

Life Fitness 95Xi Cross Trainer (Commercial Gym Equipment) (800 GBP)



Location **East of England, Essex**
<https://www.freeadsz.co.uk/x-584821-z>

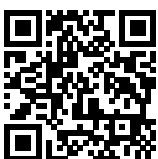


Commercial cross trainer. perfect working order.

The console displays: Elapsed Time, total calories burned, calories burned per hour, watts, METs, workout profile, resistance level, speed, distance, heart rate

The workouts include: 4 Classic Workouts (Hill, Random, Manual, Quick Start), Zone Training+ Heart Rate Workouts (Cardio, Fat Burn, Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate), 6 Interval Workouts (Around the World, Cascades, Foothills, Interval, Kilimanjaro, Speed training) Cross Train Aerobics, Cross Train Reverse, 6 Customizable Workouts, Fit Test

Additionally, there is a customized Cool Down protocol as well as two workout modes - Cross-Train Aerobics & Cross-Train Reverse.
 if you have any questions please.



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