

**PRECOR**<sup>®</sup> USA  
move beyond<sup>®</sup>

# EFX<sup>®</sup> 5.17i

Elliptical Fitness Crosstrainer<sup>™</sup>



Fluid human motion, equaled by machine.  
Engineered to move the way you move.



**Ease of use.**

Jump-start your exercise routine with our single-button QuickStart<sup>™</sup> feature, and track your progress with easy-to-read displays and graphics.

**Workout variety.**

Up to 4 programs and 20 resistance levels keep routines fresh, varied, and challenging for faster results and sustained motivation. Regardless of your fitness level, you'll find a workout that's right for you.

**Built-in quality.**

Our 10-year warranty exceeds the industry standard with a worry-free pledge that reflects our 25-year commitment to excellence in fitness equipment design.

[www.precor.com](http://www.precor.com)

## Product Specifications

Length	75 in (190 cm)
Width	30 in (75 cm)
Height	63 in (157 cm)
Weight	197 lbs (89 kg)
Shipping Weight	247 lbs (112 kg)
Power	120VAC, 50/60Hz, 1.7 Amps, 140 Watts
CrossRamp®	12 to 25 degrees (adjustable)
Stride Length	19 in (48 cm)
Frame	Powder-coated steel
Regulatory Approvals	FCC, ETL, CE

Features	Programs	Electronic Readouts
Heart Rate Telemetry*	Optional	Calories •
QuickStart™	Gluteals 1	Heart Rate* Optional
SmartRate®*	Heart Rate* Optional	Profile •
	Manual 1	Resistance Levels 1-20
	Weight Loss 1	SmartRate®* •
	Total Programs Up to 4	Scan •
		Strides •
		Strides Per Minute •
		Time •

\*Optional heart rate kit required.

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## Natural motion meets ingenuity.

- 1 Durable design**—Commercial-grade construction and components translate into a superior product in your home. Precor quality has been time-tested in exercise facilities worldwide.
- 2 Superior lower-body workout**—The Precor elliptical fitness crosstrainer yields 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 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.
- 5 CrossRamp® technology**—The crosstrainer ramp angle is fully adjustable from 12 to 25 degrees—isolating and working glutes, quads, hamstrings, and calves. This patented technology means you get the only genuine elliptical crosstrainer in the industry.
- 6 Electronic readout**—Monitors workout time, calories burned, and strides taken in a minute-by-minute, easy-to-read workout summary.
- 7 SmartRate®**—Instant display of your actual heart rate keeps you in your target zone for improved cardio-training and weight-loss results.\*

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

