

calorie expenditure chart for 60 minutes of training

body weight in lbs

exercise	154	176	198	220	243	265	287
Walk (light)	245	280	315	350	385	420	455
Walk (brisk) 4 mph	280	320	360	400	440	480	520
Slow jog 5 mph	560	640	720	800	880	960	1,040
Jog 6.2 mph	805	920	1,035	1,150	1,265	1,380	1,495
Swim laps	560	640	720	800	880	960	1,040
Cycle 10–12 mph	420	480	540	600	660	720	780
Cycle 12–13.5 mph	700	800	900	1,000	1,100	1,200	1,300
Cycle class (high intensity)	735	840	945	1,050	1,155	1,260	1,365
Group fitness class (high energy)	490	560	630	700	770	840	910
Weights (light)	210	240	270	300	330	360	390
Weights (heavy)	420	480	540	600	660	720	780