



# CPO CLSX

## ELLIPTICAL CROSS-TRAINER

The Life Fitness® CPO 91X 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. Engineered to be ergonomically correct, with the durability only Life Fitness can provide, these machines take elliptical cross-training to a whole new level. Even remanufactured, Life Fitness Certified Cross-Trainers are a better value than other companies' brand new equipment.

### PERFORMANCE FEATURES

#### 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 ergonomically designed handlebars to provide precise heart rate monitoring, and Polar® telemetry provides accurate, "hands-free" heart rate monitoring.

(Telemetry requires optional chest strap.)

#### MOTIVATING WORKOUT VARIETY

Zone Training+™ Workouts automatically adjust the resistance level to keep users in their target heart rate zone. Six Interval Workouts provide added variety, while the Cross-Train Reverse and Cross-Train Aerobic Workout Modes with machine-generated prompts keep users motivated.

#### SPEED AND DISTANCE FEEDBACK

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

### 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 System 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
- > 16 workouts, including 2 ZoneTraining+™ workouts
- > 4 languages
- > Integrated reading rack and accessory tray
- > Self-powered
- > Available with Attachable TV System

**LifeFitness**  
WHAT WE LIVE FOR








# CPO CLSX ELLIPTICAL CROSS-TRAINER

## CHECKLIST

























### OUR 19-POINT INSPECTION

Our certified technicians carefully disassemble and diagnose every Cross-Trainer using a meticulous 19-point quality checklist. Next, we either Clean, Detail, Inspect, Rebuild, Repair, or Replace every specific part or perform a combination of these steps. We deliver fully-assembled, refurbished Cross-Trainers ready for your immediate use.

### KEY

Clean – 	Detail – 
Repair – 	Inspect – 
Rebuild – 	Replace – 
Paint – 	

All of our Certified Pre-Owned Cross-Trainers must meet our sophisticated quality standards.

1. Enter Start-Up Mode			11. Frame		
2. Electronic Function			12. Pillow Blocks		
3. Keypad Evaluation			13. Levelers		
4. Overlay Inspection			14. Shroud		
5. Electrodes/Handlebars			15. Alternator		
6. Grips			16. Alternator Brushes		
7. Reading Rack			17. Misc. Hardware		
8. Shroud Covers			18. Main Cable		
9. Pedals			19. End Caps/Arm Caps		
10. Belts					

## SPECIFICATIONS

<b>Heart Rate Monitoring</b>	Patented Lifepulse™ Digital Heart Rate Monitoring System and Polar® Telemetry Heart Rate Monitoring
<b>Workouts</b>	16 Workouts Including: Hill, Random, Around the World, Cascades, Foothills, Interval, Kilimanjaro, Speed Training, Cross Train Aerobic, Cross Train Reverse
<b>Display Readouts</b>	Elapsed Time, Distance, Total Calories Burned, Calories Per Hour, Heart Rate, Watts, METs, Workout Profile, Resistance Level, Speed
<b>Display Type</b>	LED alpha-numeric message center, workout profile and time/level display
<b>Standard Features</b>	Accessory Tray, Integrated Reading Rack, welded steel frame, 25 Resistance Levels, Support Handlebars, Rear Wheels for Easy Mobility
<b>Dimensions</b>	83" L x 28" W x 61" H (211 cmL x 71 cmW x 155 cmH)
<b>Weight</b>	235 lb (106 kg)
<b>Power Requirements</b>	Self-powered with Auto Start (no external power source required)
<b>Warranty</b>	One-year warranty on electrical parts, mechanical parts and labor; 6 months on console overlay (face plate). Ask your Certified Pre-Owned Representative for details.†

† Warranties outside the U.S. may vary.

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