

## Freeletics Cardio And Strength Guide

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### Freeletics Cardio And Strength Guide

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### Freeletics cardio & strength guide by CHRISTIAN HERNAN - Issuu

While cardio is considered more fun than other types of exercise and give you loads of health benefits, doing cardio-only exercises means you will be abandoning your body's other muscular needs. Strength training is the best way to build more muscle, keep fat off, and increase flexibility.

### Cardio vs strength training: The ultimate fitness faceoff

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### Freeletics Cardio And Strength Guide

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

### Guide strenght or cardio/strenght? : freeletics

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### Freeletics Cardio Guide

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 ...