

Training Guide

FREELETICS CARDIO

by Freeletics

**IT'S ALWAYS TOO
EARLY TO QUIT**

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WHAT IS FREELETICS?

Freeletics is a sport. The core of Freeletics is a set of predefined high-intensity workouts. All workouts are bodyweight only. You always do them as fast as you can. They only take between 5 and 45min on average. Workout times will be used to measure performances and progress and to compare to other athletes.

WHERE TO TRAIN FREELETICS?

Parks, sports fields, gyms and the like are well suited. However, you can do most workouts at home as well. For some no equipment is required, for others a pullup bar, a wall or some sort of running track. Also, Freeletics can be trained both alone and in a group.

WHY FREELETICS?

The high intensity allows for impressive results despite significantly reduced workout times. Also, you only need your bodyweight. That means you can work out efficiently anywhere and anytime.

GET THE APP!

No worries. Nobody is alone. We are thousands of athletes. If you are an iOS user, download the free Freeletics Training App and connect to athletes around the globe. Apps for other operating systems will follow.

FREELETICS BASICS

Freeletics contains two types of training: Workouts and MAX. Workouts are a given set of exercises. The exercises have to be completed in the exact same order and number as stated. All workouts are for time. Complete them as fast as possible. Your workout time is the performance measure. At MAX, you will get a certain amount of time to complete as many repetitions of one exercise as possible. Here, your number of repetitions is your performance measure.



Your fastest time of a certain workout and your highest number of repetitions of a certain MAX are called personal best (PB). Since Freeletics is a sport, PBs play an important role.

If you complete a workout or MAX without a single modified repetition, your performance receives a star (*). [Exercise modifications enable athletes of all performance levels to train Freeletics. See section EXERCISE EXPLANATIONS for more.] Star performances are always ranked before performances without a star, no matter if they are faster or slower, higher or lower.

Besides our performances, we also track the development of our bodies. We recommend you to take pictures regularly about every 7-10 days. Without pictures, it will be difficult to track physical progress since your body will only change a tiny bit every day.

FREELETICS CARDIO GUIDE

The Freeletics Cardio Guide is a goal oriented training plan to improve endurance and reduce weight. Only Freeletics workouts and MAX will be used. The Cardio Guide is particularly suited to lose weight and tone your body without gaining a lot of muscle – especially not at your upper body and arms.

The training guide contains consecutive training instructions that are supposed to be done one after another. Athletes of all fitness levels can use the guide, since everybody completes the workouts at her own pace and since there is an easy version of every exercise. Nevertheless, we ask you to consult a doctor before starting Freeletics, especially because the training intensity is very high.

To lose weight successfully, you have to make sure that your calorie expenditure is continually higher than your calorie intake. Training Freeletics will keep your calorie expenditure high. Workouts of less than an hour on average are totally sufficient because of the intensity. Your calorie intake is a

consequence of your nutrition. No matter what goal you have, a fresh and balanced nutrition is a must for every athlete. Our nutrition guide telling you exactly what rules you have to follow will be available soon.

We want to talk straight from the beginning: Nothing comes easy. There are no magical transformations and no shortcuts. On the contrary, physical changes take a lot of time and energy, sweat and effort. For everybody - there are no exceptions. On the other hand, everybody can achieve the desired results. Hard work pays off. For everybody – there are no exceptions either. It is your choice. Be ambitious, disciplined and persistent.

Your performance will increase significantly within the first weeks already. Your appearance will start to change noticeably after six to eight weeks. Then it's all about keeping the hard work up and staying focused.

Your body is a mirror of your lifestyle. Consequently, the Freeletics Cardio Guide has no predefined end. It is not a transformation program that is to be completed once just to get back to former behaviors right after it.

Absolutely not!

Our guides are the ideal start for a fit and active life. You will quickly make progress. However, it is crucial that you do not stop after you have finished one of them. Keep working!

To look good and be fit requires proper training and healthy nutrition as integral parts of your lives.

With this in mind:

**COMMIT
AND DON‘T
EVER QUIT.**

TRAIN HARD

Freeletics is really tough. Especially at the beginning, the workouts seem to be huge, the own fitness tiny and the workload way too high. No worries. This will change quickly. All of you who have already been with us for a while know that. Focus on not giving up. You have it within you - every single one of you. It's painful and exhausting but it pays off.

This is the first step towards your new self. You are about to become strong, well-conditioned and awesomely good-looking. Look in the mirror for one last time, because what you see now will soon belong to the past.



TRAINING INSTRUCTIONS

In the following, you will find all training instructions for the next 15 weeks. One session equals the amount of training for one day. In the first week, for instance, you will have 5 days of training and 2 rest days. It is generally up to you when to take those rest days.

The instructions equal the minimum required workload. If you are capable of training more, you can complete additional workouts. The first workout and the first MAX of each week are suitable to be added whenever you want to. Complete at least 80% of the sessions (mostly 4 of the given 5) to proceed to the next week. If you complete less, repeat the corresponding week.

You will often receive a weekly challenge. Completing those challenges will make sure that you progress continually.

Make sure to complete all workouts with the exact same order and number of repetitions as stated below. All workouts and exercises will be explained in detail within the next sections of the guide.

We recommend you to warm-up before every training session and to stretch afterwards. For warming up, Jogging, jumping jacks, arm circles, light stretching and the like are suitable.

Also, don't forget to record your workout times and MAX repetitions.

Finally, there is just one last thing to say: Quitting is not an option. Never.

TRAINING INSTRUCTIONS

WEEK 1

SESSION 1

Dione

SESSION 2

Burpee MAX - 5min break - Squat MAX -
5min break - Burpee MAX

SESSION 3

Aphrodite

SESSION 4

Burpee MAX - 5min break - Squat MAX -
5min break - Burpee MAX

SESSION 5

Dione

At first, the workload will seem to be very high. If you have less than 4 weeks of Freeletics experience, you might not be able to handle it. But no worries, that's totally normal. It is actually the first big step to successfully complete a full Freeletics workout. Often, this takes several attempts. Keep trying! Even if you can barely move because you have sore muscles all over your body after the first try. Don't give up! You will adapt and improve quickly!

TRAINING INSTRUCTIONS

WEEK 2

SESSION 1

Aphrodite

SESSION 2

Burpee MAX - 3min break - Situp MAX -
3min break - Burpee MAX

SESSION 3

Iris

SESSION 4

Burpee MAX - 3min break - Situp MAX -
3min break - Burpee MAX

SESSION 5

Aphrodite

CHALLENGE OF THE WEEK

Set up a new Aphrodite PB twice.

So far, many of you have trained Freeletics only at home. For Iris, you have to go outside for the first time. Yes, sometimes it's cold. Sometimes it's raining or snowing. Don't let unimportant things like that hold you back. That's part of Freeletics. Take a towel or mat with you and get started. If you are freezing, work faster.

TRAINING INSTRUCTIONS

WEEK 3

SESSION 1

Dione

SESSION 2

Burpee MAX - 5min break - Burpee MAX -
3min break - Burpee MAX

SESSION 3

Venus

SESSION 4

Burpee MAX - 5min break - Burpee MAX -
3min break - Burpee MAX

SESSION 5

Dione

CHALLENGE OF THE WEEK

Set up a new Dione PB and a new
Burpee MAX PB.

TRAINING INSTRUCTIONS

WEEK 4

SESSION 1

Aphrodite

SESSION 2

Burpee MAX - 5min break - Leg Lever MAX - 3min Break - burpee MAX - 3min break - Leg Lever MAX

SESSION 3

Aphrodite

SESSION 4

Burpee MAX - 5min break - Leg Lever MAX - 3min break - Burpee MAX - 3min break - Leg Lever MAX

SESSION 5

Aphrodite

CHALLENGE OF THE WEEK

Complete at least one Aphrodite with star.

Star performances are the only performances that are truly comparable. Only they can really be scored, since everybody follows the exact same ranges of motion.

As already mentioned, star performances are always ranked before performances without star. It is therefore important to continually work on the star versions of all exercises. At first, it will slow you down. Don't let that bother you!

Take your time and get your first star, even if it still seems to be far away. Believe in yourselves. You can do it!

Once a star, always a star!

Currently, the Freeletics training app doesn't contain the Leg Lever MAX.

Therefore, all of you including app users have to refer to the explanations in this guide.

TRAINING INSTRUCTIONS

WEEK 5

SESSION 1

Dione

SESSION 2

Squat MAX - 5min break - Pushup MAX -
3min break - Metis

SESSION 3

Dione

SESSION 4

Squat MAX - 5min break - Pushup MAX -
3min break - Metis

CHALLENGE OF THE WEEK

Set up a new Squat MAX PB.

TRAINING INSTRUCTIONS

WEEK 6

SESSION 1

Iris

SESSION 2

Burpee MAX - 5min break - Squat MAX -
5min break - Burpee MAX - 1min break -
Situp MAX

SESSION 3

Aphrodite

SESSION 4

Burpee MAX - 5min break - Squat MAX -
5min break - Burpee MAX - 1min break -
Situp MAX

SESSION 5

Iris

CHALLENGE OF THE WEEK

Set up a new Burpee MAX PB twice.

TRAINING INSTRUCTIONS

WEEK 7

HELL DAY 1

Metis, Aphrodite, Iris

HELL DAY 2

Dione, Metis, Aphrodite

HELL DAY 3

Metis, Aphrodite, Iris

CHALLENGE OF THE WEEK

Complete all workouts!

Hell Day! That means three workouts on one day. You don't have to do them in a row. You could for example do one in the morning and two in the evening. Everything is fine as long as you do all three workouts on one day. Take at least one day off after every Hell Day.

Don't be frightened and don't accept the excuse that you have no time. For most of you, even three Freeletics workouts do only take as long as a regular gym visit. Of course, you will get weaker from workout to workout. Push through it. Hell Days are mainly a mental challenge. Stay strong, even as your body gets tired. Accept the challenge and give it your all!

TRAINING INSTRUCTIONS

WEEK 8

SESSION 1

Apollon

SESSION 2

Leg Lever MAX - 3min break - Metis

SESSION 3

Aphrodite

SESSION 4

Apollon

SESSION 5

Leg Lever MAX - 3min break - Metis

CHALLENGE OF THE WEEK

Set up a new Aphrodite PB.

Currently, the Freeletics training app doesn't contain Apollon. Therefore, all of you including app users have to refer to the explanations in this guide.

TRAINING INSTRUCTIONS

WEEK 9

SESSION 1

Dione

SESSION 2

Metis - 7min break - Aphrodite

SESSION 3

Dione

SESSION 4

Dione

CHALLENGE OF THE WEEK

Complete at least one Dione with star.

TRAINING INSTRUCTIONS

WEEK 10

SESSION 1

Dione

SESSION 2

Iris

SESSION 3

Aphrodite

SESSION 4

Apollon

SESSION 5

Metis - 5min break - Situp MAX

CHALLENGE OF THE WEEK

Setup a new Dione PB.

TRAINING INSTRUCTIONS

WEEK 11

SESSION 1

Dione

SESSION 2

Apollon

SESSION 3

Burpee MAX - 3min break - Burpee MAX -
5min break - Burpee MAX

SESSION 4

Iris

SESSION 5

Aphrodite

CHALLENGE OF THE WEEK

Set up a new Burpee MAX PB.

TRAINING INSTRUCTIONS

WEEK 12

SESSION 1

Apollon

SESSION 2

Situp MAX - 3min break - Burpee MAX
5min break - Situp MAX

SESSION 3

Iris

SESSION 4

Situp MAX - 3min break - Burpee MAX
5min break - Situp MAX

SESSION 5

Apollon

CHALLENGE OF THE WEEK

Set up a new Apollon PB.

TRAINING INSTRUCTIONS

WEEK 13

SESSION 1

Squat MAX - 5min break - Metis

SESSION 2

Iris

SESSION 3

Dione

SESSION 4

Iris

SESSION 5

Squat MAX - 3min break - Metis

CHALLENGE OF THE WEEK

Set up a new Iris PB twice.

TRAINING INSTRUCTIONS

WEEK 14

SESSION 1

Apollon

SESSION 2

Situp MAX - 5min break - Metis -
3min break - Situp MAX

SESSION 3

Venus

SESSION 4

Situp MAX - 3min break - Burpee MAX -
5min break - Situp MAX

SESSION 5

Iris

CHALLENGE OF THE WEEK

Set up a new Apollon PB.

TRAINING INSTRUCTIONS

WEEK 15

HELL WEEK TAG 1

Aphrodite

HELL WEEK TAG 2

Iris - 7min break - Burpee MAX

HELL WEEK TAG 3

Dione, Squat MAX, Metis

HELL WEEK TAG 4

Aphrodite - 7min break - Leg Lever MAX

HELL WEEK TAG 5

Iris

HELL WEEK TAG 6

Dione - 7min break - Squat MAX

HELL WEEK TAG 7: HELL DAY

Aphrodite, Metis, Apollon

CHALLENGE OF THE WEEK

Complete all workouts and MAX!

Last but certainly not least, a major Freeletics experience: Hell Week. Every now and then we choose to go through hell to come out even stronger. Freeletics Hell Weeks are all about reaching true exhaustion, reaching our performance limits several times within a short period of time and with little rest and exceeding our own expectations. Hell Weeks made many of our athletes much stronger – both physically and mentally.

Hell Week means a lot of training. 7 days, 7 times Freeletics. All out: 7 days in a row. As always, try to beat your PBs.

This week, however, it is even more important to successfully complete every single session. No matter if your body and mind get weaker. Remember: This is Freeletics. Quitting is not an option.

On Day 3 and Day 7, you don't have to complete all three workouts in a row.

This is the last week of this guide. Eat clean and once more give it your all!

WORKOUTS UND MAX

In this section, you will find all workouts and MAX that you will need to complete the Freeletics Cardio Guide.

Make sure to complete every workout with the exact same order and number of repetitions as stated below. In the next section, the single exercises will be explained in detail.

APHRODITE

Aphrodite does not require equipment. There are no mandatory breaks - neither within nor between rounds. Hence, make sure to take as few breaks as possible and to keep them short.

APHRODITE

5 Rounds	Round 1	Round 2	Round 3	Round 4	Round 5
Burpees	50	40	30	20	10
Squats	50	40	30	20	10
Situps	50	40	30	20	10

APOLLON

Apollon requires space to run 400m. There are no mandatory breaks - neither within nor between rounds. Hence, make sure to take as few breaks as possible and to keep them short.

APOLLON

3 Rounds	Round 1-3
Burpees	25
Run	400m
Deep Squats	50
Run	400m

DIONE

Dione does not require equipment.
There are no mandatory breaks - neither within nor between rounds. Hence, make sure to take as few breaks as possible and to keep them short.

DIONE

3 Rounds Round 1-3

Jumping Jacks	75
Burpees	25
Leg Levers	50
Jumping Jacks	75
Situps	50
Burpees	25

IRIS

Iris requires space to run 1km.
There are no mandatory breaks - neither within nor between rounds. Hence, make sure to take as few breaks as possible and to keep them short.

[Remark: Run 1km, complete 5 rounds of Jumping Jacks and Climbers after that, then run 1km again.]

IRIS

Run 1km

5 Rounds Round 1-5

Jumping Jacks	100
Climbers	100

Run 1km

METIS

Metis does not require equipment.
There are no mandatory breaks - neither within nor between rounds.
Hence, make sure to take as few breaks as possible and to keep them short. Metis is very short, work fast from the beginning.

METIS

3 Rounds	Round 1	Round 2	Round 3
Burpees	10	25	10
Climbers	10	25	10
High Jumps	10	25	10

VENUS

Venus does not require equipment.
There are no mandatory breaks - neither within nor between rounds. Hence, make sure to take as few breaks as possible and to keep them short.

VENUS

4 Rounds	Round 1-4
Pushups	50
Jackknives	20
Deep Squats	50

BURPEE MAX

300 seconds (5min) Burpees. As many repetitions as possible. No breaks.

LEG LEVER MAX

300 seconds (5min) Leg Levers. As many repetitions as possible. No breaks.

PUSHUP MAX

100 seconds (1:40min) Pushups. As many repetitions as possible. No breaks.

SITUP MAX

300 seconds (5min) Situps. As many repetitions as possible. No breaks.

SQUAT MAX

300 seconds (5min) Squats. As many repetitions as possible. No breaks.

At MAX, we recommend you to choose whether you do it with or without * up front. Then do all repetitions in the according version.

EXERCISE EXPLANATIONS

Every Freeletics exercise follows certain standards. On the one hand they reduce the risk of injuries and on the other hand they make sure that performances are comparable. Read the standards carefully and adhere to them.

BURPEES



Start: Burpees start from a standing position. Your knees hips and shoulders are in a line.

Movement: Drop down, extend your feet back and touch the ground with your chest. Get back up (however you want to, not necessarily a strict pushup) and perform a jump - both feet leave the ground, your knees, hips and shoulders are in a vertical line and your hands touch behind your head.

End: When your feet touch the ground again, one repetition is completed.

Remarks: Make sure to keep your abs and back tight during the bottom part of the movement.

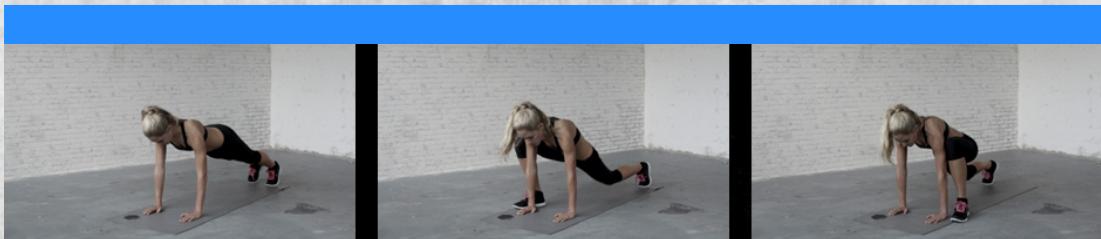
MODIFIED VERSION



If the exercise is too difficult or becomes too difficult during the workout, do the modified version:

Move into the pushup position without touching the ground with your chest.

CLIMBERS



Start: Climbers start from the pushup position.

Movement: Bring one foot level with your hands. Switch feet.

End: Each side counts as one repetition.

Remarks: During the whole movement, only your hands and feet may touch the ground and your hips have to be below your shoulders at the end of every rep.

Make sure to keep your abs and back tight.

MODIFIED VERSION



If the exercise is too difficult or becomes too difficult during the workout, do the modified version:

Bring your feet as close to your hands as you can instead of bringing them level with your hands.

DEEP SQUATS



Start: Deep Squats start from a standing position. Your knees hips and shoulders are in a line. Your heels may not be further than shoulder width apart.

Movement: Lower your hips until your thighs touch your calves.

End: Return to starting position to complete one repetition.

Remarks: Your hands may neither touch your legs nor the ground.

Make sure to keep your weight on your heels, your chest up and your back flat. Push your knees out and keep your torso as vertical as possible.

MODIFIED VERSION



If the exercise is too difficult or becomes too difficult during the workout, do the modified version:

Lower your hips as far as you can instead of lowering them all the way down.

HIGH JUMPS



Start: High Jumps start from a standing position. Your knees, hips and shoulders are in a line.

Movement: Jump up vertically with both feet and make contact between your knees and shoulders.

End: Return to starting position to complete one repetition.

Remarks: Make sure your knees don't turn in and to land softly on your toes and balls of your feet.

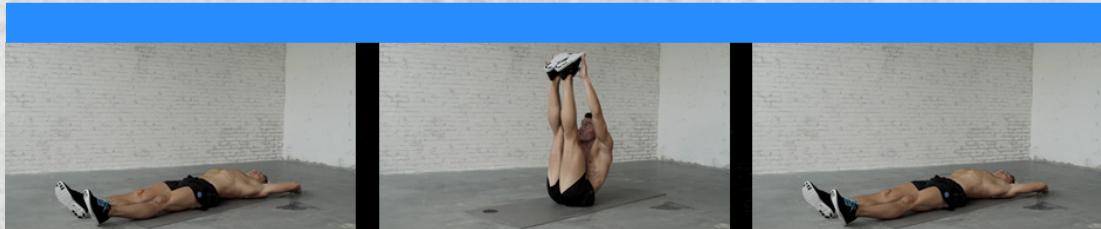
MODIFIED VERSION



If the exercise is too difficult or becomes too difficult during the workout, do the modified version:

Pull your knees up as high as you can instead of pulling them all the way to your shoulders.

JACKKNIVES



Start: Jackknives start from a lying position. Your heels, legs, butt and shoulders touch the ground. Your hands touch the ground behind your head.

Movement: Move your legs and torso up at the same time, touching your feet while your legs are vertical.

End: Return to starting position to complete one repetition.

Remarks: Your legs have to be straight during the whole movement.

Make sure too keep your core tight.

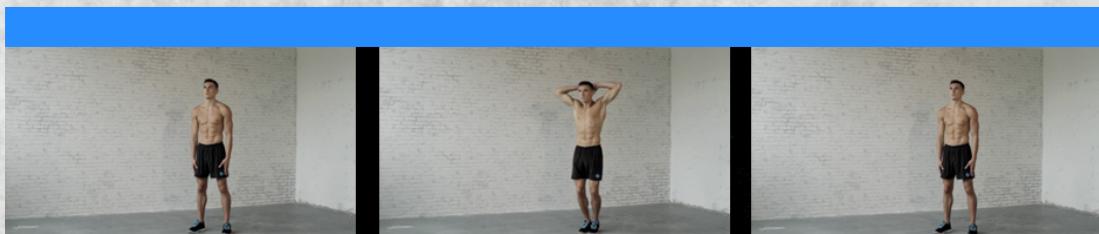
MODIFIED VERSION



If the exercise is too difficult or becomes too difficult during the workout, do the modified version:

Lift your legs as high as you can and touch your shins.

JUMPING JACKS



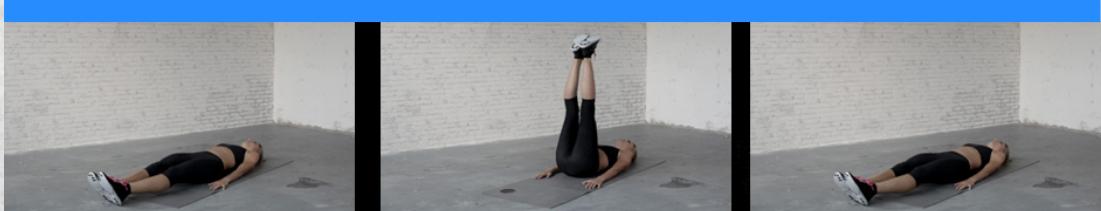
Start: Jumping Jacks start from a standing position. Your palms touch your thighs.

Movement: Make your feet touch and make your hands touch behind your head.

End: Return to starting position to complete one repetition.

Remarks: When your hands are touching, your elbows have to be in a line with your shoulders and your head has to be upright during the whole movement.

LEG LEVERS



Start: Leg Levers start from a lying position. Your heels, legs, butt and shoulders touch the ground.

Movement: Lift both of your legs until they are vertical.

End: Return them back to starting position to complete one repetition.

Remarks: During the whole movement, your legs have to be straight and your feet have to be in contact. Your hands have to lie flat on the ground next to your body. Make sure to keep your core and back tight and push your lumbar region to the ground.

MODIFIED VERSION



If the exercise is too difficult or becomes too difficult during the workout, do the modified version:

Put your hands under your butt and bend your legs as much as you need to.

PUSHUPS



Start: Pushups start from a lying position. Your chest touches the ground. However, neither your hips nor your thighs may touch the ground. Your feet may not be more than shoulder width apart. The angles at your elbows may not exceed 90°.

Movement: Push up until your arms are completely locked.

End: Return to starting position to complete one repetition.

Remarks: Your body has to be in a line throughout the whole movement.

Specifically, your chest may not leave the ground before your hips and legs. Your hands have to leave the ground before every repetition.

Make sure to keep your abs and gluts tight.

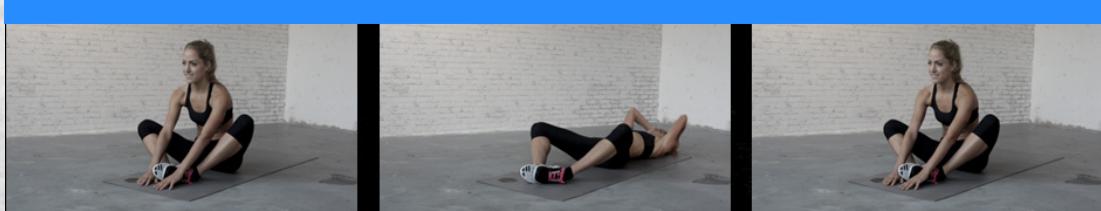
MODIFIED VERSION



If the exercise is too difficult or becomes too difficult during the workout, do the modified version:

Perform the movement from your knees.

SITUPS



Start: Situps start from a sitting position. Both of your hands touch the ground in front of your feet.

Movement: Move your torso downwards and touch the ground behind your head with both hands.

End: Return to starting position to complete one repetition.

Remarks: Your butt and feet have to touch the ground during the whole movement and - except for the starting position and turning point - your hands are neither allowed to touch your body nor the ground. Make sure to keep your core and back tight.

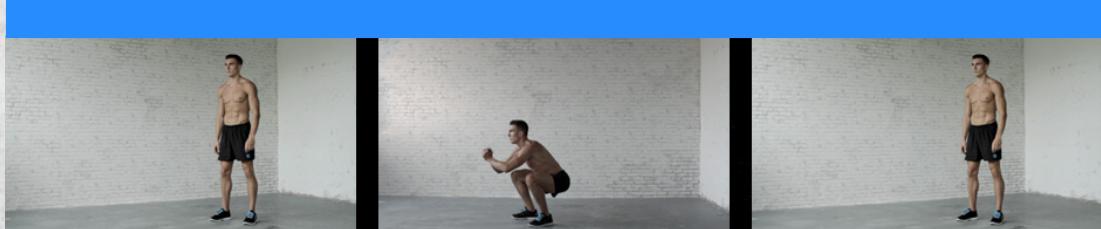
MODIFIED VERSION



If the exercise is too difficult or becomes too difficult during the workout, do the modified version:

Touch your knees instead of the ground in front of your feet.

SQUATS



Start: Squats start from a standing position. Your knees hips and shoulders are in a line. Your heels may not be further than shoulder width apart.

Movement: Lower your hips below your knees.

End: Return to starting position to complete one repetition.

Remarks: Make sure to keep your weight on your heels, your chest up and your back flat. Push your knees out and keep your torso as vertical as possible.

MODIFIED VERSION



If the exercise is too difficult or becomes too difficult during the workout, do the modified version:

Lower your hips as far as you can instead of lowering them below your knees.

KEEP WORKING

Our guides are a good basis for a fit and active lifestyle. However, it is crucial that you do not stop after you've finished one of them. Keep working! Otherwise you will inevitably move back to where you've started from. Freeletics is not a transformation program. Freeletics is a sport, a way of life. There is no end to it.

The further you get, the more specific the requirements for a training plan get that will still allow you to make significant progress. We are therefore soon offering personalized training recommendations to our app users.

These recommendations are based on your personal training information and on the training information of thousands of other athletes. They will enable you to reach your goals faster than ever.

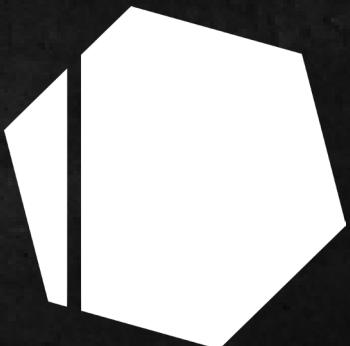
No matter if you use our app or not, keep training! Stay hardworking and disciplined. Unleash your potential and let nobody hold you back.

CODE OF HONOR

It is not allowed to duplicate any of the Freeletics guides.

We developed Freeletics because we believe in the potential of every single one of you; because we believe that there is so much more within you than you dare to think; because we believe that unleashing these potentials will make your lives better.

This is what we give you. In return, we expect you to be fair. We charge prices that everybody can afford. If anybody is not able to afford it, let us now. We will find a solution.



Freeletics
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