



## Empire Home Fitness Quick Spec Sheet *LifeFitness* X8 Elliptical

<b>Maximum User Weight</b>	400 lbs (181 kg)
<b>Maximum Step-up Height</b>	10" (25 cm)
<b>Unit Length</b>	83" (211 cm)
<b>Unit Width</b>	26" (66 cm)
<b>Unit Height</b>	63" (160 cm)
<b>Unit Weight</b>	250 lbs (113 kg)
<b>Stride Length</b>	Electronic Adjustable (18" - 24")
<b>Power Requirements</b>	Plug-in (All major voltage configurations)
<b>Safety</b>	CE, CEN, CSA, TUV, UL certified
<b>Warranty</b>	Lifetime warranty on frame and Lifesprings, 10-year on resistance system, 7-year on parts, 2-year on Activity Zone, 1-year on labor (warranties outside the U.S. may vary)
<b>Frame</b>	2" x 4" (5 cm x 10 cm) robotically-welded steel frame
<b>Pedals</b>	16" x 7" (41 cm x 18 cm) oversized pedals with FlexPedal™ Technology
<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