TREADMILL T800.1
OWNER'S MANUAL

1. Overview Drawing

Computer

Circuit Breaker

Power Switch

Power cord Socket

Power cord

Frame
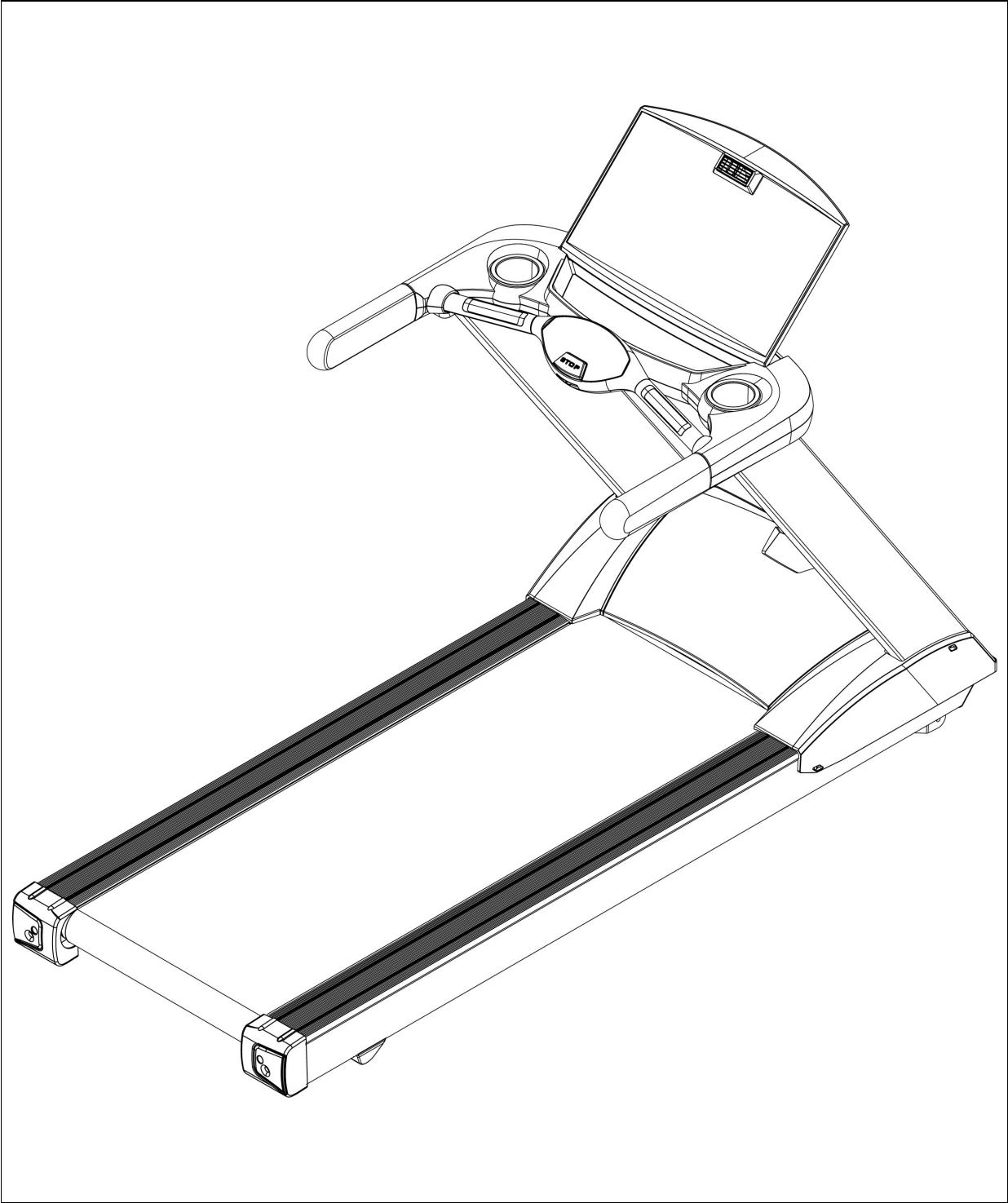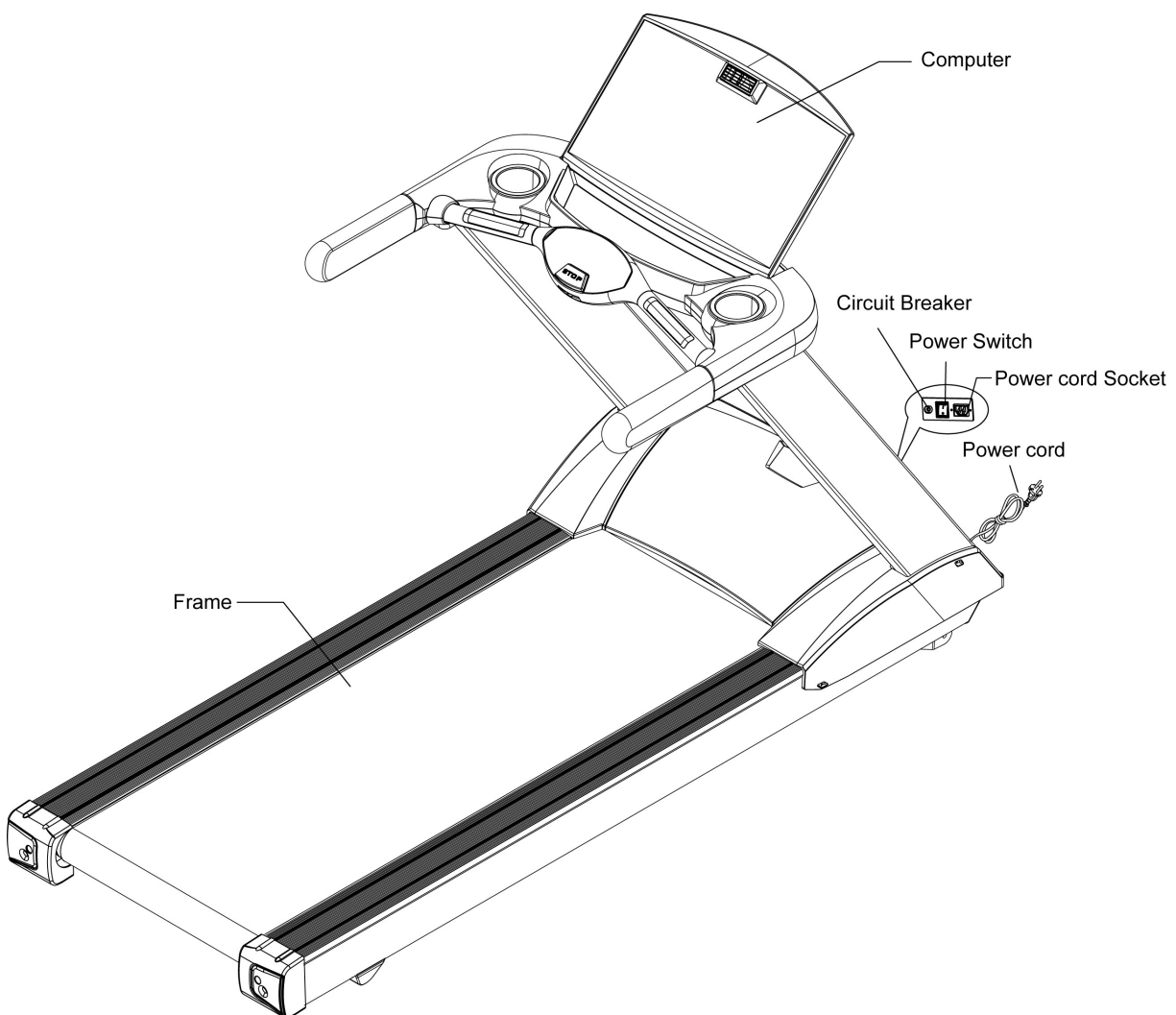
2. IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the followings:
Read all instructions before using the treadmill.

Danger – To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

Warning – To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Before using this product, you should step on the it then turn on the product. Do not   turn on the treadmill before step on it.
3. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
4. Incorrect or excessive training may cause injuries t health may results.

5. Use this appliance only for its intended use as described in this manual. The manufacturer does not recommend attachments onto the appliance.

6. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.

7. Do not carry this appliance by supply cord or use cord as a handle.

8. Keep the cord away from heated surfaces.

9. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.

10. Never drop or insert any object into any opening.

11. Do not use outdoors.

12. The equipment shall be installed on stable base and properly leveled.

13. A shall be safety area of 2,000mm x 1,000mm behind the equipment.

14. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

15. To disconnect, turn all controls to the "OFF" position, than remove plug from outlet.

16. Connect this appliance to a properly grounded outlet only.

17. If the treadmill is foldable, when user finishes using the treadmill, the elevation needs to be back to original position.

18. When user is using the treadmill, it cannot be folded at the same time.

19. Maximum user weight is 150 Kg.

20. The appliance is intended for household use only.

21. Place Customer Service Address (one of Manufacturer, Importer, Agent).

Note—If the machine has folding function, before folding, make sure the inclination has come back to 0 (when folding, this can avoid the frameworks interfere each other).

◆ Treadmill Operation Instruction

When you are prepared to use the treadmill, do not stand on the running belt. Before starting the treadmill, first turn on the power, hold the handrails and then step on the treadmill. Stand on the protection strips and then press "START" to start. When the motor is running at low speed, move your feet to the center of the frame. Remember to clip the safety key on the waist which will make the treadmill stop immediately when you tumble or feel uncomfortable. Don't try to start the treadmill at high speed and jump to it. When emergency, you can hold the front or lateral handrail and move you feet off the running belt to the protection strips.

3. GROUNDING INSTRUCTIONS

This product must have an earth connection. In the event that the appliance malfunctions then the earth connection will redirect the electrical current away from the machine and reduce the risk of an electrical shock.

This product is supplied with a mains cable that has an earth wire and a plug with an earth pin.

This plug must only be used with an appropriate wall socket, installed correctly and connected to earth, in accordance with local regulations.

Danger – If the equipment is not earthed correctly then there is a risk of electrical shock. If in doubt, get an electrician or technical specialist to check if the earth connection is correct. Do not modify the plug supplied with the equipment, if it does not fit the wall socket then get an electrician to install an electrical socket that does.

This product must only be used on 220V~240V circuit, with an earthed socket similar to that shown in the below figure. Make sure that the appliance is only connected to a wall socket with the same pin layout as the plug.

Do not use an adaptor with this appliance.

Figure
Grounding method

Earth terminal

Socket with earth terminal
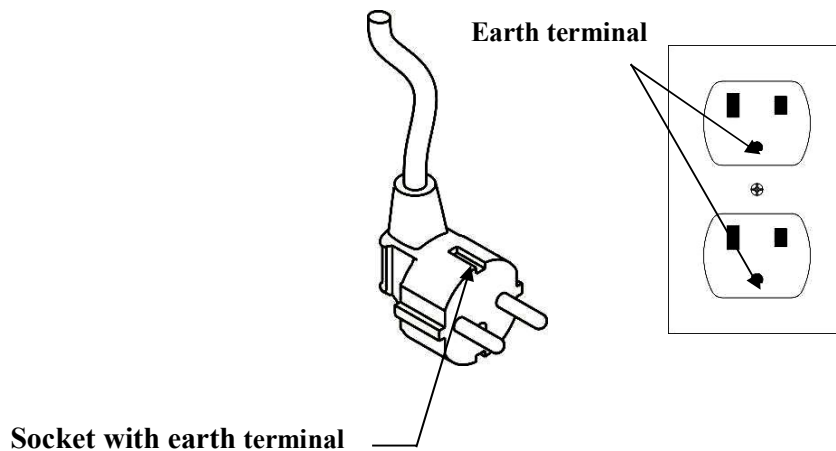
4. Pre-Assembly Check List

·The instructions for production fittings.

1. The heart rate value can be measured by this treadmill.When you are doing the exercise,tie the chest belt with your chest,then your heart value will be displayed on the PULSE window.

ITEM	Description	Qty
A	Computer Console	1
B	Frame	1
C	Stuff Holder Set	1
D	Left Upright	1
E	Right Upright	1
F	Left Decoration Cover	1
G	Right Decoration Cover	1
H	Bottle Holder	2
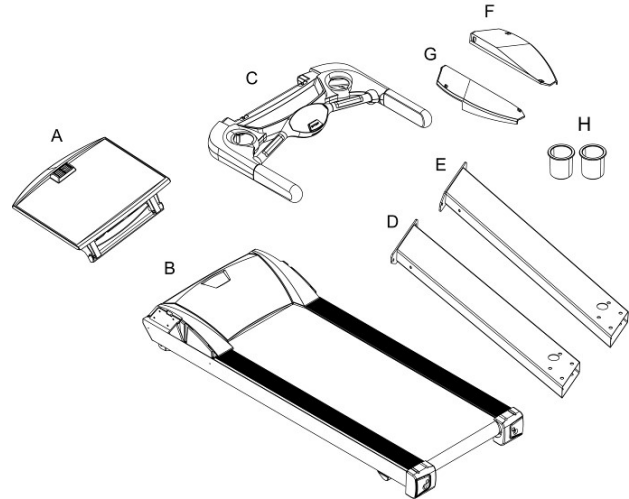
ITEM	Description	Qty
a	Truss Hex Screw M8xP1.25x75	8
b	Nylon NutM8	4
c	Truss Philips Screw M5xP0.8x15	6
d	Truss Hex Screw M8xP1.25x45	2
e	Plastic Handle	2
f	Hew Wrench 6mm x 80mm x 80mm	1
g	Hew Wrench 5mm x 80mm x 80mm	1
h	T Shaped Wrench 8mm x 200mm	1
i	Sleeve Spanner + Screw Driver	1
j	SILICONE	1
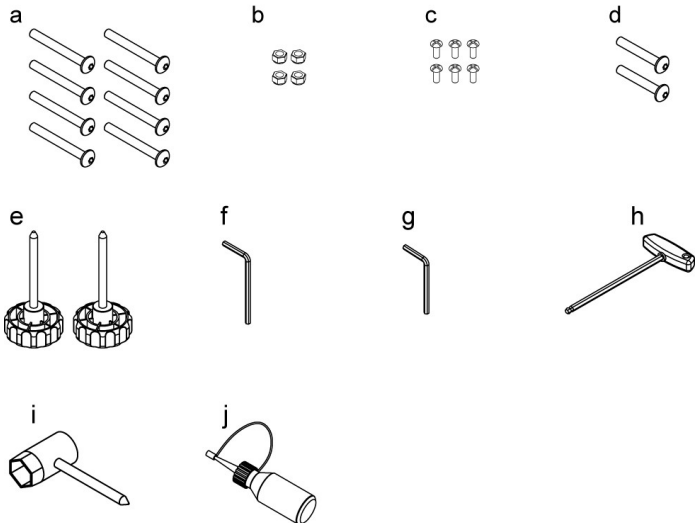
5. Assembly Steps

1. After tightening the left and right uprights(D,E) on the frame with the screw(a),tighten the decoration covers(G,F) with screw (c).

(Ps. To avoid any danger,this step should be completed by two people.Do not assmble it by oneself.)

(Ps.When assembling the uprights,one person should hold the uprights to prevent them from falling.)
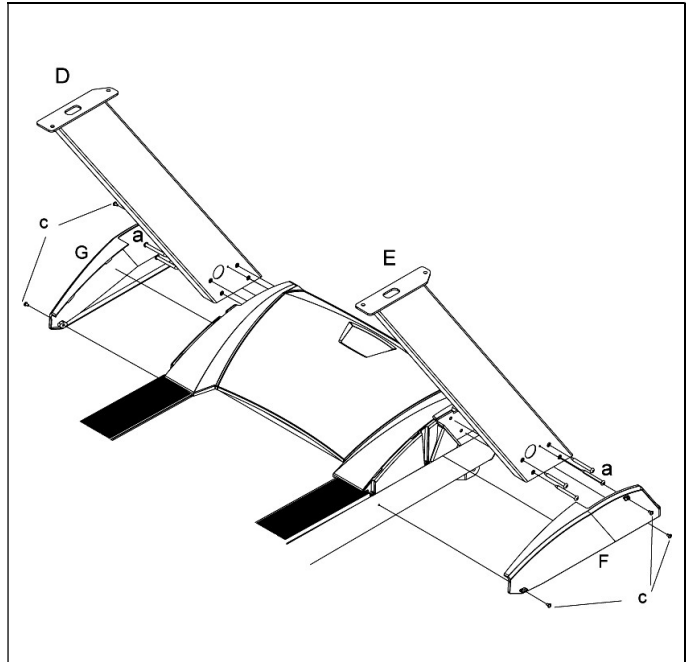
2. Tighten the stuff holder set(C) on the upper part of the uprights (D,E) with the nylon nut (b). Thread the control wire through the stuff holder to the front wire hole.
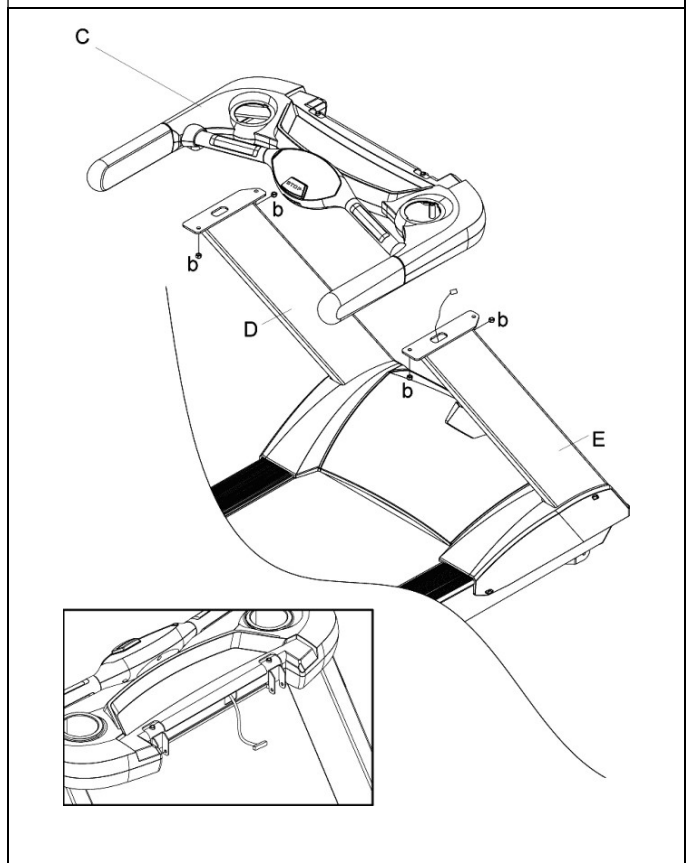
3. Disassemble the cover under the computer console (A) according the arrowhead in the right drawing.
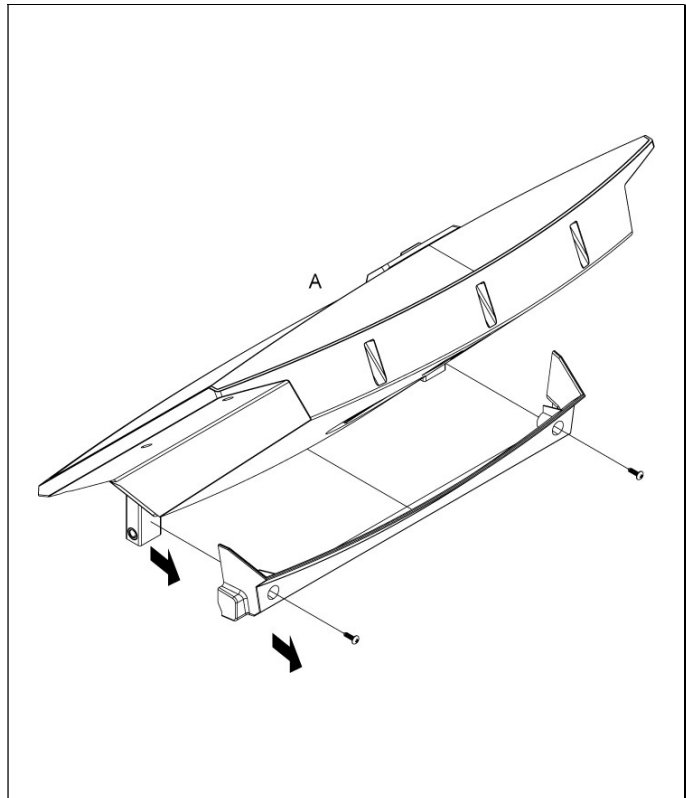
4. Connect the lower control wire of stuff holder and the upper control wire of computer. Secure the computer on the stuff holder(C) with screw (d). Tighten the computer console (A) with plastic handle(e).

(Ps. To avoid any danger,this step should be completed by two people.Do not assmble it by oneself.)

(Ps.When assmbling the uprights,one person should hold the uprights to prevent them from falling.)

5. At last put the bottles into the stuff holder and turn to fix them.
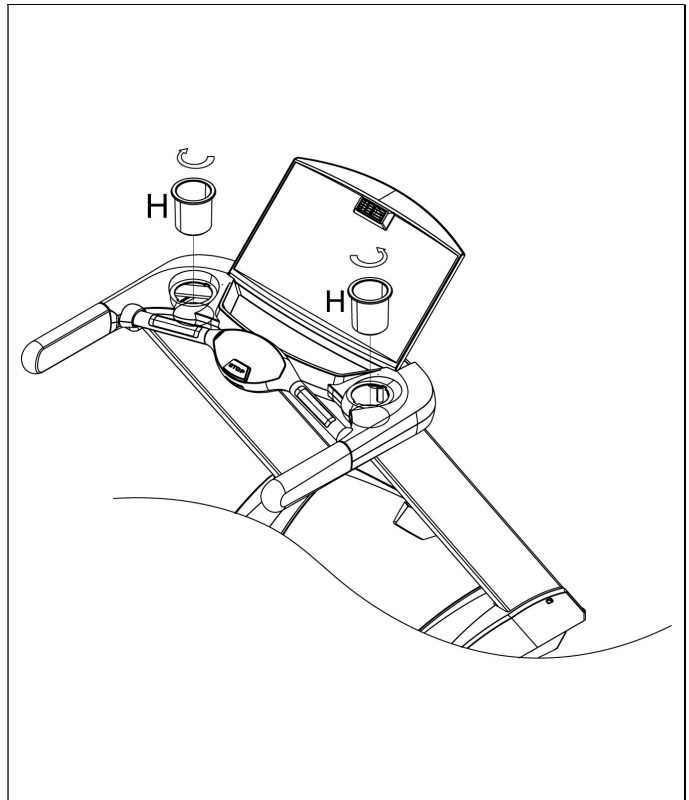
6. Maintenance

1. If the belt tends to move off from the center, stop the treadmill. Use the Hex Wrench to adjust the Hex Screw in the Rear End Cap. For example, if the running belt is moving towards the left side, tighten the left Hex Screw about 1/4 turn (clockwise). If the running belt is moving towards the right side, tighten the right Hex Screw about 1/4 turn (clockwise). Turn on the treadmill after it has been adjusted. If you find that the belt has not moved to the proper position, please repeat the steps above. Don't use the treadmill until the running belt returns to the center position.

   (Ps.1. This procedure is very important, if the belt is not in the center, be sure to follow the above steps.)

   (Ps.2 The position of running belt might not stay precisely in the center with slightly towards the left and right sides, and the situation varies with how end-users use and the weight of end-users. No need to adjust the belt if it doesn't rub against the parts aside.)

2. Depending on the usage of the product, please apply SILICON on the board according to the chart below. Use the Hex Wrench to unscrew the bolt inside the Rear Roller. Then pull the belt up and daub some SILICON to the center of the board. After that, adjust the belt to the center of the deck, followed by tightening the screw to the original set.

   (Ps. When the belt is sliding, please follow the method above to

KGS/LBS	Speed	Interval
KGS	6KM/hr below	1 year
	6~12KM/hr	6 months
	12KM/hr above	3 months
LBS	4mile/hr below	1 year
	4~8mile/hr	6 months
	8mile/hr above	3 months
Note: This maintenance is intended for household use. If used for business, suggest one examine every other month.		

   lubricate the running belt.)

   The interval maintenance of Speed
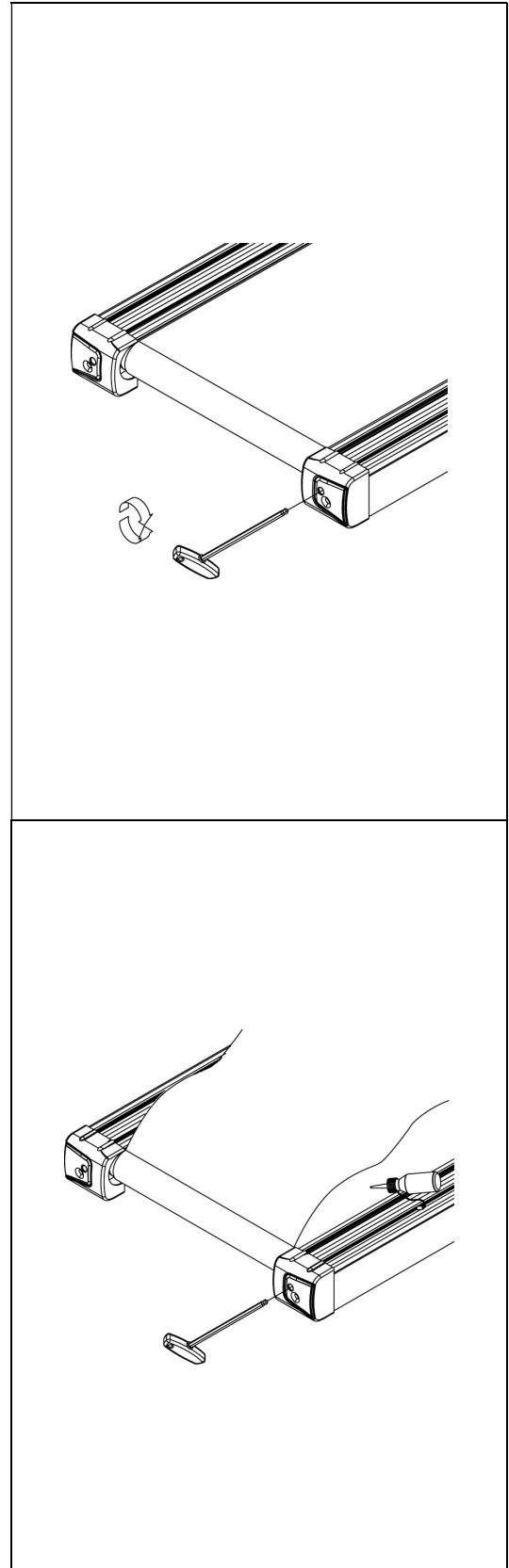
7. ADD SILICONE

1.   **Time of add SILICONE**

When suggested time of adding SILICONE is achieved, please extend your hand to the center of the running board to make sure whether there is any SILICONE before adding. If no SILICONE on the running board, please add 30cc SILICONE to the running board. If there is still a little SILICONE, add 15cc SILICONE to the running board.

2.   **Area of adding SILICONE**

Add SILICONE from the center of the running board to the running belt 's the left and right side which should minus 6 cm.
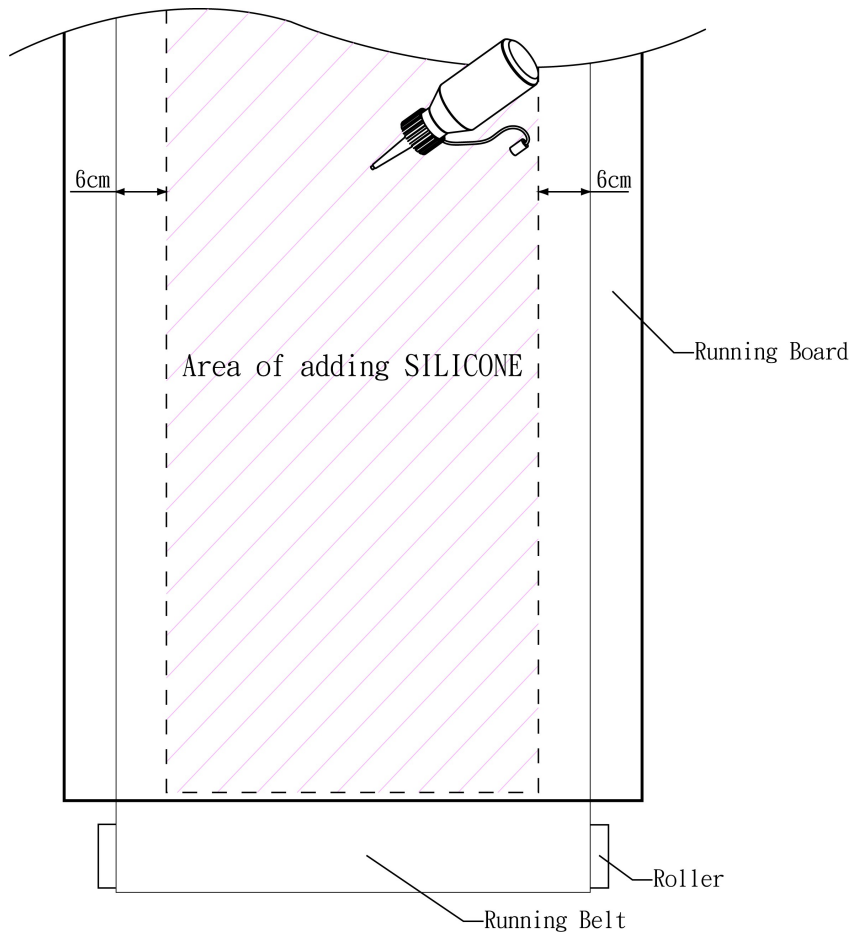
8. Computer Operation Instructions
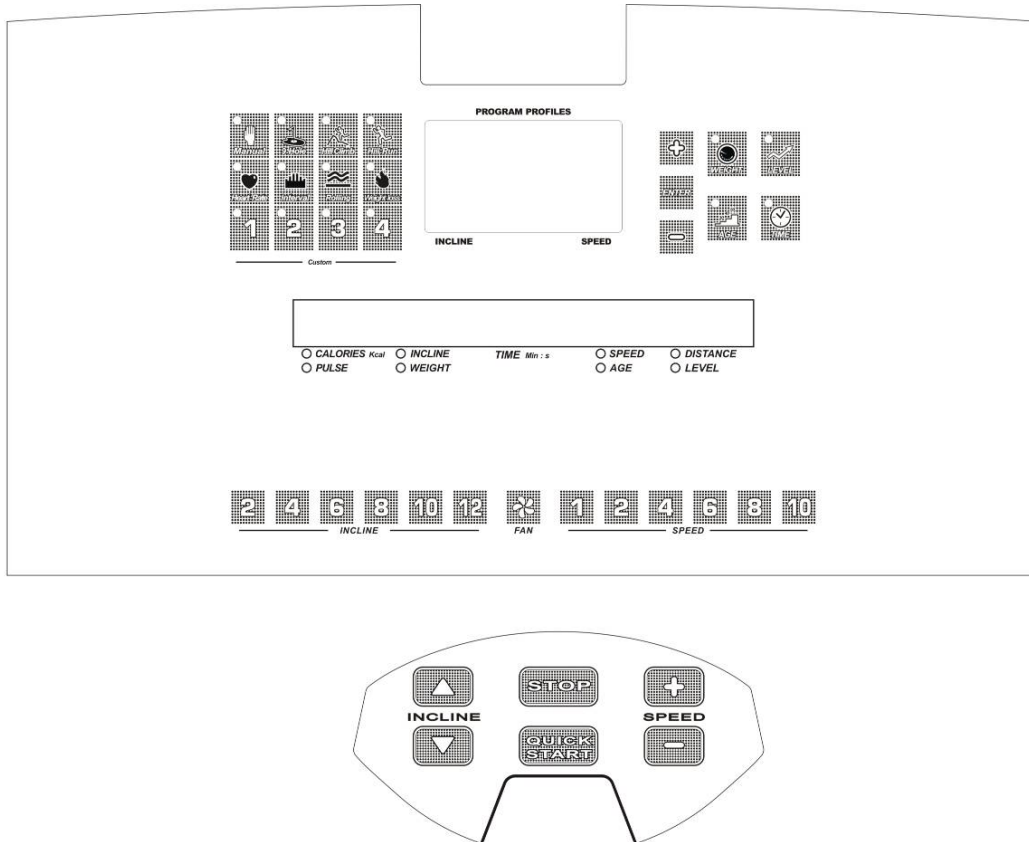
I. Start Display:

1. After power on, the window will display floating string PRESS WEIGHT BUTTON TO SET WEIGHT. Press WEIGHT, and blue back light LCD displays weight unit. After finish setting, press ENTER and blue back light LCD displays heartbeat picture. The floating string in the window displays SELECT PROGRAM OR START.

2. If the SAFETY KEY is taken off, all windows will display ---- ，the matrix window will display the arrow downwards. The floating string in the window will display PLEASE ATTACH SAFTY KEY, after replace, Weight window blink. The aim of setting weight is to make a change of burning CALORIES. This can be only done after starting. It does not need to set in PROGRAM. It means you can use the value after starting. You must set newly after starting again.

3. When the SAFETY KEY is removed, the treadmill will stop running. At this time place the SAFETY KEY back, beeper will sound and then all the values will go back to the initial position.

II. Operation Instruction：

1. Under Start/Ready position, press Start to enter directly by pressing Manu run.

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2. Under Start/Ready position, press PROGRAM function key to enter the edit.

3. "Fan" button can switch the fan between on and off.

4. When the SAFETY KEY is taken off and then replaced, it will not make reposition action any where it is. You need to press start key to perform the incline to reposite it.

5. When power on, it will not make reposition action any where it is. You need to press start key to perform the incline to reposite it.

6. Under start/ready status, continuously press stop key for 5 seconds, it will make reposition action any where it is.

   During perform any program, if press stop key, the program will stop. If users want to continuously perform the program, press start key or again press stop key to leave the program and back to start/ready status.

III. Edit Mode：

1. Program Mode：Switch to LEVEL option which the PROGRAM key needs. The window will display L1~L10 and press +, - to edit. Press ENTER to enter the TIME edit. The Program pre-set value is 30min, Range is 20~99min, STEP is 1. After edit, press ENTER or START to start the machine. If you press START directly during edit, the rest un-edited functions are pre-set. During edit, INCLINE and SPEED window will display first level value. The LCD matrix window will display PROGRAM picture.

2. WARM UP and COOL DOWN function: During WARM UP or Program position, change speed or inclination, the value will increase or decrease in the next level. COOL DOWN is not affected and STOP is the only function which can be carried out.

3. PROGRAM has 30 levels in all. The three anterior are WARM UP, the three later are COOL DOWN. Everyone is 3 minutes. The setting time except anterior and later which mean 6 minutes will be execute averagely by surplus 24 levels.

4. 9 HOLES mode have not functions of WARM UP or COOL DOWN. When distance is equal to 3.5KM, the motor will stop, the INCLINE is 0 and displays " End".

IV. Program Operation and Instruction：

Manu Mode

1. When press "Start", the motor will start automatically after 3 seconds countdown. The treadmill start at the minimum speed of this model and the matrix LCD window display the running course in a counter-clockwise direction, 0.4KM (0.25Miles) running distance for each cycle.

2. Speed STEP is 0.1, you can press +, - keys to select（the speed UP/DOWN step is 0.1）, or press speed instant key 1、2、4、6、8、10 to select .

3. Incline STEP is 1, you can press +, - keys to select（incline UP/DOWN step is 1）, or press incline instant key 2、4、6、8、10、12 to select.

4. Time：pre-set 20 min；range5~99min，step 1 min.
5. During exercise, if there is PULSE signal, CALORIES window will display pulse.
6. Press Stop when the motor is working, the motor will stop and the incline motor will stop, the window will display Stop; If you press START key again, the motor will start after 3-seconds countdown , the speed will be keep at the same before stop , and the incline will be increased to the set height before stop .
7. When it is at stop position, hold the Stop key for 3seconds, and it will go back to the Start/Ready position.
8. Under End status, if it last 30 seconds（or press Stop key directly）, window will go back to Start/Ready Status.
9. Under start/ready status, enter CUSTOM mode. After finish setting time, press enter to enter setting speed and incline you need. There are 30 levels to set. After finish setting, directly press start to start.
10. After enter into function of program controlling, LED of LEVEL and the window will blink. The function is to select the exercise level (**L1~L10**). You can press 🔵 or 🔵 to change the level you need and press ⏺ENTER to make sure.
11. After select level, the TIME window will blink, press 🔵 or 🔵 to set the exercising time you need. After finish setting, press ENTER or START to start.

PROGRAM Mode（under start/ready status, directly press PROGRAM to enter setting.）

P1 Manu   time：pre-set 20 min；range5~99min，step 1 min.
P2 9 hole   LEVEL：pre-set 1，range 1~10， step1，3500 meter is based on distance.
P3 hill climb   LEVEL：pre-set 1，range 1~10，step 1.
                  time：pre-set 30min；range 20~99min，step 1 min.
P4 hill run   LEVEL：pre-set 1，range 1~10，step 1.
                  time：pre-set 30min，range 20~99min，step 1 min.
P5 HRC   **HRC** function：(This function must be attached with heart beat to finish)
   1. The program aims to exercise heartbeat. When operating, the heartbeat value is equal to the pre-set value, the angle and speed will keep steady to maintain the heartbeat value in certain range to achieve the exercising effect.
   2. LED of **AGE** light flashes, you can press 🔵 or 🔵to adjust age. After setting, press ⏺ENTER to another position. Age pre-set：30；Range of age：13~80，Step is 1.
   3. At this time LED of PULSE light flashes, the mode will request you to put in heartbeat value. The value will change according to the age and please refer to the attached table in the rear of this indication. Then select the suitable value in the table. You can press🔵 or 🔵 adjust heartbeat value. If you don't make any change, press ⏺ENTER and mode will start according to pre-set value and turn to next position.

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4. TIME window starts flashing; mode will request you to put in time value. You can press
➕ or ➖ to set sport time you need. Or press (START) directly to start move with count down.
（＊Range of time：5~99 min，pre-set value is 20 min，step is 1.）

** The chart below will show the relationship between different age and heart rate of this product

| Age | BPM | | | Age | BPM | | | Age | BPM | | | Age | BPM | | |
	H	Default value	L		H	Default value	L		H	Default value	L		H	Default value	L
13	197	124	124	31	180	113	113	49	162	103	103	67	145	92	92
14	196	124	124	32	179	113	113	50	162	102	102	68	144	91	91
15	195	123	123	33	178	112	112	51	161	101	101	69	143	91	91
16	194	122	122	34	177	112	112	52	160	101	101	70	143	90	90
17	193	122	122	35	176	111	111	53	159	100	100	71	142	90	89
18	192	121	121	36	175	110	110	54	158	100	100	72	141	90	89
19	191	121	121	37	174	110	110	55	157	99	99	73	140	90	88
20	190	120	120	38	173	109	109	56	156	98	98	74	139	90	88
21	189	119	119	39	172	109	109	57	155	98	98	75	138	90	87
22	188	119	119	40	171	108	108	58	154	97	97	76	137	90	86
23	187	118	118	41	170	107	107	59	153	97	97	77	136	90	86
24	186	118	118	42	169	107	107	60	152	96	96	78	135	90	85
25	185	117	117	43	168	106	106	61	151	95	95	79	134	90	85
26	184	116	116	44	167	106	106	62	150	95	95	80	133	90	84
27	183	116	116	45	166	105	105	63	149	94	94				
28	182	115	115	46	165	104	104	64	148	94	94				
29	181	115	115	47	164	104	104	65	147	93	93				
30	181	114	114	48	163	103	103	66	146	92	92				

P6 interval   LEVEL：pre-set 1，range 1~10，step 1.
                 time：pre-set 30min，range 20~99min，step 1 min.
P7 rolling   LEVEL：pre-set 1，range 1~10，step1.
                 time：pre-set 30min，range 20~99min，step 1 min.
P8 Weight loss   LEVEL：pre-set 1，range 1~10，step 1.
                 time：pre-set 30min，range 20~99min，step 1 min.
P9、P10、P11、P12 are CUSTOM：
                 time：pre-set value is 30min，range 20~99min，step1 min.
   （1）PROGRAM has 30 levels in all (SE01~SE30) and the pre-set values all are lowest value.
   （2）Setting：time，program execute value (setting time can execute in 30 level averagely）.
Error Signal Display：
                 E1：The treadmill can't read the speed value.
                 E6：In the range of ADC, incline motor doesn't run.
                 E7：Incline is too height or too low(exceed the range).
1. E1：Blue back light LCD displays the floating string of ERROR 1. The window will   display
        the floating string PLEASE RESTART AND CONTACT SERVICE.
2. E6：Blue back light LCD displays the floating string of ERROR 6. The window will display
        the floating string PLEASE RESTART AND CONTACT SERVICE.

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3. E7：Blue back light LCD displays the floating string of ERROR 7. The window will display the floating string PLEASE RESTART AND CONTACT SERVICE.

◆ **E6 / E7 Incline Function Abnormity Simple Exclusion Action**

1. Restart the treadmill and E6 or E7 signal appears, please check follow the second step.

2. Force incline ascend or descend to test whether the incline motor and the wire of transmission signal is normal. The key operations are as following. We emphasize that you should be cautious to make incline ascend or incline descend to avoid the damage of controller or incline motor. If the action of force to drive incline motor can't work, please contact with your manufacturer.

   A. When the incline angle of treadmill is on high position (as drawing 1). At this time you should press STOP and hold it tightly, then press DOWN at the same time. Hold the two keys for 3~5 seconds simultaneity and the incline motor will force the treadmill descend the incline height. Check whether the feedback value of incline motor near the error information window will change with incline descend and be adjusted to 100. If shows the feedback value and change with incline, you can just release keys to make incline position back to the pre-set position.
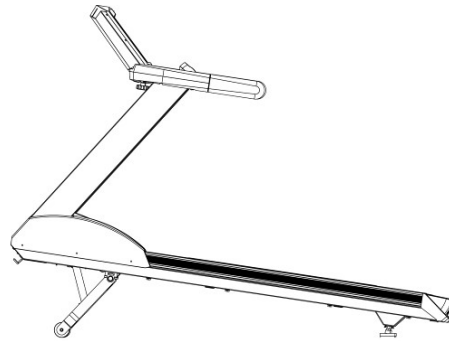
(Drawing 1)

   B. When the incline angle of treadmill is on low position (as drawing 2). At this time you should press STOP and hold it tightly, then press UP at the same time. Hold the two keys for 3~5 seconds simultaneity and the incline motor will force the treadmill ascend the incline height. Check whether the feedback value of incline motor near the error information window will change with incline descend and be adjusted to 100. If shows the feedback value and change with incline, you can just release keys to make incline position back to the pre-set position.

(Drawing 2)

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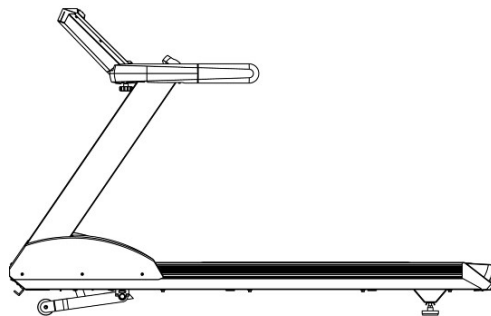
3. If you have tried the above steps and still can't solve the malfunction of incline function, please contact with technology repairer of your dealer. At this time, you should emphasize that the inline function can't work. To make users operate the treadmill with no incline function, you can press STOP and hold it, then press slowdown key(－). Hold the two keys for 3~5 seconds at the same time. Incline function will stop on the malfunction position and can't carry out the function. This incline function will work after restart the treadmill. So you should cancel the incline function again when you use the treadmill before the problem solved.

** If there is any error information, please contact with the manufacturer.

SPEED AND ELEVATION CHANGES

9 HOLE		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Level 1	ELEVATION	0.0	1.0	1.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0
	(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 2	ELEVATION	0.0	1.0	1.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	2.0	3.0	1.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0
	(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 3	ELEVATION	0.0	1.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	2.0	3.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0
	(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 4	ELEVATION	0.0	1.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	3.0	4.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0
	(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 5	ELEVATION	0.0	1.0	1.0	1.0	1.0	1.0	4.0	1.0	1.0	1.0	1.0	4.0	1.0	1.0	1.0	3.0	4.0	1.0	1.0	1.0	1.0	4.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0
	(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 6	ELEVATION	0.0	1.0	1.0	1.0	1.0	1.0	4.0	1.0	1.0	1.0	1.0	4.0	1.0	1.0	1.0	4.0	5.0	1.0	1.0	1.0	1.0	4.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0
	(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 7	ELEVATION	0.0	1.0	1.0	1.0	1.0	1.0	5.0	1.0	1.0	1.0	1.0	5.0	1.0	1.0	1.0	4.0	5.0	1.0	1.0	1.0	1.0	5.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0
	(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 8	ELEVATION	0.0	1.0	2.0	2.0	2.0	2.0	5.0	2.0	2.0	2.0	2.0	5.0	2.0	2.0	2.0	5.0	6.0	2.0	2.0	2.0	2.0	5.0	2.0	2.0	2.0	2.0	2.0	2.0	1.0	0.0
	(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 9	ELEVATION	0.0	1.0	2.0	2.0	2.0	2.0	6.0	2.0	2.0	2.0	2.0	6.0	2.0	2.0	2.0	5.0	6.0	2.0	2.0	2.0	2.0	6.0	2.0	2.0	2.0	2.0	2.0	2.0	1.0	0.0
	(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6
Level 10	ELEVATION	0.0	1.0	2.0	2.0	2.0	2.0	6.0	2.0	2.0	2.0	2.0	6.0	2.0	2.0	2.0	6.0	7.0	2.0	2.0	2.0	2.0	6.0	2.0	2.0	2.0	2.0	2.0	2.0	1.0	0.0
	(MPH)	1.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6

2020/3/25 Ver1.3+V1.0

SPEED AND ELEVATION CHANGES

HILL CLIMB		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Level 1	ELEVATION	0.0	0.0	0.0	1.0	1.0	1.0	1.0	2.0	2.0	2.0	2.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	2.0	2.0	2.0	2.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0
	(MPH)	1.5	2.0	2.5	3.5	2.0	3.0	2.0	4.0	2.0	4.0	2.0	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.0	4.0	2.0	4.0	2.0	3.5	3.0	2.5	2.0	1.5
	(KPH)	2.4	3.2	4.0	5.6	3.2	4.8	3.2	6.4	3.2	6.4	3.2	6.4	4.0	6.4	4.0	6.4	4.0	6.4	4.0	6.4	3.2	6.4	3.2	6.4	3.2	5.6	4.8	4.0	3.2	2.4
Level 2	ELEVATION	0.0	0.0	1.0	1.0	1.0	2.0	2.0	2.0	2.0	3.0	3.0	3.0	3.0	4.0	3.0	4.0	3.0	3.0	3.0	3.0	2.0	2.0	2.0	2.0	1.0	1.0	1.0	1.0	0.0	0.0
	(MPH)	1.5	2.0	2.5	4.0	2.5	3.5	2.5	4.5	2.5	4.5	2.5	4.5	3.0	4.5	3.0	4.5	3.5	4.5	3.0	4.5	2.5	4.5	2.5	4.5	2.5	4.0	3.5	2.5	2.0	1.5
	(KPH)	2.4	3.2	4.0	6.4	4.0	5.6	4.0	7.2	4.0	7.2	4.0	7.2	4.8	7.2	4.8	7.2	5.6	7.2	4.8	7.2	4.0	7.2	4.0	7.2	4.0	6.4	5.6	4.0	3.2	2.4
Level 3	ELEVATION	0.0	1.0	1.0	2.0	2.0	2.0	2.0	3.0	3.0	3.0	3.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	3.0	3.0	3.0	3.0	2.0	2.0	2.0	2.0	1.0	1.0	1.0	0.0
	(MPH)	1.5	2.0	2.5	4.5	2.5	4.0	3.0	5.0	3.0	5.0	3.0	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.0	5.0	3.0	5.0	3.0	4.5	3.5	2.5	2.0	1.5
	(KPH)	2.4	3.2	4.0	7.2	4.0	6.4	4.8	8.0	4.8	8.0	4.8	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	4.8	8.0	4.8	8.0	4.8	7.2	5.6	4.0	3.2	2.4
Level 4	ELEVATION	1.0	1.0	2.0	2.0	2.0	3.0	3.0	3.0	3.0	4.0	4.0	4.0	4.0	4.0	4.0	5.0	5.0	4.0	4.0	4.0	4.0	3.0	3.0	3.0	2.0	2.0	2.0	2.0	1.0	1.0
	(MPH)	2.0	2.5	3.0	5.0	3.0	5.0	3.0	5.5	3.5	5.5	3.5	5.5	4.0	5.5	4.0	5.5	4.0	5.5	4.0	5.5	3.5	5.5	3.5	5.5	3.5	5.0	4.0	3.0	2.5	2.0
	(KPH)	3.2	4.0	4.8	8.0	4.8	8.0	4.8	8.8	5.6	8.8	5.6	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	5.6	8.8	5.6	8.8	5.6	8.0	6.4	4.8	4.0	3.2
Level 5	ELEVATION	1.0	2.0	2.0	3.0	3.0	3.0	3.0	4.0	4.0	4.0	4.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	4.0	4.0	4.0	4.0	3.0	3.0	3.0	3.0	2.0	2.0	2.0	1.0
	(MPH)	2.0	2.5	3.0	5.5	3.5	5.5	3.5	6.0	4.0	6.0	4.0	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.0	6.0	4.0	6.0	4.0	5.5	4.5	3.5	2.5	2.0
	(KPH)	3.2	4.0	4.8	8.8	5.6	8.8	5.6	9.6	6.4	9.6	6.4	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	6.4	9.6	6.4	9.6	6.4	8.8	7.2	5.6	4.0	3.2
Level 6	ELEVATION	2.0	2.0	3.0	3.0	3.0	4.0	4.0	4.0	4.0	5.0	5.0	5.0	5.0	6.0	6.0	6.0	5.0	5.0	5.0	5.0	4.0	4.0	4.0	4.0	3.0	3.0	3.0	3.0	2.0	2.0
	(MPH)	2.0	2.5	3.0	6.0	4.0	6.0	4.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	4.5	6.5	4.5	6.5	4.0	6.0	5.0	3.0	2.5	2.0
	(KPH)	3.2	4.0	4.8	9.6	6.4	9.6	6.4	10.4	7.2	10.4	7.2	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	7.2	10.4	7.2	10.4	6.4	9.6	8.0	4.8	4.0	3.2
Level 7	ELEVATION	2.0	2.0	3.0	4.0	4.0	4.0	4.0	5.0	5.0	5.0	5.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	5.0	5.0	5.0	5.0	4.0	4.0	4.0	4.0	3.0	3.0	3.0	2.0
	(MPH)	2.0	2.5	3.0	6.5	4.5	6.5	5.0	7.0	5.0	7.0	5.0	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.0	7.0	5.0	7.0	4.5	7.0	5.0	3.5	3.0	2.5
	(KPH)	3.2	4.0	4.8	10.4	7.2	10.4	8.0	11.2	8.0	11.2	8.0	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.0	11.2	8.0	11.2	7.2	11.2	8.0	5.6	4.8	4.0
Level 8	ELEVATION	2.0	3.0	3.0	4.0	4.0	5.0	5.0	5.0	5.0	6.0	6.0	6.0	6.0	7.0	7.0	7.0	6.0	6.0	6.0	6.0	5.0	5.0	5.0	5.0	4.0	4.0	4.0	3.0	3.0	2.0
	(MPH)	2.5	3.0	3.5	6.5	5.0	7.0	5.0	7.5	5.5	7.5	5.5	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	5.5	7.5	5.5	7.0	5.0	7.0	5.0	3.5	3.0	2.5
	(KPH)	4.0	4.8	5.6	10.4	8.0	11.2	8.0	12.0	8.8	12.0	8.8	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	8.8	12.0	8.8	11.2	8.0	11.2	8.0	5.6	4.8	4.0
Level 9	ELEVATION	2.0	3.0	4.0	5.0	5.0	5.0	5.0	6.0	6.0	6.0	6.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	6.0	6.0	6.0	6.0	5.0	5.0	5.0	5.0	4.0	4.0	3.0	2.0
	(MPH)	2.5	3.0	3.5	6.5	5.5	7.5	5.5	8.0	6.0	8.0	6.0	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.0	8.0	6.0	7.5	5.5	7.5	5.0	3.5	3.0	2.5
	(KPH)	4.0	4.8	5.6	10.4	8.8	12.0	8.8	12.8	9.6	12.8	9.6	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	9.6	12.8	9.6	12.0	8.8	12.0	8.0	5.6	4.8	4.0
Level 10	ELEVATION	2.0	3.0	5.0	5.0	6.0	6.0	6.0	6.0	7.0	7.0	7.0	7.0	8.0	8.0	8.0	7.0	7.0	7.0	7.0	6.0	6.0	6.0	6.0	5.0	5.0	5.0	4.0	4.0	3.0	2.0
	(MPH)	2.5	3.0	3.5	6.5	6.0	8.0	6.0	8.0	6.5	8.5	6.5	8.5	7.0	8.5	7.0	8.5	7.0	8.5	7.0	8.5	6.5	8.5	6.5	8.5	6.0	7.5	6.5	3.5	3.0	2.5
	(KPH)	4.0	4.8	5.6	10.4	9.6	12.8	9.6	12.8	10.4	13.6	10.4	13.6	11.2	13.6	11.2	13.6	11.2	13.6	11.2	13.6	10.4	13.6	10.4	13.6	9.6	12.0	10.4	5.6	4.8	4.0

SPEED AND ELEVATION CHANGES

HILL RUN		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Level 1	ELEVATION	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	(MPH)	1.5	2.0	2.5	3.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.0	2.5	2.0	1.5
	(KPH)	2.4	3.2	4.0	4.8	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	4.8	4.0	3.2	2.4
Level 2	ELEVATION	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	(MPH)	1.5	2.0	2.5	3.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	3.5	3.0	2.5	2.0	1.5
	(KPH)	2.4	3.2	4.0	5.6	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	5.6	4.8	4.0	3.2	2.4
Level 3	ELEVATION	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	1.0	1.0	0.0	0.0	0.0	0.0	1.0	1.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	(MPH)	1.5	2.0	2.5	4.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	4.0	3.5	2.5	2.0	1.5
	(KPH)	2.4	3.2	4.0	6.4	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	6.4	5.6	4.0	3.2	2.4
Level 4	ELEVATION	0.0	0.0	0.0	0.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0	0.0	1.0	1.0	1.0	0.0	0.0	0.0	0.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0	0.0	0.0	0.0
	(MPH)	2.0	2.5	3.0	4.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	4.5	4.0	3.0	2.5	2.0
	(KPH)	3.2	4.0	4.8	7.2	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	7.2	6.4	4.8	4.0	3.2
Level 5	ELEVATION	0.0	0.0	0.0	0.0	0.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	5.0	4.0	4.0	3.0	2.0
	(MPH)	2.0	2.5	3.0	5.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	5.0	4.5	3.0	2.5	2.0
	(KPH)	3.2	4.0	4.8	8.0	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	8.0	7.2	4.8	4.0	3.2
Level 6	ELEVATION	0.0	0.0	0.0	0.0	0.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0	0.0	0.0	0.0
	(MPH)	2.0	2.5	3.0	5.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	5.5	5.0	3.0	2.5	2.0
	(KPH)	3.2	4.0	4.8	8.8	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	8.8	8.0	4.8	4.0	3.2
Level 7	ELEVATION	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0
	(MPH)	2.0	2.5	3.0	6.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	6.0	5.5	3.0	2.5	2.0
	(KPH)	3.2	4.0	4.8	9.6	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	9.6	8.8	4.8	4.0	3.2
Level 8	ELEVATION	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	2.0	2.0	2.0	1.0	1.0	1.0	2.0	2.0	2.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0
	(MPH)	2.5	3.0	3.5	6.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	6.5	6.0	3.5	3.0	2.5
	(KPH)	4.0	4.8	5.6	10.4	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	10.4	9.6	5.6	4.8	4.0
Level 9	ELEVATION	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0
	(MPH)	2.5	3.0	3.5	6.5	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	7.0	6.5	3.5	3.0	2.5
	(KPH)	4.0	4.8	5.6	10.4	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	11.2	10.4	5.6	4.8	4.0
Level 10	ELEVATION	1.0	1.0	1.0	1.0	1.0	1.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	3.0	3.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0
	(MPH)	2.5	3.0	3.5	6.5	7.5	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	7.5	6.5	3.5	3.0	2.5
	(KPH)	4.0	4.8	5.6	10.4	12.0	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	12.0	10.4	5.6	4.8	4.0

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SPEED CHANGES ONLY

INTERVAL		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Level 1	(MPH)	1.5	2.0	2.5	3.5	2.0	3.5	2.0	3.5	2.0	3.5	2.0	3.5	2.0	3.5	2.0	3.5	2.0	3.5	2.0	3.5	2.0	3.5	2.0	3.5	2.0	3.5	3.0	2.5	2.0	1.5
	(KPH)	2.4	3.2	4.0	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	4.8	4.0	3.2	2.4
Level 2	(MPH)	1.5	2.0	2.5	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.5	4.0	3.5	2.5	2.0	1.5
	(KPH)	2.4	3.2	4.0	6.4	4.0	6.4	4.0	6.4	4.0	6.4	4.0	6.4	4.0	6.4	4.0	6.4	4.0	6.4	4.0	6.4	4.0	6.4	4.0	6.4	4.0	6.4	5.6	4.0	3.2	2.4
Level 3	(MPH)	1.5	2.0	2.5	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.5	2.5	2.0	1.5
	(KPH)	2.4	3.2	4.0	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	5.6	4.0	3.2	2.4
Level 4	(MPH)	2.0	2.5	3.0	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	4.0	3.0	2.5	2.0
	(KPH)	3.2	4.0	4.8	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	6.4	4.8	4.0	3.2
Level 5	(MPH)	2.0	2.5	3.0	5.5	4.0	5.5	4.0	5.5	4.0	5.5	4.0	5.5	4.0	5.5	4.0	5.5	4.0	5.5	4.0	5.5	4.0	5.5	4.0	5.5	4.0	5.5	4.5	3.0	2.5	2.0
	(KPH)	3.2	4.0	4.8	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	7.2	4.8	4.0	3.2
Level 6	(MPH)	2.0	2.5	3.0	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	3.0	2.5	2.0
	(KPH)	3.2	4.0	4.8	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	4.8	4.0	3.2
Level 7	(MPH)	2.0	2.5	3.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	3.0	2.5	2.0
	(KPH)	3.2	4.0	4.8	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	4.8	4.0	3.2
Level 8	(MPH)	2.5	3.0	3.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	3.5	3.0	2.5
	(KPH)	4.0	4.8	5.6	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	5.6	4.8	4.0
Level 9	(MPH)	2.5	3.0	3.5	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	3.5	3.0	2.5
	(KPH)	4.0	4.8	5.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	5.6	4.8	4.0
Level 10	(MPH)	2.5	3.0	3.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	3.5	3.0	2.5
	(KPH)	4.0	4.8	5.6	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	5.6	4.8	4.0

SPEED CHANGES ONLY

ROLLING		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Level 1	(MPH)	1.5	2.0	2.5	3.0	3.5	3.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	3.0	3.0	2.5	2.0	1.5
	(KPH)	2.4	3.2	4.0	4.8	5.6	4.8	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	4.8	4.8	4.0	3.2	2.4
Level 2	(MPH)	1.5	2.0	2.5	3.0	3.5	4.0	3.5	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	3.5	3.0	2.5	2.0	1.5
	(KPH)	2.4	3.2	4.0	4.8	5.6	6.4	5.6	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	5.6	4.8	4.0	3.2	2.4
Level 3	(MPH)	1.5	2.0	2.5	3.5	4.0	4.5	4.0	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	4.0	3.5	2.5	2.0	1.5
	(KPH)	2.4	3.2	4.0	5.6	6.4	7.2	6.4	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	6.4	5.6	4.0	3.2	2.4
Level 4	(MPH)	2.0	2.5	3.0	4.0	4.5	5.0	4.5	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	4.5	4.0	3.0	2.5	2.0
	(KPH)	3.2	4.0	4.8	6.4	7.2	8.0	7.2	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	7.2	6.4	4.8	4.0	3.2
Level 5	(MPH)	2.0	2.5	3.0	4.0	5.0	5.5	5.0	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	5.0	4.0	3.0	2.5	2.0
	(KPH)	3.2	4.0	4.8	6.4	8.0	8.8	8.0	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	8.0	6.4	4.8	4.0	3.2
Level 6	(MPH)	2.0	2.5	3.0	4.0	5.0	5.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	5.0	4.0	3.0	2.5	2.0
	(KPH)	3.2	4.0	4.8	6.4	8.0	8.8	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	8.0	6.4	4.8	4.0	3.2
Level 7	(MPH)	2.5	3.0	3.5	4.5	5.5	6.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.0	5.0	4.5	3.5	3.0	2.5
	(KPH)	4.0	4.8	5.6	7.2	8.8	9.6	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	9.6	8.0	7.2	5.6	4.8	4.0
Level 8	(MPH)	2.5	3.0	3.5	4.5	5.5	6.0	6.5	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	6.5	5.5	4.5	3.5	3.0	2.5
	(KPH)	4.0	4.8	5.6	7.2	8.8	9.6	10.4	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	10.4	8.8	7.2	5.6	4.8	4.0
Level 9	(MPH)	2.5	3.0	3.5	4.5	5.5	6.5	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.0	6.0	5.0	3.5	3.0	2.5
	(KPH)	4.0	4.8	5.6	7.2	8.8	10.4	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	11.2	9.6	8.0	5.6	4.8	4.0
Level 10	(MPH)	2.5	3.0	3.5	4.5	5.5	6.5	7.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	7.0	6.0	5.0	3.5	3.0	2.5
	(KPH)	4.0	4.8	5.6	7.2	8.8	10.4	12.0	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	11.2	9.6	8.0	5.6	4.8	4.0

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SPEED CHANGES ONLY
WEIGHT LOSS

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Level 1	(MPH)	0.5	1.0	1.5	2.0	2.0	2.0	2.5	2.5	2.5	3.0	3.0	3.0	3.0	3.5	3.5	3.5	3.5	3.0	3.0	3.0	2.5	2.5	2.5	2.0	2.0	2.0	1.5	1.5	1.0	0.5
	(KPH)	0.8	1.6	2.4	3.2	3.2	3.2	4.0	4.0	4.0	4.8	4.8	4.8	4.8	5.6	5.6	5.6	5.6	4.8	4.8	4.8	4.0	4.0	4.0	3.2	3.2	3.2	2.4	2.4	1.6	0.8
Level 2	(MPH)	0.5	1.0	1.5	2.5	2.5	2.5	3.0	3.0	3.0	3.5	3.5	3.5	3.5	4.0	4.0	4.0	4.0	3.5	3.5	3.5	3.0	3.0	3.0	2.5	2.5	2.5	2.0	1.5	1.0	0.5
	(KPH)	0.8	1.6	2.4	4.0	4.0	4.0	4.8	4.8	4.8	5.6	5.6	5.6	5.6	6.4	6.4	6.4	6.4	5.6	5.6	5.6	4.8	4.8	4.8	4.0	4.0	4.0	3.2	2.4	1.6	0.8
Level 3	(MPH)	0.5	1.0	1.5	2.5	3.0	3.0	3.5	3.5	3.5	4.0	4.0	4.0	4.0	4.5	4.5	4.5	4.5	4.0	4.0	4.0	3.5	3.5	3.5	3.0	3.0	3.0	2.5	1.5	1.0	0.5
	(KPH)	0.8	1.6	2.4	4.0	4.8	4.8	5.6	5.6	5.6	6.4	6.4	6.4	6.4	7.2	7.2	7.2	7.2	6.4	6.4	6.4	5.6	5.6	5.6	4.8	4.8	4.8	4.0	2.4	1.6	0.8
Level 4	(MPH)	1.0	1.5	2.0	3.0	3.5	3.5	4.0	4.0	4.0	4.5	4.5	4.5	4.5	5.0	5.0	5.0	5.0	4.5	4.5	4.5	4.0	4.0	4.0	3.5	3.5	3.5	3.0	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	4.8	5.6	5.6	6.4	6.4	6.4	7.2	7.2	7.2	7.2	8.0	8.0	8.0	8.0	7.2	7.2	7.2	6.4	6.4	6.4	5.6	5.6	5.6	4.8	3.2	2.4	1.6
Level 5	(MPH)	1.0	1.5	2.0	3.0	3.5	4.0	4.5	4.5	4.5	5.0	5.0	5.0	5.0	5.5	5.5	5.5	5.5	5.0	5.0	5.0	4.5	4.5	4.5	4.0	4.0	4.0	3.5	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	4.8	5.6	6.4	7.2	7.2	7.2	8.0	8.0	8.0	8.0	8.8	8.8	8.8	8.8	8.0	8.0	8.0	7.2	7.2	7.2	6.4	6.4	6.4	5.6	3.2	2.4	1.6
Level 6	(MPH)	1.0	1.5	2.0	3.5	4.0	4.5	5.0	5.0	5.0	5.5	5.5	5.5	5.5	6.0	6.0	6.0	6.0	5.5	5.5	5.5	5.0	5.0	5.0	4.5	4.5	4.5	4.0	2.0	1.5	1.0
	(KPH)	1.6	2.4	3.2	5.6	6.4	7.2	8.0	8.0	8.0	8.8	8.8	8.8	8.8	9.6	9.6	9.6	9.6	8.8	8.8	8.8	8.0	8.0	8.0	7.2	7.2	7.2	6.4	3.2	2.4	1.6
Level 7	(MPH)	1.5	2.0	2.5	4.0	4.5	5.0	5.5	5.5	5.5	6.0	6.0	6.0	6.0	6.5	6.5	6.5	6.5	6.0	6.0	6.0	5.5	5.5	5.5	5.0	5.0	5.0	4.5	2.5	2.0	1.5
	(KPH)	2.4	3.2	4.0	6.4	7.2	8.0	8.8	8.8	8.8	9.6	9.6	9.6	9.6	10.4	10.4	10.4	10.4	9.6	9.6	9.6	8.8	8.8	8.8	8.0	8.0	8.0	7.2	4.0	3.2	2.4
Level 8	(MPH)	1.5	2.0	2.5	4.0	5.0	5.5	6.0	6.0	6.0	6.5	6.5	6.5	6.5	7.0	7.0	7.0	7.0	6.5	6.5	6.5	6.0	6.0	6.0	6.0	5.5	5.5	4.5	2.5	2.0	1.5
	(KPH)	2.4	3.2	4.0	6.4	8.0	8.8	9.6	9.6	9.6	10.4	10.4	10.4	10.4	11.2	11.2	11.2	11.2	10.4	10.4	10.4	9.6	9.6	9.6	9.6	8.8	8.8	7.2	4.0	3.2	2.4
Level 9	(MPH)	1.5	2.0	2.5	4.0	5.5	6.0	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5	7.0	7.0	7.0	6.5	6.5	6.5	6.0	6.0	5.5	5.0	2.5	2.0	1.5
	(KPH)	2.4	3.2	4.0	6.4	8.8	9.6	10.4	10.4	10.4	11.2	11.2	11.2	11.2	12.0	12.0	12.0	12.0	11.2	11.2	11.2	10.4	10.4	10.4	9.6	9.6	8.8	8.0	4.0	3.2	2.4
Level 10	(MPH)	1.5	2.0	2.5	4.0	5.5	6.5	7.0	7.0	7.0	7.5	7.5	7.5	7.5	8.0	8.0	8.0	8.0	7.5	7.5	7.5	7.0	7.0	7.0	6.5	6.5	6.0	5.5	2.5	2.0	1.5
	(KPH)	2.4	3.2	4.0	6.4	8.8	10.4	11.2	11.2	11.2	12.0	12.0	12.0	12.0	12.8	12.8	12.8	12.8	12.0	12.0	12.0	11.2	11.2	11.2	10.4	10.4	9.6	8.8	4.0	3.2	2.4