

Residential Consoles



Escalate⁹

9" Color Active Matrix LCD

Emerge

Orange LED

		STATIONARY BIKES	
	Total Workouts	22	8
	Saved Workouts	4	0
	Quick Start	●	●
	Manual	●	●
WEIGHT LOSS			
	Calorie Goal	●	
	Weight Loss HRC	Yes, see HRC Workouts	
	Rolling Hills		
	Glute Buster	●	
	Leg Shaper	●	
HRC WORKOUTS			
	Target HRC	●	●
	Weight Loss HRC	●	
	Aerobic HRC	●	
	HRC 5k		
	HRC 10k		
	HRC 2 Mile		
	HRC 4 Mile		
	Intervals HRC	●	
PERFORMANCE			
	Cardio Challenge	●	
	Bike Mode		
PACE WORKOUTS			
	Pace Ramp	●	
	Pace Intervals	●	
HILL WORKOUTS			
	Rolling Hills	●	●
	Single Hill	●	●
	Hill Intervals	●	
	Random Hills	●	●
	Sports Intervals		●
	Easy Intervals		●
DISTANCE WORKOUTS			
	5k	●	
	10k	●	
	2 Mile	●	
	4 Mile	●	
FITNESS TESTS			
	Fitness Test	●	
CUSTOM WORKOUTS			
	Custom Pace		
	Custom Hill		
	Custom Ultra	● (RES700 & UES900)	
	Custom HRC		