

Workout Stats:

chaitanyaparanjpe:

****Running:**** 30 minutes, 5 km, 400 calories burned

****Strength Training:**** 90 minutes (Weight Lifting), 350 calories burned

****Yoga:**** 30 minutes, 200 calories burned

****Cycling:**** 60 minutes, 20 km, 600 calories burned

****Swimming:**** 30 minutes, 20 laps, 500 calories burned

****HIIT:**** 20 minutes, 300 calories burned

****Walking:**** 45 minutes, 4 km, 250 calories burned

lemontea0468:

****Running:**** 300 minutes, 50 km, 4000 calories burned

****Strength Training:**** 45 minutes (Weight Lifting), 350 calories burned

****Yoga:**** 30 minutes, 200 calories burned

****Cycling:**** 600 minutes, 200 km, 600 calories burned

****Swimming:**** 300 minutes, 200 laps, 500 calories burned