

Residential Consoles



T9 Touchscreen
9" Color Active Matrix LCD

Emerge
Orange LED

STATIONARY BIKES		
Total Workouts	22	8
Saved Workouts	4	0
Quick Start	●	●
Manual	●	●
WEIGHT LOSS		
Calorie Goal	●	
Weight Loss HRC	Yes, see HRC Workouts	
Rolling Hills		
Glute Buster	●	
Leg Shaper	●	
HRC WORKOUTS		
Target HRC	●	●
Weight Loss HRC	●	
Aerobic HRC	●	
HRC 5k		
HRC 10k		
HRC 2 Mile		
HRC 4 Mile		
Intervals HRC	●	
PERFORMANCE		
Cardio Challenge	●	
Bike Mode		
PACE WORKOUTS		
Pace Ramp	●	
Pace Intervals	●	
HILL WORKOUTS		
Rolling Hills	●	●
Single Hill	●	●
Hill Intervals	●	
Random Hills	●	●
Sports Intervals		●
Easy Intervals		●
DISTANCE WORKOUTS		
5k	●	
10k	●	
2 Mile	●	
4 Mile	●	
FITNESS TESTS		
Fitness Test	●	
CUSTOM WORKOUTS		
Custom Pace		
Custom Hill		
Custom Ultra	● (RES700 & UES900)	
Custom HRC		