

XTOne™

THE ONE CROSS-TRAINER THAT DOES IT ALL

The XT-One, the all-in-one machine that lets members **walk, run, hike** or **climb** to target different muscles for customized effectiveness.

OCTANE ADVANTAGES

- Replaces all adaptations of ellipticals and non-elliptical modalities in one machine
- Adjustable incline
- Adjustable stride length
- Advanced training — 30:30 and MMA
- CROSS CIRCUIT® compatible
- Exclusive Workout Boosters



WALK

The biomechanically precise motion of the XT-One delivers a low-impact, comfortable walk, with a choice of shorter or longer strides to custom-fit exercisers with different leg lengths.



RUN

Users can change pace or stride length to customize their run motion. Or they can take advantage of Octane's trademark SmartStride® interactive ergonomics, which replicate jogging or running by automatically adjusting the stride length from 51-71 cm based on the exerciser's pace.



HIKE

Hit the hills and boost cardiovascular and muscular endurance by selecting from 10 incline levels that target the legs and work the upper body and core. Users can opt for greater challenges with several incline workouts, including Mountain Peak and Progressive Hill.



CLIMB

The ultimate challenge with a steep climb that strengthens the quads, glutes and hamstrings with deep strides and high-intensity cardio and strength work.

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

ADVANCED PROGRAMS

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

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

ACCESSORIES

Compatible with the CROSS CIRCUIT Kit or side steps to enhance the user experience

SMARTSTRIDE®

Automatically adjusts stride length according to the user's pace

ADJUSTABLE INCLINE

With 10 levels of incline, users can go for a hike in the hills or challenge themselves with a climb in the mountains

XT - One SPECIFICATIONS

• Standard • Optional

KEY MECHANICAL FEATURES

Adjustable incline	10 levels
Stride lengths (1/2" increments)	20" - 28" (51 cm - 71 cm)
Electronically adjustable stride	•
Quiet motor	•
Close pedal spacing	1.8" (4.5 cm)
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	•

ELECTRONICS FEATURES

SmartStride®	•
Resistance levels	30
Quick Starts (Walk, Run, Hike, Climb)	4
Digital contact heart rate on moving handlebars	•
Wireless heart rate ready (ANT+™ and Polar®)	•
Fingertip controls on moving handlebars	•
Incline and stride buttons 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	•
900 Mhz	•

WORKOUTS

Number of workouts	21
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PRESET RESISTANCE PROGRAMS

Manual	•
Random	•
Distance Goal	•
Calorie Goal	•
Custom Interval	•

HEART RATE-CONTROLLED PROGRAMS

Heart Rate Fat Burn	•
Heart Rate Custom 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	•

INCLINE PROGRAMS

Mountain Peak	•
30:30 Hill	•
Progressive Hill	•

STRIDE LENGTH PROGRAMS

SmartStride	•
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WORKOUT BOOSTERS

X-Mode™	•
ArmBlaster	•
GlutePower	•

PRODUCT SPECIFICATIONS

Max user weight	400 lbs (181 Kg)
Footprint (W x L)	33" x 75" (84 cm x 191 cm)
Footprint - live area	33" x 92" (84 cm x 196 cm)
Footprint with side steps (W x L)	37" x 88" (94 cm x 224 cm)
Footprint with CROSS CIRCUIT stands (W x L)	37" x 97" (94 cm x 237 cm)
Product weight	395 lbs (180 Kg)
Product weight with side steps	427 lbs (194 Kg)
Product weight with CROSS CIRCUIT stands	450 lbs (205 Kg)

WARRANTY

Parts	3 years
Labor	1 year

Warranty outside the US and Canada may vary.

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SMART CONSOLE



STANDARD CONSOLE



PERSONAL VIEWING SCREEN



HOTEL FITNESS®
TRUE®
 AUTHORIZED DEALER



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*Smart console only

