

X1 TOTAL-BODY ELLIPTICAL CROSS-TRAINER

BASE USER MANUAL



Life Fitness

CORPORATE HEADQUARTERS

5100 North River Road
Schiller Park, Illinois 60176 • U.S.A.

www.lifefitness.com

INTERNATIONAL OFFICES

LIFE FITNESS ASIA PACIFIC LTD

Room 2610, Miramar Tower
132 Nathan Road
Tsimshatsui, Kowloon
HONG KONG

LIFE FITNESS ATLANTIC BV

LIFE FITNESS BENELUX

Bijdorpplein 25 - 31
2992 LB Barendrecht
THE NETHERLANDS

LIFE FITNESS DO BRAZIL

Av. Dr. Dib Sauaia Neto 1478
Alphaville, Barueri, SP
06465-140
BRAZIL

LIFE FITNESS VERTRIEBS GMBH

Dückerstraße 7-9/3/36
1220 Vienna
AUSTRIA

LIFE FITNESS IBERIA

C/Frederic Mompou 5,1º 1º
08960 Sant Just Desvern (Barcelona)
SPAIN

LIFE FITNESS EUROPE GMBH

Siemensstraße 3
85716 Unterschleissheim
GERMANY

LIFE FITNESS ITALIA S.R.L.

Via Crivellini 7/N
37010 AFFI Verona
ITALY

LIFE FITNESS LATIN AMERICA and CARIBBEAN

5100 North River Road
Schiller Park, Illinois 60176
U.S.A.

LIFE FITNESS UK LTD

Queen Adelaide
Ely, Cambs CB7 4UB
UNITED KINGDOM

LIFE FITNESS JAPAN

Nippon Brunswick Bldg., #8F
5-27-7 Sendagaya
Shibuya-Ku, Tokyo
JAPAN 151-0051

1. INTRODUCTION

1.1 WELCOME / SAFETY / CAUTION

Thank you for purchasing a Life Fitness Total-Body Elliptical Cross-Trainer. Before using this product, please read this user manual in its entirety to ensure that you have the knowledge to safely and properly operate all of the features of your Total-Body Elliptical Cross-Trainer. We hope you achieve the product experience that you expect, but if you do have any service issues, please go to the How to Obtain Product Service section which will provide information on obtaining product service.

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 user 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.



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.

This Operation Manual describes the functions of the following products:

Life Fitness Total-Body Elliptical Cross-Trainer: X1

See Section 9, *Specifications*, in this manual for product-specific features.

Statement of Purpose: The Life Fitness Total-Body Elliptical Cross-Trainer is an exercise machine that combines low-impact elliptical pedaling, where resistance is independent of speed, 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.

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1.3 IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the Total-Body Elliptical Cross-Trainer.



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 Total-Body Elliptical 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 Total-Body Elliptical 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 Total-Body Elliptical Cross-Trainer outdoors, near swimming pools or in areas of high humidity.
- Keep all loose clothing, shoelaces, and towels away from the Total-Body Elliptical Cross-Trainer pedals.
- Keep the area around the Total-Body Elliptical Cross-Trainer clear of any obstructions, including walls and furniture.
- Use caution when mounting or dismounting the Total-Body Elliptical Cross-Trainer. While exercising, always hold onto the user arms or stationary handlebar.
- Never operate a Life Fitness product 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 power cord as a handle.
- Do not run the power cord on the floor under or along side of the Total-Body Elliptical 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 Total-Body Elliptical Cross-Trainer in bare feet.
- Do not tip the Total-Body Elliptical 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.

DANGER - To reduce the risk of electrical shock:

- Always unplug this appliance from the electrical outlet immediately after using and before cleaning.



SAFETY WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons:

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.

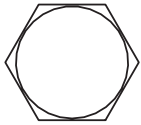
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
- Do not carry this appliance by supply cord or use cord as a handle.
- Keep the cord away from heated surfaces.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE.

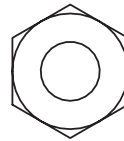
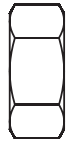
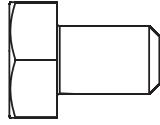
2. ASSEMBLY INSTRUCTIONS

Tools Needed: 17mm Socket Wrench, Phillips Screwdriver, Rubber Mallet

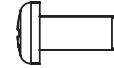
Parts List:



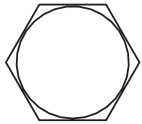
M10 X 15mm Silver
Hex Head Bolt (Qty. 4)



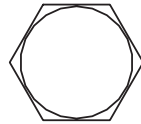
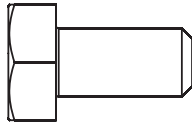
M10 Hex Nut (Qty. 2)



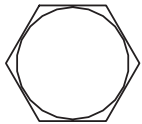
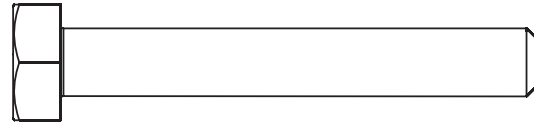
M5 X 12mm Clear Zinc
Phillips Head Screw (Qty. 4)



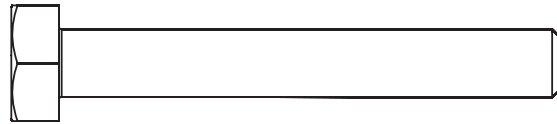
M10 X 20mm Clear
Zinc Hex Head Bolt (Qty. 3)

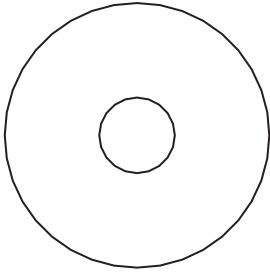


M10 X 70mm Silver Hex Head Bolt (Qty. 3)

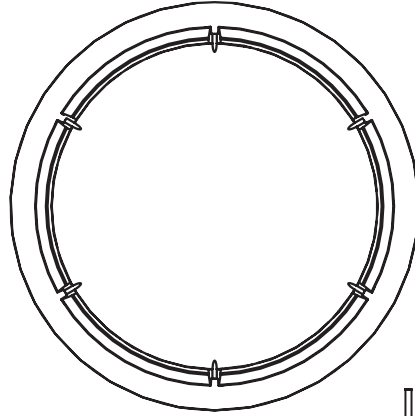
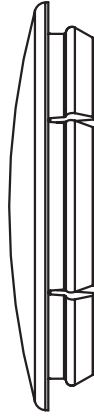


M10 X 74mm Black Hex Head Bolt (Qty. 2)

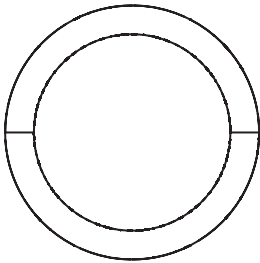




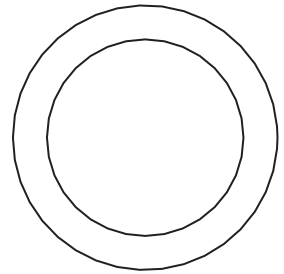
Flat Washer 10mm ID (Qty. 2)



Plastic End Cap (Qty. 2)



Wave Washer (Qty. 2)



Large Flat Washer (Qty.2)

Step 1 Packaging

Parts: None

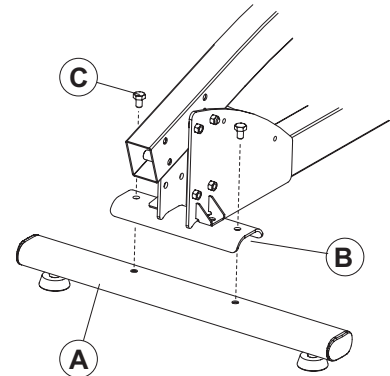
Remove all packaging and place main components to the side of the box. Break box down in each of the four corners.

Step 2 Assemble the Stabilizers

Parts: Hardware Bag #1 (2, M10 X 15mm Silver Hex Head Bolts)

Tools: 17mm Socket Wrench

Assemble the stabilizer tube (foot) (A) to the bottom base bracket (B) of the product using two M10 X 15mm Silver Hex Head Bolts (C).



Step 3 Assemble the Console Upright

Parts: Hardware Bag #2 (3, M10 X 70mm Long Silver Hex Head Bolts)
(1, M10 X 20mm Clear Zinc Hex Head Bolt)

Tools: 17mm Socket Wrench

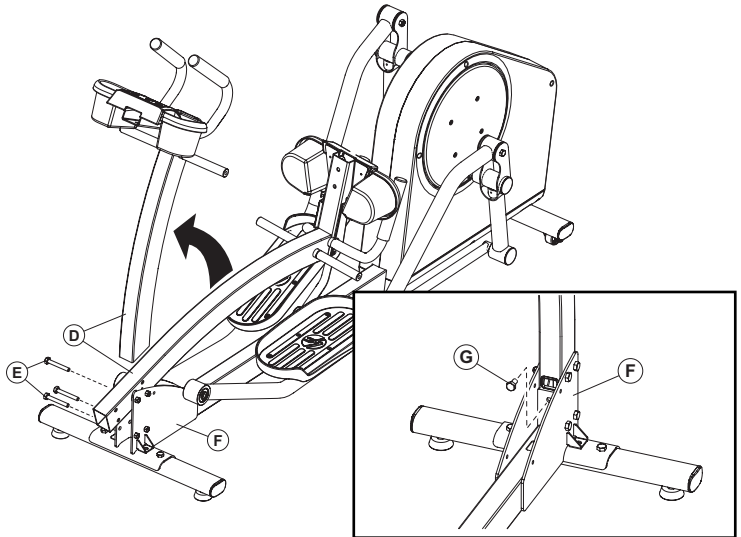
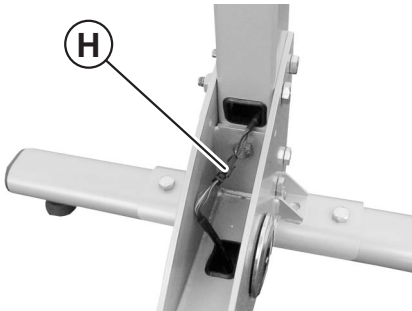
The console upright tube (D) is pre-assembled with one bolt so that you can simply lift the upright into place by pivoting upward. Hold the upright in place and install three M10 X 70mm Long Silver Hex Head Bolts (E) into the side of the main bracket (F). Install one M10 X 20mm Clear Zinc Hex Head Bolt (G) into the front of the bracket.

CAUTION: Do not pinch wires when assembling the upright.

Step 4 Connect Base Wiring

Parts: None

Connect the two plugs (H) at the base of the upright.



Step 5 Assemble the Rocker Arms

Parts: Hardware Bag #3 (2, Wave Washers, 2 Large Flat Washers)
(2, Flat Washers)
(2, M10 X 20mm Hex Head Bolts)
(2, Plastic End Caps)

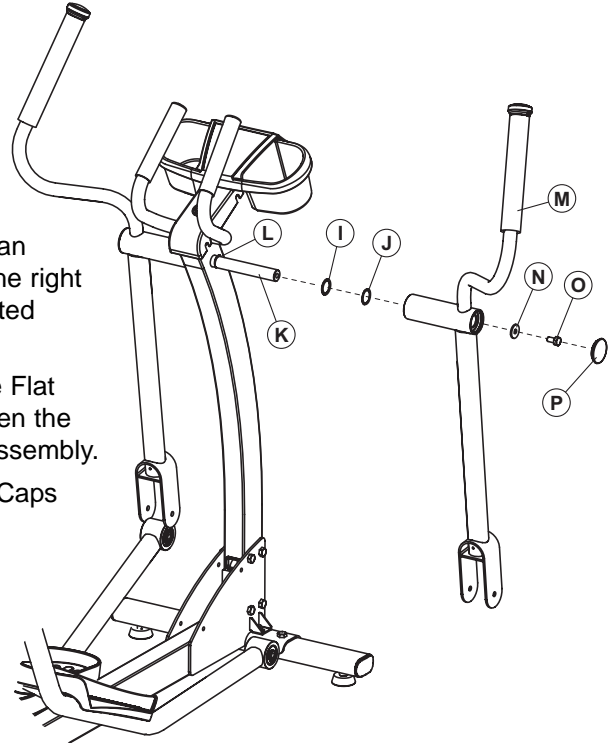
Tools: 17mm Socket Wrench, Phillips Screwdriver,
Rubber Mallet

Slide one large Flat Washer (I) and one Wave Washer (J) onto the user right pivot shaft (K). Slide the washers fully over the pivot shaft until seated against the pre-installed stop ring (L).

Locate the user right rocker arm assembly (M) marked with an "R". With the top handgrip facing the front of the unit, slide the right rocker arm assembly onto the user right pivot shaft until seated against the washers.

Secure the rocker arm assembly to the pivot shaft using one Flat Washer (N) and one M10 X 20mm Hex Head Bolt (O). Tighten the bolt securely. Repeat the procedure for the left rocker arm assembly.

Use a rubber mallet to tap the round end of the Plastic End Caps (P) into the side of the rocker arms.

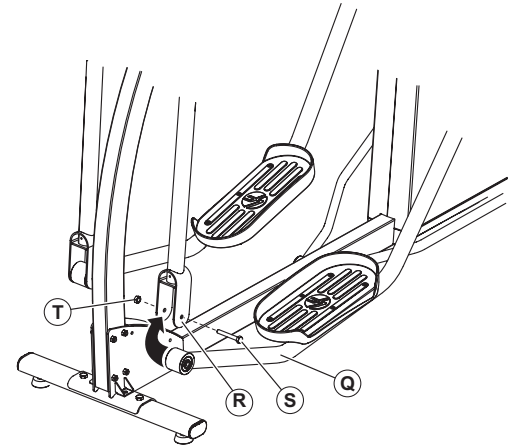


Step 6 Assemble Moving Arms to Pedal Arms

Parts: Hardware Bag #4 (2, M10 X 74mm Black Hex Head Bolts)
(2, M10 Hex Nuts)

Tools: 17mm Socket Wrench, Phillips Screwdriver

Lift the front end of the user left pedal lever (Q) to meet the left rocker arm clevis (R). Secure the pedal lever to the rocker arm clevis using one M10 X 74mm Black Hex Head Bolts (S) and one M10 Hex Nut (T). Tighten the bolt and nut securely. Repeat the procedure for the right pedal lever and rocker arm clevis.



Step 7 Assemble Front Base Cover; Console Bracket to the Upright

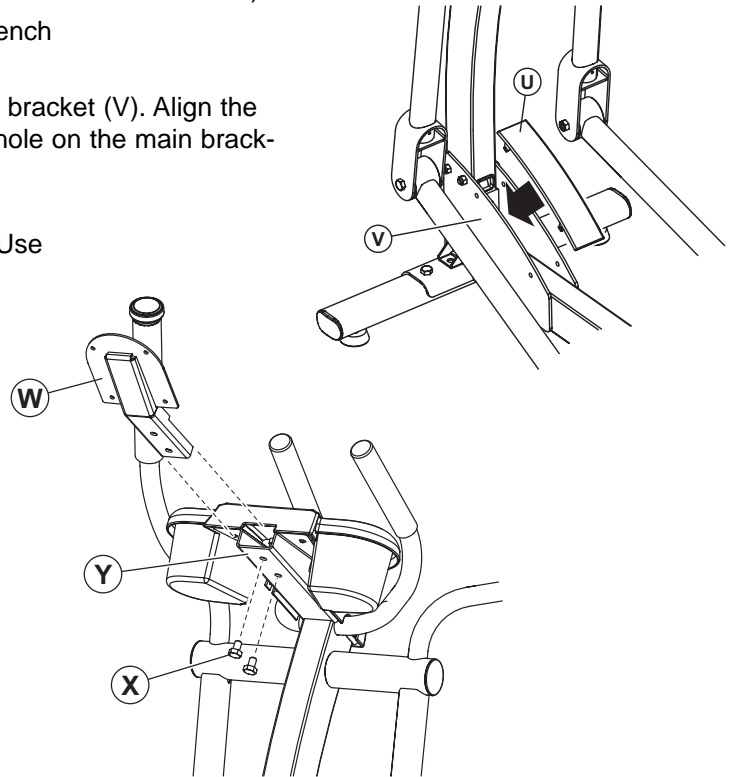
Parts: Hardware Bag #5 (2, M10 X 15mm Silver Hex Head Bolts)

Tools: Phillips Screwdriver, 17mm Socket Wrench

Position the front base cover (U) over the main bracket (V). Align the four tabs on the front base cover with the four hole on the main bracket. Snap into place.

Slide the console bracket (W) into the upright. Use two M10 X 15mm Silver Hex Head Bolts (X) to attach the console bracket to the upright (Y).

Note: Avoid pinching the console wires.



Step 8 Connect all Console Wiring; Console to Console Bracket; Back Plastic Shell

Parts: Hardware Bag #6 (4, M5 X 12mm Silver Phillips Screws)

Tools: Phillips Screwdriver

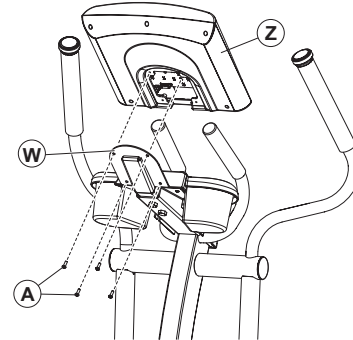
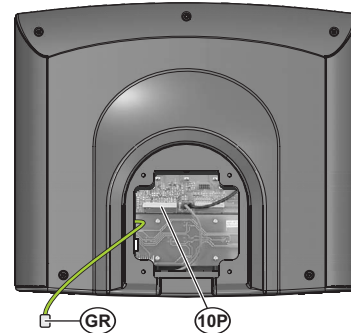
Position the console (Z) close to the console bracket (W) and follow the below instructions to connect all wiring.

Plug cables into the back of the display console:

1. Plug the 10-pin connector at the end of the upper wire harness into the 10-pin connector (10P) in the back of the display console. Make sure the connector snaps into place.
2. Push excess cable(s) into the opening of the upright tube assembly.
3. Plug the spade connector attached to the console plate into the connector (GR) leading from the back of the display console.

Line up the four holes in the console bracket with the four holes in the back of the display console. Attach the display console using four M5 X 12mm Silver Phillips Screws (A). Be careful not to pinch cables between the console and the console bracket. Be sure to get each screw started before fully tightening.

Note: To avoid stripping, do not overtighten the screws.



Step 9 Plug In the Unit

Parts: Electric Cord

Plug the black cord into the back of the machine and into a household electrical outlet.

3. INITIAL SETUP

Read the entire User Manual before setting up the Total-Body Elliptical Cross-Trainer.

WHERE TO PLACE THE TOTAL-BODY ELLIPTICAL CROSS-TRAINER

After following all safety instructions move the Total-Body Elliptical Cross-Trainer to the place where it will be used. See specifications for full dimensions if needed. The Total-Body Elliptical Cross-Trainer is equipped with rear wheels so that it is simple to push or pull the Total-Body Elliptical Cross-Trainer to its final destination. To use the wheels lift the front of the Total-Body Elliptical Cross-Trainer and engage the wheels with the floor. Once the Total-Body Elliptical Cross-Trainer is properly positioned, allow enough space in the front of the Total-Body Elliptical Cross-Trainer for the movement of the pedal levers. Also be sure to allow space on the side so that it is easy to mount the Total-Body Elliptical Total-Body Elliptical Cross-Trainer from the side.

CAUTION: Make certain you have plenty of room for the swing of the moving arms.

CAUTION: Place the Total-Body Elliptical Cross-Trainer in a dry place. Do not place in highly humid areas, like near swimming pools, as rust and corrosion may occur.

HOW TO STABILIZE THE TOTAL-BODY ELLIPTICAL CROSS-TRAINER

Once the cross trainer is positioned in the room adjust the levelers on the front stabilizer. The levelers will keep the Total-Body Elliptical Cross-Trainer fixed to the floor while using it.

CAUTION: Do not use the Total-Body Elliptical Cross-Trainer without the levelers touching the floor.

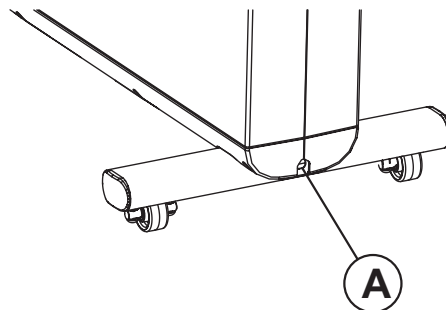
After placing the Total-Body Elliptical Cross-Trainer where it will be used, check the stability. If there is even a slight rocking motion, or the unit is not stable, the levelers will need to be adjusted. Determine which leveler is not resting firmly on the floor. To adjust the levelers downward twist the rubber portion of the leg counterclockwise. To adjust the levelers upward twist the rubber portion of the leg clockwise.

POWERING UP THE TOTAL-BODY ELLIPTICAL CROSS-TRAINER

Your Life Fitness Total-Body Elliptical Cross-Trainer may come with either a U.S. power supply or one of several international power supplies. Insert the appropriate power adapter jack into the connector (A) on the back of the Total-Body Elliptical Cross-Trainer. Then insert the plug into the wall outlet. Make sure the cord is placed so it doesn't bind and will not be walked on. Then check that the console lights up. If not, recheck the plug and the wall connections and make sure the wall outlet has power.

MOUNTING THE MACHINE

When mounting the machine it is recommended that the pedal closest to you is in its lowest position. This can be done by pushing the arms to rotate the pedal until it is centered to the side of you at its lowest position. If you are standing to the left side of the machine, when facing the console, place your left foot on the pedal closest to you and then swing your right leg over to the right pedal. Use the stationary handlebar to stabilize yourself.



4. SERVICE & PRODUCT MAINTENANCE

4.1 TROUBLESHOOTING

NO POWER

Check to see that the power cord is fully plugged into the back of the Total-Body Elliptical Cross-Trainer and into the wall. Make sure the power cord is fully seated into the back of the Total-Body Elliptical Cross-Trainer.

TOTAL BODY ARMS FEEL LOOSE

Remove the moving arm pivot covers and check to make certain the bolt holding the total body arms in place is fully tightened. If the total body arms still feel loose, you may want to disassemble the total body arms and make sure all of the proper hardware from the assembly instructions was used.

NOISE FROM PEDALS

Some noise from the pedals is normal. It will vary depending on the weight of the user. Check accessible hardware beneath pedal to make certain it is tight.

NOISE WITH INCREASED SPEED

It is normal for any mechanical device to become louder as speed increases.

START-UP RESISTANCE SEEMS VERY DIFFICULT

Turn the unit off and then on again.

CAN'T FEEL A RESISTANCE CHANGE AT THE BEGINNING LEVELS

The resistance curve of the Total-Body Elliptical Cross-Trainer is designed so that you can feel a greater difference in resistance at higher levels.

4.2 PREVENTATIVE MAINTENANCE TIPS

The safety of the Total-Body Elliptical Cross-Trainer 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 outlined in the Preventative Maintenance Schedule.

The following preventative maintenance tips will keep the Total-Body Elliptical Cross-Trainer operating at peak performance.

- Locate the Total-Body Elliptical Cross-Trainer in a cool, dry place.
- Clean the top surface of the pedals when needed.
- Use a 100% cotton cloth, lightly moistened with water or a mild liquid cleaning product, to clean the product. Other fabrics, including paper towels, may scratch the surface of the product. Do not use ammonia or acid-based cleaners. At no time should cleaner be applied directly to the machine.
- Long fingernails may damage or scratch the surface of the console, use the pad of the finger to press the keys.

4.3 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 rear stabilizer.
3. Contact Customer Support Services via the Web at: 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:

Life Fitness Europe GmbH

Telephone: (+49) 089.317.751.66

FAX: (+49) 089.317.751.38

Life Fitness (UK) LTD

Telephone: (+44) 1353.665507

FAX: (+44) 1353.666018

Life Fitness Atlantic BV

Life Fitness Benelux

Telephone: +31 (0) 180 64 66 66

FAX: +31 (0) 180 64 66 99

Life Fitness Italia S.R.L.

Telephone: (+39) 0457.237.811

FAX: (+39) 0457.238.197

Life Fitness Vertriebs GmbH

Telephone: (+43) 1615.7198

FAX: (+43) 1615.7198.20

Life Fitness Asia Pacific Ltd

Telephone: (+852) 2891.6677

FAX: (+852) 2575.6001

*Life Fitness Latin America
and Caribbean*

Telephone: (+1) 847.288.3300

FAX: (+1) 847 288.3703

Life Fitness Brazil

Telephone: (+1) 800.773.8282

FAX: (+55) 11.4133.2893

Life Fitness Japan

Telephone: (+81) 3.3359.4309

FAX: (+81) 3.3359.4307

Life Fitness Iberia

Telephone : (+34) 93 672 4660

FAX : (+34) 93 672 4670

5. SPECIFICATIONS

Designed Use:	Home
Max User Weight:	350 lbs / 159 kilograms
Max Step-Up Height:	6.5 inches / 16.5 centimeters
Resistance System:	Eddy Current
Stride Length:	20 inches
Power Supply:	120 Volt (U.S.), 220 Volt (Europe), 240+ Volt (Australia)

ASSEMBLED/ WORKING DIMENSIONS

Length	81 inches / 206 centimeters
Width	30 inches / 76 centimeters
Height	59 inches / 150 centimeters
Weight	215 pounds / 98 kilograms

SHIPPING DIMENSIONS:

Length	81 inches / 206 centimeters
Width	21 inches / 51 centimeters
Height	32 inches / 81 centimeters
Weight	242 pounds / 110 kilograms

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 at the end of this section.

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. 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.

WARRANTY PERIODS:

MODEL	LIFETIME	3 YEARS	2 YEARS	1 YEAR
X1	Frame	Electrical Parts & Mechanical Parts (Base Unit)	Console (All LCD displays & circuit boards)	Labor

Note: Warranties outside the U.S. may vary



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

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

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