



| Date       | Time     | Calories | Avg HR | Avg Watts |
|------------|----------|----------|--------|-----------|
| 04/11/2014 | 00:15:00 | 116      | 140    | 129       |

| Equipment                      | Program               | Time (min:sec) | Calories | Avg HR | Avg Watts/ Elev | Peak Watts/ Elev | Peak HR | Peak RPM/ Speed | Distance/ Steps |
|--------------------------------|-----------------------|----------------|----------|--------|-----------------|------------------|---------|-----------------|-----------------|
| All Body Exerciser: PRO2 Sport | Manual (level)        | 3:00           | 27       | 123    | 141             | 191              | 190     | 67              | 0.909659382     |
| All Body Exerciser: PRO2 Sport | Constant Work (watts) | 1:00           | 7        | 139    | 129             | 132              | 145     | 78              | 0.290530396     |
| All Body Exerciser: PRO2 Sport | Random Hill (level)   | 3:00           | 19       | 132    | 99              | 191              | 142     | 78              | 0.779166916     |
| All Body Exerciser: PRO2 Sport | ISO Strength (RPM)    | 2:00           | 21       | 148    | 172             | 339              | 156     | 72              | 0.617613834     |
| All Body Exerciser: PRO2 Sport | Hill Profile (level)  | 1:00           | 7        | 147    | 136             | 318              | 153     | 80              | 0.287500092     |
| All Body Exerciser: PRO2 Sport | Constant Work (watts) | 2:00           | 15       | 150    | 126             | 153              | 154     | 85              | 0.578409276     |
| All Body Exerciser: PRO2 Sport | Manual (level)        | 3:00           | 20       | 142    | 106             | 151              | 148     | 65              | 0.811742684     |

| Date       | Time     | Calories | Avg HR | Avg Watts |
|------------|----------|----------|--------|-----------|
| 04/09/2014 | 00:15:00 | 104      | 130    | 116       |

| Equipment                      | Program               | Time (min:sec) | Calories | Avg HR | Avg Watts/ Elev | Peak Watts/ Elev | Peak HR | Peak RPM/ Speed | Distance/ Steps |
|--------------------------------|-----------------------|----------------|----------|--------|-----------------|------------------|---------|-----------------|-----------------|
| All Body Exerciser: PRO2 Sport | Manual (level)        | 3:00           | 22       | 116    | 117             | 178              | 128     | 66              | 0.847916938     |
| All Body Exerciser: PRO2 Sport | Constant Work (watts) | 1:00           | 7        | 129    | 128             | 145              | 131     | 82              | 0.28787888      |
| All Body Exerciser: PRO2 Sport | Random Hill (level)   | 3:00           | 16       | 120    | 83              | 127              | 138     | 75              | 0.726515384     |
| All Body Exerciser: PRO2 Sport | ISO Strength (RPM)    | 2:00           | 18       | 137    | 153             | 324              | 149     | 64              | 0.57859867      |
| All Body Exerciser: PRO2 Sport | Hill Profile (level)  | 1:00           | 6        | 135    | 111             | 185              | 145     | 72              | 0.268560692     |
| All Body Exerciser: PRO2 Sport | Constant Work (watts) | 2:00           | 14       | 138    | 115             | 149              | 142     | 82              | 0.556439572     |
| All Body Exerciser: PRO2 Sport | Manual (level)        | 3:00           | 21       | 135    | 108             | 139              | 139     | 61              | 0.816477534     |

Dashboard(1 Month)

