

	Week 1		Week 2		Week 3		Week 4	
The exercise	Calories per 20 minutes	Calories per minute	Calories per 20 minutes	Calories per minute	Calories per 20 minutes	Calories per minute	Calories per 20 minutes	Calories per minute
The treadmill								
The Elliptical trainer								
The rowing machine								
The stationery bicycle								
Step aerobics								
Notes:								