

## Residential Consoles



**LED  
RPS50**

<b>STATIONARY BIKES</b>	
Total Workouts	7
Saved Workouts	0
Quick Start	●
Manual	●
<b>WEIGHT LOSS</b>	
Calorie Goal	● (fat burn)
Rolling 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	●
Bike Mode	
<b>PACE WORKOUTS</b>	
Pace Ramp	
Pace Intervals	
<b>HILL WORKOUTS</b>	
Rolling Hills	●
Single Hill	
Hill Intervals	
Random Hills	●
<b>DISTANCE WORKOUTS</b>	
5k	
10k	
2 Mile	
4 Mile	
<b>FITNESS TESTS</b>	
Fitness Test	
<b>CUSTOM WORKOUTS</b>	
Custom Pace	
Custom Hill	
Custom Ultra	
Custom HRC	