



# North Olmsted Parks & Recreation Department



## Future Fitness Room Cardiovascular Equipment

### Octane Pro 4700 Elliptical:

The absolute best commercial elliptical machine, this top-of-the-line powerhouse is loaded with exclusive Octane breakthroughs including SmartStride and CROSS CIRCUIT to fuel every workout with challenges that drive results, and to distinguish your club. Exceptional comfort comes with Octane's patented MultiGrip and Converging Path handlebars, along with smooth motion that mimics natural movement.

Advanced training programs, such as 30:30 Interval and MMA, and customizable routines deliver variety and motivation so exercisers can burn calories and lose weight faster. With its compact design, the Pro4700 fits anywhere in the club, and its ultra-durability makes ownership simple.



### Octane XR600 Seated Elliptical:

Outperforming Any Seated Machine. Octane's xR6000 xRide recumbent elliptical delivers more benefits than other seated equipment like recumbent bikes, rowers and seated steppers. Research shows that you use 343% more glutes and burn 23% more calories on the xR6000 compared to a recumbent bike, thanks to Octane's exclusive PowerStroke technology. That means better results for you.

When it comes to comfort, the xRide can't be beat. With multiple seat height and seat tilt adjustments, you get a custom fit, and the upper body is challenged by the patented MultiGrip handlebars. This commercial model offers numerous workout programs, the ability to incorporate upper- or lower-body strength training, Workout Boosters and much more.



### Octane LX8000 LATERAL X Elliptical:

Quite simply, there is nothing like Octane's multiple award-winning LateralX, which is a complete reinvention of cross training, with adjustable, lateral movement combined with a vertical stepping motion in multiple planes. Exercisers can move up and down, forward and back and side to side – for valuable muscle confusion and conditioning – all on one machine. Studies show that exercisers burn 27% more calories and use 30% more of the inner and outer thighs on the LateralX going from the lowest to greatest lateral width setting.

Plus, a variety of workouts, such as Lateral Interval and Dual Direction, along with unique Workout Boosters like ThighToner and QuadPower, deliver highly effective, targeted and motivating workouts. Every member in your club will rave about this one-of-a-kind machine.

