

***Octane***<sup>®</sup>

**F I T N E S S**



***PRODUCT PROGRAMS  
AND  
FEATURES***

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# QUICK START

30-minute workout at machine standard settings

Level –



## 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.

## Standard Settings

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

## Product Availability

**ZR8000 ZR7000 xR6000 XT3700**

# 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

XT One 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



**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**




# 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)

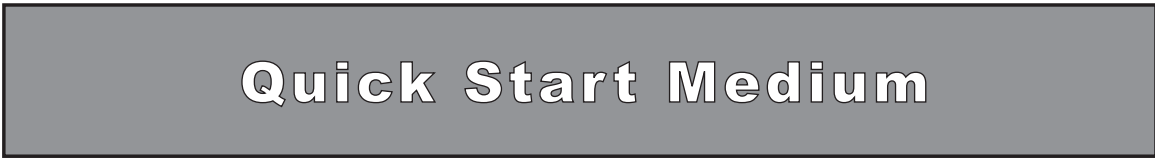
All values (except age and weight) may be changed once you have started your workout; press the + / - buttons for the value you want to change.

#### Product Availability

**LX8000**

# MEDIUM

Lateral Width 5 , Level 1



## 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.

## 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)
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

**STANDARD**

## Product Availability

**XT One**   **ZR8000**   **xR6000**   **XT4700**   **XT3700**   **LX8000**  
**ZR7000**

# RANDOM



## 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)
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

## Product Availability

**XT One   xR6000   XT4700   XT3700   LX8000**

# 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, the distance goal program mimics running on a flat terrain, without resistance changes to simulate hills. However, you can use the resistance lever to manually change resistance throughout your run if desired.

## Standard Settings

Setting	Range	Standard Value
Distance Goal	1K (.62 mi.) to 21K (13.1 mi.)	10K (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)	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)

## Product Availability

**XT One**    **ZR8000**    **xR6000**    **XT4700**    **XT3700**    **LX8000**  
                  **ZR7000**

**STANDARD**

# CALORIE GOAL



**STANDARD**

## Description

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

## Standard Settings

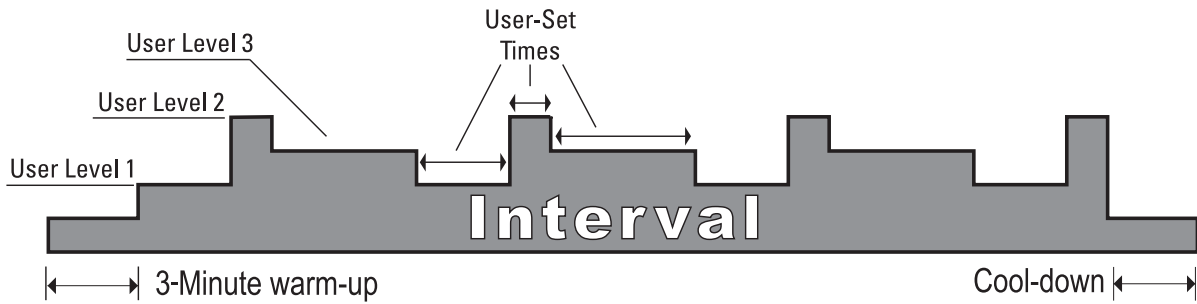
Setting	Range	Standard Value
Calorie Goal	150 to 1000	350
Stride (XT-One, XT4700)	20" to 28" (51 to 71 cm)	24" (61 cm)
Lateral Width (LX8000)	1 to 10	5
Incline (XT-One)	1 to 10	1
Level (not available on Zero Runner)	1 to 30	1; 5 (XT-One)
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68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

## Product Availability

**XT One**    **ZR8000**    **xR6000**    **XT4700**    **XT3700**    **LX8000**  
                  **ZR7000**



# INTERVAL



## 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.

## 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
Interval 1 — Level	1 to 30	5; 1 (LX8000); 1 (xR6000)
Interval <i>n</i> — Time	00:15 to 99:00	00:30
Interval <i>n</i> — Level	1 to 30	5; 4 (LX8000); 1 (xR6000)
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

## Product Availability

**XT One**   **xR6000**   **XT4700**   **XT3700**   **LX8000**

**STANDARD**

# FAT BURN



## 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

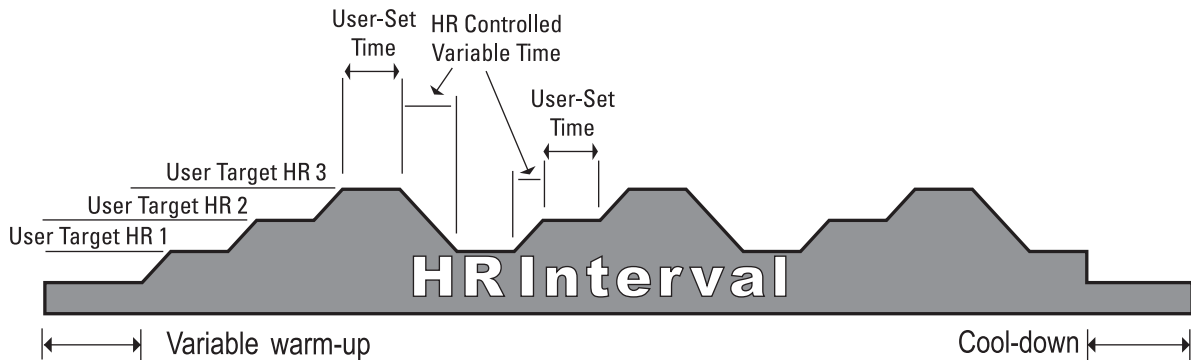
Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride (XT-One, XT4700)	20" to 28" (51 to 71 cm)	24" (61 cm)
Lateral Width (LX8000)	1 to 10	5
Incline (XT-One)	1 to 10	1
Target HR	80 to 205	.65 * (220-Age)
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

**HEART RATE**

## Product Availability

**XT One   xR6000   XT4700   XT3700   LX8000**

# 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.

## 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 <i>n</i> — Time	00:15 to 99:00	00:30
Interval <i>n</i> — Target HR	80 to 205	.75 * (220-Age)
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

## Smart Console Settings

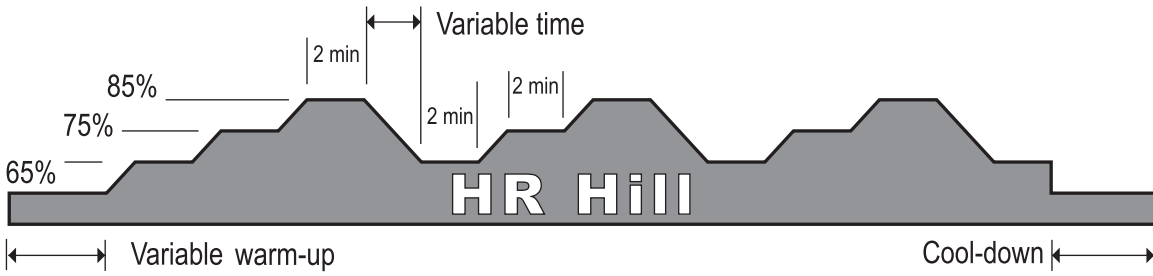
Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride (XT-One, XT4700)	20" to 28" (51 to 71 cm)	24" (61 cm)
Lateral Width (LX8000)	1 to 10	5
Incline	1 to 10	1
Age	15 to 99	40
Intervals	2 to 4	2
Interval 2 — Time	00:30 to 10:00	02:00
Interval 2 — Target HR	80 to 205	.65 * (220-Age)
Interval 3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

XT One xR6000 XT4700 XT3700 LX8000

HEART RATE

# HEART RATE HILL



## Description

Maximize the percentage of calories burned from fat versus carbohydrates with this controlled workout at 65% of theoretical maximum heart rate. 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.

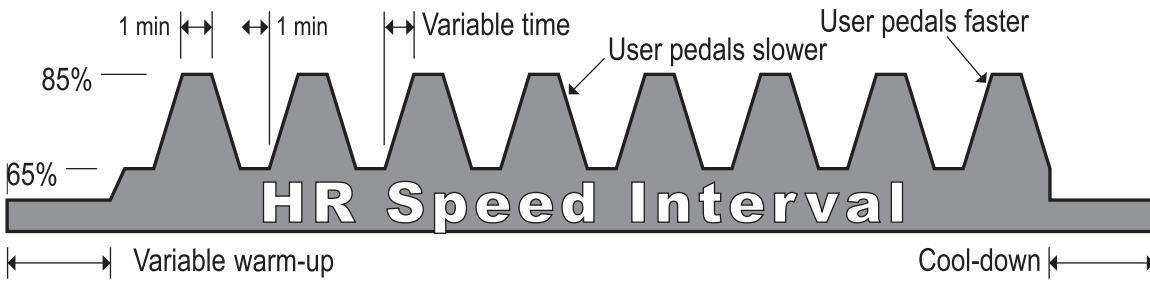
## Standard Settings

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**

# 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.

## Standard Settings

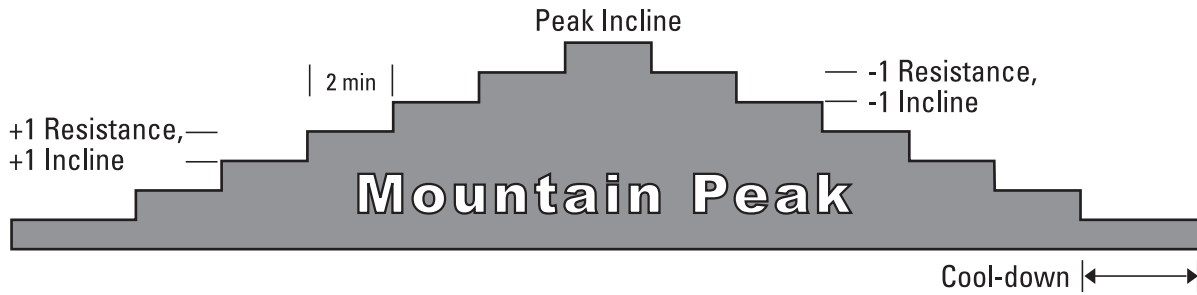
Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride (XT4700)	20" to 28" (51 to 71 cm)	24" (61 cm)
High Target Heart Rate	80 to 205	.85 * (220-Age)
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

## Product Availability

**xR6000**

**HEART RATE**

# MOUNTAIN PEAK



## 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

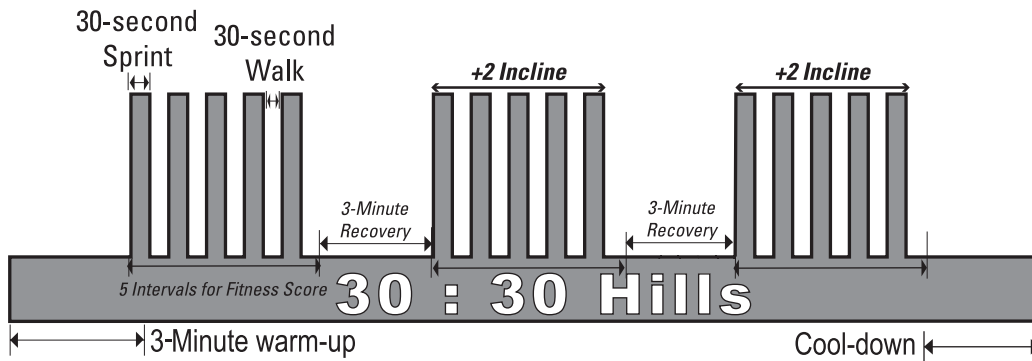
Setting	Range	Standard Value
Peak Incline	5 to 10	10
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Peak Level	10 to 30	10
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

## Product Availability

**XT One**

**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!

### Standard Settings

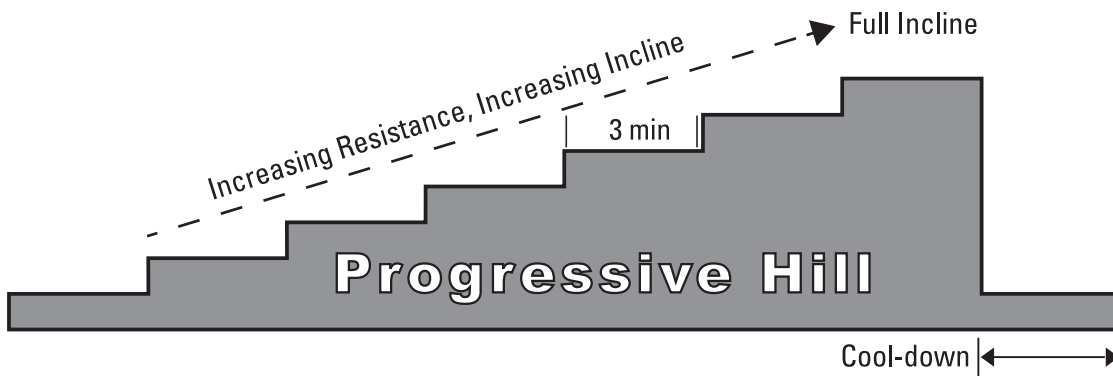
Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Intensity	Low, Medium, High	High
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

### Product Availability

**XT One**

**PRODUCT-SPECIFIC**

# 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)

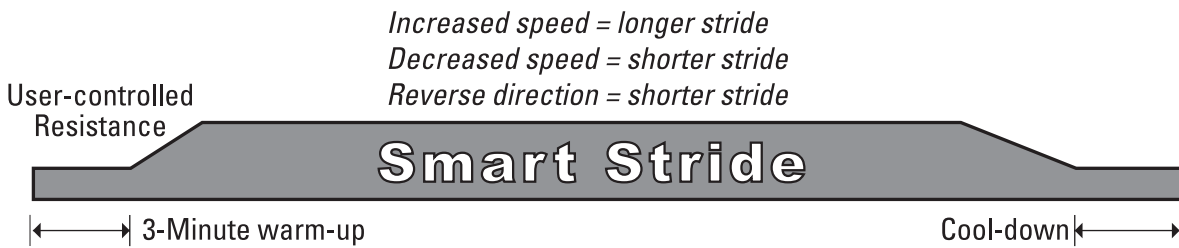
## Product Availability

**XT One**

**PRODUCT-SPECIFIC**



# SMART Stride



## 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 the appropriate adjustments as your pace or direction changes.

## Standard Settings

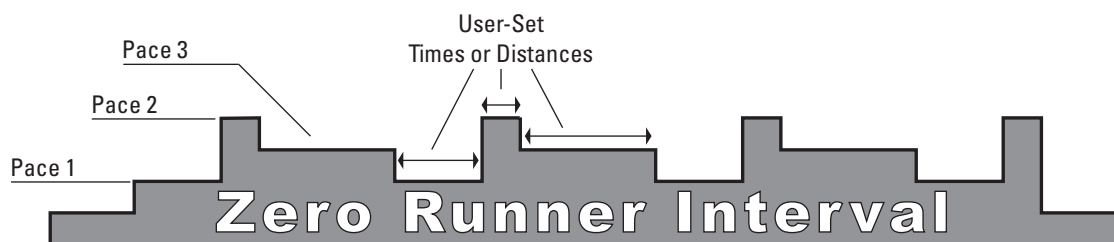
Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Incline	1 to 10	1
Level	1 to 30	5
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

## Product Availability

**XT One**

**PRODUCT-SPECIFIC**

# 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.

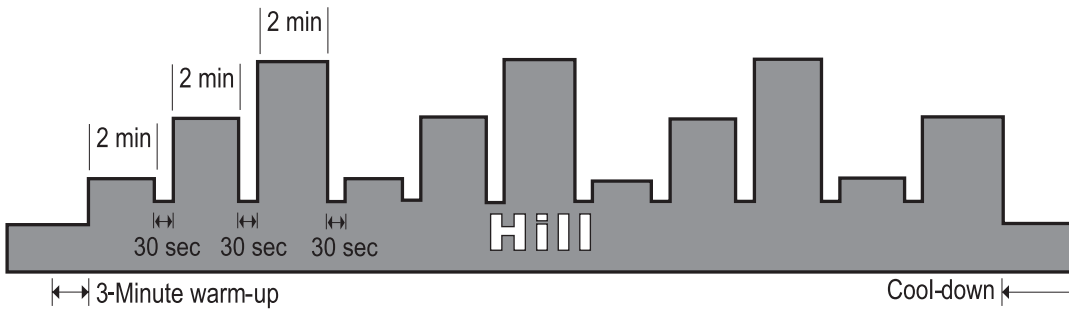
## Product Availability

**ZR8000**

**ZR7000**

PRODUCT-SPECIFIC

# 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**

PRODUCT-SPECIFIC

## DISTANCE PROGRAMS: 5K, 10K



### 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**

PRODUCT-SPECIFIC

# CALORIE BURN PROGRAMS: 250 CALORIES, 500 CALORIES



## Description

The Zero Runner smart console offers two preset programs with specific calorie burn goals: 250 calories 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

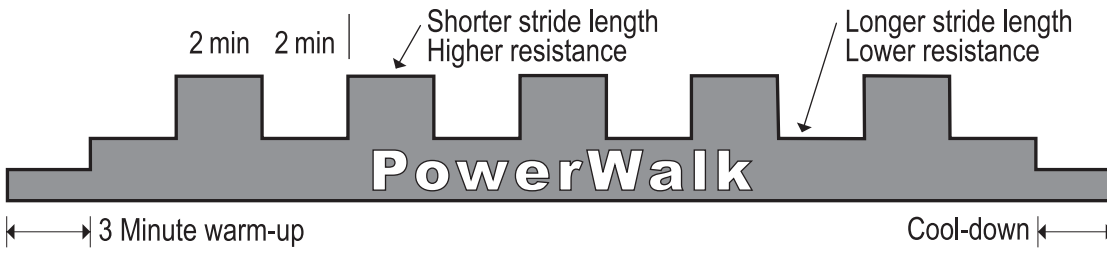
Setting	Range	Standard Value
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

## Product Availability (Smart Console only)

**ZR8000**

**ZR7000**

# POWERWALK



## 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

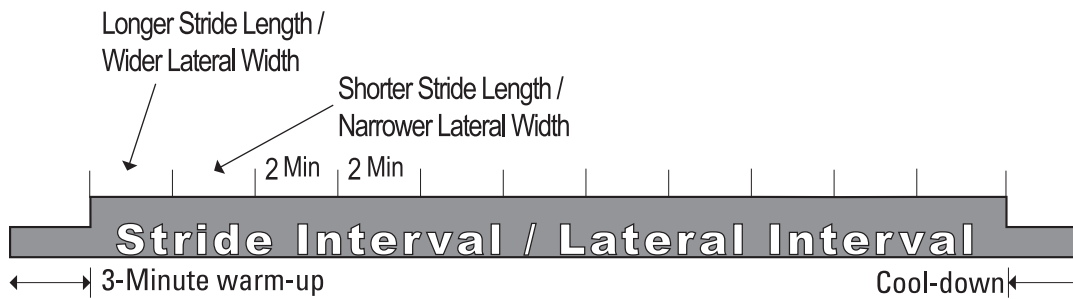
Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Long Stride Length	20" to 28" (51 to 71 cm)	24" (61 cm)
Short Stride Length	20" to 28" (51 to 71 cm)	20" (51 cm)
High Level	1 to 30	5
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

**PRODUCT-SPECIFIC**

## Product Availability

**XT4700**

# STRIDE INTERVAL / LATERAL INTERVAL



## 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

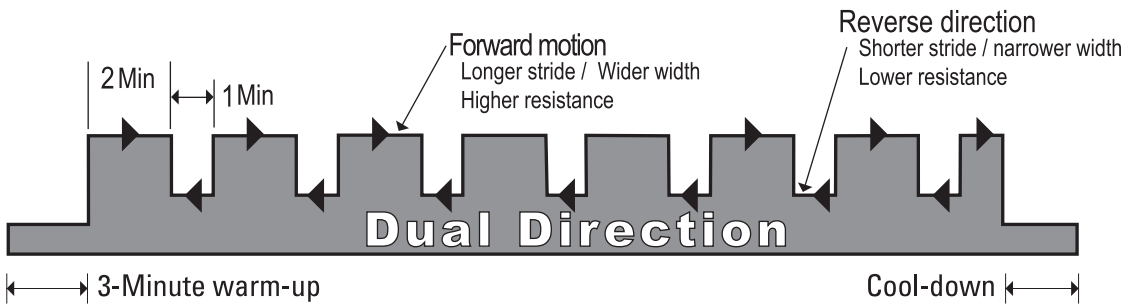
Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Long Stride Length (XT4700)	20" to 28" (51 to 71 cm)	24" (61 cm)
Short Stride Length (XT4700)	20" to 28" (51 to 71 cm)	20" (51 cm)
Wide Width (LX8000)	1 to 10	8
Narrow Width (LX8000)	1 to 10	3
Level	1 to 30	1
Age	15 to 99	40
Weight	70 to 400 lbs.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

## Product Availability

**XT4700** **LX8000**

PRODUCT-SPECIFIC

# DUAL DIRECTION



## 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)

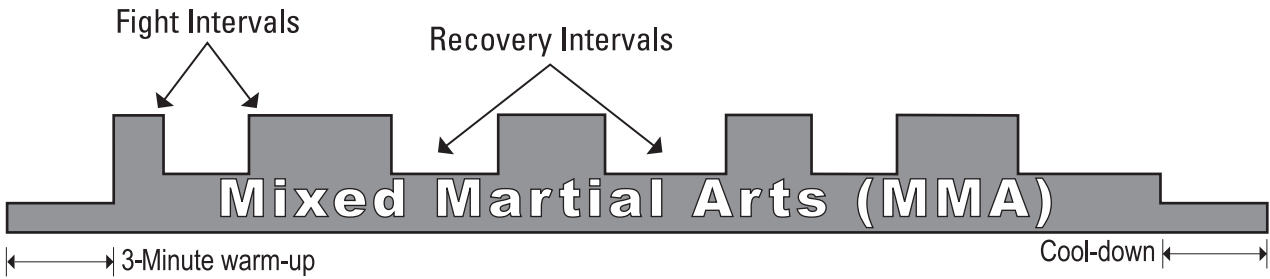
## Product Availability

**XT4700** **LX8000**

**PRODUCT-SPECIFIC**



# MMA



## 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

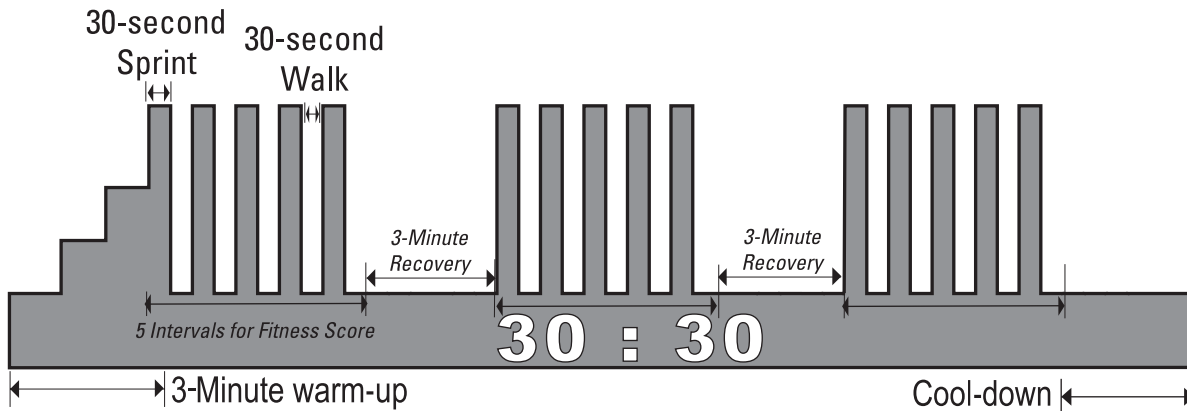
Setting	Range	Standard Value
Rounds	1 to 5	1
Intensity	Rookie, Semi-Pro, Champ	Rookie
Stride (XT-One, XT4700)	20" to 28" (51 to 71 cm)	24" (61 cm)
Lateral Width (LX8000)	1 to 10	6
Incline (XT-One)	1 to 10	1
Fight Level	1 to 20	6
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

**SPECIALTY**

## Product Availability

**XT One   xR6000   XT4700   XT3700   LX8000**

# 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.

## Standard Settings

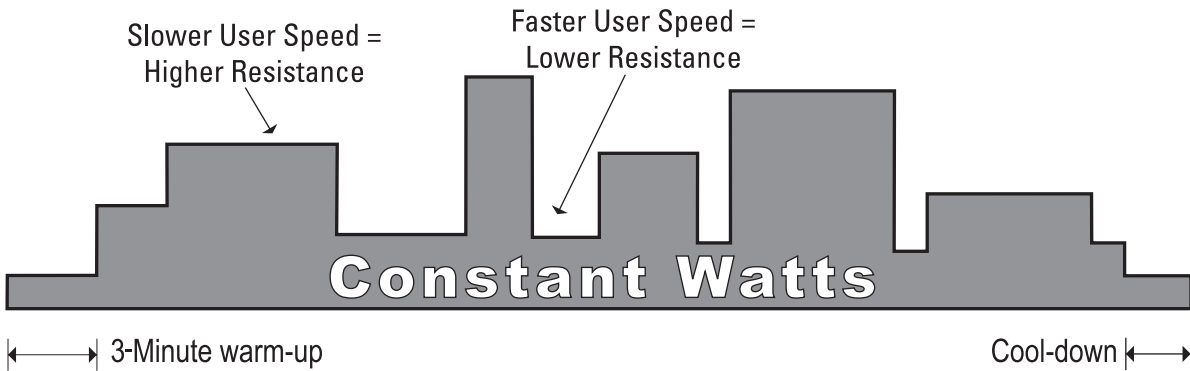
Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride (XT-One, XT4700)	20" to 28" (51 to 71 cm)	24" (61 cm)
Lateral Width (LX8000)	1 to 10	5
Incline (XT-One)	1 to 10	1
Sprint Level (not available on Zero Runner)	4 to 30	8
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

SPECIALTY

## Product Availability

**XT One**    **ZR8000**    **xR6000**    **XT4700**    **XT3700**    **LX8000**  
**ZR7000**

# CONSTANT WATTS



## 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

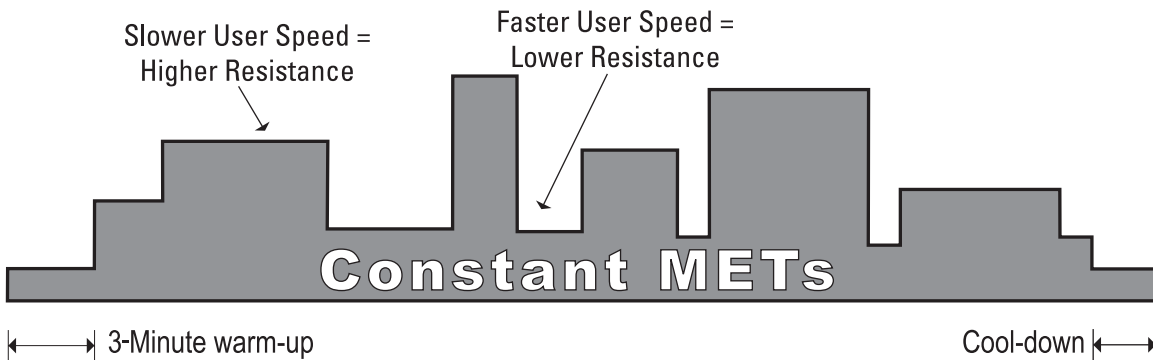
Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride (XT-One, XT4700)	20" to 28" (51 to 71 cm)	24" (61 cm)
Lateral Width (LX8000)	1 to 10	5
Incline	1 to 10	1
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)
Set Watts	20 to 900	125

## Product Availability

XT **One**    **xR6000**    **XT4700**    **XT3700**    **LX8000**

**SPECIALTY**

# CONSTANT METS



## 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.

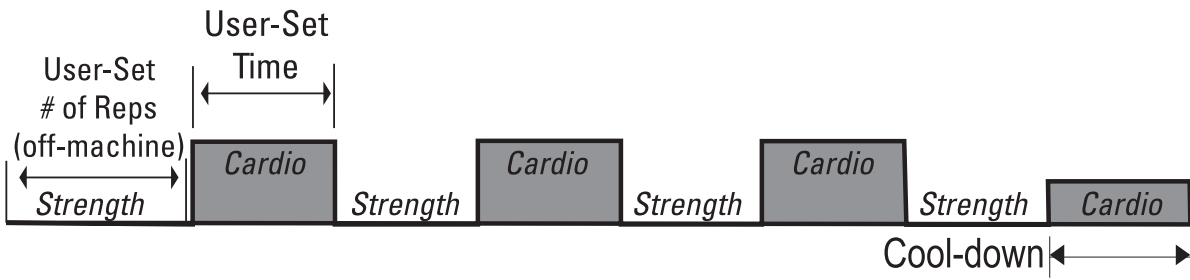
## Standard Settings

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

**XT One   xR6000   XT4700   XT3700   LX8000**

# CROSS CIRCUIT SOLO



# 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.

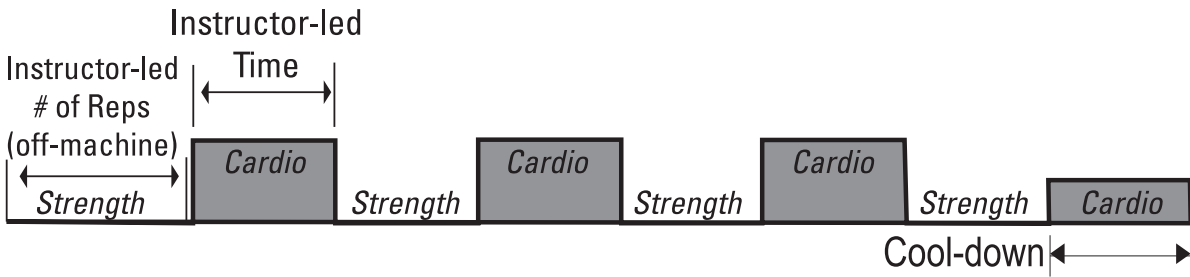
## Standard Settings

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**   **ZR8000**   **ZR7000**   **XT4700**   **XT3700**   **LX8000**

# 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.

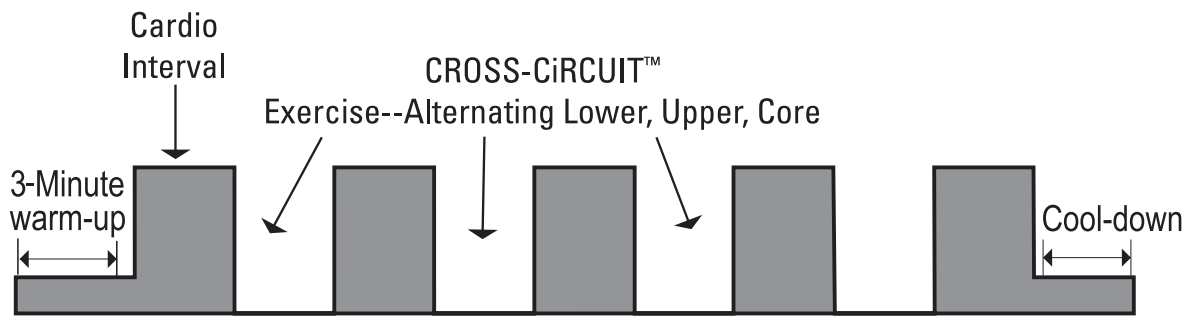
### Standard Settings

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)

### Product Availability

**XT One**   **ZR8000**   **ZR7000**   **XT4700**   **XT3700**   **LX8000**

# CROSS CIRCUIT TOTAL BODY BLAST



## 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.

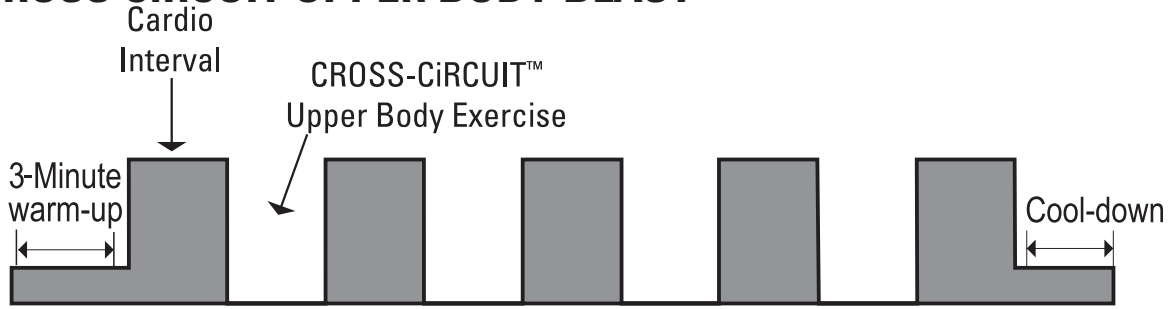
### Standard Settings

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**   **ZR8000**   **ZR7000**   **XT4700**   **XT3700**   **LX8000**

# CROSS CiRCUIT UPPER BODY BLAST



## 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

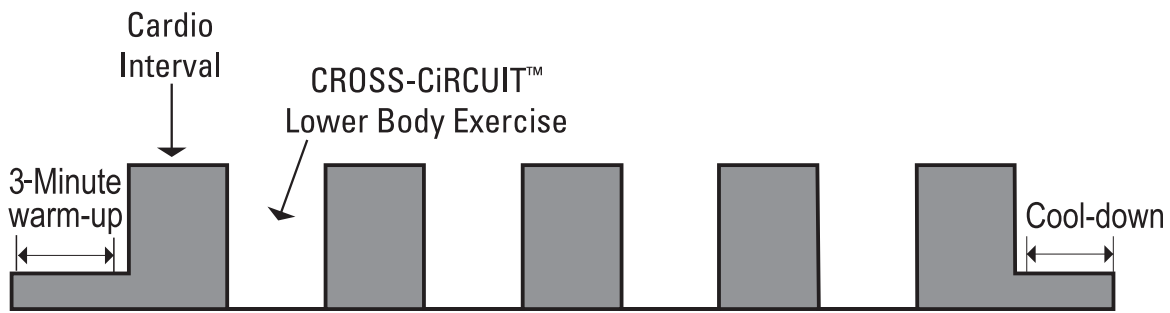
Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Lateral Width (LX8000)	1 to 10	5
Incline (XT-One)	1 to 10	1
Level (not available on Zero Runner)	1 to 30	1; 5 (XT-One)
Cardio Time	00:30 to 10:00	2:00
Strength Time	00:30 to 10:00	1:00
Age	15 to 99	40
Weight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

### Product Availability (Smart Console only)

**XT One   ZR8000   ZR7000   XT4700   XT3700   LX8000**



# CROSS CiRCUIT LOWER BODY BLAST



## 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.

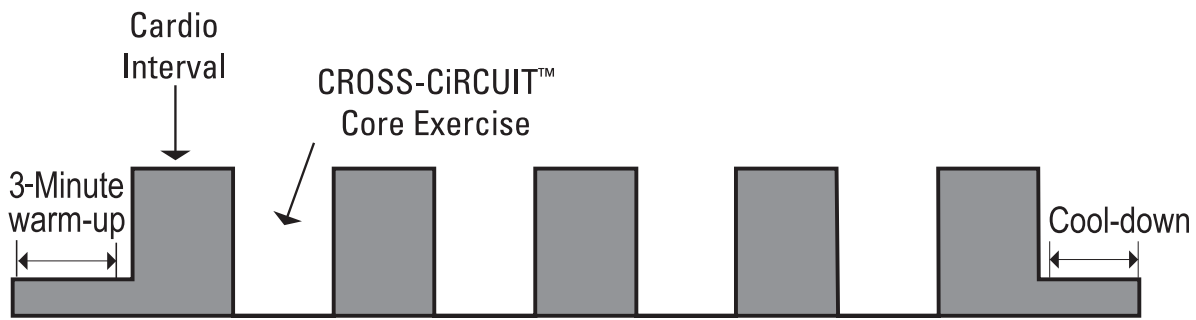
### Standard Settings

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)

XT One ZR8000 ZR7000 XT4700 XT3700 LX8000

# CROSS CiRCUIT CORE



## 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)

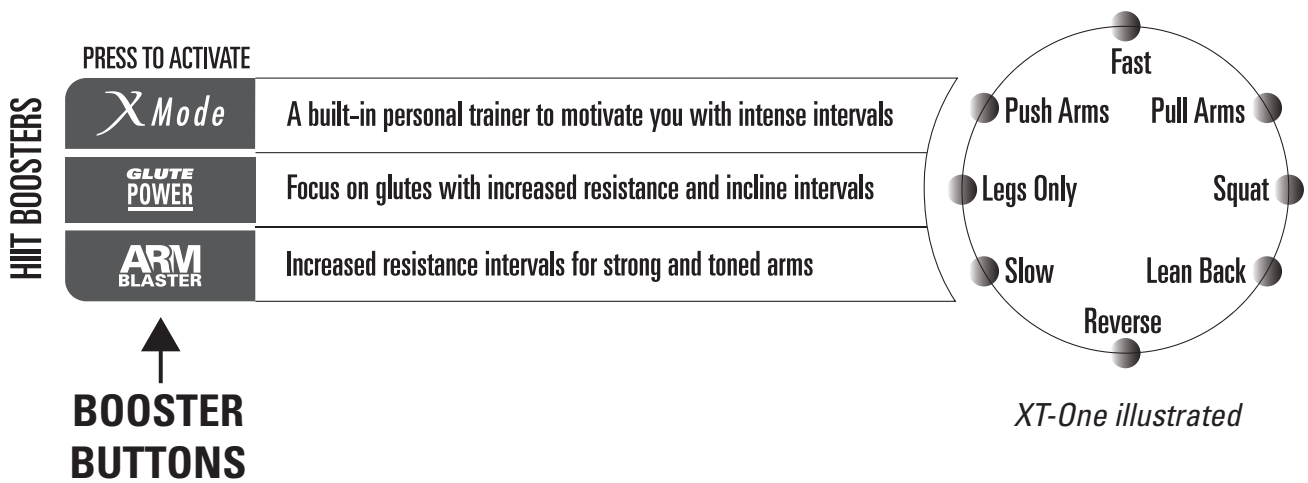
**XT One** **ZR8000** **ZR7000** **XT4700** **XT3700** **LX8000**

# HIGH INTENSITY INTERVAL TRAINING (HIIT) BOOSTERS

Octane Fitness products (excluding the Zero Runner) 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:

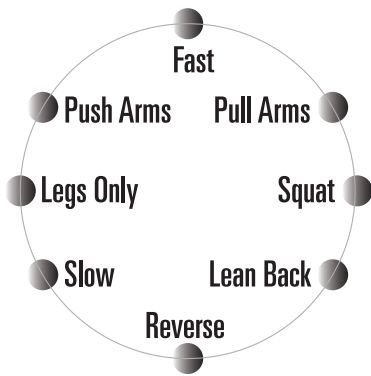
- Manual
- Distance
- Calorie
- Random
- Smart Stride



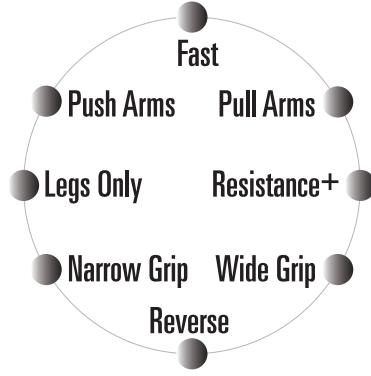
To activate a HIIT Booster during any workout, simply press the button of the booster you want and its sequence begins. To deactivate, press the booster button a second time.

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

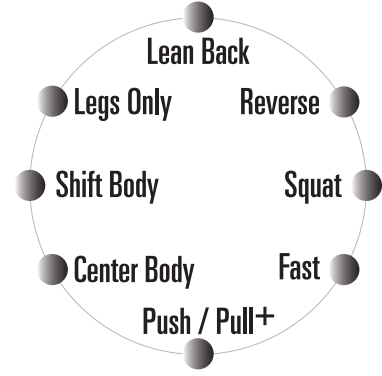
## X-Mode



XT-One, XT4700, XT3700



xR6000



LX8000

### Description

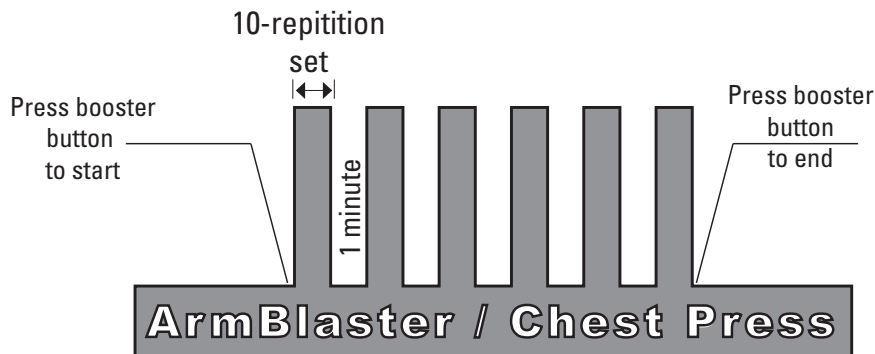
This great motivational tool keeps your workout fresh and exciting in any program. Activate X-Mode by pressing **X Mode** on your console; then, every other minute X-Mode kicks in, adding four levels of resistance and prompting you to perform combinations of eight different challenges.

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

### Product Availability

XT **One**    **xR6000**    **XT4700**    **XT3700**    **LX8000**

## ArmBlaster / Chest Press



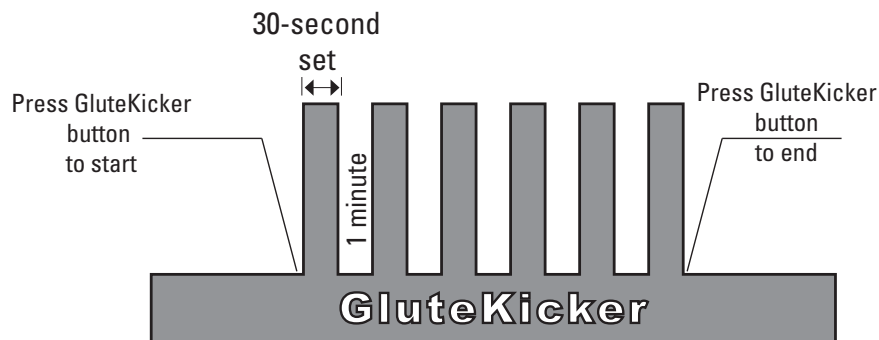
### Description

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

**xT One** **xR6000** **xT4700** **xT3700**

## GluteKicker



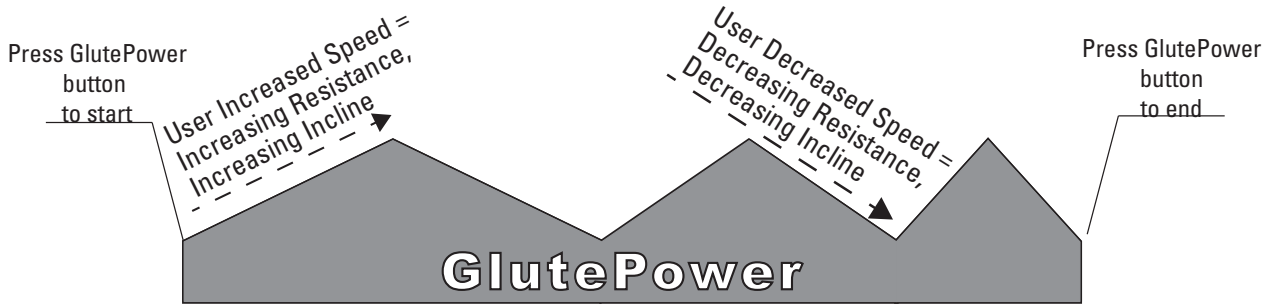
### Description

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  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



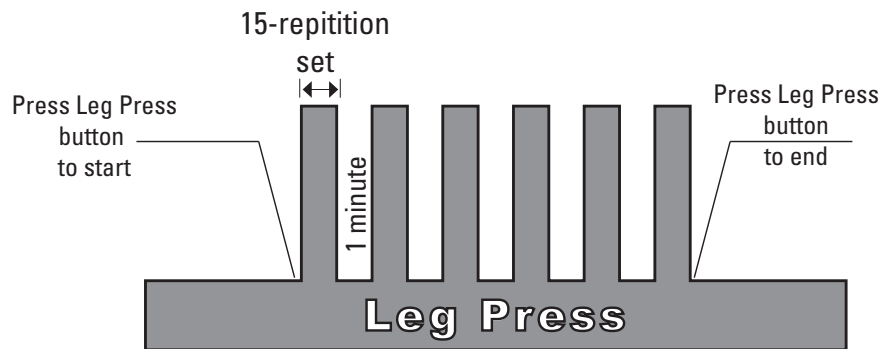
## Description

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

**XT One**

## Leg Press



### Description

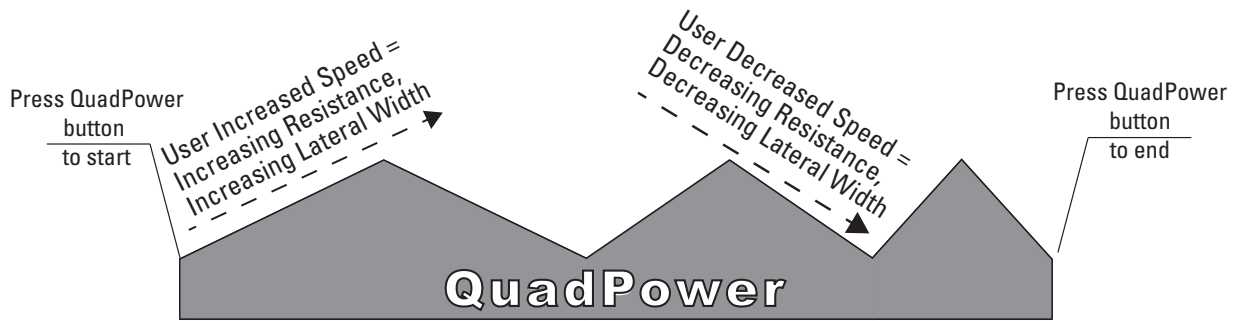
Leg Press adds an aggressive routine to help you build strength and power in your leg muscles to the cardio program profile that you have selected. Press **LEG PRESS** on your console to start a session; then, every minute, resistance increases 8 levels for a muscle-building, 15-repetition set as you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

### Product Availability

**xR6000**



# QuadPower



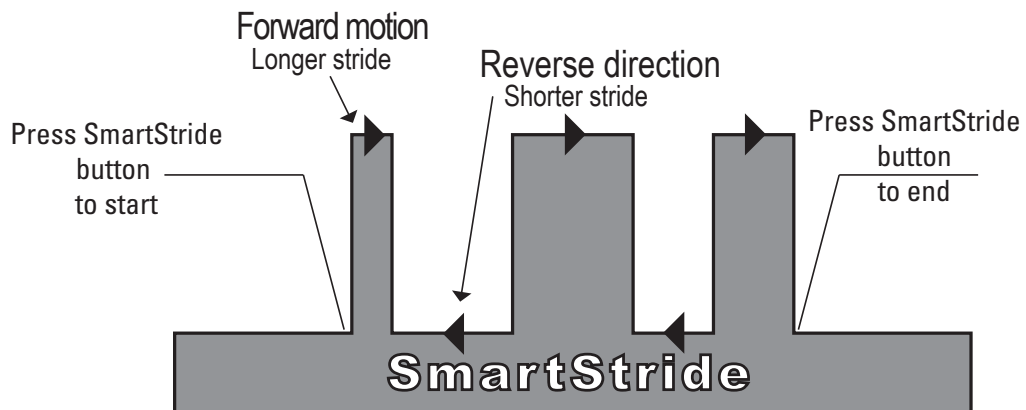
## Description

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



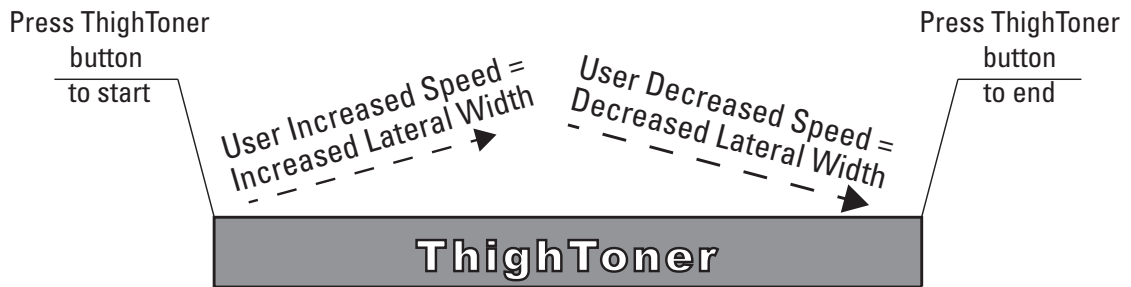
### Description

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  and the machine will analyze your speed and make the appropriate adjustments as your pace or direction changes.

### Product Availability

**XT4700**

# 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.

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 possible 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**

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 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.

#### **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.

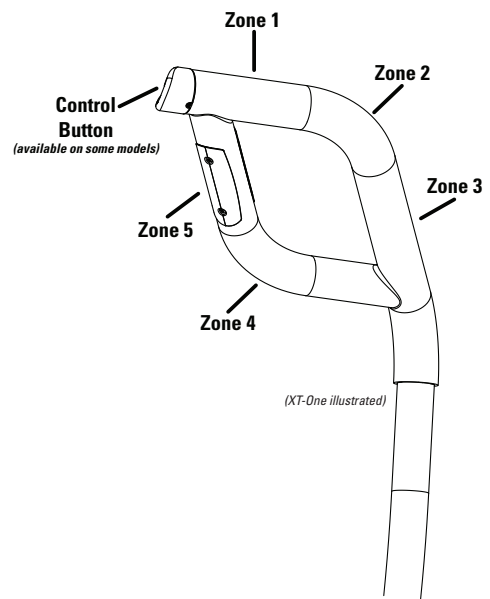
#### **Heart rate programs**

Octane ellipticals (excluding the Zero Runner) offers 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 with 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 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:



**FEATURES**

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 MultiGrip 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	Level	Level
XT3700	Level	Level

## Product Availability

**XT One**   **xR6000**   **XT4700**   **XT3700**   **LX8000**

## 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 the most advanced, ergonomically correct and inherently better elliptical cross training workouts ever with its proprietary SmartStride.

SmartStride automatically replicates natural movement by analyzing and measuring an exerciser's pace and direction and intuitively adjusting stride length from 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

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 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 using the handle located just under the left edge of the seat. You may choose one of five positions, with position 1 being the most upright and position 5 being the most reclined. To adjust, lift up on the yellow handle to disengage the tilt lock. Press back to recline or shift your weight slightly forward to tilt the seat back up. Release the handle, then shift your weight slightly until you hear the tilt lock pop 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.*

## 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](http://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 provides platforms for users to stand on while performing arm-isolation exercises.

Please contact Octane Fitness Customer Service at 1-888-OCTANE4 or 763-757-2662, extension 1, for pricing and ordering information.

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