

# ALB3xe Lower Body Ascent Trainer



- 25.6 cm / 10.1" touchscreen display with FitTouch Technology offers intuitive operation
- WiFi connectivity accommodates optional Matrix Asset Management system and Workout Tracking Network
- Custom interface configuration facilitates personalized communication with users
- Compatible with Virtual Active programming to provide an immersive exercise experience
- Optimized app interface designed specifically for fitness
- Compatible with IPTV
- Vista Clear Television Technology offers the most vibrant picture quality in the industry
- Adjustable incline and resistance for greater workout variety
- 51-61 cm / 20-24" adjustable stride length for increased range of motion
- 20-33 cm / 8-13" step-over height engages glutes, hamstrings and core stabilizer muscles
- Low 24 cm / 9.5" step-on height for easy accessibility
- Constant Rate of Acceleration and our patented suspension design delivers a perpetually smooth motion free of wheels and tracks
- Ergo Form Grips with integrated controls enhance comfort and accessibility of key functions
- Removable disk for easy serviceability
- Self-powered system provides cost-savings and freedom of placement within facility

## CONSOLE

Display Type	25.6 cm / 10.1" touchscreen LCD
Display Feedback	Time of Day, Time Elapsed, Time Remaining, Total Program Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Level, Speed, Pace, Average Pace, Incline, RPM, Heart Rate, Peak Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display
Secondary Data Display	No
User-defined Multi-language Display	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese (s), Chinese (t), Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish
Resistance Range	25-Jan
Workouts	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Glute, Random, Calorie Goal, Distance Goal, Time Goal
CSAFE Ready-FitLinxx™ Certified	Yes
IPTV Compatible	Yes
Pro:Idiom Compatible	Yes
FitTouch™ Technology	Yes
One-button Start	Yes
On-the-fly Program Change	Yes
Integrated Vista Clear™ Television Technology	Yes
FITCONNEXION™ Ready	No
WiFi Enabled	Optional
Bluetooth Enabled	Optional
Connects to Apple Watch	No

iPod® / iPhone® Compatible	No
Multimedia Playback	Compatible with most tablet and smartphone systems using android OS
Personal Fan	No
Personal Trainer Portal Compatible	Yes
USB Port	Yes
Virtual Active™ Compatible	Yes
Asset Management Compatible	Yes
Workout Tracking Network Compatible	Yes
Web Connectivity	Optional
Facility Communication Portal/Calendar	Optional
RFID Compatible	No

## FEATURES

Stride Length	51 - 61 cm / 20 - 24"
Incline Range	24% - 54% (15
Step-on Height	24 cm / 9.5"
Contact & Telemetric HR	Yes
Footpad Insert Type	No
Pedal Spacing	6.4 cm / 2.5"
Handlebar Design	Multi-position ergo-bend stationary
Remote Buttons	Yes
Pause Function	Yes

## FRAME

Available Colors	Iced Silver or Matte Black
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## RESISTANCE SYSTEM

Resistance System	Brushless generator
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## TECH SPECS

Reading Rack	Yes
Power Requirements	Self-powered / powered 100v-240v - 50/60Hz AC
Minimum Watts	21 powered & self-powered
Minimum RPM	25 powered & self-powered
Assembled Dimensions	178 x 74 x 174cm / 70" x 29.2" x 68.5"
Max User Weight	182 kg / 400 lbs.
Assembled Weight	202.7 kg / 445 lbs.
Shipping Weight	216.5 kg / 476 lbs.