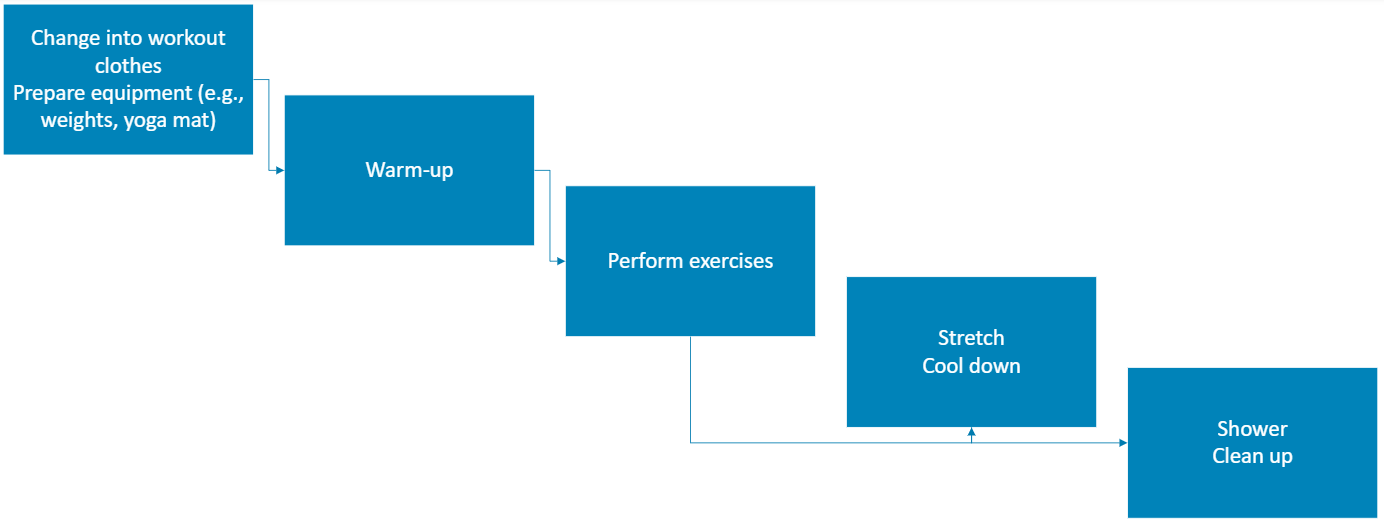
Andres Melendez

CSD 380

2 / 7 / 2025



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| Analyzing lean metrics |

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| Estimated Average Flow Time |

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| Preparation | 10 minutes |
| Warm-up | 5 minutes |
| Workout | 30 minutes |
| Cool-down | 10 minutes |
| Post-workout tasks | 15 minutes |

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| Estimated Cycle Time: 70 minutes |

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| **Optimization Ideas**  To optimize:   * Reduce transition times between activities (e.g., lay out clothes and equipment beforehand). * Combine warm-up and prep with light mobility exercises. * Simplify the post-workout routine (e.g., quick stretches). |