MATRIX

Performance Ascent Trainer

LED CONSOLE

A-PS-F

Offer full-body, low-impact intensity with an Ascent Trainer that withstands heavy use for years. Patented suspension design, variable stride length and refined ergonomics keep workouts quiet, smooth and natural, even when incline is increased to target and tone different muscles. Includes water bottle holder and removable disk to streamline maintenance.

Virtually anyone can step up to our LED Console and enjoy the easy navigation of the interface. Complete, easy-to-read workout feedback helps members gauge performance at a glance.

CONSOLE	
DISPLAY	Large number LED with message center
WORKOUTS	Go, manual, interval training, fat burn, rolling hills, target heart rate, glute training†, fitness tests
LANGUAGES	English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Danish, Polish
FAN	No
IPTV	No
BLUETOOTH	No
ANT+	No
RFID WIRELESS LOGIN	Optional
CONNECTS TO APPLE WATCH	No
MADE FOR IPHONE, IPAD, IPOD	No
USB PORT	Yes; device charging, software updates
WIRELESS CHARGING (QI)	No
CSAFE READY	Yes
AUTO WAKE-UP	No
	†Some of these programs may not be available on this frame.

FRAME	
ASSEMBLED DIMENSIONS	178 x 74 x 181 cm / 70.1” x 29.1” x 71.3”
CONTACT & TELEMETRIC HR	Yes
ETHERNET CONNECTIVITY	Yes
MAX USER WEIGHT	182 kg / 400 lbs.
RESISTANCE RANGE	5–775 W
ASSEMBLED WEIGHT	194 kg / 427.7 lbs.
SHIPPING WEIGHT	230.8 kg / 508.8 lbs.
RESISTANCE LEVELS	30
MINIMUM RPM	10 RPM powered or 30 RPM self-powered
MINIMUM WATTS	5 W powered or 35 W self-powered
WATT RANGE	5–650 W
TOP-DOWN LEVELERS	Yes
STEP-ON HEIGHT	24 cm / 9.5”
STRIDE LENGTH	51–61 cm / 20–24” adjustable
RESISTANCE SYSTEM	Brushless generator
PEDAL SPACING	6.4 cm / 2.5”
POWER REQUIREMENTS	Self-powered or 100–240 V — 50/60 Hz AC