Add a new dimension and excitement to the cardio floor with the LateralX elliptical that delivers functional challenges, more muscle demands and greater caloric burn.

**OCTANE ADVANTAGES**

- Adjustable lateral 3-D motion
- 27% increase in caloric expenditure *
- 30% increase in hip abductor/adductor activity *
- Adds muscle confusion with 10 varying planes of motion
- Great for sports, rehab and stability training, working the hips, thighs and glutes
- CROSS CiRCUIT compatible

*Study conducted by Minnesota State University Mankato going from lateral width 1 to lateral width 10.*
**Lateral Motion**
Active side-to-side motion that increases caloric expenditure by 27% and engages more lower body muscles.

**Stepping Motion**
An additional movement option that simulates a stepping movement for added variety or recovery.

**Upper-Body Ergonomics**
Patented, one-of-the-kind MultiGrip and Converging Path handlebars better engage the upper body and assist with fitting every exerciser better.

**Cross Circuit**
Exercisers get better results from greater conditioning and motivation, and clubs and trainers benefit from a powerful new revenue source.

### LateralX Specifications

#### Key Mechanical Features
- Lateral width adjustments 10
- Electronically adjustable lateral width
- Quiet motors
- Soft grip pedals
- Low step-up height
- MultiGrip™ and Converging Path™ handlebars
- Moving handlebar lock-out option
- 1-time adjustable handlebar position
- CROSS CIRCUIT compatible
- Phone holder 2
- Water bottle holder
- Tablet/reading rack**
- Transport wheels

#### Electronic Features
- Resistance levels 30
- Quick Starts (Narrow, Medium, Wide)
- Digital contact heart rate on moving handlebars
- Wireless heart rate ready (ANT+™ and Polar®)
- Fingertip controls on moving handlebars
- Console fan (3 speeds)
- Self-powered (standard console only)
- Mobile device charging via USB port
- Replaceable headphone jack
- CSAFE®

#### Console Options
- Smart
- Standard

#### Entertainment Options
- Personal Viewing Screen
- Wireless 900 Mhz

#### Workout Boosters
- X-Mode™
- ThighToner™
- QuadPower™

#### Product Specifications
- Max user weight 400 lbs (181 Kg)
- Footprint (W x L) 42” x 63” (106 cm x 160 cm)
- Product weight 388 lbs (176 Kg)
- Footprint with CROSS CIRCUIT stands (W x L) 44” x 76” (111 cm x 190 cm)
- Product weight with CROSS CIRCUIT stands 438 lbs (198 Kg)

#### Warranty
- Parts 3 years
- Labor 1 year

**Smart console only.**