

EFX® 556i Self-Powered

Self-Powered Total-Body Elliptical Fitness Crosstrainer™ designed for heavy commercial use.

Features

Cross training	<ul style="list-style-type: none"> Durable 6-phase generator system with no contacting parts to reduce friction and wear provides 20 levels to tailor workouts with consistent resistance. The 20 resistance levels range from 18 watts (level 1 at 20 SPM) to 720 watts (level 20 at 100 SPM.). Double polyurethane wheels with over-sized axle and sealed bearings with improved seals glide on precision extruded aluminum tracks to distribute user's weight for efficiency providing an incredibly smooth feel. Dual action provides both upper and lower body workout. Fixed Ramp at 20° to provide optimal gluteal and hamstring involvement versus a flat ellipse.
Display	<ul style="list-style-type: none"> Offers seamless integration with Cardio Theater options. Bio-feedback center with SmartRate provides dedicated feedback on heart rate and calories to end users. SmartRate® shows actual heart rate in relation to the target zone for weight loss and cardio training. Numeric keypad makes data entry and Cardio Theater control easy. Tap Control provides satisfying tactile and audible click so end users feel confident and safe operating the product. Options menu offers wide choice of metrics and user defined languages and units of measure for readouts. QuickStart™ for user convenience lets user begin workout with the push of a single button.
Frame	<ul style="list-style-type: none"> Biomechanics validated by Western Washington University Biomechanics Lab for users of all ages, fitness levels and sizes, from the 5% size female to the 95% size male user. Two-step powder-coating process applies rust-resistant undercoat and cosmetic topcoat to steel frame. Excellent stability and freedom of movement for users of all sizes. Motion keeps users' heels in contact with footplates reducing muscle and tendon stress allowing a balanced hands-free workout. Footplates are polypropylene plastic and self-draining. Foot space is 14.17 inches (36 cm) long. Transport wheels in the rear of the EFX allow the unit to be moved when cleaning the floor. Critical pivots are no-maintenance sealed bearing design. Other pivots incorporate self-lubricating bronze bushings. Ramp cover keeps the ramp cleaner longer and can be removed for easy access to clean the tracks, but cannot be inadvertently popped off by stepping on it. Durable rear cover designed to reduce damage that could occur when excessive weight is applied to it. Cover side panels attach using a twist-lock design. Single screw required to securely hold each side panel in place. Minimal space between total body arms allows for comfortable use by all sizes of exercisers. Critical pivots are no-maintenance sealed bearing design. Other pivots incorporate self-lubricating bronze bushings.
Diagnostics	<ul style="list-style-type: none"> Ability to set club parameters, e.g. to limit exercise time and pause time. CSAFE ready and FitLinxx compatible.
Heart Rate	<ul style="list-style-type: none"> Caloric measurements and all other metrics developed for accuracy by Emily Cooper, MD, of Seattle Performance Medicine, using gas exchange measurements for users of all ages, sizes and fitness levels. Handheld heart rate sensors located on fixed handles for increased accuracy and ease of use by exercisers of all sizes. Equipped for heart rate telemetry reading using a chest strap.
Other Features	<ul style="list-style-type: none"> Accessory holder for water bottle, portable music, reading material and more.
Warranty	<ul style="list-style-type: none"> Seven years frame, 5 years display face assembly, 2 years parts and 1 year labor. One year for battery in self-powered units. Warranties outside the U.S. and Canada may vary.
8 programs accessed directly by 6 buttons	<ul style="list-style-type: none"> On the fly program changes without losing data <u>Manual</u> <ul style="list-style-type: none"> <u>Interval</u> <u>1 Variety</u>: Cross Country <ul style="list-style-type: none"> <u>1 Heart Rate Control</u>: Basic <u>1 Weight Loss</u> <ul style="list-style-type: none"> <u>3 Performance</u>; includes Hill Climb, Fitness Test and Cross Training
Electronic Readouts	<ul style="list-style-type: none"> % Complete, Average heart rate*, Average speed, Calories, Calories per hour, Calories per minute, Goal, heart rate*, Language, Maximum heart rate*, METS, Profile, Resistance levels, Segment time, SmartRate®*, Speed, Strides per minute, Target heart rate*, Time, Time elapsed, Time in heart rate zone*, Time remaining, Total strides, Units, Watts, Workout summary

* Requires use of chest strap or touch grips

Weights and Measures

• Length	80 in (203 cm)	• Fixed Ramp	20 °
• Width	32 in (81 cm)	• Stride length	21.5 in (55 cm)
• Height	68 in (173 cm)	• Regulatory approvals	FCC, ETL, CE, EN957
• Weight	326 lbs (148 kg)	• Maximum user weight	350 lbs. (159 kg)
• Shipping Weight	427 lbs (194 kg)	• Resistance levels	1-20 (18-720 watts)
• Footplate dimensions	14.5x6.5 in (37x17 cm)	• Maximum pause time	30 seconds
• Height of footplate at highest position	17 in (43 cm)	• Minimum space between moving arms	20.5 in (52 cm)
• Height of footplate at lowest position (step up)	8 in (20 cm)	• Minimum space between footplates	3.5 in (9 cm)
• Maximum workout time	240 minutes		

Power

- Self-powered. Cordless, so it can be placed anywhere on the floor.
- Optional power supply available if owner expects long time periods of no use or desires display to be continuously lit longer than 30 seconds after workout ends. The power supply extends the maximum pause time to two minutes.
- Generator provides ability to exercise even at low or zero battery levels.