日　　期	2024年09月18日
产品名称	Winfita跑步机
型　　号	T703
文 件 名	说明书
图纸类型	手板□ 打样□ 生产□
版 本 号	元宝账号
设　　计	杨向阳
确　　认	
批　　准	

深圳璟都科技有限公司

图例：

工艺要求说明：

尺寸: 130*190mm
材质: 157g双铜纸，彩色印刷，骑马钉中间装订

备注：

Winfita T703

USER'S MANUAL

CUSTOMER CARE

As a manufacturer, we are committed to complete customer satisfaction. Before returning your Winfita product for any reason, please contact us at support@winfita.com, we guarantee your complete satisfaction.

ACTIVATE YOUR WARRANTY

To register your product and activate warranty today, go to winfita.com/pages/register

CAUTION!

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

TABLE OF CONTENTS

CONTENTS

Product Specifications/Box Content ..... 1~9
Assembly Instructions ..... 10~11
Folding and Moving the Treadmill ..... 12~13
Console Operation Instructions ..... 14~30
Display Window 14
Control Panel 15
Quick Start (Manual Mode) 16
Countdown Mode ..... 16~17
Preset Programs ..... 17~21
User-defined Programs 22
Body Fat Test Program ..... 22~23
Pulse Measurement 23
Playing Music 23
Apps Connection ..... 24~30
Maintenance Instructions 31
Belt Adjustment ..... 32~33
Troubleshooting 34
Exercise Guidelines ..... 35~37
Exploded Drawing 38
Part List ..... 39~40
Limited Warranty 41

PRODUCT REGISTRATION

Congratulations and Welcome to the Winfita Family!

Thank you for choosing Winfita. Your Winfita T703 treadmill has all the quality and design features to make your workout extremely efficient and comfortable. Your new treadmill is a serious cardio machine that will keep you motivated, challenged and within reach of your fitness goals. Strength & cardio training is essential for all ages, providing an effective mode of training that produces results that will encourage you to reach your fitness goals and maintain the body you have always wanted.

■ CUSTOMER SERVICE

As a manufacturer of premium exercise equipment, we are committed to your complete satisfaction. If you have any questions, suggestions or find any missing or damaged parts, please contact us directly at **support@winfita.com**, we guarantee your complete satisfaction.

■ PRODUCT REGISTRATION

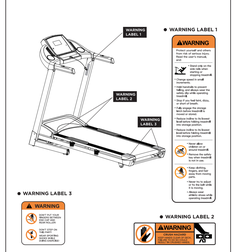
Winfita stands behind your treadmill with a strong warranty. In order for the factory to respond if your treadmill has a problem, we need to have your warranty information on file. Register your product online at **https://www.winfita.com/pages/register**. Or send an email to **support@winfita.com** with your model number, serial number, order number and date of purchase.

Model No. T703
Serial No.

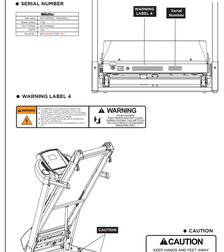
Serial Number Decal

WARNING/CAUTION LABELS PLACEMENT

IMPORTANT: See below for placement of the following warning/caution labels on your treadmill



WARNING/CAUTION LABELS PLACEMENT



IMPORTANT PRECAUTIONS

WARNING

To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The treadmill is not intended for use by persons 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 treadmill by someone responsible for their safety.
4. Use the treadmill only as described in this manual.
5. This treadmill is intended for home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
6. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill on any surface covered with carpet. Do not place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
8. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
9. Keep children under age 13 and pets away from the treadmill at all times.
10. The treadmill should be used only by persons weighing 300 lbs. (136 kg) or less.
11. Never allow more than one person on the treadmill at a time.
12. Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
13. Connect this treadmill to a properly grounded outlet only (see Grounding Instructions on Page 6).
14. This treadmill must be connected to an appropriate, dedicated electrical circuit. Nothing else must be connected to the circuit.

IMPORTANT PRECAUTIONS

15. Always connect the power cord to a circuit capable of handling 10 amperes with no other loads applied.
16. Keep the power cord away from heated surfaces.
17. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly.
18. Read, understand, and test the emergency-stop procedure before using the treadmill. Always wear the clip while using the treadmill.
19. Always hold on the foot rails when starting or stopping the walking belt. Always hold the handrails while using the treadmill.
20. When a person is walking on the treadmill, the noise level of the treadmill will increase.
21. Keep fingers, hair, and clothing away from the moving walking belt.
22. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
23. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
24. Never leave the treadmill unattended while it is running. Always remove the key, press the power switch into the off position, and unplug the power cord when the treadmill is not in use.
25. Do not attempt to move the treadmill until it is properly assembled. You must be able to safely lift 45 lbs. (20 kg) to move the treadmill.
26. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position. Do not operate the treadmill while it is folded.
27. Do not change the incline of the treadmill by placing objects under the treadmill.
28. Never insert any object into any opening on the treadmill.
29. Inspect and properly tighten all parts each time the treadmill is used.
30. DANGER: *Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.*
31. Over-exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS

This product must be grounded. If the treadmill should malfunction or breakdown, grounding provides a path of *least* resistance for electrical current to reduce the risk of electrical shock. This product 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 local codes and ordinances.

DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service provider if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it does not fit the outlet, have a proper outlet installed by a qualified electrician. Ensure that the product is connected to an outlet with the same configuration as the plug.

This product is for use on a nominal 110 Volt circuit and has a grounding plug that looks like the plug in the illustration. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

This product must be used on a dedicated circuit. To determine if you are on a dedicated circuit, shut off the power to that circuit and observe if any other devices lose power. If so, move devices to a different circuit.

NOTE: There are usually multiple outlets on one circuit. This treadmill should be used with a minimum 10-amp circuit.

EMERGENCY STOP PROCEDURE

The treadmill is equipped with a Safety Key that can prevent serious injury, as well as prevent children from playing with and/or being injured on the machine. If the Safety Key is not correctly inserted into the Safety Key Port, the belt will not operate.

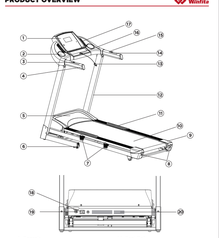
CAUTION

- Always attach the Safety Key Clip to your clothing during your workout.
- When you use the machine, only remove the Safety Key in an emergency. When the Safety Key is removed while the machine is in operation, it will stop quickly, which could cause the loss of balance and possible injury.
- For safe storage of the machine, and to prevent unsupervised operation of the machine, always remove the Safety Key and disconnect the power cord from the wall outlet.

The console will display E-07 for a Safety Key fault. The treadmill will not start a workout, or will end and clear an active workout, when the Safety Key is removed. Inspect the Safety Key and be sure it is connected to the Console correctly.

NOTE: The magnet has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two step coast anytime the magnet is pulled off the console. Use the STOP/PAUSE button in normal operation.

PRODUCT OVERVIEW



1. Console
2. Water Bottle/Accessory Holder
3. Incline Controls
4. Handrail
5. Motor Cover
6. Wheel
7. Cushions
8. Belt Adjustment Bolts
9. Roller End Cap
10. Running Belt/Running Board
11. Foot Rail
12. Upright
13. Safety Key/Clip
14. Pulse Sensors
15. Speed Controls
16. Emergency Safety Key Port
17. Speaker
18. Power Switch & Circuit Breaker
19. Power Cord
20. Serial #

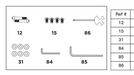
PRODUCT SPECIFICATIONS/BOX CONTENT

Item	Specification
Model Number	T703
Power Supply	110VAC 60Hz 10A
Running Surface (W x L)	16" x 55"
Speed	0.8~10 MPH
Incline	15% (15-level adjustable)
Dimensions	Folded: 63.4" x 28.3" x 54.9"
(L x W x H)	Unfolded: 83.6" x 28.3" x 52"
Machine Weight	124 LBS (Assembled)
Max User Weight	300 LBS

BOX CONTENT

When you open the carton, you will find the following parts:

■ HARDWARE & TOOLS PACK



Ref #	Description	QTY
12	Bolt, M8*45	2
15	Bolt, M5*20	4
31	Washer, Ø8	6
84	Allen Wrench, 5#	1
85	Allen Wrench, 6#	1
86	Wrench with Screw Driver	1

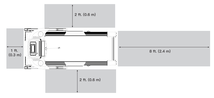
ASSEMBLY INSTRUCTIONS

WARNING Do not plug in the power cord until all assembly steps are completed.

ATTENTION:

- Assembly requires two persons.
- Ensure that a suitable electrical outlet is available: 110VAC/10A dedicated circuit.
- Assembly in a clean and level area. Ensure that the location of your treadmill provides free space of at least 8 ft. (2.4 m) immediately behind the treadmill for its full width and at least 2 ft. (0.6 m) on each side of the treadmill.

FREE SPACE AREAS

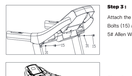


- Do not discard packing materials until the unit is operating properly.
- Avoid using power tools.
- The treadmill might be covered by light oil to preserve it from rusting.

ASSEMBLY INSTRUCTIONS

Step 1 :
Open the carton and remove contents. Take the treadmill out of the carton and place it on level ground, ensure that you have a work area that is clean and has adequate space.

Step 2 :
Grip the Uprights (3) and slowly raise them into the assembled position. Attach the Uprights (3) to the Base Frame (1) using 2 Bolts (12), 2 Bolts (15) and 4 Washers (31). Tighten with 5# Allen Wrench (84).



Step 3 :
Attach the Console to Uprights (3) using 2 Bolts (15) and 2 Washers (31). Tighten with 5# Allen Wrench (84).

Step 4 :
Insert the Safety Key into the Console.
The assembly is complete!

FOLDING AND MOVING THE TREADMILL

■ FOLDING THE TREADMILL

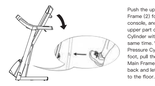
NOTE: To avoid damaging the treadmill, adjust the incline to its lowest level before you fold the treadmill. Then, remove the key and unplug the power cord.

Hold the Main Frame (2) firmly in the location shown by the arrow below. Lift up the Main Frame until the Air Pressure Cylinder (9) locks in the upright position. You will hear a click when the Air Pressure Cylinder successfully locks in.

FOLDING AND MOVING THE TREADMILL

■ UNFOLDING THE TREADMILL

NOTE: Keep anybody and any pet away the machine when falling down. Make sure there is sufficient space to lower the running board.



Push the upper end of the Main Frame (2) forward toward the console, and gently press the upper part of the Air Pressure Cylinder with your foot at the same time. While pressing the Air Pressure Cylinder (9) with your foot, pull the upper end of the Main Frame toward yourself. Step back and let the Main Frame lower to the floor.

■ MOVING THE TREADMILL

NOTE: Before attempting to move the treadmill, make sure that it has been properly folded, and the power cord is unplugged.

Place one foot at position M to secure the bottom of the treadmill, then grasp the handrails with both hands and pull the treadmill towards you to tilt it back on the transport wheels. You can now freely wheel the treadmill to a storage location.

CONSOLE OPERATION INSTRUCTIONS

1. DISPLAY WINDOW

1) **SPEED:** Shown as MPH. Displays the speed the running belt is moving.
2) **TIME:** Shown as Minutes : Seconds. Displays the elapsed time or the time remaining in your workout.
3) **DISTANCE:** Shown as Miles. Displays distance traveled or distance remaining during your workout.
4) **CALORIES:** Shown as KCAL. Displays total calories burned or calories remaining to be burned during your workout.
5) **INCLINE/PULSE:**
5.1) **INCLINE:** Shown as Level. Displays the current incline level of the treadmill when no heart rate is detected.
5.2) **PULSE:** Shown as BPM (beats per minute). Displays the estimated heart rate of the user when pulse grips are held.

DISPLAY RANGE

Display	Initial	Default Value	Set Range	Display Range
SPEED (MPH)	0.8	0.8	0.8~10.0	0.8~10.0
TIME (MIN:SEC)	0:00	5:00	1:00~99:00	0:00~99:00
DISTANCE (MILE)	0.00	5.00	1.00~100	0.00~100
CALORIE (KCAL)	0.00	10.0	10.0~999	10.0~999
INCLINE (LEVEL)	N/A	N/A	1~15	1~15
PULSE (BMP)	N/A	N/A	N/A	50~200

CONSOLE OPERATION INSTRUCTIONS

2. CONTROL PANEL

1) **QUICK INCLINE (3/6/9/12/15):** Press to quickly adjust the treadmill from its current incline level to 3, 6, 9, 12 or 15 level.
2) **QUICK SPEED (2/4/6/8/10):** Press to quickly adjust the treadmill from its current speed to 2, 4, 6, 8 or 10mph.
3) **INCLINE +/-:** Press to raise/lower the incline of the treadmill in increments of 1 level. Hold down to continuously raise/lower incline. These buttons are also used to adjust the values when setting your workout. The INCLINE +/- buttons on the left handrail perform the same function.
4) **PROGRAM:** In standby mode, press the PROGRAM button to choose from 5 user-defined programs (U1~U5), 8 preset program groups (P1~P8), and body fat test program (FAT).
5) **START/PAUSE:** In standby mode, press the START/PAUSE button to start the treadmill. The running belt will begin to move at the lowest of 0.8 mph or at the default speed of the first segment after a 3-second countdown.
When the treadmill is running, press the START/PAUSE button once to temporarily stop the treadmill. The treadmill will slowly decelerate to a stop. The incline will remain at its current level. The Time, Distance, Calorie and Incline readings will be retained for 2 hours and then be cleared.
While in pause status, press the START/PAUSE button again to resume your exercise. The speed will return to previous setting, and all workout data will resume counting.
6) **STOP:** When the treadmill is running, press the STOP button to stop the treadmill. The treadmill will slowly decelerate to a stop and all workout data will be cleared. The treadmill returns to standby mode.
7) **MODE:** In standby mode, press the MODE button to select the countdown mode: Time, Distance, and Calories.
8) **SPEED +/-:** Press to increase/decrease treadmill speed in increments of 0.1 mph. Press and hold to continually increase/decrease speed. These buttons are also used to adjust the values when setting up your workout. The SPEED +/- buttons on the right handrail perform the same function.

CONSOLE OPERATION INSTRUCTIONS

3. QUICK START (MANUAL MODE)

1. Plug into a properly grounded outlet and turn on the power switch. All windows will light up, and then the treadmill will enter standby mode.
2. Step onto the treadmill.
3. Attach the safety key to the console. Attach the safety key clip securely to your clothes.
4. Remove foot on each of the rails on either side of the treadmill belt.
5. Press the START/PAUSE button.
6. After the console has displayed its countdown and the belt has started to move, step onto the belt.
7. Use the QUICK SPEED or SPEED +/- buttons to adjust the speed of the belt. Use the QUICK INCLINE or INCLINE +/- buttons to adjust the incline level of the treadmill.
8. To pause your workout, press the START/PAUSE button. To re-start after pausing, press the START/PAUSE button again. To end your workout, press the STOP button.

4. COUNTDOWN MODE

The countdown mode allows you to set desired goal (elapsed time, movement distance, calories burned for workout. Once the desired goal is accomplished, the treadmill will automatically stop running and return to standby mode. There are three countdown modes in sequence: Time Countdown Mode (H~1), Distance Countdown Mode (H~2), and Calories Countdown Mode (H~3).

1. In standby mode, press the MODE button to choose which countdown mode you wish to use. The SPEED window displays H~1, H~2 or H~3, the corresponding window displays the default value and flashes.
2. At this time, press the SPEED +/- or INCLINE +/- buttons to set your desired value. For TIME GOAL, set a time from 1 to 100 minutes.
For DISTANCE GOAL, set a distance from 1 to 99 miles.
For CALORIE GOAL, set a calories goal from 10 to 999 calories.
3. After the setting is completed, press the START/PAUSE button, the treadmill starts running at the lowest speed of 0.8 MPH after a 3 second countdown.
4. During the session, use the QUICK SPEED or SPEED +/- buttons to adjust the speed of the belt as needed, use the QUICK INCLINE or INCLINE +/- buttons to adjust the incline level of the treadmill as needed.
5. The reverse count will be decremented from the set value to zero. When the countdown reaches 0, the treadmill will slowly decelerate to a stop, and then return to standby mode.

CONSOLE OPERATION INSTRUCTIONS

Display	Parameter	Initial Data	Adjustment Range
H~1	Time	5:00 (min.)	1:00 ~ 99:00 (min.)
H~2	Distance	5.0 (mi.)	1.00 ~ 100 (mi.)
H~3	Calorie	10.0 (kCal.)	10.0 ~ 999 (kCal.)

5. PRESET PROGRAMS

The treadmill comes with 64 preset programs (8 preset program groups: P1~P8); each group has 8 level. L1~L8). You can choose from one of the 64 preset programs, which will run you through a preset speed and incline. When choosing a program you set an elapsed time from 5 to 99 minutes, each program is divided into 20 segments of equal time, so a 40 minute program will contain 20 two-minute segments.

1. In standby mode, press the PROGRAM button to select one of the 8 preset program groups (P1~P8). The SPEED window will display P1, P2...P8 and the TIME window will display the default value of 10:00 and flash.
2. Press the MODE button to select the level (L1, L2...L8), the DISTANCE window will display the selected level you selected. Press the SPEED +/- or INCLINE +/- buttons to set your desired exercise time (the elapsed time can be set from 5:00 to 99:00 minutes).
3. After setting, press the START/PAUSE button and the treadmill will begin to run at the speed of the first segment after a 3-second countdown. Each preset program has 20 segments and the time duration of each segment is the 1/20 of setting time. When one segment is completed, the treadmill will beep one time and automatically run the setting speed and incline based on the next segment.
4. During the session, you can press the SPEED +/- or QUICK SPEED to adjust the speed as needed, and press the INCLINE +/- or QUICK INCLINE button to adjust the incline level. But it will automatically run the setting speed and incline based on the next segment when entering the next segment.
5. After finishing one program, the treadmill will slowly decelerate to a stop, and then automatically return to standby mode.

CONSOLE OPERATION INSTRUCTIONS

PRESET PROGRAMS CHART

Each program is divided into 20 exercise segments of equal duration, with the speed and incline of each segment preset at the factory. Please use the chart below.

P1.

LEVEL	TIME	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	SPEED	2	4	3	2	4	4	2	3	4	2	2	4	3	2	4	3	2	4	3	2
	INCLINE	1	1	2	2	2	3	3	3	2	2	2	1	1	3	3	2	2	1	2	2
L2	SPEED	3	5	4	3	5	5	3	4	5	3	3	5	4	3	5	4	3	5	4	3
	INCLINE	2	2	3	3	3	4	4	4	3	3	3	2	2	4	4	3	3	2	3	3
L3	SPEED	4	6	5	4	6	6	4	5	6	4	4	6	5	4	6	5	4	6	5	4
	INCLINE	3	3	4	4	4	5	5	5	4	4	4	3	3	5	5	4	4	3	4	4
L4	SPEED	5	7	6	5	7	7	5	6	7	5	5	7	6	5	7	6	5	7	6	5
	INCLINE	4	4	5	5	5	6	6	6	5	5	5	4	4	6	6	5	5	4	5	5
L5	SPEED	6	8	7	6	8	8	6	7	8	6	6	8	7	6	8	7	6	8	7	6
	INCLINE	5	5	6	6	6	7	7	7	6	6	6	5	5	7	7	6	6	5	6	6
L6	SPEED	7	9	8	7	9	9	7	8	9	7	7	9	8	7	9	8	7	9	8	7
	INCLINE	6	6	7	7	7	8	8	8	7	7	7	6	6	8	8	7	7	6	7	7
L7	SPEED	8	10	9	8	10	10	8	9	10	8	8	10	9	8	10	9	8	10	9	8
	INCLINE	7	7	8	8	8	9	9	9	8	8	8	7	7	9	9	8	8	7	8	8
L8	SPEED	9	12	10	9	12	12	9	10	12	9	9	12	10	9	12	10	9	12	10	9
	INCLINE	8	8	9	9	9	10	10	10	9	9	9	8	8	10	10	9	9	8	9	9

P2.

LEVEL	TIME	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	SPEED	3	4	5	3	5	5	3	5	5	3	3	5	4	3	5	4	3	4	5	3
	INCLINE	1	2	2	2	3	3	3	2	2	2	2	1	1	3	3	2	2	1	2	2
L2	SPEED	4	5	6	4	6	6	4	6	6	4	4	6	5	4	6	5	4	5	6	4
	INCLINE	2	3	3	3	4	4	4	3	3	3	3	2	2	4	4	3	3	2	3	3
L3	SPEED	5	6	7	5	7	7	5	7	7	5	5	7	6	5	7	6	5	6	7	5
	INCLINE	3	4	4	4	5	5	5	4	4	4	4	3	3	5	5	4	4	3	4	4
L4	SPEED	6	7	8	6	8	8	6	8	8	6	6	8	7	6	8	7	6	7	8	6
	INCLINE	4	5	5	5	6	6	6	5	5	5	5	4	4	6	6	5	5	4	5	5
L5	SPEED	7	8	9	7	9	9	7	9	9	7	7	9	8	7	9	8	7	8	9	7
	INCLINE	5	6	6	6	7	7	7	6	6	6	6	5	5	7	7	6	6	5	6	6
L6	SPEED	8	9	10	8	10	10	8	10	10	8	8	10	9	8	10	9	8	9	10	8
	INCLINE	6	7	7	7	8	8	8	7	7	7	7	6	6	8	8	7	7	6	7	7
L7	SPEED	9	10	12	9	12	12	9	12	12	9	9	12	10	9	12	10	9	10	12	9
	INCLINE	7	8	8	8	9	9	9	8	8	8	8	7	7	9	9	8	8	7	8	8
L8	SPEED	10	12	14	10	14	14	10	14	14	10	10	14	12	10	14	12	10	12	14	10
	INCLINE	8	9	9	9	10	10	10	9	9	9	9	8	8	10	10	9	9	8	9	9

CONSOLE OPERATION INSTRUCTIONS

P3.

LEVEL	TIME	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	SPEED	4	5	6	4	6	6	4	5	6	4	4	6	5	4	6	5	4	5	6	4
	INCLINE	2	3	3	3	4	4	4	3	3	3	3	2	2	4	4	3	3	2	3	3
L2	SPEED	5	6	7	5	7	7	5	6	7	5	5	7	6	5	7	6	5	6	7	5
	INCLINE	3	4	4	4	5	5	5	4	4	4	4	3	3	5	5	4	4	3	4	4
L3	SPEED	6	7	8	6	8	8	6	7	8	6	6	8	7	6	8	7	6	7	8	6
	INCLINE	4	5	5	5	6	6	6	5	5	5	5	4	4	6	6	5	5	4	5	5
L4	SPEED	7	8	9	7	9	9	7	8	9	7	7	9	8	7	9	8	7	8	9	7
	INCLINE	5	6	6	6	7	7	7	6	6	6	6	5	5	7	7	6	6	5	6	6
L5	SPEED	8	9	10	8	10	10	8	9	10	8	8	10	9	8	10	9	8	9	10	8
	INCLINE	6	7	7	7	8	8	8	7	7	7	7	6	6	8	8	7	7	6	7	7
L6	SPEED	9	10	12	9	12	12	9	10	12	9	9	12	10	9	12	10	9	10	12	9
	INCLINE	7	8	8	8	9	9	9	8	8	8	8	7	7	9	9	8	8	7	8	8
L7	SPEED	10	12	14	10	14	14	10	12	14	10	10	14	12	10	14	12	10	12	14	10
	INCLINE	8	9	9	9	10	10	10	9	9	9	9	8	8	10	10	9	9	8	9	9
L8	SPEED	12	14	16	12	16	16	12	14	16	12	12	16	14	12	16	14	12	14	16	12
	INCLINE	9	10	10	10	11	11	11	10	10	10	10	9	9	11	11	10	10	9	10	10

P4.

LEVEL	TIME	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	SPEED	2	4	5	3	5	5	3	5	5	3	3	5	4	3	5	4	3	4	5	3
	INCLINE	1	2	2	2	3	3	3	2	2	2	2	1	1	3	3	2	2	1	2	2
L2	SPEED	3	5	6	4	6	6	4	6	6	4	4	6	5	4	6	5	4	5	6	4
	INCLINE	2	3	3	3	4	4	4	3	3	3	3	2	2	4	4	3	3	2	3	3
L3	SPEED	4	6	7	5	7	7	5	7	7	5	5	7	6	5	7	6	5	6	7	5
	INCLINE	3	4	4	4	5	5	5	4	4	4	4	3	3	5	5	4	4	3	4	4
L4	SPEED	5	7	8	6	8	8	6	8	8	6	6	8	7	6	8	7	6	7	8	6
	INCLINE	4