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functions of the following product: Club Series Cross-Trainer (CSX) See “Specifications” 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 with push/pull arm motion to provide an efficient, effective total body workout.

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**Club Series Cross-
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Manual describes the
functions of the
following product: Life
Fitness Cross-Trainer
Model: Statement of

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Purpose: The Life Fitness Total-Body Elliptical 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.

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... Life Fitness has been dedicated to creating innovative fitness solutions that benefit both facilities and exercisers. ... Life Fitness Activate Series Elliptical Cross-Trainer. Life Fitness Elevation Series Elliptical Cross-Trainer. Displaying 7 Products

Ellipticals - Life Fitness

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X 1 TOTAL-BODY ELLIPTICAL CROSS- TRAINER BASE USER MANUAL

Life Fitness elliptical cross-trainers are fixtures in clubs and athletic facilities around the world. From commercial health clubs to boutique personal training studios and elite athletic training facilities, fitness managers depend on

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our ellipticals to help exercisers reach their health goals.

Elliptical Cross- Trainers - Life Fitness

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Life Fitness Total-Body
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Trainer® Models: E1,
E3, E5. Thank you for
purchasing a Life
Fitness Total-Body
Elliptical Cross-Trainer.

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Before using this product please read this user manual in its entirety to ensure that you have the knowledge to safely and properly operate all of the features on your cross-trainer.

Lifefitness E3, E1, E5 User Manual

Composed of six distinct brands, the Life Fitness Family of Brands is dedicated to providing opportunities

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purchasing a Life
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