

PRO3IO

SMALL FOOTPRINT BIG VALUE

Great features and programs you expect from Octane in a space-efficient package for quiet, safe operation.

OCTANE ADVANTAGES

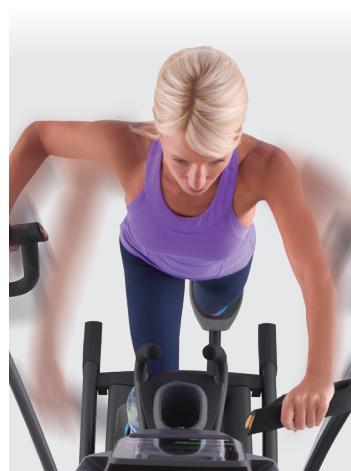
- Space-saving design
- Low step-up height
- MultiGrip & Converging Path handlebars
- Close pedal spacing
- Advanced training — 30:30
- Workout Boosters

SMALL FOOTPRINT

Compact design fits virtually anywhere

MULTIGRIP AND CONVERGING PATH HANDLEBARS

Provide custom comfort and variety and fully engage upper body



UPPER-BODY ERGONOMICS

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



30:30 INTERVAL

Train like the pros with the 30:30 Interval challenge, which incorporates intense bouts of work, followed by recovery.



REAL RUNNING MOTION

Delivers supremely comfortable, natural movement and flow, both forward and backward.



ARMBLASTER

For an unrivaled total-body experience, this workout combines cardio with intense upper-body strength intervals.

PRO310 SPECIFICATIONS

LIGHT COMMERCIAL

KEY MECHANICAL FEATURES

Light-commercial grade	•
Stride length	20.5" (52 cm)
Close pedal spacing	1.8" (4.5 cm)
Low step-up height	•
MultiGrip and Converging Path handlebars	•
Moving handlebar lock-out option	•
Phone holder	•
Water bottle holder	•
Tablet/reading rack	•
Transport wheels	•

ELECTRONIC FEATURES

Resistance levels	20
Digital contact heart rate on stationary handlebars	•
HeartLogic Intelligence	•

WORKOUTS

Number of programs	12
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PRESET PROGRAMS

Manual	•
Random	•
Custom Interval	•
Beginner	•
10K	•

HEART RATE-CONTROLLED PROGRAMS

Heart Rate Fat Burn	•
Heart Rate Cardio	•
Heart Rate Custom Interval	•

ADVANCED PROGRAMS

30:30 Interval	•
350 Calories	•
750 Calories	•
Half Marathon	•

WORKOUT BOOSTERS

X-Mode	•
GluteKicker	•
ArmBlaster	•

PRODUCT SPECIFICATIONS

Max user weight	300 lbs (136 kg)
Footprint (W x L)	31" x 65" (79 cm x 165 cm)
Footprint - live area (W x L)	34" x 76" (87 cm x 193 cm)
Product weight	260 lbs (118 kg)

WARRANTY

	VERTICAL FACILITY
Frame	2 years
Parts	2 years
Labor	1 year



SMOOTH MOTION

Immediately you'll notice the great motion

ADVANCED WORKOUTS

Drive motivation and progress with advanced regimens like 30:30 Interval

HIIT TRAINING

Workout Boosters featured on the console instantly add interval training to any routine