

**PRECOR**<sup>®</sup> USA  
move beyond<sup>®</sup>

# EFX<sup>®</sup>576i

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 EFX576i 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.

[www.precor.com](http://www.precor.com)

# EFX<sup>®</sup> 576i

## Commercial Elliptical Fitness Crosstrainer™

### Product Specifications

Length	80 in (203 cm)
Width	32 in (81 cm)
Height	66 in (168 cm)
Weight	338 lbs (153 kg)
Shipping Weight	428 lbs (194 kg)
Power	Self
CrossRamp <sup>®</sup>	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	• Cross Country 1	Calories •
Heart Rate Telemetry	• Crosstraining 3	Calories Per Minute •
QuickStart™	• Custom 1	CrossRamp <sup>®</sup> Incline •
SmartRate <sup>®</sup>	• Fitness Test* 1	Heart Rate •
Touch-Heart Rate	• Gluteals 2	METs •
Touch-Sensitive Display	• Heart Rate 1	Muscles Targeted •
	• Hill Climb 1	Profile •
	• Interval 1	Resistance Levels 1-20 •
	• Manual 1	SmartRate <sup>®</sup> •
	• Total Body 1	Strides •
	• Interval	Strides Per Minute •
	• Weight Loss 1	Time •
	• Total Programs 14	Watts •

\* Enabled in diagnostic mode at owner's discretion

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### Natural motion meets ingenuity.

- 1 The best of both worlds** –The ergonomically designed arms guide the user to tone and condition the upper body. Users can select various ramp angles to emphasize and crosstrain quadriceps, gluteals, hamstrings and calves.
- 2 CrossRamp<sup>®</sup> Technology** –Users can select a ramp angle between 13 and 40 degrees. Stride lengths vary along the incline of the CrossRamp<sup>®</sup> from 21.2 in – 24.7 in, for a smooth and comfortable workout.
- 3 Great total body workout** –Working out on an EFX yields significantly more gluteal and quad activity than using a stairclimber, cycle, or treadmill.\*
- 4 For users of all sizes** –The EFX<sup>®</sup> 576i provides excellent stability and freedom of movement for users of all ages, sizes and fitness levels.
- 5 Touch heart rate monitor** –Easy-to-use handgrip sensors monitor heart rate. Heart rate telemetry helps keep the user in an aerobic workout, optimizing fat burn.
- 6 SmartRate<sup>®</sup>** –Shows actual heart rate in relation to user's target zone for weight loss and cardio training.
- 7 14 programs and 20 resistance levels** –Variety of workout plans lets users work upper and lower body muscles and keep routines fresh and motivating.
- 8 Standard CSAFE interface** –Makes the EFX<sup>®</sup> 576i compatible with other electronic fitness and entertainment systems, such as Fitlinx<sup>®</sup> and CardioTheater<sup>®</sup>.

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

