

Table 12.10

| Calories burned per minute | | | | |
|----------------------------|-------|-------|--------|--------|
| Weight | 8 mph | 9 mph | 10 mph | 11 mph |
| 120 lbs | 4.2 | 5.8 | 7.4 | 8.9 |
| 140 lbs | 5.1 | 6.7 | 8.3 | 9.9 |
| 160 lbs | 6.1 | 7.7 | 9.2 | 10.8 |
| 180 lbs | 7.0 | 8.6 | 10.2 | 11.7 |
| 200 lbs | 7.9 | 9.5 | 11.1 | 12.6 |

⁷From the August 28, 1994, issue of *Parade Magazine*.