CONGRATULATIONS and THANK YOU for your purchase of this AFG Ascent Trainer!

Whether your goal is to win races or simply enjoy a fuller, healthier lifestyle, an AFG Ascent Trainer can help you attain it – adding club-quality performance to your at-home workouts, with the ergonomics and innovative features you need to get stronger and healthier, faster. Because we’re committed to designing fitness equipment from the inside out, we use only the highest quality components. It’s a commitment we back with one of the strongest frame-to-brake warranty packages in the industry.

You want exercise equipment that offers the most comfort, the best reliability and the highest quality in its class.

AFG Ascent Trainers deliver.

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IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

Read all instructions before using this ascent trainer. When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this ascent trainer. It is the responsibility of the owner to ensure that all users of this ascent trainer are adequately informed of all warnings and precautions. If you have any questions after reading this manual, contact Customer Tech Support at the number listed on the back panel of this manual.

WARNING
To reduce the risk of burns, fire, electrical shock or injury to persons:

- If you experience any kind of pain, including, but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Maintain a comfortable pace.
- To maintain balance, it is recommended to keep a grip on the handlebars while exercising, mounting or dismounting the machine.
- Do not wear clothes that might catch on any part of the ascent trainer.
- Do not turn pedals by hand.
- Make sure handlebars are secure before each use.
- Do not insert or drop any object into any opening.
- Unplug ascent trainer before moving or cleaning it. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- This ascent trainer should not be used by persons weighing more than 325 pounds. Failure to comply will void the warranty.
- This ascent trainer is intended for in-home use only. Do not use this ascent trainer in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not use the ascent trainer in any location that is not temperature controlled, such as, but not limited to garages, porches, pool rooms, bathrooms, car parts or outdoors. Failure to comply may void the warranty.
- Use the ascent trainer only as described in this manual.
- Keep the pedals clean and dry.
- Care should be taken when mounting or dismounting the equipment.
- Disconnect all power before servicing the equipment.

At NO time should pets or children under the age of 12 be closer to the ascent trainer than 10 feet.
At NO time should children under the age of 12 use the ascent trainer.
Children over the age of 12 should not use the ascent trainer without adult supervision.

It is essential that your ascent trainer is used only indoors, in a climate controlled room. If your ascent trainer has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the ascent trainer is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

IMPORTANT: READ THESE SAFETY INSTRUCTIONS BEFORE USE!

There are several areas during the assembly process of an ascent trainer 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 ascent trainer could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the ascent trainer, the assembly instructions must be reviewed and corrective actions should be taken.

UNPACKING

Unpack the product where you will be using it. Place the product on a flat level surface. It is recommended that you place a protective covering on your floor. During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

NOTE: A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.
If you have questions or if there are any missing parts, contact Customer Tech Support. Contact information is located on the back panel of this manual.

**ASSEMBLY STEP 1**

A. Open **HARDWARE BAG 1**.

B. Attach the **FRONT STABILIZER TUBE** to the **MAIN FRAME** using 4 **BOLTS (A)** and 4 **WASHERS (B)**.

C. Attach the **BASE RAIL** to the **MAIN FRAME** using 4 **BOLTS (A)** and 4 **WASHERS (B)**.
ASSEMBLY STEP 2

Open HARDWARE BAG 2.

Attach the REAR UPRIGHTS to the BASE FRAME using 4 BOLTS (C), 4 WASHERS (D), 4 BASE RAIL BRACKET CAPS, and 2 AXLES.

NOTE: Assemble the TOP HANDRAILS so they are parallel to the floor. Do not assemble with the TOP HANDRAIL resting on the floor.

NOTE: Assemble the REAR UPRIGHTS so they curve toward the MAIN FRAME as illustrated.

Partially thread the TOP HANDRAILS to the REAR UPRIGHTS using 8 BOLTS (C) and 8 ARC WASHERS (E).

ASSEMBLY STEP 3

Open HARDWARE BAG 3.

Attach each TOP HAND RAIL to the INCLINE ARM using 4 BOLTS (F) and 4 NUTS (G). To make assembly easier, lightly tighten all four bolts to begin, then tighten firmly after all bolts have been started.

NOTE: The INCLINE ARM extends from the front of the REAR MAST COVER.

NOTE: Tighten all hardware from Assembly Step 2.
**ASSEMBLY STEP 4**

**HARDWARE BAG 4 CONTENTS:**
- BOLT (H): 20 mm Qty: 8
- BOLT (C): 16 mm Qty: 2
- WASHER (I): 34 mm Qty: 2
- WAVY WASHER (J): 23 mm Qty: 2

**ASSEMBLY STEP 4:***

A. Open HARDWARE BAG 4.

B. Slide 1 WAVY WASHER (J) onto each HANDLEBAR SHAFT.

C. Slide the LEFT LOWER HANDLEBAR onto the HANDLEBAR SHAFT. Be sure the LEFT LOWER HANDLEBAR is positioned the same as shown in the diagram.

D. Slide the LEFT UPPER HANDLEBAR onto the HANDLEBAR SHAFT. Using 4 BOLTS (H) connect the UPPER and LOWER HANDLEBAR as shown in the diagram. Do not tighten any bolts until all 4 are started.

E. Secure the handlebar assembly using 1 WASHER (I) and 1 BOLT (C).

F. Repeat STEPS C-E on the opposite side.

**NOTE:** Be sure to attach WASHER (I) as shown in STEP E DIAGRAM.

**ASSEMBLY STEP 5**

**HARDWARE BAG 5 CONTENTS:***
- BOLT (C): 16 mm Qty: 4
- WASHER (L): 18 mm Qty: 4

**ASSEMBLY STEP 5:**

A. Open HARDWARE BAG 5.

B. Run wires from MAIN FRAME BRACKET through the CONSOLE MAST.

C. Attach CONSOLE MAST to the MAIN FRAME BRACKET using 4 BOLTS (C) and 4 WASHERS (L).

D. Attach wires to back of CONSOLE.

**NOTE:** Do not pinch wires.

E. Attach CONSOLE to the CONSOLE MAST using 4 PRE-ATTACHED BOLTS.

F. Attach WATER BOTTLE HOLDER to CONSOLE MAST using 2 PRE-ATTACHED BOLTS.
ASSEMBLY STEP 6

A Open HARDWARE BAG 6.
B Attach each FOOTPAD to the footpad support on each LINK ARM using 4 BOLTS (K) and 4 WASHERS (L).
C Repeat with the left LINK ARM.

ASSEMBLY STEP 7

A Open HARDWARE BAG 7.
B Attach right LINK ARM to right PEDAL ARM using 1 BOLT (C), 1 WASHER (P) and 1 WAVY WASHER (M).
C Repeat on opposite side.
D Discard packaging plastic.
**ASSEMBLY STEP 8**

**HARDWARE BAG 8 CONTENTS:**
- BOLT (C): 16 mm Qty: 6
- WASHER (D): 25 mm Qty: 6
- WAVY WASHER (J): 28 mm Qty: 2
- AXEL: Qty: 2

**ASSEMBLY STEP 8:**

A Lay waste packaging plastic over the **BASE RAIL**. This will prevent the **PEDAL ARM** assembly from scratching the ascent trainers paint.

B Open **HARDWARE BAG 8**.

C Attach right **SWING ARM** to **TOP HANDRAIL** using 2 **SWING CAPS**, 2 **BOLTS (C)**, 2 **AXLES** and 2 **WASHERS (D)**.

**LEAVE BOLTS LOOSE** until you have finished **STEP D**.

D Attach the right **PEDAL ARM** to the right **CRANK** using 1 **WAVY WASHER (J)**, 1 **WASHER (D)** and 1 **BOLT (C)**.

E Attach the **CRANK CAP** to the **CRANK**.

F Repeat on opposite side.

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**ASSEMBLY STEP 9**

**HARDWARE BAG 9 CONTENTS:**
- BOLT (N): 45 mm Qty: 2
- WASHER (L): 18 mm Qty: 2
- ROD BEARING SHAFT Qty: 2
- SPACER Qty: 4
- NUT (G): 6 mm Qty: 2

**ASSEMBLY STEP 9:**

A Open **HARDWARE BAG 9**.

B Slide 1 **ROD BEARING SHAFT** into the joint end of right **LINK ARM**.

C Fit 1 **SPACER** on each side of each **ROD BEARING SHAFT** after the **ROD BEARING SHAFTS** are in **LINK ARM**.

D Attach right **LINK ARM** to the right **LOWER HANDLEBAR** using 1 **BOLT (N)**, 1 **WASHER (L)** and 1 **NUT (G)**.

E Repeat on opposite side.
CONGRATULATIONS on choosing your ascent trainer. You’ve taken an important step in developing and sustaining an exercise program! Your ascent trainer is a tremendously effective tool for achieving your personal fitness goals. Regular use of your ascent trainer can improve the quality of your life in so many ways.

HERE ARE JUST A FEW OF THE HEALTH BENEFITS OF EXERCISE:

• Weight Loss  
• A Healthier Heart  
• Improved Muscle Tone  
• Increased Daily Energy Levels

The key to reaping these benefits is to develop an exercise habit. Your new ascent trainer will help you eliminate obstacles that prevent you from exercising. Inclement weather and darkness won’t interfere with your workout when you use your ascent trainer in the comfort of your home. This guide provides you with basic information for using and enjoying your new machine.

LOCATION OF THE ASCENT TRAINER

Place the ascent trainer on a level surface. Do not place the ascent trainer in any area that will block any vent or air openings. The ascent trainer should not be located in a garage, covered patio, near water or outdoors.

ADJUSTING LEVELERS

Adjust the 2 rear levelers so that the ascent trainer is level on the floor. Then adjust the center leveler located under the BASE RAIL just so it is snug with the floor.

ASSEMBLY STEP 10

A Open HARDWARE BAG 10.

B Attach JOINT COVERS to the joint between the right LINK ARM and the right LOWER HANDLEBARS using 3 SCREWS (O).

C Repeat on opposite side.

YOU’RE FINISHED!
**POWER**

Your ascent trainer is powered by a power supply. The power must be plugged into the power jack, which is located in the front of the ascent trainer near the FRONT STABILIZER TUBE. Make sure the console power switch, located next to the power jack, is in the ON position.

**INCLINE OPERATION**

If the stop button is pressed to pause the program, the incline motor will remain at its current height. To return the incline to 0%, press start and change the incline to 0% before dismounting. If the stop button is held for 3 seconds to reset the console, the incline will return to 0%.

**MOVING**

Your ascent trainer has a pair of transport wheels built into the FRONT STABILIZER TUBE. To move, first remove the power supply and firmly grasp the base carefully tilt and roll.

**WARNING**

Do not operate the ascent trainer if the power cord or plug is damaged. If the ascent trainer appears to not be working properly, do not use the ascent trainer.

**WARNING**

Our ascent trainers are well built and heavy, weighing up to 200 lbs! Use care and additional help if necessary when moving.

**NOTE:**

There is a thin protective sheet of clear plastic on the overlay of the console that should be removed.

**A)** Workout Profile Display: Displays workout profiles.

**B)** Additional Display Windows: Time, distance, date and clock.

**C)** Alphanumeric Display Window: Displays watts, calories, RPM, heart rate, speed and profile™ display information.

**D)** Profile™ Button: Used to scroll through profile™ display modes. Must be pressed after selecting user.

**E)** Change Display Button: Used to change display modes. Press to change display feedback during workout.

**F)** iPod® Controls: Press to adjust your attached iPod® audio settings.

**G)** Start: Simply press to begin exercising or starts your workout.

**H)** Stop: Press to pause/end your workout. Hold for 3 seconds to reset the ascent trainer.

**I)** iPod®/Programming Button: Used to select program, level and time, and other options. Used to control iPod® (during workout only).

**J)** Incline Arrow Keys: Press to adjust incline in 5% increments.

**K)** Set Incline Key: Used to confirm desired incline.

**L)** Resistance Arrow Keys: Press to adjust resistance.

**M)** Set Level Key: Used to confirm desired level.

**N)** Quick Adjust Keypad: Used to reach desired resistance or incline more quickly.

**O)** Audio In: Plug your CD / MP3 player into the console using the included audio adaptor cable.

**P)** Audio Out/Headphone Jack: Plug your headphones into this jack to listen to your music through the headphones.

**Q)** iPod® Docking Station/MP3 Player Pocket: Used to dock your iPod® or store your MP3 Player.

**R)** Speakers: Music plays through speakers when your CD/MP3 player is connected to the console.

**NOTE:** When headphones are plugged into the headphone jack the sound will no longer come out through the speakers.
**MONITOR DISPLAY**

*Speed: Shown as MPH.*
*Time: Shown as Minutes:Seconds. Indicates the time remaining or the time elapsed in your workout.*

**HEART RATE:**
*Shown as Beats Per Minute. Indicates your heart rate (displayed when contact is made with both pulse grips).*

**Distance:**
*Shown as Miles. Indicates distance traveled during your workout.*

**Incline:**
*Shown as Percent. Indicates the incline of the ascent trainer guide rail.*

**Calories:**
*Indicates total Calories burned during your workout.*

**WATTS:**
*Displays current user power output.*

**RESISTANCE:**
*Indicates the resistance of the ascent trainer workout.*

**DATE & CLOCK SETUP**

1) Enter Setup Mode: Press and hold 1 and 2 BUTTONS for 3-5 seconds.
2) Use the ENTER button to confirm settings.
3) Settings include: MONTH, DAY, YEAR, HOUR, MINUTE, and AM/PM.
4) Review Settings: You can review your settings at any time while in Setup Mode. Use the ENTER button to scroll through settings.
5) Exit Setup Mode: To confirm the Date and Time, press and hold ENTER for 3 seconds.
6) To Reset: Simply reenter Setup Mode and adjust Date and Time to the correct setting.

**HEART RATE**

**PULSE GRIPS**

Place the palm of your hands directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. It takes 5 consecutive heart beats (15-20 seconds) for your heart rate to be registered. When gripping the pulse handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Keep a loose, cupping hold. You may experience an erratic readout if consistently holding the grip pulse handles. Make sure to clean the pulse sensors to ensure proper contact can be maintained. See **MAINTENANCE SECTION**.

**WIRELESS CHEST TRANSMITTER**

Prior to wearing the wireless chest transmitter on your chest, moisten the two rubber electrodes with water. Center the chest strap just below the breast or pectoral muscles, directly over your sternum, with the logo facing out.

**NOTE:**
The chest strap must be tight and properly placed to receive an accurate and consistent readout. If the chest strap is too loose, or positioned improperly, you may receive an erratic or inconsistent heart rate readout.

**BACKSIDE OF CHEST TRANSMITTER**

**APPLY MOISTURE HERE**

**SELECTING PROGRAMS**

1) Select a program using the **UP/DOWN ARROW keys** and press **ENTER**.

**NOTE:**
If you press **START** before pressing **ENTER**, the program will begin and counts up from 0.00 for the Manual (P1) and Constant Watts (P4) programs, and count down from 30.00 for all other programs. The level defaults to 1.

2) Set **TIME** using the **UP/DOWN ARROW KEYS** on the programming button and press **ENTER**.

3) Select a **LEVEL** using the **UP/DOWN ARROW KEYS** on the programming button and press **ENTER**.

4) Press **START** or **ENTER** to begin the program.
**PROGRAM PROFILES**

### P1: MANUAL

Allows 'On The Fly' manual RESISTANCE changes. Time-based goal.

### P2: INTERVALS

Walk or run a series of alternating RESISTANCE levels. Time-based goal with 16 difficulty levels to choose from.

<table>
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<th>WARM-UP</th>
<th>PROGRAM SEGMENTS - Repeat</th>
<th>COOL-DOWN</th>
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Warm-up and cool-down last 4:00 minutes each.

### P3: WEIGHT LOSS

Challenges with various combinations of hills and valleys (RESISTANCE). Time-based goal with 16 difficulty levels to choose from.

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Warm-up and cool-down last 4:00 minutes each.

### P4: CONSTANT WATTS

1. Select CONSTANT WATTS PROGRAM using the UP/DOWN ARROW KEYS and press ENTER.
2. Set TIME using the UP/DOWN ARROW KEYS on the programming button and press ENTER.
3. Select desired WATTS using the UP/DOWN ARROW KEYS on the programming button and press ENTER.
4. Press START or ENTER to beiging the program.
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<td>20</td>
<td>100</td>
<td>250</td>
<td>20</td>
<td>W</td>
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**P7: INCLINE**

Incline allows you to vary the angle of the incline deck to simulate climbing or descending different elevations.

1. Incline levels 1-20. Refer to page 40 for leveling instructions.
2. Incline levels are based on a 0% to 25% incline, with 0% representing the flat condition and 25% representing a steep incline.
3. If you create your own incline levels, refer to page 40 for leveling instructions.
4. If your incline is too high or too low, you can adjust it by following the instructions on page 40.

**P8: REVERSE TRAIN**

Reverse training allows you to reverse the direction of the incline deck to simulate running or jogging in reverse.

1. Reverse training levels 1-20. Refer to page 40 for leveling instructions.
2. Reverse training levels are based on a 0% to 25% incline, with 0% representing the flat condition and 25% representing a steep incline.
3. If you create your own reverse training levels, refer to page 40 for leveling instructions.
4. If your reverse training is too high or too low, you can adjust it by following the instructions on page 40.
PROGRAM PROFILES

P8: INCLINE 2

<table>
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<tr>
<td>10</td>
<td>2:00</td>
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</table>

WARM UP

Program segments - Repeat

CODE DOWN

Warm-up and cool-down last 4:00 minutes each.

PROGRAM PROFILES

P9 & P10: CUSTOM

1) Select CUSTOM 1 OR 2 PROGRAM using the PROGRAM QUICK KEY and press ENTER.
2) Set TIME using the ARROW KEYS on the programming button and press ENTER.
   At this time, your program has been successfully saved into memory and can be used for future workouts.
3) Set the RESISTANCE PROFILES using the ARROW KEYS on the programming button and press ENTER after each RESISTANCE PROFILE is set to the desired level (repeat until all 15 segments are chosen).
4) Next, set the INCLINE PROFILES using the ARROW KEYS on the programming button and press ENTER after each INCLINE PROFILE is set to the desired level (repeat until all 15 segments are chosen).
   NOTE: If BACK is pressed on the programming button, it will take you back to previous segment.
5) Press START to begin the program.
   NOTE: To reset the memory press and hold the ENTER button for 5 seconds.

Finishing Your Program

When your workout is complete, the CONSOLE will beep. Your workout information will stay displayed on the console for 30 seconds and then reset.

Clear Current Selection

To clear the current workout selection or screen, hold the STOP button for 3 seconds.
proFILE™ PERFORMANCE TRACKER

Introduction
Research shows that those who journal their fitness routines or workouts, on average, achieve greater success than those who do not. Because your new ascent trainer is equipped with AFG’s exclusive proFILE™ Performance Tracker, you’ve taken an important step towards achieving your fitness goals. Congratulations!

proFILE™ is an innovative new software, integrated into your ascent trainer console, that will allow you to track your fitness progress over time, without the need for paper journals or logs. proFILE™ allows you to easily compare your current workout to your last, average or lifetime workout totals. With quick access to feedback like duration of workout or calories burned during previous workouts, you’ll be able to quickly and easily see the progress you’ve made. Read further to learn about how proFILE™ can help motivate you to enhance your performance.

proFILE™ OPERATION

SETUP: To activate proFILE™ a USER MUST be chosen before the program begins. To select a USER 1 or 2, use PROGRAMMING BUTTON and press ENTER to confirm. All accumulated data specifically relates to the user that is chosen. Note: If no user is selected and clock and date are not set, no data will be tracked.

RESET: Reset all recorded information for User 1 or User 2 by selecting the user and then holding down the proFILE™ button for 10 seconds. Note: This step is permanent and will delete ALL previously accumulated data for the chosen user.

ACCUMULATED DATA: Once proFILE™ is activated, you can scroll through your accumulated data in multiple formats by pressing the proFILE™ button. A workout is saved when: the program ends, the console is paused and not resumed within 10 minutes, or the STOP button is held to reset the console.

1) CURRENT WORKOUT: The console automatically defaults to Current Workout, displaying your progress in real time.

2) AVERAGE WORKOUT: This option allows you to see your average accumulated data for the last 30 workouts.

The following information will be shown in each display window:

- TIME: Average workout time.
- CALORIES: Average calories burned.
- WATTS: Average watts of workout.
- RPM: Average RPM of workout.

3) LAST WORKOUT: This option allows you to view your accumulated data from your last workout. The Current Workout becomes the Last Workout once a program has ended or the console has been reset. The following information will be shown in each display window:

- TIME: Average time of last workout.
- CALORIES: Average calories burned of last workout.
- WATTS: Average watts of last workout.
- RPM: Average RPM of last workout.

4) WEEKLY GOAL: Indicates the weekly goal you set. “LEFT”: Indicates the time or distance you have left to complete to meet your weekly goal.

- TIME or DISTANCE: The total time or distance goal you selected and the time or distance you have left to complete to meet your weekly goal.
  - A) The “GOAL” and “LEFT” will display alternately every 3 seconds.
  - B) “GOAL DONE” message will appear when goal is completed.
  - C) If the date and clock are not set and/or a weekly goal is not set, WEEKLY GOAL will display zeros.
  - D) The time or distance left for the weekly goal will reset at the end of each week.

5) WEEKLY TOTAL: View your accumulated data from the last Sunday to the present day.

NOTE: This data is based on week to date NOT the previous seven days. For instance, if you have not used the machine since Sunday, the console will read zeros. The following information will be shown in each display window:

- TIME: Total time of workout.
- CALORIES: Average calories burned.
- WATTS: Average watts of weekly workout.
- RPM: Average RPM of weekly workout.

NOTE: If the Date and Clock are not set, WEEKLY TOTAL will default to the Last Workout data.

6) LIFETIME TOTAL: This option allows you to view the total accumulated data. The following information will be shown in each display window:

- TIME: Total accumulated time.
- CALORIES: Average calories burned.
- WATTS: Average watts.
- RPM: Average RPM.

WEEKLY GOAL SETUP

1) Select USER 1 or USER 2.
2) Press proFILE™ button and scroll to WEEKLY GOAL.
3) Enter the Setup Mode: Press ENTER. Use +/- KEYS to set a time goal (leave time at 00:00 if you want to set a distance goal).
4) Press ENTER button again and use the +/- KEYS to set a distance goal. If the distance is changed from 0.00, distance will be the goal.

NOTE: You may only set a time or distance goal, not both.

5) Press ENTER button again to exit the SETUP MODE.
USING SPEAKER/MP3 AUDIO FUNCTION

iPod® Docking Station (iPod® Not Included)
The AFG iPod Docking Station is the entertainment solution for your workouts. Various models of iPod with a dock connector can fit with the use of the included inserts.

1) Remove rubber plug from bottom of Docking Station.
2) Place the insert that fits your iPod model into the Docking Station.
   NOTE: Dock inserts will not fit all of the way to the bottom of the docking station.
3) Plug in your iPod by matching the dock connector pin on the ascent trainer with the dock connector on your iPod.
   NOTE: If you want to connect a different sized iPod, simply lift out the insert and replace with a new one.
4) Use the iPod controls below the iPod dock to adjust volume and music selection. Use the iPod programming button to access full iPod functionality.
   NOTE: If you don’t want to use the speakers, you can plug your headphones into the Audio Out Jack at the bottom of the Console.
5) Replace the rubber plug into the bottom of the Docking Station when the station is not in use.
   NOTE: iPod audio will not play through speakers if audio adaptor cable is plugged in while iPod is in the Docking Station.
   NOTE: iPod Console Controls will only function while you are in a program.

USING OTHER MP3/CD PLAYERS

1) Leave Rubber Plug at bottom of Docking Station.
2) To hold your MP3 player in place in the Docking Station, use the Universal MP3 Player Insert.
   NOTE: Only iPods are compatible with the Connector Pin in the iPod Docking Station.
3) Connect the included Audio Adaptor Cable to the Audio In Jack on the top of the Console and the Headphone Jack on your CD / MP3 player.
4) Use your CD/MP3 player buttons to adjust song settings.
   NOTE: If you don’t want to use the speakers, you can plug your headphones into the Audio Out Jack at the bottom of the Console.
5) Remove the Audio Adaptor Cable when not in use.

CONDITIONING GUIDELINES

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.

HOW OFTEN? (Frequency of Workouts)
The American Heart Association recommends that you exercise at least 3 to 4 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it’s 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn’t matter whether it’s in the morning before breakfast, during lunch hour or while watching the evening news. What’s more important is that it’s a time that allows you to keep a schedule, and a time when you won’t be interrupted. To be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

HOW LONG? (Duration of Workouts)
For aerobic exercise benefits, it’s recommended that you exercise from between 24 and 60 minutes per session. But start slowly and gradually increase your exercise times. If you’ve been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

HOW HARD? (Intensity of Workouts)
How hard you workout is also determined by your goals. If you use your machine to prepare for a 5K workout, you will probably work out at a higher intensity than if your goal is general fitness. Regardless of your long term goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial! There are two ways to measure your exercise intensity. The first is by monitoring your heart rate. A simple way to gauge your exercise intensity is to evaluate your perceived exertion level. While exercising, if you are too winded to maintain a conversation without gasping, you are working out too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it’s time to slow down. Always be aware of these warning signs of overexertion.

PERCEIVED EXERTION LEVEL
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What is Target Heart Rate Zone?

Target Heart Rate Zone tells you the number of times per minute your heart needs to beat to achieve a desired workout effect. It is represented as a percentage of the maximum number of times your heart can beat per minute. Target Zone will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. The American Heart Association recommends working-out at a Target Heart Rate Zone of between 60% and 75% of your maximum heart rate. A beginner will want to workout in the 60% range while a more experienced exerciser will want to workout in the 70-75% range. See chart for reference.

EXAMPLE:
For a 42-year-old user: Find age along the bottom of the chart (round to 40), follow age column up to the target zone bar. Results: 60% of maximum Hear Rate = 108 Beats Per Minute, 75% of maximum Heart Rate = 135 Beat Per Minute.

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.
**WARM UP**
The first 2 to 5 minutes of a workout should be devoted to warming up. The warm-up will limber your muscles and prepare them for more strenuous exercise. Make sure that you warm-up on your product at a slow pace. The warm up should gradually bring your heart rate into your Target Heart Rate Zone.

**COOL DOWN**
Never stop exercising suddenly! A cool-down period of 3–5 minutes allows your heart to readjust to the decreased demand. Make sure that your cool down period consists of a very slow pace to allow your heart rate to lower. After the cool-down, repeat the stretching exercises listed above to loosen and relax your muscles.

**TIPS**

**THE IMPORTANCE OF A WARM-UP & COOL DOWN**

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The first 2 to 5 minutes of a workout should be devoted to warming up. The warm-up will limber your muscles and prepare them for more strenuous exercise. Make sure that you warm-up on your product at a slow pace. The warm up should gradually bring your heart rate into your Target Heart Rate Zone.

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**TIPS**

**ACHIEVING YOUR FITNESS GOALS**

An important step in developing a long-term fitness program is to determine your goals. Is your primary goal for exercising to lose weight? Improve muscle? Reduce stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

- **Weight Loss** - lower intensity, longer duration workouts
- **Improve Body Shape and Tone** - interval workouts, alternate between hi and low intensities
- **Increased Energy Level** - more frequent daily workouts
- **Improved Sports Performance** - high intensity workouts
- **Improved Cardiovascular Endurance** - moderate intensity, longer duration workouts

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of the immediate motivation benefits. Short-term goals are easier to achieve. Your console provides you with several readouts that can be used to record your progress. You can track distance, calories or time.

**KEEPING AN EXERCISE DIARY**

To make your personal exercise log book, photocopy the weekly and monthly log sheets, which are located on the following pages, or you can print them off of your computer by going to:


As your fitness improves, you can look back and see how far you’ve come!

**TROUBLESHOOTING**

Your AFG ascent trainer is designed to be reliable. However, if you do experience problems with your ascent trainer, please reference the troubleshooting guide listed below.

**PROBLEM:** The console does not turn on.
**SOLUTION:** Verify the following:
- The outlet the machine is plugged into is functional. Double check that the breaker has not tripped.
- The correct adapter is being used. Only use the adapter provided or authorized by AFG.
- The adapter is not pinched or damaged and is properly plugged into the outlet AND the machine.
- The power switch is turned to the ON position (may not apply to all models).
- Unplug the power cord. Remove the console and check that all connections to the console are secure and not damaged or pinched.

**PROBLEM:** The console lights up but the Time/RPM’s do not count.
**SOLUTION:** Unplug the power cord. Remove the console and check that all connections to the console are secure and not damaged or pinched.

**PROBLEM:** The console lights up but the Time/RPM’s do not count.
**SOLUTION:** If doing the above does not fix the problem, the speed sensor and/or magnet may have become dislodged or damaged.

**PROBLEM:** The resistance levels seem to be incorrect, seeming too hard or too easy.
**SOLUTION:** The correct adapter is being used. Only use the adapter provided or authorized by AFG.
- Reset the console and allow the resistance to reset to the default position. Restart and retry the resistance levels.
HEART RATE TROUBLESHOOTING

PROBLEM: There is no heart rate reading.

SOLUTION: Remove the console and verify that the heart rate cables are attached properly, making sure that the cables are securely inserted into the console.

• Check your exercise environment for sources of interference such as high power lines, large motors, etc.

YOU MAY EXPERIENCE AN ERRATIC HEART RATE READOUT UNDER THE FOLLOWING CONDITIONS:

• Gripping the heart rate handlebars too tight. Try to maintain moderate pressure while holding onto the heart rate handlebars.
• Constant movement and vibration due to constantly holding the heart rate grips while exercising.
• When your hands are constricted by wearing a ring.
• When your hands are dry or cold. Try moisturizing your palms or rubbing them together to warm.
• Anyone with heavy arrhythmia.
• Anyone with arteriosclerosis or peripheral circulation disorder.
• Anyone whose skin on the measuring palms is especially thick.
• Low light environments can also affect proper readings.

NOTE: Outside interference sources such as computers, motors and fluorescent lights may cause the reading to be erratic.

If the above troubleshooting section does not remedy the problem, discontinue use and turn the power off.

CALL CUSTOMER TECH SUPPORT AT THE NUMBER ON THE BACK PANEL. WHEN YOU ARE NEAR THE EQUIPMENT

The following information may be asked of you when you call. Please have these items readily available:

• Model Name
• Serial Number
• Date of Purchase (receipt or credit card statement)

In order for Customer Tech Support to service your ascent trainer, they may need to ask detailed questions about the symptoms that are occurring. Some troubleshooting questions that may be asked are:

• How long has this problem been occurring?
• Does this problem occur with every use? With every user?
• If you are hearing a noise, does it come from the front, back or inside? What kind of noise is it (thumping, grinding, squeaking, chirping etc.)?
• If you are hearing a noise, does it come from the front, back or inside? What kind of noise is it (thumping, grinding, squeaking, chirping etc.)?
• If you are hearing a noise, does it come from the front, back or inside? What kind of noise is it (thumping, grinding, squeaking, chirping etc.)?

Answering these and other questions will give the technicians the ability to send proper replacement parts and the service necessary to get you and your AFG ascent trainer running again!

COMMON PRODUCT QUESTIONS

ARE THE SOUNDS MY ASCENT TRAINER MAKES NORMAL?

Our ascent trainers are some of the quietest available because they use belt drives and friction free magnetic resistance. We use the highest grade bearings and belts to minimize noise. However, because the resistance system itself is so quiet, you will occasionally hear other slight mechanical noises. Unlike older, louder technologies, there are no fans, friction belts, or alternator noises to mask these sounds on our ascent trainers. These mechanical noises, which may or may not be intermittent, are normal and are caused by the transfer of significant amounts of energy to a rapidly spinning flywheel. All bearings, belts and other rotating parts will generate some noise which will transmit through the casing and frame. It is also normal for these sounds to change slightly during a workout and over time because of thermal expansion of the parts.

WHY IS THE ASCENT TRAINER I HAD DELIVERED LOUDER THAN THE ONE AT THE STORE?

All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. Sometimes a heavy rubber mat will help reduce reverberation through the floor. If a fitness product is placed close to a wall, there will be more reflected noise.

HOW LONG WILL THE DRIVE BELT LAST?

The computer modeling we have done indicated virtually thousands of maintenance free hours. Belts are now commonly used in far more demanding applications such as motorcycle drives.

CAN I MOVE THE ASCENT TRAINER EASILY ONCE IT IS ASSEMBLED?

Your ascent trainer has a pair of transport wheels built into the front stabilizer bar. It is easy to move your ascent trainer by rolling it on the front transport wheels. It is important that you place your ascent trainer in a comfortable and inviting room. Your ascent trainer is designed to use minimal floor space. Many people will place their ascent trainers facing the TV or a picture window. If at all possible, avoid putting your ascent trainer in an unfinished basement. To make exercise a desirable daily activity for you, the ascent trainer should be in a comfortable setting.
**MAINTENANCE**

**WHAT KIND OF ROUTINE MAINTENANCE IS REQUIRED?**

We use sealed bearings throughout our ascent trainers so lubrication is not needed. The most important maintenance step is to simply wipe your perspiration off the ascent trainer after each use.

**HOW DO I CLEAN MY ASCENT TRAINER?**

Cleanliness of your ascent trainer and its operating environment will keep maintenance problems and service calls to a minimum. For this reason, AFG recommends that the following preventive maintenance schedule be followed.

**AFTER EACH USE (DAILY)**

- Turn off the ascent trainer by unplugging the power cord from the wall outlet.
- Wipe down the ascent trainer with a damp cloth. Never use solvents, as they can cause damage to the ascent trainer.
- Inspect the power cord. If the power cord is damaged, contact AFG.
- Make sure the power cord is not underneath the ascent trainer or in any other area where it can become pinched or cut.

**To remove power from the ascent trainer, the power cord must be disconnected from the wall outlet.**

**WARNING**

**EVERY MONTH**

- Inspect all assembly bolts and pedals on the machine for proper tightness.
- Clean any debris off of the pedal arm wheels and guide rails.

**WEEKLY**

- Clean underneath the ascent trainer, following these steps:
  - Turn off the ascent trainer
  - Move the ascent trainer to a remote location.
  - Wipe or vacuum any dust particles or other objects that may have accumulated underneath the ascent trainer.
  - Return the ascent trainer to its previous position.

**LIMITED HOME-USE WARRANTY**

**WEIGHT CAPACITY** = 325 lbs

**FRAME + LIFETIME**

AFG warrants the frame against defects in workmanship and materials for the lifetime of the original owner.

**Brake + LIFETIME**

AFG warrants the brake against defects in workmanship and materials for the lifetime of the original owner.

**Electronics & Parts + 3 Years**

AFG warrants the electronic components and all original parts for a period of 1 year from the date of original purchase, so long as the device remains in the possession of the original owner.

*By registering the 18.0 AXT within 30 days of purchase, AFG will automatically extend the electronics and parts warranty of this product from 3 to 5 years.*

**LABOR** + 1 YEAR

AFG shall cover the labor cost for the repair of the device for a period of 1 year from the date of the original purchase, so long as the device remains in the possession of the original owner.

**EXCLUSIONS AND LIMITATIONS**

**Who is covered:**

The original owner and is not transferable.

**What IS covered:**

Repair or replacement of a defective motor, electronic component, or defective part and is the sole remedy of the warranty.

**What IS NOT covered:**

- Normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the equipment as sold.
- Damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, neglect, theft, vandalism, fire, flood, wind, lightning, freezing, or other natural disasters of any kind, power reduction, fluctuation or failure from whatever cause, unusual atmospheric conditions, collision, introduction of foreign objects into the covered unit, or modifications that are unauthorized or not recommended by AFG.
- Incidental or consequential damages. AFG is not responsible or liable for indirect, special or consequential damages, economic loss, loss of property, or profits, loss of enjoyment or use, or other consequential damages of whatsoever nature in connection with the purchase, use, repair or maintenance of the product.
- Equipment used for commercial purposes or any use other than a single family or household, unless endorsed by AFG for coverage.
- Equipment owner or operated outside the US and Canada.
- Delivery, assembly, installation, setup for original or replacement units or labor or other costs associated with removal or replacement of the covered unit.
- Any attempt to repair this equipment creates a risk of injury. AFG is not responsible or liable for any damage, loss or liability arising from any personal injury incurred during the course of, or as a result of any repair or attempted repair of your fitness equipment by other than an authorized service technician. All repairs attempted by you on your fitness equipment are undertaken AT YOUR OWN RISK and AFG shall have no liability for any injury to the person or property arising from such repairs.

**SERVICE/RETURNS**

- In-home service is available only within 150 miles of the nearest authorized repair center.
- All returns must be pre-authorized by AFG.
- AFG’s obligation under this warranty is limited to replacing or repairing, at AFG’s option, the product at one of its authorized service centers.
- A AFG authorized service center must receive all products for which a warranty claim is made. These products must be received with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase.
- Parts and electronic components reconditioned to As New Condition by AFG or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms.
- This warranty gives you specific legal rights, and your rights may vary from state to state.
CUSTOMER TECH SUPPORT

For fast and friendly service, please contact one of our trained customer technicians via phone, email or our website.

Customer Tech Support Hotline: 1-877-662-3455
Email: comments@advancedfitnessgroup.com
Website: www.advancedfitnessgroup.com

Every employee at AFG takes pride in providing you with a high quality product. We want to know if you have a problem and we want to have an opportunity to correct it for you.

NOTE: Please read the TROUBLESHOOTING section before contacting Customer Tech Support. To receive additional product information, visit us at www.advancedfitnessgroup.com

1620 Landmark Dr,
Cottage Grove, WI 53527
Tel: 1.877.GOAFG.55