

Residential Consoles



7" LCD
M Series

		TREADMILLS
	Quick Start	●
	Manual	●
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	●
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	