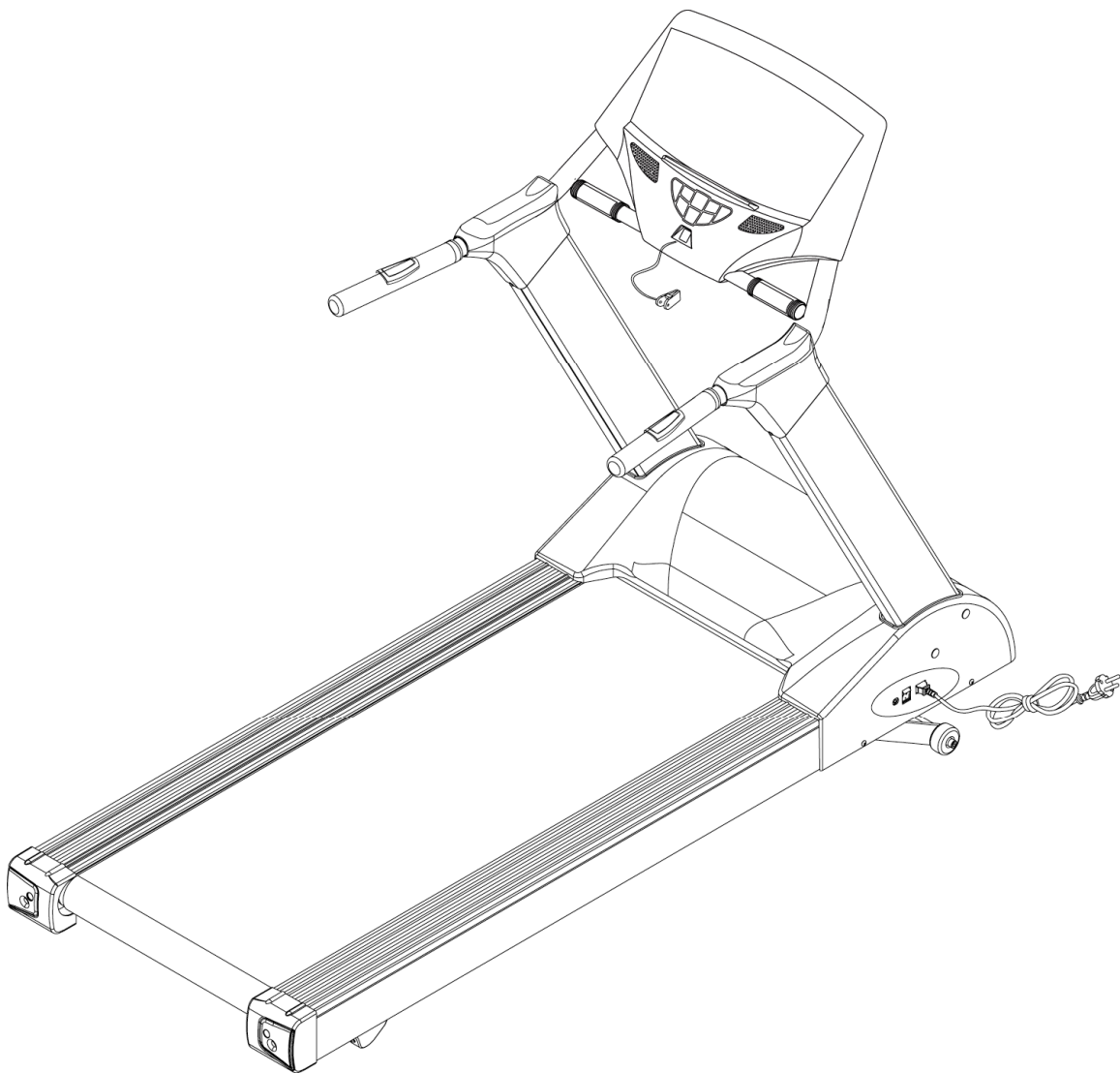


TREADMILL LTX6

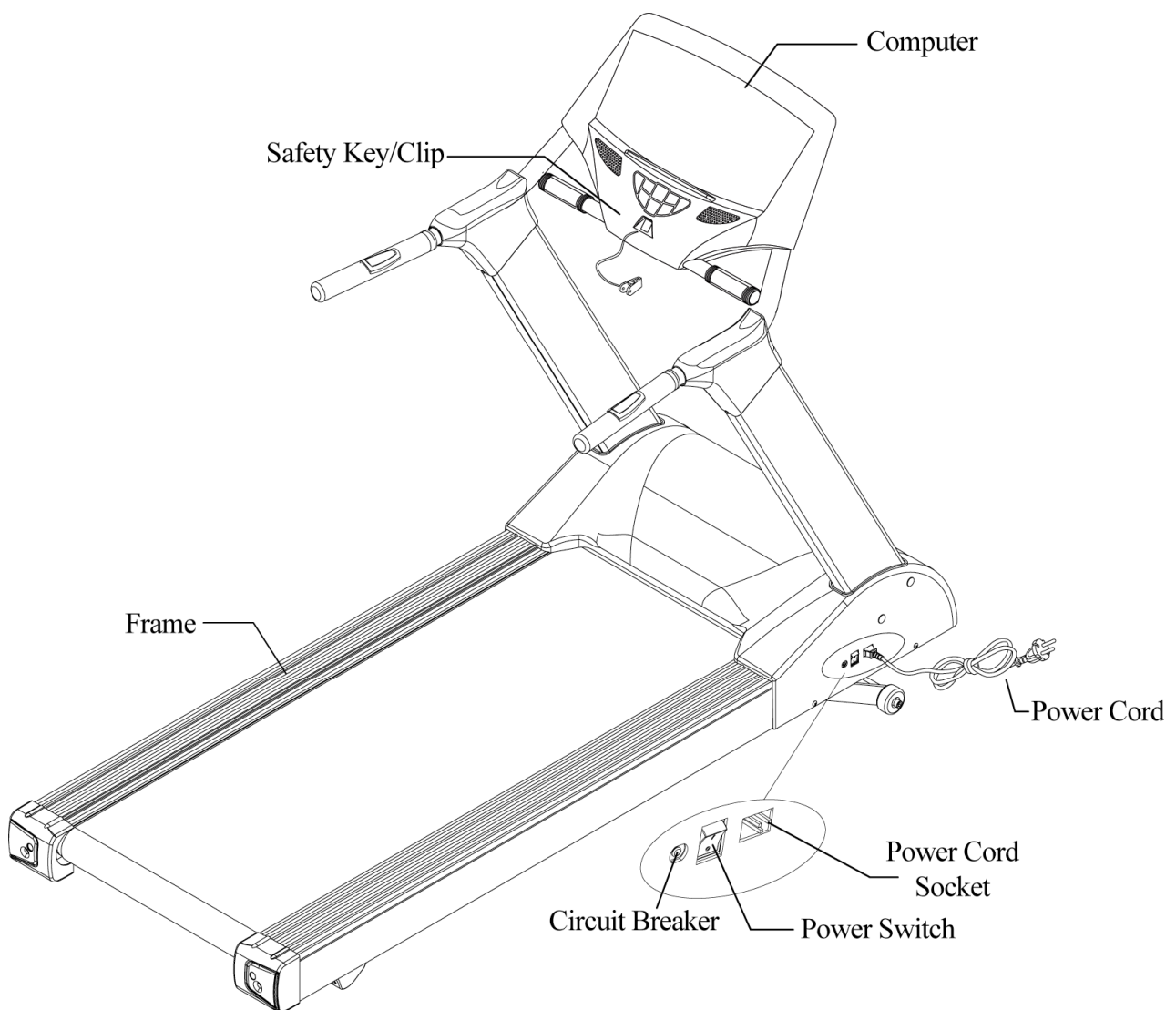
OWNER'S MANUAL



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1. OVERVIEW DRAWING



2. IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using the treadmill.

DANGER – To reduce the risk of electric shock:

1. 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. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
3. Use this appliance only for its intended use as described in this manual. Do not use attachment not recommended by the manufacture.
4. 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.
5. Do not carry this appliance by supply cord or use cord as a handle.
6. Keep the cord away from heated surfaces.
7. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
8. Never drop or insert any object into any opening.
9. Do not use outdoors.
10. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
11. To disconnect, turn all controls to the off position, than remove plug from outlet.
12. Connect this appliance to a properly grounded outlet only.
13. The appliance is intended for household use only.

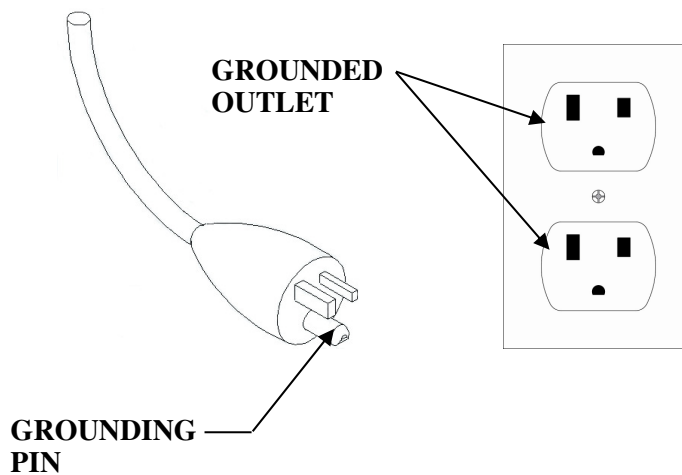
3. GROUNDING INSTRUCTIONS

This product must be grounded. If malfunction or breakdown occurs, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

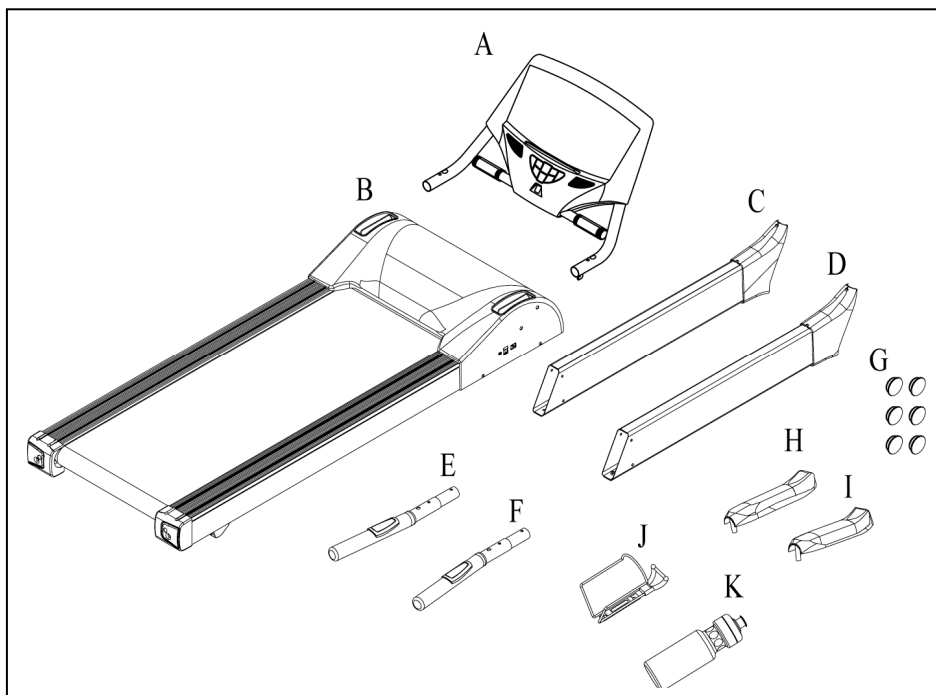
This product is for use on a nominal 220-240 volt circuit and has a grounding plug that looks like the plug illustrated in the figure. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Figure
Grounding methods

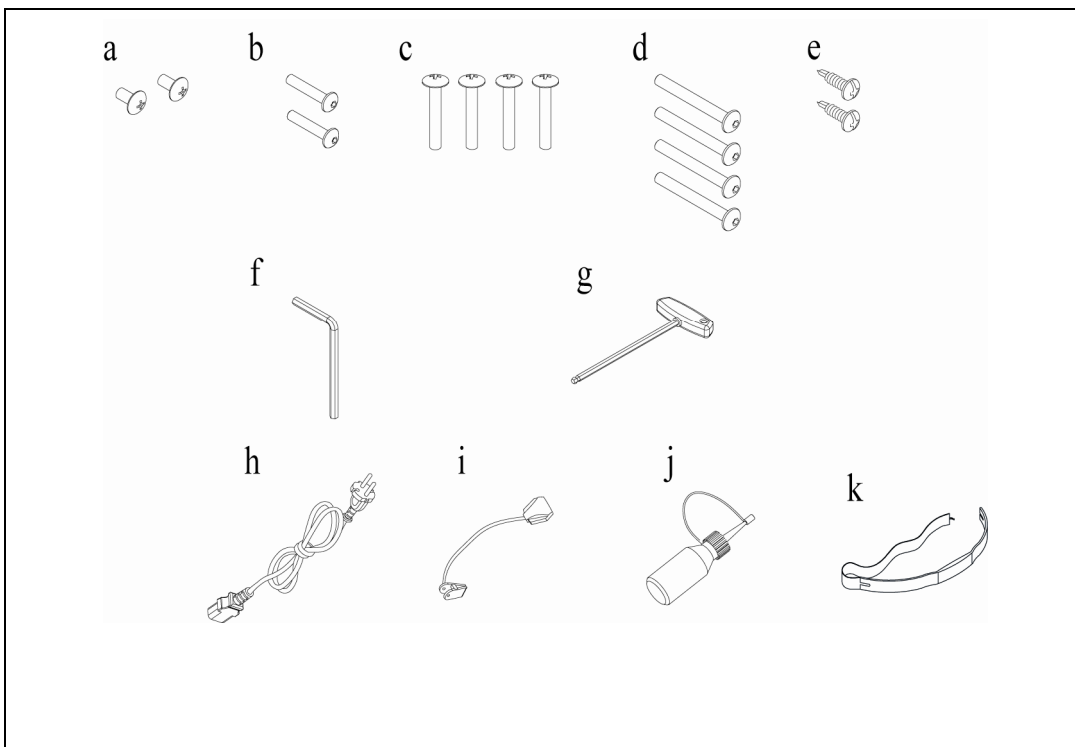


4. MOTORIZED TREADMILL PRE-ASSEMBLY

ITEM	Description	Qty
A	Computer Set	1
B	Frame	1
C	Upright Bar (L)	1
D	Upright Bar (R)	1
E	Handrail (L)	1
F	Handrail (R)	1
G	Screw Cover	6
H	Handrail Cover (L)	1
I	Handrail Cover (R)	1
J	Bottle Holder	1
K	Bottle	1



ITEM	Description	Qty
a	Bolt M5xP0.8x15	2
b	Bolt M8xP1.25x40	2
c	Bolt M8xP1.25x60	4
d	Bolt M8xP1.25x75	4
e	Bolt ψ 5x25	2
f	Allen wrench 5mm	1
g	T wrench	1
h	Power Cord	1
i	Safety	1
j	SILICON	1
k	Heart Rate Transmitter	1
l		
m		
n		



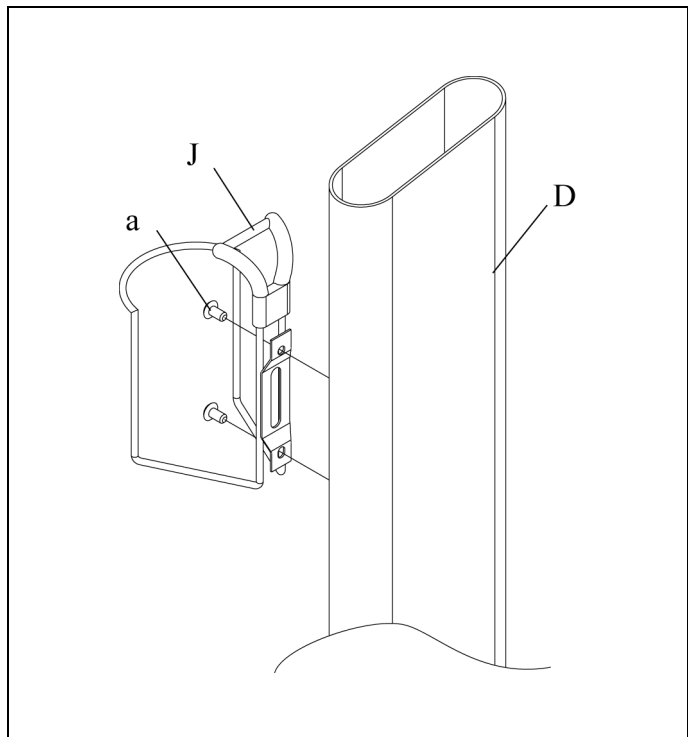
5. ASSEMBLY STEPS

Assembly requires two or more persons during the process.

(Caution!! Please follow exactly the assembly steps below to prevent from injury.)

1. Pot Holder assembly :
Put Tea Pot Holder (J) on the Upright Bar (D), secure the Bolt (a) inserted and fixed with fastening.

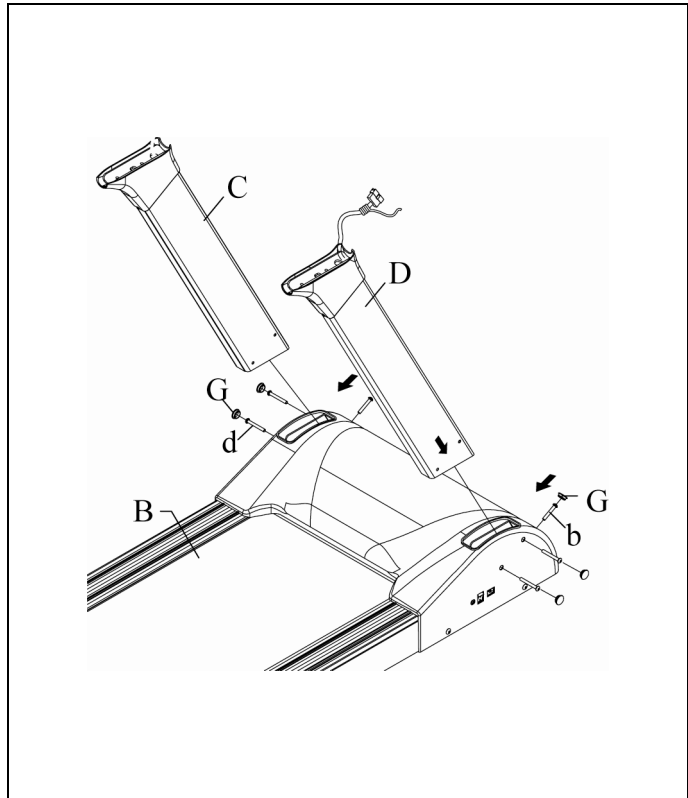
Ps. Personal option, the Tea Pot Holder may Put on the other side of Upright Bar.



2. First pull out the bottom control wire using the guide wire inside the Upright Bar (D). Pull to the position as shown in the drawing, then insert the Upright Bar (C,D) into the two locations on the frame (B). Secure the upright bar with treadmill frame by bolts (b, d) wrench provided.
3. After tightening the screws, cover the screws with screw cover (G) as shown in the drawing.

Ps.1. In order to keep the assembly safety, please do it with 2 people instead of one person.

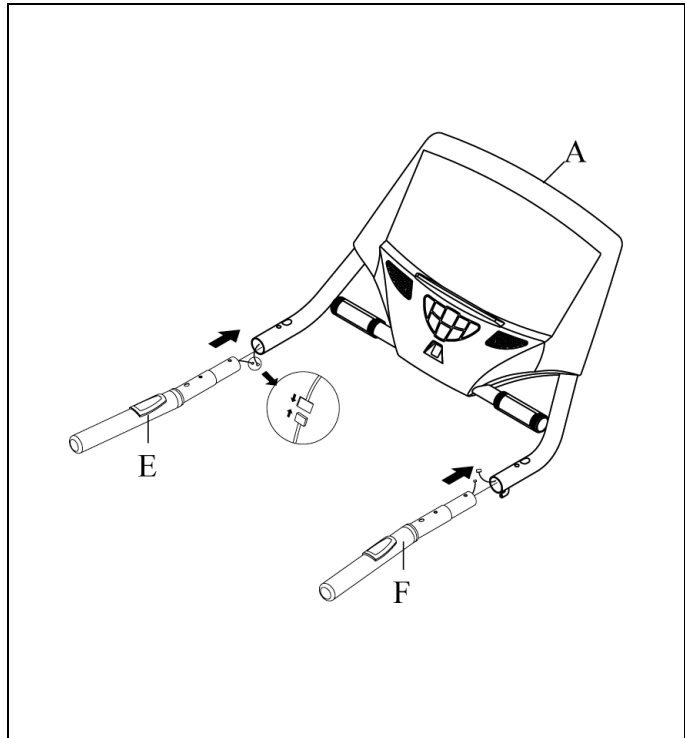
Ps.2. One keeps the tube stable without any slit



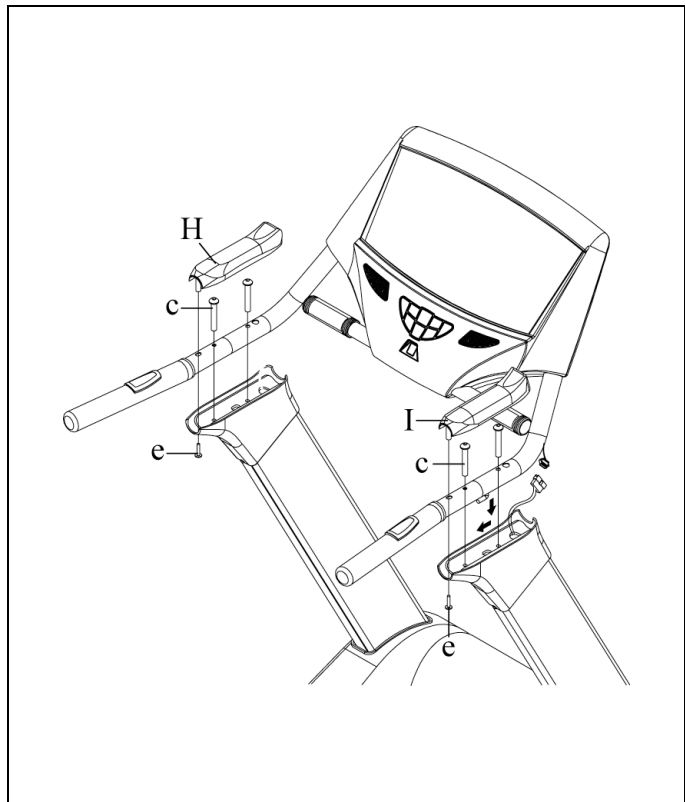
4. Computer Set :

Connect the control wire inside the Handrails (E、F) with the control wire inside the Computer Set (A), then follow the directions shown on drawing. Assemble the Handrails (L&R) to computer.

- Ps.1. When assemble, assure that the screw holes on the Handrails (L&R) have matched the holes on the Computer set's pipe.
- Ps.2. Because, this product has the function about Handrails switch. So that, when assemble, it must be watched out that the switch of Handrail (L) is used to adjust the incline, and the switch of Handrail (R) is used to adjust the speed.



5. As the above steps have been completed, align the Computer Set (assembled in the above step) on the Upright Bars, and connect the control wire inside the Upright Bars with the control wire inside the Computer Set. After that, insert the excessive wire or cable into the Upright Bars
6. Tighten up with bolt(c).
7. Final, connect the two Handrail Covers (H、I) on to the Handrails, and tighten up with screws(e)

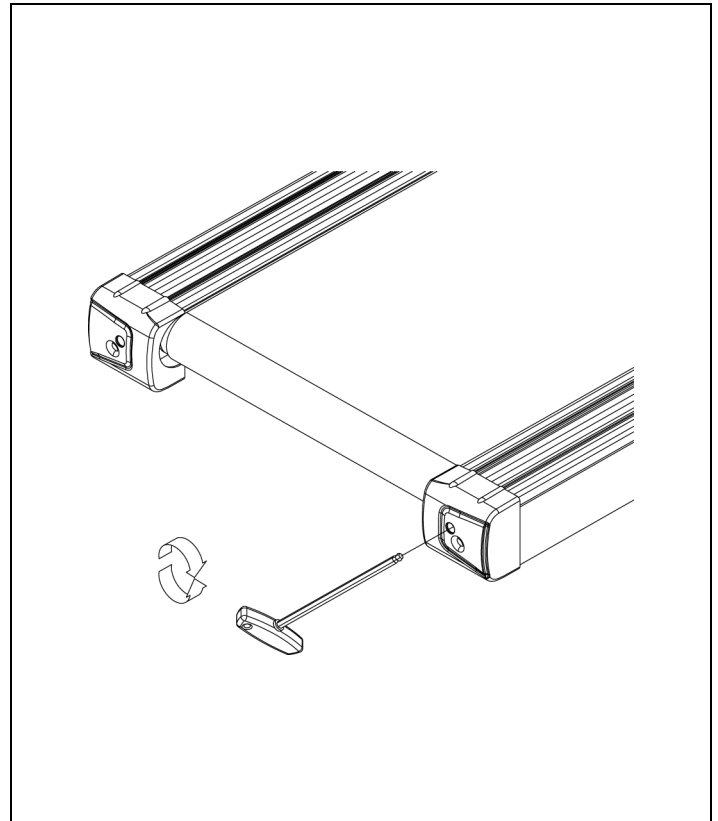


6. Maintenance

1. Walking Belt Centering. If the Walking Belt tracks off center to the right or left of the deck, first turn the power off. Then use a 6mm wrench (g) to tighten the rear roller bolt on the side of the treadmill toward which the belt is moving.. For example, if the belt moves to the left and the deck becomes exposed on the right, tighten the bolt on the left side of the frame. Tighten about 1/4 of turn(clockwise). If the belt does not move back to the center of the treadmill, make another adjustment to the same bolt. Once the Walking Belt has been adjusted closer to the center, the treadmill can be started again.

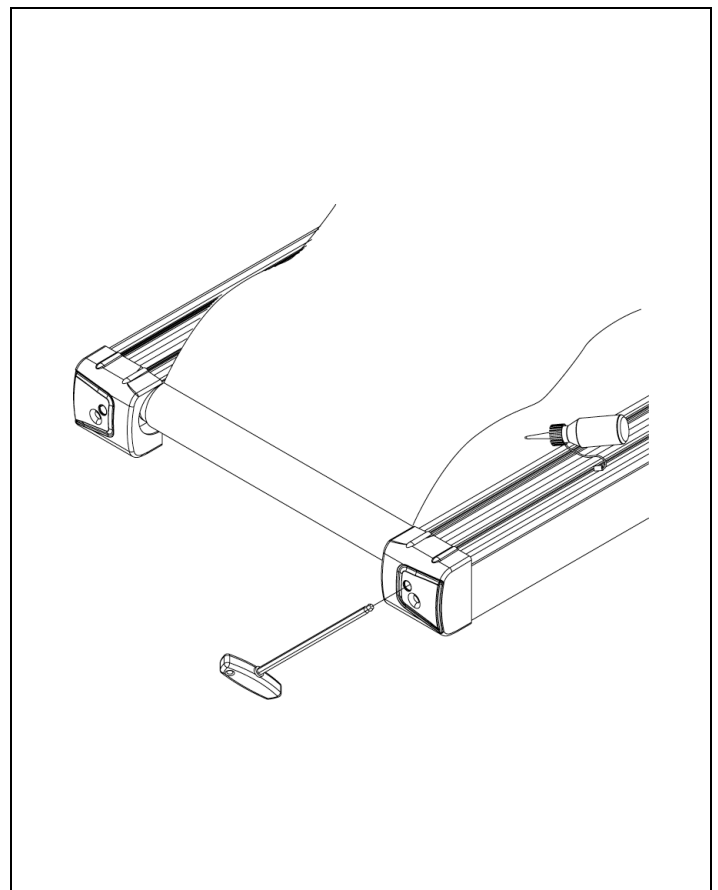
Ps.1: The above mentioned is pretty import, make sure to follow the procedure.

Ps.2: Make sure the walking belt going on right without any tracks off the centers it depends on the position and weight.

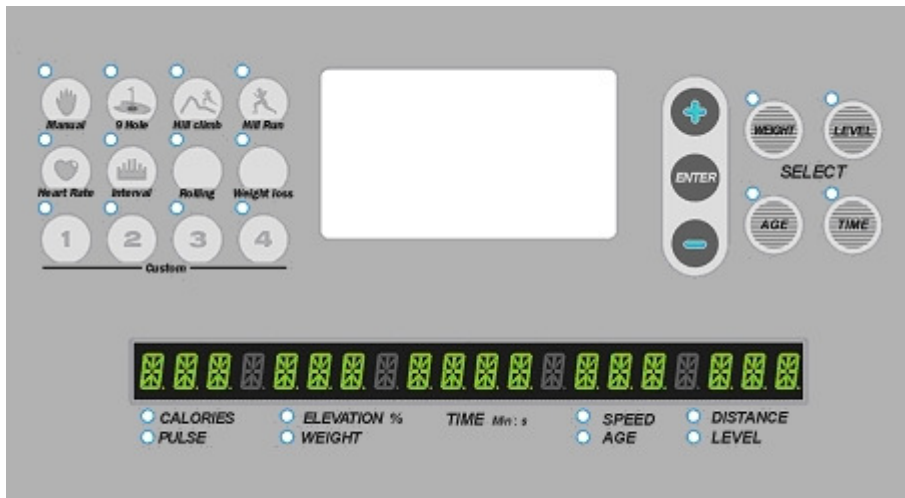


2. It is recommended that the deck be lubricated every 6-12 months according to the frequency of usage. First, use wrench to loosen the bolts in the end caps. Pull up the Walking Belt, dispense the lubricant on the deck, and spread evenly. After lubricating the deck, center the belt, and check the belt tension. Adjust the belt as mentioned in step 1.

(Ps. If the belt happens to slip, follow the above steps and lubricate the running deck.)



7. COMPUTER INSTRUCTION



Start Display:

1. Speed 0.8~25 km(British measurement 0.5~10mph) STEP 0.1,Inclination 0~12 STEP 1,Speed instant key is 1.2.4.6.8.10,Inclination instant key are 2.4.6.8.10.12.
2. After start the treadmill, Sector monitor show character string “PRESS WEIGHT BUTTON TO SET WEIGHT”, blue back light LCD display weight, after setting up press ENTER, then blue back light LCD display heart beat pattern, sector monitor show character string “SELECT PROGRAM OR START”.
3. When the SAFETY KEY taken off. All the windows show ----,matrix window display arrows pointing downwards, with flow downwards motion。 Place SAFTY KEY back, LCD window shows metric system (British system) weight measurement. Weight window blinks, with display pre-set value 70KG(150LBS) Range 23~130KG(50~286LBS), Weight LED is on. Press Enter when set up or not to set up,

the window display back to ready-start stage, with LCD window display heart beat pattern. The goal to set up weight is to show the changes of consuming calories. This function can only be set up after start stage, it doesn't need to be set up during PROGRAM. The value will be used after start. If the treadmill is started again, the value will have to be re-setting.

Operation instruction. :

4. Under ready to start mode, press “Start” , the system enter and starts by Manu run.

Under ready to start mode, press “PROGRAM” to edit.

Edition mode :

5. Program mode : Press the required PROGRAM key to enter LEVEL , Level displayer shows L1~L10 , press +/- key for edition. Press ENTER into TIME edition , pre-set value 30MIN , Range 20~99MIN , STEP is 1. After edition, press ENTER to start or press START to start. During edition, Press start directly, the rest un-edited functions are pre-set.

During edition , INCLINE and SPEED window shows first step value. LCD matrix



window display PROGRAM pattern.

2. Equipped with WARM UP and COOL DOWN function. During WARM UP or Program status, change speed or inclination , the value will increase or decrease in next step. Speed and inclination function can't be executed during COOL DOWN , STOP is the only function can be carried out.

Program operation and instruction :

Manu Mode

1. Press Start , Count down for 3 seconds. Motor starts after 3 seconds, with velocity 0.8KPH (0.5MPH), LCD matrix window proceeds as counterclockwise track running. Each track is 0.4 km(0.25MIL)。
2. Press Inclination key (instant inclination key), the inclination window shows the value.。
3. Press speed up/ down key, the speed increase/ decrease 0.1KPH , Speed range 0.8~16.0KPH (0.5~10.0MPH)。 Press speed instant key, the speed will be changed to corresponding speed.。
4. When press inclination +/- keys , the inclination will +/- 1 , inclination range 0~12 , STEP is 1。 When press inclination instant key, the inclination changes to corresponding value.。
5. After count down in 3 seconds , if the time set up is 0 , it is categorized as positive number , when time reaches 99:00 , (If the time set up is not 0 , it is categorized as negative number , when time reaches 0:00) , Motor stops and inclination returns to 0.。
6. During exercise , if there is PULSE signal, the INCLINE window shows heart beat rates.。
7. Press Stop key when motor is running , the motor stops , inclination motor stops , time window displays "Stop" ; if press Start key , motor will re-start after 3 seconds count down. The speed will be maintained the same as it is before stop, inclination is the same as the set up value before stop.。
8. When it is Stop, press Stop key for 3 seconds , back to read-start display.。
9. If the Stop status has last for over 5minutes , back to read-start display.。
10. If End status has last for over 30 seconds (or press Stop key) , back to read-start display.。
11. Time pre-set value is 0, Range 20~99, When the time is set up for 20 seconds,

Press  or  key to increase or decrease, increased STEP is 1, decreased value is 0

1. PROGRAM Ready- start status, press PROGRAM to enter

P1 MANU time pre-set value is 0 Range 20~99min step 1 min

P2 9 hole LEVEL : pre-set 1 Range 1~10 step 1 3500 meter is based on distance.

P3 hill climb LEVEL : Pre-set1 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 INTERVAL LEVEL : pre-set 1 Range 1~10 step 1

Time Pre-set 30min Range 20~99min step 1 min

4. As the **TIME window is blinking** , program requires you to set up time value, you may

press  or  to set up your required excise time. Or press  , to start exercise without countdown timer.

** Time value : 20~99 min Pre-set value 30min step is 1

P6 interval LEVEL : pre-set 1 Range 1~10 step 1



Time pre-set value 30min Range 20~99min step 1 min

P7 Weight loss : pre-set 1 Range 1~10 step 1

Time pre-set value 30min Range 20~99min step 1 min




P8 HRC : (This function needs to be equipped with heart strap)

1. The purpose of this program is self-training based on heart rate. During exercise , when the heart rate reaches your pre-set value , the inclination and speed maintain in the same value. The heart rate will maintain in a specific range in order to reach training effect.

2. The **AGE** LED indicator blinks , you can press  or  to adjust age , after finish set up. Press  , to enter next step.

Age pre-set : 30

Age range : 13~80 , Step is 1

3. When the **PULSE** LED indicator blinks , the program requires your heart rate value , this value changes with age. Please refer to the attached diagram to choose a value suits you. You may press  or  to adjust heart rate value , If you don' t make any change , press  , program operates based on pre-set value , and enter into next step.

P9. P10. P11. P12. P13 are CUSTOM

Time pre-set value : 30min Range 20~99min step1min

PROGRAM Total 30 steps for set up (means SE01~SE30) pre-set value

is

the lowest value.

Set up : time

Program execute value

The set up time can be executed evenly in 30 steps.



**Below is the reference chart for HRC function Age and heart rate (pre-set value) :


Age	BPM			Age	BPM			Age	BPM			Age	BPM		
	H	Pre-set value	L		H	Pre-set value	L		H	Pre-set value	L		H	Pre-set 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				

From Ready- Start status enter into CUSTOM mode , Finish time set up and press Enter into self

set up speed and incline , Total 30 steps can be set up. After set up, press start to start.

Enter program control function , the LEVEL LED indicator and level display blink , this function is to

choose the exercise intensity level. (L1~L10) , you can press  or  to change you required

level. To confirm, press  .

When the level is confirmed , the **TIME window will blink** , press  or  to set up required time.

After set up finished , press ENTER or START to start.

6. There are 30 stages in PROGRAM , first 3 stages are WARM UP , the last of 3 stages are COOL DOWN, each stage is 3 mins, deduct the time of first and last stage, it will be 6 mins, the rest of 24 stages will execute evenly in the program.
7. There are no function of WARM UP and COOL DOWN in 9 HOLES mode , when the distance is 3.5KM , motor will stop, incline will turn to 0, display “ End.”.

1. **wrong sigh display** :

E1 : Treadmill is loss of feedback and speed sensor disconnected.

E6 : In the area of ADC, incline motor will be inactive.

E7 : Incline will be over high or over low.

P2

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	1	1	1	1	1	2	1	1	1	1	2	1	1	1	2	1	1	1	1	2	1	1	1	1	1	1	1	0	
	SPEED	1	1.5	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1.5	1
Level 2	ELEVATION	0	1	1	1	1	1	2	1	1	1	1	2	1	1	1	2	3	1	1	1	1	2	1	1	1	1	1	1	1	0
	SPEED	1	1.5	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1.5	1
Level 3	ELEVATION	0	1	1	1	1	1	3	1	1	1	1	3	1	1	1	2	3	1	1	1	1	3	1	1	1	1	1	1	1	0
	SPEED	1	1.5	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1.5	1
Level 4	ELEVATION	0	1	1	1	1	1	3	1	1	1	1	3	1	1	1	3	4	1	1	1	1	3	1	1	1	1	1	1	1	0
	SPEED	1	1.5	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1.5	1
Level 5	ELEVATION	0	1	1	1	1	1	4	1	1	1	1	4	1	1	1	3	4	1	1	1	1	4	1	1	1	1	1	1	1	0
	SPEED	1	1.5	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1.5	1
Level 6	ELEVATION	0	1	1	1	1	1	4	1	1	1	1	4	1	1	1	4	5	1	1	1	1	4	1	1	1	1	1	1	1	0
	SPEED	1	1.5	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1.5	1
Level 7	ELEVATION	0	1	1	1	1	1	5	1	1	1	1	5	1	1	1	4	5	1	1	1	1	5	1	1	1	1	1	1	1	0
	SPEED	1	1.5	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1.5	1
Level 8	ELEVATION	0	1	2	2	2	2	5	2	2	2	2	5	2	2	2	5	6	2	2	2	2	5	2	2	2	2	2	2	1	0
	SPEED	1	1.5	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1.5	1
Level 9	ELEVATION	0	1	2	2	2	2	6	2	2	2	2	6	2	2	2	5	6	2	2	2	2	6	2	2	2	2	2	2	1	0
	SPEED	1	1.5	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1.5	1
Level 10	ELEVATION	0	1	2	2	2	2	6	2	2	2	2	6	2	2	2	6	7	2	2	2	2	6	2	2	2	2	2	2	1	0
	SPEED	1	1.5	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1.5	1

P3

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	1	1	1	1	2	2	2	2	3	3	3	3	3	3	3	2	2	2	2	1	1	1	1	1	1	0	0	
	SPEED	1.5	2	2.5	3.5	2	3	2	4	2	4	2	4	2.5	4	2.5	4	2.5	4	2.5	4	2	4	2	4	2	3.5	3	2.5	2	1.5	
Level 2	ELEVATION	0	0	1	1	1	2	2	2	2	3	3	3	3	4	3	4	3	3	3	3	2	2	2	2	1	1	1	1	0	0	
	SPEED	1.5	2	2.5	4	2.5	3.5	2.5	4.5	2.5	4.5	2.5	4.5	3	4.5	3	4.5	3.5	4.5	3	4.5	2.5	4.5	2.5	4.5	2.5	4	3.5	2.5	2	1.5	
Level 3	ELEVATION	0	1	1	2	2	2	2	3	3	3	3	4	4	4	4	4	4	4	3	3	3	3	2	2	2	2	1	1	1	0	
	SPEED	1.5	2	2.5	4.5	2.5	4	3	5	3	5	3	5	3.5	5	3.5	5	3.5	5	3.5	5	3	5	3	5	3	4.5	3.5	2.5	2	1.5	
Level 4	ELEVATION	1	1	2	2	2	3	3	3	3	4	4	4	4	5	5	5	4	4	4	4	3	3	3	3	2	2	2	2	1	1	
	SPEED	2	2.5	3	5	3	5	3	5.5	3.5	5.5	3.5	5.5	4	5.5	4	5.5	4	5.5	4	5.5	3.5	5.5	3.5	5.5	3.5	5	4	3	2.5	2	
Level 5	ELEVATION	1	2	2	3	3	3	3	4	4	4	4	5	5	5	5	5	5	5	4	4	4	4	3	3	3	3	2	2	2	1	
	SPEED	2	2.5	3	5.5	3.5	5.5	3.5	6	4	6	4	6	4.5	6	4.5	6	4.5	6	4.5	6	4	6	4	6	3.5	5.5	4.5	3	2.5	2	
Level 6	ELEVATION	2	2	3	3	3	4	4	4	4	5	5	5	5	6	6	6	5	5	5	5	4	4	4	4	3	3	3	3	2	2	
	SPEED	2	2.5	3	6	4	6	4	6.5	4.5	6.5	4.5	6.5	5	6.5	5	6.5	5	6.5	5	6.5	4.5	6.5	4.5	6.5	4	6	5	3	2.5	2	
Level 7	ELEVATION	2	2	3	4	4	4	4	5	5	5	5	6	6	6	6	6	6	6	5	5	5	5	4	4	4	4	3	3	3	2	
	SPEED	2	2.5	3	6.5	4.5	6.5	5	7	5	7	5	7	5.5	7	5.5	7	5.5	7	5.5	7	5.5	7	5	7	5	7	4.5	7	5	3.5	3
Level 8	ELEVATION	2.5	3	3	4	4	5	5	5	5	6	6	6	6	7	7	7	6	6	6	6	5	5	5	5	4	4	4	3	3	2	
	SPEED	2.5	3	3.5	6.5	5	7	5	7.5	5.5	7.5	5.5	7.5	6	7.5	6	7.5	6	7.5	6	7.5	5.5	7.5	5.5	7	5	7	5	3.5	3	2.5	
Level 9	ELEVATION	2	3	4	5	5	5	5	6	6	6	6	7	7	7	7	7	7	7	6	6	6	6	5	5	5	5	4	4	3	2	
	SPEED	2.5	3	3.5	6.5	5.5	7.5	5.5	8	6	8	6	8	6.5	8	6.5	8	6.5	8	6.5	8	6	8	6	8	6	7.5	5.5	7.5	5	3.5	3
Level 10	ELEVATION	2	3	5	5	5	6	6	6	6	7	7	7	7	8	8	8	7	7	7	7	6	6	6	6	5	5	4	4	3	2	
	SPEED	2.5	3	3.5	6.5	6	8	6	8	6.5	8.5	6.5	8.5	7	8.5	7	8.5	7	8.5	7	8.5	6.5	8.5	6.5	8.5	6	7.5	6.5	3.5	3	2.5	

P4

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	
	SPEED	1.5	2	2.5	3	3.5	4	3.5	4	3.5	4	3.5	4	3.5	4	3.5	4	3.5	4	3.5	4	3.5	4	3.5	4	3.5	4	3	2.5	2	1.5
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	
	SPEED	1.5	2	2.5	3.5	4	4.5	4	4.5	4	4.5	4	4.5	4	4.5	4	4.5	4	4.5	4	4.5	4	4.5	4	4.5	4	3.5	3	2.5	2	1.5
Level 3	ELEVATION	0	0	0	0	0	0	0	0	0	0	1	1	1	0	0	0	0	1	1	1	0	0	0	0	0	0	0	0	0	
	SPEED	1.5	2	2.5	4	4.5	5	4.5	5	4.5	5	4.5	5	4.5	5	4.5	5	4.5	5	4.5	5	4.5	5	4.5	5	4.5	4	3.5	2.5	2	1.5
Level 4	ELEVATION	0	0	0	0	1	1	1	1	1	1	0	0	0	1	1	1	0	0	0	0	1	1	1	1	1	0	0	0	0	
	SPEED	2	2.5	3	4.5	5	5.5	5	5.5	5	5.5	5	5.5	5	5.5	5	5.5	5	5.5	5	5.5	5	5	5	5.5	5	4.5	4	3	2.5	2
Level 5	ELEVATION	0	0	0	0	0	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	5	4	4	3	2
	SPEED	2	2.5	3	5	5.5	6	5.5	6	5.5	6	5.5	6	5.5	6	5.5	6	5.5	6	5.5	6	5.5	6	5.5	6	5.5	5	4.5	3	2.5	2
Level 6	ELEVATION	0	0	0	0	0	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	0	0	0	0	
	SPEED	2	2.5	3	5.5	6	6.5	6	6.5	6	6.5	6	6.5	6	6.5	6	6.5	6	6.5	6	6.5	6	6.5	6	6.5	6	5.5	5	3	2.5	2
Level 7	ELEVATION	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
	SPEED	2	2.5	3	6	6.5	7	6.5	7	6.5	7	6.5	7	6.5	7	6.5	7	6.5	7	6.5	7	6.5	7	6.5	7	6.5	6	5.5	3	2.5	2
Level 8	ELEVATION	1	1	1	1	1	1	1	1	1	1	2	2	2	1	1	1	2	2	2	1	1	1	1	1	1	1	1	1	1	
	SPEED	2.5	3	3.5	6.5	7	7.5	7	7.5	7	7.5	7	7.5	7	7.5	7	7.5	7	7.5	7	7.5	7	7.5	7	7.5	7	6.5	6	3.5	3	2.5
Level 9	ELEVATION	1	1	1	1	1	1	1	1	1	2	2	2	2	2	2	2	2	2	2	2	2	1	1	1	1	1	1	1	1	
	SPEED	2.5	3	3.5	6.5	7.5	8	7.5	8	7.5	8	7.5	8	7.5	8	7.5	8	7.5	8	7.5	8	7.5	8	7.5	8	7.5	7	6.5	3.5	3	2.5
Level 10	ELEVATION	1	1	1	1	1	2	2	2	2	2	2	2	2	2	3	3	2	2	2	2	2	2	2	2	2	1	1	1	1	
	SPEED	2.5	3	3.5	6.5	7.5	8.5	8	8.5	8	8.5	8	8.5	8	8.5	8	8.5	8	8.5	8	8.5	8	8.5	8	8.5	8	7.5	6.5	3.5	3	2.5

P6

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	1.5	2	2.5	3.5	2	3.5	2	3.5	2	3.5	2	3.5	2	3.5	2	3.5	2	3.5	2	3.5	2	3.5	2	3.5	2	3.5	3	2.5	2	1.5		
Level 2	1.5	2	2.5	4	2.5	4	2.5	4	2.5	4	2.5	4	2.5	4	2.5	4	2.5	4	2.5	4	2.5	4	2.5	4	2.5	4	3.5	2.5	2	1.5		
Level 3	1.5	2	2.5	4.5	3	4.5	3	4.5	3	4.5	3	4.5	3	4.5	3	4.5	3	4.5	3	4.5	3	4.5	3	4.5	3	4.5	3.5	2.5	2	1.5		
Level 4	2	2.5	3	5	3.5	5	3.5	5	3.5	5	3.5	5	3.5	5	3.5	5	3.5	5	3.5	5	3.5	5	3.5	5	3.5	5	4	3	2.5	2		
Level 5	2	2.5	3	5.5	4	5.5	4	5.5	4	5.5	4	5.5	4	5.5	4	5.5	4	5.5	4	5.5	4	5.5	4	5.5	4	5.5	4	5.5	4.5	3	2.5	2
Level 6	2	2.5	3	6	4.5	6	4.5	6	4.5	6	4.5	6	4.5	6	4.5	6	4.5	6	4.5	6	4.5	6	4.5	6	4.5	6	4.5	6	4.5	3	2.5	2
Level 7	2	2.5	3	6.5	5	6.5	5	6.5	5	6.5	5	6.5	5	6.5	5	6.5	5	6.5	5	6.5	5	6.5	5	6.5	5	6.5	5	6.5	5	3	2.5	2
Level 8	2.5	3	3.5	7	5.5	7	5.5	7	5.5	7	5.5	7	5.5	7	5.5	7	5.5	7	5.5	7	5.5	7	5.5	7	5.5	7	5.5	7	5.5	3.5	3	2.5
Level 9	2.5	3	3.5	7.5	6	7.5	6	7.5	6	7.5	6	7.5	6	7.5	6	7.5	6	7.5	6	7.5	6	7.5	6	7.5	6	7.5	6	7.5	6	3.5	3	2.5
Level 10	2.5	3	3.5	8	6.5	8	6.5	8	6.5	8	6.5	8	6.5	8	6.5	8	6.5	8	6.5	8	6.5	8	6.5	8	6.5	8	6.5	8	6.5	3.5	3	2.5

P7

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	1.5	2	2.5	3	3.5	3	3.5	4	3.5	4	3.5	4	3.5	4	3.5	4	3.5	4	3.5	4	3.5	4	3.5	4	3.5	3	3	2.5	2	1.5
Level 2	1.5	2	2.5	3	3.5	4	3.5	4.5	4	4.5	4	4.5	4	4.5	4	4.5	4	4.5	4	4.5	4	4.5	4	4.5	4	3.5	3	2.5	2	1.5
Level 3	1.5	2	2.5	3.5	4	4.5	4	5	4.5	5	4.5	5	4.5	5	4.5	5	4.5	5	4.5	5	4.5	5	4.5	5	4.5	4	3.5	2.5	2	1.5
Level 4	2	2.5	3	4	4.5	5	4.5	5.5	5	5.5	5	5.5	5	5.5	5	5.5	5	5.5	5	5.5	5	5.5	5	5.5	5	4.5	4	3	2.5	2
Level 5	2	2.5	3	4	5	5.5	5	6	5.5	6	5.5	6	5.5	6	5.5	6	5.5	6	5.5	6	5.5	6	5.5	6	5.5	5	4	3	2.5	2
Level 6	2	2.5	3	4	5	5.5	6	6.5	6	6.5	6	6.5	6	6.5	6	6.5	6	6.5	6	6.5	6	6.5	6	6.5	6	5	4	3	2.5	2;0
Level 7	2.5	3	3.5	4.5	5.5	6	6.5	7	6.5	7	6.5	7	6.5	7	6.5	7	6.5	7	6.5	7	6.5	7	6.5	7	6	5	4.5	3.5	3	2.5
Level 8	2.5	3	3.5	4.5	5.5	6	6.5	7.5	7	7.5	7	7.5	7	7.5	7	7.5	7	7.5	7	7.5	7	7.5	7	7.5	6.5	5.5	4.5	3.5	3	2.5
Level 9	2.5	3	3.5	4.5	5.5	6.5	7.5	8	7.5	8	7.5	8	7.5	8	7.5	8	7.5	8	7.5	8	7.5	8	7.5	8	7	6	5	3.5	3	2.5
Level 10	2.5	3	3.5	4.5	5.5	6.5	7.5	8	8.5	8	8.5	8	8.5	8	8.5	8	8.5	8	8.5	8	8.5	8	8.5	8	7	6	5	3.5	3	2.5

P8

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	0.5	1.0	1.5	2.0	2.0	2.0	2.0	1.5	2.0	2.0	2.0	2.0	2.0	1.5	2.0	2.0	2.0	2.0	2.0	2.0	1.5	2.0	2.0	2.0	2.0	1.5	1.5	1.0	0.5	
Level 2	0.5	1.0	1.5	2.5	2.5	2.5	2.5	2.0	2.5	2.5	2.5	2.5	2.5	2.0	2.5	2.5	2.5	2.5	2.5	2.5	2.0	2.5	2.5	2.5	2.5	2.0	1.5	1.0	0.5	
Level 3	0.5	1.0	1.5	2.5	3.0	3.0	3.0	2.5	3.0	3.0	3.0	3.0	3.0	2.5	3.0	3.0	3.0	3.0	3.0	3.0	2.5	3.0	3.0	3.0	3.0	2.5	1.5	1.0	0.5	
Level 4	1.0	1.5	2.0	3.0	3.5	3.5	3.5	3.0	3.5	3.5	3.5	3.5	3.5	3.0	3.5	3.5	3.5	3.5	3.5	3.5	3.0	3.5	3.5	3.5	3.5	3.0	2.0	1.5	1.0	
Level 5	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
Level 6	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
Level 7	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
Level 8	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
Level 9	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
Level 10	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

