



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).

Console

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

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%
Resistance System	2-stage self-generating power
Resistance Range	1–20
Pedal Type	Oversized with rubber inserts
Pedal Spacing	5.1 cm / 2"
Handlebar Type	Multi-position dual action with resistance / incline toggles, stationary with contact heart rate grips

Frame

Extras

Water bottle holder, reading rack

Tech Specs

Assembled Dimensions

191 x 89 x 173 cm / 75" x 35" x 68"

Assembled Weight

160 kg / 352 lbs.

User Weight Capacity

182 kg / 400 lbs.

Electrical Requirements

Self-powered, optional power cord

Power Supply

Optional NEMA 5-15 (requirement may vary outside the USA)