
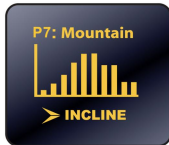










		TR500	TR1000	TR2000	TR3000	PRO3	PRO5
	Manual: the manual program gives you complete control over the speed and incline that you walk or jog throughout your workout.	X	X	X	X	X	X
	Basic Incline: basic incline programs automatically adjust the belt incline to vary the effort required in profiles like rolling hills and mountain profiles.	X	X	X	X	X	X
	Basic Speed: speed programs automatically vary the speed of the running belt throughout the course of the program in varying patterns.	X	X	X	X	X	X
	Custom Interval programs: these programs let you set the minimum and maximum speed or incline during program set up.			X	X		
	Customized User Programs: create your own workout program choosing your desired speed and incline for each program segment.	X	X	X	X	X	X
	Step Count: lets you set the number of steps you wish to walk and then counts down your goal until completed while automatically changing the belt incline to vary the effort required.			X	X		
	Distance: enter the distance you want to travel and then walk or jog until you reach your goal.			X	X	X	X
	Decline: This exclusive program lets you walk downhill at different gradients over the course of the program. Walking downhill eases knee and joint pain, can help lower blood sugar, and is an excellent way to begin an exercise program.			X			
	My Zone Constant Heart Rate Control: This program monitors your heart rate during the course of the workout and automatically	X	X	X	X	X	X

	adjusts the incline and speed of the belt to keep your heart rate at a constant level that you select.						
	My Zone "Interval" Heart Rate Control: This program monitors your heart rate and automatically adjusts the belt speed and incline to keep your rate at the low and high rates that you select during program set up.			X	X		
	Body Mass: Body Fat Percentage is calculated using a technique called Bioelectrical Impedance Analysis. This is a simple and easy way to determine body fat percentage estimates.	X	X	X	X	X	X

Notes:

1. If you plan on using Heart Rate Control programs extensively consider purchase a treadmill with an integrated heart rate receiving and purchasing a chest strap to monitor your heart during your workout.