Backlit LCD Console Display

7" blue backlit LCD console display provides constant feedback

19" Stride Length

Comfortable 19" stride length for smooth, natural movement

FEATURES	
Stride length	19"
Contact & telemetric HR sensors	Yes
Cushioned footpads	No
Q-factor	3.75"
Handelbar design	Multi-position dual action and ergo-bend stationary
Thumb switch controls	Yes

RESISTANCE SYSTEM	
Technology	Generator
Power requirements	Self-powered
Minimum watts	18 self-powered
Minimum RPM	30 self-powered

CONSOLE	
Display type	7" blue backlit LCD
Display feedback	Time, distance, calories, speed, level, watts, METs, heart rate, profile
User-defined multi-language display	No (English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish)
Resistance levels	20
Workouts	Manual, interval+ (hill interval, random interval), goal+ (time goal, distance goal, calories goal), multi FX+ (constant watts, random), heart rate+ (target HR, weight loss), fit test, warm up, cool down
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

TECH SPECS	
Overall dimensions	83" x 31" x 67" / 2108 mm x 787 mm x 1702 mm
Maximum user weight	400lbs
Weight	333lbs
Shipping weight	395lbs
Electrical requirements	Self-power, power optional

WARRANTY	
Frame	7 years
Generator	5 years
Parts & labor	3 years*

**Warranty limited to 6 hours of use per day.*

"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.

Constant Rate of Acceleration

To optimize user feel, Matrix ellipticals and Ascents move fluidly at a Constant Rate of Acceleration.