



CPO 91X

ELLIPTICAL CROSS-TRAINER

The Life Fitness® CPO 91X Elliptical Cross-Trainer offers a smooth total-body cardiovascular workout. Built for comfort, it 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. Even remanufactured, Life Fitness Certified Cross-Trainers are a better value than other companies' brand new equipment.

PERFORMANCE FEATURES

TOTAL-BODY EXERCISE

Proven Classic 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 to provide precise heart rate monitoring, and Polar® telemetry provides accurate, "hands-free" heart rate monitoring.

(Telemetry requires optional chest strap.)

MOTIVATING WORKOUT VARIETY

Zone Training+™ Workouts automatically adjust the resistance level to keep users in their target heart rate zone. Six Interval Workouts provide added variety, while the Cross-Train Reverse and Cross-Train Aerobic Workout Modes with machine-generated prompts keep users motivated.

SPEED AND DISTANCE FEEDBACK

Allows for easy comparisons to daily activities, such as walking and running.

HIGHLIGHT FEATURE

SELF POWERED CONVENIENCE



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

(Models with optional Attachable TV System require power.)

ELLIPTICAL CROSS-TRAINER DETAILS

- > Classic Stride technology; 18 (45.7 cm) stride length
- > Narrow 2.8(7.1 cm) pedal spacing
- > Ergonomically correct moving arm handles provide total-body workout
- > Dual-level alphanumeric LED console
- > Heart Rate Monitoring
- > 16 workouts, including 2 ZoneTraining+™ workouts
- > 4 languages
- > Integrated reading rack and accessory tray
- > Self-powered
- > Available with Attachable TV System







CPO 91X ELLIPTICAL CROSS-TRAINER

CHECKLIST

OUR 20-POINT INSPECTION

Our certified technicians carefully disassemble and diagnose every Cross-Trainer using a meticulous 20-point quality checklist. Next, we either Clean, Detail, Inspect, Rebuild, Repair, or Replace every specific part or perform a combination of these steps. We deliver fully-assembled, refurbished Cross-Trainers ready for your immediate use.

KEY

Clean – 	Detail – 
Repair – 	Inspect – 
Rebuild – 	Replace – 
Paint – 	

All of our Certified Pre-Owned Cross-Trainers must meet our sophisticated quality standards.

1. Enter Start-Up Mode			11. Frame		
2. Electronic Function			12. Pillow Blocks		
3. Keypad Evaluation			13. Levelers		
4. Overlay Inspection			14. Shroud		
5. Electrodes/Handlebars			15. Alternator		
6. Grips			16. Alternator Brushes		
7. Reading Rack			17. Misc. Hardware		
8. Shroud Covers			18. Main Cable		
9. Pedals			19. End Caps/Arm Caps		
10. Belts			20. Upper User Arms		

SPECIFICATIONS

Heart Rate Monitoring	Patented Lifepulse™ Digital Heart Rate Monitoring System and Polar® Telemetry Heart Rate Monitoring
Workouts	16 Workouts Including: Hill, Random, Around the World, Cascades, Foothills, Interval, Kilimanjaro, Speed Training, Cross Train Aerobic, Cross Train Reverse
Display Readouts	Elapsed Time, Distance, Total Calories Burned, Calories Per Hour, Heart Rate, Watts, METs, Workout Profile, Resistance Level, Speed
Display Type	LED alpha-numeric message center, workout profile and time/level display
Standard Features	Accessory Tray, Integrated Reading Rack, welded steel frame, 25 Resistance Levels, Support Handlebars, Rear Wheels for Easy Mobility
Dimensions	83 L x 28 W x 61 H (211 cmL x 71 cmW x 155 cmH)
Weight	235 lb (106 kg)
Power Requirements	Self-powered with Auto Start (no external power source required)
Warranty	One-year warranty on electrical parts, mechanical parts and labor; 6 months on console overlay (face plate). Ask your Certified Pre-Owned Representative for details.†

† Warranties outside the U.S. may vary.

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