

# xRide®

HIGHLY EFFECTIVE WORKOUT YOU  
CAN GET SITTING DOWN

## EXPECT INNOVATION

Octane Fitness has redefined seated exercise with the unparalleled xRide recumbent elliptical. With a proud history of continual breakthroughs, our passion is to create innovative fitness equipment that delivers superior workouts and exceptional performance to fuel the lives of every exerciser – including beginners, athletes and those in physical therapy or rehab.



# XR6



## ◀ CUSTOMIZED COMFORT

The Active Seat Position™ custom-fits exercisers with multiple height and tilt adjustments that open the torso and maximize use of the hip muscles. The wide cushioned seat, supportive backrest, MultiGrip handlebars and oversized soft grip pedals comfortably position users for optimal performance in leisurely or vigorous workouts.



## ◀ UPPER-BODY WORKOUT

The patented MultiGrip handlebars enable users to target different muscles using various grips, emphasize pushing or pulling motions or even challenge themselves by using only one arm at a time. Plus, exercisers can periodically isolate the upper body by taking the legs out of the action using the stationary foot pegs.

## LOWER-BODY MOTION ▶

Thanks to unique PowerStroke pedal motion on the xRide, you benefit from full leg extension and maximum range of motion, which can activate more muscles and burn max calories.

Also, by varying your foot position on the oversized pedals – such as pushing with only the balls of the feet or the heels – you can change how the muscles are engaged. Point toes out to activate the inner thighs, point toes inward to activate the outer thighs.







## SMARTLIGHT CONSOLE TECHNOLOGY

The console is simple to navigate, whether you choose Quick Start, an advanced workout, or connect to the Octane Fitness app. Convenient SmartLight technology guides workouts by visually signaling how hard you're exercising, if you're in your target heart rate zone and when to prepare for the next interval during Workout Boosters. Plus, the large screen simultaneously displays all your workout data, including time, distance, and calories burned, so it's simple to track progress and adjust intensity throughout your routine to meet your goals.



# xR6

## xRide



xR6x

### KEY MECHANICAL FEATURES

PowerStroke™	•
Step-through design	•
Oversized soft grip pedals	•
Stationary foot pegs	•
MultiGrip™ handlebars	•
Water bottle/accessory holders	•
Seat tilt adjustments	5
Seat height adjustments	20
Transport wheels	•

### ELECTRONIC FEATURES

20 resistance levels	•
SmartLight	1-color
MOM mode	•
Digital contact heart rate sensors	•

### WORKOUTS

Number of programs on console	6
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### WORKOUT BOOSTERS

X-Mode™, Chest Press, Leg Press	•
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### PRODUCT SPECIFICATIONS

Max user weight	300 lbs (136 Kg)
Footprint (W x L)	35" x 71" (89 x 181 cm)
Product weight	244 lbs (110.7 Kg)

### WARRANTY

Frame	Lifetime
Parts*	5 years
Labor*	1 year

\*Warranty outside the USA and Canada may vary.

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After 12 months of regular use, I can conclude that this is a terrifically well thought out, designed, engineered and built machine to allow an individual to achieve one's fitness goals to the highest degree possible.

- Ralph



I used to use my treadmill and a recumbent bicycle for my exercise program 5 days per week. I developed some blockage in my legs and the treadmill and bicycle both caused severe pain in my legs during exercise. I purchased an xR6 about 4 years ago and have had no problems with pain in my legs. I developed an exercise program with just the right amount of upper body and lower body workout. I would not be able to exercise without my xR6x. THANKS for a great machine!

- Gary

# HOTEL FITNESS®

**TRUE**  
AUTHORIZED DEALER



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