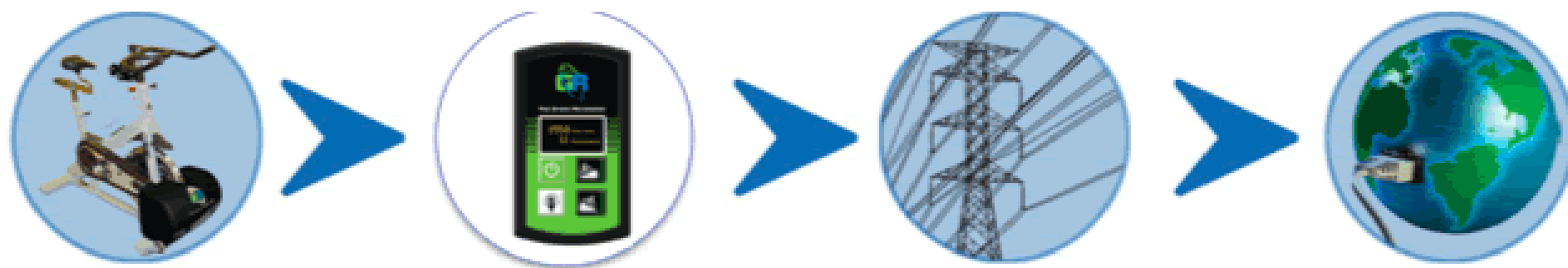


The Green Revolution Energy Chart



| | WATTS CREATED | POWER PRODUCED | CARBON REDUCTION |
|----------------------------|-----------------------------|--|--------------------------------------|
| WORKOUT'S IMPACT | | | |
| Average Person | 100-130 watt hour (Wh) | 4+compact fluorescents for an hour | 2 oz. of CO ₂ reduced |
| Elite Athlete | Up to 300 watt hour (Wh) | 2 laptop computers for an hour | 6 oz. of CO ₂ reduced |
| GROUP CYCLING CLASS | | | |
| Full Class | 2.5 - 3 kilowatt hour (kWh) | 100+compact fluorescent or central air for an hour | 4.5 lbs of CO ₂ reduced |
| OVER A MONTH | 300 kilowatt hour (kWh) | Light 6 homes for a month | 420 lbs of CO ₂ reduced |
| OVER A YEAR | 3600 kilowatt hour (kWh) | Light 72 homes for a month | 5,000 lbs of CO ₂ reduced |