

## Performance Ascent Trainer

### LED CONSOLE

A-PS-LED

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  †Some of these programs may not be available on this frame.
IFIT ON-DEMAND WORKOUTS	No
LANGUAGES	English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Danish, Polish
FAN	No
ANALOG TV	Optional, attachable add-on TV
DIGITAL TV	Optional, attachable add-on TV
IPTV	No
WIFI	Optional; included with Asset Management and Community 360
BLUETOOTH	No
ANT+	No
RFID WIRELESS LOGIN	Optional
CONNECTS TO APPLE WATCH	No
MADE FOR IPHONE, IPAD, IPOD	No
CONNECTS TO SAMSUNG GALAXY WATCH	No
USB PORT	Yes; device charging, software updates
WIRELESS CHARGING (QI)	No
CSAFE READY	Yes

<b>AUTO WAKE-UP</b>	No
<b>FRAME</b>	
<b>POWER REQUIREMENTS</b>	Self-powered or 100–240 V — 50/60 Hz AC
<b>RESISTANCE SYSTEM</b>	Brushless generator
<b>PEDAL SPACING</b>	6.4 cm / 2.5"
<b>STRIDE LENGTH</b>	51–61 cm / 20–24" adjustable
<b>TOP-DOWN LEVELERS</b>	Yes
<b>STEP-ON HEIGHT</b>	24 cm / 9.5"
<b>WATT RANGE</b>	5–650 W
<b>MINIMUM WATTS</b>	5 W powered or 35 W self-powered
<b>RESISTANCE LEVELS</b>	30
<b>MINIMUM RPM</b>	10 RPM powered or 30 RPM self-powered
<b>SHIPPING WEIGHT</b>	230.8 kg / 508.8 lbs.
<b>ASSEMBLED WEIGHT</b>	194 kg / 427.7 lbs.
<b>RESISTANCE RANGE</b>	5–775 W
<b>MAX USER WEIGHT</b>	182 kg / 400 lbs.
<b>ETHERNET CONNECTIVITY</b>	Yes
<b>CONTACT &amp; TELEMETRIC HR</b>	Yes
<b>ASSEMBLED DIMENSIONS</b>	178 x 74 x 181 cm / 70.1" x 29.1" x 71.3"