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Strength training will make your core better able to support your body 's weight, maintain ideal form during other exercises (especially running) and result in more powerful arms and legs. Stronger muscles mean better performance – period. To torch calories. Cardio 's benefit: When it comes to calorie burning, cardio has the slight upper hand. You can burn 8-10 calories per minute doing strength training, compared with 10-12 calories per minute running or cycling.

Cardio vs strength training: The ultimate fitness faceoff

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You should go with strength. I'm 205lb and started with strength too. I'm in week 8 and can see my six pack in there somewhere :). If you skinny you don't need cardio n strength. That's my opinion. Freeletics workout are all high intense so in all of them you have something from cardio too

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