```r
# Create a data frame with updated values

Data_Frame <- data.frame(

Training = c("Running", "Swimming", "Boxing"),

Pulse = c(145, 132, 158),

Duration = c(55, 40, 65)

)

# Print the data frame

Data_Frame

# Summary of the data frame

Summary(Data_Frame)
```

Out put :

Training Pulse Duration

1  Running  145      55

2  Swimming  132      40

3  Boxing  158      65


   Training    Pulse       Duration

Boxing :1  Min.  :132.0  Min.  :40.00

Running :1  $1^{st}$ Qu.:138.5  $1^{st}$ Qu.:47.50

Swimming:1  Median :145.0  Median :55.00
Mean  :145.0  Mean  :53.33

         $3^{rd}$ Qu.:151.5  $3^{rd}$ Qu.:60.00

Max.  :158.0  Max.

```
# Create a data frame

Data_Frame <- data.frame(

  Training = c("Running", "Cycling", "Swimming"),

  Pulse = c(135, 145, 125),

  Duration = c(50, 40, 55)

)

# Add a new row

New_row_DF <- rbind(Data_Frame, c("Running", 140, 60))

# Print the new data frame with the added row

New_row_DF
```

Out put :

```
Training Pulse Duration

1  Running   135      50

2  Cycling   145      40

3  Swimming  125      55

4  Running   140      60
```

```
# Create a data frame

Data_Frame <- data.frame(

  Training = c("Yoga", "HIIT", "Pilates"),

  Pulse = c(115, 155, 130),

  Duration = c(35, 25, 50)

)

# Add a new column

New_col_DF <- cbind(Data_Frame, Steps = c(3000, 7000, 4500))
```

```r
# Print the updated data frame

New_col_DF
```

Out put:

```
Training Pulse Duration Steps

1   Yoga   115     35 3000

2   HIIT   155     25 7000

3   Pilates 130    50 4500
```

```r
# Create a data frame

Data_Frame <- data.frame(

  Training = c("Running", "Yoga", "Boxing"),

  Pulse = c(130, 125, 140),

  Duration = c(40, 35, 60)
)
```

```r
# Remove the first row and first column

Data_Frame_New <- Data_Frame[-c(1), -c(1)]
```

```r
# Print the updated data frame

Data_Frame_New
```

Out put :

```
Pulse Duration

2  125     35

3  140     60
```

```
# Create a data frame

Data_Frame <- data.frame(

  Training = c("Yoga", "HIIT", "Cardio"),

  Pulse = c(110, 145, 135),

  Duration = c(40, 30, 50)

)


# Get dimensions of the data frame (rows, columns)

Dim(Data_Frame)


Out put : [1] 3 3


# Create a data frame

Data_Frame <- data.frame(

  Training = c("Running", "Swimming", "Cycling"),

  Pulse = c(140, 130, 135),

  Duration = c(55, 45, 50)

)


# Get the number of columns in the data frame

Length(Data_Frame)


Out put :  [1] 3


# Create first data frame
```

```r
Data_Frame1 <- data.frame(

  Training = c("Yoga", "HIIT", "Pilates"),

  Pulse = c(115, 160, 130),

  Duration = c(40, 25, 50)

)


# Create second data frame  Data_Frame2 <-

data.frame(

  Training = c("HIIT", "Yoga", "Cycling"),

  Pulse = c(155, 120, 145),

  Duration = c(25, 35, 60)

)


# Combine both data frames

New_Data_Frame <- rbind(Data_Frame1, Data_Frame2)


# Print the combined data frame

New_Data_Frame
```

Out put :

Training Pulse Duration

1   Yoga   115     40

2   HIIT   160     25

3   Pilates   130     50

4   HIIT   155     25

| 5 | Yoga | 120 | 35 |
| 6 | Cycling | 145 | 60 |