

MATRIX

CONNEXUS

GFTFS
GFTWM

GFTEXP
GFTLM

GFTMB
GFTVRT

GFTCB
GFTHB





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.

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.

INSTALLATION

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

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

Wall anchor points must be able to withstand 500 lbs. (2.2 kN) pull-out force.

Please contact your Matrix Representative for Connexus anchoring guidelines.

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.



WARNING

DO NOT USE equipment if not properly secured to floor.

Manufacturer requires that this equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.



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. Where applicable, use retention devices to retain weight discs.
7. 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.
8. Keep body, clothing, hair, and fitness accessories free and clear of all moving parts.
9. Horizontal adjustable bars are heavy. Support bars from center of mass when detaching and reattaching bar to frame structure. Ensure bar is fully engaged with frame before use.
10. If optional heavy bag is used, do not support body weight from the bag. Do not add additional weight to bag.
11. 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.
12. Manufacturer requires that this equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
13. DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED OR ILLEGIBLE.

Group Functional Trainer



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.

WARRANTY

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

MAINTENANCE CHECKLIST

ACTION	FREQUENCY
Inspect ROM	Daily
Inspect Hardware/Pull pins	Monthly
Inspect Frame	Monthly
Clean Machine	As Needed
Clean Grips *	As Needed

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

PRODUCT SPECIFICATIONS

	GFTFS Group Functional Trainer FREE STANDING	GFTWM Group Functional Trainer WALL MOUNTED	GFTEXP Group Functional Trainer EXPANSION	GFTLM Landmine Attachment	GFTMB Med Ball Target	GFTCB Magnetic Chalkboard
Max User Weight	159 kg / 350 lbs. Maximum 2 users per station					
Product Weight	313 kg / 690 lbs.	218 kg / 481 lbs.	171 kg / 377 lbs.	4 kg / 9 lbs.	50 kg / 110 lbs.	26 kg / 57.5 lbs.
Overall Dimensions (L x W x H)*	291 x 265 x 242 cm / 115 x 104.5 x 95"	275 x 158 x 242 cm / 108.5 x 62.5 x 95"	260 x 158 x 242 cm / 102.5 x 62.5 x 95"	36 x 13 x 10 cm / 14 x 5 x 4"	193 x 86 x 13 cm / 76 x 34 x 5"	109 x 60 x 17 cm / 43 x 24 x 7"
Recommended Training Area	830 x 820 cm / 326.5" x 323"	630 x 450 cm / 248.5" x 177.5"	Adds 240 cm / 96" to length of wall-mounted footprint			

* 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.



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.

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



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.

10MM L-Shaped Allen Wrench



Phillips Screwdriver



8MM Open-End Wrench



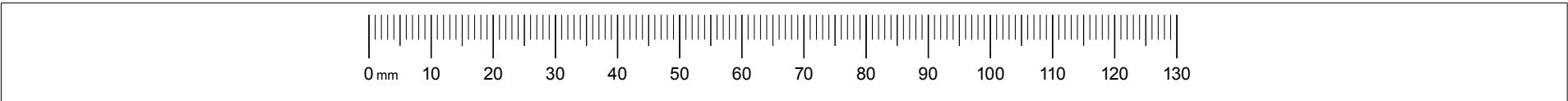
17MM Open-End Wrench



Guide Rod Lubrication



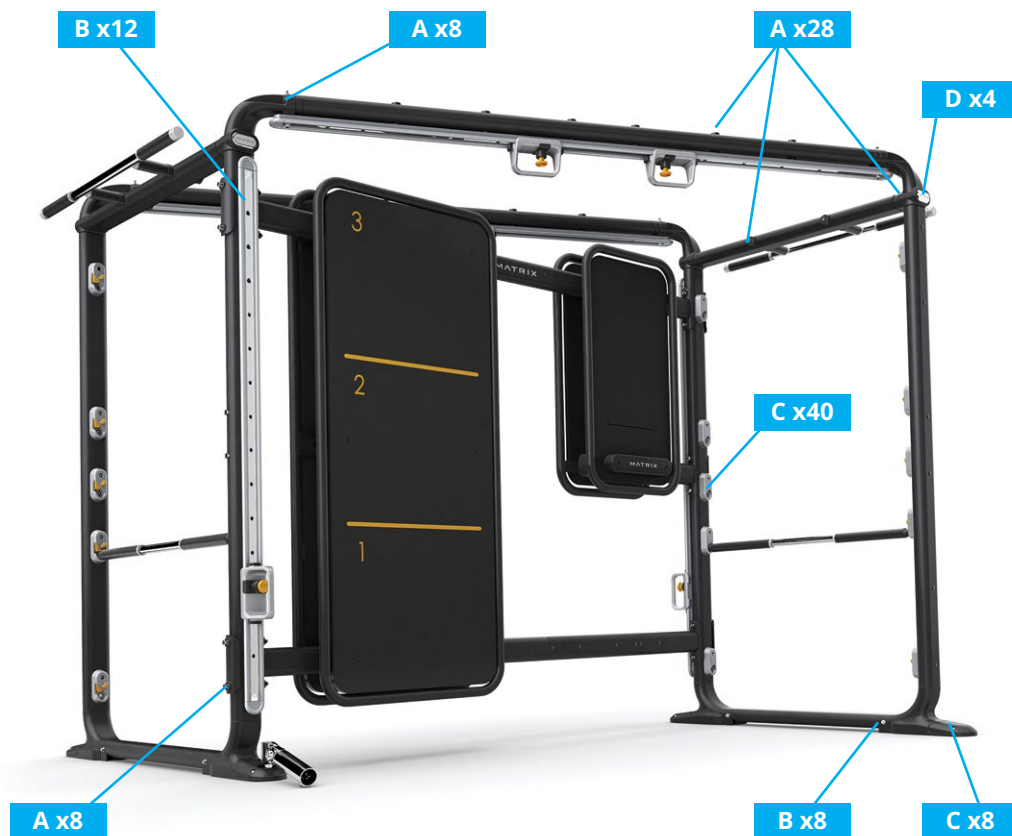
If any items are missing please contact your country's local MATRIX dealer for assistance.



* Use Vibra-Tite 135 Red Gel Threadlocker where nylock nuts are not used.

Free Standing

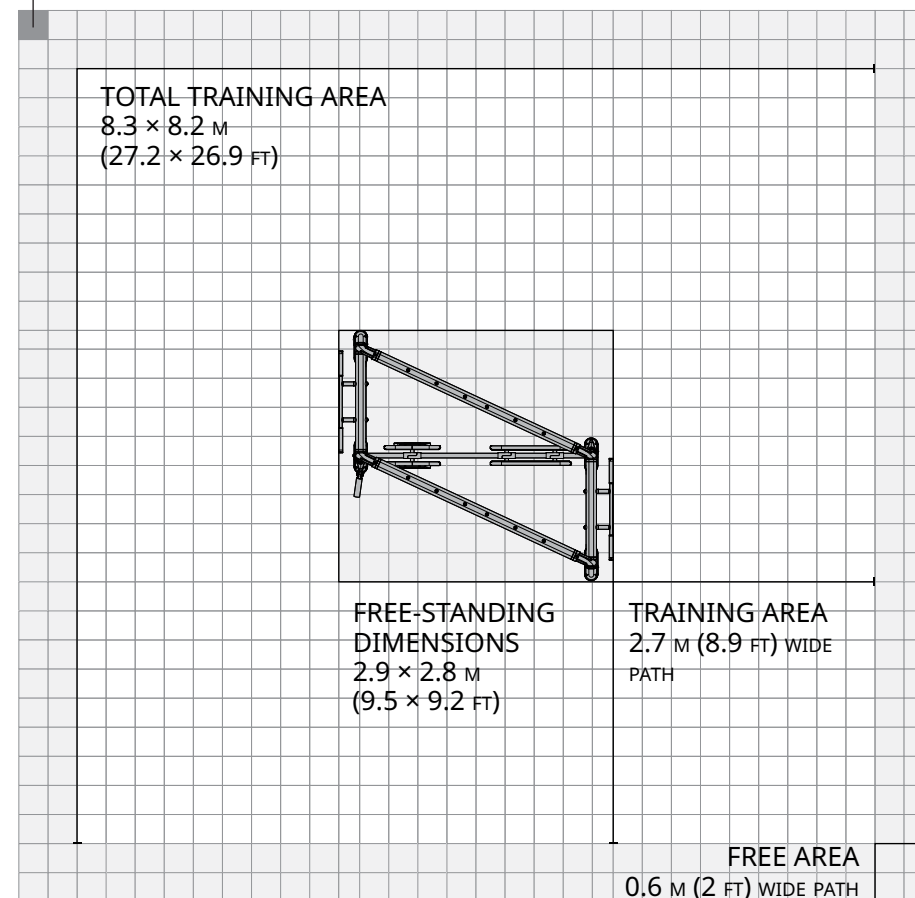
GFTFS

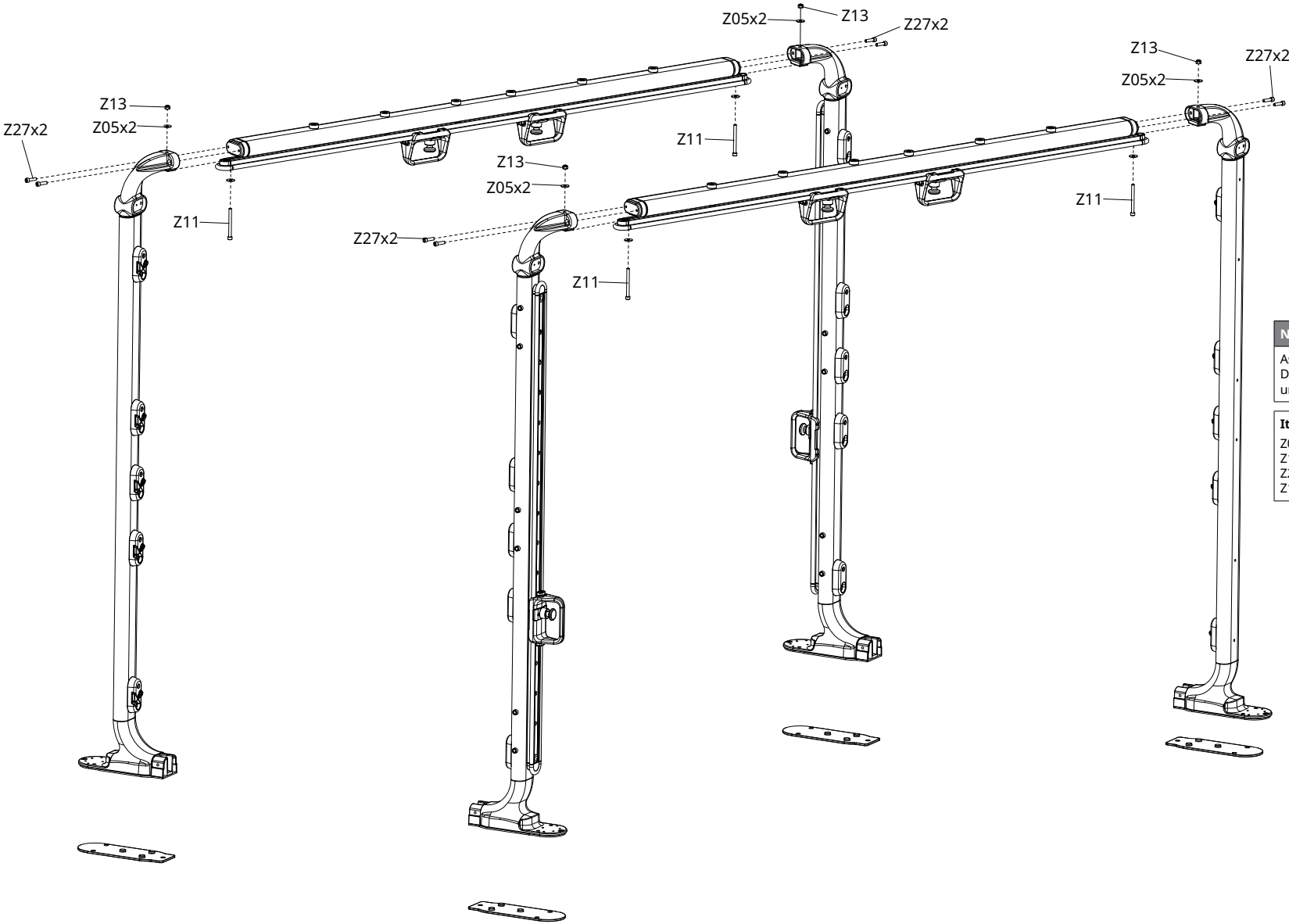


GFTFS Torque Values

A	M10	Torque to 77 Nm/57 ft-lb
B	M10	Torque to 40 Nm/30 ft-lb
C	M8	Torque to 39 Nm/29 ft-lb
D	M6	Torque to 17 Nm/147 in-lb

1 square foot





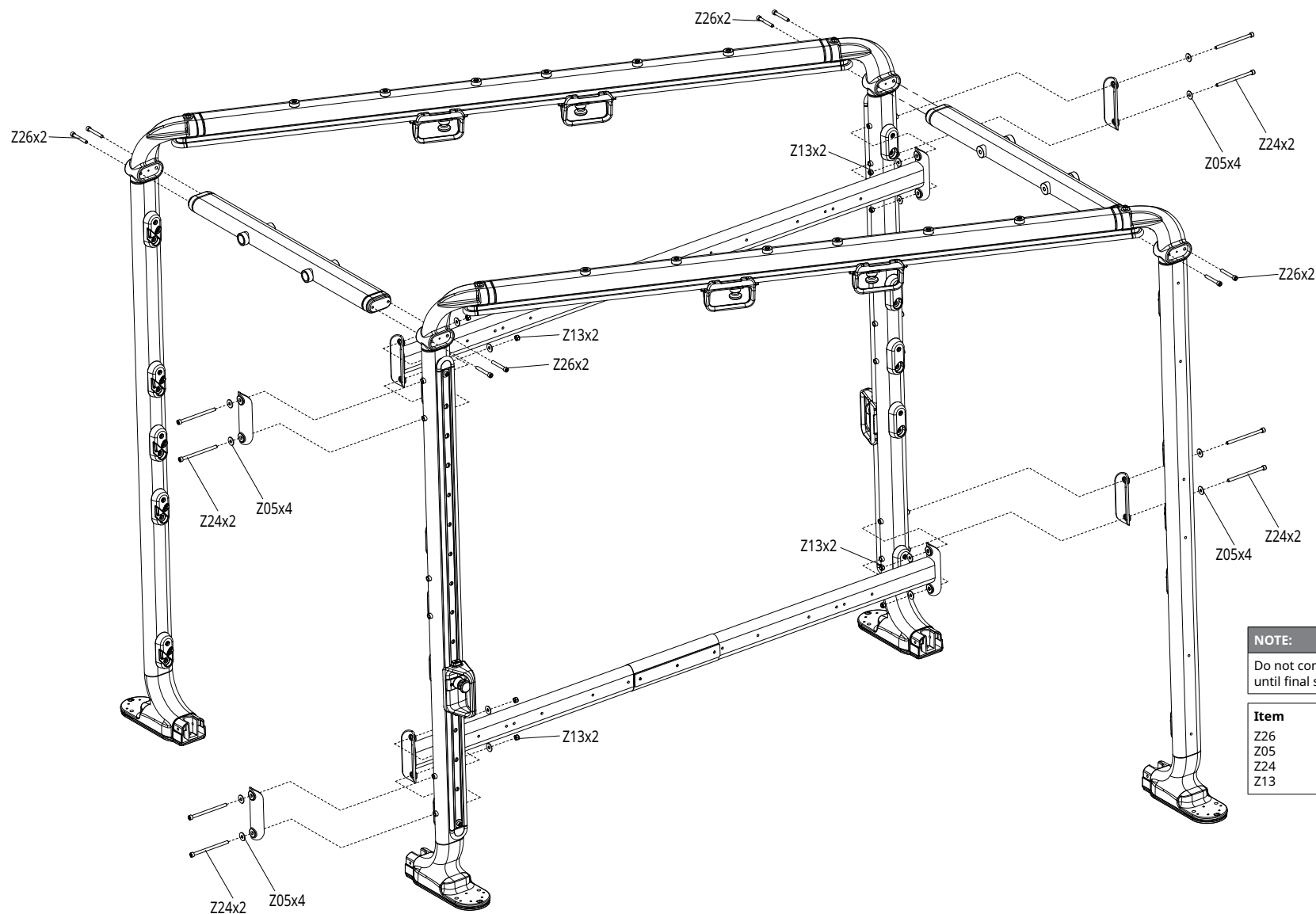
NOTE:

Assemble laying down for step 1
Do not completely tighten hardware
until final step.

Item	Description	Qty
Z05	Flat Washer (Φ10)	8
Z11	Screw (M10x110L)	4
Z27	Screw (M10x40L)	8
Z13	Nut (M10)	4

Free Standing
Step 2 of 3

GFTFS



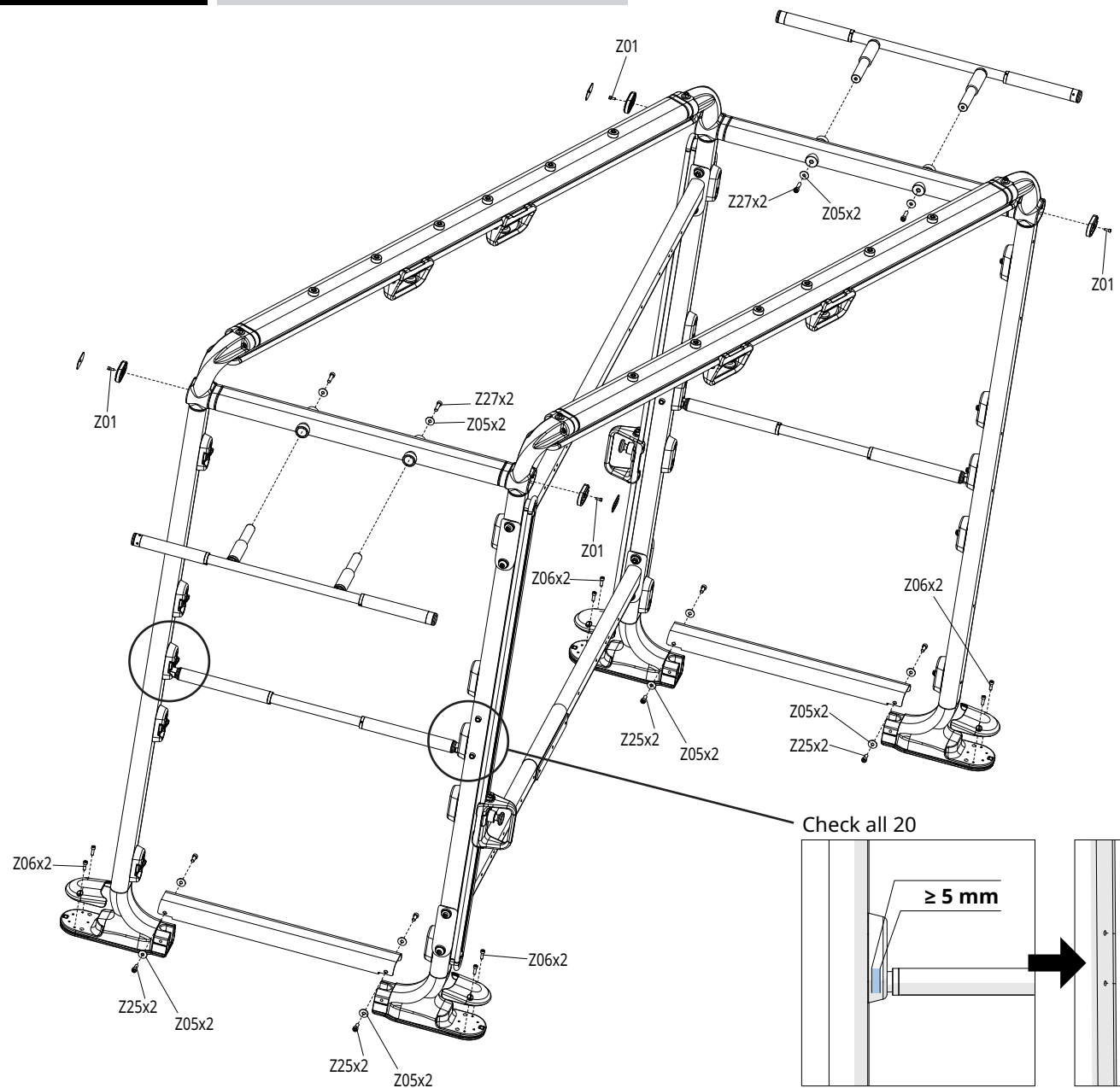
NOTE:
Do not completely tighten hardware
until final step.

Item	Description	Qty
Z26	Screw (M10x75L)	8
Z05	Flat Washer (Φ10)	16
Z24	Screw (M10x155L)	8
Z13	Nut (M10)	8



GFTFS

Free Standing Step 3 of 3

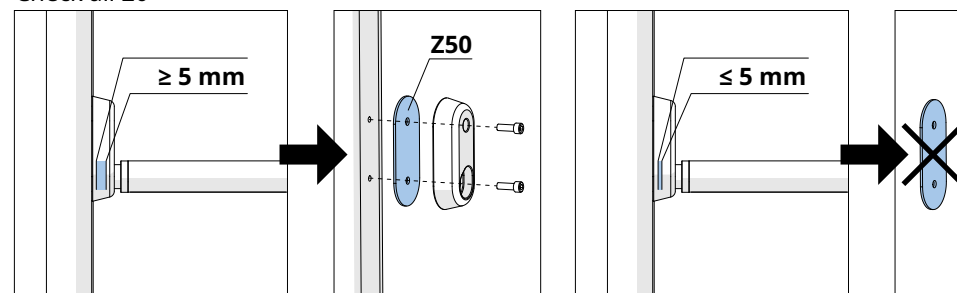


NOTE:

Tighten hardware from steps 1-3 using the Torque Values on page 5.

Item	Description	Qty
Z06	Screw (M8x25L)	8
Z05	Flat Washer (Φ10)	12
Z27	Screw (M10x40L)	4
Z25	Screw (M10x25L)	8
Z01	Screw (M6x15L)	4
Z50	Shims (if needed)	5

Check all 20



Wall Mounted

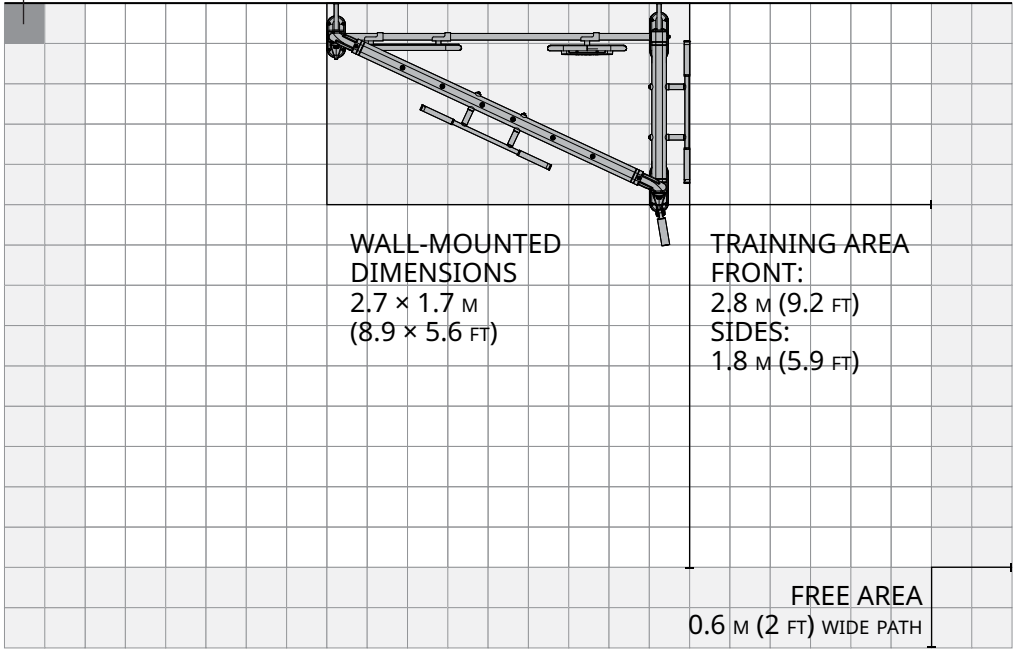
GFTWM



GFTWM Torque Values

A	M10	Torque to 77 Nm/57 ft-lb
B	M10	Torque to 40 Nm/30 ft-lb
C	M8	Torque to 39 Nm/29 ft-lb
D	M6	Torque to 17 Nm/147 in-lb

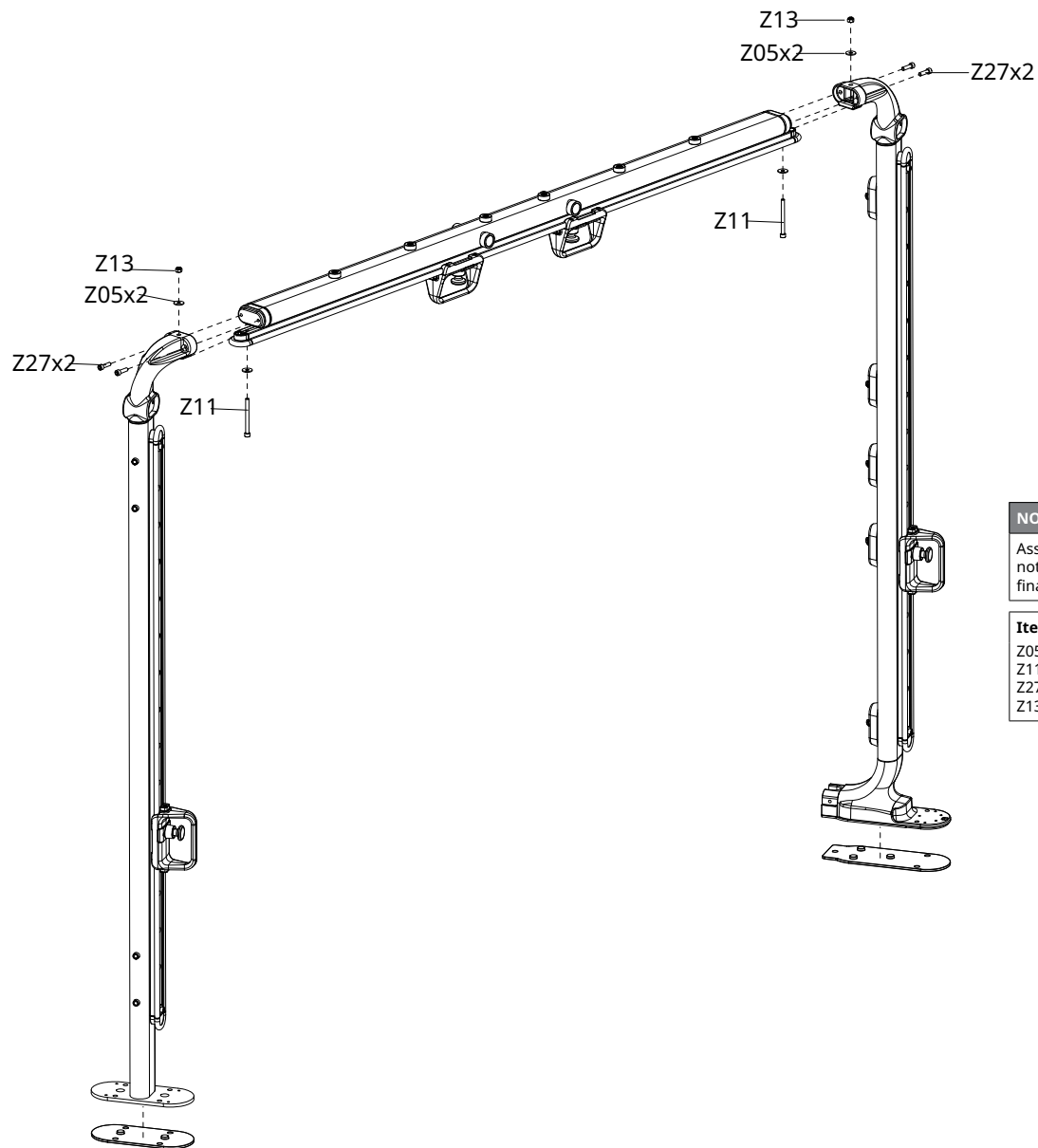
1 square foot





GFTWM

Wall Mounted Step 1 of 3



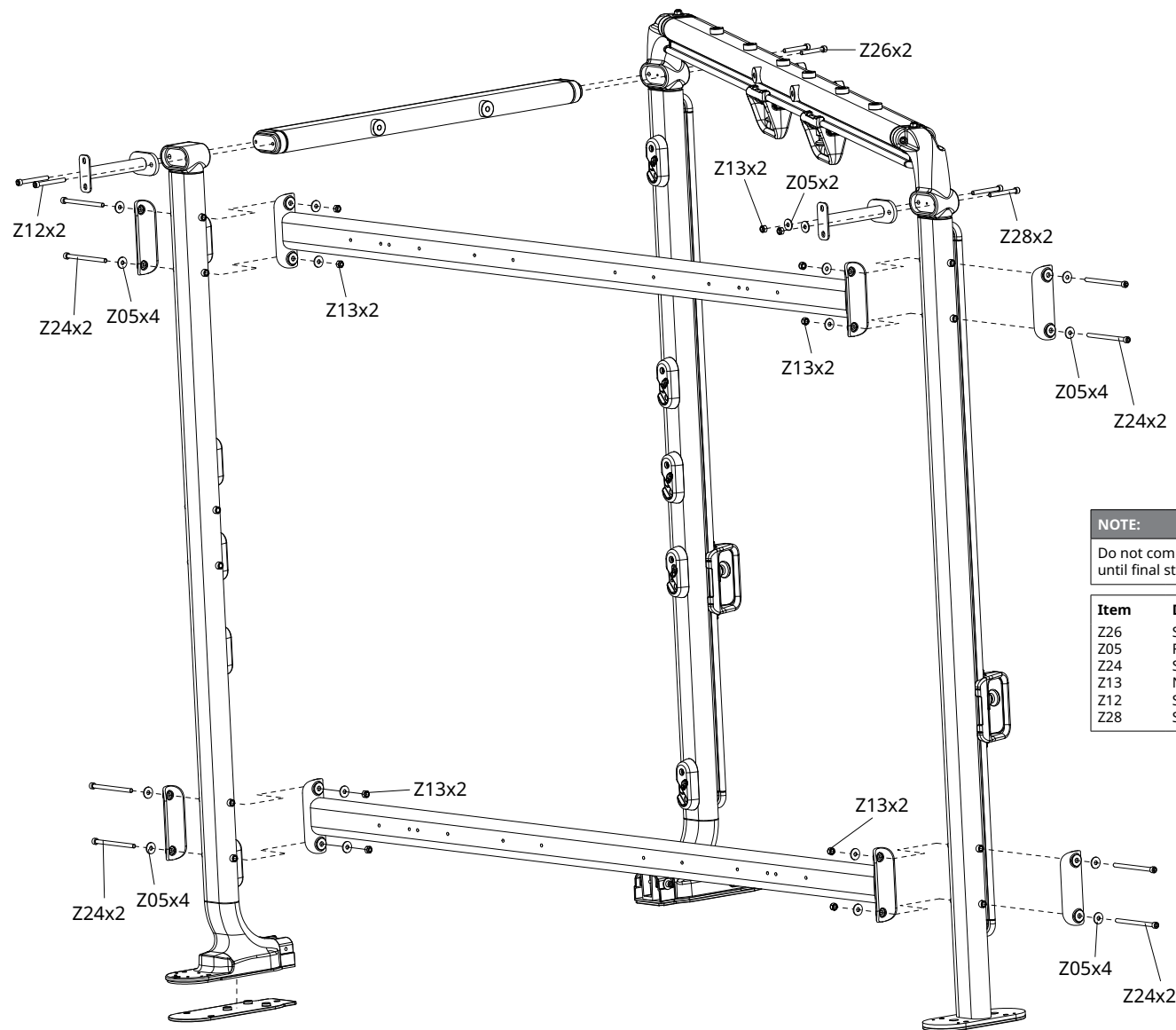
NOTE:

Assemble laying down for step 1. Do not completely tighten hardware until final step.

Item	Description	Qty
Z05	Flat Washer (Φ10)	8
Z11	Screw (M10x110L)	4
Z27	Screw (M10x40L)	8
Z13	Nut (M10)	4

Wall Mounted Step 2 of 3

GFTWM



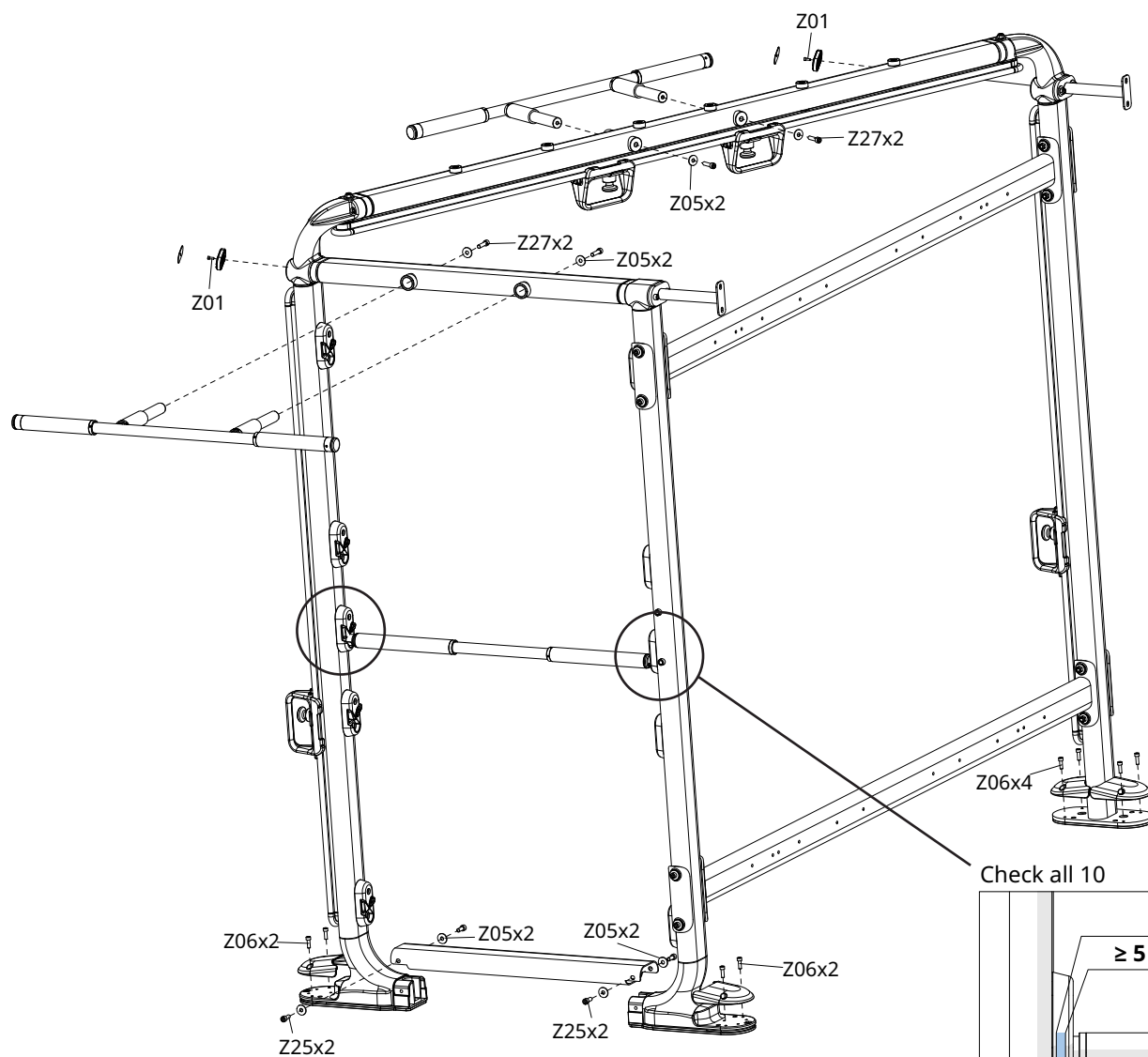
NOTE:
Do not completely tighten hardware until final step.

Item	Description	Qty
Z26	Screw (M10x75L)	2
Z05	Flat Washer (Φ10)	18
Z24	Screw (M10x155L)	8
Z13	Nut (M10)	10
Z12	Screw (M10x95L)	2
Z28	Screw (M10x90L)	2



GFTWM

Wall Mounted Step 3 of 3

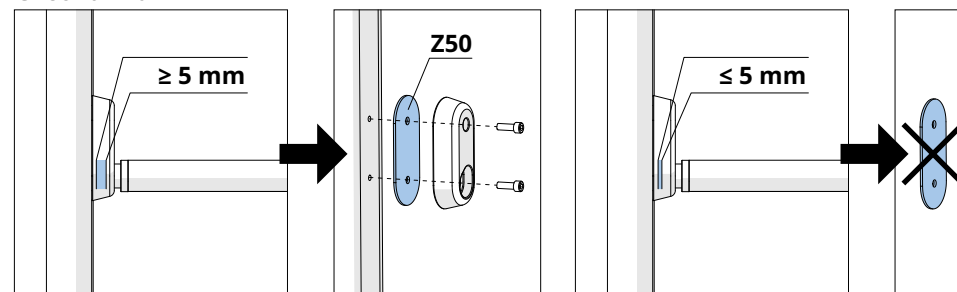


NOTE:

Tighten hardware from steps 1-3 using the Torque Values on page 9.

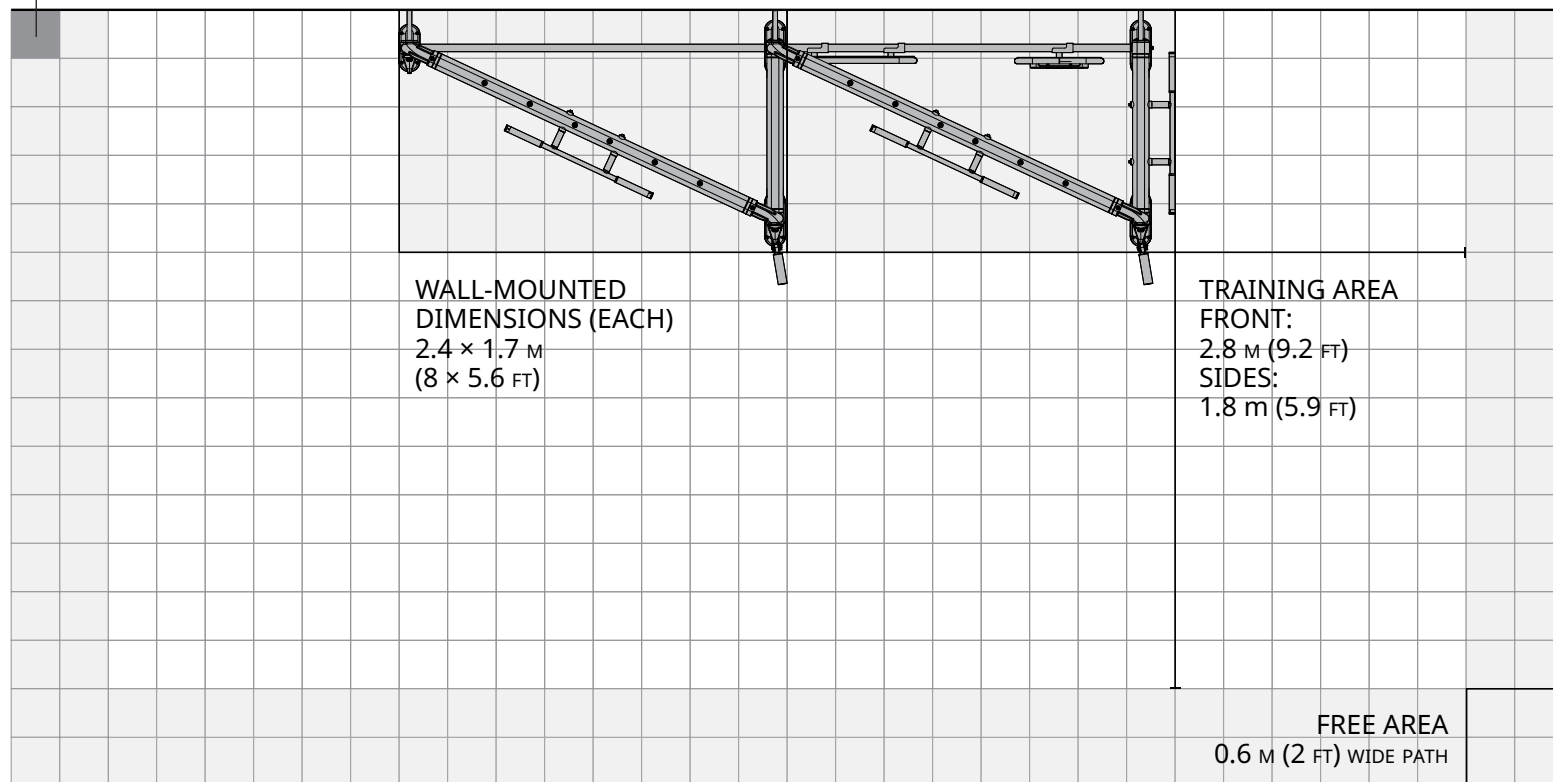
Item	Description	Qty
Z06	Screw (M8x25L)	8
Z05	Flat Washer (Φ10)	8
Z27	Screw (M10x40L)	4
Z25	Screw (M10x25L)	4
Z01	Screw (M6x15L)	2
Z50	Shims (use if needed)	5

Check all 10





1 square foot

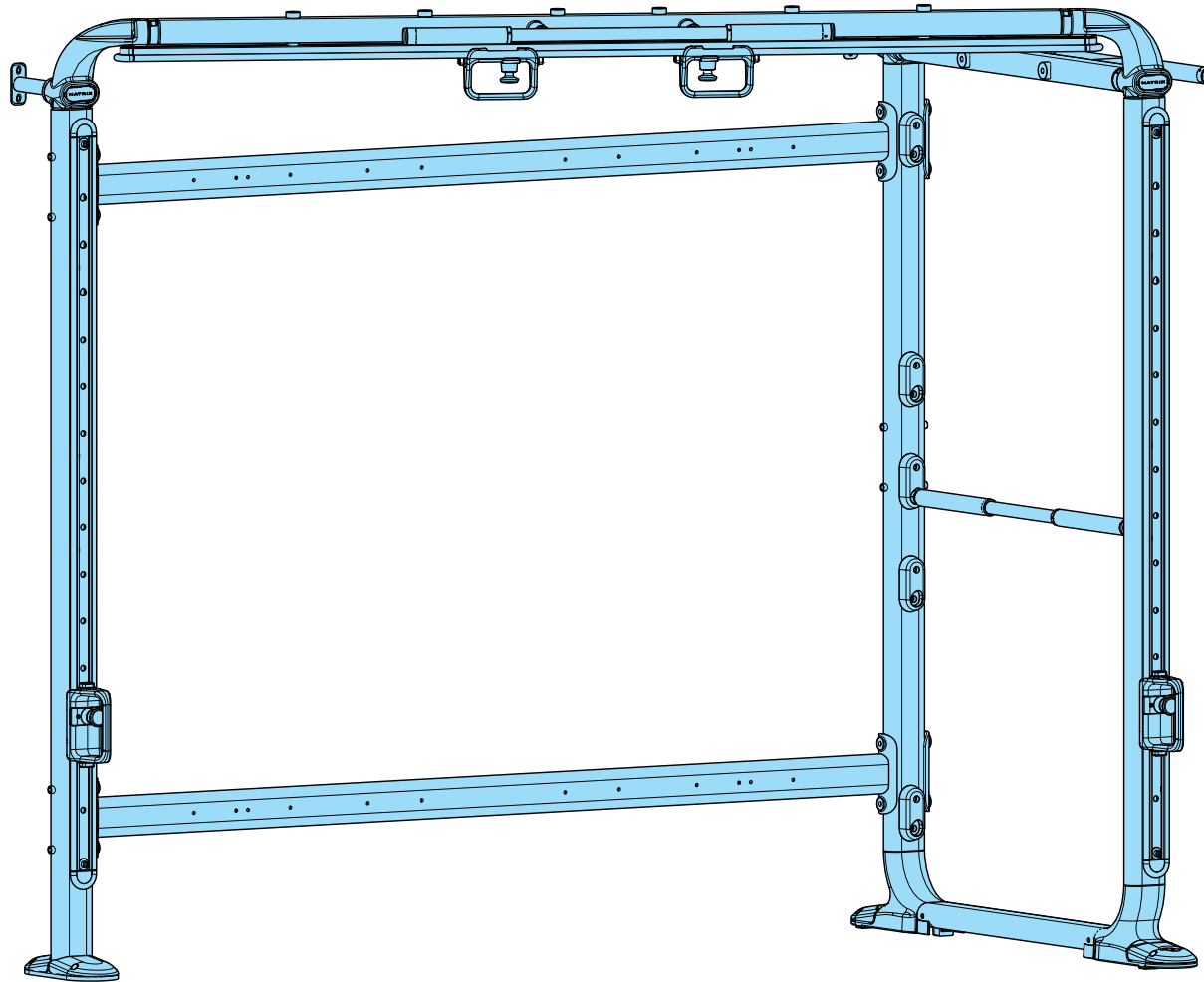




GFTEXP

Expansion
Step 1 of 5

Blue represents
existing wall-mount



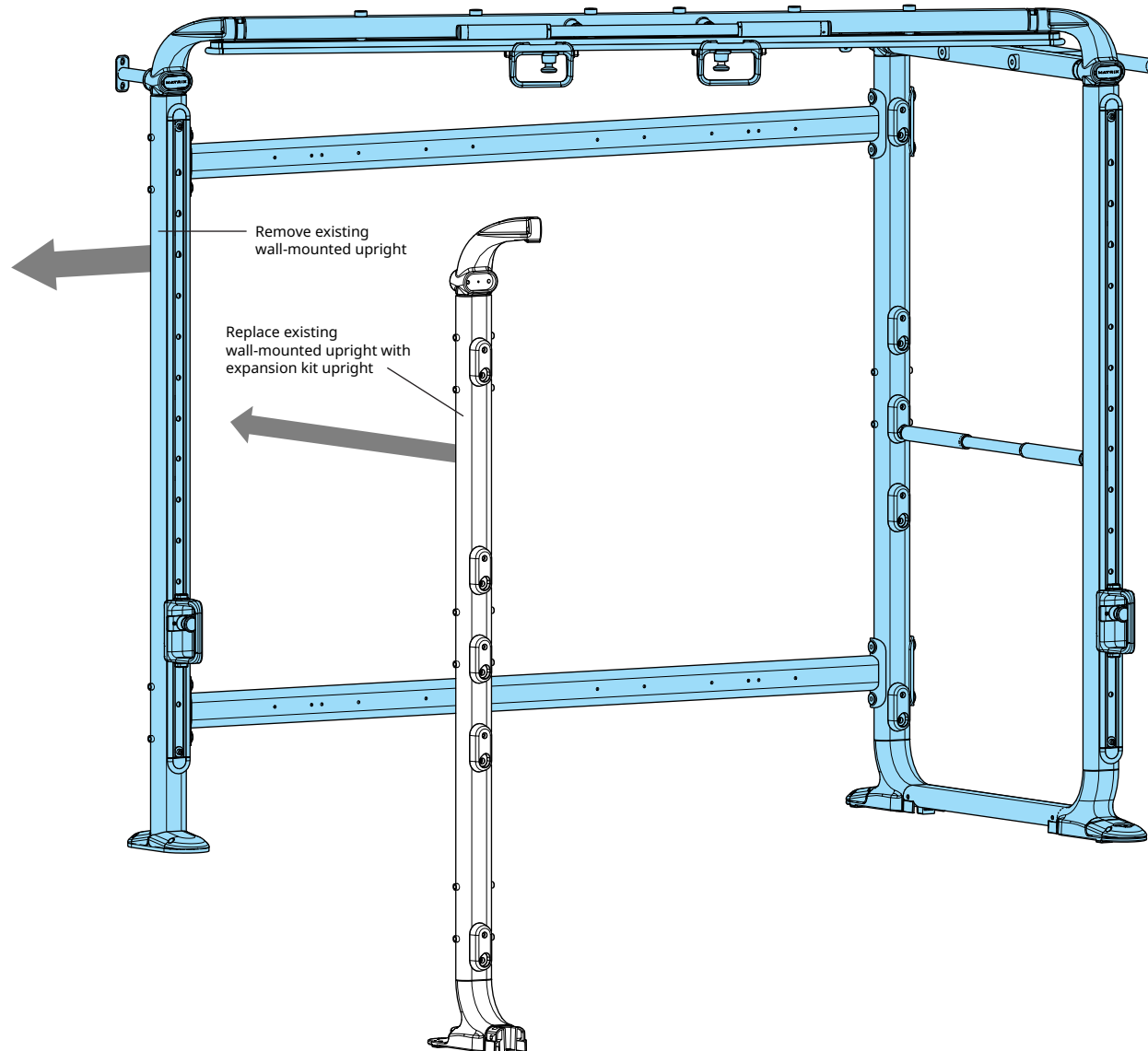
NOTE:

Starting as wall-mounted unit GFTWM.
Do not completely tighten hardware until final step.



Expansion Step 2 of 5

GFTEXP



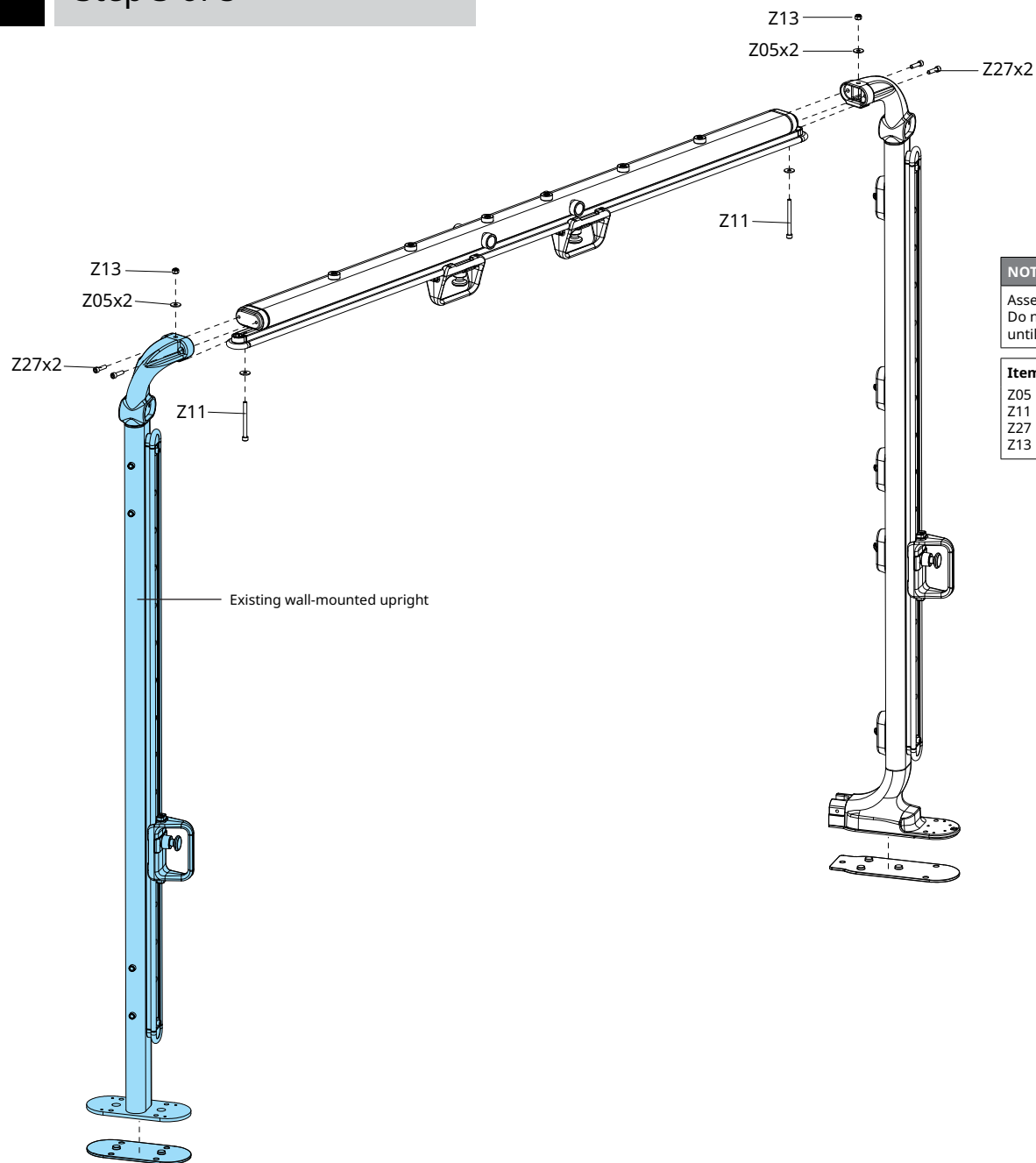
NOTE:

Do not completely tighten hardware until final step.



GFTEXP

Expansion Step 3 of 5

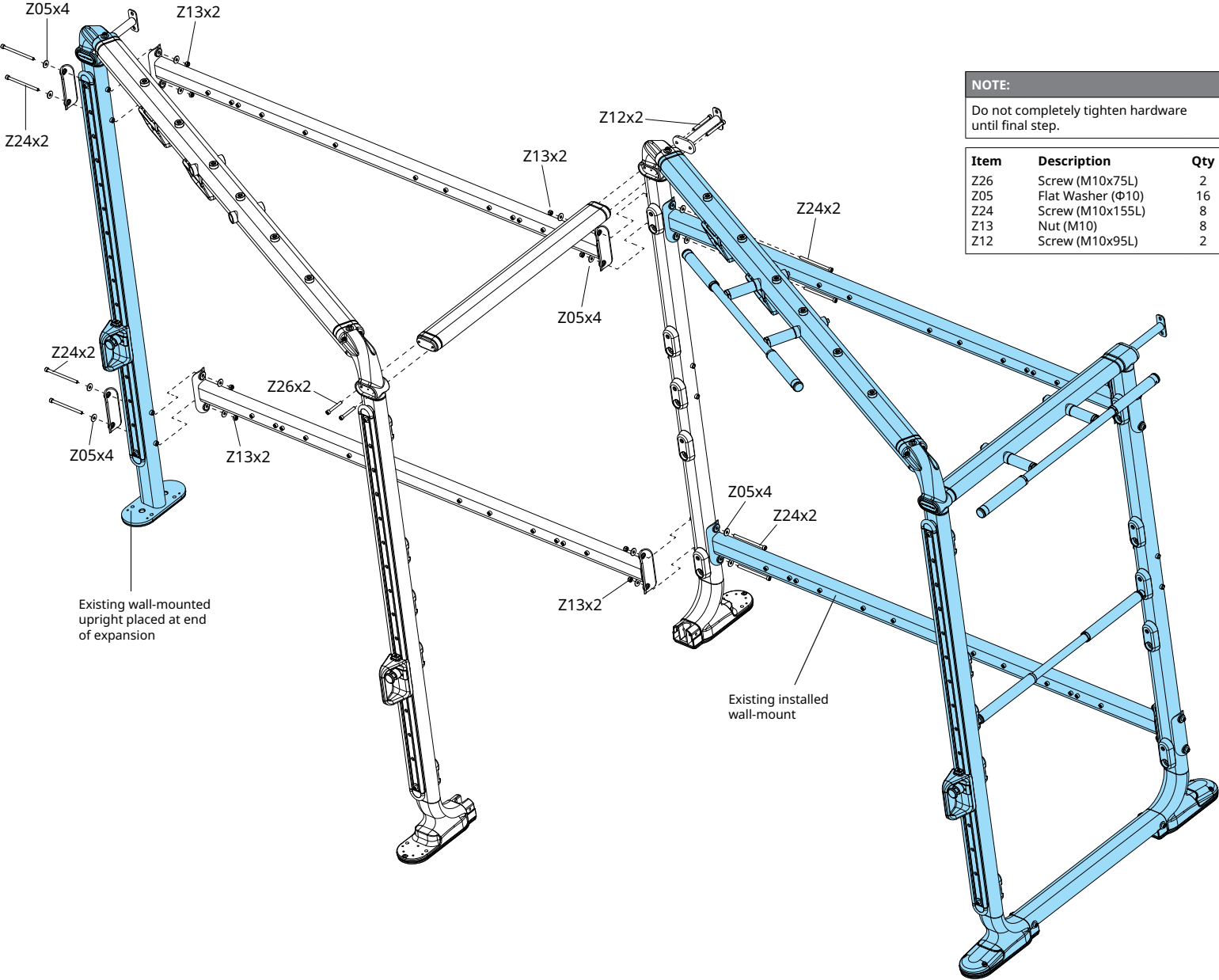


NOTE:

Assemble laying down for step 3.
Do not completely tighten hardware
until final step.

Item	Description	Qty
Z05	Flat Washer (Φ10)	4
Z11	Screw (M10x110L)	2
Z27	Screw (M10x40L)	4
Z13	Nut (M10)	2

Expansion Step 4 of 5





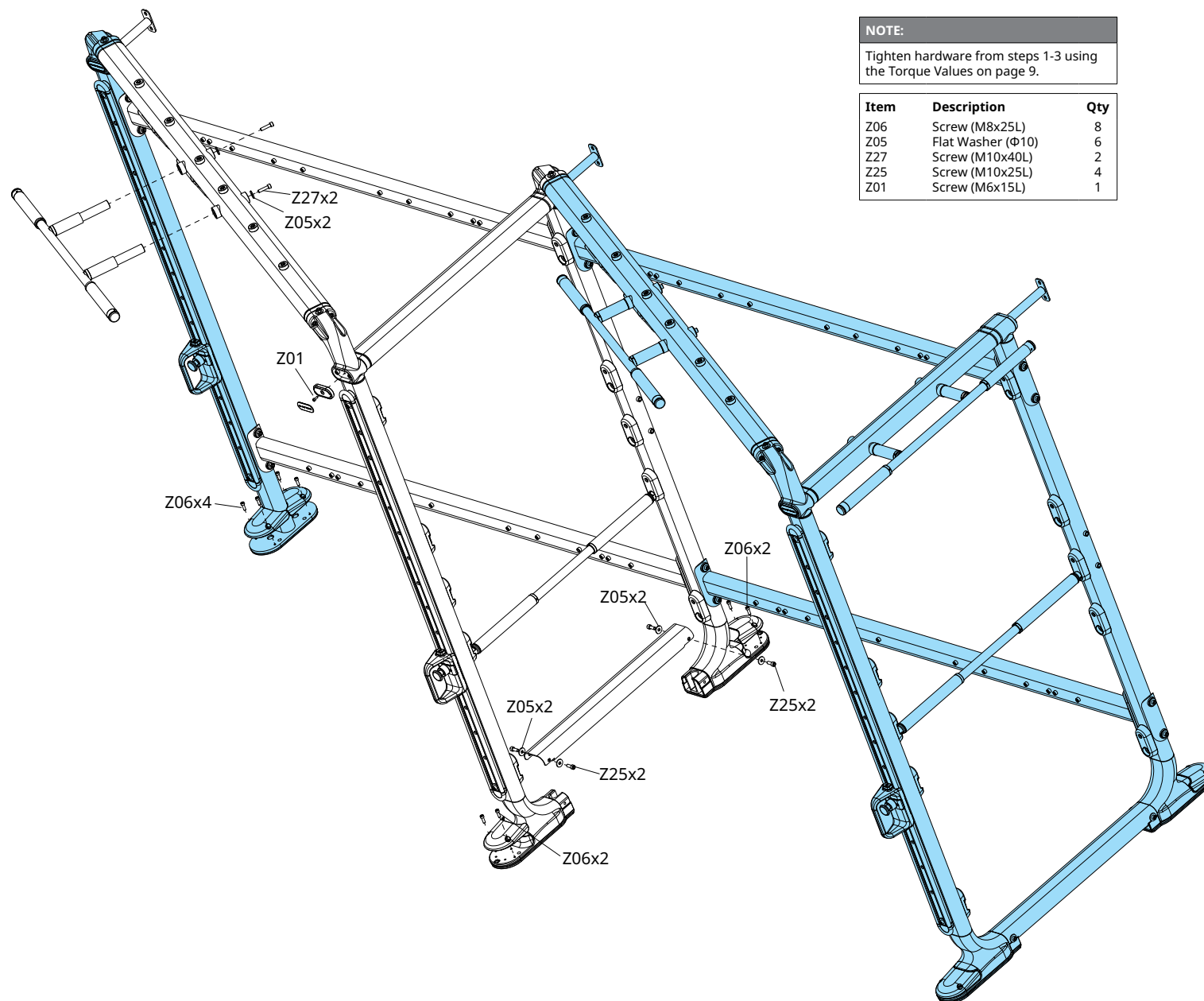
GFTEXP

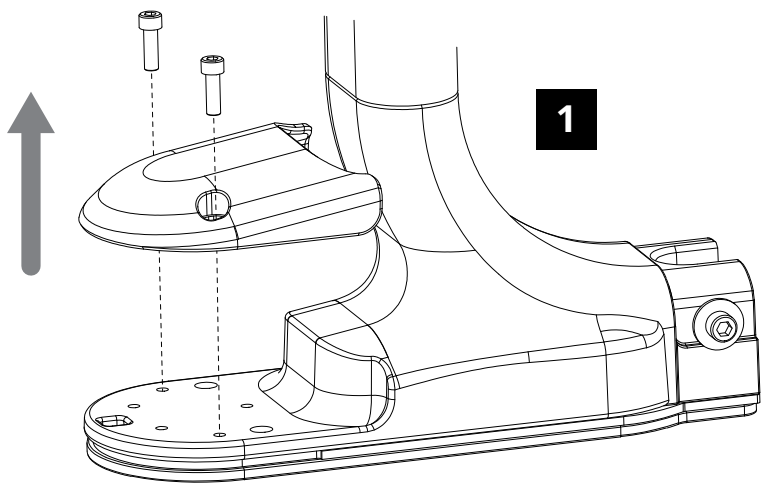
Expansion Step 5 of 5

NOTE:

Tighten hardware from steps 1-3 using the Torque Values on page 9.

Item	Description	Qty
Z06	Screw (M8x25L)	8
Z05	Flat Washer (Φ10)	6
Z27	Screw (M10x40L)	2
Z25	Screw (M10x25L)	4
Z01	Screw (M6x15L)	1



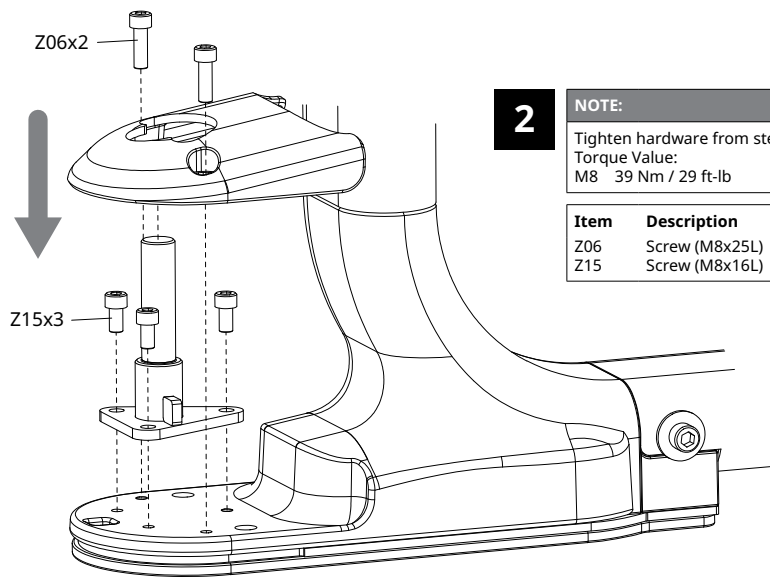
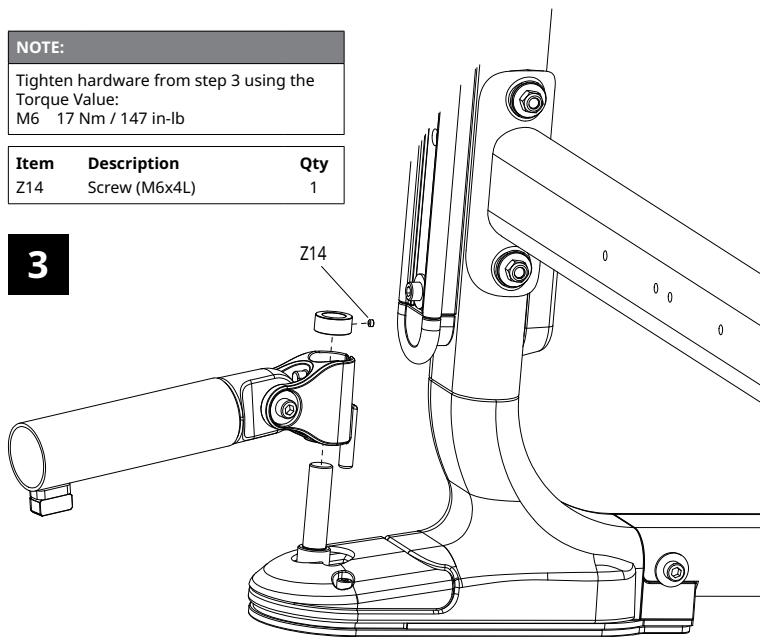


1

NOTE:
Tighten hardware from step 3 using the Torque Value:
M6 17 Nm / 147 in-lb

Item	Description	Qty
Z14	Screw (M6x4L)	1

3



2

NOTE:
Tighten hardware from step 2 using the Torque Value:
M8 39 Nm / 29 ft-lb

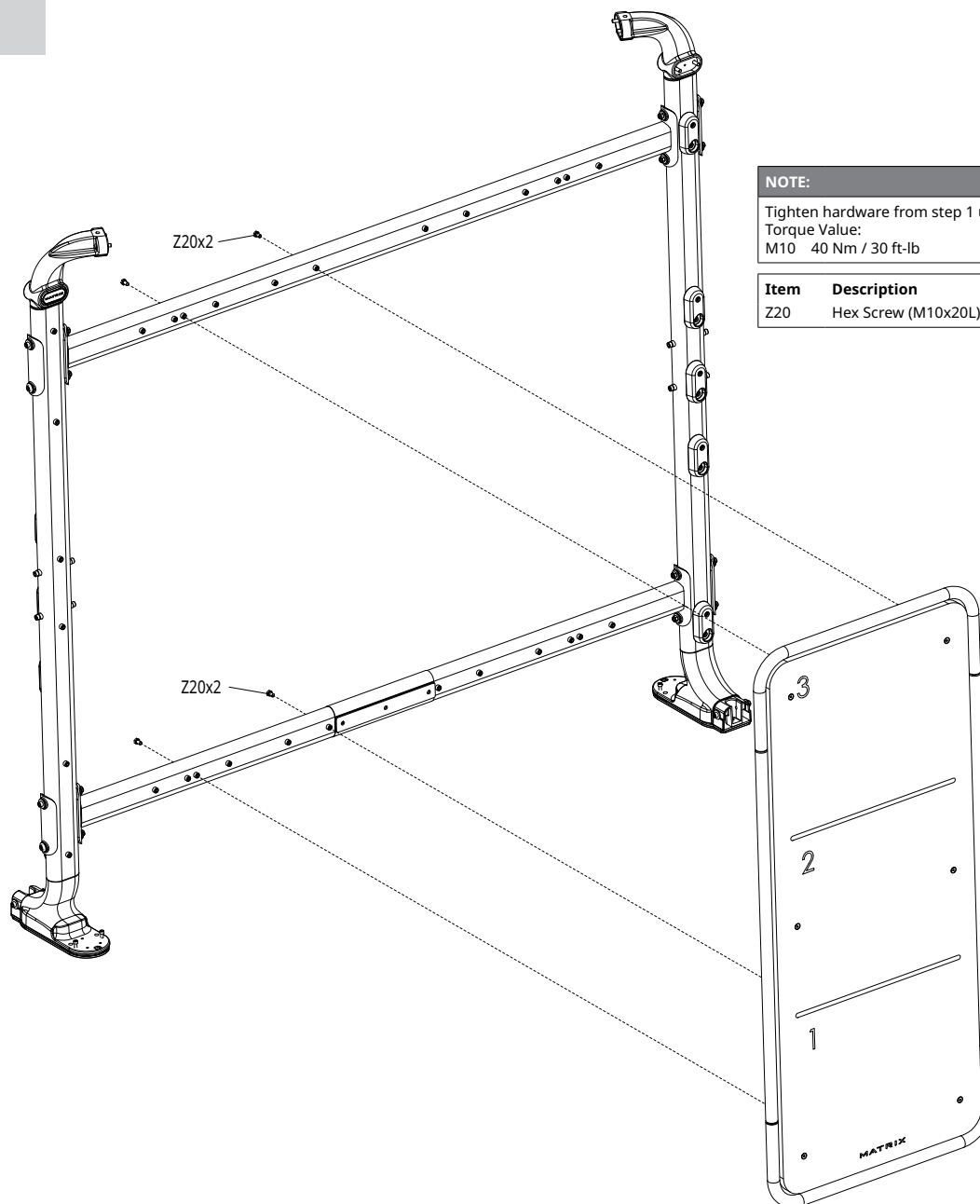
Item	Description	Qty
Z06	Screw (M8x25L)	2
Z15	Screw (M8x16L)	3





GFTMB

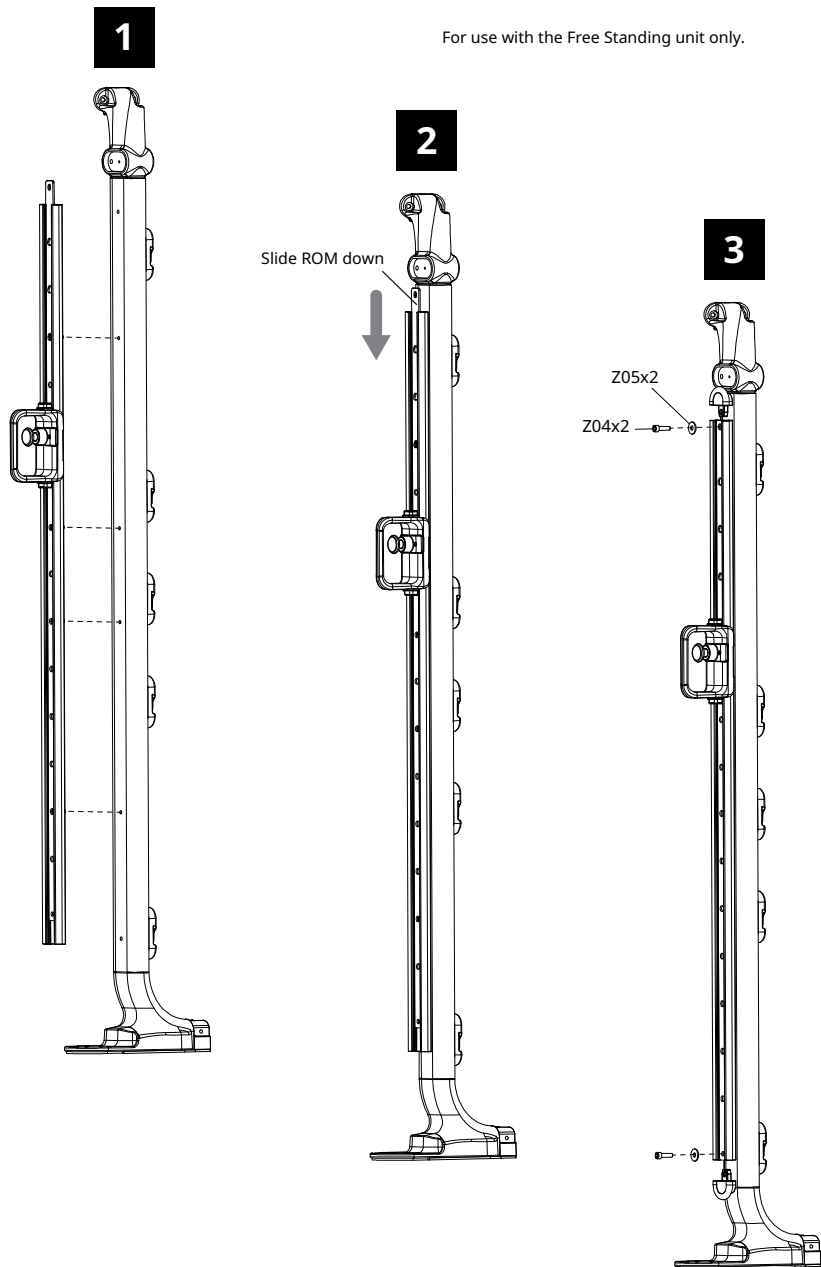
Med Ball Target



NOTE:

Tighten hardware from step 1 using the Torque Value:
M10 40 Nm / 30 ft-lb

Item	Description	Qty
Z20	Hex Screw (M10x20L)	4



NOTE:

Start with the top fastener, working down, tightening each bolt two or three revolutions at a time. Repeat process from top to bottom until all hardware is fully threaded. Tighten hardware from step 3 using the following Torque Value:
M10 40 Nm / 30 ft-lb

Item	Description	Qty
Z05	Flat Washer (Φ10)	2
Z04	Screw (M10x35L)	2





GFTCB

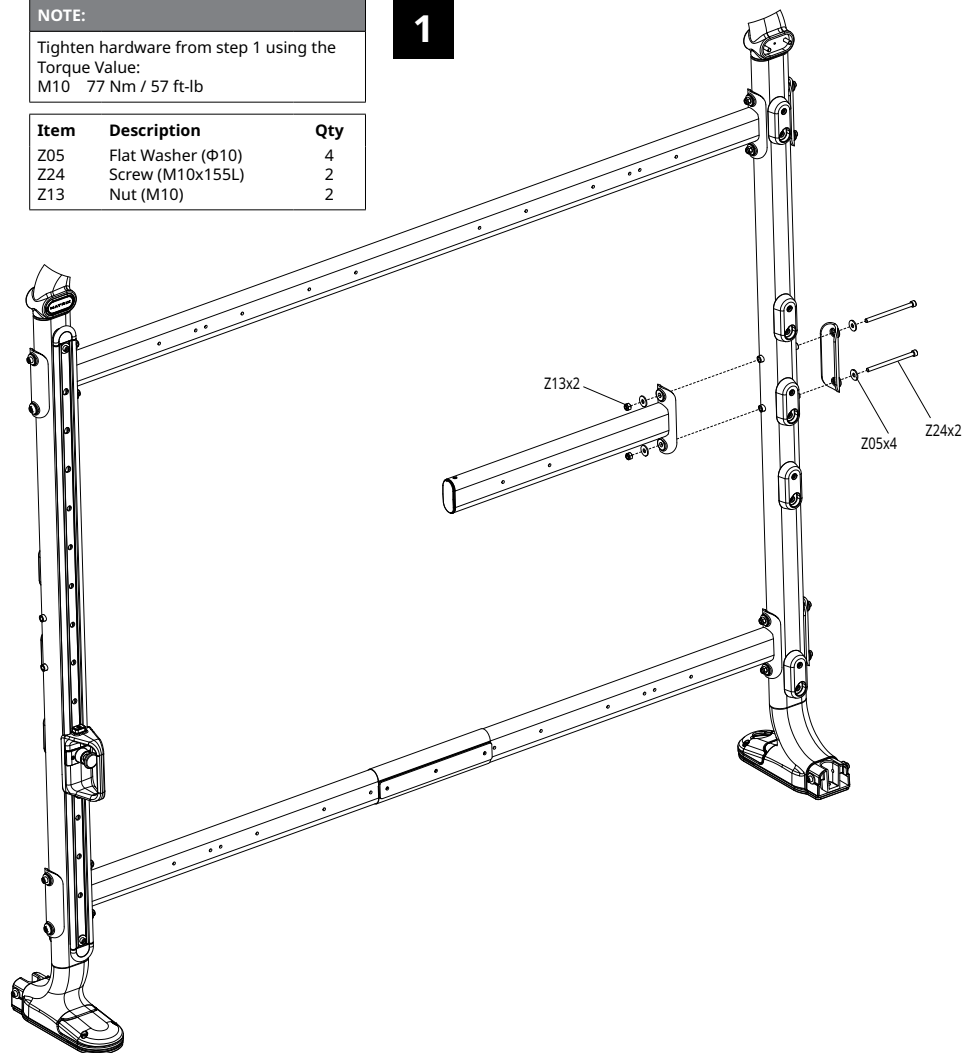
Magnetic Chalkboard

NOTE:

Tighten hardware from step 1 using the Torque Value:
M10 77 Nm / 57 ft-lb

Item	Description	Qty
Z05	Flat Washer (Φ10)	4
Z24	Screw (M10x155L)	2
Z13	Nut (M10)	2

1

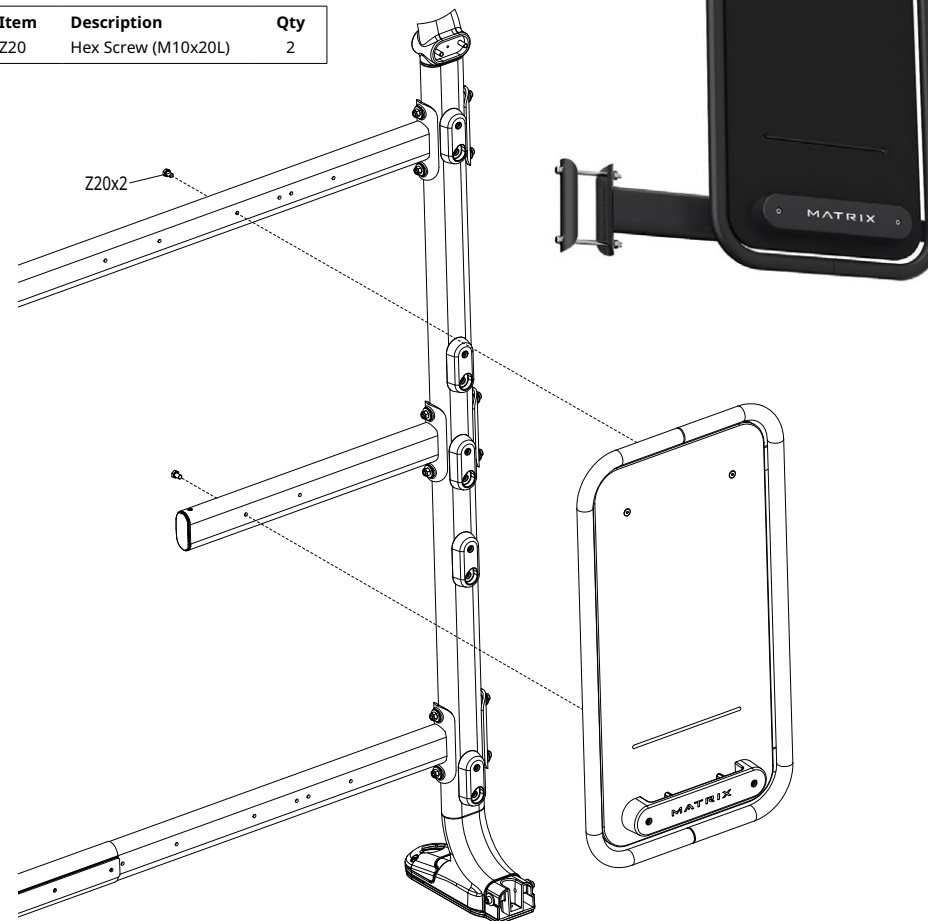


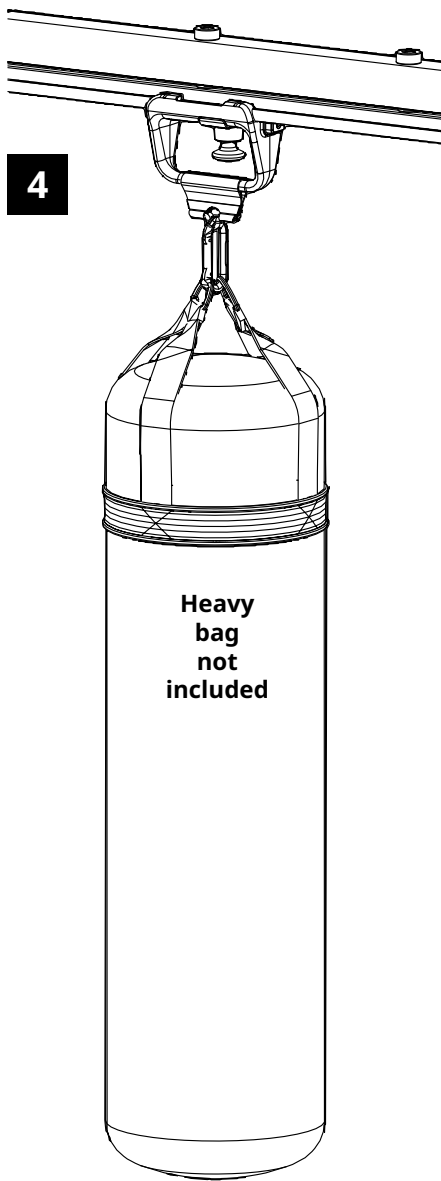
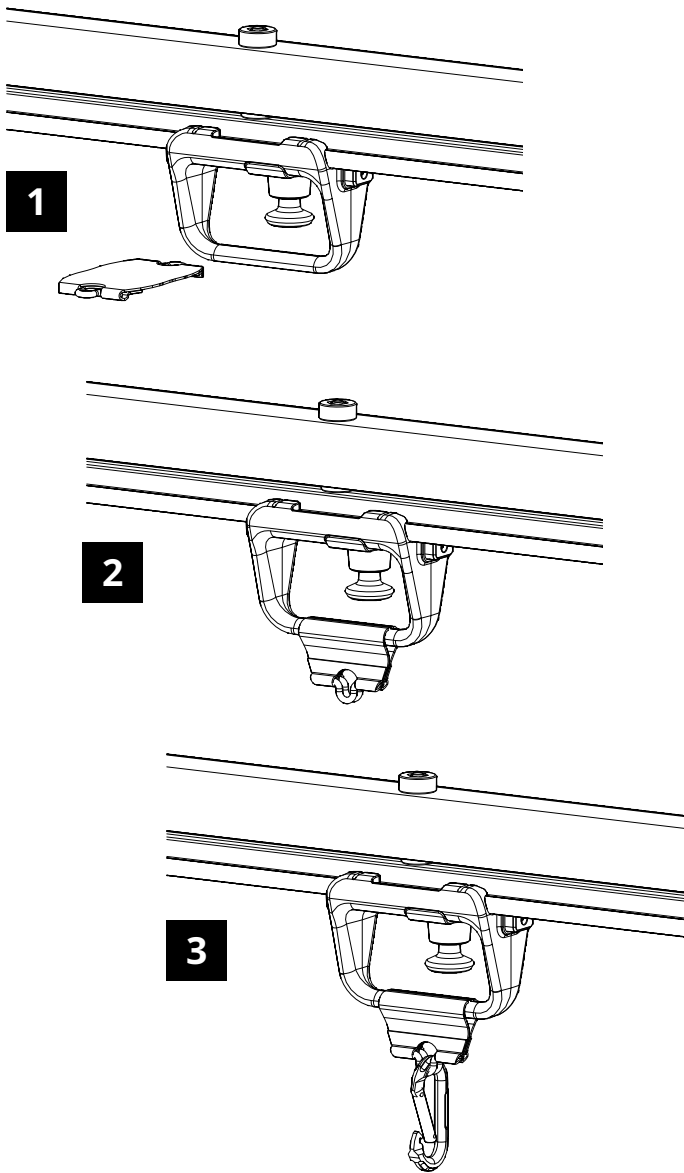
NOTE:

Tighten hardware from step 2 using the Torque Value:
M10 40 Nm / 30 ft-lb

Item	Description	Qty
Z20	Hex Screw (M10x20L)	2

2





MATRIX