

Owner's Manual

GREEN Series



CIR-TM8000-G

Full Commercial Treadmill



Full Commercial



Light Commercial



Install Date: _____

Serial Number: _____

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SAFETY PRECAUTIONS

Location of the Treadmill

Before assembling the unit, verify the chosen site meets the following criteria:

- Area is well lit and well ventilated.
- Surface is structurally sound and properly leveled.
- Free area for access to the unit and emergency dismount. Minimum clearance is 24 inches (0.6 meters) on the sides of the unit and 78.7 inches (2.0 meters) behind the unit.
- Adjacent units may share the free area.
- Place in a location away from direct sunlight. The intense UV light can cause discoloration on the plastics.
- Locate your treadmill in an area with cool temperatures and low humidity.
- Do not install, use or store the treadmill in an area of high humidity, such as in the vicinity of a steam room, sauna, indoor pool, garage, covered patio, near water or outdoors. Exposure to extensive water vapor, chlorine and/or bromine could adversely affect the electronics as well as other parts of the unit.

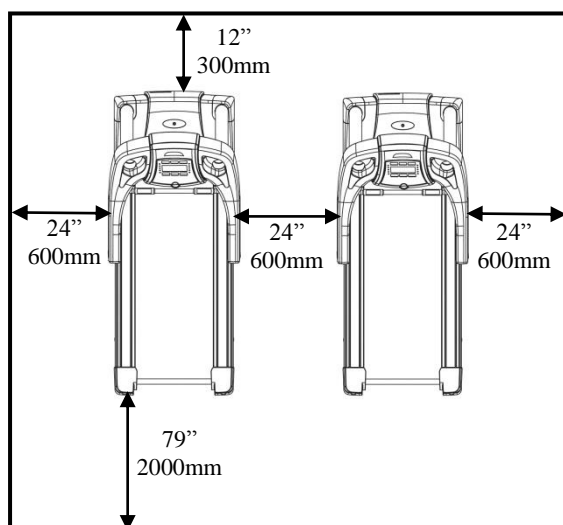
The below minimum spacing recommendations are based on a combination of the ASTM (U.S.) voluntary standards and EN (European) regulations as of October 1, 2012, for access, passage around, and emergency dismount:

ASTM standards are voluntary and may not reflect current industry standards. The actual area for access, passage around, and emergency dismount is the responsibility of the facility. The facility should consider the total space requirements for training on each unit, voluntary and industry standards, and any local, state, and federal regulations. Standards and regulations are subject to change at any time.

Careful consideration should be given to the requirements of the Americans with Disabilities Act (ADA), US Code 28 CFR (see Section 305).

In compliance with the ADA (American Disabilities Act) there must be clear floor space of at least 30 inches by 48 inches and be served by an accessible route for at least one of each type of exercise equipment. If the clear space is enclosed on three sides (e.g., by walls or the equipment itself), the clear space must be 36 inches by 48 inches.

Important: These spacing recommendations should be used when positioning equipment away from sources of heat, such as radiators, heat registers, and stoves. Avoid temperature extremes.



SAFETY PRECAUTIONS

Environment

The unit is designed to function normally in an environment with a relative humidity range of 30% to 75%. The unit can be shipped and stored in a relative humidity range of 10% to 90%. Climatic dry air may cause static electricity. During a workout, a user may experience a shock due to a buildup of static electricity on the body and the discharge path of the unit. If static electricity is experienced, increase humidity to a comfortable level through the use of a humidifier.

Temperature

The unit is designed to function in an environment with an ambient temperature range of 50°F (10°C) to 104°F (40°C). The unit can be shipped and stored in an environment with an ambient temperature range of 32°F (0°C) to 140°F (60°C).

Electrical Power Requirements

The power requirements for this treadmill are a grounded, dedicated circuit rated for the following:

- 115 VAC, 50/60 HZ, 20A



Shock and electrocution hazard.

- Connect unit to a grounded outlet.
- Do not use a voltage adapter or extension cord.

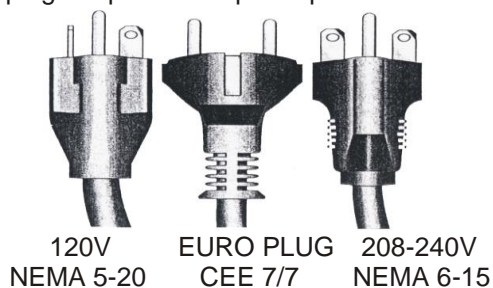
• Important Voltage Information

- Before plugging the power cord into an electrical outlet, verify that the voltage requirements for your area match the voltage of the treadmill that you have received. The power requirements for the treadmill include a grounded, dedicated circuit, rated for one of the following figure. See the serial number decal for the exact voltage requirements of your treadmill.
- **WARNING: Don't attempt to use this unit with an unapproved voltage adapter. All voltage adapters MUST be approved and supplied by Green Series Fitness prior to use.**
- Don't attempt to use this unit with an extension cord which does not meet Green Series Fitness criteria of the following: 12 gauge SO3, maximum of 25 foot length with a 20 amp rating.

Grounding Instructions

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

This equipment is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Please make sure that the equipment is connected to an outlet having the same configuration as the plug. Do not use a ground plug adapter to adapt the power cord to a non-grounded outlet.



The power requirements for the equipment includes a grounded, dedicated circuit, rated for one of the following:

- 120 VAC 5%, 60HZ and 20 amps;
- 208/240 VAC, 60HZ, 15 amps
- 240 VAC 5%, 50HZ and 15amps.

SAFETY PRECAUTIONS

Waste Disposal

Products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).



- The running belt must be set up on firm even ground. Ensure that the power cable is not pinched and that no one can trip over it.
- Never touch the moving belt with your hands. Also ensure that there are no objects close to the belt or the rollers which could be pulled into it thus causing injury or damaging the unit itself.
- Repairs on the electrical components in the unit should be carried out by qualified persons only.
- The treadmill has an emergency stop mechanism for your safety. Before starting your workout, fasten the cord of the safety key to your clothing. If the treadmill has been shut down by removing the safety key, restart it by reinserting the key. An automatic restart of the treadmill belt does not occur. Further instructions concerning the handling of the safety cut-out can be found in the operating instructions for the training computer.

Thank you for your purchasing our products. Even though we go to great efforts to ensure the quality of each product, occasional error, and/or omissions do occur. In any event should you find this product to be defective or missing parts please contact us.

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

IMPORTANT SAFETY INSTRUCTIONS

When using equipment, basic precautions should always be followed, including the following:
Read all instructions before using the Treadmill.

DANGER - To reduce the risk of electric shock: Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. The equipment should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.
2. Close supervision is necessary when the equipment is used by, on, or near children, invalids, or disabled persons.
3. Use the equipment only for its intended use as described in this manual. Do not use attachments not recommended by the manufacture.
4. Never operate the equipment if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the equipment to a service center for examination and repair.
5. Do not carry the equipment by supply cord or use cord as a handle.
6. Keep the cord away from heated surfaces.
7. Never operate the equipment with the air openings blocked. Keep the air openings free of lint, hair, and the like.
8. Never drop or insert any object into any opening.
9. Do not use outdoors.
10. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
11. To disconnect, turn all controls to the **OFF** position, then remove plug from outlet.
12. Connect the equipment to a properly grounded outlet only. See Grounding Instructions.
13. The equipment is intended for commercial use.
14. Store the safety key in a secured location while not in use and keep away from children.
15. Maximum user weight: 450lbs (204 kg) .

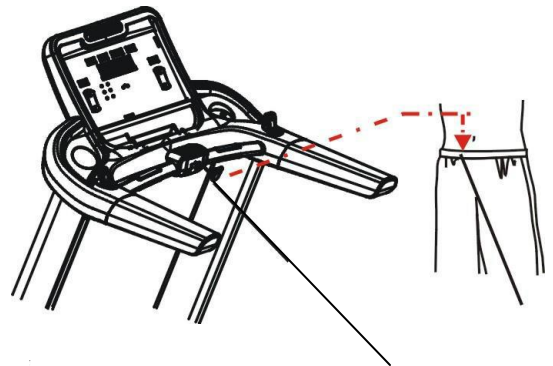
SAFETY PRECAUTIONS

EMERGENCY DISMOUNT:

In case you must leave the equipment in an EMERGENCY SITUATION, grab the handrail and set both feet on the right and left foot platform beside the running belt. Now you pull out the safety switch, in order to slow down the equipment.

The function of the immobilization method:

If you would like to stop the equipment, then you can stop it either with the switch on the console or pull out the safety switch. If you pull the safety switch, in this case the computer shut down all functions automatically and the running belt slow down immediately.



Attach the safety key to your waist.

SAFETY KEY

Check if the safety key at the console and the clip at your clothes are secured. The safety key is intended for interrupting the main connection in case you should fall. Thus, it was developed to bring the equipment to an immediate stop. For higher speeds this can be unpleasant and somewhat dangerous as well. Please only use the safety key for an emergency stop. In order to stop the equipment during training under normal circumstances in a safe, comfortable and complete manner, use the **STOP** button.

ENTER AND LEAVE THE TREADMILL

Be careful when entering and leaving the treadmill. Use the handle bars. Do not position yourself on the treadmill when preparing the use. Spread your feet and put them on the two side platforms next to the running surface. Put your feet on the treadmill only if it has started moving at constant speed. For your own safety, only enter the treadmill if it is not running faster than 2 km/h. Always look to the front during the training sessions. Never try to turn around on the treadmill as long as the treadmill is activated. After having finished your training session, you can stop the treadmill by pressing the **STOP** button. Wait until the treadmill has stopped completely before trying to leave the treadmill. In case you feel unsure regarding the speed you should hold on to the handle bars, lift your feet from the treadmill, and position yourself on the side platforms next to the running surface. These side platforms are an appropriate position to relax before starting the training again. For your own safety and comfort, always start your training sessions at low speed.

CONSULT A PHYSICIAN IMMEDIATELY

Warning: before starting any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury damage sustained by or through the use of this treadmill.

How often you exercise:

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

How hard you exercise:

Intensity of exercise is reflected in your heart rate. Exercise must be sufficiently rigorous to strengthen your heart muscle and condition your cardiovascular system. Only your doctor can prescribe the target training heart range for you. Before starting any exercise program consult your physician.

How long you exercise:

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

SAFETY PRECAUTIONS

EMERGENCY DISMOUNT:

In case you must leave the equipment in an **EMERGENCY SITUATION**, grab the handrail and set both feet on the right and left foot platform beside the running belt. Now you pull out the **SAFETY KEY** from the console to slow down and stop the equipment.

The function of the immobilization method:

If you would like to stop the equipment, then you can stop it either with the **STOP** switch on the console or pull out the **SAFETY KEY** from the console. If you pull the **SAFETY KEY** from the console, this case the computer shut down all functions automatically and the running belt slow down and come to a stop immediately.

SAFETY KEY

Check if the **SAFETY KEY** at the treadmill and the clip at your clothes are secured. The **SAFETY KEY** is intended for interrupting the mains connection in case you should fall. Thus, it was developed to bring the treadmill to an immediate stop. For higher speeds this can be unpleasant and somewhat dangerous as well. Please only use the **SAFETY KEY** for an emergency stop. In order to stop the treadmill during training under normal circumstances in a safe, comfortable and complete manner, use the **STOP** button.

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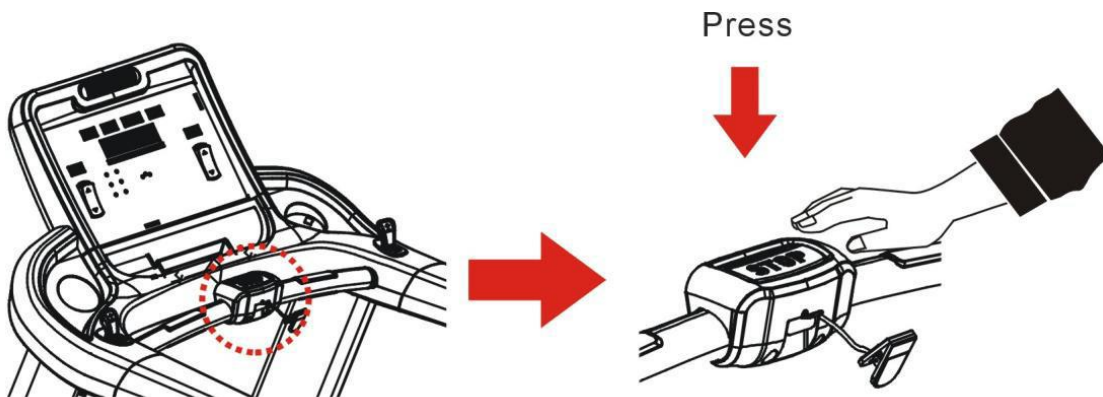
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Emergency Stop switch

The function of the **EMERGENCY STOP** is to help the user to get off the treadmill safely in case of an emergency. In case of emergency, press the **STOP** key, hold the handrails and get off when the belt stops.

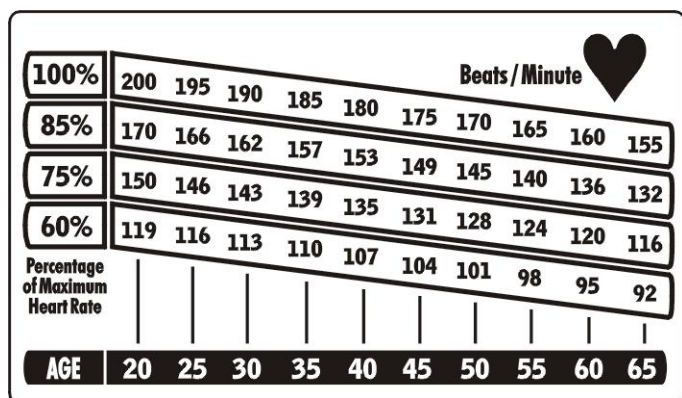


SAFETY PRECAUTIONS

BEGINNER TREADMILL PROGRAM

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

TARGET HEART RATE ZONE



You do not want to workout at your maximum heart rate. The recommended Heart Rate Zone is a percentage of your maximum heart rate. Between 65% and 85% of your maximum heart rate.

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

* Upper limit of Target Heart Rate Zone = Maximum heart rate X 0.75

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

- 100%** Increased Performance Range
- 85%** Aerobic Training Range
- 75%** Weight Loss Training Range
- 60%** Heart Rate BPM

220-your age = maximum heart zone

1* Advantage of using the treadmill is consumers can strengthen the cardiopulmonary function and physical fitness.

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

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

TECHNICAL SPECIFICATIONS

SERIAL NUMBER:

The serial number contains ten values. The location of the serial number is shown below.



SPECIFICATIONS:

Length: 83" (212 cm)

Width: 36" (92 cm)

HEIGHT: 57" (145 cm)

Running area: 22" x 60" (55cm x 153cm)

Weight of product: 462 lbs (210 kg)

User Weight Capacity: 500lbs (227 kg)

Speed Range: 0.2 to 17.2 mph (0.48 to 25 km)

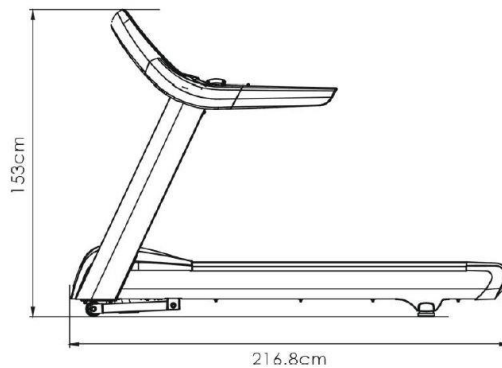
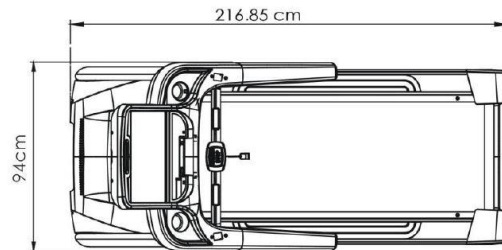
Power elevation: 0~20% motorized (front incline)

Emergency stop: Pull the safety key, press emergency stop switch.

Programs: Over 20 including 5 courses, 3 goals, 8 tests (including Gerkin and Military), 4HRC.

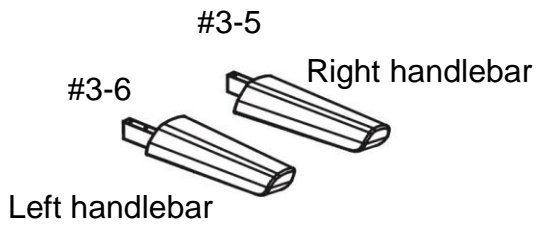
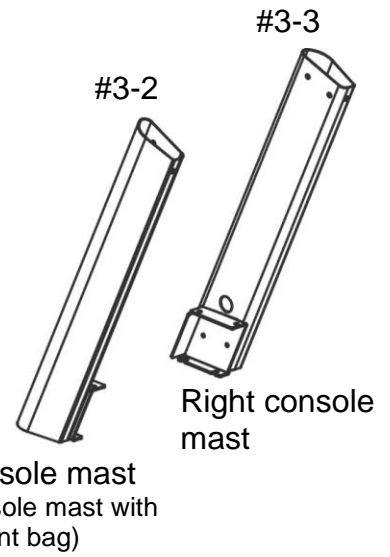
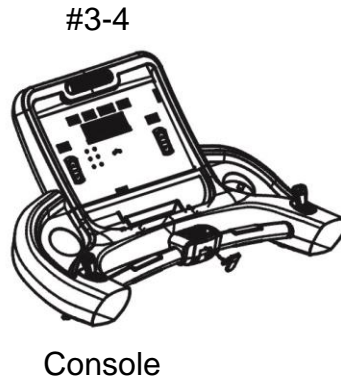
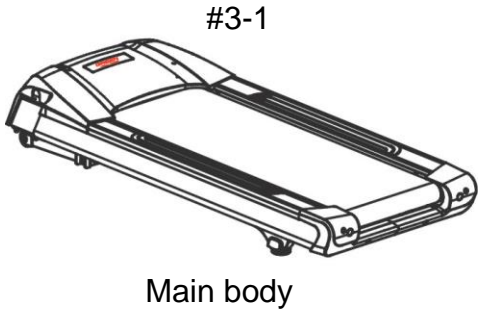
Manual mode: Yes

Standard features: Total used time, distance, heart rate, calories, speed, incline, hand pulse, fan, quick speed / incline button, Wireless HR receiver, Blue Tooth.



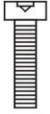




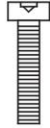


UNPACKING & ASSEMBLY

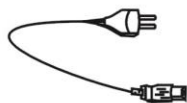
PARTS



UNPACKING & ASSEMBLY

HARDWARE KIT

Step2	 #3-8 M8x20mm / 8pcs (Console mast set)	 #3-9 M8 S washer / 8pcs (Console mast set)	 #3-11 M8 washer / 8pcs (Console mast set)
Step3	 #3-10 M8x15mm / 6pcs (Console mast set)	 #3-11 M8 washer / 6pcs (Console mast set)	
Step6	 #3-7 M8x25mm / 4pcs (Console / Handlebar set)	 #3-11 M8 washer / 4pcs (Console / Handlebar set)	
Step7	 #3-14 M3x12mm / 1pc		



Power cord / 1pcs



Allen wrench /
1pcs (5mm)



Allen wrench /
1pcs (6mm)



Allen wrench /
1pcs (6mm)

#3-13



Power cord locker
/ 1pc (Power cord)

UNPACKING & ASSEMBLY

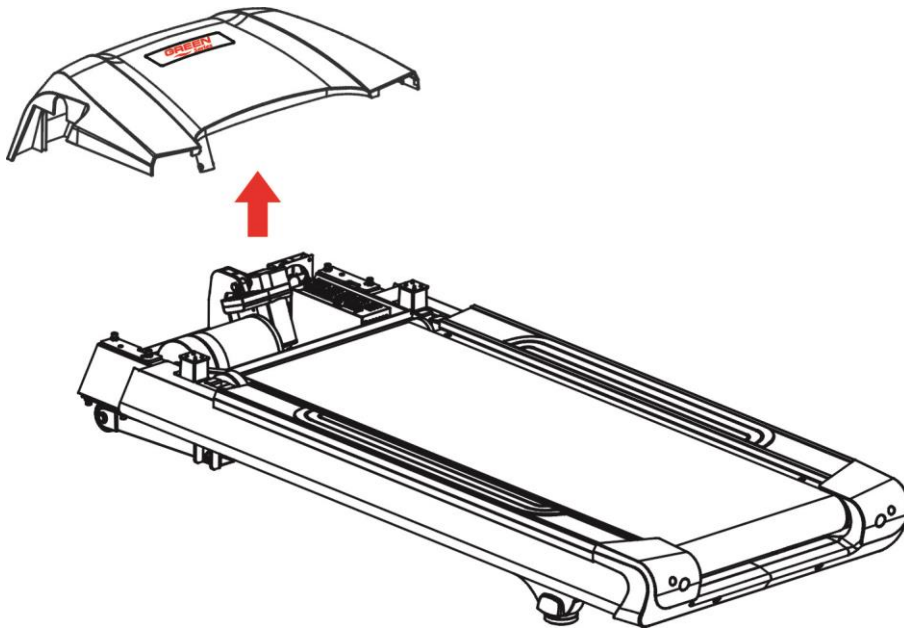
IMPORTANT: Read all instructions and warnings before assembly and operation.

This unit has been 100% assembled, tested for all functions including vibration sensors and then disassembled. Any misalignments causing stripped out threads is not covered by warranty due to installer not reinstalling correctly per the following steps #1 thru #8.

Unpacking your treadmill where will be using it. Being careful not to damage. Place your treadmill on a level flat surface. It is recommended that you place a protective covering on your floor.

*Notice: Because of heavy weight, please assemble this treadmill more than two people.

Step1: Loosen the motor cover screws, lift up and then set the motor cover aside.



UNPACKING & ASSEMBLY

Step 2: Assemble the Console Mast on the Main Body

WARNING: The tightening sequence **MUST** be adhered to when performing assembly.

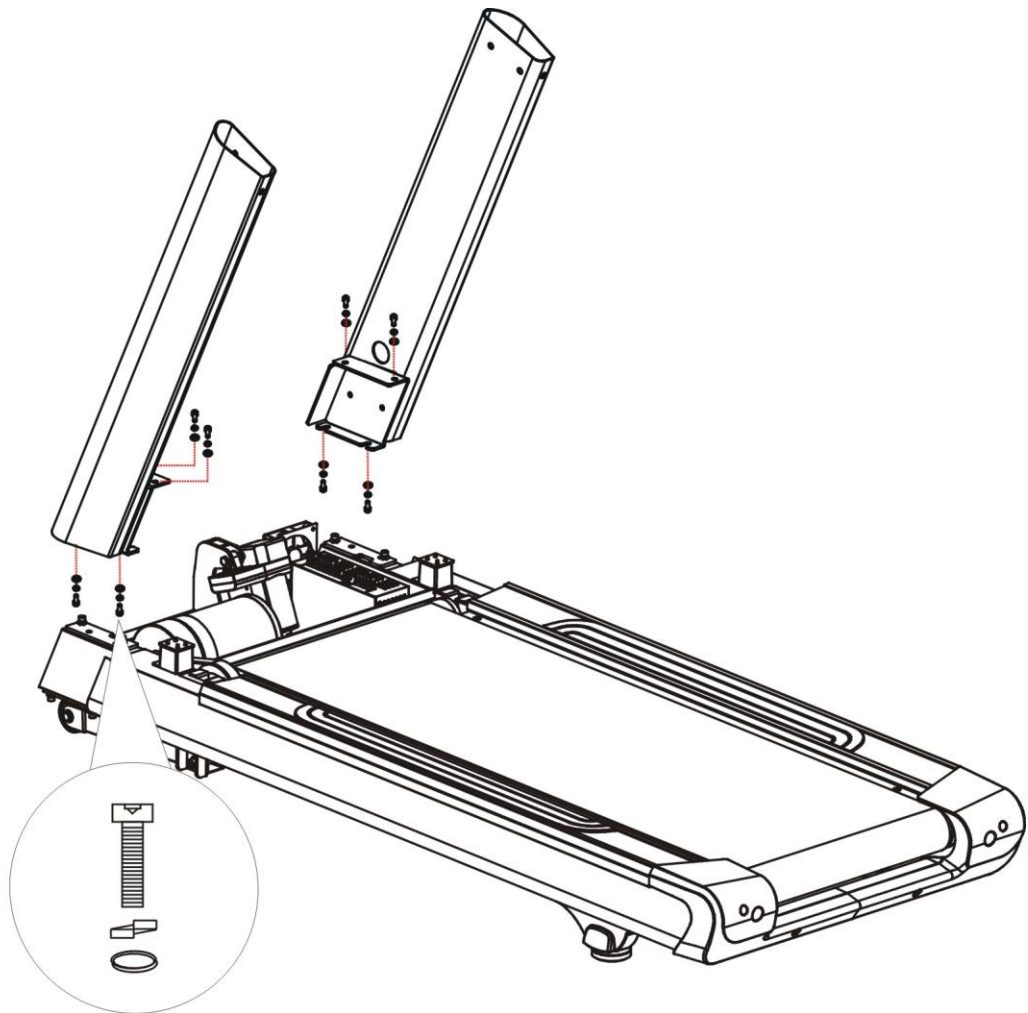
- 1) Place the Right Console Mast and the Left Console Mast on the Main Body.
- 2) Using a 6mm Hex wrench, fit (8) M8x20mm bolts, (8) M8 Lock Washers and (8) M8 Flat Washers into the Right and Left Console Masts to Main Body. (**Do not tighten until Step 3**).

#3-8
M8x20mm
X8

#3-9
M8 S washer
X8

#3-11
M8
X8

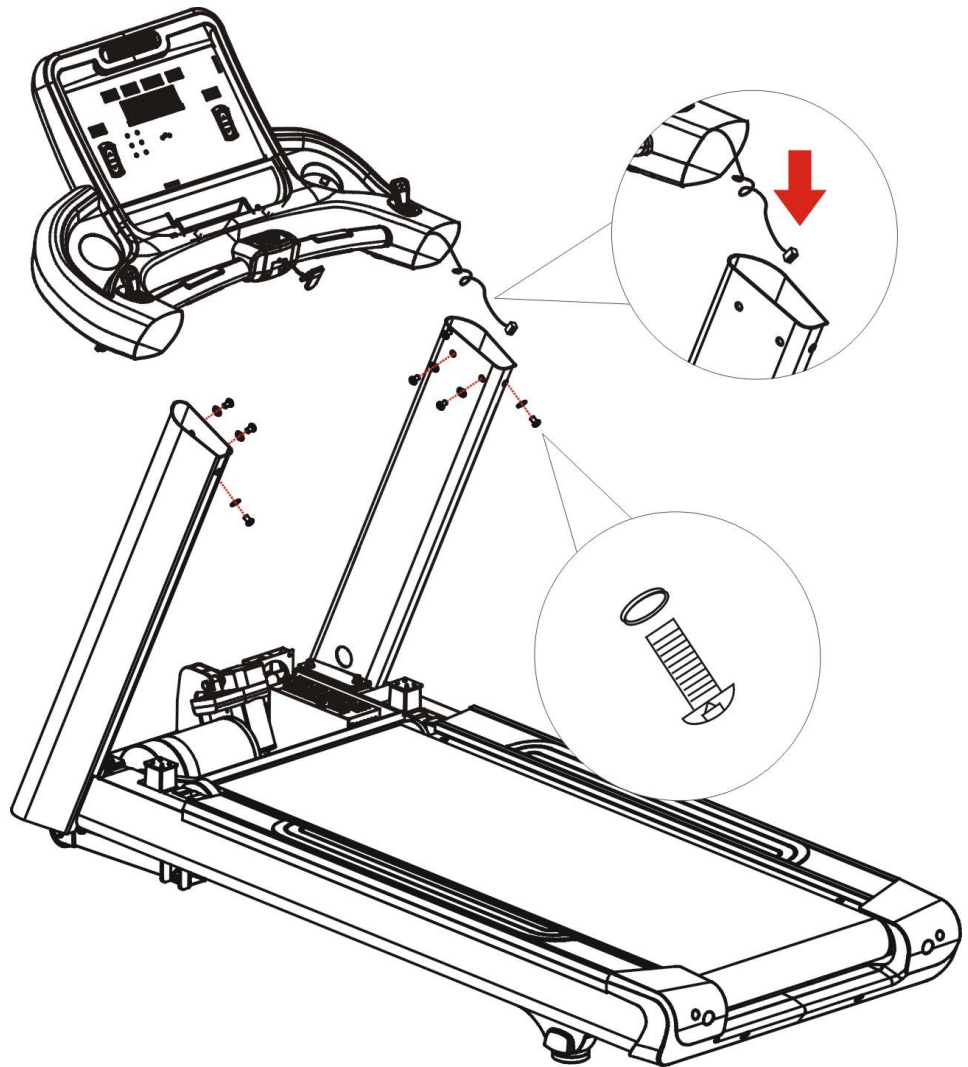
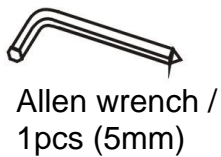
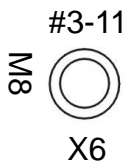
Allen wrench /
1pcs (6mm)



UNPACKING & ASSEMBLY

Step 3: Assemble Console to Console Mast.

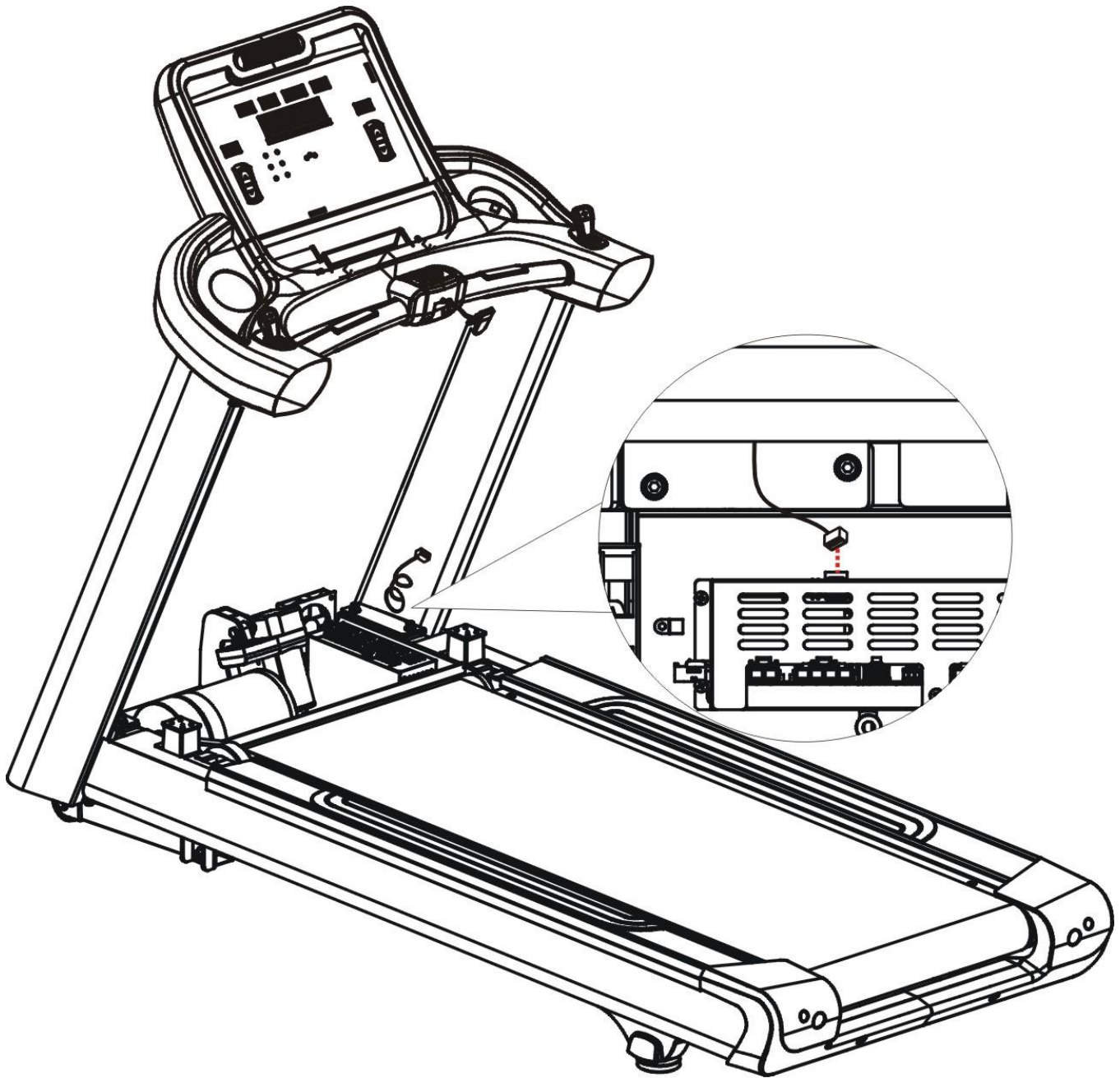
- 1). Place the Network Cable into the right Console Mast.
- 2). Place the console on top of the two Console Masts.
- 3). Using a 5mm Hex wrench, tighten the (6) M8x15mm Bolts and (6) Flat Washers.
- 4). Using a 6mm Hex wrench, tighten the Console Mast to the Main Body.



UNPACKING & ASSEMBLY

Step 4: Connect the Network Cable.

- 1). Pull the Network Cable through the bottom of the Right Mast and connect to the Inverter.



UNPACKING & ASSEMBLY

Step 5: Installing Motor Cover.

- 1). Using a Phillips head screw driver, tighten the (2) M5x50mm Bolts.

#1-34

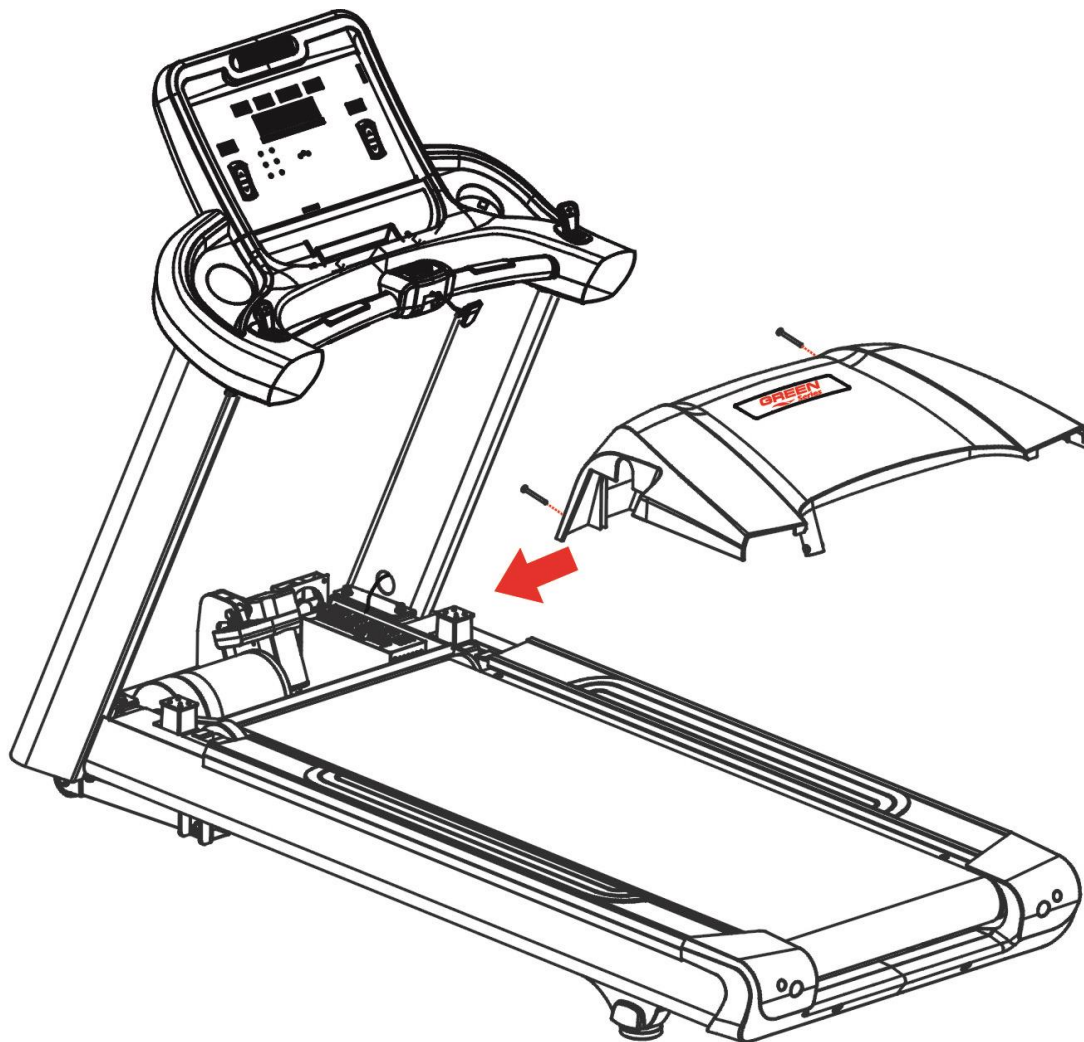
M5x50mm



X2



Allen wrench /
1pcs (5mm)



UNPACKING & ASSEMBLY

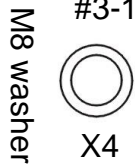
Step 6: Assemble the Handle Bars to the Console.

- 1). Using a 6mm Hex wrench, tighten the Console to Handle Bar with (4) M8x25mm Bolts and (4) M8 flat Washers. (Torque value should be between 210 – 230 Kgf-cm while locking up)

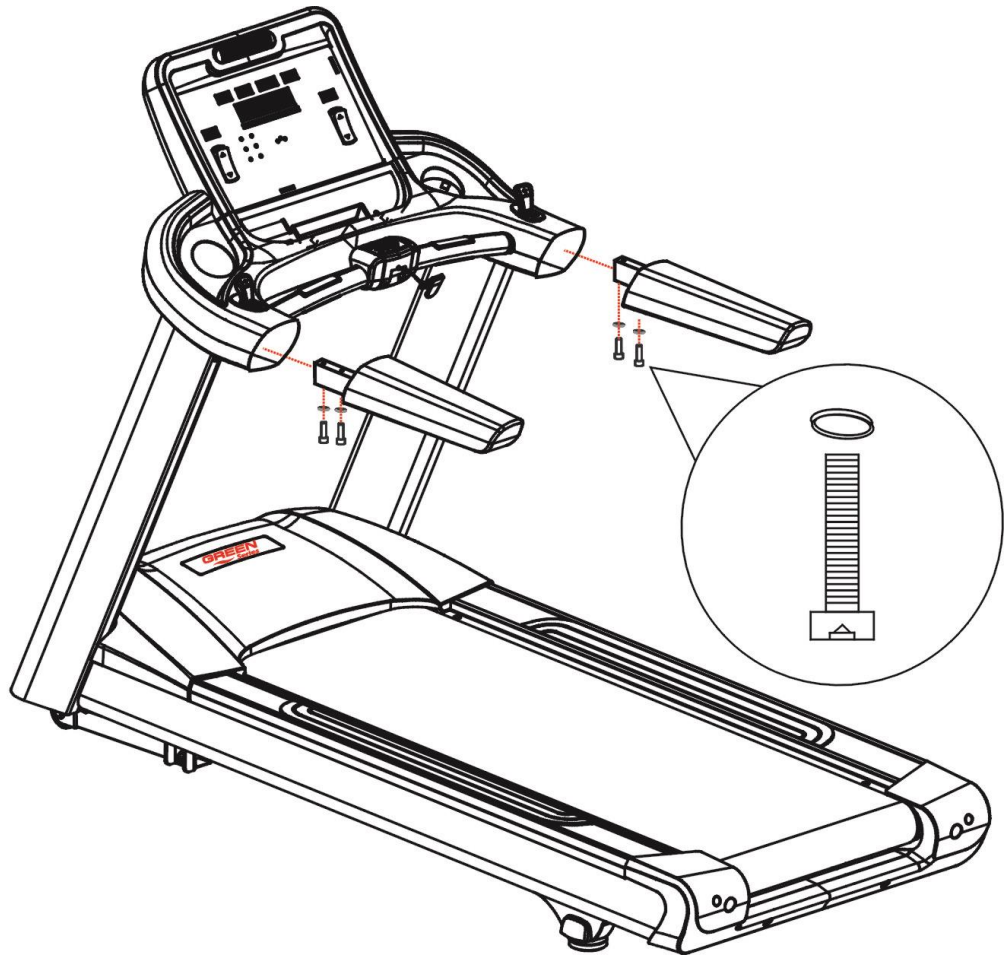
#3-7



#3-11



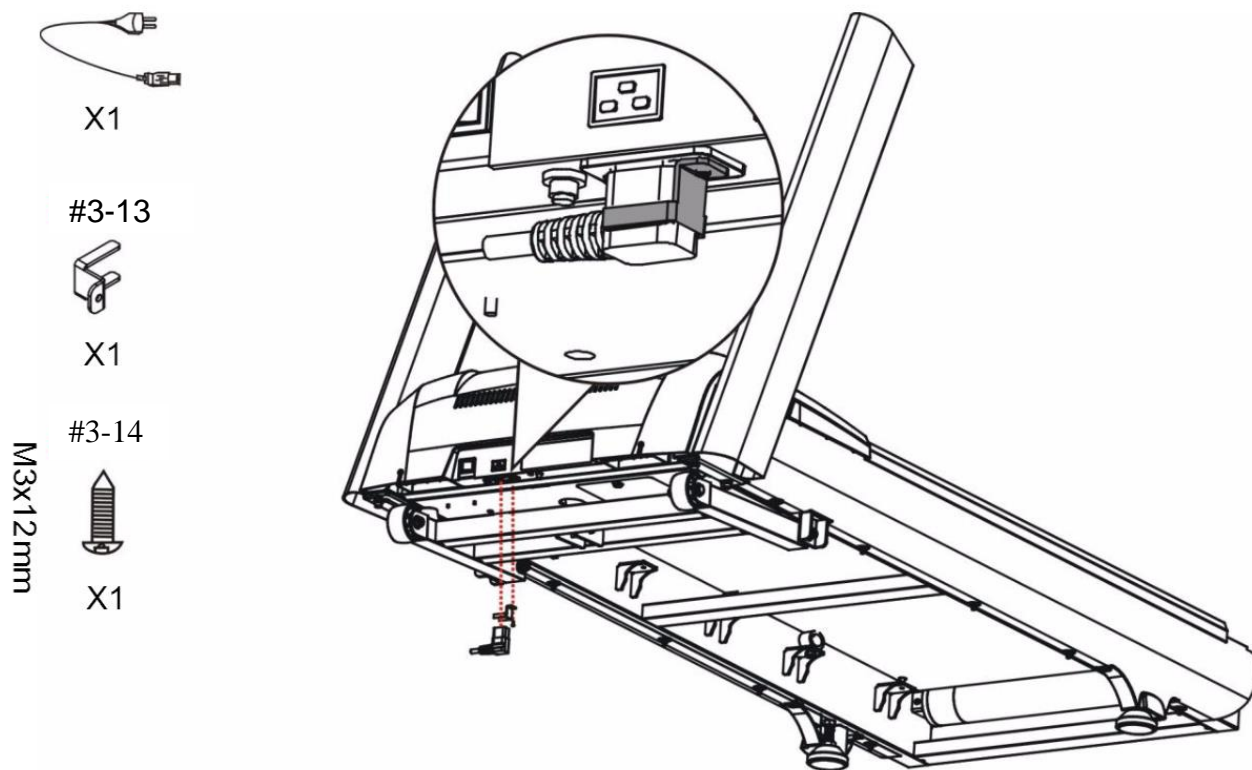
Allen wrench /
1pcs (6mm)



UNPACKING & ASSEMBLY

Step 7: Assembling power cord locker to power cord.

- 1). Plug in the power cord.
- 2). Fasten power cord and the power cord locker using the Hex wrench and (1) M3x12mm screw.



WARM UP & COOL DOWN

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



HEAD ROLLS

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



SHOULDER LIFTS

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



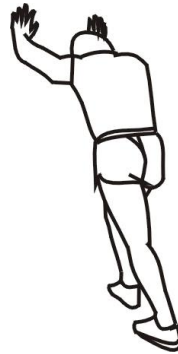
QUADRICEPS STRETCH

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



SIDE STRETCHES

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



CALF/ACHILLES STRETCH

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



INNER THIGH STRETCH

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



TOE TOUCHES

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



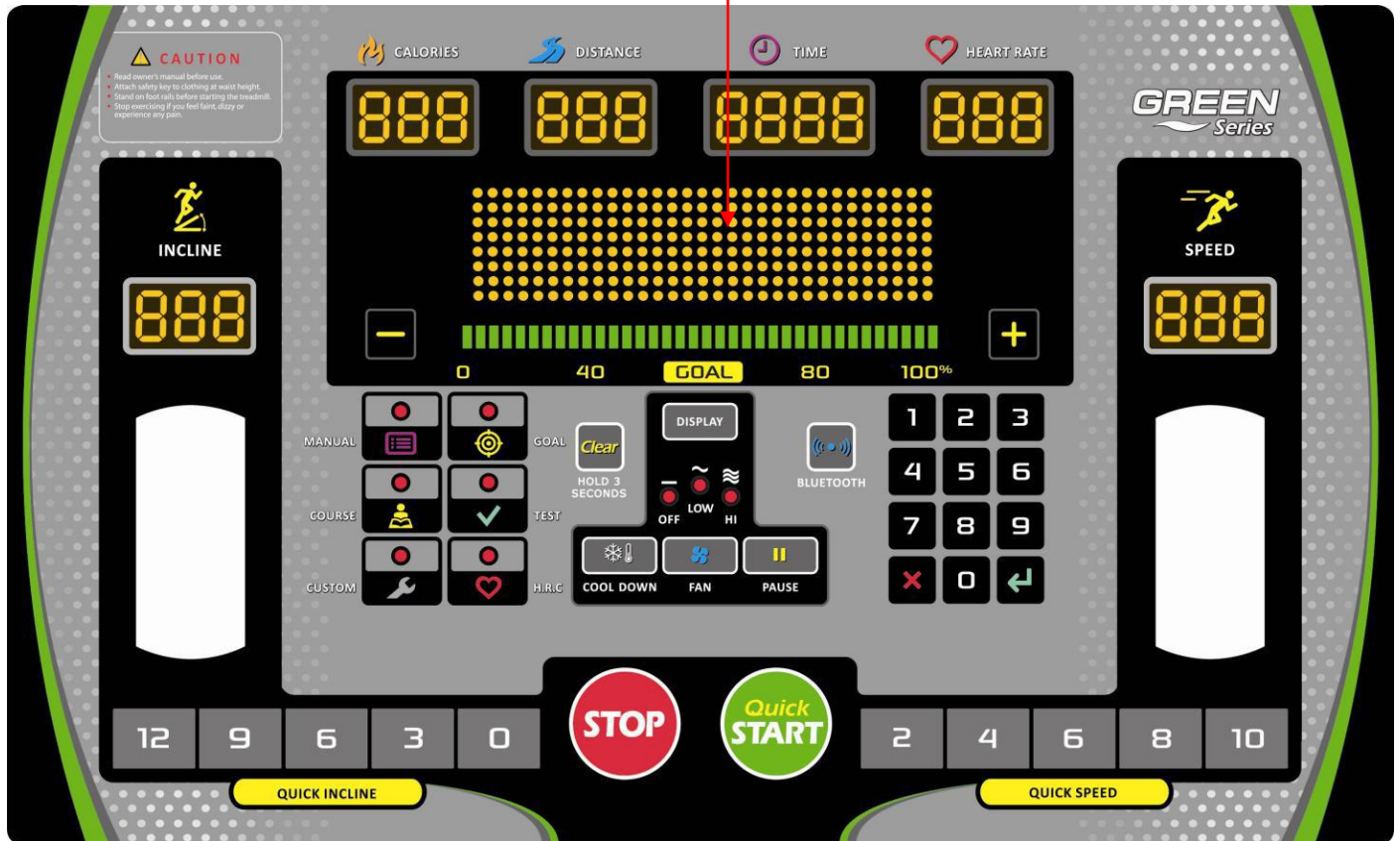
HAMSTRING STRETCHES

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

PANEL CONTROL

Display and Keys

Message window, display program profiles and messages



PANEL CONTROL

Display Function

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

Key function

Key	Function
Start	Quick start or program start.
Stop	Press to pause when in use.
Incline ▲	Adjusts the incline while in use. Adjusts program types and program values.
Incline ▼	Adjusts the incline while in use. Adjusts program types and program values.
Keypad 0-9	Set the running speed while in use. Set program values.
Rest / Clear	Clear the setting value while setting.
Enter	Confirm value entered.
Speed+	Adjusts the speed while in use. Adjusts program types and program values.
Speed –	Adjusts the speed while in use. Adjusts program types and program values.
Quick Speed	Adjusts speed to a predetermined value. There are 4 speed quick keys.
Quick Incline	Adjusts incline to a predetermined value. There are 4 incline quick keys.
Cool Down	Program will gradually lower the speed.
Program keys	Select program directly.
Bluetooth	Turn on the Bluetooth function and search for the device to connect with App.
Clear	Hold 3 second to Clear

Bluetooth Connect with FitGoal

1. Download and install the application FitGoal via Google Play.
2. Press **BLUETOOTH** button on the console, it will show the module name which is S/N: T-XXXX-XXXX.
3. Turn **ON** Bluetooth and FitGoal on your mobile phone, press the **START** button on FitGoal, it will display the Bluetooth devices which have been searched. Select the name which is a match to the module name on console (S/N: T-XXXX-XXXX).
4. It will show **BT CONNECTED** on the console if connecting successfully. Press the **START** button once again on FitGoal and it will show “**please press the button on the treadmill to start**”. You may select the programs or directly press the **GO** button on console to start.
5. The records will automatically be saved in Fit Goal when you press the **STOP** button on console.

PROGRAMS

MANUAL



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

COURSE



- 2.1. Press **COURSE** to access program selection. The window will display **1. HILL, 2. FATBURN, 3. CARDIO, 4. STRENGTH, 5. INTERVAL** streaming. This is the **Setting Mode**.
- 2.2. Select Program: Use key pad to select **Program 1 - 5** (No need to press enter. Input out of the 1-5 range will be ignored.)
- 2.3. Set Level: the window will display **SET LEVEL 1 TO 7 THEN PRESS ENTER** once, after which it will display the **Profile L3** graphics. The **Time** window will display **L3**. Use the key pad to input settings directly (if setting is out of range, the setting will return to the preset value, the window will again display **SET LEVEL 1 TO 7 THEN PRESS ENTER** and display the **Profile L3** graphics). Alternatively, to set **Speed Fast, Speed Slow, Incline Up, Incline Down**, select a level from **L1 - L7**. The **Level** value will change, and the **Profile** graphics will change. When finished, press **ENTER** to proceed to the next setting.
- 2.4. Set Time: Time window displays **32:00** flashing. Press the button to interrupt flashing. The window will display **SET TIME 16: 00 - 99: 00 THEN PRESS ENTER**. Use key pad to input settings directly, or use **Speed Fast, Speed Slow, Incline Up, Incline Down**. The minimum set time is **16:00**, the maximum set time is **99:00**. When finished, press **ENTER** to proceed to the next setting.

PROGRAMS

- 2.5 Set User Weight: Time window displays **Preset Weight** flashing. Press the button to interrupt flashing. The window will display **SET WEIGHT THEN PRESS ENTER**. Use the key pad to input settings directly (if setting is out of range, the setting will return to the preset value). Alternatively, set **Speed Fast, Speed Slow, Incline Up, Incline Down** by increments of 0.1kg / 1Lb. When finished, press **ENTER**. The window will display **PRESS GO TO BEGIN OR ENTER TO RESET**. Press **ENTER** again to return to 2.1 or press **RUN** to start your program.
- 2.6. Press **RUN**. The window will display **3 → 2 → 1 → GO** and the buzzer will beep three times. All values will start accumulating in the **Execution Mode**.
- 2.7. The program is executed according to **SPEED** and **INCLINE** as defined in the following table.
- 2.8. The window display **Profile** graphics. The execution values will flash every half second. On all devices **SPEED** and **INCLINE** can be adjusted, and the **Profile** graphics and bar will not change.
- 2.9 When count-down is completed, the buzzer beeps three times to indicate the program is finished. Press **END OFF WORKOUT Mode** to exit.

PROGRAMS

Hill Program Profile (SPEED in %)

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

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

PROGRAMS

Fat Burn Program Profile (SPEED in %)

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

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

PROGRAMS

CARDIO Program Profile (SPEED in %)

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

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

PROGRAMS

STRENGTH Program Profile (SPEED in %)

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

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

PROGRAMS

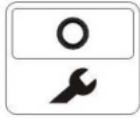
INTERVAL Program Profile (SPEED in %)

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

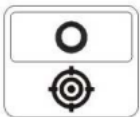
SEG	Speed	Incline
1	50	0
2	50	0
3	100	0
4	100	0
5	100	0
6	50	0
7	50	0
8	50	0
9	100	0
10	100	0
11	100	0
12	50	0
13	50	0
14	100	0
15	100	0
16	100	0
17	50	0
18	50	0
19	100	0
20	100	0
21	100	0
22	50	0
23	50	0
24	100	0
25	100	0
26	50	0
27	50	0
28	100	0
29	100	0
30	100	0
31	50	0
32	50	0

PROGRAMS

CUSTOM



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

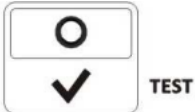


GOAL

- 4.1 Press **Goal** to select your goal. The window will display **1.TIME, 2.DISTANCE, 3.CALORIES** as the **Setting Mode**.
- 4.2 Select Goal: Use keypad to select **Goal 1 - 3** (No need to press enter. Input out of range will be ignored.)
- 4.3 Goal setting:
 - 4.3.1 Set Goal Time : Time window displays **10:00** flashing. Press the button to interrupt flashing. The window will display **SET TIME THEN PRESS ENTER**. Use keypad to input settings directly (if setting is out of range it will return to the preset value), or use **Speed Fast, Speed Slow, Incline Up, Incline Down**. The minimum set time is **10:00**, the maximum set time is **99:00**. When finished, press **ENTER** to proceed to the next setting.
 - 4.3.2 Set Goal Distance: Distance window displays **1.0** flashing. Press the button to interrupt flashing. The window will display **SET DISTANCE THEN PRESS ENTER**. Use keypad to input settings directly (if setting is out of range it will return to the preset value), or use **Speed Fast, Speed Slow, Incline Up, Incline Down**. The minimum set distance is **0.5**, the maximum set distance is **99.9**. When finished, press **ENTER** to proceed to the next setting.
 - 4.3.3 Set Goal Calories: Calories window displays **100** flashing. Press the button to interrupt flashing. The window will display **SET CALORIES THEN PRESS ENTER**. Use keypad to input settings directly (if setting is out of range it will return to the preset value), or use **Speed Fast, Speed Slow, Incline Up, Incline Down**. The minimum set calories is **10**, the maximum set distance is **999**. When finished, press **ENTER** to proceed to the next setting.
 - 4.3.4 Set User Weight: Time window displays **Weight preset value** flashing. Press the button to interrupt flashing. The window will display **SET WEIGHT THEN PRESS ENTER**. Use keypad to input settings directly (if setting is out of range it will return to the preset value), or use **Speed Fast, Speed Slow, Incline Up, Incline Down** to change values by increments of 0.1 Kg/1 Lb. When finished, press **ENTER**. The window will display **PRESS GO TO BEGIN OR ENTER TO RESET**. Press **ENTER** again to return to 4.1, or press **RUN** to start your program.

PROGRAMS

- 4.4 Press **RUN**. The window will display **3 → 2 → 1 → GO** and the buzzer will beep every second. All values will begin to accumulate in **Execution Mode**.
- 4.5 The window display is preset as **Program Profile Mode**. Each **Bar** displays at its minimum value. The graphics will change along with the changes in the incline. Your position is displayed every half second. The **Goal Bar** displays your accumulated value as a percentage of your set value.
- 4.6 **Speed** and **Incline** can be changed through all **Speed** programs. The **Profile** graphics in the display window change along with the changes in incline. When setting **Time**, the **Time / 32 Bar** will change one bar at a time. As the incline changes, the last bar will change. **Executed Bars** are saved to a maximum of **32**.
- 4.7 When the **Time** or **Distance** or **Calories** count-down has completed, the buzzer beeps three times to indicate the program is finished. Press **END OFF WORKOUT mode** to exit.



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

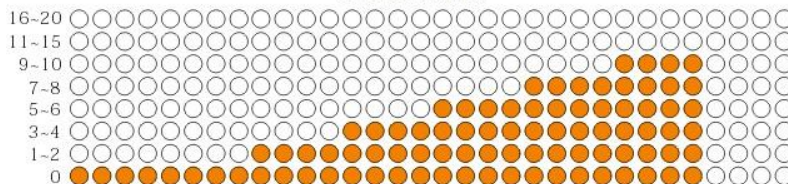
PROGRAMS

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

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

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

GERKIN



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

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

PROGRAMS

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

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

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

PROGRAMS

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

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

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

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

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

PROGRAMS

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

Running (2 Miles)

Age:17~21

Running (2 Miles)

Age:22~26

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

PROGRAMS

Running (2 Miles)

Age:27~31

2 MILE RUN STANDARDS

Age:32~36

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

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

PROGRAMS

2 MILE RUN STANDARDS

Age:37~41

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

2 MILE RUN STANDARDS

Age:42~46

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

PROGRAMS

2 MILE RUN STANDARDS

Age:47~51

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

2 MILE RUN STANDARDS

Age:52~56

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

PROGRAMS

2 MILE RUN STANDARDS

Age:57~61

2 MILE RUN STANDARDS

Age:62+

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

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

PROGRAMS

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

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

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

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

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

PROGRAMS

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

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

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

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

PROGRAMS

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

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

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

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

PROGRAMS

2 MILE RUN STANDARDS Age:57-61(F)

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

2 MILE RUN STANDARDS Age:62+(F)

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

PROGRAMS

US Air Force Physical Fitness Test (USAF PFT): This test determines a score based on the time you need to run a distance of 2.4 Km / 1.5 miles. The display window will follow the changes in your speed. After 2.4 Km / 1.5 miles you will enter **TEST RESULT Mode**. If you stop before 2.4 Km / 1.5 miles, you will enter **END OF WORKOUT**. Scores for men are calculated according to age-related standards.

Age:<30			Age:30-39			Age:40-49		
Cardiorespiratory Endurance			Cardiorespiratory Endurance			Cardiorespiratory Endurance		
Run Time (mins:secs)	Health Risk Category	Points	Run Time (mins:secs)	Health Risk Category	Points	Run Time (mins:secs)	Health Risk Category	Points
≤ 9:12	Low-Risk	60.0	≤ 9:34	Low-Risk	60.0	≤ 9:45	Low-Risk	60.0
9:13 - 9:34	Low-Risk	59.7	9:35 - 9:58	Low-Risk	59.3	9:46 - 10:10	Low-Risk	59.8
9:35 - 9:45	Low-Risk	59.3	9:59 - 10:10	Low-Risk	58.6	10:11 - 10:23	Low-Risk	59.5
9:46 - 9:58	Low-Risk	58.9	10:11 - 10:23	Low-Risk	57.9	10:24 - 10:37	Low-Risk	59.1
9:59 - 10:10	Low-Risk	58.5	10:24 - 10:37	Low-Risk	57.3	10:38 - 10:51	Low-Risk	58.7
10:11 - 10:23	Low-Risk	57.9	10:38 - 10:51	Low-Risk	56.6	10:52 - 11:06	Low-Risk	58.3
10:24 - 10:37	Low-Risk	57.3	10:52 - 11:06	Low-Risk	55.7	11:07 - 11:22	Low-Risk	57.7
10:38 - 10:51	Low-Risk	56.6	11:07 - 11:22	Low-Risk	54.8	11:23 - 11:38	Low-Risk	57.1
10:52 - 11:06	Low-Risk	55.7	11:23 - 11:38	Low-Risk	53.7	11:39 - 11:56	Low-Risk	56.3
11:07 - 11:22	Low-Risk	54.8	11:39 - 11:56	Low-Risk	52.4	11:57 - 12:14	Low-Risk	55.4
11:23 - 11:38	Low-Risk	53.7	11:57 - 12:14	Low-Risk	50.9	12:15 - 12:33	Low-Risk	54.3
11:39 - 11:56	Low-Risk	52.4	12:15 - 12:33	Low-Risk	49.2	12:34 - 12:53	Low-Risk	53.1
11:57 - 12:14	Low-Risk	50.9	12:34 - 12:53	Low-Risk	47.2	12:54 - 13:14	Low-Risk	51.5
12:15 - 12:33	Low-Risk	49.2	12:54 - 13:14	Moderate Risk	44.9	13:15 - 13:36	Low-Risk	49.8
12:34 - 12:53	Moderate Risk	47.2	13:15 - 13:36	Moderate Risk	42.3	13:37 - 14:00	Moderate Risk	47.7
12:54 - 13:14	Moderate Risk	44.9	13:37 - 14:00 *	Moderate Risk	39.3	14:01 - 14:25	Moderate Risk	45.2
13:15 - 13:36 *	Moderate Risk	42.3	14:01 - 14:25	High Risk	35.8	14:26 - 14:52 *	Moderate Risk	42.3
13:37 - 14:00	High Risk	39.3	14:26 - 14:52	High Risk	31.7	14:53 - 15:20	High Risk	38.8
14:01 - 14:25	High Risk	35.8	14:53 - 15:20	High Risk	27.1	15:21 - 15:50	High Risk	34.7
14:26 - 14:52	High Risk	31.7	15:21 - 15:50	High Risk	21.7	15:51 - 16:22	High Risk	29.9
14:53 - 15:20	High Risk	27.1	15:51 - 16:22	High Risk	15.5	16:23 - 16:57	High Risk	24.2
15:21 - 15:50	High Risk	21.7	16:23 - 16:57	High Risk	8.3	16:58 - 17:34	High Risk	17.4
15:51 - 16:22	High Risk	15.5	≥ 16:58	High Risk	0.0	17:35 - 18:14	High Risk	9.4
16:23 - 16:57	High Risk	8.3				≥ 18:15	High Risk	0.0
≥ 16:58	High Risk	0.0						

PROGRAMS

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

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

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

PROGRAMS

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

Age:<30

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

Age:30-39

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

Age:40-49

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

PROGRAMS

Age:50-59

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

Age:60+

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

PROGRAMS

FEDERAL LAW: This test determines a score based on the time you need to run a distance of 2.4 Km / 1.5 miles. The display window will follow the changes in your speed. After 2.4 Km / 1.5 miles you will enter **TEST RESULT Mode**. If you stop before 2.4 Km / 1.5 miles, you will enter **END OF WORKOUT**. Scores for men are calculated according to age-related standards.

<=24	1	<=24	n
Percentiles	min:sec		
99	8:47		
98	9:03		
97	9:14		
96	9:23		
95	9:30		
94	9:37		
93	9:42		
92	9:48		
91	9:54		
90	9:58		
89	10:03		
88	10:08		
87	10:12		
86	10:16		
85	10:02		
84	10:23		
83	10:27		
82	10:31		
81	10:34		
80	10:37		
79	10:40		

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

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

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

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

PROGRAMS

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

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

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

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

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

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

PROGRAMS

FEDERAL LAW: MALE (Age: 30-34)

30~34	1 30~34
Percentiles	min:sec
99	9:06
98	9:24
97	9:37
96	9:46
95	9:54
94	10:02
93	10:09
92	10:15
91	10:21
90	10:26
89	10:31
88	10:36
87	10:40
86	10:44
85	10:48
84	10:52
83	10:57
82	11:01
81	11:04
80	11:08
79	11:12

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

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

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

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

PROGRAMS

FEDERAL LAW: MALE (Age: 35-39)

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

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

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

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

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

PROGRAMS

FEDERAL LAW: MALE (Age: 40-44)

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

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

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

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

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

PROGRAMS

FEDERAL LAW: MALE (Age: 45-49)

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

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

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

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

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

PROGRAMS

FEDERAL LAW: MALE (Age: 50-54)

50~54	50~54
Percentiles	min:sec
99	10:07
98	10:32
97	10:42
96	10:54
95	11:03
94	11:37
93	11:52
92	12:03
91	12:12
90	12:02
89	12:28
88	12:35
87	12:43
86	12:51
85	12:57
84	13:00
83	13:05
82	13:11
81	13:18
80	13:25
79	13:30

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

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

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

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

PROGRAMS

FEDERAL LAW: MALE (Age: 55-59)

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

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

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

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

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

PROGRAMS

FEDERAL LAW: MALE (Age: 60+)

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

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

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

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

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

PROGRAMS

Scores for women are calculated according to age-related standards.
 FEDERAL LAW : Female(Age:<=24)

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

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

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

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

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

PROGRAMS

FEDERAL LAW: Female (Age: 25-29)

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

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

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

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

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

PROGRAMS

FEDERAL LAW: Female (Age: 30-34)

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

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

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

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

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

PROGRAMS

FEDERAL LAW: Female (Age: 35-39)

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

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

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

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

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

PROGRAMS

FEDERAL LAW: Female (Age: 40-44)

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

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

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

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

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

PROGRAMS

FEDERAL LAW: Female (Age: 45-49)

45~49	45~49
Percentiles	min:sec
99	11:09
98	12:17
97	12:54
96	13:11
95	13:25
94	13:43
93	14:00
92	14:08
91	14:13
90	14:22
89	14:27
88	14:36
87	14:41
86	14:47
85	14:55
84	15:05
83	15:11
82	15:18
81	15:26
80	15:29
79	15:33

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

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

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

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

PROGRAMS

FEDERAL LAW: Female (Age: 50-54)

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

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

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

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

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

PROGRAMS

FEDERAL LAW: Female (Age: 55+)

F 55+	is	1.5 Mile Run
Percentiles		min:sec
99		11:14
98		12:06
97		13:33
96		14:35
95		14:05
94		14:59
93		15:24
92		15:28
91		15:34
90		15:42
89		15:45
88		15:57
87		16:11
86		16:12
85		16:14
84		16:25
83		16:27
82		16:29
81		16:30
80		16:31
79		16:32

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

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

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

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

PROGRAMS

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

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

PROGRAMS



H.R.C

- 6.1. Press **HRC**. The window will display **1.FAT BURN, 2.AEROBIC, 3.PERFORMANCE, 4.CUSTOMIZE** streaming. This is the **Setting Mode**.
- 6.2. Select **Sport Mode**: Use the keypad to select **1-4** (No need to press enter. Values out of range will be ignored.)
 - 6.2.1. Set **Age** : Time window displays **Age preset value** flashing. Press the button to interrupt flashing. The window will display **SET AGE THEN PRESS ENTER**. Use key pad to input settings directly (if setting is out of range it will return to the preset value), or use **Speed Fast, Speed Slow, Incline Up, Incline Down**. When finished, press **ENTER** to proceed to the next setting. The heart rate window will calculate your heart rate based on your age. **FAT BURN = (220-Age) X 65%, CARDIO = (220-Age) X 75%, PERFORMANCE = (220-Age) X 85%, CUSTOMIZE = 150.**
 - 6.2.2. Set **Heart Rate** (select **CUSTOMIZE**): The Heart Rate window displays **15"** flashing. The matrix window displays **SET HEART RATE THEN PRESS ENTER**. Use the keypad to input settings directly (if the set value is out of range it will return to the preset value), with a minimum set value of $(220-Age) \times 60$, and a maximum set value of 195), or use **Speed Fast, Speed Slow, Incline Up, Incline Down**. When finished, press **ENTER** to proceed to the next setting.
 - 6.2.3. Set **Time**: The time window displays **32:00** flashing. Press the button to interrupt flashing. The matrix window will display **SET TIME 16: 00 - 99: 00 THEN PRESS ENTER**. Use the keypad to input settings directly or use **Speed Fast, Speed Slow, Incline Up, Incline Down**, with a minimum set time of **16:00**, and a maximum set time of **99:00**. When finished, press **ENTER** to proceed to the next setting.
 - 6.2.4. Set **User Weight**: The time window displays **WEIGHT Preset Value** flashing. Press the button to interrupt flashing. The matrix window will display **SET WEIGHT THEN PRESS ENTER**. Use the keypad to input settings directly or use **Speed Fast, Speed Slow, Incline Up, Incline Down**, by increments of 0.1 Kg / 1 Lb. When finished, press **ENTER**. The matrix window will display **PRESS RUN TO BEGIN OR ENTER TO RESET**. Press **ENTER** again to return to 6.1, or press **RUN** to start your program.
 - 6.2.5. Press **RUN**. The window will display **3 → 2 → 1 → GO** and the buzzer will beep once every second. All values will begin to accumulate in **Execution Mode**.
 - 6.2.6. The matrix window is preset to display **Program Profile Mode**. Each **Bar** displays at its minimum value. The graphics will change along with the changes in the incline. Your position is displayed every half second. The **Goal Bar** displays your current **Heart Rate** value as a percentage of your set value.
 - 6.2.7. You may use any interface to change **Speed** and **Incline**. The **Profile** graphics in the display window change along with the changes in incline.
 - 6.2.8. When setting **Time**, the **Time / 32 Bar** will change one bar at a time. As the Incline changes, the last bar will change along. Executed **Bars** are saved to a maximum of **32**.
 - 6.2.9. This program detects your heartbeat value once every 30 seconds, based on the detected value it will make the following adjustments:
 - If detection value \leq set value -10, then at first detection Speed + 0.2, at second detection Incline + 1, at third detection Speed + 0.2 ... and so on.
 - If detection value \leq set value +10, then at first detection Speed - 0.2, at second detection Incline - 1, at third detection Speed + 0.2 ... and so on.
 - If detection value \leq set value -3, then at first detection Speed + 0.1, at second detection Incline + 1, at third detection Speed + 0.1 ... and so on.
 - If detection value \leq set value +3, then at first detection Speed - 0.1, at second detection Incline - 1, at third detection Speed - 0.1 ... and so on.
 - 6.2.10. The program has two operation modes to choose from: **SPEED + INCLINE** or **INCLINE**. In **SPEED + INCLINE** operation mode, when you select **INCLINE**, **SPEED** turns to manual mode and **INCLINE** is run by the program. In **INCLINE** operation mode, when **SPEED** runs, **INCLINE** runs as well. In **SPEED** operation mode, when **INCLINE** runs, **SPEED** runs as well.
 - 6.2.11. When the **Time** or **Distance** or **Calories** count-down is completed, the buzzer beeps three times to indicate the program is finished. Press **END OFF WORKOUT mode** to exit.

PROGRAMS



HOLD 3 SECONDS :

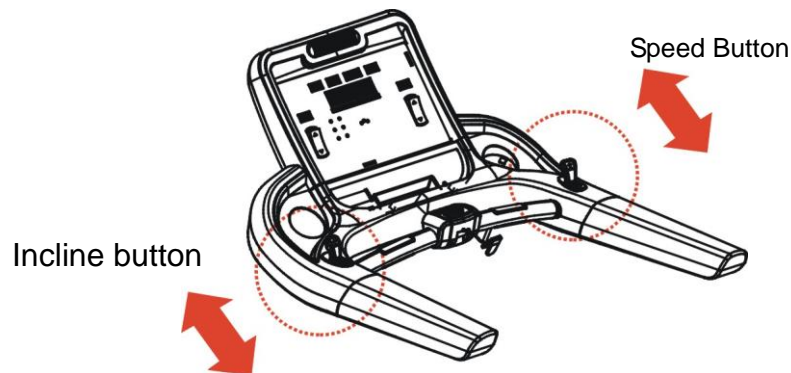
- 7.1. Hold 3 second to **Clear**.
- 7.2. Display show "Clearing all information" and program return to initial setting, includes **Calories, Distance, Time** and **Goal Bar. Speed** and **Incline** will not change.
- 7.3. Clear will not able to operate at –**Warm up, Bluetooth, Cool Down** and **Fitness Test** mode.
- 7.4. To avoid too much disturbance on the program, at program **Course Speed** and **Incline** will still follow the preset value once press **Clear**.

OPERATION

1. Quick Shift:

Speed Quick Shift: Press **Quick Shift** up to increase speed or down to decrease speed.

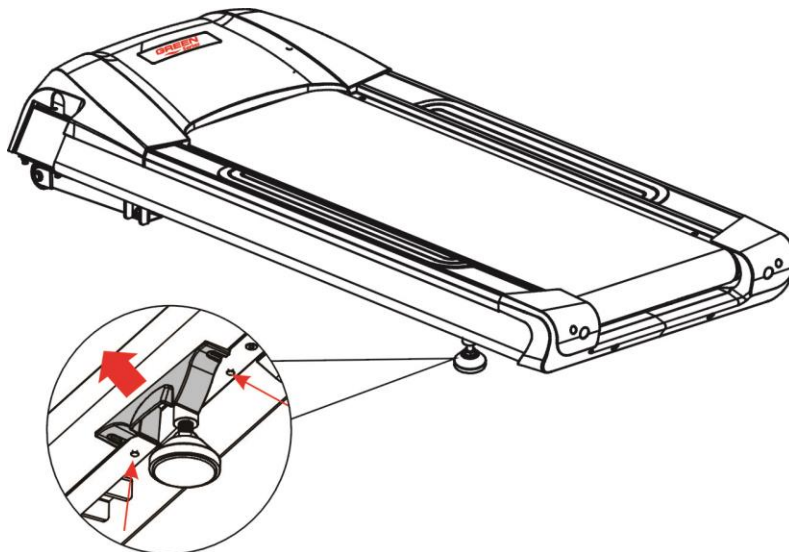
Incline Quick Shift: Press **Quick Shift** to incline or down to decline.



2. FOLLOW THESE INSTRUCTIONS TO LEVEL YOUR TREADMILL:

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

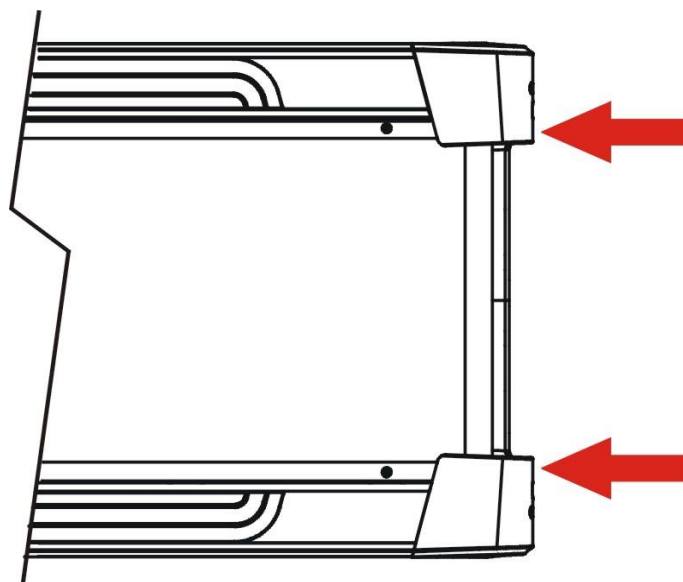
First locate the two adjustable pads under the running deck frame. Loosen the screws of adjustable pad cover, and remove the adjustable pad cover. Then simply rotate them in or out to adjust the level of the treadmill. When properly adjusted the treadmill should sit firmly on both adjustable pads and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



OPERATION

3. Running Belt Travel Area:

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



BELT ADJUSTMENT

BELT ADJUSTMENT

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

ADJUSTING THE BELT TENSION

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

TO INCREASE THE RUNNING BELT TENSION

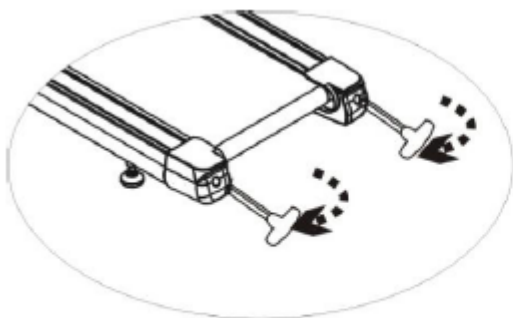
- A) Place 6mm wrench on the left belt tension bolt. Turn the wrench clockwise 1/4 turn to draw the rear roller and increase the belt tension.
- B) Repeat **STEP "A"** for the right belt tension bolt. You must be sure to run both bolts the same number of turns, so the rear roller will stay square relative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

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

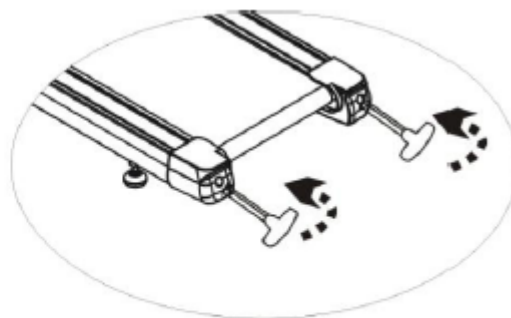
CENTERING THE RUNNING BELT

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

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



Turn clockwise to Increase the running belt tension



Turn counter-clockwise to decrease the running belt tension

CARE & MAINTENANCE

CARE & MAINTENANCE

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

Other parts maintenance:

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

CARE & MAINTENANCE

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

HOW DO I CLEAN MY MACHINE?

Clean with soap and water cleaners only. Never use solvents on plastic parts. Cleanliness of your treadmill and its operating environment will keep maintenance problems and service calls to a minimum. For this reason, Customer Tech Support recommends that the following preventive maintenance schedule be followed.

DAILY

- Unplug the treadmill. Clean entire machine using water and a mild soap or other Green Series Fitness approved solution (cleaning agents should be alcohol and ammonia free).

MONTHLY or QUARTERLY (depending on usage or dirty environments)

- Unplug the treadmill and remove the motor cover. Check for debris and clean with a dry cloth and small vacuum nozzle. **DO NOT** vacuum directly on electronics board. Either blow with mouth or compressed air to clean electronic components.

WARNING: Do not plug the treadmill in until the motor cover has been reinstalled.

RECOMMENDED CLEANING TIPS

Preventative maintenance and daily cleaning will prolong the life and look of your equipment.

- A Use a soft, clean cotton cloth. **DO NOT** use paper towels to clean surfaces on the treadmill. Paper towels are abrasive and can damage surfaces.
- B Use a mild soap and damp cloth. **DO NOT** use ammonia based cleaner or alcohol. This will cause discoloring of the aluminum and plastics it comes into contact with.
- C Do not pour water or cleaning solutions on any surface. This could cause electrocution.

CARE & MAINTENANCE

- D Wipe the console, heart rate grip, handles and side rails after each use.
- E Brush away any wax deposits from the deck and belt area. This is a common occurrence until the wax is worked into the belt material.
- F Be sure to remove any obstructions from the path of the elevation wheels including power cords.
- G For cleaning console displays, use distilled water in an atomizer spray bottle. Spray distilled water onto soft, clean, dry cloth and wipe display until clean and dry. For very dirty displays, adding vinegar is recommended.

CAUTION: Be sure to have proper assistance to install and move the unit in order to avoid injury or damage to the treadmill.

CHECK FOR DAMAGED PARTS

DO NOT use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Green Series Fitness.

MAINTAIN LABELS AND NAMEPLATES Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Green Series Fitness for a replacement or an authorized service provider.

MAINTAIN ALL EQUIPMENT Preventative maintenance is the key to smooth operating equipment, as well as keeping the user's liability to a minimum. Maintain a clean area around the equipment, free from dust and dirt. Equipment needs to be inspected at regular intervals. Defective components must be replaced immediately. Improperly working equipment must be kept out of use until it is repaired. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.

DECK AND BELT REPLACEMENT

One of the most common wear and tear items on a treadmill is the deck and belt combination. If these two items are not properly maintained they can cause damage to other components. This product has been provided with the most advanced maintenance free lubricating system on the market.

WARNING: Do not run the treadmill while cleaning the belt and deck. This can cause serious injury and can damage the machine. Maintain the belt and deck by wiping the sides of the belt and deck with a clean cloth. The user can also wipe under the belt 2 inches (~51mm) on both sides removing any dust or debris. The deck can be flipped and reinstalled or replaced by an authorized service technician. Please contact Green Series Fitness for more information.

STORAGE

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

MOVING

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



TROUBLE SHOOTING

SYMPTOM	CAUSE	SOLUTION
Console display does not illuminate	A). No power to treadmill. B). Console wire is not connected or incompletely. C). Overload, protecting has started. D). Console power source damaged	A). Check the on-off switch is ON . Switch indicator should be lit. If not lit, check AC power source. B). Check console wire and ensure that the connector points connect correctly, including outward and connector point insert PINs. C). Check fuse (near ON-OFF switch) is working or not. If it is working, push it back, and restart again. If it is working, please perform maintenance on the running belt and deck. D). Turn OFF the power then open the motor cover. Turn ON the power and check the console power pilot lamp (LED2) on the interface PCB. It should be lit completely, if not, replace the console.
Console does not completely display information	A). Console damaged. B). Console source power unstable.	A). Replace the console PCB. B). Check power, turn OFF the power then open the motor cover. Turn ON the power and check the console power pilot lamp (LED1) on the interface PCB. It should be lit completely, if not, replace the console.
Shows Err	Communication between console and inverter error.	A). Re-start the power, make sure the console wire is not damaged or a connector pin is not bent. B). Check the error messages in the engineering manual instruction. C). After re-starting the power, if the error is still present, then replace the inverter.

If the supply cord is damaged, it must be replaced by the manufacturer or your service provider or a similarly qualified person to avoid a hazard.

Walking Belt Slipping, Jerking, Slowing

When a walking belt slips, jerks or slows when walking on it generally indicates a tension problem.

Walking Belt:

The walking belt tension is different depending on the thickness of the walking belt. The thicker the belt, the looser it may be. Walking belt tension should be as loose as possible without slipping for the longest life span of the walking belt. Refer to the owner's manual has instructions on how to adjust the walking belt.

Worn Walking Belt:

Walking belts have a grip system on the underside just like the top. If you have already adjusted the tension of the walking belt and it is still slipping, feel the underside of the walking belt. If the underside of the walking belt feels smooth, you may need to replace the walking belt.

Lubricant:

Each new treadmill deck and walking belt comes pre-lubricated. To check for lubricant, run your fingers on the underside of the walking belt. If your fingers come out with a shiny gloss (not wet) there is plenty of lubricant. If it is rough and dry, a single application of **approved lubricant** may be applied to the walking belt. If the treadmill has been in storage or not used for an extended period of time, the lubricant may dry out and need a new application. Multiple applications of lubricant are **NOT** necessary and may result in damage to the walking belt and or deck.

Type of Lubricant:

Use only approved lubricant on the walking belt and deck. Green Series Fitness requires the use of **Silicon** lubricant. Using wax or spray type lubricant, or others, will result in a buildup of a sticky substance on the walking belt and deck. This buildup will result in the replacement of the walking belt and potentially the deck. **The usage of non-approved lubricants will result in the walking belt and deck warranty to be void.** It will be the responsibility of the customer to pay the costs associated for the parts and labor to replace such components.

TROUBLE SHOOTING

Treadmill Breaker or Main Service Breaker Tripping

Worn Deck:

One of the indicators of a worn treadmill deck is the tripping of the treadmill breaker and/or the main service breakers. A worn treadmill deck causes additional resistance between the walking belt and the surface of the deck. This added resistance will cause an increase of the power required to operate the treadmill and potentially cause the power inverter and the walking belt to overheat thus causing the breakers to trip. With your hand, reach in between the walking belt and the deck. Feel the surface of the deck. If the deck is smooth and without "ridging", then the cause is likely elsewhere. If the you or technician feels that the deck is rough to the touch or has ridges running the length of the deck, then the deck is likely the cause of the tripping breakers and the deck needs replacement.

Power Inverter or Lower Board:

If it has been determined that the walking belt and deck are not the cause of the breakers tripping, then the next step is to verify the correct operation of the Power Inverter or lower board. If it is possible, exchange the power inverter with a power inverter of a treadmill which is not experiencing this problem. If the problem follows the exchanged power inverter, then replace the power inverter. If the problem does not follow the power inverter, then the problem is elsewhere and additional troubleshooting is required to locate the problem.

If you do not have another treadmill to exchange components with, feel the surface of the power inverter to determine if it is hot to the touch. If it is hot to the touch, replace the power inverter.

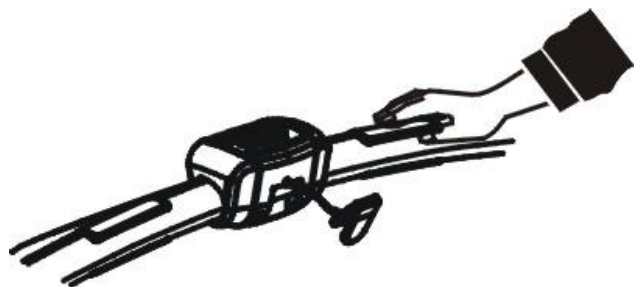
This treadmill has been designed and equipped with wheels for easy mobility.

Before moving, ensure the master power switch is in the off position and the power cord is unplugged from the electrical outlet.

Hand pulse

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

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



PARTS LIST

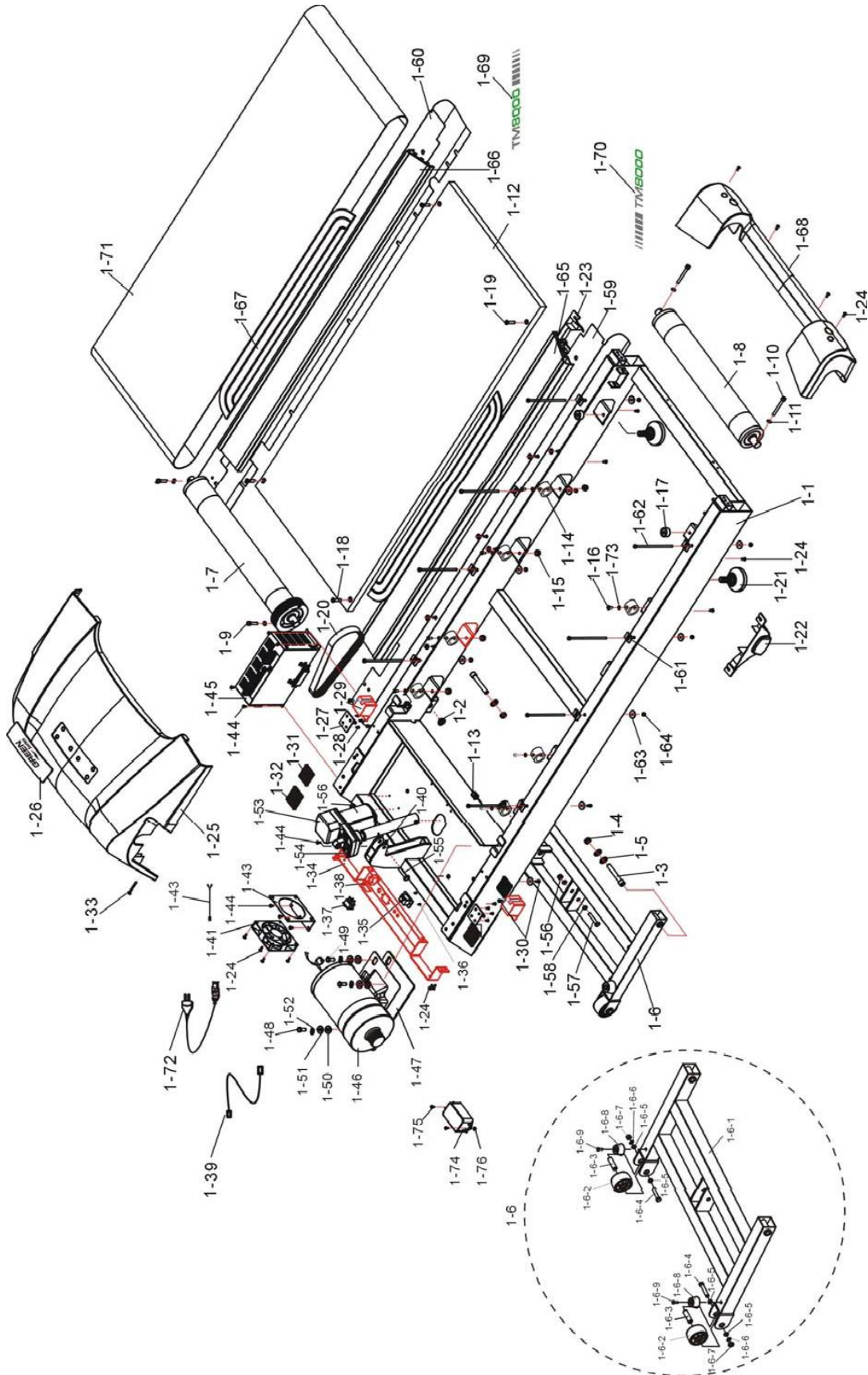
ITEM	Part No.	DESCRIPTION	Q'TY	ITEM	Part No.	DESCRIPTION	Q'TY
1-1	F500414-001	Running deck frame	1	1-72	F083104-004	Power cord	1
1-2	F060000-000	Bushing	2	1-73	H021120-004	Washer / \varnothing 8.2x \varnothing 18x2t mm	8
1-3	H020674-001	Bolt / 1/2"x13UNC-82Lmm	2	1-74	F377007-001	Wave filter	1
1-4	H022314-001	Nut / 1/2"x13UNCx8t mm	2	1-75	H020123-000	Bolt / M4*0.7-10Lmm	2
1-5	H021130-005	Washer / \varnothing 13.1x \varnothing 26.1x2t mm	4	1-76	F303024-000	Spacer	2
1-6	F880333-000	Incline rack set	1				
1-6-1	F500413-000	Incline rack	1				
1-6-2	F300346-000	Mobile wheel	2				
1-6-3	F290051-001	Wheel axle center	2				
1-6-4	H020302-017	Bolt / M10x1.5-70L mm	2				
1-6-5	H021109-039	Washer / \varnothing 10.1x \varnothing 25.2x1.5t mm	4				
1-6-6	H021205-000	S Washer / \varnothing 10.7x \varnothing 16.9x2.2t mm	2				
1-6-7	H022303-000	Nut / M10x1.5x10t mm	2				
1-6-8	F330030-000	Rubber piece	2				
1-6-9	H020626-003	Bolt / M8x1.25-20L mm	2				
1-7	F298026-001	Front roller	1				
1-8	F299021-003	Rear roller	1				
1-9	H020626-005	Bolt / M8x1.25-35L mm	2				
1-10	H020608-001	Bolt / M8x1.25-70L mm	2				
1-11	H021209-000	S Washer / \varnothing 8.4x \varnothing 13.7x2t mm	4				
1-12	F580028-000	Running deck	1				
1-13	F270674-000	Tooth plate	2				
1-14	F330059-000	Rubber cushion 37L	8				
1-15	H022302-000	Nut / M8x1.25x6.8t mm	8				
1-16	H020638-001	Bolt / M8x1.25-20L mm	8				
1-17	F330031-001	Rubber cushion 15L	2				
1-18	H020840-000	Bolt / M8*1.25-40Lmm	2				
1-19	H020840-002	Bolt / M8*1.25*35L mm	2				
1-20	H041031-001	Drive belt	1				
1-21	F300303-000	Adjustable pad	2				
1-22	F300417-000	Left adjustable pad cover	1				
1-23	F300418-000	Right adjustable pad cover	1				
1-24	H020801-002	Bolt / M5x0.8-12L mm	18				
1-25	F300602-103	Upper motor cover / K90	1				
1-26	F916436-001	Logo	1				
1-27	F270735-000	Velcro Set Plate	2				
1-28	H020838-000	Bolt / M4*0.7P*10L mm	8				
1-29	F301005-000	Velcro Support	2				
1-30	H020601-002	Bolt / M5x0.8-12L mm	6				
1-31	F913016-000	Lower Velcro	2				
1-32	F913017-000	Upper Velcro	2				
1-33	H020176-000	Bolt / M5*1P*55L	2				
1-34	F500552-000	Power cord plate	1				
1-35	F376002-000	Electric socket	1				
1-36	H020200-001	Bolt / M3-8L mm	2				
1-37	F090012-000	On-off switch	1				
1-38	F091001-001	Fuse	1				
1-39	F080080-000	Grounding wire	1				
1-40	H021300-000	Washer / \varnothing 5.3x \varnothing 10x1t mm	1				
1-41	F373057-001	Fan	1				
1-42	F083121-000	Fan power wire	1				
1-43	F270737-000	Fan Support	1				
1-44	H020806-000	Bolt / M4x0.7-10L mm	8				
1-45	F372049-002	Inverter	1				
1-46	F900900-001	Motor	1				
1-47	F330076-000	Rubber plate, motor	1				
1-48	H020307-004	Bolt / 3/8"x16UNC-50L mm	1				
1-49	H020307-002	Bolt / 3/8"x16UNC-25L mm	2				
1-50	F301006-000	Transistor washer	3				
1-51	H021133-001	Washer / \varnothing 10x \varnothing 25x3t mm	3				
1-52	H021205-000	S Washer / \varnothing 10.7x \varnothing 16.9x2.2t mm	3				
1-53	F991028-001	Incline motor	1				
1-54	F300037-000	Incline motor Bushing	2				
1-55	H020302-014	Bolt / M10x1.5-45L mm	1				
1-56	H022303-000	Nut / M10x1.5x10t mm	2				
1-57	H020302-017	Bolt / M10x1.5-70L mm	1				
1-58	H021109-039	Washer / \varnothing 10.1x \varnothing 25.2x1.5t mm	2				
1-59	F270739-002	Left Side Rail / Black	1				
1-60	F270740-002	Right Side Rail / Black	1				
1-61	F270741-000	Side Rail Support	8				
1-62	H020310-002	Bolt / M6x1-163L mm	8				
1-63	H020133-000	Washer / \varnothing 1/4**1**1.5t	10				
1-64	H022401-001	Nut / M6x1x6t mm	8				
1-65	F205015-000	Left Upper Side Rail / K90	1				
1-66	F205016-000	Right Upper Side Rail / K90	1				
1-67	F300606-001	Anti-Slip Rail	2				
1-68	F300603-101	Roller cover / K90	1				
1-69	F916273-159	Right side rail sticker	1				
1-70	F916273-160	Left side rail sticker	1				
1-71	F570060-001	Running belt	1				

PART LIST

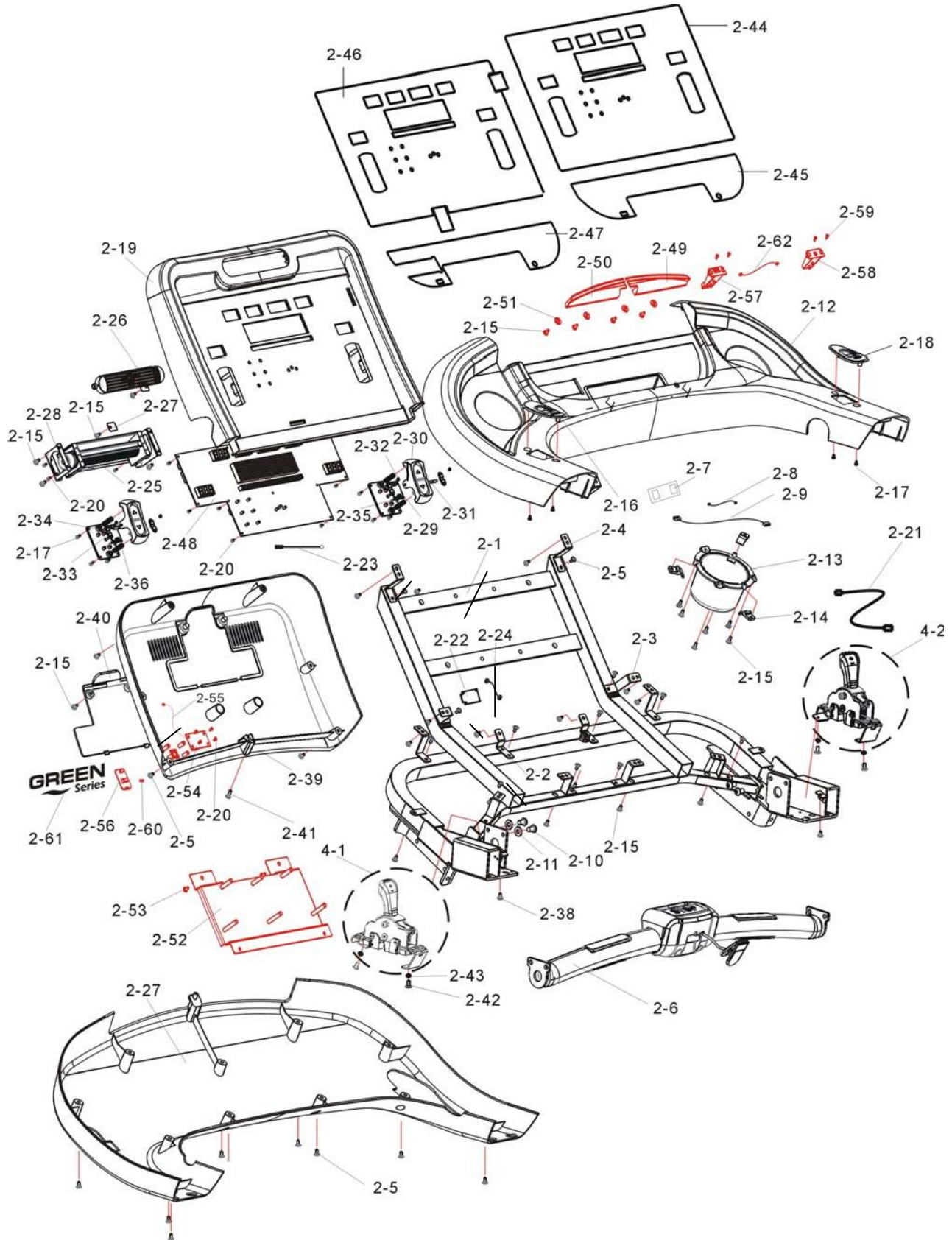
ITEM	Part No.	DESCRIPTION	Q'TY	ITEM	Part No.	DESCRIPTION	Q'TY
2-1	F500434-001	Console frame	1	2-62	F080231-004	USB board cable	1
2-2	F270750-000	Display Support	2				
2-3	F270751-000	Display Support A	8				
2-4	F270556-000	Display Support B	2				
2-5	H020206-000	Bolt / M5-12L mm	25				
2-6	F900941-000	Hand Pulse Asm.	1	3-1	F900908-011	Main body / K90	1
2-6-1	F301007-000	Left Lower Hand Pulse Plate	1	3-2	F500415-010	Console mast (left) / Black	1
2-6-2	F301009-000	Right Lower Hand Pulse Plate	1	3-3	F500416-010	Console mast (right)/ Black	1
2-6-3	F301008-000	Left Upper Hand Pulse Plate	1	3-4	F900940-005	Console / K90	1
2-6-4	F301010-000	Right Upper Hand Pulse Plate	1	3-5	F900911-000	Right handlebar	1
2-6-5	H020174-000	Bolt / M3-15L mm	4	3-6	F900912-000	Left handlebar	1
2-6-6	F080221-000	Hand Pulse Transfer, 700mm	2	3-7	H020602-004	Bolt / M8x1.25-25L mm	4
2-6-7	F301011-103	Emergency Stop Base / K90	1	3-8	H020626-003	Bolt / M8x1.25-20L mm	8
2-6-8	F301012-000	Emergency Stop Cover	1	3-9	H021209-000	S Washer / φ 8.4x φ 13.7x2t mm	8
2-6-9	F373406-001	Emergency Stop Key	1	3-10	H020603-004	Bolt / M8x1.25-15L mm/K90	6
2-6-10	F080222-000	Emergency Stop Cable	1	3-11	H021120-004	Washer / φ 8.2x φ 18x2t mm/K90	18
2-6-11	H029114-101	Spring	2	3-12	F916438-001	Logo	2
2-6-12	H020201-002	Bolt / M3-6L mm	6	3-13	F270222-000	Power cord locker	1
2-6-13	H021110-001	Washer / φ 4.3x φ 10x1t mm	2	3-14	H020201-003	Bolt M3X12L	1
2-6-14	H020252-000	Bolt / M4-10L mm	6				
2-6-15	F303033-001	Electronic spring	1				
2-6-16	F010504-001	Safety Key Thread	1				
2-6-17	F301013-101	Emergency Stop Lower Cover /	1				
2-6-18	H020806-000	Bolt / M4x0.7-10L mm	4				
2-6-19	H021107-001	Washer / φ 5.2x φ 10x0.8t mm	4				
2-7	F373405-000	Heart Rate PCB	1				
2-8	F080221-001	Transfer Cable / 100mm	1				
2-9	F080221-002	Transfer Cable / 410mm	1				
2-10	H020603-010	Bolt / M8x1.25-12L mm	4	4-1	F900909-000	Quick shift (left)	1
2-11	H021120-012	Washer / φ 8.2x φ 18x2t mm	2	4-1-1	F090020-000	Switch	4
2-12	F300608-106	Upper Console Base / K90	1	4-1-2	F080223-000	Quick Shift Cable	2
2-13	F300609-101	Bottle Holder / K90	1	4-1-3	F270757-000	Quick Shift Base	2
2-14	F330075-000	Rubber Pad, Bottle Holder	3	4-1-4	F301018-000	Quick Shift Pedestal	4
2-15	H020252-000	Bolt / M4-10L mm	38	4-1-5	H020806-000	Bolt / M4x0.7-10L mm	8
2-16	F301016-001	Quick shift base cover (left) / K90	1	4-1-6	H029113-000	Spring	4
2-17	H020200-001	Bolt / M3-8L mm	20	4-1-7	H020690-000	Bolt / M5*0.8	4
2-18	F301017-001	Quick shift base cover (right) / K90	1	4-1-8	H020120-000	Bolt / M6*1P*10L	2
2-19	F300616-101	Upper Console Cover / K90	1	4-1-9	H022832-000	Nut / M6	2
2-20	H020201-002	Bolt / M3-6L mm	20	4-1-10	F913014-000	Position Locker	2
2-21	F080093-000	Network Cable / 1800mm	1	4-1-11	H022111-006	Nut	2
2-22	F373387-000	BT board	1	4-1-12	F301019-000	Shifter Base	2
2-23	F080245-000	Membrane grounding / 30cm	1	4-1-13	F301020-000	Shifter Base Cover	2
2-24	F080198-000	BT cable	1	4-1-14	F301021-000	Shifter back cover	2
2-25	F900485-000	Fan Asm	1	4-1-15	H020177-000	Bolt / M5*0.8P*75L	2
2-26	F301014-101	Fan Cover/K90	1	4-1-16	H021605-001	S Washer / φ 5.3x φ 8.4x1.2t mm	2
2-27	F270756-000	Fan Cover Plate	2	4-1-17	H021107-002	Washer / φ 5.2x φ 10x0.8t	2
2-28	F270433-000	Fan Asm. Plate	2	4-1-18	F301022-000	Shifter front Cover	2
2-29	F373338-000	Quick shift board	2	4-1-19	F270759-000	Front Quick Shift Base Locker-Left	1
2-30	F301015-001	Up/Down Adjust Button / K90	2	4-1-20	F270760-000	Rear Quick Shift Back Locker	2
2-31	F290104-000	Adjust Button Axle	2	4-1-21	H020122-000	Bolt / M3*0.5P-8L mm	2
2-32	H023102-001	C-Ring	4	4-1-22	H020801-002	Bolt / M5x0.8-12L mm	8
2-33	F303010-100	Axle Plate	4	4-2	F900910-000	Quick shift (right)	1
2-34	F303011-100	Ajust Button Switch	2	4-2-1	F270761-000	Front Quick Shift Base Locker-Right	1
2-35	H020220-000	Bolt / M2-5L mm/	8				
2-36	H029112-000	Spring	4				
2-37	F300610-101	Lower Console Base / K90	1				
2-38	H020806-000	Bolt / M4x0.7-10L mm	2				
2-39	F300611-103	Lower Console Cover / K90	1				
2-40	F300612-105	External TV Cover / K90	1				
2-41	H020252-001	Bolt / M4-20L mm	1				
2-42	H020801-002	Bolt / M5x0.8-12L mm	4				
2-43	H021132-000	Washer / φ 5** φ 16**1.5t	4				
2-44	F916403-002	Upper Overlay / K90	1				
2-45	F916404-008	Lower Overlay / K90	1				
2-46	F340059-003	Upper Membrane	1				
2-47	F340060-003	Lower Membrane	1				
2-48	F373407-001	Panel, console	1				
2-49	F300625-102	Right Console Cover Rib	1				
2-50	F300626-102	Left Console Cover Rib	1				
2-51	H021101-001	M6 Washer	4				
2-52	F270555-000	Display support	1				

2-53	H020823-000	Bolt M6x10 mm	2			
2-54	F373424-000	Csafe PCB	1			
2-55	F080243-001	Csafe power	1			
2-56	F300646-100	Csafe cover	1			
2-57	F901112-000	USB module	1			
2-58	F302003-101	Sound Jack Holder	1			
2-59	H020109-016	Bolt M3x16mm	4			
2-60	F346007-000	Cooper Tube	1			
2-61	F916438-000	logo	1			

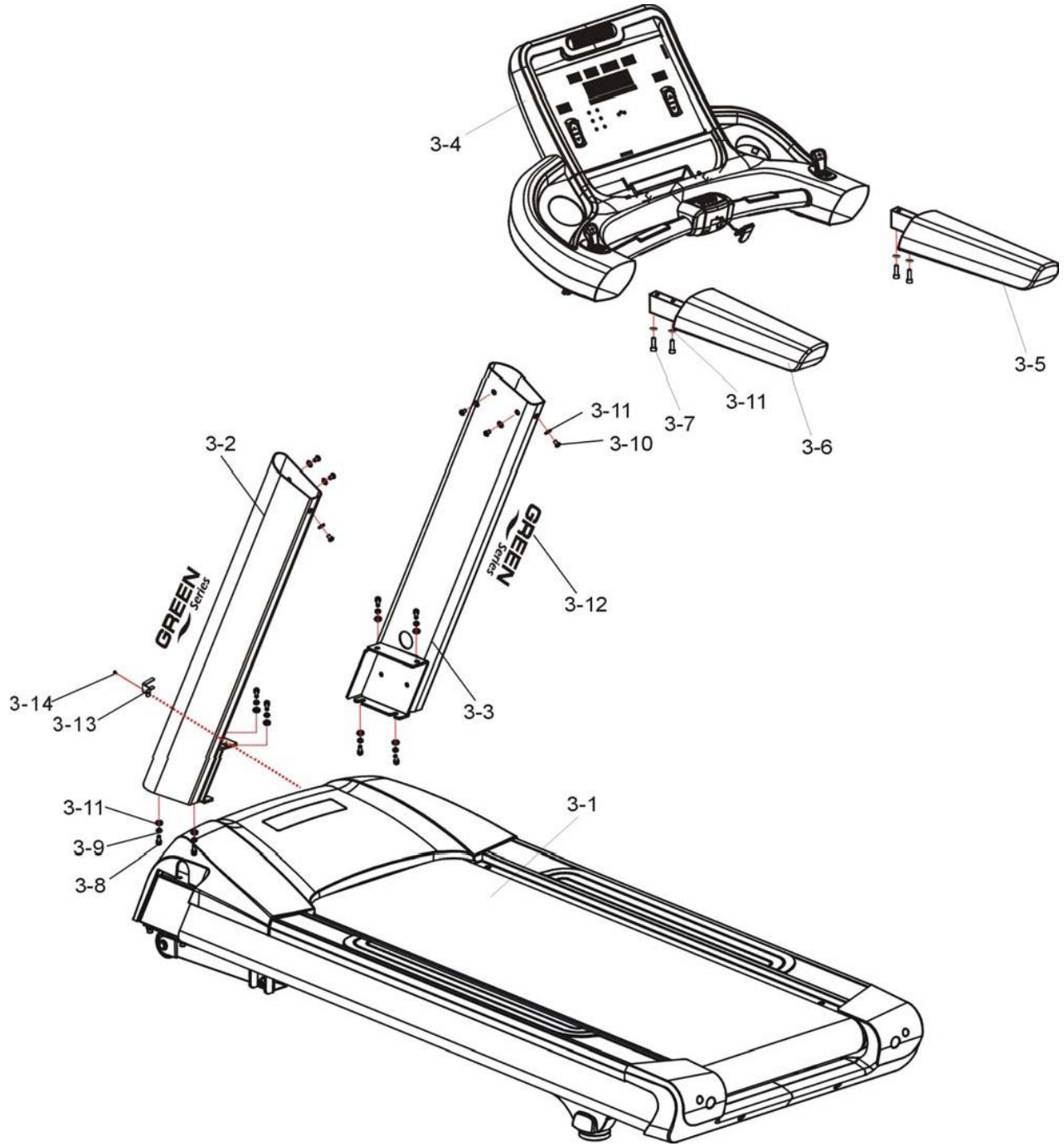
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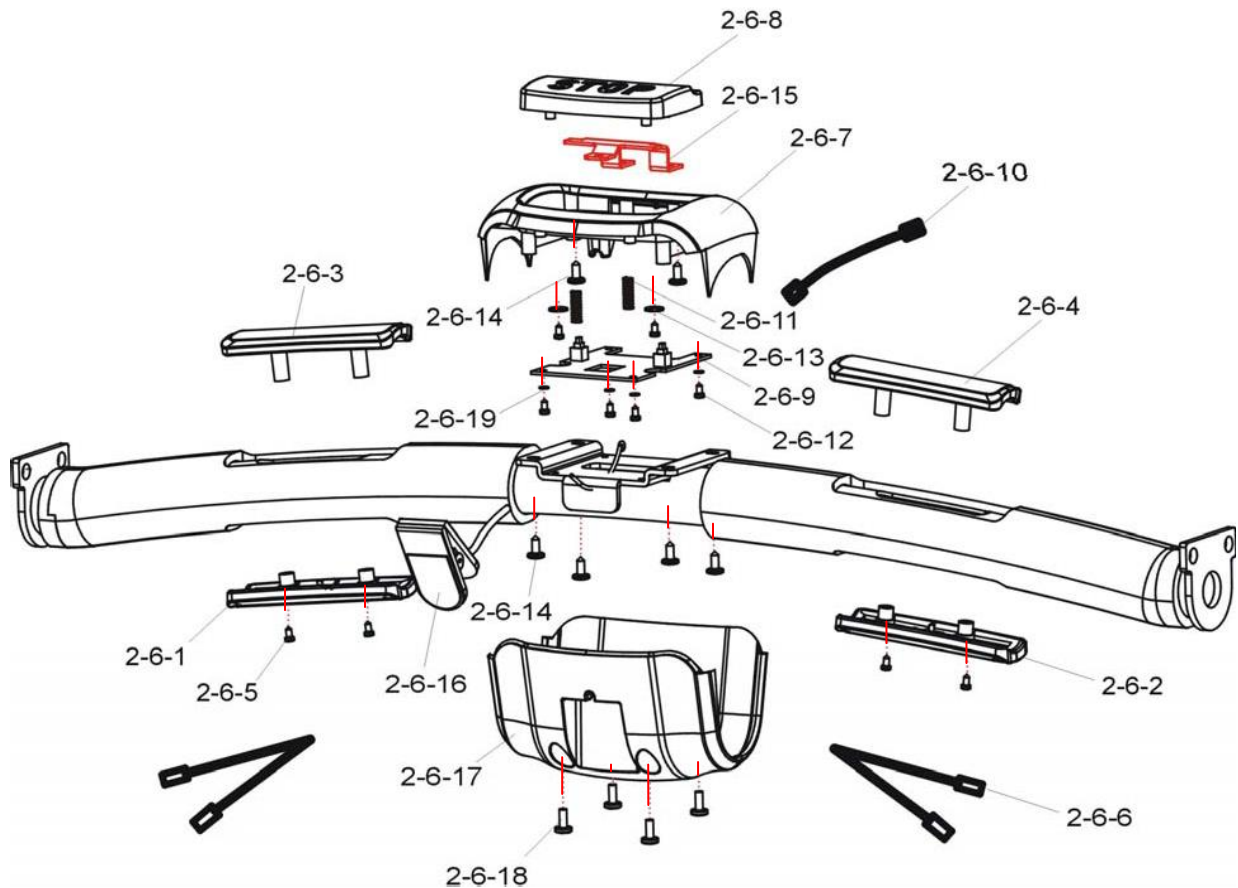
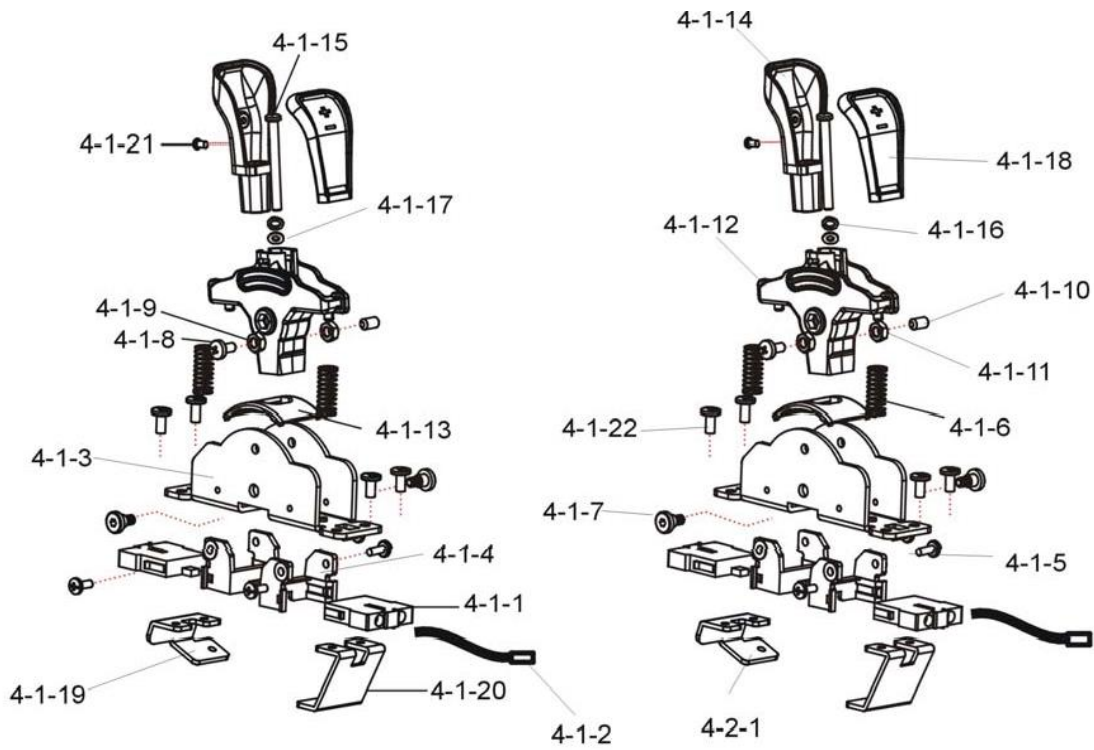
EXPLODED DRAWING



EXPLODED DRAWING



EXPLODED DRAWING



GREEN



Series

Limited Warranty

6000 SERIES LIGHT COMMERCIAL WARRANTY

The Green Series™ 6000 light commercial warranty is intended for non-dues-paying facilities where equipment use is generally up to six (6) hours per day.

7000 SERIES FULL COMMERCIAL WARRANTY The Green Series™ 7000 full commercial warranty is intended for facilities where equipment use is regularly in excess of eight (8) hours per day. All dues-paying facilities fall into the category of a full commercial warranty as well as many non-dues-paying facilities.

Please note that any warranty services or questions must be accompanied by the model number and serial number from the transaction through which the warranted product was purchased. **The serial number serves as your warranty number and must be retained.** GREEN SERIES™ cannot provide warranty service without this number.

GREEN SERIES™ Cardio Machines warrant this product and its parts against defects in materials or workmanship for **ten (10) years frame, five (5) years motor, three (3) years parts, two (2) years wearables and one (1) year labor** from the initial install date. During this period, GREEN SERIES™ will repair or replace defective parts or equipment with new or reconditioned parts at GREEN SERIES™ option, without charge to customer. This limited warranty extends only to the original purchaser and is non-transferable. *(Excluding Indoor Cycling Bikes)*

GREEN SERIES™ Indoor Cycling Bikes warrant this product and its parts against defects in materials or workmanship for **five (5) years frame, two (2) years parts, one (1) year wearable and no labor** from the initial install date. During this period, GREEN SERIES™ will repair or replace defective parts or equipment with new or reconditioned parts at GREEN SERIES™ option, without charge to customer. This limited warranty extends only to the original purchaser and is non-transferable

Shipping fees incurred from returns for under-warranty service in the warranty time-line will be paid by GREEN SERIES™. All shipping fees both to and from GREEN SERIES™ following this warranty time-line period must be paid by the customer. All returns, both during and following the warranty time-line period, must be affected via the Procedures for Obtaining Warranty Service described below.

All original parts (parts installed by GREEN SERIES™ at the original system build) replaced by GREEN SERIES™, its authorized service center or authorized service technician, become the property of GREEN SERIES™. Any after-market additions or modifications void all warranties. The original purchaser is responsible for the payment, at current rates, for any service or repair outside the scope of this limited warranty.

GREEN SERIES™ makes no other warranty, expressed or implied, including but not limited to implied warranties of merchantability, fitness for a particular purpose, or conformity to any representation or description, with respect to this warranty other than as set forth below. GREEN SERIES™ makes no warranty or representation, either expressed or implied, with respect to any other manufacturer's product or documentation, its quality, performance, merchantability, fitness for a particular purpose, or conformity to any representation or description.

Except as provided below, GREEN SERIES™ is not liable for any loss, cost, expense, inconvenience or damage that may result from use or inability to use the equipment. Under no circumstances shall GREEN SERIES™ be liable for any loss, cost, expense, inconvenience or damage exceeding the purchase price of the equipment.

The warranty and remedies set forth below are exclusive and in lieu of all others, oral or written, expressed or implied. No reseller, agent or employee is authorized to make any modification, extension or addition to this warranty.

Warranty Conditions and Restrictions

The above Limited Warranty is subject to the following conditions:

1. This warranty extends only to products distributed and/or sold by **GREEN SERIES™**. It is effective only if the products are purchased and operated in the USA, (Within the USA including US 48 States, Alaska and Hawaii), Puerto Rico, Canada and Mexico. All countries outside the USA for warranty service do not include labor rates.
2. This warranty covers only normal use of the equipment. **GREEN SERIES™** shall not be liable under this warranty if any damage or defect results from (i) misuse, abuse, neglect, improper shipping or installation; (ii) disasters such as fire, flood, lightning or improper electric current; or (iii) service or alteration by anyone other than an authorized **GREEN SERIES™** representative; (iv) damages incurred through irresponsible use, including those resulting from equipment placed into humid environments, unfinished structures, structures under construction or remodel or placed in an outdoors setting, or other non-recommended practices.
3. **GREEN SERIES™** shall not be held liable or responsible for any damages to the units caused during the install of any product.
4. **GREEN SERIES™** shall not be held liable or responsible for any structural or cosmetic damages to facilities caused by the placement or operation of any equipment sold and installed by a **GREEN SERIES™** authorized service technician or installer.
5. Changes in the cosmetic appearance of components and parts within the unit that do not affect its performance will not be covered by any part of this warranty.
6. Damage due to normal wear and tear as defined by items subject to normal use and/or exposure, consumables, and cosmetic items, including, but not limited to the following: grips, seats, paint scratches, and labels.
7. Travel costs associated with service more than 100 miles or two hours outside the service area of **GREEN SERIES™** service technicians shall be the responsibility of the customer.
8. Any and all shipping damages, visible or hidden, shall be the responsibility of the shipper. Note: Damage caused by common carrier is, by federal law, the carrier's responsibility and must be claimed with the carrier at the time of delivery. The recipient who signed for the equipment is responsible for the filling of the damage claim and notification to **GREEN SERIES™**.
9. The end user of the equipment shall ensure that the facility has proper height, width and length clearances, including ADA requirements, for the product(s) being placed into operation. **GREEN SERIES™** will not be held liable or responsible for the fitment of equipment sold to the customer.
10. Customer must retain bill of sale or other proof of purchase and register equipment within thirty (30) days of installation to receive warranty service. Registration of the equipment ensures **GREEN SERIES™** the ability to provide prompt and complete service.
11. No warranty extension will be granted for any replacement part(s) furnished to the purchaser in fulfillment of this warranty.
12. **GREEN SERIES™** and its Authorized Service Center, dealers or authorized technicians accept no responsibility for any parts of any products returned for repair to **GREEN SERIES™**.
13. **GREEN SERIES™** makes no warranty either expressed or implied regarding third-party (**non-GREEN SERIES™**) installed parts, accessories or modifications.
14. All **GREEN SERIES™** equipment shall be properly cleaned and cared for in accordance to the procedures outlined the in the owner's manual.

Return of Non-Defective Products

A non-defective product may be returned to **GREEN SERIES™** within thirty (30) days of the invoice or installation date for a refund of the original purchase price, not including shipping fees, under the following conditions/fees:

1. **GREEN SERIES™** will refund the cost of equipment only. Customer is responsible for shipping and handling fees incurred to and from the product(s) return.
2. No refund will be granted for equipment which has been opened, used, or tampered with in any way which jeopardizes **GREEN SERIES™** ability to remarket or resell the product. **GREEN SERIES™** maintains full discretion in decisions regarding product returns.
3. Any non-defective returns are subject to a twenty-five percent (25%) restocking fee. This fee will be deducted from the equipment purchase price refund less any shipping or handling charges.

To return a defective product, please contact the selling dealer or Green Series Customer Service Department for a Return Merchandise Authorization (RMA) number and follow the Return of Products Instructions below. The RMA is valid for thirty (30) days from date of issuance. **Returns will not be accepted without an RMA.** Manufacturer restrictions do apply. Any item missing the UPC on the original packaging may not be returned.

Procedures for Obtaining Warranty Service

RMA (Return Merchandise Authorization) Policy:

The customer must obtain an RMA number and provide proof of purchase. RMA and services are rendered by **GREEN SERIES™** only. Any shipping costs after the for-mentioned warranty lengths (starting from the original date of install) on any item returned for repair or replacement is the customers' responsibility. All returned parts and equipment must have an RMA number written clearly on the outside of the package along with a letter detailing the problems and a copy of the original proof of purchase. No COD packages will be accepted. No package will be accepted without a RMA number written on the outside of the package. RMA numbers are only valid for thirty (30) days from the date of issue.

Should you have any problems with your equipment, please follow these procedures to obtain the service:

1. If the equipment must be repaired, contact our Customer Care Department and a **Service Order Number** will be issued by Customer Care for dispatch of an authorized technician.
2. Upon receiving the technician service report, **GREEN SERIES™** will repair or replace your defective parts and will ship replacement parts to the location specified (dependent on parts availability) via UPS.
3. **GREEN SERIES™** will pay for shipping to and from the customer only within the time allocated under the warranty time-line following the original product installation date. Following this period all shipping fees for post warranty repairs are the sole responsibility of the customer. The customer also assumes full liability for losses or damages resulting from shipping as well as all responsibility to pursue remuneration for such issues with their selected carrier.

After Warranty – Post Warranty Repair

For post warranty repair, the procedure is the same as outlined above for service and shipping. However, customer is responsible for shipping charges both ways, labor, trip charges and the current price of part(s) needed to repair the product(s).

WARRANTY EXCLUSIONS

GREEN SERIES™ does not offer technical support for any product or parts installed by other manufacturers. Technical support should be pursued through channels offered by the equipment's individual technician support. **GREEN SERIES™** accepts no liability for problems caused by after-market hardware modifications or additions. **GREEN SERIES™** is not responsible for giving any technical support concerning the installation or integration of any component the customer did not pay **GREEN SERIES™** to install. **GREEN SERIES™** is not responsible for loss of time, even with hardware failure. **GREEN SERIES™** is not responsible for any loss of work ("down time") caused by a product requiring service. This warranty is null and void if the defect or malfunction was due to damage resulting from operation not within manufacturer specifications. It will also be null and void if there are indications of misuse and/or abuse. **GREEN SERIES™** has the option of voiding the warranty if anyone other than a **GREEN SERIES™** authorized technician attempts to service the product. **GREEN SERIES™** will not warrant any problems arising from an act of God (lighting, flooding, tornado, etc.), electrical spikes or surges, or problems arising out of hardware or additional devices added to complement any system/component bought at **GREEN SERIES™**. Under no circumstances will **GREEN SERIES™** be responsible for any refund or remuneration exceeding the original purchase price of the product less any shipping fees. **GREEN SERIES™** will not be held responsible for typographical errors on sales receipts, repair tickets, or on our websites. **GREEN SERIES™** makes every effort to ensure all information on our websites, owner's manuals, marketing and other published materials is accurate.

- **By using this product, I indicate that I understand and agree to the terms of this warranty.**

