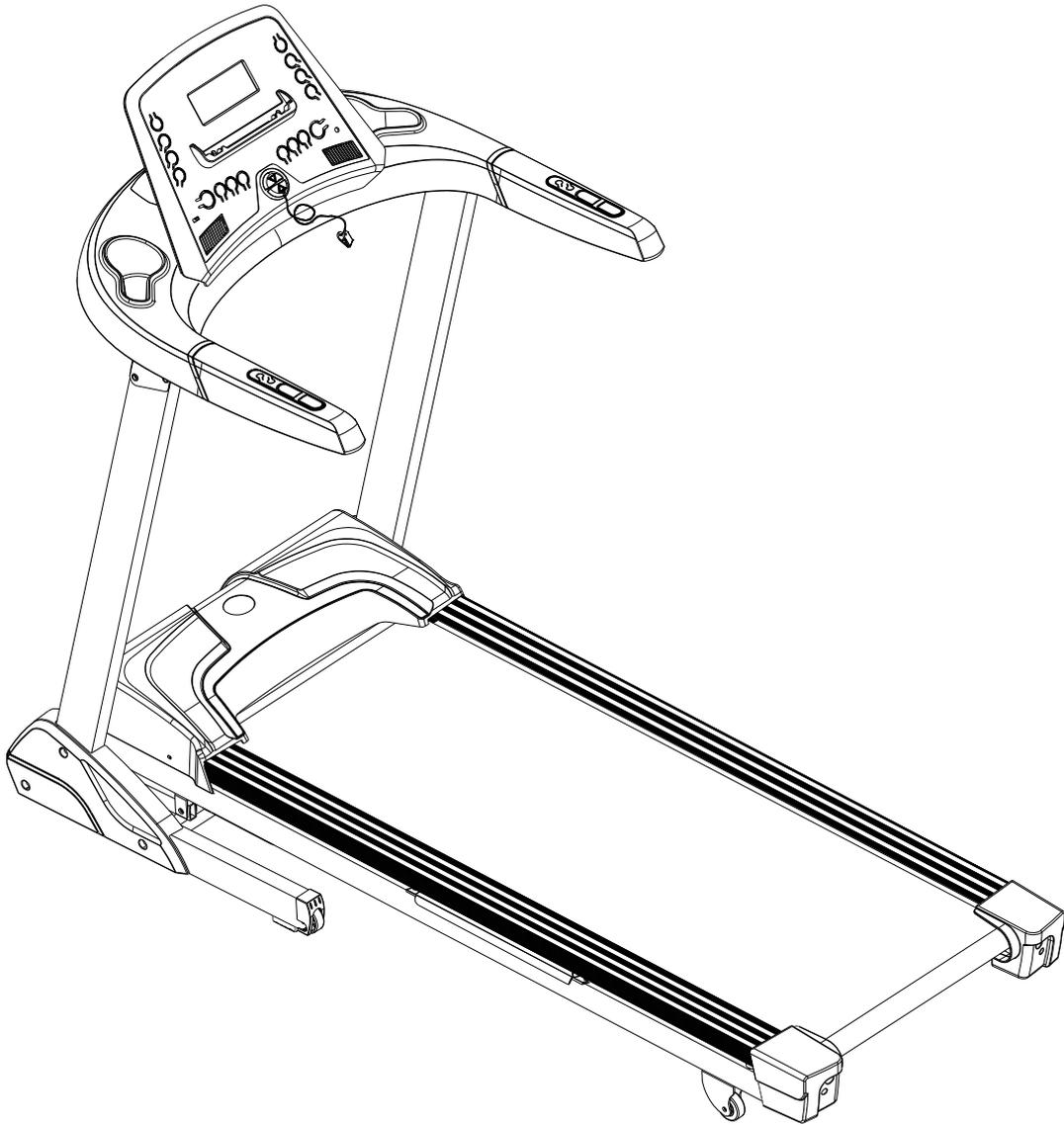


# hattrick

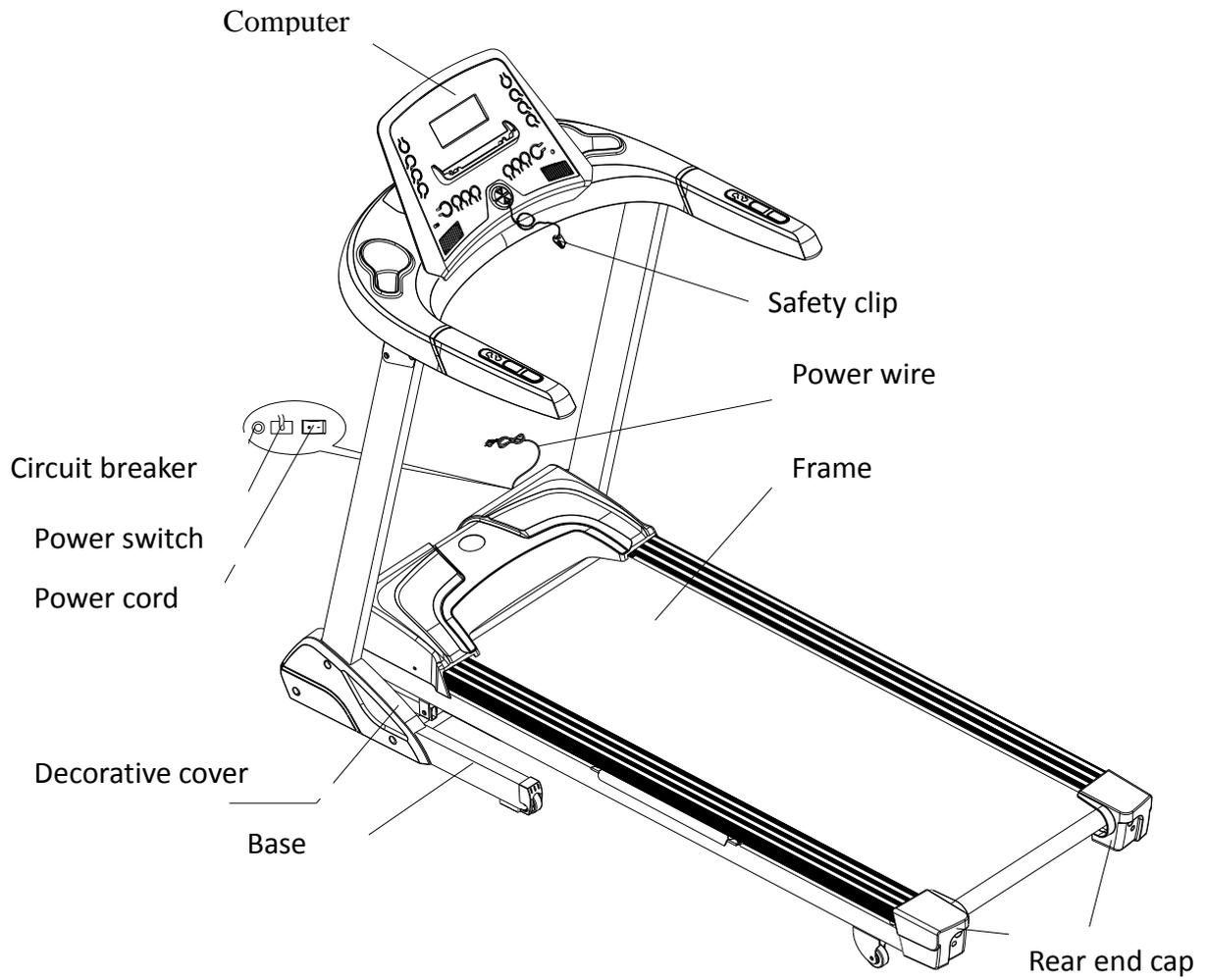
## I-CONCEPT TREADMILL USER MANUAL



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# 1. OUTLOOK INSTRUCTION



## 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 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.

### 3. GROUNDING WIRES INSTRUCTION

The products must be grounded first. If malfunction or breakdown occurs, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock.

The product is equipped with a cord having an equipment-grounding conductor and a grounding plug.

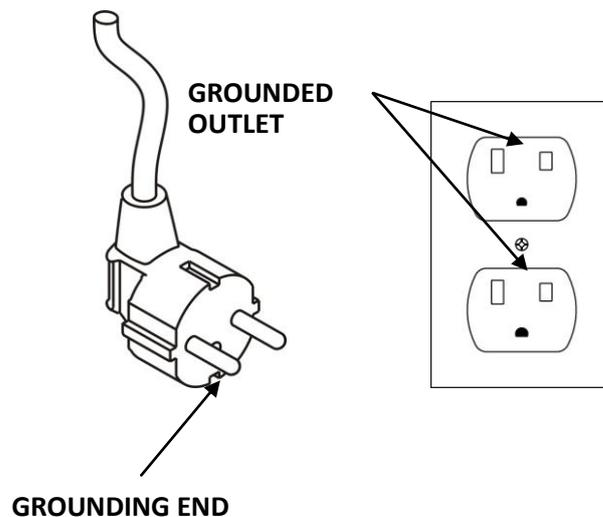
The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

**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 products are properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet install by a qualified electrician.

The product is for use on nominal 220V-240V 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.

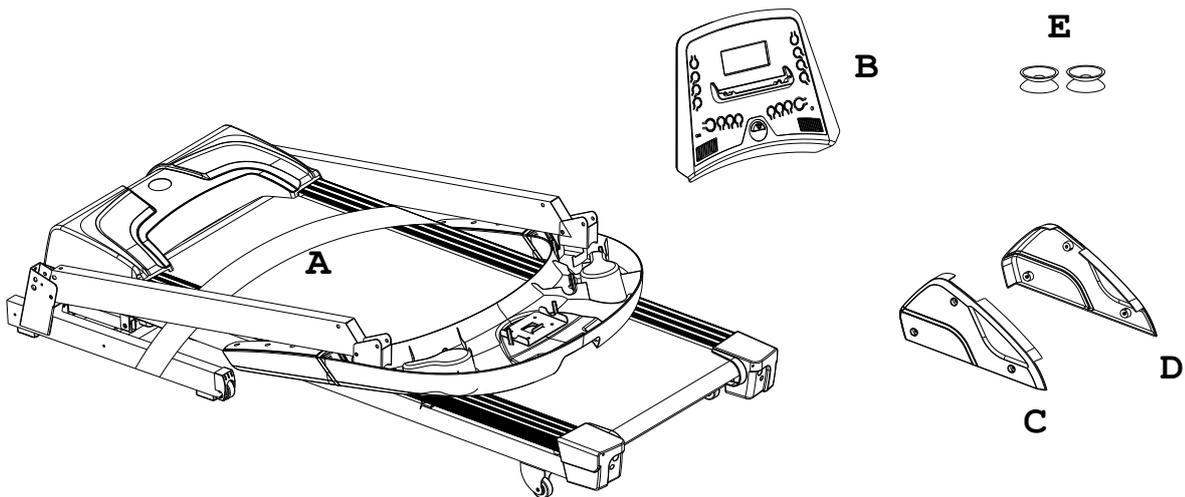
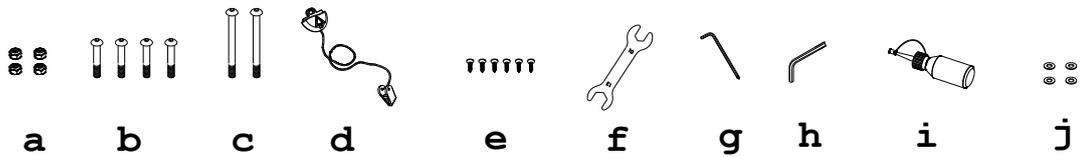
There is no need to use any adapter for this product.

#### Grounding methods



#### 4. ASSEMBLE PART LIST

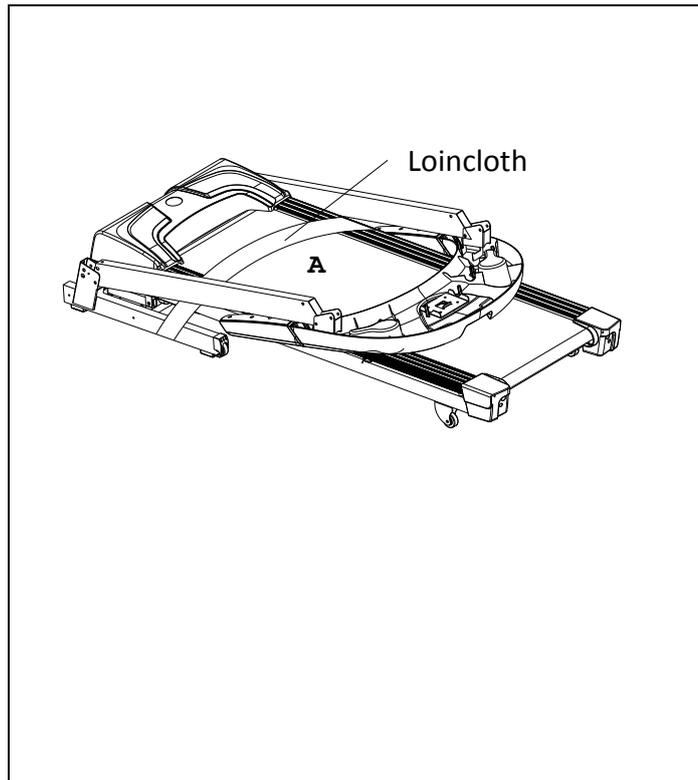
ITEM	DESCRIPTION	Q'TY	ITEM	DESCRIPTION	Q'TY
A	Frame	1	a	Nylon nut M6×P1.0	4
B	Computer console set	1	b	Truss hex screw M8xP1.25x40	4
C	Decorative cover left	1	c	Truss hex screw M8xP1.25x90	2
D	Decorative cover right	1	d	Safety key set	1
E	I-PAD Sucker	2	e	Truss Philips screw M5xP0.8x15	6
F			f	Wrench	1
G			g	Hex wrench+screwdriver 5mm (70mmX70mm)	1
H			h	L-hex wrench	1
I			i	SLILCON	1
J			j	Washer $\varnothing 16 \times \varnothing 6 \times 1.0t$	4



## 5. ASSEMBLE STEPS

### WARNING:

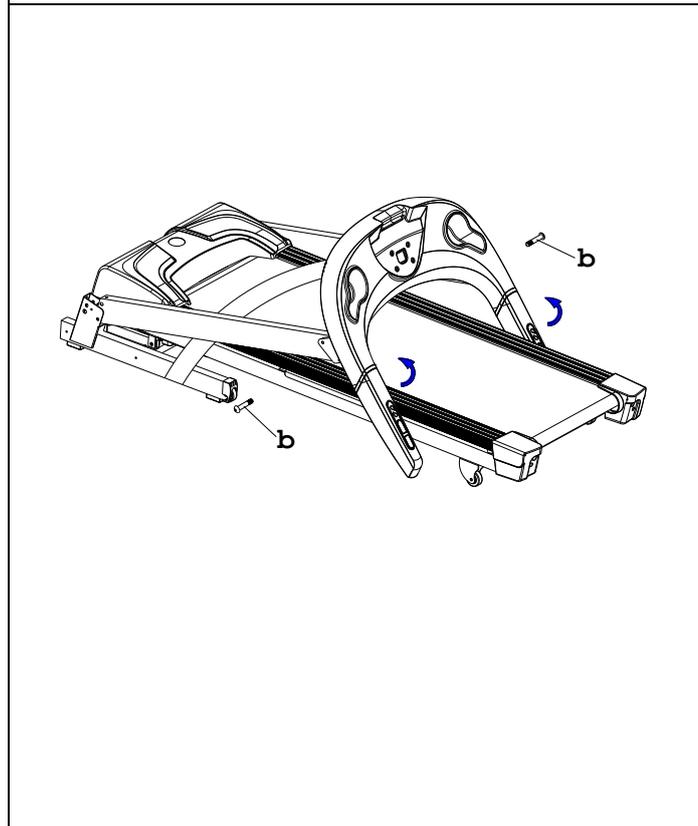
After assembly the treadmill, then you can untie the loincloth.



Two persons are required to finish the assembly steps.

**Caution:** Please follow exactly the assembly steps below to avoid injury.

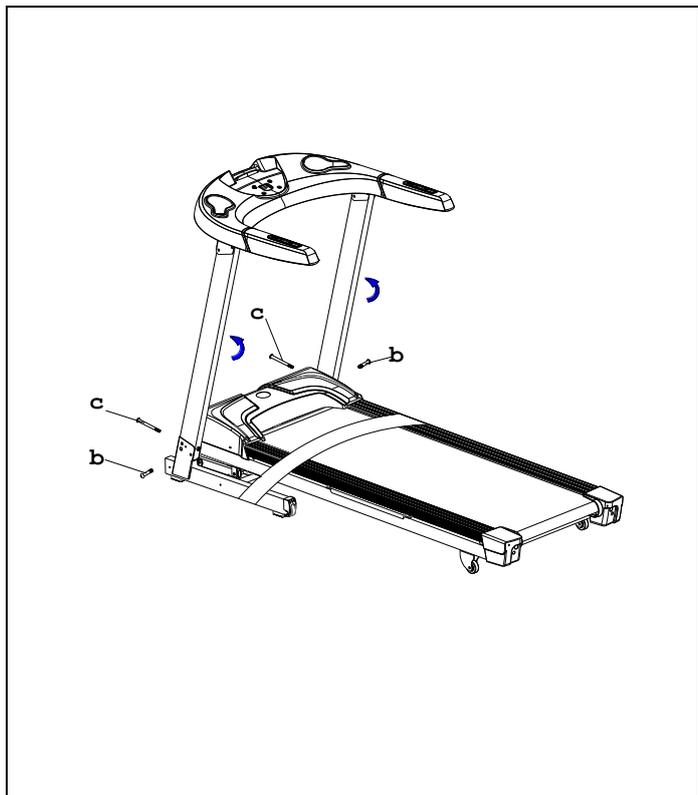
1. Put up the handrail tubes of Frame(A) as the arrow shows in the right drawing and tighten with Hex Screw(b).



**Ps.** To avoid unexpected accident, always assemble the treadmill with more than two workers, do not assemble by yourself.

- Put up Upright (L&R) as shown in the right drawing and tighten with Hex Screw(b),(c).

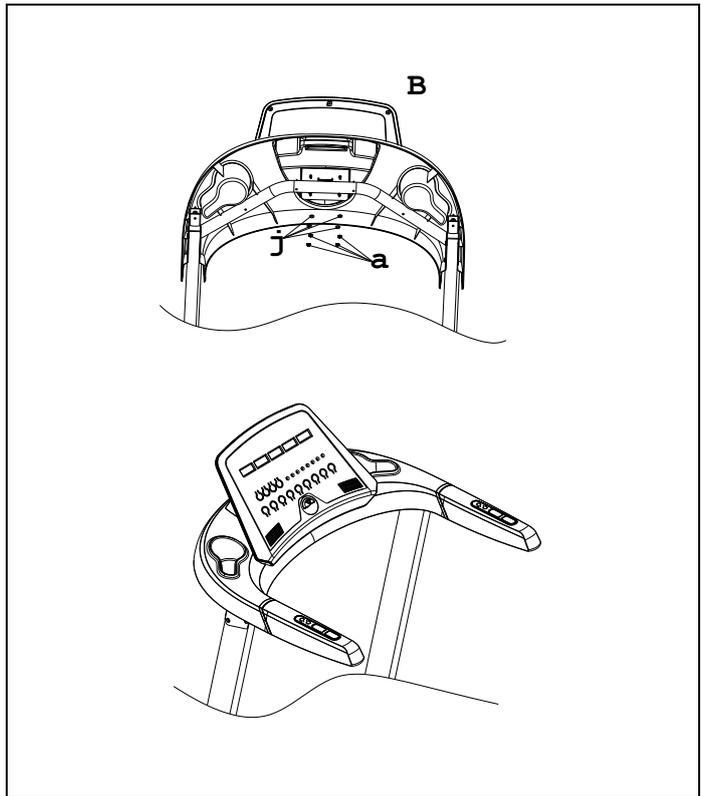
**Ps.** To avoid unexpected accident, always assemble the treadmill with more than two workers, do not assemble by yourself.



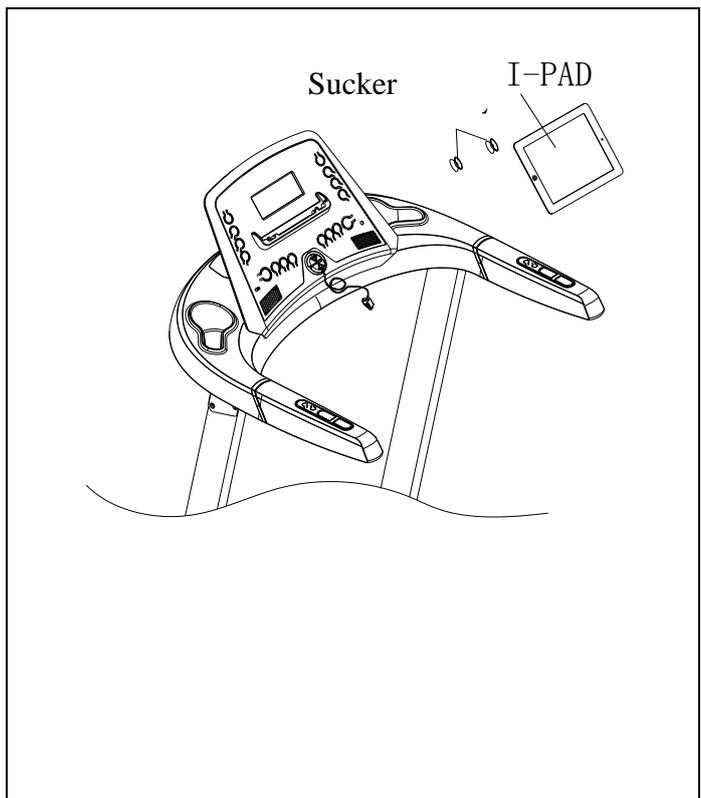
- After finished the above steps and you can untie the loincloth, then wedge decorative cover(C,D) into the frame respectively as shown in the right drawing and tighten with Philips screw(e).



4. Connect the middle control wire with the upper control wire, then put the computer set as right image and tighten with nylon nut (a) and washer(j)



5. When you need to use the IPAD, Please paste the suction cups for suitable place on the computer, then you can put your IPAD on the holder and sucked with suction cups to avoid the IPAD falling out



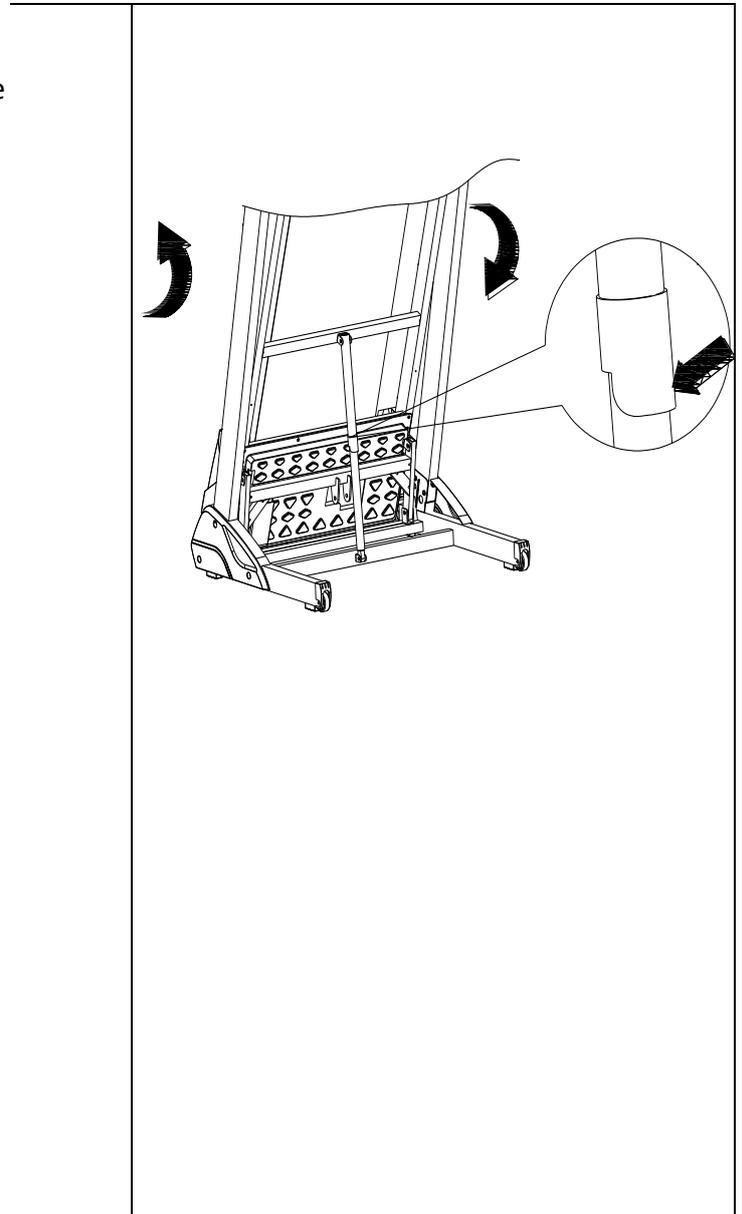
## 6. CAUTION

This treadmill has the foldable mechanism for storage. Stop all the movements (including stop the running belt and take off the power cord) before storage, then pull out the POP-Pin of the folding fixing mechanism as the direction shown in the drawing and then lift up the frame until the POP-Pin inserts into the frame. When doing this action, two persons are needed. One puts up the frame and another pulls out the POP-Pin of the folding fixing mechanism. On the contrary, if you want to use the treadmill, pull out the POP-Pin of the folding mechanism as the arrow shows in the drawing and put down the frame slowly

**Ps.1.** To prevent from danger, be careful if the kids are around.

**Ps.2.** If you want to move the treadmill, fold the treadmill at first, hold the rear adjust cap with your hands, then lean the treadmill and do not move the treadmill until the roller can be moved smoothly.

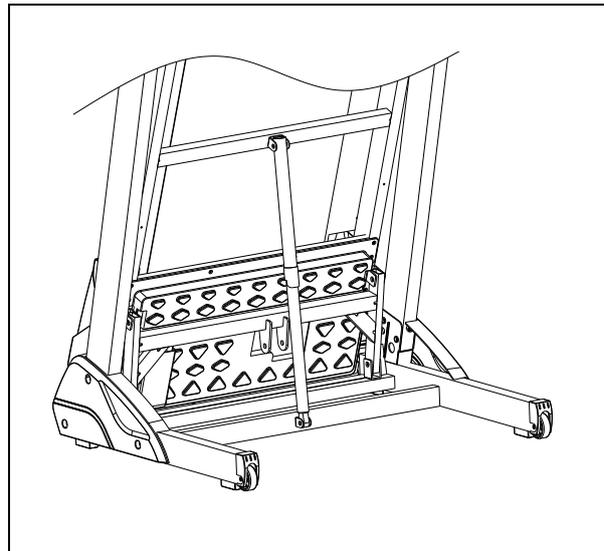
**Ps.3.** To avoid the injury, do not move the treadmill on uneven ground.



**Note:** The Cylinder contains high pressure gas. Please avoid crash with other objects to avoid danger.

Note: If the Cylinder is hit, it might be damaged and cause the usage not smooth.

The treadmill might fall while folding

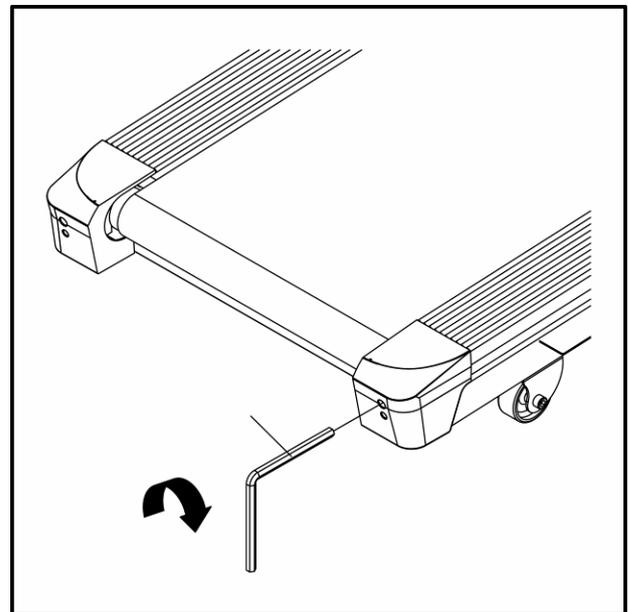


## 7. MAINTENANCE

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

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

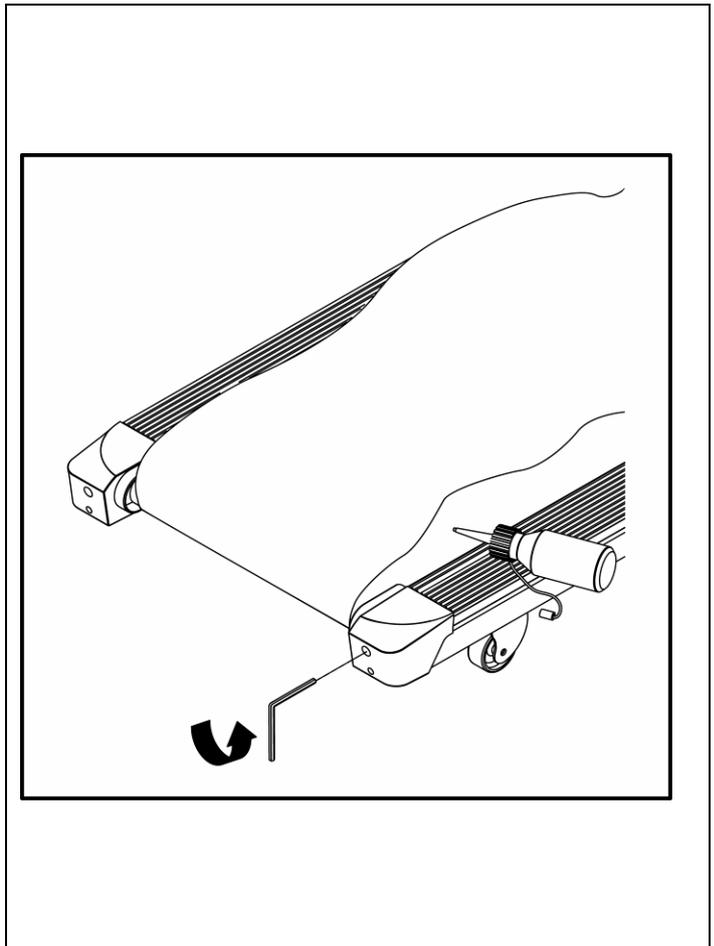
(Ps.2. The position of running belt might not stay precisely in the center with slightly towards the left and right sides, and the situation varies with how end-users use and the weight of end-users. No need to adjust the belt if it doesn't rub against the parts aside.)



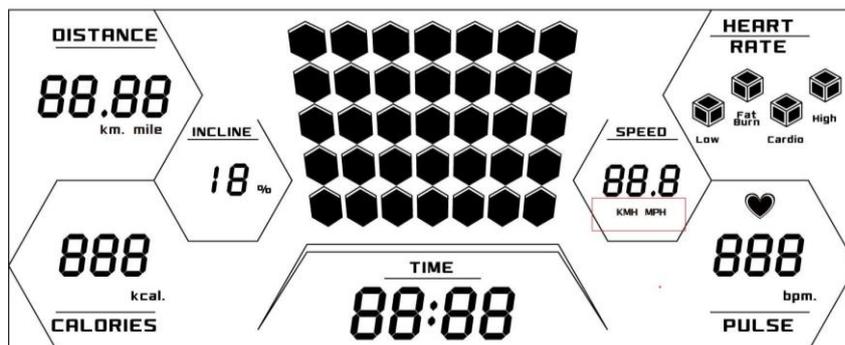
2. Depending on the usage of the product, please apply SILICON on the board according to the below chart. Use the Hex Wrench to unscrew the bolt inside the Rear Roller. Then pull the belt up and daub some SILICON to the center of the board. After that, adjust the belt to the center of the deck, followed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

(Ps. When the belt is sliding, please follow the above method to lubricate the running board.)

Use Situation (Speed)	Time
1~6 km/h	1Years
6~12 km/h	6 Months
12km/h above	3 Months



## 8. COMPUTER OPERATION INSTRUCTIONS

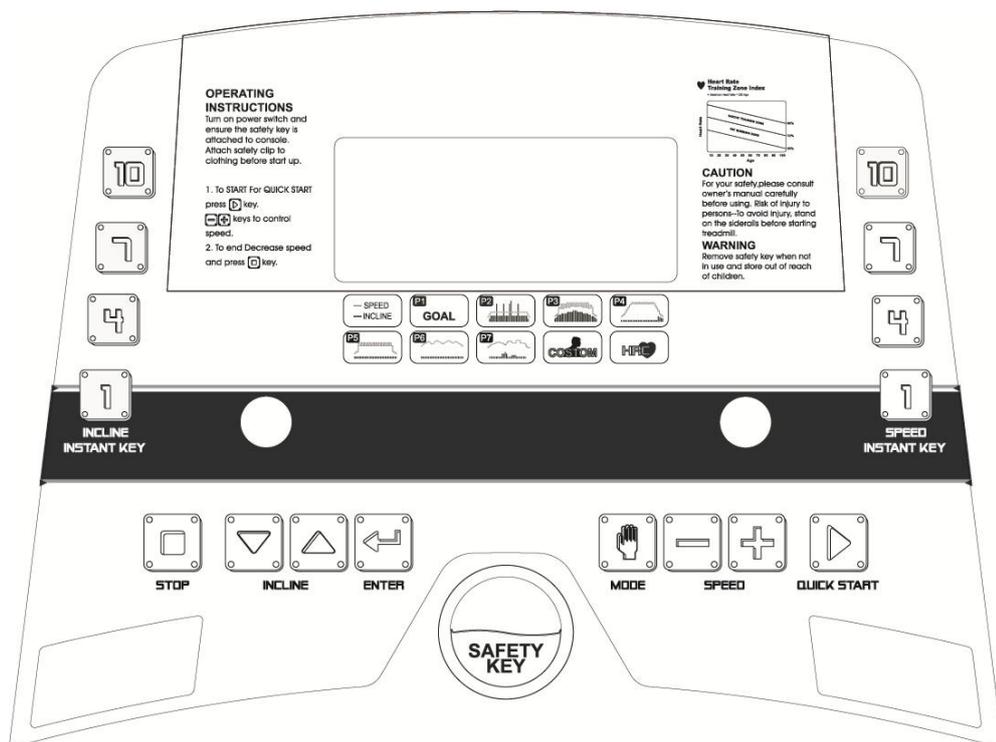


### I. Start Display:

1. If the SAFETY key is taken out, the matrix window will display a down arrow. If the SAFETY key is replaced, the matrix window will display KGS (LBS) for avoirdupois unit; the weight window glitters and displays the pre-set value. The value is 70KG (150LBS) and range 23~130KG (50~286LBS). At this time the light of Weight window shines. Finish setting or not setting, press the **ENTER** key and the window will turn to start / ready status. The matrix window displays a pulsatile heart-shaped picture. The aim of setting the weight is to change burning

CALORIES. This can be done only after starting. It does not need to be set in PROGRAM. It means you can use the value after starting. You must set it anew after restarting

2. If the SAFETY key is removed out during the work, then the treadmill will stop running. At this time, place the SAFETY key back, the beeper will sound and all the values will go back to the initial position.
3. Under the common Start / Ready status, the PULSE window will display the HP picture if you don't grip the pulse sensor. If you grip the pulse sensor, you will see PULSE window starting to display the pulse value.
- 4.



## II. Operation Instruction

1. Under the Start/Ready position, you can press the **MODE** key directly to enter the edit program.
2. Under the Start/Ready position, press the QUICK START key to directly enter the start-up of Manu run.
3. When the SAFETY key is taken off and then replaced, it will not initiate a make reposition action anywhere it is. You need to press the QUICK START key to perform the incline to reposition it.
4. When the power is on, it will not make any reposition action anywhere it is. You need to press the QUICK START key to perform the incline to reposition it.
5. Under the start/ready status, continuously press the stop **STOP** key for 5 seconds; it will initiate

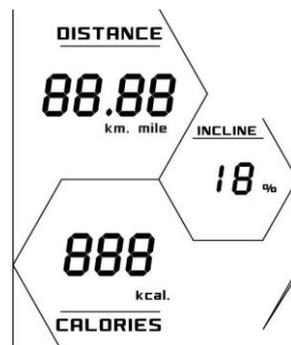
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the make reposition action anywhere it is.

While performing any program, if you press the **STOP** key, the program will stop. If users want to continuously perform the program, press the QUICK START key or press the **STOP** key again to leave the program and return to the start/ready status

### III. Edit Mode :

1. Under the Start/Ready position, press the **MODE** key to edit mode ,pressing SPEED + or - key to choose, speed display P1→P2→P3→P4→P5→P6→P7→M→H。
2. Six angular matrix windows default display "G" (Goal), shows M representation Custom, shows the H representation (HRC)
3. After time setting, press ENTER key , enter into second level setting item"LEVEL" , value display on INCLINE window , preset value" 1" , range 1~6 , STEP is 1 , after trun on treadmill , matrix window display range of 1~30"INCLINE"of LEVEL from left to right



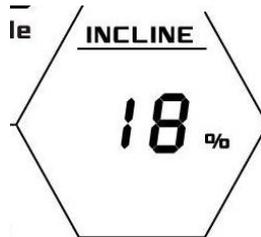
4. After edit, you can press ENTER key start or press QUICK START key start. During edit,if press QUICK START key start directly ,then other no edit parts will take preset value directly.
5. PPROGRAM has 30 levels in all. The three anterior are WARM UP, the three latter are COOL DOWN. Each is 3 min. The setting time, except for anterior and latter which mean 6 min, will be executed on average by the surplus 24 levels
6. 9 HOLES mode has no functions of WARM UP or COOL DOWN. When the distance is equal to 3.5KM, the motor will stop, the INCLINE is 0 and it displays "End".

### IV. Program Operation and Instruction :

1. When you press the QUICK START key, it will begin to count down for 3 sec; after that, the motor will start, the speed will start at 1.0KPH.
2. Speed STEP is 0.1; you can press SPEED + or - key to select, long press key speed of +/-will change quickly, or press speed instant key 1 、 4 、 7 、 10 to select.



- Incline step is 1, you can press INCLINE + or - key to select, long press key incline of +/- will change quickly, or press incline instant key 1、4、7、10 to select.



- During motor working, press Stop key, the motor and incline motor are stop, time window display "PAUSE"; If press QUICK START key again, then count backwards 3 seconds, motor will start again, speed value will keep in the front of stop, incline will rise to the height in the front of stop.
- On PAUSE state, hold on the Stop button for 3 seconds, jump back to the standby screen
- If the time is over(zero), the END, after 30 seconds of the END state, will automatically jump back to the standby screen too.

## V. Program Mode

Press Mode or SPEED + / SPEED - key to switch program-controlled, program-controlled switching sequence is as follows:

P1 → P2 → P3 → P4 → P5 → P6 → P7 → Custom → H.R.C. (LOOP)

Press the STOP Key to return to the upper menu

### PROGRAM

P1 Goal

1 Press ENTER to confirm the selection Manual, ENTER the TIME setting:

Press SPEED + or SPEED - adjusting target time, initial values is 0:00, range of 0, 20:00 ~ 99:00, the unit is minutes: seconds

2. Press ENTER to confirm set time, enter into the Distance setting:

Press SPEED + or SPEED - adjusting target distance, the initial value is 0.00, the range of 0,1.00-99.00,

---

the unit is km (mile)

3. Press ENTER to confirm the setting distance, enter into the Calories setting:

Press SPEED + or SPEED - adjusting target calories, the initial value is 0, the range of 0, 10-999 units for calories

4. After any item set is complete, press START button to begin the training, the program will set value as the target, when the target is zero run end.

Note: Time, Distance, Calories can be set in a loop, when one set value, the value of the two rest automatic reset

Note: the Time, Distance, Calories set to zero, the numerical do positive action after start-up

P2 9 hole            LEVEL : input1 , range of 1~6 , step1 , And in 3500 meters distance calculation.

P3 hill climb        LEVEL : input 1,range of 1~6 , step 1.

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

P4 hill run            LEVEL : input 1,range 1~6 , step 1.

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

P5 interval            LEVEL : input 1 , range of 1~6 , step 1.

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

P6 rolling            LEVEL : input 1 , range of 1~6 , step1.

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

P7 Weight loss        LEVEL : input 1 , range of 1~6 , step 1.

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

Custom1            Each group total has 30 level can be set, hexagonal matrices window shows M, speed and the ascension of the default values are the lowest numerical value , adjustment of the values displayed in SPEED Windows and INCLINE Windows respectively, After adjust, press the ENTER key will jump to TIME 2, and so on, long press the ENTER key for 5 seconds, then stored value, to leave edit mode, and switch to the TIME set, preset 30 min, the range of 20 ~ 99 min, step 1 min.

## HRC (THR)

- i. Hexagonal matrix window shows A (show age), press ENTER key or wait 5 seconds or press the SPEED + / - keys displayed automatically preset: 30,press SPEED key + / - keys to adjust the age, the age range of values: 13-80, Step 1 set. After completely, press the ENTER key, into the next option
- ii. PULSE flash of PULSE Windows at this time, display the default values of the age, press SPEED + / - key to input the heart value, this value will be changed along with the different age, but not more than set the scope of upper and lower limit, please refer to below schedule

and choose a suitable value for yourself. if you didn't do any change, press the ENTER key, the program will start running in accordance with the default values, and into the next option.

- iii. At this time ,TIME Windows start flashing, the program will ask you to input the time value, you can press SPEED + / - keys to set the time you need, or press the QUICK START key directly, using the way of no countdown start motion. time value range: 5-99 min, default values for 20 min, step 1.

\*\* The following is age and heart of the treadmill HRC function value (default) table:

1.1.	BPM			Age	BPM			Age	BPM			Age	BPM		
	H	Pre-set	L		H	Pre-set	L		H	Pre-set	L		H	Pre-set	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				

## ■ BTM (Bluetooth module) APP for iPad

### 1 APP software download

Please connection the iPad to App(iTunes) Store, Search pafers, and then review the introduction of APP, download the APP to the iPad which the have treadmill' function, such as "Tread Montior" and "Run On Earth".



- APP will using Bluetooth mode connection with treadmill, so please confirm the treadmill has add Bluetooth
- APP contains the following functions, the user must open 3G network or Wi-Fi network, can be use normal:
  - (a) Sports Management: After the register and login into the personal account, you can record or review the cumulative value for the each motion..
  - (b) Some APP need connection to the Google map to do the operation's display after the locate.

### 2 Operations for treadmill execute APP:

STEP.1 Let the Bluetooth device pairing with the iPad 將 Bluetooth

- (a) Please put the Ipad to the ipad holder which in front of the LCD then can fixed the iPad
- (b) Enter the set the project of the iPad, open the Bluetooth device detection.
- (c) iPad will detection all of the Bluetooth device that under the detection range .select the treadmill's Bluetooth device name to do pairing, the confirmation screen will display

"connected", and check the upper right corner of the iPad whether show the patterns (white flag, said Bluetooth pairing success; gray, is said to have been started but not matched yet)





(d) After Bluetooth connection success about 10 seconds, the LCD screen will become to white

and the lower right corner of the pattern change from  to , it mean is the computer connection with iPad is successful also.



- After pairing success, please perform the treadmill APP in 2 minutes, if more than 2 minutes is not executed, or the distance of iPad with treadmill running is move than 2 meters, the Bluetooth will automatically cancel the connection "Not connected", please follow above steps again.

STEP.2 Press the iPad main menu button , the screen will be return to iPad desktop.



STEP.3 Start the iPad treadmill APP of downloaded, enter to APP page, treadmill will detect APP, when the APP and treadmill connection success, then unlock APP screen, can start from APP interface to use various modes to control the treadmill.

- APP instructions, precautions and function introduction, please visit the APP download page to review the description or contact the Pafers/ dealer ask for instructions.

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STEP.4 After use APP for each time, please press the main key (HOME) 2 times on "iPad" to close the APP.

3 If APP in abnormal or meet any Bluetooth connection problems in use time, please follow the below steps to restore the connection:

STEP.1 Quick press the main key "(HOME)"of 2 times on "iPad to clear the APP cache.

STEP.2 About 3~5 seconds will hear "beep" sound, please turn off the power of treadmill .

STEP.3 Tturn on the power, back to the iPad set project, press "→" key what right of the Bluetooth device name, let the Bluetooth device name to do "forget".

STEP.4 iPad will re-search the Bluetooth device, please do the re – pairing

STEP.5 When the pairing is successful, return to the iPad desktop to re-execute APP.

- If it still abnormal, Please check the Bluetooth device with iPad matching whether belong this treadmill, if it is correct, please turn off the iPad, maybe the iPad crash or meet the wireless interference

4 For below situation, may can make iPad automatically disconnected:

When using APP, synchronization using application of background, such as listen to music or review the photos... And so on, please try to reduce the round-trip times or open too many applications, due to the iPad will disconnect in sometime because of resource and self-protection.

- If happen the connection disconnected, treadmill will start the protection function, make continuous warning beep sound, then automatically turn off the speed of the treadmill, so as not to cause the safety problem for the user

Support equipment (the following is a list, please refer to the APP download page.)

iPod touch (The fourth)

iPod touch (The Third)

iPhone 5

iPhone 4S

iPhone 4

Mini iPad

iPad 2

iPad

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i.Concept product can be compatible with iOS of Apple and Google of Android

IOS version of the minimum requirements is more than 5.1, recommended version iOS update to 6 or updated, so that users will have the best experience.

iPad.iPhone.iPod.iPod classic.iPod nano , iPod shuffle and iPod touch is the registered trademark of Apple Corp in the United States and the others countrie.

“Made for iPod” , “Made for iPhone”and “Made for iPad” are mean is this device has been design to the special connect parts for iPod, iPhone or iPad, and also accordance Apple performance standards of the developer certification. Apple Corp is not responsible for the operation of this equipment, or whether it meets the standards of safety and supervision.

**Error Warning Signal :**

E1 : The treadmill can not read feedback value for speed.

E6 : Incline motor is not actuated in the ADC read range

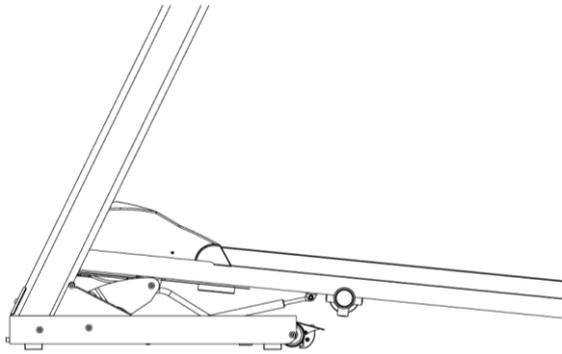
E7 : Ascension is too high or too low (More than range)

\*\* If there is any error message, please contact with sales companies.

◆ **E6 / E7** Ascension anomaly and simple elimination method

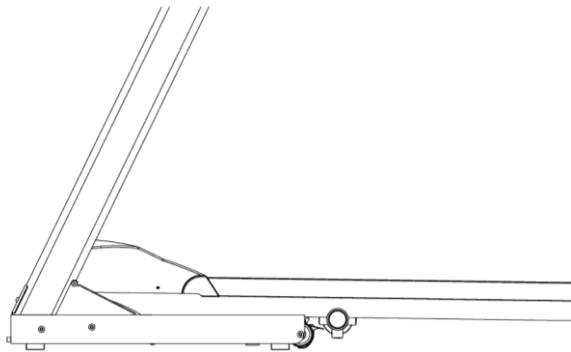
1. Re-start the treadmill, if also display E6 or E7 message, please up to 2 steps.
2. The ascension of compulsory up or down to test the incline motor and transmission signal line is normal, the operation instructions as following. Special announcement, It is must be very cautious when you force the incline motor up or down to avoid the damage for controller or incline motor. If the force driving incline motor without action, please contact the manufacturer.

A. When users search the treadmill ascending angle in the high position (Figure 1), must press the STOP and don't loosen, and press DOWN at the same time, the two key are pressed at the same time about 3~5 seconds, incline motor will force the treadmill ascension height descend, at the same time, please review incline motor feedback error message, whether change for drop and adjust the feedback value to 100, if the feedback value have change, the users only need to loosen the key then will return to the original position.



(Figure 1)

- B. When users search the treadmill ascending angle in the low position (Figure 2), must press the STOP and don't loosen,, and press the UP at the same time, the two button are pressed at the same time about 3~5 seconds, incline motor will force the treadmill ascension height go up, at the same time, please review incline motor feedback error message, whether change for go up and adjust the feedback value to 100, if the feedback value have change, the users only need to loosen the key then will return to the original position.



(Figure 2)

3. If the above steps are still can't exclude the abnormal function of the INCLINE fault, then please contact the technical personnel of the dealer , you also can force the incline function failure at this time, for convenience of users at no incline function case can still continue to use the treadmill, you can press STOP don't loosen, and press “-“ key at the same time, the two button are pressed at the same time about 3~5 seconds, ascension will stop at the fault location, and lost the function . This cancellation action will lose efficacy when restart the treadmill. So before this problem has been eliminated, if want use this treadmill then need to do above steps again.

\*\* If there is any error message, please contact with sales companies.

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	Incline	0.0	1.0	1.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	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	Incline	0.0	1.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	2.0	3.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	1.0	1.0	1.0	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	Incline	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	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	Incline	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	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	Incline	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	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	Incline	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	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	Incline	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	Incline	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 3	Incline	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	3.0	2.5	2.0
	(KPH)	3.2	4.0	4.8	8.8	5.6	8.8	5.6	9.6	6.4	9.6	6.4	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	6.4	9.6	6.4	9.6	6.4	9.6	5.6	8.8	7.2	4.8	4.0	3.2
Level 4	Incline	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	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	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.	7.2	10.	7.2	10.	8.0	10.	8.0	10.	8.0	10.	8.0	10.	8.0	10.	7.2	10.	7.2	10.	6.4	9.6	8.0	4.8	4.0	3.2
Level 5	Incline	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	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	6.0	7.5	5.5	7.5	5.5	7.0	5.0	7.0	5.0	3.5	3.0	2.5
	(KPH)	4.0	4.8	5.6	10.	8.0	11.	8.0	12.	9.0	12.	9.0	12.	10.	12.	10.	12.	10.	12.	10.	12.	10.	12.	10.	12.	10.	11.	11.	8.0	5.6	4.8	4.0	3.0
Level 6	Incline	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	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	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.	12.	12.	12.	10.	13.	10.	13.	11.	13.	11.	13.	11.	13.	11.	13.	11.	13.	10.	13.	10.	13.	10.	13.	12.	10.	8.0	5.6	4.8

**SPEED AND ELEVATION CHANGES**

<b>HILL RUN</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		
Level 1	Incline	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	Incline	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			
	(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 3	Incline	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	1.0	5.0	4.0	4.0	3.0	2.0	
	(MPH)	2.0	2.5	3.0	5.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	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	9.6	8.8	8.0	7.2	4.8	4.0	3.2
Level 4	Incline	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	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	6.5	6.0	5.5	5.0	3.0	2.5	2.0
	(KPH)						10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.
Level 5	Incline	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	2.0	2.0	2.0	1.0	1.0	1.0	2.0	2.0	2.0	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	7.5	7.0	6.5	6.0	3.5	3.0	2.5
	(KPH)				10.	11.	12.	11.	12.	11.	12.	11.	12.	11.	12.	11.	12.	11.	12.	11.	12.	11.	12.	11.	12.	11.	12.	11.	12.	11.	10.	10.	10.
Level 6	Incline	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	3.0	3.0	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		
	(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	8.5	8.0	7.5	6.5	3.5	3.0	2.5
	(KPH)				10.	12.	13.	12.	13.	12.	13.	12.	13.	12.	13.	12.	13.	12.	13.	12.	13.	12.	13.	12.	13.	12.	13.	12.	13.	12.	12.	10.	10.
		4.0	4.8	5.6	4	0	6	8	6	8	6	8	6	8	6	8	6	8	6	8	6	8	6	8	6	8	6	8	0	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	4.5	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 3	(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	6.4	8.8	7.2	4.8	4.0	3.2
Level 4	(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	9.6	7.2	4.8	4.0	3.2
Level 5	(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)				11.		11.		11.		11.		11.		11.		11.		11.		11.		11.		11.		11.		11.		11.		
	(KPH)	4.0	4.8	5.6	2	8.8	2	8.8	2	8.8	2	8.8	2	8.8	2	8.8	2	8.8	2	8.8	2	8.8	2	8.8	2	8.8	2	8.8	2	8.8	5.6	4.8	4.0
Level 6	(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)				12.	10.	12.	10.	12.	10.	12.	10.	12.	10.	12.	10.	12.	10.	12.	10.	12.	10.	12.	10.	12.	10.	12.	10.	12.	10.	12.	10.	
	(KPH)	4.0	4.8	5.6	8	4	8	4	8	4	8	4	8	4	8	4	8	4	8	4	8	4	8	4	8	4	8	4	8	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	3.5	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 3	(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 4	(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)							10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.	10.		
	(KPH)	3.2	4.0	4.8	6.4	8.0	8.8	9.6	4	9.6	4	9.6	4	9.6	4	9.6	4	9.6	4	9.6	4	9.6	4	9.6	4	9.6	4	9.6	8.0	6.4	4.8	4.0	3.2
Level 5	(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	7.0	7.5	6.5	5.5	4.5	3.5	3.0	2.5
	(KPH)							10.	12.	11.	12.	11.	12.	11.	12.	11.	12.	11.	12.	11.	12.	11.	12.	11.	12.	11.	12.	11.	12.	10.			
	(KPH)	4.0	4.8	5.6	7.2	8.8	9.6	4	0	2	0	2	0	2	0	2	0	2	0	2	0	2	0	2	0	2	0	4	8.8	7.2	5.6	4.8	4.0
Level 6	(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	8.5	8.0	7.0	6.0	5.0	3.5	3.0	2.5
	(KPH)						10.	12.	12.	13.	12.	13.	12.	13.	12.	13.	12.	13.	12.	13.	12.	13.	12.	13.	12.	13.	12.	13.	12.	11.			
	(KPH)	4.0	4.8	5.6	7.2	8.8	4	0	8	6	8	6	8	6	8	6	8	6	8	6	8	6	8	6	8	6	8	2	9.6	8.0	5.6	4.8	4.0

SPEED CHANGES ONLY

<b>WEIGHT LOSS</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
Level 1	(MPH)	0.6	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	0.6	
	(KPH)	1.0	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	1.0	
Level 2	(MPH)	0.6	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	0.6	
	(KPH)	1.0	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	1.0	
Level 3	(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 4	(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 5	(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	6.0	5.5	5.5	4.5	2.5	2.0	1.5
	(KPH)										10.	10.	10.	10.	11.	11.	11.	11.	10.	10.	10.											
	(KPH)	2.4	3.2	4.0	6.4	8.0	8.8	9.6	9.6	9.6	4	4	4	4	2	2	2	2	4	4	4	9.6	9.6	9.6	9.6	8.8	8.8	7.2	4.0	3.2	2.4	
Level 6	(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)										10.	11.	11.	11.	12.	12.	12.	12.	12.	12.	12.	12.	12.	11.	11.	11.	10.	10.				
	(KPH)	2.4	3.2	4.0	6.4	8.8	4	2	2	2	0	0	0	0	8	8	8	8	0	0	0	2	2	2	4	4	9.6	8.8	4.0	3.2	2.4	