

# Freeletics Bodyweight



## **\*\*About Freeletics Bodyweight\*\***

Freeletics Bodyweight is a training program that focuses on short, intense workouts with your own body weight. This ensures an effective and flexible training that is not bound to a fixed location.

With Freeletics Bodyweight, you can quickly reach your fitness goal. No matter whether you want to lose weight, build muscle or simply get fitter: Freeletics offers you a unique training concept that focuses on your own body weight. Unlike other programs where weights and equipment are an integral part of the workout, all Freeletics trainings are done with the help of your body weight. This allows you a completely flexible training for which you do not need any equipment. The short, but intensive training of 5 to 30 minutes can also be well integrated into your everyday life. With over 900 different exercises and variations available, Freeletics can be used by both beginners and advanced athletes.

## **\*\*Freeletics Bodyweight - Features:\*\***

- Train effectively and flexibly: Freeletics Bodyweight is a special training program, which is characterized by a special training concept. All workouts do not use additional weights or equipment. All exercises are performed only with your own body weight. Since no equipment is needed for the training, you can train wherever and whenever you want. No matter what your goals are, Freeletics Bodyweight can be used for both weight loss and muscle building.
- Short, intensive workouts: The individual workouts only take between 5 and 30 minutes. These short but intense trainings can be optimally integrated into your everyday life.
- Suitable for everyone: Freeletics Bodyweight is suitable for fitness beginners as well as for advanced and trained athletes. The app has over 900 different exercises and variations that can be selected and adjusted according to your level of training.
- Use video tutorials: Special video tutorials are available for the individual exercises. In the short videos, the exercise will be demonstrated to you in detail, so that you will not make any mistakes in the execution. A clean execution of the exercises is very important for your success and your health.

Conclusion: Freeletics Bodyweight impresses with an innovative and effective training concept. The big advantage of the training program is that the individual training sessions can be completed anywhere and anytime and you are not bound to a fixed location.