

Octane[®]

F I T N E S S

xRide[™]



xR4x

OPERATIONS MANUAL

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GETTING STARTED

Welcome to a new breed of exercise equipment— xRide™ by Octane Fitness! You will soon be experiencing a great ride as you challenge yourself with a variety of pre-programmed workouts managed by sophisticated electronics that keep you interested and motivated. Getting started is easy; just step across the base and have a seat. Adjust the seat, then follow the prompts to program your workout, and you are on your way!

Adjusting the Seat

The comfort and effectiveness of the workout on the xR4 begins with proper seat position. Both the height of the seat and the tilt of the seat back on the xR4 seat are adjustable, ensuring that you can find just the right position to suit your preference and deliver the best possible workout.

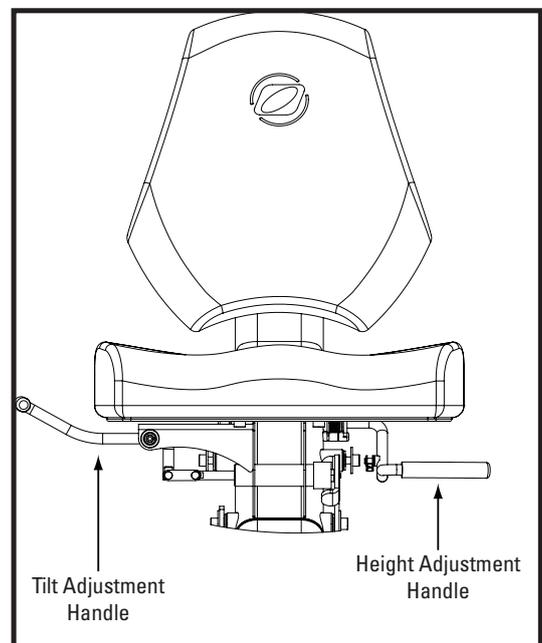
Note: *When adjusting seat height or tilt, make sure you hear and feel the adjustment mechanism lock into position.*

Adjusting seat height

Adjust seat height to one of the 15 positions on the xR4 Series using the handle located just under the left front edge of the seat. While bracing yourself with your feet on the platform, lift up on the handle and use your legs to move the seat into a comfortable height. Place your feet on the pedals and pedal forward, stopping when one pedal is at its lowest point. Check the position of your leg on this pedal; your knee should be slightly bent. If your leg is fully extended, or your knee is bent too much, readjust the seat height until you have the proper leg extension.

Adjusting seat back tilt

Adjust the tilt of the seat back on the xR4 Series using the handle located just under the right handgrip. You may choose one of five positions, with position 1 being the most upright and position 5 being the most reclined. To adjust, lift up on the yellow handle to disengage the tilt lock. Press back to recline or shift your weight slightly forward to tilt the seat back up. Release the handle, then shift your weight slightly until you hear the tilt lock pop into position.



Note: *Once you have adjusted the tilt of the seat back to a comfortable position, pedal forward and recheck your leg extension. You may need to readjust the seat height to compensate for the change in tilt.*

Tip: *Be sure to record the position numbers of both the seat height (1-15) and the seat back tilt (1-5) so that you can quickly set the seat when you are ready to begin your next workout.*

Important Safety Information

Anyone using this product should consult a physician before starting an exercise program. This is especially important for persons over 35 or those with pre-existing health conditions. If at any time during a workout an exerciser experiences chest pains, nausea, dizziness, or shortness of breath, he or she should stop exercising immediately and consult a physician before starting again.

The Octane Fitness Product Safety Information for xRide Ellipticals (Part Number 109862-001), shipped with the product, contains important details for safe set-up and operation of the Octane Fitness elliptical. Users are expected to review this document before using the elliptical.

Warranty Information

The Octane Fitness elliptical is warranted to be free of all defects in material and workmanship for a specific period of time from original date of purchase. Please refer to the Octane Fitness Limited Consumer Warranty (Part Number 104198-001) included in your information packet for full terms and details of warranty coverage.

User Set-Up Functions

Program features, console settings, and controls of the xR4x can be adjusted to fit your personal preferences or workout environment. To access the User Set-up functions, press and hold both the Level (▲) and Level (▼) keys for three seconds, or until you hear a beep. The following customizable functions are displayed in sequence; use the ENTER key to toggle through the available options for each function, and press any (▲) or (▼) key to select a setting and move to the next function. To exit without changing any values, press Pause Clear twice. Once saved, values become the new standard and do not need to be reset for each use.

Warm-Up	This feature may be turned "ON" (to include a 3-minute warm-up in each workout) or "OFF". The factory default setting is "ON".
Pause	Turning this function to "OFF" prevents the console from entering "Pause" mode when the user stops pedaling. With this setting the unit will only "Pause" when the Pause Clear button is pressed. The factory default setting is "ON". The "OFF" setting is primarily used during product demonstrations.
Clock Direction	The xR4 cross-trainer can track workout time by counting "UP" or "DN" (down). The factory default setting is "UP".
Units	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".
Beep	You may turn the console sounds "ON" or "OFF". The factory default setting is "ON".
Language	Choose one of several languages options for your console display. The factory default setting is "ENGLISH".
Exit	When EXIT is displayed, 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.

Heart Rate Monitoring

The xR4x is equipped with state-of-the-art heart rate monitoring technologies that help you make the most of your training efforts. The digital contact heart rate grip sensors on the stationary handlebars enable on-demand heart rate monitoring—just grasp the sensors and your current heart rate is displayed on the console.

Cleaning and Maintenance of the XR4x Elliptical

WARNING! This 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 with a clean towel after a hard workout to remove any sweat to keep the machine clean. **Do not use bleach on the console as it will damage the surface.**

Abrasive cloths, towels, paper towels, and similar items may cause damage to surface of your console. Do not use window cleaners, household cleaners, aerosol sprays, solvents, alcohol, ammonia, or abrasive cleaners, as they, too, may damage the console.

Please contact your local Octane Fitness dealer should you have any questions or encounter any maintenance issues. If you would like to speak directly to an Octane Fitness customer service specialist, please call 888.OCTANE4 or 763.757.2662, ext. 1, or visit www.octanefitness.com.

Learn More...and Join the Octane Fitness Community!

Should you have any questions regarding your elliptical, please log on to www.octanefitness.com where you will find answers to many common questions and tips on using your elliptical. If you would like to speak to an Octane Fitness Customer Service specialist, please call 1-888-OCTANE4 or 763-757-2662 extension 1.

Or...find Octane Fitness on your favorite social media site—Facebook, Twitter, YouTube or Pinterest! Just search for “Octane Fitness” to get connected with a community of users who are enjoying free downloads and workout inspiration in a team atmosphere. Come join us!



search: Octane Fitness

ELECTRONICS

The Octane Fitness XR4x features simple, easy to understand keypads and a dynamic display which provides all the information you need to get started and stay motivated during your workout. Check out the program descriptions found later in this manual to choose the workout that is just right for you.

Getting started is easy—just step across the base and have a seat. Adjust the seat, then **choose your workout** and **adjust the settings**. DedicatedLogic™ programming gives you the ultimate in ease of use and total flexibility for programming your console. This allows you to start your workout, then program the electronics, and to change settings at any time during your workout. This ease of use starts by giving each key only one function. This makes it easy to understand how each key works.

XR4x Keypad and Console

Your XR4x elliptical is equipped with an informative console and simple-to-use keypad featuring a selection of pre-programmed workouts, the Octane Fitness Workout Boosters and the dynamic LCD to provide workout directions and feedback.



Keypad Buttons

	<p>The Power button turns the LCD console on or off.</p>
<p>Quick Start</p>	<p>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. The calories readout will be based on a 150 lb. (68 kg) user, age 40. Once you have selected Quick Start, you can program Time and Level in any order. (Age and Weight can only be changed by selecting one of the programs on your elliptical and entering the values during Program set-up.)</p>

	<p>Press this button and then press ENTER to activate Movement Management Mode (M.O.M.), a unique control feature offered on Octane Fitness ellipticals which disables the console buttons and increases the resistance in the movement of the pedals so that the pedals do not move as easily. The  icon in the lower right corner of the LCD lights to show that M.O.M. is activated, and the keypad does not respond to key presses. This control feature may discourage children from experimenting with the machine. To unlock M.O.M., press the button again, holding it for 3 seconds until the console responds.</p> <p>CAUTION! M.O.M. mode is provided to reduce the likelihood that children can pedal the elliptical cross-trainer. This feature does not lock the machine; the pedals still move and the potential for injury still exists. It is the responsibility of the user to supervise children and keep them off the elliptical cross trainer to minimize the likelihood of injury.</p>
<p>Pause Clear</p>	<p>Press once to pause your workout. The standard pause time is 10 minutes. To restart a paused workout, push any key or just begin pedaling. If you stop pedaling during a workout, the unit will automatically begin a pause phase; simply start pedaling to resume your workout. Press the Pause Clear button twice within two seconds, and your machine is reset and ready for another workout.</p>
<p>Up and Down Keys</p>	
<p>Program Workout</p>	<p>Press the Program Workout (▲) or (▼) to scroll through the programs, then press Enter to select a program. Program changes can be made any time during your workout. When you change programs, the LCD message center prompts you to enter new program values as needed.</p>
	<p>Press the clock button (Time), then (▲) or (▼) 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. Note: the Time button is inactive during program warm-up.</p>
<p>Level</p>	<p>Press Level (▲) or (▼) to increase or decrease the resistance level of the machine. There are 20 levels of resistance for preset resistance programs.</p>
<p>Enter</p>	<p>Selects any of the changed values or items from the above keys. Also, pressing the Enter key during any workout will stop the LED readout windows from toggling between display modes.</p>

Octane Boosters

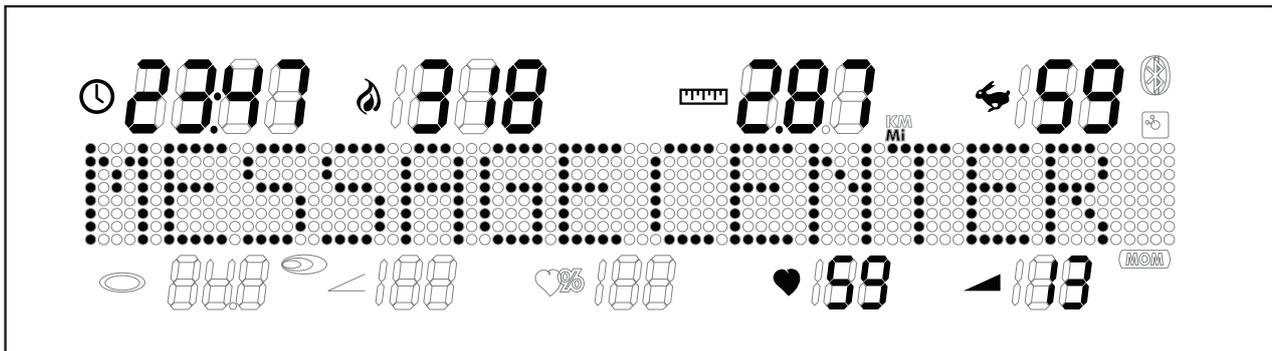
Your Octane Fitness XR4x offers three ‘boosters’ to add motivation and variety to your workout.

Press  on the keypad to toggle through and choose one of these great challenges:

<p>X-Mode</p>	<p>This great motivational tool keeps your workout fresh and exciting in any program. Every other minute X-Mode kicks in, adding four levels of resistance and prompting you to perform combinations of six different challenges:</p> <p>Push-Legs Focus on pushing with your legs to work your quadriceps and glutes.</p> <p>Pull-Arms Focus on pulling with your arms to work your biceps and lats.</p> <p>Push-Arms Focus on pushing with your arms to work your chest and triceps.</p> <p>Reverse Pedal backwards to change the muscle focus in your legs.</p> <p>Fast Pick up the pace—we recommend 60+ rpm, but you should find your own comfort level.</p> <p>Resistance⁺ Sweat it out as you work your entire body with a quick burst at 3 additional levels of resistance—a total of 7 levels higher than your program resistance level!</p> <p>During an X-Mode session, the level of resistance can be changed by pressing any (▲) or (▼) key on the keypad.</p>
<p>Chest Press</p>	<p>Press the “Boost Your Workout” button a second time to select Chest Press, a proprietary program designed to boost endurance and build strength and muscle tone in your upper body. Chest Press integrates cardio sessions with strength sessions focused on the chest, arms, and back. The cardio session follows the selected program profile. For each Chest Press interval, resistance increases 10 levels (or to the maximum resistance of 20) for a muscle-building, 10-repetition set. . During the Chest Press set, the level of resistance can be changed by pressing any (▲) or (▼) key.</p>
<p>Leg Press</p>	<p>Leg Press is an aggressive routine to help you build strength and power in your leg muscles. Initiate Leg Press sessions by pressing the “Boost Your Workout” button a third time. Leg Press integrates cardio sessions with strength sessions focused on the legs. The cardio session follows the selected program profile. For each Leg Press interval, resistance increases 10 levels (or to the maximum resistance of 20) for a muscle-building, 15-repetition set. During the Leg Press session, the level of resistance can be changed by pressing any (▲) or (▼) key on the keypad or the right handlebar.</p>

A fourth click of the “Boost Your Workout” button cancels all boosters.

Dynamic Display (LCD)



The LCD display prompts you to enter important information, dynamically displays all of the important workout data and highlights aspects of your workout such as upcoming intervals and resistance changes. Watch the display 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.

	Displays workout time , counting up from 0:00. Time can be increased or decreased during your workout. The maximum time that users can set is 99:00. When actual workout time is displayed, the timer goes up to 99:59, then the display rolls over to 0:00. Refer to User Set-up Functions to learn how to switch from a “count up” to “count down” display.
	Displays an estimate of the total calories burned during the workout, based on the user’s entered weight. If no specific weight is entered, calories are based on a 150 lb. (68 kg) user..
	Displays an estimate of the distance you have traveled. Distance can be shown in either miles (English) or kilometers (metric). When you first purchase your elliptical the display will be in English. Refer to User Set-up Functions to learn how to switch from English to metric.
	Displays your current speed in revolutions per minute (rpm).
	Displays heart rate in beats per minute (BPM). Note: <i>You must be consistently grasping the contact heart rate sensor grips on the stationary handlebars.</i>
	Displays the resistance level (1-20), where 1 is the lowest resistance level and 20 is the highest.
	When lit, this icon indicates that M.O.M. mode (described under “Keypad Buttons”) is active.

OCTANE FITNESS PROGRAMS

The **xR4x** has six built-in programs to keep your workouts interesting:

Classic programs:

Manual—Random—Interval—Beginner

Goal programs:

Distance Goal—Calorie Goal

Programs begin with a warm-up to ease your body into your intense workout. During the warm-up, the resistance increases each minute. At the end of the warm-up, you will be at your selected resistance value. You can change the level at any time during the warm-up.

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 goal (such as time, distance, or calories). Program your workout your way!

How Does Workload Resistance (Level) Work?

Nominal Level

Except as noted below, you select a consistent level of resistance for your workout, and increase or decrease it whenever you choose using the Level (▲) or (▼) keys on the keypad.

Program Level

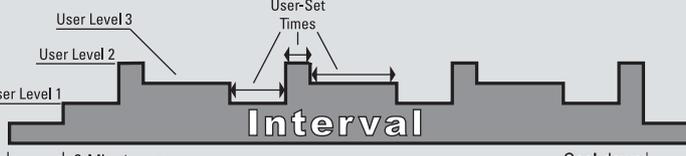
The Random and Distance Goal programs let you select an overall resistance level for the program. This level is the average resistance level for the workout. The range of resistance levels during these workouts are plus (▲) or minus (▼) 4 of the entered program level. That is, for program Level 5, minimum resistance is Level 1 and maximum resistance is Level 9. During the workout, the overall program resistance level is displayed. You can change the Level at any time.

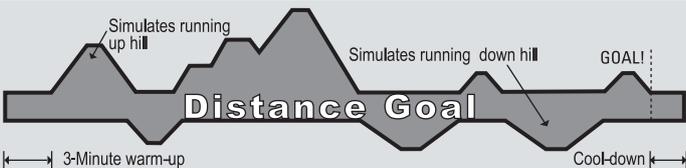
xR4x PROGRAM SETTINGS—VALUE RANGES			
Setting	Standard Values*	Minimum Value	Maximum Value
Time	30:00	1:00	99:00
Level	1	1	20
Age	40	15	99
Weight	150 lbs. (68 kg)	70 lbs. (32 kg)	300 lbs. (181 kg)
Intervals	2	1	4
Interval (x) Time	00:30	00:15	99:00
Interval (x) Level	1	1	20
Calorie Goal	350	150	1000
Distance Goal	10K (6.2 miles)	1K (.62 miles)	21K (13.1 miles)

xR4x PROGRAM REFERENCE

Press Program (▲) or (▼) and Enter to choose a program.

CLASSIC PROGRAMS

Programs & Standard Settings	Description
<p>Level —</p>  <p>Manual</p> <p>Time (30:00) Level (1) Age (40) Weight (150 lbs./68 kg)</p>	<p>Get on and go; constant resistance simulates walking or jogging on a flat surface. The oval racetrack equals 1/4 mile (or 400 meters); the counter in the matrix display shows laps completed.</p>
 <p>Random</p> <p>Time (30:00) Level (1) Age (40) Weight (150 lbs./68 kg)</p>	<p>Enjoy computer-randomized resistance variation with a virtually infinite number of combinations. Get a new course each time you select the program or change the level. Each interval lasts one minute.</p>
 <p>Interval</p> <p>Time (30:00) Intervals (2) Interval 1 — Time (00:30) Interval 1 — Level (1) Interval n — Time (00:30) Interval n — Level (1) Age (40) Weight (150 lbs./68 kg)</p>	<p>Design a custom workout of up to 4 alternating intervals of user-defined duration and resistance. Use Level (▲) or (▼) to adjust interval resistance mid-workout.</p>
<p>Combination of resistance level, time, and recommended speed (RPM)</p> <p>Level —</p>  <p>Beginner</p> <p>Day (1)</p>	<p>Follow a 14-day planned workout sequence to help jump-start your exercise program. Each day's workout includes preset values for resistance level, time and a suggested speed (RPM). The values gradually increase in intensity each day, building up your stamina and getting you ready to workout on your own. Use Level (▲) or (▼) to choose the day (1-14) and you're ready to go!</p>

GOAL PROGRAMS	
Programs & Standard Settings	Description
 <p style="text-align: center;">Distance Goal</p> <p style="text-align: center;">3-Minute warm-up Cool-down</p> <p style="text-align: center;">Distance (10K) Level (5) Age (40) Weight (150 lbs./68 kg)</p>	<p>Complete a virtual race—a great way to train for an actual event. Take to the hills as gradual resistance changes simulate variance in terrain, replicating the challenges encountered when walking or running outside. The distance readout counts down from 6.2 miles (10 kilometers). Use Level (▲) or (▼) to adjust interval resistance mid-workout.</p>
 <p style="text-align: center;">Calorie Goal</p> <p style="text-align: center;">3-Minute warm-up Cool-down</p> <p style="text-align: center;">Calories (350) Level (1) Age (40) Weight (150 lbs./68 kg)</p>	<p>Get moving on a flat course until you have burned your target number of calories. Use Level (▲) or (▼) to adjust interval resistance mid-workout. Watch the calories fall away!</p>
<p><i>*Standard program values are used if no values are entered within 4 seconds of Message Center prompts.</i></p>	

ENJOY YOUR OCTANE FITNESS ELLIPTICAL

Our customer service team is available to answer any questions you may have about your Octane Fitness elliptical. Please join us in a 'live' chat at www.octanefitness.com, or call 1-888-OCTANE4 or 763-757-2662, ext. 1.

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