

*Octane*  
FITNESS

# MAX

TRAINER®

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TRAINER®



# 14 MIN MAX RESULTS

MAX  
CALORIE  
BURN

QUICK  
ON & OFF

SMALL  
FOOTPRINT

UP TO  
**43%**  
MORE  
CALORIE  
BURN\*

\*Study conducted by the Human Performance Lab at a university comparing calories burned during a 14-minute guided workout on a Max Trainer machine versus calories burned during the first 14 minutes of a 30-minute self-paced workout using a standing elliptical and a rowing machine.



# MAX TRAINER



## FUNCTIONAL TRAINING

Easy to use and instantly responsive, the Max Trainer® machine is ideal for circuit workouts with multiple users working in rapid succession.

## SMALL GROUP CLASSES

Exercisers determine their own intensity on the Max Trainer, which makes it ideal for all levels, from beginners to athletes, to challenge themselves and progress at their pace.

## CARDIO FLOOR

These total-body, zero-impact workouts blast calories in steady-state or HIIT.

# FUNCTIONAL TRAINING NOW AMPLIFIED

## 14-MINUTE WORKOUT

Up to 43% more calorie burn\*

## INSTANT RESISTANCE CHANGE

No time wasted

## ULTIMATE HIIT MACHINE

Just get on and go – no adjustments needed

## HIGH-VELOCITY FAN

Virtually unlimited fan and brake resistance



## INTUITIVE CONSOLE

Calorie meter offers instant feedback and motivation

## DUAL GRIPS

More effectively activate upper body

## QUICK ON AND OFF

Fast transitions ideal for circuit workouts

## SMALL FOOTPRINT

Less floor space than treadmills, ellipticals and steppers

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# MAX TRAINER SPECIFICATIONS

• Standard ○ Optional

## KEY MECHANICAL FEATURES

High-velocity fan	•
Resistance type	Fan and magnetic brake
Covered track and rollers	•
Stride height	9" (23cm)
Stride length	14" (36cm)
Low step-up height	•
Pedal spacing 1.8" (4.6cm)	•
Compact design	•
Transport wheels	•
Moving handlebars	Dual grip
Stationary handlebars	•
Mobile device placement options	2
Water bottle holder	•
CROSS CIRCUIT® kit	○

## ELECTRONIC FEATURES

Display type	Transparent LCD
Calorie burn meter	Digital
Resistance levels	10
Polar® wireless heart rate compatible	•
Bluetooth® and ANT+™ compatible	•
Self-powered*	•
AC plug-in	○

\* Includes 4AA batteries for console operation.

## WORKOUTS

Number of programs	6
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## PRESET PROGRAMS

Quick Start	•
Max 14 Interval	•
Interval	•
Manual	•
CROSS CIRCUIT	•
Max CIRCUIT	•

## PRODUCT SPECIFICATIONS

Max user weight	400 lbs (181 Kg)
Footprint (W x L)	30" x 47" (76cm x 119cm)
Footprint - live area (W x L)	30" x 51" (76cm x 130cm)
Footprint with CROSS CIRCUIT kit	37" x 57" (94cm x 145cm)
Product weight	220 lbs (98 Kg)
Product weight with CROSS CIRCUIT kit	260 lbs (118 Kg)

## WARRANTY

Frame	Lifetime
Parts	3 years
Labor	1 year

Warranty outside the US and Canada may vary.



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