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How artificial intelligence is changing the landscape of fitness

A study conducted by OnePoll on behalf of AI fitness app Freeletics found that two in three people say the pandemic made them realize a gym isn't necessary to stay in shape. Buzz60's Johana ...

Two in Three Americans Say the Pandemic Made Gyms Seem Unnecessary to Stay Fit

There's nutrition advice too ... Upgrade to the paid-for version to access your own Freeletics Training Coach - an AI coach that will analyse your performance, track your progress and adapt ...

28 Home Workout Apps to Build Strength, Lose Fat & Get Results from Home

Freeletics Body Weight (free): Don't have any exercise equipment at home? No problem. This app's exercises use only your body weight to shape up. Choose from more than 900 workouts ...

6 Apps That Will Change Your Fitness Routine

PLAN FOR THE WEEK AHEAD ON A SUNDAY Vanessa Gebhardt, Mind Coach at Freeletics, advised checking your calendar every Sunday night so you know what to expect for the week ahead. She said ...

Are YOU struggling to stay on top of your post-lockdown plans?

Cut through the noise and get practical, expert advice, home workouts, easy nutrition and more direct to your inbox. Sign up to the WOMEN'S HEALTH NEWSLETTER Morgan Fargo Morgan is WH's digital ...

A Dumbbell Romanian Deadlift is One of the Most Efficient Leg & Glute Moves Out There

By doing this, the body and mind are connected for a successful workout,' says David Wiener, a training specialist at AI-based fitness app Freeletics ... easy nutrition and more direct to your ...

No More Excuses: These Running Warm-Ups are Mega Quick and Super Essential

As much of the planet is waking up from our long global nightmare of COVID-19, many are finding that this time of stress and limited mobility has deeply affected their physical, mental, and social ...

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