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Day 1 | 30 Minute at Home Strength Workout | Clutch Life: Ashley Conrad's 24/7 Fitness Trainer

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Gregersen

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11 - Completed - Cardio / strength - Mads /"Lawrids/"
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Workout With Weights

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You should go with strength. I'm 205lb and started with

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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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