

Octane
FITNESS

xRide
by OCTANE FITNESS

What's Your
Ride?



SUCCESS

Octane Fitness: Winner of 40 Best Buy Awards since 2003



Strengthen your commitment to the success of your fitness program by partnering with a passionate, proven leader that builds the best products year after year – Octane Fitness.

With a dedicated focus, Octane Fitness is the #1 selling premium elliptical, designed to motivate, challenge and change you. Its innovative, award-winning standing cross trainers and the unprecedented xRide deliver the results you crave.

Accomplish more, enjoy more and become more with Octane.



INNOVATION

Maximize effectiveness for greater results!

Outperforming every seated machine, the xRide delivers exhilaration and aspiration through:

- **PowerStroke™ technology** yields 343% more glute activity and helps exercisers burn 23% more calories than recumbent bikes*
- **Active Seat Position™** engages glutes more and maximizes comfort
- **Motion** is more natural, smoother and provides the option to pedal forward or in reverse
- **Muscle Endurance, Chest Press and Leg Press** offer variety and combined cardio and strength
- **HeartLogic™ Intelligence** adds customized interval training and feedback



*Study conducted by the St. Cloud State University Human Performance Lab on an xR6 model versus a recumbent bike at the same perceived exertion.

REVOLUTIONARY

xRide explodes in popularity

Octane Fitness has redefined how you exercise sitting down with the invention of the one-of-a-kind xRide seated elliptical, which immediately took off in health clubs and homes worldwide. Octane now offers a full line-up of xRide models to meet individual preferences and the growing demand for the most popular seated product on the market.

No other seated equipment beats the xRide for workout effectiveness and efficiency.

Studies have shown that compared to recumbent bike riders, xRide users had **343% more glute activity and burned 23% more calories overall.***



*Study conducted by the St. Cloud State University Human Performance Lab on an xR6 model versus a recumbent bike at the same perceived exertion. **Independent study conducted by Octane Fitness on the xR6 model with current customers.

VARIETY

Achieve more with every workout

The xRide benefits you much more than other seated exercise machines. You can work the entire body for better results, save time by doing strength-training intervals isolating the upper or lower body and take advantage of the forward and reverse motion which activates more muscles.

Plus, the variety of challenging, unique workouts pushes you to build endurance and strength, and the incredibly comfortable seat encourages you to keep training.



xR6 Based on the club model, the original, flagship xRide is fully loaded with signature Octane features such as MultiGrip handlebars, digital contact heart rate sensors, a step-through design and Muscle Endurance, Chest Press and Leg Press workout boosters.

xR4 This new model offers a compact footprint, new goal programs – such as 350 calories, 750 calories, 10K and ½ marathon – digital contact heart rate sensors, total-body workouts and a sleek integrated console.

xR3 The first lower-body-only xRide, the xR3 focuses exclusively on lower-body conditioning with specialty workouts that are designed to blast the legs. The ergonomically designed mesh seat back delivers ultimate comfort and valuable back support.

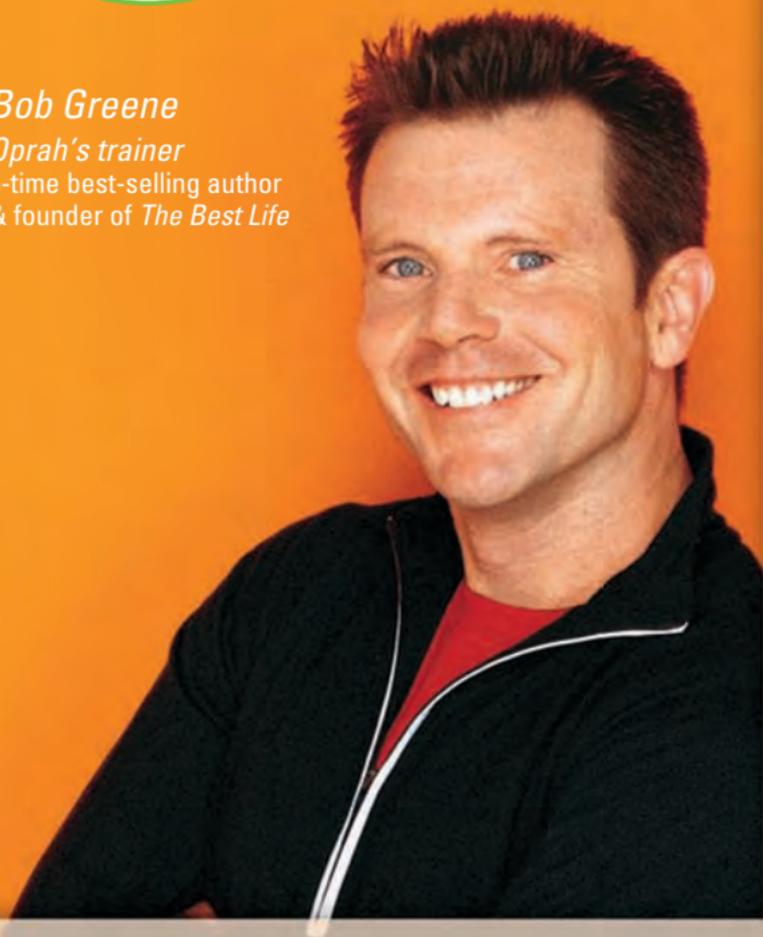
MY CHOICE

"I fell in love with Octane!"

"The xRide is head and shoulders above other recumbent machines. It offers a smoother ride and more challenging levels of effort that really set it apart from other recumbents. I believe in the xRide so much I have one in my house."



Bob Greene
Oprah's trainer
5-time best-selling author
& founder of *The Best Life*



Pursue your Best Life with Octane

An exercise physiologist, five-time best-selling author and founder of the popular *The Best Life Diet*, Bob Greene specializes in fitness, metabolism and weight loss.

“While I was on my book tour, I used Octane workout machines for the first time at a hotel gym. After that workout, I contacted the company to congratulate them on creating such great machines. Octane ellipticals give you the best of both worlds – they offer the great intensity of a running workout with the forgiving ease and comfort of a workout machine.”

Bob Greene

Oprah's trainer

5-time best-selling author
& founder of *The Best Life*





xR6



xR4



xR3

• Standard – Unavailable

Products	xR6ce	xR6e	xR6	xR4ci	xR4c	xR3ci	xR3c
Key Mechanical Features							
PowerStroke	•	•	•	•	•	•	•
Total body	•	•	•	•	•	–	–
Step-through design	•	•	•	–	–	–	–
Soft grip pedals	•	•	•	–	–	–	–
Stationary foot pegs	•	•	•	–	–	–	–
Stationary platform	–	–	–	•	•	•	•
MultiGrip handlebars	•	•	•	–	–	–	–
Mesh contour seatback	–	–	–	–	–	•	•
Water bottle/accessory holders	•	•	•	•	•	•	•
Seat tilt adjustments	5	5	5	5	5	5	5
Seat height adjustments	20	20	20	15	15	15	15
Electronic Features							
My Quick Starts	•	•	–	•	–	•	–
Cool down	•	•	•	•	•	•	•
MOM mode	•	•	–	•	•	•	•
Digital contact heart rate sensors	•	–	–	•	•	•	•
Polar® wireless heart rate monitor	•	•	–	•	–	•	–
HeartLogic Intelligence	•	•	–	•	–	•	–
Now-Zone	•	•	–	•	–	•	–
Resistance levels	20	20	20	20	20	20	20
Workouts							
Number of Programs	10	10	5	12	8	12	8
Preset Resistance Programs							
Manual, Random, Interval, Custom Interval, Beginner	5	5	5	4	4	4	4
Goal Programs							
350 Calories, 750 Calories, 10k, 1/2 Marathon	–	–	–	4	4	4	4
Heart Rate-Controlled Programs							
Fat Burn, Cardio, Heart Rate Interval, Heart Rate Custom Interval, 30:30	5	5	–	4	–	4	–
Workout Boosters							
Chest Press, Muscle Endurance, Leg Press	3	3	3	3	3	2	2
Product Specifications							
Max user weight	300lbs (136Kg)			300lbs (136Kg)		300lbs (136Kg)	
Footprint	35" x 71" (89 x 181cm)			35" x 53" (89 x 136cm)		24" x 53" (60 x 136cm)	
Product weight	244lbs (110.7Kg)			196lbs (89Kg)		161lbs (73Kg)	
Warranty							
Parts	5 years			3 years		3 years	
Labor	1 year			1 year		1 year	

©2010 Octane Fitness, LLC. In a continual effort to improve our products, specifications are subject to change. Octane Fitness, xRide, Active Seat Position, PowerStroke, HeartLogic and Fuel Your Life are registered trademarks of Octane Fitness. Any use of these trademarks, without the express written consent of Octane Fitness, is forbidden.

Warranty outside the USA and Canada may vary.

Visit octanefitness.com for more detailed product specifications

