

X6200HRT/X6600HRT 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	
20	1	36	1	36	1	36	1	36	1	36	1	36	1	36	1	36	1.1	47	1.2	47	1.3	47	1.4	47	1.5	47	1.6	59	1.7	59		
25	1	36	1	36	1	36	1	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	36	1	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	83	3.3	95
35	1.5	47	1.6	59	1.7	59	1.9	59	2	59	2.2	71	2	71	2.6	83	2.8	83	3	83	3.3	95	3.5	95	3.8	107	4.1	119	4.4	119	4.8	142
40	2	59	2.1	71	2.3	71	2.5	71	2.6	83	2.8	83	3	83	3.2	95	3.4	95	3.6	107	3.9	107	4.2	119	4.5	119	4.8	142	5.1	161	5.5	166
45	2.5	71	2.7	83	2.9	83	3.1	75	3.3	95	3.5	95	3.8	107	4	107	4.3	119	4.6	142	4.9	142	5.3	166	5.6	202	6	202	6.5	225	6.9	243
50	3	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	202	6.4	225	6.8	243	7.3	261	7.8	273	8.4	285
55	3.5	95	3.7	107	4	107	4.3	119	4.6	142	4.9	142	5.3	166	5.6	202	6	202	6.4	225	6.9	243	7.4	261	7.9	273	8.4	285	9	303	9.6	332
60	4	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	243	7.5	261	8	273	8.5	285	9	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	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	142	5.3	166	5.7	202	6	202	6.4	225	6.9	243	7.3	261	7.8	273	8.3	285	8.8	303	9.4	320	10	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	202	6.4	225	6.7	243	7.1	261	7.6	273	8	273	8.5	285	9	303	9.6	332	10.2	344	10.8	356	11.8	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	356	11.7	380	12.4	392	13.1	421	13.9	439	14.8	475	15.6	510
90	7	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	273	8.5	285	8.9	303	9.5	320	10	332	10.6	336	11.2	368	11.8	380	12.5	392	13.2	421	14	439	14.8	475	15.6	510	16.5	528	17.5	564	18.5	606

RPM - Actual RPM of console

Time - Workout time

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

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

REV #1

4/2/2003