

FREELETICS CARDIO GUIDE

The Providence Center School is a
 good professional teaching plant. It
 improves continuously and constantly
 evolves. Only Providence is different,
 and that is not for good. The Center
 School is professionally staffed in both
 teaching and non-teaching fields without
 spending any of its money in support of
 any of its special needs and services.

These breeding grounds comprise approximately 100,000 acres and contain about 100 million birds. In the winter, they attract several millions of all species of waterfowl from across North America, mostly geese and ducks. The birds are attracted to the food and water that is available, and the birds are also attracted to the food and water that is available. The birds are also attracted to the food and water that is available.

His essay exemplified his characteristic style: simple, direct, modest, but with great literary sophistication. He was particularly fond of the short story, and his essays were often written in the form of a story. He was also a great reader, and his essays were often filled with references to other writers and books. He was a great teacher, and his essays were often used as models for students. He was a great friend, and his essays were often written for his friends. He was a great man, and his essays were a testament to his greatness.

[illegible]

While several key health challenges threaten these communities, something common among them is their poor connectivity. Digital connectivity and use substantially can drive economic, educational, healthcare and other positive outcomes, leading to a more vibrant, resilient future. The three regions shared consistently low performance that showed weakness, most notably, gaps in their connectivity – there are no broadband networks in three out of four communities. A more robust, shared digital development strategy and investment

These practitioners will be trained specifically within the first 100 days of the program. These practitioners will report the progress monthly, with the first report due within 30 days and subsequent reports due every 30 days up until the end of the program.

Freeletics Cardio Guide

Carsten A. Lexa,Émilie Nollet

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

Freeletics Cardio Guide:

Top 100 Health & Fitness Apps: A Complete Guide to Enhancing Your Wellness Journey Navneet Singh, Outline
Introduction Importance of health fitness in the digital era Rise of fitness apps in modern lifestyles How to choose the right app for your fitness goals Section 1 Fitness Workout Apps Top apps for home workouts gym tracking and personalized plans Apps to enhance strength training cardio HIIT and bodyweight exercises Examples Nike Training Club Freeletics JEFIT 7 Minute Workout Fitbod Section 2 Nutrition Diet Apps Apps for meal tracking calorie counting and macro management Specialized apps for keto paleo vegan and other diets Examples MyFitnessPal Lifesum Yazio Cronometer Carb Manager Section 3 Meditation Mental Wellness Apps Apps for guided meditation mindfulness and stress relief Apps to improve sleep and manage anxiety Examples Headspace Calm Insight Timer Balance Aura Section 4 Health Monitoring Habit Tracking Apps Apps for tracking steps heart rate and overall health metrics Apps to build and sustain healthy habits Examples Fitbit Apple Health Google Fit Habitica Streaks Section 5 Specialized Health Fitness Apps Apps for niche categories pregnancy diabetes yoga etc Examples Clue menstrual cycle tracking Glow fertility MySugr diabetes management Yoga Studio Peloton Conclusion Recap and how to choose the right app for your health needs Tips to stay consistent and motivated The Midlife Woman's Guide to Thriving Dr I Pearson,2025-02-15 We re told that our midlife is about slowing down settling in or quietly fading into the background but that s not how it should be Midlife isn t the end of anything it s the beginning of something powerful when we finally get to put ourselves first not because everything is falling apart but because we ve earned it Your body is changing your priorities are shifting This is my guide to thriving not just getting through midlife but embracing it I ll talk about our confidence joy beauty self care relationships reinvention and stepping into this next chapter with excitement not fear You re not here to shrink You re here to shine And midlife is the perfect time to do it The Ultimate Guide to Working from Home Grace Paul,2020-04-21 A timely tome for navigating these domicile days Evening Standard Are you one of the millions of people now working from home It s not easy but it needn t be stressful The Ultimate Guide to Working from Home will help you set up your desk stay sane healthy and be more productive than ever even if you have family or housemates at home with you You ll learn how to get in the zone how to maintain focus and how to reward yourself as you work You ll learn the importance of setting and maintaining boundaries both inside and outside the home and how to establish a routine that suits your lifestyle And you may not want to return to the office at all once this is over The Ultimate Guide to Working from Home can help you with that too Packed with research and helpful statistics you ll also find tips for managers and employees alike on how to approach more flexible working when the time comes Stop typing how to set up a work station at the kitchen table into the search bar late at night Start getting the most out of working from home today **Gehirn-Pflege Guide 2.0** Pawel Marian Konefal,2016-10-25 Unfairer Vorteil Ihren IQ steigern Das k nnen Sie auch Lernen Sie Ihr Gehirn besser kennen Erschaffen Sie eine st rkere Version von sich selbst Gestalten Sie Ihren Alltag

effizienter Arbeiten Sie konzentrierter Entspannen Sie auch dabei Die Wunderpille Es w re f r den Menschen nat rlich toll wenn er nur eine Pille einnehmen k nnte um seine Gehirnleistung schnell und schmerzlos zu erh hen Pl tzlich wird er immer aufmerksamer vergisst nie einen Namen und rechnet alle Mathematikaufgaben einfach im Kopf durch Doch diese eine Pille gibt es nicht Es gibt aber eine gro e Menge an gesunden und nat rlichen M glichkeiten die kognitive Leistung zu steigern Die richtige Ern hrung Paleo Keto IF uvm Sport wie HIIT Gehirnfitness Apps wie Dual N Back und ein besserer Lebensstil Schlaf Meditation uvm sowie Supplementierung erm glichen das Das Buch mit berfliegergarantie F r wen ist dieses Buch geschrieben Dieses Buch ist f r den Pragmatiker der seinen Wissenshorizont erweitern m chte schnell und ungef hrlich seine kognitiven F higkeiten steigern will um geistig so fit zu sein wie noch nie zuvor F r den der seinen Mitmenschen im Alltag immer mit einem Funken Intelligenz voraus sein m chte Es ist f r Einsteiger als auch Fortgeschrittene in diesem Bereich sehr empfehlenswert Es bietet Ihnen die M glichkeit nach neuesten Erkenntnissen in den Bereichen Ern hrung Sport Supplementierung Gehirntaining Ihre kognitiven F higkeiten zu verbessern Ihre Gehirnleistung optimal auszunutzen und Ihren IQ zu steigern Dabei liegt es allein an Ihnen was Sie von den Empfehlungen umsetzen Kleine nderungen k nnen bereits gro e Wirkungen hervorrufen F r wen ist dieses Buch nicht geschrieben Dieses Buch ist nicht f r Wissenschaftler und Studienliebhaber geschrieben Es ist kein streng wissenschaftliches Buch und somit auch nicht jedes Detail mit Studien untermauert bzw lange Studien detailliert nacherz hlt

A Start-Up's Definitive Guide to Failure Carsten A. Lexa,Émilie Nollet,2025-01-16 Seven out of ten start ups fail The reasons for failure are well known Yet founders often fail to approach the topic of failure with the seriousness and commitment it deserves This book aims to change that and offers a new approach for founders to drive their start up off a cliff Structured as a how to guide to failure it highlights the most common mistakes founders make explains where they come from and illustrates them with real life examples The goal of the book is to help founders make the right mistakes in order to fail more efficiently and perhaps help them avoid making these mistakes in the first place The book includes an interview with German start up legend Prof G nter Faltn

A Guide to Medical School in the UK Tobi Alamu,2025-06-13 Feeling overwhelmed by the journey through medical school or even just getting in Whether you re applying adjusting or already deep in your studies this book was written for you It is your guide to surviving and thriving Inside you ll get A clear breakdown of the UK application process especially helpful for international students Honest advice on choosing study resources and strategies that actually help without spending a fortune Tips for thriving on placement and building confidence on the wards Guidance on budgeting productivity and staying well mentally and physically Building the portfolio you ll need post graduation Whether you re dreaming of medicine or already living it this guide gives you practical experience based support without the fluff or pressure

AI Productivity Tools: Automate Repetitive Tasks, Optimize, and Reclaim Your Time with Smart Assistants Dizzy Davidson,2025-07-30 If you spend your day drowning in email or if you lose track of tasks the moment you step away from your desk this book is for you If you

wish you had more hours in the day or if the idea of automating your to dos feels too technical this book is for you Packed with tips tricks and step by step guides and loaded with real life stories illustrations and practical examples AI Powered Productivity will help you Transform chaos into clarity with simple AI hacks Slash hours from your inbox with automated responses Kickstart focus sessions using AI curated deep work playlists Turn scattered notes into organized summaries in seconds Build custom workflows without writing a single line of code Automate meeting scheduling across time zones effortlessly Generate instant reports and charts from raw data Stay on top of deadlines with AI powered reminders Whether you re juggling personal projects running a small business or leading a team these foldable productivity blueprints will guide you step by step You ll learn how to harness chatbots voice assistants and no code platforms to streamline every aspect of your day freeing you to focus on high impact work and life s big moments GET YOUR COPY TODAY

Mobile Applications and Solutions for Social Inclusion Paiva, Sara,2018-05-19

Advancements in technology have allowed the creation of new tools and innovations that can improve different aspects of life Mobile technologies are an ever expanding area of research that can benefit users Mobile Applications and Solutions for Social Inclusion provides emerging research on the use of mobile technology to assist in improving social inclusion in several domains and for users in their daily lives While highlighting topics such as alert systems indoor navigation and tracking and monitoring this publication explores the various applications and techniques of mobile solutions in assistive technology This book is an important resource for researchers academics professionals and students seeking current research on the benefits and uses of mobile devices for end users and community acceptance

Mobile Sensing in Psychology Matthias R. Mehl,Michael Eid,Cornelia Wrzus,Gabriella M. Harari,Ulrich W. Ebner-Priemer,2023-11-20 The possibilities mobile sensing opens up for the social behavioral biomedical and life sciences appear almost infinite and are bound to become even more comprehensive in the years to come However data collection with new information technology also poses new challenges for research and applied fields Is everything that is possible also legally allowed What are the personal and societal consequences of the possible deep insights into very private areas of life for research ethics and the relations between the researchers and those being researched How can data be stored so that anonymity and privacy are preserved How can quality criteria be formulated for this new and rapidly developing field of research And how can we ensure that information and predictions derived from mobile sensing are psychometrically accurate and practically useful as we move from scientific proof of concept measurements to medical clinical measurements that aim at supporting and improving the diagnostic process This handbook answers these questions and based on the conviction that a profound understanding and the sound application of mobile sensing methods require specific knowledge and competencies scientific background and the key concepts how to generally plan and conduct a mobile sensing study different methods of data collection with mobile sensing both in terms of the technological know how and the methodological how to and possibilities and limitations of mobile sensing and of best practice examples from different areas of application

Le guide

du coach sportif Youcef Al Anbagi, Vincent David, Preston-Lee Ravail, 2025-07-08 Ce guide complet du coach sportif accompagne le lecteur dans son parcours pour devenir et rester un coach sportif accompli De la d finition du projet professionnel la mise en place de son activit il offre toutes les cl s pour r ussir sa carri re professionnelle En plus de transmettre toutes les connaissances th oriques n cessaires cet ouvrage vous propose les cl s d une formation initiale et continue panouissante pour comprendre les enjeux du coaching sportif des conseils pratiques pour d velopper ses comp tences relationnelles g rer son stress et construire une image de marque forte des tudes de cas des t moignages de coachs exp riment s Le lecteur apprendra ainsi se positionner en tant qu expert et se d marquer dans un march concurrentiel et en constante volution pour r pondre aux enjeux sociaux professionnels sanitaires et politiques **Abnehmen mit Paleo** Pawel Marian Konefal, 2016-10-25 Sie kennen das sicher St ndig kommt irgendein neuer Experte daher und will Ihnen erz hlen wie man nachhaltig schlank und gesund sein kann Viele dieser Experten sprechen nicht wirklich aus Erfahrung da sie selbst nie stark bergewichtig waren und sich den Herausforderungen selbst nicht stellen mussten Sie erz hlen oft ber die Dinge die sie irgendwo gelesen oder gelernt haben aber nicht von ihren eigenen Erfahrungen Oftmals wird pauschal gesagt dass Sie weniger essen und sich mehr bewegen sollen Tja das ist ja nichts Neues und jetzt Warum ist im Jahr 2015 dann mehr als jeder zweite in Deutschland bergewichtig Wer abnehmen m chte der steht heutzutage leider einer un berschaubaren Zahl von Experten neuen Di ten und Wunderpillen gegen ber Die meisten sind Trends nicht praktikabel wirkungslos oder sogar kontraproduktiv Die Tipps der rzte sind leider nicht sehr hilfreich Viele Ratgeber und Workshops sind sehr einseitig und wollen Ihnen nur teure Produkte verkaufen Dieses Buch ist anders Wie komme ich dazu ein Buch ber das Thema Abnehmen mit Paleo zu schreiben und was macht mich zum Experten Ich war selbst schwer bergewichtig und habe in 2 Jahren nachhaltig 80 kg K rpergewicht abgenommen und mein K rpergewicht somit halbiert Mittlerweile sind 3 Jahre vergangen und ich halte mein neues K rpergewicht mit Leichtigkeit Evolution re Gesundheit funktioniert Sie basiert auf Erkenntnissen der Forschung in den Bereichen der Evolutionsmedizin Nachhaltig und gesund abnehmen funktioniert Ich bin kein Mediziner und auch kein Heilpraktiker aber ich bin ein intelligenter Pragmatiker und besitze besonders gesunden Menschenverstand Jahrelange Erfahrung sind in dieses Buch geflossen ich habe als stark bergewichtiger mit 160 kg angefangen zu schreiben und dieses als Schlanker beendet Moving Out Chris Ross, 2023-11-17 Are you ready to embark on the exciting journey of moving out and embracing independent living Moving Out A Guide For Young Adults is your essential companion as you take this significant step in life Open the door to a new chapter by engaging in heartfelt conversations with loved ones about your plans Discover the power of their advice and emotional support as you navigate the path ahead Financial readiness is paramount and this guide equips you with the tools to prioritize saving money effectively Learn how to secure a job build a robust savings cushion and confidently cover initial expenses Choosing the right roommate is a pivotal decision and we delve into the art of harmonious cohabitation Explore the importance of setting rules maintaining respect and nurturing a

conducive living environment Navigating the realm of leases becomes effortless as we demystify different types from month to month to fixed term arrangements Ensure your roommates are named on the lease setting the stage for smooth interactions Budgeting becomes a breeze with a comprehensive exploration of various methods including the 50 30 20 Envelope and Bullet Journal approaches Master the art of managing your finances effectively Prioritize your well being with insights into quick care options fitness seeking professional help addiction management and accessing essential resources like food shelters The moving process unfolds seamlessly with step by step guidance on packing organizing and finding suitable transportation Once you've settled learn how to curate your living space from furniture arrangement to organizing essentials Unlock the keys to successful roommate etiquette empowering you to respect personal space communicate effectively and navigate conflicts gracefully Your journey is not just physical but also emotional Discover the significance of self care and mental well being during this transformative phase Resourceful living is your mantra as you uncover strategies to make the most of your new environment from community engagement to navigating challenges Visualize your future with a focus on long term goals financial stability career aspirations and personal growth This guide fosters a holistic approach to your journey setting you up for success Access additional resources that simplify your transition including helpful websites and platforms for finding rental listings roommates and unparalleled support Moving Out A Guide for Young Adults is your trusted ally a roadmap to confidently stepping into a new world of independence Your adventure starts here

The Complete Wellbeing Manual Emma Van Hinsbergh, 2022-11-30 The Complete Wellbeing Manual is your modern day guide to ultimate health and happiness A comprehensive source of information and inspiration this illustrated full color book contains everything you need to know to bring balance and harmony into your life Learn how to transform your lifestyle banish stress supercharge your diet reach your fitness goals and boost your vitality levels Taking a holistic approach to all round health and wellbeing this inspirational self help bible contains DIY techniques expert advice and quick fix tips to boost your mind body and soul If you're looking to achieve the perfect work life routine get a better night's sleep balance your hormones or boost your immunity this is the book for you Feel fitter and healthier every day Top nutrients to age proof your life Simple rituals to banish anxiety Unlock the key to better relationships Boost your mood with feel good foods Easy exercises to lift your energy

The Robo Revolution Prince Penman, Unlock Your Full Potential with AI The Future of Personal Growth is Now In The Robo Revolution Embracing AI for Personal Growth author Prince Penman reveals the transformative power of artificial intelligence in enhancing productivity mental well being and personal development AI is no longer just a futuristic concept it's a tool that can accelerate your journey toward success mindfulness and clarity Are you overwhelmed by constant distractions in the digital age Do you struggle to balance technology with personal growth This book is your roadmap to mastering AI in a way that serves you With easy to follow strategies you'll learn how to integrate AI into your daily life boost your productivity and create a balanced intentional routine Discover how to use AI tools for mental

health time management learning and achieving your goals with precision Through real life examples actionable steps and expert insights The Robo Revolution empowers you to harness AI as a powerful ally in your quest for self improvement and fulfillment Whether you re a busy professional a student or someone looking to take control of your personal growth this book offers valuable guidance on using technology mindfully to create the life you want Embrace the future of personal growth today with AI and start transforming your life It s time to stop letting technology control you learn how to make it work for you Gehirn-Pflege Paleo Rezepte Kochbuch 2.0 Pawel Marian Konefal,2016-10-25 Unfairer Vorteil Kochen als Brainbooster Das k nnen Sie auch Lernen Sie f r Ihr Gehirn zu kochen Lernen Sie welche Lebensmittel Sie dabei unterst tzen k nnen Probieren Sie mehr als 50 leckere Rezepte aus Erschaffen Sie eine st rkere Version von sich selbst Es gibt ein Problem Das Gehirn der meisten Menschen heutzutage l uft auf Sparflamme Zivilisationskrankheiten wie Alzheimer Typ 3 Diabetes Autismus Demenz Depressionen und ADHD nehmen rasant zu Der Druck durch die hohen Leistungsanforderungen in der Schule beim Studium und im Beruf ist enorm Kinder haben Konzentrationsschw chen und der Pisa Schock ist noch in allen K pfen verankert Was ist die Antwort des etablierten medizinischen Systems Wie bei den meisten chronischen Erkrankungen ist die L sung leider nur ein entsprechendes Arzneimittel Symptombek mpfung anstatt das Problem an der Wurzel anzupacken Die Wunderpille Es w re f r den Menschen nat rlich toll wenn er nur eine Pille einnehmen k nnte um seine Gehirnleistung schnell und schmerzlos zu erh hen Pl tzlich wird er immer aufmerksamer vergisst nie einen Namen und rechnet alle Mathematikaufgaben einfach im Kopf durch Doch diese eine Pille gibt es nicht Es gibt aber eine gro e Menge an gesunden und nat rlichen M glichkeiten die kognitive Leistung zu steigern Die richtige Ern hrung spielt dabei eine au erordentlich gro e Rolle Kochen und Essen In diesem Buch geht es um das Kochen mit den richtigen Brainfoods ber eine vollwertige Ern hrung liefern Sie Ihrem Gehirn die N hr und Baustoffe die es braucht um seine Funktion optimal erf llen zu k nnen Sie erhalten mehr als 50 leckere Paleo Brainfood Rezepte vom Fr hst ck beginnend ber Hauptmahlzeiten bis hin zu gesunden Snacks und vieles mehr Essen Sie Brainfood Essen f r die Gesundheit Ihres Gehirns Dieses Buch ist Futter f r Ihr Gehirn *Supporting Psychological and Emotional Wellbeing Among Entrepreneurs* Tunio, Muhammad Nawaz,2024-11-13 Entrepreneurs today face many challenges from fierce competition to economic uncertainties Yet amidst these external pressures the internal struggles of maintaining psychological and emotional well being are often overlooked This neglect not only affects entrepreneurs personally but also profoundly impacts their businesses Female entrepreneurs in particular face unique hurdles that can significantly impact their mental peace and hinder their success Supporting Psychological and Emotional Wellbeing Among Entrepreneurs presents a timely solution urging researchers and practitioners to reevaluate the importance of mental health in entrepreneurship By exploring topics such as stress management harassment and promoting positive work environments the book offers concrete strategies to enhance entrepreneurs well being Through a comprehensive examination of social and moral values in entrepreneurship it seeks to equip entrepreneurs and stakeholders

with the tools needed to create supportive and empowering work environments Libre d'être digital nomad Fabrice Dubesset, 2020-09-22 Vivre voyager et travailler n importe o librement Las de votre mode de vie s dentaire touff par le rituel m tro boulot dodo vous r vez d tre votre propre patron et de parcourir la plan te Ce guide pratique vous donne toutes les cl s pour devenir digital nomad Si vous tes salari vous saurez convaincre votre employeur de vous accorder le t l travail que ce soit la campagne ou l tranger Si vous tes freelance ou entrepreneur vous saurez quel statut choisir et par o commencer pour cr er votre activit Une fois lanc vous trouverez aussi toutes les r ponses vos questions o et quand partir Comment expliquer votre choix d ind pendance vos clients et vos proches organiser votre emploi du temps entre travail et voyages Une multitude de conseils d exercices et d avis d experts ainsi que des t moignages de nomades digitaux viendront enrichir votre r flexion pour vous aider sauter le pas Soyez libre de vivre en phase avec vos valeurs profondes d explorer le monde votre rythme en exer ant un m tier qui vous passionne et qui a du sens pour vous Entrez dans la r volution digital nomad **Løb i storbyer - Europa** Else Marie Lehman, 2019-04-05 I L b i storbyer deler entusiastiske l bef ller fra hele Europa ud af deres bedste l betips De tager dig med ud p favoritruterne og de hj lper med gode r d alt fra de bedste tidspunkter at l be p de gode bakker og trapper tr ningsstationer officielle l b og sikkerhed Det er ogs her du finder links til lokale l bef llesskaber du kan h gte dig p hvis du gerne vil f lges med andre som kender byen godt Med bogen i bagagen har du altid en lokal ven med p din tur og masser af l beoplevelser i vente Tils t blot l besko dagens form og en god portion nysgerrighed *Home Fitness Regimen Training Guide* Shawn Burke, 2021-01-17 Do you want an easy and affordable option for your daily fitness schedule If you think maintaining fitness starts and stops at the gym you need to think again While going to those establishments is all well and good they re not the be all and end all when it comes to keeping physically at times even mentally fit Sure they have the fancy equipment the trainers who can keep you on track and other amenities to make working out a luxurious experience But at the end of the day what s most important is you and how you feel And you can keep fit just as well at home as you do in any gym Finding Time For Fitness Is Never Easy But Home Training Could Provide The Answer From assembling a few pieces of basic training equipment to setting up a complete gym in a room in your house at home workouts could be the key to your fitness Discover How To Incorporate Home Fitness Programs In Your Daily Routine To Lose Weight Get Fit And Look Good Right From The Comfort Of Your Home So here s what you are going to discover in this Advanced Home Fitness Regimen Info Course A General Overview About Home Fitness Regimens Find Out How To Create Your Awesome Home Gym Explore How Muscle Growth Works Discover Everything About Using Intensity Techniques to Unlock Your Full Potential Find Out About Training Your Legs At Home Know Everything About Bodyweight Training and How to Learn Incredible Beast Moves Find Out About Introducing Cardio and Weight Loss Discover The Last Piece of the Puzzle Diet Find Out All About The Benefits of Staying Fit Discover All About Doing It For Yourself And So Much More Finding Time For Fitness Is Never Easy But Home Training Could Provide The Answer From assembling a few pieces of basic training equipment to setting up a

complete gym in a room in your house at home workouts could be the key to your fitness Home Fitness entails exactly what it implies executing your personal fitness routine while at home using a variety of different techniques Home fitness has been in our lives for decades and it's taken on a new role since the Covid 19 pandemic closed gyms around the world Whether it's a yoga class on Zoom or panic buying a Peloton many of us are trying to find ways to exercise effectively within four walls Whether you are looking to improve your cardiovascular system lose weight gain lean muscle mass or just stay active in home training has a place in your life And the benefits of staying fit are no secret Improvements in cardiovascular and respiratory health better regulation of blood sugar the potential to reduce or eliminate prescription medications such as for diabetes or blood pressure weight loss reduction in cancer risk and improved musculoskeletal strength are some of the better known But when you're working out at home you're responsible for the whole plan What exercises should you do How many reps of each How often should you rest Are you feeling a cardio workout An upper body workout Or do you want to fit in a total body workout instead For many of us answering all these questions is an added stress we'd rather avoid right now And the good news is that's something you can avoid without skipping your workout We are about to show you an immaculate at home workout program that takes the guesswork out for you and will give you the whole exercise plan **Freeletics** Workout Planner, 2019-06-19 Dot Grid 120 pages 6x9 Workout planner journal Fitness Planner Workout Log and Meal Planning Notebook to Track Nutrition Diet and Exercise A Weight Loss Journal for Tracker Book Diary for Workouts and Wellness Paperback matte cover finish A total of 120 pages Small size 6x9 easy for carrying it around with you everywhere It also makes an awesome gift for your VERY special person

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Freeletics Cardio Guide Introduction

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