

Residential Consoles



**Emerge**  
Orange LED

Total Workouts	12
Saved Workouts	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	
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	