

**Backlit LCD Console Display**

18-cm / 7-inch blue backlit LCD console display provides constant feedback.

**Optimal Stride Length**

Comfortable, 48.3-cm / 19-inch stride length for smooth, natural movement.



FEATURES	
Stride Length	48.3 cm / 19"
Contact & Telemetric HR	Yes
Footpad Insert	No
Pedal Spacing	9.5 cm / 3.75"
Handlebar Design	Multi-position dual-action / ergo-bend stationary
Remote Buttons	Yes
Ethernet Port	No

CONSOLE	
Display Type	18 cm / 7" blue backlit graphic LCD
Display Feedback	Time, Distance, Calories, Speed, Level, Watts, METs, Heart Rate, Workout Profile
User-defined Multi-language Display	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese
Resistance Range	1-20
Workouts	Manual, Interval+ (Hill Interval, Random Interval), Goal+ (Time Goal, Distance Goal, Calories Goal), Multi FX+ (Constant Watts, Random), Heart Rate+ (Target HR, Weight Loss), Fit Test
CSAFE Ready-FitLinxx Certified	Yes
Netpulse Compatible	No
FitTouch Technology	No
Instant On Technology	No
One-button Start	Yes
On-the-fly Program Change	Yes
Integrated Vista Clear Television Technology	No
FITCONNEXION Ready	Yes
WiFi Enabled	No
Multimedia Playback	No
iPod® Compatible	No
Nike + iPod® Compatible	No
Personal Fan	No
USB Port	No
Virtual Active Compatible	No
Asset Management Compatible	No
Web Connectivity	No
Facility Communication Portal/Calendar	No
Pause Function	Yes

RESISTANCE SYSTEM	
Resistance System	JID hybrid generator

TECH SPECS	
Power Requirements	Self-powered
Minimum Watts	18 self-powered
Minimum RPM	30 self-powered
Assembled Dimensions	211 x 79 x 170 cm / 83" x 31" x 67"
Max User Weight	182 kg / 400 lbs.
Assembled Weight	151 kg / 333 lbs.
Shipping Weight	179.2kg / 395 lbs.

All Matrix Fitness cardio equipment complies with ErP standards.

**Constant Rate of Acceleration**

To optimize user feel, Matrix ellipticals and Ascents move fluidly at a Constant Rate of Acceleration.