

Octane[®]

F I T N E S S



PRO4500

OPERATIONS MANUAL

PRO4500 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.

Octane Fitness
9200 Wyoming Avenue North
Suite 380
Brooklyn Park, MN 55445
Phone: 888.OCTANE4
Fax: 763.323.2064
www.octanefitness.com

Fueled,

Dennis Lee
President



IMPORTANT SAFETY INSTRUCTIONS

Please Read and Save These 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 your machine is not working properly, contact your local dealer or Octane Fitness for repair.
- Keep the cord away from heated surfaces.
- **Do not** use outdoors.
- Use only the power cord provided with your Octane Fitness elliptical cross trainer.
- **Never** place the power cord under carpeting or place any object on top of the power cord which may pinch and/or damage it.
- **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.
- Unplug your Octane Fitness elliptical cross trainer before moving it.

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 (60cm) 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 yourself 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 330 pounds. Use proper lifting technique and/or get assistance when moving your product.

HEART RATE FEATURE

Safety Guidelines

Before using the Octane Fitness PRO4500 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

- **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 Octane Fitness 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 Octane Fitness 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.

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ELECTRONICS

PRO4500 CONSOLE

Welcome to some of the easiest to use, yet most sophisticated, electronics available in the fitness industry!

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 matrix display 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 manual program at resistance level 1 with a stride length of 21" (54 cm) and a user weight of 150 pounds.

CSAFE Programming

The PRO4500 is CSAFE compatible. If you have connected the PRO4500 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 by pressing the +/- keys to change a digit and the Enter key to move to the next number in the ID. 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 with a stride length of 21" (54 cm) and a user weight of 150 pounds.

Console Buttons

Quick Start

Press the Quick Start button to bypass the prompted programming and begin a 30-minute manual program at resistance level 1. Your calories will be based on a 150 lb. (68 kg) user. Once you have selected Quick Start you can program any console function at any time and any order.

Pause/Clear

Press the Pause/Clear button once to pause your workout or simply quit pedaling. The display will remain on for 10 seconds, and the CSAFE-compatible audio (if installed) will remain on for 1 minute. Your workout values will be saved for two minutes. To resume a paused workout, push any key or start pedaling. Press Pause/Clear twice within two seconds to clear your workout.

SmartStride

SmartStride automatically replicates natural movement by analyzing and measuring the exerciser's pace and direction and intuitively adjusting stride length in 1 inch (2 centimeter) increments, from 18 inches (46 cm) to 23 inches (58 cm). Press the SmartStride button and the machine will analyze your speed for 10 seconds and make the appropriate adjustments. To deactivate SmartStride, simply push the SmartStride button a second time.

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 (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 Level (+/-) buttons. 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 PRO4500 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.

Up and Down Keys

Time (+ and -)

Increases or decreases the time for your workout (minutes:seconds). You can change your time during a workout without having to restart the entire program. The maximum workout time is 99 minutes; however, this can be customized for your environment using the User Set-Up Functions described on page 20.

Program (+ and -)

Toggles through programs. Program changes can be made any time during your workout.

Stride (+ and -)

Increases or decreases stride length. Each key press equals one inch (English) or three centimeters (metric). The stride length ranges from 18 inches (46 cm) to 23 inches (58 cm). The default stride length for preset resistance and heart rate controlled programs is 21" (54 cm). For variable stride programs, the default forward or long stride is 21" (54 cm) and the default backward or short stride is 18" (46 cm).

Level (+ and -)

Increases or decreases the resistance level of the machine. There are 30 levels of resistance for programs P1-P5 and P11-P15. During heart rate programs (P6-P10), the Level button increases or decreases your target heart rate. (For more information on heart rate programs, go to page 8). To save a change in target heart rate, you must hit Enter after entering the proper number.

Weight (+ and -)

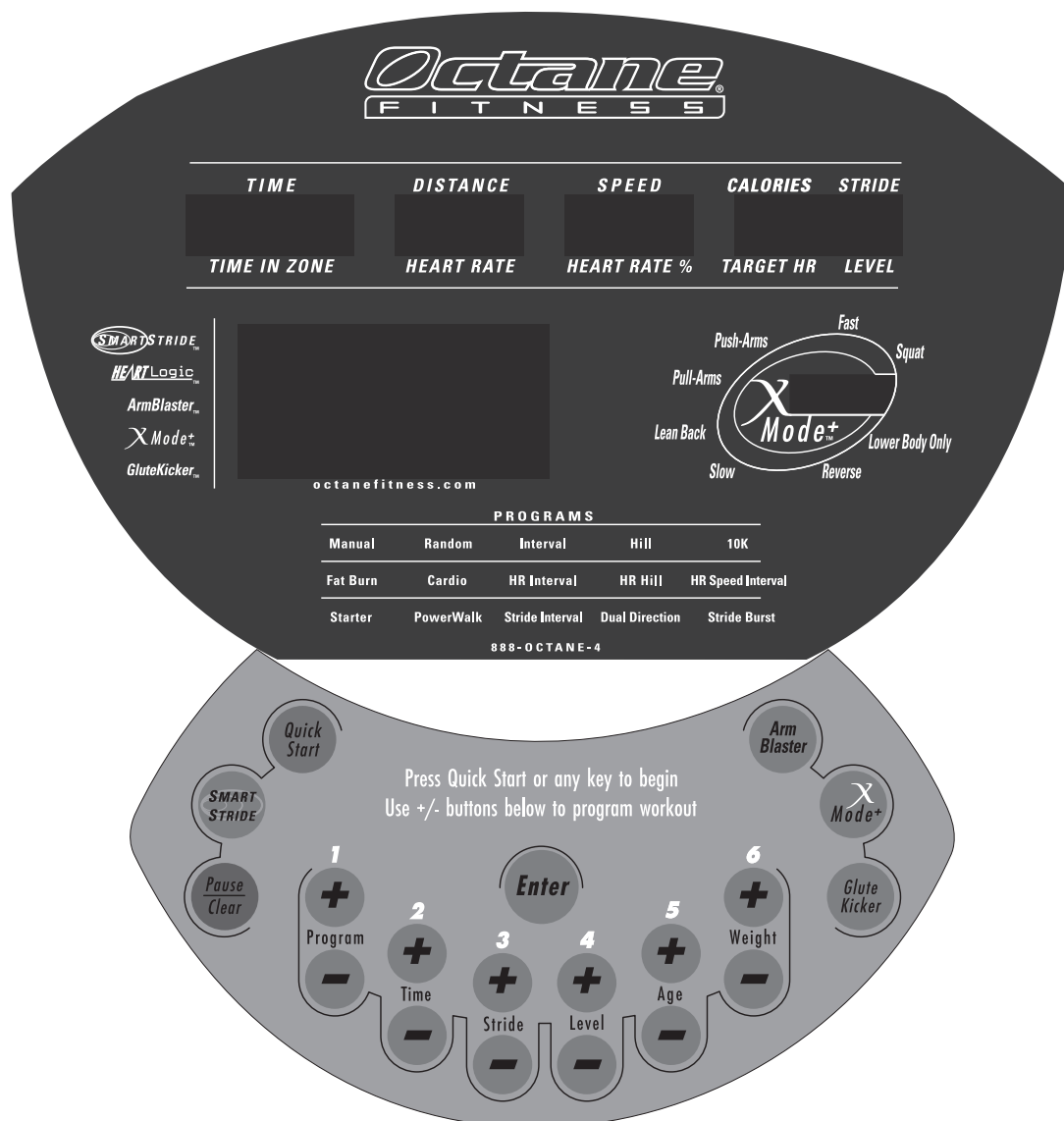
Increases or decreases the user's entered weight. This value is used to give a more accurate calorie burn readout. Weight is displayed in pounds (English) or kilograms (metric). You can change this setting from English to metric or metric to English, using the User Set-Up Functions described on page 20.

Age (+ and –)

Used for heart rate programs. Entering an age will give a recommended target heart rate based on the formula $220 - \text{your age} = \text{your theoretical maximum heart rate (TMHR)}$. That number is then multiplied by the program intensity value to determine your target heart rate(s). If you are not in a heart rate controlled program, but want to see your heart rate percentage, just enter your age. (You must be wearing your wireless heart rate transmitter or grasping the contact heart rate sensor grips to use this feature.) For more information, refer to page 23, "What should my heart rate be?".

Enter

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.



PRO4500 Console

Program Breakdown

Preset resistance programs:	Manual—Random—Interval—Hill—10K
Heart rate controlled programs:	Fat Burn—Cardio—Heart Rate Interval—Heart Rate Hill— Heart Rate Speed Interval
Variable stride programs:	Starter—PowerWalk—Stride Interval—Dual Direction—Stride Burst

Tip: Do you wish the number LEDs didn't toggle between the higher and lower LEDs? Do you just care about seeing time, or you want to focus on heart rate data? Just press the Enter key and it will hold the display. Press the Enter key again to have the LEDs revert back to toggling.

PRO4500 PROGRAMS AND FEATURES

Program Warm-up

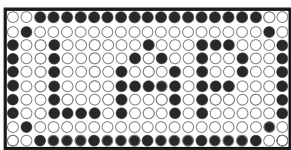
Programs begin with a warm-up to ease your body into your intense workout. During the warm-up, the resistance and stride length increase each minute.

Programs P2-P5 and P11-P15 incorporate a three-minute warm-up (unless you have deactivated the warm-up feature using the User Set-up Functions described on page 20). Resistance increases two levels per minute and stride length increases 1 inch (2 cm) per minute. In heart rate controlled programs (P6-P10), increasing or decreasing the Level changes the target heart rate. Stride length increases 1 inch (2 cm) per minute until reaching your entered stride length. The warm-up lasts three minutes or until you reach your target heart rate; then your selected program begins.

Preset Resistance Programs

Manual—Random—Interval—Hill—10K

Manual

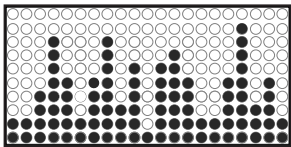


The Manual program simulates walking or jogging on a flat surface. The manual program does not have a warm-up. To begin the program, you are prompted to enter your workout time, stride length, level, and weight. The resistance stays constant for the entire workout, unless you change it by pressing Level (+/-). The oval racetrack signifies 1/4 mile (or 1/4 kilometer); a counter shows how many laps you have completed during your workout. The default stride length is 21" (54 cm). The stride length and resistance can be changed any time during the workout.

Level —



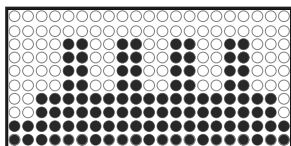
Random



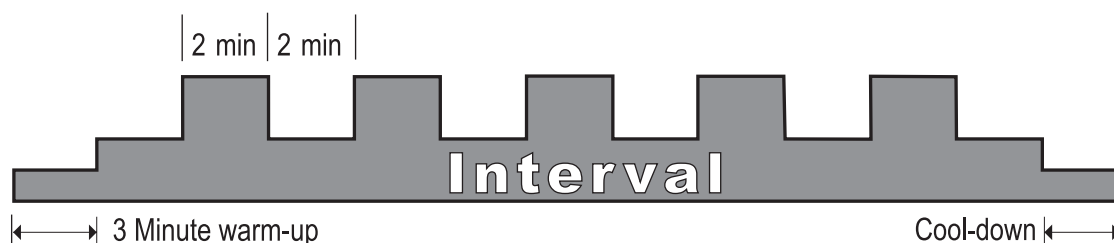
The Random program has a virtually infinite number of different combinations. The computer randomly generates a new course each time you select the random program, giving you different levels of resistance. Each column on the display lasts for 1 minute. To begin the program, you are prompted to enter your workout time, stride length, level, and weight.



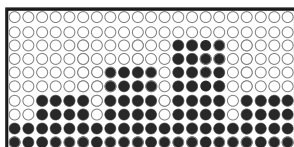
Interval



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 you are prompted to enter your workout time and stride length. Then, "SET 1ST INTERVAL" scrolls across the matrix display and the resistance level for this interval is shown in the "Level" window. The standard level for the first interval is "1". Use Level +/- while "SET 1ST INTERVAL" is scrolling across the matrix display to set your desired first interval resistance level. Next, "SET 2ND INTERVAL" scrolls across the matrix display and the resistance level for this interval is shown in the "Level" window. The standard level for the second interval is "4". Use Level +/- while "SET 2ND INTERVAL" is scrolling across the matrix display to set your desired second interval resistance level. Finally, you will be asked to enter your 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 Level +/- buttons. 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.



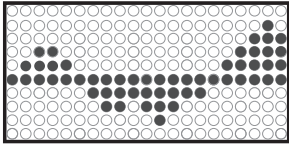
Hill



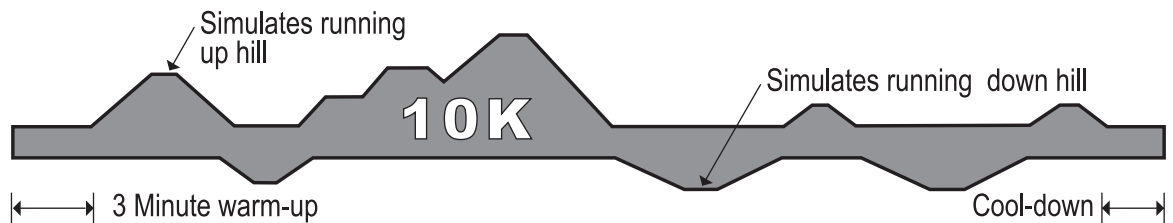
The Hill program simulates walking or jogging up a big hill. To begin the program you are prompted to enter your workout time, stride length, level, and weight. The resistance increases and the climb level will get more difficult the closer you get to the top of the "hill". Increasing or decreasing the resistance level changes 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. 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



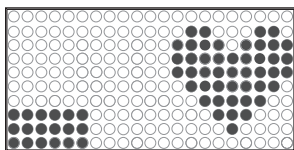
10K simulates jogging or running outdoors. It is a great training device to get ready for a competition. To begin the program you are prompted to enter your stride length, level, and weight. After you complete the warm-up, the changes in terrain replicate the challenges you encounter running outside. You can feel going uphill and downhill with gradual resistance changes. The distance readout will count down from 6.2 miles (10 kilometers). To end your workout, press Pause/Clear or just stop pedaling. If you desire, you can continue your workout after you have completed the 6.2 miles (10 kilometers) distance.



Heart Rate Controlled Programs

Fat Burn - Cardio - Heart Rate Interval - Heart Rate Hill - Heart Rate Speed Interval

Fat Burn



The Fat Burn program guides your workout to maximize the percentage of calories burned from fat vs. carbohydrates. The recommended target heart rate is **65%** of your theoretical maximum heart rate (TMHR = 220 – age). To begin the program you are prompted to enter your workout time, stride length, age, target heart rate, and weight. The program starts with a three-minute warm-up. During the warm-up you can change your target heart rate using the Level (+/–) buttons. After the warm-up, the resistance will automatically adjust to keep you working out at your target heart rate. If you reach your target heart rate during the warm-up, the warm-up ends and the heart rate control portion begins.

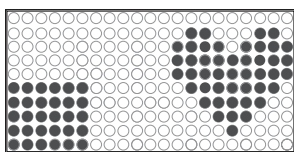
Example for a 40-year-old person:

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

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



Cardio



The Cardio program guides your workout to maximize cardiovascular benefits, like training for a race. The recommended target heart rate is **80%** of your theoretical maximum heart rate (TMHR = 220 – age). To begin the program you are prompted to enter your workout time, stride length, age, target heart rate, and weight. The program starts with a three-minute warm-up. During the warm-up you can change your target heart rate using the Level (+/–) buttons. After the warm-up, the resistance will automatically adjust to keep you working out at your target heart rate. If you reach your target heart rate during the warm-up, the warm-up ends and the heart rate control portion begins.

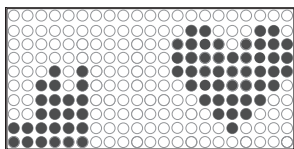
Example for a 40-year-old person:

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

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



Heart Rate Interval



The Heart Rate Interval program puts you through 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). Each interval lasts for two minutes. To begin the program you are prompted to enter your workout time, stride length, age, and high (80%) target heart rate. The display shows your 80% heart rate based on the age you entered, but you can increase or decrease this value using the Level (+/–) keys. The program sets your initial low (70%) target heart rate value based on the value you enter for the high target heart rate. After the warm-up, 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

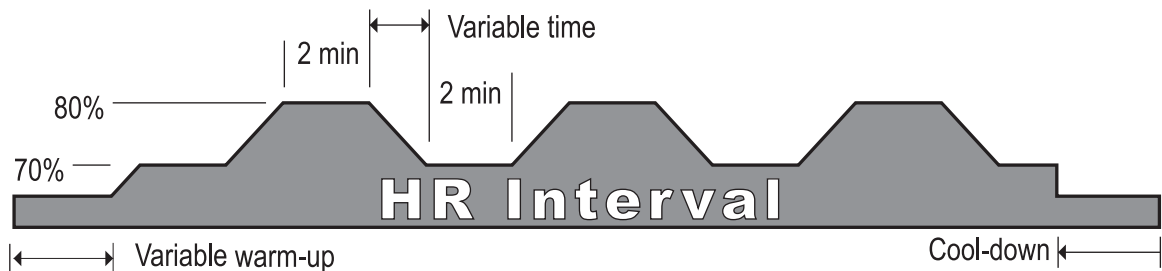
effort until the desired heart rate is reached. Each interval target heart rate level is independently adjustable by pressing the Level (+/-) buttons and pressing Enter. Pressing Level (+/-) will change your target heart rate. The better your physical condition, the more intervals you will be able to accomplish in the same period of time. The program starts with a three-minute warm-up. During the warm-up, you can change your high target heart rate using the Level (+/-) buttons. If you reach your target heart rate during the warm-up, the warm-up ends and the heart rate control portion begins.

Example for a 40-year-old person:

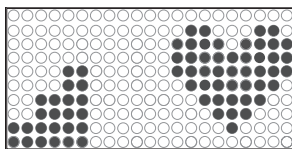
$$220 - 40 \text{ yrs. old} = 180 \text{ TMHR}$$

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

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



Heart Rate Hill



Heart Rate Hill takes you through a series of hills which increase in intensity from **65%** to **75%** to **85%** of your theoretical maximum heart rate (TMHR). Each hill lasts for two minutes. To begin the program you are prompted to enter your workout time, stride length, age, and high (85%) target heart rate. The display shows your 85% heart rate based on the age you entered, but you can increase or decrease this value using the Level (+/-) keys. The program sets your initial medium (75%) and low (65%) target heart rate values based on the value you enter for the high target heart rate. After the warm-up, the resistance increases or decreases at the end of each two-minute period to get you to the next hill. Once 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. Each intensity level is independently adjustable by pressing the Level (+/-) buttons and pressing Enter. Pressing Level (+/-) will change your target heart rate. The better your physical condition, the more hills you will be able to accomplish in the same period of time. The program starts with a three minute warm-up. During the warm-up, you can change your high target heart rate using the Level (+/-) buttons. If you reach your target heart rate during the warm-up, the warm-up ends and the heart rate control portion begins.

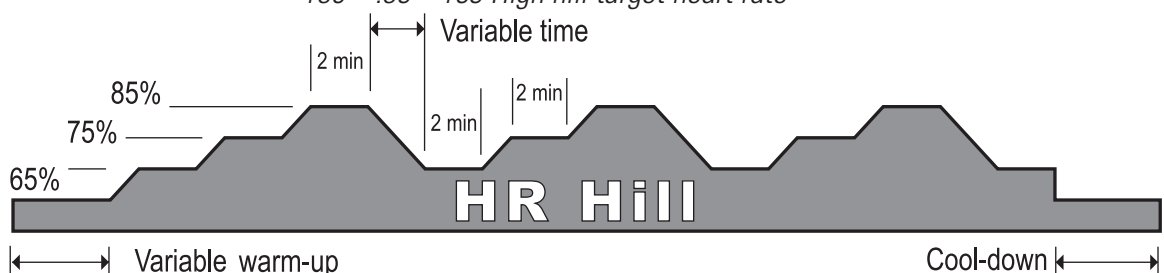
Example for a 40-year-old person:

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

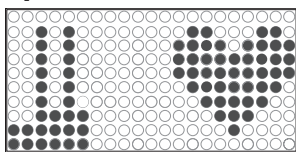
$$180 * .65 = 117 \text{ Low hill target heart rate}$$

$$180 * .75 = 135 \text{ Medium hill target heart rate}$$

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



Heart Rate Speed Interval



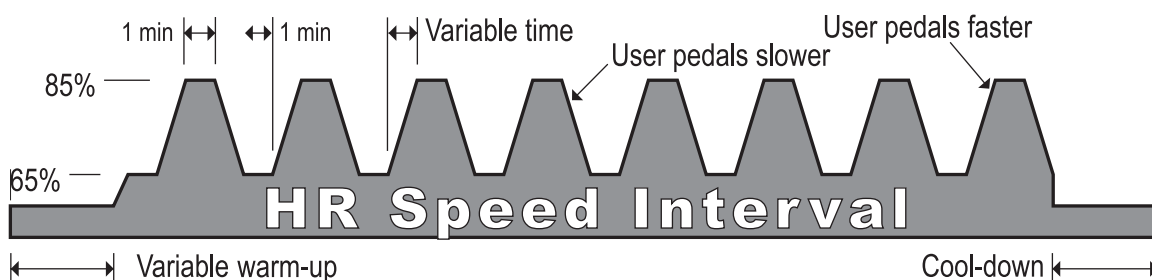
The Heart Rate Speed Interval program puts you through intervals of **65%** and **85%** of your theoretical maximum heart rate (TMHR). It combines steeper intervals with changing speeds. Interval training has been shown to give superior results compared to steady state training (that is, training at the same resistance level). Each interval lasts for one minute. To begin the program you are prompted to enter your workout time, stride length, age, and high (85%) target heart rate. The display shows your 85% heart rate based on the age you entered, but you can increase or decrease this value using the Level (+/-) keys. The program sets your initial low (65%) target heart rate value based on the value you enter for the high target heart rate. The resistance increases or decreases at the end of each minute to get you to the next interval. When you reach the new target heart rate, the new interval begins. When going from the lower interval to the higher interval, the electronics instruct you to speed up to get there faster. When you are going from the higher interval to the lower interval, the electronics instruct you to slow down to decrease your heart rate to the new lower target more quickly. Each interval intensity is independently adjustable. To change the target heart rate, press the Level (+/-) buttons. This will change the intensity level for the entire interval. The better your physical condition, the more intervals you will be able to accomplish in the same period of time. The program starts with a three minute warm-up. During the warm-up, you can change your high target heart rate using the Level (+/-) buttons. If you reach your target heart rate during the warm-up, the warm-up ends and the heart rate control portion begins. For the ultimate workout, use SmartStride in combination with Heart Rate Speed Interval varying both resistance and stride length throughout your workout.

Example for a 40-year-old person:

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

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

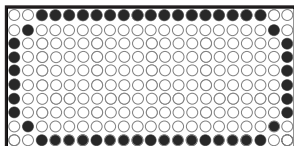
$$180 * .85 = 153 \text{ High interval target heart rate}$$



Variable Stride Programs

Starter - PowerWalk - Stride Interval - Dual Direction - Stride Burst

Starter



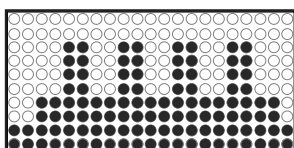
The Starter program is a great routine for beginners or people just getting back into their workouts. This program is designed to carry you through 10 workouts, one per day, gradually increasing intensity each day. Each day's workout includes a preset value for time, resistance level, stride length, and a recommended speed (RPM). To begin the program you are prompted to enter your workout time and the program level, which is the same as the day. Use Level (+/-) to select the day, and the preset values will be displayed in the corresponding windows. The preset values can be changed during the workout.

Program Day (Level)	1	2	3	4	5	6	7	8	9	10
Resistance Level	1	1	1	1	2	2	2	2	3	3
Stride Length	18	18	19	19	19	20	20	20	20	21
Time	10	11	12	13	14	15	16	17	18	20
RPMs	30	35	35	35	40	40	40	40	40	40

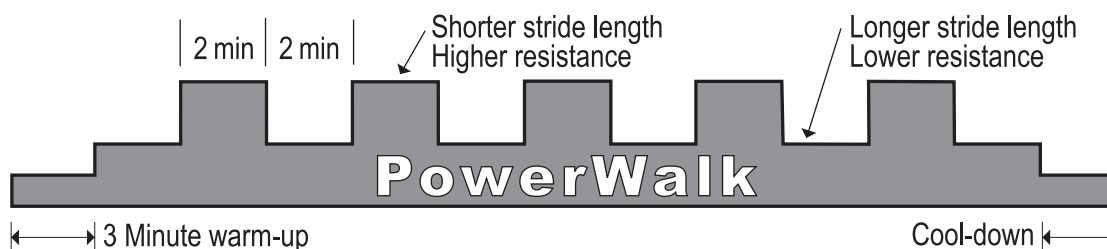
Level *Combination of resistance level, stride length, time and speed (RPM) - see chart for details*



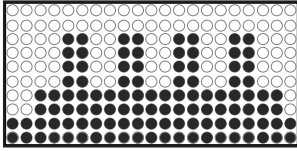
PowerWalk



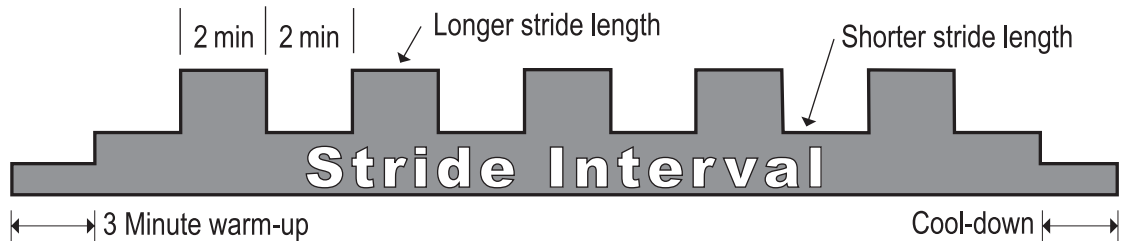
The PowerWalk program combines high resistance/short stride and lower resistance/long stride intervals in order to closely simulate the feel of hiking uphill and downhill. Each interval is two minutes long. The low resistance/long stride interval is great for lower-body full range of motion. The high resistance short stride session decreases leg activity while putting intense strength-building requirements on the upper body. To begin the program, you are prompted to enter your workout time. Then, the displays will prompt you to select the long and short stride lengths. Finally, you will be asked to enter the high resistance level. The default level is 5, but you can increase or decrease it by pressing the Level (+/-) buttons. The initial low resistance/long stride interval level equals the high resistance/short stride minus 4 levels (low resistance/long stride interval = high resistance/short stride level – 4 levels). During the workout, the level and stride length can be independently changed for the interval by pressing the Level (+/-) buttons. However, the lower level cannot be set above the higher level, and the higher level cannot be set below the lower level.



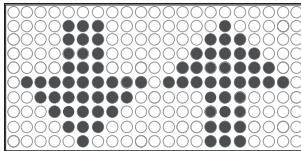
Stride Interval



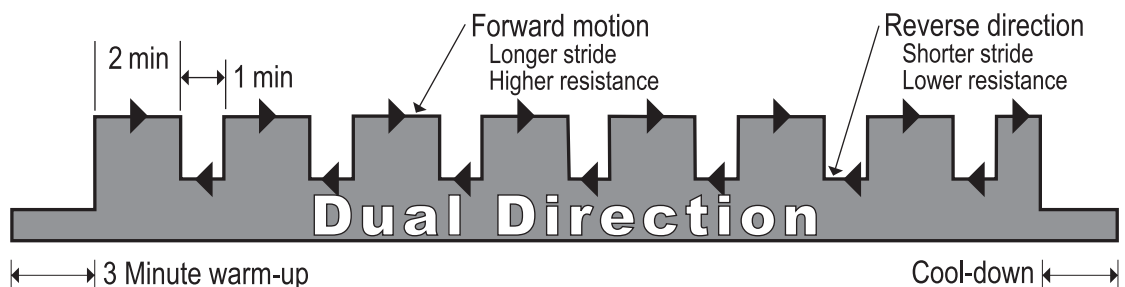
The Stride Interval program alternates shorter stride intervals and longer stride intervals. Each interval is two minutes long. Resistance remains constant during the workout. To begin the program you are prompted to enter your workout time, the lengths of the long and short strides, level, and weight. During the workout, the stride length and/or resistance intervals can be changed for the interval by pressing the Level (+/-) buttons. However, short stride cannot be longer than the long stride, and low resistance cannot be higher than high resistance. Changed settings apply for the remainder of the workout (unless you change them again).



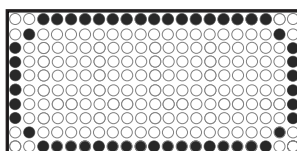
Dual Direction



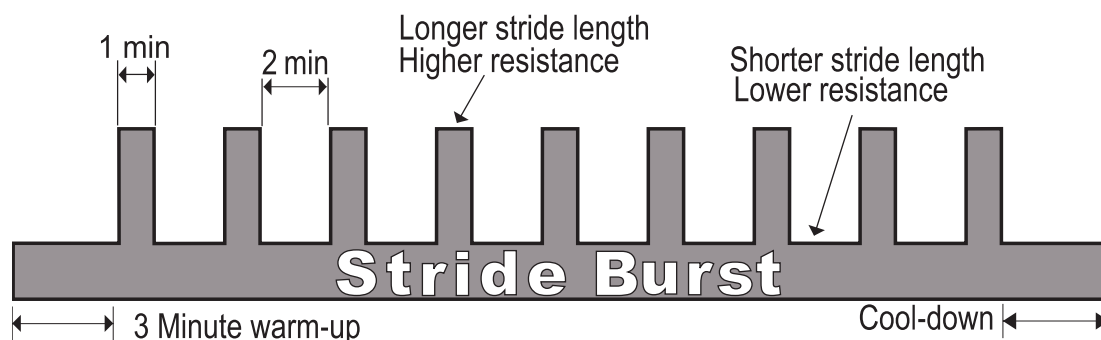
The Dual Direction program alternates two-minute forward intervals with one-minute, lower resistance backward intervals. To begin the program, you are prompted to enter your workout time, the forward and backward stride lengths, and the high resistance (for the forward interval). The default high resistance level is 5, but you can increase or decrease it by pressing the Level (+/-) buttons. The backward interval level is initially set to the forward interval minus 4 levels (backward interval = forward interval level - 4 levels). During the workout, the level and stride length can be independently changed for an interval by pressing the Level (+/-) buttons. However, reverse stride can not be longer than forward stride, and low resistance can not be higher than high resistance. Changed settings apply for the remainder of the workout (unless you change them again).



Stride Burst



The Stride Burst program alternates one-minute long stride, higher resistance intervals with two-minute shorter stride, lower resistance recovery intervals. To begin the program, you are prompted to enter your workout time, the long and short stride lengths, and the high resistance (for the long stride interval). The default resistance level is 5, but you can increase or decrease it by pressing the Level (+/-) buttons. The initial shorter stride interval resistance level equals the longer stride interval minus 4 levels (short stride interval = long stride interval level - 4 levels). During the workout, the stride length and/or resistance level can be changed for the interval by pressing the Level (+/-) buttons. However, short stride cannot be longer than the long stride, and low resistance cannot be higher than high resistance. Changed settings apply for the remainder of the workout (unless you change them again). (Refer to the program profile on the following page.)



Workload Resistance

Resistance Level

Octane Fitness PRO4500 has 30 discrete levels of resistance. Level 1 is the easiest and level 30 is the most difficult. The Manual program and Quick Start allow the user the ability to totally control the resistance level. Interval Programs (Manual, Interval, PowerWalk, Stride Interval, Dual Direction, and Stride Burst) allow the user to select the resistance level for individual intervals.

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:

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

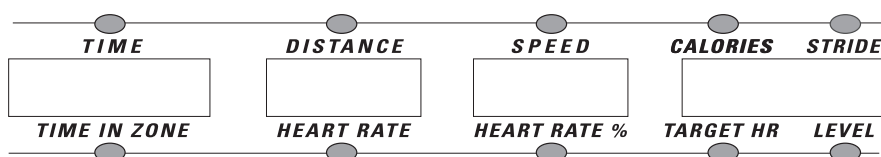
Program Level

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 resistance levels achieved during these workouts are plus (+) or minus (-) 4 of the entered program level (i.e. If the selected program level = 5, minimum resistance = 1, and maximum resistance level = 9). During the workout, the overall program resistance level is displayed on the console.

Resistance in Heart Rate Controlled Programs

These programs (Fat Burn, Cardio, Heart Rate Interval, 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.

LED Readout Windows



Time

Displays workout time, counting up from 0:00. Time can be increased or decreased twice during your workout. The maximum time is 99:00, then the display rolls over to 0:00.

Note: The Time readout can be adjusted to count down instead of up; refer to the User Set-up Functions on page 20.

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 on page 20. The console will scroll to the selected unit of measure. Pedaling approximately 50 revolutions per minute, it will take eight minutes to reach one mile.

Speed

Displays how fast you are going, in revolutions per minute (rpm).

Calories

Displays an estimate of the total calories burned during your workout at the current resistance level and speed. Calories are based on the user's entered weight. If you do not enter a weight, calories are based on a 150 lb. (68 kg) user.

Stride

Displays the horizontal distance of the elliptical pattern in inches (English) or centimeters (metric). The stride length ranges from 18 inches (46 cm) to 23 inches (58 cm) in increments of 1 inch (2 centimeters).

Time-in-Zone

Tracks and displays the amount of time you are in the proper heart rate training zone of the program. Time-in-Zone is only displayed when you are in a heart rate control program and your heart rate is detected by the machine. You must be wearing your wireless heart rate transmitter or grasping the contact heart rate sensor grips for the majority of your workout.

Heart Rate

Displays your heart rate in beats per minute (bpm). You must be wearing your wireless heart rate transmitter or grasping the contact heart rate sensor grips.

Heart Rate %

Displays your current heart rate percentage (current heart rate / theoretical maximum heart rate). You must be wearing your wireless heart rate transmitter or grasping the contact heart rate sensor grips, and have entered your age.

Target Heart Rate

Displays the heart rate that the machine is trying to reach when in a heart rate control program.

Level

Displays the resistance level (from 1 - 30), where 1 is the lowest resistance level and 30 is the highest.

Electronically Adjustable Stride

The PRO4500 is equipped with electronically adjustable stride, providing a custom fit for your body and your workout. Adjustable stride isn't just for fine-tuning the workout to your height—it custom fits your Octane cross trainer to your size and style and adds valuable variety.

By pressing the Stride (+/–) buttons on the console, you can change the stride length from 18" (46 cm) to 23" (58 cm) in 1 inch (2 centimeter) increments. This added variety is great to use for different workouts, directions, warm-ups, and cool-downs. Pressing the Stride button changes the stride length in 1 inch (3 cm) increments.

SmartStride™

Octane Fitness delivers the most advanced, ergonomically correct and inherently better elliptical cross training workouts ever with its proprietary SmartStride.

SmartStride automatically replicates natural movement by analyzing and measuring an exerciser's pace and direction and intuitively adjusting stride length in 1 inch (2 centimeter) increments from 18 inches (46 cm) to 23 inches (58 cm). These interactive ergonomics custom-fit the cross trainer to the exerciser for effective, comfortable, results-producing workouts unlike those on any other piece of fitness equipment.

To provide the most effective workouts on a cross trainer, the Octane design team spent years studying the biomechanics of different types of exercises, analyzing how the body moves naturally. This research, along with precise gait analysis, prototype testing and extensive user interviews, shows that stride length naturally varies according to an individual's height, leg length, flexibility, speed of travel and preference for lower or higher intensity motion. Overall results indicated that:

Walking tends to use shorter strides

Jogging uses medium length strides

Running requires longer strides

Reverse motion shortens the stride length and shifts the torso lower and backward to increase stability and balance

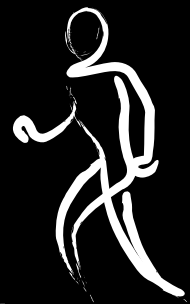
Stride length preference changes with direction; exercisers prefer a longer motion for traveling forward and require a shorter motion in reverse.

In addition, research shows elliptical users tend to hold one pace steady throughout workouts, a pace that is matched to a fixed stride length. Researchers found that faster or slower speeds feel unnatural when stride lengths were not adjusted accordingly.

You will soon find that SmartStride is a valuable and integral component in providing the most effective workouts available.



Walk



Jog



Run



Reverse

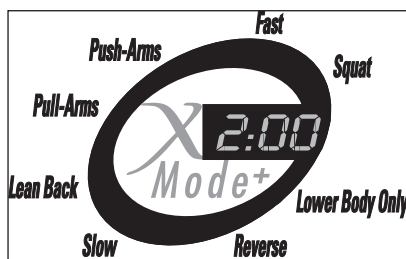
How to Use SmartStride

Beginning exercisers to elite athletes can take advantage of these unmatched interactive ergonomics with the press of the SmartStride button. Begin by choosing any program or QuickStart. Once you begin pedaling at a comfortable pace, press the SmartStride button.

Your PRO4500 will take 10 seconds to analyze your speed. During this time, find a comfortable speed for your workout. At the end of the 10-second speed analysis, your average speed (in RPM) will be displayed blinking in the speed window. This number will be used as your average speed and will be noted as the basis for stride length adjustment.

You're done – it is that simple. Your PRO4500 is ready for your SmartStride workout. The faster you go, the longer the stride length becomes. For every 5 RPM increase or decrease, the stride changes 1 inch (3 cm). Go backwards and the stride length automatically decreases 3 inches (9 cm) (based on initial stride length when SmartStride was activated). For ultimate control, or if you don't like the stride length for any reason, simply change the stride length using the console Stride (+/-) buttons.

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: Push-Arms, Fast, Squat, Lower Body Only, Reverse, Slow, Lean Back, Pull-Arms.

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

When X-Mode is active, a combination of 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. In its original (out-of-the-box) configuration, each X-Mode session lasts for one minute. The countdown timer displays how much time until your next X-Mode interval or how much time is left in your X-Mode interval. Once you complete the instruction, you have a two minute period where you do your 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™

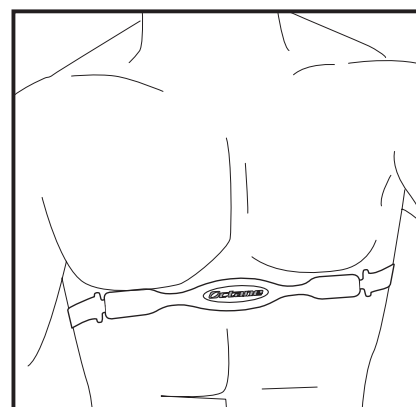
ArmBlaster is a proprietary program designed to boost cardiovascular endurance while building strength and muscle tone. ArmBlaster integrates cardio sessions with strength sessions. The cardio session follows the program profile that you have selected. Every three minutes, resistance increases 10 levels (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 Level (+/-) buttons.

HeartLogic Intelligence

The PRO4500 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. Your PRO4500 uses both contact heart rate grips and wireless heart rate technology. There are five different heart rate programs—Fat Burn, Cardio, Heart Rate Interval, Heart Rate Hill and Heart Rate Speed Interval—to keep your workouts fun and interesting. To top it all off, the console 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.

Contact Heart Rate Grips

The PRO4500 comes standard with digital contact heart rate grips on the stationary handlebars. The grips can be used to check your heart rate during your workout or for Octane's HeartLogic heart rate controlled programs (P6-P10). For the most accurate heart rate reading possible, grasp each contact heart rate grip sensor 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. To take full advantage of the heart rate data available to you during your workout, you should grasp the contact sensors at least half the time.



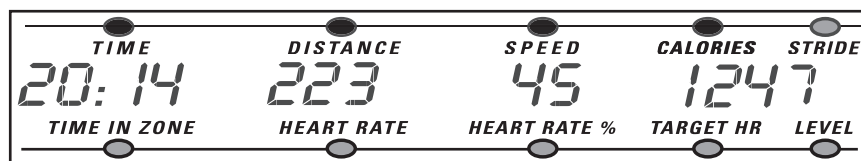
Wireless Chest Strap (Optional)

The wireless chest strap transmits your heart rate to the electronics console at a distance of up to three feet. 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 Octane Fitness logo is facing 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 wireless transmitter reading takes priority if both the wireless and contact heart rate grips are in use.

To purchase chest straps, contact your local dealer or Octane Fitness at 1.888.OCTANE4.

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 PRO4500 contains four LED readout windows that communicate valuable heart rate information during your workout. This includes your Time-in-Zone, (current) Heart Rate, Heart Rate % and Target HR. All of the heart rate data is located on the bottom row of the display.

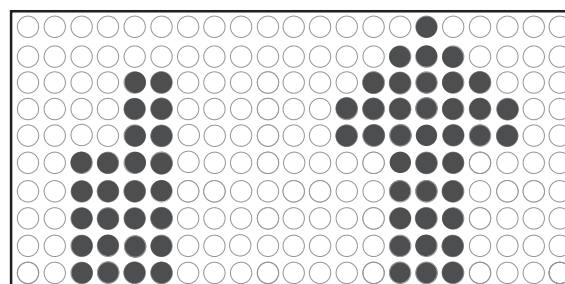
If you are wearing a wireless chest strap or grasping the contact heart rate grips at least half the time during your workout, the PRO4500 displays your average heart rate every 5 minutes and at the end of your workout.

Tip: You can stop the toggling between top and bottom displays by pressing the Enter key during your workout. To resume display toggling, press Enter a second time.

Matrix Display

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

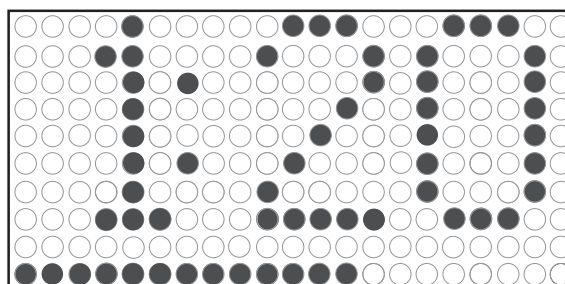
Changing Target Heart Rates – When you are trying to reach a new target heart rate, the left side of the matrix display shows an illustration of the interval. The illustration blinks the interval you are attempting to reach. Each column represents one minute. An arrow on the right side of the display shows whether resistance (and therefore your target heart rate) is increasing or decreasing. When decreasing, if you do not reach the next target heart rate within one minute, 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.



CUSTOMIZING KEY FEATURES

Many of the standard features and controls of your PRO4500 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, set 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 your machine—you don't need to reset them for each use.

User Set-up Functions

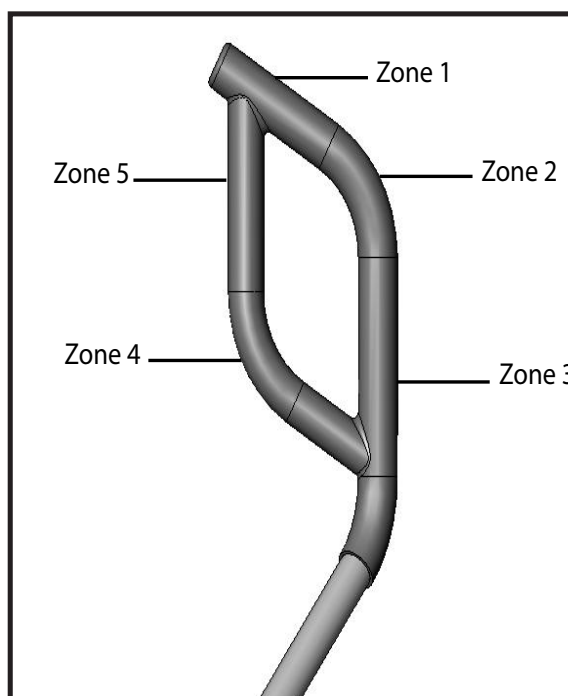
Program features, console settings, and controls may be adjusted to suit your workout environment and your preferences. To access the User Set-up functions, press and hold both the Level (+) and Level (-) buttons for three seconds, or until you hear a beep. The following customizable functions are displayed in sequence; use the Enter key to toggle through the available options for each function, and press any +/- button to select a setting and move to the next function. To exit without changing any values, press Pause/Clear twice.

Warm-Up Time (W-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".
Time	The PRO4500 cross-trainer can track workout time by counting "UP" or down ("dn"). The factory default setting is "UP".
Maximum WO (Workout) Time	You may set the maximum workout time for users of the PRO4500 to any 5-minute increment between 5 and 95. Use the Enter key to scroll through the possible values, and press any + or - button to select the value you desire. The factory default setting is 30 minutes.
Units	You may choose to have the weight, stride length, and distance units displayed in "ENGLISH" (pounds, inches, and miles) or "METRIC" (kilograms, centimeters, and kilometers). The factory default setting is "ENGLISH".
Beep	You may turn the console sounds "On" or "OFF". The factory default setting is "On".
Brightness (BRIT)	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.
Exit	When EXIT is displayed in the matrix window, 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.

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 that are only offered by Octane 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 are using extensive force by gripping the handlebars tightly to complete a lengthy, heart-pumping, high-intensity workout session.

The MultiGrip handlebars unique design fit every exerciser—tall, short, slender, bigger-framed, and even those with shorter or longer arms—with a multitude of choices that provide the most ergonomically correct positions of any cross trainer.



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
- 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. The Beginner program is a perfect solution.

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 PRO4500 comes with a wireless chest strap that measures and displays your heart rate on the console throughout your workout. The PRO4500 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. For additional information on HeartLogic Intelligence please refer to page 18 .

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.

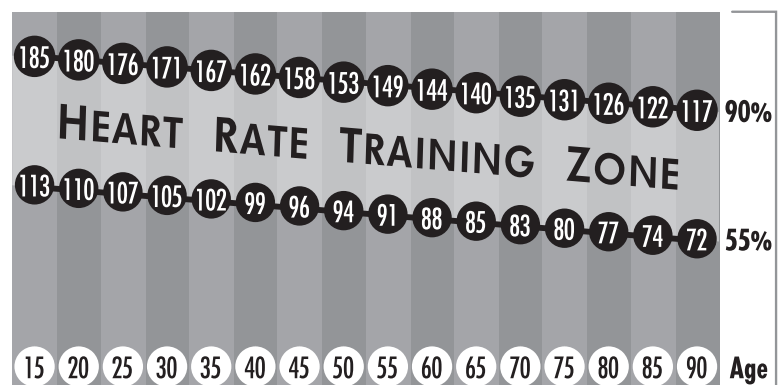
Example for a 40-year-old exerciser:

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

$$180 \times .55 = 99 \text{ BPM lower limit}$$

$$180 \times .90 = 162 \text{ BPM higher limit}$$

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. Simply step on and start pedaling, or press any key, and the console matrix prompts you to select a program and enter the parameters specific to that program. (CSAFE users are first prompted to enter a 5-digit User ID). If no program is selected (or no User ID is entered) after 30 seconds, the PRO4500 begins a Manual program with a default user weight of 150 pounds.

You can use the various +/- keys at any time during your workout to change your selections. For a more detailed look at the electronics, turn to page 1.

WORKOUTS

Your product has 15 pre-programmed 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. Simply decrease your speed and press the Level (-) button to decrease the resistance level of the machine, allowing your body to slow down gradually as you end your workout.

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

C L E A N I N G & M A I N T E N A N C E

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. The only thing you will have to do is keep the machine clean.

Wipe the machine down after a hard workout to remove any sweat and keep the machine clean. From time to time you may need to also clean the chrome rails and wheel assemblies. Simply lift up the pedal levers and wipe down the rails with a clean, dry cloth or paper towel.

DO NOT USE ANY CLEANERS ON THE CHROME ROLLER RAILS. 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	• Is the unit plugged in? Check the connection of the power cord from the machine to the wall outlet. • Is there power from the wall? Plug a lamp or radio into the outlet to see if the wall has power. Does a light switch control the outlet? If so, turn it on. • Does the light on the power supply light up? • If the issue persists, contact your local dealer for service.
Console displays an "Err" code	• An error code indicates a potentially faulty or improperly installed component in your elliptical cross trainer. Contact your local dealer for service.
Don't feel a resistance change	• Increase resistance level to 30 and pedal for 30 seconds. If you feel a difference in the resistance, then the brake is working properly. • Are the cables connected correctly? Unplug and reconnect the console cables (you must remove the console from the console mast to do this). When re-connecting the cables make sure you feel each connector snap into place or hear a click that indicates a proper connection. • If the issue persists, contact your local dealer for service.
"No HR" is displayed when doing heart rate controlled programs	• Heart rate controlled programs require that you wear a wireless chest strap or grasp the contact heart rate sensors. First, verify that the wireless chest strap is working properly: • 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. • For better contact, use water to moisten the electrodes on the side of the wireless chest strap that sits against your skin. • Make sure the Octane Fitness logo is facing away from your body and is right side up. • 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. • Make sure the strap is snug against your body, but not tight enough to restrict breathing. • Have someone else try the strap standing next to the machine to see if it works on him / her. • 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. • The battery in the transmitter (chest strap) may be faulty or worn out; replace the battery and retest. • If "NO HR" is still displayed on the console, contact your local dealer for service.
"NO HR" is displayed when doing heart rate controlled programs and grasping the contact heart rate sensors	• Grasp each contact heart rate grip sensor 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. • Have someone else try the grips to see if it works for him/her. • If "NO HR" is still displayed, contact your local dealer for service.

Heart rate readout seems inaccurate (too high or too low)	<u>Chest strap</u> • 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. • Put water between your skin and the ribbed electrodes on the back of the chest strap. This can improve the electrical connection. • 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. • The chest strap may be too loose. Adjust the elastic strap so that the strap is snug against your body. • Have someone else try the transmitter to see if the reading seems accurate for him/her. <u>Contact heart rate sensors</u> • If you are using the digital contact heart rate sensors, make sure you are grasping firmly and keeping your hands steady and in place. • Have someone else try the grips to see if the reading seems accurate for him/her. • If the issue persists, contact your local dealer for service.
Console blinks on / off	• Check the power cord connections. Make sure the connections are secure from the transformer into the machine base and also the wall outlet. • The console connection could potentially be faulty. See assembly instructions to check connection. • If the issue persists, contact your local dealer for service.
LED always toggling	• Press the Enter button to stop the LED screen from toggling.

Mechanical Issues

Handlebars are loose/wobble side to side	• The moving handlebar attachment screws may be loose. Make sure they are tightened down properly. See assembly instructions to remove handlebar covers and tighten down the four 6mm hex head screws. • If the issue persists, contact your local dealer for service.
Handlebars are loose/wobble front to back	• Contact your local dealer for service.
Machine makes rubbing/scrubbing noise from roller wheels under pedals	• Clean the chrome rails with a dry cloth or clean paper towel. • You may lubricate the rails with lithium grease. Apply a very thin coat of grease to the rails <i>only</i> (not the wheels). Wipe off all excess grease with a clean cloth. You should not be able to see the grease, but should still be able to feel it. (DO NOT LEAVE A HEAVY COAT OF LITHIUM GREASE ON RAILS.) • DO NOT USE: WD-40 or Silicone spray on the rails. • If the issue persists, contact your local dealer for service.
Pedal feels like it is thumping	• Clean the wheels and chrome rails with a dry cloth or clean paper towel. • If the issue persists, contact your local dealer for service.
Pedal wobbles and will not track correctly on chrome rails	• Contact your local dealer for service.
Machine wobbles and is unstable on the floor	• The adjustable levelers may not be properly set on the machine. The adjustable levelers are located on the bottom of the Octane Fitness elliptical. See assembly instructions to adjust the levelers correctly. • If machine is located on a soft surface such as carpet, purchase a heavy duty floor mat from your local dealer to place under your machine.
Resistance seems unusually high	• Contact your local dealer for service.
Machine makes a ticking/clunking noise	• Contact your local dealer for service.

If you have any questions or need additional assistance, please contact Octane Fitness customer service at 888.OCTANE4.

LIMITED COMMERCIAL WARRANTY

PRO4500

NOTE: WARRANTY OUTSIDE OF THE UNITED STATES AND CANADA MAY VARY. THE SERVICE SECTION OF OUR WEBSITE AT 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.

What is covered: The Octane Fitness PRO4500 (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 300 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

PRO4500

NOTE: WARRANTY OUTSIDE OF THE UNITED STATES AND CANADA MAY VARY. THE SERVICE SECTION OF OUR WEBSITE AT 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.

What is covered: The Octane Fitness PRO4500 (product) is warranted to be free of all defects in material and workmanship.

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 300 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 PRO4500— 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

Original Owner

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Dealer: _____

Base Serial Number _ _ _ _ _

Console Serial Number _ _ _ _ _

Date Purchased: _____

Original Owner Signature: _____ Date: _____

New Owner Signature: _____ Date: _____

New Owner

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Model: _____

[illegible]

Date Purchased: _____

Base Serial Number _____

Console Serial Number _____

Store: _____

Store Phone #: _____

Salesperson: _____

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 TM



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

www.octanefitness.com

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