



## MATRIX A5X ASCENT TRAINER

Take your fitness training to the next level with the Matrix A5x Ascent Trainer. A natural progression from a standard cross-trainer, this machine allows you to work on an incline for greater challenge and intensity. The perfect way to tone and strengthen your entire body, the A5x will also boost muscular endurance in the calves, hamstrings, quads, glutes and core abdominals. Regular use is also a great way to improve cardio stamina and promote natural, healthy weight loss.



## SPECIFICATIONS

<b>Weight</b>	201 kg
<b>Dimensions</b>	178 × 74 × 174 cm
<b>Console</b>	X – LED
<b>Incline/Decline</b>	+ 24% – 54%
<b>Max User Weight</b>	181kg (400lbs)
<b>Power Requirements</b>	Self-powered / powered 100v-240v – 50/60Hz AC
<b>Resistance</b>	25 levels
<b>Step up height</b>	34cm
<b>Warranty</b>	2 years: Labour, 2 years: Parts