THE LATERALX
MOVE IN A NEW DIRECTION
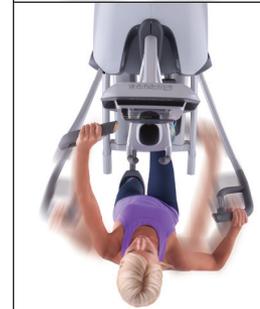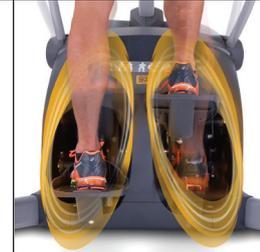
LateralX

Add a new dimension and excitement to the cardio floor with the LateralX elliptical that delivers functional challenges, more muscle demands and greater caloric burn.

OCTANE ADVANTAGES

- Adjustable lateral 3-D motion

- 27% increase in caloric expenditure*

- 30% increase in hip abductor/adductor activity*

- Adds muscle confusion with 10 varying planes of motion

- Great for sports, rehab and stability training, working the hips, thighs and glutes

- CROSS CiRCUIT compatible

*Study conducted by Minnesota State University Mankato going from lateral width 1 to lateral width 10.

LATERAL MOTION

Active side-to-side motion that increases caloric expenditure by 27% and engages more lower body muscles.

STEPPING MOTION

An additional movement option that simulates a stepping movement for added variety or recovery.

UPPER-BODY ERGONOMICS

Patented, one-of-the-kind MultiGrip and Converging Path handlebars better engage the upper body and assist with fitting every exerciser better.

CROSS CiRCUIT

Exercisers get better results from greater conditioning and motivation, and clubs and trainers benefit from a powerful new revenue source.

LateralX SPECIFICATIONS • Standard ○ Optional

KEY MECHANICAL FEATURES

Lateral width adjustments	10
Electronically adjustable lateral width	●
Quiet motors	●
Soft grip pedals	●
Low step-up height	●
MultiGrip™ and Converging Path™ handlebars	●
Moving handlebar lock-out option	●
1-time adjustable handlebar position	●
CROSS CiRCUIT compatible	○
Phone holder	2
Water bottle holder	●
Tablet/reading rack**	●
Transport wheels	●

ELECTRONIC FEATURES

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

CONSOLE OPTIONS

Smart	○
Standard	○

ENTERTAINMENT OPTIONS

Personal Viewing Screen	○
Wireless 900 Mhz	○

WORKOUTS

Number of programs	15

PRESET RESISTANCE PROGRAMS

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

LATERAL WIDTH PROGRAMS

Lateral Interval	●
Dual Direction	●

HEART RATE-CONTROLLED PROGRAMS

Heart Rate Fat Burn	●
Heart Rate Interval	●

ADVANCED PROGRAMS

CROSS CiRCUIT Solo	●
CROSS CiRCUIT Group	●
30:30 Interval	●
MMA	●
Constant Watts	●
Constant METs	●

WORKOUT BOOSTERS

X-Mode™	●
ThighToner™	●
QuadPower™	●

PRODUCT SPECIFICATIONS

Max user weight	400 lbs (181 Kg)
Footprint (W x L)	42" x 63" (106 cm x 160 cm)
Product weight	388 lbs (176 Kg)
Footprint with CROSS CiRCUIT stands (W x L)	44" x 75" (111 cm x 190 cm)
Product weight with CROSS CiRCUIT stands	438 lbs (198 Kg)

WARRANTY

Parts	3 years
Labor	1 year

**Smart console only.