



Training Guide

# **FREELETICS** **CARDIO AND** **STRENGTH**

by Freeletics

# Freeletics Cardio Strength Training Qbmltd

**Robert Dos Remedios**



## **Freeletics Cardio Strength Training Q&A:**

**Cardio Strength Training** Robert Dos Remedios, 2009-12-22 Cut workout time in half and get double the results. If you're a guy with little time to work out and pounds of fat to burn, the thought of having to spend hours in the gym lifting weights and doing cardio can be a daunting proposition. Cardio Strength Training solves both problems with simple, fast, and effective workouts that incorporate challenging muscle-building combination moves and fat-frying cardio exercises to help you kill two birds with one stone. Built on the same principles Robert Dos Remedios uses to train Division I collegiate athletes, Cardio Strength Training provides safe and innovative workouts and nutritional advice for anyone looking to drop pounds of flab and build a functionally strong physique. Every workout is no longer than 15 minutes and is built on the same training methods outlined in the highly successful book *Men's Health Power Training*.

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