

Calorie Burn Chart

Activity	125-pound person	155-pound person	185-pound person
Weight Lifting	90 - 108 - 126	108 - 130 - 151	126 - 151 - 176
Aerobics (low impact)	165 - 198 - 231	198 - 238 - 277	231 - 277 - 322
Running (6 mph)	495 - 594 - 693	594 - 713 - 832	693 - 832 - 970
Yoga	120 - 144 - 168	144 - 173 - 201	168 - 201 - 235
Cycling (14-15.9 mph)	300 - 360 - 420	360 - 432 - 504	420 - 504 - 588
Jumping Rope (Fast)	340 - 421 - 503	421 - 505 - 588	503 - 604 - 705
Swimming (general)	180 - 216 - 252	216 - 259 - 302	252 - 302 - 352
Dancing (ballroom)	90 - 108 - 125	108 - 130 - 151	125 - 151 - 176
Hiking (cross-country)	170 - 204 - 238	204 - 245 - 285	238 - 285 - 331
Tennis (general)	210 - 252 - 294	252 - 302 - 352	294 - 352 - 411
Basketball (game)	240 - 288 - 336	288 - 346 - 403	336 - 403 - 470
Running (10 mph)	453 - 562 - 671	562 - 674 - 786	671 - 805 - 940
Martial Arts (kickboxing)	300 - 360 - 420	360 - 432 - 504	420 - 504 - 588
Jumping Rope (Slow)	226 - 281 - 335	281 - 337 - 393	335 - 402 - 469
Swimming (laps)	300 - 360 - 420	360 - 432 - 504	420 - 504 - 588
Pilates	150 - 180 - 210	180 - 216 - 252	210 - 252 - 294
Spin Class	240 - 288 - 336	288 - 346 - 403	336 - 403 - 470
Zumba	210 - 252 - 294	252 - 302 - 352	294 - 352 - 411
CrossFit	330 - 396 - 462	396 - 475 - 554	462 - 554 - 646
Jogging (5 mph)	375 - 450 - 525	450 - 540 - 630	525 - 630 - 735

Health Assessment

Have you had any recent surgeries?

Yes

No

Are you currently engaged in any physical activity or exercise routines?

Yes

No

Do you have any underlying health conditions or medical concerns?

Yes

No

What are your primary fitness or health goals?