



# Calculating Work Using A Treadmill:

## Extra Credit

You can earn 8 points for one person and 20 points for two people tested.

Please use the information found on pp110-111 in your text as a guide.

Name: \_\_\_\_\_

Subject's Body Weight:

Treadmill Speed:

Treadmill Angle:

Exercise Time:  
(min 10 minutes)

Total Vertical Traveled:

Total Work Performed:

Subject's Body Weight:

Treadmill Speed:

Treadmill Angle:

Exercise Time:  
(min 10 minutes)

Total Vertical Traveled:

Total Work Performed: