

THE LATERAL X

MOVE IN A NEW DIRECTION

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LX8000

Add a new dimension and excitement to the cardio floor with the LateralX elliptical that delivers functional challenges, more muscle demands and greater caloric burn.

OCTANE ADVANTAGES

- Adjustable lateral 3-D motion
- 27% increase in caloric expenditure*
- 30% increase in hip abductor/adductor activity*
- Adds muscle confusion with 10 varying planes of motion
- Great for sports, rehab and stability training, working the hips, thighs and glutes
- CROSS CIRCUIT and Embedded Touch Screen compatible



LATERAL MOTION

Active side-to-side motion that increases caloric expenditure by 27% and engages more lower body muscles.



STEPPING MOTION

An additional movement option that simulates a stepping movement for added variety or recovery.



UPPER-BODY ERGONOMICS

Patented, one-of-the-kind Converging Path and MultiGrip handlebars better engage the upper body and assist with fitting every exerciser better.



CROSS CIRCUIT

Exercisers get better results from greater conditioning and motivation, and clubs and trainers benefit from a powerful new revenue source.

LX8000 SPECIFICATIONS

• Standard ○ Optional

KEY MECHANICAL FEATURES

Electronically adjustable lateral width	•
Converging Path™ handlebars	•
MultiGrip™ handlebars	•
Fingertip controls on moving handlebars	•
Moving handlebar lock-out option	•
1-time adjustable handlebar position	•
Soft grip pedals	•
Low step-up height	•
Water bottle holder	•
Reading rack	•
Transport wheels	•

ELECTRONIC FEATURES

Lateral width adjustments	10
Resistance levels	30
Digital heart rate on moving handlebars	•
Wireless heart rate ready	•
Console fan (3 speeds)	•
Self-powered	•
HeartLogic™ Intelligence	•
CSAFE®	•
FitLinxx® compatible	•

WORKOUTS

Number of programs	13
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PRESET RESISTANCE PROGRAMS

Manual	•
Random	•
Interval	•
Goal - distance or calorie	•

LATERAL WIDTH PROGRAMS

Lateral Interval	•
Dual Direction	•

HEART RATE-CONTROLLED PROGRAMS

Heart Rate Interval	•
Fat Burn	•

ADVANCED PROGRAMS

CROSS CIRCUIT Solo	•
CROSS CIRCUIT Group	•
30:30 Interval	•
MMA	•
Constant Power - Watts or METs	•

WORKOUT BOOSTERS

X-Mode™	•
ThighToner™	•
QuadPower™	•

ENTERTAINMENT OPTIONS

Personal Viewing Screen	○
Wireless 900 Mhz	○
Embedded Touch Screen	○

PRODUCT SPECIFICATIONS

Max user weight	400 lbs (181 Kg)
Footprint (W x L)	42" x 63" (106 cm x 160 cm)
Product weight	388 lbs (176 Kg)
Footprint with CROSS CIRCUIT stands (W x L)	44" x 75" (111 cm x 190 cm)
Product weight with CROSS CIRCUIT stands	438 lbs (198 Kg)

WARRANTY

Parts	3 years
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