Commercial Consoles











	16" Capacitive	10" Capacitive	15" Color Active	9" Color Active	Orange LED
	Touch Screen	Touch Screen	Matrix LCD	Matrix LCD	5.dg6 222
Quick Start			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	•	•	•	•	•
Cardio 360 Quick Start	(also in Cardio360)	(also in Cardio360)	(also in Cardio360)		
Glute Buster	•	•	•	•	
Leg Shaper	•	•	•	•	
HRC Weight Loss	(also in HRC)	(also in HRC)	(also in HRC)	(also in HRC)	
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	•	•	•	•	•
Single Hill	•	•	•	•	•
Hill Intervals	•	•	•	•	•
Random Hills	•	•	•	•	•
Cardio 360™					
Cardio 360™ Quick Start	(also in Cardio 360)	(also in Cardio 360)	(also in Cardio 360)		
Cardio 360™ Arm Sculptor	(also in Cardio 360)	(also in Cardio 360)	(also in Cardio 360)		
Cardio 360™ Leg Shaper	(also in Cardio 360)	(also in Cardio 360)	(also in Cardio 360)		
Cardio 360™ Custom	(also in Cardio 360)	(also in Cardio 360)	(also in Cardio 360)		
FITNESS TESTS					
Fitness Test	•	•	•	•	
DISTANCE WORKOUTS					
5k	•	•	•	•	•
10k	•	•	•	•	•
2 Mile	•	•	•	•	
4 Mile	•	•	•	•	
CUSTOM WORKOUTS					
Custom Pace	•	•	•		
Custom Hill	•	•	•		
Custom Ultra	•	•	•		
Custom HRC	•	•	•		
VIRTUAL ACTIVE	المحارية المحا	المامان الماما			
Northern Italy		Included			
Chicago Run	Included	Included			
Germany Run	Included	Included			
American Southwest 2 Run	Included	Included			
Wild California Run Trinity Mountains Hike	Included	Included			
	Included	Included			