

X Series

TOTAL-BODY
ELLIPTICAL
CROSS-TRAINERS



When you can exercise your heart and lungs without straining your joints, the possibilities are endless. Work out longer. Stick with your exercise plan. Achieve your goals. Our X-Series elliptical cross-trainers are designed to help you do just that. Each one produces a biomechanically correct stride that feels smooth and natural, so you'll stay comfortable even as your workout intensity increases. Meanwhile, your cardiovascular system is getting the exercise it needs. At Life Fitness, we've been making the world's finest exercise equipment for years. Our X1-5, X3-0, and X3-5 cross-trainers are no exception. Elliptical cross-trainers that are good for your heart, and great for your exercise goals.

Where does your workout take you?

Life Fitness



*Now that I've started, there's
no telling how far I can go.*

Ready when you are.

The X1-5 – a pure performance machine. It's for those who just want to get on and go. And those who demand as much from their equipment as they demand from themselves. The unparalleled quality and durability of Life Fitness products ensure the only limits you'll have are the ones you set. And the X1-5, with its patented Link6™ elliptical drive system, is another example of that quality. Are you ready?



X1₅

TOTAL-BODY ELLIPTICAL CROSS-TRAINER

The Link6 elliptical drive system optimizes the cross-trainer's elliptical path to create a natural, comfortable range of motion. And as your workout takes you through different levels of resistance the eddy current resistance system ensures these transitions are smooth. The X1-5 also lets you exercise all of the body's major muscle groups at once, which burns more calories with less perceived exertion in less time. And with the Life Fitness assurance of quality and durability, every part of the machine is engineered to perform consistently over time.

Patented Link6 elliptical drive system provides a smooth, natural stride
Total-body workout burns more calories with less perceived exertion
6 easy-to-use, motivating workout programs
16 resistance levels
Stationary ErgoGrip™ bullhorn front handlebar provides stability
Durable, heavy-duty welded steel frame is guaranteed for life

Performance plus.

The X3-0 is for those who want a little more than just a solid workout. Wireless heart rate monitoring lets you keep close tabs on your cardio output so you can maintain the proper exercise intensity. An oversized dual accessory tray holds everything you like to have on board while training. And no matter how hard you push yourself or the machine, WhisperStride™ technology keeps things remarkably quiet. In short, X3-0 delivers more than you expect, so you can too.



X3₀

TOTAL-BODY ELLIPTICAL CROSS-TRAINER

When you look at the X3-0, consider the details. We did. Start with the finishing touches, like brushed aluminum collars and end caps, and a color palate that's pleasing to the eye. Inside, the X3-0 features WhisperStride technology, which uses self-aligning bearings and reinforced linkage areas to deliver a workout that is as quiet as it is smooth. Add wireless heart rate monitoring for constant hands-free feedback, and you have a cross-trainer that gives you more.

Patented Link6™ elliptical drive system provides a smooth, natural stride
WhisperStride technology creates a quiet, fluid motion
Total-body workout burns more calories with less perceived exertion
Wireless heart rate system enables you to monitor workout intensity
6 easy-to-use, motivating workout programs
16 resistance levels
Stationary ErgoGrip™ bullhorn front handlebar provides stability
Durable, heavy-duty welded steel frame is guaranteed for life

Your heart's desire.

The feature-rich X3-5 allows you to fully customize, and even personalize, your workout experience. In fact, the X3-5 automatically follows your lead. Its HeartSync™ programs constantly adjust your workout to help you stay in your target heart rate zone. Equipped with 12 motivating programs, the X3-5 keeps things interesting and inspires you to keep going. It provides everything you need to reach your fitness goals. If you follow your heart, it will lead you to the X3-5.



X3₅

TOTAL-BODY ELLIPTICAL CROSS-TRAINER

The X3-5's suite of interactive programs provide the support, guidance and control to make the most of each workout. For example, the My Personal Trainer modes provide separate lower body and total-body workouts, guiding you through each with motivational messages, audio signals and information on the muscle groups being worked at each point in your workout. These programs, combined with thoughtful enhancements like WhisperStride™ technology and the Link6™ elliptical drive system, deliver an engaging exercise experience that improves the quality of each workout.

Patented Link6 elliptical drive system provides a smooth, natural stride
WhisperStride technology creates a quiet, fluid motion
IntelliDisplay™ console with message center, workout profile and personal settings
Total-body workout burns more calories with less perceived exertion
Wireless heart rate system enables you to monitor workout intensity
12 workout programs, including five HeartSync™ heart rate controlled workouts
20 resistance levels
Stationary ErgoGrip™ bullhorn front handlebar provides stability

*Each workout brings
its own reward.*



Specifications

X-Series TOTAL-BODY ELLIPTICAL CROSS-TRAINERS

● Standard ○ Optional – Unavailable

	X1 ₅	X3 ₀	X3 ₅
HEART RATE MONITORING			
Wireless heart rate monitoring system (chest strap included)	–	●	●
WORKOUTS			
Number of workouts	6	6	12
Classic workouts: Hill/Slope, Random, Manual	●	●	●
Sport Training™ Workout and EZ Resistance™ Workout	–	–	●
Challenge, Interval, Peak	●	●	–
My Personal Trainer: Lower Body and Total Body	–	–	●
HeartSync™ Heart Rate Controlled Workouts: Cardio, Fat Burn, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™	–	–	●
My Workouts™ Programs	–	–	4
DISPLAY READOUT			
Distance, RPM (speed), Calories, Level, Time	●	●	●
Heart Rate	–	●	●
Cool Down	–	–	●
Time in Zone, Heart Rate %, Calories per Hour	–	–	●
DISPLAY TYPE			
Workout Profile™ Display: 10 x 14 LED segments showing workout progress	–	–	●
Workout Profile Display: 8 x 8 LED segments	●	●	–
Workout Feedback Display: Deluxe 16-character LED message center	–	–	●
SPECIAL FEATURES			
1.5" x 3" (3.75 cm x 7.5 cm) welded steel frame	●	●	●
Pedals: 16" x 7" (41 cm x 18 cm) oversized pedals	●	●	●
Front Handlebar: ErgoGrip™ bullhorn front handlebar	●	●	●
Stride: Fixed stride	●	●	●
Resistance Levels	16	16	20
Resistance System: Eddy-current resistance system	●	●	●
Drive System: Link6™ elliptical drive system	●	–	–
Drive System: Link6 elliptical drive system with WhisperStride™ technology	–	●	●
Quick Start	–	–	●
On-the-Fly programming	–	–	●
Cool Down Mode	–	–	●
ACCESSORIES			
Accessory tray	–	●	●
Front-mounted water bottle holder	●	–	–
Reading rack	●	●	●
TECHNICAL SPECIFICATIONS			
Maximum User Weight	300 lbs 135 kg	300 lbs 135 kg	300 lbs 135 kg
Maximum Step-up Height	14" 36 cm	14" 36 cm	14" 36 cm
Unit Length	65" 165 cm	65" 165 cm	65" 165 cm
Unit Width	27" 68 cm	27" 68 cm	27" 68 cm
Unit Height	62" 157 cm	62" 157 cm	62" 157 cm
Unit Weight	205 lbs 93 kg	205 lbs 93 kg	205 lbs 93 kg
Power Requirements: All major voltage configurations	●	●	●
Safety: CE, CSA, FCC, GS/TUV, UL	●	●	●
Warranty: Lifetime warranty on frame; 3-year on parts; 1-year on labor (Warranties outside the U.S. may vary)	●	●	●

Specifications are subject to change.

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

lifefitness.com

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