

# OPERATIONS MANUAL Q35/Q35e/Pro35



# Q35/Q35e/Pro35 OPERATIONS MANUAL

Thank you for choosing an **Octane Fitness**<sup>TM</sup> elliptical cross trainer and congratulations on fueling your exercise program. The team at **Octane Fitness**<sup>TM</sup> is totally focused on creating the best elliptical products in the world so that you will have a tremendous workout experience. We wish you great success in achieving your workout goals and using your new cross trainer to *Fuel Your Life*<sup>TM</sup>!

Your new **Octane Fitness**<sup>TM</sup> elliptical has a wide variety of features that will help you to stay motivated and reach your fitness goals. Please read this manual thoroughly to become acquainted with your product, including information on assembly, operation and maintenance.

**Octane Fitness**<sup>TM</sup> distributes products only through authorized specialty fitness dealers. These dealers are experts in all aspects of the fitness experience and are trained to assist you with any questions you may have about your **Octane Fitness**<sup>TM</sup> product. However, if you have any questions that you would like to speak directly to **Octane Fitness**<sup>TM</sup> about please do not hesitate to call us at 763.757.2662 x23 or visit our web site at www.octanefitness.com.

#### **Octane Fitness**

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Fueled,

Dennis Lee President



## IMPORTANT SAFETY INSTRUCTIONS

## Please Read and Save These Instructions

**WARNING!** Before beginning this or any exercise program, consult your physician. This is especially important for persons over 35 or persons with pre-existing health problems. If at any time during exercise you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before starting again.

Read this Operations Manual before operating this elliptical cross trainer.

**WARNING!** If placed in a commercial setting, (apartment complex, condominium, corporate workout facility, etc...) before using the Pro35 we urge you to familiarize yourself and your staff with the entire Operations Manual. Make the Operations Manual accessible to all exercisers.

**WARNING!** When using an electrical product, basic precautions should always be followed.

To reduce the risk of burns, fire, electrical shock or injury to persons:

- Use this exercise product for its intended use as described in this Operations Manual. Do not modify the product in any way.
- Do not remove the plastic shrouds from the machine. Service should be performed only by an authorized **Octane Fitness™** service representative.
- Never operate this elliptical cross trainer if it has a damaged cord or plug. Contact your local dealer or Octane Fitness<sup>TM</sup> for repair if your machine is not working properly, has been damaged, or has been immersed in water.
- Keep the cord away from heated surfaces.
- Do not use outdoors.
- Only use the power cord provided with your **Octane Fitness<sup>™</sup>** elliptical cross trainer.
- Never place the power cord under carpeting or place any object on top of the power cord which may pinch and/or damage it.
- Unplug your **Octane Fitness<sup>™</sup>** elliptical cross trainer before moving it.

# OTHER IMPORTANT SAFETY PRECAUTIONS

- Place the elliptical cross trainer on a level surface with at least two feet of clearance behind the pedal at its furthest back position.
- To protect the floor or carpet from damage, place a mat under your elliptical cross trainer.
- Keep children off the elliptical cross trainer at all times.
- When the elliptical cross trainer is in use, children and pets should be kept clear of the area.
- Wear appropriate exercise clothing and shoes for your workout—no loose clothing.
- Use care when getting on or off the Q35/Q35e/Pro35. Never step on or off the unit while the foot pedals are still moving.
- Always face forward. Never attempt to turn around on the Q35/Q35e/Pro35.
- Do not sit, stand or climb on the front plastic shroud, electronic console or stationary handles.
- Inspect and tighten all parts of the elliptical cross trainer regularly.
- Keep your hands and feet clear of any opening or moving parts.
- Never insert or drop any object into any opening.
- Do not overexert yourself or work to exhaustion.
- If during your workout you feel any chest pain, nausea, dizziness or abnormal symptoms, stop your workout immediately and consult your physician.
- Monitor and check your Q35/Q35e/Pro35 on a regular basis. See page 37 for cleaning and maintenance of your Octane elliptical.

# HEART RATE OPTION Safety Guidelines

Before using the **Octane Fitness<sup>™</sup>** Q35e/Pro35 with heart rate, read and follow the instructions:

- Please take care in handling the equipment as it is extremely sensitive.
- Do not place the chest strap near devices that generate large magnetic fields. Television sets, electric motors, radios, and high voltage power lines can affect the transmitter's performance. These items can interfere with the heart rate signal that is being transmitted to the receiver, possibly affecting the heart rate readings that appear on the electronic console.
- Handle the **Octane Fitness<sup>TM</sup>** heart rate transmitter with care. Dropping the transmitter might cause damage and this could void the manufacturer's limited warranty.
- Do not use the chest strap if you have a cardiac pacemaker or you are taking any medication. Medication or electrical impulses from the cardiac pacemaker can cause inaccurate heart rate readings.
- If the receiver tries to process several signals simultaneously, an incorrect heart rate reading could result. Only use one chest strap at a time in the range of the receiver. Other transmitters should be at least five feet away from the receiver on your unit.
- Do not immerse the transmitter in water. However, some moisture is necessary for the transmitter to function properly. Perspiration is usually sufficient, but you may need to moisten the electrodes with a small amount of water. The electrodes are the ribbed portion on the back side (that sits against your skin) of the transmitter.
- There are some individuals who cannot use the heart rate feature because they do not have the proper body chemistry.
- Do not bend the strips inside the chest strap as it can cause the strap to lose its conductivity.
- The chest strap has a battery which may need to be replaced from time to time. A faulty battery or a worn strap may cause inaccurate readings.
- In a commercial setting, space the products at least 24" apart. This will prevent cross talk, where the chest strap signal from a user on one machine can be received and displayed on the other machine.

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# ASSEMBLING THE PRODUCT

The Q35/Q35e/Pro35 base box contains the following:

- 1) 1 Q35/Q35e/Pro35 base
- 2) 1 Upright tube and boot
- 3) 1 Top housing/accessory tray
- 4) 1 Detached pedal lever
- 5) 1 Right moving handlebar
- 6) 1 Left moving handlebar
- 7) 2 Outside moving handlebar covers
- 8) 2 Inside moving handlebar covers
- 9) 1 Hardware pack

### Box Contents

#### **Tools required:**

- Phillips or standard screwdriver
- 17mm wrench or adjustable wrench
- 17mm socket and ratchet
- 6mm, 8mm hex key wrench



The **Q35 console box** should contain the following:

- 1) 1 Standard console
- 2) 1 Power supply
- 3) 1 Information packet



The **Q35e console box** should contain the following:

- 1) 1 Interactive console
- 2) 1 Power supply
- 3) 1 Q35e decal
- 4) 1 Octane Fitness<sup>™</sup> wireless heart rate transmitter and elastic strap
- 5) 1 Information packet



OCCAMP.

The Pro35 console box should contain the following:

- 1) 1 Interactive console
- 2) 1 Power supply
- 3) 1 Pro35 decal
- 4) 1 Information packet



It is safest to move the product to its installation location in its shipping carton. It may be easier to move the product into your home after you remove it from the packaging, but he careful not to hit any walls or doors.

product into your home after you remove it from the packaging, but be careful not to hit any walls or doors. The Q35/Q35e/Pro35 contains transport wheels on the front of the unit. Be careful when moving from one surface to another, such as hardwood floor to carpet.

**Note:** If you need to pick up your elliptical there are hand placement slots under the front shroud. Please take caution when lifting. The elliptical weighs 270 lbs. when fully assembled.

Tip: It is easier to pull the unit rather than push it when using the front transport wheels.

#### 1. Attach pedal lever

- a. Remove shoulder bolt/nut from 3 pivot link.
- b. Place pedal lever through leg slot in rear shroud and attach it to the 3 pivot link.
- c. Fasten the bolt and nut until it is snug using 17mm socket and wrench.

#### 2. Place top cover

a. Place top cover on top of main housing—*don't attach the side screws; it is easier to lift the cover when installing the console upright tube.* 





#### 3. Install console upright

- a. Attach all four 6mm hex head screws, engaging about 1/2 of the threads to the upright mounting plate on the base.
- b. Insert the console upright though the hole in the top shroud, placing the upright plate over the bolts and sliding it forward (away from the pedals).
- c. Rotate top shroud  $90^\circ$  to access bolts.
- d. Tighten the four 6mm hex key bolts attaching console upright to frame.
- e. Connect three wires on base frame to three wires at base of console upright—*listen for a click to make sure it is a positive connection.*
- f. Use the three supplied zip ties to secure the cable. Push the excess cable into the console upright tube.

#### 4. Mount console to console upright tube

- a. Attach plug from the top of the console upright tube to the connection on the back of the console—*make sure it is a positive connection.*
- b. Make sure excess cable is pushed into upright tube and not pinched when console is attached.
- c. Insert all 4 screws partially into the console back. Then tighten all 4 screws.





# 5. Attach arms—Arms are labeled left and right, be sure to install accordingly.

- a. Attach the back handlebar cover to the bottom of the moving handlebar using the two short Phillips screws.
- b. Install moving handlebar with two 8mm bolts on each side *make sure these bolts are very tight.*
- c. Install front handlebar covers using two long Phillips head screws.
- d. Repeat for the other side.

#### 6. Secure top cover

- a. Place front lip under right and left shrouds.
- b. Install all six Phillips head screws around perimeter of shroud.



- a. Adjust all five levelers to make sure the product sits flat on the floor. For a lower step up height, screw the rear levelers into the rear stabilizer tube. Then level the machine using the front three levelers.
- b. Tighten the leveler nut to the top of each leveler.
- **Note:** If you move your Q35/Q35e/Pro35 you may need to adjust the levelers to make sure your product is level with the floor.

*Caution:* If the unit is not level, it may not function properly.

### 8. Q35e/Pro35 Sticker (Q35e/Pro35 only)

a. Place the Q35e/Pro35 sticker directly over the Q35 sticker—**do not** remove the Q35 sticker.

### 9. Plug in product

- a. First, insert the plug into the product, located just below the right roller track. Next, route the cable toward the wall outlet. You can run it under the product to avoid seeing it or tripping on the cable. Ensure that the cord will not be pinched and become damaged. Plug the product into the wall.
- *Note: There is no need to turn off your product*—your Q35/Q35e/Pro35 was designed with an intelligent sleep mode—a virtual off button. This eliminates the need for an on/off switch. When your product is in sleep mode it uses very little power. Unplugging your elliptical will not harm or erase My QuickStart profiles.





# ELECTRONICS

Welcome to some of the easiest to use, yet most sophisticated, electronics available in the fitness industry.

In purchasing your Octane elliptical you had 3 choices: the Q35 with standard electronics, the Q35e with deluxe electronics, and the Pro35 for commercial use. Instructions for all three are included in this manual. If you purchased the Q35e go to page 20 and if you purchased the Pro35 go to page 29.

# **Q35 WITH STANDARD CONSOLE**

#### **Programming the console**

DedicatedLogic <sup>™</sup> Programming	DedicatedLogic <sup>™</sup> was created to give you the ultimate in ease of use and total flexibility for programming your console. You can even start your workout, then program the electronics! This ease of use starts by giving each key only one function. This makes it easy to understand how each key works.
Quick Start	The easiest way for you to start your workout is to simply push the quick start button and you are in a manual program at resistance level 1. Your calories will be based on a 150 lb. (68 kg) user. Once you have selected quick start, you can then program any item in any order.
Up and Down Keys	
<b>Program</b> (+ and –)	Toggles through programs. Program changes can be made at any point during your workout.
Time (+ and –)	Increases or decreases time. The maximum time 99:59. You can change your time twice during a workout.
Level (+ and)	Increases or decreases the resistance level of the machine. There are 20 levels of resistance.
Weight (+ and –)	Increases or decreases the user's weight. This value is used to give a more accurate calorie burn readout. Weight is displayed in pounds (English) or kilograms (metric). To switch from English to metric or metric to English, hold down the weight $(+/-)$ keys for three seconds. The console will beep and a "-" will appear in the time window when it has switched from English to metric. When switching from metric to English an "E" will appear in the time window.
Enter	Selects any of the changed values or items for the above keys.
	<b>eed to turn off your product</b> —your Q35 was designed with an intelligent sleep

mode—a virtual off button. This eliminates the need for an on/off switch. When your product is in sleep mode it uses very little power. The X-Mode will continue to spin around while in sleep mode. **Note**: Throughout your workout you will hear a series of "beeps" from your console. This is perfectly normal. These beeps signify various changes taking place in the unit's programming. For instance, you will hear one beep every time you press a key on the keypad, and one beep to engage higher function keys such as X-Mode, and two beeps when they have selected a program for you. If you've decided to end your workout and hit the Cool Down button you will hear three. Stepping away or stopping completely will engage the Pause mode which will signal with three beeps that you've stopped your workout before it was finished and will begin a ten minute countdown before exiting the program you were using. You will also hear beeps as you move from the warm-up into each program.



### Programs

P1 - Manual

Manual simulates walking or jogging on a flat surface. The resistance stays constant for the entire workout, unless changed by the user by pressing level (+/-). The oval racetrack signifies 1/4 mile.









The Hill program simulates walking or jogging up a big hill. The resistance continues to get more difficult the closer you get to the top. Changing the resistance level changes the level for the entire hill program. The warm-up lasts for one minute. Each hill lasts for two minutes. Once you have reached all three plateaus the hill will be repeated.





## LED Readout Windows

O Time O Distance O Speed

TimeCounts up from 0:00 and can be increased or decreased during your workout. The<br/>maximum time is 99:59, then the window rolls over to 0:00. The program time<br/>may be changed twice during a workout.DistanceDistance is an estimate of how far you have traveled. Distance can be shown in

either miles (English) or kilometers (metric). To switch from English to metric or metric to English, hold down the weight (+/–) keys for three seconds. The console will beep and a "-" will appear in the time window when it has switched from English to metric. When switching from metric to English an "E" will appear in the time window. Pedaling roughly 50rpm's it will take eight minutes to reach one mile.

**Speed** Speed is how fast you are going. Speed is displayed in revolutions per minute (rpm).

**Level** Displays the resistance level from 1 - 20.

**Calories** Displays the total calories burned during your workout. The maximum shown is 999. If you burn 1000 it is shown as 000 while blinking. If you were to burn 1200 calories in a single workout it would read 200 calories while blinking. Calories are based on your weight. If you use Quick Start, calories are based on a 150 lb. (68 kg) user.

**Calories/Hour** Displays the number of calories that would be burned in one hour at the current resistance level and speed. Similar to calories, the maximum value that can be displayed is 999. If you are at a rate of 1200 calories/hour it will be displayed as 200 calories/hour while blinking.

**TIP:** Do you wish the number LEDs didn't toggle between the higher and lower LEDs? Do you just care about seeing time, or maybe you don't want to see time? Just press the **enter** key and it will freeze in that position. Press the **enter** key again to have the LEDs revert back to continuous loop.

# X - M o d e TM

X-Mode<sup> $^{\text{M}}$ </sup> is like having a personal trainer coaching you. It is a great way to take advantage of the variety your elliptical cross trainer offers. X-Mode<sup> $^{\text{M}}$ </sup> works in any program; simply push the button to activate. There are four different options:

Push/Arms	Focus on pushing with your arms to work your chest and triceps.
Pull/Arms	Focus on pulling with your arms to work your biceps and lats.
Reverse	Pedal backwards to change the muscle focus on your entire lower body.
Squat	Bend slightly at the knees. You'll feel this one in your quadriceps and glutes in no time!



One, two or three LEDs will light up instructing you what to do. The light sequence is randomly generated so you never know what is coming next.

To activate X-Mode<sup>™</sup> simply push the X-Mode<sup>™</sup> button while in any program. To turn it off push the button again. Each X-Mode<sup>™</sup> session lasts for one minute. Once you complete that instruction for one minute, you have a two minute rest period where you do your normal elliptical routine (pedaling forward and total body). After your two minute 'rest' period you get your next X-Mode<sup>™</sup> routine. Good luck!

# Pause/Clear

Press once to pause your workout. The maximum pause time is 10 minutes. To restart a paused workout push any key or simply begin pedaling. Press the pause/clear button twice within two seconds and your machine is reset and ready for another workout. If you stop pedaling during a workout, the unit will automatically go into a 10 minute pause. Simply start pedaling to resume your workout.

# Cool-Down

It is always a good idea to perform a cool-down at the end of your routine. This will help to transition your body from an aggressive workout to its normal routine. Performing a cool-down can also reduce any discomfort to muscles and joints which can be experienced after a rigorous workout. The time and intensity of the cool-down is automatically customized to your workout duration and resistance level. The time window will change to a count-down timer to tell you how long the cool-down will last.

If you have set a time for your workout the cool-down will automatically start when time has expired. If you decide to end your workout early or have not set a time goal simply push the Cool Down button to activate the custom cool-down.

# **Q35e WITH INTERACTIVE CONSOLE**

### Programming the console

DedicatedLogic <sup>™</sup> Programming	DedicatedLogic <sup>TM</sup> was created to give you the ultimate in ease of use and total flexibility for programming your console. This allows you to modify your workout once you've started. You can even start your workout, then program the electronics. This ease of use starts by giving each key only one function. This makes it easy to understand how each key works.
Quick Start	The easiest way for you to start your workout is to simply push the Quick Start button and you are in a manual program at resistance level one. Your calories will be based on a 150 lb. (68 kg) user. Once you have selected Quick Start you can program any item in any order.
My QuickStart 1 & 2	The My QuickStart buttons take the traditional Quick Start to the next level by memorizing your profile. My QuickStart remembers your favorite program, time, level, age and weight. With the simple push of a button, your favorite workout and profile are entered and you are ready to go.
	• To set your profile, simply enter your information as you normally do using the + and – keys. Then, just like most car stereos, hold down the My QuickStart button for three seconds. The console will beep twice telling you the informa- tion is saved. To update your information (like increasing your workout time from 20 to 30 minutes) change the value during your workout and hold the My QuickStart key down just like before.
	<ul> <li>Tip: If only one person uses the product save your two favorite workouts.</li> <li>Tip: If you feel like doing a different program simply change it after pressing the My QuickStart button.</li> </ul>
	• <i>Note:</i> Your profile will be saved even when you unplug the machine.
Up and Down Keys	
Program (+ and –)	Toggles through programs. Program changes can be made any time during your workout.
<b>Time</b> (+ and –)	Increases or decreases time. The maximum time 99:59. You can change your time twice during a workout.
Level (+ and –)	Increases or decreases the resistance level of the machine. There are 20 levels of resistance for programs P1 - P5. During a heart rate program (P6 - P10) the level button increases or decreases your target heart rate (for more information on heart rate programs go to page 23). To enter a change in target heart rate, you must hit Enter after selecting the proper number.
Weight (+ and –)	Increases or decreases the user's weight. This value is used to give a more accurate calorie burn readout. Weight is displayed in pounds (English) or kilograms (metric). To switch from English to metric or metric to English, hold down the weight (+/–) keys for three seconds. The console will scroll the selected unit of measure.

Age (+ and -)Used for heart rate programs, age will give a recommended target heart rate<br/>based on the formula 220 - your age = your theoretical maximum heart rate.<br/>That number is then multiplied by the program intensity value to determine<br/>your target heart rate(s).

Selects any of the changed values or items for the above keys.

*Tip:* Do you wish the number LEDs didn't toggle between the higher and lower LEDs? Do you just care about seeing Time, or maybe you don't want to see Time? Just press the *Enter* key and it will freeze in that position. Press the *Enter* again to have the LEDs toggle.

Enter



## Programs

#### P1 - Manual



Manual simulates walking or jogging on a flat surface. The resistance stays constant for the entire workout, unless changed by the user by pressing level (+/-). The oval racetrack signifies 1/4 mile.





The Hill program simulates walking or jogging up a big hill. The resistance continues to get more difficult the closer you get to the top. Changing the resistance level changes the level for the entire hill program. The warm-up lasts for one minute. Each hill lasts for two minutes. Once you have reached all three plateaus the hill will be repeated.





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P8—Heart Rate Interval Heart Rate Interval puts you through intervals of 70% and 80% of your theoretical maximum. Interval training has been shown to give superior results compared to steady state training (training at a constant resistance level). Each interval lasts for two minutes. Once the two minutes are completed the resistance increases or decreases to get you to the next interval. When you reach the new target heart rate the new two minute interval begins. Each interval intensity is independently adjustable. To change the target heart rate press the level (+/-) button. This will change the intensity level for the entire program. The better condition you are in, the more intervals you will be able to accomplish in the same period of time. The program starts with a three minute warm-up. During the warm-up you can change resistance (1 - 20) using the level (+/-). If you reach your target heart rate during the warm-up, the warm-up ends and the heart rate control portion begins.



#### **P9—Heart Rate Hill**

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Heart Rate Hill takes you through a series of hills which increase in intensity from 65% to 75% to 85% of your theoretical maximum. Each hill lasts for **two** minutes. Once the two minutes are completed the resistance increases or decreases to get you to the next hill. Once you reach the new target heart rate the new two minute hill begins. Each intensity level is independently adjustable by pressing the level button and pressing enter. Pressing level will change your target heart rate. The better condition you are in the more hills you will be able to accomplish in the same period of time. The program starts with a three minute warm-up. During the warm-up you can change resistance (1 - 20) using the level (+/-). If you reach your target heart rate during the warm-up, the warm-up ends and the heart rate control portion begins.





#### P10—Heart Rate Speed Interval

Heart Rate Speed Interval puts you though intervals of 65% and 85% of your theoretical maximum. It combines steeper intervals with changing speeds. Interval training has been shown to give superior results compared to steady state training (training at the same resistance level). Each interval lasts for **one** minute. Once the interval is completed the resistance increases or decreases to get you to the next interval. When you reach the new target heart rate the new interval begins. While going from the lower interval to the higher interval the electronics instruct you to speed up to **60 rpm** to get you there faster. When you are going from the higher interval to the lower interval, the electronics instruct you to slow down to 40 rpm. This will help you decrease your heart rate to the new lower target in less time. Each interval intensity is independently adjustable. To change the target heart rate press the level (+/-) button. This will change the intensity level for the entire interval. The better condition you are in the more intervals you will be able to accomplish in the same period of time. The program starts with a three minute warm-up. During the warm-up you can change resistance (1 - 20) using the level (+/-). If you reach your target heart rate during the warm-up, the warm-up ends and the heart rate control portion begins.

*Example for a 40-year-old person: 220 – 40 yrs old = 180 TMHR 180 \* .65 = 117 Target heart rate 180 \* .85 = 153 Target heart rate* 



**Note:** Throughout your workout you will hear a series of "beeps" from your console. This is perfectly normal. These beeps signify various changes taking place in the unit's programming. For instance, you will hear one beep every time you press a key on the keypad, and one beep to engage higher function keys such as X-Mode and Glute-Kicker and then two beeps when they have selected a program for you. You'll hear one beep when using the My QuickStart and two when you save your profile. If you choose the Now Zone button you will hear two beeps. If you've decided to end your workout and hit the Cool Down button you will hear three.

Stepping away or stopping completely will engage the Pause mode which will signal with three beeps you've stopped your workout before it was finished and will begin a ten minute countdown before exiting the program you were using. You will also hear beeps as you move from the warm-up into each program and when changes are taking place in the heart rate monitor programs as you move through them.

# LED Readout Windows

Q Time	Q Distance	Q Speed	
OTime in Zone	Ó Calories	Ó Calories/Hour	Level OHR%

Time	Counts up from 0:00 and can be increased or decreased during your workout. The maximum time is 99:59, then the window rolls over to 0:00. The program time may be changed twice during a workout.
Time-in-Zone	Tracks the amount of time you are in the proper training zone of the program. Time-in-Zone is only displayed when you are in a heart rate program and your heart rate is detected by the machine.
Distance	Distance is an estimate of how far you have traveled. Distance can be shown in either miles (English) or kilometers (metric). To switch from English to metric or metric to English, hold down the weight (+/–) keys for three seconds. The console will scroll the unit of measure it switched to. A person pedaling at roughly 50 rpms will take eight minutes to reach one mile.
Speed	Speed tells you how fast you are going. Speed is displayed in revolutions per minute (rpm).
Calories	Displays the total calories burned during your workout. The maximum shown is 999. If you burn 1000 it is shown as 000 while blinking. If you were to burn 1200 calories in a single workout it would read 200 calories while blinking. Calories are based on your weight. If you use quick start, calories are based on a 150 lb. (68 kg) user.
Calories/Hour	Displays the number of calories that would be burned in one hour at the current resistance level. Similar to calories, the maximum value that can be displayed is 999. If you are at a rate of 1200 calories/hour it will be displayed as 200 calories/hour while blinking.
Level	Displays the resistance level from 1-20.
Heart Rate	Displays your heart rate in beats per minute (bpm). <i>Note:</i> You must be wearing your wireless heart rate transmitter strap.
Heart Rate %	Displays your current heart rate percentage (current heart rate divided by theo- retical maximum). <i>Note: You must be wearing your wireless heart rate transmit-</i> <i>ter strap and have entered your age.</i>
Target Heart Rate	Displays your current target heart rate (where you're trying to get to) when in a heart rate control program.

**TIP:** Do you wish the number LEDs didn't toggle between the higher and lower LEDs? Do you just care about seeing time, or maybe you don't want to see time? Just press the **enter** key and it will freeze in that position. Press the **enter** key again to have the LEDs revert back to continuous loop.

# X - M o d e <sup>™</sup> +

X-Mode<sup>M</sup>+ is like having a personal trainer coaching you. It is a great way to take advantage of the variety your elliptical cross trainer offers. X-Mode<sup>M</sup>+ works in any program—simply push the button to activate. There are eight different options:

Push/Arms	Focus on pushing with your arms to work your chest and triceps.	Lower Body Only
Pull/Arms	Focus on pulling with your arms to work your biceps and lats.	Push Arms Fast
Reverse	Pedal backwards to change the muscle focus on your entire lower body.	Slow Reverse
Squat	Bend slightly at the knees. You'll feel this one in your quadriceps and glutes in no time!	Lean Back
Lower Body Only	Either hold the stationary handlebars or n	aturally swing your arms.
Fast	Pick up the pace—we recommend 50 - 0 comfort level.	60 rpm, but you should find your own
Slow	Slow down to allow yourself to recover. V	Ve recommend 30 - 40 rpm.
Lean Back	Grab the stationary handlebars and lean sl focus on your lower body. You will feel th	

One, two or three LEDs will light up instructing you what to do. The light sequence is randomly generated so you never know what is coming next.

To activate X-Mode<sup>TM</sup> + simply push the X-Mode<sup>TM</sup> + button while in any program. To turn it off push the button again. Each X-Mode<sup>TM</sup> + session lasts for one minute. Once you complete that instruction for one minute you then have a two minute period where you do your normal elliptical routine (pedaling forward and total body). After your two minute period you will automatically get your next X-Mode<sup>TM</sup> + routine. Good luck.

# G l u t e K i c k e r ™

GluteKicker<sup>TM</sup> is an aggressive subset of X-Mode<sup>TM</sup>+ that is focused on your glutes, hips and thighs. It uses four modes; **reverse**, **squat**, **fast** and **lean back**. GluteKicker<sup>TM</sup> sessions last for one minute, with a one minute rest period.

#### H e a r t L o g i c <sup>™</sup> Intelligence

HeartLogic heart rate technology is a sophisticated yet easy to use technology that brings you the most accurate and effective workout possible. It all begins with the optional wireless chest strap. There are five different heart rate programs (Fat Burn, Cardio, Heart Rate Interval, Heart Rate Hill and Heart Rate Speed Interval) which give you the variety to keep your workouts fun and interesting. The Now-Zone<sup>™</sup> button lets you instantly lock onto your current heart rate no matter what program you're in-all at the push of a button. To top it all off, the monitor displays your target heart rate, heart rate % and your current heart rate so you know exactly where you are and where you should be.

> The wireless chest strap transmits your heart Using your rate to the electronics console at a distance of up to three feet. Adjust the length of the chest strap elastic strap and fasten it to the transmitter around your torso, underneath your shirt. Place the strap just below your chest. Make sure the Octane Fitness<sup>™</sup> logo is away from you and right side up. It may help to moisten the electrodes on the back of the transmitter with a small



amount of water for better contact with the skin. The electrodes are the ribbed portion on the back side (that sits against your skin) of the transmitter. Make sure the strap fits snugly but doesn't restrict breathing.

**Heart Rate** The Q35e offers five different heart rate controlled programs (P6-P10) to offer you **Programs** more variety to suit your personal needs. We recommend that you try different programs to determine your favorite. For an explanation of all programs go to page 22.

Now-Zone<sup>™</sup> Now-Zone<sup>™</sup> is a great feature that instantly puts you into a heart rate controlled program using your current heart rate as the target. Press the button a second time to exit the heart rate controlled program and enter a manual program. Now-Zone<sup>™</sup> can be activated while in any program at any time and requires that you are wearing your wireless transmitter.

## Pause/Clear

wireless

Press once to pause your workout. The maximum pause time is 10 minutes. To restart a paused workout push any key or simply begin pedaling. Press the Pause/Clear button twice within two seconds and your machine is reset and ready for another workout. If you stop pedaling during a workout, the unit will automatically go into a 10 minute pause. Simply start pedaling to resume your workout.

# Cool-Down

It is always a good idea to perform a cool-down at the end of your routine. This will help to transition your body from an aggressive workout to its normal routine. Performing a cool-down can also reduce any discomfort to muscles and joints which can be experienced after a rigorous workout. The time and intensity of the cool-down is automatically customized to your workout duration and resistance level. The time window will change to a countdown timer to tell you how long the cool-down will last.

If you have set a time for your workout the cool-down will automatically start when time has expired. If you decide to end your workout early or have not set a time goal simply push the cool-down button to activate the custom cool-down.

# **Pro35 WITH INTERACTIVE CONSOLE**

#### **Programming the console**

DedicatedLogic <sup>™</sup> Programming	DedicatedLogic <sup>™</sup> was created to give you the ultimate in ease of use and total- flexibility for programming your console. This allows you to modify your workout once you've started. You can even start your workout, then program the electron- ics. This ease of use starts by giving each key only one function. This makes it easy to understand how each key works.
Quick Start	The easiest way for you to start your workout is to simply push the Quick Start button and you are in a manual program at resistance level one. Your calories will be based on a 150 lb. (68 kg) user. Once you have selected Quick Start you can program any item in any order.
Up and Down Keys	
Program (+ and –)	Toggles through programs. Program changes can be made any time during your workout.
<b>Time</b> (+ and –)	Increases or decreases time. The maximum time 99:59. You can change your time twice during a workout.
Level (+ and –)	Increases or decreases the resistance level of the machine. There are 20 levels of resistance for programs P1 - P5. During a heart rate program (P6 - P10) the level button increases or decreases your target heart rate (for more information on heart rate programs go to page 31). To enter a change in target heart rate, you must hit Enter after selecting the proper number.
Weight (+ and –)	Increases or decreases the user's weight. This value is used to give a more accurate calorie burn readout. Weight is displayed in pounds (English) or kilograms (metric). To switch from English to metric or metric to English, hold down the weight $(+/-)$ keys for three seconds. The console will scroll the selected unit of measure.
<b>Age</b> (+ and –)	Used for heart rate programs, age will give a recommended target heart rate based on the formula $220 - your$ age = your theoretical maximum heart rate. That number is then multiplied by the program intensity value to determine your target heart rate(s).
Enter	Selects any of the changed values or items for the above keys.

**Note: There is no need to turn off your product**—your Q35/Q35e/Pro35 was designed with an intelligent sleep mode—a virtual off button. This eliminates the need for an on/off switch. When your product is in sleep mode it uses very little power. Octane Fitness will continue to scroll across the screen while in sleep mode.

**Note:** Throughout your workout you will hear a series of "beeps" from your console. This is perfectly normal. These beeps signify various changes taking place in the unit's programming. For instance, you will hear one beep every time you press a key on the keypad, and one beep to engage higher function keys such as X-Mode and Glute-Kicker and then two beeps when they have selected a program for you. If you've decided to end your workout and hit the Cool Down button you will hear three.

Stepping away or stopping completely will engage the Pause mode which will signal with three beeps you've stopped your workout before it was finished and will begin a ten minute countdown before exiting the program you were using. You will also hear beeps as you move from the warm-up into each program and when changes are taking place in the heart rate monitor programs as you move through them.



## Programs

#### P1 - Manual



Manual simulates walking or jogging on a flat surface. The resistance stays constant for the entire workout, unless changed by the user by pressing level (+/-). The oval racetrack signifies 1/4 mile.



between the two intervals. The workout has preset resistance levels. The warm-up has been set at level 1. Interval 1 (higher interval) has been set at level six. Interval 2 (lower interval) has been set at level 3. Warm-up and all intervals have a one minute duration. The resistance level can be changed for the warm-up and all intervals by pressing the level (+/--) buttons. When changing an interval level, it changes the interval (high or low) for the entire workout.



#### P4 - Hill



The Hill program simulates walking or jogging up a big hill. The resistance continues to get more difficult the closer you get to the top. Changing the resistance level changes the level for the entire hill program. The warm-up lasts for one minute. Each hill lasts for two minutes. Once you have reached all three plateaus the hill will be repeated.





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P8—Heart Rate Interval Heart Rate Interval puts you through intervals of 70% and 80% of your theoretical maximum. Interval training has been shown to give superior results compared to steady state training (training at a constant resistance level). Each interval lasts for two minutes. Once the two minutes are completed the resistance increases or decreases to get you to the next interval. When you reach the new target heart rate the new two minute interval begins. Each interval intensity is independently adjustable. To change the target heart rate press the level (+/-) button. This will change the intensity level for the entire program. The better condition you are in, the more intervals you will be able to accomplish in the same period of time. The program starts with a three minute warm-up. During the warm-up you can change resistance (1 - 20) using the level (+/-). If you reach your target heart rate during the warm-up, the warm-up ends and the heart rate control portion begins.



#### **P9—Heart Rate Hill**

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Heart Rate Hill takes you through a series of hills which increase in intensity from 65% to 75% to 85% of your theoretical maximum. Each hill lasts for two minutes. Once the two minutes are completed the resistance increases or decreases to get you to the next hill. Once you reach the new target heart rate the new two minute hill begins. Each intensity level is independently adjustable by pressing the level button and pressing enter. Pressing level will change your target heart rate. The better condition you are in the more hills you will be able to accomplish in the same period of time. The program starts with a three minute warm-up. During the warm-up you can change resistance (1 - 20) using the level (+/-). If you reach your target heart rate during the warm-up, the warm-up ends and the heart rate control portion begins.



#### P10—Heart Rate Speed Interval

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Heart Rate Speed Interval puts you though intervals of 65% and 85% of your theoretical maximum. It combines steeper intervals with changing speeds. Interval training has been shown to give superior results compared to steady state training (training at the same resistance level). Each interval lasts for **one** minute. Once the interval is complete the resistance increases or decreases to get you to the next interval. When you reach the new target heart rate the new interval begins. While going from the lower interval to the higher interval the electronics instruct you to speed up to **60 rpm** to get you there faster. When you are going from the higher interval to the lower interval, the electronics instruct you to slow down to 40 rpm. This will help you decrease your heart rate to the new lower target in less time. Each interval intensity is independently adjustable. To change the target heart rate press the level (+/-) button. This will change the intensity level for the entire interval. The better condition you are in the more intervals you will be able to accomplish in the same period of time. The program starts with a three minute warm-up. During the warm-up you can change resistance (1 - 20) using the level (+/-). If you reach your target heart rate during the warm-up, the warm-up ends and the heart rate control portion begins.

*Example for a 40-year-old person: 220 – 40 yrs old = 180 TMHR 180 \* .65 = 117 Target heart rate 180 \* .85 = 153 Target heart rate* 



Time	Counts up from 0:00 and can be increased or decreased during your workout. The maximum time is 99:59, then the window rolls over to 0:00. The program time may be changed twice during a workout.
Time-in-Zone	Tracks the amount of time you are in the proper training zone of the program. Time-in-Zone is only displayed when you are in a heart rate program and your heart rate is detected by the machine.
Distance	Distance is an estimate of how far you have traveled. Distance can be shown in either miles (English) or kilometers (metric). To switch from English to metric or metric to English, hold down the weight (+/–) keys for three seconds. The console will scroll the unit of measure it switched to. A person pedaling at roughly 50 rpms will take eight minutes to reach one mile.
Speed	Speed tells you how fast you are going. Speed is displayed in revolutions per minute (rpm).

Calories Calories/Hour	Displays the total calories burned during your workout. Maximum shown is 999 so if you burn 1000 it is shown as 000 while blinking, so if you were to burn 1200 calories in a single workout it would read 200 calories while blinking. Calories are based on your weight. If you use quick start, calories are based on a 150 lb. (68 kg) user. Displays the number of calories that would be burned in one hour at the current resistance level. Similar to calories, the maximum value that can be displayed is 999. If you are at a rate of 1200 calories/hour it will be displayed as 200 calories/ hour while blinking.
Level	Displays the resistance level from 1-20.
Heart Rate	Displays your heart rate in beats per minute (bpm). <i>Note:</i> You must be wearing your wireless heart rate transmitter strap.
Heart Rate %	Displays your current heart rate percentage (current heart rate divided by theo- retical maximum). <i>Note: You must be wearing your wireless heart rate transmit-</i> <i>ter strap and have entered your age.</i>
Target Heart Rate	Displays your current target heart rate (where you're trying to get to) when in a heart rate control program.

**TIP:** Do you wish the number LEDs didn't toggle between the higher and lower LEDs? Do you just care about seeing time, or maybe you don't want to see time? Just press the **enter** key and it will freeze in that position. Press the **enter** key again to have the LEDs revert back to continuous loop.

# X - M o d e $^{TM}$ +

X-Mode<sup>TM</sup>+ is like having a personal trainer coaching you. It is a great way to take advantage of the variety your elliptical cross trainer offers. X-Mode<sup>TM</sup>+ works in any program — simply push the button to activate. There are eight different options:

Push/Arms	Focus on pushing with your arms to work your chest and triceps.
Pull/Arms	Focus on pulling with your arms to work your biceps and lats.
Reverse	Pedal backwards to change the muscle focus on your entire lower body.
Squat	Bend slightly at the knees. You'll feel this one in your quadriceps and glutes in no-time!
Lower Body Only	Either hold the stationary handlebars or naturally swing your arms.
Fast	Pick up the pace—we recommend 50 - 60 rpm, but you should find your own comfort level.
Slow	Slow down to allow yourself to recover. We recommend 30 - 40 rpm.
Lean Back	Grab the stationary handlebars and lean slightly backwards, changing the muscle focus on your lower body. You will feel this in your quadriceps.

One, two or three LEDs will light up instructing you what to do. The light sequence is randomly generated so you never know what is coming next.

To activate X-Mode<sup>TM</sup>+ simply push the X-Mode<sup>TM</sup>+ button while in any program. To turn it off push the button again. Each X-Mode<sup>TM</sup>+ session lasts for one minute. Once you complete that instruction for one minute you then have a two minute period where you do your normal elliptical routine (pedaling forward and total body). After your two minute period you will automatically get your next X-Mode<sup>TM</sup>+ routine. Good luck.

# G l u t e K i c k e r ™

GluteKicker<sup>TM</sup> is an aggressive subset of X-Mode<sup>TM</sup>+ that is focused on your glutes, hips and thighs. It uses four modes; **reverse**, **squat**, **fast** and **lean back**. GluteKicker<sup>TM</sup> sessions last for one minute, with a one minute rest period.

# HeartLogic<sup>™</sup> Intelligence

HeartLogic heart rate technology is a sophisticated yet easy to use technology that brings you the most accurate and effective workout possible. It all begins with the optional wireless chest strap. There are five different heart rate programs (Fat Burn, Cardio, Heart Rate Interval, Heart Rate Hill and Heart Rate Speed Interval) which give you the variety to keep your workouts fun and interesting. To top it all off, the monitor displays your target heart rate, heart rate % and your current heart rate so you know exactly where you are and where you should be.

To purchase chest straps contact your local dealer.

Using a<br/>wirelessThe wireless chest strap transmits your heart rate to<br/>the electronics console at a distance of up to three<br/>feet. Adjust the length of the elastic strap and fasten<br/>it to the transmitter around your torso, underneath<br/>your shirt. Place the strap just below your chest.<br/>Make sure the Octane Fitness™ logo is away from<br/>you and right side up. It may help to moisten the<br/>electrodes on the back of the transmitter with a small



amount of water for better contact with the skin. The electrodes are the ribbed portion on the back side (that sits against your skin) of the transmitter. Make sure the strap fits snugly but doesn't restrict breathing.

Heart RateThe Pro35 offers five different heart rate controlled programs (P6-P10) to offer<br/>you more variety to suit your personal needs. We recommend that you try differ-<br/>ent programs to determine your favorite. For an explanation of all programs go<br/>to page 31.

## Pause/Clear

Press once to pause your workout. The maximum pause time is 10 minutes. To restart a paused workout push any key or simply begin pedaling. Press the Pause/Clear button twice within two seconds and your machine is reset and ready for another workout. If you stop pedaling during a workout, the unit will automatically go into a 10 minute pause. Simply start pedaling to resume your workout.

## Cool-Down

It is always a good idea to perform a cool-down at the end of your routine. This will help to transition your body from an aggressive workout to its normal routine. Performing a cool-down can also reduce any discomfort to muscles and joints which can be experienced after a rigorous workout. The time and intensity of the cool-down is automatically customized to your workout duration and resistance level. The time window will change to a count-down timer to tell you how long the cool-down will last.

If you have set a time for your workout the cool-down will automatically start when time has expired. If you decide to end your workout early or have not set a time goal simply push the cool-down button to activate the custom cool-down.
# USING THE PRODUCT

STRETCHING	Stretching is a critical part of any exercise routine and cannot be overlooked. Proper stretching promotes flexibility and can reduce the risk of injury. Well stretched muscles, tendons and ligaments can make exercise and recovery much more enjoyable. Stretching can help reduce stress. You will feel the benefits of a properly stretched body through your entire day.
	The first thing to know about stretching is to perform slow controlled movements. No bouncing! You should feel a stretch, but no pain. Once you start to feel the stretch hold that position for 20 seconds. Breathe deeply, and after holding the position release for five seconds, then return for another 20 seconds. A proper stretching routine will take 10-15 minutes but will benefit you 24 hours a day.
	Remember:
	<ul> <li>Stretch slowly</li> <li>Hold for 20 seconds</li> <li>Stop at a stretch, no pain</li> <li>Breathe deeply</li> </ul>
WARM-UP	Start your workout at a lower speed and intensity for three to five minutes. This allows the blood to flow throughout the body and raise muscle temperature. You can walk, pedal, bike or use your elliptical cross trainer for your warm-up.
MOUNTING THE	The low step-up height of the <b>Octane Fitness</b> <sup>TM</sup> $\Omega$ 35/ $\Omega$ 35e/Pro35 makes it easy to get on and off. You can step on the machine from either the right or left side. Grasp either the moving or stationary handlebars for balance. Step on the lowest pedal and remember that the pedal may move when you step on. You are ready to go!
PROGRAMMING	The DedicatedLogic <sup>TM</sup> programming was designed to give you the most flexibility in programming the machine. There are two easy ways to start: (1) Quickstart or (2) Start with the program (+/–) buttons and follow the numbers below the buttons. For a more detailed look at the electronics turn to page 15 (Q35), page 20 (Q35e) or page 29 (Pro35).
WORKOUTS	Your product has either five (Q35) or ten (Q35e/Pro35) pre-programmed workouts. We encourage you to try all of them and mix up your routine. Remember, boredom can destroy an exercise routine. Your <b>Octane Fitness<sup>™</sup></b> elliptical cross trainer is just that—a cross trainer, so change it up.
	Go forward, backwards, fast, slow, push, pull, total body, lower body. Turn on X-Mode <sup>TM</sup> and let the computer run you through the workout.
COOL-DOWN	Just like warming up your body, you should perform a proper cool-down. The Cool-Down button is a simple and effective way to accomplish the proper cool-down. For more information on <b>Octane Fitness</b> <sup>TM</sup> custom cool down, please refer to pages 19, 28 or 36.

# SMART EXERCISE TIPS

Be sure to consult your doctor before starting any exercise program.

There are many ways to get information on exercise programs. Books, video tapes, the internet and personal trainers are all great sources on exercise programs. Make sure the information comes from a credible source. The American College of Sports Medicine (ACSM) and American Council on Exercise (ACE) are credible sources of information. Visit them on the web at:

- www.acsm.org
- www.acefitness.com

For every good information resource, there is also a gimmick or fad. A simple rule of thumb is if it sounds too good to be true, then it probably is. The best route to a happier, healthier life is good old fashioned work—20+ minutes per day, 3 - 5 times per week.

The easiest way to determine your workout is FIT (Frequency, Intensity, Time).

Frequency	How often you workout. Three to five times per week is best.
Intensity	Whatever your exercise goals are, you need to exercise at the right intensity level. If you don't exercise hard enough you won't get the results you want. Exercise too hard and you could experience unnecessary pain and risk injury, leading you to abandon your exercise routine.
Time	Time is the duration of your workout. To achieve the results you are looking for, it is important that you exercise for 20 minutes. If you are new to exercise, slowly increase the duration of each workout. A great method is to add one minute to each workout until you reach your desired time.

The best way to gauge your exercise intensity is by measuring your heart rate. There are two ways to measure your heart rate: electronic method and manual method.

#### **Electronic Method**

The **Octane Fitness**<sup>TM</sup> Q35e comes standard with a wireless chest strap that measures and displays your heart rate on the console throughout your workout. The Pro35 also has the capability of showing your heart rate, using the optional chest strap. To take it one step further, Octane offers HeartLogic<sup>TM</sup> Intelligence which will change the machine's resistance to maintain the desired heart rate. For additional information on HeartLogic<sup>TM</sup> please refer to page 28.

#### **Manual Method**

You can manually check your pulse using your first and second fingers. Place them either under your chin and next to your Adam's apple or on the under side of your wrist. Count your pulse for six seconds and multiply it by ten. You should periodically check your heart rate to make sure you are in the proper training zone.

To understand exercise intensity you must first determine your theoretical maximum heart rate (TMHR) by subtracting your age from 220. Next take 55% and 90% of that number for the lower and upper limits of your heart rate training zone. You should always exercise within these numbers.

> Here is an example for a 40-year-old exercise: 220 - 40 = 180 TMHR in beats per minutes (BPM)  $180 \times .55 = 99$  BPM for the low limit  $180 \times .90 = 162$  BPM for the high limit

This shows that a 40-year-old exerciser's heart rate should be between 99 and 162 beats per minute during a workout.

The chart below can be used as a reference.



If your exercise goal is to burn fat and lose weight you should exercise in the range of 60% to 70% of your TMHR. You should also exercise for a longer period of time, at least 30 minutes. This will maximize the calories being burned from fat stores. If your goal is to improve your cardiovascular level, then you should train at a higher intensity, in the 75% to 85% TMHR range. While exercising in this higher intensity range you will be burning a higher percentage of calories from carbohydrates vs. fat stores.

Time	Time is the duration of your exercise. If you're a beginner, start with five minutes. Add one minute each day until you reach 20 or more minutes. Your goal is to per- form 20+ minutes for each workout session.
Exercise Variety	While Octane offers one of the most versatile exercise machines available, we encourage people to vary their workouts, whether this means choosing a different program or doing a different form of exercise. This will reduce boredom, one of the most common reasons people quit their exercise regimen. Make sure you use all of the features on your Octane elliptical cross trainer. Try a different program. Turn on X-Mode <sup>™</sup> . Watch a different TV show or crank up the music. Remember, variety leads to better workouts. Along with using your Octane elliptical, we also encourage people to do different exercises. Take a brisk walk by the lake. Hop on your bike or strap on your in-line skates. Climb that hill or cruise through the trails on your cross-country skis. Ride an exercise bike, jog on a treadmill or climb those dreaded stairs. A little variety can take you a long way.
Setting Goals	Another key to successful exercise is setting obtainable goals. Goals can be big or small. We recommend smaller goals so you see progress. Here are a few examples:
	<ul> <li>Lose one pound per week</li> <li>Cut out sweets</li> <li>Work out four days/week</li> </ul>

 Increase the length of your workout one minute each day until you hit 45 minutes/workout

Once you set your goals, make sure you write them down and make them visible. Tape them to your bathroom mirror, on your refrigerator or on your computer monitor. Don't lose sight of your goals. Whatever your goals are, make sure you can reach them. Then move on to the next goal.

# CLEANING & MAINTENANCE CLEANING

Your **Octane Fitness<sup>™</sup>** elliptical has been manufactured to withstand many hours of hard use with minimal required maintenance. The only thing you will have to do is keep it clean.

Periodically wipe down your machine with a mild soapy water or a diluted cleanser. Wipe it down and remove any sweat from a great workout. When cleaning the rails use a dry cloth or paper towel to wipe down, as no water is needed.

#### TROUBLESHOOTING / FAQs

Electronic Issue	Solution
Unit doesn't power up	<ul> <li>Is the unit plugged in? Check at the wall and at the machine.</li> <li>Is there power from the wall? Plug a lamp or radio into the outlet. Does it go on? Does a light switch control the outlet? If so, turn it on.</li> <li>Is the console plugged in? See assembly instructions to remove console and check plug going from console to the upright tube and the connection below the top shroud.</li> <li>If you have any questions or need additional assistance please call Octane Fitness<sup>TM</sup> customer service at 763.757.2662 ext 23.</li> </ul>
Console blinks on and off	<ul> <li>Check the connection to the console and the connection at the bottom of the console upright tube. See assembly instructions.</li> <li>Check the power connection at the base of the machine.</li> <li>If you have any questions or need additional assistance please call Octane Fitness<sup>TM</sup> customer service at 763.757.2662 ext 23.</li> </ul>
No heart rate comes up when doing heart rate controlled program (Ω35e/Pro35 only)	<ul> <li>Heart rate controlled programs require a wireless chest strap be worn. Make sure you are wearing the chest strap against your bare skin.</li> <li>Use water to moisten the electrodes on the back side of the strap for better contact to your skin.</li> <li>Make sure the Octane Fitness<sup>™</sup> logo is facing away from your body and is right side up.</li> <li>Make sure you have placed the chest strap at the bottom of your pectoral muscles.</li> <li>Make sure the strap is snug against your body, but not tight enough to restrict your breathing.</li> <li>Have someone else try the strap next to the machine to see if it works on him/ her.</li> <li>If you have any questions or need additional assistance please call Octane Fitness<sup>™</sup> customer service at 763.757.2662 ext 23.</li> </ul>
Heart rate readout seems inaccurate (too high or too low) <b>40</b>	<ul> <li>There may be interference with another electrical product (lights, TV, personal stereo, phones, etc.). Turn off any other electrical product to see if there is interference.</li> <li>Another person may be wearing a chest strap. Have person move away or take off the chest strap.</li> <li>If you have any questions or need additional assistance please call Octane Fitness<sup>TM</sup> customer service at 763.757.2662 ext 23.</li> </ul>

l don't feel a resistance change	• Are the cables connected correctly? Unplug and re-plug in the console and the connections between the console upright tube and the machine base. Make sure you feel or hear a click.
	<ul> <li>If you have any questions or need additional assistance please call Octane Fitness<sup>TM</sup> customer service at 763.757.2662 ext 23.</li> </ul>

Mechanical Issue	Solution
Moving handlebars are loose/wobble	<ul> <li>The screws under the handlebar covers may be loose. See assembly instructions to remove handlebar covers and tighten down hex head screws on handlebars.</li> <li>If you have any questions or need additional assistance please call Octane Fitness<sup>TM</sup> customer service at 763.757.2662 ext 23.</li> </ul>
My machine makes rubbing/ scrubbing noise	<ul> <li>Clean the rails and wheels with a mild soap solution. Then apply a thin coat of white lithium grease on all four rails.</li> <li>If you have any questions or need additional assistance please call Octane Fitness<sup>TM</sup> customer service at 763.757.2662 ext 23.</li> </ul>
Resistance has an uneven feel—like something is slipping	•The drive belt tension may be too loose. Please call <b>Octane Fitness</b> <sup>™</sup> customer service at 763.757.2662 ext 23.
My machine wobbles and is unstable on the floor	<ul> <li>Your floor is uneven and/or the levelers are not properly set. See the assembly instructions to reset the level of your machine.</li> <li>If you have any questions or need additional assistance please call Octane Fitness<sup>TM</sup> customer service at 763.757.2662 ext 23.</li> </ul>

## LIMITED CONSUMER WARRANTY Q35 & Q35e

Warranty registration: You must register your product with Octane Fitness<sup>™</sup>. You can register by mail or register via our web site at www.octanefitness.com.

#### **Octane Fitness**

2705 Bunker Lake Boulevard NW Suite 201 Andover, MN 55304

What is covered: The Octane Fitness<sup>™</sup> Q35/Q35e (product) is warranted to be free of all defects in material and workmanship.

**Who is covered:** The original owner of the product or the person the warranty has been transferred to under **Octane Fitness**<sup>TM</sup> transferable warranty program.

What is transferable warranty: As the original owner, Octane Fitness<sup>™</sup> allows you to transfer the warranty of your product to an individual of your choosing who purchases or is given the product. By filling out a warranty transfer card and sending it to Octane Fitness<sup>™</sup> the warranty will be transferred. A warranty transfer card is available on page 45 or by calling customer service at 736-757-2662 x23. The transferable warranty is not valid to or from commercial settings. The warranty can only be transferred one time.

**How long the product is covered: Octane Fitness**<sup>TM</sup> offers lifetime warranty on the frame of the product. All parts are warranted for three years from original date of purchase. Labor is covered for one year from original date of purchase.

What is not covered: Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your Operations Manual. Product failure due to users in excess of 300 lbs is not covered. This warranty does not extend to products used for commercial applications.

What you must do: Retain proof of purchase, (such as your sales receipt from retailer) operate, and maintain the Product as specified in the Operations Manual; notify your retailer or our Customer Service Department of any defect within 10 days after discovery of defect; as instructed, return any defective part for replacement or, if necessary, the entire product for repair. **Octane Fitness**<sup>TM</sup> reserves the right to determine if the entire machine will be replaced.

**Operations Manual:** It is VERY IMPORTANT THAT ALL USERS READ THE MANUAL before operating the Product.

How to get parts and service: Simply call the retailer where you purchased the product or the Octane Fitness<sup>™</sup> Customer Service Department at 763.757.2662 ext 23 and tell them your name and address and the serial numbers for your product. Each product has two serial numbers. The console serial number can be found on the bottom of the console. The base serial number can be found on the rail support plate, below the power cord connection. Please have both serial numbers when you call.

# LIMITED COMMERCIAL WARRANTY Pro35

Warranty registration: You must register your product with Octane Fitness<sup>™</sup>. You can register by mail or register via our web site at www.octanefitness.com

Octane Fitness 2705 Bunker Lake Boulevard NW Suite 201 Andover, MN 55304

What is covered: The Octane Fitness Pro35 (product) is warranted to be free of all defects in material and workmanship.

Who is covered: The original owner of the product. The warranty is non-transferable.

How long the product is covered: All parts and labor are warranted for one year from original date of purchase. This warranty is valid only in a low usage facility with use of less than four hours per day.

What is not covered: Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your Operations Manual. Product failure due to users in excess of 300 lbs is not covered.

What you must do: Retain proof of purchase, (such as your sales receipt from retailer) operate, and maintain the Product as specified in the Operations Manual; notify your retailer or our Customer Service Department of any defect within 10 days after discovery of defect; as instructed, return any defective part for replacement or, if necessary, the entire product for repair. **Octane Fitness** reserves the right to determine if the entire machine will be replaced.

**Operations Manual:** It is VERY IMPORTANT THAT ALL STAFF MEMBERS READ THE MANUAL before operating the product.

**How to get parts and service:** Simply call the retailer where you purchased the product or the **Octane Fitness** Customer Service Department at 763.757.2662 ext. 23 and tell them your name and address and the serial numbers for your product. Each product has two serial numbers. The console serial number can be found on the bottom of the console. The base serial number can be found on the rail support plate, below the power cord connection. Please have both serial numbers when you call.

## EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner or the person the warranty has been transferred to. This warranty is expressly limited to the repair or replacement of a defective frame or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended for or compatible with the product as sold. The warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, or neglect. **Octane Fitness<sup>™</sup>** shall not be responsible for incidental or consequential damages. Parts and electronic components reconditioned to *As New Condition* by **Octane Fitness** or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

**Octane Fitness** expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights and your rights may vary from state to state.

#### N O T E S

## Warranty Transfer Card Q35/Q35e ONLY

As the original owner, **Octane Fitness<sup>TM</sup>** allows you to transfer the warranty of your product to an individual of your choosing who purchases or is given the product.

By filling out a warranty transfer card and sending it to **Octane Fitness**<sup>TM</sup> with a copy of the original receipt the warranty will be transferred. Please make two copies of this form and the original receipt for your records and the new owner.

**Octane Fitness<sup>™</sup>** offers lifetime warranty on the frame of the product. All parts are warranted for three years from original date of purchase. Labor is covered for one year from original date of purchase.

Please detach form below and send to:

#### **Octane Fitness**

2705 Bunker Lake Boulevard NW Suite 201 Andover, MN 55304

#### Original Owner

Name:	Dealer	
Address:		
City:	Console Serial #	
State: Zip	Date Purchased	
New Owner		
Name:		
Address:		
 City:		
State: Zip	:	
Original Owner Signature:	Date:	
New Owner Signature:	Date:	

Date Purchased:	
Console Serial #:	
Base Serial #:	
Store:	
Store Phone #:	
Salesperson:	

## Are you passionate about your workout and the results?

Share your story with others on the Octane Fitness web site. Go to: *www.octanefitness.com/testimonials* Then click on "Share My Story" and show the world how fueled you are.

## FUEL YOUR LIFE™



2705 Bunker Lake Blvd. Suite 201 Andover, MN 55304 763.757.2662

www.octanefitness.com

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