

PRECOR[®] USA
move beyond[®]

EFX[®] 5.37

Elliptical Fitness Crosstrainer™



**Designed to inspire
a life in motion.**

Every aspect of our fitness equipment is made to mirror human movement – fluid, natural and familiar. Intuitive engineering and thoughtfully designed products offer invigorating workouts that help you achieve your goals – whether you strive to lose a few pounds, increase your energy to keep up with the kids, or to prepare for an upcoming race. No matter what your goal, Precor inspires a life in motion.

Easy to use.

Precor products are designed with intuitive displays and simple programs that make it easy to get on and get moving.

Designed for your home.

Precor Elliptical Fitness Crosstrainers offer the benefits of a gym-quality workout with design that fits naturally in your home.

Committed to excellence.

For over 25 years Precor has been a leader in the fitness industry, delivering breakthrough innovations and premium quality products for the home and club.

Designed to inspire a life in motion.

www.precor.com

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Product Specifications

| | |
|------------------------|---------------------------------|
| Length | 84 in (213 cm) |
| Width | 31 in (79 cm) |
| Height | 63 in (159 cm) |
| Weight | 240 lbs (109 kg) |
| Shipping Weight | 290 lbs (132 kg) |
| Power | 120 VAC (50/60Hz) |
| CrossRamp [®] | 15 to 40 degrees |
| Stride Length | Variable, 21-24.5 in (53-62 cm) |
| Frame | Powder-coated steel |
| Regulatory Approvals | FCC, ETL, CE |

Features

| | |
|--------------------------|---|
| QuickStart [™] | • |
| SmartRate [®] | • |
| Tap Control [™] | • |
| Touch Heart Rate | • |
| Heart Rate Telemetry | • |
| User IDs | 4 |

Programs

| | |
|-------------------|----|
| Aerobic Endurance | 1 |
| CrossTrainer | 1 |
| Custom | 2 |
| Gluteal | 1 |
| Heart Rate | 2 |
| Hill Climb | 1 |
| Interval | 3 |
| Manual | 1 |
| Weight Loss | 3 |
| Total Programs | 15 |

Electronic Readouts

| | |
|-------------------------|---|
| % Complete | • |
| Average Heart Rate | • |
| Calories | • |
| CrossRamp [®] | • |
| Goal | • |
| Heart Rate | • |
| Maximum Heart Rate | • |
| Metrics | • |
| Profile | • |
| Resistance | • |
| SmartRate [®] | • |
| Strides per Minute | • |
| Target Heart Rate | • |
| Time | • |
| Time Elapsed | • |
| Time in Heart Rate Zone | • |
| Time Remaining | • |
| Total Strides | • |
| Units | • |
| Watts | • |
| Vertical Gain | • |

The EFX 5.37 Elliptical

Our most dynamic and sophisticated home elliptical offers incredible workout flexibility in your own home. With Precor's CrossRamp[®] technology for variable incline and stride length, Convertible Arms for workout variety and sophisticated customization programs that track your progress – you're ensured a comfortable, rewarding workout to complement your active lifestyle.

- Adjustable CrossRamp[®] targets key muscle groups.**
 The ramp angle is fully adjustable from 15 to 40 degrees, allowing you to individually target and work all major lower body muscle groups. Variable stride length, from 21 to 24.5 inches, offers even greater diversity to your workout.
- Convertible Arms offer workout variety.**
 Fixed or moving – with adaptable arm positions that easily adjust to offer Lower Body or Total Body exercise modes – the choice is yours. Only Precor offers this proprietary feature, which adds greater flexibility to your exercise regimen.
- Designed with your home in mind.**
 With subtle tones and clean lines, the 5.37 elliptical is designed to fit naturally with your home décor and your lifestyle. The display keeps your favorite things close at hand with areas for your water bottle, mp3 player and cell phone. A compartment on the front of the machine keeps your magazines in easy reach.
- Customize your options to suit your workout.**
 The options button allows you to customize your workouts by viewing additional metrics, entering weight and age, or selecting a personal workout goal. All of which leads to a more meaningful workout.
- Track your target heart rate for fitness results.**
 A combination of easy-to-use handgrip sensors and wireless heart rate telemetry allow you to monitor your heart rate during workouts. Whether your desired result is improved cardio training or weight loss, SmartRate[®] keeps you in your target zone – helping you achieve your fitness goals.
- Intuitive console is easy to read and adjust.**
 Access QuickStart[™] programs and User IDs at the touch of a button. The Tap Control[™] keypad is user-friendly with "quick key" functions. Dedicated display areas show your heart rate, calories burned and time/duration of exercise – to help you get the most from your workout.



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