

THE xR6000

CHANGING HOW YOU FEEL
ABOUT RECUMBENT WORKOUTS

xRide

xR6000

Satisfy the demand for comfort, challenge and variety on the cardio floor with the unique xRide recumbent elliptical, delivering incredible effectiveness to everyone from beginners to athletes.

OCTANE ADVANTAGES

- 343% more glute activity*
- Burn 23% more calories*
- Active Seat Position™
- Challenging upper-body workout
- Step-through design



*Study conducted by the St. Cloud State University Human Performance Lab versus a recumbent bike at the same perceived exertion.

POWERSTROKE™

Facilitates optimal leg extension and power drive. Users burn 23% more calories and activate 3x more muscles than a recumbent bike.*

CUSTOMIZED COMFORT

The Active Seat Position™ accommodates different size exercisers, by offering more tilt and height adjustments for the perfect fit to maximize comfort and variety.

CHEST & LEG PRESS

Exercisers combine cardio and strength training efficiently with vigorous interval repetitions at high intensity.

HIIT TRAINING

Users can select advanced HIIT workout programs or activate Workout Boosters to incorporate interval training into any program.

x R 6 0 0 SPECIFICATIONS

● Standard ○ Optional

KEY MECHANICAL FEATURES

Step-through design	●
Oversized soft grip pedals	●
Stationary footpegs	●
Seat height adjustments	20
Seat tilt adjustments	5
MultiGrip™ handlebars	●
Moving handlebar lock-out option	●
1-time adjustable handlebar position	●
Stationary handlebars	●
Phone holder	2
Water bottle holders	2
Tablet/reading rack**	●
Transport wheels	●
Upper body lockout	○
Pedal straps	○

ELECTRONIC FEATURES

Resistance levels	30
Digital contact heart rate on stationary handlebars	●
Wireless heart rate ready (ANT+™ and Polar®)	●
Fingertip controls on stationary handles	●
Console fan (3 speeds)	●
Self-powered (standard console only)	●
Mobile device charging via USB port	●
Replaceable headphone jack	●
CSAFE® compatible	●

CONSOLE OPTIONS

Smart	○
Standard	○

ENTERTAINMENT OPTIONS (PAGE 28)

Personal Viewing Screen	○
Wireless 900 Mhz	○

WORKOUTS

Number of programs	14
--------------------	----

PRESET RESISTANCE PROGRAMS

Manual	●
Random	●
Interval	●
Hill	●
Distance goal	●
Calorie goal	●

HEART RATE-CONTROLLED PROGRAMS

Fat Burn	●
Heart Rate Interval	●
Heart Rate Hill	●
Heart Rate Speed Interval	●

ADVANCED PROGRAMS

30:30 Interval	●
MMA	●
Constant Watts	●
Constant METs	●

WORKOUT BOOSTERS

X-Mode™	●
Leg Press	●
Chest Press	●

PRODUCT SPECIFICATIONS

Max user weight	400 lbs (181 Kg)
Footprint (W x L)	36" x 71.5" (91 cm x 181 cm)
Product weight	319 lbs (145 Kg)

WARRANTY

Parts	3 years
Labor	1 year

**Smart console only