**Table 5 Metabolic Equivalent (MET) Level Estimates for the Modified Blake Protocol According to the American College of Sports Medicine (ACSM) and Fitness Registry and the Importance of Exercise National Database (FRIEND) Equations**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Stages** | **Speed (miles/hour)** | **Grade (%)** | **Estimated MET Level**  **ACSM equations** | **Estimated MET Level**  **FRIEND equation** |
| 1 | 2.0 | .00 | 2.5 | 3.6 |
| 2 | 3.0 | .00 | 3.3 | 4.9 |
| 3 | 3.0 | 2.5 | 4.3 | 5.4 |
| 4 | 3.0 | 5.0 | 5.4 | 5.8 |
| 5 | 3.0 | 7.5 | 6.4 | 6.3 |
| 6 | 3.0 | 10.0 | 7.4 | 6.7 |
| 7 | 3.0 | 12.5 | 8.5 | 7.2 |
| 8 | 3.0 | 15.0 | 9.5 | 7.6 |
| 9 | 3.0 | 17.5 | 10.5 | 8.1 |
| 10 | 3.0 | 20.0 | 11.6 | 8.5 |
| 11 | 3.0 | 22.5 | 12.6 | 9.0 |
| 12 | 3.0 | 25.0 | 13.6 | 9.4 |