

#LeftShark's

Watts / KJ Conversions for 30 Minute Workouts

Minutes	Kilo-Joules	Avg Watts		Minutes	Kilo-Joules	Avg Watts	
30	150	83	Please support www.TeamK9Buddy.org and help feed and shelter homeless dogs and cats. Thank you!	30	275	153	
30	160	89		30	280	156	
30	170	94		30	285	158	
30	180	100		30	290	161	
30	190	106		30	295	164	
30	200	111		30	300	167	
30	205	114		30	305	169	
30	210	117		30	310	172	
30	215	119		30	315	175	
30	220	122		30	320	178	
Riding this many minutes...	for this total output...	average this many Watts			Riding this many minutes...	for this total output...	average this many Watts
30	225	125			30	325	181
30	230	128			30	330	183
30	235	131			30	335	186
30	240	133			30	340	189
30	245	136			30	345	192
30	250	139			30	350	194
30	255	142			30	360	200
30	260	144			30	370	206
30	265	147			30	380	211
30	270	150		30	390	217	
				30	400	222	

More information at:
www.brygs.com/peloton-watts-kjs