

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"> 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 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.
6 Courses	<ul style="list-style-type: none"> Crosstraining, Gluteal, Interval, Manual, Weight Loss, and Basic HR

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

Electronic Readouts

<ul style="list-style-type: none"> Calories Heart Rate Distance 	<ul style="list-style-type: none"> Profile Resistance SmartRate® 	<ul style="list-style-type: none"> Strides Strides per Minute Time 	<ul style="list-style-type: none"> Time Remaining
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Weights and Measures

<ul style="list-style-type: none"> Length Width Height Weight Shipping Weight Footplate dimensions Height of footplate at highest position Minimum space between footplates 	<ul style="list-style-type: none"> 80 in (203 cm) 32 in (81 cm) 64 in (162 cm) 207 lbs (94 kg) 255 lbs (116 kg) 14.5x6.5 in (37x17 cm) 17 in (43 cm) 3 in (8 cm) 	<ul style="list-style-type: none"> Fixed Ramp Stride Length Regulatory Approvals Maximum user weight Resistance levels Maximum pause time Minimum space between moving arms Maximum workout time 	<ul style="list-style-type: none"> 20° fixed 18 in (46 cm) FCC, ETL, CE 350 lbs. (159 kg) 1-20 (18-625 watts) 30 seconds 20 in (51 cm) 240 minutes
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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.