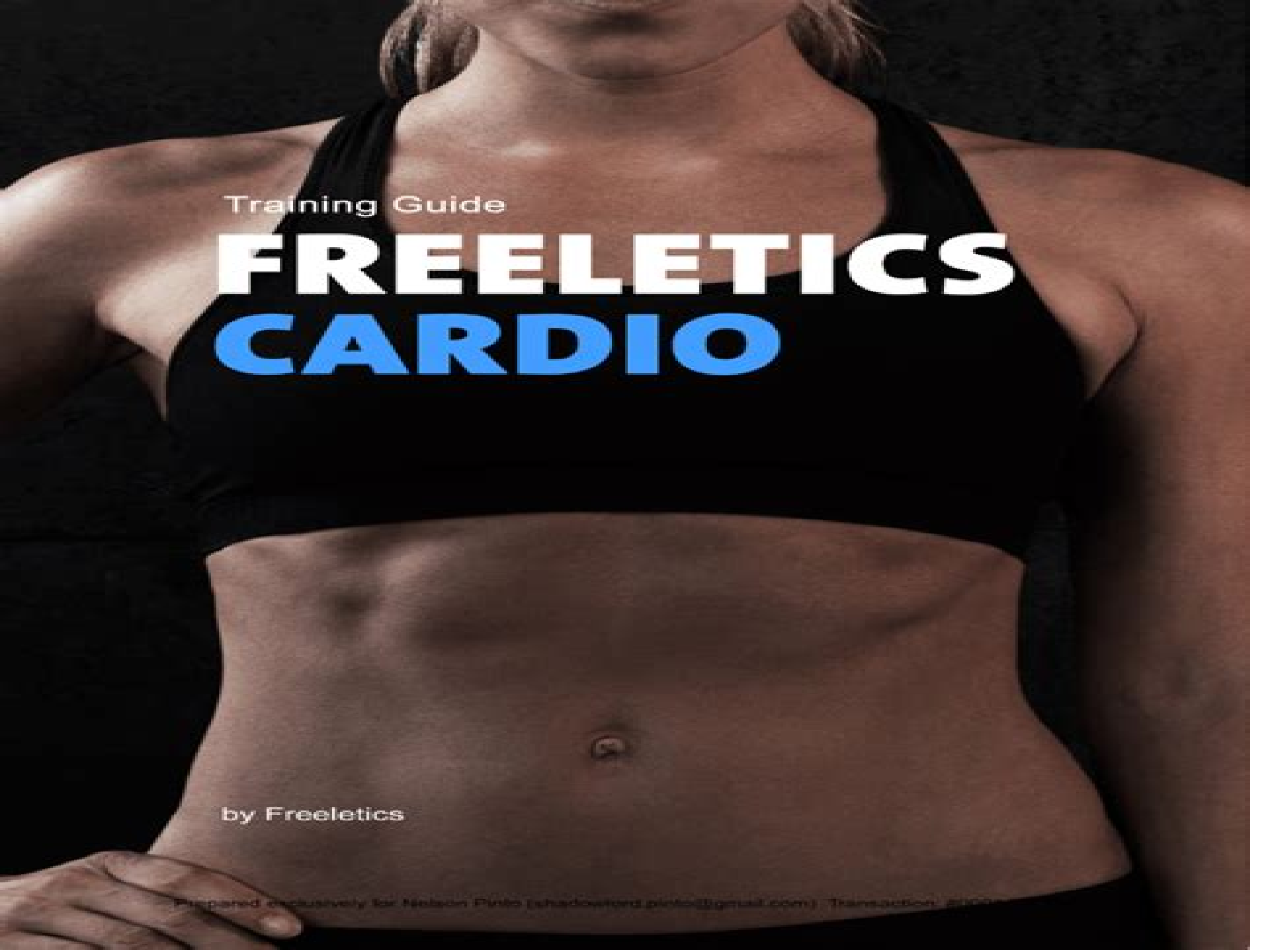


A close-up photograph of a woman's midsection. She is wearing a black sports bra. Her hands are resting on her hips. The background is dark and out of focus.

Training Guide

FREELETICS **CARDIO**

by Freeletics

Freeletics Cardio Strength Training Qbmltd

Robert Dos Remedios

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Freeletics Cardio Strength Training Q&A:

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