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a full session of freeletics is quite knackered which is why i think it makes sense to have one recovery day at least for the first 2 3 weeks and then amp it up a little on that note freeletics released freeletics gym a couple of weeks ago it s basically crossfit without getting heat from crossfit haters, **x3ins1104 rev 6 12 14 flex master** - to get this party started here s a quick summary of how the nutrition plan works but remember while this quickstart gives you the basics for best results make it a priority to take the time to read the guide in its entirety as soon as possible it s packed with invaluable information that will help you achieve a lifetime of healthy habits

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