Calorie Burned Worksheet

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| Activity | Weight | Time | Calories Burned |
| Circuit Training | 230 | 7 min |  |
| Stair Machine | 105 | 30 min |  |
| Rowing Moderate | 130 | 45 min |  |
| Treadmill Run 7 mph | 155 | 20 min |  |
| Kick Boxing | 230 | 16 min |  |
| Jumping Rope, mod. | 105 | 10 min |  |
| Aerobic Step | 230 | 7 min |  |