

Age Range

Select all	21-25	31-35	41-45	51-55	61-65
16-20	26-30	36-40	46-50	56-60	66-70

Experienced

19.63%

Inexperienced

38.64%

Intermediate

41.73%

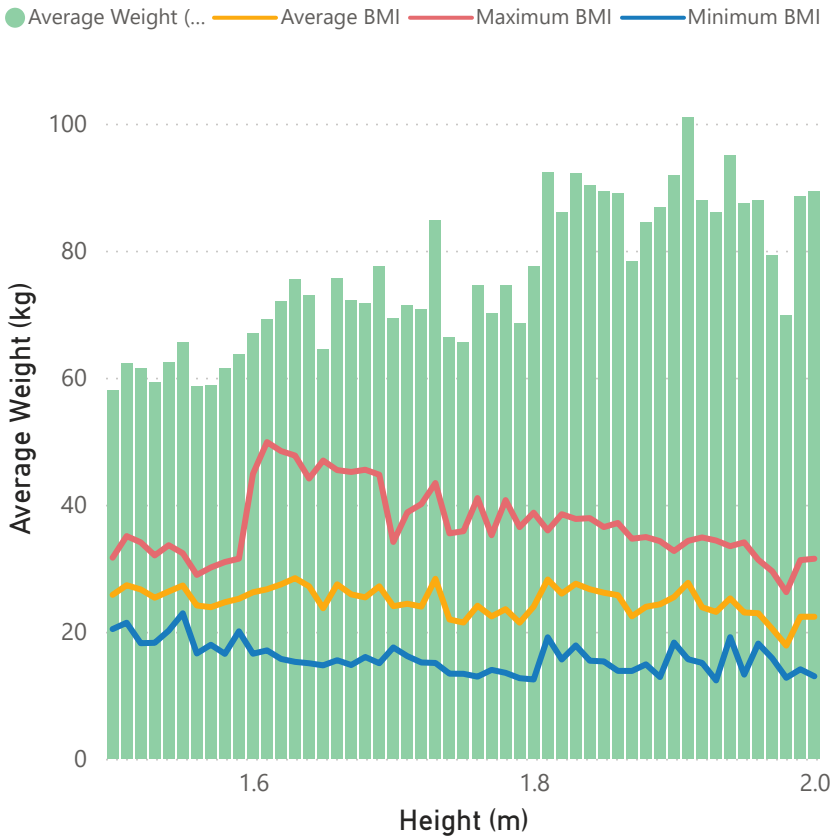
Female

47.48%

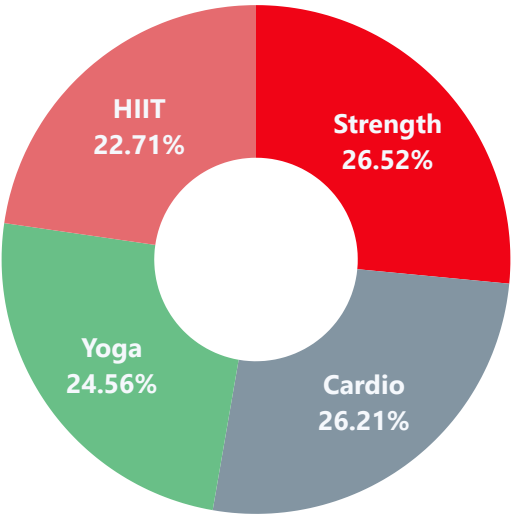
Male

52.52%

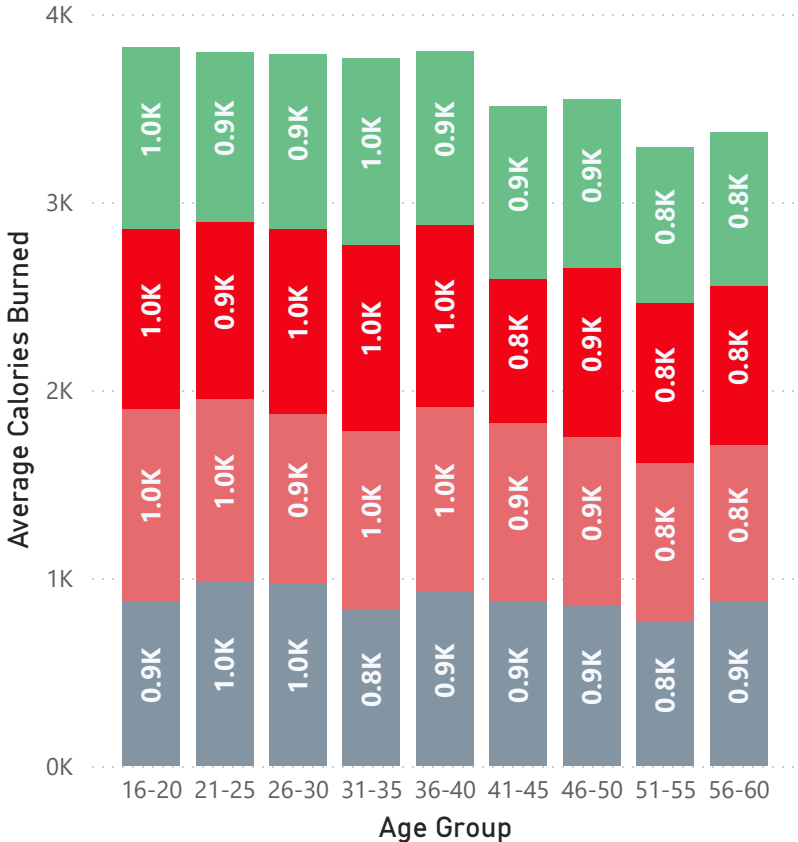
Average BMI/ Weight by Height



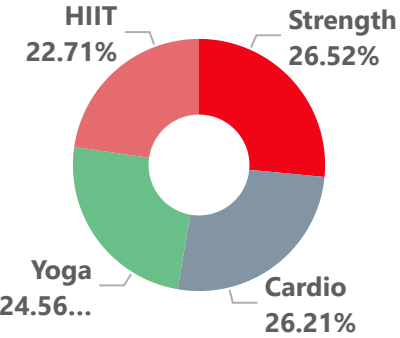
Workout Type Popularity



Average Calories burned by Age Range



Workout Type Popularity



2  
Workout Frequency (days/week)

726.38  
Average Calories Burned

Experienced

19.63%

Female

47.48%

3  
Workout Frequency (days/week)

821.44  
Average Calories Burned

Inexperienced

38.64%

Male

52.52%

4  
Workout Frequency (days/week)

997.64  
Average Calories Burned

Intermediate

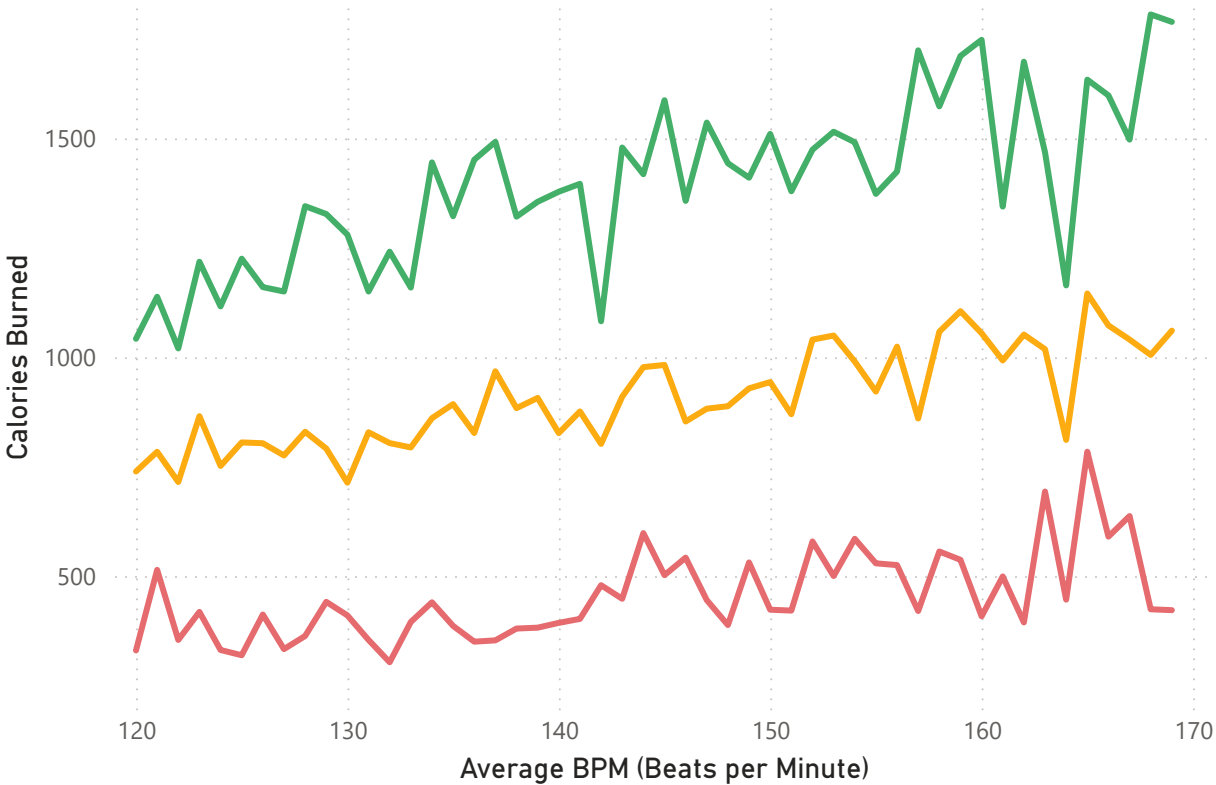
41.73%

5  
Workout Frequency (days/week)

1277.57  
Average Calories Burned

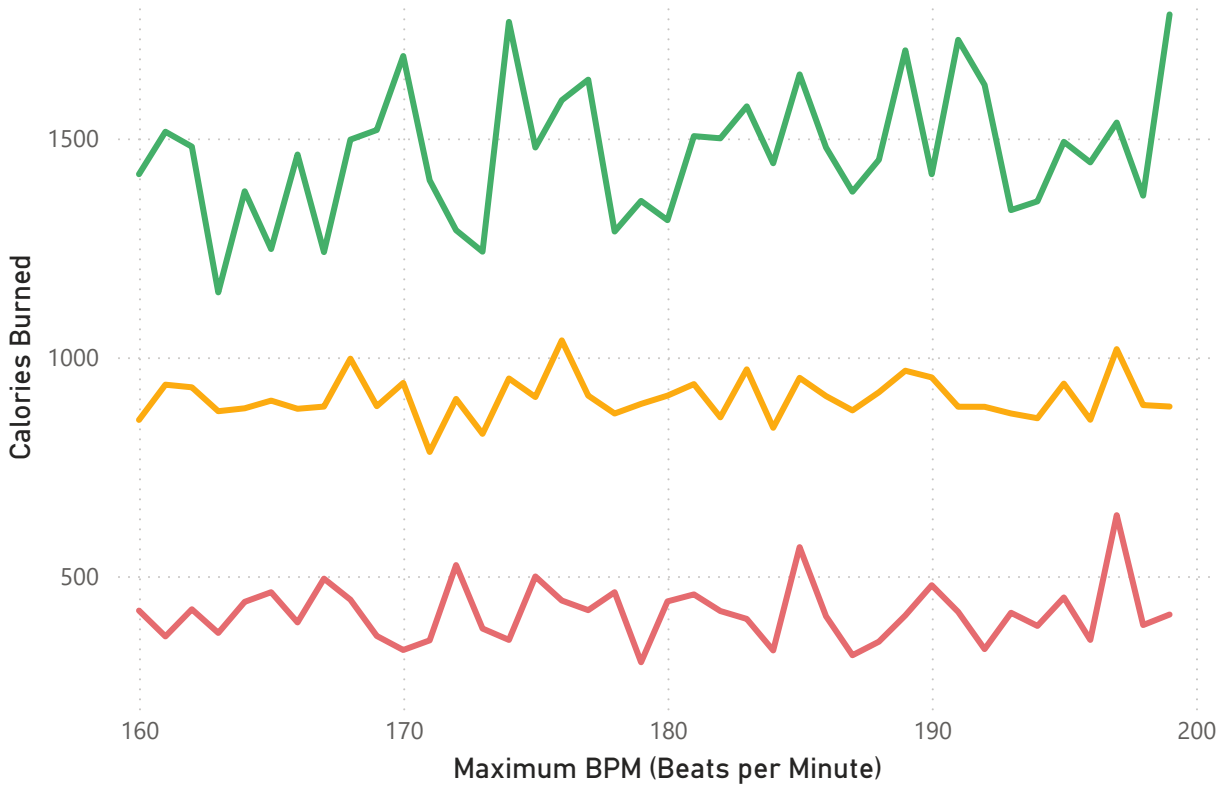
Calories Burned by Average BPM

Maximum Calories Burned Average Calories Burned Minimum Calories Burned



Calories Burned by Maximum BPM

Maximum Calories Burned Average Calories Burned Minimum Calories Burned



Intermediate				
366,179	901.92	406	41.73%	2.48
Total Calories Burned	Average Calories Burn...	Number of Participants	% of Participants	Average Water Intake (lit...
Inexperienced				
273,117	726.38	376	38.64%	2.53
Total Calories Burned	Average Calories Burn...	Number of Participants	% of Participants	Average Water Intake (lit...
Experienced				
241,680	1,265.34	191	19.63%	3.12
Total Calories Burned	Average Calories Burn...	Number of Participants	% of Participants	Average Water Intake (lit...
Cardio				
74.84	3.24	61.99	143.89	179.87
Average Weight (kg)	Average Workout Freq...	Average Resting BPM	Average BPM	Average Maximum BPM
HIIT				
74.63	3.35	62.69	143.52	180.11
Average Weight (kg)	Average Workout Freq...	Average Resting BPM	Average BPM	Average Maximum BPM
Strength				
72.19	3.36	62.47	144.31	179.03
Average Weight (kg)	Average Workout Freq...	Average Resting BPM	Average BPM	Average Maximum BPM
Yoga				
73.89	3.35	61.78	143.27	180.61
Average Weight (kg)	Average Workout Freq...	Average Resting BPM	Average BPM	Average Maximum BPM

Female

47.48%

Male

52.52%

Age Range

☐ Select all

☐ 16-20

☐ 21-25

☐ 26-30

☐ 31-35

☐ 36-40

☐ 41-45

☐ 46-50

☐ 51-55

☐ 56-60

☐ 61-65

☐ 66-70

