OCTANE FITNESS

PRODUCT PROGRAMS AND FEATURES

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Boosters:	XT ONE	XT4700	XT3700	LX8000	ZR8000	ZR7000	XR6000	XR6000s	MTX	MT8000	Xtreme R6
X-Mode	•	•	•	•			•	•	•	•	
ArmBlaster / Chest Press	•	•	•				•	•			
GluteKicker			•								
GlutePower	•										
Leg Press							•	•			
QuadPower				•							
SmartStride		•									
ThighToner				•							

Features:	XT ONE	XT4700	XT3700	LX8000	ZR8000	ZR7000	XR6000	XR6000s	MTX	MT8000	Xtreme R6
Heart Rate Monitoring/Heart-Logic Intelligence	•	•	•	•	•	•	•	•	•	•	•
MultiGrip™ Handlebars and Fingertip Controls	•	•	•	•			•	•		•	
Electronically Adjustable Stride	•	•									
Multi-Position Adjustable Seat							•	•			
Swivel Seat								•			
Resistance (Level) Adjustment Lever					•	•			•		•
Optional: CROSS CiRCUIT	•	•	•	•	•	•			•	•	
Optional: Side Steps	•	•	•								
Optional: Power Supply		•	•	•	•		•	•	•		

QUICK START

30-minute workout at machine standard settings

Level

| Quick Start |

Description

The best way to get moving is to press Quick Start and go! The program defaults to standard settings which you can change with the press of a button (+ / -) at any time.

Note: On the MTX and the Octane Rō, only the resistance (Level) may be changed, using the resistance lever.

Standard Settings

Setting	Standard Value
Level (excluding Zero Runner, MTX, Octane Rō)	1
Age (excluding MTX, Octane Rō)	40
Weight (excluding Octane Rō)	150 lbs. (68 kg)

Product Availability

ZR8000   ZR7000   XR6000   XR6000s

XT3700   MTX   MT8000   *Octane Rō*

WALK

Stride 22" (56 cm) , Incline 1 (XT-One), Level 1

Quick Start Walk

Description

Get on and go for a walk; your stride length is a moderate 22" (61cm), and the incline is 1. Consistent resistance gives you a steady, even simulated walk. Press this button any time during a workout to quickly change to these settings without resetting your workout time, calories, distance or other data. Use all the Quick Start buttons to easily create a challenging interval workout, right at your fingertips!

Standard Settings

Setting	Standard Value
Time	30:00
Stride	22" (61 cm)
Incline (XT-One)	1
Level	5 (1 for XT4700)
Age	40
Weight	150 lbs. (68 kg)

All values (except age and weight) may be changed once you have started your workout; press the + / - buttons for the value you want to change.

Product Availability

XTONE   XT4700

RUN

Stride 28" (71 cm) , Incline 1 (XT-One), Level 1

Quick Start Run

Description

Stretch out your legs in a simulated run with a longer stride length of 28" (71cm) and incline 1. Consistent resistance gives you a steady feel. Press this button any time during a workout to quickly change to these settings without resetting your workout time, calories, distance or other data. Use all the Quick Start buttons to easily create a challenging interval workout, right at your fingertips!

Standard Settings

Setting	Standard Value
Time	30:00
Stride	28" (71 cm)
Incline (XT-One)	1
Level	5 (1 for XT4700)
Age	40
Weight	150 lbs. (68 kg)

All values (except age and weight) may be changed once you have started your workout; press the + / - buttons for the value you want to change.

Product Availability

XTONE   XT4700

HIKE

Stride 24" (61 cm) , Incline 5

Quick Start Hike

Description

Increase your challenge by adding some incline. With a moderate stride length of 24" (61cm) and an incline of 5, you'll feel like you are hiking a moderately steep path. Consistent resistance gives you that slow and steady uphill effort. Press this button any time during a workout to quickly change to these settings without resetting your workout time, calories, distance or other data. Use all the Quick Start buttons to easily create a challenging interval workout, right at your fingertips!

Standard Settings

Setting	Standard Value
Time	30:00
Stride	24" (61 cm)
Incline	5
Level	5
Age	40
Weight	150 lbs. (68 kg)

All values (except age and weight) may be changed once you have started your workout; press the + / - buttons for the value you want to change.

Product Availability

XTONE

CLIMB

Stride 28" (71 cm) , Incline 10

Quick Start Climb

Description

Take on the mountain! Lengthen your stride (28" / 71cm) and bump up the incline to 10 and feel the burn in your quads in this simulated climb. Consistent resistance keeps the challenge going. Press this button any time during a workout to quickly change to these settings without resetting your workout time, calories, distance or other data. Use all the Quick Start buttons to easily create a challenging interval workout, right at your fingertips!

Standard Settings

Setting	Standard Value
Time	30:00
Stride	28" (71 cm)
Incline	10
Level	5
Age	40
Weight	150 lbs. (68 kg)

All values (except age and weight) may be changed once you have started your workout; press the + / - buttons for the value you want to change.

Product Availability

XTONE

JOG

Stride 24" (61 cm) , Level 1

Level —

Quick Start Jog

Description

Pick up the pace and jog it out at Level 1 with a stride length of 24" (61cm). Consistent resistance gives you a steady feel. Press this button any time during a workout to quickly change to these settings without resetting your workout time, calories, distance or other data. Use all three Quick Start buttons on the XT4700 to alternate walking, jogging and running.

Standard Settings

Setting	Standard Value
Time	30:00
Stride	24" (61 cm)
Level	1
Age	40
Weight	150 lbs. (68 kg)

All values (except age and weight) may be changed once you have started your workout; press the + / - buttons for the value you want to change.

Product Availability

XT4700

NARROW

Lateral Width 1, Level 1

Quick Start Narrow

Description

Work out on the LateralX with a motion similar to a traditional elliptical. With a Lateral Width of 1, this workout will feel familiar! Press this button any time during a workout to quickly change to these settings without resetting your workout time, calories, distance or other data. Use all three Quick Start buttons on the LX8000 to alternate your motion between narrow, medium and wide to really give all those leg muscles a workout!

Standard Settings

Setting	Standard Value
Time	30:00
Lateral Width	1
Level	1
Age	40
Weight	150 lbs. (68 kg)

All values (except age and weight) may be changed once you have started your workout; press the + / - buttons for the value you want to change.

Product Availability

LX8000

MEDIUM

Lateral Width 5 , Level 1

Quick Start Medium

Description

Engage more leg muscles with a Lateral Width of 5. Press this button any time during a workout to quickly change to these settings without resetting your workout time, calories, distance or other data. Use all three Quick Start buttons on the LX8000 to alternate your motion between narrow, medium and wide to really give all those leg muscles a workout!

Standard Settings

Setting	Standard Value
Time	30:00
Lateral Width	5
Level	1
Age	40
Weight	150 lbs. (68 kg)

All values (except age and weight) may be changed once you have started your workout; press the + / - buttons for the value you want to change.

Product Availability

LX8000

WIDE

Lateral Width 10 , Level 1

Quick Start Wide

Description

Feel like your are skiing or skating with this challenging routine. With a Lateral Width of 10, this workout will really challenge your inner thigh muscles! Press this button any time during a workout to quickly change to these settings without resetting your workout time, calories, distance or other data. Use all three Quick Start buttons on the LX8000 to alternate your motion between narrow, medium and wide really give all those leg muscles a workout!

Standard Settings

Setting	Standard Value
Time	30:00
Lateral Width	10
Level	1
Age	40
Weight	150 lbs. (68 kg)

All values (except age and weight) may be changed once you have started your workout; press the + / - buttons for the value you want to change.

Product Availability

LX8000

MANUAL

Level ─

| | Manual | |

Description
Get on and go; consistent resistance simulates walking or jogging on a flat surface. The oval racetrack equals 1/4 mile (or 400 meters); the counter shows laps completed. (Oval track not displayed on the MTX.)

Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride (XT-One, XT4700)	20" to 28" (51 to 71 cm)	24" (61 cm)
Lateral Width (LX8000)	1 to 10	5
Incline (XT-One)	1 to 10	1
Level (not available on Zero Runner)	1 to 30	1; 5 (XT-One, MT8000)
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Standard Settings–MTX

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability

XTONE   ZR8000   ZR7000   XT4700

XR6000   XR6000s   LX8000   XT3700

MTX   MT8000

RANDOM

1 min

Random

3 Minute warm-up

Cool-down

Description

Enjoy computer-randomized resistance variation with a virtually infinite number of combinations. Get a new course each time you select the program or change the level. Each interval lasts one minute.

Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride (XT-One, XT4700)	20" to 28" (51 to 71 cm)	24" (61 cm)
Lateral Width (LX8000)	1 to 10	5
Incline	1 to 10	1
Level	1 to 30	1; 5 (XT-One); 8 (MT8000)
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability

XTONE   XR6000   XR6000s   LX8000

XT4700   XT3700   MT8000

DISTANCE GOAL

Simulates going uphill

Simulates going downhill

GOAL!

Cool-down

Distance Goal

Description

Complete a virtual race—a great way to train for an actual event. Take to the hills as gradual resistance changes simulate variance in terrain, replicating the challenges encountered when walking, running or riding outside. The distance readout counts down from 6.2 miles (10 kilometers). Use Level + / - to adjust interval resistance mid-workout.

On the Zero Runner and the Octane Rō, use the resistance lever to manually change resistance if desired.

Standard Settings

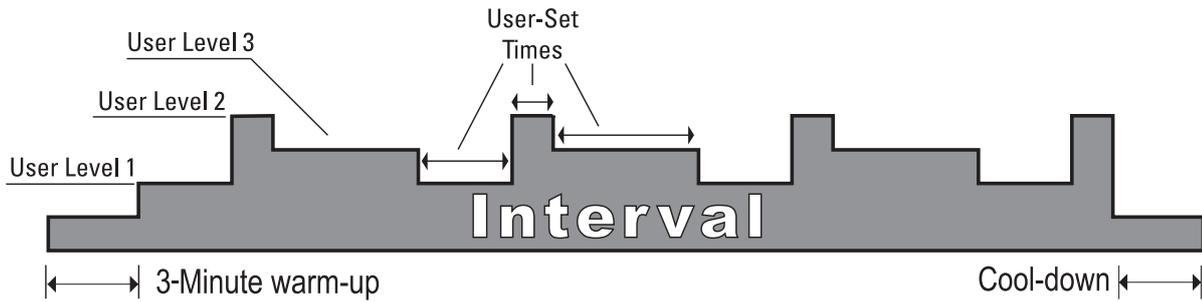| Setting	Range	Standard Value
Distance Goal	1K (.62 mi.) to 21K (13.1 mi.)	5K (6.2 mi.)
Stride (XT-One, XT4700)	20″ to 28″ (51 to 71 cm)	24″ (61 cm)
Lateral Width (LX8000)	1 to 10	5
Incline (XT-One)	1 to 10	1
Level (not available on Zero Runner or Octane Rō)	1 to 30	1; 5 (XT-One)
Age (not available on Octane Rō)	15 to 99	40
Weight (not available on Octane Rō)	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability

XTONE   ZR8000   ZR7000   XT4700

XR6000   XR6000s   LX8000   XT3700

Octane Rō

CALORIE GOAL

Level

GOAL!

Calorie Goal

|← →| 3-Minute warm-up   Cool-down ←→

Description

Get moving until you have burned your target number of calories. Use Level + / - to adjust interval resistance mid-workout. Watch the calories fall away!

On the Zero Runner and the Octane Rō, use the resistance lever to manually change resistance if desired.

Standard Settings

Setting	Range	Standard Value
Calorie Goal	150 to 1000	350
Stride (XT-One, XT4700)	20″ to 28″ (51 to 71 cm)	24″ (61 cm)
Lateral Width (LX8000)	1 to 10	5
Incline (XT-One)	1 to 10	1
Level (not available on Zero Runner or Octane Rō)	1 to 30	1; 5 (XT-One)
Age (not available on Octane Rō)	15 to 99	40
Weight (not available on Octane Rō)	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability

XTONE   ZR8000   ZR7000   XT4700

XR6000   XR6000s   LX8000   XT3700

Octane Rō

INTERVAL

User-Set Times

User Level 3

User Level 2

User Level 1

Interval

3-Minute warm-up   Cool-down

Description

Design a custom workout of up to four alternating intervals of user-defined duration and resistance. Use Level + / - to adjust interval resistance mid-workout. (On the MTX and Octane Rō, adjust the resistance using the resistance (Level) lever.)

Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride (XT-One, XT4700)	20" to 28" (51 to 71 cm)	24" (61 cm)
Lateral Width (LX8000)	1 to 10	5
Incline (XT-One)	1 to 10	1
Intervals	1 to 4	2
Interval 1 — Time	00:15 to 99:00	00:30
	(00:05 to 10:00 MT8000)	5; 1 (LX8000, xR6000/xR6000s)
Interval 1 — Level	1 to 30	00:30
Interval n — Time	00:15 to 99:00	5; 4 (LX8000); 1 (xR6000/xR6000s)
	(00:05 to 10:00 MT8000)	40
Interval n — Level	1 to 30	150 lbs. (68 kg)
Age	15 to 99	
Weight	70 to 400 lbs. (32 to 181 kg)	

Standard Settings–MTX, Octane Rō

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Sprint Time	00:05 to 09:55	00:30
Recovery Time	00:05 to 09:55	00:30
Interval Rounds	01 to 99	08
Weight (MTX)	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability

XTONE   XR6000   XR6000s   XT4700

MTX   MT8000   LX8000   XT3700

Octane Rō

14

FAT BURN

65% ──

Fat Burn

|←──→| Variable warm-up   Cool-down |←──→|

Description

Maximize the percentage of calories burned from fat versus carbohydrates with this controlled workout at 65% of theoretical maximum heart rate (or user-specified target heart rate). Use Level + / - to adjust interval target heart rates mid-workout.
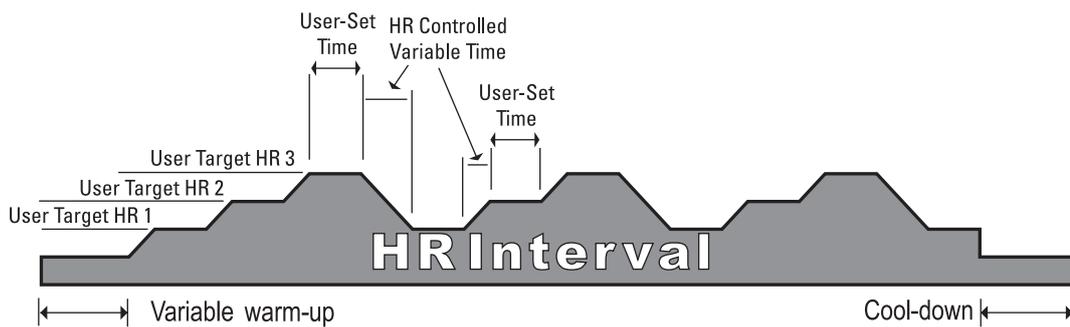
Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride (XT-One, XT4700)	20" to 28" (51 to 71 cm)	24" (61 cm)
Lateral Width (LX8000)	1 to 10	5
Incline (XT-One)	1 to 10	1
Target HR	80 to 205	.65 * (220-Age)
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability

XTONE   XT4700   XT3700   LX8000

XR6000   XR6000s

HEART RATE INTERVAL

Description

Build a custom heart-rate controlled workout of up to four alternating intervals of user-defined duration and target heart rates. Use Level+ / - to adjust interval target heart rates mid-workout.

WARNING! Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed on the console is an approximation and should be used for reference only.

Standard Console Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride (XT-One, XT4700)	20" to 28" (51 to 71 cm)	24" (61 cm)
Lateral Width (LX8000)	1 to 10	5
Incline	1 to 10	1
Age	15 to 99	40
Intervals	1 to 4	2
Interval 1 — Time	00:15 to 99:00	00:30
Interval 1 — Target HR	80 to 205	.75 * (220-Age)
Interval n — Time	00:15 to 99:00	00:30
Interval n — Target HR	80 to 205	.75* (220-Age)
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Smart Console Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride (XT-One, XT4700)	20" to 28" (51 to 71 cm)	24" (61 cm)
Lateral Width (LX8000)	1 to 10	5
Incline	1 to 10	1
Age	15 to 99	40
Intervals	2 to 4	2
Interval 1 — Time	00:30 to 10:00	02:00
Interval 1 — Target HR	80 t0 205	.60 *(220 - Age)
Interval 2 — Time	00:30 to 10:00	02:00
Interval 2 — Target HR	80 to 205	.65 * (220-Age)
Interval 3 — Time	00:30 to 10:00	02:00
Interval 3 — Target HR	80 to 205	.70 * (220-Age)
Interval 4 — Time	00:30 to 10:00	02:00
Interval 4 — Target HR	80 to 205	.75 * (220-Age)
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability
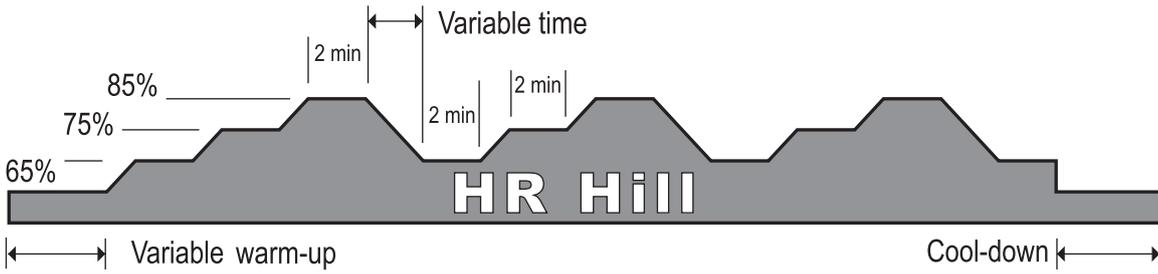
XTONE   XT4700   XT3700   LX8000

XR6000   XR6000s

HEART RATE HILL

Description

Get a great interval workout with this controlled simulated climb of increasingly steeper hills at 65%, 75%, and 85% of theoretical maximum heart rate (or user-specified target heart rate). Each hill lasts two minutes once the target heart rate has been reached. After the biggest hill, recover until your heart rate drops back to 65%, then begin the climb again. Use Level+ / - to adjust interval target heart rates mid-workout.

WARNING! Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed on the console is an approximation and should be used for reference only.
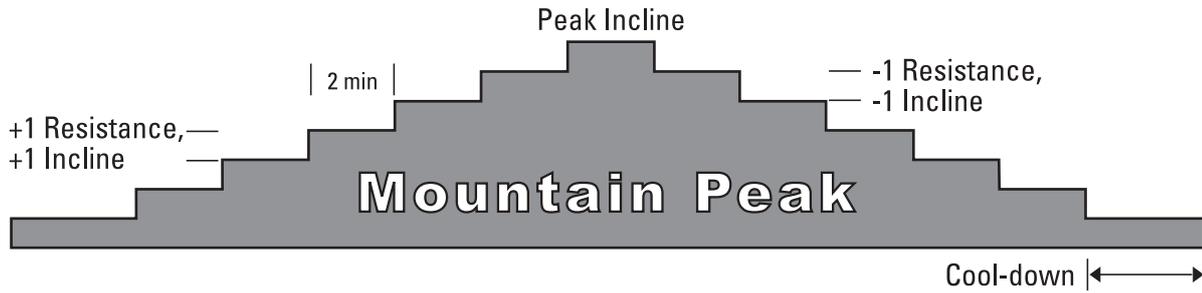
Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride (XT4700)	20" to 28" (51 to 71 cm)	24" (61 cm)
High Target Heart Rate	80 to 205	.85 * (220-Age)
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability

XR6000   XR6000s

HEART RATE SPEED INTERVAL
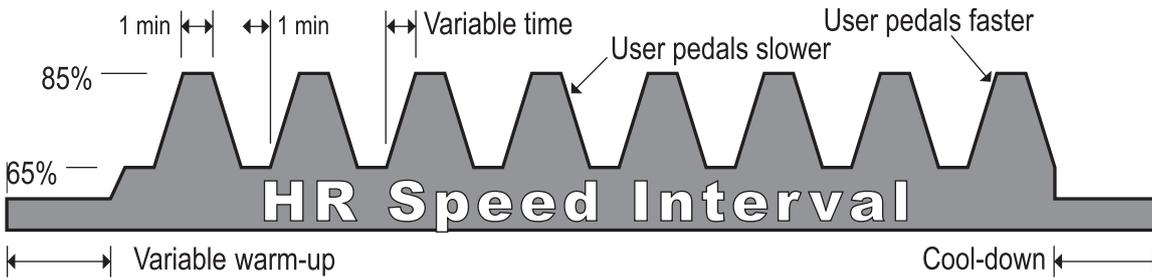
Description

Focus on power and speed in this controlled workout that alternates one-minute intervals of 65% and 85% of theoretical maximum heart rate (or user-specified target heart rate). This challenging workout combines steeper (higher resistance) intervals with changing speeds. Intervals last one minute after the target heart rate has been reached. Use Level+ / - to adjust interval target heart rates mid-workout.

WARNING! Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed on the console is an approximation and should be used for reference only.

Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride (XT4700)	20" to 28" (51 to 71 cm)	24" (61 cm)
High Target Heart Rate	80 to 205	.85 * (220-Age)
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability

XR6000   XR6000s

MOUNTAIN PEAK

Peak Incline

| 2 min |

+1 Resistance,—
+1 Incline

—— -1 Resistance,
—— -1 Incline

Mountain Peak

Cool-down |←——→|

Description

Reach a new high point with this challenging climb. Decide how high you want to go, then get to work as the resistance and incline increase every two minutes until you reach the peak, and then decrease as you climb back down.
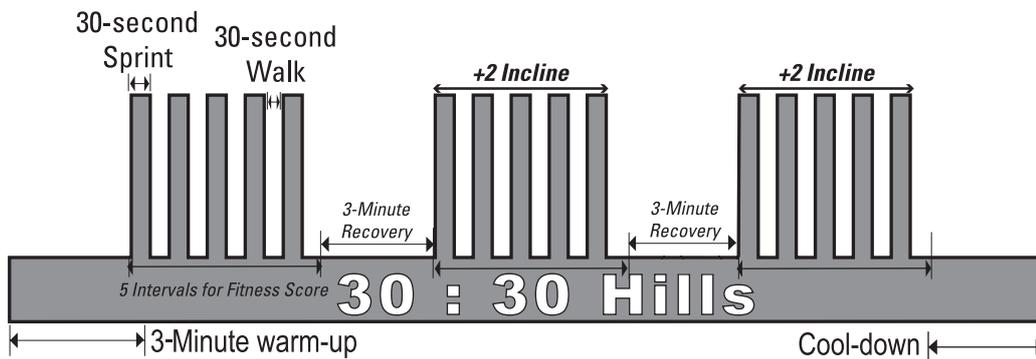
Standard Settings

Setting	Range	Standard Value
Peak Incline	5 to 10	10
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Peak Level	10 to 30	10
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability

XTONE

PRODUCT-
SPECIFIC

30:30 HILLS

Description

Test your mettle through sets of five 30-second sprint and recovery intervals. Sprint intervals are at a higher resistance than recovery intervals, and incline increases with each set. Between sets, heart rate data is evaluated to give you a measure of how quickly your heart rate recovers between sprints. A higher number indicates a more rapid heart rate recovery and represents a relatively better level of fitness. Choose from one of three intensity levels to make this a real challenge and watch your fitness improve over time!

WARNING! Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed on the console is an approximation and should be used for reference only.

Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Intensity	Low, Medium, High	High
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability

XTONE

PROGRESSIVE HILL
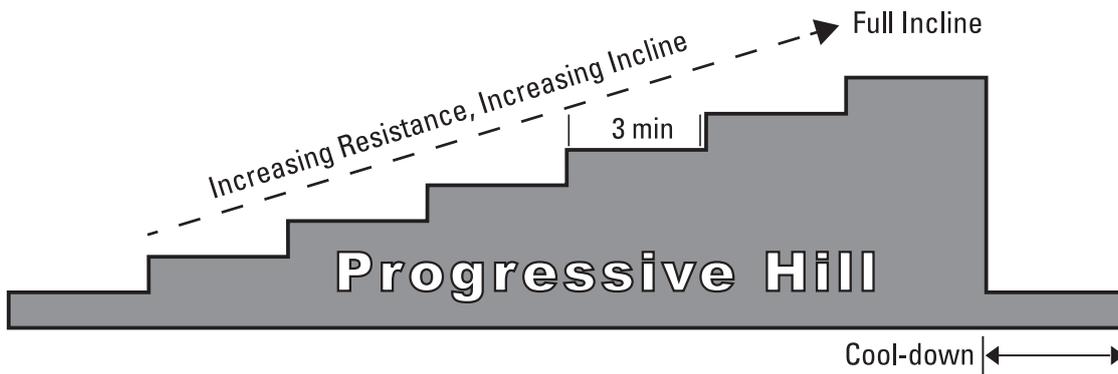
Description

Make it to the top of the hill in 30 minutes or less! Enjoy a steady climb as both resistance and incline increase until you reach full incline.
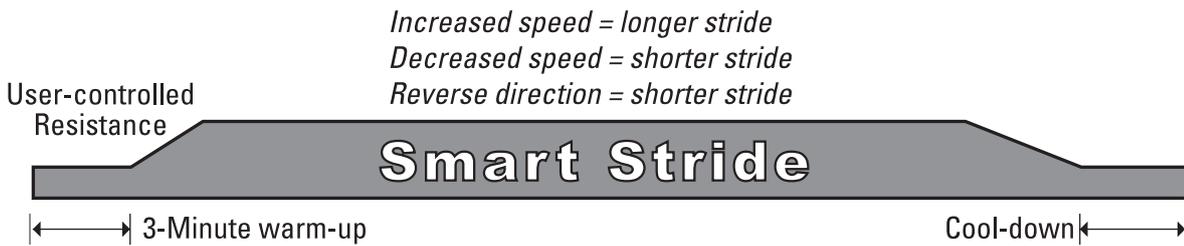
Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride	20″ to 28″ (51 to 71 cm)	24″ (61 cm)
Starting Level	1 to 30	5
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability

XTONE

SMART Stride

Increased speed = longer stride
Decreased speed = shorter stride
Reverse direction = shorter stride

User-controlled
Resistance

Smart Stride

3-Minute warm-up

Cool-down

Description

Mimic your natural movement with this innovative, Octane-exclusive program. When you select Smart Stride, the program analyzes your speed as you move in a forward stride at a pace that is comfortable for you. Then, as you continue your workout, the program intuitively makes make the appropriate adjustments as your pace or direction changes.

Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Incline	1 to 10	1
Level	1 to 30	5
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability

XTONE

ZERO RUNNER INTERVAL

Pace 3
Pace 2
Pace 1
User-Set Times or Distances

Zero Runner Interval
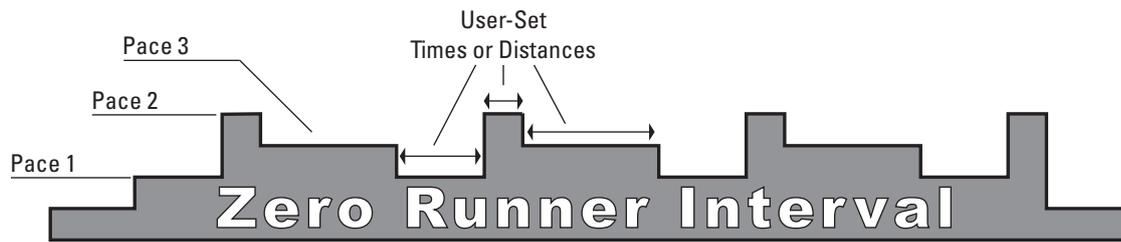
Description

Let the Zero Runner guide you through your interval training with this workout which alternates run and recovery. You decide whether your intervals should be measured by distance or time and what the time distance of the run and recovery intervals should be. Then follow the displayed prompts to complete your personal interval workout.

Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Interval Type	Time or Distance	Time
Run — Time or Distance	00:15 to 99:00 or .1 to ??	00:30 or .1 mi/km
Recover — Time or Distance	00:15 to 99:00 or .1 to ??	00:30 or .1 mi/km
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Time is adjustable in 15 second (0:15) increments. Distance is adjustable in .1 (mi or km) increments.

Product Availability

ZR8000   ZR7000
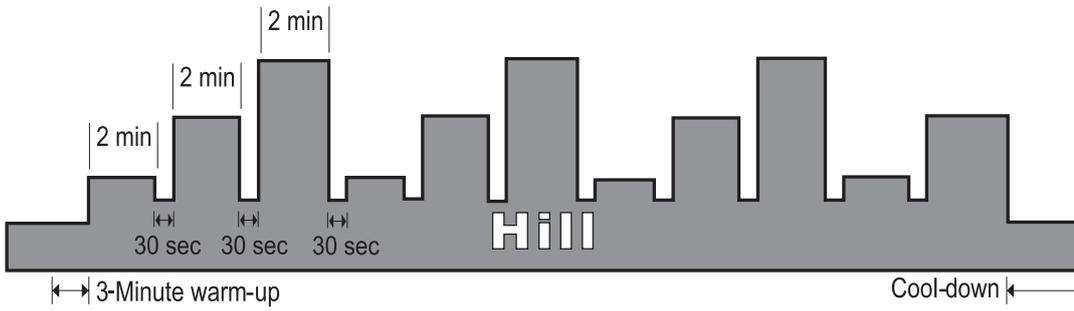
HILL

Description

Build strength with this simulated climb up 3 increasingly steeper hills. You set the level of the middle hill; the smallest hill is 5 resistance levels less than the middle hill, and the biggest hill is 4 levels higher. Each hill lasts two minutes with a 30-second recovery in between. After the biggest hill, recover for 30 seconds, then begin your climb again. Use Level+ / - to adjust resistance mid-workout.

Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride (XT4700)	20" to 28" (51 to 71 cm)	24" (61 cm)
Level (Middle Hill)	1 to 30	6
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability

XR6000   XR6000s

DISTANCE PROGRAMS: 5K, 10K

The Finish Line!

Distance: 5K, 10K

Cool-down

Description

The Zero Runner smart console offers two preset distance programs: 5K and 10K. Select the distance you want, enter your age and weight, and get going! If you choose, use the resistance lever throughout your workout to simulate going up and down hills.

Standard Settings

Setting	Range	Standard Value
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability (Smart Console only)

ZR8000   ZR7000

CALORIE BURN PROGRAMS: 250 CALORIES, 500 CALORIES

GOAL!

| Calorie Burn: 250 Calories, 500 Calories |

|← →| 3-Minute warm-up   Cool-down |← →|

Description

The Zero Runner smart console offers two preset progroms with specific calorie burn goals: 250 calroies or 500 calories. Select the program for the calorie goal you want, enter your age and weight, and get going! If you choose, use the resistance lever throughout your workout to vary the intensity; the higher the resistance, the faster you will reach your goal!

Standard Settings

Setting	Range	Standard Value
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability (Smart Console only)

ZR8000   ZR7000

POWERWALK

2 min 2 min

Shorter stride length
Higher resistance

Longer stride length
Lower resistance

PowerWalk

3 Minute warm-up   Cool-down
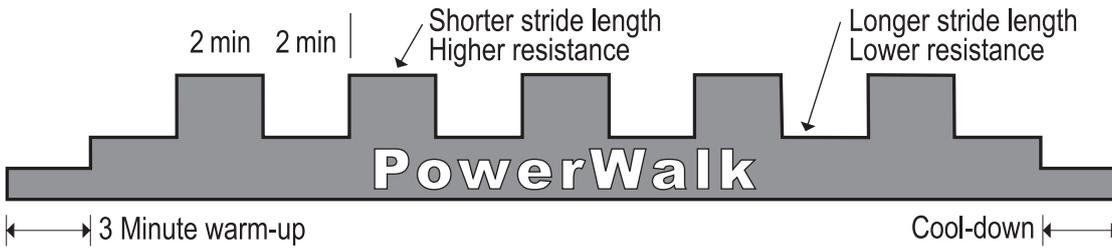
Description
This interesting program combines high resistance/short stride and lower resistance/long stride intervals in order to closely simulate the feel of hiking uphill and downhill. Each interval is two minutes long. The low resistance/ long stride interval is great for lower-body full range of motion. The high resistance short stride session decreases leg activity while putting intense strength-building requirements on the upper body.

Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Long Stride Length	20″ to 28″ (51 to 71 cm)	24″ (61 cm)
Short Stride Length	20″ to 28″ (51 to 71 cm)	20″ (51 cm)
High Level	1 to 30	5
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability

XT4700

STRIDE INTERVAL / LATERAL INTERVAL

Longer Stride Length /
Wider Lateral Width

Shorter Stride Length /
Narrower Lateral Width

2 Min   2 Min

Stride Interval / Lateral Interval

3-Minute warm-up   Cool-down
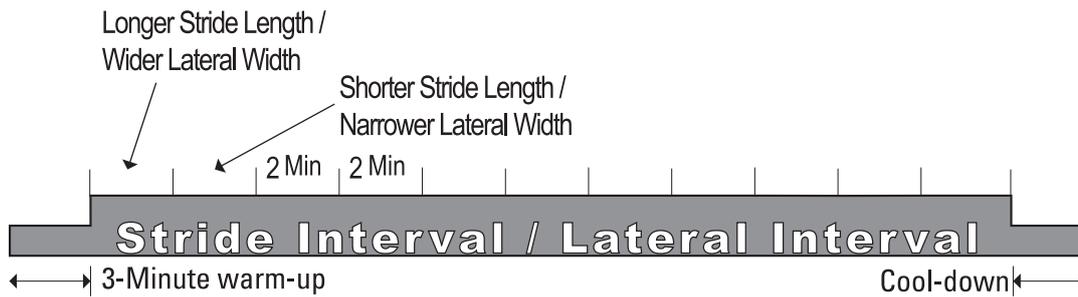
Description

Add variety and challenge while strengthening and toning your legs with these 2-minute intervals of alternation stride length or width. The resistance stays the same as you vary your motion.

Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Long Stride Length (XT4700)	20" to 28" (51 to 71 cm)	24" (61 cm)
Short Stride Length (XT4700)	20" to 28" (51 to 71 cm)	20" (51 cm)
Wide Width (LX8000)	1 to 10	8
Narrow Width (LX8000)	1 to 10	3
Level	1 to 30	1
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability

XT4700   LX8000

DUAL DIRECTION

Forward motion
Longer stride / Wider width
Higher resistance

Reverse direction
Shorter stride / narrower width
Lower resistance

2 Min   1 Min

Dual Direction

3-Minute warm-up   Cool-down
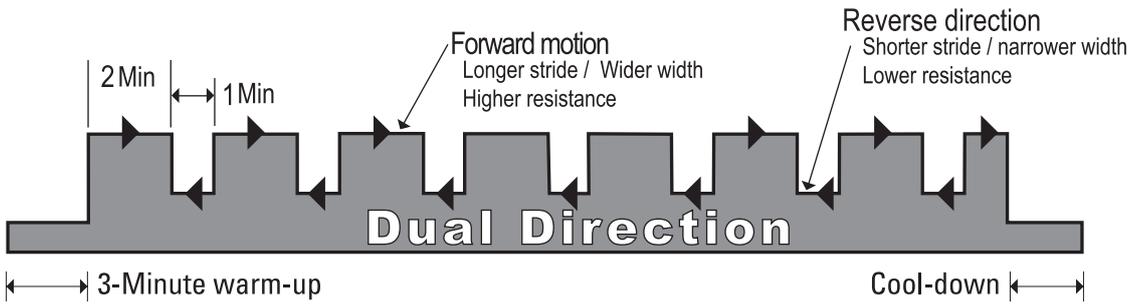
Description

Add variety and interest as you alternate two-minute intervals of forward and reverse motion. The forward motion incorporates higher resistance and a longer stride or greater lateral width; in reverse you work with 4 levels lower resistance and a shorter or narrower motion. At the forward level standard value of 5 (or any level value less than 5), your reverse level is 1. Feel the difference in your glutes and quads!

Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Forward Stride Length (XT4700)	20" to 28" (51 to 71 cm)	24"/71 cm
Reverse Stride Length (XT4700)	20" to 28" (51 to 71 cm)	20"/51 cm
Forward Lateral Width (LX8000)	1 to 10	8
Reverse Lateral Width (LX8000)	1 to 10	1
Forward Level	1 to 30	5
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability

XT4700   LX8000

MAX 14 INTERVAL

25-second Sprint Intervals

80-second Recovery Intervals

MAX 14 Interval

Cool-down
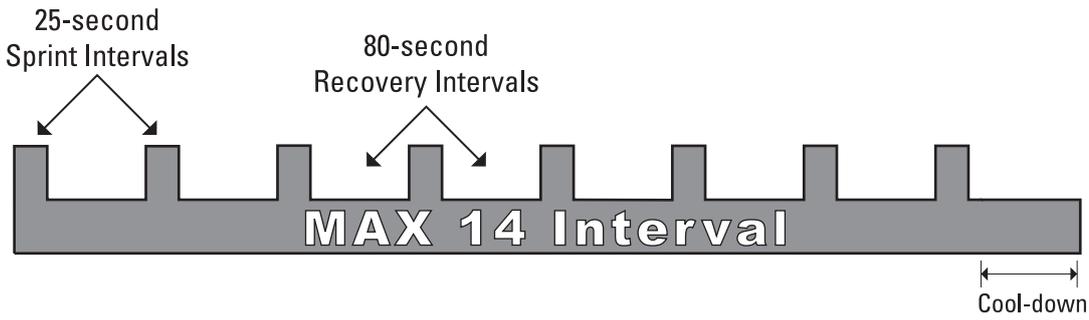
Description

Test your stamina with this 14-minute high-intensity interval training (HIIT) program of alternating 25-second sprint and 80-second recovery intervals. Just follow the prompts for when it's time to give it your all or take a breather. Do you have what it takes to keep it going for the full 14 minutes...or more?
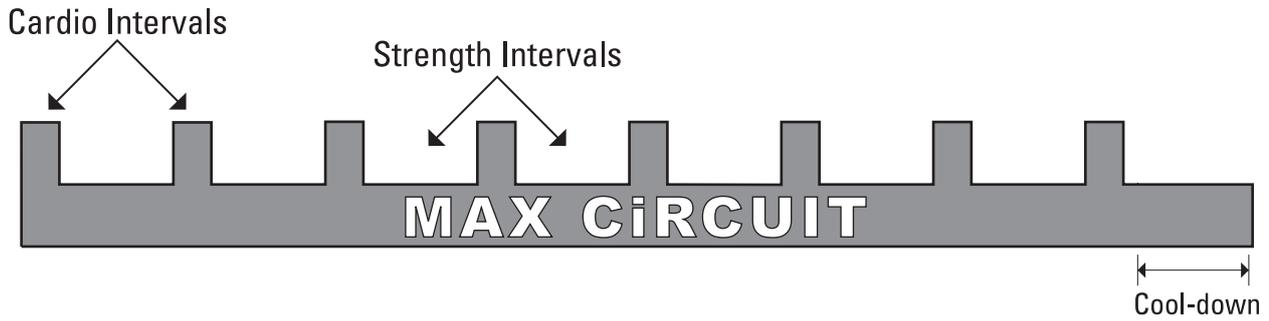
Standard Settings

Setting	Range	Standard Value
Time	7:00 to 28:00	14:00
Level (MT8000 only)	1 to 30	5
Age (MT8000 only)	15 to 99	40
Weight (Max Trainer only)	70 to 400 lbs. (30 to 181 kg)	150 lbs. (68 kg)

Product Availability

MTX   MT8000   Octane RO

MAX CiRCUIT

Cardio Intervals

Strength Intervals

MAX CiRCUIT

Cool-down

Description

Quickly begin an instructor-led program with other users and without defined interval times or a set duration. Simply press MAX CiRCUIT and get started. You (and your instructor) fully control the intervals as you work together on and off the machine. Totals for time, calories, etc. are not accumulated.

Standard Settings

Setting	Range	Standard Value
Weight (MTX, not adjustable)	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability

MTX   Octane RŌ
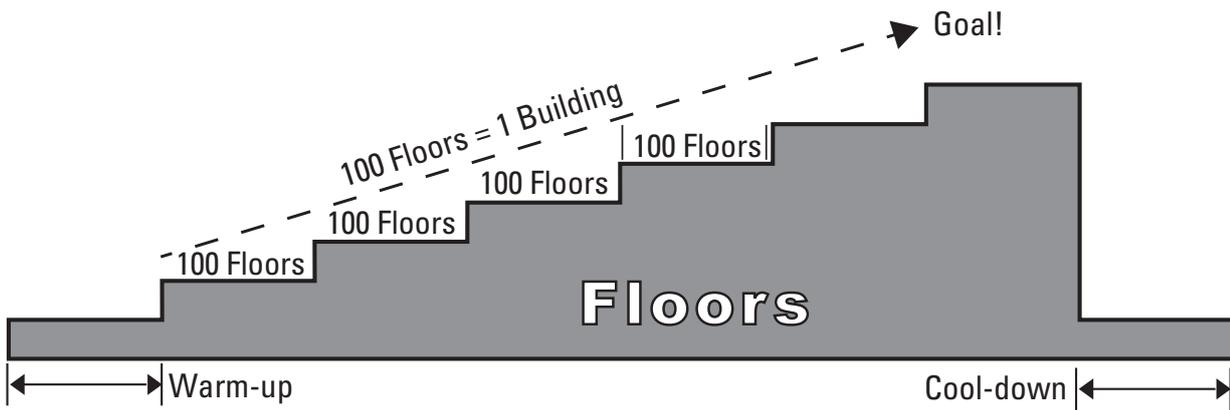
FLOORS

Description

Reach new heights as you climb a virtual building (or more) with this challenging and motivating program. 100 floors represents one entire building. Select the number of floors and the resistence level, then watch your progress to the top. Enjoy the view!

Smart Console Settings

Setting	Range	Standard Value
Floors	100 to 1000, (100-floor increments)	100
Level	1 to 30	8
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability (Smart Console)

MT8000

MMA

Fight Intervals   Recovery Intervals

Mixed Martial Arts (MMA)

3-Minute warm-up   Cool-down
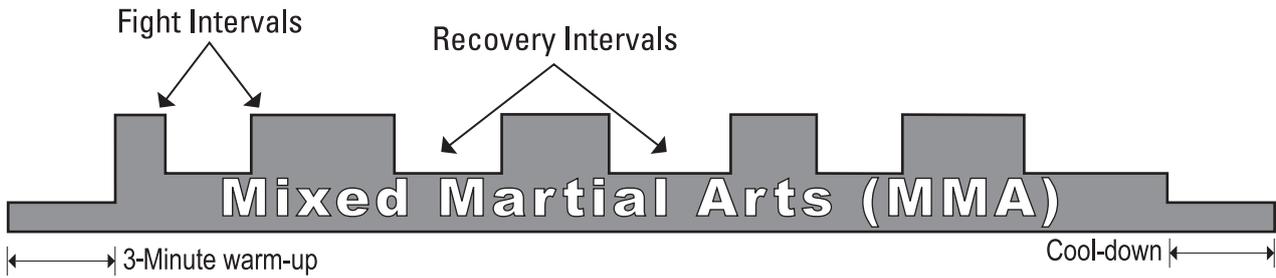
Description

Take on your toughest opponent yet—the Octane cross trainer! Battle it out in 5-minute rounds that include five alternating 'fight' and 'recover' intervals of various lengths. The harder you punch with your arms, the harder the Octane product 'fights back' with increased resistance. This great workout gets your heart —and your fists — pumping!

Standard Console Settings

Setting	Range	Standard Value
Rounds	1 to 5	3
Intensity	Low, Medium, High	High
Stride (XT-One, XT4700)	20" to 28" (51 to 71 cm)	24" (61 cm)
Lateral Width (LX8000)	1 to 10	6
Incline (XT-One)	1 to 10	1
Fight Level	1 to 20	6
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Smart Console Settings

Setting	Range	Standard Value
Rounds	1 to 5	1
Intensity	Rookie, Semi-Pro, Champ	Rookie
Stride (XT-One, XT4700)	20" to 28" (51 to 71 cm)	24" (61 cm)
Lateral Width (LX8000)	1 to 10	6
Incline (XT-One)	1 to 10	1
Fight Level	1 to 20	6
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability
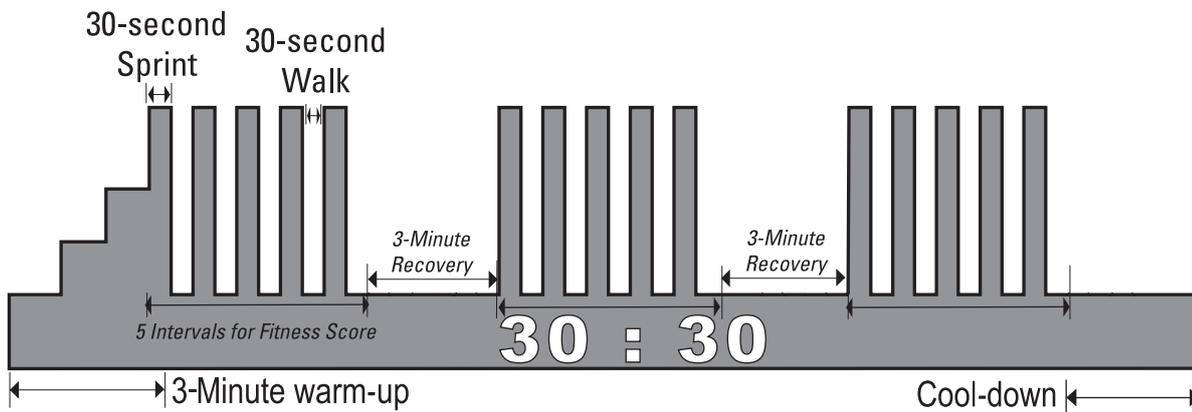
XTONE   XT4700   XT3700   LX8000

MT8000   XR6000   XR6000s

30:30

Description

This challenging program provides a simple test of fitness level with 5 sets of 30-second sprint and recovery intervals. For each set, the program monitors heart rate and calculates the average minimum and average maximum heart rates and the average number of beats the heart rate recovers between sprint intervals. Heart rate recovery is a relative indicator of fitness level; a higher number indicates a more rapid heart rate recovery and therefore represents a relatively better level of fitness.

WARNING! Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed on the console is an approximation and should be used for reference only.

Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride (XT-One, XT4700)	20" to 28" (51 to 71 cm)	24" (61 cm)
Lateral Width (LX8000)	1 to 10	5
Incline (XT-One)	1 to 10	1
Sprint Level (not available on Zero Runner)	4 to 30	8
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability

XTONE   XT4700   XT3700   LX8000

ZR8000   ZR7000   XR6000   XR6000s

MT8000

CONSTANT WATTS

Slower User Speed = Higher Resistance

Faster User Speed = Lower Resistance

Constant Watts

3-Minute warm-up ⟵⟶ Cool-down ⟵⟶
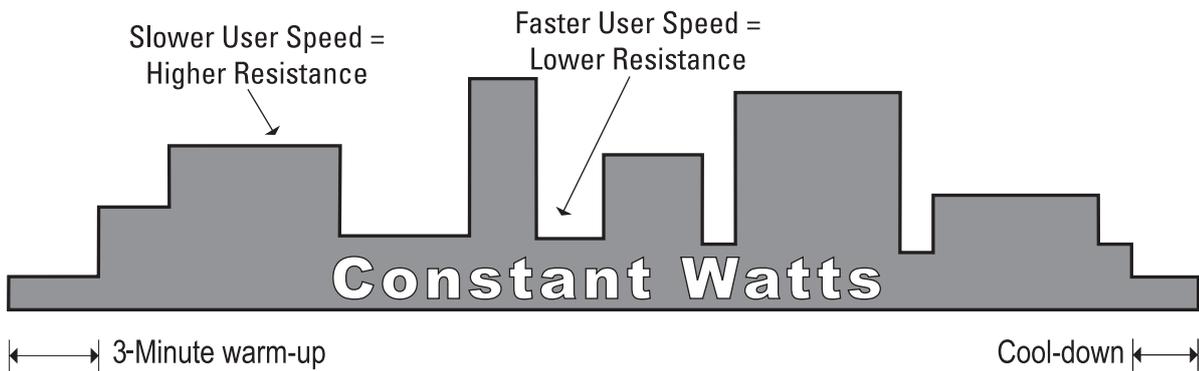
Description

Set a target power output and let the machine keep you there by varying resistance level relative to your speed. Power output is measured in watts, representing the amount of power required by the machine to maintain the workload (pedal resistance and speed) that you want to experience. The higher the watts, the more difficult the workout.

Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride (XT-One, XT4700)	20" to 28" (51 to 71 cm)	24" (61 cm)
Lateral Width (LX8000)	1 to 10	5
Incline	1 to 10	1
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)
Set Watts	20 to 900	125

Product Availability

XTONE   XT4700   XT3700   LX8000
XR6000   XR6000s

CONSTANT METS

Slower User Speed = Higher Resistance

Faster User Speed = Lower Resistance

Constant METs

3-Minute warm-up   Cool-down
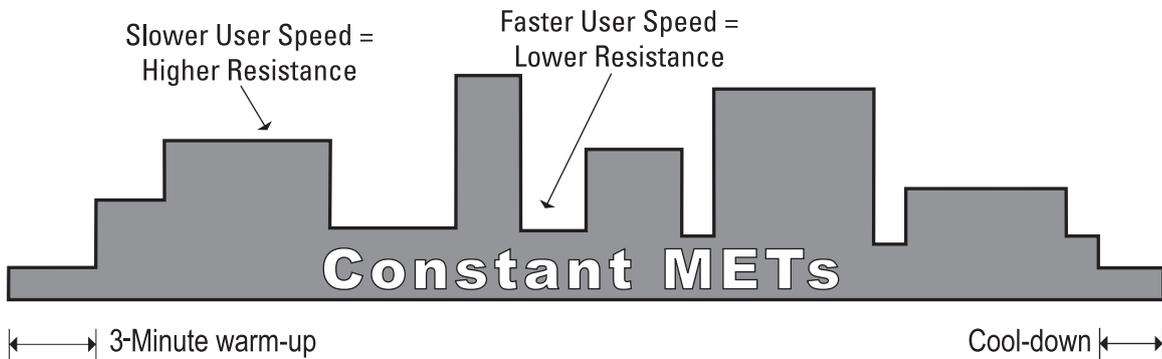
Description

Gauge the intensity of your workout by setting a target output measured in metabolic equivalent units (METs). The machine keeps you on goal by varying resistance level relative to speed. METs are a measure of power output, representing the ratio of a person's working metabolic rate relative to that person's resting metabolic rate. One MET is approximately equal to 1 kilocalorie burned per kilogram per hour. The greater the METs, the harder the workout.

Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride (XT-One, XT4700)	20" to 28" (51 to 71 cm)	24" (61 cm)
Lateral Width (LX8000)	1 to 10	5
Incline	1 to 10	1
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)
Set METs	1.0 and up	7.0

Product Availability

XTONE   XT4700   XT3700   LX8000

XR6000   XR6000s
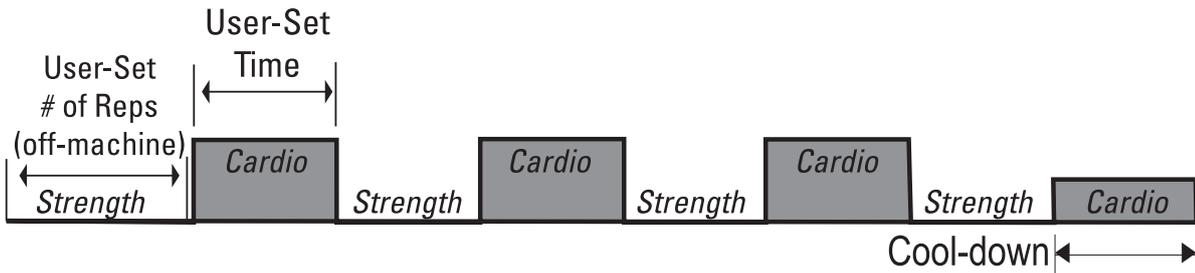
CROSS CiRCUIT SOLO

Description
Maximize the impact of your workout time with this challenging on- and off-machine cross-training routine. Follow the prompts to complete alternating sets of cardio and strength exercises. Use Level (+) or (−) to adjust the cardio interval resistance mid-workout.

Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride (XT-One, XT4700)	20" to 28" (51 to 71 cm)	24" (61 cm)
Lateral Width (LX8000)	1 to 10	5
Incline (XT-One)	1 to 10	1
Level (not available on Zero Runner)	1 to 30	1; 5 (XT-One)
Cardio Time	00:30 to 10:00	2:00
Strength Time	00:30 to 10:00	1:00
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability

XTONE   XT4700   XT3700   LX8000

ZR8000   ZR7000   MT8000

CROSS CiRCUIT GROUP

CROSS CiRCUIT Group

Description
Group exercise in a whole new way! Ramp up your workout with this instructor-led on- and off-machine cross-training routine. Follow the leader's instructions to complete alternating sets of cardio and strength exercises.

Standard Settings

Setting	Range	Standard Value
Stride (XT-One, XT4700)	20" to 28" (51 to 71 cm)	24" (61 cm)
Lateral Width (LX8000)	1 to 10	5
Incline (XT-One)	1 to 10	1
Level (not available on Zero Runner)	1 to 30	1; 5 (XT-One)
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Standard Settings–MTX

Setting	Range	Standard Value
Time	01:00 to 99:00	00:30
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability

XTONE XT4700 XT3700 LX8000
ZR8000 ZR7000 MTX MT8000
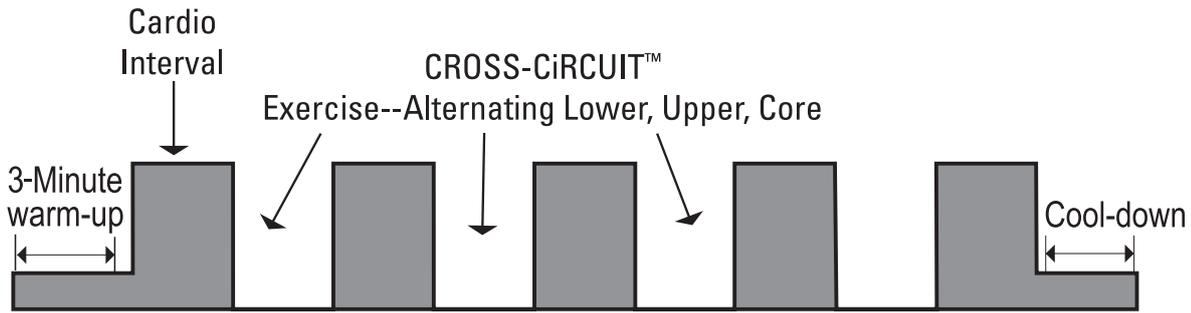
CROSS CiRCUIT TOTAL BODY BLAST

Description

Let the smart console guide you through a total body blast...work it all with exercises aimed at strengthening and toning your entire body. A pattern of upper, lower, and core off-machine strength sets continues throughout your workout. Set up the cardio and strength intervals, then follow the on-screen trainer.

Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride (XT-One, XT4700)	20″ to 28″ (51 to 71 cm)	24″ (61 cm)
Lateral Width (LX8000)	1 to 10	5
Incline (XT-One)	1 to 10	1
Level (not available on Zero Runner)	1 to 30	1; 5 (XT-One)
Cardio Time	00:30 to 10:00	2:00
StrengthTime	00:30 to 10:00	1:00
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

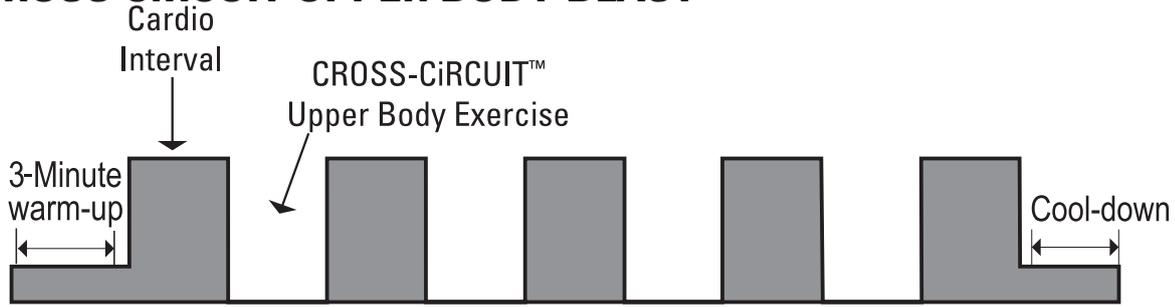## Product Availability (Smart Console Only)

XTONE   XT4700   XT3700   LX8000

ZR8000   ZR7000   MT8000

CROSS CiRCUIT UPPER BODY BLAST

Cardio
Interval

CROSS-CiRCUIT™
Upper Body Exercise

3-Minute
warm-up

Cool-down

CROSS CiRCUIT Upper Body Blast

Description

Target the arms, shoulders, chest, and upper back as you follow the prompts to complete alternating sets of on-machine cardio routine and off-machine strength exercises. Set up the cardio and strength intervals, then follow the on-screen trainer.
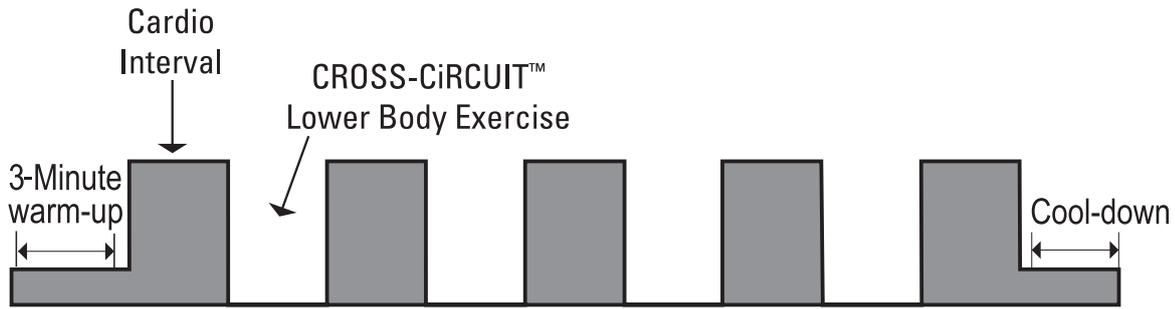
Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Lateral Width (LX8000)	1 to 10	5
Incline (XT-One)	1 to 10	1
Level (not available on Zero Runner)	1 to 30	1; 5 (XT-One)
Cardio Time	00:30 to 10:00	2:00
Strength Time	00:30 to 10:00	1:00
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability (Smart Console Only)

XTONE   XT4700   XT3700   LX8000

ZR8000   ZR7000   MT8000

CROSS CiRCUIT LOWER BODY BLAST

Description
Target the thighs, calves, hips and glutes in a challenging set of lower-body burners. Set up the cardio and strength intervals, then follow the on-screen trainer.
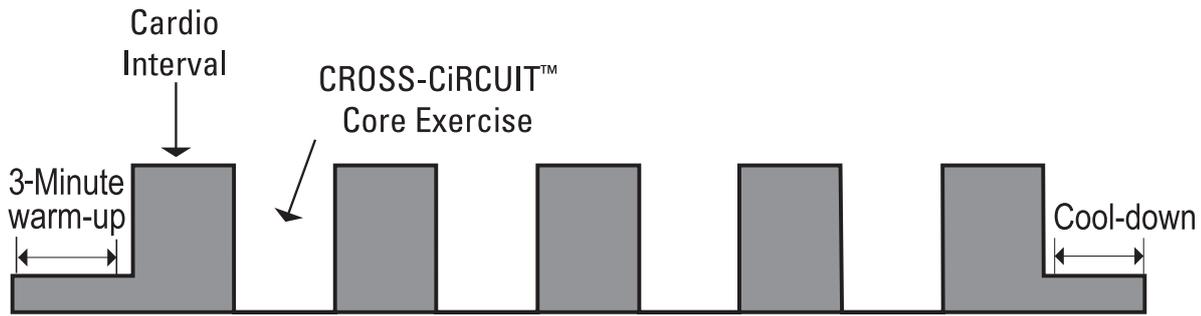
Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Lateral Width (LX8000)	1 to 10	5
Incline (XT-One)	1 to 10	1
Level (not available on Zero Runner)	1 to 30	1; 5 (XT-One)
Cardio Time	00:30 to 10:00	2:00
Strength Time	00:30 to 10:00	1:00
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability (Smart Console Only)

XTONE   XT4700   XT3700   LX8000

ZR8000   ZR7000   MT8000

CROSS CiRCUIT CORE

Cardio Interval

CROSS-CiRCUIT™ Core Exercise

3-Minute warm-up

Cool-down

CROSS CiRCUIT Core

Description

Target the abs and back to build a strong, solid core. Set up the cardio and strength intervals, then follow the on-screen trainer.

Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Lateral Width (LX8000)	1 to 10	5
Incline (XT-One)	1 to 10	1
Level (not available on Zero Runner)	1 to 30	1; 5 (XT-One)
Cardio Time	00:30 to 10:00	2:00
Strength Time	00:30 to 10:00	1:00
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

Product Availability (Smart Console Only)

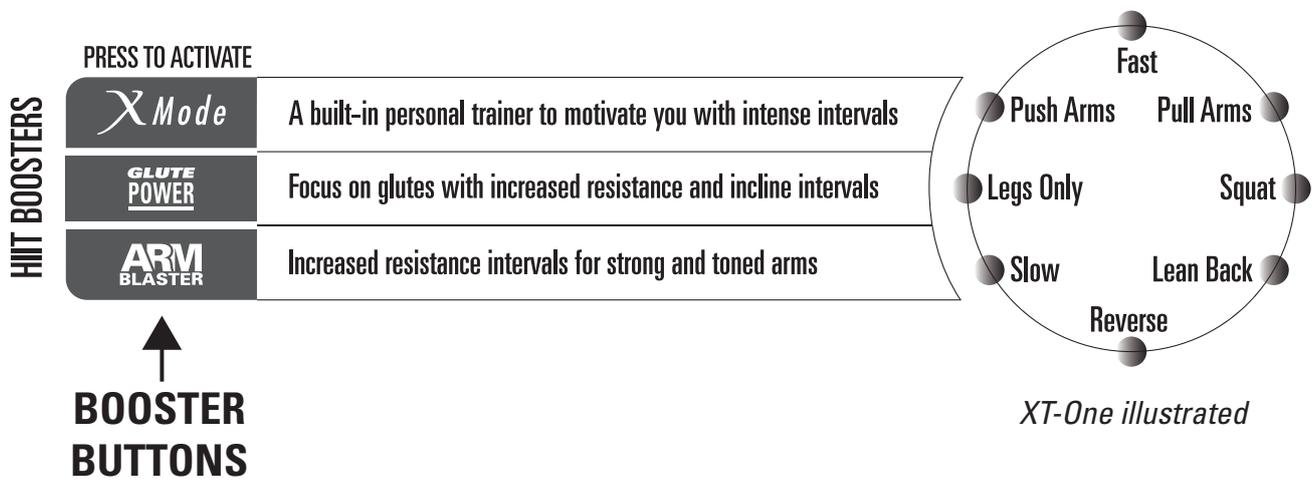XTONE   XT4700   XT3700   LX8000

ZR8000   ZR7000   MT8000

HIGH INTENSITY INTERVAL TRAINING (HIIT) BOOSTERS

Octane Fitness products (excluding the Zero Runner, MTX and MT8000) offer high-intensity interval training 'boosters' to add motivation and variety to your workout. The available boosters vary by product, but all are uniquely designed to challenge, motivate, and inspire you to get the most out of your workouts.

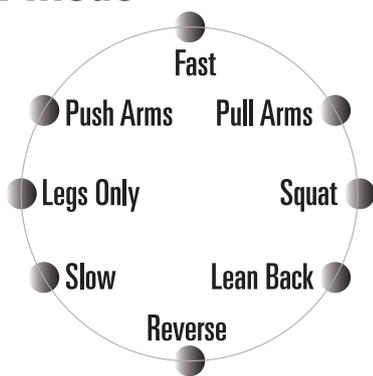Boosters may be enabled with any Quick Start or when using any of these programs:

Manual
Distance
Calorie
Random
Smart Stride

PRESS TO ACTIVATE

HIIT BOOSTERS

X *Mode*	A built-in personal trainer to motivate you with intense intervals
GLUTE POWER	Focus on glutes with increased resistance and incline intervals
ARM BLASTER	Increased resistance intervals for strong and toned arms

BOOSTER BUTTONS

Fast
Push Arms   Pull Arms
Legs Only   Squat
Slow   Lean Back
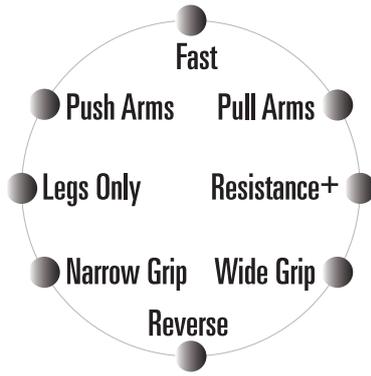Reverse

XT-One illustrated

To activate a HIIT Booster during any workout, simply press the button of the booster you want and its sequence begins. To deactivate, press the booster button a second time.

When a booster interval is active, the level of resistance can be changed by pressing any (+) or (−) button on the console.
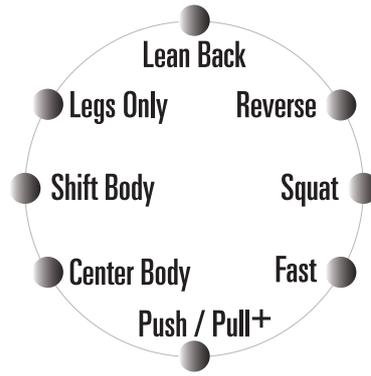
X-Mode

Fast
Push Arms   Pull Arms
Legs Only   Squat
Slow   Lean Back
Reverse

XT-One, XT4700, XT3700

Fast
Push Arms   Pull Arms
Legs Only   Resistance+
Narrow Grip   Wide Grip
Reverse

xR6000/xR6000s

Lean Back
Legs Only   Reverse
Shift Body   Squat
Center Body   Fast
Push / Pull+

LX8000

Description

This great motivational tool keeps your workout fresh and exciting in any program. Activate X-Mode by pressing **✗Mode** on your console; then, every other minute X-Mode kicks in, adding four levels of resistance and prompting you to perform combinations of eight different challenges.

Fast	Pick up the pace—we recommend 50-60 rpm, but you should find your own comfort level.
Reverse	Pedal backwards to change the muscle focus on your entire lower body.
Legs Only	Either hold the stationary handlebars or naturally swing your arms.
Push Arms (XT Series, XR6000)	Focus on pushing with your arms to work your chest and triceps.
Pull Arms (XT Series, XR6000)	Focus on pulling with your arms to work your biceps and lats.
Squat (XT Series, LX8000)	Bend slightly at the knees as you pedal. You'll feel this one in your quadriceps and glutes in no time!
Lean Back (XT Series)	Grab the stationary handlebars and lean slightly backwards. This changes the muscle focus to your lower body. You will feel this in your quadriceps.
Slow (XT Series)	Slow down to 30-40 rpm to allow yourself to recover.
Resistance+ (xR6000)	Sweat it out as you work your entire body with a quick burst at 3 additional levels of resistance—a total of 7 levels higher than your program resistance level!
Narrow Grip (xR6000)	Grasp the multigrip handlebars on the low inside edge to give your triceps and chest muscles a workout.
Wide Grip (xR6000)	Grasp the multigrip handlebars high on the outside and feel it in your shoulders, chest, and back.
Shift Body (LX8000)	Shift your whole body side to side with the lateral motion.
Center Body (LX8000)	Keep your core centered and steady as your lower body shifts with the lateral motion.
Push / Pull+ (LX8000)	Focus on pushing and pulling with your arms at an increased resistance level to work your chest, biceps, lats and triceps.

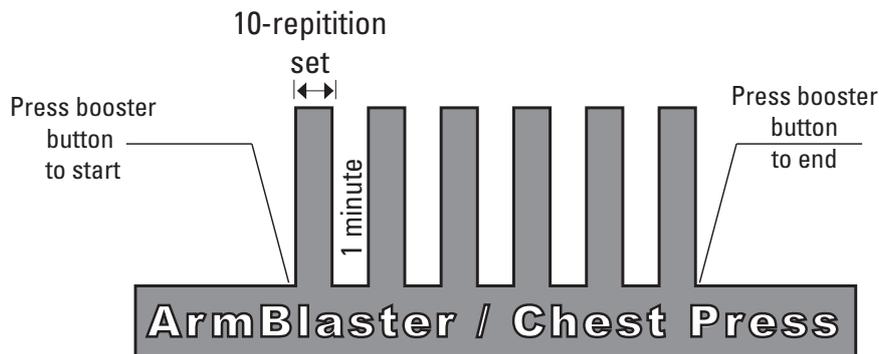## Product Availability

XTONE   XT4700   XT3700   LX8000

XR6000   XR6000s

ArmBlaster / Chest Press

10-repitition set

Press booster button to start

1 minute

Press booster button to end

ArmBlaster / Chest Press

Description

ArmBlaster (called Chest Press on the xR6000) is a proprietary program designed to boost cardiovascular endurance while building strength and muscle tone. ArmBlaster adds upper-body strength sessions to the cardio program profile that you have selected. Press **ARM BLASTER** or **CHEST PRESS** on your console to start a session; then, every minute, resistance increases 10 levels (6 levels for Chest Press) for a muscle-building, 10-repetition set as you transfer the workload from your lower body to your upper body, concentrating on pushing and pulling with your arms. On the xR6000, take advantage of your seated position by placing your feet on the stationary footpegs to really isolate those arms!
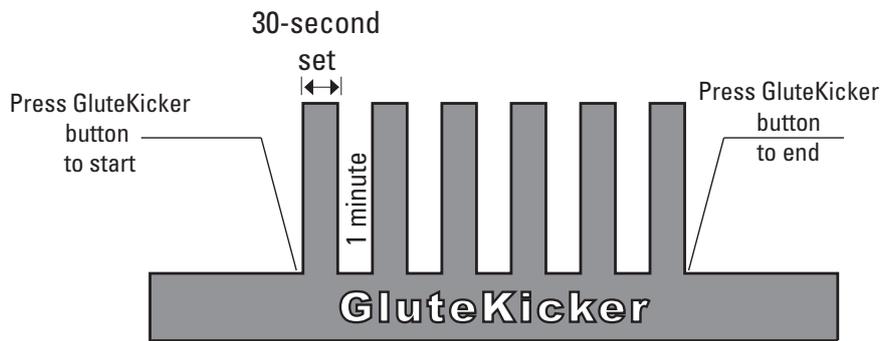
Product Availability

XTONE   XT4700   XT3700
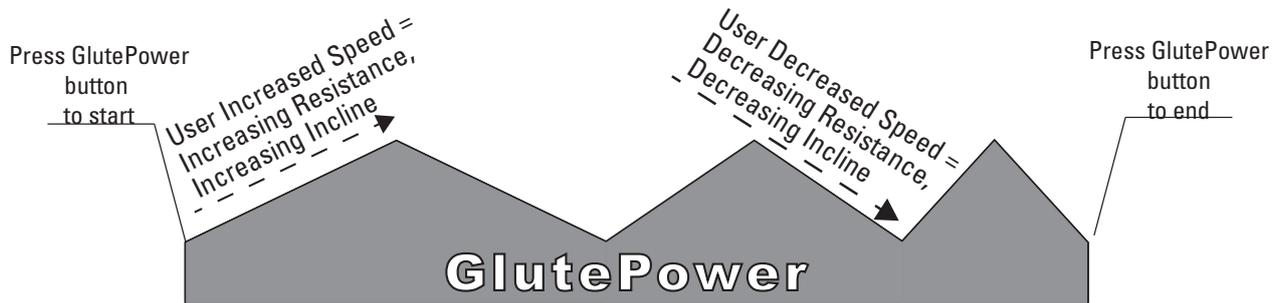XR6000   XR6000s

GluteKicker

Description

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. Press [GLUTE KICKER] on your console to start a session; then, every minute, place your hands on the stationary handlebars for a muscle-building power 30-second set as you transfer the workload to the lower body.

Product Availability

XT3700

GlutePower

Press GlutePower button to start

User Increased Speed = Increasing Resistance, Increasing Incline

User Decreased Speed = Decreasing Resistance, Decreasing Incline

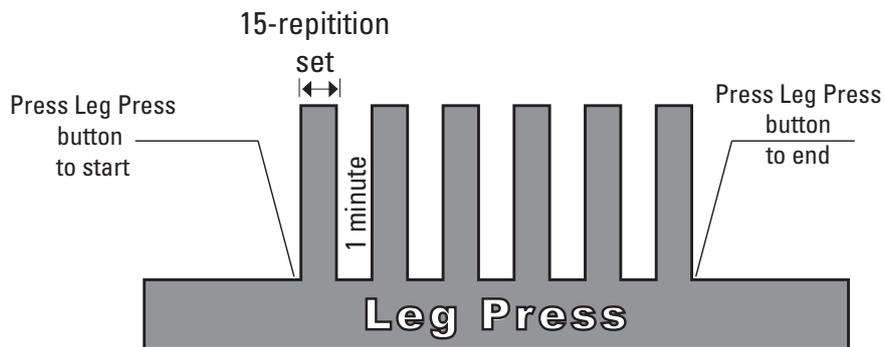Press GlutePower button to end

GlutePower

Description

Challenge your glutes with this workout booster that pushes back! Press **GLUTE POWER** during any workout, then increase your speed. The faster you go, the greater the resistance (level) and the steeper the incline. Slow down again and the resistance decreases and the incline lessens. Race up and down those 'hills' and feel the burn!

Product Availability

XTONE

Leg Press

15-repitition set

Press Leg Press button to start

1 minute

Press Leg Press button to end
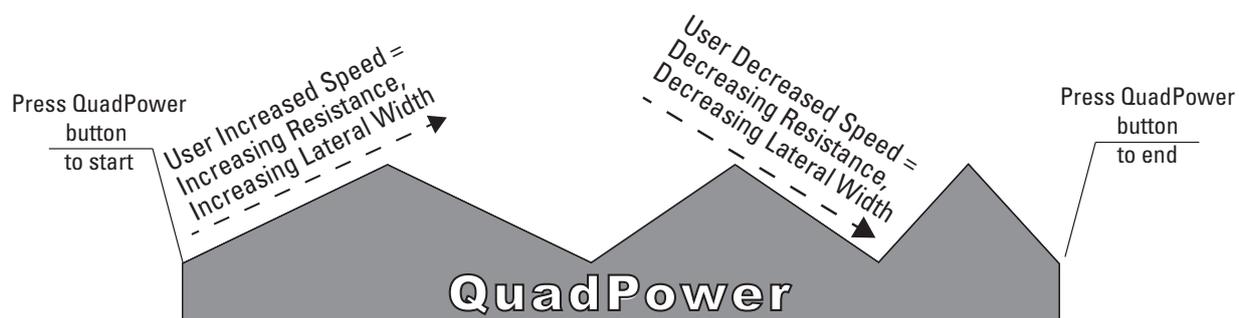
Leg Press

Description

Leg Press adds an aggressive routine to help you build strength and power in your leg muscles to the cardio program profile that you have selected. Press **LEG PRESS** on your console to start a session; then, every minute, resistance increases 8 levels for a muscle-building, 15-repetition set as you place your hands on the stationary handlebars and transfer the workload to the lower body.

Product Availability

XR6000   XR6000s

QuadPower

Press QuadPower button to start

User Increased Speed = Increasing Resistance, Increasing Lateral Width

User Decreased Speed = Decreasing Resistance, Decreasing Lateral Width

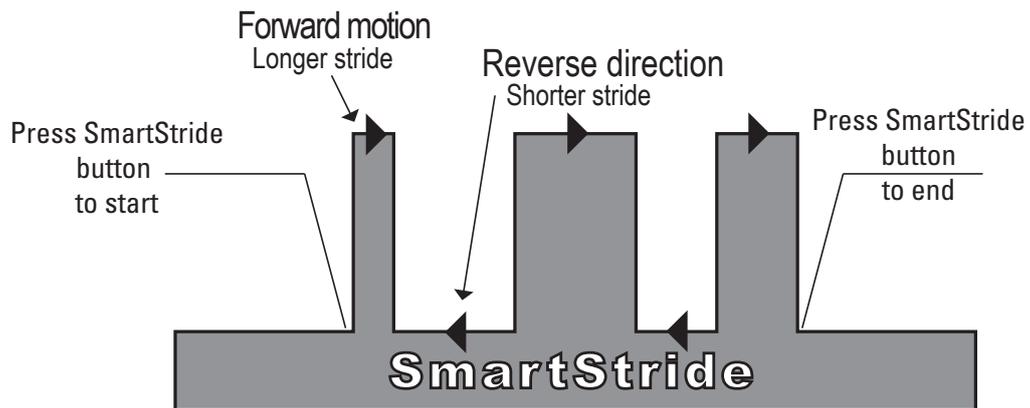Press QuadPower button to end

QuadPower

Description

Challenge your quads and glutes with this workout booster that pushes back! Press **QUAD POWER** during any workout, then increase your speed. The faster you go, the greater the resistance (level) and the wider the lateral motion (lateral width). Slow down again and the resistance decreases and the lateral width narrows. You are in control as the lateral cross trainer responds to really work those legs!

Product Availability

LX8000

SmartStride

Forward motion
Longer stride

Reverse direction
Shorter stride

Press SmartStride
button
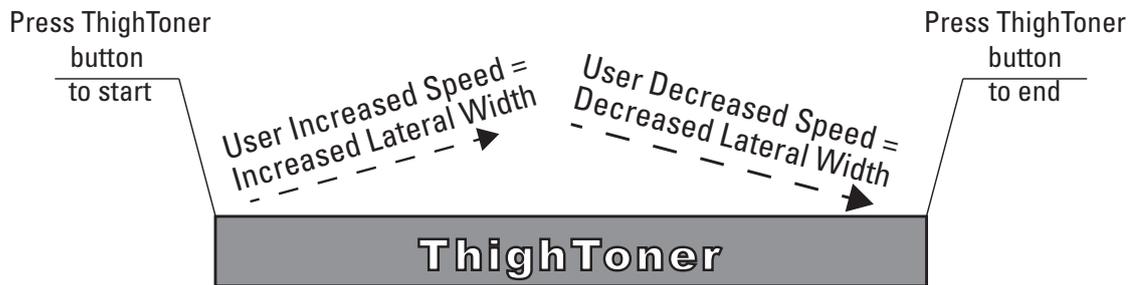to start

Press SmartStride
button
to end

SmartStride

Description

SmartStride automatically replicates natural movement by analyzing and measuring your pace and direction and intuitively adjusting stride length in 1-inch (2-centimeter) increments from 20 inches (51 cm) to 28 inches (671 cm). Press 🔘SMARTSTRIDE and the machine will analyze your speed and make the appropriate adjustments as your pace or direction changes.

Product Availability

XT4700

ThighToner

Press ThighToner
button
to start

User Increased Speed =
Increased Lateral Width

User Decreased Speed =
Decreased Lateral Width

Press ThighToner
button
to end

ThighToner

Description

ThighToner uses varying lateral widths to firm and tone your thighs. Press [THIGH TONER] during any program, then increase your speed. The faster you go, the greater the wider the lateral motion. Slow down again and the lateral width narrows.

Product Availability

LX8000

OCTANE PRODUCT FEATURES

Octane Fitness products incorporate additional features to ensure that you experience great workouts. Learn more and take advantage of many great features.

Heart Rate Monitoring and HeartLogic Intelligence

Octane products are equipped with state-of-the-art heart rate monitoring and control technologies that help you make the most of your training efforts. All models include on-demand heart rate monitoring—just grasp the digital contact heart rate grip sensors on the handlebars and your current heart rate is displayed on the console.

WARNING! Use the values calculated or measure by the machine's computer for reference purposes only. The heart rate displayed is an approximation and should be used for reference only. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

For even greater control of your workout, Octane Fitness products are also equipped with HeartLogic Intelligence, a sophisticated yet easy to use heart rate control technology. This sophisticated solution provides the most accurate and effective workout using heart rate data captured by a wireless chest strap or the digital contact heart rate grip sensors on the handlebars.

|	
Using the digital contact heart rate sensors (not available on MTX)	Digital contact heart rate sensors are located on the handlebars. The grips can be used to check your heart rate during your workout. For the most accurate heart rate reading, 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.
Using a wireless chest strap	You may use any Polar™-compatible (5 KHz, coded or non-coded) transmitter to transmit your heart rate to the electronics console at a distance of up to three feet. Adjust the length of the elastic strap and fasten the transmitter around your torso, underneath your shirt. Place the strap just below your chest. 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.
Using an ANT+ heart rate monitor	To connect your ANT+ monitor to your product, stand close to the Octane console while wearing your monitor until the ANT+ icon in the upper right corner of the console illuminates. This indicates that your device is connected and you may then proceed with your workout.
Heart rate programs	Octane products (excluding the Zero Runner, MTX and MT8000) offer several heart rate controlled programs, giving you more variety to suit your personal needs. The 30:30 program, available on all Octane products, also uses heart rate data to provide an assessment of heart rate recovery. We recommend that you try different programs to determine your favorite. Refer to the Program descriptions for more information.

MultiGrip™ Handlebars and Fingertip Controls

Your Octane Fitness product may feature one-of-a-kind handlebars that deliver the ultimate upper-body workout with virtually unlimited options for maximum 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.

Control Button *(available on some models)*

Zone 2

Zone 3

Zone 5

Zone 4

(XT-One illustrated)

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:
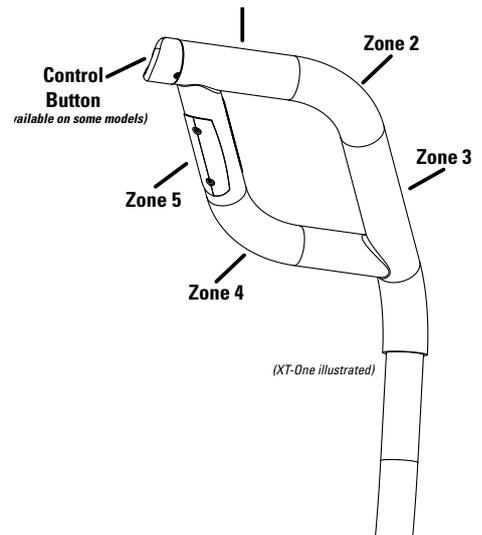
Zone 1	Top horizontal position	Ideal for pushing Gives longer range of motion Engages the deltoid (shoulder) and lat (back) muscles
Zone 2	Large corner position Widest position	Push with the palms; better stability for a excellent chest press motion Focuses more on using the pectoral (chest) muscles
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 cross training workout. You can emphasize either a push or pull movement or reposition your hands any time during any program for maximal muscle exertion, balance, variety, and comfort.

Fingertip Controls

The handlebar may also feature fingertip control buttons. These convenient buttons let you adjust settings to meet your needs without breaking the flow of the workout. Button functions vary by product, as outlined below:

Product	Left Handlebar	Right Handlebar
XT-One	Stride	Incline
XT4700	Stride	Level
LX8000	Lateral Width	Level
xR6000/xR6000s	Level	Level
XT3700	---	Level
MT8000	---	Level

Product Availability

XTONE XT4700 XT3700 LX8000

XR6000 XR6000s MT8000 *(Fingertip control only)*

Electronically Adjustable Stride with SmartStride™

The **XT-One** and **XT4700** are equipped with electronically adjustable stride, providing a custom fit for your body and your workout. Adjustable stride isn't just for fine-tuning the workout to your height – it custom fits your Octane cross trainer to your size and style and adds valuable variety.

By pressing the Stride (+/–) buttons on the console or the left moving handlebar of the XT-One, you can change the stride length from 20" (51 cm) to 28" (71 cm) in ½-inch (1 cm) increments. This added variety is great to use for different workouts, directions, warm-ups and cool-downs.

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

SmartStride automatically replicates natural movement by analyzing and measuring an exerciser's pace and direction and intuitively adjusting stride length from 20 inches (51 cm) to 28 inches (71 cm). These interactive ergonomics custom-fit the cross trainer to the exerciser for effective, comfortable, results-producing workouts unlike those on any other piece of fitness equipment.

To use SmartStride on the XT-One, select the Smart Stride program and follow the prompts. Or, press and hold the Stride (+/–) buttons on the console simultaneously for three seconds (or until you hear the beep) to add this booster to any program. On the XT4700, simply press to use this booster.

Multi-Position Adjustable Seat (with Optional Swivel)

The comfort and effectiveness of the workout on the **xR6000** begins with proper seat position. Both the height of the seat and the tilt of the seat back on the xR6000 and xR6000s seat are adjustable, ensuring that you can find just the right position to suit your preference and deliver the best possible workout.

Note: When adjusting seat height or tilt, make sure you hear and feel the adjustment mechanism lock into position.

Adjusting seat height

Adjust seat height on the xR6000 Series using the handle located just under the front edge of the seat. While bracing yourself with your feet on the platform, lift up on the handle and use your legs to move the seat into a comfortable height. Place your feet on the pedals and pedal forward, stopping when one pedal is at its lowest point. Check the position of your leg on this pedal; your knee should be slightly bent. If your leg is fully extended, or your knee is bent too much, readjust the seat height until you have the proper leg extension.

Adjusting seat back tilt

Adjust the tilt of the seat back on the xR6000 Series using the handles on either side of the seat. To adjust, lift up on one of the handles. Press back to recline or shift your weight slightly forward to tilt the seat back up. Release the handle to lock the seat back into position.

Note: Once you have adjusted the tilt of the seat back to a comfortable position, pedal forward and recheck your leg extension. You may need to readjust the seat height to compensate for the change in tilt.

Swivel Seat (xR600x only)
The **xR6000s** offers the additional convenience of a 210-degree swiveling seat, allowing for easier entry and exit and comfortably accommodate exercisers of different abilities and ages.

Resistance (Level) Adjustment Lever

ZR8000, ZR7000, Octane Rō and MTX feature a mechanical lever just below the console that is used to adjust the resistance (Level) of your workout. On the Octane Rō, MTX and ZR7000, the adjustment range is 1 to 10, where 1 is the least resistance and 10 is the greatest. On the ZR8000, the maximum resistance is 15.

Pushing the adjustment lever away from you increases resistance; pulling the lever toward you decreases resistance. Move the lever within its range to find the resistance that is most comfortable for you.

Optional Kits: CROSS CiRCUIT Pro and Commercial Side Steps

CROSS CiRCUIT Pro Kits, which include side platforms/weight stands and PowerBlocks, are available for most products. This kit gives you cardio and strength training in one place on your club floor. Several programs are specifically designed for use with these kits: CROSS CiRCUIT Solo and CROSS CiRCUIT Group on the Standard console, and four additional targeted programs for upper body, lower body, total body and core on the Smart console. Please visit ***www.crosscircuit.net*** for more information about this unique Octane Fitness workout enhancer.

Also available for the XT-One, XT4700 and XT3700 are Commercial Side Steps Kits which provide platforms for users to stand on while performing arm-isolation exercises.

Please contact Octane Fitness Customer Service for pricing and ordering information.

Optional Power Supply

Optional power supplies are available for self-powered Octane Fitness products with standard consoles: XT4700, XT3700, PRO3700C, PRO370, LX8000, xR6000, xR6000s, XT-One, ZR8000, and MTX.

Please contact Octane Fitness Customer Service for pricing and ordering information for the power supply best suited to your product.

OCTANE FITNESS

FUEL YOUR LIFE ™

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