

Console Chart EP67.xls

	Level 1		Level 2		Level 3		Level 4		Level 5		Level 6		Level 7		Level 8		Level 9		Level 10		Level 11		Level 12		Level 13		Level 14		Level 15		Level 16		Level 17		Level 18		Level 19		Level 20	
RPM	MPH	Load	MPH	Load	MPH	Load	MPH	Load	MPH	Load	MPH	Load	MPH	Load	MPH	Load	MPH	Load	MPH	Load	MPH	Load	MPH	Load	MPH	Load	MPH	Load	MPH	Load	MPH	Load	MPH	Load	MPH	Load	MPH	Load	MPH	Load
25	0.5	25	0.5	25	0.6	34.5	0.6	38.5	0.7	39.5	0.8	42.5	0.9	51	1	62.5	1.1	67	1.2	74.5	1.3	78	1.4	81.5	1.5	86.5	1.6	88	1.7	94	1.8	96.5	1.9	108.5	2	120.5	2.1	124.5	2.2	130
30	0.7	25	0.7	25	0.8	35	0.9	39	1	40	1.1	45	1.2	59	1.4	67	1.5	76	1.6	83	1.7	88	1.9	94	2	100	2.1	101	2.2	111	2.4	114	2.6	127	2.8	137	3	142	3.3	150
35	1	25.5	1.1	27.5	1.2	34.5	1.3	46	1.5	50.5	1.7	56.5	1.9	67	2.1	71.5	2.3	85	2.5	91.5	2.7	98.5	2.9	106.5	3.1	113.5	3.3	119	3.5	128	3.7	135	3.9	145.5	4.2	153.5	4.5	159.5	4.8	170
40	1.4	27	1.5	30	1.6	34	1.7	53	1.9	61	2.1	68	2.2	75	2.4	76	2.6	94	2.8	100	3	109	3.2	119	3.4	127	3.6	137	3.9	145	4.2	156	4.5	164	4.8	170	5.1	177	5.4	190
45	1.8	29.5	1.9	32.5	2.1	42	2.3	55	2.5	66.5	2.7	74	2.9	80.5	3.1	88	3.3	102	3.6	107.5	3.9	121	4.2	127	4.5	139	4.8	148.5	5.1	159.5	5.4	170.5	5.7	179.5	6	189	6.4	196	6.8	210
50	2.3	34	2.5	35	2.7	50	2.9	57	3.1	72	3.3	80	3.6	86	3.9	100	4.2	110	4.5	115	4.8	133	5.1	135	5.5	151	5.9	160	6.3	174	6.7	185	7.1	195	7.5	208	7.9	215	8.3	230
55	2.7	39.5	2.9	43.5	3.2	55	3.5	66.5	3.8	83.5	4.1	90.5	4.4	100	4.7	111	5	123.5	5.3	130	5.7	146.5	6.1	154	6.5	167	6.9	177	7.3	190	7.7	205.5	8.1	217.5	8.5	229	9	242.5	9.5	255
60	3.1	45	3.4	52	3.7	60	4	76	4.3	95	4.6	101	4.9	114	5.2	122	5.5	137	5.8	145	6.2	160	6.6	173	7	183	7.4	194	7.8	206	8.2	226	8.6	240	9	250	9.5	270	10.1	280
65	3.5	50.5	3.8	54.5	4.1	66.5	4.4	85.5	4.7	103	5	111	5.4	123.5	5.8	134.5	6.2	148.5	6.6	158	7	171.5	7.4	184	7.8	194.5	8.2	209	8.6	223	9.1	239	9.6	255	10.1	266.5	10.7	282.5	11.3	297
70	4	56	4.3	57	4.6	73	4.9	95	5.3	111	5.7	121	6.1	133	6.5	147	6.9	160	7.3	171	7.7	183	8.2	195	8.7	206	9.2	224	9.7	240	10.2	252	10.8	270	11.4	283	12	295	12.6	314
75	4.5	59	4.8	60.5	5.1	77.5	5.4	100	5.8	119	6.2	131.5	6.6	143	7	156.5	7.4	170	7.8	183.5	8.2	195.5	8.6	207.5	9	221	9.5	237.5	10	253	10.5	266	11.1	283.5	11.7	296.5	12.3	310.5	13	328
80	5	62	5.3	64	5.6	82	5.9	105	6.3	127	6.7	142	7.1	153	7.5	166	7.9	180	8.3	196	8.7	208	9.1	220	9.5	236	10	251	10.5	266	11	280	11.5	297	12.1	310	12.7	326	13.4	342
85	5.5	66.5	5.8	69.5	6.1	87	6.4	112	6.8	135.5	7.2	150	7.6	164.5	8	176.5	8.4	190	8.8	205.5	9.2	218.5	9.6	233.5	10	250.5	10.5	264.5	11	282	11.6	297.5	12.2	315	12.8	330	13.5	346	14.3	362.5
90	6	71	6.3	75	6.6	92	7	119	7.4	144	7.8	158	8.2	176	8.6	187	9	200	9.4	215	9.8	229	10.2	247	10.7	265	11.2	278	11.7	298	12.3	315	12.9	333	13.5	350	14.2	366	14.9	383
95	6.5	75.5	6.9	79	7.3	98.5	7.7	127.5	8.1	153.5	8.5	169	8.9	186.5	9.3	199	9.7	213	10.2	228	10.7	245	11.2	262	11.7	279	12.2	294.5	12.8	311.5	13.4	329.5	14	347.5	14.6	365	15.3	380.5	16	399
100	7	80	7.3	83	7.6	105	8	136	8.4	163	8.8	180	9.2	197	9.7	211	10.2	226	10.7	241	11.2	261	11.8	277	12.4	293	13	311	13.6	325	14.2	344	14.9	362	15.6	380	16.3	395	17	415

RPM - Actual RPM on the console

Time - Workout time

Speed - Based on perceived effort to achieve the same speed when walking

Distance - Speed/Time

Calories - (((MPH x 26.8) x 0.2) + 3.5) x (LBS. / 2.2) x 0.005 = cal/min

Heart Rate - Your actual heart rate

Average Calories - Calories burned per hour

Program Level - Actual level chosen

Average Speed - Speed/Time