

EFX™ 5.17

Owner's Manual

Elliptical Fitness
CrossTrainer

PRECOR[®] USA

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be taken, including the following:

- Read all instructions before using the EFX5.17. These instructions are written to ensure your safety and to protect the unit.

Before beginning any fitness program, you should obtain a complete physical examination by your physician.

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 to persons, take the following precautions:

- When it is plugged in, do not leave the EFX unattended. Unplug the unit from the power source when it is not in use, and before putting on or taking off parts.
- Do not allow children on or near the EFX.
- Use the EFX only for its intended use as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer—such attachments might cause injuries.
- Never operate the unit if it has a damaged cord, plug, or power conversion module, if it is not working properly, if it has been dropped or damaged, or dropped in water. Return the EFX to a service center for examination and repair.
- Keep the power cord, power conversion module, and plug away from heated surfaces.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn the power switch to the OFF (O) position, then remove the power plug from the wall outlet.

WARNING

Connect the EFX to a properly grounded outlet only. See *Grounding Instructions*.

Personal Safety

- Check the EFX5.17 before each use. Completely assemble the unit before using it.
- Assemble and operate the EFX on a solid, level surface. Locate the EFX a few feet from walls or furniture to provide access to the ON/OFF (I/O) switch.
- A wheel lock provides an added security feature. Placed in the ramp, it secures the roller arm when the roller arm wheel is set into it. Note that you must remove this locking mechanism prior to working out.
- Wear proper exercise clothing and shoes for your workout—no loose clothing.
- Use care when getting on or off the EFX. Use the handrails whenever possible. Never step off the unit while the foot pedals or ramp are still moving.
- Keep your body facing forward. Never attempt to turn around on the EFX.
- Do not rock the unit, or stand on the handrails, display console, or front or rear casing.
- Keep all electrical components, such as the power conversion module, power cord, and I/O switch, away from liquids to prevent shock. Do not set anything on the handrail, display console, or hood. Place liquids only in the appropriate receptacles.
- Do not attempt to service the EFX yourself other than the assembly and maintenance instructions found in this manual.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

The Precor EFX is designed for your enjoyment. By following the above precautions and using good common sense, you will have many safe and pleasurable hours of healthful exercise with your Precor EFX.

Precor Heart Rate Option—Safety Guidelines

The Precor Heart Rate Option was created and designed exclusively for Precor products. The equipment is extremely sensitive—you should use the heart rate option with this in mind and take time to read the guidelines found in your *Precor Heart Rate Option Owner's Manual* that is supplied with the optional receiver and POLAR® chest strap.

Information Regarding International Use

Federal Communications Commission, Part 15

The EFX5.17 has been tested and found to comply with,

- the IEC EMC Directive (international electromagnetic compatibility certification)
- 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. However, there is no guarantee that interference will not occur in a particular installation.

If the EFX does cause harmful interference to radio or television reception, which can be determined by turning the EFX OFF and ON, you are encouraged to try to correct the interference using one or more of the following measures:

- Reorient or relocate the receiving antenna for your TV, radio, VCR, etc.
- Increase separation between the EFX and the receiver (TV, radio, etc.).
- Connect the EFX into a different power outlet—on a dedicated circuit different from the one used by the receiver (TV, radio, etc.). No other appliance should be plugged into the same power outlet that the EFX is connected to.
- Consult your dealer or an experienced radio/TV technician for help.

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.

Safety Approval

When identified with the ETL-c logo, the EFX has been tested and conforms to the requirements of CAN/CSA-E-335-1/2-94, Safety of Household and Similar Electrical Appliances.

Grounding Instructions

The EFX5.17 power conversion module (AC adapter) must be grounded via an earth ground outlet. If it should malfunction or break down, grounding provides a path of least resistance for electric current which reduces the risk of electrical shock. The EFX is equipped with a DC power conversion module and AC power cord. The power cord's plug must be inserted into an appropriate 110/120v outlet that is properly installed and grounded in accordance with all local codes and ordinances.

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 EFX is properly grounded. Do not modify the plug provided with the EFX—if it doesn't fit the outlet, get a proper outlet installed by a qualified technician.

WARNING

This product is rated for use on a circuit having a nominal rating of 120 volts, 15 amps and is factory-equipped with a specific electric cord, plug, and power conversion module to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. If the EFX must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.

ATTENTION: Haute Tension

Débranchez avant de réparer

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Before You Begin

This manual explains how to assemble, use, and maintain the EFX5.17. The following conventions are used in this manual.

“Note:” Contains additional information that applies to the preceding text.

“Important:” Indicates information to which you should pay special attention.

“CAUTION:” Indicates steps or information necessary to prevent harm to yourself or damage to the equipment.

“WARNING:” Provides instructions to prevent electrical damage to the equipment and prevent injuries to yourself or others.

“DANGER:” Indicates steps you must take to prevent electrical shock.

CAUTION: This unit weighs about 150 pounds. To avoid injury and to ensure the safety of the unit and yourself, get adequate assistance before unpacking your unit. Break down the container’s side walls before removing anything from the box.

Thank you for purchasing the Precor EFX5.17 Elliptical Fitness CrossTrainer. The EFX5.17 features a zero impact, elliptical-shaped stride that lets you target specific lower-body muscles to achieve better muscle tone and overall cardiovascular conditioning. It offers an easy-to-understand display console that gives motivating feedback about your workout. If you have purchased the optional Precor receiver, installed it, and are wearing the POLAR® chest strap, your heart rate can appear on the EFX5.17 display.

The EFX5.17 is for household use only and is unique in its crosstraining features. To maximize your use of the EFX, please study this guide thoroughly.

Obtaining Service

Do not attempt to service the EFX5.17 yourself except for the maintenance tasks described in this manual. The EFX does not contain any user-serviceable parts.

For information about product operation or service, check out the Precor Web Site at www.precor.com or contact an authorized Precor dealer or a Precor Factory Authorized Service Company. To locate the dealer or service person nearest you, call 1-800-4-PRECOR.

If you call or e-mail Precor Customer Service, have your model and serial number available.

The serial number on the EFX is usually printed on the regulatory label located next to the ON/OFF switch. Another location is inside the rear casing. As you face the rear casing, look into the opening on the left side and you will see the serial number label on the side plate that is attached to an upright support. You may need a flashlight to read it.

Model number: _____ Serial number: _____

If you have any questions regarding the EFX, use the model and serial number whenever you contact Precor Customer Service, your Precor dealer, or service person.

Unpacking the EFX5.17 Elliptical Fitness CrossTrainer

The EFX5.17 is carefully tested and inspected before shipment. Precor ships the unit in the following pieces:

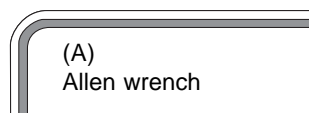
- rear base assembly
- front assembly (includes the display console and handrails)
- owner’s manual, limited warranty card, and hardware kit

Optional equipment that you can purchase through your dealer includes:

- Precor Heart Rate Option

Diagram 1

Hardware Kit.



(A)
Allen wrench



(B)
Wheel Lock

Carefully unpack the pieces and lay them on the floor near the location where you plan to use the EFX. If any items are missing, contact the dealer from whom you purchased the EFX or call, 1-800-4-PRECOR for the dealer nearest you.

2

Setting Up the EFX

You do not need any special knowledge or experience to set up the EFX. However, you must review and follow the instructions in this manual. If you do not assemble and use the EFX5.17 according to the following guidelines, you might void the Precor limited warranty.

Installation Requirements

Follow these installation requirements when installing the EFX:

- **Fill out and mail the limited warranty card.** The serial number on the EFX is usually printed on the regulatory label located next to the ON/OFF switch. Another location is inside the rear casing. As you face the rear casing, look into the opening on the left side. The serial number is printed on a label attached to the side plate. You may need a flashlight to read it. Write the serial number onto the limited warranty card and in this manual before assembling the EFX. Refer to *Obtaining Service* on page 6.
- **Set up the EFX5.17 EFX on a solid, flat surface.** A smooth, flat surface under the unit helps keep it level. A level unit has fewer malfunctions.
- **Provide ample space around the machine.** Open space around the machine makes for a safer mount and dismount and easier access to the ON/OFF (I/O) switch.
- **Use a standard 120-volt household outlet.** The EFX5.17 is for household use only. A DC power conversion module plugs into the EFX and converts the 120-volt AC current to DC current.

CAUTION: Do not remove or otherwise bypass the DC power conversion module. Electrical damage can occur if the unit is connected to an improper power source.

Diagram 2

Fully assembled EFX5.17

Display console

Handrails

Upright supports & front assembly

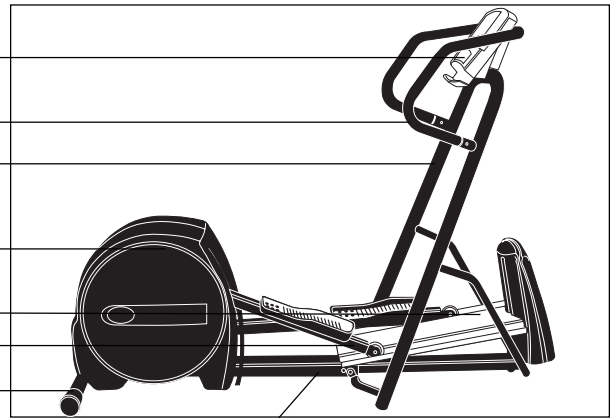
Rear assembly & casing

Ramp

Roller arms

Rear crossbar & level adjustor

Base rail



Assembly Instructions

CAUTION: If you plan to move the EFX, do so before you install the front section. Ask for assistance to move the unit to its final location.

You should plan where you want to permanently locate the EFX because, once you install the handrails, the width of the EFX provides little room for maneuvering through a standard door frame.

To assemble the EFX5.17 EFX, take the following steps:

1. **Obtain assistance.** Ask for assistance to place the shipping carton close to the location where you plan to use the EFX. Breakdown the sidewalls of the shipping carton so that they lie flat.

Diagram 2

Positioning the front and rear base rails close together.

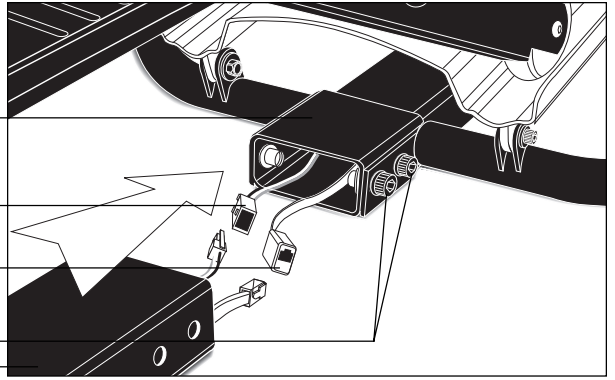
Front base rail

Interconnect cable

RJ46 cable

Bolts and washers

Rear base rail



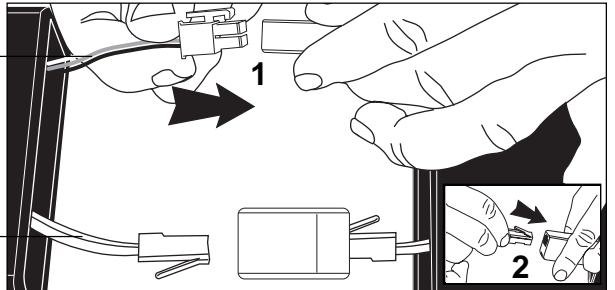
2. **Remove the front and rear assemblies.** Diagram 2. The front assembly is composed of the upright supports, handrails, display console, ramp and front cover. The rear assembly is composed of the roller arms, foot pedals, motor and rear casing. Place the two sections close to each other so that it will be easy to connect the cables and secure the base rails.
3. **Remove bolts and washers from the base rail.** Use the supplied Allen wrench to remove the 4 bolts and washers from the base rail. Keep the washers on the bolts and set them within easy reach.

Diagram 3

Connecting the cables.

Interconnect cable

RJ46 cable



4. **Connect the cables.** Diagram 3. Plug the connectors (RJ46 and interconnect) into the receptacles. You'll hear a "click" when the connection is properly secured. **Do not force the connection.** Make sure that you match the correct connector to its receptacle.

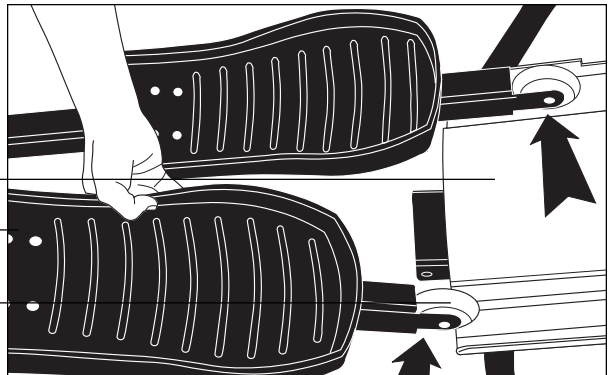
Diagram 4

Placing roller arms onto ramp.

Ramp

Foot pedal

Roller



5. **Lift the rollers onto the ramp.** Diagram 4. Have your assistant(s) stand next to the front cover and face the rear casing. Position yourself next to the base rail bolt holes. While your assistant(s) grasps the handrails and carefully slides the front base rail toward the rear, lift the rollers onto the ramp.

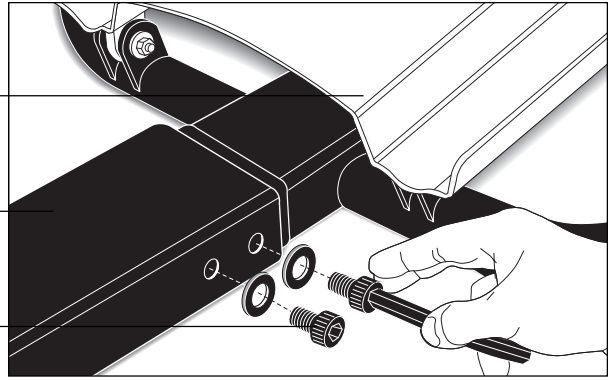
Diagram 5

Securing the base rail.

Ramp

Rear base

Bolts and washers



CAUTION: To avoid injury, wear gloves while inserting the front base rail into the rear. Be careful where you place your fingers and hands when you guide the base rails together. The edges of the base rails can be sharp.

Important: Do not crimp or pinch the cables! Carefully, place the excess cables into the front base rail while you slide the rails together. Crimped or pinched cables are not covered by the Precor limited warranty.

6. **Guide the base rails together and align the bolt holes.** Diagram 5. Raise the rear base rail about a 1/4" off the floor so that the front base rail can easily slide into the rear. Align the bolt holes and replace the 4 bolts and washers. Alternately tighten each bolt, using the Allen wrench provided, until the base rail is secure.

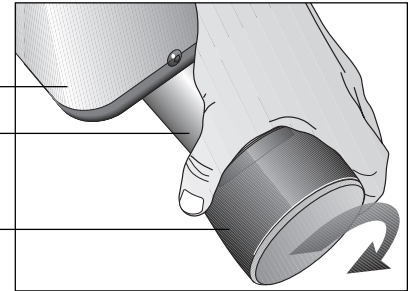
Diagram 6

Leveling the unit.

Rear casing

Rear crossbar

Level adjustor



7. **Level the EFX.** Diagram 6. If necessary, rotate the level adjustors on the rear crossbar until your unit is level. The level adjustors can compensate for about a 1/4" offset in floor height.

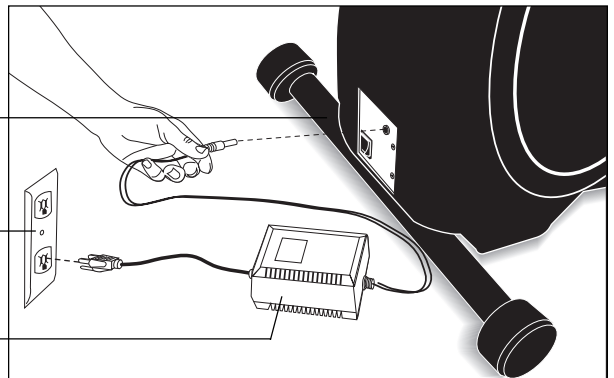
Diagram 7

Connecting the EFX to a power source.

Rear crossbar

110/120v AC wall outlet

DC power conversion module



CAUTION: To avoid injury, stand clear of the ramp when you first turn ON the EFX. The unit may recalibrate the lift which can cause the ramp to move.

8. **Plug in the DC adapter.** Diagram 7. Plug the DC adapter (power module) into the rear of the EFX (just above the ON/OFF switch). Plug the opposite end into a standard 120v power outlet.
9. **Turn ON the EFX.** Your EFX is ready to use. Please continue on to *Understanding the Display Console* to familiarize yourself with the display features and functions.

3

Electronic Console Display

As simple as using the EFX5.17 Elliptical CrossTrainer might seem, you should read this section so that you can use the EFX safely and effectively. This section of the owner's manual provides the basic information you need for exercising on your EFX, including the following:

- using the wheel lock
- reviewing features on the display console

Note: Instructions explaining how to use the Precor Heart Rate Option are found in the *Precor Heart Rate Option Owner's Manual*.

Using the Security Feature

CAUTION: Do not allow children on the EFX. Be aware that injuries can occur from the roller arm movement. Always use the wheel lock to secure the roller arm when the EFX is not in use.

The wheel lock on the EFX's ramp secures the roller arm and prevents it from travelling up or down the ramp. To prevent unauthorized use, secure the roller arm with the wheel lock after every workout.

Note: When you begin a workout, remove the wheel lock, replace the roller arm into the ramp, and step onto the foot pedals. The foot pedals must complete one stride before ramp and resistance changes are allowed. The foot pedals must stay in motion if you wish to continue changes to the ramp and resistance settings.

Diagram 8

Securing the roller arm with the wheel lock.

Roller arm
Wheel lock
Ramp
Place wheel lock on edge of ramp

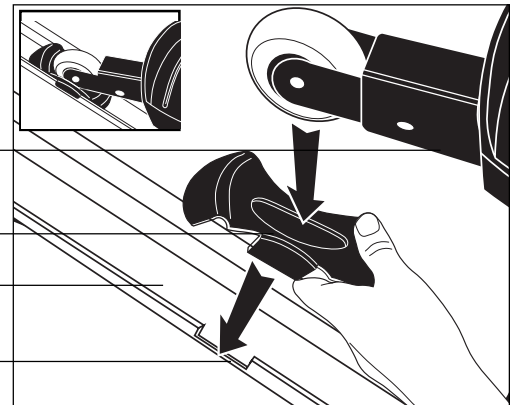


Diagram 8 shows the location of the wheel lock on the ramp. Do not force the wheel lock into position, it should slide easily into place along the edge of the ramp.

Understanding the Display Console

The display console lets you control your EFX session. As you work out, the electronic display provides constant feedback about your progress. Information about elapsed time, strides, total caloric burn, ramp and resistance settings, and heart rate (if you purchased the Precor Heart Rate Option) is available at any time. When you install and use the Precor Heart Rate Option, the POLAR® chest strap that you wear transmits a signal which is picked up by the EFX5.17 software and displayed numerically (when the Heart Rate indicator is lit).

Features on the Display Console

Indicator lights show you which feature is being displayed. When you are working out, the display presents each feature consecutively—this is called scanning. The display is always in **Scan** mode unless you change what features appear on the display by using the **Select** key. See *Select Key Functions*.

The EFX5.17 display is shown in Diagram 9. The display features and console keys are explained below it.

Diagram 9

EFX5.17 display.



Note: If an error message appears on the display, call a Precor qualified service technician or service center. For the service center nearest you call, 1-800-4-PRECOR.

TIME: During your workout, a time (0:00) display appears automatically and stops a few seconds after the foot pedals stop moving. **Time** appears in minutes and seconds. However, should you exceed 60 minutes (during a single workout), the time display converts to hours and minutes.

Note: You “pause” during your workout any time you stop moving the foot pedals. **Time** stops accumulating. Begin moving the foot pedals to exit “Pause mode” and resume where you left off. If you pause for more than 10 minutes, the system assumes you have stopped your workout and resets the **Time** display.

STRIDES/MIN (Strides per minute): Displays the number of strides completed in one minute. A stride is an exaggerated walking movement. On the EFX, if you start in a position with one foot forward and one foot back, a stride is completed when you move the rear foot all the way forward while the forward foot moves to the rear.

TOTAL STRIDES: Displays the total number of strides completed. Refer to Strides/Min above.

CALORIES: The calorie calculation is based on a 150 pound person (68 kg). If your weight differs, use this display for approximating your caloric burn.

HEART RATE: The heart rate display lets you monitor your heart rate. When a heart beat is detected, the **Heart Rate** indicator lights and blinks in time with your pulse. If you did not purchase the Precor Heart Rate Option, the heart rate feature is skipped during the scanning process and the indicator will not light. For more information, see *EFX5.17 Heart Rate Feature* on page 14.

Note: You must purchase and install the Precor Heart Rate Option and wear the POLAR® chest strap before your heart rate can appear on the display.

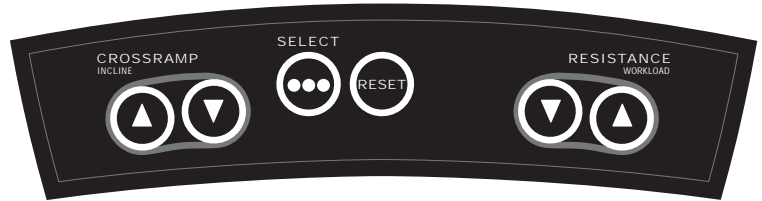
Keys on the Display Console

CAUTION: When you press the display keys, hold onto the handrail with one hand to maintain your balance.

Each key on the display console's keypad provides specific functions. The following information explains the different uses of the keys from left to right. To locate each key, look at the display console or refer to Diagram 10.

Diagram 10

EFX5.17 display console keys.



CROSSRAMP▼▲: These keys let you decrease ▼ or increase ▲ the EFX's ramp settings from 1 to 7. Briefly pressing the **CrossRamp ▼** or ▲ key causes the incline level to appear on the display. Pressing and holding the **CrossRamp ▼** or ▲ key for a few seconds, changes the settings.

Note: Resistance changes take precedence over ramp changes. You will notice that the ramp movement is slowed when you change resistance settings while the ramp incline motor is engaged.

SELECT: Briefly pressing the **Select** key anytime during a workout causes the next display feature to appear. If no feature is "selected" (see *SELECT key functions* below) the display consecutively "scans" each feature (such as **Calories**) and displays it for 5 seconds. If one or more features are "selected," the display continues scanning until the next selected item is reached. From that point, it will only "scan" between the selected features.

The following chart explains the **Select** key functions:

SELECT key functions:	What you do:
To establish a one feature display	When the feature you want appears on the display, press and hold Select until the LED associated with that feature begins to blink, then release pressure from the key.
To choose another display feature	Briefly press Select to establish scan mode. As the display consecutively scans the features, press and hold the Select key when the feature you want appears. Release the key when the LED (associated with the feature) begins to blink. The display will "scan" between the features you have selected (and skip over the features that you did not choose).
To undo (reverse) a selection	When the selected feature appears on the display, press and hold Select until the LED begins to blink. The display reverts to the previously selected pattern (if any existed).

RESET: Pressing and holding the **Reset** key down for about 2 seconds causes the display to return to a 0:00 **Time** display.

Note: You "pause" during a workout any time you stop moving the foot pedals. Resuming foot pedal movement, exits "Pause mode." If you pause for more than 10 minutes, the system assumes that you have ended your workout and resets to a 0:00 **Time** display.

RESISTANCE▼▲: Decrease ▼ or increase ▲ the EFX's resistance settings from 1 to 10. Briefly pressing the ▼ or ▲ key causes the resistance settings to appear on the display. Pressing and holding the **Resistance ▼** or ▲ key for a few seconds, changes the settings.

4

CAUTION: Before beginning any fitness program, you should obtain a complete physical examination from your personal physician.

CAUTION: To avoid injury, stand clear of the ramp when you first turn ON the EFX. The lift may recalibrate which causes the ramp to move.

Quick Steps to Working Out

1 Put on the chest strap. (Available with the Precor Heart Rate Option.)

2 Remove the wheel lock.

3 Turn ON EFX.

4 Hold onto the handrails and step into the foot pedals.

5 Begin working out. (For best results, maintain a constant stride rate.)

Use the Heart Rate display option to maintain your heart rate in a target zone.

(Pause)

6 End your workout.

(Cool down)

7 Step off the foot pedals.

8 Turn OFF the EFX. Secure the EFX with its wheel lock.

Quick Steps to Working Out

Before using your EFX, we recommend that you follow these instructions and go through a preliminary demonstration of the EFX.

When using the EFX, follow these general guidelines:

- At the beginning of a workout, take several minutes to bring your heart rate into your training zone, shown in Diagram 12 on page 16.
- After your workout, walk slowly for several minutes to cool down your body and lower your heart rate.
- Before and after a workout, gently stretch your lower body and back to help prevent stiffness or soreness.

Beginning Your Workout

The EFX5.17 provides Manual mode which lets you regulate the resistance and ramp settings during your workout. As you workout, keep in mind that because of the EFX's unique design, you have several ways of increasing your work effort.

- decreasing the resistance and increasing the strides per minute.
- increasing the resistance and keeping the strides per minute constant.
- increasing both the resistance and ramp settings and maintaining your stride rate.

To work out on the EFX5.17, take the following steps:

1. For your **Heart Rate** to appear on the display, the heart rate receiver must be installed in the display console and you need to wear the POLAR® chest strap. Refer to *Precor Heart Rate Option Owner's Manual* to learn how to properly use the chest strap.
2. Remove the wheel lock from the ramp.
3. Locate the ON/OFF (I/O) switch at the rear of the unit and turn ON the EFX.
4. Face the display console and hold onto the handrails as you place your feet into the foot pedals. Notice that when the foot pedals move **Time** appears for 5 seconds and then the display begins to scan through the different features.

Note: The EFX5.17 lets you select what features you want to display. Refer to the **Select** key function chart on page 12 for more information.

5. Continue moving the foot pedals at a comfortable stride rate. Your "stride rate" appears as STRIDES/MIN (strides per minute) on the display.

Note: If you have purchased the Precor Heart Rate Option, installed the receiver in the display console, and are wearing the POLAR® chest strap, your heart rate can appear on the display. Having your heart rate displayed while you workout, helps you maintain a target zone. Refer to Diagram 12 on page 16.

To pause during your workout session, simply stop pedaling. The display continues in scan mode, so you can review your workout statistics. After a 10 minute "pause," the system resets to a 0:00 **Time** display.

6. When you are finished exercising, be sure to cool down mode. Cooling down after your workout helps reduce muscle stiffness and soreness by transporting excess lactic acid out of the working muscles. It also helps your heart rate return to its normal (non-exercising) state. Always incorporate a 3 to 5 minute cool down period at the end of your workout.
7. Hold onto the handrails while you step out of the foot pedals.
8. Turn OFF the unit and replace the wheel lock. See page 10, *Using the Security Feature*.

CAUTION: When you use the display console, hold onto the handrail with one hand to maintain your balance. You should also use the handrail whenever you step into or out of the foot pedals.

Pausing Your Workout

You can pause any time during your workout. Use this feature to rest or take a short break. To pause while working out, simply stop moving the foot pedals. You can tell that you are in Pause mode because **Time** stops accruing.

To resume your workout, begin moving the foot pedals. Your workout statistics continue from where you left off. Note that after a 10 minute pause, the EFX assumes you have stopped working out and resets the display.

The EFX5.17 Heart Rate Feature

To activate the heart rate feature on the EFX5.17, you need to purchase the Precor Heart Rate Option and install its receiver into the display console. To display your heart rate, you must wear the POLAR® chest strap while working out. The chest strap transmits your heart rate signal to the receiver which, in turn, causes it to appear on the display. During your workout, the heart rate indicator lights and blinks at the same rate as your pulse. This provides a visual clue and indicates what your heart rate is doing even when the display is scanning a different feature.

The heart rate equipment is sensitive and it requires special care. If you are having difficulty with the EFX heart rate feature, see the *Troubleshooting Tips* described below.

Troubleshooting Tips

The following chart may help you understand and troubleshoot the Precor Heart Rate Option that you have purchased.

Note: The Precor heart rate receiver must be properly installed in the display console and you must wear the POLAR® chest strap during your workout before a heart beat can be detected. The EFX must also be turned ON before the display features can appear.

What appears on the Display	Cause	What to Do
No Heart Rate LED lit. No “- - -” appears.	EFX is turned OFF or no receiver is installed.	Turn ON the EFX and/or purchase the Precor Heart Rate Option. ¹
No Heart Rate appears.	¹ If you know that the receiver is installed, check to make sure that it is installed correctly. Refer to your <i>Precor Heart Rate Option Owner's Manual</i> . If you wish to purchase the option, call 1-800-4-PRECOR to locate the dealer nearest you.	
Heart Rate LED lights. “---” appears, but only for 2 or 3 scanning cycles.	Receiver installed, but no heart rate detected.	To transmit a heart rate signal, the POLAR® chest strap must be worn properly. ²
	² If you have the chest strap on, the battery may be dead. To purchase a new chest strap, call the dealer nearest you.	
Erratic heart rate readings	Improper placement of the chest strap, body chemistry ³ mismatch	Stand within 3 feet of the display and face toward it. Allow a few seconds for the receiver to recognize the transmitter's signals.
	³ Make sure that the electrodes on the chest strap are moist and placed properly against your skin. Sometimes, due to body chemistry, the chest strap cannot successfully detect and transmit your heart rate. If this occurs, use the electrolyte spray that accompanies your Precor Heart Rate Option package. Follow the directions on the bottle. After spraying the electrode strips on the chest strap, check to be sure that the strap is comfortably tight around your chest and centered in the middle of your chest. Refer to your <i>Precor Heart Rate Option Owner's Manual</i> .	

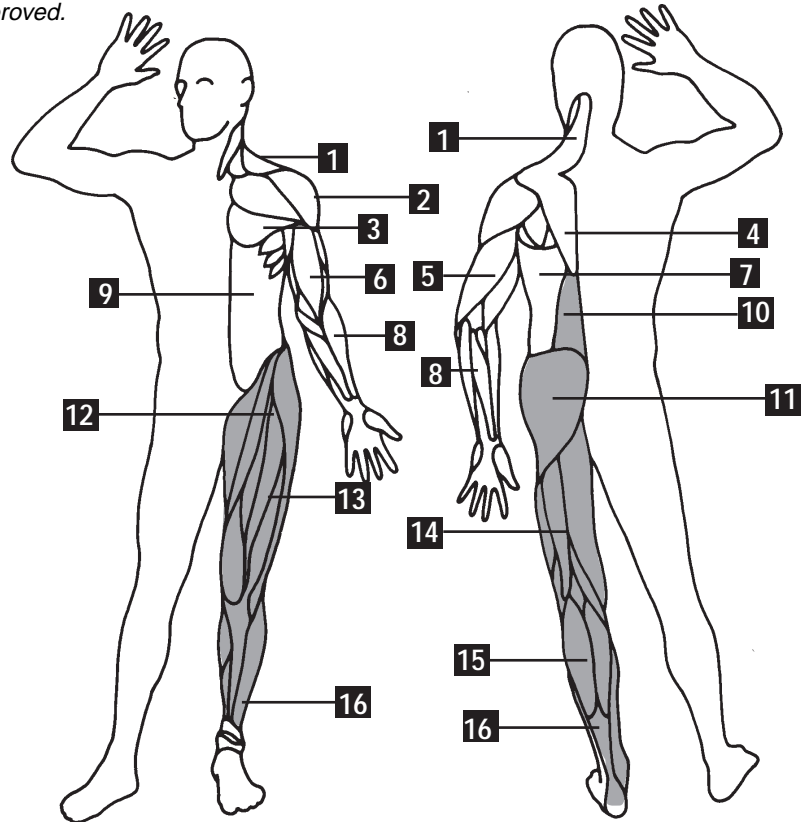
5

Getting the Most Out of Your Workout

To help you get started in planning and carrying out your fitness program, this section provides some basic information on aerobic exercise—such as how hard you should work out, how long each session should be, and how often you need to exercise to benefit from a regular program.

Diagram 11 *Muscles Improved.*

1. Trapezius
2. Deltoids
3. Pectorals
4. Rhomboids
5. Triceps
6. Biceps
7. Latissimus Dorsi
8. Forearm Flexors/Extensors
9. Abdominals
10. **Erector Spinae**
11. **Gluteals**
12. **Hip Flexors**
13. **Quadriceps**
14. **Hamstrings**
15. **Gastrocnemius/Soleus**
16. **Peroneus Longus/Brevis**



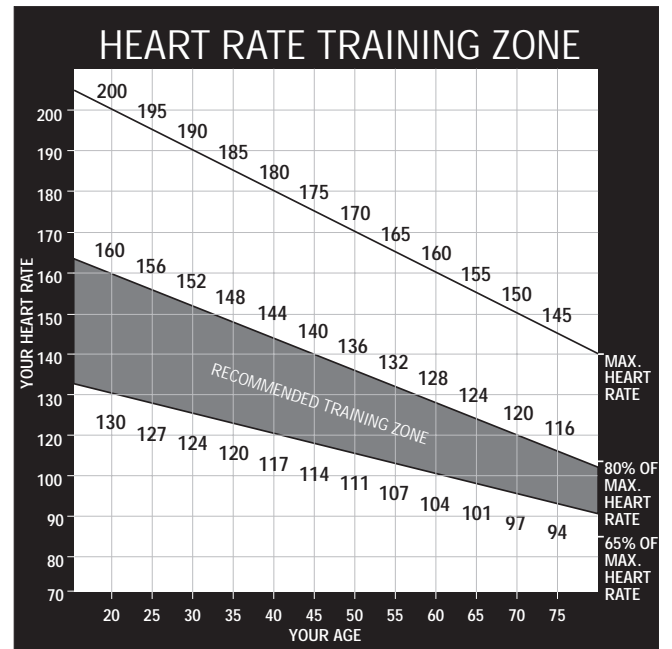
CAUTION: Always check with your physician to learn what the appropriate heart rate is for your level of fitness. Do not push yourself beyond the recommended range.

A workout on the EFX5.17 Elliptical Fitness CrossTrainer provides excellent and efficient cardiovascular conditioning, while strengthening and toning all the major muscle groups in the lower body. Darkened areas in Diagram 11 indicate the muscles improved.

To get the most out of each workout, a general understanding of the principles behind aerobic training is invaluable. The best source of information is your specialty fitness dealer. In addition to providing information on which exercise equipment is best for your individual needs, your fitness dealer can provide useful advice on training, technique, and exercise physiology. Your dealer can also recommend good books and audio/video tapes on these subjects.

Diagram 12

Training Zones.



CAUTION: Keep in mind that the “Heart Rate” or “Training” zones are approximations. Always check with your physician to learn what the appropriate heart rate is for your level of fitness. Do not push yourself beyond the recommended range.

How Hard Should I Exercise?

Studies show that to achieve the benefits of aerobic exercise, it is necessary to work out hard enough to raise your heart rate to a certain minimum level, called the “training zone.” Your training zone depends on your age and level of fitness.

Diagram 12 shows your recommended heart rate training zone, which is calculated using your age and your maximum aerobic heart rate. Your maximum aerobic heart rate is equal to 220 minus your age. The chart is based on a resting heart rate of about 72 for males and 80 for females. Your optimum training zone is between 65% and 80% of your maximum heart rate. For efficient aerobic exercise, work only hard enough to keep your heart rate in this zone. You will obtain the greatest fat-burning benefits when you exercise within the optimum training zone.

Pushing yourself beyond the recommended range, (that is, exercising so hard that your heart rate rises above 80% of maximum) can overstress your muscles. To increase cardiovascular improvement, exercise *longer*, not harder.

Keep in mind that this zone is an approximation, to be used as a guideline—individual heart rates vary according to several physiological factors. To determine your training zone, find your age on the diagram, and then find the line where they intersect. For example, if you are 45 years old, your training zone is between 114 and 140 beats per minute. Remember this zone—this is the heart rate zone you should try to maintain as you work out.

If you do not have an accurate heart rate monitor, you can determine your heart rate by taking your pulse at a place that you can reach easily and comfortably while you exercise. Typical places for measuring heart rate are directly over the heart on the left side of the chest, on either side of the neck, over the temple, or on the thumb side of either wrist. Wherever you measure your pulse, make sure that you use your index and middle fingers—**not your thumb**. Your thumb has a strong pulse which can affect your pulse rate reading.

Once you locate your pulse, look at a clock with a second hand, and count the beats for six seconds. Multiply that number by 10 to determine the total number of beats per minute. For example, if you count 14 beats over six seconds, the total number of beats per minute is 140. Compare the total number of beats with your training zone as identified in Diagram 12. If necessary, increase or decrease your activity level to bring your heart rate into your training zone. You can regulate your work level (and heart rate) by changing resistance and/or ramp settings. **Remember—your heart rate is the definitive measure of how hard you are working.**

CAUTION: Refer to the “Precor Heart Rate Option Owner’s Manual” for other important safety tips.

Regardless of your fitness level, avoid doing too much too soon. Give yourself time to become familiar with your EFX and to improve your fitness level. Then you can gradually increase the resistance and ramp settings to make your workouts more challenging. You can also reverse the direction of your stride to tone other muscle groups.

How Long Should I Exercise?

The length of each exercise session depends on your fitness level. Exercise physiologists have determined that, to attain cardiovascular benefits from exercise, you should maintain your heart rate in its training zone for at least 15 minutes. This is in addition to your warm-up time, and does not include cool down. You should always allow several minutes to bring your heart rate into the training zone, by starting out slowly and gradually increasing work level. Similarly, use several minutes of light exercise after the workout to bring your heart rate down to near resting level.

The higher your fitness level, the longer you should maintain your heart rate in the training zone (between 20 and 30 minutes). Beginners should always start slowly, and gradually bring their sessions up to 20 minutes or more.

How Often Should I Exercise?

Research indicates that aerobic sessions of 20 minutes or more should be done at least three to five times a week to obtain significant cardiovascular benefits. Most experts agree that sensible eating habits and regular aerobic exercise are the keys to weight control and fitness. A recent study, which tracked several subjects over a period of years, conclusively shows that exercise, not dieting, is the key factor to long-term weight loss.

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Maintaining the EFX

The EFX5.17 Elliptical Fitness CrossTrainer requires little maintenance to keep it running smoothly and efficiently. However, the customer is responsible for the typical maintenance tasks such as, cleaning the EFX to keep it free from dust and dirt accumulation. If you fail to maintain the EFX as described below, it could affect or void the limited warranty.

CAUTION: Turn OFF the EFX and disconnect the power cord from the wall outlet and the power conversion module from the EFX before performing any maintenance tasks.

Cleaning the Equipment

Your Precor EFX relies on low friction for efficient operation. To keep the friction low, the EFX must be as clean as possible. Before a workout, use a damp, soft, clean cloth and wipe along the inside portion of the ramps. This helps to remove any dirt or dust that might affect the smooth operation of the ramp rollers. Vacuum the floor underneath the unit every week to prevent the accumulation of dust and dirt.

Periodically wipe the frame, display console, and foot pedals, with a dampened (not dripping wet) *clean* cloth using a solution of mild soap and water. To clean the grooves on the foot pedals, use a soft nylon scrub brush. Never pour water or spray liquids on any part of the EFX. Allow the EFX to dry completely before using it.

The Precor Heart Rate Option equipment requires little maintenance beyond keeping it dust free and cleaning the chest strap with mild soap and water. Use a damp sponge or soft cloth to clean the chest strap. Dry the surface thoroughly with a clean towel.

Storing the Chest Strap

CAUTION: Do not use abrasive cleaner on the strap. Do not immerse any part of the chest strap. Do not spray or pour liquids on any part of the equipment.

Store the chest strap transmitter in a place where dust and dirt cannot accumulate on it such as, a closet or drawer. Be sure to keep the chest strap protected from extremes in temperature. Do not store it in an area that may be exposed to temperatures below 32 degrees Fahrenheit.

Servicing the EFX

Do not attempt to service the EFX5.17 yourself except for the maintenance tasks described in this manual. The EFX5.17 does not contain any user-serviceable parts that require lubrication. For information about product operation or service, contact an authorized Precor dealer.

Power Cord Maintenance

When the EFX5.17 is in use, ensure that the power supply cord is away from moving parts and cannot be damaged. If the power supply cord or power conversion module is damaged, it can only be replaced in a repair shop appointed by Precor because special tools are required.

EFX Long Term Storage

When the EFX is not in use, ensure that the power supply cord is unplugged from the wall outlet and is positioned so that it will not become damaged or interfere with other equipment or people. There are no special storage requirements for the EFX other than ensuring that is kept free from dirt, moisture, or damage.

EFX5.17 Elliptical Fitness CrossTrainer

Specifications

Length: 74 inches (188 cm)
Width: Handrails 28 inches (71 cm) at the widest point
Width: Support tube at base is 30 inches (76 cm) at widest point
Height: 58 inches (147 cm)
Power: 12 V DC, 3.0 Amps 36 watts
Weight: 148 lbs (67 kg)
Shipping weight: 183 lbs (83 kg)

Electronic Specifications

EFX5.17 Programs:

Manual

EFX5.17 Display Readouts:

Ramp Incline

Resistance Level

Time

Strides per Minute

Total Strides

Calories (based on a 150 lbs (68 kg) person)

Heart Rate*

* Requires that you purchase the Precor Heart Rate Option. The optional receiver must be installed in electronic console. To be activated, the POLAR® chest strap must be worn.

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P/N 38384-102
11/98

NOTICE:

Precor is widely recognized for its innovative, award winning designs of health and fitness 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.