

Commercial Consoles



XPS100

ELLIPTICALS	
Quick Start	●
Manual	●
CARDIO 360	
Cardio 360™ Quick Start	
Cardio 360™ Arm Sculptor	
Cardio 360™ Leg Shaper	
Cardio 360™ Custom	
WEIGHT LOSS	
Calorie Goal	● (weight loss)
Cardio 360 Quick Start	
Glute Buster	
Leg Shaper	
HRC Weight Loss	
HRC WORKOUTS	
HRC Target	●
HRC Weight Loss	
HRC Aerobic	
HRC Intervals	
HRC DISTANCE WORKOUTS	
HRC 5k	
HRC 10k	
HRC 2 Mile	
HRC 4 Mile	
PERFORMANCE	
Cardio Challenge	●
PACE WORKOUTS	
Walk & Run Intervals	
Pace Ramp	
Pace Intervals	
HILL WORKOUTS	
Rolling Hills	● (random hills)
Single Hill	
Hill Intervals	●
Random Hills	●
Cardio 360™	
Cardio 360™ Quick Start	
Cardio 360™ Arm Sculptor	
Cardio 360™ Leg Shaper	
Cardio 360™ Custom	
FITNESS TESTS	
Fitness Test	
DISTANCE WORKOUTS	
5k	
10k	
2 Mile	
4 Mile	
CUSTOM WORKOUTS	
Custom Pace	
Custom Hill	
Custom Ultra	
Custom HRC	
VIRTUAL ACTIVE	
Northern Italy	
Chicago Run	
Germany Run	
American Southwest 2 Run	
Wild California Run	
Trinity Mountains Hike	