



ECOMPANY

HOW DO WE BUILD THE BEST ELLIPTICAL TRAINERS?

Being the best in the industry takes relentless hard work, commitment and focus. At Octane Fitness, we are defined by our hunger to innovate. By breakthroughs that revolutionize elliptical training and create new ways to exercise. By our unwillingness to settle. And by our passion to excel and deliver the absolute greatest ellipticals.

Our perseverance results in an avalanche of Best Buy awards and top rankings, clubs worldwide that demand our products and lives that are continually fueled.

Dedicated to reinventing low-impact cardiovascular exercise, only Octane equips your club with premium, progressive standing and seated ellipticals, strength-infused cardio with CROSS CiRCUIT® and unique lateral elliptical trainers.

Capitalize on our mission to engineer elliptical domination.

LATERAL ELLIPTICALS

Move in an entirely new direction with this ingenious way to workout, which combines smooth, 3-D motion that goes from a vertical elliptical stepping motion to an active side-to-side motion for functional exercise that challenges more muscles for more results.

P. 6



ELLIPTICAL DOMINATION

FOUR CATEGORIES OF ELLIPTICALS PROVEN TO FUEL YOUR MEMBERS AND YOUR CLUB



It's no surprise that these ellipticals are preferred by 75% of health club members. Perfected over time with biomechanics, natural motion, a slew of motivating workouts and plenty of thoughtful comfort features, these premium elliptical machines fuel every fitness floor.

P. 8

OCTANEFITNESS.COM

This innovative platform combines all the benefits of traditional standing elliptical exercise with the comfort of a seat – plus exclusive PowerStroke™ technology and resistance training to engage more muscles, burn more calories and accomplish way more than other seated machines.

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Multi-task to the max with these invigorating cardio and strength combined workouts, which encourage members to take on personal challenges, give trainers valuable variety and enable clubs to capitalize on a new profit center.

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ESCIENCE

PERFECTING THE FUTURE OF FITNESS

The best ellipticals are born from inspiration, perspiration and exploration. Octane blends bold creativity with precision engineering and exhaustive research to perfect elliptical exercise for today...and tomorrow.

Continually studying biomechanics and ergonomics to fine-tune physical movement, Octane's engineers use computer solid modeling, video evaluation and finite element analysis (FEA) computer simulation to design the most natural and effective workouts.

Then we partner with leading universities, scientists and health clubs to put our machines to the test to uncover exactly how they affect the human body... so we can make the best even better

Premium materials, quality manufacturing, punishing reliability testing and uncompromising standards are ingredients in every Octane elliptical. We demand exceptional performance so that we can exceed your expectations and obliterate the status quo.







ERESULTS

YOUR MEMBERS FEEL AND SEE THE DIFFERENCE

Let's face it — if your members aren't satisfied, your club won't thrive. Octane ellipticals help drive your business daily by enticing potential members, motivating current members and keeping everyone coming back for more. What's not to love?

75% of health club members rate it superior

95% of health club members want Octane in their clubs

No need to take our word for it — surveys of health club members show that Octane is the top elliptical choice, with 75% rating Octane workouts as superior. In fact, more than 95% of members said that they wanted Octane ellipticals at their facility. They consistently praise the overall natural feel; intuitive, customizable motion; and upper-body comfort and variety.

Seize this critical success factor to reap maximum ROI.



MOVE IN A NEW DIRECTION

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.

- 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



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

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	

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	•

30:30 Interval

Constant Power - Watts or METs

MMA

u	2 rannarn Anhnonar	
	WORKOUTS	
	Number of programs	13
	PRESET RESISTANCE PROGRAM	S
	Manual	•
	Random	•
	Interval	•
	Goal - distance or calorie	•
	LATERAL WIDTH PROGRAMS	
	Lateral Interval	•
	Dual Direction	•
	HEART RATE-CONTROLLED PRO	GRAMS
	Heart Rate Interval	•
	Fat Burn	•
	ADVANCED PROGRAMS	
	CROSS CIRCUIT Solo	•
	CROSS CIRCUIT Group	•

WORKOUT	BOOSTERS	
X-Mode [™]		•
ThighToner™		•
QuadPower™		•

ENTERTAINMENT	OPTIONS
Personal Viewing Screen	0
Wireless 900 Mhz	0

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
Labor	1 year



EPRO4700

A STRIDE AHEAD

PR04700

The best elliptical machine available, this top-of-the-line powerhouse is loaded with exclusive Octane breakthroughs including SmartStride® to fuel every workout with exceptional comfort and challenge that drive valuable results.

- Electronically adjustable stride
- Converging Path & MultiGrip handlebars
- Biomechanically correct close pedal spacing
- Low step-up height
- Advanced training 30:30 and MMA
- CROSS CIRCUIT and Embedded Touch Screen compatible



SMARTSTRIDE®

An unmatched feature that automatically adjusts stride length to replicate walking, jogging, running and moving backwards.

UPPER-BODY ERGONOMICS

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

REAL RUNNING MOTION

Delivers supremely comfortable natural movement and flow, both forward and backward, without stress on the joints.

SPACE-EFFICIENT DESIGN

CSAFF®

FitLinxx® compatible

Significantly shorter than other premium ellipticals or treadmills; fits conveniently in small spaces.

PRO4700 SPECIFICATIONS

KEY MECHANICAL FEATU	RES
Stride lengths	18"-26"
Electronically adjustable stride	•
Pedal spacing	1.8"
Low step-up height	•
Soft grip pedals	•
Covered track and rollers	•
Converging Path [™] handlebars	•
MultiGrip™ handlebars	•
Fingertip controls on moving handlebars	•
Moving handlebar lock-out	•
1-time adjustable handlebar position	•
Water bottle holder	•
Reading rack	•
Transport wheels	•
ELECTRONIC FEATURES	
Resistance levels	30
Digital contact heart rate on moving handlebars	•
Wireless heart rate	•
Console fan (3 speeds)	•
Self-powered	•
HeartLogic™ Intelligence	•

WORKOUTS	
Number of programs	22
PRESET RESISTANCE PROG	RAMS
Manual	•
Random	•
Interval	•
Custom Interval	•
Hill	•
10K	•
HEART RATE-CONTROLLED	PROGRAMS
Fat Burn	•
Cardio	•
Heart Rate Interval	•
Heart Rate Custom Interval	•
Heart Rate Hill	•
Heart Rate Speed Interval	•
New Leaf® Custom	•
ADVANCED PROGRAMS	
CROSS CIRCUIT Solo	•
CROSS CIRCUIT Group	•
30:30 Interval	•
MMA	•
Constant Watts	•
Constant METs	•

Dual Direction

• Standard • Optional

Number of programs	22	SmartStride®
PRESET RESISTANCE PROI	S R A M S	X-Mode [™]
Manual	e e e e e e e e e e e e e e e e e e e	GluteKicker™
Random	•	ArmBlaster
Interval	•	METABOLIC ASSESSMENT F
Custom Interval	•	New Leaf Metaholic Assessment
Hill	•	
10K		ENTERTAINMENT OPTIONS
IUN		Personal Viewing Screen
HEART RATE-CONTROLLED	PROGRAMS	Wireless 900 Mhz
Fat Burn	•	Embedded Touch Screen
Cardio	•	PRODUCT SPECIFICATIONS
Heart Rate Interval	•	Max user weight
Heart Rate Custom Interval		•
Heart Rate Hill		Footprint (W x L)
Heart Rate Speed Interval		Footprint - live area (W x L)
New Leaf® Custom	•	Product weight
ADVANCED PROGRAMS		Footprint with CROSS CIRCUIT stands (W x L)
CROSS CIRCUIT Solo	•	. ,
CROSS CIRCUIT Group		Product weight with CROSS CIRCUIT stands
30:30 Interval	•	WARRANTY
MMA	•	Parts
Constant Watts	•	Labor
Constant METs	•	
STRIDE LENGTH PROGRAM	1S	
PowerWalk		
Stride Interval		G ₀

PROTOCOL 400 lbs (181 Kg) 31" x 69" (78 cm x 175 cm 34" x 83" (86 cm x 210 cm) 340 lbs (154 Kg) 39" x 84" (99 cm x 213 cm) 425 lhs (192 Kg) 3 years

WORKOUT BOOSTERS



PRO3700

CONVERGE ON THE BEST-FEELING ELLIPTICAL

PR03700

The preferred model by health club members, Octane's incredibly popular Pro3700 is known for delivering the absolute best-feeling workouts.

- Converging Path & MultiGrip handlebars
- Biomechanically correct pedal spacing
- Advanced training 30:30 and MMA
- Exclusive workout boosters
- 2 available stride lengths in 1 machine
- CROSS CiRCUIT and Embedded Touch Screen compatible



UPPER-BODY ERGONOMICS

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

30:30 INTERVAL

An exclusive ability to train like the pros with the 30:30 interval challenge program from Athletes' Performance.

REAL RUNNING MOTION

Delivers supremely comfortable natural movement and flow, both forward and backward, without stress on the joints.

LCD EXPERIENCE

Please every member with iPod™ compatible, individual viewing screens for the ultimate workout experience.

PRO3700 SPECIFICATIONS

KEY MECHANICAL FEATURES		
Stride lengths	24" & 20.5"	
Pedal spacing	1.8"	
Low step-up height	•	
Soft grip pedals	•	
Covered track and rollers	•	
QuadLink™ Drive	•	
Converging Path $^{\scriptscriptstyleTM}$ handlebars	•	
MultiGrip [™] handlebars	•	
Fingertip controls on moving handlebars	•	
Moving handlebar lock-out	•	
1-time adjustable handlebar position	•	
Water bottle holder	•	
Reading rack	•	
Transport wheels	•	
ELECTRONIC FEATURES		
Resistance levels	30	
Digital contact heart rate		

ELECTRONIC FEATURES	
Resistance levels	30
Digital contact heart rate on moving handlebars	•
Wireless heart rate ready	•
Console fan (3 speeds)	•
Self-powered	•
HeartLogic [™] Intelligence	•
CSAFE®	•
FitLinxx® compatible	٠

J	J IN 9 • Standard • Obto	onal	
	WORKOUTS		
	Number of programs	19	
	PRESET RESISTANCE P	ROGRAMS	
	Manual	•	
	Random	•	
	Interval	•	
	Custom Interval	•	
	Hill	•	
	10K	•	
	HEART RATE-CONTROL	LED PROGRAM	
	Fat Burn	•	
	Cardio	•	
	Heart Rate Interval	•	
	Heart Rate Custom Interval	•	
	Heart Rate Hill	•	
	Heart Rate Speed Interval	•	
	New Leaf® Custom	•	
Ì	ADVANCED PROGRAMS		
	CROSS CIRCUIT Solo	•	
	CROSS CIRCUIT Group	•	
	30:30 Interval	•	
	MMA	•	
	Constant Power Watts	•	

Constant Power METs

WORKOUT BOOSTERS	
X-Mode [™]	•
GluteKicker™	•
ArmBlaster	•
METABOLIC ASSESSMENT	PROTOCOL
New Leaf Metabolic Assessment	•
ENTERTAINMENT OPTIONS	
Personal Viewing Screen	0
Wireless 900 Mhz	0
Embedded Touch Screen	0
PRODUCT SPECIFICATIONS	3
Max user weight	400 lbs (181 Kg)
Footprint (W x L)	31" x 69" (78 cm x 175 cm)
	Jogging Stride
Francist Consess (Mart)	34" x 79" (86 cm x 200 cm)
Footprint - live area (W x L)	Running Stride 34" x 83"
	(86 cm x 210 cm)
Product weight	320 lhs (145 Kg)
Footprint with CROSS CiRCUIT stands (W x L)	39" x 84" (99 cm x 213 cm)
Product weight with CROSS CIRCUIT stands	405 lhs (83 Kg)
WARRANTY	
Parts	3 years
Labor	1 year



PR0370/PR0310

Great features and programs you expect from Octane in a space-efficient package for quiet, safe operation.

OCTANE ADVANTAGES

Space-saving design

Converging Path & MultiGrip handlebars

Biomechanically correct pedal spacing

Advanced training - 30:30

Exclusive workout boosters

Low step-up height











UPPER-BODY ERGONOMICS

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

30:30 INTERVAL

An exclusive ability to train like the pros with the 30:30 interval challenge program from Athletes' Performance.

REAL RUNNING MOTION

Delivers supremely comfortable natural movement and flow, both forward and backward, without stress on the joints.

ARMBLASTER

For an unrivaled total-body experience, this trademark workout combines cardio with intense upper-body strength intervals.

PRO370/PRO310 SPECIFICATIONS

StandardUnavailableOptional	Pro370	Pro310	
KEY MECHANICAL FEATURES			
Stride lengths	20.5"	20.5"	
Close pedal spacing	•	•	
Low step-up height	•		
Converging Path™ handlebars	•		
MultiGrip [™] handlebars	•		
Moving handlebar lock-out	•		
1-time adjustable start/stop handlebars	•	•	
Water bottle holder	•	•	
Reading rack	•		
Transport wheels	•	٠	
ELECTRONIC FEATURES			
Resistance levels	30	20	
Digital contact heart rate on moving handlebars	•	-	
Digital contact heart rate on stationary handlebars	_		
Wireless heart rate			

Self-powered

HeartLogic™ Intelligence

● Standard — Unavailable ○ Optional	Pro37	Pro31
WORKOUTS		
Number of programs	16	12
PRESET RESISTANCE P	ROGRAM	S
Manual	•	•
Random	•	•
Interval	•	_
Custom Interval	•	•
Beginner	_	
Hill	•	_
10K		•
HEART RATE-CONTROL	LED PRO	GRAMS
	•	
Fat Burn	•	•
Fat Burn Cardio	•	•
Fat Burn Cardio Heart Rate Interval		• • -
Fat Burn Cardio Heart Rate Interval Heart Rate Custom Interval	•	•
Fat Burn Cardio Heart Rate Interval Heart Rate Custom Interval Heart Rate Hill	•	•
Fat Burn Cardio Heart Rate Interval Heart Rate Custom Interval Heart Rate Hill Heart Rate Speed Interval	•	•
Fat Burn Cardio Heart Rate Interval Heart Rate Custom Interval Heart Rate Hill Heart Rate Speed Interval A D V A N C E D P R O G R A M S	•	•
Fat Burn Cardio Heart Rate Interval Heart Rate Custom Interval Heart Rate Hill Heart Rate Speed Interval A DVANCED PROGRAMS 30:30 Interval	•	•
Fat Burn Cardio Heart Rate Interval Heart Rate Custom Interval Heart Rate Hill Heart Rate Speed Interval A D V A N C E D P R O G R A M S 30:30 Interval MMA Constant Watts	•	•

350 Calories 750 Calories

Half Marathon

Standard
 Optional

• Standard — Unavailable • Optional	Pro370	Pro310	
WORKOUT BOOSTERS			
X-Mode™ GluteKicker™	•	•	
ArmRlaster			
Allibidatei			
METABOLIC ASSESSME	NT TEST		
New Leaf Metabolic Assessment	•	_	
ENTERTAINMENT OPTIC	INS		
Personal Viewing Screen*	0	0	
PRODUCT SPECIFICATIONS			
Max user weight	400 lhs (181 Kg)	300 lbs (136 Kg)	
Footprint (W x L)	31" x 71" (79 cm x 181 cm)	31" x 65" (79 cm x 165 cm)	
Footprint - live area (W x L)	34" x 83" (87 cm x 211 cm)	34" x 76" (87 cm x 193 cm)	
Product weight	290 lbs (131 Kg)	260 lbs (118 Kg)	
WARRANTY	VERTICAL	FACILITY	
Parts	3 years	2 years	
Labor	1 year	1 year	

*External controller required

≝xR6000

CHANGING HOW YOU FEEL **ABOUT SEATED WORKOUTS**

x R 6 0 0 0

Satisfy the demand for comfort, challenge and variety on the cardio floor with the unique xRide seated elliptical, delivering incredible effectiveness to everyone from beginners to athletes.

- 343% more glute activity*
- Burn 23% more calories*
- Active Seat Position[™]
- Challenging upper-body workout
- Step-through design
- Embedded Touch Screen compatible











POWERSTROKE™

Distinct from recumbent bikes, the longer ellipse motion challenges muscles differently with forward and backward directions, longer range of motion and greater glute involvement.

CHEST & LEG PRESS

Exercisers combine cardio and strength training efficiently with vigorous interval repetitions at high intensity.

CUSTOMIZED COMFORT

The Active Seat Position™ accommodates any size exerciser, by offering more tilt and height adjustments for the perfect fit to maximize comfort and variety.

LCD EXPERIENCE

Please every member with individual viewing screens for the ultimate workout experience.

x R 6 O O O S P E C I F I C A T I O N S

• Standard • Optional

X N O U U U J P E U I	FILAII
KEY MECHANICAL FEATUR	ES
Step-through design	•
Oversized soft grip pedals	•
Stationary footpegs	•
Seat height adjustments	20
Seat tilt adjustments	5
MultiGrip™ handlebars	•
1-time adjustable handlebar position	•
Stationary handlebars	•
Water bottle/accessory holders	2
Reading rack	•
Transport wheels	•
Upper body lockout	0
Pedal straps	0
ELECTRONIC FEATURES	
Resistance levels	30
Digital contact heart rate on stationary handlebars	•
Wireless heart rate ready	

ELECTRONIC FEATURES	
Resistance levels	30
Digital contact heart rate on stationary handlebars	•
Wireless heart rate ready	
Fingertip controls on stationary handles	•
Console fan (3 speeds)	•
Self-powered	•
HeartLogic™ Intelligence	•
CSAFE®	•
FitLinxx™ compatible	

WORKOUTS	
Number of programs	16
PRESET RESISTANCE PROGRAM	S
Manual	•
Random	•
Interval	•
Custom Interval	•
Hill	•
10K	•

HEART RATE-CONTROLLED	PROGRAMS
Fat Burn	•
Cardio	•
Heart Rate Interval	•
Heart Rate Custom Interval	•
Heart Rate Hill	•
Heart Rate Speed Interval	•
New Leaf® Custom	•

ADVANCED PR	OGRAMS
30:30 Interval	•
Constant Watts	0
Constant METs	•

WORKOUT BOOSTERS	
Muscle Endurance	•
Leg Press	•
Chest Press	•

0
0
0

PRODUCT SPECIFICATIONS	
Max user weight	400 lbs (181 Kg)
Footprint (W x L)	36" x 71.5" (91 cm x 181 cm)
Product weight	319 lbs (145 Kg)

WAIIIIAWII	
Parts	3 years
Labor	1 year

WARRANTY



≡ x R 5 0 0 0

THE MOST COMFORTABLE SEATED WORKOUT IN THE CLUB

x R 5 0 0 0

The xR5000 seated elliptical delivers low-impact, lower-body focused cardiovascular conditioning and leg strengthening workouts. Plus, it features a wide, cushioned seat and convertible arm rests for a custom fit.

- Active Seat Position[™]
- PowerStroke[™] elliptical pedal motion
- 343% more glute activity than recumbent bike*
- Convertible arm rests
- Step-through design
- Embedded Touch Screen compatible











POWERSTROKE™

This longer elliptical motion engages more muscles for greater caloric expenditure, 343% more glute activity compared to a recumbent bike* and better overall results.

CUSTOMIZED COMFORT

The wider cushioned seat fits every exerciser with multiple height and tilt settings, and flip-up arm rests add comfort and accommodate those who read while exercising.

VARIETY

Build motivation and enhance retention with interactive heart rate workouts, interval training, customized programs and the newest 30:30 challenge, created by the experts at Athletes' Performance.

STEP-THROUGH DESIGN

With its low base and open access, it's simple to get on and off of the xR5000 quickly and safely.

xR5000 SPECIFICATIONS

KEY MECHANICAL FEATURES	
Step-through design	•
Oversized soft grip pedals	•
Seat height adjustments	20
Seat tilt adjustments	5
Stationary handlebars	•
Flip-up arm rests	•
Water bottle/accessory holders	2
Reading rack	•
Transport wheels	•
Pedal straps	0

ELECTRONIC FEATURES	
Resistance levels	30
Digital contact heart rate on stationary handlebars	•
Wireless heart rate ready	
Fingertip controls on stationary handles	•
Console fan (3 speeds)	•
Self-powered	•
HeartLogic™ Intelligence	•
CSAFE®	•
Fitlinxx™ compatible	•

IVI	9 • 8	Standard	• Option	ıal		
	WORKO	JTS				
	Number of p	rograms			16	
	PRESET	RESIST	TANCE	PROGRAN	A S	
	Manual					

PRESET RESISTANCE PRO	GRAMS
Manual	•
Random	•
Interval	•
Custom Interval	•
Hill	•
10K	•

HEART RATE-CONTROLLED	PROGRAM
Fat Burn	•
Cardio	
Heart Rate Interval	
Heart Rate Custom Interval	
Heart Rate Hill	
Heart Rate Speed Interval	
New Leaf® Custom	•

ADVANCED	PROGRAMS	
30:30 Interval		•
Constant Watts		•
Constant METs		•

MOKKOOL BOOZIEKZ	
Muscle Endurance	•
Leg Press	

ENT	ERT/	AINM	ENT	OPT	IONS

Personal Viewing Screen	0
Wireless 900 Mhz	0
Embedded Touch Screen	0

PRODUCT SPECIFICATIONS

Max user weight	400 lbs (181 Kg)
Footprint (W x L)	26" x 71.5" (66 cm x 182 cm)
Product weight	263 lbs (119 Kg)

WARRANTY

Parts	3 years
Labor	1 year



INCREDIBLE OCTANE INNOVATION AT A VALUE

xR650

The latest in the exciting evolution of Octane's unprecedented xRide seated ellipticals, the xR650 offers the high quality and innovative features that define Octane – all at an exceptional value.

- Active Seat Position[™]
- PowerStroke[™] elliptical pedal motion
- 343% more glute activity than recumbent bike*
- Step-through design











POWERSTROKE™

This longer elliptical motion engages more muscles for greater caloric expenditure, 343% more glute activity compared to a recumbent bike* and better overall results.

CUSTOMIZED COMFORT

The Active Seat Position™ accommodates any size exerciser, by offering more tilt and height adjustments for the perfect fit to maximize comfort and variety.

CHEST & LEG PRESS

Exercisers combine cardio and strength training efficiently with vigorous interval repetitions at high intensity.

VARIETY

Build motivation and enhance retention with interactive heart rate workouts, interval training, customized programs and the newest 30:30 challenge, created by the experts at Athletes' Performance.

xR650 SPECIFICATIONS

KEY MECHANICAL FEATURES			
Step-through design	•		
Oversized soft grip pedals	•		
Stationary footpegs •			
Seat height adjustments 20			
Seat tilt adjustments 5			
1-time adjustable handlebar position			
Stationary handlebars •			
Water bottle/accessory holders 2			
Reading rack •			
Transport wheels			
Upper body lockout	0		
Pedal straps	0		

ELECTRONIC FEATURES

Resistance levels	30
Digital contact heart rate on stationary handlebars	•
Wireless heart rate ready	•
Self-powered	•
HeartLogic™ Intelligence	•
CSAFF®	

• Standard • Optional

WORKOUTS		
Number of programs	16	
PRESET RESISTANCE PRO	GRAMS	
Manual	0	
Random	0	
Interval		
Custom Interval	0	
Hill	0	
10K		

HEART RATE-CONTROLLED	PROGRAM
Fat Burn	0
Cardio	
Heart Rate Interval	
Heart Rate Custom Interval	
Heart Rate Hill	
Heart Rate Speed Interval	•
New Leaf® Custom	

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WORKOUT BOOSTERS	
Muscle Endurance	•
Leg Press	•
Chest Press	

ENTERTAINMENT OPTIONS

Personal Viewing Screen**

BUDILLE CBECIEIC VIIUNG

PRODUCT SPECIFICATIONS				
Max user weight	400 lhs (181 Kg)			
Footprint (W x L)	35" x 71.5" (88 cm x 182 cm)			
Product weight	268 lbs (122 Kg)			

WARRANTY VERTICAL FACILITY

Parts	3 years
Labor	1 year



**External controller required

ECROSSCIRCUIT

BUILD A BETTER WORKOUT

CROSS**CIRCUIT**®

Kick start your members' motivation and generate a big buzz on the gym floor with Octane's exclusive new CROSS CiRCUIT, which adds tremendous energy and interest—along with efficiency and results—to individual, small group or class workouts.

- Strength and cardio training in one location
- Faster results
- Energize the cardio floor
- Boost personal training revenue
- Compatible on the LateralX, Pro4700 and Pro3700 ellipticals







GROUP TRAINING

Uniquely combines strength and cardio intervals for individual workouts, or instructor-led one-on-one, small group or class sessions.

SIDE STEPS

Users take their legs out of the action and emphasize their chest, back, shoulders and arms for greater workout variety.

POWERBLOCK® DUMBBELLS

Eight dumbbells combined into one. PowerBlock dumbbells are adjustable, which allows more versatility, and progression options are limitless.

TRAINING MATERIALS

Receive customized workout cards and program booklet to quickly get the program up and running.

The CROSS CiRCUIT Advantage

- Turns your fitness floor into a revenue-producing training area
- Auditory and visual prompts from the console, weight stands, side steps, boosters and PowerBlocks combined create the ultimate, full-body workout
- PowerBlocks are available in 32 lbs or 50 lbs options for the utmost flexibility for all fitness levels
- Customized training templates are available to help kick start your club's program



The Group Program

In the group program, a personal trainer or instructor leads one or several exercisers through regimens that alternate between cardio work on the machine, and up to three minutes of strength training either on the stationary foot platforms or on the floor adjacent to the elliptical.

Trainers determine the duration of the cardio and the strength cycles, as well as the exercises. During the strength sets, the elliptical tracks time and an estimated caloric expenditure, affording full credit for the challenging work on the floor.

Strength periods have an endless variety of traditional and functional movements using accessories including the PowerBlock dumbbells, resistance tubing, barbells, stability balls, BOSU™ Balance Trainers, balance boards, medicine balls and gliding disks, or body weight exercises such as squats, lunges and push-ups. The opportunities with CROSS CIRCUIT are virtually unlimited, based on the creativity of instructors and exercisers.

The Solo Routine

The solo routine enables exercisers to personally select the cardio interval time, and the machine prompts them to perform 8-20 repetitions of a strength exercise before returning to cardio. Individuals can choose their own combination and sequence of exercises to meet their goals.



TOUCHSCREENS INTERACTIVE WORKOUTS AND ENTERTAINMENT



NETPULSE®

On Demand features hundreds of TV shows. live news and sports, music videos, movie trailers and more. Custom playlists can be created with FRFF music and videos

INTUITIVE NAVIGATION

Easy for the first-time user and is smartly designed to simplify navigation of entertainment and workout options with a fingertip, so exercisers quickly get on and go.

ENTERTAIN AND ENERGIZE

Exclusive to Octane, a split screen simultaneously displays entertainment and live workout stats, so exercisers can easily track intensity and progress without having to toggle between screens.

INTERACTIVE WORKOUTS

The Embedded Touch Screen encourages members to get the most out of their workout by providing instant exercise feedback





BAR CHART VIEW



TRACK VIEW



INTERACTIVE BOOSTER VIEW

● Standard ○ Optional	Pro4700Touch	Pro3700Touch	xR6000Touch	xR5000Touch
FEATURES				
15" widescreen, Intel® Atom® processor	•	•	•	•
Touch screen navigation	•	•	•	•
Poron® moisture and shock barrier	•	۰	•	۰
Secondary LCD backup display	•	•	•	•
Rubberized iPod®/phone tray		•		•
Magazine and iPad® holder	•	۰	۰	۰
USB port	•	۰	٠	٠
Wireless heart rate ready Polar® and ANT+®	•	•	•	•
Console fan (3 speeds)	•	٠	٠	٠
WORKOUTS				
Number of programs	14	12	11	11
MULTIMEDIA*				
iPod audio and video	•	۰	•	۰
Analog/Digital TV [†]		•	•	٠
Replaceable headphone jack		۰	•	•
NETPULSE® NETWORK**				
Automatic content and software updates	•	•	•	•
Network enabled	•	•	•	
On Demand, music videos and custom playlist	•	•	•	•
Virtual Active®	•	•	•	•
Asset management	•	•	•	•
User profile management	•	٠	٠	٠
WARRANTY				
3-year advance exchange/1-year labor	•	•	•	•
90-day on headphone jack	•	•	•	•

°Gateway Internet connection not required
°°Gateway Internet connection required
†Verify compatibility with your system prior to purchase

HEART RATE VIEW

OCTANEFITNESS.COM

PERSONAL ENTERTAINMENT

Octane Fitness' fully integrated, user-friendly controls ensure that members can effortlessly enjoy their favorite shows and entertainment. Choose a 900 Mhz wireless TV receiver or personal viewing screen, each with integrated keypad controls for a sleek, clean entertainment solution.

PERSONAL VIEWING SCREEN FEATURES		
Models	LateralX, Pro4700, Pro3700, xR6000, xR5000	
Screen	15" wide screen format	
Tuners	Analog and digital	
Memory	Stored	
TV controls	Mute, auto on/off, channel, default channel, previous channel, volume, source, O-9 keypad	
Inputs	Component video, RCA, coaxial, 30-pin iPod/iPhone, Headphone jack (replaceable)	
Power	110V/ 1.6A	
Weight	3 lbs	
Size (L x W x D)	15.75" x 9.75" x 1.5"	
Warranty	3 years advance exchange/1 year labor 90 days on modular headphone jack	



900 MHZ WIRE	LESS RECEIVER FEATURES
Models	LateralX, Pro4700, Pro3700, xR6000, xR5000
Transmitters	Compatible with Cardio Theater, Broadcast Vision, MYe Entertainment, Enercise, Audeon
Memory	Channel settings stored
TV controls	Mute, EQ, channel/volume up and down
Inputs	Headphone jack (replaceable)
Power	Self-powered
Warranty	3 years parts/1 year labor 90 days on headphone jack

ADVANCEDTRAINING

MIXED MARTIAL ARTS (MMA)

Punch Up the Intensity. Program Mimics Real-Life Bouts.

Mixed martial arts, or MMA, is an all new type of sport that has become a favorite worldwide. Octane Fitness has designed a creative new workout on its elliptical machines that mimics real-life MMA bouts and gives participants an effective training routine like a fighter in the ring. With built-in flexibility to meet each fighter's unique needs, the Octane MMA program challenges and motivates as the

machine "fights back." Fight-inspired prompts such as "punch and move" and "throw it" make the sessions fun, and the built-in responsive resistance feels like the real thing—a battle of strength and power.

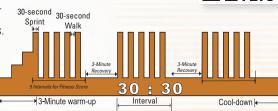


THE 30:30 WORKOUT

Motivates and Challenges. Improves Heart Rate Recovery Fitness.

The 30:30 program is an innovative new workout program available exclusively on Octane Fitness elliptical machines. **It motivates and challenges exercisers of all abilities.** With consistent use, the workout shows measurable improvement with one's heart rate recovery score, which is an indicator of fitness level. The 30:30 interval program was designed by Paul Robbins of Athletes' Performance to increase cardiovascular 30-second 30-second

performance for elite athletes, but works equally well for deconditioned exercisers. The 30:30 program also works as a fitness measurement tool; the faster the heart rate recovery, the greater the fitness level. Tracking improvements in heart rate recovery is a key factor in measuring overall fitness condition.



WHOUSESOCTANE?

HEALTH CLUBS AND RECREATION CENTERS

24 Hour Fitness

A-Rod Energy Active Life Fitness Center

All 100

Albany JCC

American Family Fitness

Anytime Fitness

Athletes Performance

Baldwin Athletic Club

Bally Total Fitness

Better Bodies

Body Builders Gym

Bodyplex

Bowling Green Parks and Rec.

Buffalo/Rochester Athletic Club

Burkwood Swim and Racquet Club

California Family Fitness

Capital Fitness

Celebrity Fitness

Centennial Commons Rec Center

Champion Fitness

Chicago Athletic Club

Chicago Fitness Express

City of South St. Paul, Rec Center

City of Victoria CC

Cloverdale Recreation Center

Club Fitness Club Metro

Club One

Columbia Association

Contours Express Cooper Fitness

Core Performance

Crunch

Dearborn Racquet & Health

Desert Palms Health and Racquet Club Ephrata Rec Center

Equinox

E-Town Swim & Fitness Center

Elite Fitness

Extreme Fitness

Fit For Life

Fitness 24/7

Fitness First Fitworks

Fitness Formula Clubs

Fuel Fitness and Tanning

Gold's Gym GoodLife Fitness

Halstead at Arlington

Health Plex

Houstonian

Human Performance Center

Inches Away

Jay County Boys & Girls Club

Kingsmill Resort

L & T Health and Fitness

Ladies Workout Express

Lady of America

Lakeshore Athletic Clubs Leader Health and Fitness

Life Spa Fitness

Life Time Fitness

Lifestyle Family Fitness

Macomb Community Center

Merage JCC
Merritt Athletic Club

Mid-Hudson Athletic Club

Midtown/TCA

Missouri Athletic Club

Model A Fitness

Motivation Inc.

Nitro Fitness

Oakland Athletic Club

Old Town Athletic Club

Olympia Resort

One Life Fitness

Performance Playground

Planet Fitness of New Hartford Plattsmouth Community Center

Powerhouse Gyms

Preston Center Training

Provena Fitness

Richmond Heights Rec Center

Rochester Athletic Club

Simply Fit

Snap Fitness

Spa Lady Spectrum Athletic Clubs

Spectrum Fitness

Spirit A Fitness

Sport & Health

St. Peters Rec Plex

Steve Nash Fitness World

Sunoco

Super Fitness

SuperFit

Superior Athletic Club

The Center of Clayton
The Lodge Rec Center

The Point Athletic Club

The Rush Fitness Complex

The Solana Club

The Studio

The Summit Tennis and Athletic Club

The Training Station

Towne Properties

UFC Gvm

Universal Athletic Club

Upper Valley Aquatic Center

Victory Fitness

Wahoo Community Center

Wally's Gym

Wellbridge

Women's Super Fitness

Women's Workout World

Woodside Tennis & Health Club

World Fitness

World Gym

Wow! Fitness

Wyomissing Fitness & Training

XSport Fitness

Xanadu, ON

YMCA

Young Quest

CORPORATE WELLNESS CENTERS

Abercrombie & Fitch

Abundance Technology

Anheuser-Busch

Auto Trader

Bemis Company, Inc.

Blue Cross Blue Shield

Bosma Industries

Bridgestone Firestone

Del Monte Foods

Delta Air Lines

Facebook

Federal Reserve Bank of Atlanta

Ford Motor Company

Georgia Pacific Corporate HQ

Google Inc.

Honeywell

Intel

Johnson & Johnson

KI A-Tencor

Louisville Slugger

New Leaf Fitness

Procter & Gamble

Reebok Corporation

Ritz-Carlton

Rubbermaid

Safeway, Inc.

Sallie Mae

Sleepv's

SYSCO Food Service

The Hershey Company

The NorthFace Corporate HQ

Tovota USA

Turner Athletic Club (CNN)

UPS

Verizon

Walgreens

Wellmark

COLLEGES AND UNIVERSITIES

Bellarmine University Binghamton University

Bowling Green State University

Carnegie Mellon

Columbia University

Clemson

Cleveland State University

Duke University

Gardner Webb, NC

Georgetown

Georgia State University Hood College, MD Indiana University

James Madison University, VA Jamestown College Rec Center

Methodist College

Michigan State University

Minnesota State University Mount St. Mary's College Northeastern University Ohio State University Ohio University Pensacola State College Plymouth State University RPI

Ryerson University
Salisbury University, MD
Sam Houston State University, TX
Seton Hall University, NJ
South Dakota State University
Stonehill College
Syracuse

Texas A&M UMASS

University of Edinborough University of Georgia

University of Illinois University of Iowa University of Kentucky

University of Louisville University of Maryland University of Memphis University of Rochester University of Southern Florida University of Tennessee

University of Wisconsin

Virginia Commonwealth University Washburn University, KS Wesley College, DE

PRO ATHLETIC TEAMS

Arizona Cardinals
Arizona Diamondbacks
Carolina Panthers
Chicago Bears
Cleveland Browns
Indiana Pacers
Kansas City Chiefs
New York Giants
San Francisco 49ers



MILITARY/GOVERNMENT

Naval Special Warfare Group Four Fort Bragg (Special Operations) Macdill Air Force Base (Special Operations Command) U.S.S. John C. Stennis (Supercarrier) U.S. Marine Corps Base Camp Pendleton Nellis Air Force Base Naval Air Station Pensacola U.S. Marine Corps Air Ground Combat Center 29 Palms D.H.S. Federal Law Enforcement Training Center U.S. Naval Academy U.S. Air Force Academy Orlando V.A. Medical Center Ft. Sam Houston (Metc) Utah Army National Guard Joint Base Langley – Eustis Scott Air Force Base Patrick Air Force Base 173rd Wing Oregon Air National Guard Defense Logistics Agency U.S. Coast Guard U.S. Border Patrol U.S. Marshals Service

COMPARISON: STANDING MODELS

● Standard — Unavailable ○ Optional	LateralX	Pro4700	Pro4700Touch	Pro3700	Pro3700Touch	Pro370	Pro310
KEY MECHANICAL FEAT	URES						
Stride lengths	_	18"-26"	18"-26"	24" & 20.5"	24" & 20.5"	20.5"	20.5"
Electronically adjustable	Lateral Width	Stride	Stride	_	_	_	_
Close pedal spacing	_	•	•	•	•	•	•
Low step-up height			•	•			
Soft grip pedals		•	•	•	•	_	_
Covered track and rollers	-	•	•	•	•	_	_
Converging Path™ handlebars	•	•	•	•	•	•	•
MultiGrip [™] handlebars	•	•	•	•	•	•	
Fingertip controls on moving handlebars	•	•	۰	۰	•	_	_
Moving handlebar lock-out	_		•	•	•	•	•
1-time adjustable start/stop handlebars	•	•	•	•	•	•	•
Water bottle holder	•	•	•	•	•	•	•
Reading rack	•	•	•	•	•	•	•
Transport wheels	•	•	•	•	•	•	•
ELECTRONIC FEATURES							
Resistance levels	30	30	30	30	30	30	20
Digital contact heart rate on moving handlebars	•	•	•	•	•	•	_
Digital contact heart rate on stationary handlebars	_	_	_	_	_	_	•
Wireless heart rate	•	•	•	•	•	•	•
Console fan (3 speeds)			•	•		_	_
Self-powered	•	•	_	•	_	•	_
HeartLogic™ Intelligence	•	•	•	•	•	•	
CSAFE®	•	•	•	٠	٠	-	_
FitLinxx [™] compatible	•	•	-	•		-	-

• Standard — Unavailable • Optional	LateralX	Pro4700	Pro4700Touch	Pro3700	Pro3700Touch	Pro370	Pro310
WORKOUTS							
Number of programs	13	22	14	19	12	16	12
PRESET RESISTANCE PR	OGRAM	S					
Manual	•	•	•	•	•	•	•
Random	•	•	•	•	•	•	•
Interval	•	•	•	•	•	•	_
Distance goal	_	_	•	_	•	_	_
Calories goal	_	_	•	_	•	_	_
Goal - distance or calories	•	_	_	_	_	_	_
Custom Interval	_	•	_	•	_	•	•
Beginner	_	_	_	_	_	_	•
Hill	_	•	_	•	_	•	_
10K	_	•	_	•	_	•	•
HEART RATE-CONTROLLE	D PRO	GRAMS					
Fat Burn	•	•	•	•	•	•	•
Cardio	_	•	_	•	_	•	•
Heart Rate Interval	•	•	•	•	•	•	_
Heart Rate Custom Interval	_	•	_	•	_	•	•
Heart Rate Hill	_	•	_	•	_	•	_
Heart Rate Speed Interval	_	•	•	•	•	•	_
New Leaf® Custom	_	•	_	•	_	_	_

• Standard — Unavailable • Optional	LateralX	Pro4700	Pro4700Touch	Pro3700	Pro3700Touch	Pro370	Pro310		
ADVANCED PROGRAMS									
CROSS CIRCUIT® Solo	•	•	_	•	_	_	_		
CROSS CIRCUIT® Group					•	_	_		
30:30 Interval	•	•					•		
MMA			_		_		_		
Constant Power - Watts or METs		_	_	_	_	_	_		
Constant Watts	_						_		
Constant METs	_						_		
350 Calories	_	_	_	_	_	_			
750 Calories	_	_	_	_	_	_	•		
Half Marathon	_	-	_	_	_	_	•		
STRIDE LENGTH PROGRA	MS								
PowerWalk	_	•	_	_	_	_	_		
Stride Interval	_			_	_	_	_		
Dual Direction	•	•	•	_	_	_	_		
Lateral Interval	۰	_	_	_	_	_	_		
WORKOUT BOOSTERS									
SmartStride®	_	•		_	_	_	_		
X-Mode™									
GluteKicker™	_	•		•		•	•		
ArmBlaster	_						•		
ThighToner™	•	_	_	_	_	_	_		
QuadPower™	•	_	_	_	_	_	_		
METABOLIC ASSESSMENT TEST									
New Leaf Metabolic Assessment	_	۰	_	۰	-	۰	_		

StandardUnavailableOptional	LateralX	Pro4700	Pro4700Touch	Pro3700	Pro3700Touch	Pro370	Pro310
PRODUCT SPECIFICATIO	NS						
Max user weight	400 lbs (181 Kg)	400 lbs (181 Kg)	400 lbs (181 Kg)	400 lbs (181 Kg)	400 lbs (181 Kg)	400 lbs (181 Kg)	300 lhs (136 Kg)
Footprint (W x L)	42" x 63" (106 cm x 160 cm)	31" x 69" (78 cm x 175 cm)	33" x 69" (83 cm x 175 cm)	31" x 69" (78 cm x 175 cm)	33" x 69" (83 cm x 175 cm)	31" x 71" (79 cm x 181 cm)	31" x 65" (79 cm x 165 cm)
Footprint - live area (W x L)	42" x 63" (106 cm x 160 cm)	34" x 83" (86 cm x 210 cm)	36" x 83" (91 cm x 210 cm)	Jogging Stride 34" x 79" (86 cm x 200 cm) Running Stride 34" x 83" (86 cm x 210 cm)	Jogging Stride 36" x 79" (91 cm x 200 cm) Running Stride 36" x 83" (91 cm x 210 cm)	34" x 83" (87 cm x 211 cm)	34" x 76" (87 cm x 193 cm)
Footprint with CROSS CiRCUIT® stands (W x L)	44" x 75" (111 cm x 190 cm)	39" x 84" (99 cm x 213 cm)	39" x 84" (99 cm x 213 cm)	39" x 84" (99 cm x 213 cm)	39" x 84" (99 cm x 213 cm)	_	_
Product weight	388 lhs (176 Kg)	340 lhs (154 Kg)	345 lhs (156 Kg)	320 lhs (145 Ky)	325 lhs (147 Kg)	290 lhs (131 Kg)	260 lhs (118 Kg)
Product weight with CROSS CIRCUIT® stands	438 lhs (198 Kg)	425 lhs (192 Kg)	430 lhs (195 Kg)	405 lhs (183 Kg)	410 lhs (185 Kg)	_	-
WARRANTY						VERTICAL	FACILITY
Parts	3 years	3 years	3 years	3 years	3 years	3 years	2 years
Labor	1 year	1 year	1 year	1 year	1 year	1 year	1 year

COMPARISON: SEATED MODELS

• Standard — Unavailable • Optional	xR6000Touch	xR6000	xR5000Touch	xR5000	xR650
KEY MECHANICAI	L FEAT	JRES			
Step-through design	•	•	•	•	•
Oversized soft grip pedals	•	•	•	•	•
Stationary footpegs	•	•	_	_	•
Seat height adjustments	20	20	20	20	20
Seat tilt adjustments	5	5	5	5	5
MultiGrip™ handlebars	Straight	•	-	-	Straight
1-time adjustable handlebar position	٠	•	-	-	٠
Stationary handlebars	•	•	•		•
Flip-up arm rests	_	-	•	•	_
Water bottle/ accessory holders	2	2	2	2	2
Reading rack	•	•	•	•	•
Transport wheels	•	•	•		•
Upper-body lockout	0	0	_	-	0
Pedal straps	0	0	0	0	0
ELECTRONIC FEAT	TURES				
Resistance levels	30	30	30	30	30
Digital contact heart rate	•	•	•	•	•
Wireless heart rate ready	•	•	•	•	•
Fingertip controls on stationary handles	•	•	•	•	_
Console fan (3 speeds)	•	_	•	_	_
Self-powered	-	•	-		
HeartLogic™ Intelligence	•	•	•	•	•
CSAFE®	_	•	-		
FitLinxx [™] compatible	_	•	_		_

StandardUnavailableOptional	xR6000Touch	xR6000	xR5000Touch	xR5000	xR650				
WORKOUTS									
Number of programs	11	16	11	16	16				
PRESET RESISTANCE PROGRAMS									
Manual	•	•	•	•	•				
Random	•								
Interval	•	•	•	•	•				
Custom Interval	_		_		•				
Hill	_		-	•	•				
10K	_		-						
Distance Goal	•	_	•	_	_				
Calories Goal	•	_	•	-	-				
HEART RATE-COM	ITROLL	ED PRO	GRAM	S					
Fat Burn	•		•	•					
Cardio	_		-	•	•				
Heart Rate Interval	•		•	•	•				
Heart Rate Custom Interval	-	•	_	•	•				
Heart Rate Hill	_	•	-	•	•				
Heart Rate Speed Interval	•	•	٠	•	•				
New Leaf [™] Custom	_	•	_	•	٠				
ADVANCED PROG	RAMS								
30:30 Interval	•	•	•	•	•				
Constant Watts	•	•	•	•	•				
Constant METs	•	•	•	•	٠				

• Standard — Unavailable • Optional	xR6000Touch	xR6000	xR5000Touch	xR5000	xR650
VORKOUT BOOST	ERS				
-Mode™	•	_		_	_
luteKicker™	•	_	•	_	_
rmBlaster	•	_	_	_	_
luscle Endurance	-	•	-	•	
eg Press	-		_	•	
hest Press	_	•	_	_	•
RODUCT SPECIF	ICATIO	NS			
lax user weight	400 lbs (181 Kg)	400 lbs (181 Kg)	400 lhs (181 Kg)	400 lbs (181 Kg)	400 lbs (181 Kg)
ootprint (W x L)	35" x 71.5" (88 cm x 182 cm)	36" x 71.5" (91 cm x 182 cm)	26" x 71.5" (66 cm x 182 cm)	26" x 71.5" (66 cm x 182 cm)	35" x 71.5" (88 cm x 182 cm)
roduct weight	327 lbs (148 Kg)	319 lbs (145 Kg)	271 lbs (123 Kg)	263 lbs (119 Kg)	268 lbs (122 Kg)
VARRANTY					VERTICAL FACILITY
arts	3 years				
abor	1 year				



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