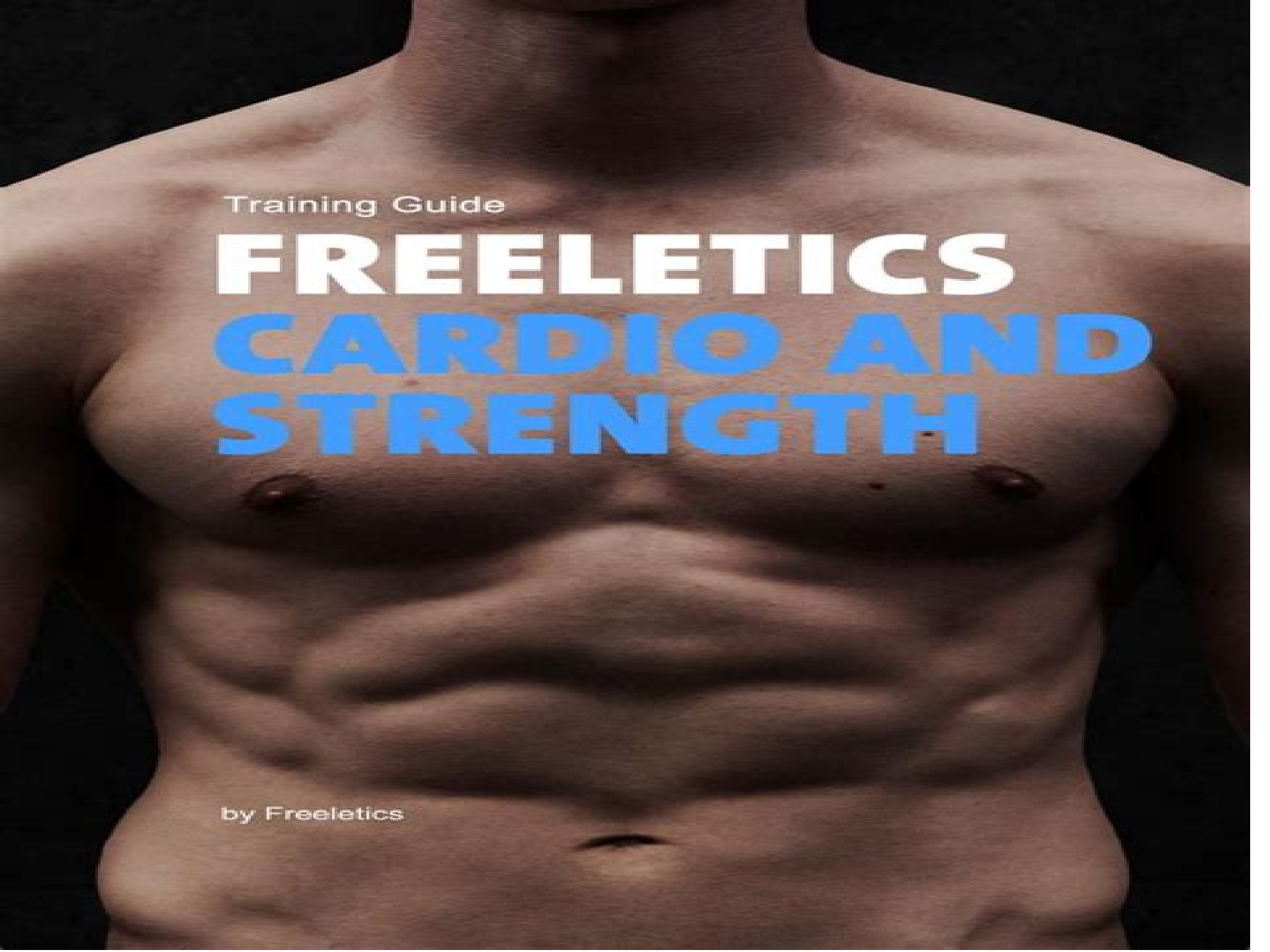




Training Guide

FREELETICS **CARDIO AND** **STRENGTH**

by Freeletics

Freeletics Cardio Strength Training Qbmltd

Robert Dos Remedios

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

Freeletics Cardio Strength Training Qbmltd:

Cardio Strength Training Robert Dos Remedios, 2009-12-22 Cut workout time in half and get double the results If you re a guy with little time to work out and pounds of fat to burn the thought of having to spend hours in the gym lifting weights and doing cardio can be a daunting proposition Cardio Strength Training solves both problems with simple fast and effective workouts that incorporate challenging muscle building combination moves and fat frying cardio exercises to help you kill two birds with one stone Built on the same principles Robert Dos Remedios uses to train Division I collegiate athletes Cardio Strength Training provides safe and innovative workouts and nutritional advice for anyone looking to drop pounds of flab and build a functionally strong physique Every workout is no longer than 15 minutes and is built on the same training methods outlined in the highly successful book Men s Health Power Training

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