

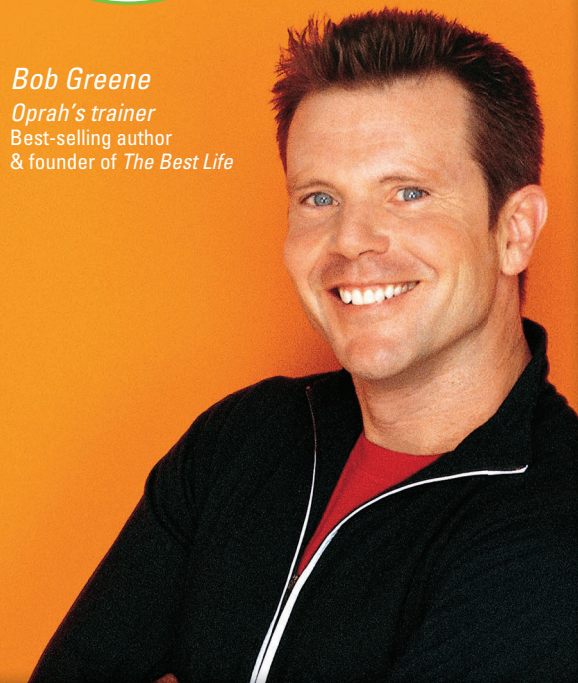
# MY CHOICE

## "I fell in love with Octane!"

"The xRide is head and shoulders above other recumbent machines. It offers a smoother ride and more challenging levels of effort that really set it apart from other recumbents. I believe in the xRide so much I have one in my house."



**Bob Greene**  
Oprah's trainer  
Best-selling author  
& founder of *The Best Life*



## Maximize effectiveness for greater results!

Outperforming every seated machine, the xRide delivers exhilaration and aspiration through:

- **PowerStroke™ technology** yields 343% more glute activity and helps exercisers burn 23% more calories than recumbent bikes\*
- **Active Seat Position™** engages glutes more and maximizes comfort
- **Motion** is natural, smooth and provides the option to pedal forward or in reverse
- **Muscle Endurance, Chest Press and Leg Press** offer variety and combined cardio and strength
- **HeartLogic™ Intelligence** adds customized interval training and feedback



\*Study conducted by the St. Cloud State University Human Performance Lab on an xR6 model versus a recumbent bike at the same perceived exertion.

# INNOVATION



xR6



xR4

• Standard — Unavailable

Products	xR6ce	xR6e	xR6	xR4ci	xR4c
Key Mechanical Features					
PowerStroke	16"	16"	16"	16"	16"
Step-through design	•	•	•	—	—
Soft grip pedals	•	•	•	—	—
Stationary foot pegs	•	•	•	—	—
Stationary platform	—	—	—	•	•
MultiGrip handlebars	•	•	•	—	—
Water bottle/accessory holders	•	•	•	•	•
Seat tilt adjustments	5	5	5	5	5
Seat height adjustments	20	20	20	15	15
Electronic Features					
My Quick Starts	•	•	—	•	—
Cool down	•	•	•	•	•
MOM mode	•	•	—	•	•
Digital contact heart rate sensors	•	—	—	•	•
Polar® wireless heart rate monitor	•	•	—	•	—
HeartLogic Intelligence	•	•	—	•	—
Now-Zone	•	•	—	•	—
Resistance levels	20	20	20	20	20
Workouts					
Number of Programs	10	10	5	12	8
Preset Resistance Programs					
Manual, Random, Interval, Custom Interval, Beginner	5	5	5	4	4
Goal Programs					
350 Calories, 750 Calories, 10k, 1/2 Marathon	—	—	—	4	4
Heart Rate-Controlled Programs					
Fat Burn, Cardio, Heart Rate Interval, Heart Rate Custom Interval, 30:30	5	5	—	4	—
Workout Boosters					
Chest Press, Muscle Endurance, Leg Press	3	3	3	3	3
Product Specifications					
Max user weight	300lbs (136Kg)			300lbs (136Kg)	
Footprint	35" x 71" (89 x 181cm)			35" x 53" (89 x 136cm)	
Product weight	244lbs (110.7Kg)			196lbs (89Kg)	
Warranty					
Parts	5 years			3 years	
Labor	1 year			1 year	

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Warranty outside the USA and Canada may vary.

Visit [octanefitness.com](http://octanefitness.com) for more detailed product specifications



**Octane**  
FITNESS

**xRide**  
by OCTANE FITNESS

What's Your  
Ride?





# SUCCESS

Octane Fitness: Winner of  
49 Best Buy Awards since 2003



Strengthen your commitment to the success of your fitness program by partnering with a passionate, proven leader that builds the best products year after year – Octane Fitness.

With a dedicated focus, Octane Fitness is the #1 selling premium elliptical, designed to motivate, challenge and change you. Its innovative, award-winning standing cross trainers and the unprecedented xRide deliver the results you crave.

Accomplish more, enjoy more and become more with Octane.



# REVOLUTIONARY

## xRide explodes in popularity

Octane Fitness has redefined how you exercise sitting down with the invention of the one-of-a-kind xRide seated elliptical, which immediately took off in health clubs and homes worldwide. Octane now offers a full line-up of xRide models to meet individual preferences and the growing demand for the most popular seated product on the market.

No other seated equipment beats the xRide for workout effectiveness and efficiency. Studies have shown that compared to recumbent bike riders, xRide users had **343% more glute activity and burned 23% more calories overall.\***



\*Study conducted by the St. Cloud State University Human Performance Lab on an xR6 model versus a recumbent bike at the same perceived exertion. \*\*Independent study conducted by Octane Fitness on the xR6 model with current customers.

# VARIETY

## Achieve more with every workout

The xRide benefits you much more than other seated exercise machines. You can work the entire body for better results, save time by doing strength-training intervals isolating the upper or lower body and take advantage of the forward and reverse motion which activates more muscles.

Plus, the variety of challenging, unique workouts pushes you to build endurance and strength, and the incredibly comfortable seat encourages you to keep training.



**xR6** Based on the club model, the original, flagship xRide is fully loaded with signature Octane features such as MultiGrip handlebars, digital contact heart rate sensors, a step-through design and Muscle Endurance, Chest Press and Leg Press workout boosters.

**xR4** This model offers a compact footprint, new goal programs – such as 350 calories, 750 calories, 10K and ½ marathon – digital contact heart rate sensors, total-body workouts and a sleek integrated console.

## Pursue your Best Life with Octane

An exercise physiologist, best-selling author and founder of the popular *The Best Life Diet*, Bob Greene specializes in fitness, metabolism and weight loss.

“While I was on my book tour, I used Octane workout machines for the first time at a hotel gym. After that workout, I contacted the company to congratulate them on creating such great machines. Octane ellipticals give you the best of both worlds – they offer the great intensity of a running workout with the forgiving ease and comfort of a workout machine.”

Bob Greene  
Oprah's trainer  
Best-selling author  
& founder of *The Best Life*



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