

MI080/100 PRESET PROGRAM

Each program is divided into 10 segments and has 3 different levels.
The preset workout time is 30 minutes.

KM/hr Speed Program

	P1			P2			P3			P4			P5		
	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3
1	1.5	2.5	3.5	1	2	3	1	2	3	2	3	4	1	2	3
2	2	3	4	6	7	8	3	4	5	2	3	4	3	4	5
3	2.5	3.5	4.5	1	2	3	4	5	6	6	7	8	4	5	6
4	3	4	5	6	7	8	5	6	7	6	7	8	5	6	7
5	3.5	4.5	5.5	1	2	3	6	7	8	4	5	6	6	7	8
6	3	4	5	6	7	8	5	6	7	4	5	6	6	7	8
7	2.5	3.5	4.5	1	2	3	4	5	6	3	4	5	5	6	7
8	2.5	3.5	4.5	6	7	8	3	4	5	3	4	5	5	6	7
9	1.5	2.5	3.5	1	2	3	3	4	5	1	2	3	2	3	4
10	1.5	2.5	3.5	1	2	3	1	2	3	1	2	3	2	3	4

MILE /hr Speed Program

	P1			P2			P3			P4			P5		
	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3
1	0.9	1.5	2.1	0.6	1.2	1.8	0.6	1.2	1.8	1.2	1.8	2.4	0.6	1.2	1.8
2	1.2	1.8	2.4	3.7	4.3	4.9	1.8	2.4	3.0	1.2	1.8	2.4	1.8	2.4	3.0
3	1.5	2.1	2.7	0.6	1.2	1.8	2.5	3.1	3.7	3.7	4.3	4.9	2.5	3.1	3.7
4	1.8	2.4	3.0	3.7	4.3	4.9	3.1	3.7	4.3	3.7	4.3	4.9	3.1	3.7	4.3
5	2.1	2.7	3.3	0.6	1.2	1.8	3.7	4.3	7.9	2.5	3.1	3.7	3.7	4.3	4.9
6	1.8	2.4	3.0	3.7	4.3	4.9	3.1	3.7	4.3	2.5	3.1	3.7	3.7	4.3	4.9
7	1.5	2.1	2.7	0.6	1.2	1.8	2.5	3.1	3.7	1.8	2.4	3.0	3.1	3.7	4.3
8	1.5	2.1	2.7	3.7	4.3	4.9	1.8	2.4	3.0	1.8	2.4	3.0	3.1	3.7	4.3
9	0.9	1.5	2.1	0.6	1.2	1.8	1.8	2.4	3.0	0.6	1.2	1.8	1.2	1.8	2.4
10	0.9	1.5	2.1	0.6	1.2	1.8	0.6	1.2	1.8	0.6	1.2	1.8	1.2	1.8	2.4

