

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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