

# Workout Intensity Report

Generated: 2026-04-05 21:55 (Asia/Karachi)

Session log (0 entries):

| Date | Type | Duration | AvgHR | RPE | %HRmax | %HRR | TRIMP | Load | Calories | Zone |
|------|------|----------|-------|-----|--------|------|-------|------|----------|------|
|------|------|----------|-------|-----|--------|------|-------|------|----------|------|