

X3₅ TOTAL-BODY ELLIPTICAL CROSS-TRAINER

USER MANUAL



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Before using this product, it is essential to read this ENTIRE operation manual and ALL installation instructions.

This will help in setting up the equipment quickly and in instructing others on how to use it correctly and safely.

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 operation 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. Not suitable for therapeutic purposes.



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.

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This Operation Manual describes the functions of the following products:

Life Fitness cross-trainer:

X35

See Section 9, titled *Specifications* page in this manual for product-specific features.

Statement of Purpose: The cross-trainer is an exercise machine that combines low-impact elliptical pedaling 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.

1 GETTING STARTED

1.1 IMPORTANT SAFETY INSTRUCTIONS



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 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.
- If the cross-trainer does not function properly after it has been dropped, damaged, or even partially immersed in water, contact Customer Support Services for assistance.
- Never insert objects into any opening in the 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 cross-trainer outdoors, near swimming pools or in areas of high humidity.
- Keep all loose clothing, shoelaces, and towels away from the cross-trainer pedals.
- Keep the area around the cross-trainer clear of any obstructions, including walls and furniture.
- Use caution when mounting or dismounting the cross-trainer. While exercising, always hold onto the user arms.
- 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.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Do not use the cross-trainer in bare feet.
- Do not tip the 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.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

1.2 SETUP

Read the entire Operation Manual before setting up the cross-trainer.

WHERE TO PLACE THE CROSS-TRAINER

Following all safety instructions in Section 1.1, move the cross-trainer to the location in which it will be used. See Section 9, titled *Specifications*, for the dimensions of the footprint. Allow one foot (30.4 cm) of clearance in front of the cross-trainer to allow for movement of the pedal levers. It should be easy to mount the cross-trainer from the side.

HOW TO STABILIZE THE CROSS-TRAINER

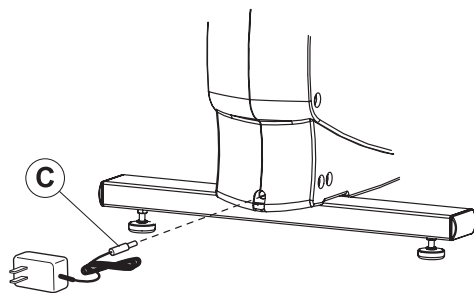
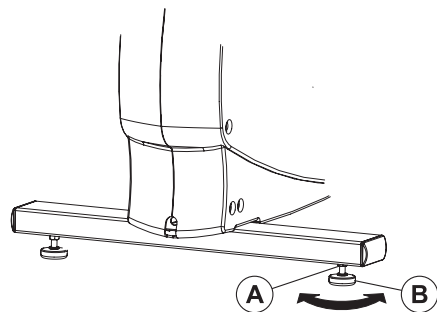
After placing the cross-trainer in position, check the unit's stability by attempting to rock it in all directions. Any slight rocking indicates that the unit must be leveled. Determine which foot is not resting completely on the floor. Loosen the jam nut (A) with an open-end 17mm wrench, and rotate the stabilizing foot (B) to lower it. Verify that the cross-trainer is stable, and repeat the adjustment as necessary until the unit no longer rocks. Lock the adjustment by tightening the jam nut against the stabilizer bar. It is extremely important that the stabilizing leg be correctly adjusted for proper operation.

PLUG IN THE CROSS-TRAINER

The cross-trainer comes with a standard power supply for the U.S., or a power supply with country-specific line cords.

Insert the power adapter jack (C) into the barrel plug on the back of the cross-trainer. Then insert the power supply into the wall outlet. Make sure the cord is routed so that 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.



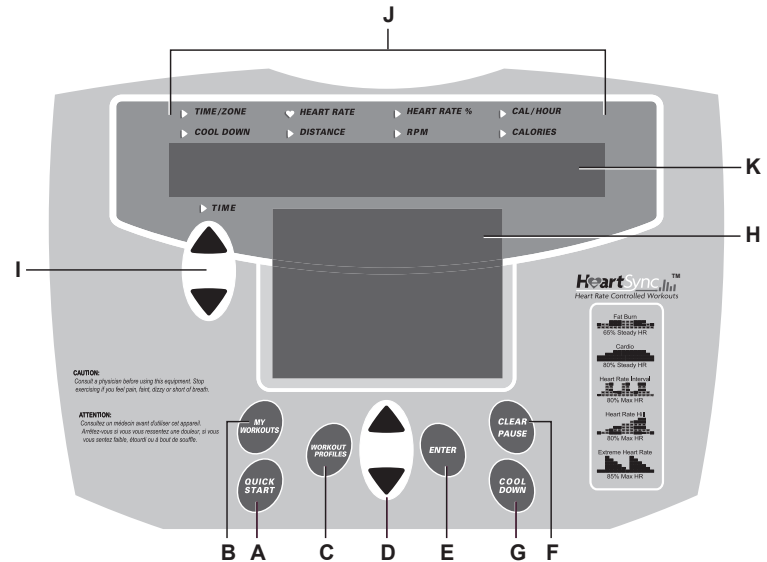
2 THE DISPLAY CONSOLE

2.1 DISPLAY CONSOLE OVERVIEW

The computerized display console on the cross-trainer allows the user to tailor a workout to personal fitness abilities and goals and to monitor progress. With this easy-to-use console the user can track fitness improvement from one workout to the next.

2.2 DISPLAY CONSOLE DESCRIPTIONS

The functions for the keys and display windows on the cross-trainer console are listed and described in this section. See Section 5, titled *The Workouts*, for detailed information on using the console to set up workouts.



- A** QUICK START: Press this key to begin a **MANUAL** workout immediately, without having to select a workout. Once the workout is in progress, use the ARROW KEYS to change the intensity level or workout duration as desired.
- B** MY WORKOUTS: Press this key to select a **MY WORKOUTS** user preset workout.
- C** WORKOUT PROFILES: Press this key to select one of the following workouts during a workout setup:
- **MANUAL**
 - **SPORTS TRAINING**
 - **HEART RATE HILL**
 - **RANDOM**
 - **FAT BURN**
 - **HEART RATE INTERVAL**
 - **HILL**
 - **CARDIO**
 - **EXTREME HEART RATE**
 - **EZ RESISTANCE**
 - **TOTAL BODY**
 - **LOWER BODY**
- D** ARROW SELECTION keys: Use these keys during a workout setup to set user presets such as age and time. The ARROW keys can also be used to change the resistance level during a workout or adjust a target heart rate during a Heart Sync workout.
- E** ENTER: Press this key after entering desired setup values, such as weight or workout time.
- F** CLEAR/PAUSE:
- CLEAR: Press this key when programming a workout to clear incorrect data, such as weight or age, before pressing the ENTER key. Pressing CLEAR three times consecutively during a workout stops it immediately, at which point, the MESSAGE CENTER prompts the user for a new workout setup.
- PAUSE: Press this key to pause a workout in progress. Press any key to continue the workout. If a paused workout is not resumed within the preset pause duration, the computer deletes the in-progress workout information and returns to a workout setup state: The MESSAGE CENTER displays “SELECT WORKOUT PROFILE OR PRESS QUICK START”.
- G** COOL DOWN: Ends a workout and lowers the intensity level. Press the COOL DOWN key at any desired point during a workout to go immediately into Cool Down mode.

H **WORKOUT PROFILE WINDOW:** This window displays shapes, made of columns of lights, that represent the levels of intensity in a workout-in-progress. The higher the column, the greater the intensity.

During a **HEART SYNC** workout, the Cross-Trainer requires the use of wireless heart rate chest strap to detect a heart rate signal. If the console does not detect a signal, the MESSAGE CENTER displays the prompt, "NEED HEART RATE - CHECK TELEMETRY STRAP". If the console does not receive the signal within three minutes, the workout automatically is converted to a **MANUAL** workout. Profiles are not available for **HEART SYNC** workouts. In these workouts, the level is based on the heart rate. Therefore, the profile cannot be displayed.

I **TIME ARROW keys:** During a workout-in-progress, use these keys to change the workout duration.

During a workout setup, use these keys to change displayed values for workout type, duration, and difficulty level.

J **WORKOUT LED INDICATORS:** A set of light emitting diodes (LEDs) is matched to a set of workout statistics that are displayed during a workout-in-progress. See the MESSAGE CENTER description below. Each LED lights up when the corresponding statistic, such as Calories, is being displayed.

K **MESSAGE CENTER:** This window displays step-by-step instructions for setting up a workout. When a workout is in progress, it displays statistics about the progress of the workout, as seen below:

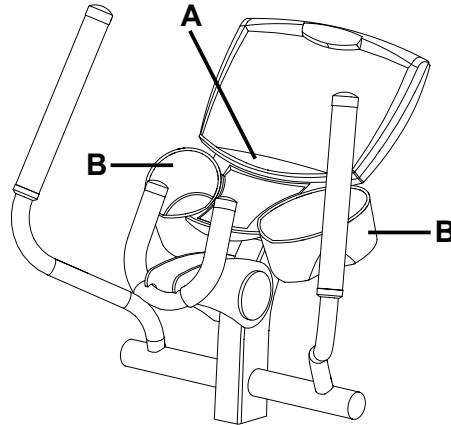
- **Time/Zone:** the amount of time that the user has maintained a heart rate within a target zone. The user must be grasping the handpulse sensors or wearing a wireless heart rate chest strap.
- **Cool Down:** the time elapsed since a workout-in-progress has gone into cool-down mode.
- **Heart Rate:** detected heart rate. The user must be grasping the handpulse sensors or wearing a wireless heart rate chest strap.
- **Speed:** the pedaling speed or rate in Revolutions Per Minute (RPM).
- **Heart Rate Percent:** the user's heart rate expressed as a percent of the theoretical maximum heart rate. The user must be grasping the handpulse sensors or wearing a wireless heart rate chest strap.
- **Distance:** the total distance traveled since the beginning of the workout.
- **Calories per hour:** the rate of calories burned per hour.
- **Calories:** the number of calories burned since beginning the workout.
- **Time:** the time elapsed since the start of the workout.

- L** LEVEL ARROWS keys: Main function is to change resistance level. (lower console)
- M** TOTAL BODY TRAINER keys: Allows user to activate Total Body Trainer mode when in Manual, Hill, or Random workouts. (lower console)
- N** LOWER BODY TRAINER keys: Allows user to activate Lower Body Trainer mode when in Manual, Hill or Random workouts. (lower console)

2.3 THE READING RACK AND ACCESSORY TRAY

A reading rack (A) for supporting a book or magazine is located at the base of the upper panel of the console.

An accessory tray (B) is mounted on the monocolumn of the cross-trainer.



3 CORRECT USAGE

3.1 MOUNTING AND DISMOUNTING THE CROSS-TRAINER

If mounting from the user right side of the Cross-Trainer, grasp the user right handlebar with the right hand. Place the right foot on the user right pedal and carefully step over the Cross-Trainer, grasp the user left handlebar with the left hand, and place the left foot on the user left pedal. If mounting from the user left side, proceed in an opposite fashion. Reverse the process to dismount the Cross-Trainer.

3.2 BIOMECHANICAL GUIDELINES

There are two exercise variations that can be performed on the Cross-Trainer. For each variation, it is important to follow these general biomechanical guidelines as well as the specific instructions listed below.

GENERAL

- Feet should be in a comfortable position facing forward on the pedals so the knees move in a forward plane (not angled inward or outward) and so the hips do not rotate outward.
- Keep back straight. Do not bend forward at the waist.
- Keep both feet on the pedals at all times.
- If desired, allow heels to slightly lift off the pedals during the motion.
- Do not lock knees during the workout. Keep them slightly bent throughout the motion.

FORWARD MOTION – TOTAL BODY

- Mount the Cross-Trainer facing forward
- Hands should be positioned comfortably on the moving handles such that the elbow creates a 90 degree angle when the moving handlebar is rotated toward you
- Choose the desired workout profile and duration on the console
- Begin moving feet in a smooth forward pedaling motion by pushing top foot forward and pulling bottom foot backward
- Exercise at a speed that is comfortable for you

REVERSE MOTION – TOTAL BODY

- Mount the Cross-Trainer facing forward
- Hands should be positioned comfortably on the moving handles such that the elbow creates a 90 degree angle when the moving handlebar is rotated toward you
- Choose the desired workout profile and duration on the console
- Begin moving feet in a smooth reverse pedaling motion by pulling top foot backward and pushing bottom foot forward
- Exercise at a speed that is comfortable for you

BRAKING RESISTANCE

The Life Fitness Cross-Trainer features speed-dependent braking resistance. For a set resistance level on the monitor, the resistance increases with speed. The faster you go, the greater the resistance. The computer makes no adjustments to maintain the resistance level based on your speed.

4 HEART SYNC™ EXERCISE PROGRAMS

4.1 WHY HEART SYNC WORKOUTS?

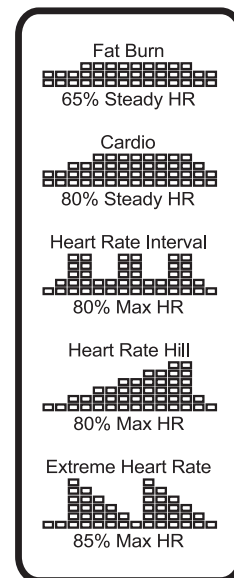
Research shows that maintaining a specific heart rate while exercising is the optimal way to monitor the intensity of a workout and to achieve maximum results. That is the idea behind the Heart Sync approach to exercise.

Heart Sync workouts identify an exerciser's ideal heart rate range for burning fat or increasing cardiovascular fitness. The values within the range depend on the workout.

NOTE: *Consulting a fitness trainer is recommended for defining specific fitness goals and designing a workout program.*

The exercise bike features five exclusive workouts designed to take full advantage of the benefits of Heart Sync exercise: **FAT BURN**, **CARDIO**, **HEART RATE HILL**, **HEART RATE INTERVAL**, or **EXTREME HEART RATE**. For detailed information about these workouts, see Section 5, titled *The Workouts*.

During one of these workouts, wear the wireless heart rate chest strap to enable the cross trainer's on-board computer to monitor the heart rate. The computer automatically adjusts the resistance level to maintain the target heart rate* based on the actual heart rate. To change the target heart rate during a workout, use the ARROW keys.



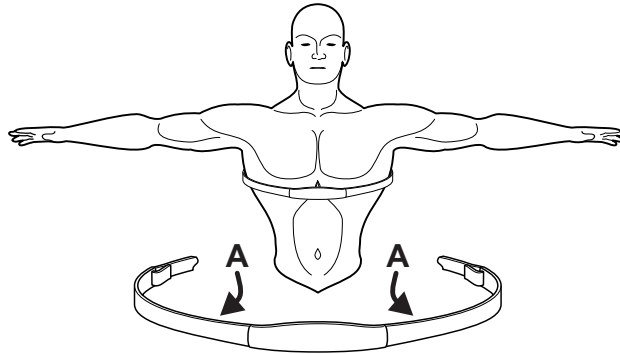
4.2 THE WIRELESS HEART RATE CHEST STRAP

The Cross-Trainer is equipped with wireless heart rate monitoring system in which electrodes, pressed against the skin, transfer heart rate signals to the cross trainer console. These electrodes are attached to a wireless heart rate chest strap that the user wears during the workout. The chest strap is included with the exercise bike.

See the diagram below for correct positioning of the strap. The electrodes (A), which are the two grooved surfaces on the underside of the strap, must remain wet to transmit accurately the electrical impulses of the heart back to the receiver. Moisten the electrodes. Then, 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 delivers an optimal heart rate reading when the electrodes are in direct contact with skin. However, it also functions properly through a thin layer of wet clothing.

If it becomes necessary to re-moisten the chest strap electrodes, grasp the center of the strap, pull it away from the chest to expose the two electrodes, and moisten them.



5 THE WORKOUTS

5.1 WORKOUT OVERVIEWS

This section lists the cross trainer's pre-programmed workouts. For more detailed information, see Section 5.2, titled *Using the Workouts*.

QUICK START is the fastest way to begin exercising, and it bypasses the steps involved in selecting a specific workout program. After the QUICK START key is pressed, a constant-level workout begins. The intensity level does not change automatically.

HILL is an interval-training workout combining "hills" and "valleys" of different intensity levels, which is proven to provide effective, time-efficient cardiovascular results.

RANDOM is an interval training workout of constantly changing intensity levels that occur in no regular pattern or progression.

MANUAL is a workout in which the intensity level does not change automatically.

SPORTS TRAINING is based on a random workout with smoother transitions between hills and valleys. This workout simulates conditions experienced outdoors and is a true athletic challenge for all fitness levels. 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.

EZ RESISTANCE features a gradual, subtle increase in resistance, lowering perceived exertion. A peak in resistance is followed by an equally subtle decrease in resistance.

FAT BURN is a low-intensity workout for burning the body's fat reserves. The user must grasp the hand pulse sensors or wear a wireless heart rate chest strap. The workout program automatically adjusts the intensity level, based on the actual heart rate, to maintain the user's heart rate at 65 percent of the theoretical maximum.

CARDIO is a higher intensity workout for more fit users, emphasizing cardiovascular benefits and maximum fat burning. The user must grasp the hand pulse sensors or wear a wireless heart rate chest strap. The workout program automatically adjusts the intensity level, based on the actual heart rate, to maintain the user's heart rate at 80 percent of the theoretical maximum.

HEART RATE HILL consists of three hills that target three heart rate goals: The first hill brings the heart rate to 90 percent of the target rate. The second hill increases the rate to 95 percent. The third hill matches the target heart rate. The valley always is defined as 85 percent of the target heart rate. The user must grasp the hand pulse sensors or wear a wireless heart rate chest strap.

HEART RATE INTERVAL alternates between a hill, which brings the heart rate up to 100 percent of the target rate, and a valley, which brings the heart rate down to 90 percent of the target heart rate. The user must grasp the hand pulse sensors or wear a wireless chest strap.

EXTREME HEART RATE alternates between two target heart rate goals as quickly as possible. The effect is similar to that of running sprints. The user must grasp the hand pulse sensors or wear a wireless heart rate chest strap.

MY WORKOUTS is not a workout program but a feature that allows the user to pre-set up to four workouts with personal setup information, such as age, time duration, or level, and then store the workouts in the console memory. These workouts are accessed with an ARROW key. See Section 5.4, titled *My Workouts Personal Programs*, for information on setting up and using these workouts.

TOTAL BODY TRAINER 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.

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, and then pressing the Reverse Mode key on the console after starting the workout.*

LOWER BODY TRAINER To vary the Cross-Trainer exercise and maximize the lower-body workout, the lower body trainer workout directs the user to use a forward motion for 3 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, and then pressing the Lower Body Trainer key on the console after starting the workout.*

5.2 USING THE WORKOUTS

Different workouts require different setup steps. See the chart titled *Cross-Trainer Workout Set-up Steps*, which appears later in this section, for a quick glance at the steps for setting up any workout. This section provides details on the steps themselves.

TO BEGIN ANY WORKOUT

Simply start pedaling to activate the console. The MESSAGE CENTER displays the prompt: "SELECT WORKOUT PROFILE OR PRESS QUICK START". If it displays a different message, press the CLEAR key twice rapidly.

SELECTING QUICK START

QUICK START is the fastest way to begin exercising, and it bypasses the steps involved in selecting a specific workout. Simply press the **QUICK START** key to begin a **MANUAL** workout. As with a **MANUAL** workout, the intensity level does not change automatically.

SELECTING A WORKOUT

For **MANUAL, RANDOM, HILL, EZ RESISTANCE, SPORTS TRAINING, TOTAL BODY, LOWER BODY, FAT BURN, CARDIO, HEART RATE HILL, HEART RATE INTERVAL,** and **EXTREME HEART RATE:** When prompted to select a workout, use the WORKOUT PROFILE key to scroll through the options displayed in the MESSAGE CENTER. Then, use the ARROW keys to scroll through the workout names as they appear in the MESSAGE CENTER. When the desired workout appears, press ENTER.

For **MY WORKOUTS,** press the MY WORKOUT key. Then, using the ARROW keys, scroll through workout numbers 1 through 4. Upon reaching the desired number, press ENTER, and begin the workout. For more information, see Section 5.4, titled *My Workouts Personal Programs*.

ENTERING A DURATION

When prompted by the MESSAGE CENTER to enter a time, use the ARROW KEYS to increase or decrease the displayed time to the desired value, and press ENTER.

ENTERING AGE

When prompted by the MESSAGE CENTER to enter age, use the ARROW KEYS to increase or decrease the displayed age to the correct value, and press ENTER.

The workout programs that set a target heart rate zone first calculate the user's theoretical maximum heart rate by subtracting the user's age from the number 220. The programs then calculate the target zone as a percentage of the theoretical maximum.

SELECTING THE DIFFICULTY LEVEL OR TARGET HEART RATE

For **MANUAL, RANDOM, HILL, EZ RESISTANCE, SPORTS TRAINING, TOTAL BODY,** and **LOWER BODY,:** After a duration is entered, the MESSAGE CENTER flashes a default difficulty level of "1", which is the easiest of the 20 difficulty levels. Press ENTER to accept the default. Or, to change the level, use the ARROW keys. Then, when the desired level appears in the DATA WINDOW, press ENTER to accept the duration.

Each of the 20 difficulty levels corresponds to a range of resistance levels as seen in the table below. A resistance level is applied to each individual interval within a workout profile. See Section 5.3, titled *Workout Descriptions* for more information. While the workout is in progress, it is possible to change the difficulty level.

Difficulty Level	Resistance Level Range	Difficulty Level	Resistance Level Range
1	1 to 1	11	3 to 11
2	1 to 2	12	3 to 12
3	1 to 3	13	3 to 13
4	1 to 4	14	3 to 14
5	1 to 5	15	3 to 15
6	2 to 6	16	4 to 16
7	2 to 7	17	5 to 17
8	2 to 8	18	6 to 18
9	2 to 9	19	7 to 19
10	2 to 10	20	8 to 20

For **FAT BURN**, **CARDIO**, **HEART RATE HILL**, **HEART RATE INTERVAL**, and **EXTREME HEART RATE**: After a duration is entered, the MESSAGE CENTER displays a target heart rate*, which is based on the entered age. Press ENTER to select the displayed rate, or use the ARROW keys to change the rate, and then press ENTER. When the workout is in progress, it is possible to change the target heart rate using the level arrow keys.

NOTE: *This cross-trainer features speed-dependant braking. The resistance level increases proportionally with the pedaling speed.*

PAUSING WORKOUTS

To pause a workout, press the **CLEAR/PAUSE** key. PAUSE will eliminate resistance during the pause duration. To continue the workout, press any key.

INITIATING AN EARLY COOL-DOWN

Cool Down mode ends a workout and gradually lowers the intensity level automatically. Press the COOL DOWN key at any desired point during a workout to go immediately into Cool Down mode. In this phase of a workout the body begins to remove lactic acid and other accumulated by-products of exercise, which build up in muscles during a workout and contribute to muscle soreness. The console automatically adjusts each workout's Cool Down level according to the individual user's performance. Each additional time the user presses the COOL DOWN key, the resistance level shortens by half. It is possible to change the Cool Down duration by pressing the TIME ARROW keys.

ENDING WORKOUTS EARLY

To end a workout before the pre-set duration expires, press CLEAR/PAUSE key three times. The MESSAGE CENTER displays "SELECT WORKOUT PROFILE OR PRESS QUICK START" for a new workout.

5.3 WORKOUT DESCRIPTIONS

CROSS TRAINER WORKOUT SETUP STEPS

QUICK START

Select QUICK START
Begin workout

MANUAL

Select MANUAL
Enter time
Enter weight
Enter difficulty level
Begin workout

HILL

Select HILL
Enter time
Enter weight
Select difficulty level
Begin workout

RANDOM

Select RANDOM
Enter time
Enter weight
Enter difficulty level
Begin workout

SPORTS TRAINING

Select SPORTS TRAINING
Select time
Enter weight
Select level
Begin workout

EZ RESISTANCE

Select EZ RESISTANCE
Select time
Enter weight
Select difficulty level
Begin workout

FAT BURN*

Select FAT BURN
Enter time
Enter age
Accept THR**
Begin workout

CARDIO*

Select CARDIO
Enter time
Enter weight
Enter age
Accept THR**
Begin workout

HEART RATE HILL*

Select HEART RATE HILL
Enter time
Enter age
Accept THR**
Begin workout

HEART RATE INTERVAL*

Select HEART RATE
INTERVAL
Enter time
Enter age
Accept THR**
Begin workout

EXTREME HEART RATE*

Select EXTREME HEART RATE
Enter time
Enter age
Accept THR**
Begin workout

MY WORKOUTS

Select MY WORKOUTS
Select a workout
from 1 to 4
Begin workout

TOTAL BODY

Select MANUAL
Enter time
Enter weight
Enter difficulty level
Begin workout

LOWER BODY

Select MANUAL
Enter time
Enter weight
Enter difficulty level
Begin workout

* This workout requires the user to grasp the hand pulse sensors or wear the wireless chest strap.

** Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **HEART RATE HILL** workout is 144. This workout targets 80 percent of the maximum, so the equation would be $(220-40) \cdot 80 = 144$. A 20-year-old user's THR is 160, so the equation would be $(220-20) \cdot 80 = 160$.

QUICK START

QUICK START is the fastest way to begin exercising, and it bypasses the steps of selecting a specific workout. The intensity level for the workout is set automatically and remains the same unless manually changed. To change the level press the UP or DOWN ARROW keys. If the CALORIES PER HOUR display is enabled, the MESSAGE CENTER displays ENTER WEIGHT, which is required to calculate this ratio. Using the ARROW KEYS, increase or decrease the displayed weight to the correct value.

MANUAL

The **MANUAL** workout has no automatic resistance changes. While the workout is in progress, increase or lower the intensity level as desired, using the arrow keys.

HILL

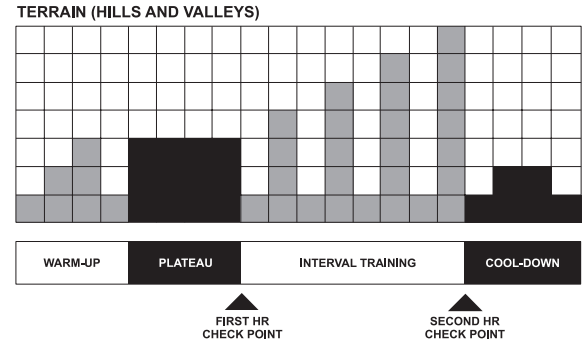
The **HILL** workout features intervals of intense aerobic activity separated by intervals of lower-intensity. Interval training has been scientifically demonstrated to yield greater cardiorespiratory improvement than steady-pace training.

During the Hill workout the difficulty level of intervals increases gradually, as the profile diagram below illustrates.

Each workout session includes the following phases:

- 1 **Warm-up** gradually brings the heart rate into the lower portion of the target heart rate zone, increasing respiration and blood flow to working muscles.
- 2 **Plateau** increases the heart rate to bring it within the target zone. To check the heart rate grasp the handpulse sensors or wear the wireless heart rate chest strap.
- 3 **Interval Training** is a series of hills and valleys. During this portion of the workout, the user is confronted with a series of successively steeper hills, each separated from the next by a valley or recovery period. Again, check the heart rate to ensure that it has remained within the target zone.
- 4 **Cool-down** allows the body to begin removing accumulated by-products of exercise, such as lactic acid, which build up in muscles during a workout and contribute to muscle soreness.

Effort and recovery periods are simulated on the display console by columns of red lights in the workout Profile window. Each column represents one interval and 20 intervals make up a workout. The columns move from right to left during the workout. The higher the column, the higher the resistance. The intervals are all of equal length, and interval duration depends on the overall duration of the workout.



1 to 9 minutes: Because workouts with durations of less than 10 minutes are insufficient for the **HILL** workout to complete all four phases adequately, the profile is condensed at various stages.

10 to 19 minutes: The interval durations are initially set at 30 seconds for a 10-minute workout. For every additional minute of workout duration intervals lengthen by three seconds. Thus, a 15-minute **HILL** workout features 20 intervals of 45 seconds each.

20 to 99 minutes: All intervals last 60 seconds. As minutes are added, additional hills and valleys are presented beyond the initial four of the interval training phase. The additional hills and valleys will follow the form of the first four, dropping back down to the level of the very first hill encountered and progressing in height every two minutes until the highest hill is reached again. This process repeats until the end of the duration.

RANDOM

The **RANDOM** workout creates a terrain of hills and valleys that varies with each workout. More than one million different patterns are possible.

SPORTS TRAINING WORKOUT

SPORTS TRAINING is based on a random workout with smoother transitions between hills and valleys. This workout simulates conditions experienced outdoors and is a true athletic challenge for all fitness levels. 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.

EZ RESISTANCE

In this workout, the changes in resistance are extremely subtle, lowering perceived exertion. The changes in resistance also are independent of the user's pedaling speed. The cardiovascular workout is effective, efficient, and enjoyable at the same time.

EZ RESISTANCE Workout Profile



EZ Resistance Workout Profile

The workout consists of one hill. The user determines the height of the peak of this hill by selecting an intensity level during the setup. The higher the level selected, the higher the intensity at the entry point, which is the beginning of the workout, and the higher the intensity at the peak, which occurs after 75 percent of the workout is completed.

After the peak is reached, the resistance gradually returns to the same intensity level as the entry point. See the chart.

TOTAL BODY

TOTAL BODY TRAINER 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.

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, and then pressing the Reverse Mode key on the console after starting the workout.*

LOWER BODY

LOWER BODY TRAINER To vary the Cross-Trainer exercise and maximize the lower-body workout, the Lower Body 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, and then pressing the Lower Body Trainer key on the console after starting the workout.*

FAT BURN

The **FAT BURN** workout is designed to maintain a user's heart rate at 65 percent of the theoretical maximum rate[†] for optimal results. Throughout the workout, the user grasps the hand pulse sensors or wears a wireless heart rate chest strap. The console continuously monitors and displays the heart rate, adjusting the intensity level of the exercise bike to reach and maintain the target*. This system eliminates over- and under-training, and it maximizes the aerobic benefits of exercise by using the body's fat storage for fuel. The user must wear a wireless heart rate chest strap.

CARDIO

The **CARDIO** workout is virtually identical to **FAT BURN**; however the target heart rate is calculated at 80 percent of the theoretical maximum[†]. The higher target promotes cardiovascular improvement by placing a heavier workload on the heart muscle. The user wear a wireless heart rate chest strap.

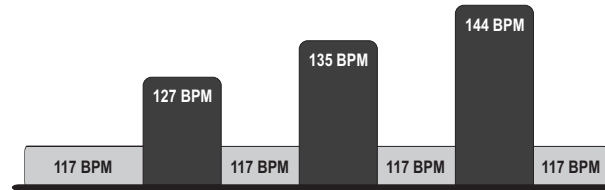
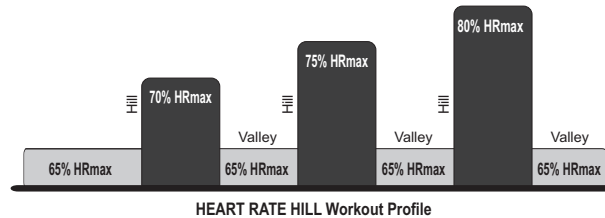
[†] Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.

* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **FAT BURN** workout is 117. This workout targets 65 percent of the maximum, so the equation would be $(220-40) \cdot 65=117$. A 20-year-old user's THR is 130, so the equation would be $(220-20) \cdot 65=130$.

HEART RATE HILL™ WORKOUT

This workout consists of three hills that target three heart rate goals: The first hill brings the heart rate to 90 percent of the target rate. The second hill increases the heart rate to 95 percent. The third hill matches the target heart rate. The valley always is defined as 85 percent of the target heart rate. After a warm-up, the workout progresses toward the first hill and heart rate goal. Once the user reaches 90 percent of the target heart rate, the hill continues for one minute. When the minute expires, the level decreases into a valley. Once the user's heart rate falls to 85 percent of the target, the valley continues for one minute. Then, the next hill begins with its corresponding heart rate goal. After the user completes the third hill/valley pair, the workout returns to the first hill and repeats the cycle as long as the duration allows. See the chart below. The user must wear a wireless heart rate chest strap to enable the computer to monitor the heart rate.

HEART RATE HILL Workout Profile



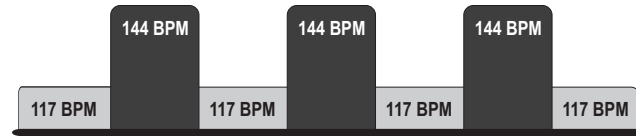
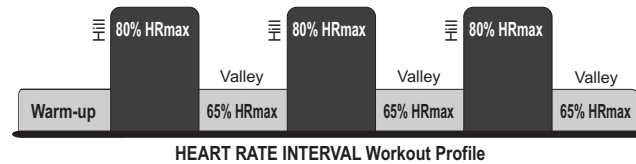
User Example: 80 percent of theoretical maximum (HRmax) (40 year old / 144 recommended BPM)

* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **HEART RATE HILL** workout is 144. This workout targets 80 percent of the maximum, so the equation would be $(220-40) \cdot 80 = 144$. A 20-year-old user's THR is 160, so the equation would be $(220-20) \cdot 80 = 160$.

HEART RATE INTERVAL™ WORKOUT

This workout alternates between a hill, which brings the heart rate up to the target rate*, and a valley, which brings the heart rate down to 90 percent of the target. After a warm-up, the workout progresses toward the first hill and heart rate goal. Once the goal is reached, the hill continues for three minutes. Then the level decreases into a valley. Once the 90 percent goal is reached, the valley continues for three minutes, after which the next hill begins. The user's fitness level determines the number of hills and valleys encountered within the duration. See the chart below. The user must wear a wireless heart rate chest strap to enable the computer to monitor the heart rate.

HEART RATE INTERVAL Workout Profile



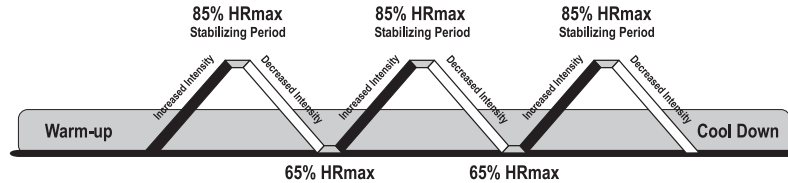
User Example: 80 percent of theoretical maximum (HRmax) (40 year old / 144 recommended BPM)

* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **HEART RATE INTERVAL** workout is 144. This workout targets 80 percent of the maximum, so the equation would be $(220-40) \cdot 80 = 144$. A 20-year-old user's THR is 160, so the equation would be $(220-20) \cdot 80 = 160$.

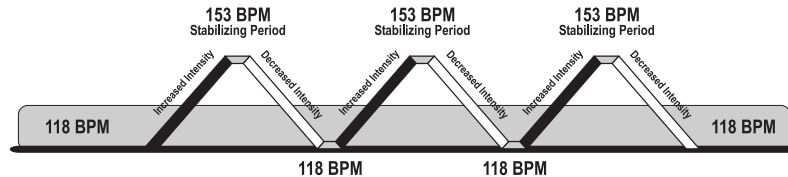
EXTREME HEART RATE™ WORKOUT

This intense, varied workout is designed to help more experienced users break through fitness improvement plateaus. The workout alternates between two target heart rate goals as quickly as possible. The effect is similar to that of running sprints. When setting up the workout, the user enters a target heart rate. After a warm-up, the intensity gradually increases until the user reaches the 100 percent target heart rate goal. Then, that target rate is maintained for a stabilizing period. Afterward, the intensity decreases. When the heart rate falls to the 75 percent goal, it is maintained for another stabilizing period. The program repeats the alternating of intensity levels, continuing this pattern for the duration. See the chart below. The user must wear a wireless heart rate chest strap to enable the computer to monitor the heart rate.

EXTREME HEART RATE Workout Profile



EXTREME HEART RATE Workout Profile



User Example 85 percent of theoretical maximum (HRmax) (40 year old / 153 recommended BPM)

* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **HEART RATE INTERVAL** workout is 144. This workout targets 80 percent of the maximum, so the equation would be $(220-40) \cdot 80 = 144$. A 20-year-old user's THR is 160, so the equation would be $(220-20) \cdot 80 = 160$.

5.4 MY WORKOUTS™ PERSONAL PROGRAMS

The My Workouts Personal Programs feature on the exercise bike makes it possible to pre-set up to four workouts with personal setup information, such as age, duration, or level, and then store the workouts in the console memory. These workouts are accessed with the MY WORKOUT key. Any workout can be pre-set and stored, including **FAT BURN, CARDIO, HEART RATE HILL, HEART RATE INTERVAL, EXTREME HEART RATE, HILL, RANDOM, MANUAL, SPORTS TRAINING, TOTAL BODY, LOWER BODY,** and **EZ RESISTANCE.**

USING A WORKOUT SAVED UNDER MY WORKOUTS

When the console is in initial workout setup mode and the MESSAGE CENTER displays, “SELECT WORKOUT OR PRESS QUICK START,” press the MY WORKOUTS key, and scroll through the workout names displayed in the MESSAGE CENTER. When the desired workout appears, press ENTER. The workout then begins.

EDITING MY WORKOUTS AND VIEWING STATISTICS

By factory default, the four workouts are stored as **MANUAL** programs under the names “MY WORKOUT 1” through “MY WORKOUT 4”. It is possible to change the name of each workout and/or customize the settings for each workout. It is also possible to view usage statistics for each workout, including:

- The total number of usage hours and minutes
- The total number of calories burned
- The total distance traveled

Use the following steps for changing a workout name, editing workout settings, and viewing workout statistics.

1. When the MESSAGE CENTER displays the prompt "SELECT WORKOUT USING ARROW KEYS OR PRESS QUICK START," press the MY WORKOUTS key.
2. The MESSAGE CENTER displays the name of the first of the four workouts saved under **MY WORKOUTS.** Scroll through the workout names displayed in the MESSAGE CENTER by pressing the ARROW keys.
3. When the desired name appears, press and hold the MY WORKOUTS key for three seconds. The MESSAGE CENTER displays the prompt “PRESS ENTER TO EDIT NAME - PRESS MY WORKOUTS TO EDIT WORKOUT”. Press ENTER and proceed with steps 4-8, or press MY WORKOUTS, and skip to step 7.

(Changing a workout name:)

4. The MESSAGE CENTER displays “MY WORKOUTS” and the numeral corresponding to the selected workout. The first character of the workout name flashes. Use the ARROW keys to scroll through displayed character options, which include all the letters of the alphabet, numerals 0 through 9, a dash (-) and an underscore (_). When the desired character appears, press the ENTER key to accept the character. The next character to the right flashes. Repeat this step for each character. For a blank space, press the CLEAR/PAUSE key.

5. Press the MY WORKOUTS key to save the name of the workout. The MESSAGE CENTER displays “NAME SAVED”.
(Changing a workout:)

6. The MESSAGE CENTER displays “PRESS ENTER TO EDIT MY WORKOUTS - PRESS MY WORKOUTS TO ACCESS STATISTICS”. Press ENTER.

7. The MESSAGE CENTER displays “SELECT WORKOUTS”. By factory default all four workouts under MY WORKOUTS are **MANUAL** programs. Enter setup information as prompted by the MESSAGE CENTER, using the ARROW keys to scroll through displayed variables, and pressing the ENTER key to accept a variable. Once all information is entered, the MESSAGE CENTER displays “WORKOUT SAVED”. Several seconds later, the MESSAGE CENTER again displays “PRESS ENTER TO EDIT MY WORKOUTS - PRESS MY WORKOUTS TO ACCESS STATISTICS”. Press ENTER to repeat step 7 for the selected workout, or press MY WORKOUTS, and proceed with step 8. *(Viewing statistics:)*

8. The MESSAGE CENTER display “HOURS =” followed by a value. Scroll through each of the displayed statistics by pressing the MY WORKOUTS key. Statistics may be cleared at any time by pressing and holding the PAUSE/CLEAR button for two seconds while a statistic is displayed. The statistic will be cleared and reset to zero. Once all statistics have been viewed, the console exits the MY WORKOUTS mode and returns to initial workout setup mode.

NOTE: *At any point during these steps, it is possible to exit MY WORKOUTS mode, by pressing the the PAUSE/CLEAR key twice. Doing so returns the console to initial workout setup mode, at which point, the MESSAGE CENTER displays “SELECT WORKOUT OR PRESS QUICK START”*

6 OPTIONAL SETTINGS

Use the Optional Settings feature to change default settings or to enable or disable certain programs or displays on the Cross-Trainer console.

6.1 ENTERING AND USING THE OPTIONAL SETTINGS FEATURE

Press the PAUSE/CLEAR key twice, and then press Enter. The console beeps three times, and the MESSAGE CENTER displays the first of a series of optional settings. To scroll through the settings, press ENTER repeatedly. Use the ARROW keys to change any displayed setting, and then press ENTER to accept the change and to scroll to the next item. The table below lists the settings, their variable values, their default values, and their definitions.

OPTIONAL SETTINGS			
Setting	Variables	Default Value	Description
Hold Time	1-99 seconds	10 seconds	The number of seconds before the MESSAGE CENTER scrolls to the next selection
Units	English/Metric	English	The type of units in which workout statistics are displayed
Software			The current software revision for the console computer
Beep	On / Off	On	The audio tone notifying users of selections

7 SERVICE AND TECHNICAL DATA

7.1 PREVENTATIVE MAINTENANCE TIPS

The Cross-Trainer is backed by engineering excellence and is one of the most rugged and trouble-free pieces of exercise equipment on the market today. Life Fitness products have proven to be durable in health clubs, colleges, military facilities, and other locations the world over.

NOTE: *The safety of the equipment 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 as outlined in the Preventive Maintenance Schedule.*

The following preventive maintenance tips will keep the exercise bike operating at peak performance:

- Locate the 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 a **100% cotton cloth**, lightly moistened with water and mild liquid cleaning product, to clean the exercise bike. 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 thoroughly on a regular basis.

NOTE: *A non-abrasive cleaner and soft cotton cloth are strongly recommended for cleaning the exterior of the unit. At no time should cleaner be applied directly to any part of the equipment; apply the non-abrasive cleaner on a soft cloth, and then wipe the unit.*

7.2 PREVENTATIVE MAINTENANCE SCHEDULE

Follow the schedule below to ensure proper operation of the product.

ITEM	WEEKLY	MONTHLY	BI-ANNUALLY	ANNUALLY
<i>Display Console</i>	C	I		
<i>Console Mounting Bolts</i>			I	
<i>Accessory Tray</i>	C	I		
<i>Frame</i>	C			I
<i>Plastic Covers</i>	C	I		
<i>Pedals and Straps</i>	C	I		

KEY: C=Clean; I=Inspect

7.3 TROUBLESHOOTING THE WIRELESS HEART RATE CHEST STRAP

HEART RATE READING IS ERRATIC OR ABSENT ENTIRELY

- Repeat the electrode moistening procedure on the chest strap. See Section 4.2, titled *The Heart Rate Chest Strap* for details. The electrodes must remain 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 (91 centimeters) of the heart rate receiver.
- The chest strap is battery-operated and will stop functioning when the battery runs out. Contact Customer Support Services for instructions on how to have the chest strap replaced. See Section 7.5, titled *How to Obtain Product Service*.

HEART RATE READING IS ERRATIC OR EXTREMELY HIGH

If the chest strap is worn near sources of electromagnetic signals, these signals may be strong enough to elevate heart rate readings. Possible sources include:

- Television sets and/or antennas, cell phones, computers, cars, high voltage power lines and motor driven exercise equipment.
- Another heart rate transmitter within three feet, or one meter, may also cause abnormal heart rate readings.

7.5 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 front stabilizer, below the shroud.
3. Contact Customer Support Services via the Web at: 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
Telephone: (+44) 1353.665507
FAX: (+44) 1353.666018

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Life Fitness Benelux
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FAX: +31 (0) 180 64 66 99

Life Fitness Italia S.R.L.
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FAX: (+39) 0472.833.150
Toll-free telephone: 800.438836

Life Fitness Vertriebs GmbH
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FAX: (+43) 1615.7198.20

Life Fitness Asia Pacific Ltd
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FAX: (+852) 2575.6001

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and Caribbean*
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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

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 below.

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. 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.

MODEL	LIFETIME	5 YEARS	3 YEARS	1 YEAR
X35	Frame	N/A	Electrical Parts & Mechanical Parts	Labor

9 SPECIFICATIONS

Designed use:	Home
Maximum user weight:	300 pounds / 136 kilograms
Resistance system:	Eddy current

CONSOLE:

Displays:	DATA DISPLAYS Time, Time/Zone, Cool Down, Heart Rate, Speed, Heart Rate %, Distance, Calories/Hour, Calories DOT MATRIX WINDOW indicating workout profile
Summaries:	Time, Distance, Calories

WORKOUTS:

	Quick Start Manual Mode, Manual, Random, Hill, EZ Resistance, Sports Training, Total Body, Lower Body, Fat Burn, Cardio, Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate
Resistance levels:	20
Pedal size	16 inches by 7 inches / 41 centimeters by 18 centimeters
Drive type:	Link6™, Whisper Stride™
Power requirements:	120V in United States 220V in Europe 240+V in Australia
Color:	Pewter Metal Charcoal gray plastics Stone gray Accents

ASSEMBLED DIMENSIONS:

Length	65 inches / 165 centimeters
Width	27 inches / 68 centimeters
Height	62 inches / 157 centimeters
Weight	242 pounds / 109 kilograms

SHIPPING DIMENSIONS:

Length	73 inches / 185 centimeters
Width	28.5 inches / 72.5 centimeters
Height	32 inches / 81 centimeters
Weight	282 pounds / 127 kilograms



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

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

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LIFEFITNESS.COM