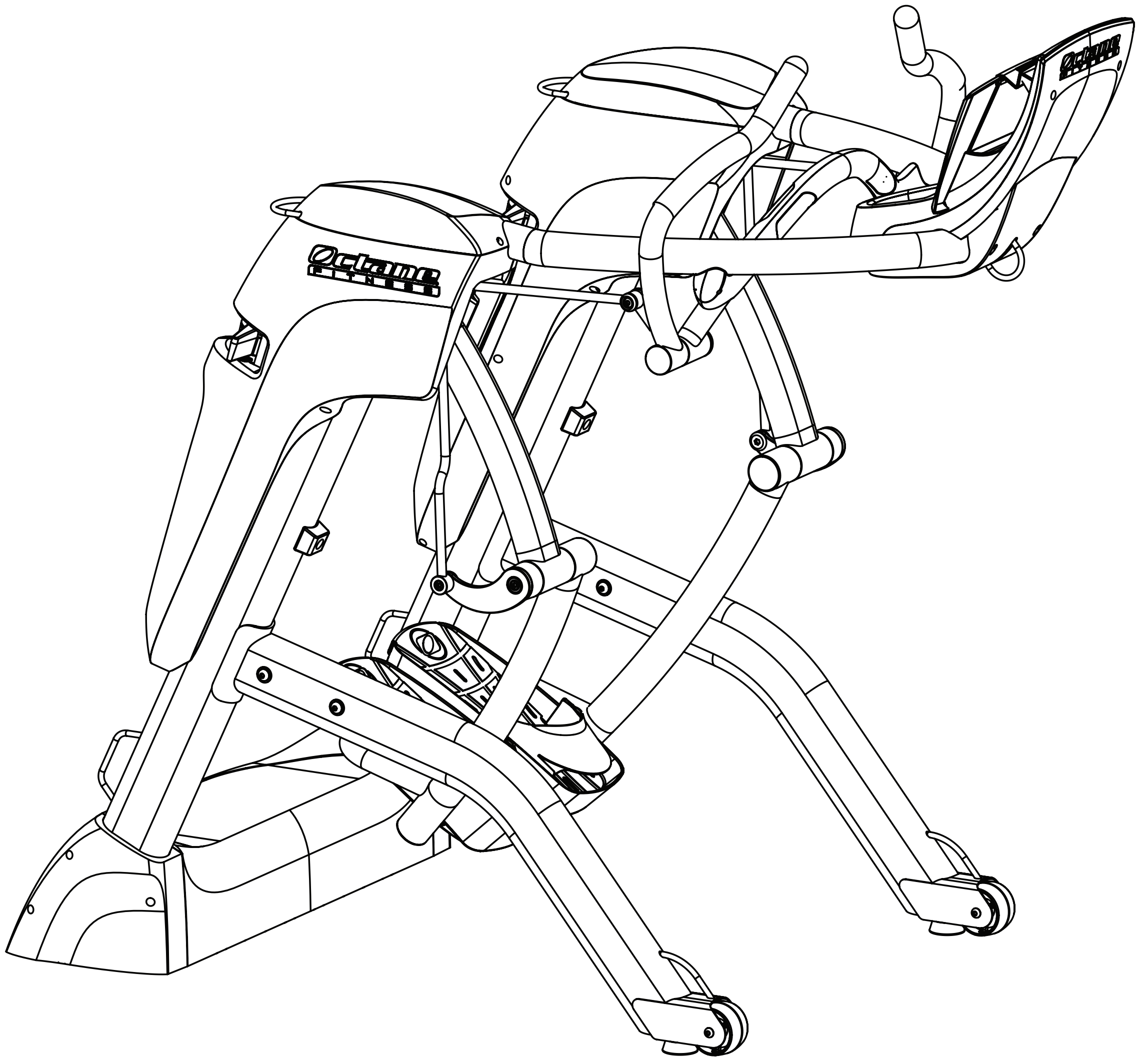
Octane® FITNESS



ZR7

OPERATIONS MANUAL

TABLE OF CONTENTS

GET READY TO RUN FOR THE REST OF YOUR LIFE! 1

- Important Safety Information 1
- Warranty Information 1
- Heart Rate Monitoring 1
- Cleaning and Maintenance 2
- Learn More...and Join the Octane Fitness Community 2

GETTING STARTED 3

- A Quick Tour of Your Zero Runner 3
- Your First Workout 4

ELECTRONICS 5

- Dynamic Display (LCD) 5
- ZR7 Keypad 7
- Pause Mode 9

TIPS & TRICKS 10

GET READY TO RUN FOR THE REST OF YOUR LIFE!

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 any impact to your joints or body.

Getting started is easy—step on the Zero Runner and start running exactly like you do outside. The Zero Runner has a knee joint so you will be able to kick up your heel just like you do when you run 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.

And if you are looking for more variety, the coaching of a virtual personal trainer, or a cross training workout, the Zero Runner can provide that, too. Take some time to familiarize yourself with the features and benefits described on the following pages...and then get running!

Important Safety Information

Anyone using this product should consult a physician before starting an exercise program. This is especially important for persons over 35 or those with pre-existing health conditions. If at any time during a workout an exerciser experiences chest pains, nausea, dizziness, or shortness of breath, he or she should stop exercising immediately and consult a physician before starting again.

The Octane Fitness Zero Runner Product Safety Information (Part Number 109047-001), shipped with the product, contains important details for safe set-up and operation of the Octane Fitness Zero Runner. Users are expected to review this document before using the ZR7.

Warranty Information

The Octane Fitness ZR7 is warranted to be free of all defects in material and workmanship for a specific period of time from original date of purchase. Please refer to the Octane Fitness Limited Consumer Warranty (Part Number 104198-001) included in your information packet for full terms and details of warranty coverage.

Heart Rate Monitoring

The ZR7 is equipped with state-of-the-art heart rate monitoring technologies that help you make the most of your training efforts. The digital contact heart rate grip sensors on the stationary handlebar enable on-demand heart rate monitoring—just grasp the sensors and your current heart rate is displayed on the console.

For the most accurate heart rate reading possible, grasp each contact heart rate grip so that the contact sensor portion of the grip rests in the palm of your hand. Grip the contact sensors firmly, and keep your hands steady and in place.

With the use of a Polar™-compatible (5 KHz, coded or non-coded) or ANT+™-compatible wireless heart rate transmitter, your heart rate is displayed on the console throughout your workout. Simply adjust the length of the elastic strap and fasten the transmitter around your torso, underneath your shirt. Place the strap just below your chest. Make sure the logo is away from you and right side up. It may help to moisten the electrodes (the ribbed portion on the back side of the transmitter) with a small amount of water for better contact with the skin. Make sure the strap fits snugly but doesn't restrict breathing.

Note: The contact handgrips reading takes priority if both the wireless and contact heart rate grips are in use.

Cleaning and Maintenance of the ZR7 Zero Runner

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.***

Powerbands may be cleaned with Armor All® or a similar cleaning product to restore the original shine.

Abrasive cloths, towels, paper towels, and similar items may cause damage to 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.

Learn More...and Join the Octane Fitness Community!

Should you have any questions regarding your ZR7, please log on to www.octanefitness.com where you will find answers to many common questions and tips on using your Zero Runner. If you would like to speak to an Octane Fitness Customer Service specialist, please call 1-888-OCTANE4 or 763-757-2662 extension 1.

Or...find Octane Fitness on your favorite social media site—Instagram, Facebook, Twitter, YouTube, Pinterest or Google^{+}! Just search for "Octane Fitness" to get connected with a community of users who are enjoying free downloads and workout inspiration in a team atmosphere. Come join us!

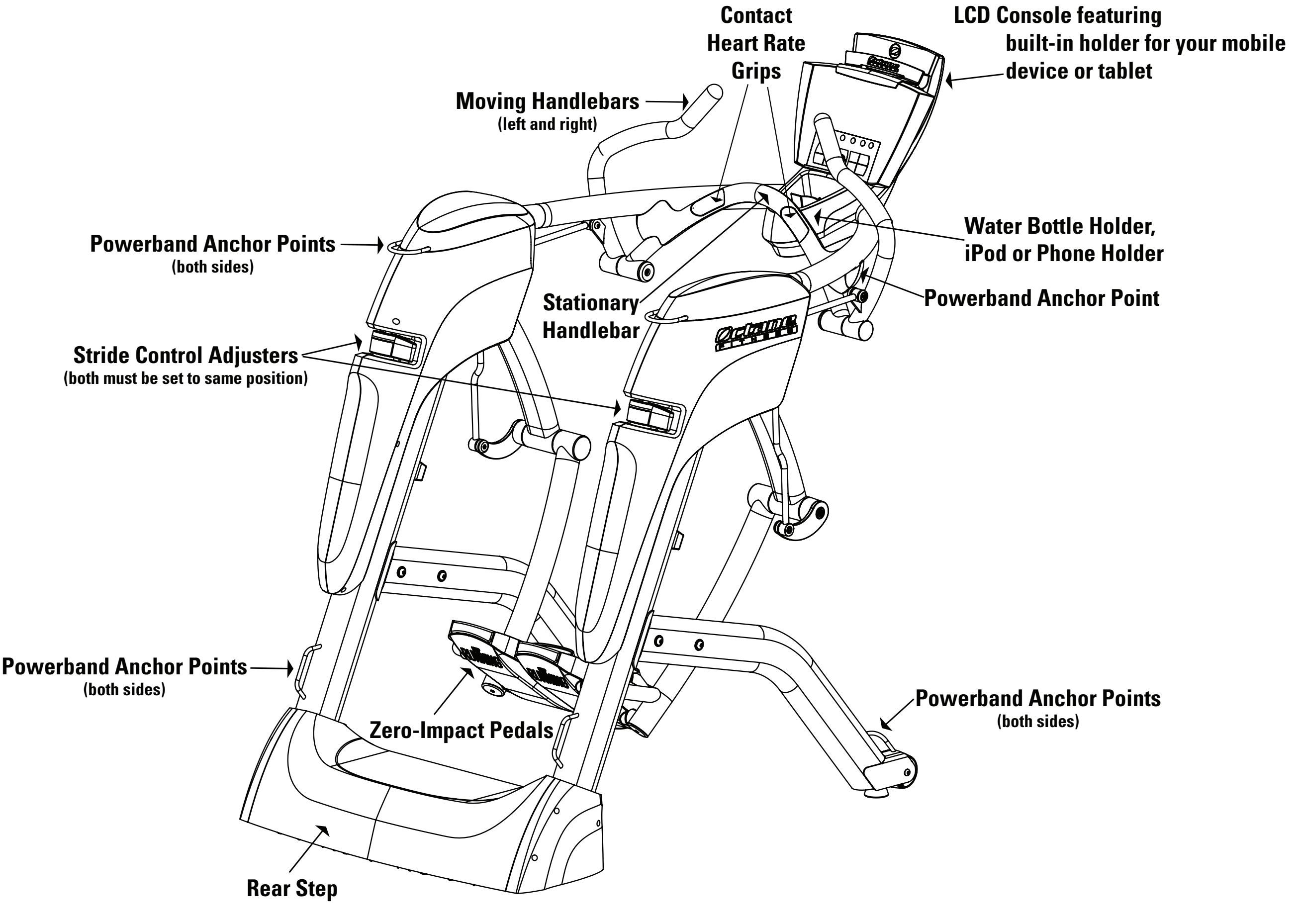
search: Octane Fitness

GETTING STARTED

A Quick Tour of Your ZR7 Zero Runner

Your ZR7 includes many features to keep your workout safe and interesting:

- LCD Console featuring a place to put your tablet or mobile device for easy access and use during workout
- Moving handlebars and zero-impact 'floating' pedals that work together to give you a smooth, comfortable motion
- Stride Control Adjusters that help you find the pedal motion/pedal tension that best suits your needs
- Contact heart rate grips on the stationary handlebar for accurate, on-demand heart rate information
- Powerband anchor points to facilitate your CROSS CiRCUIT (cross training) workout
- Convenient storage for your water bottle, iPod®, phone or other needed accessories


Contact Heart Rate Grips
LCD Console featuring built-in holder for your mobile device or tablet
Moving Handlebars (left and right)
Powerband Anchor Points (both sides)
Water Bottle Holder, iPod or Phone Holder
Powerband Anchor Point
Stationary Handlebar
Stride Control Adjusters (both must be set to same position)
Powerband Anchor Points (both sides)
Powerband Anchor Points (both sides)
Zero-Impact Pedals
Rear Step

Your First Workout

Just like stepping out the door for a run, getting started with the ZR7 is easy...just step on the machine, turn on the console and start moving! Before you get going, however, it is important to know how to safely get on and off the machine, how to adjust the stride motion, and how to set up your 'training monitor', the console. Follow these simple guidelines and you'll soon be off and running:

- ***Set the Stride Control Adjusters to the center position.*** Both adjusters must be set to the same position.
- ***Carefully step onto the machine.*** First step onto the rear step, then grasp the stationary handlebar or side shrouds as you carefully place one foot and then the other onto the pedals. Make sure your feet are all the way forward in the pedals.
- ***Facing forward, grasp the stationary handlebar and begin to move your legs.*** You are in full control of how the pedals move. While holding on for balance, try a few different motions: slide your feet forward and back in a lunging motion, then lift your feet and knees in a stepping motion. Then try kicking up your heels and lifting your knees and shifting your body weight side-to-side as you step forward in a jogging motion. Finally, when you feel confident, pick up the speed, still focusing on kicking up your heels and shifting your body weight side-to-side as you lengthen your stride.
- ***Grasp the moving handlebars to add the arm motion.*** When you feel confident, pick up the speed, still focusing on kicking up your heels as you lengthen your stride. Now you are striding in a natural running motion. Focus on smooth movement and balance as you continue to pick up speed.
- ***Adjust the stride motion to your liking.*** The Stride Control Adjusters change the tension of the pedal motion. If you feel that the motion is too "tight" for you, stop pedaling and move both adjusters toward the "–" position. If you feel that the motion is too "loose", stop pedaling and move both adjusters toward the "+" position. It may take some experimentation before you find the adjuster position that suits you best. You can position the adjusters anywhere along the continuum from "+" to "–" to fit your needs; however, **both levers must be in the same relative position** in order for the pedals to provide a smooth, balanced motion.
- ***Power up the console to guide your workout.*** Once you feel comfortable with the motion of the ZR7, you are ready to activate the console to monitor and motivate your workout. Like a training watch or heart rate monitor, the console keeps you informed with important workout data. To get started, simply press the (Power) button and resume pedaling, and the timer begins counting up the minutes and seconds of your workout. Your pace, stride length, and distance are also shown. If you are grasping the contact grips on the stationary handlebar or wearing a heart-rate transmitter, your heart rate is also displayed. When you are ready for more than these simple settings, you can learn how to take advantage of the additional features and training motivators described later in this manual.
- ***Enjoy your workout, then step off of the machine.*** When you have completed your workout, stop the pedal and arm motion. While grasping the stationary handlebar or the side shrouds, carefully step onto the floor or onto the back step and away from the machine. Note that the pedals will swing as you step off, so watch your shins!

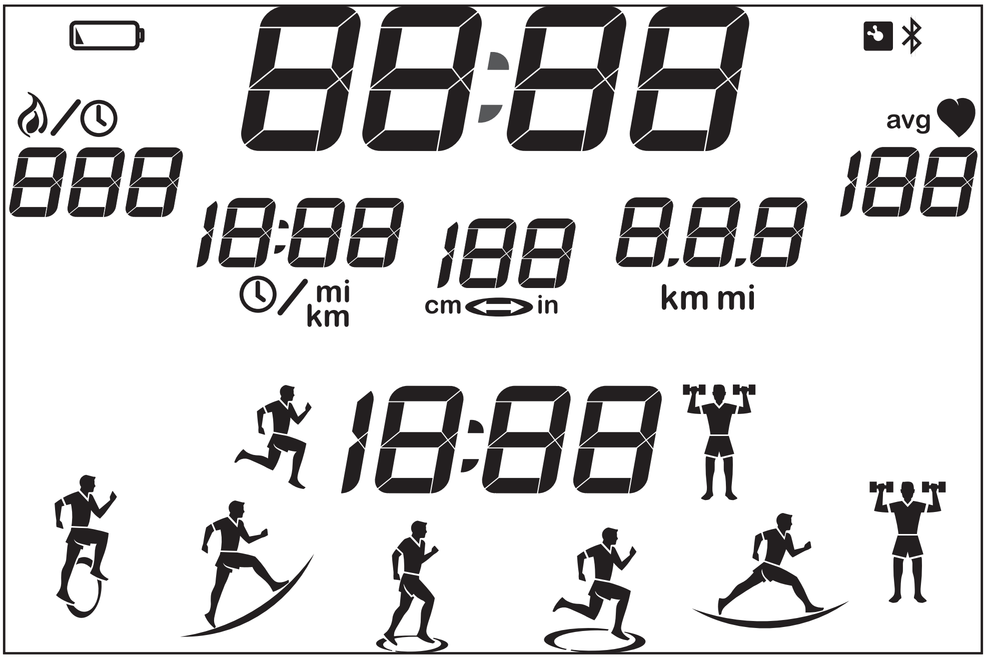
That's it! You are up and running. The remainder of this manual describes in detail the console display elements, keypad key functions, training program options, and sample workout scenarios for you to explore. Enjoy the journey as you run for the rest of your life!

Don't forget, our customer service team is available to answer any questions you may have. Please join us in a 'live' chat at www.octanefitness.com, or call 1-888-OCTANE4 or 763-757-2662, ext. 1.

ELECTRONICS

The Octane Fitness ZR7 features a simple, easy to understand keypad and a dynamic display which provides all the information you need to get started and stay motivated during your workout. You can program the software to help you manage your workout (like you would your watch or training monitor), but the actual execution of the plan is entirely up to you. The ZR7 does not automatically change or control motion or resistance, it simply guides you with icons and timers to suggest varying intervals and movements. You are the athlete and the Zero Runner is your coach and trainer.

Dynamic Display (LCD)



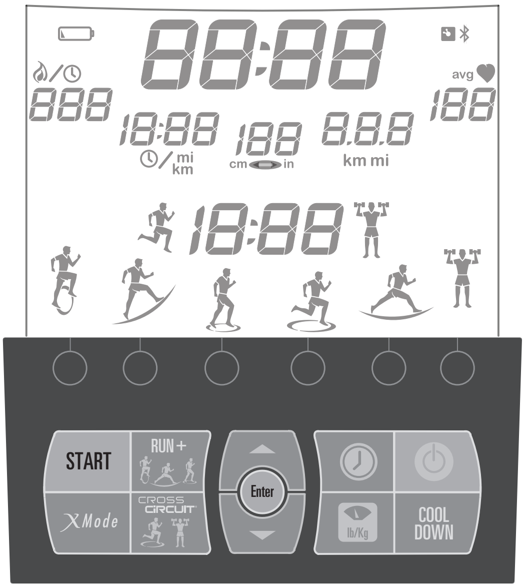
The LCD display dynamically displays all of the important workout data and guides your workout with intervals and motion changes. Watch the display—it will coach and motivate you throughout your workout.

The following data is available on the display:

🔋	When illuminated, this indicates that the **batteries** in the console are getting low and should be replaced. To replace the batteries, use a #2 Phillips screwdriver to remove the console access cover. Remove the batteries and replace them with new ones, making sure you insert and align the batteries according to the guide embossed on the back of the console. Replace the console access cover, and properly dispose of the old batteries.
88:88 **(Large Time Display)**	Displays workout **time**, counting up from 0:00. This display can be used simply as a timer which starts automatically as soon as you start moving, or a desired workout time can be set during your workout by pressing the clock (🕒) button on the keypad. When you do so and enter a workout time, the time display changes from “count up” to “count down” mode and shows the time remaining in your workout. When time is displayed, 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.

	When lit, this icon indicates that **ANT+** wireless communications is active and detecting signal from the optional wireless heart rate chest strap.
	When lit, this icon indicates that **Bluetooth©** wireless communications is active.
🔥	Displays an estimate of the **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.
🔥/🕒	Displays an estimate of the total **calories** that would be burned **per hour** at the current pace, based on the user's entered weight. If no specific weight is entered, calories are based on a 150 lb. (68 kg) user..
🕒/ mi km	Displays workout **pace**, in minutes per mile or minutes per kilometer. To change the display units, press and hold the scale button (lb/Kg) for three seconds.
cm ▬ in	Displays current front-to-back **stride length**, in centimeters or inches. To change the display units, press and hold the scale button (lb/Kg) for three seconds.
km mi	Displays an estimate of the **distance** you have traveled, in either miles (English) or kilometers (metric). When you first purchase your Zero Runner the display will be in English. To change the display units, press and hold the scale button (lb/Kg) for three seconds.
♥	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.*
avg ♥	Displays the **average heart rate** for the workout, 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.*
18:88 **(Small Time Display)**	Displays the current **interval time** for RUN+, X-Mode and CROSS CiRCUIT workouts.
🏃	When lit, this icon indicates that you should be in the "Cardio" interval of your CROSS CiRCUIT workout.
🏋	When lit, this icon indicates that you should be in the "Strength" interval of your CROSS CiRCUIT workout.
	These icons are used by RUN+ and X-Mode to prompt you to modify your motion for a varied, full-body workout. The blinking icon indicates the activity that you should currently be performing: Step Lunge Jog Run Ski Strength (RUN+ only)

ZR7 Keypad



Use the ZR7 keypad to program your workout before you begin, to change settings while you are running, or to program coached workouts using RUN+, X-Mode, and CROSS CiRCUIT.

⏻	The **Power** button turns the LCD console on or off. Once you turn on the console, you may begin running, or you may use the keypad buttons to program your workout. The Power button functions as a "reset" button if you are programming or performing a workout and you wish to "start over".
🕐	The clock (**Time**) button can be used in several ways to increase or decrease the length of your workout. The time displays in *minutes:seconds* up to the time of 59:59; then it switches to *hours:minutes*. The maximum time is 99 hours. • At the beginning of your workout, the large time display is blinking. Simply begin pedaling to start your workout with the clock counting up toward an specified workout time. • To set a workout time **at the beginning** of your workout, press (▲) to move the time setting from 00:00 (minutes:seconds) up to the time you want. Each press of the button moves the time setting by 1 minute. Press **Enter** when you reach the time you want, and the clock begins **counting down** from your selected end time. Here's a convenient short-cut for longer time settings: from 00:00 press (▼) to move the time to 03:00 (three hours), and then use (▲) or (▼) to adjust from there. Press **Enter** when you reach the time you want. • To set or adjust a workout time **after you have started** your workout, press 🕐 then (▲) or (▼) to move the time setting to the total workout time you want. Again, each press of the button moves the time setting by 1 minute. Once you have reached the total workout time you want, press **Enter**. The program calculates the **remaining time** in your workout (subtracting the elapsed time from the total time selected) and begins **counting down** toward your selected end time. If the total is less than the elapsed time of your workout, the console will count down a cool down period before ending your workout.

lb/Kg	At the beginning of your workout, or at any time after you have started, press and release lb/Kg (**Weight**), then use (▲) or (▼) to set your weight (up to 300 pounds or 136 kilograms). Press **Enter** to save the selected weight. This value is used to estimate calorie burn. You may also use this button to switch measurement between English and Metric for pace, stride length, distance, and weight. Just **press and hold** lb/Kg for three seconds to toggle to the alternate setting.
COOL DOWN	When you are ready to end your workout, press **COOL DOWN** to begin counting down a recovery period. The large time display blinks on and off, indicating you are in cool down. Gradually slow your pace to allow your heart rate to come down before stopping the pedals and stepping off the machine.
START	Press **START** to begin your workout with the settings you have chosen.
RUN+	Use **RUN+** to set up a series of one to six 15-second to 15-minute intervals of additional motions/activities to your session, creating a unique workout each time. Follow these steps: 1. Press **RUN+** to enter programming mode. The (Run) icon on the display blinks on and off. 2. The interval time defaults to 1:00 (one minute). Use (▲) or (▼) to adjust the interval time (in 15-second intervals, to a minimum of 15 seconds and a maximum of 15 minutes), then press **Enter** to confirm the interval time for the Run portion of your workout. The other icons on the display blink. 3. Press the ○ button under the icon of the next activity you would like to do. The interval time defaults to 1:00 (one minute). Use (▲) or (▼) to adjust the interval time (in 15-second intervals, to a minimum of 15 seconds and a maximum of 15 minutes), then press **Enter** to confirm the interval time for that activity. The icons of the remaining (unprogrammed) activities blink. 4. Press the ○ button under the icon of one of the other activities you would like to do. Adjust the interval time as described above then press **Enter** to confirm the interval time for that activity. 5. Continue selecting activities and setting interval times until you have selected all the activities you want to do. If you make a mistake and would like to change your programming, press **RUN+** twice to exit and restart the program. When you are satisfied with your workout plan, press **START** to begin your workout. Follow the prompts, changing your motion/activity as indicated by the icon that is blinking. Press **RUN+** to exit your program and return to a standard running workout.
XMode	Press *XMode* to activate your virtual personal trainer. In one-minute intervals, the console will prompt you to vary your workout, alternating between (Run) and a random selection of one of the other four cardio motions (Step, Lunge, Jog, and Ski). Follow the prompts with your motion to enhance your training!

CROSS CiRCUIT	CROSS CiRCUIT is the Octane Fitness cross-training workout which combines cardio intervals on the Zero Runner with sets of strength and toning exercises off the machine using simple equipment such as hand weights or a fitness ball, or the optional Octane Fitness Powerbands. Follow these steps to program your CROSS CiRCUIT workout: 1. Press CROSS CiRCUIT to enter programming mode. The (Run) icon on the display blinks on and off. 2. The interval time defaults to 2:00 (two minutes). Use (▲) or (▼) to adjust the interval time (in 15-second intervals to a minimum of 30 seconds and a maximum of 10 minutes), then press **Enter** to confirm. 3. Now the (Strength) icon blinks on and off, with a default interval time of 1:00 (one minute). Adjust the interval time as described above then press **Enter** to confirm the interval time for Strength. If you make a mistake and would like to change your programming for either interval, press CROSS CiRCUIT twice to exit and restart the program. 4. When you are satisfied with your workout plan, then press **Enter** or **START**to begin your CROSS CiRCUIT workout. Follow the prompts, completing cardio intervals on the Zero Runner while the icon is blinking, and stepping off to perform strength exercises when the icon is blinking. Press CROSS CiRCUIT to exit your program and reset your workout to an unprogrammed state.
▲ ▼	Use (▲) and (▼) to increase or decrease values when setting time or weight.
Enter	Press **Enter** to select values for time and weight, to start your workout without programming, or to begin your CROSS CiRCUIT workout.

Pause Mode

The Zero Runner features an automatic Pause mode whereby after a 5 seconds without activity the clock switches to a five-minute countdown timer. During a workout that incorporates an off-machine strength interval, the clock continues to alternate between programmed cardio and strength intervals for 10 minutes before switching to a five-minute countdown timer.

To restart your workout without losing your data when the machine is in Pause mode, simply begin moving again. After five minutes in Pause mode without motion the console will power off.

Workout Summary

After completing your workout and cool down your Workout Summary is displayed. This summary includes all the important data from your session, including workout time, estimated total calories burned (based on 150 pounds or the weight you entered), estimated total distance, and averages for pace, heart rate, and stride length. Workout Summary is not displayed if you end your workout without completing a cool down.

TIPS & TRICKS

The Zero Runner provides a workout experience unlike any other piece of fitness equipment you have ever tried. It make take a little time to get used to the motion, the electronics, and the challenge it provides, but once you do you will enjoy all that it has to offer. Here are a few quick tips to help you quickly be up and running on your Zero Runner.

How Do I...	Here's How
Go for a run... just like I would if I were stepping out the door?	Step on the Zero Runner and start running! The display clock starts counting up as soon as you press ⏻ and start moving, and all your run data (heart rate, calories, distance, pace) are clearly displayed. When you are done running, press COOL DOWN, or just stop and step off the machine.
Set the stride motion so that it is most comfortable for me?	The Stride Control Adjusters change the tension of the pedal motion. If you feel that the motion is too "tight" for you, stop pedaling and move both adjusters toward the "–" position. If you feel that the motion is too "loose", stop pedaling and move both adjusters toward the "+" position. It may take some experimentation before you find the adjuster position that suits you best. You can position the adjusters anywhere along the continuum from "+" to "–" to fit your needs; however, **both levers must be in the same relative position** in order for the pedals to provide a smooth, balanced motion.
Set up a program to help me vary my stride and add interest to my workout?	Both **RUN+** and *XMode* act as a virtual personal trainer to prompt you to vary your motion and enhance your workout. With **RUN+**, you decide what cardio types of intervals you want to do, in what order, and for how long, setting up your workout by following the instructions on page 8. *XMode* makes the decisions for you, randomly alternating activities (excluding strength) every minute.
Set up a cardio and strength workout cross-training workout?	CROSS CIRCUIT provides a cross-training program for you to follow. Simply press the CROSS CIRCUIT button and set up your Run and Strength intervals. (See step-by-step instructions on page 9.)
Start over if I make a mistake in programming my workout?	If you are programming **RUN+** or CROSS CIRCUIT, press the button once to turn it off, then press it again to restart programming. Your accumulated workout data remains the same. To reset your entire workout, press ⏻ to turn off the console, then press it again to restart your workout. All workout data is cleared.

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