

Table for *Burns, E.* Metabolic Demand and Nutrient Resource in Rowing Ergometer and Treadmill Exercise.

	Power (W)	RER	VO ₂ / Kg LBM
Treadmill 4 MET	18.1	.83 (p<.01)	16.8
Treadmill 6 MET	54.6	.94	24.4
Treadmill 8 MET	100.4	.95	32.4
Rowing 4 MET	32.9	.91	16.8
Rowing 6 MET	67.1	.94	24.1
Rowing 8MET	109.3	.95	31.3