



**ZERO**  
*RUNNER*<sup>®</sup>

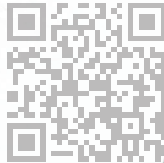
ZERO  
IMPACT  
RUNNING



**ZERO** *RUNNER*<sup>®</sup>



FUEL YOUR PASSION  
WITH ZERO-IMPACT RUNNING™





# INVENTING THE ZERO

Elevating the science of running biomechanics

With years of research on running biomechanics, joint analysis and muscle activation, the Zero Runner now has cracked the code to replicate real running motion with zero impact.

After studying kinesiology and kinematics, we set out to invent another way to run with the natural feel and all the benefits – but minus the pounding and stress on the body. Engineers have tried this for years and failed.

*Until now.*

The Zero Runner is blazing new trails in running performance.



## Natural, Customized Motion

The patented design of the bionic legs enables you to replicate your own running gait. The ingenious hip and knee joints on the Zero Runner facilitate this custom motion and natural stride – just like you're running outdoors.

## Create Your Gait

By suspending the body, the Zero Runner frames your physique and protects your joints while you run. No limitations, no moving belt and no fixed path – you create the movement and pace so it's uniquely yours. Unlike any other fitness machine, the Zero Runner delivers the ultimate freedom.





# MASTER YOUR GAIT

Improve your running stride for maximum efficiency

Want to run more efficiently and get faster? The Zero Runner has the technology to teach you about your running gait and form.\* With intelligence that traces your gait while you run, the Zero Runner analyzes every step, including your gait length and height.

As you add miles, you are equipped to track the health of your gait and ensure that you are performing at mile eleven as strong as you did at mile one. Now you can focus on improving your performance by maintaining a consistent gait and stride length, even as you fatigue, where stride typically shortens and form is compromised.

SmartLink™ required\*

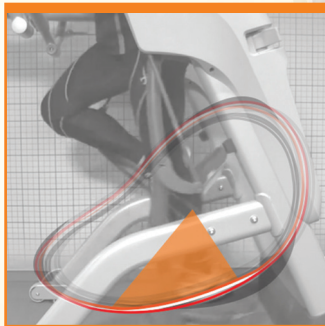


# THE FOUR PHASES OF THE RUNNER'S GAIT



## 1. Initiate

Transfer weight to the lead foot



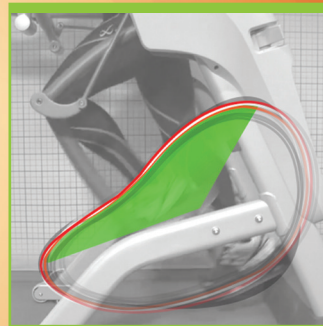
## 2. Pull-through

Acceleration that requires a strong hamstring contraction



## 3. Lift

Knee flexion with hamstring curl (heel to glute) for kick phase



## 4. Extension

Hip flexion, then knee extension to start the next stride

A photograph of three runners in a park. In the foreground, a woman with blonde hair in a purple tank top and black leggings with pink patterns is running towards the camera. Behind her, a man in an orange t-shirt and black shorts is running, and further back, a woman in a purple t-shirt and black leggings is running. The background shows a paved path, green trees, and a bright, sunny sky.

# SMARTER TRAINING

Fortify your routine and show up stronger on race day

Include the Zero Runner into your training schedule for multiple benefits:

- Run without impact – add mileage, avoid injury
- Half-marathon and marathon prep – maximize stamina, maintain form and decrease repetitive stress by supplementing miles
- Active recovery – replace junk miles with quality conditioning
- Cross training – CROSS CiRCUIT® exercises and videos help eliminate your weak links



## Run without impact

The Zero Runner allows you to replicate your running gait so you use all the same muscles you do outside on the road but without the impact. With zero-impact running, get ready to extend your running career by saving your body from excessive pounding.

## Half-marathon and marathon prep

A longer run doesn't have to beat up your body. Instead of simply adding miles – get more out of every mile by supplementing your training schedule with the Zero Runner so you can stay strong and avoid injuries. You choose the percentage of miles to supplement to get you to the start line stronger - outside 6 miles, 4 miles inside.

## Active recovery

For runners who struggle to take a day off, now you don't have to. The Zero Runner is a great option for active recovery days because you're still training your running muscles and building endurance – with the added benefit of zero impact on your body. It's also a great way to loosen up the lactic acid build up in your muscles after a hard workout.

## CROSS CIRCUIT

CROSS CIRCUIT on the Zero Runner can help you minimize overuse injuries by incorporating strength, flexibility and stretching with different exercises, such as lateral and hamstring training, plyometrics and core moves.

Take on your weaker links and watch your running performance soar.





# RUN LONGER

**Supplement with the Zero Runner to remove the impact**

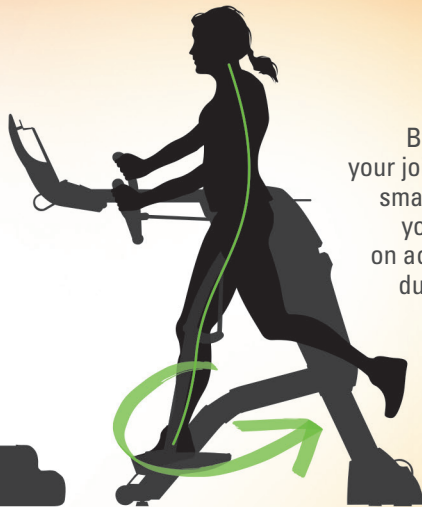
Too much pounding the pavement or treadmill wears down your body, stresses the joints and increases the risk of injury. Stay on track with your training program by incorporating the Zero Runner, which engages the same muscles but relieves the pounding. Keep running but stay healthy by training smarter and protecting your body.



## Treadmills

Training on a treadmill continues to pound on your body and places significant pressure on your joints.

Plus, running on a treadmill with a moving belt doesn't match running outdoors. You don't sufficiently engage the hamstrings and glutes, and your form changes to accommodate the treadmill belt.



## Zero Runner

By reducing the impact on your joints, the Zero Runner is a smarter way to train. Engage your core and concentrate on activating your hamstrings during the lift phase so you build the muscles that will get you to the finish line.

With live gait tracing information, the Zero Runner gives you the tools to perfect your gait so you become a more efficient and consistent runner. Stay as strong during the second half of your run as you did the first half with valuable gait analysis.\*

SmartLink required\*



# RUN FOR THE REST OF YOUR LIFE

## Benefits of cross training for runners

We cracked the code to provide a natural, smooth running motion that truly replicates running but without the impact. Extend your running career, run faster, become more efficient and strengthen your muscles by cross-training with zero-impact running.



## Avoid injury

Ultra, marathoner, weekend warrior and everyone in between are susceptible to an injury that can sideline them for the next race, or potentially end their career. One of the best ways to help avoid a running injury is to cross train.

Cross training varies the stresses to the body so that overall strength improves, thereby helping to minimize weak links and improve running economy. In addition, cross training can reduce the tendency to over train by incorporating balance and variety to better manage your running addiction.

## Correct muscular imbalances

Any time you train for one activity or sport, such as running, you develop specific muscles and neglect others. Runners are typically quad dominant and weaker in their hamstrings. Cross training helps to negate these imbalances and promote overall strength that contributes to better performance in any sport.

## Optimize Runner Fitness

Incorporating the Zero Runner into your program can lead to greater efficiency, more strength and lasting power. The Zero Runner protects your body so you can increase the amount of time you spend training without increasing the risk of injury that you experience with the constant pounding on the road. You're only able to perform your best when you train hard, smart and consistently over time.





# CROSS CiRCUIT

## Fix the weakest link in your running chain

With CROSS CiRCUIT and the SmartLink app, incorporating strength training into your running program has never been easier. CROSS CiRCUIT combines running intervals on the Zero Runner with strength training or stretching exercises for the ultimate in effectiveness and efficiency. Now you can get even more out of your miles by adding extra conditioning within your run.

Choose from a variety of pre-designed workouts, including those that emphasize your hips, hamstrings, glutes and more to maximize your strength, endurance and overall fitness level. Take on new challenges, such as plyometrics and lateral training, to hit areas that running misses and thereby become more well-rounded and equipped to plow through a tough race.

Whether your goal is simply to run easier with less pain or to get faster in your next race, a few strength sessions every week can help.

## Holistic approach to running

Gone are the days when all runners did was run. Now, smart athletes, including professional marathoners, attest to the power of cross training to improve their race times and recovery.

Built with input from athletic trainers, physical therapists and running coaches, CROSS CiRCUIT in the *SmartLink* app was designed to make it easy for runners to perform the parts of training that they sometimes tend to ignore. With CROSS CiRCUIT, simply push a button to get a customized workout created to help you get after your goals.

No more digging around in magazines or online for exercises that you know you should be doing. *SmartLink* and CROSS CiRCUIT conveniently deliver the exercises and video demos to drive your performance to the next level.



FREE APP DOWNLOAD!  
[bit.ly/octanesmartlink](http://bit.ly/octanesmartlink)





## TAKE TRAINING TO A NEW LEVEL

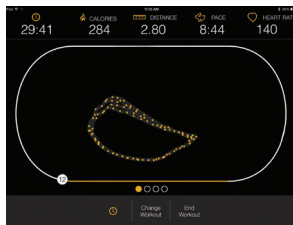
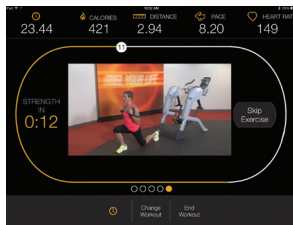
### Enhanced console technology

The console's sleek design showcases all your running stats just like your favorite running watch, including stride length, pace, distance, heart rate, calories burned and workout time. The console also features two placement options for your mobile device, which adds entertainment during long training sessions.

# THE SMARTLINK APP

## Unleash your full potential

When downloaded to a mobile device, SmartLink wirelessly connects to the console and displays all your workout stats. Select your running goal of endurance, strength or active recovery, and SmartLink designs your customized plan.



## CROSS CIRCUIT

SmartLink makes it easy to incorporating cross training into your program. Videos guide you through strength training, stretching and yoga exercises that focus on the muscles you need to develop to run faster and get stronger.

Train smarter, take on your weaker links and achieve a lifetime of performance with SmartLink.

## Stride Tracing

Now you can monitor the health of your stride as you run with unique stride tracing technology. See your stride length throughout your run, and notice how it changes as you fatigue.

A constant eye on your stride means you can easily adjust your form so that you're as strong at mile eight as you were at mile one.



## ZR7 SPECIFICATIONS

- Standard
- Optional

### Key Mechanical Features

User-defined running motion	•
Dynamic stride length	up to 58" (147cm)
Total body	•
Locations for mobile devices	2
CROSS CiRCUIT® attachment points	7
CROSS CiRCUIT resistance bands	1 set
CROSS CiRCUIT Powerband Kit	○
Pedal spacing	1.8" (4.6 cm)
Low step-up height	5.2" (13.2 cm)
Rubber non-slip pedals	•
Lock-out handlebars	•
Water bottle holder	•
Whisper-quiet operation	•
Transport wheels	•

### Electronic Features

SmartLink™ compatible	•
Bluetooth® 4.0 for mobile device connectivity	•
Head up LCD display	•
Self powered*	•
Quick Start (Run)	•
Cool down	•
Wireless heart rate (Polar, ANT+ and Bluetooth 4.0**)	•
Digital contact heart rate	•

## PRODUCT SPECIFICATIONS

### Product Specifications

Max user weight	300 lbs (136kg)
Footprint live area	38"W x 63"L (97 x 160cm)
Product weight	195 lbs (89kg)
Package weight	220 lbs (100kg)

### Warranty<sup>†</sup>

Warranty	Lifetime
Parts, excluding Powerbands <sup>††</sup>	5 years
Labor	1 year

\*Includes 4 AA batteries

\*\*When connected to SmartLink

<sup>†</sup>Warranty outside the USA and Canada may vary

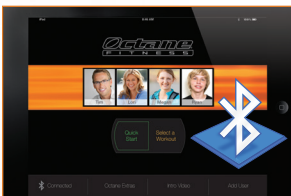
<sup>††</sup>90 day parts on Powerbands





### Bionic Legs

Innovative hip and knee joints enable users to run on the machine without any impact. Now every run is a great run.



### BlueTooth 4.0® connectivity

Wirelessly connects to your favorite mobile device with the SmartLink app and features all of your essential workouts stats.



### Quiet Operation

The Zero Runner is whisper-quiet so you can enjoy your run without disturbing others in the room.

### Heart Rate Monitoring

Equipped with wireless heart rate technology for Polar, ANT+ and Bluetooth; or you can place your hands on the digital heart rate sensors on the stationary handlebars.



### Cordless

You can place the Zero Runner anywhere in your home because you do not need to worry about plugging it in. Plus, save money on your energy bill.



### CROSS CIRCUIT

The Zero Runner includes resistance bands, along with seven connection points on the front and back of the machine, so you can conveniently and efficiently accomplish your cross training.





KEEP  
RUNNING

Visit [zerorunner.com](http://zerorunner.com) for more information



*Octane*  
FITNESS

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