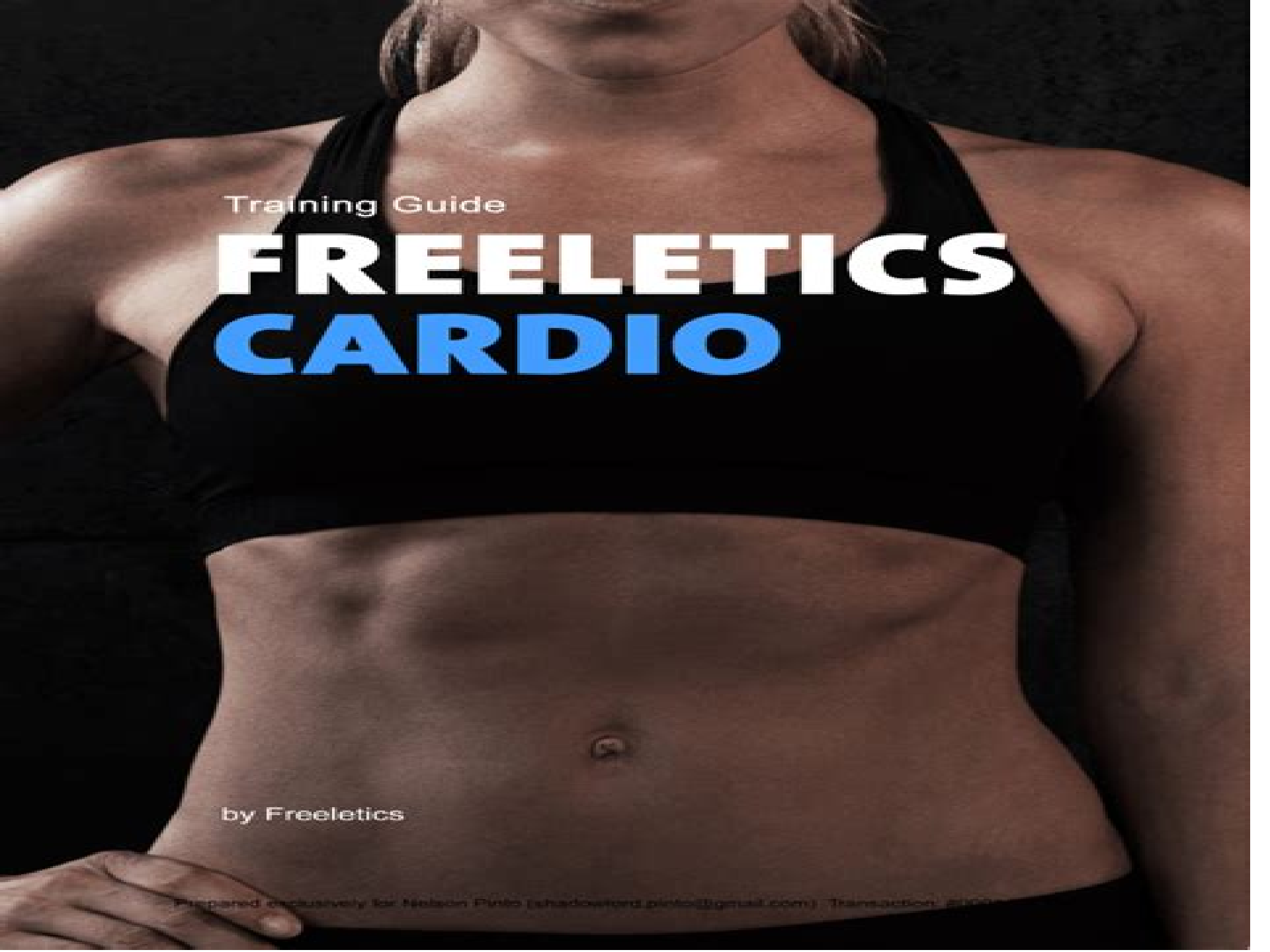




Training Guide

FREELETICS **CARDIO**

by Freeletics

Prepared exclusively for Nelson Pinto (shadowford.pinto@gmail.com) - Transaction: 211012

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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 Q&A:

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