Figure 1: Walking at 3 km/h

Figure 2: Walking at 6 km/h
Figure 3: Climbing at 60 steps per minute.

Figure 4: Running at 9 km/h
Preliminary analysis of gym pedometry measured on 15 February 2019  
Yu Jia and Yu Shi (2019)

Figure 5: Walking with 20 kg weight on left hand

Figure 6: Walking with 20 kg weight on right hand