MATRIX



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.

DISPLAY 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 IPTV No WIFI Optional; included with Asset Management and Workout Tracking Network App BLUETOOTH No ANT+ No RFID WIRELESS LOGIN Optional CONNECTS TO APPLE WATCH NO MADE FOR IPHONE, IPAD, IPOD No CONNECTS TO SAMSUNG GALAXY WATCH USB PORT Yes; device charging, software updates WIRELESS CHARGING (QI) No CSAFE READY Yes AUTO WAKE-UP	CONSOLE	
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IFIT ON-DEMAND WORKOUTS LANGUAGES English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Danish, Polish FAN No IPTV No WIFI Optional; included with Asset Management and Workout Tracking Network App BLUETOOTH NO ANT+ NO RFID WIRELESS LOGIN Optional CONNECTS TO APPLE WATCH MADE FOR IPHONE, IPAD, IPOD CONNECTS TO SAMSUNG GALAXY WATCH USB PORT Yes; device charging, software updates WIRELESS CHARGING (QI) NO CSAFE READY Yes	WORKOUTS	
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IPTV No WIFI Optional; included with Asset Management and Workout Tracking Network App 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	LANGUAGES	Portuguese, Swedish, Finnish, Turkish, Danish,
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CONNECTS TO APPLE WATCH MADE FOR IPHONE, IPAD, IPOD CONNECTS TO SAMSUNG GALAXY WATCH USB PORT WIRELESS CHARGING (QI) CSAFE READY NO NO Yes; device charging, software updates Yes	ANT+	No
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USB PORT Yes; device charging, software updates WIRELESS CHARGING (QI) No CSAFE READY Yes	MADE FOR IPHONE, IPAD, IPOD	No
WIRELESS CHARGING (QI) No CSAFE READY Yes	CONNECTS TO SAMSUNG GALAXY WATCH	No
CSAFE READY Yes	USB PORT	Yes; device charging, software updates
	WIRELESS CHARGING (QI)	No
AUTO WAKE-UP No	CSAFE READY	Yes
	AUTO WAKE-UP	No

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"