

**EFX<sup>®</sup> 5.19 Total-Body Elliptical Fitness Crosstrainer™**

Our entry-level total-body model designed for home use. Features include synchronized handlebars, up to 4 programs, and 20 resistance levels.

**Features**

Total-Body Elliptical	<ul style="list-style-type: none"> <li>• Fixed Ramp at 20° to provide optimal gluteal and hamstring involvement versus a flat ellipse.</li> <li>• Provides 20 magnetic, no-contact levels of resistance to tailor workouts with consistent resistance.</li> <li>• Forward and reverse striding targets different muscle groups.</li> <li>• Dual action provides both upper and lower-body workout.</li> <li>• Polyurethane wheels glide on a precision steel ramp to distribute user's weight for efficiency, providing an incredibly smooth feel.</li> </ul>
Low Impact	<ul style="list-style-type: none"> <li>• Minimizes joint deflection.</li> <li>• Low rate of perceived exertion (RPE).</li> </ul>
Display	<ul style="list-style-type: none"> <li>• Easy-to-use membrane board with intuitive keystroke sequencing, multiple feedback options, large LEDs, and accompanying graphics allow users to easily monitor and alter their workout.</li> </ul>
Up to 4 Programs	<ul style="list-style-type: none"> <li>• Manual, Hill Climb, Weight Loss and optional Heart Rate*</li> </ul>
Heart Rate*	<ul style="list-style-type: none"> <li>• Optional heart rate telemetry.</li> <li>• SmartRate<sup>®</sup> shows actual heart rate in relation to the target zone for weight loss and cardio training.</li> </ul>
Other Features	<ul style="list-style-type: none"> <li>• QuickStart™ for user convenience lets user begin workout with the push of a single button.</li> <li>• Accessory holder for water bottle, portable music, reading material and more.</li> <li>• Allows user to input gender.</li> </ul>
Warranty	<ul style="list-style-type: none"> <li>• Lifetime frame and welds.</li> <li>• 10 years parts and wear items.</li> <li>• 1 year labor.</li> </ul>
Ergonomic Design	<ul style="list-style-type: none"> <li>• Ergonomically correct handrails.</li> <li>• Excellent stability and freedom of movement for users of all sizes.</li> <li>• Motion allows heels of user to remain in contact with footplates reducing stress to muscles and tendons.</li> </ul>
Frame	<ul style="list-style-type: none"> <li>• Powder-coated steel.</li> </ul>

**Electronic Readouts**

- |            |           |                      |                            |
|------------|-----------|----------------------|----------------------------|
| • Calories | • Time    | • Strides            | • Heart Rate*              |
| • Scan     | • Profile | • Strides Per Minute | • SmartRate <sup>®</sup> * |

**Weights and Measures**

• Length	80 in (203 cm)	• Fixed Ramp	20 degrees, fixed
• Width	32 in (81 cm); 18 in (45 cm) w/o side rails	• Stride Length	19 in (48 cm)
• Height	61 in (155 cm)	• Regulatory Approvals	FCC, ETL, CE
• Weight	197 lbs (89 kg)	• Resistance levels	1-20 (10-625 watts)
• Shipping Weight	247 lbs (112kg)	• Space between footplates	3 in (8 cm)
• Footplate dimensions	7 x 15 in (18 x 38 cm)	• Maximum workout time	No set limit.
• Height of footplate at highest position	17.5 in (44.5 cm)	• Height of footplate at lowest position	9 in (23 cm)

**Power**

- 120 VAC, 50/60 Hz, 0.9 Amps, 70 Watts

\*Telemetry and chest strap required.