



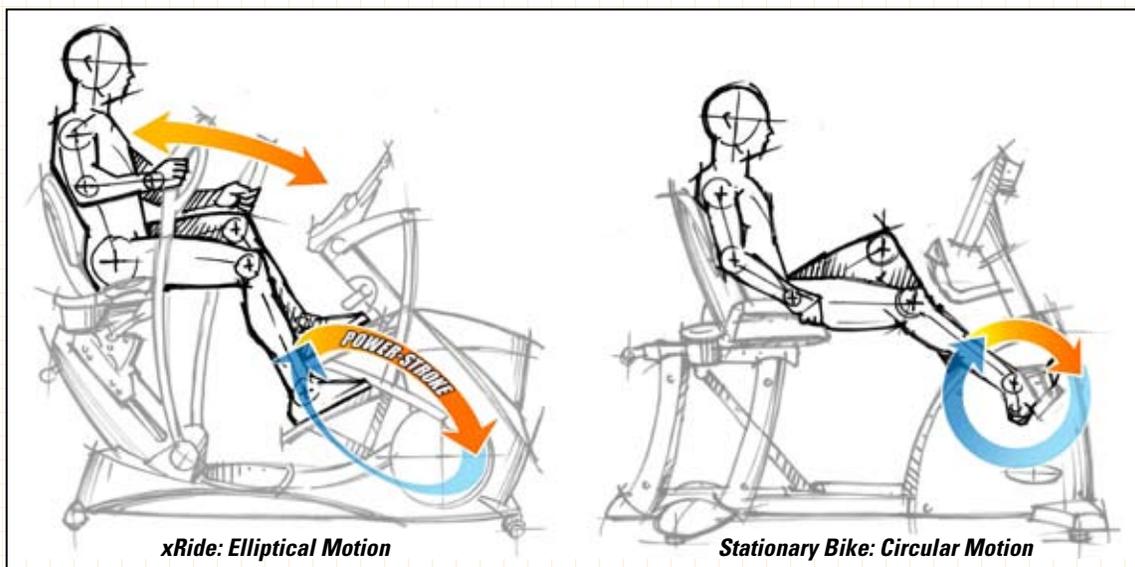
# OCTANE ADVANTAGE

## The Multiple Advantages of the xRide™ Seated Elliptical

The seated elliptical – the xRide by Octane Fitness – is a new exercise modality that delivers the advantages of traditional standing elliptical cross trainers, including **total-body, low-impact cardiovascular workouts** – but in a **supported, seated position**. Nothing on the market today compares to the xRide.

### UNDERSTANDING THE xRIDE

xRide users pedal their legs in a fluid elliptical motion, going forward or in reverse, and maximizing muscle use with a **longer range of motion and a power stroke not found on recumbent bikes**. Pushing and pulling the handlebars – equipped with Octane's exclusive MultiGrip – effectively engages the major muscle groups of the upper body.



An **ergonomically-designed adjustable seat with back support tilts** to comfortably suit every size exerciser.

The Active Seat Position™, **set at a 45-degree angle, helps to open the hips and torso for greater muscular activity** and, ultimately, less stress on the lower back. This position is less restricted, affording better breathing and greater overall comfort.

Research shows that the **xRide delivers a better workout than a recumbent bike**. According to a university study\*, xRide users **demonstrated 343% more activity in the glutes, produced 22% more mechanical power** and **burned 23% more calories** than when using a recumbent bike **at the same perceived exertion level**.

\* Study conducted by the St. Cloud State University Human Performance Lab versus a recumbent bike at the same perceived exertion.

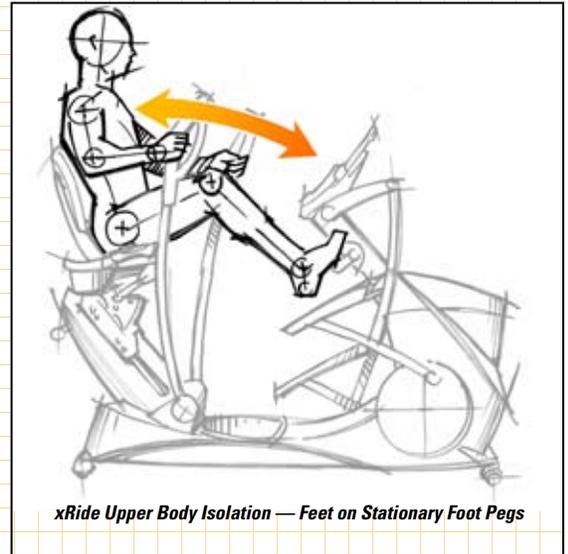
## TWO WORKOUTS IN ONE

Riders can work both the upper and lower body simultaneously, isolate the lower body alone by placing their hands on the fixed side handles, or emphasize the upper body only by resting their feet on the stationary foot pegs.

Even better, unlike other cardio equipment, the xRide enables users to capitalize on leverage from the seat to gain strength- training benefits in the lower and upper body.

The **Chest Press** workout booster prompts exercisers to isolate the upper body and perform repeated intervals of an isolateral chest press at high resistance levels. Similarly, the **Leg Press** routine offers effective lower-body conditioning that **builds muscular endurance**.

The xRide workout challenges the rider, engaging numerous different muscle groups throughout the body to achieve overall muscle toning and a true cross-training workout.



## COMPARISON TO OTHER MODALITIES

Completely distinctive from all exercise equipment, the xRide yields numerous **benefits not provided by many traditional exercise machines**.

### xRIDE ADVANTAGES OVER TREADMILLS

- + Low impact
- + Lower perceived exertion
- + Comfortable seated position
- + Total-body
- + Strength training benefits
- + Variety – forward and reverse motion
- + Quiet
- + Virtually maintenance-free

### xRIDE ADVANTAGES OVER RECUMBENT BIKES

- + 343% more glute activity\*
- + 23% more calories burned\*
- + 22% more mechanical power\*
- + Total-body
- + More comfortable Active Seat Position
- + Strength training benefits
- + Variety – forward and reverse motion
- + Large foot pedals enable users to drive motion through heels

### xRIDE ADVANTAGES OVER UPRIGHT BIKES

- + Greater caloric expenditure
- + Total-body
- + More comfortable Active Seat Position
- + Strength training benefits
- + Variety – forward and reverse motion
- + Back support
- + Large foot pedals enable users to drive motion through heels

### xRIDE ADVANTAGES OVER SEATED STEPPERS

- + Continuous, fluid elliptical path
- + Comfortable Active Seat Position
- + Variety – forward and reverse motion
- + Strength training benefits
- + MultiGrip customization

## A SINGLE SOLUTION

The versatile xRide offers a wide range of resistance levels, along with a variety of workout options to build muscular endurance and to enable exercisers to isolate the upper and lower body. It is a unique, single solution to burn calories and build muscle for everyone from the performance athlete to the active aging senior.

Only the xRide meets the needs of all these individuals:

- Athletes – particularly marathon runners and triathletes – and all those needing to cross train
- Fitness enthusiasts seeking variety and efficiency
- Aging Baby Boomers
- The active senior population
- Those rehabilitating in physical or occupational therapy
- Beginning or overweight exercisers

## REFERENCES

Ashmore, Amy, Ph.D., *Muscular Endurance Market Analysis*, Amy Ashmore Kinetics, LLC, Las Vegas, May 2008.

Ashmore, Amy, Ph.D., *Seated Elliptical Biomechanical Analysis*, Amy Ashmore Kinetics, LLC, Las Vegas, 2007.

Schapman, John, Rita Moravec, and Andrew Bjorklund, *Seated Elliptical and Recumbent Comparison*, Human Performance Laboratory, St. Cloud State University, St. Cloud, MN, May 2007.

**FUEL YOUR LIFE**

[www.octanefitness.com](http://www.octanefitness.com)