

A3x Ascent Trainer



- Low 24 cm / 9.5" step-on height for easy accessibility
- 51-61 cm / 20-24" adjustable stride length for increased range of motion
- LED console display with expanded feedback offers intuitive operation
- WiFi connectivity accommodates optional Matrix Asset Management system and Workout Tracking Network
- USB port offers charging for most smartphones and tablets
- Compatible with xID single-point user sign-in for a seamless personal experience
- Self-powered system provides cost-savings and freedom of placement within facility
- Removable disk for easy serviceability
- Ergo Form Grips with integrated controls enhance comfort and accessibility of key functions
- Adjustable incline and resistance for greater workout variety
- 20-33 cm / 8-13
- Constant Rate of Acceleration and our patented suspension design delivers a perpetually smooth motion free of wheels and tracks
- Contralateral action with tapered, dual action handlebars mimics the body

CONSOLE	
CSAFE READY-FITLINXX	Yes
IPTV COMPATIBLE	No
WORKOUTS	Manual, Intervals, Fat Burn, Fit Test, Target HR, Constant Watts
RESISTANCE RANGE	1-25
USER-DEFINED MULTI-LANGUAGE DISPLAY	Accessible only through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Polish
SECONDARY DATA DISPLAY	No
DISPLAY FEEDBACK	Time of Day, Time Elapsed, Time Remaining, Total Program Time, Distance (Kilometers or Miles), Calories, Level, Incline, Speed, RPM, Heart Rate, METS, Watts, Workout Profile
DISPLAY TYPE	Alphanumeric LED with profile display
READING RACK	Yes
PAUSE FUNCTION	Yes
RFID COMPATIBLE	No
FACILITY COMMUNICATION PORTAL/CALENDAR	No
WORKOUT TRACKING NETWORK COMPATIBLE	Yes
WEB CONNECTIVITY	No
ASSET MANAGEMENT COMPATIBLE	Yes
USB PORT	Yes
VIRTUAL ACTIVE	No
PERSONAL TRAINER PORTAL COMPATIBLE	No
PERSONAL FAN	No
MULTIMEDIA PLAY/BACK	No
BLUETOOTH ENABLED	No
IPOD	Charging only
WIFI ENABLED	Optional
ONE-BUTTON START	Yes
ON-THE-FLY PROGRAM CHANGE	Yes
INTEGRATED VISTA CLEAR	No
FITCONNEXION	Yes
PRO:IDIOM COMPATIBLE	Optional - add-on TV
FITTOUCH	No
INSTANT ON TECHNOLOGY	Yes

RESISTANCE SYSTEM	
RESISTANCE SYSTEM	Brushless generator

TECH SPECS	
ASSEMBLED DIMENSIONS	179 x 74 x 171 cm / 70.4" x 29.1" x 67.4"
SHIPPING WEIGHT	214.6 kg / 472 lbs.
ASSEMBLED WEIGHT	201 kg / 442 lbs.
MINIMUM RPM	15 powered / 25 self-powered
MAX USER WEIGHT	182 kg / 400 lbs.
MINIMUM WATTS	8 powered / 24 self-powered
POWER REQUIREMENTS	Self-powered / powered 100v-240v - 50/60Hz AC

FEATURES	
STRIDE LENGTH	51 - 61 cm / 20 - 24"
STEP-ON HEIGHT	24 cm / 9.5"
PEDAL SPACING	6.4 cm / 2.5"
REMOTE BUTTONS	Yes
FOOTPAD INSERT	None
HANDLEBAR DESIGN	Multi-position dual action / custom ergo-bend stationary
CONTACT & TELEMETRIC HR	Yes
INCLINE RANGE	24% - 54% (15)