

Activity	Pace	ВРМ
Walking		
Stroll Walking Easy Fitness Walking Moderate Fitness Walking Fast Fitness Walking Power Walking	3.0 to 3.2 MPH 3.3 to 3.5 MPH 3.6 to 4.0 MPH 4.0 to 4.3 MPH 4.3 to 4.5 MPH	124 to 126 130 to 138
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) Fast Cycling	60 to 70 RPM	139 to 145
(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