



PRECOR

EFX[®] 445 ELLIPTICAL

Your lifestyle is fitness. And your equipment needs to go the distance. The 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® 445 ELLIPTICAL

445



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.

Choose Your Workout Focus

Switch from moving to stationary handlebars and change your workout from a total body workout to a lower body focus.

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.

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 (included with purchase).

SPECIFICATIONS

CrossRamp® Movement:	Motorized variable
CrossRamp® Elevation Range:	15° - 40°
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:	Electromagnetic
Resistance Levels:	20
Console Display:	7" color LCD graphic display
CrossRamp & Resistance Controls:	Lever style Motion Controls
Dimensions:	84" L x 31" W x 67" H 213 cm L x 79 cm W x 171 cm H
Weight:	240 lbs / 109 kg
Power:	120V
Warranty:	Lifetime frame and welds 10-year parts and wear items 3-year console, 1-year labor

FEATURES

Variable Stride Geometry™	Reading Rack
Wireless Heart Rate Transmitter Included	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	Software Upgrade Capable
Capacitive Touch Buttons	
Large Center Storage Compartment	
Additional Storage Compartments	

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.