

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

# EFX<sup>®</sup> 423 ELLIPTICAL

Your lifestyle is fitness. And your equipment needs to go the distance. The new Precision™ Series Ellipticals are commercial models for your home with the design and features favored by fitness center exercisers and owners. New technology uses your preferences and exercise data to deliver a personalized workout experience that promotes better results and saves you time. The Precision Series is club-proven reliability in an Elliptical personalized for your home.

WELCOME TO A PERSONALIZED FITNESS EXPERIENCE FOR YOUR HOME

PRECISION™ SERIES

# FFX® 423 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

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® compatible wireless heart rate transmitter (included with purchase).

## SPECIFICATIONS

<b>CrossRamp® Movement:</b>	Motorized variable
<b>CrossRamp® Elevation Range:</b>	15° - 40°
<b>Handlebars:</b>	Stationary
<b>Heart Rate Monitoring*:</b>	Touch sensor and wireless with any Polar® 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>	Electromagnetic
<b>Resistance Levels:</b>	20
<b>Console Display:</b>	5" high contrast LCD
<b>CrossRamp &amp; Resistance Controls:</b>	Tap style Dome Keys
<b>Dimensions:</b>	84" L x 31" W x 67" H 213 cm L x 79 cm W x 171 cm H
<b>Weight:</b>	210 lbs / 95 kg
<b>Power:</b>	120V
<b>Warranty:</b>	Lifetime frame and welds 10-year parts and wear items 3-year console, 1-year labor

## FEATURES

<b>Variable Stride Geometry™</b>	<b>Additional Storage Compartments</b>
<b>Wireless Heart Rate Transmitter Included</b>	<b>Reading Rack</b>
<b>Workout Accelerators</b>	<b>SmartGrip™ Mobile Phone and Tablet Holder</b>
<b>SmartRate® Target Heart Zone*</b>	<b>Headphone Jack</b>
<b>Grab-It™ Console Design</b>	<b>Music Volume Control</b>
<b>Large Center Storage Compartment</b>	

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.