

EXPANDING ON THE REVOLUTIONARY xRIDE

Octane
FITNESS

xRide
by OCTANE FITNESS



xR4 SERIES

The new xR4 delivers a powerful, results-driven workout in a sleek, compact package for your home. PowerStroke™ technology, moving handlebars and a variety of rigorous programs engage more muscles and benefit you with the results you want—an ultra-effective workout and a better body.

xRide ADVANTAGES

PowerStroke technology

23% more calorie burn*

Total body

Greater range of motion

97%
of xRide owners recommend it to a friend

FIND OUT MORE ABOUT THE #1
ELLIPTICAL AT OCTANEFITNESS.COM



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xR4 SERIES



The xR4 broadens your options in the seated elliptical category, featuring challenging, motivating programs, a total-body workout and fluid motion in a sleek, ergonomically-correct package. Experience incredible workouts that deliver great results!

SPECIFICATIONS

• Standard — Unavailable

xR4ci xR4c

xR4ci xR4c

KEY FEATURES

Total body	•	•
Moving handlebars	•	•
My Quick Starts	•	—
Cool down	•	•
MOM mode	•	•
Digital contact heart rate sensors	•	•
Polar® wireless heart rate monitor	•	—
HeartLogic™ Intelligence	•	—
Now-Zone™	•	—
Integrated transport wheels	•	•
Seat tilt adjustments	5	5
Seat height adjustments	15	15
Resistance levels	20	20

WORKOUT BOOSTERS

Chest Press	•	•
Muscle Endurance	•	•
Leg Press	•	•

WORKOUTS

Number of Programs	12	8
4 Preset Resistance Programs	•	•
Manual, Random, Custom Interval & Beginner		
4 Goal Programs	•	•
350 Calories, 750 Calories, 10K & 1/2 Marathon		
4 Heart Rate—Controlled Programs	•	—
Fat Burn, Cardio, Heart Rate Custom Interval & 30:30		

PRODUCT SPECIFICATIONS

Max user weight	300 lbs (136 Kg)
Footprint	35" x 53" (89 cm x 136 cm)
Product weight	196 lbs (89 Kg)

WARRANTY

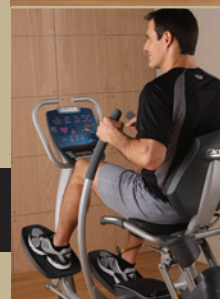
Parts	3 Years
Labor	1 Year

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POWERSTROKE

Exclusive PowerStroke technology utilizes a longer elliptical motion that engages more muscle groups for maximum conditioning. Compared to recumbent bike riders, xRide users have 343% more glute activity.* Thanks to this unique design, although you're doing more work, your perceived exertion stays low.



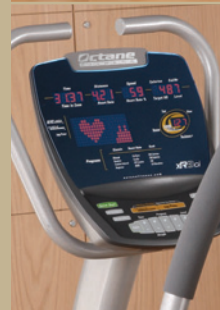
TOTAL BODY

Get more accomplished in less time by using upper-and lower-body muscles in the same workout for greater caloric expenditure – 23% more than a recumbent bike.*



COMFORT

Working out has never been this comfortable with a cushioned seat and multiple height and tilt adjustments for your perfect fit. Ergonomically designed handlebars, plus forward and reverse motion, further vary routines to ramp up motivation and results.



ELECTRONICS

Informative electronics, heart-rate monitoring and control and innovative pre-programmed workouts provide what you need to stay motivated, informed and in control of your workout.