	not very active	active	office job	stressful work	sports	top athlete	elderly
man							
60 kg	2 × 2	2 × 3	2 × 3	2 × 4	2 × 4	3 × 4	2 × 4
75 kg	2 × 3	2 × 3	2 × 3	2 × 4	3 × 4	3 × 4	2 × 4
90 kg	2 × 4	2 × 4	2 × 4	2 × 4	3 × 4	4 × 4	2 × 4
110 kg	2 × 4	2 × 4	2 × 4	3 × 4	3 × 4	4 × 5	3 × 4
woman							
60 kg	2 × 2	2 × 3	3 and 2	2 × 3	2 × 3	3 × 3	2 × 4
90 kg	2 × 3	2 × 4	3 and 4	2 × 4	2 × 4	3 × 4	3 × 4
child							
8-15 kg	2 × 1	2 × 2					
30 kg	2 × 2	3 × 2					
60 kg	2 × 3	3 × 3					
dog							
8 kg	0,5	1					
50 kg	1	2					
70 kg	2	3					