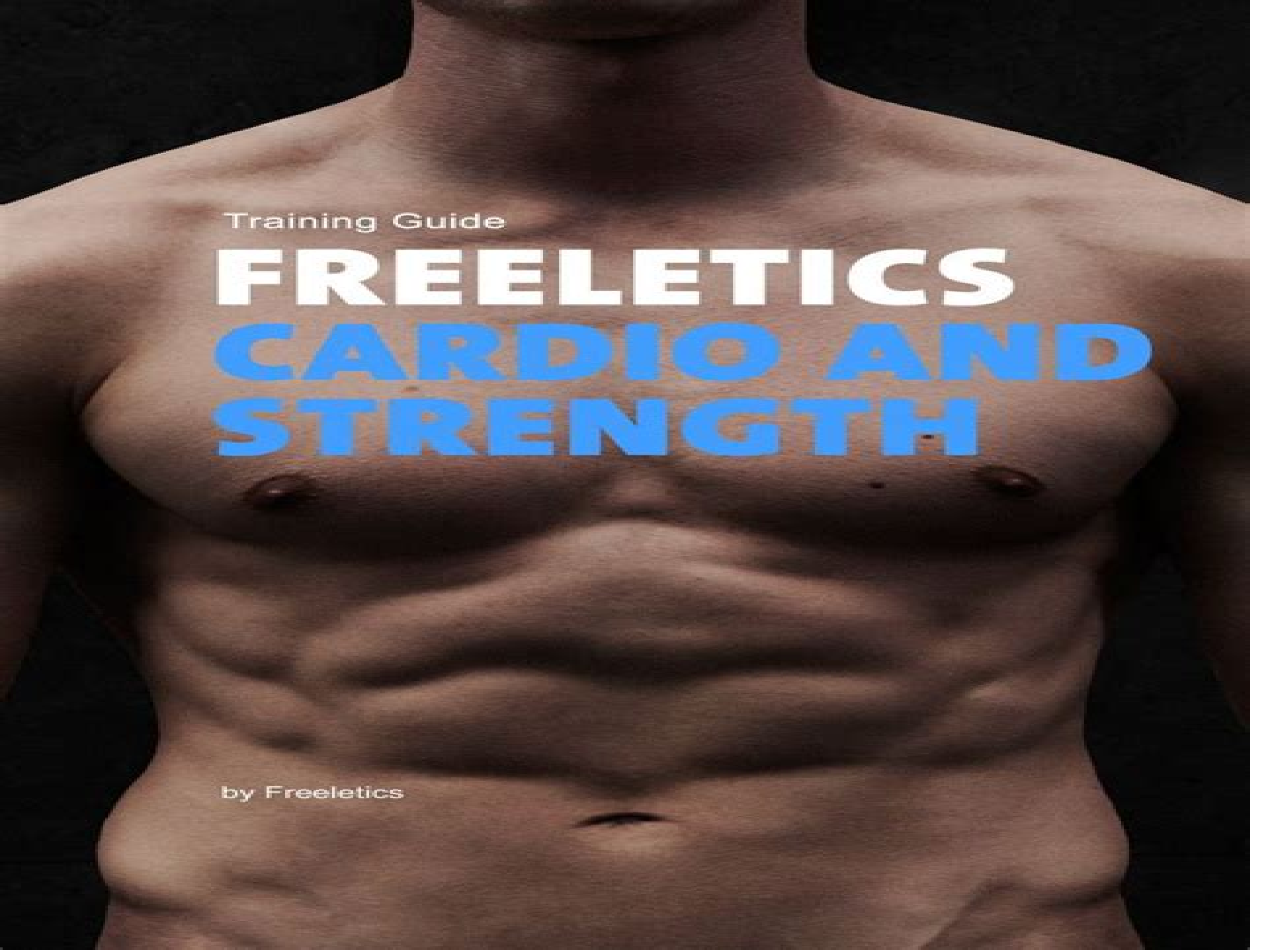




Training Guide

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

by Freeletics

Freeletics Cardio Strength Training

Martina Hochheimer

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

Freeletics Cardio Strength Training :

Die Nutzung von Fitness-Apps und Gruppenfitness. Welche Motivationsunterschiede gibt es? Anna-Dorothea Hild, 2019-04-29 Bachelorarbeit aus dem Jahr 2017 im Fachbereich BWL Offline Marketing und Online Marketing Note 1,3 IU Internationale Hochschule Sprache Deutsch Abstract Die vorliegende Arbeit untersucht die Motivationsunterschiede zur Betätigung im Sport anhand der Fitness App Freeletics und des Gruppenfitness Piloxing basierend auf der Selbstbestimmungstheorie Dazu wurden 139 Nutzer der Fitness App Freeletics und 79 Nutzer des Gruppenfitness Piloxing im Alter von 17 Jahren bis 64 Jahren befragt Für die Datenanalyse wurden die Mittelwerte und Standardabweichungen berechnet sowie eine Varianz und eine Korrelationsanalyse durchgeführt Die Ergebnisse zeigen dass es bei beiden Trainingsarten keine signifikanten geschlechtstypischen Unterschiede gibt Des Weiteren konnte ein partieller Zusammenhang zwischen den Trainingshäufigkeiten und selbstbestimmteren Formen der Motivation für beide Trainingsarten festgestellt werden Schließlich legen die Resultate des Gruppenfitness Piloxing anders als bei der Fitness App Freeletics dar dass die intrinsische Motivation nicht mit dem Alter steigt Bei der Fitness App konnte hier ein positiver Zusammenhang identifiziert werden Laut der Weltgesundheitsorganisation WHO ist das Fehlen von physischer Aktivität ein hoher Risikofaktor für nicht übertragbare Krankheiten wie Schlaganfall Diabetes oder Krebs Des Weiteren verbessern physische Tätigkeiten die kardiorespiratorische und muskuläre Fitness helfen das Gewicht zu halten verringern das Risiko eines Herzinfarktes und an Depression zu erkranken Insgesamt 3% aller Todesfälle sind auf zu geringe körperliche Tätigkeiten zurückzuführen Körperliche Aktivität wird definiert als jede körperliche Bewegung welche durch Skelettmuskeln produziert wird und die Energieaufwand erfordert In der Altersklasse 18 Jahre bis 64 Jahre sollten sich Erwachsene entweder mindestens 150 Minuten pro Woche mäßig körperlich betätigen oder mindestens 75 Minuten wenn sie sich mit höherer Intensität körperlich betätigen Körperliche Tätigkeiten im Erwachsenenalter umfassen Sportaktivitäten in der Freizeit z.B. Tanzen oder Wandern Aktivitäten für die Beförderung z.B. Laufen oder Fahrrad fahren oder auch das Training zu Hause oder im Fitnessstudio Die Vorteile für aktivere Menschen sind ein geringeres Sterberisiko niedrigerer Blutdruck geringeres Risiko an koronaren Herzkrankheiten sowie ein geringeres Risiko an einer Hüfte oder Wirbelfraktur zu erleiden *(Fitness)Training einfach erklärt* Peter Regli, 2020-12-15 Modische Trends und betreibende Versprechungen sind oft viel zu schön um wahr zu sein Die vielen seichten Trainingsprogramme vorab in der Fitnessbranche Social Media sei Dank verwirren und sind mitunter schwer zu ertragen Ich plädiere für mehr Fakten und Hintergrundwissen aus der Wissenschaft welche eben Wissen schafft und damit neue Erkenntnisse bringt altes hinterfragt aber immer solide Mir geht es um die Rückbesinnung auf das Wesentliche klar und präzise Ich gebe Orientierung damit in der Praxis klarer argumentiert werden kann Einige Aussagen werden provozieren das ist durchaus erwünscht Der Mensch ist heute zeitoptimiert unterwegs In Anlehnung an Drucker gilt Hören Sie auf richtig zu trainieren und beginnen Sie damit das Richtige zu trainieren *Gesund durch Fitness* Nevzad

Memisi,2021-02-26 Vitalität und Fitness bedeutet für mich mehr als ein gesundes Körperbewusstsein zu haben Besonders die Lebensumstände sowie die Lebenshaltung sind das Fundament um Ihre Gesundheit darauf aufzubauen Sehr hilfreich für ein stetiges Wohlbefinden sind vor allem die geistige Haltung sowie heitere Gelassenheit Das Unterbewusstsein bewirkt nicht nur ständig Veränderung und Erneuerung es kann ganz bewusst gesteuert werden Tauchen Sie ein und schalten Sie ab Lassen Sie sich inspirieren **Endlich schlank! INTERVALLFASTEN FÜR FRAUEN** Pauline Höppner,2022-12-07 Mit Intervallfasten zur Traumfigur ohne Hunger Sport und Verzicht Erfahre in diesem Buch wie unglaublich einfach Intervallfasten funktioniert und wie damit schon in kurzer Zeit berflüssige Kilos schmelzen Vergiss komplexe Diäten nerviges Kalorien zählen teure Wunderpillen und berflüllte Fitnessstudios entdecke stattdessen die gesunde einfache und leckere Form des Abnehmens das Intervallfasten Du solltest dieses Buch auf jeden Fall lesen wenn du wenig Zeit hast und du ohne Sport abnehmen möchtest schlemmen willst und trotz Kuchen Brot Süßigkeiten und Co schnell und einfach abnehmen möchtest erfahren willst wie eine Stoppuhr dein Fett schmelzen lässt und dich schlank macht gesund langfristig und super simple dein Gewicht reduzieren möchtest Die Endlich schlank Methode von Pauline Höppner zeigt dir wie du in wenigen Handgriffen dein körpereigenes Abnehm- und Entschlackungsprogramm startest und quasi auf Knopfdruck Fett verbrennst Du erfährst die clevere Methode des Intervallfastens bzw des intermittierenden Fastens die fest in deinen Genen verankert ist und die dich gesund definiert und schlank macht Besonders Frauen leiden unter einem hohen gesellschaftlichen Druck sie sollen Karriere machen sich um die Kinder kümmern den Haushalt führen und schlank sportlich attraktiv sein Am besten alles gleichzeitig Wie soll eine Frau das alles unter einen Hut bekommen und gleichzeitig stundenlang im Fitnessstudio schwitzen Das Intervallfasten ist unter zahlreichen Begriffen wie z B 16/8 Diät 18/6 Diät 5/2 Diät Heilfasten Intervalldiät oder intermittierendes Fasten bekannt und doch basieren sie alle auf demselben Prinzip Du nutzt dein körpereigenes Abnehmprogramm das deinen Stoffwechsel ankurbelt deine Cholesterinwerte senkt dein Fett schmelzen lässt dich heilt und dir ein fittes und vitales Lebensgefühl gibt ohne zu hungern ohne Diätplan ohne besonders auf deine Ernährung zu achten und ohne Sport Sichere dir jetzt dein persönliches Buch und mach den ersten Schritt zu deinem langfristigen Traumgewicht Ganz ohne Jo Jo Effekt und mit viel schlemmen von leckeren Köstlichkeiten **The Jack Dorsey Way** Brad Munson,2020-05-19 Jack Dorsey is a billionaire innovator a rule breaker and a dynamo of creative energy and physical health He has a unique regimen that helps him achieve and maintain top performance physically mentally and spiritually What does Jack Dorsey do And how can his approaches work for you In this smart specific and practical guide you'll learn what Jack Dorsey does why it works and how you can use his innovative tactics in your own life even if you're not a billionaire You'll learn about topics such as Meditating twice a day Walking to work High intensity interval training HIIT Saunas and ice baths including starting the day with an ice cold bath Standing desks and near infrared rays Eating one meal per day Daily supplements Weekend fasts Sleep monitoring Journaling You'll learn a powerful approach to mindfulness paying attention to what you do what you eat and how you treat

yourself the people around you and the world you live in This is an approach that has changed Jack Dorsey s life for the better and it can do the same for you *Transformation in der Fitness- und Wellnessbranche. Potenziale und Herausforderungen im Spannungsfeld von Megatrends und Wertewandel* Martina Hochheimer,2024-08-19 Masterarbeit aus dem Jahr 2022 im Fachbereich Gesundheit Fitness and Health Management Note 1 2 Hochschule Wismar Fakult t f r Wirtschaftswissenschaften Veranstaltung MBA Schwerpunkt Business Consulting Sprache Deutsch Abstract Wie kann die Fitness und Wellnessbranche FWB von aktuellen Dynamiken der Megatrends und dem damit verbundenen Wertewandel profitieren und welchen Herausforderungen muss sie sich mit geeigneten Transformationsmaßnahmen stellen Mit der Covid 19 Zsur sieht sich die Branche mit der Erkenntnis konfrontiert dass eine Anpassung an die veränderten Rahmenbedingungen erforderlich und notwendig ist um an die gewohnten Erfolge der Vergangenheit anzuknüpfen Um Megatrends und ihre Facetten als Leitplanken für zukunftsweisende auf nachhaltigen Erfolg ausgerichtete Transformationsprozesse zu nutzen ist es wichtig zu verstehen welche Dynamiken des Megatrendgefüges für die FWB von besonderer Bedeutung sind Die hohe Nachfrage nach Fitnessdienstleistungen post Covid zeigt dass der Bedarf an Fitness in stationären Anlagen trotz enormen Wachstums digitaler Anbieter während der Covid 19 Pandemie ungebrochen ist Dies sind hervorragende Aussichten für die Anlagenbetreiber und einer Fortschreibung des gewohnten Wachstums scheint nichts im Wege zu stehen Allerdings haben sich Verbraucherpräferenzen und die Kräfteverhältnisse innerhalb des Wettbewerbs verändert Angesichts des verschärften Wettbewerbs bei der Mitgliedererückgewinnung zwingt die Pandemie die Betreiber sich mit den fundamentalen Grundtendenzen ihres Geschäftes auseinanderzusetzen Um nachhaltig erfolgreich zu sein muss die Branche umdenken und Versuche der Vergangenheit mit geeigneten Maßnahmen adressieren Langfristig kann die Covid 19 Pandemie in der FWB wie in vielen anderen Branchen als Katalysator eine Transformation bewirken die den Erfolgskurs der Branche auf eine stabilere Grundlage stellt als es vor der Pandemie der Fall war Dabei ist diese Fragestellung nicht neu und nicht Covid bedingt Betreiber von FW Anlagen müssen ihr Geschäftsmodell überprüfen um sich Verbraucherakzeptanz langfristig zu sichern und durch Erschließung neuer und Bindung angestammter Zielgruppen nachhaltig erfolgreich zu bleiben Die Ergebnisse dieser Arbeit basieren teilweise auf einer Konsumentenumfrage zu Nutzungsverhalten und Motivation sowie einem umfangreichen Desk Research Details hierzu finden sich im Anhang **Mobile Technologies and Applications for the Internet of Things** Michael E. Auer,Thrasyvoulos Tsiatsos,2019-04-17 This book discusses and assesses the latest trends in the interactive mobile field and presents the outcomes of the 12th International Conference on Interactive Mobile Communication Technologies and Learning IMCL2018 which was held in Hamilton Canada on October 11 and 12 2018 Today interactive mobile technologies are at the core of many if not all fields of society Not only does the younger generation of students expect a mobile working and learning environment but also the new ideas technologies and solutions coming out practically every day are further strengthening this trend Since its inception in 2006 the conference has been devoted to

highlighting new approaches in interactive mobile technologies with a focus on learning The IMCL conferences have since established themselves as a valuable forum for exchanging and discussing new research results and relevant trends as well as practical experience and best practice examples Thisbook contains papers in the fields of Interactive Collaborative Mobile Learning Environments Mobile Health Care Training Game based Learning Design of Internet of Things IoT Devices and Applications Assessment and Quality in Mobile Learning Its potential readership includes policymakers educators and researchers in pedagogy and learning theory schoolteachers the learning industry further education lecturers etc Good Practices and New Perspectives in Information Systems and Technologies Álvaro Rocha,Hojjat Adeli,Gintautas

Dzemyda,Fernando Moreira,Aneta Poniszewska-Marańda,2024-05-12 This book is composed by a selection of articles from the 12th World Conference on Information Systems and Technologies WorldCIST 24 held between 26 and 28 of March 2024 at Lodz University of Technology Lodz Poland WorldCIST is a global forum for researchers and practitioners to present and discuss recent results and innovations current trends professional experiences and challenges of modern Information Systems and Technologies research together with their technological development and applications The main and distinctive topics covered are A Information and Knowledge Management B Organizational Models and Information Systems C Software and Systems Modeling D Software Systems Architectures Applications and Tools E Multimedia Systems and Applications F Computer Networks Mobility and Pervasive Systems G Intelligent and Decision Support Systems H Big Data Analytics and Applications I Human Computer Interaction J Ethics Computers and Security K Health Informatics L Information Technologies in Education M Information Technologies in Radiocommunications and N Technologies for Biomedical Applications The primary market of this book are postgraduates and researchers in Information Systems and Technologies field The secondary market are undergraduates and professionals as well in Information Systems and Technologies field

Preismanagement, strategische Analysemethoden und Corporate Identity. Grundlagen des strategischen Marketings,2021-02-19 Einsendeaufgabe aus dem Jahr 2018 im Fachbereich BWL Offline Marketing und Online Marketing Note 1 2 Deutsche Hochschule f r Pr vention und Gesundheitsmanagement GmbH Veranstaltung Marketing II Sprache Deutsch Abstract In dieser Einsendeaufgaben geht es um Grundlagen des strategischen Marketings Zuerst wird das Preismanagement und eventuelle Kooperationen behandelt Darauf folgt ein berblick ber die g ngigsten strategischen Analysemethoden bevor im dritten Teil schlie lich die Corporate Identity erl utert wird **AI for Daily Life: 50 Simple**

Ways Artificial Intelligence Makes Everyday Living Smarter Dizzy Davidson,2025-07-23 Practical AI for Everyday Living 50 Smart Ways to Simplify Secure and Supercharge Your World If you ve ever scrambled to remember appointments or if you ve stayed up late wrestling with to do lists this book is for you If you dread mundane chores and crave more free time this book is for you If you wish your home could think for itself keeping you safe saving money and streamlining your life this book is for you Welcome to your ultimate guide to AI in everyday life 50 chapters packed with tips tricks step by step guides

real life stories illustrations and clear examples Whether you re a tech beginner or the family go to gadget guru you ll learn how to harness AI to solve the daily headaches that steal your time and peace of mind Inside you ll discover how to Master AI Assistants Wake up with Siri or Alexa prepping your day handling reminders alarms and grocery lists hands free and fuss free Automate Chores Deploy robot vacuums smart thermostats and automated pet feeders that learn your habits so you never vacuum adjust the heat or worry about Fido s dinner again Plan Meals Like a Pro Use AI grocery apps to track your pantry suggest recipes and generate optimized shopping lists in seconds Stay Secure Arm your home with AI driven security cameras doorbells and sensors that distinguish family pets and genuine threats cutting false alarms to zero Predict the Weather Get hyperlocal storm and flood alerts powered by AI models that process satellite radar and historical data for minute by minute accuracy Optimize Sleep Track sleep stages adjust mattress firmness and tune bedroom temperature automatically so you wake up refreshed PLUS Real world case studies from a busy mom who reclaimed her mornings to a college student whose grades soared after fixing her sleep schedule Packed with easy to follow diagrams sidebars and checklists every chapter hands you practical steps you can apply today Stop letting life s small tasks steal your joy Transform your home and habits with AI as your partner so you can focus on what truly matters GET YOUR COPY TODAY **4XF**

Outdoor FitCamp Jörn Rühl,Jens Binias,2017-11-09 Raus aus der stickigen Luft vieler Sporthallen und Fitnesscenter und rein in die freie Natur Das 4FX Outdoor FitCamp bietet Fitnessinteressierten neue Erfahrungen und einen Motivationsschub durch das Training an der frischen Luft Basierend auf abwechslungsreichen und dadurch niemals langweiligen Trainingsprogrammen werden Natur Spa und hartes Training in Einklang gebracht Inzwischen gibt es in zahlreichen deutschen St dten solche Kurse Das neue extrem effiziente Outdoortraining in kleinen Gruppen f hrt die maximal zw lf Teilnehmer an ihre k rperlichen Grenzen und begeistert durch sein Gruppenfeeling und die Freude am Erfolg Das Training kann z B auf allen Pl tzen der Stadt und in Parks stattfinden ohne dass weitere Hilfsmittel eingesetzt werden m ssen B nke Treppen Gel nder H gel Berge Gr ben Baumst mme und vieles mehr was das urbane Umfeld zu bieten hat werden genutzt Es k nnen aber auch weitere Ger te wie z B Seile Hanteln Medizinb lle Tubes etc eingesetzt werden Eine FitCamp Einheit besteht immer aus einem dynamischen Warm up Teamspielen Zirkeltraining sowie Cool down und Stretching Das Buch vermittelt wie auf der Grundlage des Functional Trainings Bewegungsabl ufe trainiert werden wie mit bungen mit dem eigenen K rpergewicht die Basis f r dieses Personal GroupTraining geschaffen wird wie mit abwechslungsreichen Trainingseinheiten st ndig neue Trainingsreize gesetzt werden k nnen und wie der Instructor die Teilnehmer motivieren und korrigieren sollte um einen maximalen Trainingserfolg zu gew hrleisten **Get ready to run** Carina Stöwe,Mandy Jochmann,2023-02-28 Wie verwandelt man sich vom Sportmuffel zum begeisterten L ufer Carina Stöwe und Mandy Jochmann ist das gelungen sie bloggen mittlerweile seit Jahren ber ihren Lieblingssport In diesem Buch zeigen sie wie sich der innere Schweinehund mithilfe ihrer an sich selbst erprobten Motivationsstrategien erfolgreich berwinden l sst Damit das Vorhaben

mit dem Laufen anzufangen endgültig in die Tat umgesetzt wird vermitteln sie alles was man für einen erfolgreichen Laufeinstieg braucht von der richtigen Ausrüstung über die beste Lauftechnik bis hin zur Kunst sich die richtigen Ziele zu setzen und sie zu erreichen *Erfolgreiche Start-ups, Band 3* Patrick Siegfried, 2017-07-07 Diese Fallstudien sind im Rahmen der Vorlesung Integrationsseminar Fallstudien im Wintersemester 2016/17 von Studenten des Kurses WHD 14 A der DHBW Mannheim Fachrichtung Handel erarbeitet worden Prof. Dr. Dr. Patrick Siegfried hat an der ISM Hochschule die Professur für Unternehmensführung und hat als Lehrbeauftragter an der DHBW Mannheim diese Fallstudien bearbeitet

Walking For The Weight Loss RD King, In today's society it's easier to be fat than it is to be healthy Food companies pump out products filled with sugar to get you hooked so they can make a dollar What's worse for our health is the corporate workplace We sit all day with our backs hunched over a keyboard while our legs go to sleep Sitting has been found to be terrible for our health In fact scientists have compared sitting's effects to be similar to smoking It keeps you locked in a bad posture and reduces your mobility You are in a position without movement for hours Walking for Weight Loss is go to Masterguide on burning fat and building muscle the easy way This technique will work your whole body in unison elevating your metabolism to fat burning levels Find out the walking technique and the easy to prepare diet that will finally bring the body you want **Qual dich - Das Workout** Marco Petrik, Jessica Dannheimer, 2016-12-17 Mit der Kombination aus intensiven Workouts und mentalen Strategien Grenzen berwinden

Erfolgreiche Start-ups, Band 5 Patrick Siegfried, 2017-07-07 Diese Fallstudien sind im Rahmen der Vorlesung Integrationsseminar Fallstudien im Wintersemester 2016/17 von Studenten des Kurses WHD 14 B der DHBW Mannheim Fachrichtung Handel erarbeitet worden Prof. Dr. Dr. Patrick Siegfried hat an der ISM Hochschule die Professur für Unternehmensführung und hat als Lehrbeauftragter an der DHBW Mannheim diese Fallstudien bearbeitet **AI Mastery: Unlocking the Secrets to Productivity, Success, and Financial Freedom** James Ashford, AI Mastery Unlocking the Secrets to Productivity Success and Financial Freedom AI is already transforming industries automating jobs and reshaping the future If you're not actively learning and adapting you risk being left behind both professionally and financially The thought of missing out on these opportunities while others get ahead can be overwhelming Imagine watching your peers and competitors leap ahead of you scoring promotions automating tasks and freeing up time all while you're stuck using outdated methods You don't just lose time you lose the potential for growth wealth and a better lifestyle With technology advancing rapidly waiting another month or year to act could cost you thousands of lost opportunities and keep you stuck in a stagnant job or life AI Mastery Unlocking the Secrets to Productivity Success and Financial Freedom is your essential guide to understanding and harnessing the power of AI for your success This audiobook breaks down complex concepts into simple actionable steps that you can start implementing immediately whether it's using AI to boost productivity investing smartly in AI driven markets or gaining skills that make you irreplaceable in the workforce You don't need to be a tech expert to succeed in the AI revolution You need to start with the

right knowledge and tools This audiobook delivers both in a clear engaging format perfect for anyone whether you re a business owner freelancer or career professional looking to stay ahead of the curve Don t wait for the future to pass you by seize it now Download AI Mastery Now and start transforming your career finances and personal life with the power of AI Take action today and become one of the AI success stories of tomorrow

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

Balanced Body Breakthrough Caroline Jordan,2016-10-18 Balanced Body Breakthrough is the essential guide for anyone who wants to beat stress and find balance Caroline Jordan dispenses wellness wisdom in short easy to read segments Jordan s definition of wellness includes the whole person mind body and spirit From start to finish this book is filled with knowledge and resources to help you personalize your approach to living well Balanced Body Breakthrough teaches you to clarify values create a plan and set smart goals manage your time feel healthy get fit and enjoy life This book is a tool that will help you stay committed positive and present in living a feel good life you love

Dein Sport? Paul M.,2025-03-06 Hast du dich schon einmal gefragt warum manche Menschen ihren Sport lieben und gar nicht genug davon bekommen k nnen w hrend andere sich regelrecht zum Training zwingen m ssen oder nach kurzer Zeit ganz aufh ren Vielleicht hast du selbst schon einige Sportarten ausprobiert nur um festzustellen dass sie dir keinen Spa machen oder nicht zu deinem Lebensstil passen Vielleicht hast du dich sogar schon einmal f r eine Mitgliedschaft im Fitnessstudio angemeldet und bist dann doch nicht regelm ig hingegangen Die Wahrheit ist Es gibt nicht den einen perfekten Sport f r alle Jeder Mensch ist unterschiedlich hat verschiedene Vorlieben Ziele und k rperliche Voraussetzungen Der Schl ssel zu langfristiger Motivation und Freude an Bewegung liegt darin die richtige Sportart f r dich pers nlich zu finden eine die zu deinem Alltag deiner Pers nlichkeit und deinen Interessen passt In diesem Buch wirst du genau das herausfinden Warum die Wahl des richtigen Sports entscheidend ist Sport ist mehr als nur Kalorienverbrennen oder Muskelaufbau Er beeinflusst dein Wohlbefinden deine Gesundheit und sogar deine mentale St rke Doch nicht jede Sportart bringt jedem den gleichen Nutzen

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