



S70 Ascent Trainer

In addition to the smooth, natural, low-impact exercise experience made possible by our near-silent suspension design, the S70 Ascent Trainer adds adjustable incline with variable stride length and multi-position handlebars. This unique combination lets users of all sizes hop on and get a workout that feels like it was made just for them.



- Instantly adjustable incline lets users looking for a more intense workout add challenge at the touch of a button.
- Suspension design provides a smooth, low-impact exercise experience while minimizing noise and maintenance.
- Variable stride length and multi-position handlebars make it totally intuitive for users to get a workout tailored to their body and abilities.
- Large, cushioned pedals reduce stress on joints, while narrow pedal spacing promotes good posture.
- Self-powered design makes it easy to place the S70 wherever it's most convenient for your facility.
- An open design and a low step-on height make it easy for anyone to get started and have a stable, secure exercise experience.
- A heavy-gauge welded steel frame provides excellent stability during intense workouts and durability that withstands years.
- A bright white LED console provides easy-to-read workout feedback to keep users on track for their goals.
- Conveniently positioned contact grips and a built-in wireless receiver offer easy heart rate tracking (chest strap not included).

Frame

Frame Type	Ascent Trainer®
Variable Stride Length	51–58 cm / 20"–23"
Step-on Height	21.6 cm / 8.5"
Power Incline	15%–37%

Frame

Resistance System	2-stage self-generating power
Resistance Range	1–20
Pedal Type	Oversized with rubber inserts
Pedal Spacing	5.1 cm / 2"
Handle Bar Type	Multi-position dual action with resistance / incline toggles, stationary with contact heart rate grips
Extras	Water bottle holder, reading rack

Console

Display	10 x 14 white dot-matrix LED profile display, alphanumeric LEDs, CSAFE
Workout Feedback	Distance, Speed, Heart Rate, % Max Heart Rate, Watts, METs, RPM, Calories, Time and Resistance
Programs	SPRINT 8®, Manual, Interval, Fat Burn, Random, Target HRT, HRT Weight Loss, HRT Interval, HRT Hill, Trail 2K, Trail 8K, Glute Burn, Summit Hike, Mountain Trek, Stair Climb, Fitness Test, Custom
Heart Rate	Contact grips and Polar® wireless receiver

Tech Specs

Assembled Dimensions	190.5 x 88.9 x 172.7 cm / 75" x 35" x 68"
Assembled Weight	160 kg / 352 lbs.

Tech Specs

User Weight Capacity	182 kg / 400 lbs.
Electrical Requirements	Self-powered, optional power cord
Power Supply	NEMA 5-15 Power cord (requirement may vary outside the USA)