



# **UNIQUE PHYSIQUE**

**PERSONAL TRAINING & NUTRITION CONSULTING**

## **Calories/Hour/Pound Estimates for Various Exercises**

The information below is a summary of caloric expenditure estimates for a number of popular exercises. Keep in mind that these estimates can vary greatly from individual to individual. A person who is performing at a high level of fitness must do more work to burn the same number of calories as a person who is out of shape. Other factors that affect the actual intensity and calories burned are your client's metabolism, age, body composition, and proficiency in performing these various activities.

The exercise calorie expenditures listed in NutriBase are estimates of the calories each of your clients would burn while performing them. The estimates are based on the duration of the activity in minutes and body weight in pounds.

<b>Exercise</b>	<b>Calorie Expenditure (cal/hr/lb)</b>
Billiards	.9
Dancing (slow)	1.0
Ironing	1.0
Bowling	1.1
Croquet	1.2
Walking, 2 mph (30 min per mile)	1.2
Food shopping	1.2
Archery	1.3
Canoeing, 2.5 mph	1.4
Golfing (with a cart)	1.4
Rowing, leisurely	1.4
Volleyball (leisurely)	1.4
Raking	1.5
Vacuuming	1.5
Washing the car	1.5
Walking, 3 mph (20 min per mile)	1.6
Window cleaning	1.6
Mopping the floor	1.7
Ping Pong	1.8
Table Tennis	1.8
Gardening	1.8
Housework	1.8
Waxing the car	1.9

Golfing (walking, no cart)	2.0
Dancing (noncontact)	2.0
Walking, 4 mph (15 min per mile)	2.0
Weeding	2.0
Tennis (doubles)	2.1
Trimming hedges	2.1
Volleyball (game)	2.3
Aerobic Dancing (low impact)	2.3
Swimming, (25 yds per min)	2.4
Skating	2.4
Bicycling, 10 mph (6 min per mile)	2.5
Skiing (downhill)	2.5
Basketball (leisurely, nongame)	2.7
Canoeing, 4.0 mph	2.7
Mowing the lawn	2.7
Scrubbing the floor	2.7
Stair climbing	2.8
Aerobic step training, 4" step (beginner's)	2.9
Weight training, continuous (75 sec between sets)	2.9
Stair climber machine	3.0
Badminton	3.0
Tennis	3.0
Waterskiing	3.0
Aerobics, basic slide training	3.0
Hiking without a load	3.1
Aerobic Dancing	3.4
Rowing machine	3.6
Hiking with 10 lb. load	3.6
Jogging, 5 mph (12 min per mile)	3.7
Scuba diving	3.8
Soccer	3.9
Aerobics, low profile slide training	3.9
Snow shoveling	3.9
Hiking with 20 lb. load	4.0
Bicycling, 13 mph (4.6 min per mile)	4.0
Raquetball	4.1
Squash	4.1
Skipping rope	4.1
Aerobic step training, 8" step (advanced)	4.3
Basketball (game)	4.4
Skiing (cross country)	4.4
Swimming, (50 yds per min)	4.5
Handball	4.6
Jogging, 6 mph (10 min per mile)	4.6
Weight training, continuous (40 sec between sets)	5.1
Running, 7 mph (9 min per mile)	5.5

Running, 8 mph (7.5 min per mile)	6.0
Running, 9 mph (6.7 min per mile)	6.5
Running, 10 mph (6 min per mile)	6.9

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