FORCE 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.

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- 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!

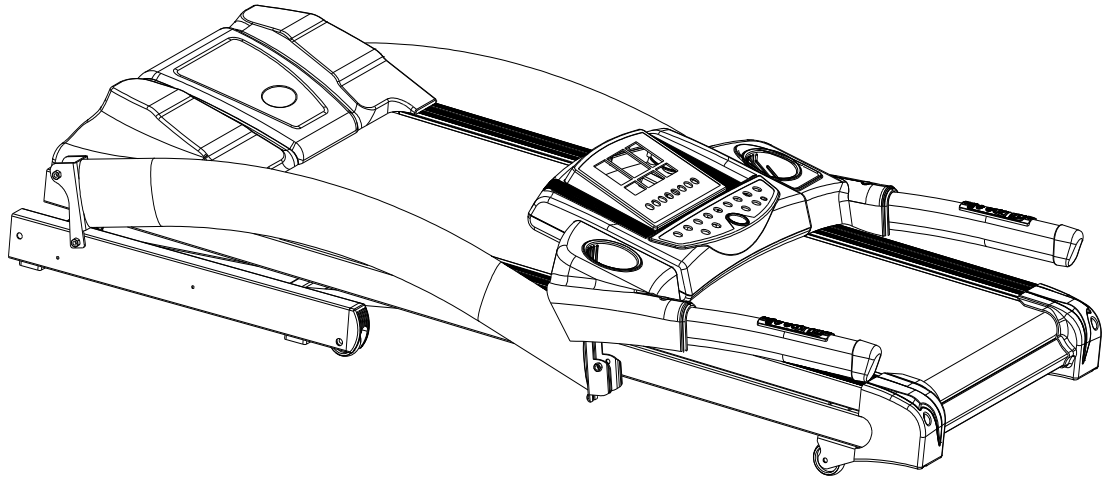- NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

- 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.
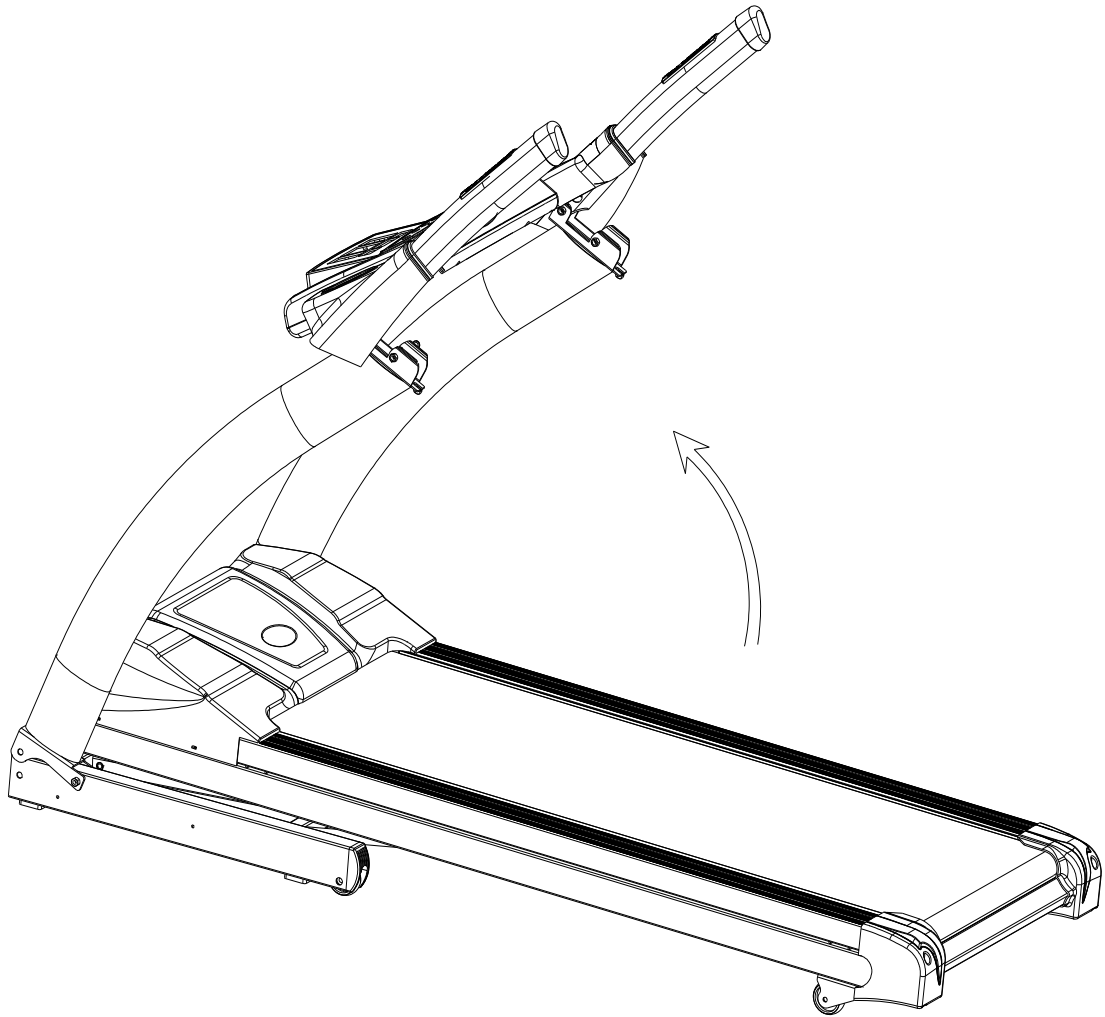
FORCE

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.

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4. ASSEMBLY INSTRUCTIONS

Meter accessories

Safety key

Heart rate sensor

Handle

Pillar accessories

Footplate

Running belt

Running belt adjustor

Power switch

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1

2

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screw M8x16

cushion φ8

back roller adjustment

screw M10X60

washer φ10

nutM10

screwM5X10

3

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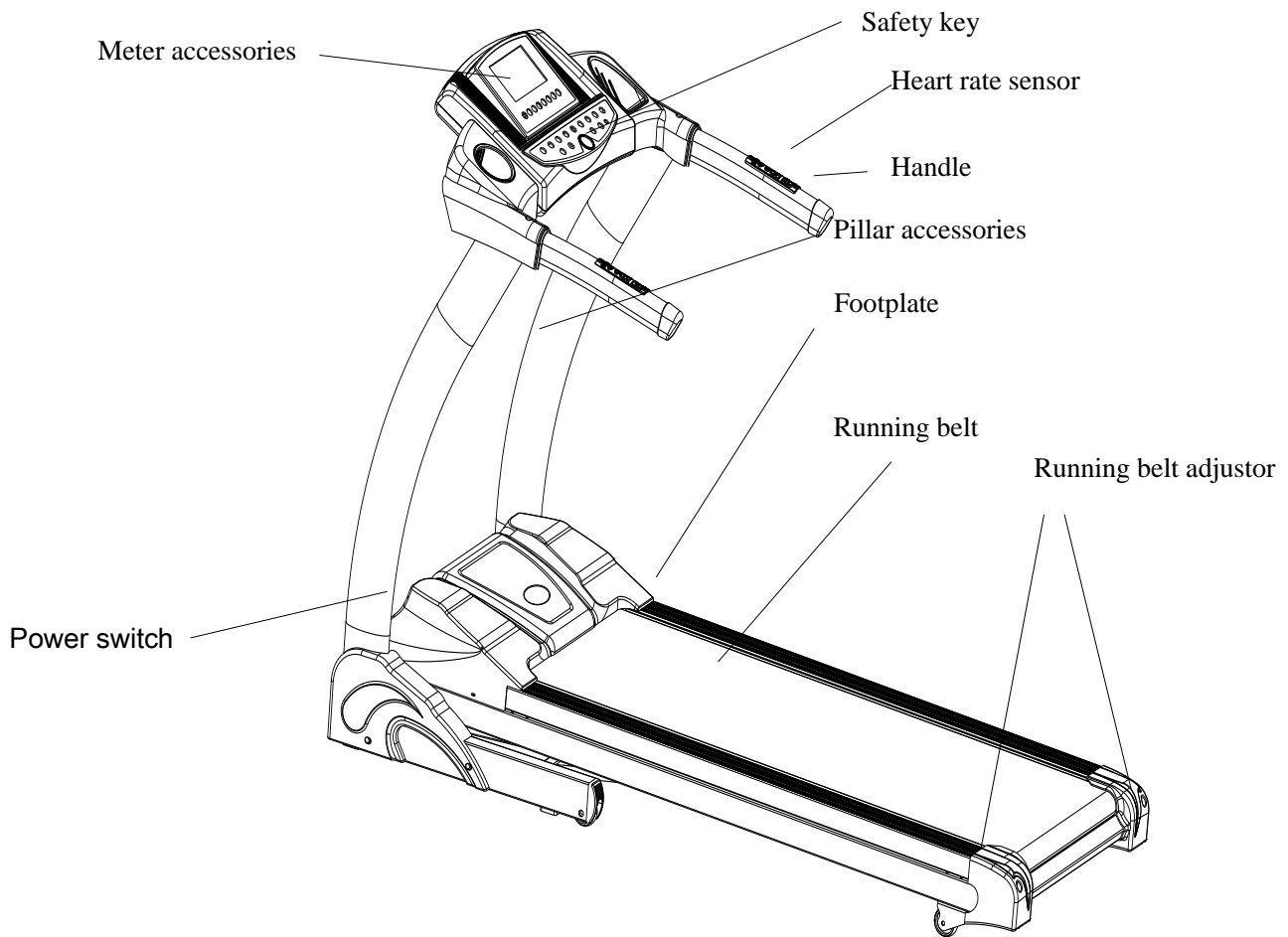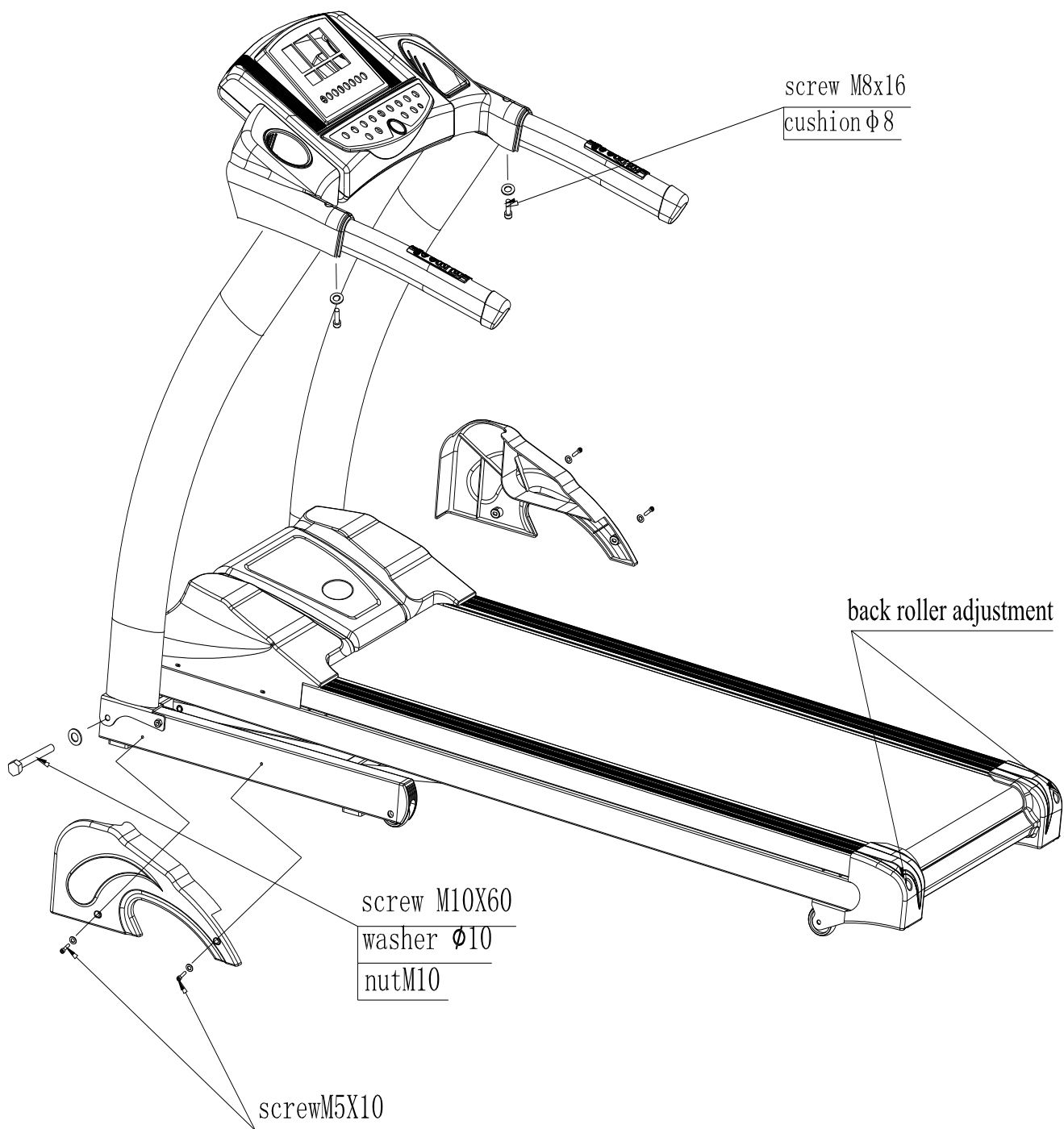
5. GROUNDING METHODS

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.

Grounding methods

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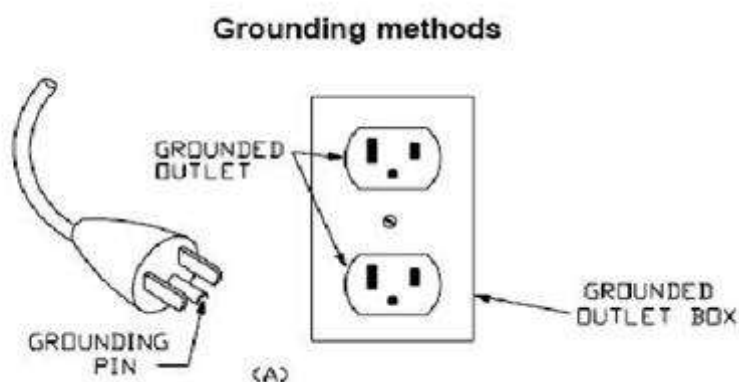
6. OPERATION GUIDE

1. OVERVIEW

(2) on/off

(1) incline shortcut key

(3) speed shortcut key

(15) LCD window

(4) incline +

(5) incline -

(6) select

(7) body fat

(8) clear/set

(9) safety key

(10)speed -

(11) speed +

(12) profile

(13) music

(14) Mode

FORCE
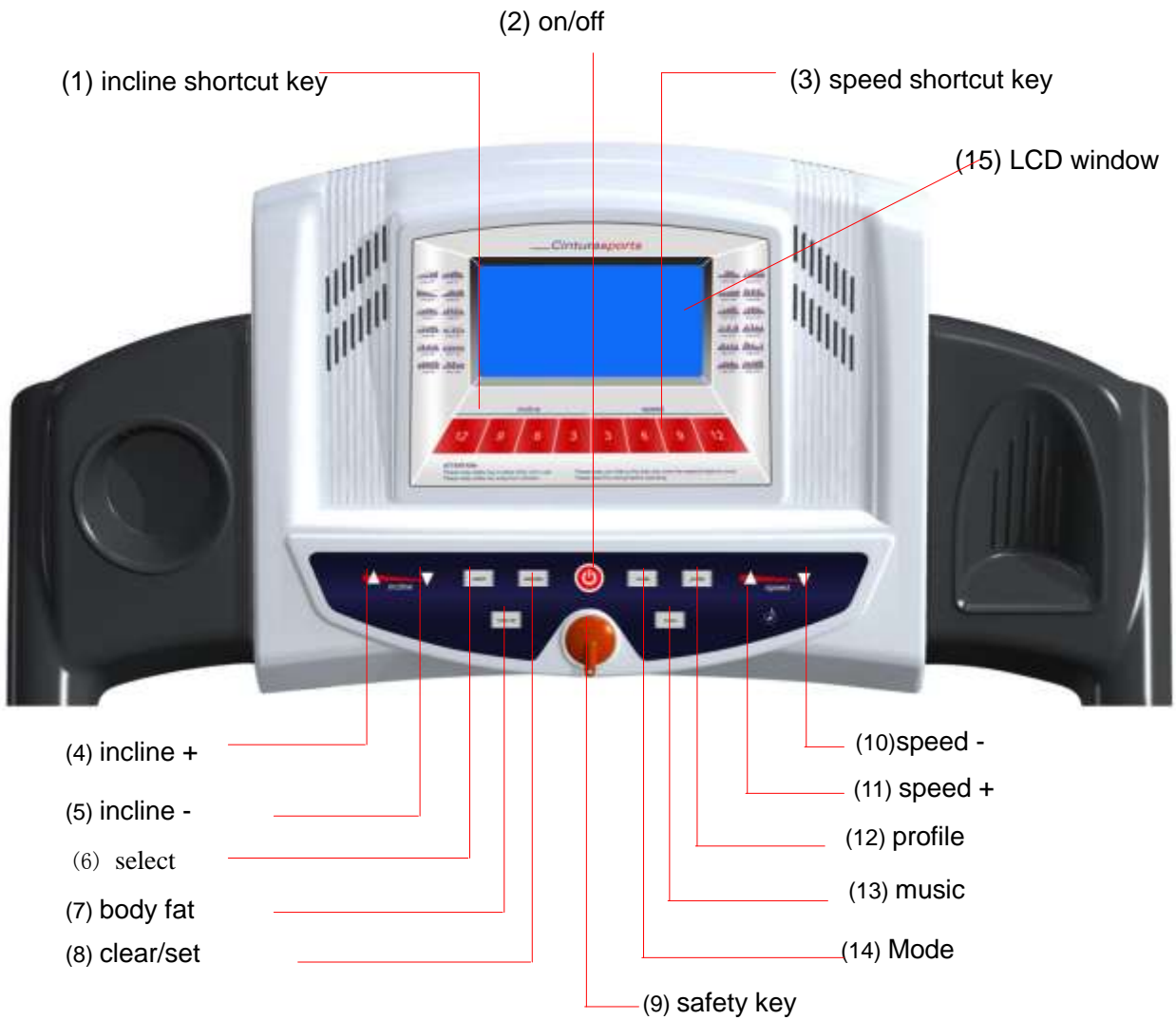
3. BUTTON FUNCTIONS

1. "**CLEAR/SET**":

   Whilst the machine is in ready state, press this key once, it will clear all the operations.

   Whilst the machine is in ready state, press this key for 3 seconds continuously, time, distance and calories can be set. Press "speed-up" or "speed-down" keys to set time, distance and calories. Then press "on/off" key, the machine will run at 1.0km/h.

2. "**SELECT**":

   Whilst the machine is in ready state, press this key to enter "distance running" mode, it has four types named U1, U2, U3, and U4. The treadmill will record your total running distance automatically (minimum unit is 500m). You can also record it by pressing the "clear/set" key after the treadmill stops; its minimum unit is 100m. The records will remain after you shut off the power supply.

3. "**START/STOP**": Whilst the machine is in ready state, this button will begin the workout. When the power is on and safety key correctly placed on the computer press this button to start the treadmill. When workout is underway press button to stop the motor from running

4. **SPEED**+**SPEED**-: Increase or decrease speed when excising. Sets parameter when stopped.

5. "**INCLINE**+", "**INCLINE**-": increase or decreases incline. Adjust the incline gradient during excising. Sets parameter when stopped.

6. "**SPEED**: 3, 6, 9, 12" Speed adjustment shortcut keys

7. "**INCL**: 3, 6, 9, 12" Incline adjustment shortcut keys

8. "**BODY FAT**":

   Under ready condition, press this key to evaluate your body fat.

   Press once, it will show SEX, press "speed up" and "speed down" key to select.

   Press this key again, it will show AGE, press "speed up" and "speed down" key to select your age. (From 10~99years)

   Press this key again, it will show HEIGHT, press "speed up" and "speed down" key to select your height. (From 50~250cm)

   Press this key again, it will show WEIGHT, press "speed up" and "speed down" key to select your weight. (From 20~200KGS)

Then press "enter" key to get your body fat.

Explanation:

F-1	Sex	01 male	02 female
F-2	Age	10------99	
F-3	Height	100----200	
F-4	Weight	20-----150	
F-5	FAT	≤19	Under weight
	FAT	=(20---25)	Normal weight
	FAT	=(25---29)	Over weight
	FAT	≥30	Obese

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. SLEEP FUNCTION:

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

wake the treadmill.

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7. FOLDING INSTRUCTIONS

Folding

Lift and fold the back part of the frame board by hand till you hear a light sound, which means the folding system has been locked. At this time running board can't be turned to the opposite direction

Unfolding

Put the folded treadmill in a capacious position when you want exercise. Then pull the adjusting parts by hand to unlock. Gently pull the running board towards the ground until it begins to automatically descend. Allow it to descend automatically without placing any additional pressure.

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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.

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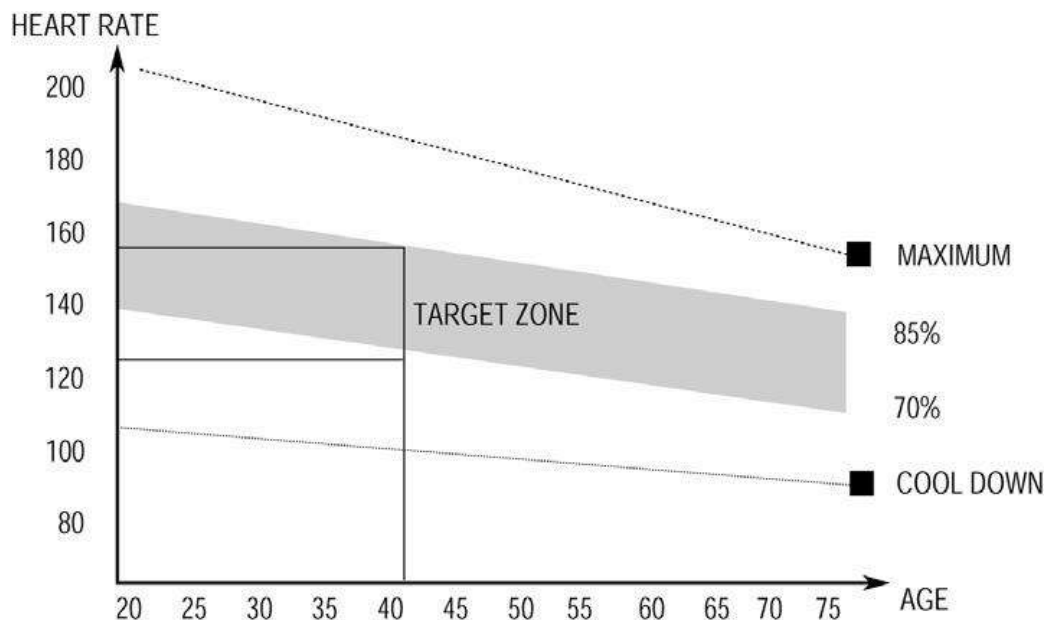
THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE.

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

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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.

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

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. Lubrication is provided with this unit. 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.

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5.   Belt Tension Adjustment

It is very important for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the right and left rear roller in order to adjust tension with the Allen Key provided in the parts package. The adjustment bolt is located at the end of the rails as noted in the diagram below:

Left Bolt
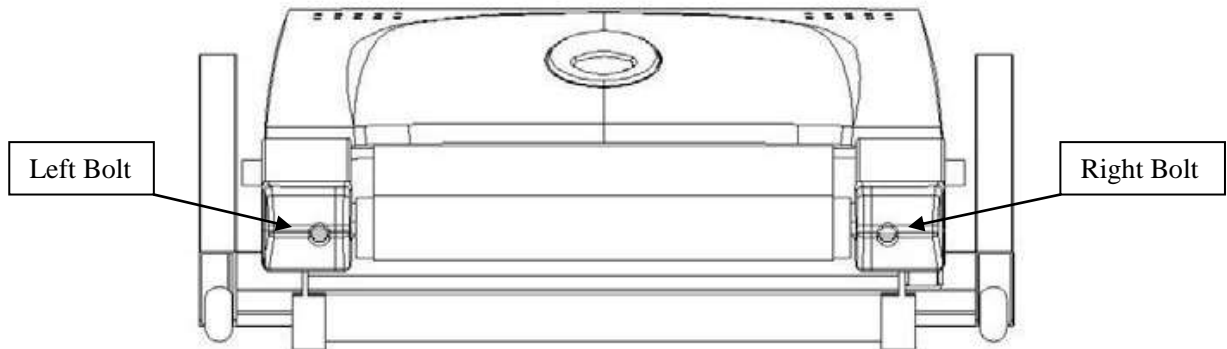
Right Bolt

Note: Adjustment is through small hold of end cap.

Tighten the rear roller only enough to prevent slippage at the front roller. Turn both the right and left bolt clockwise one full turn and inspect for proper tension. When an adjustment is made to the belt tension, you must also make a tracking adjustment to compensate for the change in belt tension.

DO NOT OVER TIGHTEN - Over tightening will cause belt damage and premature bearing failure.

This may also cause reduced motor performance and excessive roller wear.

NOTE: When properly tightened, the sides of the belt can be raised approximately 2-3 inches off the board.

2"-3"

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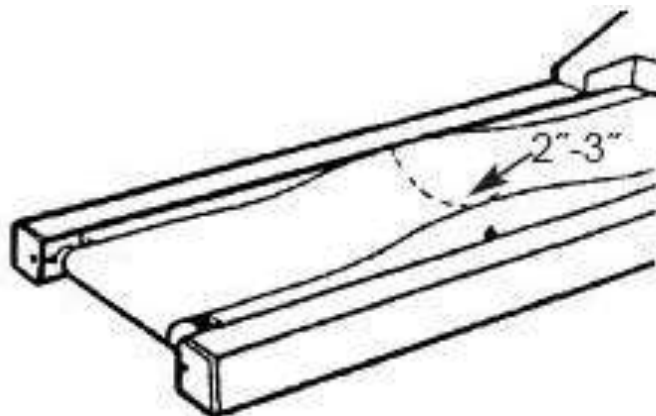
6. Belt Tracking Adjustment:

This treadmill is designed to keep the belt reasonably centred while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the belt should have a tendency to centre itself. If during use, the belt continues to move toward one side, adjustments are necessary. The procedures are below:

1. Set speed at approximately 3.5km/h.
2. Check the side the belt shifts to.

If the belt shifts to right, tighten the right bolt and loosen the left bolt by using 6mm Allen Key, until the belt is centred itself; If belt shifts to left, tighten the left bolt and loosen the right bolt by using a 6mm Allen Key, until the belt is centred. When adjusting the belt using the 6 mm Allen Key, it is important to adjust the belt in half turn increments. Over adjusting the belt can cause damage to the mat.

If belt drifts to the LEFT	If belt drifts to the RIGHT

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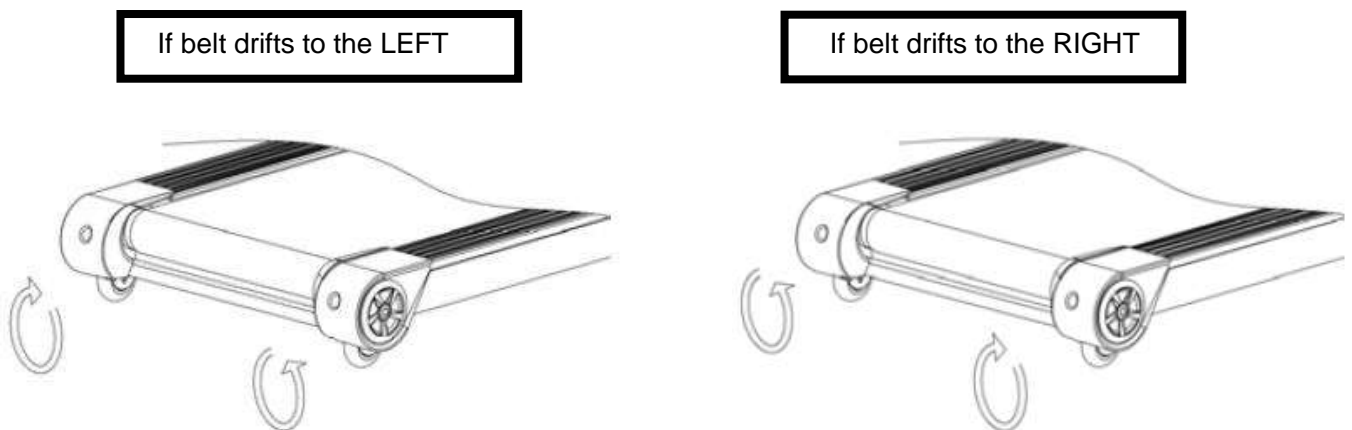
10. TROUBLE SHOOTING GUIDE

Item.	Malfunction	Reasons	Solution
1	Treadmill can't be started	The safety key isn't in the right position	Put the safety key in the right position
		The electrical switch is placed to "0"	Turn the electrical switch to "1"
		Creepage switch has malfunctioned	Replace creepage switch
2	Meter can't display	The meter control line and control panel are unconnected	Pull the bolt out and open the motor cover and reconnect it
			Turn on the meter and reconnect
3	Heart rate can't be displayed	The pole of heart rate sensor is not wet enough	Wet the pole with water or liquor for hard contact lenses
		Disturbed by electromagnetism	Stay away from electromagnetism
4	Incline doesn't work	The motor wire is not well connected	Open the motor cover and reconnect it
5	Running belt runs faster or slower than what has been displayed	Unadjusted	Readjust it
6	Running belt slips	Running belt is not tight enough	Please read point 3.3 Adjustment steps for tightening running belt for reference
7	Running belt is deflected	The running belt is unadjusted.	Please read point 3.4 The steps for adjusting the deflected running belt for reference

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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

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

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

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12. PROGRAM LIST

SECTION	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16

P0:

INCLINE   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

P1:

INCLINE   000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED   020,040,060,080,060,100,100,080,040,040,080,100,080,060,040,020

P2:

INCLINE   000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED   020,050,060,060,050,060,080,050,080,060,060,050,060,040,050,020

P3:

INCLINE   000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED   020,040,060,040,050,080,120,080,060,050,120,080,060,050,060,040

P4:

INCLINE   000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED   020,020,020,060,080,060,100,100,080,040,040,040,040,080,040,040

P5:

INCLINE   000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED   020,030,020,120,040,040,040,120,120,120,120,120,120,040,020,020

P6:

INCLINE   000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED   020,060,040,080,060,100,020,080,050,080,050,040,060,040,020,020

P7:

INCLINE   000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED   020,040,050,060,080,120,080,050,080,050,080,060,040,060,100,040

P8:

INCLINE   000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED   020,040,020,050,060,050,060,080,060,080,100,120,100,080,040,020

P9:

INCLINE   000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED   020,040,060,020,050,060,050,060,080,120,080,040,060,080,060,040

P10:

INCLINE   000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED   020,040,060,100,080,020,050,060,050,060,080,120,080,050,080,050

P11:

INCLINE   000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED   020,080,060,080,100,080,060,040,050,040,060,120,100,080,060,040

P12:

INCLINE   000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED   020,030,050,060,060,110,080,080,100,080,060,050,060,040,040,020

P13:

INCLINE   000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED   020,040,060,100,080,040,100,060,040,060,100,040,060,080,060,040

P14:

INCLINE   000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED   020,020,040,060,060,080,100,100,100,040,060,040,060,060,040,060

P15:

INCLINE   000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED   020,020,040,040,120,120,040,040,120,120,040,040,120,120,020,020

P16:

INCLINE   000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED   020,030,040,070,070,080,050,050,060,100,120,100,080,050,060,040

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P17:
INCLINE 000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED 020,020,040,080,100,020,040,080,080,100,050,040,070,080,060,040
P18:
INCLINE 000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED 020,030,050,080,110,120,100,080,070,060,100,100,100,080,040,020
P19:
INCLINE 000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED 020,030,060,100,090,110,100,060,120,060,110,080,060,040,060,020
P20:
INCLINE 000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED 020,050,060,080,080,080,070,060,040,060,050,040,060,080,060,040
P21:
INCLINE 000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED 020,080,060,080,100,080,060,080,080,040,060,080,080,080,060,040
P22:
INCLINE 000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED 020,070,060,070,060,070,080,070,080,070,060,070,060,070,040,020
P23:
INCLINE 000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED 020,060,060,060,060,080,120,080,060,060,060,080,060,040,060,060
P24:
INCLINE 000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED 020,020,020,060,060,060,100,100,100,040,040,040,040,040,040,040
P25:
INCLINE 000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED 020,040,080,090,110,110,110,100,070,070,060,060,040,020,020,030
P26:
INCLINE 000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED 020,060,040,080,040,080,060,100,060,100,080,100,080,100,060,040
P27:
INCLINE 000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED 020,040,060,080,100,020,040,060,080,060,080,040,060,080,060,080
P28:
INCLINE 000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED 020,040,060,080,070,120,070,080,060,070,100,120,070,080,070,020
P29:
INCLINE 000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED 020,030,060,100,080,040,030,060,040,060,100,040,030,030,030,030
P30:
INCLINE 000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED 020,040,060,100,040,040,100,060,040,060,100,040,060,040,060,040
P31:
INCLINE 000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED 020,040,050,050,050,050,050,050,050,020,040,060,080,100,080,060
P32:
INCLINE 000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
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P33:
INCLINE 000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED 020,050,060,050,060,080,120,080,050,080,050,080,060,040,060,040
P34:
INCLINE 000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED 020,040,030,060,080,060,100,120,100,110,080,050,040,030,040,040
P35:
INCLINE 000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED 020,050,080,080,120,120,040,040,100,100,080,040,110,110,050,020

23

FORCE

P36:

INCLINE	000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED	020,060,040,080,040,080,060,100,060,100,080,100,080,100,060,040

P37:

INCLINE	000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED	020,030,040,060,080,100,020,100,060,080,100,020,070,060,080,100

P38:

INCLINE	000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED	020,060,080,120,120,100,080,060,080,100,120,100,080,070,040,020

P39:

INCLINE	000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED	020,030,040,050,060,070,080,090,100,090,080,070,060,050,020,020

P40:

INCLINE	000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED	020,050,050,050,080,080,090,090,110,110,070,070,060,060,050,050

P41:

INCLINE	000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED	020,040,060,080,100,080,060,040,020,040,060,080,100,080,060,040

P42:

INCLINE	000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED	030,040,050,080,090,090,110,110,110,080,080,050,050,040,040,040

P43:

INCLINE	000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED	020,020,040,040,050,050,080,080,100,100,120,080,050,040,020,020

P44:

INCLINE	000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED	020,050,070,090,100,100,110,110,120,120,100,100,090,090,040,040

P45:

INCLINE	000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED	020,030,030,030,050,050,050,080,080,080,070,070,070,050,050,020

P46:

INCLINE	000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED	020,040,080,090,120,110,110,110,100,100,080,080,050,050,040,040

P47:

INCLINE	000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED	020,050,090,100,120,110,100,090,080,060,020,040,060,080,100,040

P48:

INCLINE	000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED	020,040,060,080,120,120,120,080,060,080,100,120,100,080,040,020

P49:

INCLINE	000,000,000,000,000,000,000,000,000,000,000,000,000,000,000,000
SPEED	040,050,060,070,080,090,100,090,080,070,060,050,040,030,020,020

P50:

INCLINE	002,004,008,000,008,008,005,005,005,005,005,004,004,004,004,004
SPEED	020,040,060,100,110,110,120,120,120,100,100,080,060,050,060,040

P51:

INCLINE	002,002,004,004,010,010,004,004,010,010,004,004,010,010,002,002
SPEED	020,040,060,080,100,080,060,040,020,040,060,080,100,080,060,040

P52:

INCLINE	003,005,006,007,008,009,010,009,008,007,006,005,004,003,002,002
SPEED	020,040,060,060,060,060,080,080,080,060,060,060,060,040,040,020

P53:

INCLINE	002,004,006,008,008,010,010,010,010,010,010,009,007,005,003,002
SPEED	020,040,060,040,060,080,120,080,060,080,120,080,060,040,060,040

P54:

INCLINE	002,004,009,004,005,006,007,008,009,004,009,005,006,008,007,005
SPEED	020,020,020,060,060,060,100,100,100,040,040,040,040,040,040,040

FORCE

P55:

INCLINE   002,004,009,004,005,006,007,008,009,010,009,005,006,008,007,005
SPEED   020,020,040,040,120,120,040,040,120,120,040,040,120,120,020,020

P56:

INCLINE   002,004,006,008,008,002,004,006,008,008,002,004,006,008,008,002
SPEED   020,060,040,080,040,080,060,100,060,100,080,100,080,100,060,040

P57:

INCLINE   002,006,006,006,006,008,010,008,006,006,006,008,006,004,006,004
SPEED   020,040,060,080,100,020,040,060,080,100,020,040,060,080,100,040

P58:

INCLINE   003,008,008,002,004,006,008,008,002,004,006,008,008,002,004,006
SPEED   020,040,060,080,120,120,120,080,060,080,100,120,100,080,040,020

P59:

INCLINE   002,004,006,008,010,004,004,006,008,010,002,006,008,010,002,004
SPEED   020,040,060,100,080,040,100,060,040,060,100,040,060,080,060,040

P60:

INCLINE   002,005,010,008,006,004,006,008,010,008,006,004,006,008,010,008
SPEED   020,050,050,080,080,080,060,040,030,040,080,080,100,080,060,040

P61:

INCLINE   002,002,004,004,010,010,004,004,010,010,004,004,010,010,002,002
SPEED   020,080,060,080,100,080,060,080,080,040,060,080,080,080,060,040

P62:

INCLINE   004,004,010,010,002,002,004,004,010,004,004,010,004,010,010,002
SPEED   020,040,060,080,060,100,100,080,040,040,080,100,080,060,040,020

P63:

INCLINE   002,006,006,006,006,006,006,006,006,006,006,006,006,006,006,006
SPEED   020,030,030,030,050,050,050,080,080,080,070,070,070,050,050,020

P64:

INCLINE   002,008,006,008,006,008,006,008,006,008,006,008,006,008,006,008
SPEED   020,020,020,060,100,040,040,040,040,100,040,040,040,040,060,060

P65:

INCLINE   002,005,006,007,008,004,005,006,007,008,004,005,006,007,008,004
SPEED   020,040,080,090,110,110,110,100,070,070,060,060,040,020,020,030

P66:

INCLINE   002,002,006,010,004,004,010,006,004,006,010,004,006,004,006,004
SPEED   040,050,060,070,080,090,100,090,080,070,060,050,040,030,020,020

P67:

INCLINE   002,006,006,006,006,008,010,008,006,006,006,008,006,004,006,006
SPEED   020,040,040,120,120,040,020,040,040,120,120,040,020,040,040,040

P68:

INCLINE   002,003,004,004,004,004,004,004,004,004,004,004,004,004,004,004
SPEED   050,060,100,120,100,080,120,120,060,060,060,080,060,040,060,060

P69:

INCLINE   002,003,005,008,011,008,007,006,010,010,010,008,004,002,008,010
SPEED   060,070,060,070,040,040,100,060,040,060,070,060,070,040,080,060

P70:

INCLINE   002,005,006,005,006,008,010,008,005,008,005,008,006,004,006,004
SPEED   020,040,060,040,080,060,100,060,100,080,100,040,060,080,060,040

P71:

INCLINE   002,004,002,004,002,004,002,004,002,004,002,004,002,004,002,004
SPEED   020,040,060,080,100,080,060,040,020,040,060,080,100,080,060,040

P72:

INCLINE   002,002,004,004,010,010,004,004,010,010,004,004,010,010,002,002
SPEED   020,040,060,120,120,080,060,080,120,120,080,060,080,080,080,020

P73:

INCLINE   002,002,004,008,010,002,004,008,008,010,005,004,007,008,006,004
SPEED   020,040,060,120,120,080,080,120,080,060,120,060,080,080,040,020

P74:
          INCLINE   002,003,004,005,006,007,008,009,010,009,008,007,006,005,002,002
          SPEED   020,020,020,040,080,090,110,110,110,100,040,040,040,040,040,040
P75:
          INCLINE   002,003,004,005,006,007,008,009,010,002,003,004,005,006,007,008
          SPEED   020,040,040,040,060,080,120,120,040,040,120,120,040,040,020,020
P76:
          INCLINE   002,004,006,010,008,004,010,006,004,006,010,004,006,008,006,004
          SPEED   020,060,080,120,120,040,040,120,120,100,080,100,080,100,060,040
P77:
          INCLINE   002,004,004,004,004,010,004,004,010,006,006,010,004,006,004,006
          SPEED   020,040,060,080,100,020,040,060,080,100,020,040,060,080,100,040
P78:
          INCLINE   002,004,002,003,004,005,006,007,008,010,009,008,007,008,007,006
          SPEED   020,040,060,080,120,120,120,110,110,080,100,100,090,080,040,020
P79:
          INCLINE   004,005,008,006,004,005,004,005,008,006,004,005,004,005,008,006
          SPEED   020,040,060,100,080,040,100,060,040,060,100,080,060,060,060,040
P80:
          INCLINE   002,004,006,004,005,008,006,004,005,008,006,004,005,008,006,004
          SPEED   020,040,060,100,060,100,080,060,100,080,100,040,060,080,060,040
P81:
          INCLINE   002,004,006,008,010,002,004,006,008,010,002,004,006,008,010,002
          SPEED   020,040,060,080,100,080,060,040,020,040,060,080,100,080,060,040
P82:
          INCLINE   002,003,004,007,007,008,005,005,006,010,010,010,008,005,006,004
          SPEED   020,040,060,060,060,100,100,080,080,100,060,060,100,040,040,020
P83:
          INCLINE   002,003,004,008,004,008,006,010,006,010,008,010,008,010,006,004
          SPEED   020,040,100,100,120,080,120,120,110,100,120,080,060,050,050,040
P84:
          INCLINE   002,005,006,005,006,008,010,008,005,008,005,008,006,004,006,004
          SPEED   020,020,020,060,060,060,100,100,100,040,040,040,040,040,040,040
P85:
          INCLINE   002,003,003,003,005,005,005,008,008,008,007,007,007,005,005,002
          SPEED   020,020,040,040,120,120,040,040,120,120,100,100,080,060,050,020
P86:
          INCLINE   002,004,006,010,008,002,005,006,005,006,008,010,008,005,008,005
          SPEED   020,040,060,100,040,040,100,060,040,060,100,040,060,040,060,040
P87:
          INCLINE   002,004,006,002,005,006,005,006,008,012,008,004,006,008,006,004
          SPEED   020,040,060,080,100,100,100,100,090,090,090,080,080,070,040,040
P88:
          INCLINE   002,004,006,002,004,006,002,004,006,002,004,006,002,004,006,002
          SPEED   020,040,060,080,120,120,120,080,120,080,120,080,060,080,100,020
P89:
          INCLINE   002,006,006,006,006,008,010,008,006,006,006,008,006,004,006,006
          SPEED   020,050,090,100,120,110,100,090,080,060,020,040,060,080,100,040
P90:
          INCLINE   002,008,006,008,010,008,006,008,008,004,006,008,008,008,006,004
          SPEED   020,040,060,100,080,040,100,060,040,060,100,040,060,080,060,040
P91:
          INCLINE   002,003,003,003,005,005,005,008,008,008,007,007,007,005,005,002
          SPEED   020,040,040,040,060,060,060,080,080,040,060,080,100,080,060,040
P92:
          INCLINE   002,004,006,010,002,004,006,010,002,004,006,010,002,004,006,010
          SPEED   020,040,060,060,060,060,080,080,080,060,060,060,060,040,040,020

FORCE

P93:
INCLINE   002,005,006,005,006,008,010,008,005,008,005,008,006,004,006,004
SPEED   020,040,060,040,060,080,120,080,060,080,120,080,060,040,060,040
P94:
INCLINE   002,004,005,006,008,010,008,005,008,005,008,006,004,006,010,004
SPEED   020,020,020,060,060,060,100,100,100,040,040,040,040,040,040,040
P95:
INCLINE   002,004,006,008,002,004,006,008,002,004,006,008,002,004,006,008
SPEED   020,020,040,040,120,120,080,060,100,040,040,120,120,020,020,020
P96:
INCLINE   002,004,006,008,008,002,004,006,002,004,006,008,008,002,004,006
SPEED   020,060,040,080,040,080,060,100,060,100,080,100,080,100,060,040
P97:
INCLINE   002,004,006,008,008,002,004,006,008,008,002,004,006,008,008,002
SPEED   020,040,060,080,100,020,040,060,080,100,020,040,060,080,100,040
P98:
INCLINE   002,004,006,010,002,004,006,010,002,004,006,010,002,004,006,010
SPEED   020,040,060,100,120,120,120,110,060,080,100,120,100,080,040,020
P99:
INCLINE   002,004,060,008,008,010,010,010,010,010,010,010,010,010,010,005
SPEED   020,040,060,080,080,090,090,120,120,120,110,040,060,080,060,040

FORCE