

# INTEGRITY AND CLUB SERIES CROSS-TRAINERS

## CLSX & CSX ASSEMBLY INSTRUCTIONS





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Service Operating Hours: 9.00h-18.00h

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Service Operating Hours: 9.00h-18.00h

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

Please take special note of the following safety instructions and important points prior to choosing a location and beginning assembly of the Integrity and Club Series Cross-Trainers.



**WARNING:** 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, is over the age of 45, 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.



**AVERTISSEMENT:** Des problèmes de santé peuvent être causés par une utilisation incorrecte ou excessive de l'équipement. **LIFE FITNESS** recommande FORTEMENT 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, 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 s'arrêter immédiatement.

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Operation Manuals and other Product Information available at  
<https://www.lftechsupport.com/web/document-library/documents>

# 1 GETTING STARTED

## 1.1 IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the LIFE FITNESS Cross-Trainer.

- **DANGER:** To reduce the risk of electrical shock, always unplug LIFE FITNESS products before cleaning or attempting any maintenance activity.
- **WARNING:** To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.
- **WARNING:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.
- **WARNING:** Ensure that there is at least 1 ft. (0.3 m) of clearance in front of the LIFE FITNESS Cross-Trainer and at least 2 ft. (0.6 m) on the side.
- **WARNING:** The Cross-Trainer is not equipped with a free-wheeling feature. Therefore, it cannot be stopped immediately.
- Do not stand or sit on pedal lever covers or rear plastic housing.
- Do not stand on center tube.
- The individual human power required to perform an exercise may be different than the mechanical power displayed on the Cross-Trainer.
- Use caution when mounting or dismounting the Cross-Trainer. Before mounting, use the moving arms to bring the pedal nearest to you to the lowest position. Use the stationary handlebars whenever additional stability is required. While exercising, hold onto the moving arms.
- Never face backward while using the Cross-Trainer.
- Never operate a LIFE FITNESS product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact LIFE FITNESS Customer Support Services.
- Position the product so that the power cord plug to the wall is accessible to the user.
- If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
- Always follow the console instructions for proper operation.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.
- 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 other obstructing material.
- Never insert objects into any opening in these products. If an object should drop inside, unplug the power cord from the outlet, and 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 an accessory tray or holder. Containers with lids are recommended.
- Do not use these products in bare feet. Always wear shoes. 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 reach into, or underneath, the unit or tip it on its side during operation.
- Do not allow other people to interfere in any way with the user or equipment during a workout.
- Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Read all warnings on each product prior to starting a workout.
- Health and Environmental Regulations Warning - This product may contain chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm. For more information related to the European Commission Regulation (EC) No. 1907/2006 (REACH) and the California Safe Drinking Water and Toxic Enforcement Act of 1986 (Proposition 65), please visit <https://www.lftechsupport.com/web/guest/environmental-regulations-information>.

**SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.**

## 1.1 CONSIGNÉS DE SÉCURITÉ IMPORTANTES

Lire toutes les instructions avant d'utiliser les appareils LIFE FITNESS.

- **DANGER:** Pour réduire les risques de décharge électrique, toujours débrancher cet appareil LIFE FITNESS avant le nettoyage ou toute mesure d'entretien.
- **AVERTISSEMENT:** Pour réduire les risques de brûlures, d'incendies, de décharges électriques ou de blessures, chaque appareil doit absolument être branché sur une prise électrique correctement mise à la terre.
- **AVERTISSEMENT:** Des systèmes de surveillance de fréquence cardiaque peuvent être inexacts. Trop d'exercices peuvent entraîner des blessures sérieuses, voire mortelles. En cas de sensation d'évanouissement, arrêter immédiatement l'entraînement.
- **AVERTISSEMENT :** Veillez à laisser un espace d'au moins 30 cm (1 pied) à l'avant du LIFE FITNESS Cross-Trainer et d'au moins 60 cm (2 pieds) sur les côtés.
- **AVERTISSEMENT :** Le Cross-Trainer ne fonctionne pas « en roue libre » et ne peut donc pas être arrêté instantanément. Ne vous tenez pas debout ou assis sur les caches en plastique situés à l'arrière.
- Ne pas rester debout ou s'asseoir sur la pédale de levie. Ne pas rester debout ou s'asseoir sur les couvercles arrière en plastique du Cross-Trainer.
- Ne pas rester debout sur le tube central.
- La puissance nécessaire à chaque utilisateur pour effectuer un exercice peut différer de la puissance mécanique affichée sur le Cross-Trainer.
- Montez et descendez avec précaution du Cross-Trainer. Avant de monter, placez la pédale située de votre côté en position basse, en vous aidant des bras mobiles. Utilisez les barres fixes lorsque vous avez besoin de renforcer votre équilibre. Pendant votre entraînement, tenez-vous aux bras mobiles.
- Ne jamais faire face à l'arrière lors de l'utilisation du Cross-Trainer.
- Ne jamais faire fonctionner un produit LIFE FITNESS dont la fiche ou le cordon d'alimentation est endommagé, ni aucun appareil qui serait tombé ou aurait été endommagé ou même partiellement plongé dans l'eau. Appeler le service clientèle de LIFE FITNESS.
- Placer ce produit de manière à ce que l'utilisateur puisse accéder à la fiche du cordon d'alimentation.
- Si le cordon d'alimentation électrique est endommagé, il doit être remplacé par le fabricant, par un réparateur agréé ou par une personne qualifiée afin d'éviter tout danger.
- Les instructions de la console doivent toujours être suivies pour obtenir un fonctionnement correct.
- Cet appareil n'est pas prévu pour être utilisé par des personnes (y compris les enfants) dont les capacités physiques, sensorielles ou mentales sont réduites, ou des personnes dénuées d'expérience ou de connaissance, sauf si elles ont pu bénéficier, par l'intermédiaire d'une personne responsable de leur sécurité, d'une surveillance ou d'instructions préalables concernant l'utilisation de l'appareil.
- Ne pas utiliser ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides.
- Ne jamais faire fonctionner d'appareil LIFE FITNESS dont les orifices d'aération seraient bloqués. Les garder exempts de peluches, de cheveux ou de toute obstruction.
- Ne jamais rien insérer dans les ouvertures de cet appareil. Si un objet tombe à l'intérieur de l'appareil, débrancher le cordon de la prise et le récupérer avec précaution. S'il est impossible de l'atteindre, communiquer avec le service à la clientèle de LIFE FITNESS.
- Ne jamais placer aucun liquide directement l'appareil, sauf dans le plateau pour accessoires ou un support prévu à cet effet. Il est recommandé d'utiliser des conteneurs munis de couvercles.
- Ne pas utiliser cet appareil pieds nus. Toujours porter des chaussures. Porter des chaussures avec des semelles en caoutchouc ou fournissant une très bonne adhérence. Ne pas utiliser de chaussures à talons, à semelles en cuir ou munies de crampons. S'assurer qu'aucun caillou n'est incrusté dans les semelles.
- Éloigner les vêtements lâches, les lacets et les serviettes des pièces en mouvement.
- Ne pas placer les mains sous l'appareil ou dans l'appareil, et ne pas le renverser sur le côté pendant le fonctionnement.
- Ne laisser personne déranger de quelque manière que ce soit l'utilisateur ou interférer avec l'équipement durant un entraînement.
- Laisser les consoles ACL se « normaliser » pendant une heure quant à la température avant le branchement et l'utilisation de l'appareil.
- Cet appareil ne doit être employé que pour l'usage auquel il est destiné, conformément aux directives du manuel.
- Ne pas utiliser d'accessoires qui ne sont pas recommandés par le fabricant.
- Lisez tous les avertissements sur chaque produit avant de démarrer un exercice.
- Réglementation en matière de santé et d'environnement : avertissement - Ce produit peut contenir des substances chimiques considérées par l'État de Californie comme cancérigènes et causant des malformations congénitales ou d'autres troubles de l'appareil reproducteur. Pour plus d'informations sur la réglementation européenne n° 1907/2006 (REACH) et le California Safe Drinking Water and Toxic Enforcement Act de 1986 (Proposition 65), connectez-vous à l'adresse suivante : <https://www.lftechsupport.com/web/guest/environmental-regulations-information>.

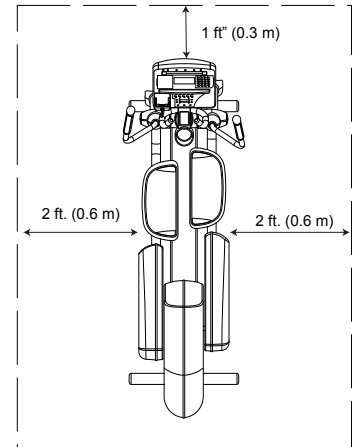
**CONSERVER CES INSTRUCTIONS POUR TOUT USAGE ULTÉRIEUR.**

## 1.2 SET-UP

Read the entire manual before setting up the LIFE FITNESS Cross-Trainer.

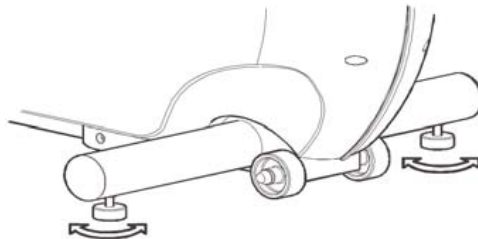
### WHERE TO PLACE THE LIFE FITNESS® CROSS-TRAINER

Follow all *Safety Instructions* in Section 1.1 and move the Life Fitness Cross-Trainer to the location in which it will be used. See Section 4, *Specifications*, for the dimensions of the footprint. Allow 1 foot of clearance in front of the Life Fitness Cross-Trainer to allow for movement of the pedal levers and at least 2 ft. (0.6 m) on the side. It should be easy to mount the Life Fitness Cross-Trainer from the side.



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

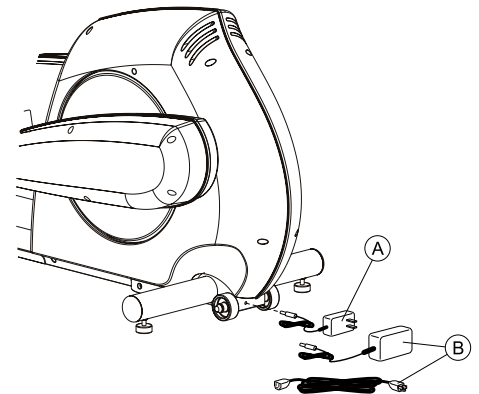
After placing the Life Fitness Cross-Trainer in position, check the unit's stability by attempting to rock it. Any slight rocking indicates that the unit must be leveled. Check the stabilizing feet to determine which foot does not rest fully on the floor. Rotate the foot counter-clockwise to lower it. 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 9/16 inch wrench.



### CHECK FOR CONSOLE POWER

#### CSX

The Life Fitness Cross-Trainer comes with a standard power supply for the U.S., or a universal power supply that will accept country-specific line cords. Insert the power adapter jack into the barrel plug on the back of the Life Fitness Cross-Trainer. Then insert the power supply into the wall outlet (A) (or the universal power supply if outside the U.S. (B)). Make sure the cord is routed so that it doesn't bind and will not be walked on. Check that the console LEDs light up. If not, recheck the plug and wall connections and make sure the wall outlet has power. Use only the power supply provided by Life Fitness in order to insure against unsafe operation.



#### CLSX / CSX

The console is powered by a rechargeable 6-volt battery. Check the battery by pressing the START key. The console should light up, and the MESSAGE CENTER should display a prompt to set up a workout. If this does not occur, mount the Life Fitness Cross-Trainer and begin pedaling. The console should then light up, making it possible to program a workout. Pedal for 10 to 20 minutes at 1.5 mph (2.4 kph) or faster during a workout to charge the battery. Afterwards, the pedal action during workouts keeps the battery charged. If the console still does not light, contact Life Fitness Customer Support Services (see page one of this manual for more information).

**Note:** *Optional external power supply can be used for CLSX units. Use only the power supply provided by Life Fitness in order to insure against unsafe operation.*



## GROUNDING INSTRUCTIONS (APPLICABLE FOR UNITS USING EXTERNAL POWER SUPPLY)

This Life Fitness product must be properly grounded. If the unit malfunctions or breaks down, proper grounding provides a path of least resistance for the electric current, which reduces the risk of shock to anyone touching or using the equipment. Each unit is equipped with an electrical cord, which includes an equipment grounding conductor and a grounding plug. The plug must be inserted into an outlet that has been properly installed and grounded in accordance with all local codes and ordinances.



**A temporary adapter MUST NOT BE USED to connect this plug to a two-pole receptacle in North America. If a properly grounded, 15amp outlet is not available, one must be installed by a qualified electrician.**

**IL EST ABSOLUMENT INTERDIT d'employer un adaptateur temporaire pour brancher cette fiche sur une prise bipolaire en Amérique du Nord. Si aucune prise de 15 A correctement mise à la terre n'est disponible, en faire installer une par un électricien qualifié.**



**DANGER: A risk of electrical shock may result from improper connection of the equipment-grounding conductor. Check with a qualified electrician if in doubt as to proper grounding technique. DO NOT modify the plug provided with the product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician. Any modification to the electrical plug will result in a voided warranty.**

**Un branchement incorrect du conducteur de mise à la terre peut entraîner des risques de décharge électrique. Consulter un électricien si des doutes subsistent quant à la technique de mise à la terre. NE PAS MODIFIER la fiche fournie avec l'appareil. Si elle ne s'adapte pas à une prise, faire installer une prise correcte par un électricien qualifié. Toute modification à la fiche annule la garantie.**

## FITNESS NETWORKING (CLSX) & SERVICE ACCESSIBILITY (CSX)

Two interchangeable ports (A) are located on the back of the console and are enclosed by a removable cover. The ports are used to:

- connect the Life Fitness CLSX cross-trainer to a fitness entertainment system and /or a network.

*Networking:* The built-in networking ports allow the unit to exchange workout information with a fitness network database.

*Fitness Entertainment:* The network connection enables the console to power a third-party receiver for use with a service such as the Cardio Theater® entertainment system or the BroadcastVision™ entertainment system.

- update console software on the Life Fitness CSX Cross-Trainer.

Any use of the ports for other than their intended purpose could void the product warranty.



# 2 SERVICE AND TECHNICAL DATA

## 2.1 PREVENTIVE MAINTENANCE TIPS

LIFE FITNESS products are backed by the engineering excellence and reliability of LIFE FITNESS and are one of the most rugged and trouble-free pieces of exercise equipment on the market today.

**Note:** *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 below.*

**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 the LIFE FITNESS product operating at peak performance:

- Locate the product in a cool, dry place.
- Clean the display console and all exterior surfaces with an approved or compatible cleaner (see LIFE FITNESS Approved Cleaners) and a microfiber cloth.
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.
- Clean the top surface of the pedals regularly.
- Clean the housing and moving arms thoroughly on a regular basis.

### **LIFE FITNESS APPROVED CLEANERS** *(United States Availability Only)*

Two preferred cleaners have been approved by LIFE FITNESS reliability experts: PureGreen 24 and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 and the Antibacterial Force formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1. PureGreen 24 is available in a spray which is convenient to use. Apply the spray to a microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control. Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

Contact Customer Support Services to order these cleaners (1.800.351.3737 or email: [customersupport@lifefitness.com](mailto:customersupport@lifefitness.com)).

### **LIFE FITNESS COMPATIBLE CLEANERS**

Mild soap and water or a mild non-abrasive household cleaner can also be used to clean the display and all exterior surfaces.

Use a soft microfiber cloth only. Apply the cleaner to the microfiber cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

## 2.2 PREVENTIVE MAINTENANCE SCHEDULE

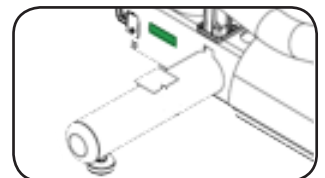
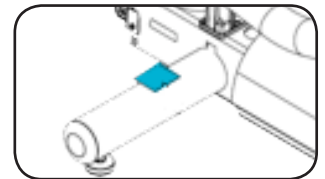
Item	Weekly	Monthly	Annually
Console Overlays	Clean		Inspect
Bottle Holders / Accessory Trays	Clean	Inspect	
Console Mounting Bolts			Inspect
Frames	Clean		Inspect
Plastic Covers	Clean	Inspect	Inspect
Lifepulse Sensors	Clean / Inspect		
Hardware			Inspect
Pedals	Clean	Inspect	
Leg Levelers		Inspect / Adjust	

## 2.3 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 screws that fasten the left and right front covers to the frame. The battery is located beneath these covers on top of the frame. 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.

## 2.4 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 and write down the serial number of the unit which is located on the back of the unit near the toe guard. 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*).



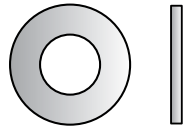
Remove plastic shroud to find small serial label location.

# 3 ASSEMBLY

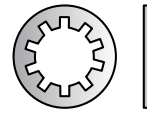
## COMPONENT LIST

<b>#</b>	<b>Part Description</b>	<b>Qty</b>
1	Hex Socket Head Cap Screw	8
2	Phillips Pan Head Screw	4
3	Phillips Pan Head Pointed Screw	18
4	Console Assembly (shipped separately)	1
5	Front Monocolumn Cover	1
6	Back Monocolumn Cover	1
7	Console Support Assembly	1
8	Flat Washer	2
9	Left Front Cover	1
10	Right Front Cover	1
11	Left User Arm Assembly	1
12	Right User Arm Assembly	1
13	Front Rocker Cover	2
14	Back Rocker Cover	2
17	Accessory Tray	1
18	Internal Tooth Lock Washer	6
19	Cap: Console Support	1
20	Grommet	4
21	Cup	1
22	Pad	1

## HARDWARE



FLAT WASHER (#8)



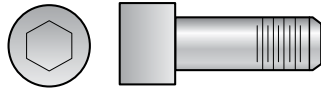
INTERNAL TOOTH LOCK WASHER (#18)



#8-18 X 3/4" PHILLIPS PAN HEAD  
POINTED SCREW (#3)



#8 -18 X 10 PHILLIPS PAN HEAD SCREW (#2)



3/8 -16 X 1" HEX SOCKET HEAD CAP SCREW (#1)



GROMMET (#20)

## TOOLS REQUIRED

- Magnetic #2 Bit Phillips Screwdriver
- 5/16" Hex Key Wrench

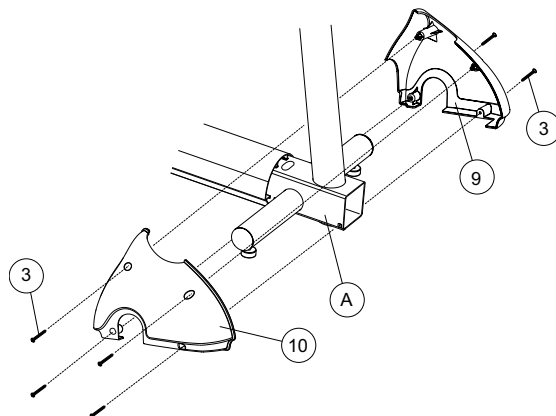
## IMPORTANT!

DO NOT DISCARD THE SHIP KIT LOCATED ON TOP OF THE PEDAL LEVERS. ALL NECESSARY COMPONENTS NEEDED TO COMPLETE THE INSTALLATION ARE LOCATED IN THE SHIP KIT.

NE JETEZ PAS LE KIT PLACÉ SUR LE DESSUS DES LEVIERS DE PÉDALE. IL CONTIENT TOUS LES ÉLÉMENTS NÉCESSAIRES POUR L'INSTALLATION.

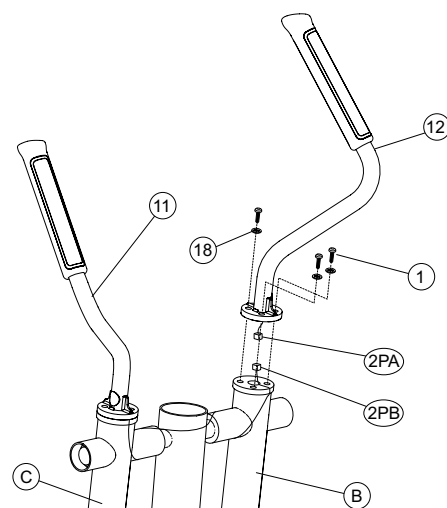
1. Before proceeding, familiarize yourself with the parts of the Cross-Trainer and make sure that you have received all the items described in the Component List.

2. Locate the left and right Front Cover (9 & 10). Using two Phillips Pan Head Pointed Screws (3), mount the Left Front Cover (9) to the Frame (A). Attach the Right Front Cover (10) to the Frame in the same manner using two Phillips Pan Head Pointed Screws (3). Secure the tops of the Front Covers together using two Phillips Pan Head Pointed Screws (3).



**CAUTION:** Do not overtighten the Phillips Pan Head Pointed Screws (3).

3. Locate the Right User Arm (12). Snap the 2-Pin Connector (2PA) located at the bottom of the Right User Arm into the 2-Pin Connector (2PB) positioned at the top of the Right Rocker Arm (B). Feed the connectors and excess cable up into the Right User Arm. Secure the Right User Arm to the Right Rocker Arm using three Hex Socket Head Cap Screws (1) and three Internal Tooth Lock Washers (18). Repeat the procedure for the Left User Arm (11) and Left Rocker Arm (C). Tighten all screws securely.



4. Detach and unwrap the Wire Harness (E) (16P, 4P) located at the top of the Monocolumn (F). Holding the Console Support Assembly (7) with the hand grips facing upward, feed the Wire Harness up through the neck and out the top access hole. Carefully lower the Console Support Assembly into the Monocolumn.

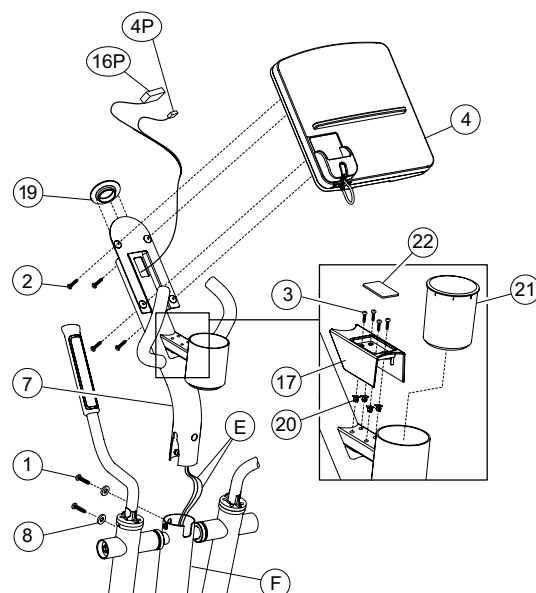
**CAUTION:** Be careful not to pinch the Wire Harnesses (E) when assembling the Console Support Assembly (7) to the Monocolumn (F).

5. Using two Hex Socket Head Cap Screws (1) and two Flat Washers (8), secure the Console Support Assembly (7) to the Monocolumn (F). Tighten the Screws securely.

6. Insert the Grommets (20) into the four holes on the Console Support Assembly. Locate the Accessory Tray (17). Align the Accessory Tray with the four holes on the Console Support Assembly. Using four Phillips Pan Head Pointed Screws (3), secure the Accessory Tray to the Console Support Assembly as shown. Tighten the Screws securely.

**CAUTION:** Do not overtighten the Phillips Pan Head Pointed Screws (3).

7. Remove the adhesive back and install the Pad (22). Install the Cup (21).



8. Attach the 4-Pin (4P) and 16-Pin (16P) Connectors to the corresponding Jacks on the back of the Console Assembly (4).
9. Feed any excess Wire Harness (E) down into the Console Support Assembly (7). Secure the Console Assembly (4) to the Console Support Assembly using four Phillips Pan Head Screws (2). Tighten the Screws securely.

**CAUTION:** Do not over-tighten the Phillips Pan Head Screws (2).

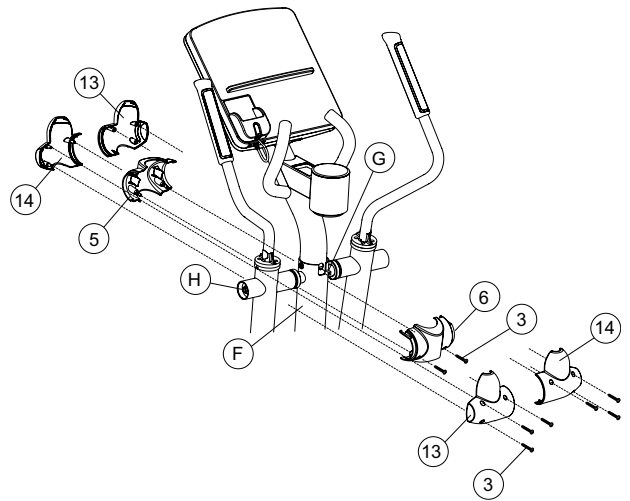
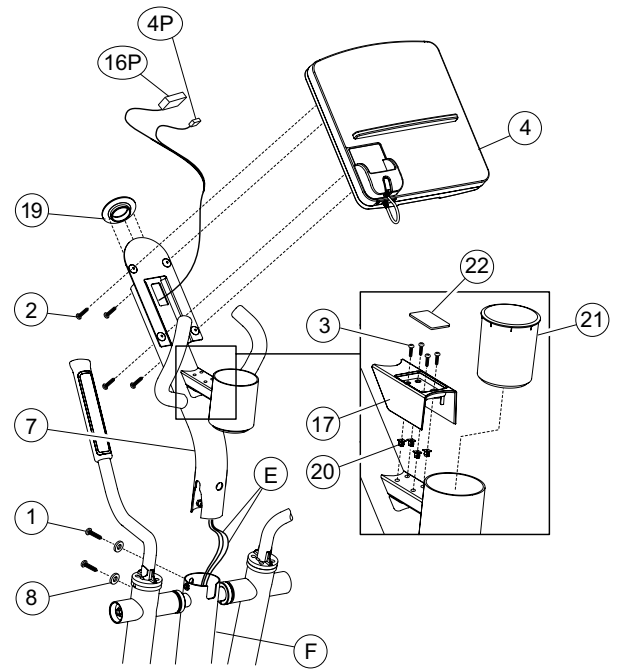
**CAUTION:** Be careful not to pinch the Wire Harness (E) when assembling the Console Assembly (4) to the Console Support Assembly (7).

10. Locate and install the Console Support Cap (19) onto the Console Support Assembly (7).
11. Place the Back Monocolumn Cover (6) over the Pivot Shaft (H) at the top of the Monocolumn (F).
12. Place the Front Monocolumn Cover (5) on the opposite side of the Back Monocolumn Cover (6) to cover the Pivot Shaft (G) and Console Support Assembly Mounting Screws. Interlock the top tabs and use two Phillips Pan Head Pointed Screws (3) to secure the bottoms of the Monocolumn Covers together. Tighten the Screws securely.

**CAUTION:** Do not over-tighten the Phillips Pan Head Pointed Screws (3).

13. Locate one Front Rocker Cover (13) and one Back Rocker Cover (14). Position the Front Rocker Cover over the user side of the left end of the Pivot Shaft (H) (as shown) making sure that it interlocks with the Monocolumn Covers (5 & 6). Place the Back Rocker Cover over the opposite side of the left end of the Pivot Shaft in the same manner. Secure the Covers using three Phillips Pan Head Pointed Screws (3). Repeat the procedure reversing front and back for the user right end of the Pivot Shaft.

**CAUTION:** Do not over-tighten the Phillips Pan Head Pointed Screws (3).



# 4 SPECIFICATIONS

## 4.1 LIFE FITNESS CLSX & CSX CROSS-TRAINERS

Designed use:	Heavy / Commercial (CLSX) Home (CSX)
Maximum User Weight:	350 pounds / 160 kilograms
Power Requirements:	<b>CSX:</b> 120 volt, 1.0 amp (U.S. & Canada); 100- 240 volt, 1.0 amp (outside U.S. & Canada)
Console Displays:	Elapsed time, total distance, total calories burned, calories burned per hour, heart rate, target heart rate, Watts, METs, workout profile, resistance level, speed
Workouts, Goals, & Modes:	Quick Start, Manual, Cardio, Fat Burn, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™, Random, Hill, Calories Goal, Distance Goal, Time in Zone Goal, Time-based Goal, Custom Workouts (6), Life Fitness Fit Test, Cool Down Mode, Cross-Train Aerobic, Cross-Train Reverse, Speed Training, Around the World, Cascades, Foot-hills, Interval, Kilimanjaro
Resistance Levels:	25
Pedal Speed Range:	2.2 - 12.7 mph (3.5- 20.4kph)
Drive Type:	Belt / alternator
Heart Rate Monitoring Systems:	Patented Lifepulse™ digital contact heart rate and Polar® telemetry-compatible heart rate monitoring system
Ports (2):	Type RJ45, interchangeable Network ready connection and Fitness Entertainment port (power compliant with FitLinxx CSAFE specification dated August 4, 2004: 4.75VDC to 10VDC; maximum current of 85mA).
Mobile Device Charging:	5vdc @ 500mA
Headphone Jack:	3.5mm Stereo, 150mW max

Physical Dimensions		
Length	81.75 in. / 207.65 cm	
Width	28 in. / 71.12 cm	
Height	65 in. / 165 cm (with console)	
Weight (base)	CLSX: 239 lbs. / 108.41 kg	243 lbs. / 110.22 kg (with console)
	CSX: 232 lbs. / 105.24 kg	236 lbs. / 107.05 kg (with console)

Shipping Dimensions (without console)	
Length	80 in. / 203 cm
Width	28 in. / 71 cm
Height	47.5 in. / 121 cm
Domestic Weight	CLSX: 303 lbs. / 137 kg
	CSX: 296 lbs. / 134.27 kg