

Cardio Control Panel



Metabolic Equivalent

An advanced algorithm calculates your metabolic-equivalent-speed based on your effort level and pedal speed. If you can exercise at a metabolic-equivalent-speed of 12 MPH on an ElliptiMill, it means you are capable of running 12 MPH outside.



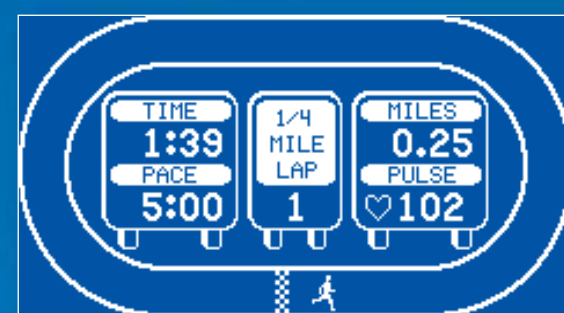
The Cardio panel features a two-color, hi-definition, motivational display.

- Personal data and statistics storage for two family members
- Displays metabolic equivalent speed and distance
- Numeric keypad for easy data entry
- 5 Built-in programs with variable time and 20 effort levels
- 5 User-defined programs
- Time, distance and calorie goal programs
- 3 Fitness tests: Balke, Firefighter, Army
- Army fitness test feature **Automatic Shift Transmission Technology**
- 2 Built-in heart-rate monitoring programs
- 2 User-defined heart-rate monitoring programs
- Displays data in English or metric configurations
- **Standard wireless-chest-strap heart-rate monitoring system**
- **Standard AccuTrack contact heart-rate monitoring system**

PERSONALIZED DISPLAY



TRACK DISPLAY



STATISTICS DISPLAY



PROGRAM DISPLAY

