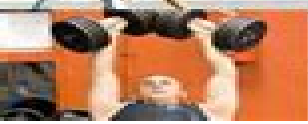




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Exercise & Calorie Guide

ACTIVITY		CALORIES BURNED IN 30 MINUTES							
		YOUR BODY WEIGHT							
		40kg	50kg	60kg	70kg	80kg	90kg	100kg	110kg
	AEROBICS LIGHT	115	147	173	195	220	246	271	294
	AEROBICS VIGOROUS	169	203	237	256	290	327	365	400
	CYCLING TRACK	180	216	252	288	324	360	396	432
	CYCLING TERRAIN	225	270	315	360	405	450	495	540
	CYCLING MACHINE SLOW	158	189	221	252	284	315	347	378
	CYCLING MACHINE FAST	236	284	331	378	425	473	520	567
	ROWING MACHINE SLOW	161	190	223	255	289	326	364	400
	ROWING MACHINE FAST	241	285	335	383	434	489	546	600
	RUNNING 12MIN/MILE	180	216	252	288	324	360	396	432
	RUNNING 10MIN/MILE	225	270	315	360	405	450	495	540
	RUNNING 8MIN/MILE	285	342	395	450	503	559	614	668
	JOGGING TERRAIN	119	142	163	187	210	233	256	279
	RUNNING TERRAIN	216	259	302	346	389	432	475	518
	SWIMMING LEISURELY	180	213	247	283	318	354	387	417
	SWIMMING FAST LAPS	218	263	305	349	393	446	480	528
	TENNIS SINGLES	182	216	252	288	324	360	396	432
	TENNIS DOUBLES	135	162	189	216	243	270	297	324
	WALKING LEISURELY	61	74	89	101	114	127	140	153
	WALKING 3MPH	91	108	129	143	160	180	196	213
	WEIGHTLIFTING CIRCUITS	180	216	252	288	324	360	396	432
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Guide To Burning Calories

SA Adler



Guide To Burning Calories:

The Enigmatic Realm of **Guide To Burning Calories**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Guide To Burning Calories** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of people who partake in its reading experience.

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