



PRECOR

EFX[®] 423 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[®] 423 ELLIPTICAL



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.

Lower Body Focus

Stationary handlebars focus your workout on the large muscles in your legs and glutes.

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:	Stationary
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:	210 lbs / 95 kg
Power:	120V
Warranty:	Lifetime frame and welds 10-year parts and wear items 3-year console, 1-year labor

FEATURES

Variable Stride Geometry[™]	Additional Storage Compartments
Wireless Heart Rate Transmitter Included	Reading Rack
Workout Accelerators	SmartGrip[™] Mobile Phone and Tablet Holder
SmartRate[®] Target Heart Zone	Headphone Jack
Grab-It[™] Console Design	Music Volume Control
Large Center Storage Compartment	

WATCH THE VIDEO