

EFX[®] 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.

FFX[®] 245 ELLIPTICAL



HIGHLIGHTS

CrossRamp[®] 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[®] 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[®] 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[®] compatible wireless heart rate transmitter (sold separately).

SPECIFICATIONS

CrossRamp[®] Movement:	Motorized variable
CrossRamp[®] Elevation Range:	15° - 25°
Handlebars:	Moving
Heart Rate Monitoring*:	Touch sensor and wireless with any Polar [®] compatible chest strap transmitter
Number of Workout Metrics:	27
Preset Workouts:	25 + 16 exerciser created
User IDs:	4
Resistance System:	Magnetic
Resistance Levels:	16
Console Display:	7" color LCD graphic display
CrossRamp & Resistance Controls:	Lever style Motion Controls
Dimensions:	76" L x 29" W x 65" H 194 cm L x 74 cm W x 165 cm H
Weight:	214 lbs / 97 kg
Power:	120V
Warranty:	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 [®] Target Heart Zone*	Music Volume and Play Controls for Apple [®] Devices
Grab-It™ Console Design	Preva [®] Integration
Capacitive Touch Buttons	Software Upgrade Capable
Large Center Storage Compartment	
Reading Rack	

WATCH THE VIDEO

* The heart rate and SmartRate[®] 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.

