

EFX[®] 5.17i Elliptical Fitness Crosstrainer™

Designed for basic workouts at home, this affordable model allows the user to set the resistance and incline levels. Features include Precor's adjustable CrossRamp[®] and smooth, quiet operation.

Features

CrossRamp [®]	<ul style="list-style-type: none"> • CrossRamp[®] technology, unique to Precor, provides ideal cross-training. The 14 different settings (12-25°) for users to target different muscle groups. Ideal for all age and fitness levels. • Provides 20 magnetic, no-contact levels of resistance to tailor workouts with consistent resistance. • Forward and reverse stride targets different muscle groups. • Polyurethane wheels glide on a precision steel ramp to distribute user's weight for efficiency providing an incredibly smooth feel.
Low Impact	<ul style="list-style-type: none"> • Minimizes joint deflection. • Low rate of perceived exertion (RPE).
Display	<ul style="list-style-type: none"> • Easy-to-use membrane board with intuitive keystroke sequencing, multiple feedback options, large LEDs, and accompanying graphics allow users to easily monitor and alter their workout.
Up to 4 Programs	<ul style="list-style-type: none"> • Manual, Gluteal, Weight Loss, optional Heart Rate*
Heart Rate*	<ul style="list-style-type: none"> • Optional heart rate telemetry technology. • SmartRate[®] shows actual heart rate in relation to the target zone for weight loss and cardio training.
Other Features	<ul style="list-style-type: none"> • QuickStart™ for user convenience lets user begin workout with the push of a single button. • Accessory holder for water bottle, portable music, reading material and more. • Allows user to input gender.
Warranty	<ul style="list-style-type: none"> • Lifetime frame and welds. • 10 years parts and wear items. • 1 year labor.
Ergonomic Design	<ul style="list-style-type: none"> • Ergonomically correct handrails. • Excellent stability and freedom of movement for users of all sizes. • Motion allows heels of user to remain in contact with footplates reducing stress to muscles and tendons allowing a balanced hands-free workout.
Frame	<ul style="list-style-type: none"> • Powder-coated steel

Electronic Readouts

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|------------|-----------|----------------------|----------------------------|
| • Calories | • Time | • Strides | • Heart Rate* |
| • Scan | • Profile | • Strides Per Minute | • SmartRate [®] * |

Weights and Measures

• Length	75 in (190 cm)	• CrossRamp [®]	12-25 degrees adjustable
• Width	30 in (75 cm)	• Stride Length	19 in (48 cm)
• Height	63 in (157cm)	• Regulatory Approvals	FCC, ETL, CE
• Weight	197 lbs (89kg)	• Resistance levels	1-20 (10-625watts)
• Shipping Weight	247 lbs (112kg)	• Space between footplates	3 in (8 cm)
• Footplate dimensions	7 x 15 in (18 x 38 cm)	• Maximum workout time	No set limit.
• Height of footplate at maximum incline	19 in (48 cm)	• Height of footplate at lowest position	8 in (21 cm)

Power

- 120 VAC, 50/60 Hz, 1.7 Amps, 140 Watts

*Telemetry and chest strap required.