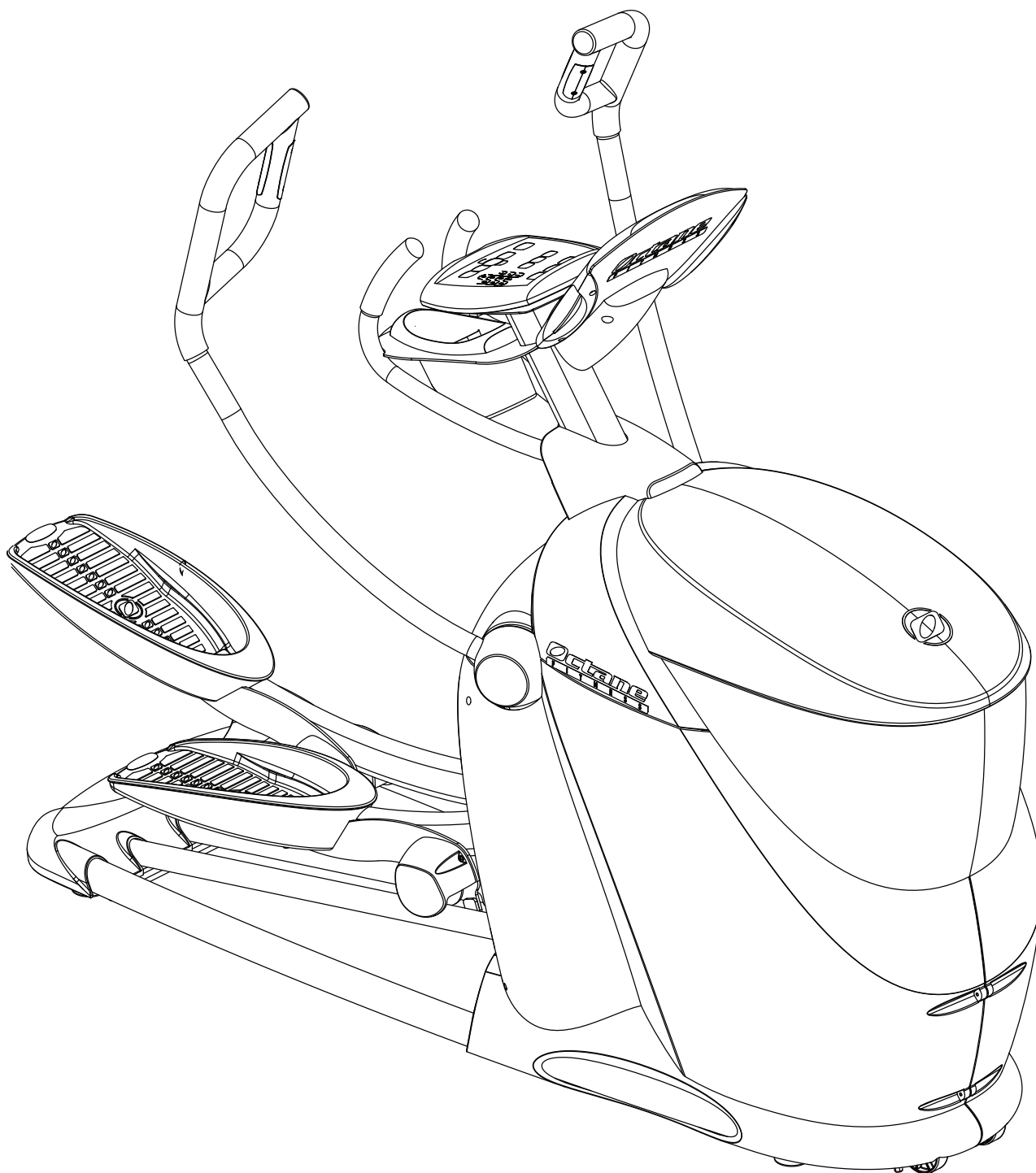


# ***Octane***<sup>®</sup>

**F I T N E S S**



**PRO370**

**O P E R A T I O N S M A N U A L**



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# PRO370 OPERATIONS MANUAL

Thank you for choosing an Octane Fitness® elliptical cross trainer and congratulations on fueling your health club. The team at Octane Fitness is totally focused on creating the best elliptical products in the world so you and your members have a tremendous workout experience.

Your new Octane Fitness elliptical has a wide variety of features to help your members stay motivated and reach their fitness goals. Please make sure you and your staff read this manual thoroughly to become acquainted with your product; it includes important information on operation and maintenance.

Octane Fitness distributes products through authorized specialty fitness dealers. These dealers are experts in all aspects of the fitness experience and are trained to assist you with any questions you may have about your Octane Fitness product. However, if you would like to speak directly to an Octane Fitness customer service specialist, please do not hesitate to call us at 888.OCTANE4 or visit our web site at [www.octanefitness.com](http://www.octanefitness.com).

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Fueled,

Dennis Lee  
President



**This product is intended for commercial use.**

## **PLEASE READ AND SAVE THESE INSTRUCTIONS**

### **IMPORTANT SAFETY INSTRUCTIONS**

**WARNING!** Anyone using this product should consult a physician before they start their exercise program. This is especially important for persons over 35 or those with pre-existing health conditions. If at any time during their workout exercisers experience chest pains, nausea, dizziness, or shortness of breath, they should stop exercising immediately and consult their physician before starting again.

Have all club, personal training, and sales staff members review this Operations Manual before operating this elliptical cross trainer. Also, make this Operations Manual accessible to all exercisers.

**WARNING!** When using an electrical product, basic precautions should always be followed.

To reduce the risk of burns, fire, electrical shock or injury to people:

- Use this exercise product for its intended use as described in this Operations Manual. **Do not** modify the product in any way.
- **Do not** remove the plastic shrouds from the machine. Service should be performed only by an authorized Octane Fitness service representative. Moving parts contained under the shrouds can be extremely dangerous when not covered.
- **Never** operate this elliptical cross trainer if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped in water. Return the cross trainer to your local dealer or Octane Fitness for examination and repair.
- **Never** operate this elliptical cross trainer with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- **Do not** use outdoors.
- **Do not** operate this elliptical cross trainer where aerosol (spray) products are being used or where oxygen is being administered.
- **Do not** route power cables (such as the power cable for an optional attached LCD screen) through the interior of the machine or the upright tube.
- **Do not** mount an LCD screen weighing more than 8.5 lbs. (3.8 kg) on the optional LCD mounting arm.

### **SAVE THESE INSTRUCTIONS**

## OTHER IMPORTANT SAFETY PRECAUTIONS

- Place the elliptical cross trainer on a level surface with at least two feet of clearance behind the pedal at its farthest back position.
- If you have more than one unit, position them so that there are at least 24 inches (60 cm) between units.
- To protect the floor or carpet from damage, place a mat under your elliptical cross trainer.
- Keep children off the elliptical cross trainer at all times.
- When the elliptical cross trainer is in use, children and pets should be kept clear of the area.
- Wear appropriate exercise clothing and shoes for your workout; do not wear loose clothing.
- Use care when getting on or off the Octane Fitness elliptical cross trainer. Never step on or off the unit while the foot pedals are still moving.
- Always face forward. Never attempt to turn around on the Octane Fitness elliptical cross trainer.
- Do not sit, stand, or climb on the front plastic shroud, electronic console, or stationary handlebars.
- Keep your hands and feet clear of any opening or moving parts.
- Never insert or drop any object into any opening.
- Users should not overexert themselves or work to exhaustion.
- If during a workout an exerciser feels any chest pain, nausea, dizziness, or abnormal symptoms, stop the workout immediately and consult a physician.
- Wipe down external surfaces of your cross trainer after use to remove sweat and dust.
- Monitor and check your Octane cross trainer on a regular basis. Refer to the Cleaning and Maintenance section of this manual for more information about the care of your Octane cross trainer.
- Inspect all external parts of the elliptical cross trainer regularly. If service is required, contact your local dealer or Octane Fitness Customer Service for assistance.
- Take caution in moving your Octane Fitness elliptical cross trainer. Your elliptical weighs over 250 pounds (113 kg). Use proper lifting technique and/or get assistance when moving your product.

# HEART RATE FEATURE SAFETY GUIDELINES

Before using the Octane Fitness PRO370 with HeartLogic™ Intelligence, read and follow these instructions:

## Contact Heart Rate Grips

- Clean the contact heart rate grips periodically to remove sweat and oils. Use a damp cloth with a mild detergent. Do not spray the hand grips directly with water or a cleaner; this could cause an electrical short.
- When holding the grips, grasp each contact heart rate grip so the contact sensor portion of the grip rests in the palm of your hand. Grip the contact sensors firmly, and keep your hands steady and in place.

## Wireless Chest Strap

- Exercisers may use any Polar™-compatible (coded or non-coded) wireless heart rate transmitter with the Octane Fitness PRO370.
- **Do not allow users to use the chest strap if they have a cardiac pacemaker or are taking prescription medication.** Medication or electrical impulses from the cardiac pacemaker can cause inaccurate heart rate readings.
- Please take care in handling the equipment as it is extremely sensitive.
- Do not bend the strips inside the chest strap as it can cause the strap to lose its conductivity.
- Handle the heart rate transmitter (chest strap) with care. Dropping the transmitter might cause damage and this could void the warranty.
- If the receiver (console) tries to process several signals simultaneously, an incorrect heart rate reading could result. In a commercial setting, space the products at least 24" apart. This will prevent cross-talk, where the chest strap signal from a user on one machine can be received and displayed on the console of another machine.
- Do not place the chest strap near devices that generate large magnetic fields. Television sets, electric motors, radios, and high voltage power lines can affect the transmitter's performance. These items can interfere with the heart rate signal that is being transmitted to the receiver, possibly affecting the heart rate readings that appear on the electronic console.
- Do not immerse the transmitter in water. However, some moisture is necessary for the transmitter to function properly. Perspiration is usually sufficient, but you may need to moisten the electrodes with a small amount of water. The electrodes are the ribbed portion on the side of the transmitter that sits against your skin.
- The wireless chest strap has a battery which may need to be replaced from time to time. A faulty battery or worn electrodes may cause inaccurate readings. The electrodes are the ribbed portion on the side of the transmitter that sits against your skin.
- To purchase wireless transmitter straps, contact your dealer or Octane Fitness sales representative.

Some individuals are unable to use the heart rate feature because they do not have the proper body chemistry to provide accurate readings. If you experience difficulties in using the contact heart rate grips or a wireless chest strap, contact your dealer or Octane Fitness Customer Service at 1.888.OCTANE4.

**WARNING!** The heart rate monitoring features of this product are for information only and are *not* to be used as a measure of heart functioning or heart health. In a heart rate controlled program, the exerciser can use the Level controls to reduce the resistance level at any time. ***Each exerciser is responsible for monitoring how he or she feels and adjusting the level of effort accordingly.*** If at any time during exercise a user experience chest pains, nausea, dizziness, or shortness of breath, he or she should stop exercising immediately and consult a physician before starting again.

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# ELECTRONICS

## PRO370 Console

Welcome to some of the easiest to use, yet most sophisticated, electronics available in the fitness industry! The PRO370 features a simple, easy to understand keypad and a console featuring an informative Message Center, a workout profile matrix, and four multi-function LED display windows that provide you with all the information you need to get started and stay motivated during your workout.

### **Message Center**

The PRO370 Message Center features a scrolling LED display which prompts you to enter important information, guides and motivates you through your workout, and rewards you with clear, relevant workout data such as level, average speed, average heart rate, maximum heart rate, calorie/hour, watts, and METs. Watch the message center as you set up and progress through your workout—it will guide you, motivate you, and reward you with summary information at the end of your session.

### **Programming the console**

DedicatedLogic™ programming was created to give you the ultimate in ease of use and total flexibility for programming your console. This allows you to modify your workout once you've started. You can even start your workout, then program the electronics. This ease of use starts by giving each key only one function. This makes it easy to understand how each key works.

Getting started is easy—just hop on and start pedaling, or press any key. The Message Center prompts you to select a program. Once a program is selected, the console display will guide you through the steps to program your workout. After each prompt, simply enter the requested data and press Enter, and you are on your way. If no values are entered at the prompts, the machine defaults to the standard values for the program you have selected.

### **CSAFE Interface**

The PRO370 is compatible with CSAFE (Communications Specifications for Fitness Equipment) protocol. If you have connected the PRO370 to your CSAFE network, the user is prompted to enter a 5-digit User ID. The CSAFE user has 30 seconds to enter the User ID digits using the numeric keypad. Once the ID has been entered, the display proceeds with prompting the user for program set-up. If no User ID or program is entered, the machine defaults to the manual program at resistance level 1 and a user weight of 150 pounds (68 kg).

### **Keypad Buttons**

#### **Quick Start**

The easiest way for you to start your workout is to simply push the Quick Start button, setting the machine in a manual program at resistance level 1 and a user weight of 150 pounds (68 kg). Once you have selected Quick Start, you can program any item in any order.

#### **Display Lock**

Press the Display Lock button to stop the display LEDs from toggling between the top and bottom (heart rate) display values in the windows. Press Display Lock a second time to resume toggling.

#### **Cool Down**

It is always a good idea to perform a cool-down at the end of your routine. This will help transition your body from an aggressive workout to its normal pace. The time and intensity of the cool-down is automatically customized to your workout duration

and resistance level. The time window will change to a countdown timer to tell you how long the cool-down will last.

If you have set a time for your workout, the cool-down will automatically start when time has expired. If you decide to end your workout early or have not set a time goal, simply push the Cool Down button to activate the custom cool-down.

**Pause Clear**

Press the Pause Clear button once to pause your workout, or simply quit pedaling. The matrix display will indicate how long the pause will last before you need to resume pedaling. Typically this is two minutes; however, if the unit's battery is not fully charged, the pause time will be 10 seconds. Your workout settings and statistics will be saved for the duration of the pause. To restart a paused workout, push any key or start pedaling within the two-minute (or ten-second) timeframe.

Press the Pause Clear button twice within two seconds, and your machine is reset and ready for another workout.

**Program**

Press Program, then use the Up Arrow (▲) or Down Arrow (▼) key to toggle through programs. Program changes can be made any time during your workout. When you change programs, the Message Center prompts you to enter new program values as needed.

**Up Arrow (▲)**

Use this key during set-up to increase the value of the parameter highlighted in the Message Center, including program, time, level, target heart rate, watts or METs, number of intervals, age, or weight. During a workout, pressing the Up Arrow (▲) key increases the resistance level, target heart rate, or constant output target, depending upon the program you are using.

**Down Arrow (▼)**

Use this key during set-up to decrease the value of the parameter highlighted in the Message Center, including program, time, level, target heart rate, watts or METs, number of intervals, age, or weight. During a workout, pressing the Down Arrow (▼) key decreases the resistance level, target heart rate, or constant output target, depending upon the program you are using.

**Enter**

Selects any of the changed values or items from the other keys.

**Time**

Press Time, then use the Up Arrow (▲) or Down Arrow (▼) key to increase or decrease the time of your workout, in 1 minute increments. The standard workout time is 30:00. The maximum time is 99:00. This value can be set to your preference using the User Set-up Functions described later in this manual.

**Level**

Press Level to increase the resistance level of the machine. There are 30 levels of resistance for preset resistance programs and the 30:30 fitness number program. For heart rate controlled programs, the Level button increases your target heart rate. For the constant power programs, the Level button increases your target watts or METs.

## **Workout Boosters**

### **ArmBlaster**

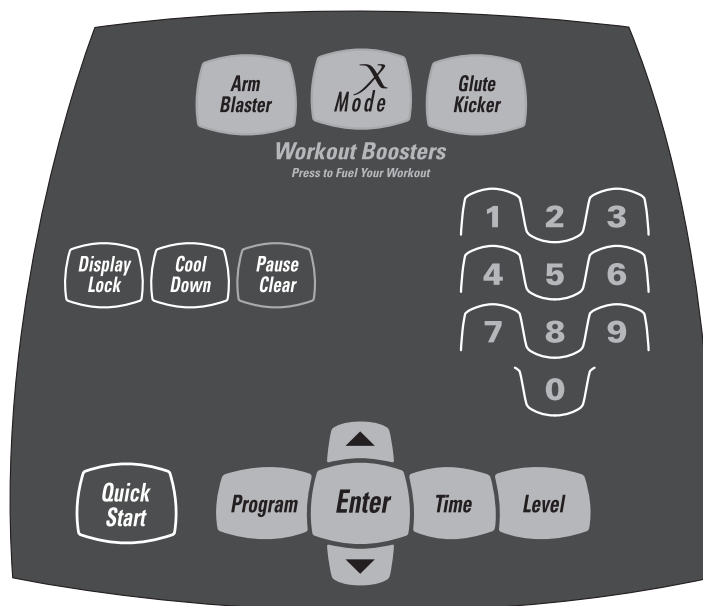
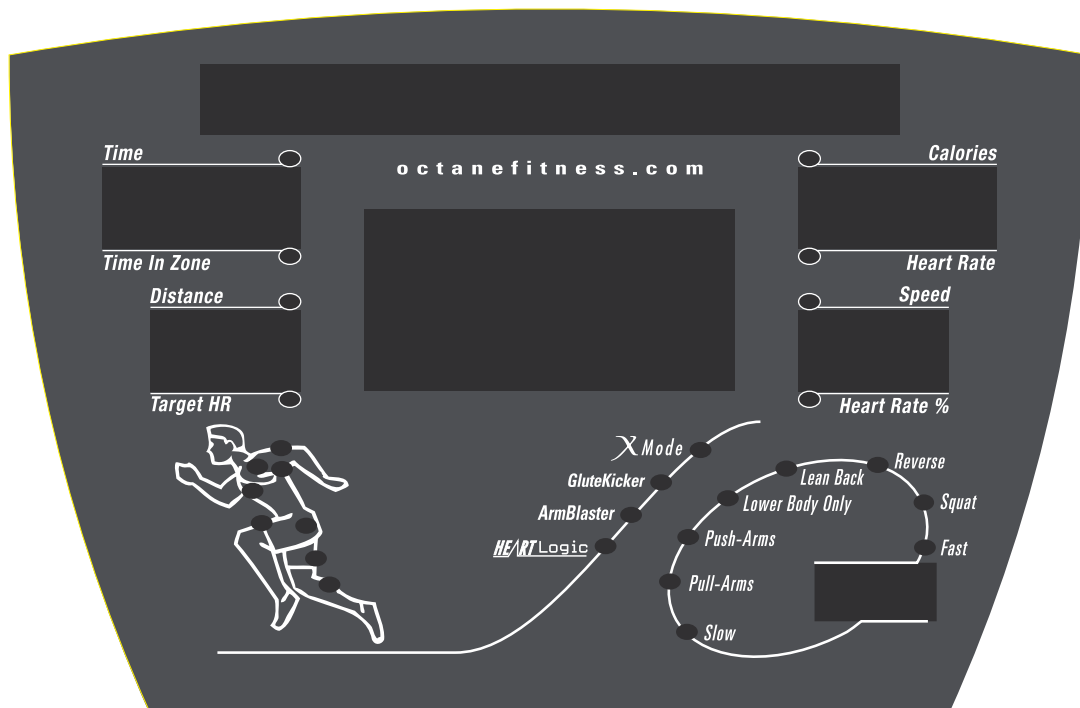
ArmBlaster is a proprietary program designed to boost cardiovascular endurance while building strength and muscle tone. Press the ArmBlaster button at any time during your workout to integrate cardio sessions with strength sessions. The cardio session follows the program profile that you have selected. Every three minutes, resistance increases 10 levels from where you are currently working (or to the maximum resistance of 30) for a muscle-building, 10-repetition set as you transfer the workload from your lower body to your upper body. During the ArmBlaster rep countdown, the level of resistance can be changed by pressing the Up Arrow (▲) or Down Arrow (▼) keys. To deactivate ArmBlaster, simply press the ArmBlaster button a second time.

### **X-Mode**

X-Mode is a great way to take advantage of the variety your elliptical cross trainer offers. Press the X-Mode button within any program, and a combination of one to four randomly-generated X-Mode LEDs will light up instructing you what to do. Each X-Mode session lasts for one minute with a two-minute “regular” program routine in between. The PRO370 offers eight different X-Mode challenges: Push-Arms, Lower Body Only, Fast, Pull-Arms, Squat, Slow, Reverse, and Lean Back. To deactivate X-Mode, simply press the X-Mode button a second time.

### **GluteKicker**

GluteKicker is an aggressive subset of X-Mode that is focused on your glutes, hips, and thighs. It uses four prompts: Reverse, Squat, Fast, and Lean Back. GluteKicker sessions last for one minute, with a one minute recovery period.



## PRO370 Console and Keypad

**Tip:** Do you wish the number LEDs didn't toggle between the displays in each window? Do you just care about seeing time, or you want to focus on heart rate data? Just press the Display Lock key to stop the toggling. Press the Display Lock key again to have the LEDs revert back to a continuous loop.

## Programs and Features

The PRO370 features 16 built-in programs to keep your workouts interesting:

Preset resistance programs:	Manual—Random—Interval—Custom Interval—Hill—10K
Heart rate controlled programs:	Fat Burn—Cardio—Heart Rate Interval—Heart Rate Custom Interval—New Leaf Custom—Heart Rate Hill—Heart Rate Speed Interval
Constant power programs:	Constant Watts—Constant METs
Fitness program:	30-30

Programs begin with a warm-up to ease your body into your intense workout. During the warm-up, the resistance increases each minute.

Preset resistance, constant power, and fitness programs incorporate a three-minute warm-up during which resistance increases two levels per minute. Heart rate controlled programs include a warm-up which lasts three minutes or until you reach your target heart rate; then your selected program begins. Increasing or decreasing the Level changes the target heart rate.

You choose the program that best fits your workout needs for any given day. You decide how hard to work by setting the resistance level and time for each program. Four programs—Manual, Custom Interval, Custom Heart Rate Interval, and New Leaf Custom—give you even more flexibility to program your workout your way.

Use the quick-reference chart on the following page to help you select and set up your program, or read on for more detailed program descriptions.

**Note:** *The PRO370 also includes a fitness assessment program to be used as part of an Active Metabolic Assessment conducted by a certified New Leaf Fitness fitness consultant. To learn how to take advantage of this unique opportunity for PRO370 users, contact Octane Fitness at 1.888.OCTANE4.*

## PRO370 PROGRAM REFERENCE

<b>Program</b>	<b>Description</b>	<b>Settings</b>	<b>Standard Values*</b>
Manual	Get on and go; constant resistance with variation fully controlled by the user	Workout Time Level Age Weight	30:00 1 40 150 lbs. (68 kg)
Random	Computer-randomized resistance variation	Workout Time Level Age Weight	30:00 1 40 150 lbs. (68 kg)
Interval	2-minute intervals of alternating resistance	Workout Time 1st Interval Level 2nd Interval Level Age Weight	30:00 1 4 40 150 lbs. (68 kg)
Custom Interval	Up to 6 alternating intervals of user-defined duration and resistance	Workout Time How Many Intervals (2-6) Interval 1 — Time Interval 1 — Level Interval <i>n</i> — Time Interval <i>n</i> — Level Age Weight	30:00 3 00:30 1 00:30 1 40 150 lbs. (68 kg)
Hill	Simulated climb of increasingly steeper hills	Workout Time Level Age Weight	30:00 1 40 150 lbs. (68 kg)
10K	Simulated 10-kilometer event with “uphill” and “downhill” terrain	Level Age Weight	1 40 150 lbs. (68 kg)
Fat Burn	Controlled workout at 65% of theoretical maximum heart rate (or user-specified target heart rate) to maximize fat burn	Workout Time Age Target Heart Rate Weight	30:00 40 $(220 - \text{Age}) * .65$ 150 lbs. (68 kg)
Cardio	Controlled workout at 80% of theoretical maximum heart rate (or user-specified target heart rate) to maximize cardiovascular development	Workout Time Age Target Heart Rate Weight	30:00 40 $(220 - \text{Age}) * .80$ 150 lbs. (68 kg)
Heart Rate Interval	Controlled workout of alternating 2-minute intervals at 70% and 80% of theoretical maximum heart rate (or user-specified target heart rate)	Workout Time Age High Target Heart Rate Weight	30:00 40 $(220 - \text{Age}) * .80$ 150 lbs. (68 kg)
Heart Rate Custom Interval	Controlled workout of up to 6 alternating intervals of user-defined duration and target heart rates	Workout Time Age How Many Intervals (2-6) Interval 1 — Time Interval 1 — Target Heart Rate Interval <i>n</i> — Time Interval <i>n</i> — Target Heart Rate Weight	30:00 40 3 00:30 $(220 - \text{Age}) * .75$ 00:30 $(220 - \text{Age}) * .75$ 150 lbs. (68 kg)

## PRO370 PROGRAM REFERENCE

<b>Program</b>	<b>Description</b>	<b>Settings</b>	<b>Standard Values*</b>
New Leaf Custom	Designed for use by exercisers who have had a New Leaf fitness assessment and are following a recommended workout plan. Controlled workout of up to 6 alternating intervals of user-defined duration and target heart rates	Workout Time Age How Many Intervals (2-6) Interval 1 — Time Interval 1 — Target Heart Rate Interval <i>n</i> — Time Interval <i>n</i> — Target Heart Rate Weight	30:00 40 3 00:30 (220 - Age) *.75 00:30 (220 - Age) *.75 150 lbs. (68 kg)
Heart Rate Hill	Controlled simulated climb of increasingly steeper hills at 65%, 75%, and 85% of theoretical maximum heart rate (or user-specified target heart rate)	Workout Time Age High Target Heart Rate Weight	30:00 1 (220 - Age) *.85 150 lbs. (68 kg)
Heart Rate Speed Interval	Controlled workout of intervals with alternating resistance and speeds at 65% and 85% of theoretical maximum heart rate (or user-specified target heart rate)	Workout Time Age High Target Heart Rate Weight	30:00 1 (220 - Age) *.85 150 lbs. (68 kg)
Constant Watts	Controlled workout at constant output of user-specified watts	Workout Time Age Weight Watts	30:00 40 150 lbs. (68 kg) 125
Constant METs	Controlled workout at constant output of user-specified metabolic equivalent units (METs)	Workout Time Age Weight METs	30:00 40 150 lbs. (68 kg) 7.0
30:30	Fitness assessment with 5 sets of alternating sprint and walk intervals to determine average heart rate recovery	Workout Time High Interval Level Age Weight	30:00 8 40 150 lbs. (68 kg)

*\*Standard program values are used if no values are entered within 4 seconds of Message Center prompts.*

## PRO370 SETTINGS—VALUE RANGES

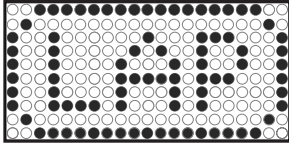
<b>Setting</b>	<b>Standard Values*</b>	<b>Minimum Value</b>	<b>Maximum Value</b>
Workout Time	30:00	1:00	99:00
Level	1	1	30
Age	40	15	99
Weight	150 lbs. (68 kg)	70 lbs. (32 kg)	400 lbs. (181 kg)
Interval Time	00:30	00:15	99:00
Interval Level	1	1	30
How Many Intervals	3	2	6
Target Heart Rate	(220 - Age) * %; varies by program	80	(220 - Age)
Watts	125	100	1120
METs	1.7	1.0	22.8

*\*Standard program values are used if no values are entered within 4 seconds of Message Center prompts.*

## Preset Resistance Programs

Manual—Random—Interval—Custom Interval—Hill—10K

### Manual

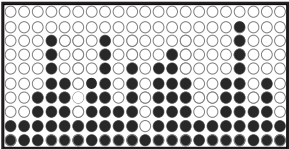


The Manual program simulates walking or jogging on a flat surface. The manual program does not have a warm-up. To begin the program, just start pedaling, or use the Up Arrow (▲) and Down Arrow (▼) keys or the numeric keypad to enter the program settings as prompted by the message center: Workout Time, Level, Age, and Weight. The resistance stays constant for the entire workout, unless you change it. The oval racetrack signifies 1/4 mile (or 1/4 kilometer); a counter in the matrix display shows how many laps you have completed during your workout. The resistance can be changed any time during the workout by pressing the Up Arrow (▲) or Down Arrow (▼) key on the keypad.

Level —



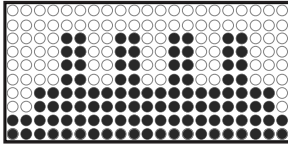
### Random



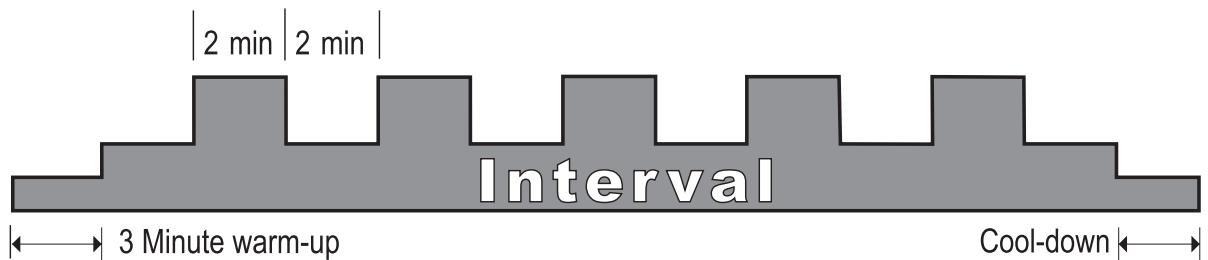
The Random program has a virtually infinite number of different combinations. To begin the program, use the Up Arrow (▲) and Down Arrow (▼) keys or the numeric keypad to enter the program settings as prompted by the message center: Workout Time, Level (the average level you want for the entire workout), Age, and Weight. The computer randomly generates a new course each time you select the random program or change the program level, giving you different levels of resistance. Each column on the matrix display lasts for 1 minute. The resistance can be changed any time during the workout by pressing the Up Arrow (▲) or Down Arrow (▼) key on the keypad.



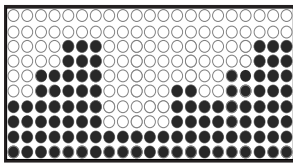
## Interval



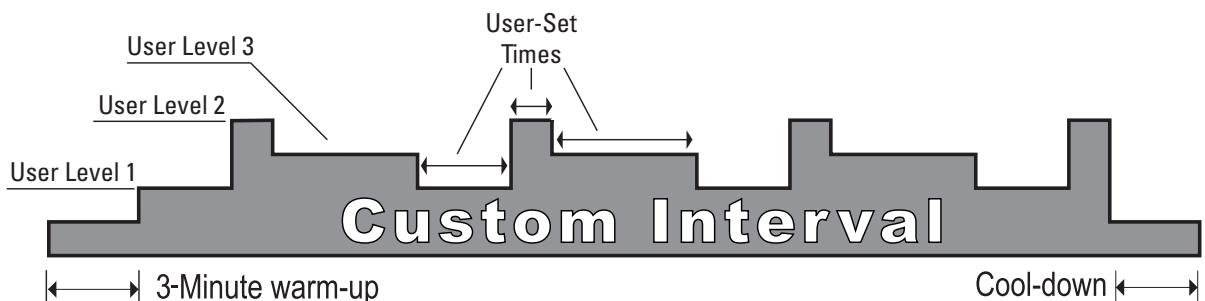
The Interval program alternates between two different levels of resistance. Each level is independently adjustable, so you can customize the amount of change between the two intervals. All intervals have a two-minute duration. To begin the program, use the Up Arrow (▲) and Down Arrow (▼) keys or the numeric keypad to enter the program settings as prompted by the message center: Workout Time, 1st Interval Level, 2nd Interval Level, Age, and Weight. Once you are pedaling and your warm-up is complete, you can increase or decrease the level of the current interval (1st or 2nd) at any time by pressing the Up Arrow (▲) and Down Arrow (▼) keys on the keypad. The value of the other interval does not change. The value you enter changes only the current interval (1st or 2nd) for the entire remaining workout, or until you change it again.



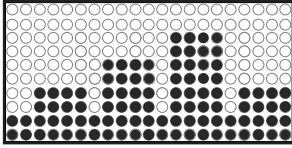
## Custom Interval



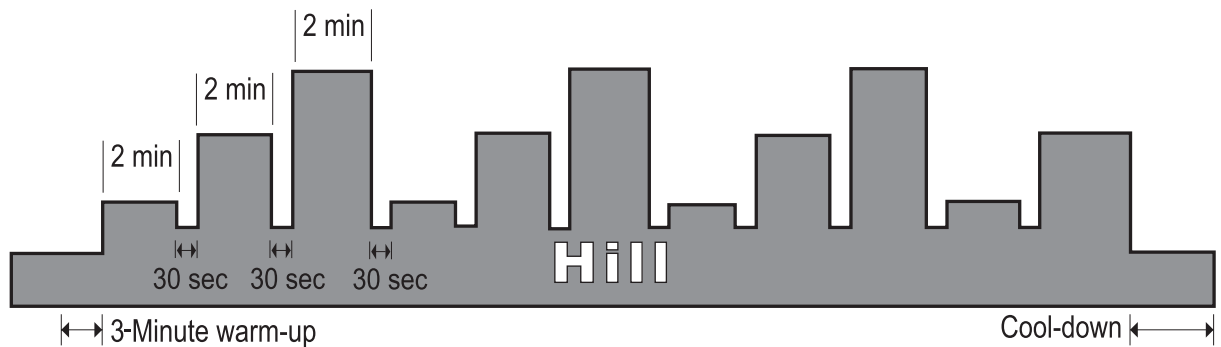
The Custom Interval program lets you specify the resistance level and duration of up to 6 alternating intervals. To begin the program, use the Up Arrow (▲) and Down Arrow (▼) keys or the numeric keypad to enter the program settings as prompted by the message center: Workout Time, How Many Intervals (2 to 6), 1st Interval—Time, 1st Interval—Level,  $n^{\text{th}}$  Interval—Time,  $n^{\text{th}}$  Interval—Level, Age, and Weight. Interval time ranges from 00:15 to 99:45, in 15-second increments. Once you are pedaling and your warm-up is complete, you can increase or decrease the level of the current interval at any time by pressing the Up Arrow (▲) and Down Arrow (▼) keys on the keypad. The value of the other intervals does not change. The value you enter changes only the current interval for the entire remaining workout, or until you change it again.



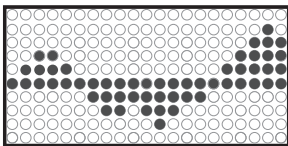
## Hill



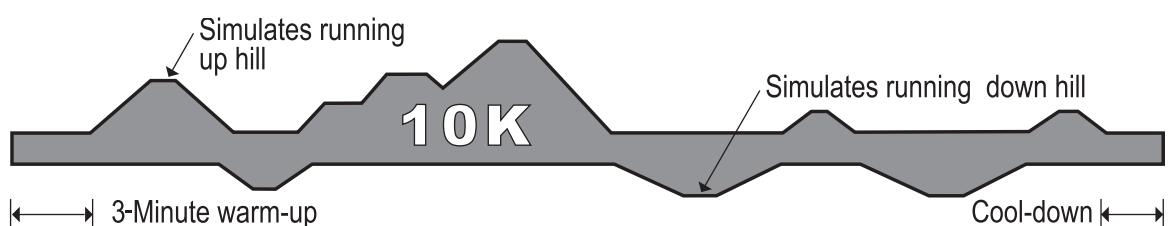
The Hill program simulates walking or jogging up a big hill. To begin the program, use the Up Arrow (▲) and Down Arrow (▼) keys or the numeric keypad to enter the program settings as prompted by the message center: Workout Time, Level (the average level you want for the entire workout), Age, and Weight. Once you are pedaling and your warm-up is complete, the resistance increases and the climb level will get more difficult the closer you get to the top. Use the Up Arrow (▲) and Down Arrow (▼) keys to change the resistance level for all plateaus and hills for the entire program. The resistance change between the plateaus is computer-controlled. Each hill lasts for two minutes, with a 30-second recovery session at lower resistance between hills. Each column on the matrix display lasts for 30 seconds. After you climb the highest hill, you have a 30-second recovery session before the sequence begins again with the lowest hill. These recovery sessions give your body a quick break, allowing you to take in more oxygen and letting your muscles take a break while your heart continues to beat at a higher pace. This approach lets you hit higher resistance levels for shorter periods, giving you an interesting workout as you build strength and endurance.



## 10K



10K simulates jogging or running outdoors. It is a great training device to get ready for a competition. To begin the program, use the Up Arrow (▲) and Down Arrow (▼) keys or the numeric keypad to enter the program settings as prompted by the message center: Level (the average level you want for the entire workout), Age, and Weight. Once you are pedaling and your warm-up is complete, the changes in terrain replicate the challenges you encounter running outside. You can feel going uphill and downhill with gradual resistance changes. The distance readout counts down from 6.2 miles (10 kilometers). At any time during the program you can change the resistance level using the Up Arrow (▲) and Down Arrow (▼) keys. If you desire, you can continue your workout after you have completed the 6.2-mile (10-kilometer) distance.

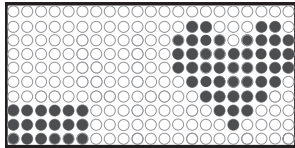


## Heart Rate Controlled Programs

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

**Note:** For the heart rate controlled programs to work effectively, you must be wearing a wireless chest strap or consistently grasping the contact heart rate grips on the moving handlebars throughout your workout

### Fat Burn



The Fat Burn program guides your workout to maximize the percentage of calories burned from fat versus carbohydrates. To begin the program, use the Up Arrow (▲) and Down Arrow (▼) keys or the numeric keypad to enter the program settings as prompted by the message center: Workout Time, Age, Target Heart Rate, and Weight. The recommended target heart rate is **65%** of your theoretical maximum heart rate (TMHR = 220 – age). The program begins with a warm-up. If you reach your target heart rate during the warm-up, the warm-up ends and the heart rate control portion begins. The resistance will automatically adjust to keep you working out at your target heart rate. At any time during the program you can change your target heart rate using the Up Arrow (▲) and Down Arrow (▼) keys.

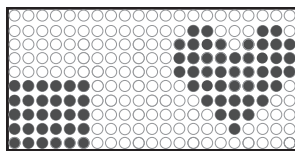
*Example for a 40-year-old person:*

$$220 - 40 \text{ yrs. old} = 180 \text{ TMHR}$$

$$180 * .65 = 117 \text{ Target heart rate}$$



### Cardio



The Cardio program guides your workout to maximize cardiovascular benefits, like training for a race. To begin the program, use the Up Arrow (▲) and Down Arrow (▼) keys or the numeric keypad to enter the program settings as prompted by the message center: Workout Time, Age, Target Heart Rate, and Weight. The recommended target heart rate is **80%** of your theoretical maximum heart rate (TMHR = 220 – age). The program begins with a warm-up. If you reach your target heart rate during the warm-up, the warm-up ends and the heart rate control portion begins. The resistance will automatically adjust to keep you working out at your target heart rate. At any time during the program you can change your target heart rate using the Up Arrow (▲) and Down Arrow (▼) keys.

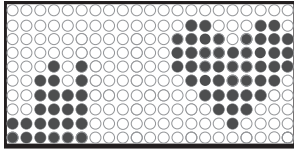
*Example for a 40-year-old person:*

$$220 - 40 \text{ yrs. old} = 180 \text{ TMHR}$$

$$180 * .80 = 144 \text{ Target heart rate}$$



## Heart Rate Interval



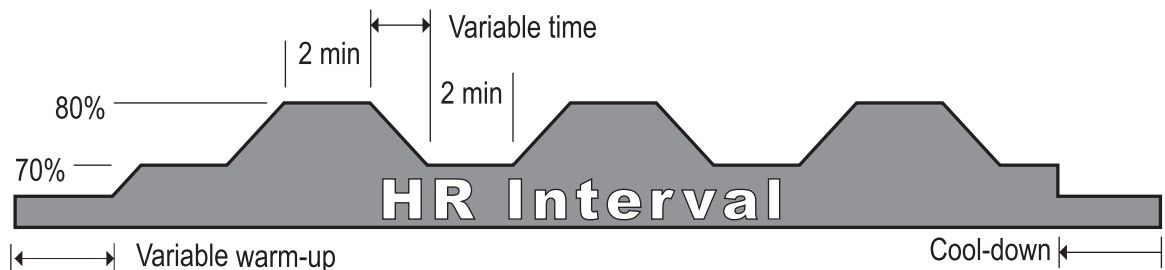
The Heart Rate Interval program is an excellent workout using alternating two-minute intervals of **70%** and **80%** of your theoretical maximum heart rate (TMHR). Interval training has been shown to give superior results compared to steady state training (that is, training at a constant resistance level). To begin the program, use the Up Arrow (▲) and Down Arrow (▼) keys or the numeric keypad to enter the program settings as prompted by the message center: Workout Time, Age, High Target Heart Rate (defaults to 80% of your TMHR), and Weight. The computer sets your initial Low (70%) Target Heart Rate value relative to the value you enter for the High Target Heart Rate. The program begins with a warm-up. If you reach your target heart rate during the warm-up, the warm-up ends and the heart rate control portion begins. The resistance increases or decreases at the end of each two-minute period to get you to the next interval. When you reach the new target heart rate, the new two-minute interval begins. The display will prompt you to increase or decrease your effort until the desired heart rate is reached. The better your physical condition, the more intervals you will be able to accomplish in the same period of time. At any time during the program you can change the target heart rate of the current interval using the Up Arrow (▲) and Down Arrow (▼) keys.

*Example for a 40-year-old person:*

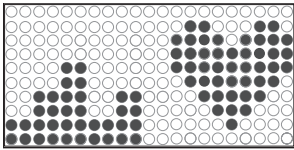
$$220 - 40 \text{ yrs. old} = 180 \text{ TMHR}$$

$$180 * .80 = 144 \text{ High interval target heart rate}$$

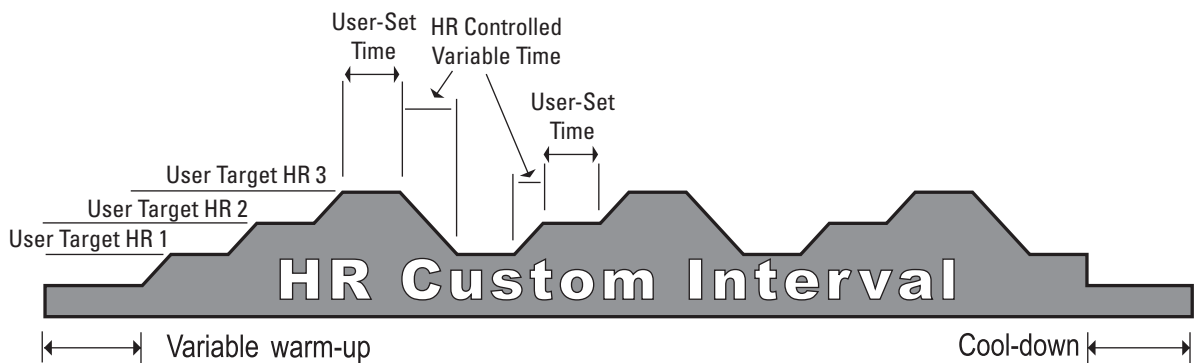
$$180 * .70 = 126 \text{ Low interval target heart rate}$$



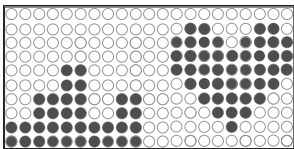
## Heart Rate Custom Interval



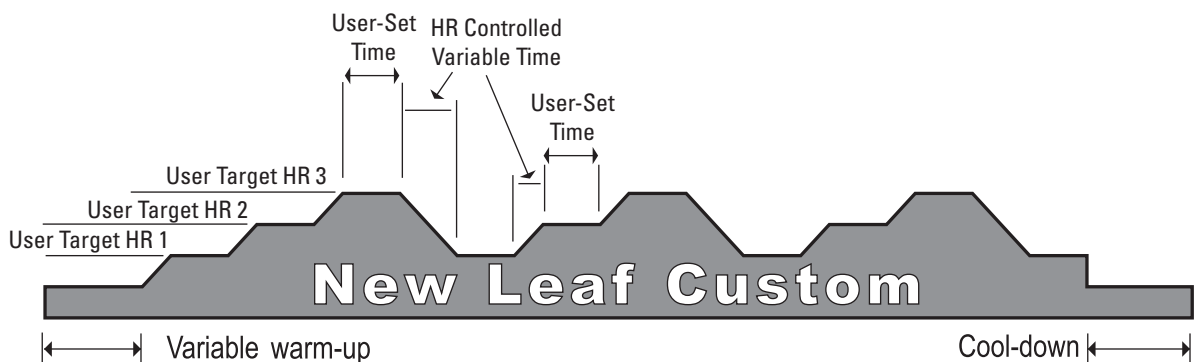
The Heart Rate Custom Interval program lets you specify the target heart rate and duration of up to 6 alternating intervals. To begin the program, use the Up Arrow (▲) and Down Arrow (▼) keys or the numeric keypad to enter the program settings as prompted by the message center: Workout Time, Age, How Many Intervals (2 to 6), 1st Interval—Time, 1st Interval—Target Heart Rate,  $n^{\text{th}}$  Interval—Time,  $n^{\text{th}}$  Interval—Target Heart Rate, and Weight. Interval time ranges from 00:15 to 99:45, in 15-second increments. The minimum target heart rate is 80. The program begins with a warm-up. If you reach your target heart rate during the warm-up, the warm-up ends and the heart rate control portion begins. The resistance increases or decreases at the end of each time period to get you to the next interval. When you reach the new target heart rate, the new timed interval begins. The display will prompt you to increase or decrease your effort until the desired heart rate is reached. At any time during the program you can change the target heart rate of the current interval using the Up Arrow (▲) and Down Arrow (▼) keys.



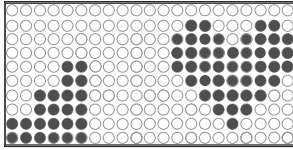
## New Leaf Custom



The New Leaf Custom program is designed for use by exercisers who have completed a New Leaf fitness assessment and are following a recommended workout plan. The program asks if you have completed a New Leaf Assessment. If you have, use the numeric keypad to enter 1 (for Yes), and proceed to set-up steps similar to Heart Rate Custom Interval (described above). If you have not completed an assessment, enter 2 (for No), and you are directed to see your personal trainer for more information.



## Heart Rate Hill



Heart Rate Hill takes you through a series of hills which increase from **65%** to **75%** to **85%** of your theoretical maximum heart rate (TMHR). Each hill lasts for two minutes.. To begin the program, use the Up Arrow (▲) and Down Arrow (▼) keys or the numeric keypad to enter the program settings as prompted by the message center: Workout Time, Age, High Target Heart Rate (defaults to 85% of your TMHR), and Weight. The computer sets your initial Medium (75%) and Low (65%) Target Heart Rate value relative to the value you enter for the High Target Heart Rate. The program begins with a warm-up. If you reach your target heart rate during the warm-up, the warm-up ends and the heart rate control portion begins. The resistance increases or decreases at the end of each two-minute period to get you to the next hill. When you reach the new target heart rate, the new two-minute hill begins. The display will prompt you to increase or decrease your effort until the desired heart rate is reached. The better your physical condition, the more hills you will be able to accomplish in the same period of time. At any time during the program you can change the target heart rate of the current interval using the Up Arrow (▲) and Down Arrow (▼) keys.

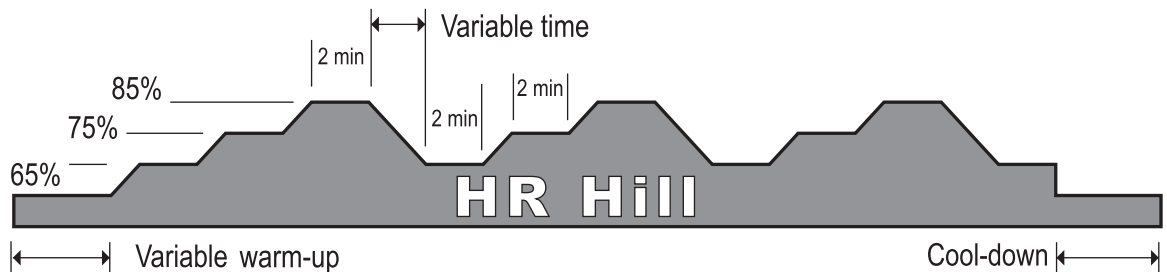
*Example for a 40-year-old person:*

$$220 - 40 \text{ yrs old} = 180 \text{ TMHR}$$

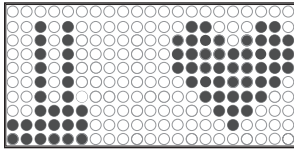
$$180 * .65 = 117 \text{ Low hill target heart rate}$$

$$180 * .75 = 137 \text{ Medium hill target heart rate}$$

$$180 * .85 = 153 \text{ High hill target heart rate}$$



## Heart Rate Speed Interval



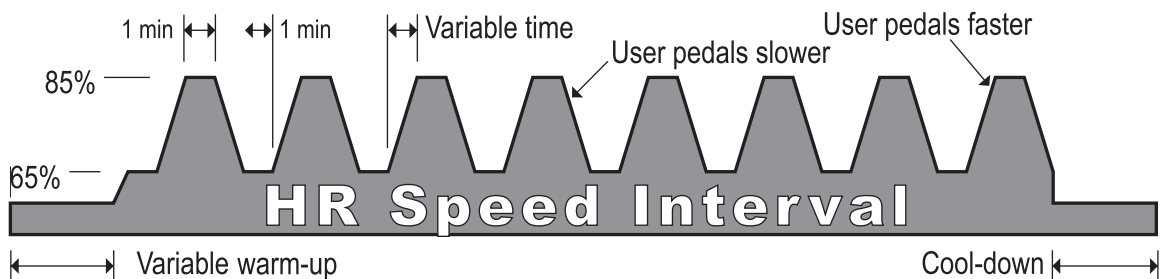
The Heart Rate Speed Interval program focuses on power and speed using alternating one-minute intervals of **65%** and **85%** of your theoretical maximum heart rate (TMHR). It combines steeper (higher resistance) intervals with changing speeds. To begin the program, use the Up Arrow (▲) and Down Arrow (▼) keys or the numeric keypad to enter the program settings as prompted by the message center: Workout Time, Age, High Target Heart Rate (defaults to 85% of your TMHR), and Weight. The computer sets your initial Low (65%) Target Heart Rate value relative to the value you enter for the High Target Heart Rate. The program begins with a warm-up. If you reach your target heart rate during the warm-up, the warm-up ends and the heart rate control portion begins. The resistance increases or decreases at the end of each one-minute period to get you to the next interval. When you reach the new target heart rate, the new one-minute interval begins. The display will prompt you to increase or decrease your effort until the desired heart rate is reached. The better your physical condition, the more intervals you will be able to accomplish in the same period of time. At any time during the program you can change the target heart rate of the current interval using the Up Arrow (▲) and Down Arrow (▼) keys.

*Example for a 40-year-old person:*

$$220 - 40 \text{ yrs. old} = 180 \text{ TMHR}$$

$$180 * .65 = 117 \text{ Low interval target heart rate}$$

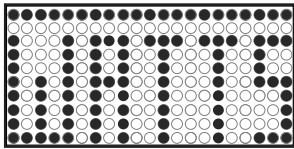
$$180 * .85 = 153 \text{ High interval target heart rate}$$



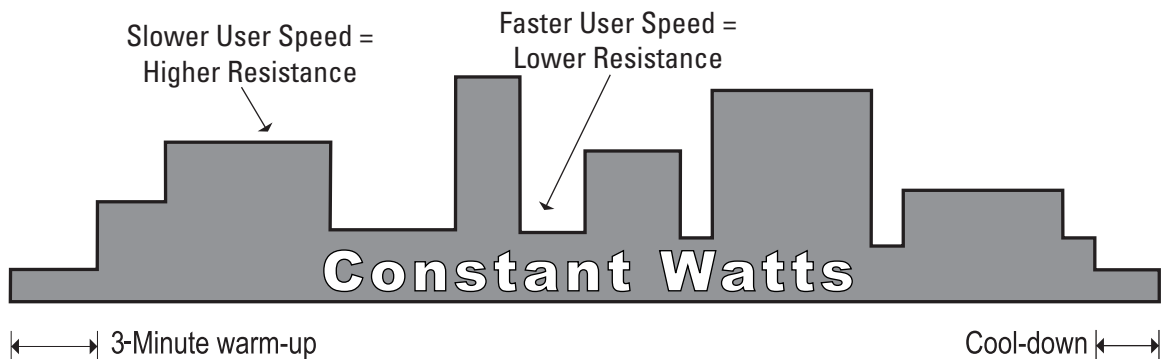
# Constant Power Programs

## Constant Watts—Constant METs

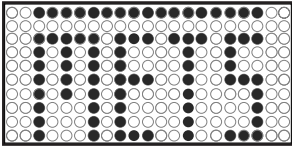
### Constant Watts



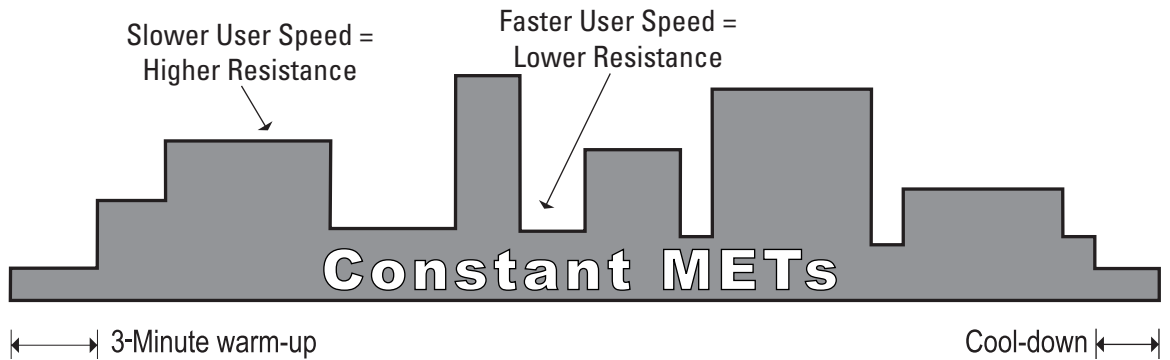
The Constant Watts program lets you set a target power output, measured in watts. This measure represents the amount of power required by the machine to maintain the workload (pedal resistance and speed) that you want to experience. That is, the higher the watts, the more difficult the workout. To begin the program, use the Up Arrow (▲) and Down Arrow (▼) keys or the numeric keypad to enter the program settings as prompted by the message center: Workout Time, Age, Weight, and Target Watts (from 100 to 1120). Once you are pedaling and your warm-up is complete, the resistance increases or decreases according to your speed in order to keep your output at your Target Watts. The faster you pedal, the lower the resistance required to hit your target. If your speed falls below 40 RPM, the Message Center prompts you to speed up to lower the resistance. Use the Up Arrow (▲) and Down Arrow (▼) keys to change the Target Watts at any time during the workout. The new value is the target for the entire remaining workout, or until you change it again.



## Constant METs



The Constant METs program lets you set a target power output, measured in metabolic equivalent units, or METs. This measure represents the ratio of a person's working metabolic rate relative to that person's resting metabolic rate and it gauges the intensity of the workout. One MET is approximately equal to 1 kilocalorie burned per kilogram per hour. To begin the program, use the Up Arrow (▲) and Down Arrow (▼) keys or the numeric keypad to enter the program settings as prompted by the message center: Workout Time, Age, Weight, and Target METs (from 1.0 to 22.8). Once you are pedaling and your warm-up is complete, the resistance increases or decreases according to your speed in order to keep your output at your Target METs. The faster you pedal, the lower the resistance required to hit your target. If your speed falls below 40 RPM, the Message Center prompts you to speed up to lower the resistance. Use the Up Arrow (▲) and Down Arrow (▼) keys to change the Target METs at any time during the workout. The new value is the target for the entire remaining workout, or until you change it again.

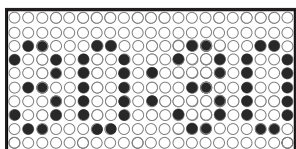


## Fitness Programs

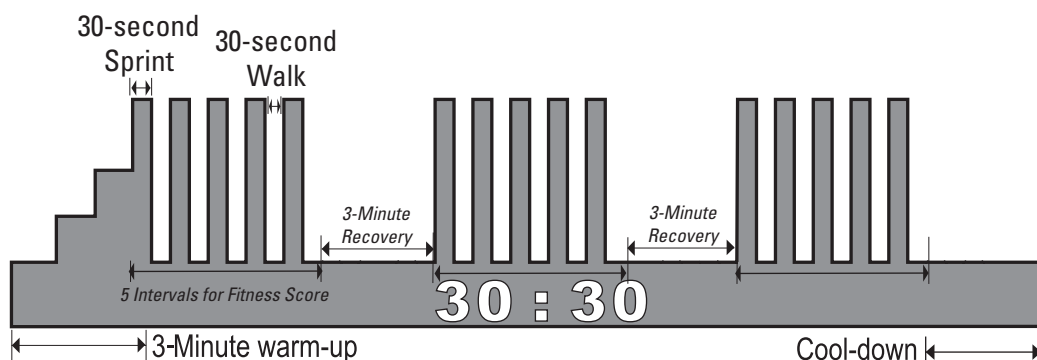
### 30:30—New Leaf Assessment

**Note:** For fitness programs to work effectively, you must be wearing a wireless chest strap or consistently grasping the contact heart rate grips on the moving handlebars throughout your workout

#### 30:30



The 30:30 program provides a simple test of your fitness level with 5 sets of 30-second sprint and recovery intervals. For each set, the program monitors your heart rate and calculates the number of beats that your heart rate recovers between sprint intervals. Heart rate recovery is a measure of your overall fitness level. To begin the program, use the Up Arrow (▲) and Down Arrow (▼) keys or the numeric keypad to enter the program settings as prompted by the message center: Workout Time, High Interval Level (the level you want for the sprint intervals), Age, and Weight. The standard level for the sprint interval is "8". The program begins with the three-minute warm-up during which the resistance level increases each minute. Once you have completed the warm-up, the Message Center tells you when to begin each sprint interval (65 RPM or higher) and when to slow down to a walking pace (40 RPM or lower). For each interval pair, the program records your maximum heart rate and your minimum heart rate. At the end of 5 sets of sprint and recovery intervals, there is a three-minute recovery period. During this time the Message Center displays the your maximum and minimum heart rates for each interval. The computer calculates the 5-interval average maximum heart rate and the average minimum heart rate, and the difference between the two averages is your heart rate recovery 'score'. This value is a relative indicator of your fitness level; a higher number indicates a more rapid heart rate recovery and therefore represents a relatively better level of fitness. After the 3-minute recovery period you will begin a new 5-interval set. The program ends with a 3-minute cool-down. Compare your average heart rate recovery score from workout to workout and watch your fitness level improve over time with consistent training!



#### New Leaf Assessment

The New Leaf Assessment program is a specialized interval program for use by New Leaf Fitness professionals as part of an Active Metabolic Assessment. This program requires the use of a breathing mask and external computer monitoring. For more information, please contact Octane Fitness at 1.888.OCTANE4.

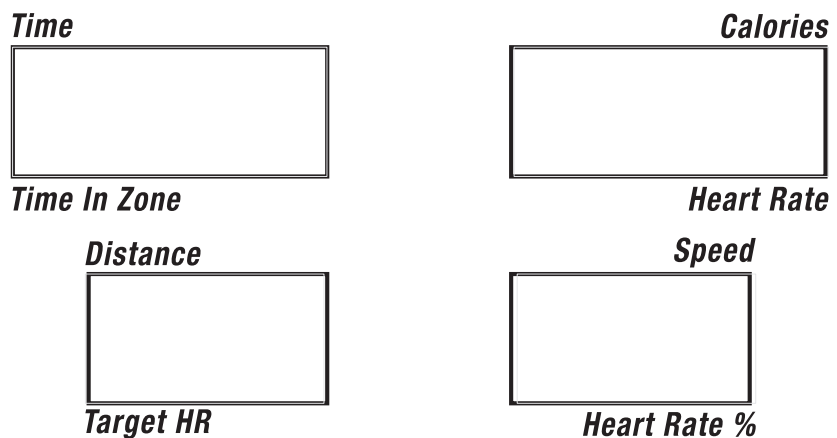
## Workload Resistance

<b>Resistance Level</b>	<p>The PRO370 has 30 discrete levels of resistance. Level 1 is the easiest and level 30 is the most difficult. The Manual program and Quick Start give the user the ability to totally control the resistance level. Interval Programs (Interval, Custom Interval, and 30-30) allow the user to select the resistance level for specific intervals.</p> <p>The resistance level is represented by rows of LEDs in the matrix display. Each row that is lit represents 3 resistance levels. The table below will help you understand and interpret the matrix display:</p>
-------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Resistance Levels	LEDs Rows Lit	Resistance Levels	LED Rows Lit
1-3	1	16-18	6
4-6	2	19-21	7
7-9	3	22-24	8
10-12	4	25-27	9
13-15	5	28-30	10

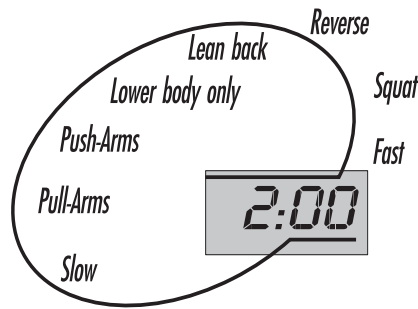
<b>Program Level</b>	<p>The Octane Fitness Random, Hill, and 10K programs allow the user to select an overall resistance level for the program. This level is the average resistance level for the workout. The range of resistance levels during these workouts are <math>\pm 4</math> of the entered program level (i.e., For program Level 5, minimum resistance is Level 1 and maximum resistance is Level 9). During the workout, the overall program resistance level is displayed on the console.</p>
<b>Resistance in “Constant” Programs</b>	<p>The Constant Watts and Constant METs programs allow the user to enter the power output level, in watts or METs, for the program. The resistance level during these constant workouts is controlled by the machine, increasing or decreasing as necessary in tandem with the user’s speed to keep the output on target.</p>
<b>Resistance in Heart Rate Controlled Programs</b>	<p>These programs (Fat Burn, Cardio, Heart Rate Interval, Heart Rate Custom Interval, New Leaf Custom, Heart Rate Hill, and Heart Rate Speed Interval) allow the user to manually enter the target heart rate level for program. If the target HR is reached during the warm-up, the warm-up ends and the selected heart rate control program begins. The resistance level during the heart rate controlled workout is controlled by the machine, increasing or decreasing as necessary to keep the user’s heart rate on target.</p>

## LED Readout Windows



- Time** Displays workout time, counting up from 0:00. The maximum time is 99:59, then the display rolls over to 0:00. Note: The Time readout can be adjusted to count down instead of up; refer to User Set-up Functions on page 24.
- Calories** Displays an estimate of the total calories burned during your workout. Calories are based on the user's entered weight. If no specific weight is entered, calories are based on a 150 lb. (68 kg) user.
- Distance** Displays an estimate of how far you have traveled. Distance can be shown in either miles (English) or kilometers (metric); set your preference with the User Set-up Functions described on page 24. **Note:** *Pedaling approximately 50 revolutions per minute (rpm) on a machine set to Running stride, it will take eight minutes to reach one mile. On a machine set to Jogging stride, at approximately 50 rpm it will take 9:30 to reach one mile.*
- Speed** Displays how fast you are pedaling. Speed is displayed in revolutions per minute (rpm).
- Time in Zone** Tracks and displays the amount of time your heart rate reading is in the proper training zone of the program. Time-in-Zone is only displayed when you are in a heart rate controlled program and your heart rate is detected by the machine. **Note:** *You must be wearing a wireless chest strap or consistently grasping the contact heart rate sensor grips throughout your workout in order to get an accurate reading of Time-in-Zone.*
- Heart Rate** Displays your current heart rate in beats per minute (bpm). **Note:** *You must be wearing a wireless chest strap or grasping the contact heart rate sensor grips.*
- Target Heart Rate** Displays the heart rate that you are trying to achieve when in a heart rate controlled program. In these programs, the machine adjusts resistance level in response to your heart rate reading in order to achieve this target.
- Heart Rate %** Displays your current heart rate percentage (current heart rate / theoretical maximum heart rate). **Note:** *You must be wearing a wireless chest strap or grasping the contact heart rate sensor grips and have entered your age.*

## X-Mode™



Using X-Mode is like having a personal trainer coaching you. It is a great way to take advantage of the variety your elliptical cross trainer offers, and is a great motivational tool that keeps your workout fresh and exciting. The X-Mode feature works in any program; simply push the button to activate. X-Mode offers eight different challenges: Fast, Squat, Reverse, Lean Back, Lower Body Only, Push-Arms, Pull-Arms, and Slow.

- |                        |                                                                                                                                                  |
|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Fast</b>            | Pick up the pace—we recommend 50-60 rpm, but you should find your own comfort level.                                                             |
| <b>Squat</b>           | Bend slightly at the knees. You'll feel this one in your quadriceps and glutes in no time!                                                       |
| <b>Reverse</b>         | Pedal backwards to change the muscle focus on your entire lower body.                                                                            |
| <b>Lean Back</b>       | Grab the stationary handlebars and lean slightly backwards, changing the muscle focus on your lower body. You will feel this in your quadriceps. |
| <b>Lower Body Only</b> | Either hold the stationary handlebars or naturally swing your arms.                                                                              |
| <b>Push-Arms</b>       | Focus on pushing with your arms to work your chest and triceps.                                                                                  |
| <b>Pull-Arms</b>       | Focus on pulling with your arms to work your biceps and lats.                                                                                    |
| <b>Slow</b>            | Slow down to allow yourself to recover. We recommend 30-40 rpm.                                                                                  |

When X-Mode is active, one to four X-Mode LEDs will light up instructing you what to do. The light sequence is randomly generated so you never know what is coming next.

To activate X-Mode, simply push the X-Mode button while in any program. To turn X-Mode off, push the button again. Each X-Mode session lasts for one minute. The countdown time displays how much time until your next X-Mode interval or how much time is left in your current X-Mode interval. Once you complete the interval, you have a two-minute period of normal elliptical routine, according to the program you are using. After this two-minute period, you will automatically get your next X-Mode routine. Good luck!

## GluteKicker™

GluteKicker is an aggressive subset of X-Mode that is focused on your glutes, hips, and thighs. It uses four modes: Reverse, Squat, Fast, and Lean Back. GluteKicker sessions last for one minute, with a one-minute recovery period.

## ArmBlaster

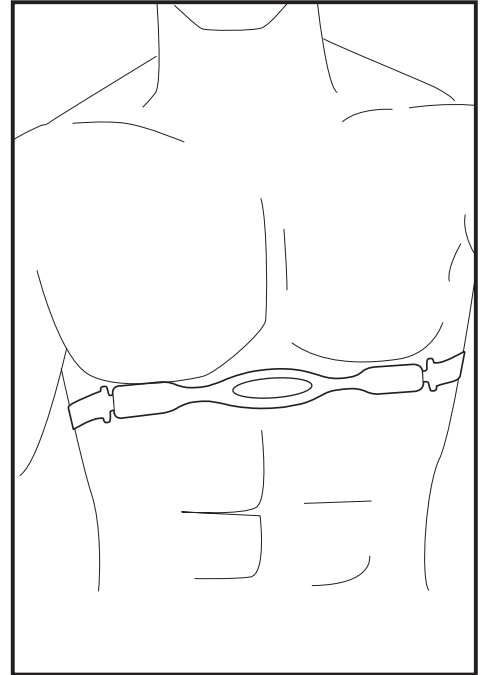
ArmBlaster is a proprietary program designed to boost cardiovascular endurance while building strength and muscle tone. ArmBlaster integrates cardio sessions with strength sessions. The cardio session follows the program profile that you have selected. Every three minutes, resistance increases 10 levels from your then-current level (or to the maximum resistance of 30) for a muscle-building, 10-repetition set as you transfer the workload from your lower body to your upper body. During the ArmBlaster rep countdown, the level of resistance can be changed by pressing the Up Arrow (▲) or Down Arrow (▼) keys.

## HeartLogic Intelligence

The PRO370 is equipped with HeartLogic—the latest in heart rate control technology. HeartLogic Intelligence is a sophisticated yet easy to use technology that brings you the most accurate and effective workout possible. It all begins with the wireless chest strap and the digital contact heart rate grip sensors. There are seven different heart rate programs—Fat Burn, Cardio, Heart Rate Interval, Heart Rate Hill, Heart Rate Speed Interval, Heart Rate Custom Interval, and New Leaf Custom—to keep your workouts fun and interesting. To top it all off, the monitor displays your time-in-zone, current heart rate, heart rate %, and target heart rate so you know exactly where you are and where you should be.

### Using a wireless chest strap

The wireless chest strap transmits your heart rate to the electronics console at a distance of up to three feet. You may use any Polar™-compatible (coded or non-coded) transmitter. Adjust the length of the elastic strap and fasten it to the transmitter around your torso, underneath your shirt. Place the strap just below your chest. Make sure the logo is away from you and right side up. It may help to moisten the electrodes on the back of the transmitter with a small amount of water for better contact with the skin. The electrodes are the ribbed portion on the back side of the transmitter that sits against your skin. Make sure the strap fits snugly but doesn't restrict breathing. The contact handgrips reading takes priority if both the wireless and contact heart rate grips are in use.



### Using the digital contact heart rate sensors

The digital contact heart rate sensors are located on the moving handlebars of the PRO370. The grips can be used to check your heart rate during your workout. For the most accurate heart rate reading possible, grasp each contact heart rate grip so that the contact sensor portion of the grip rests in the palm of your hand. Grip the contact sensors firmly, and keep your hands steady and in place.

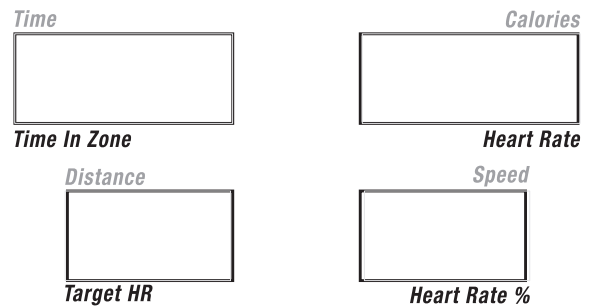
### Heart rate programs

The PRO370 provides six different heart rate controlled programs to offer you more variety to suit your personal needs. We recommend that you try different programs to determine your favorite. Program descriptions begin on page 8.

# Critical Heart Rate Feedback

## LED Readout

Heart rate controlled workouts are one of the most accurate training techniques available. Understanding your body's intensity level is critical in taking your workouts to the next level. HeartLogic excels at displaying essential data during your workout, enabling you to maximize your exercise time and effectiveness. The PRO370 console has four LED readout windows that communicate valuable heart rate information during your workout. This includes your Time-in-Zone, (current) Heart Rate, Target HR, and Heart Rate %.

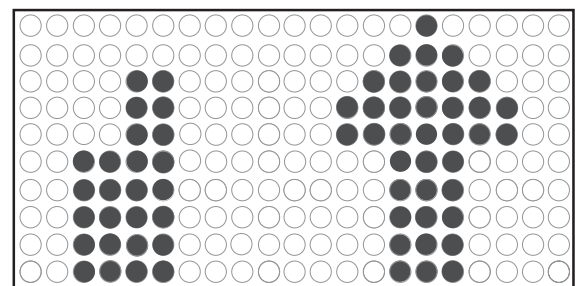


**Tip:** You can lock the console on the heart rate displays by pressing the Display Lock key during your workout. To resume display toggling, press Display Lock a second time.

## Matrix Display

During heart rate interval programs (Heart Rate Interval, Heart Rate Hill, Heart Rate Speed Interval, Heart Rate Custom Interval, New Leaf Custom), the matrix display is used to inform you of your progress through the intervals.

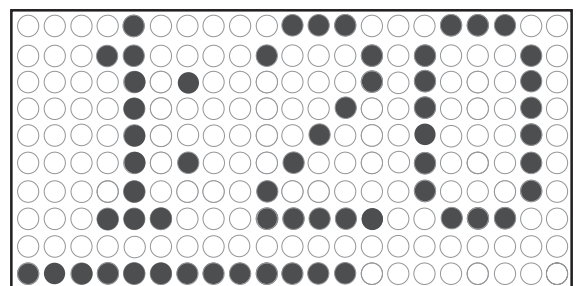
**Changing Target Heart Rates** – When you are trying to reach a new target heart rate, the left side of the matrix display shows an illustration of the interval. The illustration blinks the interval you are attempting to reach. Each column represents one minute. An arrow on the right side of the display shows whether resistance (and therefore your target heart rate) is increasing or decreasing. When decreasing, if the machine reaches resistance level 1 and your heart rate has still not reached your target low, the display prompts you with the message “HR TOO HIGH–SLOW DOWN”. When increasing, if the machine reaches the highest resistance level (30) and your heart rate has still not reached your target high, the display prompts you to “INCREASE SPEED TO DECREASE RESISTANCE”. The picture to the right illustrates the heart rate interval program in the matrix display.



↑ Upcoming columns blink

**Tip:** For the heart rate interval adjustments you work smoothly, you should be wearing your wireless chest strap or grasping the contact heart rate grips during the time that the interval is changing.

**Interval Duration** – Once you have reached or surpassed the new target heart rate, the matrix display switches to a countdown timer, counting down the length of the interval. The bottom row of the matrix displays a horizontal bar graph representing the current resistance level. The picture to the right illustrates the interval countdown timer.



## USER SET-UP FUNCTIONS

Many of the standard features and controls of the PRO370 can be customized to fit your personal preferences or workout environment. In just a few simple steps, you can set up your machine to skip the Warm-Up, countdown your workout time (instead of counting up), limit the maximum workout time, and display units in English or metric. You can also mute the console beeps and adjust the brightness of the display. All of these adjustments are easily completed and are saved as the new standard for the machine—you don't need to reset them for each use.

To access the User Set-up functions, press and hold both the Up Arrow (▲) and Down Arrow (▼) keys for three seconds, or until you hear a beep. The following customizable functions are displayed in sequence in the Message Center; use the Enter key to toggle through the available options (shown in the matrix display) for each function, and press the Up Arrow (▲) or Down Arrow (▼) key to select a setting and move to the next function. To exit without changing any values, press Pause Clear twice.

<b>Warm-Up</b>	This feature may be turned "ON" (to include a 3-minute warm-up in each workout) or "OFF". The factory default setting is "ON".
<b>Clock Direction</b>	The PRO370 cross-trainer can track workout time by counting "UP" or "DOWN". The factory default setting is "UP".
<b>Max Workout Time</b>	You may set the maximum workout time for users of the PRO370 to any 1-minute increment between 1:00 and 99:00. Use the Enter key to scroll through the possible values, and press the Up Arrow (▲) or Down Arrow (▼) key to select the value you desire. The factory default setting is 30 minutes.
<b>Unit Type</b>	You may choose to have the weight and distance units displayed in "ENGLISH" (pounds and miles) or "METRIC" (kilograms and kilometers). The factory default setting is "ENGLISH".
<b>Beep</b>	You may turn the console sounds "ON" or "OFF". The factory default setting is "ON".
<b>Brightness</b>	You can adjust the intensity or brightness of the console LEDs, choosing any value between 1 and 8. A higher number represents more light. The factory default setting is 8.
<b>Exit</b>	When EXIT is displayed in the Message Center, press Enter to leave User Set-up. All of your selections will be saved and become the new standard settings for your machine. They may be changed at any time by repeating these set-up procedures.

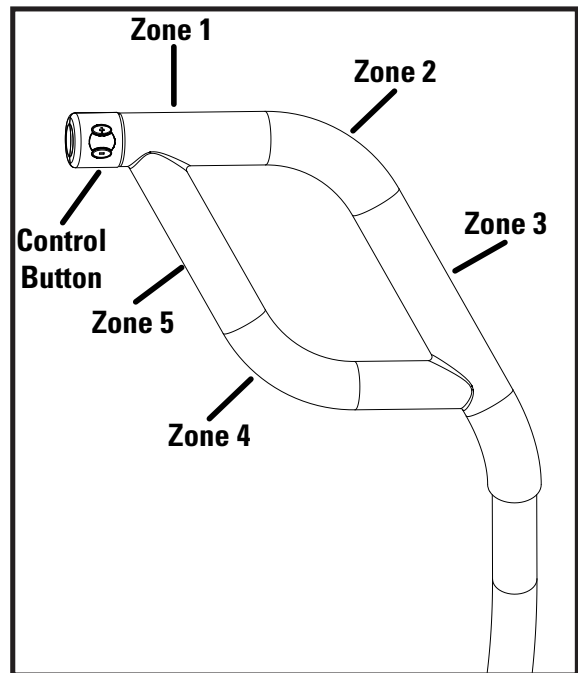
Two additional button sequences may be useful in your setting:

<b>Machine Hours</b>	Press and hold Up Arrow (▲), Program, and Level for three seconds to see the total machine usage, in hours, since the last reset.
<b>New Leaf Assessment</b>	Press and hold Program and Time for three seconds to access the New Leaf Assessment program if you are working with New Leaf Fitness professionals in this area.

# MULTIGRIP HANDLEBARS

Your Octane Fitness cross trainer features one-of-a-kind handlebars that deliver the ultimate upper-body workout with virtually unlimited options for maximal comfort, customization, and effectiveness. The unique MultiGrip handlebars with converging motion are only offered by Octane, and these innovative handlebars have revolutionized how you workout your upper-body. The MultiGrip handlebars are comfortable in any position, whether you're hanging on loosely for a brief, easy workout, or gripping the MultiGrip handlebars tightly to complete a lengthy, heart-pumping, high-intensity workout session.

The converging motion and unique design of the MultiGrip handlebars fit every exerciser—tall, short, slender, bigger framed, and even those with shorter or longer arms—providing a multitude of choices that result in the most comfortable and ergonomically correct positions of any cross trainer. You will feel the difference! Here's how they can be put to work for you:



Zone 1	Top horizontal position	Ideal for pushing Gives longer range of motion Engages the deltoid (shoulder) and lat (back) muscles
Zone 2	Large corner position Widest position	Push with the palms; better stability for a excellent chest press motion Focuses more on using the pectoral (chest) muscles
Zone 3	Wide grip	Emphasizes pectoral (chest) and lat (back) muscles
Zone 4	Low inside position	Shorter range of motion Suitable for lighter workouts with less upper-body involvement Great position for squatting down and pedaling in reverse Simulates runners movement or when moving fast
Zone 5	Narrow vertical position	Great for pulling or pushing of the arms Focuses on the lat (back), triceps (back of arm), and biceps (front of arm) muscles

No matter what position or zone you select, you're working numerous different muscle groups throughout your upper-body to get a true elliptical cross training workout. You can emphasize either a push or pull movement or reposition your hands any time during any workout program for maximal muscle exertion, balance, variety, and comfort.

The innovative choices of the MultiGrip handlebars, combined with Octane's variety of interactive cross-training workouts, create enjoyable, effective exercise sessions that produce astonishing results.

# SMART EXERCISE TIPS

Be sure to consult your doctor before beginning any exercise program.

Books, videotapes, the Internet, and personal trainers are all great sources of information on exercise programs. Make sure the information comes from a credible source such as The American College of Sports Medicine (ACSM) or The American Council on Exercise (ACE). Visit them on the web at:

- [www.acsm.org](http://www.acsm.org)
- [www.acefitness.com](http://www.acefitness.com)

For every good information resource, there is also a gimmick or fad. A simple rule of thumb is that if it sounds too good to be true, then it probably is. The best route to a happier, healthier life is good old-fashioned work—20+ minutes per day, 3-5 times per week. Several key considerations will help you determine the best program for you: **FIT** (frequency, intensity, time), heart rate, exercise variety and setting goals.

## **FIT**

### **Frequency**

How often you workout. Three to five times per week is best.

### **Intensity**

Whatever your exercise goals, you need to exercise at the right intensity level. If you don't exercise hard enough, you won't get the results you want. Exercise too hard and you could experience unnecessary pain and risk injury, leading you to abandon your exercise routine altogether.

### **Time**

Time is the duration of your workout. To achieve the results you are looking for, it is important that you exercise for at least 20 minutes. If you are new to exercise, slowly increase the duration of each workout. A great method is to add one minute to each workout until you reach your desired time.

## **Heart Rate**

Your heart rate is your body's speedometer. The best way to gauge your exercise intensity is by measuring your heart rate. There are two ways to measure your heart rate: electronically and manually.

### *Electronic measurement*

The Octane Fitness PRO370 works with any Polar-compatible (coded or non-coded) wireless chest strap that measures and displays your heart rate on the console throughout your workout. The PRO370 also provides digital contact heart rate sensors on the stationary handlebars. To take it one step further, Octane offers HeartLogic Intelligence which will change the machine's resistance to maintain the desired heart rate.

### *Manual measurement*

You can manually check your pulse using your first and second fingers. Place them either under your chin and next to your Adam's apple or on the palm side of your wrist. Count your pulse for six seconds and multiply it by ten. You should periodically check your heart rate when exercising to insure that you are in the proper training zone.

What should my heart rate be?

To understand exercise intensity you must first determine your theoretical maximum heart rate (TMHR) by subtracting your age from 220. The lower limit of your heart rate training zone is 55% of your TMHR; the upper limit is 90% of TMHR. You should always exercise within these numbers.

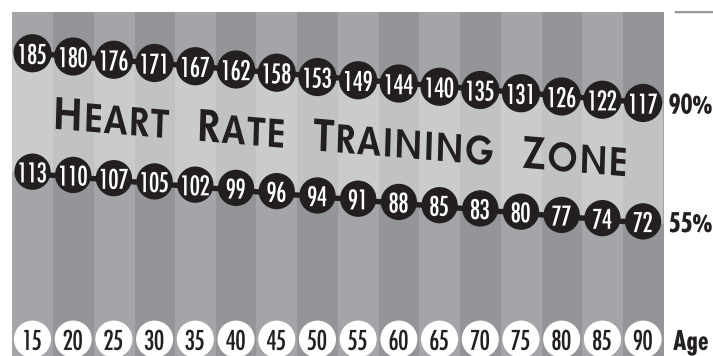
Example for a 40-year-old exerciser:

$$220 - 40 = 180 \text{ TMHR in beats per minutes (BPM)}$$

$$180 \times 0.55 = 99 \text{ BPM lower limit}$$

$$180 \times 0.90 = 162 \text{ BPM higher limit}$$

This shows that a 40-year-old exerciser's heart rate should be between 99 and 162 beats per minute during a workout. The chart below can be used as a reference.



If your exercise goal is to burn fat and lose weight, you should exercise in the range of 60% to 70% of your TMHR. You should also exercise for a longer period of time, at least 30 minutes. This will maximize the calories being burned from fat stores. If your goal is to improve your cardiovascular level, then you should train at a higher intensity, in the 75% to 90% TMHR range. While exercising in this higher intensity range, you will be conditioning your heart and lungs to maximize your overall cardiovascular fitness.

## **Exercise Variety**

While Octane offers one of the most versatile exercise machines available, we encourage people to vary their workouts, whether this means choosing a different program or doing a different form of exercise. This will reduce boredom, one of the most common reasons people quit their exercise regimen. Make sure you use all of the features on your Octane elliptical cross trainer. Try a different program. Turn on X-Mode. Watch a different TV show or crank up the music. Remember, variety leads to better workouts. Along with using your Octane elliptical, do different exercises. Take a brisk walk by the lake. Hop on your bike or strap on your inline skates. Climb that hill or cruise through the trails on your cross-country skis. Ride an exercise bike, jog on a treadmill or climb those dreaded stairs. A little variety can take you a long way.

## **Setting Goals**

Another key to a successful exercise program is setting obtainable goals. Goals can be big or small. We recommend smaller goals so you see progress. Here are a few examples:

- Lose one pound per week
- Cut out sweets
- Workout four days/week
- Increase the length of your workout one minute each session until you hit 45 minutes/workout

Once you set your goals, make sure you write them down and make them visible. Tape them to your bathroom mirror, on your refrigerator, or on your computer monitor. Don't lose sight of your goals. Whatever your goals are, make them realistic so you can reach them and experience progress. Celebrate success, then move on to the next goal.

# STARTING YOUR WORKOUT

## WARM-UP

Start your workout at a lower speed and intensity for three to five minutes. This allows the blood to flow throughout the body and raise muscle temperature. You can walk, pedal, bike or use your elliptical cross trainer for your warm-up.

## MOUNTING THE PRODUCT

The low step-up height of the Octane Fitness cross trainer makes it easy to get on and off the product. You can step on the machine from the rear or from the right or left side. Grasp either the moving or stationary handlebars for balance. Step carefully onto the lowest pedal, and remember that the pedal may move as you step on. You're ready to go!

## PROGRAMMING

The DedicatedLogic programming was designed to give you the most flexibility in programming the machine. There are several easy ways to start:

- Use QuickStart to immediately begin the Manual program.
- Select a program and follow the Message Center prompts to enter program values. You can also use the console keys to change programs and settings after you have started pedaling.

## WORKOUTS

The PRO370 had 16 different built-in workouts. We encourage you to try all of them and mix up your routine. Remember, boredom can destroy an exercise program. Your Octane Fitness elliptical cross trainer is just that—a cross trainer—so change it up! Go forward, backward, fast, slow, push, pull, total-body, and lower body only; or, turn on X-Mode and let the computer run you through your workout.

## COOL DOWN

In addition to warming up your body before exercise, you should perform a proper cool-down when you are finished working out. The Cool Down button is a simple and effective way to do this—just press the button and let the machine take you through a cool-down that's right for your workout duration and resistance level.

## STRETCHING

Stretching is a critical part of any exercise routine and should not be overlooked. Best performed after your workout when your muscles are warm, proper stretching promotes flexibility and can reduce the risk of injury. Well-stretched muscles, tendons, and ligaments can make exercise and recovery much more enjoyable. Stretching can help reduce stress. You will feel the benefits of a properly stretched body throughout your entire day.

The first thing to know about stretching is to perform slow, controlled movements; no bouncing! You should feel tension, but not pain. Once you start to feel the stretch, hold that position for 10-30 seconds. Breathe deeply, and after holding the position, release for five seconds, then return for another 20 seconds. A proper stretching routine will take 10-15 minutes but will benefit you 24 hours a day.

Remember:

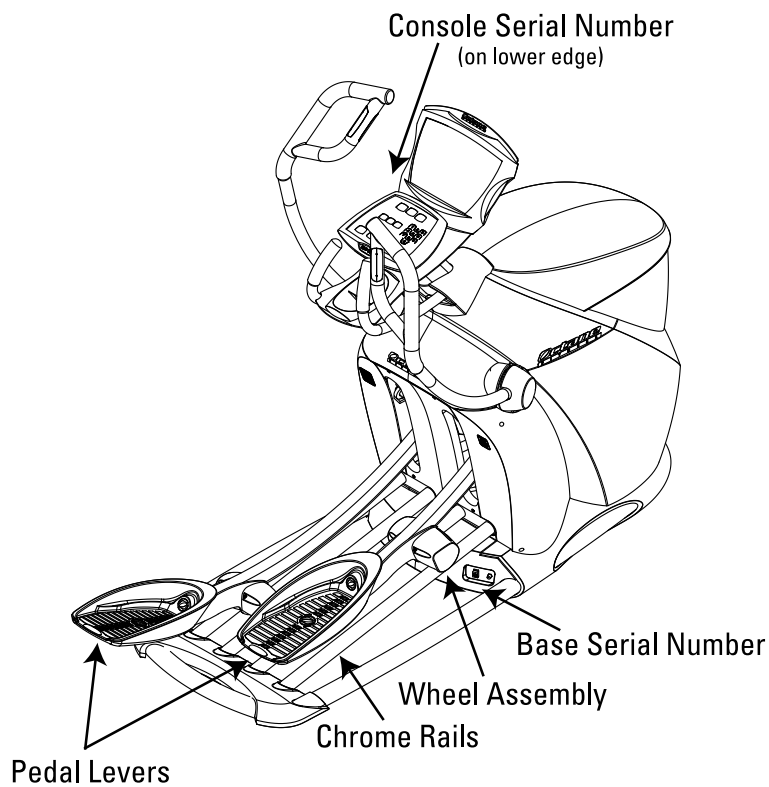
- Stretch slowly
- Hold for 10-30 seconds
- Stop at a comfortable tension, not pain
- Breathe deeply

# CLEANING & MAINTENANCE

**WARNING!** Machine contains moving parts. Take caution when trying to locate and fix any problem with the machine.

Your Octane Fitness elliptical has been manufactured to withstand many hours of hard use with minimal required maintenance. Simply wipe off the machine after a hard workout to remove any sweat to keep the machine clean.

**DO NOT USE ANY CLEANERS ON THE TRACKS. DO NOT USE WD-40 OR ANY TYPE OF SILICONE SPRAY—IF USED IT CAN CAUSE AN INCREASE IN ROLLER WHEEL SQUEAKING).**



# TROUBLESHOOTING & FAQs

## Electronic Issues

Unit doesn't power up	<ul style="list-style-type: none"> <li>• Pedal the machine for a few moments to charge the battery. The console should illuminate after a few seconds. If it does not, contact your local dealer for service.</li> </ul>
Don't feel a resistance change	<ul style="list-style-type: none"> <li>• Increase resistance level to 30 and pedal for 30 seconds. If you feel a difference in the resistance, then the brake is working properly.</li> <li>• Are the cables connected correctly? Refer to the assembly instructions and check connections. When re-connecting the cables, make sure you feel each connector snap into place or hear a click that indicates a proper connection.</li> <li>• If the issue persists, contact your local dealer for service.</li> </ul>
"No HR" is displayed when doing heart rate controlled programs	<p>Heart rate controlled programs require that you wear a wireless chest strap or grasp the digital contact heart rate sensors. First, verify that the wireless chest strap is working properly:</p> <ul style="list-style-type: none"> <li>• Make sure the electrodes of the chest strap are against your bare skin. The electrodes are the ribbed portion on the back of the chest strap.</li> <li>• For better contact, use water to moisten the electrodes on the side of the wireless chest strap that sits against your skin.</li> <li>• Make sure the logo is facing away from your body and is right side up.</li> <li>• Make sure you have placed the chest strap at the bottom of your pectoral muscles. Some adjustment to the strap maybe necessary for the strap to get an accurate reading.</li> <li>• Make sure the strap is snug against your body, but not tight enough to restrict breathing.</li> <li>• Have someone else try the strap standing next to the machine to see if it works on him/her.</li> <li>• There may be interference with another electrical product (lights, TV, personal stereo, wireless network, MP3 players, phones, etc...). Turn off any other electrical product and check to see if the problem is resolved.</li> <li>• The battery in the chest strap may be faulty or worn out; replace the battery and retest.</li> <li>• If you are using the contact heart rate grips, grasp each grip so that the sensor portion of the grip rests in the palm of your hand.</li> <li>• Grip the contact sensors firmly and steadily.</li> <li>• Have someone else try the grips to see if it works for him/her.</li> <li>• If "NO HR" is still displayed on the console, contact your local dealer for service.</li> </ul>

Heart rate readout seems inaccurate (too high or too low)	<p><u>Chest strap</u></p> <ul style="list-style-type: none"> <li>• There may be interference with another electrical product (lights, TV, personal stereo, wireless network, MP3 players, phones, etc.). Turn off any other electrical product to see if there is interference.</li> <li>• Put water between your skin and the ribbed electrodes on the back of the chest strap. This can improve the electrical connection.</li> <li>• Another person in the same workout area may be wearing a chest strap. Have the person relocate to a distance of 3-4 feet away if possible.</li> <li>• The chest strap may be too loose. Adjust the elastic strap so that the strap is snug against your body.</li> <li>• Have someone else try the transmitter to see if the reading seems accurate for him/her.</li> </ul> <p><u>Contact heart rate sensors</u></p> <ul style="list-style-type: none"> <li>• Make sure you are grasping the grips firmly and steadily.</li> <li>• Have someone else try the grips to see if the reading seems accurate for him/her.</li> <li>• If the issue persists, contact your local dealer for service.</li> </ul>
Console blinks on / off	<ul style="list-style-type: none"> <li>• The console connections could be faulty. Refer to the assembly instructions and check connections.</li> <li>• If the issue persists, contact your local dealer for service.</li> </ul>
LED always toggling	<ul style="list-style-type: none"> <li>• Press Display Lock to stop the LEDs from toggling.</li> </ul>
Console LEDs are not bright enough	<ul style="list-style-type: none"> <li>• Enter User Set-up by pressing the Up Arrow (▲) and Down Arrow (▼) keys for three seconds, or until you hear a beep.</li> <li>• Press the Up Arrow (▲) or Down Arrow (▼) key until "BRIGHTNESS" displays in the Message Center.</li> <li>• Press Enter until the LEDs are set at the desired brightness (1-8, with 8 being the brightest).</li> <li>• Press the Up Arrow (▲) or Down Arrow (▼) key until "EXIT" displays in the Message Center, then press Enter.</li> <li>• If the brightness is set to "8" (the brightest level) and the LEDs are still dim, contact your local dealer for service.</li> </ul>
Console does not "beep" when buttons are pressed	<ul style="list-style-type: none"> <li>• Enter User Set-up by pressing the Up Arrow (▲) and Down Arrow (▼) keys for three seconds, or until you hear a beep.</li> <li>• Press the Up Arrow (▲) or Down Arrow (▼) key until "BEEP" displays in the Message Center.</li> <li>• Press Enter until "ON" is displayed.</li> <li>• Press the Up Arrow (▲) or Down Arrow (▼) key until "EXIT" displays in the Message Center, then press Enter.</li> <li>• If "BEEP" is set to "ON" and the console still does not beep, contact your local dealer for service.</li> </ul>

## Mechanical Issues

Handlebars are loose/wobble side-to-side	<ul style="list-style-type: none"> <li>• The screws securing the moving handlebars to the pivot shaft must be very tight. Refer to the assembly instructions and remove the handlebar covers and tighten these screws.</li> <li>• If the issue persists, contact your local dealer for service.</li> </ul>
Handlebars are loose/wobble front-to-back	<ul style="list-style-type: none"> <li>• Contact your local dealer for service.</li> </ul>
Machine feels imbalanced or like the stride on one side is longer than the other	<ul style="list-style-type: none"> <li>• The stride may be set to different lengths on the two sides of the machine. Refer to the assembly instructions and verify that both sides are set to the same length, either "JOGGING" or "RUNNING".</li> <li>• If both sides are set to the same length and the issue persists, contact your local dealer for service.</li> </ul>
Pedal wobbles and will not track correctly	<ul style="list-style-type: none"> <li>• Contact your local dealer for service.</li> </ul>
Machine wobbles and is unstable on the floor	<ul style="list-style-type: none"> <li>• The adjustable levelers may not be properly set on the machine. There are four adjustable levelers, located on the bottom of the Octane Fitness elliptical. See assembly instructions to correctly adjust and lock the levelers.</li> <li>• If your machine is located on a soft surface such as carpet, you may wish to stabilize the unit by purchasing a heavy duty floor mat from your local dealer to place under your machine.</li> </ul>
Machine makes ticking/clunking noise.	<ul style="list-style-type: none"> <li>• Contact your local dealer for service.</li> </ul>

## General Questions

What is a 'calorie'?	<ul style="list-style-type: none"> <li>• A calorie is a unit of measure for energy. One calorie is equal to the amount of energy needed to raise the temperature of 1 gram of water by 1 degree Celsius. By convention in nutrition and exercise, the term 'calories' really represents 'kilocalories', or 1000 calories. In principle, one has to create a 3500 kcal deficit between energy intake (that is, calories from food) and energy expended in order to lose 1 pound of body-fat (or 7800 kcal per kg).</li> </ul>
What is a watt?	<ul style="list-style-type: none"> <li>• A watt is a measure representing the amount of power required by the elliptical to maintain a specified workload (the combination of pedal resistance and speed).</li> </ul>
What is a MET?	<ul style="list-style-type: none"> <li>• A MET, or metabolic equivalent unit, is another measure of output. It represents the ratio of a person's working metabolic rate relative to that person's resting metabolic rate and it gauges the intensity of the workout. One MET is approximately equal to 1 kilocalorie burned per kilogram per hour.</li> </ul>

# LIMITED COMMERCIAL WARRANTY

## PRO370

**NOTE: WARRANTY OUTSIDE OF THE UNITED STATES AND CANADA MAY VARY. THE SERVICE SECTION OF OUR WEBSITE AT [WWW.OCTANEFITNESS.COM](http://WWW.OCTANEFITNESS.COM) CONTAINS ADDITIONAL COUNTRY-SPECIFIC WARRANTY INFORMATION/LIMITATIONS WHICH MAY ALTER OR AMEND THE FOLLOWING LIMITED WARRANTY PROVISIONS. PLEASE VISIT THIS WEBSITE TO DETERMINE SUCH WARRANTY PROVISIONS WITHIN YOUR COUNTRY OF RESIDENCE IF YOU RESIDE IN A COUNTRY OTHER THAN THE UNITED STATES OR CANADA.**

By purchasing this Octane Fitness® Product, You accept all of these terms and conditions.

**Warranty registration:** You must register your product with Octane Fitness, LLC (“We” or “Us”). You can register by completing and returning to Octane Fitness the enclosed Warranty Registration Card or register via our web site at [www.octanefitness.com](http://www.octanefitness.com).

**What is covered:** The Octane Fitness PRO370 (product) is warranted to be free of all defects in material and workmanship.

**Who is covered:** The original owner of the product. The warranty is nontransferable.

**How long the product is covered:** All parts are warranted for three (3) years from original date of purchase. Labor is covered for one (1) year from original date of purchase.

**DISCLAIMER OF WARRANTIES: THIS WARRANTY IS YOUR EXCLUSIVE REMEDY. EXCEPT AS SET FORTH HEREIN, WE MAKE NO REPRESENTATIONS OR WARRANTIES REGARDING THE PRODUCT AND WE EXCLUDE AND DISCLAIM, TO THE EXTENT PERMITTED BY APPLICABLE LAW (INCLUDING THE MINNESOTA UNIFORM COMMERCIAL CODE, THE UNIFORM COMMERCIAL CODE OF THE STATE IN WHICH YOU RESIDE, THE SALE OF GOODS ACTS AS ENACTED AND/OR EFFECTIVE WITHIN ANY CANADIAN PROVINCE OR TERRITORY, AND ANY AMENDMENTS TO ANY OF THE FOREGOING FROM TIME TO TIME), ANY AND ALL IMPLIED WARRANTIES WITH RESPECT TO THE PRODUCT, INCLUDING, WITHOUT LIMITATION, ANY IMPLIED WARRANTY OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE, SATISFACTORY QUALITY AND/OR CORRESPONDENCE WITH DESCRIPTION.**

**EXCEPTIONS / LIMITATIONS: In no event shall We be liable to You or any third party for special, indirect, incidental or consequential damages of any kind, whether based on contract, tort or any other legal theory. If a court determines that You are entitled to monetary damages in lieu of the remedies provided herein, Our entire liability shall be limited to the amount actually paid by You for the Product.**

To the extent permitted by applicable law, the substantive law and the law of remedies of the State of Minnesota, United States of America shall apply to this Warranty, without reference to its principles of conflicts of law. **PURSUANT TO SECTION 6 OF THE 1980 UNITED NATIONS CONVENTION ON CONTRACTS FOR THE INTERNATIONAL SALE OF GOODS (“CONVENTION”), THE PARTIES HEREBY EXPRESSLY AGREE THAT THE CONVENTION DOES NOT APPLY TO THIS AGREEMENT OR THE RELATIONSHIP BETWEEN THE PARTIES.** All disputes regarding this Warranty and/or the Product shall be resolved in a state or federal court with competent jurisdiction located in Hennepin County, State of Minnesota, United States of America. The English language version of this Warranty shall at all times govern the relationship between the parties notwithstanding the fact that this Warranty may be translated into a language other than English by any party.

This Warranty does not cover normal or remedial maintenance repairs or damages or defects caused or contributed to by accident, improper use of the Product, any cause external to the Product or any occurrence beyond Our control. Any Product misuse, abuse, placement in any application other than in home use or attempt to alter or repair the Product other than by an authorized Octane Fitness® service provider shall void this Warranty. Any replacement parts provided hereunder are warranted only for the remainder of the Warranty Period set forth above. This Warranty is non-assignable and non-transferable to any third party and any such attempted assignment or transfer shall be null

and void. Our distributors, sales representatives and/or agents are not authorized to modify or expand the scope of this Warranty and any such attempted or purported modification or expansion shall be null and void. Product failure due to users in excess of 400 lbs. is not covered. Parts and electronic components reconditioned to As New Condition by Octane Fitness or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

**What you must do:** Retain proof of purchase (such as your sales receipt from commercial dealer); operate, and maintain the Product as specified in the Operations Manual; notify your commercial dealer or our Customer Service Department of any defect within ten (10) days after discovery of defect; and, as instructed, return any defective part for replacement or, if necessary, the entire product for repair. Octane Fitness reserves the right to determine if the entire machine will be replaced.

**Operations Manual:** It is VERY IMPORTANT THAT ALL STAFF MEMBERS READ THE MANUAL before operating the Product. Failure to comply with any use requirements may void this Warranty.

**How to get parts and service:** Simply call the commercial dealer where you purchased the product or the Octane Fitness Customer Service Department at 888.OCTANE4, ext. 1, and tell them your name and address and the serial numbers for your product. **Each product has two serial numbers.** The console serial number can be found on the bottom of the console. The base serial number can be found on the rail support plate, below the power cord connection.

**Please have both serial numbers when you call.**

**RECORD KEEPING**

*Tip: Record the serial numbers of your Octane Fitness® elliptical cross trainers in the spaces below. This will make it easier for you to obtain accurate and timely response should any service issues occur with your machines.*

**ATTENTION** – All serial numbers begin with a letter.

Base Serial Number – located below front right chrome rail at the power inlet

Console Serial Number – located on the lower edge of the console

1.	Base	Console
2.	Base	Console
3.	Base	Console
4.	Base	Console
5.	Base	Console
6.	Base	Console
7.	Base	Console
8.	Base	Console
9.	Base	Console
10.	Base	Console

# LIMITED CONSUMER WARRANTY

## PRO370

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**Who is covered:** The original owner of the product or the person the warranty has been transferred to under Octane Fitness transferable warranty program.

**What is a transferable warranty:** As the original owner, Octane Fitness allows you to transfer the warranty of your product to an individual of your choosing who purchases or is given the product. By filling out a warranty transfer card and sending it to Octane Fitness, the warranty will be transferred. A warranty transfer card included in the Operations Manual or by calling customer service at 888.OCTANE4, ext. 1. The transferable warranty is not valid to or from commercial settings. The warranty can only be transferred one time.

**How long the product is covered:** Octane Fitness offers lifetime warranty on the frame of the product. All parts are warranted for five (5) years from original date of purchase. Labor is covered for one (1) year from original date of purchase.

**DISCLAIMER OF WARRANTIES: THIS WARRANTY IS YOUR EXCLUSIVE REMEDY. EXCEPT AS SET FORTH HEREIN, WE MAKE NO REPRESENTATIONS OR WARRANTIES REGARDING THE PRODUCT AND WE EXCLUDE AND DISCLAIM, TO THE EXTENT PERMITTED BY APPLICABLE LAW (INCLUDING THE MINNESOTA UNIFORM COMMERCIAL CODE, THE UNIFORM COMMERCIAL CODE OF THE STATE IN WHICH YOU RESIDE, THE SALE OF GOODS ACTS AS ENACTED AND/OR EFFECTIVE WITHIN ANY CANADIAN PROVINCE OR TERRITORY, ANY SIMILAR CIVIL OR COMMERCIAL CODE WITHIN YOUR COUNTRY OF RESIDENCE, AND ANY AMENDMENTS TO ANY OF THE FOREGOING FROM TIME TO TIME), ANY AND ALL IMPLIED WARRANTIES WITH RESPECT TO THE PRODUCT, INCLUDING, WITHOUT LIMITATION, ANY IMPLIED WARRANTY OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE, SATISFACTORY QUALITY AND/OR CORRESPONDENCE WITH DESCRIPTION.**

**EXCEPTIONS / LIMITATIONS:** In no event shall We be liable to You or any third party for special, indirect, incidental or consequential damages of any kind, whether based on contract, tort or any other legal theory. If a court determines that You are entitled to monetary damages in lieu of the remedies provided herein, Our entire liability shall be limited to the amount actually paid by You for the Product.

To the extent permitted by applicable law, the substantive law and the law of remedies of the State of Minnesota, United States of America shall apply to this Warranty, without reference to its principles of conflicts of law. **PURSUANT TO SECTION 6 OF THE 1980 UNITED NATIONS CONVENTION ON CONTRACTS FOR THE INTERNATIONAL SALE OF GOODS (“CONVENTION”), THE PARTIES HEREBY EXPRESSLY AGREE THAT THE CONVENTION DOES NOT APPLY TO THIS AGREEMENT OR THE RELATIONSHIP BETWEEN THE PARTIES.** All disputes regarding this Warranty and/or the Product shall be resolved in a state or federal court with competent jurisdiction located in Hennepin County, State of Minnesota, United States of America. The English language version of this Warranty shall at all times govern the relationship between the parties notwithstanding the fact that this Warranty may be translated into a language other than English by any party.

This Warranty does not cover normal or remedial maintenance repairs or damages or defects caused or contributed to by accident, improper use of the Product, any cause external to the Product or any occurrence beyond Our control. Any Product misuse, abuse, placement in any application other than in home use or attempt to alter or repair the Product other than by an authorized Octane Fitness® service provider shall void this Warranty.

Any replacement parts provided hereunder are warranted only for the remainder of the Warranty Period set forth above. Except as provided above, this Warranty is non-assignable and non-transferable to any third party and any such attempted assignment or transfer shall be null and void. Our distributors, sales representatives and/or agents are not authorized to modify or expand the scope of this Warranty and any such attempted or purported modification or expansion shall be null and void. Product failure due to users in excess of 400 lbs. is not covered. **This warranty does not extend to products used for commercial applications.** Parts and electronic components reconditioned to As New Condition by Octane Fitness or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

**What you must do:** Retain proof of purchase (such as your sales receipt from commercial dealer); operate, and maintain the Product as specified in the Operations Manual; notify your commercial dealer or our Customer Service Department of any defect within ten (10) days after discovery of defect; and as instructed, return any defective part for replacement or, if necessary, the entire product for repair. Octane Fitness reserves the right to determine if the entire machine will be replaced.

**Operations Manual:** It is VERY IMPORTANT THAT ALL USERS READ THE MANUAL before operating the Product. Failure to comply with any use requirements may void this Warranty.

**How to get parts and service:** Simply call the commercial dealer where you purchased the product or the Octane Fitness Customer Service Department at 888.OCTANE4, ext. 1, and tell them your name and address and the serial numbers for your product. **Each product has two serial numbers.** The console serial number can be found on the bottom of the console. The base serial number can be found on the rail support plate, below the power cord connection. **Please have both serial numbers when you call.**

# Warranty Transfer Card PRO370— Home Setting ONLY

As the original owner, Octane Fitness allows you to transfer the balance of the warranty of your product to an individual of your choosing who purchases or is given the product.

By filling out a warranty transfer card and sending it to Octane Fitness with a copy of the original receipt, the warranty will be transferred. Please make two copies of this form and the original receipt one for your records and one for the new owner.

All parts are warranted for three years from original date of purchase. Labor is covered for one year from original date of purchase.

***This form should only be used by the original owner when selling or giving a used product to a new owner.***

Please detach form below and send to:

Octane Fitness  
9200 Wyoming Avenue North  
Suite 380  
Brooklyn Park, MN 55445  
Fax: 763-323-2064

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Original Owner	New Owner
Name: _____	Name: _____
Address: _____ _____	Address: _____ _____
City: _____	City: _____
State: _____ Zip: _____	State: _____ Zip: _____
Dealer: _____	Model: _____
Base Serial Number _____	
Console Serial Number _____	
Date Purchased: _____	
Original Owner Signature: _____	Date: _____
New Owner Signature: _____	Date: _____



***Are you passionate about your workout and the results?***

Share your story with others on the Octane Fitness web site.

Go to: ***www.octanefitness.com/testimonials***

Then click on "Share My Story" and  
show the world how fueled you are.

**F U E L   Y O U R   L I F E <sup>TM</sup>**



9200 Wyoming Avenue North.  
Suite 380  
Brooklyn Park, MN 55445  
888.OCTANE4

[www.octanefitness.com](http://www.octanefitness.com)

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