

Owner's Manual

EFX[®] 5.23

EFX[®] 5.25

Elliptical Fitness CrossTrainers™



PRECOR[®]
Move Beyond

Important Safety Instructions

When using the EFX, always take basic precautions, including the following:

- Read all instructions before using the EFX. These instructions are written for your safety and to protect the unit.
- Before beginning any fitness program, see your physician for a complete physical examination.

Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

DANGER To reduce the risk of electrical shock always unplug the EFX from the electrical outlet immediately after using and before cleaning.

WARNING To reduce the risk of burns, fire, electric shock, or injury, take the following precautions:

- Do not allow children or those unfamiliar with its operation on or near the EFX. Do not leave children unsupervised around the unit.

- Never leave the EFX unattended when it is plugged in. Unplug the EFX from the power source when it is not in use, before cleaning it, and before providing authorized service.
- Assemble and operate the EFX on a solid, level surface. Locate the EFX a few feet from walls or furniture. Keep the area around the EFX clear.
- Maintain the EFX in good working condition. Refer to the *Maintenance* section. Routinely check and make sure that all fasteners are secure.
- Use the EFX only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Never operate the unit if it is damaged, not working properly, when it has been dropped, or has been immersed in water. Return the EFX to a service center for examination and repair.
- Keep the power cord and plug away from heated surfaces.
- Do not operate the EFX where aerosol (spray) products are being used or where oxygen is being administered.

- Do not use outdoors.
- Do not attempt to service the EFX yourself except to follow the maintenance instructions found in this manual.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Keep all electrical components, such as the power cord and power switch, away from liquids to prevent shock.
- Do not hang anything on the handrails, moving handlebars, or covers. Place liquids, magazines, and books in the appropriate receptacles.

DANGER The EFX must be connected to a properly grounded outlet. See *Grounding Instructions*.

- Wear proper exercise clothing and shoes for your exercise session and avoid loose clothing. Do not wear shoes with heels or leather soles. Check the soles of your shoes and remove any dirt and embedded stones. Tie long hair back.
- Use care when getting on or off the EFX. Use the stationary handrail for stability.
- For safety, hold onto a stationary handrail while using the EFX.

- Keep your body and head facing forward. Never attempt to turn around on the EFX.
- Never place your hands or feet in the path of the roller arm because injury may occur to you or damage may occur to the equipment.
- Always use the locking pin to secure the foot pedals when the EFX is not in use.
- Do not rock the unit. Do not stand on the handrail(s), display console, or covers.
- Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your exercise session immediately and consult your physician.
- When the EFX is not in use, disconnect the unit by turning the power switch to the Off position, and then remove the power plug from the wall outlet.

Safety Approval

When identified with the ETL-c logo, the unit has been tested and conforms to the requirements of CAN/CSA-E60335-1/4:03, IEC/EN 60335-1: 2002 Safety of Household and Similar Electrical Appliances.

Grounding Instructions

The EFX must be grounded. If the unit malfunctions or breaks down, grounding provides a path of least resistance for electric current, which reduces the risk of electrical shock. The unit is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an outlet that is properly installed and grounded in accordance with all local codes and ordinances. Failure to properly ground the EFX could void the Precor Limited Warranty.

DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the unit is properly grounded. Do not modify the plug provided with the EFX. If it does not fit the outlet, get a proper outlet installed by a qualified electrician.

120 V Units Designated for U.S. Markets

The power outlet must have the same configuration as the plug. No adapter should be used with this product. Refer to *Grounding Instructions*.

Radio Frequency Interference (RFI)

Federal Communications Commission, Part 15

The EFX has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. The EFX generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications.

WARNING Per FCC rules, changes or modifications not expressly approved by Precor could void the user's authority to operate the equipment.

Canadian Department of Communications

This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus set out in the Radio Interference Regulations of the Canadian Department of Communications.

Le présent appareil numérique n'émet pas de bruits radioélectriques dépassant les limites applicables aux appareils numériques de la class B prescrites dans le Règlement sur le brouillage radioélectrique édicté par le ministère des Communications du Canada.

ATTENTION: Haute Tension

Débranchez avant de réparer

European Applications

This product conforms to the requirements of the European Council Directive 2004/108/EC, Electromagnetic Compatibility and has been tested to the following standards:

- EN55022, Limits & Methods of Measurement of Radio Interference, Information Technology Equipment.
- EN50024, Immunity of Information Technology Equipment

This product is compliant to 2002/95/EC, Restriction of Hazardous Substances Directive.

This product also conforms to the requirements of the European Council Directive 2006/95/EC, Low Voltage Directive and has been tested to the following standard:

- IEC/EN 60335-1, Safety of Household and similar Electrical Appliances.

Product Recycling and Disposal

This equipment must be recycled or discarded according to applicable local and national regulations.

Product labels, in accordance with European Directive 2002/96/ EC concerning waste electrical and electronic equipment (WEEE), determine the framework for the return and recycling of used equipment as applicable throughout the European Union. The WEEE label indicates that the product is not to be thrown away, but rather reclaimed upon end of life per this Directive.

In accordance with the European WEEE Directive, electrical and electronic equipment (EEE) is to be collected separately and to be reused, recycled, or recovered at end of life. Users of EEE with the WEEE label per Annex IV of the WEEE Directive must not dispose of end of life EEE as unsorted municipal waste, but use the collection framework available to customers for the return, recycling, and recovery of WEEE. Customer participation is important to minimize any potential effects of EEE on the environment and human health due to the potential presence of hazardous substances in EEE. For proper collection and treatment, refer to *Obtaining Service*.

Obtaining Service

You should not attempt to service the EFX except for maintenance tasks as described in this manual. The EFX does not contain any user-serviceable parts that require lubrication. For information about product operation or service, see the Precor web site at www.precor.com.

Should you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at www.precor.com/corp/ contact.

For future reference, write the model, serial number, and date of purchase for your unit in the space provided. The serial number is printed on a label located beneath the power receptacle (Diagram 1).

Model #: _____ Serial #: _____

Date purchased: _____

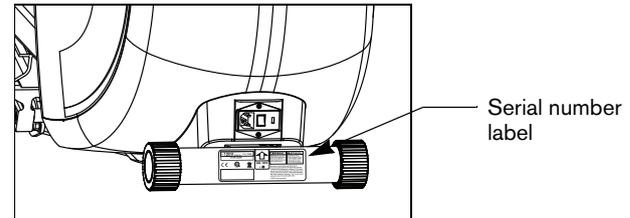


Diagram 1: Location of serial number

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EFX Features

The EFX is equipped with certain items that, when used properly, help sustain a safe and enjoyable exercise session. These items include:

- Locking pin location
- Stationary handrails with heart rate feature
- Moving handlebars (EFX5.25 only)
- Power switch location

The Locking Pin

CAUTION: Always use the locking pin to secure the foot pedals when the EFX is not in use.

The locking pin secures the foot pedals to keep them from traveling up or down the ramp. Before beginning your exercise session, pull firmly on the pin to slide it out of the roller arm. Refer to Diagram 2. A lanyard attaches the locking pin to the ramp.

Store the locking pin underneath the ramp once it is removed from the roller arm. Refer to Diagram 3.

After exercising, use the locking pin to secure the foot pedals.

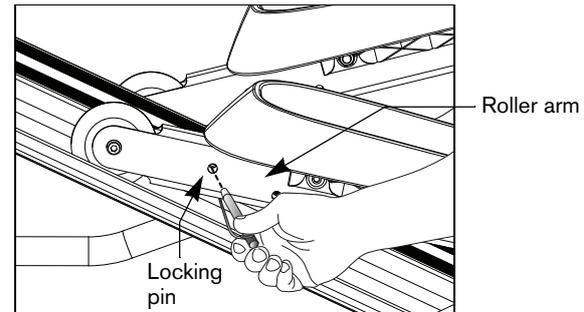


Diagram 2: Remove locking pin before exercising

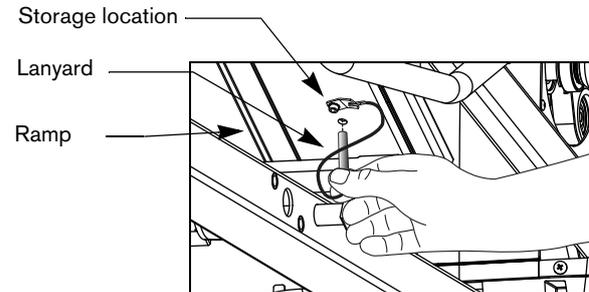


Diagram 3: Store the locking pin under the ramp

Using the Stationary Handrail

To maintain your balance, always grasp a stationary handrail when you step on or off the foot pedals, and when you use the keypad.

To learn more about the touch-sensitive grips on the EFX, refer to *Heart Rate Features*.

Moving Handlebars Support the Total Body Workout

The handlebars on the EFX5.25 provide an upper-body workout which helps increase cardiovascular fitness. By adding the total body movement to your cross training workout, you are actually increasing your work effort and enhancing your overall fitness level.

Turning the Unit On and Off

To turn the unit On and Off, use the power switch located at the rear of the unit, near the power cord receptacle. Refer to Diagram 4.

Important: *When it is not being used, turn the unit Off.*

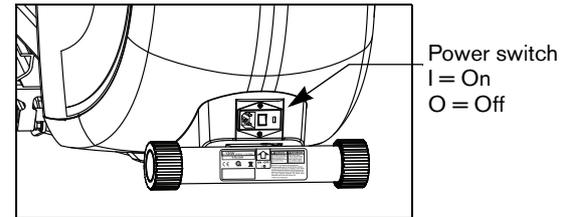


Diagram 4: Power switch

Weight Limit

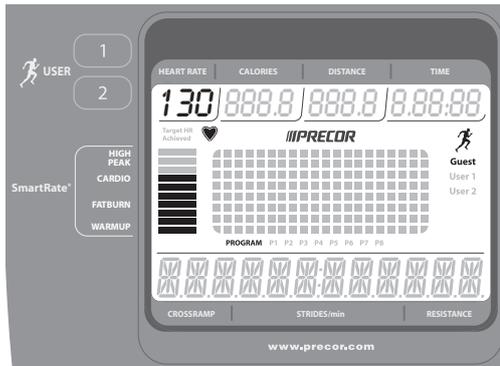
The equipment has been durability tested to 250 lb (114 kg).

Location

It is important to keep a minimum of one foot (30 cm) around the EFX open and free from encumbrances such as other equipment.

CAUTION: The EFX is not equipped with wheels and should be assembled in the location where you plan to use it. If you need to move the EFX, use the locking pin to secure the foot pedals, obtain help, and use proper lifting techniques.

Heart Rate Features



Heart rate and SmartRate[®] features are available when you grasp both touch-sensitive grips.

When a heartbeat is detected, the HEART RATE display shows your heart rate and, if your age has been entered, the SmartRate display pulses and indicates your current heart rate zone.

Important Use and Safety Information

Read the following before using the heart rate or SmartRate features.

- Consult your physician before engaging in any vigorous exercise. Do not use the heart rate programs until authorized by your physician.
- Know your heart rate and your physician-recommended heart rate target zone. Individual heart rates vary according to several physiological factors and may not correspond directly with Diagram 5.

- The calculation used for the heart rate target zone is: $(220 \text{ minus your age})$ multiplied by a percent.

For example:

Low range: $(220 \text{ minus your age})$ multiplied by 55%

High range: $(220 \text{ minus your age})$ multiplied by 85%

Refer to Table 1 in *Using SmartRate*.

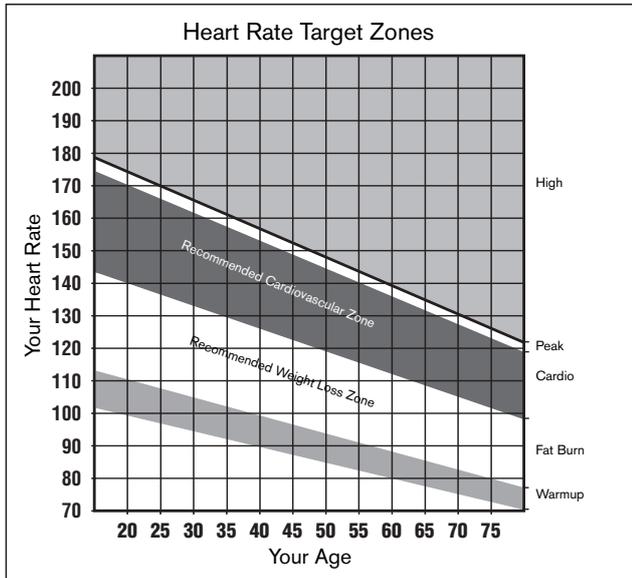


Diagram 5: Heart rate target zones

- To use the touch-sensitive grips on the EFX, grasp both grips and wait five to ten seconds. Make sure both hands are moist.
- If **Hr** appears in the HEART RATE display, the EFX is not detecting a signal, or has not yet determined your heart rate.

Note: When a signal is detected, the heart rate icon flashes and a number appears in the HEART RATE display that indicates your heart rate.

- Always face forward on the EFX and use the stationary handrail for balance. Keep upper body movement to a minimum.

Using the Touch-Sensitive Grips

While exercising on the EFX, you must grasp both touch-sensitive grips for a minimum of five to ten seconds to transmit your heart rate to the display. Refer to Diagram 6.

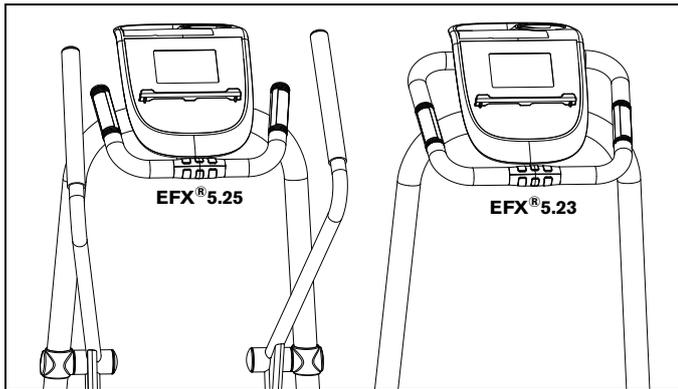


Diagram 6: Touch-sensitive grips

Usually, the concentration of salts in a person's perspiration provides enough conductivity to transmit a signal to the receiver inside the display console. However, some people, because of body chemistry or erratic heart beats cannot use the touch-sensitive heart rate feature on the EFX.

Using SmartRate

The SmartRate feature helps you monitor and maintain your heart rate in the target zone best suited to your specific needs.

When the EFX detects a heart rate, a single bar blinks and indicates your current heart rate zone. All 10 bars may appear during an exercise session.

Important: To use the SmartRate feature, you must choose a program and enter your age during the setup phase of your exercise session.

Table 1 shows the percents used in calculating the heart rate target zones. While your heart rate remains within these zones, the corresponding bar blinks and provides a visual cue.

The calculation used to determine your maximum aerobic heart rate is $(220 \text{ minus your age})$. When you multiply it by the percent indicated in Table 1, you can understand the relationship between the blinking bar and your target heart rate.

CAUTION: Your heart rate should never exceed 87% of your maximum aerobic heart rate or go above PEAK. If it does, immediately reduce your strides per minute and adjust the CrossRamp or resistance to return your heart rate to your physician-recommended target zone.

Table 1. Heart rate target zones and SmartRate Segments

Heart Rate Zone Percent	Segment Blinking	Label
Above 87	Tenth	HIGH
85 to 87	Ninth	PEAK
80 to 84	Eighth	CARDIO
75 to 79	Seventh	CARDIO
70 to 74	Sixth	CARDIO
65 to 69	Fifth	FATBURN
60 to 64	Fourth	FATBURN
55 to 59	Third	FATBURN
50 to 54	Second	WARMUP
Below 50	First	WARMUP

The SmartRate indicator bars do not appear when:

- You press QUICKSTART at the Precor banner.
- You fail to grasp both touch-sensitive grips on the EFX for five to ten seconds.

Note: Enter an accurate age when prompted, otherwise a default age of 35 years is used for heart rate calculations.

Exercise to Your Target Heart Rate

The HEART RATE display shows your heart rate while exercising. To view your heart rate (beats per minute) on the display, grasp both touch-sensitive grips.

The Precor web site (www.precor.com) has several suggestions for workouts with varying levels of intensity. It provides many workout details that include the appropriate target heart rate.

The EFX includes a program that lets you exercise based on a specified target heart rate. As you exercise, the Basic HRC Program monitors your heart rate and automatically maintains it within a few beats per minute (bpm) of your selected target.

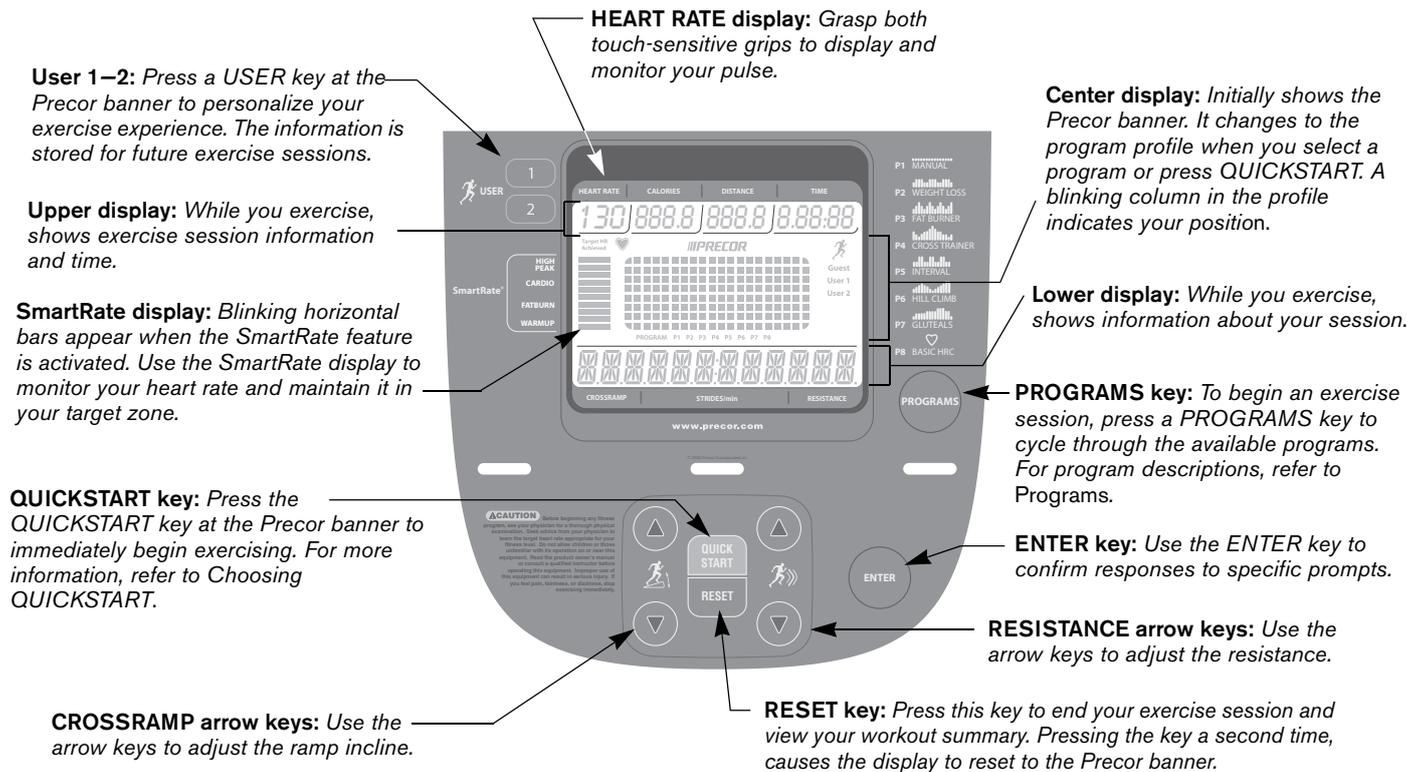
Use the PROGRAMS key to access the Basic HRC program. For more information, refer to *Programs*.

Heart Rate Analysis

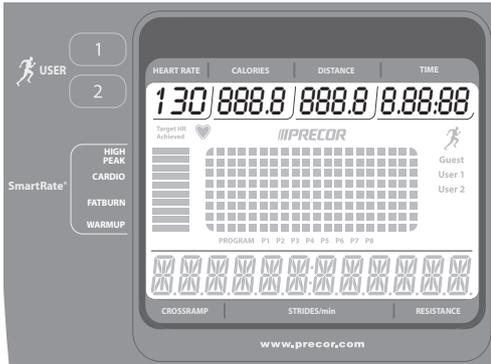
Every time you complete a program using the touch-sensitive grips, your average heart rate appears along with your workout summary statistics.

The heart rate analysis is based on how often your heart rate signal is received while exercising. If you hold on to the touch-sensitive grips, the average heart rate will be more accurate than if you occasionally grasp them.

Display Console



More Information about the Upper Display



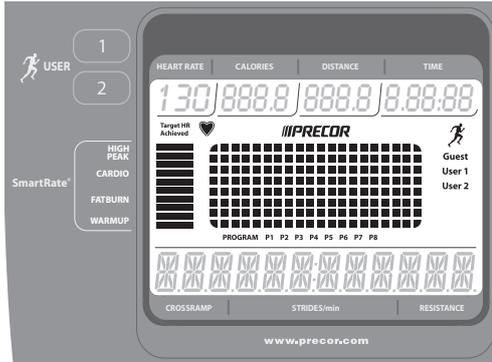
HEART RATE—displays your heart rate when you grasp both touch-sensitive grips. Refer to *Heart Rate Features*.

CALORIES—displays the estimated cumulative number of calories burned. The calorie calculation is derived from the pedaling speed, resistance, and your weight. An accurate weight entry results in a more accurate calorie count. When using **QUICKSTART** and a weight has not been specified, the default weight is 150 pounds (68 kilograms).

DISTANCE—displays an estimate of your cumulative distance travelled in miles or kilometers based on your CrossRamp level, resistance level, weight, and caloric expenditure. You can use the **DISTANCE** display as a unique motivational unit of measurement and realize your fitness goals by varying the elliptical motion of the EFX. Higher CrossRamp and resistance levels will result in greater distance travelled.

TIME—displays the amount of time remaining in an exercise session. If you selected a time of zero (**NO LIMIT**), the display counts up and indicates the amount of time you have been exercising. Refer to *Selecting a Program*.

More Information about the Center Display



SmartRate—displays your heart rate as a blinking bar which indicates the zone you are in when you grasp both touch-sensitive grips. A heart icon blinks in the center display when a heart rate is being detected. Refer to *Using SmartRate*.

PROGRAM PROFILE—In most programs, the CrossRamp setting affects the column height in the program profile as shown in Diagram 7. The profile raises or lowers according to which arrow key is pressed.

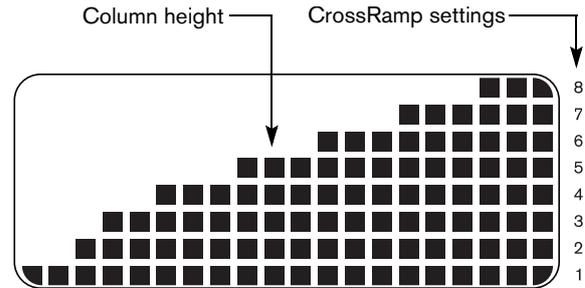
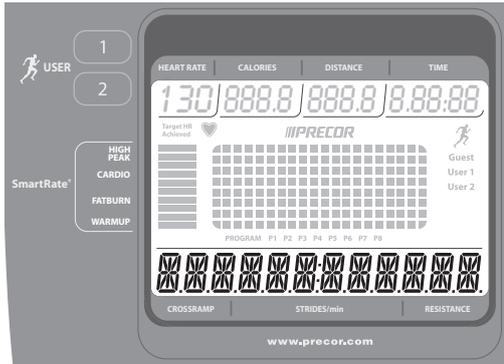


Diagram 7: Column height in the program profile

USER—displays the current user. Refer to *User Identification*.

PROGRAM—displays the current program selection. Refer to *Programs*.

More Information about the Lower Display



The lower display provides information about your exercise session. The numbers that appear relate to your workout statistics. On certain programs, the lower display is also used to occasionally indicate information such as an upcoming change to the resistance or the percent of a program you have completed.

CROSSRAMP—displays the incremental motion affected by the ramp position. The **CROSSRAMP** arrow keys affect the lift and let you set a ramp incline between 1 and 8. The value displayed can change in whole number increments.

Note: The number that appears on the display indicates the selected CrossRamp setting, not the degree of incline. There is not a one-to-one relationship between the degree of incline and the CrossRamp setting.

STRIDES/min—displays the number of strides you complete in a minute up to a maximum value of 510 strides per minute. A stride is an exaggerated walking movement. If you start in a position with one foot pedal forward, a stride is completed when you move the rear foot pedal all the way forward while the other foot pedal moves to the rear. Two strides create one complete revolution of the flywheel. So, the value that appears on the display is always an even number between 20 and 510. Maintain a comfortable and consistent stride rate while exercising.

RESISTANCE—displays the resistance you feel against your stride. The **RESISTANCE** arrow keys let you set a resistance level between 1 and 16.

Keys

Use the keys to enter your exercise session selections, to affect what appears on the display, and to establish your CrossRamp and resistance preferences.

User Keys



To personalize your exercise session, press a USER key (1 or 2) at the Precor banner. When you choose a USER key, personal information such as weight and age are reinstated after you select your preferred program.

If you haven't already done so, you'll need to set up a user. Refer to *User Identification*.

PROGRAMS Key



The PROGRAMS key provides access to all the exercise programs. Use the PROGRAMS key to cycle through the eight available programs. For a description of each program, refer to *Programs*.

Use the ENTER key to confirm your selection. If you did not specify a user, you will be prompted for a time (with the exception of the Weight Loss program), weight, and age. For more information, refer to *Workout Options*.

Lower Keypad



CROSSRAMP—Press and hold the CROSSRAMP arrow keys to increase or decrease the ramp incline from 1 to 8.

Changes to the ramp incline are not immediate. It takes time for the lift to reach the target incline shown on the display. Ramp changes occur only when the foot pedals are in motion.

The CrossRamp setting affects the column height in the program profile. Refer to Diagram 7.

QUICKSTART—Press QUICKSTART to start your exercise session immediately using the Manual Program. Refer to *Choosing QUICKSTART*.

RESET—Press RESET to end an exercise session or return to the Precor banner.

RESISTANCE—Press and hold the RESISTANCE arrow keys to increase or decrease the resistance from 1 to 16.

ENTER—Use the ENTER key to confirm responses to specific prompts.

Note: The arrow keys are also used to change selections at specific prompts.

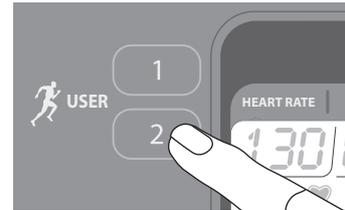
User Identification

Choosing a user identification (USER) key enables the EFX to identify you. Once you configure your USER key, you can personalize your exercise session and store information about your preferred program, session time, weight, and age.

The USER keys allow two people to customize, store, and retrieve exercise session selections.

Initially, you must “set up a user” so the EFX can store exercise session information associated with the specific user key. Once you enter the requested information, it is stored until you opt to change it. You can select the same USER key time and time again, and your user preferences will automatically be re-instated. Refer to *Setting Up a User*.

Setting Up a User



To set up a user, select a user number by taking the following steps:

1. At the Precor banner, press a USER key.
2. The display prompts you to enter a time, weight, and age.

Use the arrow keys to answer each prompt, and then press ENTER. With each successful entry, you move on to the next prompt. After you enter the age, the display indicates that the user setup is complete and resets to the Precor banner.

To begin an exercise session using your USER key, refer to *Selecting a User Key*.

Updating User Information



To update user information on the EFX, take the following steps:

1. At the Precor banner, press and hold a USER key. A welcome greeting scrolls across the display.

Continue holding the USER key until USER [x] SETUP appears on the display.

2. The display prompts you to enter a time, weight, and age.

Use the arrow keys to answer each prompt, and then press ENTER. With each successful entry, you move on to the next prompt. After you enter the age, the display indicates that the user setup is complete and resets to the Precor banner.

To begin an exercise session using your USER key, refer to *Selecting a User Key*.

Workout Options

CAUTION: Before beginning any fitness program, see your physician for a complete physical examination. Know your physician-recommended heart rate target zone.

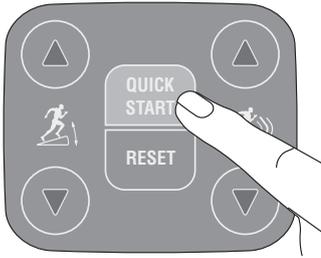
1. Turn the unit On. The Precor banner scrolls across the display.
2. Hold on to a stationary handrail while stepping on the foot pedals.
3. Face the display. When you are comfortably situated, begin pedaling.

Important: Before exercising, review the Important Safety Instructions found at the beginning of this manual.

4. Select one of the following options:

<i>Option...</i>	<i>Steps...</i>
To start exercising immediately	Use the QUICKSTART key. Refer to <i>Choosing QUICKSTART</i> .
To view the list of programs	Press the PROGRAMS key. Refer to <i>Selecting a Program</i> .
To begin exercising using personal preferences	Press your USER key. Refer to <i>Selecting a User Key</i> .

Choosing QUICKSTART



1. While the Precor banner scrolls, press QUICKSTART to begin the Manual Program as a guest user.

Note: The SmartRate feature is disabled when you select QUICKSTART from the Precor banner. If you select QUICKSTART after selecting a Program, the SmartRate feature is enabled and the program uses default values.

QUICKSTART applies the following defaults:

Prompts	Default Value
Program	Manual
Time	30 minutes
Weight	150 lb (68 kg)
Age	35

2. Maintain a comfortable and consistent stride rate while exercising.
3. Use the CROSSRAMP and RESISTANCE arrow keys to adjust the ramp incline and resistance.

Selecting a Program



1. While the Precor banner scrolls, repeatedly press the PROGRAMS key to review the list of programs. Choose the program you want, and then press ENTER. For a description of each program, refer to *Programs*.

Note: You can use the QUICKSTART key to bypass the prompts for time, weight, and age and begin exercising immediately using default values. Refer to *Choosing QUICKSTART* for more information.

2. A session time blinks in the center display if you choose a time-based program. Use the arrow keys to select a number between 1–90 minutes or zero (NO LIMIT), then press ENTER.

Note: The NO LIMIT option lets you work out indefinitely. Since there is no time limit, an automatic cool-down period is not appended to your program. Refer to *Cooling Down After a Workout*.

3. Enter your weight (23–250 lbs/10–114 kg) and then your age (10–99).

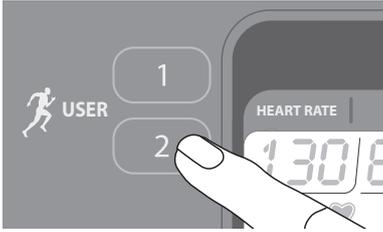
Note: To change a value (program, time, weight, or age) that you have already entered, press RESET to return to the Precor banner. Select a program and reenter the appropriate values.

4. Hold on to a stationary handrail. The ramp automatically changes to the CrossRamp setting for your program.

Note: When you select a program without an identifying USER key, you enter the program as a guest user. Your preferences for weight and age are not stored in memory. To save this type of information, refer to *Selecting a User Key*.

5. Maintain a comfortable and consistent stride rate while exercising.
6. Use the CROSSRAMP and RESISTANCE arrow keys to change the ramp incline and resistance.

Selecting a User Key



To start your exercise session using personal identification and preferences specified in *Setting Up a User*, take the following steps:

1. At the Precor banner, press the same USER key you designated in *Setting Up a User*.

Note: Refer to *User Identification* if you have not previously chosen a USER key.

A welcome greeting scrolls across the display and the last program associated with the USER key appears. User preferences such as time, weight, and age are reinstated.

The time goal associated with the displayed program also applies.

2. Press ENTER or QUICKSTART to begin the program being displayed or choose another program using the PROGRAMS key. The program you choose is stored and will be reinstated the next time your USER key is selected. Refer to *Selecting a Program* for information about how to choose a program.

Important: If you make an entry error, press RESET to return to the Precor banner.

3. The display prompts you for an exercise session time if you choose a time-based program. To adjust the time, use the arrow keys. To accept the number appearing on the display, press ENTER.
4. Begin pedaling.
5. Maintain a comfortable and consistent stride rate while exercising.
6. Use the CROSSRAMP and RESISTANCE arrow keys to change the ramp incline and resistance.

Cooling Down After a Workout

Incorporate a cool-down period into your workout to help lower your heart rate and minimize muscle stiffness or soreness.

Note: You cannot switch to a different program or change display options during the cool-down period.

When you complete a program with a time limit, you automatically enter a cool-down period. The resistance is reduced by 20%. To readjust the CrossRamp or resistance, press the arrow keys. To lower your heart rate, reduce your strides per minute.

A workout summary appears at the end of the cool-down period. Refer to *Ending a Workout*.

Important: *If you exit a program before completing it, the cool-down period is bypassed.*

To prematurely end the cool-down period, do the following:

1. Grasp a stationary handrail with one hand.
2. Press RESET to view the workout summary.
3. Press RESET again to return to the Precor banner.

Important: *Hold on to a stationary handrail. Step off the EFX when the lift has stopped moving.*

Pausing During a Workout or the Cool-Down Period

Stop pedaling to pause anytime during a workout or during a cool-down period. The pause mode has a default time limit of 10 minutes. If you do not resume exercising during that time, the display returns to the banner.

1. To pause, stop pedaling.

The center display indicates the amount of time remaining in pause mode.

2. To resume exercising from pause mode, begin pedaling.

Ending a Workout

CAUTION: Hold on to a stationary handrail when you near the end of your exercise session.

1. Slow your pedaling when you complete the cool-down period.

When the cool-down period ends, or you press the RESET key, workout statistics, such as TOTAL CALORIES and DISTANCE, appear on the display. The statistics flash eight times before the display automatically resets to the Precor banner.

Note: The workout statistics include warm-up and cool-down periods.

2. To return to the Precor banner before the workout summary ends, press the RESET key.
3. Turn Off the EFX and lock the foot pedals in place with the locking pin.

Important: Never leave children unsupervised around the EFX. Always turn Off and unplug the EFX when it is not in use. Lock the foot pedals in place with the locking pin.

Programs

This section describes the programs available on the EFX. Use this section as a reference tool to better understand each program's purpose. For more information, refer to *Selecting a Program*.

The program descriptions are presented in menu selection order. The programs available on the EFX are:

<i>Program Code</i>	<i>Program Name</i>
P1	Manual
P2	Weight Loss
P3	Fat Burner
P4	Cross Trainer
P5	Interval
P6	Hill Climb
P7	Gluteals
P8	Basic HRC

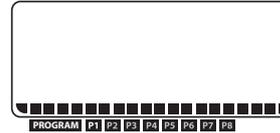
Choosing a Program

Choosing a program depends on your goals. If you are a beginner or returning to regular exercise, you can start a cardio-conditioning program to slowly return your body to a comfortable level of exercise. If you have been exercising and feel that you have an intermediate or advanced fitness level, you probably have established goals. The Precor web site (www.precor.com) can give you many ideas about fitness workouts and advice from the experts.

Several exercise choices on the EFX are pre-programmed with recommendations for CrossRamp, resistance and alternating interval levels. You always have the option to override the suggested levels with the exception of the Basic HRC.

Program Tips

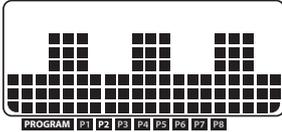
- Begin at the Precor banner. Refer to *Workout Options*.
- A blinking column indicates your position as you progress through a program.
- To use the SmartRate feature, you need to specify your age and hold on to the touch-sensitive grips. Refer to *Using SmartRate*.
- To exercise indefinitely in any program (with the exception of Weight Loss), an unlimited exercise time setting may be an available option. Refer to *Selecting a Program*.
- If your level of exertion becomes too great, reduce your strides per minute and change the CrossRamp or resistance settings using the arrow keys to override each upcoming column in the program profile.
- To pause during a program, stop pedaling. Refer to *Pausing During a Workout or the Cool-Down Period*.
- When you complete a program that contains a time goal, the automatic cool-down period begins. Refer to *Cooling Down After a Workout*.
- Default time limits exist for the cool-down period and pause mode.
- Cumulative workout statistics appear when you end your exercise session. Refer to *Ending a Workout*.



Manual Program

The Manual Program (P1) profile begins as a flat line. You control CrossRamp and resistance settings using the CROSSRAMP or RESISTANCE arrow keys. The program profile reflects CrossRamp adjustments in all subsequent columns. Adjustments to the resistance are reflected in the lower display and affect the remainder of the program. The blinking column indicates your position in the program. A cool-down period occurs automatically when you complete your specified time goal.

To use the SmartRate feature, you need to specify your age during the setup prompts.



Weight Loss Program

The Weight Loss Program (P2) is targeted at lowering body fat while improving muscle tone and conditioning. Use this

program if you are beginning or returning to a regular fitness routine. The exercise session time is fixed at 28 minutes and consists of seven 4-minute intervals. You are not prompted for a session time. The program raises and lowers your level of exertion repeatedly over the course of the exercise session.

Initially, the rest interval is set to a CrossRamp of 3 and a resistance of 1. The work interval is set at a CrossRamp of 6 and a resistance of 8. The lower display indicates when the preset resistance level is about to change and displays the level of the next interval.

For ideal weight loss, your heart rate should be between 55% and 70% of your maximum aerobic heart rate. Set a comfortable pace and adjust the CrossRamp and resistance settings using the CROSSRAMP or RESISTANCE arrow keys to meet the target zone. Refer to *Heart Rate Features*.

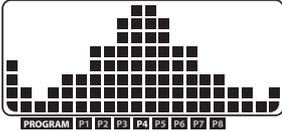


Fat Burner Program

The Fat Burner Program (P3) is targeted at lowering body fat while improving muscle tone and conditioning.

The program consists of alternating forward and backward pedaling movements. Display prompts appear indicating when to reverse pedal direction at select intervals: 25%, 50%, and 75% of program completion.

For ideal weight loss, your heart rate should be between 55% and 70% of your maximum aerobic heart rate. Set a comfortable pace and adjust the CrossRamp and resistance settings using the CROSSRAMP or RESISTANCE arrow keys to meet the target zone. Refer to *Heart Rate Features*. Adjustments to the resistance affect the remainder of the program. CrossRamp adjustments are reflected in the program profile.

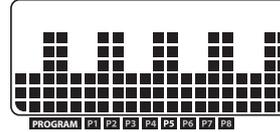


CrossTrainer Program

The CrossTrainer Program (P4) has preprogrammed CrossRamp settings and an initial resistance of 1.

The program consists of optimized CrossRamp settings combined with alternating forward and backward pedaling movements that focus on working the thigh, gluteal, and calf muscle groups. Display prompts appear indicating when to reverse pedal direction at select intervals: 25%, 50%, and 75% of program completion.

During your exercise session, set a comfortable and consistent stride rate. If needed, use the **CROSSRAMP** or **RESISTANCE** arrow keys to override upcoming settings. Adjustments to the resistance affect the remainder of the program. CrossRamp adjustments are reflected in the program profile.



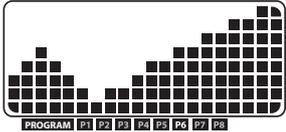
Interval Program

The Interval Program (P5) is one of the best for conditioning your cardiovascular system.

The program raises and lowers your level of exertion repeatedly for the specified period of time.

Initially, the rest interval is set to a CrossRamp of 3 and a resistance of 1. The work interval is set at a CrossRamp of 6 and a resistance of 8. The lower display indicates when the preset resistance level is about to change and displays the level of the next interval.

During your exercise session, set a comfortable and consistent stride rate. If needed, use the **CROSSRAMP** or **RESISTANCE** arrow keys to override upcoming settings. The settings are repeated throughout the remainder of the program. When you complete the program, the CrossRamp and resistance settings return to their standard defaults. Settings established during your exercise session are not saved.



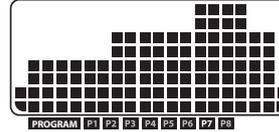
Hill Climb Program

The Hill Climb Program (P6) has preprogrammed CrossRamp settings in a fixed pattern. It is designed to

increase muscle tone, cardio-conditioning, and endurance over several weeks.

The program consists of optimized CrossRamp setting combined with alternating forward and backward pedaling movements that focus on working the gluteal muscle group. Display prompts appear indicating when to reverse pedal direction at select intervals: 25%, 50%, and 75% of program completion.

During your exercise session, set a comfortable and consistent stride rate. If needed, use the **CROSSRAMP** or **RESISTANCE** arrow keys to override upcoming settings. Adjustments to the resistance affect the remainder of the program. CrossRamp adjustments are reflected in the program profile.

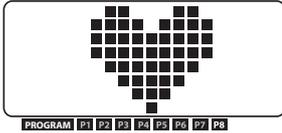


Gluteals Program

The Gluteals Program (P7) is designed to exercise your gluteal muscles.

The program consists of alternating forward and backward pedaling movements. Display prompts appear indicating when to reverse pedal direction at select intervals: 25%, 50%, and 75% of program completion.

During your exercise session, set a comfortable and consistent stride rate. If needed, use the **CROSSRAMP** or **RESISTANCE** arrow keys to override upcoming settings. Adjustments to the resistance affect the remainder of the program. CrossRamp adjustments are reflected in the program profile.



Heart Rate Program

The Basic HRC Program (P8) adjusts the resistance to maintain your heart rate within two beats per minute of the target heart rate while you exercise. To help you monitor your heart rate while using this program, Target HR Achieved appears at the top of the SmartRate display when your heart rate is within two beats per minute of the target heart rate.

To use this program, you must enter your age and grasp the touch-sensitive grips so your heart rate can be monitored throughout the session.

Important: Consult your physician to determine the appropriate target heart rate for your age and fitness level. If your physician recommends a different target heart rate than the one that appears on the display, adjust it accordingly. Do not exercise over the recommended range of 87% of your maximum aerobic heart rate.

Heart Rate Program Tips

The Basic HRC Program enhances your overall cardiovascular fitness level to help you achieve your weight loss and fitness goals. Read through the following tips before selecting a program. These tips provide general information regarding how the program functions. For more information and exercise suggestions, refer to the Precor web site at www.precor.com.

- The program provides a 3-minute warm-up period. During this time, you may change the CrossRamp or resistance, but you cannot adjust the time. At the end of the warm-up period, the program automatically controls the resistance.

Note: The warm-up period ends and the program begins when the 3-minute period elapses or your target heart rate is maintained within +/- 2 beats per minute.

- Pressing the RESISTANCE arrow keys during the Basic HRC program adjusts your target heart rate.

- The program sets the default target heart rate as 70% of 220 minus your age. Changing your stride rate or CrossRamp affects the unit's ability to maintain your target heart rate in the preferred zone. It takes time for the EFX to readjust the resistance so that your heart rate remains on target. Check the SmartRate and the HEART RATE displays to see if you are maintaining your preferred zone and to determine your actual heart rate. For information about understanding your target heart rate, refer to *Heart Rate Features*.
- Changes to the CrossRamp are reflected in the program's profile. Automatic resistance changes appear in the RESISTANCE display.
- A cool-down period is incorporated into the program.

Advanced Programming and Troubleshooting

Certain features remain hidden and can only be accessed using special key presses. Read this section if you want to:

- Select the units of measure
- View the odometer
- Display the number of hours you have used your EFX
- View the software versions and part numbers
- Check the error log

In general, you would only access this information if directed to do so by Precor Customer Support.

Advanced Programming Tips

- Always start at the Precor banner.
- The advanced programming and troubleshooting mode is accessed by pressing and holding the ENTER key at the Precor banner, then entering the appropriate key combination. Any remaining key presses must occur quickly and without pause.
- The QUICKSTART key is disabled while in advanced programming mode.
- Use the arrow keys to change blinking prompts.
- Press ENTER to make selections and RESET to return to the Precor banner.

Selecting a U.S. Standard or Metric Display

The EFX can display measurements in either metric or U.S. standard. The default factory setting is set to display U.S. standard. To change this setting, perform the following steps:

1. At the Precor banner, press and hold ENTER while pressing the following keys in sequence without pause:

RESET, CROSSRAMP ▼, RESISTANCE ▲

Use the arrow keys to select a unit of measure (either METRIC or U.S.).

2. When you are ready, press ENTER to accept the displayed setting. The display indicates the setting is saved. Press RESET to return to the Precor banner.

Note: Changing the display to metric measurements affects the default settings. Distances and the odometer values are converted to and appear in kilometers (KM). Speed appears in kilometers per hour.

Viewing the Software Part Numbers, Odometer, and Hour Meter

The EFX stores the total number of strides and the total number of hours the unit has been in use. You can view this information by performing the following steps:

1. At the Precor banner, press and hold ENTER while pressing the following keys in sequence without pause:

RESET, CROSSRAMP ▲, RESISTANCE ▼

The software part numbers scroll across the center display while the odometer and hour meter scroll across the lower display.

2. Write the software part numbers below. You will need these numbers if you call Customer Support with questions. This information will help rule out any software-related problems:

UPPER: _____

LOWER: _____

3. When you are ready, press RESET to return to the Precor banner.

Viewing the Error Log

The error log displays information about errors that may have occurred while using the EFX. Up to ten errors are recorded along with the odometer and hour meter values at the time the error occurred.

1. At the Precor banner, press and hold the RESET key for at least four seconds to view the error log. The most recent error recorded appears on the lower display. Refer to Diagram 8.

Note: If there are no errors in the log, NO ERRORS appears on the display.

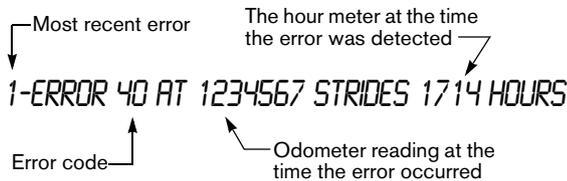


Diagram 8: Error log

2. Use the arrow keys to cycle through the error log.
3. Copy the error code information to paper so you can provide it to Customer Support if needed. Be sure to copy it exactly as shown.
4. When you no longer need the information in the error log, press QUICKSTART for at least four seconds to erase it. NO ERRORS appears on the display and remains static to let you know when the error log has been cleared.

Important: You cannot retrieve the error log once you have cleared it. You may want to resolve any issues you are experiencing with the EFX before clearing the error log.

5. When you are ready, press RESET to return to the Precor banner.

Troubleshooting Heart Rate

Table 2 may help you understand and troubleshoot erratic heart rate readings.

Important: A heart rate can only be detected when the EFX is turned On and you hold on to both touch-sensitive grips.

To conduct electrical impulses from a user's heart, both touch-sensitive grips must be grasped firmly for five to ten seconds. Usually, the concentration of salts in a person's perspiration provides enough conductivity to transmit a signal to the receiver in the display console. However, because of body chemistry or erratic heartbeats, some people cannot use the heart rate feature.

Table 2. Erratic heart rate readings

<i>What appears on the display</i>	<i>Cause</i>	<i>What to Do</i>
Nothing	The heart rate receiver is not installed or it has been disconnected.	To receive Customer Support, refer to <i>Obtaining Service</i> .
Hr	No signal is being detected, or the transmission requires more time to establish a heart rate.	Use both hands and make sure your hands are moist, not dry.
Pulsing HEART	The heart icon blinks when a heart beat is detected.	If the heart icon is pulsating, it indicates that the heart rate equipment is working properly.

Troubleshooting Error Codes

If any error codes appear in the display, turn the unit Off and On. If the error continues to occur, call an authorized service person for assistance. Refer to *Obtaining Service*.

Maintenance

It is important to perform the minor maintenance tasks described in this section. Failure to maintain the EFX as described here could void the Precor Limited Warranty.

DANGER To reduce the risk of electrical shock, always unplug the unit from its power source before cleaning it or performing any maintenance tasks.

Inspection

Inspect the EFX before use.

Look and listen for slipping belts, loose fasteners, unusual noises, worn or frayed power cords, and any other indications that the equipment may be in need of service. If you notice any of these, obtain service.

Important: *If you determine that the EFX needs service, make sure that the EFX cannot be used inadvertently. Turn the unit Off, insert the locking pin and then unplug the power cord from its power source. Make sure other users know that the EFX needs service.*

To order parts or to contact a Precor authorized service provider in your area, refer to *Obtaining Service*.

Cleaning the Equipment

Most of the working mechanisms are protected inside the covers. However, for efficient operation, the EFX relies on low friction. To keep the friction low, the unit's ramp, foot pedals, handlebars, and covers must be as clean as possible.

Precor recommends the EFX be cleaned before and after each exercise session. Use mild soap and water; dampen a soft cloth and wipe all exposed surfaces. This helps remove any dust or dirt.

CAUTION: Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and void the Precor Limited Warranty. Never pour water or spray liquids on any part of the EFX. Allow the EFX to dry completely before using.

Frequently vacuum the floor around the unit to prevent the accumulation of dust and dirt, which can affect the smooth operation of the unit. Use a soft nylon scrub brush to clean the foot pedals.

Long-Term Storage

When the EFX is not in use for any length of time, turn it Off. Make sure that the power cord is unplugged from its power source and is positioned so that it will not become damaged or interfere with people or other equipment.

Precor Residential Equipment Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS CAREFULLY BEFORE USING YOUR PRECOR INCORPORATED PRODUCT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING WARRANTY TERMS AND CONDITIONS.

Limited Warranty

Precor Incorporated warrants all new Precor products to be free from defects in materials and manufacture for the warranty period set forth below. The warranty period commences on the invoice date of original purchase. This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. To make claim under warranty, the buyer must notify Precor or their authorized Precor dealer within 30 days after the date of discovery of any nonconformity and make the affected product available for inspection by Precor or its service representative. Precor's obligations under this warranty are limited and set forth below.

Warranty Periods and Coverage

All residential products and commercial products used in the home are warranted for the following periods:

- Lifetime frame and welds
- 10 years parts and wear items
- 1 year labor
- Coverage for options and accessories defined below.

Options / Accessories

Many options or accessories have components that are connected internally or mounted inside the electronic console. The following guidelines determine the warranty for these components. If the internal components are installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a warranty that is identical to the warranty of the equipment in which they are connected or mounted. If the internal components are not installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a 90-day parts and labor limited warranty. All components that are not internally connected have 90-day parts only limited warranty. Satisfactory proof of purchase is required in all cases.

Conditions and Restrictions

This warranty is valid only in accordance with the conditions set forth below:

1. The warranty applies to the Precor product only while:
 - a. It remains in the possession of the original purchaser and proof of purchase is demonstrated
 - b. It has not been subjected to accident, misuse, abuse, improper service, or non-Precor modifications
 - c. Claims are made within the warranty period
2. This warranty does not cover damage or equipment failure caused by electrical wiring not in compliance with electrical codes or Precor owner's manual specifications, or failure to provide reasonable and necessary maintenance as outlined in the owner's manual.

3. Warranty of all Precor products applies to residential use only and is void when products are used in a nonresidential environment or installed in a country other than where sold.
4. Except in Canada, Precor does not pay labor outside the United States.
5. Warranties outside the United States and Canada may vary. Please contact your local Dealer for details.

This limited warranty shall not apply to:

1. Software version upgrades
2. Cosmetic items, including, but not limited to the following: grips, seats, and labels.
3. Repairs performed on Precor equipment missing a serial number or with a serial tag that has been altered or defaced.
4. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
5. Pickup, delivery, or freight charges involved with repairs.
6. Any labor costs incurred beyond the applicable labor warranty period.

Disclaimer and Release

The warranties provided herein are the exclusive warranties given by Precor and supersede any prior, contrary or additional representations, whether oral or written. ANY IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE THAT APPLY TO ANY PARTS DESCRIBED ABOVE ARE LIMITED IN DURATION TO THE PERIODS OF EXPRESS WARRANTIES GIVEN ABOVE FOR THOSE SAME PARTS. PRECOR HEREBY DISCLAIMS AND EXCLUDES THOSE WARRANTIES THEREAFTER. Some states do not allow limitation on how long an implied warranty lasts, so the above limitation may not apply to you. PRECOR ALSO HEREBY

DISCLAIMS AND EXCLUDES ALL OTHER OBLIGATIONS OR LIABILITIES, EXPRESS OR IMPLIED, ARISING BY LAW OR OTHERWISE, WITH RESPECT TO ANY NONCONFORMANCE OR DEFECT IN ANY PRODUCT, INCLUDING BUT NOT LIMITED TO: (A) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY IN TORT, WHETHER OR NOT ARISING FROM THE NEGLIGENCE OF PRECOR OR ITS SUPPLIERS (WHETHER ACTIVE, PASSIVE OR IMPUTED); AND (B) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM, OR REMEDY FOR LOSS OF OR DAMAGE TO ANY EQUIPMENT. This disclaimer and release shall apply even if the express warranty set forth above fails of its essential purpose.

Exclusive Remedies

For any product described above that fails to conform to its warranty, Precor will provide, at their option, one of the following: (1) repair; (2) replacement; or (3) refund of the purchase price. Precor Limited Warranty service may be obtained by contacting the authorized dealer from whom you purchased the item. Precor compensates Servicers for warranty trips within their normal service area to repair equipment at the owner's location. You may be charged a trip charge outside the service area. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

Exclusion of Consequential and Incidental Damages

PRECOR AND/OR ITS SUPPLIERS SHALL HAVE NO OBLIGATION OR LIABILITY, WHETHER ARISING IN CONTRACT (INCLUDING WARRANTY), TORT (INCLUDING ACTIVE, PASSIVE, OR IMPUTED NEGLIGENCE AND STRICT LIABILITY), OR OTHERWISE, FOR DAMAGE TO THE EQUIPMENT, PROPERTY DAMAGE, LOSS OF USE, REVENUE OR PROFIT, COST OF CAPITAL, COST OF SUBSTITUTE EQUIPMENT, ADDITIONAL COST INCURRED BY BUYER (BY WAY OF CORRECTION OR OTHERWISE) OR ANY OTHER INCIDENTAL, SPECIAL, INDIRECT, OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM NONDELIVERY OR FROM THE USE, MISUSE OR INABILITY TO USE THE PRODUCT. This exclusion applies even if the above warranty fails of its essential purpose and regardless of whether such damages are sought for breach of warranty, breach of contract, negligence, or strict liability in tort or under any other legal theory. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation might not apply. This warranty gives you specific legal rights, and you may also have other rights, which vary state to state.

Effective 01 January, 2003
P/N 36287-110

Notes:

Notes:

Notes:

TELL US ABOUT YOUR NEW PRECOR PRODUCT

Date of Purchase: _____
Month Day Year

Product Serial Number: _____
The serial number is located on the shipping box and on the product.

Purchased from: _____
Dealer Name

Please indicate the type of product purchased:

- | | |
|--|--|
| <input type="checkbox"/> Elliptical Fitness CrossTrainer™ (EFX®) | <input type="checkbox"/> StretchTrainer™ |
| <input type="checkbox"/> Treadmill | <input type="checkbox"/> Cycle |
| <input type="checkbox"/> Strength Training System | <input type="checkbox"/> Stair Climber |

TELL US ABOUT YOU

Mr.
 Mrs.
 Ms.

First Name Middle Initial Last Name

Street Address Apt./Suite:

City State Zip Code

Area Code Telephone

Your Email Address

- | | | | | |
|---------------------------------|---|-----------------------------------|--|--|
| Gender: | Marital status: | Age: | Annual household income: | What are your fitness goals? |
| <input type="checkbox"/> Male | <input type="checkbox"/> Married | <input type="checkbox"/> Under 18 | <input type="checkbox"/> Under \$50,000 | <input type="checkbox"/> Weight loss/management |
| <input type="checkbox"/> Female | <input type="checkbox"/> Divorced | <input type="checkbox"/> 18-24 | <input type="checkbox"/> \$51,000-75,000 | <input type="checkbox"/> Muscle tone enhancement |
| | <input type="checkbox"/> Widowed | <input type="checkbox"/> 25-34 | <input type="checkbox"/> \$76,000-100,000 | <input type="checkbox"/> Cardiovascular improvement |
| | <input type="checkbox"/> Never been married | <input type="checkbox"/> 35-44 | <input type="checkbox"/> \$101,000-150,000 | <input type="checkbox"/> Overall health |
| | | <input type="checkbox"/> 45-54 | <input type="checkbox"/> \$151,000+ | <input type="checkbox"/> Increase energy and flexibility |
| | | <input type="checkbox"/> 55-64 | | <input type="checkbox"/> Stress reduction |
| | | <input type="checkbox"/> 65+ | | <input type="checkbox"/> Rehabilitation |
| | | | | <input type="checkbox"/> Other |

Purchase (check all that apply):

How did you FIRST become aware of Precor

TELL US ABOUT YOUR PURCHASE

- First Precor product
- Replaces a Precor product of the same type
- Replaces same type of product – different brand
- Addition to equipment currently owned

What factors MOST influenced your decision to purchase your Precor product (choose up to three):

- | | |
|---|---|
| <input type="checkbox"/> Precor reputation | <input type="checkbox"/> Rebate or sale price |
| <input type="checkbox"/> Prior use of Precor product(s) | <input type="checkbox"/> Quality/durability |
| <input type="checkbox"/> Design/appearance | <input type="checkbox"/> Warranty |
| <input type="checkbox"/> Special product features | <input type="checkbox"/> Value for the price |
| <input type="checkbox"/> Physician recommendation | |

products (choose only one):

- A gift
- Friend/relative
- Physician
- Fitness club
- Internet
- News report or product review
- Magazine advertisement or article
- Print advertisement
- In-store display or demonstration
- Other

Please detach and mail in the warranty registration within ten days of purchase.

Thank You and Welcome to Precor



To allow us to serve you better, please take a few moments to complete and return your warranty registration.

YOU MAY ALSO REGISTER ONLINE AT

www.precor.com/warranty

If you have questions or need additional information, contact your local dealer or call Precor Customer Support at 800-347-4404.

Fold along dotted line and tape closed before mailing.

RET:

PRECOR
Precor Incorporated
20031 142nd Avenue NE
PO Box 7202
Woodinville, WA 98072-4002

PLACE
STAMP
HERE

EFX5.23/EFX5.25 Elliptical Fitness CrossTrainers™

Product Specifications

	EFX5.25	EFX5.23
Length:	77 in (196 cm)	77 in (196 cm)
Width:	29 in (74 cm)	29 in (74 cm)
Height:	65 in (165 cm)	61 in (155 cm)
Weight:	214 lb(80 kg)	193 lb (72 kg)
Power:	120 VAC, 50/60Hz	120 VAC, 50/60Hz
CrossRamp®:	25°	25°
Incline Settings:	1–8	1–8
Resistance Levels	1–16	1–16
Frame:	Powder-coated steel	Powder-coated steel
Regulatory Approvals:	FCC, ETL, CE	FCC, ETL, CE

Product Features

CSAFE
QUICKSTART™
SmartRate®
Heart Rate Telemetry
Touch Heart Rate
User Keys (2)

Programs

Manual (P1)
Weight Loss (P2)
Fat Burner (P3)
Cross Trainer (P4)
Interval (P5)
Hill Climb (P6)
Gluteals (P7)
Basic HRC* (P8)

Electronic Readouts

% Complete	SmartRate*
Average Heart Rate*	Strides per Minute
Calories	Target Heart Rate
CrossRamp	Time
Heart Rate*	Total Strides
Profile	Units
Resistance	Vertical Gain

* Use of touch-sensitive grips is required.



Precor Incorporated
20031 142nd Ave NE
P.O. Box 7202
Woodinville, WA USA 98072-4002
1-800-347-4404

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Specifications subject to change without notice.

www.precor.com

NOTICE:

Precor is widely recognized for its innovative, award winning designs of exercise equipment.

Precor aggressively seeks U.S. and foreign patents for both the mechanical construction and the visual aspects of its product design. Any party contemplating the use of Precor's product designs is hereby forewarned that Precor considers the unauthorized appropriation of its proprietary rights to be a very serious matter. Precor will vigorously pursue all unauthorized appropriation of its proprietary rights.

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