

Octane RÖ™

ROWING REDEFINED

MULTIGRIP HANDLES

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

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

Innovative design allows exercisers to efficiently and easily strap into and exit pedals

SMALL FOOTPRINT

Compact design fits virtually anywhere



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.

R0 SPECIFICATIONS

KEY MECHANICAL FEATURES

High-velocity fan	•
Dual Resistance	Fan and magnetic brake
Quick-Release foot straps	•
MultiGrip™ handle	•
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 compatible	Polar, Ant+
Bluetooth® compatible	•
Power requirement	Generator Powered

CONSOLE OPTIONS

Standard	•
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WORKOUTS

Number of programs	6
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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



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

COMFORT SEAT

Large, padded seat with ergonomic contour maximizes comfort

DUAL RESISTANCE – FAN AND MAGNETIC BRAKE

Delivers a wide resistance range to accommodate all exercisers and workouts

EASY STORAGE

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

MOBILE DEVICE STORAGE

Keeps mobile phones conveniently within reach during workouts

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