

("https://plus.google.com/{+102561956092142318294}")

("https://plus.google.com/{+102561956092142318294}")

("https://plus.google.com/{+102561956092142318294}")

**MUSCLETRANSFORM**  
Inspired - Motivate - Transform

(<http://muscletransform.com/>)

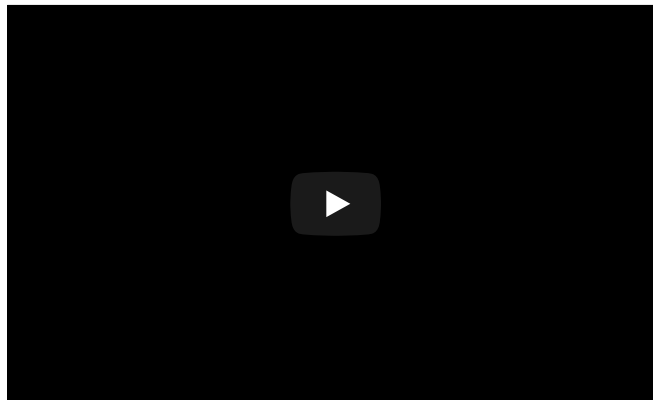
("https://plus.google.com/{+102561956092142318294}")

f t p g+ s Search

## A Sample Of Freeletics Routine For Beginner



(<http://muscletransform.com/wp-content/uploads/2014/08/freeletic-basics-program21.jpg>)



This beginner freeletic program for beginners by Amirul Agam (<https://www.youtube.com/user/MrMiroul/feed>) that want try but don't have a good endurance and stamina or have no idea on where to start. This video will demonstrate the basics of freeletics that's been floating around internet so you get the idea of how the routine is perform.

- BURPES - 10 REPS
- SQUAT - 20 REPS
- LUNGES - 15 REPS
- CLIMBER - 20 REPS
- JUMPS/ HIGH KNEES - 15 REPS
- REPEAT FOR 4 SET, REST FOR 1 MINUTE ON EACH SET
- PERFORM THIS ROUTINE FOR 1 MONTH 5 DAYS A WEEK TO GET GOOD STAMINA AND TO IMPROVE OVERALL CARDIO CONDITION.

When you mastered this routine, then you can move on to the more advance level by getting your free apps at [freeletics.com](https://www.freeletics.com/en) (<https://www.freeletics.com/en>)

*Please give this post a LIKE or a PLUS if you find this freeletic workout to be useful.*

### For more see Freeletic's body transformation:

- Alexander 15 Weeks Freeletics Transformation (<http://muscletransform.com/alexander-15-weeks-freeletics-transformation/>)
- 9 Week Freeletics Female Transformation (<http://muscletransform.com/9-week-freeletics-female-transformation/>)
- 105 DAYS Freeletics Bulking TRANSFORMATION Video (<http://muscletransform.com/105-days-freeletics-bulking-transformation-video/>)
- 50 Weeks Inspiring Weight Loss Transformation with Freeletics VIDEO (<http://muscletransform.com/50-weeks-inspiring-weight-loss-transformation-with-freeletics-video/>)
- 14 Week Female Weight Loss FREELETICS TRANSFORMATION (<http://muscletransform.com/14-week-female-weight-loss-freeletics-transformation/>)
- 15 Weeks Female Freeletics Transformation VIDEO (<http://muscletransform.com/15-weeks-female-freeletics-transformation-video/>)
- FREELETICS 15 WEEKS Body Transformation Video (<http://muscletransform.com/freeletics-15-weeks-body-transformation-video/>)

Like 18

29

2

G+

19

0

Share

0

Mike Asara (<http://muscletransform.com/author/mikeasara/>)

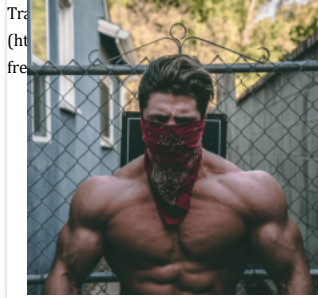


## Related Posts



(<http://muscletransform.com/9-week-freeletics-female-transformation/>)

9 Week Freeletics Female



(<http://muscletransform.com/5-tips->



(<http://muscletransform.com/3-low-impact-at-home-hiit-workouts-that-burn-fat-fast/>)



(<http://muscletransform.com/how->



(<http://muscletransform.com/freeletics-15-weeks-body-transformation-video/>)

FREELETICS 15 WEEKS Body Transformation Video

(<http://muscletransform.com/freeletics-15-weeks-body-transformation-video/>)



(<http://muscletransform.com/15-weeks-female-freeletics-transformation-video/>)

15 Weeks Female Freeletics

Transformation VIDEO

(<http://muscletransform.com/15-weeks-female-freeletics-transformation-video/>)

3 Comments MuscleTransform

Login

Recommend Share

Sort by Best

Join the discussion...

LOG IN WITH



OR SIGN UP WITH DISQUS ?

Name

**Gregory Enzor** • 9 months ago  
How many different names can we come up with that equate to circuit training? Consumers are so gullible that the name means more than the content. Good old fashioned circuit training has been around forever...just call it that.  
^ | v • Reply • Share >

**Lex** • 3 years ago  
How many times should I do this in a week?  
^ | v • Reply • Share >

**Abdou** → Lex • 3 years ago  
He already mentioned 5 days a week  
^ | v • Reply • Share >

Subscribe Add Disqus to your site Add Disqus Add Privacy

DISQUS

## Related Links!

BOOST Your Testosterone With TestoFuel

(<http://www.testofuel.com>)

Get new fitness content straight to your inbox!

email address



Subscribe

## Latest Post

5 Tips to Double Your Workout Effectiveness (<http://muscletransform.com/5-tips-to-double-your-workout-effectiveness/>)

Build More Muscle in Less Time with Supersets (<http://muscletransform.com/build-more-muscle-in-less-time-with-supersets/>)

How to Turn House Cleaning Into a Workout (<http://muscletransform.com/how-to-turn-house-cleaning-into-a-workout/>)

How To Exercise When You're In Ketosis (<http://muscletransform.com/how-to-exercise-when-youre-in-ketosis/>)

8 Fitness Journeys on Instagram to Help Motivate Your Daily Grind (<http://muscletransform.com/8-fitness-journeys-on-instagram-to-help-motivate-your-daily-grind/>)

7 Exercises That Will Get You Out Of Your Chair (<http://muscletransform.com/7-exercises-that-will-get-you-out-of-your-chair/>)

What Food Labels Really Mean (<http://muscletransform.com/what-food-labels-really-mean/>)

5 Tips for a Shredded Physique (<http://muscletransform.com/5-tips-for-a-shredded-physique/>)

From FAT to FIT 300 Pound Transformation (<http://muscletransform.com/from-fat-to-fit-300-pound-transformation/>)

DISCOVER THE WORLD OF WEIRD AND WONDERFUL BODIES (<http://muscletransform.com/discover-the-world-of-weird-and-wonderful-bodies/>)

## Top Post

15 Sleeping Tips For Better Muscle Growth and Recovery (<http://muscletransform.com/15-sleeping-tips-for-better-muscle-growth-and-recovery/>)

5 Powerful Tips to help you get ripped much faster (<http://muscletransform.com/5-powerful-tips-to-help-you-get-ripped-much-faster/>)

Lose Weight Fast in 4 Weeks with 10 Total Body at Home... (<http://muscletransform.com/lose-weight-fast-in-4-weeks-with-10-total-body-at-home-workout/>)

9 Different Butt Workout for Women Anatomy (<http://muscletransform.com/9-different-butt-workout-for-women-anatomy/>)

5 Key Nutrition Rules For Bulking (<http://muscletransform.com/5-key-nutrition-rules-for-bulking/>)

14 Lower ab workout routine for men and women (<http://muscletransform.com/14-lower-ab-workout-routine-for-men-and-women/>)

5 Motivational Female Fitness Models Before and After... (<http://muscletransform.com/5-motivational-female-fitness-models-before-and-after-transformation/>)

Beginner Workout 20 Plus Pound Weight Loss Routine (<http://muscletransform.com/beginner-workout-20-plus-pound-weight-loss-routine/>)

MASSIVE BICEP Training To Bust Through ARM Plateau (<http://muscletransform.com/massive-bicep-training-to-bust-through-arm-plateau/>)

Top 7 Squat Workout Challenge To Tone Up Your Butt (<http://muscletransform.com/top-7-squat-workout-challenge-to-tone-up-your-butt/>)

15 KICKASS Female Body Transformation On Instagram That Will (<http://muscletransform.com/15-kickass-female-body-transformation-on-instagram-that-will-inspire-you/>)

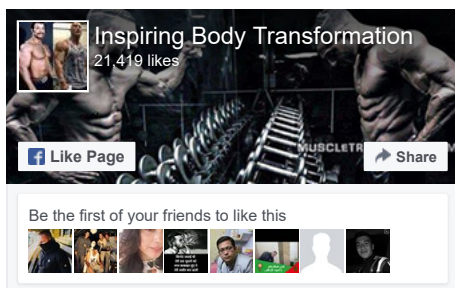
10 Biggest Male Celebrity Body Transformation (<http://muscletransform.com/10-biggest-male-celebrity-body-transformation/>)

Leg Press Workout Foot Placement For Maximum Muscle Gains (<http://muscletransform.com/leg-press-workout-foot-placement-for-maximum-muscle-gains/>)

Adry Bella Inspiring Weight Loss Transformation 150lbs Loss... (<http://muscletransform.com/adry-bella-inspiring-weight-loss-transformation-150lbs-loss-in-20-months/>)

3 Nutritional Tips To Lose Weight Fast Without Dieting (<http://muscletransform.com/3-nutritional-tips-to-lose-weight-fast-without-dieting/>)

## Like Us on Facebook



Copyright © 2018 MUSCLETRANSFORM (<http://muscletransform.com>) (<http://www.premiumresponsive.com>) | CONTACT US (<http://muscletransform.com/contact-us/>)

(<http://www.histats.com>)

