

# *Octane*<sup>®</sup>

F I T N E S S



Q37e

Q37ce

O P E R A T I O N S   M A N U A L



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# Q 3 7 e / Q 3 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](http://www.octanefitness.com).

## **Octane Fitness**

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Fueled,

Dennis Lee  
President



**This product is intended for household use.**

## **IMPORTANT SAFETY INSTRUCTIONS**

### **Please Read and Save These Instructions**

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

Read this Operations Manual before operating this elliptical cross trainer.

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

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

- Use this exercise product for its intended use as described in this Operations Manual. **Do not** modify the product in any way.
- **Do not** remove the plastic shrouds from the machine. Service should be performed only by an authorized Octane Fitness service representative. Moving parts contained under the shrouds can be extremely dangerous when not covered.
- **Never** operate this elliptical cross trainer if it has a damaged cord or plug, if 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.
- **Never** operate this elliptical cross trainer with the air openings blocked. Keep the air opening free of lint, hair, and the like.
- Keep the cord away from heated surfaces.
- **Do not** use outdoors.
- **Do not** operate this elliptical cross trainer where aerosol (spray) products are being used or where oxygen is being administered.
- **Do not** route power cables (such as the power cable for an optional attached LCD screen) through the interior of the machine or the upright tube.
- **Do not** mount an LCD screen weighing more than 8.5 lbs. (3.8 kg) on the optional LCD mounting arm.
- **Never** place the power cord under carpeting or place any object on top of the power cord which may pinch and/or damage it.
- Use only the power cord provided with your Octane Fitness elliptical cross trainer.
- Unplug your Octane Fitness elliptical cross trainer before moving it.

## **SAVE THESE INSTRUCTIONS**

## OTHER IMPORTANT SAFETY PRECAUTIONS

- Place the elliptical cross trainer on a level surface with at least two feet of clearance behind the pedal at its furthest back position.
- To protect the floor or carpet from damage, place a mat under your elliptical cross trainer.
- Keep children off the elliptical cross trainer at all times.
- When the elliptical cross trainer is in use, children and pets should be kept clear of the area.
- Wear appropriate exercise clothing and shoes for your workout; 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 260 lbs. Use proper lifting techniques and/or get assistance when moving your product.

Product Dimensions: 1727mm x 737mm x 1550mm  
(68in x 29in x 61in)

Product Weight 260 lbs. (118 Kg)  
Max User Weight 300 pounds (136 Kg)

Power Supply/Electrical Specifications:

Input Rating 100-240~0.4A  
Frequency 50-60Hz  
Output Rating +9V $\overline{\text{---}}$ 1.5A  
Output Ripple 90mV  
Output Current 1.5A Max  
Safety UL/CUL, TUV, PSE, CE, C-Tick, 3C, B-Mark

*This equipment complies where applicable with:*

73/23/EEC	Low Voltage Directive
89/36/EEC	Electromagnetic Compatibility (EN61000)
2002/95/EC	Restriction of Hazardous Substances (RoHS) Directive
2002/96/EC	WEEE Directive
EN957-9	Stationary training equipment
EN957-1:1997	Stationary training equipment
EN60335-1:2002	Household and similar electrical appliances - Safety
GPS	General Product Safety Regulations 2005



# HEART RATE FEATURE SAFETY GUIDELINES

Before using the Octane Fitness Q37e/Q37ce with HeartLogic™ Intelligence, read and follow these instructions:

## Contact Heart Rate Grips

- 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.

## Wireless Chest Strap

- Exercisers may use the wireless heart rate transmitter provided with the Octane Fitness Q37e/Q37ce or any Polar™-compatible (coded or non-coded) wireless heart rate transmitter.
- **Do not allow users to use the chest strap if they 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 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. In a commercial setting, space the products at least 24" apart. This will prevent cross-talk, where the chest strap signal from a user on one machine can be received and displayed on the console of another machine.
- Do not place the chest strap near devices that generate large magnetic fields. Television sets, electric motors, radios, and high voltage power lines can affect the transmitter's performance. These items can interfere with the heart rate signal that is being transmitted to the receiver, possibly affecting the heart rate readings that appear on the electronic console.
- 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 wireless 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.
- To purchase wireless transmitter straps, contact your dealer or Octane Fitness sales representative.

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.

**WARNING!** The heart rate monitoring features of this product are for information only and are *not* to be used as a measure of heart functioning or heart health. In a heart rate controlled program, you can use the Level controls to reduce the resistance level at any time. **You are responsible for monitoring how you feel and adjusting the level of effort accordingly.** If at any time during exercise you experience chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult a physician before starting again.

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# ELECTRONICS

## Q37e/Q37ce Console and Keypad

Welcome to some of the easiest to use, yet most sophisticated, electronics available in the fitness industry! Your Q37e/Q37ce features a simple, easy to understand keypad and a console featuring an informative matrix display and four multi-function LED display windows that provide you with all the information you need to get started and stay motivated during your workout.

### **Programming the console**

DedicatedLogic™ programming was created to give you the ultimate in ease of use and total flexibility for programming your console. This allows you to modify your workout once you've started. You can even start your workout, then program the electronics. This ease of use starts by giving each key only one function. This makes it easy to understand how each key works.

### **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. The calories readout will be based on a 150 lb. (68 kg) user. Once you have selected Quick Start, you can program any item in any order.

#### **My QuickStart 1 & 2**

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

You can easily set your profile while using the machine. Simply begin your workout and enter your information as usual—program, time, level, age, and weight, adding ArmBlaster, X-Mode, and/or GluteKicker 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, 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), just enter the changes on the console. If you want to save these new settings, just press and hold My QuickStart again for three seconds or until you hear the beep. 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; to do this, press Pause Clear twice within two seconds 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 twice within two seconds to reset the machine, 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**

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. At the completion of your cool-down a workout summary will be displayed.

## **Pause Clear**

Press once to pause your workout. The standard pause time is 5 minutes. Use the Time (▲/▼) keys to increase or decrease the pause time; this adjustment can be made at any time while the machine is in pause mode. 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 5-minute pause. Simply start pedaling to resume your workout.

Press the Pause Clear button twice within two seconds, and your machine is reset and ready for another workout. Press and hold the Pause Clear button until you hear the beep to enter sleep mode, a virtual off mode. The matrix display reads "UNFUELING", and just one LED in the X-Mode window remains lit. Your elliptical requires very little power in this mode. To "wake" your elliptical, simply press any button or begin pedaling.

## **Up and Down Keys**

### **Time**

Press the Time Up Arrow (▲) or Down Arrow (▼) to increase or decrease the time of your workout, in 1 minute increments. The standard workout time is 30:00. The maximum time is 99:00.

### **Program**

Press the Program Up Arrow (▲) or Down Arrow (▼) to toggle through program categories, then press Enter to select the category. Use any Up Arrow (▲) or Down Arrow (▼) to scroll through the programs within a category, then press Enter to select a program. Program changes can be made any time during your workout. When you change programs, the matrix window prompts you to enter new program values as needed.

**Note:** The Program key is also used to activate the MOM (MOVement Management) mode, a unique motion control feature of the Octane Fitness elliptical. For more information on MOM mode, go to page 32.

### **Level**

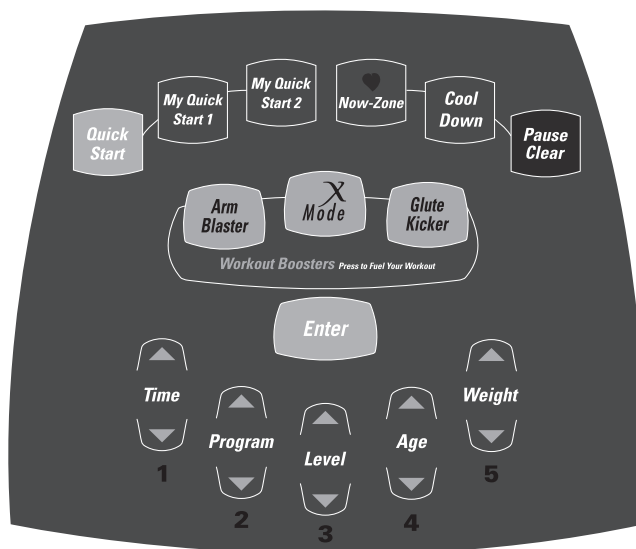
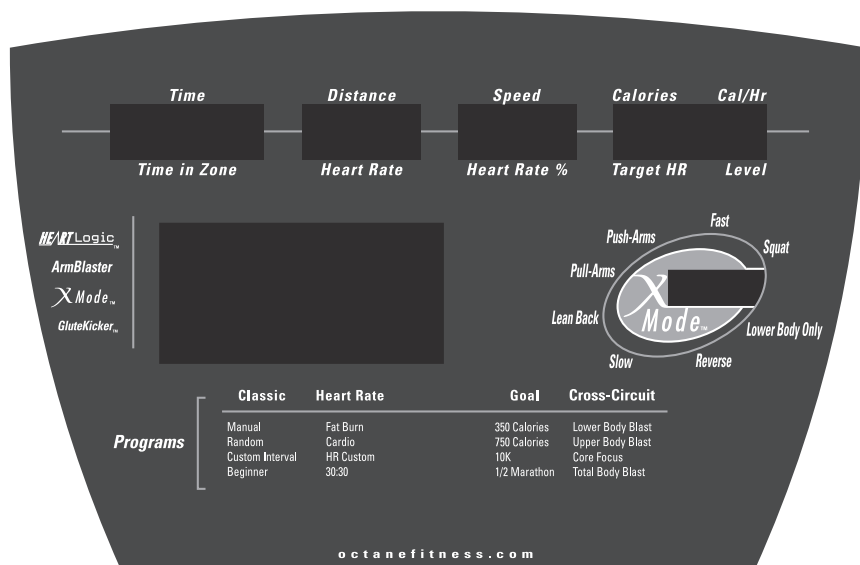
Press Level (▲/▼) to increase or decrease the resistance level of the machine. There are 20 levels of resistance for preset resistance programs and the 30:30 fitness number program. For heart rate controlled programs, the Level button increases your target heart rate. (For more information on heart rate programs, go to page 16). To save a change in target heart rate, you must hit Enter after entering the desired number.

<b>Age</b>	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, but want to see your heart rate percentage, just enter your age. For more information, refer to page 37, "What should my heart rate be?"
<b>Weight</b>	Press Weight ( $\blacktriangle$ / $\blacktriangledown$ ) to increase or decrease the value for user 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 32) to change the display from one to the other.
<b>Enter</b>	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.

**Note:** *There is no need to turn off your elliptical machine; the Q37e/Q37ce was designed with an intelligent sleep mode, a virtual off button. This eliminates the need for an on/off switch. To enter sleep mode, press and hold the Pause Clear button until you hear the beep. The matrix display reads "UNFUELING", and just one LED in the X-Mode window remains lit. Your elliptical requires very little power in this mode. To "wake" your elliptical, simply press any button or begin pedaling.*

## **Workout Boosters**

<b>ArmBlaster</b>	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 minute 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 any Up Arrow ( $\blacktriangle$ ) or Down Arrow ( $\blacktriangledown$ ) keys. To deactivate ArmBlaster, simply press the ArmBlaster button a second time.
<b>X-Mode</b>	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 one-minute "regular" program routine in between. The Q37e/Q37ce 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.
<b>GluteKicker</b>	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.



## Q37e/Q37ce Console and Keypad

### PROGRAMS AND FEATURES

The Q37e/Q37ce features 16 built-in programs to keep your workouts interesting:

- Classic programs: Manual—Random—Custom Interval—Beginner
- Heart rate programs: Fat Burn—Cardio—HR Custom Interval—30:30
- Goal programs: 350 Calories—750 Calories—10K—1/2 Marathon
- Cross-Circuit programs: Lower Body Blast—Upper Body Blast—Core Focus—Total Body Blast

Programs begin with a warm-up to ease your body into your intense workout. During the warm-up, the resistance increases each minute. At the end of the warm-up, you will be at your selected resistance value or target heart rate. You can change the level at any time during the warm-up.

Choose the program that best fits your workout needs for any given day. You decide how hard to work by setting the resistance level and goal (such as time, distance, or calories). Program your workout your way!

Use the following quick-reference chart to help you select and set up your program, or read on for more detailed program descriptions.

## Q37e/Q37ce PROGRAM REFERENCE

*Press Program(▲/▼) and Enter. to choose a program category; press any(▲/▼) and Enter to choose a program.*

### CLASSIC PROGRAMS

<b>Program</b>	<b>Description</b>	<b>Settings</b>	<b>Standard Values*</b>
Manual	Get on and go; constant resistance	Level	1
Random	Computer-randomized resistance variation	Level	1
Custom Interval	Up to 6 alternating intervals of user-defined duration and resistance	Intervals (2-6) Interval 1 — Time Interval 1 — Level Interval <i>n</i> — Time Interval <i>n</i> — Level	3 00:30 1 00:30 1
Beginner	14-day planned workout sequence to help jump-start your exercise program	Day	1

### HEART RATE PROGRAMS

<b>Program</b>	<b>Description</b>	<b>Settings</b>	<b>Standard Values*</b>
Fat Burn	Controlled workout at 65% of theoretical maximum heart rate (or user-specified target heart rate) to maximize fat burn	Age Target Heart Rate	40 (220 - Age) * .65
Cardio	Controlled workout at 80% of theoretical maximum heart rate (or user-specified target heart rate) to maximize cardiovascular development	Age Target Heart Rate	40 (220 - Age) * .80
Heart Rate Custom Interval	Controlled workout of up to 6 alternating intervals of user-defined duration and target heart rates	Age Intervals (2-6) Interval 1 — Time Interval 1 — Target Heart Rate Interval <i>n</i> — Time Interval <i>n</i> — Target Heart Rate	40 3 00:30 (220 - Age) * .75 00:30 (220 - Age) * .75
30:30	Fitness assessment with 5 sets of alternating sprint and walk intervals to determine average heart rate recovery	Level	1

### GOAL PROGRAMS

<b>Program</b>	<b>Description</b>	<b>Settings</b>	<b>Standard Values*</b>
350 Calories	Uniform or varying resistance workout to burn 350 calories	Weight Goal Flat or Hills Level	150 lbs. (68 kg) 350 Flat 1
750 Calories	Uniform or varying resistance workout to burn 750 calories	Weight Goal Flat or Hills Level	150 lbs. (68 kg) 750 Flat 1
10K	Simulated 10-kilometer event with flat or "uphill" and "downhill" terrain	Weight Adjust Goal Flat or Hills Level	150 lbs. (68 kg) 6.2 Miles (10K) Flat 1
1/2 Marathon	Simulated 1/2 Marathon event with flat or "uphill" and "downhill" terrain	Weight Adjust Goal Flat or Hills Level	150 lbs. (68 kg) 13.1 Miles (21K) Flat 1

## Q37e/Q37ce PROGRAM REFERENCE

*Press Program(▲/▼) and Enter. to choose a program category; press any(▲/▼) and Enter to choose a program.*

### CROSS-CiRCUIT™ PROGRAMS

<b>Program</b>	<b>Description</b>	<b>Settings</b>	<b>Standard Values*</b>
Lower Body Blast	CROSS-CiRCUIT™ routine combining cardio intervals on the elliptical with off-machine strength sets targeting the lower body	Cardio Time Strength Time Level	2:00 1:00 1
Upper Body Blast	CROSS-CiRCUIT™ routine combining cardio intervals on the elliptical with off-machine strength sets targeting the upper body	Cardio Time Strength Time Level	2:00 1:00 1
Core Focus	CROSS-CiRCUIT™ routine combining cardio intervals on the elliptical with off-machine strength sets targeting the core	Cardio Time Strength Time Level	2:00 1:00 1
Total Body Blast	CROSS-CiRCUIT™ routine combining cardio intervals on the elliptical with off-machine strength sets alternating between lower body, upper body, and core	Cardio Time Strength Time Level	2:00 1:00 1

*\*Standard program values are used if no values are entered within 4 seconds of prompts.*

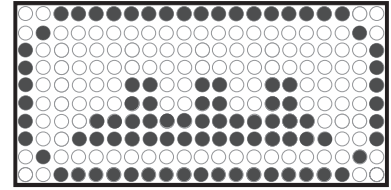
## Q37e/ce SETTINGS—VALUE RANGES

<b>Setting</b>	<b>Standard Values*</b>	<b>Minimum Value</b>	<b>Maximum Value</b>
Time	30:00	1:00	99:00
Level	1	1	20
Age	40	15	99
Weight	150 lbs. (68 kg)	70 lbs. (32 kg)	300 lbs. (181 kg)
Interval Time	00:30	00:15	99:00
Interval Level	1	1	20
How Many Intervals	3	2	6
Target Heart Rate	(220 - Age) * %; varies by program	80	(220 - Age)
Calorie Goal	350 or 750	25	2000
Distance Goal	6.2 miles (10K) or 13.1 Miles (21K)	.25 miles (.4 km)	50 miles (80 km)
Flat or Hills?	Flat	n/a	n/a
Cardio Time	2:00	1:00	30:00
Strength Time	1:00	0:15	30:00

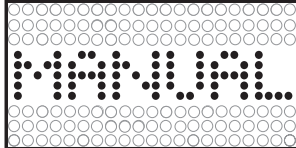
*\*Standard program values are used if no values are entered within 4 seconds of prompts.*

## Classic Programs

Manual—Random—Custom Interval—Beginner



### Manual

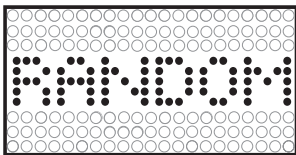


The Manual program simulates walking or jogging on a flat surface. This program does not have a warm-up. The resistance stays constant for the entire workout, unless you change it by pressing Level (▲/▼). The oval racetrack signifies 1/4 mile or 400 meters; a counter in the matrix display shows how many laps you have completed during your workout. The resistance can be changed any time during the workout.

Level —



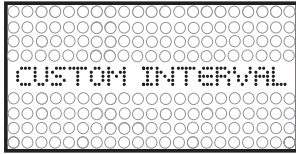
### Random



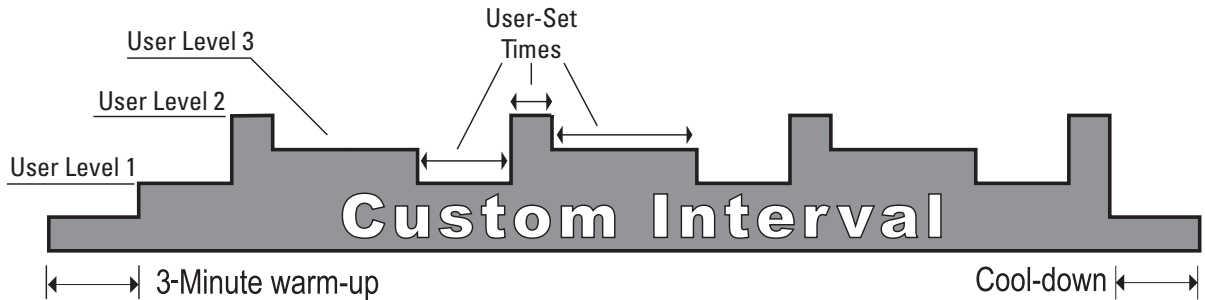
The Random program has a virtually infinite number of different combinations. The computer randomly generates a new course each time you select the random program or change the program level, giving you different levels of resistance. Each column on the matrix display lasts for 1 minute. The resistance can be changed any time during the workout by pressing Level (▲/▼).



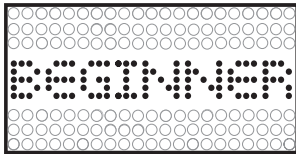
## Custom Interval



The Custom Interval program lets you specify the resistance level and duration of up to 6 alternating intervals. Use the Up Arrow (▲) and Down Arrow (▼) keys to enter the program settings as prompted by the matrix window: Time, How Many Intervals (2 to 6), 1st Interval—Time, 1st Interval—Level,  $n^{\text{th}}$  Interval—Time,  $n^{\text{th}}$  Interval—Level, Age, and Weight. Interval time ranges from 00:15 to 99:00, in 15-second increments. Once you are pedaling and your warm-up is complete, you can increase or decrease the level of the current interval at any time by pressing the Level (▲/▼) keys. The value of the other intervals does not change. The value you enter changes only the current interval for the entire remaining workout, or until you change it again.



## 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 program begins using the preset values outlined in the chart below. These preset values can be changed during the workout at any time by pressing the Level (▲/▼) keys.

Program Day (Level)	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Resistance Level	1	1	1	2	2	2	3	3	3	4	4	4	4	5
Time	10	10	11	11	12	13	14	15	16	17	18	19	19	20
RPMs	30	35	35	35	35	35	35	40	40	40	40	40	45	45

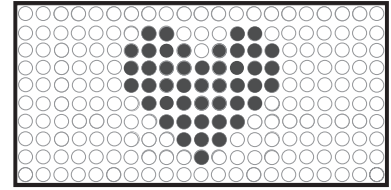
Combination of resistance level, time, and recommended speed (RPM)  
- see chart for details

Level



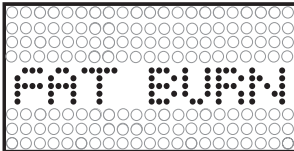
## Heart Rate Programs

Fat Burn—Cardio—Heart Rate Custom Interval—30:30



**Note:** For heart rate controlled programs to work effectively, you must be wearing a wireless chest strap or consistently grasping the contact heart rate grips on the moving handlebars throughout your workout

### Fat Burn



The Fat Burn program guides your workout to maximize the percentage of calories burned from fat versus carbohydrates. Use the Up Arrow (▲) and Down Arrow (▼) keys to enter the program settings as prompted: Age and Target Heart Rate. The recommended target heart rate is **65%** of your theoretical maximum heart rate (TMHR = 220 – age). The program begins with a warm-up. If you reach your target heart rate during the warm-up, the warm-up ends and the heart rate control portion begins. The resistance will automatically adjust to keep you working out at your target heart rate. At any time during the program you can change your target heart rate by pressing the Level (▲/▼) buttons and Enter.

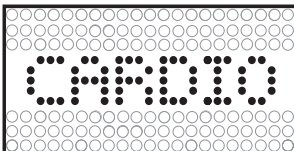
*Example for a 40-year-old person:*

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

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



### Cardio



The Cardio program guides your workout to maximize cardiovascular benefits, like training for a race. Use the Up Arrow (▲) and Down Arrow (▼) keys to enter the program settings as prompted: Age and Target Heart Rate. The recommended target heart rate is **80%** of your theoretical maximum heart rate (TMHR = 220 – age). The program begins with a warm-up. If you reach your target heart rate during the warm-up, the warm-up ends and the heart rate control portion begins. The resistance will automatically adjust to keep you working out at your target heart rate. At any time during the program you can change your target heart rate by pressing the Level (▲/▼) buttons and Enter.

*Example for a 40-year-old person:*

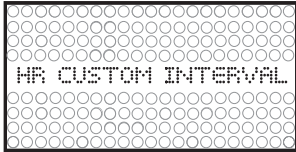
$$220 - 40 \text{ yrs. old} = 180 \text{ TMHR}$$

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

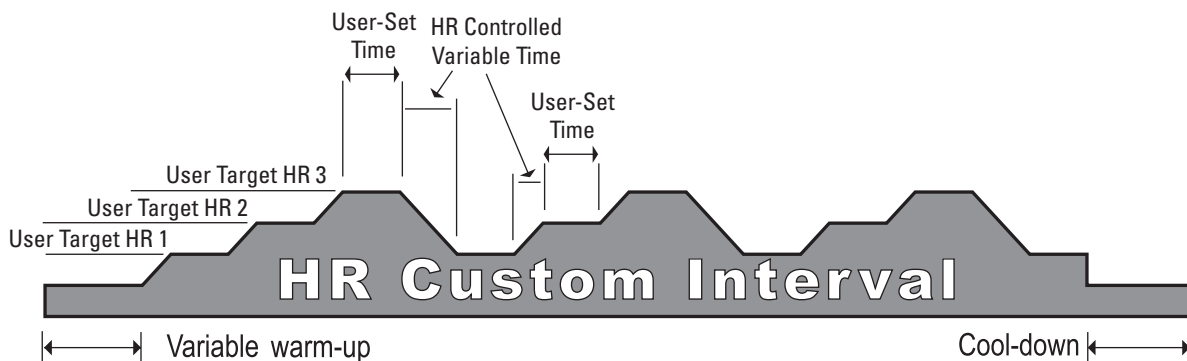




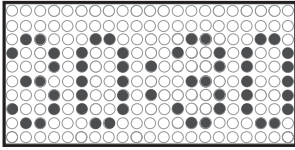
## Heart Rate Custom Interval



The Heart Rate Custom Interval program lets you specify the target heart rate and duration of up to 6 alternating intervals. Use the Up Arrow (▲) and Down Arrow (▼) keys to enter the program settings as prompted by the matrix window: Age, Intervals (2 to 6), Interval 1—Time, Interval 1—Target Heart Rate, Interval  $n$ —Time, and Interval  $n$ —Target Heart Rate. Interval time ranges from 00:15 to 99:00, in 15-second increments. The minimum target heart rate is 80. The program begins with a warm-up. If you reach your target heart rate during the warm-up, the warm-up ends and the heart rate control portion begins. The resistance increases or decreases at the end of each time period to get you to the next interval. When you reach the new target heart rate, the new timed interval begins. The display will prompt you to increase or decrease your effort until the desired heart rate is reached. During the program you can change the target heart rate of the current interval at any time by pressing the Level (▲/▼) keys.

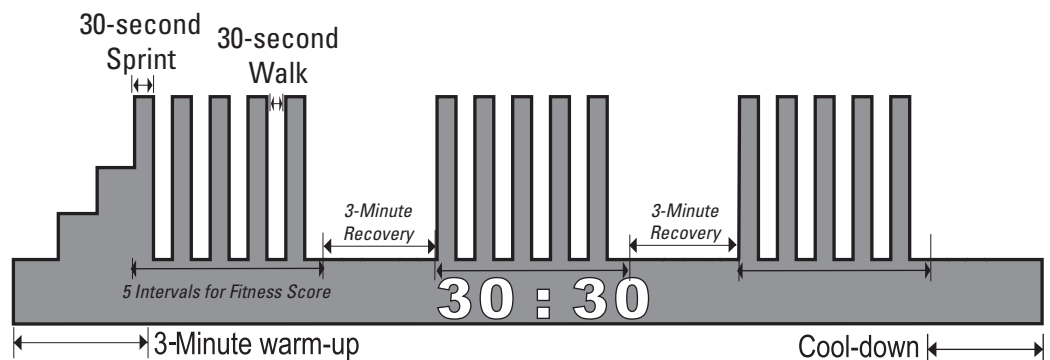


## 30:30



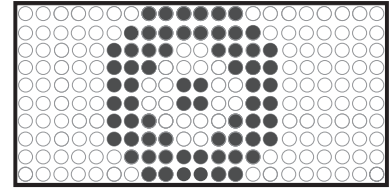
The 30:30 program provides a simple test of your fitness level with 5 sets of 30-second sprint and recovery intervals. For each set, the program monitors your heart rate and calculates the number of beats that your heart rate recovers between sprint intervals. Heart rate recovery is a measure of your overall fitness level. The program begins with the three-minute warm-up during which the resistance level increases each minute. You may also use the Level (▲/▼) buttons to increase the resistance at any time. Once you have completed the warm-up, the matrix window tells you when to begin each fast interval (65 RPM or higher) and when to slow down (40 RPM or lower). For each interval pair, the program records your maximum heart rate and your minimum heart rate. At the end of 5 sets of sprint and recovery intervals, there is a recovery period. During this time the matrix window displays the your maximum and minimum heart rates for each interval. The computer calculates the 5-interval average maximum heart rate and the average minimum heart rate, and the difference between the two averages is your heart rate recovery 'score'. This value is a relative indicator of your fitness level; a higher number indicates a more rapid heart rate recovery and therefore represents a relatively better level of fitness. After the recovery period you will begin a new 5-interval set. The program ends with a 3-minute cool-down. Compare your average heart rate recovery score from workout to workout and watch your fitness level improve over time with consistent training!

**Tip:** The standard recovery period between sets is three minutes. You can use the User Set-up function described on page 32 to set a recovery period of one to five minutes.

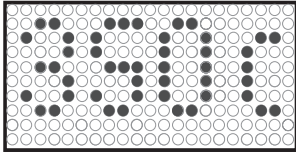


# Goal Programs

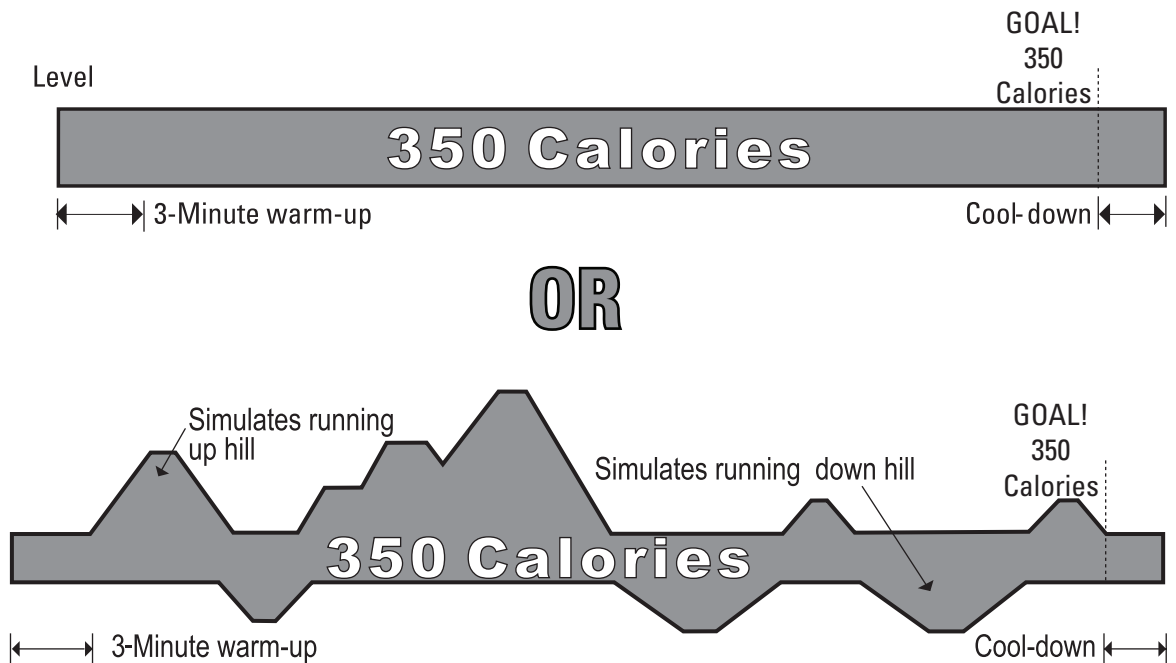
350 Calories—750 Calories—10K—1/2 Marathon



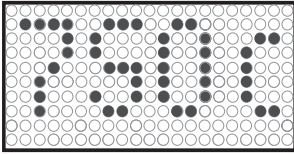
## 350 Calories



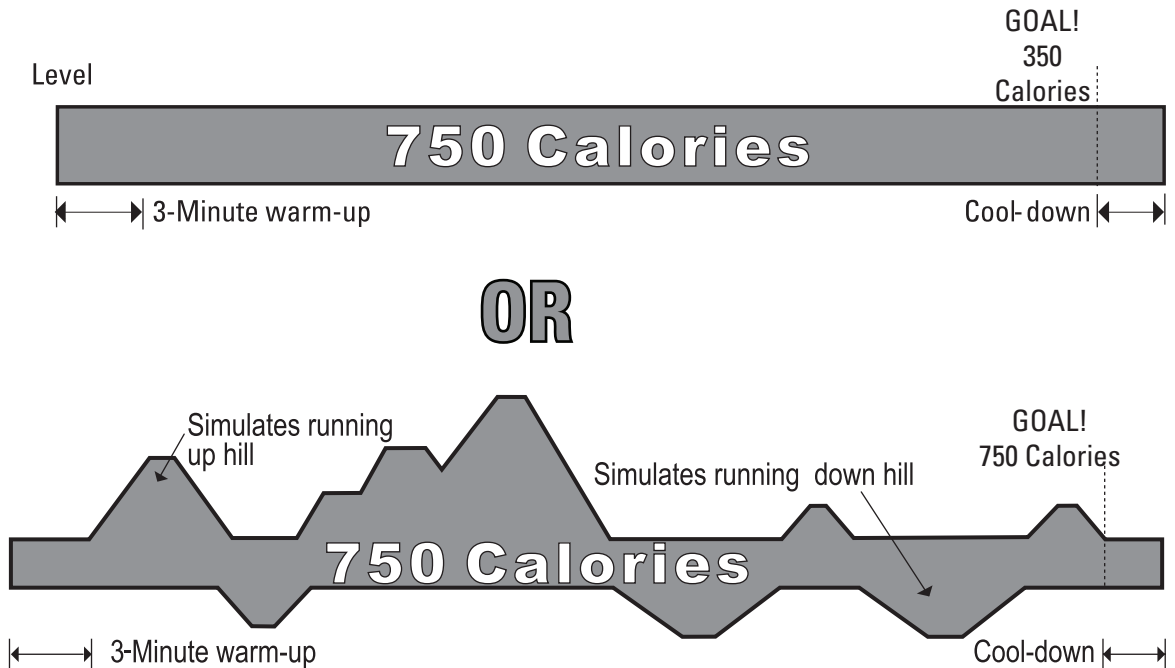
The 350 Calorie goal program lets you get moving and work on a flat or “hilly” course until you have burned 350 calories. Use the Up Arrow (▲) and Down Arrow (▼) keys to enter the program settings as prompted by the matrix window: Weight, Goal, Flat or Hills, and Level (the average level you want for the entire workout). The level can be changed at any time during your workout by pressing the Level (▲/▼) keys. Watch the countdown in the matrix windows as the calories fall away!



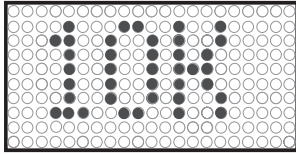
## 750 Calories



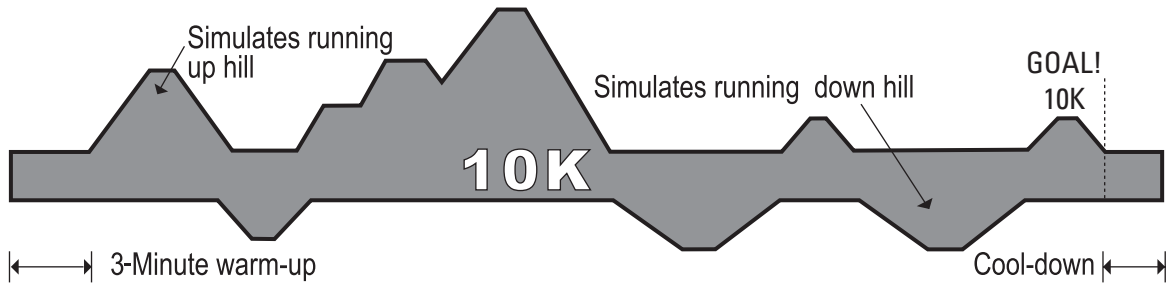
The 750 Calorie goal program provides an even greater challenge as you work to burn off 750 calories. Use the Up Arrow (▲) and Down Arrow (▼) keys to enter the program settings as prompted by the matrix window: Weight, Goal, Flat or Hills, and Level (the average level you want for the entire workout). The level can be changed at any time during your workout by pressing the Level (▲/▼) keys. The countdown of calories burned is displayed in the matrix window.



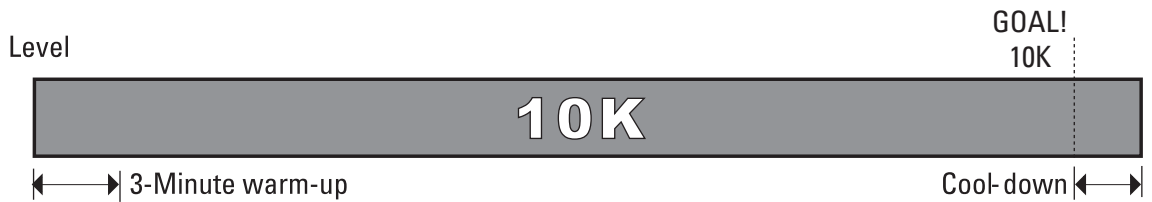
# 10K



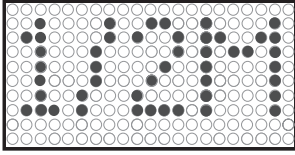
10K simulates jogging or running outdoors. It is a great training device to get ready for a competition. Use the Up Arrow (▲) and Down Arrow (▼) keys to enter the program settings as prompted by the matrix window: Age, Goal, Flat or Hills, and Level (the average level you want for the entire workout). Once you are pedaling and your warm-up is complete, the changes in terrain replicate the challenges you encounter running outside, or you can choose a flat, steady resistance path. You can feel going uphill and downhill with gradual resistance changes. The distance readout counts down from 6.2 miles (10 kilometers). The level can be changed at any time during your workout by pressing the Level (▲/▼) keys.



OR



## 1/2 Marathon



1/2 Marathon simulates jogging or running outdoors. It is a great training device to get ready for a long-distance race. Use the Up Arrow (▲) and Down Arrow (▼) keys to enter the program settings as prompted by the matrix window: Age, Goal, Flat or Hills, and Level (the average level you want for the entire workout). Once you are pedaling and your warm-up is complete, the changes in terrain replicate the challenges you encounter running outside, or you can choose a flat, steady resistance path. You can feel going uphill and downhill with gradual resistance changes. The distance readout counts down from 13.1 miles (21 kilometers). The level can be changed at any time during your workout by pressing the Level (▲/▼) keys.

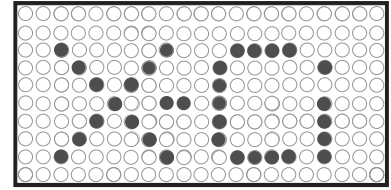


OR

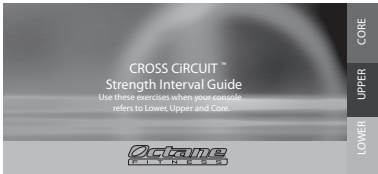


# CROSS-CiRCUIT™ Programs

Lower Body Blast—Upper Body Blast—Core Focus—  
Total Body Blast

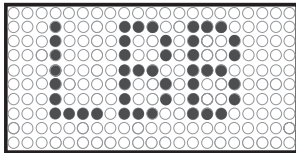


CROSS-CiRCUIT is a whole new way of working out with your Octane elliptical. These programs combine cardio intervals on the elliptical cross trainer with sets of strength and toning exercises off the machine using simple equipment such as hand weights or a fitness ball.

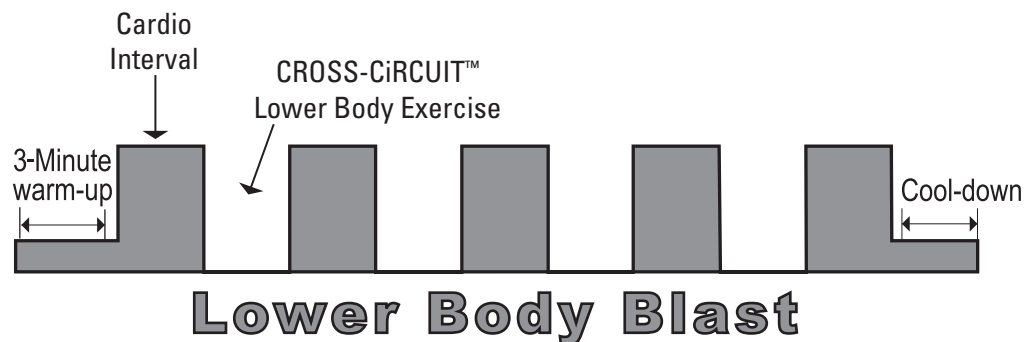


Your CROSS-CiRCUIT Strength Training Interval Guide provides suggested exercises to target the lower body (green tab), upper body (blue tab), and core (red tab). Just choose the exercises that best suit your needs. Mix it up, keep it interesting, and watch your body change for the better with these great total-body workout alternatives!

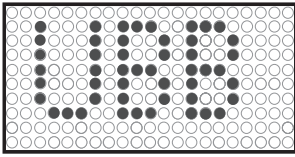
## Lower Body Blast



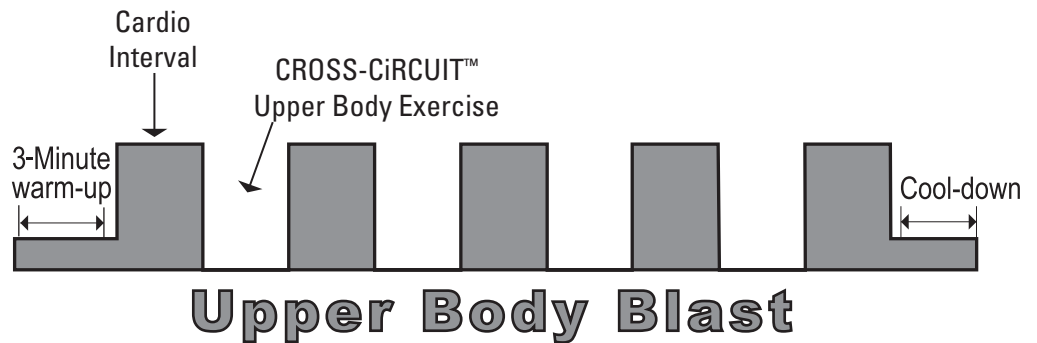
Lower Body Blast targets the thighs, calves, hips and glutes with off-machine strength-building sets. Get started by using the Up Arrow (▲) and Down Arrow (▼) keys to enter the program settings as prompted by the matrix window: Cardio Time, Strength Time, and Level. After completing the warm-up, your first cardio interval begins. Listen for the beeps at the end of the cardio interval, then carefully step off the machine to complete your lower-body strength set. The display will flash and you will hear another set of beeps when it is time to step back on the elliptical for your next cardio interval. This pattern continues throughout your workout. The resistance level for the cardio intervals can be changed at any time by pressing the Level (▲/▼) buttons at any time.



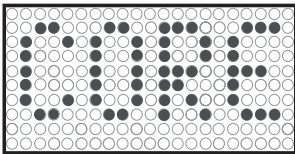
## Upper Body Blast



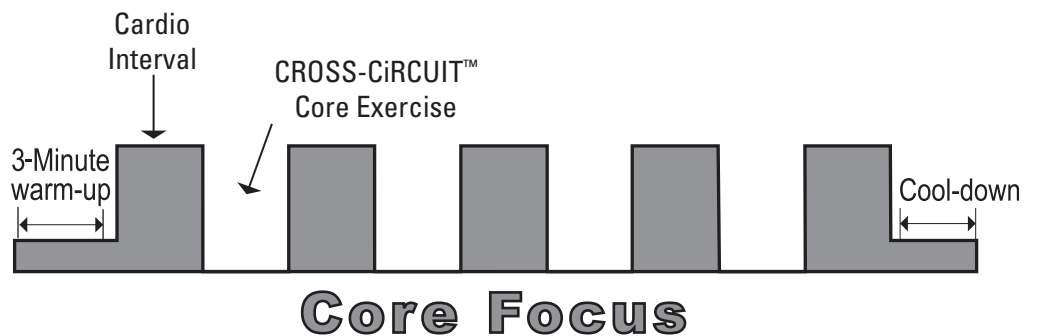
Upper Body Blast targets the arms, shoulders, chest, and upper back with off-machine strength-building sets. Get started by using the Up Arrow (▲) and Down Arrow (▼) keys to enter the program settings as prompted by the matrix window: Cardio Time, Strength Time, and Level. After completing the warm-up, your first cardio interval begins. Listen for the beeps at the end of the cardio interval, then carefully step off the machine to complete your upper-body strength set. The display will flash and you will hear another set of beeps when it is time to step back on the elliptical for your next cardio interval. This pattern continues throughout your workout. The resistance level for the cardio intervals can be changed at any time by pressing the Level (▲/▼) buttons at any time.



## Core Focus

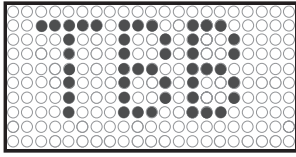


Core Focus targets the abs and back with off-machine strength-building sets. Get started by using the Up Arrow (▲) and Down Arrow (▼) keys to enter the program settings as prompted by the matrix window: Cardio Time, Strength Time, and Level. After completing the warm-up, your first cardio interval begins. Listen for the beeps at the end of the cardio interval, then carefully step off the machine to complete your core strength set. The display will flash and you will hear another set of beeps when it is time to step back on the elliptical for your next cardio interval. This pattern continues throughout your workout. The resistance level for the cardio intervals can be changed at any time by pressing the Level (▲/▼) buttons at any time.

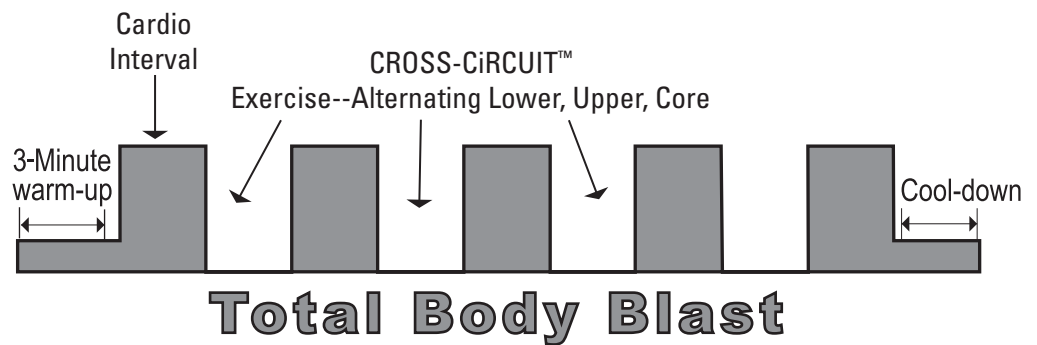




## Total Body Blast



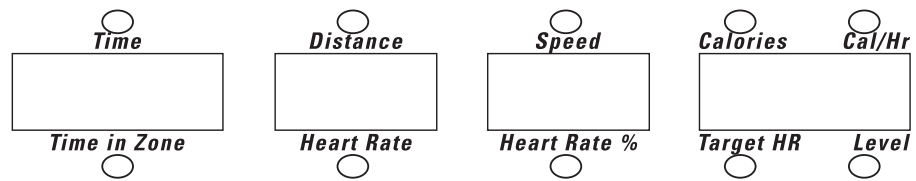
Total Body Blast works it all with exercises aimed at strengthening and toning your entire body. Get started by using the Up Arrow (▲) and Down Arrow (▼) keys to enter the program settings as prompted by the matrix window: Cardio Time, Strength Time, and Level. After completing the warm-up, your first cardio interval begins. Listen for the beeps at the end of the cardio interval and check the matrix display to see which type of exercise to do. Then, carefully step off the machine to complete your strength set. The display will flash and you will hear another set of beeps when it is time to step back on the elliptical for your next cardio interval. A pattern of upper, lower, and core strength sets continues throughout your workout. The resistance level for the cardio intervals can be changed at any time by pressing the Level (▲/▼) buttons.



## Workload Resistance

	<b>Resistance Level</b>	Octane Fitness Q37e and Q37ce have 20 discrete levels of resistance. Level 1 is the easiest and level 20 is the most difficult. The Manual program and Quick Start give the user the ability to totally control the resistance level. Custom Interval allows the user to select the resistance level for individual intervals.
	<b>Program Level</b>	The Octane Fitness Random and Goal programs using the “Hills” profile enable 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 resistance level is displayed. If the Level is changed during the workout, the program level is also changed.
	<b>Resistance in Heart Rate Controlled Programs</b>	Fat Burn, Cardio, and Custom Heart Rate Interval control the resistance level throughout the warm-up and the program, based on the user’s entered age and theoretical maximum heart rate (TMHR). The resistance level increases and decreases dependent on the user’s heart rate.

## LED Readout Windows Q37e/Q37ce



- Time** Displays workout time, counting up from 0:00. 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 User Set-up Functions on page 32.
- Distance** Displays an estimate of how far you have traveled. Distance can be shown in either miles (English) or kilometers (metric). **Note:** *Pedaling approximately 50 revolutions per minute (rpm), it will take eight minutes to reach one mile.* When you first purchase your elliptical the display will be in English. Refer to the User Set-up features described on page 32 to switch from English to metric.
- 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** Displays the number of calories that would be burned in one hour at the current resistance level and speed.
- Time-in-Zone** Tracks and displays the amount of time you are in the proper heart rate training zone for 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:** *You must be wearing a wireless chest strap or consistently grasping the contact heart rate sensor grips (Q37ce) throughout your workout in order to get an accurate reading of Time-in-Zone.*
- Heart Rate** Displays your heart rate in beats per minute (BPM). **Note:** *You must be wearing a wireless chest strap or grasping the contact heart rate sensor grips (Q37ce).*
- Heart Rate %** Displays your current heart rate percentage (current heart rate / theoretical maximum heart rate). **Note:** *You must be wearing a wireless chest strap or grasping the contact heart rate sensor grips (Q37ce), and have entered your age.*
- Target HR** Displays the heart rate that you are trying to achieve when in a heart rate controlled program. In these programs, the machine adjusts resistance level in response to your heart rate reading in order to achieve this target.
- Level** Displays the resistance level (1- 20), where 1 is the lowest resistance level and 20 is the highest.

## **Q37ce 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 Custom Interval, and 30:30. Each individual workout offers different premium benefits, as described on pages 16 through 18.

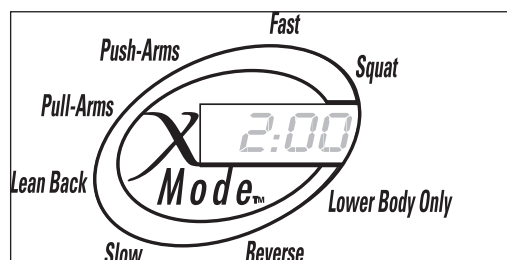
To take advantage of the heart rate features, you may use the wireless chest strap (provided) or simply grip the contact heart rate sensors on the stationary handlebars. In a heart rate controlled program, your current heart rate is monitored and the resistance level will automatically adjust to maintain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

### **Octane Fitness Digital Heart Rate Sensors**

The Octane Fitness digital contact heart sensors on the Q37ce track your heart rate more easily and more accurately to help produce the ultimate workout. Simply grip the digital contact heart rate sensors when using a heart rate program. 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 yet comfortably.
- Keep your hands steady and in place.

## 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: Squat, Fast, Push-Arms, Pull-Arms, Lean Back, Slow, Reverse, and Lower Body Only.

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

When X-Mode is active, one to four X-Mode LED combinations will light up instructing you what to do. The light sequence is randomly generated so you never know what is coming next.

To activate X-Mode, simply push the X-Mode button while in any program. To turn X-Mode off, push the button again. In its original (out-of-the-box) configuration, each X-Mode session lasts for one minute. 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 33 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 33 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 minute, resistance increases 10 levels (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.

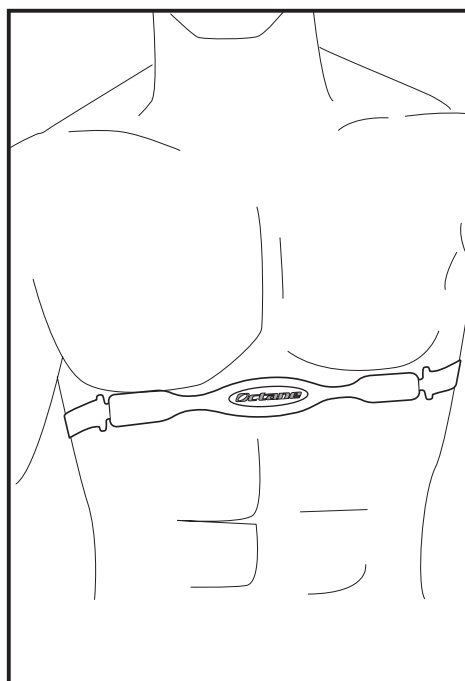
**Tip:** *Want to change the intensity, number of reps, or time between ArmBlaster intervals for your entire program? Just press and hold the ArmBlaster button for three seconds, or until you hear a beep. You can then set the time between ArmBlaster blasts, the number of reps, and the increase in resistance for the blasts. See page 34 for additional details!*

## HeartLogic Intelligence

The Q37e and Q37ce 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 Q37ce, the digital contact heart rate grip sensors. There are three different heart rate controlled programs (Fat Burn, Cardio, Heart Rate Custom Interval) and one heart rate monitored program (30:30) to keep your workouts fun and interesting. The Now-Zone™ button lets you instantly lock into your current heart rate no matter what program you're in—all at the push of a button. To top it all off, the monitor displays your time-in-zone, current heart rate, heart rate %, and target heart rate so you know exactly where you are and where you should be.

### Using a wireless chest strap

The wireless chest strap transmits your heart rate to the electronics console at a distance of up to three feet. You may use any Polar™-compatible (coded or non-coded) transmitter. 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 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 contact handgrips reading takes priority if both the wireless and contact heart rate grips are in use.



### Now-Zone

Now-Zone is a great feature that instantly puts you into a heart rate controlled program using your current heart rate as the target. Press the button a second time to exit the heart rate-controlled program and enter a manual program. Now-Zone can be activated while in any program at any time as long as you are wearing your wireless transmitter or grasping the contact heart rate sensors. (If you are not wearing a transmitter or grasping the sensors, the matrix display reads "NO HR" and your elliptical will switch to the Manual program.)

### Using the digital contact heart rate sensors

The digital contact heart rate sensors are located on the stationary handlebars of the Q37ce. 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.

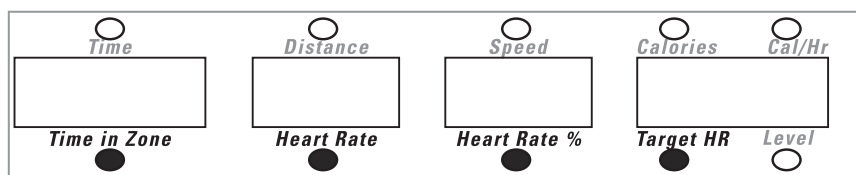
## Critical Heart Rate Feedback

### LED Readout

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

The Q37e and Q37ce contain four LED readout windows that communicate valuable heart rate information during your workout. This includes your Time-in-zone, Current Heart Rate, Heart Rate % and Target Heart Rate.

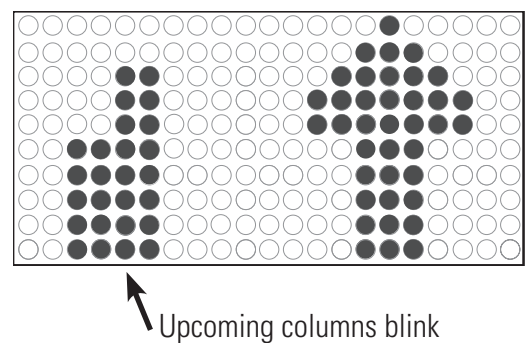
**Tip:** You can stop the toggling between top and bottom displays by pressing the Enter key during your workout. All of the heart rate data is located on the bottom row. To resume display toggling, press Enter a second time.



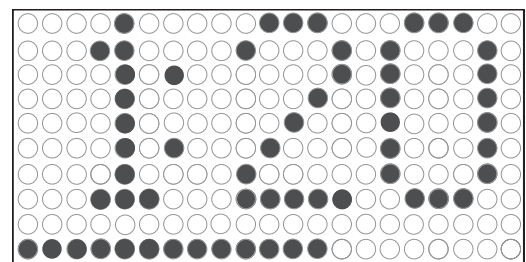
### Matrix Display

During the Heart Rate Custom Interval program 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 display shows an illustration of the interval. The interval illustration blinks the interval you are attempting to reach. Each column represents one minute. An arrow on the right side of the display shows whether your heart rate should be increasing or decreasing. The picture to the right shows the heart rate interval program in the matrix display.



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



## 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, adjust the brightness of the display, and set the length of the 30:30 program rest period to suit your personal preference. You can also enable the unique Movement Management (MOM) control feature, and change the duration of your X-Mode, GluteKicker, 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.

<b>Warm-Up (W-Up Time)</b>	This feature may be turned "On" (to include a 3-minute warm-up in each workout) or "OFF". The original setting is "On".
<b>Clock Direction</b>	Your elliptical cross-trainer can track your workout time by counting up ("UP") or down ("dn"). The original setting is "UP".
<b>Movement Management (MOM)</b>	<p>MOM mode is a unique control feature offered exclusively on Octane Fitness elliptical Q37 cross-trainer. 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 original 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 ACTIVE" 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><b>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.</b></p>
<b>Units</b>	You may choose to have the units displayed in "ENGLISH" (miles) or "METRIC" (kilometers). The original setting is "ENGLISH".



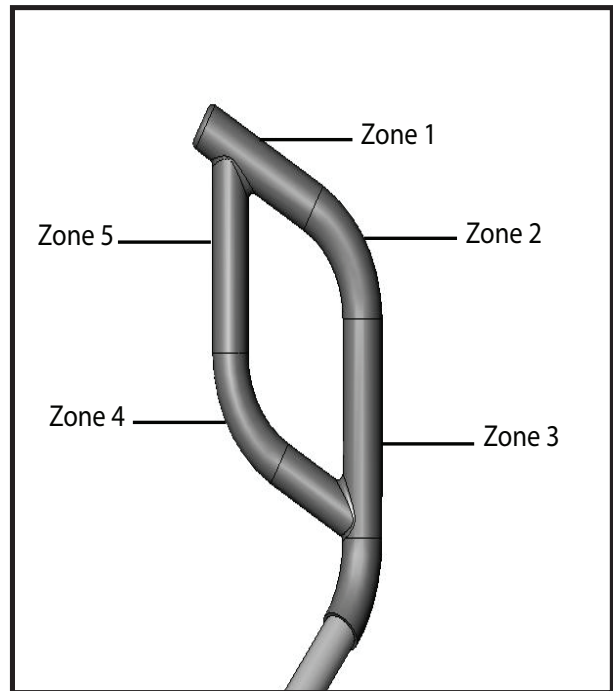
<b>Beep</b>	You may turn the console sounds "On" or "OFF". The original setting is "On".		
<b>30:30 Rest Minutes</b>	You may set the 30:30 program rest time from 1 to 5 minutes (in whole minutes only). The original setting is 3 minutes.		
<b>Brightness (BRIT)</b>	You can adjust the intensity or brightness of the console LEDs, choosing any value between 1 and 8. A higher number represents more light. The original setting is 8.		
<b>Exit</b>	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.		
<b>X-Mode</b>			
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:			
<b>X-Mode On Time</b>	The length of each X-Mode interval. The original setting is 1:00. Use the Time (▲/▼) buttons to increase or decrease this interval (displayed in the X-Mode 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.		
<b>X-Mode Off Time</b>	The length of time between X-Mode intervals. The original setting is 1:00. Use the Time (▲/▼) buttons 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.  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.		
<b>GluteKicker</b>			
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:			
<b>GluteKicker On Time</b>	The length of each GluteKicker interval. The original setting is 1:00. Use the Time (▲/▼) buttons 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 GluteKicker interval length. To exit without changing the value, press Pause Clear.		
<b>GluteKicker Off Time</b>	The length of time between GluteKicker intervals. The original setting is 1:00. Use the Time (▲/▼) buttons 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.  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.		

<b>ArmBlaster</b>			
<p>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:</p>			
<b>ArmBlaster Off Time</b>	<p>The time between ArmBlaster sets. The original setting is 1:00. Use the Time (▲/▼) buttons to increase or decrease this interval (displayed in the TIME window), choosing any value between 1:00 and 10 minutes, in increments of 0:15. Press Enter to save the new time. To exit without changing the value, press Pause Clear.</p>		
<b>ArmBlaster Reps</b>	<p>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 (▲/▼) buttons to increase or decrease this number (displayed in the TIME window), choosing any value between 5 and 20. Press Enter to save the new number of reps. To exit without changing the value, press Pause Clear.</p>		
<b>ArmBlaster Level Change</b>	<p>The number of resistance levels to be added to your cardio level for the ArmBlaster “blasts”. The original setting is 10. Use the Level (▲/▼) buttons to increase or decrease value (displayed in the LEVEL window), choosing any value between 1 and 19. Press Enter to save the new level change value. To exit without changing the value, press Pause Clear.</p> <p>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.</p>		

# 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.

The innovative choices of the converging, MultiGrip handlebars, 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](http://www.acsm.org)
- [www.acefitness.com](http://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 Q37e and Q37ce come with a wireless chest strap that measures and displays your heart rate on the console throughout your workout. The Q37ce 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 30.

### ***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.

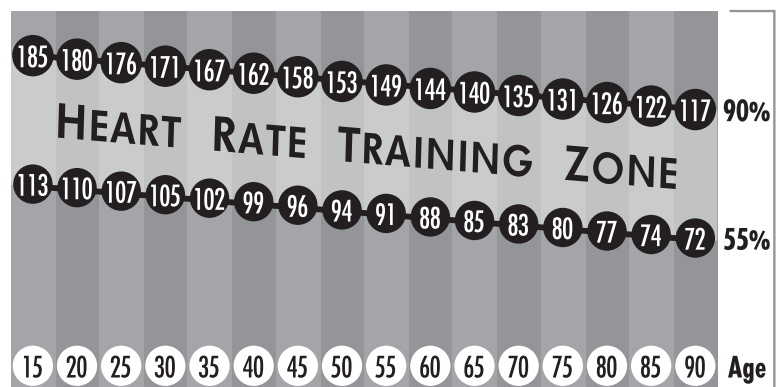
Example for a 40-year-old exerciser:

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

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

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

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 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 8.

## WORKOUTS

Your product has 16 built-in 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 9.

## STRETCHING

Stretching is a critical part of any exercise routine and should not be overlooked. Best performed after your workout when your muscles are warm, proper stretching promotes flexibility and can reduce the risk of injury. Well-stretched muscles, tendons, and ligaments can make exercise and recovery much more enjoyable. Stretching can help reduce stress. You will feel the benefits of a properly stretched body throughout your entire day.

The first thing to know about stretching is to perform slow, controlled movements; no bouncing! You should feel tension, but not pain. Once you start to feel the stretch hold that position for 10-30 seconds. Breathe deeply, and after holding the position, release for five seconds, then return for another 20 seconds. A proper stretching routine will take 10-15 minutes but will benefit you 24 hours a day.

Remember:

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

# CLEANING & MAINTENANCE

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

Your Octane Fitness elliptical has been manufactured to withstand many hours of hard use with minimal required maintenance. The only thing you will have to do is keep the machine clean.

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

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

**WARNING**  
Before starting any exercise program, consult your physician. Machine contains moving parts. To avoid injury keep children and pets clear of the exerciser at all times. Review and follow all warnings and instructions in the owner's manual prior to use.

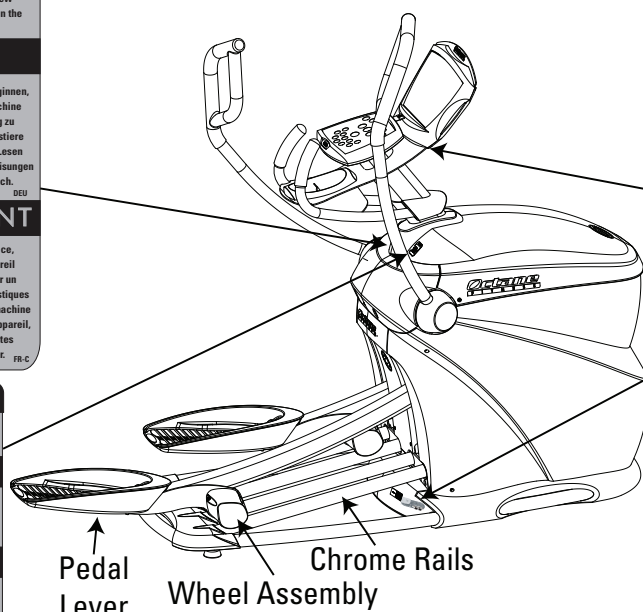
**WARNUNG**  
Bevor Sie mit diesem Übungsprogramm beginnen, sollten Sie Ihren Arzt um Rat fragen. Maschine enthält bewegliche Teile. Um Verletzung zu vermeiden halten Sie Ihre Kinder und Haustiere durchgehend von der Maschine entfernt. Lesen und befolgen Sie alle Warnungen und Anweisungen in der Bedienungsanleitung vor Gebrauch.

**AVERTISSEMENT**  
Avant d'entamer un programme d'exercice, veuillez consulter votre médecin. L'appareil possède des parties mobiles. Pour éviter un accident, les enfants et les animaux domestiques doivent toujours être tenus à l'écart de la machine d'exercice. Avant de vous servir de votre appareil, lisez et suivez tout avertissement et toutes consignes dans le manuel d'utilisateur.

**CAUTION**  
Moving parts. Keep children, pets, hands and feet clear during use.

**VORSICHT**  
Bewegliche Teile. Kinder, Haustiere, Hände und Füße während des Gebrauchs entfernt halten.

**ATTENTION**  
Pièces mobiles. Gardez à l'écart les enfants, les animaux domestiques, les mains et les pieds pendant l'utilisation.



Console Serial Number  
(on lower edge)



Base Serial Number

## PERSONAL RECORD KEEPING

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

ATTENTION – All serial numbers begin with a letter.

Base Serial Number – located below front right chrome rail

\_\_\_\_\_

Console Serial Number – located on the underside of the console

\_\_\_\_\_



# TROUBLESHOOTING/FAQs

## Electronic Issues

Unit doesn't power up	<ul style="list-style-type: none"> <li>• Check the connection of the power cord from the machine to the wall outlet.</li> <li>• 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.</li> <li>• 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.</li> </ul>
Console displays an "Err" code	<ul style="list-style-type: none"> <li>• An error code indicates a potentially faulty or improperly installed component in your elliptical cross trainer. Contact your local dealer for service.</li> </ul>
Don't feel a resistance change	<ul style="list-style-type: none"> <li>• Increase resistance level to 20 and pedal for 30 seconds. If you feel a difference in the resistance, then the brake is working properly.</li> <li>• 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.</li> <li>• If the issue persists, contact your local dealer for service.</li> </ul>
"NO HR" is displayed when doing heart rate controlled programs	<p>Heart rate controlled programs require that you wear a wireless chest strap or grasp the digital contact heart rate sensors (Q37ce). First, verify that the wireless chest strap is working properly:</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• For better contact, use water to moisten the electrodes on the side of the wireless chest strap that sits against your skin.</li> <li>• Make sure the Octane Fitness logo is facing away from your body and is right side up.</li> <li>• Make sure you have placed the chest strap at the bottom of your pectoral muscles. Some adjustment to the strap maybe necessary for the strap to get an accurate reading.</li> <li>• Make sure the strap is snug against your body, but not tight enough to restrict breathing.</li> <li>• Have someone else try the strap standing next to the machine to see if it works on him/her.</li> <li>• 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.</li> <li>• The battery in the transmitter (chest strap) may be faulty or worn out; replace the battery and retest.</li> <li>• If "NO HR" is still displayed on the console, contact your local dealer for service.</li> </ul>

<p>"NO HR" is displayed when doing heart rate controlled programs and grasping the contact heart rate sensors</p>	<ul style="list-style-type: none"> <li>• Grasp each contact heart rate grip sensor so the contact sensor portion of the grip rests in the palm of your hand.</li> <li>• Grip the contact sensors firmly and keep your hands steady and in place.</li> <li>• Have someone else try the grips to see if it works for him/her.</li> <li>• If "NO HR" is still displayed, contact your local dealer for service.</li> </ul>
<p>Heart rate readout seems inaccurate (too high or too low)</p>	<p><u>Chest strap</u></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Put water between your skin and the ribbed electrodes on the back of the chest strap. This can improve the electrical connection.</li> <li>• 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.</li> <li>• The chest strap may be too loose. Adjust the elastic strap so that the strap is snug against your body.</li> <li>• Have someone else try the transmitter to see if the reading seems accurate for him/her.</li> </ul> <p><u>Contact heart rate sensors</u></p> <ul style="list-style-type: none"> <li>• Make sure you are grasping the grips firmly and steadily.</li> <li>• Have someone else try the grips to see if the reading seems accurate for him/her.</li> <li>• If the issue persists, contact your local dealer for service.</li> </ul>
<p>Console blinks on / off</p>	<ul style="list-style-type: none"> <li>• Check the power cord connections. Make sure the connections are secure from the transformer into the machine base and the wall outlet.</li> <li>• Console connections could potentially be faulty. See assembly instructions to check connections.</li> <li>• If the issue persists, contact your local dealer for service.</li> </ul>
<p>Machine enters pause mode after a short period</p>	<ul style="list-style-type: none"> <li>• This is most likely a speed sensor issue; contact your local dealer for service.</li> </ul>
<p>LED lights are always on</p>	<ul style="list-style-type: none"> <li>• Press and hold the Pause Clear button for five seconds to enter sleep mode.</li> </ul>
<p>LED display is always toggling</p>	<ul style="list-style-type: none"> <li>• Press the Enter button to stop the LED screen from toggling.</li> </ul>
<p>Console LEDs are not bright enough</p>	<ul style="list-style-type: none"> <li>• Enter User Set-up, by pressing and holding the Level (▲/▼) keys for three seconds.</li> <li>• Press any (▲/▼) key until "BRIT" displays in the matrix window.</li> <li>• Press Enter until the LEDs are set at the desired brightness.</li> <li>• Press any (▲/▼) key until "EXIT" displays in the matrix window, then press Enter.</li> <li>• If the brightness is set to "8" (the brightest level) and the LEDs are still dim, contact your local dealer for service.</li> </ul>
<p>Unable to activate Movement Management (MOM) Mode</p>	<ul style="list-style-type: none"> <li>• Check to see that MOM mode is enabled. Enter User Set-up by pressing and holding the Level (▲/▼) keys for three seconds.</li> <li>• Press any (▲/▼) key until "MOM" displays in the matrix window.</li> <li>• Press Enter until "On" is displayed.</li> <li>• Press any (▲/▼) key until "EXIT" displays in the matrix window, then press Enter.</li> <li>• Press and hold the Program (▲/▼) keys for three seconds to activate MOM mode.</li> </ul>

Console is in sleep mode and won't "wake up"	<ul style="list-style-type: none"> <li>Machine may be in MOM mode; press and hold the Program (▲/▼) keys for three seconds to deactivate MOM mode.</li> </ul>
Console does not "beep" when buttons are pressed	<ul style="list-style-type: none"> <li>Enter User Set-up by pressing and holding the Level(▲/▼)keys for three seconds.</li> <li>Press any (▲/▼) key until "BEEP" displays in the matrix window.</li> <li>Press Enter until "On" is displayed.</li> <li>Press any (▲/▼) key until "EXIT" displays in the matrix window, then press Enter.</li> <li>If "BEEP" is set to "On" and the issue persists, contact your local dealer for service.</li> </ul>

## Mechanical Issues

Handlebars are loose/wobble side-to-side	<ul style="list-style-type: none"> <li>The screws securing the moving handlebars to the pivot shaft must be very tight. Refer to the assembly instructions to the handlebar covers and tighten these screws.</li> <li>If the issue persists, contact your local dealer for service.</li> </ul>
Handlebars are loose/wobble front-to-back	<ul style="list-style-type: none"> <li>Contact your local dealer for service.</li> </ul>
Machine makes rubbing/scrubbing noise from roller wheels under pedals	<ul style="list-style-type: none"> <li>Clean the chrome rails and wheels with a dry cloth or clean paper towel.</li> <li><b>DO NOT USE</b> WD-40 or silicone spray on the rails.</li> <li>If noise persists, contact your local dealer for service.</li> </ul>
Pedal feels like it is thumping	<ul style="list-style-type: none"> <li>Clean wheels and chrome rails with a dry cloth or clean paper towel.</li> <li>If problem persists, contact your local dealer for service.</li> </ul>
Pedal wobbles and will not track correctly on chrome rails	<ul style="list-style-type: none"> <li>Contact your local dealer for service.</li> </ul>
Machine wobbles and is unstable on the floor	<ul style="list-style-type: none"> <li>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.</li> <li>If your machine is located on a soft surface such as carpet, purchase a heavy duty floor mat from your local dealer to place under your machine.</li> </ul>
Resistance seems unusually high	<ul style="list-style-type: none"> <li>Machine may be in MOM mode; press and hold the Program (▲/▼) keys for three seconds to deactivate MOM mode.</li> <li>If the issue persists, contact your local dealer for service</li> </ul>
Machine makes ticking/clunking noise.	<ul style="list-style-type: none"> <li>Contact your local dealer for service.</li> </ul>

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

# LIMITED CONSUMER WARRANTY

## Q37e/Q37ce

**NOTE: WARRANTY OUTSIDE OF THE UNITED STATES AND CANADA MAY VARY. THE SERVICE SECTION OF OUR WEBSITE AT [WWW.OCTANEFITNESS.COM](http://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](http://www.octanefitness.com).

**What is covered:** The Octane Fitness Q37e/Q37ce 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](http://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.**

***Machine Noise Information Regulation - 3. GPSGV, the highest noise level is 70 dB(A) or less.***

# Warranty Transfer Card

As the original owner, Octane Fitness allows you to transfer the balance of the warranty of your product to an individual of your choosing who purchases or is given the product.

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

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

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

Please detach form below and send to:

Octane Fitness  
9200 Wyoming Avenue North  
Suite 380  
Brooklyn Park, MN 55437  
Fax: 763-323-2064

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## Original Owner

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Dealer: \_\_\_\_\_

Base Serial Number \_ \_ \_ \_ \_

Console Serial Number \_ \_ \_ \_ \_

Date Purchased: \_\_\_\_\_

Original Owner Signature: \_\_\_\_\_ Date: \_\_\_\_\_

New Owner Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## New Owner

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Model: \_\_\_\_\_



*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](http://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 <sup>TM</sup>**



9200 Wyoming Avenue North.  
Suite 380  
Brooklyn Park, MN 55437  
888.OCTANE4

[www.octanefitness.com](http://www.octanefitness.com)

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