



Empire Home Fitness Quick Spec Sheet *LifeFitness* X1 Elliptical

Maximum User Weight	350 lbs (158 kg)
Maximum Step-up Height	6.5" (16.5 cm)
Unit Length	81" (206 cm)
Unit Width	30" (76 cm)
Unit Height	59" (150 cm)
Unit Weight	215 lbs (98 kg)
Stride Length	20"
Power Requirements	Plug-in (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)
Frame	1.5" x 3" (3.75 cm x 7.5 cm) robotically-welded steel frame
Pedals	16" x 7" (41 cm x 18 cm) oversized pedals w/ comfort foam insert
Resistance System	Eddy current



Empire Home Fitness

Quick Spec Sheet *LifeFitness* Basic and Advanced Consoles

Basic Workouts

Essential programming to begin and maintain an effective fitness regimen

5 workout programs

Heart rate readout

Advanced Workouts

Added workout variety and advanced programs to help you better reach your fitness goals

10 workout programs

Polar® wireless heart rate chest strap

HeartSync™ heart rate controlled workouts

Goal workouts

2 user profiles

2 custom workouts

Race mode