# xR6000 CONSOLE GUIDE
# &
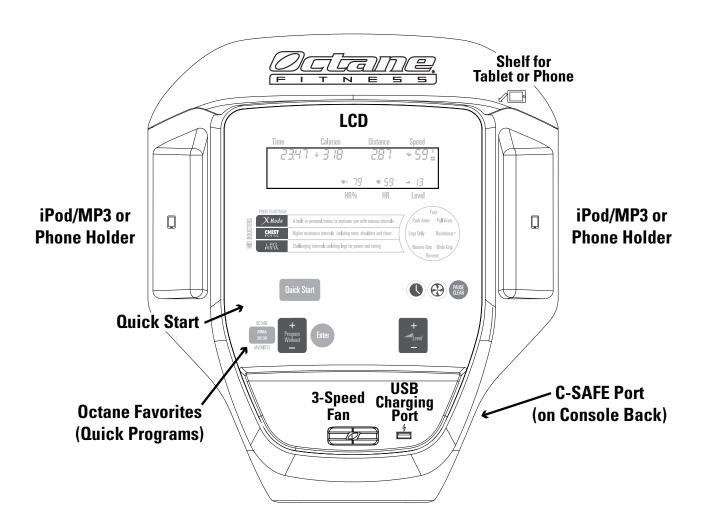# SETUP INSTRUCTIONS– STANDARD CONSOLE

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# STANDARD CONSOLE GUIDE

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

## xR6000 Console Features

The xR6000 standard console incorporates many features to enhance your workout experience:
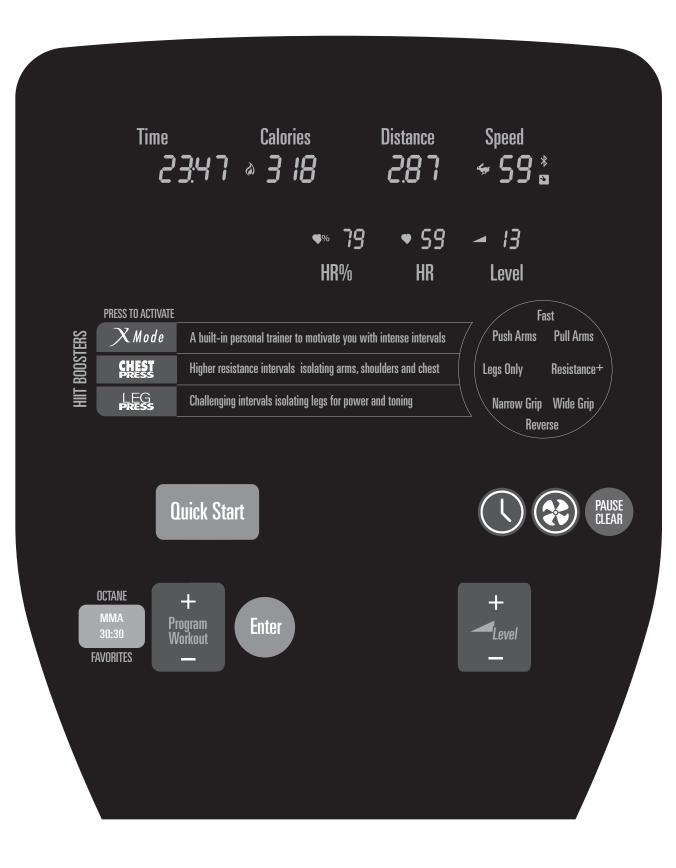
- An integrated LCD that provides important workout data and instructions to keep your workout safe and interesting;

- Convenient shelves and pockets for your phone, tablet, iPod®/MP3 and other electronic devices, plus a USB charging port to keep your devices charged throughout your workout;

- A 3-speed fan for cooling comfort;

- Pre-programmed keypad buttons to get you into your favorite programs quickly;

- C-SAFE input for intra-club networking.

# Dynamic Display (LCD)



The top portion of the standard console is an LCD which prompts you to enter important information, dynamically displays all of the important workout data, and highlights aspects of your workout such as upcoming intervals and resistance changes. Watch the display as you set up and progress through your workout—it will guide you, motivate you, and reward you with summary information at the end of your session.

| Icon | Description |
|---|---|
| (clock icon) | Displays workout **time**, counting up from 00:00. Time can be increased or decreased during your workout. The timer goes up to 59 minutes, 59 seconds (59:59), then the display rolls over to 1 hour, 0 minutes (01:00) and begins counting in minutes instead of seconds from that point forward. Refer to User (Club) Settings to learn how to switch from a "count up" to "count down" display and to set a different maximum workout time. |
| (flame icon) | Displays an estimate of the total **calories** burned during the workout, based on the user's entered weight. If no specific weight is entered, calories are based on a 150 lb. (68 kg) user. |
| (ruler icon) | Displays an estimate of the **distance** you have traveled. Distance can be shown in either miles (English) or kilometers (metric). The factory default setting is English. Refer to User (Club) Settings later in this manual to learn how to switch from English to metric. |
| (rabbit icon) | Displays your current **speed** in revolutions per minute (rpm). |
| (ANT+ icon) | When lit, this icon indicates that **ANT+™** wireless communications is active and detecting signal from the optional wireless heart rate chest strap. |
| ♥% | Displays your current **heart rate percentage**, calculated as current heart rate divided by theoretical maximum heart rate (TMHR). ***Note:*** *The standard TMHR is calculated for a 40-year old user weighing 150 lbs. (68 kg). You must have entered your age during program setup and be wearing a wireless heart rate transmitter or consistently grasping the contact heart rate sensor grips on the handlebars in order to get an accurate reading of Heart Rate % for your age and weight.* |
| ♥ | Displays **heart rate** in beats per minute (BPM). ***Note:*** *You must be wearing a wireless heart rate transmitter or consistently grasping the contact heart rate sensor grips on the stationary handlebars.* |
| (incline icon) | Displays the resistance **level** (1-30), where 1 is the lowest resistance level and 30 is the highest. |

| Time | Calories | Distance | Speed |
|------|----------|----------|-------|
| 23:47 🔥 318 | | 2.87 | ⬅ 59 ✶ |

♥% 79　　♥ 59　　◢ 13

HR%　　　HR　　　Level

PRESS TO ACTIVATE

HIIT BOOSTERS

| *X Mode* | A built-in personal trainer to motivate you with intense intervals |
| CHEST PRESS | Higher resistance intervals isolating arms, shoulders and chest |
| LEG PRESS | Challenging intervals isolating legs for power and toning |

Fast

Push Arms　　Pull Arms

Legs Only　　Resistance+

Narrow Grip　Wide Grip

Reverse

Quick Start

🕐　❋　PAUSE CLEAR

OCTANE

MMA 30:30

FAVORITES

+ Program Workout −

Enter

+ ◢ *Level* −

# Keypad Buttons

| | |
|---|---|
| **HIIT Boosters**<br><br>*X Mode* | Ramp up any workout with the press of a button, activating one of these signature Octane Fitness high-intensity interval training boosters: |
| | This great motivational tool keeps your workout fresh and exciting in any program. Every other minute X-Mode kicks in, adding four levels of resistance and prompting you to perform combinations of eight different challenges: |
| | **Fast** — Pick up the pace—we recommend 60+ rpm, but you should find your own comfort level. |
| | **Pull-Arms** — Focus on pulling with your arms to work your biceps and lats. |
| | **Resistance⁺** — Sweat it out as you work your entire body with a quick burst at 3 additional levels of resistance—a total of 7 levels higher than your program resistance level! |
| | **Wide Grip** — Grasp the multigrips high on the outside and feel it in your shoulders, chest, and back. |
| | **Reverse** — Pedal backwards to change the muscle focus in your legs. |
| | **Narrow Grip** — Grasp the multigrips on the low inside edge to give your triceps and chest muscles a workout. |
| | **Legs Only** — Focus on pushing with your legs to work your quadriceps and glutes. |
| | **Push-Arms** — Focus on pushing with your arms to work your chest and triceps. |
| **CHEST PRESS** | Chest Press integrates cardio sessions with strength sessions focused on the chest, arms, and back. For each Chest Press interval, the resistance level increases 6 levels (or to the maximum resistance of 30) for a muscle-building, 10-repetition set as you place your feet on the stationary foot pegs and transfer the workload from lower body to upper body. |
| **LEG PRESS** | Leg Press is an aggressive routine to help you build strength and power in your leg muscles. During each Leg Press interval, place your hands on the stationary handlebars and challenge yourself with a muscle-building, 15-repetition set with a resistance increase of 8 levels (or to the maximum resistance of 30). |
| | During a HIIT Booster session, the level of resistance can be changed by pressing any (+) or (-) key on the keypad. Press the HIIT Booster button a second time to deactivate the session. |
| **Quick Start** | The easiest way to start a workout is to simply push the Quick Start button. The clock starts timing you for a 30-minute workout (or the Maximum Workout Time allowed by the club if that maximum is less than 30 minutes.) The calories readout will be based on a 150 lb. (68 kg) user, age 40. Once you have selected Quick Start, you can program Time and Level to your desired settings. (Age and Weight can only be changed by selecting a program using the Program Workout button and entering the values during setup.) |
| (clock icon) | Press the clock button (**Time**), then any (+) or (–) to increase or decrease the time of your workout, in 1 minute increments. The standard workout time is 30:00. The maximum time is 120 minutes (02:00); this time can be changed or set to "OFF" in User (Club) Settings if a different maximum workout time, or no limit for goal-based programs, better suits your environment. |

|  | Press the **Fan** button to initiate a cool breeze to help keep you comfortable as you work out. 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. |
|---|---|
| **Pause Clear** | Press once to pause your workout. The standard pause time is 0:55. To restart a paused workout, push any key or just begin pedaling. If you stop pedaling during a workout, the unit will automatically begin a pause phase; simply start pedaling to resume your workout. Press the Pause Clear button twice within two seconds, and the machine is reset and ready for another workout. |
| **Octane Favorites** | Press the **Octane Favorites** button to quickly jump to one of these signature programs: |
| **MMA** | Battle the Octane elliptical in 5-minute rounds that include 5 alternating 'fight' and 'recover' intervals of various lengths, simulating a Mixed Martial Arts bout. The harder you punch with your arms, the harder the Octane elliptical 'fights back' with increased resistance. |
| **30:30** | Press this button a second time to take on this challenging program which provides a simple test of fitness level with 5 sets of 30-second sprint and recovery intervals. For each set, the program monitors heart rate and calculates the average minimum and average maximum heart rates and the average number of beats the heart rate recovers between sprint intervals. Heart rate recovery is a relative indicator of fitness level; a higher number indicates a more rapid heart rate recovery and therefore represents a relatively better level of fitness. |

**Up (+) and Down (–) Keys**

| **Program Workout** | Press **Program Workout** (+) or (–) to scroll through the programs, then press **Enter** to select a program. Program changes can be made any time during your workout. When you change programs, the LCD message center prompts you to enter new program values as needed. |
|---|---|
| **Level** | Press **Level** (+) or (–) to increase or decrease the resistance level of the xR6000. There are 30 levels of resistance for most programs. ***For heart rate controlled programs, the Level button increases your target heart rate. To save a change in target heart rate, press Enter.*** |
| **Enter** | Selects any of the changed values or items from the above keys. |

# USER (CLUB) SETTINGS

Many of the standard features and controls of Octane Fitness units can be customized to fit your personal preferences or workout environment. In just a few simple steps, you can set up the machine to skip the Warm-Up, count down your workout time (instead of counting up), limit the maximum workout time, display units in English or metric, mute the console beeps and more. All of these adjustments are easily completed and are saved as the new standard for the machine—you don't need to reset them for each use.

To access these functions, press and hold both the Level Up (+) and Level Down (–) keys for three seconds, or until you hear a beep. The following customizable functions are displayed in sequence in the LCD; use the Enter key to toggle through the available options (shown in the matrix display) for each function, and press any Up (+) or Down (–) to select a setting and move to the next function. To exit without changing any values, press Pause Clear twice.

**Available functions may differ from those listed below, depending upon your software version.**

| | |
|---|---|
| **Warm-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". |
| **Clock Direction** | The cross-trainer can track workout time by counting "UP" or "DOWN". The factory default setting is "UP". Quick Start *always* counts down. |
| **Max Workout Time** | You may set the maximum workout time for users to the value that is best for your environment. The factory default setting is "OFF", allowing users to use the machine for as long as they would like without reset on goal-based programs. Press the Enter key one time to move from "OFF" to ten minutes (10:00) , then press and hold ENTER to scroll to any value between ten miniutes (10:00) and 120 minutes. (The setting rolls back to "OFF" if you scroll past 120 minutes). Press the Up (+) or Down (–) key to save the value you desire. ***Note:*** Programs with a time value as part of the program setup are always limited to 120 minutes maximum time, even if the Max Workout Time is "OFF". |
| **Default Workout Time** | Default Workout Time governs the standard value that users see when they program a workout with a 'time' setting; that is, a goal-based program. The factory default setting is 30 minutes. Default Workout Time may be set to any value between ten minutes (10:00) and the current Max Workout Time setting. If Max Workout Time is set to "OFF", Default Workout Time is 120 minutes. Press and hold ENTER to scroll through in one-minute increments  to the value you want, then press the Up (+) or Down (–) key to save the value you desire. |
| **Unit Type** | You may choose to have the weight and distance units displayed in "ENGLISH" (pounds and miles) or "METRIC" (kilograms and kilometers). The factory default setting is "ENGLISH". |
| **Beep** | You may turn the console sounds "ON" or "OFF". The factory default setting is "ON". |
| **Language** | Choose one of several languages options for the console display. The factory default setting is "ENGLISH". |
| **TV** | Set to "ON" if you have a Personal Viewing System (PVS) accessory attached. The factory default setting is "OFF". |
| **900 MHz** | Set to "ON" if you have a 900 MHz audio accessory installed. The factory default setting is "OFF". (Available in some software versions.) |
| **Exit** | When EXIT is displayed in the LCD, press Enter to leave User (Club) Settings. All of your selections will be saved and become the new standard settings for your machine. They may be changed at any time by repeating these setup procedures. |

# ADDITIONAL SUPPORT INFORMATION
## Cleaning and Maintenance

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

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

## Diagnostics

The xR6000 offers a diagnostics mode to test the electrical functions. These diagnostics allow you to identify the software version of your unit and to check the functions of the LCD, keypad, adjustment motors and other electrical elements. To enter the diagnostics mode, hold down the Program Workout (+) and (–) keys simultaneously for three (3) seconds. Tests and results are displayed in the LCD. Use any (+) and (–) key to navigate through the diagnostic tests options.

For additional information and instructions for using the available diagnostics, refer to your Product Service Manual or contact Octane Fitness Customer Service at 888.OCTANE4 or 763.757.2662, extension 1.

## Programs

In addition to Quick Start, the xR6000 features several built-in programs with a wide range of options to keep workouts interesting:

| | | |
|---|---|---|
| Manual | Calorie Goal | Constant Watts |
| Random | Fat Burn | Constant METs |
| Interval | Heart Rate Custom Interval | MMA |
| Hill | Heart Rate Hill | 30:30 |
| Distance Goal | Heart Rate Speed Interval | |

Descriptions of each program are found in the **_Octane Fitness Program and Features Guide_** (Part Number 110751-001), available online at www.octanefitness.com. Just navigate to the xR6000 product page and select the guide for online review or download.

## Important Safety Information

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

## Customer Support

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

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