

XTONE™

THE ONE CROSS-TRAINER THAT DOES IT ALL

The XT-One, the all-in-one machine that lets members **walk, run, hike** or **climb** to target different muscles for customized effectiveness.

OCTANE ADVANTAGES

- Replaces adaptations of ellipticals and non-elliptical modalities in one machine
- Adjustable incline
- Adjustable stride length
- SmartStride® technology
- Advanced training — 30:30 and MMA
- Workout Boosters



WALK

The biomechanically precise motion of the XT-One machine delivers a low-impact, comfortable walk, with a choice of shorter or longer strides to custom-fit exercisers with different leg lengths.



RUN

Exercisers can change pace or stride length to customize their run motion. Or they can take advantage of SmartStride® interactive ergonomics, which replicate jogging or running by automatically adjusting the stride length from 20"-28" based on the user's pace.



HIKE

Hit the hills and boost cardiovascular and muscular endurance by selecting from 10 incline levels that target the legs and work the upper body and core. Users can opt for greater challenges with several incline workouts, including Mountain Peak and Progressive Hill.



CLIMB

The ultimate challenge with a steep climb that strengthens the quads, glutes and hamstrings with deep strides and high-intensity cardio and strength work.

XT-ONE SPECIFICATIONS

• Standard ○ Optional

KEY MECHANICAL FEATURES

Adjustable incline	10 levels
Adjustable stride lengths	20"-28" (51 cm - 71 cm)
Electronically adjustable stride	•
Quiet motor	•
Close pedal spacing	1.8" (4.5 cm)
Low step-up height	•
MultiGrip™ and Converging Path™ handlebars	•
Moving handlebar lock-out option	•
Side steps	○
Phone holder	•
Water bottle holder	•
Tablet/reading rack*	•
Transport wheels	•

ELECTRONIC FEATURES

SmartStride® technology	•
Resistance levels	30
Quick Starts (Walk, Run, Hike, Climb)	4
Digital contact heart rate on moving handlebars	•
Wireless heart rate ready (ANT+™ & Polar®)	•
Incline and stride buttons on moving handlebars	•
Console fan (3 speeds)	•
Self-powered (standard console only)	•
Mobile device charging via USB port	•
Replaceable headphone jack	•
CSAFE®	•

CONSOLE OPTIONS

Smart (pg. 32)	10" (25.4 cm) capacitive touch screen
Standard (pg. 32)	Large LED display with integrated capacitive buttons

ENTERTAINMENT OPTIONS

LG TV (pg. 33)	○
Wireless 900 Mhz (pg. 33)	○

WORKOUTS

Number of workouts	15
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HEART RATE-CONTROLLED PROGRAMS

Heart Rate Fat Burn	•
Heart Rate Custom Interval	•

PRESET PROGRAMS

Manual	•
Random	•
Distance Goal	•
Calorie Goal	•
Custom Interval	•
CROSS CIRCUIT®	•

ADVANCED PROGRAMS

30:30 Interval	•
MMA	•
Constant Watts	•
Constant METs	•

INCLINE PROGRAMS

Mountain Peak	•
30:30 Hill	•
Progressive Hill	•

STRIDE LENGTH PROGRAMS

SmartStride®	•
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WORKOUT BOOSTERS

X-Mode™	•
ArmBlaster	•
GlutePower	•



ADVANCED PROGRAMS

Challenging advanced programs: MMA, 30:30, HR Interval

MULTIGRIP AND CONVERGING PATH™

More effectively activates the upper-body

ENTERTAINMENT OPTIONS

Choose from a smart or standard console plus a personal viewing screen or 900 mhz

ADJUSTABLE INCLINE

With 10 levels of incline to choose from users can go for a hike in the hill or challenge themselves with a climb in the mountains

SMARTSTRIDE®

Automatically adjusts stride length according to the user's pace

ACCESSORIES

Compatible with the CROSS CIRCUIT Kit or side steps to elevate the user experience

HIIT TRAINING

Workout Boosters featured on the console to add interval training to any workout program

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