

# ALB7xi Lower Body Ascent Trainer



- 41 cm / 16" capacitive touchscreen with FitTouch Technology offers intuitive operation
- WiFi connectivity accommodates integrated Matrix Asset Management system, plus optional Workout Tracking Network and Personal Trainer Portal
- xID single-point user sign-in offers a seamless personal experience
- Custom interface configuration through Matrix Asset Management facilitates personalized communication with users
- Advanced Sprint 8 High Intensity Interval Training program
- Integrated Virtual Active programming provides an immersive exercise experience
- Optimized app interface designed specifically for fitness offers easy access to social media and web content
- Compatible with IPTV
- RFID compatible to provide touch-free login
- Compatible with most smartphones and tablets for video, audio, charging and on-screen playlist selection
- Vista Clear Television Technology offers the most vibrant picture quality in the industry
- Integrated 3-speed personal fan
- Premium footpad insert enhances user comfort
- 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

## CONSOLE

Display Type	41 cm / 16" class projective capacitive 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	Yes
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	1-25
Workouts	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Random, Calorie Goal, Distance Goal, Time Goal, Sprint 8, Virtual Active
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	Yes
Bluetooth Enabled	Yes
iPod® / iPhone® / iPad® Compatible	Made for iPod, iPhone, iPad
Multimedia Playback	Compatible with most tablet and smartphone systems
Personal Fan	Yes
Personal Trainer Portal Compatible	Yes
USB Port	Yes
Virtual Active™ Compatible	Included
Asset Management Compatible	Included
Workout Tracking Network Compatible	Yes
Web Connectivity	Custom app interface in addition to web browser
Facility Communication Portal/Calendar	Programmed through Asset Management
RFID Compatible	Yes

## FEATURES

Stride Length	51 - 61 cm / 20 - 24"
Incline Range	24% - 54% (15° range)
Step-on Height	24 cm / 9.5"
Contact & Telemetric HR	Yes
Footpad Insert Type	Yes - premium
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
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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.