

## Residential Consoles



2 Window LCD  
Z Series

| TREADMILLS               |                     |
|--------------------------|---------------------|
| Quick Start              | ●                   |
| Manual                   | ●                   |
| <b>WEIGHT LOSS</b>       |                     |
| Calorie Goal             |                     |
| Weight Loss Hills        |                     |
| Glute Buster             | ●                   |
| Leg Shaper               | ●                   |
| Weight Loss HRC          |                     |
| <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         | ●                   |
| <b>SPEED WORKOUTS</b>    |                     |
| Walk & Run               |                     |
| Speed Ramp               |                     |
| Speed Intervals          | ● (sports training) |
| <b>HILL WORKOUTS</b>     |                     |
| Rolling Hills            |                     |
| Single Hill              |                     |
| Hill Intervals           |                     |
| <b>DISTANCE WORKOUTS</b> |                     |
| 5k                       |                     |
| 10k                      |                     |
| 2 Mile                   |                     |
| 4 Mile                   |                     |
| <b>FITNESS TESTS</b>     |                     |
| Gerkin Fitness Test      |                     |
| Army Fitness Test        |                     |
| Navy Fitness Test        |                     |
| Air Force Fitness Test   |                     |
| Marines Fitness Test     |                     |