

LATERALX™

MOVE IN A NEW DIRECTION



Add a new dimension and excitement to the cardio floor with the LateralX elliptical that delivers functional challenges, more muscle demands and greater caloric burn.

OCTANE ADVANTAGES

- Adjustable lateral 3D motion
- 27% increase in caloric expenditure*
- 30% increase in hip abductor/adductor activity*
- Adds muscle confusion with 10 varying planes of motion
- Great for sports, rehab and stability training, working the hips, thighs and glutes
- CROSS CIRCUIT® compatible



LATERAL MOTION

Active side-to-side motion increases caloric expenditure by up to 27% and increases hip muscle activation when going from the narrowest to the widest width.*



ADJUSTABLE MOTION

Ten adjustable width levels begin in a narrow stepping motion and diverge to an active, side-to-side movement for greater variety.



UPPER-BODY ERGONOMICS

MultiGrip and Converging Path handlebars engage the upper body and custom-fit exercisers.



ADVANCED PROGRAMS

Exercisers can take on HIIT with Octane's exclusive 30:30 Interval and MMA workouts, which incorporate rigorous intervals for challenges that help drive results.

WHO USES OCTANE?

HEALTH CLUBS

24 Hour Fitness
Anytime Fitness
Athletes Performance, Inc. (EXOS)
Crunch
Equinox
Gold's Gym
Life Time Fitness
Powerhouse Gyms
Retro Fitness
Snap Fitness
UFC Gym
YMCA

COLLEGES/ UNIVERSITIES

Columbia University
Duke University
Georgetown
Michigan State University
Texas A&M
UMASS
University of Iowa
University of Kentucky
University of Minnesota
University of Wisconsin

CORPORATE WELLNESS CENTERS

Anheuser-Busch
Delta Air Lines
Facebook
Ford Motor Company
General Electric
Alphabet, Inc. (Google)
Intel
Johnson & Johnson
Procter & Gamble
Reebok Corporation

MILITARY/ GOVERNMENT

Naval Special Warfare Group Four
Fort Bragg (Special Operations)
Joint Bas Langley - Eustis
Macdill Air Force Base (Special Operations Command)
MOD (Ministry of Defence)
Nellis Air Force Base
Patrick Air Force Base
Scott Air Force Base
U.S. Coast Guard
U.S. Naval Academy

HIIT TRAINING

Workout Boosters featured on the console add interval training to any workout program

ENTERTAINMENT OPTIONS

Choose from a smart or standard console plus a personal viewing screen or 900 Mhz

MULTIGRIP AND CONVERGING PATH

More effectively activate the upper-body

ADVANCED PROGRAMS

Challenging advanced programs:
MMA, 30:30, HR Interval

LATERAL MOTION

Activate abductors, adductors, hamstrings and glutes to burn up to 27% calories*

ADJUSTABLE MOTION

Choose the lateral width that accommodates your size and fitness level

SMOOTH MOTION

Natural, comfortable movement that feels great

SPACE-EFFICIENT DESIGN

Significantly shorter so it can be placed in the bike or elliptical row



LateralX SPECIFICATIONS

• Standard ◦ Optional

KEY MECHANICAL FEATURES

Lateral width adjustments	10
Electronically adjustable lateral width	•
Quiet motor	•
Soft grip pedals	•
Low step-up height	•
MultiGrip™ and Converging Path™ handlebars	•
Moving handlebar lock-out option	•
1-time adjustable handlebar position	•
CROSS CIRCUIT compatible	◦
Phone holder	•
Water bottle holder	•
Tablet/reading rack*	•
Transport wheels	•

ELECTRONIC FEATURES

Resistance levels	30
Quick Starts (Narrow, Medium, Wide)	•
Digital contact heart rate on moving handlebars	•
Wireless heart rate ready (ANT+™ and Polar®)	•
Fingertip controls on moving handlebars	•
Console fan (3 speeds)	•
Self-powered (standard console only)	•
Mobile device charging via USB port	•
Replaceable headphone jack	•
CSAFE®	•

CONSOLE OPTIONS

Smart	10" (25.4 cm) capacitive touch screen
Standard	Large LED display with integrated capacitive buttons

ENTERTAINMENT OPTIONS

Personal Viewing Screen	◦
Wireless 900 Mhz	◦

WORKOUTS

Number of programs	19
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PRESET RESISTANCE PROGRAMS

Manual	•
Random	•
Interval	•
Distance goal	•
Calorie goal	•

LATERAL WIDTH PROGRAMS

Lateral Interval	•
Dual Direction	•

HEART RATE-CONTROLLED PROGRAMS

Heart Rate Fat Burn	•
Heart Rate Interval	•

ADVANCED PROGRAMS

CROSS CIRCUIT Solo	•
CROSS CIRCUIT Group	•
CROSS CIRCUIT Total body blast*	•
CROSS CIRCUIT Lower body blast*	•
CROSS CIRCUIT Upper body blast*	•
CROSS CIRCUIT Core*	•
30:30 Interval	•
MMA	•
Constant Watts	•
Constant METs	•

WORKOUT BOOSTERS

X-Mode™	•
ThighToner™	•
QuadPower™	•

PRODUCT SPECIFICATIONS

Max user weight	400 lbs (181 Kg)
Footprint (W x L)	42" x 63" (106 cm x 160 cm)
Product weight	388 lbs (176 Kg)
Footprint with CROSS CIRCUIT stands (W x L)	44" x 75" (111 cm x 190 cm)
Product weight with CROSS CIRCUIT stands	438 lbs (198 Kg)

WARRANTY

Parts	3 years
Labor	1 year

Warranty outside the US and Canada may vary.

SMART CONSOLE



STANDARD CONSOLE



PERSONAL VIEWING SCREEN



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HOTEL FITNESS®

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AUTHORIZED DEALER

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Octane
FITNESS

*Smart console only