

## Matrix A50XUR Ascent Trainer

# Matrix Fitness A50 Ascent Trainer with XUR Console User Manual

Model: A50XUR Ascent Trainer

## INTRODUCTION

Welcome to the user manual for your new Matrix Fitness A50 Ascent Trainer with XUR Console. This guide provides essential information for setting up, operating, maintaining, and troubleshooting your fitness equipment. Please read this manual thoroughly before using the Ascent Trainer to ensure safe and optimal performance.

## KEY FEATURES

The Matrix Fitness A50 Ascent Trainer is designed to provide a smooth, dynamic full-body workout with advanced features:

- **20"–24" variable stride length:** Adapts to your natural movement for a comfortable workout.
- **30 electronic resistance levels:** Offers a wide range of intensity for all fitness levels.
- **24%–54% adjustable incline:** Adds challenge and activates more muscle groups for a comprehensive workout.
- **Suspension Elliptical Technology:** Features a wheel- and track-free design to reduce noise and friction, ensuring quiet, smooth, and durable performance.
- **PerfectStride Motion:** Combines ideal stride and ergonomically correct foot positioning with a variable stride length for a smooth, natural workout at any incline.
- **Exact Force Induction Brake:** Provides instant, smooth, and precise resistance changes, ideal for HIIT training.
- **22" Touchscreen console (XUR Console):** Features a large, brilliant HD touchscreen with best-in-class apps to keep boredom away.
- **iFIT and Virtual Active integration:** Travel the world from your console with included 30-day iFIT membership.
- **Bluetooth FTMS:** Connects to third-party apps for expanded workout options.
- **Integrated HDMI:** For connecting external devices.
- **13 metric-driven programs and custom workouts:** Diverse training options to meet your goals.
- **Bluetooth HR and included strap:** For accurate heart rate monitoring.



Figure 1: The Matrix Fitness A50 Ascent Trainer with XUR Console, showcasing its robust design and integrated touchscreen.

# **A50** ASCENT TRAINER

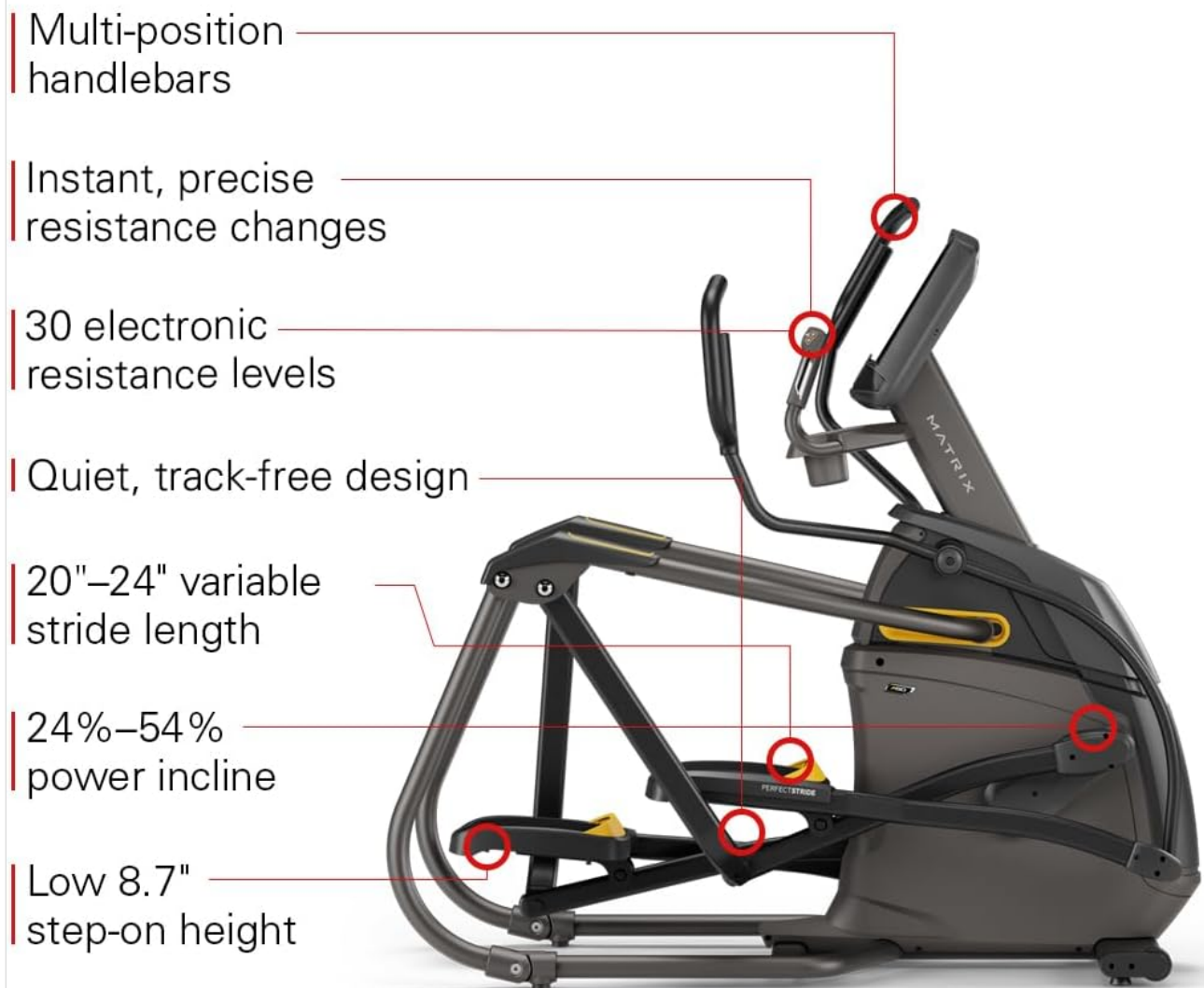


Figure 2: Detailed diagram highlighting key features of the A50 Ascent Trainer, including multi-position handlebars, electronic resistance levels, quiet track-free design, variable stride length, and power incline.

# XUR 22" TOUCHSCREEN CONSOLE

| Extra-large, brilliant HD touchscreen

| Stream apps like Netflix, YouTube and Spotify

| Virtual Active Sprint 8 and iFIT integrated

| Bluetooth FTMS to connect to third-party apps

| Integrated HDMI

| 13 metric-driven programs and custom workouts

| Bluetooth HR and included strap



Figure 3: Close-up view of the XUR 22-inch Touchscreen Console, illustrating its extra-large HD display, streaming app capabilities, and integrated fitness programs.

## SETUP

Your Matrix Fitness A50 Ascent Trainer is delivered with threshold delivery. Please ensure you have adequate space and assistance for final placement and assembly.

### Unpacking and Placement

- Carefully remove all packaging materials. Retain packaging for future transport or storage.
- Place the Ascent Trainer on a flat, stable surface. Ensure there is sufficient clearance around the unit for safe operation and maintenance.
- Connect the power cord to a grounded electrical outlet.

### Assembly (if required)

While the unit is largely pre-assembled, some components may require attachment. Refer to the separate assembly guide included in your product packaging for detailed, step-by-step instructions. Ensure all bolts and nuts are securely tightened before first use.

## OPERATING INSTRUCTIONS

Familiarize yourself with the XUR Console and the various controls to maximize your workout experience.

### Getting Started

1. Step onto the pedals, ensuring your feet are centered.
2. Grasp the multi-position handlebars firmly.
3. Power on the console. The 22" touchscreen will display the main menu.

### Using the XUR Console

- **Navigation:** Use the touchscreen to navigate through workout programs, entertainment apps (Netflix, YouTube, Spotify), and settings.
- **Resistance Adjustment:** Adjust the 30 electronic resistance levels using the controls on the console or handlebars. The Exact Force Induction Brake provides instant and quiet changes.
- **Incline Adjustment:** Utilize the 24%–54% adjustable incline to target different muscle groups and increase workout intensity.
- **iFIT and Virtual Active:** Access immersive workout experiences and virtual scenic routes. A 30-day iFIT membership is included.
- **Heart Rate Monitoring:** Connect the included Bluetooth HR strap for accurate heart rate tracking during your workout.
- **Connectivity:** Use Bluetooth FTMS to connect to compatible third-party fitness apps or the integrated HDMI for external media.

## MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Ascent Trainer.

- **Cleaning:** Wipe down the console and frame with a soft, damp cloth after each use. Avoid abrasive cleaners or excessive moisture.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The Suspension Elliptical Technology is designed for low maintenance. Refer to the full product manual for any specific lubrication requirements, if applicable.
- **Power Cord:** Inspect the power cord regularly for damage. If damaged, contact customer support for replacement.

## TROUBLESHOOTING

If you encounter issues with your Ascent Trainer, refer to the following common solutions:

Problem	Possible Cause	Solution
Unit does not power on	Power cord not connected; outlet not active	Ensure power cord is securely plugged into a working outlet. Check circuit breaker.
Resistance not changing	Console error; brake mechanism issue	Restart the console. If issue persists, contact customer support.
Unusual noises during operation	Loose components; foreign object	Inspect for loose bolts and tighten. Check for any obstructions.
Touchscreen unresponsive	Software glitch; temporary freeze	Perform a soft reset of the console (refer to console manual). If unresponsive, power cycle the unit.

For issues not listed here or if solutions do not resolve the problem, please contact Matrix Fitness customer support.

## SPECIFICATIONS

Attribute	Detail
Model Name	A50XUR Ascent Trainer
Brand	Matrix
Color	Black/Yellow
Product Dimensions (LxWxH)	75.2"D x 33.9"W x 68.5"H
Material	Iron
Resistance Mechanism	Magnetic
Maximum Weight Recommendation	350 Pounds
Maximum Stride Length	24 Inches
Screen Size	22 Inches
Item Weight	318 Pounds
Number of Resistance Levels	30
Manufacturer	Matrix Fitness
UPC	763165009089

## WARRANTY INFORMATION

The Matrix Fitness A50 Ascent Trainer comes with the following warranty:

- **Frame Components:** 7 years parts / 2 years labor warranty.
- **Console:** 5 years parts / 1 year labor warranty.







Please retain your proof of purchase for warranty claims. For full warranty terms and conditions, refer to the official warranty document included with your product or visit the Matrix Fitness website.

## CUSTOMER SUPPORT

For any questions, technical assistance, or service requests, please contact Matrix Fitness customer support:

- **Online Support:** Visit the [Matrix Store on Amazon](#) for FAQs and additional resources.
- **Phone Support:** Refer to your product packaging or the official Matrix Fitness website for the most current contact numbers.

When contacting support, please have your model number (A50XUR Ascent Trainer) and UPC (763165009089) readily available.

	<p><a href="#">MATRIX XUR, XIR, XER Konsolen: Umfassende Bedienungsanleitung</a></p> <p>Diese Bedienungsanleitung bietet detaillierte Informationen zur Einrichtung, Nutzung und den Funktionen der MATRIX XUR, XIR und XER Fitnesskonsolen. Erfahren Sie mehr über Trainingsprogramme, Einstellungen und Apps für Ihr MATRIX-Fitnessgerät.</p>
	<p><a href="#">Matrix Cardio Consoles: User Guide</a></p> <p>Explore the features and operation of Matrix cardio consoles, including LED, Group Training LED, Premium LED, Touch, and Touch XL models. This guide provides detailed descriptions and usage instructions for enhancing your fitness experience.</p>
	<p><a href="#">Matrix Touchscreen Console Guide for XUR, XIR-02, and XER-02</a></p> <p>A comprehensive guide to operating and maintaining the Matrix XUR, XIR-02, and XER-02 touchscreen consoles, covering setup, software updates, troubleshooting, and features.</p>
	<p><a href="#">MATRIX A3XE-01 Ascent Trainer Service Manual</a></p> <p>Service manual for the MATRIX A3XE-01 Single Incline Motor Ascent Trainer, covering installation, maintenance, troubleshooting, and part replacement for commercial use.</p>
	<p><a href="#">Matrix Performance Ascent Trainer &amp; Suspension Elliptical User Manual</a></p> <p>Comprehensive user manual for the Matrix Performance Ascent Trainer and Suspension Elliptical, covering setup, operation, safety precautions, and maintenance.</p>
	<p><a href="#">MATRIX XUR, XIR, XER Konsolen Bedienungsanleitung</a></p> <p>Umfassende Bedienungsanleitung für die MATRIX XUR, XIR und XER Fitnesskonsolen. Erfahren Sie alles über Einrichtung, Funktionen, Trainingsprogramme, Konnektivität und Wartung Ihrer MATRIX Fitnessgeräte.</p>