

Custom User Programs
Custom design your ultimate workouts!

Heart Rate Target Zone Adjusters
Adjusts desired heart rate for Heart Rate Controlled/Interactive Program.

Heart Rate Controlled/Interactive "Auto-Adjust" Technology
Treadmill monitors user's heart rate and activates **Auto-Adjust Technology** for maximum fat burn/cardio efficiency.

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.

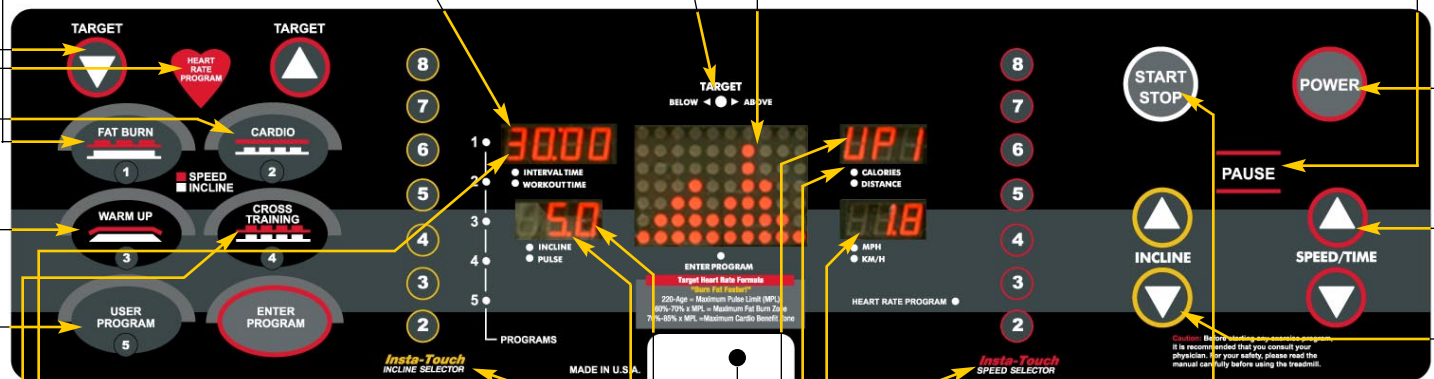
Target Heart Rate "CardioZone" Indicator
When using Target Heart Rate Controlled/Interactive Technology Program, arrows illuminate when you are below, above, or in your optimal "CardioZone."

Digital 1/4 Mile Lap Track and Program Terrain Display
In Manual Mode, shows your progress as you walk/run around a simulated 1/4 mile track. Also congratulates you after completing each lap, keeping track of total laps accomplished.

Digital 1/4 Mile Lap Track and Program Terrain Display
In Progress Mode, visual display of hill and valley terrain showing your progress until completion of course.

Power
Press to power up your treadmill.

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.



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

Pulse
Displays heart beats per minute.

"Insta-Touch" Incline Selector
Touch any number from 2-8 for instant incline changes to avoid repetitious tapping of up or down incline arrows.

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

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

Body Sculpt Programs
Isolate and tone hips, buns, thighs and calves while burning away body fat.

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

Start/Stop Buttons
Press to stop or start your treadmill.

Miles Per Hour
Displays current speed in miles per hour or kilometers per hour.

Incline Adjustments
Adjusts incline up or down in half percentage increments.

Speed Adjustments
Adjusts incline up or down in half percentage increments.

"Insta-Touch" Speed Selector
Touch any number from 2-8 for instant speed changes to avoid repetitious tapping of up or down incline arrows.

Emergency On/Off Key
Emergency On/Off feature automatically shuts treadmill off for maximum safety.

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