

X Series

Life Fitness

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

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

Where does your workout take you?

X

LIFEFITNESS.COM



Life Fitness

TOTAL-BODY
ELLIPTICAL CROSS-TRAINERS



Performing to the highest standards

You don't have to punish your body in order to enjoy the benefits of an intense cardiovascular workout. Life Fitness X-Series Elliptical Cross-Trainers provide a smooth, natural total-body motion that burns more calories with less perceived exertion.

Reach your goals with confidence, comfort, and style.



Innovative and advanced

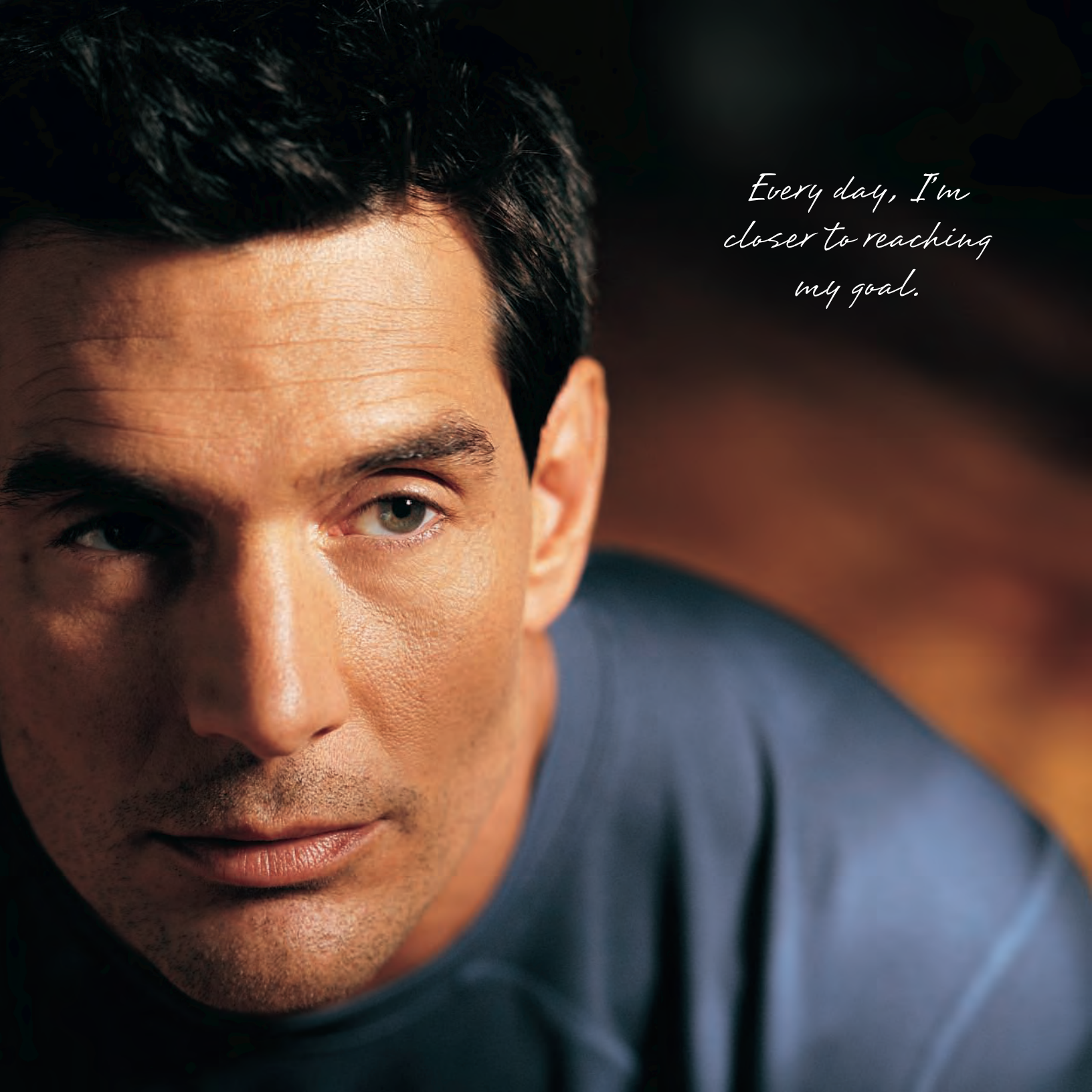
Bring home the health club experience with the **Club Series Elliptical Cross-Trainer**—the home version of our popular commercial model.



Customize your cross-trainer

The more satisfied you are with your fitness equipment, the more likely you are to reach your fitness goals. Life Fitness makes it easy to get exactly what you want.

Simply choose a model—the **X7**, **X5**, **X3** or **X1**—then select either the Basic or Advanced Workouts Console to create your very own ultimate workout machine.



*Every day, I'm
closer to reaching
my goal.*

CS

World-class workout

The Club Series Elliptical Cross-Trainer is the award-winning home version of our popular health club model. It's a towering icon in elliptical technology. The result of extensive research and testing, the Club Series Elliptical Cross-Trainer delivers a remarkably pure, natural elliptical motion. Try it for yourself and you'll see why people who use it often forget they are exercising so intensely.



Club Series Elliptical Cross-Trainer

Club Series Special Features

- Smooth elliptical motion is identical to our popular health club model
- Lifepulse™ contact heart rate hand sensors on the moving arms for convenient heart rate monitoring
- Polar® wireless chest strap provides accurate, hands-free heart rate monitoring
- 18 pre-programmed and 7 personalized workouts
- 5 HeartSync™ workouts adjust resistance to keep you at your target heart rate, ensuring a safe, effective workout
- Total-Body and Lower-Body Trainer workout modes coach you to train different muscle groups
- Deluxe 16-character LED message center provides workout feedback
- ErgoGrip™ stationary front handlebar provides stability during lower-body-only workouts



I am no longer aware of limitations.

Create your ultimate fitness machine

STEP 1

Choose your Life Fitness elliptical cross-trainer model.



STEP 2

Add the console that best suits your personal fitness needs.

Basic Workouts Console



The Basic Workouts Console is extremely easy to use, and features the essential programming you'll need to begin and maintain an effective fitness regimen.

- 5 Classic workout programs
- Heart rate readout (*not available on the X1*)



Basic

Available on the X7, X5, X3, X1 models

or

Advanced Workouts Console



The Advanced Workouts Console is ideal if you want added workout variety and advanced programs to help you better reach your fitness goals. And the ability to save two user profiles makes it perfect for multi-user households.

- 10 workout programs
- Polar® wireless chest strap
- HeartSync™ heart rate controlled workouts
- 3 goal workouts
- 2 user profiles
- 2 custom workouts
- Race mode



Advanced

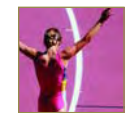
Available on the X7, X5, X3, X1 models



Polar® Chest Strap
Provides accurate, hands-free heart rate monitoring.



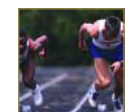
HeartSync Workouts
5 workouts that adjust resistance to keep you at your target heart rate, ensuring a safe, effective workout.



Goal Workouts
Set your workout goal, including calorie-burn, distance, or target heart rate, and exercise until you reach it.



Two User Profiles
Perfect for multi-user households, user profiles save your vital statistics, preferences, and custom workouts.



Race Mode
Challenge yourself against a computer-simulated pacer.



Everything I overcome
makes me stronger.

X7

Triumph of Technology

The next generation of cross-trainers has arrived. The X7 has all the latest technology packed into one ground-breaking model for the home. It's loaded with must-have features to customize your workout including electronic adjustment to seven different stride lengths, a full lineup of challenging programs, and design features that make your most intense workouts more comfortable than ever before. Choose the X7 for workouts and results that exceed your expectations time and time again.



X7

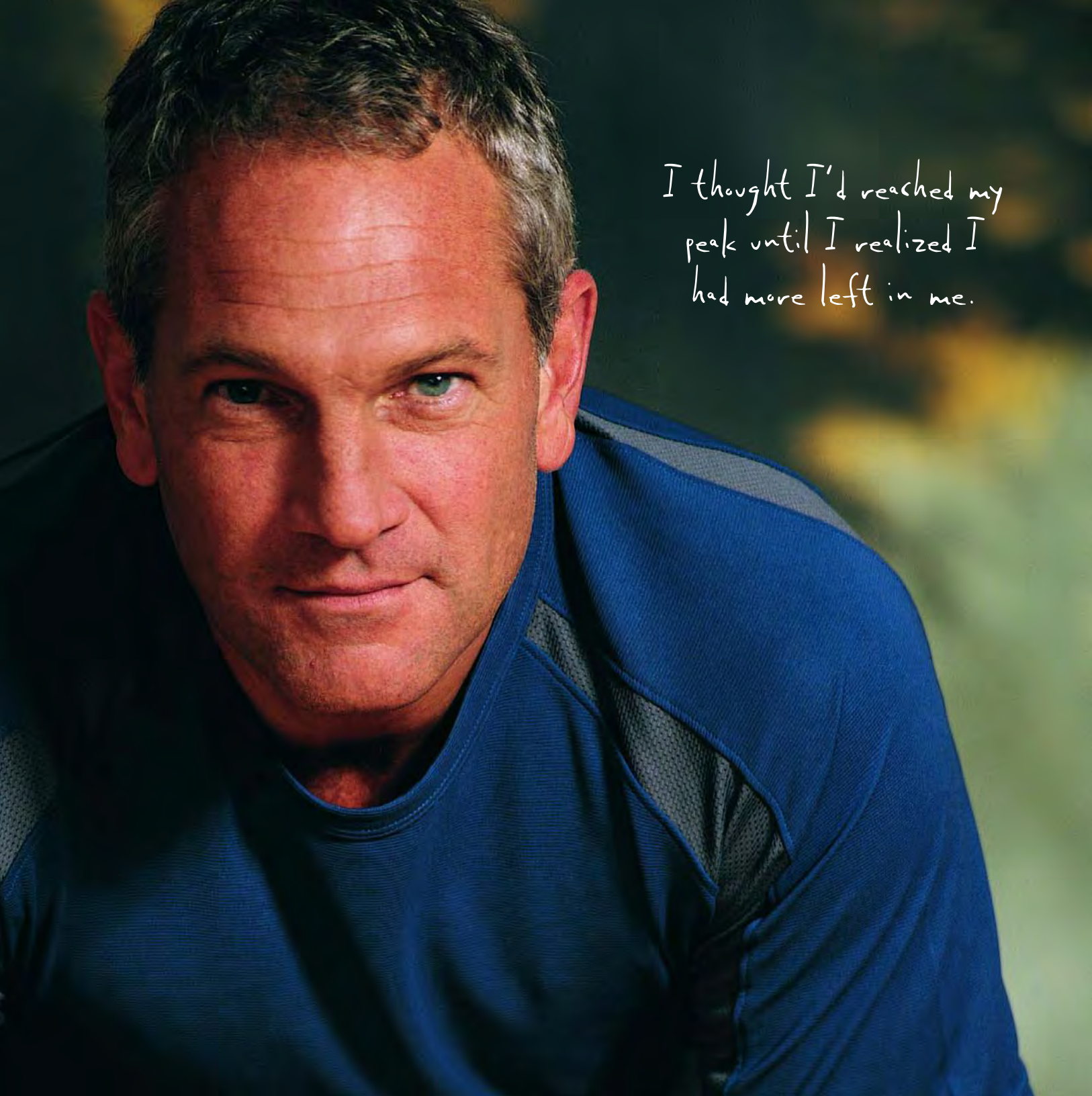
X7 Special Features

- Customize your X7 by choosing either the Basic or Advanced Workouts Console
- Whisper eStride™ technology allows for quiet, on-the-fly electronic stride adjustments from 18" to 24" in 1" increments
- LegSculptor™ Mode automatically adjusts your stride length every two minutes to target different leg muscles
- Total-Body Trainer coaches you on the main console to target different muscle groups throughout your workout
- FlexPedal™ Shock Absorption System provides more cushioning for an even lower impact workout
- Closer pedal spacing (1.75" apart) gives you the most natural feeling movement
- Contact heart rate hand sensors allow for convenient heart rate monitoring
- Patented Link6™ elliptical drive system provides a smooth, natural stride

Choose either the Basic or Advanced Workouts Console with the X7:



See page 7 for details.



I thought I'd reached my peak until I realized I had more left in me.

X5

Sleek design and versatility

The X5 combines contemporary styling with exceptional workout versatility. Using Life Fitness' SelectStride™ technology, the X5 allows you to adjust the stride length for different-sized users in the household. And by varying the stride, you can also target different muscle groups, such as thighs, calves, and glutes. The sleek style and quiet motion of the X5 make it an attractive addition to any room.

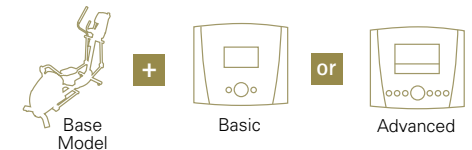


X5

X5 Special Features

- Customize your X5 by choosing either the Basic or Advanced Workouts Console
- SelectStride™ allows you to manually adjust the stride length from 18" to 24" in 2" increments
- Contact heart rate hand sensors allow for convenient heart rate monitoring
- ErgoGrip™ stationary handlebar provides stability during lower-body-only workouts
- Total-Body and Lower-Body Trainer workout modes coach you to train different muscle groups
- Patented Link6™ elliptical drive system provides a smooth, natural stride

Choose either the Basic or Advanced Workouts Console with the X5:



See page 7 for details.



Suddenly the impossible seems like a possibility.

X3

Quiet and attractive

No matter how hard you push yourself on the X3, its WhisperStride™ technology keeps things remarkably quiet while delivering a smooth, fluid motion. Contact heart rate hand sensors on the stationary handlebars let you track your workout progress as you're pushing through each stage of your workout. And details like brushed aluminum end caps add an attractive, finished look.



X3

X3 Special Features

- Customize your X3 by choosing either the Basic or Advanced Workouts Console
- WhisperStride™ technology provides a remarkably quiet, fluid stride
- Contact heart rate hand sensors allow for convenient heart rate monitoring
- ErgoGrip™ stationary handlebar provides stability during lower-body-only workouts
- Total-Body and Lower-Body Trainer workout modes coach you to train different muscle groups
- Patented Link6™ elliptical drive system provides a smooth, natural stride

Choose either the Basic or Advanced Workouts Console with the X3:



See page 7 for details.



*I used to make excuses.
Now I make sacrifices.*

X1

Essentially effective

The X1 is perfect for the person that just wants to get on and go. It has everything you'd expect from a Life Fitness elliptical cross-trainer—unparalleled quality, a fluid total-body motion, and the patented Link6™ elliptical drive system that delivers an incredibly natural, comfortable stride. Want to spice things up? Choose the Advanced Workouts Console for wireless heart rate monitoring and added workout program variety to keep you going strong.

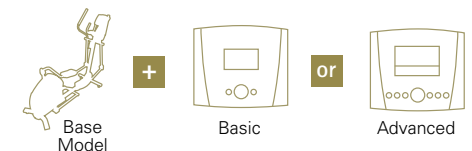


X1

X1 Special Features

- Customize your X1 by choosing either the Basic or Advanced Workouts Console
- Patented Link6™ elliptical drive system provides a smooth, natural stride
- ErgoGrip™ stationary front handlebar provides stability during lower-body only workouts

Choose either the Basic or Advanced Workouts Console with the X1:



See page 7 for details.

Base specifications

X-Series TOTAL-BODY ELLIPTICAL CROSS-TRAINERS

SPECIAL FEATURES

Heart rate monitoring:	•	–	–	–	–
- Lifepulse™ digital contact heart rate hand sensors on moving handlebars	–	•	•	•	–
- Contact heart rate hand sensors on ErgoGrip™ stationary front handlebars	–	•	•	•	–
Stride Length Adjustability:	–	•	–	–	–
- Whisper eStride™ technology: on-the-fly electronic stride adjustments from 18" to 24" in 1" increments	–	–	•	–	–
- SelectStride™ technology: manual stride adjustments from 18" to 24" in 2" increments	–	–	–	•	•
- Fixed stride length (20")	•	–	–	–	–
- Fixed stride length (18")	•	–	–	–	–
Elliptical Motion Technology:	–	•	•	•	•
- Dual offset crank linkage system identical to commercial-grade model	–	•	•	•	•
- Link6™ elliptical drive system	–	•	–	•	–
Additional Technology:	–	•	–	•	–
- WhisperStride™ technology employs self-aligning ball bearings for a quiet, fluid motion	•	•	•	•	•
Handlebars:	•	•	•	•	•
- Upper body moving arms	•	•	•	•	•
- ErgoGrip™ stationary front handlebar	•	•	•	•	•
Pedals:	•	•	•	•	•
- 16" x 7" (41 cm x 18 cm) oversized non-slip pedals	–	•	–	–	–
- FlexPedal™ with Lifespring™ technology	•	–	–	–	–
Drive system	–	•	•	•	•
- Alternator	–	•	•	•	•
- Eddy current	•	•	•	•	–
Accessories:	–	•	–	–	–
- Oversized, dual accessory trays	–	•	–	–	–
- Removable dishwasher safe water bottle holders and accessory tray	•	–	•	•	–
- Front-mounted water bottle holder	–	•	–	–	–
Lower-Body and Total-Body Training Modes	–	•	–	–	–
LegSculptor™ and Total-Body Trainer Modes	–	•	–	–	–
Activity Zone with LCD Display	–	•	–	–	–

TECHNICAL SPECIFICATIONS

Resistance levels	25	20	20	20	20
Maximum user weight	350 lbs 158 kg	400 lbs 182 kg	350 lbs 158 kg	300 lbs 135 kg	300 lbs 135 kg
Minimum step-up height	10" 25 cm	10" 25 cm	11.5" 29 cm	11.5" 29 cm	11.5" 29 cm
Unit length	83" 211 cm	83" 211 cm	82" 208 cm	65" 165 cm	65" 165 cm
Unit width	28" 71 cm	26" 66 cm	27" 68 cm	27" 68 cm	27" 68 cm
Unit height	61" 155 cm	63" 160 cm	62" 157 cm	62" 157 cm	62" 157 cm
Unit weight	235 lbs 107 kg	250 lbs 113 kg	250 lbs 113 kg	205 lbs 93 kg	205 lbs 93 kg
Power requirements: plug-in (all major voltage configurations)	•	•	•	•	•
Safety: CE, CSA, FCC, GS/TUV, UL	•	•	•	•	•
Warranties:	•	–	•	•	•
- Lifetime warranty on frame; 3-year on parts; 1-year on labor (warranties outside the U.S. may vary)	–	•	–	–	–
- Lifetime warranty on frame and Lifesprings™; 10-year on resistance system; 7-year on parts; 2-year on Activity Zone; 1-year on labor (warranties outside the U.S. may vary)	–	•	–	–	–

• Standard – Unavailable

CS	X7	X5	X3	X1
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25	20	20	20	20
350 lbs 158 kg	400 lbs 182 kg	350 lbs 158 kg	300 lbs 135 kg	300 lbs 135 kg
10" 25 cm	10" 25 cm	11.5" 29 cm	11.5" 29 cm	11.5" 29 cm
83" 211 cm	83" 211 cm	82" 208 cm	65" 165 cm	65" 165 cm
28" 71 cm	26" 66 cm	27" 68 cm	27" 68 cm	27" 68 cm
61" 155 cm	63" 160 cm	62" 157 cm	62" 157 cm	62" 157 cm
235 lbs 107 kg	250 lbs 113 kg	250 lbs 113 kg	205 lbs 93 kg	205 lbs 93 kg
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Console specifications

X9i, Advanced, AND Basic WORKOUTS CONSOLES

DISPLAY

Red LED display	•	–	–
Blue and white custom etched LCD	–	•	•
Instructional message center	•	•	–
LCD display size	–	4"x6" 10cm x 15cm	3"x5" 8cm x 13cm

WORKOUT PROGRAMS

Number of workouts	18	10	5
Classic workouts (Manual, Hill, Random, EZ Resistance™, Sport Training™)	•	•	•
HeartSync™ heart rate controlled workouts (Fat Burn, Cardio, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™)	•	•	–
Special workouts (Around the World, Cascades, Foothills, Kilimanjaro, Speed Training, Interval Training)	•	–	–
Goal workouts (Calories, Distance, Target Heart Rate)	–	•	–
Custom workouts	–	2	–

SPECIAL FEATURES

Quick start	•	•	•
On-the-Fly programming	•	–	–
Race mode	–	•	–
Cool Down mode	•	•	•
Warm Up mode	–	•	•
My Workouts™ personalized programs	7	–	–
User profiles	–	2	–

HEART RATE MONITORING

Polar® wireless chest strap included	•	•	–
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WORKOUT FEEDBACK

Level	•	•	•
Time	•	•	•
Speed (mph / km/h)	•	•	•
Distance	•	•	•
Heart rate	•	•	•
Target heart rate	•	•	•
Calories	•	•	•
Watts	•	•	•
METs	•	•	–
Pace	•	•	–
Animated symbols	–	•	–

WARRANTIES

3-years on parts; 1-year on labor (warranties outside the U.S. may vary)	–	•	•
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• Standard – Unavailable

CS	A advanced	B basic
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–	4"x6" 10cm x 15cm	3"x5" 8cm x 13cm
18	10	5
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For detailed descriptions of all workout programs and complete specifications, go to lifelitness.com

Ownership Advantages

When you buy a product of this caliber, expect the best. We pour more time and energy into the things other companies take for granted. Biomechanics, product integrity, quality, force analysis, field research, technical optimization. These areas of development are invisible to our customers, but ensure that our equipment delivers the best possible workout experience for a lifetime of use. It's part of the assurance that comes with owning an X-Series Total-Body Elliptical Cross-Trainer made by the manufacturer of the #1 brand of fitness equipment in health clubs worldwide.

Learn more about the advantages of ownership. Visit our website at LIFEFITNESS.COM.