

# ***Octane***<sup>®</sup>

F I T N E S S



**LATERAL X**  
MOVE IN A NEW DIRECTION

*LX8000*  
OPERATIONS MANUAL

**This product is intended for commercial use.**

## **PLEASE READ AND SAVE THESE INSTRUCTIONS**

# **I M P O R T A N T   S A F E T Y   I N S T R U C T I O N S**

**WARNING!** Anyone using this product should consult a physician before they start their exercise program. This is especially important for persons over 35 or those with pre-existing health conditions. If at any time during their workout exercisers experience chest pains, nausea, dizziness, or shortness of breath, they should stop exercising immediately and consult their physician before starting again.

Have all club, personal training, and sales staff members review this Operations Manual before operating this lateral cross trainer. Also, make this Operations Manual accessible to all exercisers.

**WARNING!** When using an electrical product, basic precautions should always be followed.

To reduce the risk of burns, fire, electrical shock or injury to people:

- Use this exercise product for its intended use as described in this Operations Manual. **Do not** modify the product in any way.
- **Do not** remove the plastic shrouds from the machine. Service should be performed only by an authorized Octane Fitness service representative. Moving parts contained under the shrouds can be extremely dangerous when not covered.
- **Never** operate this lateral cross trainer if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped in water. Return the cross trainer to your local dealer or Octane Fitness for examination and repair.
- **Never** operate this lateral cross trainer with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- **Do not** use outdoors.
- **Do not** operate this lateral cross trainer where aerosol (spray) products are being used or where oxygen is being administered.
- **Do not** route power cables (such as the power cable for an optional attached LCD screen) through the interior of the machine or the upright tube.
- **Do not** mount an LCD screen weighing more than 8.5 lbs. (3.8 kg) on the optional LCD mounting arm.

## **SAVE THESE INSTRUCTIONS**

## OTHER IMPORTANT SAFETY PRECAUTIONS

- Place the lateral cross trainer on a level surface with at least one foot of clearance behind the stabilizers.
- If you have more than one unit, position them so that there are at least 18 inches (46 cm) between units.
- To protect the floor or carpet from damage, place a mat under your lateral cross trainer.
- Keep children under the age of 13 off the lateral cross trainer at all times.
- When the lateral cross trainer is in use, children and pets should be kept clear of the area. Do not allow anyone to stand within the rear frame (stabilizers) when the machine is in use.
- Wear appropriate exercise clothing and shoes for your workout; do not wear loose clothing.
- Use care when getting on or off the Octane Fitness lateral cross trainer. Never step on or off the unit while the foot pedals are still moving.
- Always face forward. Never attempt to turn around on the Octane Fitness lateral cross trainer.
- Do not sit, stand, or climb on the plastic shrouds, electronic console, or stationary handlebars.
- Keep your hands and feet clear of any opening or moving parts.
- Keep your feet within the boundaries of the foot pedals; do not rest toes or any other part of the foot on the front edges of the pedals.
- Never insert or drop any object into any opening.
- Users should not overexert themselves or work to exhaustion.
- If during a workout an exerciser feels any chest pain, nausea, dizziness, or abnormal symptoms, stop the workout immediately and consult a physician.
- Wipe down external surfaces of your cross trainer after use to remove sweat and dust.
- Monitor and check your Octane cross trainer on a regular basis. Refer to the Cleaning and Maintenance section of this manual for more information about the care of your Octane cross trainer.
- Inspect all external parts of the lateral cross trainer regularly. If service is required, contact your local dealer or Octane Fitness Customer Service for assistance.
- Take caution in moving your Octane Fitness lateral cross trainer. Your lateral cross trainer weighs over 380 pounds. Use proper lifting technique and/or get assistance when moving your product.

Product Dimensions: 1067mm x 1651mm x 1624mm  
(42in x 65in x 64in)  
Product Weight 384 lbs. (174 Kg)  
Max User Weight 400 pounds (181 Kg)

Standard Power Supply/Electrical Specifications:  
This is a self-powered machine.

*This equipment complies where applicable with:*

2006/95EC	Low Voltage Directive
2004/108/EC	Electromagnetic Compatibility (EN61000)
2002/95/EC	Restriction of Hazardous Substances (RoHS) Directive
2006/96/EC	WEEE Directive
EN957-9:2003	Stationary training equipment
EN957-1:2005	Stationary training equipment
EN60335-1:2002	Household and similar electrical appliances - Safety
GPS	General Product Safety Regulations 2005

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.



# HEART RATE FEATURE SAFETY GUIDELINES

Before using the Octane Fitness LX8000 with HeartLogic™ Intelligence, read and follow these instructions:

## Contact Heart Rate Grips

- Clean the contact heart rate grips periodically to remove sweat and oils. Use a damp cloth with a mild detergent. Do not spray the hand grips directly with water or a cleaner; this could cause an electrical short.
- When holding the grips, grasp each contact heart rate grip so the contact sensor portion of the grip rests in the palm of your hand. Grip the contact sensors firmly, and keep your hands steady and in place.

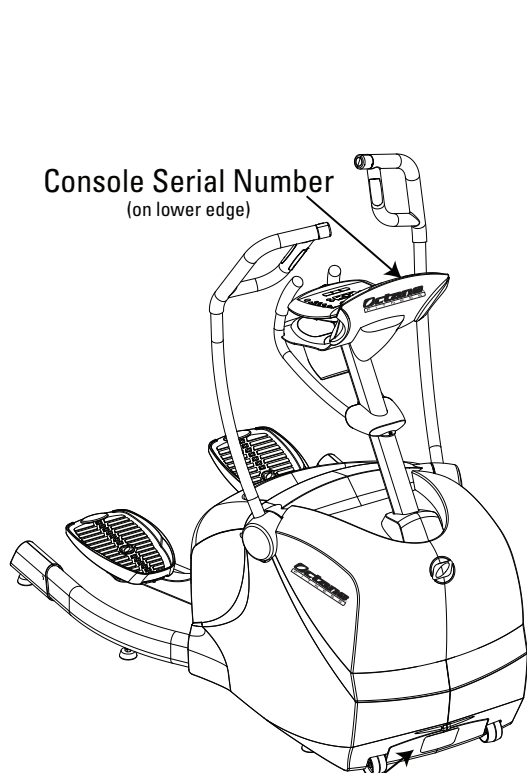
## Wireless Chest Strap

- Exercisers may use any Polar™-compatible (coded or non-coded) wireless heart rate transmitter with the Octane Fitness LX8000.
- **Do not allow users to use the chest strap if they have a cardiac pacemaker or are taking prescription medication.** Medication or electrical impulses from the cardiac pacemaker can cause inaccurate heart rate readings.
- Please take care in handling the equipment as it is extremely sensitive.
- Do not bend the strips inside the chest strap as it can cause the strap to lose its conductivity.
- Handle the heart rate transmitter (chest strap) with care. Dropping the transmitter might cause damage and this could void the warranty.
- If the receiver (console) tries to process several signals simultaneously, an incorrect heart rate reading could result. In a commercial setting, space the products at least 24" apart. This will prevent cross-talk, where the chest strap signal from a user on one machine can be received and displayed on the console of another machine.
- Do not place the chest strap near devices that generate large magnetic fields. Television sets, electric motors, radios, and high voltage power lines can affect the transmitter's performance. These items can interfere with the heart rate signal that is being transmitted to the receiver, possibly affecting the heart rate readings that appear on the electronic console.
- Do not immerse the transmitter in water. However, some moisture is necessary for the transmitter to function properly. Perspiration is usually sufficient, but you may need to moisten the electrodes with a small amount of water. The electrodes are on the side of the transmitter that sits against your skin.
- The wireless chest strap has a battery which may need to be replaced from time to time. A faulty battery or worn electrodes may cause inaccurate readings. The electrodes are the ribbed portion on the side of the transmitter that sits against your skin.
- To purchase wireless transmitter straps, contact your dealer or Octane Fitness sales representative.

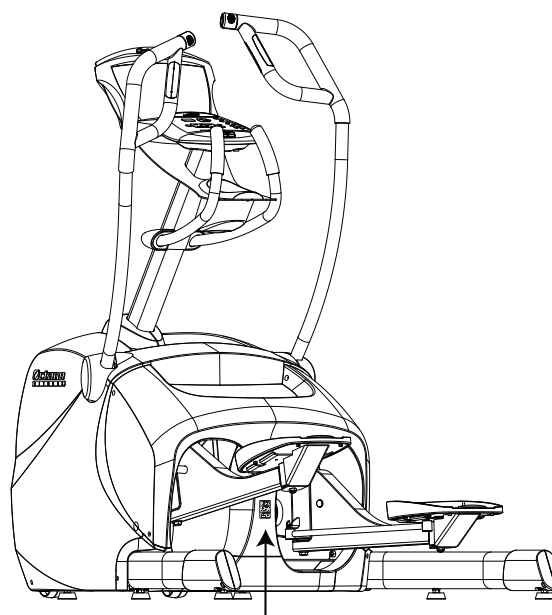
Some individuals are unable to use the heart rate feature because they do not have the proper body chemistry to provide accurate readings. If you experience difficulties in using the contact heart rate grips or a wireless chest strap, contact your dealer or Octane Fitness Customer Service at 1.888.OCTANE4.

**WARNING!** The heart rate monitoring features of this product are for information only and are *not* to be used as a measure of heart functioning or heart health. In a heart rate controlled program, the exerciser can use the Level controls to reduce the resistance level at any time. ***Each exerciser is responsible for monitoring how he or she feels and adjusting the level of effort accordingly.*** If at any time during exercise a user experience chest pains, nausea, dizziness, or shortness of breath, he or she should stop exercising immediately and consult a physician before starting again.

# LX8000 PRODUCT LABELS



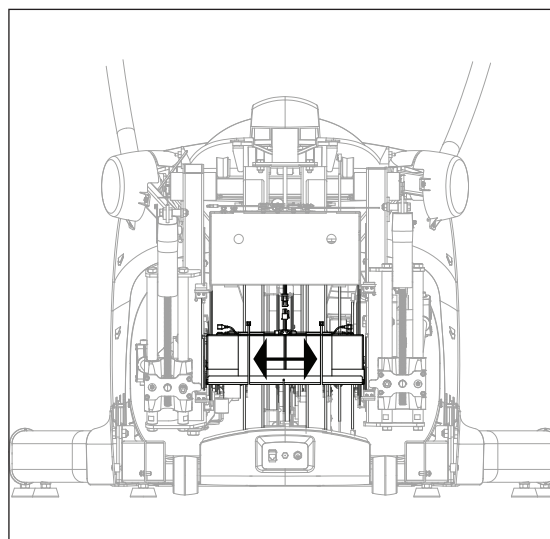
Base Serial Number



## Note: Disposal of Battery

Before discarding or scrapping your LX8000, the battery must be removed and disposed of properly:

- Remove the hood and one side shroud from the unit.
- Locate the the battery assembly (beneath the control board at the front of the machine) and disconnect the cable.
- Cut the cable ties securing the battery assembly to its holder.
- Slide the battery assembly out of the machine.
- Safely dispose of the battery assembly, in accordance with local regulations.



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# GETTING STARTED

Get ready to Fuel Your Workout with the LX8000 lateral cross trainer by Octane Fitness! You will soon be challenging yourself with a variety of pre-programmed workouts, managed by sophisticated electronics that keep you interested and motivated. Getting started is easy—just step on and start pedaling. Follow the Message Center prompts to program your workout, and you are on your way!

## USER SET-UP FUNCTIONS

Many of the standard features and controls of the LX8000 can be customized to fit your personal preferences or workout environment. In just a few simple steps, you can set up your machine to skip the Warm-Up, countdown your workout time (instead of counting up), limit the maximum workout time, and display units in English or metric. You can also mute the console beeps and adjust the brightness of the display. All of these adjustments are easily completed and are saved as the new standard for the machine—you don't need to reset them for each use.

To access the User Set-up functions, press and hold both the Level Up Arrow (▲) and Level Down Arrow (▼) keys for three seconds, or until you hear a beep. The following customizable functions are displayed in sequence in the Message Center; use the Enter key to toggle through the available options (shown in the matrix display) for each function, and press any Up Arrow (▲) or Down Arrow (▼) to select a setting and move to the next function. To exit without changing any values, press Pause Clear twice.

<b>Warm-Up</b>	This feature may be turned "ON" (to include a 3-minute warm-up in each workout) or "OFF". The factory default setting is "ON".
<b>Clock Direction</b>	The LX8000 cross-trainer can track workout time by counting "UP" or "DOWN". The factory default setting is "UP".
<b>Max Workout Time</b>	You may set the maximum workout time for users of the LX8000 to the value that is best for your environment. Use the Enter key to scroll through the possible values (in 5-minute increments), or use the numeric keypad to enter any 1-minute increment between 10:00 and 99:00. Press the Up Arrow (▲) or Down Arrow (▼) key to select the value you desire. The factory default setting is 99 minutes.
<b>Unit Type</b>	You may choose to have the weight and distance units displayed in "ENGLISH" (pounds and miles) or "METRIC" (kilograms and kilometers). The factory default setting is "ENGLISH".
<b>CROSS CIRCUIT Pro</b>	Select "ON" to enable the two CROSS CIRCUIT Pro programs (for use with the optional CROSS CIRCUIT Pro Kit). Factory default is "OFF".
<b>Default Width</b>	You may set the default lateral width of the unit to any value between 1 (narrowest) and 10 (widest). Use the Enter key to scroll through the possible values, or enter the value using the number keypad, then press the Up Arrow (▲) or Down Arrow (▼) key to select. The factory default setting is 5.
<b>Beep</b>	You may turn the console sounds "ON" or "OFF". The factory default setting is "ON".
<b>Brightness</b>	You can adjust the intensity or brightness of the console LEDs, choosing any value between 1 and 8. A higher number represents more light. The factory default setting is 8.
<b>Exit</b>	When EXIT is displayed in the Message Center, press Enter to leave User Set-up. All of your selections will be saved and become the new standard settings for your machine. They may be changed at any time by repeating these set-up procedures.

## Cleaning and Maintenance of the LX8000

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

Your Octane Fitness lateral cross trainer has been manufactured to withstand many hours of hard use with minimal required maintenance. To keep the machine clean, periodically wipe off the machine with a clean towel, and vacuum underneath the pedals and inside of the machine near the pedals. (You do not need to remove the shrouds to do this.) ***Do not use bleach on the console as it will damage the lens.***

Please contact your local Octane Fitness dealer should you have any questions or encounter any maintenance issues with your LX8000. If you would like to speak directly to an Octane Fitness customer service specialist, please call 888.OCTANE4 or 763.757.2662, ext. 1, or visit [www.octanefitness.com](http://www.octanefitness.com).

## Troubleshooting & Frequently Asked Questions

Should you have any questions regarding your LX8000 lateral cross trainer, please log on to [www.octanefitness.com](http://www.octanefitness.com) where you will find answers to many common questions and tips on using your lateral cross trainer. If you would like to speak to an Octane Fitness Customer Service specialist, please call 1-888-OCTANE4 or 763-757-2662 extension 1.

## Warranty Information

The LX8000 lateral cross trainer is warranted to be free of all defects in material and workmanship. All parts are warranted for three (3) years from original date of purchase. Labor is covered for one (1) year from original date of purchase. This Limited Commercial Warranty is non-transferable.

Please refer to the Octane Fitness Limited Commercial Warranty and/or the Octane Fitness Limited Consumer Warranty included in your information packet for full details of warranty coverage.

## Optional Kit: CROSS CiRCUIT Pro

The CROSS CiRCUIT Pro Kit (P/N 106700-001), which includes weight stands and PowerBlocks, is available for the LX8000. This kit gives you cardio and strength training in one place on your club floor. Two workouts are specifically designed for use with this kit: CROSS CiRCUIT Solo and CROSS CiRCUIT Group.

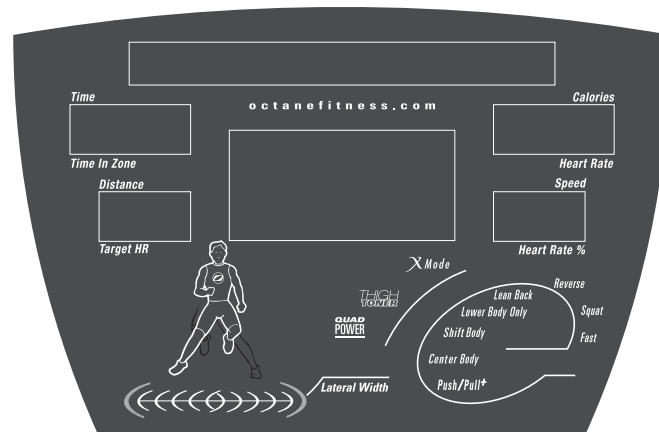
Please contact Octane Fitness Customer Service at 1-888-OCTANE4 or 763-757-2662, extension 1, for pricing and ordering information.



# ELECTRONICS

## LX8000 Console and Keypad

The LX8000 features a simple, easy to understand keypad and a console featuring an informative Message Center, a workout profile matrix, and four multi-function LED display windows that provide all the information you need to get started and stay motivated during your workout. Check out the program descriptions found later in this manual to choose the workout that is just right for you.



### Message Center

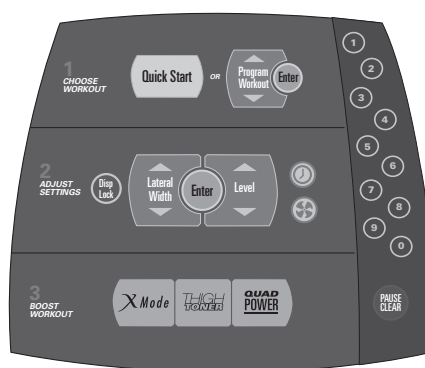
The LX8000 Message Center features a scrolling LED display which prompts you to enter important information, guides and motivates you through your workout, and rewards you with clear, relevant workout data such as level, average speed, average heart rate, maximum heart rate, calorie/hour, watts, and METs. Watch the message center as you set up and progress through your workout—it will guide you, motivate you, and reward you with summary information at the end of your session.

### Programming the console

Getting started is easy—just hop on and start pedaling. The Message Center prompts you to select a program. Step through the sections of the keypad—Choose Workout, Adjust Settings, and Boost Workout—and follow the prompts on the console display as it guides you through programming your workout. After each prompt, simply enter the requested data and press Enter, and you are on your way. If no values are entered at the prompts, the machine defaults to the standard values for the program you have selected.

### CSAFE Interface

The LX8000 is compatible with CSAFE (Communications Specifications for Fitness Equipment) protocol. If you have connected the LX8000 to your CSAFE network, the user is prompted to enter a 5-digit User ID. The CSAFE user has 30 seconds to enter the User ID digits using the numeric keypad. Once the ID has been entered, the display proceeds with prompting the user for program set-up. If no User ID or program is entered, the machine defaults to the Random program at resistance level 1, a lateral width of 5, and a user weight of 150 pounds (68 kg).





## **Keypad Buttons**

**Quick Start** The easiest way to start a workout is to simply push the Quick Start button, setting the machine in the Random program at resistance level 1, lateral width 5, age 40 and weight 150 pounds (68 kg). Then use the keys to set Program, Time, Level or Lateral Width, in any order.

**Enter** Records values selected using Up (▲) and Down (▼) arrow keys and the numeric entry keypad.

**Display Lock** Press the Display Lock button to stop the display LEDs from toggling between the top and bottom (heart rate) display values in the windows. Press Display Lock a second time to resume toggling.

**Time**  Press Time, then use the Up (▲) and Down (▼) arrow keys to increase or decrease the time of your workout, in 1 minute increments. The standard workout time is 30:00. The maximum time is 99:00. The maximum time can be changed using the User Set-up Functions.

**Fan**  Press the Fan button to initiate a cool breeze to help keep you comfortable as you work out. Press again to increase the airflow (two additional levels), or a fourth time to turn it off. Move the vent as desired to direct the airflow.

**Pause Clear** To pause your workout, press the Pause Clear button on the lower right side of keypad or simply quit pedaling. The matrix display will indicate how long the pause will last before you need to resume pedaling. Your workout settings and statistics will be saved during the pause. To restart a paused workout, start pedaling before the pause countdown reaches zero. To reset the machine for another workout, press the Pause Clear button twice within two seconds.

## **Up (▲) and Down (▼) Arrow Keys**

The following have dedicated Up (▲) and Down (▼) arrow keys to help you easily increase or decrease the value of the parameter. Use these keys when programming, or any time during a workout to change the value.

**Program Workout** Use the Program Workout (▲) and (▼) keys to move through the available programs. Press Enter when the program name is displayed in the Message Center to select and program your workout. Program changes can be made any time during a workout by pressing the Program Workout (▲) or (▼) key. When changing programs, the Message Center prompts you to enter new program values as needed.

**Lateral Width** Use the Lateral Width (▲) or (▼) keys to set the width of the lateral motion of the machine. The width ranges from 1 (narrowest) to 10 (widest), with a default value of 5.

**Level** Use the Level (▲) and (▼) keys to increase or decrease the resistance level of the machine. There are 30 levels of resistance for preset resistance programs and the 30:30 program. For heart rate controlled programs, the Level (▲) and (▼) keys change the target heart rate value. For the constant power programs, the Level (▲) and (▼) keys change target watts or METs.

*Tip: The Up Arrow (▲) and Down Arrow (▼) buttons on the moving handlebars may be used to change the level (right handlebar) or lateral width (left handlebar) at any time during set-up or a workout.*

## **Numeric Entry Keypad**

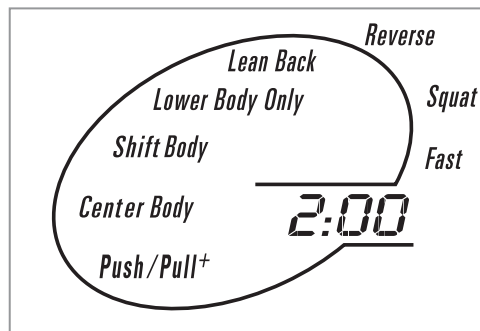
The right side of the keypad is a numeric entry keypad. Use these number keys instead of the (▲) and (▼) keys to enter a value such as age, weight, lateral width, or target hear rate directly. The numeric entry will be stored after a short delay, or you may press either green Enter key on the main portion of the keypad.

## **Workout Boosters**

**QuadPower** Challenge your quads and glutes with this workout booster that pushes back! Press the QuadPower button during any workout, then increase your speed. The faster you go, the greater the resistance (level) and the wider the lateral motion (lateral width). Slow down again and the resistance decreases and the lateral width narrows. You are in control as the lateral cross trainer responds to really work those legs!

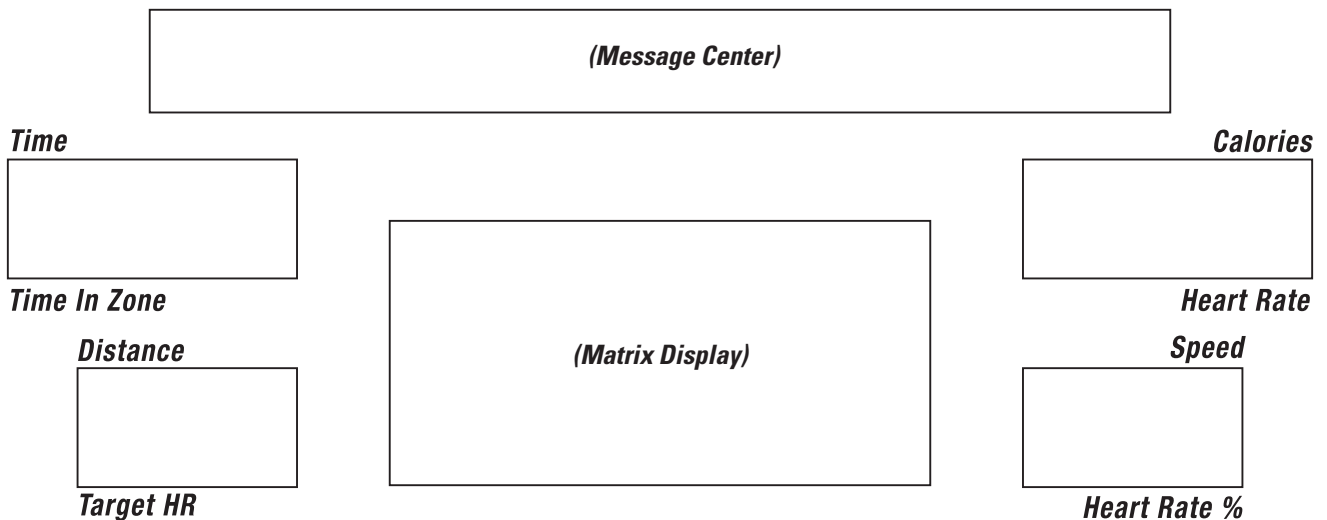
**ThighToner** ThighToner uses varying lateral widths to firm and tone your thighs. Press the ThighToner button during any workout, then increase your speed. The faster you go, the greater the wider the lateral motion. Slow down again and the lateral width narrows.

**X-Mode** Press X-Mode to activate the ultimate cross training tool and take advantage of the variety your lateral cross trainer offers. This great motivational tool keeps your workout fresh and exciting in any program. Every other minute X-Mode kicks in, prompting you to perform combinations of eight different challenges:



<b>Fast</b>	Pick up the pace! (50-60 rpm or your own comfort level.)
<b>Squat</b>	Bend slightly at the knees; you'll feel this in your quads and glutes!
<b>Reverse</b>	Pedal backwards to change the muscle focus on your entire lower body.
<b>Lean Back</b>	Grab the stationary handlebars and lean slightly backwards, changing the muscle focus on your lower body. You will feel this in your quadriceps.
<b>Lower Body Only</b>	Hold the stationary handlebars or naturally swing your arms to let your legs do all the work.
<b>Shift Body</b>	Shift your whole body side to side with the lateral motion.
<b>Center Body</b>	Keep your core centered and steady as your lower body shifts with the lateral motion.
<b>Push/Pull+</b>	Focus on pushing and pulling with your arms at an increased resistance level to work your chest, biceps, lats and triceps.

During any booster session, the level of resistance can be changed by pressing any ▲ or ▼ on the keypad or the right handlebar. Deactivate a booster by pressing the button a second time.

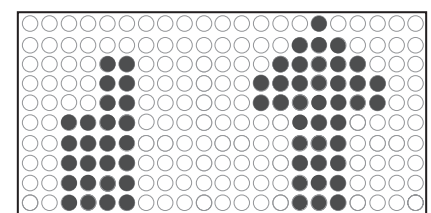
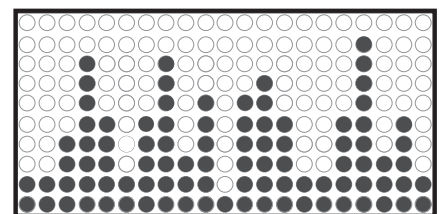


## Console Windows

**Message Center** The LX8000 Message Center features a scrolling LED display which prompts you to enter important information, guides and motivates you through your workout, and rewards you with clear, relevant workout data such as level, average speed, average heart rate, maximum heart rate, calorie/hour, floors, strides, watts and METs. Watch the message center as you set up and progress through your workout—it will guide you, motivate you, and reward you with summary information at the end of your session.

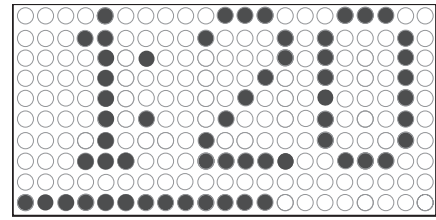
**Matrix Display** The matrix display shows the program profile during the workout and highlights upcoming intervals and resistance changes. During the Heart Rate Interval programs, the matrix display informs you of your progress through the intervals:

**Changing Target Heart Rates:** When you are trying to reach a new target heart rate, the left side of the matrix display shows an illustration of the interval. The illustration blinks the interval you are attempting to reach. Each column represents one minute. An arrow on the right side of the display shows whether resistance (and therefore your target heart rate) is increasing or decreasing. When decreasing, if the machine reaches resistance level 1 and your heart rate has still not reached your target low, the display prompts you with the message "HR TOO HIGH—SLOW DOWN". When increasing, if the machine reaches the highest resistance level (30) and your heart rate has still not reached your target high, the display prompts you to "INCREASE SPEED TO DECREASE RESISTANCE".



↖ **Upcoming columns blink**

**Interval Duration:** Once you have reached or surpassed the new target heart rate, the matrix display switches to a countdown timer, counting down the length of the interval. The bottom row of the matrix displays a horizontal bar graph representing the current resistance level.



- Time** Displays workout time, counting up from 0:00. Time can be increased or decreased during your workout by pressing the Time (⌚) button then any (▲) or (▼) key. The maximum time that users can set is 99:00. When actual workout time is displayed, the timer goes up to 99:59, then rolls over to 0:00. Refer to User Set-up Features to learn how to switch from a “count up” to “count down” display.
- Calories** Displays an estimate of the total calories burned during the workout, based on the user’s entered weight. If no specific weight is entered, calories are based on a 150 lb. (68 kg) user.
- Distance** Displays an estimate of how far you have traveled. Distance can be shown in either miles (English) or kilometers (metric). When you first purchase your lateral cross trainer the display will be in English. Refer to User Set-up Features to learn how to switch from English to metric.
- Speed** Displays how fast you are going, in revolutions per minute (RPM).
- Time-in-Zone** Tracks and displays the amount of time spent in the proper heart rate training zone for the program. Time-in-Zone is only displayed in a heart rate controlled program when a heart rate is detected by the machine. A user must be wearing a wireless heart rate transmitter or grasping the contact heart rate sensor grips on the moving handlebars.
- Heart Rate** Displays heart rate in beats per minute (BPM). A user must be wearing a wireless heart rate transmitter or grasping the contact heart rate sensor grips on the moving handlebars.
- Target HR** Displays the heart rate reading that the machine is adjusting resistance to achieve when in a heart rate controlled program.
- Heart Rate %** Displays your current heart rate percentage (current heart rate / theoretical maximum heart rate). A user must be wearing a wireless heart rate transmitter or grasping the contact heart rate sensor grips on the moving handlebars and have entered an age.
- Lateral Width** Displays the relative horizontal width of the lateral motion. The lateral width ranges from 1 (narrowest) to 10 (widest).



# LX8000 PROGRAMS

The LX8000 features 13 built-in programs with a wide range of options to keep workouts interesting:

Manual—Goal—Interval—Constant Power—Fat Burn—Heart Rate Interval—Random—  
Dual Direction—30:30 — MMA —CROSS CIRCUIT Solo—CROSS CIRCUIT Group—Lateral Interval

Most programs incorporate a three-minute warm-up during which resistance increases two levels per minute. Heart rate controlled programs (Fat Burn and Heart Rate Interval) include a warm-up which lasts three minutes or until you reach your target heart rate; then your selected program begins. Increasing or decreasing the Level changes the target heart rate.

## How Does Workload Resistance (Level) Work?

**Resistance Level** The LX8000 has 30 discrete levels of resistance. Level 1 is the easiest and level 30 is the most difficult. The Manual program gives the user the ability to totally control the resistance level. Interval and 30-30 allow the user to select the resistance level for specific intervals.

Resistance level is represented by rows of LEDs in the matrix display. Each row that is lit represents 3 resistance levels. The table below will help you understand and interpret the matrix display:

Resistance Levels	LED Rows Lit	Resistance Levels	LED Rows Lit
1-3	1	16-18	6
4-6	2	19-21	7
7-9	3	22-24	8
10-12	4	25-27	9
13-15	5	28-30	10

**Program Level** The Random, Lateral Interval, Dual Direction and Goal programs allow the user to select an overall resistance level for the program. This level is the average resistance level for the workout. The range of resistance levels during these workouts are  $\pm 4$  of the entered program level (i.e., For program Level 5, minimum resistance is Level 1 and maximum resistance is Level 9). During the workout, the overall program resistance level is displayed on the console.

**Resistance in Constant Power Program** The Constant Power program allows the user to enter the power output level, in watts or METs, for the program. The resistance level during these constant workouts is controlled by the machine, increasing or decreasing as necessary in tandem with the user's speed to keep the output on target.

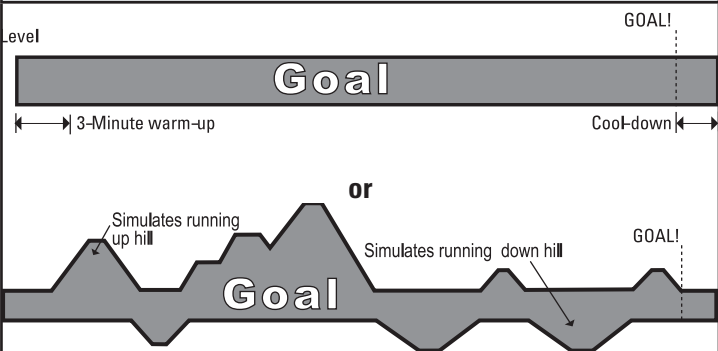
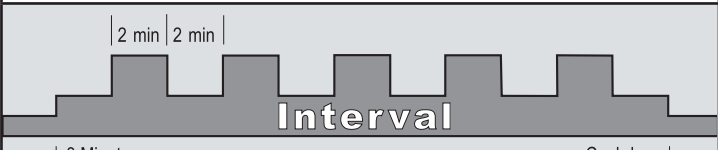
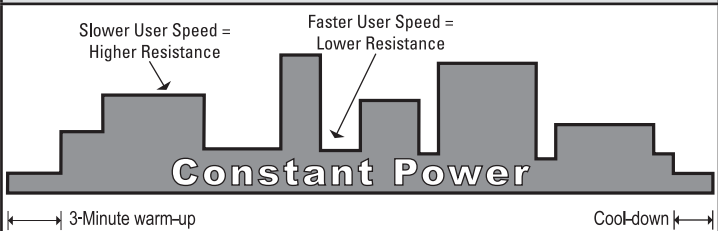
**Resistance in Heart Rate-Controlled Programs** Fat Burn and Heart Rate Interval allow the user to manually enter the target heart rate level for the program. If the target HR is reached during the warm-up, the warm-up ends and the selected heart rate control program begins. The resistance level during the heart rate controlled workout is controlled by the machine, increasing or decreasing as necessary to keep the user's heart rate on target.

Exercisers choose the program that best fits their workout needs for any given day. They can decide how hard to work by setting the resistance level and time for each program.

# LX8000 PROGRAM REFERENCE

Use the numeric keypad or the Up Arrow (▲) and Down Arrow (▼) keys on the keypad or the right handlebar to enter program settings as prompted by the Message Center.

\*Standard program values are used if no values are entered within 4 seconds of Message Center prompts.


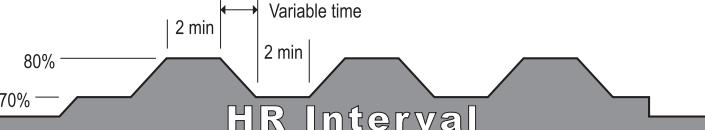

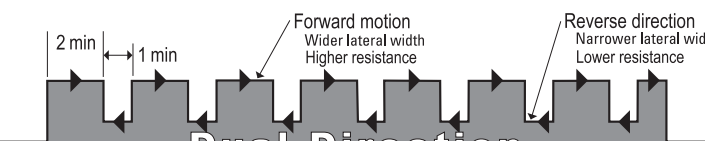
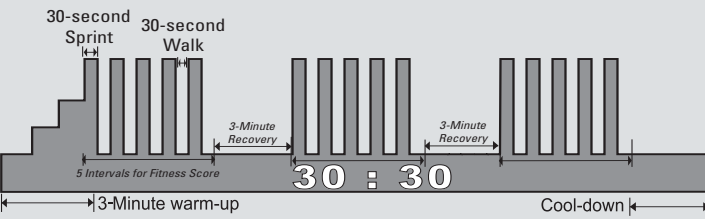
Programs & Standard Settings	Description
<p><b>Manual</b></p> <p>Workout Time (30:00) Lateral Width (6) Level (3) Age (40) Weight (150 lbs./68 kg)</p>	<p>Get on and go; constant resistance simulates walking or jogging on a flat surface. The oval racetrack equals 1/4 mile (or 400 meters); the counter in the matrix display shows laps completed.</p>
<p><b>Goal</b></p>  <p>or</p> <p><b>Goal</b></p> <p>3-Minute warm-up Cool-down</p> <p>Goal Type (Distance) Adjust Goal (5K or 350 Calories) Lateral Width (6) Flat or Hills (Flat; press (▲) or (▼) twice to select Hills) Level (3) Age (40) Weight (150 lbs./68 kg)</p>	<p>Tune up for the local race or set your sight on blasting a bunch of calories! The Goal program incorporates great flexibility to help you set and meet your specific objective. Choose a flat course or take to the hills as gradual resistance changes simulate variance in terrain, replicating the challenges encountered when walking or running outside. The matrix readout counts down to keep you informed as to how much more you have to go until you reach your GOAL!</p> <p>Use any (▲) or (▼) key and Enter to select your Goal Type, adjust the distance or calories, and set the other options for your workout. Use Level (▲) and (▼) to adjust interval resistance mid-workout.</p> <p><i>Note:</i> To select "hills", press (▲) or (▼) twice while "FLAT OR HILLS" is displayed, then press ENTER.)</p>
<p><b>Interval</b></p>  <p>2 min   2 min</p> <p>3-Minute warm-up Cool-down</p> <p>Workout Time (30:00) Lateral Width (6) 1st Interval Level (3) 2nd Interval Level (6) Age (40) Weight (150 lbs./68 kg)</p>	<p>Add variety and challenge with 2-minute intervals of alternating user-set resistance. Use Up Arrow (▲) and Down Arrow (▼) on the keypad or right handlebar to adjust interval resistance mid-workout.</p>
<p><b>Constant Power</b></p>  <p>Slower User Speed = Higher Resistance Faster User Speed = Lower Resistance</p> <p>3-Minute warm-up Cool-down</p> <p>Power Type (Watts) Workout Time (30:00) Lateral Width (6) Age (40) Weight (150 lbs./68 kg) Watts (125) or METs (7.0)</p>	<p>Set a target power output and let the machine keep you there by varying resistance level relative to your speed. Power output is measured in watts or metabolic equivalent units (METs). Watts represent the amount of power required by the machine to maintain the workload (pedal resistance and speed) that you want to experience. METs represent the ratio of a person's working metabolic rate relative to that person's resting metabolic rate. One MET is approximately equal to 1 kilocalorie burned per kilogram per hour. The higher the power output value, the more difficult the workout.</p>



# LX8000 PROGRAM REFERENCE

Use the numeric keypad or the Up Arrow (▲) and Down Arrow (▼) keys on the keypad or the right handlebar to enter program settings as prompted by the Message Center.

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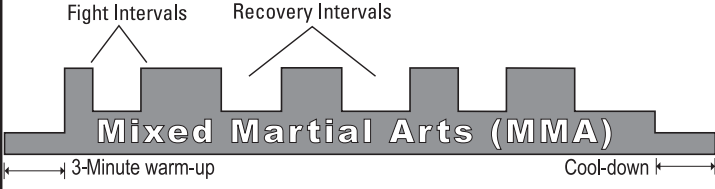
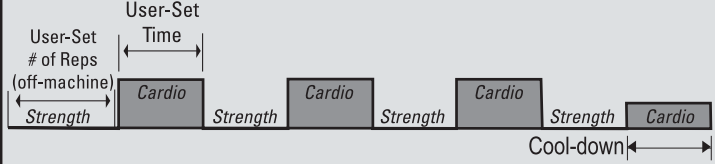
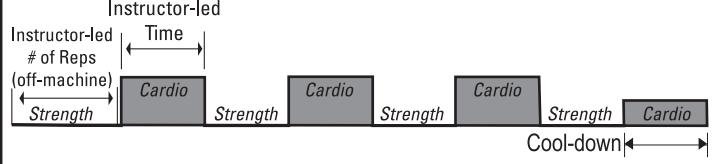

Programs & Standard Settings	Description
 <p style="text-align: center;"><b>Fat Burn</b></p> <p>Variable warm-up   Cool-down</p> <p style="text-align: center;">Workout Time (30:00) Lateral Width (6) Age (40) Target Heart Rate (.65 * (220 - Age)) Weight (150 lbs./68 kg)</p>	<p>Maximize the percentage of calories burned from fat versus carbohydrates with this controlled workout at 65% of theoretical maximum heart rate (or user-specified target heart rate). Use Level (▲) and (▼) on the keypad or right handlebar to adjust interval target heart rates mid-workout.</p>
 <p style="text-align: center;"><b>HR Interval</b></p> <p>Variable warm-up   Cool-down</p> <p style="text-align: center;">Workout Time (30:00) Lateral Width (6) Age (40) High Target Heart Rate (.80 * (220 - Age)) Weight (150 lbs./68 kg)</p>	<p>Capturing the benefits of interval training over steady-state training in this controlled workout of alternating 2-minute intervals at 70% and 80% of theoretical maximum heart rate (or user-specified target heart rate). Intervals last two minutes after the target heart rate has been reached. Use Level (▲) and (▼) on the keypad or right handlebar to adjust interval target heart rates mid-workout.</p>
 <p style="text-align: center;"><b>Random</b></p> <p>3-Minute warm-up   Cool-down</p> <p style="text-align: center;">Workout Time (30:00) Lateral Width (6) Level (3) Age (40) Weight (150 lbs./68 kg)</p>	<p>Enjoy computer-randomized resistance and lateral width variation with a virtually infinite number of combinations. Get a new course each time you select the program or change the level. Each interval lasts one minute.</p>
 <p style="text-align: center;"><b>Dual Direction</b></p> <p>3 Minute warm-up   Cool-down</p> <p style="text-align: center;">Workout Time (30:00) Forward Lateral Width (8) Reverse Lateral Width (1) Forward Level (5) Reverse Level (1) Age (40) Weight (150 lbs./68 kg)</p>	<p>Add variety and interest as you alternate two-minute intervals of forward and reverse motion. The forward motion has a wider lateral width as well. Feel the difference in quads and glutes!.</p>
 <p style="text-align: center;"><b>30 : 30</b></p> <p>3-Minute warm-up   Cool-down</p> <p style="text-align: center;">Workout Time (30:00) Lateral Width (6) High Interval Level (8) Age (40) Weight (150 lbs./68 kg)</p>	<p>This challenging program provides a simple test of fitness level with 5 sets of 30-second sprint and recovery intervals. For each set, the program monitors heart rate and calculates the average minimum and average maximum heart rates and the average number of beats the heart rate recovers between sprint intervals. Heart rate recovery is a relative indicator of fitness level; a higher number indicates a more rapid heart rate recovery and therefore represents a relatively better level of fitness.</p>



# LX8000 PROGRAM REFERENCE

Use the numeric keypad or the Up Arrow (▲) and Down Arrow (▼) keys on the keypad or the right handlebar to enter program settings as prompted by the Message Center.

\*Standard program values are used if no values are entered within 4 seconds of Message Center prompts.

Programs & Standard Settings	Description
 <p><b>Mixed Martial Arts (MMA)</b></p> <p>Workout Time (30:00) Lateral Width (6) Age (40) Weight (150 lbs./68 kg) Intensity (Medium) Fight Level (6) Rounds (3)</p>	<p>Take on your toughest opponent yet—the Octane lateral cross trainer! Battle it out in 5-minute rounds that include 5 alternating ‘fight’ and ‘recover’ intervals of various lengths. The harder you punch with your arms, the harder the Octane lateral cross trainer ‘fights back’ with increased resistance. This great workout gets your heart—and your fists—pumping!</p>
 <p><b>CROSS CiRCUIT Solo</b></p> <p>Workout Time (30:00) Lateral Width (6) Level (3) Cardio Time (2:00) Strength Reps (10) Age (40) Weight (150)</p>	<p>Maximize the impact of your workout time with this challenging on- and off-machine cross-training routine. Follow the prompts to complete alternating sets of cardio and strength exercises. Use Level (+) or (–) to adjust the cardio interval resistance mid-workout.</p>
 <p><b>CROSS CiRCUIT Group</b></p> <p>Lateral Width (6) Level (3) Age (40) Weight (150)</p>	<p>Group exercise on an lateral cross trainer! Ramp up your workout with this instructor-led on- and off-machine cross-training routine. Follow the leader’s instructions to complete alternating sets of cardio and strength exercises.</p>
 <p><b>Lateral Interval</b></p> <p>Workout Time (30:00) Wide Width (8) Narrow Width (3) Level (3) Age (40) Weight (150 lbs./68 kg)</p>	<p>Add variety and challenge with 2-minute intervals of alternating wide and narrow lateral width. Use Up Arrow (▲) and Down Arrow (▼) on the keypad or right handlebar to adjust interval width mid-workout.</p>

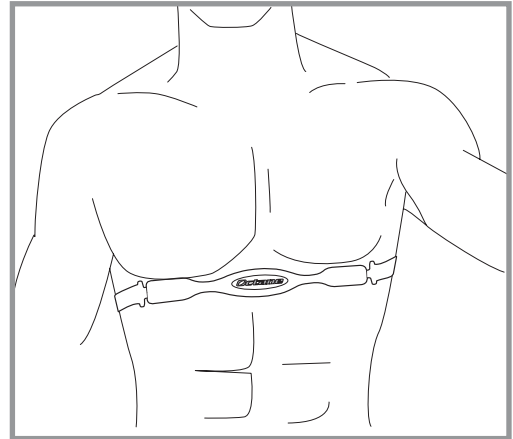
\*Standard program values are used if no values are entered within 4 seconds of Message Center prompts.

# LX8000 PRODUCT FEATURES

The Octane Fitness LX8000 lateral cross trainer incorporates additional features to ensure that users experience great workouts, including HeartLogic Intelligence and MultiGrip Handlebars. In addition, many of the standard features and controls of your Octane Fitness lateral cross trainer can be customized to fit your personal preferences or workout environment.

## HeartLogic Intelligence

The LX8000 is equipped with HeartLogic Intelligence—Octane’s own heart rate control technology. HeartLogic Intelligence is a sophisticated yet easy to use technology that provides the most accurate and effective workout possible. It all begins with the wireless chest strap and the digital contact heart rate grip sensors on the moving handlebars. Choose from two heart rate programs, Fat Burn and Heart Rate Interval. During your workout, the console displays time-in-zone, current heart rate, heart rate %, and target heart rate so you know exactly where you are and where you should be.



### Using a wireless chest strap

The wireless chest strap transmits your heart rate to the electronics console at a distance of up to three feet. You may use any Polar™-compatible (coded or non-coded) transmitter. Adjust the length of the elastic strap and fasten the transmitter around your torso, underneath your shirt. Place the strap just below your chest. Make sure the logo is away from you and right side up. It may help to moisten the electrodes on the back of the transmitter with a small amount of water for better contact with the skin. The electrodes are the ribbed portion on the back side of the transmitter that sits against your skin. Make sure the strap fits snugly but doesn't restrict breathing. The contact handgrips reading takes priority if both the wireless and contact heart rate grips are in use.

### Using the digital contact heart rate sensors

The digital contact heart rate sensors are located on the moving handlebars of the LX8000. The grips can be used to check your heart rate during your workout. For the most accurate heart rate reading possible, grasp each contact heart rate grip so that the contact sensor portion of the grip rests in the palm of your hand. Grip the contact sensors firmly, and keep your hands steady and in place.

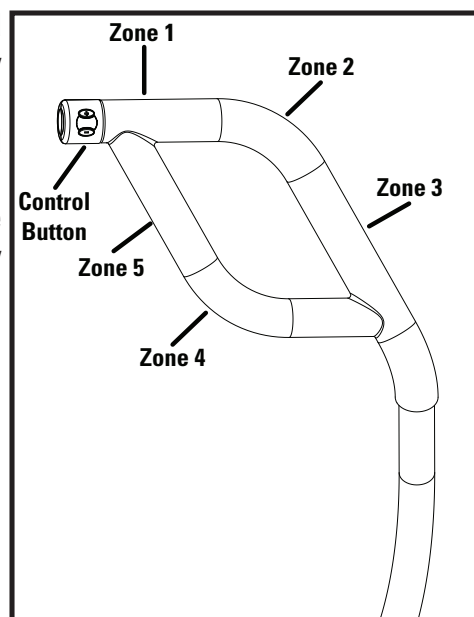
### Heart rate programs

The LX8000 provides two heart rate controlled programs: Fat Burn and Heart Rate Interval. Refer to the LX8000 Program Reference chart for more information.

## MultiGrip Handlebars

Your Octane Fitness lateral cross trainer features one-of-a-kind handlebars that deliver the ultimate upper-body workout with virtually unlimited options for maximal comfort, customization, and effectiveness. The unique MultiGrip handlebars with converging motion are only offered by Octane, and these innovative handlebars have revolutionized how you workout your upper-body. The MultiGrip handlebars are comfortable in any position, whether you're hanging on loosely for a brief, easy workout, or gripping the MultiGrip handlebars tightly to complete a lengthy, heart-pumping, high-intensity workout session.

The converging motion and unique design of the MultiGrip handlebars fit every exerciser—tall, short, slender, bigger framed, and even those with shorter or longer arms—providing a multitude of choices that result in the most comfortable and ergonomically correct positions of any cross trainer. You will feel the difference! Here's how they can be put to work for you:



Zone 1	Top horizontal position	Ideal for pushing Gives longer range of motion Engages the deltoid (shoulder) and lat (back) muscles
Zone 2	Large corner position Widest position	Push with the palms; better stability for a excellent chest press motion Focuses more on using the pectoral (chest) muscles
Zone 3	Wide grip	Emphasizes pectoral (chest) and lat (back) muscles
Zone 4	Low inside position	Shorter range of motion Suitable for lighter workouts with less upper-body involvement Great position for squatting down and pedaling in reverse Simulates runners movement or when moving fast
Zone 5	Narrow vertical position	Great for pulling or pushing of the arms Focuses on the lat (back), triceps (back of arm), and biceps (front of arm) muscles

No matter what position or zone you select, you're working numerous different muscle groups throughout your upper-body to get a true cross training workout. You can emphasize either a push or pull movement or reposition your hands any time during any program for maximal muscle exertion, balance, variety, and comfort.

## Fingertip Controls

The LX8000 also features fingertip control buttons on the handlebars. You can easily set up or adjust the Level (or Target Heart Rate) while in a workout using the Up Arrow (▲) and Down Arrow (▼) on the right handlebar. Or, adjust the Lateral Width at any time using the Up Arrow (▲) and Down Arrow (▼) on the left handlebar. These convenient buttons let you adjust settings to meet your needs without breaking the flow of the workout.

## Learn More at [www.octanefitness.com](http://www.octanefitness.com)

Log on to [www.octanefitness.com](http://www.octanefitness.com) where you will find additional information about product features and answers to many common questions and tips on using your lateral cross trainer. If you would like to speak to an Octane Fitness Customer Service specialist, please call 1-888-OCTANE4 or 763-757-2662, extension 1.

*Are you passionate about your workout and the results?*

Share your story with others on the Octane Fitness web site.

Go to: [www.octanefitness.com/testimonials](http://www.octanefitness.com/testimonials)

Then click on "Share My Story" and  
show the world how fueled you are.

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

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

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**F U E L   Y O U R   L I F E <sup>TM</sup>**



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