BURN-A-THON

On November 7, 2009, Gold's Gyms across the world will open their doors to the community for the world's largest calorie burn-a-thon. The goal is to burn 180 million calories—the equivalent of 50,000 lbs of fat—in a single day to raise much-needed funds and awareness for one of the world's deadliest diseases: diabetes. Use the charts below to figure out how many calories you'll burn based on your weight and the exercise performed.

YOUR WEIGHT	Treadmill 3 mph (Walking)	Treadmill 4 mph (Brisk Walking)	Treadmill 5 mph (Jogging)	Treadmill 6 mph (Running)	Elliptical Trainer	Stationary Bike, Rowing Machine or Stair Climber (Moderate)	Stationary Bike, Rowing Machine or Stair Climber (Vigorous)	Circuit Training (General)
	CALORIES PER 10-MINUTE INTERVAL							
100 lbs.	33	39	64	76	86	53	86	61
125 lbs.	41	48	80	95	107	66	107	76
150 lbs.	49	58	96	114	130	79	129	91
175 lbs.	57	68	112	133	150	92	150	106
200 lbs.	66	78	128	152	172	106	172	121
225 lbs.	74	87	144	170	193	119	193	136
250 lbs.	82	97	160	190	215	132	215	152
275 lbs.	90	107	176	209	236	145	236	167
300 lbs.	99	117	192	228	258	159	258	182

Gold's Gym Group Exercise Class	Average Calories*
GROUP WEIGHT-TRAINING	530
GROUP AEROBICS	650
GROUP CYCLING	610
STEP CLASS	650
AEROBIC KICKBOXING	550
YOGA AND PILATES	400
HIP-HOP AND DANCE	480

*Calories burned are based on 175 pound weight.

Once you've finished your workout, tally your total calories burned in the box below and submit this worksheet to a Gold's Gym employee.

Exercise	Time	Calories Burned
DAILY TOTAL CALORIES BURNED		