

EFX® 5.21i Elliptical Fitness Crosstrainer™

Designed for basic workouts at home, this affordable model features Precor's adjustable CrossRamp® and smooth, quiet operation. Six programs and 20 resistance levels provide greater training variety.

Features

CrossRamp®	<ul style="list-style-type: none"> • CrossRamp® technology, unique to Precor, provides 14 different settings (13-30°) for users to target different muscle groups. Ideal for all age and fitness levels. • Provides 20 magnetic, no-contact levels of resistance to tailor workouts with consistent resistance. The 20 resistance levels range from 10 watts (level 1 at 20 RPM) to 625 watts (level 20 at 100 RPM.) • Forward and reverse stride targets different muscle groups. • Polyurethane wheels glide on precision extruded aluminum tracks to distribute user's weight for efficiency providing an incredibly smooth feel.
Low Impact	<ul style="list-style-type: none"> • Minimizes joint deflection. • Low rate of perceived exertion (RPE).
Display	<ul style="list-style-type: none"> • Easy-to-use membrane board with intuitive keystroke sequencing, multiple feedback options, large LEDs, and accompanying graphics allow you to easily monitor and alter your workout.
6 Programs	<ul style="list-style-type: none"> • Crosstraining, Gluteals, Heart Rate, Interval, Manual and Weight Loss
Heart Rate	<ul style="list-style-type: none"> • Heart rate telemetry is standard technology. • SmartRate® shows actual heart rate in relation to the target zone for weight loss and cardio training.
Other Features	<ul style="list-style-type: none"> • QuickStart™ for user convenience lets user begin workout with the push of a single button. • Accessory holder for water bottle, portable music, reading material and more. • Allows user to input gender.
Warranty	<ul style="list-style-type: none"> • Lifetime frame and welds • 10 years parts and wear items • 1 year labor
Ergonomic Design	<ul style="list-style-type: none"> • Ergonomically correct handrails. • Excellent stability and freedom of movement for users of all sizes. • Motion allows heels of user to remain in contact with footplates reducing stress to muscles and tendons allowing a balanced hands-free workout.
Frame	<ul style="list-style-type: none"> • Powder-coated steel

Electronic Readouts

• Heart Rate*	• Profile	• SmartRate®*	• Calories	• Distance
• Strides	• Time	• Strides Per Minute	• Scan	

Weights and Measures

• Length	80 in (203 cm)	• CrossRamp®	13-30°, adjustable
• Width	32 in (81 cm); 18 in (45 cm) w/o siderails	• Stride Length	19 in (48 cm)
• Height	61 in (155 cm)	• Regulatory Approvals	FCC, ETL, CE
• Weight	197 lbs (89 kg)	• Resistance levels	1-20 (10-625 watts)
• Shipping Weight	245 lbs (111 kg)	• Space between footplates	3 in (8 cm)
• Footplate dimensions	7 x 15 in (18 x 38 cm)	• Maximum workout time	No set limit.
• Height of footplate at maximum incline	20 in (51 cm)		
• Height of footplate at lowest position	8 in (21 cm)		

Power

- 120VAC, 50/60Hz, 1.7a, 140Watts

*Chest strap required.