

# R20

# LCD CONSOLE

## Console Highlights

Our R20 console offers a high-contrast, blue-white 5-inch LCD display that compliments our 200 Line of Elliptical Fitness Crosstrainers, EFX 222 and EFX 225, and our 200 Line Treadmill, TRM 223. For easy navigation, the Quick Start and preset workouts, are all accessible from its durable dome keys.

You can rest assured that your mobile device, tablet, or book will be held securely with the integrated reading rack with SmartGrip™ tabs. For your hill climb workouts, you'll appreciate the well-placed Grab-It™ hand-hold indentions at the back of the console to support those times when you need to hold on.

## Console Features

### Electronic Readouts

Our R20 console on our 200 Line Treadmill, TRM 223, includes the following in-workout metrics: time elapsed/remaining, distance, calories, calories/minute, heart rate\*, pace, average speed, user indicator, speed, incline, current user, SmartRate zone\*, target heart rate\*, units, current user, workout profile, and workout percentage complete.

Our R20 console on our 200 Line Ellipticals, EFX 222 and EFX 225, include the following in-workout metrics: time elapsed/remaining, distance, calories, calories/minute, heart rate\*, pace, average strides per minute, user indicator, resistance, CrossRamp®, current user, SmartRate zone\*, target heart rate\*, units, current user, workout profile, and workout percentage complete.

### Preset Workouts

Our 200 Line Treadmill, TRM 225, offers you the choice of nine preset workouts: interval 1:1, interval 1:2, weight loss, aerobic, basic heart rate control, hill climb, cross country, random, and manual pre-set workouts.

Our 200 Line Ellipticals have the choice of preset workouts that include: interval 1:1, interval 1:2, weight loss, aerobic, basic heart rate control, hill climb, cross country, gluteal, crosstrainer, and manual.

### SmartRate®

Using the two user profiles, the R20 console remembers the age and weight of both people. This will help track your heart rate\* using the touch heart rate sensors or through your wireless heart rate chest strap device\*\* to measure your different SmartRate\* zones - warm-up, fat burn, cardio, and high - directly on the display.

**Warranty:** Visit [www.precorathome.com](http://www.precorathome.com)

\* Use of touch-sensitive heart rate grips or chest strap is required. 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.

\*\* Precor cardio picks up the standard 5 kHz signal from Polar and other telemetry chest straps. Our equipment is not compatible with ANT or ANT+ telemetry belts.

