

### XTOne™

The cross trainer that does it all. The XT-One is an all-in-one machine that lets exercisers walk, run, hike or climb to target different muscles for customized effectiveness. Created with premium materials and innovative design, this elliptical will stand up to every workout while fueling performance and delivering results. Octane Fitness ellipticals give exercisers the ability to challenge themselves with intense workouts, yet still feel good both during and after their routines.

#### 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

Apple Gym Kit**	◦
SmartStride® technology	•
Resistance levels	30
Quick Starts (Walk, Run, Hike, Climb)	4
Digital contact heart rate on moving handlebars	•
Wireless heart rate ready	ANT+® and 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	◦
Standard	•

## ENTERTAINMENT OPTIONS

LG TV	◦
Wireless 900 Mhz**	◦

## 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

CROSS CIRCUIT	•
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## 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	•

\*Smart console only

\*\*Standard console only

Smart Console



Standard Console



# Octane

888-OCTANE-4 octanefitness.com

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