

LATERALX

Move in a different direction. Add new dimension and excitement to your cardio floor with the LateralX elliptical that delivers functional challenges, more muscle demands and high caloric burn – all in a space-efficient design.



OCTANE ADVANTAGES

- Up to 27% increase in caloric expenditure when going from narrowest to widest width*
- Adjustable lateral 3-D motion
- Adds muscle confusion with 10 varying planes of motion
- Great for sports, rehab and stability training, working the hips, thighs and glutes



LATERAL MOTION

Active side-to-side motion increases caloric expenditure by up to 27% and increases hip muscle activation when going from the narrowest to the widest width.*



ADJUSTABLE MOTION

Ten adjustable width levels begin in a narrow stepping motion and diverge to an active, side-to-side movement for greater variety.



UPPER-BODY ERGONOMICS

MultiGrip and Converging Path handlebars engage the upper body and custom-fit exercisers.



ADVANCED PROGRAMS

Exercisers can take on HIIT with Octane's exclusive 30:30 Interval and MMA workouts, which incorporate rigorous intervals for challenges that help drive results.

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

LateralX Specifications • Standard • Optional

KEY MECHANICAL FEATURES		WORKOUTS	
Lateral width adjustments	10	Number of programs	14
Electronically adjustable lateral width	•	LATERAL WIDTH PROGRAMS	
Quiet motor	•	Lateral Interval	•
Soft grip pedals	•	Dual Direction	•
Low step-up height	•	PRESET PROGRAMS	
MultiGrip and Converging Path handlebars	•	Manual	•
Moving handlebar lock-out option	•	Random	•
Phone holder	•	Interval	•
Water bottle holder	•	Distance goal	•
Tablet/reading rack**	•	Calorie goal	•
Transport wheels	•	HEART RATE-CONTROLLED PROGRAMS	
ELECTRONIC FEATURES		Heart Rate Fat Burn	•
Apple Gym Kit***	•	Heart Rate Interval	•
Resistance levels	30	ADVANCED PROGRAMS	
Quick Starts (Narrow, Medium, Wide)	•	30:30 Interval	•
Digital contact heart rate on moving handlebars	•	MMA	•
Wireless heart rate ready	ANT+® and Polar®	Constant Watts	•
Fingertip controls on moving handlebars	•	Constant METs	•
Console fan (3 speeds)	•	WORKOUT BOOSTERS	
Self-powered (standard console only)	•	X-Mode	•
Mobile device charging via USB port	•	ThighToner	•
Replaceable headphone jack	•	QuadPower	•
CSAFE	•	PRODUCT SPECIFICATIONS	
CONSOLE OPTIONS		Max user weight	400 lbs (181 kg)
Smart	10" (25.4 cm) capacitive touch screen	Footprint (W x L)	42" x 63" (106 cm x 160 cm)
Standard	Large LED display with integrated capacitive buttons	Product weight	388 lbs (176 kg)
ENTERTAINMENT OPTIONS		WARRANTY	
LG TV	•	Frame	3 years
Wireless 900 Mhz***	•	Parts	3 years
		Labor	1 year

**Smart console only
***Standard console only



Smart Console



Standard Console



Octane

888-OCTANE-4 octanefitness.com

©2022 Octane Fitness, LLC. In a continual effort to improve our products specifications are subject to change.

BROCH22OCLATX