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MATRIX

MATRIX A-PS-LED Performance Ascent Trainer



Specifications

CONSOLE

CONSOLE	
DISPLAY	Large number LED with message center
WORKOUTS	<p>Go, manual, interval training, fat burn, rolling hills, target heart rate, glute training†, fitness tests</p> <p>†Some of these programs may not be available on this frame.</p>
IFIT ON-DEMAND WORKOUTS	No
LANGUAGES	English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Danish, Polish
FAN	No
ANALOG TV	Optional; attachable add-on TV
DIGITAL TV	Optional; attachable add-on TV
IPTV	No
PRO:IDIOM COMPATIBILITY	Optional; attachable add-on Pro:Idiom TV (≠ IPTV)
WIFI	Optional; included with Facility 360 and Community 360
BLUETOOTH	No
ANT+	No
RFID WIRELESS LOGIN	Optional

CONNECTS TO APPLE WATCH	No
MADE FOR IPHONE®, IPAD®, IPOD®	No
CONNECTS TO SAMSUNG GALAXY WATCH	No

USB PORT	Yes; device charging, software updates
WIRELESS CHARGING (QI)	No
CSAFE READY	Yes
AUTO WAKE-UP	No
FRAME	
ASSEMBLED DIMENSIONS	178 x 74 x 181 cm / 70.1" x 29.1" x 71.3"
CONTACT & TELEMETRIC HR	Yes
ETHERNET CONNECTIVITY	Yes
MAX USER WEIGHT	182 kg / 400 lbs.
MINIMUM RPM	10 RPM powered or 30 RPM self- powered
MINIMUM WATTS	5 W powered or 35 W self-powered
PEDAL SPACING	6.4 cm / 2.5"
POWER REQUIREMENTS	Self-powered or 100–240 V — 50/60 Hz AC
RESISTANCE SYSTEM	Brushless generator
STEP-ON HEIGHT	24 cm / 9.5"

STRIDE LENGTH	51–61 cm / 20–24” adjustable
TOP-DOWN LEVELERS	Yes
WATT RANGE	5–650 W
RESISTANCE RANGE	5–775 W
ASSEMBLED WEIGHT	194 kg / 427.7 lbs.
SHIPPING WEIGHT	230.8 kg / 508.8 lbs.
RESISTANCE LEVELS	25

Product Usage Instructions

Console Usage:

The LED Console provides easy navigation for users. Workout feedback is displayed clearly for users to monitor their performance.

Workouts:

The Ascent Trainer offers various workout programs, including manual, interval training, fat burn, and more. Select the desired program from the console to start your workout.

Console Features:

The console supports iFit on-demand workouts, multiple languages, fan, analog TV, digital TV, and IPTV Pro: Idiom compatibility. WiFi connectivity is also available for additional features.

USB Port:

The USB port can be used for device charging and software updates. Connect your device to keep it powered up and updated.

CSAFE Ready:

The console is CSAFE-ready for compatible accessories or devices that support this feature.

Contact & Telemetric HR:

The Ascent Trainer supports contact and telemetric heart rate monitoring to track your heart rate during workouts.

Performance Ascent Trainer

LED CONSOLE

A-PS-LED

Offer full-body, low-impact intensity with an Ascent Trainer that withstands heavy use for years. Patented suspension design, variable stride length and refined ergonomics keep workouts quiet, smooth and natural, even when incline is increased to target and tone different muscles. Includes water bottle holder and removable disk to streamline maintenance.



Virtually anyone can step up to our LED Console and enjoy the easy navigation of the interface. Complete, easy-to-read workout feedback helps members gauge performance at a glance.

Safety Instructions

Derived from the official manual, these precautions ensure safe, effective use:

• Proper Mount & Dismount

- Start from a fully stopped pedal position; hold both rear armrests while mounting or dismounting.
- Maintain grip on handlebars during exercise, mounting, or dismounting.

- **Clothing & Footwear**

- Wear athletic shoes and avoid loose clothing that can get caught.
- Keep pedals clean and dry; do not jump or exceed 80 RPM.

- **Usage Limits & Medical Precautions**

- Only one user at a time; do not exceed the maximum weight (~400lb / 182kg).
- Stop immediately if you experience chest pain, dizziness, nausea, or shortness of breath—consult a physician

- **Electrical & Location Safety**

- Plug into a dedicated, properly grounded circuit; no daisy-chaining with non-Ascent equipment. Use 12AWG (≤100ft) or 10AWG (>100ft) wire
- Do not use outdoors, in spray areas, or near oxygen devices; avoid blocking air vents.

- **Supervision & Maintenance**

- Keep children <14yrs and pets at least 10ft away; users aged 14+ or disabled should be supervised.
- Always unplug before cleaning or servicing; clean with mild soap and damp cloth—no solvents.
- Only qualified technicians should open console covers or perform repairs.

Troubleshooting

Common issues and resolution steps:

1. Console Resets or Erratic Readouts

- Power-cycle by unplugging for 3 minutes.
- Remove console, check all wiring for secure connections, then reassemble.

2. Shaky or Noisy Operation

- Ensure the unit is level using adjustable feet.
- Tighten all bolts per torque specs. Leveler feet are located front and rear bottom.

3. Erratic or Ineffective Resistance

- Contact your retailer or Matrix Tech Support for diagnosis.

4. Heart-Rate Monitoring Error

- Avoid gripping too tightly or inconsistently; grip palms lightly.
- Check that yellow HR cables are connected securely.

5. **Squeaking or Chirping Noises**


- Level the machine and retighten hardware.
- Lubricate pivot joints and incline ball screws quarterly.

FAQs

Q: What languages are supported for the console display?

A: The supported languages are English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Danish, and Polish.

Documents / Resources

	MATRIX A-PS-LED Performance Ascent Trainer [pdf] Owner's Manual A-PS-LED Performance Ascent Trainer, A-PS-LED, Performance Ascent Trainer, Ascent Trainer, Trainer
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References

- [User Manual](#)

■ MATRIX
🔖 A-PS-LED, A-PS-LED Performance Ascent Trainer, Ascent Trainer, MATRIX, Performance Ascent Trainer, TRAINER

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