



NATURAL MOTION MEETS INGENUITY.

Every aspect of our fitness equipment is made to mirror human movement — fluid, natural, and familiar. Intuitive engineering and thoughtful design offer an invigorating workout that helps users keep moving. Arising from our heritage of providing quality fitness solutions that work, Precor fitness equipment keeps your users satisfied no matter what their goal. Precor inspires a life in motion.

Easy to use. Precor products are designed for ease-of-use with intuitive displays that help users get on and get going.

Premium elliptical total-body crosstrainer. The 556i features a ramp fixed at 20 degrees for ideal body position, providing users with the ability to exercise lower- and upper-body muscle groups.

Committed to excellence. For 25 years Precor has been a leader in the fitness industry, delivering breakthrough innovations and premium quality products for the home and club.

EFX[®]556i

ELLIPTICAL FITNESS CROSSTRAINER

COMMERCIAL/

EFX 556i

COMMERCIAL ELLIPTICAL FITNESS CROSSTRAINER

PRECOR®

1/ Great workout for the total body

Working out on an EFX yields significantly more gluteal and quad activity than using a stairclimber, cycle, or treadmill.*

2/ Fixed ramp

The ramp allows for the patented forward and reverse elliptical stride. Optimally set at 20 degrees to deliver the widest range of lower-body muscle involvement.

3/ Fully integrated entertainment options

Fully integrated Cardio Theater® design, with personal viewing screens or ambient viewing, enhances the member experience by offering a more seamless, premium look to your cardio area.

4/ Direct access to eight programs

Six buttons are the gateway to eight preset programs, including one fitness test. Users can select or change to a new program at any time during their workout.

5/ Tap Control™

Large buttons provide satisfying tactile response and audible click. Beginners and experts alike easily get on and go with this intuitive control. Users know the machine has received input, even when using headphones for entertainment.



PRODUCT SPECIFICATIONS

Length	80 in (203 cm)
Width	32 in (81 cm)
Height	68 in (173 cm), with PVS 84 in (213 cm)
Weight	326 lbs (148 kg)
Shipping Weight	427 lbs (194 kg)
Power	Self
CrossRamp	20 degrees (fixed)
Stride Length	21.5 in (55 cm)
Total Programs	8
Frame	Powder-coated steel
Regulatory Approvals	FCC, ETL, CE, EN957

CARDIO THEATER ENTERTAINMENT OPTIONS

PVS/Integrated 12-inch personal viewing screen.
AUDIO/Integrated wireless (900 MHz, 863 MHz).

Personal Entertainment Player (PEP) support.
Compatible with video players (e.g., iPod, Zune, and others).



www.precor.com

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