

**CALORIE BURN GUIDE -  
Mix it up and have some fun!**

	<b>15 min.</b>	<b>30 min.</b>	<b>45min.</b>	<b>60min.</b>
Aerobics (high-impact)	104	207	311	414
Aerobics (low-impact)	74	148	222	296
Ballet	89	177	266	354
Bicycling	118	236	354	476
Box Aerobics	113	265	398	530
Circuit Weight Training	118	236	354	472
Cross Country Skiing	150	300	450	600
Golf (carrying clubs)	81	162	243	324
In-line Skating	104	207	311	414
Jumping Rope (moderate)	148	295	443	590
Karate (Tae Kwon Do)	148	295	443	590
Kayaking	74	148	222	196
Mountain Biking	126	251	377	502
Racquetball	104	207	311	414
Rowing Machine	150	300	450	600
Ski Machine	140	280	320	560
Stair Climber	105	210	315	420
Stationary Bike (vigorous)	155	310	465	620
Step Aerobics	169	337	506	674
Swimming (crawl, 50yd/minute)	143	285	428	570
Tai Chi	59	118	177	236
Tennis (singles)	118	236	354	472
Versaclimber	161	322	483	644
Walking (12 minute mile)	113	225	413	550
Walking (15 minute mile flat)	88	175	263	350
Walking (20 minute mile flat)	63	125	188	250
Walking (20 minute mile flat, 4% incline)	100	200	300	400
Water Aerobics	59	118	177	236
Weight Lifting (vigorous)	89	177	266	354
Yoga	59	118	177	236