

**PRECOR**<sup>®</sup>  
Fitness Made Personal

# EFX<sup>®</sup> 221 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> 221 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<sup>™</sup>

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

10 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.

### Lower Body Focus

Stationary handlebars focus your workout on the large muscles in your legs and glutes.

### Listen to Your Favorite Music

Plug your music device into the console and use the console's headphone jack and on-screen volume control. It's easier and more secure than resting your music player on the console.

### 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>	Manual 3-position
<b>CrossRamp<sup>®</sup> Elevation Range:</b>	15°, 20°, 25°
<b>Handlebars:</b>	Stationary
<b>Heart Rate Monitoring*:</b>	Touch sensor and wireless with any Polar <sup>®</sup> compatible chest strap transmitter
<b>Number of Workout Metrics:</b>	13
<b>Preset Workouts:</b>	10
<b>User IDs:</b>	2
<b>Resistance System:</b>	Magnetic
<b>Resistance Levels:</b>	16
<b>Console Display:</b>	5" high contrast LCD
<b>CrossRamp &amp; Resistance Controls:</b>	Tap style Dome Keys
<b>Dimensions:</b>	75" L x 29" W x 65" H 191 cm L x 74 cm W x 165 cm H
<b>Weight:</b>	193 lbs / 72 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<sup>™</sup>  
Workout Accelerators  
SmartRate<sup>®</sup> Target Heart Zone\*  
Grab-It<sup>™</sup> Console Design  
Large Center Storage Compartment

Reading Rack  
SmartGrip<sup>™</sup> Mobile Phone and  
Tablet Holder  
Headphone Jack  
Music Volume Control

WATCH THE VIDEO

\* The heart rate and SmartRate<sup>®</sup> features are intended for reference only. They may not be accurate for every user or at every intensity and are not intended for use as a medical device.