

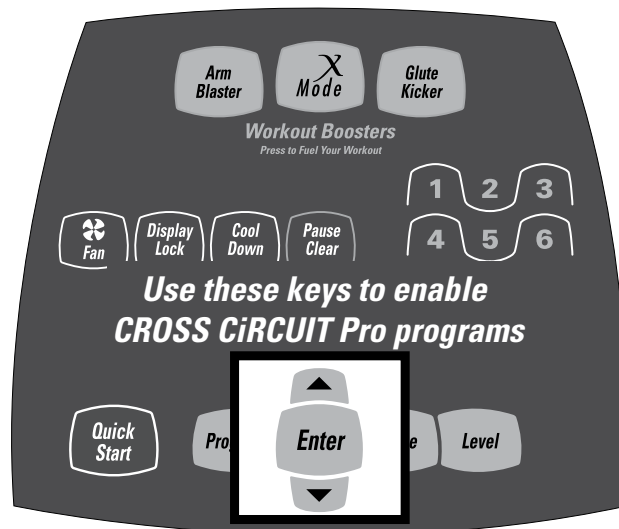
Octane

FITNESS

PRO 3700 OPERATIONS MANUAL UPDATE CROSS CiRCUIT PRO PROGRAMS

Your PRO3700 includes two additional programs, Cross Circuit Solo and Cross Circuit Group. To enable these programs:

1. Pedal the unit to activate the keypad.
2. Press and hold ▲/▼ to display User Settings.
3. Press ▲ until "CROSS CiRCUIT PRO" is displayed, then press *Enter* to change setting to "ON".
4. Press ▲ again until "EXIT" is displayed, then press *Enter* to save your selection.



These programs are optimally designed for use with the Octane Fitness CROSS CiRCUIT Pro Kit. Please contact Octane Fitness Customer Service at 1-888-OCTANE4 or 763-757-2662, extension 1, for pricing and ordering information.

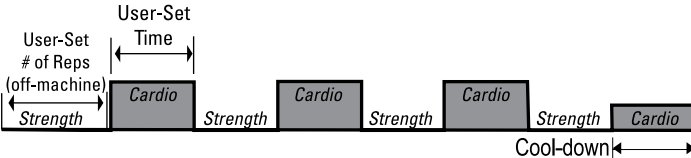
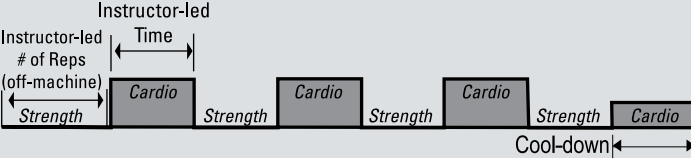
CROSS CiRCUIT PRO PROGRAM SETTINGS—VALUE RANGES

Setting	Standard Values*	Minimum Value	Maximum Value
Time	30:00	1:00	99:00
Level	1	1	30
Age	40	15	99
Weight	150 lbs. (68 kg)	70 lbs. (32 kg)	300 lbs. (181 kg)
Cardio Time	2:00	1:00	30:00
Strength Time	1:00	0:15	30:00

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

CROSS CIRCUIT PRO PROGRAM REFERENCE

Press Program (+) or (-) and Enter to choose a program.
CROSS CiRCUIT Pro programs will not appear in the program list unless they have been enabled
(as described on the previous page).

Programs & Standard Settings	Description
 <p>CROSS CIRCUIT Solo</p> <p>Time (30:00) Level (1) Cardio Time (2:00) Strength Reps (10) Age (40) Weight (150)</p>	<p>Maximize the impact of your workout time with this challenging on- and off-machine cross-training routine. Follow the prompts to complete alternating sets of cardio and strength exercises. Use Level (+) or (-) to adjust the cardio interval resistance mid-workout.</p>
 <p>CROSS CIRCUIT Group</p> <p>Level (1) Age (40) Weight (150)</p>	<p>Group exercise on an elliptical! Ramp up your workout with this instructor-led on- and off-machine cross-training routine. Follow the leader's instructions to complete alternating sets of cardio and strength exercises.</p>

Note: The CROSS CiRCUIT Pro programs replace the New Leaf Assessment Test and New Leaf Custom programs described in your PRO 3700 Operations Manual.

Learn More at www.octanefitness.com

Log on to www.octanefitness.com where you will find additional information about product features and answers to many common questions and tips on using your elliptical. If you would like to speak to an Octane Fitness Customer Service specialist, please call 1-888-OCTANE4 or 763-757-2662, extension 1.

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