

Residential Consoles



**LED
RPS50**

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