

MI150 PRESET PROGRAM

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

speed program

incline program

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

KM/hr

speed program

incline program

	P1			P2			P3			P4		
	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	1	2	3	1	2	3
2	1.2	1.8	2.4	3.7	4.3	4.9	3	4	5	1	2	3
3	1.5	2.1	2.7	0.6	1.2	1.8	4	5	6	6	7	8
4	1.8	2.4	3.0	3.7	4.3	4.9	5	6	7	6	7	8
5	2.1	2.7	3.3	0.6	1.2	1.8	6	7	8	5	6	7
6	1.8	2.4	3.0	3.7	4.3	4.9	5	6	7	5	6	7
7	1.5	2.1	2.7	0.6	1.2	1.8	3	4	5	3	4	5
8	1.5	2.1	2.7	3.7	4.3	4.9	3	4	5	3	4	5
9	0.9	1.5	2.1	0.6	1.2	1.8	1	2	3	1	2	3
10	0.9	1.5	2.1	0.6	1.2	1.8	1	2	3	1	2	3

MILE/hr

