COMMERCIAL

S70 **ASCENT TRAINER**



FOR SMOOTH, NATURAL WORKOUTS THAT FIT ANY BODY

In addition to the smooth, natural, low-impact exercise experience made possible by our near-silent suspension design, the S70 Ascent Trainer adds adjustable incline with variable stride length and multi-position handlebars. This unique combination lets users of all sizes hop on and get a workout that feels like it was made just for them.

BLUETOOTH CONNECTIVITY

Now users can pair their Bluetooth heart rate strap or connect to favorite FTMS-compatible training apps like Kinomap, Zwift and more.

FRAME	
Model Number	S70-05
Frame Type	Heavy gauge welded steel, Ascent Trainer®
Variable Stride Length	51–58 cm / 20"–23"
Step-On Height	22 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, stationary with resistance / incline toggles and contact heart rate grips
Extras	Water bottle holder, accessory tray, reading rack
TECH SPECS	
Assembled Dimensions	191 × 89 × 173 cm / 75" × 35" × 68"
Assembled Weight	160 kg / 352 lbs.
Max User Weight	182 kg / 400 lbs.
Power Requirements	Self-powered or optional 120v

CONSOLE	
Display	10 × 14 white dot-matrix LED profile display, alphanumeric LEDs, CSAFE
Programs	Sprint 8®, Manual, Interval, Fat Burn, Random, Target HR, HR Weight Loss, HR Interval, HR Hill, Trail 2K, Trail 8K, Glute Burn, Summit Hike, Mountain Trek, Stair Climb, Fitness Test, Custom
Workout Feedback	Distance, Speed, HR, % Max HR, Watts, METs, RPM, Calories, Time, Resistance
Heart Rate	Contact, telemetric, Bluetooth
Bluetooth	Yes; Heart rate, FTMS transmits speed and other data to training apps
CSAFE	Yes
WiFi	No



Specifications subject to change without notice.