**Table 2 Metabolic Equivalent (MET) Level Estimates for the Bruce and Modified Bruce Protocols 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 | 1.7 | 10 | 4.6 | 4.2 |
| 2 | 2.5 | 12 | 7.0 | 6.0 |
| 3 | 3.4 | 14 | 10.2 | 8.3 |
| 4 | 4.2 | 16 | 13.5 | 10.5 |
| 5 | 5.0 | 18 | 14.9 | 13.0 |
| 6 | 5.5 | 20 | 17.0 | 14.8 |
| 7 | 6.0 | 22 | 19.3 | 16.8 |

**Modified Bruce**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Stages** | **Speed (miles/hour)** | **Grade (%)** | **Estimated MET Level ACSM equations** | **Estimated MET Level FRIEND equation** |
| 1 | 1.7 | 0.0 | 2.3 | 3.2 |
| 2 | 1.7 | 0.5 | 3.5 | 3.7 |