



Shown with Track Console

X8

ELLIPTICAL CROSS-TRAINER

The next generation of cross-trainers has arrived. The X8 has all the latest technology packed into one ground-breaking model for the home. It's loaded with must-have features to customize your workout including electronic adjustment to seven different stride lengths, a full lineup of challenging programs, and design features that make your most intense workouts more comfortable than ever before. Choose the X8 for workouts and results that exceed your expectations time and time again.

PERFORMANCE FEATURES

SMOOTH AND QUIET

Whisper Stride™ technology provides a remarkably quiet, fluid stride

LEGSculptor™ MODE

Automatically adjusts your stride length every two minutes to target different leg muscles

EVEN LOWER IMPACT

FlexPedal™ Shock Absorption System provides added comfort during your workout

TOTAL-BODY TRAINER

Coaches you on the main console to target different muscle groups throughout your workout

CUSTOMIZABLE

Customize your X8 by choosing either the Go or Track Console



Track Console



Go Console

Details on back.

HIGHLIGHTED FEATURE



Whisper eStride™ allows quiet, on-the-fly electronic stride adjustments from 18" to 24", ensuring the most comfortable workout for different sized exercisers in the house. Adjusting the stride length also allows you to work different muscle groups in your legs.

ELLIPTICAL CROSS-TRAINER DETAILS

- > Contact heart rate hand sensors allow for convenient heart rate monitoring
- > Oversized, removable dual water bottle holders and accessory tray
- > ErgoGrip™ stationary handlebar provides stability during lower-body workouts
- > Close pedal spacing (1.75" apart) produces a natural feeling movement

X8 ELLIPTICAL CROSS-TRAINER

KEY

● STANDARD

— UNAVAILABLE

BASE SPECIFICATIONS

SPECIAL FEATURES	X8
Contact heart rate hand sensors on ErgoGrip™ stationary front handlebars	●
Telemetry heart rate monitoring (Wireless chest strap included with console)	●
Whisper eStride™ electronic stride adjustments from 18" to 24"	●
Link6™ elliptical drive system	●
WhisperStride™ technology employs self-aligning ball bearings for a quiet, fluid motion	●
Handlebars: Upper body moving arms	●
ErgoGrip™ stationary front handlebar	●
Pedals: FlexPedal™ with Lifespring™ technology	●
Drive System: Eddy current	●
Accessories: Removable dishwasher safe water bottles and accessory tray	●
ActivityZone™ LCD display shows muscles being worked and puts controls for stride length and level at your fingertips	●
TECHNICAL SPECIFICATIONS	
Resistance levels	20
Maximum user weight	400 lbs 182 kg
Minimum Step-up height	10" 25 cm
Unit length	83" 211 cm
Unit width	26" 66 cm
Unit height	63" 160 cm
Unit weight	250 lbs 113 kg
Power Requirements: Plug-in (all major voltage configurations)	●
Safety: CE, CSA, FCC, TUV, UL	●
Warranties: Limited lifetime warranty on frame and LifeSprings, 10 years on resistance system, 7 years on electrical and mechanical parts, 1 year labor (warranties outside the U.S. may vary)	●

CONSOLE SPECIFICATIONS

DISPLAY	TRACK	GO
Blue and white custom etched LCD: 4 x 6" (10cm x 15cm)	●	●
Instructional message center	●	●
WORKOUT PROGRAMS		
Number of workouts	14	13
Classic workouts (Manual, Random, Hill)	●	●
Advanced workouts		
EZ Resistance, Sport Training	●	●
Fit Test	●	—
HeartSync™ heart rate controlled workouts (Fat Burn, Cardio, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™)	●	●
Goal workouts (Calories, Distance, Target Heart Rate)	●	●
Custom workouts per user Profile	3	1
SPECIAL FEATURES		
Quick Start	●	●
Race mode	—	●
Warm Up and Cool Down mode	●	●
User profiles	4	2
Virtual Trainer accessibility: at www.virtualtrainer.lifefitness.com		
Unlimited Customization	●	—
Workout Tracking	●	—
USB Connectivity	●	—
Virtual Trainer App (Download from the iTunes® App Store)	●	—
iPod® compatibility:		
iPhone® (4, 3GS, 3G), iPod touch® (4th, 3rd, 2nd, 1st generations), iPod classic®, iPod with video, iPod nano® (6th, 5th, 4th, 3rd generations)	●	—
Charging through 30-pin connector	●	—
Integrated Controls (play/pause/track changes/volume)	●	—
Energy Saver	●	●
WORKOUT FEEDBACK		
Level	●	●
Time	●	●
Speed		
mph, km/h	●	●
rpm	●	●
Distance	●	●
Heart rate	●	●
Target heart rate	●	●
Calories	●	●
METs	●	●
Animated symbols	●	●
Warranties: 3-year on electrical and mechanical parts,* 1-year on labor (warranties outside the U.S. may vary) *3V Batteries excluded	●	●