

Freeletics 15 weeks

FREELETICS	Start	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Rozdíl 1-15
Datum																	
Krk																	
Prsa																	
Břicho																	
PaS (nad zadkem)																	
Zadek																	
Stehna																	
Lýtka																	
Biceps																	
Celkem																	
Rozdíl																	
Hmotnost																	
BMI																	
Tuk %																	
Voda %																	
Svaly Kg																	
BMR																	
Vnitřní tuk																	