

9:41



MONDAY, JUN 5

Summary

Activity

Move
411/800CAL

Exercise
32/30MIN

Stand
5/12HRS

Steps
1,867



Distance
0.41MI

History

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Functional Strength Training
223CAL

Sunday

Trainer Tips



How to set up your feet for warrior 1 in yoga

with Fitness+ Trainer Jonelle

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Summary



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Iphone Latest Walking Workout Last 90 Days

**Poultney Bigelow,James Henry
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