

INTEGRITY SERIES

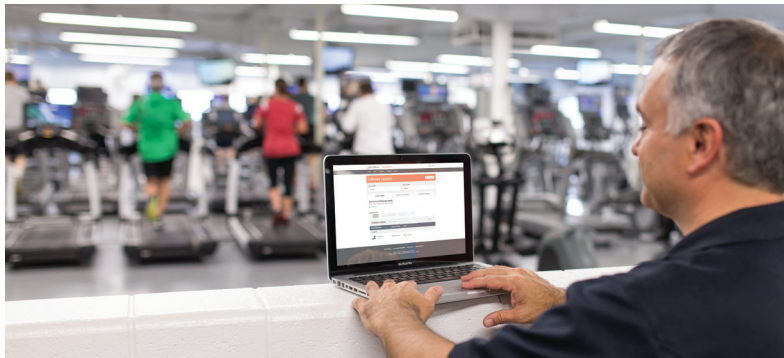
SX RECUMBENT LIFECYCLE® EXERCISE BIKE

The Integrity™ Series is rooted in more than 20 years of reliability and innovation. Continuous innovation and improvement ensures that this workhorse cardio line remains a trusted fixture in facilities around the world.



INTEGRITY X CONSOLE

Offers a clean look and intuitive 7" touch screen. Advanced, but easy to use, workouts as well as Bluetooth® and NFC connection keep exercisers engaged. Resistance adjustment buttons are easily accessed during a workout.



LFCONNECT DIGITAL SOLUTIONS

Detailed equipment data offers valuable insight into exerciser habits, staffing needs and equipment layout suggestions. LFCconnect™ Protect digital service allows Life Fitness service professionals to proactively monitor equipment and alert you to issues or preventive maintenance needs. Wireless connection lets you take advantage of these LFCconnect solutions.

Life Fitness

BASE FEATURES



A COMFORTABLE RIDE

Seat includes a back rest and lumbar support, as well as a wrap-around adjustment lever that makes it easy to find the most comfortable seat position.



GET-ON-AND-GO ACCESSIBILITY

Step-through design for easy entry and exit. Wide pedals with simple buckle straps allow exercisers to get started quickly.



GENERATOR DRIVE SYSTEM

Drive system with 8-ribbed poly-V belt resistance provides a smooth, quiet operation and requires limited maintenance.

KEY | • STANDARD ○ OPTIONAL¹

CONSOLE SPECIFICATIONS	
Screen type	7" LCD
Touch screen	•
Tactile controls	•
Wireless connectivity	•
USB charging port	•
Software updates (wireless or USB)	•
Device holder/reading rack	•

DISPLAY SPECIFICATIONS	
Language choices	19*
Display: Time, Speed, Distance, Resistance, Heart Rate, Calories	•
Expanded Display Metrics: Time Elapsed, Distance, Cal/Hr, METs, Watts, Avg HR, Max HR, Time in Zone, Avg Pace, Avg RPM	•
Polar® telemetry compatible (optional chest strap required)	•
LifePulse digital heart rate monitoring with DSP (Digital Signal Processing)	•

DEVICE INTERACTIVITY	
QR Code	•
Bluetooth® connectivity (device and HR strap)	•
NFC	•
RFID	○

WORKOUTS	
Manual, Quick Start, Hill, Random	•
Time Goal, Distance Goal, Calories Goal, Heart Rate Goal, METs Goal, Watts Goal, Rolling Hills, Resistance Interval	•
Workout Replay (repeat a previous workout)	•
Trending Workouts (trainer designed, auto-refresh workouts)	•
Workout Performance History (view performance trends on last 10 workouts)	•

ENTERTAINMENT	
Attachable TV	○
MyE integrated receiver	○
Entertainment control pad (headphone jack, volume and channel controls)	Required for Attachable TV & MyE

DIGITAL SOLUTIONS	
LFconnect asset management	•
LFconnect Protect remote equipment monitoring	•

WARRANTY**	
Mechanical and electrical components	2 Years
Labor	1 Year
Cosmetic items	6 Months
Attachable TV mechanical and electrical parts	2 Years
Attachable TV labor	90 Days

BASE FEATURES	
Step-through design	•
Easy-adjust pedal straps	•
Wide Ride™ Pedals	•
Seat with lumbar support	•
Wrap-around seat adjustment lever	•
Fine-tuned seat adjustment positions	40
Resistance levels	0-25
Maximum resistance (Watts)	500
Removable locking cup holders	1
Integrated accessory tray	•

FRAME	
Generator Drive System with 8-ribbed poly-V belt for smooth, quiet operation with reduced maintenance	•
Front wheels for easy mobility	•
Adjustment levelers for product stability	•
Quick-release removable shroud for simple serviceability	•
Robust paint (corrosion, stain, and chemical resistant coating)	•
Arctic Silver frame	•

TECHNICAL SPECIFICATIONS	
Max user weight	400 lbs (181 kg)
Length	67" (179 cm)
Width	26" (66 cm)
Height	51.5" (131 cm)
Unit weight	211 lbs (98 kg)

POWER REQUIREMENTS	
Self-powered	•
Auto Start: Brings power to console when user begins pedaling	•
120V, 20A or 230V, 10A (varies by country) outlet with dedicated line, neutral, ground wires and dedicated circuit breaker	Only required for Attachable TV
Japan: 100V, 20A or 200V, 10A outlet with dedicated line, neutral, ground wires and dedicated circuit breaker	Only required for Attachable TV

¹ Optional features are available with the purchase of an attachable TV at an additional charge.

* English US, English UK, Spanish, German, Japanese, Dutch, Simplified Chinese, Traditional Chinese, Portuguese, Italian, French, Russian, Korean, Turkish, Polish, Finnish, Hungarian, Arabic, Catalan

** Warranties outside the U.S. may vary. Specifications subject to change.

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