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guide to keep you one step ahead of the rest and always prepared to outperform. ... Even more reasons to hit 'start' on the Hybrid Strength Training Journey. John 9 months ago. 3 min read. TrainingThe Freeletics Blog - Training, Nutrition, Science, and ...Freeletics Workout Endurance Workout Strength Workout Hiit Cardio Burpees Wöchentliches Training Circuit Training Body Weight Training Prometheus is a Freeletics workout - It consists of 5 rounds with 5 exercises. Its a nice workout for lower body. For this workout you need no equipment.

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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

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Freeletics is an athletic training movement that promises to get you in the best shape of your life using high intensity workouts customized to you and your goals. Here's our Freeletics review.

Freeletics Coach - Which Trainer for your personal goals?

Freeletics Weights Journeys are strength-based workout plans that are focused on muscle gain and definition. The training experience is built upon compound lifts as they activate multiple muscle groups with just one movement. These are exercises such as squats, deadlifts, bench press, push press, and rows.

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The Freeletics Nutrition Guide for muscles belongs to the Strength Coach program. The Freeletics Coach for Cardio or Cardio-Strength is perfect for the diet for burning fat.

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If you want to increase your endurance effectively you should use the Freeletics Trainer Cardio. You can improve your best time and soon you will be able to reach new distances without even being out of breath!

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