
Calories burned

Posted by paul - 2008/06/09 15:32

Does anybody know how many calories are burned during the P90x workouts? I am am sure you burn quite a bit w/ Plyo, but what about the other workouts? I did some searching on the web, but couldn't find any specifics relating to calories burned. Any thoughts?

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Re:Calories burned

Posted by Les - 2008/06/09 18:20

the amount of cal burnt depends on the individual, how intense you are with your workout how many rest do you take

I easily burn 1000 cal on Plyo
today i burnt 564 cal doing Chest Back and Triceps
last week i bunt 752 cal doing Legs and Back
and i get this numbers from my heart rate monitor

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Re:Calories burned

Posted by paul - 2008/06/09 21:09

Hey Les, Thanks for the info. I bought a heart rate monitor but didn't like it and returned it. What is the brand/type of heart rate monitor are you using?

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Re:Calories burned

Posted by Les - 2008/06/10 00:14

polar f55

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Re:Calories burned

Posted by Storm - 2008/06/10 13:35

The guide estimates an average of 600 calories a day.

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