

Youtube: <https://youtu.be/0TaiXjrEeZg>

	Duration	Pulse	Maxpulse	Calories
0	60	110	130	409.1
1	60	117	145	479.0
2	60	103	135	340.0
3	45	109	175	282.4
4	45	117	148	406.0
..
164	60	105	140	290.8
165	60	110	145	300.0
166	60	115	145	310.2
167	75	120	150	320.4
168	75	125	150	330.4

[169 rows x 4 columns]				
	Duration	Pulse	Maxpulse	Calories
count	169.000000	169.000000	169.000000	164.000000
mean	63.846154	107.461538	134.047337	375.790244
std	42.299949	14.510259	16.450434	266.379919
min	15.000000	80.000000	100.000000	50.300000
25%	45.000000	100.000000	124.000000	250.925000
50%	60.000000	105.000000	131.000000	318.600000
75%	60.000000	111.000000	141.000000	387.600000
max	300.000000	159.000000	184.000000	1860.400000

	Duration			101	120.000000	60	180
	mean	min	max	102	57.500000	45	60
Pulse				103	53.333333	30	60
80	22.500000	15	30	104	52.500000	45	60
83	20.000000	20	20	105	70.000000	45	150
85	30.000000	30	30	106	50.833333	20	60
90	80.000000	30	180	107	67.500000	45	150
92	50.000000	30	60	108	113.571429	45	300
93	60.000000	30	90	109	62.777778	30	160
95	31.666667	20	45	110	66.428571	20	160
97	83.571429	45	150	111	57.500000	45	60
98	65.000000	60	90	112	45.000000	30	60
99	75.000000	60	90	113	45.000000	45	45
100	77.368421	45	270	114	56.250000	45	60
101	120.000000	60	180	115	50.000000	45	60
115	50.000000	45	60				
116	60.000000	60	60				
117	50.000000	45	60				
118	55.000000	45	60				
119	60.000000	60	60				
120	75.000000	75	75				
121	60.000000	60	60				
122	45.000000	45	45	137	210.000000	210	210
123	62.500000	45	80	141	20.000000	20	20
124	15.000000	15	15	149	45.000000	45	45
125	75.000000	75	75	150	25.000000	20	30
129	45.000000	45	45	151	25.000000	20	30
130	60.000000	60	60	152	25.000000	25	25
136	36.666667	20	60	153	20.000000	20	20
137	210.000000	210	210	159	30.000000	30	30

	Duration	Pulse	Maxpulse	Calories
51	80	123	146	643.1
62	160	109	135	853.0
65	180	90	130	800.4
66	150	105	135	873.4
67	150	107	130	816.0
72	90	100	127	700.0
73	150	97	127	953.2
75	90	98	125	563.2
78	120	100	130	500.4
90	180	101	127	600.1
99	90	93	124	604.1
103	90	90	100	500.4
106	180	90	120	800.3
108	90	90	120	500.3

	Duration	Pulse	Maxpulse	Calories
65	180	90	130	800.4
70	150	97	129	1115.0
73	150	97	127	953.2
75	90	98	125	563.2
99	90	93	124	604.1
103	90	90	100	500.4
106	180	90	120	800.3
108	90	90	120	500.3

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164	60	105	290
165	60	110	300
166	60	115	310
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168	75	125	330

[169 rows x 3 columns]



