

XT3700

CONVERGE ON THE BEST-FEELING ELLIPTICAL

The preferred model by health club members, Octane's incredibly popular XT3700 is known for delivering the absolute best-feeling workouts.

OCTANE ADVANTAGES

- Smooth motion
- Advanced training — 30:30 and MMA
- Close pedal spacing
- MultiGrip & Converging Path handlebars
- Workout Boosters
- Side step-compatible

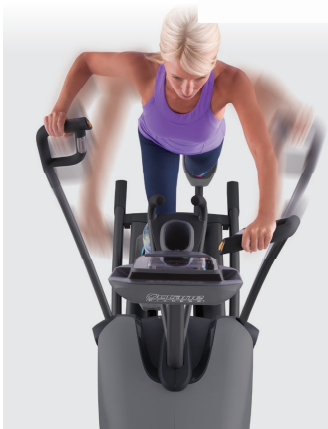


SPACE EFFICIENT DESIGN

Significantly shorter than other ellipticals

SMOOTH MOTION

Immediately you'll notice the great motion



SMARTSTRIDE®

An unmatched feature that automatically adjusts stride length to replicate walking, jogging, running and moving backwards.



MMA

Mimics real-life MMA bouts and gives participants an effective training routine like a fighter in the ring.



REAL RUNNING MOTION

Delivers supremely comfortable natural movement and flow, both forward and backward, without stress on the joints.



SIDE STEPS

Add workout variety with this option to focus on the upper body only.

XT3700 SPECIFICATIONS

• Standard ○ Optional

KEY MECHANICAL FEATURES

Stride length	24" (61 cm)
Close pedal spacing	1.8" (4.5 cm)
Low step-up height	•
Covered track and rollers	•
MultiGrip™ and Converging Path™ handlebars	•
Moving handlebar lock-out option	•
Side steps	○
Phone holder	•
Water bottle holder	•
Tablet/reading rack*	•
Transport wheels	•

ELECTRONIC FEATURES

Resistance levels	30
Digital contact heart rate on stationary handlebars	•
Wireless heart rate ready (ANT+™ and Polar®)	•
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 programs	12
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PRESET PROGRAMS

Manual	•
Random	•
Interval	•
Distance goal	•
Calorie goal	•
CROSS CIRCUIT®	•

HEART RATE-CONTROLLED PROGRAMS

Fat Burn	•
Heart Rate Interval	•

ADVANCED PROGRAMS

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

WORKOUT BOOSTERS

X-Mode™	•
GluteKicker™	•
ArmBlaster	•

PRODUCT SPECIFICATIONS

Max user weight	400 lbs (181 kg)
Footprint (W x L)	33" x 77" (84 cm x 196 cm)
Footprint - live area (W x L)	37" x 87" (94 cm x 221 cm)
Product weight	342 lbs (155 kg)
Footprint with side steps (W x L)	37" x 87" (94 cm x 221 cm)
Weight with side steps	368 lbs (167 kg)

WARRANTY

Frame	Lifetime
Parts	3 years
Labor	1 year



ADVANCED PROGRAMS

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

HIIT TRAINING

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

MULTIGRIP AND CONVERGING PATH™

More effectively activates the upper-body

ENTERTAINMENT OPTIONS

Built-in motivation to keep users engaged throughout the workout

ACCESSORIES

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

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