

Residential Consoles



**2 Window LCD
Z5.0 Treadmill**

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