

ELEVATION™ SERIES 95X CROSS-TRAINER & PLATINUM CLUB SERIES CROSS-TRAINER DISCOVER SE3, DISCOVER SI, & EXPLORE

ASSEMBLY INSTRUCTIONS



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Congratulations...

and welcome to the world of

LifeFitness

Please take special note of the following safety instructions and important points prior to choosing a location and beginning assembly of the Elevation Series 95X Cross-Trainer and Platinum Club Series Cross-Trainer Discover SE3, Discover SI, and Explore.



WARNING: Health-related injuries may result from incorrect or excessive use of exercise equipment. **LIFE FITNESS** 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, 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, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.



AVERTISSEMENT: Des problèmes de santé peuvent être causés par une utilisation incorrecte ou excessive de l'équipement. **LIFE FITNESS** recommande FORTEMENT de consulter un médecin pour subir un examen médical complet avant de commencer tout programme d'exercice, et tout particulièrement si l'utilisateur a des antécédents familiaux d'hypertension ou de troubles cardiaques, s'il a plus de 45 ans, s'il fume, s'il a du cholestérol, s'il est obèse ou n'a pas fait d'exercice régulièrement depuis un an.

Si, pendant l'utilisation de l'appareil, l'utilisateur ressent un malaise, des vertiges, des douleurs ou des difficultés à respirer, il doit s'arrêter immédiatement.

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Operation Manuals and other Product Information available at <https://www.lftechsupport.com/web/document-library/documents>

1 GETTING STARTED

1.1 IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the LIFE FITNESS Cross-Trainer.

- **DANGER:** To reduce the risk of electrical shock, always unplug LIFE FITNESS products before cleaning or attempting any maintenance activity.
- **WARNING:** To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.
- **WARNING:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.
- **WARNING:** Ensure that there is at least 1 ft. (0.3 m) of clearance in front of the LIFE FITNESS Cross-Trainer and at least 2 ft., (0.6 m) on the side.
- **WARNING:** The Cross-Trainer is not equipped with a free-wheeling feature. Therefore, it cannot be stopped immediately. Do not stand or sit on the rear plastic covers.
-  **WARNING:** This product can expose you to chemicals including Acrylonitrile, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov
- Do not stand on center tube.
- The individual human power required to perform an exercise may be different than the mechanical power displayed on the Cross-Trainer.
- Use caution when mounting or dismounting the Cross-Trainer. Before mounting, use the moving arms to bring the pedal nearest to you to the lowest position. Use the stationary handlebars whenever additional stability is required. While exercising, hold onto the moving arms.
- Never face backward while using the Cross-Trainer.
- 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.
- Position the product so that the power cord plug to the wall is accessible to the user.
- If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
- Always follow the console instructions for proper operation.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.
- Do not use this product outdoors, near swimming pools or in areas of high humidity.
- Never operate a LIFE FITNESS product with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.
- Never insert objects into any opening in these products. If an object should drop inside, unplug the power cord from the outlet, and carefully retrieve it. If the item cannot be reached, contact LIFE FITNESS Customer Support Services.
- Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended.
- Do not use these products in bare feet. Always wear shoes. 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.
- Do not reach into, or underneath, the unit or tip it on its side during operation.
- Do not allow other people to interfere in any way with the user or equipment during a workout.
- Allow LCD consoles to "normalize" with respect to temperature for one hour before plugging the unit in and using.
- Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Read all warnings on each product prior to starting a workout.
- If warnings are missing or damaged, please contact LIFE FITNESS immediately for replacement warning labels. Warning labels are shipped with every product and should be installed before product is used. LIFE FITNESS is not responsible for missing or damaged warning labels.
- This product may contain chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm. For more information related to the European Commission Regulation (EC) No. 1907/2006 (REACH) and the California Safe Drinking Water and Toxic Enforcement Act of 1986 (Proposition 65), please visit <https://www.lftechsupport.com/web/guest/environmental-regulations-information>.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

1.1 CONSIGNÉS DE SÉCURITÉ IMPORTANTES

Lire toutes les instructions avant d'utiliser les appareils LIFE FITNESS.

- **DANGER:** Pour réduire les risques de décharge électrique, toujours débrancher cet appareil LIFE FITNESS avant le nettoyage ou toute mesure d'entretien.
- **AVERTISSEMENT:** Pour réduire les risques de brûlures, d'incendies, de décharges électriques ou de blessures, chaque appareil doit absolument être branché sur une prise électrique correctement mise à la terre.
- **AVERTISSEMENT:** Des systèmes de surveillance de fréquence cardiaque peuvent être inexacts. Trop d'exercices peuvent entraîner des blessures sérieuses, voire mortelles. En cas de sensation d'évanouissement, arrêter immédiatement l'entraînement.
- **AVERTISSEMENT :** Veillez à laisser un espace d'au moins 30 cm (1 pied) à l'avant du LIFE FITNESS Cross-Trainer et d'au moins 60 cm (2 pieds) sur les côtés.
- **AVERTISSEMENT :** Le Cross-Trainer ne fonctionne pas « en roue libre » et ne peut donc pas être arrêté instantanément. Ne vous tenez pas debout ou assis sur les caches en plastique situés à l'arrière.
- Ne pas rester debout ou s'asseoir sur les couvercles arrière en plastique du Cross-Trainer.
- Ne pas rester debout sur le tube central.
- La puissance nécessaire à chaque utilisateur pour effectuer un exercice peut différer de la puissance mécanique affichée sur le Cross-Trainer.
- Montez et descendez avec précaution du Cross-Trainer. Avant de monter, placez la pédale située de votre côté en position basse, en vous aidant des bras mobiles. Utilisez les barres fixes lorsque vous avez besoin de renforcer votre équilibre. Pendant votre entraînement, tenez-vous aux bras mobiles.
- Ne jamais faire face à l'arrière lors de l'utilisation du Cross-Trainer.
- Ne jamais faire fonctionner un produit LIFE FITNESS dont la fiche ou le cordon d'alimentation est endommagé, ni aucun appareil qui serait tombé ou aurait été endommagé ou même partiellement plongé dans l'eau. Appeler le service clientèle de LIFE FITNESS.
- Placer ce produit de manière à ce que l'utilisateur puisse accéder à la fiche du cordon d'alimentation.
- Si le cordon d'alimentation électrique est endommagé, il doit être remplacé par le fabricant, par un réparateur agréé ou par une personne qualifiée afin d'éviter tout danger.
- Les instructions de la console doivent toujours être suivies pour obtenir un fonctionnement correct.
- Cet appareil n'est pas prévu pour être utilisé par des personnes (y compris les enfants) dont les capacités physiques, sensorielles ou mentales sont réduites, ou des personnes dénuées d'expérience ou de connaissance, sauf si elles ont pu bénéficier, par l'intermédiaire d'une personne responsable de leur sécurité, d'une surveillance ou d'instructions préalables concernant l'utilisation de l'appareil.
- Ne pas utiliser ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides.
- Ne jamais faire fonctionner d'appareil LIFE FITNESS dont les orifices d'aération seraient bloqués. Les garder exempts de peluches, de cheveux ou de toute obstruction.
- Ne jamais rien insérer dans les ouvertures de cet appareil. Si un objet tombe à l'intérieur de l'appareil, débrancher le cordon de la prise et le récupérer avec précaution. S'il est impossible de l'atteindre, communiquer avec le service à la clientèle de LIFE FITNESS.
- Ne jamais placer aucun liquide directement l'appareil, sauf dans le plateau pour accessoires ou un support prévu à cet effet. Il est recommandé d'utiliser des conteneurs munis de couvercles.
- Ne pas utiliser cet appareil pieds nus. Toujours porter des chaussures. Porter des chaussures avec des semelles en caoutchouc ou fournissant une très bonne adhérence. Ne pas utiliser de chaussures à talons, à semelles en cuir ou munies de crampons. S'assurer qu'aucun caillou n'est incrusté dans les semelles.
- Éloigner les vêtements lâches, les lacets et les serviettes des pièces en mouvement.
- Ne pas placer les mains sous l'appareil ou dans l'appareil, et ne pas le renverser sur le côté pendant le fonctionnement.
- Ne laisser personne déranger de quelque manière que ce soit l'utilisateur ou interférer avec l'équipement durant un entraînement.
- Laisser les consoles ACL se « normaliser » pendant une heure quant à la température avant le branchement et l'utilisation de l'appareil.
- Cet appareil ne doit être employé que pour l'usage auquel il est destiné, conformément aux directives du manuel.
- Ne pas utiliser d'accessoires qui ne sont pas recommandés par le fabricant.
- Lisez tous les avertissements sur chaque produit avant de démarrer un exercice.
- Si les avertissements sont absents ou endommagés, veuillez contacter immédiatement LIFE FITNESS afin de les faire remplacer. Les étiquettes d'avertissement sont livrées avec chaque produit et doivent être installées avant leur utilisation. LIFE FITNESS ne peut être tenu responsable lorsque des étiquettes d'avertissement sont absentes ou endommagées.
- Réglementation en matière de santé et d'environnement : avertissement - Ce produit peut contenir des substances chimiques considérées par l'État de Californie comme cancérogènes et causant des malformations congénitales ou d'autres troubles de l'appareil reproducteur. Pour plus d'informations sur la réglementation européenne n° 1907/2006 (REACH) et le California Safe Drinking Water and Toxic Enforcement Act de 1986 (Proposition 65), connectez-vous à l'adresse suivante : <https://www.lftechsupport.com/web/guest/environmental-regulations-information>.

CONSERVER CES INSTRUCTIONS POUR TOUT USAGE ULTÉRIEUR.

1.2 SET-UP

Read the entire manual before setting up the LIFE FITNESS Cross-Trainer.

ELECTRICAL POWER REQUIREMENTS - DISCOVER SE3 AND DISCOVER SI CONSOLES ONLY

LIFE FITNESS Cross-Trainers with the Discover SE3 or Discover SI consoles require an AC power supply according to the electrical configurations listed in the chart below.

Supply Voltage	Frequency (Hz)	Rated Current (Amps)
100	50 / 60	1.6
110	50 / 60	1.6
120	50 / 60	1.6
200	50 / 60	.8
220	50 / 60	.8
230	50 / 60	.8
240+	50 / 60	.8

Note: Do not modify the plug provided with this product. If the plug does not fit into an available electrical outlet, have a proper outlet installed by a qualified electrician.

BATTERY POWERED - EXPLORE CONSOLES ONLY

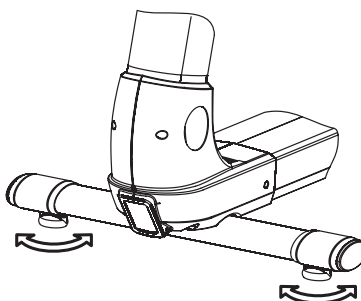
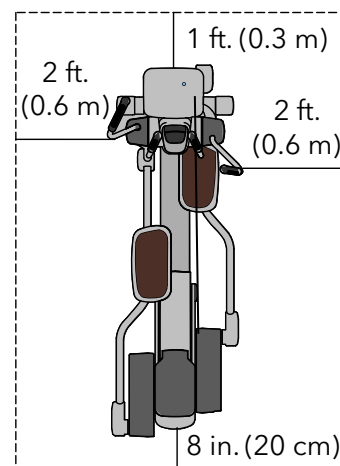
The Explore consoles are powered by a rechargeable 6-volt battery. Check the battery by pressing the knob. The console should beep and light up. The Explore Console will display the Life Fitness logo. If a prompt doesn't appear, mount the Cross-Trainer and begin pedaling. The console should light up and programming a workout should be possible. Pedal for 20 minutes at 50 rpm or faster during a workout for optimum battery charging. The pedal action during workouts keeps the battery charged. If the Cross-Trainer is externally powered, battery maintenance is automatic and pedaling is not required.

WHERE TO PLACE THE LIFE FITNESS CROSS-TRAINER

Following all safety instructions in Section 1.1, move the LIFE FITNESS Cross-Trainer to the location in which it will be used. See Section 4, titled *Specifications*, for the dimensions of the footprint. Allow one foot (0.3m) of clearance in front of the LIFE FITNESS Cross-Trainer to allow for movement of the pedal levers. Allow at least 2 ft. (0.6 m) on the side of the cross-trainer. It should be easy to mount the LIFE FITNESS Cross-Trainer from the side. Mount the LIFE FITNESS Cross-Trainer by grasping the handles and carefully stepping on the pedals. To dismount the Cross-Trainer, step off the pedals while still holding the handles. Then let go of the handles.

HOW TO STABILIZE THE LIFE FITNESS CROSS-TRAINER

After placing the LIFE FITNESS Cross-Trainer in position, check the unit's stability by attempting to rock it. Any slight rocking indicates that the unit must be leveled. Check the front stabilizing feet to determine which foot does not rest fully on the floor. Rotate the foot counter-clockwise to lower it. Recheck the stability and adjust again as needed until the LIFE FITNESS Cross-Trainer is stable and no longer rocks. Lock the adjustment into position by tightening the jam nut against the stabilizer bar with an open end 17mm wrench.



INSTALL EXTERNAL POWER SUPPLY - DISCOVER SE3 AND DISCOVER SI CONSOLES ONLY (EXPLORE OPTIONAL)

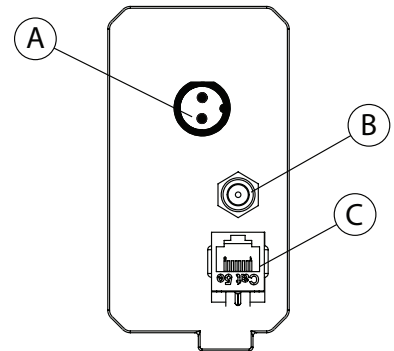
Discover SE3 and Discover SI consoles are powered by an external AC-DC 24-Volt power supply. Plug in the power to the external power connector on the front end of the Cross-Trainer and then plug the cord into an AC outlet. The console should immediately beep and light up. The Discover SE3 and Discover SI consoles will show a message indicating it is initializing (for up to 2 minutes).

Note: If any of the consoles do not light up, contact LIFE FITNESS Customer Service (refer to page one of this manual). Use only the power supply provided by Life Fitness in order to ensure against unsafe operation.

The following connection receptacles are located at the front of the Elevation Series 95X Cross-Trainer with Discover Consoles:

- External Power for Discover Console (A),
- Coaxial Cable (B), and
- Ethernet Cable (C).

Note: CSAFE connections must be made at the console only.



CAUTION: Connectors should easily fit into the receptacles. Forcing a connection may lead to damage to the barrel connector and/or receptacle and may void product warranty. If the power supply barrel doesn't fit easily into the receptacle then the wrong power supply is being used.

CABLE TV HOOK-UP - DISCOVER SE3 CONSOLES ONLY

The Discover SE3 console can receive both analog and digital signals. LIFE FITNESS is not responsible for the installation of CATV service or components required for the delivery of CATV service. An external TV signal input via a 75-ohm coaxial cable must be present before TV setup can occur.

Note to the CATV Installer:

This reminder is provided to call the CATV system installer's attention to Article 820-40 of the NEC that provides guidelines for proper grounding and, in particular, specifies that the cable ground shall be connected to the grounding system of the building as close to the point of cable entry as practical.

2 SERVICE AND TECHNICAL DATA

2.1 PREVENTIVE MAINTENANCE TIPS

LIFE FITNESS products are backed by the engineering excellence and reliability of LIFE FITNESS and are one of the most rugged and trouble-free pieces of exercise equipment on the market today.

Note: *Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear, as outlined below.*

Remarque: *pour conserver un matériel sûr, il convient de l'inspecter régulièrement afin de déceler tout signe d'usure ou d'endommagement. N'utilisez pas l'appareil tant que les pièces défectueuses n'ont pas été réparées ou remplacées. Portez une attention toute particulière aux pièces qui s'usent, comme indiqué ci-dessous.*

The following preventive maintenance tips will keep the LIFE FITNESS product operating at peak performance:

- Locate the product in a cool, dry place.
- Clean the display console and all exterior surfaces with an approved or compatible cleaner (see LIFE FITNESS Approved Cleaners) and a microfiber cloth.
- 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 top surface of the pedals regularly.
- Clean the housing and moving arms thoroughly on a regular basis.

LIFE FITNESS APPROVED CLEANERS *(United States Availability Only)*

Two preferred cleaners have been approved by LIFE FITNESS reliability experts: PureGreen 24 and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 and the Antibacterial Force formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1. PureGreen 24 is available in a spray which is convenient to use. Apply the spray to a microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control. Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

Contact Customer Support Services to order these cleaners (1.800.351.3737 or email: customersupport@lifefitness.com).

LIFE FITNESS COMPATIBLE CLEANERS

Mild soap and water or a mild non-abrasive household cleaner can also be used to clean the display and all exterior surfaces.

Use a soft microfiber cloth only. Apply the cleaner to the microfiber cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

2.2 PREVENTIVE MAINTENANCE SCHEDULE

Item	Weekly	Monthly	Annually
Console Overlays	Clean		Inspect
Bottle Holders / Accessory Trays	Clean	Inspect	
Console Mounting Bolts			Inspect
Hardware			Inspect
Frames	Clean		Inspect
Plastic Covers	Clean	Inspect	Inspect
Lifepulse Sensors	Clean / Inspect		
Pedals	Clean	Inspect	
Leg Levelers		Inspect / Adjust	

2.3 TROUBLESHOOTING THE POLAR® HEART RATE CHEST STRAP

Malfunction	Probable Cause	Corrective Action
Heart rate reading is erratic or absent entirely.	Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes.
	Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin.
	Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
	Belt transmitter not properly set up.	Setup of the belt transmitter is accomplished by initially bringing it within 1 foot of the receiver. The receiver is in the console. After the heart rate is displayed on the console the range is extended to 3 feet.
	Chest strap battery is depleted.	Contact LIFE FITNESS Customer Support Services for instructions on how to have the chest strap replaced.
Abnormally elevated heart rate readings	Electromagnetic interference from television sets and/or antennas.	Move the exercise equipment a few inches away from the probable cause, or move the probable cause a few inches away from the exercise equipment, until the heart rate readings are accurate.
	Electromagnetic interference from cell phones.	
	Electromagnetic interference from computers.	
	Electromagnetic interference from cars.	
	Electromagnetic interference from high voltage power lines.	
	Electromagnetic interference from motor driven exercise equipment.	

2.4 TROUBLESHOOTING THE LIFE PULSE SYSTEM SENSORS

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

- Dry the hands if necessary to prevent slipping.
- Apply hands to all eight sensors on user arms or bullhorns.
- Grasp the sensors firmly.
- Apply constant pressure around the sensors.

2.5 RECYCLING THE BATTERY - EXPLORE CONSOLES ONLY

When this LIFE FITNESS product is about to be discarded at the end of its useful life, the rechargeable battery must be removed and recycled. To access the battery, use a medium tip Phillips screw driver to remove the eight screws that hold the rear cover to the back of the cross-trainer. The battery is located below the control circuit board. To remove the battery, remove the two wires connected to the battery and the two screws that hold the battery in place. Dispose of the battery properly.

2.6 HOW TO OBTAIN PRODUCT SERVICE

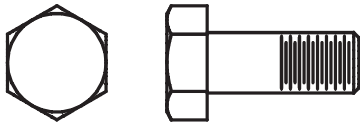
1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and write down the serial number of the unit which is located on the back of the unit near the toe guard. Document the serial number, which consists of three letters followed by six numerals. Write down the software version if possible.
3. Contact LIFE FITNESS Customer Support Services via the Web at: www.lifefitness.com, or call the nearest LIFE FITNESS Customer Support Services group (*refer to page 1 of this manual*).

3 ASSEMBLY

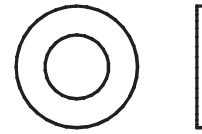
COMPONENT LIST

#	Part Description	Qty
1	Console Bracket	1
2	M8 x 20MM Hex Screw	4
3	M8 Washer	14
4	Left Bullhorn	1
5	M8 Hex Nut	4
6	Right Bullhorn	1
7	Right Moving Arm	1
8	M8 x 16MM Button Head Screw	6
9	Left Moving Arm	1
10	Rear Cover	1
11	Phillips Screw	17
12	Front Cover	1
13	Top Cover	1
14	Front End Cover	2
15	Rear End Cover	2
16	Back Cover	1
17	M5 x 14MM Phillips Screw	4
18	Cup Accessory	1
19	Grommet	5
20	Power Brick *Discover SE3 & SI (Explore Optional)	1
21	Power Brick Clip *Discover SE3 & SI (Explore Optional)	1
Cross-Trainer Cables		
23	Cable Assembly: CAT-5E	1
24	COAX Assembly: RG6; BASE	1
25	Ground Cable	1
26	PCB to Console Cable	1
27	External Power Cable *Discover SE3 & SI	1
28	Cable Assembly : LIFE PULSE; FLEX	1
29	Cable Assembly : LIFE PULSE Y	1
30	Lifepulse Cable *Explore	

HARDWARE



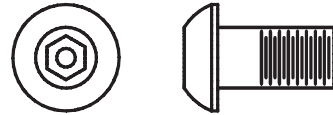
M8 X 20MM Hex Screw (2)



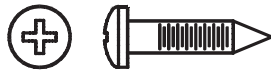
M8 Washer (3)



M8 Hex Nut (5)



M8 X 16MM Button Head Screw (8)



Phillips Screw (11)

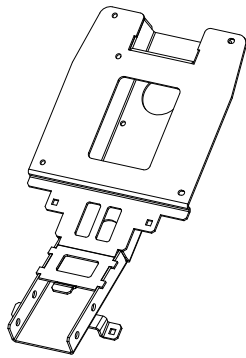


M5 X 14MM Phillips Screw (17)

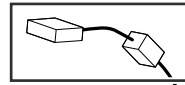
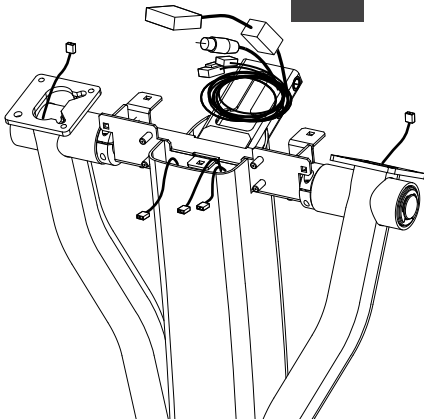
TOOLS REQUIRED

- Magnetic #2 Phillips screwdriver
- 5mm Hex Key Allen Head Wrench
- 13mm Socket and Ratchet
- Side Cutters

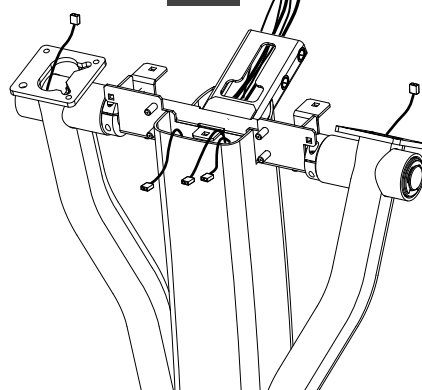
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A

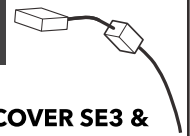


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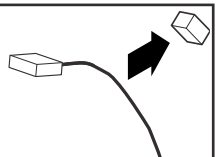
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DISCOVER SE3 & SI ONLY

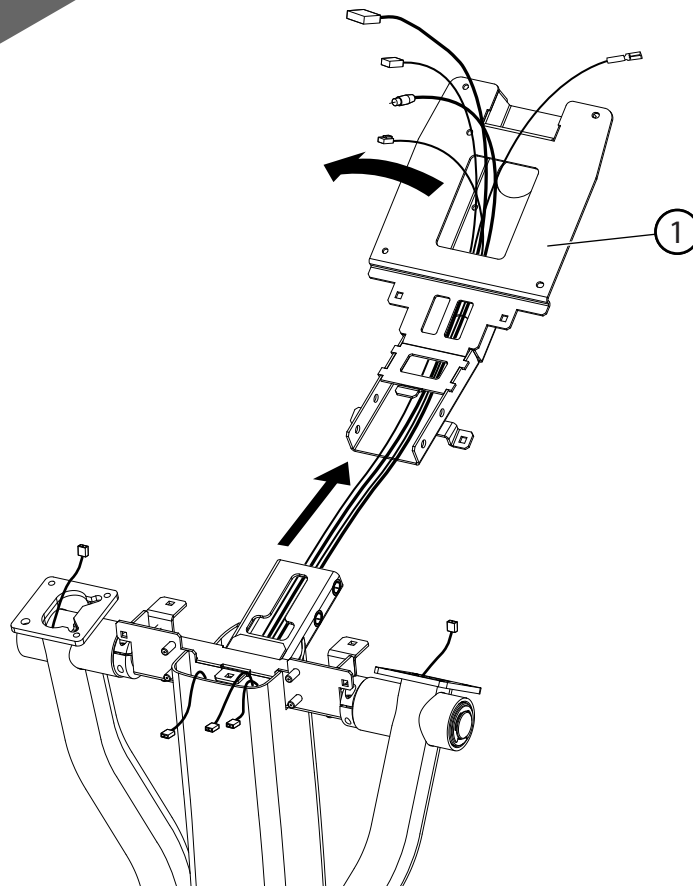


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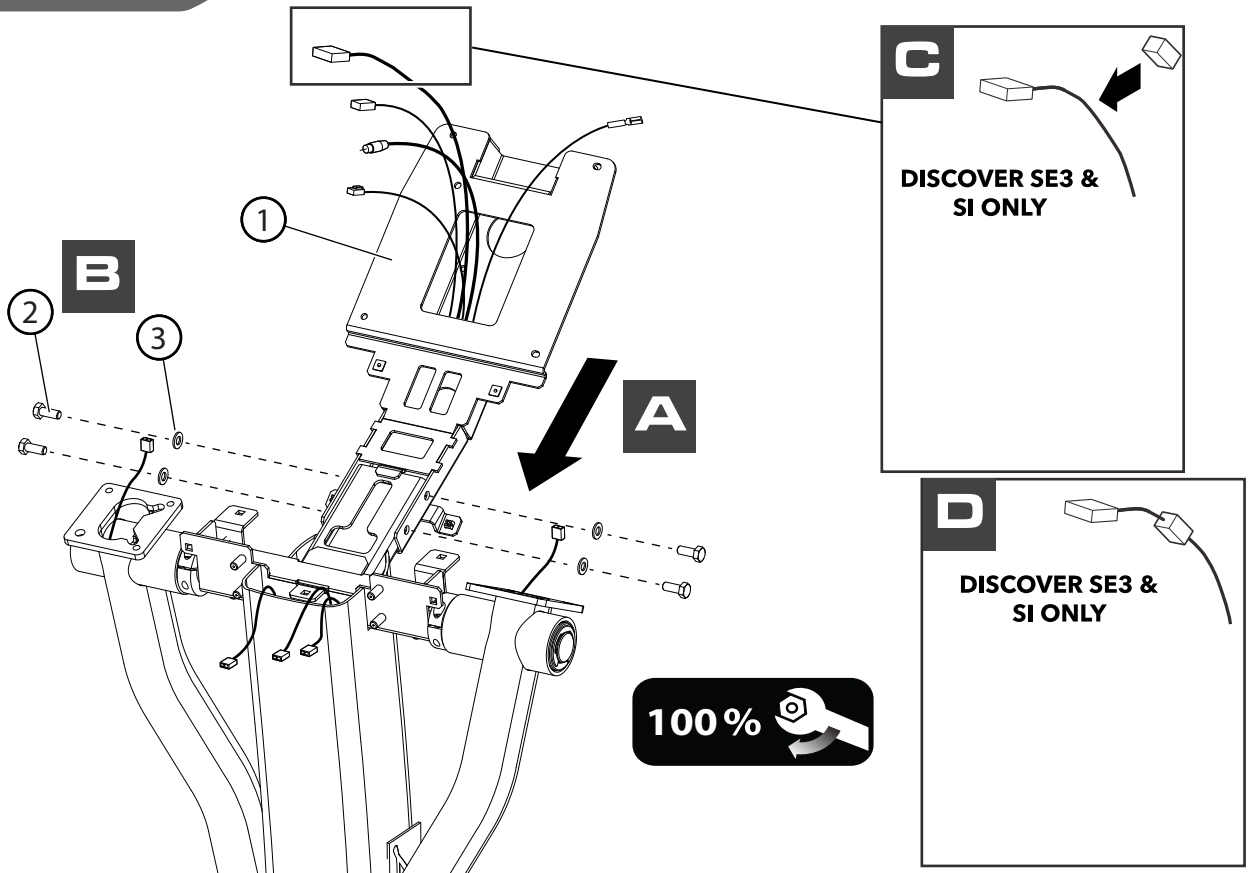
DISCOVER SE3 & SI ONLY



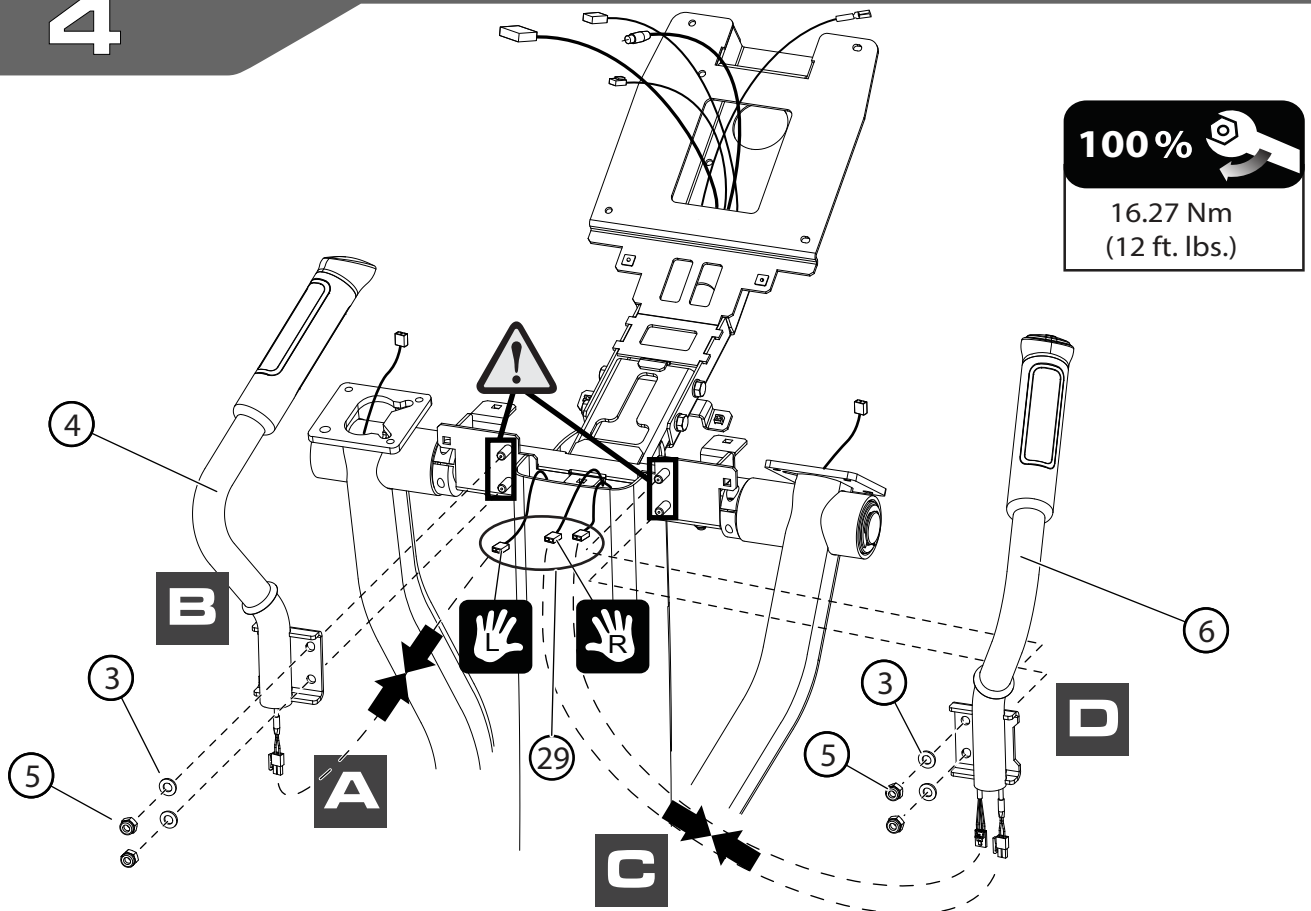
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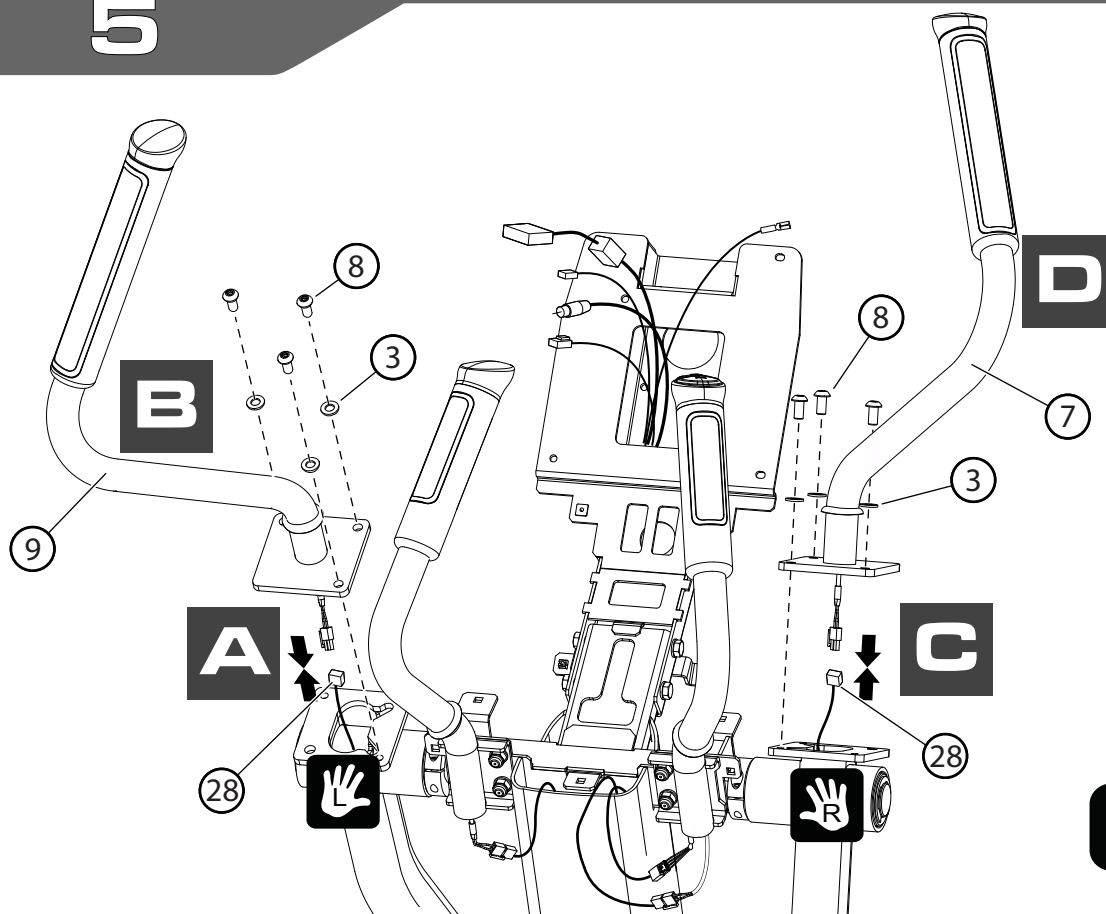
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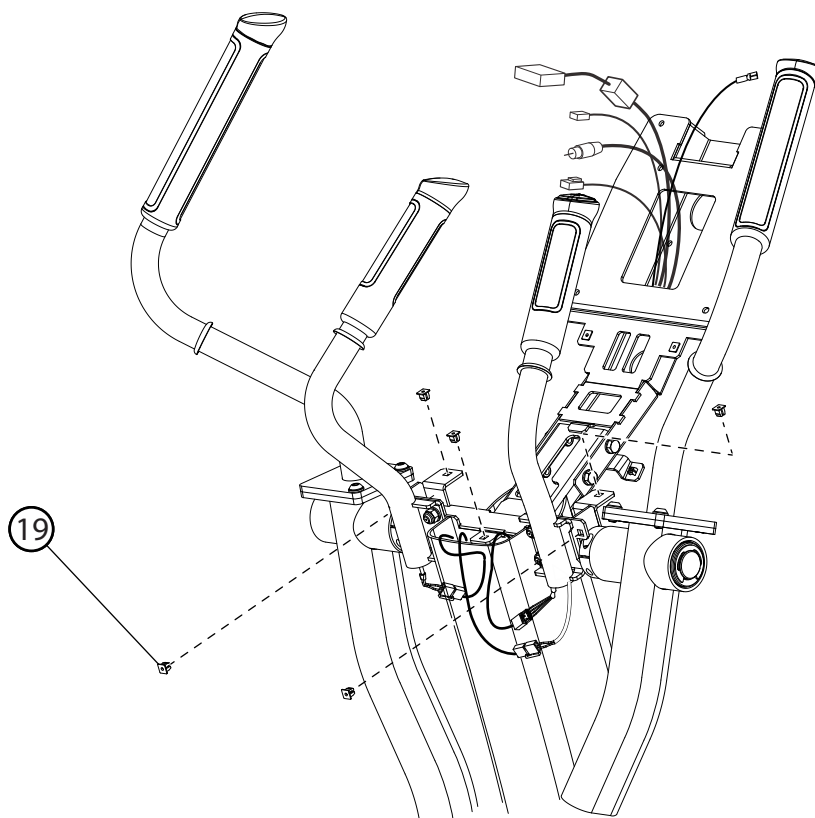
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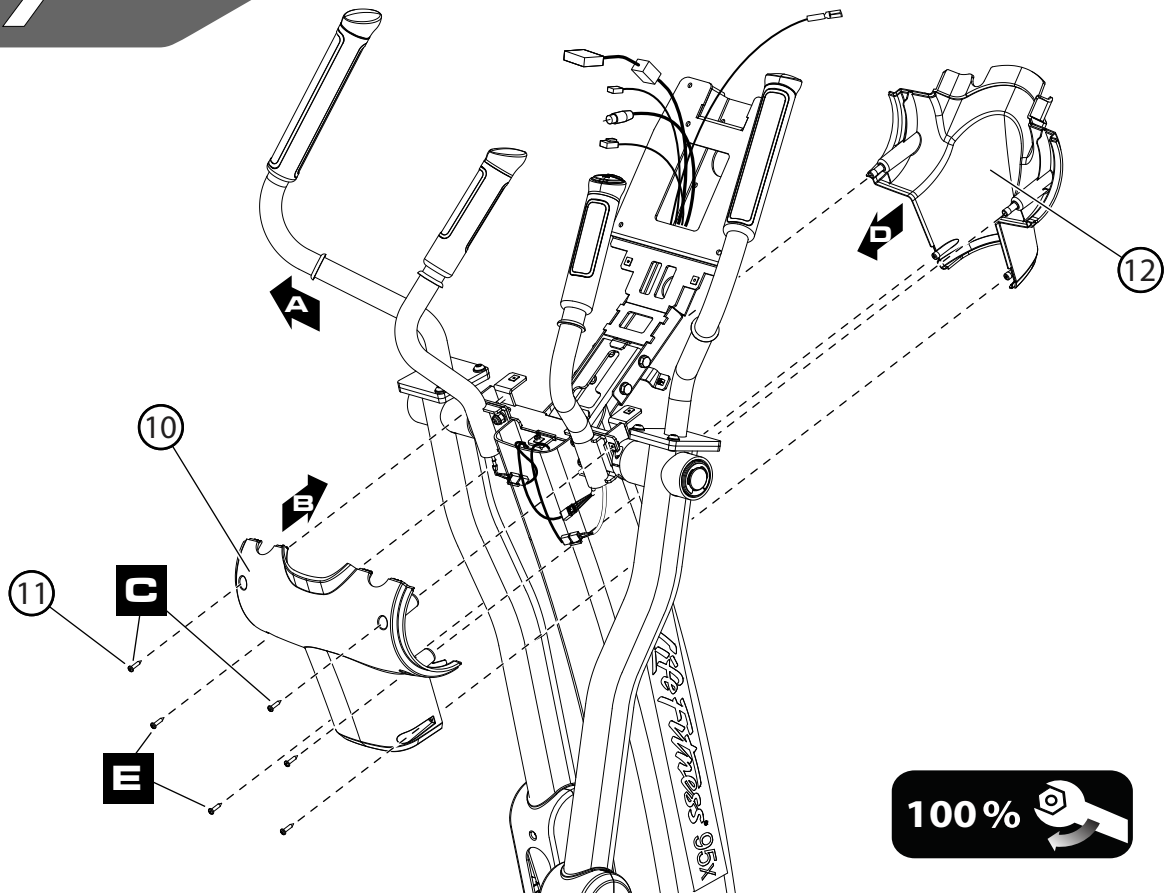
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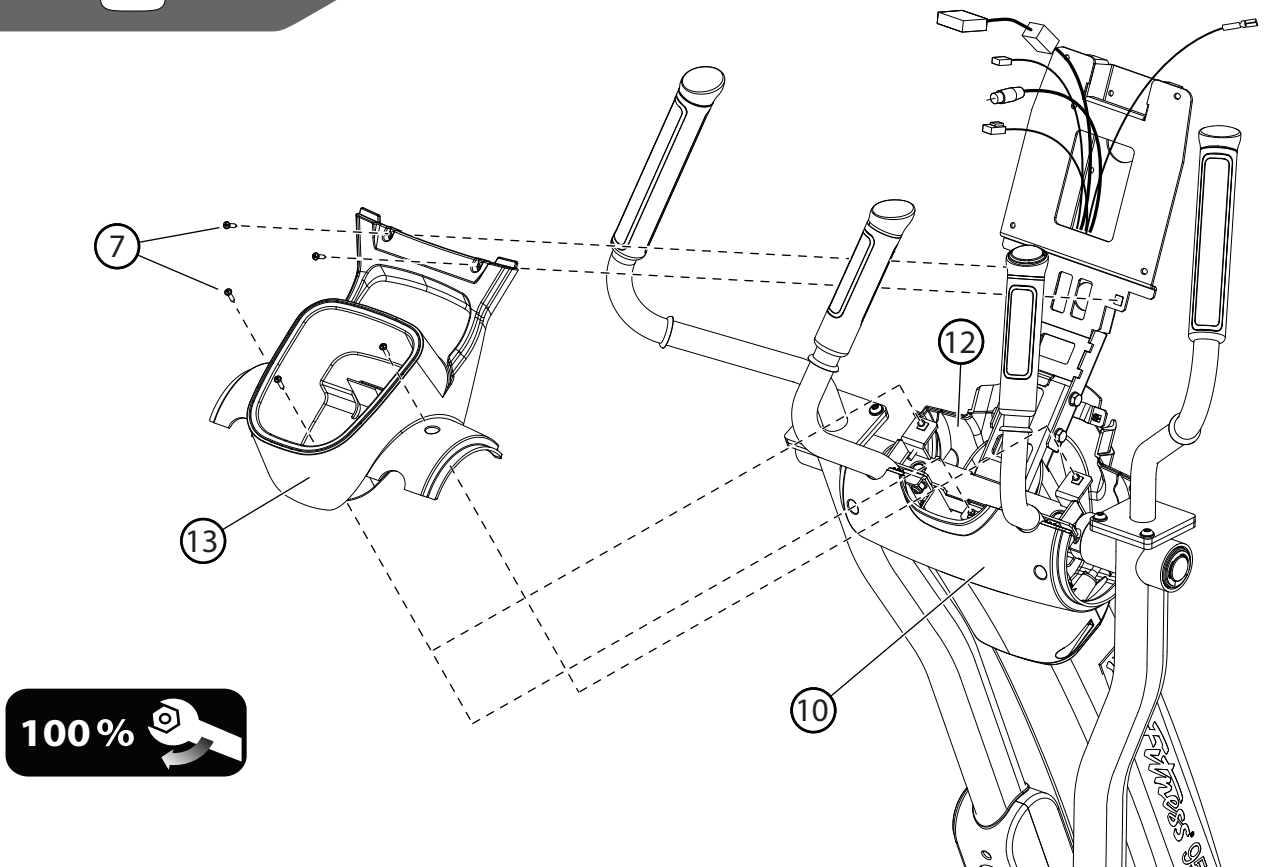
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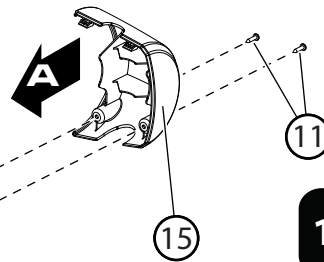
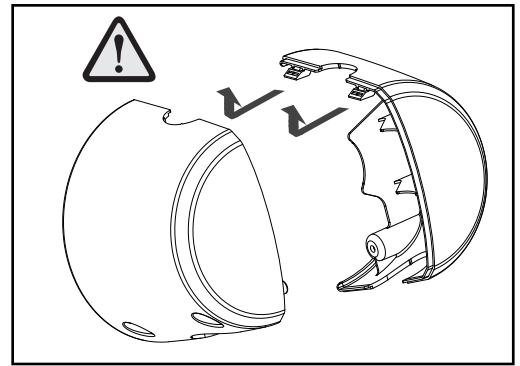
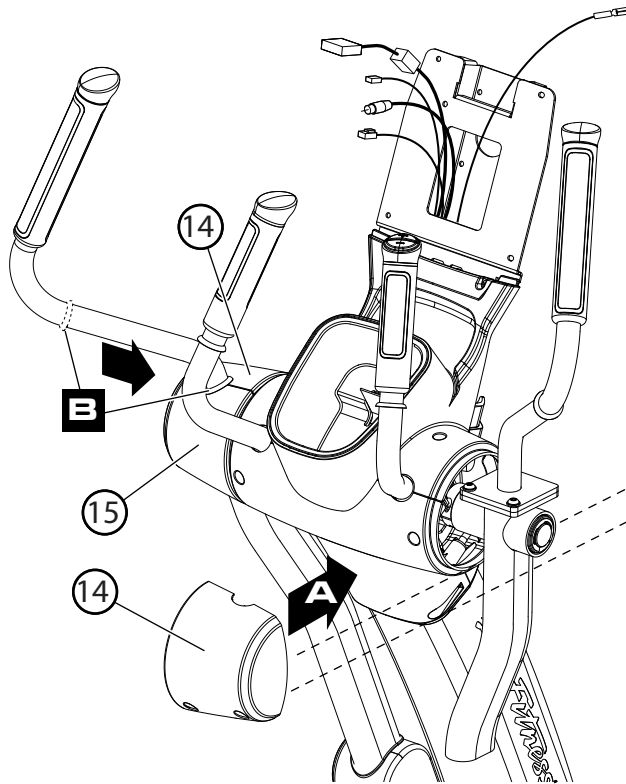
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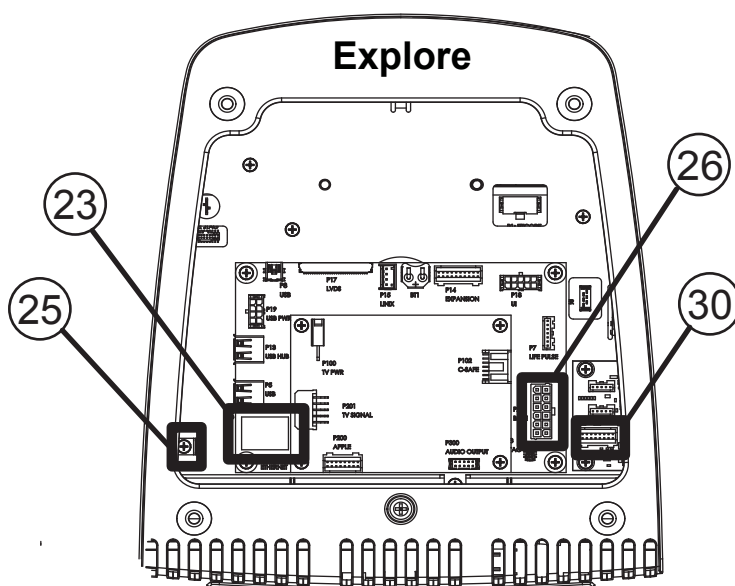
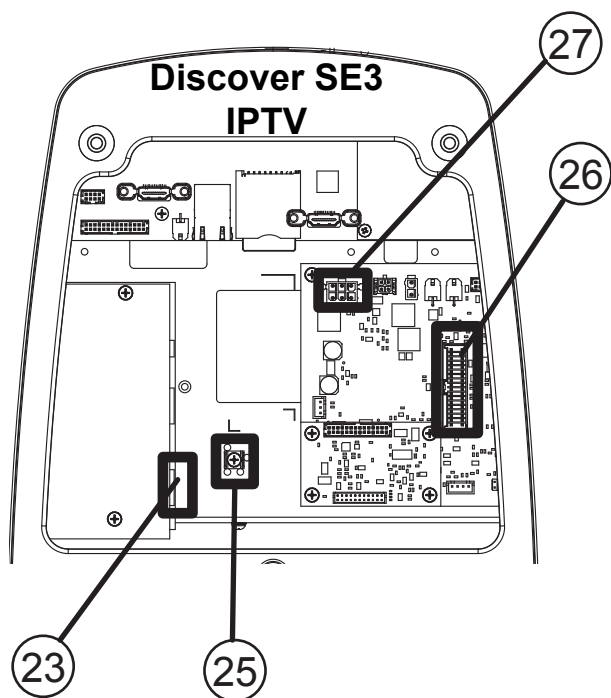
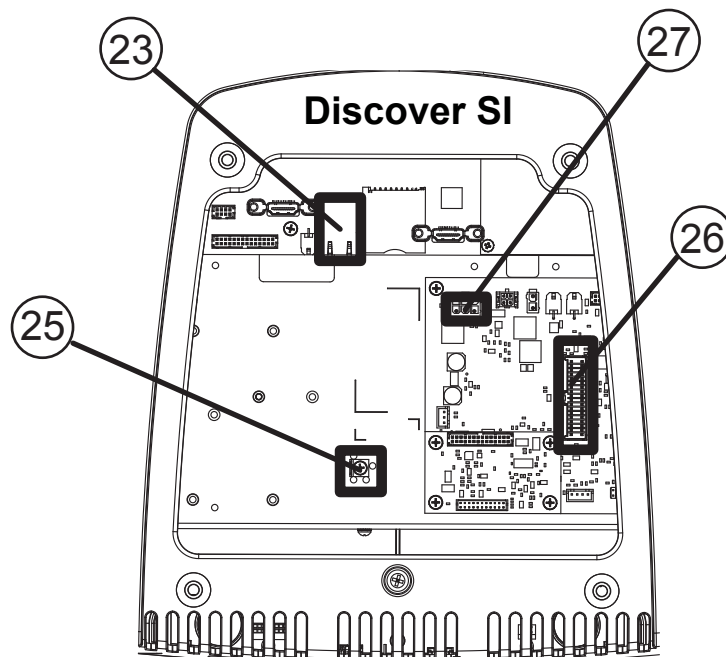
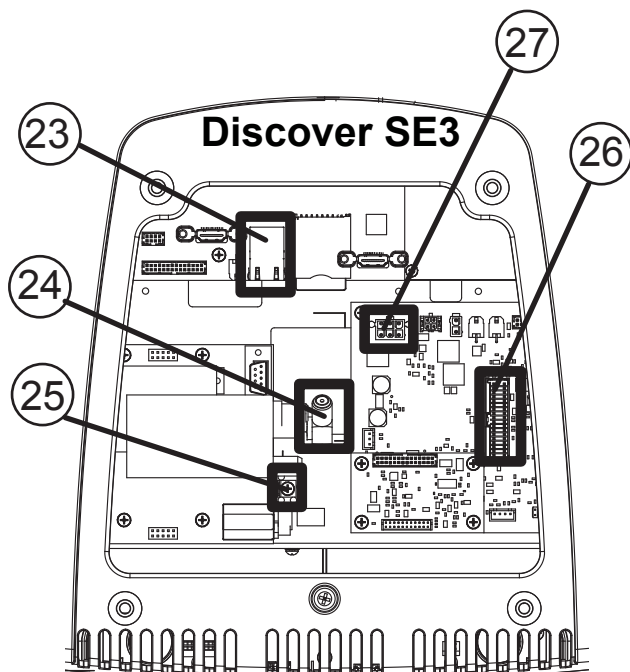
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2x

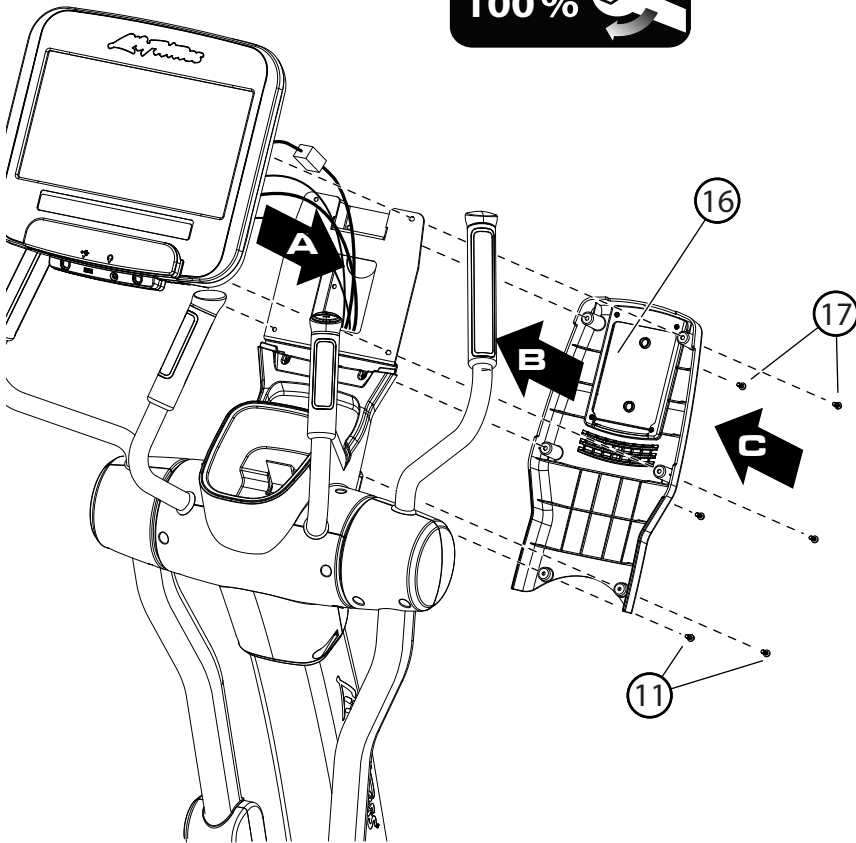


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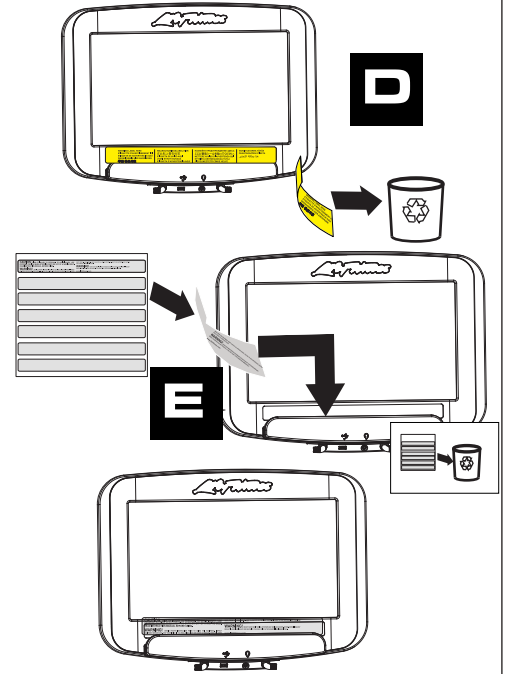


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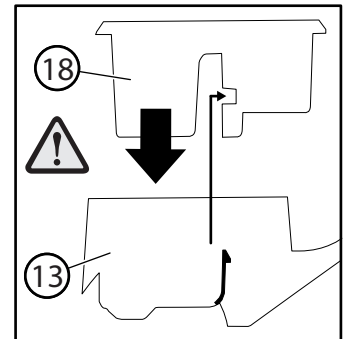
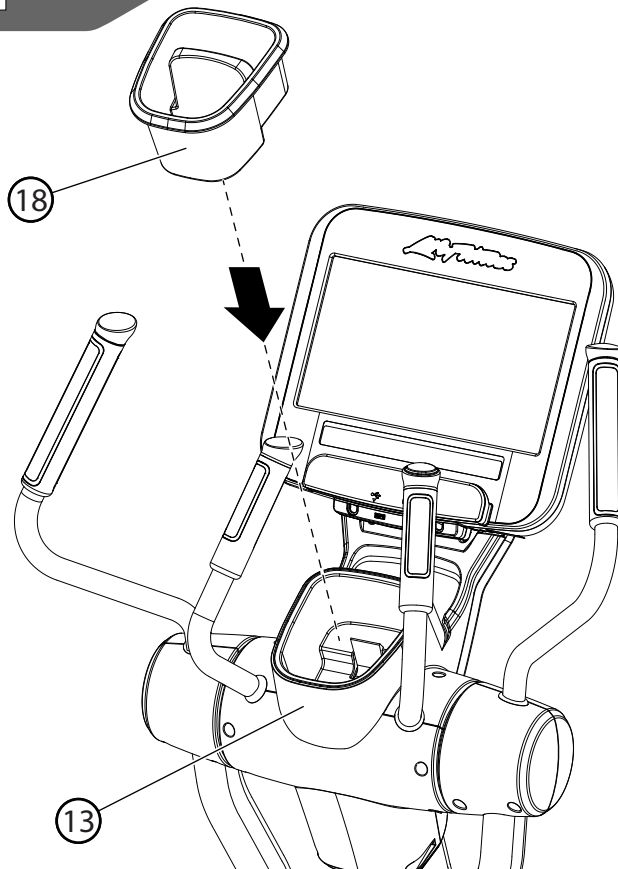
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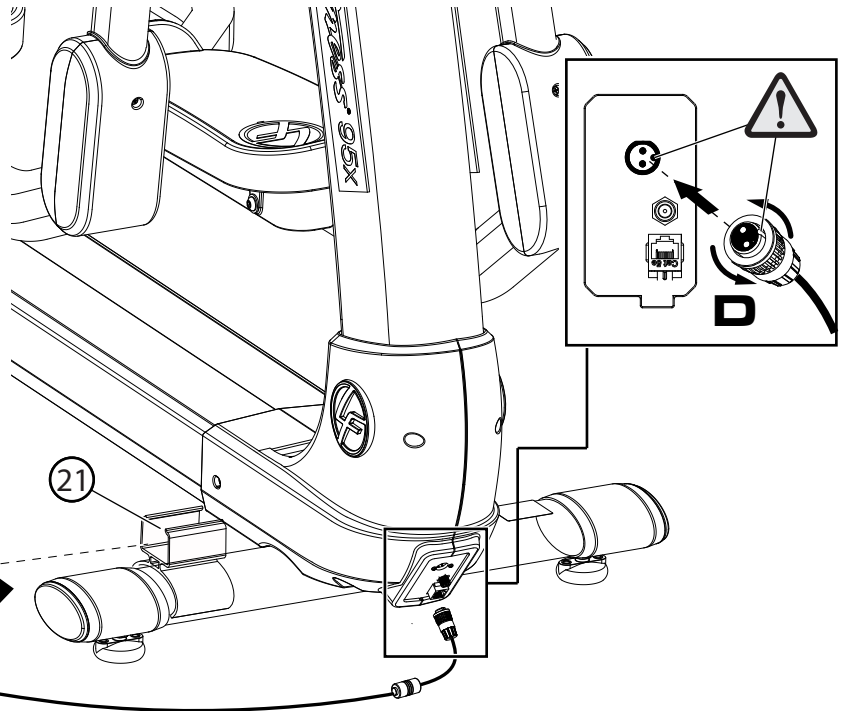
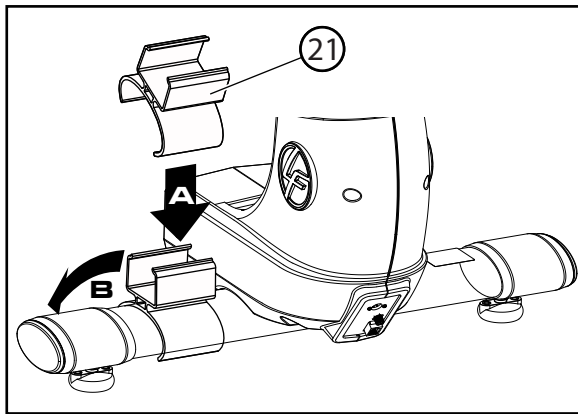


DISCOVER SE3, DISCOVER SI,
& EXPLORE CONSOLES ONLY



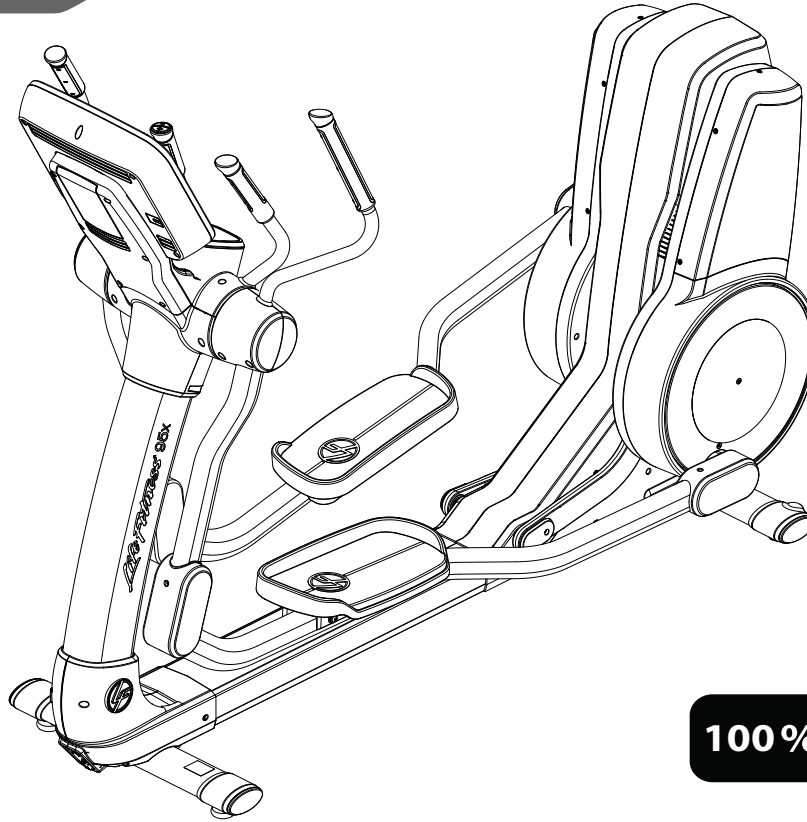
12





Discover SE3 & SI (Explore Optional)

14



100%



15

100%



MAKE SURE ALL HARDWARE IS TIGHT!

ASSUREZ-VOUS QUE TOUTE LA VISSERIE EST BIEN SERRÉE !

CONTROLEER OF ALLE BEVESTIGINGEN GOED VAST ZITTEN!

SICHERSTELLEN, DASS ALLE BEFESTIGUNGSTEILE FESTGEZOGEN SIND!

ASSICURARSI CHE TUTTA LA BULLONERIA SIA BEN STRETTA

ASEGÚRESE DE QUE TODAS LAS PIEZAS ESTÉN BIEN APRETADAS.

ASSEGURE-SE DE QUE TODAS AS PEÇAS ESTÃO APERTADAS!

TÜM DONANIMIN SIKİ OLDUĞUNU KONTROL EDİN!

УБЕДИТЕСЬ, ЧТО ВСЕ РЕГУЛЯТОРЫ УРОВНЯ ОПУЩЕНЫ!

모든 하드웨어가 단단히 고정되어 있는지 확인하십시오!

确保所有硬件已紧固

すべての金具がしっかり固定されていることを確認 してください!



تأكد من أن جميع المعدات مثبتة بإحكام!

4 SPECIFICATIONS

4.1 LIFE FITNESS 95X CROSS-TRAINER SPECIFICATIONS

Designed Use:

Elevation Series 95X: Heavy/Commercial

Platinum Club Series: Home

Maximum User Weight: 400 pounds / 181 kilograms

Power Requirements: See *Electrical Power Requirements* in Section 1.2

Pedal Speed range: 1.5 - 14.3 MPH (2.4 - 23 KPH)

Drive Type: Belt/Generator/Brake

Accessory Tray: Standard

Integrated Reading Rack: Standard

Physical Dimensions	
Length	88.1 in. / 224 cm
Width	30.7 in. / 78 cm
Height	65 in. / 165 cm
Weight (base)	459 lbs. / 208 kg

Shipping Dimensions	
Length	87 in. / 221 cm
Width	33 in. / 83.82 cm
Height	54.25 in. / 138 cm
Domestic Weight	540 lbs. / 245 kg