



PRECOR®

MOVE WELL.
LIVE WELL.

Our fitness equipment is designed to reflect human movement—fluid, natural and familiar. With an intuitive feel and a warm, attractive color palette, Precor fitness machines move with you for workouts as invigorating as they are exhilarating, making your fitness regimen the springboard for a world of possibilities. Whether you're striving to lose a few pounds, exploring new levels of strength and endurance, or taking your dog for his morning run, Precor inspires a life in motion.

EFX[®] 5.23

CROSSTRAINER™

HOME/

EFX[®] 5.23

CROSSTRAINER™



1/ Adjustable CrossRamp[®].

The patented CrossRamp[®] angle adjusts from 15 to 25 degrees, altering the height of the elliptical path. Called Variable Stride Geometry, this allows you to focus on a specific muscle group, or all major muscle groups.

2/ Multi-grip handrails.

Stationary handrails provide multiple arm and hand positions for comfortable posture and proper technique during every workout.

3/ Track your target heart rate.

SmartRate[®] offers instant display of your heart rate to help you stay in your target zone for a more efficient cardio and weight-loss workout.

4/ Intuitive console is easy to read and adjust.

Access Quickstart™ and programs at the touch of a button. The backlit LCD display shows your heart rate, calories burned and time/duration of exercise – to help you get the most from your workout.

5/ Designed with your home in mind.

With its smooth lines and subtle color palette, the EFX complements your home décor and suits your lifestyle.



MODEL COMPARISON

	5.23	5.25	5.31	5.33	5.35	5.37
MOVING HANDLEBARS		•		•	convertible	convertible
TOUCH HEART RATE	•	•		•	•	•
HEART RATE TELEMETRY			yes, strap optional	yes, strap optional	yes, strap included	yes, strap included
PROGRAMS	8	8	10	10	10	15
USER ID	2	2	2	2	2	4
ADJUSTABLE CROSSRAMP [®]	15 - 25 degrees	15 - 25 degrees	15 - 30 degrees	15 - 30 degrees	15 - 40 degrees	15 - 40 degrees

PRODUCT SPECIFICATIONS

Length	6 ft 4 in (194 cm)
Width	2 ft 5 in (74 cm)
Height	5 ft 2 in (158 cm)
Adjustable CrossRamp [®]	15 to 25 degrees
Resistance	16 levels
User ID	2
Heart Rate	Touch heart rate
Programs	8
Frame	Powder-coated steel
Power	120 VAC (50/60 hz)
Regulatory Approvals	FCC, ETL, CE
Weight	159 lbs (72 kg)
Shipping Weight	220 lbs (102 kg)



www.precor.com

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