

R40

LCD CONSOLE

Console Highlights

Our R40 console has a built-in personal trainer that knows who you are and what your goals are. Through its fully customizable, 7-inch, full-color, LCD graphic display, with capacitive touch, it will suggest a workout of the day to help you stay on target and reach your goals quicker, plus it will showcase the data that is most important to you. This console compliments our 400 Line of Elliptical Fitness Crosstrainers, EFX 445, and our 400 Line Treadmill, TRM 445.

Just like our professional cardio equipment, the R40 console has lever style motion-controls to control the incline/decline and speed of our TRM 445 Treadmill and the resistance and incline of our EFX 445 Elliptical.

You can rest assured that your mobile device, tablet, or book will be held securely with the integrated reading rack with the 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

The customizable R40 console gives you the choice of which in-workout metrics are important to you. This includes time elapsed/remaining, finish time, segment time, total distance, distance remaining, elevation gain, pace, average pace, average speed, calories, calories/minute, calories/hour, METs, watts, heart rate*, speed, incline, current user, SmartRate zone*, average/target/max heart rate*, time in zone, current user, workout profile, and workout percentage complete.

Preset and Custom Workouts

Make your workout your own by choosing from a library of workouts to help you reach your fitness goals, including Be Fit, Lose Weight, Push Performance, Get Toned, Go the Distance, and Fitness Test. Within each of these libraries, you have a selection of workouts to choose from or you can create your own favorite workout and repeat it over and over again. Our R40 stores up to 8-hours of custom workouts for each of its four user profiles.

SmartRate®

Using the the four user profiles, the R40 console remembers the age and weight of four 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

* 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.

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