

MATRIX

SPT



IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

- When using this equipment, basic precautions should always be followed, including the following: Read all instructions before using this equipment. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of all warnings and precautions.
- This equipment is intended for commercial use. To ensure your safety and protect the equipment, read all instructions before operating.

WARNING!

READ AND SAVE THESE INSTRUCTIONS:

- Use the product for its intended purpose as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Never drop or insert any object into any opening in the product. If an object should drop inside, carefully retrieve it while the unit is not in use. If the item cannot be reached, contact Matrix Fitness or authorized dealers.
- Never operate the product if it is not working properly, or if it has been damaged or immersed in water. Return it to Matrix Fitness or authorized dealers for examination and repair.
- Keep hands and feet clear at all times from moving parts to avoid injury.
- Do not reach into, or underneath the unit, and do not tip the unit on its side during operation.
- Do not use the product outdoors, near swimming pools or in areas of high humidity.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Do not remove the covers. Service should only be done by an authorized service technician.
- Close supervision is necessary when used near children, invalids or disabled people.
- When the product is in use, young children and pets should be kept at least three meters / ten feet away.
- Keep children under the age of 14 away from this equipment. Teenagers must be supervised at all times while using this equipment.
- Assemble and operate the unit on a solid, level surface. Place the unit at least one meter / three feet of clearance from any obstructions, including walls and furniture.
- Do not wear any clothing that might catch on any moving parts of this product.
- Perform proper maintenance as described in the Maintenance section of this manual.
- **CAUTION:** If you experience chest pain, nausea, dizziness or shortness of breath, STOP exercising immediately and consult a physician before continuing.
- **CAUTION:** Any changes or modifications to this equipment could void the product warranty.

CAUTION!

CONSULT A PHYSICIAN BEFORE USING THIS EQUIPMENT. READ OWNER'S MANUAL BEFORE USE.





ASSEMBLY

UNPACKING

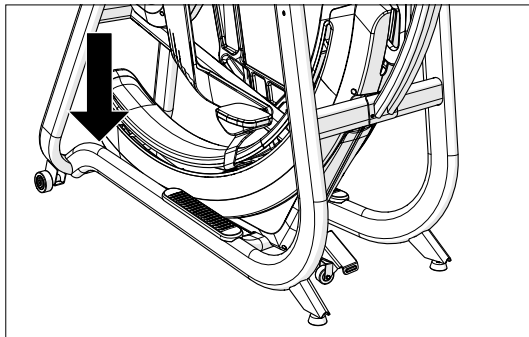
Unpack the equipment where you will be using it. Place the carton on a level flat surface. It is recommended that you place a protective covering on your floor. Never open box when it is on its side.

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.

SERIAL NUMBER LOCATION



SERIAL NUMBER

MODEL NAME: **S-FORCE PERFORMANCE TRAINER**

* Use the information above when calling for service.

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.

NEED HELP?

If you have questions or if there are any missing parts, contact Matrix Customer Tech Support.

TOOLS REQUIRED:

- ☐ 6mm L-Wrench
- ☐ 5mm L-Wrench
- ☐ 8mm T-Wrench

PARTS INCLUDED:

- ☐ 1 Base Frame
- ☐ 2 Handlebars
- ☐ 1 Console and Mast Assembly
- ☐ 1 Seat
- ☐ 1 Hardware Kit

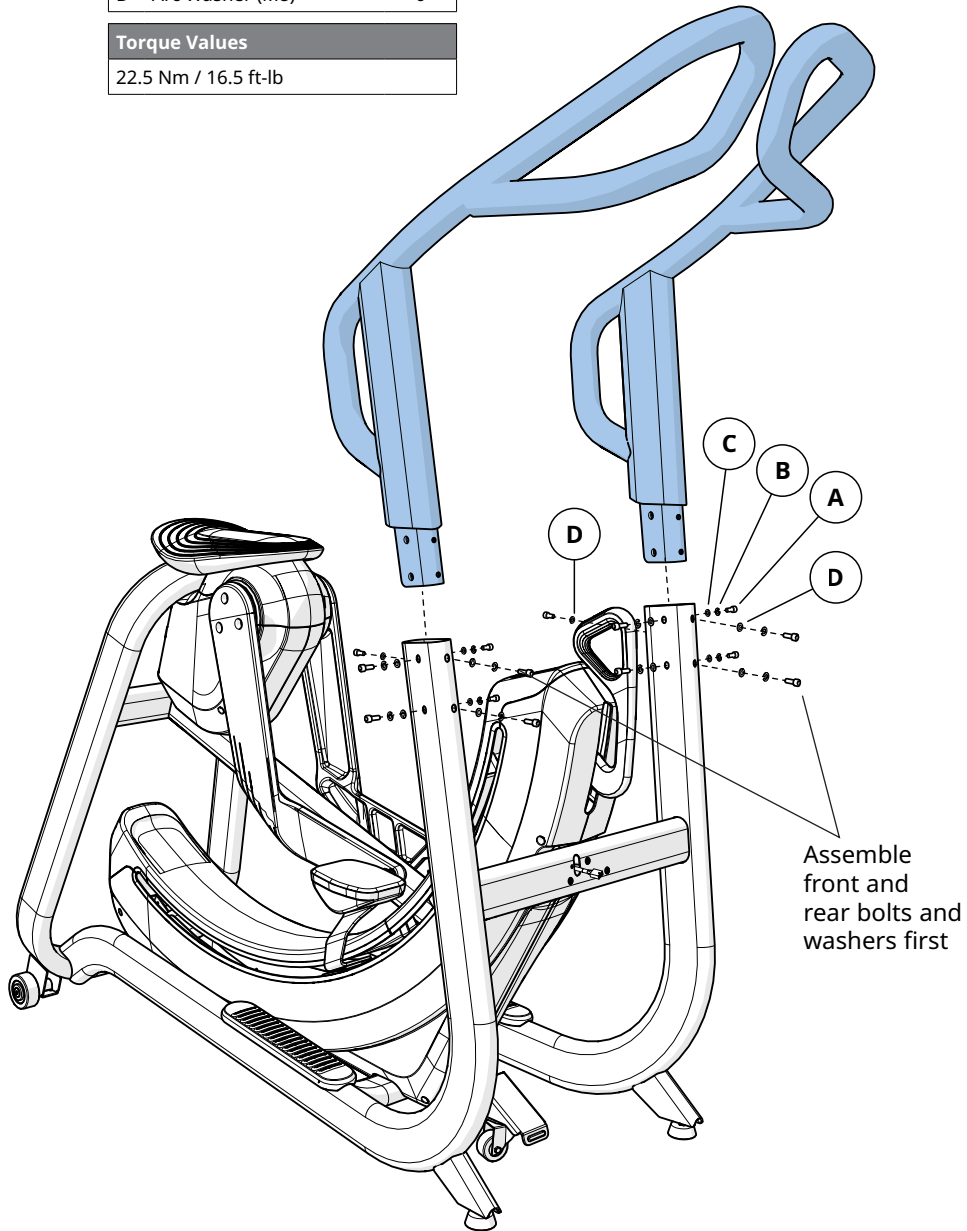
1

Step 1 Hardware

Description	Qty
A Bolt (M8)	14
B Spring Washer (M8)	12
C Flat Washer (M8)	8
D Arc Washer (M8)	6

Torque Values

22.5 Nm / 16.5 ft-lb



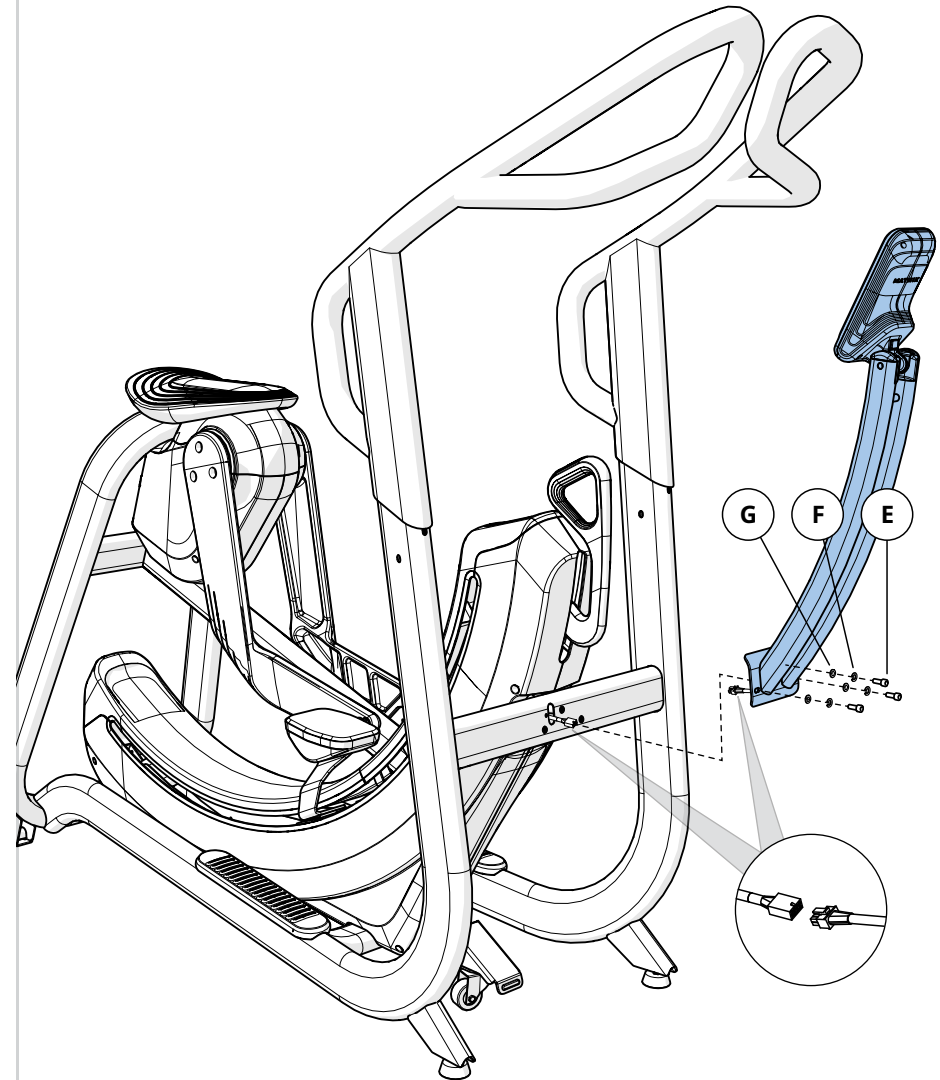
2

Step 2 Hardware

Description	Qty
E Bolt (M6)	3
F Spring Washer (M6)	3
G Flat Washer (M6)	3

Torque Values

9.5 Nm / 7 ft-lb

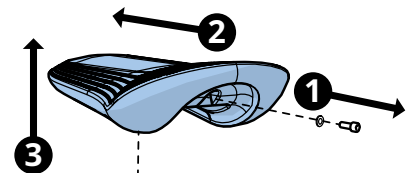


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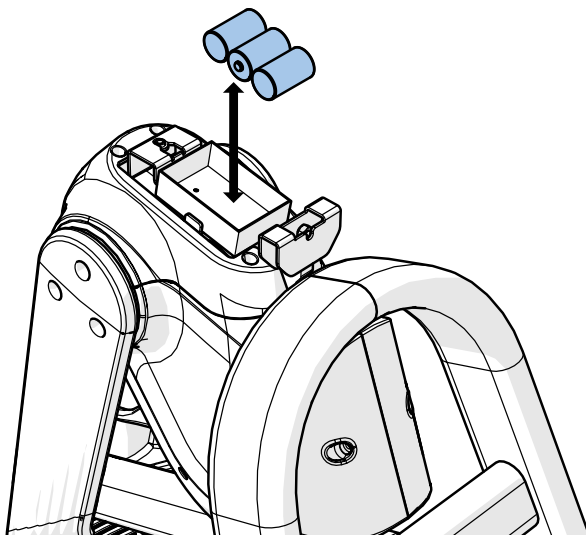


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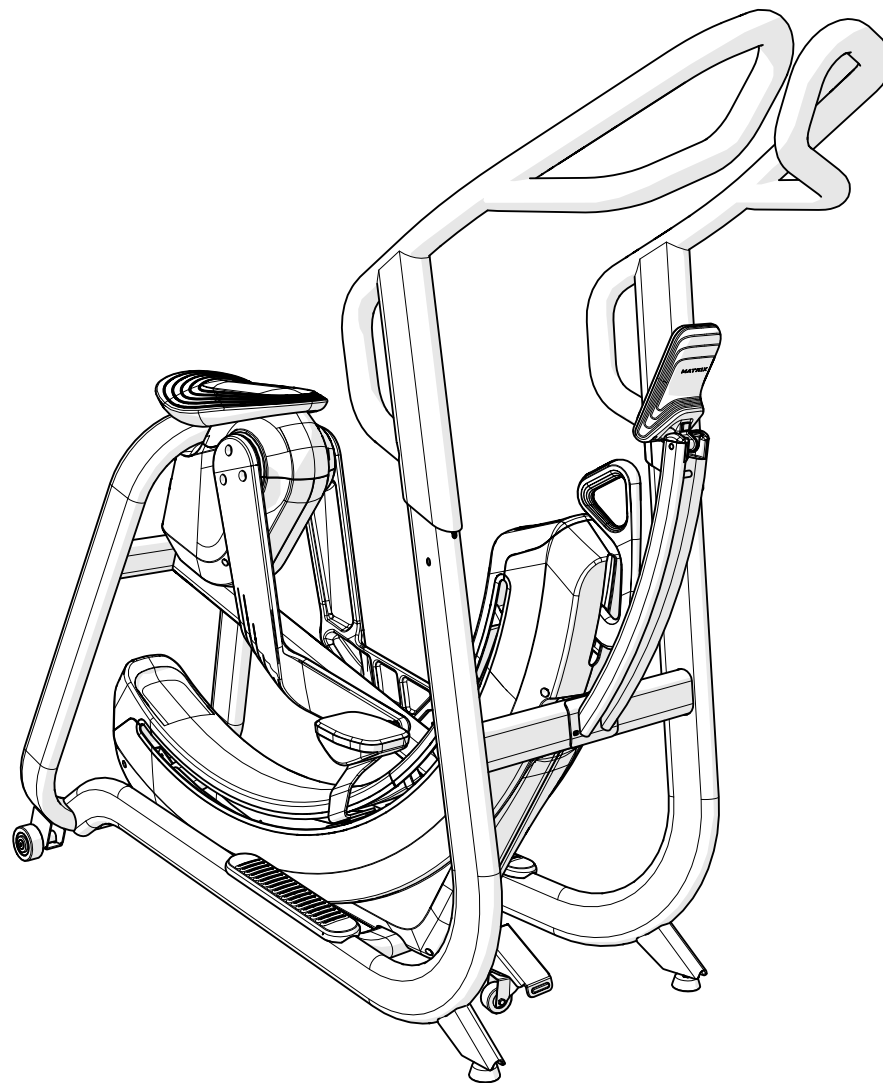


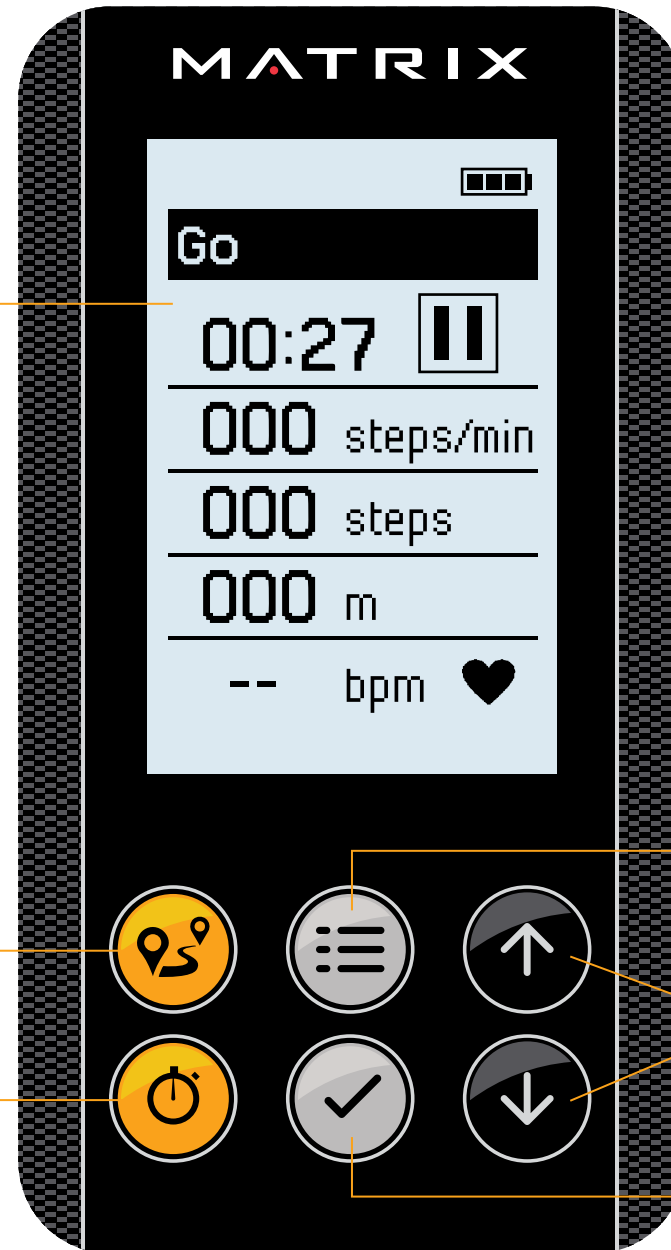
Remove seat to replace batteries (3x D)



4

ASSEMBLY COMPLETE!





BACK-LIT LCD

Displays Time, Steps per minute, Steps, Distance, Heart Rate and Calories (when heart rate strap is worn)

DISTANCE QUICK KEY

TIME QUICK KEY

MENU

NAVIGATION ARROWS

CONFIRMATION KEY



PROGRAMS

Press any button to turn console on.

1. **GO** – adjust pedal straps to desired position and press ✓ to begin your workout.
2. **INTERVAL PROGRAM** – allows user to set specific work to rest interval ratios and total number of intervals based on performance goals.
 - Select Interval and press ✓ to confirm. Choose time or distance using the ⬇ ⬆ and ✓ to confirm; select workout time or distance and rest time using ⬇ ⬆ and press ✓ to confirm; use ⬇ ⬆ to select number of desired intervals, press ✓ to confirm. Begin your interval workout.
3. **GOALS** – select your time or distance goal.
 - Select Goals and press ✓ to confirm. Use ⬇ ⬆ to select Time or Distance and ✓ to confirm. Begin your workout.
4. **SPRINT 8** – a 20 minute, high-intensity interval workout program scientifically proven to boost energy, reduce body fat and promote lean muscle.
 - Select Sprint 8 and press ✓ to confirm. Use ⬇ ⬆ to select segments and ✓ to confirm. Begin your workout.
5. **CHALLENGE PROGRAM** – allows user to set very specific time and distance targets to ensure they achieve their training objectives. A pace line is set based on these goals and allows the user to chase the goal line.
 - Select challenge and press ✓ to confirm. Set distance using ⬇ ⬆ and ✓ to confirm; select time using ⬇ ⬆ and ✓ to confirm; start pedaling and chase the pace line to meet your target goal.
6. **SUMMARY SCREENS** – after a workout is complete, see values for Steps per minute, Total Steps, Distance, HR, etc.

PROFILE

This menu option allows the user to enter personal data (i.e. gender, age, weight) when wearing a HR strap to more accurately calculate calories burned.

MANAGER MODE

To enter manager mode, press ⬇ ⬆ simultaneously for 3-5 seconds. To exit manager mode, press and hold ≡ for 3-5 seconds.

- **WORKOUT** – set desired max time, default time, pause time, and idle time
- **USER** – select age, weight, height and gender defaults
- **UNIT** – set console to display metric or Imperial units. Will show in Total Distance in Manager Mode and user weight
- **GENERAL** – shows total distance, time, steps and average stride
- **LANGUAGE** – select language based on region
- **LCD** – adjust back-light brightness and contrast settings
- **SLEEP MODE** – console will turn off after pause time has expired and go into sleep mode for 15 seconds up to 4 minutes depending on default setting before it shuts off completely
- **PEDAL WAKE UP** – when set “on”, console turns on with pedal movement. When set “off”, Menu button needs to be pressed to turn console on.

USING THE HEART RATE FUNCTION

The heart rate function on this product is not a medical device. The heart rate reading is intended only as an exercise aid in determining heart rate trends in general. Please consult your physician.

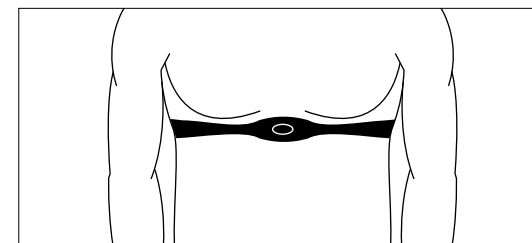
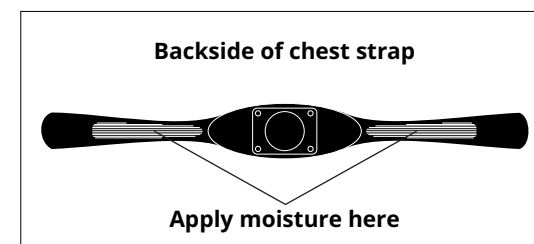
WIRELESS HEART RATE RECEIVER

When used in conjunction with a **wireless chest transmitter** (sold separately), your heart rate can be transmitted wirelessly to the unit and displayed on the console.

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.

WARNING!

Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.



BEFORE YOU BEGIN

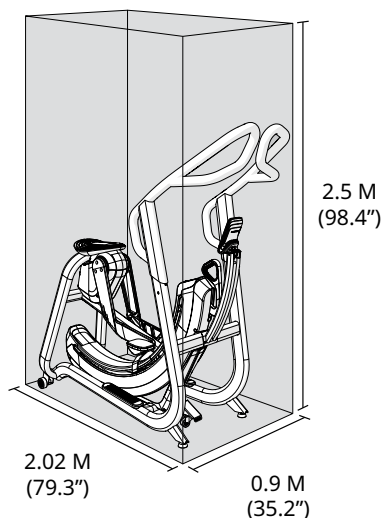
LOCATION

Place the equipment on a level and stable surface away from direct sunlight. The intense UV light can cause discoloration on the plastics. Locate your equipment in an area with cool temperatures and low humidity. Ensure a minimum clearance width of 0.6 meters (24") on each side for access to and passage around MATRIX equipment. Please note, 0.91 meters (36") is the ADA recommended clearance width for individuals in wheelchairs. Do not place the equipment in any area that will block any vent or air openings. The equipment should not be located in a garage, covered patio, near water or outdoors.

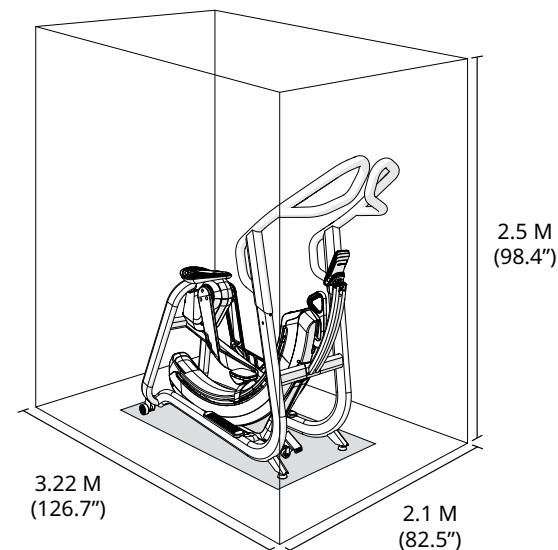
WARNING!

Our equipment is heavy. To avoid injury and damage, use care and additional help if necessary when moving.

TRAINING AREA



FREE AREA



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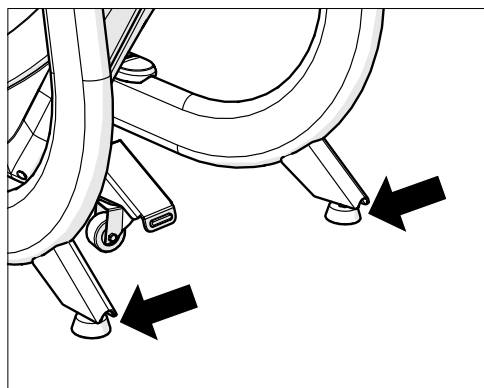
1 MOVING EQUIPMENT



2



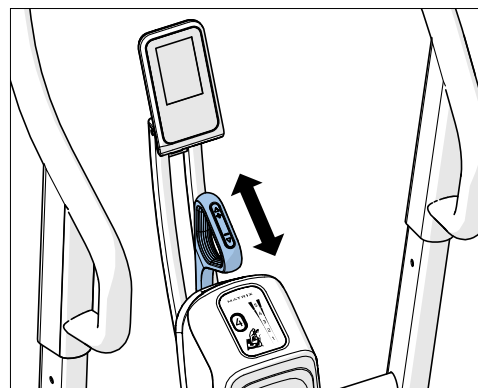
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LEVELING THE EQUIPMENT

It is extremely important that the levelers are correctly adjusted for proper operation. Use of a level is recommended.

Once you have placed the equipment where you intend to use it, raise or lower one or both of the adjustable levelers located on the bottom-front of the frame.



ADJUSTING THE RESISTANCE

The resistance is adjustable. There are 5 levels of resistance, 5 being the highest. The resistance also increases the faster the pedals are used.



PROPER USAGE

Use the seat for easy entrance and exit of the equipment. Be sure to tighten the pedal straps before using the machine.



MAINTENANCE

1. Any and all part removal or replacement must be performed by a qualified service technician.
2. 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.
3. 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.
4. 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.
5. 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

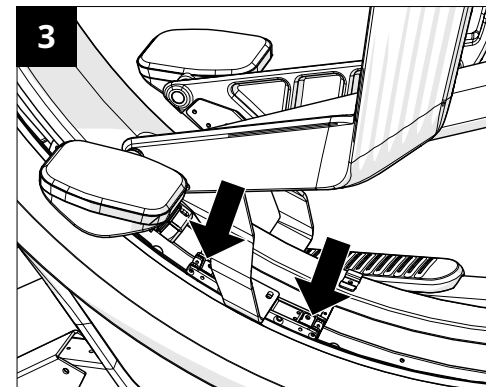
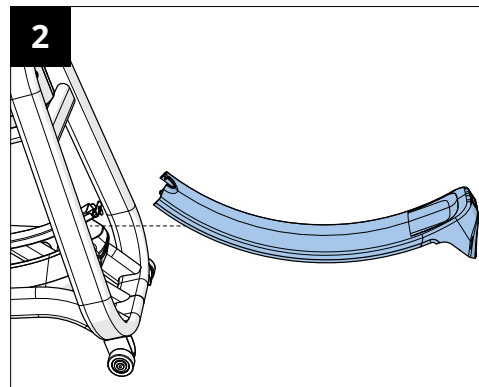
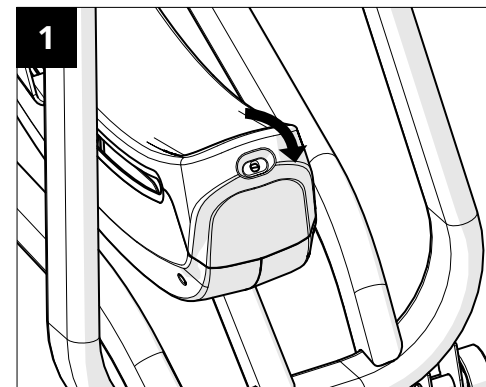
Please visit www.matrixfitness.com for warranty information along with warranty exclusions and limitations.

MAINTENANCE SCHEDULE

ACTION	FREQUENCY
Clean entire machine using water and a mild soap or other Matrix approved solution (cleaning agents should be alcohol and ammonia free).	DAILY
Remove the back cover. Check for debris and clean with a dry cloth or small vacuum nozzle.	MONTHLY
Lubricate magnets	EVERY 6 MONTHS

LUBRICATING THE MAGNETS

1. Use a coin to turn the release screw 90° clockwise.
2. Remove plastic cover.
3. Spray the magnet areas as shown. Spray each area for about 0.5 second (or around 0.25cc of oil quantity). Matrix recommends chain grease for lubrication.
4. Replace plastic cover and turn release screw 90° counter-clockwise to secure plastic cover.



PRODUCT SPECIFICATIONS

Console	Back-lit LCD
Max User Weight	181.4 kg / 400 lbs
Product Weight	132 kg / 290 lbs
Shipping Weight	155 kg / 340 lbs
Overall Dimensions (L x W x H)*	182 x 69 x 166 cm / 72" x 27" x 65"

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

MATRIX