**Workout Information Sheet**

These approximations are based on the assumption that the person does it the workout at a moderate rate, thus the calories burnt during the workout can vary based on intensity, weight and so on.

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| **Workout** | **Calories Per Rep/Min** |
| Push-ups | 1 |
| Bench Dips | 3 |
| Chin-ups | 1 |
| Squats | 14 |
| Lunges | 0.9 |
| Calf-Raises | 0.3 |
| Planks | 3.5/min |
| Sit-Ups | 0.3 |
| Leg Raises | 0.7 |
| Running | 15/min |
| Burpees | 13/min |
| Jumping Jacks | 9/min |