

Member Fitness Overview Dashboard

Average Calories Burned

905.42

Average of Workout Frequency

3.32

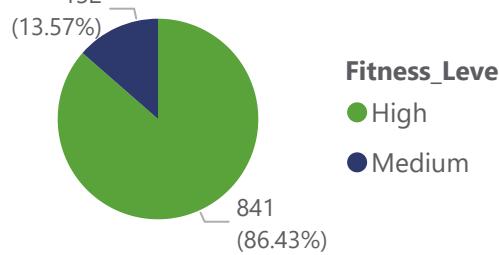
Average of Session Duration

75.39

Average BPM

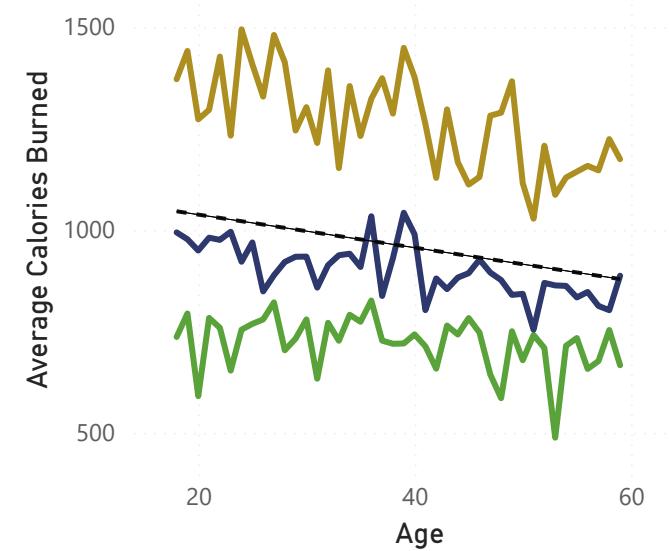
143.77

Fitness Level Distribution



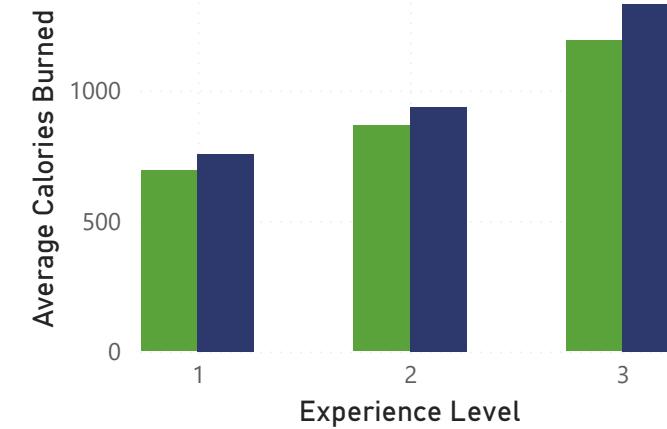
Average Calories Burned by Age and Experience Level

Experience... ● 1 ● 2 ● 3



Experience Level by Burned Calories

Gender ● Female ● Male



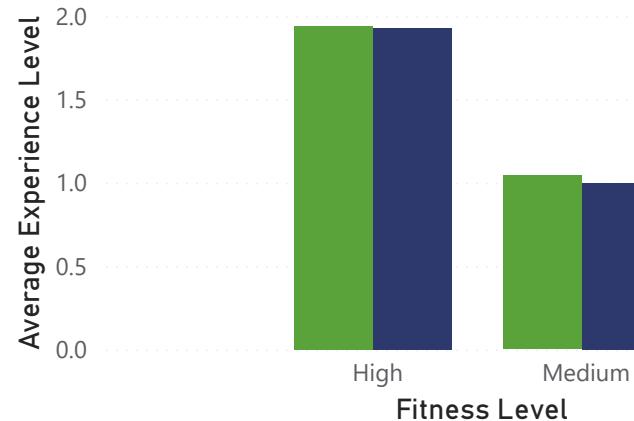
Gender, Workout_Type, Age...
^ □ Female
▼ □ Cardio
▼ □ HIIT
▼ □ Strength
▼ □ Yoga
^ □ Male
▼ □ Cardio
▼ □ HIIT
▼ □ Strength



Fitness Drivers Analysis

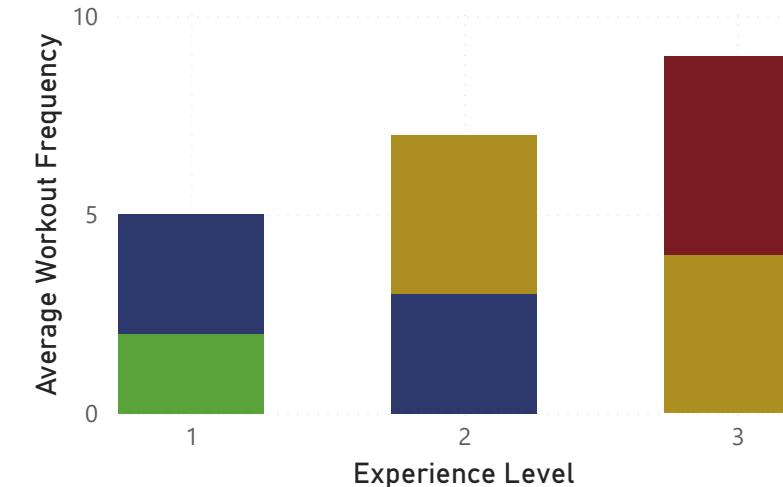
Experience Level by Fitness Level

Gender ● Female ● Male



Workout Frequency by Experience Level

Workout_Fre... ● 2 ● 3 ● 4 ● 5



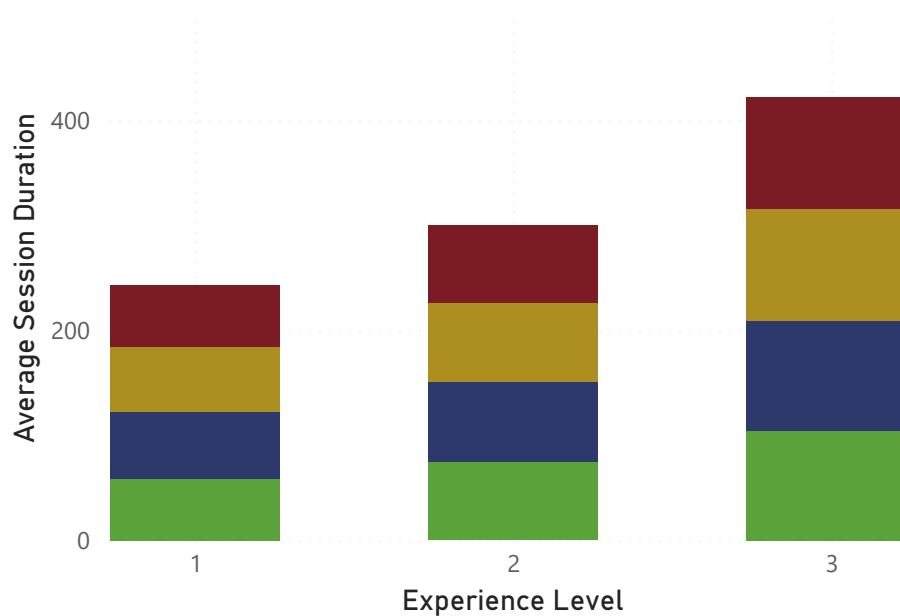
Fitness_Level, AgeGroup, Gender

✓ □ High

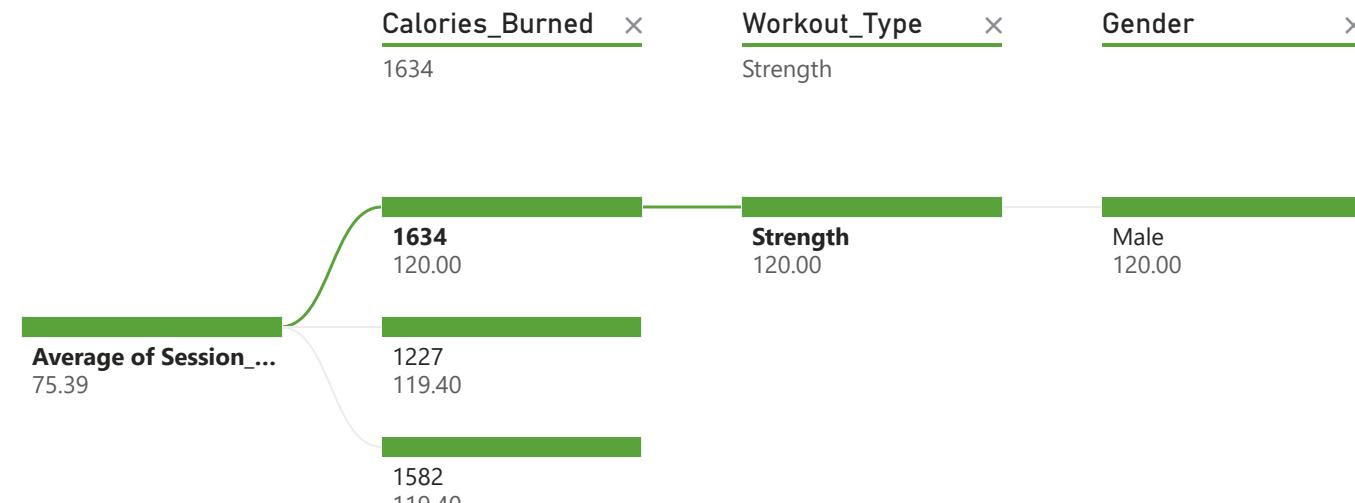
✓ □ Medium

Experience Level vs. Session Duration

Workout_Type ● Cardio ● HIIT ● Strength ● Yoga



Session Duration vs Burned Calories, Workout Type and Gender





Performance Segmentation

Maximum Calories Burned by Workout Type



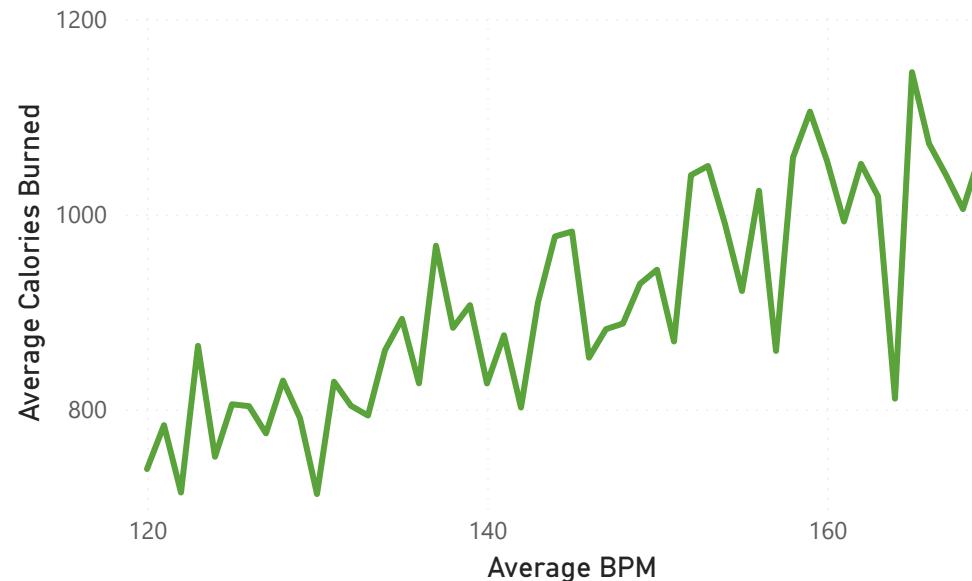
Experience Level vs Workout Type and Average Calories Burned

Experience_Level	Cardio	HIIT	Strength	Yoga
1	706.08	744.71	750.39	706.66
2	929.69	898.14	898.12	881.50
3	1221.82	1289.08	1288.67	1259.72

Gender, Workout Frequency, Water Intake

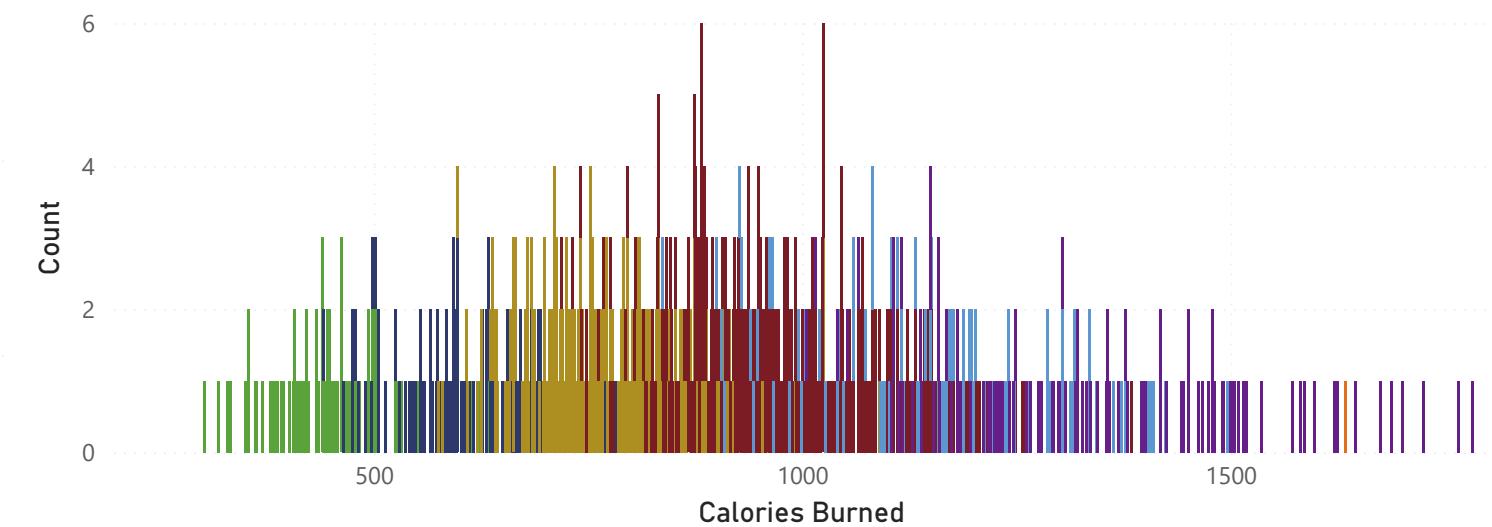
- ✓ Cardio
- ✓ HIIT
- ✓ Strength
- ✓ Yoga

Average Calories Burned by Average BPM



Distribution Calories Burned

Session Duration (minutes) ● 30 ● 45 ● 60 ● 75 ● 90 ● 105 ● 120

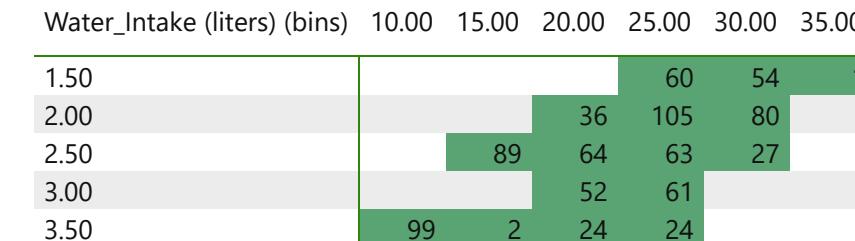


Health Metrics Correlation

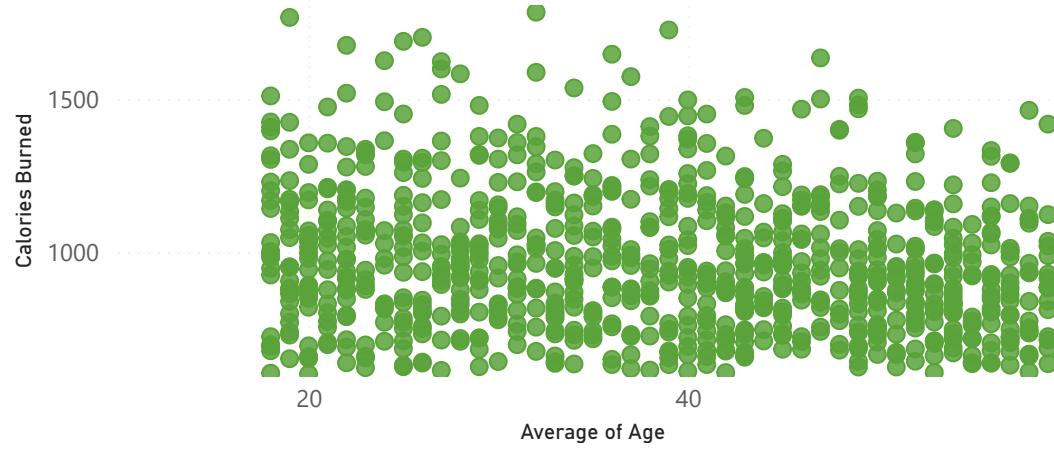
Average Calories Burned and Aver by Water_Intake (liters)



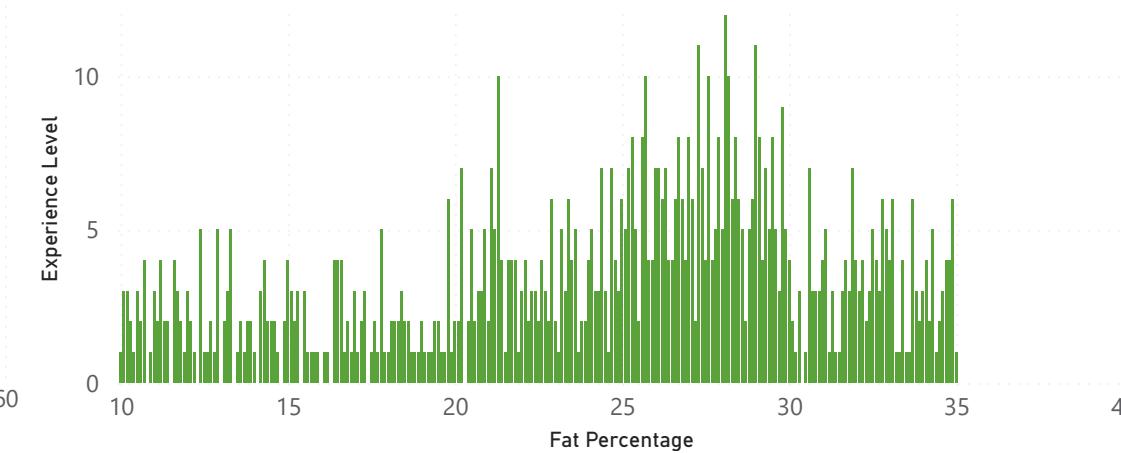
Water Intake vs. Fat Percentage



Age by Calories Burned



Experience Level by Fat_Percentage



Fitness_Level, Ge... ▼
▽ █ High
△ □ Medium
▽ □ Female
▽ □ Male