PRECOR® USA

move beyond®

EFX®5.33

Elliptical Fitness Crosstrainer™



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

www.precor.com



Ease of use.
Jump-start your exercise routine with our single-button QuickStart™ feature, or select the dual-user ID that sets and retrieves pre-set personal profiles for consistently improved workout performance - now with touch heart rate monitor standard.

Workout variety.
14 programs and 20 resistance levels 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.

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Product Specifications

Length	80 in (203 cm)
Width	32 in (81 cm); 18 in (45 cm) without siderails
Height	64 in (162 cm)
Weight	197 lbs (89 kg)
Shipping Weight	245 lbs (111 kg)
Power	120VAC, 50/60Hz, .9 Amps, 70 Watts
CrossRamp®	20 degrees (fixed)
Stride Length	19 in (48 cm)
Frame	Powder-coated steel
Regulatory Approvals	FCC, ETL, CE

Features		Programs		Electronic Readouts	
CSAFE Compatible	•	Calories Goal	1	Calories	•
Heart Rate Telemetry	•	Crosstraining	1	Calories Per Minute	•
QuickStart™	•	Custom	2	Distance	•
SmartRate®	•	Distance Goal	1	Heart Rate*	•
Touch-Sensitive Display	•	Fitness Test	1	Profile	•
User IDs	2	Heart Rate	1	Resistance Levels	1-20
Touch Heart Rate	•	Hill Climb	1	SmartRate®	•
		Interval	3	Strides	•
		Manual	1	Strides Per Minute	•
		Random	1	Time	•
		Weight Loss	1	Watts	•
		Total Programs	14	Workout Summary	•

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Natural motion meets ingenuity.

1. **Durable design–**Precor quality has been time-tested in exercise facilities worldwide, providing solid construction that translates into long-lasting performance in your home.

2. **Total body workout–**Ergonomic handlebars let you tone and condition your entire body while maintaining a comfortable posture and good technique.

3. **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.

4. **Touch Heart Rate Monitor–**Instantly reads actual heart rate and shows it on the display - no wires required.

5. **Low impact–**Exercise comfortably with ergonomically correct moving arms and stabilizing footplates, which reduces stress to your muscles, tendons and joints for a worry-free workout.

6. **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.

7. **Electronic readout–**Monitors workout time, calories burned and strides taken in a minute-by-minute, easy-to-read workout summary.

8. **SmartRate®–**Instant display of your actual heart rate keeps you in your target zone for improved cardio-training and weight-loss results.



