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Freeletics training guide. I wanted to start with the cardio & strength guide - burning fat and gaining muscles. I was very nervous going back to a studio post COVID, but they were super safe and made me feel comfortable.

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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

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Strength's benefit:

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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 vs strength training: The ultimate fitness faceoff

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strength guide Hey guys, planning to start freeletics on Monday next week. I have okay fitness, I play badminton every week and Im not really worried about losing weight, but with high intensity workout and change in diet, fat loss will happen.

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The Freeletics Nutrition
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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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