Simple LED Console Display

LED console display is easily navigated by users at all experience levels

Contralateral Motion

Contralateral action with tapered, dual action handlebars mimics the body's true movement and proper fit.

Suspension Design

Our patented suspension design is free of wheels and tracks, eliminating friction and resulting in the smoothest, most efficient motion possible.

FEATURES	
Stride length	20" - 24"
Contact & telemetric HR sensors	Yes
Cushioned footpads	Yes
Incline range	24% - 54% (15° range)
Q-factor	2.5"
Handelbar design	Multi-position dual action and ergo-form grips
Thumb switch controls	Yes

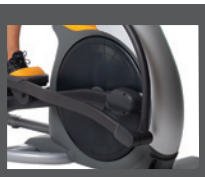
RESISTANCE SYSTEM	
Technology	Brushless Generator
Power requirements	Self Powered - Powered 100v-240v - 50/60Hz AC
Minimum watts	8 Powered / 24 Self-Powered
Minimum RPM	15 Powered / 25 Self-Powered

CONSOLE	
Display type	7" 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	Yes - 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™ 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	No
iPod® compatible	No
Compatible with Nike + iPod for the Gym	No
Personal fan	No
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	444lbs / 202kg
Shipping weight	474lbs / 215kg
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.

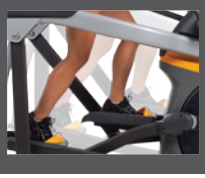


Removable Disk

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.