

Daily Guide For Freeletics



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Aim for a gram of protein per pound of your body weight every day. So if you weigh 180 pounds, eat 180 grams. Take in starchy carbs like potatoes, rice, and oats; and

Sample workout routines - example weight training workouts

If you ve been following the guide to creating The Ultimate Weight Training Workout Routine from the very beginning, then congrats you just learned a ton!

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How many protein shakes should you take a day? Take as many as you need with enough protein in them to hit your daily target of grams of protein.

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