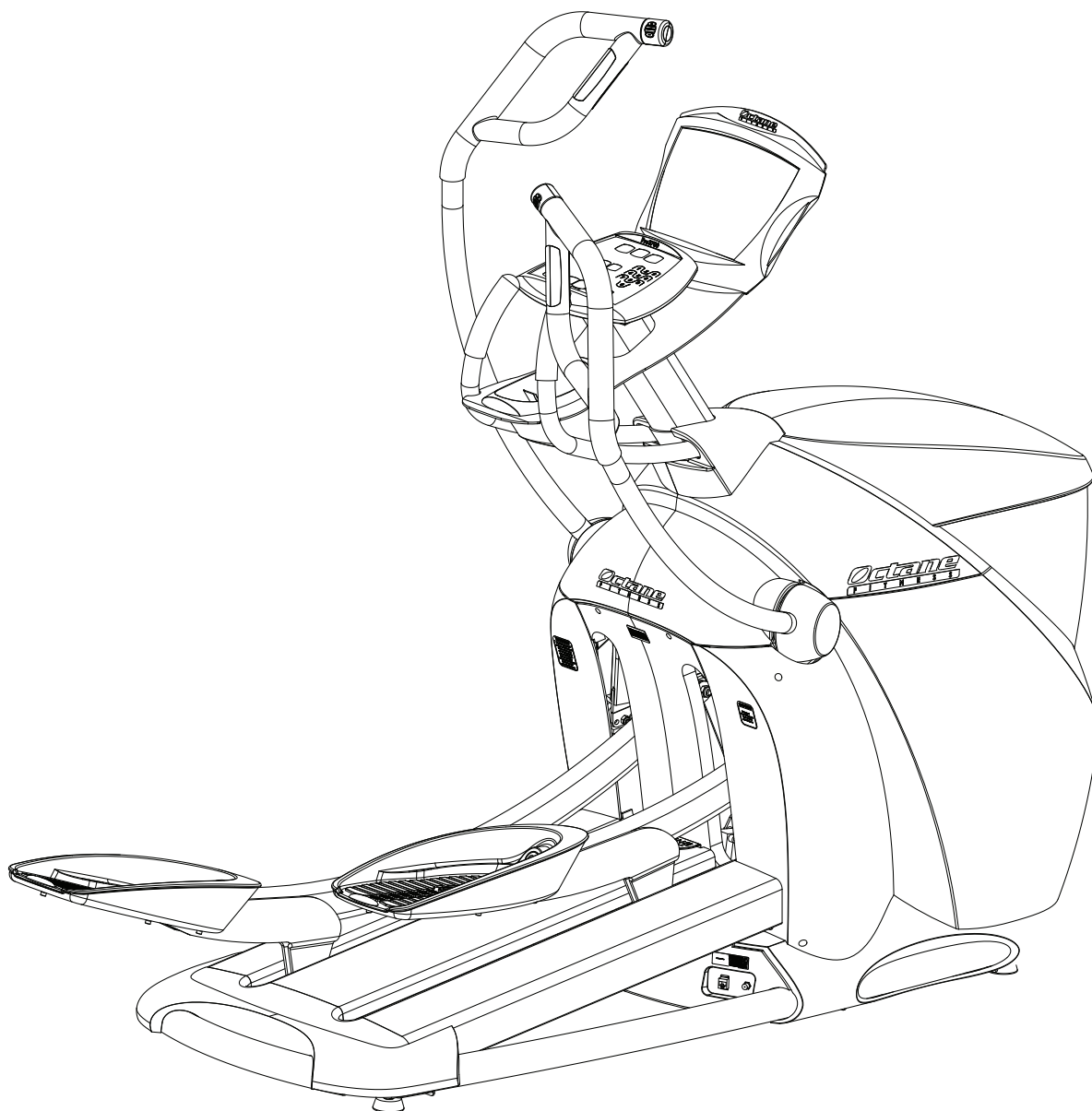


# ***Octane***<sup>®</sup>

**F I T N E S S**



***PRO3700***

**A S S E M B L Y   M A N U A L**



P R O 3 7 0 0   A S S E M B L Y   I N S T R U C T I O N S

## PERSONAL RECORD KEEPING

**Tip:** Record the serial numbers of your Octane Fitness® elliptical in the spaces below. This will make it easier for you to obtain accurate and timely response should any service issues occur with your elliptical machine.

ATTENTION – All serial numbers begin with a letter.

Base Serial Number – located below front right track above the CSAFE and video inputs

\_\_\_\_\_

Console Serial Number – located on the lower edge of the console

\_\_\_\_\_

If you have any additional questions or need additional assistance in assembly, please contact your local service provider or Octane Fitness Customer Service at 1.888.OCTANE4 ext. 1. You may also send an email to [customerservice@octanefitness.com](mailto:customerservice@octanefitness.com), or visit us on the web at [www.octanefitness.com](http://www.octanefitness.com).

**WARNING:** Machine contains moving parts. Use caution when assembling and operating this machine.

*This product is intended for commercial use.*

# P R O 3 7 0 0 C o n t e n t s

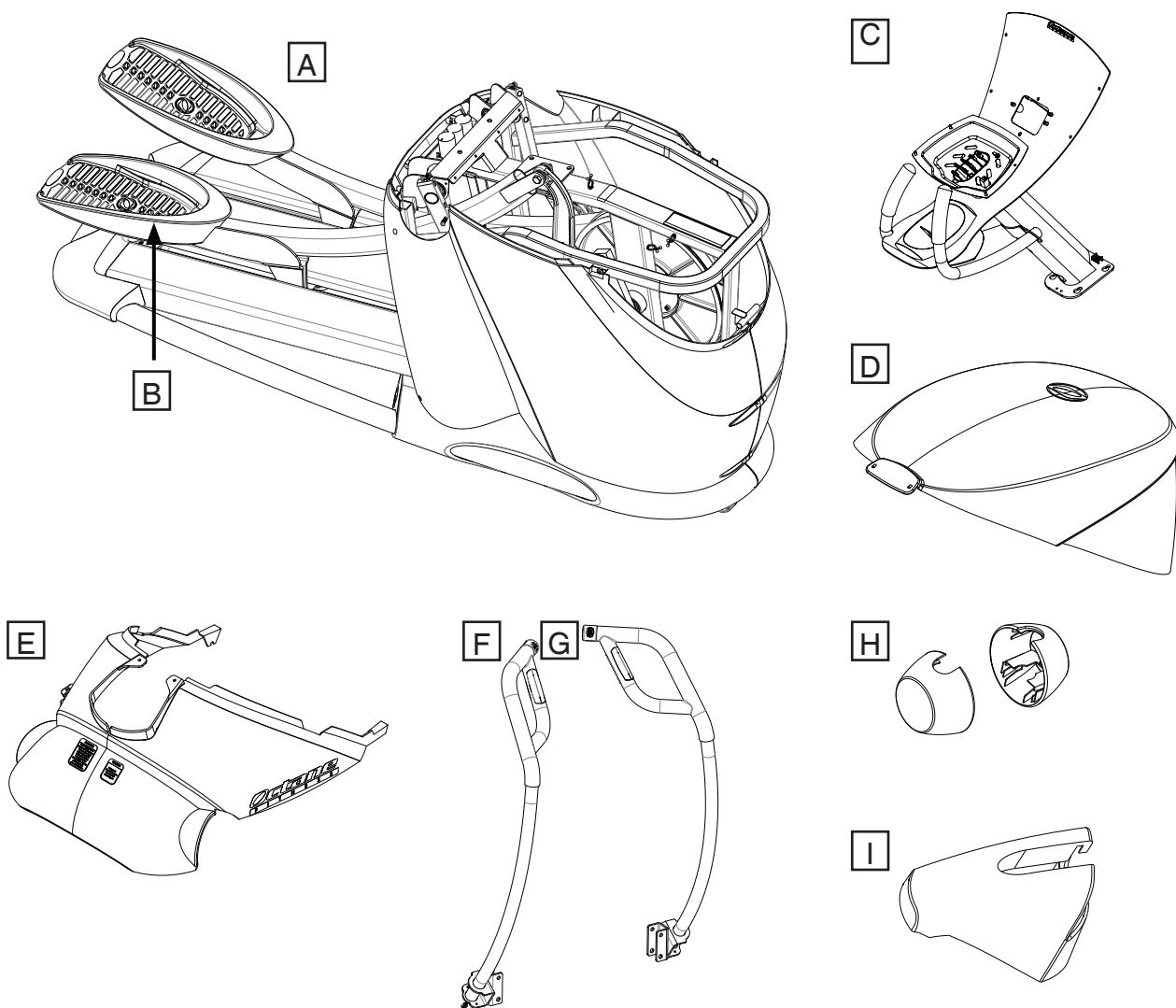
The **Octane Fitness base box** contains the following:

- A) 1 - Octane Fitness cross trainer base
- B) 1 - Detached right pedal lever
- C) 1 - Console mast
- D) 1 - Top cover
- E) 1 - Access panel
- F) 1 - Left moving handlebar
- G) 1 - Right moving handlebar
- H) 2 - Handlebar covers
- I) 1 - Mast boot
- J) 1 - Hardware pack (see opposite page)
- K) 1 - Console Box (not pictured)

**Tools required:**

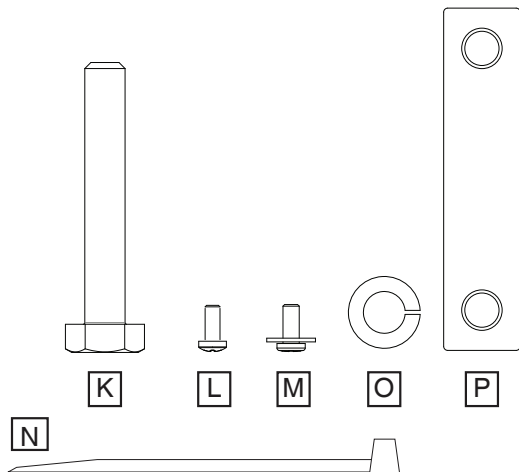
- Phillips screwdriver
- 17mm wrench or adjustable wrench
- 17mm socket and ratchet
- 6mm hex key wrench

## B o x C o n t e n t s



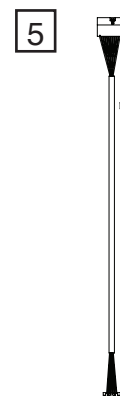
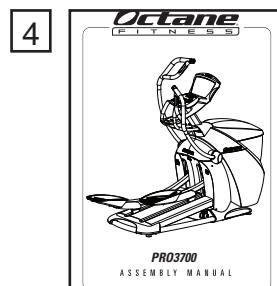
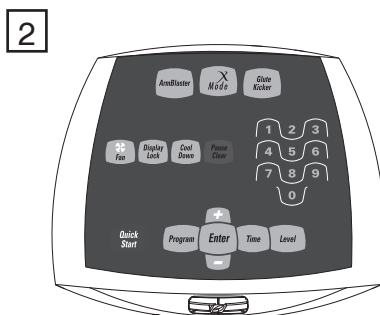
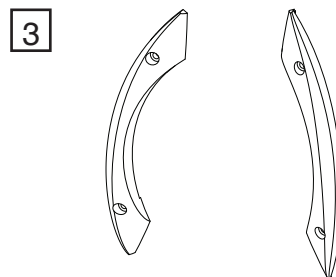
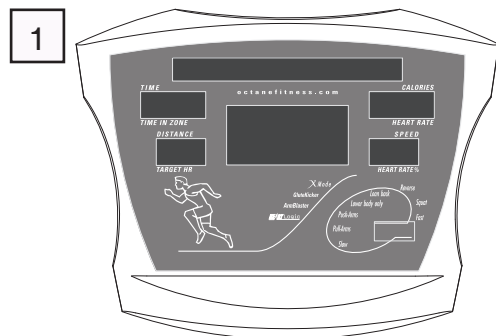
**Hardware Pack (J)** includes:

- K) 4 - 17mm bolt (for moving handlebars)
- L) 2 - Phillips screws (for mounting access panel)
- M) 2 - Phillips screws with washers (for mounting top cover)
- N) 1 - Cable tie (for securing loose wires to mast)
- O) 4 - Lock washer (for moving handlebars)
- P) 2 - Threaded plate (for moving handlebars)



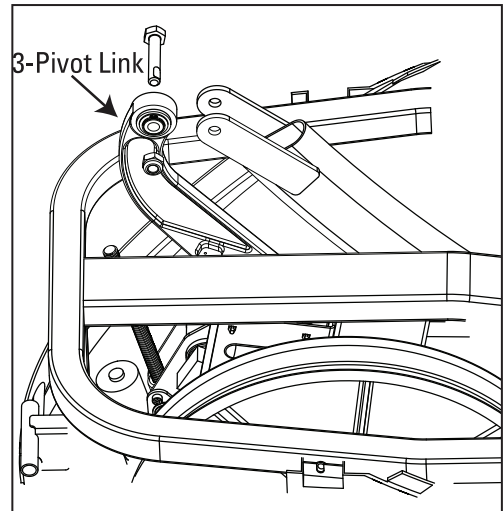
The **PRO3700 console box** contains the following:

- 1) 1 - Console
- 2) 1 - Keypad
- 3) 2 - Console back arcs
- 4) 1 - Information packet
- 5) 1 - Keypad cable



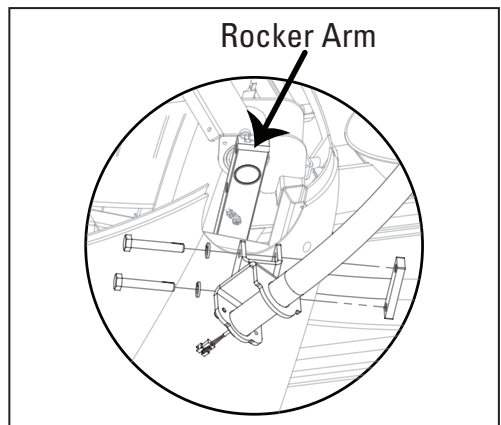
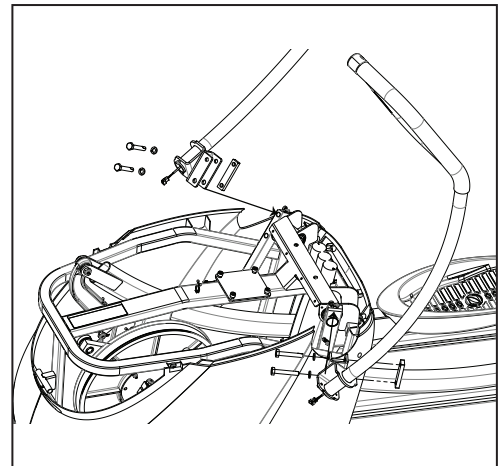
## 1. Attach right pedal lever

- Remove bolt from 3-pivot link.
- Attach right pedal lever (B) to 3-pivot link.
- Tighten the bolt and nut securely using 17mm socket and wrench.



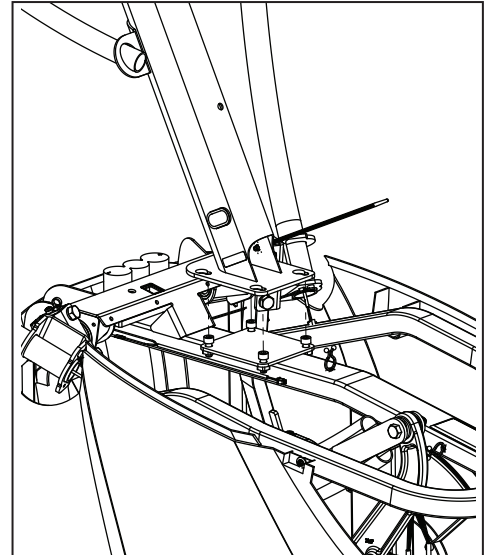
## 2. Attach moving handlebars—*Moving handlebars are labeled left and right, be sure to install accordingly.*

- Slip the bracket at the base of the moving handlebar over the rocker arm.
- Place locking washer (O) on bolt (K) , then insert into top hole of moving handlebar bracket. Insert second bolt (K) with washer (O) into bottom hole.
- Partially thread top and bottom bolts into the threaded plate (P), then **tighten both top and bottom bolts to 30 ft-lbs.**
- Carefully connect the heart rate and button cables coming from the base of the handlebar to the corresponding cables by the rocker arm. (The connectors are different so that each cable can only be connected to the correct corresponding cable.) **Gently tug both cables to ensure the connectors are completely seated.**
- Move the pedal to verify that the pedal linkage does not contact cables.
- Repeat for second moving handlebar.



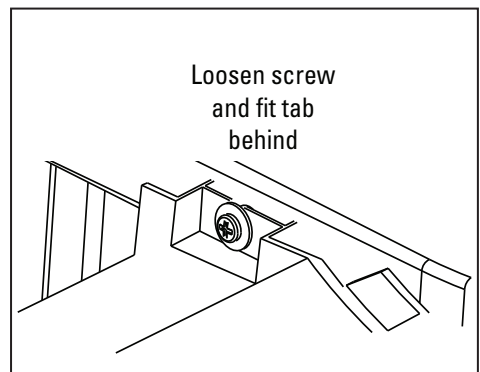
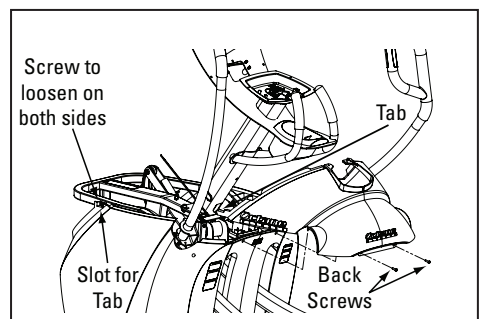
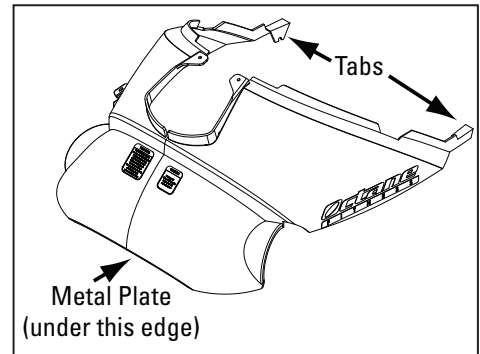
### 3. Install console mast

- Attach the console mast (C) by placing the keyhole slots in the mast plate over the bolts and sliding the console mast toward the pedals.
- Tighten the four 6mm hex key bolts attaching console mast to frame.
- Connect all four (4) cable connectors coming from the mast to the cable connectors on the base frame. ***Tug the cables gently to ensure the connectors are completely seated.***



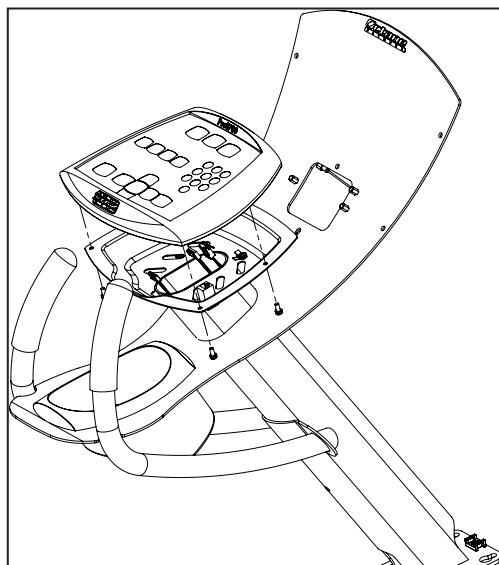
### 4. Install access panel

- Loosen the screws on the left and right sides of the lower shroud near the front of the unit. (These screws secure the side of the shroud and the access panel to the frame.)
- Slide the metal plate of the access panel (E) behind the back shroud. Fit the tabs on each side of the access panel into the slots between the side of the main shroud and the frame, over the top of the screws.
- Tighten the screws on each side, then secure the back of the access panel with 2 Phillips screws (L).



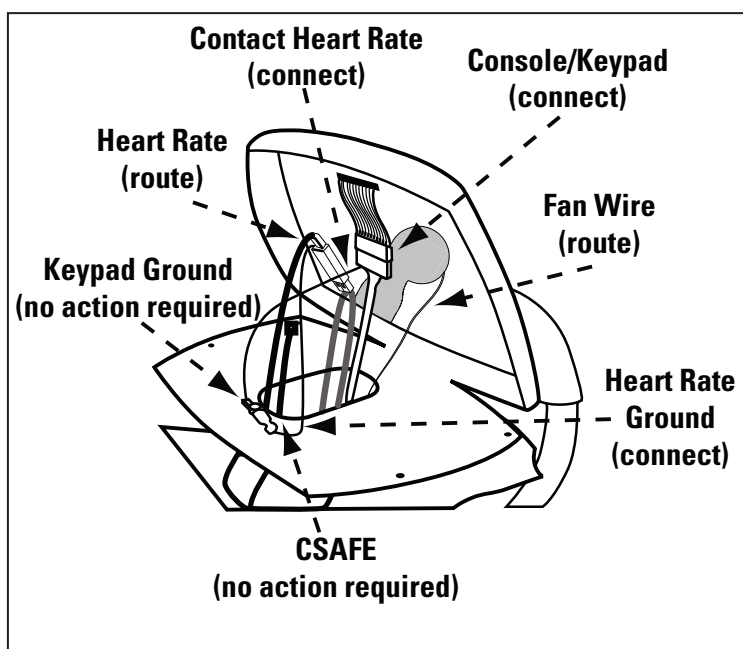
## 5. Mount the keypad to the console mast

- a. Remove the two screws securing the console back piece to the mast plate.
- b. Connect the green grounding wire from the heart rate board to the tab mounted on the frame (next to the green console grounding wire).
- c. Connect the contact heart rate cables from the top of the console mast tube (two gray cables joined at one white connector) to the open connector on the heart rate board.
- d. Route the cable from the other end of the heart rate board down through the top of the mast tube and out of the hole beneath the console plate.
- e. Route the red and black fan wires with the white connector down through the top of the mast tube and out of the hole beneath the console plate.
- f. Connect keypad cable to tab and route ribbon cable to console.
- g. Connect the ribbon cable from the top of the keypad (2) to the keypad cable installed in step f.



***h. Refer to the diagram below to see all the connections and the action required. Tug each cable gently to ensure each connector is completely seated.***

- i. Position the keypad (2) on the mast (C) and insert each of the 4 shorter screws with washers through the mast holes and into the keypad back. Tighten screws to secure.

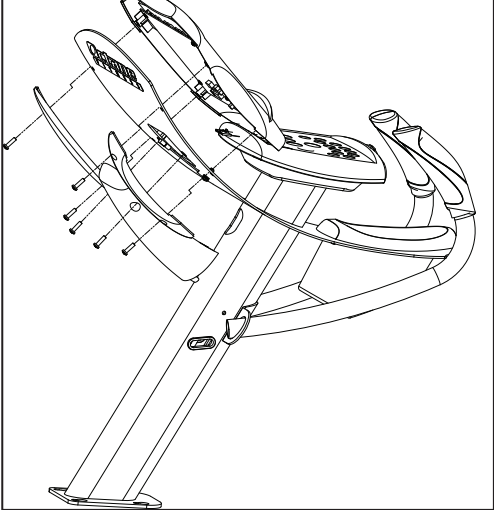


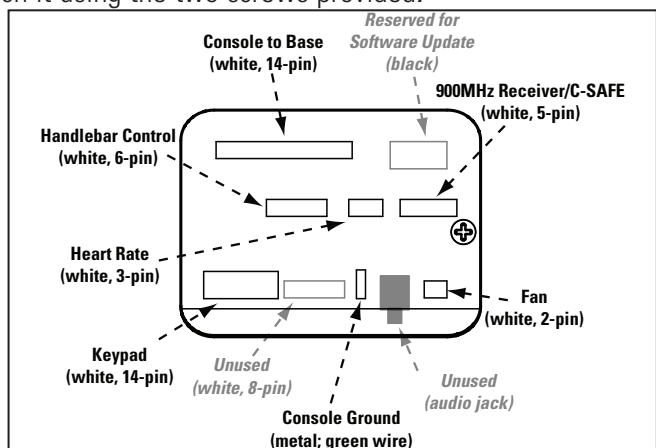
**Note:** *If you are using the optional LCD Mounting Arm, the PRO3700 Entertainment Kit, or the PRO3700 900 MHz Audio Kit, skip step 6 of these instructions and instead follow the instructions included with the LCD Mounting Arm. Once you have completed those instructions, resume assembly of your PRO3700 with step 7 of these instructions.*



## 6. Mount the console to the console mast

**Note: Record the serial number of your console, located on the lower edge of the console, before attaching the console to the console mast. (If you have installed the optional LCD Mounting Arm, and mounted the console to the mast according to those instructions, skip to Step 7.)**

- a. Position the console (1) on the plate at the top of the mast (C) and place the left back arc (3) behind it. Holding both in place, insert 2 of the longer (18mm) Phillips screws partially through the back arc (3) and the mast plate into the console back. Repeat on the right side. Tighten all screws to secure.
  - b. Attach the white 14-pin main connector to its connection on the back of the console.
  - c. Attach the white keypad connector to its connection on the back of the console.
  - d. Attach the metal connector on the green ground wire that is connected to the back of the mast plate to its connection on the back of the console.
- 
- e. Attach the white 3-pin heart rate connector to its connection on the back of the console.
  - f. Attach the white 2-pin fan connector to its connection on the back of the console.
  - g. Attach the white 5-pin CSAFE connector to its connection on the back of the console.
  - h. Attach the white 6-pin handlebar keypads connector to its connection on the back of the console.
  - i. Pedal the unit and verify that the console LEDs light and that the Level and Program control buttons on the moving handlebars are working. If any issues are detected, recheck the connections, or contact Octane Fitness Customer Service for assistance. Once you have verified these functions, proceed with remaining steps.
  - j. **Tug each cable gently to ensure each connector is completely seated.**
  - k. **Make sure excess cable is pushed into the mast tube.**
  - l. Reposition the console back piece and reattach it using the two screws provided.

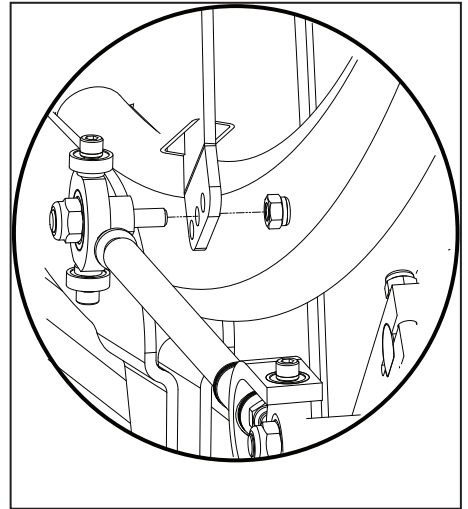


## 7. Adjust arms (optional)

**Note:** Before completing this step, ride the elliptical cross trainer for a few moments to get a feel for the arm motion. If the reach of the arm motion feels right (as it will for most users), proceed to step 8. If the reach is too long or too short, carefully follow these steps to shorten or extend the reach by approximately 1.5 inches:

- Locate the arm link that connects to the black bar (pivot) inside the machine. The black bar has three holes in it with the arm link attached through the center hole with a 13mm nut.
- While supporting the arm**, remove the 13mm nut and carefully ease the link from the center hole in the black bar. To extend the reach of the arm, re-insert the link in the hole closest to the front of your elliptical trainer. To shorten the reach, re-insert the link in the hole closest to the user end of the machine.
- Replace the nut and tighten. **This connection must be very tight.**
- Repeat for the other arm.

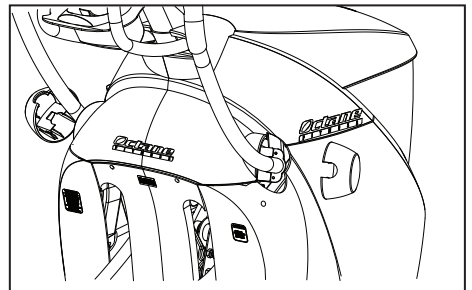
Should you have any questions or concerns in making this adjustment, please contact your local service provider or contact Octane Fitness Customer Service at 1.888.OCTANE4, ext. 1.



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## 8. Place handlebar covers

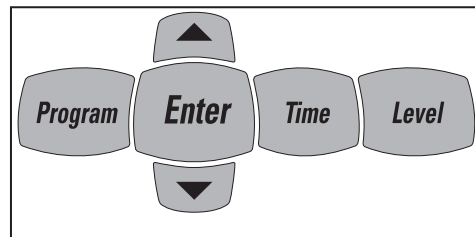
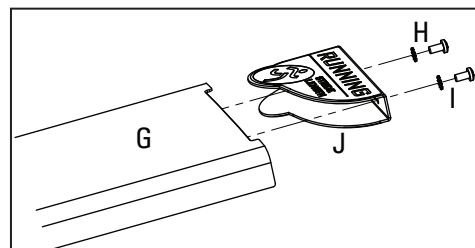
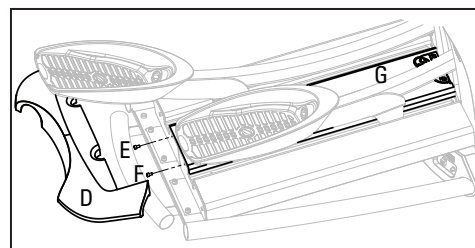
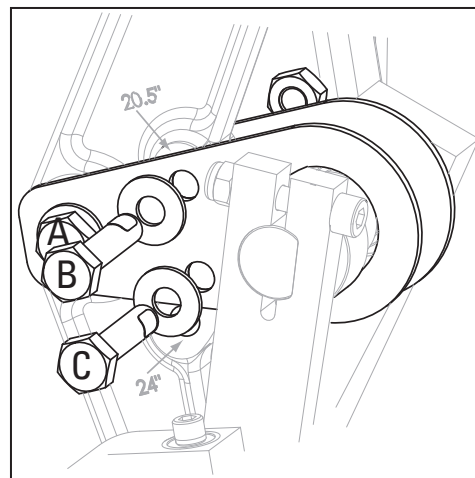
- Position the handlebar cover (H) at the base of the handlebar (F or G).
- Press cover onto handlebar until it snaps into place.
- Repeat for other handlebar.



## 9. Adjust stride length (optional)

**Note: The PR03700 is initially set to the "Running" stride length of 24". To adjust to "Jogging" length (20.5"), follow these steps:**

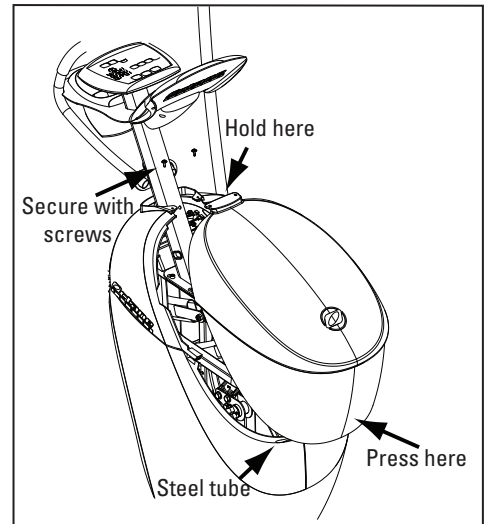
- Locate the 3-pivot link on the right side of the machine. It is secured to the pivot arm by 3 bolts and a bracket. For "Running" stride, the two forward bolts (away from the user) are inserted in the center and lower holes in the three-pivot link. For "Jogging" stride, the two forward bolts must be inserted in the center and upper holes.
- Use 17mm wrenches to loosen bolt "A", then remove the 2 forward bolts ("B" and "C").
- Move the 3-pivot link down and insert bolt "B" into the upper hole and bolt "C" into the center hole in the 3-pivot link (marked 20.5"); tighten.
- Repeat steps 1-3 for the left side of the machine.
- Grasp the plastic shroud "D" at the bottom of the rails and pull up to remove it.
- Use a 4mm hex wrench to remove bolts "E" and "F" securing the center track cover "G" to the frame; slide the track cover down.
- Use a Phillips screwdriver to remove screws "H" and "I" that secure the stride label badge to the track cover "G". Turn badge "J" from "Running" to "Jogging", then reposition the badge on the cover and secure with screws "H" and "I".
- Slide the track cover up into position and secure it with the bolts "E" and "F".
- Reposition the plastic shroud "D" at the bottom of the rails and press it until it snaps into position.
- Press and hold the Program and Level keys on the console. Press the Up Arrow (▲) key to set the stride length to "Jogging", then press Enter.



**Note: The position of the bolts on both sides of the machine and the console setting must match (Running or Jogging) for the unit to work correctly.**

## 10. Place top cover

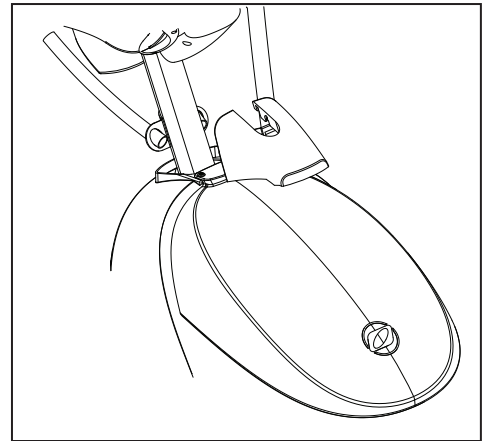
- a. Align top cover (D) on top of main housing. Hold the back edge (near the mast) in place and shift the front edge forward until it settles into position.
- b. While still holding the back edge in place, press firmly on the bottom edge of the front of the cover until it snaps into place. ***You will feel and hear it snap into place as the plastic bracket on the inside of the front bottom edge clips onto the steel tube at the front of the main frame.***
- c. Secure the top cover to the access panel using 2 Phillips screws with washers (M).



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## 11. Install mast boot

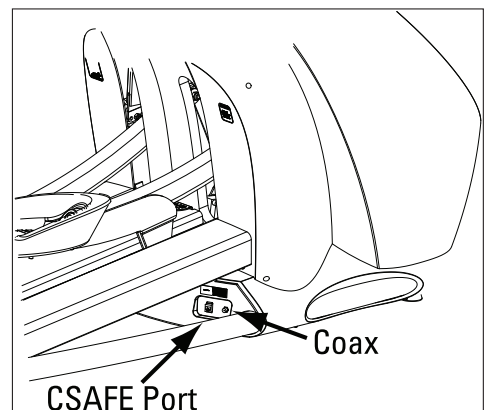
- a. Place the rubber mast boot (I) around the mast (C), covering the open ends of the stationary handlebars.
- b. Tuck the ends of the mast boot (I) into the channels in the access panel (E) just below the stationary handlebars.



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## 12. (Optional) CSAFE Connection

- a. If your facility is using CSAFE, connect the CSAFE RJ-45 cable to the CSAFE port at the base of the machine. ***Tug the cable gently to ensure the connector is completely seated.***

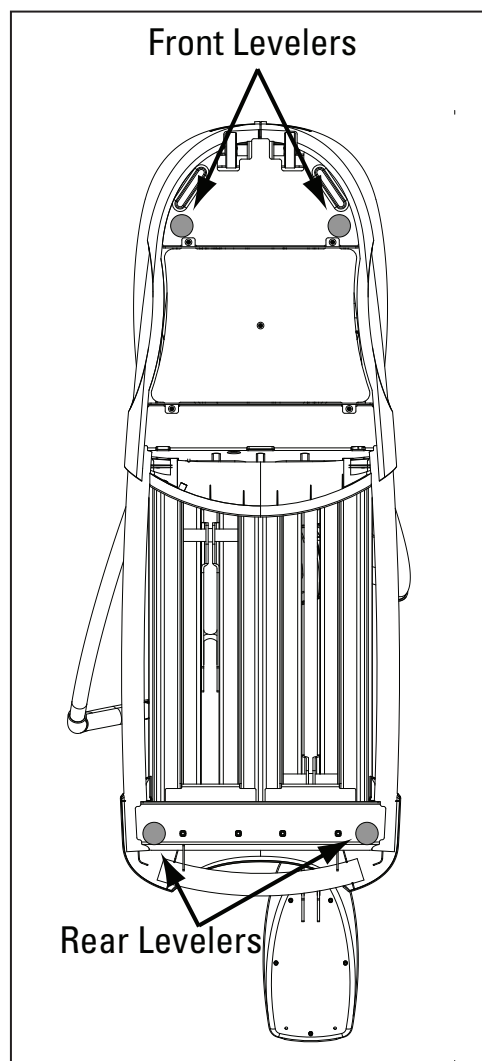
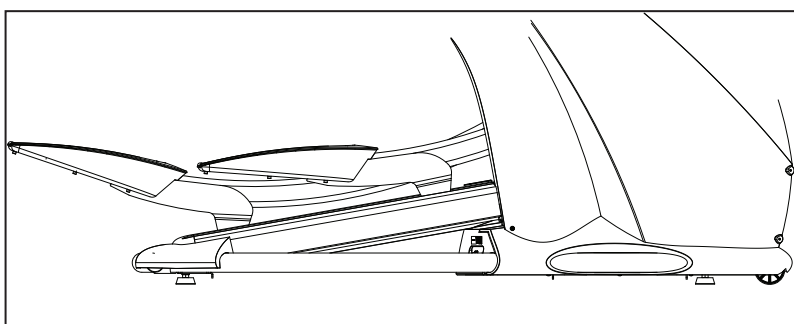


### 13. Adjust levelers

- Adjust the levelers to make sure the product sits flat on the floor. Begin by screwing all four levelers all the way into the machine. If the floor is level, this should be sufficient. If there is some unevenness in the floor, make minor adjustments to the back levelers first to stabilize side-to-side motion, then tighten the leveler nuts to the top of each back leveler to lock.
- Adjust the front levelers as necessary to eliminate any front-to-back rocking. **Tighten each leveler nut to the top of the leveler to lock.**

**Note:** If you move your PRO3700, you may need to adjust the levelers to make sure your product is level with the floor.

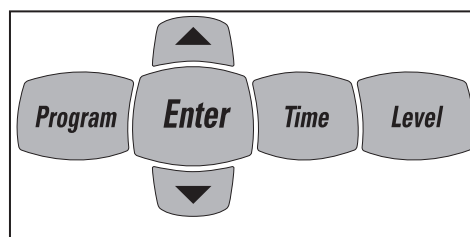
**Caution:** If the unit is not level, it may not function properly.



### 14. Set user preferences

- Press and hold both the Up Arrow (▲) and Down Arrow (▼) keys for three seconds, or until you hear a double-beep. Working with the owner of the unit, use the Up Arrow (▲) or Down Arrow (▼) key to step through the customizable functions: Warm-up (On/Off), Clock Direction (Up/Down), Max Workout Time, Unit Type (English/Metric), Beep (On/Off), and Brightness. Use the Enter key to toggle through the available options for each function, and press the Up Arrow (▲) or Down Arrow (▼) key to select a setting and move to the next function. To exit without changing any values, press Pause Clear twice.

More detailed User Set-up information can be found in the *PRO3700 Operations Manual*.



## M o v i n g   t h e   P r o d u c t

It is safest to move the product to its installation location in its shipping carton. It may be easier to move the product into your floor space after you remove it from the packaging, but be careful not to hit any walls or doors. The PRO3700 features transport wheels on the front of the unit. Be careful when moving from one surface to another, such as hardwood floor to carpet.

**Note:** *If you need to pick up your elliptical there are hand placement slots under the front shroud. Please take caution when lifting. The elliptical weighs 320 lbs. when fully assembled.*

**Tip:** *When using the front transport wheels, it is easier to pull the unit rather than push it.*

## N O T E S

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## NOTES

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

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show the world how fueled you are.

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[www.youtube.com/user/octanefitness](http://www.youtube.com/user/octanefitness)

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**F U E L   Y O U R   L I F E™**



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