



OCTANE ADVANTAGE

Zero Runner's® Unique Design Accommodates Natural Movement of Users of All Heights

The Zero Runner from Octane Fitness is thoughtfully designed to help enhance running performance, comfort, safety and longevity.

ENGINEERING ZERO-IMPACT RUNNING™

The unprecedented Zero Runner replicates natural jogging and running but **eliminates repetitive, stressful impact that can compromise form, cause fatigue, lead to injuries and shorten a running career.**

Developed after years of research and testing on running biomechanics, joint analysis and muscle activation, the Zero Runner is **the only machine of its kind.** Its independent hip and knee joints facilitate complete freedom of movement, with no fixed path, so exercisers customize their motion and pace.

On the Zero Runner, users can **adopt the same strides as outdoors**, while focusing more on their glutes, hamstrings and heel kicks more than they can on a treadmill's moving belt. And stride tracing technology enables them to monitor their stride to help maintain proper form throughout runs.

FUELED BY RESEARCH

Nate Stier, MPT, ATR and owner of OSR Physical Therapy in Minnesota, uses the Zero Runner with many patients. "The lever arms above and below the knee joint hinge enable users to control their independent stride, so **they determine the motion of their hip and knee flexion angles according to their natural movement pattern**, just like when running on a treadmill or outdoors," Stier explains. "I'm thrilled that it fits users of every height."

Because the patented design of the Zero Runner allows exercisers to define their own motion, it equally accommodates taller athletes with longer strides and shorter athletes who use smaller strides.

Researchers at Minnesota State University at Mankato tested the Zero Runner with subjects from 5'0" to 6'0", and found that the machine did NOT alter running mechanics for users of different heights. The study showed that standing height had no effect on metabolic response across a wide range of running speeds.

Robert Pettitt, PhD, FACSM, ATC, CSCS*D, who led the study, noted, "**Standing height of users does not alter biomechanics and efficiency for exercise on the Zero Runner.**"

In addition to facilitating a natural, customized stride and accommodating individuals of all heights, the Zero Runner delivers comparable workouts to running on a treadmill. A study by the Biokinetics Program at Bethel University in St. Paul, Minn., concluded that the **Zero Runner is metabolically equivalent to a treadmill during submaximal exercise**, and because it is a user-propelled machine, it has **similar muscle recruitment patterns to running outdoors.** Researchers conclude, "The Zero Runner has the physiological basis to serve as an appropriate exercise modality to solicit the metabolic adaptations observed during traditional running."

USER EXPERIENCES

Olympian and world record holder for the marathon, Paula Radcliffe, has added the Zero Runner to her training: "I have found the added benefit of the Zero Runner is to actually mobilize my ankle and **strengthen my running mechanics.**"

According to **Alberto Salazar**, head coach of the Nike Oregon Project and an elite long-distance runner who uses the Zero Runner with his athletes, **“The Zero Runner is one of the only cross training options that replicates the exact running motion.”**

And **Budd Coates, a running coach, author** and four-time qualifier for the U.S. Olympic marathon trials, calls the Zero Runner **“the best supplemental tool,”** adding, **“The most significant biomechanical advantage of the Zero Runner is that you control your stride length and range of motion.”**

APPLICATION

The Zero Runner is a widely accessible machine that replicates running without stressful repetitive impact, which provides a running-specific way for anyone to cross train safely:

- It offers beginning runners a **smart way to get started**, as they improve conditioning, perfect their form and avoid injury.
- Running enthusiasts and competitive runners can **supplement outdoor miles or complete the latter miles of a long run**, when form has diminished and fatigue has set in, on the Zero Runner, thereby decreasing their chance of an injury.
- **Active recovery** on the Zero Runner provides a **running-specific option**, versus slogging through junk miles on the road or using a stationary bike.
- **Aging runners can run pain-free**, without pounding the joints, which can improve endurance, reduce overuse injuries and extend their running career.
- Exercisers can **cross train** and **add variety** to their routines without added impact.

With the Zero Runner, **now anyone can run.**

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