



Gym Members Exercise Tracking

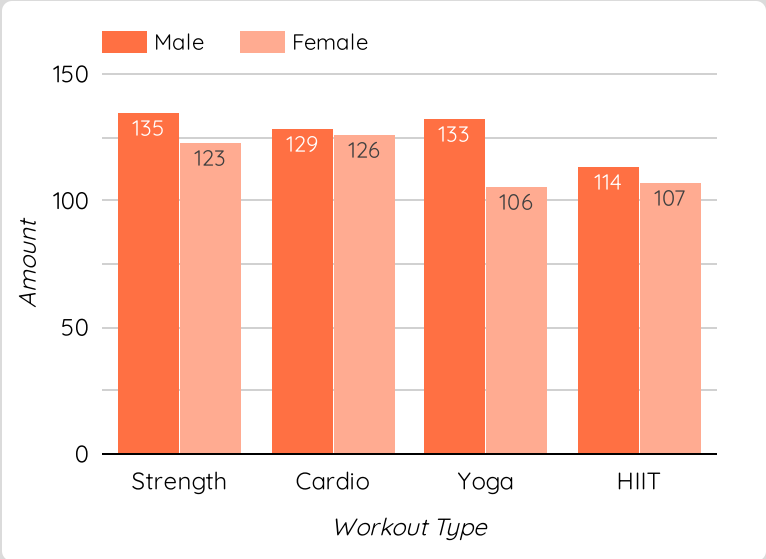
Age

1859

Gender

Workout Type

Amount by Workout Type and Gender



Total Exercise
973

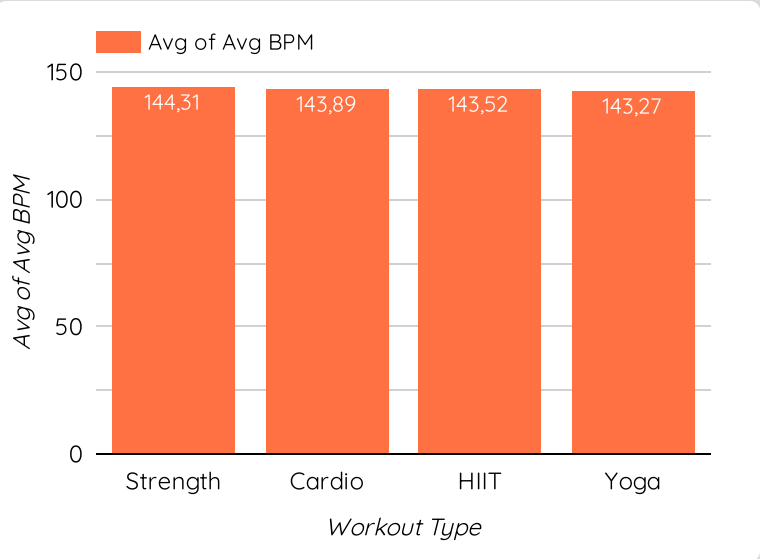
Male Gender
511

Female Gender
462

Avg Calories Burned by Age and Workout Type

Workout Type / Avg of Calories Burned				
Age	HIIT	Strength	Yoga	Cardio
18	1.304	864,71	1117,88	722,38
19	1.039,8	1.041,5	888,25	930
20	869,13	987,33	814,33	966,5
21	985,86	1.062,2	975,6	797
22	920,14	1.053,89	1.008,5	926,8
23	970,43	781	688,4	1.078,38
24	956,8	890,67	714,33	1.107
25	1.053	744,67	965	939,9
26	527,5	1.048,78	965,86	730,67

Avg BPM by Workout Type



Amount by BMI Class and Gender



Fat Percentage and Calories Burned by Workout Type

Workou...	Fat Percentage ② ▾	Calories Burned ① ▾
Strength	6.568,5	234.960
Cardio	6.476,4	225.551
Yoga	5.851,6	215.862
HIIT	5.405,9	204.603
Total kes...	24.302,4	880.976

Avg BPM and Avg Calories Burned by Age

