

GoFit Platinum Treadmill

GFTMP01



CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

GoFit Platinum Pty Ltd

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IMPORTANT PRECAUTIONS

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

Read all instructions before using this equipment

DANGER – To reduce the risk of electric shock:

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

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

- 1) An appliance should never be left unattended when plugged in.
Unplug from outlet when not in use and before adding or removing parts.
- 2) Close supervision is necessary when this appliance is used by, or near children and disabled persons.
- 3) Use this appliance only for its intended use as described in this manual.
Do not use attachments not recommended by the manufacturer.
- 4) Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged. In this case, call GoFit Platinum for an inspection.
- 5) Do not carry this appliance by supply cord or use cord as a handle.
- 6) Keep the cord away from heated surfaces.
- 7) Never operate the appliance with the air openings blocked.
Ensure air openings are always free of debris.
- 8) Never drop or insert any object into any opening.
- 9) Do not use outdoors.
- 10) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 11) To disconnect, turn all controls to the off position, then remove plug from outlet.
- 12) Do not use this machine with an extension cord, connect direct to grounded outlets only.
- 13) Ensure at the end of use, elevation is back to the original position
- 14) The treadmill must be unfolded during use and only folded again at the end of use with elevation back to 0.
- 15) This machine is only intended for domestic use. Do not use this GoFit Platinum Treadmill in any commercial, rental, or institutional setting.

SAFETY INSTRUCTIONS

Before you start training on your exerciser, please read the instructions carefully.

- Follow the steps of the assembly instructions carefully.
- Use only the original parts as delivered.
- For assembly, use only suitable tools and ask for assistance if necessary.
- Because of possible corrosion, the use of any exerciser in moist areas is not recommended. Keep the GoFit Platinum Treadmill indoors, away from moisture and dust. Do not put the GoFit Platinum Treadmill in a garage or covered patio, or near water.
- Make sure before each use that you have enough space around the treadmill so that you are clear of potential obstructions ie. walls and surrounding furniture.
- Check before the first training session and every 1-2 months to follow that all connecting elements are tight fitting and in good condition.
WARNING: The safety level of this treadmill can be maintained only if it is examined regularly for damage and wear, e.g. connection points, power cord, etc.
- Replace defective components immediately and keep the equipment out of use until repair.
- For repairs, use only original spare parts and when in doubt, ask GoFit Platinum for advice.
- Only one person is permitted to use this treadmill at the same time.
- Do not use this exerciser while eating, drinking, or smoking.
- The maximum load capacity is 145 kg.
- Servicing other than the procedures in this manual should be performed by an authorized service representative only.
- Pregnant woman should not use this exerciser unless having consulted and approved by their doctor.

WARNING:

Before beginning any exercise program, consult your physician.

This is especially important for persons over the age of 35 or persons with pre-existing health problems. If you feel faint, dizzy or experience any sickness or pain while using this equipment, cease exercise immediately and consult your physician. Read all instructions and warnings before using.

GROUNDING INSTRUCTIONS

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 220 ~ 240 volts

Make sure that the product is connected to an outlet having the same configuration as the plug.

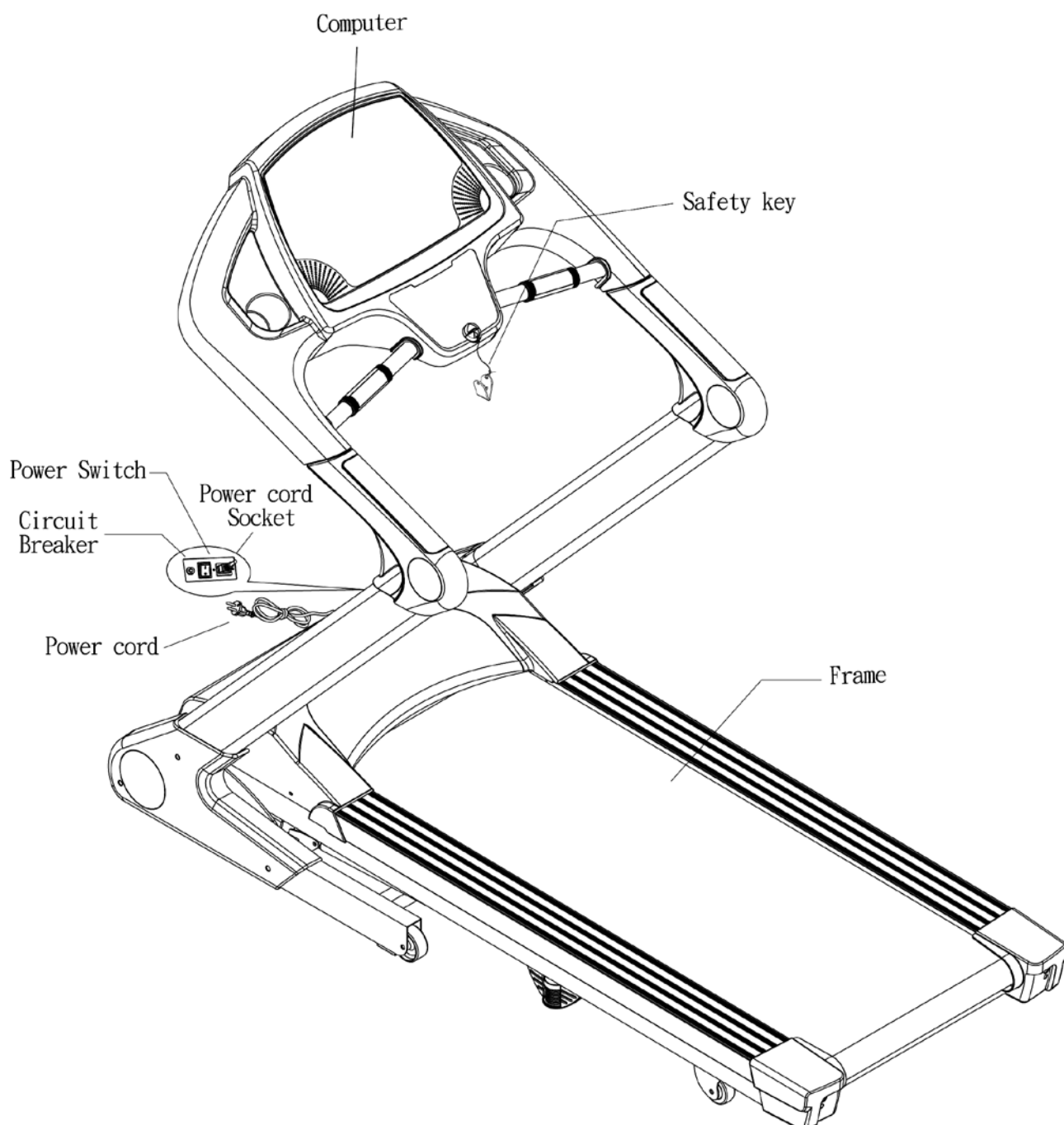
Do not use any adapters or extension cords with this product

BEFORE YOU BEGIN

Thank you for selecting the revolutionary GoFit Platinum Treadmill. The GFTMP01 offers an impressive array of features to make your home workouts more enjoyable and effective.

For your benefit, read this manual carefully before using the GoFit Platinum Treadmill.

OVERVIEW

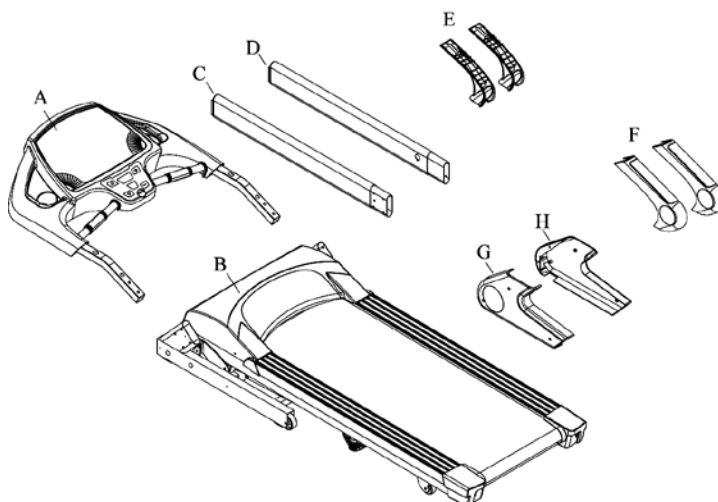


MOTORIZED TREADMILL PRE-ASSEMBLY

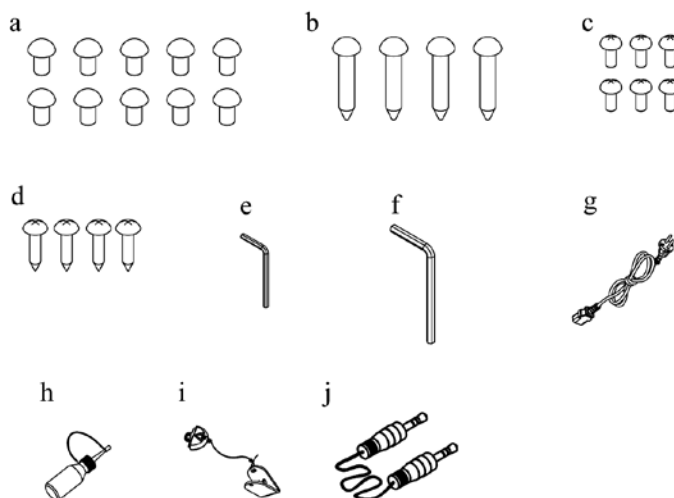
Handrail control button and heart rate strap are optional items in the package

- 1) Heart rate can be measured on this treadmill.
Attach strap to chest during exercise, the heart rate value will display on the PULSE window.
- 2) In addition to using the control button on the console, the control button on the handrail can also be used to adjust speed and elevation. The control button on the left handrail is for elevation while the right handrail button is for speed adjustment.
- 3) Under START/READY condition, if you did not hold grip pulse sensor, then PULSE window will display HP, when you hold the both sides of grip pulse sensor, you will see the PULSE window display the heart rate values.
- 4) The remote controller is equipped on the machine which has TV function. Refer to "LCD TV users' manual" for operation instructions.

ITEM	Description	Qty
A	Computer Console	1
B	Frame	1
C	Upright (L)	1
D	Upright (R)	1
E	Handrail Cover (L)	2
F	Handrail Cover (U)	2
G	Decoration Cover (L)	1
H	Decoration Cover (R)	1



ITEM	Description	Qty
a	Allen screw M8xP1.25x15	10
b	Allen screw M8xP1.25x60	4
c	Screw M4XP0.7x10	6
d	Self Tapping Screw 4x16	4
e	Allen Wrench 5mm	1
f	Allen Wrench 6mm	1
g	Power Cord	1
h	SILICON	1
i	Safety Key/Clip	1
J	Mp3 Cable	1



ASSEMBLY STEPS

CAUTION!

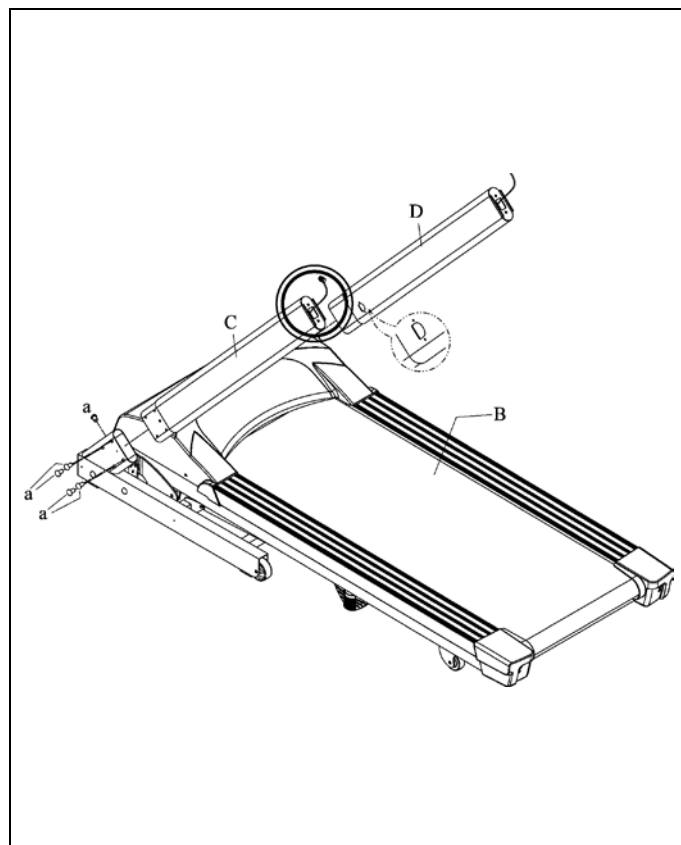
Please follow the assembly steps below carefully and exactly to avoid injury.

ALWAYS ASSEMBLE THE TREADMILL WITH AN ASSISTANT, DO NOT ATTEMPT ASSEMBLY BY ONESELF.

STEP ONE

Pull out the Control Wire with Guide Thread in the right Upright (C) and cap it into the inside hole in right Upright. Tighten left and right Uprights (C, D) with Allen Bolt (a) after they are inserted into the orientation.

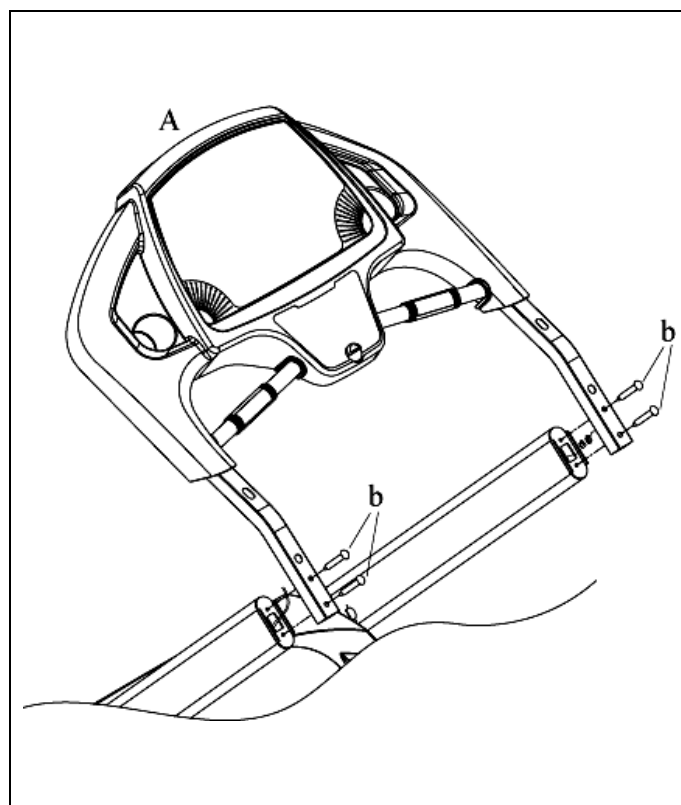
- When assembling the Upright; one person should hold the Upright to prevent it from falling.
- The picture in the circle means the machine is equipped with remote controller, but no TV function.



STEP TWO

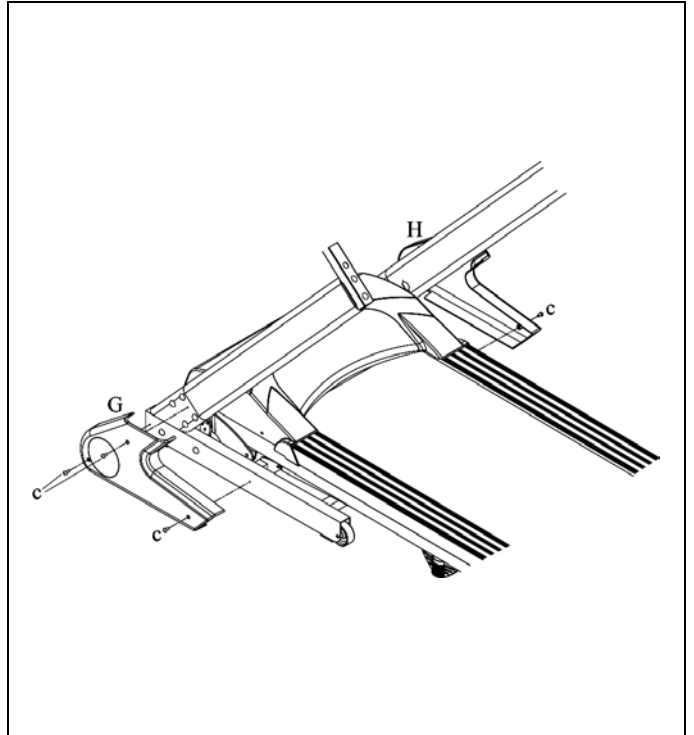
Connect control wire (bottom side) in right Upright with control wire (upper side) of Computer Console. Thread thru into Upright and put Computer Console on the Frame. Fix with Allen Bolt (b).

- When fix the screws, pay attention that do not damage control wires in the tube.



STEP THREE

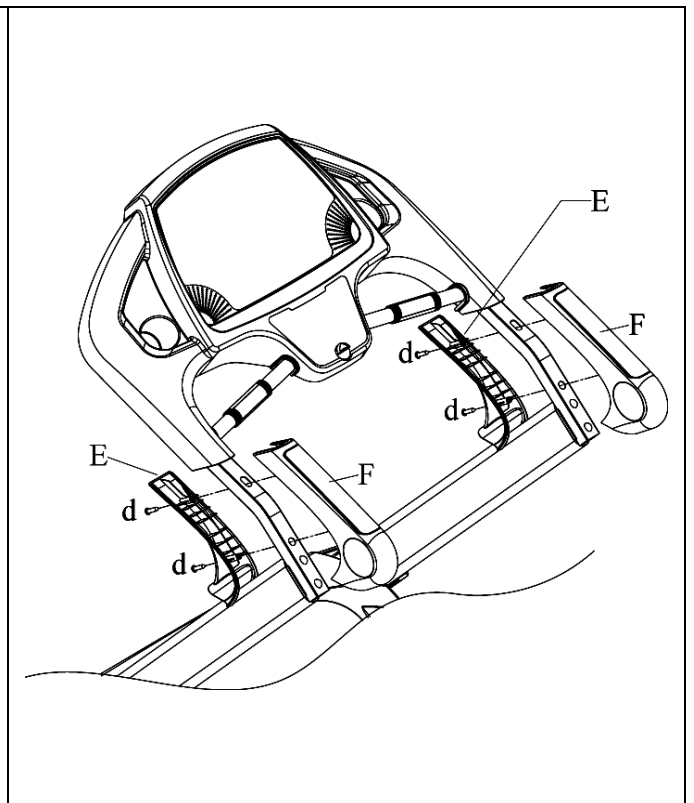
After left and right Uprights are tightened, cap left and right Decoration Covers (G, H) to the Frame and tighten them with Screw (c).



STEP FOUR

After finishing assembly according to above steps, assemble left and right Handrail Cover (R) (F) and Handrail Cover (L) (E) to the Handrail. Fix them with Self Tapping Screw (d).

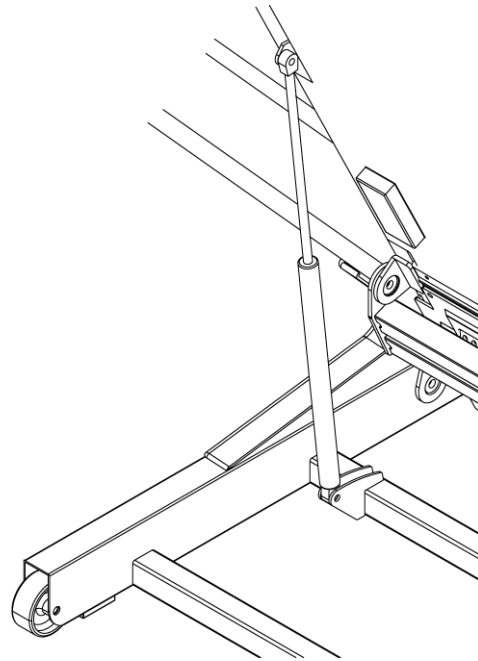
- When fixing the screws, pay attention to not damage control wires in the tube



CAUTION

> The cylinder contains high pressure gas. Precautions must be taken to avoid it crashing into other objects

> If the cylinder is hit, it may cause damage and make the use not smooth. When the user is folding the treadmill, it may result in the falling of the frame and cause injury.

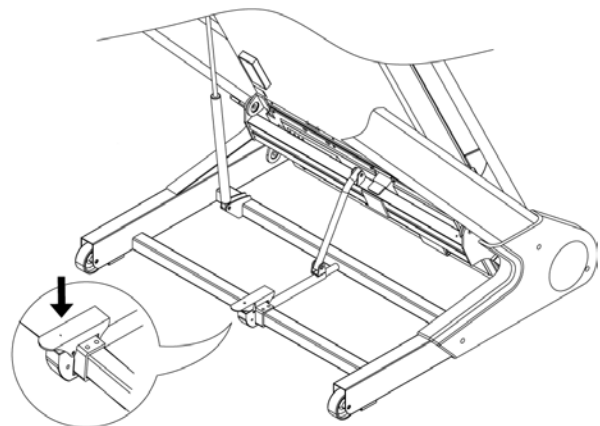


This treadmill is foldable.

All operation should be stopped when folding (include stopping walking belt & disconnecting power cord), then fold up treadmill as shown on the drawing. Please make sure the pedal stopper is exactly in the slot of preventing the frame from sliding down.

Vice Versa, to unfold the treadmill, step on the pedal stopper with the direction shown on the drawing, then carefully unfold the treadmill frame on to the ground. Do not release the frame before it touches the ground.

- To prevent injury when moving a folded treadmill, hold on to the adjustment box with two hands. Then pivot the treadmill towards you until the wheels of the treadmill are rolling freely.
- Make sure the floor is cleared and flat when moving the folded treadmill around.



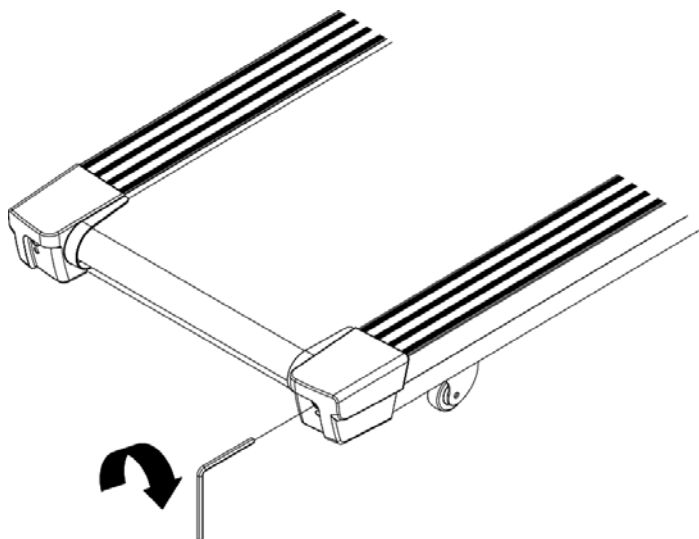
MAINTENANCE

1. Centering the Walking Belt.

If the Walking Belt tracks off center to the right or left of the deck, first turn the power off. Then use a wrench to tighten the rear roller bolt on the side of the treadmill toward which the belt is moving. For example, if the belt moves to the left and the deck becomes exposed on the right, tighten the bolt on the left side of the frame. Tighten about 1/4 of turn (clockwise).

If the belt does not move back to the center of the treadmill, make another adjustment to the same bolt. Once the Walking Belt has been adjusted closer to the center, the treadmill can be started again.

- Make sure the walking belt is going on right without any tracks off the centers

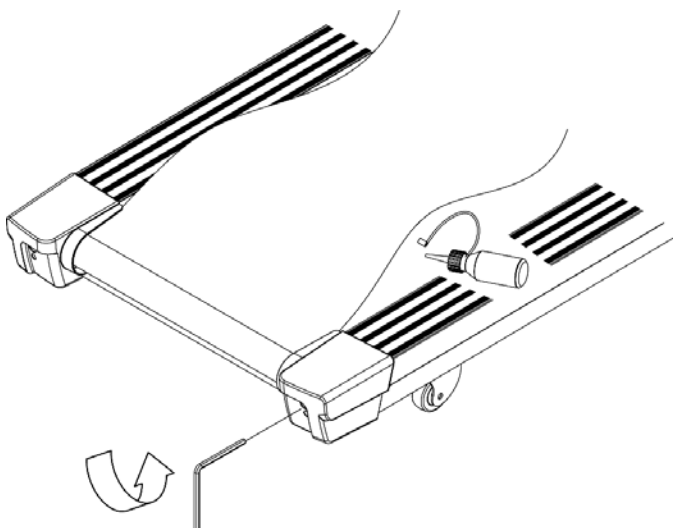


2. It is recommended that the deck be lubricated every 6-12 months according to the frequency of usage. First, use wrench to loosen the bolts in the end caps. Pull up the Walking Belt, dispense the lubricant on the deck, and spread evenly. After lubricating the deck, center the belt, and check the belt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

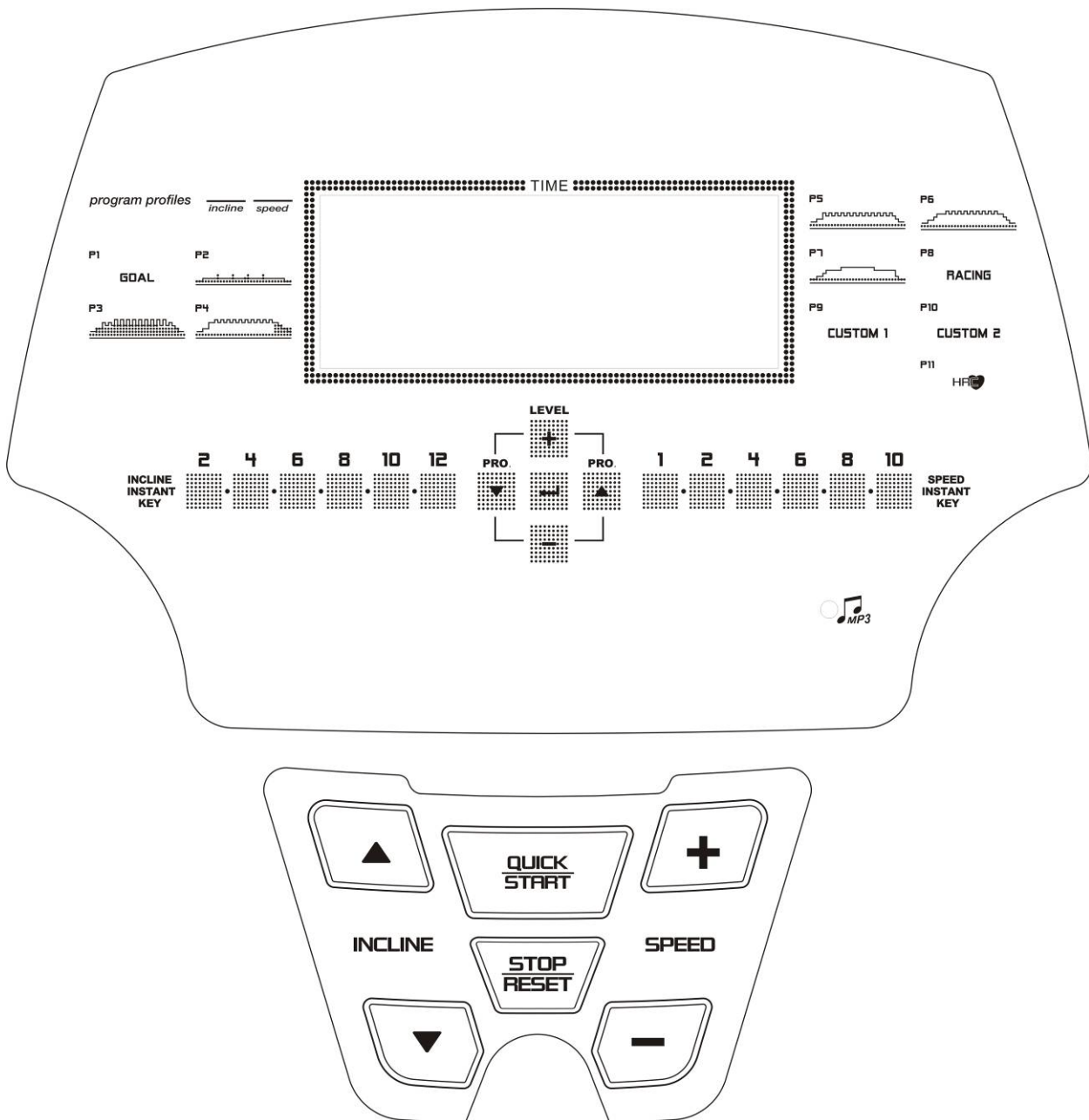
(If the belt happens to slip, follow the above steps and lubricate the running deck.)

SUGGESTED PREVENTIVE MAINTENANCE SCHEDULE IN ACCORDANCE WITH THE AVERAGE RUNNING SPEED

Measurement	Speed	Interval
Metric	6KM/hr below	1 year
	6~12KM/hr	6 months
	12KM/hr above	3 months
English	4mile/hr below	1 year
	4~8mile/hr	6 months
	8mile/hr above	3 months
Note: This preventive maintenance schedule is only meant for home use.		

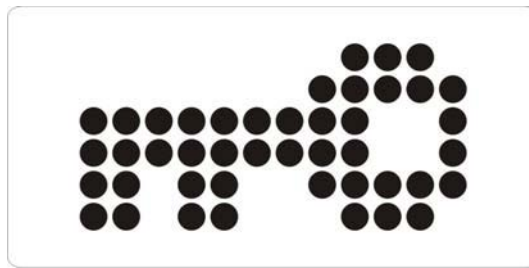


COMPUTER INSTRUCTION



I. Start Display:

- 1) If the SAFETY KEY is taken off, the matrix screen will display key picture (as the picture below) and each function window will display ----. If the SAFETY KEY is replaced, the matrix screen will display KGS (mile) for avoirdupois unit and the preset value is 70KG(150LBS). Range is 23~180KG (50~400LBS). Whether finish set or not set, press ENTER. This window will come back to start/ready status and the matrix window displays pulsatile heart-shaped picture. The aim of setting weight is to make a change of burning CALORIES. This can be only done after starting. It does not need to set in PROGRAM. It means you can use the value after starting. You must set newly after starting again.



- 2) During working, the beeper will make a sound for warning if the safety key works off, then the treadmill will stop working. At this moment, put the safety key back to the recess of console, and all the values will turn back to the initial values.
- 3) If you don't hold the Hand Pulse Sensor in general Start/Ready position, the PULSE window will display HP. You will see the Pulse window display the heart pulse rates when you hold the Heart Pulse Sensors on the handrails.

II. Operation Instruction :



1. Under Start/Ready position, you can press ENTER directly to enter the program edit.
2. Under Start/Ready position, press quickly / Start to enter directly by pressing Manu run.
3. The incline function of this system accords with correlative safety criterion. So it is only under following instances to use incline function to automatically perform orientation action:
 - 3.1 During operation, press STOP KEY and the system will enter PAUSE status and the motor will stop. Incline motor will go back to origin automatically.
 - 3.2 When the preset program or target is finished or the time arrives the max, the system will enter RUN END status.
The main motor will stop and incline motor will go back to origin automatically.
 - 3.3 Under Start/Ready positions, if the incline is not at the origin, presses STOP and after 5 seconds, it will automatically come back to the origin.
 - 3.4 Under Start/Ready position, if the incline is not at the origin, presses START, the incline will automatically come back to the origin.
4. During reposition, press STOP KEY to stop it.

III. Edit Mode :

1. Under Start/Ready position, press ENTER, press Program ▲ ▼ to select Goal mode and Program mode.
2. Program mode : Press PROGRAM ▲ ▼ to edit Program(P1~P11). PROGRAM window will blink. LCD will display P1~P11 to edit. After finish editing PROGRAM, press ENTER to start or press quick / Start to start. During edit, if directly press Quick / Start to start and then those which have not been edited will adopt the preset values. During edit, INCLINE and SPEED windows will all display first values and the matrix window will display this picture.
3. WARM UP and COOL DOWN function: During WARM UP or Program position, change speed or inclination, the value will increase or decrease in the next level. COOL DOWN is not affected and STOP is the only function which can be carried out.
4. PROGRAM has 32 levels in all. The three anterior are WARM UP , the three later are COOL DOWN. Everyone is 3 minutes. The setting time except anterior and later which mean 6 minutes will be execute averagely by surplus 26 levels.
5. 9 HOLES mode have not functions of WARM UP or COOL DOWN. When distance is equal to 3.5KM, the motor will stop and displays" End".

IV. General Operation and Instruction :





MANUAL Mode

1. When press Start, it will begin to count down for 3 seconds, after that, the motor will start , the speed will start at 1.0KPH. The matrix window goes contra rotate like along playground, every circle is 0.4KM (0.25MIL).
2. The speed STEP is 0.1 and press increase/decrease speed keys to select (the step is 0.1) or press instant keys 1 、 2 、 4 、 6 、 8 、 10 to select.
3. The incline STEP is 1 and press increase/decrease incline keys to select (the step is 1) or press instant keys 2 、 4 、 6 、 8 、 10 、 12 to select.
4. Press Stop when the motor is working, the motor will stop and the incline motor will go back to the origin, the matrix window will display PAUSE; If you press Start again, the motor will start after 3-seconds countdown, the speed will be keep at the same before stop , and the incline will be increased to the set height before stop .
5. Under pause mode, press Stop / Reset and hold it for 3 seconds, it will come back to start/ready status.
6. It will go back to the Start/Ready position after 30 seconds in the Run End position (or press Stop / Reset key).
7. The time pre-set value is 0, range 20~99, when the time is edited at 20 minutes , you can press   to increase or decrease, the increase step is 1, if decrease , it will go back to 0 directly. During exercise, the matrix window goes contra rotate like along playground. When carrying out, the center of LCD matrix window will display the circle values.

V. Program Modes

P1 Goal

Under Start/Ready position, press ENTER to enter P1 control mode.

1. After entered, press ENTER TIME and the window will blink. At this time, users can press ENTER to select TIME, DIS or CAL to set. After select the function, press ENTER to enter this function to edit the values.
 - ◆Time setting range: 5~99 minutes , the preset value is 20 minutes, step is 1 minute.
 - ◆Distance setting range:1~99 kilometers , the preset value is 5 kilometers , step is 1.
 - ◆Calorie setting range: 40~999 calories , the preset value is 200 calories , step is 1.
- 1.1.After the function values are set, press ENTER to confirm and press START to start performing MANUAL program or after setting, directly press START to start, time counting down.
- 1.2.After press ENTER to confirm the set of TIME, DIST or CAL, if you want to cancel the function setting and to select other functions, only press STOP to exit.
- 1.3.Under MANUAL control mode, if users do not set TIME, DIS or CAL, directly press START, the treadmill will start at the speed of 1 KPH, the incline of 0. When operation, the program will change the speed and incline angle by pressing   or  .

P2 9 hole

LEVEL: pre-set1; range1~10; step 1; the distance is based on 3500.

P3 hill climb

LEVEL: pre-set1; range1~10; step 1

Time: pre-set30min; range20~99min; step 1 min

P4 hill run

LEVEL: pre-set1; range1~10; step 1

Time: pre-set30min; range20~99min; step 1 min

P5 interval

LEVEL: pre-set1; range1~10; step 1

Time: pre-set30min; range20~99min; step 1 min

P6 rolling

LEVEL: pre-set1; range1~10; step1

Time: pre-set30min; range20~99min; step 1 min

P7 Weight loss

LEVEL: pre-set1; range1~10; step 1

Time: pre-set30min; range20~99min; step 1 min

P8 Racing Program

1. Under Program, when select P8, Racing Program displays at the lowest line picture area.
2. Press "ENTER" to confirm execute P8 program. Racing distance displays at the second line picture area. The distance value shows 0.0, blinking to set the racing distance.

If users don't set the target distance, it will not confirm to continue next setting step.

3. Press "ENTER" to confirm racing distance value. The racing time displays at the picture area, the time value will blink and you can set the racing time.

If users don't set the target distance, it will not confirm to continue next setting step.

4. Press "START" to start the racing. The computer will count down 3-2-1, the racing tracks of player 1 and player 2 are at most left and will blink with the method of dot.

- The lower beeline-shaped track hints users and the upper one hints the computer.
- The first track setting is the distance display and the unit is KM. The target distance is 32KM. The computer is set as player 1 and the user is player 2.
- The computer speed is set by the way of target distance/target time and unit is KM/HR.
- Under Manual mode, users can adjust the speed and incline. Only distance and time values can be set in this program.
- When one of the players finishes distance setting, the machine will stop automatically.
- If player 1(computer) is quicker than player 2(users) to finish setting the target distance, the display will show YOU LOSS.
- If player 2(users) is quicker than player 1(computer) to finish setting target distance, the display will show YOU WIN.
- Then press any key to exit from the result display.

P9 P10 Custom

Time: preset 32min; range 20~99min; step 1 min.

PROGRAM has 32 levels in all (SE01~SE32) and the pre-set values all are lowest value.

Setting: time; program execute value (setting time can execute in 32 level averagely).

P11HRC












Distinguish as 65% 、75% 、85% 、THR (Target Heart Rate)

This function must be attached with heart beat to finish.

Dot Matrix window displays HRC.

The program aims to exercise heartbeat. When operating, the heartbeat value is equal to the pre-set value, the angle and speed will keep steady to maintain the heartbeat value in certain range to achieve the exercising effect.

After you select this mode, it will order you to put in value according to operating style below:

1. Under start/ready status, after press ENTER, press PROGRAM   to select the PROGRAM of P11 (HRC). The picture that it delegates will display on the Dot Matrix window. Press ENTER to confirm and enter editing program control function.
2. At this time, Dot Matrix window will display AGE and AGE (the same as calories window). The values in the window will blink and press   to adjust the age(age range: 13~80 , the preset is 30 , step is 1.) The program will reckon the target pulse value according to the input age and press ENTER after confirmed.
3. Dot Matrix window will display 65% control mode. Press   to select among 65% 、75% 、85% and THR control mode, press ENTER after confirmed.
 - ◆ If enter 65% 、75% 、85% control mode, adjust the age (age range: 13~80, preset: 30; step is 1.)
The program will reckon the target pulse value according to the input age and press ENTER to enter TIME setting menu after confirmed. Time setting range is 5-99 minutes, preset value is 20 minutes and step is 1.
 - ◆ If enter THR mode, Dot Matrix window will display THR. At this time, **PULSE** LCD will blink. The mode will request you to put in heartbeat value. The value will change according to the age and please refer to the attached table in the rear of this indication. Then select the suitable value in the table. You can press  or  adjust heartbeat value. If you don't make any change, press ENTER and mode will start according to pre-set value and turn to next position.
 - ◆ **TIME** window start to blink and the program requires you input time. You can press  or  to set the sport time you need. Or directly press QUICK/START to start move with no count down. Range of time: 5~99 min; preset value: 20min; step is 1.
5. Under HRC control mode, the treadmill will start at the speed of 1.6 KPH (1MPH), the incline of 0. When operation, the program will change the speed and incline angle according to users' pulse value.
6. After perform HRC program, if any pulse is not detected, the screen will display NO . If any pulse is not detected after 30 seconds, the program will automatically shift to start/ready status.

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

Age	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				

- PULSE function: It will start to detect the message under sport mode, the calculation range is 40~220. The hand pulse and wireless pulse are adopted and the wireless pulse is first.

Error Signal Display :

E1 : The treadmill can't read the speed value.

E6 : In the range of ADC, incline motor doesn't run.

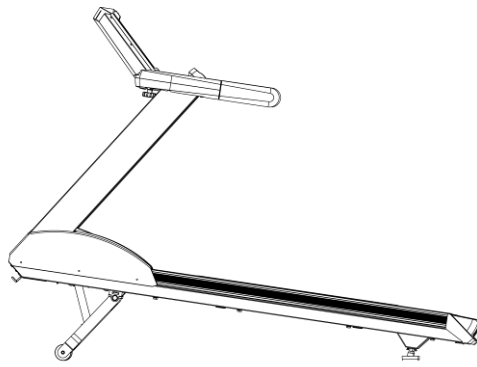
E7 : Incline is too height or too low (exceed the range).

** If it has any error signal, please contact GoFit Platinum.

◆ E6 / E7 Incline Function Abnormity Simple Exclusion Action

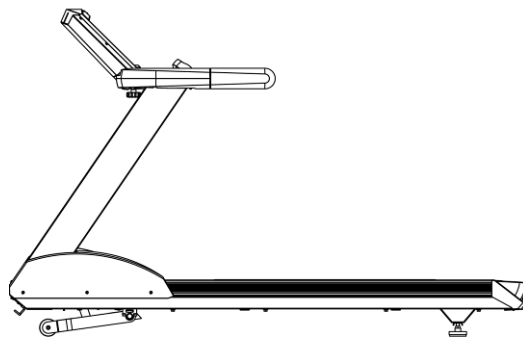
1. Restart the treadmill and E6 or E7 signal appears, please check follow the second step.
2. Force incline ascend or descend to test whether the incline motor and the wire of transmission signal is normal. The key operations are as following. We emphasize that you should be cautious to make incline ascend or incline descend to avoid the damage of controller or incline motor. If the action of force to drive incline motor can't work, please contact with your manufacturer.

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



(Drawing 1)

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





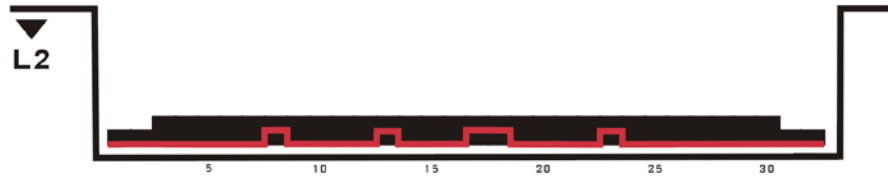
(Drawing 2)



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

9 HOLE(1)





	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	31	32
 SPEED (Km/hr)	1.6	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	2.4	1.6	1.6	
 INCLINE (LEVEL)	0.0	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	0.0	





	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	31	32
 SPEED (Km/hr)	1.6	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	2.4	1.6	1.6	
 INCLINE (LEVEL)	0.0	0.0	1.0	1.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	2.0	3.0	1.0	1.0	1.0	1.0	2.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0	



	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	31	32
 SPEED (Km/hr)	1.6	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	2.4	1.6	1.6	
 INCLINE (LEVEL)	0.0	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	0.0	

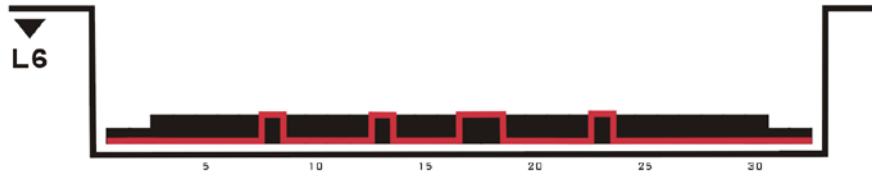



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
 SPEED (Km/hr)	1.6	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6	1.6	
 INCLINE (LEVEL)	0.0	0.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	1.0	3.0	1.0	1.0	1.0	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	0.0	

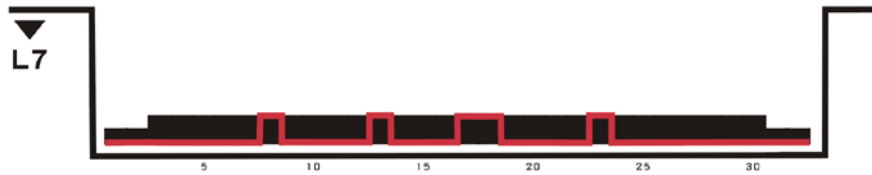


	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
 SPEED (Km/hr)	1.6	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6	1.6	
 INCLINE (LEVEL)	0.0	0.0	1.0	1.0	1.0	1.0	4.0	1.0	1.0	1.0	1.0	4.0	1.0	1.0	1.0	3.0	4.0	1.0	1.0	1.0	1.0	1.0	4.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0	

9 HOLE(2)



	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	31	32
SPEED (Km/hr)	1.6	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	2.4	1.6	1.6	
 INCLINE (LEVEL)	0.0	0.0	1.0	1.0	1.0	1.0	0.4	0.1	0.1	0.1	0.1	0.1	0.4	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	0.0	0.0	



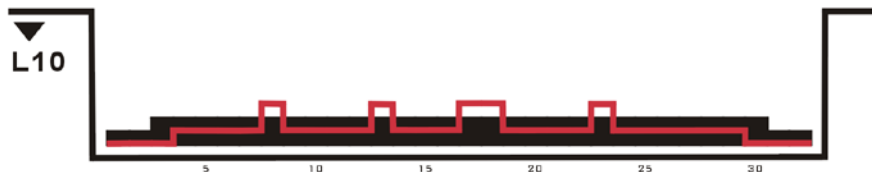
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
SPEED (Km/hr)	1.6	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6	1.6	
 INCLINE (LEVEL)	0.0	0.0	1.0	1.0	1.0	1.0	5.0	1.0	1.0	1.0	1.0	5.0	1.0	1.0	1.0	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	0.0	



	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	31	32
SPEED (Km/hr)	1.6	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	2.4	1.6	1.6	
 INCLINE (LEVEL)	0.0	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	0.0	

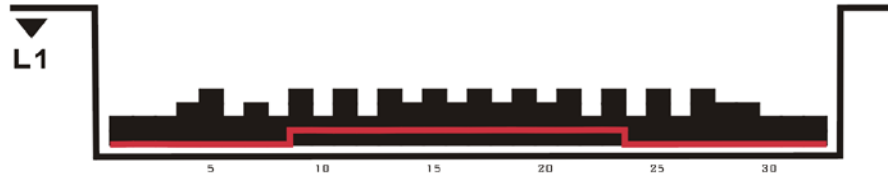



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
SPEED (Km/hr)	1.6	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6	1.6	
INCLINE (LEVEL)	0.0	0.0	1.0	2.0	2.0	2.0	2.0	6.0	2.0	2.0	2.0	2.0	6.0	2.0	2.0	2.0	5.0	6.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.0	0.0	0.0

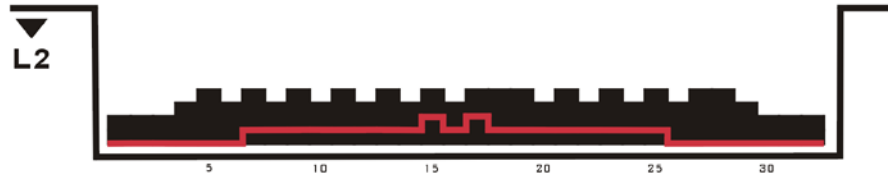




	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
SPEED (Km/hr)	1.6	1.6	2.4	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	3.2	2.4	1.6	1.6	
 INCLINE (LEVEL)	0.0	0.0	1.0	2.0	2.0	2.0	6.0	2.0	2.0	2.0	2.0	6.0	2.0	2.0	2.0	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	0.0	

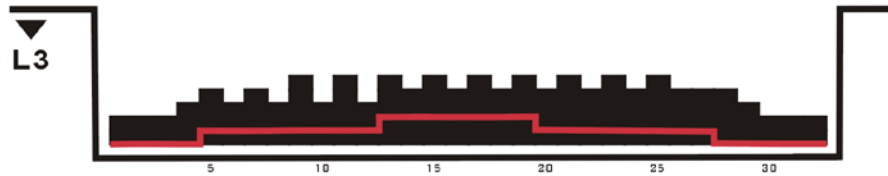
HILL CLIMB(1)




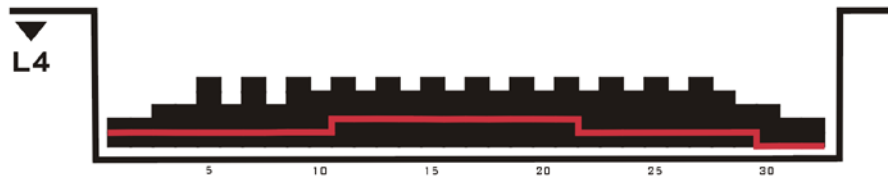
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
 SPEED (Km/hr)	2.4	2.4	3.2	4.0	5.6	3.2	4.8	3.2	6.4	3.2	6.4	3.2	6.4	4.0	6.4	4.0	6.4	4.0	6.4	4.0	6.4	3.2	6.4	3.2	6.4	3.2	5.6	4.8	4.0	3.2	2.4	2.4
INCLINE (LEVEL)	0.0	0.0	0.0	0.0	1.0	1.0	1.0	1.0	2.0	2.0	2.0	2.0	3.0	3.0	3.0	3.0	3.0	3.0	2.0	2.0	2.0	2.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0	0.0	0.0



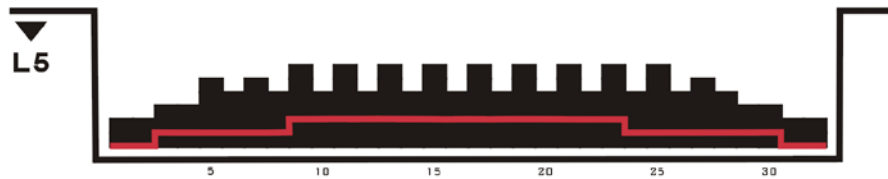
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
 SPEED (Km/hr)	2.4	2.4	3.2	4.0	6.4	4.0	5.6	4.0	7.2	4.0	7.2	4.0	7.2	4.8	7.2	5.6	7.2	4.8	7.2	4.0	7.2	4.0	7.2	4.0	7.2	4.0	6.4	5.6	4.0	3.2	2.4	2.4
 INCLINE (LEVEL)	0.0	0.0	0.0	1.0	1.0	1.0	2.0	2.0	2.0	2.0	3.0	3.0	3.0	4.0	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	0.0	



	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	31	32
 SPEED (Km/hr)	2.4	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	2.4
 INCLINE (LEVEL)	0.0	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	2.0	1.0	1.0	0.0	0.0





	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	31	32	
SPEED (Km/hr)	3.2	3.2	4.0	4.8	8.0	4.8	8.0	4.8	8.8	5.6	8.8	5.6	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	5.6	8.8	5.6	8.8	5.6	8.8	5.6	6.4	4.8	4.0	3.2	3.2
 INCLINE (LEVEL)	1.0	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	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	1.0	

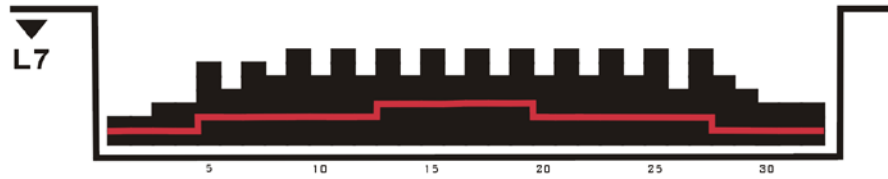


	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
 SPEED (Km/hr)	3.2	3.2	4.0	4.8	8.8	5.6	8.8	5.6	9.6	6.4	9.6	6.4	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	6.4	9.6	6.4	9.6	5.6	8.8	7.2	4.8	4.0	3.2	3.2
 INCLINE (LEVEL)	1.0	1.0	2.0	2.0	3.0	3.0	3.0	3.0	4.0	4.0	4.0	4.0	5.0	5.0	5.0	5.0	5.0	5.0	4.0	4.0	4.0	4.0	3.0	3.0	3.0	3.0	2.0	2.0	2.0	1.0	1.0	

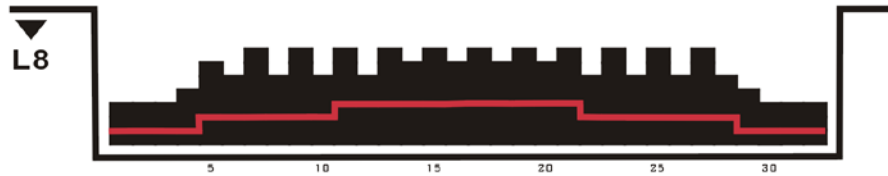
HILL CLIMB(2)



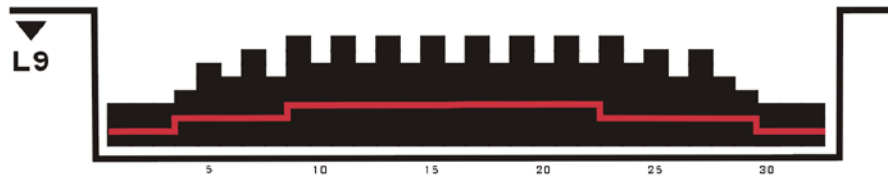
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
 SPEED (Km/hr)	3.2	3.2	4.0	4.8	9.6	6.4	9.6	6.4	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	7.2	10.4	7.2	10.4	6.4	9.6	8.0	4.8	4.0	3.2	3.2
 INCLINE (LEVEL)	2.0	2.0	2.0	3.0	3.0	3.0	4.0	4.0	4.0	4.0	5.0	5.0	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	2.0	2.0	2.0	



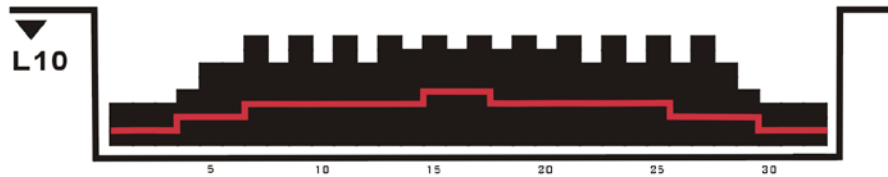
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
SPEED (Km/hr)	3.2	3.2	4.0	4.8	10.4	7.2	10.4	8.0	11.2	8.0	11.2	8.0	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.0	11.2	8.0	11.2	7.2	11.2	8.0	5.6	4.8	4.0	4.0
INCLINE (LEVEL)	2.0	2.0	2.0	3.0	4.0	4.0	4.0	4.0	5.0	5.0	5.0	5.0	5.0	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	2.0



	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	31	32
SPEED (Km/hr)	4.0	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	11.2	8.8	11.2	8.0	11.2	8.0	5.6	4.8	4.0	4.0
INCLINE (LEVEL)	2.0	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	2.0

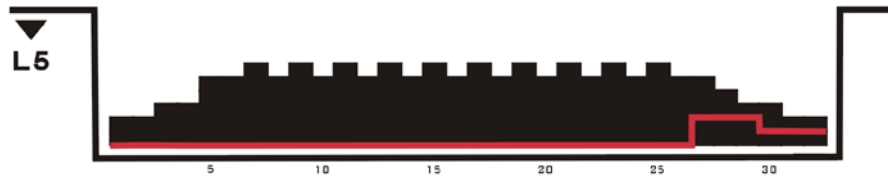
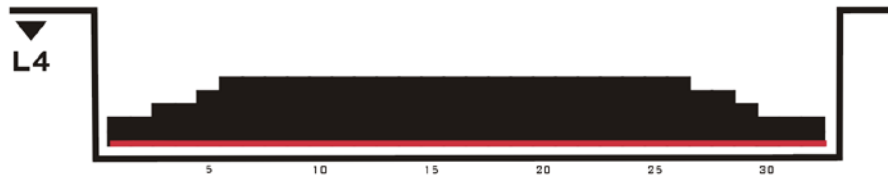
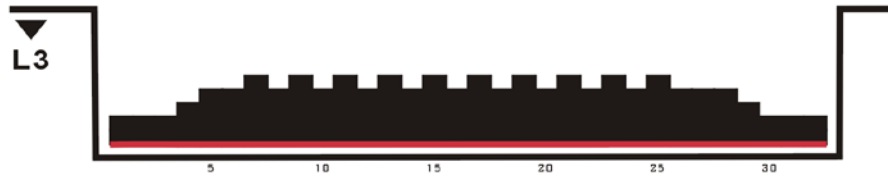
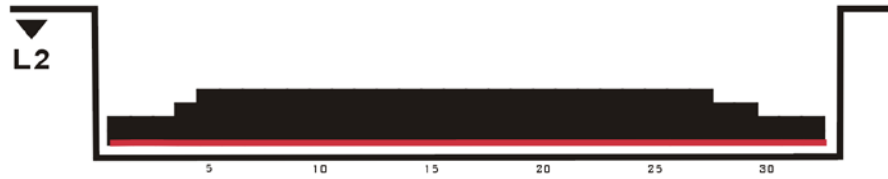
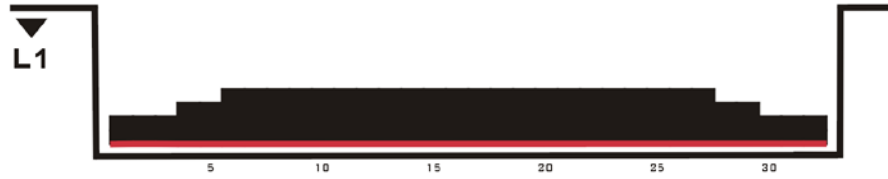


	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
SPEED (Km/hr)	4.0	4.0	4.8	5.6	10.4	8.8	12.0	8.8	12.8	9.6	12.8	9.6	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	9.6	12.8	9.6	12.0	8.8	12.0	8.0	5.6	4.8	4.0	4.0
INCLINE (LEVEL)	2.0	2.0	3.0	4.0	5.0	5.0	5.0	5.0	6.0	6.0	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	2.0

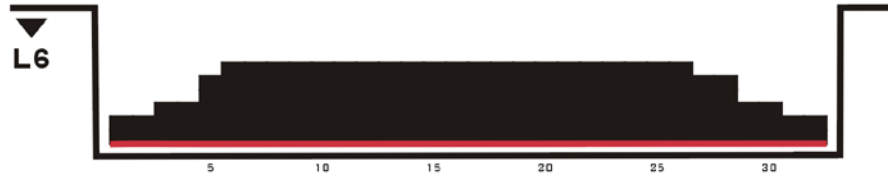




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SPEED (Km/hr)	4.0	4.0	4.8	5.6	10.4	9.6	12.8	9.6	12.8	10.4	13.6	10.4	13.6	11.2	13.6	11.2	13.6	11.2	13.6	11.2	13.6	10.4	13.6	10.4	13.6	9.6	12.0	10.4	5.6	4.8	4.0	4.0
INCLINE (LEVEL)	2.0	2.0	3.0	5.0	5.0	5.0	6.0	6.0	6.0	6.0	7.0	7.0	7.0	7.0	8.0	8.0	8.0	7.0	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	2.0

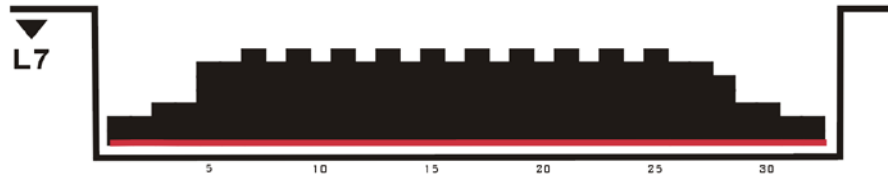
HILL RUN(1)





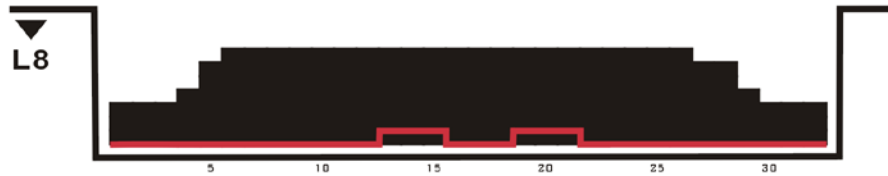
HILL RUN(2)



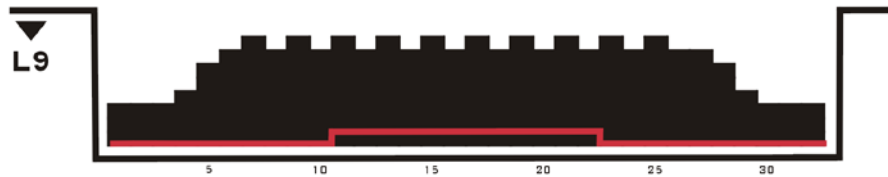
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 SPEED (Km/hr)	3.2	3.2	4.0	4.8	8.8	8.8	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	8.8	8.8	4.0	4.0	3.2	3.2	
 INCLINE (LEVEL)	0.0	0.0	0.0	0.0	0.0	0.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	




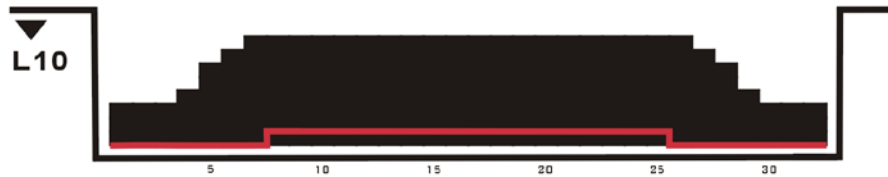
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 SPEED (Km/hr)	3.2	3.2	4.0	4.8	9.6	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	9.6	8.8	4.8	4.0	3.2	3.2
 INCLINE (LEVEL)	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	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	1.0	1.0




	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	31	32
 SPEED (Km/hr)	4.0	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	4.0
 INCLINE (LEVEL)	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	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	1.0	

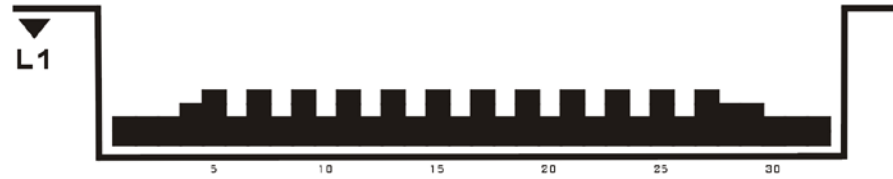


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SPEED (Km/hr)	4.0	4.0	4.8	5.6	10.4	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	11.0	10.4	5.6	4.8	4.0	4.0
 INCLINE (LEVEL)	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0

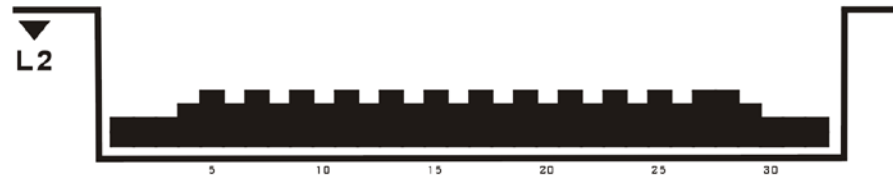


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 SPEED (Km/hr)	4.0	4.0	4.8	5.6	10.4	12.0	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	12.0	10.4	5.6	4.8	4.0	4.0
 INCLINE (LEVEL)	1.0	1.0	1.0	1.0	1.0	1.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	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	

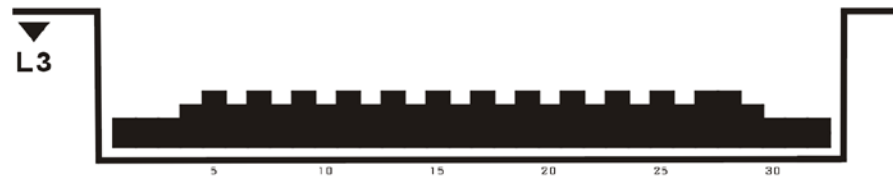
INTERVAL(1)



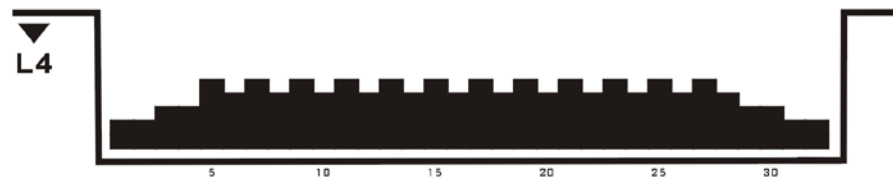
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SPEED (Km/hr)	2.4	2.4	3.2	4.0	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	4.8	4.0	3.2	2.4	2.4



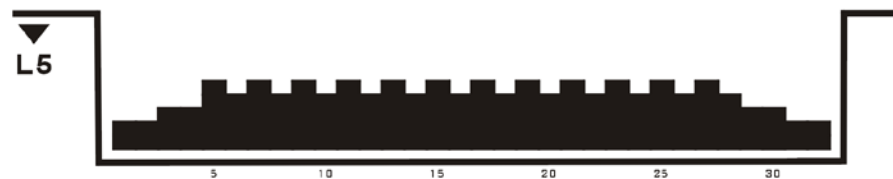
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SPEED (Km/hr)	2.4	2.4	3.2	4.0	6.4	3.2	6.4	3.2	6.4	3.2	6.4	3.2	6.4	3.2	6.4	3.2	6.4	3.2	6.4	3.2	6.4	3.2	6.4	3.2	6.4	3.2	6.4	4.8	4.0	3.2	2.4	2.4



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SPEED (Km/hr)	2.4	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	2.4

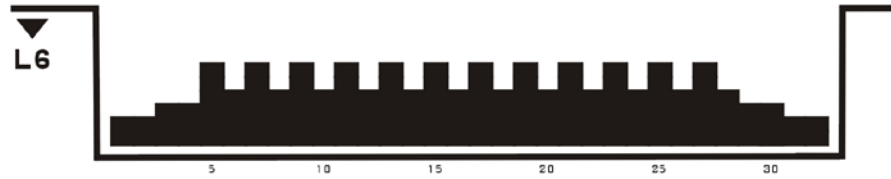


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SPEED (Km/hr)	3.2	3.2	4.0	4.8	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	6.4	4.8	4.0	3.2	3.2

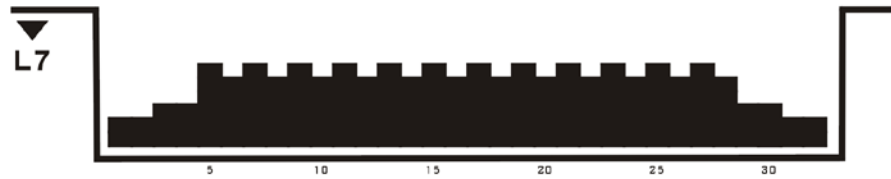


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SPEED (Km/hr)	3.2	3.2	4.0	4.8	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	7.2	4.8	4.0	3.2	3.2

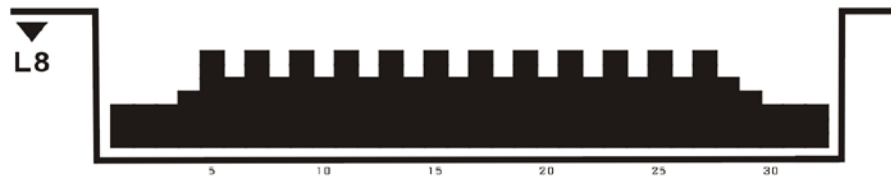
INTERVAL(2)



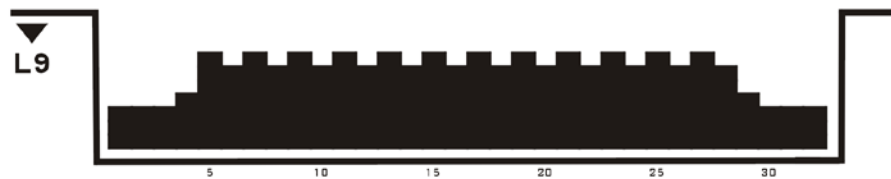
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SPEED (Km/hr)	3.2	3.2	4.0	4.8	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	4.8	4.0	3.2	3.2



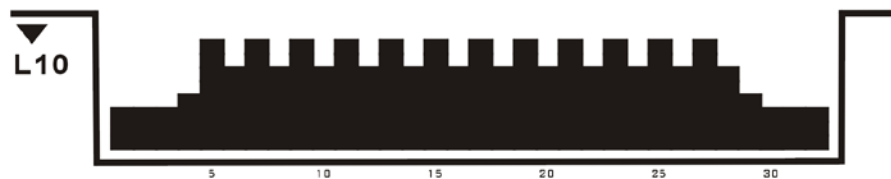
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SPEED (Km/hr)	3.2	3.2	4.0	4.8	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	4.8	4.0	3.2	3.2



	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	31	32
SPEED (Km/hr)	4.0	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	4.0

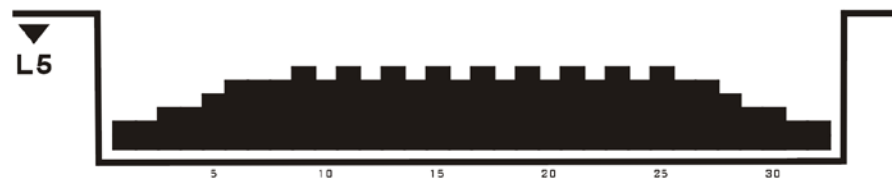
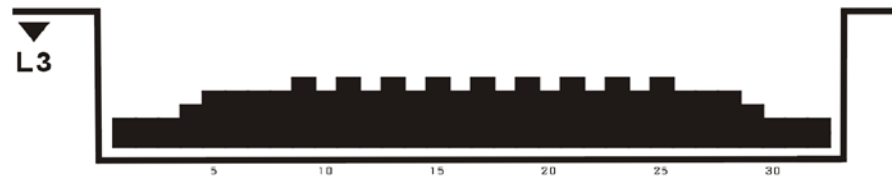


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SPEED (Km/hr)	4.0	4.0	4.8	5.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	5.6	4.8	4.0	4.0



	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	31	32
SPEED (Km/hr)	4.0	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	4.0

ROLLING(1)



ROLLING(2)



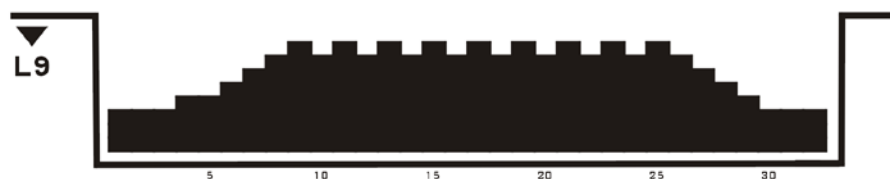
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SPEED (Km/hr)	3.2	3.2	4.0	4.8	6.4	8.0	8.8	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	8.0	6.4	4.8	4.0	3.2	3.2



	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	31	32
SPEED (Km/hr)	4.0	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	4.0



	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	31	32
SPEED (Km/hr)	4.0	4.0	4.8	5.6	7.2	8.8	9.6	10.4	12.0	10.4	12.0	10.4	12.0	10.4	12.0	10.4	12.0	10.4	12.0	10.4	12.0	10.4	12.0	10.4	12.0	10.4	8.8	7.2	5.6	4.8	4.0	4.0

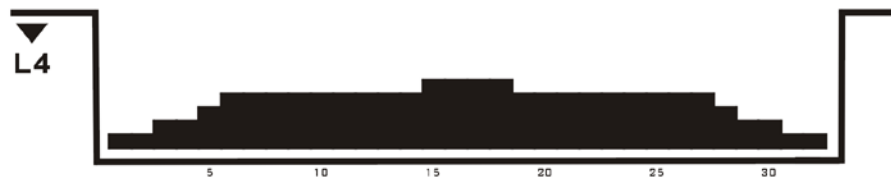
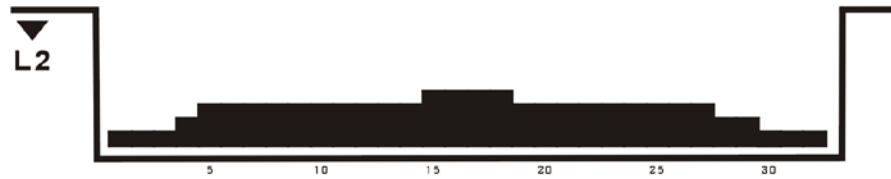
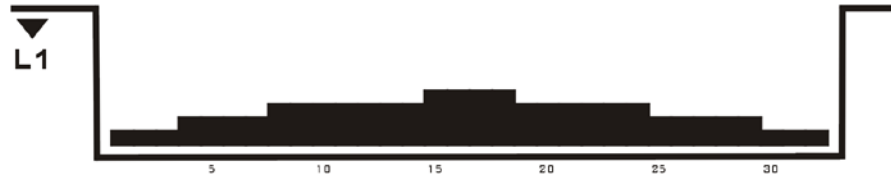


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<div><div></div><div>SPEED</div><div>(Km/hr)</div></div>	4.0	4.0	4.8	5.6	7.2	8.8	10.4	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	11.2	9.6	8.0	5.6	4.8	4.0	4.0

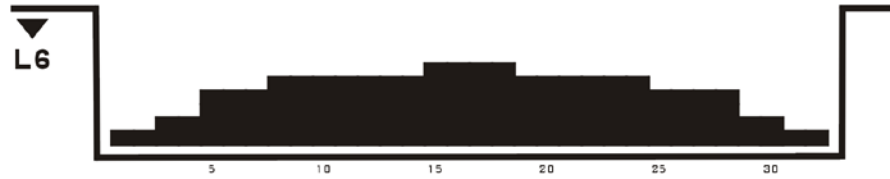


	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32		
<div><div></div><div>SPEED</div><div>(Km/hr)</div></div>	4.0	4.0	4.8	5.6	7.2	8.8	10.4	12.0	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	11.2	9.6	8.0	5.6	4.8	4.0	4.0

WEIGHT LOSS(1)



WEIGHT LOSS(2)



Trainings hints:

With buying this treadmill you have taken the first step toward improving your fitness.

With the help of this item you can add value to your life with improved health, wellbeing and lifestyle.

Goal of training:

Building of muscles

General fitness

Endurance

Feeling of wellbeing

The training success is mainly depending on the following points.

Continuous training

Good nourishment

Control of training progress

Who can exercise?

Generally every healthy person, young or old, can start to exercise.

Capacity:

The body, especially the heart and circulation needs time to adapt to any new exercise.

Therefore, it is very important to start slowly with your training and to take brakes between and after exercise. Only exercise at a level you are comfortable with.

After continuous training you can gradually increase the duration and intensity of your sessions.

After training you should always allow time to stretch and cool down.

Tips for successful and healthy training:

- Always remember that training is most effective when you follow the important rules.
- Exercise gives the best results when it is undertaken long term and continuously, short Term exercising has very little effect.
- Wear comfortable clothing that is not too tight.
- Avoid exercise with a full stomach.
It is recommended not to eat any sooner than one hour before and after training.
- Do not exercise if you are very tired or feel exhausted.
- Your body needs liquid if you exercise, so ensure you have adequate water nearby at all times.

Training:

Warming up should be done with every sporting activity to decrease the risk of injury.

A suggested warm up is a 5-10 minute run on the spot or around the room with a few jumps at each minute interval.

Stretching:

The following stretches are gentle but effective in waking up your body, stimulating your circulation and making your ankles more flexible. Please do these each time before you start exercising.

SUGGESTED STRETCHES

The correct form for these basic stretches is displayed on the right.

Move slowly as you stretch and avoid bouncing.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts then relax. Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend the front leg.

Stretches: Calves, Achilles tendons and ankles.

4. Quadriceps Stretch

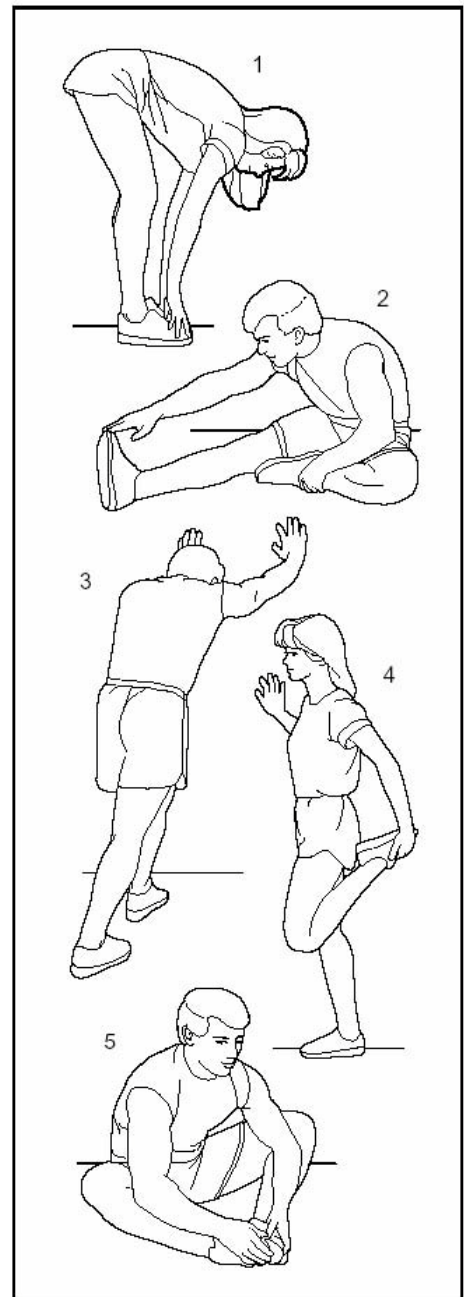
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg.

Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Quadriceps and hip muscles.





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