In its relentless quest to fuel exercise, Octane Fitness delivers a sleek, inviting rower that boasts innovative features and thoughtful extras that reinvent and recharge indoor rowing.

**OCTANE AdvANTAGES**

- Quick-release foot strap
- Dual resistance — fan and magnetic brake
- MultiGrip handlebar
- Enhanced console featuring a calorie meter
- Comfort seat
- Oversized handlebar catch
- Small footprint

**QUICK-RELEASE FOOT STRAP**
This patent-pending design enables exercisers to quickly insert their feet and pull up on the handle for a secure fit. A simple push of a button releases the strap for an easy exit.

**DUAL RESISTANCE**
Combined fan and magnetic brake resistance provide a broader range of resistance levels to accommodate everything from leisurely rows to grueling HIIT sessions.

**MULTIGRIP HANDLEBAR**
Multiple hand positions facilitate greater comfort and variety and more activation of chest, back and arm muscles.

**ENHANCED CONSOLE**
A dynamic calorie meter, plus real-time feedback on all performance metrics. Strokes per minute, watts and distance, motivate and engage exercisers to work hard.
Unique design provides comfort, variety and ability to emphasize different muscles

DUAL RESISTANCE – FAN AND MAGNETIC BRAKE
Delivers a wide resistance range to accommodate all exercisers and workouts

SMALL FOOTPRINT
Compact design fits virtually anywhere

ENHANCED CONSOLE & CALORIE METER
7-inch backlit LCD screen is simple to use and features an addictive, motivating calorie meter

OVERSIZED HANDLEBAR CATCH
Makes it simple and safe to grab and securely store handlebar

MULTIGRIP HANDLES
Unique design provides comfort, variety and ability to emphasize different muscles

COMFORT SEAT
Large, padded seat with ergonomic contour maximizes comfort

MOBILE DEVICE STORAGE
Keeps mobile phones conveniently within reach during workouts

EASY STORAGE
Simply tip up rower on its base for compact storage when not in use

QUICK-RELEASE FOOT STRAP
Innovative design allows exercises to efficiently and easily strap into and exit pedals

WHOUSES OCTANE?

HEALTH CLUBS
24 Hour Fitness
Anytime Fitness
Athletes Performance, Inc. (EXOS)
Crunch
Equinox
Gold’s Gym
Life Time Fitness
Powerhouse Gyms
Retro Fitness
Snap Fitness
UFC Gym
YMCA

COLLEGES/UNIVERSITIES
Columbia University
Duke University
Georgetown
Michigan State University
Texas A&M
UMASS
University of Iowa
University of Kentucky
University of Minnesota
University of Wisconsin

CORPORATE WELLNESS CENTERS
Anheuser-Busch
Delta Air Lines
Facebook
Ford Motor Company
General Electric
Alphabet, Inc. (Google)
Intel
Johnson & Johnson
Procter & Gamble
Reebok Corporation

MILITARY/GOVERNMENT
Naval Special Warfare
Group Four
Fort Bragg (Special Operations)
Joint Bas Langley – Eustis
Macdill Air Force Base
(Special Operations Command)
MOD (Ministry of Defence)
Nellis Air Force Base
Patrick Air Force Base
Scott Air Force Base
U.S. Coast Guard
U.S. Naval Academy

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# Specifications

## Key Mechanical Features
- High-velocity fan
- Dual resistance Fan and magnetic brake
- Quick-release foot straps
- MultiGrip handlebar
- Handlebar docking station
- Handlebar strap Belt
- Transport wheels
- Mobile device placement options
- Compact design
- Storage Tilt up

## Electronic Features
- Display type 7" backlit LCD
- Calorie burn meter
- Resistance levels 10
- Wireless heart rate ready Polar, ANT+
- Bluetooth® compatible
- Power requirement Generator powered

## Console Options
- Standard

## Workouts
- Number of programs 6

## Preset Programs
- Quick Start
- Max 14 Interval
- Interval
- Calorie goal
- Distance goal
- MAX CIRCUIT

## Product Specifications
- Max user weight 350 lbs (160 kg)
- Footprint (L x W x H) 94" x 24" x 47" (239 cm x 61 cm x 119 cm)
- Product weight 129 lbs (58 kg)
- Seat height 17" (43 cm)
- Rail length 53" (135 cm)
- Storage height 93" (236 cm)
- Shipping dimensions 53" x 34" x 19" (135 cm x 86 cm x 48 cm)
- Shipping weight 150 lbs (68 kg)

## Warranty*
- Frame 10 years
- Parts 3 years
- Labor 1 year

*Warranty outside the US and Canada may vary.

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