



4:09

Profile



Alexa Johnson

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Total Workouts 156

Current Streak 12 days

Calories Burned 45230

Avg Duration 42 min

Profile Details

Age	28 years
Gender	Female
Weight	55.5 kg
Height	178.0 cm
Activity Level	Moderately Active

Fitness Goal: **Lose Weight**

4:21

Results

3240 Calories Burned This Week

12 Workouts This Week

5 Day Streak Keep it going!

Weekly Goal 85% Complete

Recent Workouts

Morning Run Today, 7:00 AM **Cardio**
⌚ 35 min 🔥 420 cal

Upper Body Strength Yesterday, 6:30 PM **Strength**
⌚ 45 min 🔥 380 cal

10:22

Programs

Recommended for you

For You

Suggested Cardio Workouts

Running Workout 30 minutes

Lower Body Workouts

Chest & Tri Blast 40 min

3:59

Running Workout

Lower Body Workouts

Squat Challenge 25 min

Upper Body Workouts

Chest & Tri Blast 40 min