



**#1 ELLIPTICAL BRAND
IN HEALTH CLUBS**



5.25 ELLIPTICAL

Get a Health Club-Quality Workout at Home

When you step onto a Precor EFX® Elliptical Crosstrainer, you open the door to an amazingly unique cross-training experience. That's because the EFX offers our patented CrossRamp® Technology that lets you target different lower body muscle groups.

The unique technology behind the EFX lets you emulate different workout courses such as walking, running, hiking or cross-country skiing. Because you experience smooth and natural movements, harmful muscle and joint stress is reduced making your workout feel easier and keeping you engaged.

PRECOR®

EFX[®] 5.25 ELLIPTICAL



Achieve a total body workout at home with the EFX 5.25. It's made to move the way you move—allowing for smooth, natural, low-impact exercise that helps you get results. And with its right-for-the-home size, automatic CrossRamp and just the right number of preset workouts and features, the 5.25 easily fits into your home and your healthy lifestyle.

PRODUCT HIGHLIGHTS

- 1 Heart Rate Monitoring** Maximize your workout results with touch sensor and wireless heart rate monitoring. Wireless heart rate monitoring works with any Polar[®] compatible 5 KHz chest strap transmitter.
- 2 SmartRate[®]** SmartRate helps you stay in your fat burn, cardio or peak target zone for a more efficient cardio and weight loss workout.
- 3 Preset Workouts** Preset workouts designed by a leading fitness institute let you personalize your workouts to your fitness goals, add variety and stay challenged.
- 4 CrossRamp[®] Technology** Precor CrossRamp technology adjusts the height of the elliptical path your feet travel so you can target specific muscles or all major lower body muscle groups.
- 5 Moving Handlebars** Moving handlebars activate your core and arm muscles, in addition to your lower body muscles, for a total body workout. The ergonomic design allows you to maintain comfortable posture and proper technique.

PRODUCT SPECIFICATIONS

- CrossRamp[®] Technology:** Motorized Variable, 15° - 25°
Heart Rate Monitoring: Touch sensor and with any Polar[®] compatible 5 KHz chest strap transmitter
- SmartRate[®]:** Yes
- Handlebars:** Moving
Resistance Levels: 16
Preset Workouts: 8
- Equipment Dimensions:** 76" L x 29" W x 62" H
193 cm L x 74 cm W x 157 cm H
Equipment Weight: 184 lbs / 83 kg
- Power:** Plug in, 120 VAC 50/60 Hz
Warranty: Lifetime frame and welds; 5 years parts and wear items; 1 year labor