



# OCTANE ADVANTAGE

## Punch Up the Intensity: Mixed Martial Arts (MMA) Program Mimics Real-Life Bouts

Mixed martial arts, or MMA, is an extremely popular sport that has caught on fire around the world, attracting athletes and “weekend warriors” alike. Octane Fitness has designed a creative new workout on its elliptical cross-trainers that **mimics real-life MMA bouts and gives participants an effective alternative to training in the ring.**

With built-in flexibility to meet each fighter’s unique needs, the Octane MMA program challenges and motivates as the machine ‘fights back’. Fight-inspired prompts such as “punch and move” and “throw it” make the sessions fun, and the built-in responsive resistance feels like the real thing—a battle of strength and power.

### THE MMA ADVANTAGE: PROGRAM SPECIFICS

- User selects number of **5-minute rounds, desired intensity level, and starting resistance** level.
- Begin with a **3-minute warm-up** to loosen muscles and prepare for the challenge.
- “Let’s Get it On!” prompts the user to begin the first five-minute round. **As the fighter ‘fights’ and the pace (RPM) increases, the resistance increases as the machine ‘fights back’.**
- Rounds incorporate both fight and ‘back off’ sequences, prompted by the machine, to **simulate the attack/retreat sequence of a real-life bout.**
- Each round is followed by **‘corner time’ recovery of one minute, just as in a real MMA match.** The user is commanded to ‘fight’, and a new round begins.
- Fight, recover, and fight again through as many rounds as desired to **build strength and stamina—**and have fun!

