



**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	51 - 61 cm / 20 - 24"
Incline Range	24% - 54% (15° range)
Step-on Height	24 cm / 9.5"
Contact & Telemetric HR	Yes
Footpad Insert Type	Yes - premium
Pedal Spacing	6.4 cm / 2.5"
Handlebar Type	Multi-position dual action / premium ergo-bend stationary
Remote Buttons	Yes
Ethernet Port	Yes

CONSOLE	
Display Type	Dot-matrix LED with profile display
Display Feedback	Speed, Level, RPM, Incline, 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, Glute Training
CSAFE Ready-FitLinxx™ Certified	Yes
Nelpulse 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

TECH SPECS	
Power Requirements	Self-powered / powered 100v-240v - 50/60Hz AC
Minimum Watts	24 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	201 kg / 442 lbs.
Shipping Weight	214.6 kg / 472 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.



**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.



\*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.