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the functions of the Life Fitness X-Series x3 & x3i Cross-Trainers Product-specific features for each model are described in this manual under "Specifications". Life Fitness STRONGLY recommends consulting your doctor before undertaking any exercise program, particularly if the user has a family history of high blood pressure or heart ...

Life Fitness Home Page

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Ellipticals - Life Fitness

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This Operation Manual describes the functions of the Life Fitness X-Series X5 & X5i Cross-Trainers. Statement of Purpose. This Cross-Trainer is a home exercise machine that combines low-impact elliptical pedaling with push/pull arm motion to provide an efficient, effective total body workout.

Life Fitness 9500HR User Manual

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