

# Problem 3730: Maximum Calories Burnt from Jumps

## Problem Information

Difficulty: Medium

Acceptance Rate: 0.00%

Paid Only: No

## Problem Description

You are given an integer array

heights

of size

n

, where

heights[i]

represents the height of the

i

th

block in an exercise routine.

You start on the ground (height 0) and

must

jump onto each block

exactly once

in any order.

The

calories burned

for a jump from a block of height

a

to a block of height

b

is

$(a - b)$

2

.

The

calories burned

for the first jump from the ground to the chosen first block

$\text{heights}[i]$

is

$(0 - \text{heights}[i])$

2

.

Return the  
maximum  
total calories you can burn by selecting an optimal jumping sequence.

Note:

Once you jump onto the first block, you cannot return to the ground.

Example 1:

Input:

heights = [1,7,9]

Output:

181

Explanation:

The optimal sequence is

[9, 1, 7]

.

Initial jump from the ground to

heights[2] = 9

:

(0 - 9)

2

= 81

.

Next jump to

heights[0] = 1

.

(9 - 1)

2

= 64

.

Final jump to

heights[1] = 7

.

(1 - 7)

2

= 36

.

Total calories burned =

81 + 64 + 36 = 181

.

Example 2:

Input:

heights = [5,2,4]

Output:

38

Explanation:

The optimal sequence is

[5, 2, 4]

.

Initial jump from the ground to

heights[0] = 5

:

(0 - 5)

2

= 25

.

Next jump to

heights[1] = 2

:

(5 - 2)

2

= 9

Final jump to

heights[2] = 4

:

(2 - 4)

2

= 4

:

Total calories burned =

$25 + 9 + 4 = 38$

:

Example 3:

Input:

heights = [3,3]

Output:

9

Explanation:

The optimal sequence is

[3, 3]

.

Initial jump from the ground to

heights[0] = 3

:

(0 - 3)

2

= 9

.

Next jump to

heights[1] = 3

:

(3 - 3)

2

= 0

.

Total calories burned =

9 + 0 = 9

Constraints:

$1 \leq n == \text{heights.length} \leq 10$

5

$1 \leq \text{heights}[i] \leq 10$

5

## Code Snippets

### C++:

```
class Solution {
public:
    long long maxCaloriesBurnt(vector<int>& heights) {
        }
};
```

### Java:

```
class Solution {
    public long maxCaloriesBurnt(int[] heights) {
        }
}
```

### Python3:

```
class Solution:
    def maxCaloriesBurnt(self, heights: List[int]) -> int:
```

### Python:

```
class Solution(object):
    def maxCaloriesBurnt(self, heights):
```

```
"""
:type heights: List[int]
:rtype: int
"""
```

### JavaScript:

```
/***
 * @param {number[]} heights
 * @return {number}
 */
var maxCaloriesBurnt = function(heights) {

};
```

### TypeScript:

```
function maxCaloriesBurnt(heights: number[]): number {
};

}
```

### C#:

```
public class Solution {
public long MaxCaloriesBurnt(int[] heights) {

}
}
```

### C:

```
long long maxCaloriesBurnt(int* heights, int heightssize) {
}
```

### Go:

```
func maxCaloriesBurnt(heights []int) int64 {
}
```

### Kotlin:

```
class Solution {  
    fun maxCaloriesBurnt(heights: IntArray): Long {  
        }  
    }  
}
```

### Swift:

```
class Solution {  
    func maxCaloriesBurnt(_ heights: [Int]) -> Int {  
        }  
    }  
}
```

### Rust:

```
impl Solution {  
    pub fn max_calories_burnt(heights: Vec<i32>) -> i64 {  
        }  
    }  
}
```

### Ruby:

```
# @param {Integer[]} heights  
# @return {Integer}  
def max_calories_burnt(heights)  
  
end
```

### PHP:

```
class Solution {  
  
    /**  
     * @param Integer[] $heights  
     * @return Integer  
     */  
    function maxCaloriesBurnt($heights) {  
  
    }  
}
```

**Dart:**

```
class Solution {  
    int maxCaloriesBurnt(List<int> heights) {  
  
    }  
}
```

**Scala:**

```
object Solution {  
    def maxCaloriesBurnt(heights: Array[Int]): Long = {  
  
    }  
}
```

**Elixir:**

```
defmodule Solution do  
    @spec max_calories_burnt(list :: [integer]) :: integer  
    def max_calories_burnt(list) do  
  
    end  
end
```

**Erlang:**

```
-spec max_calories_burnt([integer()]) -> integer().  
max_calories_burnt(Heights) ->  
.
```

**Racket:**

```
(define/contract (max-calories-burnt heights)  
  (-> (listof exact-integer?) exact-integer?)  
)
```

## Solutions

**C++ Solution:**

```

/*
 * Problem: Maximum Calories Burnt from Jumps
 * Difficulty: Medium
 * Tags: array, greedy, sort
 *
 * Approach: Use two pointers or sliding window technique
 * Time Complexity: O(n) or O(n log n)
 * Space Complexity: O(1) to O(n) depending on approach
 */

class Solution {
public:
    long long maxCaloriesBurnt(vector<int>& heights) {
        }

    };

```

### Java Solution:

```

/**
 * Problem: Maximum Calories Burnt from Jumps
 * Difficulty: Medium
 * Tags: array, greedy, sort
 *
 * Approach: Use two pointers or sliding window technique
 * Time Complexity: O(n) or O(n log n)
 * Space Complexity: O(1) to O(n) depending on approach
 */

class Solution {
public long maxCaloriesBurnt(int[] heights) {

    }
}

```

### Python3 Solution:

```

"""
Problem: Maximum Calories Burnt from Jumps
Difficulty: Medium
Tags: array, greedy, sort

```

```

Approach: Use two pointers or sliding window technique
Time Complexity: O(n) or O(n log n)
Space Complexity: O(1) to O(n) depending on approach
"""

class Solution:

def maxCaloriesBurnt(self, heights: List[int]) -> int:
# TODO: Implement optimized solution
pass

```

### Python Solution:

```

class Solution(object):
def maxCaloriesBurnt(self, heights):
"""
:type heights: List[int]
:rtype: int
"""

```

### JavaScript Solution:

```

/**
 * Problem: Maximum Calories Burnt from Jumps
 * Difficulty: Medium
 * Tags: array, greedy, sort
 *
 * Approach: Use two pointers or sliding window technique
 * Time Complexity: O(n) or O(n log n)
 * Space Complexity: O(1) to O(n) depending on approach
 */

/**
 * @param {number[]} heights
 * @return {number}
 */
var maxCaloriesBurnt = function(heights) {

};


```

### TypeScript Solution:

```

/**
 * Problem: Maximum Calories Burnt from Jumps
 * Difficulty: Medium
 * Tags: array, greedy, sort
 *
 * Approach: Use two pointers or sliding window technique
 * Time Complexity: O(n) or O(n log n)
 * Space Complexity: O(1) to O(n) depending on approach
 */

function maxCaloriesBurnt(heights: number[]): number {
}

```

### C# Solution:

```

/*
 * Problem: Maximum Calories Burnt from Jumps
 * Difficulty: Medium
 * Tags: array, greedy, sort
 *
 * Approach: Use two pointers or sliding window technique
 * Time Complexity: O(n) or O(n log n)
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 */

public class Solution {
    public long MaxCaloriesBurnt(int[] heights) {
}
}

```

### C Solution:

```

/*
 * Problem: Maximum Calories Burnt from Jumps
 * Difficulty: Medium
 * Tags: array, greedy, sort
 *
 * Approach: Use two pointers or sliding window technique
 * Time Complexity: O(n) or O(n log n)
 * Space Complexity: O(1) to O(n) depending on approach

```

```
*/  
  
long long maxCaloriesBurnt(int* heights, int heightssSize) {  
  
}  

```

### Go Solution:

```
// Problem: Maximum Calories Burnt from Jumps  
// Difficulty: Medium  
// Tags: array, greedy, sort  
//  
// Approach: Use two pointers or sliding window technique  
// Time Complexity: O(n) or O(n log n)  
// Space Complexity: O(1) to O(n) depending on approach  
  
func maxCaloriesBurnt(heights []int) int64 {  
  
}
```

### Kotlin Solution:

```
class Solution {  
    fun maxCaloriesBurnt(heights: IntArray): Long {  
  
    }  
}
```

### Swift Solution:

```
class Solution {  
    func maxCaloriesBurnt(_ heights: [Int]) -> Int {  
  
    }  
}
```

### Rust Solution:

```
// Problem: Maximum Calories Burnt from Jumps  
// Difficulty: Medium  
// Tags: array, greedy, sort
```

```

// 
// Approach: Use two pointers or sliding window technique
// Time Complexity: O(n) or O(n log n)
// Space Complexity: O(1) to O(n) depending on approach

impl Solution {
pub fn max_calories_burnt(heights: Vec<i32>) -> i64 {

}
}

```

### Ruby Solution:

```

# @param {Integer[]} heights
# @return {Integer}
def max_calories_burnt(heights)

end

```

### PHP Solution:

```

class Solution {

/**
 * @param Integer[] $heights
 * @return Integer
 */
function maxCaloriesBurnt($heights) {

}
}

```

### Dart Solution:

```

class Solution {
int maxCaloriesBurnt(List<int> heights) {

}
}

```

### Scala Solution:

```
object Solution {  
    def maxCaloriesBurnt(heights: Array[Int]): Long = {  
        }  
    }  
}
```

### Elixir Solution:

```
defmodule Solution do  
  @spec max_calories_burnt(heights :: [integer]) :: integer  
  def max_calories_burnt(heights) do  
  
  end  
end
```

### Erlang Solution:

```
-spec max_calories_burnt(Heights :: [integer()]) -> integer().  
max_calories_burnt(Heights) ->  
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### Racket Solution:

```
(define/contract (max-calories-burnt heights)  
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)
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