

Freeletics Cardio And Strength Guide

Freeletics Cardio And Strength Guide - 6. CARDIO & STRENGTH GUIDE The Freeletics Cardio & Strength Guide is a goal oriented training plan to build strength and muscle and simultaneously burn fat. Get a personal workout plan based on your fitness level. High intensity training: anytime & anywhere. Start training today! This is your official FREELETICS source. A 24/7 lifestyle guide to keep you one step ahead of the rest and ... Strength training should be an integral part of ... I bought the PRO version of the app, and I'm on Week 11 of the Cardio & Strength Guide. Just for fun, I thought I'd create another Cardio &...