



# Speed & Elevation Chart

Below is a chart that gives the profiles for speed and elevation for the S77, F80, F83 and F85. For each program listed on the left there is a row for speed information and a row for incline. The incline row shows the actual incline level, but the speed row shows numbers that are actually a percentage of the top speed set for the entire workout. There are 20 numbers (beside the warm up and cool down segments) which correspond to the 20 columns of dots on the display profile.

The amount of time for each column of lights on the display, or time segment, depends on the amount of time entered for the whole workout. If the workout time is set to twenty minutes, then each column is 1 minute long.

The speed for each segment is calculated using a percentage of the top speed of the program. For example: if the user sets the top speed of the Hill program to 6 MPH, you would look at the chart I attached and use the percent numbers to calculate the speeds for each of the segments like so:

Warm up segment 1 is 20%. 20% of 6 MPH (top speed of the program) = 1.2 MPH

Warm up segment 2 is 30% of 6 MPH = 1.8 MPH

Warm up segment 3 is 40% of 6 MPH = 2.4 MPH

The first workout segment is 50% of 6 MPH = 3 MPH.

Etc...

PROG	SEG	WARM UP	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	COOL DOWN				
P1 Hill	Speed	20	30	40	50	62.5	62.5	75	75	75	87.5	75	87.5	87.5	100	75	87.5	75	87.5	75	62.5	62.5	50	40	30	20	
	Incline	0	0	0	0	1	2	3	3	4	3	4	4	5	3	4	3	4	5	4	3	1	1	0	0	0	0
P2 Fatburn	Speed	20	30	40	50	62.5	62.5	75	87.5	100	100	100	100	100	100	100	100	100	100	87.5	75	62.5	50	40	30	20	
	Incline	0	0	0	0	1	2	3	3	4	5	3	4	4	3	2	3	4	5	6	4	2	1	0	0	0	0
P3 Cardio	Speed	20	30	40	50	62.5	62.5	75	75	87.5	75	75	87.5	62.5	75	87.5	75	75	100	75	87.5	62.5	62.5	50	40	30	20
	Incline	0	0	0	0	1	1	2	2	3	2	2	3	1	2	3	2	2	4	2	3	1	1	0	0	0	0
P4 Strength	Speed	20	30	40	62.5	62.5	75	75	75	75	87.5	87.5	87.5	100	100	87.5	87.5	87.5	75	75	75	62.5	62.5	62.5	40	30	20
	Incline	0	0	0	0	1	2	4	6	8	7	6	5	4	3	3	4	5	7	7	5	3	1	0	0	0	0
P5 Interval	Speed	20	30	40	50	62.5	62.5	75	87.5	62.5	87.5	62.5	75	100	62.5	75	100	62.5	75	87.5	62.5	62.5	50	40	30	20	
	Incline	0	0	0	0	1	2	3	5	2	3	6	2	3	7	2	3	8	2	3	5	3	1	0	0	0	0

Default top speeds: P1 Speed: 4 mph, P2 Speed:3 mph, P3 Speed:4 mph, P4 Speed:4 mph, P5 Speed:4 mph