

Module 2, Lesson 3 Tool:
Exercise & Calorie Burn

Exercise 30 Minutes	Calories Burned 125 Pounds	Calories Burned 150 Pounds	Calories Burned 175 Pounds
Barre	85	102	119
Pilates	71	85	99
Yoga	85	102	119
Zumba® Fitness	249	299	349
Jogging (5 MPH)	227	272	318
Peloton bike	227	272	318
SLT	170	204	238
Rumble Boxing	142	170	198
Pure Barre	142	170	198
Walking (3.5 MPH, brisk)	108	129	151
Swimming, freestyle	198	238	278
Stretching (Hatha yoga)	71	85	99
SoulCycle	227	272	318
Stationary bike	198	238	278
Aerobics	184	221	258
Basketball	85	102	119
CorePower Yoga	142	170	198
Crossfit	227	272	318

HIIT (High-intensity interval training)	156	187	218
Golfing	128	153	179
Cooking / Food prep	57	68	79
Dancing	128	153	179
Gardening	85	102	119