



# OCTANE ADVANTAGE

## 30:30 Workout Motivates and Challenges... And Improves Heart Rate Recovery Fitness

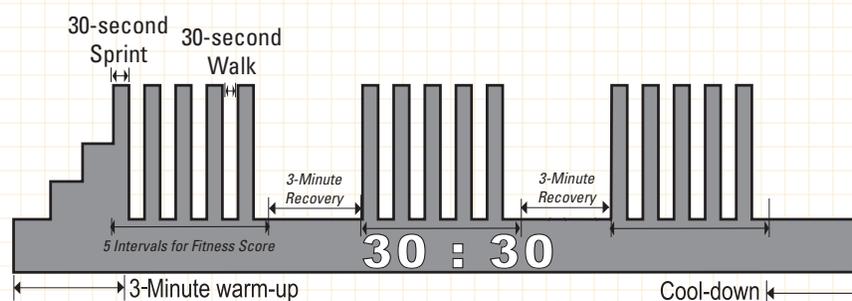
An innovative new workout, available exclusively on Octane Fitness elliptical cross-trainers, motivates and challenges exercisers of all abilities—from world class athletes to weekend warriors and de-conditioned individuals—and with consistent use the workout **shows measurable improvement in heart rate recovery rate**.

This exciting new workout, “30:30”, was designed by one of the top cardio coaches in the world, Paul Robbins of Athlete’s Performance Institute. Coach Robbins invented the program to increase the workout intensity of his clients who range from retirees to professional elite athletes. His program calls for a short warm-up period and then 3 or more intervals of high intensity work for 30 seconds followed by 30 seconds of active recovery. Coach Robbins discovered was that that his clients, whether world class athletes or de-conditioned persons, found the 30:30 program very motivating and were able to increase the intensity of their workouts dramatically.

Octane Fitness has taken the proven success from Coach Robbins’ program and put it into the 30:30 program. The program is fun, provides great feedback and motivation, and allows exercisers to measure heart rate recovery fitness over time.

### THE 30:30 ADVANTAGE: PROGRAM SPECIFICS

- Begin with a **3-minute warm-up** to loosen muscles and prepare for the challenge.
- Five sets: **30-second high intensity** interval followed by **30-second recovery** interval.
- Review your results during a 3-minute recovery cycle: average slow and fast speed, average minimum and maximum heart rates, and **Heart Rate Recovery** (Average Max HR - Average Min HR). A **higher Heart Rate Recovery number is better**.



- Self-scoring/self-monitoring and consistent use over time shows improvement in heart rate recovery, indicating improved fitness level.
- Speed ‘governor’ kicks in to increase resistance at higher RPMs to further boost heart rate—**program adjusts to your improved fitness** and continues to provide challenge to exercisers of all abilities.

With consistent use, the Octane Fitness 30:30 program **challenges and motivates exercisers, pushing them to achieve improved levels of cardiovascular fitness**, as measured by heart rate recovery.