**Table 6 Metabolic Equivalent (MET) Level Estimates for the Ramp Protocol According to the American College of Sports Medicine (ACSM) and Fitness Registry and the Importance of Exercise National Database (FRIEND) Equations**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Stages** | **Speed (mph)** | **Grade (%)** | **Estimated MET Level**  **ACSM equation** | **Estimated MET Level**  **FRIEND equation** |
| 1 | .50 | .00 | 1.4 | 1.7 |
| 2 | 1.0 | .00 | 1.8 | 2.3 |
| 3 | 1.5 | .00 | 2.1 | 3.0 |
| 4 | 2.0 | .00 | 2.5 | 3.6 |
| 5 | 2.5 | .00 | 2.9 | 4.3 |
| 6 | 3.0 | .00 | 3.3 | 4.9 |
| 7 | 3.0 | 1.0 | 3.7 | 5.1 |
| 8 | 3.0 | 2.0 | 4.1 | 5.3 |
| 9 | 3.0 | 3.0 | 4.5 | 5.4 |
| 10 | 3.0 | 4.0 | 5.0 | 5.6 |
| 11 | 3.0 | 5.0 | 5.4 | 5.8 |
| 12 | 3.0 | 6.0 | 5.8 | 6.0 |
| 13 | 3.0 | 7.0 | 6.2 | 6.2 |
| 14 | 3.0 | 8.0 | 6.6 | 6.4 |
| 15 | 3.0 | 9.0 | 7.0 | 6.5 |
| 16 | 3.0 | 10.0 | 7.4 | 6.7 |
| 17 | 3.0 | 11.0 | 7.8 | 6.9 |
| 18 | 3.0 | 12 | 8.3 | 7.1 |
| 19 | 3.0 | 13 | 8.7 | 7.3 |
| 20 | 3.0 | 14 | 9.1 | 7.4 |
| 21 | 3.0 | 15 | 9.5 | 7.6 |
| 22 | 3.0 | 16 | 9.9 | 7.8 |
| 23 | 3.0 | 17 | 10.3 | 8.0 |
| 24 | 3.0 | 18 | 10.7 | 8.2 |
| 25 | 3.0 | 19 | 11.2 | 8.4 |
| 26 | 3.0 | 20 | 11.6 | 8.5 |
| 27 | 3.0 | 21 | 12.0 | 8.7 |
| 28 | 3.0 | 22 | 12.4 | 8.9 |
| 29 | 3.0 | 23 | 12.8 | 9.1 |
| 30 | 3.0 | 24 | 13.2 | 9.3 |
| 31 | 3.0 | 25 | 13.6 | 9.4 |