

# CALORIES PER HOUR ON A STAIRMASTER

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Jun 14, 2011 | By [Kimberly Nunley](#)



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A StairMaster is a type of stationary cardiovascular exercise equipment that mimics the movements of walking up stairs. Using a StairMaster elevates your heart and breathing rate, which, with consistent training, improves your cardiovascular health. Its use also burns a significant amount of calories, which facilitates weight loss.

## **CALORIES**

According to Mayo Clinic, a 200-pound person will burn about 819 calories per hour she exercises on a StairMaster. A 160-pound person will burn about 657 calories. In comparison with other cardiovascular activities, the StairMaster is among the most efficient in burning calories. A calorie calculator that computes your body weight, activity and time spent can help you determine the amount of calories burned.

## **ADDITIONAL FACTORS**

The true amount of calories you will personally burn depends on how much you weigh, as heavier people will burn more calories per unit of time than smaller people, and the speed at which you're stepping.

## **CONSIDERATIONS**

Using a StairMaster requires an adequate amount of lower body strength. The movement develops the larger muscles in the legs, which is why it requires so much energy in the form of calories. It's likely that with consistent use, you will notice muscle development in the glutes, quadriceps and calves. Also, being sore after some StairMaster workouts is a common occurrence.

## **REFERENCES**

- [Mayo Clinic: Exercise for Weight Loss](#)
- [American Council on Exercise: Physical Activity Calorie Calculator](#)
- [StairMaster: StairMaster Product](#)

Read more: <http://www.livestrong.com/article/292707-calories-per-hour-on-a-stairmaster/#ixzz2KE0aEjMc>