

A close-up photograph of a woman's midsection. She is wearing a black sports bra, and her hands are resting on her hips. The background is dark and out of focus.

Training Guide

# **FREELETICS** **CARDIO**

by Freeletics

# Freeletics Cardio Guide

**RS Peters**

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

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