



95Xe



90 SERIES

CARDIO CROSS-TRAINERS

Nothing comes closer to natural motion

The Life Fitness 90 Series elliptical cross-trainers are the industry's smoothest, most comfortable total-body cardiovascular machines. Plus, we deliver the most comprehensive line up of elliptical cardio training options to give your users the variety they crave.

Performance features

➤ TOTAL-BODY EXERCISE

Choose from two biomechanically correct total-body ellipses. With the option of Fit Stride™ or Classic Stride technology, you can appeal to a variety of users.

➤ OVERSIZED PEDALS

The pedal design allows users to adjust foot position comfortably and the narrow 2.8" (7.1 cm) pedal spacing minimizes lateral hip shifting, which reduces lower back stress.

➤ HEART RATE MONITORING

Lifepulse™ digital heart rate monitoring hand sensors are conveniently placed on the ergonomically designed handlebars to provide precise heart rate monitoring, and Polar telemetry provides accurate, "hands-free" heart rate monitoring. (See specifications on page 39 for heart rate monitoring system availability.)

➤ MOTIVATING WORKOUT VARIETY

Zone Training+™ workouts automatically adjust the resistance level to keep users in their target heart rate zone. Goal-based workouts allow users to set personal goals, while Cross-Train Reverse and Cross-Train Aerobic workouts utilize machine-generated prompts to keep users motivated.

➤ PLUG-IN OPTION

Provides a lower operating resistance, which appeals to novice and deconditioned users.

(See specifications on page 39 for plug-in option availability)

➤ SPEED AND DISTANCE FEEDBACK

Allows for easy comparisons to daily activities, such as walking and running.

HIGHLIGHTED FEATURE

➤ SELF-POWERED CONVENIENCE



Powered completely by human movement, you can place these energy-efficient cross-trainers anywhere in your facility, with no electrical cords or outlets to consider.

(Models with integrated or attachable LCD screens require external power source.)



□ 95Xe

- Fit Stride™ technology; 20" (50.8 cm) stride length
- Ergonomically correct moving arm handles provide total-body workout
- E³ Integrated LCD™ System with Touch Screen Technology
- Heart Rate Monitoring: Lifepulse™ hand sensors and Polar® telemetry
- 30 workouts, including 5 ZoneTraining+™ workouts and Fit Test Protocol
- User can select from up to 13 different languages
- Integrated reading rack and accessory tray
- E³ Integrated LCD™ System
 - FM radio-ready
 - Up to 180 available channels



□ 95Xi

- Fit Stride™ technology; 20" (50.8 cm) stride length
- Ergonomically correct moving arm handles provide total-body workout
- Dual-level alphanumeric LED console
- Heart Rate Monitoring: Lifepulse™ hand sensors and Polar® telemetry
- 30 workouts, including 5 ZoneTraining+™ workouts and Fit Test Protocol
- User can select from up to 9 different languages
- Integrated reading rack and accessory tray
- Self-powered; optional plug-in accessory
- Available with Attachable LCD with E-Z TV™ Console (95XEZ) or Attachable LCD Entertainment System



□ 90X

- Fit Stride™ technology; 20" (50.8 cm) stride length
- Ergonomically correct moving arm handles provide total-body workout
- Alphanumeric LED console
- Heart Rate Monitoring: Polar® telemetry
- 6 workouts, 2 ZoneTraining+™ workouts
- User can select from up to 9 different languages
- Integrated reading rack and accessory tray
- Self-powered; optional plug-in accessory
- Available with Attachable LCD Entertainment System
- Available in select countries outside the US and Canada

**Actual product colors may differ from printed images shown. See page 39 for complete specifications.*



□ 93X

- Fit Stride™ technology; 20" (50.8 cm) stride length
- Ergonomically correct moving arm handles provide total-body workout
- Alphanumeric LED console
- Heart Rate Monitoring: Polar® telemetry
- 19 workouts, including 5 ZoneTraining+™ workouts
- User can select from up to 9 different languages
- Integrated reading rack and accessory tray
- Self-powered; optional plug-in accessory
- Available with Attachable LCD Entertainment System



□ 91X

- Classic Stride technology; 18" (45.7 cm) stride length
- Ergonomically correct moving arm handles provide total-body workout
- Alphanumeric LED console
- Heart Rate Monitoring: Lifepulse™ hand sensors and Polar® telemetry
- 6 workouts
- User can select from up to 4 different languages
- Integrated reading rack and accessory tray
- Self-powered
- Available with Attachable LCD Entertainment System
- Available in North America and select international countries

Total-Body Cross-Trainers

KEY:

• Standard ◦ Optional – Unavailable

	95Xe	95Xi	93X	91X	90X
HEART RATE MONITORING					
Polar® Telemetry (optional chest strap required)	•	•	•	•	•
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)	•	•	–	•	–
WORKOUTS					
Classic Workouts: Hill, Random, Manual, Quick Start	•	•	•	•	•
Zone Training+™ Heart Rate Workouts					
- Cardio, Fat Burn	•	•	•	–	◦
- Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate	•	•	•	–	–
Interval Workouts: Around the World, Cascades, Foothills, Interval, Kilimanjaro, Speed Training, Cross Train Aerobic, Cross Train Reverse	•	•	•	–	–
Cross Train Aerobics and Cross Train Reverse Workout Modes	•	•	•	•	•
Goal Workouts: Calories, Distance, Time, Time in Zone	•	•	–	–	–
Personal Trainer Workouts: 6 Customizable Workouts	•	•	–	–	–
Fitness Test Protocol: Fit Test	•	•	–	–	–
Customized Cool Down	•	•	•	•	•
DISPLAY READOUT					
Elapsed Time, Total Calories Burned, Calories Burned Per Hour, Watts, METs, Resistance Level, Speed, Distance, Workout Profile	•	•	•	•	•
Heart Rate	•	•	•	•	•
Language Choices*	13	9	9	4	9
DISPLAY TYPE					
E ³ Integrated LCD™ System: For more information see LCD Solutions on page 43	•	–	–	–	–
LED					
- Alphanumeric message center, workout profile and lower level time/level display	–	•	–	–	–
- Alphanumeric message center and workout profile	–	–	•	•	•
SPECIAL FEATURES					
Fit Stride™ Technology with 20" (50.8 cm) Stride Length	•	•	•	–	•
Classic Stride Technology with 18" (45.7 cm) Stride Length	–	–	–	•	–
Integrated Reading Rack	•	•	•	•	•
Integrated Accessory Tray	•	•	•	•	•
Personal Stereo Holder	•	•	•	–	•
Support Handlebars	•	•	•	•	•
Oversized Non-slip Pedals	•	•	•	•	•
Rear Wheels for Easy Mobility	•	•	•	•	•
Dedicated Keypad	–	•	–	–	–
On-the-Fly Programming	•	•	•	•	•
Resistance Levels	26	25	25	25	25
Plug-in Accessory	•	◦	◦	–	◦
Service Enhancements: Manager's Optional Settings	•	•	•	•	•
Networking Capabilities: CSAFE-Ready, FitLinxx™ Certified	•	•	◦	•	–
Attachable LCD Entertainment Solutions: For more information see LCD solutions on page 43	–	◦	◦	◦	◦
TECHNICAL SPECIFICATIONS					
Maximum User Weight		350 lbs (160 kg)		350 lbs (160 kg)	300 lbs (136 kg)
Power Requirements					
- AC power line 115 volt, 15 amp (voltage may vary outside U.S.)	•	◦	◦	◦	◦
- Self-Powered	–	•	•	•	•
- Auto Start: brings power to console when user begins pedaling	•	•	•	•	•
Length		84.75" (215 cm)		83" (211 cm)	84.75" (215 cm)
Width		26.5" (67 cm)		28" (71 cm)	26.5" (67 cm)
Height		64" (162.5 cm)		61" (155 cm)	64" (162.5 cm)
Unit Weight	286 lbs (130 kg)	286 lbs (130 kg)	286 lbs (130 kg)	235 lbs (106 kg)	286 lbs (130 kg)
Warranty**					
- 2-year limited warranty on all mechanical and electrical components	•	•	•	–	–
- 1-year limited warranty on all mechanical and electrical components	–	–	–	•	•
- 1-year labor	•	•	•	•	–
- Attachable LCD Entertainment Solutions Option: 2-years electrical and mechanical parts; 90 days labor	–	•	•	•	•

*Japanese available on 95Xi and 93X with CCD console. **Warranties outside the U.S. may vary. Specifications subject to change.