

**LED console display**

Intuitive console layout minimizes intimidation factor while providing full workout selection

**Ergo Form™ Grips**

Ergo Form grips with integrated incline and resistance controls enhance comfort and accessibility to key functions

**Integrated Personal Fan**

Personal fan keeps users cool during the most strenuous workouts

**FEATURES**

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

RESISTANCE SYSTEM

Technology	Brushless Generator
Power requirements	Self powered - powered 100v-240v - 50/60Hz AC
Minimum watts	24 Powered & Self-Powered
Minimum RPM	10 Powered / 25 Self-Powered

CONSOLE

Display type	Dot-matrix LED
Display feedback	Time, distance (kilometers or miles), calories, speed, incline, heart rate, METs, watts, level, RPM
User-defined multi-language display	No (English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish)
Resistance levels	25
Workouts	Manual, rolling, intervals, fat burn, glute training, fit test, target HR, constant watts
CSAFE, FitLinxx™ Professional Certified	Yes
On-the-fly program change	Yes
FitTouch™ Technology	No
Integrated Vista Clear™ digital ready television	No
FITCONNEXION™ ready	Yes
Virtual Active compatible	No
WiFi	Yes, for Asset Management
iPod® compatible	Yes, charging only
Compatible with Nike + iPod for the Gym	No
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	442lbs / 201kg
Shipping weight	472lbs / 215kg
Electrical requirements	Self-powered / AC optional

WARRANTY

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

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**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.