

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



XR

SIMPLY PERFECT

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

ASCENT TRAINERS & ELLIPTICALS

A30

FEATURES

FRAME	Ascent Trainer
STRIDE LENGTH	51 – 61 cm / 20" – 24"
STEP-ON HEIGHT	22 cm / 8.7"
POWER INCLINE	24% – 54%
FLYWHEEL	13.5 kg / 30 lbs.
RESISTANCE SYSTEM	ECB magnetic braking system
RESISTANCE LEVELS	20 levels, electronically adjustable
PEDALS	Oversized
PEDAL SPACING	65 mm / 2.6"
HANDLEBAR TYPE	Dual action, stationary with resistance / incline toggles and heart rate grips
EXTRAS	Water bottle holder, accessory tray

TECH SPECS

DIMENSIONS (L X W X H)	186 x 73 x 164 cm / 73" x 29" x 65"
PRODUCT WEIGHT	142 kg / 313 lbs.
USER WEIGHT CAPACITY	159 kg / 350 lbs.

*Product specifications subject to change without notice. **Product availability may vary by market.

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.

CONSOLE OPTIONS	XR
TRAINING PROGRAMS	
MANUAL	•
CUSTOM	•
FAT BURN	•
ROLLING HILLS	•
INTERVALS (RESISTANCE)	•
INTERVALS (INCLINE)	•
CONSTANT WATTS	•
GLUTES	•
GOALS PROGRAMS	
TIME	•
DISTANCE	•
CALORIE	•
TARGET HEART RATE PROGRAM	
RESISTANCE	•
SPRINT 8 PROGRAM	
SPRINT 8	•
VIRTUAL ACTIVE PROGRAMS	
AMERICAN NORTHEAST	•
NORTHERN ROCKIES	•
WORKOUT FEEDBACK	
TIME ELAPSED	•
TIME GOAL	•
TIME REMAINING	•
CLOCK	•
MILES / KILOMETERS	•
RPM	•
CURRENT SPEED (MPH / KPH)	•
PACE	•
AVERAGE PACE	•
HEART RATE	•
PEAK HEART RATE	•
CALORIES	•
CALORIES / HOUR	•
WATTS	•
METS	•
INCLINE %	•
PREVIOUS INCLINE %	•
RESISTANCE	•
PREVIOUS RESISTANCE	•



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console apps



Netflix



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.