

## Calories burned per hour by various sports and activities

Activity, Exercise or Sport (1 hour)	Calories burned	Activity, Exercise or Sport (1 hour)	Calories burned
Cross country skiing, uphill	1348	Horse grooming, moderate	490
Cycling, >20 mph, racing	1308	Playing paddleball	490
Running, 9 mph (6.5 min mile)	1226	Softball, pitching	490
Running, stairs, up	1226	Tennis, doubles	490
Speed skating, ice, competitive	1226	Wrestling	490
Running, 8.6 mph (7 min mile)	1144	Carrying 16 to 24 lbs, upstairs	490
Cross country skiing, racing	1144	Hiking, cross country	490
Running, 8 mph (7.5 min mile)	1103	Walking 3.5 mph, uphill	490
Stationary cycling, very vigorous	1022	Skiing, water skiing	490
Running, 7.5mph (8 min mile)	1022	Swimming leisurely, not laps	490
Cycling, 16-19 mph, very fast, racing	981	Downhill snow skiing, moderate	490
Rowing machine, very vigorous	981	Shoveling snow by hand	490
Boxing, in ring	981	Stationary cycling, light	449
Handball	981	Health club exercise	449
Jai alai	981	Ballroom dancing, fast	449
Jumping rope, fast	981	Ice skating, < 9 mph	449
Roller blading, in-line skating	981	Mowing lawn, walk, power mower	449
Squash	981	Unicycling	409
Canoeing, rowing, vigorous	981	Aerobics, low impact	409
Crew, sculling, rowing, competition	981	Cricket (batting, bowling)	409
Running, 7 mph (8.5 min mile)	940	Skateboarding	409
Running, 6.7 mph (9 min mile)	899	Softball or baseball	409
Rock climbing, ascending rock	899	Carrying infant, upstairs	409
Swimming butterfly	899	Walk/run, playing with children, vigorous	409
Stationary cycling, vigorous	858	Children's games, hopscotch, dodgeball	409
Cycling, 14-15.9 mph, vigorous	817	Walking using crutches	409
Running, 6 mph (10 min mile)	817	Walking 4.0 mph, very brisk	409
Running, on a track, team practice	817	Kayaking	409
Track and field (hurdles)	817	Sailing, competition	409
Martial arts, judo, karate, jujitsu	817	Snorkeling	409
Martial arts, kick boxing	817	Whitewater rafting, kayaking, canoeing	409
Martial arts, tae kwan do	817	Snow skiing, downhill skiing, light	409
Krav maga training	817	Cleaning gutters	409
Paddleball, competitive	817	Ballet, twist, jazz, tap	368
Racquetball, competitive	817	Badminton	368
Jumping rope, moderate	817	Basketball, shooting baskets	368
Rugby	817	Golf, general	368
Soccer, competitive	817	Golf, walking and carrying clubs	368
Swimming laps, freestyle, fast	817	Painting	368
Swimming, treading water, fast, vigorous	817	Weeding, cultivating garden	368
Water polo	817	Golf, walking and pulling clubs	351
Stair machine	735	Raking lawn	351

## Calories burned per hour by various sports and activities

Running, 5.2 mph (11.5 minute mile)	735	Cycling, <10 mph, leisure bicycling	327
Running, cross country	735	Stretching, hatha yoga	327
Boxing, sparring	735	Water aerobics	327
Football, competitive	735	Track and field (shot, discus)	327
Orienteering	735	Coaching: football, basketball, soccer...	327
Climbing hills, carrying over 42 lb	735	Curling	327
Ice skating, rapidly	735	Gymnastics	327
Cross country skiing, vigorous	735	Hacky sack	327
Cycling, mountain bike, bmx	695	Riding a horse, general	327
Rowing machine, vigorous	695	Juggling	327
Aerobics, step aerobics	695	Softball, officiating	327
Cycling, 12-13.9 mph, moderate	654	Table tennis, ping pong	327
Calisthenics, vigorous, pushups, situps...	654	Tai chi	327
Circuit training, minimal rest	654	Walk/run, playing with children, moderat	327
Running, 5 mph (12 minute mile)	654	Pushing a wheelchair	327
Running, general	654	Canoeing, camping trip	327
Basketball game, competitive	654	Paddle boat	327
Running, training, pushing wheelchair	654	Swimming, treading water, moderate	327
Football, touch, flag, general	654	Water aerobics, water calisthenics	327
Frisbee, ultimate frisbee	654	Walk / run, playing with animals	327
Handball, team	654	Gardening, general	327
Hockey, field hockey	654	Bagging grass, leaves	327
Hockey, ice hockey	654	Walking, pushing a wheelchair	327
Horse racing, galloping	654	Teach physical education, exercise class	327
Lacrosse	654	Walking 3.5 mph, brisk pace	311
Polo	654	Calisthenics, light	286
Rock climbing, rappelling	654	Rowing machine, light	286
Jumping rope, slow	654	Archery	286
Tennis, singles	654	Golf, using power cart	286
Volleyball, competitive	654	Horesback riding, saddling horse	286
Volleyball, beach	654	Horseback riding, grooming horse	286
Carrying 25 to 49 lbs, upstairs	654	Trampoline	286
Climbing hills, carrying 21 to 42 lb	654	Carrying infant, level ground	286
Rock climbing, mountain climbing	654	Snowmobiling	286
Walking 5.0 mph	654	General housework	286
Swimming sidestroke	654	Bathing dog	286
Swimming synchronized	654	Walking, snow blower	286
Water jogging	654	Carpentry, general	286
Cross country skiing, moderate	654	General cleaning	286
Downhill snow skiing, racing	654	Walking 3.0 mph, moderate	270
Snow shoeing	654	Stationary cycling, very light	245
Carrying heavy loads	654	Weight lifting, light workout	245
Carrying moderate loads upstairs	654	Ballroom dancing, slow	245

## Calories burned per hour by various sports and activities

Climbing hills, carrying 10 to 20 lb	613	Bowling	245
Stationary cycling, moderate	572	Frisbee playing, general	245
Rowing machine, moderate	572	Golf, driving range	245
Ski machine	572	Golf, miniature golf	245
Aerobics, high impact	572	Horseshoe pitching	245
Basketball, officiating	572	Shuffleboard, lawn bowling	245
Kickball	572	Sky diving	245
Playing racquetball	572	Playing volleyball	245
Roller skating	572	Carrying small children	245
Playing soccer	572	Loading, unloading car	245
Playing tennis	572	Walking downstairs	245
Wallyball	572	Walking the dog	245
Backpacking, Hiking with pack	572	Walking 2.5 mph	245
Climbing hills, carrying up to 9 lbs	572	Canoeing, rowing, light	245
Canoeing, rowing, moderate	572	Windsurfing, sailing	245
Ski mobiling	572	Sailing, yachting, ocean sailing	245
Skin diving, scuba diving	572	Surfing, body surfing or board surfing	245
Swimming laps, freestyle, slow	572	Water volleyball	245
Swimming backstroke	572	Diving, springboard or platform	245
Ice skating, average speed	572	Riding, snow blower	245
Cross country snow skiing, slow	572	Taking out trash	245
Sledding, tobogganing, luge	572	Standing, playing with children, light	229
Aerobics, general	531	Mild stretching	204
Basketball, wheelchair	531	Billiards	204
Horseback riding, trotting	531	Croquet	204
Marching, rapidly, military	531	Darts (wall or lawn)	204
Race walking	531	Football or baseball, playing catch	204
Teach exercise classes (& participate)	531	Horseback riding, walking	204
Walking 4.5 mph	515	Bird watching	204
Cycling, 10-11.9 mph, light	490	Pushing stroller or walking with children	204
Weight lifting, body building, vigorous	490	Walking 2.0 mph, slow	204
Jazzercise	490	Boating, power, speed boat	204
Instructing aerobic class	490	Sit, playing with animals	204
Track and field (high jump, pole vault)	490	Mowing lawn, riding mower	204
Playing basketball, non game	490	Cleaning, dusting	204
Boxing, punching bag	490	Walking, under 2.0 mph, very slow	163
Fencing	490	Watering lawn or garden	123

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