

300-400 calories per hour



600 calories per hour



Walking



600 calories per hour



Swimming

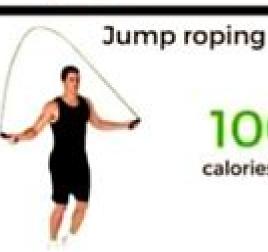
Running

600 calories per hour

Rowing



840 calories per hour



1000+ calories per hour

JR Anderson

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