



# SUPREME PERFORMANCE, ROCK-SOLID DURABILITY

## AIRDYNE™

With a long heritage of innovation and performance, the AirDyneX bike is a classic workhorse that has delivered superior cardio workouts for decades, making it one of the most popular traditional fitness machines in history. And now, this breakthrough fan technology has been precisely refined for greater challenge and customized intensity for today's exercisers.

This ultra-durable gym mainstay withstands the toughest sweat sessions on cardio floors, in small group training, in functional training workouts and at specialty fitness studios.

## OCTANE ADVANTAGES

- 26-blade performance fan
- Performance drive system
- Single-stage belt for instant activation
- Smooth motion
- HIIT training
- Commercial durability
- Calibration technology
- Moisture-repellent, double-coated steel body construction
- Biomechanically correct positioning
- Cordless operation

## INHERENT SUPERIORITY

It's simple to see why the AirDyneX bike is superior. With its custom-designed, 26-blade performance fan and single-stage belt drive, the AirDyneX responds to an exerciser's power, and helps to reduce wasted energy for more efficient, effective workouts.



# AIRDYNEX SPECIFICATIONS • Standard • Optional

## KEY MECHANICAL FEATURES

Performance fan	26-blades
MultiGrip™ handlebars	•
Drive system	Single-stage belt
Weighted inertia ring	•
Sealed bearings at pivot points	•
Reinforced steel cranks	•
Reinforced steel handlebars	•
Stabilizer feet/levers	•
Foot pegs	•
Replaceable pedals	•
Multiposition seat with pop pin knobs	•
Replaceable seat capability	•
Water bottle holder	•
Air diverter	◦

## ELECTRONIC FEATURES

LCD tachometer display	•
Resistance levels	Progressive wind resistance
Quick Start	•
Quick program keys	•
Polar® wireless heart rate compatible	•
Watts calibration	•
Class A Watts rating	•

## WORKOUTS

Number of programs	9
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## AIRDYNEX WORKOUTS

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

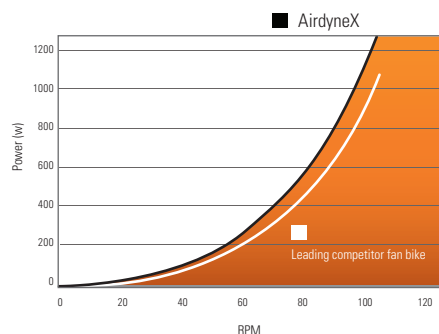
## PRODUCT SPECIFICATIONS

Max user weight	350 lbs (160 Kg)
Footprint	55"L x 26"W x 53"H (140 x 66 x 135 cm)
Product weight	133 lbs (51kg)

## WARRANTY

Frame	10 years
Parts	3 years
Labor	6 months

Warranty outside the US and Canada may vary.



## BURN MORE CALORIES

Exercisers burn more calories on the AirdyneX compared to a leading competitor fan bike at the same RPM\*. The custom designed performance fan enables them to generate more watt power efficiently. That means greater motivation and results.

\*Engineering internal study versus a leading competitor fan bike at the same RPM. Individual results will vary.



## CONSOLE

The addictive tachometer visually signals how hard exercisers are working and shows the average calorie burn per minute – making it an excellent motivator for them to bury the needle! The calibration technology produces accurate and consistent results from bike to bike, making it ideal for challenges and competitions.

Plus, the digital display simultaneously provides essential stats -- heart rate, RPM, distance, watts and total calories.

## 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.

AIRDYNEX.COM • 888-OCTANE4







**Octane**  
FITNESS

FUEL YOUR LIFE

# THE COMPANY

## 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.

**Octane**  
FITNESS



## 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



## STANDING ELLIPTICALS

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 cross trainers fuel every fitness floor.

P. 8

OCTANEFITNESS.COM



## SEATED ELLIPTICALS

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.

P. 12



## CROSS CIRCUIT® ELLIPTICALS

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.

P. 16

PRODUCT LINE

# THE SCIENCE

## PERFECTING THE FUTURE OF FITNESS

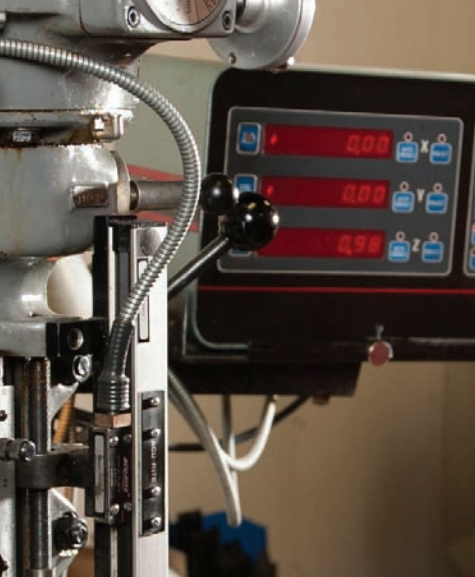
The best ellipticals are born from inspiration, perspiration and exploration. Octane blends bold creativity with precision engineering and exhaustive research to perfect elliptical exercise for today...and tomorrow.

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.





# THE RESULTS

## 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.



# THE LATERALX

MOVE IN A NEW DIRECTION

LATERALX  
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.

### OCTANE ADVANTAGES

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





## LATERAL MOTION

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

## STEPPING MOTION

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

## UPPER-BODY ERGONOMICS

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

## CROSS CIRCUIT

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

## LX8000 SPECIFICATIONS

• Standard ○ Optional

### KEY MECHANICAL FEATURES

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

### ELECTRONIC FEATURES

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

### WORKOUTS

Number of programs	13
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### PRESET RESISTANCE PROGRAMS

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

### LATERAL WIDTH PROGRAMS

Lateral Interval	•
Dual Direction	•

### HEART RATE-CONTROLLED PROGRAMS

Heart Rate Interval	•
Fat Burn	•

### ADVANCED PROGRAMS

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

### WORKOUT BOOSTERS

X-Mode™	•
ThighToner™	•
QuadPower™	•

### ENTERTAINMENT OPTIONS

Personal Viewing Screen	○
Wireless 900 Mhz	○

### 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



# THE PRO4700

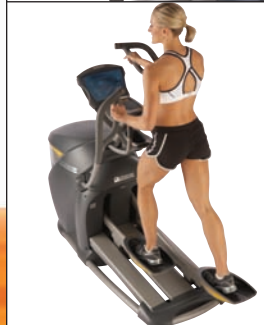
## A STRIDE AHEAD

### PRO4700

The best elliptical trainer 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.

### OCTANE ADVANTAGES

- 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

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

## PRO4700 SPECIFICATIONS

• Standard ○ Optional

### KEY MECHANICAL FEATURES

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	•
CSAFE®	•
FitLinxx® compatible	•

### WORKOUTS

Number of programs	22
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### PRESET RESISTANCE 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

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

### STRIDE LENGTH PROGRAMS

PowerWalk	•
Stride Interval	•
Dual Direction	•

### WORKOUT BOOSTERS

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

### METABOLIC ASSESSMENT PROTOCOL

New Leaf Metabolic Assessment	•
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### ENTERTAINMENT OPTIONS

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

### 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	340 lbs (154 Kg)
Footprint with CROSS CIRCUIT stands (W x L)	39" x 84" (99 cm x 213 cm)
Product weight with CROSS CIRCUIT stands	425 lbs (192 Kg)

### WARRANTY

Parts	3 years
Labor	1 year





# THE PRO3700

CONVERGE ON THE BEST-FEELING ELLIPTICAL

## PRO3700

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

### OCTANE ADVANTAGES

- 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

• Standard ○ Optional

### 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™ 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 ready	•
Console fan (3 speeds)	•
Self-powered	•
HeartLogic™ Intelligence	•
CSAFE®	•
FitLinxx® compatible	•

### WORKOUTS

Number of programs	19
<b>PRESET RESISTANCE PROGRAMS</b>	
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 Power Watts	•
Constant Power METs	•

### WORKOUT BOOSTERS

X-Mode™	•
GluteKicker™	•
ArmBlaster	•

### METABOLIC ASSESSMENT PROTOCOL

New Leaf Metabolic Assessment	•
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### ENTERTAINMENT OPTIONS

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

### PRODUCT SPECIFICATIONS

Max user weight	400 lbs (181 Kg)
Footprint (W x L)	31" x 69" (78 cm x 175 cm)
	Jogging Stride 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 lbs (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 lbs (83 Kg)

### WARRANTY

Parts	3 years
Labor	1 year

# THE xR6000

CHANGING HOW YOU FEEL  
ABOUT SEATED WORKOUTS

## xR6000

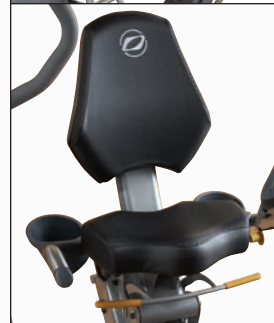
Satisfy the demand for comfort, challenge and variety on the cardio floor with the unique xRide seated elliptical, delivering incredible effectiveness to everyone from beginners to athletes.

### OCTANE ADVANTAGES

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



**xRide**  
by OCTANE FITNESS





## 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.

## xR6000 SPECIFICATIONS

• Standard ○ Optional

### KEY MECHANICAL FEATURES

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	○
Pedal straps	○

### 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® compatible	•
FitLinxx™ compatible	•

### WORKOUTS

Number of programs	16
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### PRESET RESISTANCE 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	○
Wireless 900 Mhz	○
Embedded Touch Screen	○

### 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)

### WARRANTY

Parts	3 years
Labor	1 year



# THE xR5000

THE MOST COMFORTABLE  
SEATED WORKOUT IN THE CLUB

**xRide**  
by OCTANE FITNESS

## xR5000

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.

## OCTANE ADVANTAGES

- 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

• Standard ○ Optional

### 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	○

### 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® compatible	•
Fitlinxx™ compatible	•

### WORKOUTS

Number of programs	16
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### PRESET RESISTANCE 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	•

### ENTERTAINMENT OPTIONS

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

### 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





# THE CROSSCIRCUIT

## BUILD A BETTER WORKOUT

### CROSSCIRCUIT® STRENGTH INFUSED CARDIO

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.

### OCTANE ADVANTAGES

- 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

Totally elevating the workout experience, the new Embedded Touch Screen fuels members, improves retention and increases sales—and jump-starts your club's standout status.

### OCTANE ADVANTAGES

- On Demand entertainment
- Split screen feedback
- Unique booster videos
- Asset management
- Custom user profiles
- Available on the Pro4700, Pro3700, xR6000 and xR5000 ellipticals

### NETPULSE®

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





- Standard
- Optional

	Pro4700Touch	Pro3700Touch	xR6000Touch	xR5000Touch
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## FEATURES

- 15" widescreen, Intel® Atom® processor
- Touch screen navigation
- Poron® moisture and shock barrier
- Secondary LCD backup display
- Rubberized iPod®/phone tray
- Magazine and iPad® holder
- USB port
- Wireless heart rate ready Polar® and ANT+®
- Console fan (3 speeds)

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## WORKOUTS

Number of programs	14	12	11	11
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## MULTIMEDIA\*

- iPod audio and video
- Analog/Digital TV†
- Replaceable headphone jack

•	•	•	•
•	•	•	•
•	•	•	•

## NETPULSE® NETWORK\*\*

- Automatic content and software updates
- Network enabled
- On Demand, music videos and custom playlist
- Virtual Active®
- Asset management
- User profile management

•	•	•	•
•	•	•	•
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•	•	•	•
•	•	•	•

## 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

# 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, 0-9 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 WIRELESS RECEIVER FEATURES

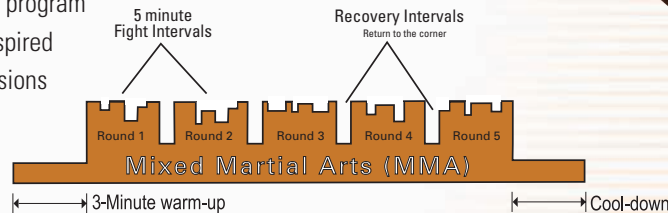
Models	LateralX, Pro4700, Pro3700, xR6000, xR5000
Transmitters	Compatible with Cardio Theater, Broadcast Vision, MYe Entertainment, Enercise, Audeon
Memory	Channel settings stored
TV controls	Mute, EQ, channel/volume up and down
Inputs	Headphone jack (replaceable)
Power	Self-powered
Warranty	3 years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

# ADVANCED TRAINING

## MIXED MARTIAL ARTS (MMA)

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

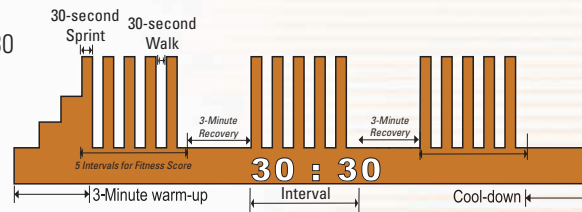
Mixed martial arts, or MMA, is an all new type of sport that has become a favorite worldwide. Octane Fitness has designed a creative new workout on its elliptical cross-trainers that **mimics real-life MMA bouts and gives participants an effective training routine like a fighter in the ring.** With built-in 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 cross-trainers. **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 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.



# 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**

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  
Plattsburgh 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 Gym**

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**

KLA-Tencor

Louisville Slugger

New Leaf Fitness

### **Procter & Gamble**

### **Reebok Corporation**

Ritz-Carlton

Rubbermaid

Safeway, Inc.

Sallie Mae

Sleepy's

SYSCO Food Service

### **The Hershey Company**

### **The NorthFace Corporate HQ**

### **Toyota 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

173<sup>rd</sup> Wing Oregon Air National Guard

Defense Logistics Agency

U.S. Coast Guard

U.S. Border Patrol

U.S. Marshals Service

# COMPARISON: STANDING MODELS

	<ul style="list-style-type: none"> <li>• Standard</li> <li>– Unavailable</li> <li>○ Optional</li> </ul>	LateralX	Pro4700	Pro4700Touch	Pro3700	Pro3700Touch
KEY MECHANICAL FEATURES						
Stride lengths	–	18"-26"	18"-26"	24" & 20.5"	24" & 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	•	•	•	•	•	
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	
Digital contact heart rate on moving handlebars	•	•	•	•	•	
Wireless heart rate	•	•	•	•	•	
Console fan (3 speeds)	•	•	•	•	•	
Self-powered	•	•	•	•	•	
HeartLogic™ Intelligence	•	•	•	•	•	
CSAFE®	•	•	•	•	•	
FitLinxx™ compatible	•	•	–	•	–	

	<ul style="list-style-type: none"> <li>• Standard</li> <li>– Unavailable</li> <li>○ Optional</li> </ul>	LateralX	Pro4700	Pro4700Touch	Pro3700	Pro3700Touch
WORKOUTS						
Number of programs		13	22	14	19	12
PRESET RESISTANCE PROGRAMS						
Manual	•	•	•	•	•	
Random	•	•	•	•	•	
Interval	•	•	•	•	•	
Distance goal	–	–	•	–	•	
Calories goal	–	–	•	–	•	
Goal - distance or calories	•	–	–	–	–	
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	–	•	–	•	–	

<ul style="list-style-type: none"> <li>● Standard</li> <li>— Unavailable</li> <li>○ Optional</li> </ul>	LateralX	Pro4700	Pro4700Touch	Pro3700	Pro3700Touch
<b>ADVANCED PROGRAMS</b>					
CROSS CIRCUIT® Solo	●	●	—	●	—
CROSS CIRCUIT® Group	●	●	●	●	●
30:30 Interval	●	●	●	●	●
MMA	●	●	—	●	—
Constant Power - Watts or METs	●	—	—	—	—
Constant Watts	—	●	●	●	●
Constant METs	—	●	●	●	●
<b>STRIDE LENGTH PROGRAMS</b>					
PowerWalk	—	●	—	—	—
Stride Interval	—	●	●	—	—
Dual Direction	●	●	●	—	—
Lateral Interval	●	—	—	—	—
<b>WORKOUT BOOSTERS</b>					
SmartStride®	—	●	●	—	—
X-Mode™	●	●	●	●	●
GluteKicker™	—	●	●	●	●
ArmBlaster	—	●	●	●	●
ThighToner™	●	—	—	—	—
QuadPower™	●	—	—	—	—
<b>METABOLIC ASSESSMENT TEST</b>					
New Leaf Metabolic Assessment	—	●	—	●	—

<ul style="list-style-type: none"> <li>● Standard</li> <li>— Unavailable</li> <li>○ Optional</li> </ul>	LateralX	Pro4700	Pro4700Touch	Pro3700	Pro3700Touch
<b>PRODUCT SPECIFICATIONS</b>					
Max user weight	400 lbs (181 Kg)	400 lbs (181 Kg)	400 lbs (181 Kg)	400 lbs (181 Kg)	400 lbs (181 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)
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)
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 lbs (176 Kg)	340 lbs (154 Kg)	345 lbs (156 Kg)	320 lbs (145 Kg)	325 lbs (147 Kg)
Product weight with CROSS CIRCUIT® stands	438 lbs (198 Kg)	425 lbs (192 Kg)	430 lbs (195 Kg)	405 lbs (183 Kg)	410 lbs (185 Kg)
<b>WARRANTY</b>					
Parts	3 years	3 years	3 years	3 years	3 years
Labor	1 year	1 year	1 year	1 year	1 year

# COMPARISON: SEATED MODELS

<ul style="list-style-type: none"> <li>• Standard</li> <li>— Unavailable</li> <li>○ Optional</li> </ul>	xR6000Touch	xR6000	xR5000Touch	xR5000
<b>KEY MECHANICAL FEATURES</b>				
Step-through design	•	•	•	•
Oversized soft grip pedals	•	•	•	•
Stationary footpegs	•	•	—	—
Seat height adjustments	20	20	20	20
Seat tilt adjustments	5	5	5	5
MultiGrip™ handlebars	Straight	•	—	—
1-time adjustable handlebar position	•	•	—	—
Stationary handlebars	•	•	•	•
Flip-up arm rests	—	—	•	•
Water bottle/accessory holders	2	2	2	2
Reading rack	•	•	•	•
Transport wheels	•	•	•	•
Upper-body lockout	○	○	—	—
Pedal straps	○	○	○	○
<b>ELECTRONIC FEATURES</b>				
Resistance levels	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	—	•	—	•

<ul style="list-style-type: none"> <li>• Standard</li> <li>— Unavailable</li> <li>○ Optional</li> </ul>	xR6000Touch	xR6000	xR5000Touch	xR5000
<b>WORKOUTS</b>				
Number of programs	11	16	11	16
<b>PRESET RESISTANCE PROGRAMS</b>				
Manual	•	•	•	•
Random	•	•	•	•
Interval	•	•	•	•
Custom Interval	—	•	—	•
Hill	—	•	—	•
10K	—	•	—	•
Distance Goal	•	—	•	—
Calories Goal	•	—	•	—
<b>HEART RATE-CONTROLLED PROGRAMS</b>				
Fat Burn	•	•	•	•
Cardio	—	•	—	•
Heart Rate Interval	•	•	•	•
Heart Rate Custom Interval	—	•	—	•
Heart Rate Hill	—	•	—	•
Heart Rate Speed Interval	•	•	•	•
New Leaf™ Custom	—	•	—	•
<b>ADVANCED PROGRAMS</b>				
30:30 Interval	•	•	•	•
Constant Watts	•	•	•	•
Constant METs	•	•	•	•

<ul style="list-style-type: none"> <li>• Standard</li> <li>— Unavailable</li> <li>○ Optional</li> </ul>	xR6000Touch	xR6000	xR5000Touch	xR5000
<b>WORKOUT BOOSTERS</b>				
X-Mode™	•	—	•	—
GluteKicker™	•	—	•	—
ArmBlaster	•	—	—	—
Muscle Endurance	—	•	—	•
Leg Press	—	•	—	•
Chest Press	—	•	—	—
<b>PRODUCT SPECIFICATIONS</b>				
Max user weight	400 lbs (181 Kg)	400 lbs (181 Kg)	400 lbs (181 Kg)	400 lbs (181 Kg)
Footprint (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)
Product weight	327 lbs (148 Kg)	319 lbs (145 Kg)	271 lbs (123 Kg)	263 lbs (119 Kg)
<b>WARRANTY</b>				
Parts	3 years	3 years	3 years	3 years
Labor	1 year	1 year	1 year	1 year



# FUEL YOUR CLUB

## CONNECT WITH OCTANE TO STAY UP-TO-DATE ON ALL THE LATEST DEVELOPMENTS

- Receive new CROSS CIRCUIT workouts
- Earn CROSS CIRCUIT CEC training credits
- Get marketing materials
- Learn about new programs
- Share success stories

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# FUEL YOUR CLUB



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