



## Empire Home Fitness Quick Spec Sheet *LifeFitness* X3 Elliptical

<b>Maximum User Weight</b>	350 lbs (158 kg)
<b>Maximum Step-up Height</b>	7" (18 cm)
<b>Unit Length</b>	81" (206 cm)
<b>Unit Width</b>	30" (76 cm)
<b>Unit Height</b>	59" (150 cm)
<b>Unit Weight</b>	215 lbs (98 kg)
<b>Stride Length</b>	20"
<b>Power Requirements</b>	Plug-in (All major voltage configurations)
<b>Safety</b>	CE, CSA, FCC, GS/TUV, UL
<b>Warranty</b>	Lifetime warranty on frame, 3-year on parts, 1-year on labor (warranties outside the U.S. may vary)
<b>Frame</b>	1.5" x 3" (3.75 cm x 7.5 cm) robotically-welded steel frame
<b>Pedals</b>	16" x 7" (41 cm x 18 cm) oversized pedals w/ comfort foam insert
<b>Resistance System</b>	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