



FOR SMOOTH, NATURAL WORKOUTS THAT FIT ANY BODY

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.

ELLIPTICAL

Frame Type	Ascent Trainer®
Variable Stride Length	51-58 cm / 20"-23"
Step-on Height	22 cm / 8.5"
Power Incline	15%-37%
Resistance System	2-stage generator
Resistance Range	1-20
Pedal Type	Oversized with rubber inserts
Handlebar Type	Multi-position dual action, stationary with resistance / incline toggles and contact heart rate grips
Extras	Water bottle holder, accessory tray, reading rack
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 or optional 120v
Power Supply	Optional NEMA 5-15 (requirement may vary outside the USA)
Home Warranty	Lifetime frame and generator, 7 years parts, 2 years labor
Commercial Warranty	Lifetime frame, 5 years generator, 5 years parts, 2 years labor
* For Light Commercial Use. Some Limitations Apply	

CONSOLE

Display	10 x 14 white dot-matrix LED profile display, alphanumeric LEDs, CSAFE
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

