

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.



A50

A30



	A50	A30
FRAME	Ascent Trainer	
VARIABLE STRIDE LENGTH	51 - 61 cm / 20" - 24"	
STEP-ON HEIGHT	22 cm / 8.7"	
POWER INCLINE	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"	
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)	186 x 84 x 180 cm / 73" x 33" x 71"	186 x 73 x 164 cm / 73" x 29" x 65"
PRODUCT WEIGHT	146 kg / 322 lbs.	142 kg / 313 lbs.
USER WEIGHT CAPACITY	159 kg / 350 lbs.	
CONSOLE	Choose from three console options to customize your workout experience. See reverse for more information.	

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.

CONSOLES

MATRIX



XIR

THE ULTIMATE IN ENTERTAINMENT

Our finest console includes a stunning HD display and an intuitive home screen that offers easy access to entertainment. Includes expanded Bluetooth connectivity to user devices.



XER

INTUITIVE APP INTERFACE

Our XER console includes a clear display and an intuitive home screen that offers easy access to entertainment. Includes Bluetooth connectivity.



XR

SIMPLY PERFECT

Our XR console features a clean, bright display that makes it easy for you to check your workout data at a glance, keeping you on track to reach and surpass your goals.

CONSOLES	XIR	XER	XR
DISPLAY	16" class HD touchscreen	10" class touchscreen	8.5" Extra-wide blue LCD
WORKOUT PROGRAMS	● (11)	● (10)	● (5)
BLUETOOTH ENABLED	●	●	●
SPEAKERS	● (5W)	● (3W)	●
USB PORT	●	●	●
CONSOLE APPS (SEE RIGHT)	●	●	●
VIRTUAL ACTIVE INTEGRATED	●	●	●
VIEWFIT CONNECTIVITY	●	●	●
PASSPORT READY	●	●	●
WIRELESS HEART RATE	●	●	●
POLAR HR STRAP INCLUDED	●	●	●
READING RACK	●	●	●
ENERGY SAVER MODE	●	●	●

CONSOLE APPS			
Simple	Track	Virtual Active	Sprint 8
Change Workout	My Media*	Weather	YouTube
Facebook	Twitter	Netflix	Web Browser*
		Product includes some applications that require service agreements with the content providers of those applications. Service agreements with those third parties may not be available in your country. * XIR only.	
Hulu	MyFitness Pal		

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Our integrated ViewFit connectivity system sends workout data to the fitness apps and tools you already use. It also makes it easy to share data in your favorite social networks.



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



Passport compatibility makes it easy to experience the global HD destination footage of our immersive Virtual Active program on your big screen.