

## Freeletics Workout Plan

The Freeletics plan is based on a **15-week** transformation period during which you complete a routine **4-5 times per week**. Each session lasts approximately **30-45 minutes** depending on your ability.

Before I go into my routine – if you are an absolute beginner, I suggest signing up with a workout coach – [here](#)

I suggest this for a few reasons:

- It's dirt cheap (€39.99) for the 15 weeks
- It has worked for many others
- Paying will make you invested and more motivated
- There's a 14 day return policy if you are not satisfied
- You can purchase a meal plan as well for an additional fee (€29.90)

The following then is my own routine – this works for me and will get results for the majority of people but it is not optimized for your ability, goals and body.

## Freeletics Routine

### Week 1:

Monday	Venus
Tuesday	4K run
Wednesday	Rest
Thursday	Metis + Pull-up max + Squat max + Pull-up max
Friday	Venus
Saturday	3K Run, 3 sets of 25 Kettlebell Swings
Sunday	Metis + Pull-up max + Squat max + Pull-up max

### Week 2:

Monday	Poseidon + Sit-up max
Tuesday	6 sets of 25 Kettlebell Swings
Wednesday	Aphrodite
Thursday	Rest
Friday	Poseidon + Sit-up max
Saturday	Venus
Sunday	4K run

### Week 3:

Monday	Pull-up max + Push-up max + Pull-up max + Push-up max
Tuesday	Rest
Wednesday	Venus
Thursday	Rest
Friday	Dione
Saturday	Pull-up max + Push-up max + Pull-up max + Push-up max
Sunday	Rest

### Week 4:

Monday	Aphrodite
Tuesday	Rest
Wednesday	Rest
Thursday	Hades
Friday	Aphrodite
Saturday	Rest
Sunday	Hades

Week 5:

Monday	Zeus
Tuesday	Rest
Wednesday	Rest
Thursday	Squat max + Leg Lever max + Squat max + Leg Lever max
Friday	Aphrodite
Saturday	Rest
Sunday	Zeus

Week 6:

Monday	Venus
Tuesday	Rest
Wednesday	Metis + Pull-up max + Pull-up max + Pull-up max + Pull-up max
Thursday	Rest
Friday	Dione
Saturday	Rest
Sunday	Zeus

Week 7:

Monday	Dione + Poseidon + Artemis
Tuesday	Rest
Wednesday	Zeus
Thursday	Rest
Friday	Artemis
Saturday	Rest
Sunday	Rest

Week 8:

Monday	Poseidon
Tuesday	Artemis
Wednesday	Rest
Thursday	Hades
Friday	Rest
Saturday	Squat max
Sunday	Rest

Week 9:

Monday	Zeus
Tuesday	Carnival
Wednesday	Rest
Thursday	Rest
Friday	Aphrodite
Saturday	Hades
Sunday	Venus

Week 10:

Monday	Rests
Tuesday	Venus
Wednesday	Metis
Thursday	Rest
Friday	Artemis
Saturday	Rest
Sunday	Zeus

Week 11:

Monday	Hades + Squat max
Tuesday	Rest
Wednesday	Zeus
Thursday	Rest
Friday	Push-up max + Sit-up max + Leg Lever max + Push-up max
Saturday	Rest
Sunday	Aphrodite

Week 12:

Monday	Venus
Tuesday	Rest
Wednesday	Rest
Thursday	Poseidon + Squat max
Friday	Dione
Saturday	Rest
Sunday	Leg Lever max + Push-up max + Leg Lever max + Squat max

Week 13:

Monday	Zeus
Tuesday	Rest
Wednesday	Rest
Thursday	Artemis
Friday	Hades
Saturday	Rest
Sunday	Venus

Week 14:

Monday	Metis
Tuesday	Rest
Wednesday	Zeus
Thursday	Rest
Friday	Rest
Saturday	Metis
Sunday	Zeus

Week 15:

Monday	Rest
Tuesday	Rest
Wednesday	Aphrodite
Thursday	Rest
Friday	Rest
Saturday	Venus + Hades + Sit-up max
Sunday	Artemis + Leg Lever max

## Meal Plan

I generally follow the recommendations made by Tim Ferriss in his book “The Four-Hour Body” which are based on a slow-carb diet and around 4 rules:

Rule #1: Avoid “white” carbohydrates

Rule #2: Eat the same few meals over and over again

Rule #3: Don’t drink your calories

Rule #4: Take one day off per week

For more details see the following post:

[How to Lose 20-lbs of Fat in 30 Days Without doing any Exercise](#)

Now for my plan:

Meal 1:

Protein – 3 egg whites, 1 whole egg

Carbohydrates – 2/3 cup of oatmeal

Fruit – 1 cup of fruit

Meal 2:

1.5 Scoop Whey protein mixed with water & flaxseed

1.5 Tablespoon Almond butter or 25 almonds

Meal 3:

Protein – 8oz Protein (chicken, ground turkey, fish, steak)

Carbohydrates – 1/2 cup brown rice

Veggies – 3 cups of mixed veggies

Meal 4:

Protein – 1 cup of cottage cheese or Greek yogurt

Fruit – 1 cup of fruit

Meal 5:

Protein – 8oz Protein (chicken, ground turkey, fish, steak)

Veggies – 1 small salad (greens, tomatoes, onions, cucumbers)

Carbs – 3oz of yams

Meal 6:

1.5 Scoop Whey protein mixed with water & flaxseed

1.5 Tablespoon Almond butter or 25 almonds