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It's an iconic Freeletics exercise, but by no means easy. Getting yourself over the bar takes time, effort and commitment. Here's everything you should know about the king of upper body exercises. Pullup basics. Let's start from the

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beginning. Pullups are a movement where you “pull” yourself “up” over a bar.

## **A guide to Freeletics Pullups**

The core exercises include: Sit-ups Push-ups Pull-ups Sprints Squats Climbers High jumps Hand stand push-ups

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**Freeletics nutrition guide - to build muscles or burn fat**

In most gyms you will find the following plates that are necessary to perform Freeletics weights

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workouts. Olympic plates range from 0.5kg (1.1lb), to 30kg (66lb). Powerlifting plates begin at 0.25kg (0.55lb), and go up to 25kg (55lb).

## **A guide to gym equipment - FREELETICS**

The Freeletics Food Guide, (also known as the Freeletics Nutrition Guide) is one of the 3 main components of Freeletics, the other

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two being Freeletics Coach and the Freeletics app. Some even insist that you can eat your way to a great six pack... sounds strange, but it's true.

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package. For example, you can download the free Freeletics LITE app onto your Android or iOS smartphone. This will give you access to several free Freeletics Exercises and Freeletics Workouts. Of course, the free app does not include a training plan.

## **Freeletics Beginner: What you need to know to get started**

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your fitness journey  
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training. Access a  
personalized training  
program featuring  
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The Freeletics Coach is  
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plan that uses a state of the art artificial intelligence and will guide you on your journey to reach your fitness goal, whether it is to lose weight, get fit, or gain muscle. The Coach adjusts to your fitness level, learning your individual strengths and weaknesses based on feedback you provide after each workout.

**Freeletics Training**

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## **Coach - Help Center**

Page 2 of 52. YOU CAN  
HAVE RESULTS OR YOU  
CAN HAVE EXCUSES.

YOU CANNOT HAVE  
BOTH. Prepared

exclusively for Piotr

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