

X6200 PROGRAM CHART

	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	
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
10	1.0	36	1.0	36	1.0	36	1.0	36	1.0	36	1.0	36	1.0	36	1.0	36	1.0	36	1.0	36	1.1	47	1.2	47	1.3	47	1.4	47	1.5	47	1.6	59
20	1.0	36	1.0	36	1.0	36	1.0	36	1.0	36	1.0	36	1.0	36	1.0	36	1.0	36	1.1	47	1.2	47	1.3	47	1.4	47	1.5	47	1.6	59	1.7	59
25	1.0	36	1.0	36	1.0	36	1.0	36	1.1	47	1.2	47	1.3	47	1.3	47	1.3	47	1.4	47	1.5	47	1.6	59	1.8	59	1.9	59	2.1	71	2.2	71
30	1.0	36	1.0	36	1.1	47	1.2	47	1.3	47	1.4	47	1.6	59	1.7	59	1.9	59	2.1	71	2.2	71	2.4	71	2.6	83	2.8	83	3.0	83	3.3	95
35	1.5	47	1.6	59	1.7	59	1.9	59	2.0	59	2.2	71	2.4	71	2.6	83	2.8	83	3.0	83	3.3	95	3.5	95	3.8	107	4.1	119	4.4	119	4.8	142
40	2.0	59	2.1	71	2.3	71	2.5	71	2.6	83	2.8	83	3.0	83	3.2	95	3.4	95	3.6	107	3.9	107	4.2	119	4.5	119	4.8	142	5.1	166	5.5	166
45	2.5	71	2.7	83	2.9	83	3.1	95	3.3	95	3.5	95	3.8	107	4.0	107	4.3	119	4.6	142	4.9	142	5.3	166	5.6	202	6.0	202	6.5	225	6.9	243
50	3.0	83	3.2	95	3.4	95	3.7	107	3.9	107	4.2	119	4.5	119	4.8	142	5.2	166	5.6	202	6.0	202	6.4	225	6.8	243	7.3	261	7.8	273	8.4	285
55	3.5	95	3.7	107	4.0	107	4.3	119	4.6	142	4.9	142	5.3	166	5.6	202	6.0	202	6.4	225	6.9	243	7.4	261	7.9	273	8.4	285	9.0	303	9.6	332
60	4.0	107	4.3	119	4.5	119	4.8	142	5.1	166	5.5	166	5.8	202	6.2	225	6.6	243	7.0	243	7.5	261	8.0	273	8.5	285	9.0	303	9.6	332	10.3	344
65	4.5	119	4.8	142	5.1	166	5.4	166	5.8	202	6.2	225	6.6	243	7.0	243	7.4	261	7.9	273	8.4	285	8.9	303	9.5	320	10.1	344	10.8	356	11.5	368
70	5.0	142	5.3	166	5.7	202	6.0	202	6.4	225	6.9	243	7.3	261	7.8	273	8.3	285	8.8	303	9.4	320	10.0	332	10.7	356	11.4	368	12.1	392	12.9	403
75	5.5	166	5.8	202	6.2	225	6.6	243	6.9	243	7.4	261	7.8	273	8.3	285	8.8	303	9.3	320	9.9	332	10.5	344	11.1	368	11.8	380	12.6	403	13.4	421
80	6.0	202	6.4	225	6.7	243	7.1	261	7.6	273	8.0	273	8.5	285	9.0	303	9.6	332	10.2	344	10.8	356	11.4	368	12.1	392	12.8	403	13.6	439	14.4	457
85	6.5	225	6.9	243	7.3	261	7.7	273	8.2	285	8.7	303	9.2	320	9.8	332	10.4	344	11.0	356	11.7	380	12.4	392	13.1	421	13.9	439	14.8	475	15.6	510
90	7.0	243	7.4	261	7.8	273	8.3	285	8.8	303	9.3	320	9.8	332	10.4	344	10.9	356	11.5	368	12.2	392	12.9	403	13.6	439	14.4	457	15.2	493	16.1	528
95	7.5	261	7.9	273	8.4	285	8.9	303	9.4	320	9.9	332	10.5	344	11.1	368	11.7	380	12.4	392	13.1	421	13.8	439	14.6	475	15.5	493	16.4	528	17.3	564
100	8.0	273	8.5	285	8.9	303	9.5	320	10.0	332	10.6	356	11.2	368	11.8	380	12.5	392	13.2	421	14.0	439	14.8	475	15.6	510	16.5	528	17.5	564	18.5	606
105	8.5	285	9.0	303	9.5	320	10.0	332	10.5	344	11.1	368	11.7	380	12.4	392	13.0	403	13.7	439	14.5	457	15.3	493	16.1	528	17.0	546	17.9	582	18.9	629
110	9.0	303	9.5	320	10.0	332	10.6	356	11.1	368	11.8	380	12.4	392	13.1	421	13.8	439	14.6	475	15.4	493	16.2	528	17.1	564	18.0	582	19.0	629	20.1	700
115	9.5	320	10.0	332	10.6	356	11.2	368	11.8	380	12.4	392	13.1	421	13.8	439	14.6	475	15.4	493	16.3	528	17.1	564	18.1	606	19.1	653	20.1	700	21.2	748
120	10.0	332	10.6	356	11.1	368	11.7	380	12.4	392	13.1	421	13.8	439	14.5	457	15.3	493	16.1	528	17.0	564	18.0	582	19.0	629	20.0	676	21.1	748	22.3	786
130	10.5	344	11.1	368	11.7	380	12.3	392	13.0	403	13.7	439	14.5	457	15.3	493	16.1	528	17.0	546	17.9	582	18.9	629	19.9	676	21.0	724	22.2	786	23.4	800
140	11.0	356	11.6	380	12.2	392	12.9	403	13.6	439	14.4	457	15.2	493	16.0	510	16.9	546	17.8	582	18.8	629	19.8	676	20.9	724	22.1	786	23.3	825	24.5	876

RPM - Actual RPM of console

Time - Workout time

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

Distance - Speed/Time

Calories - Watts (1 second) 0.000955 (60) = calories

Load (watts) - Energy expenditure table of walking and running at a set speed (see chart)

Heart rate - Your actual heart rate

Weight - Actual weight entered into console

Average Calories - Calories burned per hour

Program Level - Actual level chosen

Average Speed - Speed/Time

***Chart shows calories burned per minute**

FORM 4.071PRD

REV #1