

Calorie consumption

The number of calories that you burn while footbiking, (non-motorized scooting), lie between that of bicycling and running. The advantage of footbiking over running is that there are fewer injuries. Because you can kick to and from work/school or even run light errands, scooting is a means of exercising that is very easy to incorporate into a person's everyday life. Whether you are two or 72, age is no restriction. Almost anyone can obtain the benefits of footbiking including those who are overweight. The number of calories that you burn while footbiking depend to a large extent on your body weight and fitness level.

Calory-burning body weight **65 kg** :

Activity:	tempo:	Kcal:	Kjoules:
1 hour sit	-	65	273
1 hour walk	3 km per hour	130	546
1 hour walk	6 km per hour	325	1365
1 hour bike tour	20 km per hour	520	2184
1 hour bike fast	30 km per hour	650	2730
1 hour footbike tour	18 km per hour	720	3024
1 hour footbike fast	23 km per hour	850	3570
2 hours sit	-	130	546
2 hours walk	3 km per hour	260	1092
2 hours walk	6 km per hour	650	2730
2 hours bike tour	20 km per hour	1040	4368
2 hours bike fast	30 km per hour	1300	5460
2 hours footbike tour	18 km per hour	1440	6048
2 hours footbike fast	23 km per hour	1700	7140

Calory-burning body weight **75 kg** :

Activity:	tempo:	Kcal:	Kjoules:
1 hour sit	-	75	315
1 hour walk	3 km per hour	150	630
1 hour walk	6 km per hour	375	1575
1 hour bike tour	20 km per hour	600	2520
1 hour bike fast	30 km per hour	750	3150
1 hour footbike tour	18 km per hour	820	3444
1 hour footbike fast	22 km per hour	950	3990
2 hours sit	-	150	630
2 hours walk	3 km per hour	300	1260
2 hours walk	6 km per hour	750	3130
2 hours bike tour	20 km per hour	1200	5040
2 hours bike fast	30 km per hour	1500	6300
2 hours footbike tour	18 km per hour	1640	6888
2 hours footbike fast	23 km per hour	1900	7980

The top speed on a footbike over a distance of 40 km for men is about 30 km/hr and for women about 27 km/hr. The caloric numbers shown above are based on a footbiker who is in reasonably good condition and has good kicking technique. Note that people who start footbiking will burn more calories than mentioned in the upper calorie table.

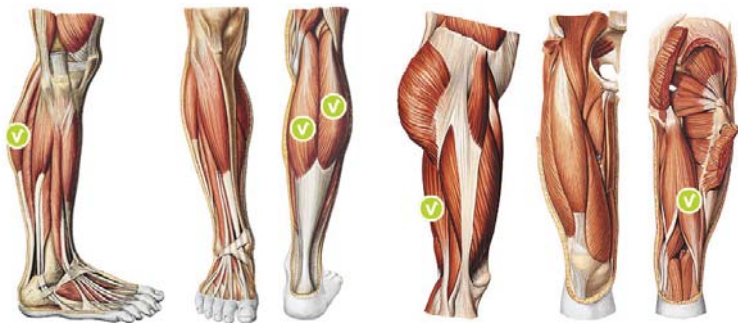


Training on a footbike

Muscle usage running

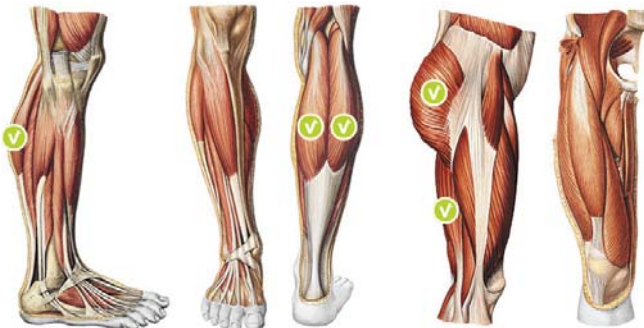


Muscle usage biking



A scooter (footbike) is ideal for getting or staying fit. Footbikers use a wide range of muscles and the sport knows very little injuries. Also we see every day more people (also active in other sports) starting to use the footbike in their training.

Muscle usage footbike [leg on footboard]



Muscle usage footbike [kicking leg]



Kicking from 2 till 100 years of age! Footbiking is transport, fun and sport!



Int. Kicksled & Scooter Association

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