```javascript
const $ = id => document.getElementById(id);
const VIDEOS_KEY = 'yt_videos_calories_v1';

function load() {
  const raw = localStorage.getItem(VIDEOS_KEY);
  return raw ? JSON.parse(raw) : [];
}

function save(arr) {
  localStorage.setItem(VIDEOS_KEY, JSON.stringify(arr));
}

function render() {
  const list = load();
  const container = $('videos');
  container.innerHTML = '';
  let total = 0;

  list.forEach((v, idx) => {
    const calories = v.met * v.poids * (v.minutes/60);
    total += calories;

    const el = document.createElement('div');
    el.className = 'vid';
    el.innerHTML = `
      <div>
        <div style="font-weight:600">${v.title || 'Vidéo'} <span class="small">($
{v.minutes} min)</span></div>
        <div class="meta"><a href="${v.lien}" target="_blank">${v.lien}</a></div>
      </div>
      <div style="text-align:right">
        <div style="font-weight:700">${calories.toFixed(1)} kcal</div>
        <div class="small">${v.type}</div>
        <div style="margin-top:6px"><button data-idx="${idx}"
class="remove">Supprimer</button></div>
      </div>
    `;
    container.appendChild(el);
  });

  $('total').innerText = total.toFixed(1) + ' kcal';

  Array.from(document.querySelectorAll('.remove')).forEach(btn => {
    btn.addEventListener('click', () => {
      const i = Number(btn.dataset.idx);
      const arr = load();
      arr.splice(i,1);
      save(arr);
```

```javascript
      render();
    });
  });
}

function tryExtractTitle(url, cb) {
  try {
    const u = new URL(url);
    if(u.hostname.includes('youtube') || u.hostname.includes('youtu.be')) {
      const v = u.searchParams.get('v') || u.pathname.split('/').pop();
      cb('YouTube — ' + v);
      return;
    }
  } catch(e) {}
  cb('Vidéo');
}

document.addEventListener('DOMContentLoaded', () => {
  render();
  $('ajouterBtn').addEventListener('click', () => {
    const poids = Number($('poids').value) || 70;
    const lien = $('lien').value.trim();
    const minutes = Number($('minutes').value) || 30;
    const met = Number($('type').value) || 7;
    const type = $('type').options[$('type').selectedIndex].text;

    if(!lien){ alert('Colle le lien YouTube ou une description.'); return; }

    tryExtractTitle(lien, (title) => {
      const arr = load();
      arr.push({lien, minutes, met, type, poids, title});
      save(arr);
      render();
      $('lien').value=''; $('minutes').value='30';
    });
  });

  $('viderBtn').addEventListener('click', () => {
    if(confirm('Vider toute la liste ?')) {
      localStorage.removeItem(VIDEOS_KEY);
      render();
    }
  });
});
```