Octane
FITNESS

Time | Calories | Distance | Pace
Length | Height | HR% | HR | Level

GET STARTED IN 5 SIMPLE STEPS

1 HOP FROM SIDE TO SIDE
2 START WITH SHORT STRIDES
3 KICK YOUR HEELS TO YOUR GLUTES
4 SLOWLY EXTEND YOUR STRIDE
5 MOVE LEVER TO ADJUST RESISTANCE

Program Workout +/−   Enter   Quick Start   PAUSE CLEAR

ZR8000
CONSOLE GUIDE
&
SET-UP INSTRUCTIONS–
STANDARD CONSOLE

TABLE OF CONTENTS

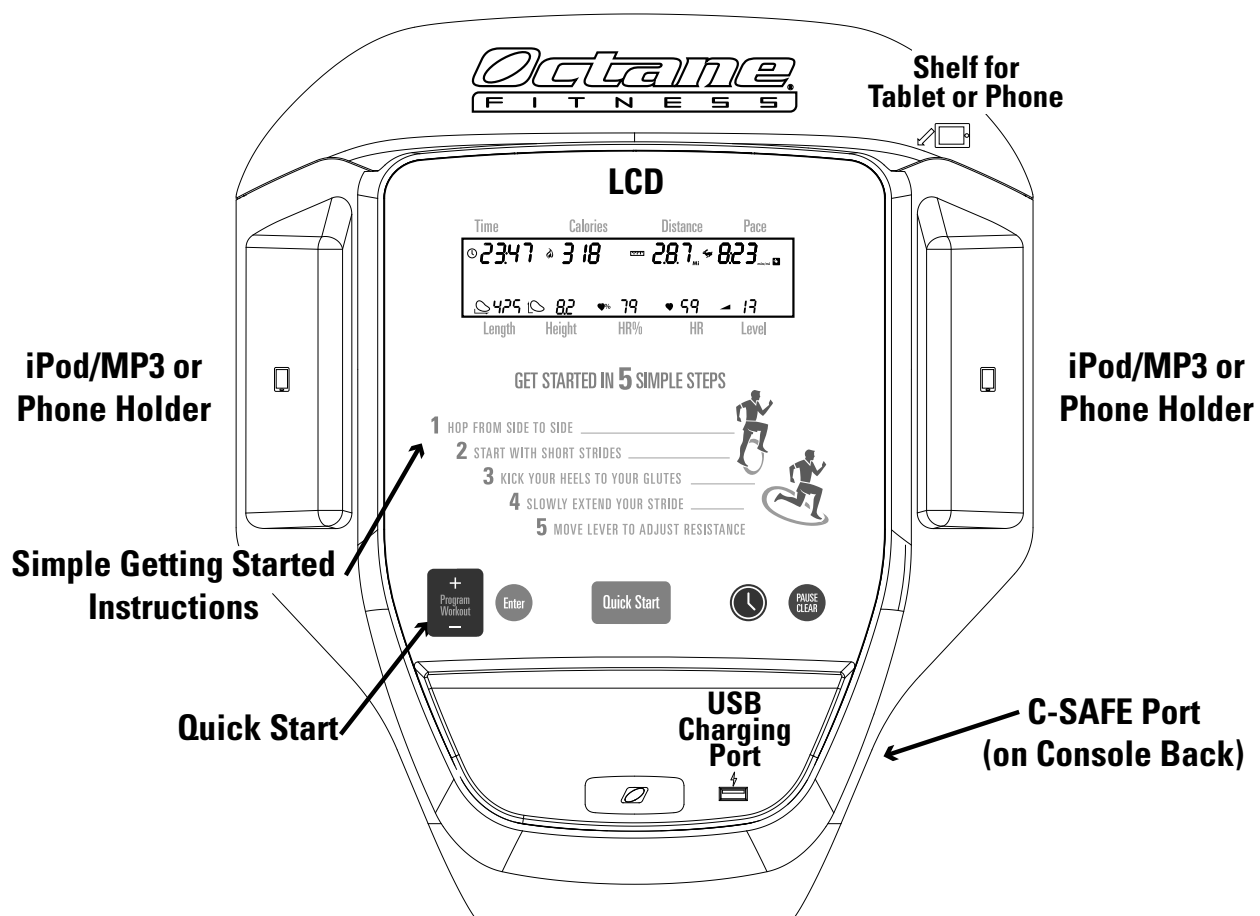# ZR8000 STANDARD CONSOLE GUIDE

Get ready to run for the rest of your life with the Zero Runner by Octane Fitness. The Zero Runner simulates real running motion, engages all the muscles and delivers the multiple benefits of running, without impact to your joints or body.

Just step on the ZR8000, take a look at the simple instructions on the console and start running exactly like you do outside. The innovative console features all the same great information that you have on your training watch — time, distance, speed, calories burned and heart rate. The console also has ANT+ connectivity for your heart rate monitor and SMARTL*INK* on select Garmin Connect IQ**™** watches. The ZR8000 can also be connected as a 'foot pod' to watches with ANT+ connectivity.

ZR8000 Console Features

The ZR8000 standard console incorporates many features to enhance your workout experience:

- An integrated LCD that provides important workout data and instructions to keep your workout safe and interesting;
- Convenient shelves and pockets for your phone, tablet, iPod**®**/MP3 and other electronic devices, plus a USB charging port to keep your devices charged throughout your workout;
- A Quick Start to get you into tracking your run right away,
- C-SAFE input for intra-club networking.

Dynamic Display (LCD)
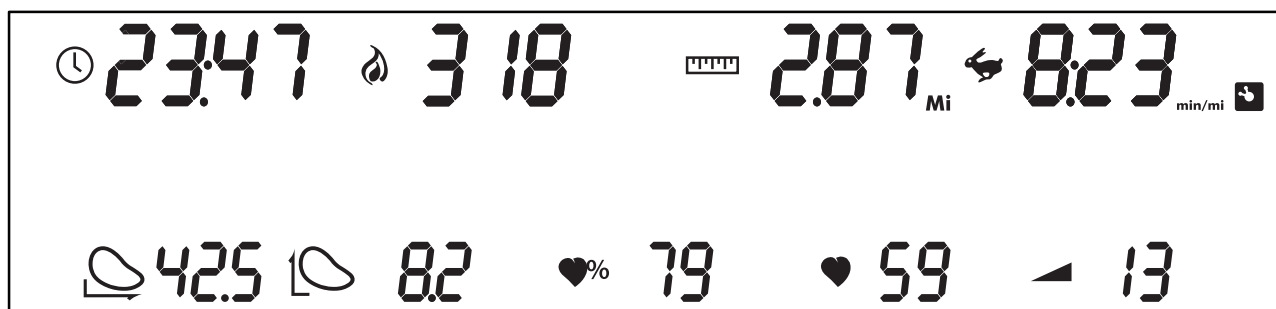
The top portion of the standard console is an LCD which dynamically displays all of the important workout data and guides your workout with intervals and motion changes. Watch the display—it will coach and motivate you throughout your workout and reward you with summary information at the end of your session.

Icon	Description
(clock icon)	Displays workout **time**, counting up from 00:00. The timer goes up to 59 minutes, 59 seconds (59:59), then the display rolls over to 1 hour, 0 minutes (01:00) and begins counting in minutes instead of seconds from that point forward. Refer to User (Club) Settings to learn how to switch from a "count up" to "count down" display and to set a different maximum workout time.
(flame icon)	Displays an estimate of the total **calories** burned during the workout, based on the user's entered weight. If no specific weight is entered, calories are based on a 150 lb. (68 kg) user.
(ruler icon)	Displays an estimate of the **distance** you have traveled. Distance can be shown in either miles (English) or kilometers (metric). The default display is English. Refer to User (Club) Settings to learn how to switch from English to metric.
(rabbit icon)	Displays your current **pace** in minutes/mile or minutes/km.
(ANT+ icon)	When lit, this icon indicates that **ANT+**_{TM} wireless communications is active and detecting signal from a compatible wireless heart rate chest strap.
(stride length icon)	Displays your current front-to-back **stride length**, in inches (English) or centimeters (metric).
(stride height icon)	Displays your current vertical **stride height**, in inches (English) or centimeters (metric).
♥%	Displays your current **heart rate percentage**, calculated as current heart rate divided by theoretical maximum heart rate (TMHR). ***Note:*** *The standard TMHR is calculated for a 40-year old user weighing 150 lbs. (68 kg). You must have entered your age during program setup and be wearing a wireless heart rate transmitter or consistently grasping the contact heart rate sensor grips on the handlebars in order to get an accurate reading of Heart Rate % for your age and weight.*
♥	Displays **heart rate** in beats per minute (BPM). ***Note:*** *You must be wearing a wireless heart rate transmitter or consistently grasping the contact heart rate sensor grips on the stationary handlebars.*

Icon	Description
◣	Displays the resistance **level** (1-10), where 1 is the lowest resistance level and 10 is the highest. **Adjust the resistance** by moving the adjustment lever located just below the console. Positioning the lever all the way down (by the "–" on the lever label) sets the resistance at Level 1; all the way up is Level 10. Move the lever within its range to find the resistance that is most comfortable for you.

Resistance Adjustment Lever

Time	Calories	Distance	Pace
23:47	318	28.7 Mi	8:23 min/mi

425	8.2	79	59	17
Length	Height	HR%	HR	Level

GET STARTED IN **5** SIMPLE STEPS

1 HOP FROM SIDE TO SIDE

2 START WITH SHORT STRIDES

3 KICK YOUR HEELS TO YOUR GLUTES

4 SLOWLY EXTEND YOUR STRIDE

5 MOVE LEVER TO ADJUST RESISTANCE

+ Program Workout −   Enter   Quick Start   🕐   PAUSE CLEAR

Keypad Buttons

Quick Start	The easiest way for you to start your run is to simply push the Quick Start button. The clock starts timing you for a 30-minute run (the Maximum Workout Time allowed by the club if that maximum is less than 30 minutes.) The calories readout will be based on a 150 lb. (68 kg) user, age 40. Once you have selected Quick Start, you can set the time for a shorter run and use the resistance level to adjust the resistance to your liking. (Age and Weight can only be changed by selecting a program using the Program Workout button and entering the values during set-up.)
Program Workout	Press **Program Workout** (+) or (−) to scroll through the programs, then press **Enter** to select a program. Program changes can be made any time during your workout. When you change programs, the LCD message center prompts you to enter new program values as needed.
Enter	Selects changed values or items when programming workouts or User (Club) Settings.
🕐	Press the clock button (**Time**), then (+) or (−) to increase or decrease the time of your workout, in 1 minute increments. The standard workout time is 30 minutes (30:00). The maximum time is 99 minutes (01:39); this time can be changed or set to "OFF" in User (Club) Settings if a different maximum workout time, or no limit, better suits your environment.
Pause Clear	Press once to pause your workout. The standard pause time is 3:00. To restart a paused workout, push any key or just begin pedaling. If you stop pedaling during a workout, the unit will automatically begin a pause phase; simply start pedaling to resume your workout. Press the Pause Clear button twice within two seconds, and the machine is reset and ready for another workout.

USER (CLUB) SETTINGS

Many of the standard features and controls of Octane Fitness units can be customized to fit your personal preferences or workout environment. In just a few simple steps, you can set up the machine to skip the Warm-Up, count down your workout time (instead of counting up), limit the maximum workout time, display units in English or metric, mute the console beeps and more All of these adjustments are easily completed and are saved as the new standard for the machine—you don't need to reset them for each use.

To access the User Set-up functions, press and hold **Program Workout (+)** and **Quick Start** for three-five seconds, or until you hear a beep. The following customizable functions are displayed in sequence in the LCD; use the Enter key to toggle through the available options (shown in the matrix display) for each function, and press Program Workout Up (+) or Down (–) to select a setting and move to the next function. To exit without changing any values, press Pause Clear twice.

Warm-Up	This feature may be turned "ON" (to include a 3-minute warm-up in each workout) or "OFF". The factory default setting is "OFF".
Clock Direction	The console can track workout time by counting "UP" or "DOWN". The factory default setting is "UP".
Max Workout Time	You may set the maximum workout time for users to the value that is best for your environment. The factory default setting is "OFF", allowing users to use the machine for as long as they would like without reset. Press the Enter key one time to move from"OFF" to ten minutes (10:00) , then press and hold ENTER to scroll to any value between ten miniutes (10:00) and 99 minutes (01:39). (The setting rolls back to "OFF" if you scroll past 99 minutes). Press the Up (+) or Down (–) key to save the value you desire.
Default Workout Time	Default Workout Time governs the standard value that users see when they program a workout with a 'time' setting. The factory default setting is 30:00 (30 minutes). Default Workout Time may be set to any value between ten minutes (10:00) and the current Max Workout Time setting. If Max Workout Time is set to "OFF", Default Workout Time is 99 minutes (01:39). Press and hold ENTER to scroll through in one-minute increments to the value you want, then press the Up (+) or Down (–) key to save the value you desire.
Unit Type	You may choose to have the weight and distance units displayed in "ENGLISH" (pounds and miles) or "METRIC" (kilograms and kilometers). The factory default setting is "ENGLISH".
CROSS CIRCUIT	Select "OFF" to disable the two CROSS CiRCUIT Pro programs (for use with the optional CROSS CiRCUIT Pro Kit). Factory default is "ON".
Beep	You may turn the console sounds "ON" or "OFF". The factory default setting is "ON".
ID	If you have more than one Octane Fitness unit on site, use this setting to give each a unique identification number for pairing with a mobile device. Choose any value between 0 and 127. The factory default setting is 1.
Exit	When EXIT is displayed in the LCD, press Enter to leave User (Club) Settings. All of your selections will be saved and become the new standard settings for your machine. They may be changed at any time by repeating these set-up procedures.

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 Zero Runner has been manufactured to withstand many hours of hard use with minimal required maintenance. Simply wipe off the machine with a clean towel after a hard workout to remove any sweat to keep the machine clean. ***Do not use bleach on the console as it will damage the surface.***

Abrasive cloths, towels, paper towels, and similar items may cause damage to the surface of your console. Do not use window cleaners, household cleaners, aerosol sprays, solvents, alcohol, ammonia, or abrasive cleaners, as they, too, may damage the console.

Zero Runner is designed to be operated in an environment where the temperature is 60˚ Fahrenheit (15˚ Celsius) or warmer. Colder temperatures may impact performance of the unit.

Please contact your local Octane Fitness dealer should you have any questions or encounter any maintenance issues with your Zero Runner. If you would like to speak directly to an Octane Fitness customer service specialist, please call 888.OCTANE4 or 763.757.2662, ext. 1, or visit www.octanefitness.com.

Diagnostics

The ZR8000 offers a diagnostics mode to test the electrical functions. These diagnostics allow you to identify the software version of your unit and to check the functions of the LCD, keypad and other electrical elements. To enter the diagnostics mode, hold down the Program Workout (+) and (–) keys simultaneously for three (3) seconds. Tests and results are displayed in the LCD. Use the (+) and (–) keys to navigate through the diagnostic tests options.

For additional information and instructions for using the available diagnostics, refer to your Product Service Manual or contact Octane Fitness Customer Service at 888.OCTANE4 or 763.757.2662, extension 1.

Program Descriptions

In addition to Quick Start, the ZR8000 features several built-in programs to keep workouts interesting:

Manual	CROSS CiRCUIT Lower Body	Calorie Goal
CROSS CiRCUIT Solo	CROSS CiRCUIT Upper Body	Interval (Distance or Time)
CROSS CiRCUIT Group	CROSS CiRCUIT Core	
CROSS CiRCUIT Total Body	Distance Goal	

Descriptions of each program are found in the ***Octane Fitness Program and Features Guide*** (Part Number 110751-001), available online at www.octanefitness.com. Just navigate to the ZR8000 product page and select the guide for online review or download.

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 set-up 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. Or, if you would like 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).

Join the OCTANE FITNESS Community.

search: Octane Fitness

Free Downloads, Workout Inspiration, Team Atmosphere

OCTANE FITNESS

FUEL YOUR LIFE ™

Octane Fitness
US & Canada, Latin America, Asia & Asian Pacific
7601 Northland Drive North
Suite 100
Brooklyn Park, MN 55428
Phone: 888.OCTANE4 (US and Canada)
        763.757.2662 (Latin America, Asia and Asian Pacific)
Fax: 763.323.2064

Octane Fitness International
Europe, Middle East, Africa
Rivium Westlaan 15
2909 LD Capelle a/d Ijssel
The Netherlands
Phone: +31 10 2662412
Fax: +31 10 2662444