



Empire Home Fitness Quick Spec Sheet *LifeFitness* X5 Elliptical

Maximum User Weight	350 lbs (158 kg)
Maximum Step-up Height	10" (25 cm)
Unit Length	83" (211 cm)
Unit Width	26" (66 cm)
Unit Height	63" (160 cm)
Unit Weight	250 lbs (113 kg)
Stride Length	Manual Adjustable (18" - 24")
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	2" x 4" (5 cm x 10 cm) robotically-welded steel frame
Pedals	15-3/4" x 7" (40 cm x 18 cm) oversized pedals FlexPedal™ with Lifespring™ Technology
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