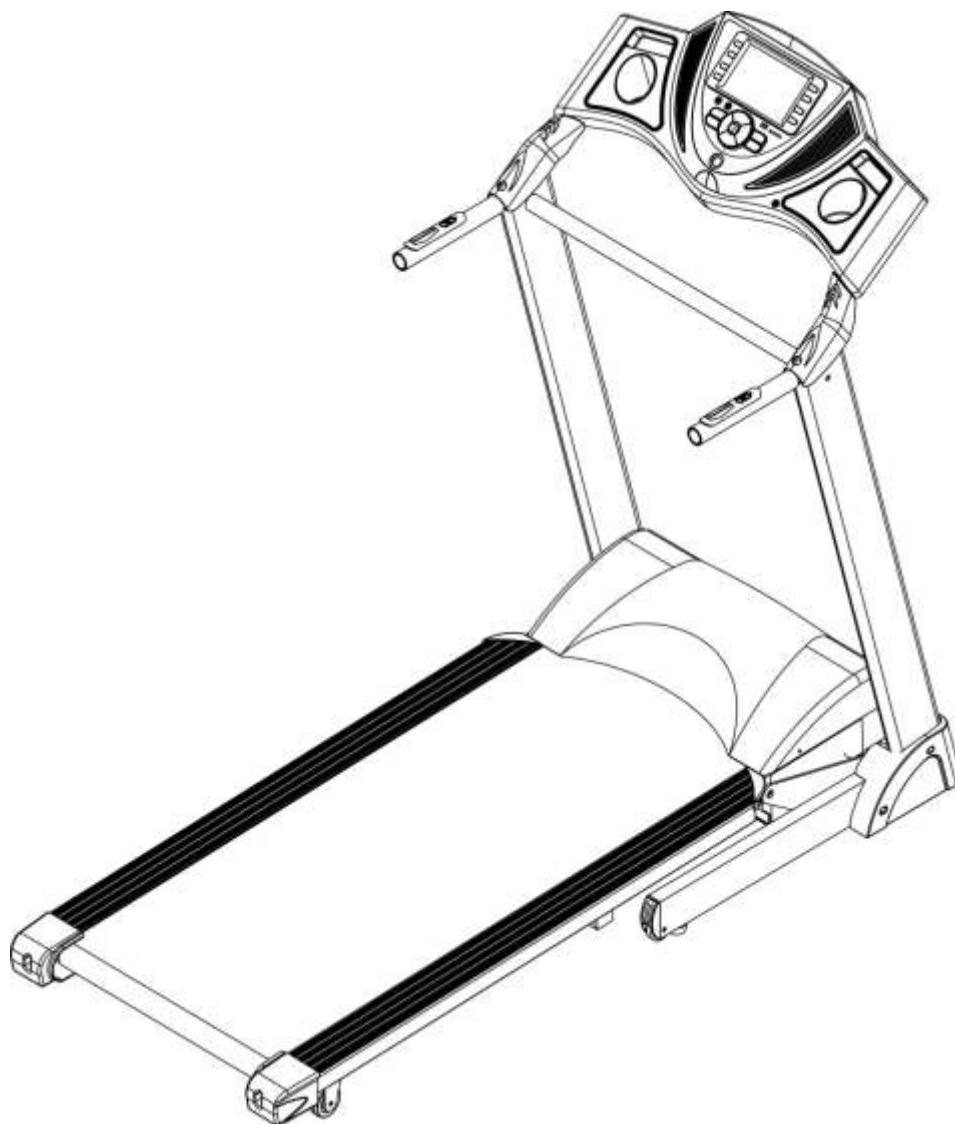




BALANCE OWNER'S MANUAL



Product may vary slightly from the item pictured due to model upgrades

Read all instructions carefully before using this product. Retain this owner's manual for future reference.

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1. IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this treadmill.

It is important your treadmill receives regular maintenance to prolong its useful life. Failing to regularly maintain your treadmill may void your warranty.

Danger – To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

DO NOT USE AN EXTENSION CORD: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS OR IN ANY WAY MODIFY THE CORD SET.

- Install the treadmill on a flat level surface with access to a 220-240 volt (50/60Hz), grounded outlet.
- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Do not block the rear of the treadmill. Provide a minimum of 1 metre clearance between the rear of the treadmill and any fixed object.
- Place your unit on a solid, level surface when in use
- Never allow children on or near the treadmill.
- When running, make sure the plastic clip is fastened on your clothing. It is for your safety, should you fall or move too far back on the treadmill.
- Keep hands away from all moving parts.
- Never operate the treadmill if it has a damaged cord or plug.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.

- The treadmill is intended for in-home use only and not suitable for long time running.
- To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Use the handrails provided; they are for your safety.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- Allowed temperature: 5 to 40 degrees.

Remove the safety key after use to prevent unauthorized treadmill operation.

2. IMPORTANT ELECTRICAL INFORMATION

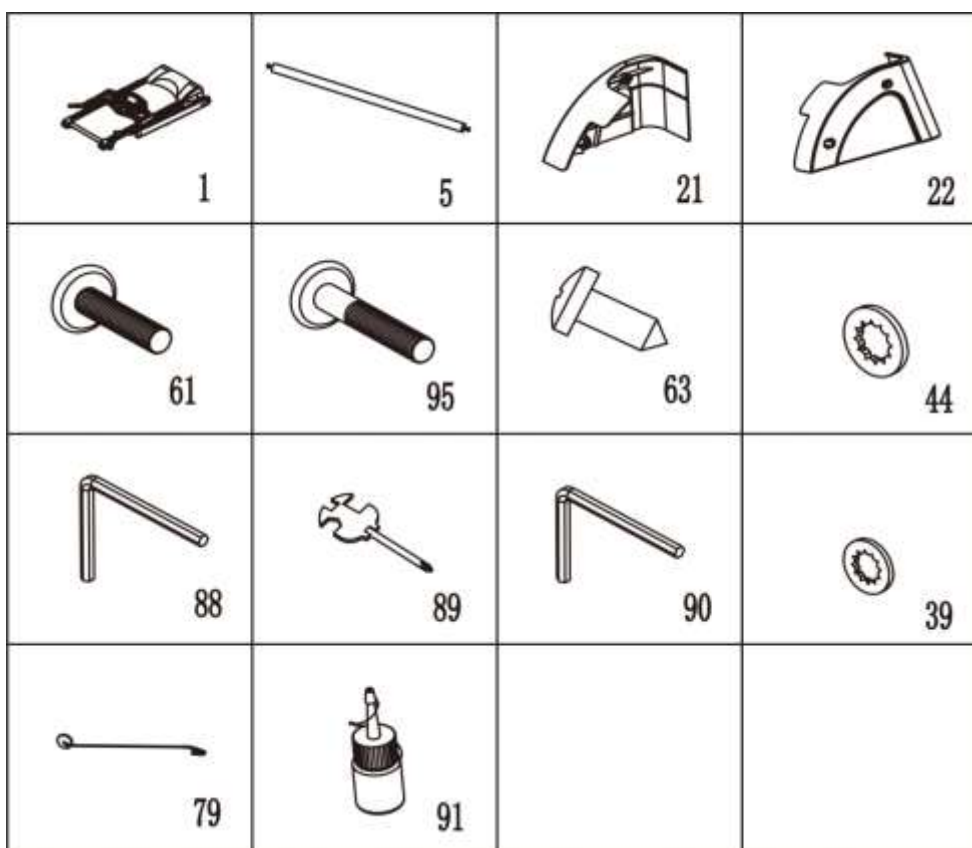
WARNING!

- NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- NEVER remove any cover without first disconnecting AC power.
- NEVER expose this treadmill to rain or moisture. This treadmill is not designed for use outdoors, near a pool, or in any other high humidity environment.

3. IMPORTANT OPERATING INSTRUCTIONS

- Be sure to read the entire manual before operating your machine.
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- Use caution while participating in other activities while walking on your treadmill, such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the centre of the belt; which may result in serious injury.
- In order to prevent losing balance and suffering unexpected injury, **NEVER** mount or dismount the treadmill while the belt is moving. This unit starts with at a very low speed. Simply standing on the belt during slow acceleration is proper after you have learned to operate this machine.
- Always hold on to handrail while making control changes.
- A safety key is provided with this machine. Remove the safety key will stop the walking belt immediately; the treadmill will shut off automatically. Inserting the safety key will reset the display.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.

4. ASSEMBLY INSTRUCTIONS

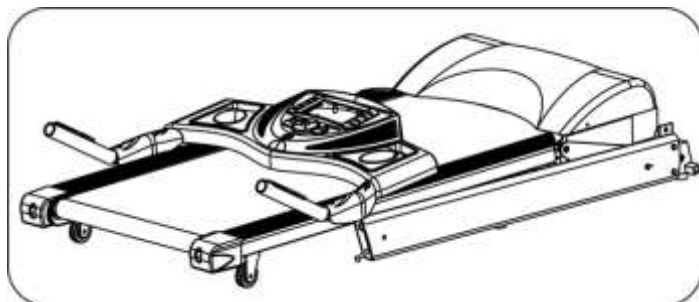


PART LIST

NO.	DES.	Specification	Nos.	NO.	DES.	Specification	Nos.
1	Main Frame		1	39	Lock washer	8	2
5	Strengthening Pipe		1	88	6#Allen Wrench	6mm	1
21	Basic right cover		1	89	Allen Wrench	S=13\14\15mm	1
22	Basic left cover		1	90	5#Allen Wrench	5mm	1
61	Bolt	M10*60	2	79	Safety lock		1
63	screw	ST4.2*19	4	95	Bolt	M8*48	2

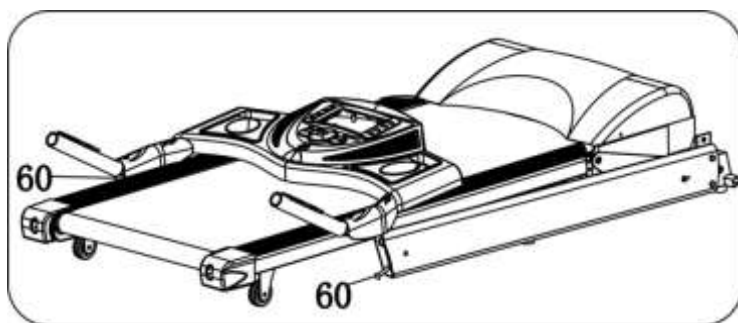
44	Lock washer	10	2				
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STEP 1:



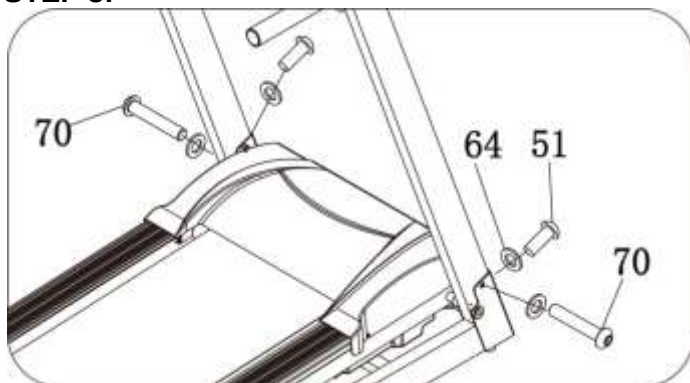
1. Open the carton
2. Extract the parts listed above
3. Place the Main Frame (#1) onto level ground

STEP 2:



1. Using the #5 Allen Wrench, loosen the M8 * 45 screws (60) from the left and right upright tubes.

STEP 3:



1. Use the #5 Allen wrench to pull up the M8*45 screw (60), lock the console frame onto the left & right Upright.

Note: Whilst erecting the uprights, make sure the upright does not press against and damage the wires inside the upright tubes. Keep holding the upright and computer by hand so they do not fall down and cause injury

STEP 4:

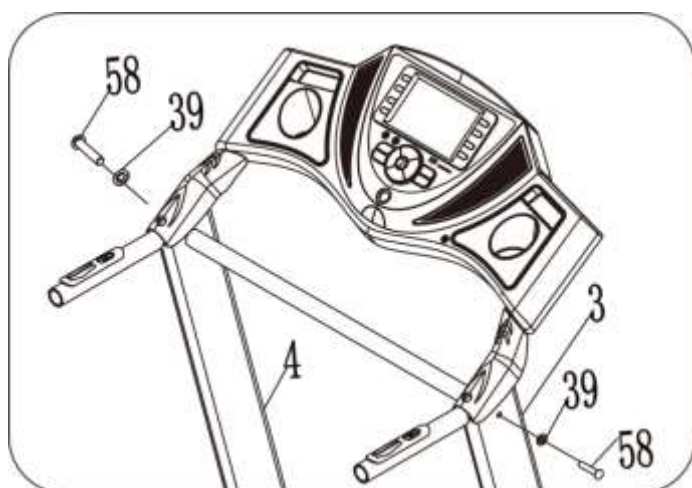


1. Use the 5# Allen wrench (90), M8*48 screw (95) and lock washer (39) to lock the left upright onto the base frame.
2. Use 6# Allen wrench (88), M8*48 screw (61) and lock washer (44) to lock the left upright onto the base frame.
3. Repeat the above to assemble the right upright

NO.95 is for M8

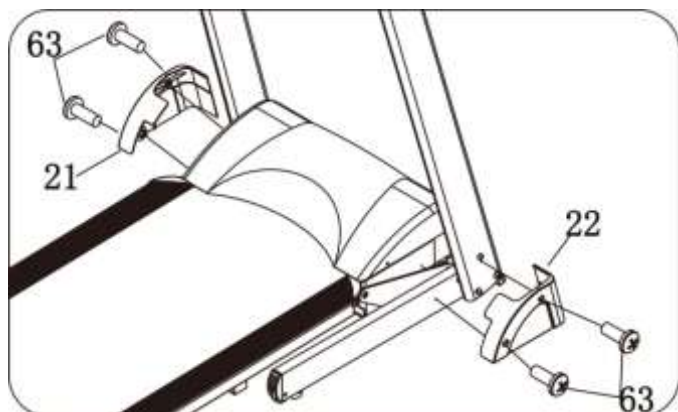
NO.61 is for M10

STEP 5:



1. Use the #5 Allen wrench, M8*55 screw (58) and lock washer (39) to fix the computer bracket onto both uprights (3\4).

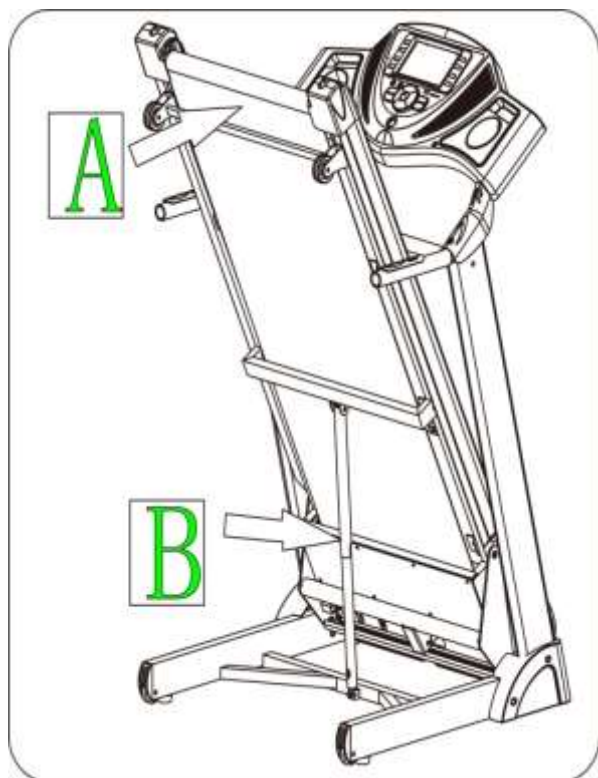
STEP 6:



1. Use wrench screw driver and ST4.2*19 screw (63) to fix the base right cover (21) onto the left upright and base.
 2. Use wrench screw driver and ST4.2*19 screw (63) to fix the base left cover (22) onto the right upright and base.
-

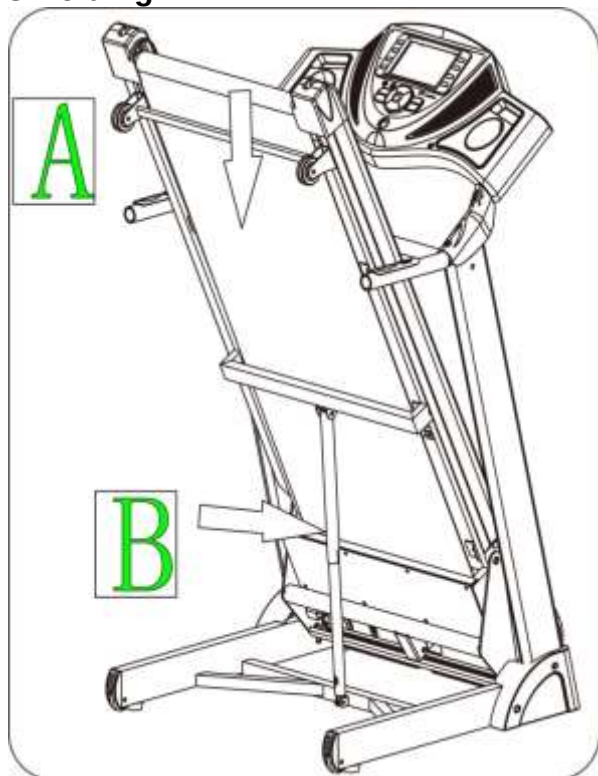
5. FOLDING INSTRUCTIONS

Folding:



Erect the base frame using position A until you hear the click sound emitted when the air pressure bar B is locked into the round tube.

Unfolding:



Whilst supporting position A with our hand, gently push the marked area on the air pressure bar with your foot.

The base frame will descend automatically. (Please keep people and any pets away the machine during descent)

7. GROUNDING METHODS

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

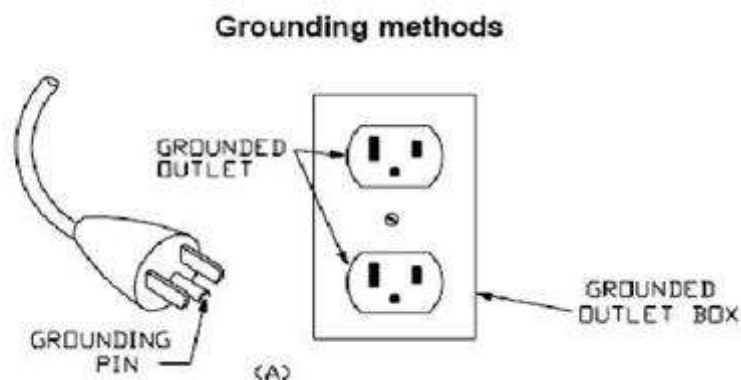
DANGER

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

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

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

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



8. OPERATION GUIDE

1. OVERVIEW



2. BUTTON FUNCTIONS

<u>PROGRAM Button</u>	Cycles from manual mode to “P1” to “P99”.
<u>MODE Button</u>	Cycles through the manual modes: “TIME” = timer countdown, “DIS” = distance countdown and “CAL” = calorie countdown)
<u>Power key:</u>	Power on/off
<u>Start button:</u>	Starts the treadmill motor.
<u>Stop button:</u>	Stops the treadmill motor.
<u>Fast+:</u>	Increase running speed. Increase set value during input stage.
<u>Slow-:</u>	Decrease running speed. Decrease set value during input stage.
<u>Incline +:</u>	Increase incline gradient.
<u>Incline -:</u>	Decrease incline gradient.
<u>Speed select buttons;</u>	Fast speed adjustment (3, 6, 9, 12, 15)
<u>Incline select buttons:</u>	Fast incline adjustment (2, 4, 6, 8, 10)

3. PROGRAM DESCRIPTIONS

Manual mode programs: normal mode, time countdown, distance countdown, calorie countdown mode

Preset programs: 99 preset speed programs: P1,-P99.

4. START DESCRIPTION

Place safety key onto the front panel and turn on the power switch. The LCD window will turn on after 1.5 seconds and a buzzer will sound.

5. MANUAL MODE OPERATION

To enter manual mode, turn the power switch and the treadmill will enter directly into manual mode.

Normal mode: computer counts up beginning with all values set to 0

Timer countdown: press the MODE button to enter the time countdown mode, the time display will show 0:00 adjust desired workout time with speed arrow buttons. Time setting range: 5:00-99:00.

Distance countdown: cycle modes using the MODE button to enter the distance mode, the range display will show 0.0; adjust desired workout distance with speed arrow buttons. Distance setting range is 0.5-99.0 km.

Calorie countdown: cycle modes using the MODE button to enter the calorie mode, the calorie display will show 0.0; adjust desired workout calories with speed arrow buttons. Calorie setting range is 10-999 calories kcal.

Press START to begin and STOP to smoothly bring the machine to a stop.

6. AUTOMATIC PROGRAM MODE OPERATION

Select desired program number using the PROGRAM button. The default program time is 30 minutes. The time setting range: 5:00-99:00. Adjust to desired value using speed arrow buttons.

Press START to begin program and STOP to smoothly bring the machine to a stop.

During the program you can adjust speed using the speed arrow buttons.

Each program is divided into eight segments with each segment being 1/8th of the total program time. The end of each segment is signaled by a “beep” emitted by the machine.

7. SLEEP FUNCTION

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

8. SAFETY FEATURES

If the safety key is removed in any state, the motor will stop immediately and the speed window will display “OFF”. The machine will almost emit three “beeps”.

9. VALUE DISPLAY RANGES

	Initial	Initial value setting	Setting range	Display range
Time(minutes: seconds)	0:00	00:00	5:00-99:00	0:00~99:59
Speed(km/hour)	0.0	N/A	N/A	1.0—22
Distance(km)	0.00	0.00	0.5—99.9	0.0—99.9
Heart rate (beats/min)	P	N/A	N/A	40—199
Calories(kcal)	0	0	10-999*	0—999

9. EXERCISE GUIDE

PLEASE NOTE: Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

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

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.

Warm-up

Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.



Training Zone Exercise

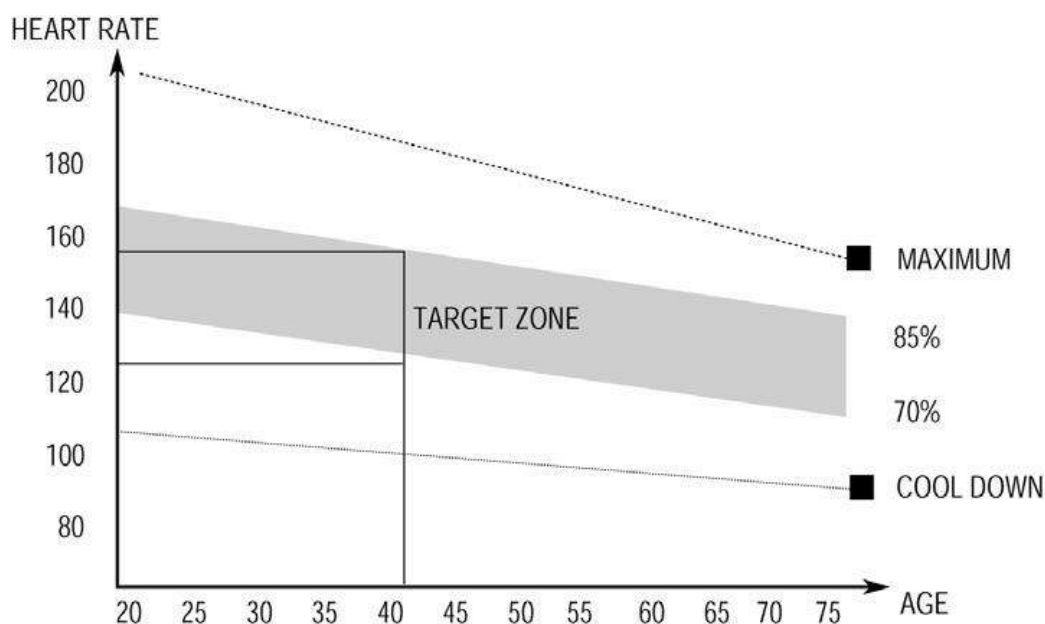
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.

Cool Down

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

Workout Guidelines

TARGET ZONE



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

REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

10. MAINTENANCE INSTRUCTIONS

Reasonable cleaning/lubricating should be made to extend the life time of this unit. Performance is maximized when the belt and mat are kept as clean as possible.

WARNING: THE MAT/DECK FRICTION MAY PLAY A MAJOR ROLE IN THE FUNCTION AND LIFE OF YOUR TREADMILL AND THAT IS WHY WE RECOMMEND YOU CONSTANTLY LUBRICATE THIS FRICTION POINT TO PROLONG THE USEFUL LIFE OF YOUR TREADMILL. FAILING TO DO THIS MAY VOID YOUR WARRANTY.

WARNING: UNPLUG POWER CORD BEFORE MAINTENANCE

WARNING: STOP TREADMILL BEFORE FOLDING

1. General Cleaning

- Use a soft, damp cloth to wipe the edge of the belt and the area between the belt edge and frame. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. This task should be done once a month. Allow to dry before using.
- On a monthly basis, vacuum underneath your treadmill to prevent dust build up. Once a year, you should remove the black motor shield and vacuum out dirt that may accumulate.

2. General Care

- Check parts for wear before use.
- Pay particular attention to the fixing knobs and make sure they are tight.
- Always replace the mat if worn and any other defective parts.

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

TAKE CARE TO PROTECT CARPETS AND FLOOR in case of leakages. This product is a machine that contains moving parts which have been greased / lubricated and could leak.

3. Belt/Deck/Roller Lubrication

The mat/deck friction may play a major role in the function and life of your treadmill and that is why we recommend you constantly lubricate this friction point to prolong the useful life of your treadmill. Lubrication is provided with this unit. You should apply lubrication after approximately the first 50 hours of operation. We recommend lubrication of the deck according to the following timetable:

- Light use (less than 3 hours per week) every 6 months
- Medium use (3-5 hours a week) every 3 months
- Heavy use (more than 5 hours per week) every 6-8 weeks

See below procedures for lubricating:

1. Use a soft, dry cloth to wipe the area between the belt and deck.
2. Spread lubricant onto the inside surface of belt and deck evenly (make sure the machine is turned off and power is disconnected).
3. Periodically lubricate the front and rear rollers to keep them at their peak performance. If the treadmill belt/deck/roller is kept reasonably clean it is possible to expect over 1200 hours before relubricating is necessary.

4. How to check the running mat for proper lubrication:

1. Disconnect the main power supply.
2. Fold the treadmill up into the storage position.
3. Feel the underside surface of the running mat.

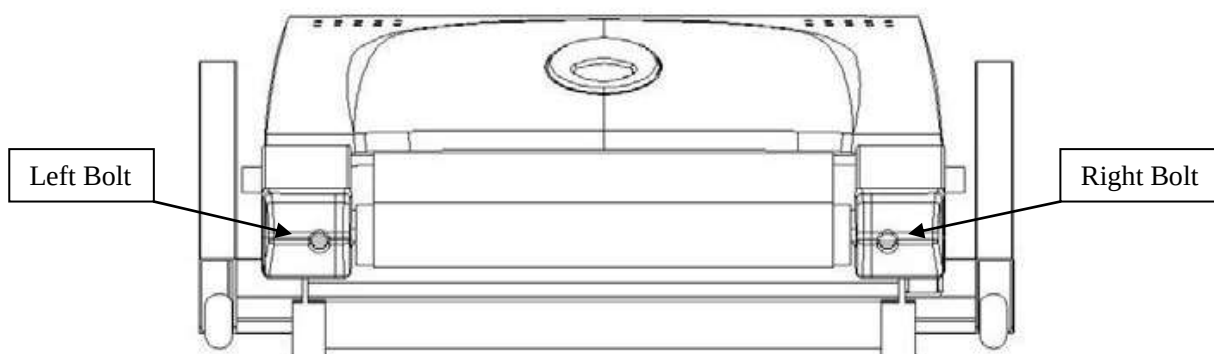
If the surface is slick when touched, then no further lubrication is needed.

If the surface is dry to the touch, apply a suitable silicone lubricant.

We recommend that you use a silicone based spray to lubricate your Lifespan treadmill. This can be purchased directly from us or any hardware store.

5. Belt Tension Adjustment

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



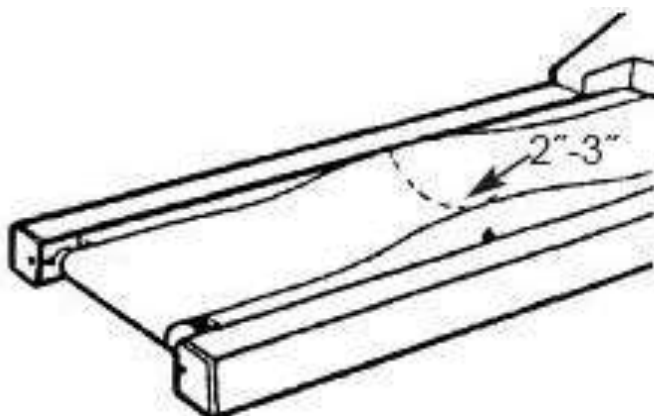
Note: Adjustment is through small hold of end cap.

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

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

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

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



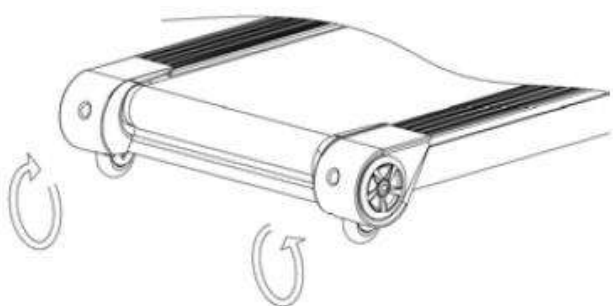
6. Belt Tracking Adjustment:

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

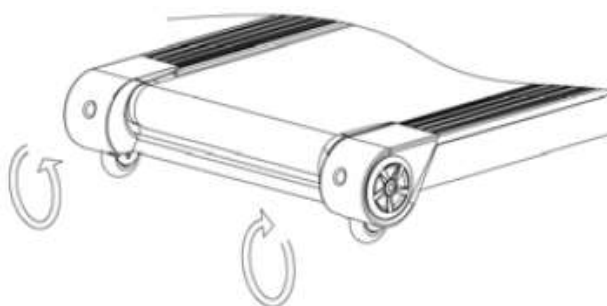
1. Set speed at approximately 3.5km/h.
2. Check the side the belt shifts to.

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

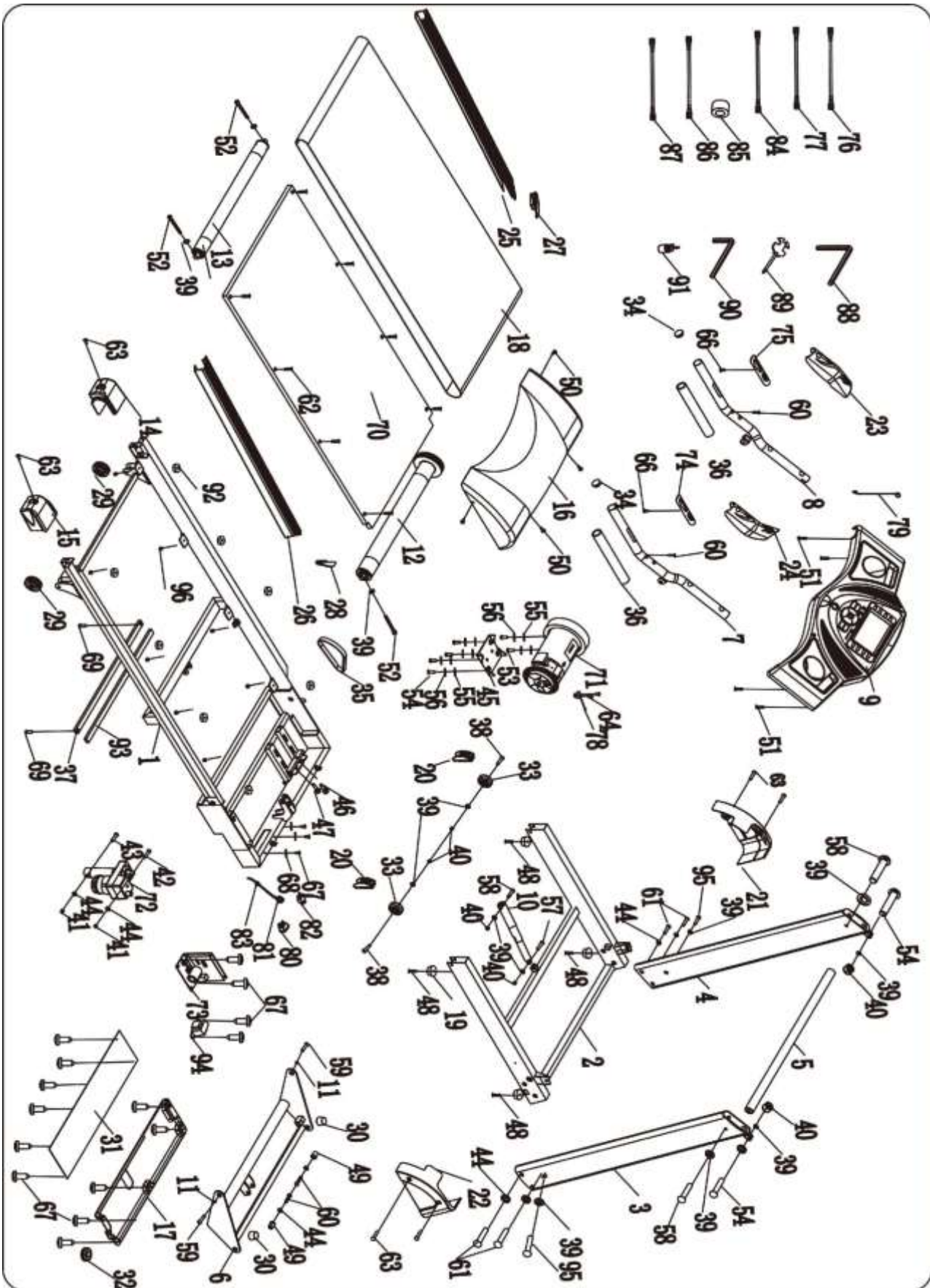
If belt drifts to the LEFT



If belt drifts to the RIGHT



11. EXPLODED DIAGRAM



12. PARTS LIST

No.	Item	Spec.	Qty	No.	Item	Spec.	Qty
1	Main frame		1	37	Strengthen rod assembly		1
2	Base frame		1	38	Screw	M8*40	4
3	Right upright tube		1	39	Lock washer	8	7
4	Left upright tube		1	40	I-type hexagon nuts	M8	6
5	Strengthen pipe assembly		1	41	I-type hexagon nuts	M10	2
6	Incline frame bracket		1	42	Hexagon head screw	M10*42	1
7	Right Handbar bracket		1	43	Hexagon head screw	M10*55	1
8	Left Handbar bracket		1	44	Lock washer	10	12
9	Computer bracket		1	45	DC Motor		1
10	Air Pressure Bar		1	46	Hexagon head screw C	M8*15	1
11	Casing		2	47	Hexagon head screw C	M8*20	1
12	Front Roller		1	48	Screw	M6*16	4
13	Back Roller		1	49	Incline frame shaft		2
14	Left Back End Cover		1	50	Screw	M5*8	4
15	Right Back End Cover		1	51	Screw	M6*30	4
16	Motor Up Cover		1	52	Screw	M8*65	3
17	Motor Bottom Cover		1	53	Screw	M8*12	2
18	Running belt		1	54	Screw	M8*301,5	6
19	Transport Wheel		4	55	Flat Washer C	8	6

20	Roller Cover		2	56	Standard Spring Washer	8	6
21	Left Base Cover		1	57	Hexagon cap screw	M8*25, 20	1
22	Right Base Cover		1	58	Hexagon cap screw	M8*55, 20	2
23	Left Guard Cover		1	59	Hexagon cap screw	M10*20	2
24	Right Guard Cover		1	60	Hexagon cap screw	M8*45	2
25	Left trim		1	61	Hexagon cap screw	M10*60 , 35	6
26	Right Trim		1	62	Hexagon head screw	M6*38	8
27	Left Plug		1	63	Screw	ST4.2* 19	10
28	Right Plug		1	64	Screw	ST2.9* 9.5	2
29	Regulating Wheel		2	65	Screw	ST4.2* 12	16

No.	Item	Spec.	Qty	No.	Item	Spec.	Qty
30	Tapered Cushion		2	66	Screw	ST4.2*28	2
31	Bottom Cover Plate		1	67	Screw	ST4.2*12	9
32	Cable Plug Retaining Ring		1	68	Lock Washer	5	3
33	Transport Wheel		2	69	Screw	M6*10	2
34	Circle Plug		1	70	Running Board		1
35	Multi-wedge Belt		1	71	DC Motor		1
36	Sponge Jacket		2	72	Incline Motor		1
73	Control Circuit Board		1	84	AC Single Wire		1

74	Pulse device with speed button		1	85	Magnetic Ring		1
75	Pulse device with incline button		1	86	Blue Single Wire		1
76	Computer up wire		1	87	Brown Single Wire		1
77	Computer down wire		1	88	6#inner wrench	6mm	1
78	Light Sensor		1	89	Cross Wrench	S=13、14、 15	1
79	Safety Lock		1	90	5#inner wrench	5mm	1
80	Switch		1				
81	Standard power cord		1	92	Rubber Cushion		8
82	Overload protection		1	93	EVA Cushion		1
83	Power line deduction		1	94	Transformer		1
95	Hexagon cap screw	M8*48	2	96	I-type hexagon nuts	M6	8

13. TROUBLE SHOOTING GUIDE

Error/Code	Description	Possible Solutions
	Computer not functioning after connecting power	- Please check if the overload protect jump, if it has, please press it, let it continue operation. - Ensure the wires of the power switch, overload protection, control board and the transformer are connected correctly. - Ensure the wire from the computer to the control board is connected properly. Remove the upright tube and check the connection between each wire. Ensure each wire is completely plugged in; if wires are damaged please change the wire. - Check the state of the transformer is good, if broken, change it.
E01	Message failure	- The wires from computer and bottom control board are not properly connected, please check each wire. If the wire was destroyed replace it. - Check the state of the transformer is good, if broken, change it.
E02	Burst clash	- Ensure power is correct, if not, use correct power to test. - Check if the bottom control is burnt out, if burnt out replace it and then reconnect the motor wire.
E03	No sensor signal	- The sensor signal was not detected within 10 seconds. Check the sensor plug connection - See if the magnetic sensor is broken or damaged, re-connect the plug well or change the sensor.

E05	Incline learning defeated	1. Check connection of VR wire of incline motor. If improperly connected, reconnect VR and make it firm. 2. Check to see if AC wire of motor is properly connected, and if the AC wire of the motor is inserted properly with correct sign on control board. 3. Check connection line of motor to see if it is destroyed, exchange it or incline motor. And press “learning” button of
E07	No signal between the control board and computer	1. The wires from computer and bottom control board are not properly connected, please check each wire. If the wire is destroyed replace it. 2. Ensure wires of control board are properly connected, replace any broken parts on the board 3. Replace transformer
E08	Control board problem	1. Replace controller
E09	Machine is folded	1. Ensure that the machine is correctly unfolded, restart. 2. Replace transformer
	Motor not functioning after pressing START button	1. the motor wire is broken; the safety pipe is broken or has fallen off; 2. motor wire is not properly connected 3. IGBT on bottom control board is burnt out. Test the above reasons and change the relevant part.

14. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au

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

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

15. PROGRAM GUIDE

		SECTION							
		1	2	3	4	5	6	7	8
P1	SPEED	20	30	30	40	50	30	40	50
	INCLINE	1	1	2	2	2	3	3	2
P2	SPEED	50	30	40	50	40	40	40	20
	INCLINE	2	2	2	1	1	3	3	2
P3	SPEED	30	30	50	30	20	40	40	50
	INCLINE	1	2	2	2	2	3	3	2
P4	SPEED	60	40	60	60	60	40	50	60
	INCLINE	2	2	3	3	3	4	4	3
P5	SPEED	40	40	40	20	20	50	40	20
	INCLINE	2	3	3	2	2	3	3	3
P6	SPEED	20	40	40	60	60	40	70	70
	INCLINE	2	2	4	4	4	6	6	3
P7	SPEED	70	40	70	70	40	40	40	30
	INCLINE	2	3	3	2	2	3	3	2
P8	SPEED	40	50	30	20	30	50	50	60
	INCLINE	2	2	4	4	6	6	3	2
P9	SPEED	70	70	50	70	70	80	80	50
	INCLINE	3	3	3	4	4	5	5	5
P10	SPEED	90	50	50	60	60	40	40	30
	INCLINE	4	4	5	5	3	3	3	2
P11	SPEED	20	40	40	50	60	70	70	50
	INCLINE	3	5	5	5	4	4	4	3
P12	SPEED	60	70	80	80	50	40	30	30
	INCLINE	3	4	4	4	3	3	3	4
4P13	SPEED	10	10	30	30	30	50	50	50
	INCLINE	5	5	8	8	8	3	3	7
P14	SPEED	30	40	70	30	40	60	30	40
	INCLINE	2	4	4	4	4	2	3	3
P15	SPEED	20	30	50	50	70	70	70	60
	INCLINE	3	3	5	5	5	5	2	2
P16	SPEED	20	30	50	40	50	50	70	50
	INCLINE	0	2	2	4	4	6	6	1
P17	SPEED	20	60	80	30	30	90	40	40
	INCLINE	5	5	10	10	3	3	3	7
P18	SPEED	10	50	40	50	40	40	50	90
	INCLINE	5	5	8	8	10	10	10	7
P19	SPEED	30	40	80	40	40	80	30	80
	INCLINE	2	4	4	4	4	2	3	3
P20	SPEED	30	20	20	30	30	60	60	60
	INCLINE	3	3	5	5	5	5	2	2

P21	SPEED	20	60	60	50	60	60	85	85
	INCLINE	2	3	3	3	4	4	1	1
P22	SPEED	20	45	65	85	105	80	65	40
	INCLINE	2	3	6	6	3	5	8	3
P23	SPEED	20	40	60	60	60	65	80	80
	INCLINE	3	6	5	3	5	3	5	5
P24	SPEED	20	40	60	45	60	85	105	80
	INCLINE	2	5	5	3	5	5	3	3
P25	SPEED	20	20	20	65	60	60	105	110
	INCLINE	5	5	8	8	8	3	3	5
P26	SPEED	20	20	40	45	100	140	40	40
	INCLINE	2	2	2	2	2	2	3	3
P27	SPEED	20	65	40	80	40	85	60	100
	INCLINE	3	3	6	6	6	6	2	2
P28	SPEED	20	40	60	85	100	20	45	60
	INCLINE	0	2	2	5	5	5	5	1
P29	SPEED	20	40	60	80	140	140	120	80
	INCLINE	5	5	10	10	3	3	3	8
P30	SPEED	20	40	60	105	80	40	105	60
	INCLINE	5	5	8	8	10	10	10	5
P31	SPEED	25	30	35	40	50	35	40	50
	INCLINE	1	1	3	3	3	3	3	2
P32	SPEED	20	40	40	55	60	45	60	60
	INCLINE	1	2	3	3	3	3	3	2
P33	SPEED	20	40	40	65	65	45	75	75
	INCLINE	2	3	4	3	4	3	3	3
P34	SPEED	30	50	50	65	75	75	55	75
	INCLINE	2	3	3	2	2	4	4	4
P35	SPEED	20	40	40	50	65	70	70	50
	INCLINE	3	3	3	4	4	5	5	5
P36	SPEED	20	40	40	40	50	55	55	80
	INCLINE	3	5	5	5	4	4	4	3
P37	SPEED	20	30	30	30	20	50	20	40
	INCLINE	4	4	4	4	3	3	6	6

P38	SPEED	20	30	30	60	90	90	90	90
	INCLINE	4	5	5	5	6	6	6	7
P39	SPEED	20	40	40	70	90	40	90	80
	INCLINE	5	5	5	6	6	6	4	4
P40	SPEED	20	40	50	60	70	90	40	90
	INCLINE	5	6	6	6	7	5	8	8
P41	SPEED	30	40	50	95	50	95	50	55
	INCLINE	3	6	5	3	5	3	5	5
P42	SPEED	20	50	80	100	70	75	105	105
	INCLINE	2	5	5	3	5	5	3	3
P43	SPEED	10	10	30	30	35	40	40	40
	INCLINE	5	5	8	8	8	3	3	6
P44	SPEED	30	40	60	35	40	65	30	40
	INCLINE	2	4	4	4	4	2	5	5
P45	SPEED	30	40	75	50	70	60	70	50
	INCLINE	3	3	5	5	5	5	3	3
P46	SPEED	30	30	30	50	50	50	50	50
	INCLINE	0	2	2	5	5	5	5	1
P47	SPEED	20	20	40	40	40	30	40	40
	INCLINE	5	5	10	10	6	6	6	7
P48	SPEED	10	30	45	45	45	45	50	50
	INCLINE	5	5	7	7	10	10	10	7
P49	SPEED	30	40	60	40	40	60	60	60
	INCLINE	2	3	3	3	3	2	3	3
P50	SPEED	30	40	40	70	70	70	70	70
	INCLINE	3	3	2	2	2	2	2	2
P51	SPEED	20	40	40	40	40	40	75	75
	INCLINE	2	3	3	3	2	2	1	1
P52	SPEED	20	40	60	80	100	80	60	40
	INCLINE	2	3	6	6	2	2	2	3
P53	SPEED	20	40	60	60	80	60	80	80
	INCLINE	3	6	5	3	2	2	2	5
P54	SPEED	20	40	70	40	60	80	100	80
	INCLINE	2	5	5	2	2	2	2	2
P55	SPEED	20	20	20	90	80	70	100	100
	INCLINE	5	5	9	9	9	9	9	5

P56	SPEED	20	20	40	90	100	120	40	40
	INCLINE	2	2	2	2	2	4	4	4
P57	SPEED	20	60	40	90	80	80	60	100
	INCLINE	3	3	6	6	6	6	4	4
P58	SPEED	20	40	30	80	100	20	40	60
	INCLINE	0	2	2	5	5	5	5	2
P59	SPEED	20	40	30	80	100	120	100	80
	INCLINE	5	5	10	10	2	2	2	2
P60	SPEED	20	40	20	100	80	40	100	60
	INCLINE	5	5	8	8	7	7	7	4
P61	SPEED	10	40	60	60	60	65	90	90
	INCLINE	2	3	6	6	5	5	5	3
P62	SPEED	20	60	60	65	60	65	105	80
	INCLINE	3	6	5	3	4	4	4	5
P63	SPEED	20	20	20	65	65	65	105	110
	INCLINE	2	5	5	2	2	2	2	3
P64	SPEED	20	20	45	105	145	45	45	145
	INCLINE	5	5	6	6	8	3	3	5

P65	SPEED	20	65	45	85	40	85	60	100
	INCLINE	2	2	7	7	7	2	3	3
P66	SPEED	20	40	65	85	120	20	65	60
	INCLINE	3	3	6	7	7	6	2	2
P67	SPEED	20	40	70	80	130	140	130	80
	INCLINE	0	2	2	7	7	5	5	1
P68	SPEED	20	40	60	135	80	40	135	70
	INCLINE	5	5	10	9	7	3	3	8
P70	SPEED	25	30	35	40	55	45	40	30
	INCLINE	5	5	6	6	10	10	10	5
P71	SPEED	20	40	40	65	60	45	65	60
	INCLINE	1	1	5	5	5	3	3	2
P72	SPEED	20	40	40	65	65	45	95	85
	INCLINE	1	2	5	5	5	3	3	2

P73	SPEED	30	50	50	65	85	85	55	85
	INCLINE	2	3	4	5	5	5	3	3
P74	SPEED	20	40	40	50	65	80	80	80
	INCLINE	2	3	3	2	2	5	5	5
P75	SPEED	20	40	40	40	50	85	85	85
	INCLINE	3	3	3	4	4	7	7	7
P76	SPEED	20	30	30	30	20	50	80	80
	INCLINE	3	5	5	5	3	3	3	3
P77	SPEED	20	30	30	60	60	60	60	60
	INCLINE	4	4	4	4	4	4	4	4
P78	SPEED	20	40	40	80	80	80	80	80
	INCLINE	4	5	5	5	4	4	4	7
P79	SPEED	20	40	50	70	70	70	70	90
	INCLINE	5	5	5	4	4	4	4	4
P80	SPEED	30	40	50	95	50	75	70	75
	INCLINE	5	6	6	4	4	4	8	8
P81	SPEED	20	50	70	60	70	75	115	105
	INCLINE	3	6	5	3	4	4	4	5
P82	SPEED	10	10	30	30	35	20	20	20
	INCLINE	2	5	5	3	8	8	8	3
P83	SPEED	30	40	60	35	40	25	20	20
	INCLINE	5	5	8	8	8	3	3	8
P84	SPEED	30	40	75	50	70	20	20	20
	INCLINE	2	4	4	4	4	2	5	8
P85	SPEED	30	30	30	50	70	70	70	50
	INCLINE	3	3	5	5	5	5	8	8
P86	SPEED	20	20	40	30	30	30	40	40
	INCLINE	0	2	2	5	5	5	7	7
P87	SPEED	10	30	45	35	35	45	50	50
	INCLINE	5	5	10	10	6	6	9	9
P88	SPEED	30	40	60	90	90	90	90	60
	INCLINE	5	5	7	7	10	10	10	11

P89	SPEED	30	40	50	50	50	50	70	70
	INCLINE	2	3	3	3	3	2	9	9
P90	SPEED	20	40	40	50	50	40	75	75
	INCLINE	3	3	2	2	2	9	9	9
P91	SPEED	20	40	90	90	100	80	60	40
	INCLINE	2	3	3	3	6	6	1	1
P92	SPEED	20	40	60	80	80	80	80	80
	INCLINE	2	3	6	6	4	4	4	3
P93	SPEED	20	40	70	80	80	80	100	80
	INCLINE	3	6	5	3	4	4	4	5
P94	SPEED	20	20	80	90	80	80	100	100
	INCLINE	2	5	5	2	3	3	3	3
P95	SPEED	20	20	40	90	140	150	40	40
	INCLINE	5	5	9	3	3	3	3	5
P96	SPEED	10	20	30	40	50	60	70	80
	INCLINE	2	2	2	3	3	3	4	4
P97	SPEED	20	150	30	150	150	30	40	60
	INCLINE	3	3	6	3	3	3	4	4
P98	SPEED	20	40	20	80	20	120	20	150
	INCLINE	0	2	2	3	3	3	5	2
P99	SPEED	20	40	20	150	10	40	150	60
	INCLINE	5	5	10	10	3	3	3	2