

Calories Burned During 30 Minutes of Exercise

Activity	Weight In Pounds				
	100	150	200	300	400
Aerobic Dancing	112	170	225	338	450
Archery	102	153	205	308	410
Baseball	102	153	205	308	410
Basketball	188	283	375	562	750
Bowling	82	123	163	245	326
Calisthenics	102	153	205	308	410
Cross Country Skiing – moderately hilly	270	405	540	810	1080
Cross Country Skiing – indoor machine (6 mph)	102	153	205	308	410
Cross Country Skiing – indoor machine (11 mph)	150	225	300	450	600
Cycling – outdoor (5.5 mph)	88	130	175	263	350
Cycling – outdoor (9.4 mph)	137	205	273	410	546
Cycling – outdoor (12 mph - 10 speed bike)	137	205	273	410	546
Cycling – stationary	150	225	300	450	600
Handball/Squash	289	435	578	867	1156
Hiking – 4 mph, 20 lb. pack	162	245	325	488	650
Horseback Riding	102	153	205	308	410
Ice Skating	106	175	213	320	426
Jumping Rope (100 jumps per min.)	255	383	510	765	1020
Racquetball	250	375	500	750	1000
Roller Skating/Blading	106	175	213	320	426
Running/Jogging – 12 min./mile (5 mph)	170	255	340	510	680
Rowing (sculling or machine)	182	423	565	848	1130
Running /Jogging - 6 min./mile(10 mph)	415	640	830	1245	1660
Running/Jogging – 8 min./mile (7.5 mph)	284	425	568	852	1136
Running/Jogging – 9 min./mile (6.5 mph)	262	395	525	788	1050
Running/Jogging – 10 min./mile (6 mph)	242	365	485	728	970
Running/Jogging – 11 min./mile (5.5 mph)	212	320	425	638	850
Running/Jogging – 12 min./mile (5 mph)	170	255	340	510	680
Scuba Diving	162	245	325	488	650
Snow Skiing – Downhill	136	205	273	410	546
Softball	102	153	205	308	410
Stair Climbing (moderate)	240	375	480	720	960
Stairmaster (machine)	270	405	540	810	1080
Step Aerobics – 120 steps per min.	250	375	500	750	1000
Swimming – 45 min./mile	175	263	350	525	700
Swimming – 60 min./mile	135	203	270	405	540
Tennis – Doubles	102	153	205	308	410
Tennis – Singles	150	223	300	450	600
Volleyball	75	113	150	225	300
Walking – 15 min/mile (4.5 mph)	148	220	286	429	572
Walking – 15 min/mile (4 mph)	138	208	275	413	550
Walking – 20 min./mile (3 mph)	102	153	205	308	410
Walking – 15 min/mile (2 mph)	80	120	156	234	312
Walk/Jog Combo – 13:30 min./mile (4.5 mph)	150	225	300	450	600
Weight Training/Lifting (Light) 1	112	180	225	338	450