S700E

VISION
FITNESS

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.

ASCENT TRAINER

Frame Type	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 Type	Multi-position dual action with resistance / incline toggles, stationary with contact heart rate grips
Extras	Water bottle holder, reading rack
Assembled Dimensions (L × W × H)	191 × 89 × 173 cm / 75" × 35" × 68"
Assembled Weight	163.5 kg / 360 lbs.
User Weight Capacity	182 kg / 400 lbs.
Power Requirements	100–240 V — 50/60 Hz AC
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

CONSOLE

Display Type	16" class capacitive touchscreen LCD
Workouts	Go, manual, Sprint 8, Virtual Active, target heart rate, interval training, fat burn, rolling hills, constant watts, glutes, time goal, distance goal, calorie goal, fitness tests, custom
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
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
USB Port	Yes; device charging, device media, software updates
HDMI IN Port	Yes; screen cast of smart devices which support HDMI out to console
CSAFE Ready	Yes