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Training

# Freeletics Cardio Strength Training

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*Page 3/23*

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## Strength Training

After a weight lifting session, your body continues to burn calories. As you build new muscle, your metabolism may ramp up too, trainers told Insider.

Cut down on cardio and spend more time on weights to burn fat faster, trainers say

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Here are four amazing low-impact cardio exercises for people over 60 to help them live longer and more active lives.

Over 60? Here Are Some of the Best Cardio Exercises for You, Says Trainer

These expert-recommended machines are

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convenient, portable,  
and budget friendly,  
so you can get a great  
workout without  
leaving the comfort of  
your home.

The Best Cardio  
Equipment for an At-  
Home Workout

There are a ton of  
workout apps that can  
get you ... they used  
apps were also at a

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healthier weight.

Whether you're in the mood for a sweaty cardio session or a relaxing yoga flow, there are ...

6 Apps That Will  
Change Your Fitness  
Routine

Fortunately, she has learned to embrace more balance in her training that nets

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healthier results for her...but it wasn't easy. Of course, the average sweat fanatic may not be pedaling vigorously on a ...

More Women Are  
Choosing Strength  
Training Over  
Traditional Cardio For  
Bigger Gains

If you need more proof, a 2019 study



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found that **Cardio Strength**  
combination training  
(aka integrating  
aerobic and anaerobic  
workouts throughout  
the week) increased  
lean body mass,  
strength, and  
cardiorespiratory ...

'I'm a Cardiologist,  
and These Are the 5  
Best Strength-  
Training Moves For

*Page 9/23*

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## Boosting Your Heart Health'

Personal trainer Anna Kaiser shares the best dumbbell sets to buy, how much you should be lifting for your body frame and at-home workouts to try — these hips don't lie.

Best dumbbell sets for  
your home workout,

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per celebrity trainer

Anna Kaiser

The community of women on Studio Tone It Up will guide you through workouts to get your body strong and toned, including yoga, cardio, barre, boxing, kettlebell, and strength training. New classes ...

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## 60 Workout Apps for Women Who Want Results (Without a Gym Membership)

One of the most frequently asked questions I get as a fitness professional is, "If I am going to do my cardio and strength training on the same day, which comes first?" Experts are definitely ...

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## Cardio or Weights: Which Comes First?

For decades, conventional wisdom (and Jane Fonda) said cardio was the best exercise for weight loss. Then strength training muscled its way into the spotlight as the must-do move for revving your ...

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This Is the Best Type  
of Exercise for Weight  
Loss

The Air Force will provide Airmen five physical fitness assessment alternatives – three for the cardio portion and sit-up components and two for the push-up component of the physical fitness ...

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AF releases cardio,  
strength fitness  
assessment  
alternatives

Fortunately, she has learned to embrace more balance in her training that nets healthier results for her...but it wasn't easy. Of course, the average sweat fanatic may not be pedaling

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vigorously on a ...

Training

Strength Training Is  
\*Way\* Better For Fat  
Loss And Overall  
Health Than Classic  
Cardio

Even better news: you don't need any equipment to do it. In addition to cardio, strength training boosts energy, improves mood (hello,



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endorphins!) and of course, provides a total-body workout.

No dumbbells? No problem. Try this full body strength-training routine

To help pinpoint the best morning bite that will help you finish strong, a dietitian suggests exactly what to eat, depending on

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## The 6 Best Pre- Workout Foods, According to an Expert

3. Cardio and resistance training may affect your blood sugar differently. Some days you like to sweat it out, other days it's straight to the strength training area.

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Fortunately, both  
have their ...

### 8 Things You Need to Know About Diabetes and Exercise

There are important things to consider when you're planning a pre-workout meal, says Dezi Abeyta, R.D.N., a Men's Health adviser, and author of Lose Your

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Gut Guide. Perhaps  
the most important is  
the ...

A Dietitian Created a  
Perfect Pre-Workout  
Meal Plan

G-Strength is one of  
the top-rated teams  
using strength as a  
vehicle to change  
people's lives. The  
team focuses on  
helping people

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explore the multiple  
benefits of ...

G-Strength Highlights  
the Benefits of  
Personal Training

The fitness world loves the debate: cardio or strength training? Which workout is best, and which can you cut from your exercise routine? The reality is

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Cardio and strength  
don't need to be ...

### 4 Differences in How Cardio and Strength Affect Your Health

When should you eat before a morning workout, and when can you go without? Plus, here are a few foods to eat before different types of workouts.

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