

Residential Consoles



**LED
RPS50**

		STATIONARY BIKES
	Quick Start	●
	Manual	●
WEIGHT LOSS		
	Calorie Goal	● (fat burn)
	Rolling Hills	●
	Glute Buster	
	Leg Shaper	
	Weight Loss HRC	
HRC WORKOUTS		
	Target HRC	
	Weight Loss HRC	
	Aerobic HRC	
	HRC 5k	
	HRC 10k	
	HRC 2 Mile	
	HRC 4 Mile	
	Intervals HRC	
PERFORMANCE		
	Cardio Challenge	●
PACE WORKOUTS		
	Pace Ramp	
	Pace Intervals	
HILL WORKOUTS		
	Rolling Hills	●
	Single Hill	
	Hill Intervals	
	Random Hills	●
DISTANCE WORKOUTS		
	5k	
	10k	
	2 Mile	
	4 Mile	
FITNESS TESTS		
	Fitness Test	