

Activity	120 Pounds/ 20 min	150 Pounds/ 20 min	170 Pounds/ 20 min
Vacuuming	49	57	66
Washing Dishes	42	52	59
Mowing Lawn	77	89	99
Scrubbing Bathrooms	48	55	63
Dusting	45	52	59
Laundry	47	54	61
Cooking	42	50	57
Washing Car	63	74	86
Mopping Floors	52	60	69