

Executive 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 Executive panel features an 8.5" computer-animated video display with state-of-the-art graphics.

Race Mode with Automatic Shift Transmission

Race mode allows you to keep pace with another runner whose speed you define. The automatic shift transmission helps you stay on pace. As you increase your pedal speed, the ElliptiMill will automatically up-shift to the next effort

level increasing your metabolic equivalent running speed. If you decrease your pedal speed, the ElliptiMill will automatically down-shift to a lower effort level setting decreasing your metabolic equivalent running speed.

- Personal data and statistics storage for five family members
- Displays metabolic equivalent speed and distance
- Interactive graphic Race Mode - Pedal to keep up with your personal motivator
- 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

- 6 Fitness tests: Balke, Firefighter, Army, Navy, USMC, USAF
- Military fitness tests feature **Automatic Shift Transmission Technology**
- 2 Built-in heart-rate monitoring programs
- 4 User-defined heart-rate monitoring programs
- 5 Body-specific training programs
- Displays data in English or metric configurations
- **Standard wireless-chest-strap heart-rate monitoring system**
- **Standard AccuTrack contact heart-rate monitoring system**

BODY SPECIFIC PROGRAMS



USER SELECTABLE SCENERY



TRAINING CALENDAR

Today is: TUESDAY, JANUARY 12, 2010

SUN	MON	TUE	WED	THU	FRI	SAT	TIME
22	23	24	25	26	27	28	0:00
29	30	1	2	3	4	5	0:00
6	7	8	9	10	11	12	0:00
13	14	15	16	17	18	19	0:00
20	21	22	23	24	25	26	0:00
27	28	29	30	31	1	2	0:00
3	4	5	6	7	8	9	0:00
10	11	12	13	14	15	16	0:00

8 Week = ACTIVITY ON THAT DATE View Stats

TRACK WITH RACE MODE

