

Workout Stats:

**Chaitanyaparanjpe:**

Running: 30 minutes, 300 calories

Weight Lifting: 45 minutes, 400 calories

Yoga: 60 minutes, 250 calories

Cycling: 40 minutes, 500 calories

Swimming: 30 minutes, 350 calories

Stretching: 20 minutes, 100 calories

Hiking: 90 minutes, 600 calories

Pilates: 50 minutes, 200 calories

Light Jogging: 30 minutes, 250 calories

**Praveen8399:**

Cycling: 45 minutes

Strength Training: 30 minutes (full body)

HIIT: 30 minutes

Core Workout: 20 minutes

Swimming: 45 minutes

Strength Training: 30 minutes (upper body)

Jogging: 30 minutes

Strength Training: 20 minutes (lower body)