

Octane[®]

F I T N E S S



Q47/Q47e/Q47ce

O P E R A T I O N S M A N U A L



Q 4 7 / Q 4 7 e / Q 4 7 c e O P E R A T I O N S M A N U A L

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™!*

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



This product is intended for household use.

PLEASE READ AND SAVE THESE INSTRUCTIONS

I M P O R T A N T S A F E T Y I N S T R U C T I O N S

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 persons:

- Use this exercise product for its intended use as described in this Operations Manual. **Do not** modify the product in any way.
- **Do not** remove the plastic shrouds from the machine. Service should be performed only by an authorized Octane Fitness service representative. 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 it is not working properly, if it has been dropped or damaged, or dropped in water. Return the cross trainer to your local dealer or Octane Fitness for examination and repair.
- Keep the cord away from heated surfaces.
- **Never** operate this elliptical cross trainer with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- **Do not** use outdoors.
- **Do not** operate this elliptical cross trainer where aerosol (spray) products are being used or where oxygen is being administered.
- 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.
- **To disconnect**, remove plug from outlet.

SAVE THESE INSTRUCTIONS

O T H E R I M P O R T A N T S A F E T Y P R E C A U T I O N S

- 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 280 lbs. Use proper lifting techniques and/or get assistance when moving your product.

HEART RATE OPTION SAFETY GUIDELINES

Before using the Octane Fitness Q47e or Q47ce with HeartLogic™ Intelligence, read and follow these instructions:

Wireless Chest Strap

- **Do not use the chest strap if you have a cardiac pacemaker or are taking prescription medication.** Medication or electrical impulses from the cardiac pacemaker can cause inaccurate heart rate 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 Octane Fitness 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.

Contact Heart Rate Grips (Q47ce only)

- Clean the contact heart rate grips periodically to remove sweat and oils. Use a damp cloth with a mild detergent. Do not spray the hand grips directly with water or a cleaner; this could cause an electrical short.
- When holding the grips, grasp each contact heart rate grip 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.

Some individuals are unable to use the heart rate feature because they do not have the proper body chemistry to provide accurate readings. If you experience difficulties in using the contact heart rate grips or a wireless chest strap, contact your dealer or Octane Fitness Customer Service at 1.888.OCTANE4.

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ELECTRONICS

Q47 Standard & Q47e/Q47ce Deluxe Consoles and Keypads

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 Q47 with standard electronics, the Q47e with deluxe electronics, or the Q47ce with deluxe electronics plus contact heart rate sensors. Instructions for all are included in this manual.

Programming the console DedicatedLogic™ programming was created to give you the ultimate in ease of use and total flexibility for programming your elliptical. 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.

Keypad 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 with a stride length of 21" (52 cm) and a user weight of 150 pounds (68 kg). Once you have selected Quick Start, you can program any item in any order.

My QuickStart 1 & 2 (Q47e/Q47ce)

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, stride length, level, age, and weight, adding X-Mode, ArmBlaster, 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.

Now-Zone
(Q47e/Q47ce)

Press the Now-Zone button to move instantly 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.

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.

Pause/Clear

Press the Pause/Clear button once to pause your workout or simply quit pedaling. The display will remain on for 10 minutes. To restart a paused workout, push any key or start pedaling.

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

Up and Down Keys

Time (+ and –)

Increases or decreases workout time, in 1 minute increments. The maximum time is 99:59. 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-half (1/2) inch (English) or one centimeter (metric). The stride length ranges from 18 inches (46 cm) to 26 inches (66 cm). The default stride length for preset resistance and heart rate controlled programs is 21" (52 cm). For variable stride programs, the default forward or long stride is 21" (52 cm) and the default backward or short stride is 18" (46 cm).

Level (+ and –)

Increases or decreases the resistance level of the machine. There are 20 levels of resistance for programs P1-P4. For the Beginner program, P5, the Level button adjusts the day (1-14). For heart rate controlled programs on the Q47e and Q47ce, the Level button increases or decreases your target heart rate. (For more information on heart rate programs, go to page 9). To save a change in target heart rate, you must hit Enter after entering the desired 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!

Age (+ and –)
(Q47e/Q47ce)

Used for heart rate programs. Entering an age will give a recommended target heart rate based on the formula $220 - \text{your age} = \text{your theoretical maximum heart rate (TMHR)}$. 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 30, "What should my heart rate be?"

Weight (+ and –) Increases or decreases the user’s entered weight. This value is used to give a more accurate calorie burn readout. Weight is displayed in pounds (English) or kilograms (metric). Use the User Set-up function (described on page 25) to change the display from one to the other.

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.

Workout Enhancers

SmartStride SmartStride automatically replicates natural movement by analyzing and measuring an exerciser’s pace and direction and intuitively adjusting stride length in 1-inch (2-centimeter) increments from 18 inches (46 cm) to 26 inches (66 cm). Press the SmartStride button and the machine will analyze your speed and make the appropriate adjustments as your pace or direction changes. Size-based programming, described on pages 19 and 26, allows you to set the starting forward stride length that best fits your leg length and fitness level. To deactivate SmartStride, simply push the SmartStride button a second time.

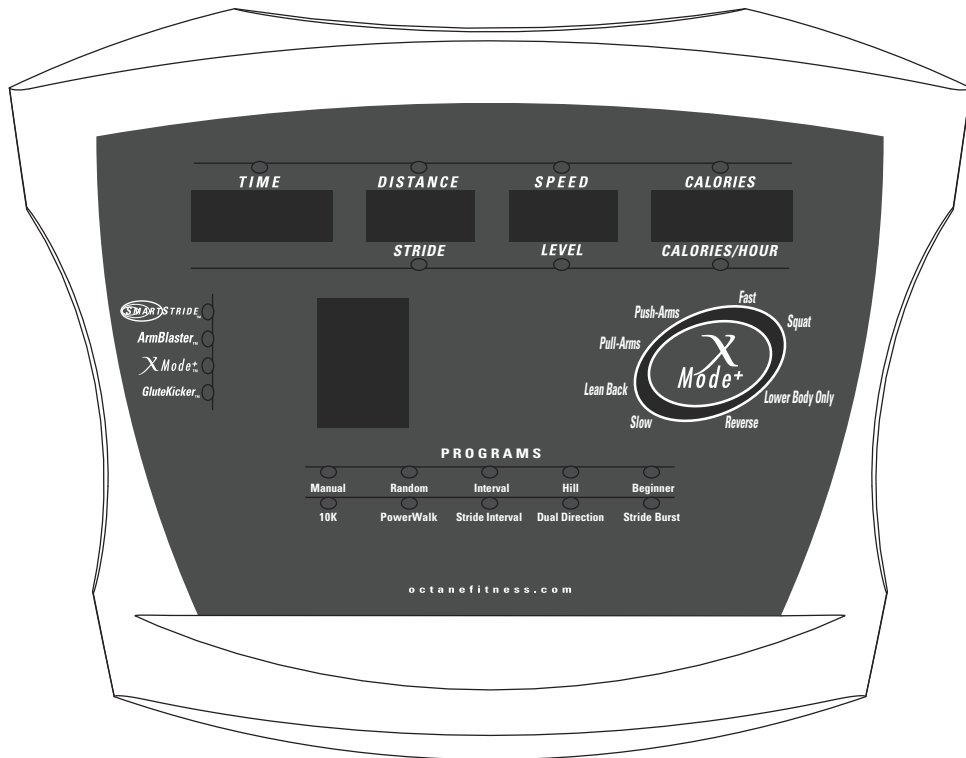
ArmBlaster ArmBlaster is a proprietary program designed to boost cardiovascular endurance while building strength and muscle tone. Press the ArmBlaster button at any time during your workout to integrate cardio sessions with strength sessions. The cardio session follows the program profile that you have selected. Every three minutes, resistance increases 10 levels from where you are currently working (or to the maximum resistance of 20) for a muscle-building, 10-repetition set as you transfer the workload from your lower body to your upper body. During the ArmBlaster rep countdown, the level of resistance can be changed by pressing the Level (+/–) buttons. To deactivate ArmBlaster, simply press the ArmBlaster button a second time.

X-Mode+ X-Mode+ is a great way to take advantage of the variety your elliptical cross trainer offers. Press the X-Mode+ button within any program, and a combination of one to four randomly-generated X-Mode+ LEDs will light up instructing you what to do. Each X-Mode+ session lasts for one minute with a two-minute “regular” program routine in between. The Q47 offers eight different X-Mode+ challenges: Push Arms, Lower Body Only, Fast, Pull Arms, Squat, Slow, Reverse and Lean Back. To deactivate X-Mode+, simply press the X-Mode+ button a second time.

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

Tip: *Want to customize your workout enhancers? Just press and hold a workout enhancer button for three seconds, or until you hear a beep, and you can adjust its attributes to suit your needs. See page 26-28 for additional details!*

Fan
(Q47e/Q47ce) Press the Fan button to initiate a cool breeze to help keep you comfortable as you workout. Press again to increase the airflow (two additional levels), or a fourth time to turn it off. Move the vent as desired to direct the airflow.



Q47 Console and Keypad

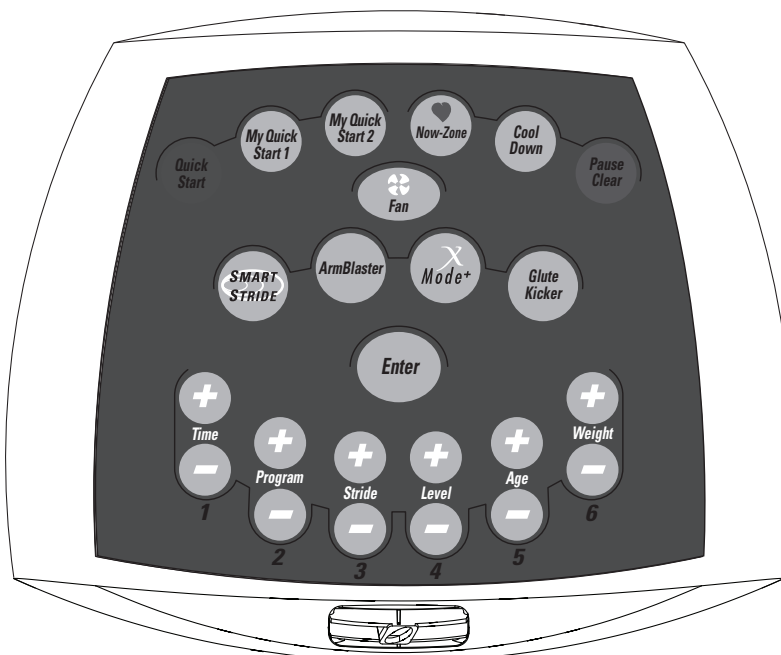
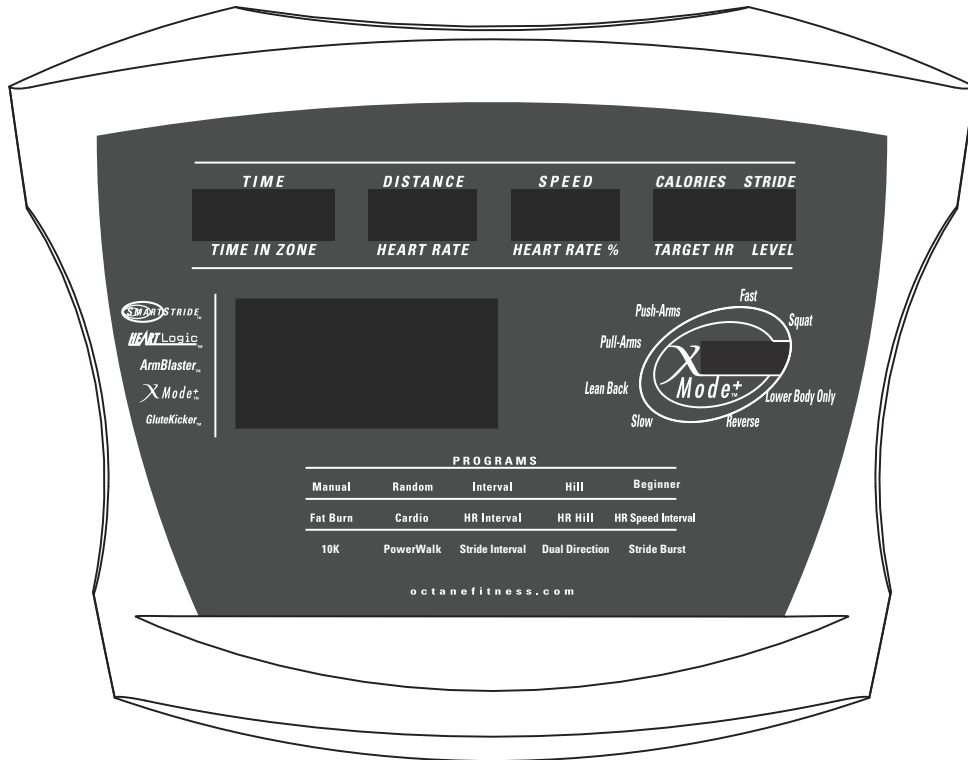
Program Breakdown

Preset resistance programs:

Variable stride programs:

Manual—Random—Interval—Hill—Beginner

10K—PowerWalk—Stride Interval—Dual Direction—Stride Burst



Q47e/Q47ce Deluxe Console and Keypad

Program Breakdown

- Preset resistance programs: Manual—Random—Interval—Hill—Beginner
- Heart rate controlled programs: Fat Burn—Cardio—Heart Rate Interval—Heart Rate Hill—Heart Rate Speed Interval
- Variable stride programs: 10K—PowerWalk—Stride Interval—Dual Direction—Stride Burst

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 to stop the toggling. Press the Enter key again to have the LEDs revert back to a continuous loop.

Programs and Features

Program Warm-up

Programs begin with a warm-up to ease your body into your intense workout. During the warm-up, the resistance and stride length increase each minute.

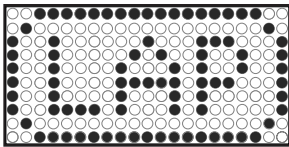
Programs P2-P5 and P11-P15 incorporate a three-minute warm-up (unless you have deactivated the warm-up feature using the User Set-up Functions described on page 25). Resistance increases two levels per minute and stride length increases 1 inch (2 cm) per minute. In heart rate controlled programs (P6-P10), increasing or decreasing the Level changes the target heart rate. Stride length increases 1 inch (2 cm) per minute until reaching your entered stride length. The warm-up lasts three minutes or until you reach your target heart rate; then your selected program begins.

Preset Resistance Programs

Manual - Random - Interval - Hill - 10K

Note: The program profiles depicted in this manual are representative of those displayed in the 26-column matrix display on the Q47e/Q47ce deluxe console. The Q47 standard console uses a 7-column matrix display; the size of the program profiles is correspondingly reduced.

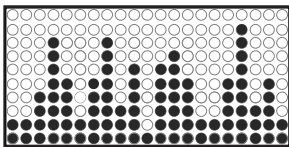
Manual



The Manual program 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 you change it by pressing Level (+/-). The oval racetrack signifies 1/4 mile (or 1/4 kilometer); a counter shows how many laps you have completed during your workout. The default stride length is 21" (52 cm). The stride length and resistance can be changed any time during the workout.



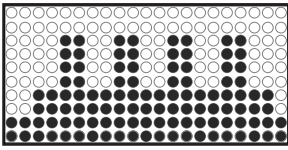
Random



The Random program has a virtually infinite number of different combinations. The computer randomly generates a new course each time you select the random program or change the program level, giving you different levels of resistance. Each column on the matrix display lasts for 1 minute.



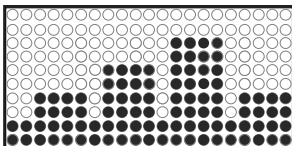
Interval



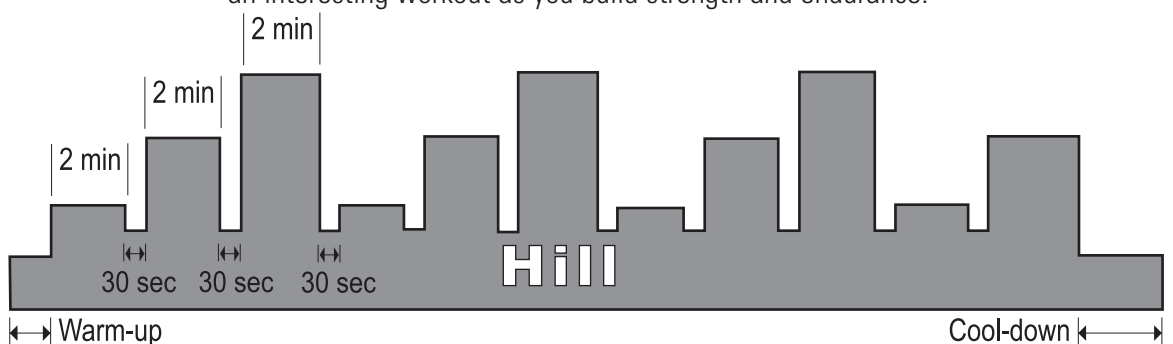
The Interval program alternates between two different levels of resistance. Each level is independently adjustable, so you can customize the amount of change between the two intervals. All intervals have a two-minute duration. When you begin the program, "1ST INTERVAL" scrolls across the matrix display and the resistance level for this interval is shown in the "Level" window. The standard level for the first interval is "1". Use Level (+/-) while "1ST INTERVAL" is scrolling across the matrix display to set your desired first interval resistance level. Next, "2ND INTERVAL" scrolls across the matrix display and the resistance level for this interval is shown in the "Level" window. The standard level for the second interval is "4". Use Level (+/-) while "2ND INTERVAL" is scrolling across the matrix display to set your desired second interval resistance level. Once you are pedaling and your warm-up is complete, you can increase or decrease the level of the current interval (1st or 2nd) at any time by pressing the Level +/- buttons. The value of the other interval does not change. The value you enter changes only the current interval (1st or 2nd) for the entire remaining workout, or until you change it again.



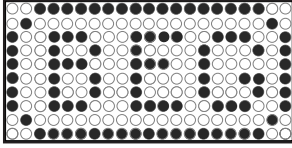
Hill



The 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. The resistance change between the plateaus is computer controlled. Each hill lasts for two minutes, with a 30-second recovery session at lower resistance between hills. Each column on the matrix display lasts for 30 seconds. After you climb the highest hill, you have a 30-second recovery session before the sequence begins again with the lowest hill. These recovery sessions give your body a quick break, allowing you to take in more oxygen and letting your muscles take a break while your heart continues to beat at a higher pace. This approach lets you hit higher resistance levels for shorter periods, giving you an interesting workout as you build strength and endurance.



Beginner



The Beginner program is a great routine for beginners or people just getting back into their workouts. This program is designed to carry you through 14 workouts, one per day, gradually increasing intensity each day. Each day's workout includes a preset value for time, resistance level, and a recommended speed (RPM). Use Level +/- to select the day, and the preset values outlined in the chart below will be displayed in the corresponding windows. The preset values can be changed during the workout.

Day	Level	Stride Length		Time	Speed
		<i>Inches</i>	<i>Centimeters</i>	<i>(Minutes)</i>	<i>(RPM)</i>
1	1	18	46	10	30
2	1	18	46	10	35
3	1	19	48	11	35
4	2	19	48	11	35
5	2	19	48	12	35
6	2	20	50	13	35
7	3	20	50	14	35
8	3	20	50	15	40
9	3	20	50	16	40
10	4	21	52	17	40
11	4	21	52	18	40
12	4	21	52	19	40
13	4	21	52	19	45
14	5	22	54	20	45

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

Level

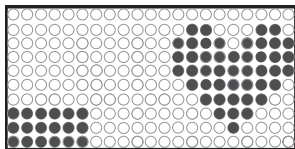


Heart Rate Controlled Programs—Q47e/Q47ce

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 (Q47e/Q47ce)



The Fat Burn program guides your workout to maximize the percentage of calories burned from fat versus 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. Begin the program by entering your age and pressing Enter; then confirm or adjust the target heart rate and press Enter again to start the three-minute warm-up. During the warm-up or at any time during the program you can change your target heart rate 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.

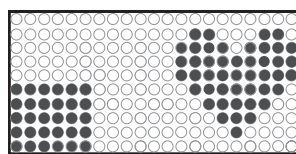
Example for a 40-year-old person:

$$220 - 40 \text{ yrs. old} = 180 \text{ TMHR}$$

$$180 * .65 = 117 \text{ Target heart rate}$$



Cardio (Q47e/Q47ce)



The Cardio program 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. Begin the program by entering your age and pressing Enter; then confirm or adjust the target heart rate and press Enter again to start a three-minute warm-up. During the warm-up you can change your target heart rate 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:

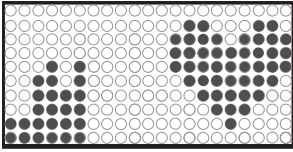
$$220 - 40 \text{ yrs. old} = 180 \text{ TMHR}$$

$$180 * .80 = 144 \text{ Target heart rate}$$



Heart Rate Interval

(Q47e/Q47ce)



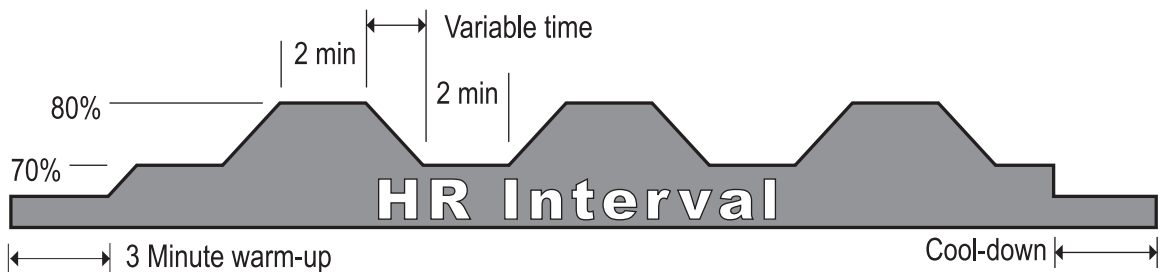
The Heart Rate Interval program puts you through intervals of **70%** and **80%** of your theoretical maximum heart rate (TMHR). Interval training has been shown to give superior results compared to steady state training (that is, training at a constant resistance level). Each interval lasts for two minutes. Begin the program by entering your age and pressing Enter. The display shows your 80% heart rate based on the age you entered. You can confirm this value, or increase or decrease it using the Level (+/-) keys, then press Enter again to start the warm-up. The program sets your initial low (70%) target heart rate value based on the value you enter for the high target heart rate. After the warm-up, the resistance increases or decreases at the end of each two-minute period to get you to the next interval. When you reach the new target heart rate, the new two minute interval begins. The display will prompt you to increase or decrease your effort until the desired heart rate is reached. 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 your high target heart rate 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:

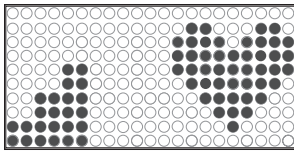
$$220 - 40 \text{ yrs. old} = 180 \text{ TMHR}$$

$$180 * .70 = 126 \text{ Low interval target heart rate}$$

$$180 * .80 = 144 \text{ High interval target heart rate}$$



Heart Rate Hill
(Q47e/Q47ce)



Heart Rate Hill takes you through a series of hills which increase from **65%** to **75%** to **85%** of your theoretical maximum heart rate (TMHR). Each hill lasts for two minutes. Begin the program by entering your age. The display shows your 85% heart rate based on the age you entered. You can confirm this value, or increase or decrease it using the Level (+/-) keys, then press Enter again to start the warm-up. The program sets your initial medium (75%) and low (65%) target heart rate values based on the value you enter for the high target heart rate. After the warm-up, the resistance increases or decreases at the end of each two-minute period to get you to the next hill. Once you reach the new target heart rate, the new two-minute hill begins. The display will prompt you to increase or decrease your effort until the desired heart rate is reached. Each target heart rate 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 your high target heart rate 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.

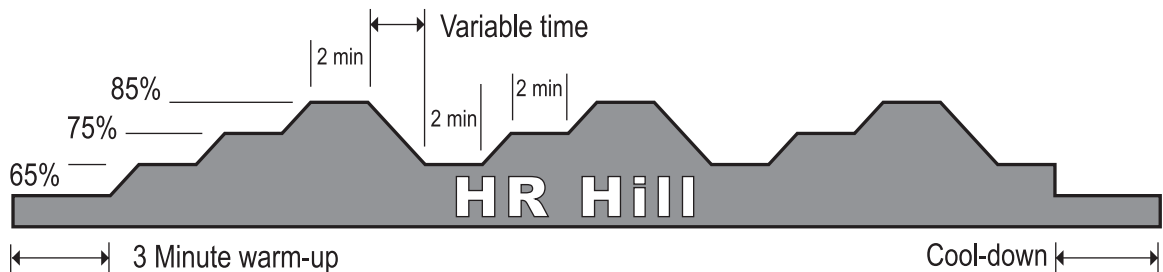
Example for a 40-year-old person:

$$220 - 40 \text{ yrs old} = 180 \text{ TMHR}$$

$$180 * .65 = 117 \text{ Low hill target heart rate}$$

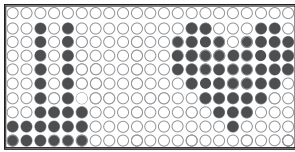
$$180 * .75 = 137 \text{ Medium hill target heart rate}$$

$$180 * .85 = 153 \text{ High hill target heart rate}$$



Heart Rate Speed Interval

(Q47e/Q47ce)



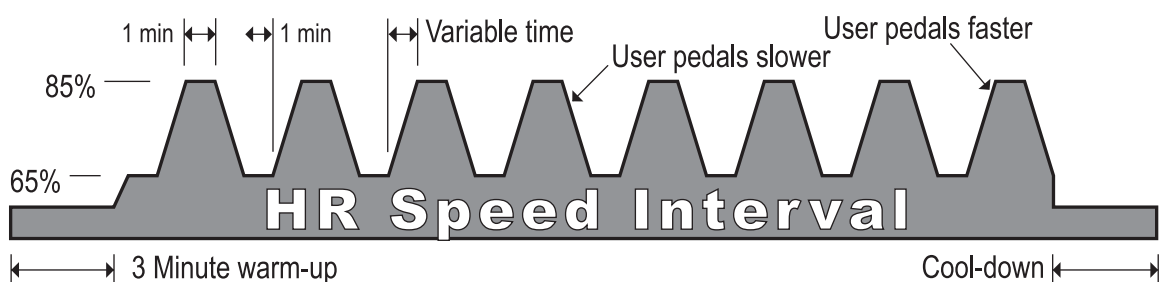
The Heart Rate Speed Interval program puts you through intervals of **65%** and **85%** of your theoretical maximum heart rate (TMHR). It combines steeper intervals with changing speeds. Interval training has been shown to give superior results compared to steady state training (that is, training at the same resistance level). Each interval lasts for one minute. Begin the program by entering your age. The display shows your 85% heart rate based on the age you entered. You can confirm this value, or increase or decrease it using the Level (+/-) keys, then press Enter again to start the warm-up. The program sets your initial low (65%) target heart rate value based on the value you enter for the high target heart rate. The resistance increases or decreases at the end of each minute 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 get there faster. When you are going from the higher interval to the lower interval, the electronics instruct you to slow down to 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 your high target heart rate 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:

$$220 - 40 \text{ yrs. old} = 180 \text{ TMHR}$$

$$180 * .65 = 117 \text{ Low interval target heart rate}$$

$$180 * .85 = 153 \text{ High interval target heart rate}$$

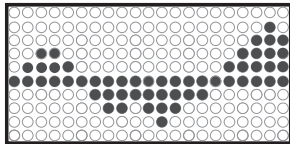


Variable Stride Programs

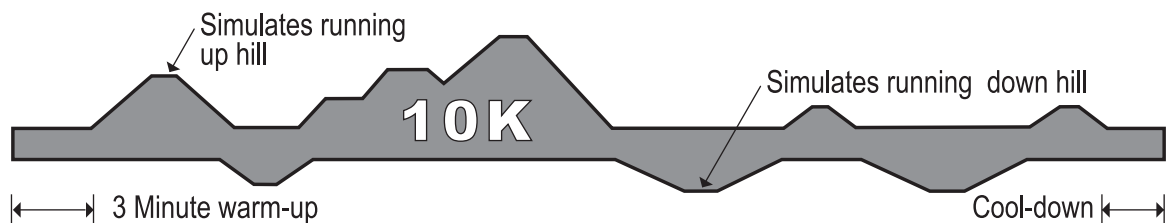
Starter - PowerWalk - Stride Interval - Dual Direction - ArmBlaster

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!

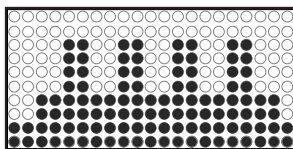
10K



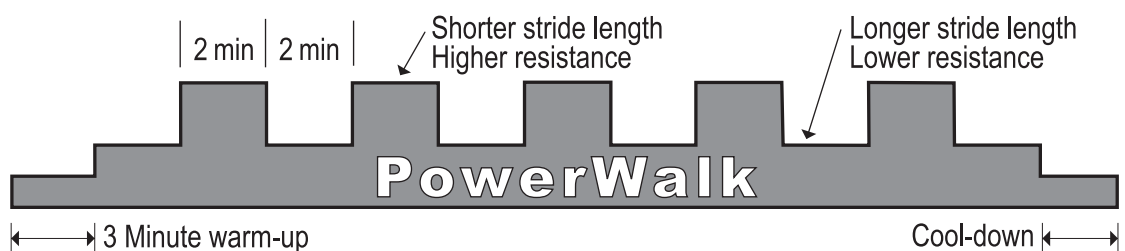
10K simulates jogging or running outdoors. It is a great training device to get ready for a competition. After you complete the warm-up, the changes in terrain replicate the challenges you encounter running outside. You can feel going uphill and downhill with gradual resistance changes. The distance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



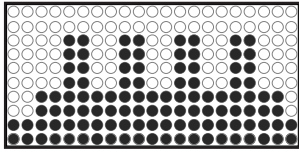
PowerWalk



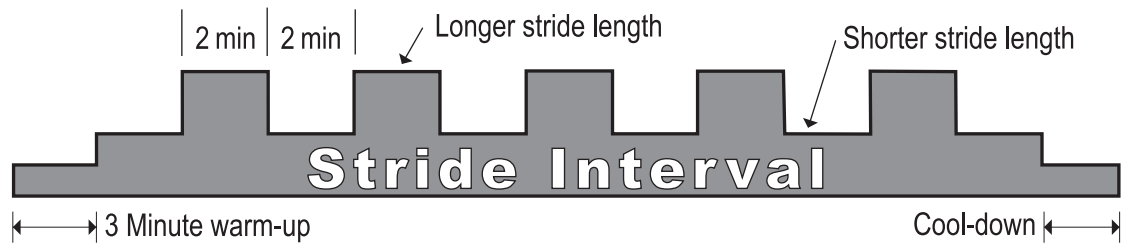
The PowerWalk program combines high resistance/short stride and lower resistance/long stride intervals in order to closely simulate the feel of hiking uphill and downhill. Each interval is two minutes long. The low resistance/long stride interval is great for lower-body full range of motion. The high resistance short stride session decreases leg activity while putting intense strength-building requirements on the upper body. Begin the program by entering the long and short stride lengths and the high resistance level. The default level is 5, but you can increase or decrease it by pressing the Level(+/-) buttons. The initial low resistance/long stride interval level equals the high resistance/short stride minus 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. However, the lower level cannot be set above the higher level, and the higher level cannot be set below the lower level.



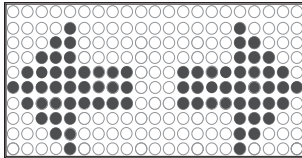
Stride Interval



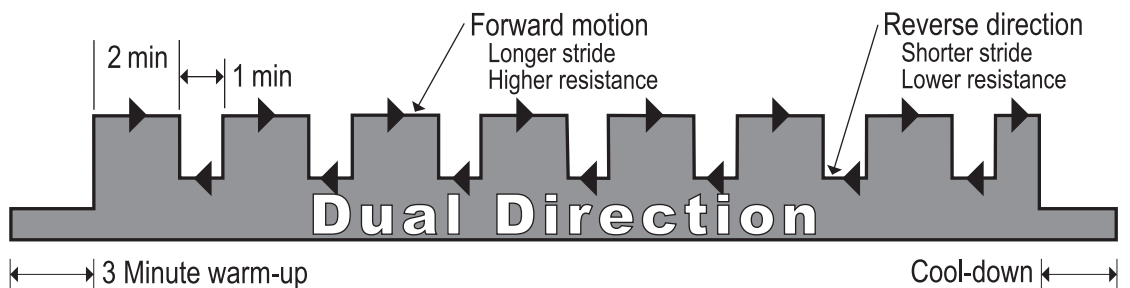
The Stride Interval program alternates shorter stride intervals and longer stride intervals. Each interval is two minutes long. Resistance remains constant during the workout. Begin the program by entering the lengths of the long and short strides and the resistance level. During the workout, the stride length and/or resistance intervals can be changed for the interval by pressing the Stride (+/-) and Level (+/-) buttons. However, short stride cannot be longer than the long stride, and low resistance cannot be higher than high resistance. Changed settings apply for the remainder of the workout (unless you change them again).



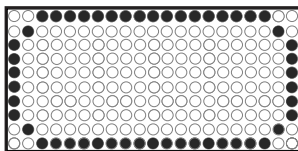
Dual Direction



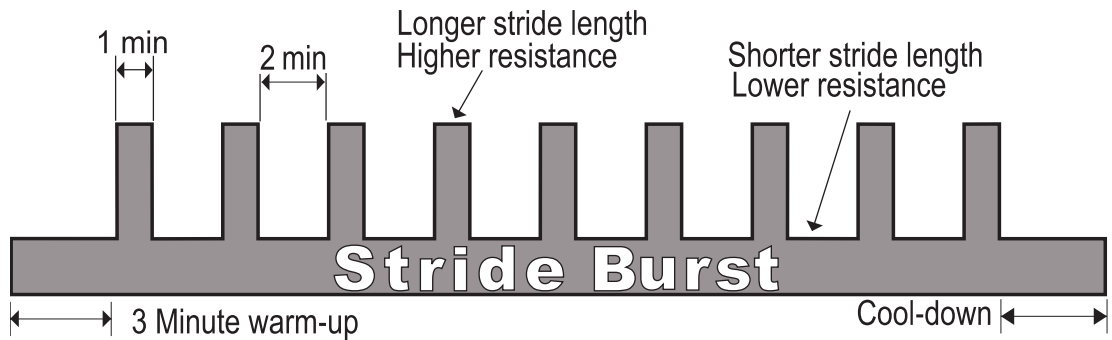
The Dual Direction program alternates two-minute forward intervals with one-minute, lower resistance backward intervals. Begin the program by entering the forward and backward stride lengths and the high resistance (for the forward interval). The default high resistance level is 5, but you can increase or decrease it by pressing the Level (+/-) buttons. The backward interval level is initially set to the forward interval minus 4 levels (backward interval = forward interval level - 4 levels). During the workout, the level and stride length can be independently changed for an interval by pressing the Stride (+/-) and Level (+/-) buttons. However, reverse stride can not be longer than forward stride, and low resistance can not be higher than high resistance. Changed settings apply for the remainder of the workout (unless you change them again).



Stride Burst



The Stride Burst program alternates one-minute long stride, higher resistance intervals with two-minute shorter stride, lower resistance recovery intervals. Begin the program by entering the long and short stride lengths and the high resistance (for the long stride interval). The default resistance level is 5, but you can increase or decrease it by pressing the Level (+/-) buttons. The initial shorter stride interval resistance level equals the longer stride interval minus 4 levels (short stride interval = long stride interval level - 4 levels). During the workout, the stride length and/or resistance level can be changed for the interval by pressing the Stride (+/-) and Level (+/-) buttons. However, short stride cannot be longer than the long stride, and low resistance cannot be higher than high resistance. Changed settings apply for the remainder of the workout (unless you change them again). (Refer to the program profile on the following page.)



Workload Resistance

Resistance Level

Octane Fitness Q47/Q47e/Q47ce ellipticals 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, PowerWalk, Stride Interval, Dual Direction, and Stride Burst) allow the user to select the resistance level for individual intervals.

The resistance level is represented by rows of LEDs in the matrix display. Each row that is lit represents 2 resistance levels. The table below will help you understand and interpret the matrix display:

Resistance Levels	LEDs Rows Lit	Resistance Levels	LED Rows Lit
1-2	1	11-12	6
3-4	2	13-14	7
5-6	3	15-16	8
7-8	4	17-18	9
9-10	5	19-20	10

Program Level

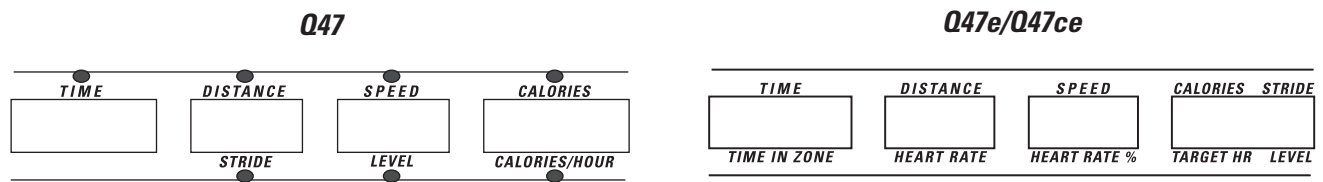
The Octane Fitness Random, Hill, and 10K programs allow the user to select an overall resistance level for the program. This level is the average resistance level for the workout. The resistance levels achieved during these workouts are plus (+) or minus (–) 4 of the entered program level (i.e. If the selected program level = 5, minimum resistance = 1, and maximum resistance level = 9). During the workout, the overall program resistance level is displayed on the console. If the Level is changed during the workout, the program level is also changed.

Resistance in Heart Rate Controlled Programs

(Q47e/Q47ce)

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 target HR is reached during the warm-up, the warm-up ends and the selected heart rate control program begins. The resistance level during the heart rate controlled workout is controlled by the machine, increasing or decreasing as necessary to keep the user's heart rate on target.

LED Readout Windows



Time	Displays workout time, counting up from 0:00. Time can be increased or decreased twice during your workout. The maximum time is 99:59, then the display rolls over to 0:00. Note: The Time readout can be adjusted to count down instead of up; refer to the User Set-up Functions on page 25.
Distance	Displays an estimate of how far you have traveled. Distance can be shown in either miles (English) or kilometers (metric); set your preference with the User Set-up Functions on page 25. Note: <i>Pedaling approximately 50 revolutions per minute (rpm), it will take eight minutes to reach one mile.</i>
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. Calories are based on the user's entered weight. If you do not enter a specific weight, calories are based on a 150 lb. (68 kg) user.
Calories/Hour (Q47)	Displays an estimate of the total calories that would be burned in one hour at the current resistance level and speed.
Stride	Displays the approximate horizontal distance of the elliptical pattern in inches (English) or centimeters (metric). The stride length ranges from 18 inches (46 cm) to 26 inches (66 cm).
Time in Zone (Q47e/Q47ce)	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 controlled program and your heart rate is detected by the machine. Note: <i>You must be wearing your wireless chest strap or grasping the contact heart rate sensor grips (Q47ce).</i>
Heart Rate (Q47e/Q47ce)	Displays your heart rate in beats per minute (bpm). Note: <i>You must be wearing your wireless chest strap or grasping the contact heart rate sensor grips (Q47ce).</i>
Heart Rate % (Q47e/Q47ce)	Displays your current heart rate percentage (current heart rate / theoretical maximum heart rate). Note: <i>You must be wearing your wireless chest strap or grasping the contact heart rate sensor grips (Q47ce), and have entered your age.</i>
Target Heart Rate (Q47e/Q47ce)	Displays the heart rate that the machine is trying to reach when in a heart rate controlled program.
Level	Displays the resistance level (from 1- 20), where 1 is the easiest resistance level and 20 is the most difficult.

Q47ce Contact Heart Rate Option

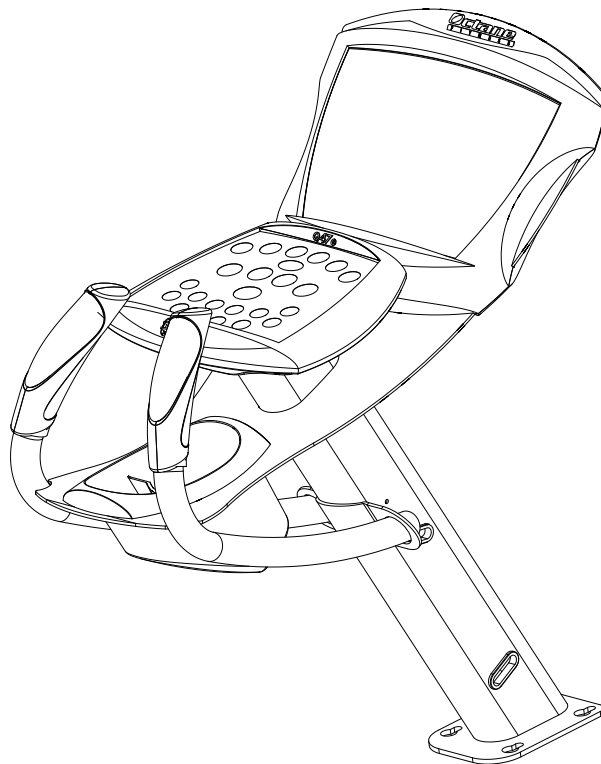
Your Octane Fitness cross-trainer features premium workouts designed to take full advantage of the benefits of heart rate zone training programs: Fat Burn, Cardio, Heart Rate Interval, Heart Rate Hill, and Heart Rate Speed Interval. Each individual workout offers different premium benefits, as described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

To take advantage of the heart rate control features, you may use the wireless chest strap (provided) or simply grip the contact heart rate sensors on the stationary handlebars. In a heart rate controlled program, your current heart rate is monitored and the resistance level will automatically adjust to maintain your target heart rate. To change the target heart rate during a workout, use the Level (+/-) keys on the keypad or the right moving handlebar.

Octane Fitness Digital Heart Rate Sensors

The Octane Fitness digital contact heart sensors on the Q47ce 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 with SmartStride™

The Q47 Series elliptical cross trainers 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" (46 cm) to 26" (66 cm) in ½-inch (1 cm) increments. This added variety is great to use for different workouts, directions, warm-ups and cool-downs.

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 (46 cm) to 26 inches (66 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

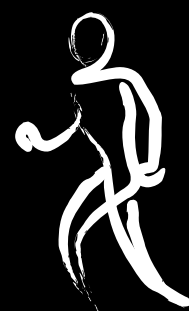
Stride length preference changes with direction; exercisers prefer a longer motion for traveling forward and require a shorter motion in reverse.

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.



Walk



Jog



Run



Reverse

What Should My Stride Length Be?

The Q47 Series ellipticals offer Octane Fitness' unique size-based programming to help you find your optimum stride length for walking, jogging, and running. When you exercise at your perfect stride length, you can burn more calories, avoid injuries, and feel better during your workouts.

Octane's research has found that the distance from your hip socket joint through your knee to your heel is the most precise measurement to determine an appropriate stride length. We call this measurement your Hip Indexing Pivot (HIP) number. To find your HIP number, first move the right pedal back while pushing the right handlebar forward, stopping the handlebar in its forward-most position (Figure 1). Then stand next to the right handlebar and note the number on the HIP Ruler that is closest to your hip socket (Figure 2). Use this HIP number to find your optimum forward and reverse stride lengths in the table on page 20, or enter it into your elliptical using the SmartStride customization features described below to get a workout sized just for you!

Note: If it is not convenient for you to measure for your HIP number, you can also get an approximate HIP number, based on your height, from the table on page 20. This table also references your recommended SmartStride lengths.

Setting Your SmartStride Length for Your Workout

Once you have your HIP number you can enter this value into your Octane elliptical at any time during your workout, or you can set these values as the default for your workout session using the SmartStride customization feature. Just press and hold the SmartStride button for three seconds and follow the prompts, as described on page 26. This will ensure that you are working out with your optimum stride lengths throughout your entire session.

Tip: If you would like to save your SmartStride settings on your Q47e or Q47ce for a future workout, just press and hold My Quick Start 1 or My Quick Start 2 for three seconds and your perfect stride length will be ready for your next workout.

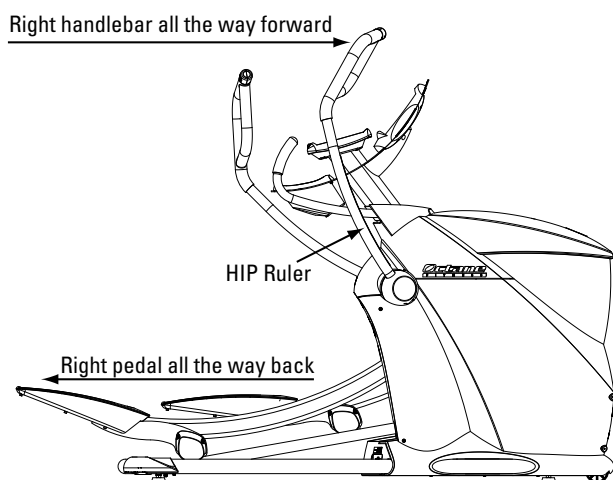


Figure 1

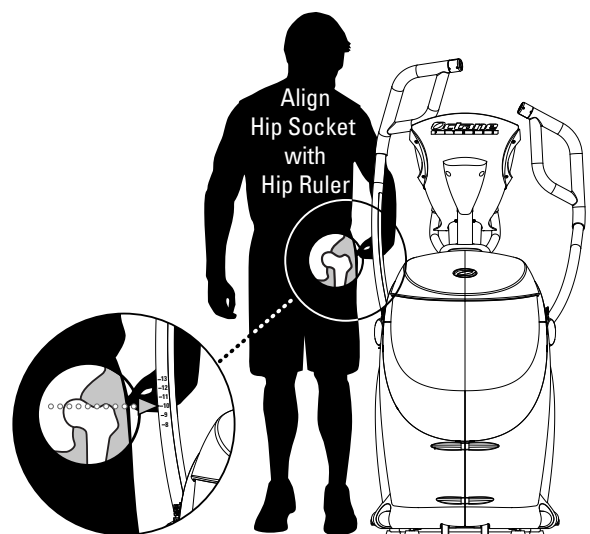


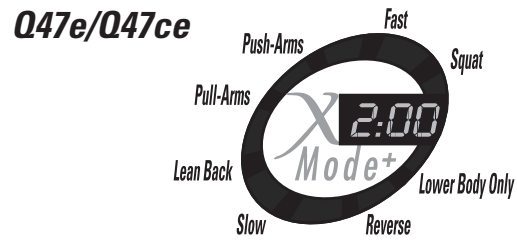
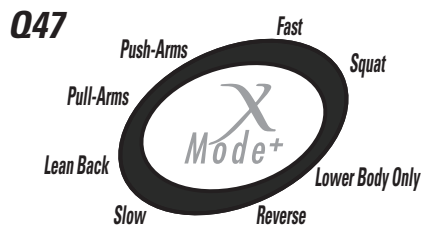
Figure 2

Find Your Perfect Stride Length

Hip Indexing Pivot	Approximate Height	WALK		JOG		RUN	
		Forward Stride	Reverse Stride	Forward Stride	Reverse Stride	Forward Stride	Reverse Stride
1	Under 5' (Under 152 cm)	18 in. (46 cm)	18 in. (46 cm)	19 (48 cm)	18 in. (46 cm)	20.5 (52 cm)	18 in. (46 cm)
2 - 3	5'0" to 5'1" (152 to 155 cm)	18.5 (47 cm)	18 in. (46 cm)	19.5 (50 cm)	18 in. (46 cm)	21 (53 cm)	18 in. (46 cm)
4 - 5	5'1" to 5'3" (155 to 160 cm)	19.5 (50 cm)	18 in. (46 cm)	20.5 (52 cm)	18 in. (46 cm)	22 (56 cm)	19 (48 cm)
6 - 7	5'3" to 5'5" (160 to 165 cm)	20 (51 cm)	18 in. (46 cm)	21 (53 cm)	18 in. (46 cm)	22.5 (57 cm)	19.5 (50 cm)
8 - 9	5'5" to 5'8" (165 to 173 cm)	20.5 (52 cm)	18 in. (46 cm)	21.5 (55 cm)	18.5 (47 cm)	23 (58 cm)	20 (51 cm)
10 - 11	5'8" to 5'10" (173 to 179 cm)	21 (53 cm)	18 in. (46 cm)	22 (56 cm)	19 (48 cm)	23.5 (60 cm)	20.5 (52 cm)
12 - 13	5'10" to 6'0" (179 to 183 cm)	21.5 (55 cm)	18.5 (47 cm)	22.5 (57 cm)	19.5 (50 cm)	24 (61 cm)	21 (53 cm)
14 - 15	5'11" to 6'2" (180 to 188 cm)	22 (56 cm)	19 (48 cm)	23 (58 cm)	20 (51 cm)	24.5 (62 cm)	21.5 (55 cm)
16 - 17	6'0" to 6'4" (183 to 193 cm)	22.5 (57 cm)	19.5 (50 cm)	23.5 (60 cm)	20.5 (52 cm)	25 (64 cm)	22 (56 cm)
18 - 19	6'3" to 6'6" (191 to 198 cm)	23 (58 cm)	20 (51 cm)	24 (61 cm)	21 (53 cm)	25.5 (65 cm)	22.5 (57 cm)
20	Over 6'5" (Over 196 cm)	23.5 (60 cm)	20.5 (52 cm)	24.5 (62 cm)	21.5 (55 cm)	26 (66 cm)	23 (58 cm)

Note: The Approximate Height column above is provided only as a rough guide for you to use when it is not convenient to use the HIP Ruler as described in "What Should My Stride Length Be?" (page 19).

X-Mode™ and X-Mode+



Using 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, and is a great motivational tool that keeps your workout fresh and exciting. The X-Mode feature works in any program; simply push the button to activate. X-Mode offers eight different challenges: Push-Arms, Fast, Squat, Lower Body Only, Reverse, Slow, Lean Back, Pull-Arms.

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 Only	Either 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 LEDs will light up instructing you what to do. The light sequence is randomly generated so you never know what is coming next.

To activate X-Mode, simply push the X-Mode button while in any program. To turn X-Mode off, push the button again. In its original (out-of-the-box) configuration, each X-Mode session lasts for one minute. On the Q47e and Q47ce, the countdown time displays how much time until your next X-Mode interval or how much time is left in your X-Mode interval. 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!

Tip: *Want to increase or decrease the length of your X-Mode intervals? Just press and hold the X-Mode button for three seconds, or until you hear a beep. You can then set the time for X-Mode to be "On" and "Off". See page 27 for additional details!*

GluteKicker™

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: *Want to increase or decrease the length of your GluteKicker intervals? Just press and hold the GluteKicker button for three seconds, or until you hear a beep. You can then set the time for GluteKicker to be "On" and "Off". See page 28 for additional details!*

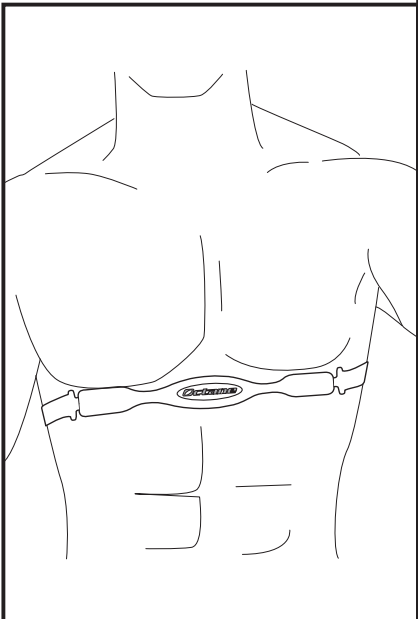
ArmBlaster

ArmBlaster is a proprietary program designed to boost cardiovascular endurance while building strength and muscle tone. ArmBlaster integrates cardio sessions with strength sessions. The cardio session follows the program profile that you have selected. Every three minutes, resistance increases 10 levels from your then-current level (or to the maximum resistance of 20) for a muscle-building, 10-repetition set as you transfer the workload from your lower body to your upper body. During the ArmBlaster rep countdown, the level of resistance can be changed by pressing the Level (+/-) buttons.

Tip: *Want to change the intensity, number of reps, or time between ArmBlaster intervals for your entire program? Just press and hold the ArmBlaster button for three seconds, or until you hear a beep. You can then set the time between ArmBlaster blasts, the number of reps, and the increase in resistance for the blasts. See page 27 for additional details!*

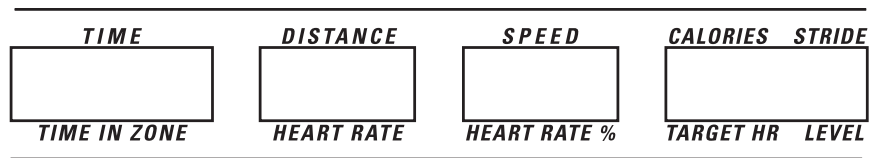
HeartLogic Intelligence (Q47e/Q47ce only)

The Q47e and Q47ce 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 Q47ce, 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.

<p>Using your wireless chest strap</p>	<p>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. The wireless transmitter reading takes priority if both the wireless and contact heart rate grips are in use.</p>	
<p>Using the digital contact heart rate sensors <i>(Q47ce)</i></p>	<p>The digital contact heart rate sensors are located on the stationary handlebars of the Q47ce. The grips can be used to check your heart rate during your workout. For the most accurate heart rate reading possible, grasp each contact heart rate grip so that 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.</p>	
<p>Heart rate programs</p>	<p>The Q47e and Q47ce provide five different heart rate controlled programs 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 the programs, go to page 9.</p>	
<p>Now-Zone</p>	<p>Now-Zone is a great feature that instantly puts you into a heart rate controlled program using your current heart rate as the target. Simply press the Now Zone button and you are set. 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.</p>	

Critical Heart Rate Feedback

LED Readout (Q47e/Q47ce)



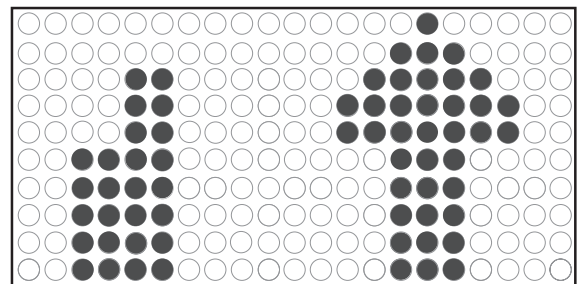
Heart rate controlled workouts are one of the most accurate training techniques available. Understanding your body’s intensity level is critical in taking your workouts to the next level. HeartLogic excels at displaying essential data during your workout, enabling you to maximize your exercise time and effectiveness. The Q47e/Q47ce deluxe console has 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 HR.

Tip: You can stop the toggling between top and bottom displays by pressing the Enter key during your workout. To resume display toggling, press Enter a second time.

Matrix Display

During heart rate interval programs (Heart Rate Interval, Heart Rate Hill, Heart Rate Speed Interval), the matrix display is used to inform you of your progress through the intervals.

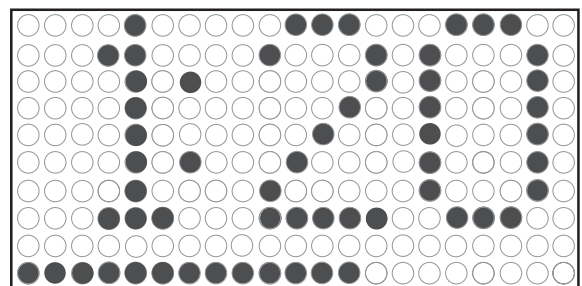
Changing Target Heart Rates – When you are trying to reach a new target heart rate, the left side of the matrix display shows an illustration of the interval. The illustration blinks the interval you are attempting to reach. Each column represents one minute. An arrow on the right side of the display shows whether resistance (and therefore your target heart rate) is increasing or decreasing. When decreasing, if the machine reaches resistance level 1 and your heart rate has still not reached your target low, the display prompts you with the message “HR TOO HIGH–SLOW DOWN”. When increasing, if the machine reaches the highest resistance level (20) and your heart rate has still not reached your target high, the display prompts you to “INCREASE SPEED TO DECREASE RESISTANCE”. The picture to the right illustrates the heart rate interval program in the matrix display.



Upcoming columns blink

Tip: For the heart rate interval adjustments you work smoothly, you should be wearing your wireless chest strap or grasping the contact heart rate grips during the time that the interval is changing.

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. The picture to the right illustrates the interval countdown timer.



Customizing Key Features

Many of the standard features and controls of your Octane Fitness cross-trainer can be customized to fit your personal preferences. In just a few simple steps, you can set up your machine to skip the Warm-Up, countdown your workout time, and display units in English or metric. You can mute the console beeps and adjust the brightness of the display to suit your personal preference. You can also enable the unique Movement Management (MOM) control feature. On the Q47e and Q47ce, you can also change the duration of your X-Mode or ArmBlaster intervals, and adjust the intensity of your ArmBlaster sets. All of these adjustments are easily completed and are saved as the new standard for your machine—you don't need to reset them for each use.

User Set-up Functions

Program features, console settings, and controls may be adjusted to suit your workout environment and your personal preferences. To access the User Set-Up functions, press and hold both the Level (+) and Level (–) buttons for three seconds, or until you hear a beep. The following customizable functions are displayed in sequence; use the Enter key to toggle through the available options for each function, and press any +/- button to select a setting and move to the next function. To exit without changing a value, press Pause/Clear twice.

Warm-Up (W-UP)	This feature may be turned "On" (to include a 3-minute warm-up in each workout) or "OFF". The factory default setting is "On".
Time	Your elliptical cross-trainer can track your workout time by counting "UP" or down ("dn"). The factory default setting is "UP".
Movement Management (MOM)	<p>MOM mode is a unique control feature offered on Octane Fitness elliptical cross-trainers. Activating MOM mode disables the console buttons and increases the resistance in the movement of the pedals so that the pedals do not move as easily. This control feature may discourage children from experimenting with the machine.</p> <p>This User Set-Up function lets you enable ("On") or disable ("OFF") the MOM mode. The factory default setting is "On". To activate MOM mode after your workout, press and hold the Program +/- keys for three seconds or until you hear the beep. The machine resistance then increases to level 20 and the console buttons are inactive. The machine appears to be in "Pause" mode, but if any console keys are pressed, "MOM MODE" scrolls across the matrix display. To unlock MOM mode, press and hold the Program +/- keys again for three seconds or until you hear the beep.</p> <p>CAUTION! MOM mode is a feature provided to reduce the likelihood that children can pedal the elliptical cross-trainer. This feature does not lock the machine; the pedals still move and the potential for injury still exists. It is the responsibility of the user to supervise children and keep them off the elliptical cross trainer to minimize the likelihood of injury.</p>
Units	You may choose to have the weight, stride length, and distance units displayed in "ENGLISH" (pounds, inches, and miles) or "METRIC" (kilogram, centimeters, and kilometers). The original setting is "ENGLISH".

Beep	You may turn the console sounds “On” or “OFF”. The factory default setting is “On”.
Brightness (BRIT)	You can adjust the intensity or brightness of the console LEDs, choosing any value between 1 and 8. A higher number represents more light. The factory default setting is 8.
Exit	When EXIT is displayed in the matrix window, press Enter to leave User Set-up. All of your selections will be saved and will become the new standard settings for your machine. They may be changed at any time by repeating these set-up procedures.

Additional features can be customized on the **Q47e and Q47ce** cross-trainers: In each case, once you have saved your selections, they are set as the new standard for your machine—you don’t need to reset them for each use.

SmartStride

To customize the SmartStride feature, press and hold the SmartStride button for three seconds, or until you hear a beep. You can then customize characteristics SmartStride to best fit your size and fitness/activity level:

ENTER HIP NUMBER	Find your Hip Indexing Pivot (HIP) using the HIP Ruler located on the right moving handlebar of your elliptical. With the right handlebar in its forward-most position, stand next to the right handlebar and note the number on the scale that is closest to your hip socket. Use the Level (+ / –) button on the keypad or the right moving handlebar to set your HIP number and press Enter. To exit without changing the value, press Pause/Clear.								
ENTER LEVEL 1–WALK 2–JOG 3–RUN	Your level reflects the relative pace of your typical workout, according to the following guidelines: <table border="1" data-bbox="912 1323 1169 1496"> <thead> <tr> <th>Level</th> <th>Pace</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Walk</td> </tr> <tr> <td>2</td> <td>Jog</td> </tr> <tr> <td>3</td> <td>Run</td> </tr> </tbody> </table> <p>Use the Level (+/–) button on the keypad or right moving handlebar to set your fitness level (displayed in the LEVEL window) and press Enter. To exit without changing the value, press Pause/Clear.</p>	Level	Pace	1	Walk	2	Jog	3	Run
Level	Pace								
1	Walk								
2	Jog								
3	Run								

The console displays your recommended forward and backward stride lengths in the STRIDE window. Press Enter to save these values as your SmartStride settings, and when you activate SmartStride during your workout, the stride values will be customized just for you! On the Q47e and Q47ce ellipticals, you can also press and hold My Quick Start 1 or My Quick Start 2 for 3 seconds to save your settings for future workouts,

ArmBlaster

To customize the ArmBlaster feature, press and hold the ArmBlaster button for three seconds, or until you hear a beep. You can then customize three characteristics of ArmBlaster:

ARMBLASTER OFF TIME	The time between ArmBlaster sets. The original setting is 3:00. Use the Time (+/-) button to increase or decrease this interval (displayed in the TIME window), choosing any value between 0:15 and 10 minutes, in increments of 0:15. Press Enter to save the new time. To exit without changing the value, press Pause/Clear.
ARMBLASTER REPS	The number of repetitions in each ArmBlaster sets. A press with both the right and left hand equals one rep. The original setting is 10. Use the Time (+/-) button to increase or decrease this number (displayed in the TIME window), choosing any value between 5 and 99. Press Enter to save the new number of reps. To exit without changing the value, press Pause/Clear.
ARMBLASTER LEVEL CHANGE	The number of resistance levels to be added to your current cardio level for the ArmBlaster "blasts". The original setting is 10. Use the Level (+/-) button to increase or decrease value (displayed in the LEVEL window), choosing any value between 2 and 20. Press Enter to save the new level change value. To exit without changing the value, press Pause/Clear.

X-Mode+

To customize the X-Mode feature, press and hold the X-Mode button for three seconds, or until you hear a beep. You can then customize two characteristics of X-Mode:

XMODE ON TIME	The length of each X-Mode interval. The factory default setting is 1:00. Use the Time +/- button to increase or decrease this interval (displayed in the TIME window), choosing any value between 0:15 and 10 minutes, in increments of 0:15. Press Enter to save the new X-Mode interval length. To exit without changing the value, press Pause/Clear.
XMODE OFF TIME	The length of time between X-Mode intervals. The factory default setting is 2:00. Use the Time +/- button to increase or decrease this interval, choosing any value between 0:15 and 10 minutes, in increments of 0:15. Press Enter to save the new time between X-Mode intervals. To exit without changing the value, press Pause/Clear.

GluteKicker

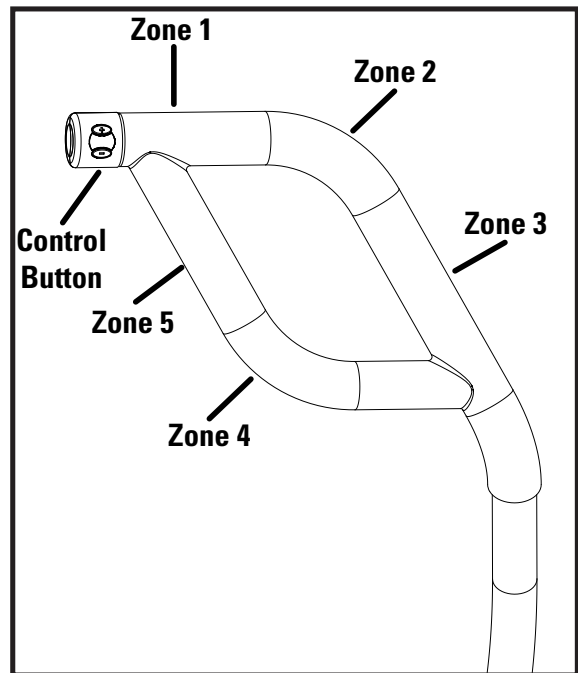
To customize the GluteKicker feature, press and hold the GluteKicker button for three seconds, or until you hear a beep. You can then customize two characteristics of GluteKicker:

GLUTEKICKER ON TIME	The length of each X-Mode interval. The factory default setting is 1:00. Use the Time +/- button to increase or decrease this interval (displayed in the TIME window), choosing any value between 0:15 and 10 minutes, in increments of 0:15. Press Enter to save the new X-Mode interval length. To exit without changing the value, press Pause/Clear.
GLUTEKICKER OFF TIME	The length of time between GluteKicker intervals. The factory default setting is 1:00. Use the Time +/- button to increase or decrease this interval, choosing any value between 0:15 and 10 minutes, in increments of 0:15. Press Enter to save the new time between GluteKicker intervals. To exit without changing the value, press Pause/Clear.

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 unique MultiGrip handlebars with converging motion are only offered by Octane, and these innovative handlebars 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 gripping the MultiGrip handlebars tightly to complete a lengthy, heart-pumping, high-intensity workout session .

The converging motion and unique design of the MultiGrip handlebars fit every 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 of 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 Stride control button on the left moving handlebar, and adjust the resistance using the Level control button on the right handlebar. Now you can adjust 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

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

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 Q47e and Q47ce come with a wireless chest strap that measures and displays your heart rate on the console throughout your workout. The Q47ce 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 23.

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:

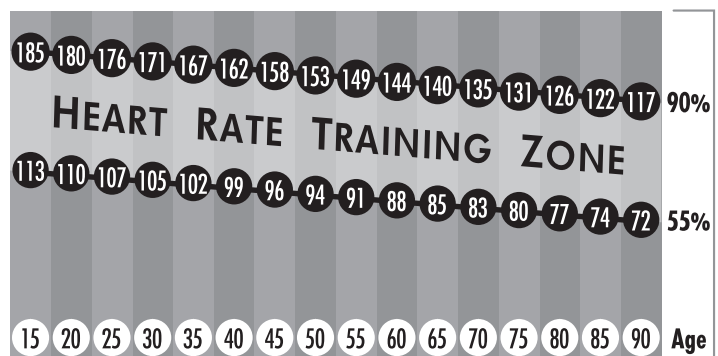
$$220 - 40 = 180 \text{ TMHR in beats per minutes (BPM)}$$

$$180 \times .55 = 99 \text{ BPM lower limit}$$

$$180 \times .90 = 162 \text{ BPM higher limit}$$

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 Q47e or Q47ce) 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 use the console keys to change programs and settings after you have started pedaling.

For a more detailed look at the electronics, turn to page 1.

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 cool-down 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 2.

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

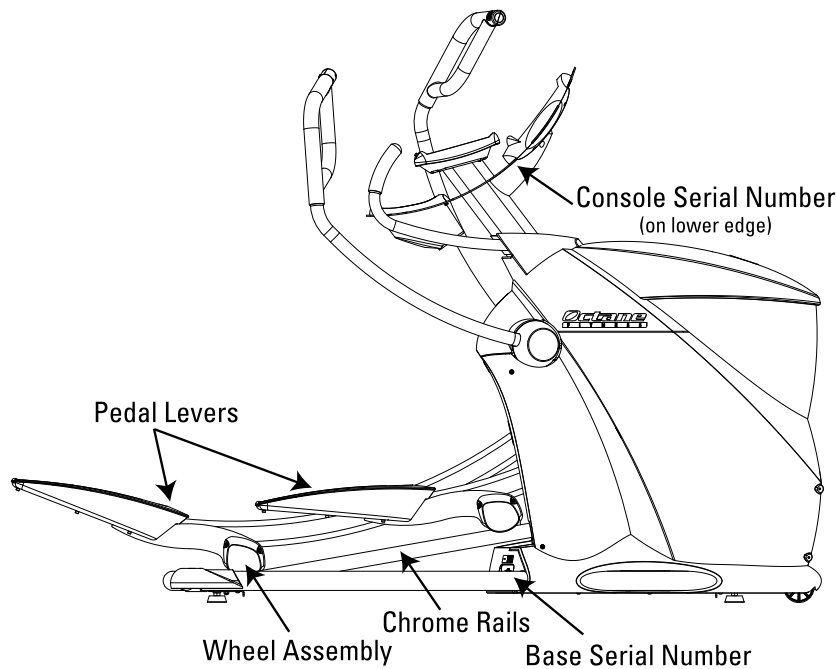
CLEANING & MAINTENANCE

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

IMPORTANT: Record the serial numbers of your Octane Fitness® elliptical in the spaces below. This will make it easier for you to obtain accurate and timely response should any service issues occur with your elliptical machine. Also, don't forget to register your warranty on the web at www.octanefitness.com.

ATTENTION – 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

<p>Unit doesn't power up</p>	<ul style="list-style-type: none"> • Check the connection of the power cord from the machine to the wall outlet. • Plug a lamp or radio into the outlet to see if the wall outlet has power. If a light switch controls the outlet, turn it on. • Check to see that the light on the power supply lights up. If you have verified power from the outlet, you may have a faulty power supply. Contact your local dealer for service.
<p>Don't feel a resistance change</p>	<ul style="list-style-type: none"> • 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.
<p>"No HR" is displayed when doing heart rate controlled programs (Q47e/Q47ce)</p>	<p>Heart rate controlled programs require that you wear a wireless chest strap or grasp the digital contact heart rate sensors (Q47ce). First, verify that the wireless chest strap is working properly:</p> <ul style="list-style-type: none"> • 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. • The battery in the transmitter (chest strap) may be faulty or worn out; replace the battery and retest. • If you are using the contact heart rate grips (Q47ce), grasp each grip so that the sensor portion of the grip rests in the palm of your hand. • Grip the contact sensors firmly and steadily. • Have someone else try the grips to see if it works for him/her. • If "NO HR" is still displayed on the console, contact your local dealer for service.

<p>Heart rate readout seems inaccurate (too high or too low) (Q47e/Q47ce)</p>	<p><u>Chest strap</u></p> <ul style="list-style-type: none"> • 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. <p><u>Contact heart rate sensors</u></p> <ul style="list-style-type: none"> • Make sure you are grasping the grips firmly and steadily. • 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.
<p>Console blinks on / off</p>	<ul style="list-style-type: none"> • Check the power cord connections. Make sure the connections are secure from the transformer into the machine base and to the wall outlet. • The console connections could be faulty. Refer to the assembly instructions and check connections. • If the issue persists, contact your local dealer for service.
<p>Fan does not work</p>	<ul style="list-style-type: none"> • The console connections could be faulty. Refer to the assembly instructions and check connections. • If the issue persists, contact your local dealer for service.
<p>Machine goes into pause mode after a short time</p>	<ul style="list-style-type: none"> • This is most likely a speed sensor issue; contact your local dealer for service.
<p>LED lights are always on</p>	<ul style="list-style-type: none"> • Press and hold the Pause/Clear button for five seconds to enter sleep mode.
<p>LED always toggling</p>	<ul style="list-style-type: none"> • Press the Enter button to stop the LED screen from toggling.
<p>Console LEDs are not bright enough</p>	<ul style="list-style-type: none"> • Enter User Set-up, by pressing and holding the Level +/- keys for three seconds. • Press any +/- key until "BRIT" displays in the matrix window. • Press Enter until the LEDs are set at the desired brightness. • Press any +/- key until "EXIT" displays in the matrix window, then press Enter. • If the brightness is set to "8" (the brightest level) and the LEDs are still dim, contact your local dealer for service.

Unable to activate Movement Management (MOM) Mode	<ul style="list-style-type: none"> • Check to see that MOM mode is enabled. Enter User Set-up by pressing and holding the Level +/- keys for three seconds. • Press any +/- key until "MOM" displays in the matrix window. • Press Enter until "On" is displayed. • Press any +/- key until "EXIT" displays in the matrix window, then press Enter. • Press and hold the Program +/- keys for three seconds to activate MOM mode.
Console is in sleep mode and won't "wake up"	<ul style="list-style-type: none"> • Machine may be in MOM mode; press and hold the Program +/- keys for three seconds to deactivate MOM mode.
Console does not "beep" when buttons are pressed	<ul style="list-style-type: none"> • Enter User Set-up, by pressing and holding the Level +/- keys for three seconds. • Press any +/- key until "BEEP" displays in the matrix window. • Press Enter until "On" is displayed. • Press any +/- key until "EXIT" displays in the matrix window, then press Enter. • If "BEEP" is set to "On" and the issue persists, contact your local dealer for service.
Stride (or Level) control button on the moving handlebar does not work	<ul style="list-style-type: none"> • The connection at the base of the moving handlebar could be loose or faulty. Refer to the assembly instructions and check the connection. • If the issue persists, contact your local dealer for service.

Mechanical Issues

Handlebars are loose/wobble side-to-side	<ul style="list-style-type: none"> • The screws securing the moving handlebars to the pivot shaft must be very tight. Refer to the assembly instructions and remove the handlebar covers and tighten these screws. • If the issue persists, contact your local dealer for service.
Handlebars are loose/wobble front-to-back	<ul style="list-style-type: none"> • Contact your local dealer for service.
Machine makes rubbing/scrubbing noise from roller wheels under pedals	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Contact your local dealer for service.

Machine wobbles and is unstable on the floor	<ul style="list-style-type: none"> • The adjustable levelers may not be properly set on the machine. There are four adjustable levelers, located on the bottom of the Octane Fitness elliptical. See assembly instructions to correctly adjust and lock the levelers. • If your machine is located on a soft surface such as carpet, you may wish to stabilize the unit by purchasing a heavy duty floor mat from your local dealer to place under your machine.
Resistance seems unusually high	<ul style="list-style-type: none"> • Machine may be in MOM mode; press and hold the Program +/- keys for three seconds to deactivate MOM mode. • If the issue persists, contact your local dealer for service
Machine makes ticking/clunking noise.	<ul style="list-style-type: none"> • Contact your local dealer for service.

NOTES

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

LIMITED CONSUMER WARRANTY

Q47/Q47e/Q47ce

NOTE: WARRANTY OUTSIDE OF THE UNITED STATES AND CANADA MAY VARY. THE SERVICE SECTION OF OUR WEBSITE AT WWW.OCTANEFITNESS.COM CONTAINS ADDITIONAL COUNTRY-SPECIFIC WARRANTY INFORMATION/LIMITATIONS WHICH MAY ALTER OR AMEND THE FOLLOWING LIMITED WARRANTY PROVISIONS. PLEASE VISIT THIS WEBSITE TO DETERMINE SUCH WARRANTY PROVISIONS WITHIN YOUR COUNTRY OF RESIDENCE IF YOU RESIDE IN A COUNTRY OTHER THAN THE UNITED STATES OR CANADA.

By purchasing this Octane Fitness® Product, You accept all of these terms and conditions.

Warranty registration: You must register your product with Octane Fitness, LLC (“We” or “Us”). You can register by completing and returning to Octane Fitness the enclosed Warranty Registration Card or register via our web site at www.octanefitness.com.

What is covered: The Octane Fitness Q47/Q47e/Q47ce elliptical (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 included in the Operations Manual or by calling customer service at 888.OCTANE4. 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 (3) years from original date of purchase. Labor is covered for one (1) year from original date of purchase. **Warranty outside of the United States and Canada may vary. Please visit www.octanefitness.com/warranty for further information if you reside in a country other than the United States or Canada.**

DISCLAIMER OF WARRANTIES: THIS WARRANTY IS YOUR EXCLUSIVE REMEDY. EXCEPT AS SET FORTH HEREIN, WE MAKE NO REPRESENTATIONS OR WARRANTIES REGARDING THE PRODUCT AND WE EXCLUDE AND DISCLAIM, TO THE EXTENT PERMITTED BY APPLICABLE LAW (INCLUDING THE MINNESOTA UNIFORM COMMERCIAL CODE, THE UNIFORM COMMERCIAL CODE OF THE STATE IN WHICH YOU RESIDE, THE SALE OF GOODS ACTS AS ENACTED AND/OR EFFECTIVE WITHIN ANY CANADIAN PROVINCE OR TERRITORY, ANY SIMILAR CIVIL OR COMMERCIAL CODE WITHIN YOUR COUNTRY OF RESIDENCE, AND ANY AMENDMENTS TO ANY OF THE FOREGOING FROM TIME TO TIME), ANY AND ALL IMPLIED WARRANTIES WITH RESPECT TO THE PRODUCT, INCLUDING, WITHOUT LIMITATION, ANY IMPLIED WARRANTY OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE, SATISFACTORY QUALITY AND/OR CORRESPONDENCE WITH DESCRIPTION.

EXCEPTIONS / LIMITATIONS: In no event shall We be liable to You or any third party for special, indirect, incidental or consequential damages of any kind, whether based on contract, tort or any other legal theory. If a court determines that You are entitled to monetary damages in lieu of the remedies provided herein, Our entire liability shall be limited to the amount actually paid by You for the Product.

To the extent permitted by applicable law, the substantive law and the law of remedies of the State of Minnesota, United States of America shall apply to this Warranty, without reference to its principles of conflicts of law. **PURSUANT TO SECTION 6 OF THE 1980 UNITED NATIONS CONVENTION ON CONTRACTS FOR THE INTERNATIONAL SALE OF GOODS (“CONVENTION”), THE PARTIES HEREBY EXPRESSLY AGREE THAT THE CONVENTION DOES NOT APPLY TO THIS AGREEMENT OR THE RELATIONSHIP BETWEEN THE PARTIES.** All disputes regarding this Warranty and/or the Product shall be resolved in a state or federal court with competent jurisdiction located in Hennepin County, State of Minnesota, United States of America. The English language version of this Warranty shall at all times govern the relationship between the parties notwithstanding the fact that this Warranty may be translated into a language other than English by any party.

This Warranty does not cover normal or remedial maintenance repairs or damages or defects caused or contributed to by accident, improper use of the Product, any cause external to the Product or any occurrence beyond Our control. Any Product misuse, abuse, placement in any application other than in home use or attempt to alter or repair the Product other than by an authorized Octane Fitness® service provider shall void this Warranty.

Any replacement parts provided hereunder are warranted only for the remainder of the Warranty Period set forth above. Except as provided above, this Warranty is non-assignable and non-transferable to any third party and any such attempted assignment or transfer shall be null and void. Our distributors, sales representatives and/or agents are not authorized to modify or expand the scope of this Warranty and any such attempted or purported modification or expansion shall be null and void. Product failure due to users in excess of 300 lbs. is not covered. **This warranty does not extend to products used for commercial applications.** 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.

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 ten (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. Failure to comply with any use requirements may void this Warranty.

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.**

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.

Warranty outside of the United States and Canada may vary.

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

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Dealer: _____

Base Serial Number _ _ _ _ _

Console Serial Number _ _ _ _ _

Date Purchased: _____

Original Owner Signature: _____ Date: _____

New Owner Signature: _____ Date: _____

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.

F U E L Y O U R L I F E TM



9200 Wyoming Avenue North.
Suite 380
Brooklyn Park, MN 55445
888.OCTANE4

www.octanefitness.com

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