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Page 2 of 52. YOU CAN HAVE RESULTS OR YOU CAN HAVE EXCUSES. YOU CANNOT HAVE BOTH. Prepared exclusively for Piotr Gmachowski (pgmachowski@gmail.com) Transaction: #0000911048

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the freeletics nutrition guide and make a list of of the training to cardio-only is a reaction of the 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

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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 vs strength training: The ultimate fitness faceoff**

strength guide Hey guys, planning to

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start freeletics on Monday next week. I have okay fitness, I play badminton every week and I'm not really worried about losing weight, but with high intensity workout and change in diet, fat loss will happen.

## **strength guide : freeletics - reddit**

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.

## **Freeletics nutrition guide - to build muscles or burn fat**

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