



CLUB SERIES

CSX ELLIPTICAL CROSS-TRAINER

The Life Fitness Club Series Elliptical Cross-Trainer offers a health club level total-body cardiovascular workout. Built for comfort, it is a proven machine that offers a variety of low-impact workouts. This cross-trainer also offers a refreshed console with more options for personalized entertainment, which helps people complete more enjoyable workouts.

PERFORMANCE FEATURES

SEAMLESS COMPATIBILITY WITH IPOD

Connecting an iPod to the console charges the device to provide great motivation to the exerciser through music.

TOTAL-BODY EXERCISE

Proven Classic Stride technology produces a unique, popular motion with 18" stride length, research-based ellipse path and biomechanically correct moving arms.

OVERSIZED PEDALS

The pedal design allows users to adjust foot position comfortably and the narrow 2.8" 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 easy-to-grip Ergo™ bar to provide walkers with precise heart rate monitoring, and Polar® telemetry provides runners with accurate, "hands-free" heart rate monitoring. (Telemetry requires optional chest strap.)



Greener with **EVERY MOVE**

Certain components of our cardio equipment are no longer painted during the manufacturing process, which reduces our carbon footprint. This initiative also lowers the amount of Volatile Organic Compounds (VOCs) released into the air as pollutants.

HIGHLIGHT FEATURE

INTEGRATED ENTERTAINMENT CONTROLS



Newly integrated controls allow exercisers to skip songs, adjust the volume for their iPod right from the console.

ELLIPTICAL CROSS-TRAINER DETAILS

- Classic Stride technology; 18" (45.7 cm) stride length
- Narrow 2.8" (7.1 cm) pedal spacing
- Ergonomically correct moving arm handles provide total-body workout
- Dual-level alphanumeric LED console
- Heart rate monitoring
- 27 workouts, including 5 ZoneTraining+™ workouts
- 4 languages
- Integrated reading rack and accessory tray
- iPod Compatibility
- Integrated iPod controls

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CLUB SERIES CSX ELLIPTICAL CROSS-TRAINER

SPECIFICATIONS

HEART RATE MONITORING		
Polar® Telemetry (optional chest strap required)		●
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)		●
WORKOUTS		
Manual, Quick Start		●
Zone Training+™ Heart Rate Workouts: Cardio, Fat Burn, Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate		●
Interval Workouts: Hill, Random, 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		●
Fit Test Protocol: Fit Test		●
Customized Cool Down		●
DISPLAY READOUT		
Elapsed Time, Distance, Total Calories Burned, Calories Per Hour, Heart Rate, Watts, METs, Workout Profile, Resistance Level, Speed		●
Language Choices		4
DISPLAY TYPE		
LED: Alphanumeric message center, workout profile and lower level time/level display		●
Numeric Keypad		●
SPECIAL FEATURES		
Classic Stride Technology with 18" (45.7 cm) Stride Length		●
Integrated Reading Rack		●
Integrated Accessory Tray		●
Support Handlebars		●
Oversized Non-slip Pedals		●
Rear Wheels for Easy Mobility		●
On-the-Fly Programming		●
Resistance Levels		25
iPod® Compatibility	On-console controls	●
	Charging	●
Integrated iPod Controls		●
Flash Programmable		●
TECHNICAL SPECIFICATIONS		
Maximum User Weight		350 lbs (160 kg)
Self Powered: Plug-in (all major voltages)		●
Auto Start: Brings power to console when user begins pedaling		●
Length		83" (211 cm)
Width		28" (71 cm)
Height		61" (155 cm)
Unit Weight		235 lbs (106 kg)
Warranty†	Life time on frame, 3-year limited warranty on all mechanical and electrical components	●
	1-year labor	●

† Warranties outside the U.S. may vary. Specifications subject to change.

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