

## CARDIO

# Elliptical Fitness Crosstrainer®

## EFX® 685

### Product features

#### ADJUSTABLE CROSSRAMP®

Our patented CrossRamp® technology allows exercisers to isolate lower-body muscle groups with adjustable incline angles ranging from 10 to 35 degrees. Exercisers can easily target glutes, quadriceps and calves to create a well-rounded workout tailored to their fitness goals. Large open pedals, a low step-over height, and an accessible 10-degree starting angle make it simple for beginners to get started.

#### P84 TOUCHSCREEN CONSOLE

The P84 console features a brilliant 16-inch touchscreen that combines performance, entertainment and workout variety. Exercisers can enjoy seamless wireless casting that provides access to thousands of third-party fitness and media apps. They can also stream content through fully integrated PlutoTV, Netflix, and YouTube apps—putting the content they want right at their fingertips.

#### HANDLEBARS

The moving handlebars deliver a full-body workout with every session. Fixed grips provide stability and confidence for exercisers focused on lower-body training, making the EFX adaptable for all fitness levels.

#### STEP-UP HEIGHT & PEDAL SPACING

The low step-up height improves accessibility and the optimised pedal spacing provides a more natural and comfortable feel.

#### COVERED REAR DRIVE HOUSING

Experience easy maintenance with a covered rear drive housing that enables quick access for cleaning and service.

### Specifications

**Dimensions (L x W x H):** 218 x 71 x 180 cm

**Product weight:** 151 kg

**Max. user weight:** 159 kg

**Step-up height:** 20 cm (pedal at lowest point)

**Power:** US & Canada: 120V/15A;

International: 240V, applicable country-specific power cable

**Total workouts:** 16

**Resistance levels:** 8

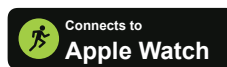
**Ramp angle** 10-35 degrees

**Languages:** English, Arabic, Danish, Dutch, French, Finnish, German, Hebrew, Hindi, Italian, Japanese, Korean, Norwegian, Polish, Portuguese, Russian, Simplified Chinese, Spanish, Swedish, Traditional Chinese, Turkish, Welsh

**Console features:** 40.6-cm LCD Capacitive Touchscreen with wireless charging, audio jack and Bluetooth® headphones



Black Pearl



Apple Watch is a trademark of Apple Inc., registered in the U.S. and other countries and regions.

**Smart Watch Connector:** Apple Watch® and Samsung Galaxy Watch® compatibility for wearables

**Accessories:** Integrated reading rack, cable management (optional)

**Warranty:** Visit [www.precor.co.uk](http://www.precor.co.uk) for warranty terms.