

## Residential Consoles



### Escalate<sup>9</sup>

9" Color Active Matrix LCD

<b>STATIONARY BIKES</b>	
Total Workouts	22
Saved Workouts	4
Quick Start	●
Manual	●
<b>WEIGHT LOSS</b>	
Calorie Goal	●
Weight Loss HRC	Yes, see HRC Workouts
Rolling Hills	
Glute Buster	●
Leg Shaper	●
<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	● (RES900 only)
<b>PACE WORKOUTS</b>	
Pace Ramp	●
Pace Intervals	●
<b>HILL WORKOUTS</b>	
Rolling Hills	●
Single Hill	●
Hill Intervals	●
Random Hills	●
Sports Intervals	
Easy Intervals	
<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	