COMMERCIAL

S700E **ASCENT TRAINER**



LOW-IMPACT INTENSITY & ENTERTAINMENT

Our S700E Ascent Trainer adds intensity and entertainment to smooth, low-impact exercise. In addition to the near-silent suspension design, it includes adjustable incline with variable stride length and multi-position handlebars, so users of all sizes can get a workout that fits their goals and their body. The large touchscreen console elevates the experience with popular apps, exclusive workout programs and streaming entertainment.

FRAME	
Model Number	S-700E-F
Frame Type	Heavy gauge welded steel, Ascent Trainer®
Stride Length	51–58 cm / 20"–23"
Step-On Height	21.6 cm / 8.5"
Power Incline	15%–37%
Resistance System	2-stage generator
Resistance Range	1–20
Pedal Type	Oversized with rubber inserts
Pedal Spacing	5.1 cm / 2"
Handlebar Design	Multi-position dual action with resistance / incline toggles, stationary with contact heart rate grips
Extras	Water bottle holder, reading rack
TECH SPECS	
Assembled Dimensions	191 × 89 × 173 cm / 75" × 35" × 68"
Assembled Weight	163.5 kg / 360 lbs.
Max User Weight	182 kg / 400 lbs.
Power Requirements	100 - 120 V
Power Supply	NEMA 5–15 (100–120 V) (requirement may vary outside the USA)
Home Warranty	Lifetime frame and generator, 7 years parts, 2 years labor
Commercial Warranty * For Light Commercial Use. Some Limitations Apply.	Lifetime frame, 5 years generator, 5 years parts, 2 years labor

POWER INCLINE

Instantly adjustable incline lets users looking for a more intense workout add challenge at the touch of a button.

SUSPENSION DESIGN

Suspension design provides a smooth, low-impact exercise experience while minimizing noise and maintenance.

USER-DEFINED WORKOUTS

Variable stride length and multi-position handlebars make it totally intuitive for users to get a workout tailored to their body and abilities.

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NOW THERE'S MORE TO SEE You can make your fitness center a highlight of your offering with exercise that entertains. Our new Entertainment Series console will bring people in and keep them coming back with all of their favorite entertainment apps, plus exclusive HD destination footage, HIIT programs, optional live TV and more. Users can even mirror their own devices to stream whatever moves them.

POPULAR ENTERTAINMENT APPS

We've integrated the most popular streaming entertainment apps in a familiar tablet-style interface, so it's easy for anyone to log in to their personal accounts and enjoy their favorite music, movies, shows and books while their workout flies by.[1]

SPRINT 8®

An immersive version of our exclusive Sprint 8 program stimulates natural human growth hormone to burn more fat and build lean muscle in short 20-minute sprint intensity workouts that anyone can fit into their schedule.

VIRTUAL ACTIVE™

Virtual Active programming transports exercise enthusiasts to exotic locales with forward-motion, high-definition footage that speeds up or slows down to match their pace and resistance or incline that varies to match the terrain. Includes virtual coaching and a variety of courses.

OPTIONAL LIVE TV

Our optional TV tuner lets all the people you serve enjoy their favorite shows, sports and live news while they sweat. It's Pro:Idiom encrypted to protect content providers from piracy, and it's easy to add by simply removing two bolts from the quick-release service panel.

ADVANCED BLUETOOTH

Advanced Bluetooth makes it easy for users to sync Bluetooth headphones and heart rate monitors, plus connect to favorite FTMS-compatible training apps like Kinomap, Zwift and more.

CONNECT & STREAM

A built-in HDMI™ port lets your people connect Android and iOS devices and mirror their own screen. That means they can bring along their favorite playlists, movies and shows, or even browse their favorite social media feeds while they work out.[2]

CONSOLE	
Model Number	SUR-600E-C
Display	16" class capacitive touchscreen LCD
Programs	Go, manual, Sprint 8, Virtual Active, target heart rate, interval training, fat burn, rolling hills, constant watts, time goal, distance goal, calorie goal, fitness tests, custom
Workout Feedback	Time, Distance, Speed, Level, Calories, METs, Target HR, Actual HR, Profile
Heart Rate	Contact, telemetric & Bluetooth HR
Languages	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese-S, Chinese-T, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish, Thai, Malay, Catalan
HDMI IN Port	Yes; screen cast of smart devices which support HDMI out to console
CSAFE	Yes
Analog TV	Optional; NTSC, PAL, SECAM
Digital TV	Optional; ATSC 1.0, QAM-B, ISDB-T, ISDB-Tb, DVB-C/S/S2/T/T2
Pro:Idiom Compatibility	Optional; via coax
WiFi	Yes
Bluetooth	Yes; Heart rate, headphones, FTMS transmits speed and other data to training apps
USB Port	Yes; device charging, device media, software updates

[1] Apps vary by market and subject to change. App subscriptions not included.

[2] Devices and HDMI cable not included. The terms HDMI, HDMI High Definition Multimedia Interface, and the HDMI Logo are trademarks or registered trademarks of HDMI Licensing Administrator, Inc.