

PRODUCT SAFETY INFORMATION

For Products Intended for Commercial Use

XT**4700** XT**3700**

PR03700C

PRO 370

xR5000

LX8000

XT**O**ne

MTX

PRO**4700** TOUCH

PRO**3700** TOUCH

x176000 Touch

LX8000 TOUCH

ZR 7000

ZR8000

PRODUCT INFORMATION

Standard Power Supply/Electrical Specifications

XT4700, XT3700, PR03700C, PR0370, LX8000, xR6000, XT-One, ZR8000, MTX:

These machines are self-powered.

PRO4700T, PRO3700T, LX8000T, xR6000T:

External Power Supply:

Input Rating: 100 - 240V AC, 50/60Hz Output Rating: 12V DC, 12.5A Maximum

Elliptical Input Power Requirements:

12V DC

8.5A Maximum

Smart Console Power Supply/Electrical Specifications

For XT4700, XT3700, XT-One, ZR8000, LX8000, xR6000, ZR7000 (Standard Console, Smart Console)

External Power Supply:

Input Rating: 100 - 240V AC, 50/60Hz Output Rating: 12V DC, 12.5A Maximum

Product Input Power Requirements:

12V DC

10.0A Maximum

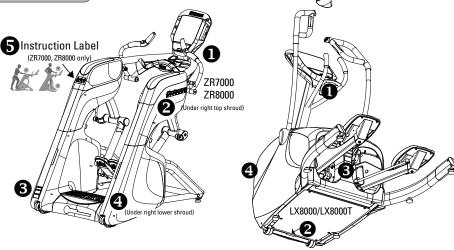
Max User Weight 400 pounds (181 Kg)

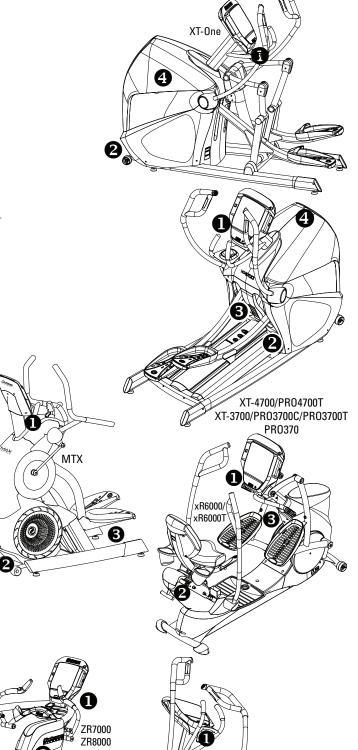
- Console Serial Number
 (on lower edge of console)
- 2 Base Serial Number
- Warning Label (replace if damaged)











This product is intended for commercial use.

PLEASE READ AND SAVE THESE INSTRUCTIONS IMPORTANT SAFETY INSTRUCTIONS

WARNING! Anyone using this product should consult a physician before they start their exercise program. This is especially important for persons over 35 or those with pre-existing health conditions. If at any time during their workout exercisers experience chest pains, nausea, dizziness, or shortness of breath, they should stop exercising immediately and consult their physician before starting again.

Have all club, personal training, and sales staff members review this Manual before operating this product. Also, make this Manual accessible to all exercisers.

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 product 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 product to your local dealer or Octane Fitness for examination and repair.
- Never operate this product with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Do not use outdoors.
- Do not operate this product where aerosol (spray) products are being used or where oxygen is being administered.
- **Do not** route power cables 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.

OTHER IMPORTANT SAFETY PRECAUTIONS

- Place a standing cross trainer on a level surface with at least two feet of clearance behind the pedal at its farthest back position. If you have more than one unit, position them so that there are at least 24 inches (60 cm) between units.
- Place a lateral cross trainer on a level surface with at least 12 inches (30.5 cm) of clearance behind the stabilizers and at least 18 inches (46 cm) between units.
- Place a seated elliptical cross trainer on a level surface with at least 12 inches (30.5 cm) of clearance on each side of the unit.
- Place a Zero Runner on a level surface with at least 12 inches (30.5 cm) of clearance behind the rear step and at least 18 inches (46 cm) between units.
- To protect the floor or carpet from damage, place a mat under your product.
- Keep children under the age of 13 off the product at all times.
- Do not allow anyone to stand within the rear frame (stabilizers) of the lateral elliptical when in use.
- When the product 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 product. Never step on or off the unit while the foot pedals and arms are still moving.
- When getting on the Zero Runner, step onto the rear step, then grasp the side shrouds as you carefully place one foot and then the other onto the pedals. The
 pedals will move. When getting off the Zero Runner, support yourself with the center crossbar or side shrouds as you carefully step off onto the rear step.
- · When adjusting seat height or tilt, make sure you hear and feel the adjustment mechanism lock into position.
- Always face forward. Never attempt to turn around on the Octane Fitness product.
- When running on the Zero Runner, always hold on to the moving handlebars or center crossbar.
- . Do not sit, stand, or climb on plastic shrouds, electronic console, stationary handlebars. foot pegs or optional CROSS CIRCUIT weight stands.
- Keep your hands and feet clear of any opening or moving parts.
- Keep your feet within the boundaries of the foot pedals; do not rest toes or any other part of the foot on the edges of the pedals.
- · Never insert or drop any object into any opening.
- Users should not overexert themselves or work to exhaustion.
- Wipe down external surfaces of your product after use to remove sweat and dust.
- . Monitor and check your Octane product regularly. If service is required, contact your local dealer or Octane Fitness Customer Service for assistance.
- Take caution in moving your Octane Fitness product. Your product weighs over 250 pounds. Use proper lifting technique and/or get assistance when moving your product.

SAVE THESE INSTRUCTIONS

HEART RATE FEATURE SAFETY GUIDELINES

Before using the Octane Fitness product 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.
- WARNING! Use the values calculated or measured 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.

Wireless Chest Strap

- Exercisers may use any PolarTM-compatible (coded or non-coded) wireless heart rate transmitter with the Octane Fitness product.
- 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 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 an exact measure of heart functioning or heart health. In a heart rate controlled program, the exerciser can use the Level controls to reduce the resistance level at any time. **Each exerciser is responsible for monitoring how he or she feels and adjusting the level of effort accordingly.** If at any time during exercise a user experiences chest pains, nausea, dizziness, or shortness of breath, he or she should stop exercising immediately and consult a physician before starting again.

DISPOSAL OF BATTERY

Before discarding or scrapping your product, the battery must be removed and disposed of properly. For the LX8000/LX8000T:

- Remove the hood and one side shroud from the unit.
- Locate the the battery assembly (beneath the control board at the front of the machine) and disconnect
- Cut the cable ties securing the battery assembly to its holder.
- Slide the battery assembly out of the machine.

For the XT4700, PRO4700T, XT3700, PRO3700C, PRO3700T:

- If applicable, disconnect the optional power cord from the wall outlet.
- Remove the mast boot and top cover from the unit.
- Locate the the battery assembly and disconnect the cable.
- Remove the screw securing the battery bracket and remove the bracket.
- Slide the battery assembly out of the machine.

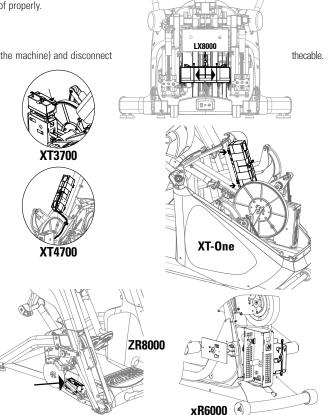
For the XT-One:

- If applicable, disconnect the optional power cord from the wall outlet.
- Remove the mast boot and top cover from the unit.
- Locate the the battery assembly and disconnect the cable.
- Remove the 4 screws securing the battery bracket.
- Slide the battery assembly out of the machine.

For the ZR8000, xR6000:

- Remove the left side shroud from the unit.
- Locate the battery assembly and disconnect the cable.
- Snip the cable ties and remove the battery from the unit.

After removing, safely dispose of the battery assembly, in accordance with local regulations.



Power Supply Notice



Touch screen console models 110006-001, 110007-001, 110008-001, 105900-001, 107168-001, 108520-001, 108530-001, 109800-001, 109936-001 and 110635-001 may only be used with FSP Group power supply model number FSP150-AHAN1.

Personal Viewing Screen (PVS) models 109124-001, 109125-001, 109126-001, 110455-001, 110800-001 and 110900-001 may only be used with FSP Group power supply model number FSP150-AHAN1 or FSP150-AHAN2.

FCC Notices

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

One or more of the following transmitter module statements apply to each Octane Fitness product:

This Octane Fitness product model contains transmitter module FCC ID: 2AA40-108581A. This Octane Fitness product model contains transmitter module FCC ID: PY314300282.

- RF Exposure: This transmitter is exempt from stand-alone RF Exposure/SAR assessment and complies for portable/mobile/fixed RF exposure installation requirements. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter, except in accordance with FCC and Industry Canada multi-transmitter RF Exposure product procedures.
- Installation instructions: The Octane Fitness 108581-001 module is certified with a limited modular approval and shall only be installed by Octane Fitness or authorized agents, into approved devices.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.



Octane Fitness

US & Canada, Latin America, Asia & Asian Pacific アメリカ&カナダ、南米、アジア&アジア太平洋

7601 Northland Drive North

Suite 100

Brooklyn Park, MN 55428

888.OCTANE4 (US and Canada) Phone:

763.757.2662 (Latin America, Asia and Asian Pacific)

763.323.2064 Fax: US und Kanada Lateinamerika Asien und asiatisch-pazifischer Raum 7601 Northland Drive North

Suite 100

Brooklyn Park, MN 55428

888.OCTANE4 (US und Kanada) Telefon:

763.757.2662 (Lateinamerika, Asien und asiatisch-pazifischer Raum)

É.-U. et Canada, Amérique latine, Asie et Pacifique

7601 Northland Drive North Suite 100

Brooklyn Park, MN 55428

1 888 OCTANE4 (É.-U. et Canada) téléphone

763 757-2662 (Amérique latine, Asie et Pacifique)

Téléc : 763.323.2064

EE.UU. y Canadá, Latinoamérica, Asia y Asia Pacífico

7601 Northland Drive North

Suite 100

Brooklyn Park, MN 55428

888.OCTANE4 (EE.UU. y Canadá) Teléfono:

763.757.2662 (Latinoamérica, Asia y Asia Pacífico)

763.323.2064

EUA e Canadá, América Latina, Ásia e Pacífico Asiático

7601 Northland Drive North

Suite 100

Brooklyn Park, MN 55428

888.OCTANE4 (EUA e Canadá) Tel.:

763.757.2662 (América Latina, Ásia e Pacífico Asiático)

Fax 763 323 2064

США &Канада, Латинская Америка, Азия & Азиатско-Тихоокеанский регион

7601 Нортленд Драйв Норт

Номер 100 2909 LD Капелле-ан-ден-Эйселл

Бруклин Парк, MN 55428

Тел: 888.ОКТАН4 (США и Канада)

763.757.2662 (Латинская Америка, Азия и Азиатско-Тихоокеанский регион)

Факс:

USA e Canada, America Latina, Asia e Asia Pacifico

7601 Northland Drive North

Suite 100

Brooklyn Park MN 55428

888.OCTANE4 (USA e Canada) Telefono:

+1 763.757.2662 (America Latina, Asia e Asia Pacifico)

Fax: +1 763.323.2064

USA & Canada, Latinamerika, Asien & Stillehavsgruppen

7601 Northland Drive North

Suite 100

Brooklyn Park, MN 55428

Telefon 888.OCTANE4 (USA and Canada)

763.757.2662 (Latinamerika, Asien og Stillehavsgruppen)

763.323.2064 Fax:

Octane Fitness International

Europe, Middle East, Africa ヨーロッパ、中東、アフリカ

Rivium Westlaan 15

2909 LD Capelle a/d lissel The Netherlands

+31 10 2662412 Phone:

+31 10 2662444

Europa, Naher Osten, Afrika Rivium Westlaan 15 2909 LD Capelle a/d Ijssel

Niederlande

Telefon: +31 10 2662412

+31 10 2662444 Fax:

Europe, Moyen-Orient, Afrique Rivium Westlaan 15 2909 LD Capelle a/d Ijssel

Pays-Bas

Téléphone : +31 10 2662412 Téléc. +31 10 2662444

Europa, Oriente Próximo, África Rivium Westlaan 15 2909 LD Capelle a/d ljssel

Países Bajos

+31 10 2662412 Teléfono: +31 10 2662444 Fax:

Europa, Oriente Médio, África Rivium Westlaan 15 2909 LD Capelle a/d Ijssel

Holanda

+31 10 2662412 +31 10 2662444 Fax:

Европа, Средний Восток, Африка

Ривиум Вестлаан 15

Нидерланды Тел: +31 10 2662412 Факс: +31 10 2662444

Europa, Medio Oriente, Africa Rivium Westlaan 15 2909 LD Capelle a/d Ijssel

Paesi Bassi

Telefono: +31 10 2662412 Fax: +31 10 2662444

Europa, Mellemøsten, Afrika Rivium Westlaan 15 2909 LD Capelle a/d Ijssel

Holland

Telefon: +31 10 2662412 Fax: +31 10 2662444

Fitcast sp z.o.o

ul. Polska 114 Tel.: +48 (61) 8 483 121 Fax: +48 (61) 8 164 289

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