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4 BEST Ab Exercises To Get Your Abs To Show | My Go-To Ab Routine ~~Best Apple Watch apps for Gym, Lifting, Crossfit, Etc~~

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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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Strength training will make your core better able to support your body's weight, maintain ideal form during other exercises

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(especially running) and result in more powerful arms and legs. Stronger muscles mean better performance \square period. To torch calories. Cardio's benefit: When it comes to calorie burning, cardio has the slight upper hand. You can burn 8-10 calories per minute doing strength training, compared with 10-12 calories per minute running or cycling.

Cardio vs strength training: The ultimate fitness faceoff
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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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