

Fitness Focus!

Matrix Ascent Trainer

The **Matrix Ascent Trainer** redefines low-impact cardio by taking your workout to the next level. Traditional ellipticals only move forward and back, but this machine introduces a dynamic, vertical climbing path. It delivers an incredibly efficient, high-intensity, total-body workout that burns maximum calories while being remarkably gentle on your body.

How to Use the Matrix Ascent Trainer

- 1. Step Up safely:** Hold the stationary handles for stability and step securely onto the center of the large footpads.
- 2. Choose your grip:** Grab the moving handlebars to engage your chest, back, and arms for a total-body calorie burn, or hold the stationary grips to isolate your core and legs.
- 3. Start pedalling:** Push forward in a fluid, continuous stride to wake up the console screen.
- 4. Select your workout:**
Manual Control: Hit **Start** to adjust your incline (rise) and resistance manually on the fly.
Pre-Made Programs: Select built-in terrain pre-made programs depending on your goal, or the signature **Sprint 8 HIIT program** to let the machine automatically manage your rise and intensity.
- 5. Safely exit:** Allow the pedals to come to a complete stop before stepping off the platform.



Trainers' Tip:

To maximize your glute activation, increase the incline (rise) to 50% or higher, sit back slightly into your heels, and focus on driving downward through your legs using the stationary handlebars for support!

Highlights:

True Low-Impact Design | Protect your body while pushing your limits. The wheel- and track-free Suspension Elliptical Technology eliminates friction entirely. This delivers an ultra-smooth ride that spares your knees, hips, and lower back from the harsh impact of running.

The Power of "Rise" | Elevate your training. The adjustable power incline mimics a true climbing motion, altering your stride path to accelerate calorie burn, skyrocket your metabolic rate, and elevate your heart rate faster than standard cardio equipment.

Targeted Muscle Sculpting | Shift your stance to target different muscle groups. Lower inclines isolate and tone your hamstrings and glutes, while higher inclines torch your quads and calves. It is like having multiple lower-body machines in one.