

# X3 ADVANCED CONSOLE



*WhisperStride™ technology employs self-aligning ball bearings to create a quiet, fluid motion that is perfect for the home environment*

*Contact heart rate hand sensors allow for convenient heart rate monitoring*

*ErgoGrip™ stationary handlebar provides stability during lower-body-only workouts*

*Total-Body and Lower-Body Trainer workout modes coach you to train different muscle groups*

*Patented LinkE™ elliptical drive system provides a smooth, natural stride*

*Oversized, dual accessory trays and built-in reading rack*

*CoachZone Activity Zone with LED Display and Glute Toner and ArmToner Workout Enhancements*

No matter how hard you push yourself on the X3, its WhisperStride™ technology keeps things remarkably quiet while delivering a smooth, fluid motion. Contact heart rate hand sensors on the stationary handlebars let you track your workout progress as you're pushing through each stage of your workout. And details like brushed aluminium end caps add an attractive, finished look.

## Technical Specifications

Maximum user weight: 350 lbs/159 kg

Minimum step-up height: 7"/18 cm

L 81"/206 cm W 30"/76 cm H 59"/150 cm

Weight: 215 lbs/98 kg

## Warranty

- Lifetime warranty on frames
- 3-year on parts

# Life Fitness Elliptical Manual

**Annelies Wilder-Smith**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **Life Fitness Elliptical Manual:**

## **Life Fitness Elliptical Manual** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Life Fitness Elliptical Manual**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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