Octane FITNESS

MAX TRAINER

RECOVERY   SPRINT

SELECT WORKOUT

FAVORITE

① ② ③ ④ ⑤ ⑥

Quick Start   MAX 14 INTERVAL   Interval   Manual   CROSS CIRCUIT   MAX CIRCUIT

− Time +

Pause
Clear

Enter

MAX TRAINER

MTX
CONSOLE GUIDE
&
SET-UP INSTRUCTIONS

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MTX CONSOLE GUIDE

Take your workout to the next level with the MAX Trainer MTX! The standard console offers a variety of pre-programmed workouts managed by sophisticated electronics that will keep you interested and motivated. Use this guide to become familiar with its features, data display and keypad buttons; then hop on, start pedaling, choose your workout and adjust the settings. Enjoy!

Console Features

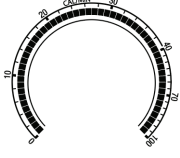The MTX console incorporates many features to enhance your workout experience:

- An integrated LCD that provides important workout data, including a digital tachometer that highlights your calories/minute, peak effort and workout targets;

- Two convenient shelves for your phone, tablet, and other electronic devices;

- Wireless heart rate display (compatible with Polar, ANT+ and Bluetooth®);

- Pre-programmed keypad buttons to get you into your favorite workouts quickly.
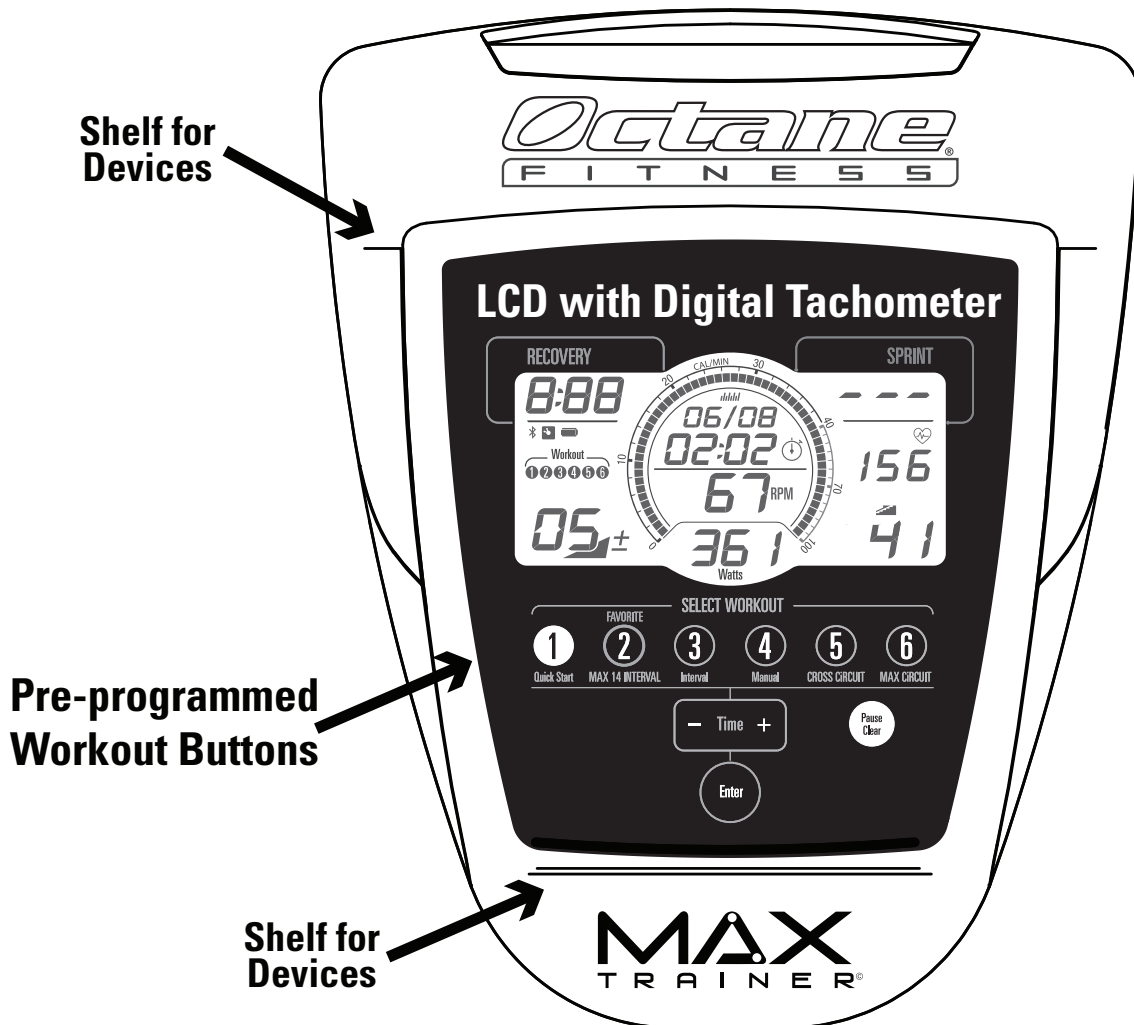
Dynamic Display (LCD)
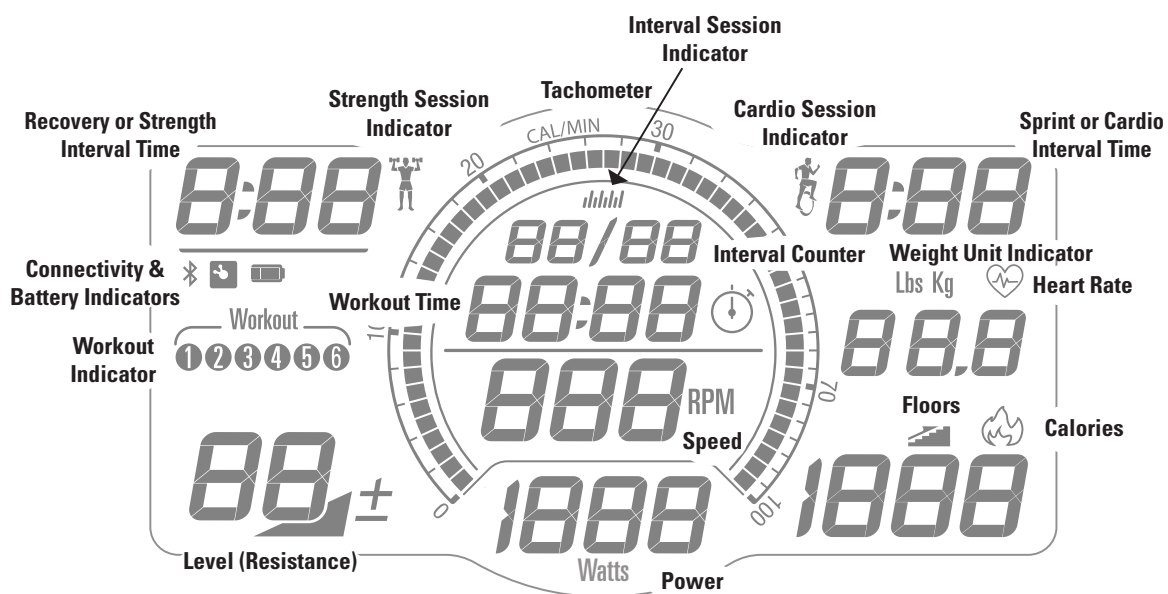
The top portion of the console is an LCD which displays all of the important workout data and highlights aspects of your workout such as upcoming intervals and resistance changes. Watch the display as you set up and progress through your workout—it will prompt you, guide you, motivate you, and reward you dynamic feedback.

Display	Description
Tachometer	The **tachometer** is the centerpiece of the LCD, giving you real-time feedback regarding your calories/minute burn rate, the peak point of your workout, and the peak point of your burn rate. During interval programs, illuminated segments on the tachometer indicate your target range surrounding your peak point.
Interval Session Indicator	When illuminated, this icon indicates you are in an **interval session** (MAX Interval or Interval program).
Cardio Session Indicator	When illuminated, this icon indicates you are in the **cardio** portion of a CROSS CiRCUIT program workout.
Sprint or Cardio Interval Time	Displays the elapsed time, in minutes and seconds and counting up, for the current **sprint interval** (in the MAX 14 INTERVAL or Interval programs) or the elapsed time for the current **cardio interval** (in the CROSS CiRCUIT program). When setting up these programs, use the Time (+ / −) keypad buttons to set your desired value (between 0:05 and 9:55) for the sprint or cardio interval, then press Enter to save the adjusted value. The default value for intervals is 30 seconds (0:30).

88/88 **Interval Counter**	Displays your progress in an interval program by indicating the current **interval number** and the **total number of intervals** in the program. For example, 04/08 indicates that you are currently in the 4th interval of a total of 8 intervals. When setting up an interval program, use the Time (+ / –) keypad buttons when the second set of digits is flashing to set your desired number of intervals, then press Enter to save the adjusted value. The default value for intervals is 00/08 (8 interval rounds); you may program up to 99 rounds.
Lbs Kg	The digits below this icon display the **weight** value, in pounds (Lbs) or kilograms (Kg) that will be used to calculate calorie burn. When the digits are flashing during program set-up, use the Time (+ / –) buttons to change the value to any weight between 70 and 400 pounds (30 and 181 kilograms), then press Enter to save the adjusted value. The default value for weight is 150 lbs (68 Kg). The option to adjust the weight value is only available during the set-up portion of the MAX 14 INTERVAL, Interval, Manual and CROSS CiRCUIT programs.
Heart Rate	When this icon is lit, the digits below display your current **heart rate** in beats per minute (BPM). ***Note:*** *You must be wearing a compatible wireless heart rate transmitter to obtain a readout.* **WARNING!** Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. The heart rate displayed is an approximation and should be used for reference only.
Speed	Displays your current **speed** in revolutions per minute (RPM).
Floors	When this icon is lit, the digits below the icon display the number of **floors** climbed. One floor is equal to 9 stairs.
Calories	When this icon is lit, the digits below the icon display an estimate of the total **calories** burned during the workout, based on the user's entered weight. If no specific weight has been entered, calories are based on a 150 lb. (68 kg) user.
Power	Displays the current estimate of **power** you are producing, in **watts**.
88± **Level** **(Resistance)**	Displays the resistance **level** (1-10), where 1 is the lowest resistance level and 10 is the highest. Use the resistance adjustment lever below the console to increase or decrease your resistance level. Push the lever away from your body to increase resistance, or pull the lever toward your body to decrease resistance.
Workout **❶❷❸❹❺❻** **Workout Indicator**	The illuminated number corresponds to the **workout** selected by pressing a button on the keypad. Available workouts are: 1. Quick Start (the default value if no keypad button is pressed) 2. MAX 14 INTERVAL 3. Interval 4. Manual 5. CROSS CiRCUIT 6. MAX CiRCUIT Descriptions of each program can be found in Octane Fitness Product Programs and Features (P/N 110751-001), available for review or download at http://www.octanefitness.com.

Workout Time	Displays workout or interval **time**, counting up from 0:00. Time can be increased or decreased during your workout. The maximum workout time that users can set is 99:00. When actual workout time is displayed, the timer goes up to 99:59, then the display rolls over to 0:00.
Connectivity Indicators, Battery Indicator	When lit, the first icon indicates that **Bluetooth**® wireless communications is active and detecting a signal (from a tablet or other devices). When lit, the second icon indicates that **ANT+**™ wireless communications is active and detecting signal from the optional wireless heart rate chest strap. When lit, the third icon indicates the console is powered by **batteries**. The charge level is indicated by the number of illuminated segments in the battery icon. When the icon shows only one solid section and flashes (▭), the batteries are nearly depleted and will need to be replaced soon. If the unit is connected to auxiliary (AC) power, the battery icon is not displayed.
Recovery or Strength Interval Time	Displays the elapsed time, in minutes and seconds, of the current **recovery interval** (in the MAX 14 INTERVAL or Interval program) or the elapsed time of the current **strength interval** (in the CROSS CiRCUIT or MAX CiRCUIT program). When setting up these programs, use the Time (+ / -) keypad buttons to set your desired value (between 0:05 and 9:55) for the recovery or strength interval, then press Enter to save the adjusted value. The default value for intervals is 30 seconds (0:30).
Strength Session Indicator	When illuminated, this icon indicates you are in the **strength** (off-machine) portion of a CROSS CiRCUIT program workout.

Workout Summary

During a cool-down phase after the completion of a programmed workout (Interval, MAX 14 INTERVAL, or Manual), the following fields are displayed in sequential order in the appropriate fields on the LCD:

1. Total Workout Time
2. Maximum RPM
3. Maximum Heart Rate (if using a wireless heart rate monitor)
4. Total calories
5. Maximum Watts

Keypad Buttons

Quick Start	The easiest way for you to start your workout is to press the Quick Start button, initiating a simple workout without intervals or a defined duration. The workout timer counts up from 00:00. The calories readout is based on the default weight of 150 lb. (68 kg). You may change the level of resistance using the resistance lever. If you do not press any keypad button within 6 seconds after the MTX console first becomes active (such as when you first step on the machine and move the pedals), you will automatically enter the Quick Start program.
MAX 14 INTERVAL	Press MAX 14 INTERVAL then press Enter to begin a High Intensity Interval Training (HIIT) program with a pre-programmed duration and pre-set sprint and recovery intervals of 25 and 80 seconds, respectively. The default program lasts 14 minutes; simply press enter when the Time flashes "14" to select this option, set your weight value if desired, then press Enter and you are on your way. You may choose a longer or shorter workout by pressing the Time (+) or (–) button when the Time value is flashing during setup. Options are 3.5 minutes, 7 minutes, 14 minutes (default), 21 minutes, or 28 minutes. The interval times remain the same but the total number of intervals increases or decreases according to the selected time for the workout.
Interval	Press Interval then press Enter to program a custom interval program. Program the *sprint* session time by pressing Enter to accept the default value of 0:30, or press the Time (+) or (-) buttons to select a time between 0:05 to 9:55 and then press Enter. Next program the *recovery* session time by pressing Enter to accept the default value of 0:30, or press the Time (+) or (-) buttons to select a time between 0:05 to 9:55 and then press Enter. Then program the number of *interval rounds* by pressing Enter to accept the default value of 00/08, or press the Time (+) or (-) buttons to select a number of rounds between 01 and 99, then press Enter. Lastly, enter *weight* by pressing Enter to accept the default value of 150 lbs. (68 kg) and pressing Enter, or use the Time (+) or (–) buttons to change the value to any weight between 70 and 400 pounds (30 and 181 kilograms), then press Enter to save the adjusted value.

Manual	Press Manual, then press Enter to quickly enter a program with a duration that you choose. Program the *workout duration* by pressing Enter to accept the default value of 30:00, or press the Time (+) or (-) buttons to select a time between 1:00 to 99:00 and then press Enter. The default value is 30:00. Then, enter your *weight* by pressing Enter to accept the default value of 150 lbs. (68 kg) and pressing Enter, or use the Time (+ / -) buttons to change the value to any weight between 70 and 400 pounds (30 and 181 kilograms), then press Enter to save the adjusted value.
CROSS CiRCUIT	Working out with instructor? Press CROSS CiRCUIT, then press Enter to set up this program with custom interval times, then follow your trainer's lead for a great cardio and strength workout. Program the *workout duration* by pressing Enter to accept the default value of 30:00, or press the Time (+) or (-) buttons to select a time between 1:00 to 99:00 and then press Enter. Then, enter your *weight* by pressing Enter to accept the default value of 150 lbs. (68 kg) and pressing Enter, or use the Time (+ / -) buttons to change the value to any weight between 70 and 400 pounds (30 and 181 kilograms), then press Enter to save the adjusted value.
MAX CiRCUIT	Quickly begin an instructor-led program with other users and without defined interval times or a set duration. Simply press MAX CiRCUIT and get started. You (and your instructor) fully control the intervals as you work together on and off the machine. Totals for time, calories, etc. are not accumulated.
Pause Clear	Press once to pause your workout. The standard pause time is 2:00; remaining pause time is displayed in the Workout Time field, counting down. Or, if you stop pedaling for 2 seconds or more during a workout, the unit will automatically begin a pause phase. In either case, simply press a key (other than Quick Start or MAX CiRCUIT) or start pedaling to resume your workout. When in Pause mode, if you wish to begin a Quick Start or MAX CiRCUIT program, press the appropriate program key to begin. When programming a workout, press Pause Clear if you make a mistake and wish to start over. The console returns to the beginning of the workout set-up process. Press the Pause Clear button twice within two seconds at any time during set-up or a workout to reset the console.

Up (+) and Down (–) Keys

Time	Press the **(+) or (–)** to increase or decrease the time of your workout, in 1 minute increments. The standard workout time is 30:00. Press the Time button during workout to add time or additional rounds to the workout (Quick Start and MAX CiRCUIT excluded). The maximum time is 99:00.
Enter	Press Enter after pressing a keypad program button and after changing values when programming a workout or changing workout time.

SOFTWARE MANAGEMENT

The console software includes management functions to help you make the most of your experience with the MTX, including simple diagnostics to help with troubleshooting and Club (user) settings that may be customized to suit your environment.

To access these functions, press and hold both the Time (+) and Time (−) keys for three seconds, or until you hear a bell. The following functions are displayed in sequence in the LCD; use the (+) key to scroll through the functions, starting at d00. Press Enter to show the details of a function, to make a change to a user setting, or to run a diagnostic test. To exit a function and return to scrolling mode, press Pause Clear twice.

Available options may vary depending upon your software version.

Code (displayed in the recovery timer field)	Type	Description
d00	Diagnostic	**Firmware**. The firmware version and model information. Firmware version number is displayed in the workout time field. Model number is displayed in the sprint interval time field.
d01	Diagnostic	**LCD Display Test**. Initiates a sequential illumination of all individual segments of the LCD. Press Enter a second time to illuminate all segments at the same time. Press Time (+) or (−) to repeat the tests. Press Pause Clear twice to step back to scrolling mode.
d02	Diagnostic	**Keypad Test**. Press Enter, then press each of the 10 keypad keys. The number of the pressed button flashes in the recovery interval time field, and the key counter increments in the interval counter. When all 10 keys have been successfully tested, "PASS" appears in the workout time field. The key numbers are: 1 Quick Start 6 MAX CiRCUIT 2 MAX 14 INTERVAL 7 Pause Clear 3 Interval 8 Time (+) 4 Manual 9 Time (−) 5 CROSS CiRCUIT 10 Enter Press Pause Clear twice to step back to scrolling mode.
d03	Diagnostic	**Heart Rate connectivity**. The heart rate icon illuminates if a wireless heart rate signal is detected. The ANT+ or Bluetooth$^{®}$ icon illuminates if the heart rate signal is from one of these sources.
d04	Diagnostic	**Bluetooth$^{®}$/ANT+.** The radio firmware version is displayed in the workout time field. The radio ID is displayed (flashing) in the calories field. (This ID is used for pairing.) Press Time (+) or (−) to change the ID to any value between 000 and 127. Press Enter to save the value, then press Pause Clear twice to step back to scrolling mode.
d05	Diagnostic	**Speed**. Pedal the machine. Speed in displayed in the speed (RPM) field.
d06	Diagnostic	**Level**. Move the resistance level all the way forward and back. Level number is displayed in the Level field, ADC value in the RPM field.
d07	Diagnostic	**Battery Power**. Installed battery voltage and ADC values are displayed in the Workout Time and RPM fields, respectively.

Code *(displayed in the recovery timer field)*	Type	Description
c00	Club Setting	**English/Metric**. Sets the display of weight in pounds or kilograms. The default value is English (Lbs). Use Enter to switch to metric (Kg).
c01	Club Setting	**Bell Volume**. Sets the decibel level of the bell that provides signals during workouts. The options are Off, 1 (softest), 2 or 3 (loudest), and the default value is 3. Use Enter to scroll through the options (displayed in the sprint interval time field).
u00	Usage	**Kilo revolutions**. Displays the total number of revolutions (in thousands) for the unit in the interval counter field.
u01	Usage	**Total hours**. Displays the total number of hours of operation for the unit in the interval counter field. When the total number of hours exceeds 9999, the display moves to the the heart rate field area and the digit indicates hundreds of thousands. For example, 00.1 = 10,000 hours; 00.2 = 20,000 hours; 01.0 = 100,000 hours.

OPTIONAL ACCESSORIES
CROSS CiRCUIT Pro Kit
Enhance your workout experience by adding the Octane Fitness CROSS CiRCUIT Pro, with optional weight blocks, to your MTX.

Power Supply
The MTX console is powered by 4 AA batteries. An optional power supply is also available:

External Power Supply: Input Rating: 100 - 240V AC, 50/60Hz
  Output Ratings: 9V DC, 1.5A Maximum

Elliptical Input Power Requirements: 9V DC, 0.5A Maximum

For more information, or to purchase either accessory, please contact your Octane Fitness dealer or Octane Fitness Customer Support.

ADDITIONAL SUPPORT INFORMATION
Cleaning and Maintenance
WARNING! *This machine contains moving parts. Take caution when trying to locate and fix any problem with the machine.*

Your Octane Fitness product has been manufactured to withstand many hours of hard use with minimal required maintenance. Use only a soft, slightly damp lint-free cloth to clean the console lens of your elliptical. Abrasive cloths, towels, paper towels, and similar items may cause damage to surface. Do not use window cleaners, household cleaners, aerosol sprays, solvents, alcohol, ammonia, or abrasive cleaners, as they, too, may damage the lens. Periodically wipe off the machine with a clean towel, and vacuum underneath the pedals and inside of the machine near the pedals.

Important Safety Information
The ***Octane Fitness Product Safety Information for Commercial Products*** (Part Number 107786-001), shipped with the product base unit, contains important details for safe setup and operation of the Octane Fitness product. Users are expected to be familiar with the contents of this document before using the elliptical.

Customer Support
Should you have any questions regarding your Octane Fitness product, please visit ***https://support. octanefitness.com*** where you will find answers to many common questions. To speak to an Octane Fitness Customer Service specialist, please call 888.OCTANE4 or 763.757.2662, extension 1. Live support is available Monday through Friday, 7:30 a.m. to 6 p.m. (United States Central Time).

OCTANE FITNESS

FUEL YOUR LIFE ™

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