

EFX® 534i Self-Powered

Self-Powered Total-Body Elliptical Fitness Crosstrainer™ designed for standard commercial use.

Features

Cross training	<ul style="list-style-type: none"> Fixed Ramp at 20° to provide optimal gluteal and hamstring involvement versus a flat ellipse. A durable 6-phase generator system with no contacting parts to reduce friction wear provides 20 levels of resistance to tailor workouts with consistent resistance. The 20 resistance levels range from 18 watts (level 1 at 20 RPM) to 625 watts (level 20 at 100 RPM). Dual action provides both upper and lower body workout. Polyurethane wheels (one per side) glide on precision extruded aluminum tracks to distribute user's weight for efficiency providing an incredibly smooth feel.
Display	<ul style="list-style-type: none"> Offers seamless integration with Cardio Theater options. SmartRate® shows actual heart rate in relation to the target zone for weight loss and cardio training. Numeric keypad makes data entry and Cardio Theater control easy. QuickStart™ for user convenience lets user begin workout with the push of a single button.
Frame	<ul style="list-style-type: none"> Biomechanics validated by Western Washington University Biomechanics Lab for users of all ages, fitness levels and sizes, from the 5% size female to the 95% size male user. Excellent stability and freedom of movement for users of all sizes. Motion keeps users' heels in contact with footplates reducing muscle and tendon stress allowing a balanced hands-free workout. Footplates are polypropylene plastic and self-draining. Foot space is 14.17 inches (36 cm) long. Transport wheels in the rear of the EFX allow the unit to be moved when cleaning the floor. Critical pivots are no-maintenance sealed bearing design. Other pivots incorporate self-lubricating bronze bushings. Durable rear cover designed to reduce damage that could occur when excessive weight is applied to it. Minimal space between total body arms allows for comfortable use by all sizes of exercisers. Critical pivots are no-maintenance sealed bearing design. Other pivots incorporate self-lubricating bronze bushings.
Diagnostics	<ul style="list-style-type: none"> Ability to set owner parameter, e.g. to limit exercise time and pause time. CSAFE ready and FitLinxx compatible..
Heart Rate	<ul style="list-style-type: none"> Caloric measurements and all other metrics developed for accuracy by Emily Cooper, MD, of Seattle Performance Medicine, using gas exchange measurements for users of all ages, sizes and fitness levels. Handheld heart rate sensors located on fixed handles for increased accuracy and ease of use by exercisers of all sizes. Equipped for heart rate telemetry reading using a chest strap.
Other Features	<ul style="list-style-type: none"> Accessory holder for water bottle, portable music, reading material and more.
Warranty	<ul style="list-style-type: none"> Seven years frame, 5 years display face assembly, 2 years parts and 1 year labor. One year for battery in self-powered units. Not for use in fee-paying facilities. Up to six hours use daily. Warranties outside the U.S. and Canada may vary.
6 Programs	<ul style="list-style-type: none"> Manual, Interval, Weight Loss, Heart Rate Control, Gluteals, and Cross training.
Electronic Readouts	<ul style="list-style-type: none"> Calories, Distance, Heart Rate, Profile, SmartRate®, Resistance, Strides, Strides per minute, Time Elapsed, Time Remaining, Percent Complete, Workout Summary, Heart Rate Analysis

* Polar® is a registered trademark of Polar Electro Oy.

Weights and Measures

<ul style="list-style-type: none"> Length Width Height Weight Shipping Weight Footplate dimensions Height of footplate at highest position Height of footplate a lowest position Maximum workout time 	<ul style="list-style-type: none"> 84 in (213 cm) 31 in (79 cm) 66.5 in (168 cm) 265 lbs (120.5 kg) 313 lbs (142.3 kg) 14.2x6.5 in (37x17 cm) 17 in (43 cm) 12 inches (30.5 cm) 	<ul style="list-style-type: none"> Fixed Ramp Stride Length Regulatory Approvals Maximum user weight Resistance levels Maximum pause time Minimum space between moving arms Minimum space between footplates 	<ul style="list-style-type: none"> 20° fixed 21.5 in (55 cm) FCC, ETL, CE, EN957 350 lbs. (159 kg) 1-20 (18-720 watts) 30 seconds 20.5 in (52 cm) 3.5 in (9 cm) 240 minutes
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Power

- Self-powered. Cordless, so it can be placed anywhere on the floor.
- Optional power supply available if owner expects long time periods of no use or desires display to be continuously lit longer than 30 seconds after workout ends. The power supply extends the maximum pause time to two minutes.
- Generator provides ability to exercise even at low or zero battery levels.