

EFX® 5.31 Elliptical Fitness Crosstrainer™

Designed for home use, the 5.31 features Precor's adjustable CrossRamp® with fixed upper body geometry, 10 preset programs, 20 resistance levels, 2 user IDs and new longer Variable Stride Biomechanics

Features

CrossRamp®	<ul style="list-style-type: none"> • CrossRamp® technology, unique to Precor, provides 14 different ramp angles, from 15 to 30 degrees, which allows users to individually target all major lower body muscle groups. • Provides 20 consistent levels of electromagnetic resistance to customize your workout. The 20 resistance levels range from 10 watts at work level #1 at 20 RPM to 625 watts at work level #20 at 100 RPM • Direction of rotation is completely reversible from forward to backward to allow even greater use of different muscle groups • Polyurethane wheels glide on the precision extruded, anodized, aluminum CrossRamp® distributing the users weight for maximum efficiency, smoothness and low impact natural motion.
Low Impact	<ul style="list-style-type: none"> • Optimized biomechanics featuring low impact combined with smooth natural motion • Provides the lowest rate of perceived exertion (RPE) of any cardio exercise system
Display	<ul style="list-style-type: none"> • Touch sensitive display switches makes it easy to monitor and customize workouts • Biofeedback center with SmartRate® provides dedicated feedback on heart rate and calories • Menu offers wide choice of exercise and exercise measurement options for user selection
Programs	<ul style="list-style-type: none"> • Basic HR, Crosstrainer, Fat Burner, Fitness Test, Gluteal, Hill Climb, Interval, Manual, Weight Loss
Heart Rate	<ul style="list-style-type: none"> • Equipped for continuous heart rate monitoring with the use of optional wireless chest strap transmitter
Other Features	<ul style="list-style-type: none"> • Fixed upper body exercise geometry provides efficient use of the larger muscle groups for aerobic training • Quickstart™ feature allows user to begin a workout session with the push of a single button • Display includes an integrated storage shelf for water bottle, portable music player, etc • Magazine storage located in front plastic housing and reading rack on display • 2 User ID's let users enter and store personal preference information, then quickly retrieve it for future workouts • User may choose between calorie goals, distance goals, vertical feet climbed goals, and time goals • Stationary hand rails provide multiple arm and hand positions
Warranty	<ul style="list-style-type: none"> • Lifetime frame and welds • 10 years parts and wear items • 1 year labor
Ergonomic Design	<ul style="list-style-type: none"> • Excellent stability and freedom of movement for users of all sizes • Patented motion allows heels of user to remain in contact with footplates reducing stress to muscles and tendons allowing a balanced biomechanical correct motion.
Readouts	<ul style="list-style-type: none"> • Calories, Calories per Minute, CrossRamp® angle, Heart Rate, Program profile, Resistance Levels, SmartRate®, Strides, Strides per minute, Time, Vertical Gain, Watts, Workout Summary • Heart Rate and SmartRate® requires optional wireless chest strap transmitter- not included

Measurements

Length	84 in (213 cm)	Upper body range of motion	Fixed handrails
Width	31 in (79 cm)	CrossRamp®	15 to 30 degrees
Height	63 in (159 cm)	Stride geometry	Variable, 21 in to 23 in
Weight	210 lbs (95 kg)	Resistance levels	20 (10 to 625 Watts)
Shipping Weight	260 lbs (118 kg)	Footplate spacing	3 in
Regulatory approvals	FCC, ETL, CE	Footplate dimension	7 in x 15 in
Power	For equipment:	For outlet:	
US & Canada	120 VAC, 50/60 Hz, 14a, 1175W	Dedicated 120v/15a circuit (minimum) with 5-15R NEMA receptacle	