

# X SERIES

**x3/x3i CROSS-TRAINER**

ASSEMBLY & OPERATION MANUAL



*LifeFitness*

[www.lifefitness.com](http://www.lifefitness.com)

Part# 6985001

# CONGRATULATIONS...

## AND WELCOME TO THE WORLD OF LIFE FITNESS AND THE LIFE FITNESS X3 AND X3i CROSS-TRAINER.

The following operation and assembly procedures have been prepared to make the set-up of this Cross-Trainer as quick and easy as possible.

Please take special note of the following important points prior to choosing a location and beginning assembly of the Cross-Trainer...

### BEFORE ASSEMBLING CROSS-TRAINER

**DO NOT** locate the cross-trainer outdoors, near swimming pools, or in areas of high humidity.

**DO** Make sure the sides of the cross-trainer should maintain a minimum clearance of 8 inches ( 20 cm ) from the nearest cross-trainer or other obstruction.

**DO** verify the contents of the delivery carton against the accompanying parts listing prior to setting the cartons and shipping material aside. If any parts are missing, contact Life Fitness Customer Support Services at the number listed on page 26 of this assembly instruction booklet. Save the shipping cartons in case of return.

**DO** read the entire Operation Manual prior to attempting to operate this machine, as this is essential for proper use. The Manual explains how to properly use the cross-trainer and helps you to design an aerobic workout tailored to your personal fitness needs or requirements.

**For your safety**, before using this product, read the ENTIRE Operation Manual and ALL Assembly Instructions. They describe equipment setup and include instructions on how to use your equipment correctly and safely.

Class H (Home): Domestic use.



**CAUTION:** Any changes or modifications to this equipment could void the product warranty.

An authorized service representative must perform any service, other than cleaning or user maintenance. There are no user serviceable parts.

**This Operation Manual describes the functions of the Life Fitness X-Series x3 & x3i Cross-Trainers**

Product-specific features for each model are described in this manual under "Specifications".

Life Fitness **STRONGLY** recommends consulting your doctor before undertaking any exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year.

If, at any time while exercising, you experience faintness, dizziness, pain, or shortness of breath, stop immediately.

Life Fitness conseille **VIVEMENT** de consulter un médecin pour suivre un examen médical complet avant de se lancer dans un programme d'exercice. Ceci concerne surtout les utilisateurs avec des antécédents familiaux de tension élevée ou d'affections cardiaques, les personnes de plus de 45 ans, les fumeurs et les obèses, ainsi que tous ceux qui ont un taux élevé de cholestérol ou qui n'ont pas fait d'exercice régulièrement depuis un an.

Si, à tout moment pendant l'exercice, l'utilisateur ressent un malaise, un étourdissement ou une douleur, ou s'il se trouve à bout de souffle, il doit s'arrêter immédiatement.

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# 1. GETTING STARTED

## 1.1 IMPORTANT SAFETY INSTRUCTIONS

- **WARNING:** To maintain product safety, examine your Cross-Trainer regularly for damage and wear. See Preventive Maintenance section for complete details.
- To reduce the risk of electrical shock, always unplug this Life Fitness product before cleaning or maintenance.
- To reduce the risk of burns, fire, electric shock or injury, always connect each product to a properly grounded electrical outlet.
- Never operate a Life Fitness product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle. Do not run the power cord on the floor under or alongside of the Cross-Trainer.
- Always follow the console instructions for proper operation.
- Close supervision is necessary when Cross-Trainers are used by children, or disabled persons.
- Do not use this product outdoors, near swimming pools or in areas of high humidity.
- Never insert objects into any opening in this product. If an object should drop inside, turn off the power, unplug the power cord from the outlet and carefully retrieve it. If the item cannot be reached, contact Life Fitness Customer Support Services.
- Never place liquids of any type directly on the unit, except in the optional accessory tray or holder. Containers with lids are recommended.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
- Keep all loose clothing, shoelaces and towels away from moving parts.
- Keep the Life Fitness product away from walls and clear of any obstructions and furniture. Ensure that there is at least one foot clearance in front of the Cross-Trainer.
- Use caution when mounting or dismounting the Cross-Trainer. Use the stationary handlebar whenever additional stability is required. While exercising, always hold onto the user arms or stationary handlebar.
- Never operate the Cross-Trainer facing backwards.

**SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE**

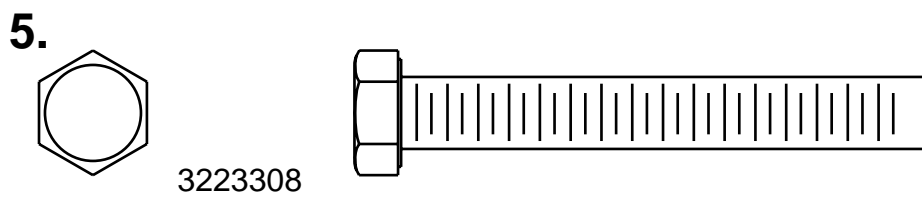
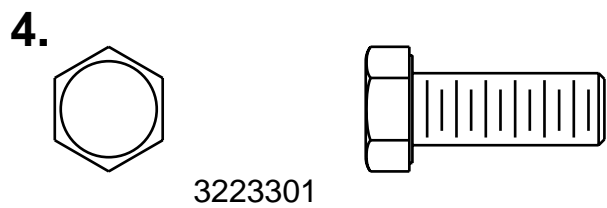
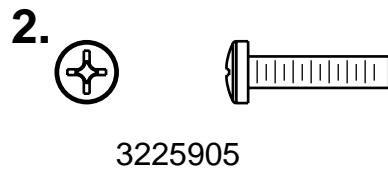
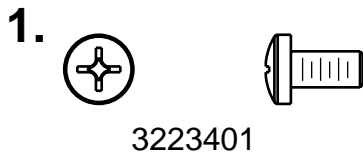
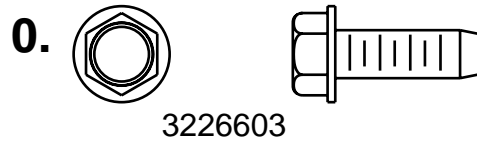
## 1.2 PARTS LIST

The following parts are illustrated in actual size on the following two pages.

|   |  |
|---|--|
| <b>0. Accessory Bracket Fastner</b><br>1/4"-20 x 3/4" LONG                                    | Qty: 2<br>3226603  |
| <b>1. Phillips Pan Head Screw – Clevis Cover Fastener</b><br>10-32 x 3/8" LONG                | Qty: 4<br>3223401  |
| <b>2. Electronics Console Mounting Fastener</b><br>8-18 x 3/4" LONG Phillips Pan PLT ST       | Qty: 4<br>3225905  |
| <b>3. Upright Cap Mounting Fastener</b><br>6-20 x 1/2" LONG Phillips Pan PLT ST               | Qty: 1<br>3226003  |
| <b>4. Upright Mounting Bolt</b><br>3/8 – 16 x 1" LONG   | Qty: 2<br>3223301  |
| <b>5. Upright Mounting Bolt – Side Plate</b><br>3/8 – 16 x 2-3/4" LONG                        | Qty: 4<br>3223308  |
| <b>6. Front Clevis/Pedal Lever Mounting Bolt</b><br>3/8 – 16 x 3-1/4" LONG                    | Qty: 2<br>3223310  |
| <b>7. Nylock Nut – Low Height</b><br>3/8 – 16 Low HT  | Qty: 4<br>3102807  |
| <b>8. Nylock Nut – High Height</b><br>3/8 - 16  | Qty: 2<br>3102802  |
| <b>9. Plastic Cap Retaining Washer</b>  | Qty: 10<br>6866701   |
| <b>10. Plastic Cap – Black</b>  | Qty: 10<br>6866601   |
| <b>Not illustrated</b> Plastic Clevis Covers – <b>Black</b><br>Cover, Clevis 1.75" Top/Bottom | Qty: 2 Sets (4)<br>6914901 – Top (2)<br>6915001 – Bottom (2) |

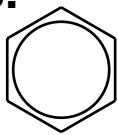
## 1.3 PARTS DESCRIPTION

The parts shown below are actual size and can be matched to the parts list on page 5 by the number next to them.

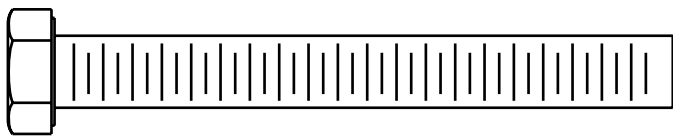


### 1.3 PARTS DESCRIPTION CONTINUED

6.



3223310

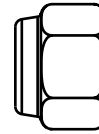


7.



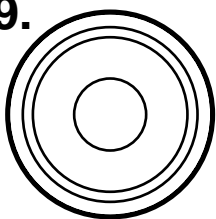
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8.



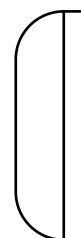
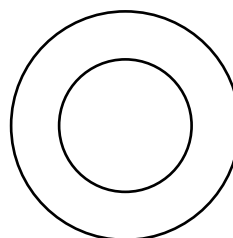
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9.



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10.



6866601

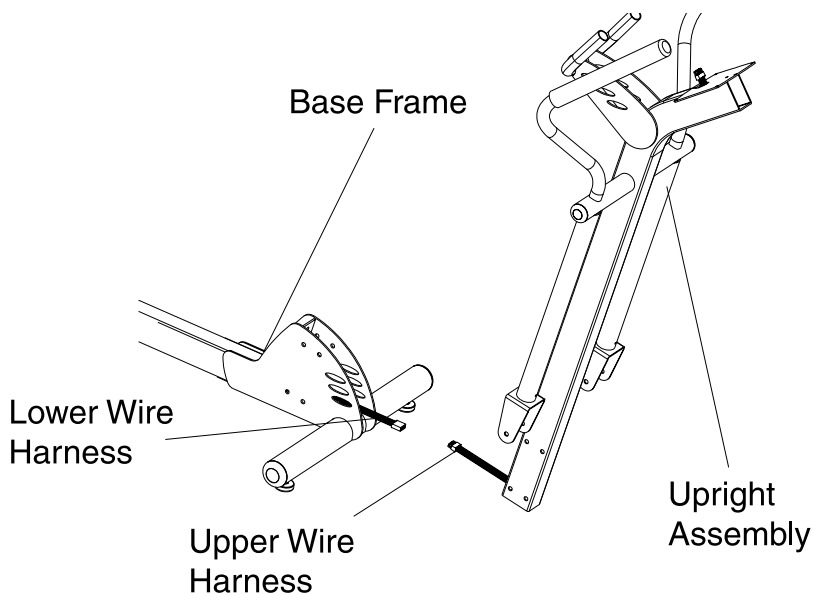
## 1.4 SETUP

Tools required: Socket set, Phillips Screwdriver, 9/16 open ended wrench

Please read instructions carefully before assembly. Be sure to assemble the unit where it is to be used.

### STEP 1

Remove machine from packaging. Carefully lay out and count each part before assembly. Refer to the parts list on page 5 of this manual.

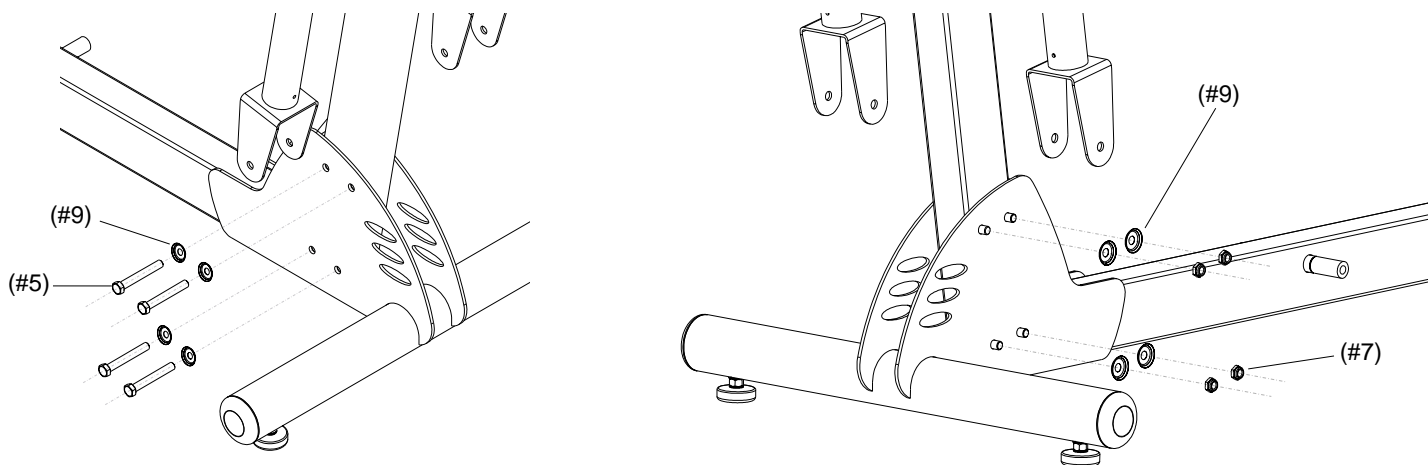


### STEP 2

Assemble upright tube assembly to base frame:

1. Lay upright assembly on floor in front of base frame.
2. Connect upper wire harness to lower wire harness. Insert connected plugs from electronic cables into wiring hole on upright tube assembly.
3. Position upright tube assembly between plates on front of base frame. Feed excess electronic cable into base frame.

**NOTE: This step could require two people.**



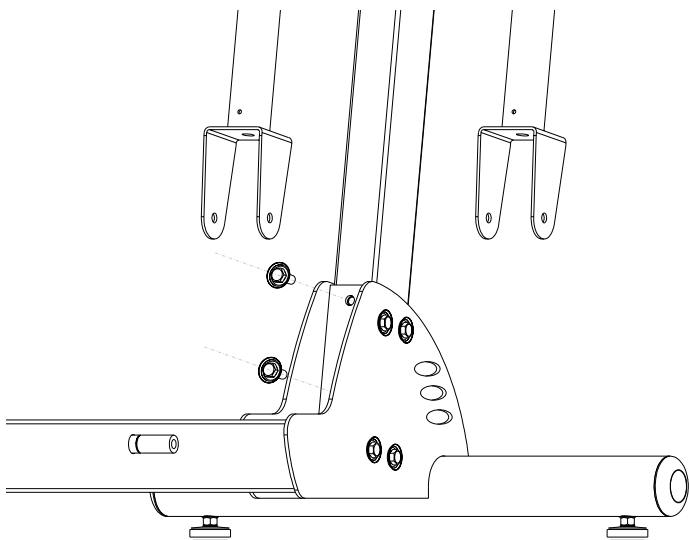
4. Line up holes on plates with holes on upright tube assembly.
5. Connect upright tube assembly to base frame using four (#5) 2-3/4" bolts, eight (#9) washers (4 on each side) and four (#7) low profile nylock nuts.

DO NOT FULLY TIGHTEN AT THIS POINT.

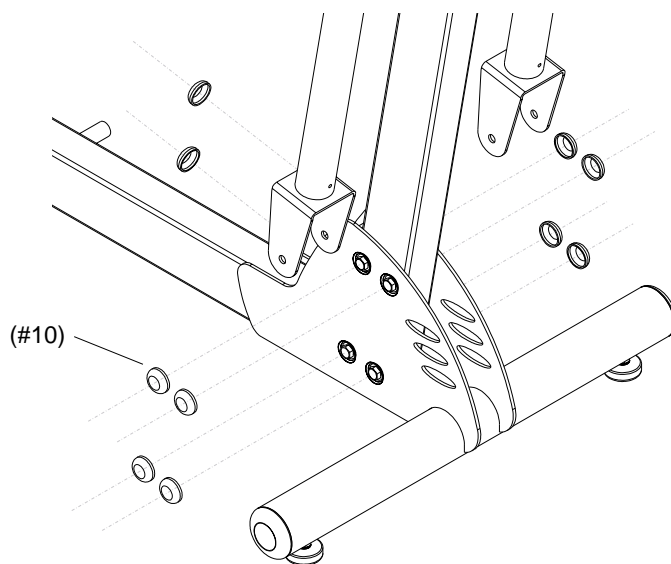
**CAUTION: The electronic cable may obstruct the connecting holes. If this happens, gently pull on the end of the cable at the top of the upright tube assembly to clear the hole. Do not force bolt through hole if the cable is obstructing the bolt, as damage to wiring may result.**



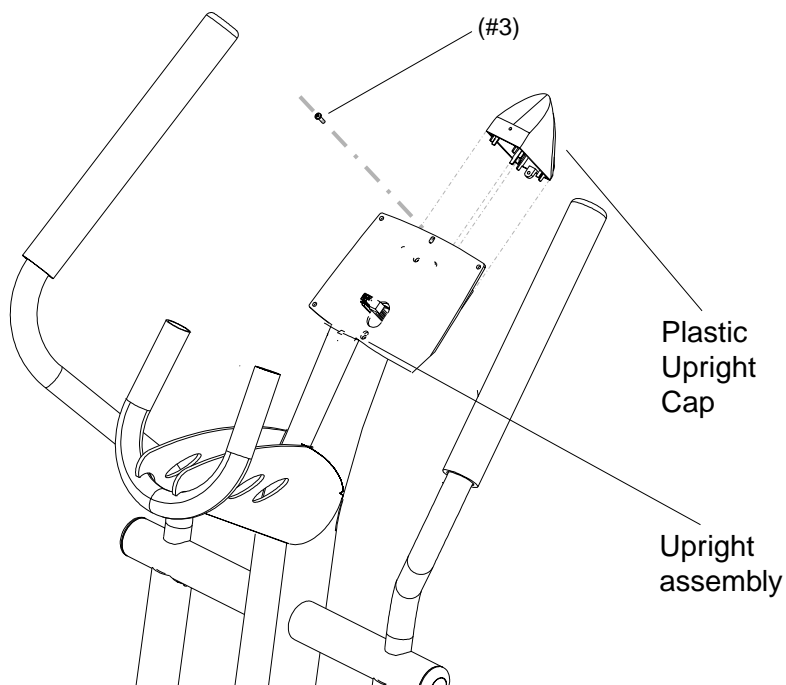
## 1.4 SETUP CONTINUED



6. Insert two (#4) 1 inch bolts and two (#9) washers into backside of connector joint on base frame. Start each bolt, and then tighten with a 9/16 socket wrench.
7. Tighten four (#5) 3-inch bolts with a 9/16" socket wrench.



8. Push the ten (#10) black plastic cover caps over each bolt head.

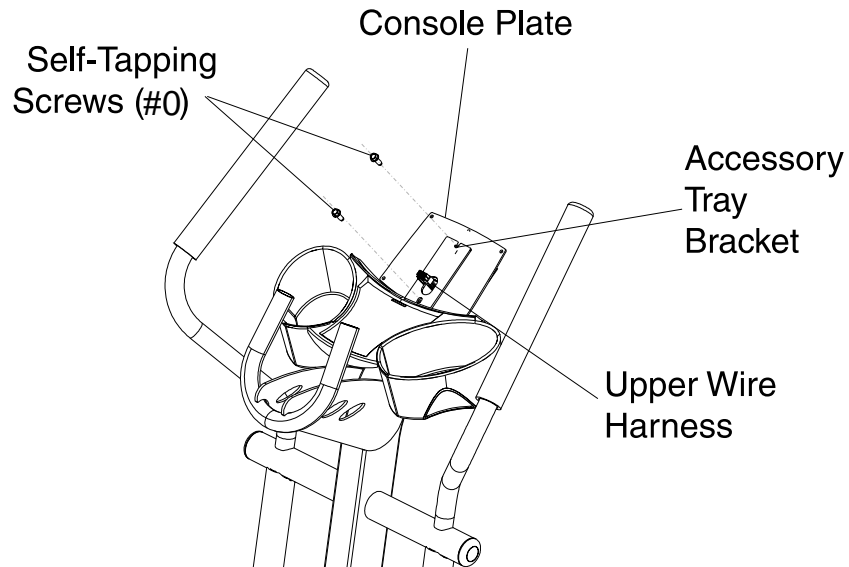


### STEP 3

Attach Plastic Upright Cap to upright assembly:

1. Push the Plastic Upright Cap into open end of tube at the top of the upright assembly.
2. Line up hole in nose cone with hole in upright assembly and fasten with a (#3) screw.

## 1.4 SETUP CONTINUED

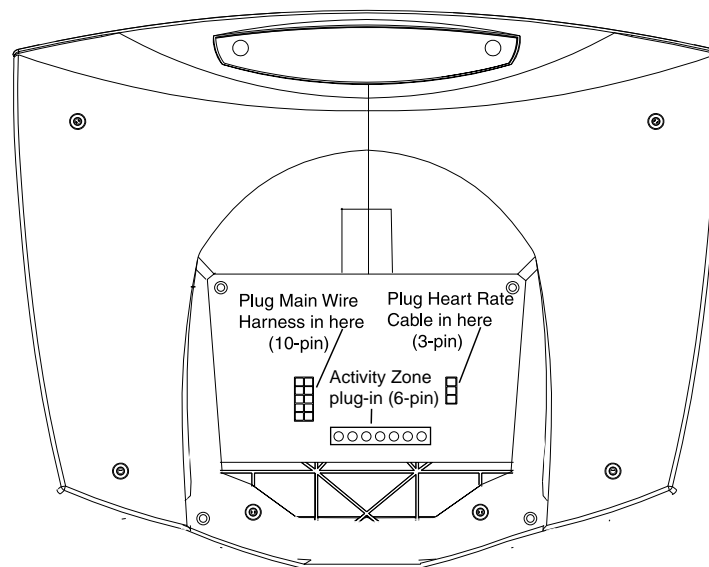


### STEP 4

Attach heart rate accessory tray to upright assembly:

**NOTE: This step applies to model x3i only.**

1. Before attaching the accessory tray, it is helpful to form the threads in the console plate. Using a 3/8" socket wrench, start the (#0) self-tapping screws into the holes. When threads have formed, **remove the screws**.
2. Feed the upper wire harness through the slot in the accessory tray bracket.
3. Line up the holes on the accessory tray bracket with the holes on the console plate, and then secure the accessory tray with the two (#0) self-tapping screws using a 3/8" socket wrench.



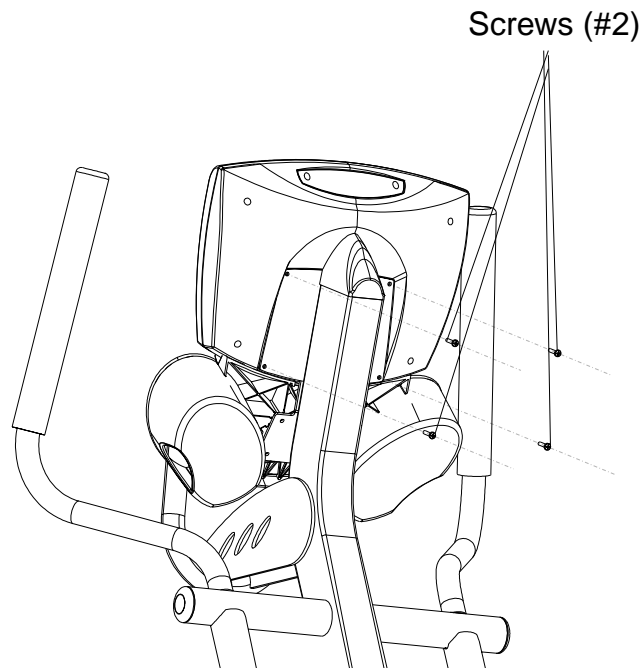
### STEP 5

Plug cables into back of display console:

1. Plug the 10-pin connector at the end of the upper wire harness into the 10-pin connector in the back of the display console. Make sure the connector snaps into place.
2. Plug the 3-pin connector at the end of the heart rate cable into the 3-pin connector in the back of the display console. Make sure the connector snaps into place.
3. Plug in flat 6 pin connector for the Activity Zone.
4. Push access cable(s) into opening of upright assembly.

**NOTE: #2 and #3 apply to model x3i only.**

## 1.4 SETUP CONTINUED

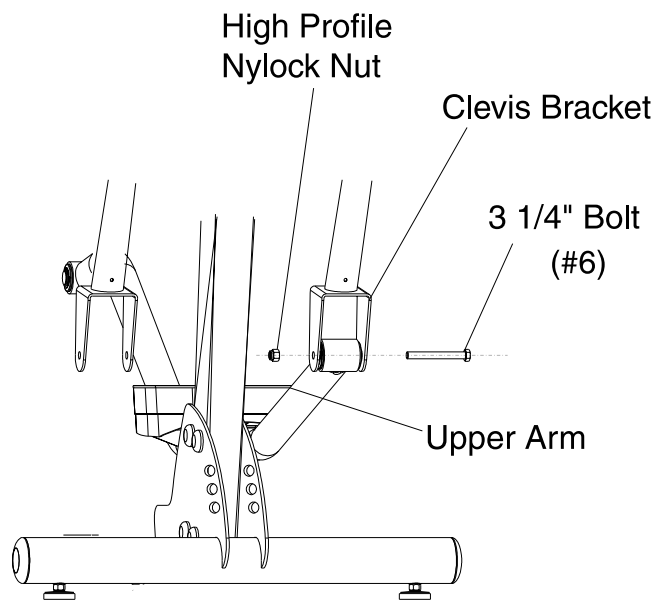


### STEP 6

Attach display console to console plate:

1. Line up the four holes in the back of the console plate with the four holes in the back of the display console.
2. Attach the display console using the four (#2) screws. Be careful not to pinch cables between the console and the console plate. Be sure to get each screw started before fully tightening.

**NOTE: To avoid stripping, do not over tighten screws.**

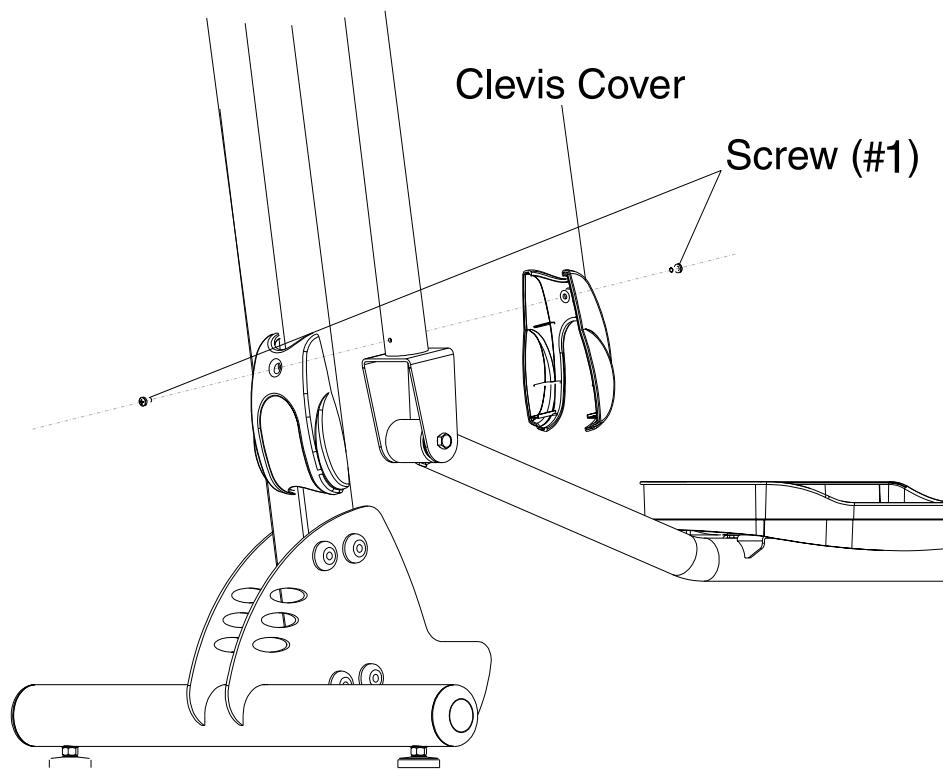


### STEP 7

Connect pedal levers to upper arms:

1. Insert pedal lever into the clevis bracket of the upper arm.
2. Connect pedal lever to upper arm using one (#6) 3 1/4" bolt and one (#8) high profile nylock nut using a 9/16" socket wrench, and a 9/16" open ended wrench. Tighten securely.
3. Repeat procedure for opposite side.

## 1.4 SETUP CONTINUED



### STEP 8

Attach clevis covers to clevis brackets:

1. Secure clevis cover to clevis bracket using two (#1) #10 tapping screws.

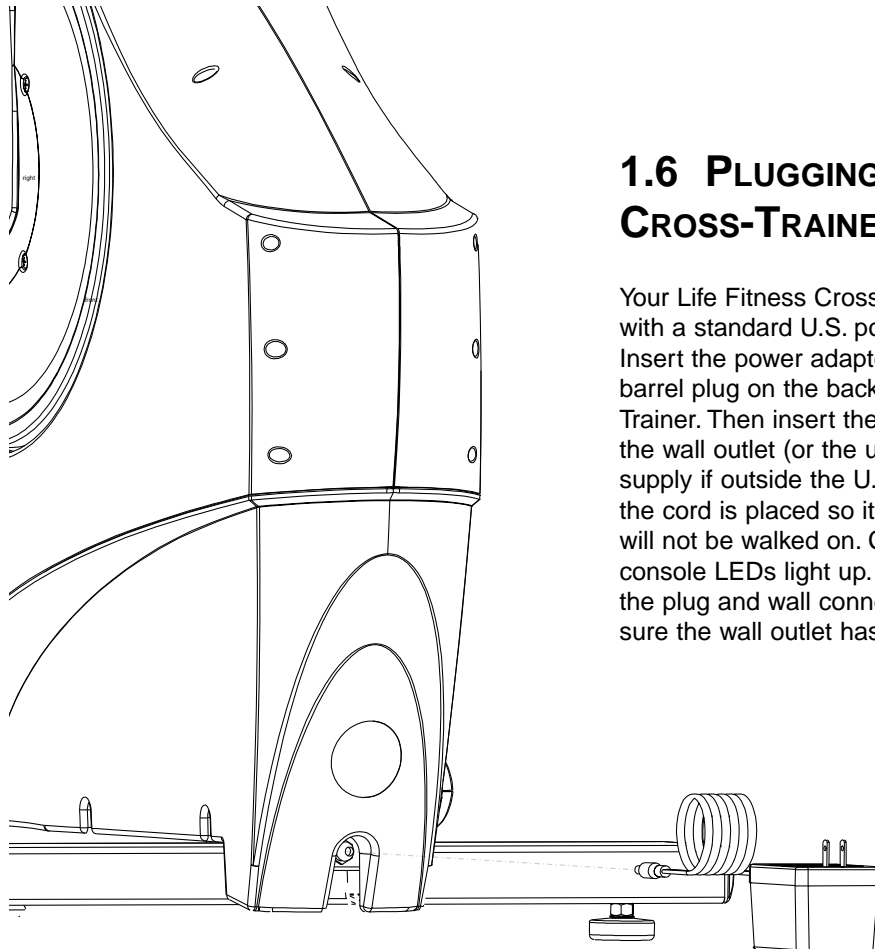
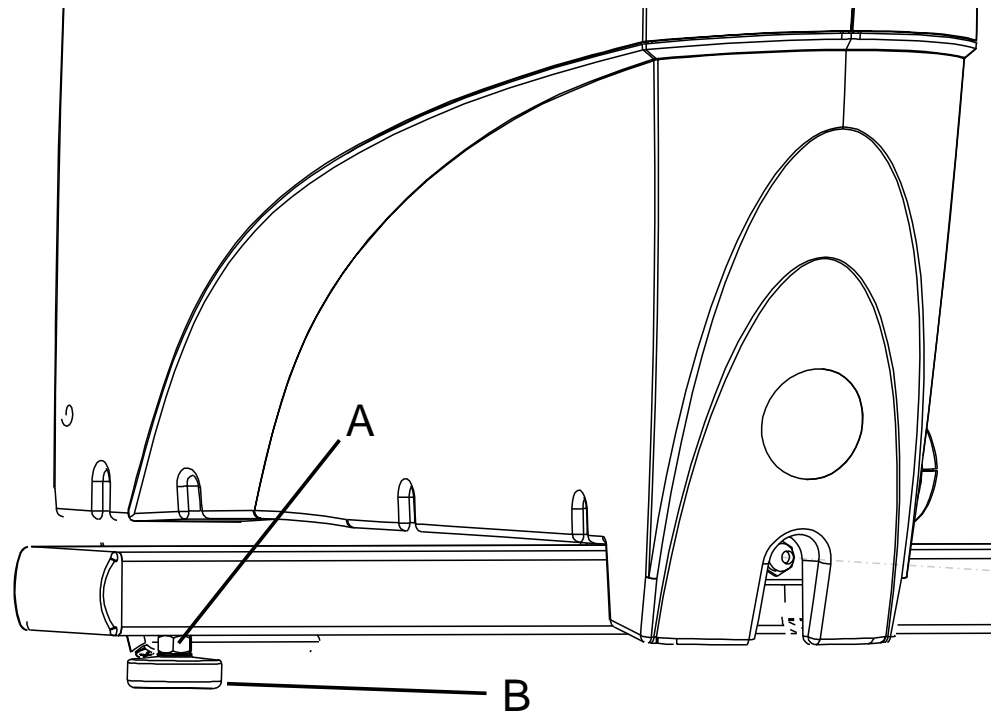
NOTE: Threads are formed in the holes as the screw goes in. A power screw- driver is recommended if available.

2. Repeat procedure for opposite side.

## 1.5 How To STABILIZE THE LIFE FITNESS CROSS-TRAINER

After placing your Cross-Trainer where it will be used, check its stability. If there is even a slight rocking motion, or the unit is not stable, determine which stabilizing leg is not resting firmly on the floor. To adjust the leg, loosen the JAM NUT (A) and turn the STABILIZING LEG (B) until the rocking motion ceases and both stabilizing legs rest firmly on the floor. Retighten the JAM NUT.

**NOTE:** It is extremely important that the stabilizing leg be correctly adjusted for proper operation.



## 1.6 PLUGGING IN THE CROSS-TRAINER

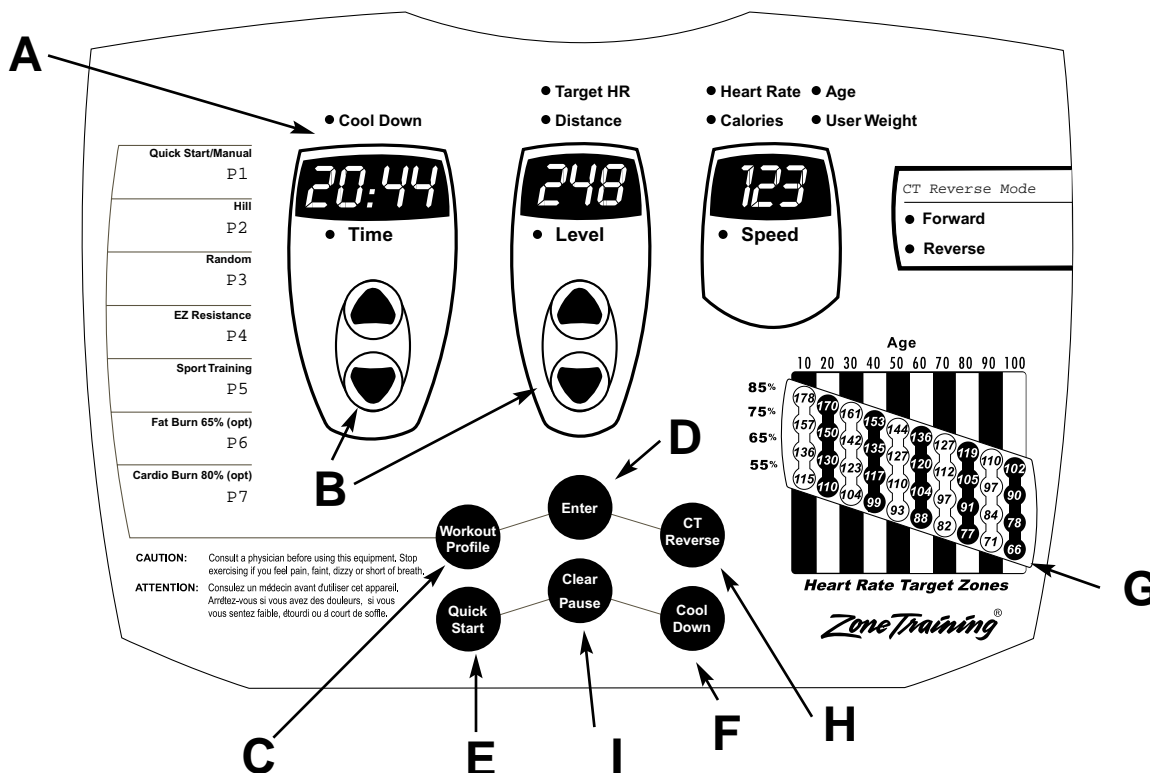
Your Life Fitness Cross-Trainer comes with a standard U.S. power supply. Insert the power adapter jack into the barrel plug on the back of the Cross-Trainer. Then insert the transformer into the wall outlet (or the universal power supply if outside the U.S.). Make sure the cord is placed so it doesn't bind and will not be walked on. Check that the console LEDs light up. If not, recheck the plug and wall connections and make sure the wall outlet has power.

## 2. THE DISPLAY CONSOLE

### 2.1 DISPLAY CONSOLE OVERVIEW

The on-board computer lets you to tailor your workout to fit your exact individual fitness capabilities and goals. It's also an excellent way to measure your fitness improvement from one workout to the next. The easy-to-use computerized display console makes it simple to follow the progress of each workout.

### 2.2 X3 DISPLAY CONSOLE DESCRIPTIONS



**A.** MESSAGE CENTER: Displays Distance, Speed, Heart Rate, Calories, Target Heart Rate, Cool Down, Level and Elapsed Time. Enter Age and User Weight while programming.

**B.** TIME AND LEVEL KEYS: Press these keys to increase or decrease the workout time, resistance level or target heart rate of the cross-trainer.

**C.** WORKOUT PROFILE: Used to choose the Hill, Random, QuickStart™/Manual, EZ Resistance, Sport Training, Fat Burn (opt.), and Cardio Burn (opt.) workouts.

**D.** ENTER KEY: This key is used to enter the data displayed in the Message Center.

**E.** QUICKSTART/MANUAL KEY: Allows you to quickly enter a Manual Workout with the press of just one key.

**F.** COOL DOWN KEY: Begins an automatically-customized cool-down sequence.

**G.** ZONE TRAINING® HEART RATE CHART  
Quick reference chart, used to identify your target heart rate.

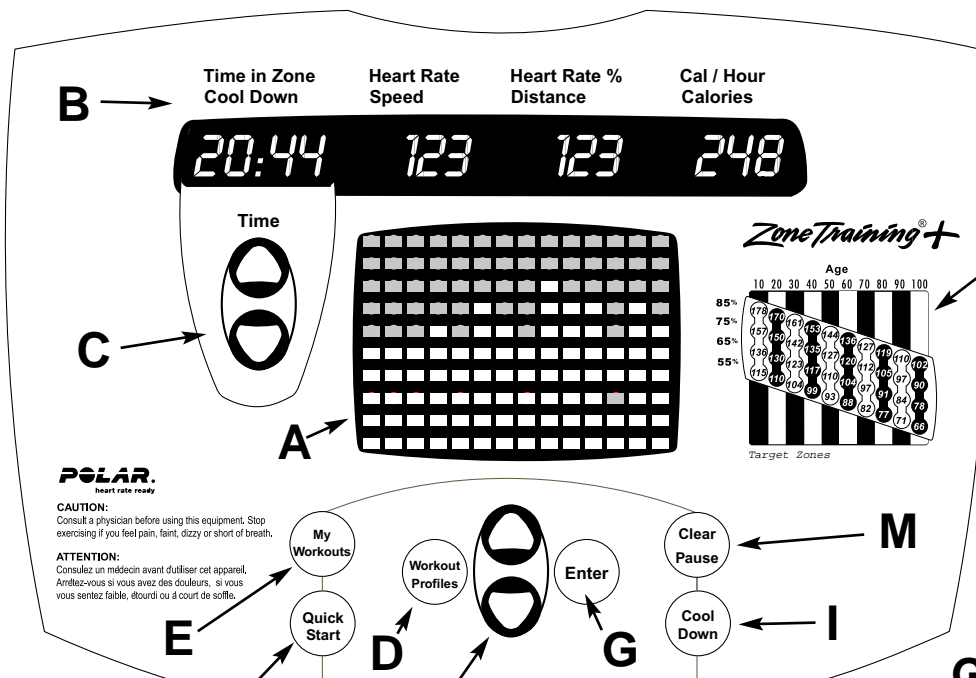
**H.** CT REVERSE: Places the Monitor in CT Reverse mode.

**I.** CLEAR/PAUSE: Pressing the PAUSE/CLEAR button switches the monitor from any workout profile or mode to Pause mode. Pressing the PAUSE/CLEAR button again while the monitor is in Pause mode switches the display to Workout Summary.

Pressing the PAUSE/CLEAR button while the monitor is in WORKOUT SUMMARY mode, switches the monitor to Idle mode display.

**NOTE:** The user must stop before pressing CLEAR/PAUSE.

## 2.2 x3i DISPLAY CONSOLE DESCRIPTIONS



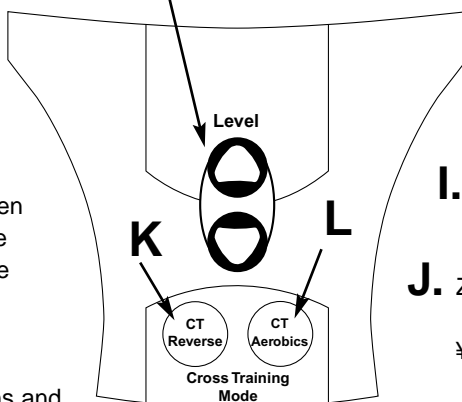
**A. WORKOUT PROFILE WINDOW:** A matrix of LED lights displays the current position and the upcoming terrain. While striding, the light columns move across the screen from right to left. The higher the column of lights, the greater the Level, and workout intensity.

**B. MESSAGE CENTER:** Provides simple, step-by-step instructions and motivational messages. Displays: Level, Distance, Speed, Heart Rate, Calories/Hour, Calories, Time in Zone, Time, Cool Down, and Heart Rate%. Enter Age and User Weight while programming.

**C. TIME KEYS:** Press these keys to increase or decrease the workout time of the cross-trainer. In addition, any of these keys may be pressed to begin a workout or programming.

**D. WORKOUT PROFILES:** Choose the Fat Burn, or Cardio Heart Rate Zone Training Workouts, in addition to: Heart Rate Hill, Heart Rate Interval, Extreme HR, Sport Training, Hill, Random, QuickStart™/Manual and EZ Resistance Workouts.

**E. MY WORKOUTS:** These 4 programmable slots can be configured to any of your available workouts. My Workouts include the Fat Burn, Cardio, Heart Rate Hill, Heart Rate Interval, Extreme HR, Sport Training, Hill, Random, QuickStart™/Manual, and EZ Resistance Workouts.



**H. QUICKSTART/MANUAL KEY:** Allows you to quickly enter a Manual Workout with just the press of a key.

**I. COOL DOWN KEY:** Begins an automatically-customized cool-down sequence.

**J. ZONE TRAINING™ HEART RATE CHART**

¥HEART RATE: Message Center displays the user's heart rate while wearing a Polar-compatible heart rate chest strap.

¥TIME-IN ZONE: Message Center displays the total time the heart rate stays within the selected zone — Fat Burn, Cardio, Heart Rate Hill, Heart Rate Interval and Extreme HR. The selected Zone is based on your entered Target Heart Rate and the workout selected.

**K. CT REVERSE:** Places the monitor in CT Reverse mode.

**L. CT AEROBICS:** Places the monitor in CT Aerobics mode.

**M. CLEAR/PAUSE:** Switches the monitor from any workout profile or mode to Pause mode. Pressing the PAUSE/CLEAR button while the monitor is in Pause mode switches the monitor to Workout Summary mode. If the PAUSE/CLEAR button is pressed while in workout summary mode, the monitor switches to idle mode.

**NOTE: The user must stop before pressing CLEAR/PAUSE.**

### 3. ACCESSORIES

#### 3.1 READING RACK

The Display Console includes a built-in reading rack that lets you enjoy a book or magazine during your workout.

#### 3.2 ACCESSORY TRAYS (STANDARD ON THE x3i, OPTIONAL ON THE x3)

The accessory trays are conveniently located on either side of the Display Console.

## 4. HEART RATE ZONE TRAINING® EXERCISE

### 4.1 WHY HEART RATE ZONE TRAINING EXERCISE?

Research shows that exercising within a specific heart rate zone is the optimum way to both monitor exercise intensity and achieve maximum results. That's the idea behind the Life Fitness Heart Rate Zone Training approach to exercise.

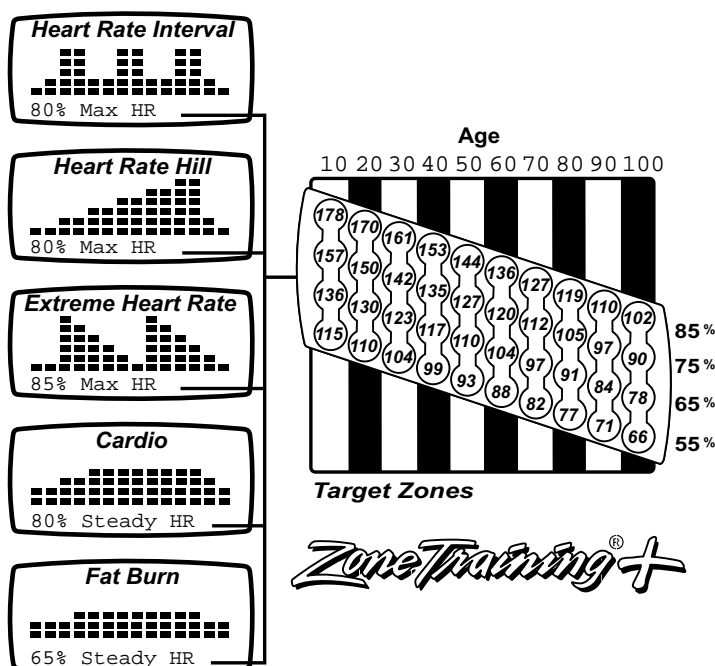
Zone Training Exercise takes the guesswork out of working out. By training in programs where specific heart rate ranges, or zones are maintained, you can achieve maximum exercise results according to the goals you set. In short, Zone Training Exercise all but eliminates under- and over-training by accurately targeting your heart rate to match your individual fitness levels and objectives

For example, if your primary goal is to burn fat, exercise at a level between 60% and 75% of the theoretical maximum heart rate†. To improve cardiovascular condition, work out at 75% to 85% of the theoretical maximum heart rate.

Life Fitness offers five exclusive workouts designed to take full advantage of the benefits of Heart Rate Zone Training. The effect of the exercise activities can be varied by switching between the Fat Burn and Cardio workouts at any time during a workout, or by entering a new target heart rate with the Up or Down Arrow keys.

Both the Fat Burn and Cardio workouts measure heart rate. By wearing the telemetry heart rate chest strap, your heart rate will be transmitted to the on-board computer continuously. With this information, the resistance level will automatically adjust to maintain the target heart rate based on the actual heart rate.

† Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as 220 minus the user's age.



*Zone Training*+

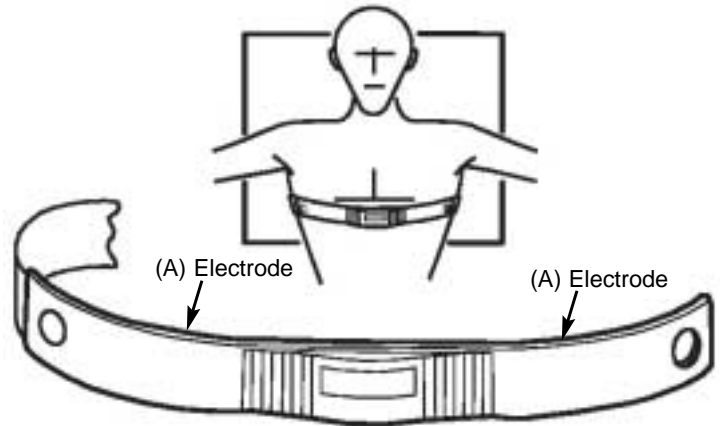


## 4.2 HEART RATE MONITORING THE HEART RATE CHEST STRAP

The Heart Rate Chest Strap allows the on-board Polar® telemetry heart rate feature to continuously monitor your heart rate. In many workouts, it also adjusts aspects of the workout such as resistance level.

To begin, wet the transmitter electrodes (A), (the two grooved surfaces on the underside of the strap) and secure the strap as high under the chest muscles as possible. The strap should be snug, but comfortable enough to allow for normal breathing.

The transmitter strap will deliver an optimum heart rate reading when the electrodes are directly in contact with bare skin. However, it will function properly through wet, lightweight clothing.



The key to proper operation is for the electrodes to remain wet in order to transmit the electrical impulses of the heart back to the receiver.

If it becomes necessary to remoisten the chest strap electrodes, simply grasp the center of the strap, pull it away from the chest to expose the two electrodes, then moisten them in this position.

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## 5. THE WORKOUTS

### 5.1 WORKOUT DESCRIPTIONS

Selecting a Life Fitness workout is as easy as pressing a key. The following are preprogrammed workouts for this Life Fitness product.

#### 5.1.1 MANUAL/QUICKSTART™

QuickStart™ is the fastest way to begin exercising and allows you to start a Manual workout by just pressing one key.

#### 5.1.2 ZONE TRAINING®

These workouts combine the effectiveness of Interval Training with the accuracy of Heart Rate Zone Training. A recommended workout heart rate is calculated for you based on your age. You are shown this value and asked to accept or change it using the Arrow Keys and/or Enter Key. If you accept this number, it becomes the upper value of your workout zone. The lower value of this zone is automatically calculated based on which program you have selected. During the workout, your Heart Rate Zone is tracked to see how long you stay "in the zone".

#### 5.1.3 FAT BURN

On featured Life Fitness cardiovascular equipment, The Fat Burn workout focuses on Heart Rate Zone Training at a level that maximizes the use of your body's fat stores for fuel. Using an optional heart rate chest strap or the Lifepulse System, it helps you maintain a specific heart rate (65% of a theoretical maximum heart rate †) within a target zone based on your age. The result is a perfect workout every time, eliminating both under-and over-training...and the need to monitor your workout, because your Life Fitness unit responds to the heart rate and adjusts the workout accordingly.

**NOTE: (For all Heart Rate Control Programs)**

**The Cross-Trainer varies resistance automatically to keep your HR in the target zone. In order to assure proper variation it's important the user maintains a constant R.P.M. (speed).**

## 5. THE WORKOUTS (CONTINUED)

### 5.1.4 CARDIO

The Cardio workout is virtually identical to the Fat Burn workout except for a higher target heart rate, (80% of the theoretical maximum heart rate<sup>†</sup>), which places a heavier workload on the heart muscle to promote cardiovascular improvement. To add variety and extend the focus of exercise benefits, switch between the Fat Burn and Cardio programs during your workout.

### 5.1.5 HEART RATE HILL AND HEART RATE INTERVAL WORKOUTS

These workouts combine both the standard Hill Workout with the Fat Burn and Cardio workouts. After you enter your age a recommended workout heart rate is calculated for you. If you want to change the value before you begin your workout, use the Arrow Keys. To accept it, use the Enter Key. This value then becomes the upper value of your workout zone. The lower values of this zone are automatically calculated based on which program you selected. During the workout, your Heart Rate Zone is tracked to see how long you “stay in your zone”.

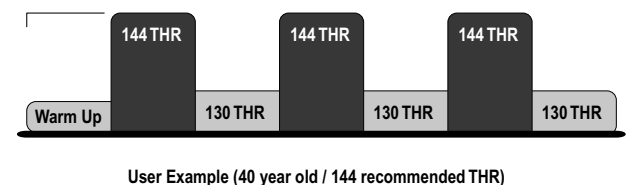
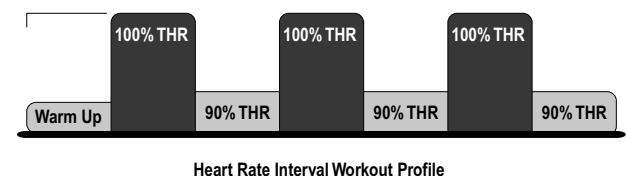
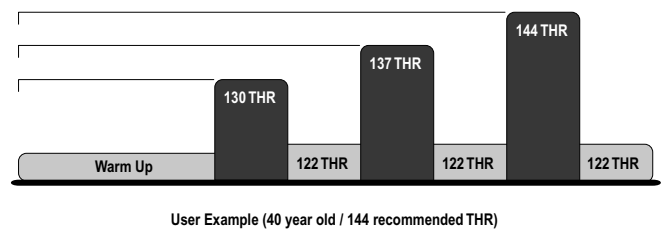
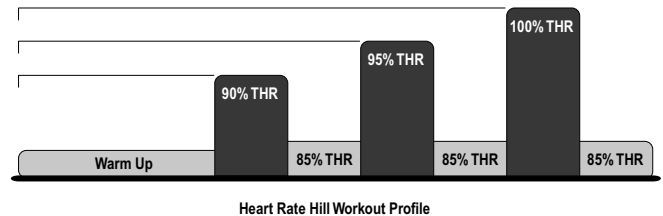
**HEART RATE HILL** takes you through 3 progressively intense workout levels based on your target heart rate. Climbing Hill #1, you are challenged to reach the first heart rate goal of 90%. If this goal is met, a new goal of 95% THR is set for Hill #2. Meet this goal and you move on to Hill #3 which is your full target heart rate. In between hills, you can “rest” in the valley at 85% of your THR.

The time, or duration you spend at each given heart rate goal is fixed at 1 minute once you reach your goal. However, if you don't reach the given goal, you won't encounter any higher goals. Your fitness level determines the number of hills and valleys you encounter. Depending the time you set, plus how fast and how high you climb, your workout can end during any Target Heart Rate period.

### 5.1.6 HEART RATE INTERVAL

**HEART RATE INTERVAL** workout leads you through 2 intensity levels based on your target heart rate. The set duration of the hills and valleys is 3 minutes each – after you reach your current goal. Therefore, your fitness level determines the number of hills and valleys you encounter.

If the heart rate goal is not achieved after 5 minutes, you will be prompted to reduce or increase your speed accordingly. Once time is up, you go into Cool-Down mode automatically.



### 5.1.7 SPORT TRAINING

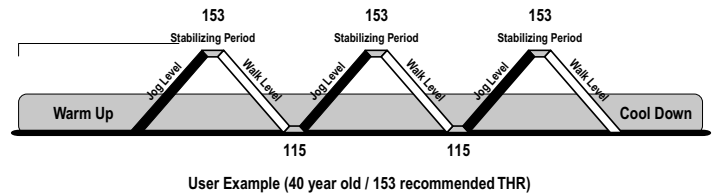
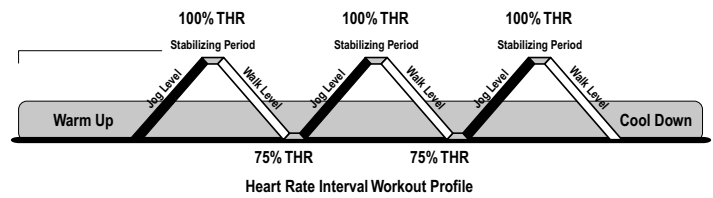
Sport Training is based on a random workout with longer periods between high and low resistance. Also, the high and low resistance portions of this profile occur less often and do not have as large a variation as in the Random program.

Whatever level you choose defines the baseline (flat ground) for your workout. Any level above baseline simulates uphill conditions. Any level below baseline simulates going downhill.

## 5. THE WORKOUTS (CONTINUED)

### 5.1.8 EXTREME HR WORKOUT

EXTREME HR Workout is an intense workout for more experienced users. This workout is used to add variety to your workout and break through training plateaus. Like running sprints, this exercise raises and lowers your heart rate between two different goals. The objective is to get your heart rate up and down as quickly as possible. You'll begin with a standard 3-minute warm up. After warm-up, the resistance is ramped up until the heart rate reaches your Target Heart Rate. This pace is then maintained during stabilizing period. Following this, the resistance is reduced to your lower level. When your heart rate recovers to 75% THR, it is maintained there for a stabilizing period. Then, the cross-trainer again ramps the resistance back up until your heart rate reaches the THR. This will continue until the workout time you've set is ended.



### 5.1.9 RANDOM

RANDOM gives you a workout with an endless variety of changing resistance levels and patterns. The Life Fitness on-board computer randomly selects hill and valley terrain which varies with each and every workout, resulting in more than one million combinations. Because resistance levels are greater here than in the Hill workout, it is recommended that you set your workout level one or two levels below the workout level you would normally select for the Hill workout.

### 5.1.10 MANUAL

MANUAL is a steady-pace workout that lets you change the resistance at any time during your workout. The resistance levels here are equal to those of the highest hill encountered in the Hill workout at the same effort level. Therefore, it is recommended you start the Manual workout at about three to four levels lower than the level you normally use on the Hill workout. Remember, you can always increase or decrease your resistance at any time.

Use the Manual workout to create your own personal interval training workout by varying the level of effort during the course of the workout session. Just work at a high level until the upper end of the target heart rate zone is reached. Then lower the level and pedal until your heart rate drops to the bottom of the target zone. Now, raise the level again until the heart rate rises back to the top of your target zone. Repeating this process will actually create hills and valleys.

### 5.1.11 EZ RESISTANCE

EZ RESISTANCE Workout is an "incline-based" workout simulated by using resistance that makes working out more enjoyable. As you work out, the gradual changes in resistance as you climb the "hill" are so subtle, you don't realize you're working harder.



The peak of the hill is directly related to your chosen level and will be reached after 75% of your workout duration. Then, the resistance will start moving back down to zero percent. The result is an effective and efficient cardiovascular workout that's enjoyable from the first step to the last.

### 5.1.12 COOL-DOWN

Life Fitness' unique Cool-Down sequence automatically customizes every cool-down to balance your workout performance. Factors such as resistance and duration are considered in determining the duration and intensity of the cool-down. If you like, you can manually adjust Cool-Down resistance levels by continually pressing the Cool-Down button.

## 5. THE WORKOUTS (CONTINUED)

### 5.1.13 HILL

HILL provide effective cardiovascular results using a simulated combination of hills and valleys. The Hill Workout features periods of intense aerobic activity separated by regular intervals of lower-intensity exercise. This variable pattern has been scientifically demonstrated to provide greater cardio respiratory improvement than steady-pace training. Not only does the Hill Workout offer the challenge of alternating periods of high and low intensity, the levels of intensity become progressively more extreme during the course of the workout. The longer the workout, the more the molehills turn into mountains.

Effort and recovery periods are shown on the Display Console by columns of red lights in the Workout Profile Window. The columns move from right to left during the workout. The higher the column, the higher the hill – and the harder you have to work to keep going.

Each Hill Workout completes the following phases:

- (1) Interval Training
- (2) Cool-down.

**Interval Training:** During this portion of the workout, you are confronted with a series of successively steeper hills – each separated from the next by a valley, or recovery period. Check your heart rate at the end of the interval training period to ensure you're staying within your target zone.

**Cool-down:** The cool-down allows the body to begin removing lactic acid and other accumulated by-products of exercise which build up in muscles during a workout and contribute to muscle soreness.

As minutes are added, additional hills and valleys beyond the first four are presented. The additional hills and valleys will follow the pattern of the first four, dropping back down to the level of the very first hill encountered. This process repeats until the workout is complete.

### 5.1.14 CROSS-TRAIN AEROBIC (X3i ONLY)

This workout makes the most of the Life Fitness Cross-Trainer's total body workout capabilities by leading the user through a varied workout that exercises all the major muscle groups.

For an upper body workout that works all the muscles in the arms, the console directs the user to push and pull the handlebar arms at various times. The console will also vary the workout between total body and lower-body-only workouts, during which the user rests his or her hands on the stationary handlebar.

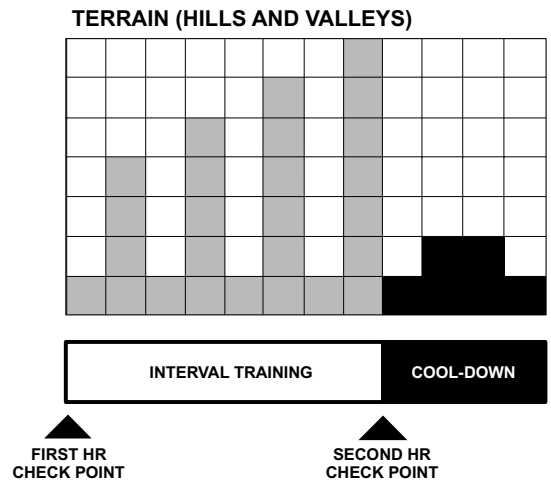
To maximize a lower-body workout, forward and reverse motions and speeds are alternated, working all the muscles in the legs during a single exercise session.

This Cross-Trainer workout uses one, selectable resistance level. However, it can be made into a variable resistance workout by selecting the Hill, Manual or Random program first, then, pressing the Aerobics Mode key on the console.

### 5.1.15 CROSS-TRAIN REVERSE (ALL MODELS)

To vary the Cross-Trainer exercise and maximize the lower-body workout, the Cross-Train Reverse workout directs the user to use a forward motion for five minutes followed by backward motion for two minutes. By making the most of the Life Fitness Cross-Trainer's forward and reverse feature, this program provides an effective workout for the thighs, calves, hips and buttocks.

**NOTE:** This Cross-Trainer workout is a single resistance program. However, it can be made into a variable resistance workout by first selecting the Hill, Manual or Random program, then, pressing the Reverse Mode key on the console after starting the workout.



## 5.2 USING THE WORKOUTS (CHART)

The following charts will help you set up and begin the various workout programs. First, select a workout using the specific workout key. Then, use the Time, Resistance, and Level Arrows to enter data as prompted. The display will prompt for any additional information that may be needed for the new workout. You can also change any of the workout parameters (time, distance, Resistance/THR, etc.) at any time during your workout.

### X3 WORKOUT SELECTIONS

|  |  |   |
|--|--|---|
| <b>HILL</b><br>Enter time<br>Enter weight<br>Enter age<br>Enter level<br>Begin workout   | <b>MANUAL/QUICKSTART™</b><br>Enter time<br>Enter level<br>Begin workout                          | <b>SPORT TRAINING™</b><br>Enter time<br>Enter weight<br>Enter age<br>Enter level<br>Begin workout |
| <b>RANDOM</b><br>Enter time<br>Enter weight<br>Enter age<br>Enter level<br>Begin workout | <b>EZ RESISTANCE™</b><br>Enter time<br>Enter weight<br>Enter age<br>Enter level<br>Begin workout |   |

### X3i WORKOUT SELECTIONS – ALL THE ABOVE, PLUS THESE EXTRA WORKOUTS

|  |  |   |
|--|--|---|
| <b>EXTREME HR™</b><br>Enter time<br>Enter weight<br>Enter age<br>Enter jog level<br>Begin workout                  | <b>HEART RATE HILL</b><br>Enter time<br>Enter weight<br>Enter age<br>Enter Target Heart Rate†<br>Begin workout       | <b>HEART RATE INTERVAL</b><br>Enter time<br>Enter weight<br>Enter age<br>Enter Target Heart Rate<br>Begin workout |
| <b>CARDIO (opt. on x3)</b><br>Enter time<br>Enter weight<br>Enter age<br>Enter Target Heart Rate†<br>Begin workout | <b>FAT BURN (opt. on x3)</b><br>Enter time<br>Enter weight<br>Enter age<br>Enter Target Heart Rate†<br>Begin workout |   |

† Or accept calculated value shown

## 5.3 MY WORKOUTS

### 5.3.1 MY WORKOUT – INTRODUCTION

- My Workout is a custom programmed profile that can be used by the user as the optimal quick start.
- My Workout is used to store statistics for up to 4 different (see below)
- My Workout is used to program workout profile configurations for up to 4 different users or days of the week.
- My Workout is used to program the names for up to 4 different users or days of the week.

### 5.3.2 USER STATISTICS

The My Workout Mode will store the statistics for accumulated Time, accumulated Calories and accumulated Distance for up to 4 users.

| Display        | Definition        |
|----------------|-------------------|
| TIME=XXXX:XX   | Accumulated Time  |
| CALORIES=XXXXX | Accumulated Cal.  |
| DISTANCE=XXXXX | Accumulated Dist. |

### 5.33 PROGRAMMABLE PARAMETERS

| <i>Operating parameters can be programmed for up to 4 users.</i> |  |
|--|--|
| Programmed parameter   | Definition   |
| Name   | Name of the user, (16 characters)  |
| Profile  | Workout Profile – any workout program  |
| Time   | Time duration of workout   |
| Weight   | Weight of user   |
| Age  | Age of user  |
| THR or Level   | <ul style="list-style-type: none"><li>• THR for Heart rate profiles</li><li>• Resistance Level for other profiles.</li></ul> |

### 5.3.4 NAME, PROGRAMMING

1. Up to 4 user names or days of the week can be programmed.
  2. User selects their name by pressing the Workout button.
  3. The default display before programming by the user is:
    - MY WORKOUT 1
    - MY WORKOUT 2
    - MY WORKOUT 3
    - MY WORKOUT 4
  4. User enters editing mode for name or workout by selecting the location they'd like to change, press and hold the "My Workout" key for 2 seconds. The message center then shows and scrolls the following message "PRESS ENTER TO EDIT NAME – PRESS MY WORKOUT TO EDIT WORKOUT"
  5. If the user presses the Enter button to edit name the message center will show the user their name or MY WORKOUT X with the first letter flashing.
  6. The user uses the arrow keys to scroll through the alphanumeric characters for the letter that is flashing. Pressing a ▲ button scrolls forward and pressing a ▼ button scrolls backwards through the alphanumeric characters.
  7. When the user has selected the character to be programmed, pressing the Enter key accepts the letter and toggles the display to the next letter to be changed. Repeat above.
  8. The user can press the Pause/Clear button at any time while programming a name to erase the currently flashing letter.
  9. Pressing the My Workout button at any time while programming a name will save the displayed name and the console will toggle to editing workout mode. The message center will show "NAME SAVED" for 3 seconds.
- NOTE: If the user presses the Pause/Clear button twice within a 2 second window while in Name programming mode, then the users name will not be saved and the monitor will return to Idle mode.**
11. The characters that can be programmed are the alphabet (capitalized), numeric from 0-9, a blank space and a dash.
  12. If there are no key presses within 30 seconds, the monitor will exit programming mode and return to Idle mode. The name will not be saved and the message center will display the previously saved name or the default display the next time this mode is selected.

### 5.3.5 WORKOUT, PROGRAMMING

1. If the user presses My Workout while the message center is displaying “PRESS ENTER TO EDIT NAME – PRESS MY WORKOUT TO EDIT WORKOUT” The message center will then display “PRESS ENTER TO EDIT WORKOUT – PRESS MY WORKOUT TO ACCESS STATISTICS”. – press Enter.
2. The message center will display “SELECT A WORKOUT”. The user will select a workout via the Workout Profile button or will toggle through the workout profiles using the arrow buttons. Pressing enter will accept the profile.
3. The user will be prompted for data (necessary information for the particular program) just as if the user had selected the profile normally (See section 5.2 for information needed for a particular program).
4. Upon acceptance of data by the last press of the Enter button the message center will display “WORKOUT SAVED” for 3 seconds.
5. The monitor will then return to Idle Mode.
6. If there are no key presses within 30 seconds, the monitor will exit programming mode and return to Idle mode. No workout information will be saved and the message center will display the previously saved workout or the default display the next time this mode is entered.

### 5.3.6 STATISTICS, DISPLAY

1. If the user presses the My Workout button when the message center is displaying “PRESS ENTER TO EDIT WORKOUT – PRESS MY WORKOUT TO ACCESS STATISTICS” the monitor will show the statistics for the user chosen.
  2. The display will toggle to the first statistic to be displayed which is to be accumulated Time.
  3. Pressing the My Workout button will toggle the message center to the next statistics which is accumulated Calories.
  4. Pressing the My Workout button will toggle the message center to the next statistic which is accumulated Distance.
  5. Pressing the My workout button will exit the statistics display mode and return the monitor to Idle mode.
- NOTE: If the user presses and holds the Pause/Clear button for 2 seconds while a statistic is being displayed then the statistic being displayed will be cleared and reset to zero.**
7. If there are no key presses within 30 seconds, the monitor will exit statistics display mode and return to Idle mode.

## 6. USER MENU

### 6.1 OVERVIEW

The User Menu on the Life Fitness x3 and x3i Consumer Cross-Trainers allows you to choose and vary specific features of the cross-trainer. To enter and use the User Menu follow the instructions listed below.

### 6.2 ENTERING USER MENU

The User Menu can only be used in the idle mode. Once you are in idle mode, you can enter by pressing the Pause/Clear button twice and then pressing the Enter button. If this 3-button sequence is not completed within 4 seconds, the monitor returns to Idle mode. Upon entering the User Menu, the monitor will beep three times and enter User Menu programming state #1.

### 6.3 DESCRIPTION OF USER MENU ITEMS

| Program State | Setting    | Range       | Default | Description  |
|---------------|------------|-------------|---------|--|
| 1             | Pause Time | 1-99        | 5 min.  | Number of minutes a work out is paused   |
| 2             | Sleep Time | 1-99/off    | Off     | Number of minutes before sleepmode is entered. Off is defined as no sleep mode             |
| 3             | Hold Time  | 1-99        | 5       | Number of seconds before the display toggles to the next parameter to be input by the user |
| 4             | Units      | Eng./Metric | Eng.    | Sets units as english or metric  |
| 5             | Software   |             |         | Displays current software revision   |

**NOTE:**

- To navigate use the ENTER KEY
- To change any of the items use the ▲ (up) or ▼ (down) arrow keys, then press enter to accept & scroll to the next item.



# 7. SERVICE AND TECHNICAL DATA

## 7.1 PREVENTIVE MAINTENANCE TIPS

Backed by the engineering excellence of Life Fitness, our commercial products are among the most popular equipment available today – regularly standing up to daily marathon use in health clubs, colleges and military facilities the world over. This same technology, engineering expertise and reliability has gone into the Life Fitness Cross-Trainer you now own.

To keep your Life Fitness Cross-Trainer operating at peak performance, use these helpful preventive maintenance tips:

- Use the Life Fitness Cross-Trainer in a cool, dry place.
- Clean the top surface of the pedals regularly.
- Keep the display console free of fingerprints and salt build-up caused by sweat.
- Use only soft, 100% cotton cloth, lightly moistened with water and mild liquid detergent, to clean the Cross-Trainer. Other fabrics, including paper towels, may scratch the surface. Do not use ammonia or acid-based cleaners.
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.
- Clean the housing and arms thoroughly on a regular basis.

**NOTE:** When cleaning the exterior of the unit, use a non-abrasive cleanser and soft cotton cloth. At no time should cleanser be applied directly to any part of the equipment. Place cleaning solution on a soft cloth and then wipe unit down.



**Do not move the unit or place hands into the unit while it is plugged into an electrical outlet.**

## 7.2 TROUBLESHOOTING THE OPTIONAL HEART RATE CHEST STRAP

### Heart Rate Reading Is Erratic Or Absent Entirely

- Repeat the electrode wetting procedure (see How to Use the Optional Heart Rate Monitor Chest Strap). The electrodes must be wet to pick up and transmit accurate heart rate readings.
- Make sure the electrodes are flat against the skin.
- Wash the belt transmitter regularly with mild soap and water.
- Make sure the chest strap transmitter is within three feet (one meter) of the heart rate receiver.
- The chest strap is battery operated and will eventually stop functioning. If the chest strap transmitter battery is depleted, contact Life Fitness Customer Support Services at 1-800-328-9714 for instructions on how to have the chest strap replaced.

### Heart Rate Reading Is Erratic Or Extremely High

When exercising with the Optional Heart Rate Chest Strap, you may encounter electromagnetic signals strong enough to cause abnormally elevated heart rate readings. Possible sources of such signals include:

- Television sets and/or antennas, cell phones, computers, cars, high voltage power lines, and other motor driven equipment that are too near your Cross-Trainer.
- Another heart rate transmitter within three feet (one meter) may also cause abnormal heart rate readings.

To remedy the situation, move or remove the source of electromagnetic interference.

## 7.3 HOW TO OBTAIN PRODUCT SERVICE

At Life Fitness, we stand behind our products completely and are anxious to help you remedy any problems. However, before calling for service, please take a moment to review the operating instructions to try and locate the solution to your problem. If you are still having difficulties, please:

1. Make a note of the serial number of the unit, which is located on the serial number plate above the power entry area.
2. Contact the nearest Life Fitness Customer Support Services Group:

### LIFE FITNESS CONSUMER DIVISION

14150 Sunfish Lake Blvd. • Ramsey Minnesota, 55303 U.S.A.  
763.323.4500 • FAX: 763.323.4794  
800.328.9714 (Toll-free within the U.S. and Canada)

## INTERNATIONAL OFFICES

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Fax: 852.2575.6001

### LIFE FITNESS ATLANTIC BV

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2992 LB Barendrecht  
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Alphaville Barueri  
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Shibuya-Ku, Tokyo 151-0051 Japan  
Tel: 011 81- 3 - 3359 - 4309  
Fax: 011 81- 3 - 3359 - 4307

## 8. SPECIFICATIONS FOR X3i & X3

| The New Life Fitness® X-Series Cross-Trainers | X3i   | X3   |
|---|---|--|
| <b>POWER AND PERFORMANCE</b>                  |   |  |
| Levels of Intensity                           | 20 levels   |  |
| Resistance System                             | MagnaForce™ Resistance System   |  |
| <b>PRECISION PROGRAMMING</b>                  |   |  |
| Number of workout programs                    | 12  | 6 (8 w/optional heart rate kit)                                |
| Quick Start                                   | Standard - One-touch Quick Start  |  |
| Zone Training+™ Workouts                      | Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate, Fat Burn, Cardio Burn       | Fat Burn & Cardio Burn optional with heart rate accessory tray |
| My Workouts                                   | Workout memory for 4 programmable workouts  | Not available  |
| Sport Training™ Workouts                      | Standard  |  |
| EZ Resistance™ Workouts                       | Standard  |  |
| Classic Workouts                              | Hill, Random, Manual  |  |
| Activity Zone™ Console with/ Accessory Tray   | Standard  | Not available  |
| Heart Rate Control                            | Standard  | Optional (included accessory tray)                             |
| CT Reverse                                    | Standard  | Standard   |
| CT Aerobics                                   | Standard  | N/A  |
| <b>STRUCTURAL DESIGN</b>                      |   |  |
| Maximum User Weight                           | 300 lbs. (136 kg)   |  |
| Frame   | 2" x 3" (5 cm x 7 cm) robotic welded steel frame                                      |  |
| Workout Profile                               | LED display showing workout progress  | Not available  |
| Display                                       | Deluxe 16-character LED message center  | 10-character LED readout                                       |
| Pedals  | 16" x 7" (41 cm x 18 cm) Oversized pedals   |  |
| Stationary Handlebars                         | Standard  |  |
| <b>ADDITIONAL DETAILS</b>                     |   |  |
| Power Requirements                            | All major voltage configurations  |  |
| Assembled Dimensions                          | 65" L x 27" W x 62" H<br>(165 cm L x 68 cm W x 157 cm H)                              |  |
| Weight of Cross-Trainer                       | 200 lbs. (91 kg)  |  |
| Warranty                                      | Lifetime warranty on frame, 3-year warranty on parts, 1-year on electronics and labor |  |
| <b>OPTIONAL ACCESSORIES</b>                   |   |  |
| Accessory Tray                                | –   | Optional   |
| Accessory Tray w/ Heart Rate                  | –   | Optional   |

*LifeFitness*

[www.lifefitness.com](http://www.lifefitness.com)

X3 TOTAL-BODY ELLIPTICAL CROSS-TRAINER

# BASE USER MANUAL



*LifeFitness*

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Schiller Park, Illinois 60176 • U.S.A.

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# 1. INTRODUCTION

## 1.1 WELCOME / SAFETY / CAUTION

**Thank you for purchasing a Life Fitness Total-Body Elliptical Cross-Trainer. Before using this product, please read this user manual in its entirety to ensure that you have the knowledge to safely and properly operate all of the features of your Cross-Trainer. We hope you achieve the product experience that you expect, but if you do have any service issues, please go to the How to Obtain Product Service section which will provide information on obtaining product service.**

FCC Warning - Possible Radio / Television Interference

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the user manual, may cause harmful interference to radio communications. However, there is no guarantee that the interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Class HB (Home): Domestic use.



**CAUTION: Any changes or modifications to this equipment could void the product warranty.**

Any service, other than cleaning or user maintenance, must be performed by an authorized service representative. There are no user-serviceable parts.

**This Operation Manual describes the functions of the following products:**

**Life Fitness Total-Body Elliptical Cross-Trainer: X3**

See Section 7, *Specifications*, in this manual for product-specific features.

Statement of Purpose: The Life Fitness Total-Body Elliptical Cross-Trainer is an exercise machine that combines low-impact elliptical pedaling, where resistance is independent of speed, with push/pull arm motion to provide an efficient, effective total body workout.



Health-related injuries may result from incorrect or excessive use of exercise equipment. The manufacturer **STRONGLY** recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease; or is over the age of 45; or smokes, has high cholesterol, is obese, or has not exercised regularly in the past year. The manufacturer also recommends consulting a fitness professional on the correct use of this product.

If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.



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### 1.3 IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the Total-Body Elliptical Cross-Trainer.



**SAFETY WARNING:** The safety of the product can be maintained only if it is examined regularly for damage and wear. See Preventative Maintenance section for details.

- Before using this product, it is essential to read this ENTIRE operation manual and ALL instructions. The Total-Body Elliptical Cross-Trainer is intended for use solely in the manner described in this manual.
- Always follow the console instructions for proper operation.
- Close supervision is necessary when used by or near children, invalids or disabled persons.
- Never insert objects into any opening in the Total-Body Elliptical Cross-Trainer. If an object should drop inside, carefully retrieve it. If the item is beyond reach, contact Customer Support Services.
- Never place liquids of any type directly on the unit, except in an accessory tray. Containers with lids are recommended.
- Do not use the Total-Body Elliptical Cross-Trainer outdoors, near swimming pools or in areas of high humidity.
- Keep all loose clothing, shoelaces, and towels away from the Total-Body Elliptical Cross-Trainer pedals.
- Keep the area around the Total-Body Elliptical Cross-Trainer clear of any obstructions, including walls and furniture.
- Use caution when mounting or dismounting the Total-Body Elliptical Cross-Trainer. While exercising, always hold onto the user arms or stationary handlebar.
- Never operate a Life Fitness product if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the power cord as a handle.
- Do not run the power cord on the floor under or along side of the Total-Body Elliptical Cross-Trainer.

- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Do not use the Total-Body Elliptical Cross-Trainer in bare feet.
- Do not tip the Total-Body Elliptical Cross-Trainer on its side during operation.
- Keep hands and feet away from all moving parts.
- To ensure proper functioning of this product, do not install attachments or accessories that are not provided or recommended by Life Fitness.
- Use this product in a well-ventilated area.
- Use this product on a solid, level surface.
- Make sure that all components are fastened securely.



**The heart rate hand pulse sensors provide an approximate heart rate value. The sensors are not medical devices and should not be used in any type of medical application.**

### **SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.**

**DANGER** - To reduce the risk of electrical shock:

- Always unplug this appliance from the electrical outlet immediately after using and before cleaning.



**SAFETY WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons:**

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.

- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
- Do not carry this appliance by supply cord or use cord as a handle.
- Keep the cord away from heated surfaces.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.

**SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE.**

## 2. ASSEMBLY INSTRUCTIONS

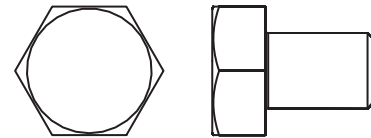
### Parts List:



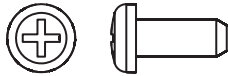
M3.5 X 8 mm Black Zinc  
Phillips Head Screw (Qty. 6)



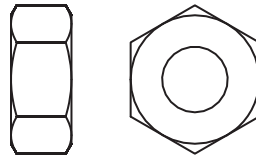
M5 X 8mm Black  
Phillips Head Screw (Qty. 4)



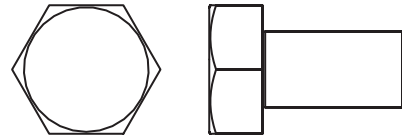
M10 X 15mm Silver Hex Head Bolt (Qty. 4)



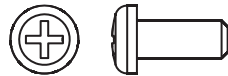
M5 X 12mm Black  
Phillips Head Screw (Qty. 4)



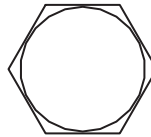
M10 Hex Nut (Qty. 2)



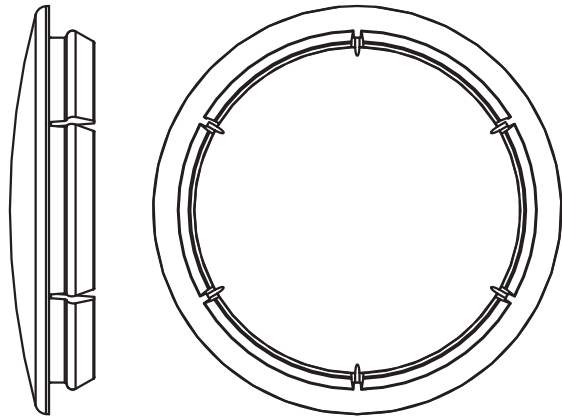
M10 X 20mm Clear Zinc Hex Head Bolt (Qty. 3)



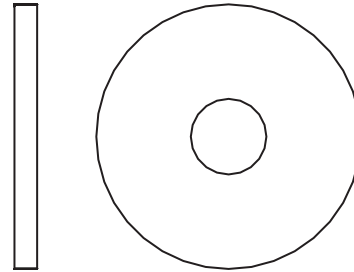
M5 X 12mm Clear  
Zinc Phillips Head Screw (Qty. 8)



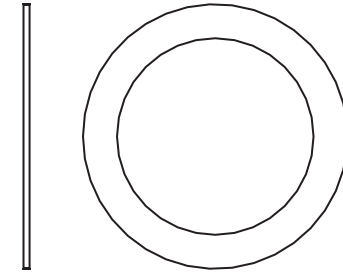
M10 X 70mm Silver Hex Head Bolt (Qty. 3)



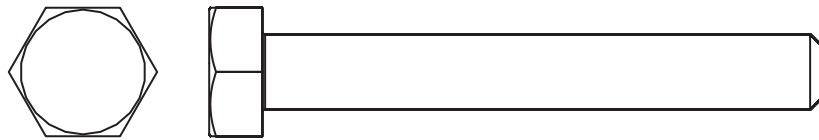
Plastic End Cap (Qty. 2)



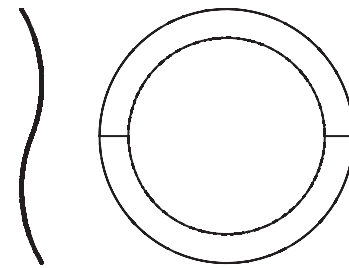
Flat Washer 10mm ID (Qty. 2)



Large Flat Washer (Qty. 2)



M10 X 74mm Black Hex Head Bolt (Qty. 2)



Wave Washer (Qty. 2)

## Tools Needed:

**17mm Socket Wrench, Phillips Screwdriver, Rubber Mallet**

### Step 1 Packaging

**Parts:** None

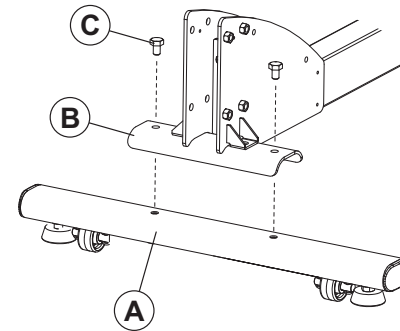
Remove all packaging and place main components to the side of the box. Break box down in each of the four corners.

### Step 2 Assemble the Stabilizer

**Parts:** Hardware Bag #1 (2, M10 X 15mm Silver Hex Head Bolts)

**Tools:** 17mm Socket Wrench

Assemble the stabilizer tube (foot) (A) to the bottom base brackets (B) of the product using two M10 X 15mm Silver Hex Head Bolts (C).





**Step 3 Assemble the Console Upright**

**Parts:** Hardware Bag #2 (3, M10 X 70mm Silver Hex Head Bolts)  
(1, M10 X 20mm Clear Zinc Hex Head Bolt)

**Tools:** 17mm Socket Wrench

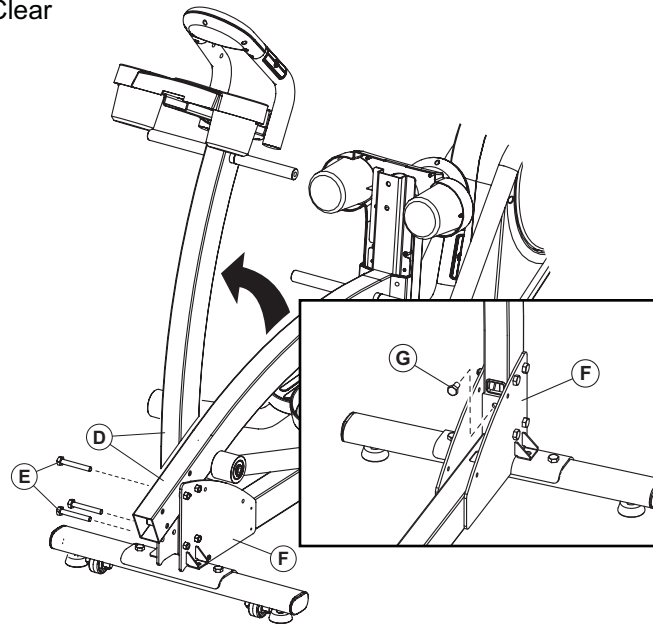
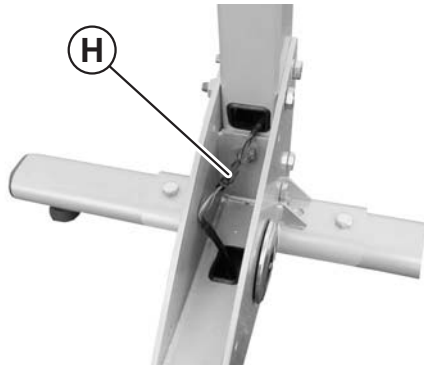
The console upright tube (D) is pre-assembled with one bolt so that you can simply lift the upright into place by pivoting upward. Hold the upright in place and install three M10 X 70mm Silver Hex Head Bolts (E) into the side of the main bracket (F). Install one M10 X 20mm Clear Zinc Hex Head Bolt (G) into the front of the bracket.

**CAUTION:** Do not pinch wires when assembling the upright.

**Step 4 Connect Base Wiring**

**Parts:** None

Connect the two plugs (H) at the base of the upright.



### Step 5 Assemble the Rocker Arms

**Parts:** Hardware Bag #3 (2, Wave Washers, 2 Large Flat Washers)  
(2, Flat Washers)  
(2, M10 x 20mm Clear Zinc Hex Head Bolts)  
(2 Plastic End Caps)

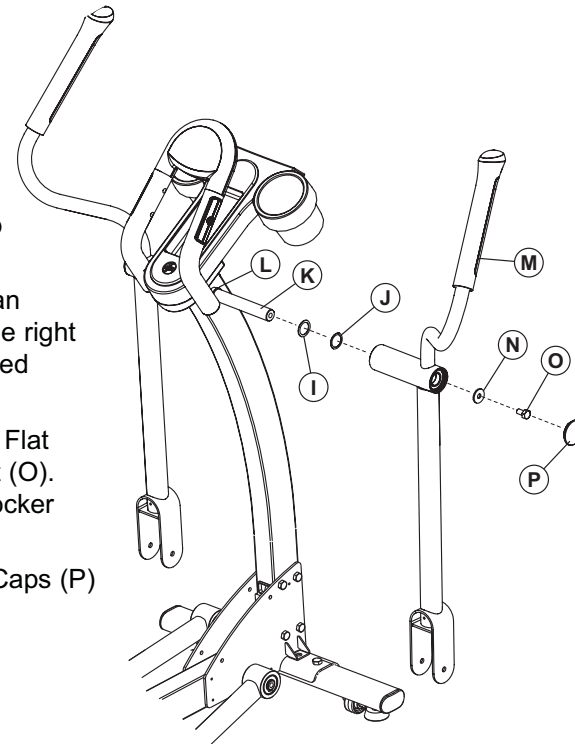
**Tools:** 17mm Socket Wrench, Phillips Screwdriver, Rubber Mallet

Slide one large Flat Washer (I) and one Wave Washer (J) onto the user right pivot shaft (K). Slide the washers fully over the pivot shaft until seated against the pre-installed stop ring (L).

Locate the user right rocker arm assembly (M) marked with an "R". With the top handgrip facing the front of the unit, slide the right rocker arm assembly onto the user right pivot shaft until seated against the washers.

Secure the rocker arm assembly to the pivot shaft using one Flat Washer (N) and one M10 X 20mm Clear Zinc Hex Head Bolt (O). Tighten the bolt securely. Repeat the procedure for the left rocker arm assembly.

Use a rubber mallet to tap the round end of the Plastic End Caps (P) into the side of the rocker arms.



**Step 6 Assemble Moving Arms to Pedal Arms; Pedal / Moving Arm Joint Pivot Covers**

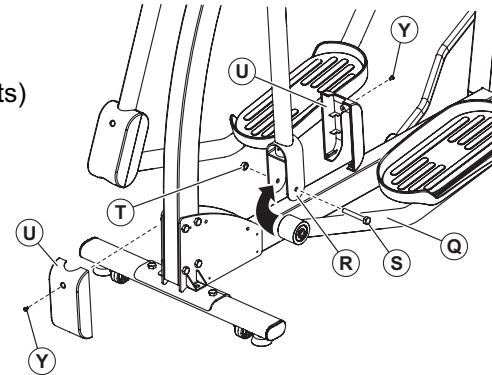
**Parts:** Hardware Bag #4 (2, M10 X 74mm Black Hex Head Bolts)  
(2, M10 Hex Nuts)  
(4, M5 X 8mm Black Phillips Screws)

**Tools:** 17mm Socket Wrench, Phillips Screwdriver

Lift the front end of the user left pedal lever (Q) to meet the left rocker arm clevis (R). Secure the pedal lever to the rocker arm clevis using one M10 X 74mm Hex Head Bolt (S) and one M10 Hex Nut (T). Tighten the bolt and nut securely. Repeat the procedure for the right pedal lever and rocker arm clevis.

Attach the left side lower pivot covers (U) over the moving arm/pedal arm pivot point. Snap the cover together over the moving arm/pedal arm pivot point and use two M5 X 8mm Black Phillips Screws (V) to attach. Repeat for right side.

**Note:** Left and right covers are identical.



**Step 7 Assemble Front Base Shroud; Console Bracket to the Upright**

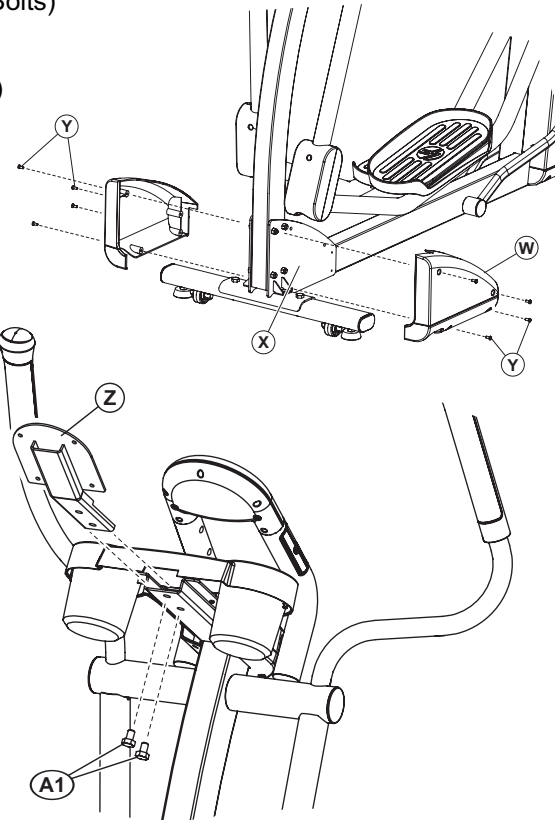
**Parts:** Hardware Bag #5 (8, M5 X 12mm Black Phillips Head Screws)  
(2, M10 X 15mm Silver Hex Head Bolts)

**Tools:** Phillips Screwdriver, 17mm Socket Wrench

Position the left side base shroud (W) over the metal bracket (X) and screw in with four M5 X 12mm Black Phillips Head Screws (Y). Repeat for the right side base shroud.

Slide the console bracket (Z) into the upright. Use two M10 X 15mm Silver Hex Head Bolts (A1) to attach the console bracket to the upright.

**Note:** Avoid pinching the console wires.



**Step 8 Connect all Console Wiring; Console to Console Bracket;  
Back Plastic Shell**

**Parts:** Hardware Bag #6 (4, M5 X12mm Black Phillips Screws)  
(6, M3.5 X 8mm Black Zinc Screws)

**Tools:** Phillips Screwdriver

Position the console (B1) close to the console bracket (C1) and follow the below instructions to connect all wiring.

*Plug cables into the back of the display console:*

1. Plug the 10-pin connector at the end of the upper wire harness into the 10-pin connector (10P) in the back of the display console. Make sure the connector snaps into place.
2. Plug the 3-pin connector at the end of the heart rate cable into the 3-pin connector (3P) in the back of the display console. Make sure the connector snaps into place.
3. Plug in the flat 6-pin (6P) connector for the CoachZone.
4. Push excess cable(s) into the opening of the upright tube assembly.
5. Plug the spade connector attached to the console plate into the connector (GR) leading from the back of the display console.

Line up the four holes in the console bracket with the four holes in the back of the display console. Attach the display console using four M5 X 12mm Black Phillips Screws (D1). Be careful not to pinch cables between the console and the console bracket. Be sure to get each screw started before fully tightening.

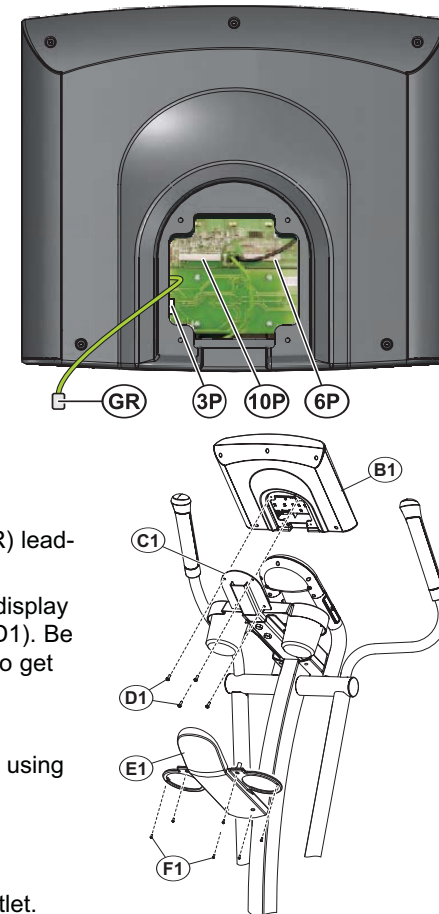
**Note:** To avoid stripping, do not overtighten the screws.

Attach the plastic shell (E1) that covers the steel bracket in the back of the console using six M3.5 X 8mm Black Zinc Screws (F1).

**Step 9 Plug In the Unit**

**Parts:** Electric Cord

Plug the black cord into the back of the machine and into a household electrical outlet.

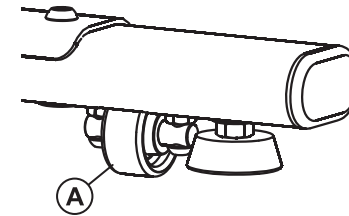


### 3. INITIAL SETUP

Read the entire User Manual before setting up the Total-Body Elliptical Cross-Trainer.

#### WHERE TO PLACE THE TOTAL-BODY ELLIPTICAL CROSS-TRAINER

After following all safety instructions move the Total-Body Elliptical Cross-Trainer to the place where it will be used. See specifications for full dimensions if needed. The Total-Body Elliptical Cross-Trainer is equipped with front and rear wheels so that it is simple to push or pull the Total-Body Elliptical Cross-Trainer to its final destination. To use the wheels make sure that the levelers are twisted up far enough so that all wheels (A) can engage with the floor. Once the Total-Body Elliptical Cross-Trainer is properly positioned, allow enough space in the front of the Total-Body Elliptical Cross-Trainer for the movement of the pedal levers. Also be sure to allow space on the side so that it is easy to mount the Total-Body Elliptical Cross-Trainer from the side.



**CAUTION:** Make certain you have plenty of room for the swing of the moving arms.

**CAUTION:** Place the Total-Body Elliptical Cross-Trainer in a dry place. Do not place in highly humid areas, like near swimming pools, as rust and corrosion may occur.

#### HOW TO STABILIZE THE TOTAL-BODY ELLIPTICAL CROSS-TRAINER

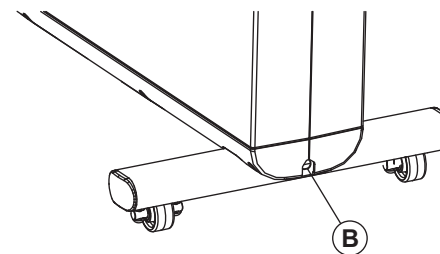
Once the cross-trainer is positioned in the room lower the levelers on the front stabilizer to contact the floor. The levelers will keep the Total-Body Elliptical Cross-Trainer fixed to the floor while using it.

**CAUTION:** Do not use the Total-Body Elliptical Cross-Trainer without the levelers touching the floor.

After placing the Total-Body Elliptical Cross-Trainer where it will be used, check the stability. If there is even a slight rocking motion, or the unit is not stable the levelers will need to be adjusted. Determine which leveler is not resting firmly on the floor. To adjust the levelers downward twist the rubber portion of the leg counterclockwise. To adjust the levelers upward twist the rubber portion of the leg clockwise.

### **POWERING UP THE TOTAL-BODY ELLIPTICAL CROSS-TRAINER**

Your Life Fitness Total-Body Elliptical Cross-Trainer may come with either a U.S. power supply or one of several international power supplies. Insert the appropriate power adapter jack into the connector (B) on the back of the Total-Body Elliptical Cross-Trainer. Then insert the plug into the wall outlet. Make sure the cord is placed so it doesn't bind and will not be walked on. Then check that the main LCD display lights up, and press a button on the CoachZone to make sure it is powered. If not, recheck the plug and the wall connections and make sure the wall outlet has power.



### **MOUNTING THE MACHINE**

When mounting the machine it is recommended that the pedal closest to you is in its lowest position. This can be done by pushing the arms to rotate the pedal until it is centered to the side of you at its lowest position. If you are standing to the left side of the machine, when facing the console, place your left foot on the pedal closest to you and then swing your right leg over to the right pedal. Use the stationary handlebar to stabilize yourself.

## 4. MAIN FEATURES

### CONTACT HEART RATE

The X3 includes hand pulse sensors on the stationary handlebar that are a built-in heart rate monitoring system. During a workout grasp the hand pulse sensors to monitor your heart rate. If your console comes equipped with a heart rate chest strap we recommend using it during workouts and using the hand pulse sensors to only occasionally monitor your heart rate when not using the chest strap. In addition, to utilize heart rate controlled workouts the chest strap must be used. For the most accurate reading, use a comfortable grip. The console will show a heart rate reading after 15 to 20 seconds.

Hand pulse sensors can work differently with different body types. With some individuals it can be very difficult to extract a heart rate reading. Follow the tips below to improve the heart rate reading:

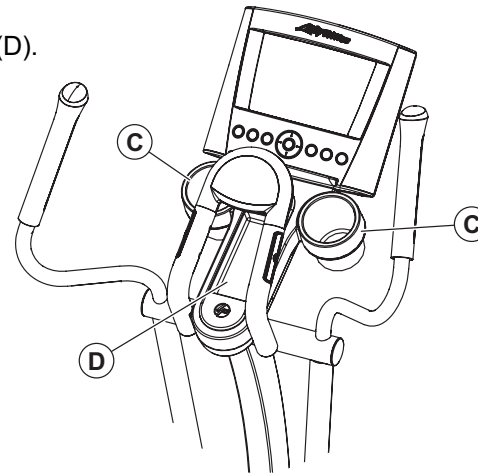
- Remove your hands from the heart rate sensors and wait for the heart rate display to clear. Grasp sensors again.
- Make sure hands are fully contacting the sensors.
- Dry hands periodically during use.
- Limit movement.
- Clean hand pulse sensors.

**Note:** The heart rate hand pulse sensors provide an approximate heart rate value. The sensors are not medical devices and should not be used in any type of medical application.



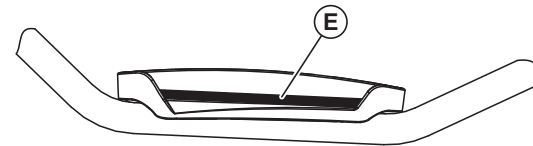
### ACCESSORIES

The X3 comes standard with two water bottle holders (C) and an accessory tray (D).



### CUSHIONED PEDAL INSERT

The X3 comes equipped with a cushioned pedal insert (E) for increased comfort during workouts.



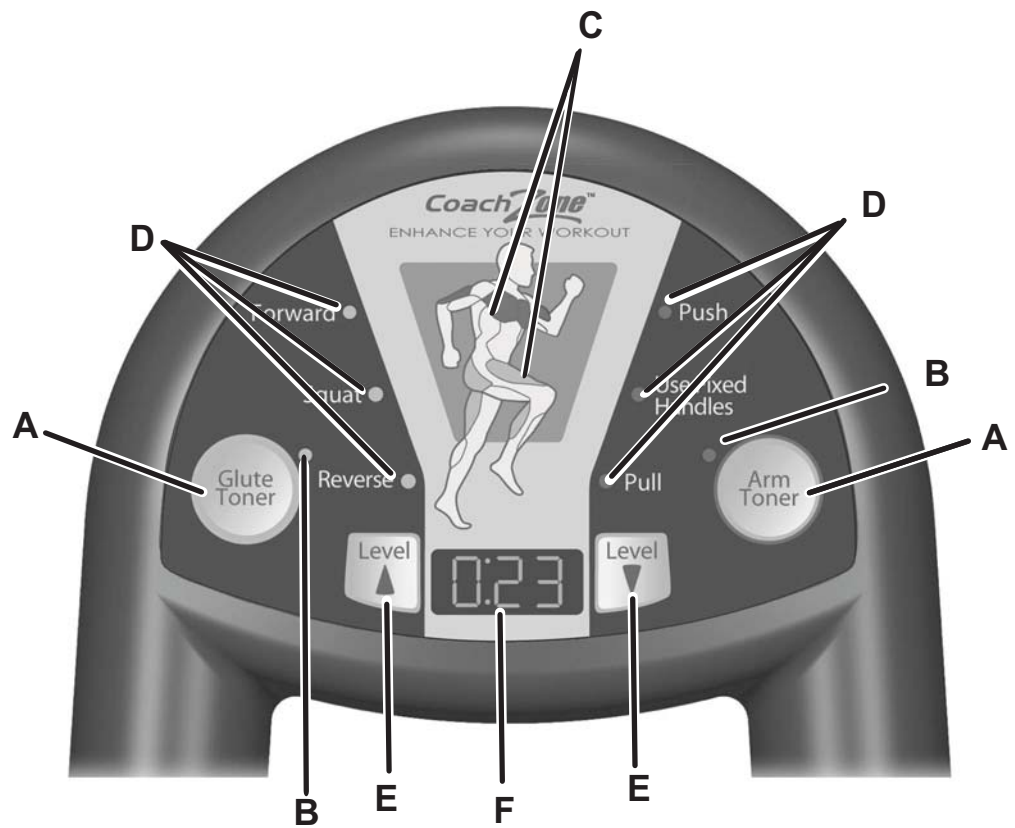
# 5. COACHZONE™

## 5.1 COACHZONE™ OVERVIEW

The CoachZone is designed to provide extra workout variety and motivation through additional instruction and feedback. The ArmToner and GluteToner workout enhancements help users target specific muscle groups and break the workout into manageable increments. The appropriate muscle groups that you should be using will illuminate when you perform specific movements. The UP/DOWN level arrow keys are a convenient way for users to change difficulty levels.

### USING THE COACHZONE™

- Select a workout from the main console display.
- Begin workout.
- At any point during a workout, choose a CoachZone workout enhancement: ArmToner or GluteToner.
- Follow the coaching instructions displayed on the LED.



## 5.2 COACHZONE™ DESCRIPTIONS

This section lists and describes the functions for the keys and LEDs on the CoachZone.

A. WORKOUT ENHANCEMENT SELECTON KEYS:

Select the ArmToner or GluteToner to concentrate on specific upper body or lower body muscles.

B. SELECTION INDICATOR LEDs:

A light next to the selected workout enhancement will illuminate.

C. MUSCLE INDICATOR LEDs:

The Muscle Indicator LEDs show you which muscles should be utilized while performing specific movements. The bicep, chest, tricep, quad, calf, hamstring, and/or glutes will illuminate depending on your selection.

D. COACH INDICATOR LEDs:

The Coach Indicator LEDs prompt you to focus on one or more of the following movements: forward, squat, reverse, push, use fixed handles, or pull.

E. UP/DOWN LEVEL KEYS:

Press the UP/DOWN Level Arrow Keys to increase or decrease either the resistance or difficulty level.

F. TIMER

The amber LED timer displays a count down of time remaining for workout intervals (*ranging from 15-60 seconds*).

**Note:** The CoachZone timer acts independently of the console timer.

## 5.3 **ARMTONER™**

The ArmToner selection utilizes a pre-programmed series of prompts and intervals focused on upper-body muscles.

### **ACTIVATE ARMTONER**

Press the ArmToner key during any workout to activate the selection.

### **PAUSE ARMTONER**

Press the ArmToner key once while using the ArmToner selection. PAU will display on the CoachZone Timer. Press the ArmToner key again to resume. The CoachZone automatically shuts off if the ArmToner key isn't pressed within 5 minutes.

### **STOP ARMTONER**

Press and hold the ArmToner key while using the ArmToner selection. The timer and coaching will cease. The CoachZone automatically shuts down after 5 minutes of non-use.

### **DISPLAY CHANGES**

The following blue coach indicator LEDs will activate and prompt you to focus on certain upper body movements: push, pull, and use fixed handles. The corresponding blue muscle indicator LEDs will illuminate to display the muscles utilized. See the ArmToner Coach and Muscle Indicator Chart on the next page for additional information.

### ArmToner™ Coach and Muscle Indicator Chart

**Coach Indicator**

**Muscle Indicator**

Push

Chest; Tricep



Pull

Bicep



Use Fixed Handles

Upper body gets a rest



**Note:** Upper body motions will always work in conjunction with lower body movements.

## **5.4 GLUTETONER™**

The GluteToner selection utilizes a pre-programmed series of prompts and intervals focused on lower body muscles and glutes.

### **ACTIVATE GLUTETONER**

Press the GluteToner key during any workout to activate the selection.

### **PAUSE GLUTETONER**

Press the GluteToner key once while using the GluteToner selection. PAU will display on the CoachZone Timer. Press the GluteToner key again to resume.


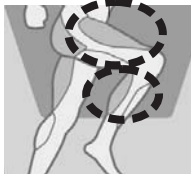

### **STOP GLUTETONER**

Press and hold the GluteToner key while using the GluteToner selection. The timer and coaching will cease. The CoachZone automatically shuts down after 5 minutes of non-use.

### **DISPLAY CHANGES**

The following amber coach indicator LEDs will activate and prompt you to focus on certain lower body movements: forward, reverse, and squat. The corresponding amber muscle indicator LEDs will illuminate to display the muscles utilized. See the GluteToner Coach and Muscle Indicator Chart on the next page for additional information.

### GluteToner™ Coach and Muscle Indicator Chart

| <b>Coach Indicator</b> | <b>Muscle Indicator</b> |  |
|------------------------|-------------------------|--|
| Forward                | Hamstring; Glute        |   |
| Reverse                | Quad; Calf              |   |
| Squat                  | Glute; Quad; Hamstring  |  |

**Note:** The squat motion should only be done while pedaling in reverse and holding the fixed or stationary handles.



## **5.5 TIMER**

The amber LED timer breaks workouts into manageable increments by displaying a count down of the time remaining on specific movements. When the timer reaches zero, the Coach LEDs will change. Slow your movement to a complete stop, and begin the next interval.

## **5.6 RESISTANCE LEVEL & INTENSITY LEVEL**

### **KEY PRESS**

The Resistance Level UP/DOWN Arrow Keys only function after a user selects and begins a workout using the X3 main console. The UP/DOWN Level Arrow Keys control the brake resistance level (1-20) during a Quick Start or Manual workout. The UP/DOWN Level Arrow Keys control the overall difficulty level (1-20 with corresponding ranges) during the following workouts: Random, Hill, EZ Incline, and Sports Training.

### **MAIN CONSOLE DISPLAY CHANGES**

The digital reading for the actual resistance or difficulty level changes on the main console display when a user presses the UP/DOWN Level Arrow Keys on the CoachZone.

## 5.7 COACHZONE™ SETTINGS

The CoachZone allows the user to change certain settings.

### AUDIO ADJUSTMENT INSTRUCTIONS

A beeping sound occurs whenever the timer reaches zero or a new program is selected. The user can turn off the beeping sound by pressing and holding the GluteToner key for seven seconds. A beep will sound to confirm the change in settings.

**Note:** Settings can only be changed when the CoachZone is idle. They cannot be changed while using a workout enhancement.

### ATTRACT DISPLAY

The user can choose to have an attract screen shown in place of the default dark sleep display. It will repeatedly show a sequence of lights and a countdown from 5 to 0. The attract screen setting can be enabled or disabled by pressing and holding the GluteToner and ArmToner keys simultaneously for five seconds. The Coach LEDs will flash to confirm the change in setting.

**Note:** Settings can only be changed when the CoachZone is idle. They cannot be changed while using a workout enhancement.

# 6. SERVICE & PRODUCT MAINTENANCE

## 6.1 TROUBLESHOOTING

### No POWER

Check to see that the power cord is fully plugged into the back of the Total-Body Elliptical Cross-Trainer and into the wall. Make sure the power cord is fully seated into the back of the Total-Body Elliptical Cross-Trainer.

### HAND PULSE SENSORS NOT WORKING OR NOT ACCURATE

Hand pulse sensors can work differently with different body types. With some individuals it can be very difficult to extract a heart rate reading. Follow the tips below to improve the heart rate reading:

- Remove your hands from the heart rate sensors and wait for the heart rate display to clear. Grasp sensors again.
- Make sure hands are fully contacting the sensors.
- Dry hands periodically during use.
- Limit movement.
- Clean hand pulse sensors.
- May need to wait longer for heart rate to display.

**Note:** The heart rate hand pulse sensors provide an approximate heart rate value. The sensors are not medical devices and should not be used in any type of medical application.

**Warning:** Chest strap heart rate reading overrides contact heart rate.

### **TOTAL BODY ARMS FEEL LOOSE**

Remove the moving arm pivot covers and check to make certain the bolt holding the total body arms in place is fully tightened. If the total body arms still feel loose, you may need to disassemble the total body arms and make sure all of the proper hardware from the assembly instructions was used.

### **NOISE FROM PEDALS**

Some noise from the pedals is normal. It will vary depending on the weight of the user. Check accessible hardware beneath pedal to make certain it is tight.

### **NOISE WITH INCREASED SPEED**

It is normal for any mechanical device to become louder as speed increases.

### **START-UP RESISTANCE SEEMS VERY DIFFICULT**

Turn the unit off and then on again.

### **CAN'T FEEL A RESISTANCE CHANGE AT THE BEGINNING LEVELS**

The resistance curve of the Total-Body Elliptical Cross-Trainer is designed so that you can feel a greater difference in resistance at higher levels.

## **6.2 PREVENTATIVE MAINTENANCE TIPS**

The safety of the Total-Body Elliptical Cross-Trainer can be maintained only if the equipment is examined regularly for damage or wear. If maintenance is required, keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear outlined in the Preventative Maintenance Schedule.

The following preventative maintenance tips will keep the Total-Body Elliptical Cross-Trainer operating at peak performance.

- Locate the Total-Body Elliptical Cross-Trainer in a cool, dry place.
- Clean the top surface of the pedals when needed.
- Use a 100% cotton cloth, lightly moistened with water or a mild liquid cleaning product, to clean the product. Other fabrics, including paper towels, may scratch the surface of the product. Do not use ammonia or acid-based cleaners. At no time should cleaner be applied directly to the machine.
- Long fingernails may damage or scratch the surface of the console or CoachZone; use the pad of the finger to press the keys.

## 6.3 HOW TO OBTAIN PRODUCT SERVICE

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and document the serial number of the unit. The serial number plate is located on the rear stabilizer, below the shroud.
3. Contact Customer Support Services via the Web at: [www.lifefitness.com](http://www.lifefitness.com), or call the nearest Customer Support Services group:

For Product Service within  
the United States and Canada:

Telephone: (+1) 847.451.0036  
FAX: (+1) 847.288.3702  
Toll-free telephone: 800.351.3737

For Product Service  
Internationally:

*Life Fitness Europe GmbH*  
Telephone: (+49) 089.317.751.66  
FAX: (+49) 089.317.751.38

*Life Fitness (UK) LTD*  
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*Life Fitness Latin America  
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FAX: (+1) 847 288.3886

*Life Fitness Brazil*  
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FAX: (+55) 11.7295.2218

*Life Fitness Japan*  
Telephone: (+81) 3.3359.4306  
FAX: (+81) 3.3359.4307

*Life Fitness Iberia*  
Telephone : (+34) 93 672 4660  
FAX : (+34) 93 672 4670

# 7. SPECIFICATIONS

|                         |   |
|-------------------------|---|
| Designed Use:           | Home  |
| Max User Weight:        | 350 lbs / 159 kilograms                                   |
| Resistance System:      | Eddy Current  |
| Stride Length:          | 20 inches   |
| CoachZone™:             | Yes   |
| Contact Heart Rate:     | Yes   |
| Cushioned Pedal Insert: | Yes   |
| Accessories:            | 2 water bottle holders and 1 accessory tray               |
| Power Supply:           | 120 Volt (U.S.), 220 Volt (Europe), 240+ Volt (Australia) |

## ASSEMBLED / WORKING DIMENSIONS

|        |                             |
|--------|-----------------------------|
| Length | 81 inches / 206 centimeters |
| Width  | 30 inches / 76 centimeters  |
| Height | 59 inches / 150 centimeters |
| Weight | 225 pounds / 102 kilograms  |

## SHIPPING DIMENSIONS:

|        |                             |
|--------|-----------------------------|
| Length | 81 inches / 206 centimeters |
| Width  | 21 inches / 53 centimeters  |
| Height | 32 inches / 81 centimeters  |
| Weight | 242 pounds / 110 kilograms  |

## **8. WARRANTY INFORMATION**

### **WHAT IS COVERED:**

This Life Fitness consumer product ("Product") is warranted to be free of all defects in material and workmanship.

### **WHO IS COVERED:**

The original purchaser or any person receiving a newly purchased Product as a gift from the original purchaser.

### **HOW LONG IS IT COVERED:**

Residential: All electrical and mechanical components and labor are covered, after the date of purchase, as listed on the chart at the end of this section.

Non-Residential: Warranty void (this Product is intended for residential use only).

### **WHO PAYS SHIPPING & INSURANCE FOR SERVICE:**

If the Product or any warranted part must be returned to a service facility for repairs, Life Fitness will pay all shipping and insurance charges during the warranty period (within the United States only). The purchaser is responsible for shipping and insurance charges after the warranty has expired.

### **WHAT WE WILL DO TO CORRECT COVERED DEFECTS:**

We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

### **WHAT IS NOT COVERED:**

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your User Manual ("Manual"). All terms of this warranty are void if this Product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Life Fitness Representative.



**WHAT YOU MUST DO:**

Retain proof of purchase (our receipt of the attached registration card assures registration of purchase information but is not required); use, operate and maintain the Product as specified in the Manual; notify Customer Service of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement or, if necessary, the entire Product for repair. Life Fitness reserves the right to decide whether or not a product is to be returned for repair.

**USER MANUAL:**

It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

**PRODUCT REGISTRATION:**

Register online at [www.lifefitness.com/registration](http://www.lifefitness.com/registration). Our receipt assures that your name, address and date of purchase are on file as a registered owner of the Product. Failure to return the card will not affect your rights under this warranty. Being a registered owner assures coverage in the event you lose your proof of purchase. Please retain your proof of purchase, such as your bill of sale or receipt.

**HOW TO GET PARTS & SERVICE:**

Simply call Customer Service at 1-800-351-3737 or (+1) 847-288-3300, Monday through Friday from 8:00 a.m. to 5:00 p.m. Central Standard Time, and tell them your name, address and the serial number of your Product (consoles and frames may have separate serial numbers). They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located.

**EXCLUSIVE WARRANTY:**

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you. Warranties may vary outside the U.S. Contact Life Fitness for details.

**CHANGES IN WARRANTY NOT AUTHORIZED:**

No one is authorized to change, modify or extend the terms of this limited warranty.

**EFFECT OF U.S. STATE LAWS:**

This warranty gives you specific legal rights and you may have other rights which vary from state to state.

**WARRANTY PERIODS:**

| MODEL | LIFETIME | 3 YEARS   | 2 YEARS                                     | 1 YEAR | 6 MONTHS               |
|-------|----------|---|---|--------|------------------------|
| X3    | Frame    | Electrical Parts & Mechanical Parts (Base Unit) | Console (All LCD displays & circuit boards) | Labor  | Cushioned Pedal Insert |

**Note: Warranties outside the U.S. may vary.**



Life Fitness offers a full line of premier fitness equipment for the home.

TOTAL-BODY ELLIPTICAL CROSS-TRAINERS | TREADMILLS | LIFECYCLE® EXERCISE BIKES | GYM SYSTEMS

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