



**MAYHEM
ATHLETE**

X

**CARDIO
CONVERSION**

DISTANCE CONVERSION

Run	Row	BikeErg	SkiErg	Assault Bike	Echo Bike
100m	125/100m	250/200m	125m/100m	8/6 cal	6/5 cal
200m	250/200m	500/400m	250/200m	15/12 cal	12/10 cal
400m	500/400m	1,000/800m	500/400m	30/24 cal	24/19 cal
600m	750/600m	1,500/1,200m	750/600m	45/36 cal	36/29 cal
800m	1,000/800m	2,000/1,600m	1,000/800m	60/48 cal	48/38 cal
1,000m	1,250/1,000m	2,500/2,000m	1,250/1,000m	75/60 cal	60/48 cal
1,600m	2,000/1,600m	4,000/3,200m	2,000/1,600m	120/96 cal	96/77 cal
2,000m	2,500/2,000m	5,000/4,000m	2,500/2,000m	150/120 cal	120/96 cal
5,000m	6,250/5,000m	12,500/10,000m	6,250/5,000m	375/300 cal	300/240 cal
10,000m	12,500/10,000m	25,000/20,000m	12,500/10,000m	750/600 cal	600/480 cal

CALORIE CONVERSION

Row/BikeErg/SkiErg	Assault Bike	Echo Bike	Air Runner
10/8	8/6	6/5	8/6
12/10	9/7	7/6	9/7
13/11	10/8	8/6	10/8
15/12	11/9	9/7	11/9
16/13	12/10	10/8	12/10
20/16	15/12	12/10	15/12
21/17	16/13	13/10	16/13
24/19	18/14	14/11	18/14
25/20	19/15	15/12	19/15
28/22	21/17	17/14	21/17
30/24	23/18	18/14	23/18
33/26	25/20	20/16	25/20
35/28	26/21	21/17	26/21
40/32	30/24	24/19	30/24
45/36	34/27	27/22	34/27
50/40	38/30	30/24	38/30
55/44	41/33	33/26	41/33
60/48	45/36	36/29	45/36
65/52	49/39	39/31	49/39
70/56	53/42	42/34	53/42
75/60	56/45	45/36	56/45
80/64	60/48	48/38	60/48
85/68	64/51	51/41	64/51
90/72	68/54	54/43	68/54
95/76	71/57	57/46	71/57
100/80	75/60	60/48	75/60