

MATRIX

VERSA SERIES

VS-S401





matrixfitness.com/manuals

| | |
|-----|--|
| ENG | To download the latest owner's manual, in the language of your choice, visit the website above. For further assistance, Matrix contact information is on the next page. |
| GER | Das neueste Benutzerhandbuch in der Sprache Ihrer Wahl können Sie auf der zuvor genannten Website herunterladen. Falls Sie weitere Hilfe benötigen, finden Sie die Matrix-Kontaktinformationen auf der nächsten Seite. |
| FRE | Pour télécharger la version la plus récente du guide d'utilisation dans la langue de votre choix, visitez le site ci-dessus. Si vous avez besoin d'aide, rendez-vous sur la page suivante pour obtenir les coordonnées de Matrix. |
| SPE | Para descargar el último manual de usuario en el idioma que prefiera, visite el sitio web anterior. Si necesita más ayuda, la información de contacto de Matrix se encuentra en la página siguiente. |
| DUT | Ga naar de bovenstaande website om de laatste gebruikershandleiding te downloaden in de taal van uw keuze. Voor extra hulp vindt u de Matrix-contactgegevens op de volgende pagina. |
| DAN | Du kan downloade den seneste brugsvejledning på dit foretrukne sprog fra webstedet ovenfor. Hvis du har brug for yderligere hjælp, henvises du til Matrix' kontaktoplysninger på næste side. |
| ITA | Per scaricare il più recente manuale del proprietario, nella lingua che preferisci, visita il sito Web indicato in precedenza. Per ulteriore assistenza, le informazioni di contatto per Matrix si trovano alla pagina successiva. |
| GRK | Για λήψη του πιο πρόσφατου εγχειριδίου χρήστη, στη γλώσσα της επιλογής σας, επισκεφθείτε την παραπάνω ιστοσελίδα. Για περαιτέρω βοήθεια, πληροφορίες επικοινωνίας με την Matrix παρέχονται στην επόμενη σελίδα. |
| POL | Aby pobrać najaktualniejszą wersję instrukcji obsługi w wybranym języku, należy odwiedzić powyższą stronę internetową. Jeśli potrzebna jest dalsza pomoc, można skorzystać z informacji kontaktowych Matrix podanych na kolejnej stronie. |
| PRB | Para baixar a versão mais recente do nosso manual em seu idioma, acesse o site acima. Para obter mais assistência, as informações de contato da Matrix estão na próxima página. |
| CHT | 若要下載您所選語言版本的最新使用手冊，請造訪上述網站。 如需其他協助，請參閱下一頁的 Matrix 聯絡資訊。 |
| JPN | ご希望の言語版の最新オーナーズマニュアルは、上記ウェブサイトからダウンロードしてください。 さらにサポートが必要な場合は、次ページに記載されているMatrixお問い合わせ窓口までご連絡ください。 |
| KOR | 선택한 언어로 최신 사용설명서를 다운로드하려면 위의 웹 사이트를 참조하십시오. 추가 지원이 필요한 경우 다음 페이지에 있는 Matrix 연락처 정보로 요청하십시오. |
| VTM | Để tải về sách hướng dẫn sử dụng mới nhất, bằng ngôn ngữ của bạn, hãy truy cập trang web bên trên. Để được trợ giúp thêm, thông tin liên lạc của Matrix có ở trang kế tiếp. |
| THI | ท่านสามารถดาวน์โหลดคู่มือผู้ใช้งานล่าสุดในภาษาที่ต้องการได้จากเว็บไซต์ข้างต้น หากท่านต้องการ ความช่วยเหลืออื่นๆ โปรดติดต่อไปยังขอมูลติดต่อ Matrix ที่ให้ไว้ในหน้าถัดไป |
| ARB | هالعالع ببول عقوم ةدرايزب لصففت ،اهاراتخت يتال اةلللاب ،كللالل ليلد ثدحأ ليزنتل . ةةلالل اةلصفلال يف Matrix ةكرشب ةصاخلال لاصتلال تامولعم دجوت ،ةدعاسملا نم ديزملا . |



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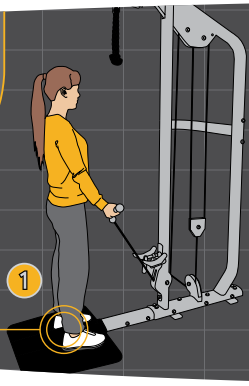
Biceps

Stand on foot platform during use

Stretch



1



2



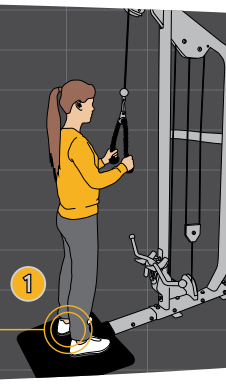
Triceps

Stand on foot platform during use

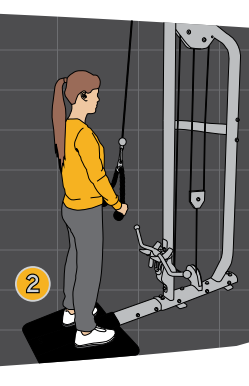
Stretch



1

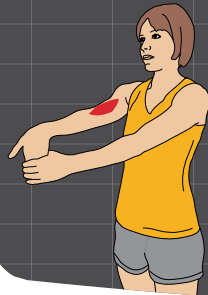


2



Biceps / Triceps

MATRIX



IMPORTANT SAFETY INFORMATION

It is the sole responsibility of the purchaser of MATRIX products to instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment.

It is recommended that all users of MATRIX exercise equipment be informed of the following information prior to its use.

Do not use any equipment in any way other than designed or intended by the manufacturer.

It is imperative that MATRIX equipment be used properly to avoid injury.

INSTALLATION

1. **STABLE AND LEVEL SURFACE:** MATRIX exercise equipment must be installed on a stable base and properly leveled.
2. **SECURING EQUIPMENT:** Manufacturer recommends that all stationary MATRIX strength equipment be secured to the floor to stabilize equipment and eliminate rocking or tipping over. This must be performed by a licensed contractor.

All anchor points must be able to withstand 750 lbs. (3.3 kN) pull-out force.

MAINTENANCE

1. **DO NOT** use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by your country's local MATRIX dealer.
2. **MAINTAIN LABELS AND NAMEPLATES:** Do not remove labels for any reason. They contain important information. If unreadable or missing, contact your MATRIX dealer for a replacement.
3. **MAINTAIN ALL EQUIPMENT:** Preventative maintenance is the key to smooth operating equipment as well as keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.
4. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. MATRIX dealers will provide service and maintenance training at our corporate facility upon request.

ADDITIONAL NOTES

This equipment should only be used in supervised areas where access and control is specifically regulated by the owner. It is up to the owner to determine who is allowed access to this training equipment. The owner should consider a user's: degree of reliability, age, experience, etc.

This training equipment meets industry standards for stability when used for its intended purpose in accordance with the instructions provided by the manufacturer.

This equipment is for indoor use only. This training equipment is a Class S product (designed for use in a commercial environment such as a fitness facility). This training equipment is in compliance with EN ISO 20957-1 and EN 957-2.



WARNING

DEATH OR SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. FOLLOW THESE PRECAUTIONS TO AVOID INJURY!

1. Keep children under the age of 14 away from this strength training equipment. Teenagers must be supervised at all times while using this equipment.
2. This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
3. All warnings and instructions should be read and proper instruction obtained prior to use. Use this equipment for its intended purpose ONLY.
4. Inspect the machine before use. DO NOT use machine if it appears damaged or inoperable.
5. Do not exceed weight capacity of this equipment.
6. Check to see that the selector pin is completely inserted into the weight stack.
7. NEVER use the machine with the weight stack pinned in an elevated position.
8. NEVER use dumbbells or other means to incrementally increase the weight resistance. Only use the means provided directly from the manufacturer.
9. Injuries to health may result from incorrect or excessive training. Cease exercise if you feel faint or dizzy. Obtain a medical exam before beginning an exercise program.
10. Keep body, clothing, hair, and fitness accessories free and clear of all moving parts.
11. Adjustable stops, where provided, must be used at all times.
12. When adjusting any adjustable mechanism (stop position, seat position, pad location, range of motion limiter, pulley carriage, or any other type), make certain that the adjustable mechanism is fully engaged prior to use to prevent unintended motion.
13. Manufacturer recommends that this equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
14. If equipment is NOT secured to floor: NEVER allow resistance straps, ropes or other means to be attached to this equipment, as this may result in serious injury. NEVER use this equipment for support during stretching, as this may result in serious injury.
15. DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED OR ILLEGIBLE.





PROPER USAGE

1. Do not exceed weight limits of the exercise device.
2. If applicable, set safety stops to appropriate height.
3. If applicable, adjust seat pads, leg pads, foot pads, range of motion adjustment, or any other type of adjustment mechanisms to a comfortable start position. Make certain that the adjusting mechanism is fully engaged to prevent unintentional movement and to avoid injury.
4. Sit on bench (if applicable) and get into appropriate position for exercise.
5. Exercise using no more weight than you can safely lift and control.
6. In a controlled manner, perform exercise.
7. Return weight to its fully-supported start position.

MAINTENANCE CHECKLIST

| ACTION | FREQUENCY |
|-----------------------------------|-------------|
| Clean Upholstery ¹ | Daily |
| Inspect Cables ² | Daily |
| Clean Guide Rods | Monthly |
| Inspect Hardware | Monthly |
| Inspect Frame | Bi-Annually |
| Clean Machine | As Needed |
| Clean Grips ¹ | As Needed |
| Lubricate Guide Rods ³ | As Needed |

¹ Upholstery & Grips should be cleaned with a mild soap and water or a non-ammonia based cleaner.

² Cables should be inspected for cracks or frays and immediately replaced if present. If excessive slack exists cable should be tightened without lifting the head plate.

³ Guide rods should be lubricated with Teflon based lubricant. Apply the lubricant to a cotton cloth and then apply up and down the guide rods.

WARRANTY

For North America, please visit www.matrixfitness.com for warranty information along with warranty exclusions and limitations.

PRODUCT SPECIFICATIONS

| | |
|---------------------------------|--|
| Max User Weight | 136 kg / 300 lbs. |
| Max Training Weight | 93 kg / 205 lbs. |
| Product Weight, Heavy Stack | 237 kg / 522 lbs. |
| Heavy Weight Stack | 91 kg / 200 lbs. |
| Light Weight Stack | 73 kg / 160 lbs. |
| Add-On-Weight | 2.3 kg / 5 lbs. effective resistance |
| Overall Dimensions (L x W x H)* | 167 x 116 x 227 cm / 65.6 x 45.3 x 89.1" |

* Ensure a minimum clearance width of 0.6 meters (24") for access to and passage around MATRIX strength equipment. Please note, 0.91 meters (36") is the ADA recommended clearance width for individuals in wheelchairs.



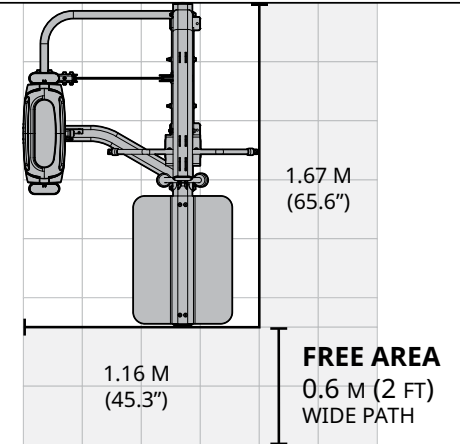
VS-S401 TRAINING AREA

UNPACKING

Thank you for purchasing a MATRIX Fitness product. It is inspected before it is packaged. It is shipped in multiple pieces to facilitate the compact packaging of the machine. Prior to assembly, confirm all the components by matching them with the exploded diagrams. Carefully unpack the unit from this box and dispose of the packing materials in accordance with your local laws.

CAUTION

To avoid injury to yourself and prevent damage to the frame components, be sure to have proper assistance removing the frame pieces from this box. Please be sure to install the equipment on a stable base, and properly level the machine. Ensure a minimum clearance width of 0.6 meters (24") for access to and passage around MATRIX strength equipment. Please note, 0.91 meters (36") is the ADA recommended clearance width for individuals in wheelchairs.



TOOLS REQUIRED FOR ASSEMBLY (not included)

3MM L-Shaped Allen Wrench



4MM L-Shaped Allen Wrench



5MM L-Shaped Allen Wrench



6MM L-Shaped Allen Wrench



8MM L-Shaped Allen Wrench



10MM L-Shaped Allen Wrench



Phillips Screwdriver



8MM Open-End Wrench



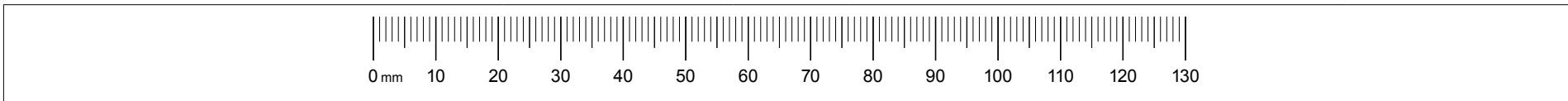
17MM Open-End Wrench



Guide Rod Lubrication



If any items are missing please contact your country's local MATRIX dealer for assistance.



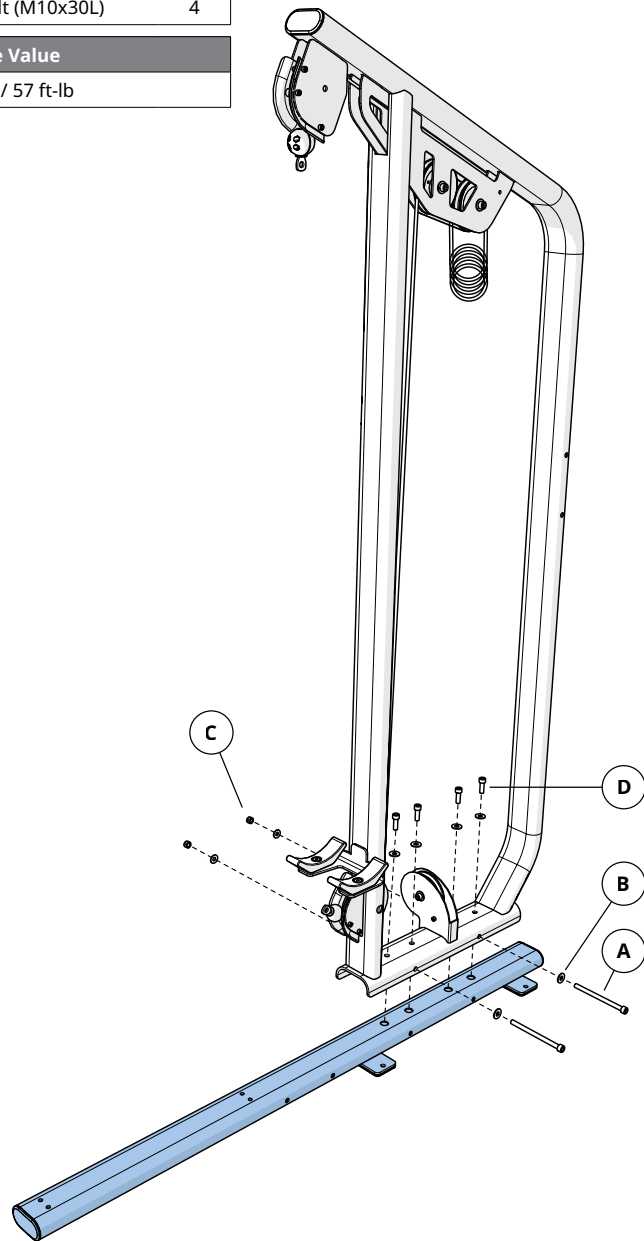


1

| Step 1 Hardware | | |
|-----------------------|-----|--|
| Description | Qty | |
| A Bolt (M10x135L) | 2 | |
| B Flat Washer (Φ10.2) | 8 | |
| C Nut (M10) | 2 | |
| D Bolt (M10x30L) | 4 | |

| Torque Value |
|------------------|
| 77 Nm / 57 ft-lb |

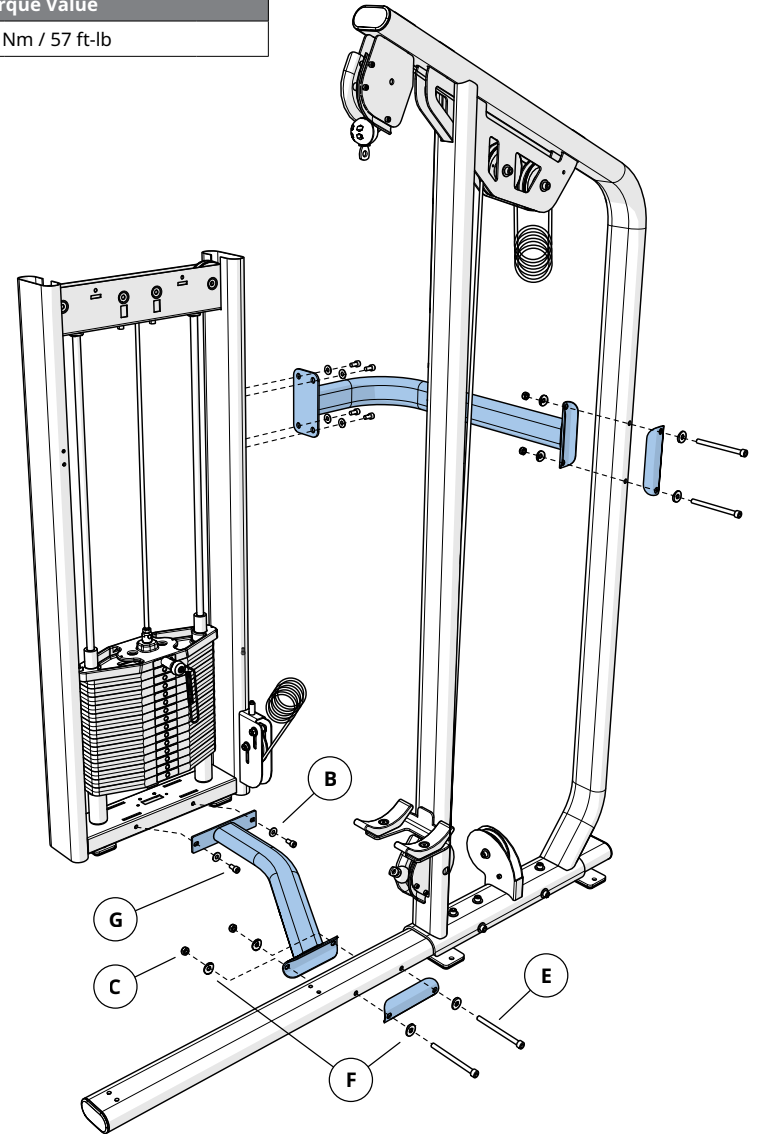
Do not fully tighten frame connectors until assembly is complete. Vibra-Tite 135 Red Gel or equivalent must be used on all fasteners that are not assembled with Nylock Nuts.



2

| Step 2 Hardware | | |
|-----------------------|-----|--|
| Description | Qty | |
| E Bolt (M10x125L) | 4 | |
| F Arc Washer (Φ10.2) | 8 | |
| C Nut (M10) | 4 | |
| G Bolt (M10x20L) | 6 | |
| B Flat Washer (Φ10.2) | 6 | |

| Torque Value |
|------------------|
| 77 Nm / 57 ft-lb |



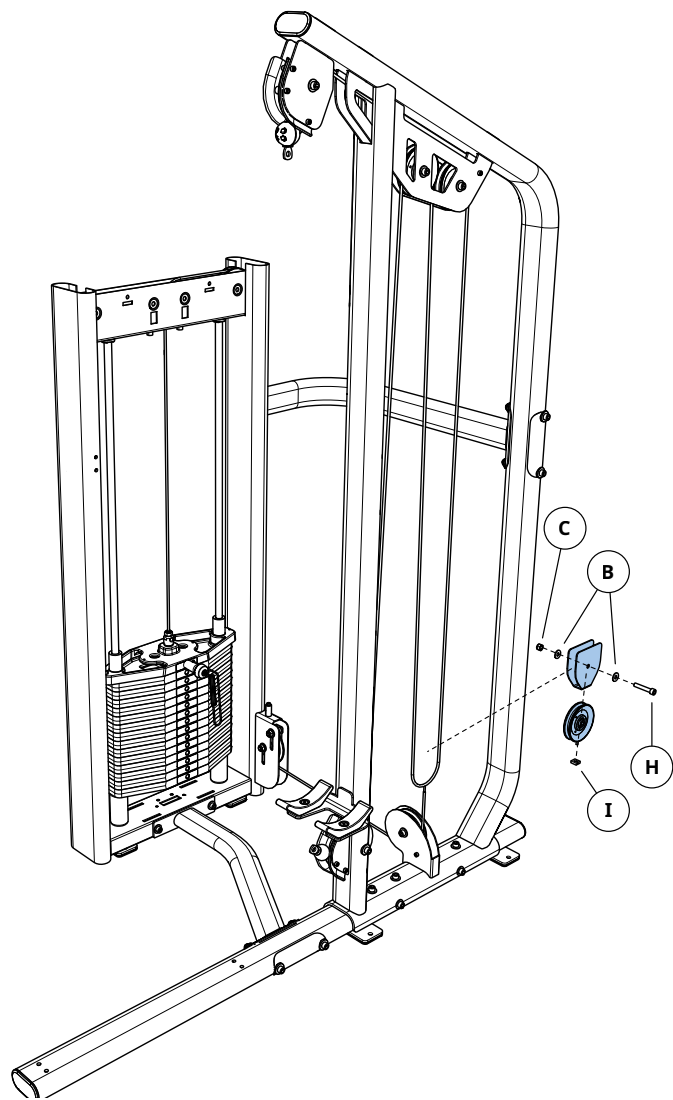
3

Step 3 Hardware

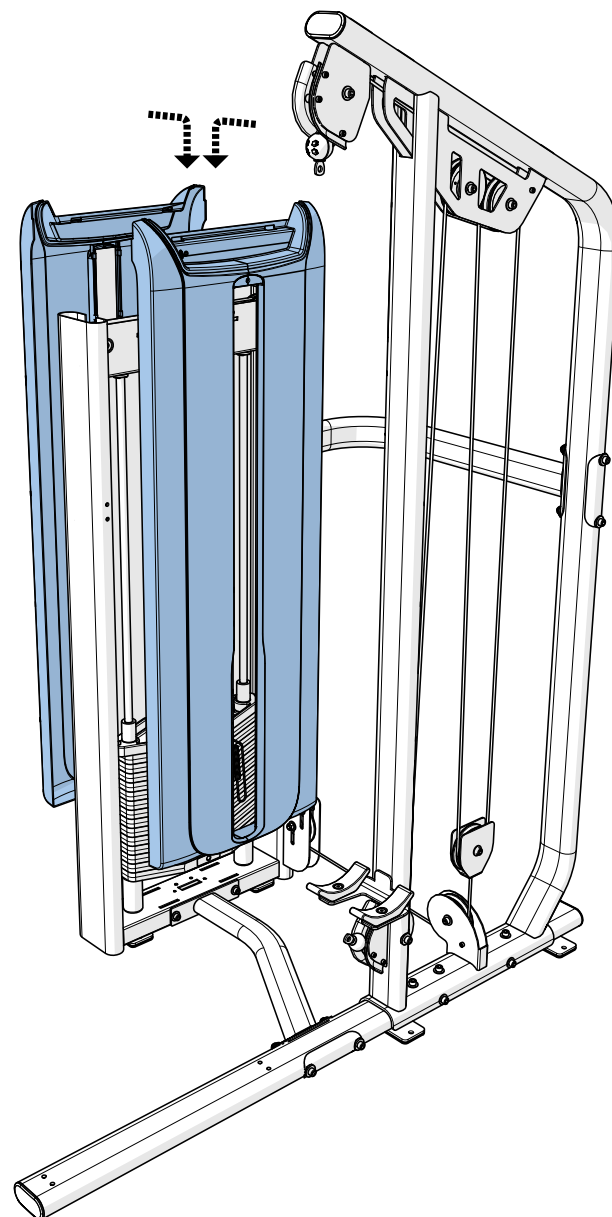
| Description | Qty |
|-----------------------|-----|
| H Bolt (M10x50L) | 1 |
| B Flat Washer (Φ10.2) | 2 |
| C Nut (M10) | 1 |
| I Stopper Plate | 1 |

Torque Value

77 Nm / 57 ft-lb



4

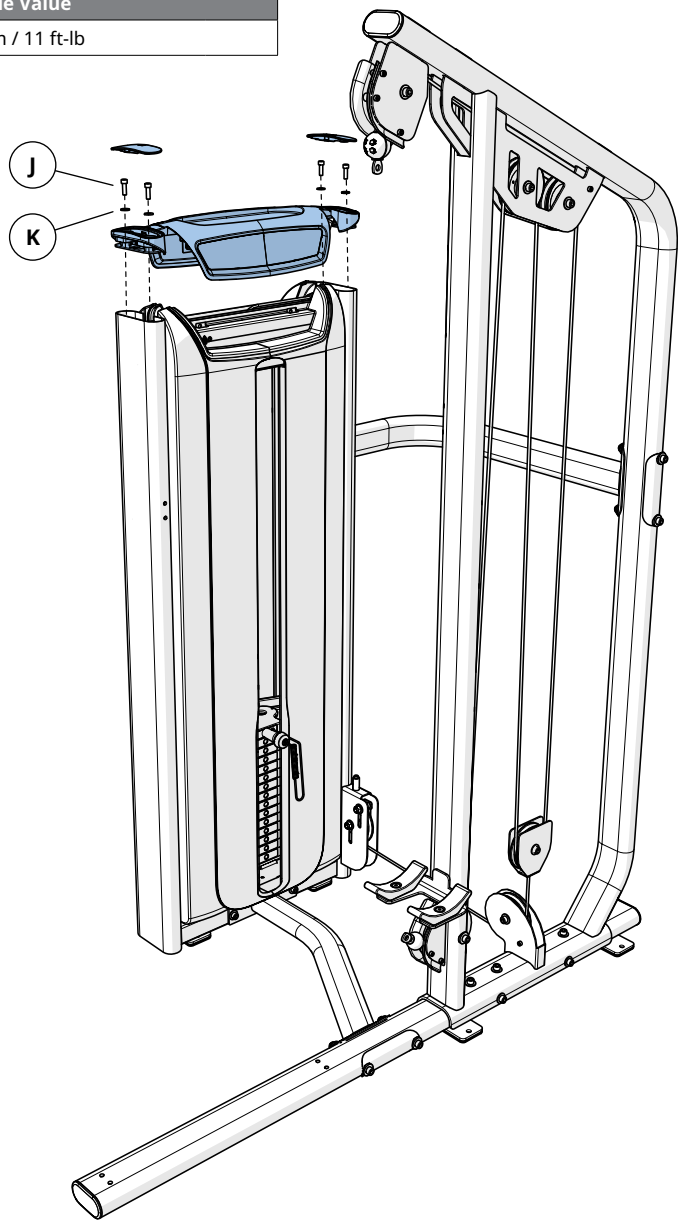




5

| Step 5 Hardware | | |
|----------------------|-----|--|
| Description | Qty | |
| J Bolt (M8x25L) | 4 | |
| K Flat Washer (Φ8.4) | 4 | |

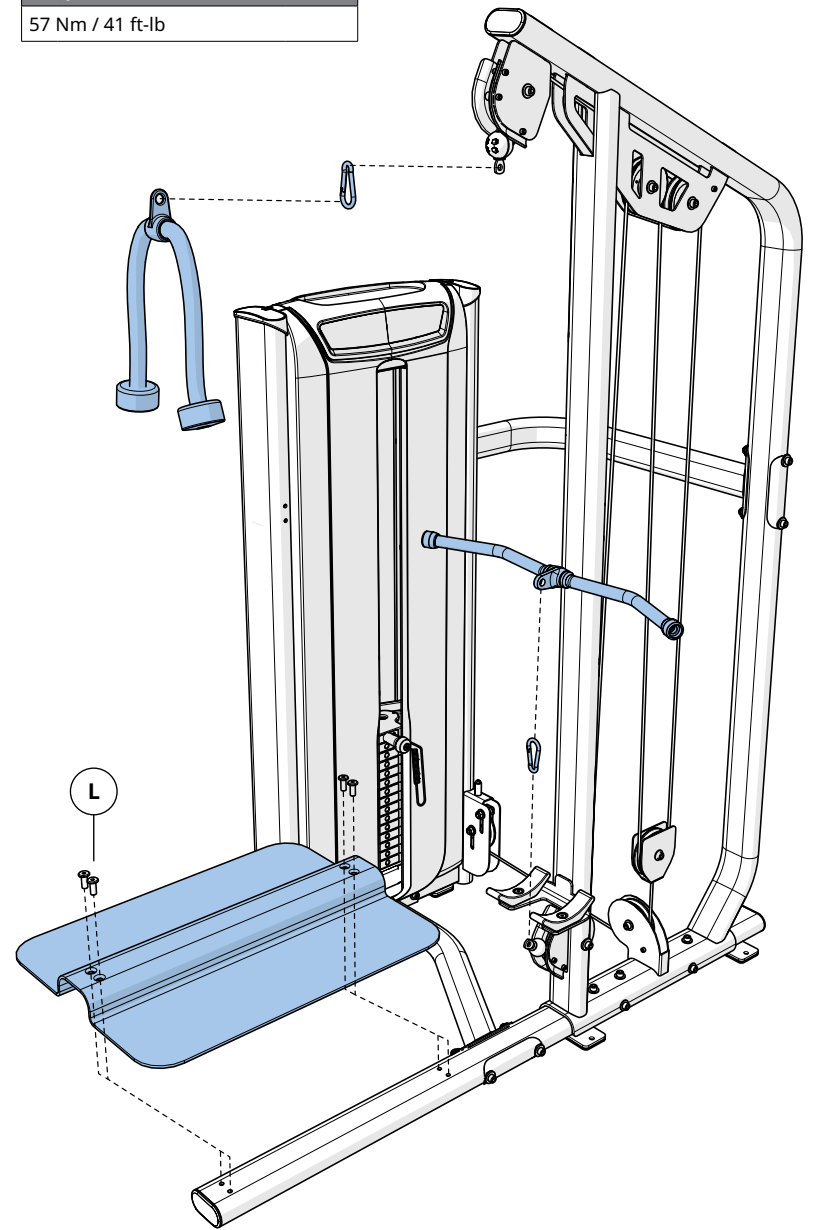
| Torque Value |
|------------------|
| 15 Nm / 11 ft-lb |



6

| Step 6 Hardware | | |
|------------------|-----|--|
| Description | Qty | |
| L Bolt (M10x25L) | 4 | |

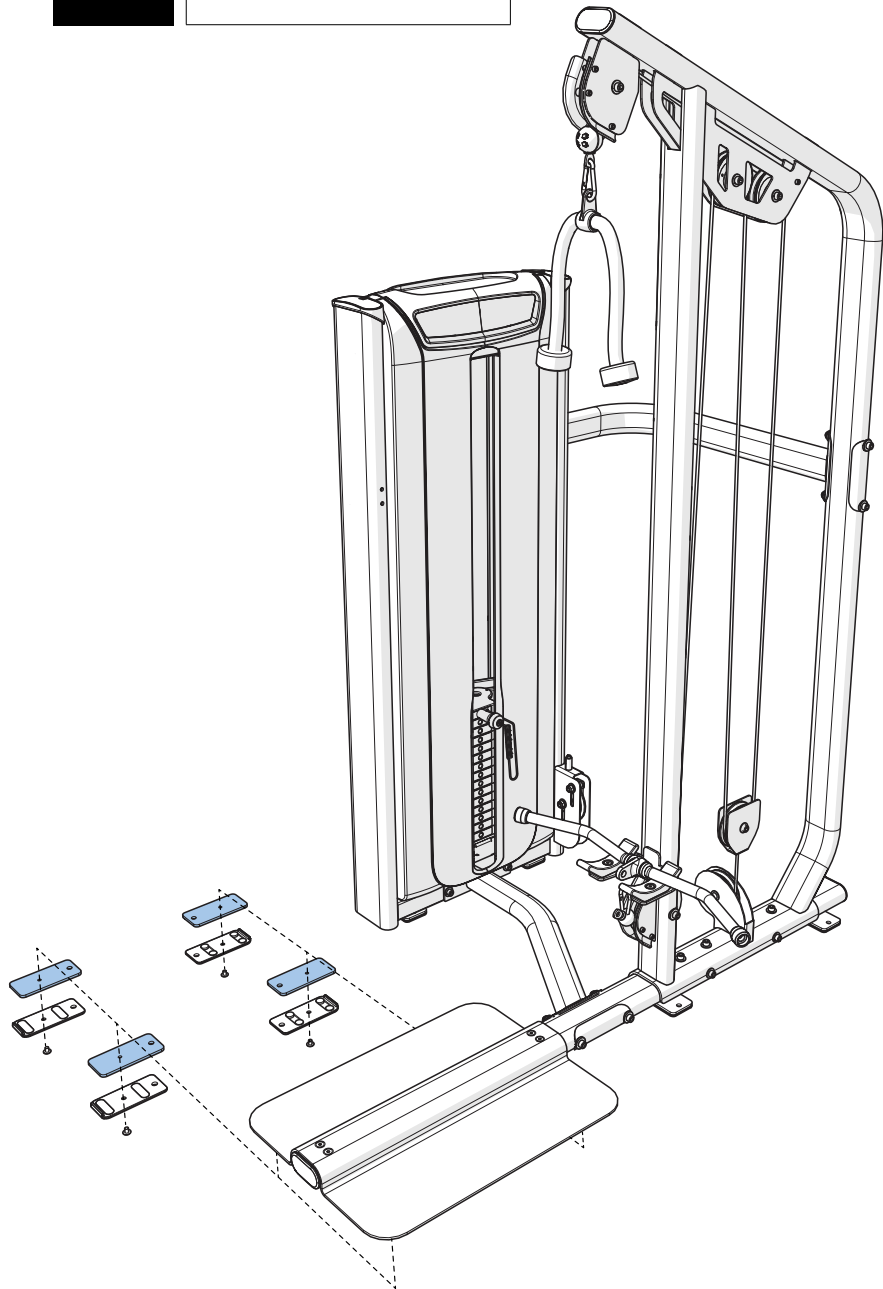
| Torque Value |
|------------------|
| 57 Nm / 41 ft-lb |



7

Optional

Use shims if base is not level.



8

Premium Kit (optional)

Step 8 Hardware

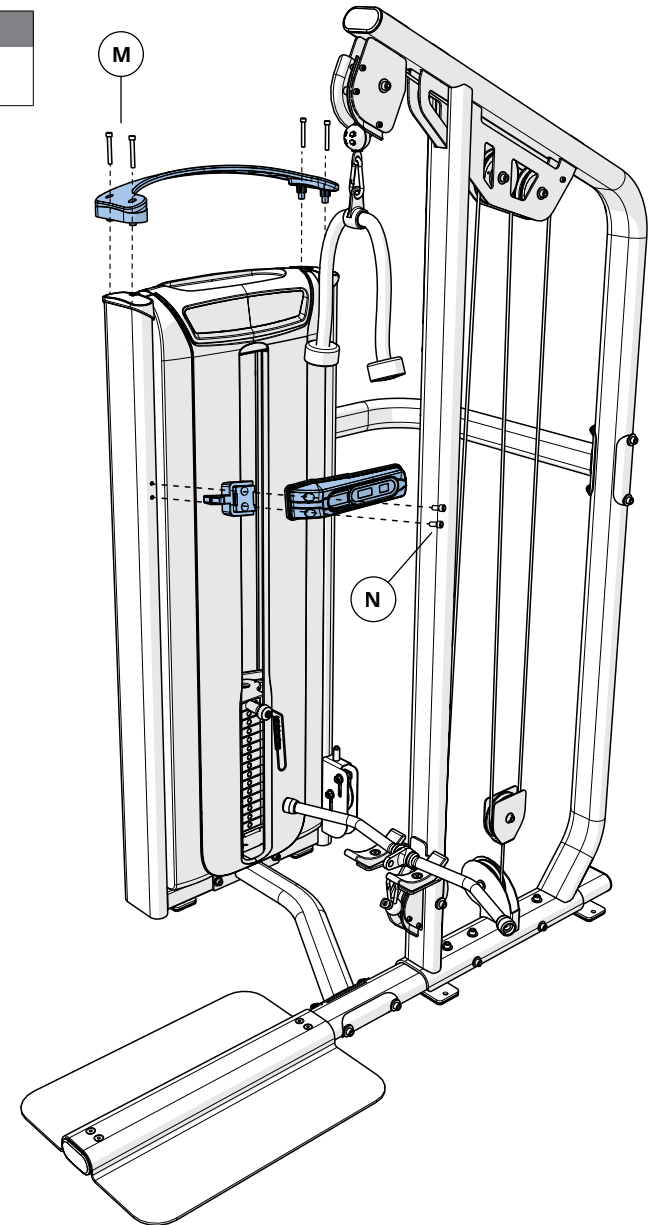
| Description | Qty |
|-----------------|-----|
| M Bolt (M8x60L) | 4 |
| N Bolt (M8x35L) | 2 |

Torque Values

| | |
|---|------------------|
| M | 25 Nm / 18 ft-lb |
| N | 15 Nm / 11 ft-lb |

For more info, see weight stack assembly manual.

ASSEMBLY COMPLETE!



MATRIX