C172S Gaits	Flaps	Pitch	RPM	IAS (kts)	VSI (fpm)
Initial Climb Vy		+10°	max	76	+600
Cruise Climb		+5°	max	90	+500
Cruise		0°	2500	105	0
Cruise Descent		-2.5°	2500	115	-500
Slow Level (IAF inbound)		+2°	2200	90	0
Slow Steep Descent (IAF inbound)		-2°	1700	90	-800
Precision Approach Descent to DA	10°	-3°	1900	90	-450
Non-Precision Approach to MDA	10°	-4°	1500	90	-800