

Integrity Series Elliptical Cross-Trainer (CLSX)

Built for comfort, the Life Fitness Integrity Series Elliptical Cross-Trainer 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.

With the latest aesthetic and entertainment upgrades, all of our Integrity Series cardio products now offer an even more compelling user experience. New iPod® compatibility and integrated iPod/TV controls keep exercisers motivated and entertained throughout their workout.

*Available only in the Americas



iPod Compatibility

Made for iPod integration allows users to charge their iPod, manage their playlist, and watch videos on the optional Attachable TV

Integrated iPod/TV Controls

Numeric keypad built right into the console allows seamless control of channel, volume, iPod tracks, source, closed captioning, mute, pause and "last" channel



Easy to Use

An intuitive console with amber LEDs makes startup simple and allows for easy data viewing

Motivating Workout Variety

27 workouts, including 5 Zone Training+™ Workouts that automatically adjust the resistance level and keep users in their target heart rate zone. Goal-based workouts and interval workouts keep users motivated.





Total-Body Exercise

Proven 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 and bullhorns to provide precise heart rate monitoring, and Polar® telemetry provides accurate, "hands free" heart rate monitoring. (Telemetry requires optional chest strap)

Self-Powered Convenience*

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

Optional 17" Attachable TV

Offers users a great combination of exercise and entertainment. Plus, iPod and iPhone users can view iPod and iPhone video content on the Attachable TV (requires Composite AV Cable, sold separately).

*Models with Attachable TV require external power source.

PRODUCT FEATURES

Polar Telemetry Heart Rate Monitoring (Optional chest strap required)	Yes
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)	Yes
Resistance Levels	25
Integrated Reading Rack	Yes
Oversize Non-slip Pedals	Yes
Support Handlebars	Yes
On-the-Fly Programming	Yes
TV Viewing	Optional Attachable 17" Diagonal TV (wide screen format)
iPod and iPhone Compatibility	iPod video capability on optional Attachable TV, playlist management, charging
Service Enhancements: Manager's Optional Settings	Yes
Networking Capability	CSAFE-Ready, FitLinxx™ Certified

TECHNICAL SPECIFICATIONS

Maximum User Weight	350 lbs (160 kg)
Stride Length	18" (45.7cm)
Power Requirements	Self Powered*
Auto Start: brings power to console when user begins pedaling	Yes
Length	83" (211 cm)
Width	28" (71 cm)
Height	63.5" (161 cm)
Unit Weight	235 lbs (107 kg)
Warranty	2-year limited warranty on all mechanical and electrical components, 1-year labor, Optional Attachable TV: 2-year limited warranty / electrical and mechanical parts; 90 days / labor
Available Tuner Systems: NTSC/ATSC, PAL/SECAM/DVB-T	Optional

Headphone Jack	3.5 mm Stereo
Easy-to-remove Headphone Jack	Yes
DISPLAY TYPE	
Amber LED Display	Yes
Alphanumeric message center workout profile and lower level time/level display	Yes
SPECIAL FEATURES	
iPod video capability on optional Attachable TV some models require Composite AV Cable, sold separately)*	Optional
iPod playlist management	Yes
iPod charging	Yes
Integrated TV Controls	Yes
Channel Memory: 1000 Available Channels	Optional
Previous Channel Viewed	Optional
Channel Renumbering	Optional
Secondary Audio Programs (SAP) - SAP TV broadcast required	Optional
Closed Captioning	Optional
Mute Feature	Optional
Screen Protection: Protective top layer, internal shock mounts, gasket	Optional

*Optional Attachable TV requires external power source. AC power line, 115 volt, 15 amp (voltage may vary outside the U.S.)

Quick Start
 Manual
 Random
 Hill
 Cardio
 Fat Burn
 Heart Rate Hill
 Heart Rate Interval
 Extreme Heart Rate
 Around the World
 Cascades
 Foothills
 Kilimanjaro
 Fit Test
 Custom Workouts (6)
 Cross-Trainer Aerobics
 Cross-Trainer Reverse
 Speed Training
 Speed Interval Training
 Time Goal
 Calorie Goal
 Distance Goal
 Distance Climbed Goal
 Time in Zone Goal
 Customized Cool Down

Speed
 Resistance Level
 Heart Rate
 Elapsed Time

Distance
Distance Climbed
Calories
Calories Per Hour
Watts
METS
Language Choices (7)
Workout Profile

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