



## S70 Ascent Trainer

In addition to the smooth, natural, low-impact exercise experience made possible by our near-silent suspension design, the S70 Ascent Trainer adds adjustable incline with variable stride length and multi-position handlebars. This unique combination lets users of all sizes hop on and get a workout that feels like it was made just for them.



- Instantly adjustable incline lets users looking for a more intense workout add challenge at the touch of a button.
- Suspension design provides a smooth, low-impact exercise experience while minimizing noise and maintenance.
- Variable stride length and multi-position handlebars make it totally intuitive for users to get a workout tailored to their body and abilities.
- Large, cushioned pedals reduce stress on joints, while narrow pedal spacing promotes good posture.
- Self-powered design makes it easy to place the S70 wherever it's most convenient for your facility.
- An open design and a low step-on height make it easy for anyone to get started and have a stable, secure exercise experience.
- A heavy-gauge welded steel frame provides excellent stability during intense workouts and durability that withstands years.
- A bright white LED console provides easy-to-read workout feedback to keep users on track for their goals.
- Conveniently positioned contact grips and a built-in wireless receiver offer easy heart rate tracking (chest strap not included).

### Frame

<b>Frame Type</b>	Ascent Trainer®
<b>Variable Stride Length</b>	51–58 cm / 20"–23"

## Frame

<b>Step-on Height</b>	21.6 cm / 8.5"
<b>Power Incline</b>	15%–37%
<b>Resistance System</b>	2-stage self-generating power
<b>Resistance Range</b>	1–20
<b>Pedal Type</b>	Oversized with rubber inserts
<b>Pedal Spacing</b>	5.1 cm / 2"
<b>Handlebar Type</b>	Multi-position dual action with resistance / incline toggles, stationary with contact heart rate grips
<b>Extras</b>	Water bottle holder, reading rack

## Console

<b>Display</b>	10 x 14 white dot-matrix LED profile display, alphanumeric LEDs, CSAFE
<b>Workout Feedback</b>	Distance, Speed, HR, % Max HR, Watts, METs, RPM, Calories, Time, Resistance
<b>Programs</b>	SPRINT 8®, Manual, Interval, Fat Burn, Random, Target HR, HR Weight Loss, HR Interval, HR Hill, Trail 2K, Trail 8K, Glute Burn, Summit Hike, Mountain Trek, Stair Climb, Fitness Test, Custom

## Console

### Heart Rate

Contact grips, wireless receiver

## Tech Specs

### Assembled Dimensions

191 x 89 x 173 cm / 75" x 35" x 68"

### Assembled Weight

160 kg / 352 lbs.

### User Weight Capacity

182 kg / 400 lbs.

### Electrical Requirements

Self-powered, optional power cord

### Power Supply

Optional NEMA 5-15 (requirement may vary outside the USA)