



Octane
FITNESS™

Elliptical Cross Training

The Ultimate Exercise Within One Machine

What is cross training?

With more fitness tools available than ever before, today it is easy to cross train, or incorporate variety in workouts such as jogging on Mondays and Wednesdays and lifting weights and swimming on Tuesdays and Thursdays. Or it can be spending 15 minutes each on a stationary cycle, elliptical cross trainer and treadmill for a 45-minute session.

Varying workouts ultimately produces the best outcomes—whether that means losing weight, running a race or playing a better golf game.

Breaking habits

Why not just do same exercise routine day in and out? Because performing the exact exercise routine over time actually can hinder progress.

According to the specific adaptations to imposed demands (S.A.I.D.) principle, the body adapts over time to the demands imposed on it. By repeating the same exercises, the neuromuscular system becomes stronger and better coordinated—so that eventually the body is more energy-efficient at that activity. As efficiency increases, caloric expenditure can drop by as much as 25 percent—which can result in less effective workouts and plateaus.

Therefore, cross training is instrumental to continually challenge the body and deliver results.

Benefits of cross training

In addition to sustaining physiological progress, cross training leads to a myriad of other benefits:

- *Better overall fitness level* – No single activity can yield all the potential benefits of exercise such as better cardiovascular health, stronger muscles and bones, enhanced flexibility and lower body fat.
- *Reduced risk of injury* – Excessive repetition in one activity can lead to overuse injuries. Distributing the exercise stress throughout the body results in a stronger, more balanced system.

- *Improved athletic performance* – Peak performance in virtually all physical activities involves more than just one physical attribute. So a sprinter still benefits from weight training to build overall strength.
- *Enhanced motivation and reduced boredom* – Trying new activities can prevent burnout and keep exercisers committed over the long haul.

Cross training *within* one machine

Introduced in 1995, the elliptical cross trainer is currently the fastest-growing piece of fitness equipment, with its usage increasing five-fold in the last eight years. A cardiovascular machine breakthrough, ellipticals combine the motion of a cross-country machine and a stairclimber—with the feet traveling in an egg-shaped, or elliptical, motion—delivering a weight-bearing, easy-on-the-joints, simple to use, effective workout unlike any other fitness product.

Also, today's units are unique because they easily facilitate cross training *on the same machine* by allowing for forward and backward motion and including arms for synchronized, total-body movement. Studies have shown that total-body elliptical cross trainers engage numerous muscles, including the gluteals, hamstrings, quadriceps, calves, pectorals, lats, deltoids, biceps and triceps in a natural, closed kinetic chain—unlike any other modalities such as treadmills, stationary cycles or stairclimbers. Plus, core musculature strength and stability are constantly taxed on a total-body machine, as exercisers must recruit the abdominals and lower back to maintain balance.

Another benefit is that total-body ellipticals may not feel as intense as other machines due to the movement's low impact nature and dispersion of effort throughout the entire body. Furthermore, simulating realistic motions such as walking or running on a total-body elliptical cross trainer can lead to "transferable" gains that help improve performance of everyday activities. Ellipticals also may enhance balance, coordination and fluidity of motion—all of which play a critical role in activities of daily living.



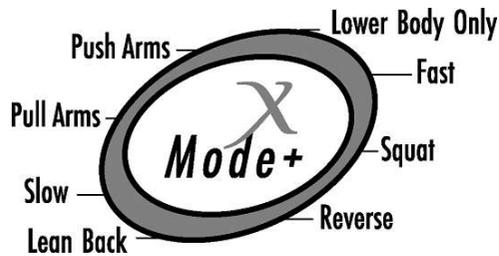
The bottom line is a more intense workout with greater oxygen and muscular demands and caloric expenditure—all at a lower overall perceived exertion level and with practical application.

Revolutionizing elliptical workouts

Octane Fitness has revolutionized cross training with its innovative, exclusive X-Mode+™ and GluteKicker™ programs on its total-body elliptical cross trainers. No other machine on the market benefits exercisers with these intense cross training workouts that fuel the ultimate regimen that delivers results.

The X-Mode+™, easily activated during any workout with the touch of a button, delivers instructions in a randomly generated sequence for maximum physical and mental stimulation. One-minute intervals of X-Mode+™ commands are followed by two minutes of standard elliptical motion striding forward and using the upper body. This type of interval training not only boosts caloric expenditure but also annihilates monotony and makes workouts virtually fly by.

The X-Mode+™ is like a virtual personal trainer—prompting a variety of movements that keep the body working effectively at all times:



Push/Arms – emphasizes the pectorals and triceps and focuses exerciser on actively working arms

Pull/Arms – biceps and lats are worked as exerciser concentrates on pulling motion

Reverse – reminds exercisers to pedal backwards to shift muscular emphasis more heavily from gluteals and hamstrings to quadriceps and calves

Squat – bending knees slightly increases load on glutes and quadriceps

Lower Body Only – allows for upper body recovery and challenges exerciser to sustain pace with legs only

Fast – pushes exercisers to speed up to 50-60 rpm to raise intensity

Slow – recovery period of 30-40 rpm allows heart rate and respiratory rate to come down slightly, allowing for slower, deeper oxygen intake and elimination of carbon dioxide

Lean Back – by grabbing stationary handlebars and leaning back slightly, exerciser shifts muscle focus to quadriceps

Building on the X-Mode+™ is the GluteKicker™, an aggressive program that focuses exclusively and intensely on the gluteals, hips, quadriceps and hamstrings. In the GluteKicker™, four commands appear randomly—reverse, squat, fast and lean back—for one minute. After a one-minute recovery, the lower-body emphasis begins again—making this an optimal workout to blast the hips, butt and thighs.

Fueling workouts

Clearly, cross training is the most effective way to train. Taking advantage of an elliptical cross trainer provides unique options all within one workout on one machine—which just is not possible on any other cardiovascular piece. With the X-Mode+™ and GluteKicker™, Octane Fitness machines incorporate beneficial variety that keeps exercisers fueled and fit, workout after workout.

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