PRECOR® USA

move beyond®

EFX® 5.19

Elliptical Fitness Crosstrainer™



Fluid human motion, equaled by machine.
Engineered to move the way you move.



Ease of use.
Jump-start your exercise routine with our single-button QuickStart™ feature, and track your workout with easy-to-read displays and graphics.

Workout variety.
Up to 4 programs and 20 resistance levels, plus synchronized handlebars, keep routines fresh, varied, and challenging for faster results and sustained motivation. Regardless of your fitness level, you'll find a workout that's right for you.

Built-in quality.
Our 10-year warranty exceeds the industry standard with a worry-free pledge that reflects our 25-year commitment to excellence in fitness equipment design.

www.precor.com

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Product Specifications

Length	80 in (203 cm)
Width	32 in (81 cm); 18 in (45 cm) without siderails
Height	61 in (155 cm)
Weight	197 lbs (89 kg)
Shipping Weight	247 lbs (112 kg)
Power	120VAC, 50/60 Hz, .9 Amps, 70 Watts
Fixed Ramp	20 degrees (fixed)
Stride Length	19 in (48 cm)
Frame	Powder-coated steel
Regulatory Approvals	FCC, ETL, CE

Features

Heart Rate Telemetry*	Optional
QuickStart™	•
SmartRate®*	•

Programs

Heart Rate*	Optional
Hill Climb	1
Manual	1
Weight Loss	1
Total Programs	Up to 4

Electronic Readouts

Calories	•
Heart Rate*	Optional
Profile	•
Resistance Levels	1-20
SmartRate®*	•
Scan	•
Strides	•
Strides Per Minute	•
Time	•

*Optional heart rate kit required.

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Natural motion meets ingenuity.

1. **Durable design –** Commercial-grade construction and components translate into a superior product in your home. Precor quality has been time-tested in exercise facilities worldwide.
2. **Total-body workout –** Ergonomic synchronized handlebars let you tone and condition your entire body while maintaining a comfortable posture and good technique.
3. **Designed for home use –** Exceptional stability combined with a smooth, quiet operation, low-maintenance construction, and space-efficient design makes Precor products ideal for home use.
4. **Fixed ramp technology –** Optimally set at 20 degrees, the fixed ramp allows for a patented forward and reverse elliptical stride, working a wide range of lower body muscles.
5. **Natural motion –** All Precor products are engineered to move the way you move. With over 250 patents, Precor is the industry leader in fitness equipment design and innovation.
6. **Electronic readout –** Monitors workout time, calories burned, and strides taken in a minute-by-minute, easy-to-read workout summary.
7. **SmartRate® –** Instant display of your actual heart rate keeps you in your target zone for improved cardio-training and weight-loss results.*



