

# 7Min Workout

START

BMI

Calculator



History



## CALCULATE BMI

METRIC UNITS

US UNITS

WEIGHT (in kg)

70

HEIGHT (in cm)

400

YOUR BMI

25.00

Normal

Congratulations! You are in a good shape!

CALCULATE



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4:06

Vol 1 0.17  
LTE2 KB/s

46%



## CALCULATE BMI

METRIC UNITS

US UNITS

WEIGHT (in pounds)

156

Feet

5

Inch

6

YOUR BMI

25.18

Overweight

Oops! You really need to take care of your yourself! Workout maybe!

CALCULATE



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GET READY FOR



UPCOMING EXERCISE:  
**Jumping Jacks**



## 7MinutesWorkout

**Are you sure?**

This will stop your workout. You've come this far, are you sure you want to quit?

**YES****NO****UPCOMING EXERCISE:****Jumping Jacks**

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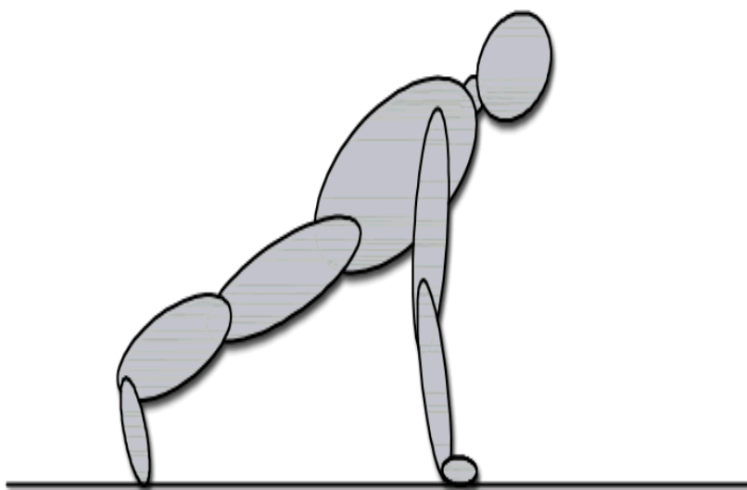
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Push Up

