

# Owner's Manual



**TREADMILL**



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## SAFETY PRECAUTIONS

Thank you for your purchasing our product. Even though we make every effort to ensure the quality of each product, occasional errors and/or omissions may occur. In the event that you find this product defective or parts are missing please contact us.

**IMPORTANT: Read all instructions and warnings before assembly and operation.**

### Important Voltage Information

Before plugging the power cord into an electrical outlet, verify that the voltage requirements for your area match the voltage of the treadmill that you have received. The power requirements for the treadmill include a grounded, dedicated circuit, rated for one of the following figure. See the serial number decal for the exact voltage requirements of your treadmill.

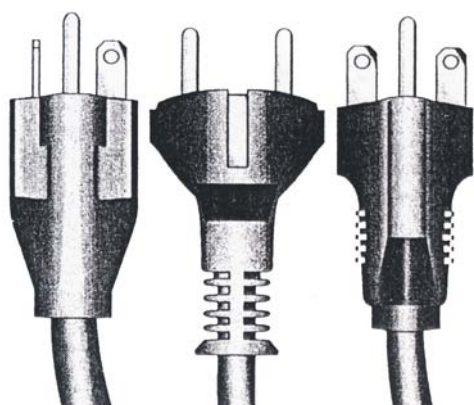
**WARNING: Don't attempt to use this unit with a voltage adapter. Don't attempt to use this unit with an extension cord.**

### Grounding Instructions

This treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Please make sure that the treadmill is connected to an outlet having the same configuration as the plug. Do not use a ground plug adapter to adapt the power cord to a non-grounded outlet.



115V NEMA 5-20      EURO PLUG CEE 7/7      208-220V NEMA 6-15

The power requirements for the treadmill include a grounded, dedicated circuit, rated for one of the following:  
115 VAC 5%, 60HZ and 20 amps; 208/220 VAC, 60HZ, 15 amps or 230 VAC 5%, 50HZ and 15amps.



# SAFETY PRECAUTIONS

## **Before beginning**

- 1). Only one person at a time should use this equipment. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this treadmill, stop the workout at once.
- 2). MAX. user weight: **182 kg (400 lbs )**
- 3). Always use this treadmill on a clear and level surface. Do not use outdoors or near water.
- 4). Don't insert any object into any openings.
- 5). Before using this equipment to exercise, always do stretching exercises to properly warm up.
- 6). Advice to replace defective components immediately and keep the equipment out of use until repair.
- 7). Always wear appropriate workout clothing and shoes when exercising. Do not wear loose fitting clothing that could get caught in the equipment.
  
- 8). Place on a level surface, with 2mx1m of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
- 9). Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.

## **Important Safety Instructions**

- 1). Keep children and pets away from this equipment at all times.
- 2). Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.
- 3). Deposit the safety key properly in order to avoid children to get the safety key and re-start the treadmill.
- 4). Stop the treadmill accordingly and take a rest while any discomfort happens during the exercise.
- 5). Correct steps of stopping your treadmill:  
Press STOP button → Both hands hold the handlebars → Feet step on the side reins → Leave the treadmill
- 6). If there is any error sign shown on the monitor before/during exercising, please refer to the Trouble Shooting section in your owner's manual according to the code number of the error sign.
- 7). Turn off the power after using.
- 8). If the power cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
- 9). Warning : Incorrect or excessive training may be injurious to health.

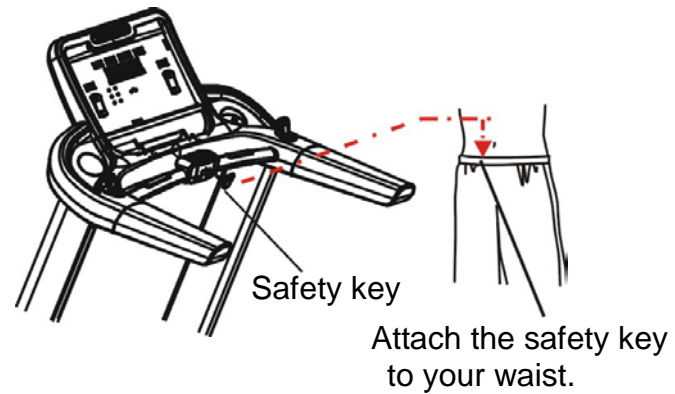
# SAFETY PRECAUTIONS

## **SAFETY KEY**

The safety key is to prevent user's injuries from falling down due to lack of familiarity with the speed or usage of the treadmill. Please always wear the safety key to prevent or minimize accidents.

## **CONSULT A PHYSICIAN IMMEDIATELY**

**Warning: before starting any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health conditions. Read all instructions carefully before using any fitness equipment. We assume/accept no liability for personal injury damage caused by use of this treadmill.**



## **How often you exercise:**

You should exercise three to four times a week to improve your cardiovascular and muscle fitness.

## **How hard you exercise:**

Intensity of exercise is reflected in your heart rate. Exercise must be sufficiently rigorous to strengthen your heart muscle and condition your cardiovascular system.

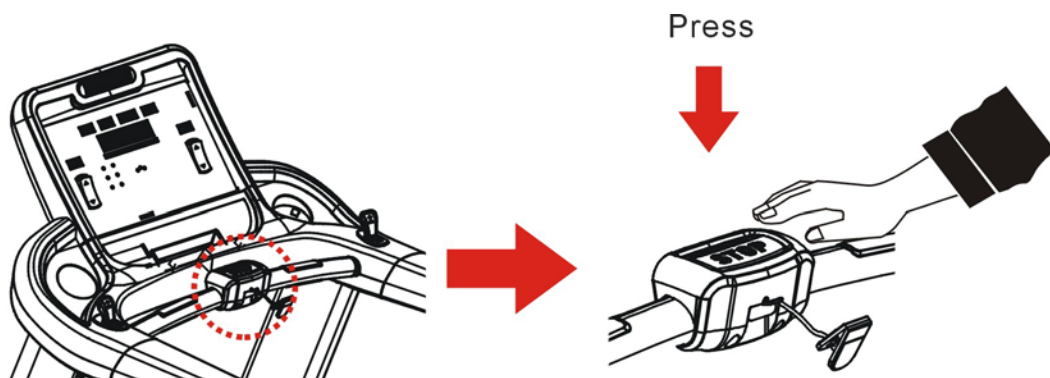
Only your doctor can prescribe the target training heart range for you. Before starting any exercise program consult your physician.

## **How long you exercise:**

Sustained exercise conditions your heart, lungs and muscles. The longer you are able to sustain exercise within your target heart range, the greater the aerobic benefits. To begin maintain 2-3 minutes of steady, rhythmic exercise, then check your heart rate.

## **Emergency Stop switch**

The function of the emergency stop can help the user to get off the treadmill safely in case of emergency happened, in case of emergency, press the safety key, hold the handrails and get off when the band stops.

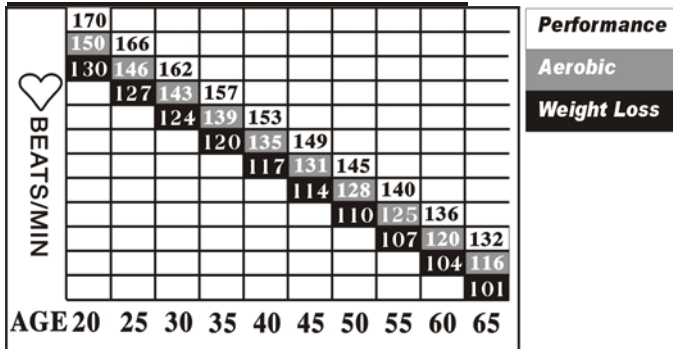


# SAFETY PRECAUTIONS

## BEGINNER TREADMILL PROGRAM

	EXERTION LEVEL	DURATION
WEEK 1	Easy	6-12 minutes
WEEK 2	Easy	10-16 minutes
WEEK 3	Moderate	14-20 minutes
WEEK 4	Moderate	18-24 minutes
WEEK 5	Moderate	22-28 minutes
WEEK 6	Slightly higher or slightly lower	20 minutes
WEEK 7	Add interval training	3 minutes at moderate exertion with 3 minutes at higher exertion for 24 minutes

## TARGET HEART RATE ZONE



220-your age = maximum heart zone

You do not want to workout at your maximum heart rate. The recommended Heart Rate Zone is a percentage of your maximum heart rate. Between 60% and 80% of your maximum heart rate.

\* Lower limit of Target Heart Rate Zone = maximum heart rate X 0.6

\* Upper limit of Target Heart Rate Zone = Maximum heart rate X 0.8

(This is recommended by American Heart Association. Before starting exercise program, please consult your physician to understand your physical situation)

\*This appliance is not intended for use by persons (including children) with reduced physical sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

\*The noise value list below is when it is at top speed with unloading status : LpAeq(dB) < 70dB

# TECHNICAL SPECIFICATIONS

## **SPECIFICATIONS:**

Length: 216.8 cm

Width: 94 cm

Running area: 58 cm x 153 cm

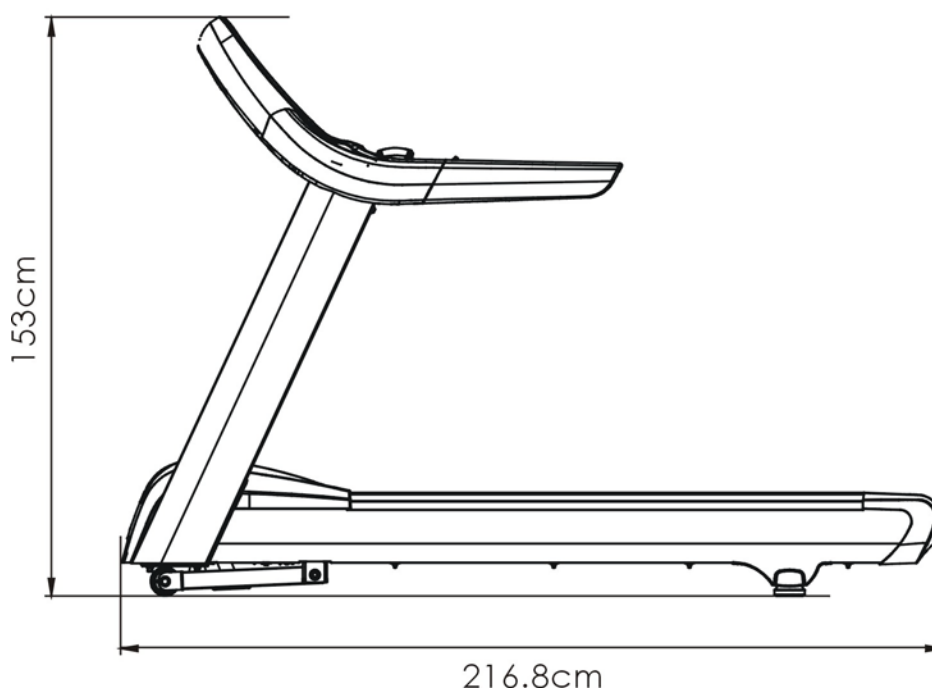
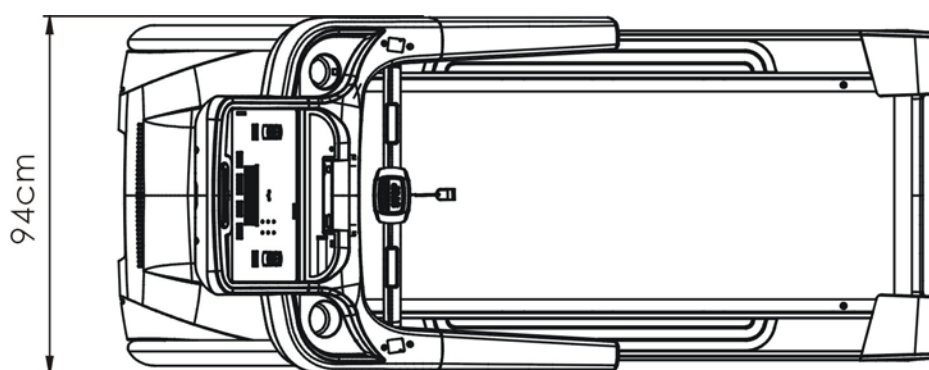
Weight of product: **208 kg ( 457.6 lbs)**

Power elevation: 0-16% motorized (front incline)

Programs: **15 preset programs, 4HRC.**

Standard features: Time, Distance, Heart Rate, Incline, Speed, Calories, Hand pulse, Receiver, Quick Speed/Incline, Set Speed/Incline **Fixed speed/angle**, Blue Tooth

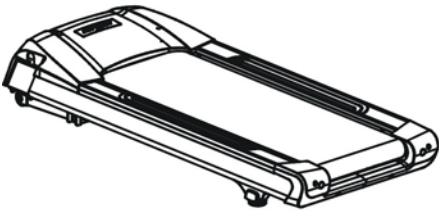
**Emergency stop : Emergency stop button**



# UNPACKING & ASSEMBLY

## PARTS

#3-1



Main body

#3-4



Console

#3-2



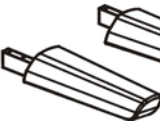
Left console mast  
(Left console mast with transparent bag)

#3-3



Right console mast

#3-6



Left handlebar

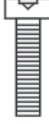







#3-5

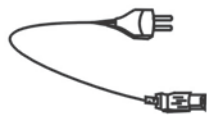


Right handlebar

# UNPACKING & ASSEMBLY

## HARDWARE KIT

Step2	<p style="text-align: center;"><b>#3-8</b></p>  <p>M8x20mm / 8pcs (Console mast set)</p>	<p style="text-align: center;"><b>#3-9</b></p>  <p>M8 S washer / 8pcs (Console mast set)</p>	<p style="text-align: center;"><b>#3-11</b></p>  <p>M8 washer / 8pcs (Console mast set)</p>
Step3	<p style="text-align: center;"><b>#3-10</b></p>  <p>M8x15mm / 6pcs (Console mast set)</p>	<p style="text-align: center;"><b>#3-11</b></p>  <p>M8 washer / 6pcs (Console mast set)</p>	
Step6	<p style="text-align: center;"><b>#3-7</b></p>  <p>M8x25mm / 4pcs (Console / Handlebar set)</p>	<p style="text-align: center;"><b>#3-11</b></p>  <p>M8 washer / 4pcs (Console / Handlebar set)</p>	
Step7	<p style="text-align: center;"><b>#3-14</b></p>  <p>M3x12mm / 1pc</p>		



Power cord /1pcs



Allen wrench / 1pcs(5mm)



Allen wrench / 1pcs(6mm)



Allen wrench / 1pcs(6mm)

**#3-13**



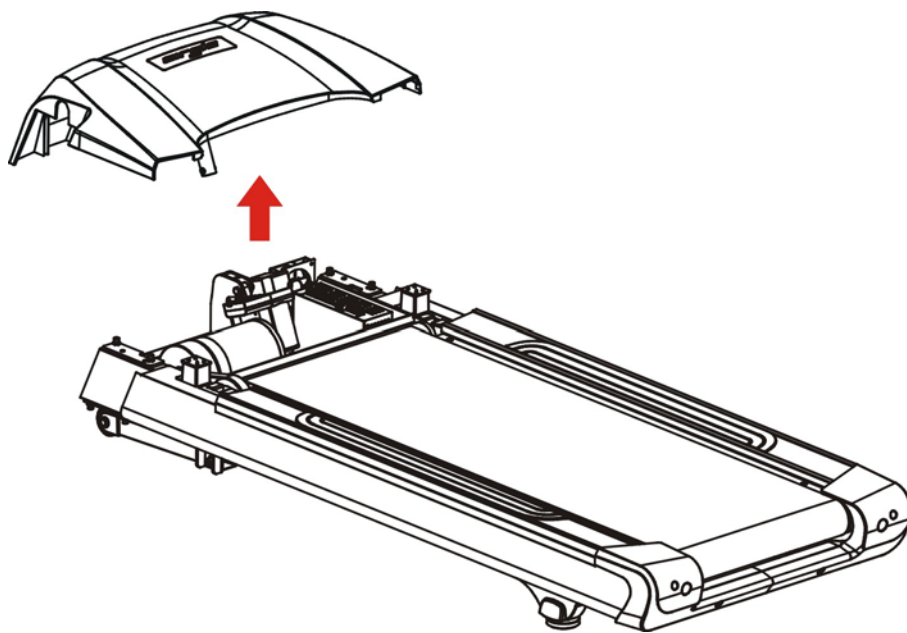
Power cord locker / 1pc (Power cord)

## UNPACKING & ASSEMBLY

Unpacking your treadmill where will be using it. Being careful not to damage. Place your treadmill on a level flat surface. It is recommended that you place a protective covering on your floor.  
\*Notice: Because of heavy weight, please assemble this treadmill more than two people.

Step1 :

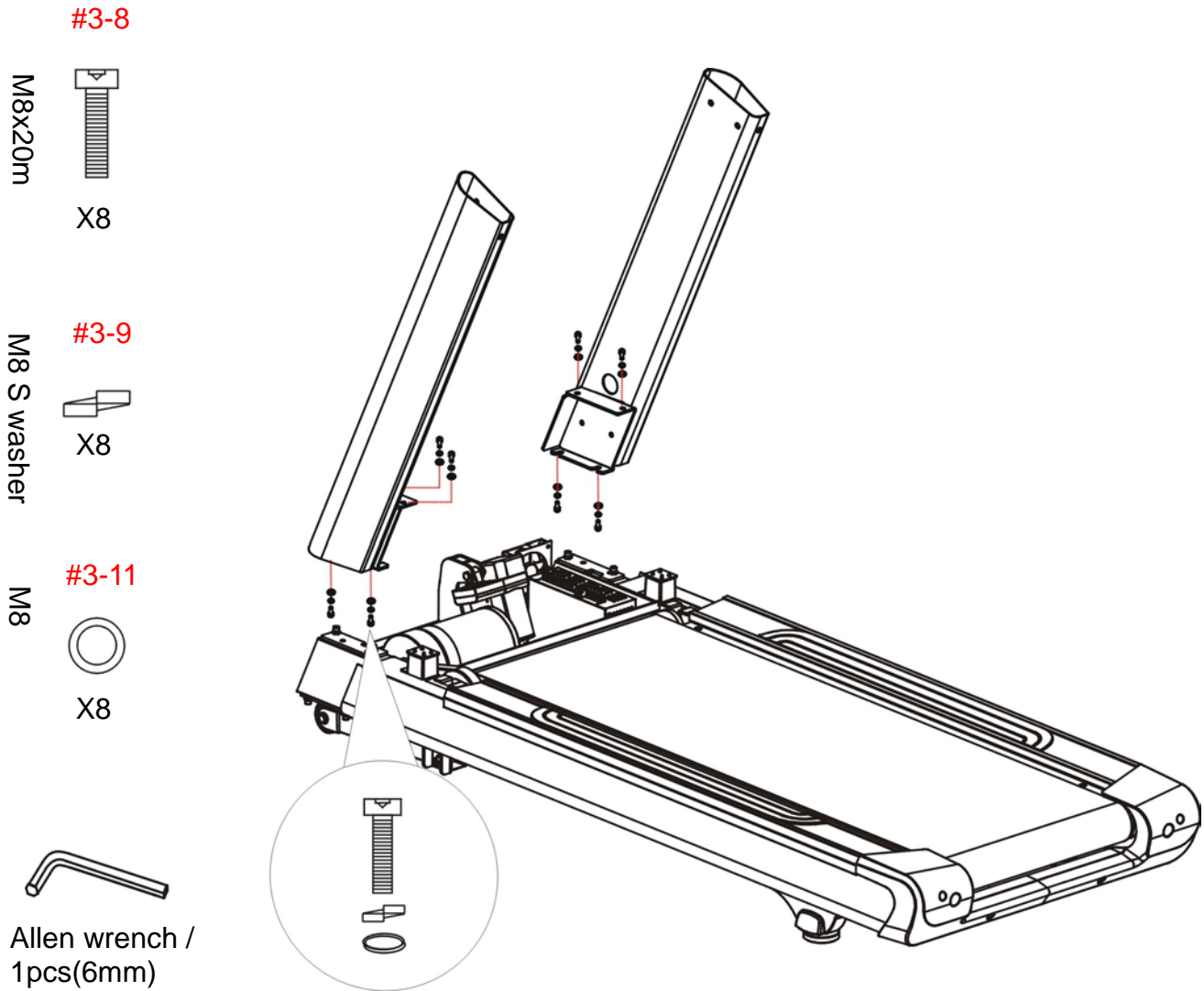
Loose the motor cover screws, and put the motor cover aside.



# UNPACKING & ASSEMBLY

Step 2 : Assemble Console Mast on the main body.

- 1). Put the Right Console Mast and Left Console Mast on the main body.
- 2). Use a 6 mm Hex wrench to fit with 8pcs M8x20mm Bolt, 8pcs M8 Lock Washer and 8pcs M8 Flat Washer. Do not tight it up until Step 3





# UNPACKING & ASSEMBLY

Step 3 : Assemble Console with Console Mast.

- 1). Put the Network cable into the mast on the right side.
- 2). Put the Console on top of the Console Mast.
- 3). Use a 5mm Hex Wrench to tight up with 6pcs M8x15mm Bolt and 6pcs Flat Washer.
- 4). Now Use a 6mm Hex Wrench to tight up Console Mast with main body.

#3-10  
M8x15mm  
X6



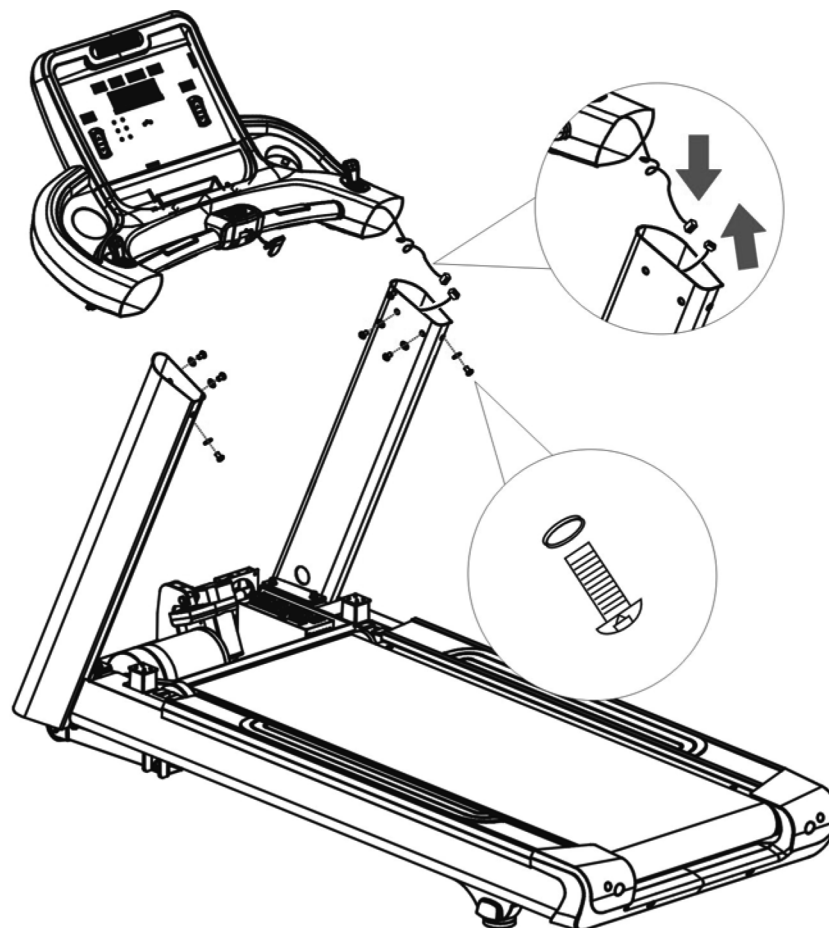
#3-11  
M8  
X6



Allen wrench /  
1pcs(5mm)



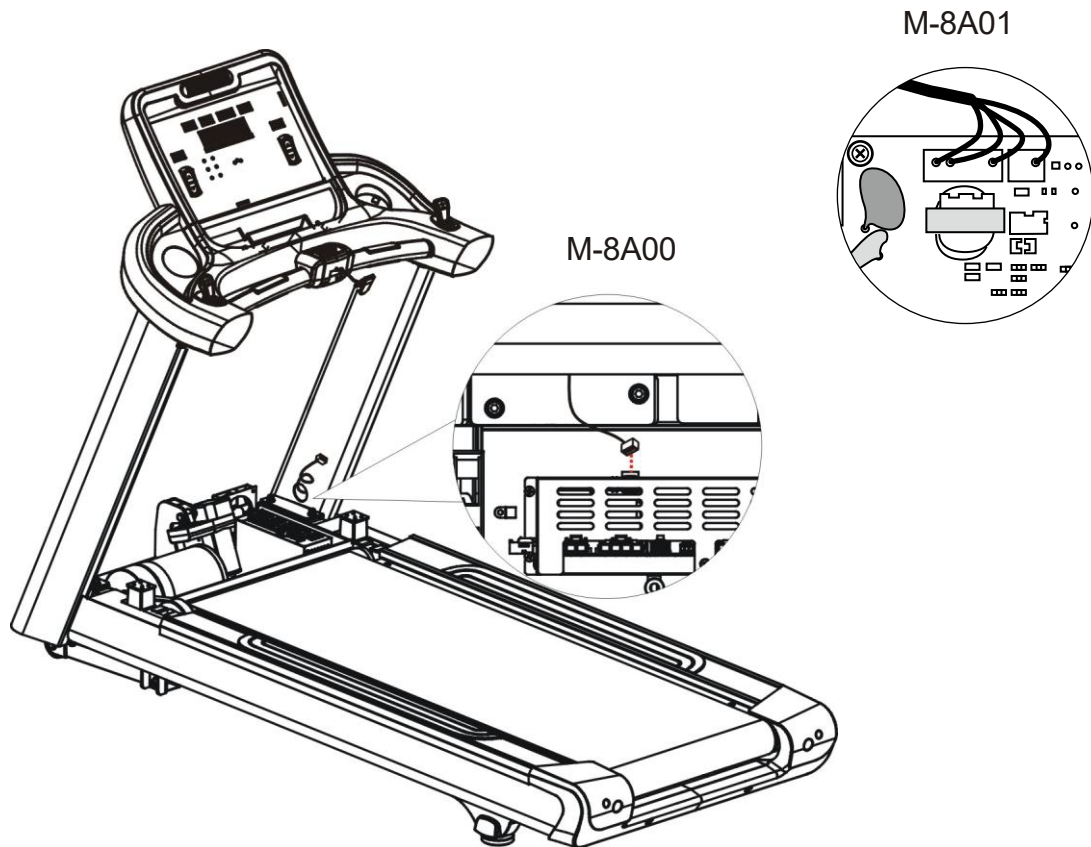
Allen wrench /  
1pcs(6mm)



# UNPACKING & ASSEMBLY

Step 4 : Connect the network cable.

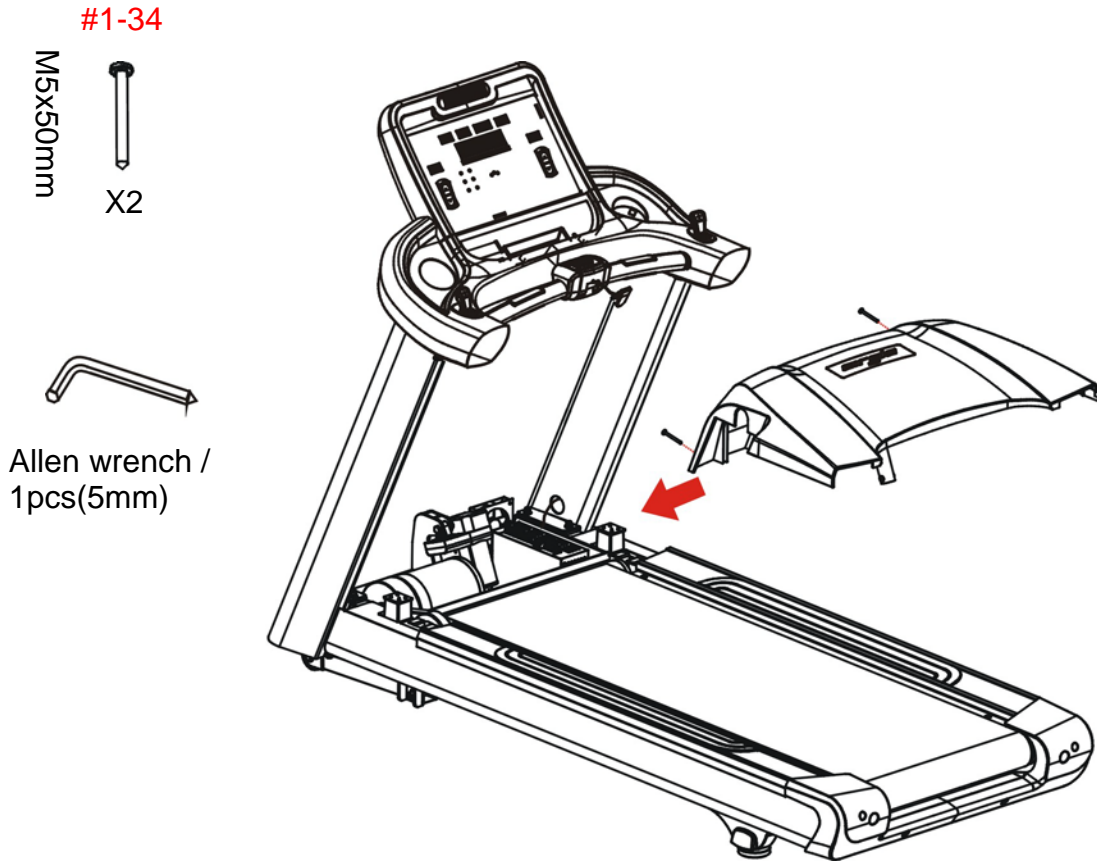
1). Pull the network cable through to the bottom of the mast and then connect it to the Inverter.



# UNPACKING & ASSEMBLY

Step 5 : Put Back Motor Cover

1). Use a 5mm Hex Wrench to tight up Motor Cover 2pcs M5x50mm Bolt.

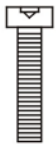


# UNPACKING & ASSEMBLY

Step 6 : Assemble Handle Bar on the Console.

- 1). Use a 6mm Hex Wrench to tight up Console and Handle Bar with 4pcs M8x25mm Bolt and 4pcs M8 Flat Washer. (Torque value should be 210-230 Kgf-cm while locking up)

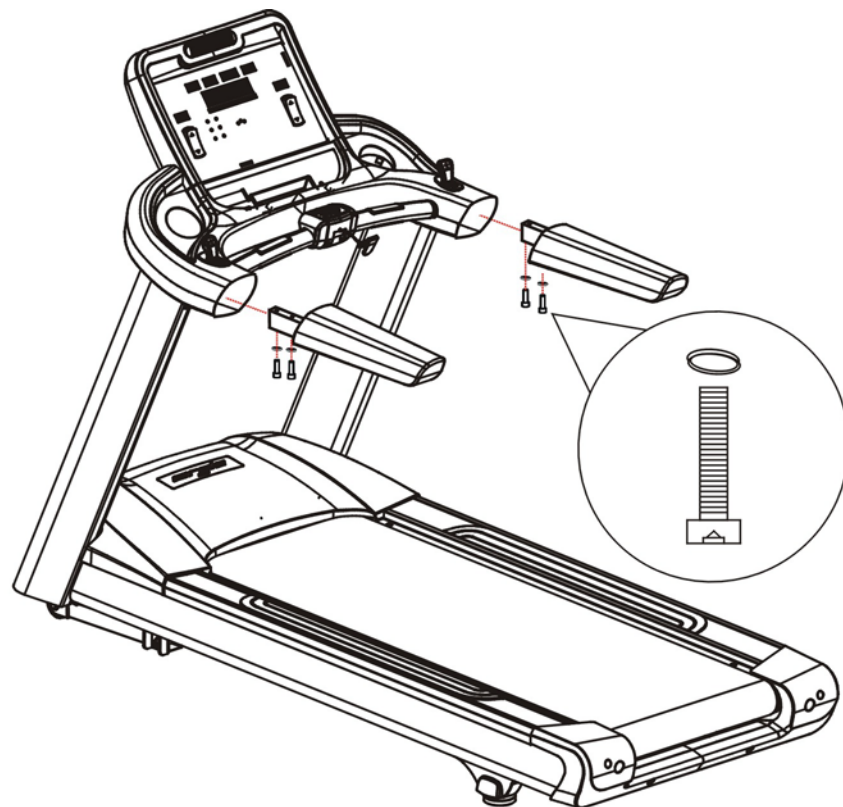
#3-7  
M8x25mm  
X4



#3-11  
M8 washer  
X4



Allen wrench /  
1pcs(6mm)

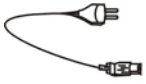


# UNPACKING & ASSEMBLY

Step7: Assmebley power cord locker and power cord.

1). Plug in the power cord.

2). Fasten power cord and power cord locker by hex wrench with 1pcs M3x12mm screw.



X1

#3-13



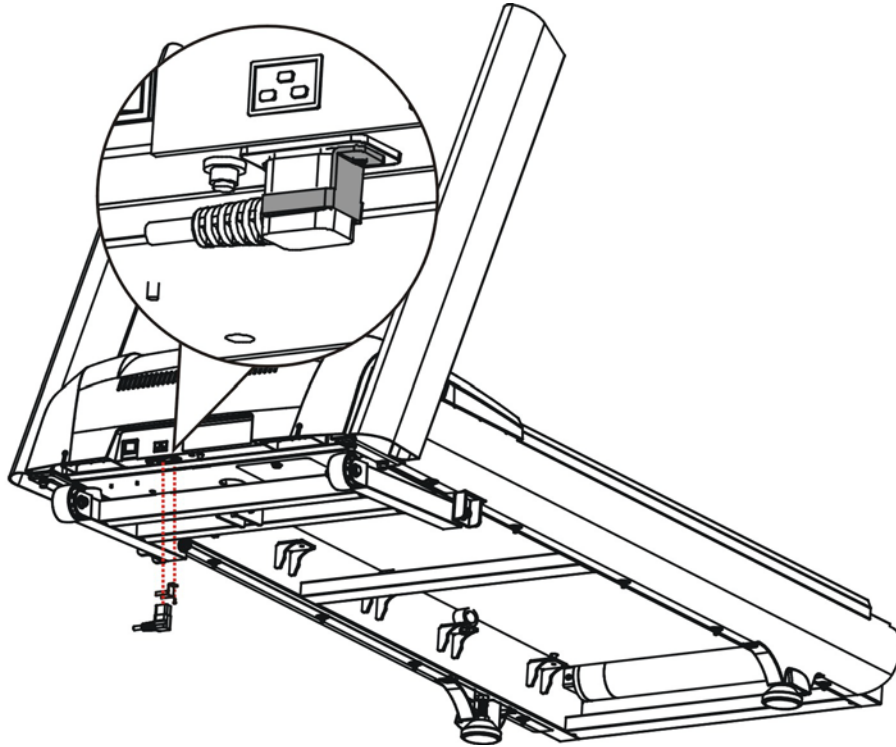
X1

#3-14



X1

M3x12mm



# WARM UP & COOL DOWN

A successful exercise program consists of a warm up, aerobic exercise, and a cool down. Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

## HEAD ROLLS



Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count. Repeat this action for several times.

## SHOULDER LIFTS



Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder. Repeat this action for several times.

## QUADRICEPS STRETCH



With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 seconds and repeat with left foot up.

## SIDE STRETCHES



Open your arms sideways and lift them lifting them over your head. Reach your right arm as far upward as you can for one count. Feel the stretch up your right side. Repeat with your left arm.

## CALF/ACHILLES STRETCH



Step your right foot in front of your body. Lean against a wall with your arms and stretch your left foot backward your body. Bend forwards your right foot, and slightly push your buttock toward to the wall for 15 seconds. Repeat the action with front left foot and rear right foot for another 15 seconds.

## INNER THIGH STRETCH



Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees toward the floor. Hold for 15 seconds. Repeat this action 3-5 times.

## TOE TOUCHES



Slowly bend forward from your waist, letting your back and shoulder relax as you stretch toward your toes. Reach down as far as you can and hold for 15 seconds.

## HAMSTRING STRETCHES

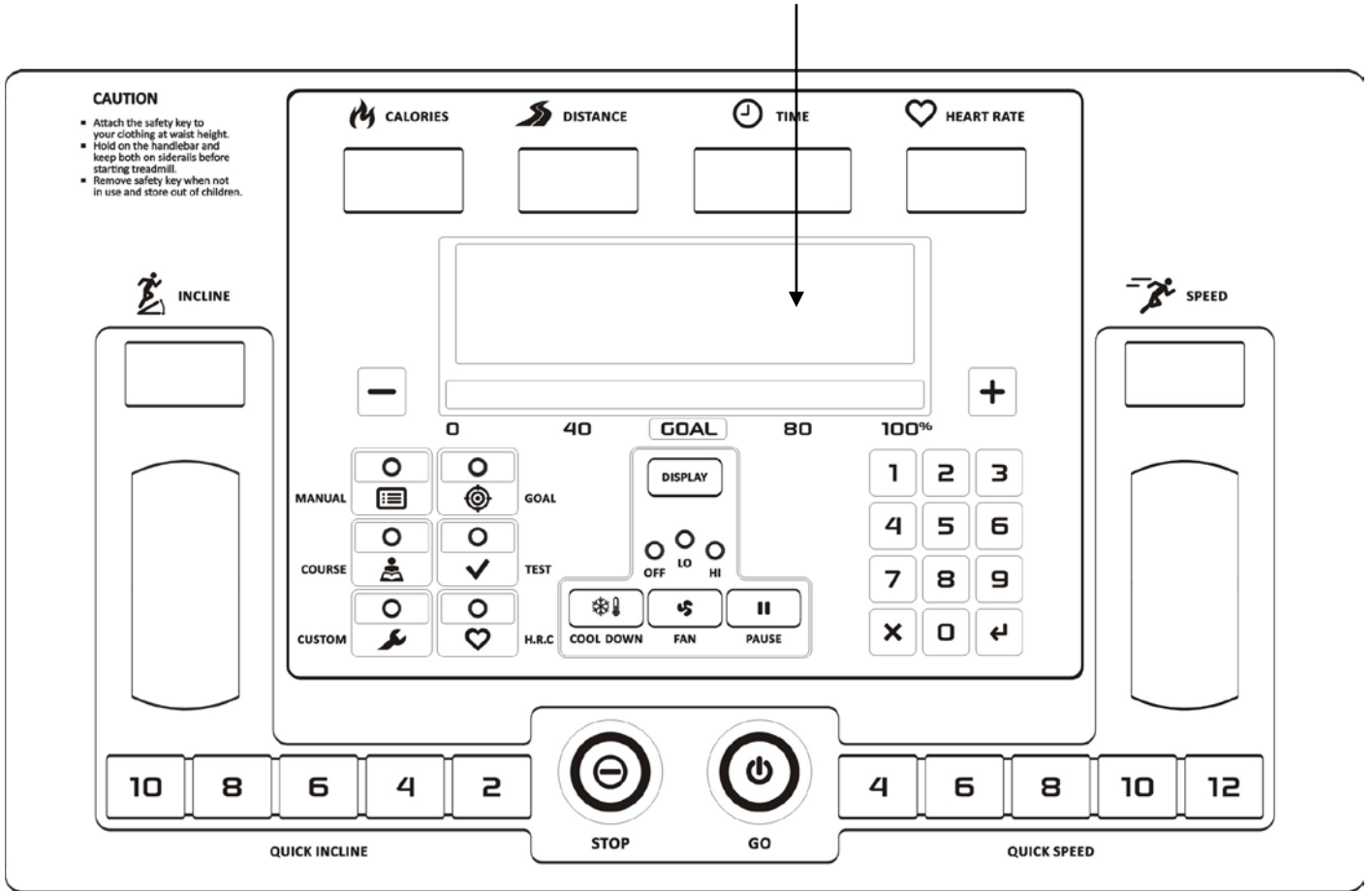


Keep your right leg straight and the left foot on the floor; try to stretch your right hand toward the toe, hold this posture for 15 seconds. Relax, then repeat the action for left leg.

# PANEL CONTROL

## Display & Keys

Message window, display program profiles & message





# PANEL CONTROL

## Display function

Dispaly	Defination
<b>Time</b>	Displays time remaining or total time.
<b>Calories</b>	Displays calories burned.
<b>Incline</b>	Displays current incline level.
<b>Heart Rate</b>	Displays hand grip and wireless Heart Rate reading.
<b>Distance</b>	Displays total distance KM/Mi.
<b>Speed</b>	Displays the running speed.

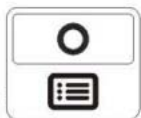
## Key function

Key	Function
<b>Start</b>	Quick start or program start.
<b>Stop</b>	Press to pause when in use.
<b>Incline ▲</b>	Adjusts the incline while in use. Adjusts program types and program values.
<b>Incline ▼</b>	Adjusts the incline while in use. Adjusts program types and program values.
<b>Keypad 0-9</b>	Set the running speed while in use. Set program values.
<b>Rest / Clear</b>	Clear the setting value while setting.
<b>Enter</b>	Confirm value entered.
<b>Speed +</b>	Adjusts the speed while in use. Adjusts program types and program values.
<b>Speed –</b>	Adjusts the speed while in use. Adjusts program types and program values.
<b>Quick Speed</b>	Adjusts speed to a predetermined value. There are 4 speed quick keys.
<b>Quick Incline</b>	Adjusts incline to a predetermined value. There are 4 incline quick keys.
<b>Cool Down</b>	Program will gradually lower the speed.
<b>Program keys</b>	Select program directly.



# PROGRAMS

MANUAL



- 1.1 Press [Manual] to enter Setting mode. Time will display as "0:00", Distance as "0.0", Speed as "0.0", Incline as "0.0", and Calories as "0". Heart rate, if entered, will display "- - -", while the manual indicator will be lit up and the Goal Bar indicator will be off.
- 1.2 Set Time: The Time display will display "0:00" flashing. Press once to interrupt flashing. The window will then display "SET TIME 16:00-99:00 THEN PRESS ENTER".
- 1.3 The time can be set using the key pad. The setting ranges are 0:00 - 16: 00 and 17: 00 - 99: 00. The minimum set time is 16:00, the maximum set time is 99:00. When finished, press "ENTER" to proceed to the next setting.
- 1.4 When using the "Speed Fast", "Speed Slow", "Incline Up," "Incline Down" functions, their values will change by increments of 1:00. All minimum set values are 0:00, except the minimum set time value which is 16:00. The maximum set time value is 99:00. When finished, press "ENTER" to proceed to the next setting.
- 1.5 Set User Weight: Time window will display "Set Weight" flashing. Press button to interrupt flashing. The window will display [SET WEIGHT THEN PRESS ENTER]. Use key pad to input settings directly, or use "Speed Fast", "Speed Slow", "Incline Up", "Incline Down" to change settings by increments of 0.1kg / 1Lb. When finished, press "ENTER". The window will display [PRESS GO TO BEGIN OR ENTER TO RESET]. Press "ENTER" again to return to 1.2 or press "RUN" to start your program.
- 1.6 Press "RUN". The window will display "3 → 2 → 1 → GO" and the buzzer will beep three times. All values will start accumulating in the [Execution Mode]. The preset Speed is 0.8 KPH / 0.5 MPH, Incline is preset as 0.
- 1.7 The window is preset at [Program Profile Mode]. Each Bar displays at its minimum value. The graphics will change along with the changes in the Incline. Your position is displayed once every half second. You can use any interface to adjust Speed and Incline.
- 1.8 When setting the time, Time / 32 will change the Bar, and the Incline value will change. The Bar behind it will change along. Previous Bars will be saved, up to a maximum of 32.
- 1.9 When there is no set time, the program will change after every minute. When the Incline changes, the bar behind it will change along. Previous Bars will be saved. When more than 32 Bars have been saved, only the last one will be executed, and all Bars will move forward by one Bar each time.
- 1.10 When the time count-down is completed, the buzzer beeps three times to indicate that the program is finished. Press [END OFF WORKOUT mode] to exit.

# PROGRAMS

COURSE



:

- 2.1. Press "COURSE" to access program selection. The window will display [1.HILL 2.FATBURN 3.CARDIO 4.STRENGTH 5.INTERVAL] streaming. This is the **[Setting Mode]**.
- 2.2. Select Program: Use key pad to select Program 1 - 5 (No need to press enter. Input out of the 1-5 range will be ignored.)
- 2.3. Set Level: the window will display "**SET LEVEL 1 TO 7 THEN PRESS ENTER**" once, after which it will display the Profile L3 graphics. The Time window will display "L3". Use the key pad to input settings directly (if setting is out of range, the setting will return to the preset value, the window will again display "**SET LEVEL 1 TO 7 THEN PRESS ENTER**" and display the Profile L3 graphics). Alternatively, to set "Speed Fast", "Speed Slow", "Incline Up", "Incline Down", select a level from L1 - L7. The Level value will change, and the Profile graphics will change along. When finished, press "ENTER" to proceed to the next setting.
- 2.4. Set Time: Time window displays "32:00" flashing. Press button to interrupt flashing. The window will display [SET TIME 16: 00 - 99: 00 THEN PRESS ENTER]. Use key pad to input settings directly, or use "Speed Fast" "Speed Slow", "Incline Up", "Incline Down" to do so. The minimum set time is 16:00, the maximum set time is 99:00. When finished, press "ENTER" to proceed to the next setting.
- 2.5. Set User Weight: Time window displays "Preset Weight" flashing. Press button to interrupt flashing. The window will display [SET WEIGHT THEN PRESS ENTER]. Use the key pad to input settings directly (if setting is out of range, the setting will return to the preset value). Alternatively, set "Speed Fast", "Speed Slow", "Incline Up", "Incline Down" by increments of 0.1kg / 1Lb. When finished, press "ENTER". The window will display [PRESS **GO** TO BEGIN OR ENTER TO RESET]. Press "ENTER" again to return to 2.1 or press "RUN" to start your program.
- 2.6. Press "RUN". The window will display "**3 → 2 → 1 → GO**" and the buzzer will beep three times. All values will start accumulating in the **[Execution Mode]**.
- 2.7. The program is executed according to SPEED and INCLINE as defined in the following table.
- 2.8. The window display Profile graphics. The execution values will flash every half second. On all devices SPEED and INCLINE can be adjusted, and the Profile graphics and bar will not change along.
- 2.9. When count-down is completed, the buzzer beeps three times to indicate the program is finished. Press [END **OFF** WORKOUT Mode] to exit.

# PROGRAMS

Hill Program Profile ( SPEED in %)

100% Speed L1=6kph/3.7mph , L2=7kph/4.3mph , L3=7kph/4.3mph , L4=8kph/5mph ,  
L5=8kph/5mph , L6=9kph/5.6mph , L7=10kph/6.2mph

		L1	L2	L3	L4	L5	L6	L7
SEG	Speed	Incline	Incline	Incline	Incline	Incline	Incline	Incline
1	100	0	0	0	0	1	1	1
2	100	0	0	1	1	2	2	2
3	95	1	1	2	2	3	3	3
4	95	1	1	2	3	3	4	4
5	90	2	2	3	3	4	4	4
6	90	2	2	3	3	4	4	5
7	90	2	2	3	4	4	5	5
8	85	3	3	4	4	5	5	5
9	85	3	3	4	4	5	5	6
10	80	3	4	5	5	6	6	6
11	80	3	4	5	5	6	6	7
12	80	4	4	5	6	6	6	7
13	75	4	5	6	6	7	7	7
14	75	4	5	6	7	7	7	8
15	75	5	5	6	7	8	8	9
16	70	5	6	7	7	8	9	10
17	70	5	6	7	7	8	9	9
18	75	5	5	6	7	8	8	8
19	75	4	5	6	7	7	7	7
20	75	4	5	6	6	7	7	7
21	80	4	4	5	6	6	6	7
22	80	3	4	5	5	6	6	6
23	80	3	4	5	5	6	6	6
24	85	3	3	4	4	5	5	6
25	85	3	3	4	4	5	5	5
26	90	2	2	3	3	4	5	5
27	90	2	2	3	3	4	4	5
28	90	2	2	3	3	4	4	4
29	95	1	1	2	2	3	4	4
30	95	1	1	2	2	3	3	3
31	90	0	0	1	1	2	2	2
32	90	0	0	0	0	1	1	1

# PROGRAMS

Fat Burn Program Profile ( SPEED in % )

SpeedL1=6kph/3.7mph , L2=7kph/4.3mph , L3=7kph/4.3mph , L4=8kph/5mph , L5=8kph/5mph ,  
L6=9kph/5.6mph , L7=10kph/6.2mph

		L1	L2	L3	L4	L5	L6	L7
SEG	Speed	Incline	Incline	Incline	Incline	Incline	Incline	Incline
1	100	0	0	0	1	1	1	1
2	95	1	1	1	2	2	2	2
3	90	1	1	2	3	3	3	3
4	85	1	2	3	3	4	4	4
5	85	2	2	3	4	4	4	5
6	75	2	3	3	4	4	4	5
7	75	3	3	4	4	4	5	6
8	75	3	3	4	4	4	5	6
9	75	3	3	4	4	5	5	6
10	75	3	4	4	5	5	5	6
11	75	4	4	5	6	6	6	7
12	70	4	4	5	6	6	6	7
13	70	4	5	5	6	6	7	7
14	70	4	5	5	6	7	7	7
15	70	4	5	6	7	7	8	8
16	70	4	5	6	7	7	8	8
17	70	4	5	6	7	8	8	8
18	70	4	5	6	7	8	8	8
19	70	4	5	6	7	8	8	8
20	70	4	5	6	7	8	8	8
21	70	4	5	6	7	8	8	8
22	70	4	5	6	7	8	9	9
23	70	4	5	6	7	8	9	10
24	70	4	5	6	7	8	9	10
25	70	4	5	6	7	8	9	10
26	70	4	5	6	7	8	9	10
27	70	4	5	6	6	7	8	8
28	75	3	4	5	5	6	7	7
29	80	3	3	4	4	4	5	5
30	80	2	2	3	3	3	4	1
31	85	1	1	2	2	2	2	1
32	85	0	0	1	1	1	1	0

# PROGRAMS

CARDIO Program Profile ( SPEED in %)

Speed L1=6kph/3.7mph , L2=7kph/4.3mph , L3=7kph/4.3mph , L4=8kph/5mph , L5=8kph/5mph , L6=9kph/5.6mph , L7=10kph/6.2mph

		L1	L2	L3	L4	L5	L6	L7
SEG	Speed	Incline	Incline	Incline	Incline	Incline	Incline	Incline
1	50	4	5	5	6	6	7	8
2	50	4	5	5	6	6	7	8
3	60	3	4	4	4	4	5	6
4	60	3	4	4	4	4	5	6
5	70	2	2	3	4	4	5	6
6	70	2	2	3	4	5	6	7
7	70	2	2	3	4	5	6	7
8	80	1	1	2	2	3	4	5
9	70	2	2	3	4	4	5	6
10	70	2	2	3	4	5	6	7
11	80	1	1	2	2	3	4	5
12	60	3	4	4	4	4	5	6
13	60	3	4	4	4	4	5	6
14	70	2	2	3	4	5	6	7
15	80	1	1	2	2	2	3	4
16	70	2	2	3	4	4	5	6
17	60	3	4	4	4	4	5	6
18	60	3	4	4	4	5	6	7
19	70	2	2	3	4	5	6	7
20	80	1	1	2	2	3	4	5
21	70	2	2	3	4	4	5	6
22	70	2	2	3	4	4	5	6
23	100	0	0	1	1	2	2	3
24	80	1	1	2	2	2	3	4
25	70	2	2	3	4	4	5	6
26	70	2	2	3	4	5	6	7
27	60	3	4	4	4	4	5	6
28	70	2	2	3	4	5	6	7
29	80	1	1	2	2	2	3	4
30	70	2	2	3	4	5	6	7
31	60	3	4	4	4	4	5	6
32	50	4	5	5	6	6	7	8

# PROGRAMS

STRENGTH Program Profile ( SPEED in % )

Speed L1=6kph/3.7mph , L2=7kph/4.3mph , L3=7kph/4.3mph , L4=8kph/5mph , L5=8kph/5mph , L6=9kph/5.6mph , L7=10kph/6.2mph

		L1	L2	L3	L4	L5	L6	L7
SEG	Speed	Incline	Incline	Incline	Incline	Incline	Incline	Incline
1	100	1	1	2	2	3	3	4
2	100	1	2	2	3	3	4	4
3	90	2	3	3	4	4	5	5
4	90	2	3	3	4	5	5	5
5	90	2	3	4	5	6	6	6
6	80	3	4	4	5	6	7	7
7	80	3	4	5	5	6	7	7
8	80	3	4	5	6	7	7	8
9	70	4	4	5	6	7	8	8
10	70	4	5	5	6	7	8	8
11	70	4	5	5	7	7	8	9
12	60	5	5	6	7	8	8	9
13	60	5	6	6	7	8	9	9
14	50	6	6	6	8	8	9	10
15	50	6	6	7	8	9	9	10
16	50	6	7	7	8	9	10	10
17	50	6	7	8	9	9	10	11
18	50	6	7	8	9	10	10	11
19	60	5	6	7	9	10	11	10
20	60	5	6	6	8	9	10	10
21	70	4	5	5	7	8	9	10
22	70	4	4	5	6	7	8	9
23	70	4	4	5	6	6	7	8
24	80	3	4	4	5	5	6	7
25	80	3	4	4	5	5	5	6
26	80	3	3	4	4	4	4	5
27	90	2	3	3	4	4	4	4
28	90	2	2	3	4	4	4	4
29	90	2	2	3	4	4	3	3
30	100	1	2	2	3	4	3	2
31	100	1	1	2	2	3	2	1
32	100	1	1	1	1	2	1	1

# PROGRAMS

INTERVAL Program Profile ( SPEED in % )

Speed L1=6kph/3.7mph , L2=7kph/4.3mph , L3=8kph/5mph , L4=9kph/5.6mph , L5=10kph/6.2mph ,  
L6=11kph/6.8mph , L7=12kph/7.5mph

SEG	Speed	Incline
1	50	0
2	50	0
3	100	0
4	100	0
5	100	0
6	50	0
7	50	0
8	50	0
9	100	0
10	100	0
11	100	0
12	50	0
13	50	0
14	100	0
15	100	0
16	100	0
17	50	0
18	50	0
19	100	0
20	100	0
21	100	0
22	50	0
23	50	0
24	100	0
25	100	0
26	50	0
27	50	0
28	100	0
29	100	0
30	100	0
31	50	0
32	50	0

# PROGRAMS

CUSTOM

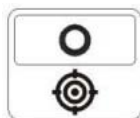


:

- 3.1 Press "CUSTOMIZE". The window will display the lowest graphics as the [Starting Mode].
- 3.2 How to set each Bar.
  - 3.2.1 Set Time: Time window displays [Stored Value] flashing (the first time this is preset at 0:00; afterward it will display the stored values). Press button to interrupt flashing. The Bar in the window will flash. Use the key pad to directly input settings, or use "Speed Fast", "Speed Slow", "Incline Up", "Incline Down" to do so. The minimum set time is 0:00, the maximum set time is 99:00 (0:00-1: 00-2:00-99: 00). When finished, press "ENTER" to proceed to setting SPEED / INCLINE.
  - 3.2.2 Set SPEED / INCLINE: Speed & Incline will display [Stored Value] flashing (the first time these are preset as Speed 0.8, Incline 0; afterward it will display the stored values). Press button to interrupt flashing. The Bar in the window will flash. Use the key pad to directly input settings, or use "Speed Fast", "Speed Slow", "Incline Up", "Incline Down" to do so. When finished, press "ENTER" to set the next Bar. After the last bar, press "ENTER" to finish. The window will display [PRESS GO TO BEGIN OR ENTER TO RESET]. Press "Enter" to return to Bar-1 in accordance with the reset process in 1.2.1.
- 3.3 Press "RUN". The window will display "3 → 2 → 1 → GO" and the buzzer will beep every second. All values will begin to accumulate in [Execution Mode].
- 3.4 The window is preset as [Profile preset mode]. The set value display graphics will follow the changes in Incline. Your position will flash every half second. The Goal Bar is not displayed.
- 3.5 You may use any interface to change Speed and Incline. When Incline values change, the Bar does not change along. For each Bar the execution time is equal to the set time. The Time window displays time left. When the set time is finished, the next Bar is executed. When the set time of a bar is zero, execution will terminate, and the program will move on to the next bar.
- 3.6 After all Bars have been executed, press [END OFF WORKOUT mode] to exit.



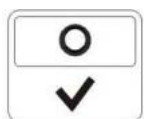
# PROGRAMS



GOAL :

- 4.1 Press "Goal" to select your goal. The window will display [1.TIME 2.DISTANCE 3.CALORIES] as the [**Setting Mode**].
- 4.2 Select Goal: Use key pad to select Goal 1 - 3 (No need to press enter. Input out of range will be ignored.)
- 4.3 Goal setting:
  - 4.3.1 Set Goal Time : Time window displays "10:00" flashing. Press button to interrupt flashing. The window will display [SET TIME THEN PRESS ENTER]. Use key pad to input settings directly (if setting is out of range it will return to the preset value), or use "Speed Fast", "Speed Slow", "Incline Up", "Incline Down" to do so. The minimum set time is 10:00, the maximum set time is 99:00. When finished, press "ENTER" to proceed to the next setting.
  - 4.3.2 Set Goal Distance: Distance window displays "1.0" flashing. Press button to interrupt flashing. The window will display [SET DISTANCE THEN PRESS ENTER]. Use key pad to input settings directly (if setting is out of range it will return to the preset value), or use "Speed Fast", "Speed Slow", "Incline Up", "Incline Down" to do so. The minimum set distance is 0.5, the maximum set distance is 99.9. When finished, press "ENTER" to proceed to the next setting.
  - 4.3.3 Set Goal Calories: Calories window displays "100" flashing. Press button to interrupt flashing. The window will display [SET CALORIES THEN PRESS ENTER]. Use key pad to input settings directly (if setting is out of range it will return to the preset value), or use "Speed Fast", "Speed Slow", "Incline Up", "Incline Down" to do so. The minimum set calories is 10, the maximum set distance is 999. When finished, press "ENTER" to proceed to the next setting.
  - 4.3.4 Set User Weight: Time window displays "Weight preset value" flashing. Press button to interrupt flashing. The window will display [SET WEIGHT THEN PRESS ENTER]. Use key pad to input settings directly (if setting is out of range it will return to the preset value), or use "Speed Fast", "Speed Slow", "Incline Up", "Incline Down" to change values by increments of 0.1 Kg/1 Lb. When finished, Press "ENTER". The window will display [PRESS **GO** TO BEGIN OR ENTER TO RESET]. Press "ENTER" again to return to 4.1, or press "RUN" to start your program.
- 4.4 Press "RUN". The window will display "**3** → **2** → **1** → **GO**" and the buzzer will beep every second. All values will begin to accumulate in [**Execution Mode**].
- 4.5 The window display is preset as [Program Profile Mode]. Each Bar displays at its minimum value. The graphics will change along with the changes in the Incline. Your position is displayed every half second. The Goal Bar displays your accumulated value as a percentage of your set value.
- 4.6 Speed and Incline can be changed through all Speed programs. The Profile graphics in the display window change along with the changes in Incline. When setting Time, the Time / 32 Bar will change one bar at a time. As the Incline changes, the last bar will change along. Executed Bars are saved to a maximum of 32.
- 4.7 When the Time or Distance or Calories count-down has completed, the buzzer beeps three times to indicate the program is finished. Press [END **OFF** WORKOUT mode] to exit.

# PROGRAMS



TEST :

- 5.1 Press "Test". The preset display window will display [1.GERKIN 2.COOPER 3.USMC PFT 4.ARMY PRT 5.NAVY PRT 6.USAF PFT 7.FEDERAL LAW 8.Fitness] streaming as the [Setting Mode].
- 5.2 Select the test program: Use the key pad to select 1-8. (No need to press enter. Input out of range will be ignored.)
- 5.3 Set GENDER: The window displays [GENDER: 1 MALE 0 Female]. Use the key pad to select. . (No need to press enter. Input out of range will be ignored.)
- 5.3.1 Set Age: The Time window displays "Age preset" flashing. To interrupt flashing, press button. The window will display [SET AGE THEN PRESS ENTER. Use key pad to input settings directly (if setting is out of range it will return to the preset value), or use "Speed Fast", "Speed Slow", "Incline Up", "Incline Down" to do so. Press "ENTER" to proceed to the next setting.
- 5.3.2 Set User Weight: The Time window displays "Weight preset value" flashing. Press button to interrupt flashing. The window will display [SET WEIGHT THEN PRESS ENTER]. Use the key pad to input settings directly (if setting is out of range it will return to the preset value), or use "Speed Fast", "Speed Slow", "Incline Up", "Incline Down" to change values by increments of 0.1 Kg/1 Lb. When finished, Press "ENTER". The window will display [PRESS **GO** TO BEGIN OR ENTER TO RESET]. Press "ENTER" again to return to 5.1, or press "RUN" to start your program.
- 5.3.3 Press "RUN". The window will display "**3** → **2** → **1** → **GO**" and the buzzer will beep every second. All values will begin to accumulate in [**Execution Mode**]. Each program will run in accordance with the following table.
- 5.4 The window displays [Program Profile preset mode]. Each Bar displays at its minimum value. The graphics will change along with the changes in the Incline. Your position is displayed every half second. The Goal Bar is not displayed.
- 5.5 You may use any interface to change Speed and Incline. The Profile graphics in the display window change along with the changes in Incline. In Fitness mode, Speed and Incline cannot be changed through the device.
- 5.6 When setting Time, the Time / 32 Bar will change one bar at a time. As the Incline changes, the last bar will change along. Executed Bars are saved to a maximum of 32.
- 5.7 When Time has not been set, all displays are refreshed once every minute. When the Incline value changes, the Bar behind it will change along. As the Incline changes, the last bar will change along. Executed Bars are saved to a maximum of 32.
- 5.8 When you press "STOP" when the program has not been completed, the buzzer will beep three times, and you will enter [END **OFF** WORKOUT mode] to exit. When the program has been completed, the buzzer will beep three times, and you will enter [TEST RESULT mode]. When choosing [Fitness mode] you will enter entered [END **OFF** WORKOUT mode] and next to [IDLE mode].

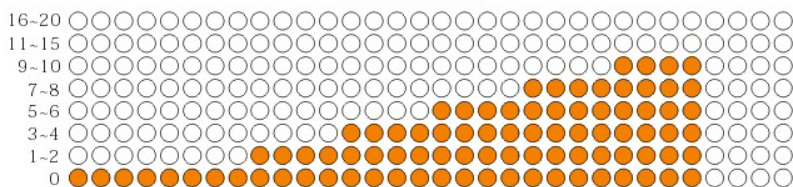
# PROGRAMS

**GERKIN** : (You must a wireless heart rate monitor. When setting this program, check first whether a heart beat is detected. Only after a heart beat is detected can you proceed to setting up the program.)

The program must be implemented in accordance with the following table. Immediately stop the program under the following circumstances: When your heartbeat exceeds MHR 85% (MHR = (220-Age) X 85%) for 10 seconds. When you press PAUSE or STOP, or when the program is completed, the program will enter [TEST RESULT] mode. During the program, the Profile graphics will not change, and Speed and Incline cannot be manually adjusted or raised. As the program starts, the window will display [WARM UP] once and then your Profile graphic. The Bar will be displayed once every 30 seconds. After three minutes the [WARM UP] display will change to [BEGINNING] and your program will begin and display your Profile graphic.

STAGE	WARM UP	1	2	3	4	5	6	7	8	9	10	11
Time	3minutes	0:01-1:00	1:01-2:00	2:01-3:00	3:01-4:00	4:01-5:00	5:01-6:00	6:01-7:00	7:01-8:00	8:01-9:00	9:01-10:00	10:01-11:00
Spd (kph/mph)	4.8/3	7.2/4.5	7.2/4.5	8/5	8/5	8.8/5.5	8.8/5.5	9.6/6	9.6/6	10.4/6.5	10.4/6.5	11.2/7
Incline	0	0	2	2	4	4	6	6	8	8	10	10

## GERKIN



VO2 MAX values in the [TEST RESULT Mode] will be displayed as follows. When you finish or stop the program, refer to this table to find your corresponding VO2 MAX value. For example: 1:29 = 32.55

Time	1:00	1:15	1:30	1:45	2:00	2:15	2:30	2:45	3:00	3:15	3:30
VO2MAX	31.15	32.55	33.6	34.65	35.35	37.45	39.55	41.3	43.4	44.1	45.15
Time	3:45	4:00	4:15	4:30	4:45	5:00	5:15	5:30	5:45	6:00	6:15
VO2MAX	46.2	46.5	48.6	50	51.4	52.8	53.9	54.9	56	57	57.7
Time	6:30	6:45	7:00	7:15	7:30	7:45	8:00	8:15	8:30	8:45	9:00
VO2MAX	58.8	60.2	61.2	62.3	63.3	64	65	66.5	68.2	69	70.7
Time	9:15	9:30	9:45	10:00	10:15	10:30	10:45	11:00			
VO2MAX	72.1	73.1	73.8	74.9	76.3	77.7	79.1	80			

## PROGRAMS

COOPER: This program assesses your fitness through the distance you can run in 12 minutes. Assessments can be inferred from the table below. The display window will follow the changes in your Speed, and the Speed indicator will display as follows. After 12 minutes you will enter [TEST RESULT Mode]. If you stop before the 12 minutes are over, you will enter [END OF WORKOUT].

AGE	GENDER	VERY GOOD	GOOD	AVERAGE	BAD	VERY BAD
13-14	Male	> 2.7 KM	2.4-2.7 KM	2.2-2.39 KM	2.1-2.19 KM	< 2.1 KM
	FeMale	> 2.0 KM	1.9-2.0 KM	1.6-1.89 KM	1.5-1.59 KM	< 1.5 KM
15-16	Male	> 2.8 KM	2.5-2.8 KM	2.3-2.49 KM	2.2-2.29 KM	< 2.2 KM
	FeMale	> 2.1 KM	2.0-2.1 KM	1.9-1.99 KM	1.6-1.89 KM	< 1.6 KM
17-20	Male	> 3.0 KM	2.7-3.0 KM	2.5-2.69 KM	2.3-2.49 KM	< 2.3 KM
	FeMale	> 2.3 KM	2.1-2.3 KM	1.8-2.09 KM	1.7-1.79 KM	< 1.7 KM
21-29	Male	> 2.8 KM	2.4-2.8 KM	2.2-2.39 KM	1.6-2.19 KM	< 1.6 KM
	FeMale	> 2.7 KM	2.2-2.7 KM	1.8-2.19 KM	1.5-1.79 KM	< 1.5 KM
30-39	Male	> 2.7 KM	2.3-2.7 KM	1.9-2.29 KM	1.5-1.89 KM	< 1.5 KM
	FeMale	> 2.5 KM	2.0-2.5 KM	1.7-1.99 KM	1.4-1.69 KM	< 1.4 KM
40-49	Male	> 2.5 KM	2.1-2.5 KM	1.7-2.09 KM	1.4-1.69 KM	< 1.4 KM
	FeMale	> 2.3 KM	1.9-2.3 KM	1.5-1.89 KM	1.2-1.49 KM	< 1.2 KM
Over 50	Male	> 2.4 KM	2.0-2.4 KM	1.6-1.99 KM	1.3-1.59 KM	< 1.3 KM
	FeMale	> 2.2 KM	1.7-2.2 KM	1.4-1.69 KM	1.1-1.39 KM	< 1.1 KM

AGE	GENDER	VERY GOOD	GOOD	AVERAGE	BAD	VERY BAD
13-14	Male	> 1.68 Mile	1.50-1.68 Mile	1.37-1.49 Mile	1.31-1.36 Mile	< 1.31 Mile
	FeMale	> 1.25 Mile	1.18-1.68 Mile	1.00-1.17 Mile	0.93-0.99 Mile	< 0.93 Mile
15-16	Male	> 1.75 Mile	1.56-1.75 Mile	1.43-1.55 Mile	1.37-1.42 Mile	< 1.37 Mile
	FeMale	> 1.31 Mile	1.25-1.31 Mile	1.18-1.24 Mile	1.00-1.17 Mile	< 1.00 Mile
17-20	Male	> 1.87 Mile	1.68-1.87 Mile	1.56-1.67 Mile	1.43-1.55 Mile	< 1.43 Mile
	FeMale	> 1.43 Mile	1.31-1.43 Mile	1.12-1.30 Mile	1.06-1.11 Mile	< 1.06 Mile
21-29	Male	> 1.75 Mile	1.50-1.75 Mile	1.37-1.49 Mile	1.00-1.36 Mile	< 1.00 Mile
	FeMale	> 1.68 Mile	1.37-1.68 Mile	1.12-1.36 Mile	0.93-1.11 Mile	< 0.93 Mile
30-39	Male	> 1.68 Mile	1.43-1.68 Mile	1.18-1.42 Mile	0.93-1.17 Mile	< 0.93 Mile
	FeMale	> 1.56 Mile	1.25-1.56 Mile	1.06-1.24 Mile	0.87-1.05 Mile	< 0.87 Mile
40-49	Male	> 1.56 Mile	1.31-1.56 Mile	1.06-1.30 Mile	0.87-1.05 Mile	< 0.87 Mile
	FeMale	> 1.43 Mile	1.18-1.43 Mile	0.93-1.17 Mile	0.75-0.92 Mile	< 0.75 Mile
Over 50	Male	> 1.50 Mile	1.25-1.50 Mile	1.00-1.24 Mile	0.81-0.99 Mile	< 0.81 Mile
	FeMale	> 1.37 Mile	1.06-1.37 Mile	0.87-1.05 Mile	0.68-0.86 Mile	< 0.68 Mile

# PROGRAMS

USMC PFT: This test determines a score based on the time you need to run a distance of 4.8 Km / 3 miles. The display window will follow the changes in your Speed. After 4.8 Km / 3 miles you will enter [TEST RESULT Mode]. If you stop before 4.8 Km / 3 miles, you will enter [END OF WORKOUT].

Score calculation for men: With 18:00 minutes, Points=100. For every 10 seconds after, 1 Point is subtracted. For example: For 18:01-18:10, Points=99, for 18:11-18:20 Points=98, etc.

Time	18:00	18:10	18:20	18:30	18:40	18:50	19:00	19:10	19:20	19:30
Points	100	99	98	97	96	95	94	93	92	91
Time	19:40	19:50	20:00	20:10	20:20	20:30	20:40	20:50	21:00	
Points	90	89	88	87	86	85	84	83	82	

Score calculation for women: With 21:00 minutes, Points=100. For every 10 seconds after, 1 Point is subtracted. For example: For 21:01-21:10, Points=99, for 21:11-21:20 Points=98, etc.

Time	21:00	21:10	21:20	21:30	21:40	21:50	22:00	22:10	22:20	22:30
Points	100	99	98	97	96	95	94	93	92	91
Time	22:40	22:50	23:00	23:10	23:20	23:30	23:40	23:50	24:00	
Points	90	89	88	87	86	85	84	83	82	



# PROGRAMS

Army Physical Readiness Test (Army PRT): This test determines a score based on the time you need to run a distance of 3.2 Km / 2 miles. The display window will follow the changes in your Speed. After 3.2 Km / 2 miles you will enter [TEST RESULT Mode]. If you stop before 3.2 Km / 2 miles, you will enter [END OF WORKOUT]. Scores for men and women are calculated according to age-related standards.

Running (2 Miles)

Age:17~21

Time	Score	Time	Score	Time	Score	Time	Score
12:54		16:24	53	19:54	5	23:24	
13:00	100	16:30	52	20:00	3	23:30	
13:06	99	16:36	50	20:06	2	23:36	
13:12	97	16:42	49	20:12	1	23:42	
13:18	96	16:48	48	20:18	0	23:48	
13:24	94	16:54	46	20:24		23:54	
13:30	93	17:00	45	20:30		24:00	
13:36	92	17:06	43	20:36		24:06	
13:42	90	17:12	42	20:42		24:12	
13:48	89	17:18	41	20:48		24:18	
13:54	88	17:24	39	20:54		24:24	
14:00	86	17:30	38	21:00		24:30	
14:06	85	17:36	37	21:06		24:36	
14:12	83	17:42	35	21:12		24:42	
14:18	82	17:48	34	21:18		24:48	
14:24	81	17:54	32	21:24		24:54	
14:30	79	18:00	31	21:30		25:00	
14:36	78	18:06	30	21:36		25:06	
14:42	77	18:12	28	21:42		25:12	
14:48	75	18:18	27	21:48		25:18	
14:54	74	18:24	26	21:54		25:24	
15:00	72	18:30	24	22:00		25:30	
15:06	71	18:36	23	22:06		25:36	
15:12	70	18:42	21	22:12		25:42	
15:18	68	18:48	20	22:18		25:48	
15:24	67	18:54	19	22:24		25:54	
15:30	66	19:00	17	22:30		26:00	
15:36	64	19:06	16	22:36		26:06	
15:42	63	19:12	14	22:42		26:12	
15:48	61	19:18	13	22:48		26:18	
15:54	60	19:24	12	22:54		26:24	
16:00	59	19:30	10	23:00		26:30	
16:06	57	19:36	9	23:06			
16:12	56	19:42	8	23:12			
16:18	54	19:48	6	23:18			

Running (2 Miles)

Age:22~26

Time	Score	Time	Score	Time	Score	Time	Score
12:54		16:24	62	19:54	23	23:24	
13:00	100	16:30	61	20:00	22	23:30	
13:06	99	16:36	60	20:06	21	23:36	
13:12	98	16:42	59	20:12	20	23:42	
13:18	97	16:48	58	20:18	19	23:48	
13:24	96	16:54	57	20:24	18	23:54	
13:30	94	17:00	56	20:30	17	24:00	
13:36	93	17:06	54	20:36	16	24:06	
13:42	92	17:12	53	20:42	14	24:12	
13:48	91	17:18	52	20:48	13	24:18	
13:54	90	17:24	51	20:54	12	24:24	
14:00	89	17:30	50	21:00	11	24:30	
14:06	88	17:36	49	21:06	10	24:36	
14:12	87	17:42	48	21:12	9	24:42	
14:18	86	17:48	47	21:18	8	24:48	
14:24	84	17:54	46	21:24	7	24:54	
14:30	83	18:00	44	21:30	6	25:00	
14:36	82	18:06	43	21:36	4	25:06	
14:42	81	18:12	42	21:42	3	25:12	
14:48	80	18:18	41	21:48	2	25:18	
14:54	79	18:24	40	21:54	1	25:24	
15:00	78	18:30	39	22:00	0	25:30	
15:06	77	18:36	38	22:06		25:36	
15:12	76	18:42	37	22:12		25:42	
15:18	74	18:48	36	22:18		25:48	
15:24	73	18:54	34	22:24		25:54	
15:30	72	19:00	33	22:30		26:00	
15:36	71	19:06	32	22:36		26:06	
15:42	70	19:12	31	22:42		26:12	
15:48	69	19:18	30	22:48		26:18	
15:54	68	19:24	29	22:54		26:24	
16:00	67	19:30	28	23:00		26:30	
16:06	66	19:36	27	23:06			
16:12	64	19:42	26	23:12			
16:18	63	19:48	24	23:18			

# PROGRAMS

Running (2 Miles)

**Age:27~31**

**2 MILE RUN STANDARDS**

**Age:32~36**

Time	Score	Time	Score	Time	Score	Time	Score
12:54		16:24	66	19:54	29	23:24	
13:00		16:30	65	20:00	28	23:30	
13:06		16:36	64	20:06	26	23:36	
13:12		16:42	63	20:12	25	23:42	
13:18	100	16:48	62	20:18	24	23:48	
13:24	99	16:54	61	20:24	23	23:54	
13:30	98	17:00	60	20:30	22	24:00	
13:36	97	17:06	59	20:36	21	24:06	
13:42	96	17:12	58	20:42	20	24:12	
13:48	95	17:18	57	20:48	19	24:18	
13:54	94	17:24	56	20:54	18	24:24	
14:00	92	17:30	55	21:00	17	24:30	
14:06	91	17:36	54	21:06	16	24:36	
14:12	90	17:42	52	21:12	15	24:42	
14:18	89	17:48	51	21:18	14	24:48	
14:24	88	17:54	50	21:24	12	24:54	
14:30	87	18:00	49	21:30	11	25:00	
14:36	86	18:06	48	21:36	10	25:06	
14:42	85	18:12	47	21:42	9	25:12	
14:48	84	18:18	46	21:48	8	25:18	
14:54	83	18:24	45	21:54	7	25:24	
15:00	82	18:30	44	22:00	6	25:30	
15:06	81	18:36	43	22:06	5	25:36	
15:12	79	18:42	42	22:12	4	25:42	
15:18	78	18:48	41	22:18	3	25:48	
15:24	77	18:54	39	22:24	2	25:54	
15:30	76	19:00	38	22:30	1	26:00	
15:36	75	19:06	37	22:36	0	26:06	
15:42	74	19:12	36	22:42		26:12	
15:48	73	19:18	35	22:48		26:18	
15:54	72	19:24	34	22:54		26:24	
16:00	71	19:30	33	23:00		26:30	
16:06	70	19:36	32	23:06			
16:12	69	19:42	31	23:12			
16:18	68	19:48	30	23:18			

Time	Score	Time	Score	Time	Score	Time	Score
12:54		16:24	72	19:54	40	23:24	8
13:00		16:30	71	20:00	39	23:30	7
13:06		16:36	70	20:06	38	23:36	6
13:12		16:42	69	20:12	37	23:42	5
13:18	100	16:48	68	20:18	36	23:48	5
13:24	99	16:54	67	20:24	35	23:54	4
13:30	98	17:00	66	20:30	35	24:00	3
13:36	97	17:06	65	20:36	34	24:06	2
13:42	96	17:12	65	20:42	33	24:12	1
13:48	95	17:18	64	20:48	32	24:18	0
13:54	95	17:24	63	20:54	31	24:24	
14:00	94	17:30	62	21:00	30	24:30	
14:06	93	17:36	61	21:06	29	24:36	
14:12	92	17:42	60	21:12	28	24:42	
14:18	91	17:48	59	21:18	27	24:48	
14:24	90	17:54	58	21:24	26	24:54	
14:30	89	18:00	57	21:30	25	25:00	
14:36	88	18:06	56	21:36	25	25:06	
14:42	87	18:12	55	21:42	24	25:12	
14:48	86	18:18	55	21:48	23	25:18	
14:54	85	18:24	54	21:54	22	25:24	
15:00	85	18:30	53	22:00	21	25:30	
15:06	84	18:36	52	22:06	20	25:36	
15:12	83	18:42	51	22:12	19	25:42	
15:18	82	18:48	50	22:18	18	25:48	
15:24	81	18:54	49	22:24	17	25:54	
15:30	80	19:00	48	22:30	16	26:00	
15:36	79	19:06	47	22:36	15	26:06	
15:42	78	19:12	46	22:42	15	26:12	
15:48	77	19:18	45	22:48	14	26:18	
15:54	76	19:24	45	22:54	13	26:24	
16:00	75	19:30	44	23:00	12	26:30	
16:06	75	19:36	43	23:06	11		
16:12	74	19:42	42	23:12	10		
16:18	73	19:48	41	23:18	9		



# PROGRAMS

## 2 MILE RUN STANDARDS

Age:37~41

Time	Score	Time	Score	Time	Score	Time	Score
12:54		16:24	76	19:54	46	23:24	17
13:00		16:30	75	20:00	46	23:30	16
13:06		16:36	74	20:06	45	23:36	15
13:12		16:42	74	20:12	44	23:42	14
13:18		16:48	73	20:18	43	23:48	13
13:24		16:54	72	20:24	42	23:54	12
13:30		17:00	71	20:30	41	24:00	11
13:36	100	17:06	70	20:36	40	24:06	11
13:42	99	17:12	69	20:42	40	24:12	10
13:48	98	17:18	69	20:48	39	24:18	9
13:54	97	17:24	68	20:54	38	24:24	8
14:00	97	17:30	67	21:00	37	24:30	7
14:06	96	17:36	66	21:06	36	24:36	6
14:12	95	17:42	65	21:12	35	24:42	6
14:18	94	17:48	64	21:18	34	24:48	5
14:24	93	17:54	63	21:24	34	24:54	4
14:30	92	18:00	63	21:30	33	25:00	3
14:36	91	18:06	62	21:36	32	25:06	2
14:42	91	18:12	61	21:42	31	25:12	1
14:48	90	18:18	60	21:48	30	25:18	0
14:54	89	18:24	59	21:54	29	25:24	
15:00	88	18:30	58	22:00	29	25:30	
15:06	87	18:36	57	22:06	28	25:36	
15:12	86	18:42	57	22:12	27	25:42	
15:18	86	18:48	56	22:18	26	25:48	
15:24	85	18:54	55	22:24	25	25:54	
15:30	84	19:00	54	22:30	24	26:00	
15:36	83	19:06	53	22:36	23	26:06	
15:42	82	19:12	52	22:42	23	26:12	
15:48	81	19:18	51	22:48	22	26:18	
15:54	80	19:24	51	22:54	21	26:24	
16:00	80	19:30	50	23:00	20	26:30	
16:06	79	19:36	49	23:06	19		
16:12	78	19:42	48	23:12	18		
16:18	77	19:48	47	23:18	17		

## 2 MILE RUN STANDARDS

Age:42~46

Time	Score	Time	Score	Time	Score	Time	Score
12:54		16:24	80	19:54	50	23:24	19
13:00		16:30	79	20:00	49	23:30	18
13:06		16:36	78	20:06	48	23:36	17
13:12		16:42	77	20:12	47	23:42	17
13:18		16:48	77	20:18	46	23:48	16
13:24		16:54	76	20:24	45	23:54	15
13:30		17:00	75	20:30	44	24:00	14
13:36		17:06	74	20:36	43	24:06	13
13:42		17:12	73	20:42	43	24:12	12
13:48		17:18	72	20:48	42	24:18	11
13:54		17:24	71	20:54	41	24:24	10
14:00		17:30	70	21:00	40	24:30	10
14:06	100	17:36	70	21:06	39	24:36	9
14:12	99	17:42	69	21:12	38	24:42	8
14:18	98	17:48	68	21:18	37	24:48	7
14:24	97	17:54	67	21:24	37	24:54	6
14:30	97	18:00	66	21:30	36	25:00	5
14:36	96	18:06	65	21:36	35	25:06	4
14:42	95	18:12	64	21:42	34	25:12	3
14:48	94	18:18	63	21:48	33	25:18	3
14:54	93	18:24	63	21:54	32	25:24	2
15:00	92	18:30	62	22:00	31	25:30	1
15:06	91	18:36	61	22:06	30	25:36	0
15:12	90	18:42	60	22:12	30	25:42	
15:18	90	18:48	59	22:18	29	25:48	
15:24	89	18:54	58	22:24	28	25:54	
15:30	88	19:00	57	22:30	27	26:00	
15:36	87	19:06	57	22:36	26	26:06	
15:42	86	19:12	56	22:42	25	26:12	
15:48	85	19:18	55	22:48	24	26:18	
15:54	84	19:24	54	22:54	23	26:24	
16:00	83	19:30	53	23:00	23	26:30	
16:06	83	19:36	52	23:06	22		
16:12	82	19:42	51	23:12	21		
16:18	81	19:48	50	23:18	20		



# PROGRAMS

## 2 MILE RUN STANDARDS

Age:47~51

Time	Score	Time	Score	Time	Score	Time	Score
12:54		16:24	84	19:54	57	23:24	29
13:00		16:30	84	20:00	56	23:30	29
13:06		16:36	83	20:06	55	23:36	28
13:12		16:42	82	20:12	55	23:42	27
13:18		16:48	81	20:18	54	23:48	26
13:24		16:54	80	20:24	53	23:54	25
13:30		17:00	80	20:30	52	24:00	25
13:36		17:06	79	20:36	51	24:06	24
13:42		17:12	78	20:42	51	24:12	23
13:48		17:18	77	20:48	50	24:18	22
13:54		17:24	76	20:54	49	24:24	22
14:00		17:30	76	21:00	48	24:30	21
14:06		17:36	75	21:06	47	24:36	20
14:12		17:42	74	21:12	47	24:42	19
14:18		17:48	73	21:18	46	24:48	18
14:24	100	17:54	73	21:24	45	24:54	18
14:30	99	18:00	72	21:30	44	25:00	17
14:36	98	18:06	71	21:36	44	25:06	16
14:42	98	18:12	70	21:42	43	25:12	15
14:48	97	18:18	69	21:48	42	25:18	15
14:54	96	18:24	69	21:54	41	25:24	14
15:00	95	18:30	68	22:00	40	25:30	13
15:06	95	18:36	67	22:06	40	25:36	12
15:12	94	18:42	66	22:12	39	25:42	11
15:18	93	18:48	65	22:18	38	25:48	11
15:24	92	18:54	65	22:24	37	25:54	10
15:30	91	19:00	64	22:30	36	26:00	9
15:36	91	19:06	63	22:36	36	26:06	8
15:42	90	19:12	62	22:42	35	26:12	7
15:48	89	19:18	62	22:48	34	26:18	7
15:54	88	19:24	61	22:54	33	26:24	6
16:00	87	19:30	60	23:00	33	26:30	5
16:06	87	19:36	59	23:06	32		
16:12	86	19:42	58	23:12	31		
16:18	85	19:48	58	23:18	30		

## 2 MILE RUN STANDARDS

Age:52~56

Time	Score	Time	Score	Time	Score	Time	Score
12:54		16:24	87	19:54	59	23:24	32
13:00		16:30	86	20:00	58	23:30	31
13:06		16:36	85	20:06	58	23:36	30
13:12		16:42	84	20:12	57	23:42	29
13:18		16:48	84	20:18	56	23:48	29
13:24		16:54	83	20:24	55	23:54	28
13:30		17:00	82	20:30	55	24:00	27
13:36		17:06	81	20:36	54	24:06	26
13:42		17:12	80	20:42	53	24:12	25
13:48		17:18	80	20:48	52	24:18	25
13:54		17:24	79	20:54	51	24:24	24
14:00		17:30	78	21:00	51	24:30	23
14:06		17:36	77	21:06	50	24:36	22
14:12		17:42	76	21:12	49	24:42	22
14:18		17:48	76	21:18	48	24:48	21
14:24		17:54	75	21:24	47	24:54	20
14:30		18:00	74	21:30	47	25:00	19
14:36		18:06	73	21:36	46	25:06	18
14:42	100	18:12	73	21:42	45	25:12	18
14:48	99	18:18	72	21:48	44	25:18	17
14:54	98	18:24	71	21:54	44	25:24	16
15:00	98	18:30	70	22:00	43	25:30	15
15:06	97	18:36	69	22:06	42	25:36	15
15:12	96	18:42	69	22:12	41	25:42	14
15:18	95	18:48	68	22:18	40	25:48	13
15:24	95	18:54	67	22:24	40	25:54	12
15:30	94	19:00	66	22:30	39	26:00	11
15:36	93	19:06	65	22:36	38	26:06	11
15:42	92	19:12	65	22:42	37	26:12	10
15:48	91	19:18	64	22:48	36	26:18	9
15:54	91	19:24	63	22:54	36	26:24	8
16:00	90	19:30	62	23:00	35	26:30	7
16:06	89	19:36	62	23:06	34		
16:12	88	19:42	61	23:12	33		
16:18	87	19:48	60	23:18	33		

# PROGRAMS

## 2 MILE RUN STANDARDS

Age:57~61

Time	Score	Time	Score	Time	Score	Time	Score
12:54		16:24	90	19:54	60	23:24	30
13:00		16:30	90	20:00	59	23:30	29
13:06		16:36	89	20:06	58	23:36	28
13:12		16:42	88	20:12	57	23:42	27
13:18		16:48	87	20:18	57	23:48	26
13:24		16:54	86	20:24	56	23:54	25
13:30		17:00	85	20:30	55	24:00	24
13:36		17:06	84	20:36	54	24:06	23
13:42		17:12	83	20:42	53	24:12	23
13:48		17:18	83	20:48	52	24:18	22
13:54		17:24	82	20:54	51	24:24	21
14:00		17:30	81	21:00	50	24:30	20
14:06		17:36	80	21:06	50	24:36	19
14:12		17:42	79	21:12	49	24:42	18
14:18		17:48	78	21:18	48	24:48	17
14:24		17:54	77	21:24	47	24:54	17
14:30		18:00	77	21:30	46	25:00	16
14:36		18:06	76	21:36	45	25:06	15
14:42		18:12	75	21:42	44	25:12	14
14:48		18:18	74	21:48	43	25:18	13
14:54		18:24	73	21:54	43	25:24	12
15:00		18:30	72	22:00	42	25:30	11
15:06		18:36	71	22:06	41	25:36	10
15:12		18:42	70	22:12	40	25:42	10
15:18	100	18:48	70	22:18	39	25:48	9
15:24	99	18:54	69	22:24	38	25:54	8
15:30	98	19:00	68	22:30	37	26:00	7
15:36	97	19:06	67	22:36	37	26:06	6
15:42	97	19:12	66	22:42	36	26:12	5
15:48	96	19:18	65	22:48	35	26:18	4
15:54	95	19:24	64	22:54	34	26:24	3
16:00	94	19:30	63	23:00	33	26:30	3
16:06	93	19:36	63	23:06	32		
16:12	92	19:42	62	23:12	31		
16:18	91	19:48	61	23:18	30		

## 2 MILE RUN STANDARDS

Age:62+

Time	Score	Time	Score	Time	Score	Time	Score
12:54		16:24	93	19:54	61	23:24	28
13:00		16:30	93	20:00	60	23:30	27
13:06		16:36	92	20:06	59	23:36	27
13:12		16:42	91	20:12	58	23:42	26
13:18		16:48	90	20:18	57	23:48	25
13:24		16:54	89	20:24	56	23:54	24
13:30		17:00	88	20:30	55	24:00	23
13:36		17:06	87	20:36	54	24:06	22
13:42		17:12	86	20:42	53	24:12	21
13:48		17:18	85	20:48	53	24:18	20
13:54		17:24	84	20:54	52	24:24	19
14:00		17:30	83	21:00	51	24:30	18
14:06		17:36	82	21:06	50	24:36	17
14:12		17:42	81	21:12	49	24:42	16
14:18		17:48	80	21:18	48	24:48	15
14:24		17:54	80	21:24	47	24:54	14
14:30		18:00	79	21:30	46	25:00	13
14:36		18:06	78	21:36	45	25:06	13
14:42		18:12	77	21:42	44	25:12	12
14:48		18:18	76	21:48	43	25:18	11
14:54		18:24	75	21:54	42	25:24	10
15:00		18:30	74	22:00	41	25:30	9
15:06		18:36	73	22:06	40	25:36	8
15:12		18:42	72	22:12	40	25:42	7
15:18		18:48	71	22:18	39	25:48	6
15:24		18:54	70	22:24	38	25:54	5
15:30		19:00	69	22:30	37	26:00	4
15:36		19:06	68	22:36	36	26:06	3
15:42	100	19:12	67	22:42	35	26:12	2
15:48	99	19:18	67	22:48	34	26:18	1
15:54	98	19:24	66	22:54	33	26:24	0
16:00	97	19:30	65	23:00	32	26:30	0
16:06	96	19:36	64	23:06	31		
16:12	95	19:42	63	23:12	30		
16:18	94	19:48	62	23:18	29		



# PROGRAMS

Calculation of scores for women: Different standards apply to different ages, as shown below:

**2 MILE RUN STANDARDS Age:17~21(F)**

Time	Score	Time	Score	Time	Score	Time	Score
12:54		16:24	90	19:54	48	23:24	5
13:00		16:30	89	20:00	47	23:30	4
13:06		16:36	88	20:06	45	23:36	3
13:12		16:42	87	20:12	44	23:42	2
13:18		16:48	85	20:18	43	23:48	1
13:24		16:54	84	20:24	42	23:54	0
13:30		17:00	83	20:30	41	24:00	
13:36		17:06	82	20:36	39	24:06	
13:42		17:12	81	20:42	38	24:12	
13:48		17:18	79	20:48	37	24:18	
13:54		17:24	78	20:54	36	24:24	
14:00		17:30	77	21:00	35	24:30	
14:06		17:36	76	21:06	33	24:36	
14:12		17:42	75	21:12	32	24:42	
14:18		17:48	73	21:18	31	24:48	
14:24		17:54	72	21:24	30	24:54	
14:30		18:00	71	21:30	28	25:00	
14:36		18:06	70	21:36	27	25:06	
14:42		18:12	68	21:42	26	25:12	
14:48		18:18	67	21:48	25	25:18	
14:54		18:24	66	21:54	24	25:24	
15:00		18:30	65	22:00	22	25:30	
15:06		18:36	64	22:06	21	25:36	
15:12		18:42	62	22:12	20	25:42	
15:18		18:48	61	22:18	19	25:48	
15:24		18:54	60	22:24	18	25:54	
15:30		19:00	59	22:30	16	26:00	
15:36	100	19:06	58	22:36	15	26:06	
15:42	99	19:12	56	22:42	14	26:12	
15:48	98	19:18	55	22:48	13	26:18	
15:54	96	19:24	54	22:54	12	26:24	
16:00	95	19:30	53	23:00	10	26:30	
16:06	94	19:36	52	23:06	9		
16:12	93	19:42	50	23:12	8		
16:18	92	19:48	49	23:18	7		

**2 MILE RUN STANDARDS Age:22~26(F)**

Time	Score	Time	Score	Time	Score	Time	Score
12:54		16:24	92	19:54	57	23:24	22
13:00		16:30	91	20:00	56	23:30	21
13:06		16:36	90	20:06	55	23:36	20
13:12		16:42	89	20:12	54	23:42	19
13:18		16:48	88	20:18	53	23:48	18
13:24		16:54	87	20:24	52	23:54	17
13:30		17:00	86	20:30	51	24:00	16
13:36		17:06	85	20:36	50	24:06	15
13:42		17:12	84	20:42	49	24:12	14
13:48		17:18	83	20:48	48	24:18	13
13:54		17:24	82	20:54	47	24:24	12
14:00		17:30	81	21:00	46	24:30	11
14:06		17:36	80	21:06	45	24:36	10
14:12		17:42	79	21:12	44	24:42	9
14:18		17:48	78	21:18	43	24:48	8
14:24		17:54	77	21:24	42	24:54	7
14:30		18:00	76	21:30	41	25:00	6
14:36		18:06	75	21:36	40	25:06	5
14:42		18:12	74	21:42	39	25:12	4
14:48		18:18	73	21:48	38	25:18	3
14:54		18:24	72	21:54	37	25:24	2
15:00		18:30	71	22:00	36	25:30	1
15:06		18:36	70	22:06	35	25:36	0
15:12		18:42	69	22:12	34	25:42	
15:18		18:48	68	22:18	33	25:48	
15:24		18:54	67	22:24	32	25:54	
15:30		19:00	66	22:30	31	26:00	
15:36	100	19:06	65	22:36	30	26:06	
15:42	99	19:12	64	22:42	29	26:12	
15:48	98	19:18	63	22:48	28	26:18	
15:54	97	19:24	62	22:54	27	26:24	
16:00	96	19:30	61	23:00	26	26:30	
16:06	95	19:36	60	23:06	25		
16:12	94	19:42	59	23:12	24		
16:18	93	19:48	58	23:18	23		

# PROGRAMS

**2 MILE RUN STANDARDS Age:37~41(F)**

Time	Score	Time	Score	Time	Score	Time	Score
12:54		16:24		19:54	80	23:24	55
13:00		16:30		20:00	79	23:30	54
13:06		16:36		20:06	78	23:36	54
13:12		16:42		20:12	78	23:42	53
13:18		16:48		20:18	77	23:48	52
13:24		16:54		20:24	76	23:54	52
13:30		17:00	100	20:30	75	24:00	51
13:36		17:06	99	20:36	75	24:06	50
13:42		17:12	99	20:42	74	24:12	49
13:48		17:18	98	20:48	73	24:18	49
13:54		17:24	97	20:54	73	24:24	48
14:00		17:30	96	21:00	72	24:30	47
14:06		17:36	96	21:06	71	24:36	47
14:12		17:42	95	21:12	71	24:42	46
14:18		17:48	94	21:18	70	24:48	45
14:24		17:54	94	21:24	69	24:54	45
14:30		18:00	93	21:30	68	25:00	44
14:36		18:06	92	21:36	68	25:06	43
14:42		18:12	92	21:42	67	25:12	42
14:48		18:18	91	21:48	66	25:18	42
14:54		18:24	90	21:54	66	25:24	41
15:00		18:30	89	22:00	65	25:30	40
15:06		18:36	89	22:06	64	25:36	40
15:12		18:42	88	22:12	64	25:42	39
15:18		18:48	87	22:18	63	25:48	38
15:24		18:54	87	22:24	62	25:54	38
15:30		19:00	86	22:30	61	26:00	37
15:36		19:06	85	22:36	61	26:06	36
15:42		19:12	85	22:42	60	26:12	35
15:48		19:18	84	22:48	59	26:18	35
15:54		19:24	83	22:54	59	26:24	34
16:00		19:30	82	23:00	58	26:30	33
16:06		19:36	82	23:06	57		
16:12		19:42	81	23:12	56		
16:18		19:48	80	23:18	56		

**2 MILE RUN STANDARDS Age:42~46(F)**

Time	Score	Time	Score	Time	Score	Time	Score
12:54		16:24		19:54	84	23:24	62
13:00		16:30		20:00	83	23:30	61
13:06		16:36		20:06	83	23:36	61
13:12		16:42		20:12	82	23:42	60
13:18		16:48		20:18	82	23:48	59
13:24		16:54		20:24	81	23:54	59
13:30		17:00		20:30	80	24:00	58
13:36		17:06		20:36	80	24:06	57
13:42		17:12		20:42	79	24:12	57
13:48		17:18		20:48	78	24:18	56
13:54		17:24	100	20:54	78	24:24	56
14:00		17:30	99	21:00	77	24:30	55
14:06		17:36	99	21:06	77	24:36	54
14:12		17:42	98	21:12	76	24:42	54
14:18		17:48	97	21:18	75	24:48	53
14:24		17:54	97	21:24	75	24:54	52
14:30		18:00	96	21:30	74	25:00	52
14:36		18:06	96	21:36	73	25:06	51
14:42		18:12	95	21:42	73	25:12	50
14:48		18:18	94	21:48	72	25:18	50
14:54		18:24	94	21:54	71	25:24	49
15:00		18:30	93	22:00	71	25:30	49
15:06		18:36	92	22:06	70	25:36	48
15:12		18:42	92	22:12	70	25:42	47
15:18		18:48	91	22:18	69	25:48	47
15:24		18:54	90	22:24	68	25:54	46
15:30		19:00	90	22:30	68	26:00	45
15:36		19:06	89	22:36	67	26:06	45
15:42		19:12	89	22:42	66	26:12	44
15:48		19:18	88	22:48	66	26:18	43
15:54		19:24	87	22:54	65	26:24	43
16:00		19:30	87	23:00	64	26:30	42
16:06		19:36	86	23:06	64		
16:12		19:42	85	23:12	63		
16:18		19:48	85	23:18	63		



# PROGRAMS

**2 MILE RUN STANDARDS Age:47~51(F)**

Time	Score	Time	Score	Time	Score	Time	Score
12:54		16:24		19:54	86	23:24	64
13:00		16:30		20:00	85	23:30	63
13:06		16:36		20:06	84	23:36	62
13:12		16:42		20:12	84	23:42	62
13:18		16:48		20:18	83	23:48	61
13:24		16:54		20:24	82	23:54	61
13:30		17:00		20:30	82	24:00	60
13:36		17:06		20:36	81	24:06	59
13:42		17:12		20:42	81	24:12	59
13:48		17:18		20:48	80	24:18	58
13:54		17:24		20:54	79	24:24	57
14:00		17:30		21:00	79	24:30	57
14:06		17:36	100	21:06	78	24:36	56
14:12		17:42	99	21:12	77	24:42	56
14:18		17:48	99	21:18	77	24:48	55
14:24		17:54	98	21:24	76	24:54	54
14:30		18:00	97	21:30	76	25:00	54
14:36		18:06	97	21:36	75	25:06	53
14:42		18:12	96	21:42	74	25:12	52
14:48		18:18	96	21:48	74	25:18	52
14:54		18:24	95	21:54	73	25:24	51
15:00		18:30	94	22:00	72	25:30	51
15:06		18:36	94	22:06	72	25:36	50
15:12		18:42	93	22:12	71	25:42	49
15:18		18:48	92	22:18	71	25:48	49
15:24		18:54	92	22:24	70	25:54	48
15:30		19:00	91	22:30	69	26:00	47
15:36		19:06	91	22:36	69	26:06	47
15:42		19:12	90	22:42	68	26:12	46
15:48		19:18	89	22:48	67	26:18	46
15:54		19:24	89	22:54	67	26:24	45
16:00		19:30	88	23:00	66	26:30	44
16:06		19:36	87	23:06	66		
16:12		19:42	87	23:12	65		
16:18		19:48	86	23:18	64		

**2 MILE RUN STANDARDS Age:52~56(F)**

Time	Score	Time	Score	Time	Score	Time	Score
12:54		16:24		19:54	93	23:24	67
13:00		16:30		20:00	93	23:30	67
13:06		16:36		20:06	92	23:36	66
13:12		16:42		20:12	91	23:42	65
13:18		16:48		20:18	90	23:48	64
13:24		16:54		20:24	90	23:54	64
13:30		17:00		20:30	89	24:00	63
13:36		17:06		20:36	88	24:06	62
13:42		17:12		20:42	87	24:12	61
13:48		17:18		20:48	87	24:18	61
13:54		17:24		20:54	86	24:24	60
14:00		17:30		21:00	85	24:30	59
14:06		17:36		21:06	84	24:36	59
14:12		17:42		21:12	84	24:42	58
14:18		17:48		21:18	83	24:48	57
14:24		17:54		21:24	82	24:54	56
14:30		18:00		21:30	81	25:00	56
14:36		18:06		21:36	81	25:06	55
14:42		18:12		21:42	80	25:12	54
14:48		18:18		21:48	79	25:18	53
14:54		18:24		21:54	79	25:24	53
15:00		18:30		22:00	78	25:30	52
15:06		18:36		22:06	77	25:36	51
15:12		18:42		22:12	76	25:42	50
15:18		18:48		22:18	76	25:48	50
15:24		18:54		22:24	75	25:54	49
15:30		19:00	100	22:30	74	26:00	48
15:36		19:06	99	22:36	73	26:06	47
15:42		19:12	99	22:42	73	26:12	47
15:48		19:18	98	22:48	72	26:18	46
15:54		19:24	97	22:54	71	26:24	45
16:00		19:30	96	23:00	70	26:30	44
16:06		19:36	96	23:06	70		
16:12		19:42	95	23:12	69		
16:18		19:48	94	23:18	68		

# PROGRAMS

**2 MILE RUN STANDARDS** Age:57~61(F)

Time	Score	Time	Score	Time	Score	Time	Score
12:54		16:24		19:54	98	23:24	71
13:00		16:30		20:00	98	23:30	70
13:06		16:36		20:06	97	23:36	69
13:12		16:42		20:12	96	23:42	69
13:18		16:48		20:18	95	23:48	68
13:24		16:54		20:24	95	23:54	67
13:30		17:00		20:30	94	24:00	66
13:36		17:06		20:36	93	24:06	65
13:42		17:12		20:42	92	24:12	65
13:48		17:18		20:48	91	24:18	64
13:54		17:24		20:54	91	24:24	63
14:00		17:30		21:00	90	24:30	62
14:06		17:36		21:06	89	24:36	62
14:12		17:42		21:12	88	24:42	61
14:18		17:48		21:18	87	24:48	60
14:24		17:54		21:24	87	24:54	59
14:30		18:00		21:30	86	25:00	58
14:36		18:06		21:36	85	25:06	58
14:42		18:12		21:42	84	25:12	57
14:48		18:18		21:48	84	25:18	56
14:54		18:24		21:54	83	25:24	55
15:00		18:30		22:00	82	25:30	55
15:06		18:36		22:06	81	25:36	54
15:12		18:42		22:12	80	25:42	53
15:18		18:48		22:18	80	25:48	52
15:24		18:54		22:24	79	25:54	51
15:30		19:00		22:30	78	26:00	51
15:36		19:06		22:36	77	26:06	50
15:42		19:12		22:42	76	26:12	49
15:48		19:18		22:48	76	26:18	48
15:54		19:24		22:54	75	26:24	47
16:00		19:30		23:00	74	26:30	47
16:06		19:36		23:06	73		
16:12		19:42	100	23:12	73		
16:18		19:48	99	23:18	72		

**2 MILE RUN STANDARDS** Age:62+(F)

Time	Score	Time	Score	Time	Score	Time	Score
12:54		16:24		19:54		23:24	73
13:00		16:30		20:00	100	23:30	72
13:06		16:36		20:06	99	23:36	71
13:12		16:42		20:12	98	23:42	70
13:18		16:48		20:18	98	23:48	70
13:24		16:54		20:24	97	23:54	69
13:30		17:00		20:30	96	24:00	68
13:36		17:06		20:36	95	24:06	67
13:42		17:12		20:42	94	24:12	66
13:48		17:18		20:48	94	24:18	66
13:54		17:24		20:54	93	24:24	65
14:00		17:30		21:00	92	24:30	64
14:06		17:36		21:06	91	24:36	63
14:12		17:42		21:12	90	24:42	62
14:18		17:48		21:18	90	24:48	62
14:24		17:54		21:24	89	24:54	61
14:30		18:00		21:30	88	25:00	60
14:36		18:06		21:36	87	25:06	59
14:42		18:12		21:42	86	25:12	58
14:48		18:18		21:48	86	25:18	58
14:54		18:24		21:54	85	25:24	57
15:00		18:30		22:00	84	25:30	56
15:06		18:36		22:06	83	25:36	55
15:12		18:42		22:12	82	25:42	54
15:18		18:48		22:18	82	25:48	54
15:24		18:54		22:24	81	25:54	53
15:30		19:00		22:30	80	26:00	52
15:36		19:06		22:36	79	26:06	51
15:42		19:12		22:42	78	26:12	50
15:48		19:18		22:48	78	26:18	50
15:54		19:24		22:54	77	26:24	49
16:00		19:30		23:00	76	26:30	48
16:06		19:36		23:06	75		
16:12		19:42		23:12	74		
16:18		19:48		23:18	74		



# PROGRAMS

US Air Force Physical Fitness Test (USAF PFT): This test determines a score based on the time you need to run a distance of 2.4 Km / 1.5 miles. The display window will follow the changes in your Speed. After 2.4 Km / 1.5 miles you will enter [TEST RESULT Mode]. If you stop before 2.4 Km / 1.5 miles, you will enter [END OF WORKOUT].

Scores for men are calculated according to age-related standards.

Age:<30

Age:30-39

Age:40-49

Cardiorespiratory Endurance			Cardiorespiratory Endurance			Cardiorespiratory Endurance		
Run Time (mins:secs)	Health Risk Category	Points	Run Time (mins:secs)	Health Risk Category	Points	Run Time (mins:secs)	Health Risk Category	Points
≤ 9:12	Low-Risk	60.0	≤ 9:34	Low-Risk	60.0	≤ 9:45	Low-Risk	60.0
9:13 - 9:34	Low-Risk	59.7	9:35 - 9:58	Low-Risk	59.3	9:46 - 10:10	Low-Risk	59.8
9:35 - 9:45	Low-Risk	59.3	9:59 - 10:10	Low-Risk	58.6	10:11 - 10:23	Low-Risk	59.5
9:46 - 9:58	Low-Risk	58.9	10:11 - 10:23	Low-Risk	57.9	10:24 - 10:37	Low-Risk	59.1
9:59 - 10:10	Low-Risk	58.5	10:24 - 10:37	Low-Risk	57.3	10:38 - 10:51	Low-Risk	58.7
10:11 - 10:23	Low-Risk	57.9	10:38 - 10:51	Low-Risk	56.6	10:52 - 11:06	Low-Risk	58.3
10:24 - 10:37	Low-Risk	57.3	10:52 - 11:06	Low-Risk	55.7	11:07 - 11:22	Low-Risk	57.7
10:38 - 10:51	Low-Risk	56.6	11:07 - 11:22	Low-Risk	54.8	11:23 - 11:38	Low-Risk	57.1
10:52 - 11:06	Low-Risk	55.7	11:23 - 11:38	Low-Risk	53.7	11:39 - 11:56	Low-Risk	56.3
11:07 - 11:22	Low-Risk	54.8	11:39 - 11:56	Low-Risk	52.4	11:57 - 12:14	Low-Risk	55.4
11:23 - 11:38	Low-Risk	53.7	11:57 - 12:14	Low-Risk	50.9	12:15 - 12:33	Low-Risk	54.3
11:39 - 11:56	Low-Risk	52.4	12:15 - 12:33	Low-Risk	49.2	12:34 - 12:53	Low-Risk	53.1
11:57 - 12:14	Low-Risk	50.9	12:34 - 12:53	Low-Risk	47.2	12:54 - 13:14	Low-Risk	51.5
12:15 - 12:33	Low-Risk	49.2	12:54 - 13:14	Moderate Risk	44.9	13:15 - 13:36	Low-Risk	49.8
12:34 - 12:53	Moderate Risk	47.2	13:15 - 13:36	Moderate Risk	42.3	13:37 - 14:00	Moderate Risk	47.7
12:54 - 13:14	Moderate Risk	44.9	13:37 - 14:00 *	Moderate Risk	39.3	14:01 - 14:25	Moderate Risk	45.2
13:15 - 13:36 *	Moderate Risk	42.3	14:01 - 14:25	High Risk	35.8	14:26 - 14:52 *	Moderate Risk	42.3
13:37 - 14:00	High Risk	39.3	14:26 - 14:52	High Risk	31.7	14:53 - 15:20	High Risk	38.8
14:01 - 14:25	High Risk	35.8	14:53 - 15:20	High Risk	27.1	15:21 - 15:50	High Risk	34.7
14:26 - 14:52	High Risk	31.7	15:21 - 15:50	High Risk	21.7	15:51 - 16:22	High Risk	29.9
14:53 - 15:20	High Risk	27.1	15:51 - 16:22	High Risk	15.5	16:23 - 16:57	High Risk	24.2
15:21 - 15:50	High Risk	21.7	16:23 - 16:57	High Risk	8.3	16:58 - 17:34	High Risk	17.4
15:51 - 16:22	High Risk	15.5	≥ 16:58	High Risk	0.0	17:35 - 18:14	High Risk	9.4
16:23 - 16:57	High Risk	8.3				≥ 18:15	High Risk	0.0
≥ 16:58	High Risk	0.0						



# PROGRAMS

Scores for men are calculated according to age-related standards.

Age:50-59		
Cardiorespiratory Endurance		
Run Time (mins:secs)	Health Risk Category	Points
≤ 10:37	Low-Risk	60.0
10:38 - 11:06	Low-Risk	59.7
11:07 - 11:22	Low-Risk	59.4
11:23 - 11:38	Low-Risk	59.0
11:39 - 11:56	Low-Risk	58.5
11:57 - 12:14	Low-Risk	58.0
12:15 - 12:33	Low-Risk	57.3
12:34 - 12:53	Low-Risk	56.5
12:54 - 13:14	Low-Risk	55.6
13:15 - 13:36	Low-Risk	54.5
13:37 - 14:00	Low-Risk	53.3
14:01 - 14:25	Low-Risk	51.8
14:26 - 14:52	Low-Risk	50.0
14:53 - 15:20	Moderate Risk	47.9
15:21 - 15:50	Moderate Risk	45.4
15:51 - 16:22 *	Moderate Risk	42.4
16:23 - 16:57	High Risk	39.0
16:58 - 17:34	High Risk	34.9
17:35 - 18:14	High Risk	30.0
18:15 - 18:56	High Risk	24.3
18:57 - 19:43	High Risk	17.5
19:44 - 20:33	High Risk	9.5
≥ 20:34	High Risk	0.0

Age:60+		
Cardiorespiratory Endurance		
Run Time (mins:secs)	Health Risk Category	Points
≤ 11:22	Low-Risk	60.0
11:23 - 11:56	Low-Risk	59.7
11:57 - 12:14	Low-Risk	59.4
12:15 - 12:33	Low-Risk	59.0
12:34 - 12:53	Low-Risk	58.5
12:54 - 13:14	Low-Risk	58.0
13:15 - 13:36	Low-Risk	57.3
13:37 - 14:00	Low-Risk	56.5
14:01 - 14:25	Low-Risk	55.6
14:26 - 14:52	Low-Risk	54.5
14:53 - 15:20	Low-Risk	53.3
15:21 - 15:50	Low-Risk	51.8
15:51 - 16:22	Low-Risk	50.0
16:23 - 16:57	Moderate Risk	47.9
16:58 - 17:34	Moderate Risk	45.4
17:35 - 18:14 *	Moderate Risk	42.4
18:15 - 18:56	High Risk	39.0
18:57 - 19:43	High Risk	34.9
19:44 - 20:33	High Risk	30.0
20:34 - 21:28	High Risk	24.3
21:29 - 22:28	High Risk	17.5
22:29 - 23:34	High Risk	9.5
≥ 23:35	High Risk	0.0

# PROGRAMS

Scores for women are calculated according to age-related standards.

Age:<30

Age:30-39

Age:40-49

Cardiorespiratory Endurance		
Run Time (mins:secs)	Health Risk Category	Points
≤ 10:23	Low-Risk	60.0
10:24 - 10:51	Low-Risk	59.9
10:52 - 11:06	Low-Risk	59.5
11:07 - 11:22	Low-Risk	59.2
11:23 - 11:38	Low-Risk	58.9
11:39 - 11:56	Low-Risk	58.6
11:57 - 12:14	Low-Risk	58.1
12:15 - 12:33	Low-Risk	57.6
12:34 - 12:53	Low-Risk	57.0
12:54 - 13:14	Low-Risk	56.2
13:15 - 13:36	Low-Risk	55.3
13:37 - 14:00	Low-Risk	54.2
14:01 - 14:25	Low-Risk	52.8
14:26 - 14:52	Low-Risk	51.2
14:53 - 15:20	Moderate Risk	49.3
15:21 - 15:50	Moderate Risk	46.9
15:51 - 16:22 *	Moderate Risk	44.1
16:23 - 16:57	High Risk	40.8
16:58 - 17:34	High Risk	36.7
17:35 - 18:14	High Risk	31.8
18:15 - 18:56	High Risk	25.9
18:57 - 19:43	High Risk	18.8
19:44 - 20:33	High Risk	10.3
≥ 20:34	High Risk	0.0

Cardiorespiratory Endurance		
Run Time (mins:secs)	Health Risk Category	Points
≤ 10:51	Low-Risk	60.0
10:52 - 11:22	Low-Risk	59.5
11:23 - 11:38	Low-Risk	59.0
11:39 - 11:56	Low-Risk	58.6
11:57 - 12:14	Low-Risk	58.1
12:15 - 12:33	Low-Risk	57.6
12:34 - 12:53	Low-Risk	57.0
12:54 - 13:14	Low-Risk	56.2
13:15 - 13:36	Low-Risk	55.3
13:37 - 14:00	Low-Risk	54.2
14:01 - 14:25	Low-Risk	52.8
14:26 - 14:52	Low-Risk	51.2
14:53 - 15:20	Low-Risk	49.3
15:21 - 15:50	Moderate Risk	46.9
15:51 - 16:22	Moderate Risk	44.1
16:23 - 16:57 *	Moderate Risk	40.8
16:58 - 17:34	High Risk	36.7
17:35 - 18:14	High Risk	31.8
18:15 - 18:56	High Risk	25.9
18:57 - 19:43	High Risk	18.8
19:44 - 20:33	High Risk	10.3
≥ 20:34	High Risk	0.0

Cardiorespiratory Endurance		
Run Time (mins:secs)	Health Risk Category	Points
≤ 11:22	Low-Risk	60.0
11:23 - 11:56	Low-Risk	59.9
11:57 - 12:14	Low-Risk	59.8
12:15 - 12:33	Low-Risk	59.6
12:34 - 12:53	Low-Risk	59.4
12:54 - 13:14	Low-Risk	59.1
13:15 - 13:36	Low-Risk	58.7
13:37 - 14:00	Low-Risk	58.2
14:01 - 14:25	Low-Risk	57.7
14:26 - 14:52	Low-Risk	56.9
14:53 - 15:20	Low-Risk	56.0
15:21 - 15:50	Low-Risk	54.8
15:51 - 16:22	Low-Risk	53.3
16:23 - 16:57	Moderate Risk	51.4
16:58 - 17:34	Moderate Risk	49.0
17:35 - 18:14 *	Moderate Risk	45.9
18:15 - 18:56	High Risk	42.0
18:57 - 19:43	High Risk	37.1
19:44 - 20:33	High Risk	30.8
20:34 - 21:28	High Risk	22.9
21:29 - 22:28	High Risk	12.8
≥ 22:29	High Risk	0.0



# PROGRAMS

**Age:50~59**

<b>Cardiorespiratory Endurance</b>		
Run Time (mins:secs)	Health Risk Category	Points
≤ 12:53	Low-Risk	60.0
12:54 - 13:36	Low-Risk	59.8
13:37 - 14:00	Low-Risk	59.6
14:01 - 14:25	Low-Risk	59.3
14:26 - 14:52	Low-Risk	58.9
14:53 - 15:20	Low-Risk	58.4
15:21 - 15:50	Low-Risk	57.7
15:51 - 16:22	Low-Risk	56.8
16:23 - 16:57	Low-Risk	55.6
16:58 - 17:34	Low-Risk	54.0
17:35 - 18:14	Low-Risk	51.9
18:15 - 18:56	Moderate Risk	49.2
18:57 - 19:43 *	Moderate Risk	45.5
19:44 - 20:33	High Risk	40.7
20:34 - 21:28	High Risk	34.3
21:29 - 22:28	High Risk	25.9
22:29 - 23:34	High Risk	14.7
≥ 23:35	High Risk	0.0

**Age:60+**

<b>Cardiorespiratory Endurance</b>		
Run Time (mins:secs)	Health Risk Category	Points
≤ 14:00	Low-Risk	60.0
14:01 - 14:52	Low-Risk	59.8
14:53 - 15:20	Low-Risk	59.5
15:21 - 15:50	Low-Risk	59.1
15:51 - 16:22	Low-Risk	58.6
16:23 - 16:57	Low-Risk	57.9
16:58 - 17:34	Low-Risk	57.0
17:35 - 18:14	Low-Risk	55.8
18:15 - 18:56	Low-Risk	54.2
18:57 - 19:43	Low-Risk	52.1
19:44 - 20:33	Moderate Risk	49.3
20:34 - 21:28	Moderate Risk	45.6
21:29 - 22:28 *	Moderate Risk	40.8
22:29 - 23:34	High Risk	34.4
23:35 - 24:46	High Risk	26.0
24:47 - 26:06	High Risk	14.8
≥ 26:07	High Risk	0.0

# PROGRAMS

FEDERAL LAW: This test determines a score based on the time you need to run a distance of 2.4 Km / 1.5 miles. The display window will follow the changes in your Speed. After 2.4 Km / 1.5 miles you will enter [TEST RESULT Mode]. If you stop before 2.4 Km / 1.5 miles, you will enter [END OF WORKOUT].

Scores for men are calculated according to age-related standards.

<=24	1. <=24	n
Percentiles	min:sec	
99	8:47	
98	9:03	
97	9:14	
96	9:23	
95	9:30	
94	9:37	
93	9:42	
92	9:48	
91	9:54	
90	9:58	
89	10:03	
88	10:08	
87	10:12	
86	10:16	
85	10:20	
84	10:23	
83	10:27	
82	10:31	
81	10:34	
80	10:37	
79	10:40	

78	10:44
77	10:47
76	10:50
75	10:53
74	10:56
73	10:59
72	11:02
71	11:05
70	11:07
69	11:11
68	11:14
67	11:17
66	11:20
65	11:23
64	11:26
63	11:29
62	11:31
61	11:34
60	11:37
59	11:40
58	11:43

57	11:46
56	11:48
55	11:51
54	11:54
53	11:57
52	12:00
51	12:02
50	12:05
49	12:08
48	12:11
47	12:15
46	12:18
45	12:20
44	12:23
43	12:27
42	12:30
41	12:34
40	12:37
39	12:40
38	12:44
37	12:47

36	12:50
35	12:54
34	12:58
33	13:01
32	13:05
31	13:10
30	13:14
29	13:19
28	13:24
27	13:28
26	13:33
25	13:37
24	13:43
23	13:49
22	13:54
21	13:59
20	14:05
19	14:12
18	14:18
17	14:25
16	14:32

15	14:04
14	14:47
13	14:55
12	15:05
11	15:15
10	15:26
9	15:38
8	15:53
7	16:07
6	16:26
5	16:52
4	17:18
3	17:49
2	18:36
1	19:45

# PROGRAMS

FEDERAL LAW : MALE(Age:25-29) :

25~29	1 25~29	n
Percentiles	min:sec	
99	8:52	
98	9:09	
97	9:21	
96	9:32	
95	9:04	
94	9:47	
93	9:54	
92	9:59	
91	10:04	
90	10:09	
89	10:14	
88	10:18	
87	10:22	
86	10:26	
85	10:03	
84	10:34	
83	10:37	
82	10:41	
81	10:45	
80	10:48	
79	10:52	

78	10:55
77	10:59
76	11:02
75	11:05
74	11:09
73	11:12
72	11:15
71	11:18
70	11:21
69	11:24
68	11:27
67	11:29
66	11:32
65	11:35
64	11:38
63	11:41
62	11:44
61	11:47
60	11:49
59	11:52
58	11:55

57	11:58
56	12:01
55	12:04
54	12:07
53	12:01
52	12:13
51	12:16
50	12:19
49	12:22
48	12:25
47	12:29
46	12:32
45	12:36
44	12:39
43	12:42
42	12:46
41	12:49
40	12:53
39	12:56
38	13:00
37	13:03

36	13:07
35	13:11
34	13:15
33	13:02
32	13:24
31	13:28
30	13:33
29	13:37
28	13:42
27	13:47
26	13:52
25	13:57
24	14:03
23	14:08
22	14:14
21	14:02
20	14:27
19	14:33
18	14:04
17	14:47
16	14:55

15	15:03
14	15:01
13	15:02
12	15:03
11	15:42
10	15:53
9	16:05
8	16:02
7	16:35
6	16:53
5	17:13
4	17:40
3	18:17
2	19:02
1	20:18

# PROGRAMS

FEDERAL LAW : MALE(Age:30-34)

Percentiles	min:sec
99	9:06
98	9:24
97	9:37
96	9:46
95	9:54
94	10:02
93	10:09
92	10:15
91	10:21
90	10:26
89	10:31
88	10:36
87	10:40
86	10:44
85	10:48
84	10:52
83	10:57
82	11:01
81	11:04
80	11:08
79	11:12

78	11:15
77	11:19
76	11:22
75	11:26
74	11:29
73	11:32
72	11:35
71	11:38
70	11:41
69	11:45
68	11:48
67	11:51
66	11:54
65	11:57
64	12:00
63	12:03
62	12:06
61	12:10
60	12:13
59	12:16
58	12:20

57	12:23
56	12:26
55	12:29
54	12:32
53	12:35
52	12:38
51	12:41
50	12:45
49	12:49
48	12:52
47	12:55
46	12:59
45	13:03
44	13:06
43	13:10
42	13:13
41	13:18
40	13:22
39	13:25
38	13:30
37	13:33

36	13:37
35	13:41
34	13:45
33	13:50
32	13:55
31	14:00
30	14:04
29	14:09
28	14:14
27	14:19
26	14:24
25	14:30
24	14:36
23	14:42
22	14:48
21	14:55
20	15:02
19	15:08
18	15:16
17	15:24
16	15:31

15	15:40
14	15:48
13	15:58
12	16:07
11	16:18
10	16:30
9	16:46
8	17:00
7	17:14
6	17:31
5	17:54
4	18:19
3	18:51
2	19:40
1	21:04



# PROGRAMS

FEDERAL LAW : MALE(Age:35-39)

35~39	1 35~39
Percentiles	min:sec
99	9:15
98	9:36
97	9:49
96	9:59
95	10:09
94	10:17
93	10:24
92	10:30
91	10:35
90	10:41
89	10:45
88	10:50
87	10:55
86	11:00
85	11:04
84	11:10
83	11:15
82	11:19
81	11:23
80	11:28
79	11:31

78	11:36
77	11:39
76	11:43
75	11:47
74	11:50
73	11:54
72	11:57
71	12:01
70	12:04
69	12:08
68	12:12
67	12:15
66	12:19
65	12:22
64	12:26
63	12:30
62	12:33
61	12:36
60	12:40
59	12:44
58	12:47

57	11:36
56	11:39
55	11:43
54	11:47
53	11:50
52	11:54
51	11:57
50	12:01
49	12:04
48	12:08
47	12:12
46	12:15
45	12:19
44	12:22
43	12:26
42	12:30
41	12:33
40	12:36
39	12:40
38	12:44
37	12:47

36	12:51
35	12:54
34	12:57
33	13:00
32	13:03
31	13:07
30	13:11
29	13:15
28	13:18
27	13:22
26	13:26
25	13:29
24	13:33
23	13:37
22	13:40
21	13:44
20	13:47
19	13:51
18	13:55
17	14:00
16	14:04

15	16:14
14	16:23
13	16:35
12	16:46
11	16:57
10	17:08
9	17:21
8	17:36
7	17:52
6	18:12
5	18:33
4	19:00
3	19:38
2	20:25
1	22:00



# PROGRAMS

FEDERAL LAW : MALE(Age:40-44)

f	40~44	1	40~44	n
Percentiles	min:sec			
99	9:34			
98	9:56			
97	10:11			
96	10:22			
95	10:30			
94	10:39			
93	10:46			
92	10:54			
91	11:00			
90	11:07			
89	11:13			
88	11:19			
87	11:24			
86	11:30			
85	11:37			
84	11:43			
83	11:47			
82	11:52			
81	11:56			
80	12:01			
79	12:06			

78	12:11
77	12:17
76	12:21
75	12:28
74	12:33
73	12:38
72	12:42
71	12:45
70	12:49
69	12:52
68	12:56
67	13:01
66	13:05
65	13:10
64	13:14
63	13:18
62	13:22
61	13:26
60	13:30
59	13:33
58	13:37

57	13:42
56	13:46
55	13:50
54	13:54
53	13:58
52	14:02
51	14:06
50	14:10
49	14:14
48	14:19
47	14:22
46	14:26
45	14:30
44	14:35
43	14:38
42	14:43
41	14:47
40	14:51
39	14:56
38	15:01
37	15:06

36	15:11
35	15:15
34	15:20
33	15:26
32	15:31
31	15:35
30	15:39
29	15:45
28	15:50
27	15:55
26	16:00
25	16:08
24	16:13
23	16:19
22	16:27
21	16:31
20	16:37
19	16:46
18	16:54
17	17:00
16	17:12

15	17:20
14	17:31
13	17:45
12	17:56
11	18:10
10	18:22
9	18:37
8	18:53
7	19:17
6	19:37
5	20:04
4	20:28
3	21:19
2	22:22
1	23:44

# PROGRAMS

FEDERAL LAW : MALE(Age:45-49)

45~49	45~49
Percentiles	min:sec
99	9:57
98	12:26
97	10:41
96	10:54
95	11:05
94	11:16
93	11:27
92	11:35
91	11:41
90	11:45
89	11:52
88	11:59
87	12:06
86	12:12
85	12:19
84	12:24
83	12:30
82	12:33
81	12:38
80	12:43
79	12:48

78	12:53
77	12:58
76	13:03
75	13:07
74	13:11
73	13:16
72	13:02
71	13:25
70	13:30
69	13:34
68	13:38
67	13:42
66	13:48
65	13:52
64	13:56
63	14:00
62	14:05
61	14:09
60	14:12
59	14:16
58	14:19

57	14:24
56	14:29
55	14:34
54	14:39
53	14:42
52	14:47
51	14:52
50	14:58
49	15:02
48	15:07
47	15:10
46	15:14
45	15:18
44	15:22
43	15:27
42	15:31
41	15:35
40	15:39
39	15:44
38	15:49
37	15:54

36	15:59
35	16:04
34	16:10
33	16:15
32	16:20
31	16:26
30	16:33
29	16:38
28	16:43
27	16:49
26	16:59
25	17:04
24	17:10
23	17:17
22	17:24
21	17:30
20	17:38
19	17:45
18	17:54
17	18:02
16	18:10

15	18:19
14	18:28
13	18:39
12	18:46
11	18:51
10	18:58
9	19:03
8	19:40
7	20:00
6	20:15
5	20:42
4	21:21
3	22:06
2	23:05
1	24:24

# PROGRAMS

FEDERAL LAW : MALE(Age:50-54)

Percentiles	min:sec
99	10:07
98	10:32
97	10:42
96	10:54
95	11:03
94	11:37
93	11:52
92	12:03
91	12:12
90	12:02
89	12:28
88	12:35
87	12:43
86	12:51
85	12:57
84	13:00
83	13:05
82	13:11
81	13:18
80	13:25
79	13:30

78	13:35
77	13:40
76	13:43
75	13:49
74	13:56
73	14:00
72	14:07
71	14:12
70	14:16
69	14:21
68	14:25
67	14:28
66	14:31
65	14:35
64	14:40
63	14:45
62	14:49
61	14:52
60	14:55
59	15:01
58	15:07

57	15:10
56	15:16
55	15:21
54	15:26
53	15:29
52	15:32
51	15:37
50	15:43
49	15:48
48	15:53
47	15:57
46	16:00
45	16:04
44	16:08
43	16:12
42	16:19
41	16:27
40	16:30
39	16:34
38	16:40
37	16:48

36	16:54
35	16:57
34	17:00
33	17:08
32	17:14
31	17:17
30	17:22
29	17:29
28	17:33
27	17:40
26	17:46
25	17:05
24	17:59
23	18:05
22	18:19
21	18:27
20	18:34
19	18:41
18	18:50
17	19:01
16	19:09

15	19:17
14	19:25
13	19:34
12	19:46
11	19:55
10	20:07
9	20:22
8	20:50
7	21:02
6	21:26
5	21:44
4	22:18
3	22:53
2	23:44
1	25:36

# PROGRAMS

FEDERAL LAW : MALE(Age:55-59)

Percentiles	min:sec
99	10:29
98	11:33
97	12:00
96	12:21
95	12:37
94	12:47
93	12:55
92	13:02
91	13:07
90	13:10
89	13:17
88	13:26
87	13:30
86	13:40
85	13:47
84	13:55
83	14:03
82	14:05
81	14:09
80	14:14
79	14:23

78	14:31
77	14:37
76	14:40
75	14:48
74	14:50
73	14:55
72	15:02
71	15:06
70	15:11
69	15:17
68	15:21
67	15:26
66	15:30
65	15:38
64	15:43
63	15:45
62	15:49
61	15:56
60	16:03
59	16:06
58	16:08

57	16:14
56	16:19
55	16:24
54	16:28
53	16:31
52	16:34
51	16:41
50	16:47
49	16:51
48	17:00
47	17:01
46	17:10
45	17:12
44	17:18
43	17:22
42	17:27
41	17:29
40	17:32
39	17:40
38	17:48
37	17:52

36	17:57
35	18:02
34	18:08
33	18:16
32	18:21
31	18:28
30	18:33
29	18:39
28	18:43
27	18:54
26	19:05
25	19:14
24	19:19
23	19:30
22	19:37
21	19:41
20	19:55
19	19:59
18	20:05
17	20:13
16	20:24

15	20:36
14	20:48
13	21:00
12	21:12
11	21:24
10	21:42
9	22:06
8	22:22
7	22:35
6	23:07
5	23:28
4	23:55
3	24:10
2	24:43
1	27:48

# PROGRAMS

## FEDERAL LAW : MALE(Age:60+)

P	60+	s	1.1	60+	un
Percentiles	min:sec				
99	11:58				
98	12:17				
97	12:25				
96	12:28				
95	12:29				
94	12:33				
93	12:59				
92	13:22				
91	13:37				
90	13:41				
89	13:43				
88	13:49				
87	13:58				
86	14:02				
85	14:13				
84	14:15				
83	14:29				
82	14:35				
81	14:48				
80	14:50				
79	14:54				

78	14:57
77	14:59
76	15:05
75	15:07
74	15:09
73	15:17
72	15:18
71	15:23
70	15:37
69	15:41
68	15:48
67	15:50
66	15:55
65	15:58
64	16:03
63	16:04
62	16:06
61	16:08
60	16:14
59	16:16
58	16:21

57	16:25
56	16:28
55	16:32
54	16:36
53	16:42
52	16:57
51	17:00
50	17:06
49	17:10
48	17:12
47	17:15
46	17:25
45	17:34
44	17:43
43	17:48
42	17:58
41	18:13
40	18:32
39	18:42
38	18:48
37	18:51

36	18:53
35	18:57
34	19:21
33	19:25
32	19:03
31	19:32
30	19:39
29	19:45
28	19:52
27	19:55
26	19:58
25	20:02
24	20:06
23	20:08
22	20:19
21	20:26
20	20:32
19	20:51
18	20:59
17	21:10
16	21:21

15	21:35
14	21:05
13	21:56
12	22:08
11	22:18
10	22:29
9	22:42
8	23:16
7	23:21
6	23:54
5	24:00
4	25:01
3	25:46
2	27:56
1	30:57



# PROGRAMS

Scores for women are calculated according to age-related standards.

FEDERAL LAW : Female(Age:<=24)

Percentiles	min:sec
99	10:16
98	10:43
97	11:02
96	11:14
95	11:24
94	11:37
93	11:45
92	11:54
91	12:03
90	12:12
89	12:20
88	12:26
87	12:32
86	12:39
85	12:45
84	12:51
83	12:55
82	13:00
81	13:06
80	13:11
79	13:17

78	13:23
77	13:27
76	13:31
75	13:36
74	13:41
73	13:46
72	13:49
71	13:53
70	13:57
69	14:01
68	14:06
67	14:01
66	14:15
65	14:02
64	14:25
63	14:28
62	14:32
61	14:36
60	14:04
59	14:44
58	14:47

57	14:52
56	14:57
55	15:01
54	15:05
53	15:09
52	15:13
51	15:18
50	15:22
49	15:26
48	15:31
47	15:35
46	15:04
45	15:43
44	15:47
43	15:53
42	15:57
41	16:02
40	16:07
39	16:11
38	16:16
37	16:21

36	16:26
35	16:30
34	16:35
33	16:40
32	16:44
31	16:50
30	16:56
29	17:03
28	17:08
27	17:14
26	17:19
25	17:24
24	17:32
23	17:39
22	17:44
21	17:50
20	17:58
19	18:08
18	18:15
17	18:24
16	18:31

15	18:40
14	18:05
13	19:02
12	19:13
11	19:25
10	19:38
9	19:51
8	20:05
7	20:22
6	20:39
5	21:01
4	21:43
3	22:21
2	23:07
1	24:22

# PROGRAMS

FEDERAL LAW : Female(Age:25-29)

25~29	1 25~29 n
Percentiles	min:sec
99	10:29
98	10:58
97	11:17
96	11:30
95	11:42
94	11:51
93	11:59
92	12:05
91	12:13
90	12:20
89	12:27
88	12:34
87	12:40
86	12:46
85	12:52
84	12:58
83	13:03
82	13:08
81	13:12
80	13:17
79	13:23

78	13:28
77	13:33
76	13:38
75	13:43
74	13:48
73	13:52
72	13:56
71	14:01
70	14:07
69	14:11
68	14:15
67	14:19
66	14:24
65	14:28
64	14:33
63	14:38
62	14:43
61	14:47
60	14:50
59	14:56
58	15:00

57	15:04
56	15:08
55	15:12
54	15:17
53	15:22
52	15:27
51	15:31
50	15:36
49	15:40
48	15:44
47	15:48
46	15:53
45	15:58
44	16:02
43	16:06
42	16:11
41	16:17
40	16:22
39	16:26
38	16:30
37	16:35

36	16:41
35	16:46
34	16:51
33	16:55
32	17:01
31	17:08
30	17:15
29	17:20
28	17:27
27	17:33
26	17:41
25	17:48
24	17:53
23	18:00
22	18:06
21	18:15
20	18:24
19	18:33
18	18:41
17	18:50
16	18:57

15	19:07
14	19:19
13	19:28
12	19:04
11	19:55
10	20:04
9	20:20
8	20:34
7	20:51
6	21:11
5	21:41
4	22:09
3	22:42
2	23:33
1	25:00



# PROGRAMS

FEDERAL LAW : Female(Age:30-34)

Percentiles	min:sec
99	10:29
98	10:58
97	11:17
96	11:30
95	11:42
94	11:51
93	11:59
92	12:05
91	12:13
90	12:20
89	12:27
88	12:34
87	12:40
86	12:46
85	12:52
84	12:58
83	13:03
82	13:08
81	13:12
80	13:17
79	13:23

78	13:28
77	13:33
76	13:38
75	13:43
74	13:48
73	13:52
72	13:56
71	14:01
70	14:07
69	14:11
68	14:15
67	14:19
66	14:24
65	14:28
64	14:33
63	14:38
62	14:43
61	14:47
60	14:50
59	14:56
58	15:00

57	15:04
56	15:08
55	15:12
54	15:17
53	15:22
52	15:27
51	15:31
50	16:26
49	16:32
48	16:37
47	16:41
46	16:46
45	16:51
44	16:58
43	17:03
42	17:08
41	17:13
40	17:19
39	17:24
38	17:03
37	17:35

36	17:40
35	17:45
34	17:50
33	17:57
32	18:01
31	18:07
30	18:13
29	18:19
28	18:25
27	18:32
26	18:38
25	18:44
24	18:52
23	18:59
22	19:05
21	19:11
20	19:19
19	19:29
18	19:36
17	19:45
16	19:55

15	20:04
14	20:14
13	20:28
12	20:40
11	20:54
10	21:08
9	21:25
8	21:47
7	22:07
6	22:26
5	22:56
4	23:23
3	24:02
2	25:00
1	26:07

# PROGRAMS

FEDERAL LAW : Female(Age:35-39)

35~39	1 35~39	n
Percentiles	min:sec	
99	11:08	
98	11:29	
97	11:48	
96	11:57	
95	12:11	
94	12:23	
93	12:34	
92	12:46	
91	12:54	
90	13:03	
89	13:12	
88	13:21	
87	13:29	
86	13:36	
85	13:42	
84	13:49	
83	13:55	
82	14:00	
81	14:05	
80	14:12	
79	14:17	

78	14:21
77	14:26
76	14:31
75	14:37
74	14:43
73	14:48
72	14:53
71	14:57
70	15:02
69	15:08
68	15:13
67	15:19
66	15:23
65	15:29
64	15:32
63	15:38
62	15:44
61	15:49
60	15:53
59	15:59
58	16:05

57	16:09
56	16:15
55	16:20
54	16:24
53	16:28
52	16:34
51	16:39
50	16:43
49	16:47
48	16:53
47	16:59
46	17:04
45	17:09
44	17:15
43	17:19
42	17:25
41	17:30
40	17:38
39	17:44
38	17:51
37	17:55

36	18:02
35	18:09
34	18:16
33	18:23
32	18:28
31	18:35
30	18:40
29	18:48
28	18:55
27	19:00
26	19:09
25	19:20
24	19:29
23	19:35
22	19:44
21	19:52
20	19:58
19	20:06
18	20:14
17	20:27
16	20:34

15	20:43
14	20:55
13	21:01
12	21:13
11	21:25
10	21:37
9	21:50
8	22:07
7	22:25
6	22:47
5	23:02
4	23:54
3	24:12
2	25:00
1	26:58

# PROGRAMS

FEDERAL LAW : Female(Age:40-44)

f	40~44	1	40~44	n
Percentiles		min:sec		
99	11:06			
98	11:38			
97	12:05			
96	12:18			
95	12:34			
94	12:43			
93	12:52			
92	13:09			
91	13:20			
90	13:29			
89	13:37			
88	13:50			
87	14:00			
86	14:11			
85	14:18			
84	14:24			
83	14:32			
82	14:39			
81	14:41			
80	14:48			
79	14:53			

78	14:56
77	15:05
76	15:08
75	15:12
74	15:16
73	15:21
72	15:29
71	15:36
70	15:39
69	15:45
68	15:52
67	15:56
66	16:03
65	16:08
64	16:15
63	16:22
62	16:26
61	16:31
60	16:36
59	16:42
58	16:50

57	16:54
56	17:02
55	17:07
54	17:11
53	17:14
52	17:18
51	17:24
50	17:30
49	17:32
48	17:36
47	17:40
46	17:47
45	17:54
44	17:59
43	18:03
42	18:08
41	18:13
40	18:16
39	18:20
38	18:25
37	18:30

36	18:39
35	18:43
34	18:47
33	18:54
32	18:08
31	19:06
30	19:15
29	19:20
28	19:25
27	19:32
26	19:37
25	19:43
24	19:50
23	19:55
22	20:00
21	20:07
20	20:20
19	20:24
18	20:30
17	20:45
16	20:51

15	21:03
14	21:15
13	21:20
12	21:39
11	21:46
10	22:00
9	22:24
8	22:38
7	23:05
6	23:30
5	24:03
4	24:44
3	25:29
2	26:06
1	27:29

# PROGRAMS

FEDERAL LAW : Female(Age:45-49)

Percentiles	min:sec
99	11:09
98	12:17
97	12:54
96	13:11
95	13:25
94	13:43
93	14:00
92	14:08
91	14:13
90	14:22
89	14:27
88	14:36
87	14:41
86	14:47
85	14:55
84	15:05
83	15:11
82	15:18
81	15:26
80	15:29
79	15:33

78	15:43
77	15:05
76	15:58
75	16:02
74	16:13
73	16:18
72	16:22
71	16:25
70	16:32
69	16:36
68	16:39
67	16:43
66	16:46
65	16:54
64	16:59
63	17:07
62	17:01
61	17:18
60	17:22
59	17:28
58	17:31

57	17:34
56	17:39
55	17:46
54	17:49
53	17:51
52	17:55
51	18:03
50	18:08
49	18:12
48	18:17
47	18:26
46	18:34
45	18:43
44	18:46
43	18:49
42	18:53
41	18:56
40	19:05
39	19:06
38	19:10
37	19:18

36	19:25
35	19:27
34	19:33
33	19:37
32	19:39
31	19:46
30	19:52
29	19:54
28	20:00
27	20:05
26	20:14
25	20:24
24	20:31
23	20:41
22	20:46
21	20:50
20	20:56
19	20:57
18	21:00
17	21:13
16	21:31

15	21:39
14	21:57
13	22:13
12	22:19
11	22:28
10	22:51
9	23:11
8	23:02
7	23:44
6	24:00
5	24:32
4	24:55
3	25:00
2	25:59
1	27:23

# PROGRAMS

FEDERAL LAW : Female(Age:50-54)

50~54	1 50~54
Percentiles	min:sec
99	12:58
98	13:38
97	14:05
96	14:25
95	14:03
94	14:36
93	14:37
92	14:41
91	14:46
90	14:56
89	14:58
88	15:09
87	15:15
86	15:23
85	15:03
84	15:41
83	15:56
82	15:59
81	16:09
80	16:11
79	16:21

78	16:39
77	16:47
76	17:00
75	17:02
74	17:05
73	17:07
72	17:12
71	17:18
70	17:25
69	17:27
68	17:31
67	17:34
66	17:37
65	17:42
64	17:59
63	18:03
62	18:36
61	18:39
60	18:41
59	18:49
58	19:06

57	19:11
56	19:13
55	19:14
54	19:15
53	19:18
52	19:02
51	19:33
50	19:38
49	19:04
48	19:52
47	19:54
46	19:58
45	20:00
44	20:19
43	20:22
42	20:23
41	20:27
40	20:36
39	20:39
38	20:45
37	20:49

36	20:51
35	20:52
34	20:54
33	21:01
32	21:01
31	21:19
30	21:34
29	21:44
28	21:05
27	21:51
26	22:08
25	22:12
24	22:15
23	22:21
22	22:42
21	22:47
20	22:53
19	22:59
18	23:07
17	23:07
16	23:11

15	23:17
14	23:32
13	23:38
12	23:55
11	24:29
10	25:03
9	26:08
8	26:14
7	26:49
6	26:58
5	28:00
4	28:04
3	28:13
2	28:23
1	30:58



# PROGRAMS

FEDERAL LAW : Female(Age:55+)

F	55+	is	1.5 Mile Run
Percentiles	min:sec		
99	11:14		
98	12:08		
97	13:33		
96	14:35		
95	14:05		
94	14:59		
93	15:24		
92	15:28		
91	15:34		
90	15:42		
89	15:45		
88	15:57		
87	16:11		
86	16:12		
85	16:14		
84	16:25		
83	16:27		
82	16:29		
81	16:30		
80	16:31		
79	16:32		

78	16:36
77	16:58
76	17:11
75	17:37
74	17:43
73	17:52
72	17:55
71	18:24
70	18:29
69	18:30
68	18:40
67	18:59
66	19:00
65	19:04
64	19:10
63	19:12
62	19:22
61	19:41
60	19:42
59	19:45
58	19:46

57	19:51
56	19:52
55	19:59
54	20:02
53	20:04
52	20:07
51	20:09
50	20:23
49	20:39
48	20:46
47	20:57
46	21:02
45	21:04
44	21:05
43	21:06
42	21:20
41	21:28
40	21:40
39	21:58
38	22:12
37	22:21

36	22:29
35	22:34
34	22:39
33	22:48
32	22:54
31	22:58
30	23:00
29	23:04
28	23:06
27	23:07
26	23:10
25	23:12
24	23:24
23	23:40
22	23:58
21	24:08
20	24:18
19	24:32
18	24:40
17	24:42
16	24:50

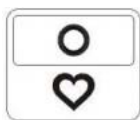
15	25:12
14	25:19
13	25:42
12	25:50
11	26:12
10	26:34
9	26:43
8	26:57
7	27:58
6	28:36
5	28:53
4	28:59
3	29:58
2	32:14
1	33:01

## PROGRAMS

Fitness: This program runs according to the table below. It takes 17 minutes and cannot be adjusted. The program stops under the following circumstances: when you press the STOP or emergency button, or when the program has been completed. The program cannot be paused while in progress. During the program, the Profile graphics will not change, and Speed and Incline cannot be manually adjusted. As the program starts, the window will display [WARM UP] once, and then your Profile graphic. The Bar will be displayed once every 30 seconds.

BAR	Period (sec)	Speed(KPH)	Incline	Time
1	30 s	4	0	2 min The window will display WARM UP once at 00:00
2	30 s	4	0	
3	30 s	4	0	
4	30 s	4	0	
5	30 s	6.2	0	3-4 min
6	30 s	6.2	0	
7	30 s	6.2	0	
8	30 s	6.2	0	
9	30 s	6.2	3	5-6 min
10	30 s	6.2	3	
11	30 s	6.2	3	
12	30 s	6.2	3	
13	30 s	6.2	6	7-8 min
14	30 s	6.2	6	
15	30 s	6.2	6	
16	30 s	6.2	6	
17	30 s	6.2	9	9-10 min
18	30 s	6.2	9	
19	30 s	6.2	9	
20	30 s	6.2	9	
21	30 s	6.2	12	11-12 min
22	30 s	6.2	12	
23	30 s	6.2	12	
24	30 s	6.2	12	
25	30 s	6.2	15	13-14 min
26	30 s	6.2	15	
27	30 s	6.2	15	
28	30 s	6.2	15	
29	30 s	4	3	15-17 min
30	30 s	4	3	
31	30 s	4	3	
32	30 s	4	0	

# PROGRAMS



H.R.C :

- 6.1 Press "HRC". The window will display 1.FAT BURN 2.AEROBIC 3.PERFORMANCE 4.CUSTOMIZE] streaming. This is the [**Setting Mode**].
- 6.2 Select Sport Mode: Use the key pad to select 1-4 (No need to press enter. Values out of ranger will be ignored.)
- 6.2.1 Set Age : Time window displays "Age preset value" flashing. Press button to interrupt flashing. The window will display [SET AGE THEN PRESS ENTER]. Use key pad to input settings directly (if setting is out of range it will return to the preset value), or use "Speed Fast", "Speed Slow", "Incline Up", "Incline Down" to do so. When finished, Press "ENTER" to proceed to the next setting. The heart rate window will calculate your heart rate based on your age. FAT BURN = (220-Age) X 65%, CARDIO = (220-Age) X 75%, PERFORMANCE = (220-Age) X 85%, CUSTOMIZE = 150.
- 6.2.2 Set Heart Rate (select CUSTOMIZE): The Heart Rate window displays "150" flashing. The matrix window displays [SET HEART RATE THEN PRESS ENTER]. Use the key pad to input settings directly (if the set vale is out of range it will return to the preset value), with a minimum set value of (220-Age) X 60, and a maximum set value of 195), or use "Speed Fast", "Speed Slow", "Incline Up", "Incline Down" to do so. When finished, press "ENTER" to proceed to the next setting.
- 6.2.3 Set Time: The time window displays "32:00" flashing. Press button to interrupt flashing. The matrix window will display [SET TIME 16: 00 - 99: 00 THEN PRESS ENTER]. Use the key pad to input settings directly or use "Speed Fast "" Speed Slow "," Incline Up "," Incline Down " to do so, with a minimum set time of 16:00, and a maximum set time of 99:00. . When finished, press "ENTER" to proceed to the next setting.
- 6.2.4 Set User Weight: The time window displays "WEIGHT Preset Value" flashing. Press button to interrupt flashing. The matrix window will display [SET WEIGHT THEN PRESS ENTER]. Use the key pad to input settings directly or use "Speed Fast "" Speed Slow "," Incline Up "," Incline Down " to do so, by increments of 0.1 Kg / 1 Lb. When finished, press "ENTER". The matrix window will display [PRESS RUN TO BEGIN OR ENTER TO RESET]. Press "ENTER" again to return to 6.1, or press "RUN" to start your program.
- 6.2.5 Press "RUN". The window will display "3 → 2 → 1 → GO" and the buzzer will beep once every second. All values will begin to accumulate in [**Execution Mode**].
- 6.2.6 The matrix window is preset to display [Program Profile Mode]. Each Bar displays at its minimum value. The graphics will change along with the changes in the Incline. Your position is displayed every half second. The Goal Bar displays your current Heart Rate value as a percentage of your set value.
- 6.2.7 You may use any interface to change Speed and Incline. The Profile graphics in the display window change along with the changes in Incline.
- 6.2.8 When setting Time, the Time / 32 Bar will change one bar at a time. As the Incline changes, the last bar will change along. Executed Bars are saved to a maximum of 32.
- 6.2.9 This program detects your heartbeat value once every 30 seconds, Based on the detected value it will make the following adjustments:  
If detection value  $\leq$  set value -10, then at first detection Speed + 0.2, at second detection Incline + 1, at third detection Speed + 0.2 ... and so on.  
If detection value  $\leq$  set value +10, then at first detection Speed - 0.2, at second detection Incline - 1, at third detection Speed -+ 0.2 ... and so on.  
If detection value  $\leq$  set value -3, then at first detection Speed + 0.1, at second detection Incline + 1, at third detection Speed + 0.1 ... and so on.  
If detection value  $\leq$  set value -3, then at first detection Speed - 0.1, at second detection Incline - 1, at third detection Speed - 0.1 ... and so on.

# PROGRAMS

- 6.2.10 The program has two operation modes to choose from: SPEED + INCLINE or INCLINE. In SPEED + INCLINE operation mode, when you select INCLINE, SPEED turns to manual mode and INCLINE is run by the program. In INCLINE operation mode, when SPEED runs, INCLINE runs as well. In SPEED operation mode, when INCLINE runs, SPEED runs as well.
- 6.2.11 When the Time or Distance or Calories count-down is completed, the buzzer beeps three times to indicate the program is finished. Press [END OFF WORKOUT mode] to exit.

## 7.1. Function Descriptions of the DISPLAY Button

- 7.1.1 As you exercise (press GO button to start your workout), the treadmill keeps track of the following data:
- 7.1.1.1 Press **DISPLAY** button once, Matrix (Message) window shows the track with number of **LAPs**.
- 7.1.1.2 Press **DISPLAY** button twice, Matrix (Message) window shows the **METS** → **CAL/H** → **PACE**. The definitions are listed below:

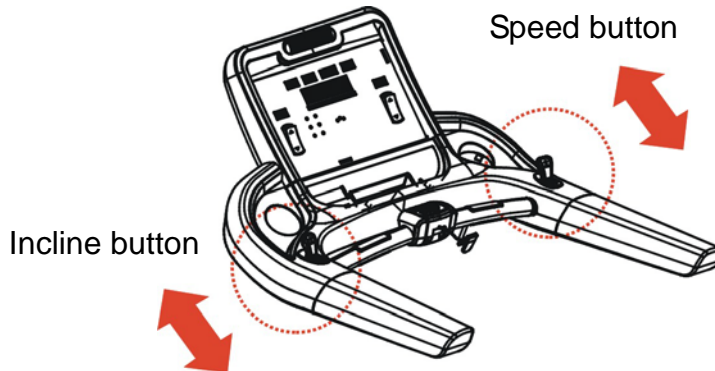
<b>METS (Metabolic Equivalent)</b>	<b>METS</b> is a physiological measure expressing the energy cost of physical activities and is defined as the ratio of metabolic rate.
	METS Calculation formula: $\text{METS} = [(10.8 * \text{WATT} / \text{Body Weight}) + 7] / 3.5$ *WATT= Calories /H ÷ 4.184 *CAL/H= Calories burned per hour *Body Weight unit is kilogram.
<b>CAL/H (Calories/Hour)</b>	<b>CAL/H</b> means calories burned per hour.
	Display range: 0~9999 CAL Display example: CAL/H=XXXX
<b>PACE</b>	<b>PACE</b> means how long it would take to walking (running) a mile (or kilometer).
	PACE Calculation formula: $\text{PACE} = 60 / \text{SPEED}$
	Display range: 00:00~99:59 Display example: PACE=XX:XX (minutes: seconds)

- 7.1.1.3 Press **DISPLAY** button tertiary, Matrix (Message) window shows the **Program Profile**.
- 7.1.2 Enter the [END OF WORKOUT mode] after the execution of each program. When the program is finished, SPEED window shows “0.0”, INCLINE window shows “0” and Matrix (Message) window shows “END OF WORKOUT” then shows “METS= --.-”. After pressing STOP or 1 minute, enter to [IDLE mode].
- 7.1.3 If taking then finished the (Physical) Test program, Matrix (Message) window shows “END OF WORKOUT” then shows “PERCENTILES=XX” and “AVERAGE METS= --.-”. After pressing STOP or 1 minute, enter to [IDLE mode].

# OPERATION

## 1.Quick Shift :

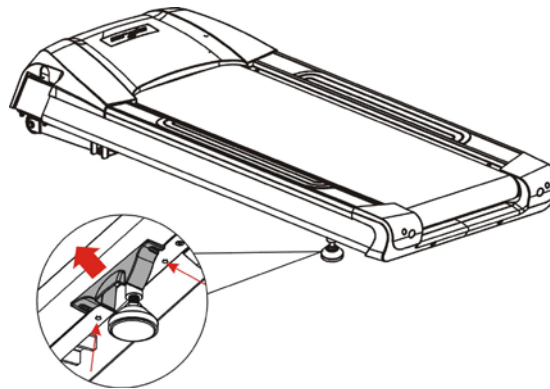
Speed Quick Shift: press Quick Shift up to increase speed or down to decrease speed.  
Incline Quick Shift: press Quick Shift to incline or down to decline.



## 2.FOLLOW THESE INSTRUCTIONS TO LEVEL YOUR TREADMILL:

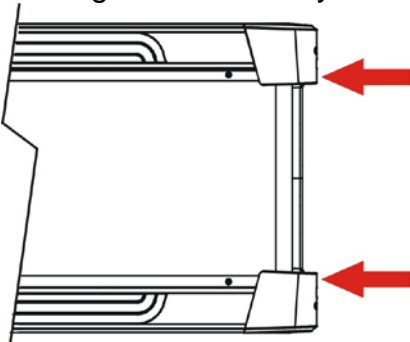
An uneven floor or improper adjustable pad level can cause the treadmill to wobble during use as well as the incline adjustment to function incorrectly. Please follow the procedure described below to make sure the treadmill adjustable pad is adjusted correctly prior to use. You may need the assistance of another person to perform this adjustment.

First locate the two adjustable pads under the running deck frame. Loose the screws of adjustable pad cover, and remove the adjustable pad cover. Then simply rotate them in or out to adjust the level of the treadmill. When properly adjusted the treadmill should sit firmly on both adjustable pads and all cushions.



## 3. Running Belt Travel Area:

The running belt should be centered and adjusted within the area which has been indicated by the arrows on right roller cover and left roller cover. The running belt can be worn and damaged if the running belt travels beyond this scope.





# BELT ADJUSTMENT

## **BELT ADJUSTMENT**

You may need to adjust the running belt during the first weeks of use. All running belts are properly set at the factory. It may stretch or be off-center after use. Stretching is normal during the break-in period.

### **ADJUSTING THE BELT TENSION**

If the running belt feel as though it is "slipping" or hesitating when you plant your foot during a run, the tension on the running belt may have to be increased.

#### **TO INCREASE THE RUNNING BELT TENSION**

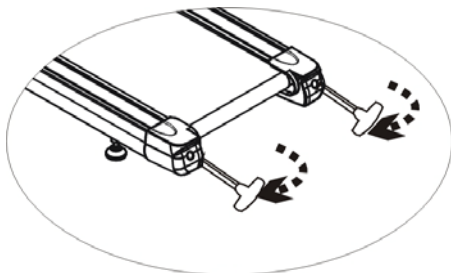
- A). Place 6mm wrench on the left belt tension bolt. Turn the wrench clockwise 1/4 turn to draw the rear roller and increase the belt tension.
- B). Repeat STEP "A" for the right belt tension bolt. You must be sure to run both bolts the same number of turns, so the rear roller will stay square relative to the frame.
- C). Repeat STEP "A" and STEP "B" until the slipping is eliminated.
- D). Be careful not to tighten the running belt tension too much as you can create excessively pressure on the front and rear roller bearings. An excessively tightened running belt may damage the roller bearings that would result in bearing noise from the front and rear rollers.

**TO DECREASE THE TENSION ON THE RUNNING BELT, TURN BOTH BOLTS COUNTERCLOCKWISE THE SAME NUMBER OF TURNS.**

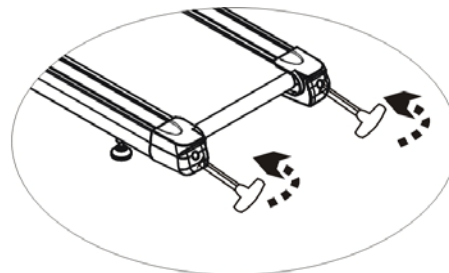
### **CENTERING THE RUNNING BELT**

When you run, you may push off harder with one foot than with another. The severity of the deflection depends on the amount of force that one foot exerts in the relation to the other. This deflection can cause the belt to move off-center. This deflection is normal and the running belt will be balanced or no body is on the running belt. If the running belt remains consistently off-center, you will need to center the running belt manually.

- A). Start the treadmill without anyone on the running belt, press (SPEED UP ) button until speed reached 6 kph.
  - B). Observe whether the running belt is toward the right or left side of the deck.
    - a. If toward the left side of the deck:  
Using wrench, turn the left adjustment bolt clockwise 1/4 turn and the right adjustment bolt counterclockwise 1/4.
    - b. If toward the right side of the deck:  
Using wrench, turn the right adjustment bolt clockwise 1/4 turn and the left adjustment bolt counterclockwise 1/4.
    - c. If the belt is still not centered, repeats the above steps until the running belt is on center.
  - C). After the belt is centered, increase the speed to 16kph and verify that it is running smoothly. Repeat the above steps if it is necessary.
- If the above procedure is unsuccessful in resolving the off-center, you may need to increase the belt tension.



Turn clockwise to Increase the running belt tension



Turn counter-clockwise to decrease the running belt tension

# CARE & MAINTENANCE

## CARE & MAINTENANCE

Always remove the key and unplug the power cord before cleaning, lubricating, or performing any maintenance.

Other parts maintenance:

Number	Checking Item	Daily	Week	Month	Season	6 Months
1	Console Screws					Checking
2	Frame	Wipe				Checking
3	Running Surface		Clean(dust)			Checking
4	Power Code			Checking		
5	Overlay	Wipe		Checking		
6	Handle bar	Wipe				Checking
7	Handle bar screws				Checking	
8	Front Roller & Groove				Wipe	Checking
9	Rear Roller					Checking
10	Safety Key	Wipe				
11	Drive Belt				Wipe	Checking
12	Running belt tension					Checking
13	Motor Control					Clean(dust)
14	Motor Pulley & Groove					Checking

## CARE & MAINTENANCE

### **CLEANING**

Perspiration should be wiped from the console and treadmill surface after your workout. You should wipe down this treadmill after each use with a water dampened, soft cloth. Be careful do not get excessive moisture on the display panel, this might cause an electrical hazard or electronics to fail.

### **REPLACEMENT RUNNING BELT**

Running belt is consumables parts. It should be replaced when the running belt surface showing signs of wear. Or we suggested you replace running belt after 6000 hours usage.

### **REPLACEMENT RUNNING DECK**

Running deck is consumables parts. It should be replaced when the running deck surface showing signs of wear. Or we suggested you replace running belt the same schedule as running belt.

### **STORAGE**

Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is unplugged from the electrical wall outlet.

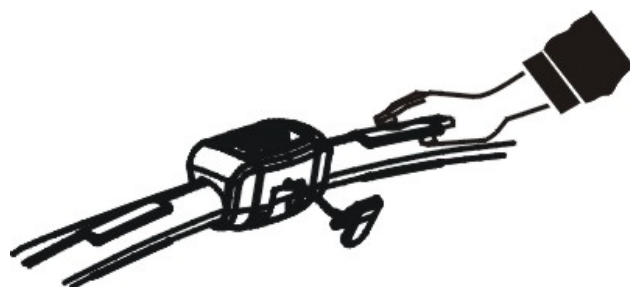
### **MOVING**

This treadmill has been designed and equipped with wheels for easy mobility. Before moving, ensure the master power switch is in the off position and the power cord is unplugged from the electrical outlet.

### **Hand pulse**

Before/after running, to put your feet separately on each side rein, then hold the hand grip, so as to avoid any shaking.

If the heart beat is too high or irregular, please have your hands out of the hand grip until the pulse display returns to " 0 ", then redoing the test. Don't do this test while running.



# TROUBLE SHOOTING

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<b>SYMPTOM</b>	<b>CAUSE</b>	<b>SOLUTION</b>
Console display do not illuminate	A).No power to treadmill. B).Console wire is not connected or incompletely. C).Overload, protecting is started. D).Console power source damaged	A).Check the on-off switch is on, switch indicator shall be light. if not light, check AC power source. B).Check console wire every connector points connect correctly, including outward and connector point insert PINS. C).Check fuse(near on-off switch) is worked or not, if worked, push it back, and restart again, if work please maintenance the running belt and deck. D).Turn off power then open the motor cover, turn on the power and check the console power pilot lamp(LED2) where on the interface PCB, it shall be light completely, if not, replace it.
Display not completely	A).Console damaged. B).Console source power unstable.	A).Replace the console PCB. B).Check power, turn off power then open the motor cover, turn on the power and check the console power pilot lamp(LED1) where on the interface PCB, it shall be light completely, if not, replace it.
Show Err	Communication between console and inverter error.	A).Re-start the power, make sure if the console wire damaged or connect pin bend. B).Check the error message by engineering manual instruction. C).After re-start the power, if still present error, then change inverter.

If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

