



EFX[®] 425 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[®] 425 ELLIPTICAL

425



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.

Choose Your Workout Focus

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

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

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:

13

Preset Workouts:

10

User IDs:

2

Resistance System:

Electromagnetic

Resistance Levels:

20

Console Display:

5" high contrast LCD

CrossRamp & Resistance Controls:

Tap style Dome Keys

Dimensions (LxWxH):

84 x 31 x 67 in
213 x 79 x 171 cm

Weight:

240 lb / 109 kg

Power:

120V, 50/60 Hz

Warranty:

Lifetime frame and welds
10-year parts and wear items
3-year console, 1-year labor

FEATURES

Variable Stride Geometry[™]

Wireless Heart Rate

Transmitter Included

Workout Accelerators

SmartRate[®] Target Heart Zone*

Grab-It[™] Console Design

Large Center Storage Compartment

Additional Storage Compartments

Reading Rack

SmartGrip[™] Mobile Phone and

Tablet Holder

Headphone Jack

Music Volume Control

WATCH THE VIDEO