

## Workout Stats:

### User: 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

### User: praveen8399

- \*\*Cycling:\*\* 45 minutes
- \*\*Strength Training:\*\* 30 minutes
- \*\*Stretching/Foam Rolling:\*\* 15 minutes
- \*\*HIIT:\*\* 30 minutes
- \*\*Core Workout:\*\* 20 minutes
- \*\*Gentle Yoga/Stretching:\*\* 20 minutes
- \*\*Swimming/Aqua Aerobics:\*\* 45 minutes
- \*\*Upper Body Strength Training:\*\* 30 minutes