**Table 3 Metabolic Equivalent (MET) Level Estimates for the Balke-Ware 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 | 3.3 | 1 | 4.0 | 5.5 |
| 2 | 3.3 | 2 | 4.4 | 5.7 |
| 3 | 3.3 | 3 | 4.9 | 5.9 |
| 4 | 3.3 | 4 | 5.4 | 6.1 |
| 5 | 3.3 | 5 | 5.8 | 6.3 |
| 6 | 3.3 | 6 | 6.3 | 6.5 |
| 7 | 3.3 | 7 | 6.7 | 6.7 |
| 8 | 3.3 | 8 | 7.2 | 6.9 |
| 9 | 3.3 | 9 | 7.6 | 7.1 |
| 10 | 3.3 | 10 | 8.1 | 7.3 |
| 11 | 3.3 | 11 | 8.5 | 7.5 |
| 12 | 3.3 | 12 | 9.0 | 7.7 |
| 13 | 3.3 | 13 | 9.4 | 7.9 |
| 14 | 3.3 | 14 | 9.9 | 8.1 |
| 15 | 3.3 | 15 | 10.4 | 8.3 |
| 16 | 3.3 | 16 | 10.8 | 8.5 |
| 17 | 3.3 | 17 | 11.3 | 8.7 |
| 18 | 3.3 | 18 | 11.7 | 8.9 |
| 19 | 3.3 | 29 | 12.2 | 9.1 |
| 20 | 3.3 | 20 | 12.6 | 9.3 |
| 21 | 3.3 | 21.00 | 13.1 | 9.5 |
| 22 | 3.3 | 22.00 | 13.5 | 9.7 |
| 23 | 3.3 | 23.00 | 14.0 | 9.9 |
| 24 | 3.3 | 24.00 | 14.5 | 10.1 |
| 25 | 3.3 | 25.00 | 14.9 | 10.3 |
| 26 | 3.3 | 26.00 | 15.4 | 10.5 |