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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)

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and result in more powerful arms and legs. Stronger muscles mean better performance  $\square$  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

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calories per minute running or cycling.

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weighs 20kg, or 45lb. While the  
women's version weighs 15kg or 33lb.

A

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You should go with strength. I'm 205lb  
and started with strength too. I'm in

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Week 8 and can see my six pack in there somewhere :). If you are skinny you don't need cardio and strength. That's my opinion. Freeletics workouts are all high intensity so in all of them you have something from cardio too

Guide strength or cardio/strength? :

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