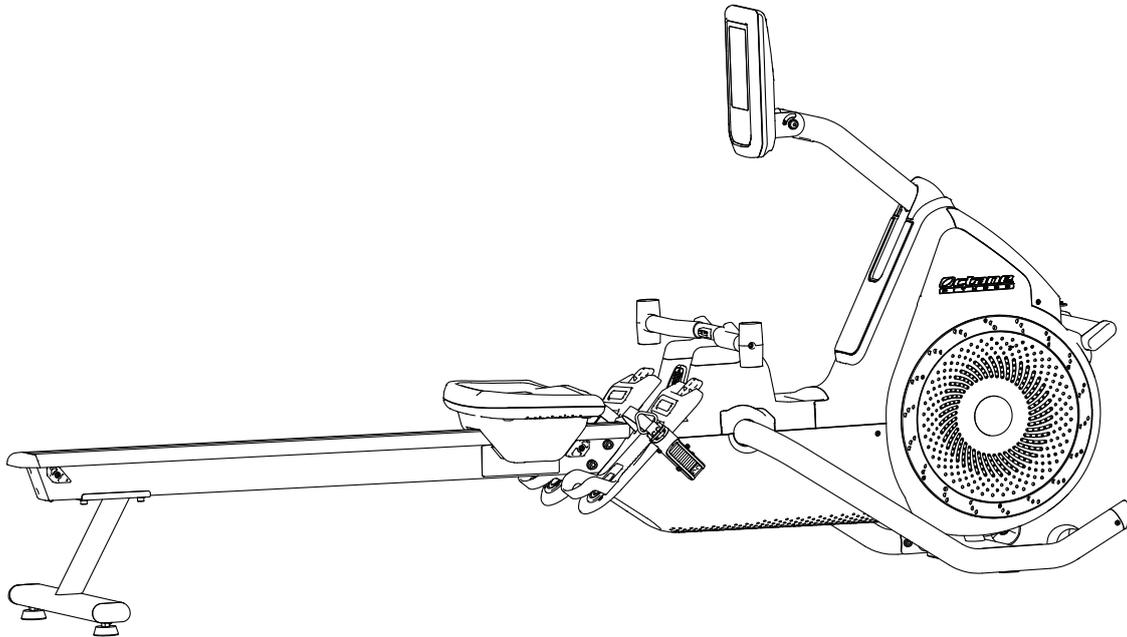


Octane
FITNESS



Octane
Rō[™]
**CONSOLE GUIDE
&
SET-UP INSTRUCTIONS**

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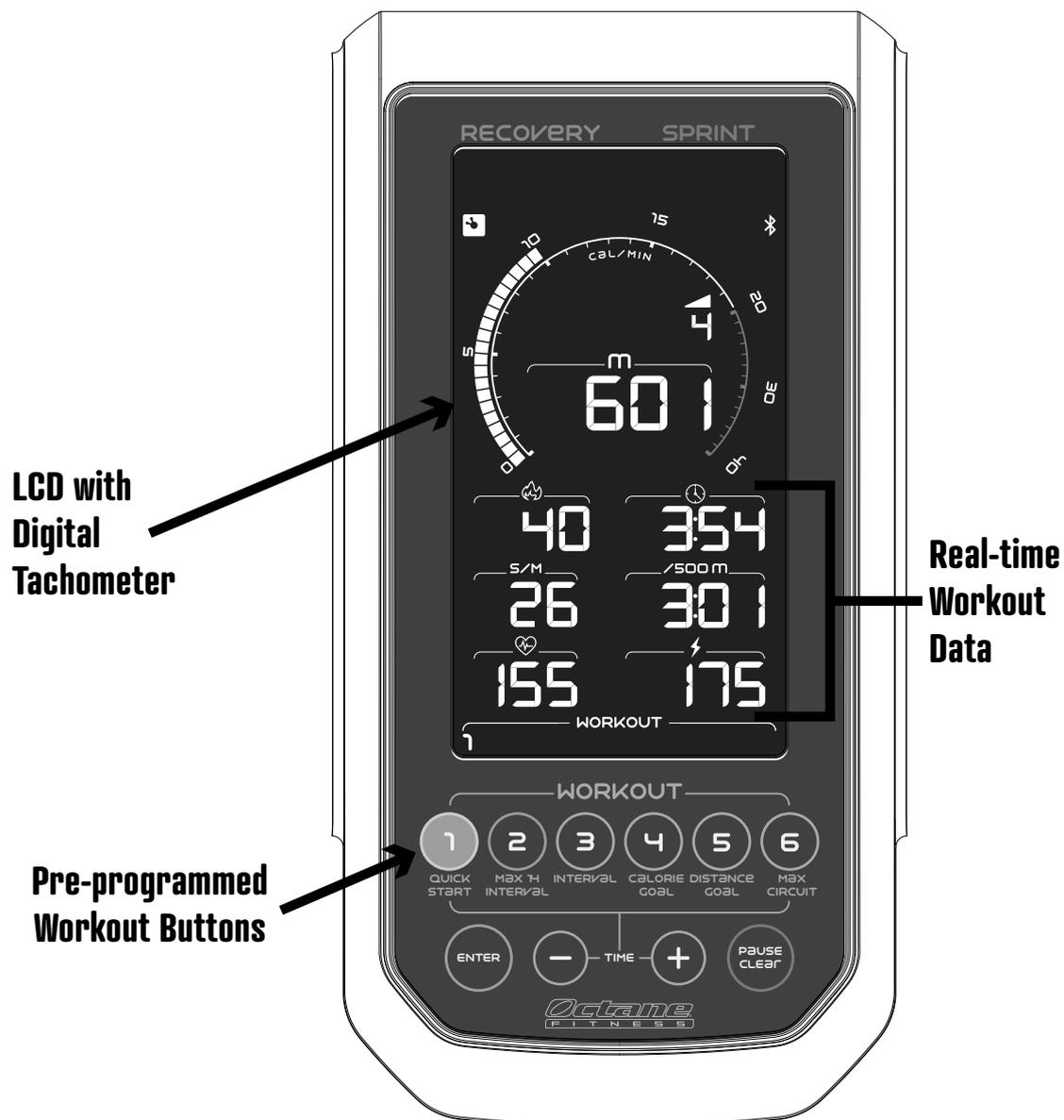
Octane Rō™ CONSOLE GUIDE

Go with the flow with your Octane Rō rower! This state-of-the-art rower is designed to challenge you and guide you to great workouts. The standard console offers a variety of pre-programmed workouts managed by sophisticated electronics that will keep you interested and motivated. Use this guide to become familiar with its features, data display and keypad buttons; then hop on, start pedaling, choose your workout and adjust the settings. Enjoy!

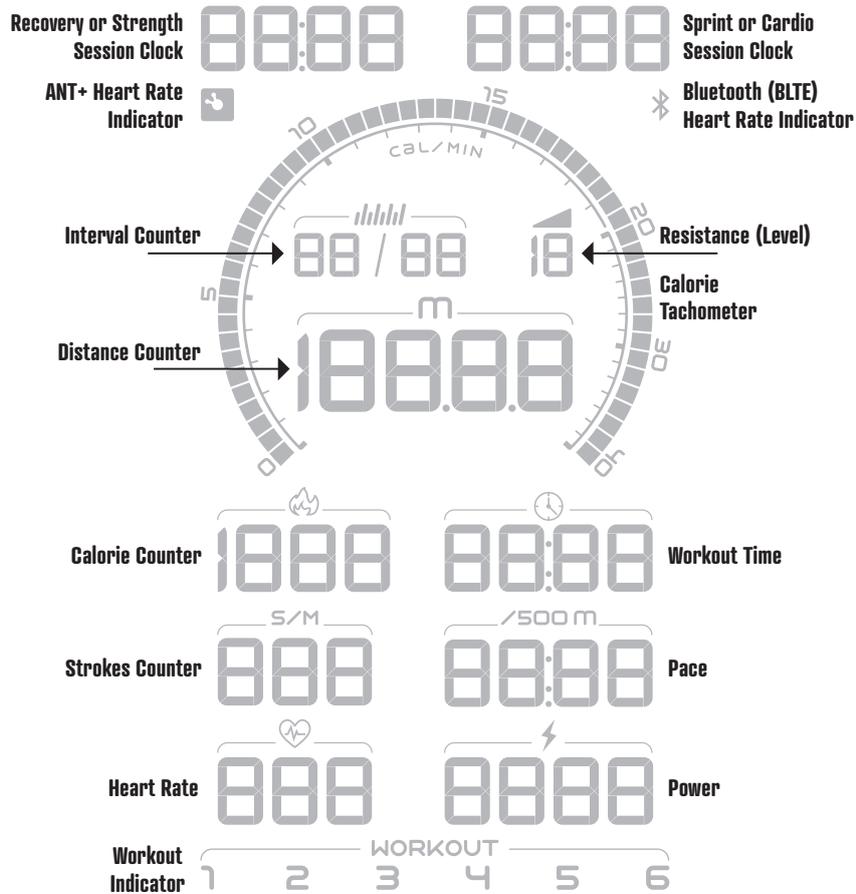
Console Features

The Octane Rō console incorporates many features to enhance your workout experience:

- An integrated LCD that provides important workout data, including a digital tachometer that highlights your calories/minute, peak efforts, and interval, distance, calorie and stroke counters;
- Wireless heart rate display (compatible with ANT+ and Bluetooth® devices);
- Pre-programmed keypad buttons to get you into your favorite workouts quickly.

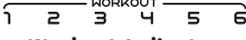


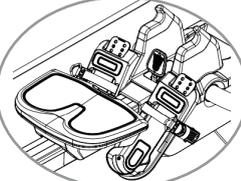
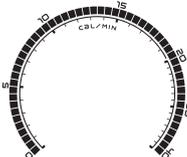
Dynamic Display (LCD)



The Octane Rō power console features an LCD which displays important workout data and highlights key aspects of your workout. Watch the display as you set up and progress through your workout—it will prompt you, guide you, motivate you, and reward you dynamic feedback.

Display	Description
Recovery or Strength Session Clock	Counts down the time, in minutes and seconds, for the current recovery interval in the MAX 14 INTERVAL or Interval program. For MAX 14 INTERVAL, recovery intervals are 80 seconds (0:80). For the Interval program, the default value is 30 seconds (0:30) and may be adjusted using the Time (+ / -) keypad buttons to any value between 0:05 and 9:55, in 5-second increments. Press Enter to save selections.
 ANT+™ Indicator	When lit, this icon indicates that ANT+™ wireless communications is active and detecting signal from the optional wireless heart rate chest strap.
 Interval Counter	Displays your progress in an interval program by indicating the current interval number and the total number of intervals in the program. For example, 04/08 indicates that you are currently in the 4th interval of a total of 8 intervals. When setting up the Interval program, use the Time (+ / -) keypad buttons when the second set of digits is flashing to set your desired number of intervals, then press Enter to save the default or adjusted value. The default value for intervals is 00/08 (8 interval rounds); you may program up to 99 rounds.

 <p>Distance Counter</p>	<p>This counter displays an estimate of the total distance (in meters) “travelled” during the workout, counting up.</p> <p>When setting up the Distance Goal program, the default calorie goal is 500 meters. Use the Time (-) keypad button to set a goal between 100 and 400 (in increments of 100), or use the Time (+) keypad button to set a goal between 600 and 10,000 (in increments of 500). Press Enter to save the default or adjusted value.</p>
 <p>Calorie Counter</p>	<p>This counter dynamically displays an estimate of total calories burned during the workout. Average (avg) calories/per minute is displayed during cool-down following a programmed workout.</p> <p>When setting up the Calorie Goal program, the default calorie goal is 50. Use the Time (-) keypad button to set a goal between 5 and 45 (in increments of 5), or use the Time (+) keypad button to set a goal between 55 and 1999 (in increments of 50). Press Enter to save the default or adjusted value.</p>
<p>S or S/M</p> <p>Strokes Counter</p>	<p>This counter alternate the display of total strokes (S) and strokes per minute (S/M). Average (avg) strokes/per minute is displayed during cool-down following a programmed workout.</p>
 <p>Heart Rate</p>	<p>This section displays your approximate current heart rate in beats per minute (BPM). Average (avg) heart rate and peak heart rate, in beats per minute, are is displayed during cool-down following a programmed workout.</p> <p>Note: For heart rate data to be displayed here, you must be wearing a compatible wireless heart rate transmitter, and either the ANT+ () or Bluetooth () connectivity indicator must be illuminated.</p> <p>WARNING! Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. The heart rate displayed is an approximation and should be used for reference only.</p>
 <p>Workout Indicator</p>	<p>The illuminated number corresponds to the workout selected by pressing a button on the keypad. Available workouts are:</p> <ol style="list-style-type: none"> 1. Quick Start (simple program without programming options; also initiates if you begin rowing without pressing a button) 2. MAX 14 INTERVAL (pre-set interval program) 3. Interval (custom interval program) 4. Calorie Goal 5. Distance Goal 6. MAX CiRCUIT (instructor-led group training) <p>Descriptions of each program can be found in Octane Fitness Product Programs and Features (PN 110751-001), available for review or download at http://www.octanefitness.com.</p>
<p>Sprint Session Clock</p>	<p>Counts down the time, in minutes and seconds, for the current sprint interval in the MAX 14 INTERVAL. Interval, or MAX CiRCUIT program. For MAX 14 INTERVAL, sprint intervals are 25 seconds (0:25). For the Interval program, the default value is 30 seconds (0:30) and may be adjusted using the Time (+ / -) keypad buttons to any value between 0:05 and 9:55, in 5-second increments. Press Enter to save selections.</p>
 <p>Bluetooth (BTLE) Indicator</p>	<p>When lit, this icon indicates that Bluetooth® wireless communications is active and detecting a signal (from a heart rate monitor, tablet or other device or app).</p>

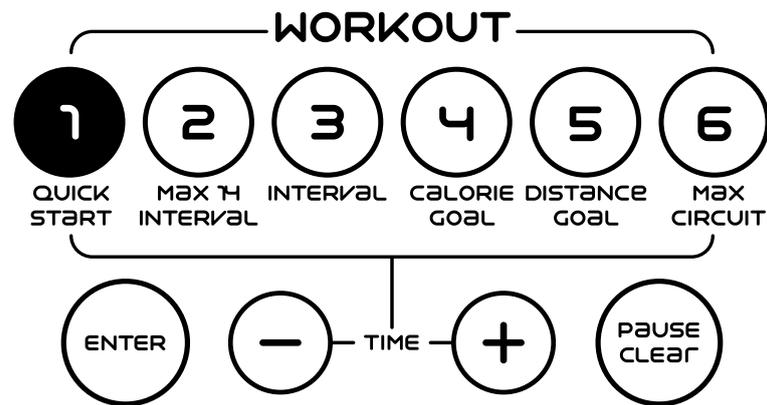
 Resistance (Level)	<p>Displays the Resistance Level (1-10), where 1 is the lowest resistance level and 10 is the highest. Use the resistance adjustment lever below the console to increase or decrease your resistance level. Push the lever away from your body to increase resistance, or pull the lever toward your body to decrease resistance.</p>	
 Calorie Tachometer	<p>The calorie tachometer is the centerpiece of the LCD, giving you real-time feedback regarding your calories/minute burn rate, the peak calories/minute point of your workout, and a "peak range" at +/- 20% of your peak point. During interval programs, this peak range of illuminated segments on the tachometer indicates your target range surrounding your peak point.</p>	
 Workout Time	<p>Displays total workout time, counting up from 0:00. The timer goes up to 99:59, then the display rolls over to 0:00.</p> <p>In the MAX 14 INTERVAL program, the default workout time is 14 minutes. Use the Time (+ / -) keypad to select 3.5, 7, 21, or 28 minutes. Press Enter to save the selected value.</p>	
 Pace	<p>Displays your pace in minutes per 500 meters. This value is calculated and the display updates with each 500 meters of distance on the distance counter. Average pace (avg) and best pace are displayed during cool-down following a programmed workout.</p>	
 Power	<p>Displays the current estimate of power you are producing, in watts. Average estimated watts per minute (avg) and total estimated watts are displayed during cool-down following a programmed workout.</p>	

Workout Summary

During a cool-down phase after the completion of a programmed workout (MAX 14 INTERVAL, Interval, Calorie Goal or Distance Goal), the following fields are displayed on the LCD. (Where two values are listed, the values alternate on the display in 2 second intervals.)

1. Peak calorie/minute achieved
2. Total distance
3. Average calories/minute and total calories
4. Average strokes/minute and total strokes
5. Average pace/500 meters and best pace
6. Average heart rate and peak heart rate (if using a wireless heart rate monitor)
7. Average estimated watts/minute and total estimated watts.

Keypad Buttons



Quick Start	<p>The easiest way for you to start your workout is to begin rowing, or press the Quick Start button, initiating a simple workout without intervals or a defined duration. The workout timer counts up from 00:00. You may change the level of resistance using the resistance lever.</p> <p>If you do not press any keypad button within 6 seconds after the Octane Rō console first becomes active (such as when you first step on the machine and move the pedals), you will automatically enter the Quick Start program.</p>
MAX 14 INTERVAL	<p>Press MAX 14 INTERVAL then press Enter to begin a High Intensity Interval Training (HIIT) program with a pre-programmed duration and pre-set sprint and recovery intervals of 25 and 80 seconds, respectively. The default program lasts 14 minutes; simply press enter when the Time flashes "14" to select this option and you are on your way.</p> <p>You may choose a longer or shorter workout by pressing the Time (+) or (-) button when the Time value is flashing during setup. Options are 3.5 minutes, 7 minutes, 14 minutes (default), 21 minutes, or 28 minutes. Press Enter to save your selection. The interval durations remain the same but the total number of intervals increases or decreases according to the total time selected for the workout.</p>
Interval	<p>Press Interval then press Enter to program a custom interval program.</p> <p>Program the <i>sprint</i> session time by pressing Enter to accept the default value of 0:30, or press the Time (+) or (-) buttons to select a time between 0:05 to 9:55 and then press Enter.</p> <p>Next program the <i>recovery</i> session time by pressing Enter to accept the default value of 0:30, or press the Time (+) or (-) buttons to select a time between 0:05 to 9:55 and then press Enter.</p> <p>Then program the number of <i>interval rounds</i> by pressing Enter to accept the default value of 00/08, or press the Time (+) or (-) buttons to select a number of rounds between 01 and 99, then press Enter.</p> <p>Lastly, enter <i>weight</i> by pressing Enter to accept the default value of 150 lbs. (68 kg) and pressing Enter, or use the Time (+) or (-) buttons to change the value to any weight between 70 and 400 pounds (30 and 181 kilograms), then press Enter to save the adjusted value.</p>
Calorie Goal	<p>Press Calorie Goal, then press Enter to quickly enter a program with a duration that you choose.</p> <p>Program the <i>workout duration</i> by pressing Enter to accept the default value of 30:00, or press the Time (+) or (-) buttons to select a time between 1:00 to 99:00 and then press Enter. The default value is 30:00.</p> <p>Then, enter your <i>weight</i> by pressing Enter to accept the default value of 150 lbs. (68 kg) and pressing Enter, or use the Time (+ / -) buttons to change the value to any weight between 70 and 400 pounds (30 and 181 kilograms), then press Enter to save the adjusted value.</p>

Distance Goal	<p>Go the distance by pressing Distance Goal, then selecting</p> <p>Program the <i>workout duration</i> by pressing Enter to accept the default value of 30:00, or press the Time (+) or (-) buttons to select a time between 1:00 to 99:00 and then press Enter.</p> <p>Then, enter your <i>weight</i> by pressing Enter to accept the default value of 150 lbs. (68 kg) and pressing Enter, or use the Time (+ / -) buttons to change the value to any weight between 70 and 400 pounds (30 and 181 kilograms), then press Enter to save the adjusted value.</p>
MAX CiRCUIT	<p>Quickly begin an instructor-led program with other users and without defined interval times or a set duration. Simply press MAX CiRCUIT and get started. You (and your instructor) fully control the intervals as you work together on and off the machine.</p>
Pause Clear	<p>Press once to pause your workout. Pause time is displayed in the Workout Time field, counting down. Or, if you stop pedaling for 2 seconds or more during a workout, the unit will automatically begin a pause phase. In either case, simply press a key (other than Quick Start or MAX CiRCUIT) or start pedaling to resume your workout.</p> <p>When in Pause mode, if you wish to begin a Quick Start or MAX CiRCUIT program, press the appropriate program key to begin.</p> <p>When programming a workout, press Pause Clear if you make a mistake and wish to start over. The console returns to the beginning of the workout set-up process.</p> <p>Press the Pause Clear button twice within two seconds at any time during set-up or a workout to reset the console.</p>
 <p>Time</p>	<p>Press the (+) or (-) to increase or decrease the time of your workout, in 1 minute increments. The standard workout time is 30:00. Press the Time button during workout to add time to the workout (Quick Start and MAX CiRCUIT excluded). The maximum time is 99:00.</p>
Enter	<p>Press Enter after pressing a keypad program button and after changing values when programming a workout or changing workout time.</p>

SOFTWARE MANAGEMENT

The console software includes management functions to help you make the most of your experience with the Octane Rō, including simple diagnostics to help with troubleshooting and Club (user) settings that may be customized to suit your environment. To access these functions, press and hold both the Time (+) and Time (–) keys for three seconds, or until you hear a bell. Use the (+) key to scroll through the diagnostics and club setting described below. Press Enter to show the details of a function, to make a change to a user setting, or to run a diagnostic test. To exit diagnostics, press once or twice Pause Clear until the console resets.

Should you encounter errors or have questions regarding diagnostics, please contact Octane Fitness Customer Service for assistance.

Available options may vary depending upon your software version.

Code <i>(at the top of the screen and the center of the tach)</i>	Type	Description
diaG nost 1	Diagnostic	Firmware. The firmware version, model and console serial number information. Firmware version number is displayed in the middle of the screen. Model number is displayed in the lower right. The console serial number is displayed across the lower part of the screen (across several fields). Boot code version is displayed in the lower left. Press Pause Clear twice to step back to scrolling mode.
diaG nost 2	Diagnostic	LCD Display Test. Initiates a sequential illumination of all individual segments of the LCD. Press Pause Clear twice to step back to scrolling mode.
diaG nost 3	Diagnostic	Keypad Test. Press Enter, then press each of the 10 keypad buttons. The name or number of the pressed button shows on the display and the key counter increments by 1. When all 10 keys have been successfully tested, "PASS" appears in the display. Press Pause Clear twice to step back to scrolling mode.
diaG nost 4	Diagnostic	Radio Board Communications. The console sends test data to the lower board; "PASS" appears in the display if return data is received. Radio firmware version and heart rate are displayed in the lower right and lower left part of the screen. Press Pause Clear twice to step back to scrolling mode.
diaG nost 5	Diagnostic	Resistance Level. Move the resistance level all the way forward and back. Level number is displayed in the Level field, strokes in the middle, and ADC value and RPM in the lower half of the screen. If ADC is too high or too low, an error displays in the lower half of the screen.
diaG nost 7	Diagnostic	Battery. Installed battery and generator volts values are displayed in the lower part of the screen. Battery state shows near the bottom of the screen; if it is blank or reads "chrg" (charging), the battery is good.
CLUB BELL	Club Setting	Bell Volume. Sets the decibel level of the bell that provides signals during workouts. The options are Off, 1 (softest), 2 or 3 (loudest), and the default value is 3. Press Enter, then Time (+) or Time (–) keys to scroll through the options. Press Pause Clear once to save your selection and step back to scrolling mode.
CLUB Brit	Club Setting	Brightness. Sets the brightness of the display. The default value is 100. Press Enter, then use the Time (+) or Time (–) keys to increase or decrease the brightness, in 5% increments. Press Pause Clear once to save your selection and step back to scrolling mode.
USAG U1 R	Usage	Revolutions. Displays the total number of revolutions for the unit. The data is displayed in thousands, shown vertically in two groups of three at the lower left of the screen. The display dynamically changes if you are rowing. If desired, press and hold Quick Start and Pause Clear simultaneously for three seconds to reset the counter to zero. Press Pause Clear twice to step back to scrolling mode.
USAG U2 St	Usage	Total Strokes. Displays the total number of strokes for the unit. The data is displayed in thousands, shown vertically in two groups of three at the lower left of the screen. The display dynamically changes if you are rowing. If desired, press and hold Quick Start and Pause Clear simultaneously for three seconds to reset the counter to zero. Press Pause Clear twice to step back to scrolling mode.

Code <i>(at the top of the screen and the center of the tach)</i>	Type	Description
USAG U3 HR	Usage	Total hours. Displays the total number of hours and minutes of operation for the unit. The data is shown vertically in two groups at the lower left of the screen; hours on top, minutes underneath. If desired, press and hold Quick Start and Pause Clear simultaneously for three seconds to reset the counter to zero. Press Pause Clear twice to step back to scrolling mode.

ADDITIONAL SUPPORT INFORMATION

Cleaning and Maintenance

WARNING! *This machine contains moving parts. Take caution when trying to locate and fix any problem with the machine.*

Your Octane Fitness product has been manufactured to withstand many hours of hard use with minimal required maintenance. Use only a soft, slightly damp lint-free cloth to clean the console lens of your elliptical. Abrasive cloths, towels, paper towels, and similar items may cause damage to surface. Do not use window cleaners, household cleaners, aerosol sprays, solvents, alcohol, ammonia, or abrasive cleaners, as they, too, may damage the lens. Periodically wipe off the machine with a clean towel, and vacuum underneath the rail.

Power Requirements

The Octane Rō console is self-powered. An optional power supply is also available:

<i>External Power Supply:</i>	Input Rating:	100 - 240V AC, 50/60Hz
	Output Ratings:	15V DC, 0.4A Maximum
<i>Input Power Requirements:</i>		15V DC, 0.26A Maximum

For more information, or to purchase either accessory, please contact your Octane Fitness dealer or Octane Fitness Customer Support.

Important Safety Information

The *Octane Fitness Product Safety Information for Commercial Products* (Part Number 107786-001), shipped with the product, contains important details for safe setup and operation of the Octane Fitness product. Users are expected to be familiar with the contents of this document before using the elliptical.

Customer Support

Should you have any questions regarding your Octane Fitness product, please visit <https://support.octanefitness.com> where you will find answers to many common questions. To speak to an Octane Fitness Customer Service specialist, please call 888.OCTANE4 or 763.757.2662, extension 1. Live support is available Monday through Friday, 7:30 a.m. to 6 p.m. (United States Central Time).



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