Ask Karen Calorie Burn

By Jennifer Bates

Q: How many calories does an average person burn during a body pump class?? Is it a higher burner of calories because of the ‘lifting’ aspect and high repetitions or a low calorie burner because of the lack of cardio??

A: Personally I think the key to success with any exercise regimen is enjoying the activity you are participating in. If you like your work out you will stick with it and do it more often no matter the calorie burn. I also have found a great deal of success achieving my fitness goals through strength training. In 10 On Your Side health team reports on WSLS we often highlight on a regular basis the need for building lean muscle mass as we age in order to fight the slowing metabolism that comes along with each birthday that passes.

I checked with Dr. Ally Bowersock, PhD, Director of Exercise Science for Jefferson College of Health Sciences for some more specific information about this question and she says, “I've done some searching this morning and there's no "easy" answer. How many calories you burn while weight training, not specifically to BodyPump but resistance training in general, is determined by many factors like age, bodyweight, current fitness levels (body composition), etc. However, the more muscle mass you HAVE, the more calories you burn while exercising as well as at rest. “

Research suggests every pound of muscle that you develop burns about an extra 7 calories/per day, but the focus of weight training should not necessarily be calories burned but the benefit to your overall fitness level BY incorporating strength training regularly in your fitness routine.

The take away here for me is that a good blend of both strength training and work outs that focus on strengthening our cardiovascular system is the best equation for fitness success along with a healthy diet of course.