

Approved Elliptical Trainers and Stationary Bikes for PFA Use

Elliptical trainers approved for official PFA testing:

- LifeFitness 95X Engage
- LifeFitness 95X Inspire
- LifeFitness CT9500
- LifeFitness CT9500HR
- LifeFitness 95Xi (Quiet Drive Only)
- LifeFitness 91Xi
- LifeFitness 91X / Classic Series (CLSX)
- LifeFitness 95X Engage
- LifeFitness 95X Inspire
- Precor EFX556 NAVY
- Precor EFX556i NAVY
- Precor EFX556i
- Precor EFX576i/EFX 835/EFX 885
- Nautilus E916
- Technogym Excite Synchro 700 VisioWeb (series)
 - Technogym Excite Synchro 700 VisioWeb+WS+iPod+USB
 - Technogym Excite Synchro 700 VisioWeb+iPod+USB
 - Technogym Excite Synchro 700 VisioWeb+WS
 - Technogym Excite Synchro 700 VisioWeb
- Technogym Excite Synchro 700sp LED (series)
 - Technogym Excite Synchro 700sp LED+WS
 - Technogym Excite Synchro 700sp LED
- Technogym Snychro 700
- Cybex Arc Trainer 625AT, 626AT, 627AT, 750AT, 770AT, 771AT, 772AT
- Octane Pro 370/3700
- Octane Pro 4700

Stationary bikes approved for official PFA testing:

- LifeFitness 95Ci / Classic Series (CLSC)
- LifeFitness 95Ci XXL
- LifeFitness 95C Inspire
- Cybex 750C
- Cybex 770C
- Cybex 625C
- Matrix U5X

Testing Procedures for Elliptical Trainers

Life Fitness CT 9500 HR / Life Fitness 91XI / Life Fitness CT 9500 / Life Fitness 95 XI (Quiet Drive) / Life Fitness 95 XI / Life Fitness 95 XE Life Fitness 91X / Classic Series (CLSX)

1. Begin pedaling slowly until the machine turns on
2. Select "Manual"
3. Enter body weight
4. Enter level: 1-20
5. Enter time: 14 minutes
6. Begin test
7. At the end of 12 minutes, press "Clear" and record calories burned. It will show up on the display screen in the upper right-hand corner.

Precor EFX556Navy / EFX556iNavy / EFX556i

1. Begin pedaling slowly until the machine turns on
2. Select "Manual"
3. Select "OK"
4. Select "Time" at the bottom of the display board
5. Use the arrows to set the time: 14 minutes
6. Select "OK"
7. Select "Options" to enter weight/age/sex
8. Begin test
9. Record calories burned at the conclusion of 12 minutes.

Precor EFX576i

1. Begin pedaling slowly until the machine turns on
2. Use the arrows to set the cross ramp to "5"
3. Select "Manual"
4. Select "OK"
5. Select "Time" at the bottom of the display board
6. Use the arrows to set the time to 14 minutes
7. Select "OK"
8. Select "Options" to enter weight/age/sex
9. Begin test
10. Record calories burned at the conclusion of 12 minutes.

OCTANE FITNESS PRO4700/PRO3700/Pro370 Elliptical Cross Trainers

1. Begin pedaling slowly until the machine turns on.
2. Using down  arrow key, select "NAVY PRT"
3. Enter TIME: 14 minutes.

4. Enter LEVEL: (1-30).
5. Press "Quick Start" to start the test.
6. Record CALORIES at the conclusion of 12 minutes.
7. Cool-down for the remaining two minutes.

Nautilus E916

1. Begin pedaling until the machine turns on
2. Select "Manual Mode"
3. Enter body weight
4. Enter level: 1-20 then select "Enter"
5. Enter time: 14 minutes then select "Enter"
6. Record calories burned at the conclusion of 12 minutes

Technogym Synchro 700 VisioWeb & SP LED Series

1. Begin pedaling until the machine turns on
2. Select "Test"
3. Select "2" for "Navy PRT" test
4. Default time is 12 minutes, select "Enter"
5. Enter weight on numeric keypad and select "Enter"
6. Begin test. Adjust resistance with "+" and "-" keys on display or on handles
7. Record calories burned at the conclusion of 12 minutes. This number will remain constant during the cool-down phase

CYBEX 750AT Arc Trainer

1. Begin pedaling slowly until the machine turns on.
2. Press Manual and then ENTER on the keypad.
3. The display will prompt "SET PROGRAM TIME XXX", using the keypad press 14 and ENTER.
4. The display will prompt "ENTER YOUR WEIGHT". Using the keypad, enter the user's weight and press ENTER.
5. Begin test, set the incline to -0- using the down arrow\|/.
6. Set Resistance as appropriate.
7. Press SHIFT |SCAN to display Calories.
8. Record calories burned at the conclusion of 12 minutes.
9. Cool-down for the remaining two minutes

CYBEX 625AT Arc Trainer

1. Begin pedaling slowly until the machine turns on.
2. Set incline to -0-.
3. Press Setup.

4. The display will show a clock, using the up/down arrows on the lower display to set the time to 14. Press Enter.
5. The display will prompt "lbs", using the up/down arrows on the lower display set user's weight. Press Enter to begin test.
6. Set Resistance as appropriate.
7. Press Scan / Hold when calories are displayed.
8. Record calories burned at the conclusion of 12 minutes.
9. Cool-down for the remaining two minutes

Procedures for approved elliptical trainers that do not have specific instructions:

Ensure device is in manual mode. Time should be set for 14 minutes. Calories will be recorded at 12 minutes. The member may select any resistance level. The member shall enter BCA weight. Enter age and gender if requested by machine.

Testing Procedures for Stationary Bikes

Life Fitness 95Ci / Life Fitness 95CiXXL / Life Fitness Classic Series (CLSC) / Life Fitness 95C Inspire / Matrix U5X

1. Begin pedaling slowly until the machine turns on
2. Select "Manual"
3. Enter time: 14 minutes; Press "Enter"
4. Enter level; Press "Enter"
5. Begin test
6. At the end of 12 minutes record the number of calories burned

CYBEX 750C Cycle

1. Begin pedaling slowly until the machine turns on.
2. Press Manual and then ENTER on the keypad.
3. The display will prompt "SET PROGRAM TIME XXX", using the keypad press 14 and ENTER.
4. The display will prompt "ENTER YOUR WEIGHT". Using the keypad, enter the user's weight and press ENTER.
5. Set Level as appropriate.
6. Press SHIFT |SCAN to display Calories.
7. Record calories burned at the conclusion of 12 minutes.
8. Cool-down for the remaining two minute.

