# AST-02 SLAT BELT TREADMILL
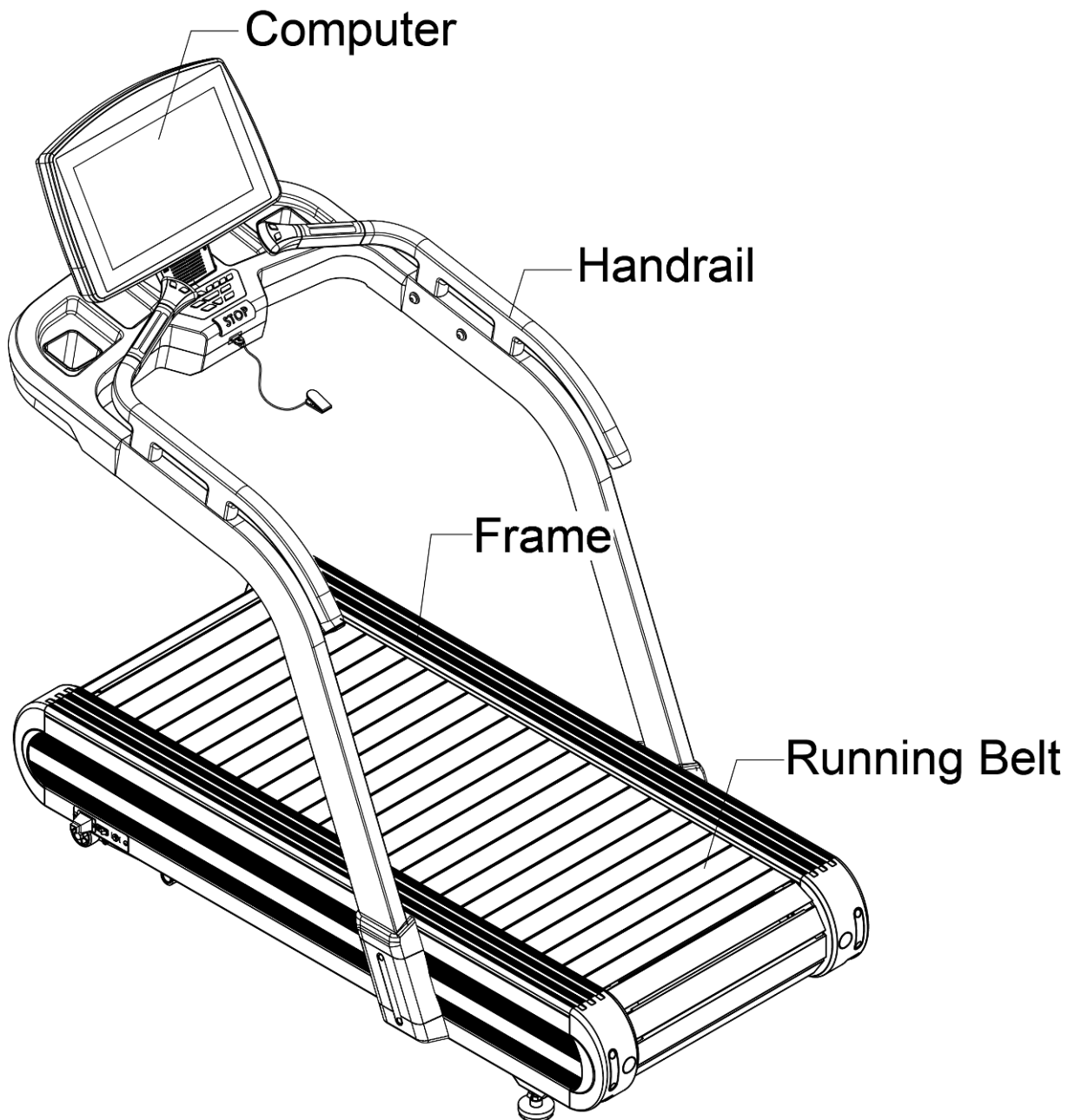# OWNER'S MANUAL

# Content

2022/6/15V1.4+V1.1

# 1. Overview Drawing

Computer

Handrail

Frame

Running Belt

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# 2. SAFETY INSTRUCTION

When using this product, basic precautions should always be followed, including the following:

Please read the instruction carefully before starting to use this product.

■ **DANGER – To reduce the risk of electric shock：**

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

■ **WARNING – To reduce the risk of burns, fire, electric shock, or physical injury：**

1　The product should never be left unattended while plugged in. Unplug the product from the outlet when not in use.

2　Close supervision is necessary when this product is used by or near children, invalids, or disabled persons.

3　Be sure to use the product only for its intended use as described in this manual. Do not use any attachment not recommended by the manufacturer in order to avoid any danger or accidents.

4　Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or dropped into water. Please return the product to the service center of seller for examination and repair.

5　Do not carry this product by the supply cord or use the cord as a handle.

6　Keep the cord away from hot surfaces or ground.

7　Never operate the product with the air vents blocked. Keep the air vents free of lint, hair, etc.

8　Never drop or insert any objects into any openings.

9　Do not use or operate outdoors.

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

11　Before turning the product power off, turn all controls to the off position then remove the

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plug from the outlet.

12  Connect the product to a properly grounded outlet only.

13  If the power cord is damaged, be sure to ask the manufacturer for replacement to avoid

accidents. The seller and correlative qualified professionals are as well as eligible.

14  This appliance is not intended for use by persons (including children) with reduced

physical, sensory or mental capabilities, or lack of experience and knowledge, unless

they have been given supervision or instruction concerning use of the appliance by a

person responsible for their safety.   Children should be supervised to ensure that they

do not play with the appliance.

15  Incorrect or excessive training may cause injuries t health may results.

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

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

18  Maximum user weight is 180 Kgs.

19  When this treadmill is being used, it can not be folded at the same time.

Required to confirm the device completely stopped before folding

20  the safety level of the equipment can be maintained only if it is examined regularly for

damage and wear.

21  any of the adjustment devices that could interfere with the user's movement should not

be left projecting.

22  Users correct ergonomic position on the equipment shown in Figure



23  When you are ready for running, please do not stand on the running belt. Before

starting the machine, turn on the power. Put your hands on the side handrail and stand

on the protection bar at both sides. And then press "START", when the motor is working

in low speed, move your feet to the running belt to start running.

Please do not start the machine with high speed and do not jump to the machine, when

there is an emergency, please hold the front handrail or side handrail and jump your feet

from running belt to the side protection bar.

If there is any emergency, there are two emergent stop systems for you to stop the

machine.

STOP Key

Key
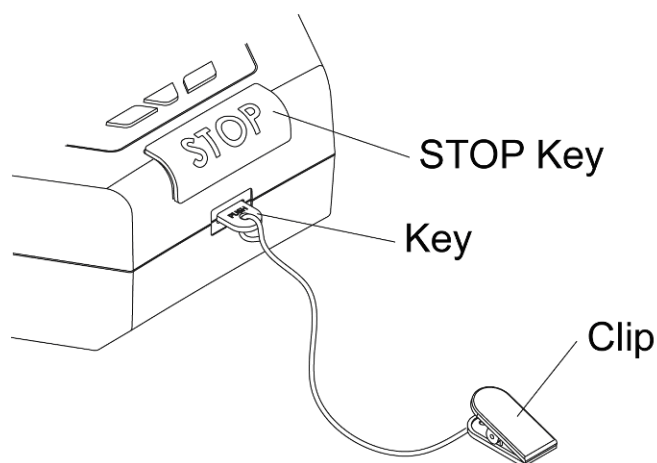
Clip

(a) Key and clip:

When you are running, please clip the clip to your cloth on the waist. If there is any

danger, pull out the key with the cable to stop the machine.

(b) STOP key:

Press downwards the STOP key to make the key withdraw from the control box

and the running belt will stop.

※ **Notice:Pull back the key to the control box to make the machine back to the**

**standby status.**

24  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.

25  Running surface Width dimensions 560*1475mm

26  Customer Address

## 2.1. Power Requirement

**■ This treadmill needs special power supply:**

| Power Voltage（V） | Frequency（HZ） | Rated Current（A） |
|---|---|---|
| 100 | 50/60 | 15 |
| 120 | 50/60 | 15 |
| 200 | 50/60 | 8 |
| 220 | 50/60 | 8 |
| 230 | 50/60 | 8 |
| 240+ | 50/60 | 8 |

Wirings should be transported according to the electric law of the local country. High pressure wires, low pressure wires and underground wires should be transported separately and can't connect with or twist other wires.

Improper connection of the grounding plug can result in the risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the products are 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.

**Figure**
**Grounding methods**



GROUNDED PIN

GROUNDED OUTLET

## 2.2. Level Adjustment

The treadmill will wobble during workout and the incline angles will be affected if it is placed on uneven ground.

The level adjustment method is as follows:

1    Turn A counter-clockwise to loosen it

2    Adjust B to the proper height

3    Turn A clockwise to tighten it.

4    The left side adjustment method is the same with the right side
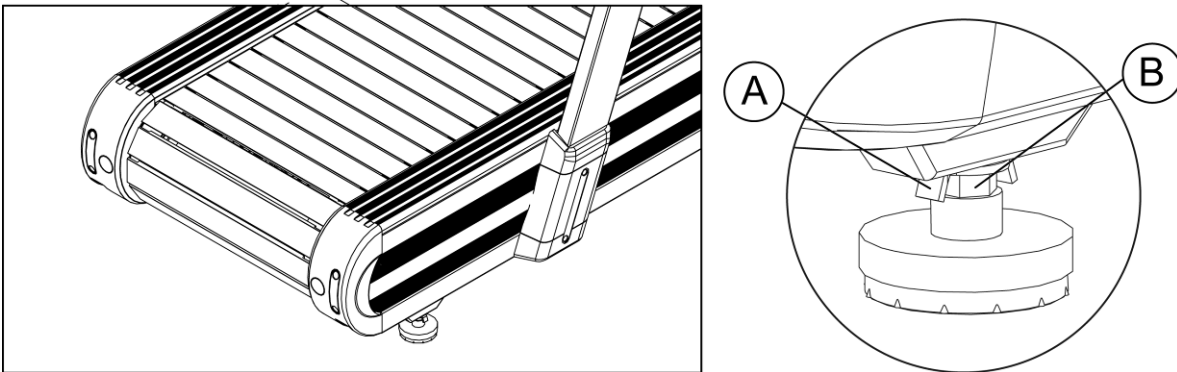


## 2.3. Power Switch

The Power Switch is on the bottom panel of the treadmill. 1 means on, 0 means off.

## 2.4. Machine movement
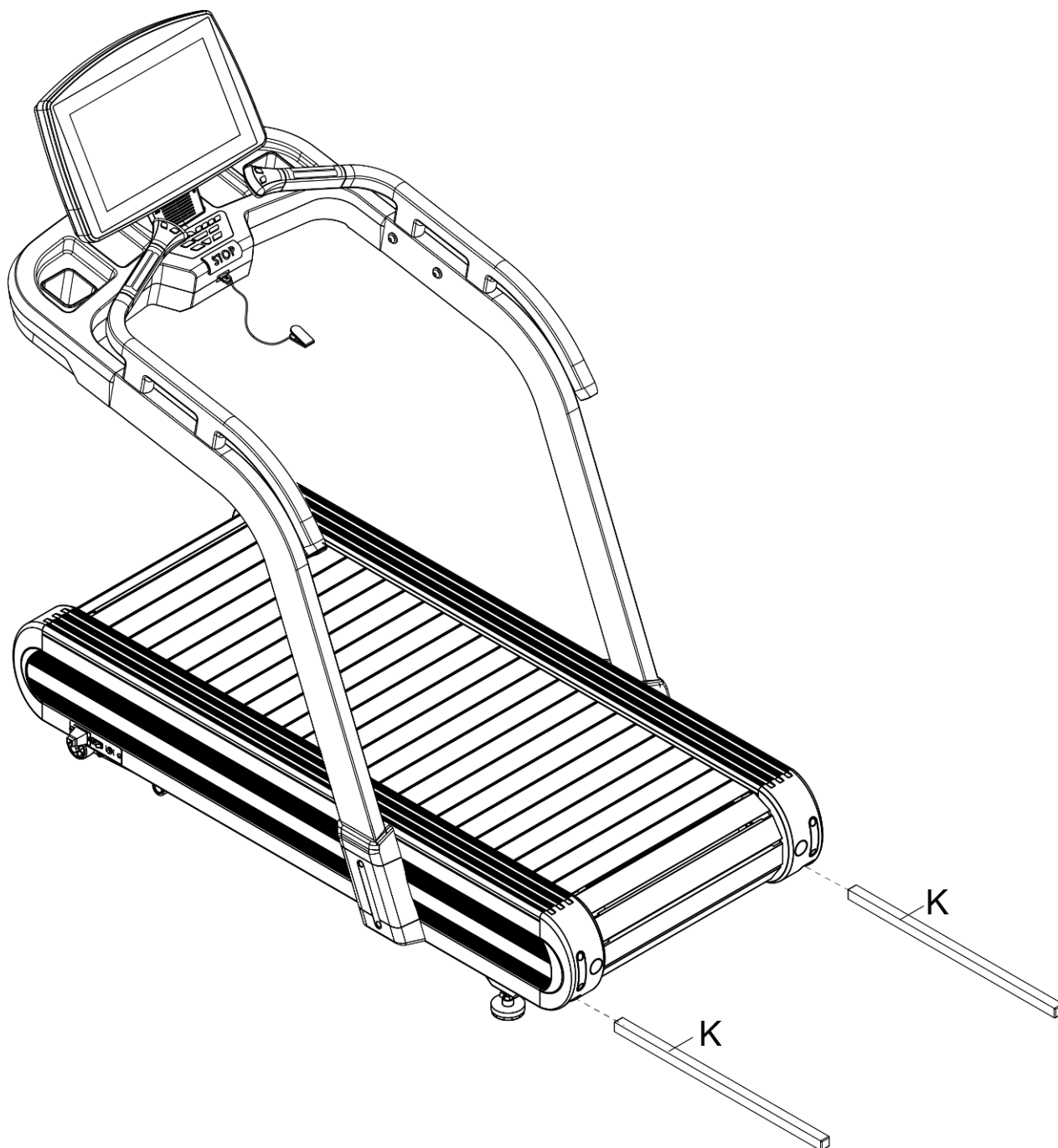


When the machine is moving, you can put the handling tube (K) into the back of the box to move the machine.

# 3. Assembly Instructions

Ready the operation instructions carefully before use, then choose a flat position to assemble.

This treadmill also can use other way to account the HRC. When in fitness,user can wear the chest pulse belt and the HRC will show in Pulse windows.

## 3.1. Pre-Assembly Check List
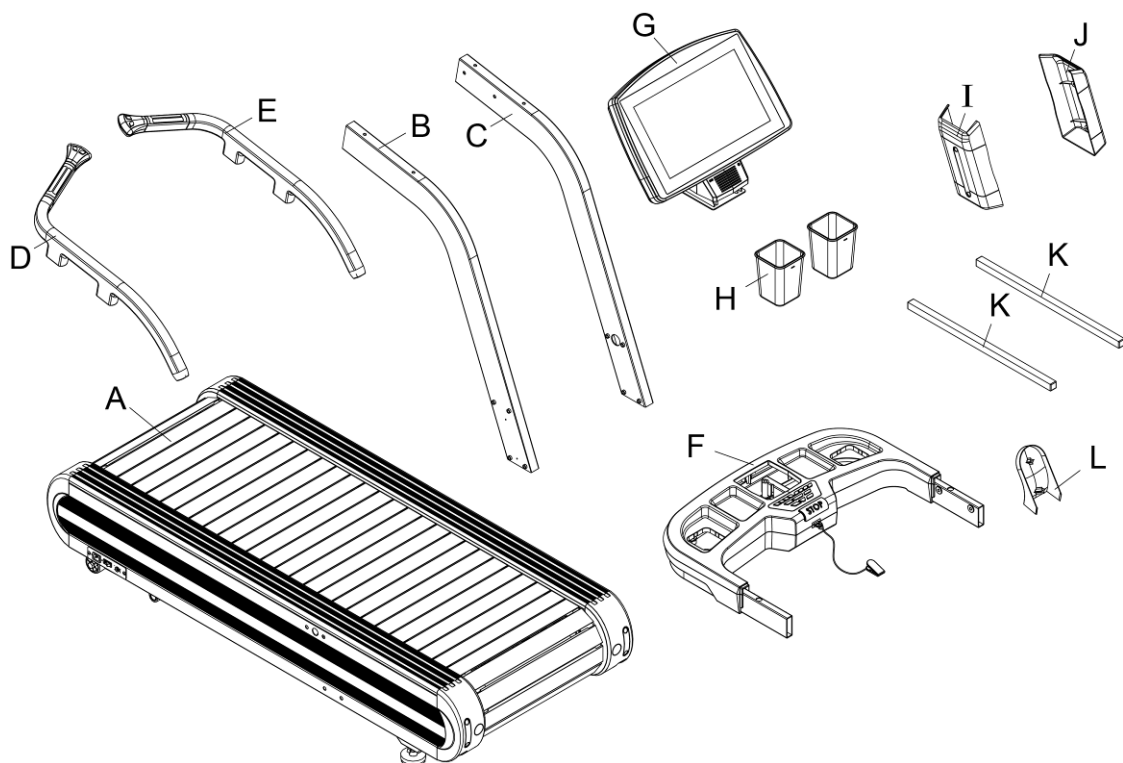
| ITEM | Description | Qty | | ITEM | Description | Qty |
|------|-------------|-----|---|------|-------------|-----|
| A | Treadmill frame | 1 | | G | Electronic meter | 1 |
| B | Treadmill's hand-stand pipe (left) | 1 | | H | Water cup | 2 |
| C | Treadmill's hand-stand pipe (right) | 1 | | I | Stand pipe decorative cover (left) | 1 |
| D | Handrail pipe (left) | 1 | | J | Stand pipe decorative cover (right) | 1 |
| E | Handrail pipe (right) | 1 | | K | Transporting pipe | 2 |
| F | Water cup frame | 1 | | L | Electronic meter decorative cover | 1 |

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## 3.2. Hardware Pack

a  b  c  d  e  f

g  i  j  k  l  m

n  o  p  r
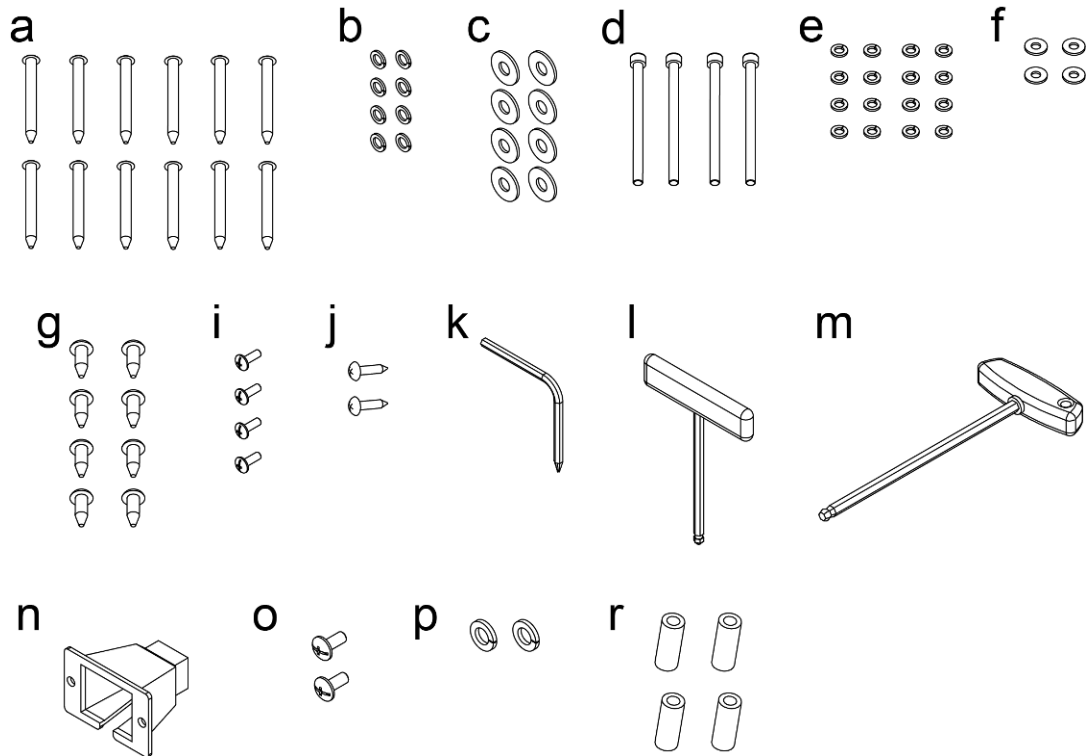
| ITEM | Description | Qty | | ITEM | Description | Qty |
|------|-------------|-----|---|------|-------------|-----|
| a | Inner hexagon steel screw M8x75 of umbrella head | 12 | | j | Umbrella head crossed screw (tail cutting) M4x15 | 2 |
| b | Spring washer M10 | 8 | | k | Type L hexagon wrench + crossed screwdriver 5x35x115mm | 1 |
| c | Washer φ10xφ25x2.0t | 8 | | l | Type T wrench 6mm | 1 |
| d | Inner hexagon steel screw M8x100 of socket head | 4 | | m | Type T wrench 8mm | 1 |
| e | Spring washer M8 | 16 | | n | Power cord switch sleeve | 1 |
| f | Washer Φ8xΦ19x2.0t | 4 | | o | Umbrella head crossed screw M4x10 | 2 |
| g | Inner hexagon screw M10x20 of umbrella head, stainless steel | 8 | | p | Spring washer M4 | 2 |
| i | Umbrella head crossed screw (tail cutting) M5x15 | 4 | | r | Bushing | 4 |

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## 3.3. Assembly steps

⚠️

# Please remove this protective plastic sheet before installation.

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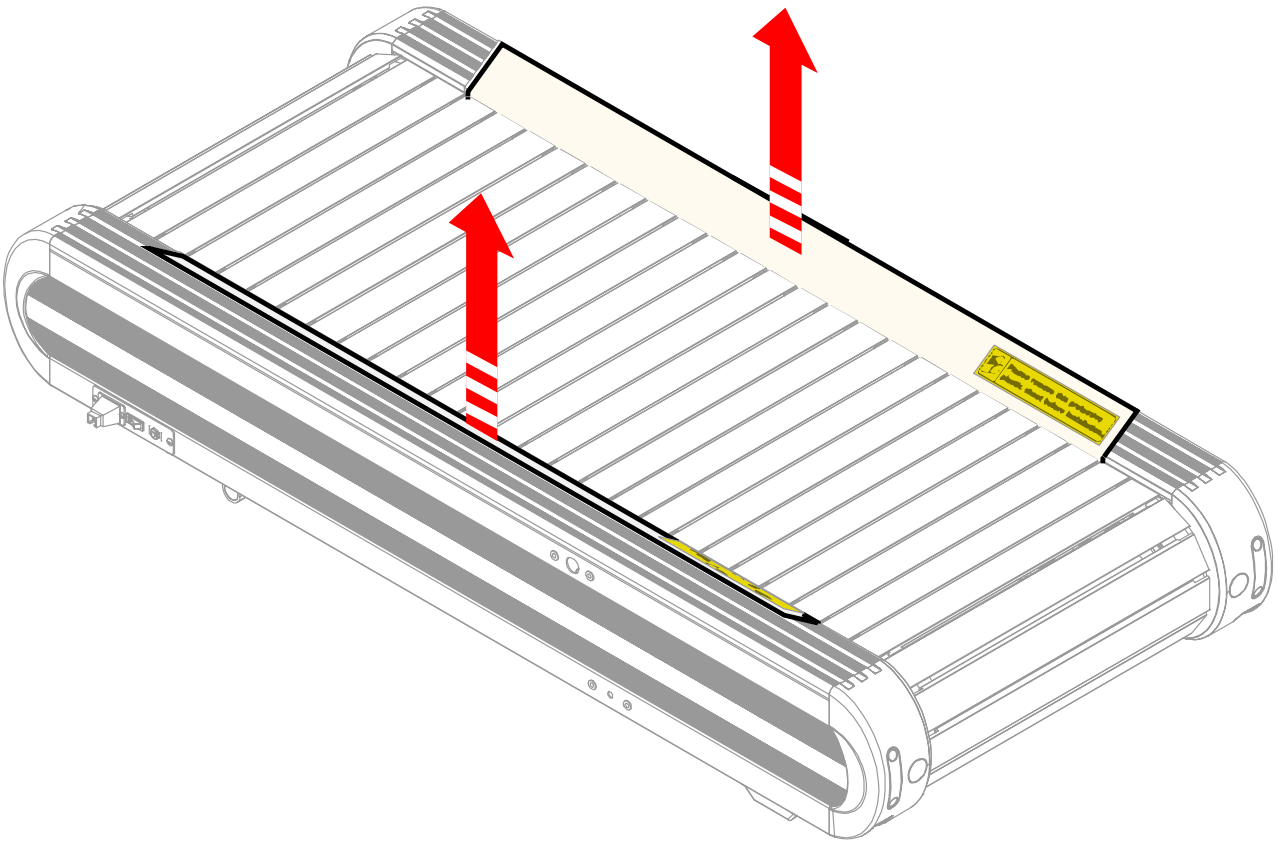
| ⚠ | In case of danger, the machine assembly must be jointly carried out by two or more people and do not assemble alone. |
|---|---|

■　　　**STEP 1**
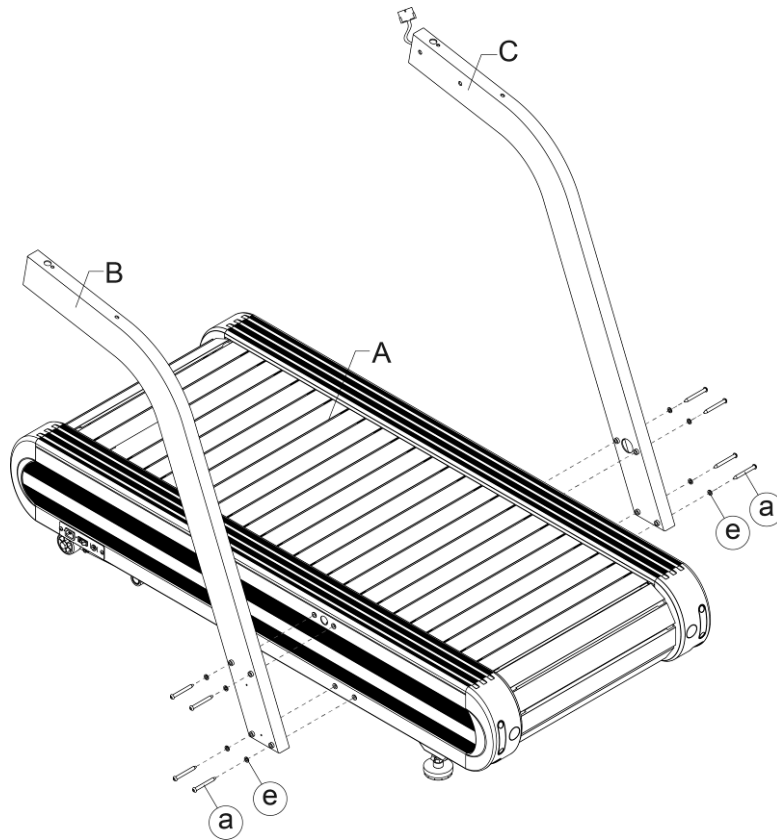


1　After binding the wires from the two sides of the machine with the magic belt from the left and right upright tubes, cross the wires through the round holes under the upright tubes to the upper.

2　Fix the left and right treadmill's hand-stand pipes (B, C) by screw (a), spring washer (e) without fastening.

※ **Please be careful not to clip the wire when assembling**

Control wire (middle)

F

Control wire(below)

Handrail wire
Heartbeat wire

b g

c

c

c b

c b g

b g
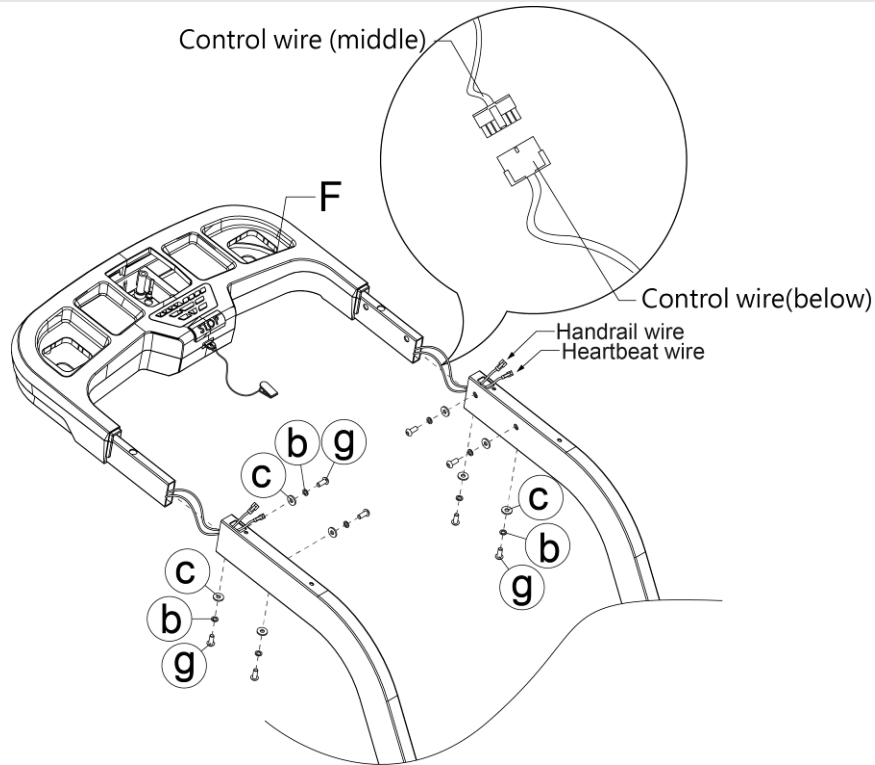
1   Put the water bottle shelf （F）on the left and right upright tubes, and then connect the

wires from the upright tubes with the wires in the water bottle shelf. Pull the handrail

and the heart pulse wires in the water bottle shelf out from the upper holes on the left

and right tubes.

2   Lock with screw (g) and washer (b, c) but not tightly. Confirm that the water cup frame

(F) is locked with all the screws of the left and right treadmill's hand-stand pipes and

then use the tool to lock all the screws.

※ **Please be careful not to clip the wire when assembling**
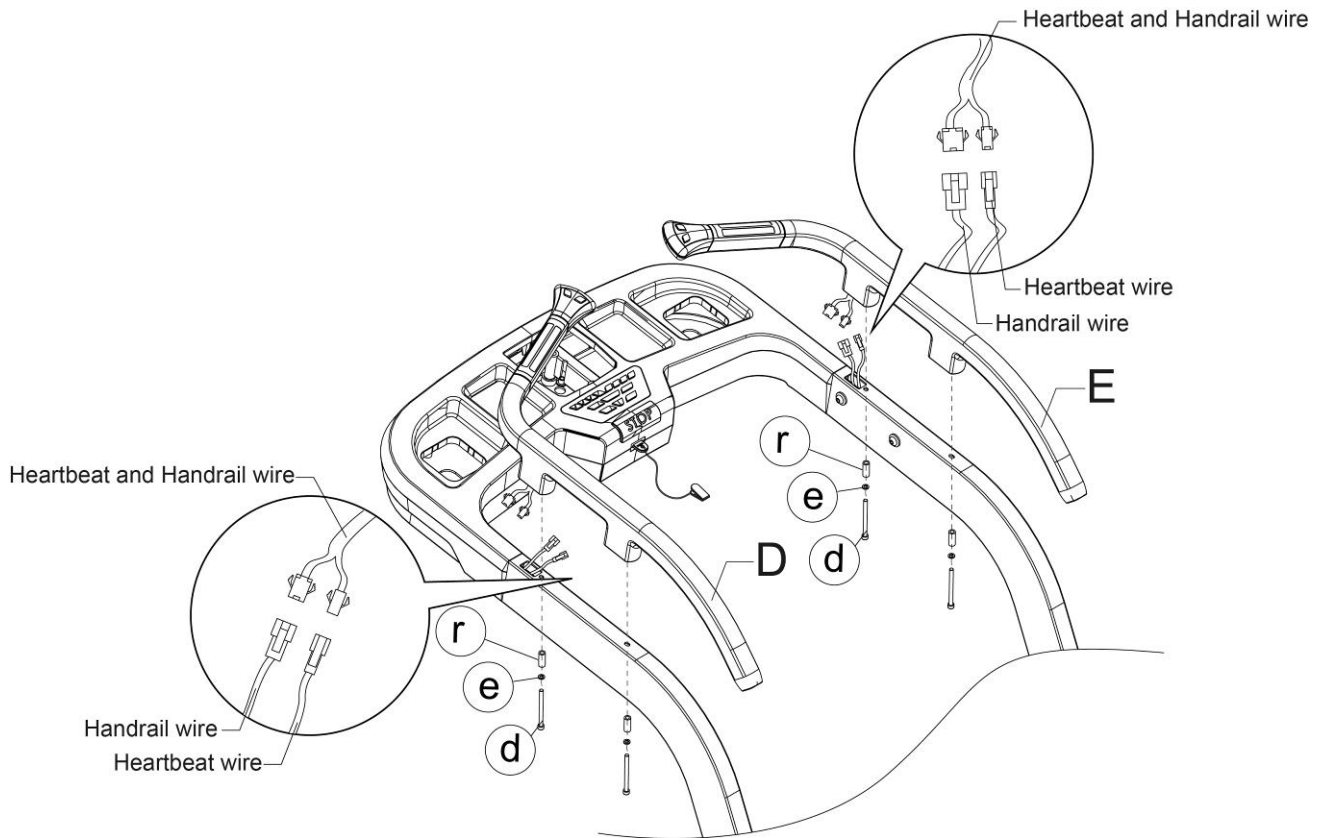
1    Connect the wires in the water bottle shelf with the left and right upright tubes （D、E）.

     After arranging, insert into the upright tubes  （D、E）.

2    Use screw (d), spring washer (e), Bushing (r) to lock the left and right handrail pipes (D,

     E) tightly as shown in the figure and fix them on the left and right treadmill's hand-stand

     pipes.

※ **Please be careful not to clip the wire when assembling**

Hand grip heart grounding cable (upper)
Safety switch (upper)
Control wire (upper)
Handrail switch heart cable (upper)
Membrane key connection cable (upper)

Membrane key connection cable(Lower)
Handrail switch heart cable (right middle)
Handrail switch heart cable(left middle)
Control wire (middle)
Safety switch
Hand grip heart grounding cable (Lower)

Note: the upper and lower wires must be docked through the long holes.

1 Cover the Electronic meter decorative cover (L) and lock it tightly with the screw (j), and pay attention that the cover should not be pressed on the wire.

2 Connect the wire of the water cup frame to the wire of the Electronic meter.

3 Put the Electronic meter (G) on the water cup frame previously assembled, Use the screw (a) and washer (e, f) to lock Electronic meter tightly and fix it on the water cup frame.

※ **Please be careful not to clip the wire when assembling.**
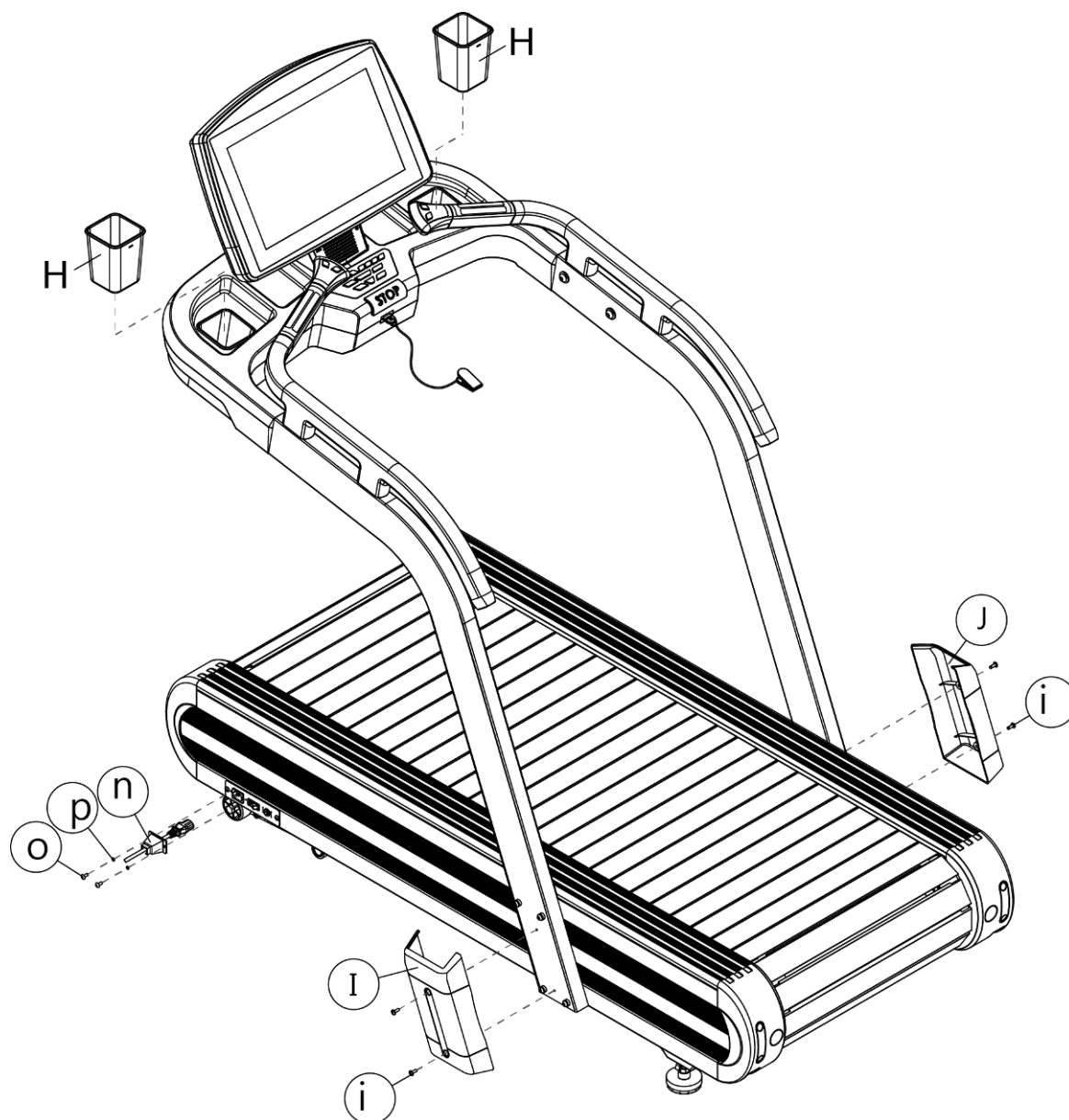
Cover the left and right stand pipe decorative covers (I, J), and tighten them with screws (i).

Insert the power cord into the power cord socket according to the figure position. Cover the power cord switch sleeve (n) and lock it tightly with screws (o) and spring washer (p).

Finally, put the water cup (H) into the rack frame.

# 4. CONSOLE OPERATION INSTRUCTION
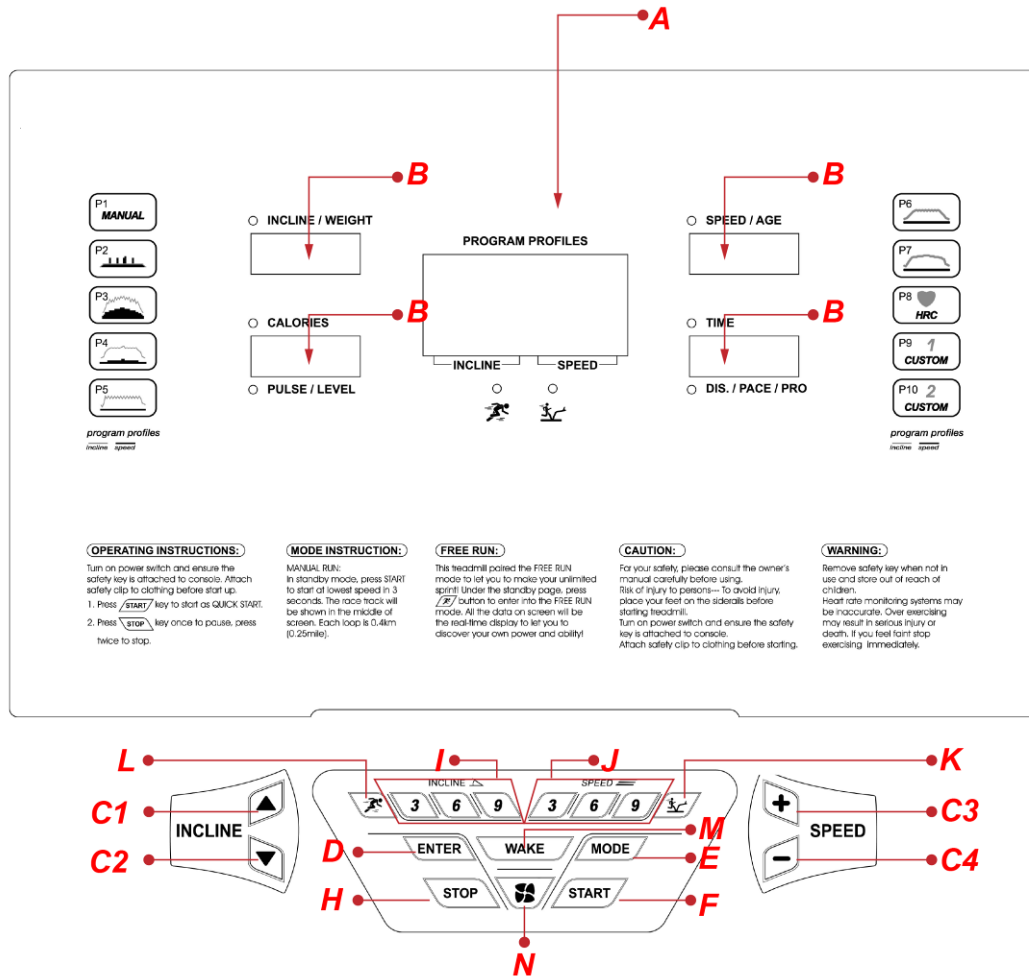


## 4.1. computer console construction

| | | |
|---|---|---|
| A | WORKOUT PROFILE | Show the incline changes during the exercise, the height of the cursor means the percentage of the incline. |
| B | MESSAGE CENTER | Show the operation steps of all the programs and the relative information about all the control and conduction program operation, such as calorie, distance/stride, time, incline and speed. |
| C1 | During exercise to increase incline angle | During exercise to increase incline angle, max is 15% (10% for free operating mode), STEP 1%. |
| C2 | During exercise to decrease incline angle | During exercise to decrease incline angle, minimum is 0% , STEP 1%. |

| C3 | During exercise press this key to increase speed | During treadmill mode, press this key to increase speed, STEP 0.1. <br><br>Under free run mode, this key is invalid. |
|----|---|---|
| C4 | During exercise press this key to decrease speed | During treadmill mode, press this key to increase speed, minimum is 0.5mph( 0.8km)，STEP 0.1. <br><br>Under free run mode, this key is invalid. |
| D | ENTER | Confirm the digital number for program setting or specific case selection, such as exercise time, speed, weight, distance, exercise target, gender, and target heart ratio and so on. Use SPEED"+","-"to input information, press ENTRE to confirm. |
| E | MODE | Selection of PROGRAM theme, include P1~P10. Under free operating mode, only P1 is valid. |
| F | QUICK START | Press this key to get fast entrance to the user preset mode, no need to choose program setting, during program execution process, use SPEED"+","-" key or INCLINE"+","-" key to adjust incline and speed. After start, the initial speed is 0.5mph(0.8km) |
| H | During exercise, press this key to pause/stop | During exercise, press this key once to enter into pause status, press again to back to standby status. |
| I | Incline 3,6,9 fast key | During treadmill mode and free run mode, press this key, incline will do 3,6,9 fast switch. |
| J | Speed 3,6,9 fast key | During treadmill mode, press this key, speed will do 3,6,9 fast switch. Under free operating mode, this key is invalid. |
| K | Treadmill mode | Press this key, after start, enter into the treadmill functions. Under standby, the treadmill can switch between the pushing exercise mode and treadmill mode. |

| L |   Free run mode | Press this key, after start, enter into the free run mode functions.  Under standby, the treadmill can switch between the pushing  exercise mode and treadmill mode. |
|---|---|---|
| M | Wake | Energy-saving mode: if no usage for the treadmill lasting for 5  minutes, the machine will enter into energy saving mode, at that  time, the screen of the computer console has no display. Press  WAKE key to wake up the computer console. |
| N | Fan start/stop key | Control the fan start (full speed/half speed) and stop. |
| O | USB charge   | This hole is for iOS device or Android device charge, and the output  current is 5V/1A |

1. **Start Display:**
   1. When the SAFETY KEY is taken off, all the windows will show ---- and the dot matrix window shows ↓. After put the SAFETY KEY back, Weight window blinks and displays preset value 70KG(150LBS), range 23~180KG(50~400LBS), Step is 1. At this moment, the dot matrix window, whether you set or not set, press ENTER and the window will go back to the ready to start mode, the dot matrix window shows heart beating figure. The aim of setting a weight is to make a change of the CALORIES consuming. The setting can only be done after power-on. During PROGRAM, it will continue to use the preset value after power-on. If it is restarted, the weight needs to be set again.

   2. During exercise, if the safety key falls down, the machine will stop operation, at that time, if insert back the safety key, the beeper will generate reminding sound and all the data will back to the initial status.
   3. Under normal standby status, if you do not grab the heart sensor, the PULSE window will show HP video, but when you grab the heart sensor, you will see the heart data in the PULSE window.

2. **Operation method:**
   1. Under standby status, press Mode key to enter into editing mode.
   2. Under standby status, press Start key to enter into directly and start with Manu run.
   3. for the sake of safety criterions, the incline function of this system only execute the automatic orientation action under the below conditions:
      3.1 During exercise, if press STOP KEY, the system will enter into PAUSE status and the

motor will stop while the incline motor will back to the initial point automatically.

3.2 When the setting program and the target is finished, or the execution time comes to the max, the system will enter into RUN END status, and the main motor will stop while the incline motor will back to the initial point automatically.

3.3 Under standby status, if the incline does not at the original point, press STOP for 5 seconds to execute the automatically and the incline will back to the initial point.

3.4 Under standby status, if the incline does not at the original point, press START key to start and the incline will back to the initial point automatically. During the automatic orientation action, if press STOP KEY, the action will stop.

### 3. Editing mode

1. Under standby mode, press Mode key and "+","-" key to choose Manu mode, Program mode.

2. Program mode: press "+","-" key to edit Program（P1~P10）,PROGRAM LED blinks. Window will show P1~P10 for edition, press "+","-" key to edit. Press ENTER to dive into LEVEL option, window will show L1~L10，press "+","-" key to edit. Press ENTER to enter into TIME edition, the default data is 30 min, range is 20~99 min, STEP IS 1. After edition, press ENTER or START to start. During edition process, if press START key directly, the resting unedited will adopt the default data. During edition, the INCLINE and SPEED window will show the first level data, and the dot matrix window will show the relative image.

3. There are WARM UP and COOL DOWN functions. If change speed or incline during WARM UP or Program execution, then at the next level, the speed or incline will do progressive increase or decrease. COOL DOWN will not be affected, and only accept STOP during execution.

4. There are 30 levels in PROGRAM, the first 3 levels is WARM UP, and the last 3 levels is COOL DOWN, each last 3 minutes. The setting time, except for the 6 minutes mentioned before, the rest time will be executed by the 21 levels of PROGRAM averagely.

5. 9 HOLES mode has no WARM UP and COOL DOWN functions, when the distance comes to 3.5KM, the motor will stop, incline back to 0 and show " END".

### 4. Program operation and instruction:

### Manu mode

1. After pressing Start key, 3 seconds countdown starts, after that, the motor will start with speed 0.8KPH（0.5MPH）, and the dot matrix window will run in anti-lock direction with playground way, each circle is 0.4KM(0.25MIL).

2. Speed STEP is 0.1, press speed increase/decrease to choose (speed increase/decrease range is 0.1), or press speed fast key 3、6、9 to choose.

3. Incline STEP is 0.1, press speed increase/decrease to choose (speed increase/decrease range is 1), or press speed fast key 3、6、9 to choose.

4. After pressing Mode key, the TIME/DISTANCE can do switch.

5. When detect the heartbeat, the heart window will show heartbeat data.

6. During exercise, after pressing Stop key, the motor will stop, the incline motor will back to initial point and the time window will show "Stop"；if press Start key, 3 seconds

countdown starts, after that, the motor will start again, the speed will maintain the speed before stop, and incline will up to the setting height before stop.

7. During Stop, press Stop key for 3 seconds, back to standby page.

8. After End status, press Stop key for long time, back to standby page.

9. Preset time is 20, the range is 5~99.

10. Press FAN key, to start fan high speed/low speed/turn off fan.

11. USB charge instruction

   This hole is for iOS device or Android device charge, and the output current is 1A

## 5. Program mode(treadmill mode)

P1 is same as **Manu** mode.

P2 9 hole        LEVEL：default 1，range 1~10，step1，distance counting 3500 meters.

P3 hill climb      LEVEL：default 1，range 1~10，step 1。

                      time：preset 30min；range 20~99min，step 1 min。

P4 hill run         LEVEL：default 1，range 1~10，step 1。

                      time：preset 30min，range 20~99min，step 1 min。

P5 interval        LEVEL：default 1，range 1~10，step 1。

                      time：preset 30min，range 20~99min，step 1 min。

P6 rolling          LEVEL：default 1，range 1~10，step1。

                      time：preset 30min，range 20~99min，step 1 min。

P7 Weight loss    LEVEL：default 1，range 1~10，step 1。

                      time：preset 30min，range 20~99min，step 1 min。

P8 HRC              HRC function: (this function should match with heartbeat breast binding belt)

1. This program is aimed at training, during usage, when heart beat comes to the preset data, the angle, speed will keep stable to maintain the heartbeat within the range to get the training effect.

2. When the LED signal light of **AGE** blinks, press ▲ ▼ or ➕ ➖ to adjust age, after setting, press ENTER to enter into next option. Age preset :30, setting range: 13~80, Step is 1.

3. At that time, the LED signal light of **PULSE** will blink, and the program will demand the heartbeat input, and the data will change according to the ages, the data you can take the appendix chart for reference, and choose the suitable data from the chart. You can adjust heartbeat by pressing ▲ ▼ or ➕ ➖. If you do no change anything, press ENTER, the program, will start execution with the preset data and enter into the next option.

4. At that time, the **TIME** window will blink, and the program will demand the time input,

you can press ▲ ▼ or ➕ ➖ to set the exercise time you want, or press (START) directly to adopt countdown way to exercise.

*time range：5~99 min，preset 20min，step is1。）

** This chart is about Age and Pulse Value (Default Value) for **HRC** Function:

| 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 | | | | |

P9. P10 are both CUSTOM

time：preset 30min，range 20~99min，step1 min。

（1）There are 30 levels (SE01~SE30) to set in the PROGRAM, and the default are all adopt the minimum data.

（2）Setting: time、program execute data. The setting time will be executed averagely in the 30 levels.

（3）Under standby mode to enter into CUSTOM mode, after setting time, press enter to enter into the setting of speed and incline you want, there are 30 levels you can set, after setting, press start directly to start.

6. **Program mode(**free run mode**)**

P1 is same as **Manu** mode.

# 5. Bluetooth module manual and APP(iOS) installation instruction- Optional



Equipment required:

1. Computer consoler set with GEM BT4.0 module is required.



2. GEM BT4.0 module can be used in Apple iOS 11 and above versions and Android 6.0 and above versions, and APP need be compatible with FE-C, FTMS PROTOCOL software treaty, then you can connect.

※GEM BT4.0 module can be normal used mainly with APP" Gymtrakr", others as ZWIFT/VIRTUAL RUNNER /KINOMAP APP pls refer to APP suppliers' operation manual to see if it is suitable.

For iPhone Gymtrakr APP Connecting example For iPhone Gymtrakr APP

**1. APP download：**

Connect you IPhone into iTunes Store OR Googie play Store, then input＂Gymtrakr" in the searching page to search, when find the one, choose assemble to download and assemble it, after it successfully assembled, the home page will appear the APP＂Gymtrakr".

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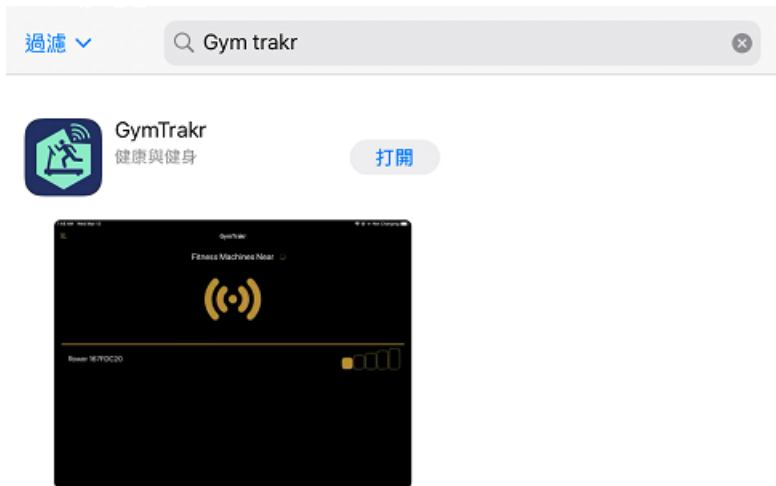
## 2. Enter App, and make BT unit pair：

### STEP. 2-1

Enter the system setting page of iPhone, open BT function, and check to see if there's BT

mark at the top of the page.



### STEP. 2-2

Enter the system setting page of iPhone, use 3G/4G mobile net, or open Wi-Fi function to

connect the phone to the usable net source.

### STEP. 2-3

Put iPhone to the place at the front of the computer console.

### STEP. 2-4

Click the downloaded App, open " Gymtrakr" APP, when entering, APP would search all the

BT ID that meet the requirement automatically as below

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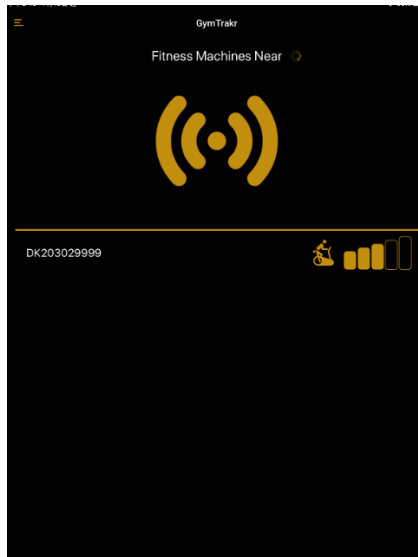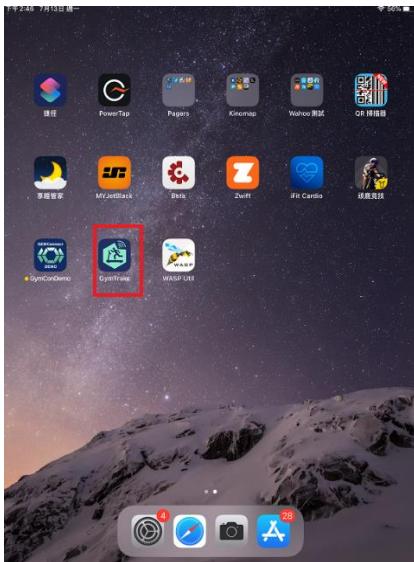
**STEP. 2-5**

After entering into the searching screen, click BT ID to pair, pls select the " display format

DK+YEAR+SERIAL_NO(such as:DK203029999)" for connecting.
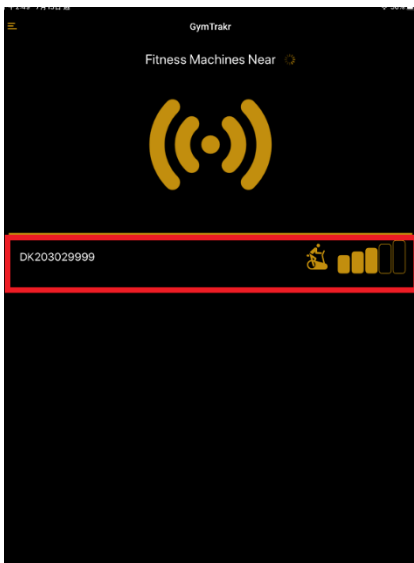
**STEP. 2-6**

When pairing is successful, APP will be into the operation page, press the START button

to begin the operation, and the operation page will show your movement data.
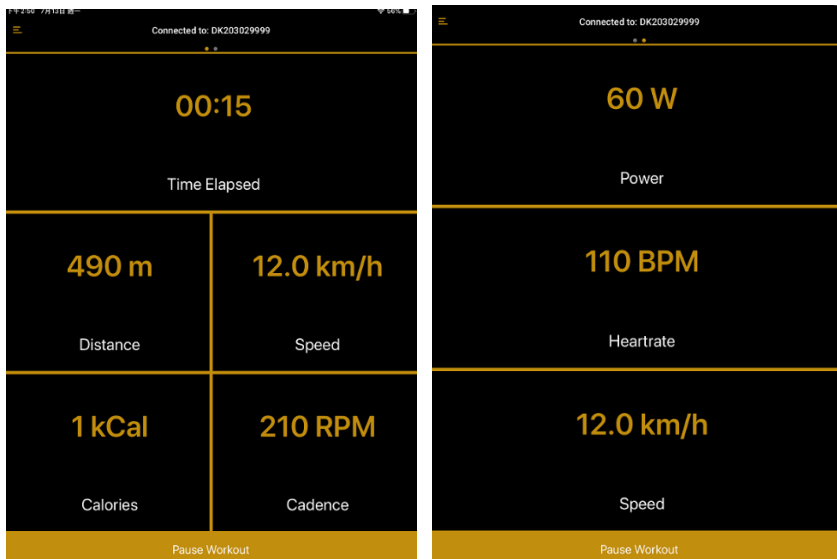


Note : For inside BT module, every machine has a unique equipment fixing the BT ID, you

must choose your belonged ID when pairing, since you can detect BT ID within 10 meters, if

there are more than one machine within this area, you may misconnect to other machine, at

this time, you should stop the pairing, and change to another ID.

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**3. Begin APP Operation：**

**STEP. 3-1**

Per APP guideline, press the START button, APP will begin synchronize with the machine, with all the information movement time, speed, accumulative distance and calories, and heartrate included as below
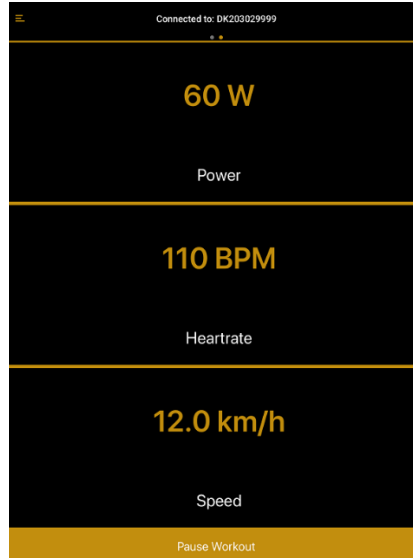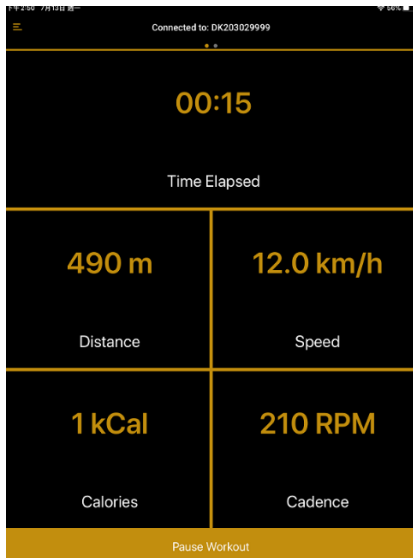


**STEP. 3-2**

Press STOP button when in operation, it will pause, press START button again, it will be back to the speed before it stop. You can also choose SAVE to record the movement data.

After movement finished, disconnect the BT, APP will return be the usual operation screen.

2022/6/15V1.4+V1.1
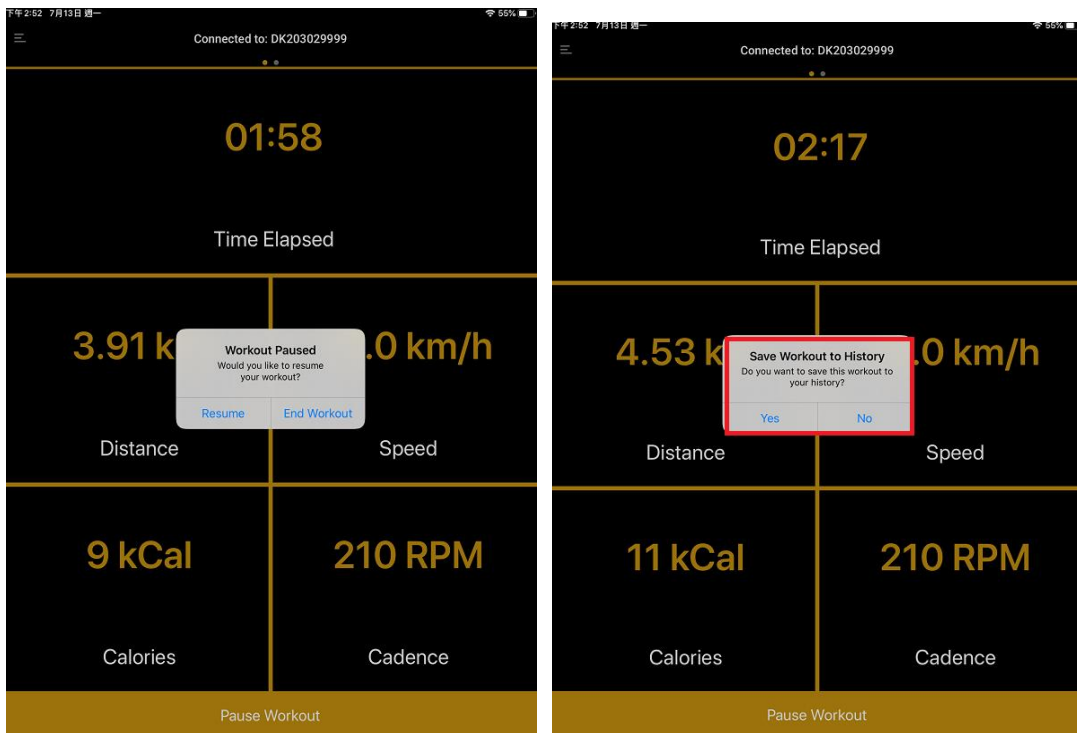
**STEP. 3-3**

When it back to the home page, click the mark at the top left to see the movement record by

SAVE as below
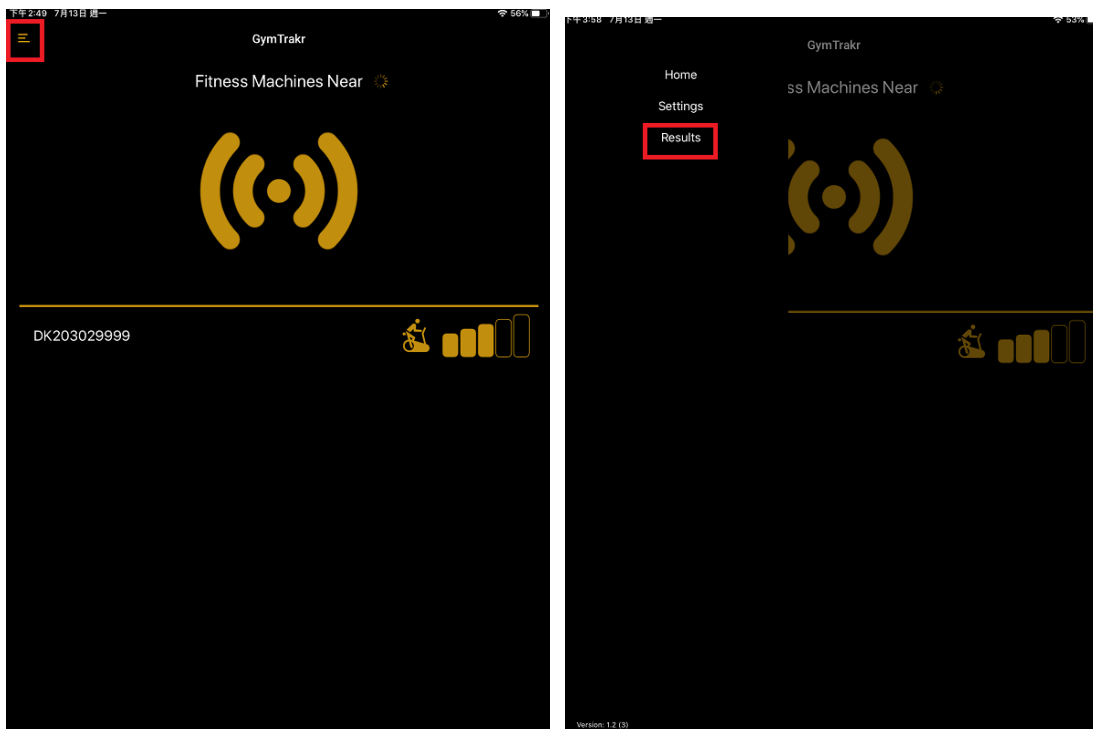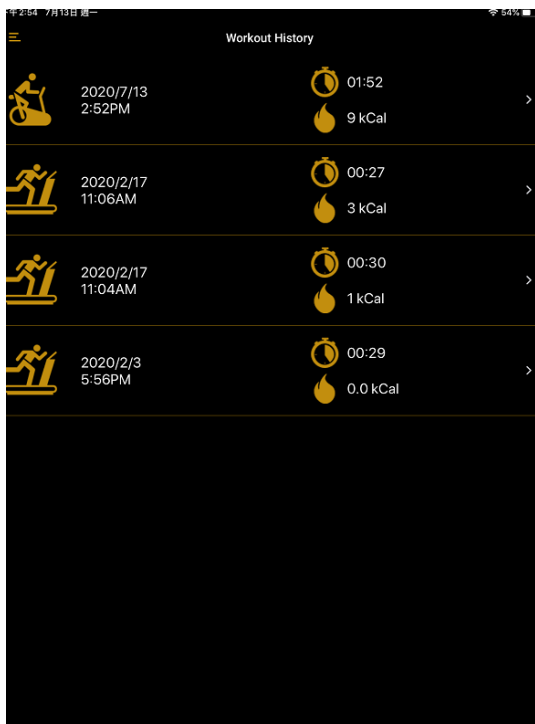
## ■ Note

- APP is to connect with the machine via BT, so pls make sure the machine is with BT function.

- When pairing succeeds, pls operate APP within 2 mins, if not or the distance of your pad and the machine exceeds 2 meters, BT will cancel the connection automatically, then pls repeat the above steps.

- APP will not switch between etric system and british system, when the system is not same in APP and Console, pls adjust it by hand.

- Software would update unscheduled, pls pay attention to the download page.

- User must open mobile web or Wi-Fi to use the preinstalled APP" Gymtrakr" in this manual

2022/6/15V1.4+V1.1

■ **Below situation may cause APP automatically stop or crash：**

When using APP and synchronously using other programmers, such as music and photos, pls do not commute too much or open too many programmers, it might disconnect due to pad resource allocation and selfprotection.

■ **When APP cannot use normally, pls reconnect following below steps：**

**STEP.1**

Delete all the memory in the APP.

**STEP.2**

Entering into the setting articles of the iPhone, delete the BT unit name.

**STEP.3**

Turn off BT function in iPhone setting page.

**STEP.4**

Turn off the machine power, then 10 seconds later turn on again.

**STEP.5**

Repeat step 2-1~3-4

● If still abnormal, pls check if the pairing BT ID belong to the machine incase connecting to another machine. If ID right, pls make your iPhone power off for a while, it might be caused by the crash of iPhone itself.

error signal display:

2022/6/15V1.4+V1.1

| error code | Possible reasons | Rectification measurements | Remark |
|---|---|---|---|
| No power for computer console | 1 The power switch if off | turn on power switch | |
| | 2 The power switch signal light is off | check whether the power socket has power with ammeter | Check whether the current supply is (110/220V) or not |
| | 3. No DC 12V power output from adapter | change adapter | |
| | 4. control wire malfunction | change control wire | |
| | 5. computer console malfunction | change computer console | |
| E01 | low voltage from the adapter power | change filter, choke, adapter | Check whether the current supply is (110/220V) or not |
| E02 | abnormality for adapter temperature senor | change adapter | |
| E04 | overcurrent output from the adapter | add lubrication oil to running belt, change adapter | |
| E06 | overvoltage from the adapter | change adapter brake electrical resistance | |
| E08 | abnormality for the falling of the adapter | change adapter | |
| E09 | overheat of the adapter | add lubrication oil to running belt, change adapter | |
| E10 | abnormality for overload of adapter motor | change motor, adapter | |

| E11 | abnormality for overload of adapter | add lubrication oil to running belt, change adapter | |
|---|---|---|---|
| E12 | abnormality for overload of adapter system | change adapter | |
| E13 | adapter motor off line | change motor, adapter | |
| E14 | malfunction for adapter brake | change adapter brake electrical resistance | |
| E33 | malfunction for adapter Flash | change adapter | |
| E34 | malfunction for adapter Flash | change adapter | |
| E35 | adapter low voltage warning display | change filter, choke, adapter | Check whether the current supply is (110/220V) or not |
| E37 | adapter emergency shutdown display | change adapter, control wire, computer console | |
| E41 | Adapter high heat display | add lubrication oil to running belt, change adapter | |
| E77 | abnormality for adapter communication | change adapter, control wire, computer console | |
| E78 | abnormality for key buttons | change membrane, adaption board, computer console | |

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 | 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 | 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 | 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 | 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 | 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 | 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 |

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 | 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 | 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 | 5.6 | 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 | 6.0 | 3.5 | 5.5 | 4.5 | 2.5 |
| | (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 | 5.6 | 8.8 | 7.2 | 4.8 | 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 | 4.5 | 6.5 | 4.5 | 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 | 7.5 | 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 | 8.0 | 5.5 | 7.5 | 5.5 | 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 | 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 | 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 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | (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 | 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 |
| | (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 |

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 |

| 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 |