

# CROSS-TRAINING REDEFINED

**Octane**  
FITNESS



## Q37 SERIES

The new Q37 is energized and ready to take you and your workout to the next level. Experience true results you have been trying to find in cardio equipment; proven results in less time with Octane's all-new CROSS CiRCUIT+ that has redefined what an elliptical can do!

### OCTANE ADVANTAGES

Most natural feeling elliptical

Converging Path and MultiGrip Handlebars

Signature Workout Boosters:  
xMode, ArmBlaster and GluteKicker

CROSS CiRCUIT+ cross training workouts

Optional stationary side platforms  
and Powerbands

FIND OUT MORE ABOUT THE #1  
ELLIPTICAL AT [OCTANEFITNESS.COM](http://OCTANEFITNESS.COM)

In the annual SNEWS Retail Survey,  
Octane Fitness was voted:

**#1 Elliptical Brand**  
5 consecutive years

**#1 Fitness Supplier**  
3 consecutive years



# Q37 SERIES

## SPECIFICATIONS

• Standard — Unavailable

Q37ci Q37c

Q37ci Q37c

### KEY MECHANICAL FEATURES

QuadLink™ Drive	•	•
Stride length	20.5"	20.5"
Pedal spacing	1.8"	1.8"
Low step-up height	4"	4"
Oversized pedals	•	•
Converging Path handlebars	•	•
MultiGrip handlebars	•	•
1 time adjustable start/stop handlebars	•	•
Optional arm lock out	•	•
Water bottle holder	•	•
Remote / personal stereo holder	•	•
Reading rack	•	•
Transport wheels	•	•

### ELECTRONIC FEATURES

On-the-fly programming	•	•
My Quick Starts	•	—
Cool down	•	•
MOM mode	•	•
Now-Zone™	•	—
X-Mode™ exercise options	8	8
HeartLogic™ Intelligence	•	—
Wireless heart rate	•	—
Digital contact heart rate grips	•	•
Heart rate control	•	—
Resistance levels	20	20
Number of programs	16	8

### WORKOUT BOOSTERS

X-Mode	•	•
GluteKicker™	•	•
ArmBlaster	•	•

### PRODUCT SPECIFICATIONS

Max user weight	300 lbs (136 Kg)
Footprint	29" x 65" (74 cm x 165 cm)
Footprint - live area	32" x 76" (81 cm x 193 cm)
Product weight	220 lbs (100 Kg)

### PRESET RESISTANCE PROGRAMS

Manual	•	•
Random	•	•
Custom Interval	•	•
Beginner	•	•

### HEART RATE CONTROLLED PROGRAMS

Fat Burn	•	—
Cardio	•	—
HR Custom Interval	•	—
30:30 Interval	•	—

### GOAL PROGRAMS

350 Calories	•	•
750 Calories	•	•
10K	•	•
1/2 Marathon	•	•

### CROSS CIRCUIT+ PROGRAMS

Lower Body Blast	•	—
Upper Body Blast	•	—
Core Focus	•	—
Total Body Blast	•	—

### CROSS CIRCUIT+ ACCESSORIES

1 set of Powerbands	•	—
CROSS CIRCUIT+ booklet	•	—
Optional CROSS CIRCUIT+ Kit (purchased separately)		
3 Powerband sets of varied resistance	•	•
Side Platforms	•	•
Workout DVD	•	•

### WARRANTY

Frame	Lifetime
Parts	5 Years
Labor	1 Year

The new Q37 expands the innovative and functional programming options of CROSS CiRCUIT with optional stationary side platforms and Powerbands to help you have the best workout possible. Look and feel better in less time with Octane.



### LOWER-BODY MOVEMENT

Feel the flow with enhanced engineering ergonomics; Octane delivers the most natural-feeling elliptical experience today.



### CONVERGING PATH™

Patent-pending handlebars are the key to upper-body motion that delivers exceptional results, shaping and toning the arms and shoulders.



### MULTIGRIP

These one-of-a-kind proprietary handlebars with multiple hand positions provide variety and comfort for any exerciser.



### CROSS CIRCUIT+™

Exclusive to Octane Fitness, motivating workouts that combine cardio sessions with strength intervals to increase daily energy, improve health and lose that unwanted weight.