X SERIES

X5/X5i CROSS-TRAINER
ASSEMBLY & OPERATION MANUAL

Life Fitness

lifefitness.com

CONGRATULATIONS...

AND WELCOME TO THE WORLD OF LIFE FITNESS AND THE LIFE FITNESS X5 AND X5I CROSS-TRAINER.

The following operation and assembly procedures have been prepared to make the set-up and operation of this Cross-Trainer as quick and easy as possible.

Please take special note of the following important points prior to choosing a location and beginning assembly of the Cross-Trainer…

BEFORE ASSEMBLING CROSS-TRAINER

DO NOT locate the cross-trainer outdoors, near swimming pools, or in areas of high humidity.

DO Make sure the sides, front and back of the cross-trainer maintain a minimum clearance of 8 inches (20 cm) from the nearest obstruction.

DO verify the contents of the delivery carton against the accompanying parts listing prior to setting the cartons and shipping material aside. If any parts are missing, contact Life Fitness Customer Support Services at the number listed on page 26 of this assembly instruction booklet. Save the shipping cartons in case of return.

DO read the entire Operation Manual prior to attempting to operate this machine, as this is essential for proper use. The Manual explains how to properly use the cross-trainer and helps you to design a workout tailored to your personal fitness goals.

For your safety, before using this product, read the ENTIRE Operation Manual and ALL Assembly Instructions. They describe equipment setup and include instructions on how to use your equipment correctly and safely.

Class H (Home): Domestic use.

⚠️ **CAUTION:** Any changes or modifications to this equipment could void the product warranty.

An authorized service representative must perform any service, other than cleaning or user maintenance. There are no user serviceable parts.

This Operation Manual describes the functions of the Life Fitness X-Series X5 & X5i Cross-Trainers

Statement of Purpose
This Cross-Trainer is a home exercise machine that combines low-impact elliptical pedaling with push/pull arm motion to provide an efficient, effective total body workout.

Product-specific features for each model are described in this manual under "Specifications."

Warning: Injuries to health may result from incorrect or excessive training. See the "Correct Usage" section on page 17.

Life Fitness STRONGLY recommends consulting your doctor before undertaking any exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year.

If, at any time while exercising, you experience faintness, dizziness, pain, or shortness of breath, stop immediately.

Life Fitness conseille VIVEMENT de consulter un médecin pour suivre un examen médical complet avant de se lancer dans un programme d'exercice. Ceci concerne surtout les utilisateurs avec des antécédents familiaux de tension élevée ou d'affections cardiaques, les personnes de plus de 45 ans, les fumeurs et les obèses, ainsi que tous ceux qui ont un taux élevé de cholestérol ou qui n'ont pas fait d'exercice régulièrement depuis un an.

Si, à tout moment pendant l'exercice, l'utilisateur ressent un malaise, un étourdissement ou une douleur, ou s'il se trouve à bout de souffle, il doit s'arrêter immédiatement.

TABLE OF CONTENTS

1. GETTING STARTED

1.1 IMPORTANT SAFETY INSTRUCTIONS

• WARNING: Safety of the Cross-Trainer can be maintained only if it is examined regularly for damage and wear. Keep this product out of use until defective parts are repaired or replaced. Pay special attention to the moving linkages and connection points. See Preventive Maintenance section for complete details.

• To reduce the risk of electrical shock, always unplug this Life Fitness product before cleaning or maintenance.

• To reduce the risk of burns, fire, electric shock or injury, always connect each product to a properly grounded electrical outlet.

• 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.

• Always follow the console instructions for proper operation.

• Close supervision is necessary when Cross-Trainer is used by children, or disabled persons.

• Do not use this product outdoors, near swimming pools or in areas of high humidity.

• Never insert objects into any opening in this product. If an object should drop inside, turn off the power, unplug the power cord from the outlet and carefully retrieve it. If the item cannot be reached, contact Life Fitness Customer Support Services. Refer to page 26 for correct contact information.

• Never place liquids of any type directly on the unit, except in the optional accessory tray or holder. Containers with lids are recommended.

• Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.

• Keep all loose clothing, shoelaces and towels away from moving parts.

• Keep the Life Fitness product away from walls and clear of any obstructions and furniture. Ensure that there is at least one foot clearance in front of the Cross-Trainer.

• Use caution when mounting or dismounting the Cross-Trainer. Use the stationary handlebar whenever additional stability is required. While exercising, always hold onto the user arms or stationary handlebar.

• Never operate the Cross-Trainer facing backwards.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE

4
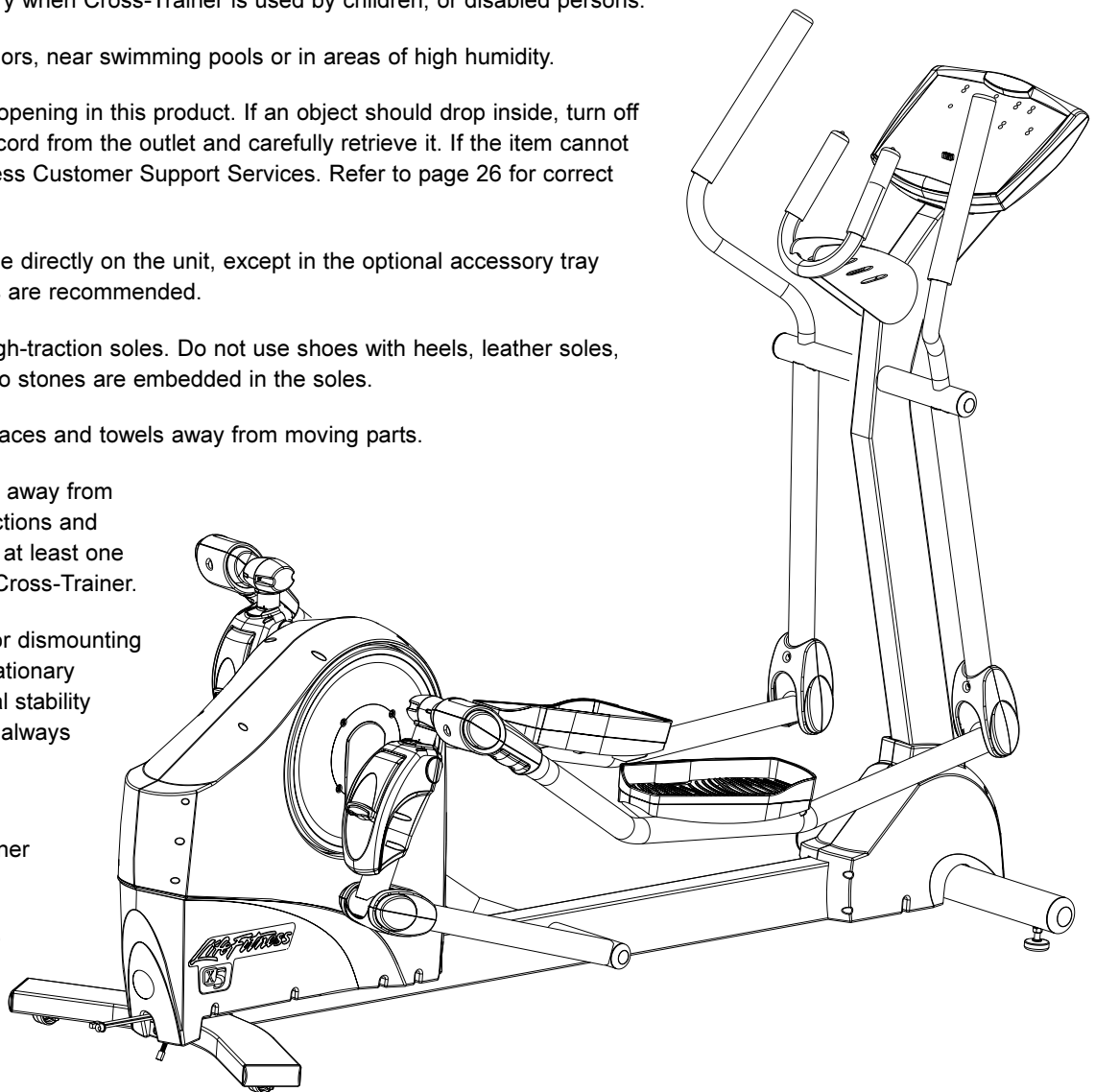
1.2 PARTS LIST The following parts are illustrated in actual size.

0. Accessory Bracket Fastener	Qty: 2	
1/4"-20 x 3/4" LONG	3234101	

1. Phillips Pan Head Screw – Clevis Cover & Front Shroud Fastener	Qty: 12	
10-32 x 3/8" LONG	3223401	

2. Electronics Console Mounting Fastener	Qty: 4	
8-18 x 3/4" LONG Phillips Pan PLT ST	3225905	

3. Upright Cap & Front Shroud Mounting Fastener	Qty: 5	
6-20 x 1/2" LONG Phillips Pan PLT ST	3226003	

4. Upright Mounting Bolt	Qty: 2	
3/8 – 16 x 5" LONG	3223301	

5. Front Clevis/Pedal Lever & Upright Mounting Bolt	Qty: 6
3/8 – 16 x 3-1/4" LONG	3223310

6. Nylock Nut – High Profile	Qty: 8
3/8 - 16	3102802

7. 3/8" Washer	Qty: 12
	3102514

Not illustrated Plastic Upright Cap – Black	Qty: 1
Cap, Tube 2 x 4 Custom	6961001

Not illustrated Front upright shroud – Gray	
	6997201 – Left (1)
	6997301 – Right (1)

Not illustrated Cover, Clevis 1.75" Top/Bottom – Black	
	6914901 – Top (2)
	6915001 – Bottom (2)

1.3 PARTS DESCRIPTION

0.   **1.**   **2.**   **3.**

4.

5.

6.   **7.**

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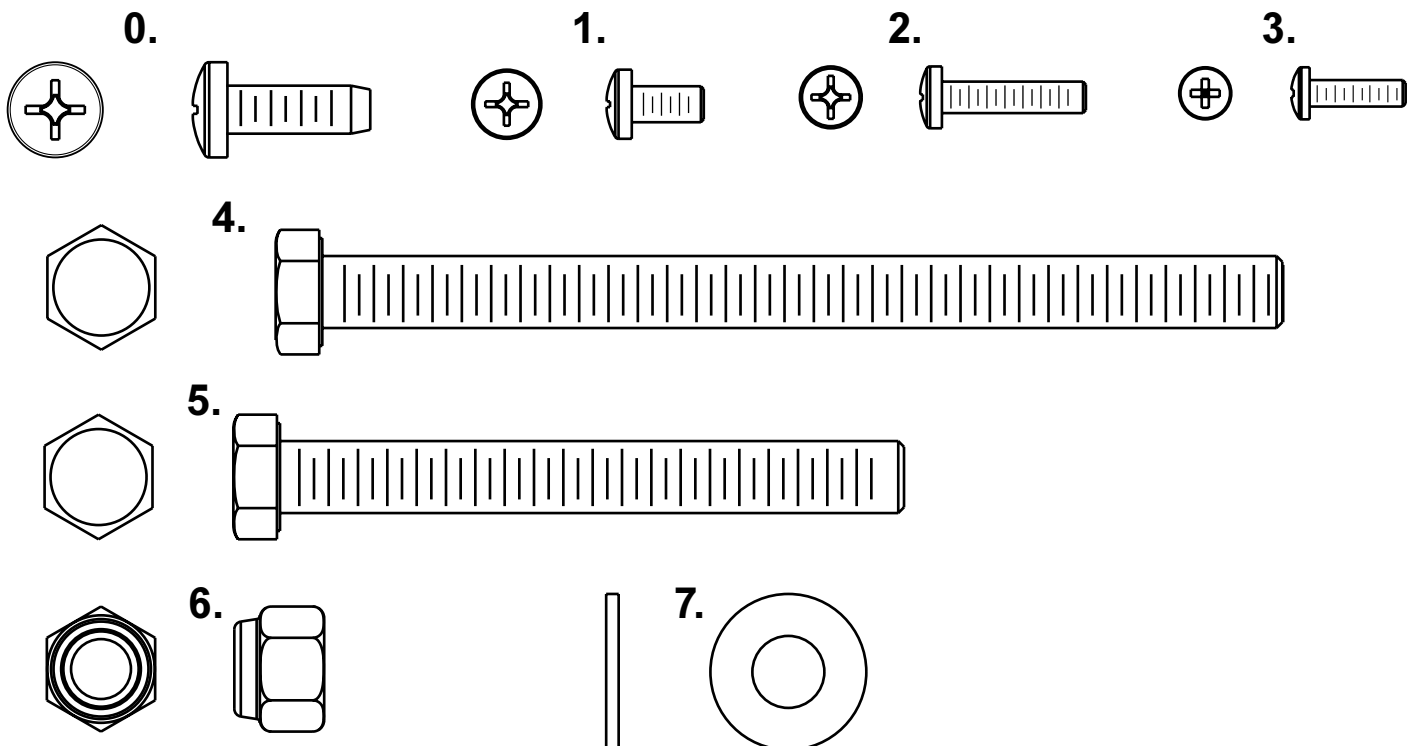
1.4 SETUP

Tools required: Socket set, Phillips Screwdriver, 9/16" open end wrench
Please read instructions carefully before assembly. Be sure to assemble the unit where it is to be used.

STEP 1

Remove the machine from packaging. Carefully lay out and count each part before assembly. Refer to the parts list on page 5 of this manual.
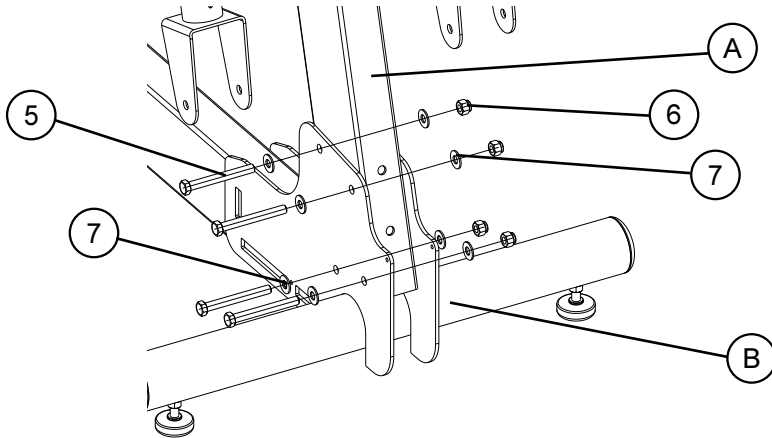
STEP 2

Assemble the upright tube assembly to the base frame:

NOTE: *This step could require two people.*

1. Position the upright tube assembly (A) between the plates on the front of the base frame (B).

2. Line up the holes on the plates (B) with the holes on the upright tube assembly (A).

3. Connect the upright tube assembly (A) to the base frame (B) using four (#5) 3-1/4" bolts, eight (#7) washers (4 on each side) and four (#6) high profile nylock nuts. DO NOT FULLY TIGHTEN AT THIS POINT.

CAUTION: *The wire harness may obstruct the connecting holes. If this happens, gently pull on the end of the wire harness at the top of the upright tube assembly (A) to clear the hole. Do not force the bolt through the hole if the wire harness is obstructing the bolt, as damage to the wire harness may result.*
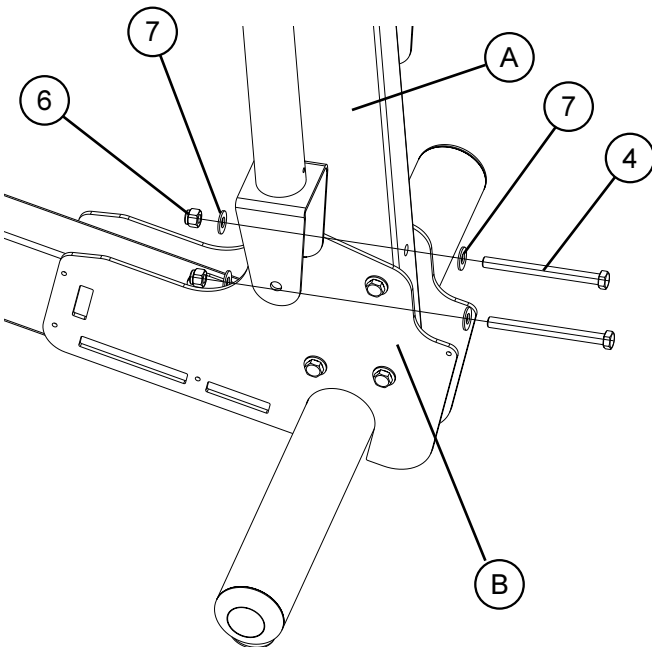
4. Insert two (#4) 5" bolts and two (#7) washers into the backside of the connector joint on the base frame (B). Connect with two (#7) washers and two(#6) high profile nylon lock nuts. Start each bolt, and then tighten with a 9/16" socket wrench.

5. Tighten all six bolts with a 9/16" socket wrench.

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1.4 SETUP (CONTINUED)
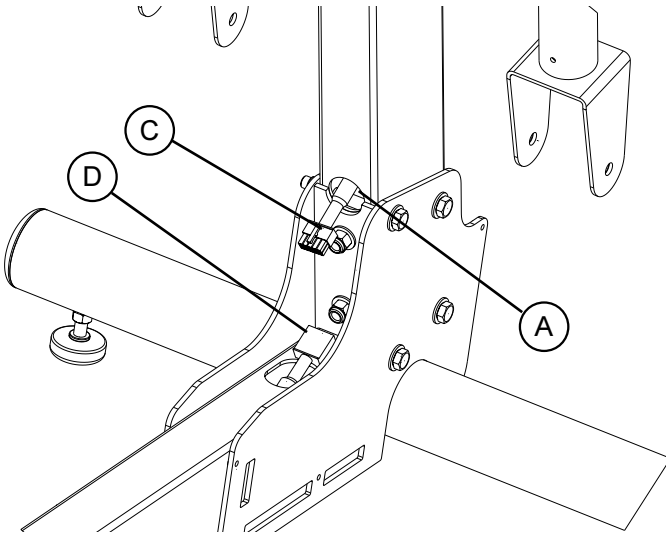
STEP 3

1. Connect the upper wire harness (C) to the lower wire harness (D). Insert connected plugs of the wire harnesses into wiring hole on upright tube assembly (A).
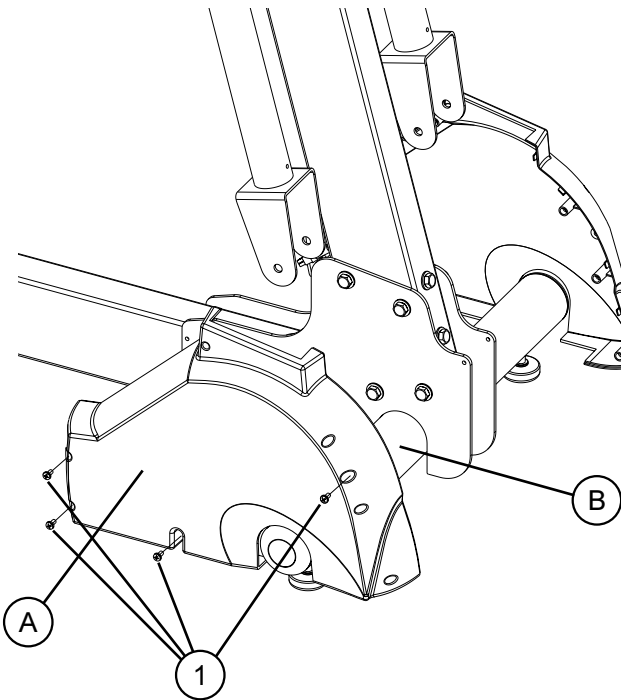
STEP 4

1. Attach front shroud (A) to base-frame (B) using eight (#1) phillips pan head screws (4 on each side). Using a phillips screwdriver, secure the shrouds to the base frame (B). Repeat for the opposite side (same four locations).

2. Using a phillips screwdriver, complete assembly of front shroud by securing shroud with four phillips plastic screws (#3) in the areas indicated by the drawing.

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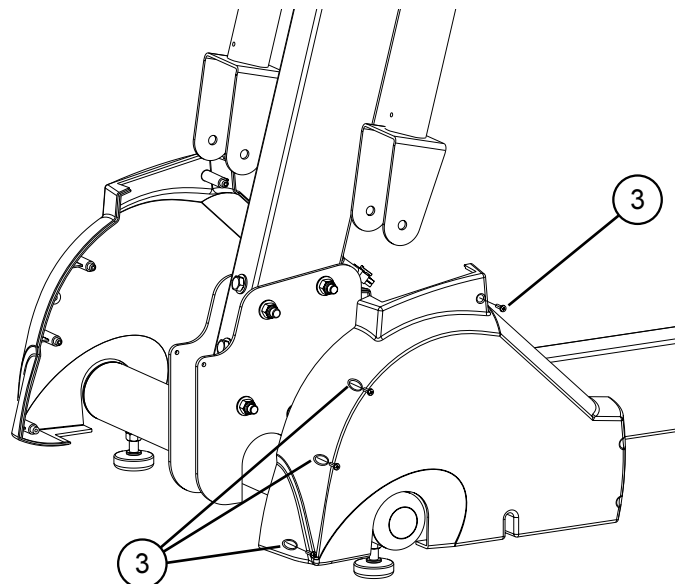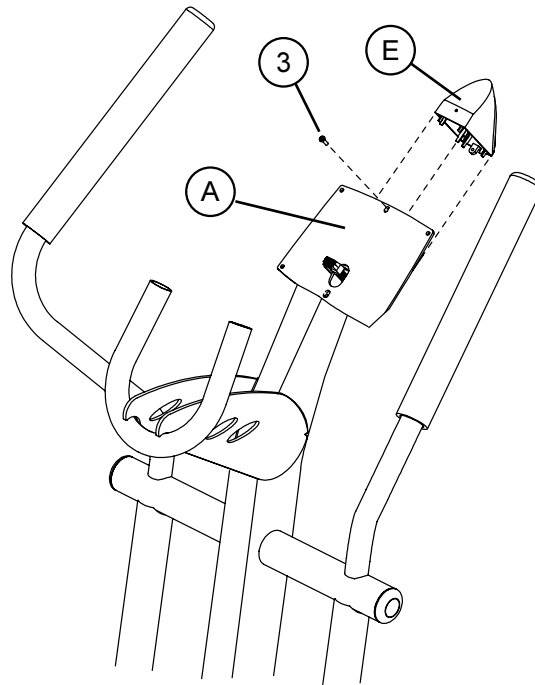
STEP 5

Attach Plastic Upright Cap to upright assembly:

1. Push the Plastic Upright Cap (E) into the open end of the tube at the top of the upright tube assembly (A).
2. Line up the hole in Plastic Upright Cap (E) with hole in upright tube assembly and fasten with a (#3) screw.
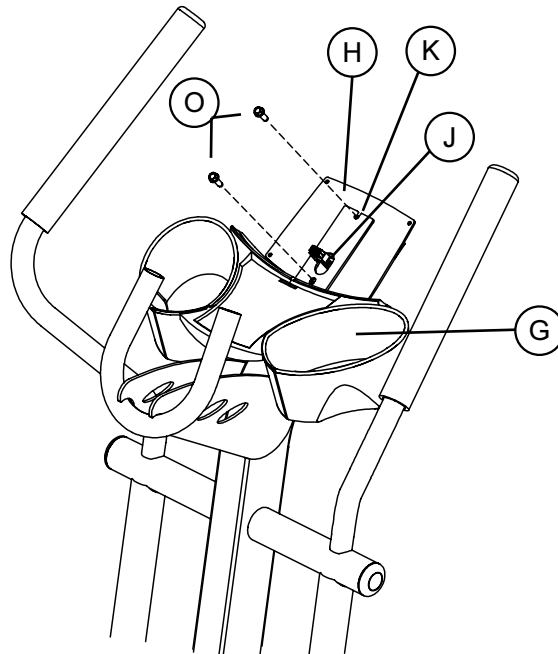
STEP 6

Attach heart rate accessory tray to upright assembly:
NOTE: *This step applies to model X5i only.*

1. It is helpful to form the threads in the console plate (H) before attaching the accessory tray (G). Using a #3 Phillips screwdriver, start the (#0) self-tapping screws into the holes. When threads have formed, **remove the screws**.
2. Feed the upper wire harness (J) through the slot in the accessory tray bracket (K).
3. Line up the holes on the accessory tray bracket (K) with the holes on the console plate (H), and then secure the accessory tray with the two (#0) self-tapping screws using a #3 Phillips screwdriver.

1.4 SETUP (CONTINUED)
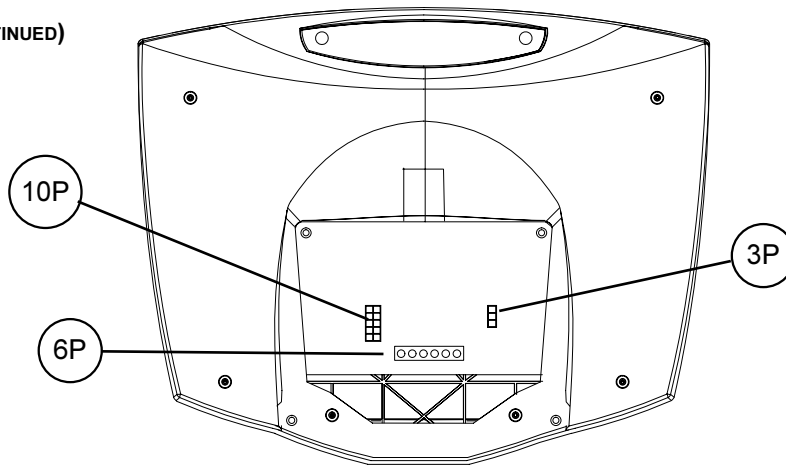
STEP 7
Plug cables into the back of display console:

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.

NOTE: *#2 and #3 apply to model X5i only.*

2. Plug the 3-pin connector at the end of the heart rate cable into the 3-pin (3P) connector in the back of the display console. Make sure the connector snaps into place.

3. Plug in flat 6 pin (6P) connector for the Activity Zone.

4. Push excess cable(s) into the opening of the upright tube assembly (A).
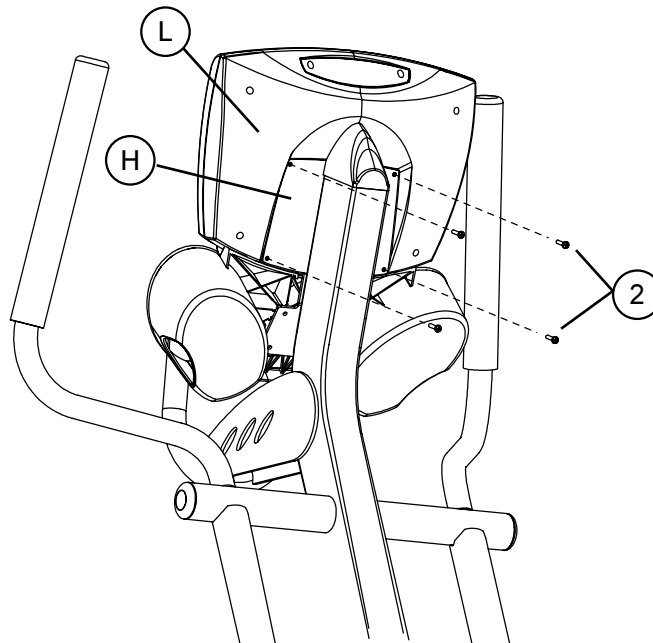
STEP 8
Attach the display console to the console plate:

1. Line up the four holes in the back of the console plate (H) with the four holes in the back of the display console (L).

2. Attach the display console (L) using the four (#2) screws. Be careful not to pinch cables between the console and the console plate. Be sure to get each screw started before fully tightening.

NOTE: *To avoid stripping, do not over tighten screws.*

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1.4 SETUP (CONTINUED)
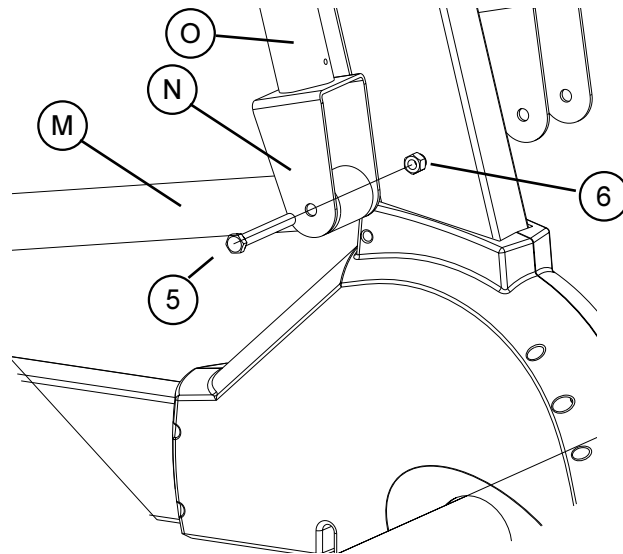
STEP 9

Connect the pedal levers to the upper arms:

1. Insert pedal lever (M) into the clevis bracket (N) of the upper arm (O).

2. Connect the pedal lever (M) to the upper arm (O) using one (#5) 3 1/4" bolt and one (#6) high profile nylock nut. Using a 9/16" socket wrench, and a 9/16" open ended wrench, tighten securely.

3. Repeat procedure for the opposite side.
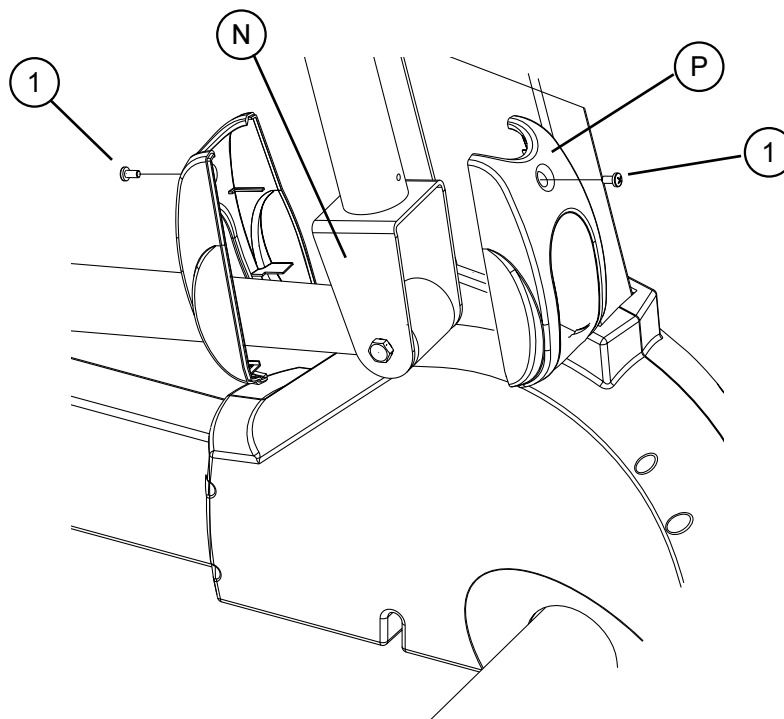
STEP 10

Attach the clevis covers to the clevis brackets:

1. Secure one clevis cover (P) to the clevis bracket (N) using two (#1) phillips tapping screws.

NOTE: ***Threads are formed in the holes as the screw goes in. A power screw-driver is recommended if available.***

2. Repeat procedure for opposite side.

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1.5 How To Stabilize The Life Fitness 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.
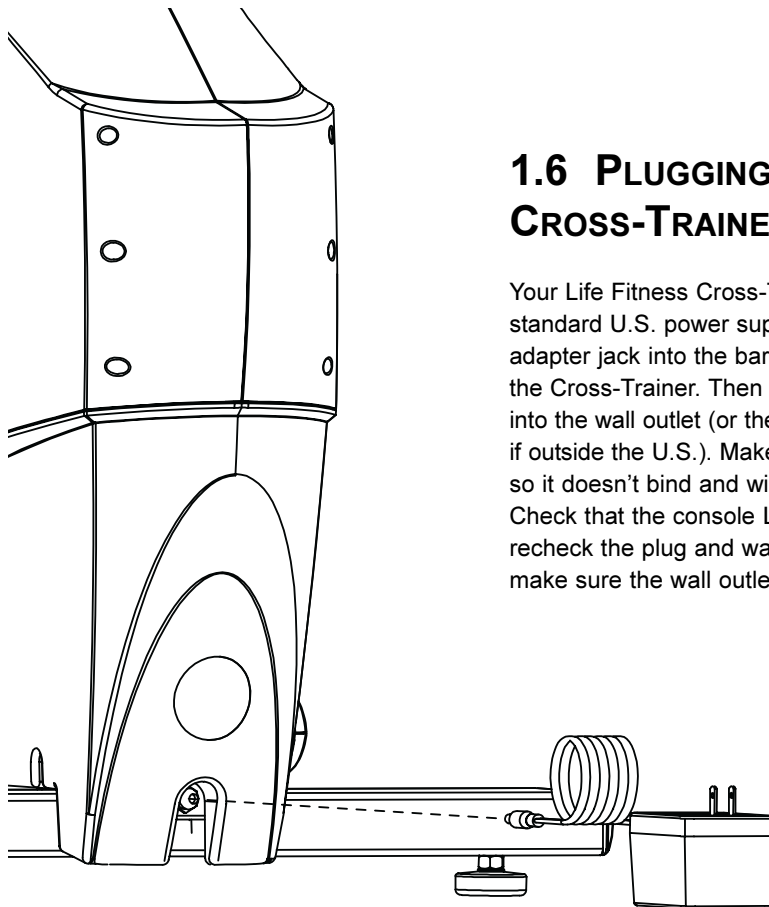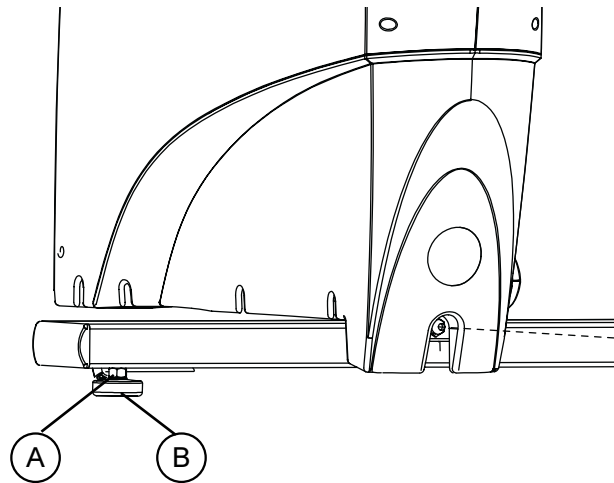
1.6 Plugging In The Cross-Trainer

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.

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2. THE DISPLAY CONSOLE

2.1 DISPLAY CONSOLE OVERVIEW

The on-board computer lets you to tailor your workout to fit your exact individual fitness capabilities and goals. It is also an excellent way to measure your fitness improvement from one workout to the next. The easy-to-use computerized display console makes it simple to follow your progress for each workout.

2.2 X5 DISPLAY CONSOLE DESCRIPTIONS
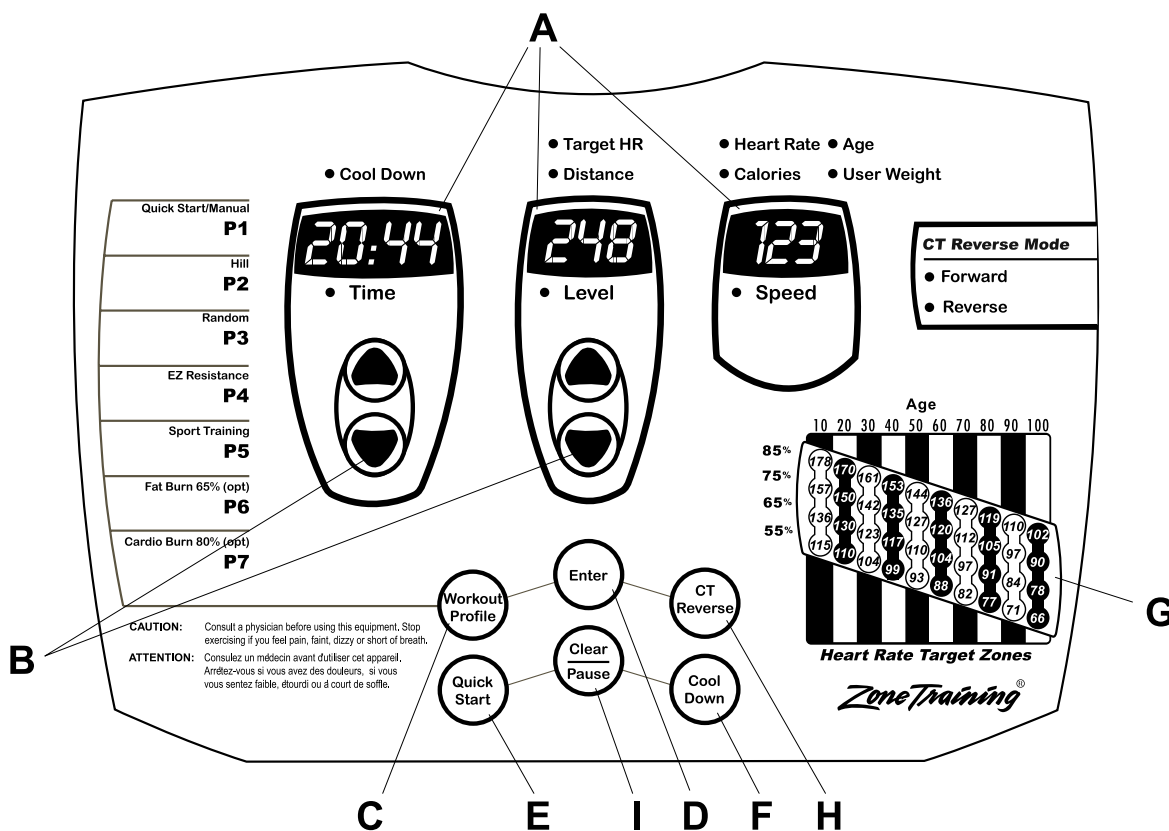
A. MESSAGE CENTER: Displays Distance, Speed, Heart Rate, Calories, Target Heart Rate, Cool Down, Level and Elapsed Time. Enter Age and User Weight while programming.

B. TIME AND LEVEL KEYS: Press these keys to increase or decrease the workout time, resistance level or target heart rate. You can change these at any time during your workout.

C. WORKOUT PROFILE: Used to choose the Hill, Random, QuickStart™/Manual, EZ Resistance, Sport Training, Fat Burn (opt.), and Cardio Burn (opt.) workouts.

D. ENTER KEY: This key is used to OK the data displayed in the Message Center.

E. QUICKSTART/MANUAL KEY: Allows you to quickly begin a Manual Workout with the press of just one key.

F. COOL DOWN KEY: Begins an automatically-customized cool-down sequence.

G. ZONE TRAINING™ HEART RATE CHART Quick reference chart, used to identify your target heart rate.

H. CT REVERSE: Places the cross-trainer in CT Reverse mode.

I. CLEAR/PAUSE: Pressing the PAUSE/CLEAR button switches the monitor from any workout profile or mode to Pause mode. Pressing the PAUSE/CLEAR button again while the monitor is in Pause mode switches the display to Workout Summary.

Pressing the PAUSE/CLEAR button while the monitor is in WORKOUT SUMMARY mode, switches the monitor to Idle mode display.
NOTE: The user must stop before pressing CLEAR/PAUSE.

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2.3 X5i DISPLAY CONSOLE DESCRIPTIONS

A. WORKOUT PROFILE WINDOW: A matrix of LED lights displays the current position and the upcoming terrain. While striding, the light columns move across the screen from right to left. The higher the column of lights, the greater the Level and workout intensity.

B. MESSAGE CENTER: Provides simple, step-by-step instructions and motivational messages. Displays: Level, Distance, Speed, Heart Rate, Calories/Hour, Calories, Time in Zone, Time, Cool Down, and Heart Rate%. Enter Age and User Weight while programming.

C. TIME KEYS: Press these keys to increase or decrease the workout time of the cross-trainer. In addition, any of these keys may be pressed to begin a workout or programming. Time can be adjusted before or during a workout.

D. WORKOUT PROFILES: Choose the Fat Burn, Cardio Heart Rate Hill, Heart Rate Interval, Extreme HR, Sport Training, Hill, Random, QuickStart™/Manual and EZ Resistance Workouts.

E. MY WORKOUTS: These 4 programmable slots can be configured to any of your X5i workouts. My Workouts include the Fat Burn, Cardio, Heart Rate Hill, Heart Rate Interval, Extreme HR, Sport Training, Hill, Random, QuickStart™/Manual, and EZ Resistance Workouts.

F. LEVEL/MODE KEYS: Allows you to make data entries, cycle through and select workouts, change level or change Target Heart Rate (THR) during Zone Training workouts.

G. ENTER KEY: This key is used to enter the data displayed in the Message Center.

H. QUICKSTART/MANUAL KEY: Allows you to quickly begin a Manual Workout with just the press of a key.

I. COOL DOWN KEY: Begins an automatically-customized cool-down sequence.

J. ZONE TRAINING™ HEART RATE CHART

• HEART RATE: Message Center displays the user's heart rate while wearing a Polar® compatible heart rate chest strap.

• TIME-IN ZONE: Message Center displays the total time the heart rate stays within the selected zone – Fat Burn, Cardio, Heart Rate Hill, Heart Rate Interval and Extreme HR. The selected Zone is based on your entered Target Heart Rate and the workout selected.
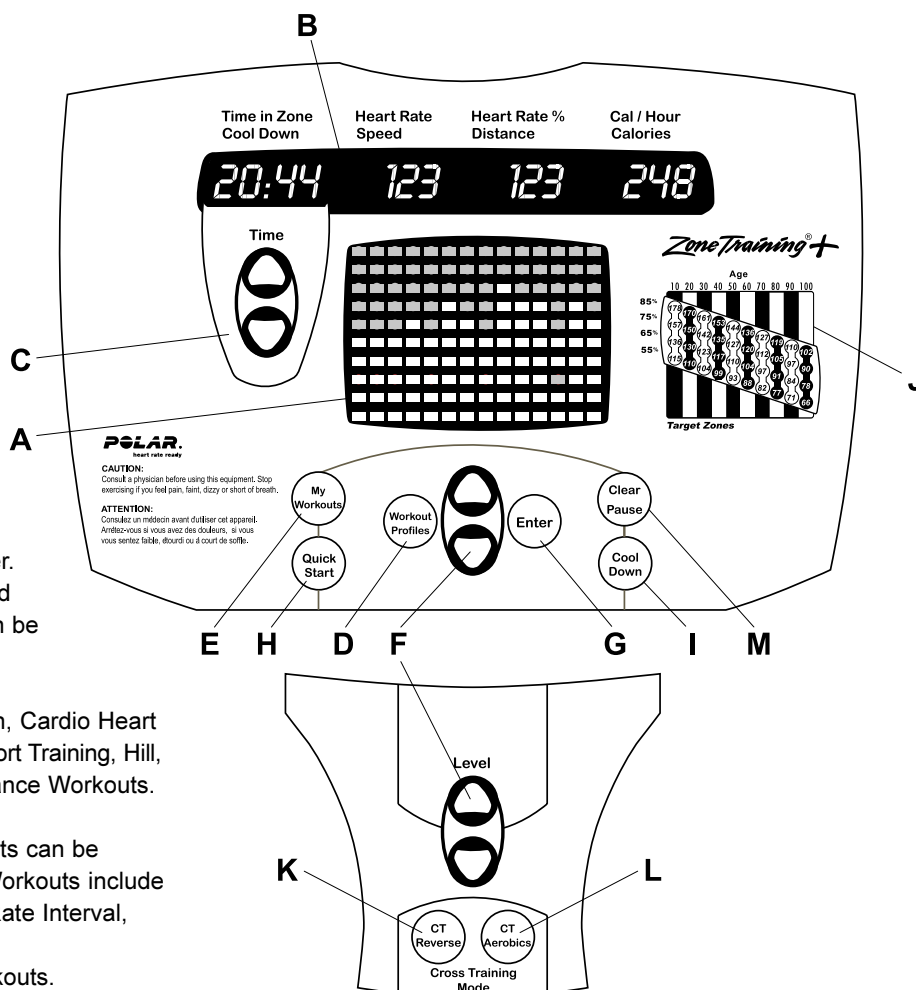
K. CT REVERSE: Places the cross-trainer in CT Reverse mode.

L. CT AEROBICS: Places the cross-trainer in CT Aerobics mode.

M. CLEAR/PAUSE: Switches the monitor from any workout profile or mode to Pause mode. Pressing the PAUSE/CLEAR button while the monitor is in Pause mode switches the monitor to Workout Summary mode. If the PAUSE/CLEAR button is pressed while in workout summary mode, the monitor switches to idle mode. NOTE: The user must stop before pressing CLEAR/PAUSE.

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3. ACCESSORIES

3.1 READING RACK

The Display Console includes a built-in reading rack that lets you enjoy a book or magazine during your workout.

3.2 ACCESSORY TRAYS (STANDARD ON THE X5I, OPTIONAL ON THE X5)

The accessory trays are conveniently located on either side of the Display Console.

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4. SELECT STRIDE

4.1 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.

4.2 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)

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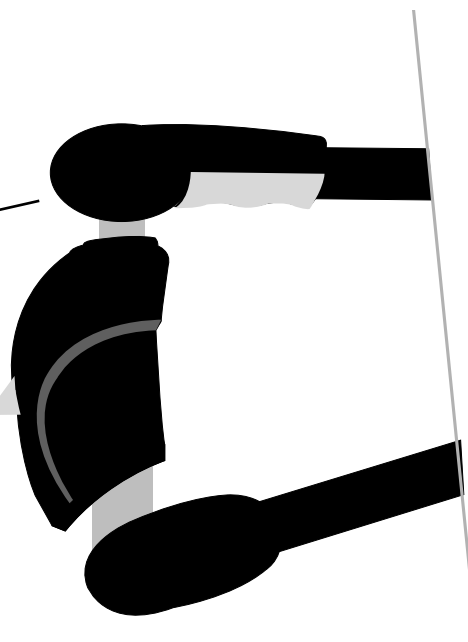
4.2 ADJUSTING THE SELECT STRIDE (CONTINUED) 3-STEP OPERATION
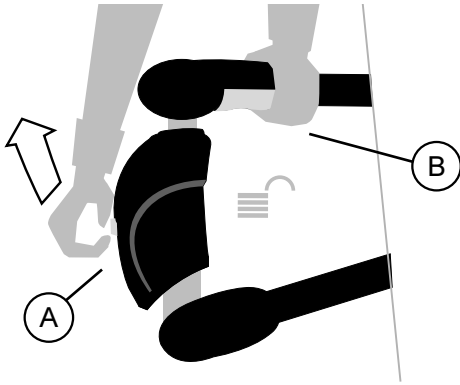
Step 1 – Release trigger lock
(A) Grasp the trigger lock located within the adjuster handle while holding pedal handle.
(B) Release the trigger lock by squeezing handle together and allow adjustment handle to "pop" up for adjustment to occur.
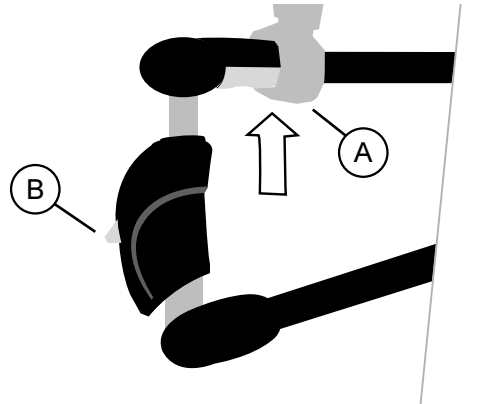
Step 2 – Adjust stride length
(A) Pull up on stride adjuster handle and lift or lower the pedal handle to the preferred stride setting. Look for the position indicators on the chrome tube marked "1", "2", "3", "4".
(B) Allow stride adjuster locator pin to "pop" in to place. Proceed to step three.
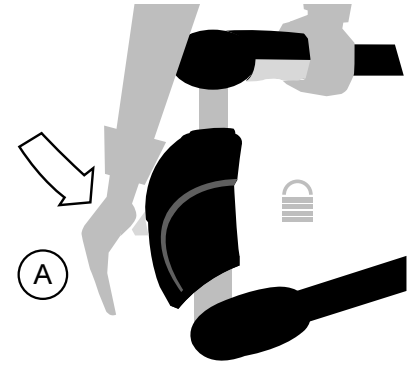
Step 3 – Secure setting
(A) Upon selecting the stride setting press down firmly on the stride adjuster handle to lock this position into place and be sure it's secured properly.

NOTE:
• Perform steps 1 – 3 for both sides
• Begin workout

4.3 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.

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5. HEART RATE ZONE TRAINING® EXERCISE
5.1 WHY HEART RATE ZONE TRAINING EXERCISE?

Research shows that exercising within a specific heart rate zone is the optimum way to both monitor exercise intensity and achieve maximum results. That's the idea behind the Life Fitness Heart Rate Zone Training approach to exercise.

Zone Training Exercise takes the guesswork out of working out. By training in programs where specific heart rate ranges or zones are maintained, you can achieve maximum exercise results according to the goals you set. In short, Zone Training Exercise all but eliminates under- and over-training by accurately targeting your heart rate to match your individual fitness levels and objectives

For example, if your primary goal is to burn fat, exercise at a level between 60% and 75% of the theoretical maximum heart rate[†]. To improve cardiovascular condition, work out at 75% to 85% of the theoretical maximum heart rate.

Life Fitness offers five exclusive workouts designed to take full advantage of the benefits of Heart Rate Zone Training.* The effect of the exercise activities can be varied by switching between the Fat Burn and Cardio workouts at any time during a workout, or by entering a new target heart rate with the Up or Down Arrow keys.
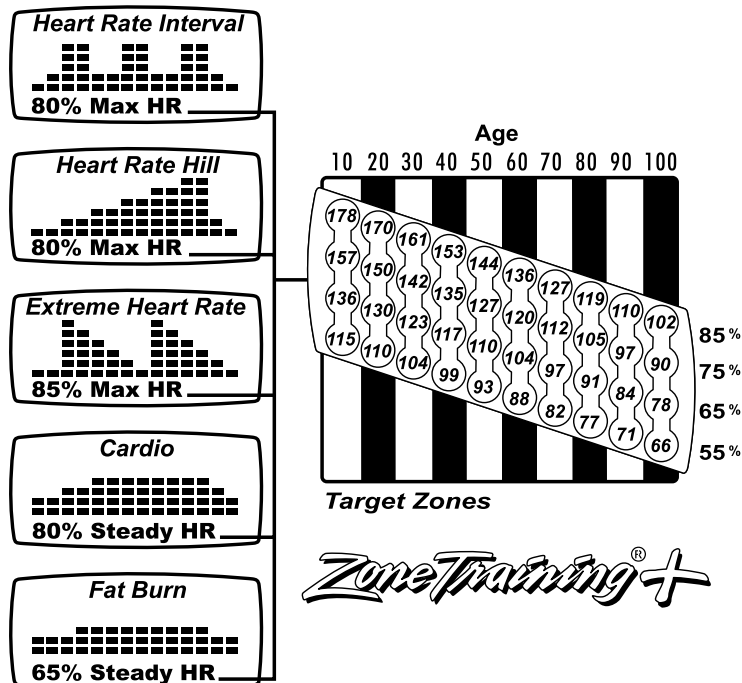
Both the Fat Burn and Cardio workouts measure heart rate. By wearing the telemetry heart rate chest strap, your heart rate will be transmitted to the on-board computer continuously. With this information, the resistance level will automatically adjust to maintain the target heart rate based on the actual heart rate.

Heart Rate Interval
80% Max HR

Heart Rate Hill
80% Max HR

Extreme Heart Rate
85% Max HR

Cardio
80% Steady HR

Fat Burn
65% Steady HR

Age
10 20 30 40 50 60 70 80 90 100

178 170 161 153 144 136 127 119 110 102
157 150 142 135 127 120 112 105 97 90
136 130 123 117 110 104 97 91 84 78
115 110 104 99 93 88 82 77 71 66

85%
75%
65%
55%

Target Zones

ZoneTraining®+

[†] Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as 220 minus the user's age.

* The X5i comes standard with a Polar Heart Rate chest strap and 5 Zone Training workouts. On the X5, the heart rate chest strap is optional with the purchase of the Heart Rate Receiver/Accessory Tray Kit. This option includes 2 Zone Training workouts (Cardio and Fat Burn).

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5.2 HEART RATE MONITORING THE HEART RATE CHEST STRAP

The Heart Rate Chest Strap allows the built-in Polar® telemetry heart rate feature to continuously monitor your heart rate.* In many workouts, it also adjusts aspects of the workout such as resistance level.

To begin, wet the transmitter electrodes (A), (the two grooved surfaces on the underside of the strap) and secure the strap as high under the chest muscles as possible. The strap should be snug, but comfortable enough to allow for normal breathing.

The transmitter strap will deliver an optimum heart rate reading when the electrodes are directly in contact with bare skin. However, it will function properly through wet, lightweight clothing.

The key to proper operation is for the electrodes to remain moist in order to transmit the electrical impulses of the heart back to the receiver.

If it becomes necessary to remoisten the chest strap electrodes, simply grasp the center of the strap, pull it away from the chest to expose the two electrodes, then moisten them in this position.

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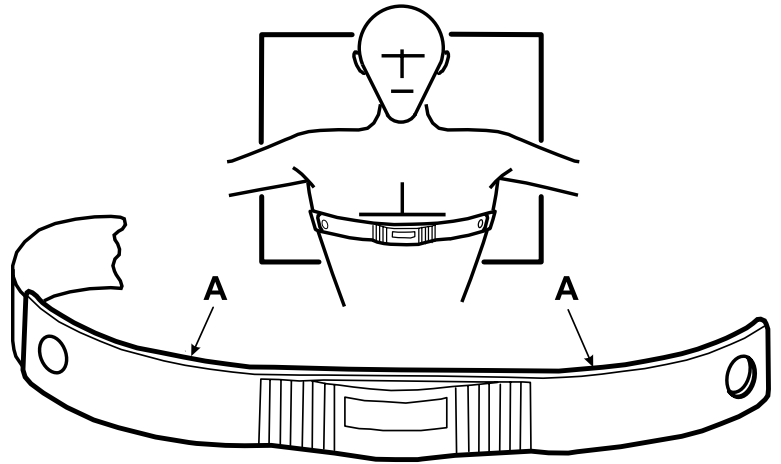
6. CORRECT USAGE

6.1 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.

6.2 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.

6.2.1 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.

6.2.2 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

* The X5i comes standard with a Polar Heart Rate chest strap and 5 Zone Training workouts. On the X5, the heart rate chest strap is optional with the purchase of the Heart Rate Receiver/Accessory Tray Kit. This option includes 2 Zone Training workouts (Cardio and Fat Burn).

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6.2.3 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

6.2.4 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

6.2.5 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

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7. THE WORKOUTS

7.1 WORKOUT DESCRIPTIONS
Selecting a Life Fitness workout is as easy as pressing a key.
The following are preprogrammed workouts for this Life Fitness product.

7.1.1 MANUAL/QUICKSTART™
QuickStart™ is the fastest way to begin exercising and allows you to start a Manual workout by just pressing one key.

7.1.2 ZONE TRAINING
These workouts combine the effectiveness of Interval Training with the accuracy of Heart Rate Zone Training. A recommended workout heart rate is calculated for you based on your age. You are shown this value and asked to accept or change it using the Arrow Keys and/or Enter Key. If you accept this number, it becomes the upper value of your workout zone. The lower value of this zone is automatically calculated based on which program you have selected. During the workout, your Heart Rate Zone is tracked to see how long you stay "in the zone".

7.1.3 FAT BURN
On featured Life Fitness cardiovascular equipment, The Fat Burn workout focuses on Heart Rate Zone Training at a level that maximizes the use of your body's fat stores for fuel. Using a heart rate chest strap (standard on X5i; optional on X5) helps you maintain a specific heart rate (65% of a theoretical maximum heart rate[†]) within a target zone based on your age. The result is a perfect workout every time, eliminating both under- and over-training...and the need to monitor your workout, because your Life Fitness unit responds to the heart rate and adjusts the workout accordingly.

NOTE: (For all Heart Rate Control Programs)
The Cross-Trainer varies resistance automatically to keep your HR in the target zone. In order to assure proper variation it's important the user maintains a constant R.P.M. (speed).

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7. THE WORKOUTS (CONTINUED)

7.1.4 CARDIO

The Cardio workout is virtually identical to the Fat Burn workout except for a higher target heart rate, (80% of the theoretical maximum heart rate[†]), which places a heavier workload on the heart muscle to promote cardiovascular improvement. To add variety and extend the focus of exercise benefits, switch between the Fat Burn and Cardio programs during your workout.

7.1.5 HEART RATE HILL AND HEART RATE INTERVAL WORKOUTS

These workouts combine both the standard Hill Workout with the Fat Burn and Cardio workouts. After you enter your age a recommended workout heart rate is calculated for you. If you want to change the value before you begin your workout, use the Arrow Keys. To accept it, use the Enter Key. This value then becomes the upper value of your workout zone. The lower values of this zone are automatically calculated based on which program you selected. During the workout, your Heart Rate Zone is tracked to see how long you "stay in your zone".

HEART RATE HILL takes you through 3 progressively intense workout levels based on your target heart rate. Climbing Hill #1, you are challenged to reach the first heart rate goal of 90%. If this goal is met, a new goal of 95% THR is set for Hill #2. Meet this goal and you move on to Hill #3 which is your full target heart rate. In between hills, you can "rest" in the valley at 85% of your THR.

Heart Rate Hill Workout Profile

User Example (40 year old / 144 recommended THR)
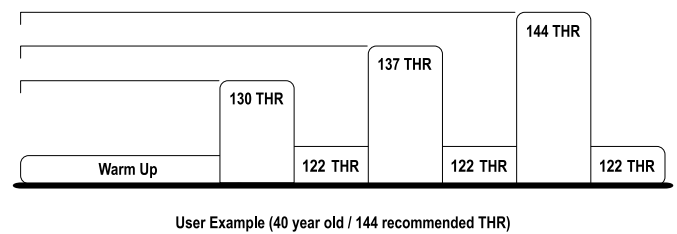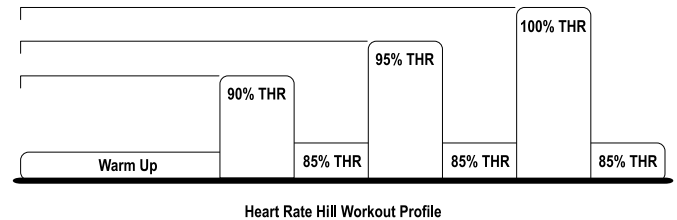
The time, or duration you spend at each given heart rate goal is fixed at 1 minute once you reach your goal. However, if you don't reach the given goal, you won't encounter any higher goals. Your fitness level determines the number of hills and valleys you encounter. Depending the time you set, plus how fast and how high you climb, your workout can end during any Target Heart Rate period.

HEART RATE INTERVAL workout leads you through 2 intensity levels based on your target heart rate. The set duration of the hills and valleys is 3 minutes each – after you reach your current goal. Therefore, your fitness level determines the number of hills and valleys you encounter.
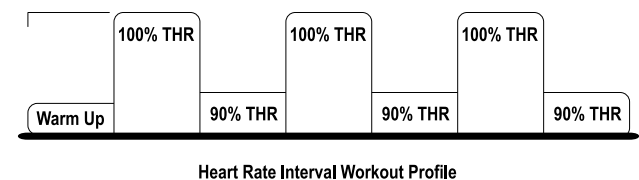
Once time is up, you go into Cool-Down mode automatically.

Heart Rate Interval Workout Profile

User Example (40 year old / 144 recommended THR)

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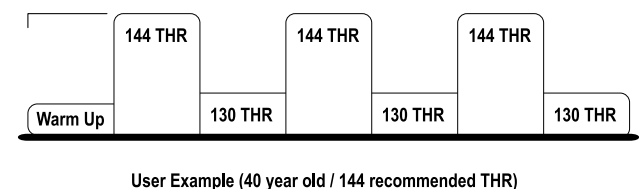
7. THE WORKOUTS (CONTINUED)

7.1.6 EXTREME HR WORKOUT

EXTREME HR Workout is an intense workout for more experienced users. This workout is used to add variety to your workout and break through training plateaus. Like running sprints, this exercise raises and lowers your heart rate between two different goals. The objective is to get your heart rate up and down as quickly as possible. You'll begin with a standard 3-minute warm up. After warm-up, the resistance is ramped up until the heart rate reaches your Target Heart Rate. This pace is then maintained during stabilizing period. Following this, the resistance is reduced to your lower level. When your heart rate recovers to 75% THR, it is maintained there for a stabilizing period. Then, the cross-trainer again ramps the resistance back up until your heart rate reaches the THR. This will continue until the workout time you've set is ended.

Heart Rate Interval Workout Profile

User Example (40 year old / 153 recommended THR)
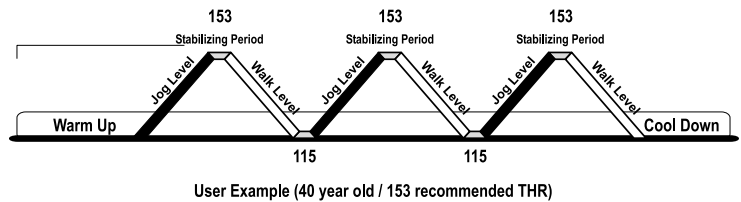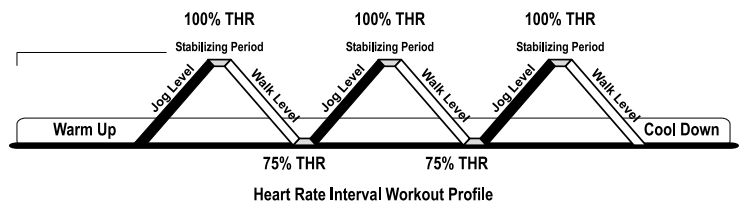
7.1.7 SPORT TRAINING

Sport Training is based on a random workout with smoother transitions between hills and valleys. This workout simulates conditions experienced outdoors and is a true athletic challenge for all fitness levels.

Whatever level you choose defines the baseline (flat ground) for your workout. Any level above baseline simulates uphill conditions. Any level below baseline simulates going downhill.

7.1.8 RANDOM

RANDOM gives you a workout with an endless variety of changing resistance levels and patterns. The Life Fitness on-board computer randomly selects hill and valley terrain which varies with each and every workout, resulting in more than one million combinations. Because resistance levels are greater here than in the Hill workout, it is recommended that you set your workout level one or two levels below the workout level you would normally select for the Hill workout.

7.1.9 MANUAL

MANUAL is a steady-pace workout that lets you change the resistance at any time during your workout. The resistance levels here are equal to those of the highest hill encountered in the Hill workout at the same effort level. Therefore, it is recommended you start the Manual workout at about three to four levels lower than the level you normally use on the Hill workout. Remember, you can always increase or decrease your resistance at any time.

Use the Manual workout to create your own personal interval training workout by varying the level of effort during the course of the workout session. Just work at a high level until the upper end of the target heart rate zone is reached. Then lower the level and pedal until your heart rate drops to the bottom of the target zone. Now, raise the level again until the heart rate rises back to the top of your target zone. Repeating this process will actually create hills and valleys.

EZ Resistance Workout Profile
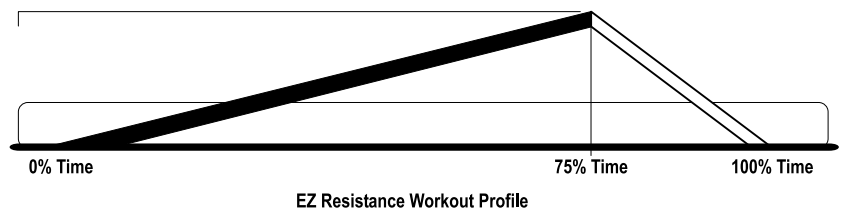
7.1.10 EZ RESISTANCE

EZ RESISTANCE Workout is an "incline-based" workout simulated by using resistance that makes working out more enjoyable. As you work out, the gradual changes in resistance as you climb the "hill" are so subtle, you don't realize you're working harder.

The peak of the hill is directly related to your chosen level and will be reached after 75% of your workout duration. Then, the resistance will start moving back down to zero percent. The result is an effective and efficient cardiovascular workout that's enjoyable from the first step to the last.

7.1.11 COOL-DOWN

Life Fitness' unique Cool-Down sequence automatically customizes every cool-down to balance your workout performance. Factors such as resistance and duration are considered in determining the duration and intensity of the cool-down. If you like, you can manually adjust Cool-Down resistance levels by continually pressing the Cool-Down button.

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7. THE WORKOUTS (CONTINUED)

7.1.12 HILL

The Life Fitness patented Hill workout offers the ideal configuration for interval training: periods of intense aerobic activity separated by regular intervals of lower-intensity exercise. The computerized interval training workout has been scientifically demonstrated to yield greater cardiorespiratory improvement than steady-pace training. Not only does the Hill workout offer the challenge of alternating periods of high and low intensity, but the levels of intensity become progressively more difficult during the course of the workout. The longer the Hill workout, the more amount of time spent on top of a hill and at the bottom of a valley.

TERRAIN (HILLS AND VALLEYS)

| WARM-UP | PLATEAU | INTERVAL TRAINING | COOL-DOWN |

FIRST HR CHECK POINT   SECOND HR CHECK POINT

PHASES

Each Hill workout session comprises the following phases:

(1) Warm-up, (2) Plateau, (3) Interval Training, and (4) Cool-down.

NOTE: Check the pulse at the Heart Rate (HR) Check Points (following the Plateau and Interval Training phases) to ensure that the heart rate has entered and remained within the target heart rate zone.

Warm-up: Gradually brings up the heart rate, increasing respiration and blood flow to working muscles.

Plateau: Increases heart rate so that it is within target zone. Check the heart rate to ensure that it has entered the target zone.

Interval Training: A series of hills and valleys. During this portion of the workout, the user is confronted with a series of successively steeper hills, each separated from the next by a valley or recovery period. Check the heart rate to ensure that it has remained within the target zone.

Cool-down: The cool-down allows the body to begin removing accumulated by-products of exercise, such as lactic acid, which build up in muscles during a workout and contribute to muscle soreness.

Effort and recovery periods are simulated on the display console by columns of red lights in the workout Profile window. Each column represents one interval and 20 intervals comprise the workout. The columns move from right to left during the workout. The higher the column, the higher the resistance. Consequently, the effort must be increased to continue training.

1 to 9 minutes: Because workouts with durations of less than 10 minutes are insufficient for the Hill workout to complete all four phases adequately, the workout condenses at various stages in order to meet the chosen workout time.

10 to 19 minutes: The interval durations are initially set at 30 seconds for a 10-minute workout. For every additional minute of workout duration, the Hill workout lengthens each interval by three seconds. Thus, a 15-minute Hill workout will feature 20 intervals of 45 seconds each.

20 to 99 minutes: All intervals last 60 seconds. As minutes are added, additional hills and valleys are presented beyond the initial four of the interval training phase. The additional hills and valleys will follow the form of the first four, dropping back down to the level of the very first hill encountered and progressing in height every two minutes until the highest hill is reached again. This process repeats until the workout duration is met.

7.1.13 CROSS-TRAIN AEROBIC (X5I ONLY)

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.

This Cross-Trainer workout uses one, selectable resistance level. However, it can be made into a variable resistance workout by selecting the Hill, Manual or Random program first, then, pressing the Aerobics Mode key on the console.

7.1.14 CROSS-TRAIN REVERSE (ALL MODELS)

To vary the Cross-Trainer exercise and maximize the lower-body workout, the Cross-Train Reverse 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: The Cross-Train Reverse 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, then, pressing the Reverse Mode key on the console after starting the workout.
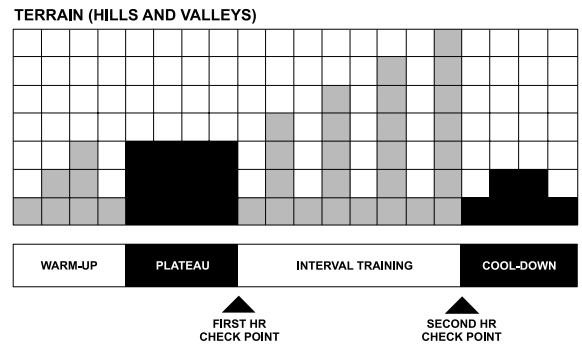
7.2 Using The Workouts (Chart)

The following charts will help you set up and begin the various workout programs. First, select a workout using the specific workout key. Then, use the Time, Resistance, and Level Arrows to enter data as prompted. The display will prompt for any additional information that may be needed for the new workout. You can also change any of the workout parameters (time, distance, Resistance/THR, etc.) at any time during your workout.

X5 WORKOUT SELECTIONS

HILL	MANUAL/QUICKSTART™	SPORT TRAINING™
Enter time	Enter time	Enter time
Enter weight	Enter level	Enter weight
Enter age	Begin workout	Enter age
Enter level		Enter level
Begin workout		Begin workout
RANDOM	**EZ RESISTANCE™**	
Enter time	Enter time	
Enter weight	Enter weight	
Enter age	Enter age	
Enter level	Enter level	
Begin workout	Begin workout	

X5I WORKOUT SELECTIONS – ALL THE ABOVE, PLUS THESE EXTRA WORKOUTS

EXTREME HR™	HEART RATE HILL	HEART RATE INTERVAL
Enter time	Enter time	Enter time
Enter weight	Enter weight	Enter weight
Enter age	Enter age	Enter age
Enter jog level	Accept Target Heart Rate†	Accept Target Heart Rate
Begin workout	Begin workout	Begin workout
CARDIO (opt. on X5)	**FAT BURN (opt. on X5)**	
Enter time	Enter time	
Enter weight	Enter weight	
Enter age	Enter age	
Accept Target Heart Rate†	Accept Target Heart Rate†	
Begin workout	Begin workout	

† Or accept calculated value shown

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7.3 MY WORKOUTS™

7.3.1 MY WORKOUTS – INTRODUCTION
• My Workouts is a custom programmed profile that can be used by the user as the optimal quick start.
• My Workouts is used to store statistics for up to 4 different (see below) users, workouts or days of the week.
• My Workouts is used to program workout profile configurations for up to 4 different users, workouts or days of the week.
• My Workouts is used to program the names for up to 4 different users, workouts or days of the week.

7.3.2 USER STATISTICS
The My Workouts Mode will store the statistics for accumulated Time, accumulated Calories and accumulated Distance for up to 4 users.

Display	Definition
TIME=XXXX:XX	Accumulated Time
CALORIES=XXXXX	Accumulated Cal.
DISTANCE=XXXXX	Accumulated Dist.

7.3.3 PROGRAMMABLE PARAMETERS

Operating parameters can be programmed for up to 4 users.

Programmed parameter	Definition
Name	Name of the user, (16 characters)
Profile	Workout Profile – any workout program
Time	Time duration of workout
Weight	Weight of user
Age	Age of user
THR or Level	• THR for Heart rate profiles • Resistance Level for other profiles.

7.3.4 NAME, PROGRAMMING
1. Up to 4 user names, workout names, or days of the week can be programmed.

2. User selects their name by pressing the Workout button.

3. The default display before programming by the user is:
   • MY WORKOUT 1
   • MY WORKOUT 2
   • MY WORKOUT 3
   • MY WORKOUT 4

4. User enters editing mode for name or workout by selecting the location they'd like to change, press and hold the "My Workout" key for 2 seconds. The message center then shows and scrolls the following message "PRESS ENTER TO EDIT NAME – PRESS MY WORKOUT TO EDIT WORKOUT"

5. If the user presses the Enter button to edit name the message center will show the user their name or MY WORKOUT X with the first letter flashing.

6. The user uses the arrow keys to scroll through the alphanumeric characters for the letter that is flashing.
   Pressing a ▲ button scrolls forward and pressing a ▼ button scrolls backwards through the alphanumeric characters.

7. When the user has selected the character to be programmed, pressing the Enter key accepts the letter and toggles the display to the next letter to be changed. Repeat above.

8. The user can press the Pause/Clear button at any time while programming a name to erase the currently flashing letter.

9. Pressing the My Workout button at any time while programming a name will save the displayed name and the console will toggle to editing workout mode. The message center will show "NAME SAVED" for 3 seconds.

NOTE: If the user presses the Pause/Clear button twice within a 2 second window while in Name programming mode, then the users name will not be saved and the monitor will return to Idle mode.

11. The characters that can be programmed are the alphabet (capitalized), numeric from 0-9, a blank space and a dash.

12. If there are no key presses within 30 seconds, the monitor will exit programming mode and return to Idle mode. The name will not be saved and the message center will display the previously saved name or the default display the next time this mode is selected.

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7.3.5 WORKOUT, PROGRAMMING

1. If the user presses My Workout while the message center is displaying "PRESS ENTER TO EDIT NAME – PRESS MY WORKOUT TO EDIT WORKOUT" The message center will then display "PRESS ENTER TO EDIT WORKOUT – PRESS MY WORKOUT TO ACCESS STATISTICS". – press Enter.

2. The message center will display "SELECT A WORKOUT". The user will select a workout via the Workout Profile button or will toggle through the workout profiles using the arrow buttons. Pressing enter will accept the profile.

3. The user will be prompted for data (necessary information for the particular program) just as if the user had selected the profile normally (See section 6.2 for information needed for a particular program).

4. Upon acceptance of data by the last press of the Enter button the message center will display "WORKOUT SAVED" for 3 seconds.

5. The monitor will then return to Idle Mode.

6. If there are no key presses within 30 seconds, the monitor will exit programming mode and return to Idle mode. No workout information will be saved and the message center will display the previously saved workout or the default display the next time this mode is entered.

7.3.6 STATISTICS, DISPLAY

1. If the user presses the My Workout button when the message center is displaying "PRESS ENTER TO EDIT WORKOUT – PRESS MY WORKOUT TO ACCESS STATISTICS" the monitor will show the statistics for the user chosen.

2. The display will toggle to the first statistic to be displayed which is to be accumulated Time.

3. Pressing the My Workout button will toggle the message center to the next statistics which is accumulated Calories.

4. Pressing the My Workout button will toggle the message center to the next statistic which is accumulated Distance.

5. Pressing the My workout button will exit the statistics display mode and return the monitor to Idle mode.

NOTE: If the user presses and holds the Pause/Clear button for 2 seconds while a statistic is being displayed then the statistic being displayed will be cleared and reset to zero.

7. If there are no key presses within 30 seconds, the monitor will exit statistics display mode and return to Idle mode.

8   USER MENU

8.1   OVERVIEW
The User Menu on the Life Fitness X5 and X5i Consumer Cross-Trainers allows you to choose and vary specific features of the cross-trainer. To enter and use the User Menu follow the instructions listed below.

8.2   ENTERING USER MENU
The User Menu can only be used in the idle mode. Once you are in idle mode, you can enter by pressing the Pause/Clear button twice and then pressing the Enter button. If this 3-button sequence is not completed within 4 seconds, the monitor returns to Idle mode. Upon entering the User Menu, the monitor will beep three times and enter User Menu programming state #1.

8.3   DESCRIPTION OF USER MENU ITEMS

Program State	Setting	Range	Default	Description
1	Pause Time	1-99	5 min.	Number of minutes a work out is paused
2	Sleep Time	1-99/off	Off	Number of minutes before sleepmode is entered. Off is defined as no sleep mode
3	Hold Time	1-99	5	Number of seconds before the display toggles to the next parameter to be input by the user
4	Units	Eng./Metric	Eng.	Sets units as english or metric
5	Software			Displays current software revision

NOTE: • To navigate use the ENTER KEY

• To change any of the items use the ▲ (up) or ▼ (down) arrow keys, then press enter to accept & scroll to the next item.

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9. SERVICE AND TECHNICAL DATA

9.1 PREVENTIVE MAINTENANCE TIPS

Backed by the engineering excellence of Life Fitness, our commercial products are among the most popular equipment available today – regularly standing up to daily marathon use in health clubs, colleges and military facilities the world over. This same technology, engineering expertise and reliability has gone into the Life Fitness Cross-Trainer you now own.

To keep your Life Fitness Cross-Trainer operating at peak performance, use these helpful preventive maintenance tips:

• Use the Life Fitness 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 only soft, 100% cotton cloth, lightly moistened with water and mild liquid detergent, 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 and arms thoroughly on a regular basis.

NOTE: When cleaning the exterior of the unit, use a non-abrasive cleanser and soft cotton cloth. At no time should cleanser be applied directly to any part of the equipment. Place cleaning solution on a soft cloth and then wipe unit down.

⚠️ **Do not move the unit or place hands into the unit while it is plugged into an electrical outlet.**

9.2 TROUBLESHOOTING THE HEART RATE CHEST STRAP

Heart Rate Reading Is Erratic Or Absent Entirely

• Repeat the electrode wetting procedure (see How to Use the Optional Heart Rate Monitor Chest Strap). The electrodes must be wet to pick up and transmit accurate heart rate readings.

• Make sure the electrodes are flat against the skin.

• Wash the belt transmitter regularly with mild soap and water.

• Make sure the chest strap transmitter is within three feet (one meter) of the heart rate receiver.

• The chest strap is battery operated and will eventually stop functioning. If the chest strap transmitter battery is depleted, contact Life Fitness Customer Support Services at 1-800-328-9714 or through lifefitness.com for instructions on how to have the chest strap replaced.

Heart Rate Reading Is Erratic Or Extremely High

When exercising with the Optional Heart Rate Chest Strap, you may encounter electromagnetic signals strong enough to cause abnormally elevated heart rate readings. Possible sources of such signals include:

• Television sets and/or antennas, cell phones, computers, cars, high voltage power lines, and other motor driven equipment that are too near your Cross-Trainer.

• Another heart rate transmitter within three feet (one meter) may also cause abnormal heart rate readings. To remedy the situation,

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9.3 How To Obtain Product Service

At Life Fitness, we stand behind our products completely and are anxious to help you remedy any problems. However, before calling for service, please take a moment to review the operating instructions to try and locate the solution to your problem. If you are still having difficulties, please:

1. Make a note of the serial number of the unit, which is located on the serial number plate above the power entry area.

2. Contact the nearest Life Fitness Customer Support Services Group or visit lifefitness.com:

LIFE FITNESS

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10. SPECIFICATIONS FOR X5 & X5I

The New Life Fitness® X-Series Cross-Trainers	X5	X5i
POWER AND PERFORMANCE		
Levels of Intensity	20 levels	
Resistance System	MagnaForce Braking System	
Stride Length	Adjustable (4 Positions) - SelectStride™ Technology Position 1 (Walk): 18" (46cm) Position 2 (Jog): 20" (51cm) Position 3 (Run): 22" (56cm) Position 4 (Sprint): 24" (61cm) * All programs, speeds, and resistance levels can be used at any stride position.	
PRECISION PROGRAMMING		
Number of workout programs	6 (8 with optional heart rate accessory tray)	12
One-Touch Quick Start	Standard	
Heart Rate Control	Optional with accessory tray equipped with heart rate	Standard (Wireless chest strap included)
Heart Rate Zone Training+™ Workouts	Fat Burn & Cardio with optional heart rate accessory tray	Fat Burn, Cardio, Heart Rate Hill Heart Rate Interval, Extreme Heart Rate
Cross-Trainer Workouts	Cross-Train Reverse	Cross-Train Reverse Cross-Train Aerobics
Sport Training Workout	Standard	
EZ Resistance Workout	Standard	
Classic Workouts	Hill, Random, Manual	
My Workouts	Not Available	Workout memory for 4 programmable workouts
USER-FRIENDLY ELECTRONICS		
Console Display	10-character LED readout	Deluxe 16-character LED message center
Workout Profile	Not Available	10" x 14" LED display showing workout progress
Activity Zone Console with Accessory Tray	Not Available	Standard
STRUCTURAL DETAILS		
Power Requirements	All major voltage configurations	
Maximum User Weight	350 lbs. (158 kg)	
Product Weight	250 lbs. (113 kg)	
Assembled Dimensions	77" L x 27" W x 62" H (196 cm L x 69 cm W x 157 cm H)	
Frame	2" x 4" (5 cm x 10 cm) robotic welded steel frame	
Pedals	16" x 7" (41 cm x 18 cm) Oversized pedals	
Stationary Handlebars	Ergonomic front handlebar	
OPTIONAL ACCESSORIES		
Accessory Tray	Optional	– – –
Accessory Tray w/ Heart Rate	Optional	Standard

WARRANTY: Lifetime warranty on frame, 3-year warranty on parts, 1-year on labor.

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