

***95X Cross-Trainer Base***  
OPERATION MANUAL



*LifeFitness*

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\* Also check [www.lifefitness.com](http://www.lifefitness.com) for local representation or distributor/dealer

Before using this product, it is essential that this ENTIRE operation manual and ALL installation instructions be read.

This will help in setting up the equipment quickly and in instructing others on how to use it correctly and safely.

Avant toute utilisation de ce produit, il est indispensable de lire ce manuel d'utilisation dans son INTÉGRALITÉ, ainsi que TOUTES les instructions d'installations.

Ce manuel explique comment installer l'équipement et comment l'utiliser correctement et sans danger.

FCC Warning - Possible Radio / Television Interference

**NOTE:** *This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the operation manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference in which case the user will be required to correct the interference at his own expense.*

Class S (Studio): Professional and / or commercial use.



**CAUTION:** Any changes or modifications to this equipment could void the product warranty.



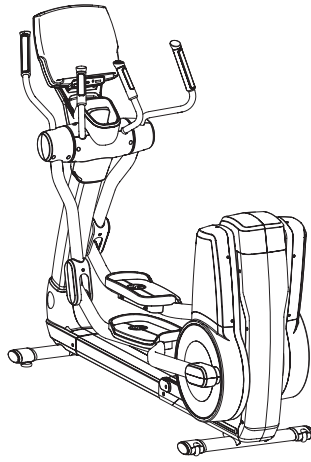
**MISE EN GARDE:** Tout changement et toute modification de ce matériel peut annuler la garantie du produit.

Any service, other than cleaning or user maintenance, must be performed by an authorized service representative. There are no user serviceable parts.

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This Operation Manual describes the functions of the following product:  
Life Fitness Cross-Trainers:


**95X**

See "Specifications" page in this manual for product specific features.

Statement of Purpose: The Life Fitness Cross-Trainer is an exercise machine that combines low-impact elliptical pedaling, where resistance is independent of speed, with push/pull arm motion to provide an efficient, effective total body workout.

 **CAUTION: Health-related injuries may result from incorrect or excessive use of exercise equipment. Life Fitness STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, or is over the age of 45, or smokes, has high cholesterol, is obese, or has not exercised regularly in the past year.**

If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.

 **MISE EN GARDE: Des problèmes de santé peuvent être causés par une utilisation incorrecte ou excessive de l'équipement. Life Fitness conseille VIVEMENT de consulter un médecin pour subir un examen médical complet avant de commencer tout programme d'exercice, et tout particulièrement si l'utilisateur a des antécédents familiaux d'hypertension ou de troubles cardiaques, ou s'il a plus de 45 ans, s'il fume, s'il a du cholestérol, s'il est obèse ou n'a pas fait d'exercice régulièrement depuis un an.**

Si, pendant l'utilisation de l'appareil, l'utilisateur ressent un malaise, des vertiges, des douleurs ou des difficultés à respirer, il doit cesser immédiatement.

# 1 GETTING STARTED

## 1.1 IMPORTANT SAFETY INSTRUCTIONS




**SAFETY WARNING:** The safety of the product can be maintained only if it is examined regularly for damage and wear. See Preventive Maintenance section for details.

- If this Life Fitness product does not function properly after it has been dropped, damaged, or even partially immersed in water, contact Life Fitness Customer Support Services for assistance.
- Always follow the console instructions for proper operation.
- Close supervision is necessary when used by children, invalids or disabled persons.
- Do not use this product outdoors, near swimming pools or in areas of high humidity.
- Never operate a Life Fitness product with the air openings blocked. Keep air openings free of lint, hair or any obstructing material.
- Never insert objects into any opening in this product. If an object should drop inside, carefully retrieve it. If the item cannot be reached, contact Life Fitness Customer Support Services.
- Never place liquids of any type directly on the unit, except in the accessory tray water bottle holder. Containers with lids are recommended.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
- Keep all loose clothing, shoelaces and towels away from moving parts.
- Do not use this product in bare feet.
- Do not tip the unit on its side during operation.
- Keep the area around the Life Fitness product clear of any obstructions, including walls and furniture. Ensure that there is at least one foot of clearance in front of the Life Fitness Cross-Trainer.
- Use caution when mounting or dismounting the Life Fitness Cross-Trainer. Use the stationary handlebar whenever additional stability is required. While exercising, hold onto the moving or stationary arms.
- Never use the Life Fitness Cross-Trainer while facing backward.
- Do not stand or sit on pedal lever covers or motor housing.

**SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.**

# 1 POINT DE DÉPART

## 1.1 CONSIGNES DE SÉCURITÉ IMPORTANTES

 **CONSIGNE DE SÉCURITÉ** : pour un emploi sûr, le produit doit être inspecté régulièrement afin de s'assurer qu'il n'est pas usé ni endommagé. Consultez la section de Maintenance préventive pour obtenir de plus amples informations.

- Si l'appareil Life Fitness ne fonctionne pas correctement après avoir subi une chute, des dommages ou une immersion même partielle dans l'eau, contactez le service d'assistance clientèle de Life Fitness.
- Pour un fonctionnement correct, suivez toujours les instructions de la console.
- Une surveillance étroite est nécessaire en cas d'utilisation par des enfants, des personnes invalides ou handicapées.
- N'utilisez pas ce produit à l'extérieur, près d'une piscine ou dans endroits très humides.
- Ne faites jamais fonctionner de produit Life Fitness dont les bouches d'aération seraient bloquées. Maintenez-les exemptes de peluches, de cheveux ou de toute obstruction.
- N'insérez jamais d'objet dans les ouvertures de cet appareil. Si un objet tombe dedans, coupez l'alimentation électrique, débranchez le cordon de la prise et récupérez-le avec précaution. Si vous ne pouvez pas l'atteindre, consultez le service après-vente de Life Fitness.
- Ne placez jamais de liquides d'aucune sorte directement sur l'appareil, sauf si vous disposez d'un support ou d'un plateau pour accessoires. Il est recommandé d'utiliser des conteneurs munis d'un couvercle.
- Portez des chaussures avec semelles en caoutchouc ou antidérapantes. N'utilisez pas de chaussures à talons, de semelles en cuir ou à crampons. Assurez-vous qu'aucun caillou ne s'est incrusté dans les semelles.
- Maintenez les vêtements lâches, les lacets et les serviettes à l'écart des pièces en mouvement.
- N'utilisez pas cet appareil sans chaussures.
- Ne faites pas basculer l'appareil sur le côté tandis qu'il fonctionne.
- Maintenez la zone autour du produit Life Fitness exempte d'obstructions, y compris de murs et de meubles. Veillez à laisser au moins 30 cm d'espace autour du Life Fitness Cross -Trainer.
- Procédez avec précaution lors du montage ou du démontage de la machine. Utilisez la barre fixe pour renforcer votre stabilité. Pendant les exercices, saisissez les bras mobiles.
- N'utilisez jamais cet appareil en vous tournant vers l'arrière.

**CONSERVEZ CES INSTRUCTIONS POUR USAGE ULTÉRIEUR.**

## 1.2 SETUP

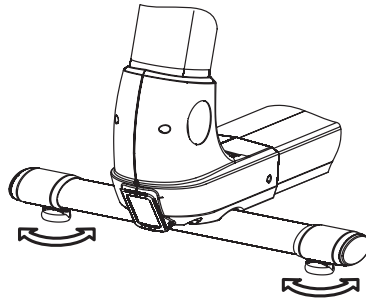
Read the Operation Manual before setting up the Life Fitness Cross-Trainer.

### WHERE TO PLACE THE LIFE FITNESS® CROSS-TRAINER


Following all safety instructions in Section 1.1, move the Life Fitness Cross-Trainer to the location in which it will be used. See Section 3, titled *Specifications*, for the dimensions of the footprint. Allow one foot of clearance in front of the Life Fitness Cross-Trainer to allow for movement of the pedal levers. It should be easy to mount the Life Fitness Cross-Trainer from the side. Mount the Life Fitness Cross-Trainer by grasping the handles and carefully stepping on the pedals. To dismount the Cross-Trainer, step off the pedals while still holding the handles. Then let go of the handles.

### HOW TO STABILIZE THE LIFE FITNESS CROSS-TRAINER

After placing the Life Fitness Cross-Trainer in position, check the unit's stability by attempting to rock it. Any slight rocking indicates that the unit must be leveled. Check the front stabilizing feet to determine which foot does not rest fully on the floor. Rotate the foot counter-clockwise to lower it. Recheck the stability and adjust again as needed until the Life Fitness Cross-Trainer is stable and no longer rocks. **Lock the adjustment into position by tightening the jam nut against the stabilizer bar with an open end 17mm wrench.**



### CHECK FOR BATTERY POWER

The Achieve (LED) and Inspire (7" LCD) consoles are powered by a rechargeable 6-volt battery. Check the battery by pressing and holding the power on/off  key. The console should beep and light up. The Message Center on the Achieve console will display a prompt to set up a workout. The Inspire console will show a message on the LCD indicating it is initializing (for up to 2 minutes). If a prompt doesn't appear or initializing doesn't begin, mount the Cross-Trainer and begin pedaling. The console should light up and programming a workout should be possible. Pedal for 20 minutes at 1.5mph (2.4km/h) or faster during a workout to charge the battery. The pedal action during workouts keeps the battery charged.

### CHECK FOR EXTERNAL POWER

The Engage (15" LCD) console is powered by an external AC-DC 36-volt power supply. Plug in the power to the external power connector on the front end of the Cross-Trainer. Plug the cord into an AC outlet. The console should immediately beep and light up. The Engage console will show a message indicating it is initializing (for up to 2 minutes).

**NOTE:** If any of the consoles do not light up, contact Life Fitness Customer Service (*refer to page one of this manual*).



# 2 SERVICE AND TECHNICAL DATA

## 2.1 PREVENTIVE MAINTENANCE TIPS


The Life Fitness Cross-Trainer is backed by the engineering excellence of Life Fitness and is one of the most rugged and trouble-free pieces of exercise equipment on the market today. Commercial Life Fitness products have proven to be durable in health clubs, colleges, and military facilities the world over. This same technology, engineering expertise, and reliability have gone into the Life Fitness Cross-Trainer.

**NOTE:** *The safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear as outlined in the Preventive Maintenance Schedule.*

**REMARQUE :** *pour conserver un matériel sûr, il convient de l'inspecter régulièrement afin de déceler tout signe d'usure ou d'endommagement. N'utilisez pas l'appareil tant que les pièces défectueuses n'ont pas été réparées ou remplacées. Portez une attention toute particulière aux pièces qui s'usent, comme indiqué ci-dessous.*

The following preventive maintenance tips will keep your Life Fitness Cross-Trainer operating at peak performance:

- Locate the Life Fitness Cross-Trainer in a cool, dry place.
- Clean the top surface of the pedals regularly.
- Use a 100% cotton cloth, lightly moistened with water and mild liquid detergent, to clean the Life Fitness Cross-Trainer. Other fabrics, including paper towels, may scratch the surface. Do not use ammonia, chlorine, or acid-based cleaners.
- Clean the frame and moving arms thoroughly on a regular basis.

 **NOTE:** When cleaning the exterior of the unit, a non-abrasive cleaner and soft cotton cloth are strongly recommended. At no time should cleaner be applied directly to any part of the equipment; apply the non-abrasive cleaner on a soft cloth and then wipe the unit.

## 2.2 PREVENTIVE MAINTENANCE SCHEDULE

Follow the schedule below to ensure proper operation of the product.

<i>ITEM</i>	<i>WEEKLY</i>	<i>MONTHLY</i>	<i>BI-ANNUALLY</i>	<i>ANNUALLY</i>
<i>Frame</i>	<i>Clean</i>			<i>Inspect</i>
<i>Accessory Tray/Reading Racks</i>	<i>Clean</i>	<i>Inspect</i>		
<i>Plastic Covers</i>	<i>Clean</i>	<i>Inspect</i>		

## 2.3 TROUBLESHOOTING THE POLAR® HEART RATE CHEST STRAP

### HEART RATE READING IS ERRATIC, ABSENT ENTIRELY, OR ABNORMALLY ELEVATED

<b>Malfunction</b>	<b>Probable Cause</b>	<b>Corrective Action</b>
Heart rate reading is erratic or absent entirely	Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes.
	Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin.
	Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
	Belt transmitter is not within 3 feet (one meter) of the heart rate receiver.	Make sure the chest strap transmitter is within three feet (one meter) of the heart rate receiver.
	Chest strap battery is depleted.	Contact Life Fitness Customer Support Services for instructions on how to have the chest strap replaced.
Abnormally elevated heart rate readings	Electromagnetic interference from television sets and/or antennas.	Move the exercise equipment a few inches away from the probable cause, or move the probable cause a few inches away from the exercise equipment, until the heart rate readings are accurate.
	Electromagnetic interference from cell phones.	
	Electromagnetic interference from computers.	
	Electromagnetic interference from cars.	
	Electromagnetic interference from high voltage power lines.	
	Electromagnetic interference from motor driven exercise equipment.	
	Electromagnetic interference from another heart rate transmitter within three feet (one meter).	

## **2.4 TROUBLESHOOTING THE LIFEPULSE SYSTEM SENSORS**

If the heart rate reading is erratic or missing, do the following:

- Dry the hands if necessary to prevent slipping.
- Apply hands to all eight sensors on user arms and bullhorns.
- Grasp the sensors firmly.
- Apply constant pressure around the sensors.

## **2.5 RECYCLING THE BATTERY**

When this Life Fitness product is about to be discarded at the end of its useful life, the rechargeable battery must be removed and recycled. To access the battery, use a medium tip Phillips screw driver to remove the eight screws that hold the rear cover to the back of the cross-trainer. The battery is located below the control circuit board. To remove the battery, remove the two wires connected to the battery and the two screws that hold the battery in place. Dispose of the battery properly.

## **2.6 HOW TO OBTAIN PRODUCT SERVICE**

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate the serial number plate, which is located on the back stabilizer. Document the serial number, which consists of three letters followed by six numerals.
3. Contact Life Fitness Customer Support Services via the Web at: [www.lifefitness.com](http://www.lifefitness.com), or call the nearest Life Fitness Customer Support Services group (*refer to page 1 of this manual*).

# 3 SPECIFICATIONS

## 3.1 LIFE FITNESS 95X CROSS-TRAINER BASE

Designed use:	Heavy/Commercial
Maximum user weight:	400 pounds / 181.44 kilograms
Power requirements:	None.
Pedal speed range:	1.5 mph -14.3 mph (2.4 km/h-23.0 km/h)
Drive type:	Belt/Generator/Brake
Accessory Tray:	Standard
Integrated Reading Rack:	Standard
Color:	Silver with gray accents

### PHYSICAL DIMENSIONS:

Length:	88.1 inches / 224 centimeters
Width:	30.7 inches / 78 centimeters
Height:	65 inches / 165 centimeters
Weight:	459 pounds / 208 kilograms

### SHIPPING DIMENSIONS:

Length:	87 inches / 221 centimeters
Width:	33 inches / 83.82 centimeters
Height:	54.25 inches / 138 centimeters
Weight:	540 pounds / 245 kilograms

