

95Xi Total-Body Cross-Trainer

The Life Fitness 90 Series elliptical cross-trainers are the industry's smoothest total-body cardiovascular machines. Built for comfort, the 95Xi offers biomechanically correct handlebar movements and an ergonomic ellipse path, as well as oversized non-slip pedals and static support handlebars. Other features include Lifepulse™ heart rate hand sensors, a variety of workouts, on-the-fly programming changes and rear wheels for easy mobility. And, powered by human movement, you can place the energy-efficient 95Xi cross-trainer anywhere in your facility, with no electrical cords or outlets to consider.



Performance Features

▶ TOTAL-BODY EXERCISE

The 95Xi cross-trainer features a 20" (50.8 cm) stride length, which provides optimal lower-body range of motion. Plus, the moving arm handles are ergonomically designed to complement the ellipse, while accommodating a wide range of user heights.

▶ OVERSIZED PEDALS

The pedal design allows users to adjust foot position comfortably and the narrow 2.8" (7.1 cm) 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. Goal-based workouts allow users to set personal goals, while Cross-Train Reverse and Cross-Train Aerobic workouts utilize machine-generated prompts to keep users motivated.

▶ PLUG-IN OPTION

Provides a lower operating resistance, which appeals to novice and deconditioned users.

▶ SPEED AND DISTANCE FEEDBACK

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

HIGHLIGHTED FEATURE

▶ SELF-POWERED CONVENIENCE



Powered completely 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 attachable LCD screens require power.)

Product Details

- Fit Stride™ technology; 20" (50.8 cm) stride length
- Ergonomically correct moving arm handles provide total-body workout
- Dual-level alphanumeric LED console
- Heart Rate Monitoring: Lifepulse™ hand sensors and Polar® telemetry
- 30 workouts, including 5 ZoneTraining+™ workouts and Fit Test Protocol
- User can select from up to 9 different languages
- Integrated reading rack and accessory tray
- Self-powered; optional plug-in accessory
- Available with Attachable LCD with E-Z TV™ Console (95XEZ) or Attachable LCD Entertainment System

Life Fitness

95Xi Cross-Trainer Specifications

KEY:

• Standard ◦ Optional

HEART RATE MONITORING	
Polar® Telemetry (optional chest strap required)	•
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)	•
WORKOUTS	
Classic Workouts: Hill, Random, Manual, Quick Start	•
Zone Training+™ Heart Rate Workouts: Cardio, Fat Burn, Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate	•
Interval Workouts: Around the World, Cascades, Foothills, Interval, Kilimanjaro, Speed Training, Cross Train Aerobic, Cross Train Reverse	•
Cross Train Aerobics and Cross Train Reverse Workout Modes	•
Goal Workouts: Calories, Distance, Time, Time in Zone	•
Custom Workouts: 6 Customizable Workouts	•
Fitness Test Protocol: Fit Test	•
Customized Cool Down	•
DISPLAY READOUT	
Elapsed Time, Total Calories Burned, Calories Burned Per Hour, Watts, METs, Resistance Level, Speed, Distance, and Workout Profile	•
Heart Rate	•
Language Choices*	9
DISPLAY TYPE	
LED: Alphanumeric message center workout profile and lower level time/level display	•
SPECIAL FEATURES	
Fit Stride™ Technology with 20" (50.8 cm) Stride Length	•
Integrated Reading Rack	•
Integrated Accessory Tray	•
Personal Stereo Holder	•
Support Handlebars	•
Oversized Non-slip Pedals	•
Rear Wheels for Easy Mobility	•
Dedicated Keypad	•
On-the-Fly Programming	•
Resistance Levels	25
Plug-in Accessory	◦
Service Enhancements: Manager's Optional Settings	•
Networking Capabilities: CSAFE-Ready, FitLinxx™ Certified	•
Attachable LCD Entertainment Solutions	◦
TECHNICAL SPECIFICATIONS	
Maximum User Weight	350 lbs (160 kg)
Power Requirements	
- AC power line 115 volt, 15 amp (voltage may vary outside U.S.)	◦
- Self-Powered	•
- Auto Start: brings power to console when user begins pedaling	•
Length	84.75" (215 cm)
Width	26.5" (67 cm)
Height	64" (162.5 cm)
Unit Weight	286 lbs (130 kg)
Warranty**	
- 2-year limited warranty on all mechanical and electrical components	•
- 1-year labor	•
- Attachable LCD Entertainment Solutions Option: 2-years electrical and mechanical parts; 90 days labor	•

*Japanese available with Complex Character Display (CCD) console. **Warranties outside the U.S. may vary. Specifications subject to change.