

X Series



Life Fitness  
X9

*Life Fitness*

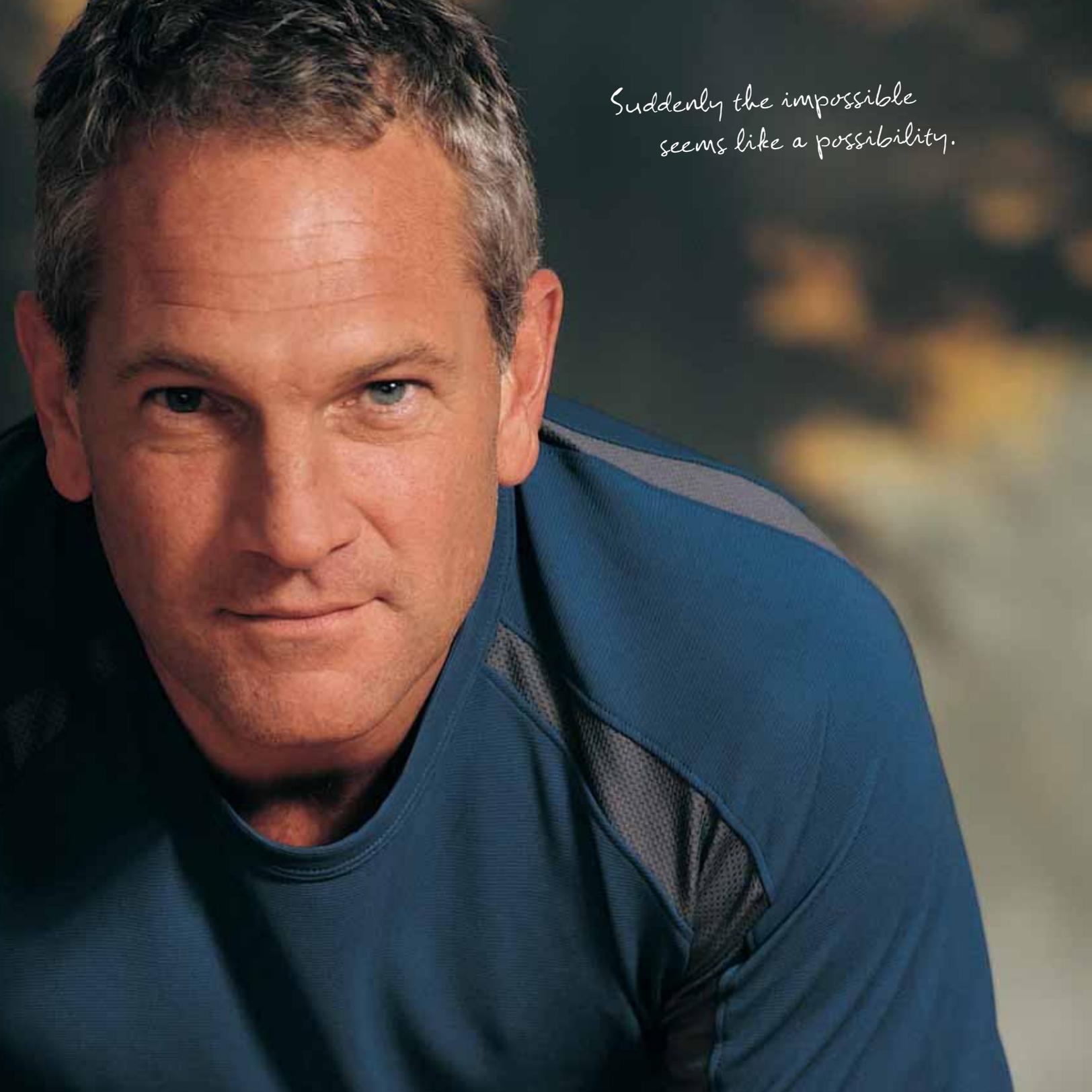
TOTAL-BODY  
ELLIPTICAL CROSS-TRAINERS



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

Contrary to popular belief, you don't have to punish your body in order to enjoy the benefits of an intense cardiovascular workout. When your knees aren't taking a beating. When your stride is natural. Your heart rate is up, yet it doesn't feel like you're overexerting yourself. That's the kind of workout experience the Life Fitness X-Series Total-Body Elliptical Cross-Trainers deliver. Whatever challenge you face or whatever goal you desire, this impressive lineup of cardiovascular fitness equipment will help you get there in confidence, in style, and in comfort.

Where does your workout take you?



*Suddenly the impossible  
seems like a possibility.*

X9i

## Instant gratification

The X9i is the award-winning home version of our popular health club model.

It's a towering icon that represents the very best in elliptical technology.

Performance tests have revealed the X9i delivers the purest, most natural elliptical motion. Conduct a performance test of your own and you'll see why people who use it often forget they are exercising so intensely.



X9i

### Highlighted Features

The X9i offers 25 levels of resistance that motivate the novice and challenge the expert. Adjust the resistance levels as you go or select from 18 different pre-programmed workouts. Five HeartSync™ workouts automatically adjust the resistance based on your heart rate feedback via the Lifepulse™ contact heart rate sensors on the moving arms or a Polar® wireless chest strap. You can even store up to seven additional personalized workouts, along with your weight and resistance preferences, so you can start training more quickly and track workouts more effectively. It all adds up to the world's most rewarding cardiovascular exercise experience.

### X9i

- Health club model elliptical stride
- Smooth, dual offset crank linkage system
- Lifepulse™ contact heart rate sensors
- Polar® wireless heart rate monitoring
- ErgoGrip™ bullhorn front handlebar
- 18 pre-programmed and 7 personalized workouts
- Total-Body and Lower-Body Trainer workout modes
- Deluxe 16-character LED message center

## Ultimate versatility

The X5 and X5i are equipped with advanced performance features designed to give you more freedom and flexibility with your cardiovascular workouts. The incredibly liberating SelectStride™ technology lets you customize stride lengths for goal- and sport-specific training, making the X5 and X5i two of the world's most versatile cardiovascular exercise machines.



### Highlighted Features

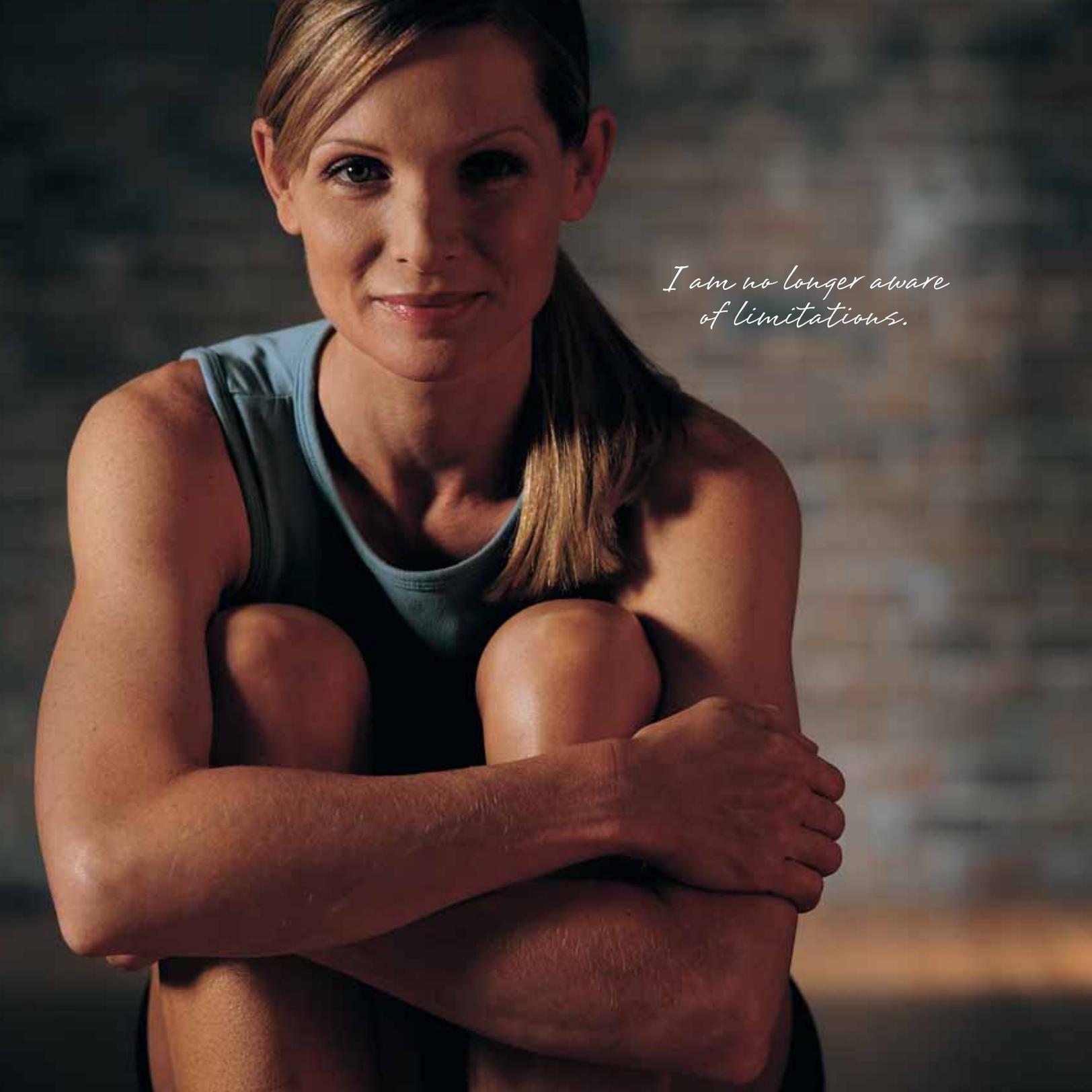
Choose from an 18-inch walk, a 20-inch jog, a 22-inch run, or a 24-inch sprint. A generous range of innovative workout programs let you track progress, change workouts, target different parts of your body, and train for specific sports or activities. The X5 and X5i are perfect for multi-user households and for people who love to exercise their options.

#### X5

- 4-position stride length adjustment
- Smooth, Link6™ elliptical drive system
- Optional Polar® heart rate monitoring
- ErgoGrip™ bullhorn front handlebar
- 6 pre-programmed workouts
- 3 LED workout feedback windows

#### X5i

- 4-position stride length adjustment
- Smooth, Link6™ elliptical drive system
- Polar® wireless heart rate monitoring
- ErgoGrip™ bullhorn front handlebar
- 12 pre-programmed and 4 personalized workouts
- 5 HeartSync™ heart rate-controlled workouts
- Deluxe 16-character LED message center

A woman with long brown hair, wearing a blue tank top, is sitting on the floor with her arms crossed. She is looking directly at the camera with a slight smile. The background is a blurred, textured wall.

*I am no longer aware  
of limitations.*



X9i

## 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](http://LIFEFITNESS.COM).

# Specifications

## X-Series TOTAL-BODY ELLIPTICAL CROSS-TRAINERS

● Standard ○ Optional – Unavailable

	X5	X5i	X9i
<b>HEART RATE MONITORING</b>			
Lifepulse™ contact heart rate sensors with DSP (Digital Signal Processing)	–	–	●
Polar® telemetry heart rate monitoring (wireless chest strap included)	○	●	●
<b>WORKOUTS</b>			
Number of workouts (X5 has 8 workouts with optional heart rate kit)	6	12	18
Classic workouts: Hill, Random, Manual	●	●	●
Sport Training™ workout and EZ Resistance™ workout	●	●	●
HeartSync™ heart rate-controlled workouts:			
- Cardio and Fat Burn	○	●	●
- Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™	–	●	●
Workouts Plus™ workouts: Around the World, Cascades, Foothills, Interval, Kilimanjaro, Speed Training	–	–	●
Cross-Train Reverse/Lower-Body Trainer mode	●	●	●
Cross-Train Aerobics/Total-Body Trainer mode	–	●	●
My Workouts™ customizable programs	–	4	7
<b>DISPLAY READOUT</b>			
Distance, RPM (speed), Heart Rate, Calories, Level, Time, Cool Down, Target Heart Rate	●	●	●
Time in Zone, Heart Rate %	–	●	–
METs, Watts	–	–	●
<b>DISPLAY TYPE</b>			
Workout Profile™ display:			
- 10 x 14 LED segments showing workout progress	–	●	–
- 7 x 14 LED segments showing workout progress	–	–	●
Workout feedback display:			
- Deluxe 16-character LED message center	–	●	●
- 3 LED windows with 10-character LED readout	●	–	–
Control pad user console	–	●	–
<b>SPECIAL FEATURES</b>			
Frame:			
- 4" x 4" (10 cm x 10 cm) and 3" (7 cm) round robotically welded steel frame	–	–	●
- 2" x 4" (5 cm x 10 cm) robotically welded steel frame	●	●	–
Pedals: 16" x 7" (41 cm x 18 cm) oversized pedals	●	●	●
Front handlebar: ErgoGrip™ bullhorn front handlebar	●	●	●
Stride:			
- Fixed stride	–	–	●
- Adjustable SelectStride™ technology (4 settings)	●	●	–
Resistance levels	20	20	25
Resistance system:			
- Commercial-grade alternator resistance system	–	–	●
- MagnaForce™ eddy-current resistance system	●	●	–
Drive system:			
- Commercial-grade dual offset crank linkage system	–	–	●
- Link6™ elliptical drive system	●	●	–
Quick Start	●	●	●
On-the-Fly programming	–	●	●
Cool Down Mode	●	●	●
<b>ACCESSORIES</b>			
Accessory tray/Heart rate kit	○	●	●
Reading rack	●	●	●
<b>TECHNICAL SPECIFICATIONS</b>			
Maximum user weight	350 lbs 158 kg	350 lbs 158 kg	350 lbs 158 kg
Maximum step-up height	18" 46 cm	18" 46 cm	17" 43 cm
Unit length	82" 208 cm	82" 208 cm	82" 208 cm
Unit width	27" 68 cm	27" 68 cm	25" 64 cm
Unit height	62" 157 cm	62" 157 cm	64" 163 cm
Unit weight	250 lbs 113 kg	250 lbs 113 kg	235 lbs 107 kg
Power requirements: All major voltage configurations available	●	●	●
Safety: CE, CEN, CSA, TUV, UL certified	●	●	●
Warranties: Lifetime warranty on frame; 3-year on parts; 1-year on labor (Warranties outside the U.S. may vary)	●	●	●

Specifications are subject to change.

*LifeFitness*

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

Where does your workout take you?



LIFEFITNESS.COM