

A30

Count on our 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.



Our 16" console features a brilliant HD touchscreen display to bring your virtual journeys, movies and videos to life. Includes WiFi, Bluetooth and an HDMI port to stream whatever moves you.

Apps available on touchscreen consoles subject to change. Console availability may vary by market.

CONSOLE	
DISPLAY TYPE	16" class HD capacitive touchscreen (40 cm)
WIFI ENABLED	ViewFit Connectivity, entertainment apps, software updates
BLUETOOTH ENABLED	Connect to popular training and coaching apps, Bluetooth headphones, Bluetooth heart rate monitor
HDMI PORT	Connect streaming media devices, phones or tablets
USB PORT	Front: Use to access media from compatible devices and to install software updates. Rear: Not active
SPEAKERS	5 Watt
CONSOLE APPS	My Media, HDMI, Netflix, Hulu, Spotify, YouTube, Facebook, Twitter, Instagram, MyFitnessPal, Weather, Web Browser, Kindle Reader, Flipbook, Press Reader, Solitaire Suite, WeChat, YouKu, Weibo, Iqiyi, NetEase (other apps vary by market)
PASSPORT READY	No
VIEWFIT CONNECTIVITY	Yes
HEART RATE	Bluetooth wireless heart rate, Bluetooth heart rate strap included
CONSOLE EXTRAS	Integrated reading rack, energy saver mode, audio in/out
WORKOUTS	13 total — manual, fat burn, rolling hills, intervals, time goal, distance goal, calorie goal, target heart rate, Sprint 8, Virtual Active American Northeast, Virtual Active Northern Rockies, custom

DISPLAY 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 per hour, METS, incline, previous incline, resistance, previous resistance
ASSEMBLED WEIGHT	5.5 kg / 12 lbs.
FRAME	
FRAME TYPE	Ascent Trainer
STRIDE LENGTH	51–61 cm / 20"–24"
INCLINE RANGE	24%–54%
STEP-ON HEIGHT	22 cm / 8.7"
POWER INCLINE	24%–54%
FLYWHEEL WEIGHT	13.5 kg / 30 lbs.
RESISTANCE SYSTEM	ECB magnetic braking system
RESISTANCE RANGE	20 levels, electronically adjustable
PEDAL TYPE	Oversized
PEDAL SPACING	6.5 cm / 2.6"
HANDLEBAR DESIGN	Dual action, stationary with resistance / incline toggles and heart rate grips
EXTRAS	Water bottle holder, accessory tray
ASSEMBLED DIMENSIONS	191 x 73 x 164 cm / 75.2" x 29" x 65"
ASSEMBLED WEIGHT	142 kg / 313 lbs.
MAX USER WEIGHT	159 kg / 350 lbs.
POWER REQUIREMENTS	120 V AC power, 15 A circuit (voltage may vary outside the USA)