

OPERATIONS MANUAL

Q45/Q45e/Q45ce

with SmartStride Technology





Q45/Q45e/Q45ce OPERATIONS MANUAL

Thank you for choosing an Octane Fitness® elliptical cross trainer and congratulations on fueling your exercise program. The team at Octane Fitness 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 using your new cross trainer to achieve your workout goals and *Fuel Your Life* TM !

Your new Octane Fitness 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; it includes important information on operation and maintenance.

Octane Fitness 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 product. However, if you would like to speak directly to an Octane Fitness customer service specialist please do not hesitate to call us at 888.OCTANE4 or visit our web site at www.octanefitness.com.

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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 people over 35 or those with pre-existing health conditions. 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! When using an electrical product, basic precautions should always be followed.

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

- 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. Moving parts contained under the shrouds can be extremely dangerous when not covered.
- Never operate this elliptical cross trainer if it has a damaged cord or plug. If your machine is not working
 properly, contact your local dealer or Octane Fitness for repair.
- Keep the cord away from heated surfaces.
- Do not use outdoors.
- Use only the power cord provided with your Octane Fitness elliptical cross trainer.
- **Never** place the power cord under carpeting or place any object on top of the power cord; this may pinch and/or damage it.
- Unplug your Octane Fitness 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 farthest 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—do not wear loose clothing.
- Use care when getting on or off the Octane Fitness elliptical cross trainer. Never step on or off the unit while the foot pedals are still moving.
- Always face forward. Never attempt to turn around on the Octane Fitness elliptical cross trainer.
- Do not sit, stand, or climb on the front plastic shroud, electronic console, or stationary handlebars.
- 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.
- · Wipe down external surfaces of your cross trainer after use to remove sweat and dust.
- Monitor and check your Octane Fitness elliptical cross trainer on a regular basis. Refer to the Cleaning and Maintenance section of this manual for more information about the care of your Octane elliptical cross trainer.
- Inspect all parts of the elliptical cross trainer regularly. If service is required, contact your local dealer or Octane Fitness Customer Service for assistance.
- Take caution in moving your Octane Fitness elliptical cross trainer. Your elliptical weighs over 300 lbs. Use proper lifting techniques and/or get assistance when moving your product.

HEART RATE OPTION Safety Guidelines

Before using the Octane Fitness Q45e or Q45ce with HeartLogic[™] Intelligence, read and follow these instructions:

- Do not use the chest strap if you have a cardiac pacemaker or you are taking prescription medication. Medication or electrical impulses from the cardiac pacemaker can cause inaccurate heart rate readings.
- Some individuals are unable to use the heart rate feature because they do not have the proper body chemistry to provide accurate readings.
- Please take care in handling the equipment as it is extremely sensitive.
- Do not bend the strips inside the chest strap as it can cause the strap to lose its conductivity.
- Handle the Octane Fitness heart rate transmitter (chest strap) with care. Dropping the transmitter might cause damage and this could void the warranty.
- If the receiver (console) 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 use 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.
- 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 side of the transmitter that sits against your skin.
- The chest strap has a battery which may need to be replaced from time to time. A faulty battery or worn electrodes may cause inaccurate readings. The electrodes are the ribbed portion on the side of the transmitter that sits against your skin.

TABLE OF CONTENTS

| Electronics | 8 |
|---|----|
| Standard Console & Interactive Console | 8 |
| Programs and Features | 14 |
| Preset Resistance Programs | 14 |
| Heart Rate Controlled Programs Q45e/Q45ce | 16 |
| Variable Stride Programs | |
| Workload Resistance | |
| LED Readout Windows | 22 |
| Contact Heart Rate Option | |
| Electronically Adjustable Stride | |
| X-Mode and X-Mode⁺ | |
| - GluteKicker | |
| HeartLogic Intelligence | 27 |
| MultiGrip Handlebars | 29 |
| Smart Exercise Tips | 30 |
| Starting Your Workout | 33 |
| Cleaning & Maintenance | 34 |
| Troubleshooting & FAQs | 35 |
| Limited Consumer Warranty | 38 |

ELECTRONICS

Q45 Standard Console & Q45e/Q45ce Interactive Console

Welcome to some of the easiest to use, yet most sophisticated, electronics available in the fitness industry. In purchasing your Octane elliptical you had three choices: the Q45 with standard electronics, the Q45e with deluxe electronics, or the Q45ce with deluxe electronics plus contact heart rate sensors. Instructions for all are included in this manual.

Programming the console

DedicatedLogic $^{\text{TM}}$ programming 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.

Console Buttons

Quick Start

The easiest way for you to start your workout is to simply push the Quick Start button, setting the machine in a manual program at resistance level one. The calories readout 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

(Q45e/Q45ce)

The My QuickStart buttons take the traditional Quick Start to the next level by memorizing your workout profile. My QuickStart remembers your favorite program and attributes and, with a simple push of the button, retrieves them for your next workout.

You can easily set your profile while using the machine. Simply begin your workout and enter your information as usual—program, time, level, age, and weight, adding X-Mode, GluteKicker, and/or SmartStride if you wish. Once your elliptical cross trainer is set the way you like it, simply press and hold the My QuickStart 1 (or My QuickStart 2) button until you hear the console beep twice, indicating that this favorite profile has been saved. If you decide during your workout to change what you have saved (for example, you decide to increase the time or level), simply enter the changes on the console, then press and hold My QuickStart again until you hear the two beeps. This resets your saved profile using the new attributes.

The next time you are ready for your favorite workout, simply press the My QuickStart button and begin pedaling. You may also switch to your favorite program after you have started a workout; simply press Pause/Clear to reset the machine, then press My QuickStart to begin your program.

Tip: Use My QuickStart 1 and My QuickStart 2 to save two different workouts. Save the first one according to the directions above, then press Pause/Clear and follow the steps again to save the second workout using the other My QuickStart button.

Tip: If you feel like doing something different after you have started your favorite workout with My QuickStart, simply enter your new information. This will only change the current workout, not your saved favorite.

Note: Your profile is saved even when you unplug the machine.

SmartStride

SmartStride automatically replicates natural movement by analyzing and measuring the exerciser's pace and direction and intuitively adjusting stride length from 18 inches (45 cm) to 23 inches (60 cm). Press the SmartStride button and the machine will analyze your speed for 10 seconds and make the appropriate adjustments. To deactivate SmartStride, simply push the SmartStride button a second time.

Pause

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. If you stop pedaling during a workout, the unit will automatically enter a 10-minute pause. Simply start pedaling to resume your workout.

Clear

Press the clear button and your elliptical machine is reset and ready for another workout. Press and hold the Clear button to perform reset your machine (like an on/off switch).

Pause/Clear

Press once to pause your workout. The pause time is 10 minutes. To restart a paused workout, push any key or simply begin pedaling. If you stop pedaling during a workout, the unit will automatically enter a 10-minute pause.

(Q45e/Q45ce)

Press the Pause/Clear button twice within two seconds, and your machine is reset and ready for another workout.

Cool-Down

It is always a good idea to perform a cool-down at the end of your routine. This will help transition your body from an aggressive workout to its normal pace. 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.

Up and Down Keys

Time (+ and –) Increases or decreases workout time. The maximum time is 99:00. You can change your time twice during a workout without having to restart the entire program.

Program (+ and –) Toggles through programs. Program changes can be made any time during your workout.

Stride (+ and –) Increases or decreases stride length. Each key press equals one inch (English) or three centimeters (metric). The stride length ranges from 18 inches (45 cm) to 23 inches (60 cm).

> Q45 -Increases or decreases the resistance level of the machine. There are 20 levels of resistance for programs P1-P10.

Q45e and Q45ce - Increases or decreases the resistance level of the machine. There are 20 levels of resistance for programs P1-P5 and P11-P15. On the Q45e/Q45ce console, the level button increases or decreases your target heart rate during heart rate programs (P6-P10). (For more information on heart rate programs, go to page 16). To save a change in target heart rate, you must hit Enter after entering the proper number.

Tip: Use the Stride (+/-) button on the left moving handlebar and the Level (+/-) button on the right moving handlebar to quickly and easily adjust your workout to meet your needs—without taking your hands off the grips!

Level (+ and –)

Weight (+ and –)

Increases or decreases the user's entered weight value. 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 five seconds. The console displays either English or Metric. Change the value by holding down the Weight (+/-) keys until your preferred unit of measure appears on the screen.

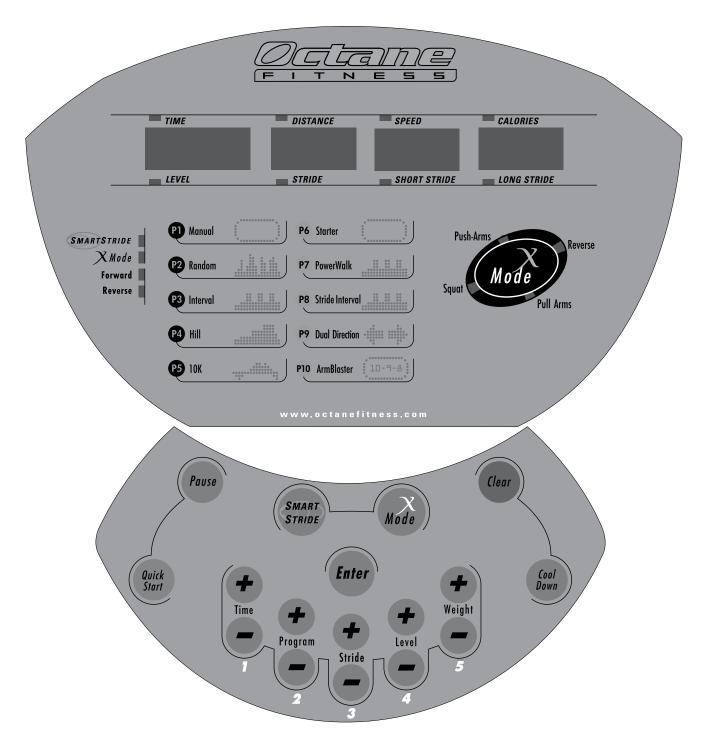
Age (+ and –) (Q45e/Q45ce)

Used for heart rate programs. Entering an age will give a recommended target heart rate based on the formula 220 — your age = your theoretical maximum heart rate (TMHR). That number is then multiplied by the program intensity value to determine your target heart rate(s). If you are not in a heart rate controlled program, you must enter your age to see your heart rate percentage. For more information, refer to page 31, "What should my heart rate be?".

Enter

Selects any of the changed values or items from the above keys. Also, pressing the **Enter** key during any workout will **stop the LED readout windows from toggling** between display modes.

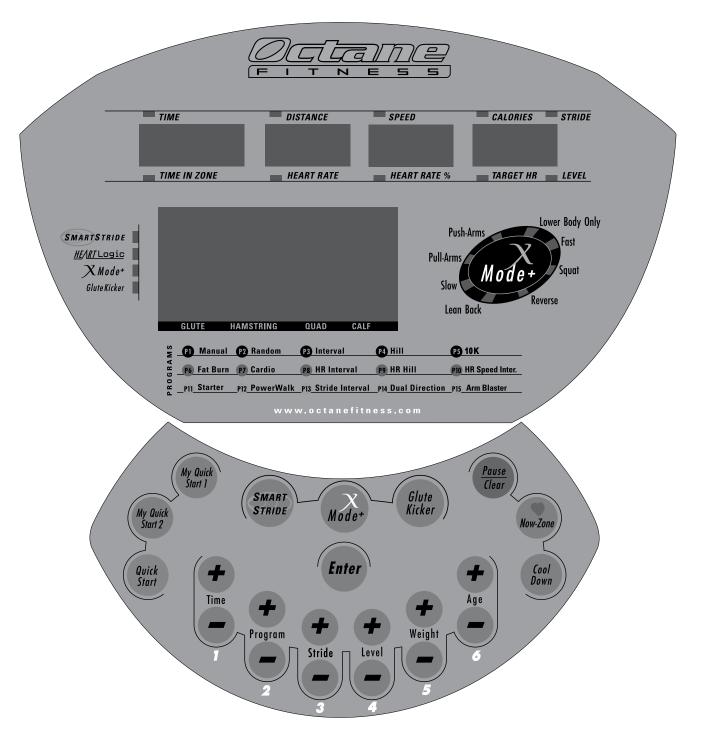
NOTES



Q45 Console

Program Breakdown

P1-P5 - Preset resistance programs P6-P10 - Variable stride programs



Q45e/Q45ce Console

Program Breakdown

P1-P5 - Preset resistance programs P6-P10 - Heart rate controlled programs P11-P15 - Variable stride programs

Tip: Do you wish the number LEDs didn't toggle between the higher and lower LEDs? Do you just care about seeing time, or you want to focus on heart rate data? Just press the Enter key and it will freeze in that position. Press the Enter key again to have the LEDs revert back to a continuous loop.

Programs and Features

Program Warm-up

Programs with the Q45 standard console (P2-P10) and programs with the upgraded Q45e/Q45ce console (P2-P15) begin with a three-minute warm-up to ease your body into your intense workout. During the warm-up, the resistance and stride length increase each minute.

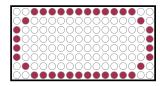
Q45 - In P2-P10, resistance increases two levels per minute, and stride increases 1 inch (3 cm) per minute. At the three-minute mark, you will be at your selected resistance and stride values. You can change the level or stride length at any time during the warm-up using the buttons on the console or the moving handlebars.

Q45e and Q45ce - In P2-P5 and P11-P15, resistance increases two levels per minute, and stride increases 1 inch (3cm) per minute. In the Q45e and Q45ce heart rate controlled programs (P6-P10), the resistance level during the warm-up is controlled by the user. The default level is one. Stride length increases 1 inch (3 cm) per minute until reaching your entered stride length at 3:00. During heart rate controlled programs, if you reach your target heart rate before the warm-up is complete, the warm-up ends and heart rate control portion begins.

Preset Resistance Programs

Manual - Random - Interval - Hill - 10k

Manual

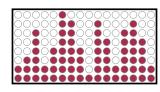


Manual operations simulates walking or jogging on a flat surface. The manual program does not have a warm-up. The resistance stays constant for the entire workout, unless changed by the user by pressing Level (+/–). The oval racetrack signifies 1/4 mile. The default stride length is 20" (51 cm). The stride length and resistance can be changed any time during the workout using the Stride (+/-) buttons on the console or the left moving handlebar.

Level

Manual

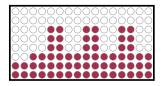
Random



Random program has a virtually infinite number of different combinations. The computer randomly generates a new course each time you select the random program, giving you different levels of resistance. Each column on the display lasts for 30 seconds.



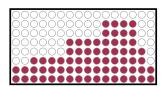
Interval



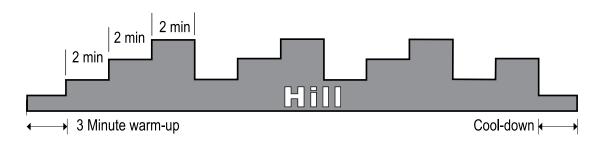
Interval program alternates between two different levels of resistance. Each level is independently adjustable, so you can customize the amount of change between the two intervals. During set-up you are required to enter your stride length. Next you will be asked to enter the resistance for the higher interval. The default level is 5, you can increase or decrease it as desired. The lower interval is equal to the higher interval less 4 levels. All intervals have a one-minute duration. The resistance level can be changed at any time during the warm-up or intervals by pressing the Level (+/-) buttons on the console or the right moving handlebar. When changing an interval level, it changes the interval (high or low) for the entire workout.



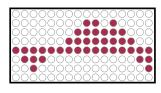
Hill



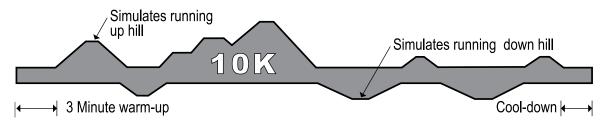
Hill program simulates walking or jogging up a big hill. The resistance increases and the climb level will get more difficult the closer you get to the top. Increasing or decreasing the resistance level changes all plateaus and hills for the entire program. Each hill lasts for two minutes. Once you have reached all three plateaus, the hill will be repeated. The resistance change between the plateaus is computer controlled.



10K



10K simulates jogging or running outdoors. It is a great training device to get ready for a competition. The changes in terrain replicate the challenges you encounter running outside. You can feel going uphill and downhill with gradual resistance changes. The distance readout will count down from 6.2 miles (10 kilometers). To end your workout simply press the Cool Down button. If you desire, you can continue your workout after you have completed the 6.2 miles (10 kilometers) distance.



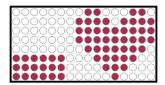
Heart Rate Controlled Programs — Q45e/Q45ce

Fat Burn - Cardio - Heart Rate Interval - Heart Rate Hill - Heart Rate Speed Interval

Tip: Use the Level (+/-) button on the right moving handlebar to quickly and easily adjust your heart rate controlled workout to meet your needs—without taking your hands off the grips!

Fat Burn

(Q45e/Q45ce)



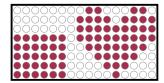
Fat Burn guides your workout to maximize the percentage of calories burned from fat vs. carbohydrates. The recommended target heart rate is 65% of your theoretical maximum heart rate (TMHR = 220 – age). The target heart rate can be adjusted by pressing the Level (+/-) buttons and pressing Enter. The program starts with a three-minute warm-up. During the warm-up you can change resistance (1 - 20) using the Level (+/-) buttons. After the warm-up, the resistance will automatically adjust to keep you working out at your target heart rate. 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



Cardio

(Q45e/Q45ce)



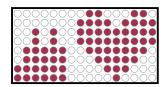
Cardio guides your workout to maximize cardiovascular benefits, like training for a race. The recommended target heart rate is **80%** of your theoretical maximum heart rate (TMHR = 220 – age). The target heart rate can be adjusted by pressing the Level (+/–) button and pressing Enter. The program starts with a three-minute warm-up. During the warm-up you can change resistance (1 - 20) using the Level (+/–) buttons. After the warm-up, the resistance will automatically adjust to keep you working out at your target heart rate. 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 * .80 = 144 Target heart rate



Heart Rate Interval

(Q45e/Q45ce)



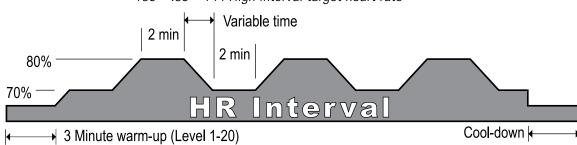
Heart Rate Interval puts you through intervals of **70%** and **80%** of your theoretical maximum heart rate (TMHR). Interval training has been shown to give superior results compared to steady state training (that is, training at a constant resistance level). Each interval lasts for two minutes. At the end of each two minute period, 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 target heart rate level is independently adjustable by pressing the Level (+/-) buttons and pressing Enter. Pressing Level (+/-) will change your target heart rate. The better your physical condition, 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 (+/-) buttons. 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

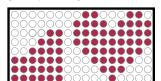
180 * .70 = 126 Low interval target heart rate

180 * .80 = 144 High interval target heart rate



Heart Rate Hill

(Q45e/Q45ce)



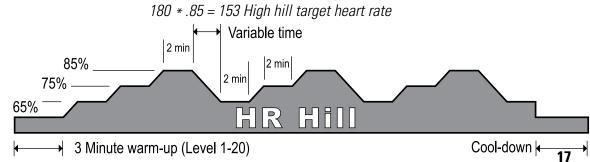
Heart Rate Hill takes you through a series of hills which increase in intensity from **65%** to **75%** to **85%** of your theoretical maximum heart rate (TMHR). Each hill lasts for two minutes. At the end of each two minute period, the resistance increases or decreases to get you to the next hill. Once you reach the new target heart rate, the new two-minute hill begins. Each intensity level is independently adjustable by pressing the Level (+/-) buttons and pressing Enter. Pressing Level (+/-) will change your target heart rate. The better your physical condition, 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 (+/-) buttons. 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

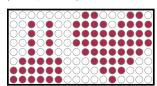
180 * .65 = 117 Low hill target heart rate

180 * .75 = 135 Medium hill target heart rate



Heart Rate Speed Interval

(Q45e/Q45ce)



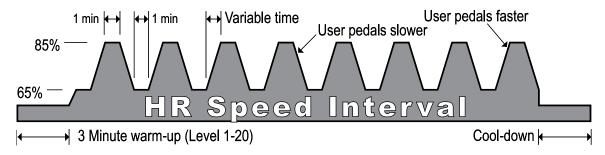
Heart Rate Speed Interval puts you though intervals of 65% and 85% of your theoretical maximum heart rate (TMHR). It combines steeper intervals with changing speeds. Interval training has been shown to give superior results compared to steady state training (that is, training at the same resistance level). Each interval lasts for one minute. At the end of each minute, the resistance increases or decreases to get you to the next interval. When you reach the new target heart rate, the new interval begins. When going from the lower interval to the higher interval, the electronics instruct you to speed up to **60 rpm** to get there faster. When you are going from the higher interval to the lower interval. the electronics instruct you to slow down to 40 rpm to help you decrease your heart rate to the new lower target more quickly. Each interval intensity is independently adjustable. To change the target heart rate press the Level (+/-) buttons. This will change the intensity level for the entire interval. The better your physical condition, 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 (+/-) buttons. If you reach your target heart rate during the warm-up, the warm-up ends and the heart rate control portion begins. For the ultimate workout, use SmartStride in combination with Heart Rate Speed Interval varying both resistance and stride length throughout your workout.

Example for a 40-year-old person:

220 - 40 yrs. old = 180 TMHR

180 * .65 = 117 Low interval target heart rate

180 * .85 = 153 High interval target heart rate

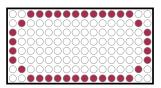


Variable Stride Programs

Starter - PowerWalk - Stride Interval - Dual Direction - ArmBlaster

Tip: Use the Stride (+/-) button on the left moving handlebar to quickly and easily adjust your variable stride workout to meet your needs without taking your hands off the grips!

Starter



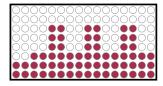
Starter program is a great routine for beginners or people just getting back into their workouts. This program is designed to carry you through 10 workouts, gradually increasing intensity each day. There are 10 levels that contain a preset value for time, resistance level, stride length and a recommended speed (RPM) for that day's workout. Changing the Level (+/-) when programming the console gives you the preset value outlined in the chart below. Once you have entered the program level, the preset values will be displayed in the corresponding windows. The preset values can be changed during the workout.

| Program Level | L1 | L2 | L3 | L4 | L5 | L6 | L7 | L8 | L9 | L10 |
|---------------|----|----|----|----|----|----|----|----|----|-----|
| Resistance | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 2 | 3 | 3 |
| Stride Length | 18 | 18 | 19 | 19 | 19 | 20 | 20 | 20 | 20 | 21 |
| Time | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 20 |
| RPM | 30 | 35 | 35 | 35 | 40 | 40 | 40 | 40 | 40 | 40 |

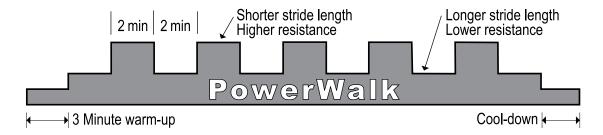
Level Combination of resistance level, stride length, time and speed (RPM) - see chart for details



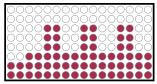
PowerWalk



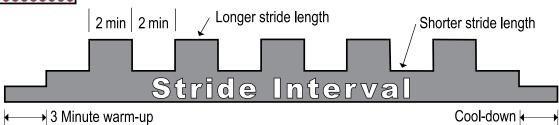
PowerWalk program combines high resistance/short stride and lower resistance/long stride intervals in order to closely simulate the feel of hiking uphill and downhill. Each interval is two minutes long. The low resistance/long stride interval is great for lower-body full range of motion. The high resistance short stride session decreases leg activity while putting an intense strength-building requirements on the upper body. During set-up, first you select the long and short stride lengths. Next you will be asked to enter the high resistance. The default level is 5, but you can increase or decrease it by pressing the Level (+/-) buttons. The low resistance/long stride interval level equals the high resistance/short stride less 4 levels (low resistance/long stride interval = high resistance/short stride level — 4 levels). During the workout, the level and stride length can be independently changed for the interval by pressing the Level (+/-) buttons.



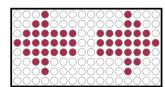
Stride Interval



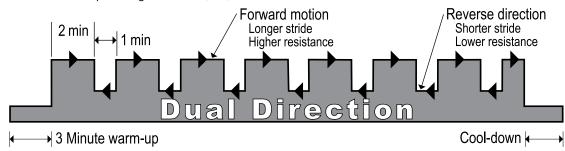
Stride Interval program alternates shorter stride intervals and longer stride intervals. Each interval is two minutes long. Resistance remains constant during the workout. During the workout, the stride length and/or resistance intervals can be changed for the interval by pressing the Level (+/-) buttons.



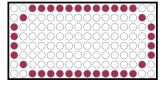
Dual Direction



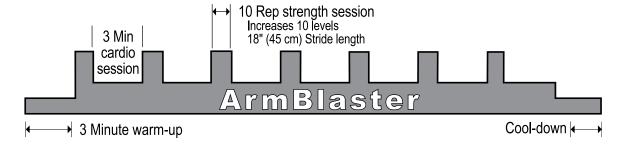
Dual Direction program alternates two-minute forward intervals with one-minute backward intervals. During set-up, first select the forward and reverse stride lengths. Then you will be asked to enter the resistance for the forward interval. The default resistance level is 5, but you can increase or decrease it by pressing the Level (+/-) buttons. The reverse interval level equals the forward interval less 4 levels (reverse interval = forward interval level - 4 levels). During the workout, the level and stride length can be independently changed for the interval by pressing the Level (+/-) buttons.



ArmBlaster



ArmBlaster is a proprietary program designed to boost cardiovascular endurance while building strength and muscle tone. ArmBlaster integrates three-minute cardio sessions with 10-repetition strength sessions. The cardio session uses a constant resistance level with a user-selected stride length. When the cardio session is complete, resistance increases 10 levels for a muscle-building, 10-repetition interval. During set-up, first you will enter a stride length and resistance level for the cardio session. The strength session resistance level adds 10 resistance levels to your cardio level. Stride length automatically decreases to 18 inches, transferring the workload from your lower body to your upper body. During the workout, the resistance level and stride length can be independently changed for the interval by pressing the Level (+/-) buttons.



Workload Resistance

Resistance Level

Octane Fitness Q45, Q45e, and Q45ce have 20 discrete levels of resistance. Level 1 is the easiest and level 20 is the most difficult. The Manual program and Quick Start allow the user the ability to totally control the resistance level. Interval Programs (Manual, Interval, Dual Direction, PowerWalk, Stride Interval, and Arm Blaster) allow the user to select the resistance level for individual intervals.

Program Level

Octane Fitness program-level programs (Random , Hill and 10K) allow the user to select an overall resistance level. The program level is the average resistance level for the workout. The resistance levels achieved during these workouts are plus (+) or minus (-) 3 of the entered program level (i.e. If the selected program level = 5, minimum resistance = 2, and maximum resistance level = 8). During these programs, the overall program resistance level will be displayed continuously on the console (even though the actual resistance is changing with each interval).

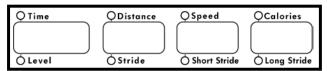
Resistance in Heart Rate Controlled Programs

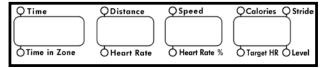
(Q45e/Q45ce)

These programs (Fat Burn, Cardio, Heart Rate Interval, Heart Rate Hill, and Heart Rate Speed Interval) allow the user to manually enter the resistance level for the 3-minute warm-up. If the user reaches his or her target HR during the warm-up, the warm-up is completed and heart rate control programs begin. The resistance level during the heart rate controlled workout is controlled by the machine. The resistance level increases and decreases dependent on the user's heart rate.

LED Readout Windows Q45/Q45e/Q45ce

Q45 Q45ce





Time

Displays workout time, counting up from 0:00. Time can be increased or decreased twice during your workout. The maximum time is 99:00, then the display rolls over to 0:00.

Distance

Displays 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 five seconds. The console scrolls to the selected unit of measure. **Note:** Pedaling approximately 50 revolutions per minute (rpm), it will take eight minutes to reach one mile.

Speed

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

Calories

Displays an estimate of the total calories burned during your workout. The maximum shown is 999. Calorie values 1000 and higher are displayed as 3 digits, blinking. For example, 1000 calories is shown as 000, blinking; if you were to burn 1200 calories in a single workout, calories would read 200, blinking. Calories are based on the user's entered weight. If you do not enter a weight, calories are based on a 150 lb. (68 kg) user.

Short Stride (Q45)

Displays the value for the short stride during stride interval programs.

Long Stride (Q45)

Displays the value for the long stride during stride interval programs.

Stride

Displays the horizontal distance of the elliptical pattern in inches (English) or centimeters (metric). The stride length ranges from 18 inches (45 cm) to 23 inches (60 cm).

Time-in-Zone (Q45e/Q45ce)

Tracks and displays 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 control program and your heart rate is detected by the machine.

Heart Rate

Displays your heart rate in beats per minute (bpm). **Note:** You must be wearing your wireless heart rate strap or grasping the contact heart rate sensor grips (Q45ce).

(Q45e/Q45ce)

Displays your current heart rate percentage (current heart rate / theoretical maximum heart rate). **Note:** You must be wearing your wireless heart rate transmitter strap or grasping the contact heart rate sensor grips (Q45ce), and have entered your age.

Heart Rate % (045e/045ce)

Target Heart Rate

Displays the heart rate that the machine is trying to reach when in a heart rate control program.

(Q45e/Q45ce)

Displays the resistance level (from 1-20), where 1 is the easiest resistance level and 20 is the most difficult.

Level

Q45ce Contact Heart Rate Option

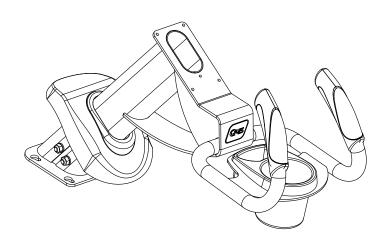
Your Octane Fitness cross-trainer features premium workouts designed to take full advantage of the benefits of heart rate zone training programs: Fat Burn, Cardio, Heart Rate Interval, Heart Rate Hill, and Heart Rate Speed Interval. Each individual workout offers different premium benefits, as described on pages 16 thru 18.

To take advantage of the heart rate control features, simply grip the digital contact heart rate sensors when using a heart rate program. Based on your current heart rate, the resistance level will automatically adjust to maintain the target heart rate. To change the target heart rate during a workout, use the Level (+/-) keys.

Octane Fitness Digital Heart Rate Sensors

The Octane Fitness digital contact heart sensors on the Q45ce track your heart rate more easily and more accurately to help produce the ultimate workout. For the most accurate heart rate reading possible:

- Grasp each contact heart rate grip sensor so the contact sensor portion of the grip rests in the palm of your hand.
- Grip the contact sensors firmly.
- Keep your hands steady and in place.

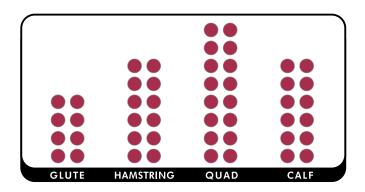


Electronically Adjustable Stride

The Q45/Q45e/Q45ce are equipped with electronically adjustable stride, providing a custom fit for your body and your workout. Adjustable stride isn't just for fine-tuning the workout to your height — it custom fits your Octane cross trainer to your size and style and adds valuable variety.

By pressing the Stride (+/–) buttons on the console or the left moving handlebar, you can change the stride length from 18" (45 cm) to 23" (60 cm). This added variety is great to use for different workouts, directions, warm-ups and cool-downs. Pressing the Stride button changes the stride length in 1 inch (3 cm) increments.

When stride length changes are made on the Q45/Q45e/Q45ce, the profile window displays muscle activity based on electromyography (EMG) studies. Vertical columns in the matrix display the activity level for the glutes, hamstrings, quads and calves so that exercisers can target specific areas by choosing a specific stride lengths.

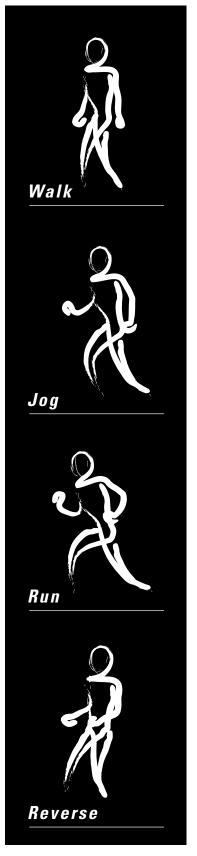


SmartStride™

Octane Fitness delivers the most advanced, ergonomically correct and inherently better elliptical cross training workouts ever with its proprietary SmartStride.

SmartStride automatically replicates natural movement by analyzing and measuring an exerciser's pace and direction and intuitively adjusting stride length from 18 inches (45 cm) to 23 inches (60 cm). These interactive ergonomics custom-fit the cross trainer to the exerciser for effective, comfortable, results-producing workouts unlike those on any other piece of fitness equipment.

To provide the most effective workouts on a cross trainer, the Octane design team spent years studying the biomechanics of different types of exercises, analyzing how the body moves naturally. This research, along with precise gait analysis, prototype testing and extensive user interviews, shows that stride length naturally varies according to an individual's height, leg length, flexibility, speed of travel and preference for lower or higher intensity motion.



Overall results indicated that:

Walking tends to use shorter strides

Jogging uses medium length strides

Running requires longer strides

Reverse motion shortens the stride length and shifts the torso lower and backward to increase stability and balance

Stride length preference changes with direction; exercisers prefer a longer motion for traveling forward and require a shorter motion in reverse.

In addition, research shows elliptical users tend to hold one pace steady throughout workouts, a pace that is matched to a fixed stride length. Researchers found that faster or slower speeds feel unnatural when stride lengths were not adjusted accordingly.

You will soon find that SmartStride is a valuable and integral component in providing the most effective workouts available.

How to Use SmartStride

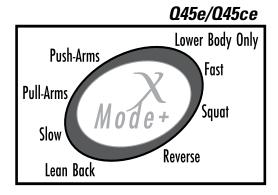
Beginning exercisers to elite athletes can take advantage of these unmatched interactive ergonomics with the press of the SmartStride button. Begin by choosing any program or QuickStart. Once you begin pedaling at a comfortable pace, press the SmartStride button.

Your Q45/Q45e/Q45ce will take 10 seconds to analyze your speed. During this time, find a comfortable speed for your workout. At the end of the 10-second speed analysis, your average speed (in RPMs) will be displayed blinking in the speed window. This number will be used as your average speed and will be noted as the basis for stride length adjustment.

You're done — it is that simple. Your Q45/Q45e/Q45ce is ready for your SmartStride workout. The faster you go, the longer the stride length becomes. For every 5 RPM increase or decrease, the stride changes 1 inch (3 cm). Go backwards and the stride length automatically decreases 3 inches (9 cm) (based on initial stride length when SmartStride was activated). For ultimate control, or if you don't like the stride length for any reason, simply change the stride length using the Stride (+/-) buttons on the console or the left moving handlebar.

X-Mode™ and X-Mode+

Push-Arms Reverse Squat Pull Arms



X-Mode 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 is also a great motivational tool that keeps your workout fresh and exciting. X-Mode works in any program; simply push the button to activate. Q45 comes with the standard X-Mode with four different options: Push Arms, Reverse, Squat and Pull Arms. The Q45e and Q45ce with the deluxe console contains X-Mode+ with eight different options: Push Arms, Lower Body Only, Fast, Pull Arms, Squat, Slow, Reverse and Lean Back.

Push-Arms Focus on pushing with your arms to work your chest and triceps.

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!

Pull-Arms Focus on pulling with your arms to work your biceps and lats.

Fast Pick up the pace - we recommend 50-60 rpm, but you should find your own

comfort level.

Lower Body OnlyEither hold the stationary handlebars or naturally swing your arms.

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.

When X-Mode is active, one to four X-Mode LED combinations 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, simply push the X-Mode button while in any program. To turn X-Mode off, push the button again. Once you complete the instruction, you have a two minute period where you do your normal elliptical routine (according to the program you are using). After this two minute period, you will automatically get your next X-Mode routine. Good luck!

G l u t e K i c k e r ™

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

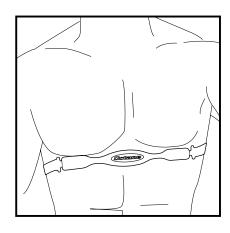
Tip: Are you looking for the ultimate cross training, ergonomically interactive routine? Turn on SmartStride and X-Mode or SmartStride and GluteKicker—unbeatable combinations.

HeartLogic Intelligence

The Q45e and Q45ce are equipped with HeartLogic—the latest in heart rate control technology. HeartLogic Intelligence is a sophisticated yet easy to use technology that brings you the most accurate and effective workout possible. It all begins with the wireless chest strap and, on the Q45ce, the digital contact heart rate grip sensors. There are five different heart rate programs—Fat Burn, Cardio, Heart Rate Interval, Heart Rate Hill and Heart Rate Speed Interval—to keep your workouts fun and interesting. The Now-Zone™ button lets you instantly lock into 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 time-in-zone, current heart rate, heart rate %, and target heart rate so you know exactly where you are and where you should be.

Using your wireless chest strap

The wireless chest strap transmits your heart rate to the electronics console at a distance of up to three feet. Adjust the length of the 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 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 of the transmitter that sits against your skin. Make sure the strap fits snugly but doesn't restrict breathing.

Using the digital contact heart rate sensors

(Q45ce)

The digital contact heart rate sensors are located on the stationary handlebars of the Q45ce. These sensors provide an easy and accurate way to track your heart rate for a great workout. For the most accurate heart rate reading possible, grasp each contact heart rate grip sensor so the contact sensor portion of the grip rests in the palm of your hand. Grip the contact sensors firmly, and keep your hands steady and in place.

Heart rate programs

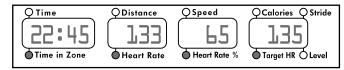
The Q45e and Q45ce provide five different heart rate-controlled programs (P6-P10) to offer you more variety to suit your personal needs. We recommend that you try different programs to determine your favorite. For an explanation of all programs, go to page 16.

Now-Zone

Now-Zone 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 can be activated while in any program at any time as long as you are wearing your wireless transmitter or grasping the contact heart rate sensors.

Critical Heart Rate Feedback

LED Readout



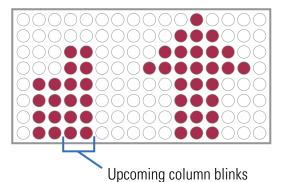
Heart rate controlled workouts are one of the most accurate training techniques available. Understanding your body's intensity level is critical in taking your workouts to the next level. HeartLogic excels at displaying essential data during your workout, enabling you to maximize your exercise time and effectiveness.

The Q45e and Q45ce contain four LED readout windows that communicate valuable heart rate information during your workout. This includes your time-in-zone, current heart rate, heart rate % and target heart rate. **You can stop the toggling between top and bottom displays by pressing the Enter key during your workout.** All of the heart rate data is located on the bottom row. To resume display toggling, press Enter a second time.

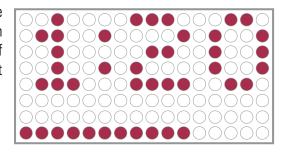
Matrix Display

During heart rate interval programs (P8 - P10) the matrix display is utilized to inform you of your progress through the intervals.

Changing Target Heart Rates — When you are trying to reach a new target heart rate, the left side of the display shows an illustration of the interval. The interval illustration blinks the interval you are attempting to reach. Each column represents one minute. An arrow on the right side of the display shows whether resistance is increasing or decreasing. The picture to the right shows the heart rate interval program in the matrix display.



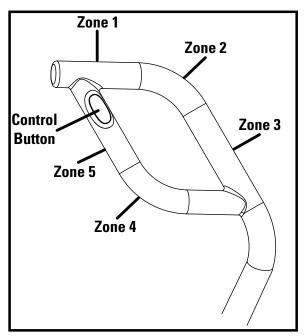
Interval Duration — Once you have reached or surpassed the new target heart rate, the matrix display switches to a countdown timer, counting down the length of the interval. The bottom row of the matrix displays a horizontal bar graph representing the current resistance level.



MULTIGRIP HANDLEBARS

Your Octane Fitness cross trainer features one-of-a-kind handlebars that deliver the ultimate upper-body workout with virtually unlimited options for maximal comfort, customization and effectiveness. The Q45/Q45e/Q45ce moving handlebars also feature control buttons that allow you to adjust the stride length and the resistance level without removing your hands from the grips.

The unique MultiGrip handlebars that are only offered by Octane have revolutionized how you workout your upper body. The MultiGrip handlebars are comfortable in any position whether you're hanging on loosely for a brief, easy workout or are using the MultiGrip handlebars to use and extensive force by gripping the handlebars tightly to complete a lengthy, heart-pumping, high-intensity workout session that class for the MultiGrip handlebars.



The MultiGrip handlebars unique design fit ever exerciser — tall, short, slender, bigger-framed, and even those with shorter or longer arms — providing a multitude of choices that result in the most comfortable and ergonomically correct positions of any cross trainer. You will feel the difference! Here's how they can be put to work for you:

| Zone 1 | Top horizontal position | Ideal for pushing Gives longer range on motion Engages the deltoid (shoulder) and lat (back) muscles |
|--------|---------------------------------------|---|
| Zone 2 | Large corner position Widest position | Push with the palms; better stability for a excellent chest press motion Focuses more on using the pectoral (chest) muscles |
| Zone 3 | Wide grip | Emphasizes pectoral (chest) and lat (back) muscles |
| Zone 4 | Low inside position | Shorter range of motion Suitable for lighter workouts with less upper-body involvement Great position for squatting down and pedaling in reverse Simulates runners movement or when moving fast |
| Zone 5 | Narrow vertical position | Great for pulling or pushing of the arms Focuses on the lat (back), triceps (back of arm), and biceps (front of arm) muscles |

No matter what position or zone you select, you're working numerous different muscle groups throughout your upper-body to get a true elliptical cross training workout. You can emphasize either a push or pull movement or reposition your hands any time during any workout program for maximal muscle exertion, balance, variety and comfort.

Don't forget that you can quickly and easily adjust the Stride (length) using the control button on the left moving handlebar, and adjust the Level (resistance) using the button on the right handlebar. Now you can adjust the settings to meet your needs without breaking the flow of your workout!

The innovative choices of the MultiGrip handlebars with Stride and Level control buttons, combined with Octane's variety of interactive cross training workouts, create enjoyable, effective exercise sessions that produce astonishing results.

SMART EXERCISE TIPS

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

Books, videotapes, the Internet, and personal trainers are all great sources of information on exercise programs. Make sure the information comes from a credible source such as The American College of Sports Medicine (ACSM) or The American Council on Exercise (ACE). 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 that 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. Several key considerations will help you determine the best program for you: **FIT** (frequency, intensity, time), heart rate, exercise variety and setting goals.

FIT

Frequency How often you workout. Three to five times per week is best.

Intensity Whatever your exercise goals, 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 altogether.

Time is the duration of your workout. To achieve the results you are looking for, it is important that you exercise for at least 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 Beginner program is a perfect solution.

Heart Rate

Time

Your heart rate is your body's speedometer. The best way to gauge your exercise intensity is by measuring your heart rate. There are two ways to measure your heart rate: electronically and manually.

Electronic measurement The Octane Fitness Q45e and Q45ce come with a wireless chest strap

that measures and displays your heart rate on the console throughout your workout. The Q45ce also provides digital contact heart rate sensors on the stationary handlebars. To take it one step further, Octane offers HeartLogic Intelligence which will change the machine's resistance to maintain the desired heart rate. For additional information on HeartLogic Intelligence

please refer to page 27.

Manual measurement 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 palm side of your wrist. Count your pulse for six seconds and multiply it by ten. You should periodically check your heart rate when exercising to

insure that you are in the proper training zone.

What should my heart rate be?

To understand exercise intensity you must first determine your theoretical maximum heart rate (TMHR) by subtracting your age from 220. The lower limit of your heart rate training zone is 55% of your TMHR; the upper limit is 90% of TMHR. You should always exercise within these numbers.

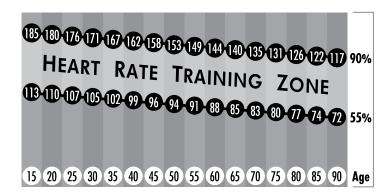
Example for a 40-year-old exerciser:

220 - 40 = 180 TMHR in beats per minutes (BPM)

 $180 \times .55 = 99 BPM lower limit$

 $180 \times .90 = 162 BPM higher limit$

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 90% TMHR range. While exercising in this higher intensity range, you will be conditioning your heart and lungs to maximize your overall cardiovascular fitness.

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. Watch a different TV show or crank up the music. Remember, variety leads to better workouts. Along with using your Octane elliptical, do different exercises. Take a brisk walk by the lake. Hop on your bike or strap on your inline 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 a successful exercise program is setting obtainable goals. Goals can be big or small. We recommend smaller goals so you see progress. Here are a few examples:

- Lose one pound per week
- Cut out sweets
- Workout four days/week
- Increase the length of your workout one minute each session 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 them realistic so you can reach them and experience progress. Celebrate success, then move on to the next goal.

STARTING YOUR WORKOUT

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 PRODUCT

The low step-up height of the Octane Fitness cross trainer makes it easy to get on and off the product. You can step on the machine from the rear or from the right or left side. Grasp either the moving or stationary handlebars for balance. Step carefully onto the lowest pedal, and remember that the pedal may move as you step on. You're ready to go!

PROGRAMMING

The DedicatedLogic programming was designed to give you the most flexibility in programming the machine. There are several easy ways to start:

- Use QuickStart to immediately begin the Manual program;
- Use My QuickStart 1 or My QuickStart 2 (on the Q45e or Q45ce) to immediately begin your favorite program;
- Start with the Time (+/—) buttons and work your way across the keypad as you enter your selections and data. You can also the console keys to change programs and settings after you have started pedaling.

For a more detailed look at the electronics, turn to page 8.

WORKOUTS

Your product has at least five pre-programmed workouts. We encourage you to try all of them and mix up your routine. Remember, boredom can destroy an exercise program. Your Octane Fitness elliptical cross trainer is just that—a cross trainer—so change it up! Go forward, backward, fast, slow, push, pull, total-body, and lower body only; or, turn on X-Mode and let the computer run you through your workout.

COOL DOWN

In addition to warming up your body before exercise, you should perform a proper cooldown when you are finished. The Cool Down button is a simple and effective way to do this. For more information on Octane Fitness custom cool-down, please refer to page 9.

STRETCHING

Stretching is a critical part of any exercise routine and should not be overlooked. Best performed after your workout when your muscles are warm, 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 throughout your entire day.

The first thing to know about stretching is to perform slow, controlled movements; no bouncing! You should feel tension, but not pain. Once you start to feel the stretch hold that position for 10-30 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:

- Stretch slowly
- Hold for 10-30 seconds
- Stop at a comfortable tension, not pain
- Breathe deeply

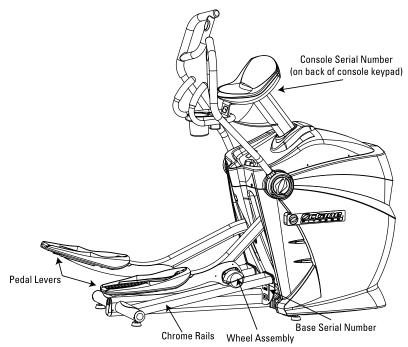
CLEANING & MAINTENANCE

WARNING! Machine contains moving parts. Take caution when trying to locate and fix any problem with the machine.

Your Octane Fitness 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 the machine clean.

Wipe the machine down after a hard workout to remove any sweat and keep the machine clean. From time to time you may need to also clean the chrome rails and wheel assemblies. Simply lift up the pedal levers and wipe down the rails with a clean, dry cloth or paper towel.

DO NOT USE ANY CLEANERS ON THE CHROME RAILS. DO NOT USE WD-40 OR ANY TYPE OF SILICONE SPRAY - IF USED IT CAN CREATE AN INCREASE IN WHEEL NOISE.



PERSONAL RECORD KEEPING

Tip: It is a great idea to write down the serial numbers of your Octane Fitness elliptical in this Operations Manual for convenience and easy accessibility to the serial numbers should you have any service needs with your Octane Fitness elliptical.

| ALLENTION — All serial numbers begin with a letter. |
|---|
| Base Serial Number – located below front right chrome rail |
| |
| Console Serial Number – located on the back of the console keypad |
| |

TROUBLESHOOTING & FAQs

Electronic Issues

| Unit doesn't power up | Is the unit plugged in? Check the connection of the power cord from the machine to the wall outlet. Is there power from the wall? Plug a lamp or radio into the outlet to see if the wall outlet has power. Does a light switch control the outlet? If so, turn it on. Does the light on the power supply light up? If the issue persists, contact your local dealer for service. |
|---|--|
| Don't feel a resistance change | Increase resistance level to 20 and pedal for 30 seconds. If you feel a difference in the resistance, then the brake is working properly. Are the cables connected correctly? Unplug and re-plug in the console (you must remove the console from the console mast to do this). When re-connecting the cables, make sure you feel the connector snap into place or hear a click that indicates a proper connection. If the issue persists, contact your local dealer for service. |
| "No HR" is displayed when doing heart rate controlled programs (Q45e/Q45ce) | Heart rate controlled programs require that you wear a wireless chest strap or grasp the digital contact heart rate sensors (Q45ce). First, verify that the wireless chest strap is working properly: |
| | Make sure the electrodes of the chest strap are against your bare skin. The electrodes are the ribbed portion on the back of the chest strap. For better contact, use water to moisten the electrodes on the side of the wireless chest strap that sits against your skin. Make sure the Octane Fitness logo is facing away from your body and is right side up. Make sure you have placed the chest strap at the bottom of your pectoral muscles. Some adjustment to the strap maybe necessary for the strap to get an accurate reading. Make sure the strap is snug against your body, but not tight enough to restrict breathing. Have someone else try the strap standing next to the machine to see if it works on him/her. There may be interference with another electrical product (lights, TV, personal stereo, wireless network, MP3 players, phones, etc). Turn off any other electrical product and check to see if the problem is resolved. Faulty battery in the transmitter (chest strap) - replace battery. If "NO HR" is still displayed on the console, contact your local dealer for service. |

| "NO HR" is displayed when doing heart rate controlled programs and grasping the contact heart rate sensors (Q45ce) | Grasp each contact heart rate grip sensor so the contact sensor portion of the grip rests in the palm of your hand. Grip the contact sensors firmly and keep your hands steady and in place. Have someone else try the grips to see if it works for him/her. If "NO HR" is still displayed, contact your local dealer for service. |
|--|---|
| Heart rate readout seems inaccurate (too high or too low) (Q45e/Q45ce) | Chest strap There may be interference with another electrical product (lights, TV, personal stereo, wireless network, MP3 players, phones, etc.). Turn off any other electrical product to see if there is interference. Put water between your skin and the ribbed electrodes on the back of the chest strap. This can improve the electrical connection. Another person in the same workout area may be wearing a chest strap. Have the person relocate to a distance of 3-4 feet away if possible. The chest strap may be too loose. Adjust the elastic strap so that the strap is snug against your body. Have someone else try the transmitter to see if the reading seems accurate for him/her. Contact heart rate sensors If you are using the digital contact heart rate sensors on the Q45ce, make sure you are grasping firmly and keeping your hands steady and in place. Have someone else try the grips to see if the reading seems accurate for him/her. If the issue persists, contact your local dealer for service. |
| Console blinks on / off | Check the power cord connections. Make sure the connections are secure from the transformer into the machine base and also the wall outlet. The console connection could potentially be faulty. See assembly instructions to check connection. If the issue persists, contact your local dealer for service. |
| Machine goes into pause mode after a short time | This is most likely a speed sensor issue; contact your local dealer for service. |
| LED lights are always on | Press and hold the Pause/Clear button for five seconds to enter sleep mode. |
| LED always toggling | Press the Enter button to stop the LED screen from toggling. |

Mechanical Issues

| Handlebars are loose/wobble side to side | The moving handlebar attachment screws may be loose. Make sure they are tightened down properly. See assembly instructions to remove handlebar covers and tighten down the hex head screws. If noise persists, contact your local dealer for service. |
|--|---|
| Handlebars are loose/wobble front to back | Contact your local dealer for service. |
| Machine makes rubbing/ scrubbing noise from roller wheels under pedals | Clean the chrome rails with a dry cloth or clean paper towel. You may lubricate the rails with white lithium grease. (Contact Octane Fitness Customer Service if you need assistance in getting the right type of grease.) Apply a very thin coat of grease to the rails <i>only</i> (not the wheels). Wipe off all excess grease with a clean cloth. You should not be able to see the grease, but should still be able to feel it. (DO NOT LEAVE A HEAVY COAT OF GREASE ON THE RAILS.) Clean wheels with a dry cloth or clean paper towel. DO NOT USE WD-40 or silicone spray on the rails. If noise persists, contact your local dealer for service. |
| Pedal feels like it is thumping | Clean wheels and chrome rails with a dry cloth or clean paper towel. If the issue persists, contact your local dealer for service. |
| Pedal wobbles and will not track correctly on chrome rails | Contact your local dealer for service. |
| Machine wobbles and is unstable on the floor | The adjustable levelers may not be properly set on the machine. There are five adjustable levelers, located on the bottom of the Octane Fitness elliptical. See assembly instructions to correctly adjust the levelers. If your machine is located on a soft surface such as carpet, purchase a heavy duty floor mat from your local dealer to place under your machine. |
| Resistance seems unusually high | Contact your local dealer for service |
| Machine makes ticking/ clunking noise. | Contact your local dealer for service. |

If you have any questions or need additional assistance please contact Octane Fitness customer service at 888.OCTANE4.

LIMITED CONSUMER WARRANTY Q45/Q45e/Q45ce

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

Octane Fitness 9200 Wyoming Avenue North Suite 380 Brooklyn Park, MN 55445

What is covered: The Octane Fitness Q45/Q45e/Q45ce (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 transferable warranty program.

What is a transferable warranty: As the original owner, Octane Fitness 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, the warranty will be transferred. A warranty transfer card is available on page 40 or by calling customer service at 888.0CTANE4. 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 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; and 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 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 Customer Service Department at 888.OCTANE4 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 to whom the warranty has been transferred. 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 unauthorized service, misuse, accident, abuse, corrosion, discoloration of paint or plastic, or neglect or by persons weight in excess of 300 pounds. Octane Fitness 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.

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Warranty Transfer Card

As the original owner, Octane Fitness allows you to transfer the balance of 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 with a copy of the original receipt, the warranty will be transferred. Please make two copies of this form and the original receipt one for your records and one for the new owner.

Octane Fitness 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.

This form should only be used by the original owner when selling or giving a used product to a new owner.

Please detach form below and send to:

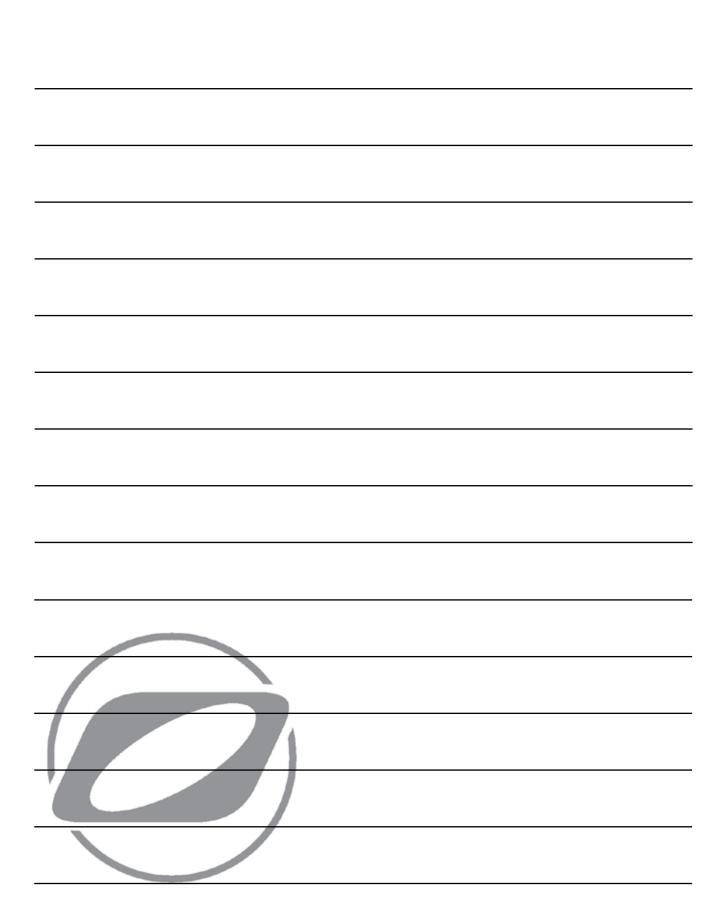
Octane Fitness 9200 Wyoming Avenue North Suite 380 Brooklyn Park, MN 55445

Fax: 763-323-2064

| Original Owner | New Owner |
|---------------------------|-----------|
| Name: | Name: |
| Address: | Address: |
| City: | |
| State: Zip: | |
| Dealer: | Model: |
| Base Serial Number | |
| Console Serial Number | |
| Date Purchased: | |
| Original Owner Signature: | Date: |
| New Owner Signature: | Date: |

| Date Purchased: |
|-----------------------|
| Base Serial Number |
| |
| Console Serial Number |
| Store: |
| Store Phone #: |
| Salesperson: |

NOTES



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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™



9200 Wyoming Avenue North. Suite 380 Brooklyn Park, MN 55445 888.0CTANE4

www.octanefitness.com

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