

Octane[®]

F I T N E S S



PRO310

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

PRO310 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.

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Fueled,

Dennis Lee
President



This product is intended for commercial use.

PLEASE READ AND SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS

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

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

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

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

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

SAVE THESE INSTRUCTIONS

OTHER IMPORTANT SAFETY PRECAUTIONS

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

Product Dimensions: 2007mm x 780mm x 1550mm
(79in x 31in x 61in)

Product Weight 260 lbs. (118 Kg)
Max User Weight 300 pounds (136 Kg)

Power Supply/Electrical Specifications:

Input Rating 100-240-0.4A
Frequency 50-60Hz
Output Rating +9V 1.5A
Output Ripple 90mV
Output Current 1.5A Max
Safety UL/CUL, TUV, PSE, CE, C-Tick, 3C, B-Mark

This equipment complies where applicable with:

73/23/EEC	Low Voltage Directive
89/36/EEC	Electromagnetic Compatibility (EN61000)
2002/95/EC	Restriction of Hazardous Substances (RoHS) Directive
2002/96/EC	WEEE Directive
EN957-9	Stationary training equipment
EN957-1:1997	Stationary training equipment
EN60335-1:2002	Household and similar electrical appliances - Safety
GPS	General Product Safety Regulations 2005

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.



HEART RATE FEATURE SAFETY GUIDELINES

Before using the Octane Fitness PRO310 with HeartLogic™ Intelligence, read and follow these instructions:

Wireless Chest Strap

- Exercisers may use any Polar™-compatible (coded or non-coded) wireless heart rate transmitter with the Octane Fitness PRO310.
- **Do not allow users to use the chest strap if they have a cardiac pacemaker or are taking prescription medication.** Medication or electrical impulses from the cardiac pacemaker can cause inaccurate heart rate readings.
- Please take care in handling the equipment as it is extremely sensitive.
- Do not bend the strips inside the chest strap as it can cause the strap to lose its conductivity.
- Handle the heart rate transmitter (chest strap) with care. Dropping the transmitter might cause damage and this could void the warranty.
- If the receiver (console) tries to process several signals simultaneously, an incorrect heart rate reading could result. In a commercial setting, space the products at least 24" apart. This will prevent cross-talk, where the chest strap signal from a user on one machine can be received and displayed on the console of another machine.
- Do not place the chest strap near devices that generate large magnetic fields. Television sets, electric motors, radios, and high voltage power lines can affect the transmitter's performance. These items can interfere with the heart rate signal that is being transmitted to the receiver, possibly affecting the heart rate readings that appear on the electronic console.
- Do not immerse the transmitter in water. However, some moisture is necessary for the transmitter to function properly. Perspiration is usually sufficient, but you may need to moisten the electrodes with a small amount of water. The electrodes are the ribbed portion on the side of the transmitter that sits against your skin.
- The wireless chest strap has a battery which may need to be replaced from time to time. A faulty battery or worn electrodes may cause inaccurate readings. The electrodes are the ribbed portion on the side of the transmitter that sits against your skin.
- To purchase wireless transmitter straps, contact your dealer or Octane Fitness sales representative.

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

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

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E L E C T R O N I C S

PRO310 CONSOLE

Welcome to some of the easiest to use, yet most sophisticated, electronics available in the fitness industry! The PRO310 features a simple, easy to understand keypad and a console featuring a workout profile matrix and four multi-function LED display windows that provide you with all the information you need to get started and stay motivated during your workout.

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. 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. Use the Program (+/–) keys to review the programs, then press Enter to select. Once a program is selected, the display will guide you through the steps to program your workout. After each prompt, simply enter the requested data and press Enter, and you are on your way. If no values are entered at the prompts, the machine defaults to the standard values for the program you have selected.

Keypad Buttons

Quick Start

The easiest way for you to start your workout is to simply push the Quick Start button, setting the machine in a manual program at resistance level 1. The calories readout will be based on a 150 lb. (68 kg) user. Once you have selected Quick Start, you can program any item in any order.

Pause Clear

Press once to pause your workout. The standard pause time is 2 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 2-minute pause. 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. Press and hold the Pause Clear button until you hear the beep to enter sleep mode, a virtual off mode. The matrix display reads "UNFUELING", and just one LED in the X-Mode window remains lit. The elliptical requires very little power in this mode. To "wake" the elliptical, simply press any button or begin pedaling.

Cool Down

It is always a good idea to perform a cool-down at the end of your routine. This will help transition your body from an aggressive workout to its normal pace. The time and intensity of the cool-down is automatically customized to your workout duration and resistance level. The time window will change to a countdown timer to tell you how long the cool-down will last.

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

Up and Down Keys

Time (+ and –)	Increases or decreases time (minutes:seconds). The maximum time is 99:00.
Program (+ and –)	Toggles through programs. Program changes can be made any time during your workout.
Level (+ and –)	Increases or decreases the resistance level of the machine. There are 20 levels of resistance for programs P1-P5. For heart rate controlled programs, the Level button increases or decreases your target heart rate. (For more information on heart rate programs, go to page 16). To save a change in target heart rate, you must hit Enter after entering the desired number.
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 percentage 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. For more information, refer to page 27, <i>"What should my heart rate be?"</i> .
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). Use the User Set-up function (described on page 25) to change the display from one to the other.
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.

Workout Boosters

ArmBlaster

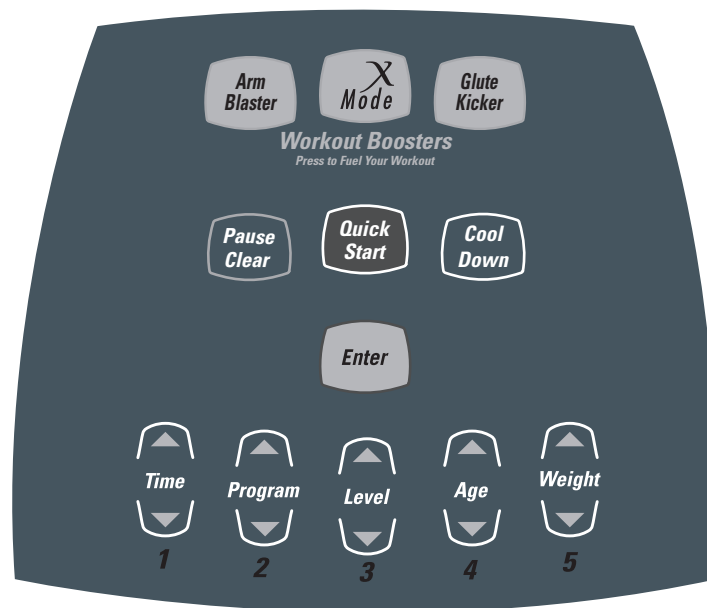
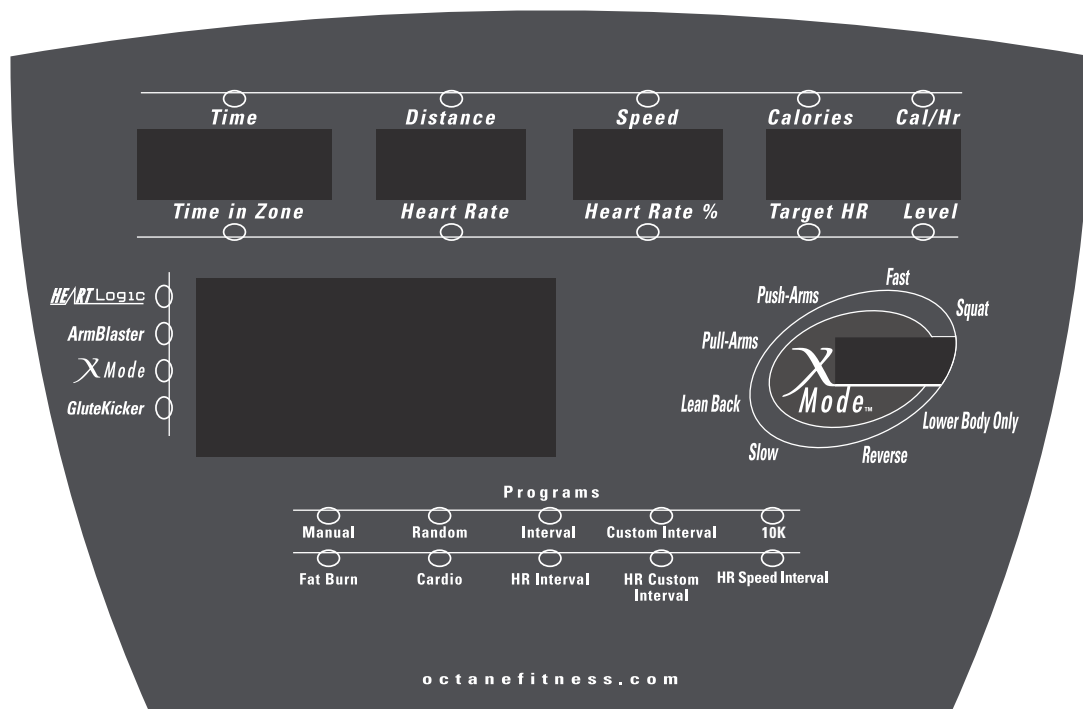
ArmBlaster is a proprietary program designed to boost cardiovascular endurance while building strength and muscle tone. Press the ArmBlaster button at any time during your workout to integrate cardio sessions with strength sessions. The cardio session follows the program profile that you have selected. Every other minute, resistance increases 10 levels from where you are currently working (or to the maximum resistance of 20) 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 (+/–) keys. To deactivate ArmBlaster, simply press the ArmBlaster button a second time.

X-Mode

X-Mode is a great way to take advantage of the variety your elliptical cross trainer offers. Press the X-Mode button within any program, and a combination of one to four randomly-generated X-Mode LEDs will light up instructing you what to do. Each X-Mode session lasts for one minute with a one-minute "regular" program routine in between. The PRO310 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.



PR0310 Console and Keypad

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

Programs and Features

The PRO310 features 8 built-in programs to keep your workouts interesting:

Preset resistance programs: Manual—Random—Interval—Custom Interval—10K
 Heart rate controlled programs: Fat Burn—Cardio—Heart Rate Interval—Heart Rate Custom Interval—Heart Rate Speed Interval

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

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

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

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

PRO310 SETTINGS—VALUE RANGES			
<i>Setting</i>	<i>Standard Values*</i>	<i>Minimum Value</i>	<i>Maximum Value</i>
Workout Time	30:00	5:00	99:00
Level	1	1	20
Age	40	15	99
Weight	150 lbs. (68 kg)	70 lbs. (32 kg)	400 lbs. (181 kg)
Interval Time	00:30	00:15	99:45
Interval Level	1	1	20
How Many Intervals	3	2	6
Target Heart Rate	(220 - Age) * %; varies by program	80	(220 - Age)
*Standard program values are used if no values are entered within 4 seconds of prompts.			

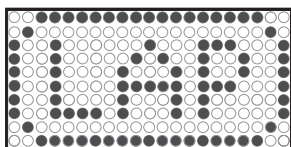
PRO310 PROGRAM REFERENCE

Program	Description	Settings	Standard Values*
Manual	Get on and go; constant resistance with variation fully controlled by the user	Workout Time Level Age Weight	30:00 1 40 150 lbs. (68 kg)
Random	Computer-randomized resistance variation	Workout Time Level Age Weight	30:00 1 40 150 lbs. (68 kg)
Interval	2-minute intervals of alternating resistance	Workout Time 1st Interval Level 2nd Interval Level Age Weight	30:00 1 4 40 150 lbs. (68 kg)
Custom Interval	Up to 6 alternating intervals of user-defined duration and resistance	Workout Time Intervals (2-6) Interval 1 — Time Interval 1 — Level Interval <i>n</i> — Time Interval <i>n</i> — Level Age Weight	30:00 3 00:30 1 00:30 1 40 150 lbs. (68 kg)
10K	Simulated 10-kilometer event with “uphill” and “downhill” terrain	Level Age Weight	1 40 150 lbs. (68 kg)
Fat Burn	Controlled workout at 65% of theoretical maximum heart rate (or user-specified target heart rate) to maximize fat burn	Workout Time Age Target Heart Rate Weight	30:00 40 (220 - Age) * .65 150 lbs. (68 kg)
Cardio	Controlled workout at 80% of theoretical maximum heart rate (or user-specified target heart rate) to maximize cardiovascular development	Workout Time Age Target Heart Rate Weight	30:00 40 (220 - Age) * .80 150 lbs. (68 kg))
Heart Rate Interval	Controlled workout of alternating 2-minute intervals at 70% and 80% of theoretical maximum heart rate (or user-specified target heart rate)	Workout Time Age Max Target Heart Rate Weight	30:00 40 (220 - Age) * .80 150 lbs. (68 kg)
Heart Rate Custom Interval	Controlled workout of up to 6 alternating intervals of user-defined duration and target heart rates	Workout Time Age Intervals (2-6) Interval 1 — Time Interval 1 — Target Heart Rate Interval <i>n</i> — Time Interval <i>n</i> — Target Heart Rate Weight	30:00 40 3 00:30 (220 - Age) * .75 00:30 (220 - Age) * .75 150 lbs. (68 kg)
Heart Rate Speed Interval	Controlled workout of intervals with alternating resistance and speeds at 65% and 85% of theoretical maximum heart rate (or user-specified target heart rate)	Workout Time Age Max Target Heart Rate Weight	30:00 1 (220 - Age) * .85 150 lbs. (68 kg)
*Standard program values are used if no values are entered within 4 seconds of prompts.			

Preset Resistance Programs

Manual—Random—Interval—Custom Interval—10K

Manual

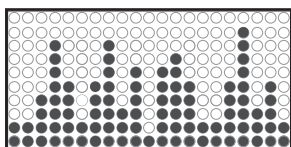


The Manual program simulates walking or jogging on a flat surface. The manual program does not have a warm-up. Just press Quick Start, or use the Program (+/–) keys and Enter to select the program, then use the appropriate (+/–) keys to enter the program settings as prompted: Workout Time, Level, Age, and Weight. The resistance stays constant for the entire workout, unless you change it. The oval racetrack signifies 1/4 mile (or 1/4 kilometer); a counter in the matrix display shows how many laps you have completed during your workout. The resistance can be changed any time during the workout by pressing the Level (+/–) keys on the keypad.

Level –

Manual

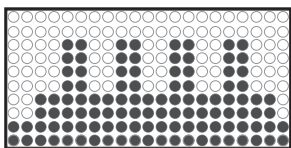
Random



The Random program has a virtually infinite number of different combinations. Use the Program (+/–) keys and Enter to select the program, then use the appropriate (+/–) keys to enter the program settings as prompted: Workout Time, Level (the average level you want for the entire workout), Age, and Weight. The computer randomly generates a new course each time you select the random program or change the program level, giving you different levels of resistance. Each column on the matrix display lasts for 1 minute. The resistance can be changed any time during the workout by pressing the Level (+/–) keys on the keypad.

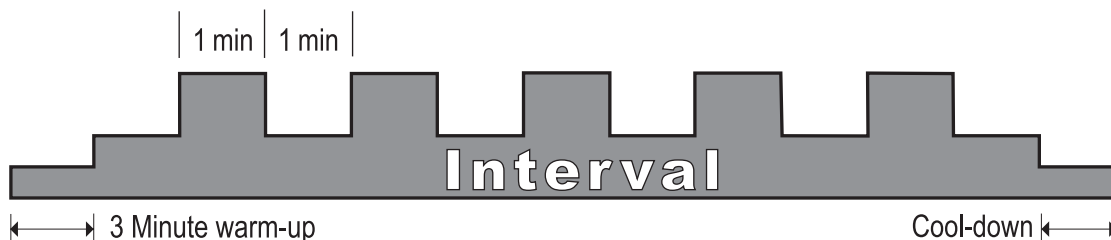


Interval

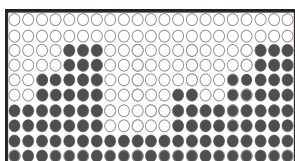


The Interval program alternates between two different levels of resistance. Each level is independently adjustable, so you can customize the amount of change between the two intervals. All intervals have a two-minute duration. Use the Program (+/–) keys and Enter to select the program, then use the appropriate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

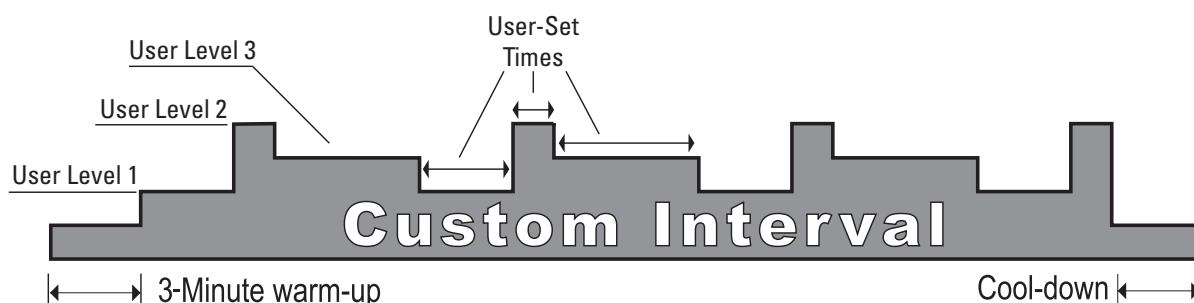
Tip: If the resistance levels for both 1ST INTERVAL and 2ND INTERVAL are equal or just one level apart, the vertical bars on the matrix display will be the same height.



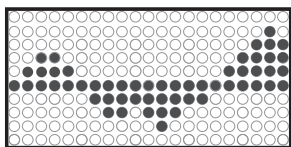
Custom Interval



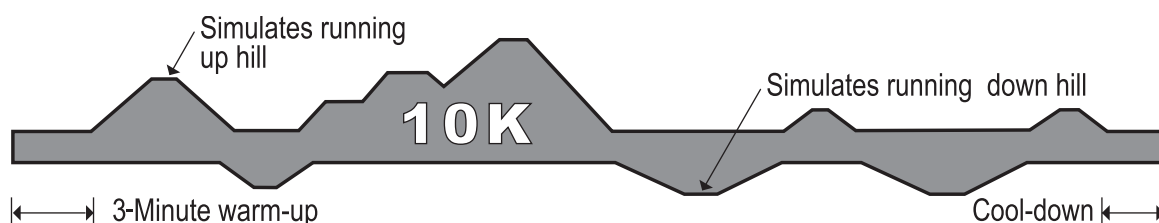
The Custom Interval program lets you specify the resistance level and duration of up to 6 alternating intervals. Use the Program (+/–) keys and Enter to select the program, then use the appropriate (+/–) keys to enter the program settings as prompted: Workout Time, Intervals (2 to 6), Interval 1—Time, Interval 1—Level, Interval n —Time, Interval n —Level, Age, and Weight. Interval time ranges from 00:15 to 99:45, in 15-second increments. Once you are pedaling and your warm-up is complete, you can increase or decrease the level of the current interval at any time by pressing the Level (+/–) keys on the keypad. The value of the other intervals does not change. The value you enter changes only the current interval for the entire remaining workout, or until you change it again.



10K



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

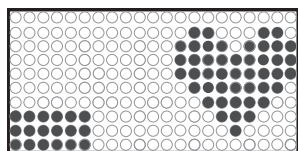


Heart Rate Controlled Programs

Fat Burn—Cardio—Heart Rate Interval—Heart Rate Custom Interval—
Heart Rate Speed Interval

Note: For the heart rate controlled programs to work effectively, you must be wearing a wireless chest strap throughout your workout.

Fat Burn



The Fat Burn program guides your workout to maximize the percentage of calories burned from fat versus carbohydrates. Use the Program (+/–) keys and Enter to select the program, then use the appropriate (+/–) keys to enter the program settings as prompted: Workout Time, Age, Target Heart Rate, and Weight. The recommended target heart rate is **65%** of your theoretical maximum heart rate (TMHR = 220 – age). The program begins with a warm-up. If you reach your target heart rate during the warm-up, the warm-up ends and the heart rate control portion begins. The resistance will automatically adjust to keep you working out at your target heart rate. At any time during the program you can change your target heart rate using the Level (+/–) keys on the keypad.

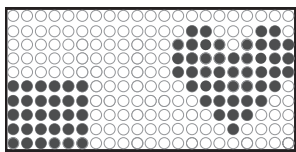
Example for a 40-year-old person:

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

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



Cardio



The Cardio program guides your workout to maximize cardiovascular benefits, like training for a race. Use the Program (+/–) keys and Enter to select the program, then use the appropriate (+/–) keys to enter the program settings as prompted: Workout Time, Age, Target Heart Rate, and Weight. The recommended target heart rate is **80%** of your theoretical maximum heart rate (TMHR = 220 – age). The program begins with a warm-up. If you reach your target heart rate during the warm-up, the warm-up ends and the heart rate control portion begins. The resistance will automatically adjust to keep you working out at your target heart rate. At any time during the program you can change your target heart rate using the Level (+/–) keys on the keypad.

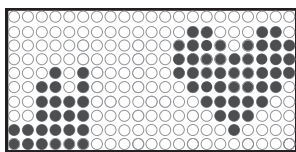
Example for a 40-year-old person:

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

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



Heart Rate Interval



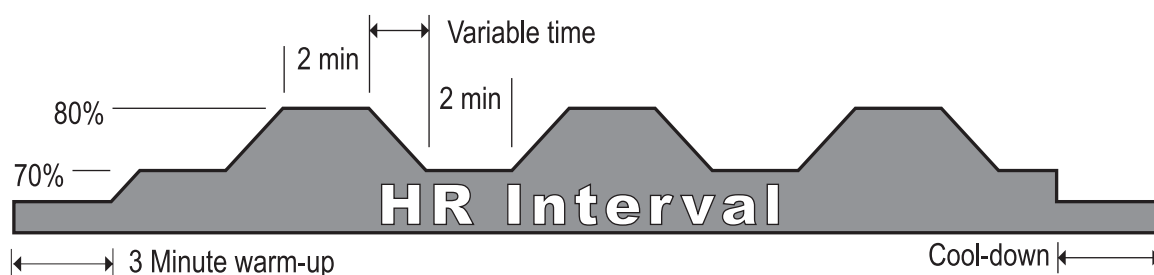
The Heart Rate Interval program is an excellent workout using alternating two-minute intervals of **70%** and **80%** of your theoretical maximum heart rate (TMHR). Interval training has been shown to give superior results compared to steady state training (that is, training at a constant resistance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

Example for a 40-year-old person:

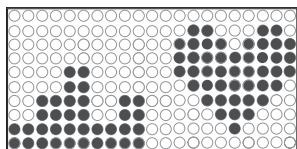
$$220 - 40 \text{ yrs. old} = 180 \text{ TMHR}$$

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

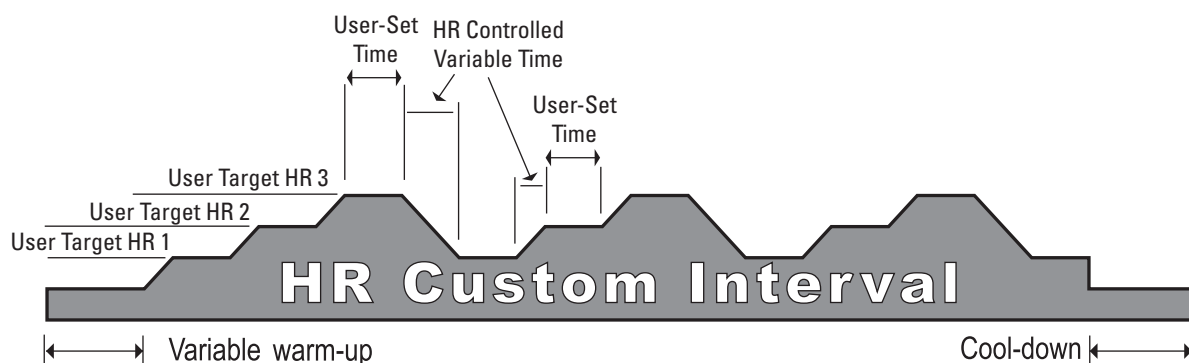
$$180 * .80 = 144 \text{ High interval target heart rate}$$



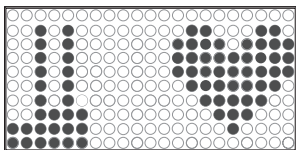
Heart Rate Custom Interval



The Heart Rate Custom Interval program lets you specify the target heart rate and duration of up to 6 alternating intervals. Use the Program (+/–) keys and Enter to select the program, then use the appropriate (+/–) keys to enter the program settings as prompted: Workout Time, Age, Intervals (2 to 6), Interval 1—Time, Interval 1—Target Heart Rate, Interval n —Time, Interval n —Target Heart Rate, and Weight. Interval time ranges from 00:15 to 99:45, in 15-second increments. The minimum target heart rate is 80. The program begins with a warm-up. If you reach your target heart rate during the warm-up, the warm-up ends and the heart rate control portion begins. The resistance increases or decreases at the end of each time period to get you to the next interval. When you reach the new target heart rate, the new timed interval begins. The display will prompt you to increase or decrease your effort until the desired heart rate is reached. At any time during the program you can change the target heart rate of the current interval using the Level (+/–) keys on the keypad.



Heart Rate Speed Interval



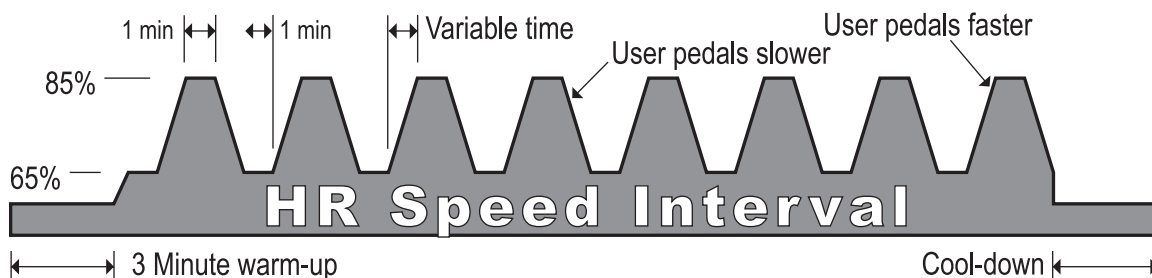
The Heart Rate Speed Interval program focuses on power and speed using alternating one-minute intervals of **65%** and **85%** of your theoretical maximum heart rate (TMHR). It combines steeper (higher resistance) intervals with changing speeds. Use the Program (+/–) keys and Enter to select the program,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

Example for a 40-year-old person:

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

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

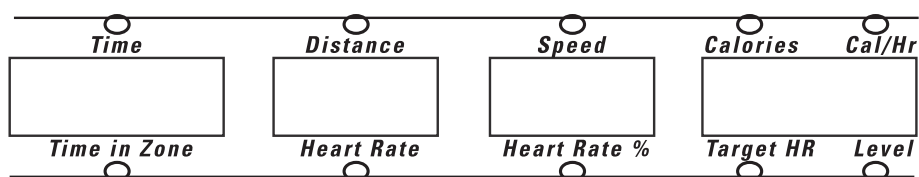
$180 * .85 = 153 \text{ High interval target heart rate}$



Workload Resistance

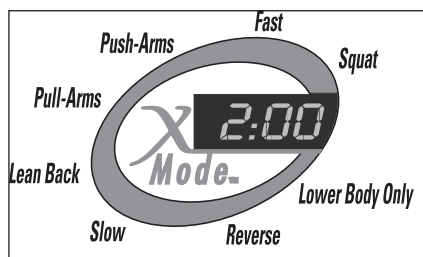
Resistance Level	Octane Fitness PRO310 has 20 discrete levels of resistance. Level 1 is the easiest and level 20 is the most difficult. The Manual program and Quick Start allow the user the ability to totally control the resistance level. The Interval and Custom Interval programs allow the user to select 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 2 resistance levels.
Program Level	The Octane Fitness Random and 10K programs allow the user to select an overall resistance level for the program. This level is the average resistance level for the workout. The range of resistance levels during these workouts are ± 4 of the entered program level (i.e., For program Level 5, minimum resistance is Level 1 and maximum resistance is Level 9). During the workout, the overall program resistance level is displayed on the console.
Resistance in Heart Rate Controlled Programs	These programs (Fat Burn, Cardio, Heart Rate Interval, Heart Rate Custom Interval, and Heart Rate Speed Interval) allow the user to manually enter the target heart rate level for the 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.

PRO310 LED Readout Windows



Time	Displays workout time, counting up from 0:00. The maximum time is 99:59, then the display rolls over to 0:00. Note: The Time readout can be adjusted to count down instead of up; refer to User Set-up Functions on page 25.
Distance	Displays an estimate of how far you have traveled. Distance can be shown in either miles (English) or kilometers (metric); set your preference with the User Set-up Functions described on page 25. Note: <i>Pedaling approximately 50 revolutions per minute (rpm), it will take eight minutes to reach one mile.</i>
Speed	Displays how fast you are going. Speed is displayed in revolutions per minute (rpm).
Calories	Displays an estimate of the total calories burned during your workout. Calories are based on the user's entered weight. If you do not enter a specific weight, calories are based on a 150 lb. (68 kg) user.
Calories/Hour	Displays the number of calories that would be burned in one hour at the current resistance level and speed.
Time in Zone	Tracks and displays the amount of time your heart rate reading is in the proper training zone of the program. Time in Zone is only displayed when you are in a heart rate controlled program and your heart rate is detected by the machine. Note: <i>You must be wearing a wireless chest strap throughout your workout in order to get an accurate reading of Time in Zone.</i>
Heart Rate	Displays your heart rate in beats per minute (BPM). Note: <i>You must be wearing a wireless heart rate strap.</i>
Heart Rate %	Displays your current heart rate percentage (current heart rate / theoretical maximum heart rate). Note: <i>You must be wearing a wireless heart rate strap and have entered your age.</i>
Target Heart Rate	Displays the heart rate that the machine is trying to reach when in a heart rate controlled program. In these programs, the machine adjusts resistance level in response to your heart rate reading in order to achieve this target.
Level	Displays the resistance level (1- 20), where 1 is the lowest resistance level and 20 is the highest.

X-Mode



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

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

When X-Mode is active, one to four X-Mode LED combinations 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 one-minute period where you do your normal elliptical routine (according to the program you are using). After this one-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

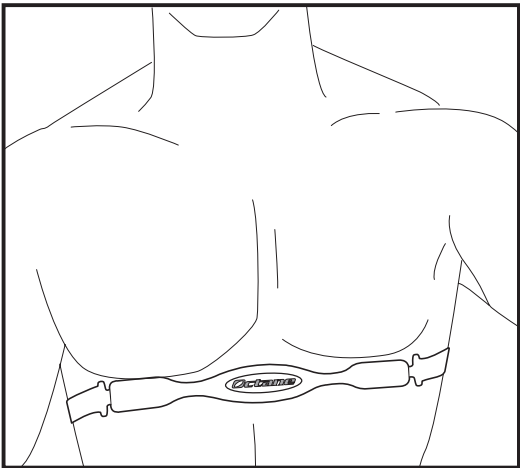
ArmBlaster is a proprietary program designed to boost cardiovascular endurance while building strength and muscle tone. ArmBlaster integrates cardio sessions with strength sessions. The cardio session follows the program profile that you have selected. Every other minute, resistance increases 10 levels from your then-current level (or to the maximum resistance of 20) 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 PRO310 is equipped with HeartLogic—the latest in heart rate control technology. HeartLogic Intelligence is a sophisticated yet easy to use technology that brings you the most accurate and effective workout possible. It all begins with a wireless chest strap. There are five different heart rate programs—Fat Burn, Cardio, Heart Rate Interval, Heart Rate Custom Interval 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.

Using a wireless chest strap

The wireless chest strap transmits your heart rate to the electronics console at a distance of up to three feet. 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. 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.



Heart rate controlled programs

The PRO310 provides five different heart rate controlled programs to offer you more variety to suit your personal needs. We recommend that you try different programs to determine your favorite. For an explanation of the programs, go to page 16.

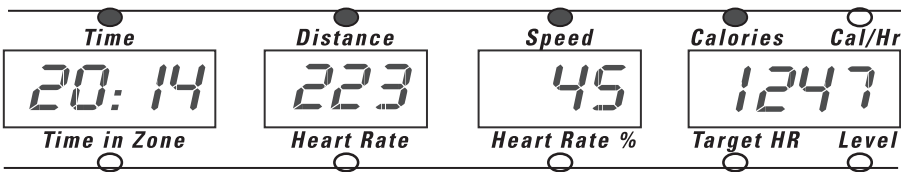
Critical Heart Rate Feedback

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 PRO310 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 Heart Rate.

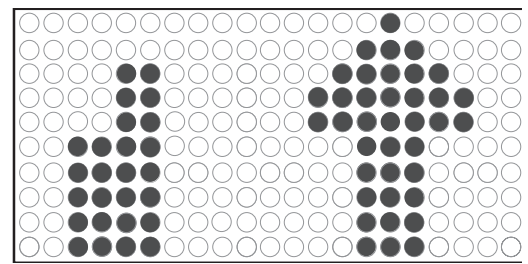
Tip: You can stop the toggling between top and bottom displays by pressing the Enter key during your workout. All of the heart rate data is located on the bottom row. To resume display toggling, press Enter a second time.



Matrix Display

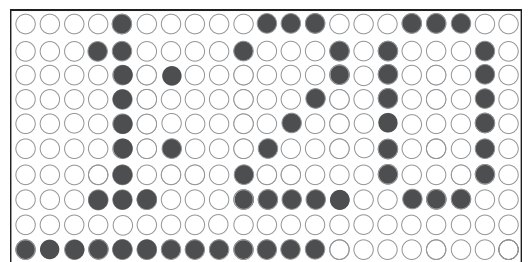
During heart rate interval programs (Heart Rate Interval, Heart Rate Custom Interval, Heart Rate Speed Interval) the matrix display is used to inform you of your progress through the intervals.

Changing Target Heart Rates – When you are trying to reach a new target heart rate, the left side of the display shows an illustration of the interval. The interval 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 your heart rate should be increasing or decreasing. The picture to the right shows the heart rate interval program in the matrix display.



Upcoming columns blink

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.



USER SET-UP FUNCTIONS

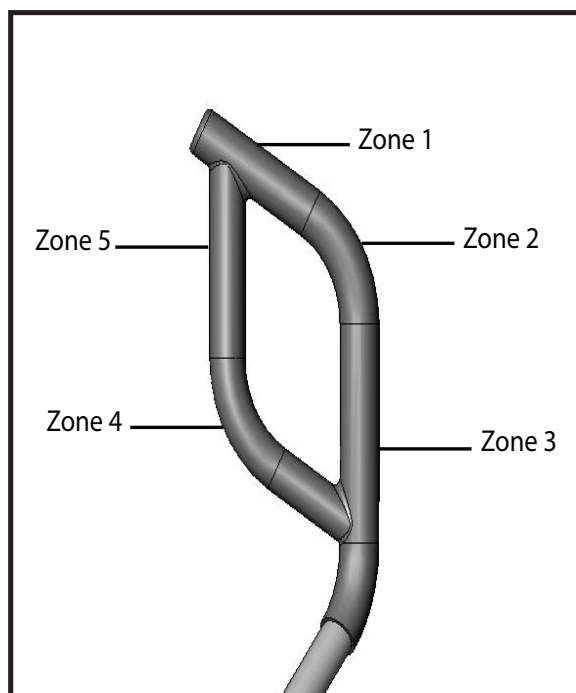
Program features, console settings, and controls may be adjusted to suit your workout environment and your personal preferences. To access the User Set-Up functions, press and hold both the Level (+) and Level (–) buttons for three seconds, or until you hear a beep. The following customizable functions 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 a value, press Pause Clear.

Warm-Up (W-UP)	This feature may be turned “On” (to include a 3-minute warm-up in each workout) or “OFF”. The original setting is “On”.
TIME	Your elliptical cross-trainer can track your workout time by counting “UP” or down (“dn”). The original setting is “UP”.
Maximum Workout Time (MAX WO TIME)	You may set the maximum workout time for users of the PRO310 to any 5-minute increment between 5:00 and 99:00. Use the Enter key to scroll through the possible values, and press any +/– key to select the value you desire. The factory default setting is 30 minutes.
Units	You may choose to have the units displayed in “ENGLISH” (miles or pounds) or “METRIC” (kilometers or kilograms). The original setting is “ENGLISH”.
Beep	You may turn the console sounds “On” or “OFF”. The original 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 original 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 will 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 are only offered by Octane, and these innovative handlebars have revolutionized how you workout your upper-body. The MultiGrip handlebars are comfortable in any position, whether you're hanging on loosely for a brief, easy workout, or gripping the MultiGrip handlebars tightly to complete a lengthy, heart-pumping, high-intensity workout session.

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



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

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

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

SMART EXERCISE TIPS

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

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

- www.acsm.org
- www.acefitness.com

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

FIT

Frequency

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

Intensity

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

Time

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

Heart Rate

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

Electronic measurement

The Octane Fitness PRO310 is compatible with a wireless chest strap to measure and display your heart rate on the console throughout your workout. 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 23.

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:

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

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

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

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



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

Exercise Variety

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

Setting Goals

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

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

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

STARTING YOUR WORKOUT

WARM-UP

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

MOUNTING THE PRODUCT

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

PROGRAMMING

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

- Use QuickStart to immediately begin the Manual program;
- Follow the prompts to enter your selections and data. You can also use the console keys to change programs and settings after you have started pedaling.

For a more detailed look at the electronics, turn to page 9

WORKOUTS

Your product has ten 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. The Cool Down button is a simple and effective way to do this. For more information on Octane Fitness custom cool-down, please refer to page 9.

STRETCHING

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

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

Remember:

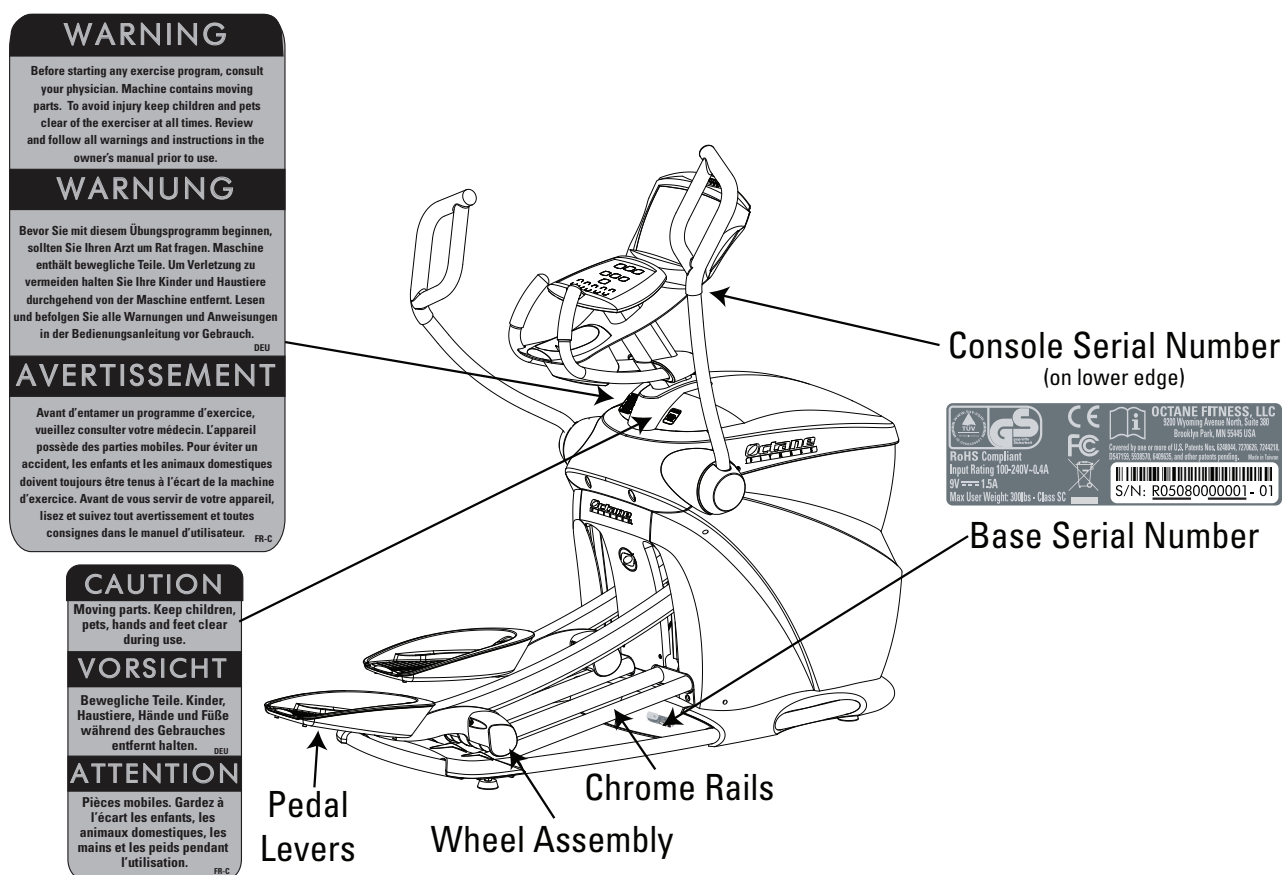
- Stretch slowly
- Hold for 10-30 seconds
- Stop at a comfortable tension, not pain
- Breathe deeply

CLEANING & MAINTENANCE

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

Your Octane Fitness elliptical has been manufactured to withstand many hours of hard use with minimal required maintenance. The only thing you will have to do is keep the machine clean. From time to time you may need to 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 RAILS. DO NOT USE WD-40 OR ANY TYPE OF SILICONE SPRAY - IF USED IT CAN CREATE AN INCREASE IN WHEEL NOISE.



TROUBLESHOOTING & FAQs

Electronic Issues

Unit doesn't power up	• Check the connection of the power cord from the machine to the wall outlet. • Plug a lamp or radio into the outlet to see if the wall outlet has power. If a light switch controls the outlet, turn it on. • Check to see that the light on the power supply lights up. If you have verified power from the outlet, you may have a faulty power supply. Contact your local dealer for service.
Don't feel a resistance change	• Increase resistance level to 20 and pedal for 30 seconds. If you feel a difference in the resistance, then the brake is working properly. • Are the cables connected correctly? Refer to the assembly instructions and check connections. When re-connecting the cables, make sure you feel each connector snap into place or hear a click that indicates a proper connection. • 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. 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 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 may be 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 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.
Console blinks on / off	• The console connections could be faulty. Refer to the assembly instructions and check connections. • If the issue persists, contact your local dealer for service.
LED always toggling	• Press the Enter key during a workout to stop the LEDs from toggling.

Console LEDs are not bright enough	• Enter User Set-up by pressing and holding the Level + and – keys for three seconds, or until you hear a beep. • Press any + or – key until “BRIT” displays in the matrix display. • Press Enter until the LEDs are set at the desired brightness (1-8, with 8 being the brightest). • Press any + or – key until “EXIT” displays in the matrix display, then press Enter. • If the brightness is set to “8” (the brightest level) and the LEDs are still dim, contact your local dealer for service.
Console does not “beep” when buttons are pressed	• Enter User Set-up by pressing and holding the Level + and – keys for three seconds, or until you hear a beep. • Press any + or – key until “BEEP” displays in the matrix display. • Press Enter until “ON” is displayed. • Press any + or – key until “EXIT” displays in the matrix display, then press Enter. • If “BEEP” is set to “ON” and the console still does not beep, contact your local dealer for service.

Mechanical Issues

Handlebars are loose/wobble side-to-side	• The screws securing the moving handlebars to the pivot shaft must be very tight. Refer to the assembly instructions and remove the handlebar covers and tighten these screws. • If the issue persists, contact your local dealer for service.
Handlebars are loose/wobble front-to-back	• Contact your local dealer for service.
Pedal wobbles and will not track correctly	• 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. There are four adjustable levelers, located on the bottom of the Octane Fitness elliptical. See assembly instructions to correctly adjust and lock the levelers. • If your machine is located on a soft surface such as carpet, you may wish to stabilize the unit by purchasing a heavy duty floor mat from your local dealer to place under your machine.
Machine makes ticking/clunking noise.	• Contact your local dealer for service.

General Questions

What is a ‘calorie’?	• A calorie is a unit of measure for energy. One calorie is equal to the amount of energy needed to raise the temperature of 1 gram of water by 1 degree Celsius. By convention in nutrition and exercise, the term ‘calories’ really represents ‘kilocalories’, or 1000 calories. In principle, one has to create a 3500 kcal deficit between energy intake (that is, calories from food) and energy expended in order to lose 1 pound of body-fat (or 7800 kcal per kg).
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LIMITED COMMERCIAL WARRANTY

PRO310

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 PRO310 (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 two (2) years from original date of purchase. Labor is covered for one (1) year from original date of purchase.

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

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

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

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

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

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

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

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

Please have both serial numbers when you call.

RECORD KEEPING

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

ATTENTION – All serial numbers begin with a letter.

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

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

1.	Base	Console

2.	Base	Console

3.	Base	Console

4.	Base	Console

5.	Base	Console

6.	Base	Console

7.	Base	Console

8.	Base	Console

9.	Base	Console

10.	Base	Console

LIMITED CONSUMER WARRANTY

PR0310

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 PR0310 (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 400 lbs. is not covered. **This warranty does not extend to products used for commercial applications.** Parts and electronic components reconditioned to As New Condition by Octane Fitness or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

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

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

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

Machine Noise Information Regulation - 3. GPSGV, the highest noise level is 70 dB(A) or less.

Warranty Transfer Card PR0310— 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: _____

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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.

www.octanefitness.com

www.youtube.com/user/octanefitness



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Facebook

www.facebook.com/octanefitness

F U E L Y O U R L I F E TM



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