



Performance Ascent Trainer

PREMIUM LED CONSOLE

A-PS-PLED

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.



Give members the intuitive navigation of an LED with a more engaging look. An 8,000-pixel display fills the screen with color and sharp graphics, providing clear, easy-to-read feedback in large numbers and letters.

CONSOLE	
DISPLAY	8,000-pixel multi-color LED
WORKOUTS	Go, manual, Sprint 8†, Landmarks†, target heart rate, interval training, fat burn, rolling hills, constant watts†, glute training†, 5k/10k, fitness tests †Some of these programs may not be available on this frame.
LANGUAGES	English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Danish, Polish
IFIT ON-DEMAND WORKOUTS	No
FAN	Yes
ANALOG TV	Optional; attachable add-on TV
DIGITAL TV	Optional; attachable add-on TV
IPTV	No
PRO:IDIOM COMPATIBILITY	Optional; attachable add-on Pro:Idiom TV (≠ IPTV)
WIFI	Yes
BLUETOOTH	Yes; heart rate
ANT+	No
RFID WIRELESS LOGIN	Optional
CONNECTS TO APPLE WATCH	Optional
MADE FOR IPHONE®, IPAD®, IPOD®	No
USB PORT	Yes; device charging, software updates
CONNECTS TO SAMSUNG GALAXY WATCH	No

WIRELESS CHARGING (QI)	No
CSAFE READY	Yes
AUTO WAKE-UP	No

FRAME	
ASSEMBLED DIMENSIONS	178 x 74 x 181 cm / 70.1" x 29.1" x 71.3"
CONTACT & TELEMETRIC HR	Yes
ETHERNET CONNECTIVITY	Yes
MAX USER WEIGHT	182 kg / 400 lbs.
MINIMUM RPM	10 RPM powered or 30 RPM self-powered
MINIMUM WATTS	5 W powered or 35 W self-powered
PEDAL SPACING	6.4 cm / 2.5"
POWER REQUIREMENTS	Self-powered or 100–240 V — 50/60 Hz AC
RESISTANCE SYSTEM	Brushless generator
STEP-ON HEIGHT	24 cm / 9.5"
STRIDE LENGTH	51–61 cm / 20–24" adjustable
TOP-DOWN LEVELERS	Yes
WATT RANGE	5–650 W
RESISTANCE RANGE	5–775 W
ASSEMBLED WEIGHT	194 kg / 427.7 lbs.
SHIPPING WEIGHT	230.8 kg / 508.8 lbs.
RESISTANCE LEVELS	30