GYM form®

SLIM FOLD TREADMILL PRO

- Workout Guide
- Guía de entrenamiento
- Guide de séance d'entraînement
- Training Führer
- Guida di allenamento
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- Training gids

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GYMFORM® SLIM FOLD TREADMILL PRO WORKOUT GUIDE

We recommend starting at the beginner's level and gradually increasing the level when you are ready.

- Before beginning the workout, make sure you have read and understand the instruction manual.
- This table is a guide. You can adjust the speeds to your own fitness level.
- The speeds and times have to be adjusted by the user in manual programme P0.

BEGINNER'S LEVEL 1: 10 MINUTES

Minutes	Speed	Concept
1	2.0	Warm-up
2	3.0	
3	4.0	Intervals
4	2.0	
5	4.0	
6	2.0	
7	4.0	
8	3.5	Cool-down
9	3.0	
10	2.0	

BEGINNER'S LEVEL 2: 20 MINUTES

Minutes	Speed	Concept
1	1.0-3.0	Warm-up
2	1.0-3.0	
3	1.0-3.0	
4	1.0-3.0	
5	1.0-3.0	
6	4.0	Intervals
7	2.0	
8	4.0	
9	2.0	
10	4.0	
11	2.0	
12	4.5	Intervals
13	2.0	
14	4.5	
15	2.0	
16	3.5	Cool-down
17	3.0	
18	2.5	
19	2.0	
20	1.5	

INTERMEDIATE LEVEL 1: 20 MINUTES

Minutes	Speed	Concept
1	2.0	Warm-up
2	2.5	
3	3.0	
4	3.5	
5	4.0	
6	5.0	Intervals
7	3.0	
8	5.0	
9	3.0	
10	5.5	
11	3.0	
12	5.5	
13	3.0	
14	5.5	
15	4.5	Cool-down
16	4.0	
17	3.5	
18	3.0	
19	2.5	
20	2.0	

INTERMEDIATE LEVEL 2: 30 MINUTES

Minutes	Speed	Concept
1	3.0	Warm-up
2	3.5	
3	4.0	
4	4.5	
5	5.0	
6	5.0	Uphill series
7	5.5	
8	6.0	
9	6.5	
10	7.0	
11	3.0	Recovery
12	3.0	
13	7.0	Downhill series
14	6.5	
15	6.0	
16	5.5	
17	5.0	
18	2.5	Recovery
19	2.5	
20	6.5	Intervals
21	3.5	
22	6.5	
23	3.5	
24	6.5	
25	6.0	Cool-down
26	5.5	
27	4.5	
28	3.5	
29	2.5	
30	2.5	

ADVANCED LEVEL 1: 30 MINUTES

Minutes	Speed	Concept
1	3.0	Warm-up
2	4.0	
3	5.0	
4	6.0	
5	7.0	
6	7.5	Intervals
7	4.0	
8	7.5	
9	4.0	
10	7.5	
11	4.0	
12	7.5	
13	4.0	
14	7.5	
15	4.0	
16	3.5	Rest
17	3.5	
18	8.5	Intervals
19	3.5	
20	8.5	
21	3.5	
22	8.5	
23	3.5	
24	8.5	
25	3.5	
26	·-	Sprint at your maximum speed
27	·-	
28	3.0	Cool-down
29	3.0	
30	3.0	

ADVANCED LEVEL 2: 60 MINUTES
First 30-minute series

Minutes	Speed	Concept
1	3.0	Warm-up
2	4.0	
3	5.0	
4	6.0	
5	7.0	
6	8.0	Uphill series
7	8.5	
8	9.0	
9	9.5	
10	10.0	
11	4.0	Recovery
12	4.0	
13	10.0	Downhill series
14	9.0	
15	8.0	
16	7.0	
17	6.0	
18		Sprint at your maximum speed
19		
20	3.5	Recovery
21	3.5	
22		Intervals
23	9.5	
24	4.0	
25	9.5	
26	4.0	
27	9.5	
28	4.0	
29	3.5	Recovery
30	3.5	

Second 30-minute series		
1	3.5	Recovery
2	3.5	
3	9.5	Intervals
4	4.0	
5	9.5	
6	4.0	
7	9.5	
8	4.0	
9	9.5	
10	4.0	
11	9.5	
12	4.0	
13	3.5	Recovery
14	3.5	
15	9.5	Intervals
16	4.0	
17	9.5	
18	4.0	
19	9.5	
20	4.0	
21	9.5	
22	4.0	
23	7.5	Downhill series
24	6.5	
25	5.5	
26	4.5	
27	3.5	
28	3.0	Cool-down
29	3.0	
30	3.0	

Guía de entrenamiento
GYMFORM® SLIM FOLD TREADMILL PRO

Aconsejamos empezar por el nivel principiante e ir subiendo de nivel cuando se vea preparado para ello.

- Antes de empezar el entreno asegúrese de que ha leído y entendido el manual de instrucciones.
- Esta tabla es orientativa, puede modificar las velocidades a su conveniencia.
- Las velocidades y tiempo deberán ser modificadas por el usuario en el programa manual P0.

NIVEL PRINCIPIANTE 1 - 10 MINUTOS

Minuto	Velocidad	Concepto
1	2.0	Calentamiento
2	3.0	
3	4.0	Intervalos
4	2.0	
5	4.0	
6	2.0	
7	4.0	
8	3.5	Enfriamiento
9	3.0	
10	2.0	

NIVEL PRINCIPIANTE 2- 20 MINUTOS

Minuto	Velocidad	Concepto
1	1.0-3.0	Calentamiento
2	1.0-3.0	
3	1.0-3.0	
4	1.0-3.0	
5	1.0-3.0	
6	4.0	Intervalos
7	2.0	
8	4.0	
9	2.0	
10	4.0	
11	2.0	
12	4.5	Intervalos
13	2.0	
14	4.5	
15	2.0	
16	3.5	Enfriamiento
17	3.0	
18	2.5	
19	2.0	
20	1.5	

NIVEL INTERMEDIO 1- 20 MINUTOS		
Minuto	**Velocidad**	**Concepto**
1	2.0	Calentamiento
2	2.5	
3	3.0	
4	3.5	
5	4.0	
6	5.5	Intervalos
7	3.0	
8	5.5	
9	3.0	
10	5.5	
11	3.0	
12	5.5	
13	3.0	
14	5.5	
15	4.5	Enfriamiento
16	4.0	
17	3.5	
18	3.0	
19	2.5	
20	2.0	

NIVEL INTERMEDIO 2- 30 MINUTOS		
Minuto	**Velocidad**	**Concepto**
1	3.0	Calentamiento
2	3.5	
3	4.0	
4	4.5	
5	5.0	
6	5.0	Serie ascendente
7	5.5	
8	6.0	
9	6.5	
10	7.0	
11	3.0	Recuperación
12	3.0	
13	7.0	Serie descendente
14	6.5	
15	6.0	
16	5.5	
17	5.0	
18	2.5	Recuperación
19	2.5	
20	6.5	Intervalos
21	3.5	
22	6.5	
23	3.5	
24	6.5	
25	6.0	Enfriamiento
26	5.5	
27	4.5	
28	3.5	
29	2.5	
30	2.5	

NIVEL AVANZADO 1 - 30 MINUTOS

Minuto	Velocidad	Concepto
1	3.0	Calentamiento
2	4.0	
3	5.0	
4	6.0	
5	7.0	
6	7.5	Intervalos
7	4.0	
8	7.5	
9	4.0	
10	7.5	
11	4.0	
12	7.5	
13	4.0	
14	7.5	
15	4.0	
16	3.5	Descanso
17	3.5	
18	8.5	Intervalos
19	3.5	
20	8.5	
21	3.5	
22	8.5	
23	3.5	
24	8.5	
25	3.5	
26	·-	Sprint a la máxima velocidad que pueda
27	·-	
28	3.0	Enfriamiento
29	3.0	
30	3.0	

NIVEL AVANZADO 2 - 60 MINUTOS
1a serie de 30 minutos

Minuto	Velocidad	Concepto
1	3.0	Calentamiento
2	4.0	
3	5.0	
4	6.0	
5	7.0	
6	8.0	Serie ascendente
7	8.5	
8	9.0	
9	9.5	
10	10.0	
11	4.0	Recuperación
12	4.0	
13	10.0	Serie descendente
14	9.0	
15	8.0	
16	7.0	
17	6.0	
18		Sprint a la máxima velocidad que pueda
19		
20	3.5	Recuperación
21	3.5	
22		Intervalos
23	9.5	
24	4.0	
25	9.5	
26	4.0	
27	9.5	
28	4.0	
29	3.5	Recuperación
30	3.5	

2a serie de 30 minutos		
1	3.5	Recuperación
2	3.5	
3	9.5	Intervalos
4	4.0	
5	9.5	
6	4.0	
7	9.5	
8	4.0	
9	9.5	
10	4.0	
11	9.5	
12	4.0	
13	3.5	Recuperación
14	3.5	
15	9.5	Intervalos
16	4.0	
17	9.5	
18	4.0	
19	9.5	
20	4.0	
21	9.5	
22	4.0	
23	7.5	Serie descendente
24	6.5	
25	5.5	
26	4.5	
27	3.5	
28	3.0	Enfriamiento
29	3.0	
30	3.0	

Guide d'entraînement
GYMFORM® SLIM FOLD TREADMILL PRO

Nous vous conseillons de commencer par le niveau débutant et de passer au niveau suivant lorsque vous vous sentez prêt.e.

- Avant de commencer l'entraînement, assurez-vous d'avoir lu et compris la notice d'utilisation.
- Ces tableaux sont fournis à titre indicatif. Vous pouvez modifier la vitesse à votre convenance.
- En mode manuel (programme P0), la vitesse et la durée doivent être réglés par l'utilisateur.

NIVEAU DÉBUTANT 1 : 10 MINUTES

Durée en minutes	Vitesse	Concept
1	2.0	Échauffement
2	3.0	
3	4.0	Fractionné
4	2.0	
5	4.0	
6	2.0	
7	4.0	
8	3.5	Refroidissement
9	3.0	
10	2.0	

NIVEAU DÉBUTANT 2 : 20 MINUTES

Durée en minutes	Vitesse	Concept
1	1.0-3.0	Échauffement
2	1.0-3.0	
3	1.0-3.0	
4	1.0-3.0	
5	1.0-3.0	
6	4.0	Fractionné
7	2.0	
8	4.0	
9	2.0	
10	4.0	
11	2.0	
12	4.5	Fractionné
13	2.0	
14	4.5	
15	2.0	
16	3.5	Refroidissement
17	3.0	
18	2.5	
19	2.0	
20	1.5	

NIVEAU INTERMÉDIAIRE 1 : 20 MINUTES

Durée en minutes	Vitesse	Concept
1	2.0	Échauffement
2	2.5	
3	3.0	
4	3.5	
5	4.0	
6	5.5	Fractionné
7	3.0	
8	5.5	
9	3.0	
10	5.5	
11	3.0	
12	5.5	
13	3.0	
14	5.5	
15	4.5	Refroidissement
16	4.0	
17	3.5	
18	3.0	
19	2.5	
20	2.0	

NIVEAU INTERMÉDIAIRE 2 : 30 MINUTES

Durée en minutes	Vitesse	Concept
1	3.0	Échauffement
2	3.5	
3	4.0	
4	4.5	
5	5.0	
6	5.0	Série ascendante
7	5.5	
8	6.0	
9	6.5	
10	7.0	
11	3.0	Recuperación
12	3.0	
13	7.0	Série descendante
14	6.5	
15	6.0	
16	5.5	
17	5.0	
18	2.5	Récupération
19	2.5	
20	6.5	Fractionné
21	3.5	
22	6.5	
23	3.5	
24	6.5	
25	6.0	Refroidissement
26	5.5	
27	4.5	
28	3.5	
29	2.5	
30	2.5	

NIVEAU AVANCÉ 1 : 30 MINUTES

Durée en minutes	Vitesse	Concept
1	3.0	Échauffement
2	4.0	
3	5.0	
4	6.0	
5	7.0	
6	7.5	Fractionné
7	4.0	
8	7.5	
9	4.0	
10	7.5	
11	4.0	
12	7.5	
13	4.0	
14	7.5	
15	4.0	
16	3.5	Repos
17	3.5	
18	8.5	Fractionné
19	3.5	
20	8.5	
21	3.5	
22	8.5	
23	3.5	
24	8.5	
25	3.5	
26	·-	Sprint á vitesse maximale
27	·-	
28	3.0	Refroidissement
29	3.0	
30	3.0	

NIVEAU AVANCÉ 2 : 60 MINUTES
1re série de 30 minutes

Durée en minutes	Vitesse	Concept
1	3.0	Échauffement
2	4.0	
3	5.0	
4	6.0	
5	7.0	
6	8.0	Série ascendante
7	8.5	
8	9.0	
9	9.5	
10	10.0	
11	4.0	Récupération
12	4.0	
13	10.0	Serie descendente
14	9.0	
15	8.0	
16	7.0	
17	6.0	
18		Sprint á vitesse maximale
19		
20	3.5	Récupération
21	3.5	
22		Fractionné
23	9.5	
24	4.0	
25	9.5	
26	4.0	
27	9.5	
28	4.0	
29	3.5	Recuperación
30	3.5	

2e série de 30 minutes		
1	3.5	Récupération
2	3.5	
3	9.5	Fractionné
4	4.0	
5	9.5	
6	4.0	
7	9.5	
8	4.0	
9	9.5	
10	4.0	
11	9.5	
12	4.0	
13	3.5	Récupération
14	3.5	
15	9.5	Fractionné
16	4.0	
17	9.5	
18	4.0	
19	9.5	
20	4.0	
21	9.5	
22	4.0	
23	7.5	Série descendante
24	6.5	
25	5.5	
26	4.5	
27	3.5	
28	3.0	Refroidissement
29	3.0	
30	3.0	

Trainingsleitfaden
GYMFORM® SLIM FOLD TREADMILL PRO

Wir empfehlen, mit dem Anfängerlevel zu beginnen und den nächsten Level dann in Angriff zu nehmen, wenn Sie sich fit genug fühlen.

- Stellen Sie vor dem Training sicher, die Gebrauchsanweisung gelesen und verstanden zu haben.
- Diese Tabelle dient nur Anschauungszwecken. Sie können die Geschwindigkeiten nach Bedarf anpassen.
- Die Geschwindigkeiten und Zeiträume können vom Benutzer im manuellen Programm P0 geändert werden.

ANFÄNGER STUFE 1 - 10 MINUTEN

Minute	Geschwindigkeit	Beschreibung
1	2.0	Aufwärmen
2	3.0	
3	4.0	Intervalle
4	2.0	
5	4.0	
6	2.0	
7	4.0	
8	3.5	Abkühlen
9	3.0	
10	2.0	

ANFÄNGER STUFE 2 - 20 MINUTEN

Minute	Geschwindigkeit	Beschreibung
1	1.0-3.0	Aufwärmen
2	1.0-3.0	
3	1.0-3.0	
4	1.0-3.0	
5	1.0-3.0	
6	4.0	Intervalle
7	2.0	
8	4.0	
9	2.0	
10	4.0	
11	2.0	
12	4.5	Intervalle
13	2.0	
14	4.5	
15	2.0	
16	3.5	Abkühlen
17	3.0	
18	2.5	
19	2.0	
20	1.5	

FORTGESCHRITTENE STUFE 1 - 20 MINUTEN

Minute	Geschwindigkeit	Beschreibung
1	2.0	Aufwärmen
2	2.5	
3	3.0	
4	3.5	
5	4.0	
6	5.5	Intervalle
7	3.0	
8	5.5	
9	3.0	
10	5.5	
11	3.0	
12	5.5	
13	3.0	
14	5.5	
15	4.5	Abkühlen
16	4.0	
17	3.5	
18	3.0	
19	2.5	
20	2.0	

FORTGESCHRITTE STUFE 2 - 30 MINUTEN

Minute	Geschwindigkeit	Beschreibung
1	3.0	Aufwärmen
2	3.5	
3	4.0	
4	4.5	
5	5.0	
6	5.0	Aufsteigende Serie
7	5.5	
8	6.0	
9	6.5	
10	7.0	
11	3.0	Erholung
12	3.0	
13	7.0	Absteigende Serie
14	6.5	
15	6.0	
16	5.5	
17	5.0	
18	2.5	Erholung
19	2.5	
20	6.5	Intervalle
21	3.5	
22	6.5	
23	3.5	
24	6.5	
25	6.0	Abkühlen
26	5.5	
27	4.5	
28	3.5	
29	2.5	
30	2.5	

PROFIS STUFE 1 - 30 MINUTEN

Minute	Geschwindigkeit	Beschreibung
1	3.0	Aufwärmen
2	4.0	
3	5.0	
4	6.0	
5	7.0	
6	7.5	Intervalle
7	4.0	
8	7.5	
9	4.0	
10	7.5	
11	4.0	
12	7.5	
13	4.0	
14	7.5	
15	4.0	
16	3.5	Pause
17	3.5	
18	8.5	Intervalle
19	3.5	
20	8.5	
21	3.5	
22	8.5	
23	3.5	
24	8.5	
25	3.5	
26	·-	Sprint auf höchstmöglicher Geschwindigkeit
27	·-	
28	3.0	Abkühlen
29	3.0	
30	3.0	

PROFI STUFE 2 - 60 MINUTEN
1, Serie mit 30 Minuten

Minute	Geschwindigkeit	Beschreibung
1	3.0	Aufwärmen
2	4.0	
3	5.0	
4	6.0	
5	7.0	
6	8.0	Aufsteigende Serie
7	8.5	
8	9.0	
9	9.5	
10	10.0	
11	4.0	Erholung
12	4.0	
13	10.0	Absteigende Serie
14	9.0	
15	8.0	
16	7.0	
17	6.0	
18		Sprint auf höchstmöglicher Geschwindigkeit
19		
20	3.5	Erholung
21	3.5	
22		Intervalle
23	9.5	
24	4.0	
25	9.5	
26	4.0	
27	9.5	
28	4.0	
29	3.5	Erholung
30	3.5	

2, Serie mit 30 Minuten		
1	3.5	Erholung
2	3.5	
3	9.5	Intervalle
4	4.0	
5	9.5	
6	4.0	
7	9.5	
8	4.0	
9	9.5	
10	4.0	
11	9.5	
12	4.0	
13	3.5	Erholung
14	3.5	
15	9.5	Intervalle
16	4.0	
17	9.5	
18	4.0	
19	9.5	
20	4.0	
21	9.5	
22	4.0	
23	7.5	Absteigende Serie
24	6.5	
25	5.5	
26	4.5	
27	3.5	
28	3.0	Abkühlen
29	3.0	
30	3.0	

Guida di allenamento
GYMFORM® SLIM FOLD TREADMILL PRO

Consigliamo di iniziare dal livello principiante e di salire di livello man mano che si è più allenati.

- Prima di iniziare l'allenamento assicurarsi di aver letto e compreso il manuale di istruzioni.
- Queste tabelle sono orientative. È possibile modificare le velocità a proprio piacimento.
- Le velocità e i tempi dovranno essere modificati dall'utente nel programma manuale P0.

LIVELLO PRINCIPIANTE 1 - 10 MINUTI

Minuto	Velocità	Fase
1	2.0	Riscaldamento
2	3.0	
3	4.0	Intervalli
4	2.0	
5	4.0	
6	2.0	
7	4.0	
8	3.5	Defaticamento
9	3.0	
10	2.0	

LIVELLO PRINCIPIANTE 2 - 20 MINUTI

Minuto	Velocità	Fase
1	1.0-3.0	Riscaldamento
2	1.0-3.0	
3	1.0-3.0	
4	1.0-3.0	
5	1.0-3.0	
6	4.0	Intervalli
7	2.0	
8	4.0	
9	2.0	
10	4.0	
11	2.0	
12	4.5	Intervalli
13	2.0	
14	4.5	
15	2.0	
16	3.5	Defaticamento
17	3.0	
18	2.5	
19	2.0	
20	1.5	

LIVELLO INTERMEDIO 1 - 20 MINUTI

Minuto	Velocità	Fase
1	2.0	Riscaldamento
2	2.5	
3	3.0	
4	3.5	
5	4.0	
6	5.5	Intervalli
7	3.0	
8	5.5	
9	3.0	
10	5.5	
11	3.0	
12	5.5	
13	3.0	
14	5.5	
15	4.5	Defaticamento
16	4.0	
17	3.5	
18	3.0	
19	2.5	
20	2.0	

LIVELLO INTERMEDIO 2 - 30 MINUTI

Minuto	Velocità	Fase
1	3.0	Riscaldamento
2	3.5	
3	4.0	
4	4.5	
5	5.0	
6	5.0	Serie ascendente
7	5.5	
8	6.0	
9	6.5	
10	7.0	
11	3.0	Recupero
12	3.0	
13	7.0	Serie discendente
14	6.5	
15	6.0	
16	5.5	
17	5.0	
18	2.5	Recupero
19	2.5	
20	6.5	Intervalli
21	3.5	
22	6.5	
23	3.5	
24	6.5	
25	6.0	Defaticamento
26	5.5	
27	4.5	
28	3.5	
29	2.5	
30	2.5	

LIVELLO AVANZATO 1 - 30 MINUTI

Minuto	Velocità	Fase
1	3.0	Riscaldamento
2	4.0	
3	5.0	
4	6.0	
5	7.0	
6	7.5	Intervalli
7	4.0	
8	7.5	
9	4.0	
10	7.5	
11	4.0	
12	7.5	
13	4.0	
14	7.5	
15	4.0	
16	3.5	Riposo
17	3.5	
18	8.5	Intervalli
19	3.5	
20	8.5	
21	3.5	
22	8.5	
23	3.5	
24	8.5	
25	3.5	
26	·-	Sprint alla massima velocità possibile
27	·-	
28	3.0	Defaticamento
29	3.0	
30	3.0	

LIVELLO AVANZATO 2 - 60 MINUTI
1a serie di 30 minuti

Minuto	Velocità	Fase
1	3.0	Riscaldamento
2	4.0	
3	5.0	
4	6.0	
5	7.0	
6	8.0	Serie ascendente
7	8.5	
8	9.0	
9	9.5	
10	10.0	
11	4.0	Recupero
12	4.0	
13	10.0	Serie discendente
14	9.0	
15	8.0	
16	7.0	
17	6.0	
18		Sprint alla massima velocità possibile
19		
20	3.5	Recupero
21	3.5	
22		Intervalli
23	9.5	
24	4.0	
25	9.5	
26	4.0	
27	9.5	
28	4.0	
29	3.5	Recupero
30	3.5	

2a serie di 30 minuti		
1	3.5	Recupero
2	3.5	
3	9.5	Intervalli
4	4.0	
5	9.5	
6	4.0	
7	9.5	
8	4.0	
9	9.5	
10	4.0	
11	9.5	
12	4.0	
13	3.5	Recupero
14	3.5	
15	9.5	Intervalli
16	4.0	
17	9.5	
18	4.0	
19	9.5	
20	4.0	
21	9.5	
22	4.0	
23	7.5	Serie discendente
24	6.5	
25	5.5	
26	4.5	
27	3.5	
28	3.0	Defaticamento
29	3.0	
30	3.0	

Guia de exercícios
GYMFORM® SLIM FOLD TREADMILL PRO

Recomendamos começar pelo nível de principiante e ir aumentando o nível quando se sentir preparado para isso.

- Antes de iniciar os exercícios, certifique-se de que leu e compreendeu o manual de instruções.
- Esta tabela é orientativa, pelo que pode modificar as velocidades conforme for conveniente.
- O utilizador deve modificar as velocidades e o tempo no programa manual P0..

NÍVEL PRINCIPIANTE 1 - 10 MINUTOS

Minuto	Velocidade	Conceito
1	2.0	Aquecimento
2	3.0	
3	4.0	Intervalos
4	2.0	
5	4.0	
6	2.0	
7	4.0	
8	3.5	Arrefecimento
9	3.0	
10	2.0	

NÍVEL PRINCIPIANTE 2- 20 MINUTOS

Minuto	Velocidade	Conceito
1	1.0-3.0	Aquecimento
2	1.0-3.0	
3	1.0-3.0	
4	1.0-3.0	
5	1.0-3.0	
6	4.0	Intervalos
7	2.0	
8	4.0	
9	2.0	
10	4.0	
11	2.0	
12	4.5	Intervalos
13	2.0	
14	4.5	
15	2.0	
16	3.5	Arrefecimento
17	3.0	
18	2.5	
19	2.0	
20	1.5	

NÍVEL INTERMÉDIO 1- 20 MINUTOS		
Minuto	**Velocidade**	**Conceito**
1	2.0	Aquecimento
2	2.5	
3	3.0	
4	3.5	
5	4.0	
6	5.5	Intervalos
7	3.0	
8	5.5	
9	3.0	
10	5.5	
11	3.0	
12	5.5	
13	3.0	
14	5.5	
15	4.5	Arrefecimento
16	4.0	
17	3.5	
18	3.0	
19	2.5	
20	2.0	

NÍVEL INTERMÉDIO 2- 30 MINUTOS		
Minuto	**Velocidade**	**Conceito**
1	3.0	Aquecimento
2	3.5	
3	4.0	
4	4.5	
5	5.0	
6	5.0	Série ascendente
7	5.5	
8	6.0	
9	6.5	
10	7.0	
11	3.0	Recuperação
12	3.0	
13	7.0	Série descendente
14	6.5	
15	6.0	
16	5.5	
17	5.0	
18	2.5	Recuperação
19	2.5	
20	6.5	Intervalos
21	3.5	
22	6.5	
23	3.5	
24	6.5	
25	6.0	Arrefecimento
26	5.5	
27	4.5	
28	3.5	
29	2.5	
30	2.5	

NÍVEL AVANÇADO 1 - 30 MINUTOS

Minuto	Velocidade	Conceito
1	3.0	Aquecimento
2	4.0	
3	5.0	
4	6.0	
5	7.0	
6	7.5	Intervalos
7	4.0	
8	7.5	
9	4.0	
10	7.5	
11	4.0	
12	7.5	
13	4.0	
14	7.5	
15	4.0	
16	3.5	Descanso
17	3.5	
18	8.5	Intervalos
19	3.5	
20	8.5	
21	3.5	
22	8.5	
23	3.5	
24	8.5	
25	3.5	
26	·-	Sprint à sua velocidade máxima possível
27	·-	
28	3.0	Arrefecimento
29	3.0	
30	3.0	

NÍVEL AVANÇADO 2 - 60 MINUTOS
1,ª série de 30 minutos

Minuto	Velocidade	Conceito
1	3.0	Aquecimento
2	4.0	
3	5.0	
4	6.0	
5	7.0	
6	8.0	Série ascendente
7	8.5	
8	9.0	
9	9.5	
10	10.0	
11	4.0	Recuperação
12	4.0	
13	10.0	Série descendente
14	9.0	
15	8.0	
16	7.0	
17	6.0	
18		Sprint à sua velocidade máxima possível
19		
20	3.5	Recuperação
21	3.5	
22		Intervalos
23	9.5	
24	4.0	
25	9.5	
26	4.0	
27	9.5	
28	4.0	
29	3.5	Recuperação
30	3.5	

2,ª série de 30 minutos		
1	3.5	Recuperação
2	3.5	
3	9.5	Intervalos
4	4.0	
5	9.5	
6	4.0	
7	9.5	
8	4.0	
9	9.5	
10	4.0	
11	9.5	
12	4.0	
13	3.5	Recuperação
14	3.5	
15	9.5	Intervalos
16	4.0	
17	9.5	
18	4.0	
19	9.5	
20	4.0	
21	9.5	
22	4.0	
23	7.5	Série descendente
24	6.5	
25	5.5	
26	4.5	
27	3.5	
28	3.0	Arrefecimento
29	3.0	
30	3.0	

Trainingsgids
GYMFORM® SLIM FOLD TREADMILL PRO

We raden aan te beginnen met het beginnersniveau en naar het volgende niveau te gaan als u denkt dat u hiervoor klaar bent.

- Zorg ervoor dat u de handleiding heeft gelezen en begrepen voordat u met de training begint.
- Deze tabel is een leidraad, u kunt de snelheden naar wens aanpassen.
- De snelheden en tijd moeten door de gebruiker worden aangepast in het handmatige programma P0.

BEGINNERS NIVEAU 1 - 10 MINUTEN

Minuut	Snelheid	Concept
1	2.0	Opwarmen
2	3.0	
3	4.0	Intervaltraining
4	2.0	
5	4.0	
6	2.0	
7	4.0	
8	3.5	Afkoelen
9	3.0	
10	2.0	

BEGINNERS NIVEAU 2 - 20 MINUTEN

Minuut	Snelheid	Concept
1	1.0-3.0	Opwarmen
2	1.0-3.0	
3	1.0-3.0	
4	1.0-3.0	
5	1.0-3.0	
6	4.0	Intervaltraining
7	2.0	
8	4.0	
9	2.0	
10	4.0	
11	2.0	
12	4.5	Intervaltraining
13	2.0	
14	4.5	
15	2.0	
16	3.5	Afkoelen
17	3.0	
18	2.5	
19	2.0	
20	1.5	

HALFGEVORDERDEN NIVEAU 1 - 20 MINUTEN		
Minuut	**Snelheid**	**Concept**
1	2.0	Opwarmen
2	2.5	
3	3.0	
4	3.5	
5	4.0	
6	5.5	Intervaltraining
7	3.0	
8	5.5	
9	3.0	
10	5.5	
11	3.0	
12	5.5	
13	3.0	
14	5.5	
15	4.5	Afkoelen
16	4.0	
17	3.5	
18	3.0	
19	2.5	
20	2.0	

HALFGEVORDERDEN NIVEAU 2 - 30 MINUTEN		
Minuut	**Snelheid**	**Concept**
1	3.0	Opwarmen
2	3.5	
3	4.0	
4	4.5	
5	5.0	
6	5.0	Oplopende reeks
7	5.5	
8	6.0	
9	6.5	
10	7.0	
11	3.0	Herstel
12	3.0	
13	7.0	Aflopende reeks
14	6.5	
15	6.0	
16	5.5	
17	5.0	
18	2.5	Herstel
19	2.5	
20	6.5	Intervaltraining
21	3.5	
22	6.5	
23	3.5	
24	6.5	
25	6.0	Afkoelen
26	5.5	
27	4.5	
28	3.5	
29	2.5	
30	2.5	

GEVORDERDEN NIVEAU 1 - 30 MINUTEN

Minuut	Snelheid	Concept
1	3.0	Opwarmen
2	4.0	
3	5.0	
4	6.0	
5	7.0	
6	7.5	Intervaltraining
7	4.0	
8	7.5	
9	4.0	
10	7.5	
11	4.0	
12	7.5	
13	4.0	
14	7.5	
15	4.0	
16	3.5	Rust
17	3.5	
18	8.5	Intervaltraining
19	3.5	
20	8.5	
21	3.5	
22	8.5	
23	3.5	
24	8.5	
25	3.5	
26	·-	Zo hard mogelijk sprinten
27	·-	
28	3.0	Afkoelen
29	3.0	
30	3.0	

GEVORDERDEN NIVEAU 2 - 60 MINUTEN
1e serie van 30 minuten

Minuut	Snelheid	Concept
1	3.0	Opwarmen
2	4.0	
3	5.0	
4	6.0	
5	7.0	
6	8.0	Oplopende reeks
7	8.5	
8	9.0	
9	9.5	
10	10.0	
11	4.0	Herstel
12	4.0	
13	10.0	Aflopende reeks
14	9.0	
15	8.0	
16	7.0	
17	6.0	
18		Zo hard mogelijk sprinten
19		
20	3.5	Herstel
21	3.5	
22		Intervaltraining
23	9.5	
24	4.0	
25	9.5	
26	4.0	
27	9.5	
28	4.0	
29	3.5	Herstel
30	3.5	

2e serie van 30 minuten		
1	3.5	Herstel
2	3.5	
3	9.5	Intervaltraining
4	4.0	
5	9.5	
6	4.0	
7	9.5	
8	4.0	
9	9.5	
10	4.0	
11	9.5	
12	4.0	
13	3.5	Herstel
14	3.5	
15	9.5	Intervaltraining
16	4.0	
17	9.5	
18	4.0	
19	9.5	
20	4.0	
21	9.5	
22	4.0	
23	7.5	Aflopende reeks
24	6.5	
25	5.5	
26	4.5	
27	3.5	
28	3.0	Afkoelen
29	3.0	
30	3.0	

GYM form®

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