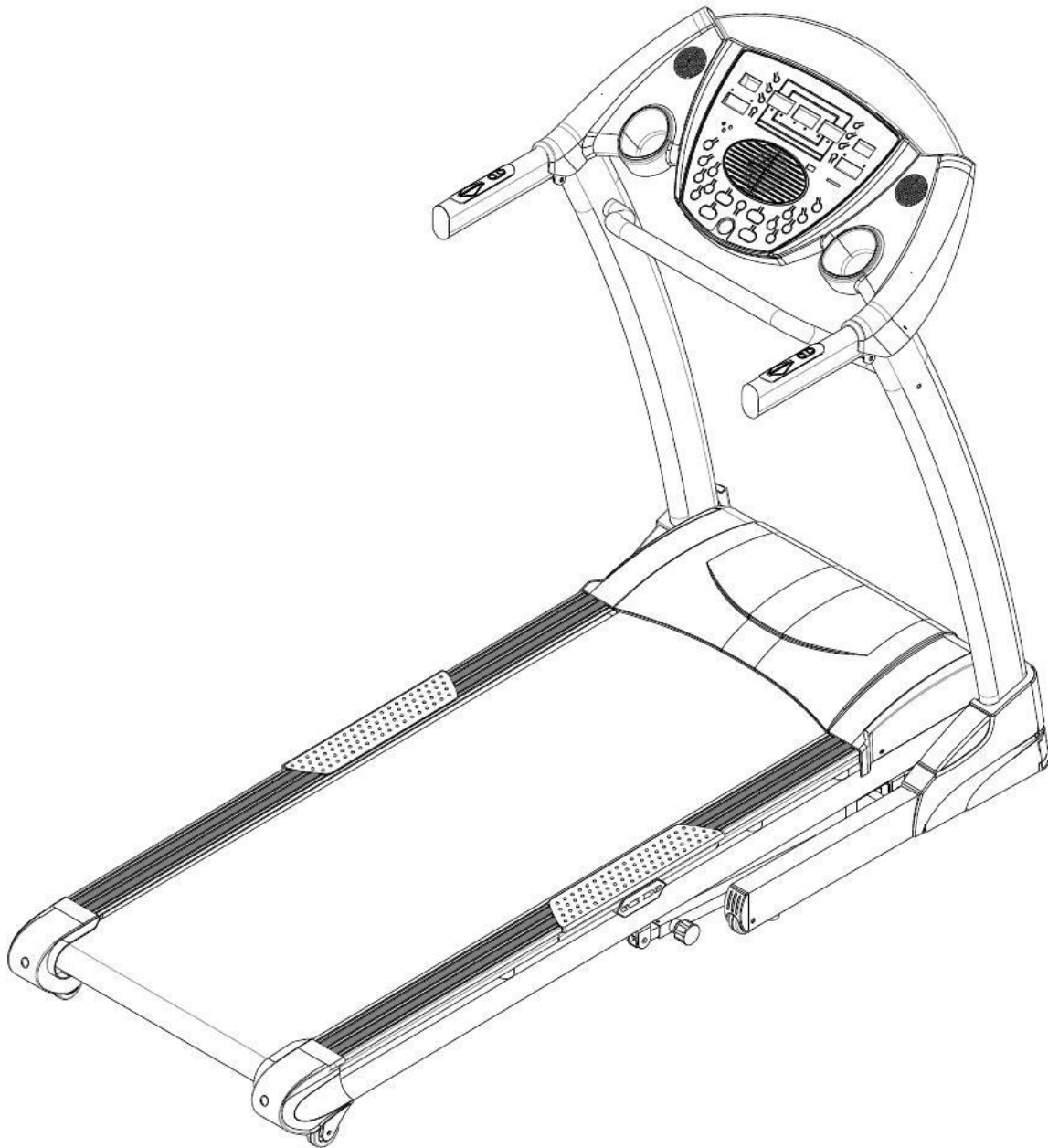




TRACTION-R OWNER'S MANUAL



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!

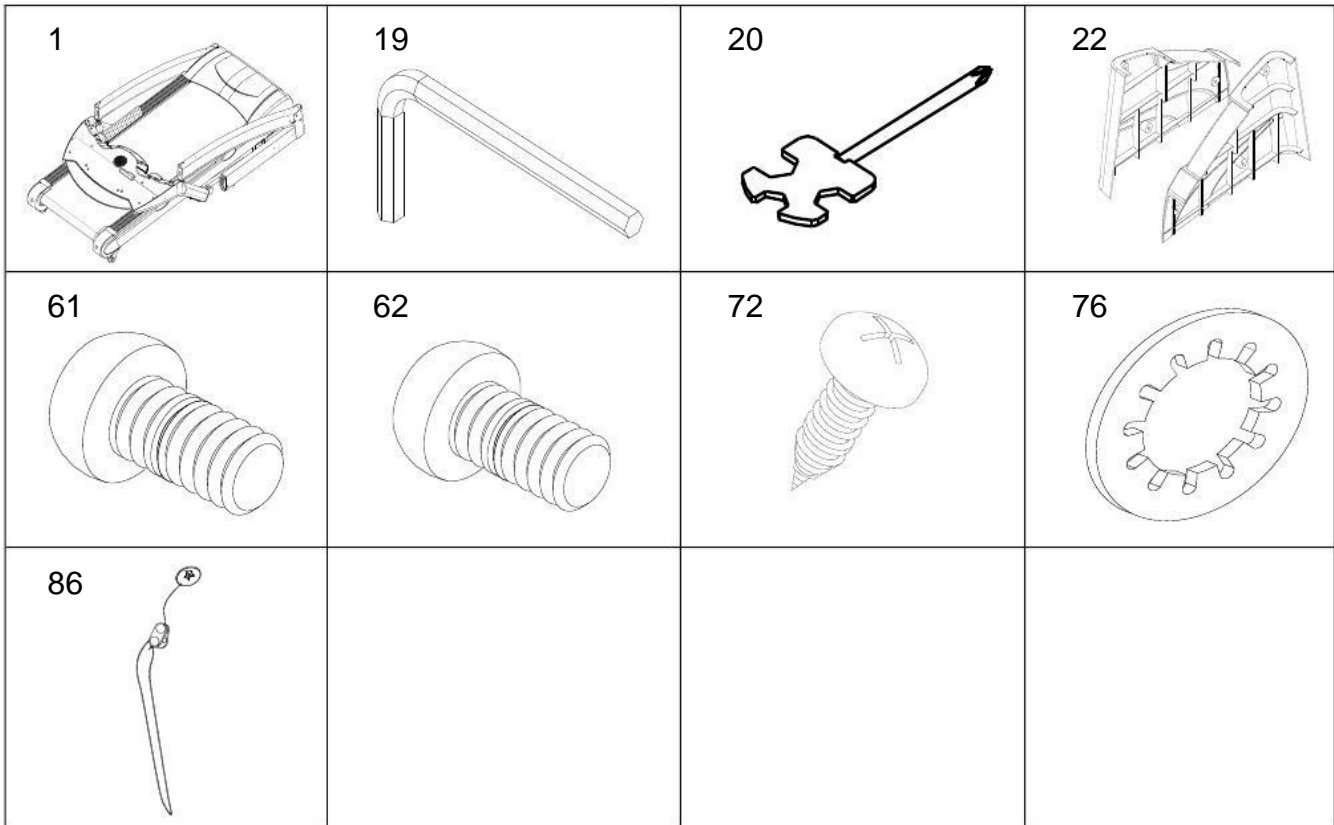
- NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- NEVER remove any cover without first disconnecting AC power.
- NEVER expose this treadmill to 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



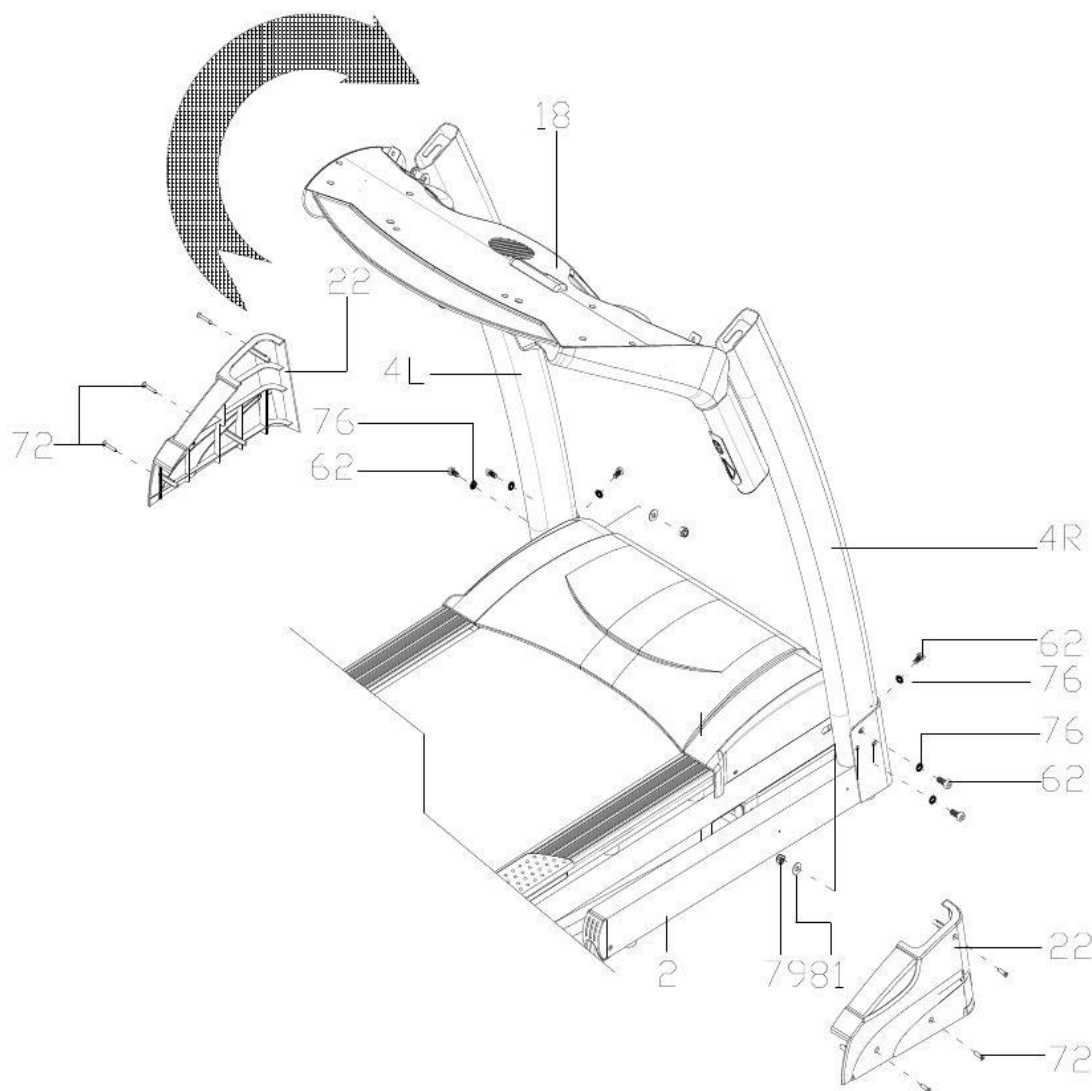
PART LIST

NO.	DESCRIPTION	SPECIFICATION	QTY	NO.	DESCRIPTION	SPECIFICATION	QTY
1	MAIN FRAME		1	62	ROUND HEAD HEX BOLT	M8*15	6
19	ALLEN WRENCH	S5	1	72	CROSS HEAD SELF TAPPING BOLT	M4*15	6
20	SCREW DRIVER		1	76	WASHER	φ 8.4* φ 14.5*t0.8	8
22	COVER		1 pair	86	SAFETY KEY		1
61	ROUND HEAD HEX BOLT	M8*30	2				

TOOLS

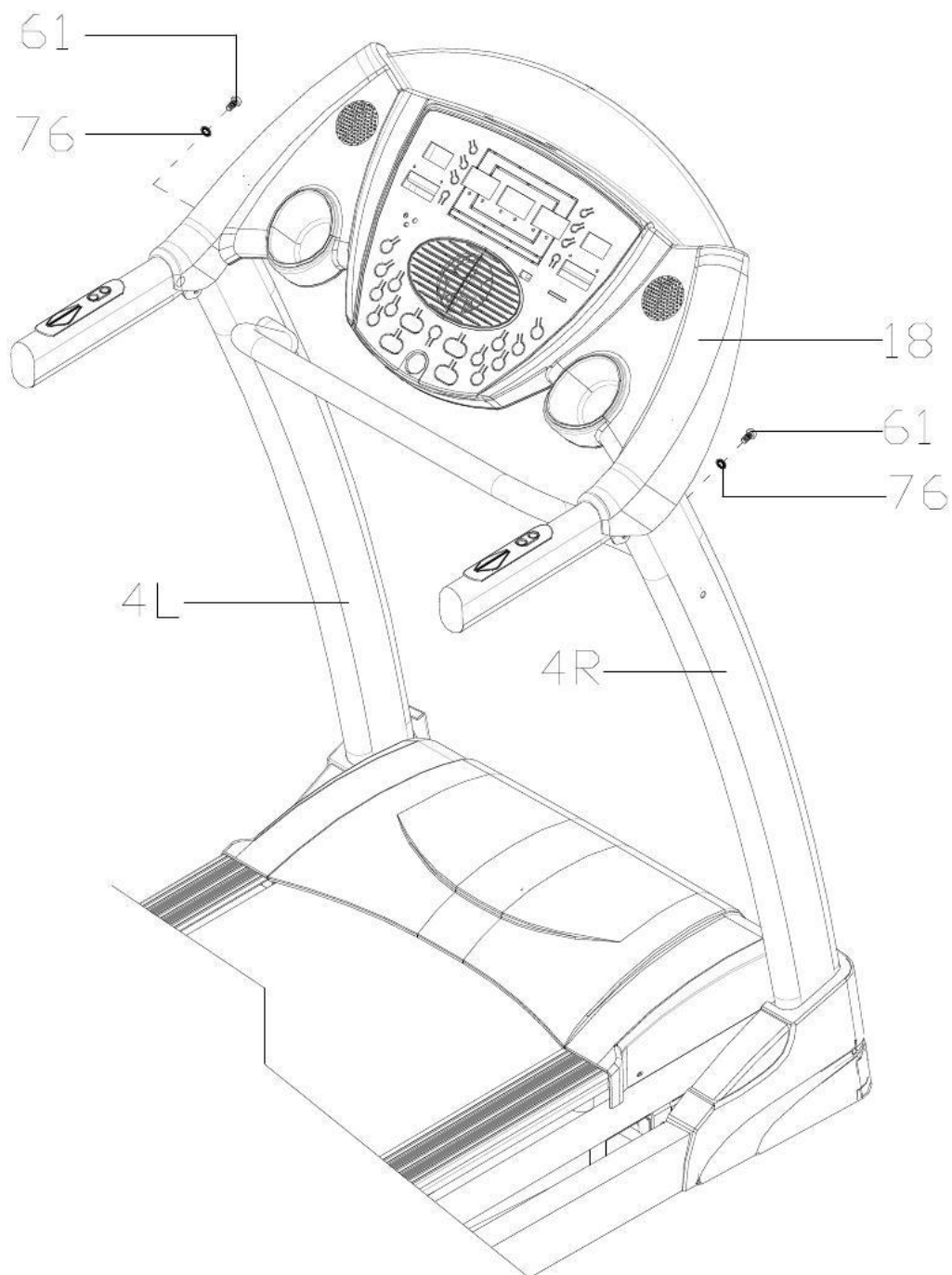
5# ALLEN WRENCH 5 mm	1 pc
WRENCH W/SCREW DRIVER S=14、15、17	1 pc

STEP 1:



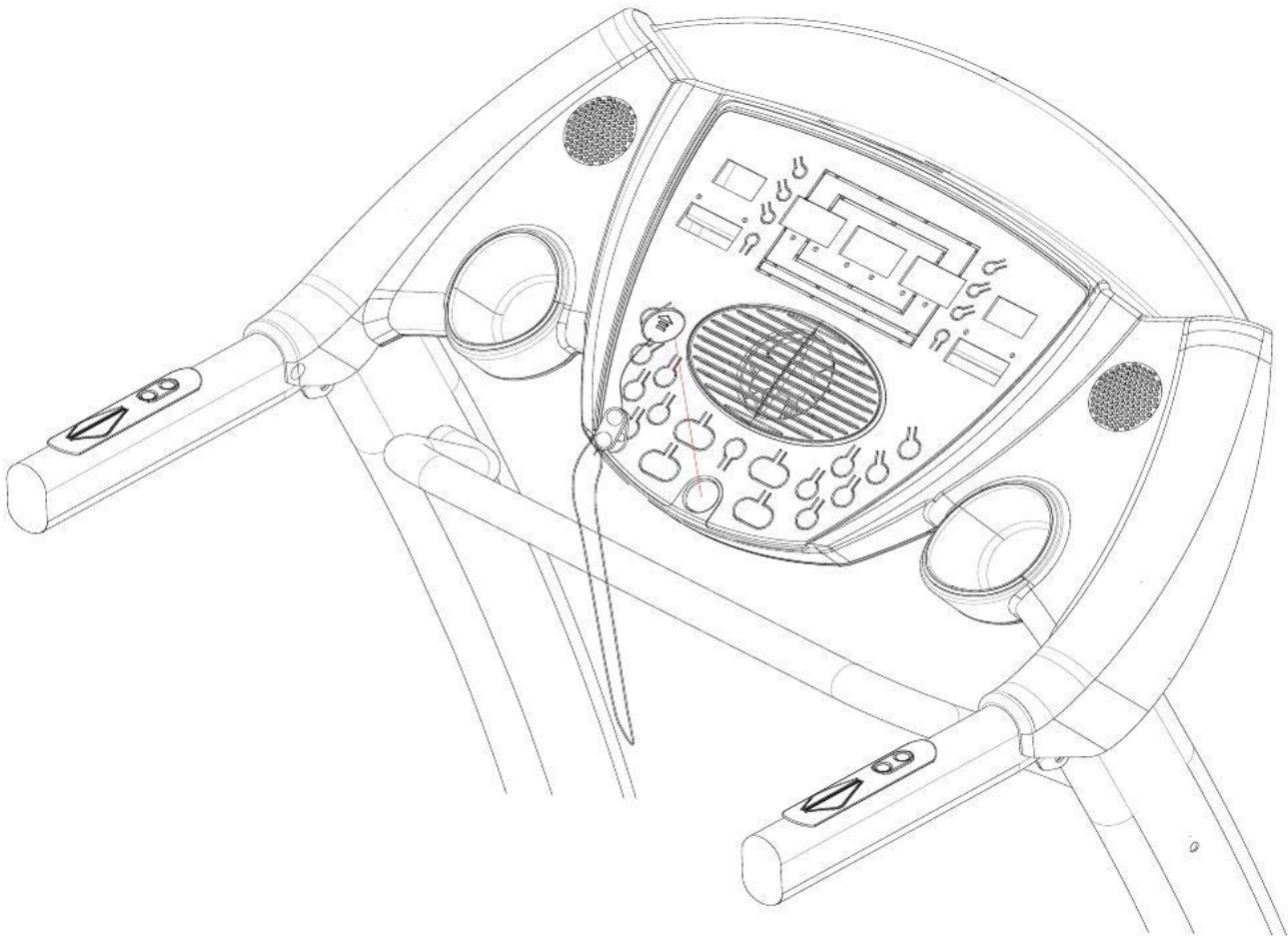
1. Open the box and put mainframe on the floor;
2. With both hands holding the computer (18), rotate the uprights (4L/4R) so it is aligned with the arch pocket on mainframe (2) as shown by the arrow
3. Use the round head hex bolt (62) and washer (76) to secure the uprights (4L/R) to the mainframe (2)
4. Use the cross head self tapping bolt (72) to secure the cover (22) to the mainframe (2)
5. Pull up (4L/4R), as shown by the arrow, and rotate until it is aligned with the arch pockets on uprights (4L/4R).

STEP 2:



1. Use the round head hex bolt (61) and washer (76) to lock the computer (18) to the upright (4L/4R)

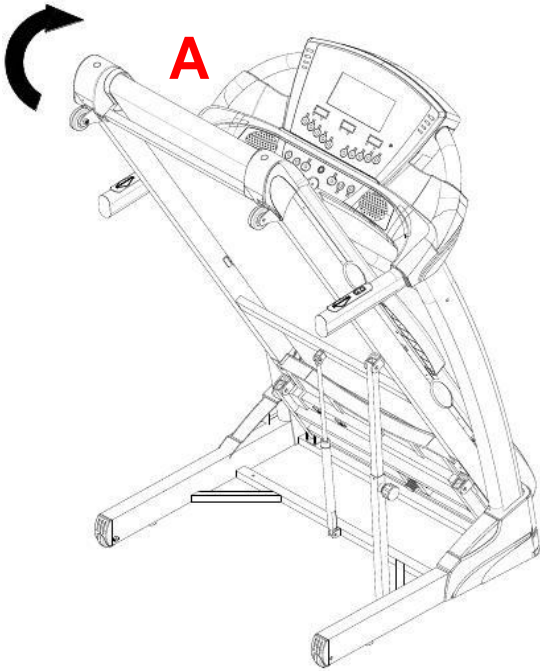
STEP 3:



1. Place the safety lock (86) into its slot located on the display

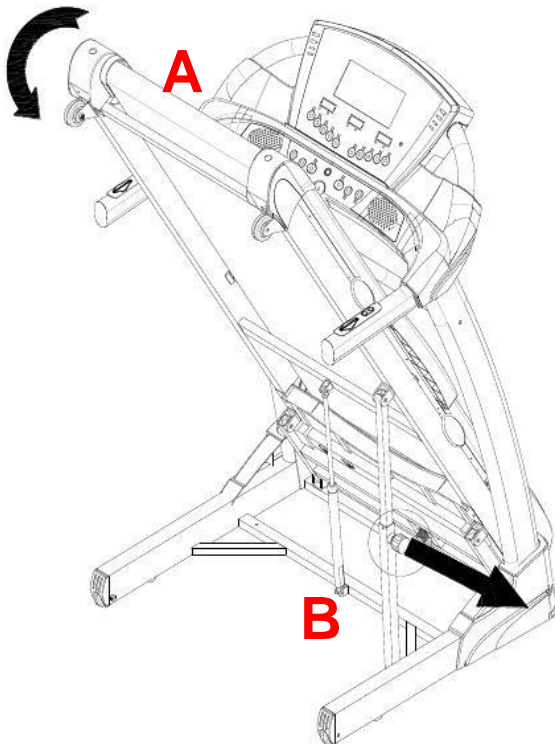
5. FOLDING INSTRUCTIONS

Folding:



Erect the base frame using position (A) until you hear the click sound emitted by the lock pin

Unfolding:



Whilst supporting position (A) with your hand, use your hand to pull the spring pin (B) lightly and allow the machine to descend but itself smoothly.

7. 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.

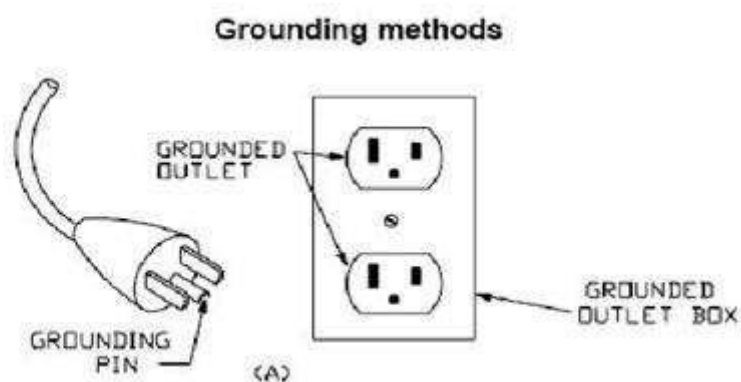
DANGER

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.



8. OPERATION GUIDE

1. OVERVIEW



2. START

Quick start after a 3 second countdown

3. PROGRAM

Cycles through available programs – 3 manual, 99 preset

4. SAFETY LOCK

Display window will show “---” if safety key is removed and the treadmill will stop immediately after emitting 2 beeps. Replace the safety key to resume normal operation.

5. BUTTON FUNCTIONS

5.1 START/STOP

START – when the treadmill is not running, press this button to start at 1km/h

STOP – when the treadmill is running, press this button to stop and return the program back to the default manual program

5.2 PROGRAM

When the treadmill is not running, press the 'PROG' button to cycle through available programs and choose desired program from "1.0" (manual) to "P01—P99"(preset) to FAT (BMI test).

Manual mode is the default program, the default speed in kilometers is 1.0 km/h. and the fastest speed is 22.0 km/h.

A) Press "PROG" and the window will show "P01--P99". Choose the desired program, and the "TIME" window will show "10:00", and press "INCLINE+/-" & "SPEED+/-" to set desired duration, and then press "START" to run.

B) Press "START" to start the preset program. All programs are divided into 10 sections. The time for each section is $1/10^{\text{th}}$ of the total program time. When the system enters into the next section, the treadmill will emit 3 "beeps" and the speed will be changed according to the program settings.

C) You can press "INCLINE+/-" & "SPEED+/-" to change the speed and incline in every section, however when the treadmill reaches the next section, it will return its default speed and incline set by the program.

D) When you are about to complete a program, the treadmill will emit 3 beeps it will stop gradually within 5 seconds. The window will show "END".

5.3 MODE

Whilst the treadmill is not running, pressing this button cycles through modes: "0:00", "15:00", "1.0", "50" ("0:00" = Manual mode; "15:00" = timer countdown mode, "1.0" = distance countdown mode and "50" = calorie countdown mode). Upon selecting a mode, pressing the speed button to will change the total amount. The START button will start the selected mode.

6. DISPLAY FUNCTIONS

SPEED – running speed

TIME – running time, time remaining

DISTANCE – running distance, distance remaining

CALORIE – calories burnt, calories remaining

PULSE – current pulse (beats per minute)

7. PULSE FUNCTION

Hold hand pulse sensors for 5 seconds. Heart shaped graphics will appear when the machine is testing pulse. Heart rate data is for reference ONLY.

8. SOUND FUNCTION

Make the wire of outer audio equipment insert into audio input, then can start playing music.

9. FAN FUNCTION

You can press the fan control button to choose start or stop the fan any time.

10. SLEEP FUNCTION

When treadmill stops and no actions for more than 10 minutes, the system will shut down the display and go into sleep status. Press any key can wake up it.

11. BODY FAT TESTER

Press "PROGRAM" until the window displays "FAT".

Press "MODE" to select parameters after entering data (F1 = "SEX", F2 = "AGE", F3 = "HEIGHT", F4 = "WEIGHT").

Use "SPEED+/-" to set data. After entering all data the window will display "F5".

Place both hands on the hand sensors for 5 seconds, and the window will display your body fat data.

Input parameter display and setting limits

	PARAMETERS	ARRANGEMENT	NOTE
F-1	SEX	01--02	01= MALE 02= FEMALE
F-2	AGE	10—99 YEARS	
F-3	HEIGHT	100—200 CM	
F-4	WEIGHT	20—150 KGS	

FA (BMI)	RESULT
≤19	UNDER WEIGHT
20--25	NORMAL WEIGHT
25--29	OVER WEIGHT
≥30	OBESITY

9. 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 a great way to control your weight, improve 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.



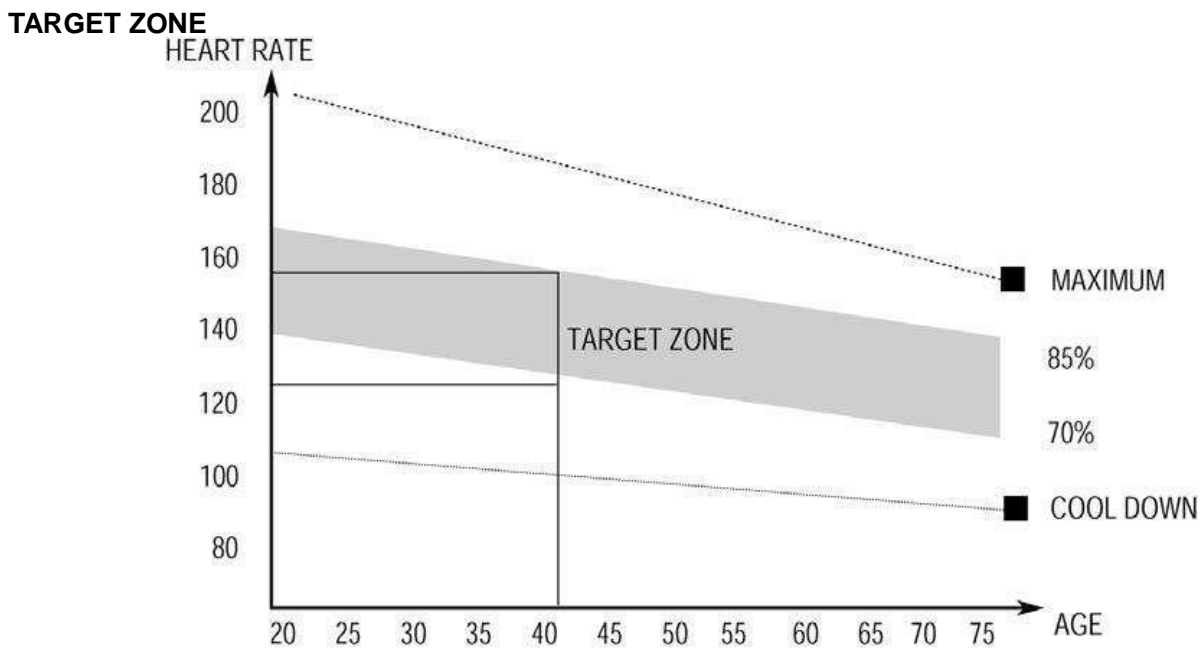
Training Zone Exercise

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



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.

10. 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.

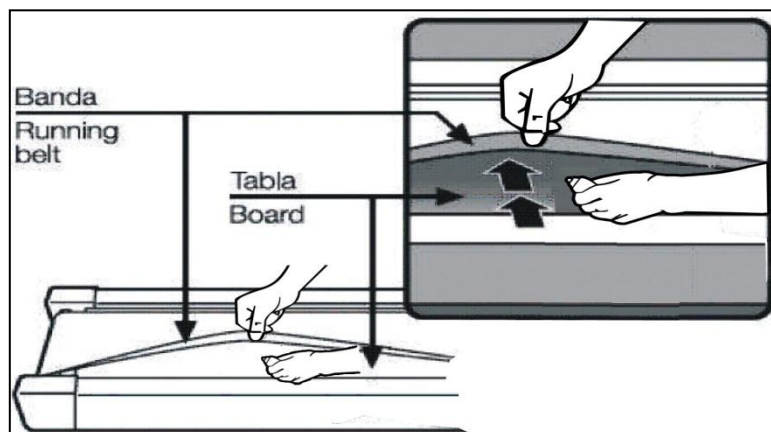
3. Belt/Deck/Roller Lubrication

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

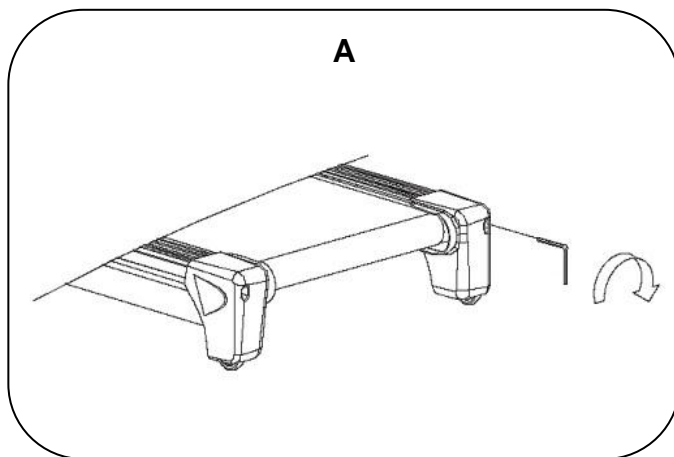
Place treadmill on a level surface. Run treadmill at approximately 4km/h, checking the running condition.

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.

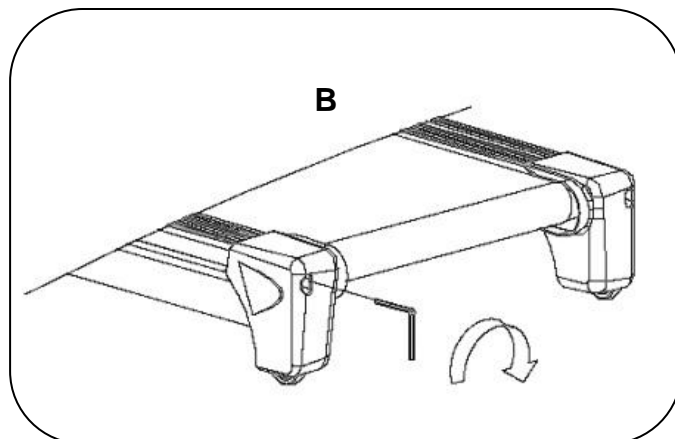


If the belt has drifted to the **left**:

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.

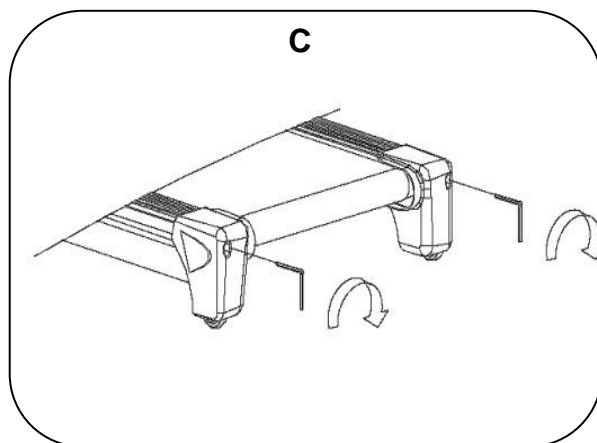


To adjust the **tightness** of the belt:

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

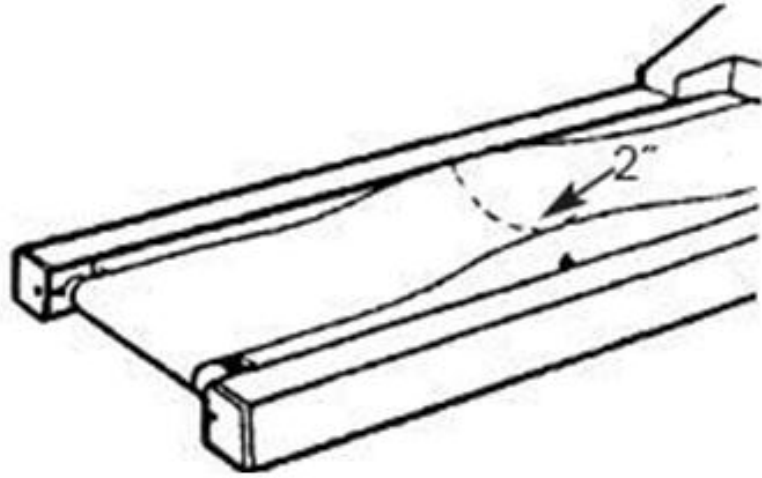
See *Picture C*

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.



12. PARTS LIST

NO	DESCRIPTION	REMARK	Q'Y	NO	DESCRIPTION	REMARK	Q'Y
1	Main frame		1	25	Adjustable wheel	φ 9* φ 62*23.5	4
2	Base frame		1	26	Ellipse end cap	30*60*t1.5	2
3	Incline bracket		1	27	Transporting wheel end cap	40*80*t1.8	2
4L\R	Upright		1	28	Plastic edgings		2
5	Motor bracket		1	29	Hand pulse		2
6	Front roller		1	30	Foot pad		6
7	Rear roller		1	31	Cushion pad	φ 30* φ 6.5*16	6
8	Computer bracket		1	32	Ring protecting wire plug		2
9	Cylinder safety cushion		1	33	Voltage transformer		1
10	Cylinder safety cushion		1	34	Moving cushion rubber		2
11	pipe		1	35	Handrail cover	φ 48* φ 54*287	2
12	Bowl washer		8	36	Cushion rubber		2
13	Running board		1	37	Inner end cap	20*20*t1.5	1
14	Running belt		1	38	Inner end cap		1
15	belt	200-J7	1	39	Spring bolt		1
16	Motor bottom cover		1	40	EVA rubber	t3.0*20*565	1
17	Motor top cover		1	41	cylinder	F=35 kg	1
18	computer		1	42	Power wire buckle		1
19	Allen wrench	S5	1	43	DC motor		1
20	Screw driver		1	44	Incline motor		1
21	Foot end cap	Bilateral symmetry	2	45	Power switch		1
22	Front cover	Bilateral symmetry	2	46	Overload protector		1

23	Foot plate		2	47	Power switch		1
24	cover		1	48	Computer up wire		1

NO	DESCRIPTION	REMARK	Q'Y	NO	DESCRIPTION	REMARK	Q'Y
49	Computer middle wire		1	71	Cross head self tapping bolt	M6*45	6
50	Computer bottom wire		1	72	Cross head self tapping bolt	ST4.2*15	26
51	Magnetic sensor		1	73	Cross washer hex bolt	M5*10	7
52	Single line		3	74	Cross head self tapping bolt	ST4.2*15	18
53	controller		1	75	Spring washer	φ 8.1* φ 12.3*t2.1	6
54	Handrail pipe		1	76	Inner washer	φ 8.4* φ 14.5*t0.8	8
55	Hex bolt	M10*45	1	77	Cross head self tapping bolt	M5*30	8
56	Round head hex bolt	M10*45	4	78	Lock nut	M10	5
57	Round head hex bolt	M8*50	2	79	Lock nut	M8	8
58	Round head hex bolt	M8*40	6	80	Screw nut	M5	8
59	Round head hex bolt	M8*85	1	81	Washer	φ 9* φ 16*t1.6	26
60	Round head hex bolt	M8*75	1	82	Washer	φ 11* φ 20*t2	10
61	Round head hex bolt	M8*30	4	83	Round head hex bolt	M8*60	2
62	Round head hex bolt	M8*15	6	84	Cross head self tapping bolt	M4*25	2
63	Cross head self tapping bolt	M6*25	2	85	Round head hex bolt	M8*55	2
64	Round head hex bolt	M6*60	2	86	Safety key		1
65	Round head hex bolt	M6*45	1	87	Belt		6
66	Round head hex bolt	M6*15	2				
67	Round head hex bolt	M8*35	2				
68	Round head hex bolt	M8*20	2				
69	Round head hex bolt	M10*30	2				
70	Cross head self tapping bolt	ST4.2*50	4				

13. TROUBLE SHOOTING GUIDE

Computer not functioning after connecting power:

The wire from computer to bottom control board is improperly connected or the transformer is burnt out.

Check each wire from the computer to the control board ensure they are properly connected. If the wire is destroyed, replace it. If the above does not settle the problem, try replacing the transformer.

E01: "Message Failure"

The wires from computer and bottom control board are not properly connected, please check each wire. If the wire was destroyed replace it.

E02: "Burst clash"

Check the power is right, if not, use correct power to test. Check if the bottom control is burnt out, if burnt out replace it and then reconnect the motor wire.

E03: "No sensor signal"

The sensor signal has not been detected within 10 seconds. Check the sensor plug connection or the see if the magnetic sensor is broken or damaged, re-connect the plug well or change the sensor.

E05: "Incline learning defeated"

Check connection of VR wire of incline motor. If improperly connected, reconnect VR and make it firm.

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. 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.

Motor not functioning after pressing START button:

Either: the motor wire is broken; the safety pipe is broken or has fallen off; motor wire is not connected well or IGBT on bottom control board is burnt out. Test the above reasons and change the relevant part.

14. 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>



15. PROGRAM TABLE

TIME INTERVAL		SETTING TIME/10=EVERY GRADE TIME									
PROG		1	2	3	4	5	6	7	8	9	10
P01	SPEED	2	4	3	4	3	5	4	2	5	3
	INCLINE	1	2	3	3	1	2	2	3	2	2
P02	SPEED	2	5	4	6	4	6	4	2	4	2
	INCLINE	1	2	3	3	2	2	3	4	2	2
P03	SPEED	2	5	4	5	4	5	4	2	3	2
	INCLINE	1	2	2	3	1	2	2	2	2	1
P04	SPEED	3	6	7	5	8	5	9	6	4	3
	INCLINE	2	2	3	3	2	2	4	6	2	2
P05	SPEED	3	6	7	5	8	6	7	6	4	3
	INCLINE	1	2	4	3	2	2	4	5	2	1
P06	SPEED	2	8	6	4	5	9	7	5	4	3
	INCLINE	2	2	6	2	3	4	2	2	2	1
P07	SPEED	2	6	7	4	4	7	4	2	4	2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P08	SPEED	2	4	6	8	7	8	6	2	3	2
	INCLINE	3	5	4	4	3	4	4	3	3	2
P09	SPEED	2	4	5	5	6	5	6	3	3	2
	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	2	3	5	3	3	5	3	6	3	3
	INCLINE	4	4	3	6	7	8	8	6	3	3
P11	SPEED	3	5	8	8	9	5	7	6	3	2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P12	SPEED	2	5	5	4	4	6	4	2	3	4
	INCLINE	3	5	6	7	12	9	11	11	6	3
P13	SPEED	3	5	7	8	9	10	8	6	4	3
	INCLINE	1	2	3	4	5	5	4	3	2	1
P14	SPEED	2	4	6	8	10	10	8	6	4	2
	INCLINE	4	5	6	7	8	8	7	6	5	4
P15	SPEED	3	4	7	8	10	9	8	6	5	4
	INCLINE	3	4	5	6	7	8	8	5	3	2
P16	SPEED	2	3	5	4	5	5	7	5	4	2
	INCLINE	0	2	2	4	4	6	6	1	1	0
P17	SPEED	2	6	8	3	9	4	12	4	3	2
	INCLINE	5	5	10	10	3	3	3	7	1	0
P18	SPEED	1	5	4	5	9	5	4	5	3	2
	INCLINE	5	5	8	8	10	10	10	7	2	0
P19	SPEED	3	4	8	4	3	8	6	4	3	1
	INCLINE	2	4	4	4	4	2	3	3	1	0
P20	SPEED	3	2	3	6	6	6	6	5	3	3
	INCLINE	3	3	5	5	5	5	2	2	1	0
P21	SPEED	2	6	5	6	8	6	7	4	3	2
	INCLINE	2	3	3	3	4	4	1	1	2	0

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

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

P70	SPEED	2	4	4	6	6	4	6	6	4	2
	INCLINE	1	1	5	1	1	3	3	2	2	2
P71	SPEED	2	4	4	6	6	4	9	8	3	2
	INCLINE	1	2	5	3	3	4	4	3	2	2
P72	SPEED	3	5	5	6	8	8	5	8	4	3
	INCLINE	2	3	4	4	4	6	6	3	2	2
P73	SPEED	2	4	4	5	6	8	8	8	4	2
	INCLINE	2	3	3	4	6	6	3	2	2	0
P74	SPEED	2	4	3	4	5	8	9	8	3	2
	INCLINE	3	3	3	5	3	3	3	2	2	2
P75	SPEED	2	3	2	5	8	8	3	5	3	3
	INCLINE	3	5	5	4	3	3	3	4	3	2
P76	SPEED	2	3	3	6	4	2	3	4	4	2
	INCLINE	4	4	4	9	9	6	6	5	3	3
P77	SPEED	2	4	4	8	8	5	6	3	3	2
	INCLINE	4	5	5	10	10	12	12	8	6	3
P78	SPEED	2	4	5	7	9	5	4	4	2	3
	INCLINE	5	5	5	8	9	9	9	7	4	2
P79	SPEED	3	4	5	9	5	7	5	9	6	3
	INCLINE	5	6	6	8	8	10	10	8	6	3
P80	SPEED	2	5	7	6	11	10	6	5	4	3
	INCLINE	3	6	5	5	3	3	2	4	5	2
P81	SPEED	1	1	3	3	2	5	4	3	1	1
	INCLINE	2	5	5	6	4	4	6	6	3	2
P82	SPEED	3	4	6	4	2	2	6	3	4	3
	INCLINE	5	5	8	8	9	4	4	4	4	0
P83	SPEED	3	4	7	5	7	2	6	4	4	3
	INCLINE	2	4	4	6	6	0	0	2	1	0
P84	SPEED	3	3	3	5	7	5	7	6	2	2
	INCLINE	3	3	5	1	2	2	2	2	2	0
P85	SPEED	2	2	4	3	3	3	4	4	2	2
	INCLINE	0	2	2	3	3	3	1	1	1	0
P86	SPEED	1	3	4	3	3	4	5	5	3	2
	INCLINE	5	5	10	9	9	4	4	4	4	0
P87	SPEED	3	4	6	9	9	9	9	6	2	1
	INCLINE	5	5	7	9	9	4	4	4	4	0
P88	SPEED	3	4	5	5	5	5	7	7	3	3
	INCLINE	2	3	3	6	6	0	0	2	1	0
P89	SPEED	2	4	4	5	5	4	7	7	3	2
	INCLINE	3	3	2	1	2	2	2	2	2	0
P90	SPEED	2	4	9	9	10	8	6	4	4	3
	INCLINE	2	3	3	5	5	4	4	4	4	0
P91	SPEED	2	4	6	8	8	3	8	9	12	2
	INCLINE	2	3	6	2	8	10	15	8	6	3
P92	SPEED	2	4	7	8	8	8	10	4	8	1
	INCLINE	3	6	5	5	4	6	8	14	5	2
	SPEED	2	2	8	9	8	8	10	7	8	1
P93	INCLINE	2	5	5	6	8	4	6	6	13	2

P94	SPEED	2	2	4	9	12	12	4	10	4	1
	INCLINE	5	5	9	8	9	4	4	4	4	0
P95	SPEED	1	2	3	4	5	6	7	8	4	2
	INCLINE	2	2	2	6	6	0	0	2	1	0
P96	SPEED	2	12	3	12	12	3	4	8	10	1
	INCLINE	3	3	6	1	2	2	2	2	2	0
P97	SPEED	2	4	2	8	2	12	2	4	8	1
	INCLINE	0	2	2	3	3	3	1	1	1	0
P98	SPEED	2	4	2	12	1	4	12	6	10	1
	INCLINE	5	5	10	9	9	4	4	4	4	0
P99	SPEED	2	4	2	12	8	4	12	6	10	1
	INCLINE	5	5	8	9	9	4	4	4	4	0