

# Workout Information.

Fitness Club  
291/B,Galle Road  
Moratuwa

| Date                     | Weight | Height | Exercise              | Duration | Burned Calories |
|--------------------------|--------|--------|-----------------------|----------|-----------------|
| 2020-09-16T14:57:46.092Z | 65     | 168    | i walked 2 miles      | 60       | 227.50          |
| 2020-09-16T14:56:55.799Z | 65     | 169    | i walked 2 miles      | 50       | 189.58          |
| 2020-09-16T14:56:15.451Z | 65     | 169    | i ran 2 miles         | 60       | 637.00          |
| 2020-09-16T00:31:39.721Z | 65     | 169    | Triceps extension     | 20       | 75.83           |
| 2020-09-16T00:30:58.806Z | 65     | 169    | Incline dumbbell flye | 20       | 75.83           |
| 2020-09-16T00:30:11.686Z | 65     | 169    | Triceps dip           | 10       | 113.75          |