

# LATERAL X

Move in a different direction. Add new dimension and excitement to your cardio floor with the LateralX elliptical that delivers functional challenges, more muscle demands and high caloric burn – all in a space-efficient design.



### OCTANE ADVANTAGES

- Up to 27% increase in caloric expenditure when going from narrowest to widest width\*
- Adjustable lateral 3-D motion
- Adds muscle confusion with 10 varying planes of motion
- Great for sports, rehab and stability training, working the hips, thighs and glutes



### LATERAL MOTION

Active side-to-side motion increases caloric expenditure by up to 27% and increases hip muscle activation when going from the narrowest to the widest width.\*

\*Study conducted by Minnesota State University Mankato going from lateral width 1 to lateral width 10.



### ADJUSTABLE MOTION

Ten adjustable width levels begin in a narrow stepping motion and diverge to an active, side-to-side movement for greater variety.



### UPPER-BODY ERGONOMICS

MultiGrip and Converging Path handlebars engage the upper body and custom-fit exercisers.



### ADVANCED PROGRAMS

Exercisers can take on HIIT with Octane's exclusive 30:30 Interval and MMA workouts, which incorporate rigorous intervals for challenges that help drive results.

# LateralX Specifications

• Standard    ◦ Optional

## KEY MECHANICAL FEATURES

Lateral width adjustments	10
Electronically adjustable lateral width	•
Quiet motor	•
Soft grip pedals	•
Low step-up height	•
MultiGrip and Converging Path handlebars	•
Moving handlebar lock-out option	•
Phone holder	•
Water bottle holder	•
Tablet/reading rack**	•
Transport wheels	•

## ELECTRONIC FEATURES

Apple Gym Kit***	•
Resistance levels	30
Quick Starts (Narrow, Medium, Wide)	•
Digital contact heart rate on moving handlebars	•
Wireless heart rate ready	ANT+ <sup>+</sup> and Polar <sup>®</sup>
Fingertip controls 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	10" (25.4 cm) capacitive touch screen
Standard	Large LED display with integrated capacitive buttons

## ENTERTAINMENT OPTIONS

LG TV	◦
Wireless 900 Mhz***	◦

\*\*Smart console only  
\*\*\*Standard console only

## WORKOUTS

Number of programs	14
--------------------	----

## LATERAL WIDTH PROGRAMS

Lateral Interval	•
Dual Direction	•

## PRESET PROGRAMS

Manual	•
Random	•
Interval	•
Distance goal	•
Calorie goal	•

## HEART RATE-CONTROLLED PROGRAMS

Heart Rate Fat Burn	•
Heart Rate Interval	•

## ADVANCED PROGRAMS

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

## WORKOUT BOOSTERS

X-Mode	•
ThighToner	•
QuadPower	•

## PRODUCT SPECIFICATIONS

Max user weight	400 lbs (181 kg)
Footprint (W x L)	42" x 63" (106 cm x 160 cm)
Product weight	388 lbs (176 kg)

## WARRANTY

Frame	3 years
Parts	3 years
Labor	1 year



Smart Console



Standard Console



**Octane**  
888-OCTANE-4 octanefitness.com

©2022 Octane Fitness, LLC. In a continual effort to improve our products specifications are subject to change.