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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 I'm not really worried about losing weight, but with high intensity workout and change in diet, fat loss will happen.

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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

Guide strenght or cardio/strenght? : freeletics

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Training Coach | FREELETICS

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snack and drinks. It is worthy to buy it. But its more Page 6/26

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