

XTOne™

THE ONE CROSS-TRAINER THAT DOES IT ALL



XT-ONE

Experience the neXT generation of cross-trainers with the XT-One, the all-in-one machine that lets members move any way they want and target different muscles for customized effectiveness. No more trying to pick and choose from all the different adaptations of an elliptical – this one does it all in one compact footprint. This ultimate multi-tasker delivers valuable results for members and returns for clubs.

OCTANE ADVANTAGES

- Replaces all adaptations of ellipticals and non-elliptical modalities in one machine
- Electronically adjustable incline
- Electronically adjustable stride length
- Advanced Training - MMA and 30:30
- CROSS CIRCUIT compatible
- Workout Boosters



See the motion:

WALK



RUN



HIKE



CLIMB



Octane
FITNESS

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XT-ONE SPECIFICATIONS

• Standard ○ Optional

KEY MECHANICAL FEATURES

Adjustable incline	10 levels
Stride length	20"-28" (51 cm - 71 cm)
Electronically adjustable stride	•
Close pedal spacing	1.8" (4.5 cm)
Low step-up height	•
MultiGrip™ and Converging Path™ handlebars	•
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 compatibility	•
- Bluetooth® 4.0*, ANT+™ and Polar®	•
Incline and stride buttons on moving handlebars	•
Console fan (3 speeds)	•
Self-powered (standard console only)	•
Phone charging via USB port	•
Bluetooth® 4.0 & ANT+™ compatible	•
CSAFE®	•

CONSOLE OPTIONS

Smart	10" (25.4 cm) capacitive touch screen
Standard	Large LED display with integrated capacitive buttons

ENTERTAINMENT OPTIONS

Personal viewing screen	○
Wireless 900 Mhz	○

WORKOUTS

Number of programs	17
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PRESET RESISTANCE PROGRAMS

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

HEART RATE-CONTROLLED PROGRAMS

Heart Rate Fat Burn	•
Heart Rate Custom Interval	•

ADVANCED PROGRAMS

CROSS CIRCUIT® Solo	•
CROSS CIRCUIT® Group	•
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 234 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 246 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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INCLINE MOTION

Users can replicate a hike motion or extreme climbing for maximum glute and hamstring activation with the quick press of a button.



SMARTSTRIDE

Automatically adjusts stride length to replicate walking, jogging, running and moving backwards.

SMART CONSOLE

(with personal viewing screen)



(with personal viewing screen)



STANDARD CONSOLE

