

Code	Title	Steps per Minute
aerobic-dancing-class	Aerobic dancing class	127
aerobic-fitness-class	Aerobic fitness class	181
aerobics-low-impact	Aerobics, low impact	125
aerobics-step	Aerobics, step	153
badminton-casual	Badminton, casual	131
badminton-competitive	Badminton, competitive	160
ballet-dancing	Ballet dancing	120
baseball	Baseball	130
basketball-game	Basketball, game	130
basketball-recreational	Basketball, recreational	100
boxing-non-competitive	Boxing, non-competitive	110
boxing-competitive	Boxing, competitive	180
canoeing	Canoeing	91
cheerleading	Cheerleading	100
circuit-training	Circuit training	180
cricket	Cricket	80
climbing-rock-mountain	Climbing, rock/mountain	190
cycling-easy-pace	Cycling, easy pace	130
cycling-moderate-pace	Cycling, moderate pace	170
cycling-vigorous-pace	Cycling, vigorous pace	200
dancing	Dancing	109
elliptical-trainer	Elliptical trainer	170
fencing	Fencing	170
football	Football	170
frisbee	Frisbee	100
gardening	Gardening	60
golf-carrying-clubs	Golf, carrying clubs	110
golf-powered-cart	Golf, powered cart	40
gymnastics	Gymnastics	130
handball	Handball	180
hiking	Hiking	170
hockey-field-and-ice	Hockey, field and ice	200
horse-riding	Horse Riding	137
housework-light	Housework, light	72
ice-skating-general	Ice skating, general	84
ice-skating-moderate	Ice skating, moderate	122
in-line-skating	In-line skating	190
jogging	Jogging	180
judo-amp-karate	Judo & Karate	190
jumping-rope-fast	Jumping rope, fast	210
jumping-rope-moderate	Jumping rope, moderate	160
kayaking	Kayaking	152
kickball	Kickball	200
kickboxing	Kickboxing	210
lacrosse	Lacrosse	190

Code	Title	Steps per Minute
netball	Netball	170
pickleball	Pickleball, Casual	131
pickleball	Pickleball, Competitive	160
pilates	Pilates	91
punching-bag	Punching bag	180
racquetball-casual	Racquetball, casual	130
racquetball-competitive	Racquetball, competitive	180
rock-climbing	Rock climbing	200
rollerblading	Rollerblading	156
rowing	Rowing	210
rugby	Rugby	190
sailing-boat-and-board	Sailing, boat and board	91
skateboarding	Skateboarding	102
skeebo	Skeebo	52
skiing-light-moderate	Skiing, light/moderate	109
skiing-cross-country	Skiing, cross-country	114
sledding	Sledding	120
snowboarding	Snowboarding	182
snowshoeing	Snowshoeing	181
soccer-recreational	Soccer, recreational	145
soccer-competitive	Soccer, competitive	181
softball	Softball	152
spinning	Spinning	200
squash	Squash	190
stair-climbing-machine	Stair climbing, machine	180
surfing	Surfing	130
swimming-freestyle	Swimming, freestyle	180
table-tennis	Table tennis	120
tae-bo	Tae Bo	190
tae-kwon-do	Tae Kwon Do	190
tai-chi	Tai Chi	40
tennis	Tennis	170
trampoline	Trampoline	90
volleyball	Volleyball	130
walking	Walking	90
water-aerobics	Water aerobics	120
water-polo	Water polo	200
water-skiing	Water skiing	145
weight-lifting	Weight lifting	100
wheeling-leisurely-wheelchair	Wheeling, leisurely (wheelchair)	70
wheeling-fast-wheelchair	Wheeling, fast (wheelchair)	137
wrestling	Wrestling	170
yard-work	Yard work	89
yoga	Yoga	45