

# MATRIX



## Matrix IC3

model no.:  
IC-MXIC3B-01

Manufactured by:  
Indoorcycling Group GmbH  
Happurger Str. 86  
90482 Nuremberg | Germany  
[www.indoorcycling.com](http://www.indoorcycling.com)  
[info@indoorcycling.com](mailto:info@indoorcycling.com)

### **MATRIX Fitness Systems Corp.**

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Cottage Grove, WI 53527  
Toll-free: 866.693.4863  
Local: 608.839.8686  
[www.matrixfitness.com](http://www.matrixfitness.com)

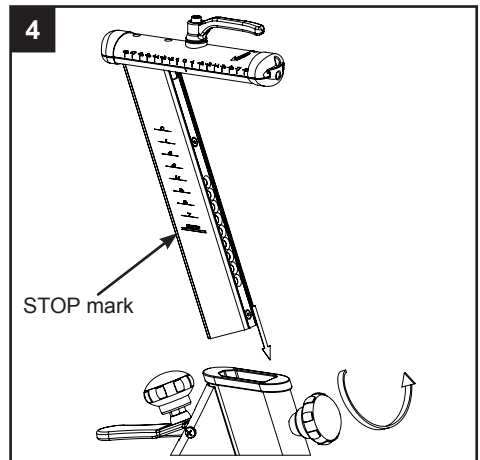
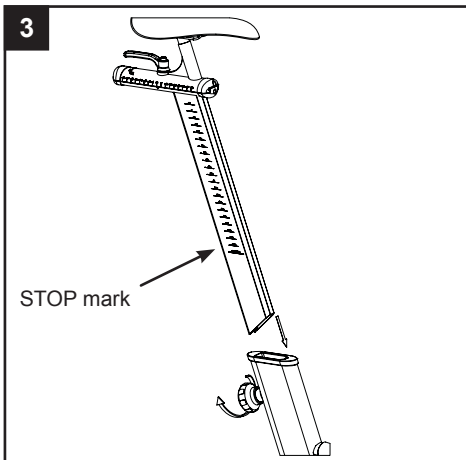
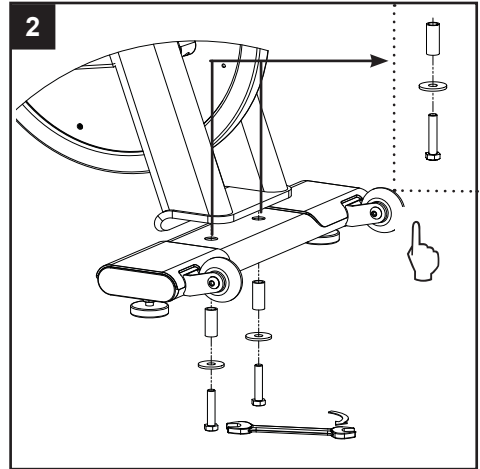
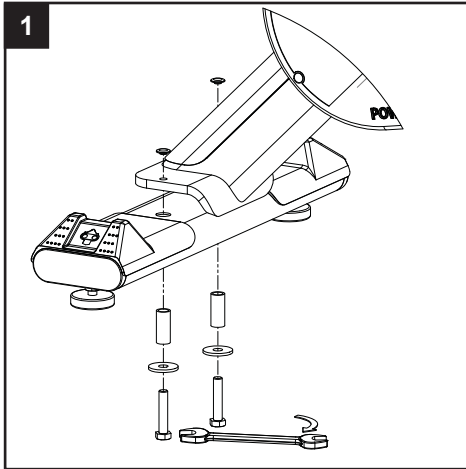
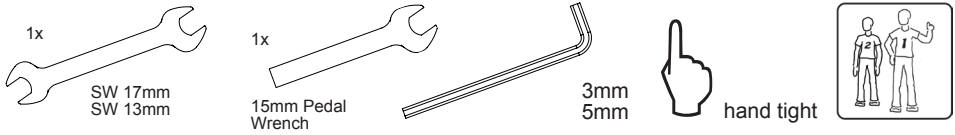
### **CAUTION !**

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

**Improper assembly, maintenance or use can void the warranty terms.**

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## HOW TO ASSEMBLE Matrix IC3 Indoor Cycle

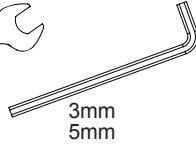
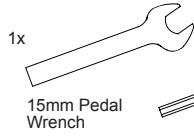
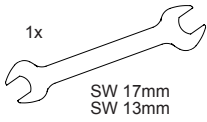


**Please assure that nuts are tightened with significant force to minimize loosening during use.**

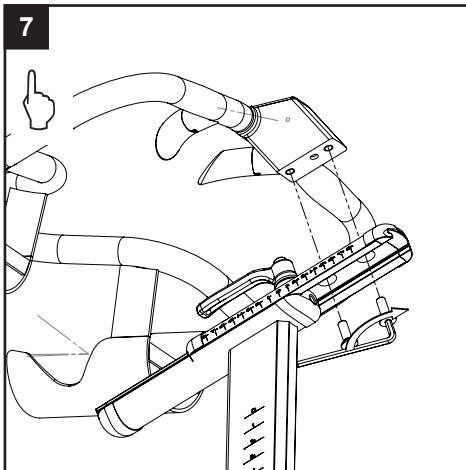
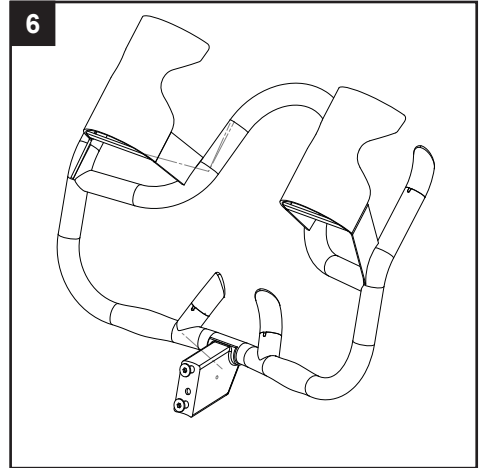
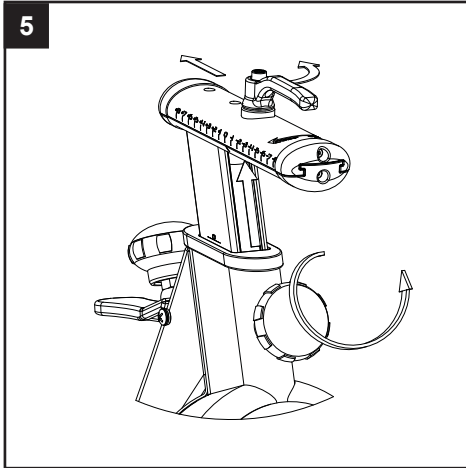
Seat clamp must be tightened securely from both sides to minimize loosening during use.

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## HOW TO ASSEMBLE Matrix IC3 Indoor Cycle

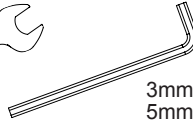
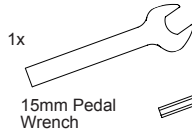
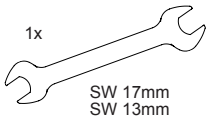


hand tight

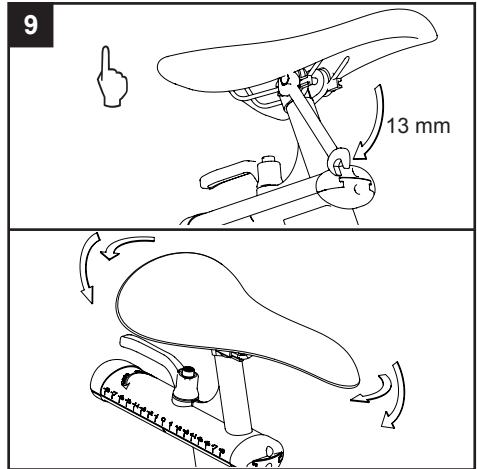
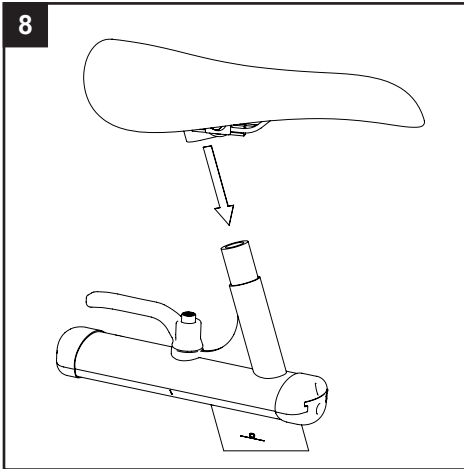


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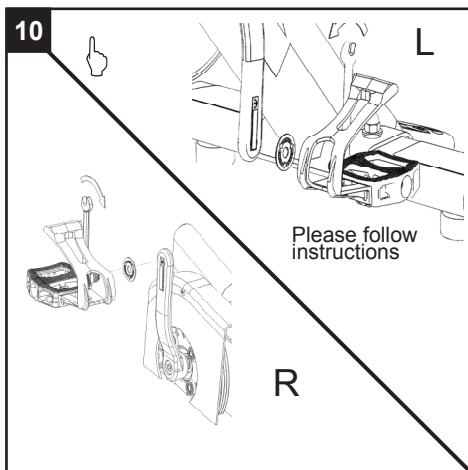
## HOW TO ASSEMBLE Matrix IC3 Indoor Cycle



hand tight



Make sure the seat is fixed in a **LEVEL HORIZONTAL AND VERTICAL** position.  
Seat clamp must be tightened securely from both sides to minimize loosening during use.



Pedal marked R installed on right crank (clockwise), Pedal marked L installed on left crank (counterclockwise).

Pedals must be fastened with significant force to avoid loosening with use of the indoor cycle.

## INITIAL INSTALL CHECKS

The cycle tune-up must be performed at initial installation of the indoor cycle for optimal performance and longevity. Please read and follow all instructions below. If the indoor cycle is not installed and tuned as described, components may wear excessively and the indoor cycle may become damaged. If you have questions about the installation, please contact matrix customer service [www.matrixfitness.com](http://www.matrixfitness.com)

**Note: Some maintenance procedures require acid-, silicone- and solvent-free spray lubricant** (for example, BRUNOX) **and white lithium grease**.

1. Make sure that the indoor cycle is level. If the indoor cycle rocks on the floor, turn the leveling feet underneath the front and/or rear stabilizer until the rocking motion is eliminated.
2. Verify emergency brake function to assure that emergency brake functions correctly.
3. Brake pad calibration: Turn resistance knob counterclockwise as far as possible (minimum braking effect). Verify that there is a slight separation of the brake pad from flywheel. Brake pad should barely touch the flywheel when resistance knob is turned counterclockwise as far as it can go.
4. Apply spray lubricant to the brake pad using the lubrication holes on the plastic part or the brake pad and externally on the felt pad. Make sure brake pad is thoroughly soaked from end to end with lubricant spray. Wipe the excess from the flywheel.  
\* Best Practice: Use a refillable spray bottle filled with non-aerosol **acid-, silicone- and solvent-free** spray lubricant purchased by the gallon (3.7 L) at the local hardware store.
5. Apply Lithium grease to the threads on the lower end of the brake rod. First, turn the resistance knob clockwise until it stops. Apply a small amount of white lithium grease to the threads on the brake rod above the two lock nuts. Then, turn the resistance knob counterclockwise until it stops.
6. Apply Lithium grease on the metal threads of all the adjustment knobs.
7. Check four (4) Allen bolts on RS pulley for tightness. If loose, apply LocTite Threadlocker Blue-242 and retighten.
8. Verify R and L crank arm Allen bolts for tightness. If loose, apply LocTite Threadlocker Blue-242 and retighten.
9. Wipe down bike frame with rag moistened with solvent-free spray lubricant
10. Some parts of the indoor cycle may become loose during shipment. Check crank arms and check all exposed screws, bolts and nuts, and make sure that they are properly tightened.

### Customer Service

1. Provide basic maintenance instructions for clients and direct them to detailed maintenance instructions (page 13-18).
2. Provide sign-off sheet for clients to confirm explanation of maintenance procedures/manual and verification of condition of bikes.