

Residential Consoles



2 Window LCD  
Z5.4 Treadmill

<b>TREADMILLS</b>	
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	