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CHRISTIAN HERNAN -  
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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

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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

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**Freeletics cardio & strength guide by CHRISTIAN HERNANDEZ - Issue**

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.

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**Cardio vs strength  
training: The  
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Freeletics Review: A Customized Fitness App for Home Workouts In terms of the actual Freeletics workout—it's like a cardio & strength hybrid. just putting you on a set schedule that'll help you focus on accomplishing your stated goals.



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And if you're training by it, you're sabotaging your muscle gains. The claim is that long, slow bouts of cardio —a.k.a. aerobic exercise—hinder your muscle growth and cause your body to ...

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Strength Training -  
**modapktown.com**

The app creates a weekly plan based on your settings, and every day you can pick from a range of workouts - all aiming for the same fitness goal (cardio, strength training, stretching), but each ...

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### Strength Training

Ein hoher  
Insulinausstoß wird oft  
mit einer hohen  
Fetteinlagerung  
gleichgesetzt. Nach  
dem Training soll es  
wiederum genau  
anders herum sein.  
Doch ganz so einfach  
ist es nicht. Es ist  
wichtig, dass gewisse  
Stoffe aus der  
Blutkreislaufbahn  
heraus und in das  
Zellinnere transportiert  
werden, um die  
Energie dort zu nutzen.

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Zucker als Glykogen in  
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Muskelzellen ...

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