

## Burn 100 calories in a Minute

**Jog in place for 1 minute**

**Run in place for one minute**

**March in place for 1 minute**

**Jumping Jacks**

## Burn the Equivalent Running Calories with the Following Exercises:

**Kettle bell swings (20 calories a minute)**

**Indoor rowing (12.5 calories a minute)**

**Burpees (14.3 calories a minute)**

**Jumping Rope (13 calories a minute)**

**Jump Squats (13.4 calories a minute)**

**Battle Ropes(10 calories a minute)**

<http://www.menshealth.com/fitness/10-exercises-burn-more-calories-running>

## Exercises and Calorie Expenditure Rate

**Walking 4.8 calories per minute (18 min mile pace)**

**Running 11.3 calories per minute (10 min mile pace)**

<http://www.runnersworld.com/peak-performance/running-v-walking-how-many-calories-will-you-burn>

**Leisure bike ride (4.7 calories per minute)**

**Swimming freestyle (8 calories per minute)**

**Tennis doubles (7 calories per minute)**

<http://www.nutristrategy.com/caloriesburned.htm>