

PRECOR[®] USA
move beyond[®]

EFX[®] 546i

Commercial Elliptical Fitness Crosstrainer™



**Elliptical motion, matched only by the human body.
Engineered to move the way you move.**



Designed for heavy commercial use.

The EFX546i features commercial grade construction and components for extra durability. A two-step powder-coating process makes the frame rust-resistant for years of trouble-free performance.

Lower your total cost of ownership.

Multiple feedback options make monitoring workouts easy, and reliable touch-sensitive switches result in fewer costly repairs.

Intuitive console saves you time.

Easy-to-use console allows the user to start exercising quickly with little or no instruction, allowing your staff to focus on the user, not the operation of the machine.

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EFX[®] 546i

Commercial Elliptical Fitness Crosstrainer™

Natural motion meets ingenuity.

Product Specifications

Length	80 in (203 cm)
Width	32 in (81 cm)
Height	66 in (168 cm)
Weight	318 lbs (144 kg)
Shipping Weight	408 lbs (185 kg)
Power	Self
CrossRamp [®]	13-40 degrees (adjustable)
Stride Length	21.2 in (54 cm) – 24.7 in (63 cm)
Frame	Powder-coated steel
Regulatory Approvals	FCC, ETL, CE, EN957

Features	Programs	Electronic Readouts
CSAFE	• Crosstraining 3	• Calories •
Heart Rate Telemetry	• Fitness Test* 1	• Calories Per Minute •
QuickStart™	• Gluteals 2	• CrossRamp [®] Incline •
SmartRate [®]	• Interval •	• Distance 5
Touch-Heart Rate	• Manual •	• Heart Rate •
Touch-Sensitive Display	• Weight Loss •	• METs •
	• Total Programs 9	• Muscles Targeted •
		• Profile •
		• Remaining Time •
		• Resistance Levels 1-20 •
		• Segment Time •
		• SmartRate [®] •
		• Strides •
		• Strides Per Minute •
		• Time •
		• Watts •

* Enabled in diagnostic mode at owner's discretion

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- 1 Standard CSAFE interface**—Makes the EFX[®]546i compatible with other electronic fitness and entertainment systems, such as Fitlinx[®] and CardioTheater[®].
- 2 Backpedaling targets different muscles**—Works in both forward and reverse so users can simply change pedaling direction to target different muscle groups.
- 3 CrossRamp[®] technology**—Users can select a ramp angle between 13 and 40 degrees throughout the workout to isolate and crosstrain quadriceps, gluteals, hamstrings, and calves. Stride lengths vary along the incline of the CrossRamp from 21.2 in – 24.7 in, to give the user a great workout.
- 4 Superior workout for glutes and quads**—Working out on an EFX yields significantly more gluteal and quad activity than using a stairclimber, cycle, or treadmill.*
- 5 9 programs and 20 resistance levels**—Variety of workout plans lets users work all of their lower body muscles and keep routines fresh and motivating.
- 6 SmartRate[®]**—Shows actual heart rate in relation to user's target zone for weight loss and cardio training.
- 7 QuickStart™**—Allows users to start with the touch of a single button.
- 8 Touch heart rate monitor**—Easy-to-use handgrip sensors monitor heart rate. Heart rate telemetry to help keep the user in an aerobic workout, optimizing fat burn.

*Source: Barry Bates, Ph.D., Department of Exercise and Movement Science, University of Oregon.

