

CROSS TRAINER

the EFX 731 combines the benefits of a fixed ramp with our patented elliptical stride path technology and moving handlebars for a total-body workout. The 730 Line LED console provides exercisers with essential workout metrics for an effective fitness experience.

FIXED RAMP WITH PATENTED STRIDE TECHNOLOGY

The 700-line EFX ramp is fixed at 20 degrees, providing an optimal balance between quadriceps and glute activation. Our patented stride path technology provides a non-impact workout that reduces joint stress, while helping exercisers achieve their cardiovascular goals.



MOVING HANDLEBARS

With moving handlebars, users can push and pull with their upper body to achieve a complete workout.



CONSOLE

The Line console features easy-to-use motion controls and an LED display that focuses on the essential fitness stats that keep users informed and engaged.

USER GUIDE

- Remember The Cross Trainer is self generated so will not start until you start moving.
- Simply hold onto the non-movable bars
- step into the pedals
- Then start stepping and the machine will switch on.
- Programme in what you wish to do and select the level.
- You control the pace and stride of the machine. Cross trainers are non-impact so safe for the joints.
- The movable bars are there to incorporate a full body workout.

HEALTH
HUB

Remember to never lock your joints, keep your body in line, control the speed & never drop the weight.
ALWAYS put back any equipment you have used & wipe down.

PRECOR