Weight Trainer

PROG01:CrunchTime
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The user can input how many minutes/reps of an activity they did and get results of how many calories they burned and the equivalent minutes/reps of other workouts instantly.

Decide what workout you want to do or how many calories you want to burn:

Weight Trainer

Select an exercise: Cycling ▼

Enter the number of minutes: _____

BURN CALORIES

Calories Burned: 0.0

Input the amount of a certain workout to get the equivalence in other workouts and the amount of calories burnt.

Weight Trainer

Select an exercise: Pushups ▼

Enter the number of reps: 22

BURN CALORIES

Calories Burned: 6.29

Here is what you have to do to burn 6.29 calories for other exercises:

Cycling: 0.75 minutes
Jogging: 0.75 minutes
Jumping Jacks: 0.63 minutes
Leg-Lifts: 1.57 minutes
Planks: 1.57 minutes
Pullups: 6.29 reps
Situps: 12.58 reps
Squats: 14.15 reps
Stair-Climbing: 0.94 minutes
Swimming: 0.82 minutes
Walking: 1.26 minutes

Enter how many reps or minutes you want to workout for and.....

Weight Trainer

Select an exercise: Cycling ▼

Enter the number of minutes: 22

BURN CALORIES

Calories Burned: 183.33

Here is what you have to do to burn 183.33 calories for other exercises:

Jogging: 22.0 minutes
Jumping Jacks: 18.33 minutes
Leg-Lifts: 45.83 minutes
Planks: 45.83 minutes
Pullups: 183.33 reps
Pushups: 641.66 reps
Situps: 366.66 reps
Squats: 412.49 reps
Stair-Climbing: 27.5 minutes
Swimming: 23.83 minutes
Walking: 36.67 minutes

... the results of the workout will appear after pressing Burn Calories.