

EFX[®] 534i Self-Powered

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

Features

Cross training	<ul style="list-style-type: none"> Fixed Ramp at 20° to provide optimal gluteal and hamstring involvement versus a flat ellipse. A durable 6-phase generator system with no contacting parts to reduce friction wear provides 20 levels of resistance to tailor workouts with consistent resistance. The 20 resistance levels range from 18 watts (level 1 at 20 RPM) to 625 watts (level 20 at 100 RPM) Forward and reverse striding targets different muscle groups. Dual action provides both upper and lower body workout. Polyurethane wheels (one per side) glide on precision extruded aluminum tracks to distribute user's weight for efficiency providing an incredibly smooth feel.
Display	<ul style="list-style-type: none"> CSAFE ready. Touch sensitive display makes it easy to monitor and alter workouts. Solid-state touch sensitive switches are more reliable, resulting in fewer costly repairs than membrane switches.
Frame	<ul style="list-style-type: none"> Two-step powder-coating process applies rust-resistant undercoat and cosmetic topcoat to steel frame. Optimal space between total body arms allows for comfortable use by all sizes of exercisers. Ergonomically correct moving arms. 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 workout.
Diagnostics	<ul style="list-style-type: none"> Ability to set owner parameter, e.g. to limit exercise time and pause time.
Heart Rate	<ul style="list-style-type: none"> Equipped for heart rate telemetry reading using Polar[®] 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.
Warranty	<ul style="list-style-type: none"> Seven years frame, 5 years touch sensor display housing, 2 years parts and 1 year labor. One year for battery in self-powered units. Not for use in fee-paying facilities. Up to six hours use daily. Warranties outside the U.S. and Canada may vary.
5 Courses	<ul style="list-style-type: none"> Crosstraining, Hill Climb, Interval, Manual and Weight Loss

* Polar[®] is a registered trademark of Polar Electro Oy.

Electronic Readouts

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|-----------------------|--------------|--------------------------|---------|
| • Calories | • METs | • SmartRate [®] | • Time |
| • Calories Per Minute | • Profile | • Strides | • Watts |
| • Heart Rate | • Resistance | • Strides per Minute | |

Weights and Measures

• Length	80 in (203 cm)	• Fixed Ramp	20° fixed
• Width	32 in (81 cm)	• Stride Length	18 in (46 cm)
• Height	64 in (162 cm)	• Regulatory Approvals	FCC, ETL, CE
• Weight	207 lbs (94 kg)	• Maximum user weight	350 lbs. (159 kg)
• Shipping Weight	255 lbs (116 kg)	• Resistance levels	1-20 (18-625 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 in (51 cm)
• Minimum space between footplates	3 in (8 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.