

Activity	15min	30min	45min	60min
Aerobics (High-Impact)	165	320	500	660
Aerobics (Low-Impact)	135	270	400	540
Basketball (Game-playing)	140	280	430	550
Baseball/Softball	92	159	240	317
Circuit Training(with weights)	185	320	455	580
Cycling (6mph)	75	130	190	240
Cycling (12mph)	100	200	300	410
Cycling (15mph)	150	320	480	600
Cross-Country Skiing	145	300	450	600
Dancing (Swing)	110	205	293	390
Dancing (Line)	65	138	195	258
Downhill Skiing	100	200	300	400
Elliptical Trainer	235	548	690	905
Football	140	280	390	530
Golf (Walking)	45	115	170	230
Golf (Carrying Clubs)	80	170	260	340
Handball	165	325	490	655
Hiking (Avg Incline)	105	190	280	360
Hockey	142	290	420	555
Horseback Riding (General)	65	130	195	260
Ice Skating (General)	110	225	340	445
In-line Skating	150	300	450	600
Jump Rope	170	290	460	620
Kayaking	75	150	225	300
Martial Arts	180	328	485	645
Racquetball	110	225	340	450
Rock Climbing (Ascending)	192	388	540	722
Rowing Machine	150	350	475	650
Running (10min mile pace)	180	360	540	730
Running (8min mile pace)	225	450	670	925
Skate Boarding	85	165	237	317
Ski Machine	125	280	425	575
Snow Shoeing (General)	140	290	405	535
Soccer	140	270	415	555
Surfing	48	97	146	195
Stair Climber	155	310	460	618
Swimming (freestyle)	130	250	380	510
Tennis (singles)	110	225	350	450
Ultimate Frisbee	55	105	174	222
Volleyball	48	90	144	190
Walking (flat, 17min mile pace)	65	130	200	275
Walking (hills, 17min mile pace)	90	180	260	380
Water Aerobics	70	140	210	280
Water Skiing	95	205	312	415
Weeding a Garden	90	160	230	320
Weight Training	130	270	385	510
Wrestling (5 min match)	115	180	290	387
Yoga	70	120	185	240