

Residential Consoles



Escalate<sup>9</sup>

Emerge

9" Color Active Matrix LCD

Orange LED

		ELLIPTICALS	
Total Workouts		28	12
Saved Workouts		4	0
Quick Start		●	●
Manual		●	●
<b>CARDIO 360</b>			
Cardio 360 Quick Start		●	●
Cardio 360™		●	●
Cardio 360 Video			
Cardio 360 Arm Sculptor		●	●
Cardio 360 Leg Shaper		●	●
Cardio 360 Custom		●	
<b>WEIGHT LOSS</b>			
Calorie Goal		●	
Weight Loss HRC	Yes, see HRC Workouts		
Rolling Hills			
Walk & Run			
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		●	
<b>PACE WORKOUTS</b>			
Walk & Run Intervals		●	
Pace Ramp		●	
Pace Intervals		●	
<b>HILL WORKOUTS</b>			
Rolling Hills		●	●
Single Hill		●	●
Hill Intervals		●	
Random Hills		●	●
Sports Intervals			●
Easy Intervals			●
<b>FITNESS TESTS</b>			
Fitness Test		●	
<b>DISTANCE WORKOUTS</b>			
5k		●	
10k		●	
2 Mile		●	
4 Mile		●	
<b>CUSTOM WORKOUTS</b>			
Custom Speed			
Custom Hill			
Custom Ultra		●	
Custom HRC			