

# Problem 3730: Maximum Calories Burnt from Jumps

## Problem Information

**Difficulty:** Medium

**Acceptance Rate:** 75.30%

**Paid Only:** Yes

**Tags:** Array, Two Pointers, Greedy, Sorting

## Problem Description

You are given an integer array `heights` of size `n`, where `heights[i]` represents the height of the `ith` 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 `heights[i]` is `(0 - 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 <= n == heights.length <= 105` \* `1 <= heights[i] <= 105`

## 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:
```