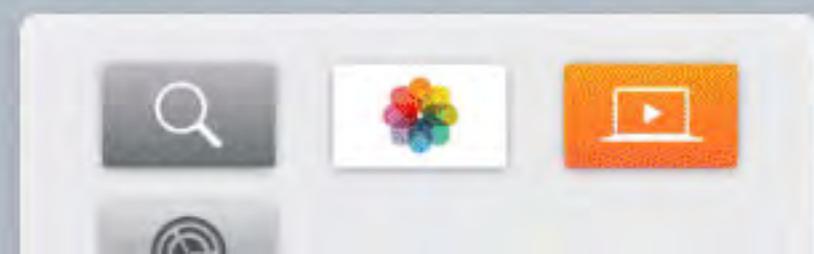
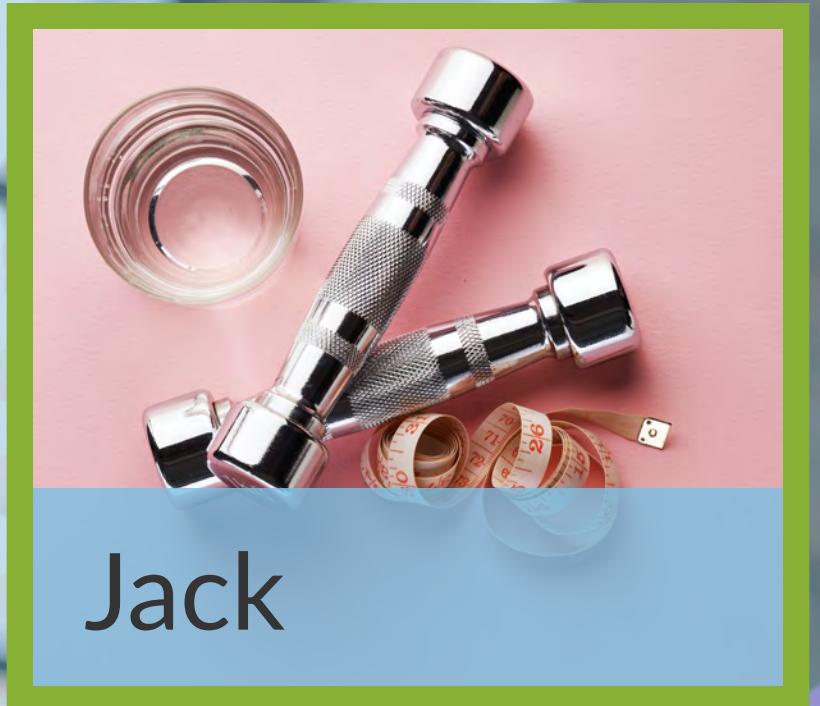


Daily Dozen



Welcome, Select Profile



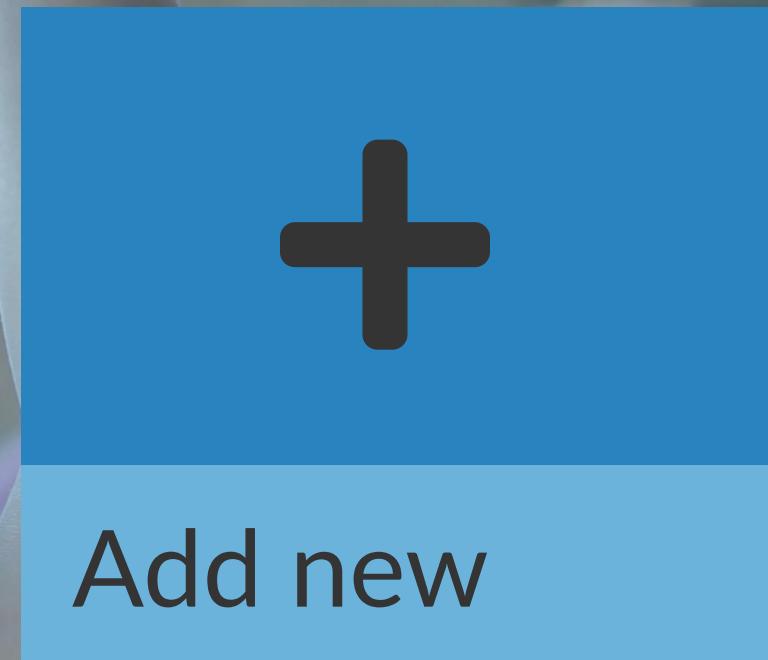
Jack



Randy



Elaine



Add new

A group of women are performing a plank exercise in a gym. In the foreground, a woman with long blonde hair, wearing a red tank top with the word "autyrobic" on it, is looking towards the camera. Behind her, other women are also in planks with one leg raised. The background shows large windows and brick walls.

Welcome back Jack!

Most Popular

Recent Workouts

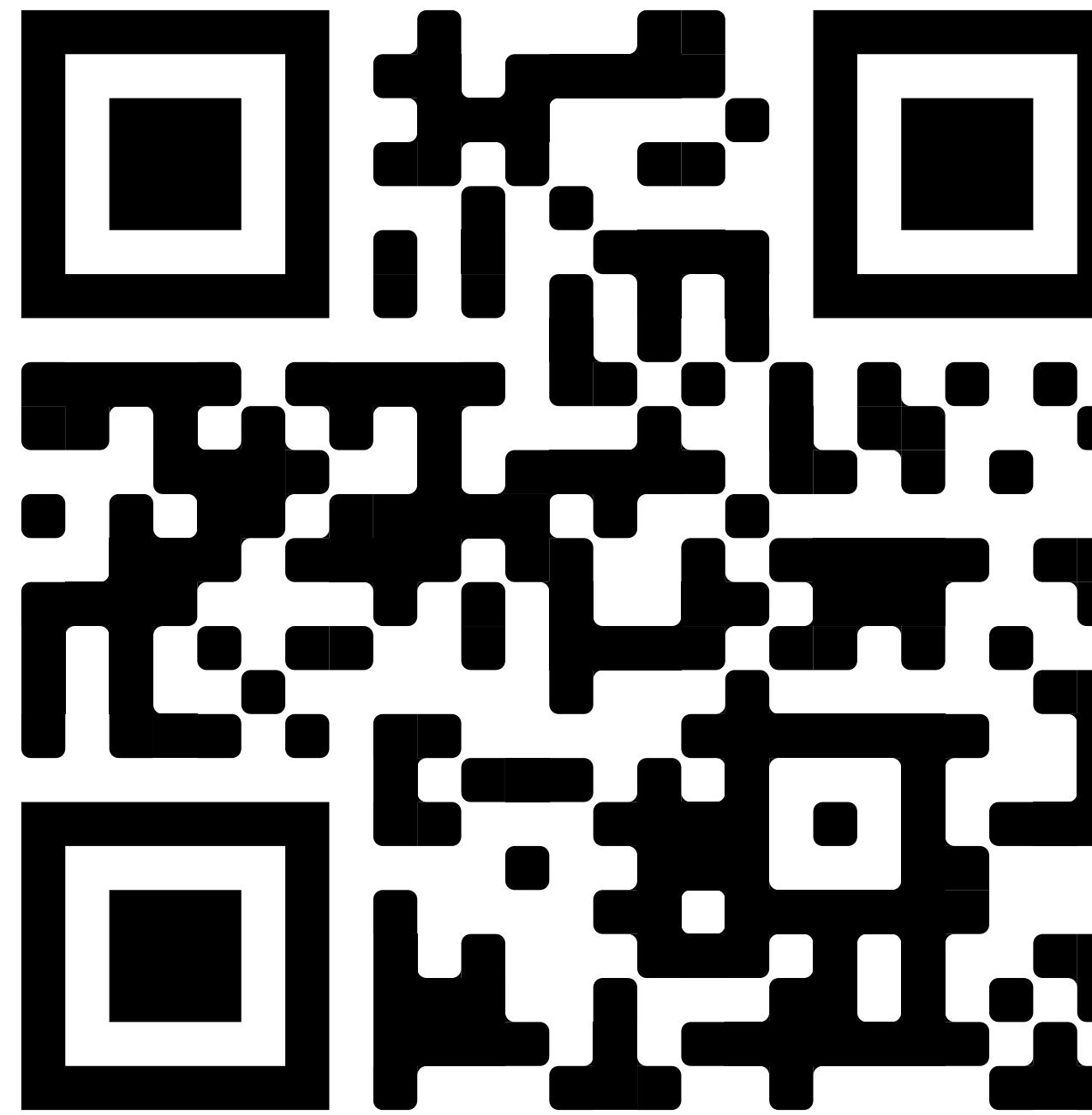
New Workouts

Most Popular workouts



Pilates 2

Before we begin pair your smartwatch.



1. Scan the QR Code with your phone
2. Follow instructions on Watch you can put remote control away
3. This screen will change automatically once workout starts on watch

Help

Skip



Cardio
172 bpm



Doing
good, lift
higher



-18:23



Max
181 bpm



Workout paused

Resume workout on your watch

“Success isn’t always about greatness. It’s about consistency. Consistent hard work gains success. Greatness will come.”

Missing
too many
moves



-15:05

Workout summary

Max
181 bpm

You have improved on this workout since the last time you tried it. However; you still have room for improvement. Try it again and make sure to move your arms more!

Final Score: 72%

Average Heart Rate: 173 bpm

Total workout time: 30 min

Time in cardio zone: 23 min

Calories burned: 423 calories

Retry workout

Home

Missing
too many
moves !

0:00

Create New Profile



Name

Age

21

Weight

180 lbs

Favorite Workouts

Running

Walking

Pilates

Yoga

Cycling

Weightlifting

Swimming

Impact sports

Fighting

Rowing

Save

Most Popular workouts



Back

← Steps

Day Week Month Year

March 29 - April 4, 2020

April 4

79 steps

10000
8000
6000
4000
2000
0

00:00
Sun Mon Tue Wed Thu Fri Sat

Total steps
3,715 steps

Avg steps
531 steps

0%
Running

100%
Walking

0%
Climbing

STAY
at HOME
ORDER





Max
181 bpm



Missing
too many
moves !

-15:05