

Colour	<p>Frame: Gloss Metallic Silver Black Pearl</p> <p>Plastics: Dark Tungsten</p>
Covers	<p>Long lasting appearance with enclosed rear covers, and covered frame and pivot joints. Easy to clean without removing the ramp cover or pedals. Rear access cover can be removed and replaced in less than two minutes by removing only two screws. Convenient access to check and adjust drive belt tension.</p>
Cable Management	Optional
Transport Wheels	Wide transport wheels in the front of the EFX® allow the equipment to be moved when cleaning the floor.
Water Bottle and Accessories Holder	Thoughtful, secure storage with a logical, clean place for a water bottle, cell phone, and other accessories.
Bearings	Single polyurethane wheels with over-sized axle and sealed bearings glide on precision extruded-aluminium tracks to distribute a user's weight for efficiency, providing an incredibly smooth feel.
Ramp	Adjustable CrossRamp®
Ramp Angle	10 to 35
Upper-Body Handlebars	Moving Handlebars
Biomechanics	Biomechanics validated by a Washington state university for exercisers of all ages, fitness levels and sizes, from the 5% size female to the 95% size male user.

Foot Pedals	Oversized, polypropylene foot pedals fit your largest exerciser and are easy to clean.
CrossRamp® Technology	Provides 20 different settings (10-35 degree ramp incline) for users to target different muscle groups. Ideal for all age and fitness levels.

Resistance System

Minimum Watts	7 W @ Resistance level 1 @ 40 Strides Per Minute (SPM)
Maximum Watts	534W @ Resistance level 20 @ 200 Strides Per Minute (SPM)
Resistance System	Durable, 3-phase hybrid generator / eddy current system with new, faster controller provides 20 levels to tailor workouts with consistent, smooth resistance.
Resistance Level	1-20

Console Features

Display Type	15 in / 38.1 cm LCD Capacitive Touch Screen
Numerical Keypad	Yes
Motion Controls	Yes - Resistance and Incline
Tactile Dome Keys	Vol up/down, mute, Channel up/down, pause workout
QuickStart™	Yes
Console Language(s)	English, Chinese, Danish, Dutch, Finnish, French, German, Italian, Japanese, Korean, Norwegian, Polish, Portuguese (Iberian), Russian, Spanish, Swedish, Traditional Chinese, Turkish

Units Selection	Metric or U.S. Standard
Maximum Pause Time (Pause)	120 Sec
Maximum Workout Time	120 Min
Muscle Monitor®	Yes
Preset Programmes	<p>Lose Weight 4-3 Interval Aerobic Aerobic Plus Fat Burner Heart Rate Zone Be Fit Manual 1:1 Interval 2:1 Interval 4:1 Interval Total Body Interval Rolling Hills Mountain Peaks Heart Rate Zone Get Toned Glute Toner Glute Toner Plus Leg Sculpt Leg Sculpt Plus Push Performance 1-4 Interval 1-2 Interval 5K Heart Rate Zone Test Your Fitness Fitness Test</p>
Electronic Readouts	Key Panel: Resistance

Incline
 User Interface
 : Total Distance, Distance Remaining
 Total Calories Burned, Calories/Min, Calories/Hr, Mets, Watts
 Time Elapsed, Time Remaining, Segment Time
 Strides/Min, Avg Strides/Min, Total Strides
 Heart Rate, Average Heart Rate, Max Heart Rate

Heart rate monitoring

Touch	Handheld heart rate sensors located on fixed handlebars for ease-of-use by users of all sizes.
Telemetry	Equipped for heart rate telemetry reading using a chest strap.

Integrated Entertainment Options

Mobile Device Charger	Yes
Reading Rack	Included (US only)
Personal Viewing System (PVS)	Integrated: NTSC, ATSC, PAL, SECAM, DVB-T/T2/C
Personal Viewing Screen (PVS) (Specification)	15 in / 38.1 cm LCD Capacitive Touch Screen

Network Capabilities

Diagnostics	Ability to set club parameters, e.g. limit exercise time, set default language and pause time.
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Equipment Specifications

Minimum Space Between Foot Pedals	1.5 in / 3.8 cm
Foot Pedal Dimensions	16 x 8 in / 40.6 x 20.3 cm
Step-up Height	8 in / 20 cm

Maximum User Weight	350 lb / 159 kg
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Equipment Dimensions & Weight

Length	82 in / 208 cm
Width	30 in / 76 cm
Height	72 inches / 183 cm
Machine Weight (base equipment) (kg/lbs)	315 lb / 143 kg

Delivery Dimensions & Weight

Length	85 inches / 216 cm
Width	30.75 in / 78 cm
Height	28.125 in / 71.4 cm
Delivery Weight	368 lb / 167 kg

Power Requirements

Equipment	Powered
International 240 VAC	Applicable country-specific power cord
U.S. & Canada 120 VAC	120V/15A circuit with 5-15R NEMA receptacle
Personal Viewing Screen (PVS)	Integrated

Regulatory

FCC	FCC
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ETL	ETL
CE	CE
EN957	EN 957 / ASTM