



# **CX8** Elliptical Cross Trainer

Crossing Training at New Levels

**LANDICE**

Worldwide Excellence For Over 40 Years



Engineered, Assembled and Tested in Randolph, New Jersey USA

## CROSS TRAINING AT NEW LEVELS

The Landice CX8 Elliptical Cross Trainer represents the most innovative, technologically advanced elliptical trainer available. The CX8 is not just one machine. It provides multiple levels of lower and upper body workouts utilizing our patented Variable Motion™ and CardioCore™ technologies.

## COMMERCIAL GRADE

For over 40 years Landice has engineered the most durable fitness equipment in the industry. The CX8 is built to our highest commercial standards and offers unprecedented warranties for both residential and commercial applications.

## ULTRA SMOOTH ELECTRONIC INCLINE

Landice's patented "ramp-less" Variable Motion technology provides up to 60% incline without the noise, vibration and maintenance associated with ramp and roller based elliptical trainers.

### 5 Year Residential Parts Warranty

(Model CX8)

### 5 Year Limited Commercial Parts Warranty

(Model CX8 LTD)

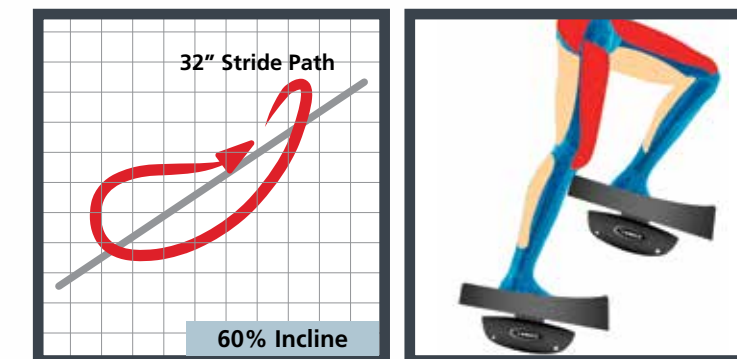


## LANDICE INNOVATION

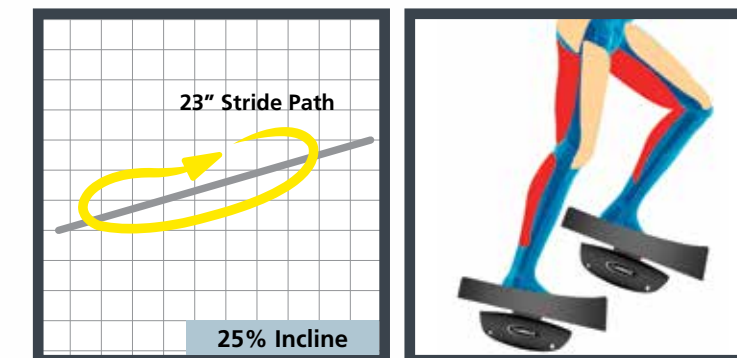
- 1 Electronic Variable Motion**  
Only the CX8 can change *both* the *incline* and the *shape* of its elliptical motion. Twelve distinct incline settings can change the feel from that of a conventional elliptical trainer to a more sophisticated ramp based incline trainer, all the way up to the motion of an extreme hiker.
- 2 CardioCore™ Converging Arm Motion**  
Unlike the conventional push-pull arm motion found on other elliptical trainers, Landice's patented rotational arm motion provides a more biomechanically correct arm swing that replicates the across-the-body arm motion found when walking or running.
- 3 CardioCore™ Abdominal Toning and Strengthening Program**  
Our built-in CardioCore™ program calls out different hand-grip positions that allow you to isolate specific abdominal and lateral muscles for toning and strengthening.
- 4 Ultra Smooth "Ramp-Less" Electronic Incline**  
Patented 4-bar linkage enables variable incline without the noise and vibration of conventional ramp and roller systems. With no rollers to collect dirt or dust, maintenance is eliminated and equipment longevity is dramatically increased.
- 5 Orthopedic Gel Footpads**  
Comfortable and secure, these footpads provide optimal comfort and relieve foot fatigue.



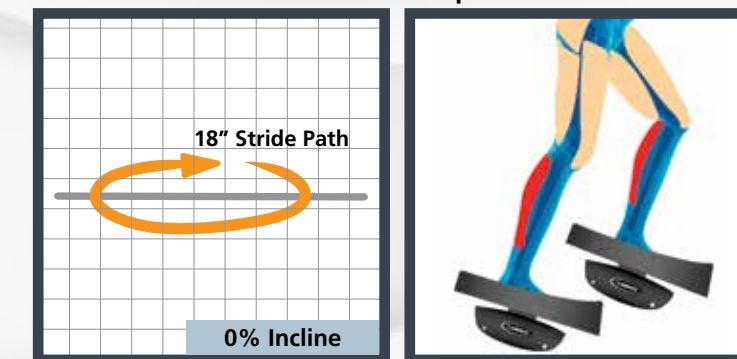
**Motion Level 12 - Extreme Hiker**



**Motion Level 6 - Incline Trainer**



**Motion Level 1 - Conventional Elliptical Trainer**





# NUMEROUS RESULTS, ONE MACHINE



## Knee Stress Reduction

Other ramp based ellipticals create a forceful up-and-down motion that compresses the legs and adds stress to the knees. The Landice CX8's unique motion allows time for your knee to swing out before your leg rises, which significantly reduces impact on the knees.

## Jog-Run-Climb

With the push of a button, change the incline from 0 to 60% to engage different leg muscles for a more complete workout.



## CardioCore™ Arm Motion

Isolate individual abdominal and lateral muscles to target and tone your core. Our CardioCore™ program calls out a series of hand-grip positions designed to work these specific muscle groups.

# CARDIO CONTROL PANEL

**Metabolic Equivalent Speed**  
An advanced algorithm calculates your metabolic-equivalent-speed based on your effort level and pedal speed. If you can exercise at a metabolic-equivalent-speed of 12 MPH on the CX8, it means you are capable of running 12 MPH outside.



- Time, distance, and calorie goal programs
- 4 built-in programs
- 5 user-defined programs
- CardioCore™ abdominal muscle strengthening program
- Heart-rate control program
- Watts control program

<sup>1</sup>) iPhone, iPod, MP3 not included

## FEATURES AND SPECIFICATIONS:

- Patented Electronic Variable motion
  - 12 incline levels
  - 0% to 60% incline (0 to 31 degrees)
  - 18" to 32" stride path
- Patented CardioCore™ Arm Motion
- Cardio Control Panel
  - Time, distance, and calorie goal programs
  - 4 built-in programs
  - 5 user-defined programs
  - CardioCore™ abdominal muscle strengthening program
  - Heart-rate control program
  - Watts control program
- 750 watt eddy current brake
- 16 effort levels
- iPhone and iPod charging dock with MP3 connectivity
- 3 speed adjustable fan
- 100 decibel stereo speakers
- Footprint: 72" x 36"
- User Weight Capacity: 400 pounds
- Power Requirements: 120VAC, 60Hz, 2A
- Shipping Dimensions: 78" x 37" x 25"
- Shipping Weight: 335 pounds

### Residential Warranty (Model CX8)

5 year parts / 1 year labor

Model CX8 5 year parts warranty valid for residential use only

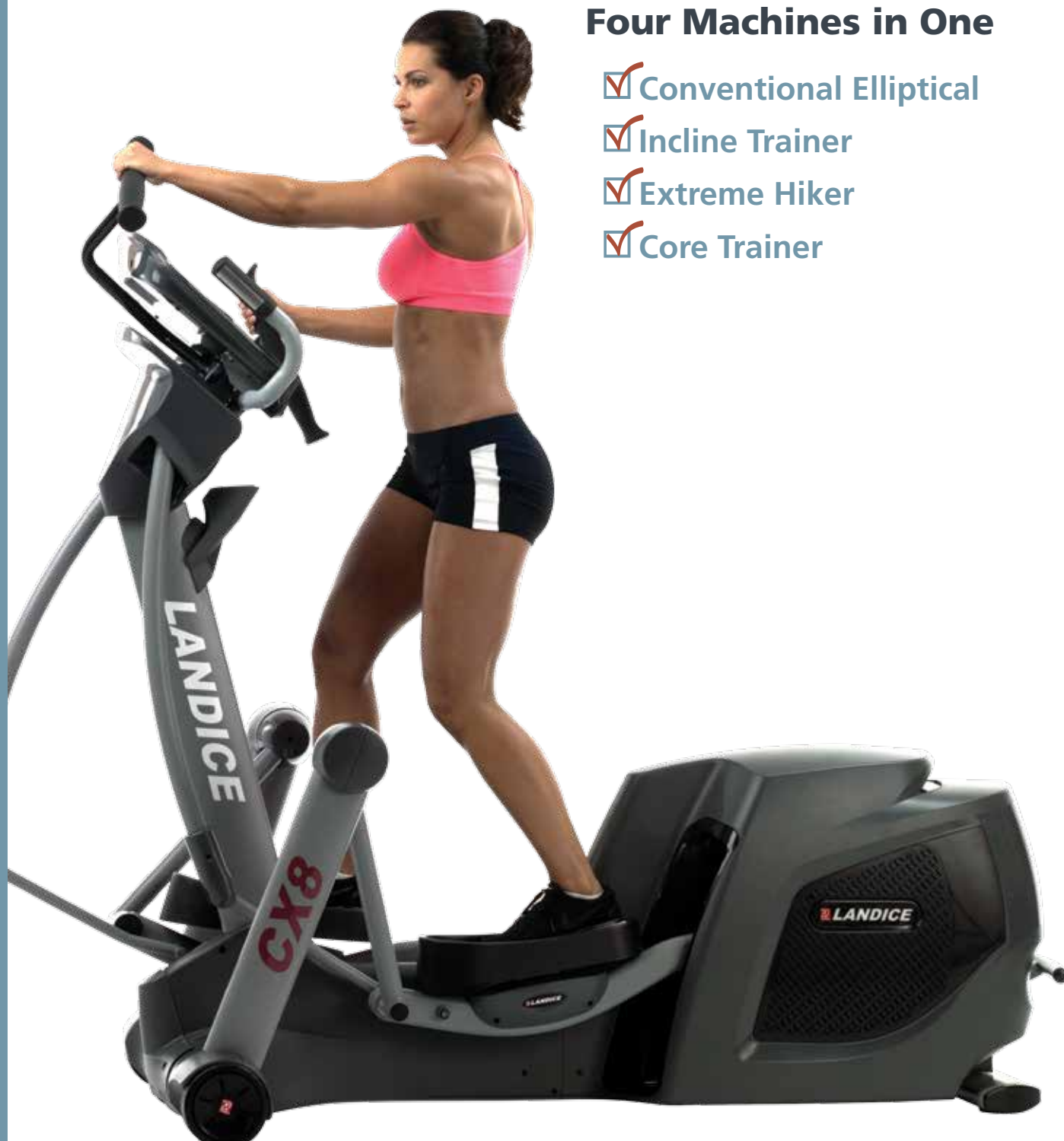
### Limited Commercial Warranty (Model CX8 LTD)

5 years/5000 hours parts / 1 year labor

Model CX8 LTD warranty valid for institutional settings where usage is less than 5 hours per day. Pay-for-membership facilities such as health clubs and YMCAs are not eligible for this program.

## The CX8 Four Machines in One

- ✓ Conventional Elliptical
- ✓ Incline Trainer
- ✓ Extreme Hiker
- ✓ Core Trainer



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