



A5x 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
- 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
- Contralateral action with tapered, dual action handlebars mimics the body
- Constant Rate of Acceleration and our patented suspension design delivers a perpetually smooth motion free of wheels and tracks
- 20-33 cm / 8-13" step-over height engages glutes, hamstrings and core stabilizer muscles
- Adjustable incline and resistance for greater workout variety
- Premium footpad insert enhances user comfort
- Integrated 3-speed personal fan
- USB port offers charging for most smartphones and tablets
- RFID compatible to provide touch-free login
- Sprint 8 High Intensity Interval Training program
- Compatible with xID single-point user sign-in for a seamless personal experience
- WiFi connectivity accommodates optional Matrix Asset Management system and Workout Tracking Network
- LED console display offers intuitive operation

CONSOLE	
USER-DEFINED MULTI-LANGUAGE DISPLAY	English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish, Russian, Danish
RESISTANCE RANGE	1-25
CSAFE READY-FITLINXX	Yes
WORKOUTS	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Sprint 8
PRO:IDIOM COMPATIBLE	Optional - add-on TV
IPTV COMPATIBLE	No
PAUSE FUNCTION	Yes
FACILITY COMMUNICATION PORTAL/CALENDAR	No
WEB CONNECTIVITY	No
RFID COMPATIBLE	Yes
WORKOUT TRACKING NETWORK COMPATIBLE	Yes
ASSET MANAGEMENT COMPATIBLE	Yes
ON-THE-FLY PROGRAM CHANGE	Yes
ONE-BUTTON START	Yes
FITTOUCH	No
INSTANT ON TECHNOLOGY	Yes
READING RACK	No
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	Dot-matrix LED with profile display
VIRTUAL ACTIVE	No
USB PORT	Yes
PERSONAL TRAINER PORTAL COMPATIBLE	No
PERSONAL FAN	Yes
MULTIMEDIA PLAYBACK	No
IPOD	Charging only
BLUETOOTH ENABLED	No
WIFI ENABLED	Optional
FITCONNEXION	Yes
INTEGRATED VISTA CLEAR	No

FEATURES	
CONTACT & TELEMETRIC HR	Yes
FOOTPAD INSERT	Premium
HANDLEBAR DESIGN	Multi-position dual action / premium ergo-bend stationary
REMOTE BUTTONS	Yes
STRIDE LENGTH	51 - 61 cm / 20 - 24"
STEP-ON HEIGHT	24 cm / 9.5"
PEDAL SPACING	6.4 cm / 2.5"
INCLINE RANGE	24% - 54% (15°)

RESISTANCE SYSTEM	
RESISTANCE SYSTEM	Brushless generator

TECH SPECS	
POWER REQUIREMENTS	Self-powered / powered 100v-240v - 50/60Hz AC
MINIMUM WATTS	24 powered / 24 self-powered
MINIMUM RPM	25 powered / 25 self-powered
MAX USER WEIGHT	182 kg / 400 lbs.
ASSEMBLED WEIGHT	201 kg / 442 lbs.
SHIPPING WEIGHT	214.6 kg / 472 lbs.
ASSEMBLED DIMENSIONS	175 x 74 x 175cm / 68.8" x 29.1" x 68.7"