

# ALB5x Lower Body Ascent Trainer



- LED console display offers intuitive operation
- WiFi connectivity accommodates optional Matrix Asset Management system and Workout Tracking Network
- Compatible with xID single-point user sign-in for a seamless personal experience
- Sprint 8 High Intensity Interval Training program
- RFID compatible to provide touch-free login
- USB port offers charging for most smartphones and tablets
- Integrated 3-speed personal fan
- Premium footpad insert enhances user comfort
- Adjustable incline and resistance for greater workout variety
- 51-61 cm / 20-24" adjustable stride length for increased range of motion
- 20-33 cm / 8-13" step-over height engages glutes, hamstrings and core stabilizer muscles
- Low 24 cm / 9.5" step-on height for easy accessibility
- Constant Rate of Acceleration and our patented suspension design delivers a perpetually smooth motion free of wheels and tracks
- Ergo Form Grips with integrated controls enhance comfort and accessibility of key functions
- Removable disk for easy serviceability
- Self-powered system provides cost-savings and freedom of placement within facility

## Console

Display Type	Dot-matrix LED with profile display
Display Feedback	Time Elapsed, Time Remaining, Time of Day, Total Program Time, Distance (Kilometers or Miles), Calories, Speed, Level, Incline, RPM, Heart Rate, METs, Watts, Workout Profile
Secondary Data Display	No
User-defined Multi-language Display	English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish, Russian, Danish
Resistance Range	1-25
Workouts	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Sprint 8
CSAFE Ready-FitLinxx™ Certified	Yes
IPTV Compatible	No

Pro:Idiom Compatible	Optional - add-on TV
FitTouch™ Technology	No
Instant On Technology	Yes
One-button Start	Yes
On-the-fly Program Change	Yes
Integrated Vista Clear™ Television Technology	No
FITCONNEXION™ Ready	Yes
WiFi Enabled	Optional
Bluetooth Enabled	No
iPod® / iPhone® Compatible	Charging only
Multimedia Playback	No
Personal Fan	Yes
Personal Trainer Portal Compatible	No
USB Port	Yes
Virtual Active™ Compatible	No
Asset Management Compatible	Yes
Workout Tracking Network Compatible	Yes
Web Connectivity	No
Facility Communication Portal/Calendar	No
RFID Compatible	Yes
Pause Function	Yes
Reading Rack	No

## 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	Premium
Pedal Spacing	6.4 cm / 2.5"
Handlebar Design	Multi-position ergo-bend stationary
Remote Buttons	Yes

## Resistance System

Resistance System	Brushless generator
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## Tech Specs

Power Requirements	Self-powered / powered 100v-240v - 50/60Hz AC
Minimum Watts	24 powered / 24 self-powered
Minimum RPM	25 powered / 25 self-powered
Assembled Dimensions	175 x 74 x 175cm / 68.8" x 29.1" x 68.7"

Max User Weight 182 kg / 400 lbs.

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Assembled Weight 201 kg / 442 lbs.

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Shipping Weight 214.6 kg / 472 lbs.

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