

X5 TOTAL-BODY ELLIPTICAL CROSS-TRAINER

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# BASE USER MANUAL



*Life Fitness*

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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:

**X5**

See Section 7, 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.
- 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.

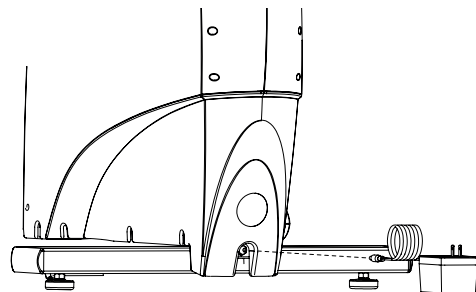
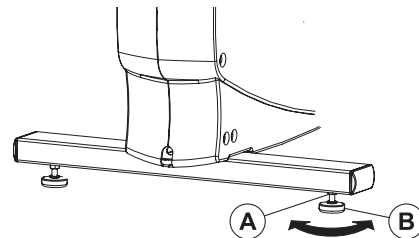
### HOW TO STABILIZE THE CROSS-TRAINER

After placing 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.*

### PLUG 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 ACCESSORIES

## 2.1 READING RACK AND ACCESSORY TRAYS

The Display Console includes a built-in reading rack (A) that lets you enjoy a book or magazine during your workout. The accessory trays (B) are conveniently located on either side of the Display Console.



## 2.2 THE ACTIVITY ZONE

### 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 Total Body Trainer key on the Activity Zone 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 Activity Zone after starting the workout.*



# 3 SELECT STRIDE



## 3.1 DESCRIPTION AND BENEFITS

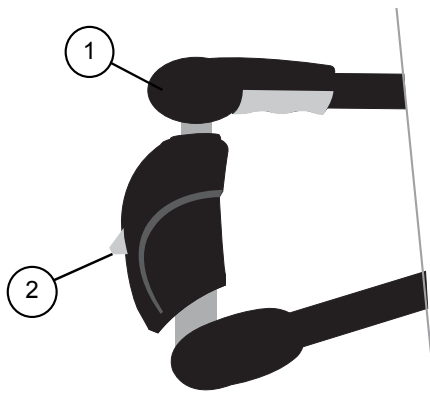
SelectStride™ Technology by Life Fitness is the latest advancement in elliptical training. SelectStride™ gives you the ability to adjust the stride length at any time during your workout. By adjusting the stride length, you can personalize the motion to your body or to your specific workout. For example, a longer stride length may feel the most comfortable and natural to taller individuals. Similarly, you may prefer a shorter stride setting when performing a slower paced workout while the longer stride setting might feel best when using a faster, running-style pace. You can also change the stride length setting to add variety to your workout. The result? An extremely comfortable and effective elliptical workout that's right for you.

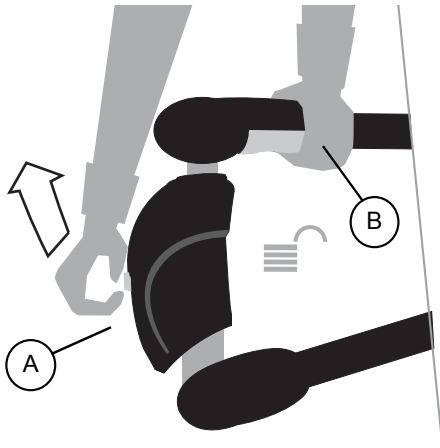
The following shows these easy steps for adjusting the stride length. Remember to adjust both sides to assure the stride length is the same for each side—adjust at any time before or during a workout.

## 3.2 ADJUSTING THE SELECT STRIDE

Locate the two red areas on the stride adjustment section of the machine (shown in light grey in this manual) :

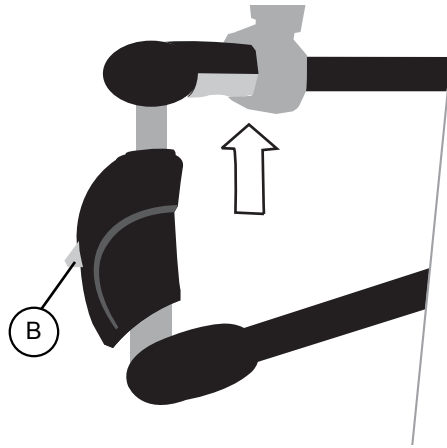
1. Pedal Lever Handle
2. Stride Adjuster Handle (with trigger lock)





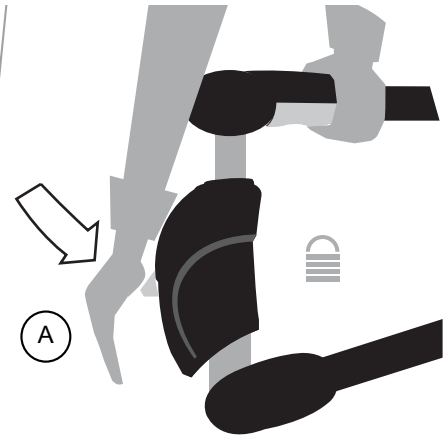
### Step 1 – Release trigger lock

- A** Grasp the trigger lock located within the adjuster handle while holding pedal handle.
- B** Release the trigger lock by squeezing handle together and allow adjustment handle to “pop” up for adjustment to occur.



### Step 2 – Adjust stride length

- A** Pull up on stride adjuster handle and lift or lower the pedal handle to the preferred stride setting. Look for the position indicators on the chrome tube marked “1”, “2”, “3”, “4”.
- B** Allow stride adjuster locator pin to “pop” in to place. Proceed to step three.



### Step 3 – Secure setting

- A** Upon selecting the stride setting press down firmly on the stride adjuster handle to lock this position into place and be sure it's secured properly.

#### NOTE:

- Perform steps 1 – 3 for both sides
- Begin workout

### 3.3 STRIDE DESCRIPTIONS



- **Position 1 – 18" (46cm)**  
(Walk)

**Position 1** - the shortest stride offering. This stride can be used for a variety of workouts. You can use this setting as a “power walking” workout by using your legs more than your upper-body and increasing the resistance. Or, you can use it to concentrate on your upper-body by increasing the resistance and focus on pushing and pulling with your arms.



- **Position 2 – 20" (51cm)**  
(Jog)

**Position 2** - the more traditional stride length found on many ellipticals, simulates a jogging motion useful for a wide variety of user heights and workouts.



- **Position 3 – 22" (56cm)**  
(Run)

**Position 3** - extends just past traditional and begins to encroach upon the running motion by lengthening out the stride and focuses more on lower body muscle stimulation.



- **Position 4 – 24" (61cm)**  
(Sprint)

**Position 4** – the longest stride setting simulates a sprinting motion by placing the user in an sprinting stance, leaning forward slightly and lengthening out the stride.

## **4. CORRECT USAGE**

### **4.1 LOWER BODY VS. TOTAL BODY**

This product allows you to include an upper-body workout with your lower-body exercise. The benefits of this option are twofold. First, you are able to reach your target heart rate faster and stay in your target zone. Second, by including the upper-body in your cardiovascular workout you are not only burning fat, you are also toning the muscles of your arms, chest, and back.

### **4.2 BIOMECHANICAL GUIDELINES**

There are four 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 – LOWER BODY**

- Mount the Cross-Trainer facing forward.
- Hands should be positioned comfortably on the center stationary handle.
- 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.

## **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 – LOWER BODY**

- Mount the Cross-Trainer facing forward.
- Hands should be positioned comfortably on the center stationary handle.
- 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.

## **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.

# 5 SERVICE AND TECHNICAL DATA

## 5.1 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 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 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.*

## 5.2 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

## 5.3 TROUBLESHOOTING THE HAND PULSE SENSORS

If the heart rate reading is erratic or missing, do the following:

- Dry moist hands to prevent slipping.
- Apply hands to both sensors, one in each hand.
- Grasp the sensors firmly.
- Apply constant pressure around the sensors.

## 5.4 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](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:

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# 6 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](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.

MODEL	LIFETIME	5 YEARS	3 YEARS	1 YEAR
X5	Frame	N/A	Electrical Parts & Mechanical Parts	Labor

# 7 SPECIFICATIONS

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