



PRECOR®

MOVE WELL.
LIVE WELL.

Our fitness equipment is designed to reflect human movement—fluid, natural and familiar. With an intuitive feel and a warm, attractive color palette, Precor fitness machines move with you for workouts as invigorating as they are exhilarating, making your fitness regimen the springboard for a world of possibilities. Whether you're striving to lose a few pounds, exploring new levels of strength and endurance, or taking your dog for his morning run, Precor inspires a life in motion.

EFX® 5.23

CROSSTRAINER™

HOME/

EFX[®] 5.23

CROSSTRAINER™

PRECOR[®]

1/ Multi-grip handrails.

Stationary handrails provide multiple arm and hand positions for comfortable posture and proper technique during every workout.

2/ Adjustable CrossRamp[®].

The patented CrossRamp[®] angle adjusts from 15 to 25 degrees, altering the height of the elliptical path. Called Variable Stride Geometry, this allows you to focus on a specific muscle group, or all major muscle groups.

3/ Designed with your home in mind.

With its smooth lines and subtle color palette, the EFX complements your home décor and suits your lifestyle.

4/ Track your target heart rate.

SmartRate[®] offers instant display of your heart rate to help you stay in your target zone for a more efficient cardio and weight-loss workout.

5/ Intuitive console is easy to read and adjust.

Access Quickstart™ and programs at the touch of a button. The backlit LCD display shows your heart rate, calories burned and time/duration of exercise – to help you get the most from your workout.



MODEL COMPARISON

	5.23	5.25	5.31	5.33	5.35	5.37
MOVING HANDLEBARS		•		•	convertible	convertible
TOUCH HEART RATE	•	•		•	•	•
HEART RATE TELEMETRY			yes, strap optional	yes, strap optional	yes, strap included	yes, strap included
PROGRAMS	8	8	10	10	10	15
USER ID	2	2	2	2	2	4
ADJUSTABLE CROSSRAMP [®]	15 - 25 degrees	15 - 25 degrees	15 - 30 degrees	15 - 30 degrees	15 - 40 degrees	15 - 40 degrees

PRODUCT SPECIFICATIONS

Length	6 ft 4 in (194 cm)
Width	2 ft 5 in (74 cm)
Height	5 ft 2 in (158 cm)
Adjustable CrossRamp [®]	15 to 25 degrees
Resistance	16 levels
User ID	2
Heart Rate	Touch heart rate
Programs	8
Frame	Powder-coated steel
Power	120 VAC (50/60 Hz)
Regulatory Approvals	FCC, ETL, CE
Weight	159 lbs (72 kg)
Shipping Weight	220 lbs (102 kg)



www.precor.com

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