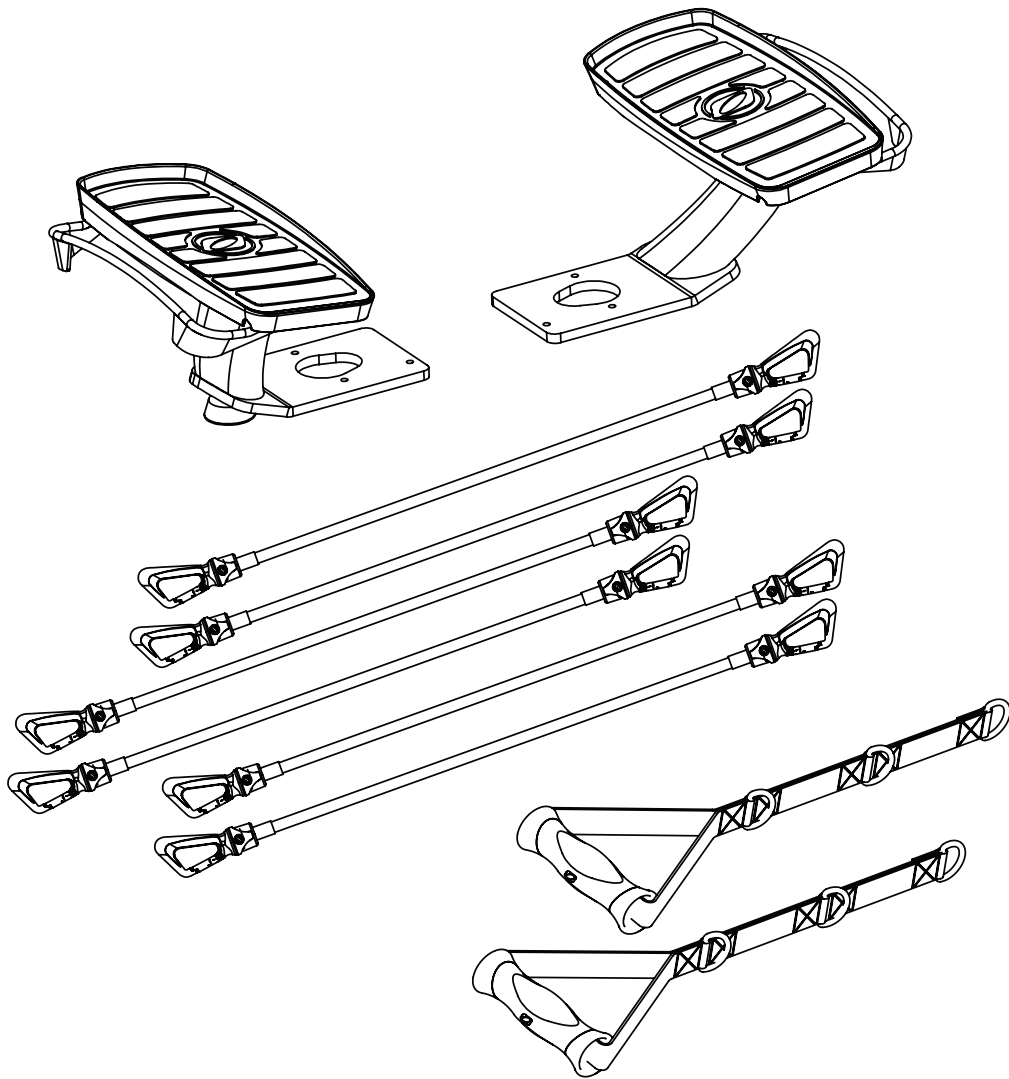




# CROSS CiRCUIT+ KIT

STATIONARY FOOT PLATFORMS WITH POWERBANDS

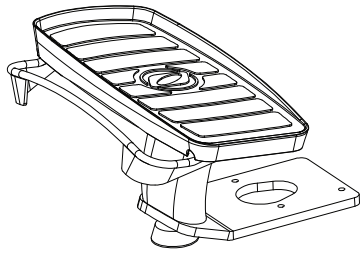


SAFETY AND ASSEMBLY INSTRUCTIONS

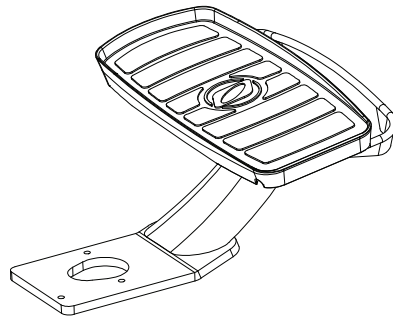


# CROSS CiRCUIT+ KIT CONTENTS

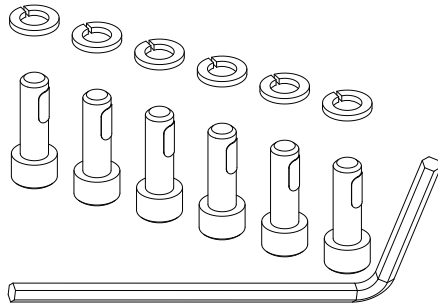
❑ Left Side Foot Platform



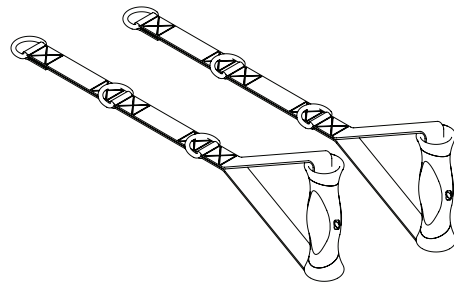
❑ Right Side Foot Platform



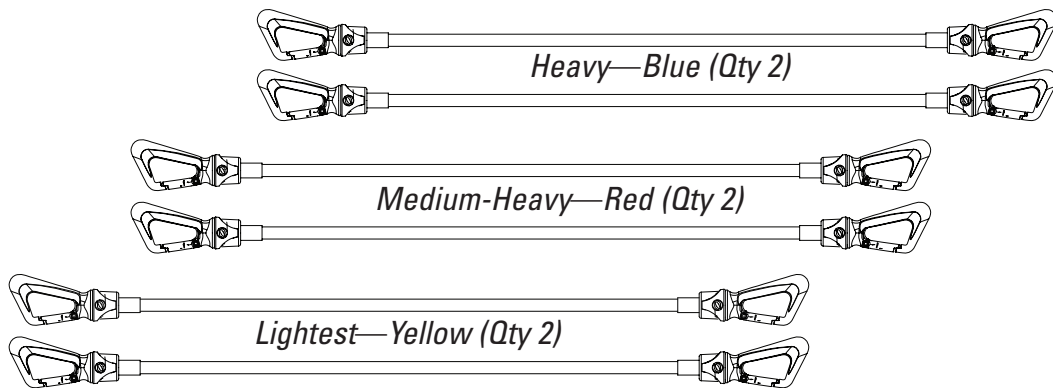
❑ Hardware Kit



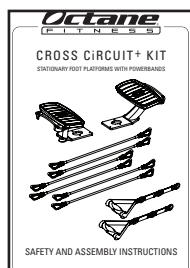
❑ Handles (Qty 2)



❑ Powerband Sets (2 Powerbands each)



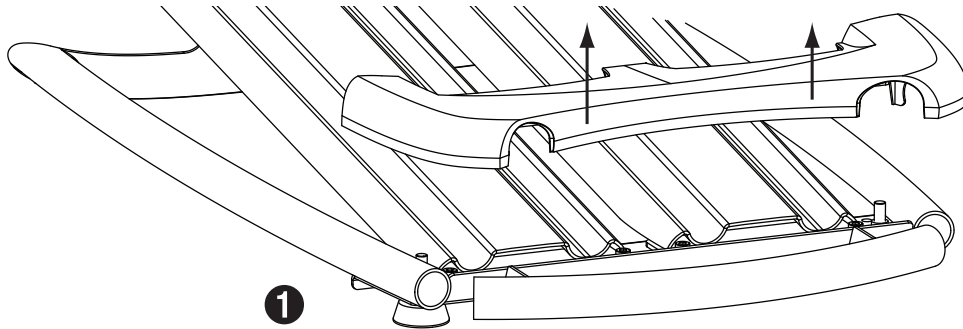
❑ Assembly and Safety Instructions



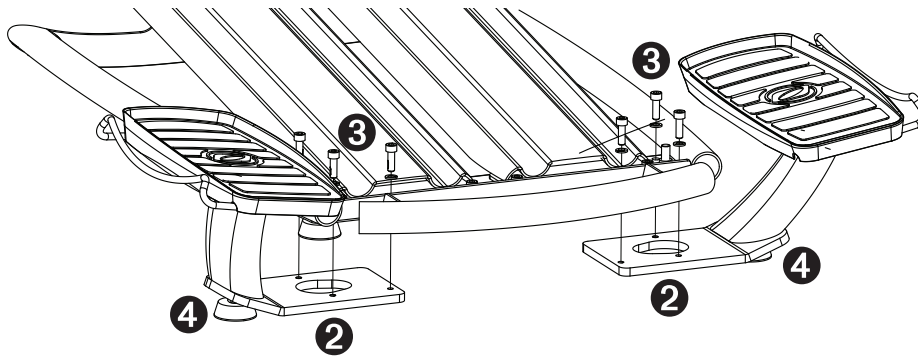
❑ CROSS CiRCUIT+ Exercise Guide



# CROSS CiRCUIT+ KIT ASSEMBLY INSTRUCTIONS



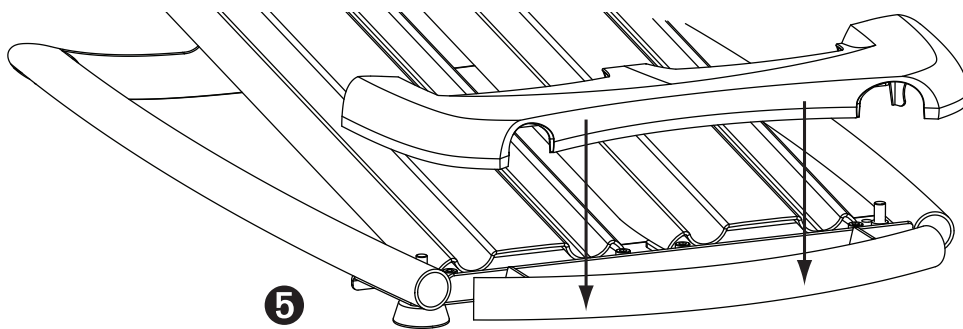
- ❶ Remove rear track cover.
- 



- ❷ Tilt elliptical; slide Right Side Foot Platform under unit. Fit elliptical leveler into cutout of Right Side Foot Platform. Lower unit to floor.
- ❸ From top, insert three (3) screws with lock washers from top into threads; tighten.

Repeat ❶ - ❸ for Left Side Foot Platform.

- ❹ Set levelers on side platforms finger-tight to floor; tighten jam nuts.
- 

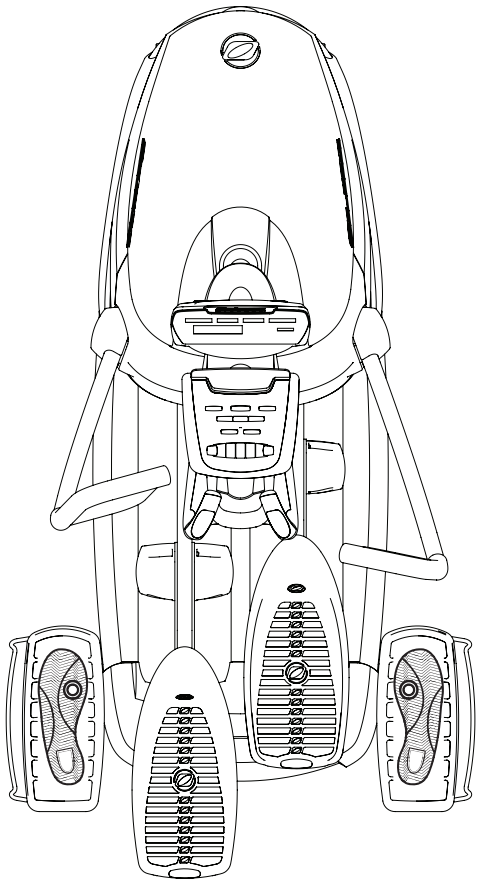


- ❺ Replace rear track cover.

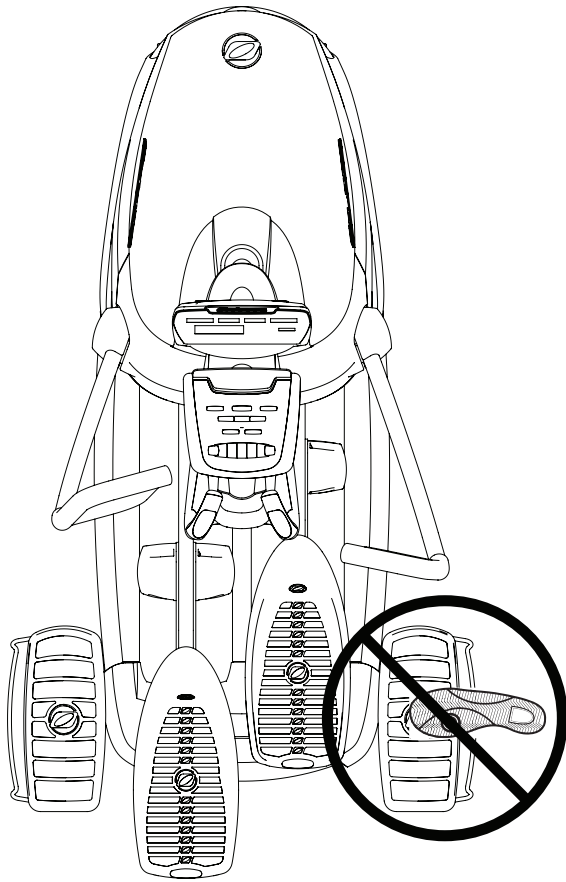
## SIDE PLATFORM SAFETY GUIDELINES

Before using the Side Platforms with your Octane Fitness elliptical, read and follow these instructions:

- Read owner's manuals and all warnings before use.
- Keep children under the age of 13 away from elliptical and foot platforms.
- Always wear proper footwear when using the foot platforms.
- **Do not** step on or perform calf raises on the side of foot platforms (see picture below).



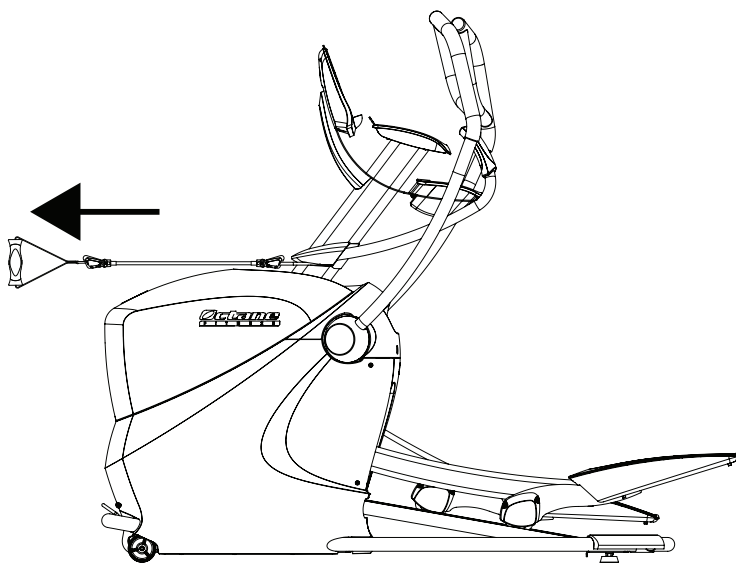
**CORRECT**



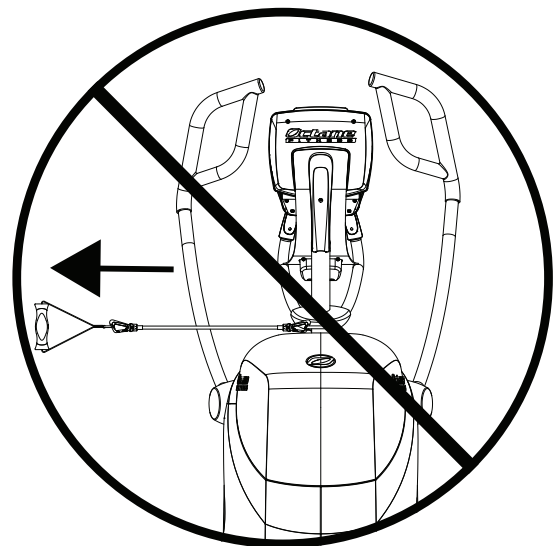
## POWERBAND SAFETY GUIDELINES

Before using the Powerbands with your Octane Fitness elliptical, read and follow these instructions:

- Read owner's manuals and all warnings before use.
- **Securely attach** bands to machine before use.
- **Do not** clip multiple resistance bands together on the same handle.
- **Do not** store bands in stretched position for prolonged periods of time.
- Inspect bands and clips for signs of wear before use, discard if worn.
- **Do not** stretch bands more than 2 times original length.
- Use **caution** when stretching or releasing bands; uncontrolled release can cause serious injury.
- Detach Powerbands from machine after use.
- Keep children under the age of 13 away from Powerbands .
- Pull Powerband **from front of Octane elliptical mast ONLY** (as shown); do not pull Powerband from the side of the machine.
- Use **only** Octane Fitness Powerbands and grips with this Octane product.



**CORRECT**

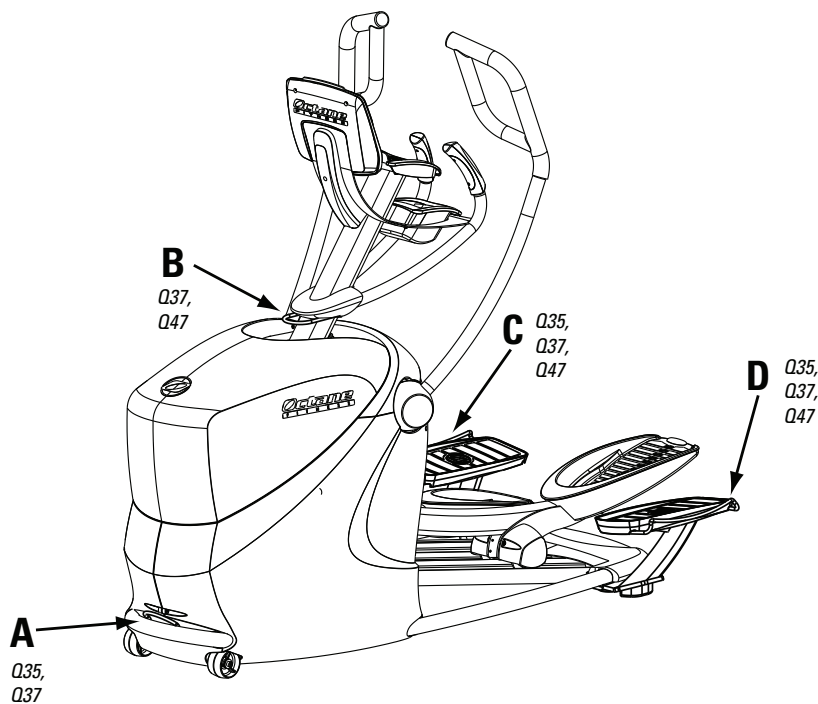


# POWERBAND EXERCISE ANCHOR POINTS

Use the following tables and diagram to properly anchor the Powerbands for each type of exercise. The exercises are illustrated in the **CROSS CiRCUIT+ Exercise Guide—Powerband Edition** included in this kit.

UPPER BODY	A	B	C/D
Chest Press		x	
Flys	x		x
Curls	x		x
Tricep extensions	x		x
Military press	x		x
Lateral raise	x		x
Front raise	x		x
Cross-over raise	x		x
Upright row	x		x
Seated row	x		x

LOWER BODY	A	B	C/D
Squats	x		x
Adductor	x		x
Abductor	x		x
Calf raise	x		x
Leg extensions	x		x



## Cleaning the Side Platforms and Powerbands

Use a clean towel with a mild soap and water solution to wipe down the side platforms and the Powerband handles after use. Powerbands may be cleaned with Armor All® or a similar cleaning product to restore the original shine.

## Learn More at [www.octanefitness.com](http://www.octanefitness.com)

Log on to [www.octanefitness.com](http://www.octanefitness.com) where you will find additional information about product features and answers to many common questions and tips on using your elliptical. If you would like to speak to an Octane Fitness Customer Service specialist, please call 1-888-OCTANE4 or 763-757-2662, extension 1.

*Are you passionate about your workout and the results?*

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Then click on "Share My Story" and  
show the world how fueled you are.

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