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Freeletics Guide

If you're looking for apps that chart out an exercise routine for you, Workout Trainer, Shred and Sworkit can be your guide ... among the best workout apps. Freeletics provides you with hundreds ...

The best workout apps in 2021

Knowing there's someone there to guide you and that you're part of ... AI-powered fitness app Freeletics has launched Hybrid Running personalised plans. Unlike other coaching plans, this ...

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How a virtual running coach can help you reach your fitness goals

Vanessa Gebhardt, training expert and mind coach at Freeletics suggests HIIT workouts ... You'll also get a free Beginner's Guide To Strength Training.

Strength training: is working out one day a week enough to keep you fit?

If you're not sure where to start, fitness apps like Freeletics (freeletics.com) can be incredibly beneficial. "The app tailors workouts to you, your goals, and your fitness ability ...

The truth about blood clots as one person dies every 37 seconds

If you're not sure where to start, fitness apps like Freeletics (freeletics.com) can be incredibly beneficial. "The app tailors workouts to you, your goals, and your fitness ability ...

Worried about blood clots? Here's what you need to know

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You don't need money or expensive equipment, just an idea of a route, a sturdy pair of shoes (our guide to the best ... David Wiener, Freeletics training specialist, agrees, calling hiking ...

Craving fresh air and adventure? Your guide to hiking as a beginner, plus 9 UK hiking trails to try in your lifetime

By doing this, the body and mind are connected for a successful workout,' says David Wiener, a training specialist at AI-based fitness app Freeletics 'Before a run, it is important the warm-up ...

2 Dynamic Running Warm-Ups + Stretches to Do Before Your Next Run

Sweat with Kayla offers Itsine's signature BBG (Bkini Body Guide) workout programme in app form - these 28-minute workouts can be done at home and are designed to work your whole body.

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The best fitness apps for at-home workouts

training specialist at AI-based fitness and lifestyle coaching app Freeletics. "The reason why setting a pace is important is because it ensures you're running at a speed where you can ...

How can I pace my runs better?

A study conducted by OnePoll on behalf of AI fitness app Freeletics found that two in three people say the pandemic made them realize a gym isn't necessary to stay in shape. Buzz60's Johana ...

Two in Three Americans Say the Pandemic Made Gyms Seem Unnecessary to Stay Fit

If you're looking for apps that chart out an exercise routine for you, Workout Trainer, Shred and Sworkit can be your guide ... among the best workout apps. Freeletics provides you with hundreds ...

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