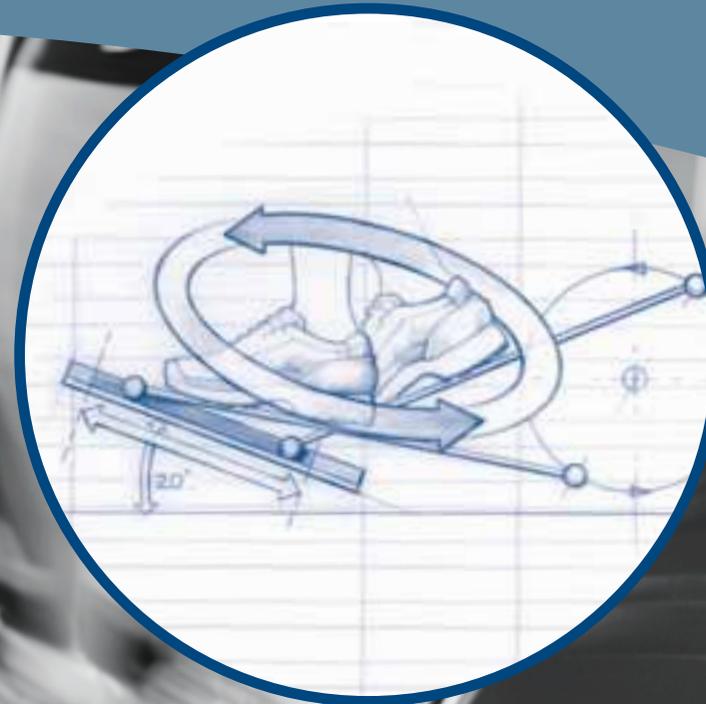


PRECOR[®] USA
move beyond[®]

Elliptical Motion and CrossRamp[®]

Science in Motion



Natural motion, enhanced.
Engineered to move the way you move.

Combining Elliptical Motion and CrossRamp technology solves two problems with indoor aerobic workouts: high-impact exercise that stresses joints, and equipment that works too few muscle groups.

Most cardio equipment does not provide a true cross-training benefit: aerobic conditioning that simultaneously strengthens, or cross-trains, different muscles.

In 1995, Precor unveiled the first elliptical crosstrainer. It reduced impact by replicating the natural elliptical motion path of a running foot and worked a variety of lower-body muscles using CrossRamp technology. All in one machine.

Result: Patented equipment design that revolutionized the fitness industry.

www.precor.com

Elliptical Motion and CrossRamp®

Science in Motion

How this science works naturally with the human body.

When running, the human foot follows an elliptical path. Our crosstrainer is the only exercise equipment that matches this elliptical shape with a patented mechanism that weds a rear flywheel with a forward foot pedal—creating a smooth, elliptical movement that mimics a natural running motion.

Before Precor introduced Elliptical Motion technology, conventional cardio equipment provided users the convenience of an indoor aerobic workout, but lacked the innovation to build on the benefits of cardiovascular exercise.

Precor redefined aerobic exercise with equipment design that reduces harmful joint stress. Precor engineers then added CrossRamp science that alters the height of the elliptical path, allowing users to target, work, and strengthen different lower-body muscle groups.

So you experience an enhanced workout that:

- Feels completely smooth and natural.
- Cross-trains different muscle groups.
- Reduces joint stress and minimizes fatigue.

1 **Designed to reduce impact on joints**—Taking the impact out of jogging requires knowledge about how feet move when running. Precor engineers traced the motion of a running foot and identified an elliptical path. They then created a machine that matched the elliptical motion by combining a circular flywheel with a pedal that moves along an adjustable diagonal ramp.

2 **Emulates changing workout conditions**—To further enhance an already ground-breaking design, Precor added a cross-training benefit with patented CrossRamp technology. Users could now adjust the CrossRamp angle, which alters the elliptical path, and emulate different workout courses, such as hiking or cross-country skiing. In addition to building lower-body strength, the CrossRamp feature keeps workout routines fresh and energizing, so users can reach new exercise levels and fully achieve their fitness goals.

3 **Engineered to work with all body types**—Once the natural motion of running was successfully replicated, Precor tested their invention on people of different weights and heights. By adjusting the distance between the flywheel and the pedals, they refined the equipment to allow any sized runner to achieve results on the same machine.

4 **Promotes workout ease and comfort**—Relative perceived exertion (RPE) is the difference between how hard your brain says you're working and how hard your heart actually works. If you're jogging, the perceived level of exertion drops when impact to your ankle, knee and other affected joints is reduced. Our patented elliptical technology absorbs much of the impact of each foot strike. So you experience a more comfortable workout that keeps you motivated and moving toward your fitness goals.



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