

Exercises with Steps Conversions

(Alphabetical order)

Activities	Steps Per Minute	Activities	Steps Per Minute	Activities	Steps Per Minute	Activities	Steps Per Minute
Aerobic dancing class	127	Electronic sports, Wii/PS3	91	Mopping	60	Spinning	200
Aerobic fitness class	181	Elliptical trainer	203	Mowing lawn	120	Squash	348
Aerobics, low impact	125	Fencing	182	Painting (a room)	78	Stair climbing, down stairs	71
Aerobics, step	153	Firewood-carrying/chopping	60	Pilates	91	Stair climbing, machine	200
Backpacking	181	Fishing	91	Punching bag	180	Stair climbing, up stairs	181
Badminton, casual	131	Football	199	Racquetball, casual	181	Stretching	15
Badminton, competitive	203	Frisbee	91	Racquetball, competitive	254	Surfing	91
Ballet dancing	120	Gardening	80	Raking lawn/leaves	121	Swimming, backstroke	181
Baseball	130	Golf, carrying clubs	109	Rock climbing	244	Swimming, butterfly	272
Basketball, game	145	Golf, powered cart	80	Rollerblading	156	Swimming, freestyle	181
Basketball, recreational	130	Grocery shopping	67	Rowing	147	Swimming, leisure	174
Bicycling, easy pace	130	Gymnastics	121	Rowing machine	212	Swimming, treading water	116
Bicycling, moderate pace	170	Handball	348	Rugby	303	Table tennis	120
Bicycling, vigorous pace	200	Hiking	172	Running, 10 - minute mile	222	Tae Bo	250
Billiards/pool	76	Hiking, orienteering	232	Running, 12 - minute mile	178	Tae Kwon Do	290
Bowling	71	Hockey, field and ice	240	Running, 8 - minute mile	278	Tai Chi	40
Bowling on the Wii	61	Home/auto repair	91	Sailing, boat and board	91	Tennis	200
Boxing, competitive	222	Horseshoes	71	Scrubbing floors	71	Trampoline	90
Boxing, non-competitive	131	Housework, light	72	Scuba Diving	203	Vacuuming	94
Calisthenics	106	Ice skating, general	84	Shopping	70	Volleyball	91
Canoeing	91	Ice skating, moderate	122	Shoveling snow	145	Walking, average	84
Cheerleading	100	In-line skating	190	Skateboarding	102	Walking, stroll	61
Children's playground game	136	Jogging	181	Skiing, cross-country	114	Washing a car	71
Circuit training	199	Judo & Karate	236	Skiing, light/moderate	109	Water aerobics	116
Climbing, rock/mountain	270	Jumping rope, fast	300	Sledding	158	Water polo	303
Cooking	61	Jumping rope, moderate	250	Snowboarding	182	Water skiing	145
Croquet	76	Kayaking	152	Snowmobiling	106	Waxing a car	80
Dancing, class	109	Kickball	212	Snowshoeing	181	Weight lifting	67
Dancing, party	109	Kickboxing	290	Soccer, competitive	145	Wrestling	145
Dancing, salsa/country/swing	109	Lacrosse	242	Soccer, recreational	181	Yard work	89
Drill team	153	Miniature golf	91	Softball	152	Yoga	45