FitTouch™ Technology

Our 15-inch, integrated LCD screen features FitTouch™, an intuitive touch screen interface that inspires users of all levels

Secondary Data Display LCD

A secondary LCD data display works in conjunction with crossbar quick keys for continuous operation in the event of main LCD malfunction

Nike + iPod

NIKE + iPod for the Gym

Nike + iPod allows users to save their workouts to their iPod and post them to nikeplus.com

FEATURES	
Stride length	20"- 24"
Contact & telemetric HR sensors	Yes
Cushioned footpads	Yes - Premium
Incline range	24% - 54% (15° range)
Q-factor	2.5"
Handlebar design	Multi-position dual action / Premium ergo-bend stationary
Thumb switch controls	Yes

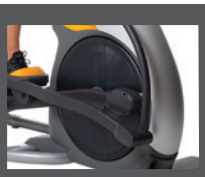
RESISTANCE SYSTEM	
Technology	Generator
Power requirements	Self-powered - powered 100v-240v - 50/60Hz AC
Minimum watts	4 Powered / 57 Self-Powered
Minimum RPM	10 Powered / 25 Self-Powered

CONSOLE	
Display type	15" touch screen LCD
Display feedback	Time, distance (kilometers or miles), calories, calories per hour, speed, incline, RPM, heart rate, METs, watts, dynamic profile display, static profile display
User-defined multi-language display	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic
Resistance levels	25
Workouts	Manual, rolling, intervals, fat burn, glute training, fit test, target HR, constant watts
CSAFE, FitLinxx™ ready	Yes
On-the-fly program change	Yes
FitTouch™ Technology	Yes
WiFi	Yes, for Asset Management
FITCONNEXION™ ready	No
Virtual Active compatible	Yes
iPod® compatible	Yes
Compatible with Nike + iPod for the Gym	Yes
Personal fan	Yes
USB Workout Tracking	Yes

TECH SPECS	
Overall dimensions	70" x 29.2" x 68.5" / 1780 x 742 x 1740 mm
Maximum user weight	400lbs / 182kg
Weight	445lbs / 202kg
Shipping weight	476lbs / 216kg
Electrical requirements	Self-powered / AC optional

WARRANTY	
Frame	7 years
JID generator	5 years
Parts & labor	3 years CAP

"Made for iPod" means that an electronic accessory has been designed to connect specifically to iPod and has been certified by the developer to meet Apple performance standards.
Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards.
iPod is a trademark of Apple Inc., registered in the U.S. and other countries.

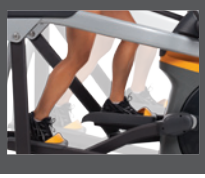


Removable Disk

All Matrix Ascent Trainers® and Suspension Ellipticals feature a removable disk for quick access and easy serviceability.

Variable Incline

Responsive incline adjustment and variable stride length make workouts on the Ascent more dynamic and motivational – engaging glutes, hamstrings and core stabilizer muscles.



Constant Rate of Acceleration

Constant Rate of Acceleration and our patented Suspension design deliver a perpetually smooth motion, free of wheels and tracks.