

Table 2**Table 2.** Physical Activity Data from the Technogym MyWellness 6.0 mobile application

Characteristics	Experimental	Control	Effect Size	Inference	Inferences at Different Magnitudes Experiment vs. Control		
	Group (n=19)	Group (n=17)			Beneficial (%)	Trivial (%)	Harmful (%)
Total_Training _days	23.16 ±14.63	25.12 ±17.19	-0.06	0.71	28.9	13.7	57.4
Total_Kcal/kg/ wk	10.41 ±9.38	13.77±22. 83	-0.10	0.56	22.6	11.4	66.0
Total_Duration (min)	2067.16 ±2146.24	2018.77 ±3758.15	0.01	0.96	52.0	0.1	48.0
Total_Free _Time (min)	1536.90 ±1877.01	1229.71 ±2464.21	0.07	0.67	66.4	0.1	33.4
Total_Play _Time (min)	428.79 ±599.05	664.12 ±1269.73	-0.12	0.47	23.4	0.2	76.4
Total_Run _Time (min)	101.47 ±134.43	124.94 ±139.12	-0.09	0.61	29.7	1.5	68.7

Data are given as mean ± SD.