

X9i Elliptical Cross-Trainers

Bring The Health Club Workout Home.

You prefer your health club workout, but you just can't get to the gym every day. Now here's a solution. The Life Fitness X9i Cross-Trainer, formerly the celebrated CT 5500HR, lets you bring the same look and feel of our world-renowned health club model to the comfort of your own home. Enjoy performance that continues to receive rave reviews from exercisers worldwide—and earns *best buy ratings* from top fitness experts and magazines alike.

Enjoy Total Body Motion...Total Body Results.

Natural continuous movement brings the entire body to life. For lower body, forward elliptical movement puts greater demand on the glutes and hamstrings. Backward elliptical motion lets you concentrate on quads and calves. Or cross-train your *entire body* with synchronized pushing and pulling movements that tone your shoulders, arms, chest, abs, and back. Every way, we've got you covered.

The Most Advanced Elliptical Stride.

We rigorously test elliptical heights, stride lengths, pedal spacing, and acceleration rates, in our labs and among exercisers in health clubs, to deliver the most *optimal stride* possible. Our motion is natural and smooth.

Durability You Can Count On.

Like our health club models, all X-Series Cross-Trainers are built to deliver years of *maintenance-free performance*. Our X9i accomplishes this with a double offset crank design that provides fluid, gliding motion and unmatched durability. Its ultra-reliable alternator resistance system delivers 20 intensity levels with no jarring or jerking—just a smooth, transfer of resistance. And a robotically welded steel frame comes with a lifetime warranty.

7 Intelligent Programs For Greater Personalization.

Cross-Train Aerobics workout is like having a personal trainer prompt you to push, pull, perform total body, or lower body, change speeds, and utilize forward and reverse elliptical movements. *Cross-Train Reverse* workout targets different lower body muscle groups by prompting you to move in backward motion. You'll also be motivated by our health club-proven Life Fitness Classic workouts *Hill*, *Random*, and *Manual*.



BELIEVE

Life Fitness

Heart Rate Zone Training® Workouts

You get the most options to give you more personalized results. You will automatically stay in the target heart rate zone that is right for you every time so you achieve your fitness goals more quickly and easily. Our heart rate Zone Training® workouts include *Fat Burn* and *Cardio*.

Thoughtful Design With Simple Features.

Quick Start lets you easily begin by pressing just one button. *Quiet Belt-Drive System* makes cross-training the perfect workout for home, when baby's asleep nearby, or when you want to hear the television. *Standard Accessory Tray* provides space for a personal stereo and water bottle, with a reading rack for more entertaining workouts.

For The Results You Want, Start Cross-Training.

If you're serious about getting and staying in shape, rely on the only total body workout designed and built entirely around you...the Life Fitness Total Body Elliptical Cross-Trainer.

Call 0800 212729

VISIT US AT: www.powerhouse-fitness.co.uk

LIFE FITNESS®

X9i • Cross-Trainer



Our premier health club
cross-training experience

POWER AND PERFORMANCE

Resistance Levels	20 levels
Resistance System	Alternator
Stride	Fixed
Drive Mechanism	Patented double off-set crank design

PRECISION PROGRAMMING

Number of Workout Programs	7
One-Touch Quick Start	Standard
Heart Rate Control	Standard (wireless chest strap included)
Heart Rate Zone Training® Workouts	Fat Burn & Cardio
Cross-Train™ Workouts	Cross-Train Reverse, Cross-Train Aerobics
Classic Workouts	Hill, Random, Manual

USER-FRIENDLY ELECTRONICS

Console Display	Deluxe 16-character LED message center
Workout Profile™	7 x 14 LED display showing workout progress

STRUCTURAL DETAILS

Power Requirements	All major voltage configurations
Maximum User Weight	300 lbs (136 kg)
Product Weight	235 lbs (107 kg)
Assembled Dimensions	82" L x 25" W x 64" H (208 cm L x 64 cm W x 163 cm H)
Frame	4" x 4" (10 cm x 10 cm) and 3" (7 cm) round robotic welded steel frame
Pedals	16" x 7" (41 cm x 18 cm) oversized pedals
Stationary Handlebars	Ergonomic T-bar front handlebar

ACCESSORIES

Accessory Tray	Standard
----------------	----------

SAFETY AND WARRANTY

CE, CSA, EN 957-6, TUV Safety Approved	Yes
Warranty	Lifetime on frame, 3-year on parts, 1-year on labor

©2001 Life Fitness, a division of Brunswick Corporation. All rights reserved. Life Fitness, Cross-Train, Workout Profile, and Zone Training are trademarks of Brunswick Corporation. CO-044-01

LifeFitness