



## 95X ENGAGE™ ELLIPTICAL CROSS-TRAINER

Featuring an innovative design and a revolutionary Quiet Drive™ system, the 95X Engage combines form with function to provide your users performance in an engaging new aesthetic. Designed to offer a total-body workout utilizing superior biomechanics and a natural fluid motion, the 95X Engage adds comfort while delivering an exceptional exercise experience to users at any fitness level.

### PERFORMANCE FEATURES

#### ADVANCED CONSOLE TECHNOLOGY

Engage the senses with seamless iPod® integration, USB connectivity, Virtual Trainer, Workout Landscape™ Perspectives, and the ability to watch Video content. Sight, sound and performance come together in the Engage™ Console, built on the most advanced technology in the fitness industry.

#### OVERSIZED PEDALS

Pedal design allows users to adjust foot position comfortably and the narrow pedal spacing (2.8") minimizes lateral hip shifting, which reduces lower back stress.

#### AT-YOUR-FINGERTIPS RESISTANCE CONTROLS

Located on the bullhorns to allow users to easily adjust workout intensity.

#### HEART RATE MONITORING

Lifepulse™ digital heart rate monitoring hand sensors are conveniently placed on the ergonomically designed handlebars and bullhorns to provide precise heart rate monitoring, and Polar® telemetry\* provides accurate, "hands free" heart rate monitoring.

#### MOTIVATING WORKOUT VARIETY

Heart Rate+™ Workouts automatically adjust the resistance level to keep users in their target heart rate zone. Goal-based workouts \* Requires optional chest strap.

allow users to set personal goals, while Cross-Train Reverse and Cross-Train Aerobic modes utilize machine-generated prompts to keep users motivated.

#### SPEED AND DISTANCE FEEDBACK

Allows for easy comparisons to daily activities, such as walking and running.

#### HIGHLIGHTED FEATURE

##### PEDAL SPACING



The new design and larger pedals offer easy use and reduce lower back stress.



#### Greener with EVERY MOVE

Certain components of our cardio equipment are no longer painted during the manufacturing process, which reduces our carbon footprint. This initiative also lowers the amount of Volatile Organic Compounds (VOCs) released into the air as pollutants.

### ELLIPTICAL CROSS-TRAINER DETAILS

- ✔ 20" (50.8 cm) stride length
- ✔ Narrow 2.8" (7.1 cm) pedal spacing
- ✔ At-your-fingertips resistance controls
- ✔ Oversized non-slip pedals
- ✔ Ergonomically correct moving arm handles provide total-body workout
- ✔ Patented Lifepulse™ digital heart rate monitoring

# THE ENGAGE™ CONSOLE

ARE YOU READY TO ENGAGE YOUR MIND,  
BODY AND SENSES?

Elevate exercise beyond excellence with the Engage™ Console, an integrated 15" entertainment center that motivates your users to take their fitness level to new heights. Watch Video content, connect an iPod® for touch screen access to music and movies, and listen to FM radio. Plus, utilize the USB connectivity to create, customize and track workouts with the Virtual Trainer Web Site, get motivated by the Virtual Trainer and visualize workout progress with Workout Landscape™ Perspectives. Get the new standard in fitness that allows you to attract new exercisers and improve retention. Are you ready to engage your mind, body, and senses?



## FEATURES



**INTEGRATED 15 LCD WITH TOUCH SCREEN TECHNOLOGY AND BUILT-IN VIDEO SCREEN**



**iPod AND iPhone COMPATIBILITY** | Seamless iPod/iPhone integration allows users to view music/video selections and watch videos directly on the LCD screen



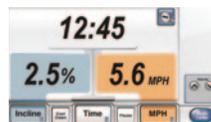
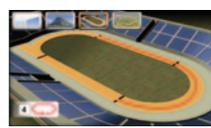
**USB CONNECTIVITY** | Create and save workouts and personal settings; use data to track performance and workout results at [www.VirtualTrainer.LifeFitness.com](http://www.VirtualTrainer.LifeFitness.com)



**VIRTUAL TRAINER** | Help users meet their goals and provide motivating encouragement and feedback on progress



**WORKOUT LANDSCAPE™ PERSPECTIVES** | Offer users program variety and motivation with ability to watch progress in real time on three workout landscapes including Mountain, 400 Meter Track, and 5K Nature Trail



**ZOOM FEATURE** | Enlarge speed, resistance and time displays for larger workout data viewing

## CONSOLE DETAILS

- ✔ Integrated 15" LCD with Touch Screen Technology
- ✔ Watch video content on up to 180 available channels on 15" integrated LCD screen; FM-radio ready
- ✔ Integrated connector allows exercisers to view iPod/iPhone music/video lists and make selections directly on the 15" LCD screen
- ✔ Watch iPod and iPhone-delivered video content on 15" LCD screen (requires video-capable iPod)
- ✔ Charge iPod and iPhone
- ✔ Users can create and save workouts and personal settings, and track workout results at [www.VirtualTrainer.LifeFitness.com](http://www.VirtualTrainer.LifeFitness.com)
- ✔ Virtual Trainer provides motivating encouragement, tips and feedback on progress
- ✔ Workout Landscape™ Perspectives
- ✔ Zoom feature enlarges resistance level, time and speed displays

**ELEVATION™  
SERIES**

**LifeFitness**  
WHAT WE LIVE FOR

KEY

STANDARD

○ OPTIONAL

— UNAVAILABLE

## SPECIFICATIONS

## 95X ENGAGE

HEART RATE MONITORING		
Polar® Telemetry (chest strap required)		
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)		
WORKOUTS		
Quick Start		
Classic Workouts	Manual, Random, Hill	
Heart Rate+ Workouts	Cardio, Fat Burn	
	Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate	
Hill+ Workouts	Around the World, Cascades, Foothills, Kilimanjaro	
Advanced Workouts	Fit Tests: Navy PRT	
	Fit Test	
	Sport Training: Speed Training, Speed Interval Training	
Goal Workouts	Time, Calories, Distance, Distance Climbed, Time in Zone, Pace	
Cross-Train Aerobics and Cross-Train Reverse Workout Modes		
Customized Cool Down		
PRODUCT FEATURES		
20" (50.8) Stride Length		
Integrated Reading Rack		
Integrated iPod® /Accessory Tray		
Support Handlebars		
Oversized Non-slip Pedals		
On-the-fly Programming		
Resistance Levels		26
At-Your-Fingertips Resistance Controls: Located on moving handlebars		
Removable Cup Holder		
Networking Capabilities: CSAFE-Ready, FitLinxx™ Certified		
SERVICE ENHANCEMENTS		
Manager's Menu Options		
Flash Programmable via USB Stick		
TECHNICAL SPECIFICATIONS		
Maximum User Weight		400 lbs (181 kg)
Power Requirements:	AC power line 115 volt, 15 amp (voltage may vary outside U.S.) Will use 2 amp max.	
Length		88.1" (224 cm)
Width		30.7" (78 cm)
Height		65" (165 cm)
Unit Weight		452 lbs (205 kg)
Warranty †	2-year limited warranty on all mechanical and electrical components	
	1-year labor	

† Warranties outside the U.S. may vary.  
Specifications subject to change.

KEY

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## DISPLAY TECHNOLOGY

**95X ENGAGE**

CONSOLE OPTIONS		
15" Integrated LCD Screen with Touch Screen Technology		●
VIDEO VIEWING OPTIONS		
Integrated 15" Diagonal Video Screen	Video content and workout data display	●
	Three different viewing sizes	●
Attachable 17" Diagonal TV (wide screen format)		—
DISPLAY READOUT		
Workout Feedback	Speed, Resistance, Heart Rate, Pace	●
	Elapsed Time, Time Remaining, Time in Zone, Time of Day	●
	Distance, Distance Climbed, Distance Remaining	●
	Calories, Calories per Hour, Watts, METs	●
Custom Messaging		●
Profile Display		●
Language Choices:		13 languages
-English, Spanish, Portuguese, Italian, French, German, Dutch and Russian		●
-Chinese (traditional and simplified), Japanese, Korean and Turkish		●
SPECIAL FEATURES		
Intel® Microprocessor		●
FM Radio-ready		●
iPod and iPhone Compatibility	Video capability on LCD screen	●
	Playlist management on LCD screen	●
	Charging	●
Virtual Trainer		●
Workout Tracking: USB connectivity and Virtual Trainer Web Site		●
Workout Landscape™ Perspectives		●
Manager-Defined Marathon Mode (unlimited workout time)		●
Manager-Defined/ User-Selected Languages	English, Spanish, Portuguese, Italian, French, German, Dutch, Russian, Chinese (traditional and simplified), Japanese, Turkish and Korean	●
User Units Selection (mph/kph and lbs/kg)		●
Zoom Feature		●
TV Controls: Touch Screen		●
Channel Memory	180 available channels	●
Favorite Channels		●
Previous Channel Viewed		●
Channel Renumbering		●
Secondary Audio Programs (SAP) - SAP TV broadcast required		●
Closed Captioning		●
Promo Channel		●
Secure Channel		●
Mute Feature		●
Asset Management and Advanced Diagnostics		●
Screen Protection: Protective top layer, internal shock mounts, gasket		●
TECHNICAL SPECIFICATIONS		
Available Tuner Systems: NTSC/ATSC/QAM, NTSC, PAL/SECAM		●
Channel Coverage: VHF 2-13, UHF 14-69, CATV 1-125		●
Manual Fine Tuning		●
Headphone Jack: 3.5 mm Stereo		●
Easy-to-Remove Headphone Jack		●

Specifications subject to change.

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