



PRODUCT SAFETY INFORMATION

Q35x

Q37x

Q37xi

Q47x

Q47xi

www.octanefitness.com

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PRODUCT INFORMATION

Max User Weight 300 pounds (136 Kg)

Standard Power Supply/Electrical Specifications:

Q47 External Power Supply:

Input Rating: 100 - 240V AC, 50/60Hz
Output Ratings: 24V DC, 5A Minimum

Q47 Elliptical Input Power Requirements:

24V DC
4A Maximum

Q37/Q35 External Power Supply:

Input Rating: 100 - 240V AC, 50/60Hz
Output Ratings: 9V DC, 1.5A Minimum

Q37/Q35 Elliptical Input Power Requirements:

9V DC
1.2A Maximum

1 Console Serial Number
(on lower edge of console)

2 Base Serial Number

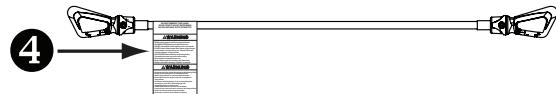
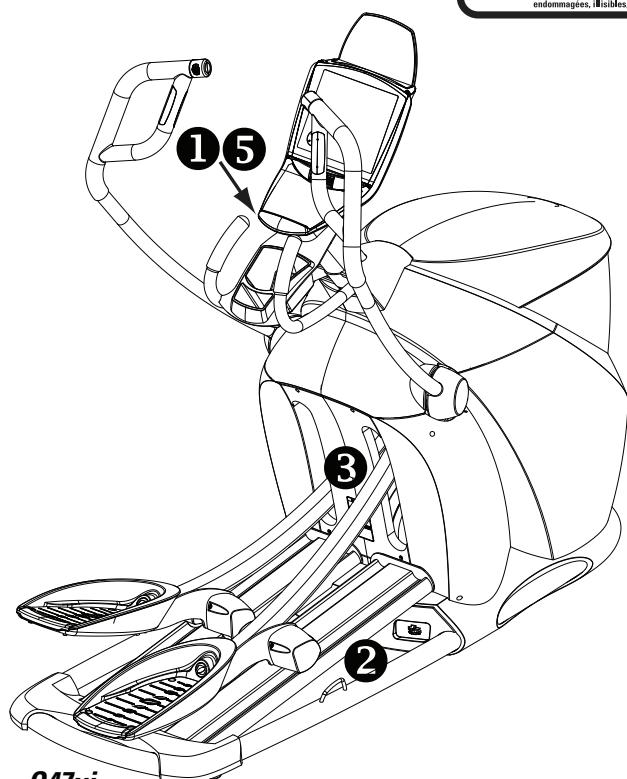
5 FCC /IC ID Label
(on lower edge of console)

3 Warning Label



4 Powerband Warning Label
(Q37xi/Q47xi)

DO NOT REMOVE THIS LABEL
DIESE ETIKETT NICHT ENTFERNEN
NE PAS RETIRER CETTE ETIQUETTE



This product is intended for household use.

PLEASE READ AND SAVE THESE INSTRUCTIONS IMPORTANT SAFETY INSTRUCTIONS

WARNING! Anyone using this product should consult a physician before they start their exercise program. This is especially important for persons over 35 or those with pre-existing health conditions. If at any time during their workout exercisers experience chest pains, nausea, dizziness, or shortness of breath, they should stop exercising immediately and consult their physician before starting again.

Review the 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 openings free of lint, hair, and the like.
- **Do not** use outdoors.
- **Do not** operate this elliptical cross trainer where aerosol (spray) products are being used or where oxygen is being administered.
- **Do not** route power cables through the interior of the machine or the upright tube.
- Keep the power cord away from heated surfaces.
- 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 or damage it.
- **Unplug** your Octane Fitness elliptical cross trainer before moving it.

OTHER IMPORTANT SAFETY PRECAUTIONS

- Place a standing elliptical cross trainer on a level surface with at least two feet of clearance behind the pedal at its farthest back position. If you have more than one unit, position them so that there are at least 24 inches (60 cm) between units.
- 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 and arms 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 plastic shrouds, 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.
- Users should not overexert themselves or work to exhaustion.
- If during a workout an exerciser feels any chest pain, nausea, dizziness, or abnormal symptoms, stop the workout immediately and consult a physician.
- Wipe down external surfaces of your cross trainer after use to remove sweat and dust.
- Monitor and check your Octane 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 300 pounds. Use proper lifting technique and/or get assistance when moving your product.

SAVE THESE INSTRUCTIONS

HEART RATE FEATURE SAFETY GUIDELINES

Before using the Octane Fitness elliptical with HeartLogic™ Intelligence, read and follow these instructions:

Contact Heart Rate Grips

- 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.

Wireless Chest Strap (Q37xi, Q47xi)

- Exercisers may use any Polar™-compatible (coded or non-coded) wireless heart rate transmitter with the Octane Fitness elliptical.
- **Do not allow users to use the chest strap if they have a cardiac pacemaker or are taking prescription medication.** Medication or electrical impulses from the cardiac pacemaker can cause inaccurate heart rate readings.
- Please take care in handling the equipment as it is extremely sensitive.
- Do not bend the strips inside the chest strap as it can cause the strap to lose its conductivity.
- Handle the heart rate transmitter (chest strap) with care. Dropping the transmitter might cause damage and this could void the warranty.
- If the receiver (console) tries to process several signals simultaneously, an incorrect heart rate reading could result. In a commercial setting, space the products at least 24" apart. This will prevent cross-talk, where the chest strap signal from a user on one machine can be received and displayed on the console of another machine.
- Do not place the chest strap near devices that generate large magnetic fields. Television sets, electric motors, radios, and high voltage power lines can affect the transmitter's performance. These items can interfere with the heart rate signal that is being transmitted to the receiver, possibly affecting the heart rate readings that appear on the electronic console.
- Do not immerse the transmitter in water. However, some moisture is necessary for the transmitter to function properly. Perspiration is usually sufficient, but you may need to moisten the electrodes with a small amount of water. The electrodes are on the side of the transmitter that sits against your skin.
- The wireless chest strap has a battery which may need to be replaced from time to time. A faulty battery or worn electrodes may cause inaccurate readings. The electrodes are the ribbed portion on the side of the transmitter that sits against your skin.
- To purchase wireless transmitter straps, contact your dealer or Octane Fitness sales representative.

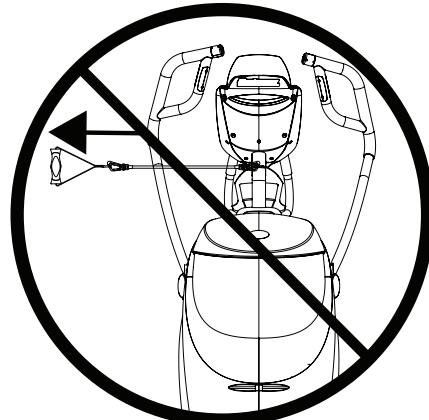
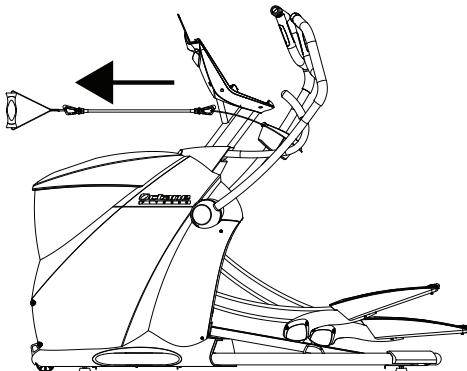
Some individuals are unable to use the heart rate feature because they do not have the proper body chemistry to provide accurate readings. If you experience difficulties in using the contact heart rate grips or a wireless chest strap, contact your dealer or Octane Fitness Customer Service at 1.888.OCTANE4.

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. In a heart rate controlled program, the exerciser can use the Level controls to reduce the resistance level at any time. **Each exerciser is responsible for monitoring how he or she feels and adjusting the level of effort accordingly.** If at any time during exercise a user experiences chest pains, nausea, dizziness, or shortness of breath, he or she should stop exercising immediately and consult a physician before starting again.

POWERBAND SAFETY GUIDELINES (Q37xi/Q47xi)

Before using the Powerbands with the Octane Fitness Q37xi/Q47xi, read and follow these instructions:

- **Read** owner's manuals and all warnings before use.
- **Securely attach** bands to machine before use.
- **Do not** clip multiple resistance bands together on the same handle.
- **Do not** store bands in stretched position for prolonged periods of time.
- Inspect bands and clips for signs of wear before use, discard if worn.
- **Do not** stretch bands more than 2 times original length.
- Use **caution** when stretching or releasing bands; uncontrolled release can cause serious injury.
- Detach Powerbands from machine after use.
- Keep children under the age of 13 away from Powerbands .
- Pull Powerband **from front of Octane elliptical mast ONLY** (as shown); do not pull Powerband from the side of the machine.
- Use **only** Octane Fitness Powerbands and grips with this Octane product.





EU DECLARATION OF CONFORMITY
December 1, 2013

We, Octane Fitness, located at 7601 Northland Drive N, Suite 100, Brooklyn Park, MN 55428 (USA), declare under our sole responsibility that the products listed below:

Octane Fitness Model Q35x, Q37x, Q37xi, Q47x, Q47xi Elliptical Trainers

to which this declaration relates, is in conformity with the EU Directives listed herein below (including any and all relevant modifications):

As a result of test reports and their evaluation by accredited laboratories, we are in possession of the following certificates for products which carry this marking:

2011/65/EU Restriction of Hazardous Substances Directive (RoHS)

2012/19/EU Waste Electrical and Electronic Equipment Directive (WEEE)

2009/125/EC Directive for Ecodesign Requirements for Energy Related Products

1999/5/EC Radio and Telecommunications Terminal Equipment (R&TTE)

EN 60950-1:2006/A12:2011 – Information and Technology Equipment

EN 300 328 V1.1.8

EN 301 489-17 V2.2.1 (2012-09), Clause 7.2 Immunity, referencing ETSI EN 301 489-1 V1.9.2 (2011-09)

2004/108/EC Electromagnetic Compatibility (EMC)

EN 55022:2010 Information technology equipment - Radio disturbance characteristics - Limits and methods of measurement CISPR 22:2005 (Modified)

EN 55024:2010 Information technology equipment - Immunity characteristics - Limits and methods of measurement CISPR 24:1997 (Modified)

2006/95/EC Low Voltage Directive (LVD)

EN 60335-1 Safety of Household Appliances And Similar Electrical Equipment

2001/95/EC General Product Safety Directive (GPSD)

EN 957-1: 2005 Stationary Training Equipment - Part 1: General Safety Requirements and Test Methods

EN 957-9: 2003 Stationary training equipment – Elliptical trainers: Additional specific safety requirements and test methods

Aaron Ellingson

A handwritten signature of Aaron Ellingson, followed by the date 7 Nov 13.
Quality Engineering Manager
Octane Fitness
7601 Northland Drive N, Suite 100
Brooklyn Park, MN, 55428 USA
Phone: 888-628-2634
Fax: 763-323-2064

Authorized EU Representative

Dennis Lee

A handwritten signature of Dennis Lee, followed by the date 11/7/13.
President & CEO
Octane Fitness International BV
Rivium Westlaan 15
2909 LD Capelle aan den IJssel
Phone: +31-10-2662412
Fax: +31-10-2662444

FCC Notices

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.

- To comply with FCC and Industry Canada labeling regulations, any host equipment incorporating the Octane Fitness 108581-001 module must include the FCC ID/IC number on the host label as follows: "Contains FCC ID: 2AA40-108581A" and Contains IC: 11442A-108581A" or similar wording that expresses the same meaning.
- RF Exposure: This transmitter is exempt from stand-alone RF Exposure/SAR assessment and complies for portable/mobile/fixed RF exposure installation requirements. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter, except in accordance with FCC and Industry Canada multi-transmitter RF Exposure product procedures.
- Installation instructions: The Octane Fitness 108581-001 module is certified with a limited modular approval and shall only be installed by Octane Fitness or authorized agents, into approved devices.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Industry Canada Notices

Octane product models Q37xi and Q47xi contain transmitter module IC: 11442A-108581A

IC Applicable Standard: CAN ICES-3 (B)/NMB-3(B)

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Other Compliance Standards (Additional to those listed above or on the Declaration of Conformity)

UL 1647	Motor Operated Massage and Exercise Machines
FCC Part 15, Class B	Intentional and Unintentional Radiators
IC RSS GEN and RSS-210	Radio Standards Specification (General & Low Power License Exempt)
ASTM F2276	Standard Specification for Fitness Equipment





Octane Fitness

US & Canada, Latin America, Asia & Asian Pacific

アメリカ&カナダ、南米、アジア&アジア太平洋

7601 Northland Drive North

Suite 100

Brooklyn Park, MN 55428

Phone: 888.OCTANE4 (US and Canada)

763.757.2662 (Latin America, Asia and Asian Pacific)

Fax: 763.323.2064

US und Kanada, Lateinamerika,

Asien und asiatisch-pazifischer Raum

7601 Northland Drive North

Suite 100

Brooklyn Park, MN 55428

Telefon: 888.OCTANE4 (US und Kanada)

763.757.2662 (Lateinamerika, Asien und asiatisch-pazifischer Raum)

Fax: 763.323.2064

É.-U. et Canada, Amérique latine, Asie et Pacifique

7601 Northland Drive North

Suite 100

Brooklyn Park, MN 55428

téléphone : 1 888 OCTANE4 (É.-U. et Canada)

763 757-2662 (Amérique latine, Asie et Pacifique)

Téléc. : 763.323.2064

EE.UU. y Canadá, Latinoamérica, Asia y Asia Pacífico

7601 Northland Drive North

Suite 100

Brooklyn Park, MN 55428

Teléfono: 888.OCTANE4 (EE.UU. y Canadá)

763.757.2662 (Latinoamérica, Asia y Asia Pacífico)

Fax: 763.323.2064

EUA e Canadá, América Latina, Ásia e Pacífico Asiático

7601 Northland Drive North

Suite 100 2909 LD, Capelle a/d IJssel

Brooklyn Park, MN 55428

Tel.: 888.OCTANE4 (EUA e Canadá)

763.757.2662 (América Latina, Ásia e Pacífico Asiático)

Fax: 763.323.2064

США &Канада, Латинская Америка, Азия & Азиатско-Тихоокеанский регион

7601 Нортленд Драйв Норт

Номер 100

Бруклин Парк, MN 55428

Тел: 888.ОКТАН4 (США и Канада)

763.757.2662 (Латинская Америка, Азия и Азиатско-Тихоокеанский регион)

Факс: 763.323.2064

美国和加拿大、拉丁美洲、亚洲和亚太

7601 Northland Drive North

Suite 100

Brooklyn Park, MN 55428, USA 美国

电话 : 888.OCTANE4 (美国和加拿大)

763.757.2662 (拉丁美洲、亚洲和亚太)

传真 : 763.323.2064

Octane Fitness International

Europe, Middle East, Africa

ヨーロッパ、中東、アフリカ

Rivium Westlaan 19

2909 LD, Capelle a/d IJssel

The Netherlands

Phone: +31 10 2662412

Fax: +31 10 2662444

Europa, Naher Osten, Afrika

Rivium Westlaan 19

2909 LD, Capelle a/d IJssel

Niederlande

Telefon: +31 10 2662412

Fax: +31 10 2662444

Europe, Moyen-Orient, Afrique

Rivium Westlaan 19

2909 LD, Capelle a/d IJssel

Pays-Bas

Téléphone : +31 10 2662412

Téléc. : +31 10 2662444

Europa, Oriente Próximo, África

Rivium Westlaan 19

2909 LD, Capelle a/d IJssel

Paises Bajos

Teléfono: +31 10 2662412

Fax: +31 10 2662444

Europa, Oriente Médio, África

Rivium Westlaan 19

Holanda

Tel.: +31 10 2662412

Fax: +31 10 2662444

Европа, Средний Восток, Африка

Ривиум Вестлаан 19

2909 LD, Капелле-ан-ден-Эйселл

Нидерланды

Тел: +31 10 2662412

Факс: +31 10 2662444

欧洲、中东、非洲

Rivium Westlaan 19

2909 LD, Capelle a/d IJssel

The Netherlands 荷兰

电话 : +31 10 2662412

传真 : +31 10 2662444

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