



# EFX<sup>®</sup> 245 ELLIPTICAL

Looking for fitness equipment that feels great, is reliable, lasts for years and keeps you engaged? The new Energy™ Series Ellipticals provide a fitness center quality workout in the convenience of your home. With technology adapted from our commercial-grade models, these ellipticals have design and convenience features that will help you reach your fitness goals faster and enjoy your workouts more.

WELCOME TO A PERSONALIZED FITNESS EXPERIENCE FOR YOUR HOME

ENERGY™ SERIES

# FFX<sup>®</sup> 245 ELLIPTICAL



## HIGHLIGHTS

### CrossRamp<sup>®</sup> Technology

Precor CrossRamp technology adjusts the shape of the elliptical path your feet travel so you can target specific muscles or all major lower body muscle groups.

### Proper Biomechanics and Variable Stride Geometry™

Our patented elliptical path perfectly mimics a natural running stride allowing exercisers to keep their heels down through all ranges of motion for a more comfortable, effective and ergonomically correct workout.

### Preset Workouts

25 preset workouts help you tailor your exercise to your fitness goals and stay challenged. Built-in Work Out Accelerators suggest ways to get more out of your workout.

### Full Body Workout

Moving handlebars activate your core, arm and lower body muscles for a total body workout.

### Customizable Display

Customize the capacitive touch display to show the data most important to you. USB port charges your mobile device. The on-screen music volume and play controls and console headphone jack are more secure than resting your music player on the console.

### Preva<sup>®</sup> Integration

Your workout data can be automatically uploaded to the Preva mobile app making it easy to track your goals and achievements.

### Lever style Motion Controls

Just like the Precor models in health clubs, lever style controls for CrossRamp<sup>®</sup> elevation and resistance are responsive, intuitive and easy to use while on the elliptical.

### Heart Rate Monitoring

Maximize your workout results with touch sensor and wireless heart rate monitoring. Works with any Polar<sup>®</sup> compatible wireless heart rate transmitter (sold separately).

## SPECIFICATIONS

<b>CrossRamp<sup>®</sup> Movement:</b>	Motorized variable
<b>CrossRamp<sup>®</sup> Elevation Range:</b>	15° - 25°
<b>Handlebars:</b>	Moving
<b>Heart Rate Monitoring:</b>	Touch sensor and wireless with any Polar <sup>®</sup> compatible chest strap transmitter
<b>Number of Workout Metrics:</b>	27
<b>Preset Workouts:</b>	25 + 16 exerciser created
<b>User IDs:</b>	4
<b>Resistance System:</b>	Magnetic
<b>Resistance Levels:</b>	16
<b>Console Display:</b>	7" color LCD graphic display
<b>CrossRamp &amp; Resistance Controls:</b>	Lever style Motion Controls
<b>Dimensions:</b>	76" L x 29" W x 65" H 194 cm L x 74 cm W x 165 cm H
<b>Weight:</b>	214 lbs / 97 kg
<b>Power:</b>	120V
<b>Warranty:</b>	Lifetime frame and welds 5-yr parts and wear items 3-year console, 1-year labor

## FEATURES

Variable Stride Geometry™	SmartGrip™ Mobile Phone and Tablet Holder
Personalized Suggested Workouts	USB Port and Device Charging
Workout Accelerators	Headphone Jack
SmartRate <sup>®</sup> Target Heart Zone	Music Volume and Play Controls for Apple <sup>®</sup> Devices
Grab-It™ Console Design	Preva <sup>®</sup> Integration
Capacitive Touch Buttons	Software Upgrade Capable
Large Center Storage Compartment	
Reading Rack	

WATCH THE VIDEO