

A50

Count on our unique design with exclusive Suspension Elliptical Technology and PerfectStride Motion for an exceptionally smooth, ultra-comfortable exercise experience as you adjust the incline to target the muscles you want to work most. Our A50 Ascent Trainer includes our exclusive Exact Force Induction Brake.



Our XER console includes a clear 10" touchscreen display and an intuitive home screen that offers easy access to entertainment. WiFi and Bluetooth available.

Apps available on touchscreen consoles subject to change. Console availability may vary by market.

CONSOLE	
DISPLAY TYPE	10" class capacitive touchscreen (26 cm)
WIFI ENABLED	ViewFit Connectivity, entertainment apps, software updates
BLUETOOTH ENABLED	Connect to popular training and coaching apps, Bluetooth headphones, Bluetooth heart rate monitor
HDMI PORT	No
USB PORT	Front: Use to access media from compatible devices and to install software updates. Charges most devices up to 2.4 amps.
SPEAKERS	3 Watt
CONSOLE APPS	My Media, HDMI, Netflix, Hulu, Spotify, YouTube, Facebook, Twitter, Instagram, MyFitnessPal, Weather, Web Browser, Flipbook, Press Reader, Solitaire Suite, WeChat, YouKu, Weibo, Iqiyi, NetEase (other apps vary by market)
PASSPORT READY	No
VIEWFIT CONNECTIVITY	Yes
HEART RATE	Bluetooth wireless heart rate, Bluetooth heart rate strap included
CONSOLE EXTRAS	Integrated reading rack, energy saver mode, audio in/out
WORKOUTS	12 total — manual, intervals, constant watts, time goal, distance goal, calorie goal, target heart rate, Sprint 8, Virtual Active American Northeast, Virtual Active Northern Rockies, custom

DISPLAY FEEDBACK	Time elapsed, time goal, time remaining, clock, miles / kilometers, RPM, current speed (MPH/KPH), pace, average pace, heart rate, peak heart rate, calories, calories per hour, watts, METS, incline, previous incline, resistance, previous resistance
ASSEMBLED WEIGHT	4.5 kg / 10 lbs.
FRAME	
STEP-ON HEIGHT	22 cm / 8.7"
STRIDE LENGTH	51–61 cm / 20"–24"
RESISTANCE SYSTEM	Exact Force induction brake
RESISTANCE RANGE	30 levels, electronically adjustable
POWER INCLINE	24%–54%
POWER REQUIREMENTS	120 V AC power, 15 A circuit (voltage may vary outside the USA)
PEDAL TYPE	Oversized with rubber inserts
PEDAL SPACING	6.5 cm / 2.6"
INCLINE RANGE	24%–54%
MAX USER WEIGHT	159 kg / 350 lbs.
HANDLEBAR DESIGN	Multi-position dual action, stationary with resistance / incline toggles and heart rate grips
FLYWHEEL WEIGHT	N/A
FRAME TYPE	Ascent Trainer
EXTRAS	Water bottle holder, accessory tray
ASSEMBLED WEIGHT	148.5 kg / 327 lbs.
ASSEMBLED DIMENSIONS	191 x 86 x 174 cm / 75.2" x 33.9" x 68.5"