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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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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

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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.

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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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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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...

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. Vorwiegend wird Zucker als Glykogen in die Leber und in Muskelzellen ...

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