

## Performance Ascent Trainer

### TOUCH CONSOLE

A-PS-TOUCH

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.



WiFi-enabled Touch Console features an app-based interface that mirrors familiar smartphone and tablet operating systems, making it easy for members to connect to the content that keeps them moving.

**Note:** Products with Touch Console must be connected to a power source.

CONSOLE	
DISPLAY	41 cm / 16" class capacitive touchscreen LCD
WORKOUTS	Go, manual, Sprint 8†, Landmarks†, Virtual Active, target heart rate, interval training, fat burn, rolling hills, constant watts†, glute training†, goal training, fitness tests, custom
IFIT ON-DEMAND WORKOUTS	Optional
LANGUAGES	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese-S, Chinese-T, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish, Thai, Malay, Catalan
FAN	Yes
ANALOG TV	NTSC, PAL, SECAM
DIGITAL TV	ATSC 1.0, QAM-B, ISDB-T, ISDB-Tb, DVB-C/S/S2/T/T2
IPTV	Content: MPEG2/H262, AVC/H264 Protocols: UDP, RTSP, HTTP, HTTPS
WIFI	Yes
BLUETOOTH	Yes; smartphones, headphones, heart rate
RFID WIRELESS LOGIN	Yes
CONNECTS TO APPLE WATCH	Yes
MADE FOR IPHONE, IPAD, IPOD	Yes
CONNECTS TO SAMSUNG GALAXY WATCH	Yes
USB PORT	Yes; device charging, device media, software updates
WIRELESS CHARGING (QI)	Yes
CSAFE READY	Yes
AUTO WAKE-UP	Yes
	†Some of these programs may not be available on this frame.

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