

PRECOR[®] USA
move beyond[®]

EFX[®] 5.33

Elliptical Fitness Crosstrainer[™]



**Designed to inspire
a life in motion.**

Every aspect of our fitness equipment is made to mirror human movement – fluid, natural and familiar. Intuitive engineering and thoughtfully designed products offer invigorating workouts that help you achieve your goals – whether you strive to lose a few pounds, increase your energy to keep up with the kids, or to prepare for an upcoming race. No matter what your goal, Precor inspires a life in motion.

Easy to use.

Precor products are designed with intuitive displays and simple programs that make it easy to get on and get moving.

Designed for your home.

Precor Elliptical Fitness Crosstrainers offer the benefits of a gym-quality workout with design that fits naturally in your home.

Committed to excellence.

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

Designed to inspire a life in motion.

www.precor.com

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Product Specifications

Length	84 in (213 cm)
Width	31 in (79 cm)
Height	63 in (159 cm)
Weight	240 lbs (109 kg)
Shipping Weight	290 lbs (132 kg)
Power	120 VAC (50/60Hz)
CrossRamp [®]	15 to 30 degrees
Stride Length	Variable, 21-23 in (53-58 cm)
Frame	Powder-coated steel
Regulatory Approvals	FCC, ETL, CE

Features

QuickStart [™]	•
SmartRate [®]	•
Touch Heart Rate	•
Heart Rate Telemetry*	•
User IDs	2

Programs

Aerobic Endurance	1
CrossTrainer	1
Gluteal	1
Heart Rate	2
Hill Climb	1
Interval	1
Manual	1
Weight Loss	2
Total Programs	10

Electronic Readouts

% Complete	•
Average Heart Rate	•
Calories	•
CrossRamp [®]	•
Heart Rate	•
Maximum Heart Rate	•
Profile	•
Resistance	•
SmartRate [®]	•
Strides per Minute	•
Target Heart Rate	•
Time	•
Time Elapsed	•
Time in Heart Rate Zone	•
Time Remaining	•
Total Strides	•
Units	•
Vertical Gain	•

The EFX 5.33 Elliptical

Our total body 5.33 home elliptical lets you personalize your workout, your way. Moving handlebars let you tone and condition your entire body while maintaining comfortable posture and correct technique. Intuitive programming makes it simple to engage for a quick cardio session or more technical training. It's a welcome partner in the pursuit of your fitness goals.

- Adjustable CrossRamp[®] targets key muscle groups.**
 The ramp angle is adjustable from 15 to 30 degrees, allowing you to individually target and work all major lower body muscle groups. Variable stride length, from 21 to 23 inches, offers even greater diversity to your workout.
- Ergonomic design ensures a total body workout.**
 Ergonomic handlebars let you tone and condition your entire body while maintaining comfortable posture and proper technique.
- Designed with your home in mind.**
 With subtle tones and clean lines, the 5.33 elliptical is designed to fit naturally with your home décor and your lifestyle. The display keeps your favorite things close at hand with areas for your water bottle, mp3 player and cell phone. A compartment on the front of the machine keeps your magazines in easy reach.
- Track your target heart rate for fitness results.**
 A combination of easy-to-use handgrip sensors and wireless heart rate telemetry allow you to monitor your heart rate during workouts. Whether your desired result is improved cardio training or weight loss, SmartRate[®] keeps you in your target zone – helping you achieve your fitness goals.
- Intuitive console is easy to read and adjust.**
 Access QuickStart[™] programs and User IDs at the touch of a button. "Quick keys" offer easy access to speed and incline adjustment – to help you get the most from your workout.



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