

Residential Consoles



T9 Touchscreen
9" Color Active Matrix LCD

STATIONARY BIKES	
Total Workouts	22
Saved Workouts	4
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	● (RES900 only)
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	
Custom HRC	