



## Matrix Fitness A50XR Ascent Trainer



The A50 Ascent Trainer from Matrix Fitness offers an exceptionally smooth and comfortable workout experience. PerfectStride technology combines an ideal stride motion and ergonomically correct foot position with a variable stride length of 51-61cm for a natural workout feel. The incline can be electronically adjusted from 24-54%. This allows for targeted training of specific muscle groups such as the buttocks, thighs, calf and rear thigh. The XR console has an easy-to-read, bright 8.5-inch LCD display. Always keep an eye on your workout data so you can reach - and even exceed - your athletic goals.

**CHF 4'849.00**

The Matrix Fitness Ascent trainer is one of a kind. Experience a naturally comfortable and intense workout with PerfectStride Motion. The combination of elliptical motion path and dynamic treads for an ergonomic foot position offers a very special feeling of movement. The Ascent Trainer allows the incline to be changed electronically to intensify the workout and focus on specific muscle groups such as the buttocks, calf, anterior thigh and posterior thigh.

### **PerfectStride Motion**

The combination of the natural, elliptical motion path with dynamic motion treads makes even intense workouts easy on the joints, making it optimal for users of all fitness levels. Perfect Stride combines the natural elliptical motion path, dynamic motion treads and variable stride lengths for all levels of difficulty. The incline is electronically changed to focus the workout on specific muscle groups such as glutes, hamstrings, calves and posterior thighs.

### **Variable incline**

**For a real athletic challenge, the incline can be adjusted from 24% to 54% to give specific muscle groups a more intense workout. This turns your cardio workout into a strength training workout at the same time.**

### **Suspension Elliptical Technology**

The extraordinary suspension principle enables an almost floating motion sequence. With no rollers or



rails, the machine is exceptionally quiet, extremely low maintenance and durable.

### **Exact Force Induction Brake**

The Exact Force Induction Brake allows for fast, seamless and precise changes in resistance at the touch of a button. Because it requires no moving parts, it is also quieter and more durable.

### **Comfort in every detail**

Bottle holder, storage compartment, heart rate sensors on the hand grips, Quick Keys for resistance, dual-action multi-position grips, and oversized rubberized pedals provide an all-around comfortable and convenient workout experience

### **Features:**

- Mains-powered Exact Force induction brake.
- workout computer with 8.5 inch extra-wide blue backlit LCD display showing elapsed time, remaining time, distance, RPM, calories, speed, heart rate, watts, MET's, resistance
- Quick Start function
- 5 programs: manual, interval (resistance), watts (25-400W), target heart rate (resistance), sprint 8 workout program\*: anaerobic workout program that promotes the natural production of growth hormones for weight loss, muscle building and aging prevention
- Workout Tracking
- Advanced Bluetooth - plug in your wireless headphones or optional Bluetooth heart rate monitor and connect to popular workout apps via Bluetooth - you can connect your state-of-the-art Ascent trainer to your favorite fitness apps via Bluetooth. This means you can compete with workout enthusiasts from around the world for a whole new workout experience.
- 30 electronically adjustable resistance levels
- Frame with suspension elliptical technology
- incline: 24% to 54
- Step length variable 51-61cm
- step height 22cm
- large, rubberized treads
- pedal distance 6,5cm
- movable multi-position grips
- stationary handles with quick keys for resistance and incline adjustment
- hand pulse sensors
- front transport wheels
- height compensation
- Passport integrated\*\* (No Passport Set Up Box is required for playback on the equipment console (not on A50XR). If you want to play the tracks on an external TV, a Passport Set Up Box is required)
- Viewfit Compatible\*\*\* - an exclusive form of workout tracking to connect your workout device to your favorite fitness apps and your social network
- Power saving mode - after 15 minutes of no activity, the console automatically goes into sleep mode to save energy
- Indicative price CHF 5'499.--

**\*SPRINT8 workout programm** - the scientifically proven, high-intensity interval training program helps burn fat and build muscle in short workouts that anyone can fit into their everyday schedule.



**\*\*Passport Media Player** with Virtual Active is an interactive workout program in which the athlete runs, drives and hikes through real landscapes. Instead of staring at walls while exercising, the exerciser can now experience the landscapes in a dynamic video - interactive and in HD quality. The training device varies the resistance according to the slope of the video landscape, the playback speed of the video in turn adapts to the pace of the trainee and even ambient sounds can be perceived.

**\*\*\* Viewfit** - it is an exclusive form of workout tracking that can connect our training device with the user's favorite fitness apps and social network. Viewfit simplifies the process of collecting fitness data. Workouts completed on the fitness device at home now no longer need to be transferred separately to the fitness app being used, as the device takes care of that itself. There are two ways to keep track of athletic activities and results, set new goals or participate in competitions: the website [www.viewfit.eu](http://www.viewfit.eu) or the Viewfit app for iOS or Android.

Use: home use, payload: approx. 159kg

Unit dimensions: L191 x W86 x H174cm, weight 144kg

Accessories: integrated receiver for chest strap transmitter, Bluetooth HR transmitter belt, hand pulse sensors, bottle holder

Option: Virtual Active Videos, floor mat

Warranty: 2 years full warranty

## Updates

To integrate **new apps** such as Instagram, Spotify, Card Games Solitaire Suite, and PressReader on the XIR, XER, and XUR consoles, you will need to perform a software update.

The latest software updates can be downloaded to an empty USB drive via the links below and uploaded to your console via the USB port.

<https://www.matrixfitness.com/en/home/support/software-updates>

Watch this video for detailed instructions: <https://youtu.be/oR07zgHhFhc>

Brake system: Induction brake system

Flywheel: 21 or more kg

Current-dependent: Yes

Stride length: adjustable between 51 cm and 61 cm

Gradient: adjustable between 24% and 54

Resistance levels: 30

Training computer: 8.5 inch LCD display

Displayed values: elapsed time, remaining time, distance, RPM, calories, speed, heart rate, watts, MET's, resistance

Training programs: 5

Pulse-controlled programs: keine

User-defined programs: keine

Hand pulse sensors: Yes

Pulse receiver: Bluetooth

Multimedia: Bluetooth interface, Passport compatible, Viewfit compatible, water bottle holder, tablet holder

Foldable: No

Accessories: integrated receiver for chest strap transmitter



Options: Bluetooth transmitter belt, floor protection mat

Folding dimensions (length / width / height): No

Dimensions (length / width / height): L 191 x W 86 x H 174 cm

Device weight: 144 kg

Payload: approx. 159 kg

Insert: Home

Features: Stationary handles, movable multi-position handles