



PRECOR

EFX[®] 425 ELLIPTICAL

Your lifestyle is fitness. And your equipment needs to go the distance. The new 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.

Full Body Workout

Moving handlebars activate your core, arm and lower body muscles for a total body workout.

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:	84" L x 31" W x 67" H 213 cm L x 79 cm W x 171 cm H
Weight:	240 lbs / 109 kg
Power:	120V
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](#)