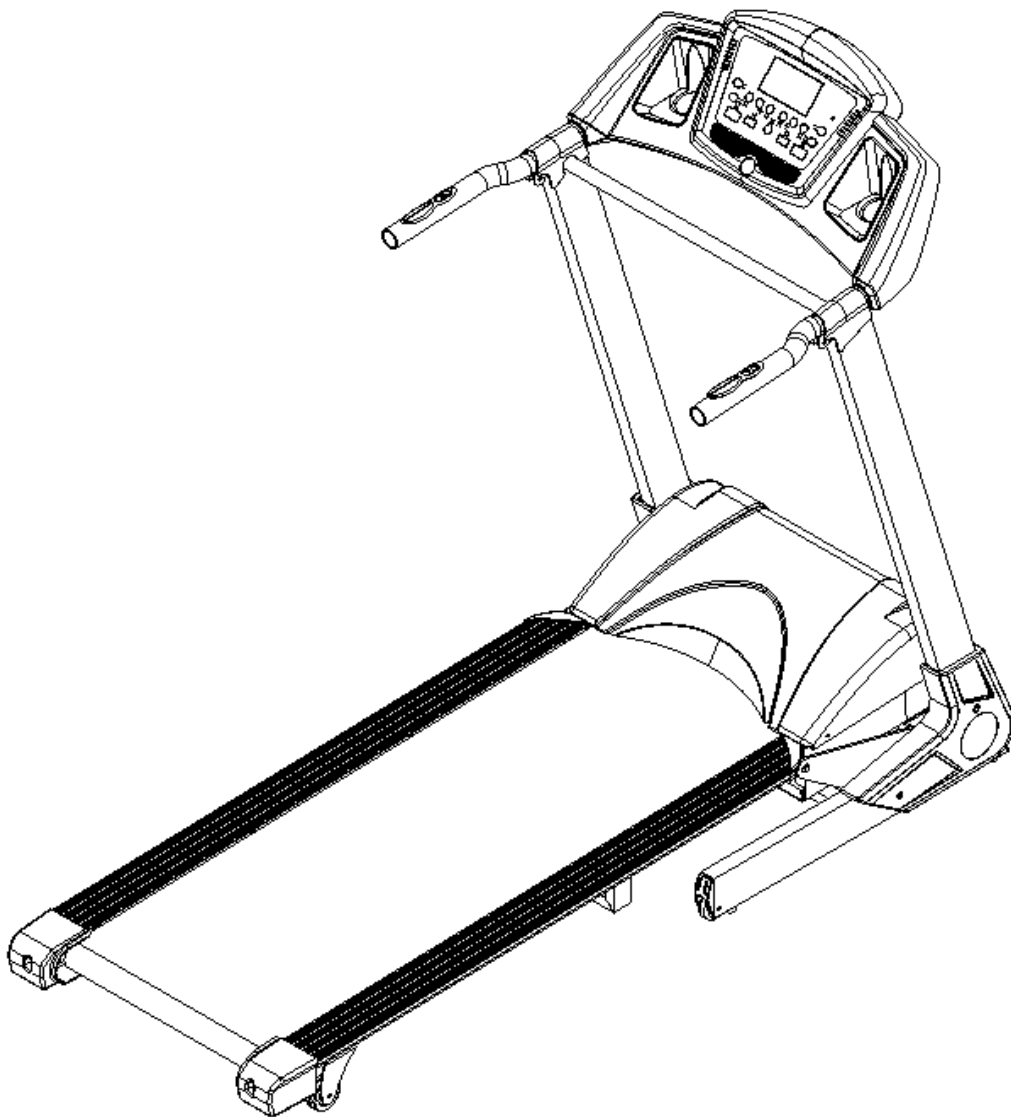




FOCUS OWNER'S MANUAL



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

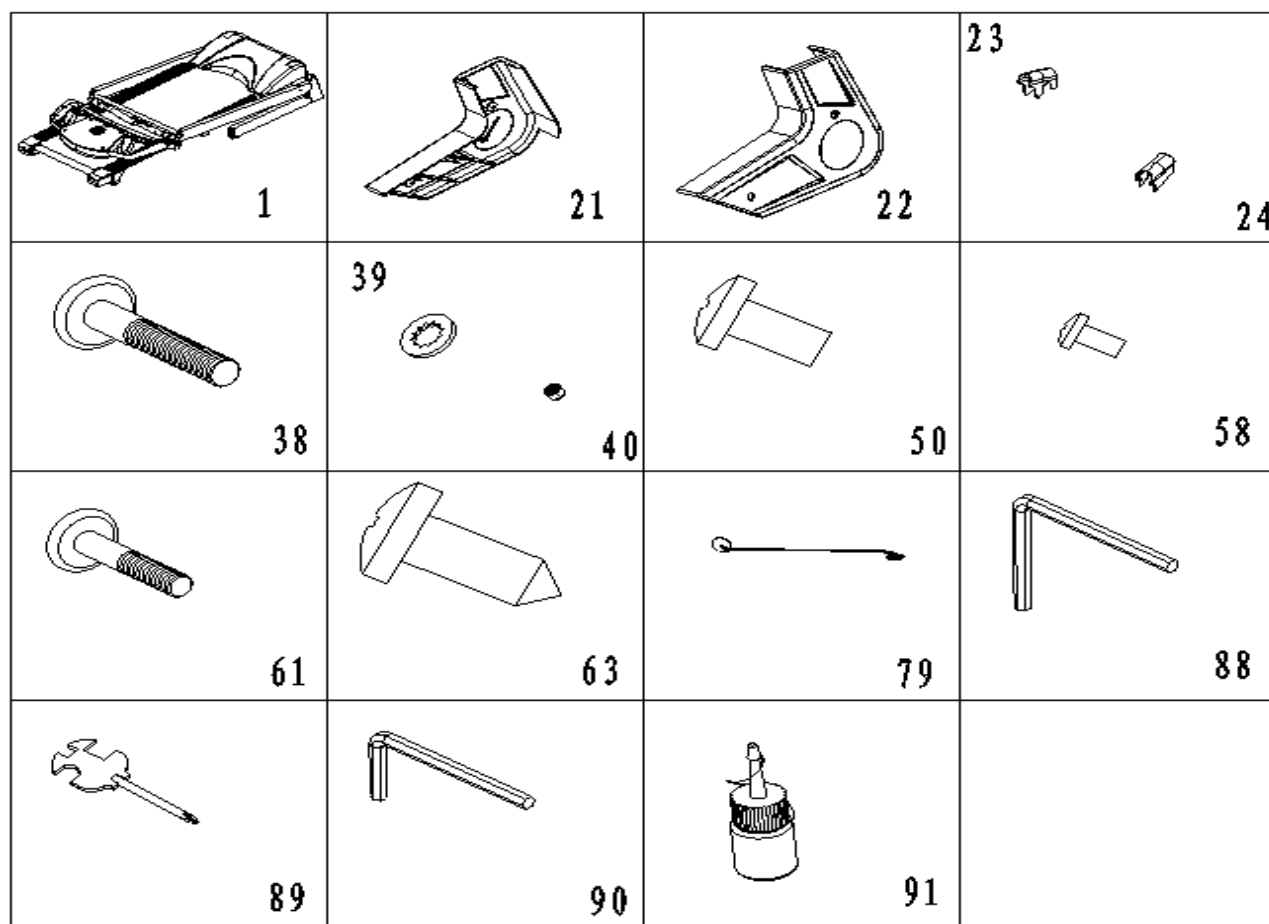
WARNING!

- 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.

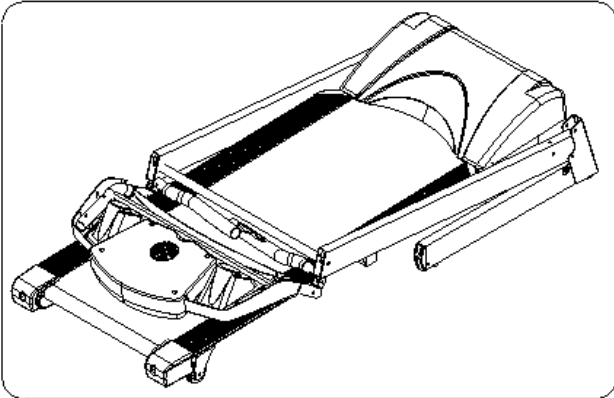
4. ASSEMBLY INSTRUCTIONS



PART LIST

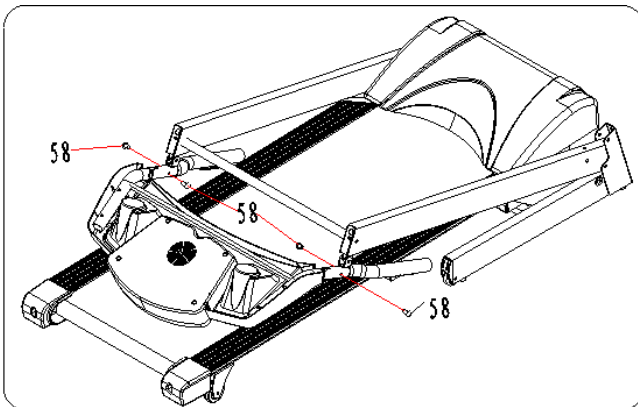
NO	Description	Specifications	QTY	NO	Description	Specifications	QTY
1	Main frame		1	58	Bolt	M6*10	2
21	Left upright bottom cover		1	61	Bolt	M8*45	2
22	Right upright bottom cover		1	63	Bolt	ST4.2*19	4
23	Left handlebar cover		1	79	Safety lock		1
24	Right handlebar cover		1	88	6#Allen wrench	5mm	1
38	Bolt	M8*40	2	89	Wrench/screwdriver	S=13\14\15mm	1
39	Lock nut	8	4	90	5# Allen Wrench	5mm	1
40	Nut	M8	2				
50	Bolt	M8*20	2				

STEP 1:



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

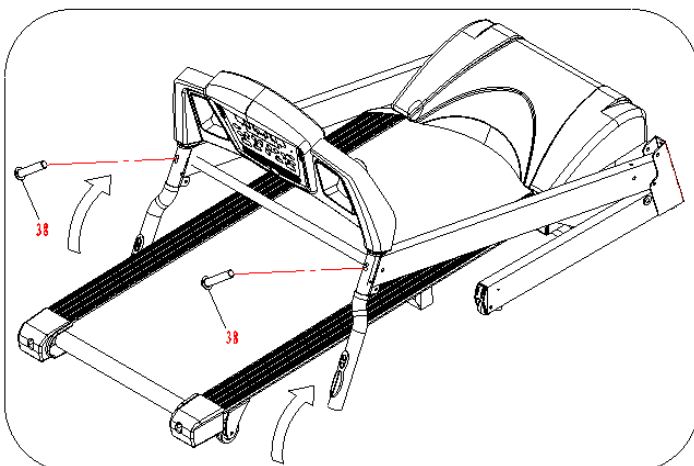
STEP 2:



1. Insert the handle bar into the computer frame.
2. Then secure, using bolt (58) M6*10 and Wrench/screwdriver

Attention: Do not pull the hand pulse electronic line when inserting the hand bar into the computer frame.

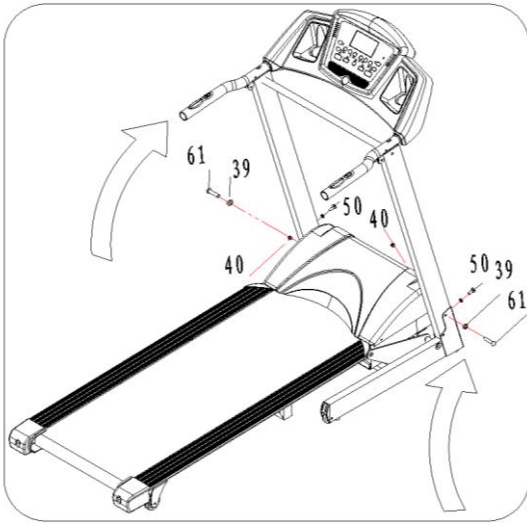
STEP 3:



1. Turn the computer so that the handles are perpendicular to the uprights
2. Use the 5# Allen wrench to screw the bolt (38) through the Lock washer, then lock the computer onto the R&L upright tubes

Note: Support the Uprights with your hands to prevent them falling down and causing injury.

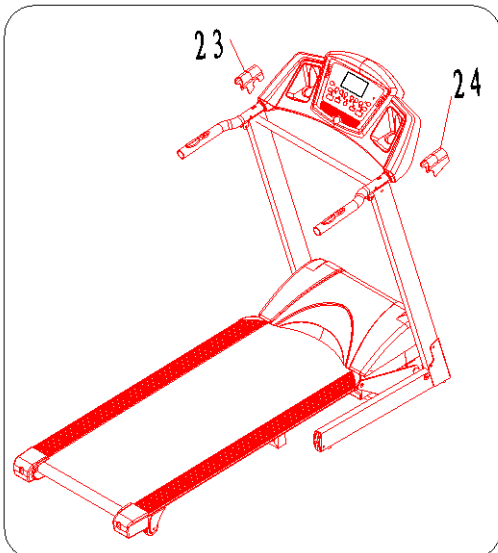
STEP 4:



1. Using the 5# Allen wrench, screw through the Bolt (50) to Lock Washer (39), then lock the right upright onto the Main Frame.
2. Using the M8*45 bolt (61), lock nut (39), M8 bolt(40) and 5# Allen wrench, lock the left upright tubes into the main frame. Refer to the picture on the left.

Attention: Hold the upright tube at when locking the upright tube to main frame to prevent it from falling and cause injury or damage.

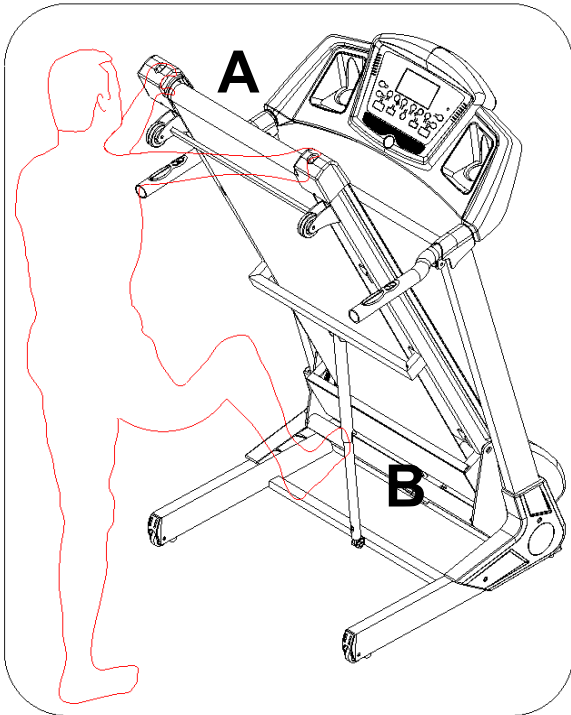
STEP 5:



1. Press the left uprights covers (23) onto the left handle bar
 2. Press the right uprights covers (24) onto the right handle bar
-

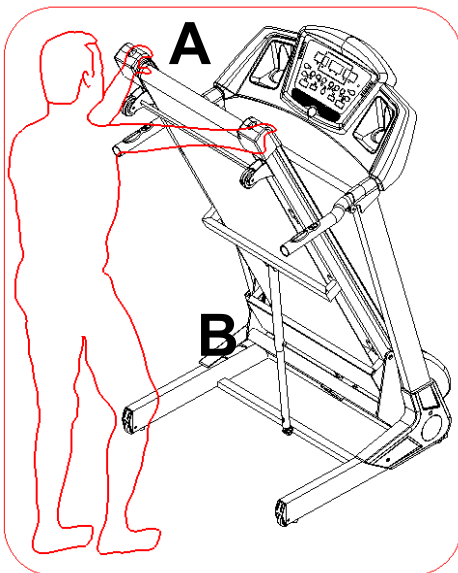
5. FOLDING INSTRUCTIONS

Unfolding:



Whilst supporting position (A) with our hand, gently push position (B), the marked area on the air pressure bar, 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 air pressure bar (B) is locked into the round tube.

6. GROUNDING METHODS

This product must be grounded. In the event of malfunction or breakdown, grounding reduces the risk of electric shock. This product is equipped with a cord with an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

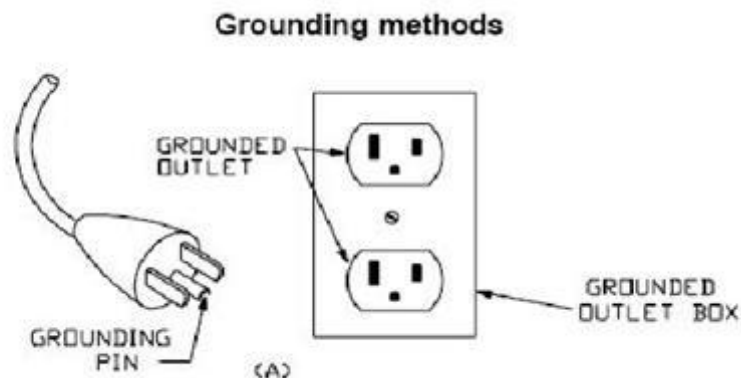
DANGER

Improper connection of the equipment-grounding conductor can result in risk of electric shock.

Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded.

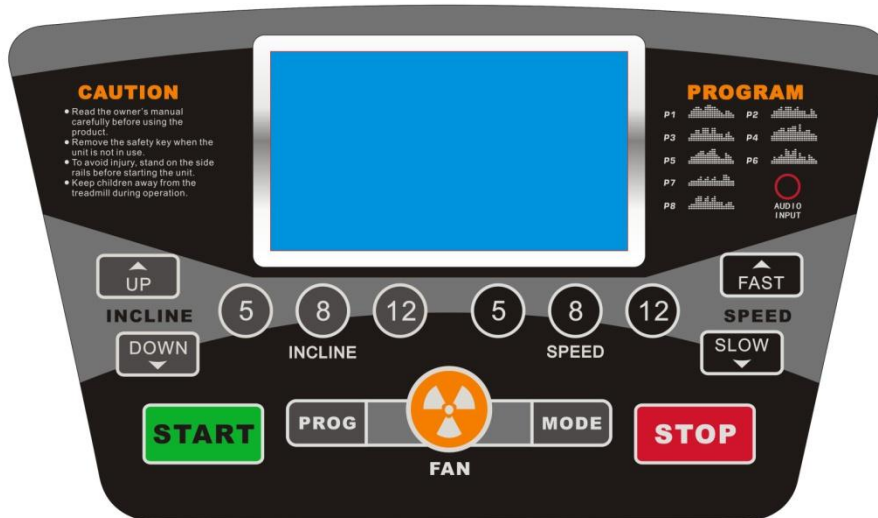
Do not modify the plug provided with the product – if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 240-volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Ensure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



7. OPERATION GUIDE

1. OVERVIEW



2. LCD WINDOW DISPLAY

1. **SPEED**: Shows speed and program.
2. **INCL window**: Shows degree of incline.
3. **Time window**: displays running time
4. **DIST window**: shows the running distance.
5. **PULSE**: shows heart rate. The range is from 50-200 beats per minute (Heart rate data is for reference ONLY.)
6. **CAL window**: shows calories burnt.

3. BUTTON FUNCTIONS

1. **“PROG”**: choose the program, cycle between manual mode, P1-P99
2. **“MODE”**: mode selection button. Press this button to cycle through “0:00”, “15:00”, “1.0”, “50”
 - a. (“0:00” = manual mode, “15:00” = timer countdown mode, “1.0” = distance countdown mode, “50” = calorie countdown mode)
 - b. You can adjust the value with the Speed+ & Speed- or INCL+ & INCL- buttons. Press “START” to start your exercise after finishing setting the values.

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.
6. **“INCLINE+”**, **“INCLINE-”**: increase or decreases incline. Adjust the incline gradient during exercising. Sets parameter when stopped.
7. **“SPEED: 3, 6, 9”** Speed adjustment shortcut key
8. **“INCL: 3, 6, 9”** Incline adjustment shortcut key.
9. **FAN**: start or stop the fan

4. MAIN FUNCTIONS

4.1. Quick Start-up (Manual):

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.

4.2. Countdown mode:

Press the MODE button to cycle options: timer countdown, distance countdown, calories countdown. The default value corresponds to the window and flashing display. At this point the SPEED buttons serve as a plus and minus functions to adjust to the desired value. Press the START, add and subtract speed by using SPEED buttons once again. When the countdown reaches 0, the machine will stop. You can also directly press the STOP button or disconnect safety lock to stop.

4.3. Preset programs:

Press the program button; programs from P1 to P99 are built-in programs. The time window displays the default value of TIME. When flashing, press the SPEED buttons to adjust to your desired time. Built-in program are divided into 20 equal segments. After press the START button, the treadmill will automatically cycle through the time segments. Speed will automatically adjust to the preset value for the segment. Upon completion of the segments, the program will end, slowing the treadmill down to a stop. During the operation speed can be adjusted but the next segment will be automatically adjusted to the program defaults. Built-in program data is listed on the table.

4.4. 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.

4.5. Sleep function:

The treadmill automatically enters sleep mode after 10 minutes of inactivity. Press any key on the display to wake the treadmill.

8. 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.

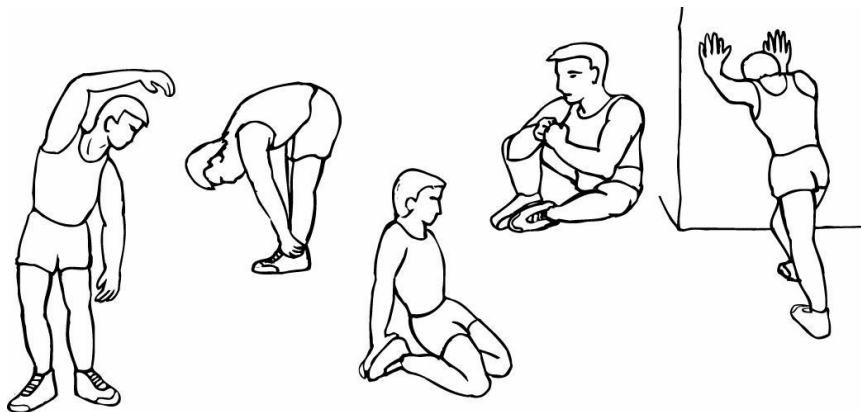
Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

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

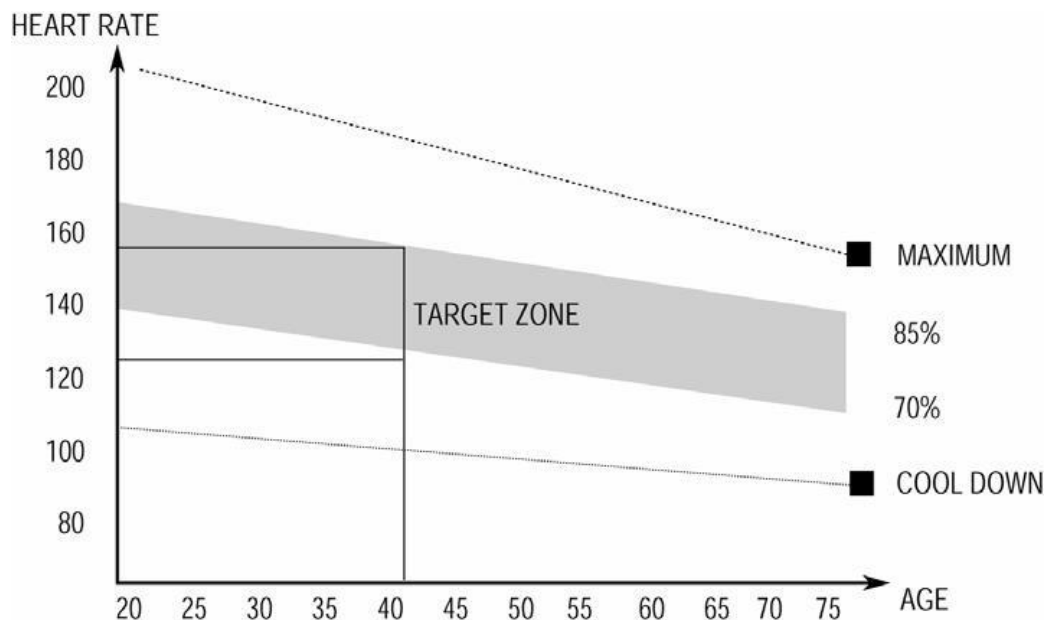
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.

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.

9. 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.

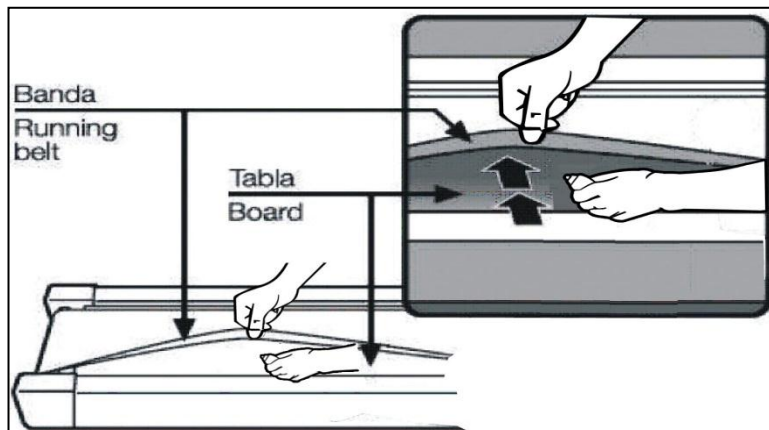
3. Belt/Deck/Roller Lubrication

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 30 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*

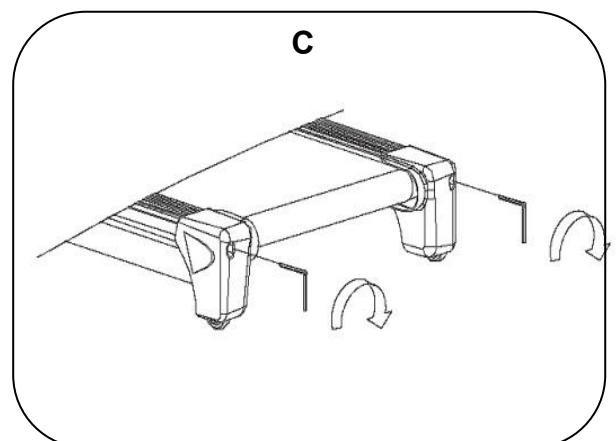
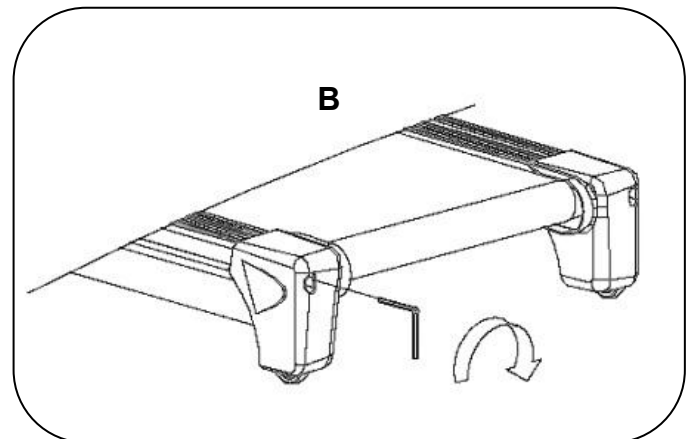
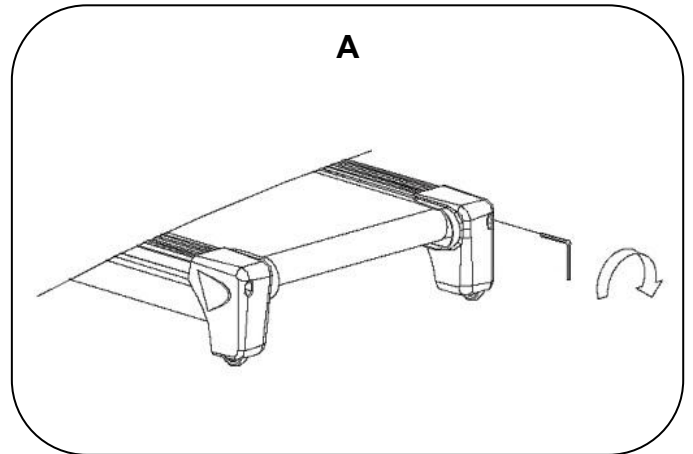
If you have over adjusted it, carefully turn the **left** adjusting bolt **anticlockwise** and until the belt centers.

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.

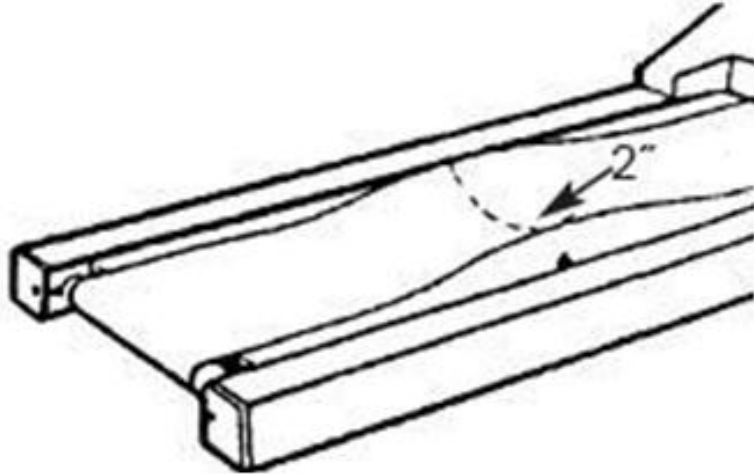
See *Picture C*

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

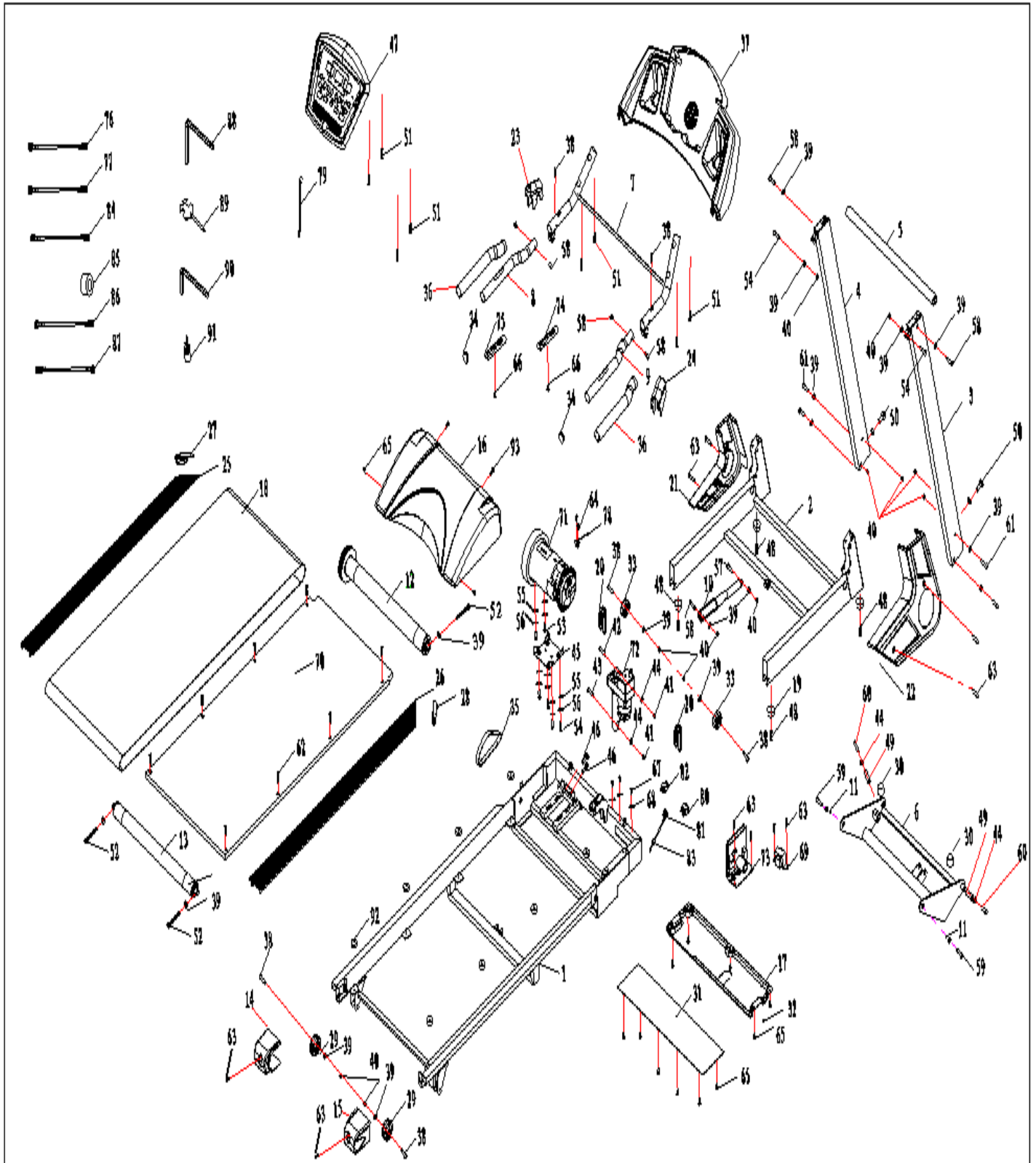


NOTE: When properly tightened, you should be able to peel the very edge of the side of the belt up approximately 2 inches. However this is a rough reference and not all treadmills are the same. Some treadmills that have longer belts may give different measurements for correct belt tightness.

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



10. EXPLODED DIAGRAM



11. PARTS LIST

#	DESCRIPTION	REMARK	QTY	#	DESCRIPTION	REMARK	QTY
1	Main frame		1	37	Computer top cover		1
2	Base frame		1	38	Bolt	M8*40	6
3	Left upright		1	39	Lock washer	8	25
4	Right upright		1	40	Lock nut	M8	6
5	Strengthen frame		1	41	Lock nut	M10	2
6	Incline motor bracket		1	42	Bolt	M10*42	1
7	Computer bracket		1	43	Bolt	M10*55	1
8	Left handle bar A		1	44	Lock washer	10	6
9	Right handle bar B		1	45	Motor bracket		1
10	Cylinder		1	46	Bolt	M8*30	2
11	Drivepipe		2	47	Computer board		1
12	Front roller		1	48	Bolt	M6*16	4
13	Rear roller		1	49	Casing		2
14	Left back end cover		1	50	Bolt	M8*20	2
15	Right back end cover		1	51	Bolt	M6*30	4
16	Motor top cover		1	52	Bolt	M8*65	3
17	Motor bottom cover		1	53	Bolt	M8*12	2
18	Running belt		1	54	Bolt	M8*30 L15	6
19	Foot pad		4	55	Flat washer	8	6
20	Transportation wheel cover		2	56	Spring washer	8	6
21	Left back cover		1	57	Bolt	M8*25 L20	1
22	Right back cover		1	58	Bolt	M6*10	4
23	Left Hand cover		1	59	Bolt	M10*20	2
24	Right Hand cover		1	60	Bolt	M10*45	4
25	Left side rail		1	61	Bolt	M8*45(L20)	6
26	Right side rail		1	62	Bolt	M6*32	8
27	Left plug		1	63	Screw	ST4.2*19	10
28	Right plug		1	64	Screw	ST2.9*9.5	2
29	Adjustable wheel		2	65	Screw	ST4.2*12	8
30	Cone-shape cushion pad		2	66	Screw	ST4.2*28	2
31	Bottom cover		1	67	Screw	ST4.2*12	9
32	Ring protect wire plug		1	68	Lock washer	5	3
33	Transportation wheel		2	69	Transformer		1
34	Circle plug		1	70	Running board		1
35	Motor belt		1	71	DC Motor		1
36	Foam grip		2	72	Incline Motor		1
73	Control circuit board		1	84	Ac single-wire		1
74	Hand pulse with speed button		1	85	Magnet ring		1
75	Hand pulse with incline button		1	86	Blue single wire		1
76	Computer up wire		1	87	Brown single wire		1
77	Computer bottom wire		1	88	6# Allen wrench	6mm	1
78	Light sensor		1	89	wrench w/screw driver	S=13、 14、 15	1
79	Safety key		1	90	5#Allen wrench	5mm	1
80	Power Switch		1				
81	Computer wire		1	92	Rubber pad		8
82	Overload protector		1	93	screw	M5*8	3
83	Power wire cord		1				

12. TROUBLE SHOOTING GUIDE

Error/Code	Description	Possible Solutions
	Computer not functioning after connecting power	<ol style="list-style-type: none"> a. Please check if the overload protect jump, if it has, please press it, let it continue operation. b. Ensure the wires of the power switch, overload protection, control board and the transformer are connected correctly. c. Ensure the wire from the computer to the control board is connected properly. Remove the upright tube and check the connection between each wire. Ensure each wire is completely plugged in; if wires are damaged please change the wire. d. Check the state of the transformer is good, if broken, change it.
E01	Message failure	<ol style="list-style-type: none"> 1. The wires from computer and bottom control board are not properly connected, please check each wire. If the wire was destroyed replace it. 2. Check the state of the transformer is good, if broken, change it.
E02	Burst clash	<ol style="list-style-type: none"> 1. Ensure power is correct, if not, use correct power to test. 2. Check if the bottom control is burnt out, if burnt out replace it and then reconnect the motor wire.
E03	No sensor signal	<ol style="list-style-type: none"> 1. The sensor signal was not detected within 10 seconds. Check the sensor plug connection 2. See if the magnetic sensor is broken or damaged, re-connect the plug well or change the sensor.

E04 or E06	Incline learning defeated	<ol style="list-style-type: none"> 1. Check connection of VR wire of incline motor. If improperly connected, reconnect VR and make it firm. 2. Check to see if AC wire of motor is properly connected, and if the AC wire of the motor is inserted properly with correct sign on control board. 3. Check connection line of motor to see if it is destroyed, exchange it or incline motor. And press “learning” button of bottom control board to relearn upon completion of checks.
E05	Overload protection	<ol style="list-style-type: none"> 1. Upon overload, the system will restart to prevent damage. If the treadmill gets stuck and the motor cannot move it will lead to an overload. Please locate the cause of this. A possible reason is a lack of lubricant in a particular component. Then restart the machine. 2. Check if the motor sounds like its being over worked or for a burning smell. If so, change motor 3. Check control board. If control board is emitting a burning smell, change it.
E07	No signal between the control board and computer	<ol style="list-style-type: none"> 1. The wires from computer and bottom control board are not properly connected, please check each wire. If the wire is destroyed replace it. 2. Ensure wires of control board are properly connected, replace any broken parts on the board 3. Replace transformer
E08	Control board problem	<ol style="list-style-type: none"> 1. Replace controller
E09	Machine is folded	<ol style="list-style-type: none"> 1. Ensure that the machine is correctly unfolded, restart. 2. Replace transformer

	<p>Motor not functioning after pressing START button</p>	<ol style="list-style-type: none"> 1. the motor wire is broken; the safety pipe is broken or has fallen off; 2. motor wire is not properly connected 3. IGBT on bottom control board is burnt out. Test the above reasons and change the relevant part.
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13. 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

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

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

14. Program Chart

Time Period Program		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
		P1	INCLINE	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000
	SPEED	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000
P2	INCLINE	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000
	SPEED	020	030	030	040	050	030	040	050	050	030	040	050	040	040	040	020	030	030	050	030
P3	INCLINE	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000
	SPEED	020	040	040	050	060	040	060	060	060	040	050	060	040	040	040	020	020	050	040	020
P4	INCLINE	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000
	SPEED	020	040	040	060	060	040	070	070	070	040	070	070	040	040	040	020	040	050	030	020
P5	INCLINE	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000
	SPEED	030	050	050	060	070	070	050	070	070	080	080	050	090	050	050	060	060	040	040	030
P6	INCLINE	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000
	SPEED	020	040	040	050	060	070	070	050	060	070	080	080	050	040	030	030	060	050	040	020
P7	INCLINE	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000
	SPEED	020	040	040	040	050	060	080	080	060	070	080	080	060	040	040	020	050	040	030	020
P8	INCLINE	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000
	SPEED	020	030	030	030	040	050	030	040	050	030	040	050	030	030	030	060	060	050	030	030
P9	INCLINE	004	005	005	005	006	006	006	007	008	009	009	009	010	010	010	012	012	008	006	003
	SPEED	020	030	030	060	070	070	040	060	070	040	060	070	040	040	040	020	030	040	040	020
P10	INCLINE	005	005	005	006	006	006	0040	004	006	006	005	005	008	008	009	009	009	007	004	002
	SPEED	020	040	040	070	070	040	070	080	040	080	090	090	040	040	040	050	060	030	030	020
P11	INCLINE	005	006	006	006	007	005	008	008	004	004	004	005	005	008	008	010	010	008	006	003
	SPEED	020	040	050	060	070	050	040	060	080	080	060	060	050	040	040	020	040	040	030	030
P12	INCLINE	004	005	003	002	006	006	002	002	002	002	002	004	005	006	003	002	005	005	002	000
	SPEED	020	050	080	100	070	070	100	100	070	070	100	100	060	060	090	090	050	050	040	030
P13	INCLINE	001	002	003	002	003	005	005	000	000	002	003	005	007	003	003	005	006	005	003	003
	SPEED	030	040	090	090	050	090	050	080	050	090	070	050	050	070	090	090	050	070	060	030
P14	INCLINE	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001
	SPEED	020	020	040	050	060	050	040	030	020	010	020	030	040	050	060	050	040	030	020	010
P15	INCLINE	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001
	SPEED	020	040	060	080	060	060	040	040	020	020	020	040	060	080	060	060	040	040	020	020
P16	INCLINE	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001
	SPEED	020	040	060	080	100	080	060	040	020	020	020	040	060	080	060	060	040	040	020	020
P17	INCLINE	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001
	SPEED	020	020	060	060	080	100	060	060	020	020	020	020	060	060	080	100	060	060	020	020
P18	INCLINE	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001
	SPEED	020	030	040	050	020	030	040	050	030	020	020	030	040	050	020	030	040	050	030	020
P19	INCLINE	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001
	SPEED	020	040	060	020	040	060	020	040	060	020	020	040	060	020	040	060	020	040	060	020

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P20	INCLINE	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001
	SPEED	010	030	040	050	060	050	040	030	020	010	010	030	040	050	060	050	040	030	020	010
P21	INCLINE	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001
	SPEED	010	040	060	080	060	060	040	040	020	020	010	040	060	080	060	060	040	040	020	020
P22	INCLINE	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001
	SPEED	.10	0.20	060	060	080	100	060	060	020	020	010	020	060	060	080	100	060	060	020	020
P23	INCLINE	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001
	SPEED	010	030	040	050	020	030	040	050	030	0202	010	030	040	050	020	030	040	050	030	020
P24	INCLINE	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001
	SPEED	010	040	060	020	040	060	020	040	060	020	010	040	060	020	040	060	020	040	060	020
P25	INCLINE	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001
	SPEED	020	030	040	050	060	050	040	030	020	010	020	030	040	050	060	050	040	030	020	10
P26	INCLINE	002	003	004	005	002	003	004	005	004	003	002	003	004	005	002	003	004	005	004	003
	SPEED	020	040	060	080	060	060	040	040	020	020	020	040	060	080	060	060	040	040	020	30
P27	INCLINE	002	004	006	002	004	006	002	004	006	002	002	004	006	002	004	006	002	004	006	002
	SPEED	020	040	060	080	100	080	060	040	020	020	020	040	060	080	100	080	060	040	020	020
P28	INCLINE	001	003	001	002	001	002	001	001	002	000	001	003	001	002	001	002	001	001	002	001
	SPEED	020	020	060	060	080	100	060	060	020	020	020	020	060	060	080	100	060	060	020	020
P29	INCLINE	001	002	002	003	004	004	003	002	001	000	001	002	002	003	004	004	003	002	001	001
	SPEED	020	030	040	050	020	030	040	050	030	020	020	030	040	050	020	030	040	050	030	020
P30	INCLINE	001	004	005	007	009	011	009	007	005	003	001	004	005	007	009	011	009	007	005	003
	SPEED	020	040	060	020	040	060	020	040	060	020	020	040	060	020	040	060	020	040	060	020
P31	INCLINE	002	005	006	008	010	008	006	006	002	002	002	005	006	008	010	008	006	006	002	002
	SPEED	010	030	040	050	060	050	040	030	020	010	010	030	040	050	060	050	040	030	020	010
P32	INCLINE	002	004	004	005	002	003	004	005	004	003	002	004	004	005	002	003	004	005	004	003
	SPEED	010	040	060	080	060	060	040	040	020	020	010	040	060	080	060	060	040	040	020	020
P33	INCLINE	002	003	006	002	004	006	002	004	006	002	002	003	006	002	004	006	002	004	006	002
	SPEED	010	040	060	080	100	080	060	040	020	020	010	040	060	080	100	080	060	040	020	020
P34	INCLINE	004	005	005	005	006	006	006	007	008	009	009	009	010	010	010	012	012	008	006	003
	SPEED	020	030	030	060	070	070	040	060	070	040	060	070	040	040	040	020	030	040	040	020
P35	INCLINE	005	005	005	006	006	006	004	004	006	006	005	005	008	008	009	009	009	007	004	002
	SPEED	020	040	040	070	070	040	070	080	040	080	090	090	040	040	040	050	060	030	030	020
P36	INCLINE	005	006	006	006	007	005	008	008	004	004	004	005	005	008	008	010	010	008	006	003
	SPEED	020	040	050	060	070	050	040	060	080	080	060	060	050	040	040	020	040	040	030	030
P37	INCLINE	002	006	006	008	010	008	006	006	002	002	002	006	006	008	010	008	006	006	002	002
	SPEED	020	030	040	050	060	050	040	030	020	010	020	030	040	050	060	050	040	030	020	010
P38	INCLINE	002	003	004	005	002	003	004	005	004	003	002	003	004	005	002	003	004	005	004	003
	SPEED	020	040	060	080	060	060	040	040	020	020	020	040	060	080	060	060	040	040	020	020
P39	INCLINE	002	004	006	002	004	006	002	004	006	002	002	004	006	002	004	006	002	004	006	002
	SPEED	020	040	060	080	100	080	060	040	020	020	020	040	060	080	100	080	060	040	020	020
P40	INCLINE	001	003	001	002	001	002	001	001	002	000	001	003	001	002	001	002	001	001	002	001
	SPEED	020	020	060	060	080	100	060	060	020	020	020	020	060	060	080	100	060	060	020	020

P41	INCLINE	001	002	002	003	004	004	003	002	001	000	001	002	002	003	004	004	003	002	001	001
	SPEED	020	030	040	050	020	030	040	050	030	020	020	030	040	050	020	030	040	050	030	020
P42	INCLINE	001	0040	005	007	009	011	009	007	005	003	001	004	005	007	009	011	009	007	005	003
	SPEED	020	040	060	020	040	060	020	040	060	020	020	040	060	020	040	060	020	040	060	020
P43	INCLINE	002	005	006	008	010	008	006	006	002	002	002	005	006	008	010	008	006	006	002	002
	SPEED	010	030	040	050	060	050	040	030	020	010	010	030	040	050	060	050	040	030	020	010
P44	INCLINE	002	004	004	005	002	003	004	005	004	003	002	004	004	005	002	003	004	005	004	003
	SPEED	010	040	060	080	060	060	040	040	020	020	010	040	060	080	060	060	040	040	020	020
P45	INCLINE	002	003	006	002	004	006	002	004	006	002	002	003	006	002	004	006	002	004	006	002
	SPEED	010	040	060	080	100	080	060	040	020	020	010	040	060	080	100	080	060	040	020	020
P46	INCLINE	004	005	005	005	006	006	006	006	007	008	009	009	009	010	010	010	012	012	008	006
	SPEED	020	030	030	060	070	070	040	060	070	040	060	070	040	040	040	020	030	040	040	020
P47	INCLINE	005	005	005	006	006	006	004	004	006	006	005	005	008	008	009	009	009	007	004	002
	SPEED	020	040	040	070	070	040	070	080	040	080	090	090	040	040	040	050	060	030	030	020
P48	INCLINE	005	006	006	006	007	005	008	008	004	004	004	005	005	008	008	010	010	008	006	003
	SPEED	020	040	050	060	070	050	040	060	080	080	060	060	050	040	040	020	040	040	030	030
P49	INCLINE	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000
	SPEED	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000	000
P50	INCLINE	001	001	002	002	002	003	003	002	002	001	002	002	001	001	003	003	002	002	002	002
	SPEED	020	030	030	040	050	030	040	050	050	030	040	050	040	040	040	020	030	030	050	030
P51	INCLINE	010	002	002	002	002	003	003	002	002	002	002	002	003	003	003	004	004	003	002	002
	SPEED	020	040	040	050	060	040	060	060	060	040	050	060	040	040	040	020	020	050	040	020
P52	INCLINE	020	003	003	002	002	003	003	003	002	002	002	002	004	004	004	006	006	003	002	002
	SPEED	020	040	040	060	060	040	070	070	070	040	070	070	040	040	040	020	040	050	030	020
P53	INCLINE	002	003	003	002	002	003	003	003	002	002	002	002	004	004	004	006	006	003	002	002
	SPEED	030	050	050	060	070	070	050	070	070	080	080	050	090	050	050	060	060	040	040	030
P54	INCLINE	003	003	003	004	004	005	005	005	004	004	004	004	005	005	003	003	003	002	002	002
	SPEED	020	040	040	050	060	070	070	050	060	070	080	080	050	040	030	030	060	050	040	020
P55	INCLINE	0030	005	0050	005	004	0040	004	003	003	003	003	004	004	004	003	003	003	004	003	002
	SPEED	020	040	040	040	050	060	080	080	060	070	080	080	060	040	040	020	050	040	030	020
P56	INCLINE	004	004	004	004	003	003	006	006	006	007	007	008	008	009	009	006	006	005	003	003
	SPEED	020	030	030	030	040	050	030	040	050	030	040	050	030	030	030	060	060	050	030	030
P57	INCLINE	004	005	005	005	006	006	006	007	008	009	009	009	010	010	010	012	012	008	006	003
	SPEED	020	030	030	060	070	070	040	060	070	040	060	070	040	040	040	020	030	040	040	020
P58	INCLINE	005	005	005	006	006	006	0040	004	006	006	005	005	008	008	009	009	009	007	004	002
	SPEED	020	040	040	070	070	040	070	080	040	080	090	090	040	040	040	050	060	030	030	020
P59	INCLINE	005	006	006	006	007	005	008	008	004	004	004	005	005	008	008	010	010	008	006	003
	SPEED	020	040	050	060	070	050	040	060	080	080	060	060	050	040	040	020	040	040	030	030
P60	INCLINE	004	005	003	002	006	006	002	002	002	002	002	004	005	006	003	002	005	005	002	000
	SPEED	020	050	080	100	070	070	100	100	070	070	100	100	060	060	090	090	050	050	040	030
P61	INCLINE	001	002	003	002	003	005	005	000	000	002	003	005	007	003	003	005	006	005	003	003
	SPEED	030	040	090	090	050	090	050	080	050	090	070	050	050	070	090	090	050	070	060	030

P62	INCLINE	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001
	SPEED	020	020	040	050	060	050	040	030	020	010	020	030	040	050	060	050	040	030	020	010
P63	INCLINE	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001
	SPEED	020	040	060	080	060	060	040	040	020	020	020	040	060	080	060	060	040	040	020	020
P64	INCLINE	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001
	SPEED	020	040	060	080	100	080	060	040	020	020	020	040	060	080	060	060	040	040	020	020
P65	INCLINE	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001
	SPEED	020	020	060	060	080	100	060	060	020	020	020	020	060	060	080	100	060	060	020	020
P66	INCLINE	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001
	SPEED	020	030	040	050	020	030	040	050	030	020	020	030	040	050	020	030	040	050	030	020
P67	INCLINE	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001
	SPEED	020	040	060	020	040	060	020	040	060	020	020	040	060	020	040	060	020	040	060	020
P68	INCLINE	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001
	SPEED	010	030	040	050	060	050	040	030	020	010	010	030	040	050	060	050	040	030	020	010
P69	INCLINE	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001
	SPEED	010	040	060	080	060	060	040	040	020	020	010	040	060	080	060	060	040	040	020	020
P70	INCLINE	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001
	SPEED	.10	0.20	060	060	080	100	060	060	020	020	010	020	060	060	080	100	060	060	020	020
P71	INCLINE	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001
	SPEED	010	030	040	050	020	030	040	050	030	020	010	030	040	050	020	030	040	050	030	020
P72	INCLINE	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001
	SPEED	010	040	060	020	040	060	020	040	060	020	010	040	060	020	040	060	020	040	060	020
P73	INCLINE	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001	001
	SPEED	020	030	040	050	060	050	040	030	020	010	020	030	040	050	060	050	040	030	020	10
P74	INCLINE	002	003	004	005	002	003	004	005	004	003	002	003	004	005	002	003	004	005	004	003
	SPEED	020	040	060	080	060	060	040	040	020	020	020	040	060	080	060	060	040	040	020	30
P75	INCLINE	002	004	006	002	004	006	002	004	006	002	002	004	006	002	004	006	002	004	006	002
	SPEED	020	040	060	080	100	080	060	040	020	020	020	040	060	080	100	080	060	040	020	020
P76	INCLINE	001	003	001	002	001	002	001	001	002	000	001	003	001	002	001	002	001	001	002	001
	SPEED	020	020	060	060	080	100	060	060	020	020	020	020	060	060	080	100	060	060	020	020
P77	INCLINE	001	002	002	003	004	004	003	002	001	000	001	002	002	003	004	004	003	002	001	001
	SPEED	020	030	040	050	020	030	040	050	030	020	020	030	040	050	020	030	040	050	030	020
P78	INCLINE	001	004	005	007	009	011	009	007	005	003	001	004	005	007	009	011	009	007	005	003
	SPEED	020	040	060	020	040	060	020	040	060	020	020	040	060	020	040	060	020	040	060	020
P79	INCLINE	002	005	006	008	010	008	006	006	002	002	002	005	006	008	010	008	006	006	002	002
	SPEED	010	030	040	050	060	050	040	030	020	010	010	030	040	050	060	050	040	030	020	010
P80	INCLINE	002	004	004	005	002	003	004	005	004	003	002	004	004	005	002	003	004	005	004	003
	SPEED	010	040	060	080	060	060	040	040	020	020	010	040	060	080	060	060	040	040	020	020
P81	INCLINE	002	003	006	002	004	006	002	004	006	002	002	003	006	002	004	006	002	004	006	002
	SPEED	010	040	060	080	100	080	060	040	020	020	010	040	060	080	100	080	060	040	020	020
P82	INCLINE	004	005	005	005	006	006	006	007	008	009	009	009	010	010	010	012	012	008	006	003
	SPEED	020	030	030	060	070	070	040	060	070	040	060	070	040	040	040	020	030	040	040	020

P83	INCLINE	005	005	005	006	006	006	004	004	006	006	005	005	008	008	009	009	009	007	004	002
	SPEED	020	040	040	070	070	040	070	080	040	080	090	090	040	040	040	050	060	030	030	020
P84	INCLINE	005	006	006	006	007	005	008	008	004	004	004	005	005	008	008	010	010	008	006	003
	SPEED	020	040	050	060	070	050	040	060	080	080	060	060	050	040	040	020	040	040	030	030
P85	INCLINE	002	006	006	008	010	008	006	006	002	002	002	006	006	008	010	008	006	006	002	002
	SPEED	020	030	040	050	060	050	040	030	020	010	020	030	040	050	060	050	040	030	020	010
P86	INCLINE	002	003	004	005	002	003	004	005	004	003	002	003	004	005	002	003	004	005	004	003
	SPEED	020	040	060	080	060	060	040	040	020	020	020	040	060	080	060	060	040	040	020	020
P87	INCLINE	002	004	006	002	004	006	002	004	006	002	002	004	006	002	004	006	002	004	006	002
	SPEED	020	040	060	080	100	080	060	040	020	020	020	040	060	080	100	080	060	040	020	020
P88	INCLINE	001	003	001	002	001	002	001	001	002	000	001	003	001	002	001	002	001	001	002	001
	SPEED	020	020	060	060	080	100	060	060	020	020	020	020	060	060	080	100	060	060	020	020
P89	INCLINE	001	002	002	003	004	004	003	002	001	000	001	002	002	003	004	004	003	002	001	001
	SPEED	020	030	040	050	020	030	040	050	030	020	020	030	040	050	020	030	040	050	030	020
P90	INCLINE	001	0040	005	007	009	011	009	007	005	003	001	004	005	007	009	011	009	007	005	003
	SPEED	020	040	060	020	040	060	020	040	060	020	020	040	060	020	040	060	020	040	060	020
P91	INCLINE	002	005	006	008	010	008	006	006	002	002	002	005	006	008	010	008	006	006	002	002
	SPEED	010	030	040	050	060	050	040	030	020	010	010	030	040	050	060	050	040	030	020	010
P92	INCLINE	002	004	004	005	002	003	004	005	004	003	002	004	004	005	002	003	004	005	004	003
	SPEED	010	040	060	080	060	060	040	040	020	020	010	040	060	080	060	060	040	040	020	020
P93	INCLINE	002	003	006	002	004	006	002	004	006	002	002	003	006	002	004	006	002	004	006	002
	SPEED	010	040	060	080	100	080	060	040	020	020	010	040	060	080	100	080	060	040	020	020
P94	INCLINE	004	005	005	005	006	006	006	007	008	009	009	009	010	010	010	012	012	008	006	003
	SPEED	020	030	030	060	070	070	040	060	070	040	060	070	040	040	040	020	030	040	040	020
P95	INCLINE	005	005	005	006	006	006	004	004	006	006	005	005	008	008	009	009	009	007	004	002
	SPEED	020	040	040	070	070	040	070	080	040	080	090	090	040	040	040	050	060	030	030	020
P96	INCLINE	005	006	006	006	007	005	008	008	004	004	004	005	005	008	008	010	010	008	006	003
	SPEED	020	040	050	060	070	050	040	060	080	080	060	060	050	040	040	020	040	040	030	030
P97	INCLINE	004	005	005	005	006	006	006	007	008	009	009	009	010	010	010	012	012	008	006	003
	SPEED	020	030	030	060	070	070	040	060	070	040	060	070	040	040	040	020	030	040	040	020
P98	INCLINE	005	005	005	006	006	006	004	004	006	006	005	005	008	008	009	009	009	007	004	002
	SPEED	020	040	040	070	070	040	070	080	040	080	090	090	040	040	040	050	060	030	030	020
P99	INCLINE	005	006	006	006	007	005	008	008	004	004	004	005	005	008	008	010	010	008	006	003
	SPEED	020	040	050	060	070	050	040	060	080	080	060	060	050	040	040	020	040	040	030	030