

***Octane***<sup>®</sup>

**F I T N E S S**



***PRODUCT PROGRAMS  
AND  
FEATURES***



# TABLE OF CONTENTS

<b>Quick Start Profiles</b> .....	1
• <b>Walk</b> .....	1
• <b>Run</b> .....	2
• <b>Hike</b> .....	3
• <b>Climb</b> .....	4
<b>Standard Programs</b> .....	5
• <b>Manual</b> .....	5
• <b>Random</b> .....	6
• <b>Distance Goal</b> .....	7
• <b>Calorie Goal</b> .....	8
• <b>Custom Interval</b> .....	9
<b>Heart Rate Programs</b> .....	10
• <b>Fat Burn</b> .....	10
• <b>Heart Rate Interval</b> .....	11
<b>Product-Specific Programs</b> .....	12
• <b>Mountain Peak</b> .....	12
• <b>30:30 Hills</b> .....	13
• <b>Progressive Hill</b> .....	14
• <b>Smart Stride</b> .....	15
<b>Specialty Programs</b> .....	16
• <b>Mixed Martial Arts (MMA)</b> .....	16
• <b>30:30</b> .....	17
• <b>Constant Watts</b> .....	18
• <b>Constant METs</b> .....	19
<b>CROSS CiRCUIT Programs</b> .....	20
• <b>CROSS CiRCUIT Solo</b> .....	20
• <b>CROSS CiRCUIT Group</b> .....	21
<b>Octane High Intensity Interval Training (HIIT) Boosters</b> .....	22
• <b>X-Mode</b> .....	23
• <b>ArmBlaster</b> .....	24
• <b>Glute Power</b> .....	25
<b>Octane Product Features</b> .....	26
• <b>HeartLogic Intelligence</b> .....	26
• <b>MultiGrip™ Handlebars with Fingertip Controls</b> .....	27
• <b>Electronically Adjustable Stride</b> .....	28
• <b>Optional Kits: CROSS CiRCUIT Pro and Side Steps</b> .....	28

**WALK**

Stride 24" (61 cm) , Incline 1

Level -

**Quick Start Walk****Description**

Get on and go for a walk; your stride length is a moderate 24" (61cm), and the incline is 1. Consistent resistance gives you a steady, even simulated walk. Press this button any time during a workout to quickly change to these settings without resetting your workout time, calories, distance or other data. Use all the Quick Start buttons to easily create a challenging interval workout, right at your fingertips!

**Standard Settings**

Setting	Standard Value
Time	30:00
Stride	24" (61 cm)
Incline	1
Level	5
Age	40
Weight	150 lbs. (68 kg)

All values (except age and weight) may be changed once you have started your workout; press the + / - buttons for the value you want to change.

# RUN

Stride 28" (71 cm) , Incline 1

Level -

## Quick Start Run

### Description

Stretch out your legs in a simulated run. With a longer stride length of 28" (71cm), and the incline is 1. Consistent resistance gives you a steady feel. Press this button any time during a workout to quickly change to these settings without resetting your workout time, calories, distance or other data. Use all the Quick Start buttons to easily create a challenging interval workout, right at your fingertips!

### Standard Settings

Setting	Standard Value
Time	30:00
Stride	28" (71 cm)
Incline	1
Level	5
Age	40
Weight	150 lbs. (68 kg)

All values (except age and weight) may be changed once you have started your workout; press the + / - buttons for the value you want to change.

**HIKE**

Stride 24" (61 cm) , Incline 5

Level —

**Quick Start Hike****Description**

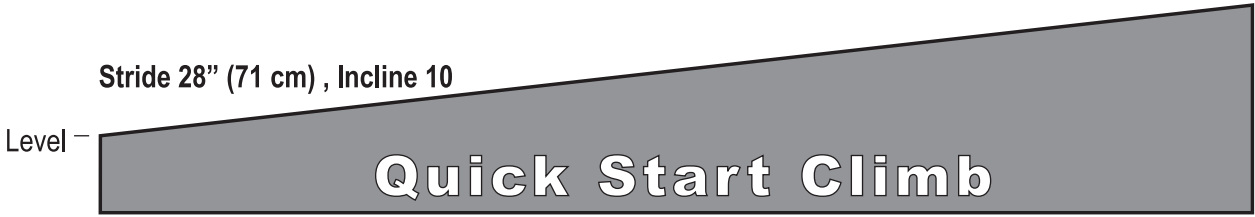
Increase your challenge by adding some incline. With a moderate stride length of 24" (61 cm) and an incline of 5, you'll feel like you are hiking a moderately steep path. Consistent resistance gives you that slow and steady uphill effort. Press this button any time during a workout to quickly change to these settings without resetting your workout time, calories, distance or other data. Use all the Quick Start buttons to easily create a challenging interval workout, right at your fingertips!

**Standard Settings**

Setting	Standard Value
Time	30:00
Stride	24" (61 cm)
Incline	5
Level	5
Age	40
Weight	150 lbs. (68 kg)

All values (except age and weight) may be changed once you have started your workout; press the + / - buttons for the value you want to change.

# CLIMB



## Description

Take on the mountain! Lengthen your stride (28" / 71cm) and bump up the incline to 10 and feel the burn in your quads in this simulated climb. Consistent resistance keeps the challenge going. Press this button any time during a workout to quickly change to these settings without resetting your workout time, calories, distance or other data. Use all the Quick Start buttons to easily create a challenging interval workout, right at your fingertips!

## Standard Settings

Setting	Standard Value
Time	30:00
Stride	28" (71 cm)
Incline	10
Level	5
Age	40
Weight	150 lbs. (68 kg)

All values (except age and weight) may be changed once you have started your workout; press the + / - buttons for the value you want to change.

# MANUAL

Level -

**Manual**

## Description

Get on and go; consistent resistance simulates walking or jogging on a flat surface. The oval racetrack equals 1/4 mile (or 400 meters); the counter shows laps completed.

## Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Incline	1 to 10	1
Level	1 to 30	5
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)



# RANDOM



## Description

Enjoy computer-randomized resistance variation with a virtually infinite number of combinations. Get a new course each time you select the program or change the level. Each interval lasts one minute.

## Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Incline	1 to 10	1
Level	1 to 30	5
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

STANDARD

# DISTANCE GOAL



STANDARD

## Description

Complete a virtual race—a great way to train for an actual event. Take to the hills as gradual resistance changes simulate variance in terrain, replicating the challenges encountered when walking or running outside. The distance readout counts down from 6.2 miles (10 kilometers). Use Level + / - to adjust interval resistance mid-workout.

## Standard Settings

Setting	Range	Standard Value
Distance Goal	1K (.62 mi.) to 21K (13.1 mi.)	10K (6.2 mi.)
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Incline	1 to 10	1
Level	1 to 30	5
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

# CALORIE GOAL



## Description

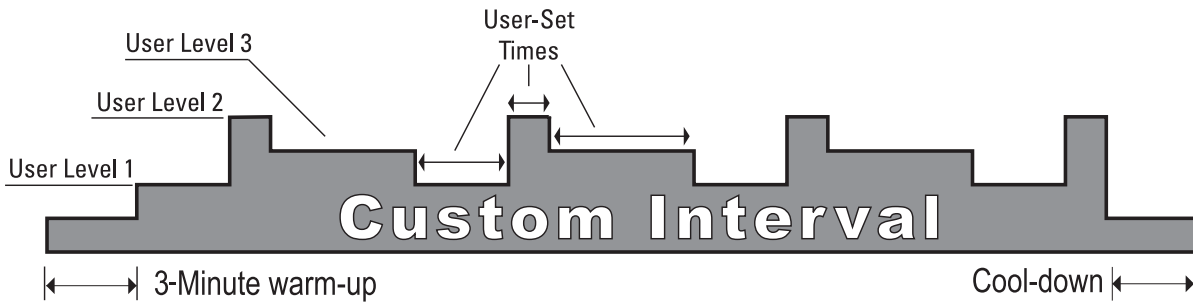
Get moving on a flat course until you have burned your target number of calories. Use Level + / - to adjust interval resistance mid-workout. Watch the calories fall away!

## Standard Settings

Setting	Range	Standard Value
Calorie Goal	150 to 1000	350
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Incline	1 to 10	1
Level	1 to 30	5
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

**STANDARD**

# CUSTOM INTERVAL



## Description

Design a custom workout of up to four alternating intervals of user-defined duration and resistance. Use Level + / - to adjust interval resistance mid-workout.

## Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Incline	1 to 10	1
Intervals	1 to 4	2
Interval 1 — Time	00:15 to 99:00	00:30
Interval 1 — Level	1 to 30	5
Interval <i>n</i> — Time	00:15 to 99:00	00:30
Interval <i>n</i> — Level	1 to 30	5
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

# FAT BURN



## Description

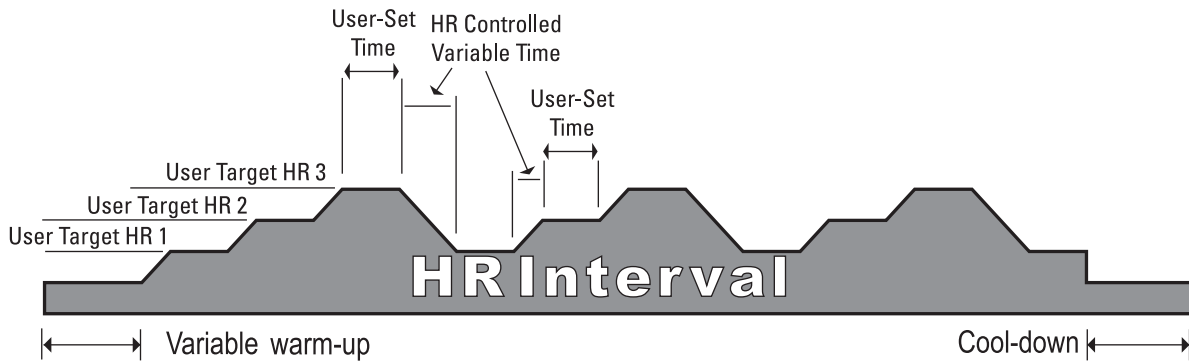
Maximize the percentage of calories burned from fat versus carbohydrates with this controlled workout at 65% of theoretical maximum heart rate (or user-specified target heart rate). Use Level + / - to adjust interval target heart rates mid-workout.

## Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Incline	1 to 10	1
Target HR	80 to 205	.65 * (220-Age)
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

**HEART RATE**

# HEART RATE INTERVAL



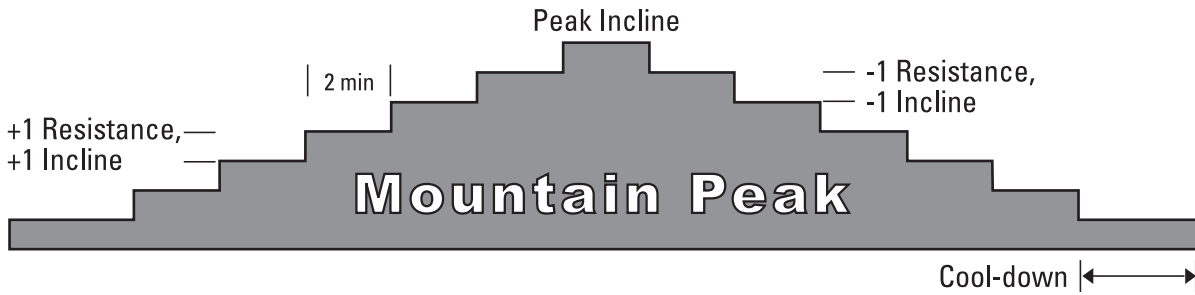
## Description

Build a custom heart-rate controlled workout of up to four alternating intervals of user-defined duration and target heart rates. Use Level+ / - to adjust interval target heart rates mid-workout.

## Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Incline	1 to 10	1
Age	15 to 99	40
Intervals	1 to 4	2
Interval 1 — Time	00:15 to 99:00	00:30
Interval 1 — Target HR	80 to 205	.70 * (220-Age)
Interval <i>n</i> — Time	00:15 to 99:00	00:30
Interval <i>n</i> — Target HR	80 to 205	.70* (220-Age)
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

# MOUNTAIN PEAK



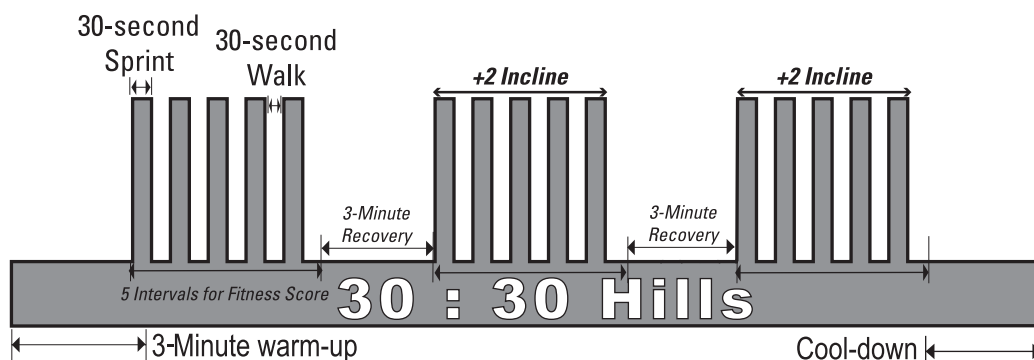
## Description

Reach a new high point with this challenging climb. Decide how high you want to go, then get to work as the resistance and incline increase every two minutes until you reach the peak, and then decrease as you climb back down.

## Standard Settings

Setting	Range	Standard Value
Peak Incline	5 to 10	10
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Peak Level	10 to 30	14
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

## 30:30 HILLS



### Description

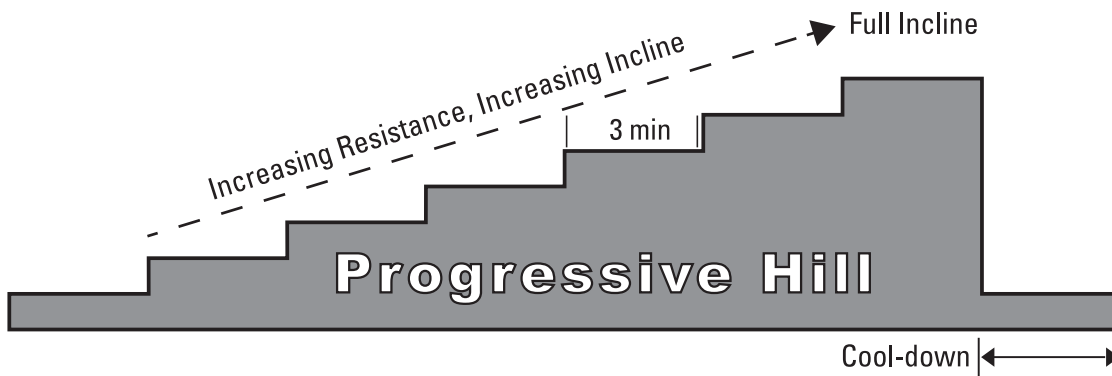
Test your mettle through sets of five 30-second sprint and recovery intervals. Sprint intervals are at a higher resistance than recovery intervals, and incline increases with each set. Between sets, heart rate data is evaluated to give you a measure of how quickly your heart rate recovers between sprints. A higher number indicates a more rapid heart rate recovery and represents a relatively better level of fitness. Choose from one of three intensity levels to make this a real challenge and watch your fitness improve over time!

### Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Intensity	Low, Medium, High	Low
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)



# PROGRESSIVE HILLS



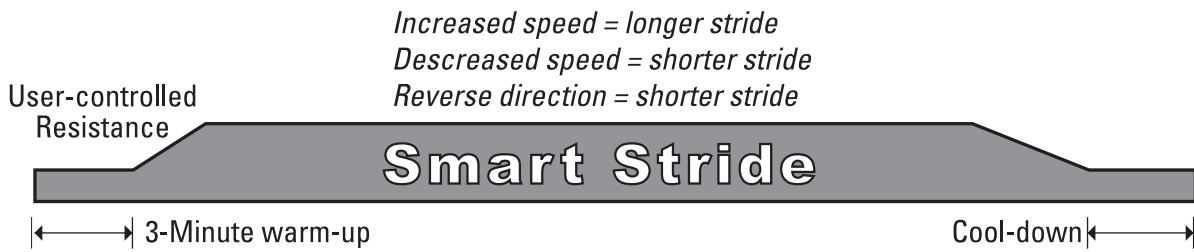
## Description

Make it to the top of the hill in 30 minutes or less! Enjoy a steady climb as both resistance and incline increase until you reach full incline.

## Standard Settings

Setting	Range	Standard Value
Time	10:00 to 30:00	30:00
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Starting Level	1 to 30	5
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

# SMART STRIDE



## Description

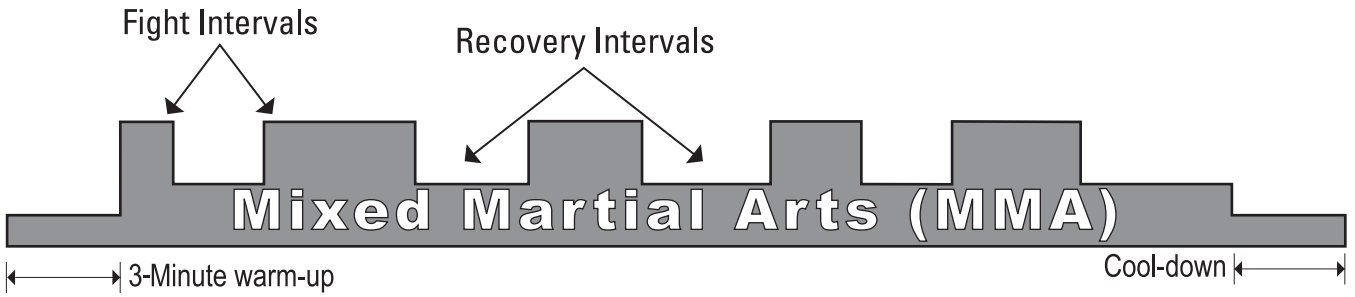
Mimic your natural movement with this innovative, Octane-exclusive program. When you select Smart Stride, the program analyzes your speed as you move in a forward stride at a pace that is comfortable for you. Then, as you continue your workout, the program intuitively makes the appropriate adjustments as your pace or direction changes.

## Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Incline	1 to 10	1
Level	1 to 30	5
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

**PRODUCT-SPECIFIC**

# MMA



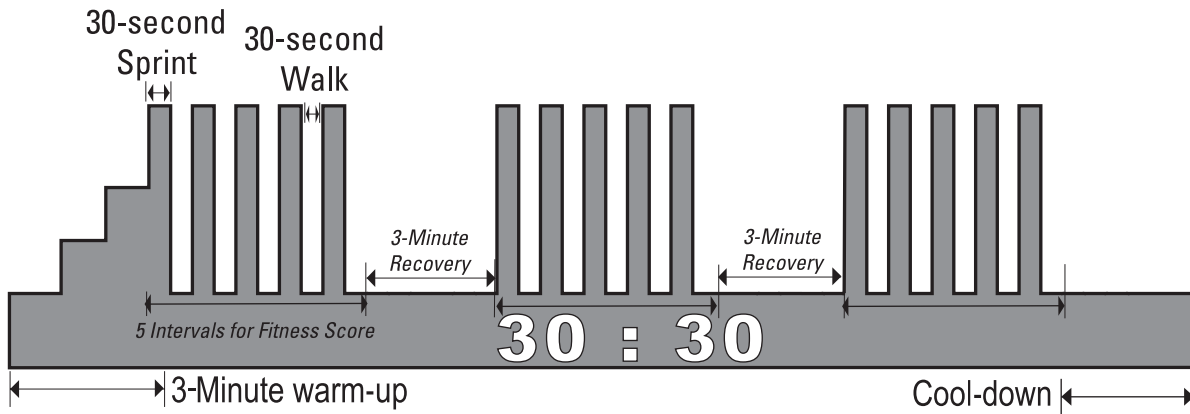
## Description

Take on your toughest opponent yet—the Octane elliptical! Battle it out in 5-minute rounds that include five alternating ‘fight’ and ‘recover’ intervals of various lengths. The harder you punch with your arms, the harder the Octane elliptical ‘fights back’ with increased resistance. This great workout gets your heart—and your fists—pumping!

## Standard Settings

Setting	Range	Standard Value
Rounds	1 to 10	3
Intensity	Low, Medium, High	High
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Incline	1 to 10	1
Fight Level	1 to 20	6
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

# 30:30



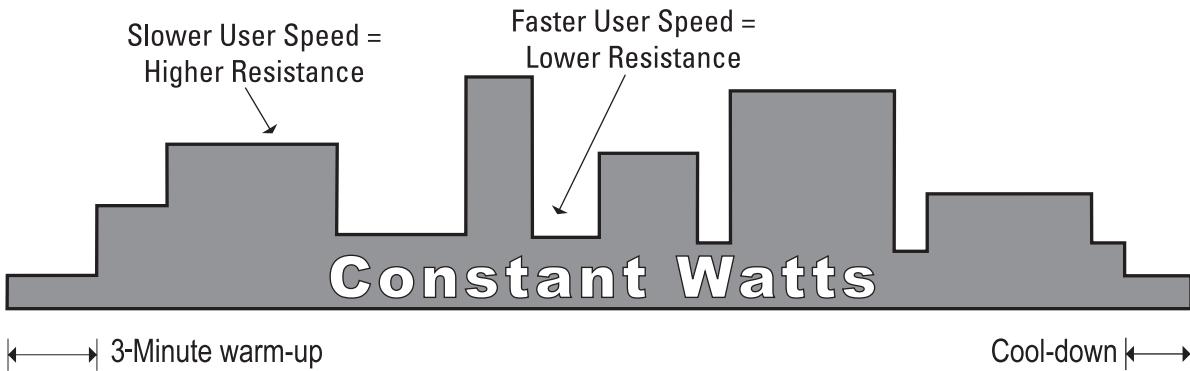
## Description

This challenging program provides a simple test of fitness level with 5 sets of 30-second sprint and recovery intervals. For each set, the program monitors heart rate and calculates the average minimum and average maximum heart rates and the average number of beats the heart rate recovers between sprint intervals. Heart rate recovery is a relative indicator of fitness level; a higher number indicates a more rapid heart rate recovery and therefore represents a relatively better level of fitness.

## Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Incline	1 to 10	1
Sprint Level	4 to 30	8
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

# CONSTANT WATTS



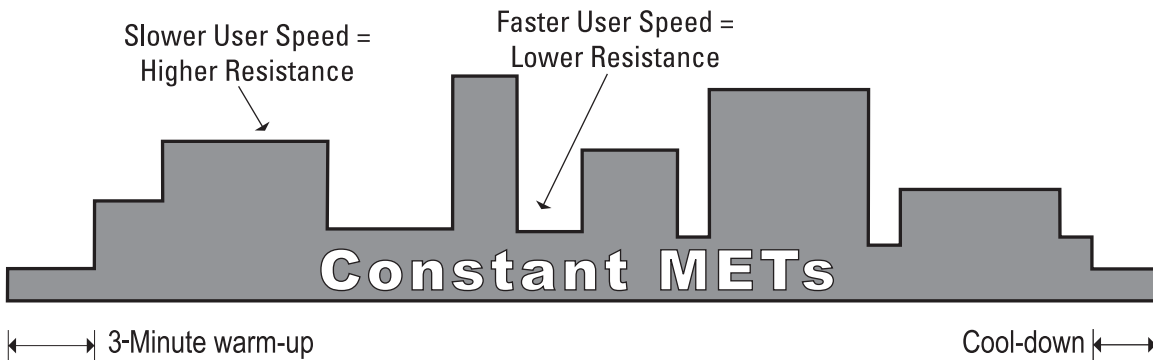
## Description

Set a target power output and let the machine keep you there by varying resistance level relative to your speed. Power output is measured in watts, representing the amount of power required by the machine to maintain the workload (pedal resistance and speed) that you want to experience. The higher the watts, the more difficult the workout.

## Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Incline	1 to 10	15
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)
Set Watts	20 to 900	125

# CONSTANT METS



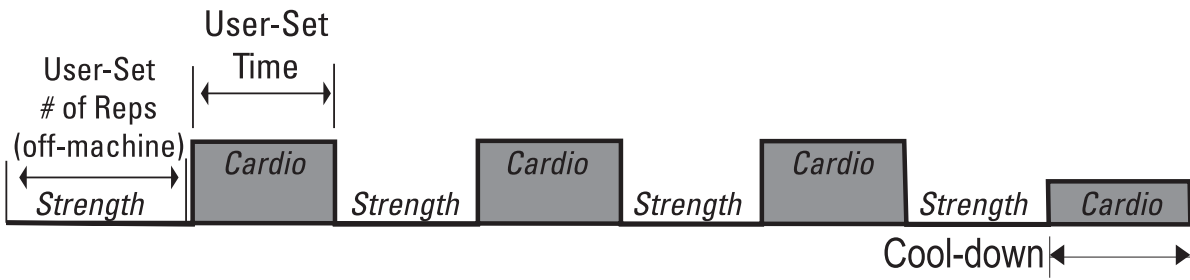
## Description

Gauge the intensity of your workout by setting a target output measured in metabolic equivalent units (METs). The machine keeps you on goal by varying resistance level relative to speed. METs are a measure of power output, representing the ratio of a person's working metabolic rate relative to that person's resting metabolic rate. One MET is approximately equal to 1 kilocalorie burned per kilogram per hour. The greater the METs, the harder the workout.

## Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Incline	1 to 10	1
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)
Set METs	1.0 and up	7.0

# CROSS CIRCUIT SOLO



# CROSS CIRCUIT Solo

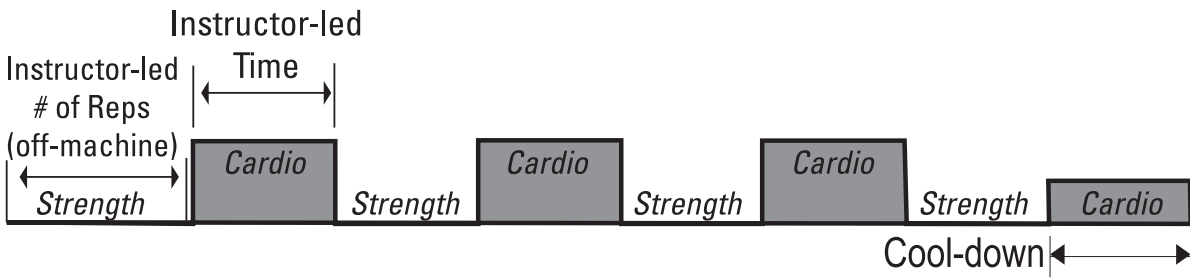
## Description

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.

## Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Incline	1 to 10	1
Level	1 to 30	5
Cardio Time	00:30 to 10:00	2:00
Strength	00:30 to 10:00	1:00
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)

# CROSS CiRCUIT GROUP



# CROSS CiRCUIT Group

## Description

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.

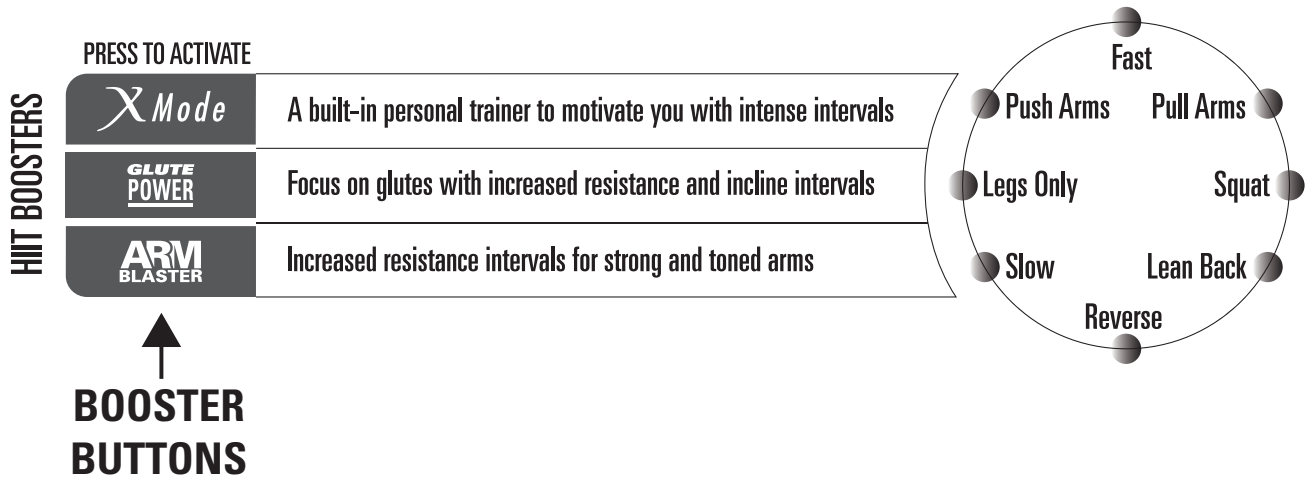
## Standard Settings

Setting	Range	Standard Value
Time	10:00 to 99:00	30:00
Stride	20" to 28" (51 to 71 cm)	24" (61 cm)
Incline	1 to 10	1
Level	1 to 30	5
Age	15 to 99	40
Weight	70 to 400 lbs. (32 to 181 kg)	150 lbs. (68 kg)



# HIGH INTENSITY INTERVAL TRAINING (HIIT) BOOSTERS

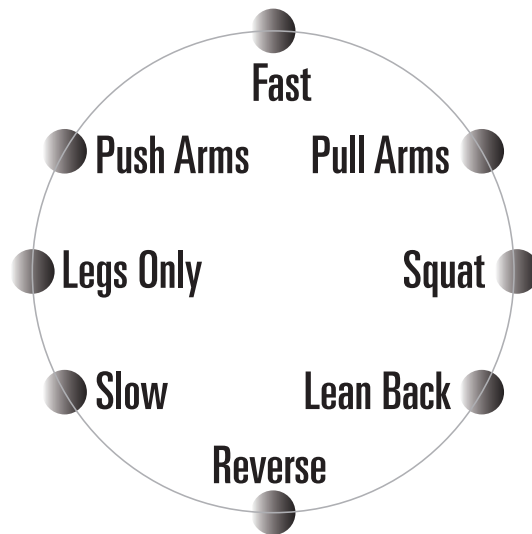
Octane Fitness products offers high-intensity interval training ‘boosters’ to add motivation and variety to your workout. The available boosters vary by product, but all are uniquely designed to challenge, motivate, and inspire you to get the most out of your workouts.



To activate a HIIT Booster during any workout, simply press the button of the booster you want and its sequence begins. To deactivate, press the booster button a second time.

When a booster interval is active, the level of resistance can be changed by pressing any (+) or (-) button on the console.

## X-Mode

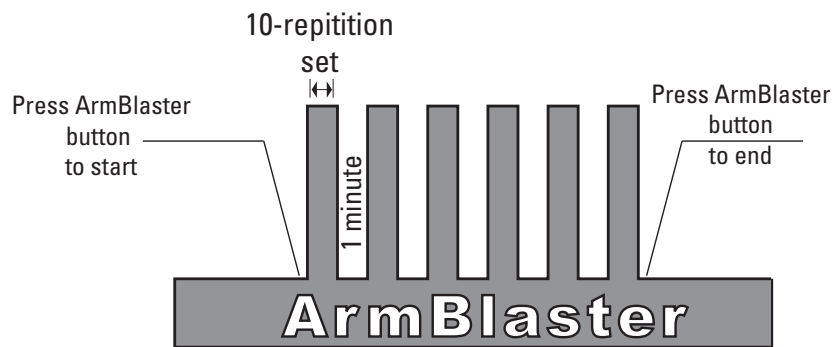


### Description

This great motivational tool keeps your workout fresh and exciting in any program, on any Octane Fitness elliptical. Activate X-Mode by pressing **X Mode** on your console; then, every other minute X-Mode kicks in, adding four levels of resistance and prompting you to perform combinations of eight different challenges:

- Fast** Pick up the pace—we recommend 50-60 rpm, but you should find your own comfort level.
- Squat** Bend slightly at the knees as you pedal. You'll feel this one in your quadriceps and glutes in no time!
- Reverse** Pedal backwards to change the muscle focus on your entire lower body.
- Lean Back** Grab the stationary handlebars and lean slightly backwards. This changes the muscle focus to your lower body. You will feel this in your quadriceps.
- Legs Only** Either hold the stationary handlebars or naturally swing your arms.
- 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.
- Slow** Slow down to 30-40 rpm to allow yourself to recover.

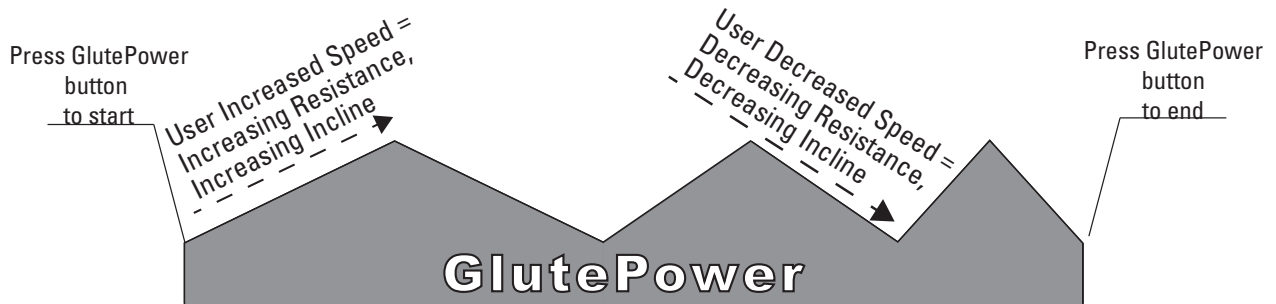
## ArmBlaster



### Description

Available on all Octane Fitness ellipticals, ArmBlaster is a proprietary program designed to boost cardiovascular endurance while building strength and muscle tone. ArmBlaster adds upper-body strength sessions to the cardio program profile that you have selected. Press  on your console to start a session; then, every minute, resistance increases for a muscle-building, 10-repetition set as you transfer the workload from your lower body to your upper body, concentrating on pushing and pulling with your arms.

## GlutePower



### Description

Challenge your glutes with this workout booster that pushes back! Press **GLUTE POWER** during any workout, then increase your speed. The faster you go, the greater the resistance (level) and the steeper the incline. Slow down again and the resistance decreases and the incline lessens. Race up and down those 'hills' and feel the burn!

# OCTANE PRODUCT FEATURES

Octane Fitness products incorporate additional features to ensure that you experience great workouts. Learn more and take advantage of these great features:

## Heart Rate Monitoring and HeartLogic Intelligence

Octane ellipticals are equipped with state-of-the-art heart rate monitoring and control technologies that help you make the most of your training efforts. All models include on-demand heart rate monitoring—just grasp the digital contact heart rate grip sensors on the handlebars and your current heart rate is displayed on the console.

For even greater control of your workout, Octane Fitness products are also equipped with HeartLogic Intelligence, a sophisticated yet easy to use heart rate control technology. This sophisticated solution provides the most accurate and effective workout possible using heart rate data captured by a wireless chest strap or the digital contact heart rate grip sensors on the handlebars.

The XT-One features premium workouts designed to take full advantage of the benefits of heart rate zone training: Fat Burn, Heart Rate Interval and 30:30. The console displays 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 the digital contact heart rate sensors**

Digital contact heart rate sensors are located on the handlebars. The grips can be used to check your heart rate during your workout. For the most accurate heart rate reading possible, grasp each contact heart rate grip so that 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.

### **Using a wireless chest strap**

You may use any Polar™-compatible (5 KHz, coded or non-coded) transmitter to transmit your heart rate to the electronics console at a distance of up to three feet. Adjust the length of the elastic strap and fasten 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. The contact handgrips reading takes priority if both the wireless and contact heart rate grips are in use.

### **Using an ANT+ heart rate monitor**

To connect your ANT+ monitor to your XT-One, stand close to the Octane console while wearing your monitor until the ANT+ icon in the upper right corner of the console illuminates. This indicates that your device is connected and you may then proceed with your workout.

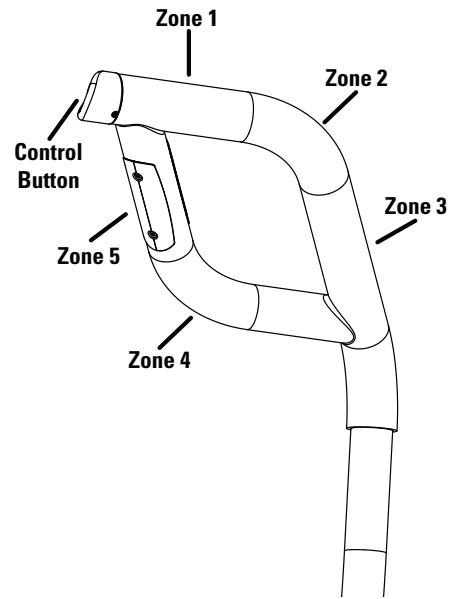
### **Heart rate programs**

The XT-One offers two heart rate controlled programs, Fat Burn and Heart Rate Interval, giving you more variety to suit your personal needs. The 30:30 program also uses heart rate data to provide an assessment of heart rate recovery. We recommend that you try different programs to determine your favorite. Refer to the Program descriptions for more information.

# MultiGrip™ Handlebars with Fingertip Controls

Your Octane Fitness product 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 with converging motion 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 converging motion and unique design of the MultiGrip handlebars fit 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 cross training workout. You can emphasize either a push or pull movement or reposition your hands any time during any program for maximal muscle exertion, balance, variety, and comfort.

### Fingertip Controls

The MultiGrip handlebar also features fingertip control buttons. On the XT-One, you can easily set up or adjust the Incline while in a workout using the + and - buttons on the right handlebar. Or, adjust the Stride at any time using the + and - buttons on the left handlebar. These convenient buttons let you adjust settings to meet your needs without breaking the flow of the workout.

## Electronically Adjustable Stride with SmartStride™

The XT-One 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 or the left moving handlebar of the XT-One, you can change the stride length from 20" (51 cm) to 28" (71 cm) in ½-inch (1 cm) increments. This added variety is great to use for different workouts, directions, warm-ups and cool-downs.

### 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 from 20 inches (51 cm) to 28 inches (71 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 use SmartStride on the XT-One, select the Smart Stride program and follow the prompts. Or, press and hold the Stride (+/-) buttons on the console simultaneously for three seconds (or until you hear the beep) to add this booster to any program.

## Optional Kits: CROSS CiRCUIT Pro and Commercial Side Steps

The CROSS CiRCUIT Pro Kit (P/N 110785-001), which includes weight stands and PowerBlocks, is available for the XT-One. This kit gives you cardio and strength training in one place on your club floor. Two programs are specifically designed for use with this kit: CROSS CiRCUIT Solo and CROSS CiRCUIT Group. Please visit [www.crosscircuit.net](http://www.crosscircuit.net) for more information about this unique Octane Fitness workout enhancer.

Also available is the Commercial Side Steps Kit (P/N 110459-001) which provides platforms for users to stand on while performing arm-isolation exercises.

Please contact Octane Fitness Customer Service at 1-888-OCTANE4 or 763-757-2662, extension 1, for pricing and ordering information.

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**F U E L Y O U R L I F E <sup>TM</sup>**

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