

## 7.3AT PROGRAM INFORMATION

The charts below show the levels available on 7.3AT programs. Additional program information is available on pages 33-35 of the 5.3AT - 7.3AT Owner's Manual.

**ROLLING HILLS:** A level-based workout that automatically adjusts the speed to simulate walking or running up hills. Speed changes and segments repeat every 30 seconds.

Segment	Warm Up		1	2	3	4	5	6	7	8
Time	4:00 min		30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec
Level 1	0.5	1.5	2	2.5	3	3.5	4	3.5	3	2.5
Level 2	0.5	1.9	2.5	3	3.5	4	4.5	4	3.5	3
Level 3	0.8	2.3	3	3.5	4	4.5	5	4.5	4	3.5
Level 4	0.8	2.6	3.5	4	4.5	5	5.5	5	4.5	4
Level 5	1	3	4	4.5	5	5.5	6	5.5	5	4.5
Level 6	1	3.4	4.5	5	5.5	6	6.5	6	5.5	5
Level 7	1.3	3.8	5	5.5	6	6.5	7	6.5	6	5.5
Level 8	1.3	4.1	5.5	6	6.5	7	7.5	7	6.5	6
Level 9	1.5	4.5	6	6.5	7	7.5	8	7.5	7	6.5
Level 10	1.5	4.9	6.5	7	7.5	8	8.5	8	7.5	7

**FAT BURN:** A level-based workout designed to help users burn fat through various speed and incline changes.

Speed and Incline changes, segments repeat every 30 seconds.

Segment	Warm Up		1	2	3	4	5	6	7	8	
Time	4:00 min		30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	
Level 1	Incline	0	0.5	1.5	1.5	1	0.5	0.5	0.5	1	1.5
	Speed	0.5	1	2	2.5	3	3.5	4	3.5	3	2.5
Level 2	Incline	0	0.5	1.5	1.5	1	0.5	1	0.5	1	1.5
	Speed	0.5	1	2.5	3	3.5	4	4.5	4	3.5	3
Level 3	Incline	0.5	1	2	2	1.5	1	1	1	1.5	2
	Speed	0.8	1.6	3	3.5	4	4.5	5	4.5	4	3.5
Level 4	Incline	0.5	1	2	2	1.5	1	1	1	1.5	2
	Speed	0.8	1.6	3.5	4	4.5	5	5.5	5	4.5	4
Level 5	Incline	1	1.5	2.5	2.5	2	1.5	1.5	1.5	2	2.5
	Speed	1	2	4	4.5	5	5.5	6	5.5	5	4.5
Level 6	Incline	1	1.5	2.5	2.5	2	1.5	1.5	1.5	2	2.5
	Speed	1	2	4.5	5	5.5	6	6.5	6	5.5	5
Level 7	Incline	1.5	2	3	3	2.5	2	2	2	2.5	3
	Speed	1.3	2.6	5	5.5	6	6.5	7	6.5	6	5.5
Level 8	Incline	1.5	2	3	3	2.5	2	2	2	2.5	3
	Speed	1.3	2.6	5.5	6	6.5	7	7.5	7	6.5	6
Level 9	Incline	2	2.5	3.5	3.5	3	2.5	2.5	2.5	3	3.5
	Speed	1.5	3	6	6.5	7	7.5	8	7.5	7	6.5
Level 10	Incline	2	2.5	3.5	3.5	3	2.5	2.5	2.5	3	3.5
	Speed	1.5	3	6.5	7	7.5	8	8.5	8	7.5	7

**5K:** A workout with a fixed distance of 5 kilometers (3.1 miles). Incline is adjusted automatically throughout the workout.

Segment	Warm Up		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Distance	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km
Level 1	0	0.5	1	3	1	3	2	3	2	3.5	2	3	2	3	1	3	1
Level 2	0	0.5	1	3	2	3	2	3	2.5	3.5	2.5	3	2	3	2	3	1
Level 3	0.5	1	1.5	3.5	1.5	3.5	2.5	3.5	2.5	4	2.5	3.5	2.5	3.5	1.5	3.5	1.5
Level 4	0.5	1	1.5	3.5	2.5	3.5	2.5	3.5	3	4	3	3.5	2.5	3.5	2.5	3.5	1.5
Level 5	1	1.5	2	4	2	4	3	4	3	4.5	3	4	3	4	2	4	2
Level 6	1	1.5	2	4	3	4	3	4	3.5	4.5	3.5	4	3	4	3	4	2
Level 7	1.5	2	2.5	4.5	2.5	4.5	3.5	4.5	3.5	5	3.5	4.5	3.5	4.5	2.5	4.5	2.5
Level 8	1.5	2	2.5	4.5	3.5	4.5	3.5	4.5	4	5	4	4.5	3.5	4.5	3.5	4.5	2.5
Level 9	2	2.5	3	5	3	5	4	5	4	5.5	4	5	4	5	3	5	3
Level 10	2	2.5	3	5	4	5	4	5	4.5	5.5	4.5	5	4	5	4	5	3

**FITNESS TEST:** The Military Test programs and the Physical Efficiency Battery (PEB) provide workouts of a preset distance. These distances are established by the various branches of the Military. The objective of each test is to complete the distance as quickly as possible. At the completion of the test, a time-based score as defined by the respective Military branch will be shown on the console.

**PEB** - This fitness test is based on the running portion of the United States Federal Law Enforcement physical fitness test. The score (0-95) is determined by the time needed to complete a 1.5 mile run, the runner's age, and gender. The user adjusts their speed and incline as they want. The faster you can run this distance, the better your score will be.

- [PEB Fitness Test Scoring](#)

**Marines** - This fitness test is based on the running portion of the United States Marine Corps physical fitness test. The score (0-100) is determined by the time needed to complete a 3-mile run, the runner's age, and gender. The user adjusts their speed and incline as they want. The faster you can run this distance, the better your score will be.

- [Marines Fitness Test Scoring](#)

**Air Force** - This fitness test is based on the running portion of the United States Air Force physical fitness test. The score (0-50) is determined by the time needed to complete a 1.5 mile run, the runner's age, and gender. The user adjusts their speed and incline as they want. The faster you can run this distance, the better your score will be.

- [Air Force Fitness Test Scoring](#)

**Navy** - This fitness test is based on the running portion of the United States Navy physical fitness test. The score (45-100) is determined by the time needed to complete a 1.5 mile run, the runner's age, and gender. The user adjusts their speed and incline as they want. The faster you can run this distance, the better your score will be.

- [Navy Fitness Test Scoring - Male](#)
- [Navy Fitness Test Scoring - Female](#)

**Army** - This fitness test is based on the running portion of the United States Army physical fitness test. The score (0-100) is determined by the time needed to complete a 2-mile run, the runner's age, and gender. The user adjusts their speed and incline as they want. The faster you can run this distance, the better your score will be.

- [Army Fitness Test Scoring - Male](#)
- [Army Fitness Test Scoring - Female](#)

**Note:** Programs may vary based on model and default settings.