

EFX® 5.37 Elliptical Fitness Crosstrainer™

Designed for home use, this top of the line model features Precor's adjustable CrossRamp®, plus unique "Convertible Arms" technology, which allows users to switch back and forth between Lower Body and Total Body exercise modes, 15 preset programs, 20 resistance levels, 4 user ID's and new longer Variable Stride Biomechanics

Features

CrossRamp®	<ul style="list-style-type: none"> • CrossRamp® technology, unique to Precor, provides 20 different ramp angles, from 15 to 40 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 combining low impact 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 with toggle 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 • Additional large scrolling window for enhanced program prompts and instructions
Programs	<ul style="list-style-type: none"> • Aerobic Endurance, CrossTrainer, Custom (2), Gluteal, Heart Rate (2), Hill Climb, Interval (3), Manual, Weight Loss (3)
Heart Rate	<ul style="list-style-type: none"> • Equipped for continuous heart rate monitoring by touch sensors on the handlebars or by included wireless chest strap transmitter
Other Features	<ul style="list-style-type: none"> • Unique "Convertible Arms" technology allows users to quickly and easily switch back and forth between Total Body exercise mode and lower body exercise mode • 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 • 4 User ID's let user 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 • Includes custom Precor Logo Mat, 2 Precor Logo Nalgene water bottles, and wireless chest strap HR transmitter
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, Vertical feet climbed, Time, Watts, Workout summary, Distance • Heart Rate and SmartRate® work with standard handle bar mounted heart rate sensors or with included wireless chest strap heart rate transmitter

Measurements

Length	84 in (213 cm)	Upper body range of motion	Variable, 12 to 19 in
Width	31 in (79 cm)	CrossRamp®	15 to 40 degrees
Height	63 in (159 cm)	Stride Biomechanics	Variable, 21 in to 24.5 in
Weight	240 lbs (109 kg)	Resistance levels	20 (10 to 625 Watts)
Shipping Weight	290 lbs (132 kg)	Footplate dimension	7 in x 15 in
Regulatory approvals	FCC, ETL, CE	Footplate spacing	3 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	