

# PAEYBALL WARM-UP METRICS EXAMPLE

## 4 DIFFERENT GAMES PLAYED

### AVERAGE RESULTS



DURATION

00:10 min



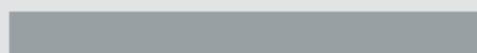
TIME IN HEART RATE ZONES



1:24 min Cardio



3:54 min Fat Burn

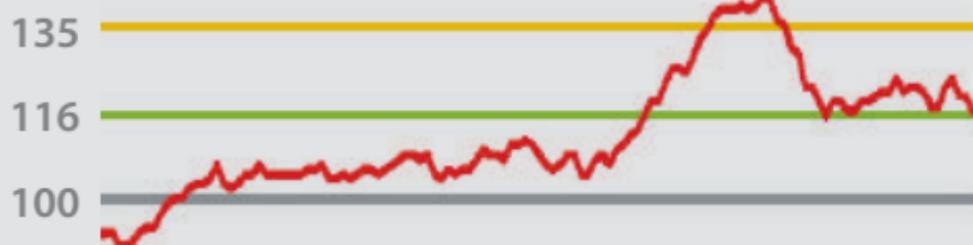


4:42 min Warm Up



AVERAGE HEART RATE

112 bpm



CALORIES BURNED

84 cals



FAT PERCENTAGE

34 %



AVERAGE CADENCE

75 steps/min



AVERAGE PACE

56 min/km