



Lee Haney's
Nutritional Support Systems
 Designed by 8 Time Mr. Olympia Lee Haney
 Trainer of Champions

Calorie Burning Chart

(Calories burned per hour for each activity)



Aerobic Class	500 Calories Per Hour
Bicycling	500 Calories Per Hour
Bowling	200 Calories Per Hour
Gardening	200 Calories Per Hour
Golfing	250 Calories Per Hour
Hand-ball	600 Calories Per Hour
Kick Boxing	600 Calories Per Hour
Rowing	550 Calories Per Hour
Running	560 Calories Per Hour
Skiing	500 Calories Per Hour
Stair Climbing	1,000 Calories Per Hour
Swimming	500 Calories Per Hour
Tennis	500 Calories Per Hour
Weight Training	500 Calories Per Hour
Walking	500 Calories Per Hour