

### CardioZone Blast!

CardioZone's most complete workout with so many speed and incline changes, you'll never get bored!

### Fat Burner Programs

CardioZone's scientifically designed Fat Burning Programs will melt fat away.

### Workout Time

Workout time can be set to count down from a specified time or up from zero. Program from the right hand rail **Micro-Adjust** button or using the + or - buttons on console.

### Distance

Calculates total distance travelled during workout measured to the hundredth decimal place.

### Fat Calories Burned

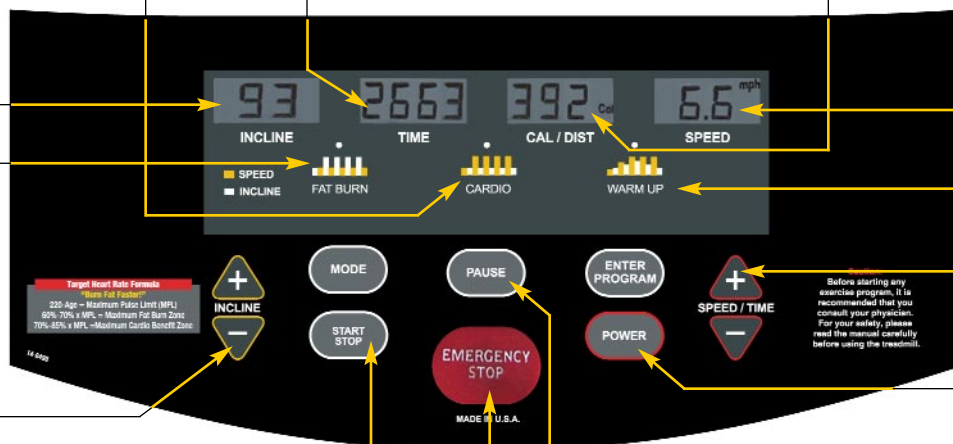
Calculates total fat calories burned during workout. Toggles back and forth between calories burned and distance.

### CardioZone Programs

For maximum cardiovascular efficiency, these programs will help you ENTER THE ZONE... CardioZone that is!

### Power

Press to power up your treadmill.



### Start/Stop Buttons

Press to stop or start your treadmill.

### Incline

Displays elevation percentage in 1/2% increments, adjusted by the left hand rail **Micro-Adjust** button.

### Emergency On/Off Key

Attach the Safety Tether to your person for instant shutoff. Cannot start treadmill without this safety key.

### Incline Adjustments

Adjusts incline up or down in half percentage increments.

### Miles Per Hour

Displays current speed in miles per hour or kilometers per hour.

### Speed Adjustments

Adjusts incline up or down in half percentage increments.

### Pause

You can pause your workout if you need to leave your treadmill and free all current data. Press again when you return to resume exactly where you left off.