



ELLIPTICAL FITNESS CROSSTRAINER™ (EFX) GETTING STARTED GUIDE

Welcome to a **personalized fitness experience** for your members

The Experience™ Series cardio line gives operators the proven, reliable performance they count on. Each piece delivers the personalized exercise experience and entertainment choices your members seek. The Elliptical Fitness Crosstrainer™ (EFX®) keeps exercisers engaged, challenged, and loyal.

Get to know Precor equipment

The EFX with CrossRamp® technology lets an exerciser pedal forward and backward. Pedaling backwards engages your hamstrings, glutes, lower back, and little-used muscles that make a difference in your balance and everyday movements. Understand the benefits of increasing the angle of the CrossRamp®, stride rate, and resistance for a fuller range of training.

EFX offers a total body workout in one piece of equipment, and:

- Handlebar types—fixed and moving—are optimized for lower and upper body workouts, respectively
- Helps exercisers burn more calories with more enjoyment
- Provides a low-impact cardio and muscle-toning workout while engaging the core



Preset workouts can help you tailor your workouts to meet your fitness goals and stay challenged. Built-in warm up and cool-down periods are designed to give you the best possible benefits and adding variety helps you avoid plateaus.

Get to know Precor cardio workouts

Our instructional videos empower exercisers, trainers, and operators with essential information for safe and effective EFX use.

Once trainers understand the cardio workouts available on the EFXs, they can recommend either manual or preset workouts that match up with a member's training program or fitness goals, including *Lose Weight*, *Be Fit*, *Get Toned*, and *Push Performance* workouts.



For complete EFX operating instructions and troubleshooting, visit us at www.precor.com.

Make sure your trainers regularly read our blog (select languages) at www.precor.com for MORE ideas about fitness routines and advice from trusted industry experts.

TRAINING AND EXERCISING

CAUTION Before starting an exercise program, see a physician for a complete medical exam and read all Safety Instructions included with your EFX. To read the safety and operating instructions, visit us at www.precor.com and look for your EFX's model number.

Start a workout

Step 1: Place hands on handlebars, then place a foot on the lower foot plate to enter the equipment.



Step 3: Start stepping using the moving arms (if available).
TIP: A stride rate of 130-160 is optimal.



Step 5: Adjust the left motion control change the incline level.



Step 7: To stop your workout, stop moving, then press **Pause**, and touch **Finish**. To dismount safely, hold the fixed hand rails then slowly step off the EFX.



Step 2: Hold on to the fixed handlebars.



Step 4: Touch **Workouts** for preset workouts. Touch the goal you want, an individual Workout, then **GO**. Begin pedaling.



Step 6: Adjust the right motion control to alter resistance level (low for warming up then gradually higher). TIP: Hold the control longer to change the resistance more quickly.



Remember to check out our trend-based workouts and Precor product tutorials on www.precor.com/education.