A7xi Ascent Trainer®

MATRIX

Intuitive App Interface

The 7xi's touch interface was thoughtfully designed for fitness. Its clean Home screen is the easiest way users can access content. From built-in social media apps to Virtual Active to on-demand TV and video, engaging content is just a touch away.

Hardware. Software. The Experience.

Matrix creates it all, so a user completing a Virtual Active™ workout feels incline changes as the terrain changes and hears ambient noises, and they can post their workout data to social profiles with a single touch for a truly integrated experience.

Facebook
Weather
Calendar
Twitter
On-demand TV
iPod
YouTube
On-demand Music Videos
Media Controls

FEATURES	
Stride Length	51 - 61 cm / 20 - 24"
Incline Range	24% - 54% (15° range)
Step-on Height	24 cm / 9.5"
Contact & Telemetric HR	Yes
Footpad Insert Type	Yes - premium
Pedal Spacing	6.4 cm / 2.5"
Handlebar Type	Multi-position dual action / premium ergo-bend stationary
Remote Buttons	Yes
Ethernet Port	Yes

CONSOLE	
Display Type	41 cm / 16" class projective capacitive touchscreen LCD
Display Feedback	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Incline, RPM, Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display
User-defined Multi-language Display	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic
Resistance Range	1-25
Workouts	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Random, Calorie Goal, Distance Goal, Time Goal
CSAFE Ready-FitLinxx™ Certified	Yes
Netpulse Compatible	Yes - included
FitTouch™ Technology	Yes
Instant On Technology	NA - powered
One-button Start	Yes
On-the-fly Program Change	Yes
Integrated Vista Clear™ Television Technology	Yes
FITCONNEXION™ Ready	No
WiFi	Yes
Multimedia Playback	Yes - compatible with most tablet and smartphone systems
iPod® Compatible	Yes
Nike + iPod® Compatible	No
Personal Fan	Yes
USB Port	Yes
Virtual Active™ Compatible	Yes - included
Asset Management Compatible	Yes - included
Web Connectivity	Yes - custom app interface in addition to web browser
Facility Communication Portal/Calendar	Yes - programmed through Asset Management
Pause Function	Yes

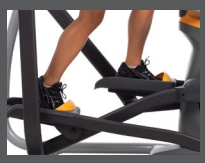
RESISTANCE SYSTEM	
Resistance System	Brushless generator

TECH SPECS	
Power Requirements	100v-240v - 50/60Hz AC
Minimum Watts	4 powered
Minimum RPM	10 powered
Assembled Dimensions	178 x 74 x 174 cm / 70" x 29.2" x 68.5"
Max User Weight	182 kg / 400 lbs.
Assembled Weight	202.7 kg / 445 lbs.
Shipping Weight	216.5 kg / 476 lbs.

WARRANTY	
Frame	7 years
Generator	5 years
Parts & Labor	3 years CAP
Wear Items (iPod® Cable, USB Port, Headphone Jack, Battery)	90 days parts

Removable Disk

All Matrix Ascent Trainer® and Suspension Elliptical® models feature a removable disk for quick access and easy serviceability.



Variable Incline

Responsive incline adjustment and variable stride length make workouts on the Ascent more dynamic and motivational – engaging glutes, hamstrings and core stabilizer muscles.

Constant Rate of Acceleration

Constant Rate of Acceleration and our patented suspension design deliver a perpetually smooth motion, free of wheels and tracks.

"Made for iPod®" means that an electronic accessory has been designed to connect specifically to iPod® and has been certified by the developer to meet Apple performance standards.
Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards.
iPod® is a trademark of Apple Inc., registered in the U.S. and other countries.