

WHAT'S YOUR RIDE?™



Octane
FITNESS

FUEL YOUR LIFE™



xRide
by OCTANE FITNESS

IGNITING A REVOLUTION

The market leader in elliptical cross trainers, multiple award-winning Octane Fitness has redefined exercise with an entirely new, revolutionary category – the seated elliptical.

The first of its kind, the xRide delivers the tremendous cardiovascular, low-impact, total-body benefits of traditional ellipticals – while comfortably sitting down. Plus, the ergonomically designed seat offers leverage so that you also can gain upper- and lower-body strength-training benefits at the same time. And it's ideal for everyone in your home.

WHAT'S

YOUR RIDE?

LOSE WEIGHT

Burn maximum fat and build metabolism-boosting muscle all with one workout.

CARDIO ENDURANCE

Improve aerobic performance with unique, total-body cross training.

INCREASE STRENGTH

Build muscular strength and endurance and reshape your physique.

OVERALL HEALTH & WELLNESS

Enhance your quality of life with non-impact, total-body cardio and strength workouts designed to deliver results.





DISTINCTIVE ADVANTAGES

Unlike any other cardiovascular machine today, the xRide offers an incomparable blend of advantages. Not only do you enjoy seated comfort and variety with forward and backward motion, but your perceived exertion is actually lower on the xRide. You also save time and boost caloric expenditure by working your upper body and lower body simultaneously.

VS. Treadmills	VS. Recumbents	VS. Upright Bikes
Lower perceived exertion	343% more glute activity	Greater caloric expenditure
Low impact	23% more calorie burn	Total-body
Comfortable seated position	Total-body	Elliptical motion
Total-body	Strength-training benefits	Forward and reverse motion change muscle focus
Strength-training benefits	Elliptical motion	Strength-training benefits
Smaller footprint	Forward and reverse motion change muscle focus	Comfortable large seat and backpad
Quiet operation	Active Seat Position™	

Plus, the seat delivers leverage so you can engage in strength workouts for the glutes, quads and hamstrings, along with the chest, back, shoulders, arms and core – while reaping cardiovascular training benefits. Studies have shown that, compared to recumbent bike riders, xRide users had **343%** more glute activity and burned **23%** more calories overall.*

Undeniably superior, the xRide delivers two incredible workouts in one space-efficient, quiet, virtually maintenance-free package.



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FUELING YOUR FITNESS

Whether it's your only piece of fitness equipment or it complements an existing home gym, the xRide by Octane Fitness is the single most valuable machine to fuel your workouts. Meeting the needs of everyone in your household, it facilitates more leisurely routines as well as full-throttle challenges. It's the ultimate ride.

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RIDE THE FUTURE OF FITNESS

FEATURES

Based on Octane's exclusive Body-Mapping Ergonomics™, the unparalleled design of the xRide yields exceptional comfort while ensuring productive, total-body workouts. With its smartly positioned, adjustable seat, the Active Seat Position allows you to use more glutes and burn more calories than using a recumbent bike.

The exclusive MultiGrip handlebars give you valuable variety and customization to fully engage the upper body. With 20 resistance levels, every exerciser – from beginners to elite athletes – can accommodate personal preferences. Plus, stationary handlebars and stationary foot pegs let you fully focus either the upper or lower body for strength training and additional versatility.



MULTIGRIP Numerous hand positions better engage the upper body and facilitate moving at various paces and directions against different resistance levels.



SEAT ERGONOMICS The Active Seat Position is uniquely designed to adjust and comfortably accommodate any size exerciser, while opening up the torso and maximizing the use of the muscles in the hips.

CHEST PRESS/LEG PRESS

Build upper- and lower-body muscles with rigorous intervals of 10-15 repetitions of these effective strength-training exercises throughout your workout.



ELECTRONICS

Be inspired to exercise with Octane Fitness' motivating workouts – from classic programs to interactive heart rate routines that are customized with HeartLogic™ Intelligence.

All exercisers find what they need – with beginner routines, custom interval programs and an intense, endurance-building regimen designed by the pros at Athletes' Performance®.



MUSCLE ENDURANCE

This virtual personal trainer prompts you to experience ultra-cross training with periodic commands to push and pull the arms, pedal fast, go in reverse and more. Enjoy exceptional conditioning with this effective, efficient interval program.

STATIONARY FOOT PEGS

Exercisers are able to isolate the upper body for focused strength workouts simply by resting their feet comfortably on the stationary foot pegs.



PEDALS

Oversized pedals accommodate every size foot, and soft rubber provides a safe grip surface while enabling you to maximize your efforts.



MOTION

The elliptical motion offers exercisers variety to challenge muscles differently by pedaling forward and backward, greater glute involvement and incredibly natural, fluid movement.



SPECIFICATIONS

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	xR6ce	xR6e	xR6
Key mechanical features			
Step-through design	•	•	•
Oversized pedals	•	•	•
Soft grip pedals	•	•	•
Stationary foot pegs	•	•	•
MultiGrip handlebars	•	•	•
1-time adjustable handlebar position	•	•	•
Stationary handlebars	•	•	•
Seat height adjustments	20	20	20
Seat tilt adjustments	5	5	5
Water bottle/accessory holders	2	2	2
Integrated transport wheels	•	•	•
Electronic features			
DedicatedLogic programming	•	•	•
On-the-fly programming	•	•	•
Quick Start	•	•	•
My Quick Starts	2	2	—
Cool Down	•	•	•
Now-Zone	•	•	—
HeartLogic Intelligence	•	•	—
MOM mode	•	•	—
Wireless heart rate monitor	•	•	—
Digital contact heart rate sensors	•	—	—
Chest Press custom	•	•	—
Leg Press custom	•	•	—
Muscle Endurance custom	•	•	—
Resistance levels	20	20	20

• Standard — Unavailable

	xR6ce	xR6e	xR6
Workouts			
Number of programs	10	10	5
Preset resistance programs			
Manual	•	•	•
Random	•	•	•
Interval	•	•	•
Custom Interval	•	•	•
Beginner	•	•	•
Heart rate-interactive programs			
Fat Burn	•	•	—
Cardio	•	•	—
Heart Rate Interval	•	•	—
Heart Rate Custom Interval	•	•	—
30:30	•	•	—
Workout boosters			
Chest Press	•	•	•
Leg Press	•	•	•
Muscle Endurance	•	•	•
Product specifications			
Max user weight	300 lbs (136 Kg)		
Footprint	35" x 71" (889 mm x 1803 mm)		
Product weight	244 lbs (110.7 Kg)		
Warranty			
Parts	3 years		
Labor	1 year		



Capitalize on a totally new way to exercise with the unprecedented xRide, passionately invented by Octane Fitness to inspire and accommodate every individual. Revel in timesaving combined cardio and strength workouts that work the entire body and deliver more glute activity and a higher caloric burn. And please everyone in your home with one versatile, compact solution. All while sitting down.

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*Study conducted by the St. Cloud State University Human Performance Lab versus a recumbent bike at the same perceived exertion.

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