

Residential Consoles



Escalate⁹
9" Color Active Matrix LCD

TREADMILLS	
Total Workouts	22
Saved Workouts	4
Quick Start	●
Manual	●
WEIGHT LOSS	
Calorie Goal	●
HRC Weight Loss	Yes, see HRC Workouts
Weight Loss Hills	●
Glute Buster	●
Leg Shaper	●
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	●
SPEED WORKOUTS	
Walk & Run Intervals	●
Speed Ramp	●
Speed Intervals	●
HILL WORKOUTS	
Rolling Hills	●
Single Hill	●
Hill Intervals	●
DISTANCE WORKOUTS	
5k	●
10k	●
2 Mile	●
4 Mile	●
FITNESS TESTS	
Gerkin Fitness Test	●
Army Fitness Test	
Navy Fitness Test	
Air Force Fitness Test	
Marines Fitness Test	
CUSTOM WORKOUTS	
Custom Speed	
Custom Hill	
Custom Ultra	
Custom HRC	