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At the Peak of Health



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Activity Goals

Calories 2,000 ▼

Score 100 ▼



About you

Name : Gaurav

Global rank : 1

[Edit profile picture](#)



Age : 20 yrs

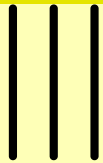
Height : 165 cm

Weight : 60 kg

Save edited profile

World leaderboard


| | | Pushup | | | | Squats | | | | More Exercise ▼ | Flnalized | | | |
|---|---|--------|----|---|---|--------|----|---|---|-----------------|-----------|----|---|---|
| <div><div></div><div><input type="text"/></div><div>Q</div></div> | | S | T | I | A | S | T | I | A | | S | T | I | A |
| 1. Gaurav |  | 12 | 13 | 8 | 8 | 12 | 13 | 8 | 8 | | 12 | 13 | 8 | 8 |
| 2. Shivam |  | 10 | 9 | 7 | 9 | 10 | 9 | 7 | 9 | | 10 | 9 | 7 | 9 |
| 3. Piyush |  | 9 | 8 | 6 | 9 | 9 | 8 | 6 | 9 | | 9 | 8 | 6 | 9 |



- Profile
- Leaderboard
- Exercise



Evening Pushup

 24 March, 19:53 - 19:54



3



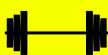
10

🕒 Active time 5m 15s



Count

10



Intensity

10 cal/s



Energy expended

60 cal



Accuracy

80 %



Move Minutes

5 min



Score

3

Squats



Start

INSTRUCTIONS

1. Lie on the floor with your hands slightly wider than your shoulders and your feet together.
2. Straighten your arms and legs and keep your body in a straight line from head to toe.
3. Lower your chest until it almost touches the floor, bending your elbows at a 90-degree angle.

