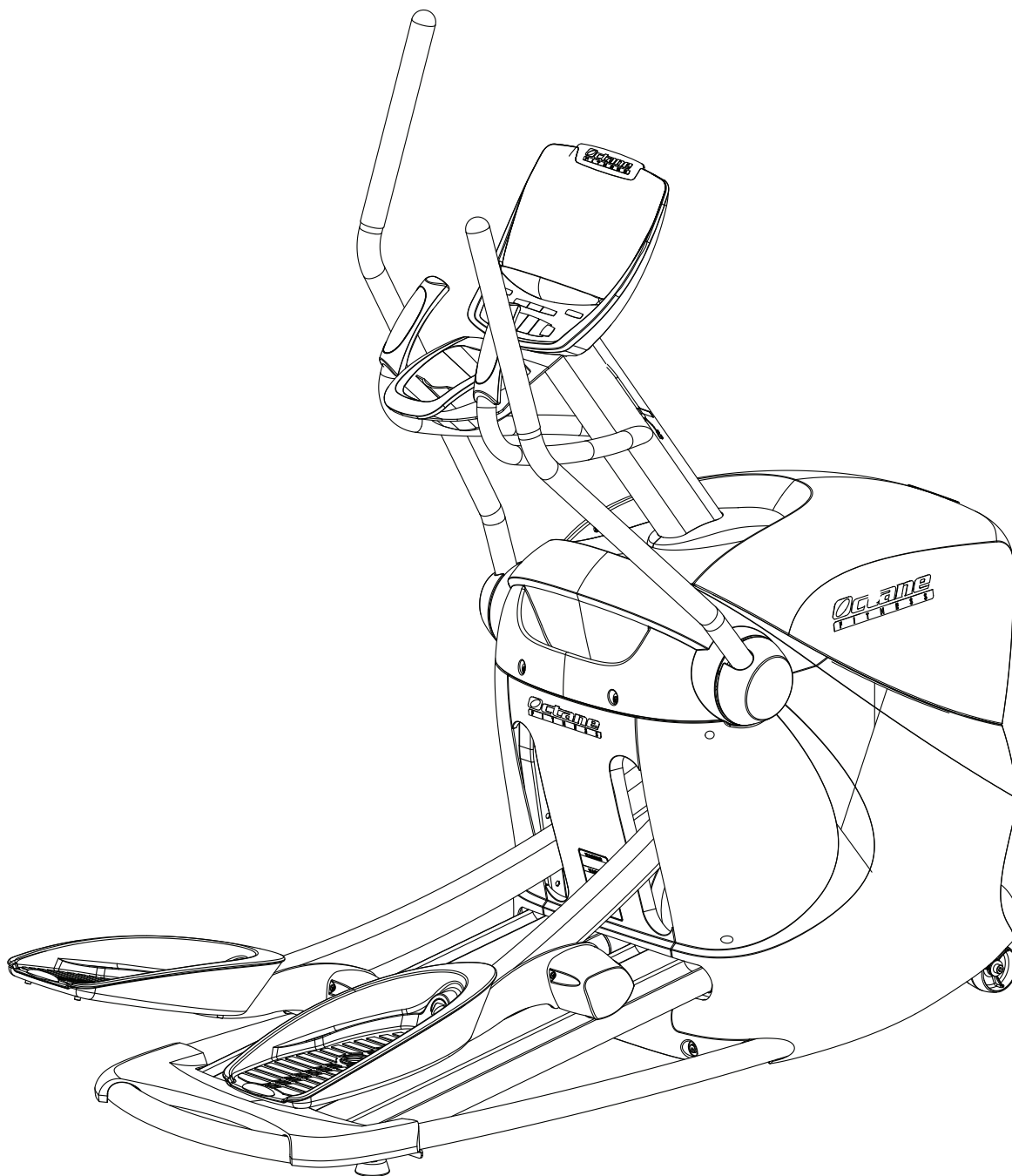


Octane[®]

F I T N E S S



Q35c

O P E R A T I O N S M A N U A L

Q35c OPERATIONS MANUAL

Thank you for choosing an Octane Fitness® elliptical cross trainer and congratulations on fueling your exercise program. The team at Octane Fitness is totally focused on creating the best elliptical products in the world so that you will have a tremendous workout experience. We wish you great success in using your new cross trainer to achieve your workout goals and Fuel Your Life™!

Your new Octane Fitness elliptical has a wide variety of features that will help you to stay motivated and reach your fitness goals. Please read this manual thoroughly to become acquainted with your product; it includes important information on operation and maintenance.

Octane Fitness distributes products only through authorized specialty fitness dealers. These dealers are experts in all aspects of the fitness experience and are trained to assist you with any questions you may have about your Octane Fitness product. However, if you would like to speak directly to an Octane Fitness customer service specialist, please do not hesitate to call us at 888.OCTANE4 or visit our web site at www.octanefitness.com.

Octane Fitness

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Suite 100
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Phone: 888.OCTANE4
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www.octanefitness.com

Fueled,

Dennis Lee
President



This product is intended for household use.

IMPORTANT SAFETY INSTRUCTIONS

Please Read and Save These Instructions

WARNING! Before beginning this or any exercise program, consult your physician. This is especially important for persons over 35 or persons with pre-existing health conditions. If at any time during exercise you experience chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before starting again.

Read this Operations Manual before operating this elliptical cross trainer.

WARNING! When using an electrical product, basic precautions should always be followed.

To reduce the risk of burns, fire, electrical shock or injury to people:

- Use this exercise product for its intended use as described in this Operations Manual. **Do not** modify the product in any way.
- **Do not** remove the plastic shrouds from the machine. Service should be performed only by an authorized Octane Fitness service representative. Moving parts contained under the shrouds can be extremely dangerous when not covered.
- **Never** operate this elliptical cross trainer if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped in water. Return the cross trainer to your local dealer or Octane Fitness for examination and repair.
- **Never** operate this elliptical cross trainer with the air openings blocked. Keep the air opening free of lint, hair, and the like.
- Keep the cord away from heated surfaces.
- **Do not** use outdoors.
- **Do not** operate this elliptical cross trainer where aerosol (spray) products are being used or where oxygen is being administered.
- Use only the power cord provided with your Octane Fitness elliptical cross trainer.
- **Never** place the power cord under carpeting or place any object on top of the power cord which may pinch and/or damage it.
- Unplug your Octane Fitness elliptical cross trainer before moving it.

SAVE THESE INSTRUCTIONS

OTHER IMPORTANT SAFETY PRECAUTIONS

- Place the elliptical cross trainer on a level surface with at least two feet of clearance behind the pedal at its furthest back position.
- To protect the floor or carpet from damage, place a mat under your elliptical cross trainer.
- Keep children under the age of 13 off the elliptical cross trainer at all times.
- When the elliptical cross trainer is in use, children and pets should be kept clear of the area.
- Wear appropriate exercise clothing and shoes for your workout; do not wear loose clothing.
- Use care when getting on or off the Octane Fitness elliptical cross trainer. Never step on or off the unit while the foot pedals are still moving.
- Always face forward. Never attempt to turn around on the Octane Fitness elliptical cross trainer.
- Do not sit, stand, or climb on the front plastic shroud, electronic console, or stationary handlebars.
- Keep your hands and feet clear of any opening or moving parts.
- Never insert or drop any object into any opening.
- Do not overexert yourself or work to exhaustion.
- If during your workout you feel any chest pain, nausea, dizziness, or abnormal symptoms, stop your workout immediately and consult your physician.
- Wipe down external surfaces of your cross trainer after use to remove sweat and dust.
- Monitor and check your Octane Fitness elliptical cross trainer on a regular basis. Refer to the Cleaning and Maintenance section of this manual for more information about the care of your Octane elliptical cross trainer.
- Inspect all parts of the elliptical cross trainer regularly. If service is required, contact your local dealer or Octane Fitness Customer Service for assistance.
- Take caution in moving your Octane Fitness elliptical cross trainer. Your elliptical weighs over 260 lbs. Use proper lifting techniques and/or get assistance when moving your product.

Product Dimensions: 1651mm x 660mm x 1550mm
(65in x 26in x 61in)

Product Weight 212 lbs. (96 Kg)
Max User Weight 300 pounds (136 Kg)

Power Supply/Electrical Specifications:

Input Rating 100-240~0.4A
Frequency 50-60Hz
Output Rating +9V $\overline{\text{---}}$ 1.5A
Output Ripple 90mV
Output Current 1.5A Max
Safety UL/CUL, TUV, PSE, CE, C-Tick, 3C, B-Mark

This equipment complies where applicable with:

2006/95/EC	Low Voltage Directive
2004/108/EC	Electromagnetic Compatibility (EN61000)
2002/95/EC	Restriction of Hazardous Substances (RoHS) Directive
2006/96/EC	WEEE Directive
EN957-9:2003	Stationary training equipment
EN957-1:2005	Stationary training equipment
EN60335-1:2002	Household and similar electrical appliances - Safety
GPS	General Product Safety Regulations 2005

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.



HEART RATE FEATURE SAFETY GUIDELINES

Before using the Octane Fitness Q35c with contact heart rate grips, read and follow these instructions:

- Clean the contact heart rate grips periodically to remove sweat and oils. Use a damp cloth with a mild detergent. Do not spray the hand grips directly with water or a cleaner; this could cause an electrical short.
- When holding the grips, grasp each contact heart rate grip so the contact sensor portion of the grip rests in the palm of your hand. Grip the contact sensors firmly, and keep your hands steady and in place.

WARNING! The heart rate monitoring features of this product are for information only and are **not** to be used as a measure of heart functioning or heart health. **You are responsible for monitoring how you feel and adjusting the level of effort accordingly.** If at any time during exercise you experience chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult a physician before starting again.

Q35c PRODUCT LABELS

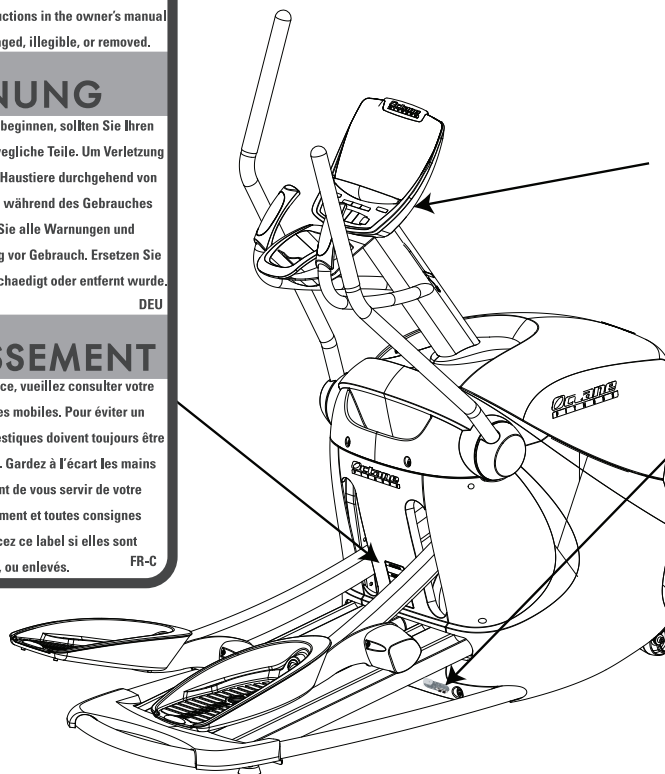


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GETTING STARTED

Get ready to Fuel Your Workout with the Q35c elliptical cross trainer by Octane Fitness! You will soon be challenging yourself with a variety of pre-programmed workouts, managed by sophisticated electronics that keep you interested and motivated. Getting started is easy—just step on and start pedaling. Follow the prompts to program your workout, and you are on your way!

USER SET-UP FUNCTIONS

Program features, console settings, and controls of the Q35c can be adjusted to fit your personal preferences or workout environment. To access the User Set-up functions, **press and hold both the Level (+) and Level (–) keys** for three seconds, or until you hear a beep. The following customizable functions are displayed in sequence; use the Enter key to toggle through the available options for each function, and press any (+) or (–) key to select a setting and move to the next function. To exit without changing any values, press Pause Clear twice. Once saved, values become the new standard and do not need to be reset for each use.

Warm-Up	This feature may be turned “ON” (to include a 3-minute warm-up in each workout) or “OFF”. The factory default setting is “ON”.
Pause	The Pause feature may be turned “ON” (to allow you to stop pedaling or step off the machine briefly without losing your workout settings) or “OFF” (machine shuts down when you stop pedaling and no program settings are saved). The factory default setting is “ON”.
Clock Direction	The Q35c cross-trainer can track workout time by counting “UP” or “DOWN”. The factory default setting is “UP”.
Movement Management (MOM)	<p>MOM mode is a unique control feature offered on Octane Fitness ellipticals. Activating MOM mode disables the console buttons and increases the resistance in the movement of the pedals so that the pedals do not move as easily. This control feature may discourage children from experimenting with the machine.</p> <p>This User Set-Up function lets you enable (“On”) or disable (“OFF”) the MOM mode. The original setting is “On”. To activate MOM mode after your workout, press and hold the Program (+) and (–) keys for three seconds or until you hear the beep. The machine resistance then increases to level 20 and the console buttons are inactive. The machine appears to be in “Pause” mode, but if any console keys are pressed, “MOM MODE ACTIVE” scrolls across the matrix display. To unlock MOM mode, press and hold the Program (+) and (–) keys again for three seconds or until you hear the beep.</p> <p>CAUTION! MOM mode is a feature provided to reduce the likelihood that children can pedal the elliptical cross-trainer. This feature does not lock the machine; the pedals still move and the potential for injury still exists. It is the responsibility of the user to supervise children and keep them off the elliptical cross trainer to minimize the likelihood of injury.</p>
Units	You may choose to have the weight and distance units displayed in “ENGLISH” (pounds and miles) or “METRIC” (kilograms and kilometers). The factory default setting is “ENGLISH”.
Beep	You may turn the console sounds “ON” or “OFF”. The factory default setting is “ON”.
Brightness	You can adjust the intensity or brightness of the console LEDs, choosing any value between 1 and 8. A higher number represents more light. The factory default setting is 8.
Exit	When EXIT is displayed in the Message Center, press Enter to leave User Set-up. All of your selections will be saved and become the new standard settings for your machine. They may be changed at any time by repeating these set-up procedures.

Heart Rate Monitoring

The Q35c is equipped with state-of-the-art heart rate monitoring technologies that help you make the most of your training efforts. The digital contact heart rate grip sensors on the stationary handlebars enable on-demand heart rate monitoring—just grasp the sensors and your current heart rate is displayed on the console.

For the most accurate heart rate reading possible, grasp each contact heart rate grip so that the contact sensor portion of the grip rests in the palm of your hand. Grip the contact sensors firmly, and keep your hands steady and in place.

Cleaning and Maintenance of the Q35c Elliptical

WARNING! This machine contains moving parts. Take caution when trying to locate and fix any problem with the machine.

Your Octane Fitness elliptical has been manufactured to withstand many hours of hard use with minimal required maintenance. Simply wipe off the machine with a clean towel after a hard workout to remove any sweat to keep the machine clean. ***Do not use bleach on the console as it will damage the surface.***

Please contact your local Octane Fitness dealer should you have any questions or encounter any maintenance issues with your Q35c. If you would like to speak directly to an Octane Fitness customer service specialist, please call 888.OCTANE4 or 763.757.2662, ext. 1, or visit www.octanefitness.com.

Troubleshooting & Frequently Asked Questions

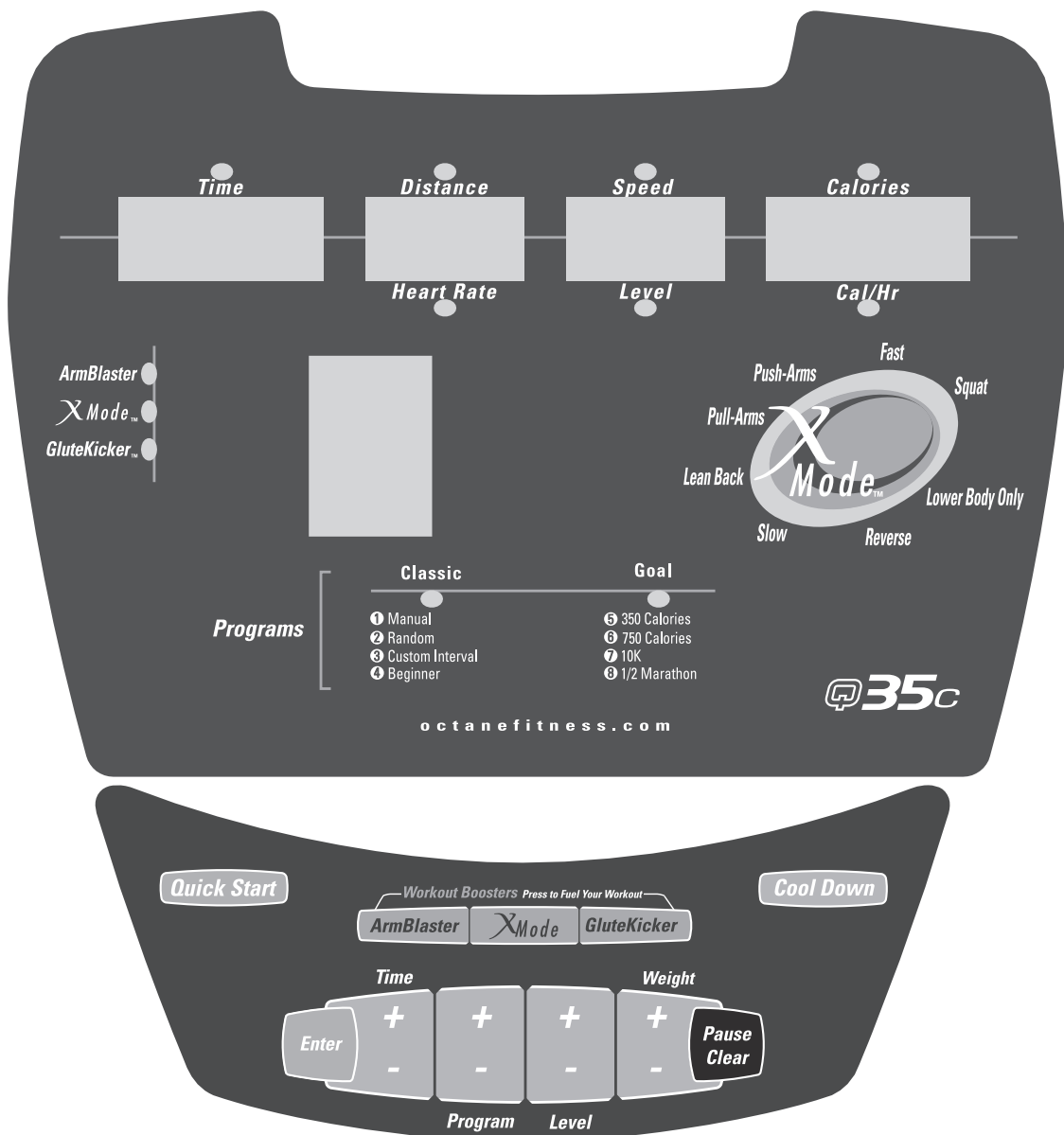
Should you have any questions regarding your Q35c elliptical, please log on to www.octanefitness.com where you will find answers to many common questions and tips on using your elliptical. If you would like to speak to an Octane Fitness Customer Service specialist, please call 1-888-OCTANE4 or 763-757-2662 extension 1.

Warranty Information

The Q35c elliptical is warranted to be free of all defects in material and workmanship for a specific period of time from original date of purchase. Please refer to the Octane Fitness Limited Consumer Warranty included in your information packet for full terms and details of warranty coverage.

ELECTRONICS

Q35c Console and Keypad



The Q35c features a simple, easy to understand keypad and a console which includes a workout profile matrix and four multi-function LED display windows that provide all the information you need to get started and stay motivated during your workout. Check out the program descriptions found later in this manual to choose the workout that is just right for you.

Getting started is easy—just hop on and start pedaling. DedicatedLogic™ programming gives you the ultimate in ease of use and total flexibility for programming your console. This allows you to modify your workout once you've started. You can even start your workout, then program the electronics. This ease of use starts by giving each key only one function. This makes it easy to understand how each key works.

Keypad Buttons

Quick Start The easiest way for you to start your workout is to simply push the Quick Start button, setting the machine in a manual program at resistance level one. The calories readout will be based on a 150 lb. (68 kg) user, age 40. Once you have selected Quick Start, you can program any item in any order.

Cool Down It is always a good idea to perform a cool-down at the end of your routine. This will help transition your body from an aggressive workout to its normal pace. The time and intensity of the cool-down is automatically customized to your workout duration and resistance level. The time window will change to a countdown timer to tell you how long the cool-down will last.

If you have set a time for your workout, the cool-down will automatically start when time has expired. If you decide to end your workout early or have not set a time goal, simply push the Cool Down button to activate the custom cool-down. At the completion of your cool-down a workout summary will be displayed.

Pause Clear Press once to pause your workout. The standard pause time is 5 minutes. Use the Time (+) or (–) keys to increase or decrease the pause time; this adjustment can be made at any time while the machine is in pause mode. To restart a paused workout, push any key or just begin pedaling. If you stop pedaling during a workout, the unit will automatically begin a pause phase; simply start pedaling to resume your workout.

Press the Pause Clear button twice within two seconds, and your machine is reset and ready for another workout. Press and hold the Pause Clear button until you hear the beep to enter sleep mode, a virtual off mode. The matrix display reads “UNFUELING”, and just one LED in the X-Mode window remains lit. Your elliptical requires very little power in this mode. To “wake” your elliptical, simply press any button or begin pedaling.

Up and Down Keys

Time Press the Time (+) or (–) to increase or decrease the time of your workout, in 1 minute increments. The standard workout time is 30:00. The maximum time is 99:00.

Program Press the Program (+) or (–) to scroll through the programs, then press Enter to select a program. Program changes can be made any time during your workout. When you change programs, the matrix window prompts you to enter new program values as needed.

Note: The Program (+) or (–) keys are also used to activate the MOM (MOvement Management) motion control feature of the Octane Fitness elliptical.

Level Press Level (+) or (–) to increase or decrease the resistance level of the machine. There are 20 levels of resistance.

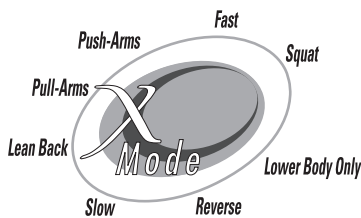
Weight Press Weight (+) or (–) to increase or decrease the value for user weight. This value is used to give a more accurate calorie burn readout. Weight is displayed in pounds (English) or kilograms (metric); use the User-Set up functions to change the display units.

Enter Selects any of the changed values or items from the above keys. Also, pressing the Enter key during any workout will stop the LED readout windows from toggling between display modes.

Workout Boosters

ArmBlaster ArmBlaster is a proprietary program designed to boost cardiovascular endurance while building strength and muscle tone. Press the ArmBlaster button at any time during your workout to integrate cardio sessions with strength sessions. The cardio session follows the program profile that you have selected. Every minute, resistance increases for a muscle-building, 10-repetition set as you transfer the workload from your lower body to your upper body. During the ArmBlaster rep countdown, the level of resistance can be changed by pressing any (+) or (–) keys. To deactivate ArmBlaster, press the ArmBlaster button a second time.

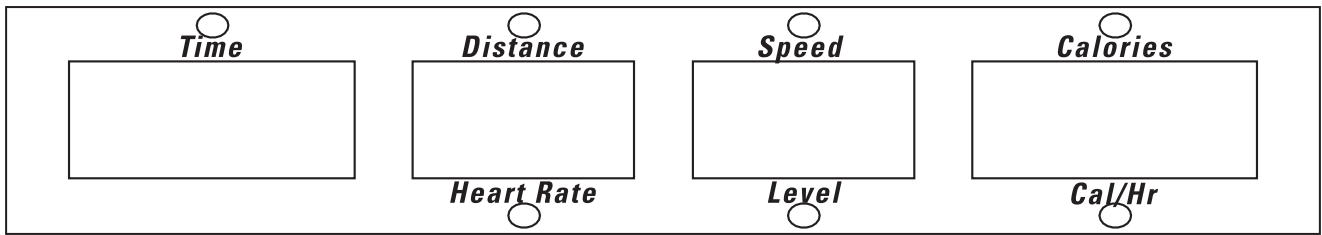
X-Mode Press X-Mode to activate the ultimate cross training tool and take advantage of the variety your elliptical cross trainer offers. This great motivational tool keeps your workout fresh and exciting in any program. Every other minute X-Mode kicks in, prompting you to perform combinations of eight different challenges:



- Fast** Pick up the pace—we recommend 50-60 rpm, but you should find your own comfort level.
- Squat** Bend slightly at the knees. You'll feel this one in your quadriceps and glutes in no time!
- Reverse** Pedal backwards to change the muscle focus on your entire lower body.
- Lean Back** Grab the stationary handlebars and lean slightly backwards, changing the muscle focus on your lower body. You will feel this in your quadriceps.
- Lower Body Only** Either hold the stationary handlebars or naturally swing your arms.
- Push-Arms** Focus on pushing with your arms to work your chest and triceps.
- Pull-Arms** Focus on pulling with your arms to work your biceps and lats.
- Slow** Slow down to 30-40rpm to allow yourself to recover.

During an X-Mode session, the level of resistance can be changed by pressing any (+) or (–) keys on the keypad. Deactivate X-Mode by pressing the button a second time.

GluteKicker GluteKicker is an aggressive subset of X-Mode that is focused on your glutes, hips, and thighs. It uses four prompts: **Reverse**, **Squat**, **Fast**, and **Lean Back**. GluteKicker sessions last for one minute, with a one-minute recovery period. During the GluteKicker session, the level of resistance can be changed by pressing any (+) or (–) keys on the keypad. Deactivate GluteKicker by pressing the button a second time.



Console Windows

Matrix Display The Q35c matrix display prompts you to enter important information, shows the program profile during the workout and highlights upcoming intervals and resistance changes. Watch the matrix display as you set up and progress through your workout—it will guide you, motivate you, and reward you with summary information at the end of your session.

- Time** Displays workout time, counting up from 0:00. Time can be increased or decreased during your workout. The maximum time that users can set is 99:00. When actual workout time is displayed, the timer goes up to 99:59, then the display rolls over to 0:00. Refer to User Set-up Functions to learn how to switch from a “count up” to “count down” display.
- Distance** Displays an estimate of how far you have traveled. Distance can be shown in either miles (English) or kilometers (metric). When you first purchase your elliptical the display will be in English. Refer to User Set-up Functions to learn how to switch from English to metric. **Note:** *On the Q35c, 400 revolutions is approximately one mile; therefore, if you are pedaling at 50 rpm, you will “travel” approximately one mile in 8 minutes.*
- Speed** Displays how fast you are going, in revolutions per minute (rpm).
- Calories** Displays an estimate of the total calories burned during the workout, based on the user’s entered weight. If no specific weight is entered, calories are based on a 150 lb. (68 kg) user.
- Heart Rate** Displays heart rate in beats per minute (BPM). **Note:** *You must be consistently grasping the contact heart rate sensor grips on the stationary handlebars.*
- Level** Displays the resistance level (1-20), where 1 is the lowest resistance level and 20 is the highest.
- Cal/Hr** Displays the number of calories that would be burned in one hour at the current resistance level and speed.

Q35c PROGRAMS

The Q35c has 8 built-in programs to keep your workouts interesting:

Classic programs: Manual—Random—Custom Interval—Beginner
 Goal programs: 350 Calories—750 Calories—10K—1/2 Marathon

Programs begin with a warm-up to ease your body into your intense workout. During the warm-up, the resistance increases each minute. At the end of the warm-up, you will be at your selected resistance value. You can change the level at any time during the warm-up.

How Does Workload Resistance (Level) Work?

Resistance Level The Q35c has 20 discrete levels of resistance. Level 1 is the easiest and level 20 is the most difficult. The Manual program and Quick Start give you the ability to totally control the resistance level; the level changes only if you use the Level (+) or (–) keys to do so. The Custom Interval program lets you to set the resistance level for specific intervals.

For Classic programs, resistance level is represented by rows of LEDs in the matrix display. Each row that is lit represents 2 resistance levels. The table below will help you understand and interpret the matrix display:

Resistance Levels	LED Rows Lit	Resistance Levels	LED Rows Lit
1-2	1	11-12	6
3-4	2	13-14	7
5-6	3	15-16	8
7-8	4	17-18	9
9-10	5	19-20	10

Program Level The Random program and Goal programs using the ‘Hills’ profile let you select an overall resistance level for the program. This level is the average resistance level for the workout. The range of resistance levels during these workouts are plus (+) or minus (-) 4 of the entered program level. That is, for program Level 5, minimum resistance is Level 1 and maximum resistance is Level 9. During the workout, the overall program resistance level is displayed. You can change the Level at any time.

You choose the program that best fits you workout needs for any given day. You can decide how hard to work by setting the resistance level and time for each program. The Manual and Custom Interval programs provide great flexibility to program individual workouts to meet specific needs.

Use the quick-reference chart on the following pages to help you program your workout your way!



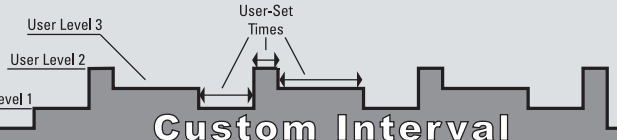

Q35c SETTINGS—VALUE RANGES			
Setting	Standard Values*	Minimum Value	Maximum Value
Workout Time	30:00	1:00	99:00
Level	1	1	20
Weight	150 lbs. (68 kg)	70 lbs. (32 kg)	300 lbs. (181 kg)
Interval Time	00:30	00:15	99:00
Interval Level	1	1	20
How Many Intervals	3	2	6
Calorie Goal	350 or 750	25	2000
Distance Goal	6.2 miles (10K) or 13.1 Miles (21K)	.25 miles (.4 km)	50 miles (80 km)
Flat or Hills?	Flat	n/a	n/a

*Standard program values are used if no values are entered within 4 seconds of Message Center prompts.


Q35c PROGRAM REFERENCE

Press Program (+) or (-) and Enter to choose a program.

CLASSIC PROGRAMS

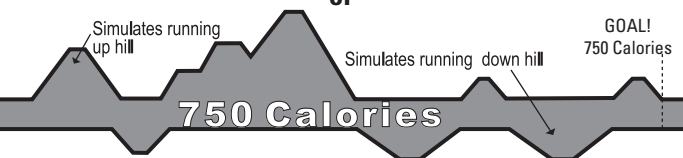
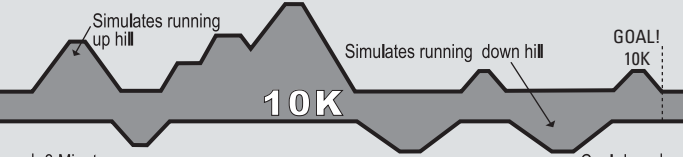
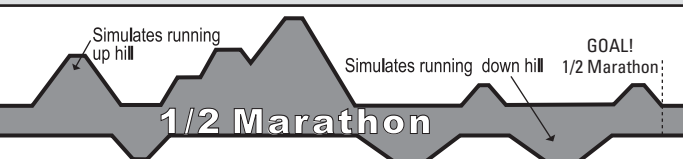
Programs & Standard Settings	Description
 <p>Manual Level (1)</p>	<p>Get on and go; constant resistance simulates walking or jogging on a flat surface. The oval racetrack equals 1/4 mile (or 400 meters); the counter in the matrix display shows laps completed.</p>
 <p>Random Level (1)</p> <p>1 min</p> <p>3-Minute warm-up Cool-down</p>	<p>Enjoy computer-randomized resistance variation with a virtually infinite number of combinations. Get a new course each time you select the program or change the level. Each interval lasts one minute.</p>
 <p>Custom Interval</p> <p>User Level 3 User Level 2 User Level 1</p> <p>User-Set Times</p> <p>3-Minute warm-up Cool-down</p> <p>Intervals (3) Interval 1 — Time (00:30) Interval 1 — Level (1) Interval n — Time (00:30) Interval n — Level (1)</p>	<p>Design a custom workout of up to 6 alternating intervals of user-defined duration and resistance. Use Level (+) or (-) to adjust interval resistance mid-workout.</p>
<p>Combination of resistance level, time, and recommended speed (RPM)</p>  <p>Beginner</p> <p>3-Minute warm-up Cool-down</p> <p>Day (1)</p>	<p>Follow a 14-day planned workout sequence to help jump-start your exercise program. Each day's workout includes preset values for resistance level, time and a suggested speed (RPM). The values gradually increase in intensity each day, building up your stamina and getting you ready to workout on your own. Use Level (+) or (-) to chose the day (1-14) and you're ready to go!</p>

GOAL PROGRAMS

Programs & Standard Settings	Description
 <p>350 Calories</p> <p>GOAL! 350 Calories</p> <p>3-Minute warm-up Cool-down</p> <p>or</p> <p>Simulates running up hill Simulates running down hill</p> <p>350 Calories</p> <p>GOAL! 350 Calories</p> <p>3-Minute warm-up Cool-down</p> <p>Goal (350) Weight (150 lbs./68 kg) Flat or Hills (Flat; press (+) or (-) twice to select Hills) Level (1)</p>	<p>Get moving on a flat or 'hilly' course until you have burned 350 calories. Use Level (+) or (-) to adjust interval resistance mid-workout. Watch the calories fall away!</p> <p><i>Note:</i> To select "hills", press any (+) or (-) twice while "FLAT OR HILLS" is displayed, then press ENTER.</p>

Q35c PROGRAM REFERENCE

Press Program (+) or (-) and Enter to choose a program.

<div style="text-align: center;"> <p>Level</p> <p>750 Calories</p> <p>GOAL! 750 Calories</p> <p>3-Minute warm-up</p> <p>Cool-down</p> <p>or</p>  <p>Simulates running up hill</p> <p>Simulates running down hill</p> <p>GOAL! 750 Calories</p> <p>3-Minute warm-up</p> <p>Cool-down</p> <p>Goal (350) Weight (150 lbs./68 kg) Flat or Hills (Flat; press (+) or (-) twice to select Hills) Level (1)</p> </div>	<p>For an even greater challenge...work the course until you have burned 750 calories. Use Level (+) or (-) to adjust interval resistance mid-workout. Complete this program and you will know you've had a great workout!</p> <p><i>Note:</i> To select "hills", press any (+) or (-) twice while "FLAT OR HILLS" is displayed, then press ENTER.</p>
<div style="text-align: center;">  <p>Simulates running up hill</p> <p>Simulates running down hill</p> <p>GOAL! 10K</p> <p>3-Minute warm-up</p> <p>Cool-down</p> <p>or</p> <p>Level</p> <p>10K</p> <p>GOAL! 10K</p> <p>3-Minute warm-up</p> <p>Cool-down</p> <p>Goal (6.2 mi./10K) Flat or Hills (Flat; press (+) or (-) twice to select Hills) Level (1)</p> </div>	<p>Complete a virtual 10K—a great way to train for an actual event. Choose a flat course or take to the hills as gradual resistance changes simulate variance in terrain, replicating the challenges encountered when walking or running outside. The distance readout counts down from 6.2 miles (10 kilometers). Use Level (+) or (-) to adjust interval resistance mid-workout.</p> <p><i>Note:</i> To select "hills", press any (+) or (-) twice while "FLAT OR HILLS" is displayed, then press ENTER.</p>
<div style="text-align: center;">  <p>Simulates running up hill</p> <p>Simulates running down hill</p> <p>GOAL! 1/2 Marathon</p> <p>3-Minute warm-up</p> <p>Cool-down</p> <p>or</p> <p>Level</p> <p>1/2 Marathon</p> <p>GOAL! 1/2 Marathon</p> <p>3-Minute warm-up</p> <p>Cool-down</p> <p>Goal (13.1 mi./21K) Flat or Hills (Flat; press (+) or (-) twice to select Hills) Level (1)</p> </div>	<p>Get ready for the long run as you tackle the 1/2 marathon. Choose the flat or 'hilly' course and watch the miles fall away as the distance readout counts down from 13.1 miles (21 kilometers). Use Level (+) or (-) to adjust interval resistance mid-workout.</p> <p><i>Note:</i> To select "hills", press any (+) or (-) twice while "FLAT OR HILLS" is displayed, then press ENTER.</p>

Learn More at www.octanefitness.com

Log on to www.octanefitness.com where you will find additional information about product features and answers to many common questions and tips on using your elliptical. Or, visit Octane fitness on Facebook (www.facebook.com/octanefitness) or watch great videos on YouTube at www.youtube.com/user/octanefitness.

Are you passionate about your workout and the results?

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