

**PRECOR**<sup>®</sup> USA  
move beyond<sup>®</sup>

# EFX<sup>®</sup> 5.21i

Elliptical Fitness Crosstrainer<sup>™</sup>



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<sup>™</sup> feature, and track your progress with easy-to-read displays and graphics.

**Workout variety.**

6 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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## Elliptical Fitness Crosstrainer™

### Product Specifications

Length	80 in (203cm)
Width	32 in (81 cm); 18 in (45 cm) without siderails
Height	61 in (155 cm)
Weight	197 lbs (89kg)
Shipping Weight	245 lbs (111 kg)
Power	120VAC, 50/60 Hz, 1.7 Amps, 140 Watts
CrossRamp <sup>®</sup>	13 to 30 degrees (adjustable)
Stride Length	19 in (48 cm)
Frame	Powder-coated steel
Regulatory Approvals	FCC, ETL, CE

Features	Programs	Electronic Readouts
Heart Rate Telemetry*	Crosstraining   1	Calories •
QuickStart™	Gluteals   1	Distance •
SmartRate**	Heart Rate*   1	Heart Rate* •
	Interval   1	Profile •
	Manual   1	Scan •
	Weight Loss   1	SmartRate** •
	Total Programs   6	Strides •
		Strides Per Minute •
		Time •

\* Chest strap required.

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[www.precor.com](http://www.precor.com)

### 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 Superior workout**—The Precor elliptical crosstrainer yields significantly more lower-body activity for glutes and quads than a stairclimber, stationary bike or treadmill.\*\*
- 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 CrossRamp<sup>®</sup> technology**—The crosstrainer ramp angle is fully adjustable from 13 to 30 degrees—isolating and working glutes, quads, hamstrings and calves. This patented technology means you get the only genuine elliptical crosstrainer in the industry.
- 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 SmartRate<sup>®</sup>**—Instant display of your actual heart rate keeps you in your target zone for improved cardio-training and weight-loss results.\*
- 7 Electronic readout**—Monitors calories burned and strides taken in a minute-by-minute, easy-to-read workout summary. CrossRamp incline and resistance levels are available at the touch of a button.

\*\* Source: Barry Bates, Ph.D., Department of Exercise and Movement Science, University of Oregon.

