

@]ZY':]hbYgg'L'!) '9``]dgYbhfU]bYf
6Yk Yfhi b[

K]f'\UVYb'XYb'9``]dgYbhfU]bYf'@]ZY':]hbYgg'L'!) 'ØVYf'Y]bYb
NY]hfUi a 'j cb'' 'K cWYb'[YhYghYh'i bX'j Yfk YbXYh''K]f
\UVYb'Ui W\ '@]ZY':]hbYgg'L'!) !6Yg]hnYf'gck]Y'a Y\fyfY
DYfgcbYb']bhYfj]Yk hž'X]Y'XYb'9``]dgYbhfU]bYf']a
:]hbYggghi X]c'cXYf':]hbYggWbhf'j Yfk YbXYh'\UhhYb''8Yf
L'!) 'gh'Y]bY'K Y]hYfYbhk]W'ì 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 fW\gW\b]hh']WYb'?Ài ZYfg'j cb'<Y]a Z]hbYgg[YfÀhYb"
K]f'\UVYb'ZYgh[YghY'hž'XUgg'XUg'<Ui dha Yf_a U'XYf'@]ZY
:]hbYgg'9``]dgYbhfU]bYf'XUf]b'VYghY'hž'XUgg'XUg'\]bhYfY
GW\k i b[fUXž'XUg'XUg'@]ZY':]hbYgg
/ Ua d/ , &&\$/@]b_*/ Ua d/ , &&%/!5bhf]YVggmghYa 'Ybh\À'hž
gY\fi \]['ZÀ\fh''8Yf'%- !Nc`!GW\fh'XYg'@]ZY':]hbYgg'L'!)
9``]dgYbhfU]bYfg/ Ua d^Y``]d/

Life Fitness X3-5 Ellipsentrainer Bewertung

K jf\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`jf\UVYb
Ui`W`@ZY`:]hbYgg`L`!)`!6Yg]hnYf`gck`jY`a`Y\fyfY`DYfgcbYb
]bhYfj`jYk`hž`X]Y`XYb`9``dgYbhfU]bYf`ja`:]hbYggghi`X]c`cXYf
:]hbYggW`bhYf`j`Yfk`YbXYh`UhhYb`8Yf`L`!)`]gh`Y]bY
K`Y]hYfYbhk`jW`i`b`[`XYg`U`hYb`L`!\$!A`cXY``g`i`bX`j`YfZØ[`h`ØVYf`j`jY`Y
Yfgh`Ugg][`Y`:]b`h]cbYb`6Y]Y]bYa`I`J`D`j`cb`WU``&-`\$\$Z\$`I`G8
`jY[`h`X]Yg`YXcW`ØVYf`XYa`6i`X[`Yh`Y]bYg`Xi`fW`gW`b]hh]WXYb
?Ai`ZYfg`j`cb`<Y]a`Z]hbYgg[`Yf`ÅhYb`K`jf\UVYb`ZYgh[`YghY`hž`XUgg
XUg`<Ui`dha`Yf_a`U`XYf`@ZY`:]hbYgg`9``dgYbhfU]bYf`XUf]b`VYghY`hž
XUgg`XUg`\]bhYfY`GWk`i`b[`fUXž`XUg`XUg`@ZY`:]hbYgg`@]b`*
!5bhf]YVggmghYa`Ybh`Å`hž`gY`f`fi`\][`ZÅ`fh`

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

9g[`]Vh]j`jY`Y`E`i`U`]hÅhga`Yf_a`U`Y`XYg`@ZY`:]hbYgg`L`!)`ž`X]Y`k`j`f
a`Ø[`]Ybž`Y]bgW`Y`jY»`]W`XYg`XfU`h`cgYb`Y`Yfnž`Yei`Ybn[`]ghYi`YfhYb
HfU]b]b[`]ggmghYa`gž`a`j`h`XYa`G]Y`Y]bY`VYgh]a`a`hY
HfU]b]b[`]g]bhYbg]hÅhY]bghY`Yb`_ØbbYb``;`fi`bXgÅh`]W`ghYi`Yfh`Δ`fY
<YfnfYU_h]cb`Ui`Z`XUg`HfU]b]b[`]X]Y`K`jXYfghUbXgb]j`YUi`gž`X]Y`G]Y
k`Å`fYbX`XYg`HfU]b]b[`]g`YfZU`fYb``;`fi`bXgÅh`]W`U`bXY`h`Yg`g]W`
i`a`Y]b`D`i`[`]UbX!D`Um!HfU]b]b[`]gdfc[`]fUa`a`ž`XUg`Ui`Z`Δ`fYb`?ØfdYf
ni`[`]YgW`b]hhYb`]gh`

8]Y`@ZY`:]hbYgg`L`!)`9``dgYbhfU]bYf!`?`cbgc`Y`Ybh`Å`h`X]Y`A`m
DYfgcbU`HfU]bYf!Gcžk`UfYž`a`j`h`XYf`G]Y`g]W`Ui`Z
I`bhYf`_ØfdYfhfU]b]b[`]cXYf`;`Ubn`_ØfdYfhfU]b]b[`]_cbnYbhf]YfYb
_ØbbYb`K`jf\UVYb`a`Y\fyfY`?`ca`a`YbhUfY`ni`X]YgYb`:]b`h]cbYb
[`Y\Øfhž`k`cVY]XUg`Åi`Z[`]ghY`XUf]b`VYghUbXž`XUgg`Yg[`]i`h
Z`b`h]cb]Yfh`U`hž`k`Ybb`G]Y`g]W`X]Y`NY]h[`]Ybca`a`Yb`UVYbž`XUg

GmghYa `\\YfUi gni ZjbXYb""8]Y'a Y]ghYb`A YbgWXYb`j Yfk YbXYhYb
Y]bYg`XYf`%&`GhUbXUfX!HfU]b]b[gdfc[fUa a Yž'i a `X]Y`[Yk ØbgWXYh
HfU]b]b[g]bhYbg]hÅh'ni `YffY]WXYb""K]f`\\UVYb`XUg
C VYf_ØfdYfhfU]b]b[`i bX`XYb`@Yb`Yf`Ui Z`X]YgYa `9``]dgYbhfU]bYf
U`g`Xi fWgWb]h`]W`VYk YfhYh"

8]Y'a Y]ghYb`XYf`j cb`i bg`VYZfU[hYb`@]Z`:`]hbYgg`L' !) !6Yg]hYf
\\UVYb`j`\\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`]YZfhi bX
Ui Z[YghY`h""6YgWXYb][hY`cXYf`b]WXYh`Zi b_h]cb]YfYbXY`?cbgc`Yb
gWXY]bYb`X]Y`[fØ» hY`6YgWXYb YfXY`ni `gY]bž`X]Y`k]f`[Y\\Øfh`\\UVYb"
8Yf`?i bXYbgYfj]W`k i fXY`VY`XYf`@Øgi b[`j cb`GYhi d!`i bX
; UfUbh]YdfcV`Ya Yb`U`g`ZU]f`Y]b[Yghi Zh""8]Y`@]Z`:`]hbYgg!; UfUbh]Y
ZØf`7fcgg!HfU]bYg`i a ZUggh`Y]bY`@VYbgXUi Yf`XYg`F U`a Ybgž`&
X\\fY`Ui Z`X]Y`Y`Y`_hf]gWXYb`i bX`a YWXYb]gWXYb`HY`Y`i bX`%`X\\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`@]Z`:`]hbYgg`L' !) `ZØf`XYb
df]j UhYb`i bX`Y]WXYhYb`[Yk YfV`]WXYb`; YVfUi WXYž`Yf`]gh`YXcWXY`ZØf
X]Y'a Y]ghYb`5bk YbXi b[Yb`ni `<Ui gY`k U`fgWXY]b`]WXY`ni `hYi Yf""9g
\\Uh`j]Y`Y`:`i b_h]cbYbž`X]Y`XYb`Yb[U[]YfhYghYb`7UfX]c!:`]hbYgg!6i Z
VYZf]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]fž`XUgg`G]Y`g]WXY
a]bXYghYbg`Y]ba U`NY]h`bY`a Ybž`i a `:`]hbYgg[YfÅhY`j cf`XYa `?Ui Z
ni `hYghYb":]bXYb`G]Y`Y]bYb`<ÅbX`Yfž`Y]b`:`]hbYggWXYbYf`cXYf`Y]b
`c`_U`Yg`Mž]b`XYa `@]Z`:`]hbYgg`L' !) `Y]b[Yf]WXYhYh]ghž`i bX
UVgc`j]YfYb`G]Y`Y]b`]bhYbg]j Yg`HfU]b]b[""K]f`Ya dZY`\\Yb`≠bYb
Ui WXYž`L' !) !6Ybi hYf`]b`X]YgYb`:`]hbYggWXYbYfb`ni `VYZfU[Yb`"Bi f
XUbb`k]ggYb`G]Y`g]WXYfž`XUgg`XYf`@]Z`:`]hbYgg`L' !) `≠fYb
:`]hbYggVYXØfZb]ggYb`Ybhgdf]WXYh"

≠gd]f]Yfhj cb`9n]bY`i bX`>a `?YgY`

6Ygi W\Yb`G]Y`i bg`Ui Z.`a Y]b!Z]hbYgg"bYh