



OCTANE ADVANTAGE

Zero Runner® Proves Ideal for Every Runner and Exerciser

As more research points to the importance of regular exercise to maintain health, and as running participation in the United States shows more than 70% growth in the past decade, **Octane Fitness has created an entirely new way to workout.** Totally unprecedented, the **Zero Runner replicates real running motion but without any impact.** Its unique, independent hip and knee joints facilitate freedom of movement and enable users to **adopt their natural gait, just like running outside.**

Better than a noisy treadmill that requires exercisers to adjust to a moving belt, the whisper-quiet **Zero Runner supports users** without any pounding on the joints. Plus, the Zero Runner enables a **full range of motion** through the initiate, pull-through, lift and extension phases, which requires engaging the hamstrings and glutes, like running outside.

There is **no fixed path to follow, and complete freedom** to change the movement at any time. The Zero Runner has a true running motion, along with options to choose a more circular motion, perform deep forward lunges or use a straight-leg swing movement for variety.

SO WHO SHOULD TRAIN WITH THE ZERO RUNNER, AND WHY?

REGULAR EXERCISERS

The Zero Runner provides a **valuable cardiovascular workout and excellent variety** for exercisers who may be bored with their current regimen. A weight-bearing activity that doesn't have impact, it is accessible and manageable for virtually anyone, offering a variety of movements (running, shorter circles, deep lunges or pendulum swings) and enabling all exercisers to achieve a full range of motion. And because it's new and different, the Zero Runner can help jump-start motivation and results.

ASPIRING OR BEGINNING RUNNERS

Because repeated impact is hard on the body, running can be discouraging and difficult for beginners. But with the Zero Runner, there are no more excuses, as it provides all the benefits of running, without the discomfort. Beginners can add Zero Runner sessions to their outdoor routine as a way to **improve conditioning, increase muscular endurance, perfect their form and avoid injury.**

ACTIVE RUNNING ENTHUSIASTS

Serious runners are committed to improving their performance through smarter training. And the Zero Runner is an ideal tool for race preparation. On longer runs, **runners now can tackle several miles outside and a portion on the Zero Runner.** They can be confident that they are benefiting from specific training to make it to the finish line faster.

Plus, for runners who struggle to take a day off, the Zero Runner provides an outlet for **active recovery.** Rather than being compelled to slog through junk miles outside when fatigued, runners now can use the Zero Runner for an easy run with good form and without overstressing the body.

INJURED RUNNERS

Nothing is tougher for a runner than to be sidelined from his/her favorite activity, and few runners want to be limited to swimming or biking. The Zero Runner may provide a welcome option for runners recovering from injuries, depending on the injury and recommendations from a physician or physical therapist. Without any impact, and with the users' ability to select stride and pace, the **Zero Runner provides a great**

running workout. It enables runners to **capitalize on a true running experience and maintain their conditioning**, but not to risk aggravating their injuries or lead to more.

Research estimates that approximately 74-82% of runners will suffer a moderate or severe injury. With the Zero Runner, an injury no longer necessarily eliminates running workouts altogether during recovery and rehabilitation.

AGING RUNNERS

Anybody over 40 knows that running gets harder as the body ages, and associated aches and pains, along with greater risk of injury from fatigued bones and muscles, set in. But removing the impact from running changes the game, and **aging runners find new vigor** by training with the Zero Runner. Even runners with existing knee or hip problems are able to **run pain-free on the Zero Runner**. By supplementing outdoor runs with the Zero Runner, runners are able to **maintain and even improve their performance, add miles safely and extend their running career**.

Furthermore, with the Zero Runner, runners now don't have to endure inclement weather, extreme temperatures or potentially unsafe conditions outside. They can still get in their miles indoors.

ADDITIONAL TRAINING BENEFITS

For all users, the Zero Runner features valuable options that can result in better overall fitness and running performance.

- **SmartLink™** – This free app from Octane Fitness, when downloaded to a mobile device, wirelessly connects to the Zero Runner console to display all workout stats. Users can select a running goal of endurance, strength or active recovery, and **SmartLink designs a customized training regime**. Runners also can benefit from new routines over time with convenient app updates.

In addition, **SmartLink** includes **valuable gait tracing technology** that enables runners to monitor the health of their gait, which can become compromised as fatigue sets in and form deteriorates. Now runners can adjust their gait if necessary to ensure that they are as strong at mile five as they were at mile one.

- **CROSS CIRCUIT®** – Smart runners today know that cross training is critical. Designed with input from exercise physiologists, athletic trainers and physical therapists, **CROSS CiRCUIT** combines **alternating cardio intervals on the Zero Runner with strength and flexibility training exercises** adjacent to the machine. Runners can choose from a full menu of exercises for all major muscle groups or pre-programmed regimens that address runners' specific needs, including **lateral movement, hamstring training, yoga and core strength**. Octane's Powerbands add customizable resistance to strength exercises. By challenging their weaker links, runners can elevate their overall fitness and running performance.

Plus, **SmartLink** includes multiple videos that guide users through **CROSS CiRCUIT** exercisers to help ensure proper form and better results.

With **SmartLink** and **CROSS CiRCUIT**, the Zero Runner makes **cross training simple, convenient and effective**.

UNIQUE SOLUTION

Blazing new trails in exercise and running, the Zero Runner is a one-of-a-kind training tool. Backed by years of research in biomechanics, joint analyses, kinematics and kinesiology, the Zero Runner meets the needs of a broad range of users.

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