

Total Calories Burned

1.86M

Avg Session Duration

1.39

Avg BPM

146.26

Avg Workouts/Week

3.33

Advanced	Beginner	Intermediate	Female	Male
Cardio	HIIT	Strength	Yoga	

Workout Session Insights Dashboard

This dashboard presents a detailed analysis of over **16,000 unique workout sessions** captured across various fitness routines. Each data point represents an individual workout performed by a simulated member. The data highlights trends in session duration, calorie expenditure, heart rate performance, and workout frequency — all segmented by workout type and experience level.

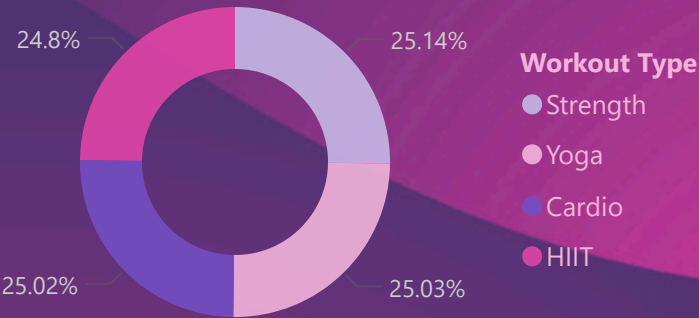
Key Highlights:

- 🔥 A total of **1.86 million calories** were burned across all sessions
- 🕒 Average session duration: **1.39 hours**
- ❤️ Average BPM during workouts: **146.3 BPM**
- 📅 Members exercised an average of **3.33 days per week**

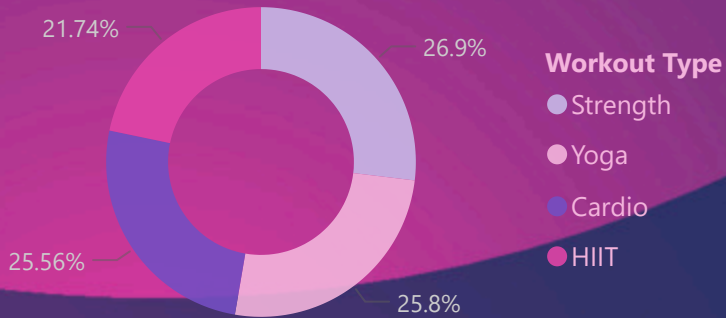
Use the filters below to explore patterns by workout type, experience level, and gender.

Go to Body Metrics Overview

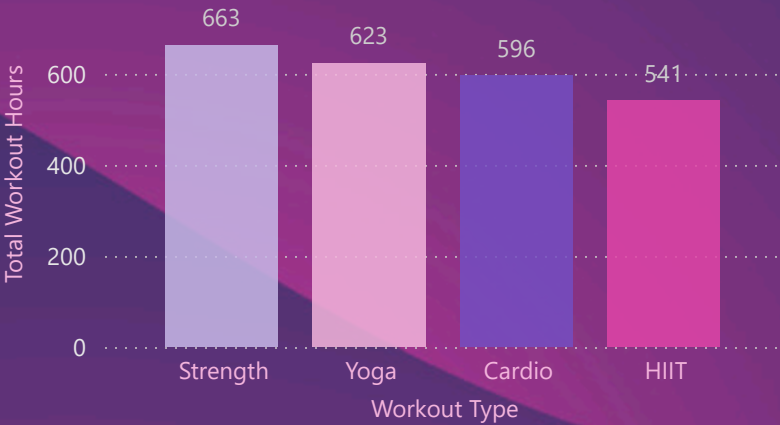
Avg BPM by Workout Type



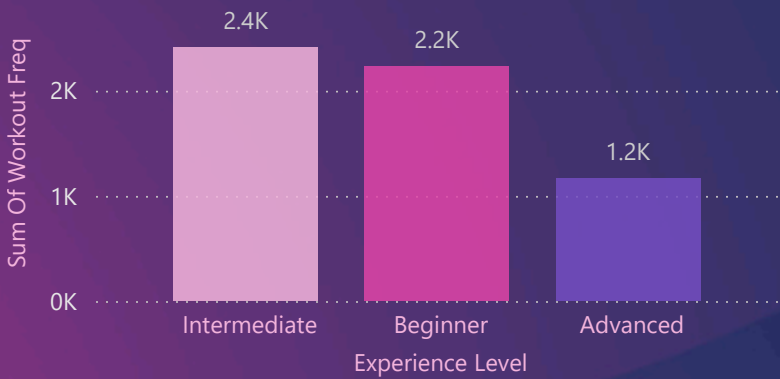
Calories by Workout Type



Total Workout Hours by Workout Type



Sum of Workout Frequency (days/week) by Experience Level



Avg Age

34.47

Avg Weight

67.58

Avg BMI

19.94

Avg Fat %

23.52

## Member Health Overview

Explore trends and distributions across key health metrics: BMI, fat percentage, body weight, and more.

### Key Highlights:

- The gender split is nearly even: **50.4% male, 49.6% female**
- The **average member age** is **34.5 years**, with most members in their **20s and early 30s**
- The **average body weight** is **67.6 kg**
- The **average BMI** is **19.9**, indicating a generally healthy population
- **51% of members** are classified as **underweight**, while **35% fall in the normal BMI range**
- Average body fat percentage across all members is **23.5%**

[← Back to Workout Overview](#)

Advanced

Beginner

Intermediate

Female

Male

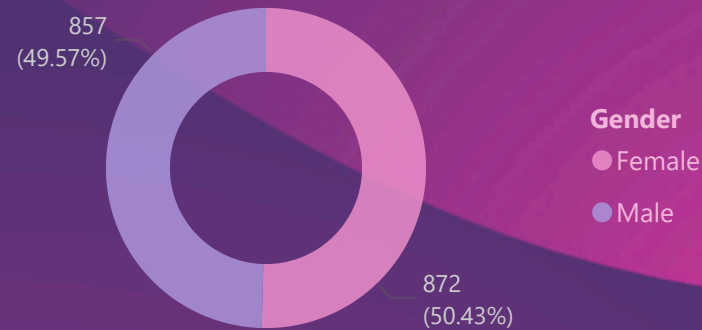
Normal

Obese

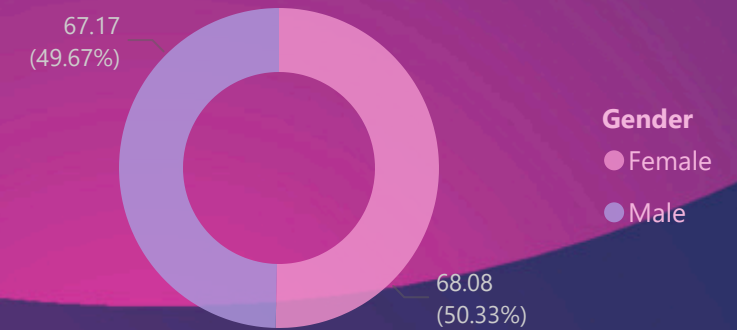
Overweight

Underweight

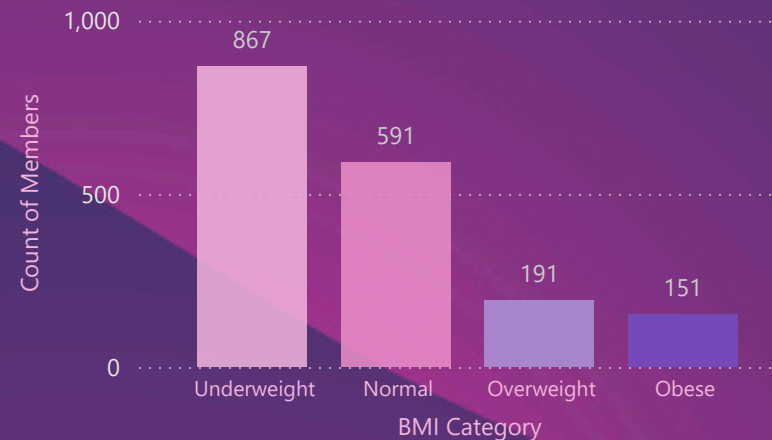
### Member gender distribution



### Genderbased weight comparison



### BMI category distribution



### Age demographic profile

