

### What is a MET?

Anyone who has used a piece of cardio equipment has seen the MET button on the control panel and most of us wonder what it means. A MET is the Metabolic Equivalent Unit which expresses oxygen uptake/caloric expenditure relative to resting values. 1 MET's is equal to 1 calorie burned per Kg of body weight per hour (1 MET= 1cal X Kg bodyweight).

Kg to Pound conversion

Kg = Weight in Lbs x 0.45

**Weight and MET conversion chart**

Lbs	Kg	Calories burned per hour at							
		1 MET	2 METs	3 METs	4 METs	5 METs	6 METs	7 METs	8 METs
100	45	45	90	135	180	225	270	315	360
105	47.25	47.25	94.5	141.75	189	236.25	283.5	330.75	378
110	49.5	49.5	99	148.5	198	247.5	297	346.5	396
115	51.75	51.75	103.5	155.25	207	258.75	310.5	362.25	414
120	54	54	108	162	216	270	324	378	432
125	56.25	56.25	112.5	168.75	225	281.25	337.5	393.75	450
130	58.5	58.5	117	175.5	234	292.5	351	409.5	468
135	60.75	60.75	121.5	182.25	243	303.75	364.5	425.25	486
140	63	63	126	189	252	315	378	441	504
145	65.25	65.25	130.5	195.75	261	326.25	391.5	456.75	522
150	67.5	67.5	135	202.5	270	337.5	405	472.5	540
155	69.75	69.75	139.5	209.25	279	348.75	418.5	488.25	558
160	72	72	144	216	288	360	432	504	576
165	74.25	74.25	148.5	222.75	297	371.25	445.5	519.75	594
170	76.5	76.5	153	229.5	306	382.5	459	535.5	612
175	78.75	78.75	157.5	236.25	315	393.75	472.5	551.25	630
180	81	81	162	243	324	405	486	567	648
185	83.25	83.25	166.5	249.75	333	416.25	499.5	582.75	666
190	85.5	85.5	171	256.5	342	427.5	513	598.5	684
195	87.75	87.75	175.5	263.25	351	438.75	526.5	614.25	702
200	90	90	180	270	360	450	540	630	720
205	92.25	92.25	184.5	276.75	369	461.25	553.5	645.75	738
210	94.5	94.5	189	283.5	378	472.5	567	661.5	756
215	96.75	96.75	193.5	290.25	387	483.75	580.5	677.25	774
220	99	99	198	297	396	495	594	693	792
225	101.25	101.25	202.5	303.75	405	506.25	607.5	708.75	810
230	103.5	103.5	207	310.5	414	517.5	621	724.5	828
245	110.25	110.25	220.5	330.75	441	551.25	661.5	771.75	882
250	112.5	112.5	225	337.5	450	562.5	675	787.5	900
255	114.75	114.75	229.5	344.25	459	573.75	688.5	803.25	918