

# EFX<sup>®</sup> 5.23

## Elliptical Fitness Crosstrainer<sup>™</sup>

### Product Specifications

Length	80 in (203 cm)
Width	32 in (81 cm); 18 in (45 cm) without siderails
Height	61 in (155 cm)
Weight	197 lbs (89 kg)
Shipping Weight	245 lbs (111 kg)
Power	120VAC, 50/60Hz, 1.7A, 140W
CrossRamp <sup>®</sup>	13 to 40 degrees (adjustable)
Stride Length	19 in (48 cm)
Frame	Powder-coated steel
Regulatory Approvals	FCC, ETL, CE

Features	Programs	Electronic Readouts
CSAFE Compatible	• Calories Goal 1	• Calories •
Heart Rate Telemetry	• Crosstraining 1	• Calories Per Minute •
QuickStart <sup>™</sup>	• Custom 2	• CrossRamp <sup>®</sup> Incline •
SmartRate <sup>®</sup>	• Distance Goal 1	• Distance •
Touch-Sensitive Display	• Fitness Test 1	• Heart Rate •
User IDs	2 Gluteals 1	• Muscles Targeted •
Touch Heart Rate	• Heart Rate 1	• Profile •
	Interval 3	• Resistance Levels 1-20 •
	Manual 1	• SmartRate <sup>®</sup> •
	Random 1	• Strides •
	Weight Loss 1	• Strides Per Minute •
	Total Programs 14	• Time •
		• Watts •
		• Workout Summary •

### Natural motion meets ingenuity.

- 1 **Durable design**—Precor quality has been time-tested in exercise facilities worldwide, providing solid construction that translates into long-lasting performance in your home.
- 2 **Superior workout**—Ramp-angle adjustments yield significantly more lower-body activity for glutes and quads than a stairclimber, stationary bike or treadmill.\*
- 3 **Designed for home use**—Exceptional stability combined with a smooth, quiet operation, low-maintenance construction, and space-efficient design makes Precor products ideal for home use.
- 4 **CrossRamp<sup>®</sup> technology**—The elliptical crosstrainer ramp angle adjusts from 13 to 40 degrees—isolating and working glutes, quads, hamstrings, and calves. Our patented technology means you get the only genuine elliptical crosstrainer in the industry.
- 5 **Natural motion**—All Precor products are engineered to move the way you move. With over 250 patents, Precor is the industry leader in fitness equipment design and innovation.
- 6 **SmartRate<sup>®</sup>**—Instant display of your actual heart rate keeps you in your target zone for improved cardio-training and weight-loss results.
- 7 **Electronic readout**—Monitors distance traveled, calories burned and strides taken in a minute-by-minute, easy-to-read summary.
- 8 **Touch Heart Rate Monitor**—Touch activated provides easy-to-read heart rate monitoring on display.

\* Source: Barry Bates, Ph.D., Department of Exercise and Movement Science, University of Oregon.

