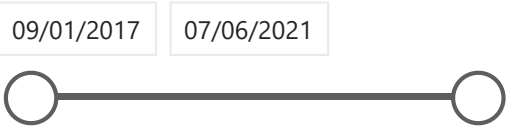
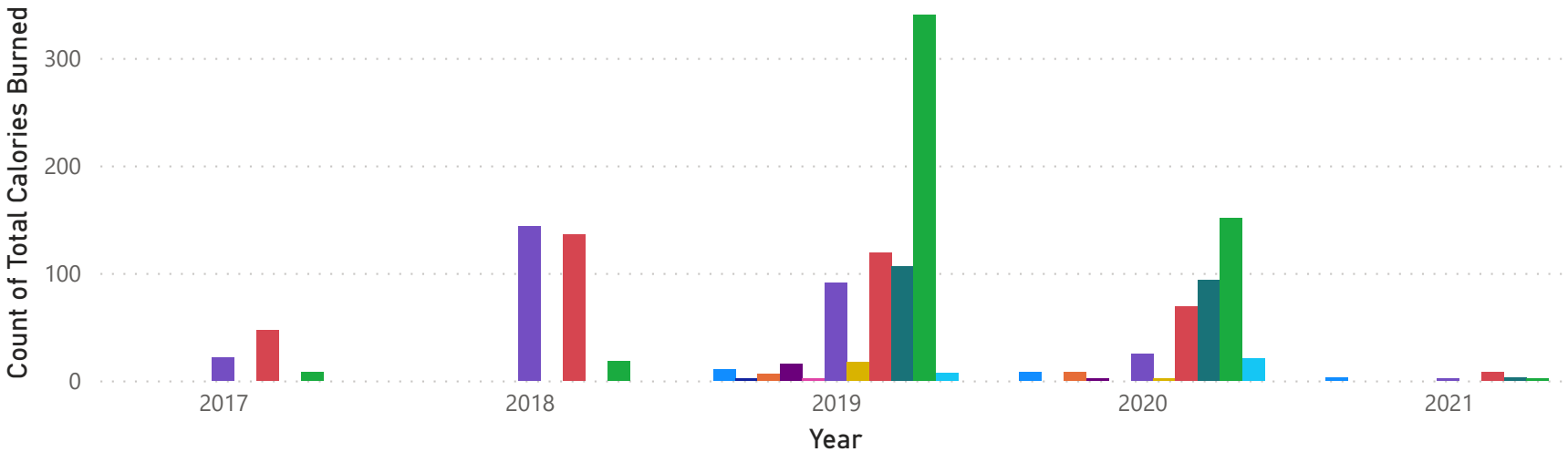


Count of Total Calories Burned by Year and Workout Type

Workout Type Core Cross Training Cycling Dance Golf HIIT Other Running Strength Walking Yoga



Total Calories Burned 313,290

Year	Total Calories Burned	Count of Workout Type
2017	19887	77
2018	80704	298
2019	137958	715
2020	70613	379
2021	4128	16
Total	313290	1485

Between 2017 and 2021, Yoga had the largest increase in Count of Total Calories Burned (200.00%) while Strength had the largest decrease (97.17%).

The most recent Count of Total Calories Burned anomaly was in 2019, when Walking had a high of 340.

Across Workout Type, Running had the most interesting recent trend with a 93.28% decrease in the last 3 years on record.

Count of Total Calories Burned for HIIT jumped from 22 to 144 during its steepest

Total Calories Burned by Workout Type

