

RESEARCH REPORT

CALORIC EXPENDITURE COMPARISON

This chart shows the estimated number of calories burned while performing a variety of exercises for one hour. Calorie expenditure varies widely depending on the exercise, intensity level and individual. Freestyler research results on caloric expenditure are compared to a number of other sport activities.

Test research variables:

- ▶ 60 min workout on the **FREESTYLER™** with 130 bpm music tempo,
- ▶ sequenced complex exercises involving upper and lower body at the same time,
- ▶ elastic tubes from No.1 - No.7 were used for each weight category (40 - 50 kg strength No.1 ..., 100 - 115 kg strength No.7),
- ▶ 45 different exercise moves within choreography.

Activity (one-hour duration)	WEIGHT OF PERSON AND CALORIES BURNED							
	101 lbs. (46 kg)	112 lbs. (51 kg)	125 lbs. (57 kg)	143 lbs. (65 kg)	160 lbs. (73 kg)	200 lbs. (91 kg)	240 lbs. (109 kg)	kCal/min (for 73 kg)
FREESTYLER™	815	904	1010	1152	1294	1613	1932	22
Running, 8 mph	621	689	770	878	986	1229	1472	16
Stair treadmill	414	459	513	585	657	819	981	11
Basketball game	368	408	456	520	584	728	872	10
Football	368	408	456	520	584	728	872	10
Jogging, 5 mph	368	408	456	520	584	728	872	10
Aerobics, high impact	322	357	399	455	511	637	763	9
Swimming, laps	322	357	399	455	511	637	763	9
Hiking	276	306	342	390	438	546	654	7
Skiing, water	276	306	342	390	438	546	654	7
Aerobics, low impact	230	255	285	325	365	455	545	6
Golfing	207	230	257	293	329	410	491	5
Aerobics, water	184	204	228	260	292	364	436	5
Bicycling, < 10 mph	184	204	228	260	292	364	436	5
Dancing, ballroom	138	153	171	195	219	273	327	4
Weightlifting	138	153	171	195	219	273	327	4
Walking, 2 mph	115	128	143	163	183	228	273	3

FREESTYLER™ CALORIC EXPENDITURE (COMPARISON MAP - kCal/min for 73 kg person)

