

**EFX® 576i Self-Powered**

Self-Powered Elliptical Fitness Crosstrainer™ incorporating both CrossRamp technology and Upper Body motion designed for heavy commercial use.

**Features**

Cross training	<ul style="list-style-type: none"> <li>• CrossRamp® technology, unique to Precor, provides 20 different settings (13-40° ramp incline) for users to target different muscle groups. Ideal for all age and fitness levels.</li> <li>• 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).</li> <li>• 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.</li> <li>• Dual action provides both upper and lower body workout.</li> </ul>
Display	<ul style="list-style-type: none"> <li>• Offers seamless integration with Cardio Theater options.</li> <li>• 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.</li> <li>• Numeric keypad makes data entry and Cardio Theater control easy.</li> <li>• Tap Control provides satisfying tactile and audible click so end users feel confident and safe operating the product.</li> <li>• Options menu offers wide choice of metrics and user defined languages and units of measure for readouts.</li> <li>• QuickStart™ for user convenience lets user begin workout with the push of a single button.</li> </ul>
Frame	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Two-step powder-coating process applies rust-resistant undercoat and cosmetic topcoat to steel frame.</li> <li>• Excellent stability and freedom of movement for users of all sizes.</li> <li>• Motion keeps users' heels in contact with footplates reducing muscle and tendon stress allowing a balanced hands-free workout.</li> <li>• Footplates are polypropylene plastic and self-draining. Foot space is 14.17 inches (36 cm) long.</li> <li>• Transport wheels in the rear of the EFX allow the unit to be moved when cleaning the floor.</li> <li>• Critical pivots are no-maintenance sealed bearing design. Other pivots incorporate self-lubricating bronze bushings.</li> <li>• 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.</li> <li>• Durable rear cover designed to reduce damage that could occur when excessive weight is applied to it.</li> <li>• Cover side panels attach using a twist-lock design. Single screw required to securely hold each side panel in place.</li> </ul>
Diagnostics	<ul style="list-style-type: none"> <li>• Ability to set club parameters, e.g. to limit exercise time and pause time.</li> <li>• CSAFE ready and FitLinxx compatible.</li> </ul>
Heart Rate	<ul style="list-style-type: none"> <li>• Has handheld heart rate and is equipped for heart rate telemetry reading using a chest strap.</li> <li>• SmartRate® shows actual heart rate in relation to the target zone for weight loss and cardio training.</li> </ul>
Other Features	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Accessory holders for water bottle, portable music, reading material and more.</li> </ul>
Warranty	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
14 programs accessed directly by 6 buttons	<ul style="list-style-type: none"> <li>• On the fly program changes without losing data</li> <li>• <u>Manual</u> <ul style="list-style-type: none"> <li>• <u>2 Intervals</u>; includes standard interval and total body interval</li> </ul> </li> <li>• <u>4 Variety</u>; includes Cross Country, 2 Gluteal, 1 Custom <ul style="list-style-type: none"> <li>• <u>1 Heart Rate Control</u>; includes Basic</li> </ul> </li> <li>• <u>1 Weight Loss</u> <ul style="list-style-type: none"> <li>• <u>5 Performance</u>; includes Hill Climb, Fitness Test, 3 Cross Training</li> </ul> </li> </ul>
Electronic Readouts	<ul style="list-style-type: none"> <li>○ % Complete, Average heart rate*, Average speed, Calories, Calories per hour, Calories per minute, CrossRamp incline, 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</li> </ul> <p style="text-align: right;">* Requires use of chest strap or touch grips</p>

**Weights and Measures**

• Length	80 in (203 cm)	• CrossRamp®	13-40 degrees, adjustable
• Width	32 in (81 cm)	• Maximum workout time	240 minutes
• Height	68 in (173 cm)	• Regulatory Approvals	FCC, ETL, CE, EN957
• Weight	338 lbs (153 kg)	• Maximum user weight	350 lbs. (159 kg)
• Shipping Weight	443 lbs (201 kg)	• Resistance levels	1-20 (18-720 watts)
• Footplate dimensions	14.5 x 6.5 in (37 x 17 cm)	• Maximum pause time	30 seconds
• Height of footplate at maximum incline	21.5 in (55 cm)	• Minimum space between footplates	2.4 in (6 cm)
• Height of footplate at lowest position (step up)	8 in (20 cm)	• Variable stride length along incline	21.2in (54cm) at 13° to 24.7in (62.7cm) at 40°

**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. (CrossRamp function halted until battery is sufficiently recharged.)