



LX3 LateralX

Burn More

In as little as 16 minutes, the guided interval workout activates muscles and burns an average of 39% more calories than a self-paced elliptical workout in the same amount of time.

Movements That Matter

Improve the way you move with the full-body, low-impact cardio machine that moves in three directions, empowering you to move just as you do in daily life. Glide from side to side as you push, pull, stand, and squat, activating muscle and burning calories in every workout.

Low Impact

The LateralX® trainer delivers incredible results while providing much less impact on your body than running. Glide from side to side, push and pull, stand and squat.

Console

Set goals, sync workouts, monitor heart rate and track progress via a backlit LCD display and digital Bluetooth connectivity to iOS and Android fitness apps.



# of Programs	7
Resistance Levels	8
Heart Rate Monitor	Yes
Mobile App	iOS & Android
Connection Type	Bluetooth®
Display Type	7.5" Backlit LCD Display
Max User Weight	300 lbs
Assembled Dimensions	53.5" L x 46.3" W x 62.9" H
Product Weight	258 lbs
Warranty	Frame & Parts-3 Years, Electronics-1 Year, Labor-90 Days