

profiles

① time

25 min.

② elevation

25 min.

③ speed

25 min.

④ time

25 min.

⑤ elevation

25 min.

⑥ speed

25 min.

tests / protocols

- 01 UKK 2 km Walk-Test
- 02 Graded-Protocol
- 03 Conconi-Protocol
- 04 Bruce-Protocol
- 05 Naughton-Protocol
- 06 Balke-Protocol
- 07 Cooper-Protocol
- 08 Ellestad A
- 09 Ellestad B
- 10 Ramp
- 21 User profile 1
- 22 User profile 2
- 23 User profile 3
- 24 User profile 4

operating instructions

Use at one's own risk - the manufacturer is not going to take responsibility for any damage done.
 Read danger precautions - use only with guidance and permanent supervision.
 It is only allowed for one person at a time to use the treadmill.
 Children and animals are to be kept away from the treadmill.
 Maximum permissible load on the running deck 200 kg (400 lbs) - see manual.
 Always mount the treadmill from the rear. Never jump off backwards or to the front.
 Use only with appropriate clothing and shoes. Danger at belt-reentry-zones.
 For reasons of health please consult your doctor before using the treadmill.
 Before starting, unlock the red emergency-stop - in case of danger press emergency stop.
 Before running, walk for some minutes and warm-up properly.
 In case of feeling sick or dizzy, stop training instantly and see a doctor.
 Normally finish training by pressing the stop button - use emergency stop in danger only.
 © 2002 h/p/cosmos Made in Germany COS10253

Training

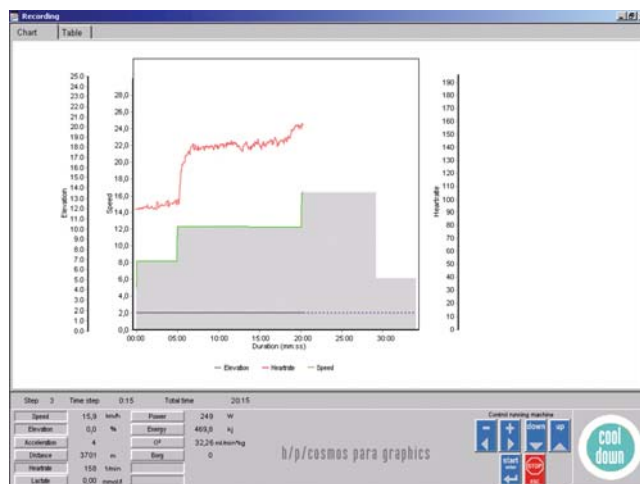
	SPEED m/sec	SPEED km/h	TIME min	ELEVATION PROGRAM %
Profil 1 Endurance interval for beginners				
Warming up	1.8	6.5	4.0	0.0
High 1	2.5	9.0	0.5	0.0
Low 1	1.8	6.5	3.0	0.0
High 2	2.5	9.0	0.5	0.0
Low 2	1.8	6.5	3.0	0.0
High 3	2.5	9.0	0.5	0.0
Low 3	1.8	6.5	3.0	0.0
High 4	2.5	9.0	0.5	0.0
Low 4	1.8	6.5	3.0	0.0
High 5	2.5	9.0	0.5	0.0
Low 5	1.8	6.5	3.0	0.0
High 6	2.5	9.0	0.5	0.0
Low 6	1.8	6.5	3.0	0.0
			25 min	
Profil 2 Endurance interval standard				
Warming up	2.0	7.2	5.0	0.0
High 1	2.5	9.0	3.0	0.0
Low 1	2.0	7.2	2.0	0.0
High 2	2.5	9.0	3.0	0.0
Low 2	2.0	7.2	2.0	0.0
High 3	2.5	9.0	3.0	0.0
Low 3	2.0	7.2	2.0	0.0
High 4	2.5	9.0	3.0	0.0
Low 4	2.0	7.2	2.0	0.0
			25 min	

h/p/cosmos sports & medical gmbh Am Sportplatz 8 DE 83365 Nussdorf-Traunstein / Germany
 phone +49 (0) 86 69 / 86 42-0 fax +49 (0) 86 69 / 86 42-49 email@h-p-cosmos.com www.h-p-cosmos.com
 file: I:\manuals\en\05_operation\h-p-cosmos_test_training_profiles.doc
 © 2004 h/p/cosmos sports & medical gmbh created 22.07.2004 printed 22.07.2004 page: 1 of 5

Profil 3 Progressive intervall	SPEED [] m/sec	SPEED [] km/h	TIME [] min	ELEVATION [] % PROGRAM
Warming up	2.8	10.1	4.0	0.0
High 1	3.2	11.5	2.0	0.0
Low 1	2.8	10.1	2.0	0.0
High 2	3.6	13.0	1.0	0.0
Low 2	2.8	10.1	2.0	0.0
High 3	4.0	14.4	1.0	0.0
Low 3	2.8	10.1	2.0	0.0
High 4	3.6	13.0	1.0	0.0
Low 4	2.8	10.1	2.0	0.0
High 5	3.2	11.5	1.0	0.0
Low 5	2.8	10.1	2.0	0.0
High 6	3.2	11.5	1.0	0.0
Low 6	2.8	10.1	4.0	0.0
			25 min	
Profil 4 Endurance intervall for beginners	SPEED [] m/sec	SPEED [] km/h	TIME [] min	ELEVATION [] % PROGRAM
Warming up	1.8	6.5	4.0	0.0
High 1	2.5	9.0	0.5	5.0
Low 1	1.8	6.5	3.0	0.0
High 2	2.5	9.0	0.5	10.0
Low 2	1.8	6.5	3.0	0.0
High 3	2.5	9.0	0.5	10.0
Low 3	1.8	6.5	3.0	0.0
High 4	2.5	9.0	0.5	10.0
Low 4	1.8	6.5	3.0	0.0
High 5	2.5	9.0	0.5	10.0
Low 5	1.8	6.5	3.0	0.0
High 6	2.5	9.0	0.5	10.0
Low 6	1.8	6.5	3.0	0.0
			25 min	

Profil 5 Endurance interval standard	SPEED m/sec	SPEED km/h	TIME min	ELEVATION PROGRAM %
Warming up	2.0	7.2	5.0	5.0
High 1	2.5	9.0	3.0	0.0
Low 1	2.0	7.2	2.0	10.0
High 2	2.5	9.0	3.0	0.0
Low 2	2.0	7.2	2.0	10.0
High 3	2.5	9.0	3.0	0.0
Low 3	2.0	7.2	2.0	10.0
High 4	2.5	9.0	3.0	0.0
Low 4	2.0	7.2	2.0	10.0
			25 min	
Profil 6 Progressive intervall / elevation	SPEED m/sec	SPEED km/h	TIME min	ELEVATION PROGRAM %
Warming up	2.8	10.1	4.0	0.0
High 1	3.2	11.5	2.0	10.0
Low 1	2.8	10.1	2.0	0.0
High 2	3.6	13.0	1.0	7.5
Low 2	2.8	10.1	2.0	0.0
High 3	4.0	14.4	1.0	5.0
Low 3	2.8	10.1	2.0	0.0
High 4	3.6	13.0	1.0	7.5
Low 4	2.8	10.1	2.0	0.0
High 5	3.2	11.5	1.0	5.0
Low 5	2.8	10.1	2.0	0.0
High 6	3.2	11.5	1.0	5.0
Low 6	2.8	10.1	4.0	0.0
			25 min	

For a better documentation we recommend to use a printer linked to the serial interface RS 232 or/and to use an external PC with the Software h/p/cosmos para graphics®.



Test

Test no.	Description test / profil	Comment / Programing																																
1	UKK 2-km walk test (UKK-Institute Tampere/Finland)	Fitness test with evaluation and display of fitness index																																
2	Graded test	<p>Endurance test (max. Load Test) with the parameters</p> <ul style="list-style-type: none"> ■ Start speed ■ Step length in min:sec. ■ Increment / Step height ■ Acceleration level ■ Break time in min:sec <p>(e.g. for determination of anaerobic threshold by means of taking blood samples during the load-brakes and lactate analysis with external lactate analysing equipment.</p> <p>Standard load profile:</p> <ul style="list-style-type: none"> ■ Start speed: 8.0 km/h, must be changed according the conditions of the subject ■ Step length: 3 min. (can be changed) ■ Increment: 2.0 km/h (can be changed) ■ Acceleration level: 4 (adjustable from 1 to 5) ■ Break time: 30 sec. (can be changed) <p>STOP must be activated manually by the medical doctor.</p>																																
3	Conconi test e.g. for determination of anaerobic threshold via heart rate curve of the subject	<p>Endurance test (max. heart rate test)</p> <p>Standard load profile:</p> <ul style="list-style-type: none"> ■ Starting speed: 8.0 km/h, must be changed according the conditions of the subject ■ Circuit (lap length): 200m (can be changed) ■ Increment: 0.5 km/h (can be changed) <p>STOP must be activated manually by the medical doctor when the subject is fully exhausted.</p>																																
4	Bruce protocol e.g. for ECG stress test	<table border="1"> <thead> <tr> <th>Step</th> <th>Time</th> <th>Speed.</th> <th>Elevation</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>3 min</td> <td>2.7 km/h</td> <td>10.0 %</td> </tr> <tr> <td>2</td> <td>3 min</td> <td>4.0 km/h</td> <td>12.0 %</td> </tr> <tr> <td>3</td> <td>3 min</td> <td>5.4 km/h</td> <td>14.0 %</td> </tr> <tr> <td>4</td> <td>3 min</td> <td>6.7 km/h</td> <td>16.0 %</td> </tr> <tr> <td>5</td> <td>3 min</td> <td>8.0 km/h</td> <td>18.0 %</td> </tr> <tr> <td>6</td> <td>3 min</td> <td>8.8 km/h</td> <td>20.0 %</td> </tr> <tr> <td>7</td> <td>3 min</td> <td>9.6 km/h</td> <td>22.0 %</td> </tr> </tbody> </table>	Step	Time	Speed.	Elevation	1	3 min	2.7 km/h	10.0 %	2	3 min	4.0 km/h	12.0 %	3	3 min	5.4 km/h	14.0 %	4	3 min	6.7 km/h	16.0 %	5	3 min	8.0 km/h	18.0 %	6	3 min	8.8 km/h	20.0 %	7	3 min	9.6 km/h	22.0 %
Step	Time	Speed.	Elevation																															
1	3 min	2.7 km/h	10.0 %																															
2	3 min	4.0 km/h	12.0 %																															
3	3 min	5.4 km/h	14.0 %																															
4	3 min	6.7 km/h	16.0 %																															
5	3 min	8.0 km/h	18.0 %																															
6	3 min	8.8 km/h	20.0 %																															
7	3 min	9.6 km/h	22.0 %																															
5	Naughton protocol e.g. for ECG stress test	<table border="1"> <thead> <tr> <th>Step</th> <th>Time</th> <th>Speed.</th> <th>Elevation</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>3 min</td> <td>3.0 km/h</td> <td>0.0 %</td> </tr> <tr> <td>2</td> <td>3 min</td> <td>3.0 km/h</td> <td>3.5 %</td> </tr> <tr> <td>3</td> <td>3 min</td> <td>3.0 km/h</td> <td>7.0 %</td> </tr> <tr> <td>4</td> <td>3 min</td> <td>3.0 km/h</td> <td>10.5 %</td> </tr> <tr> <td>5</td> <td>3 min</td> <td>3.0 km/h</td> <td>14.0 %</td> </tr> <tr> <td>6</td> <td>3 min</td> <td>3.0 km/h</td> <td>17.5 %</td> </tr> </tbody> </table>	Step	Time	Speed.	Elevation	1	3 min	3.0 km/h	0.0 %	2	3 min	3.0 km/h	3.5 %	3	3 min	3.0 km/h	7.0 %	4	3 min	3.0 km/h	10.5 %	5	3 min	3.0 km/h	14.0 %	6	3 min	3.0 km/h	17.5 %				
Step	Time	Speed.	Elevation																															
1	3 min	3.0 km/h	0.0 %																															
2	3 min	3.0 km/h	3.5 %																															
3	3 min	3.0 km/h	7.0 %																															
4	3 min	3.0 km/h	10.5 %																															
5	3 min	3.0 km/h	14.0 %																															
6	3 min	3.0 km/h	17.5 %																															

6	Balke protocol e.g. for ECG stress test	Step	Time	Speed.	Elevation
		1	2 min	5.0 km/h	2.5 %
		2	2 min	5.0 km/h	5.0 %
		3	2 min	5.0 km/h	7.5 %
		4	2 min	5.0 km/h	10.0 %
		5	2 min	5.0 km/h	12.5 %
		6	2 min	5.0 km/h	15.0 %
		7	2 min	5.0 km/h	17.5 %
		8	2 min	5.0 km/h	20.0 %
		9	2 min	5.0 km/h	22.5 %
10	2 min	5.0 km/h	25.0 % (running machines with sizes 150/50 cm max. 24%)		
7	Cooper protocol e.g. for ECG stress test	<ul style="list-style-type: none"> ■ Start at 5.3 km/h and 0% elevation. ■ after 1 minutes: elevation increase to 2 % ■ after another minute the elevation will be increased by 1% every minute. ■ when elevation is 25%: elevation stays constant and the speed is going to be increased by 0.32 km/h every minute. <p>STOP must be activated manually by the medical doctor when the subject is fully exhausted</p>			
8	Ellestad A Protokoll e.g. for ECG stress test	Step	Time	Speed.	Elevation
		1	3 min	2.7 km/h	10.0 %
		2	3 min	4.8 km/h	10.0 %
		3	3 min	6.4 km/h	10.0 %
		4	3 min	8.0 km/h	10.0 %
9	Ellestad B Protokoll e.g. for ECG stress test	Step	Time	Speed.	Elevation
		1	3 min	2.7 km/h	10.0 %
		2	3 min	4.8 km/h	10.0 %
		3	3 min	6.4 km/h	10.0 %
		4	3 min	8.0 km/h	10.0 %
		5	3 min	8.0 km/h	15.0 %
6	3 min	9.6 km/h	15.0 %		
10	Ramp profil (not for all models available)	<p>Ramp Profile with 2 parameters:</p> <ul style="list-style-type: none"> ■ Target speed: Standard: 10.0 km/h; adjustable from 0 to maximum speed of the treadmill. ■ Time for reaching target speed in seconds: Standard: 10 seconds; adjustable from 0 to 99 seconds 			
11 - 20	not engaged / reserved	For following extensions and up-dates			
21	free definable user profile	max. 10 Program steps / not scaleable			
22	free definable user profile	max. 10 Program steps / not scaleable			
23	free definable user profile	max. 10 Program steps / not scaleable			
24	free definable user profile	max. 10 Program step / not scaleable			

For a better documentation we recommend to use a printer linked to the serial interface RS 232 or/and to use an external PC with the Software h/p/cosmos para graphics®.