

Residential Consoles



Emerge

Orange LED

ELLIPTICALS

Quick Start	●
Manual	●
CARDIO 360	
Cardio 360 Quick Start	●
Cardio 360 Video	
Cardio 360 Arm Sculptor	
Cardio 360 Leg Shaper	
Cardio 360 Custom	
WEIGHT LOSS	
Calorie Goal	
Cardio 360 Quick Start	
Rolling Hills	
Walk & Run	
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	
PACE WORKOUTS	
Walk & Run	●
Pace Ramp	
Pace Intervals	●
HILL WORKOUTS	
Rolling Hills	●
Single Hill	●
Hill Intervals	
Random Hills	
FITNESS TESTS	
Fitness Test	
DISTANCE WORKOUTS	
5k	
10k	
2 Mile	
4 Mile	