

*Octane*<sup>®</sup>  
FITNESS



*Octane*<sup>®</sup>  
FITNESS

# INNOVATIVE PRODUCTS. POWERFUL RESULTS.

MULTIPLE MODALITIES AND UNIQUE WORKOUTS FUEL YOUR BUSINESS

HIIT | P.8

OCTANE TRIFECTA | P.16

MAX TRAINER® | P.18

LATERALX | P.20

XT SERIES | P.22

ZERO RUNNER | P.32

XRIDE | P.34





### **BOLD GAME CHANGER**

Octane Fitness is a one-of-a-kind disruptor. Consider our standout lineup, loaded with innovative products that deliver exceptional distinction, motivation and performance. With an unmatched history of breakthroughs, Octane's future promises even greater achievements.



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# DEFINED BY INNOVATION

A focused vision, fueled by a relentless passion to innovate, improve and inspire, differentiates Octane Fitness. We aren't satisfied to simply develop low-impact fitness equipment. Instead, we reinvent exercise with unique modalities and unmatched features.

But that's not enough for us. We then engineer unprecedented workouts with HIIT programs that motivate exercisers and generate results.

And we're just getting started. As part of Nautilus, Inc., we thrive in a dynamic culture of creativity, and rich in resources, expertise and experience. All to design premium fitness solutions that outperform your expectations and ignite your business.




# EXPECT MORE

At Octane Fitness, we're all about more. Dedicated to a distinct niche, we promise and deliver more.

- **More** than standard cardio products, we offer a variety of forward-thinking modalities for the cardio floor, HIIT and more
- **More** than an equipment supplier, we are a strategic partner that presents distinctive custom solutions
- **More** than being everything to everyone, we are specialists, known for our uncompromising standards, personal service and integrity
- **More** than just a smaller player, we are nimble, progressive and part of an industry-leading company with 40+ years of success



A photograph of a muscular man with a goatee, wearing a blue sleeveless athletic shirt. He is looking slightly to the left of the camera. The background is a wall of white-painted wooden planks.

Octane Fitness equipment fuels health clubs, studios, recreation centers, corporate wellness facilities, colleges and universities, professional sports teams, the U.S. military and more around the world.



### QUICK-RELEASE FOOT STRAP

This patent-pending design enables exercisers to quickly insert their feet and pull up on the handle for a secure fit. A simple push of a button releases the strap for an easy exit.



### DUAL RESISTANCE

Combined fan and magnetic brake resistance provides a broader range of intensity levels to accommodate everything from easy rows to grueling HIIT sessions.



### MULTIGRIP HANDLEBAR

Multiple hand positions facilitate greater comfort, variety and more activation of chest, back and arm muscles.



### ENHANCED CONSOLE

This 7" backlit LCD monitor features a dynamic calorie meter, plus real-time performance metrics, to motivate exercisers to work hard.

## Octane Ro Specifications • Standard ○ Optional

KEY MECHANICAL FEATURES	
High-velocity fan	•
Dual resistance	Fan and magnetic brake
Quick-release foot straps	•
MultiGrip™ handle	•
Handlebar docking station	•
Handlebar strap	Belt
Transport wheels	•
Mobile device placement options	•
Compact design	Tilt up
Storage	•

ELECTRONIC FEATURES	
Display type	7" backlit LCD
Calorie burn meter	•
Resistance levels	10
Wireless heart rate compatible (ANT+™ and Polar®)	•
Bluetooth® compatible	•
Power requirement	Generator-powered

CONSOLE OPTIONS	
Standard	•

WORKOUTS	
Number of programs	6

PRESET PROGRAMS	
Quick Start	•
Max 14 Interval	•
Interval	•
Calorie Goal	•
Distance goal	•
Max CIRCUIT	•

PRODUCT SPECIFICATIONS	
Max user weight	350 lbs (160 kg)
Footprint (L x W x H)	94" x 24" x 47" (239 cm x 61 cm x 119 cm)
Product weight	129 lbs (58 kg)
Seat height	17" (43 cm)
Rail length	53" (135 cm)
Storage height	93" (236 cm)
Shipping dimensions	53" x 34" x 19" (135 cm x 86 cm x 48 cm)
Shipping weight	150 Lbs (68 kg)

WARRANTY*	
Frame	10 years
Parts	3 years
Labor	1 year

\*Warranty outside the US and Canada may vary.



# ROWING REDEFINED

## OCTANE ADVANTAGES

- Quick-release foot strap
- Dual resistance — fan and magnetic brake
  - MultiGrip handlebar
- Enhanced console featuring a calorie meter
  - Comfort seat
  - Oversized handlebar catch
  - Small footprint



Standard  
Console

*Octane*  
**R0**



## 14-MINUTE WORKOUT

Designed with an efficient HIIT format, the 14-minute Max Interval workouts have exercisers pushing hard, recovering and repeating. They benefit from calorie burning, fat blasting and total-body conditioning – all in minimal time.



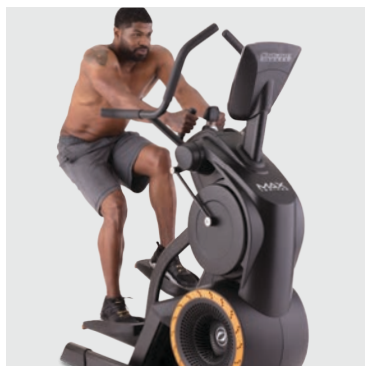
## A PERFECT FIT

Great for functional training, small group sessions or circuit workouts, the Max Trainer machine is perfect for any user at your facility.



## CALORIE METER

With a real-time display of calories burned per minute, the addictive calorie meter compels exercisers to bury the needle, effectively driving motivation and stamina.



## TOTAL BODY

Today's exercisers are all about maximum efficiency, which means every muscle is working hard. With its low-impact, total-body HIIT routines, the Max Trainer delivers exceptional ROI.

## MTX Specifications • Standard ○ Optional

### KEY MECHANICAL FEATURES

High-velocity fan	•
Dual resistance	Fan and magnetic brake
Covered track and rollers	•
Stride height	9" (23 cm)
Stride length	14" (36 cm)
Low step-up height	•
Pedal spacing	1.8" (4.6 cm)
Compact design	•
Transport wheels	•
Moving handlebars	Dual grip
Stationary handlebars	•
Mobile device placement options	2
Water bottle holder	•

### ELECTRONIC FEATURES

Display type	Transparent LCD
Calorie burn meter	Digital
Resistance levels	10
Wireless heart rate ready (ANT+™ and Polar®)	•
Bluetooth® compatible	•
Self-powered*	•
AC plug-in	○

### WORKOUTS

Number of programs	6
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### PRESET PROGRAMS

Max 14 Interval	•
Quick Start	•
Interval	•
Manual	•
CROSS CIRCUIT®	•
Max CIRCUIT	•

### PRODUCT SPECIFICATIONS

Max user weight	400 lbs (181 kg)
Footprint (W x L)	30" x 47" (76 cm x 119 cm)
Footprint - live area (W x L)	30" x 51" (76 cm x 130 cm)
Product weight	220 lbs (98 kg)

### WARRANTY

Frame	Lifetime
Parts	3 years
Labor	1 year

\* Includes 4-AA batteries for console operation.

# MINIMUM TIME MAXIMUM RESULTS

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# MAX TRAINER®

## OCTANE ADVANTAGES

- 14-minute workout
- Fan and magnetic brake resistance
- Quick on and off transitions
- No adjustments required
- Instant resistance change
- 9" (23 cm) stride height
- Small footprint

Standard  
Console



# MTX



## UPPER BODY

The cushioned MultiGrip handlebars let exercisers choose from horizontal or vertical placement options to target different muscles and add variety; or isolate the upper body using the stationary anti-slip foot pegs with triple-sided grip pads for traction.



## MAXIMUM RESULTS

Total-body workouts are superior when it comes to users increasing their ROI. Because exercisers are the motor on the AirdyneX bike, they determine the intensity level and amount of resistance.



## EFFICIENT BELT DRIVE

The single-stage belt drive responds immediately to exercisers' efforts, so they can capitalize on custom-generated resistance. Two-stage systems lose some power in the transfer. The belt drive also provides smooth, quiet motion that chain drives cannot deliver.



## CUSTOMIZED COMFORT

Precisely designed for extra comfort, the AirdyneX bike has multiple adjustment options to accommodate different size users.

## AirdyneX Specifications

• Standard ○ Optional

### KEY MECHANICAL FEATURES

Full-commercial grade	•
MultiGrip™ handlebars	•
Performance fan	26 blades
Weighted inertia ring	•
Drive system	Single-stage belt drive
Ball bearings at pivot points	•
Solid steel cranks	•
Stabilizer feet/levelers	•
Foot pegs	•
Replaceable pedals	•
Multi-position seat	•
Replaceable seat	•
Water bottle holder	•
Transport wheels	•
Air diverter	•

### ELECTRONIC FEATURES

LCD tachometer display	•
Resistance levels	Progressive wind resistance
Wireless heart rate ready (Polar®)	•
Quick Start	•
Quick program keys	•
Self-powered*	•
Watts calibration (adjusts to elevation)	•
Class A watts rating	•
Power supply	○

### WORKOUTS

Number of programs	9
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### PRESET PROGRAMS

Manual	•
20/10 Interval	•
30/90 Interval	•
Custom Interval	•
Time Target	•
Calorie Target	•
Kilojoules Target	•
Miles Target	•
Kilometers Target	•

### PRODUCT SPECIFICATIONS

Max user weight	350 lbs (160 kg)
Footprint (W x L x H)	26" x 55" x 53" (66 cm x 140 cm x 135 cm)
Footprint - live area (W x L x H)	26" x 55" x 53" (66 cm x 140 cm x 135 cm)
Product weight	113 lbs (51 kg)

### WARRANTY

Frame	10 years
Parts	3 years
Labor	6 months



Standard Console

\* Includes 2-D batteries for console operation.

# PERFORMANCE REDESIGNED

*AirDyne* X™

## OCTANE ADVANTAGES

- Full-commercial grade
- 26-blade performance fan
- Inertia performance drive system
- Single-stage belt for instant activation
- Class A watts rating
- Smooth motion
- HIIT workouts
- Calibration technology





## MAXIMUM RESULTS

Total-body workouts are superior when it comes to users increasing their ROI. Because exercisers are the motor on the Airdyne Pro bike, they determine the intensity level and amount of resistance.



## CUSTOMIZED COMFORT

Precisely designed for extra comfort, the Airdyne Pro bike has multiple adjustment options to accommodate different size users.



## UPPER BODY

The cushioned MultiGrip handlebars let exercisers choose from horizontal or vertical placement options to target different muscles and add variety; or isolate the upper body using the stationary anti-slip foot pegs with triple-sided grip pads for traction.



## EFFICIENT BELT DRIVE

The single-stage belt drive responds immediately to users' efforts, so they can capitalize on custom-generated resistance. Two-stage systems lose some power in the transfer. The belt drive also provides smooth, quiet motion that no chain drive can deliver.

## Airdyne Pro Specifications

• Standard ○ Optional

### KEY MECHANICAL FEATURES

Light-commercial grade	•
MultiGrip™ handlebars	•
Performance fan	26 blades
Weighted inertia ring	•
Drive system	Single-stage belt drive
Ball bearings at pivot points	•
Solid steel cranks	•
Stabilizer feet/levelers	•
Foot pegs	•
Replaceable pedals	•
Multi-position seat	•
Replaceable seat	•
Water bottle holder	•
Transport wheels	•
Air diverter	○

### ELECTRONIC FEATURES

LCD tachometer display	•
Resistance levels	Progressive wind resistance
Wireless heart rate ready (Polar®)	•
Quick Start	•
Quick program keys	•
Self-powered*	•
Watts calibration (adjusts to elevation)	•
Class A watts rating	•
Power supply	○

### WORKOUTS

Number of programs	9
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### PRESET PROGRAMS

Manual	•
20/10 Interval	•
30/90 Interval	•
Custom Interval	•
Time Target	•
Calorie Target	•
Kilojoules Target	•
Miles Target	•
Kilometers Target	•

### PRODUCT SPECIFICATIONS

Max user weight	350 lbs (160 kg)
Footprint (W x L x H)	26" x 55" x 53" (66 cm x 140 cm x 135 cm)
Footprint - live area (W x L x H)	26" x 55" x 53" (66 cm x 140 cm x 135 cm)
Product weight	113 lbs (51 kg)

### WARRANTY

	VERTICAL FACILITY
Frame	10 years
Parts	2 years
Labor	6 months



Standard Console

\* Includes 2-D batteries for console operation.



# TRADITION PLUS INNOVATION



*AirDyne*  
PRO

## OCTANE ADVANTAGES

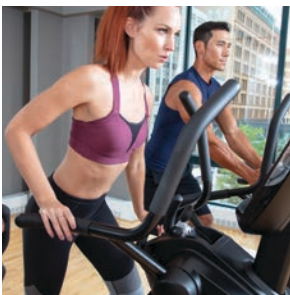
- Light-commercial grade
- 26-blade performance fan
- Inertia performance drive system
- Single-stage belt for instant activation
- Class A watts rating
- Smooth motion
- HIIT workouts
- Calibration technology

LIGHT  
COMMERCIAL



# A PRACTICAL, VALUE-ADD SOLUTION

The new **Octane Trifecta™** collection fuels workouts and retention at fitness facilities with three powerful performers. Comprised of the Octane Ro™, AirdyneX™ and Max Trainer® machines, the unmatched Octane Trifecta is defined by **ease-of-use and intuitive movements; total-body, low-impact exercise; progressive resistance; motivating feedback and challenging variety.** Ideal for HIIT, small group training, circuit workouts or solo sessions, this durable trio offers premium performance in a space-efficient, value package.



## RESULTS-DRIVEN MODALITIES

The Octane Trifecta is all about maximum efficiency and effectiveness by engaging the entire body to provide ultimate conditioning and results.



## DUAL RESISTANCE FAN

On the Octane Ro and Max Trainer, combined fan and magnetic brake resistance yields a broad intensity range to accommodate different exercisers. The performance fan on the AirdyneX facilitates virtually unlimited resistance.

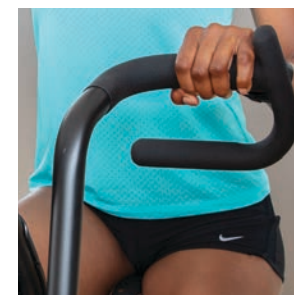




# HIIT TRI-FECTED

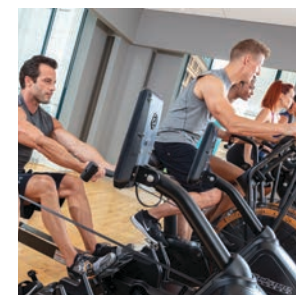
## OCTANE ADVANTAGES

- Easy to use
- Total-body workouts
- Motivating feedback
- Compact machines
- Intuitive movements
- Progressive resistance
- Challenging variety
- Smart solution



### MULTIGRIP HANDLEBARS

Every detail of each Octane Trifecta machine has been thoughtfully designed for comfort, ease-of-use and effectiveness. The unique MultiGrip handlebars offer variety and enable exercisers to emphasize different muscles.



### HIIT SIMPLIFIED

The Octane Trifecta equips your HIIT area with intuitive, easy-to-use cardio machines that offer variety and challenge for beginners to athletes.

Octane  
RO

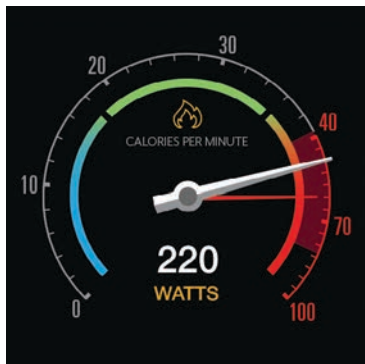
AirDyne X

MAX  
TRAINER



## 14-MINUTE WORKOUT

Designed with an efficient HIIT format, the 14-minute Max Interval workouts have exercisers pushing hard, recovering and repeating. They benefit from calorie burning, fat blasting and total-body conditioning – all in minimal time.



## CALORIE METER

This upgraded digital calorie meter attracts attention as it delivers real-time measurement of results, engaging and motivating exercisers to maximize their efforts and performance.



## SMART CONSOLE

The 10-inch touch screen display offers entertainment, internet access and dynamic workout feedback for the ultimate experience.



## FLOORS PROGRAM

Exercisers can take on progressive challenges by climbing 100-1000 floors in a building, and watch their progress, story by story, as they ascend to the top.

## MT8000 Specifications

• Standard ○ Optional

### KEY MECHANICAL FEATURES

High-velocity fan	•
Resistance type	Fan and magnetic brake
Covered track and rollers	•
Stride height	9" (23 cm)
Stride length	14" (36 cm)
Low step-up height	•
Pedal spacing	1.8" (4.6cm)
Compact design	•
Transport wheels	•
Moving handlebars	MultiGrip™
Stationary handlebars	•
Mobile device placement options	•
Water bottle holder	•

### ELECTRONIC FEATURES

Calorie burn meter	Digital
Resistance levels	30
Digital contact heart rate on stationary handlebars	•
Wireless heart rate ready (ANT+™ and Polar®)	•
Fingertip controls on moving handles	•
Console fan (3 speeds)	•
Mobile device charging via USB port	•
Replaceable headphone jack	•
CSAFE®	•

### CONSOLE OPTIONS

Smart (pg. 40)	10" (25.4 cm) capacitive touch screen
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### ENTERTAINMENT OPTIONS

LG TV (pg. 41)	○
Wireless 900 Mhz (pg. 41)	○

### WORKOUTS

Number of programs	9
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### PRESET PROGRAMS

Quick Start	•
Max 14 Interval	•
Interval	•
Manual	•
Floors	•
Random	•
30:30 Interval	•
MMA	•
CROSS CIRCUIT®	•

### PRODUCT SPECIFICATIONS

Max user weight	400 lbs (181 kg)
Footprint (W x L)	30" x 47" (76 cm x 119 cm)
Footprint - live area (W x L)	30" x 51" (76 cm x 130 cm)
Product weight	271 lbs (123 kg)

### WARRANTY

Frame	Lifetime
Parts	3 years
Labor	1 year



# IGNITING CARDIO AND HIIT WITH MAXIMUM MOTIVATION

**MAX**  
TRAINER®  
MT8000

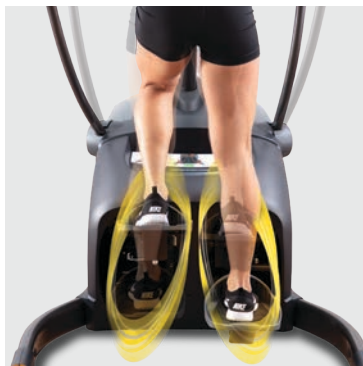
## OCTANE ADVANTAGES

- Ultimate total-body cross-trainer
- Easy to use
- 14-minute HIIT workout
- Progressive Floors program
- Dynamic calorie meter
- Fan and magnetic brake resistance
- Fingertip electronic resistance controls
- Premium smart console



### LATERAL MOTION

Active side-to-side motion increases caloric expenditure by up to 27% and increases hip muscle activation when going from the narrowest to the widest width.\*



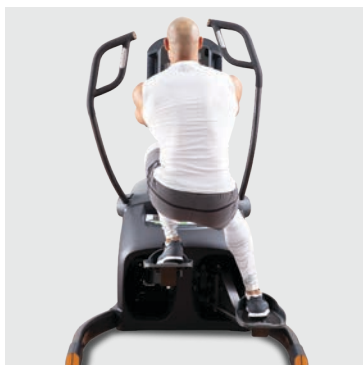
### ADJUSTABLE MOTION

Ten adjustable width levels begin in a narrow stepping motion and diverge to an active, side-to-side movement for greater variety.



### UPPER-BODY ERGONOMICS

MultiGrip and Converging Path handlebars engage the upper body and custom-fit exercisers.



### ADVANCED PROGRAMS

Exercisers can take on HIIT with Octane's exclusive 30:30 Interval and MMA workouts, which incorporate rigorous intervals for challenges that help drive results.

## LateralX Specifications • Standard ○ Optional

### KEY MECHANICAL FEATURES

Lateral width adjustments	10
Electronically adjustable lateral width	•
Quiet motor	•
Soft grip pedals	•
Low step-up height	•
MultiGrip™ and Converging Path™ handlebars	•
Moving handlebar lock-out option	•
Phone holder	•
Water bottle holder	•
Tablet/reading rack**	•
Transport wheels	•

### ELECTRONIC FEATURES

Resistance levels	30
Quick Starts (Narrow, Medium, Wide)	•
Digital contact heart rate on moving handlebars	•
Wireless heart rate ready (ANT+™ and Polar®)	•
Fingertip controls on moving handlebars	•
Console fan (3 speeds)	•
Self-powered (standard console only)	•
Mobile device charging via USB port	•
Replaceable headphone jack	•
CSAFE®	•

### CONSOLE OPTIONS

Smart (pg. 40)	10" (25.4 cm) capacitive touch screen
Standard (pg. 40)	Large LED display with integrated capacitive buttons

### ENTERTAINMENT OPTIONS

LG TV (pg. 41)	○
Wireless 900 Mhz (pg. 41)	○

### WORKOUTS

Number of programs	14
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### LATERAL WIDTH PROGRAMS

Lateral Interval	•
Dual Direction	•

### PRESET PROGRAMS

Manual	•
Random	•
Interval	•
Distance goal	•
Calorie goal	•
CROSS CIRCUIT®	•

### HEART RATE-CONTROLLED PROGRAMS

Heart Rate Fat Burn	•
Heart Rate Interval	•

### ADVANCED PROGRAMS

30:30 Interval	•
MMA	•
Constant Watts	•
Constant METs	•

### WORKOUT BOOSTERS

X-Mode™	•
ThighToner™	•
QuadPower™	•

### 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)

### WARRANTY

Frame	Lifetime
Parts	3 years
Labor	1 year

\*Study conducted by Minnesota State University Mankato going from lateral width 1 to lateral width 10.

\*\*Smart console only

# MOVE IN A DIFFERENT DIRECTION

## LATERAL X

### OCTANE ADVANTAGES

- Up to 27% increase in caloric expenditure when going from narrowest to widest width\*
- Adjustable lateral 3-D motion
- Adds muscle confusion with 10 varying planes of motion
- Great for sports, rehab and stability training, working the hips, thighs and glutes

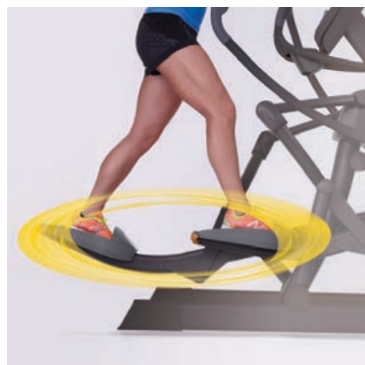


An all-in-one machine that lets exercisers **walk, run, hike** or **climb** to target different muscles for customized effectiveness.



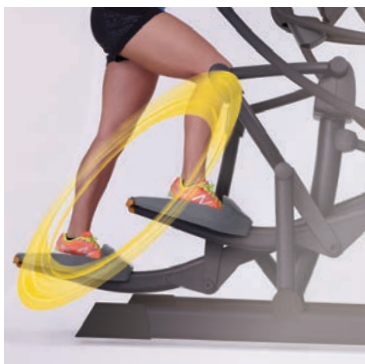
## WALK

The biomechanically precise motion of the XT-One machine delivers a low-impact, comfortable walk, with a choice of shorter or longer strides to custom-fit exercisers with different leg lengths.



## RUN

Exercisers can change pace or stride length to customize their run motion. Or they can take advantage of SmartStride® interactive ergonomics, which replicate jogging or running by automatically adjusting the stride length from 20"-28" based on the user's pace.



## HIKE

Hit the hills and boost cardiovascular and muscular endurance by selecting from 10 incline levels that target the legs and work the upper body and core. Users can opt for greater challenges with several incline workouts, including Mountain Peak and Progressive Hill.



## CLIMB

The ultimate challenge with a steep climb that strengthens the quads, glutes and hamstrings with deep strides and high-intensity cardio and strength work.

## XT-One Specifications

• Standard ○ Optional

### KEY MECHANICAL FEATURES

Adjustable incline	10 levels
Adjustable stride lengths	20" - 28" (51 cm - 71 cm)
Electronically adjustable stride	•
Quiet motor	•
Close pedal spacing	1.8" (4.5 cm)
Low step-up height	•
MultiGrip™ and Converging Path™ handlebars	•
Moving handlebar lock-out option	•
Side steps	○
Phone holder	•
Water bottle holder	•
Tablet/reading rack*	•
Transport wheels	•

### ELECTRONIC FEATURES

SmartStride® technology	•
Resistance levels	30
Quick Starts (Walk, Run, Hike, Climb)	4
Digital contact heart rate on moving handlebars	•
Wireless heart rate ready (ANT+™ & Polar®)	•
Incline and stride buttons on moving handlebars	•
Console fan (3 speeds)	•
Self-powered (standard console only)	•
Mobile device charging via USB port	•
Replaceable headphone jack	•
CSAFE®	•

### CONSOLE OPTIONS

Smart (pg. 40)	10" (25.4 cm) capacitive touch screen
Standard (pg. 40)	Large LED display with integrated capacitive buttons

### ENTERTAINMENT OPTIONS

LG TV (pg. 41)	○
Wireless 900 Mhz (pg. 41)	○

### WORKOUTS

Number of workouts	15
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### HEART RATE-CONTROLLED PROGRAMS

Heart Rate Fat Burn	•
Heart Rate Custom Interval	•

### PRESET PROGRAMS

Manual	•
Random	•
Distance Goal	•
Calorie Goal	•
Custom Interval	•
CROSS CIRCUIT®	•

### ADVANCED PROGRAMS

30:30 Interval	•
MMA	•
Constant Watts	•
Constant METs	•

### INCLINE PROGRAMS

Mountain Peak	•
30:30 Hill	•
Progressive Hill	•

### STRIDE LENGTH PROGRAMS

SmartStride®	•
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### WORKOUT BOOSTERS

X-Mode™	•
ArmBlaster	•
GlutePower	•

### PRODUCT SPECIFICATIONS

Max user weight	400 lbs (181 kg)
Footprint (W x L)	33" x 75" (84 cm x 191 cm)
Footprint - live area	33" x 92" (84 cm x 196 cm)
Product weight	395 lbs (180 kg)
Footprint with side steps (W x L)	37" x 88" (94 cm x 224 cm)
Product weight with side steps	427 lbs (194 kg)

### WARRANTY

Frame	Lifetime
Parts	3 years
Labor	1 year

\*Smart console only

## OCTANE ADVANTAGES

- Replaces adaptations of ellipticals and non-elliptical modalities in one machine
- Adjustable incline
- Adjustable stride length
- SmartStride® technology
- Advanced training — 30:30 and MMA
- Workout Boosters



# THE ONE CROSS-TRAINER THAT DOES IT ALL

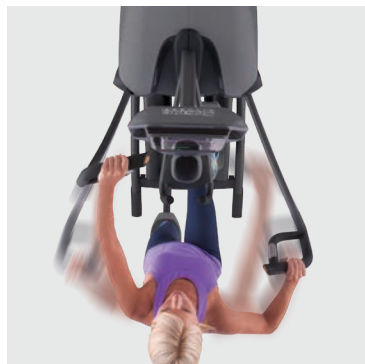
**XTOne**<sup>™</sup>

*Octane*  
FITNESS



### SMARTSTRIDE®

Automatically adjusts stride length from 20"-28" according to users' pace to align them properly for walking, jogging and running.



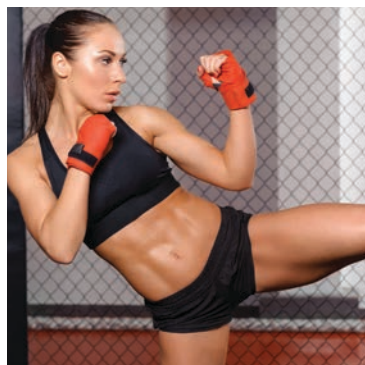
### UPPER-BODY ERGONOMICS

MultiGrip and Converging Path handlebars engage the upper body and custom-fit exercisers.



### REAL RUNNING MOTION

Delivers supremely comfortable natural movement and flow, both forward and backward.



### ADVANCED PROGRAMS

Octane's trademark 30:30 Interval and MMA workouts deliver vigorous HIIT challenges that help boost motivation and improve conditioning.

## XT4700 Specifications ● Standard ○ Optional

### KEY MECHANICAL FEATURES

Adjustable stride lengths	20"-28" (51 cm - 71 cm)
Electronically adjustable stride	●
Quiet motor	●
Close pedal spacing	1.8" (4.5 cm)
Low step-up height	●
Covered track and rollers	●
MultiGrip™ and Converging Path™ handlebars	●
Moving handlebar lock-out option	●
Side steps	○
Phone holder	●
Water bottle holder	●
Tablet/reading rack*	●
Transport wheels	●

### ELECTRONIC FEATURES

SmartStride® technology	●
Resistance levels	30
Quick Starts (Walk, Jog, Run)	●
Digital contact heart rate on moving handlebars	●
Fingertip controls on moving handlebars	●
Wireless heart rate ready (ANT+™ and Polar®)	●
Console fan (3 speeds)	●
Self-powered (standard console only)	●
Mobile device charging via USB port	●
Replaceable headphone jack	●
CSAFE®	●

### CONSOLE OPTIONS

Smart (pg. 40)	10" (25.4 cm) capacitive touch screen
Standard (pg. 40)	Large LED display with integrated capacitive buttons

### ENTERTAINMENT OPTIONS

LG TV (pg. 41)	○
Wireless 900 Mhz (pg. 41)	○

### WORKOUTS

Number of programs	15
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### HEART RATE-CONTROLLED PROGRAMS

Heart Rate Fat Burn	●
Heart Rate Interval	●

### PRESET PROGRAMS

Manual	●
Random	●
Interval	●
Distance goal	●
Calorie goal	●
CROSS CIRCUIT®	●

### ADVANCED PROGRAMS

30:30 Interval	●
MMA	●
Constant Watts	●
Constant METs	●

### STRIDE LENGTH PROGRAMS

PowerWalk	●
Stride Interval	●
Dual Direction	●

### WORKOUT BOOSTERS

SmartStride®	●
X-Mode™	●
ArmBlaster	●
GluteKicker™	●

### PRODUCT SPECIFICATIONS

Max user weight	400 lbs (181 kg)
Footprint (W x L)	33" x 77" (84 cm x 196 cm)
Footprint - live area (W x L)	37" x 87" (94 cm x 221 cm)
Product weight	364 lbs (165 kg)
Footprint with side steps (W x L)	37" x 85" (94 cm x 216 cm)
Weight with side steps	390 lbs (177 kg)

### WARRANTY

Frame	Lifetime
Parts	3 years
Labor	1 year

\*Smart console only



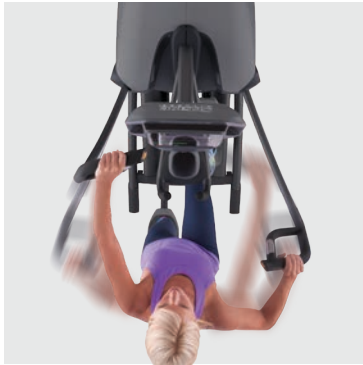
# TOP-OF-THE-LINE, ADJUSTABLE STRIDE ELLIPTICAL



## XT4700

### OCTANE ADVANTAGES

- Electronically adjustable stride 20"-28"
- SmartStride® technology
- Close pedal spacing
- Low step-up height
- Advanced training — 30:30 and MMA



### UPPER-BODY ERGONOMICS

MultiGrip and Converging Path handlebars engage the upper body and custom-fit exercisers.



### ADVANCED PROGRAMS

For the ultimate in HIIT, the 30:30 Interval and MMA workouts have exercisers mastering vigorous sets of intervals that push them to work harder.



### REAL RUNNING MOTION

Delivers supremely comfortable natural movement and flow, both forward and backward.



### SIDE STEPS

Add workout variety with this option to focus on the upper body only.

## XT3700 Specifications • Standard ○ Optional

### KEY MECHANICAL FEATURES

Stride length	24" (61 cm)
Close pedal spacing	1.8" (4.5 cm)
Low step-up height	•
Covered track and rollers	•
MultiGrip™ and Converging Path™ handlebars	•
Moving handlebar lock-out option	•
Side steps	○
Phone holder	•
Water bottle holder	•
Tablet/reading rack*	•
Transport wheels	•

### ELECTRONIC FEATURES

Resistance levels	30
Digital contact heart rate on stationary handlebars	•
Wireless heart rate ready (ANT+™ and Polar®)	•
Console fan (3 speeds)	•
Self-powered (standard console only)	•
Mobile device charging via USB port	•
Replaceable headphone jack	•
CSAFE®	•

### CONSOLE OPTIONS

Smart (pg. 40)	10" (25.4 cm) capacitive touch screen
Standard (pg. 40)	Large LED display with integrated capacitive buttons

### ENTERTAINMENT OPTIONS

LG TV (pg. 41)	○
Wireless 900 Mhz (pg. 41)	○

### WORKOUTS

Number of programs	12
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### PRESET PROGRAMS

Manual	•
Random	•
Interval	•
Distance goal	•
Calorie goal	•
CROSS CIRCUIT®	•

### HEART RATE-CONTROLLED PROGRAMS

Fat Burn	•
Heart Rate Interval	•

### ADVANCED PROGRAMS

30:30 Interval	•
MMA	•
Constant Power Watts	•
Constant Power METs	•

### WORKOUT BOOSTERS

X-Mode™	•
GluteKicker™	•
ArmBlaster	•

### PRODUCT SPECIFICATIONS

Max user weight	400 lbs (181 kg)
Footprint (W x L)	33" x 77" (84 cm x 196 cm)
Footprint - live area (W x L)	37" x 87" (94 cm x 221 cm)
Product weight	342 lbs (155 kg)
Footprint with side steps (W x L)	37" x 87" (94 cm x 221 cm)
Weight with side steps	368 lbs (167 kg)

### WARRANTY

Frame	Lifetime
Parts	3 years
Labor	1 year

\*Smart console only

# XT3700

## OCTANE ADVANTAGES

- Smooth motion
- Advanced training — 30:30 and MMA
- Close pedal spacing
- MultiGrip & Converging Path handlebars
- Workout Boosters
- Side step-compatible



# 24" STRIDE LENGTH FAN FAVORITE

## Pro3700Classic Specifications

### KEY MECHANICAL FEATURES

Stride length	24" (61 cm)
Close pedal spacing	1.8" (4.5 cm)
Low step-up height	•
Covered track and rollers	•
MultiGrip™ and Converging Path™ handlebars	•
Moving handlebar lock-out option	•
Side steps	○
Water bottle holder	•
Tablet/reading rack	•
Transport wheels	•

### ELECTRONIC FEATURES

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

### CONSOLE OPTIONS

Standard	•
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### ENTERTAINMENT OPTIONS

Personal Viewing Screen	○
Wireless 900 Mhz	○

### WORKOUTS

Number of programs	19
--------------------	----

### PRESET PROGRAMS

Manual	•
Random	•
Interval	•
Custom Interval	•
Hill	•
10K	•
CROSS CIRCUIT®	•

• Standard ○ Optional

### HEART RATE-CONTROLLED PROGRAMS

Heart Rate Fat Burn	•
Heart Rate Cardio	•
Heart Rate Interval	•
Heart Rate Custom Interval	•
Heart Rate Hill	•
Heart Rate Speed Interval	•
New Leaf® Custom	•

### ADVANCED PROGRAMS

30:30 Interval	•
MMA	•
Constant Power Watts	•
Constant Power METs	•

### FITNESS ASSESSMENT PROTOCOL

Navy PRT	•
----------	---

### WORKOUT BOOSTERS

X-Mode™	•
GluteKicker™	•
ArmBlaster	•

### PRODUCT SPECIFICATIONS

Max user weight	400 lbs (181 kg)
Footprint (W x L)	31" x 69" (78 cm x 175 cm)
Footprint - live area (W x L)	34" x 83" (86 cm x 210 cm)
Product weight	320 lbs (145 kg)
Footprint with side steps (W x L)	37" x 83" (94 cm x 211 cm)
Weight with side steps	348 lbs (158 kg)

### WARRANTY

Frame	Lifetime
Parts	3 years
Labor	1 year

# PERSONAL ENTERTAINMENT

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



### PERSONAL VIEWING SCREEN

Screen	15" (40 cm) wide screen format
Tuners	Analog and digital
TV controls	Mute, auto on/off, channel, default channel, previous channel, volume, source, 0-9 keypad
Inputs	Component video, RCA, coaxial, 30-pin iPod®/iPhone®, headphone jack (replaceable)
Power	110-240 VAC
Weight	3 lbs (1 kg)
Size (L x W x D)	15.75" x 9.75" x 1.5" (40 cm x 25 cm x 4 cm)
Warranty	3 years advance exchange/1 year labor 90 days on modular headphone jack

### 900 MHZ WIRELESS RECEIVER

Transmitters	Compatible with Cardio Theater, Broadcast Vision, MYE Entertainment, Exercise, Audeon
Memory	Channel settings stored
TV controls	Mute, channel/volume up and down
Inputs	Headphone jack (replaceable)
Power	Self-powered
Warranty	3 years parts/1 year labor 90 days on headphone jack

# PREMIUM QUALITY AT AN UNBEATABLE VALUE



## PRO3700c

### OCTANE ADVANTAGES

- MultiGrip & Converging Path handlebars
- Close pedal spacing
- Advanced training — MMA and 30:30
- Workout Boosters
- Side step-compatible

### UPPER-BODY ERGONOMICS

MultiGrip and Converging Path handlebars engage the upper body and custom-fit exercisers.

### REAL RUNNING MOTION

Delivers supremely comfortable natural movement and flow, both forward and backward.

### MMA

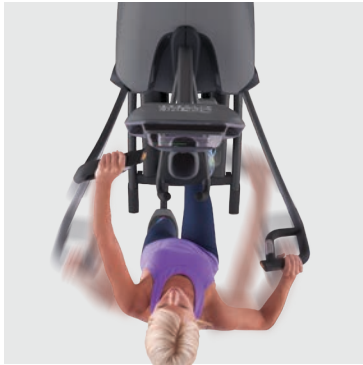
Mixed Martial Arts, or MMA, is one of the hottest sports worldwide. Now exercisers can test their skills in Octane's unique regimen that mimics rigorous training routines like those used by a fighter in the cage.

### SIDE STEPS

Add workout variety with this option to focus on the upper body only.



Standard Console



### UPPER-BODY ERGONOMICS

Patented MultiGrip and Converging Path handlebars engage the upper body and custom-fit exercisers.



### 30:30 INTERVAL

Train like the pros with the 30:30 Interval challenge, which incorporates intense bouts of work, followed by recovery.



### REAL RUNNING MOTION

Delivers supremely comfortable, natural movement and flow, both forward and backward.



### ARMBLASTER

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

## Pro310 Specifications • Standard ○ Optional

### KEY MECHANICAL FEATURES

Light-commercial grade	•
Stride length	20.5" (52 cm)
Close pedal spacing	1.8" (4.5 cm)
Low step-up height	•
MultiGrip™ and Converging Path™ handlebars	•
Moving handlebar lock-out option	•
Phone holder	•
Water bottle holder	•
Tablet/reading rack	•
Transport wheels	•

### ELECTRONIC FEATURES

Resistance levels	20
Digital contact heart rate on stationary handlebars	•
Wireless heart rate ready (Polar®)	•
HeartLogic™ Intelligence	•

### WORKOUTS

Number of programs	12
--------------------	----

### PRESET PROGRAMS

Manual	•
Random	•
Custom Interval	•
Beginner	•
10K	•

### HEART RATE-CONTROLLED PROGRAMS

Heart Rate Fat Burn	•
Heart Rate Cardio	•
Heart Rate Custom Interval	•

### ADVANCED PROGRAMS

30:30 Interval	•
350 Calories	•
750 Calories	•
Half Marathon	•

### WORKOUT BOOSTERS

X-Mode™	•
GluteKicker™	•
ArmBlaster	•

### ENTERTAINMENT OPTIONS

Personal Viewing Screen*	○
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### PRODUCT SPECIFICATIONS

Max user weight	300 lbs (136 kg)
Footprint (W x L)	31" x 65" (79 cm x 165 cm)
Footprint - live area (W x L)	34" x 76" (87 cm x 193 cm)
Product weight	260 lbs (118 kg)

### WARRANTY

	VERTICAL FACILITY
Frame	Lifetime
Parts	2 years
Labor	1 year

\*External controller required

LIGHT  
COMMERCIAL



# SMALL FOOTPRINT BIG VALUE

CROSS-TRAINERS

## PROBIO



Standard  
Console



### OCTANE ADVANTAGES

- Space-saving design
- Low step-up height
- MultiGrip & Converging Path handlebars
- Close pedal spacing
- Advanced training — 30:30
- Workout Boosters



### REAL RUNNING MOTION

Independent hip and knee joints replicate natural walking, jogging or running motion with limited impact, and custom-fit users of different sizes.



### DUAL STRIDE TRACING

Unique technology\*\* enables users to monitor the health of their stride independently, so exercisers can work on balancing their left and right heel kick to correct imbalances and perform better.



### LOWER COST OF OWNERSHIP

No belt or deck, and only the console requiring power significantly lowers maintenance and electricity needs.



### FLEXIBLE PLACEMENT

Self-powered\* and with whisper-quiet operation, the Zero Runner machine affords valuable flexibility.

## ZR8000 Specifications

• Standard ○ Optional

### KEY MECHANICAL FEATURES

User-defined running motion	•
Dynamic stride length	58" (147 cm)
Aluminum legs	•
Low step-up height	•
Pedal spacing	1.5" (3.81 cm)
Lightweight pedals	•
Rubber non-slip pedals	•
Rubber non-slip step	•
Contoured moving handlebars	•
Phone holder	•
Water bottle holder	•
Quiet operation	•
Tablet/reading rack**	•
Transport wheels	•

### ELECTRONIC FEATURES

Resistance levels	15
Self-powered*	•
Quick Start	•
Wireless heart rate ready (ANT+™ and Polar®)	•
Digital contact heart rate sensors on stationary handlebar	•
Console fan (3 speeds)**	•
Mobile device charging via USB port	•
Replaceable headphone jack	•
CSAFE®	•

### CONSOLE OPTIONS

Smart (pg. 40)	10" (25.4 cm) capacitive touch screen
Standard (pg. 40)	Large LED display with integrated capacitive buttons

### ENTERTAINMENT OPTIONS

LG TV (pg. 41)	○
Wireless 900 Mhz (pg. 41)	○

### WORKOUTS

Number of programs	7
--------------------	---

### PRESET PROGRAMS

Quick Start	•
Manual	•
Distance Goal	•
Calorie Goal	•
Interval	•
CROSS CIRCUIT®	•

### ADVANCED PROGRAMS

30:30 Interval	•
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### PRODUCT SPECIFICATIONS

Max user weight	400 lbs (181 kg)
Footprint (W x L)	43.2" x 69.6" (110 cm x 176 cm)
Product weight	355 lbs (161 kg)

### WARRANTY

Frame	Lifetime
Parts	3 years
Labor	1 year

\*Standard console only \*\*Smart console only



# RUNNING WITHOUT IMPACT



## ZR8000

### OCTANE ADVANTAGES

- Walk, Jog or Run
- Zero-Impact Running™
- Up to 58" (147 cm) stride length
- Dual Stride Trace™
- Light aluminum legs
- 15 levels of resistance
- Quiet operation



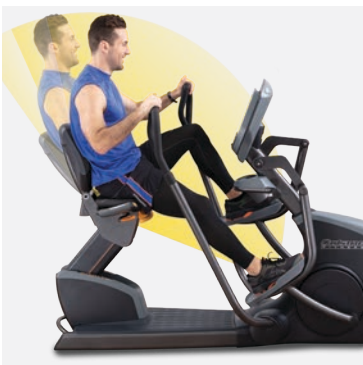
### POWERSTROKE™

Optimal leg extension and power drive. Users engage muscles, burn calories and benefit from exceptional efficiency and effectiveness.



### UPPER- AND LOWER-BODY ISOLATION

Exercisers can perform total-body routines, or exclusively target their upper or lower body on their own or using a Workout Booster.



### CUSTOMIZED COMFORT

The multiple tilt and height adjustments accommodate different size exercisers for the perfect fit and superior comfort.



### HIIT WORKOUTS

Exclusive advanced regimens like 30:30 and MMA challenge users to push their limits to drive motivation and results.

## xR6000 Specifications

• Standard ○ Optional

### KEY MECHANICAL FEATURES

Oversize platform	•
Step-through design	•
Oversized soft grip pedals	•
Stationary footpegs	•
Seat height adjustments	20
Seat tilt adjustments	•
MultiGrip™ handlebars	•
Stationary handlebars	•
Phone holder	•
Water bottle holder	•
Tablet/reading rack*	•
Transport wheels	•
Moving handlebar lock-out option	○
Pedal straps	○

### ELECTRONIC FEATURES

Resistance levels	30
Digital contact heart rate on stationary handlebars	•
Wireless heart rate ready (ANT+™ and Polar®)	•
Fingertip controls on stationary handles	•
Console fan (3 speeds)	•
Self-powered (standard console only)	•
Mobile device charging via USB port	•
Replaceable headphone jack	•
CSAFE®	•

### CONSOLE OPTIONS

Smart (pg. 40)	10" (25.4 cm) capacitive touch screen
Standard (pg. 40)	Large LED display with integrated capacitive buttons

### ENTERTAINMENT OPTIONS

LG TV (pg. 41)	○
Wireless 900 Mhz (pg. 41)	○

### WORKOUTS

Number of programs	14
--------------------	----

### PRESET PROGRAMS

Manual	•
Random	•
Interval	•
Hill	•
Distance goal	•
Calorie goal	•

### HEART RATE-CONTROLLED PROGRAMS

Fat Burn	•
Heart Rate Interval	•
Heart Rate Hill	•
Heart Rate Speed Interval	•

### ADVANCED PROGRAMS

30:30 Interval	•
MMA	•
Constant Watts	•
Constant METs	•

### WORKOUT BOOSTERS

X-Mode™	•
Leg Press	•
Chest Press	•

### PRODUCT SPECIFICATIONS

Max user weight	400 lbs (181 kg)
Footprint (W x L)	35" x 72" (89 cm x 182 cm)
Product weight	320 lbs (145 kg)

### WARRANTY

Frame	Lifetime
Parts	3 years
Labor	1 year

\*Smart console only

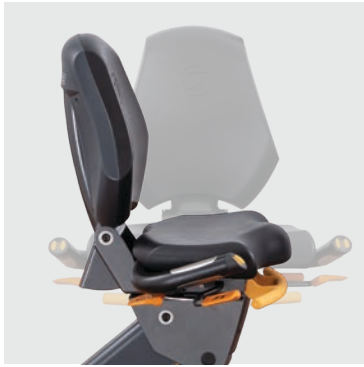


# THE ULTIMATE RECUMBENT WORKOUT

**xRide**<sup>®</sup>  
XR6000

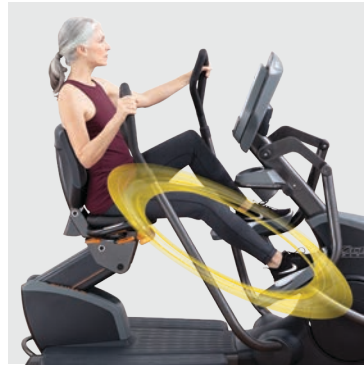
## OCTANE ADVANTAGES

- Total-body HIIT workouts
- PowerStroke™ technology
  - Active Seat Position™
- Upper/lower-body isolation
  - Step-through design



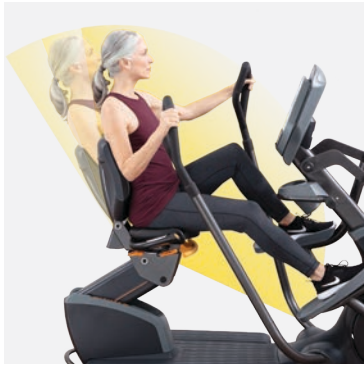
### SWIVEL SEAT

To maximize ease of entry and exit, the swivel seat turns +/- 210 degrees to comfortably accommodate exercisers.



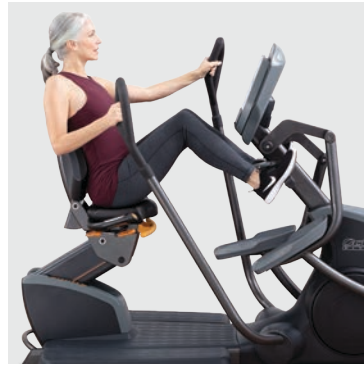
### POWERSTROKE™

Facilitates leg extension to engage more muscles, burn calories and help achieve optimal results from a seated position.



### CUSTOMIZED COMFORT

The Active Seat Position is designed for different size exercisers by offering multiple tilt and height adjustments for the perfect fit and superior comfort.



### UPPER- AND LOWER-BODY ISOLATION

Users can complete total-body workouts, or exclusively target their upper or lower body during intervals for variety.

## xR6000s Specifications

• Standard ○ Optional

### KEY MECHANICAL FEATURES

Swivel seat	•
Side platforms	•
Oversized platform	•
Step-through design	•
Oversized soft grip pedals	•
Stationary footpegs	•
Seat height adjustments	20
Seat tilt adjustments	•
MultiGrip™ handlebars	•
Stationary handlebars	•
Phone holder	•
Water bottle holder	•
Tablet/reading rack*	•
Transport wheels	•
Moving handlebar lock-out option	○
Pedal straps	○

### ELECTRONIC FEATURES

Resistance levels	30
Digital contact heart rate on stationary handlebars	•
Wireless heart rate ready (ANT+™ and Polar®)	•
Fingertip controls on stationary handles	•
Console fan (3 speeds)	•
Self-powered (standard console only)	•
Mobile device charging via USB port	•
Replaceable headphone jack	•
CSAFE®	•

### CONSOLE OPTIONS

Smart (pg. 40)	10" (25.4 cm) capacitive touch screen
Standard (pg. 40)	Large LED display with integrated capacitive buttons

### ENTERTAINMENT OPTIONS

LG TV (pg. 41)	○
Wireless 900 Mhz (pg. 41)	○

### WORKOUTS

Number of programs	14
--------------------	----

### PRESET PROGRAMS

Manual	•
Random	•
Interval	•
Hill	•
Distance goal	•
Calorie goal	•

### HEART RATE-CONTROLLED PROGRAMS

Fat Burn	•
Heart Rate Interval	•
Heart Rate Hill	•
Heart Rate Speed Interval	•

### ADVANCED PROGRAMS

30:30 Interval	•
MMA	•
Constant Watts	•
Constant METs	•

### WORKOUT BOOSTERS

X-Mode™	•
Leg Press	•
Chest Press	•

### PRODUCT SPECIFICATIONS

Max user weight	400 lbs (181 kg)
Footprint (W x L)	39" x 72" (98 cm x 182 cm)
Product weight	339 lbs (154 kg)

### WARRANTY

Frame	Lifetime
Parts	3 years
Labor	1 year

\*Smart console only

SWIVEL SEAT  
& SIDE  
PLATFORMS  
MAXIMIZE  
ACCESSIBILITY



**xRide**  
XR6000s

**OCTANE ADVANTAGES**

- +/- 210-degree swivel seat
  - Side platforms
- Upper/lower-body isolation
  - Active Seat Position™
  - Step-through design
  - Simple start-up



### POWERSTROKE™

This technology helps users engage more muscles, burn calories and maximize productivity in a seated workout.



### CUSTOMIZED COMFORT

The Active Seat Position™ accommodates different size exercisers by offering tilt and height adjustments for the perfect fit to maximize comfort.



### CHEST & LEG PRESS

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



### WORKOUT VARIETY

Build motivation and enhance retention with interactive heart rate workouts, interval training and customized programs.

## xR650 Specifications

• Standard ◦ Optional

### KEY MECHANICAL FEATURES

Light-commercial grade	•
Step-through design	•
Oversized soft grip pedals	•
Stationary footpegs	•
Seat height adjustments	20
Seat tilt adjustments	5
Stationary handlebars	•
Water bottle holders	2
Tablet/reading rack	•
Transport wheels	•
Pedal straps	◦

### ELECTRONIC FEATURES

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

### WORKOUTS

Number of programs	16
--------------------	----

### PRESET PROGRAMS

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

30:30 Interval	•
Constant Watts	•
Constant METs	•

### WORKOUT BOOSTERS

Muscle Endurance	•
Leg Press	•
Chest Press	•

### ENTERTAINMENT OPTIONS

Personal Viewing Screen*	◦
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### PRODUCT SPECIFICATIONS

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

### WARRANTY

	VERTICAL FACILITY
Frame	Lifetime
Parts	3 years
Labor	1 year

\*External controller required

LIGHT  
COMMERCIAL



# OCTANE INNOVATION, EXCEPTIONAL VALUE

**xRide**  
XR650

## OCTANE ADVANTAGES

- Active Seat Position™
- PowerStroke™ technology
- Step-through design
- Advanced training — 30:30



Standard  
Console

# CONSOLE OPTIONS



MT8000  
Shown

## SMART CONSOLE

This 10" LCD touch screen features an Internet browser (Ethernet and Wi-Fi connections standard), streaming videos, music and more. Exercisers benefit from mobile device charging, phone/tablet docking stations, ANT+ compatibility and a console fan. Video coaching for CROSS CiRCUIT, along with Workout Booster videos, helps users properly execute exercises.



xR6000  
Shown

## STANDARD CONSOLE

Intuitive to navigate, this LED display with integrated capacitive buttons showcases all workout feedback and supports mobile device charging. Quick Start buttons enable exercisers to immediately begin their workout; and advanced training access is convenient, with buttons for CROSS CiRCUIT, MMA and 30:30 directly on the console.

Console options are for  
MT8000, XT-One, LateralX, XT4700,  
XT3700, xR6000, xR6000s, ZR8000

- Standard
- Unavailable
- Optional

	Smart Console	Standard Console
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### FEATURES

10" glass capacitive touch screen	●	—
Phone docking locations	4	3
Tablet docking locations	1	1
USB port (charging capabilities)	●	●
Ethernet jack	●	—
CSAFE ports	●	●
Asset management	○	○
Wireless heart rate ready Polar® and ANT+™	●	●
Console fan (3 speeds)*	●	●
Replaceable headphone jack	●	●

### ENTERTAINMENT OPTIONS

LG TV	○	○
900 Mhz	○	○

### INTERNET CONNECTION REQUIRED

Wi-Fi enabled	●	—
Web browsing	●	—
Web video streaming	●	—
Web applications	●	—

### WARRANTY

3 years advance exchange/1 year labor	●	●
90 days on headphone jack	●	●



# PERSONAL ENTERTAINMENT

Exercisers can enjoy their favorite shows and multiple entertainment options via Octane's new LG TV or 900 Mhz wireless TV receiver, which can be seamlessly integrated with either the smart or standard console for a comprehensive personal entertainment solution that offers variety and exceeds expectations.



## LG TV

With superior image quality and crisp colors, the premium 15.6" touch screen LG TV offers an intuitive interface and easy access to control buttons; broad tuning capabilities, including compatibility with IPTV and Pro:Idiom; and robust, reliable hardware. Clubs can customize their interactive exercise experience with convenient access to a multitude of TV selections.

*Entertainment options are for MT8000, XT-One, LateralX, XT4700, XT3700, xR6000, xR6000s, ZR8000*

### LG TV FEATURES

Screen	15.6" (40 cm) LED touch screen
Tuners	NTSC, ATSC, DVB-T2/C, PAL, QAM
TV controls	Mute, Channel Up/Down, Volume Up/Down, Mute, Closed Captioning, Channel Input Guide, Source, SAP, Power On/Off
Inputs	HDMI/HDCP In, LAN (RJ45), USB, MPI Port (RJ45), DC In, RF/AC In [PoC (Power over Coax)]
Smart TV	Pro:Centric (IP/RF), Pro:Idiom
Power	Input: 100V – 240V AC 50/60Hz, Output: 19V DC 3.42A
Weight	15 lbs (7 Kg)
Size (L x W x H)	24.5" x 6.25" x 17.25" (62 cm x 16 cm x 44 cm)
Warranty	3 years parts/1 year labor 90 days on headphone jack

### 900 MHZ WIRELESS RECEIVER FEATURES

Transmitters	Compatible with Cardio Theater, Broadcast Vision, MYE Entertainment, Enercise, Audeon
Memory	Channel settings stored
TV controls	Mute, channel/volume up and down
Inputs	Headphone jack (replaceable)
Power	Self-powered
Warranty	3 years parts/1 year labor 90 days on headphone jack

# INSTANT ACCESS TO POPULAR APPS

Now, Octane's premium smart console offers a quick, convenient way for exercisers to enjoy their favorite apps during their workouts for enhanced entertainment and engagement, which can improve exercise adherence and member retention.



## IMMEDIATE, SINGLE BUTTON SIMPLICITY

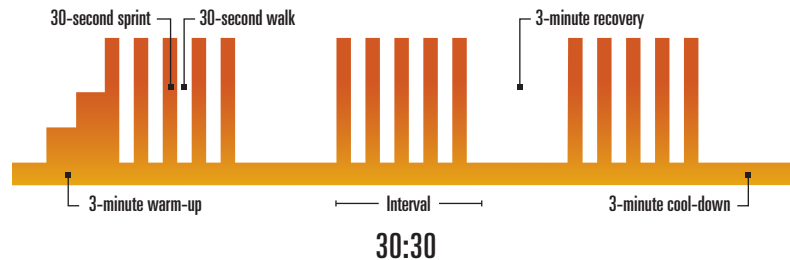
Individuals simply press one button on the Octane console to log into Netflix™ and Amazon at any time during workouts. In today's time-crunched, tech-savvy society, exercisers now can easily multitask and capitalize on entertainment and shopping while they work out.

# ADVANCED TRAINING PROGRAMS

## 30:30 INTERVAL

**MOTIVATES AND CHALLENGES.  
IMPROVES HEART RATE RECOVERY FITNESS.**

The 30:30 program is an innovative workout program available exclusively on Octane Fitness machines. **It motivates and challenges exercisers of all abilities, from beginners to elite athletes, and boosts cardiovascular performance.** This unique routine 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.



## MIXED MARTIAL ARTS (MMA)

**PUNCH UP THE INTENSITY.  
PROGRAM MIMICS REAL-LIFE BOUTS.**

**Now exercisers can test their skills** in Octane's unique regimen that mimics rigorous training routines like those used by a fighter in the cage.

After a 3-minute warm-up, exercisers battle it out with the machine in five-minute rounds that include five alternating 'fight' and 'recover' intervals of various lengths. The harder users punch with their arms, the more resistance the machine delivers. They recover for three minutes, then begin again. It's truly a stamina-building experience!



# COMPARISON: STANDING CROSS-TRAINERS



	• Standard – Unavailable ○ Optional	XT-One	LateralX	XT4700	XT3700	Pro3700Classic	Pro310
<b>KEY MECHANICAL FEATURES</b>							
Stride lengths		20" - 28" (51 cm - 71 cm)	–	20" - 28" (51 cm - 71 cm)	24" (61 cm)	24" (61 cm)	20.5" (52 cm)
Adjustable incline		•	–	–	–	–	–
Electronically adjustable		Stride	Lateral Width	Stride	–	–	–
Quiet motor		•	•	•	–	–	–
Close pedal spacing		•	–	•	•	•	•
Low step-up height		•	•	•	•	•	•
Soft grip pedals		–	•	–	–	–	–
Covered track and rollers		–	–	•	•	•	–
MultiGrip™ and Converging Path™ handles		•	•	•	•	•	•
Fingertip controls on moving handlebars		•	•	•	–	–	–
Moving handlebar lock-out option		•	•	•	•	•	•
1-time adjustable handlebar position		•	•	–	–	•	•
Side steps		○	–	○	○	○	–
Phone holder		•	•	•	•	•	•
Water bottle holder		•	•	•	•	•	•
Tablet/reading rack (smart console only)		•	•	•	•	–	•
Transport wheels		•	•	•	•	•	•

<b>ELECTRONIC FEATURES</b>							
Resistance levels		30	30	30	30	30	20
SmartStride®		•	–	•	–	–	–
Digital contact heart rate on moving handlebars		•	•	•	–	–	•
Digital contact heart rate on stationary handlebars		–	–	–	•	•	–

	• Standard – Unavailable ○ Optional	XT-One	LateralX	XT4700	XT3700	Pro3700Classic	Pro310
Wireless heart rate ready (ANT+™ & Polar®)		•	•	•	•	–	–
Wireless heart rate ready (Polar®)		–	–	–	–	•	•
Console fan (3 speeds)		•	•	•	•	–	–
Self-powered (standard console only)		•	•	•	•	•	–
HeartLogic™ Intelligence		–	–	–	–	•	•
Phone charging via USB port		•	•	•	•	–	–
CSAFE®		•	•	•	•	–	–

<b>CONSOLE OPTIONS</b>							
Smart		○	○	○	○	–	–
Standard		•	•	•	•	•	•

<b>ENTERTAINMENT OPTIONS</b>							
LG TV		○	○	○	○	–	–
Wireless 900 Mhz		○	○	○	○	○	–

<b>WORKOUTS</b>							
Number of programs		15	14	15	12	19	12

<b>PRESET PROGRAMS</b>							
Manual		•	•	•	•	•	•
Random		•	•	•	•	•	•
Interval		–	•	•	•	•	–
Distance Goal		•	•	•	•	–	–
Calories Goal		•	•	•	•	–	–
Custom Interval		•	–	–	–	•	•
Beginner		–	–	–	–	–	•
Hill		–	–	–	–	•	–
10K		–	–	–	–	•	•

- Standard
- Unavailable
- Optional

	XT-One	LateralX	XT4700	XT3700	Pro3700Classic	Pro310
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### HEART RATE-CONTROLLED PROGRAMS

Heart Rate Fat Burn	●	●	●	●	●	●
Heart Rate Cardio	—	—	—	—	●	●
Heart Rate Interval	—	●	—	●	●	●
Heart Rate Custom Interval	●	—	—	—	●	—
Heart Rate Hill	—	—	—	—	●	—
Heart Rate Speed Interval	—	—	—	—	●	—
New Leaf® Custom	—	—	—	—	●	—

### ADVANCED PROGRAMS

CROSS CIRCUIT®	●	●	●	●	●	—
30:30 Interval	●	●	●	●	●	●
MMA	●	●	●	●	●	—
Constant Watts	●	●	●	●	●	—
Constant METs	●	●	●	●	●	—
Navy PTR	—	—	—	—	●	—
350 Calories	—	—	—	—	—	●
750 Calories	—	—	—	—	—	●
Half Marathon	—	—	—	—	—	●

### INCLINE PROGRAMS

Mountain Peak	●	—	—	—	—	—
30:30 Hill	●	—	—	—	—	—
Progressive Hill	●	—	—	—	—	—

### STRIDE LENGTH PROGRAMS

SmartStride®	●	—	—	—	—	—
PowerWalk	—	—	●	—	—	—
Stride Interval	—	—	●	—	—	—
Dual Direction	—	●	●	—	—	—
Lateral Interval	—	●	—	—	—	—

### WORKOUT BOOSTERS

X-Mode™	●	●	●	●	●	●
ArmBlaster	●	—	●	●	●	●

- Standard
- Unavailable
- Optional

	XT-One	LateralX	XT4700	XT3700	Pro3700Classic	Pro310
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SmartStride®	—	—	●	—	—	—
GlutePower	●	—	—	—	—	—
GluteKicker™	—	—	●	●	●	●
ThighToner™	—	●	—	—	—	—
QuadPower™	—	●	—	—	—	—

### PRODUCT SPECIFICATIONS

Max user weight	400 lbs (181 kg)	400 lbs (181 kg)	400 lbs (181 kg)	400 lbs (181 kg)	400 lbs (181 kg)	300 lbs (136 kg)
Footprint (W x L)	33" x 75" (84 cm x 191 cm)	42" x 63" (106 cm x 160 cm)	33" x 77" (84 cm x 196 cm)	33" x 77" (84 cm x 196 cm)	31" x 69" (78 cm x 175 cm)	31" x 65" (79 cm x 165 cm)
Footprint - live area (W x L)	33" x 92" (84 cm x 234 cm)	42" x 63" (106 cm x 160 cm)	37" x 87" (94 cm x 221 cm)	37" x 87" (94 cm x 221 cm)	34" x 83" (86 cm x 210 cm)	34" x 76" (87 cm x 193 cm)
Product weight	395 lbs (180 kg)	388 lbs (176 kg)	364 lbs (165 kg)	342 lbs (155 kg)	320 lbs (145 kg)	260 lbs (118 kg)
Footprint with side steps (W x L)	37" x 88" (94 cm x 224 cm)	—	37" x 85" (94 cm x 221 cm)	37" x 87" (94 cm x 221 cm)	37" x 83" (94 cm x 211 cm)	—
Weight with side steps	427 lbs (194 kg)	—	390 lbs (177 kg)	368 lbs (167 kg)	348 lbs (158 kg)	—

### WARRANTY\*

Frame	Lifetime	Lifetime	Lifetime	Lifetime	Lifetime	Lifetime
Parts	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

\*Warranty outside the US and Canada may vary

# WHO USES OCTANE?



## HEALTH CLUBS AND RECREATION CENTERS

### **24 Hour Fitness**

A-Rod Energy  
Active Life Fitness Center  
Albany JCC  
American Family Fitness

### **Anytime Fitness**

### **Athletes' Performance, Inc. (EXOS)**

Bailey's Health & Fitness  
Baldwin Athletic Club  
Better Bodies  
Body Builders Gym  
Body Xchange  
Bodyplex

Bowling Green Parks and Rec.

### **Buffalo/Rochester Athletic Club**

California Family Fitness  
Caloric Responsibility  
Capital Fitness  
Celebrity Fitness  
Centennial Commons Rec Center  
Champion Fitness

### **Chuze Fitness**

Chicago Fitness Express  
City of Victoria CC  
Club 16  
Club 24  
Club Fitness  
Club Metro

### **Club One**

Columbia Association  
Contours Express

### **Cooper Fitness**

### **Core Performance**

### **Crunch**

Dearborn Racquet & Health  
Desert Palms Health and Racquet Club

### **Equinox**

E-Town Swim & Fitness Center  
Elite Fitness  
EOS Fitness  
Evelyn Rubenstein JCC of Houston  
Extreme Fitness  
Fit For Life  
Fitness 24/7  
Fitness Evolution  
Fitness First  
Fitworks

### **Fitness Formula Clubs**

Fuel Fitness and Tanning  
Future Fitness Centers  
Giant Fitness

### **Gold's Gym**

### **GoodLife Fitness**

Halstead at Arlington  
Health Plex

### **Houstonian**

Human Performance Center  
Inches Away  
JCC

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  
Meridian/Tilton Fitness & Wellness  
Merritt Athletic Club  
Mid-Hudson Athletic Club  
**Midtown/TCA**  
Missouri Athletic Club  
Model A Fitness  
Motion Fitness  
Motivation Inc.

Movati Athletic Clubs  
National Fitness Center  
New York Health & Racquet Clubs

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  
Pure Austin  
Regymen Fitness

### **Retro Fitness**

Richmond Heights Rec Center  
Robert Wood Johnson Fitness & Wellness  
Simply Fit

### **Snap Fitness**

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  
Texas Family Fitness  
The Alaska Clubs  
The Center of Clayton  
The Edge Fitness Clubs  
The Lodge Rec Center  
The Point Athletic Club  
The Solana Club  
The Studio  
The Summit Tennis and Athletic Club  
The Training Station

### **UFC Gym**

Universal Athletic Club  
Upper Valley Aquatic Center  
VASA Fitness

Victory Fitness

Villasport

### **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**

Youfit

### **YMCA**

## CORPORATE WELLNESS CENTERS

### **Abercrombie & Fitch**

### **Anheuser-Busch**

Auto Trader

Bemis Company, Inc.

### **Blue Cross Blue Shield**

Bridgestone Firestone

Del Monte Foods

### **Delta Air Lines**

Devon Energy

### **Facebook**

Federal Reserve Bank of Atlanta

### **Ford Motor Company**

### **General Electric**

Georgia Pacific Corporate HQ

### **Google Inc.**

Honeywell

### **Intel**

### **Johnson & Johnson**

Louisville Slugger

McDonald's Canada

New Leaf Fitness

Paycor

Price Edwards & Company

### **Procter & Gamble**

### **Reebok Corporation**

Ritz-Carlton

Rubbermaid

Safeway, Inc.

Sallie Mae

SYSCO Food Service

### **The Hershey Company**

### **The NorthFace Corporate HQ**

### **Toyota USA**

### **Turner Athletic Club (CNN)**

### **UPS**

### **Verizon**

### **Walgreens**

Wellmark

## COLLEGES AND UNIVERSITIES

Alcorn State University

### **Bowling Green State University**

Carnegie Mellon

### **Columbia University**

Clemson

Cleveland State University

### **Duke University**

Gardner Webb, NC

### **Georgetown**

Georgia State University

Indiana University

James Madison University, VA

### **Michigan State University**

Minnesota State University

Mount St. Mary's College

Northern Kentucky University

Northeastern University

Ohio State University

Ohio University

RPI

Sam Houston State University, TX

Seton Hall University, NJ

South Dakota State University

Stonehill College

SUNY Brockport

Syracuse

### **Texas A&M**

### **UMASS**

University of British Columbia

University of Cincinnati

University of Georgia

### **University of Illinois**

### **University of Iowa**

### **University of Kentucky**

University of Louisville

University of Maryland

### **University of Minnesota**

University of Memphis

University of Rochester

University of Southern Florida

University of Southern Mississippi

University of Tennessee

### **University of Wisconsin**

Virginia Commonwealth University

Washburn University, KS

## 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

173rd Wing Oregon Air National Guard

Canadian Forces Base

Defense Logistics Agency

D.H.S. Federal Law Enforcement

Training Center

Fort Bragg (Special Operations)

Fort Sam Houston (Metc)

Joint Base Langley – Eustis

Macdill Air Force Base

(Special Operations Command)

Naval Air Station Pensacola

Naval Special Warfare Group Four

Nellis Air Force Base

Orlando V.A. Medical Center

Patrick Air Force Base

Scott Air Force Base

U.S. Air Force Academy

U.S. Border Patrol

U.S. Coast Guard

U.S. Marine Corps Air Ground

Combat Center 29 Palms

U.S. Marine Corps Base

Camp Pendleton

U.S. Marshals Service

U.S. Naval Academy

U.S.S. John C. Stennis (Supercarrier)

Utah Army National Guard

Vancouver Police

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