

# Octane Rō™

## ROWING REDEFINED

In its relentless quest to fuel exercise, Octane Fitness delivers a sleek, inviting rower that boasts innovative features and thoughtful extras that reinvent and recharge indoor rowing.

### OCTANE ADVANTAGES

- Quick-release foot strap
- Dual resistance — fan and magnetic brake
- MultiGrip handlebar
- Enhanced console featuring a calorie meter
- Comfort seat
- Oversized handlebar catch
- Small footprint



#### QUICK-RELEASE FOOT STRAP

This patent-pending design enables exercisers to quickly insert their feet and pull up on the handle for a secure fit. A simple push of a button releases the strap for an easy exit



#### DUAL RESISTANCE

Combined fan and magnetic brake resistance provide a broader range of resistance levels to accommodate everything from leisurely rows to grueling HIIT sessions.



#### MULTIGRIP HANDLEBAR

Multiple hand positions facilitate greater comfort and variety and more activation of chest, back and arm muscles.



#### ENHANCED CONSOLE

A dynamic calorie meter, plus real-time feedback on all performance metrics. Strokes per minute, watts and distance, motivate and engage exercisers to work hard.

### ENHANCED CONSOLE & CALORIE METER

7-inch backlit LCD screen is simple to use and features an addictive, motivating calorie meter



### OVERSIZED HANDLEBAR CATCH

Makes it simple and safe to grab and securely store handlebar

### MULTIGRIP HANDLES

Unique design provides comfort, variety and ability to emphasize different muscles

### COMFORT SEAT

Large, padded seat with ergonomic contour maximizes comfort

### DUAL RESISTANCE – FAN AND MAGNETIC BRAKE

Delivers a wide resistance range to accommodate all exercisers and workouts



### SMALL FOOTPRINT

Compact design fits virtually anywhere

### EASY STORAGE

Simply tip up rower on its base for compact storage when not in use

### MOBILE DEVICE STORAGE

Keeps mobile phones conveniently within reach during workouts

### QUICK-RELEASE FOOT STRAP

Innovative design allows exercises to efficiently and easily strap into and exit pedals



## WHO USES OCTANE?

### HEALTH CLUBS

24 Hour Fitness  
Anytime Fitness  
Athletes Performance, Inc. (EXOS)  
Crunch  
Equinox  
Gold's Gym  
Life Time Fitness  
Powerhouse Gyms  
Retro Fitness  
Snap Fitness  
UFC Gym  
YMCA

### COLLEGES/ UNIVERSITIES

Columbia University  
Duke University  
Georgetown  
Michigan State University  
Texas A&M  
UMASS  
University of Iowa  
University of Kentucky  
University of Minnesota  
University of Wisconsin

### CORPORATE WELLNESS CENTERS

Anheuser-Busch  
Delta Air Lines  
Facebook  
Ford Motor Company  
General Electric  
Alphabet, Inc. (Google)  
Intel  
Johnson & Johnson  
Procter & Gamble  
Reebok Corporation

### MILITARY/ GOVERNMENT

Naval Special Warfare Group Four  
Fort Bragg (Special Operations)  
Joint Bas Langley - Eustis  
Macdill Air Force Base (Special Operations Command)  
MOD (Ministry of Defence)  
Nellis Air Force Base  
Patrick Air Force Base  
Scott Air Force Base  
U.S. Coast Guard  
U.S. Naval Academy

# RÖ SPECIFICATIONS

## KEY MECHANICAL FEATURES

High-velocity fan	•
Dual resistance	Fan and magnetic brake
Quick-release foot straps	•
MultiGrip handlebar	•
Handlebar docking station	•
Handlebar strap	Belt
Transport wheels	•
Mobile device placement options	•
Compact design	•
Storage	Tilt up

## ELECTRONIC FEATURES

Display type	7" backlit LCD
Calorie burn meter	•
Resistance levels	10
Wireless heart rate ready	Polar, ANT+
Bluetooth® compatible	•
Power requirement	Generator powered

## CONSOLE OPTIONS

Standard	•
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## WORKOUTS

Number of programs	6
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## PRESET PROGRAMS

Quick Start	•
Max 14 Interval	•
Interval	•
Calorie goal	•
Distance goal	•
MAX CIRCUIT	•

## PRODUCT SPECIFICATIONS

Max user weight	350 lbs (160 kg)
Footprint (L x W x H)	94" x 24" x 47" (239 cm x 61 cm x 119 cm)
Product weight	129 lbs (58 kg)
Seat height	17" (43 cm)
Rail length	53" (135 cm)
Storage height	93" (236 cm)
Shipping dimensions	53" x 34" x 19" (135 cm x 86 cm x 48 cm)
Shipping weight	150 lbs (68 kg)

## WARRANTY\*

Frame	10 years
Parts	3 years
Labor	1 year



\*Warranty outside the US and Canada may vary.

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