

THE xRIDE EVOLUTION CONTINUES

Octane
FITNESS

xR5000

The new xR5000 xRide seated elliptical delivers low-impact, lower-body focused cardiovascular conditioning and leg strengthening workouts. Equipped with a wide, cushioned seat and arm rests (which are ideal for reading while riding), the xR5000 eradicates the notion that exercise is uncomfortable.

Floor the xRide xR5000, and watch it become the most popular seat in the place.

OCTANE ADVANTAGES

Active Seat Position™

343% more glute activity than recumbent bike

Step-through design

PowerStroke™ elliptical pedal motion

xR5000

SPECIFICATIONS

• Standard ♦ Optional – Unavailable

KEY MECHANICAL FEATURES

Oversized Soft Grip pedals	•
Flip-up arm rests	•
Step-through design	•
Seat height adjustments	20
Seat tilt adjustments	5
Reading rack	•
Water bottle/accessory holders	2
Integrated transport wheels	•
LCD TV mount option	•
Optional pedal straps	♦

ELECTRONIC FEATURES

On-the-fly programming	•
Quick Start	•
Cool down	•
HeartLogic™ Intelligence	•
Wireless heart rate ready	•
Fingertip controls on stationary handles	•
Digital contact heart rate sensors	•
CSAFE® compatible	•
FitInxx™ compatible	•
Self-powered	•
Resistance levels	30

WORKOUTS

Number of Programs	16
--------------------	----

PRESET RESISTANCE PROGRAMS

Manual	•
Random	•
Interval	•
Custom Interval	•
Hill	•
10K	•

HEART RATE-CONTROLLED PROGRAMS

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

ADVANCED PROGRAMS

New Leaf® Custom	•
Constant Watts	•
Constant METs	•
30:30 Interval	•

WORKOUT BOOSTERS

Muscle Endurance	•
Leg Press	•
Chest Press	–

PRODUCT SPECIFICATIONS

Max user weight	400 lbs (181 Kg)
Footprint	27.5" x 71.5" (79 cm x 182 cm)
Product weight	263 lbs (119 Kg)

WARRANTY

Parts	3 Years
Labor	1 Year

Exclusive workouts, such as Muscle Endurance and Leg Press, optimize cross training and incorporate lower-body resistance work for maximum results – for both beginners and diehard athletes.



POWERSTROKE

This longer elliptical motion engages more muscles for greater caloric expenditure, **343% more glute activity*** compared to a recumbent bike* and better overall results.



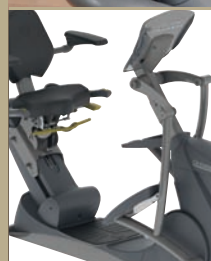
CUSTOMIZED COMFORT

The wider cushioned seat fits every exerciser with multiple height and tilt settings, and flip-up arm rests add comfort and accommodate those who read while exercising. Plus, this model is simple to enter and exit.



VARIETY

Build motivation and enhance retention with interactive heart rate workouts, interval training, customized programs and the newest 30:30 challenge, created by the experts at Athletes' Performance.



STEP-THROUGH DESIGN

With its low base and open access, it's simple to get on and off of the xR5000 quickly and safely.

