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Page 2 of 52. YOU CAN HAVE RESULTS OR YOU CAN HAVE EXCUSES. YOU CANNOT HAVE BOTH. Prepared exclusively for Piotr Gmachowski (pgmachowski@gmail.com) Transaction: #0000911048

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You should go with strength. I'm 205lb and started with strength too. I'm in week 8 and can see my six pack in there somewhere :). If you skinny you don't need cardio n strength. That's my opinion. Freeletics workout are all high intense so in all of them you have something from cardio too

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While cardio is considered more fun than other types of exercise and give you loads of health benefits, doing cardio-only exercises means you will be abandoning your body's other muscular needs. Strength training is the best way to build more muscle, keep fat off, and increase flexibility.

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