

A SMOOTH, DYNAMIC FULL-BODY WORKOUT

Count on our unique design with exclusive Suspension Elliptical Technology and PerfectStride Motion for an exceptionally smooth, ultra-comfortable exercise experience as you adjust incline to target the muscles you want to work most.

ascent trainers



A50



A30

VARIABLE STRIDE LENGTH	51 - 61 cm / 20" - 24"	51 - 61 cm / 20" - 24"
STEP-ON HEIGHT	22 cm / 8.7"	22 cm / 8.7"
POWER INCLINE	24% - 54%	24% - 54%
FLYWHEEL	N/A	13.5 kg / 30 lbs.
RESISTANCE SYSTEMS	Exact Force Induction Brake	ECB magnetic braking system
RESISTANCE LEVELS	30 levels, electronic	20 levels, electronic
PEDALS	Oversized with rubber inserts	Oversized
PEDAL SPACING	6.5 cm / 2.6"	6.5 cm / 2.6"
HANDLEBAR TYPE	Multi-position, dual action	Dual action
EXTRAS	Water bottle holder, accessory tray, stationary handles with heart rate grips and resistance/incline toggles	
DIMENSIONS (L x W x H)	191 x 86 x 174 cm / 75.2" x 33.9" x 68.5"	191 x 73 x 164 cm / 75.2" x 29" x 65"
PRODUCT WEIGHT	144 kg / 318 lbs.	142 kg / 313 lbs.
USER WEIGHT CAPACITY	159 kg / 350 lbs.	159 kg / 350 lbs.
CONSOLE	Choose from four console options to customize your workout experience. See reverse for more information.	Choose from three console options to customize your workout experience. See reverse for more information.

Specifications subject to change without notice. For more information about Matrix Fitness: matrixfitness.com

JOHNSON EXCLUSIVE TECHNOLOGIES

At Johnson Health Tech, we invest in advanced technology that completely redefines the exercise experience. These unique features are exclusive to our premium products, so you won't be able to find them anywhere else.



PerfectStride combines an ideal stride motion and ergonomically correct foot positioning with a variable stride length for a smooth, natural workout experience as you adjust incline to target the muscles you want to work most.



Exact Force Induction Brake offers instant, smooth, precise resistance changes at the push of a button, and with no moving parts, it's quieter and more durable as well.



Suspension Elliptical Technology features a wheel- and track-free design to reduce noise and friction for long-lasting quality while providing a smooth, consistent feel through the ellipse.



XUR

THE ULTIMATE ENTERTAINMENT

22" HD touchscreen offers our brightest display and easy access to entertainment apps. Available on A50 only.



XIR

ENTERTAINMENT EXCELLENCE

16" touchscreen offers an HD display and easy access to entertainment apps.



XER

INTUITIVE APP INTERFACE

10" touchscreen features a clear display and easy access to entertainment apps.



XR

SIMPLY PERFECT

8.5" LCD makes it easy to check workout data at a glance.

	XUR	XIR	XER	XR
DISPLAY	22" class HD touchscreen	16" class HD touchscreen	10" class touchscreen	8.5" Extra-wide blue LCD
WORKOUT PROGRAMS	● (12)	● (12)	● (11)	● (5)
BLUETOOTH FTMS	●	●	●	●
SPEAKERS	● (5W)	● (5W)	● (3W)	●
USB PORTS	● (2)	● (2)	● (1)	●
HDMI PORT*	●	●	●	●
CONSOLE APPS (SEE BELOW)	●	●	●	●
VIRTUAL ACTIVE INTEGRATED	●	●	●	●
SPRINT 8 INTEGRATED	●	●	●	●
BLUETOOTH HEART RATE	●	●	●	●
BLUETOOTH HR STRAP INCLUDED	●	●	●	●
READING RACK	●	●	●	●
ENERGY SAVER MODE	●	●	●	●
CONSOLE WEIGHT	11 kg / 24 lbs.	5.5 kg / 12 lbs.	4.5 kg / 10 lbs.	3.5 kg / 8 lbs.

* The term HDMI and the HDMI Logo are trademarks or registered trademarks of HDMI Licensing Administrator, Inc. HDMI cables, media player and devices not included.

console apps



Netflix



Hulu



Spotify



YouTube



Facebook



Twitter



Instagram



MyFitnessPal



Weather



Web Browser



Kindle Reader*



Flipboard



Press Reader



Solitaire Suite



WeChat



YouKu



Weibo



iQIYI



NetEase Cloud Music

Availability of apps are subject to change. Some apps are not available in all areas. Additional apps may become available. Workouts and features vary based on model type, console configurations, software versions and options purchased.

* Available on XUR and XIR only.

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Experience an immersive workout with high-definition destination footage synced to the speed of your workout. Includes two Virtual Active courses.



This scientifically validated high-intensity interval training program burns fat and builds muscle in short workouts that anyone can fit into their schedule.