der sportliche Hintergrund ist. Die Journeys wurden so gestaltet, dass sie den ganzen Körper trainieren und ganzheitlich auf die körperliche Fitness abzielen.

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Freeletics Beginner: What you should know before starting Freeletics Here you will find a few tips on how to start your Freeletics Training as a novice. Basically, you need to decide if you are going to do Freeletics free of charge, or if you will buy the Freeletics Training Plan.

### **Freeletics Beginner: What you need to know to get started**

Die Freeletics Training Journeys sind umfangreiche Trainingspläne für Athleten aller Fitnesslevel und jeden Trainingsstandes. Sie trainieren den ganzen Körper und machen dich rundum fit. Jede Journey enthält individualisierte Workouts mit unterschiedlicher Dauer, unterschiedlichem Fokus und unterschiedlichen Trainingsmodalitäten.

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Cardio & Strength: A combination of the two Coaches that improves endurance, builds muscle mass, and reduces body fat. The main customer group consists of individuals who are overweight (mostly men) as well as all-around solid athletes.

**Intensive workouts & individual training plans | FREELETICS**

The Freeletics Training Journeys are comprehensive workout plans for people of all fitness levels and training backgrounds which are designed to help you reach your fitness goals. Each Journey provides an individualized workout experience with specific duration, focus, and training modality.

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The Freeletics Coach is a personalized training plan that uses a state of the art artificial intelligence and will guide you on your journey to reach your fitness goal, whether it is to lose weight, get fit, or gain muscle. The Coach adjusts to your fitness level, learning your individual strengths and weaknesses based on feedback you provide after each workout.

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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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Hallo ich bin ganz neu hier, bin total begeistert von Freeletics hab jetzt schon Zeus und Aphrodite trainiert. Wie ist das CARDIO & STRENGTH Training so, wie oft muss man die Woche Trainieren und ist das Training extra so aufgebaut, dass man einen Tag z.B. Klimmzüge(Rückentraining) macht und am nächsten Tag keine Rückung Übung vorkommt da man die ja am vortag trainiert hat.

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