



INTEGRITY SERIES CLSX ELLIPTICAL CROSS-TRAINER

The Life Fitness Integrity Series Elliptical Cross-Trainer offers a smooth total-body cardiovascular workout. Built for comfort, it is a proven machine that offers a variety of low-impact workouts. This cross-trainer also offers a refreshed, non-intimidating console with more options for personalized entertainment, which helps exercisers complete more enjoyable workouts.

PERFORMANCE FEATURES

SEAMLESS COMPATIBILITY WITH IPOD

Connecting an iPod to the console charges the device to provide great motivation to the exerciser through music and, when, an attachable TV is available, video.

INTEGRATED ENTERTAINMENT CONTROLS

Newly integrated controls allow exercisers to skip songs, adjust the volume and change television channels right from the console.

TOTAL-BODY EXERCISE

Proven Classic Stride technology produces a unique, popular motion with 18" stride length, research-based ellipse path and biomechanically correct moving arms.

OVERSIZED PEDALS

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

HEART RATE MONITORING

Lifepulse™ digital heart rate monitoring hand sensors are conveniently placed on the moving arms to provide users with precise heart rate monitoring, and Polar® telemetry provides users with accurate, "hands-free" heart rate monitoring. (Telemetry requires optional chest strap.)



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.

HIGHLIGHT FEATURE

SELF
POWERED
CONVENIENCE



Powered by human movement, you can place these energy efficient cross-trainers anywhere in your facility, with no electrical cords or outlets to consider.

(Models with optional Attachable TV require power.)

ELLIPTICAL CROSS-TRAINER DETAILS

- Classic Stride technology; 18" (45.7 cm) stride length
- Narrow 2.8" (7.1 cm) pedal spacing
- Ergonomically correct moving arm handles provide total-body workout
- Dual-level alphanumeric LED console
- Heart rate monitoring
- 27 workouts, including 5 ZoneTraining+™ workouts
- 4 languages
- Integrated reading rack and accessory tray
- Self-powered
- iPod Compatibility
- Integrated iPod/TV controls
- Available with optional Attachable TV System
- Available in the Americas and select international countries

INTEGRITY[™]
SERIES

CARDIO EQUIPPED FOR EVERYDAY AND BEYOND

LifeFitness
WHAT WE LIVE FOR

INTEGRITY SERIES CLSX ELLIPTICAL CROSS-TRAINER

SPECIFICATIONS

HEART RATE MONITORING		
Polar® Telemetry (optional chest strap required)		●
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)		●
WORKOUTS		
Manual, Quick Start		●
Zone Training+™ Heart Rate Workouts: Cardio, Fat Burn, Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate		●
Interval Workouts: Hill, Random, Around the World, Cascades, Foothills, Interval, Kilimanjaro, Speed Training, Cross Train Aerobic, Cross Train Reverse		●
Cross Train Aerobics and Cross Train Reverse Workout Modes		●
Goal Workouts: Calories, Distance, Time, Time in Zone		●
Fit Test Protocol: Fit Test		●
Customized Cool Down		●
DISPLAY READOUT		
Elapsed Time, Distance, Total Calories Burned, Calories Per Hour, Heart Rate, Watts, METs, Workout Profile, Resistance Level, Speed		●
Language Choices		4
DISPLAY TYPE		
LED: Alphanumeric message center, workout profile and lower level time/level display		●
Numeric Keypad		●
SPECIAL FEATURES		
Classic Stride Technology with 18" (45.7 cm) Stride Length		●
Integrated Reading Rack		●
Integrated Accessory Tray		●
Support Handlebars		●
Oversized Non-slip Pedals		●
Rear Wheels for Easy Mobility		●
On-the-Fly Programming		●
Resistance Levels		25
Service Enhancements: Manager's Optional Settings		●
Networking Capabilities: CSAFE-Ready, FitLinxx™ Certified		●
Attachable TV System		○
iPod® Compatibility	Video capability on attachable TV	○
	On-console playlist management	●
	Charging	●
Integrated iPod/TV controls		●
Flash Programmable		●
TECHNICAL SPECIFICATIONS		
Maximum User Weight		350 lbs (160 kg)
Power Requirements: AC power line, 115 volt, 15 amp (voltage may vary outside U.S.)		●
Self Powered**		●
Auto Start: Brings power to console when user begins pedaling		●
Length		83" (211 cm)
Width		28" (71 cm)
Height		61" (155 cm)
Unit Weight		235 lbs (106 kg)
Warranty†	2-year limited warranty on all mechanical and electrical components	●
	1-year labor	●
	Attachable TV System Option: 2-years electrical and mechanical parts; 90 days labor	●

* Optional features are available with the purchase of an Attachable TV at an additional charge.

** Optional Attachable TV requires external power source.

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

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