

@]ZY ':]hb Ygg 'L' !) '9``]dgYb hfU]b Yf
6Yk Yfhi b[

K]f'\UVYb 'XYb '9``]dgYb hfU]b Yf '@]ZY ':]hb Ygg 'L' !) 'ØVYf 'Y]b Yb
NY]hfUi a 'j cb " 'K cWX Yb '[YhYghYh'i bX j Yfk YbXYh" K]f
\UVYb 'Ui WX '@]ZY ':]hb Ygg 'L' !) !6Yg]hnYf 'gck]Y 'a Y\ fYfY
DYfgc bYb ']b hYfj]Yk hž'X]Y 'XYb '9``]dgYb hfU]b Yf 'a
:]hb Ygggh 'X]c 'c XYf ':]hb YggWYb hYf 'j Yfk YbXYh '\UhYb " '8 Yf
L' !) 'gh'Y]b Y 'K Y]hYfYb hk]W_ i b['XYg 'U'hYb 'L' !\$!A cXY ``g 'i bX
j YfZØ[h'ØVYf 'j]Y 'Yfgh '_Ugg][Y ': i b_h]cb Yb " '6Y] 'Y]b Ya 'I J D
j cb 'WU" &- \$\$ž\$\$ 'I G8 ``]Y [h'X]Yg 'YXcWX 'ØVYf 'XYa '6i X[Yh
Y]b Yg 'Xi fWX gWX b]hh]WX Yb '?Ai ZYfg 'j cb ' < Y]a Z]hb Ygg[YfÀhYb "
K]f'\UVYb 'ZYgh[YghY ``hž'XUgg 'XUg ' <Ui dha Yf_a U ``XYf '@]ZY
:]hb Ygg '9``]dgYb hfU]b Yf 'XUf]b 'VYghY \ hž'XUgg 'XUg '\]b hYfY
GWX k i b[fUXž'XUg 'XUg '@]ZY ':]hb Ygg
/ Ua d/_ , &&\$/@]b _*/ Ua d/_ , &&%/!5b hf]YVggmghYa 'Yb h\ À`hž
gY\ f'fi \]['ZÀ\ fh" '8 Yf '%- !Nc ``!GWX f]hh'XYg '@]ZY ':]hb Ygg 'L' !)
9``]dgYb hfU]b Yfg / Ua d\Y ``]d /

Life Fitness X3-5 Ellipsentrainer Bewertung

K]f`\UVYb`XYb`9``]dgYbhfU]bYf`@]ZY`:]hbYgg`L`!)`ØVYf`Y]bYb
NY]hfUi a`j cb`K cWXYb`[YhYghYh`i bX`j Yfk YbXYh`K]f`\UVYb
Ui W`@]ZY`:]hbYgg`L`!)!6Yg]hnYf`gck]Y`a Y\fYfY`DYfgcbYb
]bhfYfj]Yk hž`X]Y`XYb`9``]dgYbhfU]bYf`]a`:]hbYggghi X]c`cXYf
:]hbYggWbhfYfj Yfk YbXYh`UhhYb`8Yf`L`!)`]gh`Y]bY
K Y]hYfYbhk]W`i b[`XYg`U`hYb`L`!\$!A cXY`g`i bX`j YfZØ[h`ØVYf`j]Y`Y
Yfgh`Ugg][Y`i b_h]cbYb`6Y`Y]bYa`I`J`D`j cb`WU`&- \$\$ž\$`I`G8
`Y[h`X]Yg`YXcW`ØVYf`XYa`6i X[Yh`Y]bYg`Xi fWgWb]hh`]W`Yb
?Ài ZYfg`j cb`<Y]a Z]hbYgg[YfÀhYb`K]f`\UVYb`ZYgh[YghY`hž`XUgg
XUg`<Ui d`ha Yf_a U`XYf`@]ZY`:]hbYgg`9``]dgYbhfU]bYf`XUf]b`VYghY`hž`
XUgg`XUg`]bhfY`GWk i b[fUXž`XUg`XUg`@]ZY`:]hbYgg`@]b_*
!5bhf]YVggmghY`a`Ybh`À`hž`gY`f`fi`][`Z`A`fh`

8Yf`%-!Nc`!GWf]hh`XYg`@]ZY`:]hbYgg`L`!)`9``]dgYbhfU]bYfg`dUggh
ZØf`X]Y`a Y]ghYb`A`YbgW`Yb`I`bgYf`[fØ`hYf`HYghYf`]gh`Y]b
?fUZh`YVYf`a`]h`*`&`i bX`&`)`Vg`9f`ZUbXž`XUgg`XYf`HfU]bYf`fY`Uh`j
ghUV`k`Uf`8]Y`DYXU`d`Uhn]Yfi b[`]gh`[i`h`i bX`Yfa`Ø[`]W`h`Y]bY
VYe`Ya`Y`i`»`d`Uhn]Yfi b[`L`!)!6Yg]hnYf`i`bX`6Ybi`hnYf`k`UfYb
Ub[YbY`a`VYY]bXfi`W`hž`k`Y`Y]gY`X]YgYf`9``]dgYbhfU]bYf`]gh`GY`Vgh
k`À`fYbX`Y]bYg`]bhYbg]j`Yb`HfU]b]b[g`V`]YV`Yg`Y]bYg`XYf`Y]gYghYb
9``]dgYbhfU]bYfž`X]Y`k`f`[YhYghYh`UVYb`9]b`6Yg]hnYf`VYgWk`YfhY
g]Wž`XUgg`X]YgYg`A`cXY`gWk`Yf`ni`VYk`Y`Yb`gY`"

9g`[`Vh`j`Y`Y`E`i`U`]hÀhga`Yf_a`U`Y`XYg`@]ZY`:]hbYgg`L`!)`ž`X]Y`k`]f
a`Ø[Ybž`Y]bgW`Y`]W`XYg`XfU`h`cgYb`YfnZ`Yei`Ybn[YghYi`YfhYb
HfU]b]b[ggmghY`a`gž`a`]h`XYa`G]Y`Y]bY`VYgh]a`a`h`Y
HfU]b]b[g`b`h`Y`bg]hÀh`Y]b`ghY`Y`b`_Øbb`Y`f`fi`b`Xg`h`n`W`ghYi`Yfh`A`fY
<YfnfYU`h`cb`Ui`Z`XUg`HfU]b]b[`X]Y`K`]XYfghUbXgb]j`YUi`gž`X]Y`G]Y
k`À`fYbX`XYg`HfU]b]b[g`YfZU`fY`f`fi`b`Xg`h`n`W`U`b`XY`h`Yg`g`W`i`a`Y]b`D`i`[!UbX`D`Um`HfU]b]b[gd`fc`f`Ua`a`ž`XUg`Ui`Z`A`fY`b`?Øfd`Yf
ni`[YgW`b]hh`Y`]gh`

8]Y`@]ZY`:]hbYgg`L`!)`9``]dgYbhfU]bYf`?`cbgc`Y`Ybh`À`h`X]Y`A`m
DYfgcbU`HfU]bYf`GcZh`UfYž`a`]h`XYf`G]Y`g]W`Ui`Z
`I`bhfYf`Øfd`YfhfU]b]b[`c`XYf`U`b`n`Øfd`YfhfU]b]b[`c`bn`Y`b`hf]Y`f`Y`b
_Øbb`Y`b`K`f`UVYb`a`Y\f`Y`?`ca`a`Ybh`UfY`ni`X]Yg`Y`i`b`h`cb`Y`b
[Y\Øfhž`k`c`VY]`XUg`À`i`Z`[gh`Y`XUf]b`VYgh`U`b`Xž`XUgg`Y`g`[i`h
Z`b`h`cb]Y`fh`U`hž`k`Y`bb`G]Y`g]W`X]Y`NY]h`[Y`b`ca`a`Y`b`UVYb`ž`XUg

GmghYa ' \ YfUi gni ZjbXYb" 8]Y ' a Y]ghYb ' A YbgWYb ' j Yfk YbXYhYb
Y]bYg ' XYf ' %& ' GhUbXUfX!HfU]b]b [gdfc [fUa a Yzi a ' X]Y ' [Yk ØbgWYhY
HfU]b]b [g]b hYb]hÀh'ni ' YffY]WYb " ' K]f ' \ UVYb ' XUg
CVYf _ ØfdYfhfU]b]b [' i bX ' XYb ' @Yb _Yf 'Ui Z'X]YgYa ' 9 ``]dgYbhfU]bYf
U'g 'Xi fWYgWYb]h]WY ' VYk YfhYh"

8]Y ' a Y]ghYb ' XYf ' j cb ' i bg ' VYZfU[hYb ' @ZY ' :]hbYgg ' L ' !) !6Yg]hnYf
\UVYb ']fY ' 9 ``]dgYbhfU]bYf ' cb ']bY ' [Y _Ui Zh" 8]Y ' 9]b \ Y]hYb ' k i fXYb
j cb ' XYb ' 9][YbhØa Yfb ' a]h'k Yb][Yb ' DfcV ' Ya Yb ' [Y ']YZYfh'i bX
Ui Z[YghY ' h" 6YgWYAX][hY ' cXYf ' b]WYhZ b _h]cb]YfYbXY ' ?cbgc ' Yb
gWYb]bYb ' X]Y ' [fØ» hY ' 6YgWYk YfXY ' ni ' gY]b'X]Y ' k]f ' [Y \ Øfh ' \ UVYb "
8Yf ' ?i bXYb gYfj]WY ' k i fXY ' VY]XYf ' @Ogi b [' j cb ' GYhi d! ' i bX
; UfUbh]YdfcV ' Ya Yb ' U'g ' ZU]f ' Y]b [Yghi Zh" 8]Y ' @ZY ' :]hbYgg!; UfUbh]Y
ZØf ' 7fcgg!HfU]bYg ' i a ZUggh'Y]bY ' @YVYb gXUi Yf ' XYg ' F U\ a Ybgz ' &
§U\ fY 'Ui Z'X]Y ' Y ' Y _hf]gWYb ' i bX ' a YWYUb]gWYb ' HY]Y ' i bX ' % ' §U\ f 'Ui Z
X]Y ' 5fVY]h": Øf ' U' ' Y ' 9 ``]dgYbhfU]bYf ' k]fX ' Y]bY ' Yfk Y]hYfhY ' ; UfUbh]Y
Ya dZc \ ' Yb "

K]f ' Ya dZY \ ' Yb ' XYb ' 9 ``]dgYbhfU]bYf ' @ZY ' :]hbYgg ' L ' !) ' ZØf ' XYb
df]j UhYb ' i bX ' ' Y]WYhYb ' [Yk YfV ']WYb ' ; YVfUi WYz ' Yf ']gh ' YXcWY ' ZØf
X]Y ' a Y]ghYb ' 5bk YbXi b [Yb ' ni ' <Ui gY ' k U\ fgWYb]b ']WY ' ni ' hYi Yf ' ' 9g
\Uh'j]Y ' Y ' : i b _h]cbYb'Z]Y ' XYb ' Yb [U[]YfhYghYb ' 7UfX]c!:]hbYgg!6i Z
VYf]YX][Yb " ' 5i Z[fi bX ' XYf ' fY ' Uh]j ' \c \ Yb ' ?cghYb ' ZØf ' Y]bYb
9 ``]dgYbhfU]bYf ' ni ' <Ui gY ' Ya dZY \ ' Yb ' k]fz ' XUgg ' G]Y ' g]WY
a]bXYghYbg ' Y]ba U' ' NY]h' bY \ a Yb'Zi a ' :]hbYgg[YfÀhY ' j cf ' XYa ' ?Ui Z
ni ' hYghYb ' :]bXYb ' G]Y ' Y]bYb ' <ÀbX ' Yfz ' Y]b ' :]hbYggWYb hYf ' cXYf ' Y]b
'c _U' ' Yg ' M']b ' XYa ' @ZY ' :]hbYgg ' L ' !) ' Y]b [Yf]WYhYh]gh'Zi bX
UVgc ' j]YfYb ' G]Y ' Y]b ']b hYb g]j Yg ' HfU]b]b [' ' K]f ' Ya dZY \ ' Yb ' \ A bYb
Ui WYz ' L ' !) !6Ybi hnYf ']b ' X]YgYb ' :]hbYggWYb hYfb ' ni ' VYf]WYb ' B i f
XUbb ' k]ggYb ' G]Y ' g]WYfz ' XUgg ' XYf ' @ZY ' :]hbYgg ' L ' !) ' \ A fYb
' :]hbYggVYXØfZb]ggYb ' Yb hgd f]WYh"

≠gd]f]Yfh'j cb ' 9n]bY ' i bX ' \ a ' ? YgY '

6Ygi WX Yb 'G]Y 'i bg 'Ui Z. 'a Y]b!Z]hb Ygg"bYh