

EFX® 5.23 Elliptical Fitness Crosstrainer™

The EFX® 5.23 Elliptical Crosstrainer™ offers a complete cardio and muscle-toning lower-body workout. CrossRamp® technology for Variable Stride Geometry, and eight programs help you choose the workout that best fits your fitness goals. With a warm color palette and smooth lines, the 5.23 fits your home and lifestyle.

Features

	<ul style="list-style-type: none">• Low impact RPE – Optimized low impact biomechanics combine with smooth natural motion providing the lowest Rate of Perceived Exertion (RPE) of any cardio exercise system.• Adjustable CrossRamp® - The patented adjustable CrossRamp® adjusts from 15 to 25 degrees, lengthening your stride and altering the height of the elliptical path. Called Variable Stride Geometry, this allows you to focus on a specific lower body muscle group or all major muscle groups.• Stride length – As the CrossRamp® adjusts from 15 to 25 degrees, your stride length changes from 18.5 to 20 inches.• Pedal rotation - Elliptical pedal rotation is reversible forward to backward to allow greater workout flexibility.• Wheels - Polyurethane wheels glide on the anodized, aluminum CrossRamp®, distributing your weight for maximum efficiency, smoothness and low impact natural motion.• Resistance levels – Sixteen levels of resistance allow you to vary your workouts.• Multi-grip handrails – Stationary handrails provide multiple arm and hand positions for comfortable posture and proper technique.• Locking pedals – A locking pin safely secures the foot pedals, preventing movement, when not in use.• Design – With smooth lines and a warm, subtle color palette, the 5.23 complements your home décor.
Console	<ul style="list-style-type: none">• Intuitive console – Intuitive console display with touch sensitive switches is easy to read and adjust.• Quickstart™ – Access Quickstart™ and programs at the touch of a button.• Display metrics – The backlit LCD display shows your heart rate, calories burned and time/duration of exercise, distance, CrossRamp® angle, strides per minute, resistance level and program profile.• Preset programs – the 5.23 features eight preset programs – Basic Heart Rate Control, CrossTrainer, Fat Burner, Gluteals, Hill Climb, Interval, Manual, Weight Loss• 2 User IDs – Enter and store your personal preferences in a User ID, then quickly retrieve for future workouts.• Storage – A water bottle holder and accessory tray is conveniently located on the top of the console.• Reading rack – An integrated reading rack secures a variety of book and magazine sizes.
Heart Rate	<ul style="list-style-type: none">• Heart rate – The 5.23 features touch heart rate with ergonomically positioned, touch sensitive grips.• SmartRate® – Touch heart rate with SmartRate® offers instant display of your heart rate to help you stay in your fat burn, cardio or peak target zone for a more efficient workout.• Preset HRC program – The preset Basic Heart Rate Control program helps to keep you in your target heart rate for an optimized workout.
Frame	<ul style="list-style-type: none">• Powder-coated steel for added durability.
Power and Approvals	<ul style="list-style-type: none">• Power – 120 VAC (50/60 hz)• Regulatory Approvals – FCC, ETL, CE
Warranty	<ul style="list-style-type: none">• Within the USA and Canada, lifetime frame and welds, 10 years parts and wear items. 1 year labor. Warranties outside the United States and Canada may vary. Please contact your local dealer for details.

Measurements

EFX® 5.23	
Length	6 ft 4 in (194 cm)
Width	2 ft 5 in (74 cm)
Height	5 ft 2 in (158 cm)
Weight	159 lbs (72 kg)
Shipping Weight	220 lbs (102 kg)

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