Distribution of BMI across Ages
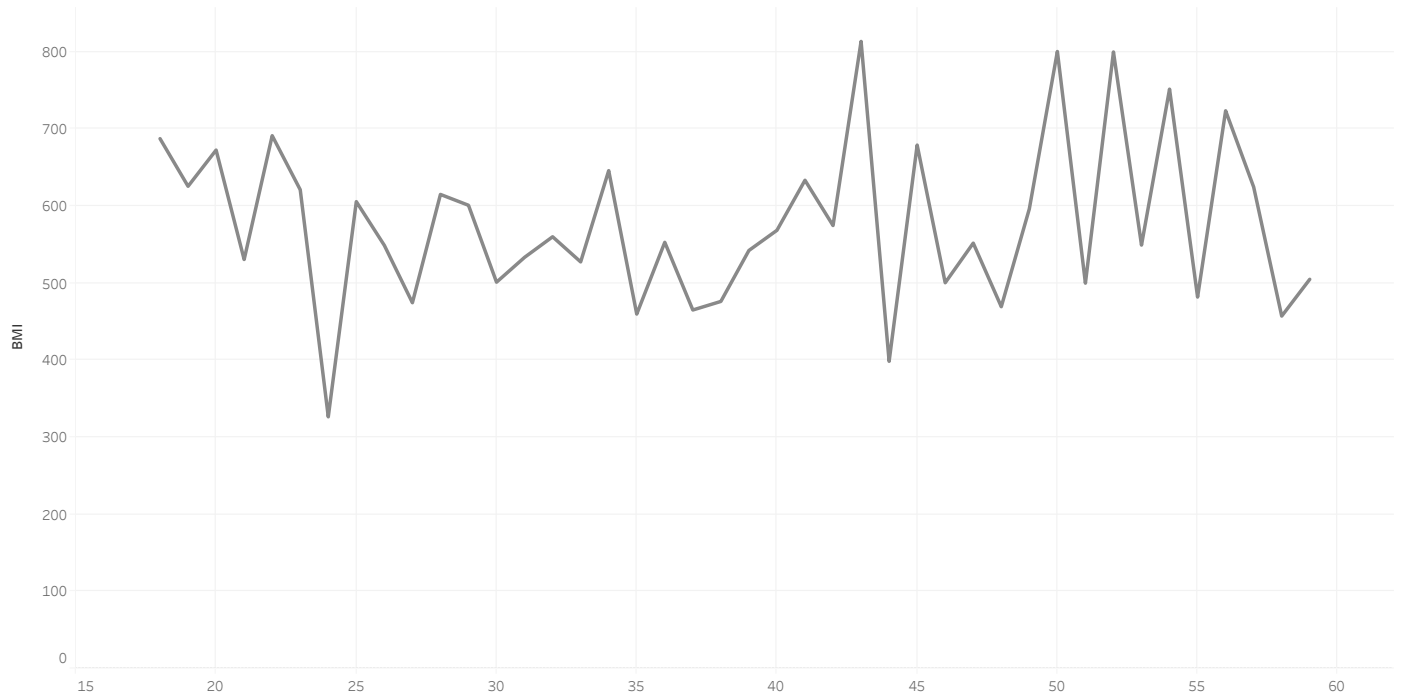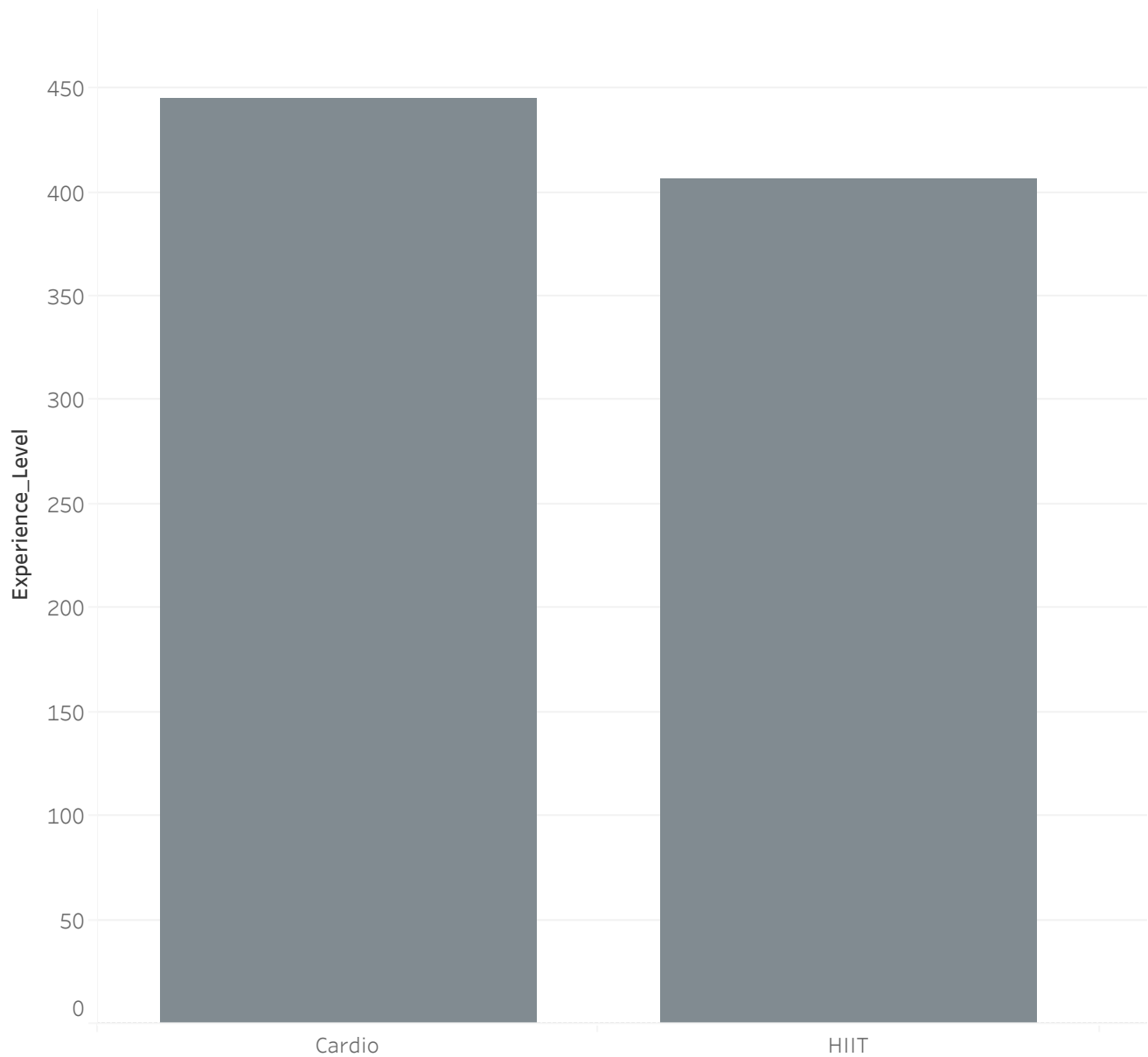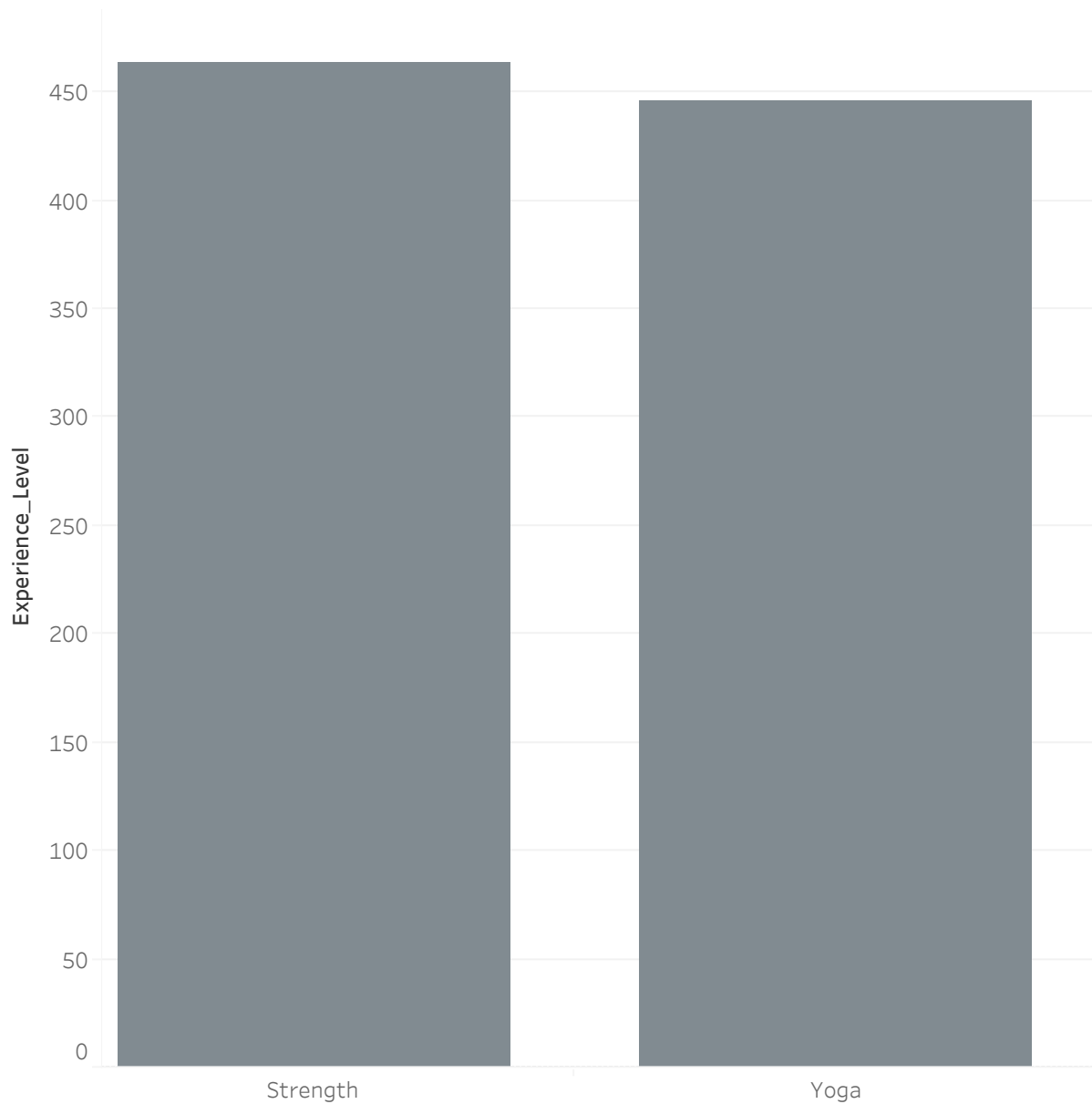

The trend of sum of BMI for Age. The data is filtered on Workout_Type, which keeps multiple members. The view is filtered on sum of BMI and Age. The sum of BMI filter includes everything. The Age filter ranges from 18 to 59.
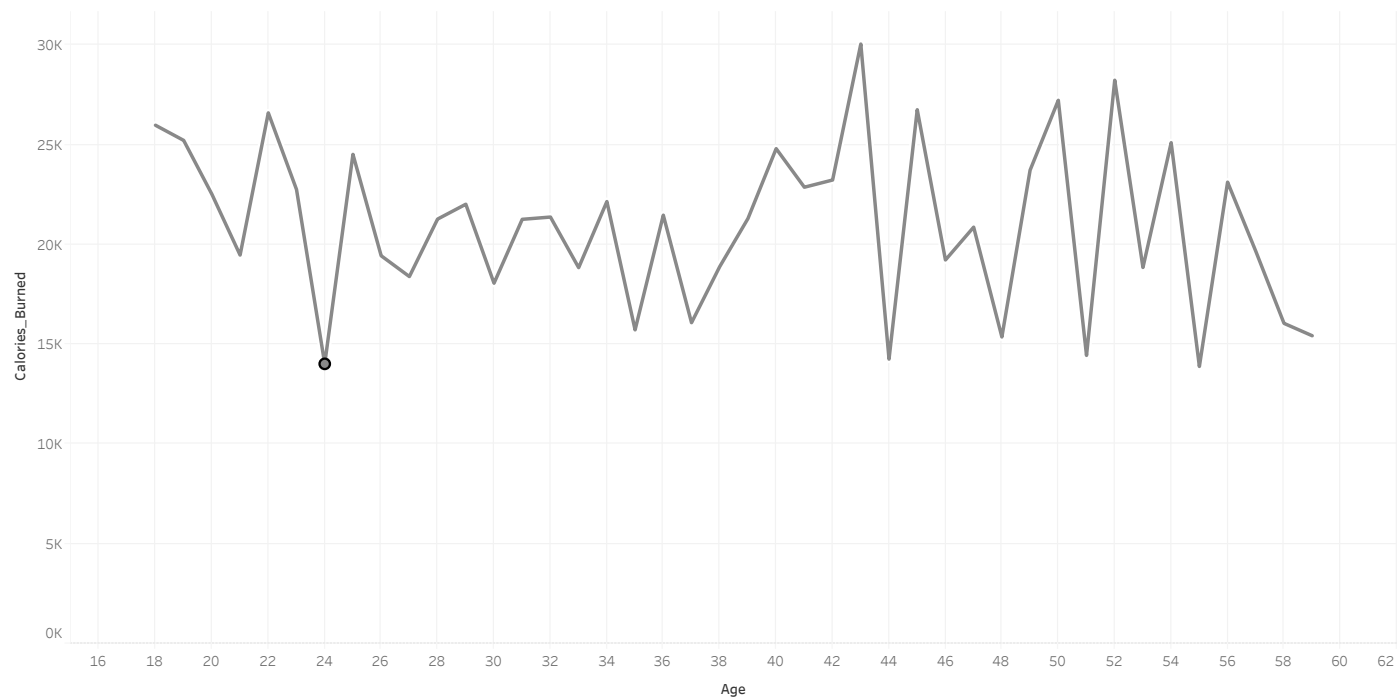
Workout Type vs Exp. level

Sum of Experience_Level for each Workout_Type. The data is filtered on Age, which ranges from 18 to 59. The view is filtered on Workout_Type, which keeps multiple members.
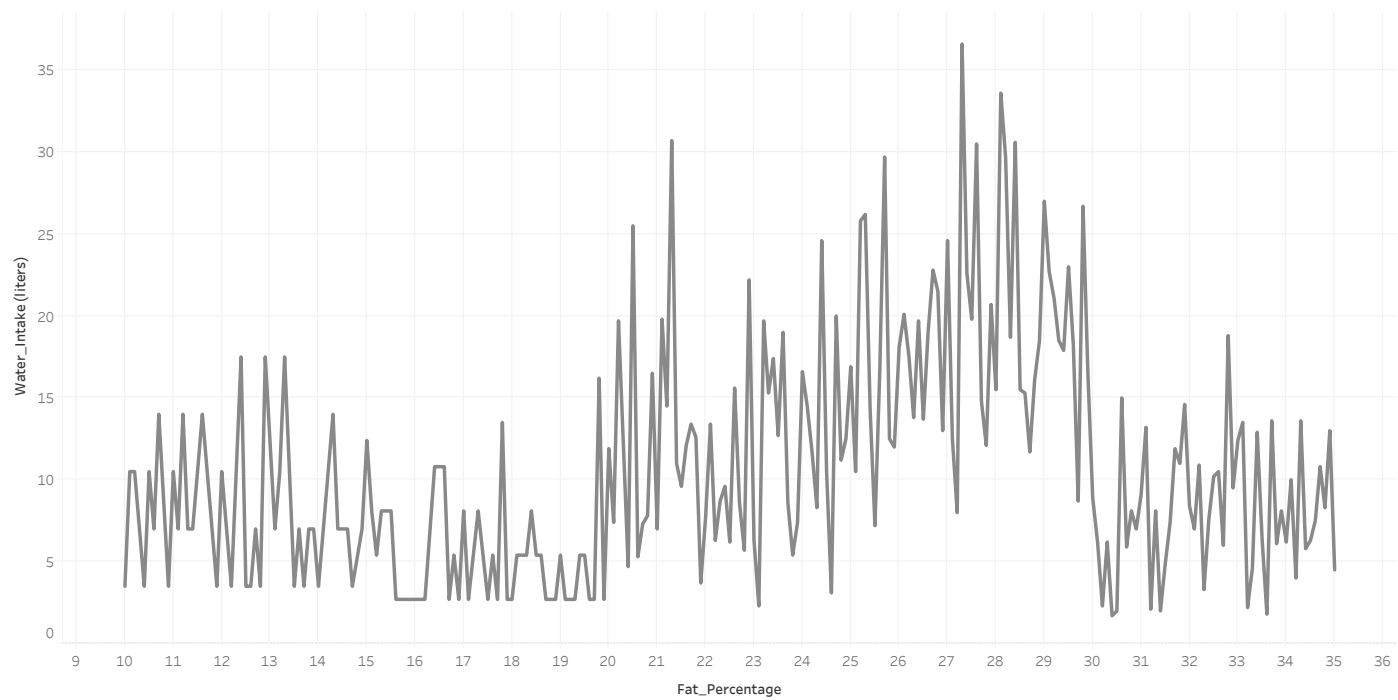
Workout Type vs Exp. level

Sum of Experience_Level for each Workout_Type. The data is filtered on Age, which ranges from 18 to 59. The view is filtered on Workout_Type, which keeps multiple members.
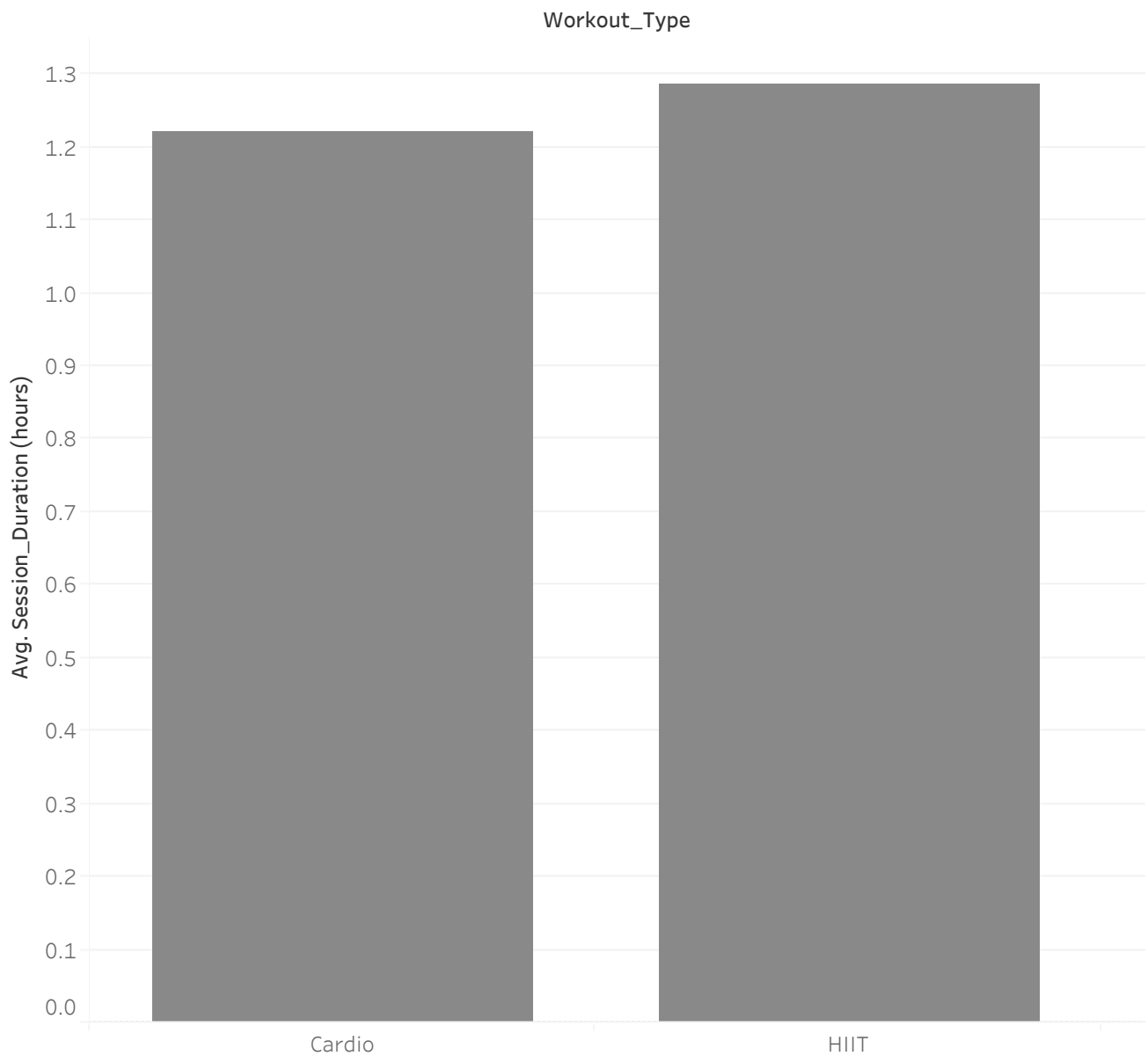
Age Vs. Calories_Burned

The trend of sum of Calories_Burned for Age. The data is filtered on Workout_Type, which keeps multiple members. The view is filtered on Age, which ranges from 18 to 59.

Fat percent Vs Water intake

The trend of sum of Water_Intake (liters) for Fat_Percentage. The data is filtered on Workout_Type and Age. The Workout_Type filter keeps multiple members. The Age filter ranges from 18 to 59.

Workout type Vs. Avg. session duration

Workout_Type

Average of Session_Duration (hours) for each Workout_Type. The data is filtered on Age, which ranges from 18 to 59. The view is filtered on Workout_Type, which keeps multiple members.
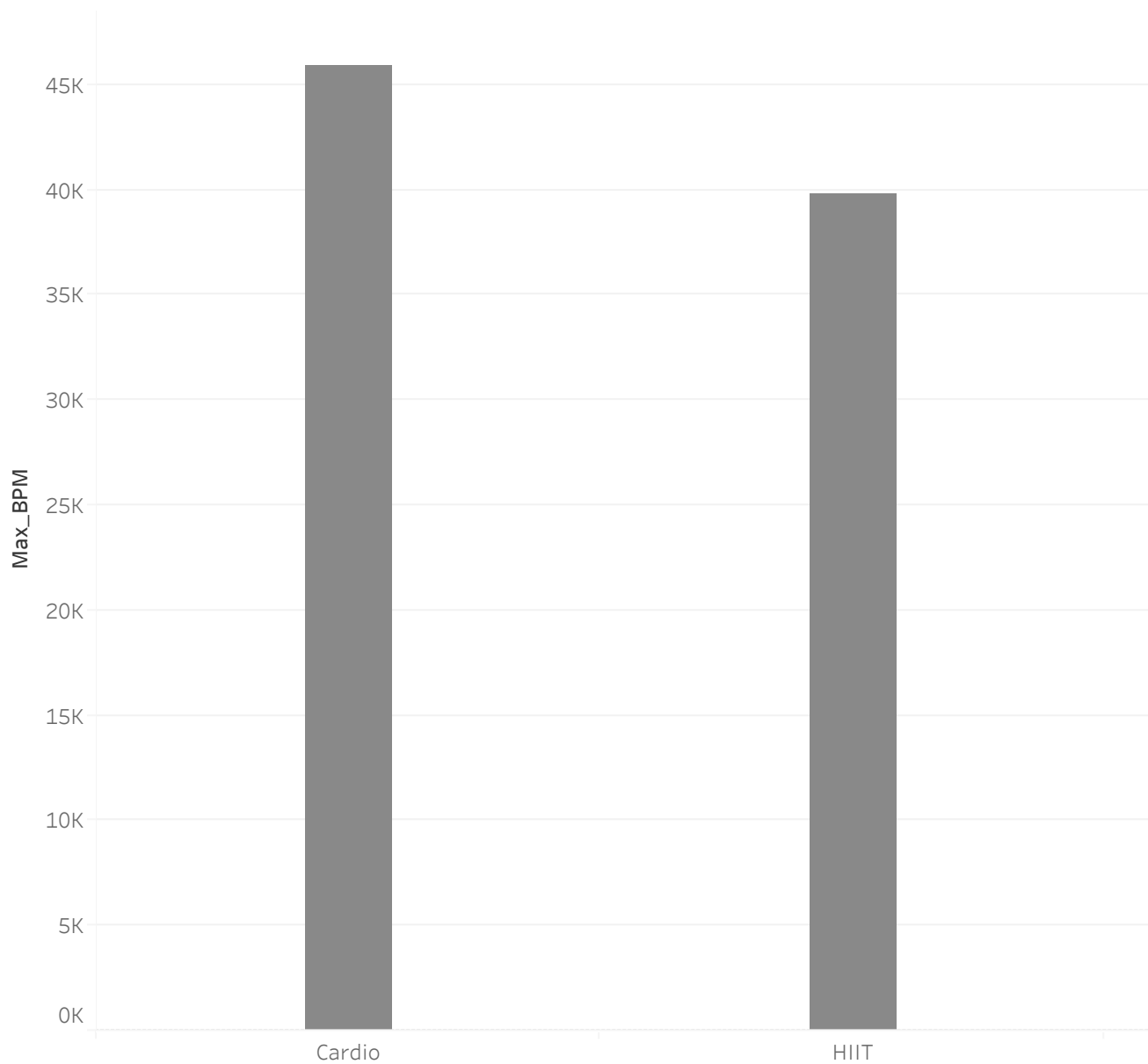
Workout type Vs. Avg. session duration
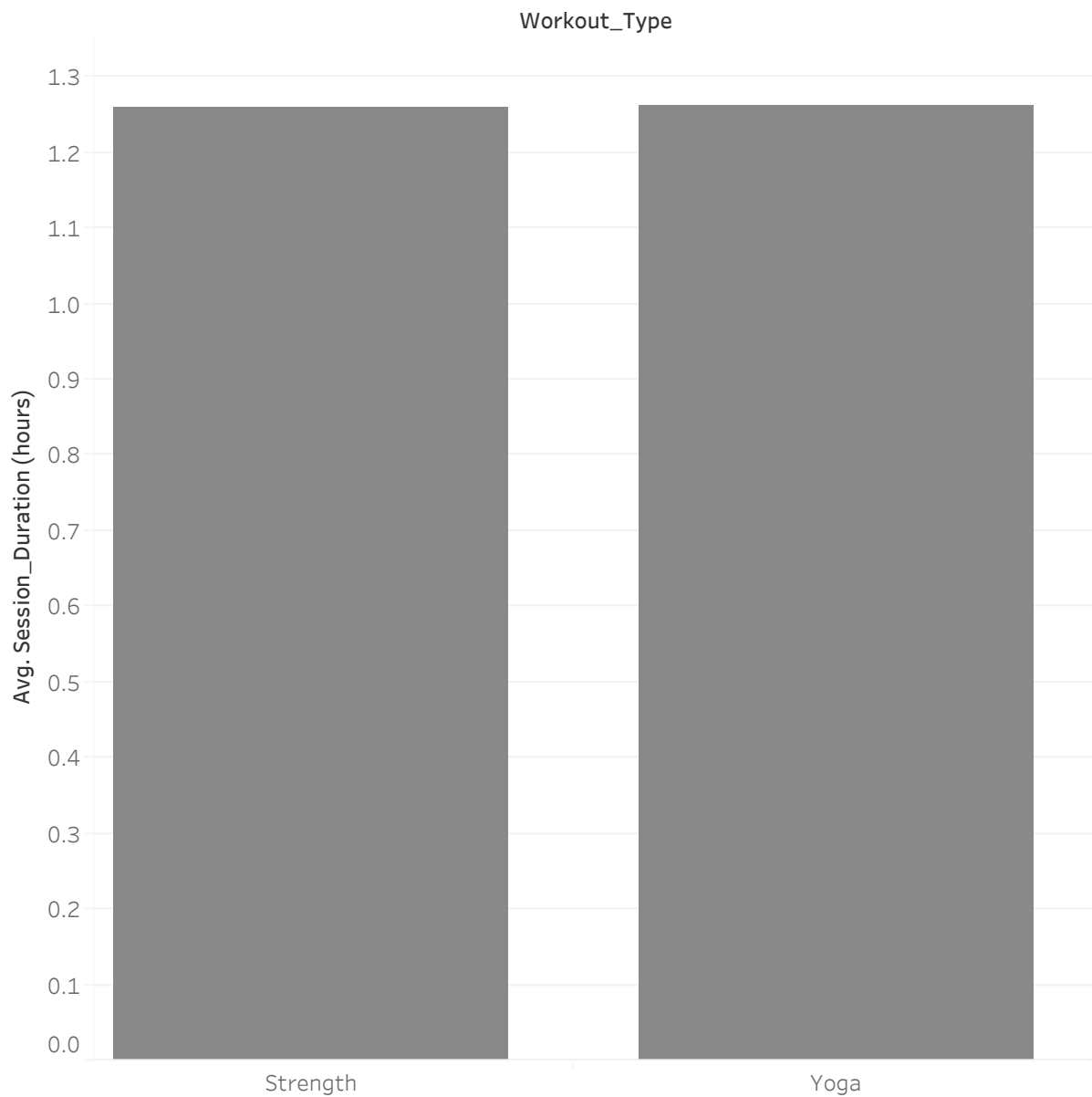
Workout_Type

Average of Session_Duration (hours) for each Workout_Type. The data is filtered on Age, which ranges from 18 to 59. The view is filtered on Workout_Type, which keeps multiple members.

Max_BPM differ among Workout_Types

Sum of Max_BPM for each Workout_Type. The data is filtered on Age, which ranges from 18 to 59. The view is filtered on Workout_Type, which keeps multiple members.

Max_BPM differ among Workout_Types

Sum of Max_BPM for each Workout_Type. The data is filtered on Age, which ranges from 18 to 59. The view is filtered on Workout_Type, which keeps multiple members.

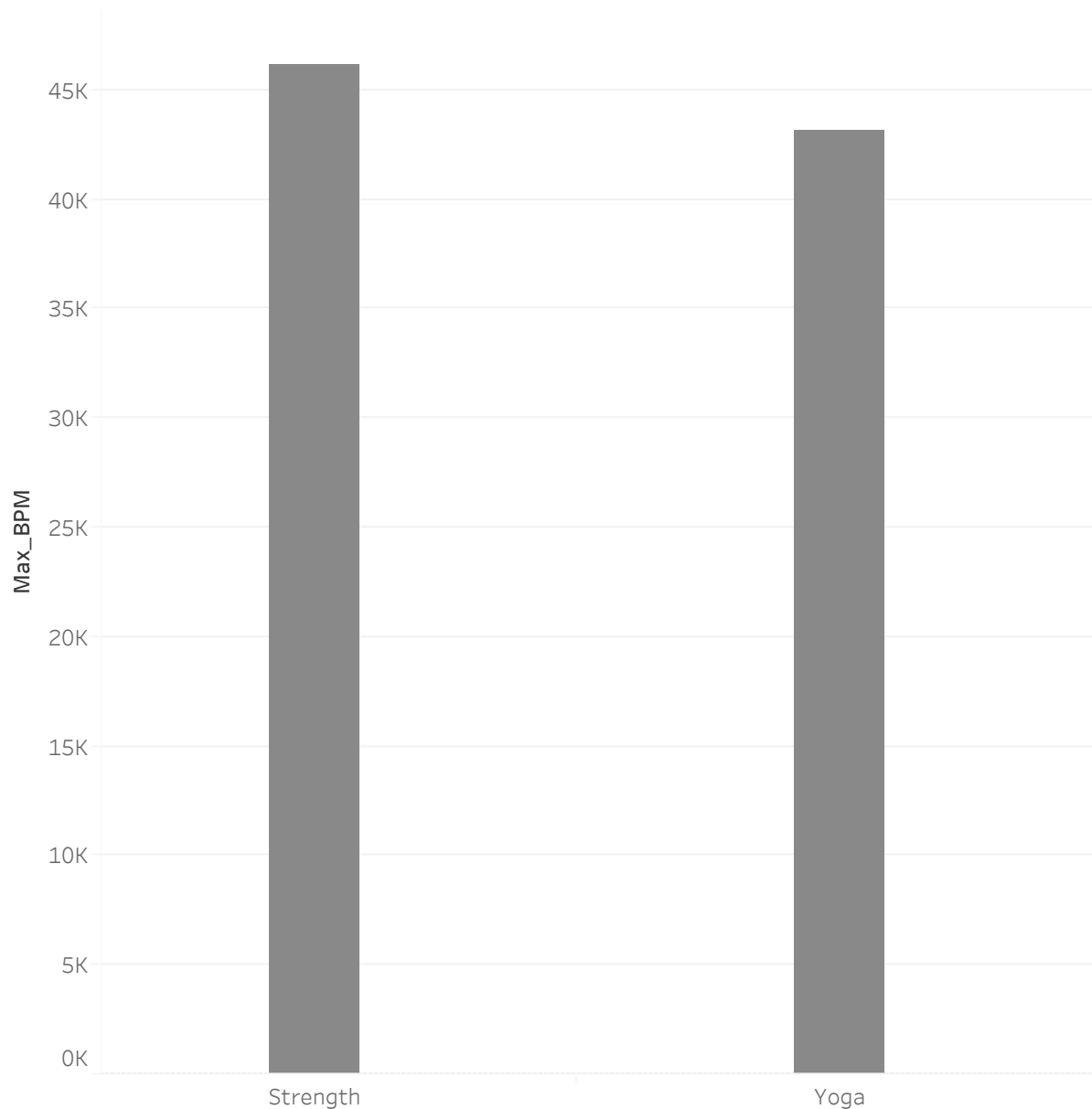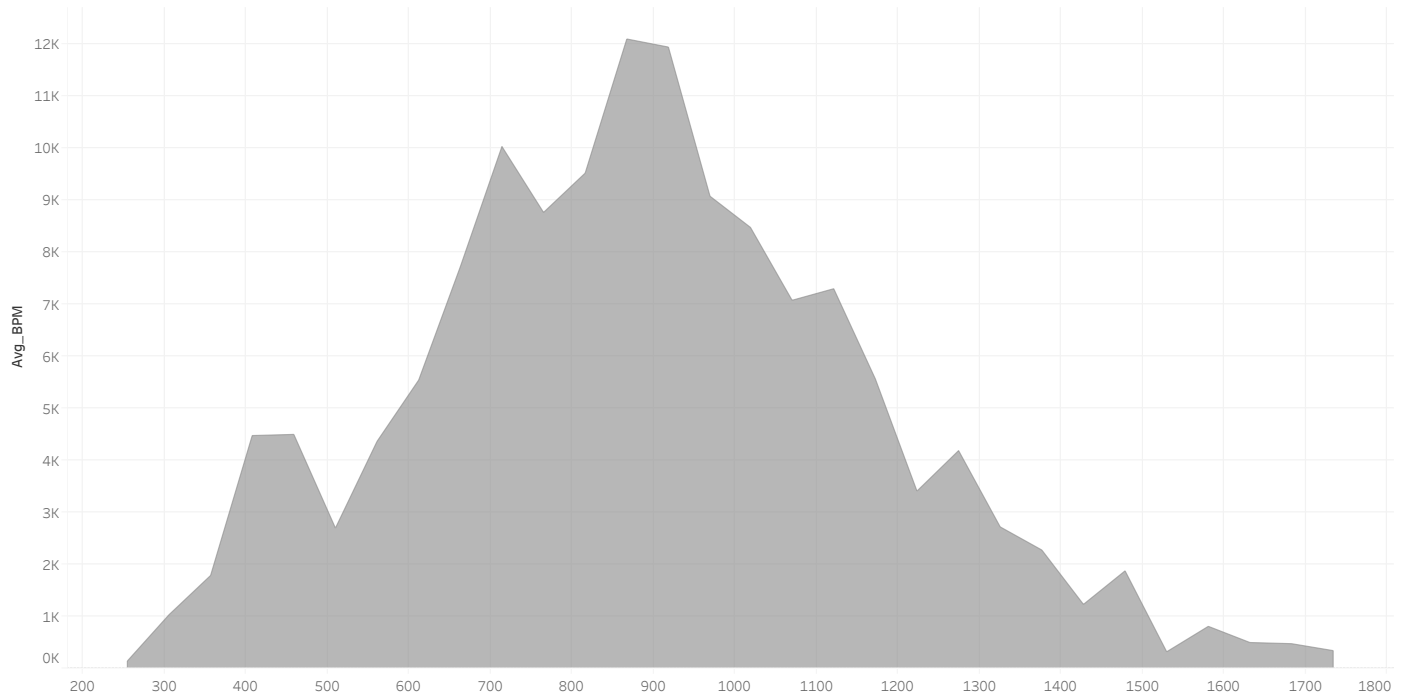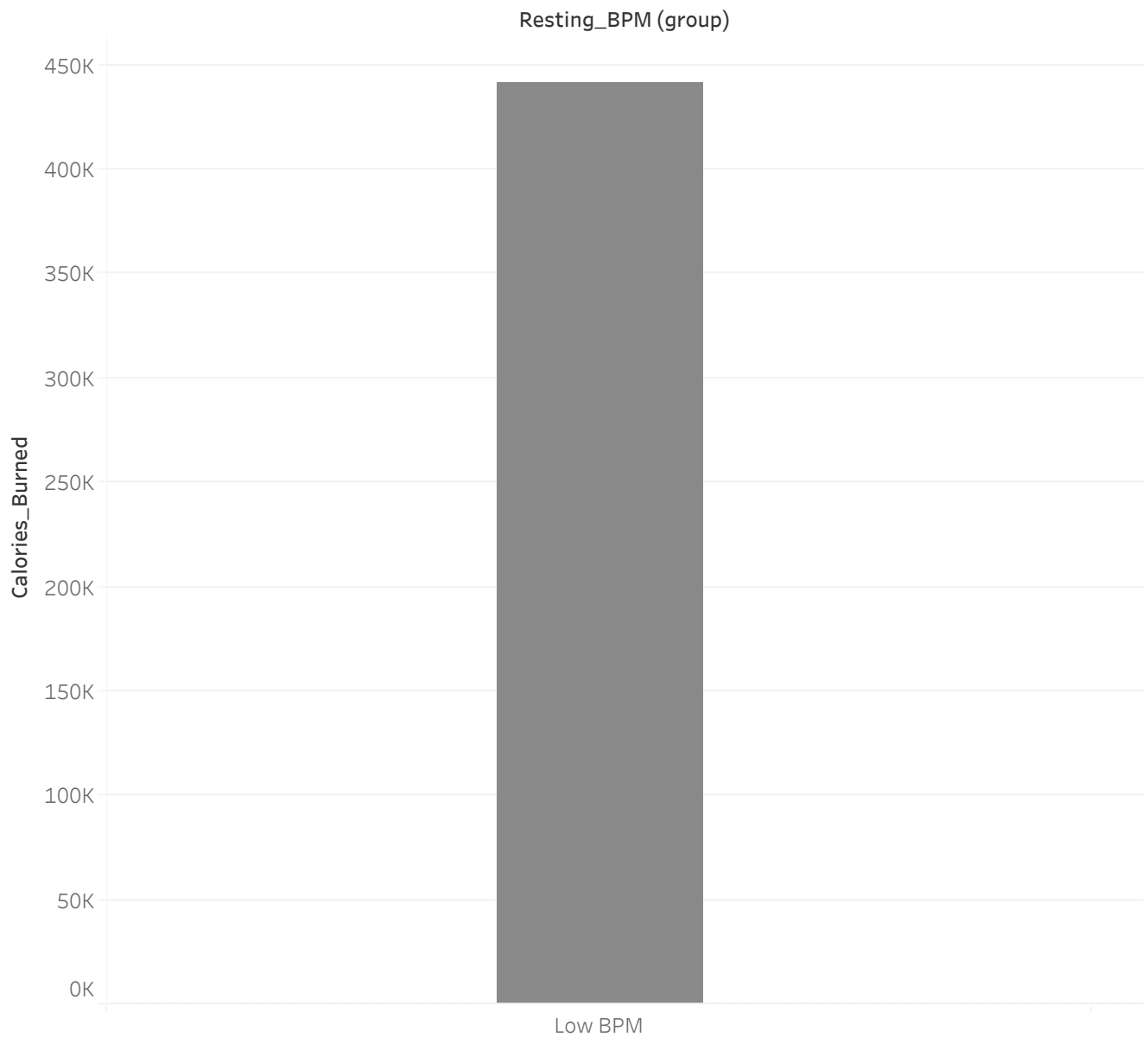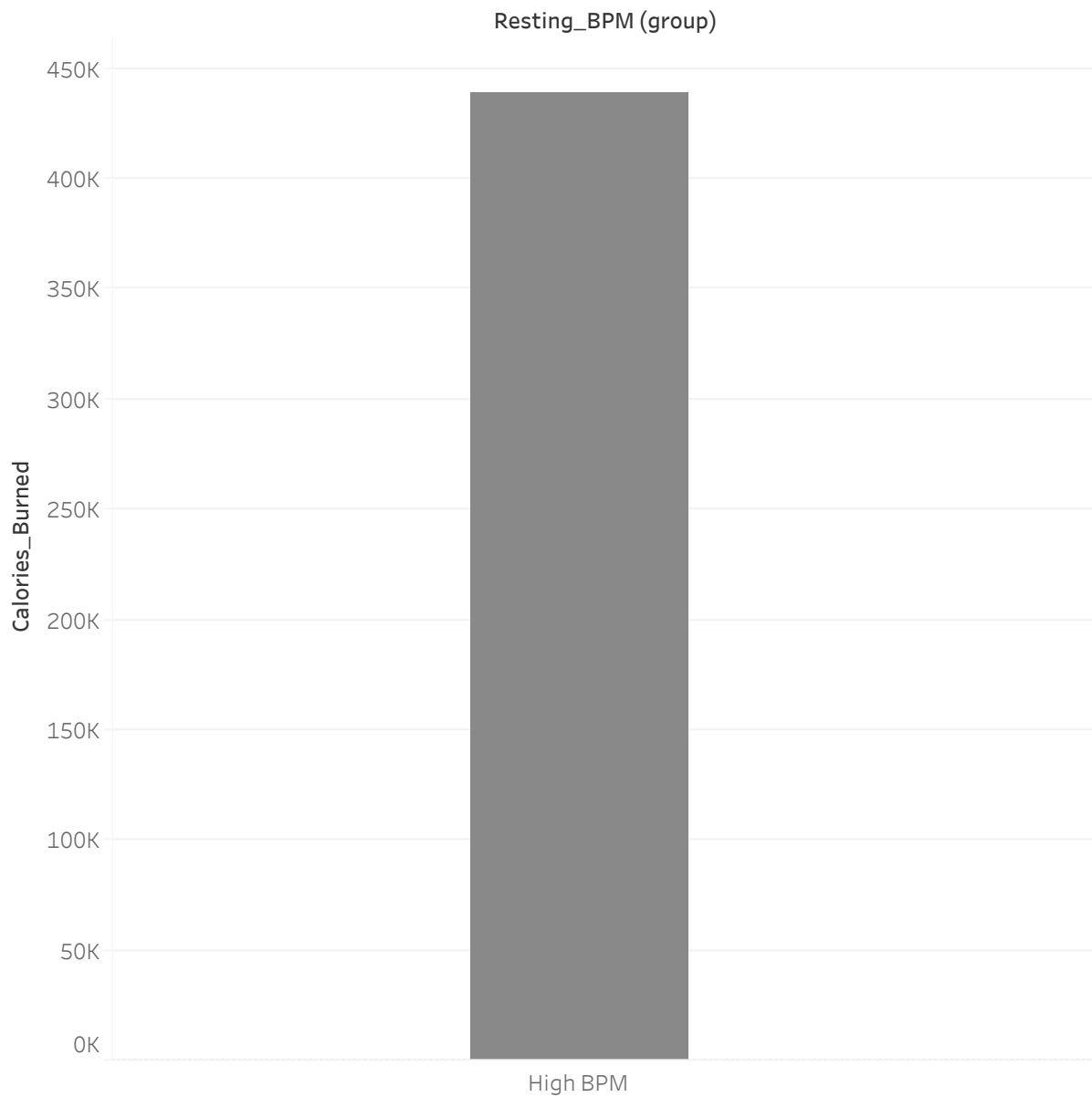## Calories burned Vs. Avg. BPM

The plot of sum of Avg_BPM for Calories_Burned (bin). The data is filtered on Workout_Type and Age. The Workout_Type filter keeps multiple members. The Age filter ranges from 18 to 59.

Low/high BPM Vs. Calories Burned

Resting_BPM (group)

Sum of Calories_Burned for each Resting_BPM (group). The data is filtered on Workout_Type and Age. The Workout_Type filter keeps multiple members. The Age filter ranges from 18 to 59.
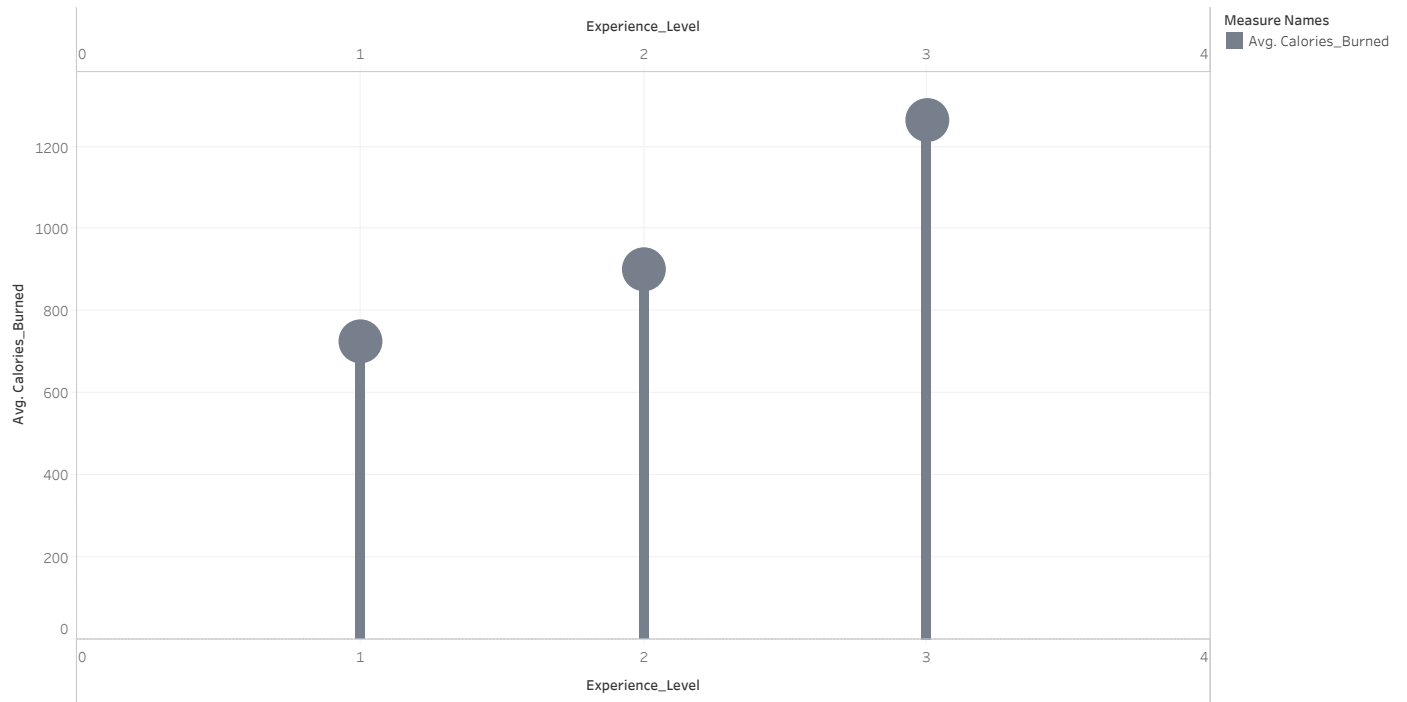
Low/high BPM Vs. Calories Burned

Resting_BPM (group)

Sum of Calories_Burned for each Resting_BPM (group). The data is filtered on Workout_Type and Age. The Workout_Type filter keeps multiple members. The Age filter ranges from 18 to 59.

Experience level Vs. Avg. Calories burned

The plots of Avg. Calories_Burned for Experience_Level and Experience_Level. Color shows details about Avg. Calories_Burned. The data is filtered on Workout_Type and Age. The Workout_Type filter keeps multiple members. The Age filter ranges from 18 to 59.

# Workout frequency Vs. Avg. Fat percent
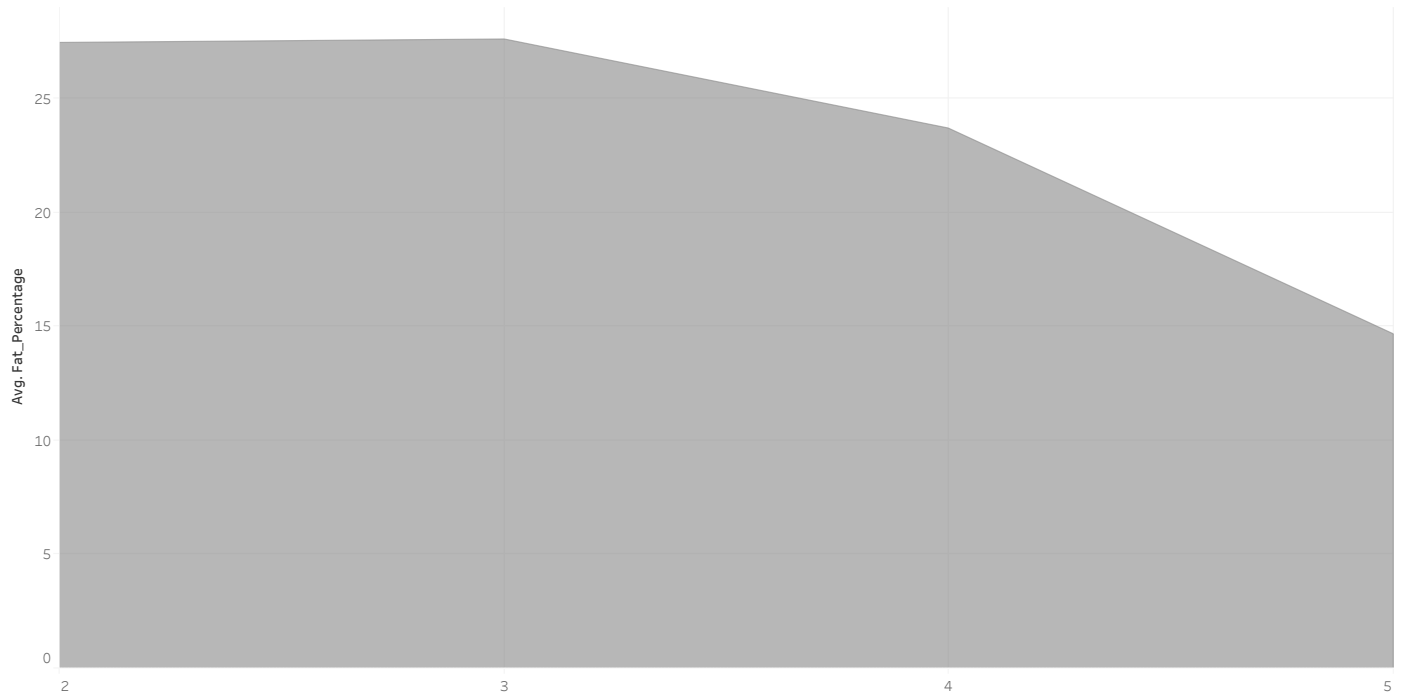
The plot of average of Fat_Percentage for Workout_Frequency (days/week). The data is filtered on Workout_Type and Age. The Workout_Type filter keeps multiple members. The Age filter ranges from 18 to 59.

Gender Vs. Workout_Type preference
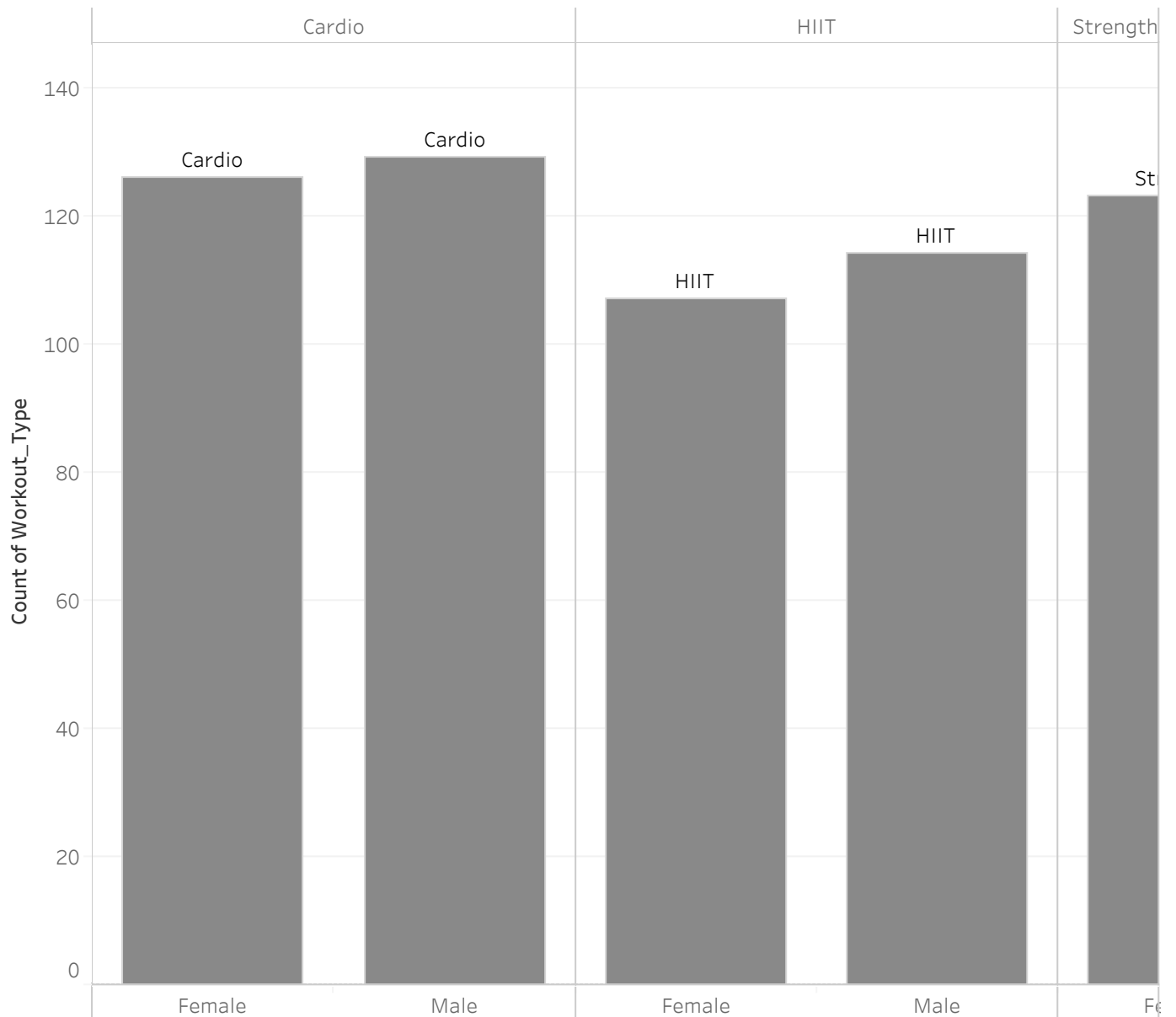
Count of Workout_Type for each Gender broken down by Workout_Type. The marks are labeled by Workout_Type. The data is filtered on Age, which ranges from 18 to 59. The view is filtered on Workout_Type, which keeps multiple members.

Gender Vs. Workout_Type preference
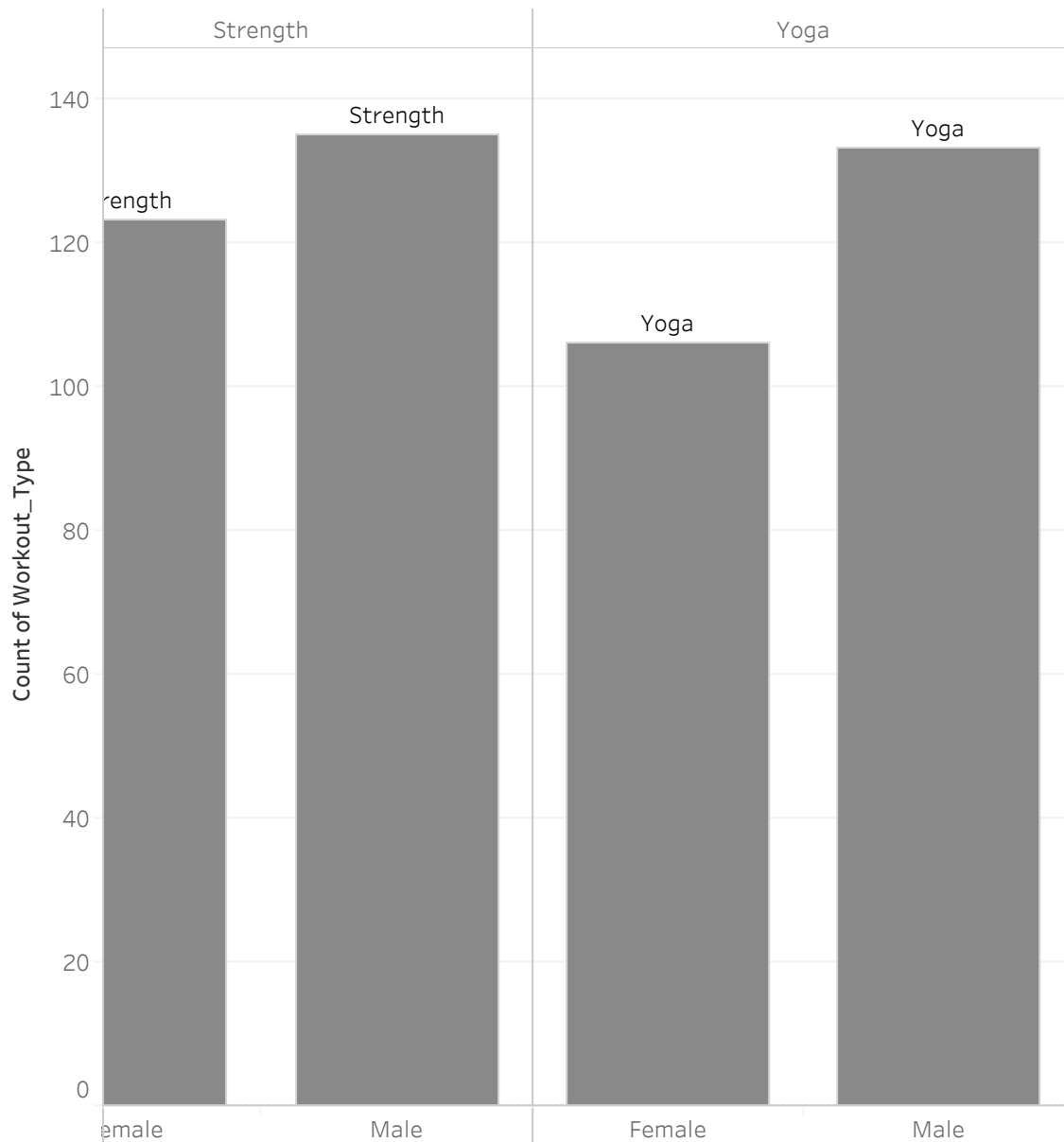
Count of Workout_Type for each Gender broken down by Workout_Type. The marks are labeled by Workout_Type. The data is filtered on Age, which ranges from 18 to 59. The view is filtered on Workout_Type, which keeps multiple members.
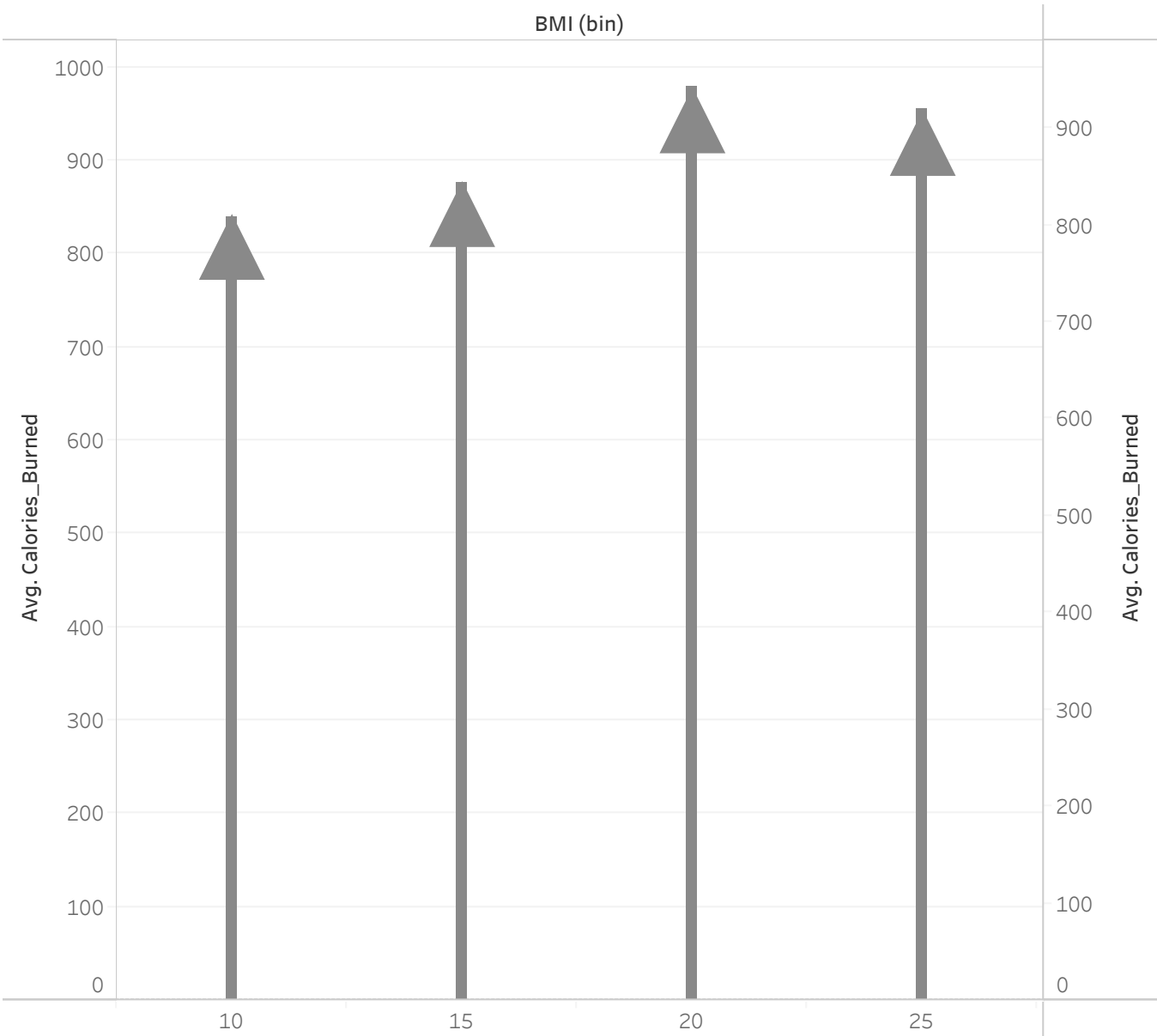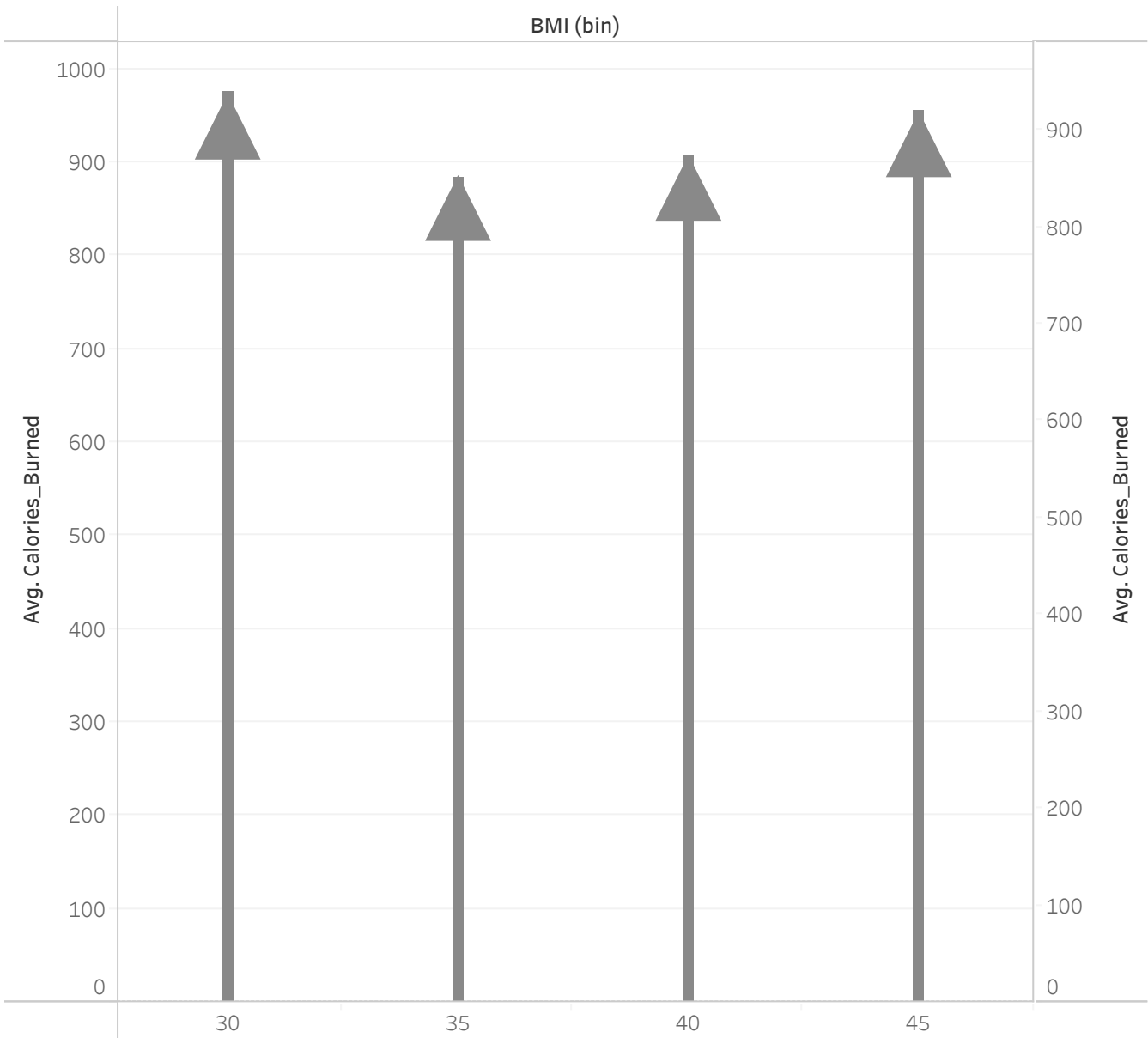
Calories burned Vs. similar BMI

BMI (bin)

Average of Calories_Burned and average of Calories_Burned for each BMI (bin). The data is filtered on Workout_Type and Age. The Workout_Type filter keeps multiple members. The Age filter ranges from 18 to 59.

Calories burned Vs. similar BMI

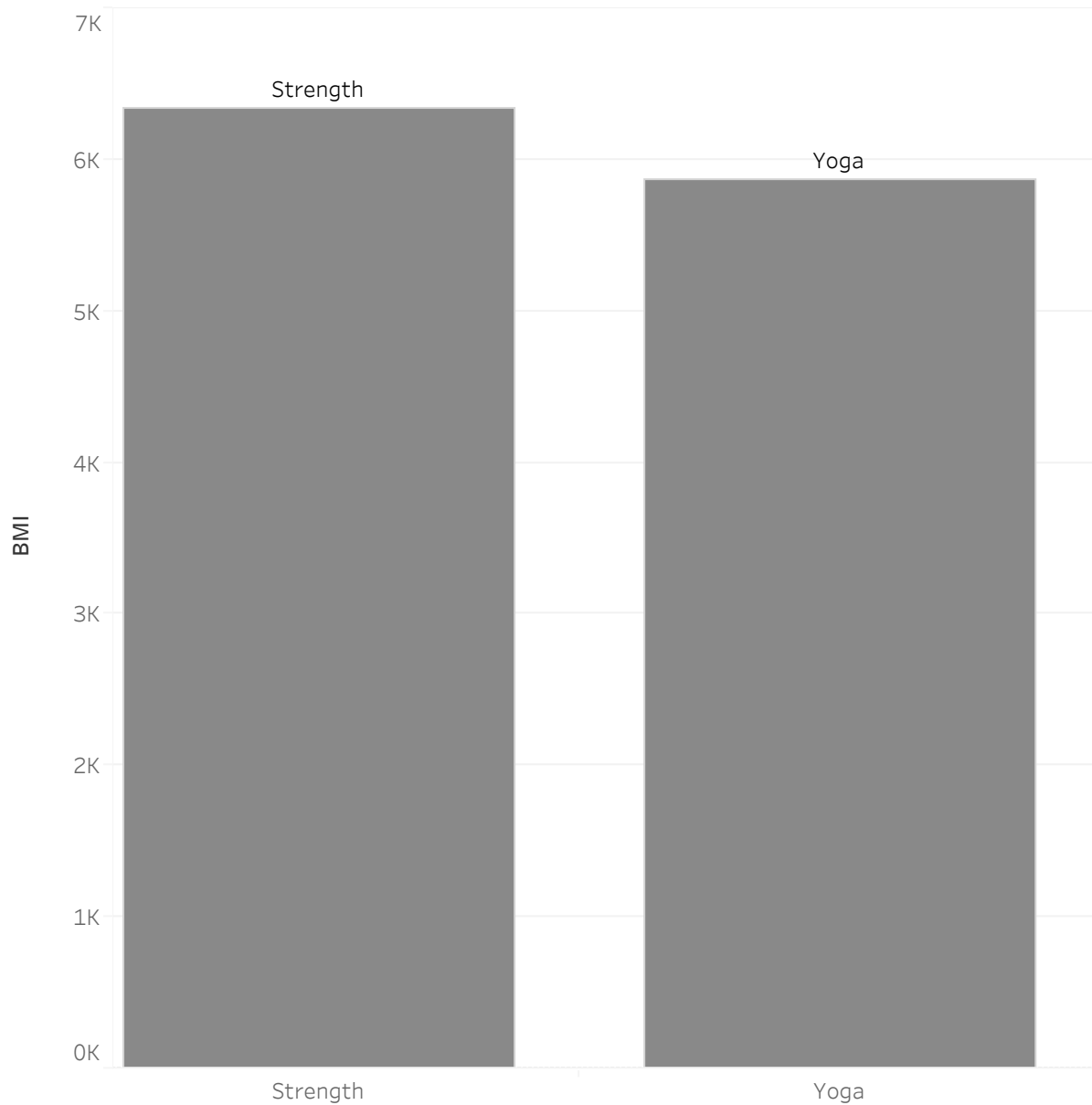## BMI (bin)

Average of Calories_Burned and average of Calories_Burned for each BMI (bin). The data is filtered on Workout_Type and Age. The Workout_Type filter keeps multiple members. The Age filter ranges from 18 to 59.

Diff in BMI of HIIT / Strength
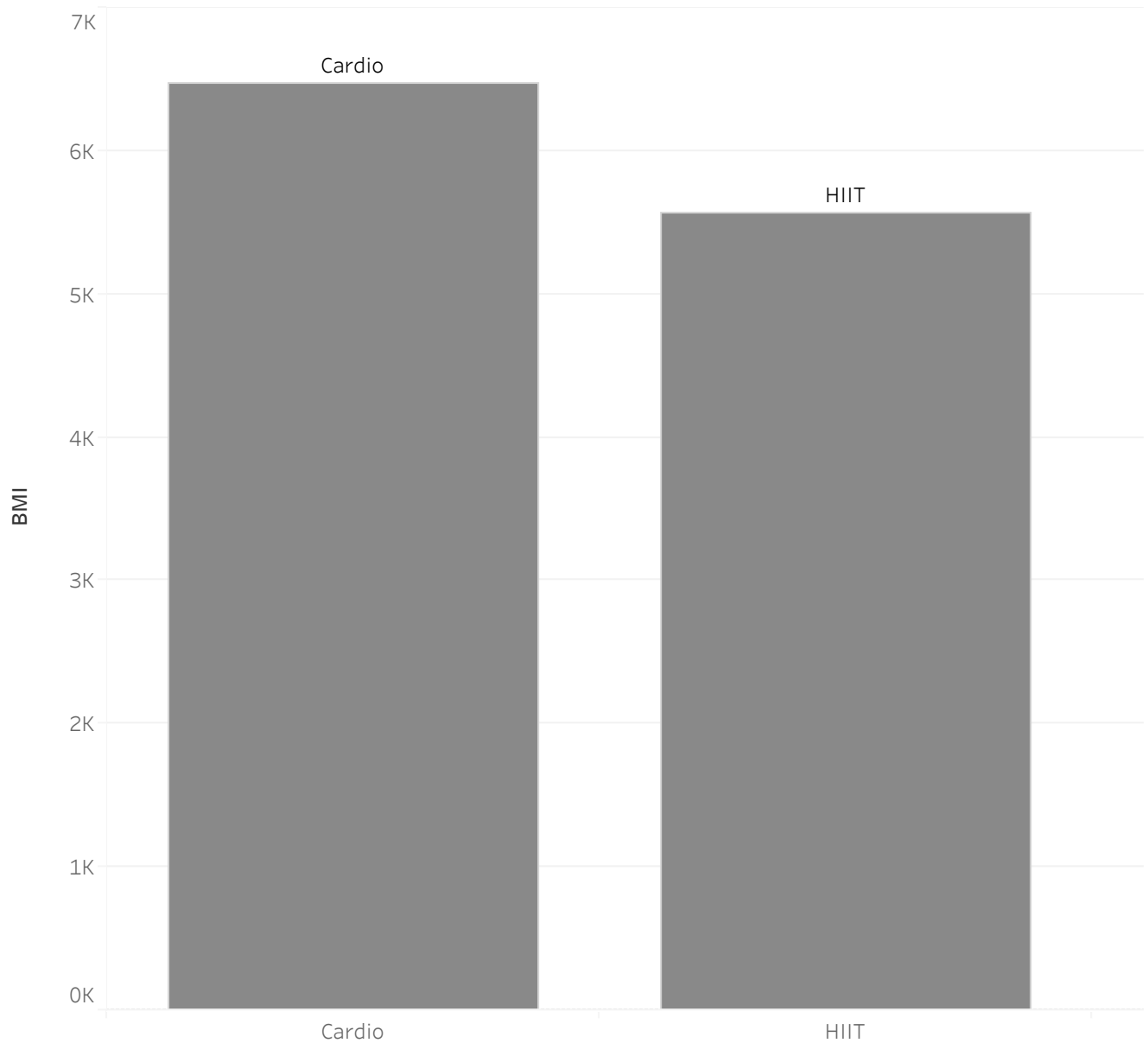
Sum of BMI for each Workout_Type. The marks are labeled by Workout_Type. The data is filtered on Age, which ranges from 18 to 59. The view is filtered on Workout_Type, which keeps multiple members.

Diff in BMI of HIIT / Strength

Strength

Yoga

BMI

7K
6K
5K
4K
3K
2K
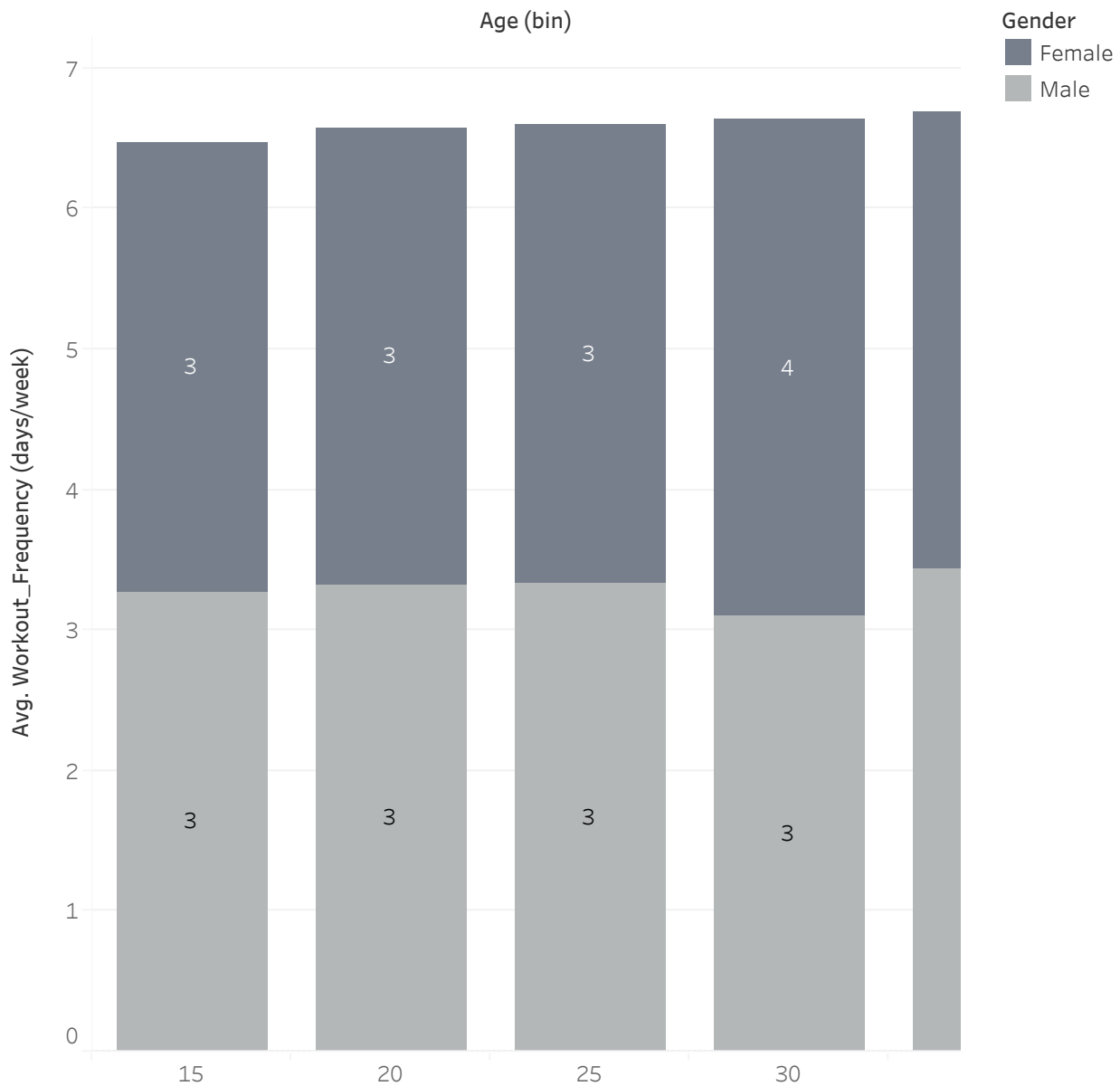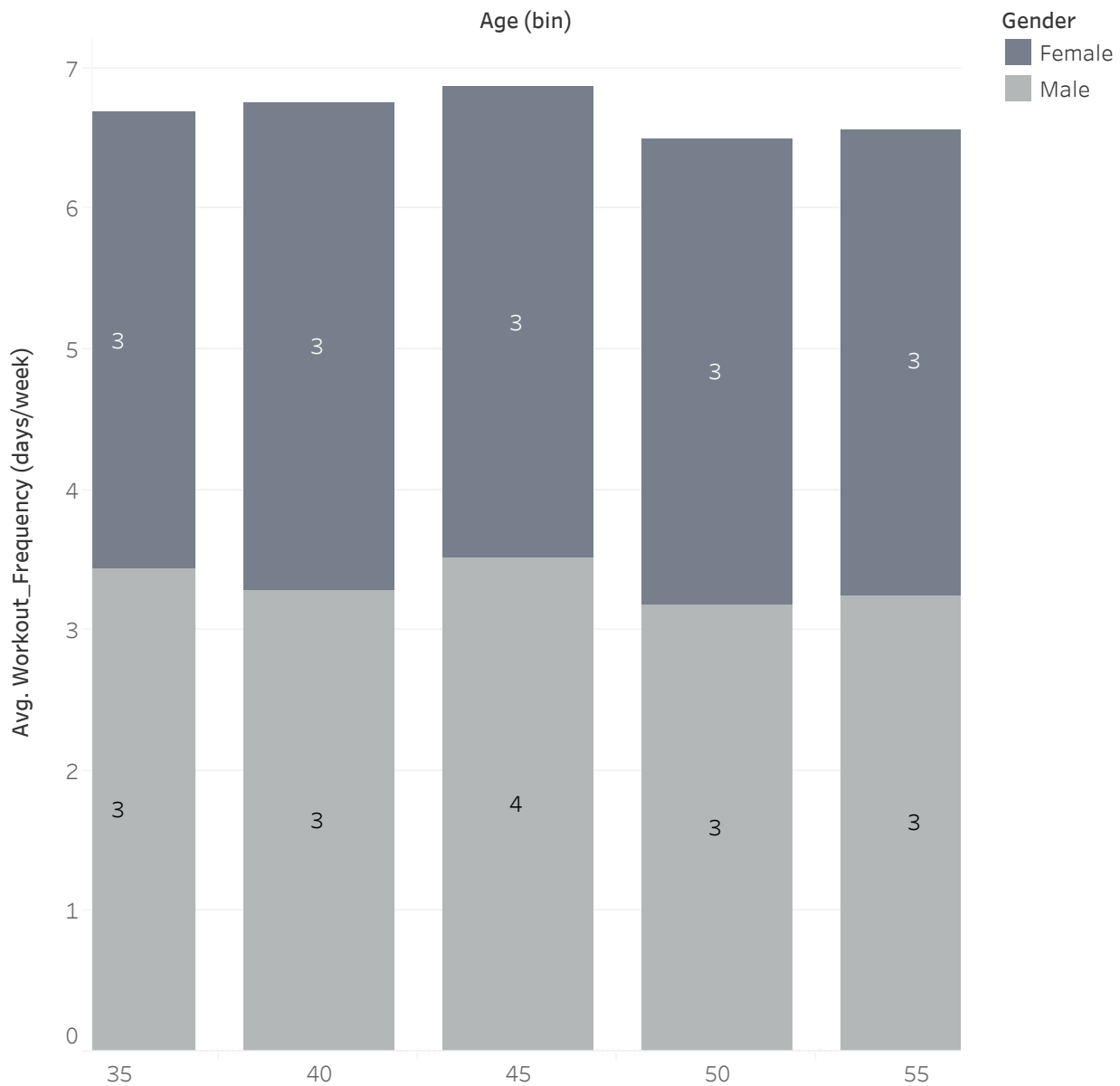1K
0K

Strength   Yoga

Sum of BMI for each Workout_Type. The marks are labeled by Workout_Type. The data is filtered on Age, which ranges from 18 to 59. The view is filtered on Workout_Type, which keeps multiple members.

Age & Gender Vs. Workout Frequency

Age (bin)

Gender
- Female
- Male

Average of Workout_Frequency (days/week) for each Age (bin). Color shows details about Gender. The marks are labeled by average of Workout_Frequency (days/week). The data is filtered on Workout_Type and Age. The Workout_Type filter keeps multiple members. The Age filter ranges from 18 to 59.

Age & Gender Vs. Workout Frequency

Age (bin)
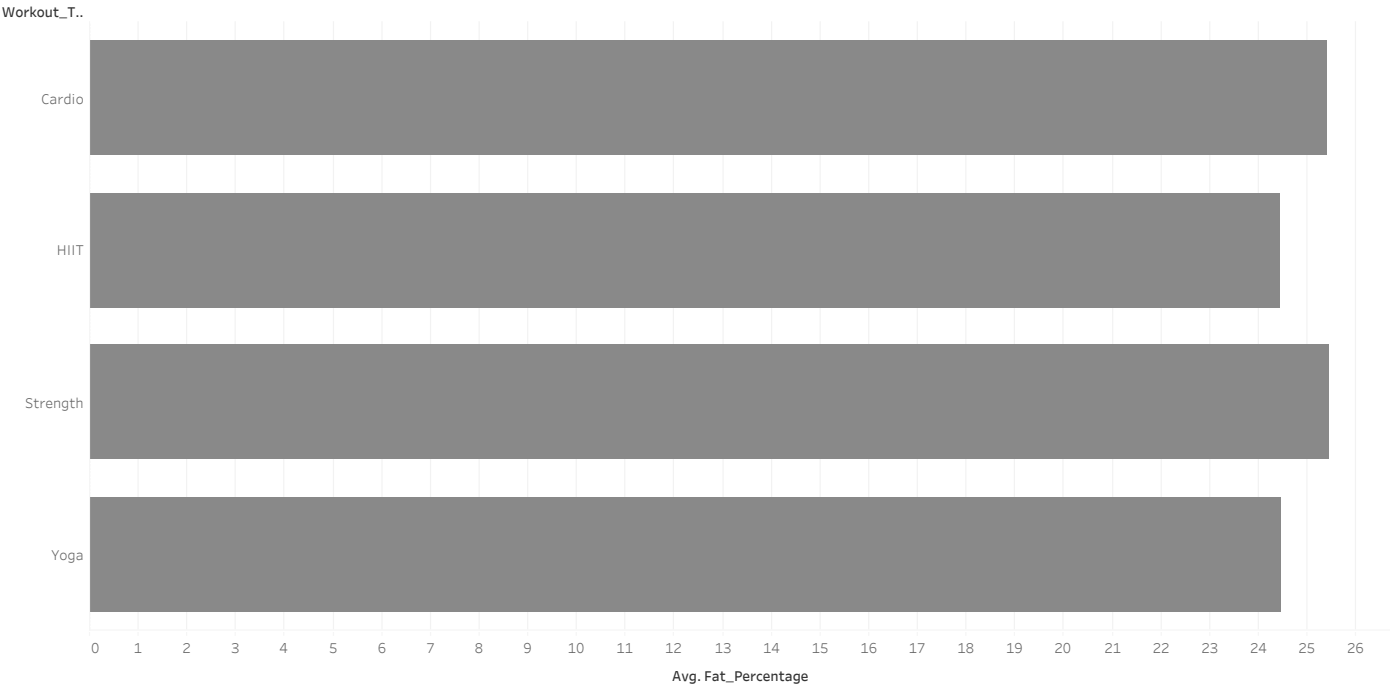

Average of Workout_Frequency (days/week) for each Age (bin). Color shows details about Gender. The marks are labeled by average of Workout_Frequency (days/week). The data is filtered on Workout_Type and Age. The Workout_Type filter keeps multiple members. The Age filter ranges from 18 to 59.

Age & Gender Vs. Workout Frequency

Age ..

Gender
- Female
- Male

Avg. Workout_Frequency (days/week)

7

6

5

4

3

2

1

0

Average of Workout_Frequency (days/week) for each Age (bin). Color shows details about Gender. The marks are labeled by average of Workout_Frequency (days/week). The data is filtered on Workout_Type and Age. The Workout_Type filter keeps multiple members. The Age filter ranges from 18 to 59.

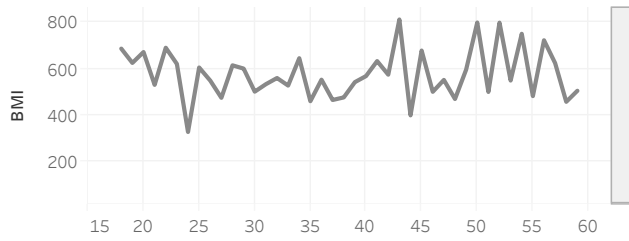# Workout type Vs. Fat percentge

Workout_T..

Avg. Fat_Percentage

Average of Fat_Percentage for each Workout_Type. The data is filtered on Age, which ranges from 18 to 59. The view is filtered on Workout_Type, which keeps multiple members.
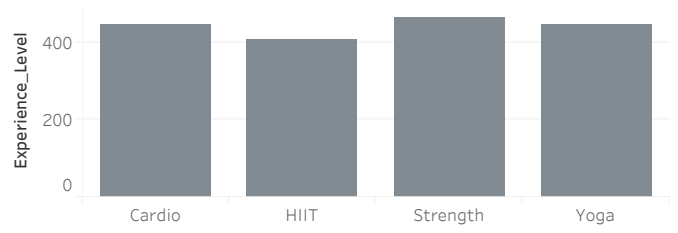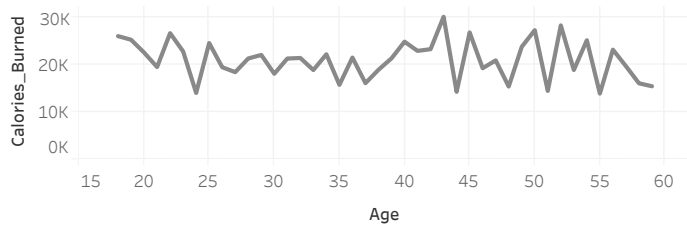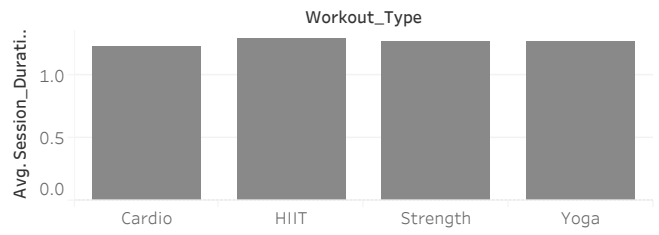
General Insights

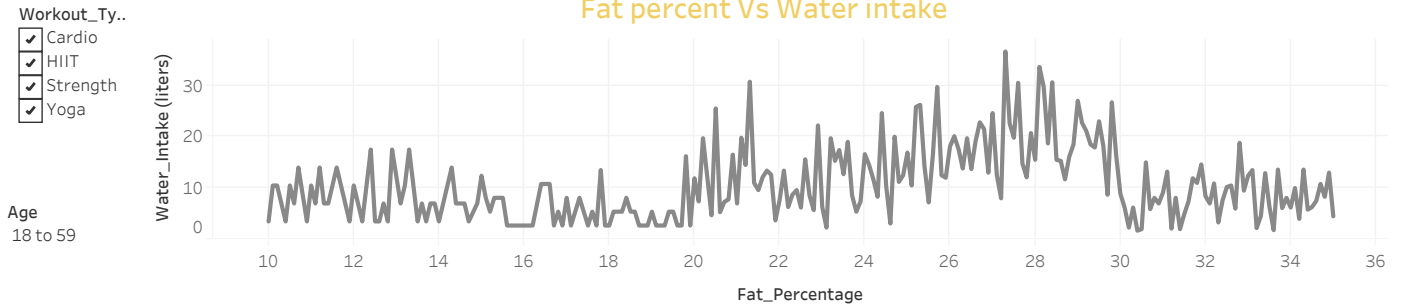## Distribution of BMI across Ages

Workout Type vs Exp. level

Age Vs. Calories_Burned

Workout type Vs. Avg. session duration

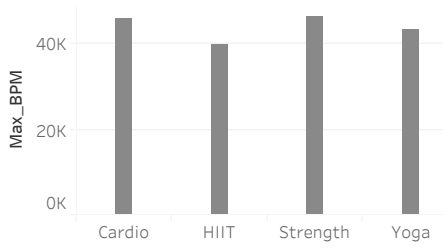## Fat percent Vs Water intake

Workout_Ty..
- ☑ Cardio
- ☑ HIIT
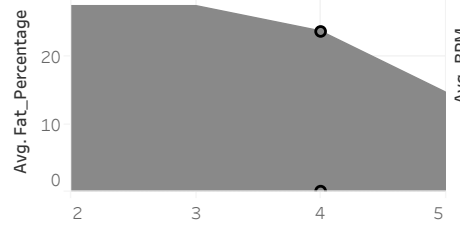- ☑ Strength
- ☑ Yoga

Age
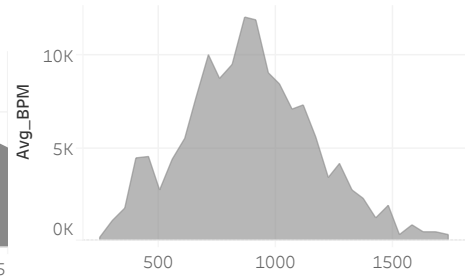18 to 59

Performance & Health Metrics

Max_BPM differ among Workout_Types

Workout frequency Vs. Avg. Fat percent

Calories burned Vs. Avg. BPM

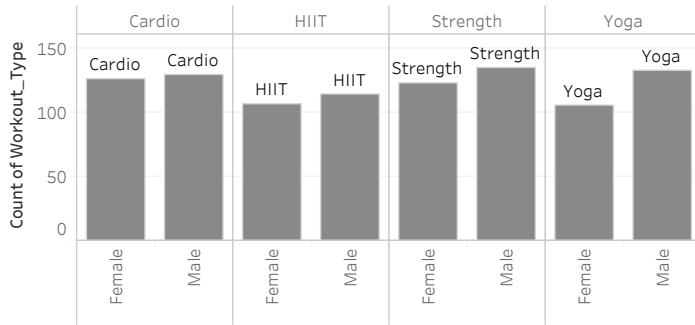## Low/high BPM Vs. Calories Burned

Resting_BPM (group)
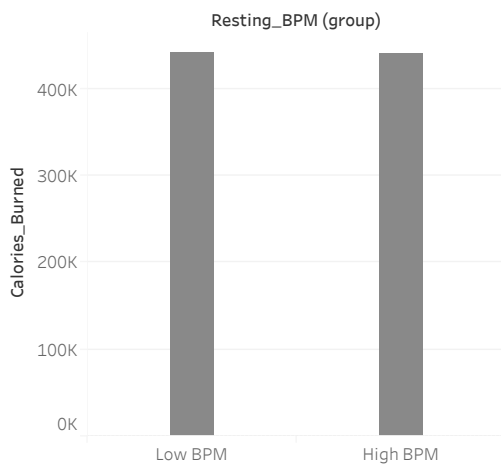
Experience level Vs. Avg. Calories burned
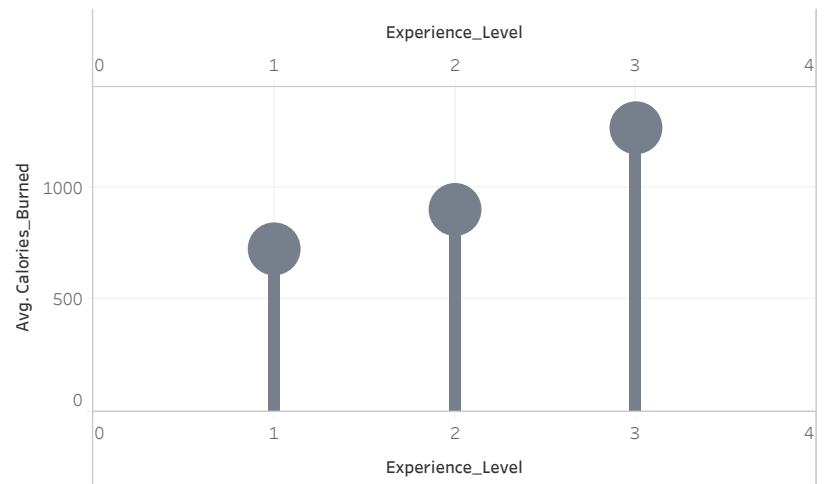
Comparative Analysis

Gender Vs. Workout_Type preference

	Cardio	HIIT	Strength	Yoga

Count of Workout_Type

150

100

50

0

Cardio Cardio | HIIT HIIT | Strength Strength | Yoga Yoga

Female Male | Female Male | Female Male | Female Male

Workout type Vs. Fat percentge

Workout_T..

Cardio
HIIT
Strength
Yoga

0   5   10   15   20   25

Avg. Fat_Percentage

Diff in BMI of HIIT / Strength

7K
6K
5K
4K
3K
2K
1K
0K

BMI

Cardio   HIIT   Strength   Yoga

Cardio   HIIT   Strength   Yoga

Age & Gender Vs. Workout Frequency

Age (bin)

6

4

2

0

Avg. Workout_Frequency (days/week)

3 3 3 4 3 3 3 3 3

3 3 3 3 3 3 4 3 3

20   30   40   50

Calories burned Vs. similar BMI

BMI (bin)

1000
800
600
400
200
0

Avg. Calories_Burned

800
600
400
200
0

Avg. Calories_Burned

15   25   35   45