



800/600 LINE EFX GETTING STARTED GUIDE

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

The Experience™ Series cardio line gives you the proven, reliable performance you can 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

With CrossRamp® technology, an exerciser can pedal forward and backward. Pedaling backwards engages your hamstrings, glutes, lower back, and other muscles that improve your balance and everyday movements.

The 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
- Helps exercisers burn more calories with more enjoyment
- Provides a low-impact cardio and muscle-toning workout while engaging the core

Preset workouts 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 help 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 EFX, they can recommend either manual or preset workouts that match a member's fitness goals, including *Lose Weight*, *Be Fit*, *Get Toned*, and *Push Performance* workouts.



IMPORTANT

The heart rate features are intended for reference only. They may not be accurate for every user or at every speed and are not intended for use as a medical device. Holding the heart rate handle touch sensor while exercising at higher intensity may also decrease accuracy of the heart rate reading and is not recommended. Please also read your product documentation and visit: www.precor.com/en-us/customer-service/faq.



For complete equipment 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.



CAUTION

Before beginning any fitness program, see your physician for a thorough physical exam. Seek advice from your physician to learn the target heart rate appropriate for your fitness level.

Read all safety and operating instructions included with your equipment. For more information, visit us at www.precor.com and look for your equipment model number.

Start a workout



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



Step 3: Start stepping using the moving arms (if available).

TIP: A stride rate of 130-160 is optimal.



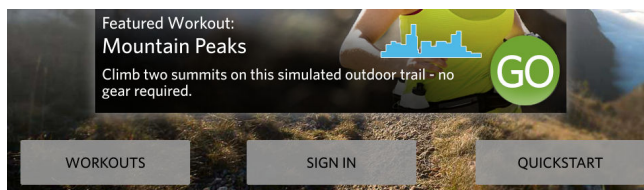
Step 5: Begin pedaling. Adjust the left motion control to change the incline level.



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: Select one of the three ways to work out. Press **QUICKSTART** or touch **WORKOUTS** for preset and featured workouts.

If your facility is networked, touch **SIGN IN** to sign in using Bluetooth® or the keyboard.



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.