

Activity	Pace	BPM
Walking		
Stroll Walking	3.0 to 3.2 MPH	115 to 118
Easy Fitness Walking	3.3 to 3.5 MPH	118 to 121
Moderate Fitness Walking	3.6 to 4.0 MPH	124 to 126
Fast Fitness Walking	4.0 to 4.3 MPH	130 to 138
Power Walking	4.3 to 4.5 MPH	137 to 139
Easy Jogging	5.2 to 6.0 MPH	147 to 150
Running	6.0 to 8.0 MPH	147 to 160
Cycling		
Moderate Cycling (upright, recumbent, outdoors)	60 to 70 RPM	139 to 145
Fast Cycling (upright, recumbent, outdoors)	75 to 80 RPM	147 to 150
Stairclimbers		124 to 128
Elliptical / Dual Action Machines		124 to 128
Yoga / Pilates		85 to 95