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Bookmark File PDF Cardio Strength Training Guide FreeleticsIt's a real all-rounder, giving you a taste of all the exercises Freeletics has to offer - strength and cardio. A mixture of easier and technically more challenging exercises, all of which don't require equipment, will quickly induce muscular and cardiovascular fatigue.

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Cardio Strength Training Guide Freeletics

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 vs strength training: The ultimate fitness faceoff

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Freeletics Weights Journeys are strength-based workout plans that are focused on muscle gain and definition. The training

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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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