



# Shape Your Ideal Body

Day 12

5:26

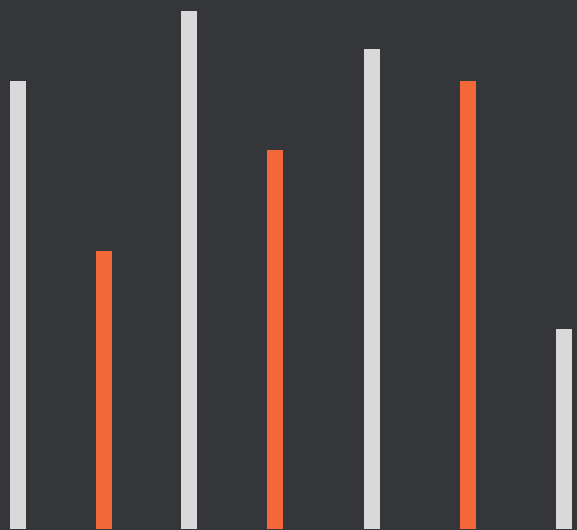
Push Ups  
6\*5 minutes



## Calories

Consumed  
130 Cal

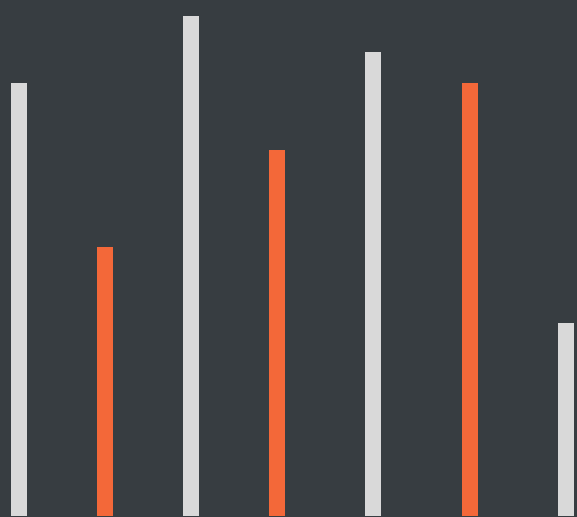
Remaining  
70 Cal



## Runrate

Today  
20 Km/h

Yesterday  
12 Km/h



## Health Fitness

Boost your heart health and stamina with our effective cardio training routines!

Learn More

## Cardio Training

Boost your heart health and stamina with our effective cardio training routines!

Learn More

## Hours

This Week  
16 Hrs

Previous  
10 Hrs

26:50:30