

P3. FAT BURN

SPEED CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	SPEED(MP/H)	0.6	1.2	1.8	1.8	3.1	3.7	4.3	5	5	5	5	4.3	4.3	3.1	2.5	1.8	1.2	0.6
	ELEVATION	1	1	2	2	3	3	4	4	5	5	5	4	4	3	2	2	1	1
Level 2	SPEED(MP/H)	0.6	1.2	1.8	2.5	3.7	4.3	5	5.6	5.6	5.6	5.6	5	5	3.7	3.1	1.8	1.2	0.6
	ELEVATION	1	1	2	2	3	4	5	6	6	6	6	5	5	4	3	2	1	1
Level 3	SPEED(MP/H)	0.6	1.2	2.5	3.1	4.3	5	5.6	6.2	6.2	6.2	6.2	5.6	5.6	4.3	3.7	2.5	1.2	0.6
	ELEVATION	1	1	2	3	4	5	6	7	7	7	7	6	6	4	3	2	1	1
Level 4	SPEED(MP/H)	1.2	1.8	3.1	3.7	5	5.6	6.2	6.8	6.8	6.8	6.8	6.2	6.2	5	4.3	3.1	1.8	1.2
	ELEVATION	1	2	3	4	5	6	7	8	8	8	8	7	7	5	4	3	2	1
Level 5	SPEED(MP/H)	1.2	2.5	3.7	4.3	5.6	6.2	6.8	7.5	7.5	7.5	7.5	6.8	6.8	5.6	5	3.7	2.5	1.2
	ELEVATION	1	2	3	4	6	7	8	9	9	9	9	8	8	6	5	3	2	1
Level 6	SPEED(MP/H)	1.8	3.1	4.3	5	6.2	6.8	7.5	8.1	8.1	8.1	8.1	7.5	7.5	6.2	5.6	4.3	3.1	1.8
	ELEVATION	2	3	4	5	7	8	9	10	10	10	10	9	9	7	6	4	3	2
Level 7	SPEED(MP/H)	2.5	3.7	5	5.6	6.8	7.5	8.1	8.7	8.7	8.7	8.7	8.1	8.1	6.8	6.2	5	3.7	2.5
	ELEVATION	2	3	5	6	8	9	10	11	11	11	11	10	10	8	7	5	3	2
Level 8	SPEED(MP/H)	2.5	4.3	5.6	6.2	7.5	8.1	8.7	9.3	9.3	9.3	9.3	8.7	8.7	7.5	6.8	5.6	4.3	2.5
	ELEVATION	2	4	6	7	9	10	11	12	12	12	12	11	11	9	8	6	4	2

P4. POWER WALK

SPEED CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	SPEED(MP/H)	0.6	0.6	1.2	1.2	1.8	1.8	2.5	2.5	2.5	2.5	2.5	2.5	1.8	1.2	1.2	1.2	0.6	0.6
Level 2	SPEED(MP/H)	0.6	1.2	1.2	1.2	1.8	1.8	2.5	2.5	3.1	2.5	2.5	2.5	1.8	1.8	1.2	1.2	0.6	0.6
Level 3	SPEED(MP/H)	0.6	1.2	1.2	1.8	1.8	2.5	2.5	3.1	3.1	3.1	2.5	2.5	2.5	1.8	1.8	1.2	0.6	0.6
Level 4	SPEED(MP/H)	0.6	1.2	1.8	1.8	1.8	2.5	2.5	3.1	3.7	3.7	3.1	2.5	2.5	2.5	1.8	1.2	1.2	0.6
Level 5	SPEED(MP/H)	0.6	1.2	1.8	2.5	2.5	3.1	3.1	3.1	3.7	3.7	3.7	3.1	2.5	2.5	2.5	1.8	1.2	0.6
Level 6	SPEED(MP/H)	0.6	1.2	1.8	2.5	3.1	3.1	3.7	3.7	3.7	3.7	3.7	3.1	3.1	2.5	2.5	1.8	1.2	0.6
Level 7	SPEED(MP/H)	0.6	1.2	1.8	2.5	3.1	3.7	3.7	4.3	4.3	4.3	3.7	3.7	3.1	3.1	2.5	1.8	1.2	0.6
Level 8	SPEED(MP/H)	0.6	1.2	1.8	2.5	3.1	3.7	4.3	4.3	4.3	4.3	3.7	3.7	3.7	3.1	3.1	2.5	1.2	0.6

P5. INTERVAL

SPEED CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	SPEED(MP/H)	0.6	1.2	2.5	1.2	2.5	1.2	2.5	1.2	2.5	1.2	2.5	1.2	2.5	1.2	2.5	1.2	2.5	1.2
Level 2	SPEED(MP/H)	0.6	1.2	3.1	1.2	3.1	1.2	3.1	1.2	3.1	1.2	3.1	1.2	3.1	1.2	3.1	1.2	3.1	1.2
Level 3	SPEED(MP/H)	0.6	1.2	3.7	1.2	3.7	1.2	3.7	1.2	3.7	1.2	3.7	1.2	3.7	1.2	3.7	1.2	3.7	1.2
Level 4	SPEED(MP/H)	0.6	1.8	3.7	1.8	3.7	1.8	3.7	1.8	3.7	1.8	3.7	1.8	3.7	1.8	3.7	1.8	3.7	1.8
Level 5	SPEED(MP/H)	0.6	1.8	4.3	1.8	4.3	1.8	4.3	1.8	4.3	1.8	4.3	1.8	4.3	1.8	4.3	1.8	4.3	1.8
Level 6	SPEED(MP/H)	1.2	2.5	4.3	2.5	4.3	2.5	4.3	2.5	4.3	2.5	4.3	2.5	4.3	2.5	4.3	2.5	4.3	2.5
Level 7	SPEED(MP/H)	1.2	2.5	5	2.5	5	2.5	5	2.5	5	2.5	5	2.5	5	2.5	5	2.5	5	2.5
Level 8	SPEED(MP/H)	1.2	3.1	5	3.1	5	3.1	5	3.1	5	3.1	5	3.1	5	3.1	5	3.1	5	3.1

P6. ROLLING

SPEED CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	SPEED(MP/H)	0.6	1.2	1.8	1.2	0.6	1.2	1.8	1.2	0.6	1.2	1.8	1.2	0.6	1.2	1.8	1.2	0.6	0.6
Level 2	SPEED(MP/H)	1.2	1.8	2.5	1.8	1.2	1.8	2.5	1.8	1.2	1.8	2.5	1.8	1.2	1.8	2.5	1.8	1.2	1.2
Level 3	SPEED(MP/H)	1.2	1.8	2.5	3.1	2.5	1.8	2.5	3.1	2.5	1.8	2.5	3.1	2.5	1.8	2.5	3.1	2.5	1.8
Level 4	SPEED(MP/H)	1.2	2.5	3.1	3.7	3.1	2.5	3.1	3.7	3.1	2.5	3.1	3.7	3.1	2.5	3.1	3.7	3.1	1.8
Level 5	SPEED(MP/H)	1.2	3.1	3.7	4.3	3.7	3.1	3.7	4.3	3.7	3.1	3.7	4.3	3.1	3.7	4.3	3.7	3.1	1.8
Level 6	SPEED(MP/H)	1.8	3.7	4.3	5	4.3	3.7	4.3	5	4.3	3.7	4.3	5	4.3	3.7	4.3	5	4.3	2.5
Level 7	SPEED(MP/H)	1.8	4.3	5	5.6	5	4.3	5	5.6	5	4.3	5	5.6	5	4.3	5	5.6	5	2.5
Level 8	SPEED(MP/H)	1.8	5	5.6	6.2	5.6	5	5.6	6.2	5.6	5	5.6	6.2	5.6	5	5.6	6.2	5	2.5

P7. MOUNTAIN CLIMB

SPEED CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	SPEED(MP/H)	0.6	0.6	1.2	1.2	1.8	1.8	2.5	2.5	2.5	1.8	1.8	1.8	1.2	1.2	0.6	0.6		
	ELEVATION	0	1	1	2	2	3	3	4	4	5	6	7	8	7	6	4	2	0
Level 2	SPEED(MP/H)	0.6	0.6	1.2	1.2	1.8	1.8	1.8	2.5	2.5	2.5	1.8	1.8	1.8	1.2	1.2	1.2	0.6	0.6
	ELEVATION	0	1	2	2	3	3	4	4	5	6	7	8	9	8	6	4	2	0
Level 3	SPEED(MP/H)	0.6	0.6	1.2	1.2	1.8	1.8	2.5	2.5	2.5	1.8	1.8	1.8	1.2	1.2	1.2	0.6	0.6	
	ELEVATION	1	1	2	3	3	4	4	5	6	7	8	9	10	9	8	6	4	2
Level 4	SPEED(MP/H)	1.2	1.2	1.8	1.8	2.5	2.5	2.5	3.1	3.1	2.5	2.5	1.8	1.8	1.8	1.2	1.2	1.2	1.2
	ELEVATION	1	2	2	3	3	4	5	6	7	8	9	10	11	10	8	7	5	3
Level 5	SPEED(MP/H)	1.2	1.2	1.8	1.8	2.5	2.5	2.5	3.1	3.1	2.5	2.5	1.8	1.8	1.8	1.2	1.2	1.2	1.2
	ELEVATION	1	2	3	4	5	6	7	8	9	9	10	11	12	11	10	8	6	4
Level 6	SPEED(MP/H)	1.2	1.2	1.8	1.8	2.5	2.5	2.5	3.1	3.1	2.5	2.5	1.8	1.8	1.8	1.2	1.2	1.2	1.2
	ELEVATION	2	2	3	4	5	6	7	8	9	10	11	12	13	12	10	8	6	4
Level 7	SPEED(MP/H)	1.2	1.2	2.5	2.5	3.1	3.1	3.1	3.7	3.7	3.7	3.1	3.1	2.5	2.5	2.5	1.2	1.2	1.2
	ELEVATION	2	3	4	5	6	7	8	9	10	11	12	13	14	13	10	8	6	4
Level 8	SPEED(MP/H)	1.2	1.2	2.5	2.5	3.1	3.1	3.1	3.7	3.7	3.7	3.1	3.1	2.5	2.5	2.5	1.2	1.2	1.2
	ELEVATION	3	4	5	6	7	8	9	10	11	12	13	14	15	13	10	8	6	4

P8. HILL RUN

SPEED CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	SPEED(MP/H)	1.2	1.2	1.2	1.8	1.8	1.8	3.1	3.1	4.3	4.3	5.6	5.6	6.2	5	5	3.7	2.5	1.2
	ELEVATION	0	0	1	1	2	2	2	3	3	3	4	4	5	5	4	3	2	1
Level 2	SPEED(MP/H)	1.2	1.2	1.2	2.5	2.5	2.5	3.7	3.7	3.7	5	5	6.2	6.2	5	5	3.7	2.5	1.2
	ELEVATION	0	0	1	1	2	2	2	3	3	3	4	4	5	6	5	3	2	1
Level 3	SPEED(MP/H)	1.2	1.2	2.5	2.5	2.5	3.7	3.7	3.7	5	5	6.2	6.2	7.5	6.2	5	3.7	2.5	1.2
	ELEVATION	0	0	1	1	2	2	3	3	3	4	4	5	5	6	5	3	2	1
Level 4	SPEED(MP/H)	1.2	1.2	2.5	2.5	3.7	3.7	5	5	5	6.2	6.2	6.2	7.5	7.5	6.2	4.3	3.1	1.8
	ELEVATION	0	1	1	2	2	3	3	4	4	4	5	5	6	7	6	5	3	2
Level 5	SPEED(MP/H)	1.2	2.5	3.7	3.7	3.7	3.7	5	5	5	6.2	6.2	7.5	8.1	7.5	6.2	4.3	3.1	1.8
	ELEVATION	1	1	2	2	3	3	4	4	5	5	6	6	7	8	7	6	3	2
Level 6	SPEED(MP/H)	1.2	2.5	3.7	3.7	3.7	3.7	5	5	6.2	6.2	7.5	8.1	8.1	7.5	6.2	4.3	3.1	1.8
	ELEVATION	1	2	3	4	4	4	5	5	6	6	7	7	8	8	7	6	3	2
Level 7	SPEED(MP/H)	1.2	2.5	3.7	3.7	5	5	6.2	6.2	7.5	8.1	8.1	8.7	8.1	7.5	6.2	4.3	3.1	1.8
	ELEVATION	1	2	3	4	5	6	6	7	7	8	8	9	9	10	10	9	6	3
Level 8	SPEED(MP/H)	1.2	2.5	3.7	5	6.2	6.2	7.5	7.5	8.1	8.1	8.7	8.7	8.1	7.5	6.2	4.3	3.1	1.8
	ELEVATION	1	2	3	4	6	6	7	7	8	8	9	9	10	12	9	6	3	2

4.5.2 USER PROGRAM

This treadmill has 3 User programs. There are 18 segments on each program for user to edit workout program. The speed and incline of each segment can be edited according to personal's desire. Power on the treadmill, then press "P" button continuously till the screen displays "U1", then press "M" button to set the speed and incline in the first segment, press "+", "-", to adjust speed, press "Λ", "V" to adjust incline levels. And then press "M" button to adjust the speed and incline of the next segment. Repeat the above instruction to complete the 18-segment programming. Follow this way to set "U2" and "U3".

4.5.3 BODY FAT TEST