

Octane[®]

F I T N E S S



CONSOLE GUIDE & SETUP INSTRUCTIONS— SMART CONSOLE

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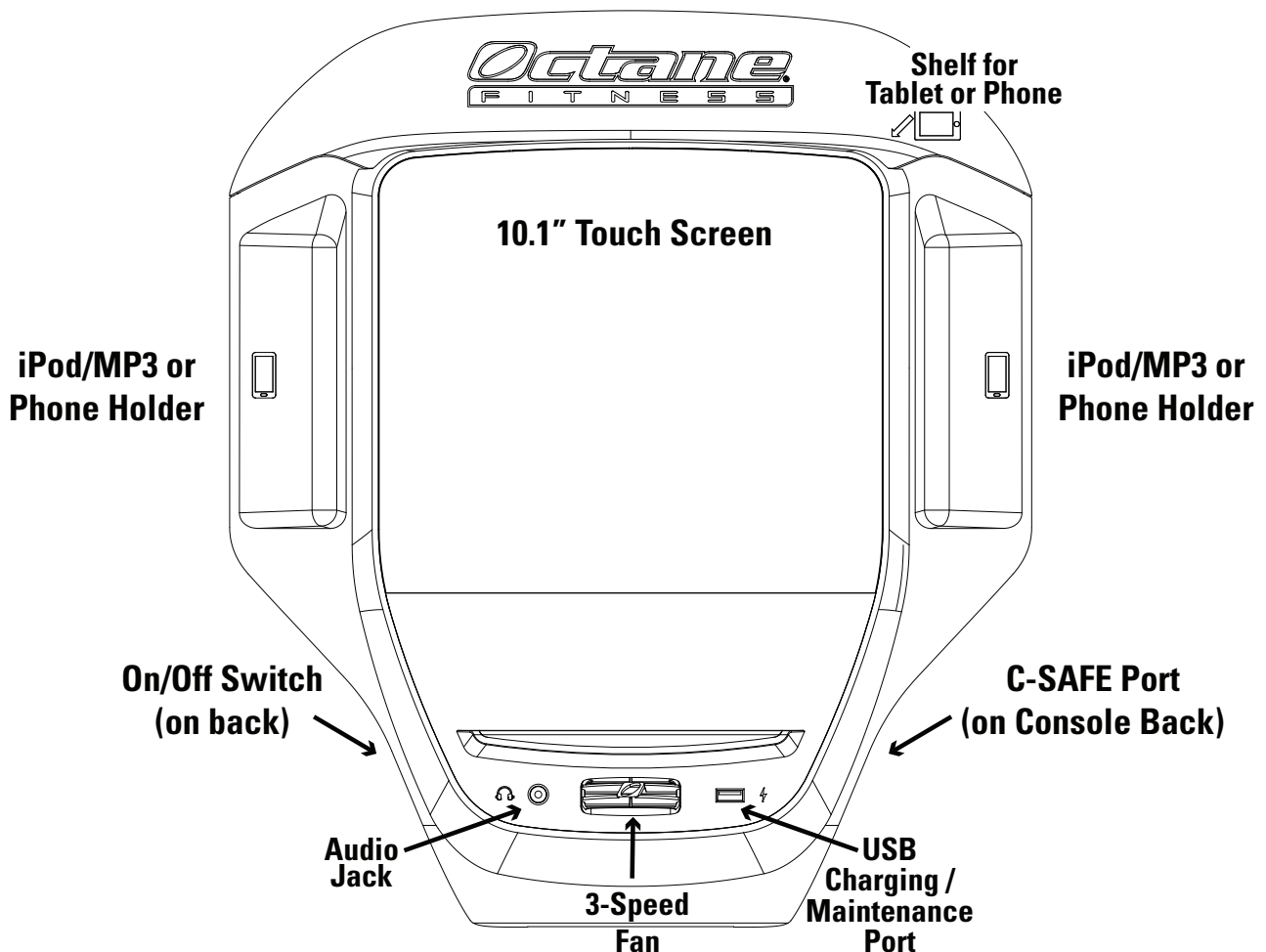
SMART CONSOLE GUIDE

Get ready to Fuel Your Workout with the Octane Fitness elliptical cross trainer! The smart console offers a variety of pre-programmed workouts managed by sophisticated electronics that will keep you interested and motivated. Use this guide to become familiar with its features, data display and keypad buttons; then hop on, start pedaling, choose your workout and adjust the settings. Enjoy!

Smart Console Features

The Octane Fitness smart console incorporates many features to enhance your workout experience:

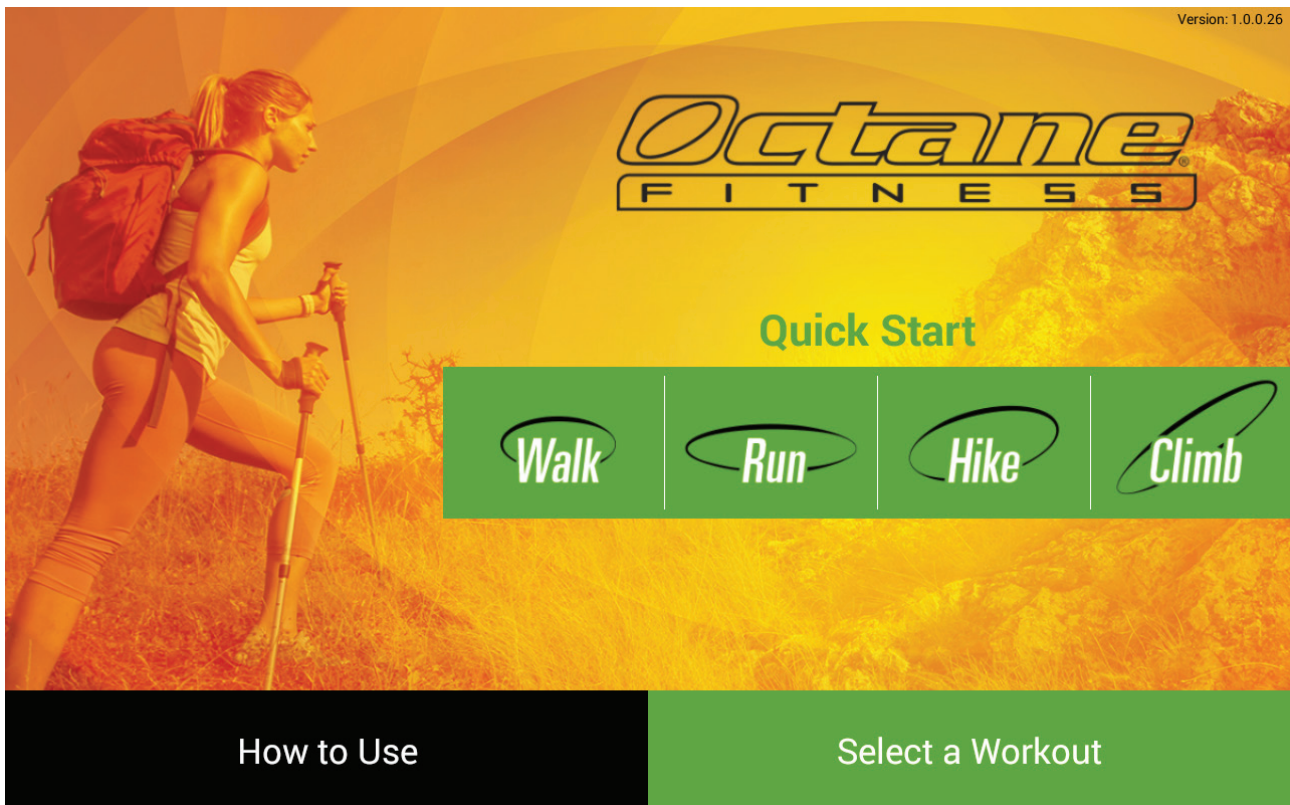
- A 10.1" touch screen to guide you through your workouts and allow access to broadcast media and internet entertainment options
- Convenient shelves and pockets for your phone, tablet, iPod®/MP3 and other electronic devices
- A USB charging port to keep your devices charged throughout your workout (may also be used for updating software on some models)
- A 3-speed fan for cooling comfort
- C-SAFE input for intra-club networking.



Touch Screen Navigation

Smart console navigation is similar to the way you use a tablet. Simply touch a button or drop down menu item to select it. Green means “go”... touch a green Quick Start button to jump right into your workout, or touch the green arrow on the Select Workout screen to get started with the settings you have chosen.

Home Screens



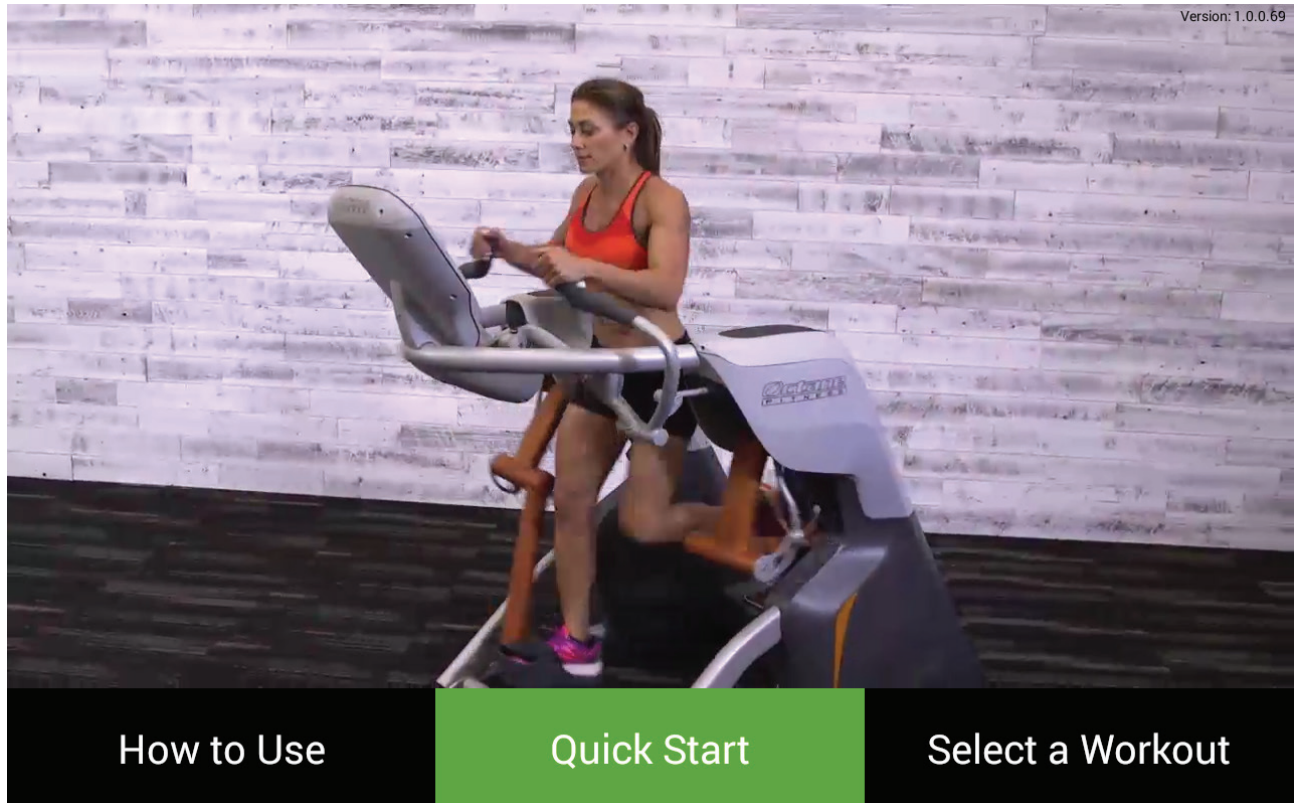
Note: Screen image may vary from illustration, depending upon product, available features and software version.

From the Home screen for all products except the ZR8000, choose one of these options:

- Touch “How to Use” to see a tutorial video.
- Touch a Quick Start button to begin a preset workout.
- Touch “Select a Workout” to choose one of many workout options and settings. See below for more information about this screen.
- Touch “O-E-E-O” on the Octane logo to access machine settings, network settings and other administrative options. Refer to “Smart Console Setup and Administration” for more information about these screens.

In some installations, the Home screen may be a video instead of the standard screen. If so, touch one of the green buttons at the bottom of the video screen to start your workout, or touch the upper corners on the screen in sequence —upper left, upper right, upper right, upper left—to access administrative options.

ZR8000 Home Screen



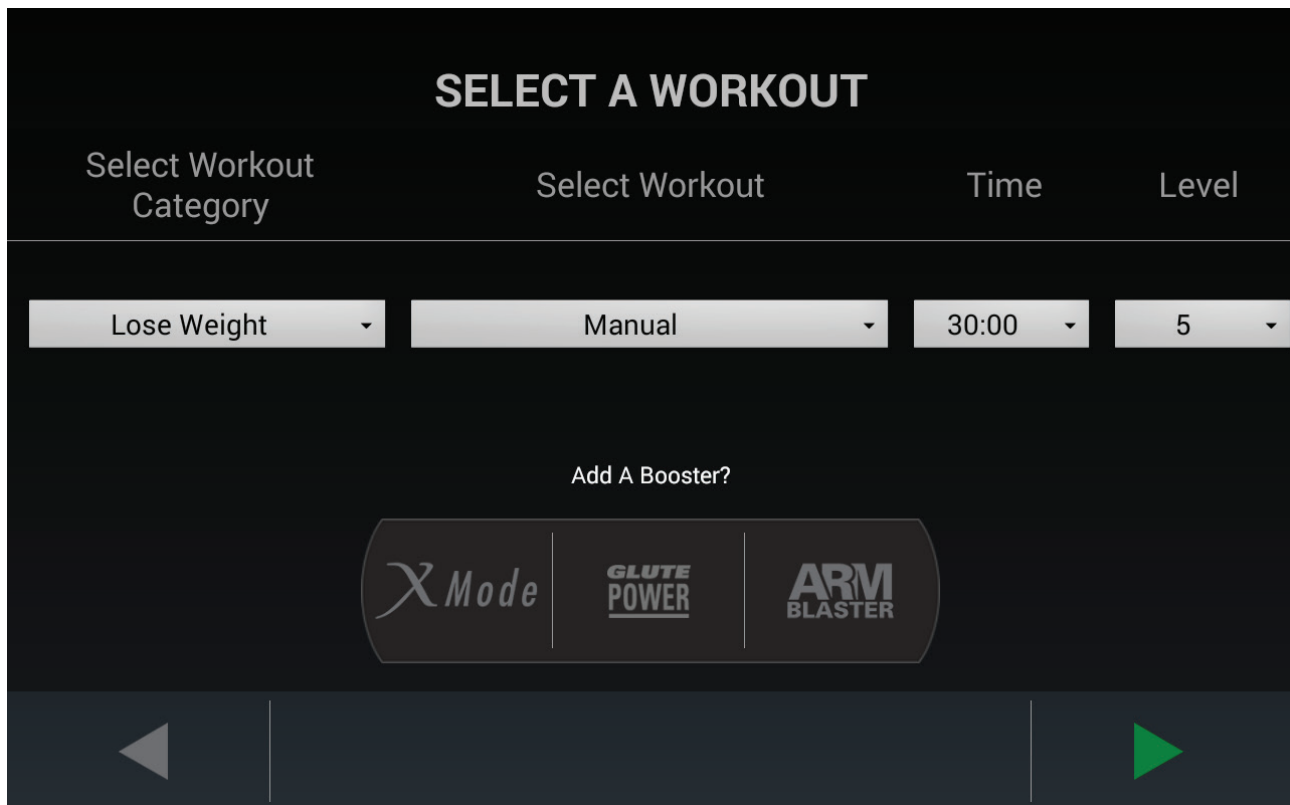
Note: Screen image may vary from illustration, depending upon available features and software version.

The ZR8000 home screen includes a looping video showing you how to use the ZR8000. From the ZR8000 home screen, choose one of these options:

- Touch "How to Use" to see a more detailed tutorial video.
- Touch Quick Start to begin a preset workout.
- Touch "Select a Workout" to choose one of many workout options and settings. See below for more information about this screen.

Touch the upper corners on the screen in sequence —upper left, upper right, upper right, upper left—to access machine settings, network settings and other administrative options. Refer to "Smart Console Setup and Administration" for more information about these screens.

Select a Workout



Note: Screen image may vary from illustration, depending upon product, available features and software version.

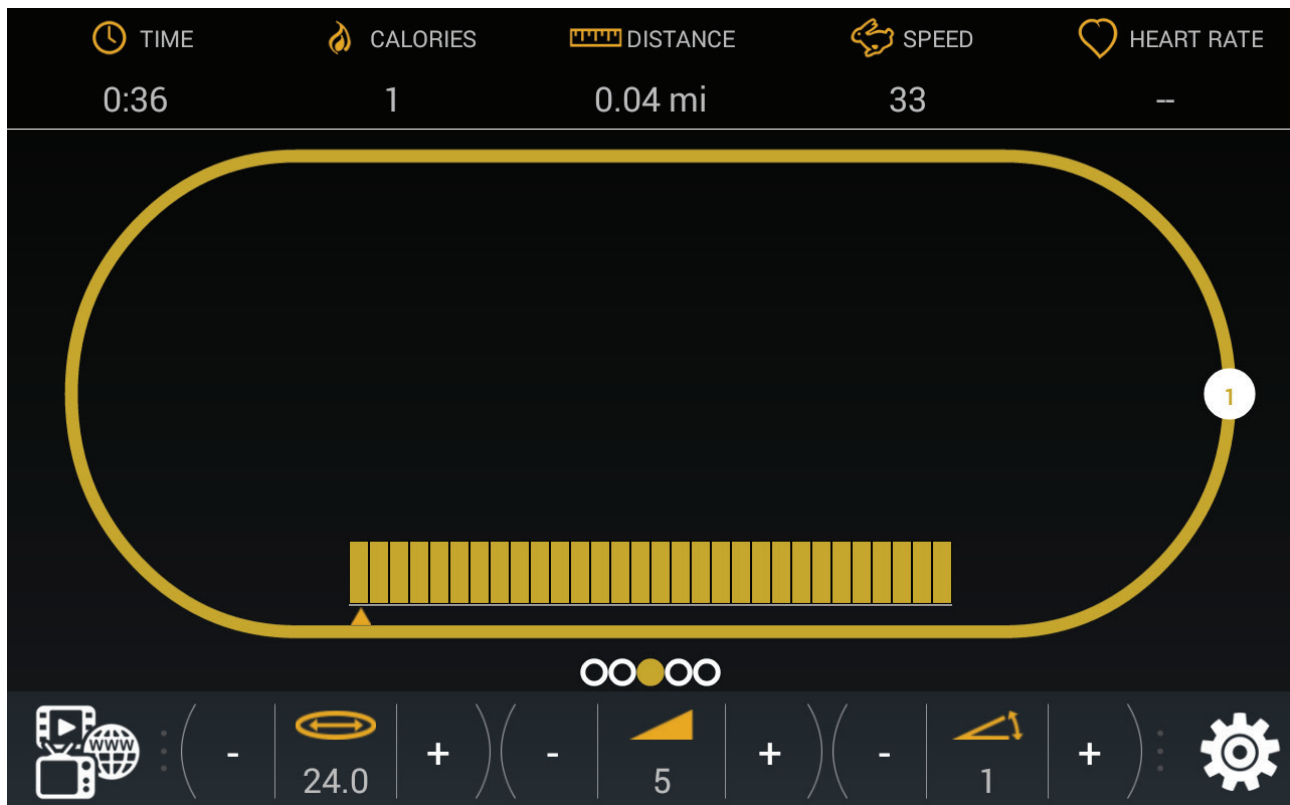
Set up all the elements of your workout. Here's how:

1. Enter your age and weight in the pop-up window that appears first, then press the green arrow.
2. Choose one of the many available workouts:
 - a. Select a workout category
 - b. Select a workout
 - c. Set workout parameters (such as time, level, target heart rate)
3. Add one of the optional Octane-exclusive high-intensity interval training (HIIT) boosters. Simply touch the button to add a booster to any program except an Octane Favorite. (Booster options and availability vary by product.)

Descriptions of each program and the HIIT boosters are found in the *Octane Fitness Program and Features Guide* (Part Number 110751-001), available online at www.octanefitness.com. Just navigate to the page for your product and select the guide for online review or download.

4. Touch the green arrow to get started!





Workout Mode




Note: Screen image may vary from illustration, depending upon product, available features and software version.




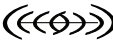
Workout Mode features three display zones to maximize the workout experience:

The **top** of the smart console display highlights workout data:

Icon	Description
	Displays workout time , counting up from 0:00. Time can be increased or decreased during your workout. The maximum time that users can set is 99:00. When actual workout time is displayed, the timer goes up to 99:59, then the display rolls over to 0:00. Refer to "Club Settings" to learn how to switch from a "count up" to "count down" display.
	Displays an estimate of the total calories burned during the workout, based on the user's entered weight. If no specific weight is entered, calories are based on a 150 lb. (68 kg) user.
	Displays an estimate of the distance you have traveled. Distance can be shown in either miles (English) or kilometers (metric). When you first purchase your elliptical the display will be in English. Refer to User Setup Functions to learn how to switch from English to metric.
	Displays your current speed in revolutions per minute (rpm).





	Displays heart rate in beats per minute (BPM). Note: <i>You must be wearing a wireless heart rate transmitter or consistently grasping the contact heart rate sensor grips on the stationary handlebars.</i>
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The **bottom** of the smart console display allows you to change various settings, depending upon the product:

Icon	Description
	Touch + or - to increase or decrease the resistance level (1-30), where 1 is the lowest resistance level and 30 is the highest. <i>(On the ZR8000, use the resistance lever on the top hoop to change resistance; current level is displayed here.)</i>
 (XT-One, XT4700)	Touch + or - to increase or decrease the stride length , the approximate horizontal distance of the elliptical pattern in inches (English) or centimeters (metric). The stride length ranges from 20 inches (51 cm) to 28 inches (71 cm).
 (XT-One)	Touch + or - to increase or decrease the incline level (1-10), where 1 is the least incline and 10 is the greatest incline.
 (LX8000)	Touch + or - to increase or decrease the lateral width (1-10), where 1 is the narrowest and 10 is the widest.

The **center** of the smart console display provides workout progress on a 'racetrack'. Swiping with your finger from left to right or right to left inside the racetrack gives you different views and options that vary according to the product and your workout selections, and may include:

- Adding or changing your HIIT booster
- Varying your workout using Quick Start buttons (available on some products). Create your own interval workout 'on the fly' by changing modes without resetting your cumulative workout data
- Displaying heart rate and workout summary data

From the Workout mode display you may move to Settings mode or Entertainment mode (if available for your installation). Touch  to select Settings mode or ,  or  to select Entertainment mode. (The icon varies depending upon whether your installation has TV, internet, or both enabled.)

ZR8000: Stride Trace View

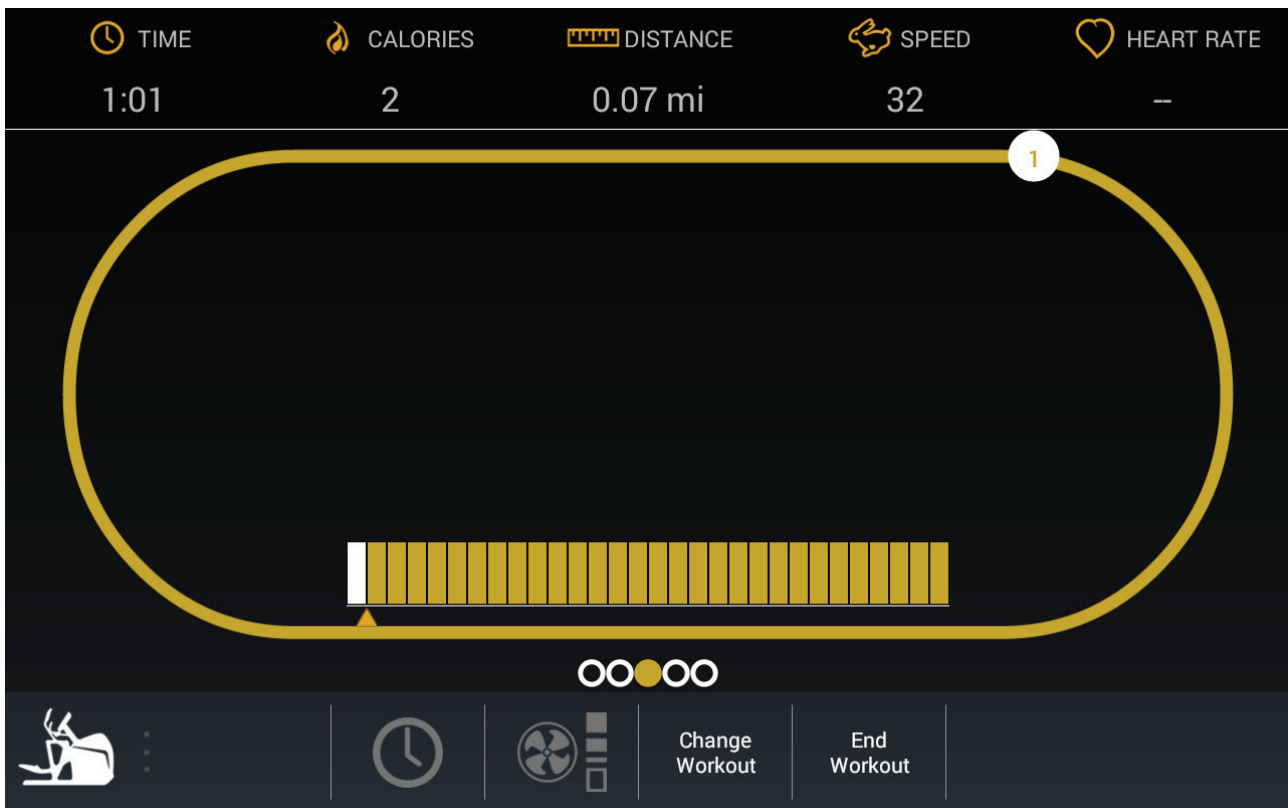
The unique Stride Trace is the primary view on the ZR8000:



This view displays an approximation of the horizontal and vertical motion of each of your legs. The left leg motion is shown in white, the right leg motion is shown in yellow. Everyone's stride is different; the goal is to have the shape of your stride consistent throughout your workout. You may use this screen to monitor major imbalances and aim to correct them.




A tutorial screen overlays this view when you first see it; simply touch the "X" in the upper right corner to hide the tutorial.

Settings Mode



Note: Screen image may vary from illustration, depending upon product, available features and software version.

The following options are available in Settings mode:

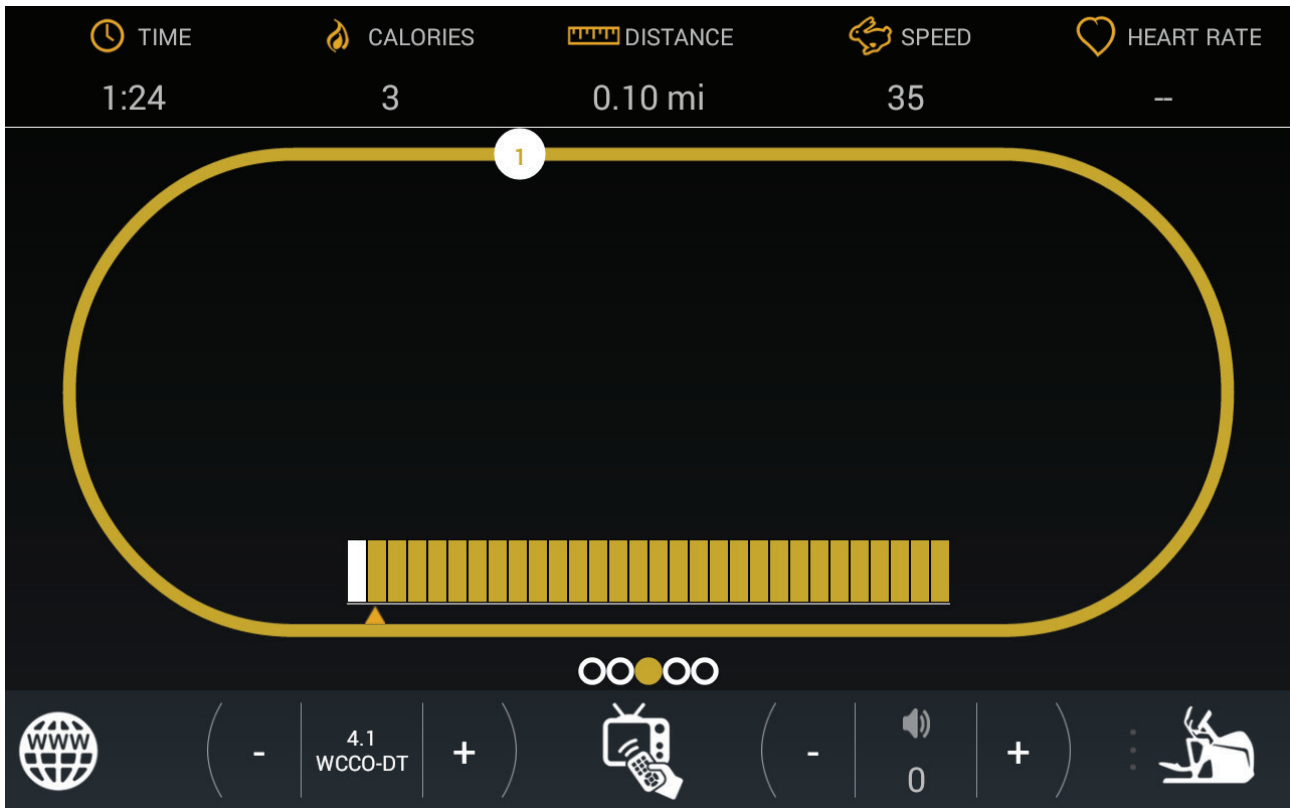
- End workout—stop your program and move to a cool-down phase.
- Change workout—return to the Select Workout screen to select and start a different program. Your workout data (total time, calories, distance, etc) will be reset when you begin the new program.
- Turn on and adjust the fan using the   button.
- Adjust your workout time using the  button.

Touch the product icon () to return to Workout Mode.

(Icon varies by product; XT-One product icon illustrated.)

Entertainment Mode

(May not be available in all installations.)



Note: Screen image may vary from illustration, depending upon product, available features and software version.

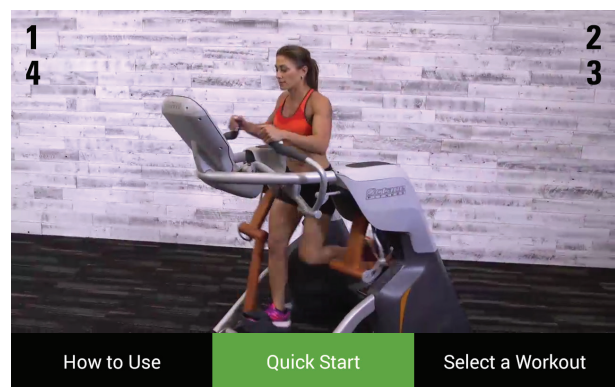
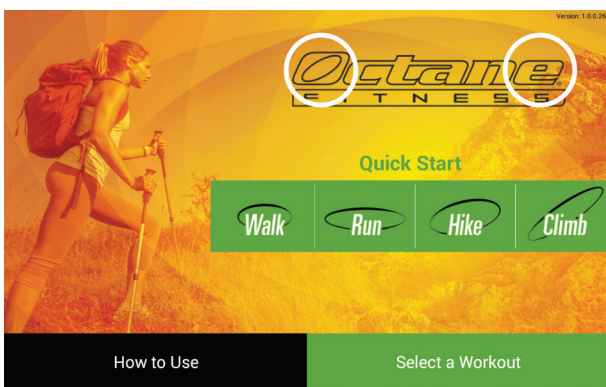
These options may be available if your installation includes a **personal viewing system** with internet and/or network access:

Icon	Description
	Touch to access the internet for web browsing, streaming content, and other options.
(TV Channel)	Use - or + to change TV channels.
	Touch to access the listing of TV channels available for viewing.
	Use - or + to increase or decrease volume. Touch to mute the audio, set Closed Captioning (on or off), or toggle the audio source between the TV and the console.
	Touch to return to Workout Mode. (Icon varies by product; XT-One product icon illustrated.)

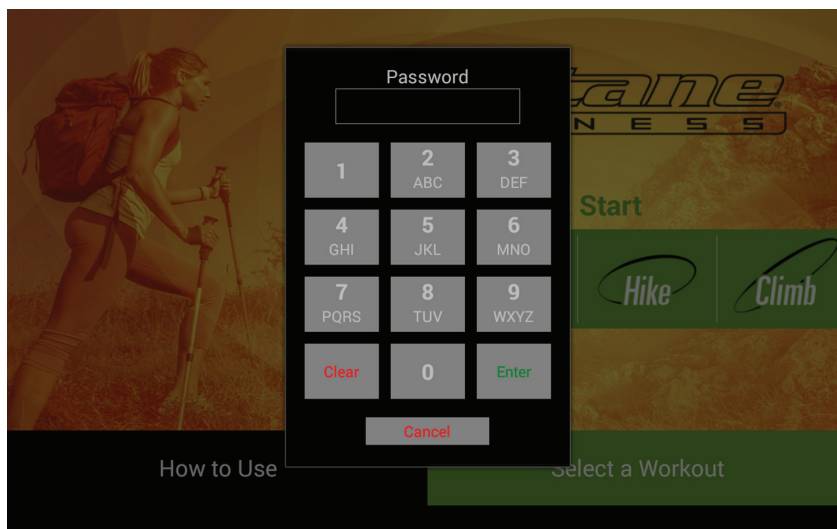
SMART CONSOLE SET-UP AND ADMINISTRATION

When you first power on the smart console, you will see a series of screens indicating that the various components of the software are initializing. One screen will ask if your machine is a ZR8000; touch “Yes” or “No”, as appropriate, to continue initializing the console. Should you see an error displayed on any of the launcher screens, please contact Octane Fitness Customer Service at 888.OCTANE4 or 763.757.2662, extension 1. Live support is available Monday through Friday, 7:30 a.m. to 6 p.m. (United States Central Time).

Once initialized, the Octane Fitness Smart Console offers several administrative functions that enable you to set your unit up to meet your specific needs and to keep your software up-to-date. Each administrative function is accessed by touching a special sequence on the Home screen, then entering a password specific to the administrative function you wish to perform, as described in the following sections.



On the ZR8000 and on products where the CROSS CiRCUIT video is the Home screen, touch the upper corners of the screen in sequence —upper left, upper right, upper right, upper left—to activate the pop-up password keypad, then enter the password for the function you need. On all other products, touch “O-E-E-O” on the Octane Fitness logo, in that order, to activate the pop-up keypad.



Note: Screen image may vary from illustration, depending upon product, available features and software version.

Club Settings

Club Settings allows you to control the user experience by customizing smart screen display settings, workout parameters and network access. To access Club Settings, access the pop-up password keypad, then enter the password **SETT (7388)**.

On each set of screens, when you have completed your selections, press “Save and Exit” to return to the Home screen.

Machine Settings



Note: Screen image may vary from illustration, depending upon product, available features and software version.

Use the Machine Settings tab to set these attributes. Available attributes vary by product model, as noted.

Maximum Workout Time	Touch the time display to set the maximum workout time for users to the value that is best for your environment. The factory default setting is 99 minutes.
Clock Direction	Set how you want the unit to track workout time: Count Up or Count Down. The factory default setting is “Count Up”.
Warm-Up	This feature may be set to “On” (to include a 3-minute warm-up in each workout) or “Off”. Move the slider to your choice. The factory default setting for all models excluding the ZR8000 is “ON”; the factory default setting for the ZR8000 is “OFF”.
Units	You may choose to have the weight and distance units displayed in “English” (pounds and miles) or “Metric” (kilograms and kilometers). The factory default setting is “English”.
System Language	Choose one of several languages options for the console display, including all of the administrative functions. The factory default setting is “ENGLISH”. (Available in some software versions.)

Language Toggle	This setting allows users to touch a button on the Home screen and select the language of their choice from the available language options. User selection of a different language does not change the language for administrative or system screens; it changes only the user view. The factory default setting is "ON", giving users this option. Set to "OFF" to disable this feature and hide the Language button on the Home screen. (Available in some software versions.)
CROSS CiRCUIT (excluding xR6000)	Select "OFF" to disable the CROSS CiRCUIT Pro programs (for use with the optional CROSS CiRCUIT Pro Kit). For installations with limited floor space, select "LIMITED EXERCISE SPACE" which limits the types of exercises that are presented to the user. Factory default is "ON".
CROSS CiRCUIT Attract Screen (excluding ZR8000, xR6000)	When CROSS CiRCUIT is enabled, this setting allows you to change the Home screen to a video highlighting the availability of CROSS CiRCUIT workouts. Set to "ON" if you want to display this optional Home screen; factory default is "OFF".
Default Stride (XT-One, XT4700)	Set the default stride length of the unit to any value between 20" and 28" (51-71 cm) in 1/2" (1 cm) increments. The factory default setting is 24" or 59 cm..
Default Incline (XT-One only)	Set the default incline of the unit to any value between 1 (least incline) and 10 (steepest). For programs other than the preset Quick Start programs, the factory default setting is 1.
Default Width (LX8000 only)	Set the default lateral width of the unit to any value between 1 (narrowest) and 10 (widest). For programs other than the preset Quick Start programs, the factory default setting is 1.
Stride Length (XT3700 only)	The XT3700 features a mechanically adjustable stride linkage, either "JOGGING" (shorter stride length) or "RUNNING" (longer stride length). The preferred length is selected and set during installation, and the stride length in the console software must be set to the same setting as the physical linkage. The factory setting is "RUNNING"; if your machine is adjusted to Jogging stride at installation, this console setting should also be set to "JOGGING". You should not change it again unless the physical configuration of the unit is also changed.
TV	Set to "ON" if you have a Personal Viewing System (PVS) accessory attached. The factory default setting is "OFF".
900 MHz	Set to "ON" if you have a 900 MHz audio accessory installed. The factory default setting is "OFF". (Available in some software versions.)

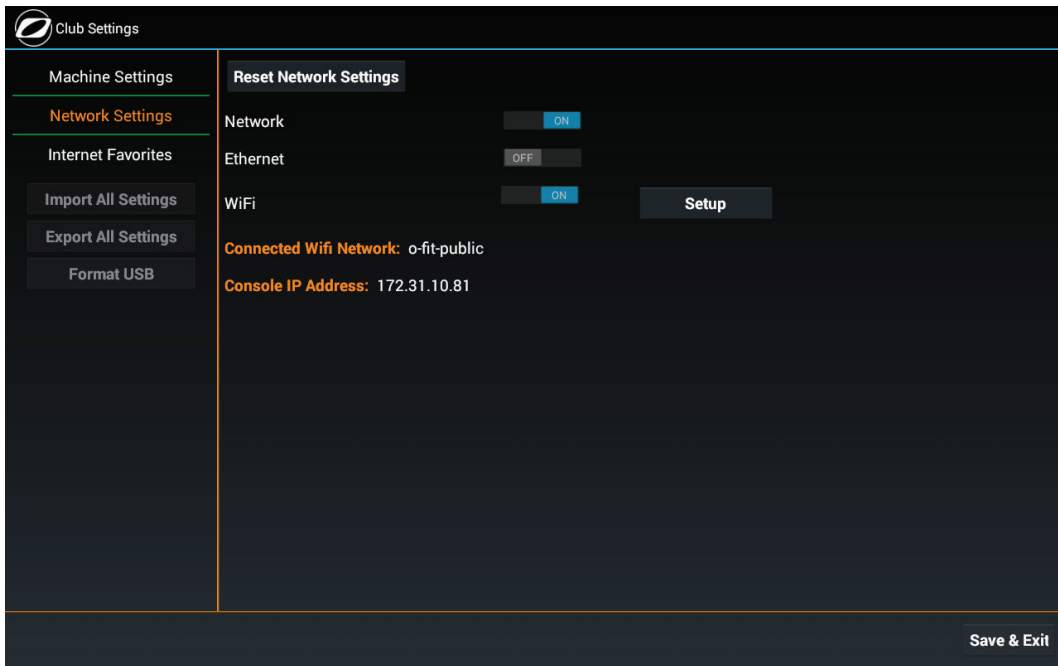
Touch **Reset Machine Settings** to restore original settings.

Use **Import All Settings** and **Export All Settings** to copy *all* the Club Settings to multiple units. Use **Import from USB** and **Export to USB** for copying the settings *on this screen only* to multiple units. See "Setting Up Multiple Units" for detailed instructions.

If you want to use custom TV or internet icons when setting up your TV or internet screens, insert a blank USB device, and touch **Format USB**. This creates a directory structure into which you can place files containing icon images that you may then select when setting up the internet or TV. **Note: Only .jpg or .png file formats are accepted, and icons that are not square will be truncated. For best results, icon should be at least 200 x 200 pixels.**

Touch **Save & Exit** in the lower right corner to save your selections, or select another tab for more settings.

Network Settings

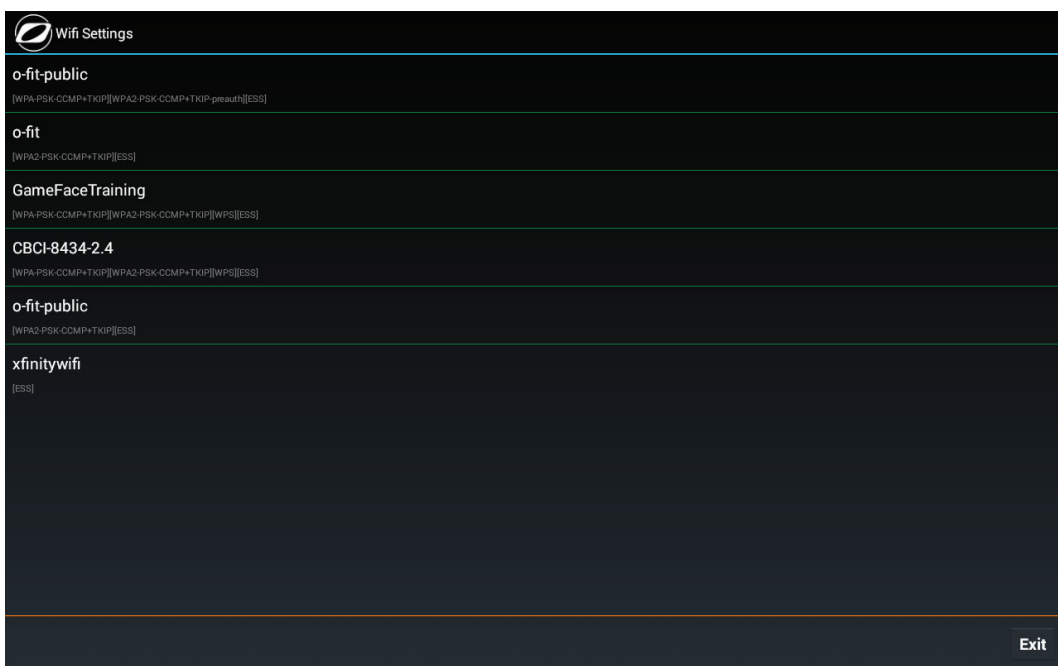


Note: Screen image may vary from illustration, depending upon product, available features and software version.

Use the Network Settings screen to enable Internet (network), club network (Ethernet) or WiFi for your users. Move the slider to ON or OFF as desired for each setting. Factory default settings for all are “OFF”.

If “Network” is “ON”, either Ethernet or WiFi must also be set to “ON”.

For WiFi, you must also use the Setup button to select an available wireless network. Touch the network name, and enter the password in the pop-up window. A confirmation window indicates a completed connection and signal strength, and the network name and IP address are displayed on the Network Settings screen. To disconnect from a network, touch the network name and touch ‘Disconnect’ on the network connection status pop-up.



Note: Screen image may vary from illustration, depending upon product, available features and software version.

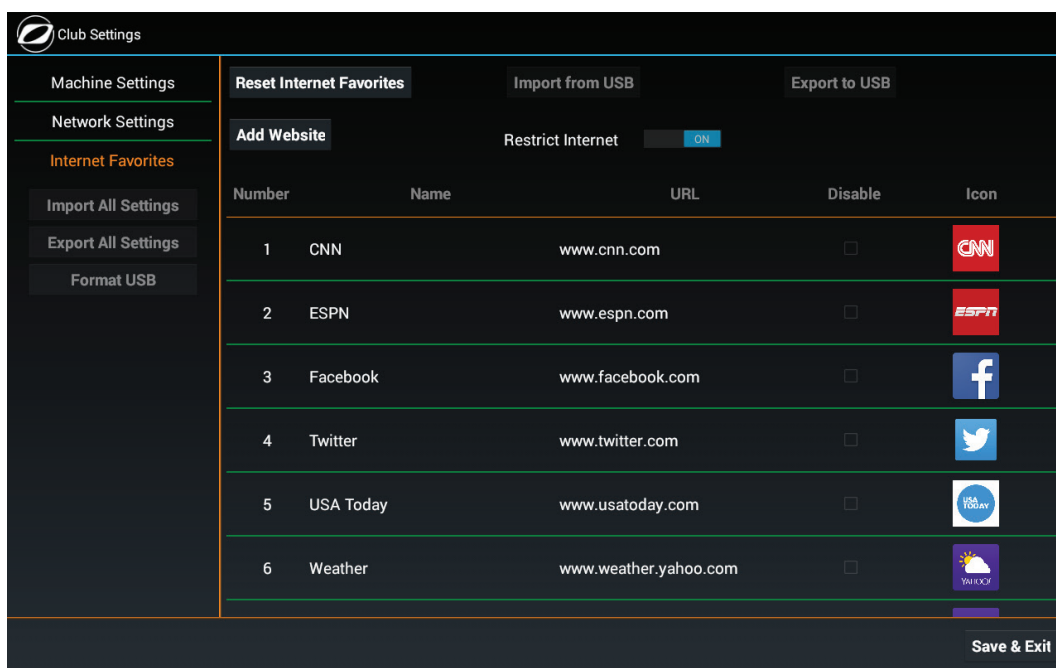
Touch **Reset Network Settings** to restore original settings.

Use **Import All Settings** and **Export All Settings** to copy *all* the Club Settings to multiple units. Use **Import from USB** and **Export to USB** for copying the settings *on this screen only* to multiple units. See “Setting Up Multiple Units” for detailed instructions.

If you want to use custom TV or internet icons when setting up your TV or internet screens, insert a blank USB device, and touch **Format USB**. This creates a directory structure into which you can place files containing icon images that you may then select when setting up the internet or TV. *Note: Only .jpg or .png file formats are accepted, and icons that are not square will be truncated. For best results, icon should be at least 200 x 200 pixels.*

Touch **Save & Exit** in the lower right corner to save your selections, or select another tab for more settings.

Internet Favorites



Note: Screen image may vary from illustration, depending upon product, available features and software version.

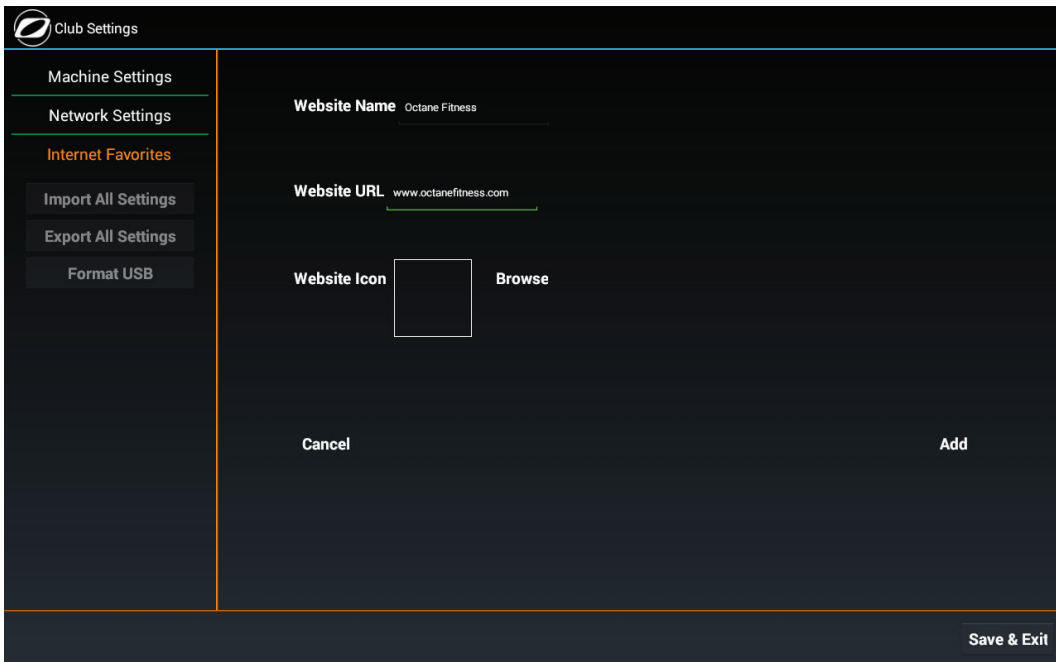
Use this screen to define specific world wide web sites that your users may access, and to manage general internet access.

The pre-populated list of popular sites is available to all users (unless you modify the list). The “**Restricted**” slider controls the sites your users may access beyond those on the list displayed here. If you want your users to have limited access to the internet, leave “**Restricted**” set to “ON” (the factory default). This allow users to see **only** these sites that you have approved and disables any links from those sites to Internet sites that are not on this list. To allow users to freely move from one site to others using links provided on the sites in your list, set the “Restricted” slider to “OFF”. This allows users to move freely to sites not on this list using page links.

If you want to allow your users complete movement on the internet, set the “Restricted” slider to “OFF” and add **Google, Yahoo** or any other site that offers internet searching as an approved site (see instructions for adding a site below). A user may then use the search bar on that site to move freely to any other Internet site. In this mode, there are **no restrictions** unless you have sites blocked with firewall security.

You may add, change or delete sites as you choose:

- To **remove** site access, touch the check box in the “Disable” column.
- To **delete** a site entirely, or to **change** the site name or icon, touch the site name in the list, then touch “Delete” on the next screen, or change the information as desired and touch “Update”.
- To **add** a site, touch **Add Website**, and use the screen below to set up the new site.



Note: Screen image may vary from illustration, depending upon product, available features and software version.

Touch each data field (Website Name, Website URL) and use the pop-up keyboard to enter the information. Touch Browse to select an icon to display with the new site listing. Touch **Add** to save the information or **Cancel** to return to the Internet Favorites screen without adding the new site.

Touch **Reset Internet Favorites** to restore original settings.

Use **Import All Settings** and **Export All Settings** to copy *all* the Club Settings to multiple units. Use **Import from USB** and **Export to USB** for copying the settings *on this screen only* to multiple units. See “Setting Up Multiple Units” for detailed instructions.

If you want to use custom TV or internet icons when setting up your TV or internet screens, insert a blank USB device, and touch **Format USB**. This creates a directory structure into which you can place files containing icon images that you may then select when setting up the internet or TV. *Note: Only .jpg or .png file formats are accepted, and icons that are not square will be truncated. For best results, icon should be at least 200 x 200 pixels.*

Touch **Save & Exit** in the lower right corner to save your selections, or select another tab for more settings.

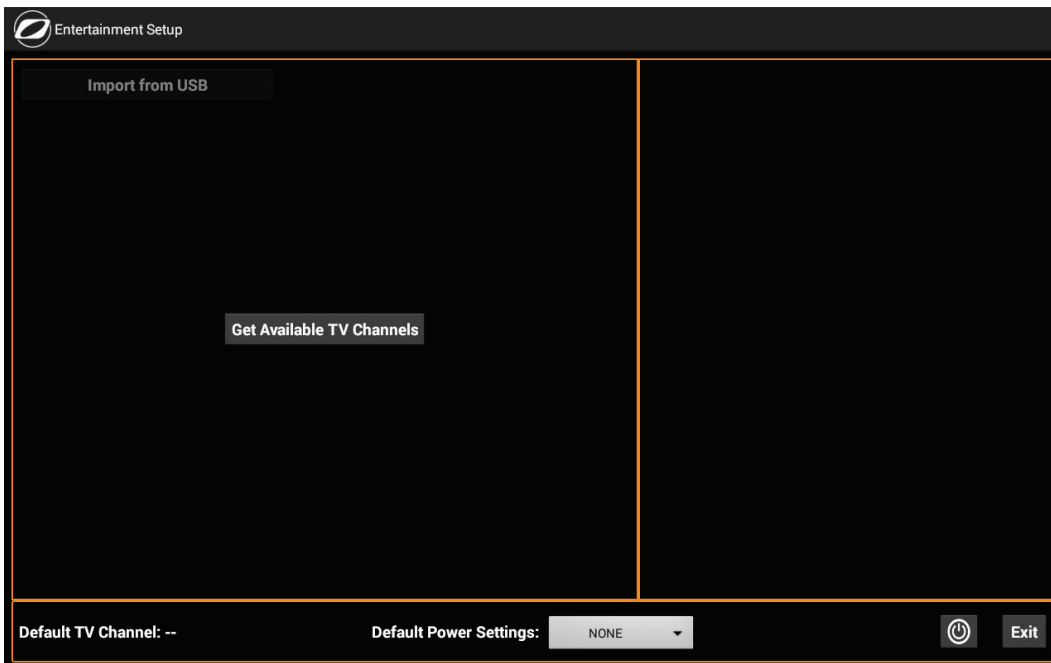
Entertainment Setup

When a Personal Viewing System (PVS) is installed on your Octane Fitness unit, Entertainment Setup allows you to manage available TV channels. **It is recommended that you use the Export / Import Channels functions described in the *Octane Fitness Personal Viewing System Product Manual* (P/N 111029-001) to set up all the PVS units in your facility before completing this setup on the smart consoles.**

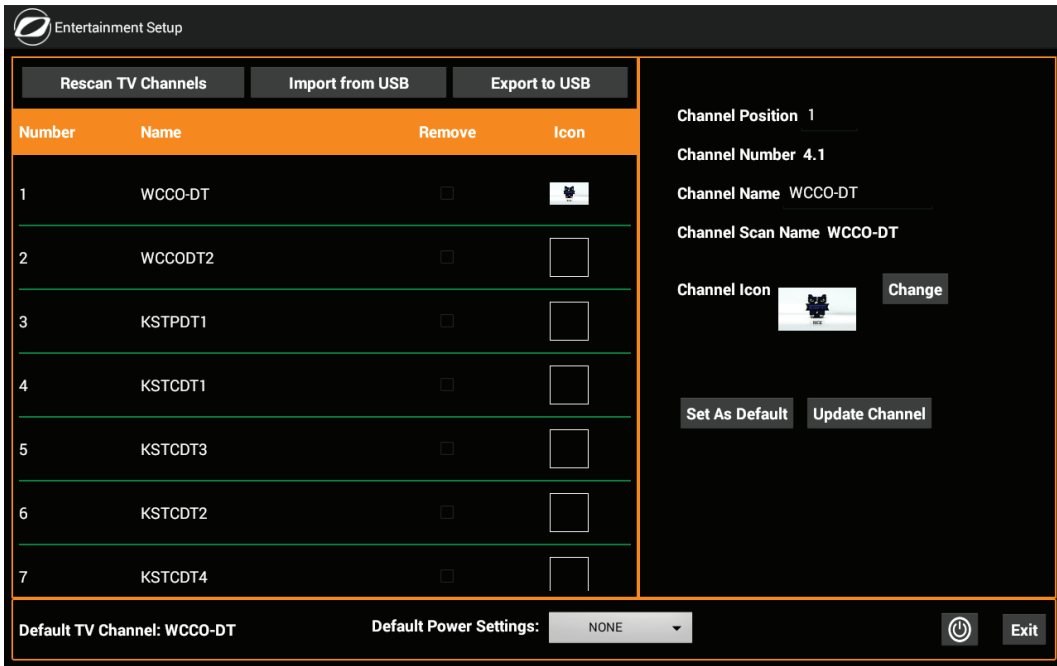
TV Setup

When a Personal Viewing System (PVS) is attached and enabled on the Machine Settings screen, additional settings are available on this screen to define how the TV works with the Octane Fitness unit. To begin, access the pop-up password keypad, then enter the password **SETT (7388)** and **verify that the “TV” setting is “ON”**. Then, to begin TV Setup, access the pop-up password keypad, then enter the password **SCAN (7226)**.

The first time you enter this function (for initial setup) you will see this screen:



The PVS Channel Scan should have been completed during the PVS installation process, either by scanning the channels on the specific unit or by using the Import Channels function. ***If that has not been done***, refer to Octane Fitness PVS Assembly Instructions (P/N 110748-001), for channel scan instructions and ***do it now***; then, press **Get Available TV Channels** to load the scanned channels list:



Note: Screen image may vary from illustration, depending upon product, available features and software version.

To remove a channel, touch the checkbox in the “Remove” column for that channel. Use the bottom and the right side of the screen to set up or edit the following information. (Channel Number and Channel Scan Name cannot be changed.)

Default Power Settings	Four options are available for managing the on/off state of the PVS (drop down menu at the bottom of the screen): <ul style="list-style-type: none"> • NONE—No automatic power management is applied; the on/off state is controlled by the user. This is the factory default. • AUTO ON—The TV will automatically turn on at the beginning of a workout. • AUTO OFF—The TV will automatically turn off at the end of a workout. • AUTO ON / OFF—The TV will automatically turn on at the beginning of a workout and turn off at the end of the workout. Choose this setting for most clubs.
Channel Position	Touch the channel listing on the left side of the screen, then change the order of display for a channel by touching this field and entering a new number.
Channel Name	Touch the channel listing on the left side of the screen, then change the displayed name of a channel by touching this field and entering a new name.
Channel Icon	Touch the channel listing on the left side of the screen, then change (or define) the icon displayed for a channel by touching the CHANGE button next to this field, then selecting from available icons.
Set As Default	Touch the channel listing on the left side of the screen, then touch this button to have this channel display when the TV is first powered on.
Update Channel	Touch this button to save values that you have changed above.

Touch **Rescan TV Channels** to perform the channel scan again, as you would need to do if you change service providers.

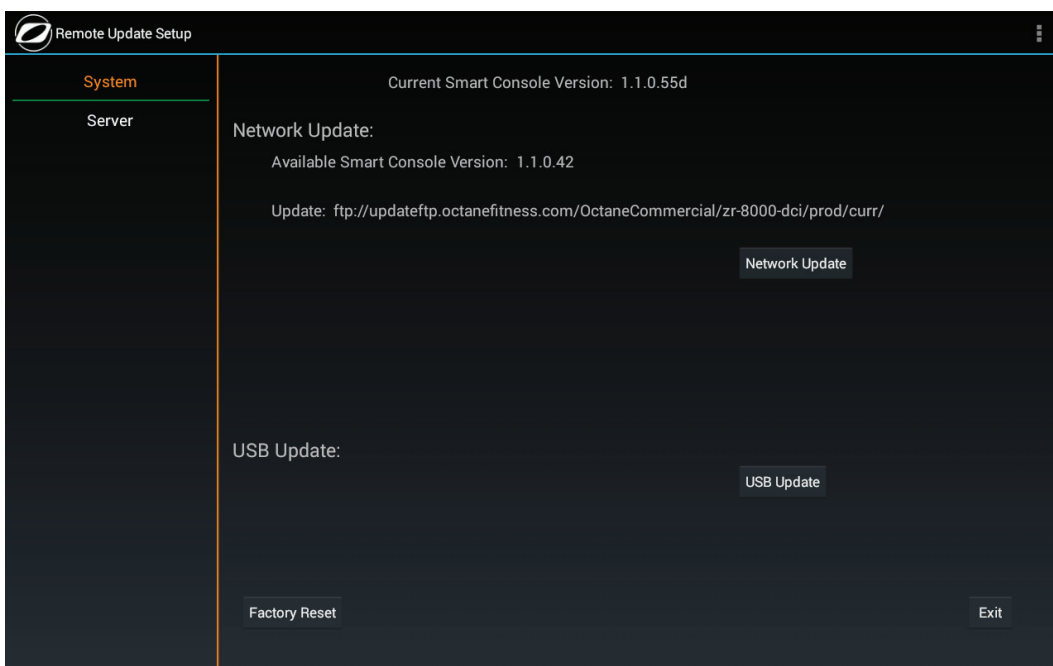
Use **Import from USB** and **Export to USB** for copying the channel settings *on this screen only* to multiple units. See "Setting Up Multiple Units" for detailed instructions.

Touch **Exit** in the lower right corner to save all your changes and return the Home screen.

Remote Update Setup

Remote Update Setup allows you to receive updates to your smart console as they are made available by Octane Fitness. To access Remote Update Manager, access the pop-up password keypad, then enter the password **UPDA (8732)**.

System



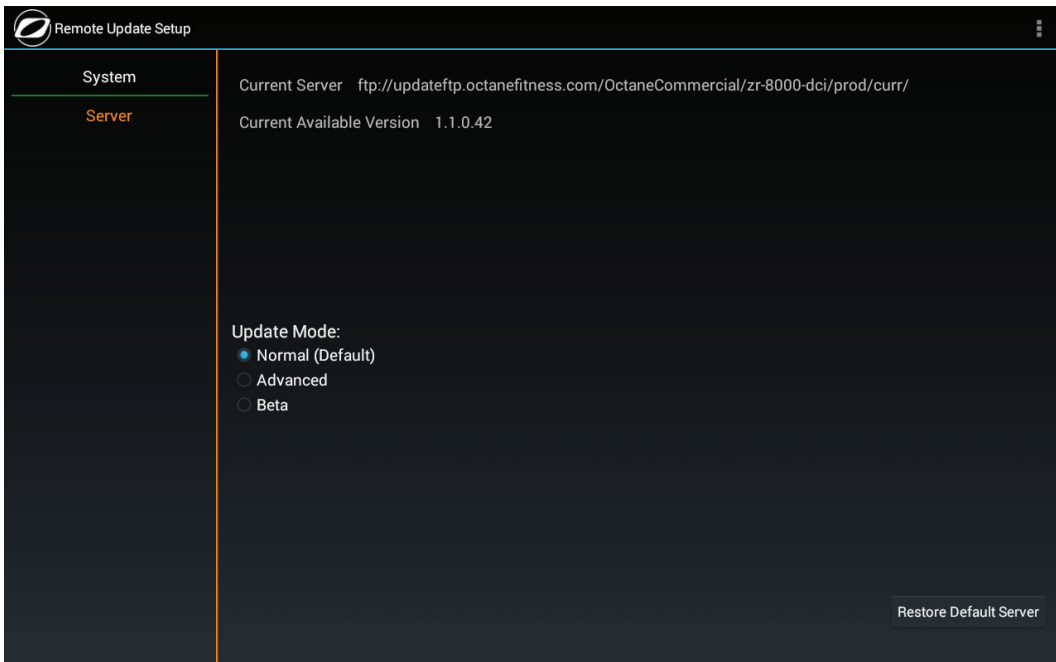
Note: Screen image may vary from illustration, depending upon product, available features and software version.

You may set the console up to automatically receive updates as they are available, or you may use this screen to manually update via the internet or USB device. For reference, the identification of the current software version and the most up-to-date version of software available from Octane Fitness are displayed at the top of the screen. If the two version numbers differ, use the fields below to manage your update preferences.

Manual Update	Touch Update to initiate the manual process.
USB Update	<p>If you have received a USB storage device with an update from Octane Fitness:</p> <ol style="list-style-type: none"> 1. Remove the back cover of the console, remove and retain the USB dongle and insert the USB device into the USB port on the back of the smart console. 2. Touch Update to initiate the software update process. 3. When the update is complete, remove the USB device and replace the USB dongle and the console back cover.
Factory Reset	<p>Touch this button to initiate a reset of all Remote Update values to the factory default values. All user customizations will be lost.</p>

Touch **Exit** in the lower right corner to save all your changes and return the Home screen. The settings on this screen must be set up for each unit; this information is not included in the “Export All Settings” function.

Server



Note: Screen image may vary from illustration, depending upon product, available features and software version.

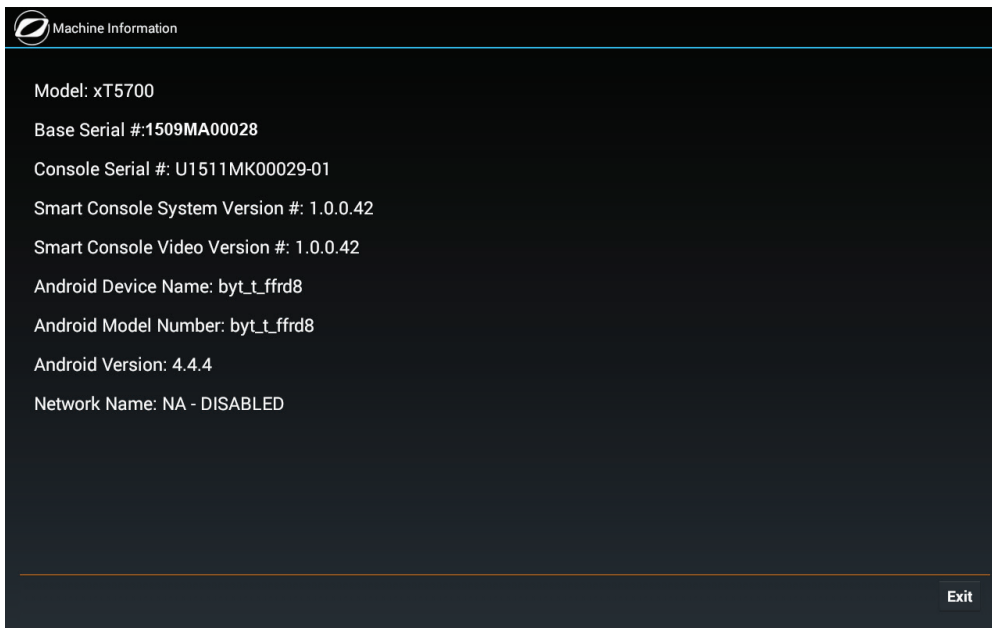
Use this screen to identify the server to be used for updates. Do not make changes to this screen without contacting an Octane Fitness Customer Service specialist, at 888.OCTANE4 or 763.757.2662, extension 1.

Touch **System** to return to the System screen, then touch **Exit**.

Machine Information and Diagnostics

The smart console offers information screens regarding system identification and status. Under the direction of an Octane Fitness Customer Service representative, you may perform simple tests to help you verify important electrical functions.

Important machine identification data such as model number, serial numbers, software versions and network status are found on the Machine Information screen. Access the pop-up password keypad, then enter the password “**INFO**” (4636) to see this screen:



Note: Screen image may vary from illustration, depending upon product, available features and software version.

To enter the diagnostics mode, access the pop-up password keypad, then enter the password “**933**”.

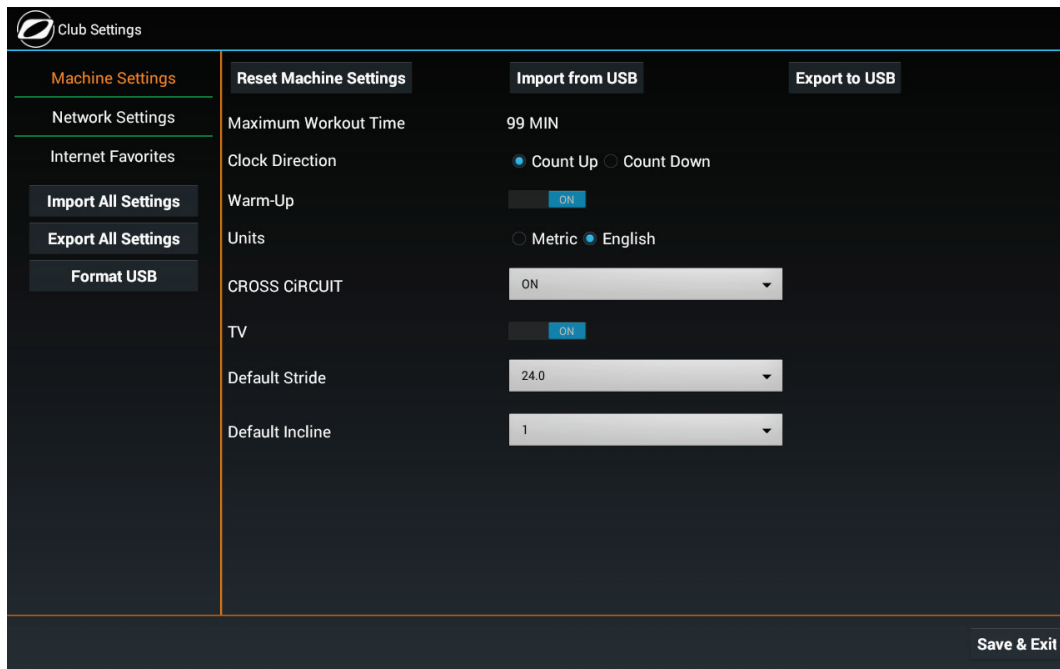
Available diagnostics vary by product. For additional information and instructions for using and interpreting your product’s diagnostics, refer to the Product Service Manual or contact Octane Fitness Customer Service at 888.OCTANE4 or 763.757.2662, extension 1.

Setting Up Multiple Units

Once you have set up one Smart Console, you may use its built-in Import/Export functions to easily transfer setup information to additional units. You may transfer all setup information using the Import/Export All Settings on the Club Settings screen, or you may copy just the Machine Settings, Network Settings, Internet Favorites, or Entertainment Setting using the Import From USB / Export to USB button on that screen.

You will need a #2 Phillips screwdriver (to remove the console backs) and a blank USB storage device.

Transferring All Settings

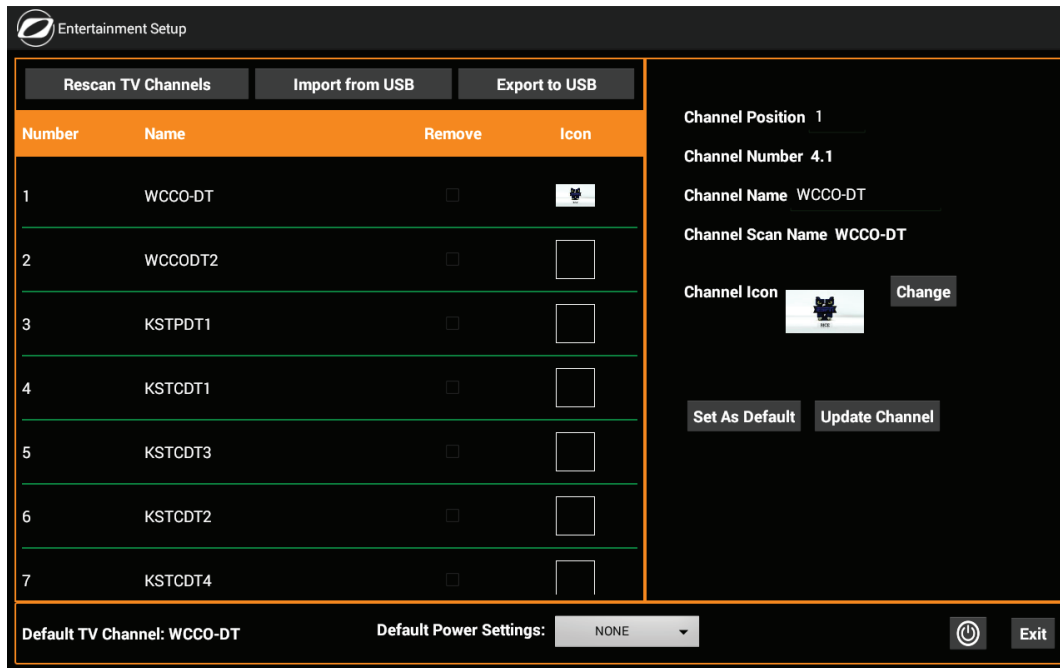


Note: Screen image may vary from illustration, depending upon product, available features and software version.

1. Remove the screws and the back cover of the console you have set up; set aside. **Remove and retain the USB dongle.**
2. Insert the **blank** USB storage device into the USB port on the back of the smart console.
3. On the Home screen, access the pop-up password keypad, then enter the password **SETT (7388)** for the Club Settings screen (shown above).
4. On the right side of the screen, touch **Export All Settings** to begin the transfer process.
5. When the transfer is complete, remove the USB device and re-insert the USB dongle. Take the USB device to another unit. Remove and set aside the screws and back cover, then remove and retain the USB dongle. Insert the USB device into the USB port on the back of the smart console.
6. On the Home screen, access the pop-up password keypad, then enter the password **SETT (7388)** for the Club Settings screen (shown above).
7. On the right side of the screen, touch **Import All Settings**.
8. Repeat steps 5 through 7 for as many units as you need to set up. When all units are set up, make sure all USB dongles are in place in all the consoles, then replace the back covers.

Transferring Settings from One Screen Only

In some cases (such as when your TV service provider has changed and you have rescanned and revised your Entertainment setup), you may wish to transfer only some of the setup information to additional units. In this case, you will use the import/export functions on individual screens to copy only what you need. **These steps update the Smart console only; you will need to use the Export / Import Channels functions described in the Octane Fitness Personal Viewing System Product Manual (P/N 111029-001) to transfer settings in the PVS units in your facility before completing this setup on the smart consoles.**



Note: Screen image may vary from illustration, depending upon product, available features and software version.

1. Remove the screws and the back cover of the console you have set up; set aside. **Remove and retain the USB dongle.**
2. Insert the **blank** USB storage device into the USB port on the back of the smart console.
3. From the Home screen, access the pop-up password keypad, then enter the proper password to navigate to the screen that you want to transfer.
4. On the top of the screen, touch **Export to USB** to begin the transfer process.
5. When the transfer is complete, remove the USB device and re-insert the USB dongle. Take the USB device to another unit. Remove and set aside the screws and back cover, then remove and retain the USB dongle. Insert the USB device into the USB port on the back of the smart console.
6. From the Home screen, access the pop-up password keypad, then enter the proper password to navigate to **the same screen that you transferred from on the first console.**
7. On the top of the screen, touch **Import from USB.**
8. Repeat steps 5 through 7 for as many units as you need to set up. When all units are set up, make sure all USB dongles are in place in all the consoles, then replace the back covers.

ADDITIONAL SUPPORT INFORMATION

Cleaning and Maintenance

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

Your Octane Fitness product has been manufactured to withstand many hours of hard use with minimal required maintenance. Use only a soft, slightly damp lint-free cloth to clean the console lens of your elliptical. Abrasive cloths, towels, paper towels, and similar items may cause damage to surface. Do not use window cleaners, household cleaners, aerosol sprays, solvents, alcohol, ammonia, or abrasive cleaners, as they, too, may damage the lens. Periodically wipe off the machine with a clean towel, and vacuum underneath the pedals and inside of the machine near the pedals.

Program Descriptions

Octane Fitness products include a wide range of programs and features to keep your workouts fun and productive. From “get on and go” to CROSS CIRCUIT workouts and specialty programs to meet specific training needs, you should never run out of options, choices and challenges. Try them all using the simple Workout setup screens and find your favorite.

Descriptions of each program are found in the ***Octane Fitness Program and Features Guide*** (Part Number 110751-001), available online at www.octanefitness.com. Just navigate to the page for your product and select the guide for online review or download.

Important Safety Information

The ***Octane Fitness Product Safety Information for Commercial Products*** (Part Number 107786-001), shipped with the product base unit, contains important details for safe setup and operation of the Octane Fitness product. Users are expected to be familiar with the contents of this document before using the elliptical.

Customer Support

Should you have any questions regarding your Octane Fitness product, please visit ***<https://support.octanefitness.com>*** where you will find answers to many common questions. Or, if you would like to speak to an Octane Fitness Customer Service specialist, please call 888.OCTANE4 or 763.757.2662, extension 1. Live support is available Monday through Friday, 7:30 a.m. to 6 p.m. (United States Central Time).

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Octane
FITNESS

FUEL YOUR LIFE™

Octane Fitness

US & Canada, Latin America, Asia & Asian Pacific

7601 Northland Drive North

Suite 100

Brooklyn Park, MN 55428

Phone: 888.OCTANE4 (US and Canada)

763.757.2662 (Latin America, Asia and Asian Pacific)

Fax: 763.323.2064

Octane Fitness International

Europe, Middle East, Africa

Rivium Westlaan 15

2909 LD Capelle a/d IJssel

The Netherlands

Phone: +31 10 2662412

Fax: +31 10 2662444