

Ascend 2.0

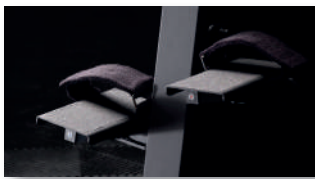
The Gym Gear's Ascend 2.0 provides a total-body workout that saves you time and helps you train smarter. Designed for private and group HIIT training. The Ascend 2.0 is easy to move and store, it does not need to be plugged in, compatible with smartphones for personal record keeping via bluetooth, can easily track and measure resistance levels from readouts on it's back-lit console, and includes a variety of pre-built and customisable training programs for HIIT, target goal and race options.



Display



Phone Holder



20" Pedal Stride



Adjustable Handlebars



Stepper Rail Attachment



Climber Cross Crawl Attachment



Climber Extender Arms



Technical Specifications

Product Weight	91.5kg / 202lbs
Resistance	16 levels of resistance
Adjustments	Adjustable handlebar positions
Footprint	L 109 x W 100 cm L 43 x W 39 inches
Assembled Dimensions	L 109 x W 100 x H 225 cm L 91 x W 39 x H 89 inches

Key Features

20" pedal stride and 30" handlebar stride	•
Backlit console with self-generating power	•
Built with a heavy-duty freestanding base	•
Wheels for easy transport	•
Heavy Duty Freestanding Frame	•

Electrical Specifications

Power	Self Powered
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Display Specification

Display Type	LCD Display
Display Feedback	9 standard console read-outs on every mode: Total Time, Speed, Workout time, Step length, Distance, Pulse, Calories/Hr or Total Calories, Interval and Resistance Level.
Programmes	(7+) Race / Opponent Programs, (4+) Interval Programs based on time, Distance, Calories or Steps, (4) Target / Goal Programs and the ability to change between metric and imperial measurement settings
Connectivity	Bluetooth

Extra Attachments

Stepper Rail Attachment	Add a padded handle rail for customers to attach to existing Ascend 2.0 - Transforms the climbers base, making it more stable. Also gives you the option to use the machine as a stepper by resting your hands on the handle rail and only using your legs, just like a stepper. Adding this attachment makes this machine a 2 in 1 vertical climber and stepper!
Climber Cross Crawl Attachment	This attachment converts the "standard pattern" elbow and knee on same side of body maintaining equal distance to a "cross crawl" with the elbow and knee being opposite to each other.
Climber Extender Arms	Add more height to your Ascend 2.0 by extending the max height of handlebars - Increases the max height of the handles by 276mm (11 inches) and adds 126mm to the Ascend 2.0 making the total height go from 2254mm in total height without the extender to 2380mm in total height with the extender.