Elliptical Fitness Crosstrainer® (EFX®)
TRAINING GUIDE
In 1995, Precor unveiled the first elliptical trainer, the Elliptical Fitness Crosstrainer or EFX. Since then, over 300,000 ellipticals have been installed globally, making the EFX the most recognized and preferred elliptical trainer for your exercisers. The EFX reduces impact by replicating the natural elliptical motion path of the foot during walking and running, and works a variety of lower-body muscles using CrossRamp® technology.
Contents

Key Features ................................................................. 2
Benefits ............................................................................. 4
Muscle Activation ........................................................... 5
Handlebar Usage ............................................................ 6
General Workouts .......................................................... 7
For Women ..................................................................... 10
For Runners ................................................................... 13
For Older Adults ............................................................ 17
800 Line EFX

Key Features

1. **Handlebars**
   With moving handlebars exercisers can achieve a total body workout. The fixed handlebars allow exercisers to focus on a lower body workout.

2. **Console**
   Ergonomically positioned to deliver crystal clear entertainment viewing for exercisers in motion.

3. **Converging CrossRamp™**
   Patented converging footpath design and incline adjustments between 10 - 35 degrees, along with 20 levels of resistance, give exercisers a challenging workout with a more natural feeling stride.

4. **Covered Ramp & Rear Drive Housing**
   Experience easy maintenance with the covered ramp and rear drive housing that enable quick access for cleaning.

5. **Active Status Light™**
   Alerts staff at a glance when the EFX needs maintenance or service.
700 Line EFX

Key Features

1. **Handlebars**
   With moving handlebars exercisers can achieve a total body workout.

2. **Console**
   Ergonomically positioned to deliver crystal clear entertainment viewing for exercisers in motion.

3. **Fixed Ramp**
   Ramp incline optimally set at 20 degrees for an effective lower body workout.

4. **Covered Ramp & Rear Drive Housing**
   Experience easy maintenance with the covered ramp and rear drive housing that enable quick access for cleaning.

5. **Active Status Light™**
   Alerts staff at a glance when the EFX needs maintenance or service.
What are the benefits of using an Elliptical?

In addition to its full-body aerobic capabilities, ellipticals provide many other benefits:

**Ellipticals are low impact.**
Because people move in a smooth gliding motion, there’s no jarring up-and-down movement and no repeated impact such as what you would get from running. This makes them ideal for exercisers with joint problems or who have a difficult time running due to their weight.

**Ellipticals offer both aerobic and strength-training exercise**
Users can program their elliptical to simulate resistance - the amount of power needed to move through their stride. However, Precor ellipticals are the only pieces of equipment on the market that feature an incline setting, which can help to strengthen and tone a person’s legs. Moving your whole body also keeps your heart pumping throughout the workout, which makes it a valuable aerobic machine.

Ellipticals are well-suited to circuit training. Since users don’t need to wait for a belt to warm up like you would a treadmill, they can just hop on and off the elliptical as needed. This saves time and prevents exercisers from losing inertia during a circuit-training workout.

Many ellipticals do have one major flaw: They force you to lean forward somewhat, which causes you to push off from the toes rather than the heel. This works your quadriceps, but does less for other muscles in your legs.

A better-designed elliptical, like the Precor EFX, allows the user to maintain perfect posture and drive the motion from the heel forward, creating a workout for the gluteus, hamstrings and quads.
Muscle activation

The newer technology allows exercisers to experience the following training benefits:

- For maximal gluteal impact, train in a forward direction with the ramp between 13-20
- Train in the reverse direction and high and low ramp angles to target the quadriceps
- Push the moving handlebars to activate the triceps
- Train in a forward direction at a lower level to activate the hamstrings
- To increase calf engagement, train in a reverse direction with a ramp level between 12-15
- Training backwards is challenging and will likely increase one's heart rate
Elliptical handlebars: To use or not to use?

Should you hold on to or let go of the moving handlebars on the EFX®?

The answer: It depends on what you’re looking to accomplish with your workout. As much as we wish there were a clear cut answer to this question, there are advantages to both using and forgoing the elliptical handlebars.

Using Handlebars
If you want to work your upper body while getting in your cardio exercise, try using the moving handlebars. To do this effectively, increase the resistance on the EFX and make sure you’re actively pushing and pulling the handlebars. For total body recovery, rest your hands on the moving handlebars and let them go along for the ride.

No Handlebars
If you want to work on your balance, core stabilization and leg muscles, let go of those elliptical handlebars! When you let go of the handlebars, your body has to engage stabilizing muscles to keep you balanced. Choosing to let go of the moving handlebars also helps to engage your lower body since you’re not splitting the load between your upper and lower body.

Best of Both
If you don’t want to choose between holding on to and letting go of the moving EFX handlebars, or you’re not sure which one would be better for you, do not fear! By choosing not to commit to letting go of or holding on to the handlebars, you’ll probably be giving your body a better workout. For a total body cardio and strength workout that also works on your balance and stabilization, try alternating between holding on to and letting go of the moving handlebars.
Tips for getting the best Elliptical workout

What’s the best way to get a great workout on an EFX elliptical?
The best thing to do is continually vary your training stimulus - within any given workout, change your speed and resistance and incorporate the upper body by using the moving handles. For an added challenge, incorporate intervals into your workout and add sections that reverse the direction of your stride.

How does the CrossRamp on the EFX increase muscle engagement and calorie burn?
As the elevation increases on the CrossRamp, heart rate, oxygen uptake and overall calorie expenditure increase significantly. The CrossRamp feature on EFX ellipticals mostly targets the quadriceps, especially as the ramp angle goes up.

What are three ways to increase muscle engagement on the EFX?
The best way to increase muscle engagement is to vary the ramp angle to engage the quadriceps. Increasing the CrossRamp angle also recruits the glutes, core and hamstrings to a lesser degree. Another great way to get a more effective workout is to actively push and pull the handles - the EFX has been shown to activate upper body musculature more than treadmills and bikes; specifically the biceps, triceps, pectorals and trapezius. Lastly, increasing resistance makes your muscles work harder and increases calorie burn.

Any tips for maximizing muscle engagement and calorie burn on the EFX with CrossRamp?
The most effective way to burn calories on the Precor EFX is by increasing resistance, and increasing speed. Training in the reverse direction has also been shown to notably increase heart rate and is also a good way to vary workouts without compromising training intensity.

Quick Tips...
1. Integrate intervals into your conditioning - avoid doing the same workout each time
2. Select a Precor program to vary your workout and track your progress
3. Don’t rely on the handles. Improve balance and coordination by training hands-free during part or all of your training session
4. Avoid spinning on the elliptical without resistance. The most effective workouts combine resistance and speed.
Elliptical 101: Sweat and restore

Training Guidelines

1. Push **Quick Start** to get moving
2. Hold on to the moving handles for an additional challenge
3. Breathe normally and reduce speed or resistance if the challenge feels too great

<table>
<thead>
<tr>
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<th>Resistance</th>
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<th>Direction</th>
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<tbody>
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<td>5</td>
<td>10</td>
<td>Forward</td>
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<td>2</td>
<td>7</td>
<td>10</td>
<td>Forward</td>
</tr>
<tr>
<td>2</td>
<td>5</td>
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<td>Reverse</td>
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<td>Reverse</td>
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<td>Forward</td>
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<tr>
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<td>5</td>
<td>14</td>
<td>Forward</td>
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<td>2</td>
<td>5</td>
<td>16</td>
<td>Forward</td>
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<tr>
<td>2</td>
<td>5</td>
<td>8</td>
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<tr>
<td>2</td>
<td>5</td>
<td>8</td>
<td>Reverse</td>
</tr>
</tbody>
</table>

*Resistance and SPM settings should be adjusted based on a user's individual fitness level.

Elliptical 201: Interval workout

Training Guidelines

1. Select the **Interval 1:1** program
2. Hold on to the moving handles to increase your core involvement
3. Breathe normally and reduce speed or resistance if you are struggling to speak
4. Set your recovery interval to **Resistance 4, Crossramp 8**
5. After completing the first 2 minutes, set your work interval to **Resistance 8, Crossramp 12**

<table>
<thead>
<tr>
<th>Time (min)</th>
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<th>Direction</th>
<th>Steps per minute (SPM)*</th>
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<tr>
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<td>Recovery</td>
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<tr>
<td>2</td>
<td>Work</td>
<td>Forward</td>
<td>140+</td>
</tr>
<tr>
<td>2</td>
<td>Recovery</td>
<td>Forward</td>
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<td>Work</td>
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<tr>
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<td>Recovery</td>
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<td>2</td>
<td>Work</td>
<td>Reverse</td>
<td>140+</td>
</tr>
<tr>
<td>2</td>
<td>Cool down</td>
<td>Reverse</td>
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<td>Cool down</td>
<td>Reverse</td>
<td>130</td>
</tr>
</tbody>
</table>

*Resistance and SPM settings should be adjusted based on a user's individual fitness level.

Leave your machine settings the same for all intervals, and it will automatically adjust from recovery to work every two minutes. All you need to do is modify your direction and steps per minute.
Elliptical 301: Break through the wall

Training Guidelines

1. Push Quick Start

2. Monitor your intensity: if you cannot speak while performing this workout, reduce your speed or resistance until you are able to carry on a broken conversation.

3. To increase or decrease your training challenge, adjust your steps per minute.

<table>
<thead>
<tr>
<th>Time (min)</th>
<th>Resistance*</th>
<th>CrossRamp® Setting</th>
<th>Direction</th>
<th>Steps per minute (SPM)*</th>
</tr>
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<tbody>
<tr>
<td>0-5</td>
<td>3-5</td>
<td>8</td>
<td>Any</td>
<td>130 or less</td>
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<tr>
<td>6-7</td>
<td>7</td>
<td>12</td>
<td>Hands-free</td>
<td>140+</td>
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<tr>
<td>8-10</td>
<td>9</td>
<td>14</td>
<td>Moving handlebars - Active</td>
<td>120 - 140</td>
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<tr>
<td>11-13</td>
<td>7</td>
<td>12</td>
<td>Fixed handlebars</td>
<td>160+</td>
</tr>
<tr>
<td>14-16</td>
<td>9</td>
<td>14</td>
<td>Moving handlebars - Active</td>
<td>120 - 140</td>
</tr>
<tr>
<td>17-20</td>
<td>3-5</td>
<td>10</td>
<td>Moving handlebars - Passive</td>
<td>120 - 140</td>
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*Resistance and SPM settings should be adjusted based on a user's individual fitness level.

Full body Elliptical workout

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<tr>
<th>Time (min)</th>
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<th>Strides per min (SPM) Target*</th>
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<td>8</td>
<td>Any</td>
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</tbody>
</table>

*Resistance and SPM settings should be adjusted based on a user’s individual fitness level.
EFX® workout guidelines for women

The elliptical is one of the first pieces of equipment used by beginner exercisers, specifically women.

Many novice female exercisers struggle with feeling comfortable in the gym, but find that the elliptical is an inviting piece of equipment that is easy to use and functions as a suitable tool to increase one’s cardiovascular fitness, while building movement confidence in the gym.

The Precor EFX, or Elliptical Fitness Cross Trainer, is one piece of equipment that aides women in achieving their fitness goals. With innovative technology and a slimmer body frame, the EFX was designed to fit all body types.

The smaller exterior appears less intimidating and the Converging CrossRamp® better replicates a person’s natural converging path of motion as they walk and run. Plus, using the machine feels smoother and more equipped to “fit” a woman’s body frame, including the size of the moving handlebars. This differs compared to other ellipticals that have a wider frame and bigger handlebars.

The best feature is that the EFX targets those challenging zones. Many women experience weight gain or adipose tissue storage in areas around the triceps, hips and buttocks. At certain CrossRamp angles and training directions, paired with the converging trajectory, women can focus on better activating the posterior muscles.
EFX® hill interval training

This multifaceted interval training program incorporates a 1:2 work to rest ratio, that targets different areas of the body with ramp changes and forward and backward motions.

Training Guidelines
1. If you are a beginner, keep the ramp between 12-15 and progress as your fitness levels increase
2. To make the program more achievable, recover with the ramp at 10-12 until fitness levels improve
3. During the work period, focus on maximal effort or an RPE of 7-9 on scale of 1-10, where one is light activity and 10 represents maximal effort
4. The recovery period can range between a 4 and 6 RPE

<table>
<thead>
<tr>
<th>Work</th>
<th>Rest</th>
<th>Ramp</th>
<th>Notes/Optional Challenges</th>
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<tr>
<td>5 min warm-up</td>
<td></td>
<td>10-12</td>
<td>Warm-up RPE 2-3 Build up to 4</td>
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</table>

**Work pedaling forward and recover pedaling backwards**

| 30 sec | 60 sec | 12-15 | Use moving handles                     |
| 45 sec | 90 sec | 14-16 | Train hands-free                       |
| 60 sec | 2 min  | 16-20 | Use moving handles                     |

**Work pedaling forward and recover pedaling backwards**

| 30 sec | 60 sec | 12-15 | Train hands-free                       |
| 45 sec | 90 sec | 14-16 | Use moving handles                     |
| 60 sec | 2 min  | 16-20 | Try hands-free                         |
| 3-5 min cool down | 10-12 |      | Reduce effort to RPE 2-3              |

For a complete 30-minute cardio program, repeat the hill interval one more time. On the third time, perform the work and rest period in the same direction.
Weight loss zone workouts

The use of training heart zones is a good way to direct your exertion.

Intensities varying from 70% to 90% of aerobic capacity can elevate caloric expenditure during a single training session. The use of heart monitors is a great way to hone in on the right intensity as well as to provide quantifiable information, such as metrics on calories, intensity and recovery timing.

Heart rate training zones can be easily estimated with the use of general equations found in the article The Science of Resetting Your Bodyweight. Put this to practice with the 30’ Zone Workout and the 40’ Triple Challenge Workout.

Training Guidelines

<table>
<thead>
<tr>
<th>Time (min)</th>
<th>Zone 1</th>
<th>Zone 2</th>
<th>Zone 3</th>
<th>Zone 4</th>
<th>Zone 5</th>
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<tbody>
<tr>
<td>2</td>
<td>Easy Effort</td>
<td>Moderate Pace</td>
<td>Somewhat Hard</td>
<td>Hard Effort</td>
<td>All Out</td>
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<th>Time (min)</th>
<th>Zone</th>
<th>Resistance</th>
<th>CrossRamp® Setting</th>
<th>Hand Position</th>
<th>Direction</th>
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<td>Moving handles or Fixed handles</td>
<td>Forward</td>
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<td>Moving handles or Fixed handles</td>
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<th>Time (min)</th>
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<td>Moving handles or Fixed handles</td>
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EFX® workout guidelines for runners

While running and race experience are crucial for developing skilled runners and preparing the body for the loading demands of the sport, cross-training, strength training and flexibility are other critical aspects for injury reduction.

Cross-training with other aerobic activities will help athletes maintain their cardiorespiratory preparation, whereas strength training and flexibility will ensure muscles properly activate and lengthen in time with the demands of the sport. Below is an overview of common running injuries and how the Precor EFX can be used to unload the body on cross-conditioning days:

**Patellofemoral Pain Syndrome (“Runner’s Knee”)**

**What it feels like:** Knee pain radiating from the patella  
**Causes:** Weakened hamstrings or quadriceps  
**Why runners experience it:** Repetitive eccentric loading, downhill running  
**How the EFX helps:** Gradually introducing intervals in the reverse direction on the EFX will more directly target the quadriceps and better prepare them for demands of downhill running.

**Achilles Tendinopathy**

**What it feels like:** Pain or stiffness in the Achilles tendon pain  
**Causes:** Inflammation in tendon or tendon sheath  
**Why runners experience it:** Repetitive eccentric loading, uphill running  
**How the EFX helps:** Gradually introducing intervals in the reverse direction on the EFX will more directly target the gastrocnemius and better prepare them for demands of uphill running.

**Iliotibial Band Syndrome**

**What it feels like:** Sharp or shooting pain down the iliotibial track (lateral fascial connection from the hip to the knee)  
**Causes:** Q-angle in women, muscular imbalances in hip complex and/or legs  
**Why runners experience it:** May experience pain in the hip, knee or leg during training and have continued discomfort during activities of daily living and sitting  
**How the EFX helps:** Many runners have under-activated gluteal muscles. Set the Converging CrossRamp on the EFX between level 12 and 20 to maximize glute activation.

Lastly, the EFX provides a non-impact movement originally created as an alternative to running. The origins of the Precor EFX stride path date back to the early 1990s when an inventor videoed his daughter’s running form and mapped the path of motion of her running stride. The inventor sought a way to reduce joint stress on his daughter’s body without compromising the cardio benefits she needed to excel in her favorite sport: tennis.

The non-impact platform of the EFX replicates a running motion by allowing the exerciser to transfer weight to the downward traveling leg and alleviate weight on the upward pedal during the “swing” phase. While both feet stay in contact with each pedal throughout the motion, the movement is driven by the downward leg and the other foot maintains light contact with the pedal for balance.
How to run when you can’t

For many gym-goers, running is viewed as the ultimate cardio workout that they are “supposed to do” to be successful in their workouts. Unfortunately, many people can no longer run, for reasons ranging from joint degeneration to bodyweight to metabolic factors, to name a few. Alternatively, the exerciser might just not enjoy running. Either way, feeling as though you are unable to be a part of a community or perform an exercise that is perceived as iconic can lead everyday athletes to stray from the gym due to feeling incapable, or simply not knowing how else to achieve their fitness goals. If you’re truly a runner at heart and craving that runner’s high, here are some tips to help you find that buzz on the Precor EFX®.

Quicken Your Tempo

180 strides per minute is often recommended as the optimal number of strides per minute to reduce injury risk and increase speed in runners. Shortening stride length requires faster turnover to increase speed, and this may help athletes reduce injury by eliminating heel striking and lessening overall impact due to less time in flight. However, evidence suggests many casual runners have a longer stride length and a lower steps per minute rate at 170 or less.

Tip: On the EFX, try maintaining a moderate resistance and increasing steps per minute to creep towards that 160-180 mark.

Use Your Arms

Upper body mechanics play a big part in proficient running technique. Coordinated arm motion helps to drive the lower body and increases balance. Good runners will allow their arms to move freely and keep them close to their body. Elbows should be positioned at a 90-degree angle, and should swing front to back; they should not cross over the center of the body. Keep wrists in a neutral position and hands relaxed. To increase speed, runners must quicken the cadence of their upper body swing.

Tip: On the EFX, increase resistance slightly and train hands free. Practice increasing arm swing and observe how steps per minute increase as the upper body actively engages to propel the movement.

Climb a Hill (or Two)

Out on the road or trail, terrain is not level. Changing the terrain changes the muscles you recruit when running. Dashing up a hill? The Cooper Institute observed that lower body muscle activation increases 9% when running uphill. It also noted that hamstring activation was lower, and two of the quadriceps muscles plus the soleus were elevated. Heightened muscle activation also led to an increase in oxygen consumption.

Tip: On the EFX, vary the training grade by upping the Converging CrossRamp® level to 14-20 to simulate hilly terrains.

EFX training plan for runners

Here are some weekly running sample plans to demonstrate how to offset mileage using the Precor EFX.

**General Fitness Runners** (running more than 15 miles/week):

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 miles:</td>
<td>EFX</td>
<td>4 miles:</td>
<td>Rest/Active recovery day</td>
<td>Rest/Active recovery day</td>
<td>Rest/Active recovery day</td>
<td>EFX</td>
</tr>
<tr>
<td>Base run (1)</td>
<td>workout</td>
<td>Tempo run (2)</td>
<td></td>
<td>5 miles: Race pace</td>
<td>2 mile warm-up,</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Warm-up, hold tempo pace</td>
<td></td>
<td>2 mile race pace,</td>
<td>1 mile cool down</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>for 20 min and cool down</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**New Runners** (running less than 10 miles/week):

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 miles:</td>
<td>EFX</td>
<td>3 miles:</td>
<td>Rest/Active recovery day</td>
<td>Rest/Active recovery day</td>
<td>Rest/Active recovery day</td>
<td>EFX</td>
</tr>
<tr>
<td>Base run (1)</td>
<td>workout</td>
<td>Interval run (3)</td>
<td></td>
<td>4 miles: Base run</td>
<td>2 mile warm-up,</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 mile warm-up,</td>
<td></td>
<td></td>
<td>2 mile race pace,</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 mile 30:30 intervals,</td>
<td></td>
<td></td>
<td>1 mile cool down</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 mile cool down</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Training Guidelines**

1. **Base Run**: A runner’s natural pace
2. **Tempo Run**: The fastest pace you can maintain for 20 minutes
3. **Interval Run**: Push hard for 30 seconds followed by a 30-second recovery
   Repeat 30 on, 30 off for defined duration

<table>
<thead>
<tr>
<th>Time (min)</th>
<th>Direction</th>
<th>Resistance level</th>
<th>CrossRamp® level</th>
<th>Hand Position</th>
<th>Speed of motion</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Forward</td>
<td>Light to moderate</td>
<td>Any</td>
<td>Hands-free or Moving handles</td>
<td>Moderate</td>
</tr>
<tr>
<td>2</td>
<td>Reverse</td>
<td>Light to moderate</td>
<td>5</td>
<td>Moving handles or Fixed handles</td>
<td>Moderate</td>
</tr>
<tr>
<td>2</td>
<td>Forward</td>
<td>Light to moderate</td>
<td>14</td>
<td>Moving handles or Fixed handles</td>
<td>Moderate</td>
</tr>
<tr>
<td>3</td>
<td>Forward</td>
<td>Light to moderate</td>
<td>8</td>
<td>Any</td>
<td>Moderate</td>
</tr>
<tr>
<td>2</td>
<td>Reverse</td>
<td>Light to moderate</td>
<td>15</td>
<td>Moving handles or Fixed handles</td>
<td>Moderate</td>
</tr>
<tr>
<td>3</td>
<td>Forward</td>
<td>Light to moderate</td>
<td>10</td>
<td>Any</td>
<td>Moderate to fast</td>
</tr>
<tr>
<td>3</td>
<td>Forward</td>
<td>Light to moderate</td>
<td>Any</td>
<td>Any</td>
<td>Moderate</td>
</tr>
</tbody>
</table>
## EFX top flight workout

<table>
<thead>
<tr>
<th>Time (min)</th>
<th>Direction</th>
<th>Resistance level</th>
<th>CrossRamp® level</th>
<th>Hand Position</th>
<th>Speed of motion</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Forward</td>
<td>Light to moderate</td>
<td>Any</td>
<td>Any</td>
<td>Moderate</td>
</tr>
<tr>
<td>10</td>
<td>Forward</td>
<td>Light to moderate</td>
<td>Starting at Level 1, increase ramp level by 1 every minute</td>
<td>Hands-free</td>
<td>Runner’s pace</td>
</tr>
<tr>
<td>5</td>
<td>Reverse</td>
<td>Moderate</td>
<td>10</td>
<td>Any</td>
<td>Moderate to fast</td>
</tr>
<tr>
<td>10</td>
<td>Forward</td>
<td>Light to moderate</td>
<td>Starting at Level 5, increase ramp level by 1 every minute</td>
<td>Hands-free</td>
<td>Runner’s pace</td>
</tr>
<tr>
<td>5</td>
<td>Reverse</td>
<td>Moderate</td>
<td>5</td>
<td>Any</td>
<td>Moderate to fast</td>
</tr>
<tr>
<td>5</td>
<td>Forward</td>
<td>Light to moderate</td>
<td>Any</td>
<td>Any</td>
<td>Slow to moderate</td>
</tr>
</tbody>
</table>
Cardio preparation exercises for active aging clients

Why is fitness important in the active aging population?

Over the past several years, interest in staying fit and active has increased due to the life improving benefits it can provide. For older adults, not only does staying active keep them feeling young and vibrant, but it can reduce the risk of falls and can even contribute to a decrease in other health related issues.

According to The National Institute on Aging, regular exercise helps control blood pressure, body weight and cholesterol levels while significantly reducing the risk of heart attack and stroke. Incorporating a balance of strength, cardio, and stability training can be the key to longevity and improved quality of life for the aging population.

Progressing your aging clients to upright cardio training

When working with older adults who may have little to no experience participating in a fitness program, there are guidelines that should be followed when progressing them from beginner to fully upright cardio training. Building an appropriate level of strength, stability, and endurance will allow your clients to successfully transition to upright cardio movements including activities of daily living (walking without support, climbing stairs, etc.), stationary training with cardio equipment (treadmill, EFX, etc.), hiking, etc.

Use the following workout to boost your older adult clients' stability, as well as provide them with the confidence needed to use cardiovascular equipment to maintain and improve their overall health. This workout was developed for older adults over age 85 or those who may have difficulty with balance and stabilization.

Once they can successfully perform the activities below, you can safely introduce active aging clients to the EFX (page 21).
Cardio preparation exercises for active aging clients

Training Considerations
Evaluate the needs of your client and allow adequate space as well as external support when needed. Guide your client through the movements below as a circuit, transitioning from one movement to the next. Each movement shown below includes a recommended variation as well as advanced options and modifications to best suit the needs of varying ability levels.

Squat Variations:

Movement benefits: Improved strength and stability through legs, pelvic floor, and core.

Complete a total of 10-12 repetitions of the following:

Recommended: With external base of support, perform a squat hovering over a chair to promote proper form, or guide your client through proper form in the standing position.

Modified: In a seated position, apply pressure through the feet, pressing into the floor and while engaging the muscles and hold for 5 seconds and relax.

Advanced: Without support, have your client perform squat with proper form while holding external resistance such as two dumbbells or kettle bells.

Lateral Bodyweight Transfer:

Movement benefits: Improved body awareness and stabilization.

Complete 10-12 repetitions at a moderate pace focusing on muscle engagement and shifting bodyweight.

Recommended: In a standing position with feet hip width and fully grounded, cue your client to shift his or her body weight from left foot to right with slight bending of the knees as they sway side to side. Be sure that they are not leading with the hips and are keeping the center of gravity constant.

Modified: In the seated position with feet hip width or slightly wider, cue your client to apply a moderate amount of pressure through the base of the left foot and transition that pressure to the right foot allowing the left to relax. Posture should be tall and any shifting forward of the trunk should be avoided to promote proper form and muscle activation.

Advanced: In the standing position with feet hip width and eyes closed, have your client shift his or her bodyweight from the left foot to the right with slight bending at the knees as they sway side to side. Be sure that they are not leading with the hips and are keeping the center of gravity constant. You may introduce external support for your client such as a chair or fixed training bar if needed for comfort and stability.
Single Leg Lift Variations

**Movement benefits:** Boosting strength and mobility through the hips and lower body while improving balance.

Have your client perform **10-12 repetitions on each leg.**

**Recommended:** In the standing position, draw the left knee, bringing the heel as close to the height of the right knee as possible and lower to starting position and repeat. Perform one set of 10-12 on each leg.

**Modified:** In the seated portion, lift the left knee as high as possible while maintaining posture through the trunk and upper body. Lower the left foot back to starting position and repeat. Perform one set of 10-12 on each leg.

**Advanced:** In the standing position, cue your client to lift the lift knee and lower back to starting position with both eyes closed. Perform one set of 10-12 on each leg.

Torso Rotation

**Movement benefits:** Increased core strength and stabilization.

Have your client perform **10-12 repetitions** of this movement.

**Recommended:** In a standing position with feet at hip width, have your client extend both arms forward with palms together and parallel to the floor. Keeping the shoulders relaxed, rotate the upper body to the left and right, pointing the fingertips in the direction in which they are traveling. Be sure that they only turn as far as is comfortable without compromising the position of the feet. Even if the rotation is a small movement due to limitations in range of motion, this will still provide a great deal of benefit in boosting core strength and mobility.

**Modified:** Cue your client to complete the movement above in the seated position.

**Advanced:** In a standing position with eyes closed, have your client perform the torso rotation as mentioned above. Removing the point of reference for stabilization forces the body to work harder to stabilize through the full movement.

“Is, Ys, Ts, Ms”

**Movement benefits:** Boost shoulder range of motion and stabilization.

Have your client perform **10-12 repetitions** of this movement.

**Recommended:** In a standing position, have your clients move both arms into the following positions, coming back to neutral between each (arms down by sides and relaxed). "I"-position: reach arms directly over the shoulders, "Y" position: open arms wide and reach up into a Y position. Perform the same movement with "T" and "M" positions.

**Modified:** Complete the above movements in the seated position.

**Advanced:** Complete the recommended movements in the standing position with eyes closed.
Safety considerations for introducing the EFX to active aging clients

Take Advantage of the Converging CrossRamp

The CrossRamp automatically returns to its lowest level at the end of each workout, moving from top to bottom in less than 40 seconds. This allows each user to enter and exit the unit safely and comfortably without hesitation. Prior to entering the EFX, make sure that your clients are comfortable with the step-up height by testing their range of motion using the 2-Minute Step Test guidelines. A good rule of thumb is to be sure that your older adult clients are comfortable lifting each leg with a bent knee above the mid-point of the opposite shin with or without upper body support. Additionally, the ability to transfer weight laterally with confidence will play a large role in entering the EFX. If your client is not ready after your evaluation, refer to the “Preparing your Older Adult Clients for Upright Cardio Training” program for tips in building strength, stability, and range of motion prior to introducing them to the EFX.

Using the Open Access Pedals

Entering the EFX has never been more comfortable with the lateral pedal opening. This has eliminated the need for the exerciser to step over a raised edge on the pedals and has provided added confidence in user stability when stepping on and off. Individuals with limited range of motion will certainly appreciate this feature. Be sure to introduce your older clients to the EFX by allowing them to hold onto the stationary grip while performing movements such as single leg toe taps on the open pedal, progressing to single leg step ups before fully entering the unit. This will provide your client with added confidence that they have the strength and range of motion to enter the unit safely.

Hold the Rodeo Grip

Working with your client to locate the most appropriate grip placement is key to winning their confidence and ensuring positive body awareness when using the EFX. You will likely want to begin by having your client grip the stationary handles while slowly pedaling. This will allow your client to get comfortable with the movement pattern and the converging pedal motion while providing upper body stability through the stationary grip. You will want to progress your client to using the moving handles when he or she feels completely balanced and comfortable with their core strength and ability to move without a constant and stable touch point.

Precor EFX® preparation workout for active aging

<table>
<thead>
<tr>
<th>Sets</th>
<th>Reps</th>
<th>Movement*</th>
<th>Training Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-3</td>
<td>10-12</td>
<td>Squat Variations</td>
<td>Strength and stability for legs, pelvic floor and core</td>
</tr>
<tr>
<td>1-3</td>
<td>10-12</td>
<td>Lateral Bodyweight Transfer</td>
<td>Body awareness and stabilization</td>
</tr>
<tr>
<td>1-3</td>
<td>10-12</td>
<td>Single Leg Lift Variations</td>
<td>Lower body strength, mobility and balance</td>
</tr>
<tr>
<td>1-3</td>
<td>10-12</td>
<td>Torso Rotation</td>
<td>Core strength and stabilization</td>
</tr>
<tr>
<td>1-3</td>
<td>10-12</td>
<td>‘I’s, Y’s, T’s, M’s</td>
<td>Upper body range of motion</td>
</tr>
</tbody>
</table>

*All movements should be performed with body weight and can be used to prepare active aging individuals for EFX workouts or used as a warm-up prior to using the EFX. See pages 18-19 for a full explanation of these movements.

Precor EFX® stability workout for active aging

<table>
<thead>
<tr>
<th>Time (min)</th>
<th>Resistance*</th>
<th>CrossRamp* Setting</th>
<th>Upper Body Action</th>
<th>Training Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-5</td>
<td>1-5</td>
<td>5</td>
<td>Fixed Handlebars</td>
<td>Warm up</td>
</tr>
<tr>
<td>6-8</td>
<td>1-5</td>
<td>7</td>
<td>Moving Handlebars</td>
<td>Upper body strength</td>
</tr>
<tr>
<td>9-10</td>
<td>1-5</td>
<td>10</td>
<td>Hands-free or Single hand on Fixed handlebar</td>
<td>Stability, Coordination, Lower body strength</td>
</tr>
<tr>
<td>11-16</td>
<td>1-5</td>
<td>7</td>
<td>Alt Fixed &amp; Moving handlebars every 60sec</td>
<td>Stability, Coordination, Upper and lower body strength</td>
</tr>
<tr>
<td>17-20</td>
<td>1-5</td>
<td>5</td>
<td>Fixed Handlebars</td>
<td>Cool Down</td>
</tr>
</tbody>
</table>

*Resistance and cross ramp settings should be adjusted based on a user’s individual fitness level.