

# 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