

Residential Consoles



2 Window LCD  
Z-Series Treads

		TREADMILLS
	Total Workouts	10
	Saved Workouts	2
	Quick Start	●
	Manual	●
<b>QUICK WORKOUTS</b>		
	Walk	●
	Walk & Run	●
	Run	●
<b>WEIGHT LOSS</b>		
	Calorie Goal	
	Weight Loss Hills	
	Glute Buster	●
	Leg Shaper	●
	Weight Loss HRC	
<b>HRC WORKOUTS</b>		
	Target HRC	●
	Weight Loss HRC	
	Aerobic HRC	
	HRC 5k	
	HRC 10k	
	HRC 2 Mile	
	HRC 4 Mile	
	Intervals HRC	
<b>PERFORMANCE</b>		
	Cardio Challenge	●
<b>SPEED WORKOUTS</b>		
	Walk & Run	
	Speed Ramp	
	Speed Intervals	● (sports training)
<b>HILL WORKOUTS</b>		
	Rolling Hills	
	Single Hill	
	Hill Intervals	
<b>DISTANCE WORKOUTS</b>		
	5k	
	10k	
	2 Mile	
	4 Mile	
<b>FITNESS TESTS</b>		
	Gerkin Fitness Test	
	Army Fitness Test	
	Navy Fitness Test	
	Air Force Fitness Test	
	Marines Fitness Test	
<b>CUSTOM WORKOUTS</b>		
	Custom Speed	
	Custom Hill	
	Custom Ultra	
	Custom HRC	