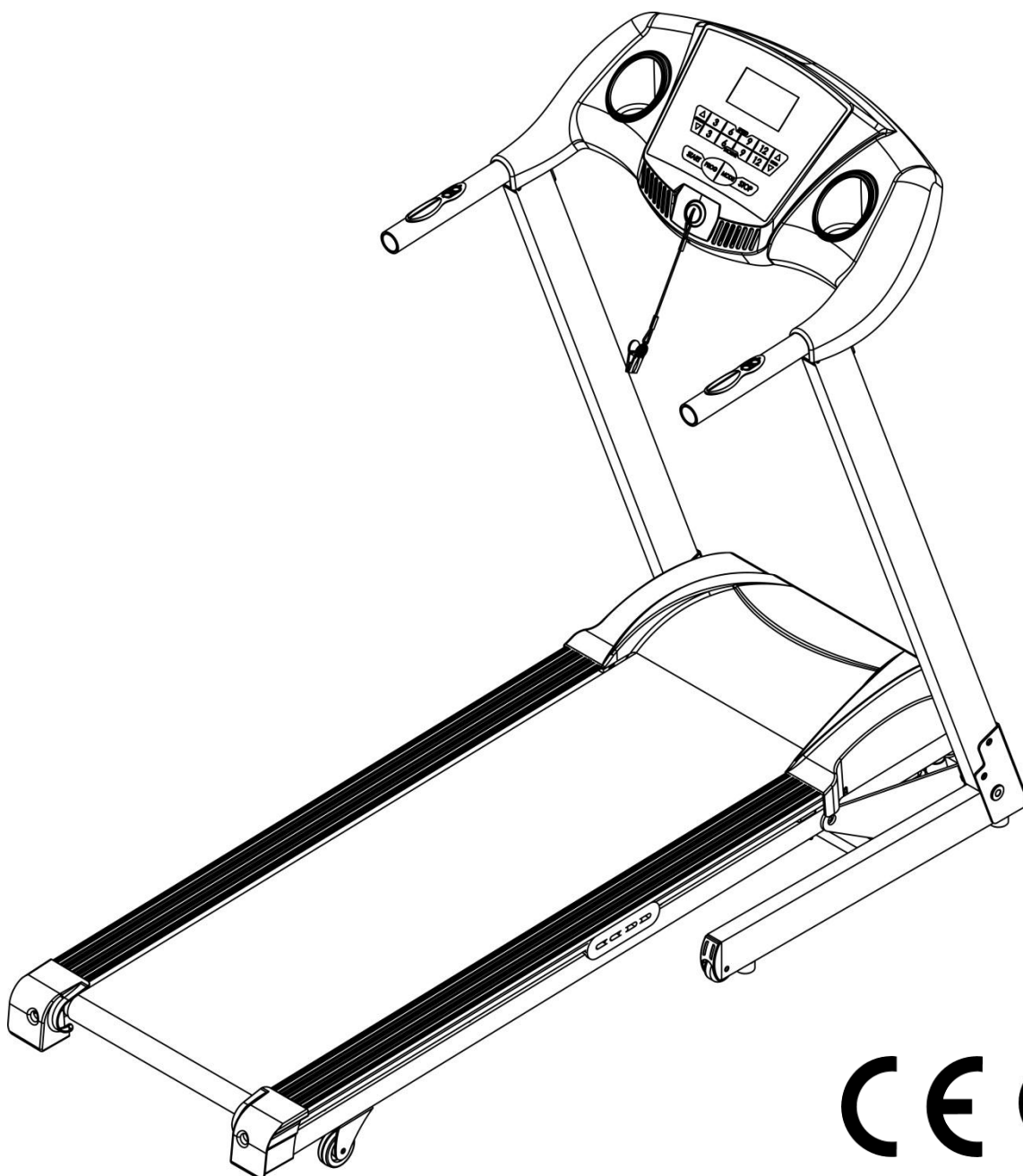




## BREEZE OWNER'S MANUAL



Product may vary slightly from the item pictured due to model upgrades

Read all instructions carefully before using this product. Retain this owner's manual for future reference.

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# 1. IMPORTANT SAFETY INSTRUCTIONS

**WARNING** - Read all instructions before using this treadmill.

It is important your treadmill receives regular maintenance to prolong its useful life. Failing to regularly maintain your treadmill may void your warranty.

**Danger** – To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

DO NOT USE AN EXTENSION CORD: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS OR IN ANY WAY MODIFY THE CORD SET.

- Install the treadmill on a flat level surface with access to a 220-240 volt (50/60Hz), grounded outlet.
- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Do not block the rear of the treadmill. Provide a minimum of 1 metre clearance between the rear of the treadmill and any fixed object.
- Place your unit on a solid, level surface when in use
- Never allow children on or near the treadmill.
- When running, make sure the plastic clip is fastened on your clothing. It is for your safety, should you fall or move too far back on the treadmill.
- Keep hands away from all moving parts.
- Never operate the treadmill if it has a damaged cord or plug.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- The treadmill is intended for in-home use only and not suitable for long time running.

- To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Use the handrails provided; they are for your safety.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- Allowed temperature: 5 to 40 degrees.

Remove the safety key after use to prevent unauthorized treadmill operation.

## 2. IMPORTANT ELECTRICAL INFORMATION

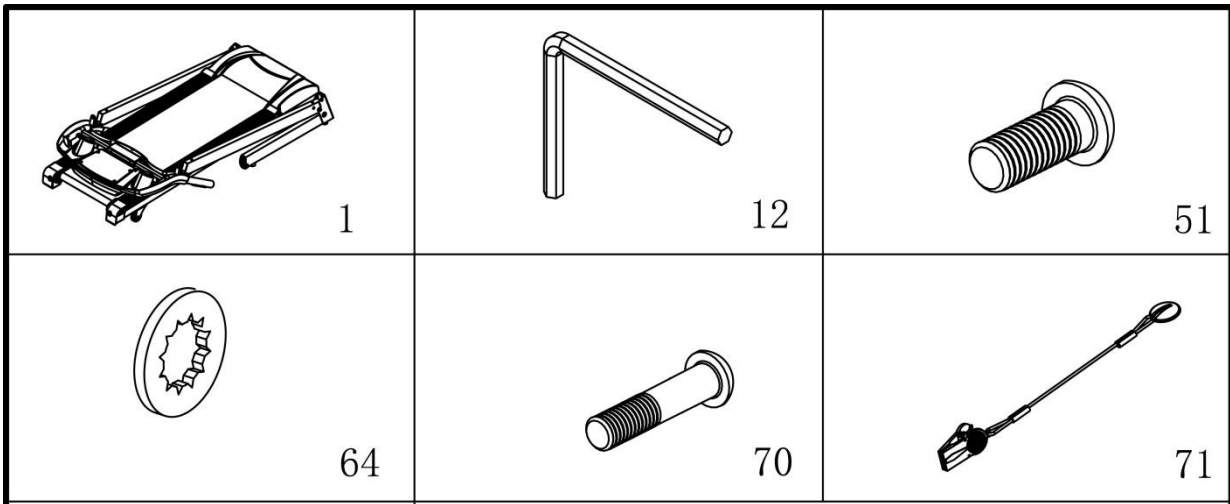
### WARNING!

- NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- NEVER remove any cover without first disconnecting AC power.
- NEVER expose this treadmill to rain or moisture. This treadmill is not designed for use outdoors, near a pool, or in any other high humidity environment.
- This is high-power item; please do not share the same outlet with other high power machines such as, fridges, air conditioning etc. Please choose an outlet exclusively for the machine and make sure the fuse is 10A.

### 3. IMPORTANT OPERATING INSTRUCTIONS

- Be sure to read the entire manual before operating your machine.
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- Use caution while participating in other activities while walking on your treadmill, such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the centre of the belt; which may result in serious injury.
- In order to prevent losing balance and suffering unexpected injury, **NEVER** mount or dismount the treadmill while the belt is moving. This unit starts with at a very low speed. Simply standing on the belt during slow acceleration is proper after you have learned to operate this machine.
- Always hold on to handrail while making control changes.
- A safety key is provided with this machine. Remove the safety key will stop the walking belt immediately; the treadmill will shut off automatically. Inserting the safety key will reset the display.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.

## 4. ASSEMBLY INSTRUCTIONS

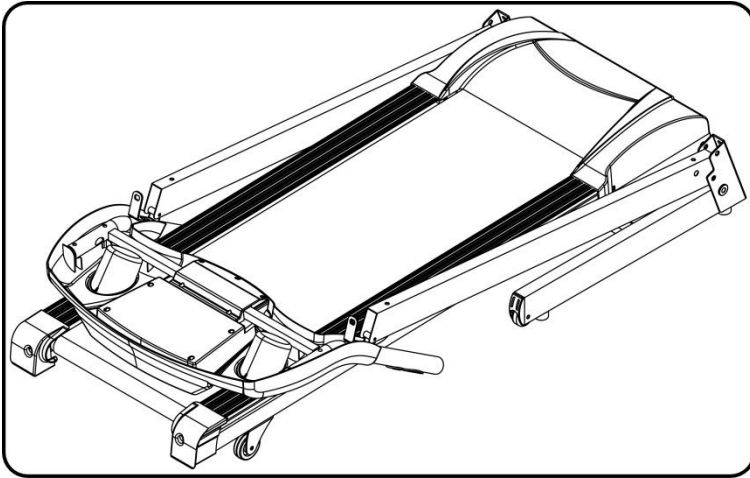


### PART LIST

NO.	DES.	Specification	Nos.	NO.	DES.	Specification	Nos.
1	Main frame		1	70	Bolt	M8*55	2
12	Wrench screw Driver	S=13\14\15mm	1	105	screw	ST4.2*19	10
13	5# Allen Wrench	5mm	1	103	screw	ST4.2*20	6
14	6# Allen Wrench	6mm	1	86	Lock washer	8	10
31	Right base cover		1				
32	Left base cover		1	100	bottle rack		2
49	Safety lock key		1	109	Left base cover lid		1
67	Bolt	M8*16	4	110	Right base cover lid		1
62	Bolt	M8*45	4				

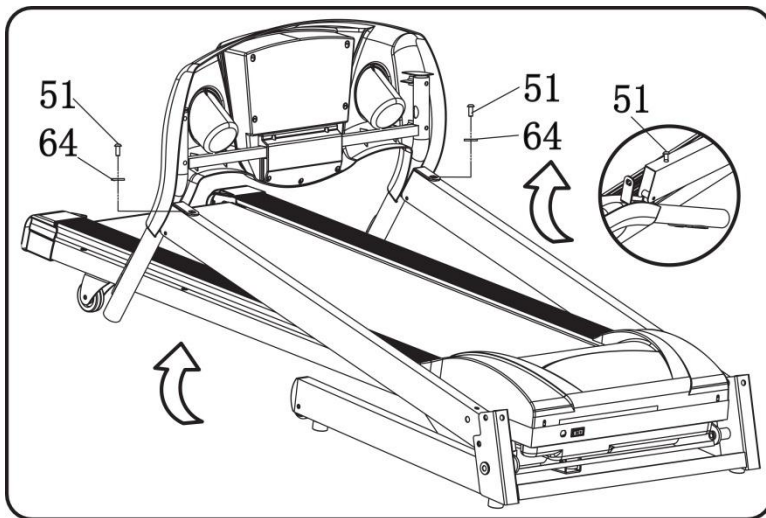
5# Allen Wrench 5mm 1pc

**STEP 1:**



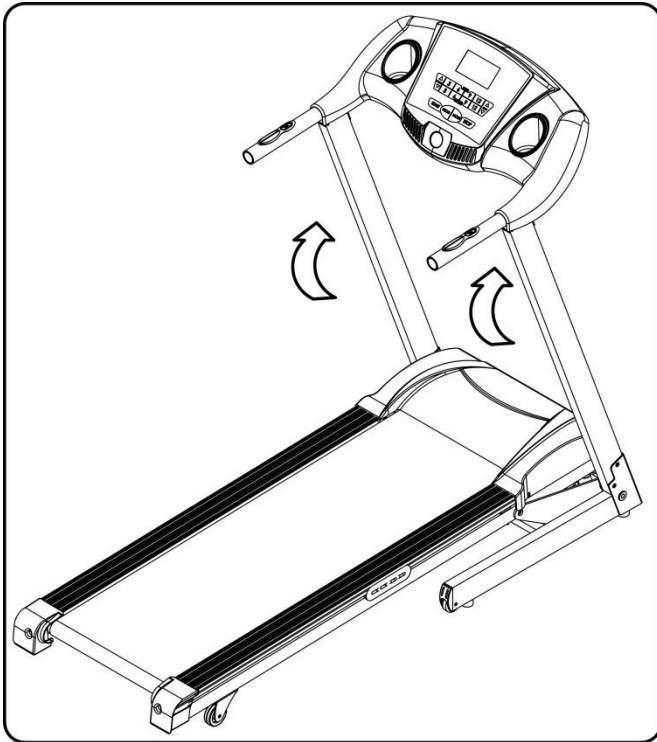
1. Open the carton
2. Extract the parts listed above
3. Place the Main Frame onto level ground

**STEP 2:**



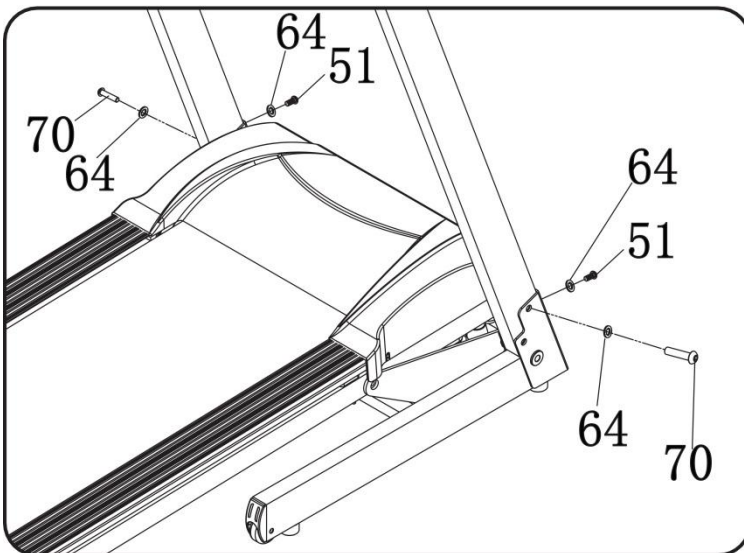
1. While holding the computer frame, use the 5# Allen wrench to secure the base and right upright tube with screw M8\*16 (51) and lock washer (64)
2. Repeat this procedure with the left side

**STEP 3:**



1. Pull up the uprights.

**STEP 4:**

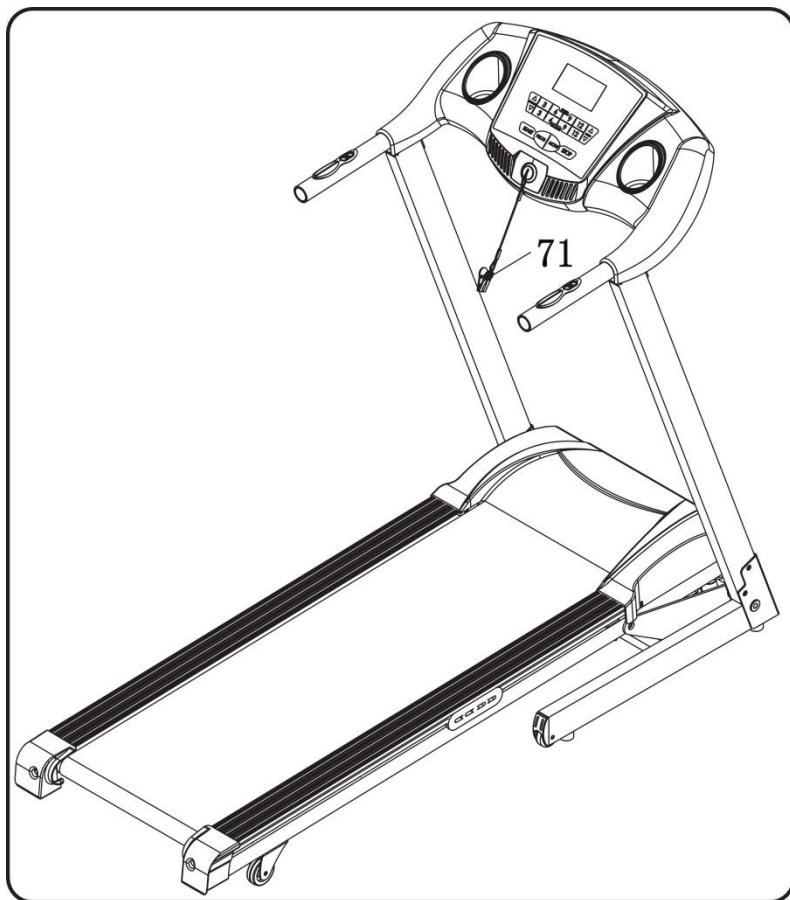


1. Use the 5# Allen wrench (12), secure the screw M8\*45 (70) and lock washer (64) to the base frame through base and right upright tube

*Note: Support the upright with your hand to prevent it from falling down and causing injury*



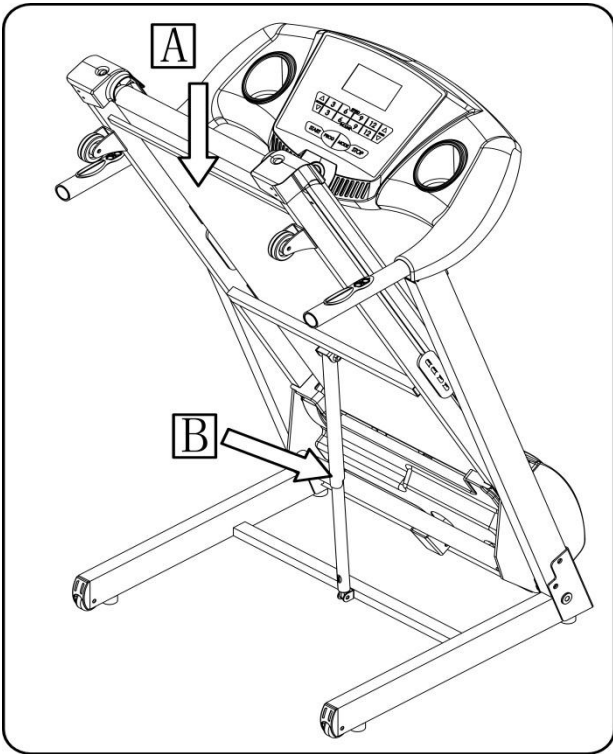
**STEP 5:**



1. Place the safety key (71) onto the computer and start your exercise
-

## 5. FOLDING INSTRUCTIONS

### Unfolding:

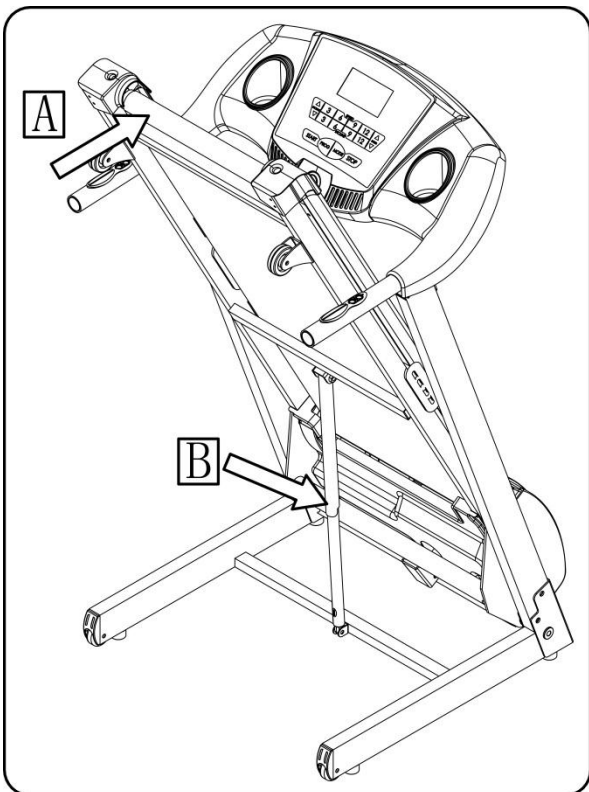


Whilst supporting position (A) with your hand, push the area marked by (B) with your foot.

The base frame will descend automatically.

(Please keep people and any pets away the machine during descent)

### Folding:



Place your hand on position (A), then pull up the base frame until you hear the click sound emitted when the bar at (B) is locked onto the air pressure bar

## 6. OPERATION GUIDE



### 1. LCD WINDOW DISPLAY

1. **PROG:** Shows programs, shows “---” in manual mode
2. **TIME:** Shows running time
3. **SPEED:** Shows running speed. When machine starts, the window will count down from 3 to 0.
4. **INCLINE/PULSE:** When showing incline, INCL will light up and the window will show incline. When showing pulse, PULSE will light up and the window will show pulse.
5. **CAL/DIS:** Show calories and distance. When machine in the ready state or running, the window will alternate between calories and distance every 5 seconds, the CAL and DIST will light;)

## 2. BUTTON FUNCTIONS

1. **“PROGRAM”**: press this button while in standby mode. This will cycle between:
  - a. Manual mode
  - b. “P1-P12”:  
pre-set programs
  - c. “FAT”:  
fat testing mode
2. **“MODE”**: mode selection button. When machine in ready state, press this button to choose the mode: time count down, distance count down, calories count down.
  - a. When in FAT mode, press this button to choose: “SEX”, “AGE”, “HEIGHT”, “WEIGHT”.
3. **“START”**: begins workout. When the power is on and safety key correctly placed on the computer, press this button to start the treadmill.
4. **“STOP”**: press button to stop the motor running
5. **SPEED+**\**SPEED-**: Increase or decrease speed when exercising. Sets parameter when stopped. Holding these buttons down for more than 0.5 seconds will continuously the increase or decrease speed.
6. **“INCLINE+”**, **“INCLINE-”**: increase or decreases incline. Adjust the incline gradient during exercising. Sets parameter when stopped. Holding these buttons down for more than 0.5 seconds will continuously the increase or decrease incline.
7. **“SPEED: 3, 6, 9, 12”** Speed adjustment shortcut key
8. **“INCL: 3, 6, 9, 12”** Incline adjustment shortcut key.
9. **FAN**: start or stop the fan

### 3. MAIN FUNCTIONS

#### 3.1. Quick Start-up:

Attach the safety key. After a 3 second countdown, the treadmill will starting and running from the lowest speed, add and subtract to the speed using the SPEED button.

#### 3.2. Countdown Mode:

Press the 'MODE' button to choose, distance, calories or countdown mode. Then press SPEED ▲/▼ and INCLINE ▲/▼ to set the data. Press 'START' button, the machine will run at the lowest speed, You can press SPEED ▲/▼ to change the speed and press INCLINE ▲/▼ to change the incline. When it Counts down to 0, the machine will stop smoothly. You can press 'STOP' button or take out the Safety key from the console to stop the machine.

#### 3.3. Preset Programs:

There are 12 built-in programs (P1-P12) in the system. Press "PROGRAM" whilst in standby mode. The speed window will display "P1-P12". The TIME window will flicker when you select one of programs.. Press "INCLINE+", "INCLINE-", "SPEED+", "SPEED-" to adjust running time for your selected program. Pressing START will start the program.

Each program has been divided into 20 sections, each exercise time is 1/20<sup>th</sup> of the setting time. Press 'START', the machine will run at the first section speed. When the section is over, it will enter into next section automatically, the speed and incline will change as next section data. When finish one program, the machine will stop smoothly, and incline will be 0. During exercise, you can change the speed and incline by the SPEED ▲/▼ and INCLINE ▲/▼. When the program enters the next section it will return to the current speed and incline. And you can press 'STOP' or take out the safety key to stop the machine at your discretion.

#### 4. HEART RATE

When holding the hand pulse with two hands, the pulse window will show your heart rate after 5 seconds. To increase accuracy please check heart rate with the machine stopped and after keeping your hands on the sensors for more than 30 seconds.

**The heart rate data is for reference purposes ONLY.**

#### 5. BODY FAT TEST

Press the 'PROGRAM' button under ready condition until 'FAT' shows in the speed window. 'FAT' is the body fat test mode. Press 'MODE' to choose the parameter 'SEX / AGE / HEIGHT / WEIGHT'. the TIME/DIST window will show "-1-", "-2-", "-3-", "-4-". When set each parameter, press SPEED ▲/▼ to adjust the data. Then CAL/PULSE window will show the data. Press 'MODE' when you finish entering the data. Finally, the window will show "-5-" and "---" which enters into ready condition. Hold the handle pulse with two hands, it will show your BMI data after 5 seconds.

##### 5.1. Data display and set range:

PARAMETER	DEFAULT	RANGE	REMARK
SEX (-1-)	0 (MALE)	0—1	0=MALE 1=FEMALE
AGE (-2-)	25	10—99	
HEIGHT (-3-)	170 CM	100—240 CM	
WEIGHT (-4-)	70KG	20—160KG	

##### 5.2 Body fat index comparison

Body fat index (BMI)	Fat Level
<19	Too Thin
19--26	Normal
26--30	Overweight
>30	Obese

## 6. SLEEP FUNCTION

Inactivity for more than 10 minutes without any operation and the computer will enter in the sleep function. Press any key to wake up console under sleep status.

## 7. EXERCISE PARAMETER SETTING

	Showing range	Mode default	Program default	Setting range
SPEED	0.8KMH—16KMH	-----	-----	-----
INCLINE	1—20			1—20
TIME	0:00—99:59	30:00	30:00	5:00---99:00
DISTANCE	0.00KM—99.9KM	1.00KM	-----	0.5KM—99.5KM
CALORIES	0Kcl—999Kcl	50Kcl	-----	10Kcl—995Kcl

## 7. EXERCISE GUIDE

**PLEASE NOTE:** Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

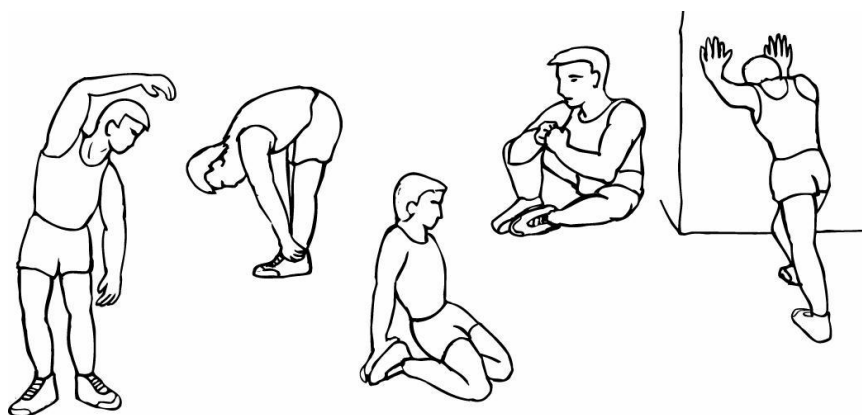
Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.

### Warm-up

Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.





### Training Zone Exercise

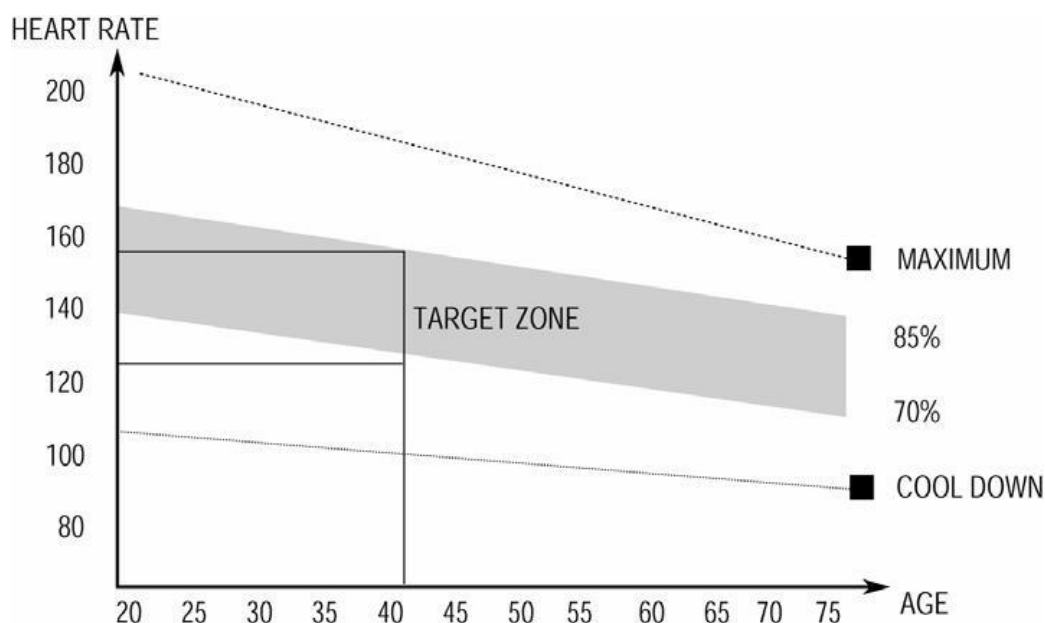
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.

### Cool Down

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

## Workout Guidelines

### TARGET ZONE



**THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE.**

**REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.**

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

## 8. MAINTENANCE INSTRUCTIONS

Reasonable cleaning/lubricating should be made to extend the life time of this unit. Performance is maximized when the belt and mat are kept as clean as possible.

**WARNING: THE MAT/DECK FRICTION MAY PLAY A MAJOR ROLE IN THE FUNCTION AND LIFE OF YOUR TREADMILL AND THAT IS WHY WE RECOMMEND YOU CONSTANTLY LUBRICATE THIS FRICTION POINT TO PROLONG THE USEFUL LIFE OF YOUR TREADMILL. FAILING TO DO THIS MAY VOID YOUR WARRANTY.**

**WARNING: UNPLUG POWER CORD BEFORE MAINTENANCE**

**WARNING: STOP TREADMILL BEFORE FOLDING**

### 1. General Cleaning

- Use a soft, damp cloth to wipe the edge of the belt and the area between the belt edge and frame. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. This task should be done once a month. Allow to dry before using.
- On a monthly basis, vacuum underneath your treadmill to prevent dust build up. Once a year, you should remove the black motor shield and vacuum out dirt that may accumulate.

### 2. General Care

- Check parts for wear before use.
- Pay particular attention to the fixing knobs and make sure they are tight.
- Always replace the mat if worn and any other defective parts.

- If in doubt do not use the treadmill and contact us.

TAKE CARE TO PROTECT CARPETS AND FLOOR in case of leakages. This product is a machine that contains moving parts which have been greased / lubricated and could leak.

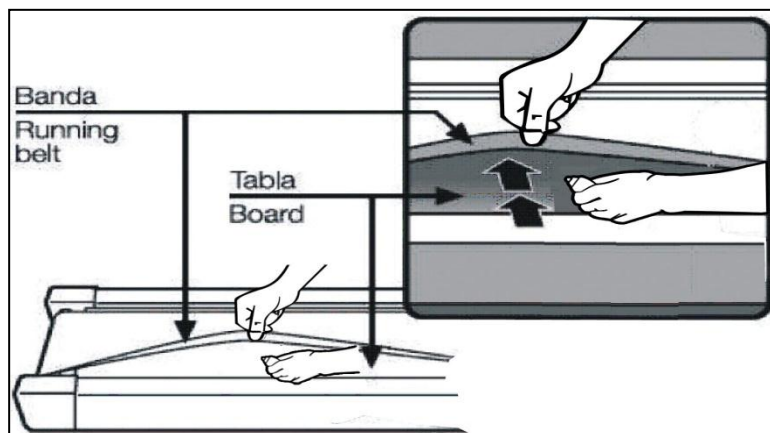
### 3. Belt/Deck/Roller Lubrication

The mat/deck friction may play a major role in the function and life of your treadmill and that is why we recommend you constantly lubricate this friction point to prolong the useful life of your treadmill. You should apply lubrication after approximately the first 50 hours of operation. We recommend lubrication of the deck according to the following timetable:

- Light use (less than 3 hours per week) every 6 months
- Medium use (3-5 hours a week) every 3 months
- Heavy use (more than 5 hours per week) every 6-8 weeks

See below procedures for lubricating:

1. Use a soft, dry cloth to wipe the area between the belt and deck.
2. Spread lubricant onto the inside surface of belt and deck evenly (make sure the machine is turned off and power is disconnected).



3. Periodically lubricate the front and rear rollers to keep them at their peak performance. If the treadmill belt/deck/roller is kept reasonably clean it is possible to expect over 1200 hours before relubricating is necessary.

#### **4. How to check the running mat for proper lubrication:**

1. Disconnect the main power supply.
2. Fold the treadmill up into the storage position.
3. Feel the underside surface of the running mat.

If the surface is slick when touched, then no further lubrication is needed.

If the surface is dry to the touch, apply a suitable silicone lubricant.

**We recommend that you use a silicone based spray to lubricate your Lifespan treadmill. This can be purchased directly from us or any hardware store.**

## 5. Adjusting the Running Belt

Place treadmill on a level surface. Run treadmill at approximately 4km/h, checking the running condition.

---

If the belt has drifted to the **right**:

Whilst the treadmill is running at 4km/h, carefully turn the **right** adjusting bolt 1/4 turn **clockwise**. Then monitor treadmill until the belt centers. Repeat until the belt correctly centers. See *Picture A*

If you have over adjusted the belt and it drifts to the right, carefully turn the **right** adjusting bolt **anticlockwise** until the belt centers.

---

If the belt has drifted to the **left**:

Whilst the treadmill is running at 4km/h, carefully turn the **left** adjusting bolt 1/4 turn **clockwise**. Then monitor treadmill until the belt centers. Repeat until the belt correctly centers. See *Picture B*

If you have over adjusted it, carefully turn the **left** adjusting bolt **anticlockwise** and until the belt centers.

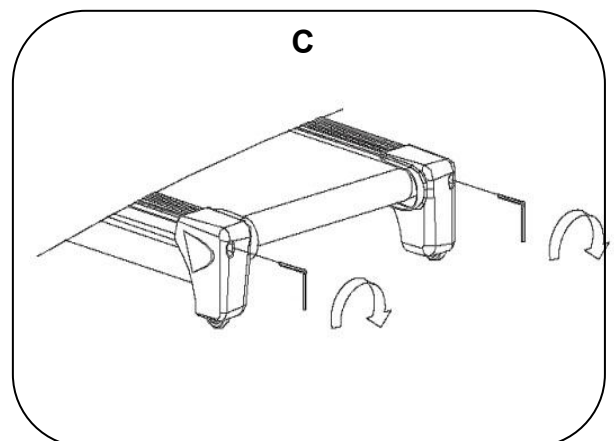
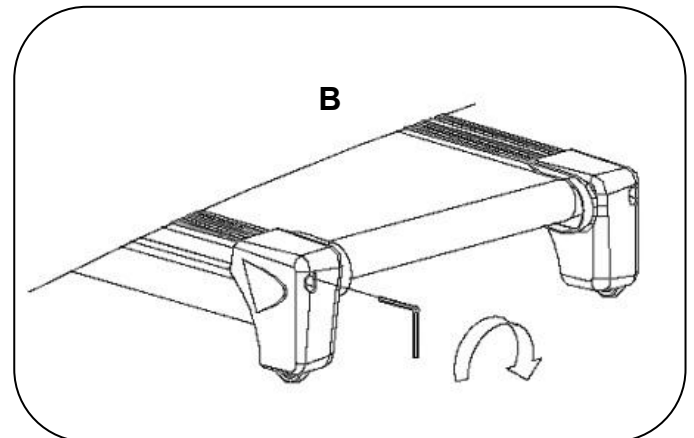
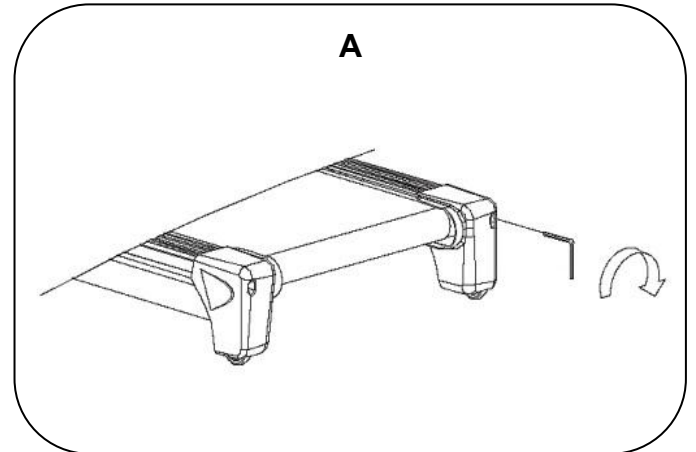
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To adjust the **tightness** of the belt:

Turn the treadmill off. Turn both the left and right adjusting bolts 1/4 turn clockwise. Repeat until the belt correctly tightens.

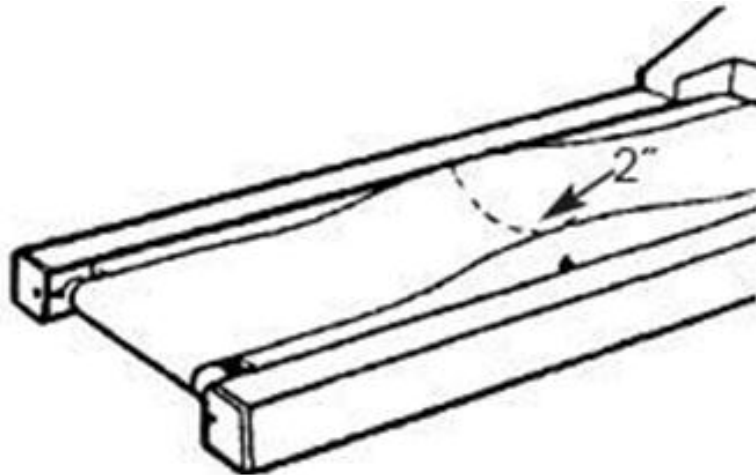
See *Picture C*

If the belt is over tightened, simply do the opposite to loosen.

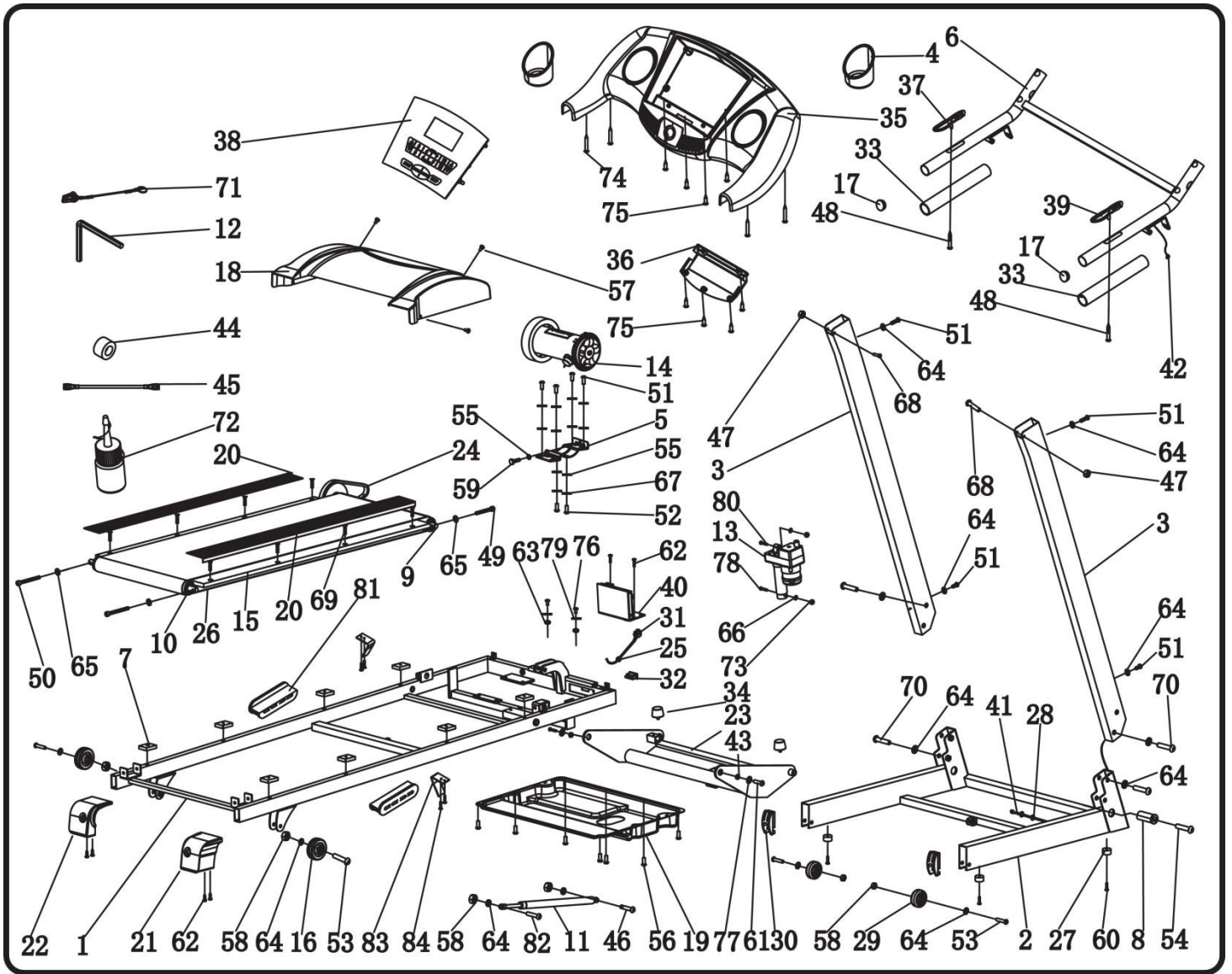


**NOTE:** When properly tightened, you should be able to peel the very edge of the side of the belt up approximately 2 inches. However this is a rough reference and not all treadmills are the same. Some treadmills that have longer belts may give different measurements for correct belt tightness.

Simply, if the belt begins to slip during use, this is an indication that the belt still needs tightening.



# 9. EXPLODED DIAGRAM



## 10. PARTS LIST

NO.	DISCREPTION	SPECS	QTY.	NO.	DISCREPTION	SPECS	QTY.
1	MAIN FRAME		1	43	Rubber pad 2		2
2	BASE FRAME		1	44	Magnetic ring		1
3	Upright bracket		2	45	Blue single wire		1
4	Bottle holder		2	46	bolt	M8*25	1
5	Motor frame		1	47	Lock nut	M6	2
6	Computer Bracket		1	48	Bolt	ST4.2*28	2
7	rubber pad		4	49	Bolt	M6*45	1
8	TURNING BUSHING		2	50	Bolt	M6*65	2
9	FRONT ROLLER		1	51	Bolt	M8*16	8
10	REAR ROLLER		1	52	Bolt	M8*12	2
11	CYLINDER		1	53	Bolt	M8*40	4
12	5#ALLEN WRENCH	5mm	1	54	Bolt	M10*70	2
13	Incline motor		1	55	Lock washer	8	7
14	DC motor		1	56	Bolt	ST4.2*12	7
15	Running board		1	57	Bolt	M5*8	4
16	Adjustable wheels		2	58	Lock washer	M8	6
17	Tube cap		2	59	Bolt	M8*30	1
18	Motor cover		1	60	Bolt	ST4.2*19	4
19	Motor bottom cover		1	61	Bolt	M10*20	2
20	Siderails		2	62	Bolt	ST4.2*19	6
21	Right back end cover		1	63	Lock washer	5	2
22	Left back end cover		1	64	Lock washer	8	16
23	Incline frame		1	65	Lock washer	6	3
24	Motor belt		1	66	Lock washer	10	2
25	Power wire buckle		1	67	Lock washer	8	6
26	Running belt		1	68	Bolt	M6*37	2
27	Foot pad		4	69	Bolt	M6*35	8
28	ring wire plug B		2	70	Bolt	M8*45	4
29	transport wheel		2	71	Safety key		1
30	Roller Cover		2				
31	Power wire		1	73	Lock nut	M10	2
32	Switch		1	74	Bolt	ST4.2*20	4
33	Foam		2	75	Bolt	ST4.2*13	9
34	cone-shape cushion		2	76	Bolt	M5*15	2
35	Computer buttom cover		1	77	Lock washer	10	2
36	Computer cover		1	78	Bolt	M10*55	1
37	Hand pulse with incline+/incline-		1	79	Lock washer	5	2
38	Computer		1	80	Bolt	M10*55	1
39	Hand pulse with speed+/speed-		1	81	Cushion		4
40	Controller		1	82	Bolt	M8*42	1
41	Computer bottom wire		1	83	Belt guide		2
42	Computer upper bottom wire		1	84	Bolt	ST4.2*12	4



# 11. WARRANTY

## AUSTRALIAN CONSUMER LAW

*Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.*

*You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at [www.consumerlaw.gov.au](http://www.consumerlaw.gov.au)*

Please visit our website to view our full warranty terms and conditions:

<http://www.lifespanonline.com.au/Warranty-Policy>

# 12. PROGRAM CHART

TIME PROG		To set time / 20 time = running time of each period																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
		2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P1	SPEED	1	1	2	2	2	3	3	3	2	2	1	2	2	1	1	3	3	2	2	2
	INCLINE	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P2	SPEED	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
	INCLINE	1	3	3	5	5	3	6	6	6	3	6	6	3	3	3	1	3	4	2	1
P3	SPEED	1	2	2	1	1	2	2	2	1	1	1	1	3	3	3	5	5	2	1	1
	INCLINE	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P4	SPEED	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
	INCLINE	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P5	SPEED	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
	INCLINE	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
P6	SPEED	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
	INCLINE	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P7	SPEED	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
	INCLINE	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P8	SPEED	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
	INCLINE	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P9	SPEED	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
	INCLINE	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P10	SPEED	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3
	INCLINE	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
P11	SPEED	4	5	3	2	6	6	2	2	2	2	2	4	5	6	3	2	5	5	2	0
	INCLINE	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P12	SPEED	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
P13	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
	INCLINE	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
P16	SPEED	2	4	6	8	10	8	6	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	1
P17	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
	INCLINE	3	4	4	4	5	5	5	6	7	8	8	8	9	9	9	11	11	8	7	3
P18	SPEED	2	4	6	8	10	8	6	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P19	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P20	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P21	SPEED	2	4	3	4	3	5	4	2	5	3	2	5	4	6	4	6	4	2	4	2

	INCLINE	1	2	3	3	1	2	2	3	2	2	1	2	3	3	2	2	3	4	2	2
P22	SPEED	2	5	4	5	4	5	4	2	3	2	3	6	7	5	8	5	9	6	4	3
	INCLINE	1	2	2	3	1	2	2	2	2	1	2	2	3	3	2	2	4	6	2	2
P23	SPEED	3	6	7	5	8	6	7	6	4	3	2	8	6	4	5	9	7	5	4	3
	INCLINE	1	2	4	3	2	2	4	5	2	1	2	2	6	2	3	4	2	2	2	1
P24	SPEED	2	6	7	4	4	7	4	2	4	2	2	4	6	8	7	8	6	2	3	2
	SPEED	4	5	6	6	9	9	10	12	6	3	3	5	4	4	3	4	4	3	3	2
P25	INCLINE	2	4	5	5	6	5	6	3	3	2	2	3	5	3	3	5	3	6	3	3
	SPEED	3	5	3	4	2	3	4	2	3	2	4	4	3	6	7	8	8	6	3	3
P26	SPEED	3	5	8	8	9	5	7	6	3	2	2	5	5	4	4	6	4	2	3	4
	INCLINE	4	5	6	6	9	9	10	12	6	3	3	5	6	7	12	9	11	11	6	3
P27	SPEED	3	5	7	8	9	10	8	6	4	3	2	4	6	8	10	10	8	6	4	2
	INCLINE	1	2	3	4	5	5	4	3	2	1	4	5	6	7	8	8	7	6	5	4
P28	SPEED	3	4	7	8	10	9	8	6	5	4	2	3	5	4	5	5	7	5	4	2
	INCLINE	3	4	5	6	7	8	8	5	3	2	0	2	2	4	4	6	6	1	1	0
P29	SPEED	2	6	8	3	9	4	12	4	3	2	1	5	4	5	9	5	4	5	3	2
	INCLINE	5	5	10	10	3	3	3	7	1	0	5	5	8	8	10	10	10	7	2	0
P30	SPEED	3	4	8	4	3	8	6	4	3	1	3	2	3	6	6	6	6	5	3	3
	INCLINE	2	4	4	4	4	2	3	3	1	0	3	3	5	5	5	5	2	2	1	0
P31	SPEED	2	6	5	6	8	6	7	4	3	2	2	4	6	8	10	8	6	4	6	6
	INCLINE	2	3	3	3	4	4	1	1	2	0	2	3	6	6	3	5	8	3	5	3
P32	SPEED	2	4	6	8	4	2	7	8	12	1	2	4	6	4	6	8	10	8	6	4
	INCLINE	3	6	5	3	5	3	5	5	4	2	2	5	5	3	5	5	3	3	4	2
P33	SPEED	2	2	2	6	6	10	11	4	8	2	2	4	10	12	4	10	4	10	4	2
	INCLINE	5	5	8	8	8	3	3	5	8	0	2	2	2	2	2	2	3	3	1	0
P34	SPEED	2	6	4	8	4	8	6	10	8	2	2	4	6	8	10	4	6	8	10	2
	INCLINE	3	3	6	6	6	6	2	2	1	0	0	2	2	5	5	5	5	1	1	0
P35	SPEED	2	4	6	8	12	2	2	4	8	2	2	4	6	10	8	4	10	6	10	2
	INCLINE	5	5	10	10	3	3	3	8	2	0	5	5	8	8	10	10	10	4	4	0
P36	SPEED	2	3	3	4	5	3	4	5	4	3	2	4	4	5	6	4	6	5	4	2
	INCLINE	1	1	3	3	3	3	3	2	2	1	1	2	3	3	3	3	3	2	3	2
P37	SPEED	2	4	4	6	6	4	7	5	3	2	3	5	5	6	7	7	5	7	9	3
	SPEED	2	3	4	3	4	3	3	3	4	2	2	3	3	2	2	4	4	4	4	0
P38	INCLINE	2	4	4	5	6	7	7	5	2	2	2	4	4	4	5	5	5	8	6	2
	SPEED	3	3	3	4	4	5	5	5	5	2	3	5	5	5	4	4	4	3	4	2
P39	SPEED	2	3	3	3	2	5	2	4	3	3	2	3	3	6	9	9	9	9	4	2
	INCLINE	4	4	4	3	3	6	6	8	3	1	4	5	5	5	6	6	6	7	10	3
P40	SPEED	2	4	4	7	9	4	9	8	4	2	2	4	5	6	7	9	4	9	5	3
	INCLINE	5	5	5	6	6	6	4	4	8	2	5	6	6	6	7	5	8	8	5	3
P41	SPEED	3	4	5	9	5	9	5	5	5	3	2	5	8	10	7	7	10	10	9	3
	INCLINE	3	6	5	3	5	3	5	5	4	2	2	5	5	3	5	5	3	3	6	2
P42	SPEED	1	1	3	3	3	4	4	4	5	1	3	4	6	3	4	6	3	4	6	3
	INCLINE	5	5	8	8	8	3	3	6	8	0	2	4	4	4	4	2	5	5	1	0
P43	SPEED	3	4	7	5	7	6	7	5	7	3	3	3	3	5	5	5	5	5	7	2
	INCLINE	3	3	5	5	5	5	3	3	1	0	0	2	2	5	5	5	5	1	1	0
P44	SPEED	2	2	4	4	4	3	4	4	4	2	1	3	4	4	4	4	5	5	5	2
	INCLINE	5	5	10	10	6	6	6	7	9	0	5	5	7	7	10	10	10	7	4	0
P45	SPEED	3	4	6	4	4	6	6	6	7	1	1	4	6	6	6	6	9	9	6	1
	INCLINE	2	3	3	3	3	2	0	2	1	0	2	3	6	2	8	10	15	8	6	3

P46	SPEED	3	4	4	7	7	7	7	7	6	3	2	4	4	4	4	4	7	7	6	2
	INCLINE	3	3	2	2	2	2	2	2	2	0	2	3	3	3	2	2	1	4	4	0
P47	SPEED	2	4	6	8	10	8	6	4	10	4	2	4	6	6	8	6	8	8	6	4
	INCLINE	2	3	6	2	8	10	15	8	6	3	3	6	5	5	4	6	8	14	5	2
P48	SPEED	2	4	7	4	6	8	10	8	6	1	2	2	2	9	8	7	10	10	4	1
	INCLINE	2	5	5	6	8	4	6	6	13	2	5	5	9	8	9	4	4	4	4	0
P49	SPEED	2	2	4	9	10	12	4	4	10	1	2	6	4	9	8	8	6	10	8	1
	INCLINE	2	2	2	6	6	0	0	2	1	0	3	3	6	1	2	2	2	2	2	0
P50	SPEED	2	4	3	8	10	2	4	6	6	1	2	4	3	8	10	12	10	8	8	1
	SPEED	0	2	2	3	3	3	1	1	1	0	5	5	10	9	9	4	4	4	4	0
P51	INCLINE	2	4	2	10	8	4	10	6	10	1	1	4	6	6	6	6	9	9	6	1
	SPEED	5	5	8	9	9	4	4	4	4	0	2	3	6	2	8	10	15	8	6	3
P52	SPEED	2	6	6	6	6	6	10	8	4	2	2	2	2	6	6	6	10	11	8	2
	INCLINE	3	6	5	5	4	6	8	14	5	2	2	5	5	6	8	4	6	6	13	2
P53	SPEED	2	2	4	4	10	12	4	5	4	2	2	6	4	8	4	8	6	10	4	2
	INCLINE	5	5	6	8	9	4	4	4	4	0	2	2	7	6	6	0	0	2	1	0
P54	SPEED	2	4	6	8	12	2	6	6	10	2	2	4	7	8	12	12	12	8	9	2
	INCLINE	3	3	6	1	2	2	2	2	2	0	0	2	2	3	3	3	1	1	1	0
P55	SPEED	2	4	6	12	8	4	12	7	10	2	2	3	3	4	5	4	4	3	4	3
	INCLINE	5	5	10	9	9	4	4	4	4	0	5	5	6	9	9	4	4	4	4	0
P56	SPEED	2	4	4	6	6	4	6	6	4	2	2	4	4	6	6	4	9	8	3	2
	INCLINE	1	1	5	1	1	3	3	2	2	2	1	2	5	3	3	4	4	3	2	2
P57	SPEED	3	5	5	6	8	8	5	8	4	3	2	4	4	5	6	8	8	8	4	2
	INCLINE	2	3	4	4	4	6	6	3	2	2	2	3	3	4	6	6	3	2	2	0
P58	SPEED	2	4	3	4	5	8	9	8	3	2	2	3	2	5	8	8	3	5	3	3
	INCLINE	3	3	3	5	3	3	3	2	2	2	3	5	5	4	3	3	3	4	3	2
P59	SPEED	2	3	3	6	4	2	3	4	4	2	2	4	4	8	8	5	6	3	3	2
	INCLINE	4	4	4	9	9	6	6	5	3	3	4	5	5	10	10	12	12	8	6	3
P60	SPEED	2	4	5	7	9	5	4	4	2	3	3	4	5	9	5	7	5	9	6	3
	INCLINE	5	5	5	8	9	9	9	7	4	2	5	6	6	8	8	10	10	8	6	3
P61	SPEED	2	5	7	6	11	10	6	5	4	3	1	1	3	3	2	5	4	3	1	1
	INCLINE	3	6	5	5	3	3	2	4	5	2	2	5	5	6	4	4	6	6	3	2
P62	SPEED	3	4	6	4	2	2	6	3	4	3	3	4	7	5	7	2	6	4	4	3
	INCLINE	5	5	8	8	9	4	4	4	4	0	2	4	4	6	6	0	0	2	1	0
P63	SPEED	3	3	3	5	7	5	7	6	2	2	2	2	4	3	3	3	4	4	2	2
	SPEED	3	3	5	1	2	2	2	2	2	0	0	2	2	3	3	3	1	1	1	0
P64	INCLINE	1	3	4	3	3	4	5	5	3	2	3	4	6	9	9	9	9	6	2	1
	SPEED	5	5	10	9	9	4	4	4	4	0	5	5	7	9	9	4	4	4	4	0
P65	SPEED	3	4	5	5	5	5	7	7	3	3	2	4	4	5	5	4	7	7	3	2
	INCLINE	2	3	3	6	6	0	0	2	1	0	3	3	2	1	2	2	2	2	2	0
P66	SPEED	2	4	9	9	10	8	6	4	4	3	2	4	6	8	8	3	8	9	12	2
	INCLINE	2	3	3	5	5	4	4	4	4	0	2	3	6	2	8	10	15	8	6	3
P67	SPEED	2	4	7	8	8	8	10	4	8	1	2	2	8	9	8	8	10	7	8	1
	INCLINE	3	6	5	5	4	6	8	14	5	2	2	5	5	6	8	4	6	6	13	2
P68	SPEED	2	2	4	9	12	12	4	10	4	1	1	2	3	4	5	6	7	8	4	2
	INCLINE	5	5	9	8	9	4	4	4	4	0	2	2	2	6	6	0	0	2	1	0
P69	SPEED	2	12	3	12	12	3	4	8	10	1	2	4	2	8	2	12	2	4	8	1
	INCLINE	3	3	6	1	2	2	2	2	2	0	0	2	2	3	3	3	1	1	1	0
P70	SPEED	2	4	2	12	1	4	12	6	10	1	2	4	2	12	8	4	12	6	10	1

	INCLINE	5	5	10	9	9	4	4	4	4	0	5	5	8	9	9	4	4	4	4	0
P71	SPEED	2	4	3	4	3	5	4	2	5	3	2	5	4	6	4	6	4	2	4	2
	INCLINE	1	2	3	3	1	2	2	3	2	2	1	2	3	3	2	2	3	4	2	2
P72	SPEED	2	5	4	5	4	5	4	2	3	2	3	6	7	5	8	5	9	6	4	3
	INCLINE	1	2	2	3	1	2	2	2	2	1	2	2	3	3	2	2	4	6	2	2
P73	SPEED	3	6	7	5	8	6	7	6	4	3	2	8	6	4	5	9	7	5	4	3
	INCLINE	1	2	4	3	2	2	4	5	2	1	2	2	6	2	3	4	2	2	2	1
P74	SPEED	2	6	7	4	4	7	4	2	4	2	2	4	6	8	7	8	6	2	3	2
	INCLINE	4	5	6	6	9	9	10	12	6	3	3	5	4	4	3	4	4	3	3	2
P75	SPEED	2	4	5	5	6	5	6	3	3	2	2	3	5	3	3	5	3	6	3	3
	INCLINE	3	5	3	4	2	3	4	2	3	2	4	4	3	6	7	8	8	6	3	3
P76	SPEED	3	5	8	8	9	5	7	6	3	2	2	5	5	4	4	6	4	2	3	4
	SPEED	4	5	6	6	9	9	10	12	6	3	3	5	6	7	12	9	11	11	6	3
P77	INCLINE	3	5	7	8	9	10	8	6	4	3	2	4	6	8	10	10	8	6	4	2
	SPEED	1	2	3	4	5	5	4	3	2	1	4	5	6	7	8	8	7	6	5	4
P78	SPEED	3	4	7	8	10	9	8	6	5	4	2	3	5	4	5	5	7	5	4	2
	INCLINE	3	4	5	6	7	8	8	5	3	2	0	2	2	4	4	6	6	1	1	0
P79	SPEED	2	6	8	3	9	4	12	4	3	2	1	5	4	5	9	5	4	5	3	2
	INCLINE	5	5	10	10	3	3	3	7	1	0	5	5	8	8	10	10	10	7	2	0
P80	SPEED	3	4	8	4	3	8	6	4	3	1	3	2	3	6	6	6	6	5	3	3
	INCLINE	2	4	4	4	4	2	3	3	1	0	3	3	5	5	5	5	2	2	1	0
P81	SPEED	2	6	5	6	8	6	7	4	3	2	2	4	6	8	10	8	6	4	6	6
	INCLINE	2	3	3	3	4	4	1	1	2	0	2	3	6	6	3	5	8	3	5	3
P82	SPEED	2	4	6	8	4	2	7	8	12	1	2	4	6	4	6	8	10	8	6	4
	INCLINE	3	6	5	3	5	3	5	5	4	2	2	5	5	3	5	5	3	3	4	2
P83	SPEED	2	2	2	6	6	10	11	4	8	2	2	4	10	12	4	10	4	10	4	2
	INCLINE	5	5	8	8	8	3	3	5	8	0	2	2	2	2	2	2	3	3	1	0
P84	SPEED	2	6	4	8	4	8	6	10	8	2	2	4	6	8	10	4	6	8	10	2
	INCLINE	3	3	6	6	6	6	2	2	1	0	0	2	2	5	5	5	5	1	1	0
P85	SPEED	2	4	6	8	12	2	2	4	8	2	2	4	6	10	8	4	10	6	10	2
	INCLINE	5	5	10	10	3	3	3	8	2	0	5	5	8	8	10	10	10	4	4	0
P86	SPEED	2	3	3	4	5	3	4	5	4	3	2	4	4	5	6	4	6	5	4	2
	INCLINE	1	1	3	3	3	3	3	2	2	1	1	2	3	3	3	3	3	2	3	2
P87	SPEED	2	4	4	6	6	4	7	5	3	2	3	5	5	6	7	7	5	7	9	3
	INCLINE	2	3	4	3	4	3	3	3	4	2	2	3	3	2	2	4	4	4	4	0
P88	SPEED	2	4	4	5	6	7	7	5	2	2	2	4	4	4	5	5	5	8	6	2
	INCLINE	3	3	3	4	4	5	5	5	5	2	3	5	5	5	4	4	4	3	4	2
P89	SPEED	2	3	3	3	2	5	2	4	3	3	2	3	3	6	9	9	9	9	4	2
	SPEED	4	4	4	3	3	6	6	8	3	1	4	5	5	5	6	6	6	7	10	3
P90	INCLINE	2	4	4	7	9	4	9	8	4	2	2	4	5	6	7	9	4	9	5	3
	SPEED	5	5	5	6	6	6	4	4	8	2	5	6	6	6	7	5	8	8	5	3
P91	INCLINE	3	4	5	9	5	9	5	5	5	3	2	5	8	10	7	7	10	10	9	3
	SPEED	3	6	5	3	5	3	5	5	4	2	2	5	5	3	5	5	3	3	6	2
P92	INCLINE	1	1	3	3	3	4	4	4	5	1	3	4	6	3	4	6	3	4	6	3
	SPEED	5	5	8	8	8	3	3	6	8	0	2	4	4	4	4	2	5	5	1	0
P93	INCLINE	3	4	7	5	7	6	7	5	7	3	3	3	3	5	5	5	5	5	7	2
	SPEED	3	3	5	5	5	5	3	3	1	0	0	2	2	5	5	5	5	1	1	0
P94	INCLINE	2	2	4	4	4	3	4	4	4	2	1	3	4	4	4	4	5	5	5	2
	SPEED	5	5	10	10	6	6	6	7	9	0	5	5	7	7	10	10	10	7	4	0

P95	INCLINE	3	4	6	4	4	6	6	6	7	1	3	4	4	7	7	7	7	7	6	3
	SPEED	2	3	3	3	3	2	0	2	1	0	3	3	2	2	2	2	2	2	2	0
P96	INCLINE	2	4	4	4	4	4	7	7	6	2	2	4	6	8	10	8	6	4	10	4
	SPEED	2	3	3	3	2	2	1	4	4	0	2	3	6	2	8	10	15	8	6	3
P97	INCLINE	2	4	6	6	8	6	8	8	6	4	2	4	7	4	6	8	10	8	6	1
	SPEED	3	6	5	5	4	6	8	14	5	2	2	5	5	6	8	4	6	6	13	2
P98	INCLINE	2	2	2	9	8	7	10	10	4	1	2	2	4	9	10	12	4	4	10	1
	SPEED	5	5	9	8	9	4	4	4	4	0	2	2	2	6	6	0	0	2	1	0
P99	INCLINE	2	6	4	9	8	8	6	10	8	1	2	4	3	8	10	2	4	6	6	1
	SPEED	3	3	6	1	2	2	2	2	2	0	0	2	2	3	3	3	1	1	1	0