

**LED Console Display**

Intuitive console layout minimizes intimidation factor while providing full workout selection.

**Ergo Form™ Grips**

Ergo Form grips with integrated 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	53.3 cm / 21"
Contact & Telemetric HR	Yes
Footpad Insert	No
Pedal Spacing	6.4 cm / 2.5"
Handlebar Design	Multi-position dual-action / custom ergo-bend stationary
Remote Buttons	Yes
Ethernet Port	Yes

CONSOLE

Display Type	Dot-matrix LED with profile display
Display Feedback	Speed, Level, RPM, Heart Rate, Time Elapsed, Time Remaining, Time of Day, Total Program Time, Distance (Miles), Distance (Kilometers), Calories, Watts, METs, Workout Profile
User-defined Multi-language Display	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish
Resistance Range	1-25
Workouts	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Random
CSAFE Ready-FitLinxx™ Certified	Yes
Netpulse Compatible	Yes
FitTouch™ Technology	No
Instant On Technology	Yes
One-button Start	Yes
On-the-fly Program Change	Yes
Integrated Vista Clear™ Television Technology	No
FITCONNEXION™ Ready	Yes
WiFi	Yes
Multimedia Playback	No
iPod® Compatible	Yes - charging only
Nike + iPod® Compatible	No
Personal Fan	Yes
USB Port	Yes
Virtual Active™ Compatible	No
Asset Management Compatible	Yes
Web Connectivity	No
Facility Communication Portal/Calendar	No
Pause Function	Yes

RESISTANCE SYSTEM

Resistance System	Brushless generator
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TECH SPECS

Power Requirements	Self-powered / powered 100v-240v - 50/60Hz AC
Minimum Watts	21 powered & self-powered
Minimum RPM	25 powered & self-powered
Assembled Dimensions	178 x 74 x 174 cm / 70" x 29.2" x 68.5"
Max User Weight	182 kg / 400 lbs.
Assembled Weight	181 kg / 398 lbs.
Shipping Weight	193.6 kg / 425 lbs.

WARRANTY

Frame	7 years
Generator	5 years
Parts & Labor	3 years CAP
Wear Items (iPod® Cable, USB Port, Headphone Jack, Battery)	90 days parts

Removable Disk

All Matrix Ascent Trainer® and Suspension Elliptical® models feature a removable disk for quick access and easy serviceability.

**Constant Rate of Acceleration**

Constant Rate of Acceleration and our patented suspension design combine to deliver a perpetually smooth motion.

**Suspension Design**

The design is free of wheels and tracks, eliminating friction and resulting in the most efficient motion possible.



"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.

