

REACH YOUR SUMMER FITNESS GOALS WITH LEGS, CURVES & CORE, THE NEW TRAINING JOURNEY FROM FREELETICS, EUROPE'S #1 FITNESS APP

Achieve your health and fitness goals in time for summer, and beyond with the launch of **Legs, Curves & Core** from [Freeletics](#), the revolutionary and leading fitness app with over 36 million users worldwide.

Designed specifically for women, the new **Legs, Curves & Core** 12-week Training Journey aims to tone and strengthen the legs, glutes and abdominals through a series of personalised HIIT workouts, which use effective bodyweight only exercises giving you the freedom to train anytime and anywhere.

Targeting the lower body and core using bodyweight exercises including side dips, heel raises, sit-ups and bicycle crunches, the **Legs, Curves & Core** Training Journey will not only build strength in these areas, but also tone and define them through high rep, repetitive muscle movements.

Renowned globally for their hyper-personalised health and fitness coaching, each Freeletics Training Journey is tailored to your individual goals, preferences and abilities, ensuring a personalised workout experience for any user. Each workout is demonstrated by the expert Freeletics Coach, dubbed a 'personal trainer in your pocket', who expertly guides you through your Training Journey week by week, keeping track of your progress with tailored, flexible workouts which fit into your busy lifestyle, eliminating any excuse you may have to skip a workout.

The state-of-the-art Freeletics Coach is powered by advanced AI technology which allows you to provide in-app feedback so that the daily **Legs, Curves & Core** workouts can be adapted and modified to ensure you're constantly challenged, motivated and progressing towards your goals.

Suitable for any age or fitness level, the **Legs, Curves & Core** Training Journey also includes in-depth video tutorials and training instructions to guide you through proper training techniques and form, enhancing knowledge and reducing the risk of injury.

Whatever your summer fitness goal, start the journey towards a healthier, fitter you with the **Legs, Curves & Core** Training Journey from Freeletics, the leading fitness app which will help you get into the shape of your life and stay there.

-ENDS-

For more information on Freeletics, visit www.freeletics.com. To download the Freeletics Workout & Fitness app, visit the [App Store](#) or [Google Play Store](#).

Notes to Editors:

Follow Freeletics:

Instagram: www.instagram.com/freeletics

Facebook: www.facebook.com/freeletics

YouTube: www.youtube.com/freeletics

Coach Subscription Pricing:

1 month Training --- 12.99 GBP (Android Only)

3 month Training --- 32.99 GBP

6 month Training --- 54.99 GBP

12 month Training --- 74.99 GBP

1 month Training and Nutrition bundle --- 19.49 GBP (Android Only)

3 month Training and Nutrition bundle --- 49.49 GBP

6 month Training and Nutrition bundle --- 82.49 GBP

12 month Training and Nutrition bundle --- 112.49 GBP

NB: *Regarding the above pricing, a subscription to the Training Coach includes full access to the Freeletics Workout & Fitness, Freeletics Running and Freeletics Gym Coaches. A bundle subscription offers access to the Training Coach (Workout & Fitness, Running, Gym) plus the Nutrition Coach.*

About Freeletics:

Founded in June 2013, Freeletics has been built around a single vision: to help everyone in the world unleash their full physical and mental potential and become the greatest version of themselves. With over 32 million users in more than 160 countries, it has now become one of the most successful fitness movements in the world.

Freeletics embodies a passion for health and fitness and the belief that every individual has the potential to shape their life, reach their goals and become their best self. The company continues to expand with a range of innovative health, fitness and lifestyle products that aim to help people all over the world realise their full potential.