

## GENERAL INFORMATION | ALL UNITS

### >> Calculating Calorie Burn on Units without Weight Input

#### Tools Required:

- None

#### Information:

Units that do not accept user input in the form of the user's weight calculate the calories burned during a program using a default weight of 150 lbs. This means that the displayed calories burned during a program may not be correct for a user lighter or heavier than 150lbs.

A better calorie calculation can be obtained by using the formula:

$$(\text{User Weight} \div 150) \times \text{Calories Displayed} = \text{User Calories Burned}$$

#### Example:

**Calculating calories burned for a 200lb user with unit display showing 125 calories.**

1 | Divide the user's weight (200lbs.) by the default weight (150lbs.)

$$200 \div 150 = 1.333$$

2 | Multiply the result above (1.333) by the number of calories shown on the unit display (125).

$$1.333 \times 125 = 166.63$$

3 | A person that weights 200lbs. with a unit that shows 125 calories burned has actually burned closer to 166.63 calories during the duration of the program.