

Residential Consoles



Emerge
Orange LED

Total Workouts	12
Saved Workouts	0
Quick Start	●
Manual	●
CARDIO 360	
Cardio 360 Quick Start	●
Cardio 360™	●
Cardio 360 Video	
Cardio 360 Arm Sculptor	●
Cardio 360 Leg Shaper	●
Cardio 360 Custom	
WEIGHT LOSS	
Calorie Goal	
Weight Loss HRC	
Rolling Hills	
Walk & Run	
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	
PACE WORKOUTS	
Walk & Run Intervals	
Pace Ramp	
Pace Intervals	
HILL WORKOUTS	
Rolling Hills	●
Single Hill	●
Hill Intervals	
Random Hills	●
Sports Intervals	●
Easy Intervals	●
FITNESS TESTS	
Fitness Test	
DISTANCE WORKOUTS	
5k	
10k	
2 Mile	
4 Mile	
CUSTOM WORKOUTS	
Custom Speed	
Custom Hill	
Custom Ultra	
Custom HRC	