



## Analyzing Lean Metrics

### Estimated Average Flow Time

Stage	Estimated Time of Duration
1. Pre-Workout	30 min
2. Warm-Up	30 min
3. Main Workout	45 min
4. Cool Down	25 min
5. Post-Workout	60 min

**Estimated Cycle Time:** 190 min (3 hrs & 10 min)

### Optimizing Exercise Routine:

- **Eliminating Waste:** Considering this overall process takes about three hours, I definitely would be interested in cutting down where it's possible. For example, since I'm probably showered from the night before, I can eliminate showering before the gym and only shower after the workout, eliminating 10 min from the Pre-Workout stage. I could also sometimes eliminate the 'Drive to Gym' and 'Drive Home' mini-stages by investing in home workout gear and completing at home workouts.
- **Workflow Orchestration:** Thinking about it, I could probably move the 'Eat light snack' and 'Hydrate/Energize' tasks in the Pre-Workout stage to be completed within the 'Drive to Gym' task since the drive usually takes around 10-15 min depending on traffic. Going off this, I could also move the 'breathing exercises' task from the Cool Down stage to be completed on the 'Drive Home' task in the Post-Workout stage.
- **Governance Models:** I realize that my preferred gym has immense power over this entire routine of mine and therefor, I need to make sure I take full advantage of my membership. For example, there's often broken glass in the parking lot so I should bring this up to ensure they clean these messes up and have proper measures being placed to ensure the safety of gym goers' property. I should also see if any of my membership perks could help me out as well.

### Conclusion:

The exercise routine is somewhat extensive, but it makes sense because the results are the priority with the process and with the above recommendations, this process could be further streamlined to fit appropriate time limits for the day so that it allows time for other focuses and interests.