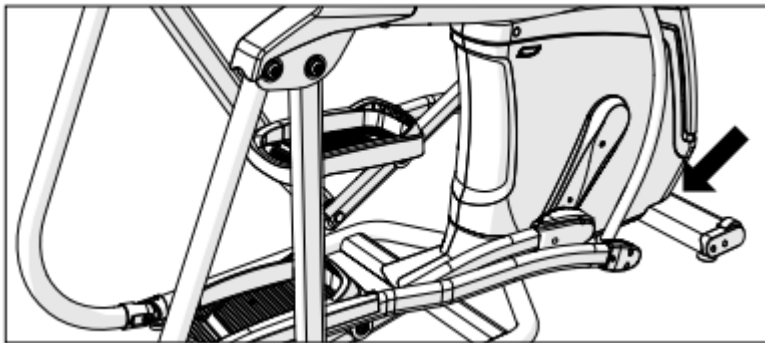


ASSEMBLY

WARNING! There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the equipment could have parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the equipment, the assembly instructions must be reviewed and corrective actions should be taken.

SERIAL NUMBER LOCATION



Before proceeding, find your ascent trainer's serial number located on a barcode sticker and enter it in the space provided below.

SERIAL NUMBER

MODEL NAME

 A30 **A50** **MATRIX ASCENT TRAINER**

* Use the information above when calling for service.

UNPACKING

Unpack the equipment where you will be using it. Place the carton on a level flat surface. It is recommended that you leave the frame in the Styrofoam base until instructed. Never open box when it is on its side.

TOOLS INCLUDED:

- 6 mm Allen Wrench
- 8 mm Allen Wrench
- 10 mm Allen Wrench
- 13/17 mm Flat Wrench
- Phillips Screwdriver

IMPORTANT NOTES

During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded.

Several parts have been pre-lubricated to aid in assembly and usage. Please do not wipe this off. If you have difficulty, a light application of lithium grease is recommended.

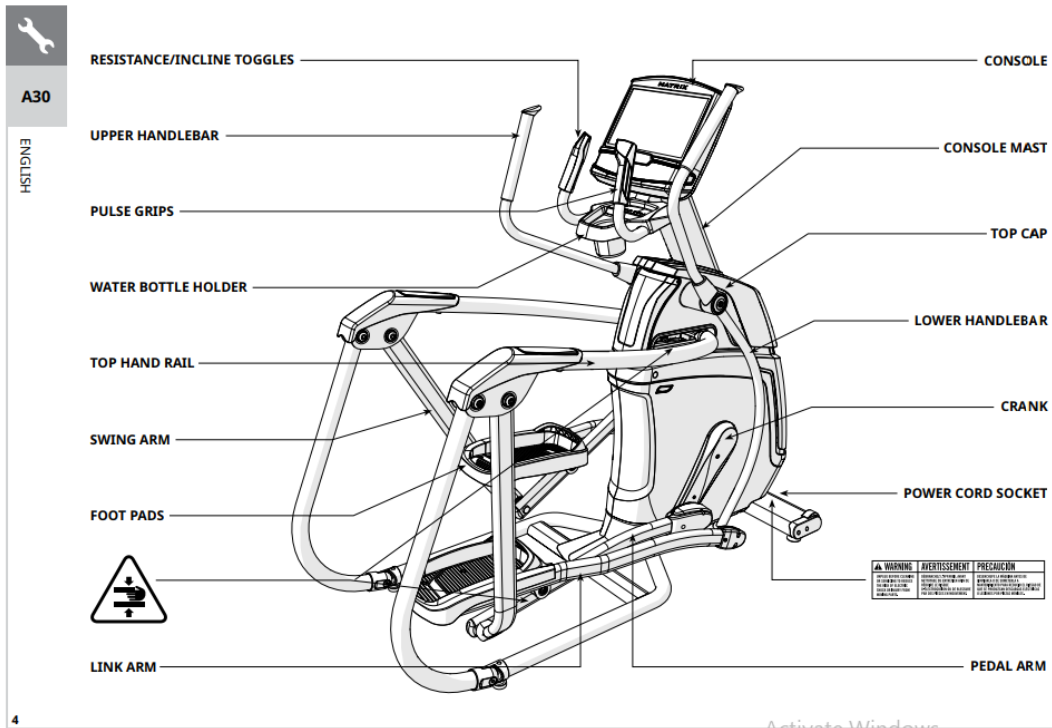
PARTS INCLUDED:

- 1 Ascent Trainer Frame
- 1 Top Rail Bracket
- 2 Hand Rail Covers
- 1 Pedal Arm Cover Set
- 1 Upper Assembly
- 2 Incline Frame Boots
- 1 Top Cap Front Cover
- 1 Top Cap Rear Cover
- 2 Upper/lower Dual Action Arms
- 2 Link Arm Cover Sets
- 2 Handlebar Caps
- 1 Power Cord
- 1 Hardware Kit

Console sold separately

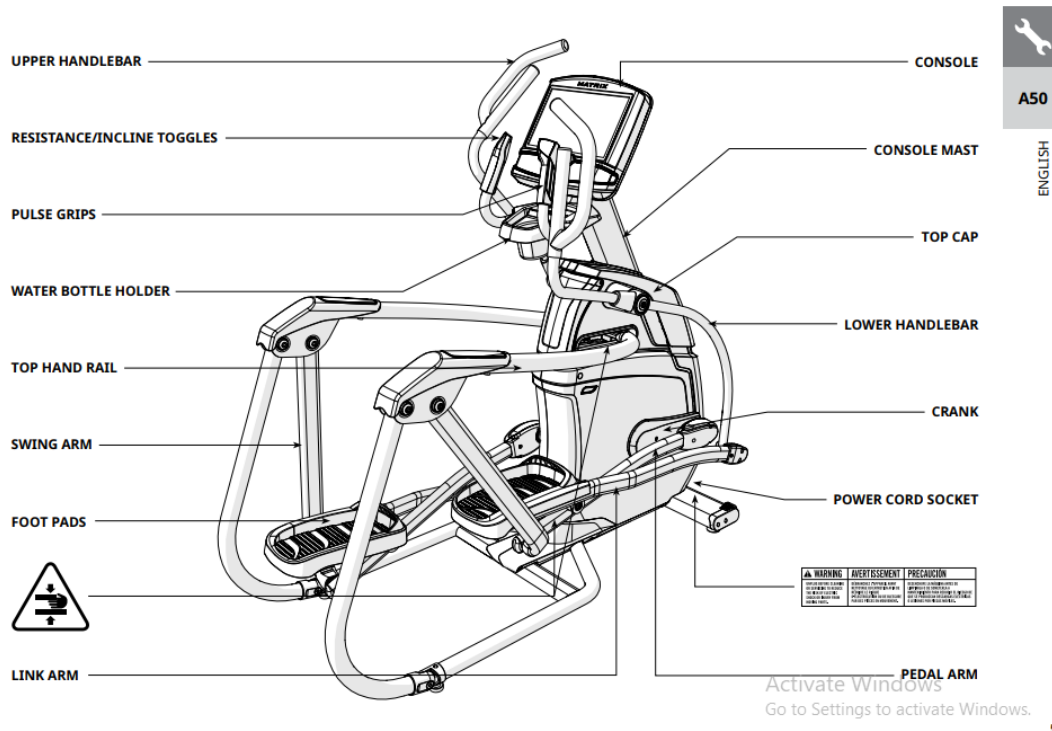
NEED HELP?

If you have questions or if there are any missing parts, contact Customer Tech Support. Contact information is located on the information card



4

Activate Windows



A50

ENGLISH

Activate Windows

Go to Settings to activate Windows.

5

1.

A. Open **HARDWARE FOR STEP 1**.

B. Gently lift up top **HAND RAIL (1)** and align with **MAIN FRAME (2)**.

C. Remove the wire tie from the **MAIN FRAME (2)**.

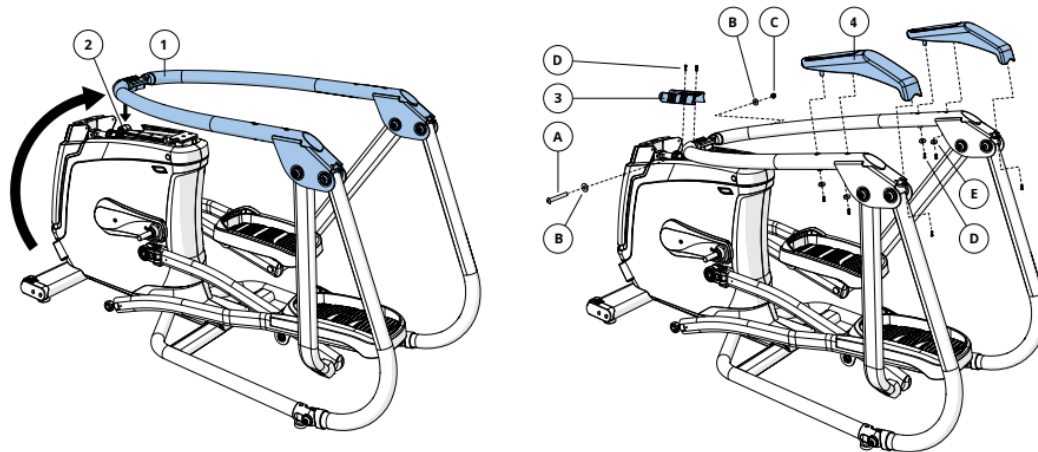
D. Attach **TOP HAND RAIL (1)** to **MAIN FRAME (2)** using **1 BOLT (A)**, **2 flat WASHERS (B)**, and **1 NUT (C)** and tighten to 45.9 Nm / 33.9 lb-ft.

E. Attach **TOP RAIL BRACKET (3)** to **TOP HAND RAIL (1)** using 2 **SCREWS (D)**.

F. Attach **HAND RAIL COVERS (4)** using 6 **SCREWS (D)** and 4 **FLAT WASHERS (E)**

Hardware For Step 1

	Description	Qty
A	Bolt	1
B	Flat Washer	2
C	Nut	1
D	Screw	8
E	Flat Washer	4



A50 SHOWN

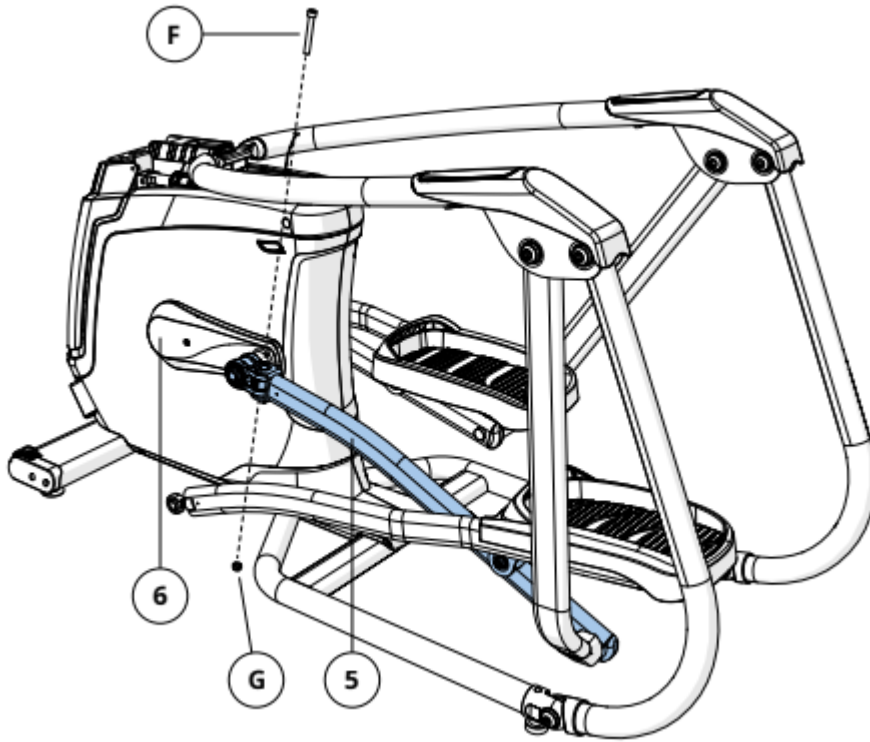
2.

A. Open **HARDWARE FOR STEP 2**.

B. Slide **LEFT PEDAL ARM (5)** onto **CRANK (6)** and attach using 1 **BOLT (F)** and 1 **NUT (G)** and tighten to 77.4 Nm / 57 lb-ft.

Hardware For Step 2

	Description	Qty
F	Bolt	1
G	Nut	1



3.

A. Open **HARDWARE FOR STEP 3**.

B. Carefully pull the **CABLE (7)** through the **UPPER ASSEMBLY (8)** using the **LEAD WIRE (9)** located inside the **UPPER ASSEMBLY (8)**.

C. Attach **UPPER ASSEMBLY (8)** to **MAIN FRAME (2)** using 4 **BOLTS (H)** and 4 **FLAT WASHERS (I)** and tighten to 64.5 Nm / 47.6 lb-ft.

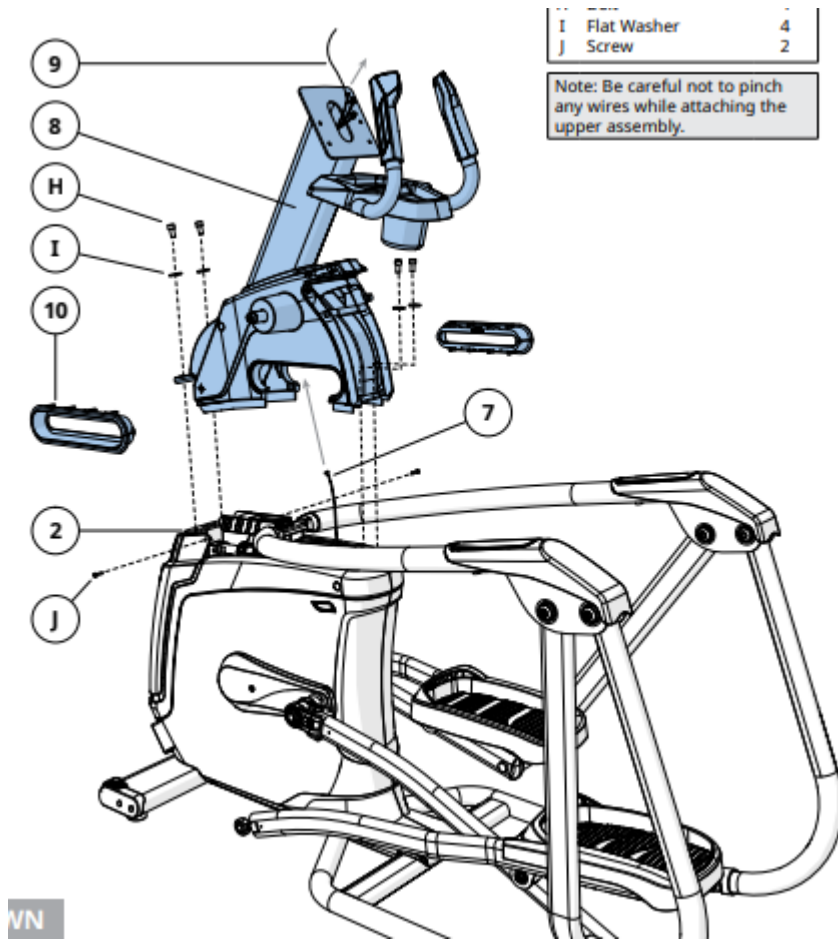
D. Insert 2 **SCREWS (J)** into bottom rear of **MAIN FRAME (2)**.

E. Insert **INCLINE FRAME BOOTS (10)** into bottom area of **UPPER ASSEMBLY (8)**.

Hardware For Step 3

	Description	Qty
H	Bolt	4
I	Flat Washer	4
J	Screw	2

Note: Be careful not to pinch any wires while attaching the upper assembly.



VN

4.

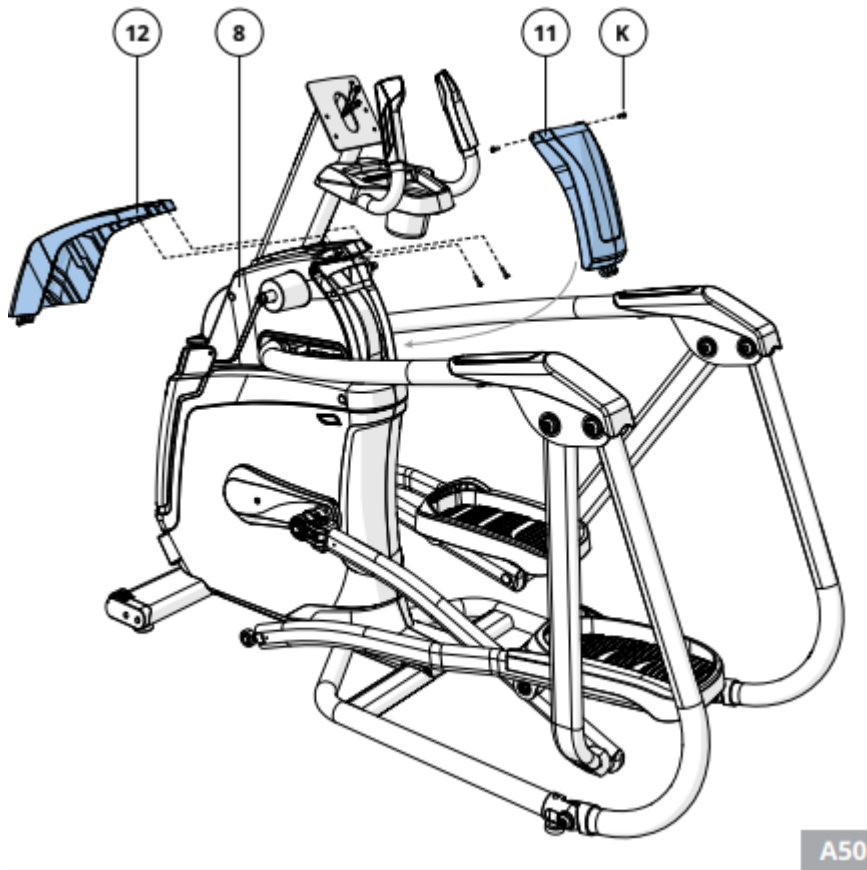
A. Open **HARDWARE FOR STEP 4**.

B. Attach the **REAR TOP CAP COVER (11)** to the **UPPER ASSEMBLY (8)** using 2 **SCREWS (L)**.

C. Attach the **FRONT TOP CAP COVER (12)** to the **UPPER ASSEMBLY (8)** using 2 **SCREWS (K)**.

Hardware For Step 4

	Description	Qty
K	Screw	4



5.

A. Open **HARDWARE FOR STEP 5**.

B. Slide the **UPPER DUAL ACTION ARM (13)** onto the **UPPER ASSEMBLY (9)** and attach using 1 **FLAT WASHER (L)** , 1 **HANDLEBAR CAP (14)** and 1 **BOLT (M)**. Torque settings: 64.5 Nm / 47.6 lb-ft.

C. Attach inside **LINK ARM COVER (15)** to **LINK ARM (16)** using 1 **SCREW (N)**.

D. Slide **LINK ARM (16)** onto the lower **DUAL ACTION ARM (17)** and attach using 1 **BOLT (O)** and tighten to 80 Nm / 59 lb-ft.

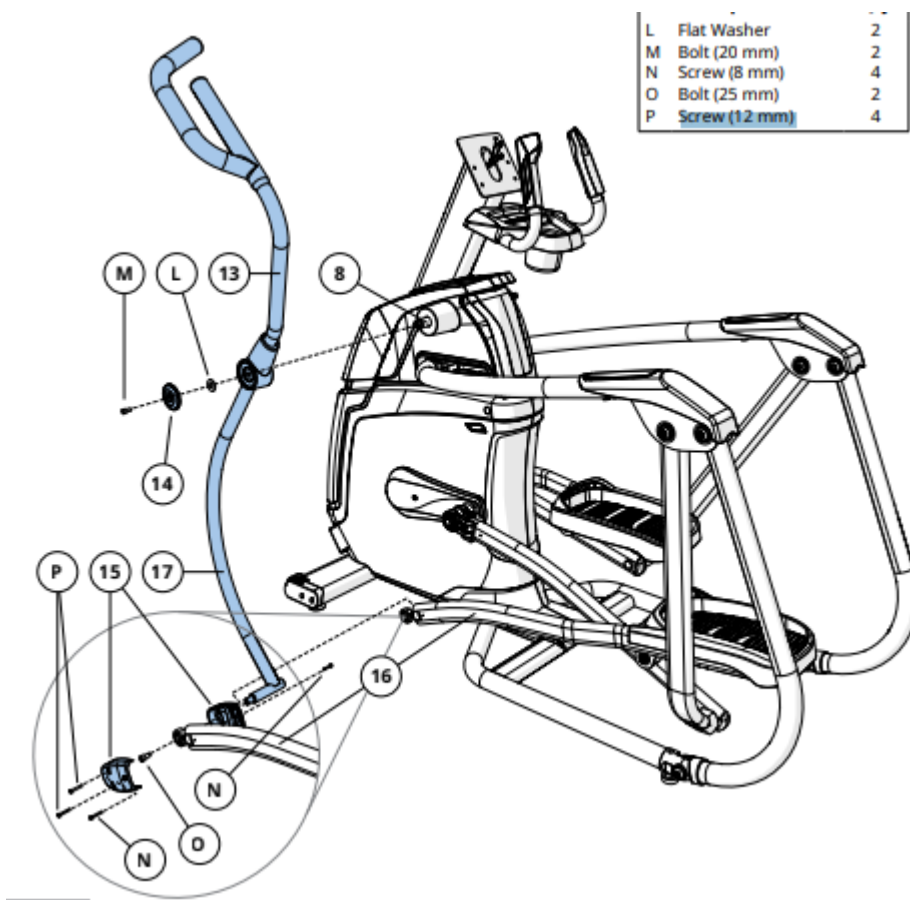
E. Attach outside **LINK ARM COVER (15)** to **LINK ARM (17)** using 2 **SCREWS (P)** and 1 **SCREW (N)**.

F. Repeat steps B–E on other side.

G. Move frame off Styrofoam base and cardboard.

Hardware For Step 5

	Description	Qty
L	Flat Washer	2
M	Bolt (20 mm)	2
N	Screw (8 mm)	4
O	Bolt (25 mm)	2
P	Screw (12 mm)	4



6.

A. Open **HARDWARE FOR STEP 6**.

B. Attach the **PEDAL ARM COVERS (18)** to the **LEFT PEDAL ARM (5)** using 4 **SCREWS (P)**.

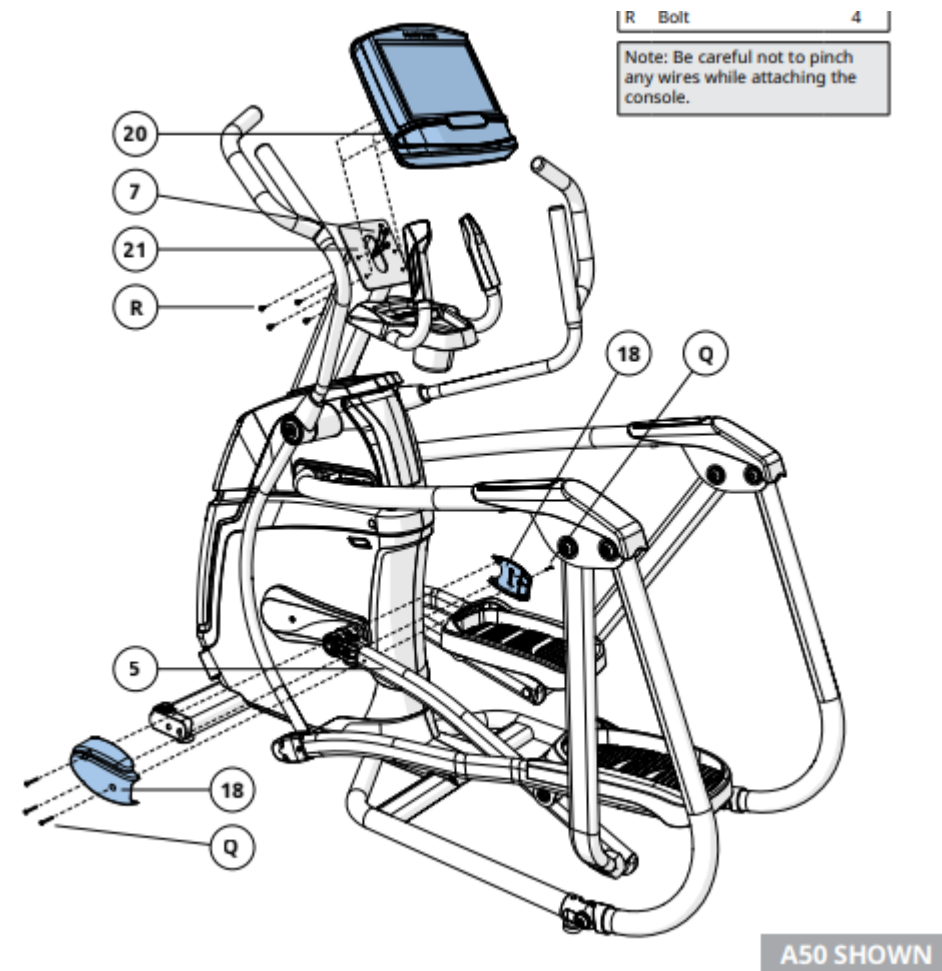
C. Connect the **CABLES (8)** to the **CONSOLE (20)** and carefully tuck the excess cable into the **CONSOLE MAST (21)**.

D. Attach the **CONSOLE (20)** to the **CONSOLE MAST (8)** using 4 **BOLTS (R)**.

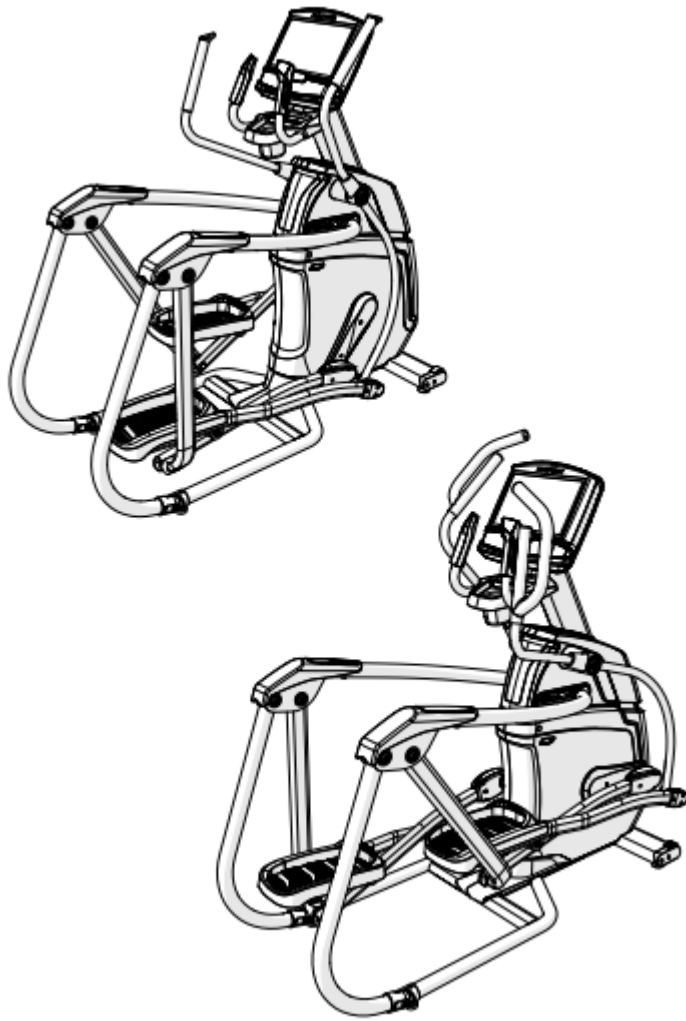
Hardware For Step 6

	Description	Qty
Q	Screw	4
R	Bolt	4

Note: Be careful not to pinch any wires while attaching the console.



7. A30 / A50 ASSEMBLY COMPLETE!



Warning

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.