

MATRIX
Strong • Smart • Beautiful

U7xe	R7xe	H7xe
U5x	R5x	H5x
U3x	R3x	H3x

CYCLES OWNER'S MANUAL

IMPORTANT PRECAUTIONS



SAVE THESE INSTRUCTIONS

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

This product is intended for commercial use. To ensure your safety and protect the equipment, read all instructions before operating.



DANGER

TO REDUCE THE RISK OF ELECTRICAL SHOCK:

Always unplug the unit from the electrical outlet immediately after using, before cleaning, performing maintenance and putting on or taking off parts.

CAUTION

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.

WARNING

- Use this exercise bike for its intended purpose as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Never operate the exercise bike if it is not working properly, or if it has been damaged. Contact Customer Tech Support or the authorized dealers for examination and repair.
- Do not use the exercise bike without proper footwear. NEVER operate the exercise bike with bare feet.
- Do not wear any clothing that might catch on any moving parts of this exercise bike.
- Keep hands and feet clear at all times from moving parts to avoid injury. Never turn the pedal cranks by hand.
- Do not dismount the exercise bike until the pedals are at a complete STOP.
- Do not attempt to ride the exercise bike in a standing position at high RPMs until you have practiced at slower speeds.
- Do not insert any object, hands or feet into any openings, or expose hands, arms or feet to the drive mechanism or other potentially moving part of the exercise bike.
- Do not use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Customer Tech Support or the authorized dealers.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Close supervision is necessary when used near children, invalids or disabled people.
- Ensure that adjustment levers (seat and handlebar fore-and-aft) are properly secured and do not interfere with range of motion during exercise.

WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Use the unit only as described in the unit guide and owner's manual.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- The unit should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- At NO time should pets or children under the age of 13 be closer to the unit than 10 feet.
- At NO time should children under the age of 13 use the unit.
- Children over the age of 13 or disabled persons should not use the unit without adult supervision.
- Never operate the unit if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or immersed in water. Return the unit to a service center for examination and repair.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not remove the console covers unless instructed by Customer Tech Support. Service should only be done by an authorized service technician.
- Heart rate monitoring systems may be inaccurate.
- Over exercising may result in serious injury or death.
- If you feel faint, stop exercising immediately.

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





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

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

DEDICATED CIRCUIT AND ELECTRICAL INFO

A "Dedicated Circuit" means that each outlet you plug into should not have anything else running on that same circuit. The easiest way to verify this is to locate the main circuit breaker box, and turn off the breaker(s) one at a time. Once a breaker has been turned off, the only thing that should not have power to it are the units in question. No lamps, vending machines, fans, sound systems, or any other item should lose power when you perform this test.

Non-looped (isolated) neutral/grounding means that each circuit must have an individual neutral/ground connection coming from it, and terminating at an approved earth ground. You cannot "jumper" a single neutral/ground from one circuit to the next.

ELECTRICAL REQUIREMENTS

For your safety and to ensure good unit performance, the ground on this circuit must be non-looped (isolated). Please refer to NEC article 210-21 and 210-23. Any alterations to the standard power cord provided could void all warranties of this product.

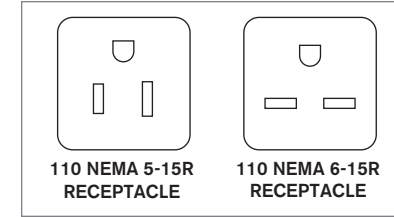
These products are designed to be self powered and do not require an external power supply source to operate. An external power supply source will power the console at all times.

For units with an integrated TV (7xe), the TV power requirements are included in the the unit. For units with an add-on digital TV (3x and 5x), the machine in which the add-on digital TV is connected to powers the add-on digital TV. Additional power requirements are not needed for the add-on digital TV. For units with an add-on PCTV (3x and 5x), the TV power requirements are separate.

NOTE: ALL UNITS WITH VIRTUAL ACTIVE™ MUST BE POWERED!

110 V UNITS

All Matrix 3x, 5x and 7xe 110 V bikes require the use of a 100-125 V, 60 Hz and a 15 A "Dedicated Circuit", with a non-looped



North American power cord plugs shown.
Depending on your country, the plug type may vary.

(isolated) neutral/ground for power. This outlet should be a NEMA 5-15R and have the same configuration as the plug. No adapter should be used with this product. These bikes can be daisy-

chained together with up to 4 units per 15 A dedicated circuit. Matrix daisy-chain cord adapters are sold separately.

220 V UNITS

All Matrix 3x, 5x and 7xe 220 V bikes require the use of a 216-250 V, 50 Hz and a 15 A "Dedicated Circuit", with a non-looped (isolated) neutral/ground for power. This outlet should be a NEMA 6-15R and have the same configuration as the plug. No adapter should be used with this product. These bikes can be daisy-chained together with up to 4 units per 15 A dedicated circuit. Matrix daisy-chain cord adapters are sold separately.

GROUNDING INSTRUCTIONS

The unit must be grounded. If it should malfunction or break-down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The unit is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. If the user does not follow these grounding instructions, the user could void the Matrix limited warranty.

ADDITIONAL ELECTRICAL INFO

In addition to the dedicated circuit requirement, the proper gauge wire must be used from the circuit breaker box, to each outlet that will have the maximum number of units running off of it. If the distance from the circuit breaker box to each outlet, is 100 ft (30.5 m) or less, then 12 gauge wire should be used. For distances greater than 100 ft (30.5 m) from the circuit breaker box to the outlet, a 10 gauge wire should be used.

ENERGY SAVING / LOW-POWER MODE

All units are configured with the ability to enter into an energy saving / low-power mode when the unit has not been in use for a specified period of time. Additional time may be required to fully reactivate this unit once it has entered the low-power mode. This energy saving feature may be enabled or disabled from within the 'Manager Mode' or 'Engineering Mode.'

ADD-ON PCTV (3X AND 5X)

A 15 A or 20 A "Dedicated Circuit" with a non-looped (isolated) neutral/ground is required. Each PCTV requires at least 1.2 A of current. No more than 12 PCTVs should be used for each 15 A circuit and no more than 16 PCTVs should be used for each 20 A circuit. No adapter should be used with this product. A coaxial cable from the video source to the unit will be needed for each PCTV unit.

ADD-ON DIGITAL TV (3X AND 5X)

Additional power requirements are not needed for the add-on digital TV.





DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

WARNING

Connect this exercise product to a properly grounded outlet only.

Never operate product with a damaged cord or plug even if it is working properly. Never operate any product if it appears damaged, or has been immersed in water. Contact Customer Tech Support for replacement or repair.

WARNING: Failure to follow these specifications can cause damage to your product and can void the warranty.

- All video and power outlets must be functional the day of delivery / assembly of the product. The client is responsible for any additional installation charges associated with return visits.
- Electrical supply may fluctuate in your area. To ensure stable performance of the product, use the proper gauge wire.

BASIC OPERATION





LOCATION OF THE EXERCISE BIKE

Place the unit on a level and stable surface away from direct sunlight. The intense UV light can cause discoloration on the plastics. Locate your unit in an area with cool temperatures and low humidity. Please leave a clear zone on both sides of the unit that is at least 24" (600 mm). This zone must be clear of any obstruction and provide the user a clear exit path from the machine. Do not place the unit in any area that will block any vent or air openings. The unit should not be located in a garage, covered patio, near water or outdoors.

MOVING THE UNIT

Two hand holds are located just above the MATRIX logo on the rear legs of the unit. To avoid injury to the user or the unit, be sure to have proper assistance to move the unit.

LEVELING THE EXERCISE BIKE

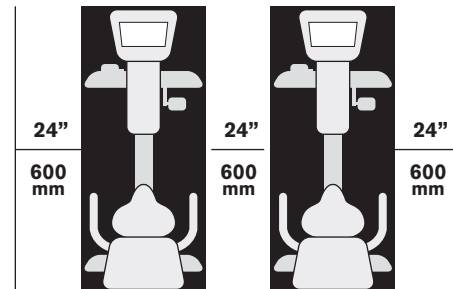
Locate a level, stable surface to position the Cycle. The Cycle has leveling feet located under the foot support and the center of the frame. If your Cycle wobbles in the location where you intended to use it, loosen the lock nut to the adjusting foot and adjust the feet until stable. Once level, lock the adjusting feet by tightening the lock nut to the frame.

HYBRID SEAT HEIGHT

To adjust the seat height on the Hybrid Cycle, pull the orange lever under the seat and lower the seat to the lowest position, stand over the seat and grab the orange lever. Pull the lever and lift until the seat base makes contact with your pelvic bone.

RECUMBENT SEAT HEIGHT

To adjust the seat height on the Recumbent Cycle, locate the yellow lever under the right side of the seat before you mount the Cycle. Place your right hand on the orange adjustment handle under the right side of the seat. Place feet on the ground while seated and slide forward if needed. Place feet on pedals, gently lift lever under the right side of the seat. Using legs, slowly push and slide the seat up or down to desired position. Release lever and allow to lock into place.



WARNING

Our equipment is heavy, use care and additional help if necessary when moving. Failure to follow these instructions could result in injury.

UPRIGHT SEAT HEIGHT

To adjust the seat height on the Upright Cycle, locate the orange pull pin before you mount the Cycle. To raise or lower the seat, pull the orange knob while holding the seat with the other hand and slide up or down accordingly. Make sure you are not seated when you pull the knob or pull the seat up.

The seat height adjusts from level 1 to 15, when you see the mark "15 MAX" on the seat post, stop to pull the seat up.

POWER

Your exercise bike may be powered by a power supply. The power must be plugged into the power jack, which is located in the front of the machine near the stabilizer tube. Unplug cord when not in use.

WARNING

Never operate product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Contact Customer Tech Support for examination and repair.

USING THE HEART RATE FUNCTION

Your exercise bike is equipped with heart rate pulse grips.

The heart rate function on this product is not a medical device. While heart rate grips can provide a relative estimation of your actual heart rate, they should not be relied on when accurate readings are necessary. Some people, including those in a cardiac rehab program, may benefit from using an alternate heart rate monitoring system like a chest or wrist strap. Various factors, including movement of the user, may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid in determining heart rate trends in general. Please consult your physician.





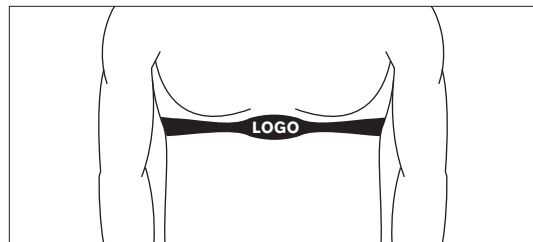
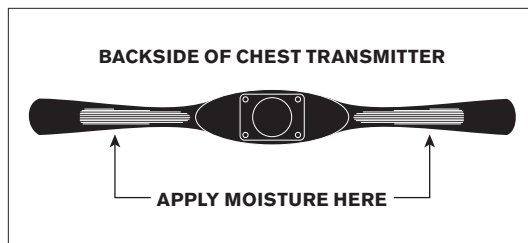
PULSE GRIPS

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 register. 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 handlebars. Make sure to clean the pulse sensors to ensure proper contact can be maintained.

WIRELESS HEART RATE RECEIVER

When used in conjunction with a **wireless chest transmitter**, 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.

TROUBLESHOOTING & MAINTENANCE





RECOMMENDED CLEANING TIPS

Preventative maintenance and daily cleaning will prolong the life and look of your equipment.

- A Use a soft, clean cotton cloth. DO NOT use paper towels to clean surfaces on the treadmill. Paper towels are abrasive and can damage surfaces.
- B Use a mild soap and damp cloth. DO NOT use ammonia based cleaner or alcohol. This will cause discoloring of the aluminum and plastics it comes into contact with.
- C Do not pour water or cleaning solutions on any surface. This could cause electrocution.
- D Wipe the console, heart rate grip, handles, foot pads and handlebars after each use.
For cleaning 7xe displays, use distilled water in an atomizer spray bottle. Spray distilled water onto soft, clean, dry cloth and wipe display until clean and dry. For very dirty displays, adding vinegar is recommended.

CAUTION: Be sure to have proper assistance to install and move the unit in order to avoid injury or damage.

CHECK FOR DAMAGED PARTS

DO NOT use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Matrix Fitness.

MAINTAIN LABELS AND NAMEPLATES.

Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Matrix Fitness Systems for a replacement. 1-866-693-4863, www.matrixfitness.com

MAINTAIN ALL EQUIPMENT

Preventative maintenance is the key to smooth operating equipment, as well as keeping the user's liability to a minimum. Maintain a clean area around the equipment, free from dust and dirt. Equipment needs to be inspected at regular intervals. Defective components must be replaced immediately. Improperly working equipment must be kept out of use until it is repaired. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. Matrix Fitness Systems will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.

CONSOLE RESPONSIVENESS ISSUES (CONSOLE REBOOT):

Press and HOLD the Channel Up and Channel Down Button until you hear a Beep. Your console will reset.

CARE AND MAINTENANCE

WHAT KIND OF ROUTINE MAINTENANCE IS REQUIRED?

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

HOW DO I CLEAN MY MACHINE?

Clean with soap and water cleaners only. Never use solvents on plastic parts. Cleanliness of your unit and its operating environment will keep maintenance problems and service calls to a minimum. For this reason, Customer Tech Support recommends that the following preventive maintenance schedule be followed.

DAILY

- Unplug the unit. Clean entire machine using water and a mild soap or other Matrix approved solution (cleaning agents should be alcohol and ammonia free).
- Inspect the power cord. If the power cord is damaged, contact Customer Tech Support.
- Make sure the power cord is not underneath the unit or in any other area where it can become pinched or cut during storage or use.

WEEKLY

Clean underneath the bike, following these steps:

- Turn off the bike.
- Move the bike to a remote location.
- Wipe or vacuum any dust particles or other objects that may have accumulated underneath the bike.
- Return the bike to its previous position.

MONTHLY

- Inspect all assembly bolts and pedals on the machine for proper tightness.
- Clean any debris off of the seat guide rail.



WARNING

To remove power from the exercise bike, the power cord must be disconnected from the wall outlet.

HYBRID CYCLE™ ASSEMBLY



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 bike could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the bike, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your unit's serial number as shown in the picture below.

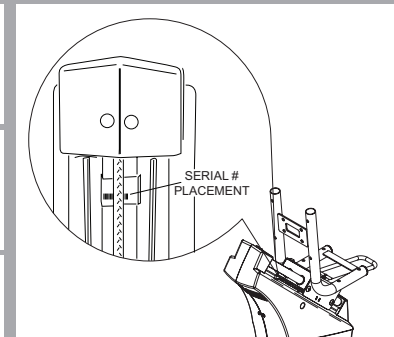
ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

CONSOLE SERIAL NUMBER:

FRAME SERIAL NUMBER:

MODEL NAME: **MATRIX**

SERIAL NUMBER LOCATION



» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.
*The console serial number can be found in the Manager Mode or Engineering Mode.

INCLUDED FASTENERS

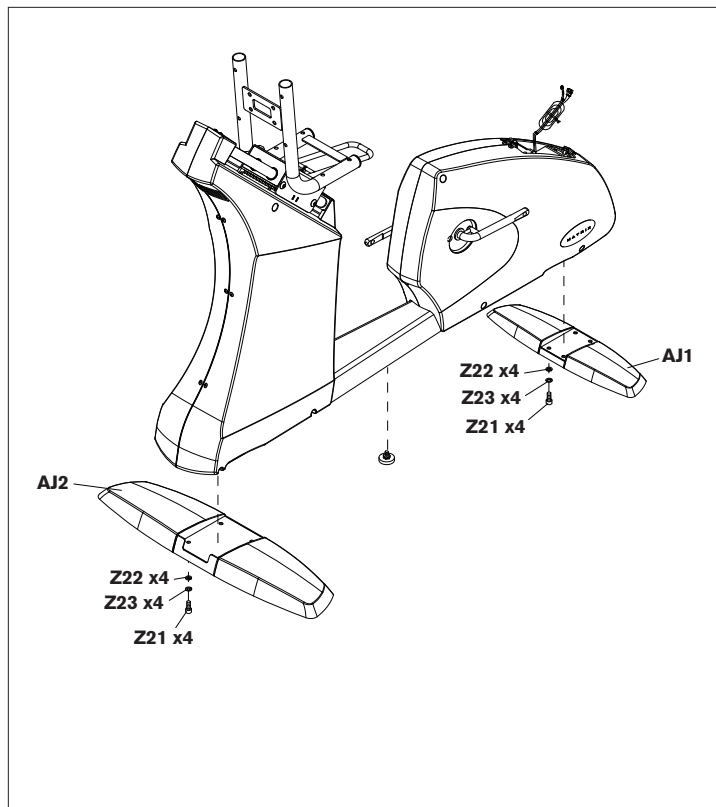
REFERENCE	SKETCH	DESCRIPTION	QUANTITY	PACKAGE COLOR
Z11		BUTTON HEAD BOLT(M8x25L)	4	WHITE
Z12		SPRING WASHER	4	WHITE
Z13		BUTTON HEAD BOLT(M5x10L)	2	WHITE
Z21		BUTTON HEAD BOLT(M8x20L)	8	BLACK
Z22		FLAT WASHER	8	BLACK
Z23		SPRING WASHER	8	BLACK
Z31		BUTTON HEAD BOLT(M8x15L)	4	YELLOW
Z32		FLAT WASHER	4	YELLOW
Z33		SPRING WASHER	4	YELLOW
Z34		BUTTON HEAD BOLT(M8x25L)	2	BLUE
Z41		BUTTON HEAD BOLT(M8x50L)	8	RED
Z42		ARC WASHER	8	RED
Z43		SPRING WASHER	8	RED

Z51		BUTTON HEAD BOLT(M8x15L)	4	GREEN
Z52		FLAT WASHER	4	GREEN
Z53		SPRING WASHER	4	GREEN
Z71		ADJUSTMENT FOOT	1	




REQUIRED TOOLS

	6mm ALLEN WRENCH
	PHILLIPS DRIVER(6x130mm)
	OPEN WRENCH(#15#17 325L)
	5mm ALLEN WRENCH

ASSEMBLY STEP 1

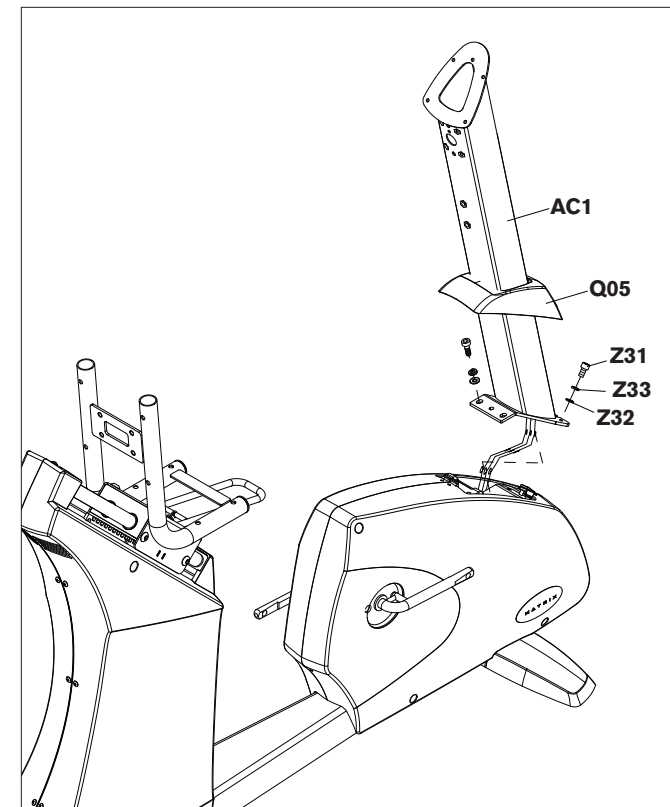


BLACK HARDWARE BAG CONTENTS :




Z21		BUTTON HEAD BOLT(M8x20L)	8
Z22		FLAT WASHER	8
Z23		SPRING WASHER	8

- Open **BLACK HARDWARE BAG**.
- Attach the **STABILIZER TUBE** to the **MAIN FRAME** using 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (C)** on each side.
- Attach the **ADJUSTMENT FOOT**.

ASSEMBLY STEP 2



YELLOW HARDWARE BAG CONTENTS

Z31		BUTTON HEAD BOLT(M8x15L)	4
Z32		FLAT WASHER	4
Z33		SPRING WASHER	4

- Open **YELLOW HARDWARE BAG**.
- Attach **MANUAL INCLINE LIFT LEVER** to **GUIDE RAIL SET** using 4 **BOLTS (D)**, 4 **FLAT WASHERS (E)**, 4 **SPRING WASHERS (F)** and 4 **NUTS (G)**.
- Align **GUIDE RAIL SET** with **MAIN FRAME** as shown.
- Lift up on the **MANUAL INCLINE LIFT LEVER** and place it in one of the holes inside the **MAIN FRAME**.
- Attach the **GUIDE RAIL SET** to the **MAIN FRAME** using 4 **BOLTS (G)**, 4 **FLAT WASHERS (H)**, 4 **SPRING WASHERS (I)** and 4 **NUTS (J)**.

ASSEMBLY STEP 3

RED HARDWARE BAG :

Z41  BUTTON HEAD BOLT(M8x50L) 8

Z42  ARC WASHER 8

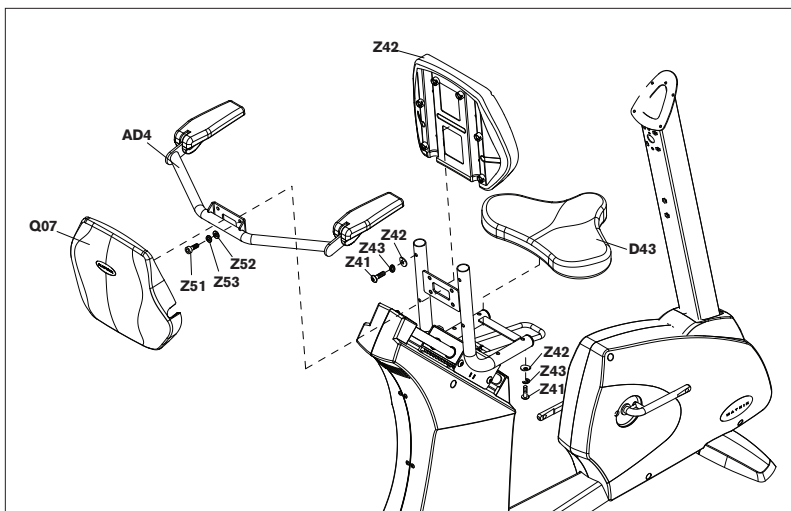
Z43  SPRING WASHER 8

GREEN HARDWARE BAG :

Z51  BUTTON HEAD BOLT(M8x15L) 4

Z52  FLAT WASHER 4

Z53  SPRING WASHER 4



A Open **RED AND GREEN HARDWARE BAGS**.

B Attach the **GUIDE RAIL SET** to the **MAIN FRAME** using 4 **BOLTS (F)**, 4 **SPRING WASHERS (E)** and 4 **FLAT WASHERS (D)**.

C Attach the **GUIDE RAIL SET** to the **INCLINE BRACKET** using 4 **BOLTS (G)**, 4 **FLAT WASHERS (H)**, 4 **SPRING WASHERS (I)** and 4 **NUTS (J)**.

ASSEMBLY STEP 4

WHITE HARDWARE BAG CONTENTS :

Z11  BUTTON HEAD BOLT(M8x25L) 4

Z12  SPRING WASHER 4

Z13  BUTTON HEAD BOLT(M5x10L) 2

A Open **WHITE HARDWARE BAG**.

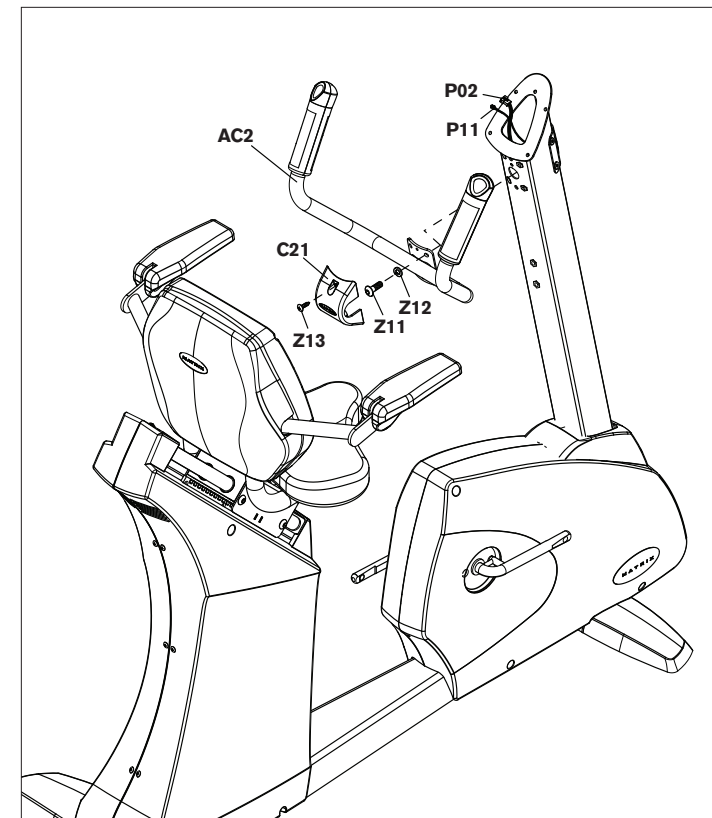
B Carefully pull the **CONSOLE CABLE** through the **CONSOLE MAST** using the twist tie located inside the **CONSOLE MAST**.

C Attach **CONSOLE MAST** to **MAIN FRAME** using **PRE-INSTALLED BOLTS AND WASHERS**.

D Slide **WAVY WASHER (L)** over **CRANK** followed by **PEDAL ARM** as shown. Rest **PEDAL ARM WHEEL** on **GUIDE RAIL**.

E Attach the **PEDAL ARM** to the **CRANK** using 1 **FLAT WASHER (K)**, 1 **SPRING WASHER (B)** and 1 **BOLT (M)**.

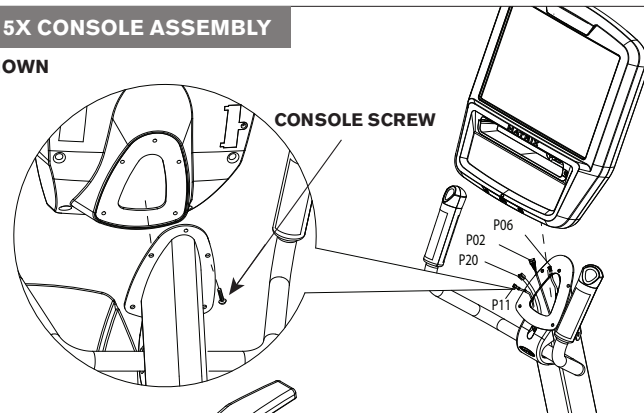
F Repeat steps D-E on the opposite side of the bike.



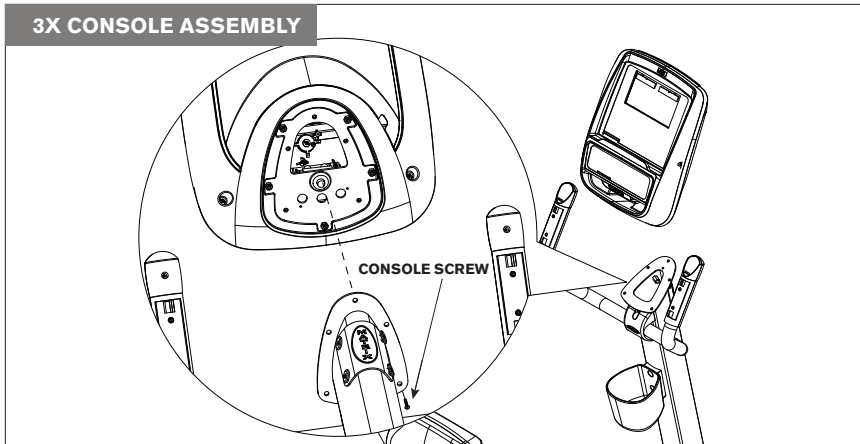
ASSEMBLY STEP 5

7XE / 5X CONSOLE ASSEMBLY

7XE SHOWN



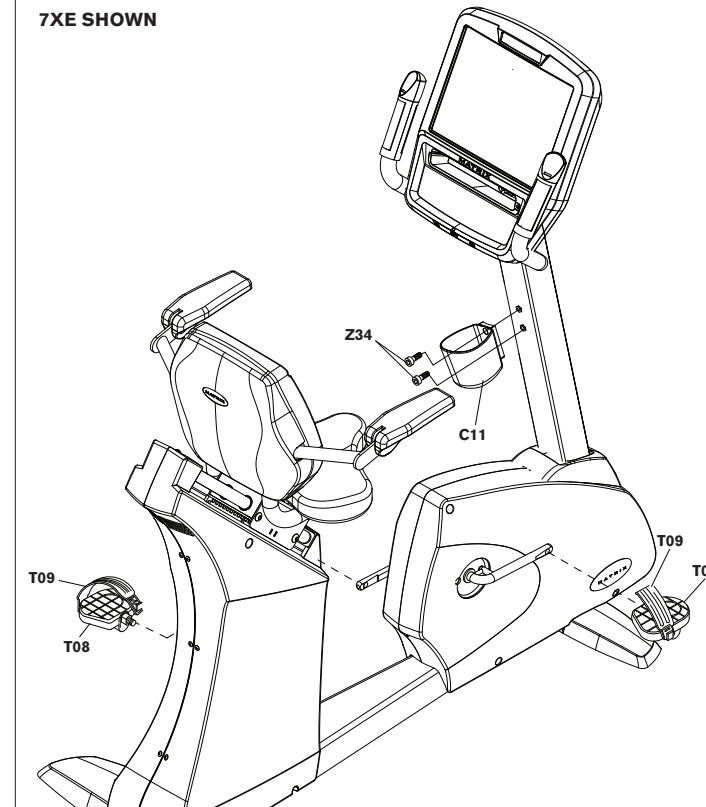
3X CONSOLE ASSEMBLY



- A Slide 1 **FLAT WASHER (N)**, 1 **WAVY WASHER (O)** and another **FLAT WASHER (N)** onto the **LOWER LINK ARM**.
- B Slide the **LOWER LINK ARM** into the **PEDAL ARM BRACKET**.
- C Attach the **LOWER LINK ARM** to the **PEDAL ARM BRACKET** using 1 **FLAT WASHER (R)**, 1 **SPRING WASHER (Q)** and 1 **BOLT (P)**.
- D Repeat steps B–D on the opposite side of the bike.

ASSEMBLY STEP 6

7XE SHOWN



BLUE HARDWARE BAG CONTENTS :



- A Open **HARDWARE BAG**.
- B Slide 1 **RUBBER WASHER (S)** and 1 **FLAT WASHER (T)** onto the **CONSOLE MAST**.
- C Slide **LOWER HANDLEBAR** onto **CONSOLE MAST** and attach using 1 **FLAT WASHER (T)**, 1 **FLAT WASHER (H)**, 1 **HANDLEBAR CAP**, 1 **FLAT WASHER (H)**, 1 **SPRING WASHER (B)** and 1 **BOLT (U)**.
- D Repeat steps B–C on the opposite side of the bike.

ASSEMBLY COMPLETE!



UPRIGHT CYCLE ASSEMBLY



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 bike could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the bike, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your unit's serial number as shown in the picture below.

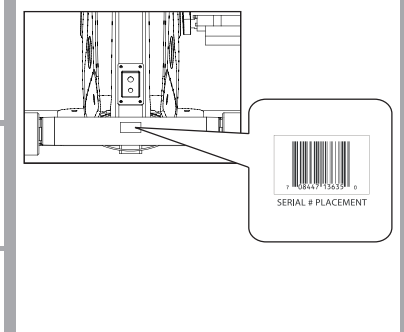
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CONSOLE SERIAL NUMBER:

FRAME SERIAL NUMBER:

MODEL NAME: **MATRIX**









SERIAL NUMBER LOCATION






» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.

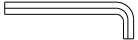



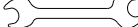
*The console serial number can be found in the Manager Mode and Engineering Mode.

INCLUDED FASTENERS

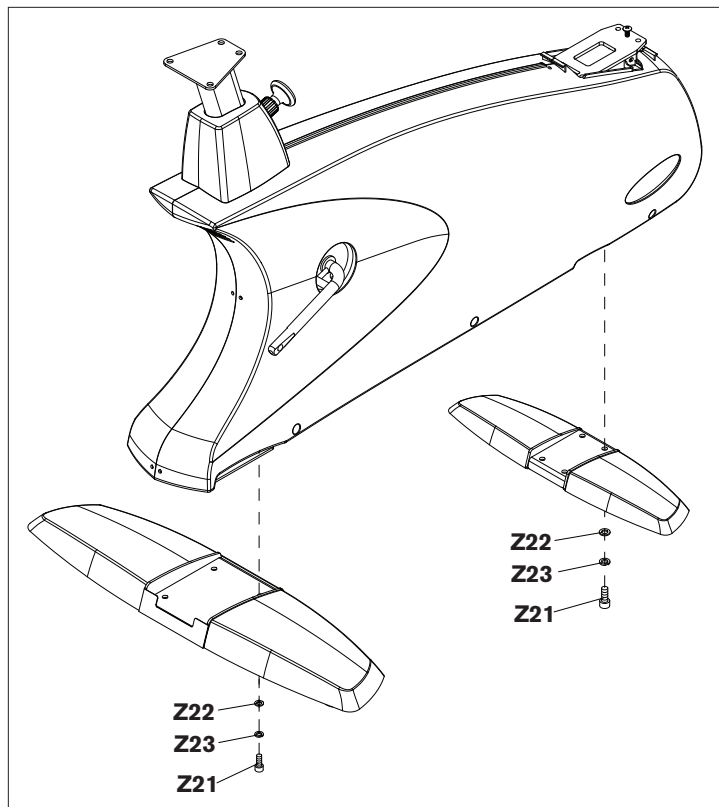
REFERENCE	SKETCH	DESCRIPTION	AMOUNT	PACKAGE COLOR
Z11		BUTTON HEAD HEX SOCKET CAP SCREW(M8x25L)	4	WHITE
Z12		SPRING WASHER	4	WHITE
Z13		BUTTON HEAD SCREW(M5x10L)	2	WHITE
Z21		HEX SOCKET HEAD CAP SCREW(M8x20L)	8	BLACK
Z22		FLAT WASHER	8	BLACK
Z23		SPRING WASHER	8	BLACK
Z31		BUTTON HEAD HEX SOCKET CAP SCREW W/NYLOC(M8x20L)	4	YELLOW
Z32		SPRING WASHER	4	YELLOW
Z33		FLAT WASHER	4	YELLOW
Z34		HEX SOCKET HEAD CAP SCREW(M8x25L)	2	BLUE
Z41		BUTTON HEAD HEX SOCKET CAP SCREW-CHROME PLATED(M8x20L)	4	RED

Z42		FLAT WASHER-CHROME PLATED	4	RED
Z43		SPRING WASHER-CHROME PLATED	4	RED
Z51		BUTTON HEAD HEX SOCKET CAP SCREW WITH NYLOC(M5x12L)	4	GREEN




REQUIRED TOOLS

	6mm ALLEN WRENCH
	PHILLIPS DRIVER(6x130mm)
	5mm ALLEN WRENCH
	3mm ALLEN WRENCH
	OPEN WRENCH(#15#17 325L)

ASSEMBLY STEP 1



BLACK HARDWARE BAG CONTENTS :

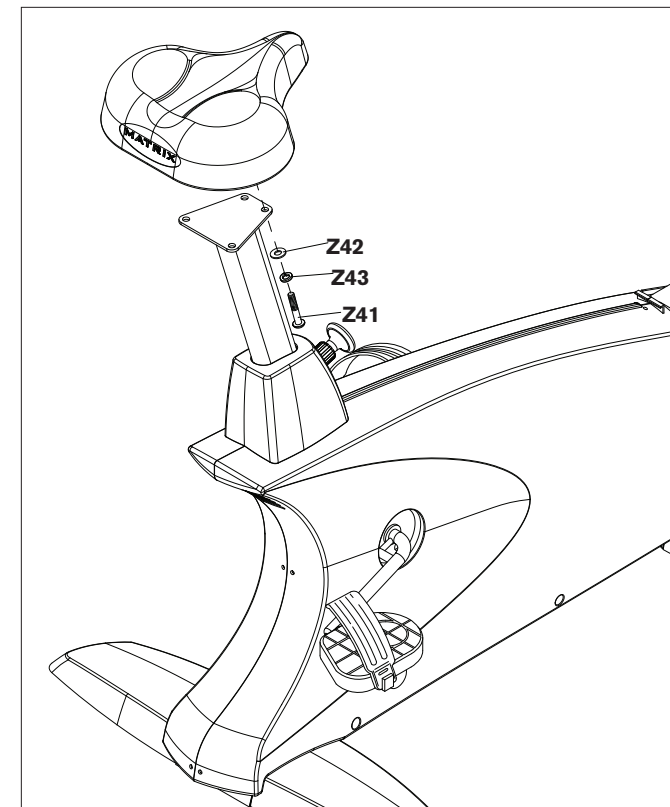
Z21		HEX SOCKET HEAD CAP SCREW(M8x20L)	8
Z22		FLAT WASHER	8
Z23		SPRING WASHER	8

- A Open **BLACK HARDWARE BAG**.
- B Attach the **STABILIZER TUBE** to the **MAIN FRAME** using 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (C)** on each side.




Z22
Z23
Z21

Z22
Z23
Z21

ASSEMBLY STEP 2

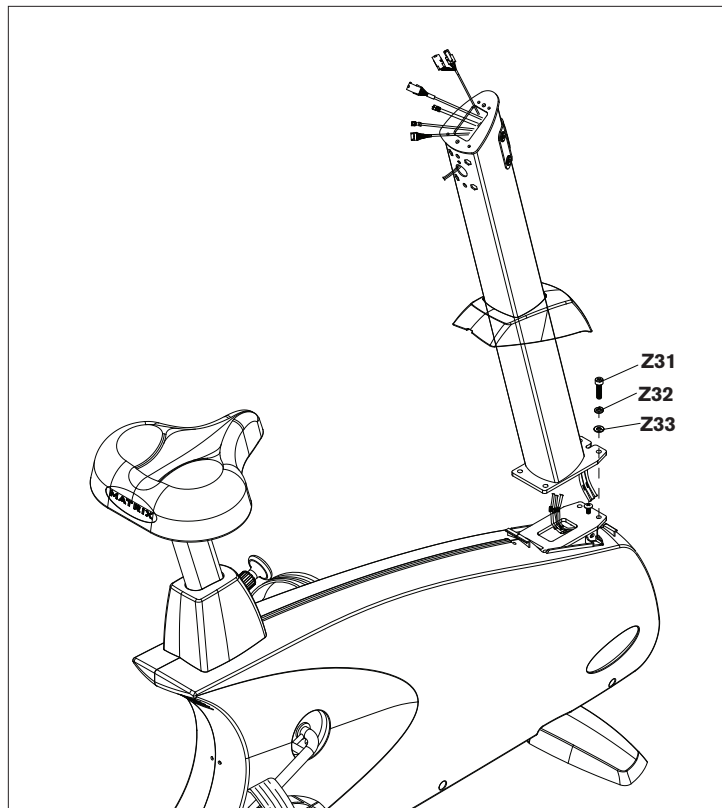


RED HARDWARE BAG CONTENTS

Z41		BUTTON HEAD HEX SOCKET CAP SCREW-CHROME PLATED(M8x20L)	4
Z42		FLAT WASHER-CHROME PLATED	4
Z43		SPRING WASHER-CHROME PLATED	4

- A Open **RED HARDWARE BAG**.
- B Attach **MANUAL INCLINE LIFT LEVER** to **GUIDE RAIL SET** using 4 **BOLTS (D)**, 4 **FLAT WASHERS (E)**, 4 **SPRING WASHERS (F)** and 4 **NUTS (G)**.
- C Align **GUIDE RAIL SET** with **MAIN FRAME** as shown.
- D Lift up on the **MANUAL INCLINE LIFT LEVER** and place it in one of the holes inside the **MAIN FRAME**.
- E Attach the **GUIDE RAIL SET** to the **MAIN FRAME** using 4 **BOLTS (G)**, 4 **FLAT WASHERS (H)**, 4 **SPRING WASHERS (I)** and 4 **NUTS (J)**.

ASSEMBLY STEP 3

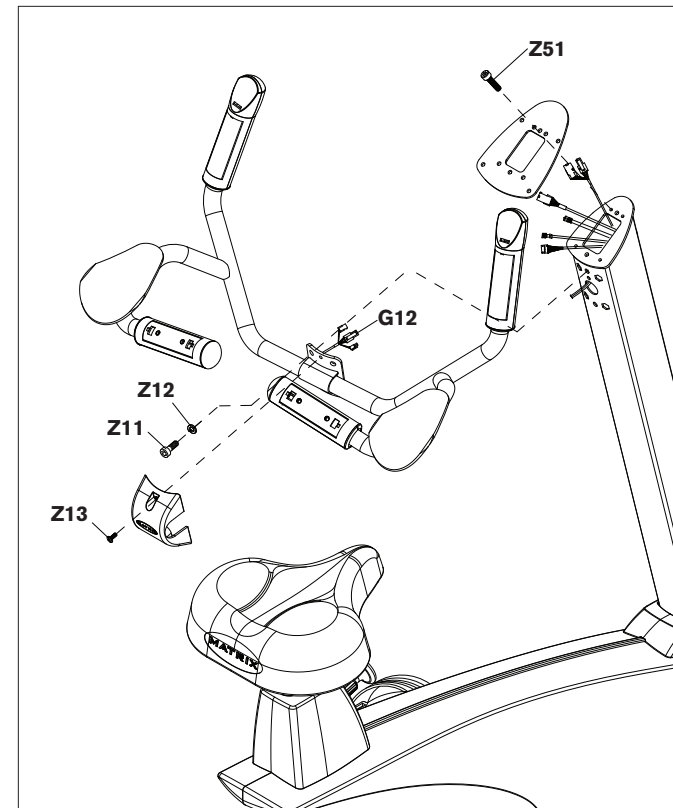


YELLOW HARDWARE BAG CONTENTS :

Z31		BUTTON HEAD HEX SOCKET CAP SCREW W/NYLOC(M8x20L)	4
Z32		SPRING WASHER	4
Z33		FLAT WASHER	4

- Open **YELLOW HARDWARE BAG**.
- Attach the **STABILIZER TUBE** to the **MAIN FRAME** using 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (C)** on each side.

ASSEMBLY STEP 4



WHITE HARDWARE BAG :

Z11		BUTTON HEAD HEX SOCKET CAP SCREW (M8x25L)	4
Z12		SPRING WASHER	4
Z13		BUTTON HEAD SCREW (M5x10L)	2

GREEN HARDWARE BAG :

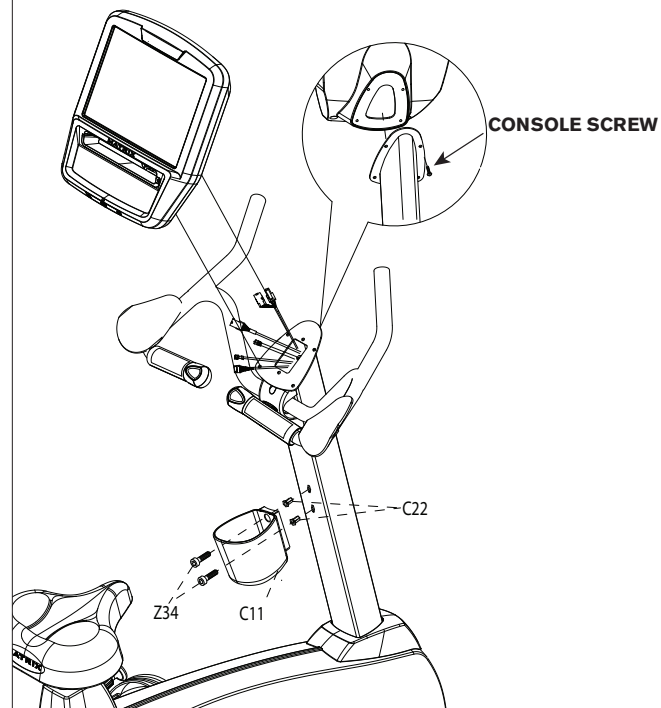
Z51		BUTTON HEAD HEX SOCKET CAP SCREW WITH NYLOC (M5x12L)	4
-----	--	------------------------------------------------------	---

- Open **WHITE AND GREEN HARDWARE BAGS**.
- Attach **MANUAL INCLINE LIFT LEVER** to **GUIDE RAIL SET** using 4 **BOLTS (D)**, 4 **FLAT WASHERS (E)**, 4 **SPRING WASHERS (F)** and 4 **NUTS (G)**.
- Align **GUIDE RAIL SET** with **MAIN FRAME** as shown.
- Lift up on the **MANUAL INCLINE LIFT LEVER** and place it in one of the holes inside the **MAIN FRAME**.
- Attach the **GUIDE RAIL SET** to the **MAIN FRAME** using 4 **BOLTS (G)**, 4 **FLAT WASHERS (H)**, 4 **SPRING WASHERS (I)** and 4 **NUTS (J)**.

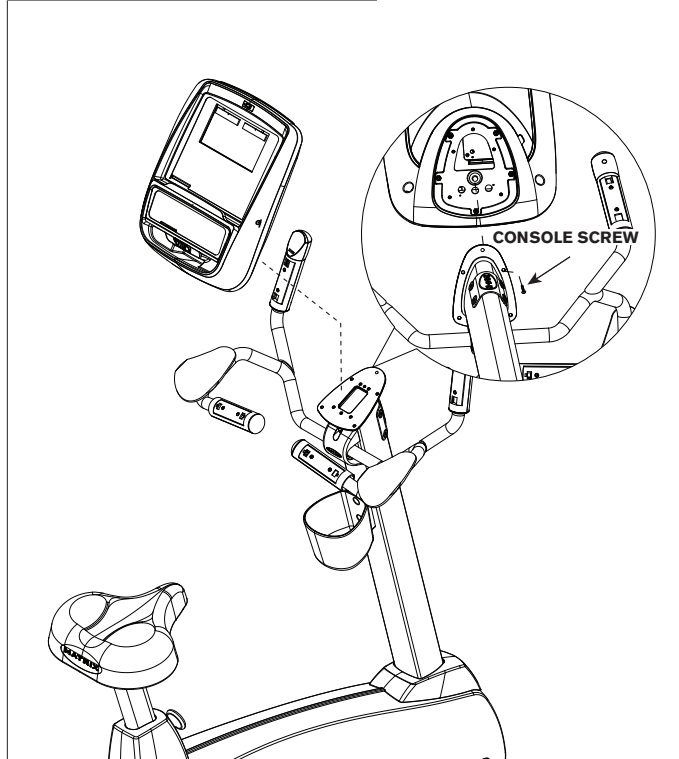
ASSEMBLY STEP 5

7XE / 5X CONSOLE ASSEMBLY

7XE SHOWN



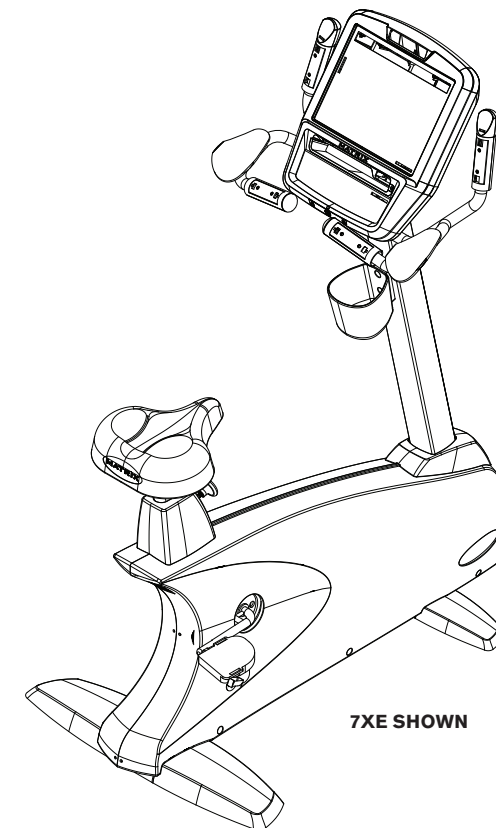
3X CONSOLE ASSEMBLY



BLUE HARDWARE BAG CONTENTS :

Z34  HEX SOCKET HEAD CAP SCREW(M8x25L) 2

- A Open **BLUE HARDWARE BAG**.
- B Attach the **STABILIZER TUBE** to the **MAIN FRAME** using 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (C)** on each side.



ASSEMBLY COMPLETE!



RECUMBENT CYCLE ASSEMBLY



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 bike could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the bike, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your unit's serial number as shown in the picture below.

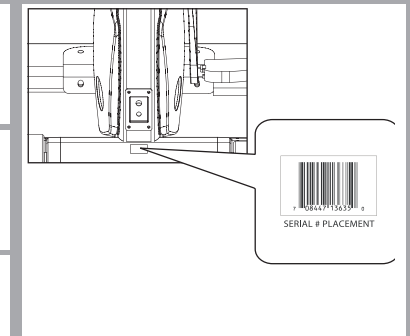
ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

CONSOLE SERIAL NUMBER:

FRAME SERIAL NUMBER:

MODEL NAME: **MATRIX**

SERIAL NUMBER LOCATION



» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.

*The console serial number can be found in the Manager Mode and Engineering Mode.

INCLUDED FASTENERS

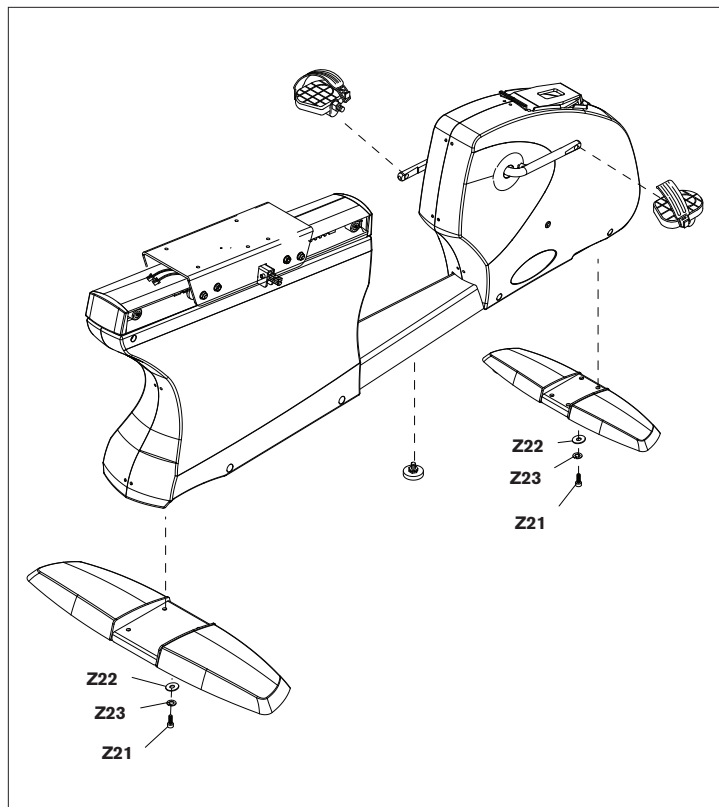
REFERENCE	SKETCH	DESCRIPTION	QUANTITY	PACKAGE COLOR
Z11		BUTTON HEAD BOLT(M8x25L)	4	WHITE
Z12		SPRING WASHER	4	WHITE
Z13		BUTTON HEAD BOLT(M5x10L)	2	WHITE
Z21		BUTTON HEAD BOLT(M8x20L)	8	BLACK
Z22		FLAT WASHER	8	BLACK
Z23		SPRING WASHER	8	BLACK
Z31		BUTTON HEAD BOLT(M8x15L)	4	YELLOW
Z32		FLAT WASHER	4	YELLOW
Z33		SPRING WASHER	4	YELLOW
Z34		BUTTON HEAD BOLT(M8x25L)	2	BLUE
Z41		BUTTON HEAD BOLT(M8x15L)	4	RED
Z42		BUTTON HEAD BOLT(M8x50L)	4	RED

Z43		ARC WASHER	4	RED
Z44		SPRING WASHER	8	RED
Z45		BUTTON HEAD BOLT(M8x15L)	3	RED
Z71		ADJUSTMENT FOOT	1	
Z55		BUTTON HEAD SCREW(M5x10L)	2	RED




REQUIRED FASTENERS

	6mm ALLEN WRENCH
	PHILLIPS DRIVER(6x130mm)
	OPEN WRENCH(#15#17 325L)
	5mm ALLEN WRENCH
	4mm ALLEN WRENCH

ASSEMBLY STEP 1

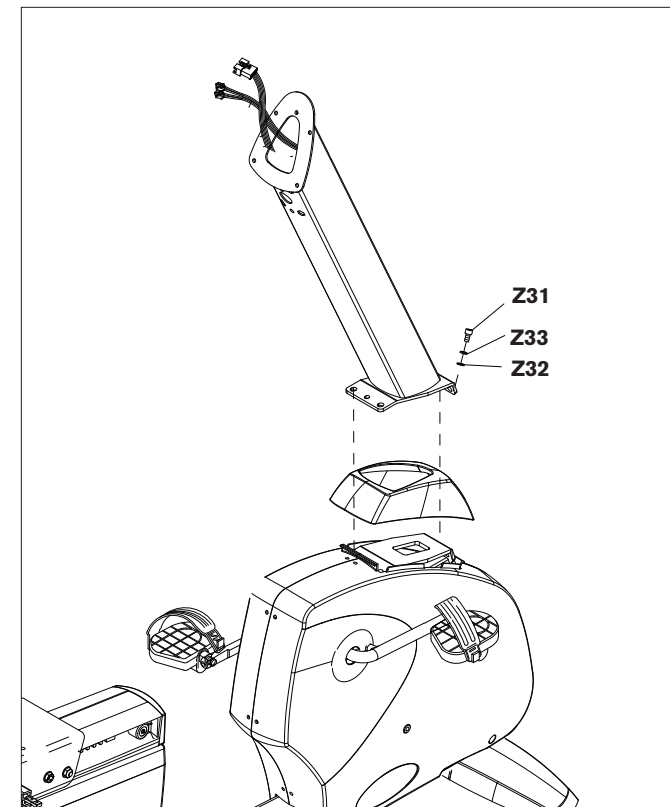


BLACK HARDWARE BAG CONTENTS :




Z21		BUTTON HEAD BOLT(M8x20L)	8
Z22		FLAT WASHER	8
Z23		SPRING WASHER	8

- Open **BLACK HARDWARE BAG**.
- Attach the **STABILIZER TUBE** to the **MAIN FRAME** using 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (C)** on each side.
- Attach the **ADJUSTMENT FOOT**.

ASSEMBLY STEP 2









YELLOW HARDWARE BAG CONTENTS

Z31		BUTTON HEAD BOLT(M8x15L)	4
Z32		FLAT WASHER	4
Z33		SPRING WASHER	4

- Open **YELLOW HARDWARE BAG**.
- Attach **MANUAL INCLINE LIFT LEVER** to **GUIDE RAIL SET** using 4 **BOLTS (D)**, 4 **FLAT WASHERS (E)**, 4 **SPRING WASHERS (F)** and 4 **NUTS (G)**.
- Align **GUIDE RAIL SET** with **MAIN FRAME** as shown.
- Lift up on the **MANUAL INCLINE LIFT LEVER** and place it in one of the holes inside the **MAIN FRAME**.
- Attach the **GUIDE RAIL SET** to the **MAIN FRAME** using 4 **BOLTS (G)**, 4 **FLAT WASHERS (H)**, 4 **SPRING WASHERS (I)** and 4 **NUTS (J)**.

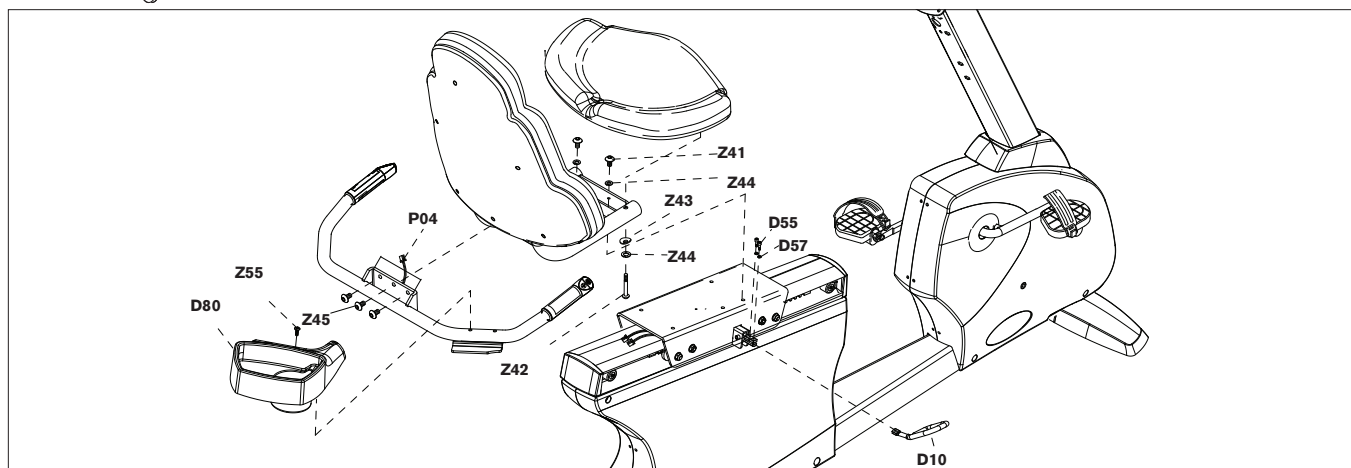
ASSEMBLY STEP 3

RED HARDWARE BAG CONTENTS :

Z41		BUTTON HEAD BOLT(M8x15L)	4
Z42		BUTTON HEAD BOLT(M8x50L)	4
Z43		ARC WASHER	4
Z44		SPRING WASHER	8
Z45		BUTTON HEAD BOLT(M8x15L)	3
Z55		BUTTON HEAD SCREW(M5x10L)	2

A Open **RED HARDWARE BAG**.





B Attach the **STABILIZER TUBE** to the **MAIN FRAME** using **2 BOLTS (A)**, **2 SPRING WASHERS (B)** and **2 ARC WASHERS (C)** on each side.

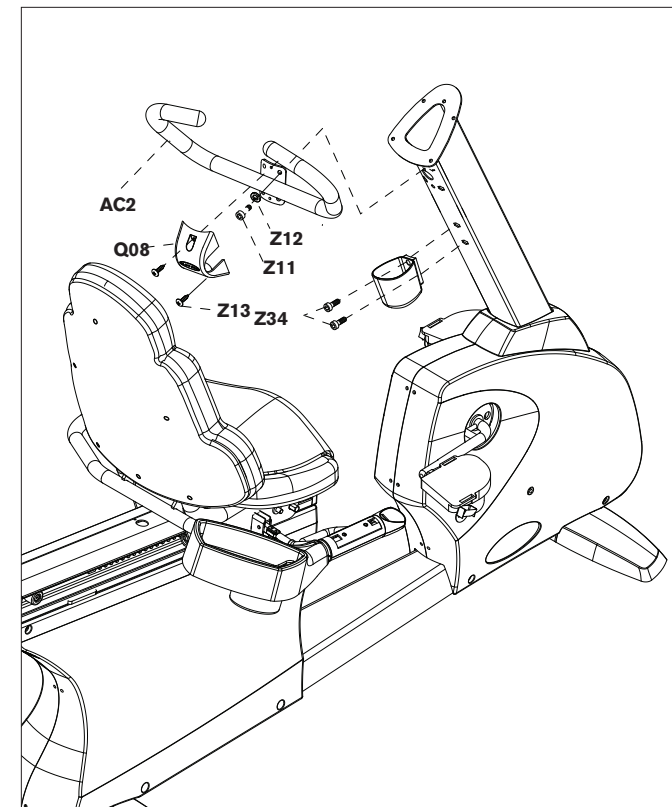


ASSEMBLY STEP 4

WHITE HARDWARE BAG :

BLUE HARDWARE BAG :

Z11		BUTTON HEAD BOLT (M8x25L)	4	Z34		BUTTON HEAD BOLT (M8x25L)	2
Z12		SPRING WASHER	4				
Z13		BUTTON HEAD BOLT (M5x10L)	2				



A Open **WHITE AND BLUE HARDWARE BAGS**.

B Attach **MANUAL INCLINE LIFT LEVER** to **GUIDE RAIL SET** using **4 BOLTS (D)**, **4 FLAT WASHERS (E)**, **4 SPRING WASHERS (F)** and **4 NUTS (G)**.

C Align **GUIDE RAIL SET** with **MAIN FRAME** as shown.

D Lift up on the **MANUAL INCLINE LIFT LEVER** and place it in one of the holes inside the **MAIN FRAME**.

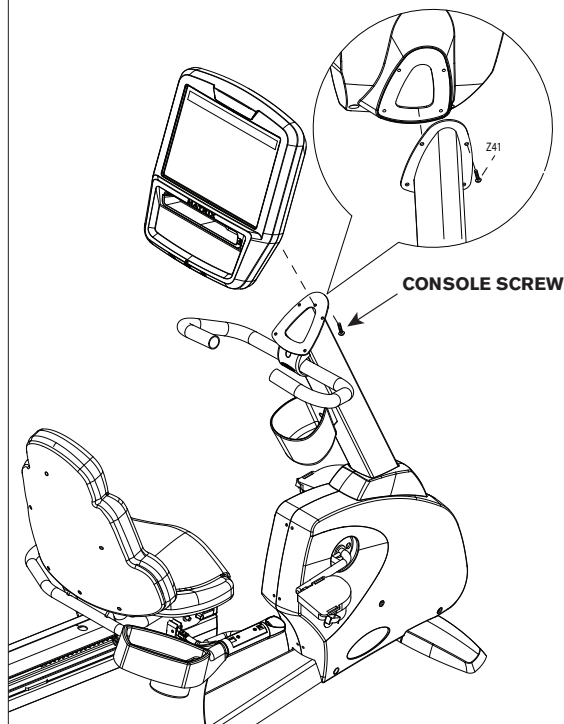
E Attach the **GUIDE RAIL SET** to the **MAIN FRAME** using **4 BOLTS (G)**, **4 FLAT WASHERS (H)**, **4 SPRING WASHERS (I)** and **4 NUTS (J)**.

ASSEMBLY STEP 5

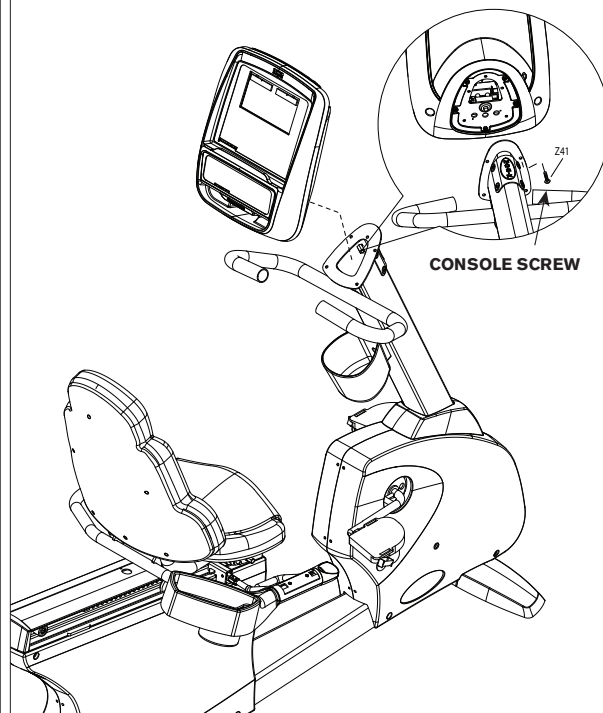


7XE / 5X CONSOLE ASSEMBLY

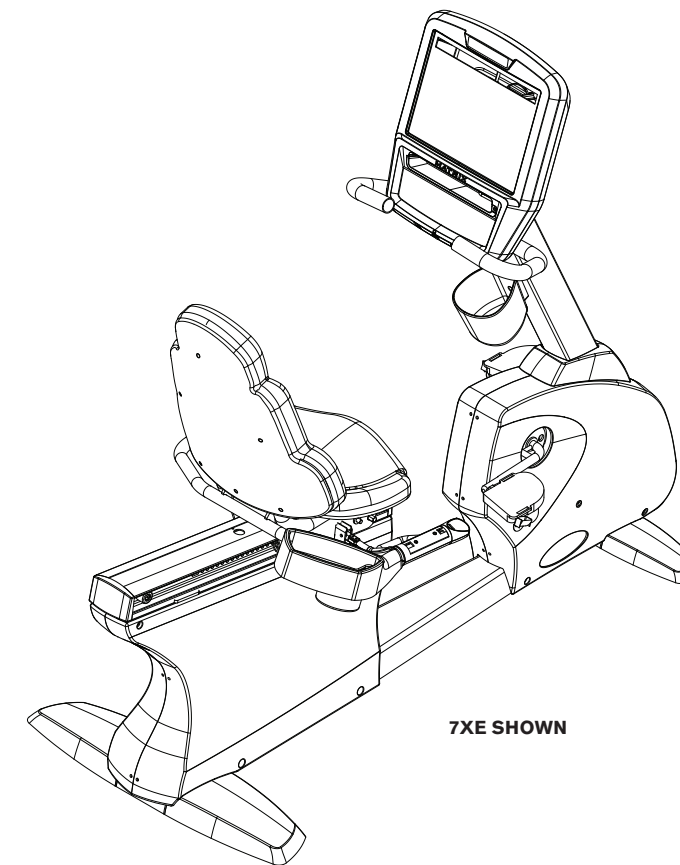
7XE SHOWN



3X CONSOLE ASSEMBLY



- A Attach the **CONSOLE** to the **CONSOLE MAST** using 2 **PRE-INSTALLED SCREWS**.



ASSEMBLY COMPLETE!

CYCLE OPERATION



MANAGER MODE AND ENGINEERING MODE

3X AND 5X CONSOLES:

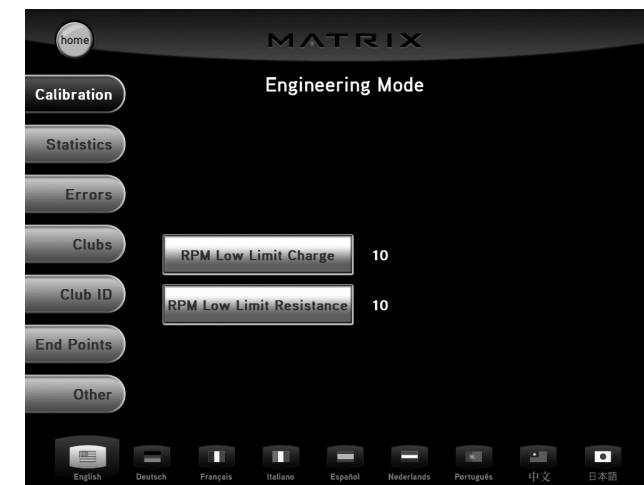
These sections allow users to manipulate default settings for the machines. It may be accessed by pressing the **Level Up / Level Down** keys simultaneously for 5 seconds. To change a setting, press **“Enter”** on the keypad under ‘Manager Mode’ or ‘Engineering Mode’ and use the level buttons and numeric keypad to enter a category and change the values. Pressing **“Enter”** again will save the change. Pressing **“Back”** or **“Stop”** will bring you to the previous menu. To exit Manager or Engineering Mode, hold **“Stop”** down for 5 seconds. Below is a list of the settings that can be changed.

MANAGER MODE SETTINGS:		ENGINEERING MODE SETTINGS:	
Default Time	Software Version	Disable Errors	Club ID
Default Level	Speed/Distance Mode	Speed Units	ErP Time
Default Age	Out of Order	Machine Type	Am System
Default Weight	Gender	Power Save Time	Audio Source
Accumulated Distance	Sound Mode	Pause Time	Volume control
Accumulated Time	Maximum Time	Serial Number	
Language			

7XE CONSOLE:

These sections allow users to manipulate default settings for the machines. Manager Mode may be accessed by pressing **ENTER, 1, 0, 0, 1, Enter** on the keypad. Engineering Mode may be accessed by pressing **ENTER, 2, 0, 0, 1, Enter** on the keypad. The screen shots on the next page show what you will see when you enter Manager Mode and Engineering Mode.

This console has a fully integrated touch screen display. Lightly touch the screen and use the intuitive interface to adjust the settings. Any and all changes made will be saved when the **“home”** button is touched in the upper left-hand corner of the screen. Touching the **“home”** button will exit manager or engineering mode and return you to the main screen. It is not necessary to touch this button after each setting is changed.



CONSOLE DESCRIPTION:

The Matrix machine is inspected before it is packaged. It is shipped in two pieces: the base and the console. Carefully unpack the unit and dispose of the box material.



H3X/ U3X / R3X CONSOLE DESCRIPTION

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

- A) WORKOUT KEYS:** Simple program view and selection buttons.
- B) GO:** One Touch Start.
- C) ENTER:** To confirm each program setting.
- D) UP/DOWN LEVEL:** Use to adjust level selection.
- E) UP/DOWN TIME:** Use to adjust workout time.
- F) STOP:** Ends workout and shows workout summary data.
- G) COOL DOWN:** Puts the console into Cool Down mode.
- H) TOGGLE DISPLAY:** Allows user to select what information is displayed on each of the three windows on the console. Press and hold to enable/disable scrolling.



H5X / U5X / R5X CONSOLE DESCRIPTION

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



- A) **WORKOUT KEYS:** Simple program view and selection buttons.
- B) **GO:** One Touch Start.
- C) **ENTER:** To confirm each program setting.
- D) **UP/DOWN LEVEL:** Easy information and level selection.
- E) **UP/DOWN TIME:** Easy information and time adjustment.
- F) **STOP:** Ends workout and shows workout summary data.
- G) **TOGGLE DISPLAY:** Cycles between 2 or 4 rows of workout information displayed in LED window. The console will automatically cycle between the workout information if the Toggle Display button is pushed and held down for 3 seconds.
- H) **NUMBER KEYPAD:** Workout data input for workout setup. Level adjustment during workout.
- I) **COOL DOWN:** Puts the Ascent into Cool Down mode.
- J) **LANGUAGE:** Select Language.
- K) **FAN:** Allows for fan speed selection (fan has three operating speeds.)



H7XE / U7XE / R7XE CONSOLE DESCRIPTION

The 7xe has a fully integrated touch screen display. All information required for workouts is explained on screen. Exploration of the interface is highly encouraged. The information explaining how to program for various workouts will give an explanation about the contents of each screen on the 7xe.

- A) **GO:** One Touch Start.
- B) **STOP** (displayed on-screen during workout): Ends workout and shows workout summary data.
- C) **COOL DOWN** (displayed on-screen during workout): Puts unit into Cool Down mode. Cool Down time is dependent on the length of the workout. Workouts 19 minutes and shorter will have a cool down length of 2 minutes. Workouts 20 minutes and longer will have a cool down length of 5 minutes.

7XE ENTERTAINMENT ZONE

- D) **IPOD®:** Will take the user directly to the iPod screen to allow for iPod control and playlist selection.
- E) **VOLUME UP/DOWN:** Adjusts the volume output through headphones.
- F) **CC/MUTE:** Mutes sound and turns closed captioning on or off.
- G) **NUMBER KEYPAD:** Allows for easy number inputs.
- H) **CHANNEL UP/DOWN:** Allows for channel selection on the integrated console TV.
- I) **DISPLAY MODE:** Allows user to cycle through console display options, iPod, TV or profile display.
- J) **LAST CHANNEL:** Allows the user to cycle between the current channel and the previous channel they were viewing.



WORKOUT DESCRIPTIONS

QUICK START OPERATION

Press the **GO** button and the machine will enter into a manual mode of operation. All energy expenditure values will be calculated using the default weight measurement.

MANUAL WORKOUT OPERATION

Manual is a workout that allows you to manually adjust the resistance levels at any time. The manual workout also contains a setup screen which allows you to input your weight to help calculate a more accurate caloric burn rate.

To enter into this workout on the 3x or 5x, use the following guidelines. To enter into this workout on the 7xe, follow the on-screen prompts.

- 1) Choose **MANUAL** by selecting the manual workout button and press **ENTER**.
- 2) Enter the desired intensity level using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter the desired workout length using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 4) Enter user weight (user weight is used to calculate the caloric expenditure value-providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 5) Press **GO** to begin the workout.

LEVEL BASED PROGRAMS

Your Matrix machine offers a variety of level-based workouts to challenge users of all fitness levels. The following information will briefly explain the workout and how to program the machine for each workout selection.

ROLLING HILLS WORKOUT OPERATION

Rolling hills is a level-based workout that automatically adjusts the resistance value to simulate riding up hills.

To enter into this workout on the 3x or 5x, use the following guidelines. To enter into this workout on the 7xe, follow the on-screen prompts.

- 1) Choose **ROLLING HILLS** by selecting the rolling hills workout button and press **ENTER**.
- 2) Enter the desired intensity level using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter the desired workout length using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 4) Enter user weight (user weight is used to calculate the caloric expenditure value-providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 5) Press **GO** to begin the workout.

INTERVAL TRAINING

Interval Training is a level-based workout that automatically adjusts the intensity in a series of low- to high-intensity levels.

To enter into this workout on the 3x or 5x, use the following guidelines. To enter into this workout on the 7xe, follow the on-screen prompts.

- 1) Choose **INTERVAL TRAINING** by selecting the interval training workout button and press **ENTER**.
- 2) Enter the desired intensity level using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter the desired workout length using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 4) Enter user weight (user weight is used to calculate the caloric expenditure value-providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 5) Press **GO** to begin the workout.

WORKOUT DESCRIPTIONS



USER DEFINED PROGRAMS (RANDOM)

There are 20 workout profiles in random mode. Profile will change each time random button is pressed.

To enter into this workout on the 3x or 5x, use the following guidelines. To enter into this workout on the 7xe, follow the on-screen prompts.

- 1) Press the **RANDOM** button and choose a workout profile.
- 2) Enter your desired intensity level using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter your desired Time using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
- 4) Enter your Weight using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
- 5) Press **GO** to begin the workout.

FAT BURN WORKOUT OPERATION

Fat burn is a level-based workout that is designed to help users burn fat through various resistance changes.

To enter into this workout on the 3x or 5x, use the following guidelines. To enter into this workout on the 7xe, follow the on-screen prompts.

- 1) Choose **FAT BURN** by selecting the fat burn workout button and press **ENTER**.
- 2) Enter the desired intensity level using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter the desired workout length using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 4) Enter user weight (user weight is used to calculate the caloric expenditure value-providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 5) Press **GO** to begin the workout.

HEART RATE CONTROL WORKOUT OPERATION

Your Matrix machine offers a heart rate control workout mode. The heart rate control workout mode allows the user to program their desired heart rate zone and the machine will automatically adjust the level based upon the user's heart rate. The heart rate zone is calculated using the following equation: $(220 - \text{Age}) * \% = \text{target heart rate zone}$. The user must wear a telemetric heart rate monitor or continually hold onto the contact heart rate grips for this workout.

To enter into this workout on the 3x or 5x, use the following guidelines. To enter into this workout on the 7xe, follow the on-screen prompts.

- 1) Choose **HEART RATE** by selecting the target heart rate workout button and press **ENTER**.
- 2) Enter age using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter the desired percent of maximum heart rate using the **ARROW KEYS** and press **ENTER**.
- 4) Enter the desired workout length using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 5) Enter user weight (user weight is used to calculate the caloric expenditure value, providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 6) Press **GO** to begin the workout.

FITNESS TEST

This test measures cardiovascular fitness and proves an estimated sub-maximal VO2 result. It is based on power output according to ACSM standards and was developed by the Cooper Institute (© www.cooperinstitute.org)

User RPMs must remain between 60-80 RPM during the test.

The test will end when the user can no longer maintain this speed. Use of a heart rate strap is optional but provides more data.

The test starts at a low intensity level and gradually increases in intensity (difficulty) every 2 minutes. As it increases, the user must maintain 60-80RPM to advance to the next level. The test could take upwards of 30+ minutes for very fit individuals. Once the test ends a recovery period (cool down) will begin and the user's results are calculated and displayed. Results are based on the number of stages completed:

Stage Complete:

- 1 Well Below Average
- 2 Well Below Average
- 3 Below Average
- 4 Below Average
- 5 Average
- 6 Average
- 7 Above Average
- 8 Above Average
- 9+ Well Above Average



WORKOUT DESCRIPTIONS

CONSTANT WATTS

This program allows you to vary your cadence or RPM and the machine's resistance will adjust accordingly to your selected goal. The quicker your stride the less resistance for the goal selected.

To enter into this workout on the 3x or 5x, use the following guidelines.
To enter into this workout on the 7xe, follow the on-screen prompts.

- 1) Press **CONSTANT WATTS**
- 2) Enter your desired **WATT** using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER** (25 – 525).
- 3) Enter your desired **TIME** using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
- 4) Enter your **WEIGHT** using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
- 5) Press **GO** to begin the workout.

AVAILABLE ON 7XE CONSOLES

Nike + iPod

READY

Connect your Nike Plus-compatible device to the built-in Made for iPod connector on Nike + iPod compatible fitness equipment.

SET

Full console controls make it easy to exercise to your favorite workout playlist.

GO

Start walking or running. Your pace, distance, time, and calories burned are recorded as you go. It's all automatically saved on your iPod or iPhone.

SYNC

When you're done with your workout, connect your iPod or iPhone to your computer. iTunes syncs your workout data to nikeplus.com. Every workout and every run is there, ready for you to review.



"Made for iPod" means that an electronic accessory has been designed to connect specifically to iPod and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. iPod is a trademark of Apple Inc., registered in the U.S. and other countries.

NIKE + OPERATION

REQUIREMENTS

Nike Plus – compatible iPod or iPhone (See www.apple.com/nikeplus for more information).

Before syncing your Apple device to your computer, you must first create a free Nike Plus account at www.nikerunning.com and download the latest iTunes software (www.apple.com/itunes).

GETTING STARTED

- 1) Before connecting your Apple device, you must first turn on Nike Plus on the device.
- 2) Dock your Apple device and wait for authentication to complete. This may take up to 10 seconds. After authentication is complete, your iPod-specific console controls will be active (see next page).
- 3) If your iPod or iPhone is Nike Plus compatible, your workout will begin recording automatically to your Nike Plus compatible device.
- 4) When your workout is complete, your workout data will be recorded to your Nike Plus compatible device.
- 5) Remove your Nike Plus compatible device and sync with iTunes.
- 6) Log into your Nike Running account to review and track your workouts.

PRODUCT SPECIFICATIONS



ALL BIKE WATTS TABLE @ 60 RPM			
CONSOLE MODEL	HURESAC-7XE-04-C	HURE-5X-04-C	HURE-3X-C
RPM	60	60	60
L1	37	37	20
L2	42	42	41
L3	47	47	52
L4	56	56	63
L5	65	65	75
L6	75	75	86
L7	84	84	97
L8	94	94	108
L9	103	103	120
L10	112	112	131
L11	122	122	142
L12	131	131	153
L13	140	140	165
L14	150	150	176
L15	159	159	187
L16	169	169	198
L17	178	178	210
L18	187	187	221
L19	197	197	232
L20	206	206	243
L21	215	215	255
L22	225	225	266
L23	234	234	277
L24	244	244	288
L25	253	253	300
L26	262	262	
L27	272	272	
L28	281	281	
L29	290	290	
L30	300	300	



MODEL NAME	H-3x/5x/7x		
CYCLE TYPE	H7x HYBRID CYCLE™	H5x HYBRID CYCLE™	H3x HYBRID CYCLE™
FRAME PART #	H-3X/5X/7X-03-F		
CONSOLE PART #	HURESAC-7XE-04-C	HURE-5X-04-C	HURE-3X-C
FEATURES			
CONTACT & TELEMETRIC HR SENSORS	YES	YES	YES
HANDLEBAR DESIGN	SEAT SIDE AND FRONT VERTICAL ERGO BEND	SEAT SIDE AND FRONT VERTICAL ERGO BEND	SEAT SIDE AND FRONT VERTICAL ERGO BEND
INTEGRATED ARM RESTS	YES	YES	YES
THUMB SWITCH CONTROLS	YES	YES	YES
RESISTANCE SYSTEM			
TECHNOLOGY	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR
POWER REQUIREMENTS	SELF POWERED - POWERED 100-125 V, 60 HZ OR 216-250 V, 50 HZ	SELF POWERED - POWERED 100-125 V, 60 HZ OR 216-250 V, 50 HZ	SELF POWERED - POWERED 100-125 V, 60 HZ OR 216-250 V, 50 HZ
MINIMUM WATTS	44 SELF POWERED	12 SELF POWERED	13 SELF POWERED
MINIMUM RPM	10 POWERED / 25 SELF-POWERED	25 POWERED & SELF-POWERED	10 POWERED / 25 SELF-POWERED
CONSOLE			
DISPLAY TYPE	15" / 38.1 CM TOUCH SCREEN LCD	DOT-MATRIX LED	14-SEG ALPHANUMERIC, 8X16 LED GRAPHIC DISPLAY
DISPLAY FEEDBACK	TIME ELAPSED, TIME REMAINING, TOTAL PROGRAM TIME, CLOCK, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, SPEED, LEVEL, RPM, HEART RATE, METS, WATTS, STATIC PROFILE DISPLAY, DYNAMIC PROFILE DISPLAY	TIME ELAPSED, TIME REMAINING, TOTAL PROGRAM TIME, CLOCK, DISTANCE (KILOMETERS OR MILES), CALORIES, SPEED, LEVEL, RPM, HEART RATE, METS, WATTS, STATIC PROFILE DISPLAY	TIME ELAPSED, TIME REMAINING, PROGRAM TIME, SPEED, METS, LEVEL, CALORIES, RPM, WATTS, HEART RATE, STATIC PROFILE DISPLAY
USER DEFINED MULTI-LANGUAGE DISPLAY	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, CHINESE, JAPANESE, KOREAN, SWEDISH, FINNISH, RUSSIAN, ARABIC	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, SWEDISH, FINNISH, JAPANESE	NO - ACCESSIBLE THROUGH MANAGER MENU: ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, SWEDISH, FINNISH
RESISTANCE LEVELS	30	30	25
WORKOUTS	MANUAL, ROLLING HILLS, INTERVAL TRAINING, RANDOM, FAT BURN, FITNESS TEST, HEART RATE, CONSTANT WATTS	MANUAL, ROLLING HILLS, INTERVAL TRAINING, RANDOM, FAT BURN, FITNESS TEST, HEART RATE, CONSTANT WATTS	MANUAL, ROLLING HILLS, INTERVAL TRAINING, RANDOM, FAT BURN, FITNESS TEST, HEART RATE, CONSTANT WATTS
NETPULSE READY	NO	YES	NO
CSAFE, FITLINXX READY	YES	YES	YES
ON-THE-FLY PROGRAM CHANGE	YES	YES	YES
FIT TOUCH TECHNOLOGY™	YES	NO	NO
INTEGRATED VISTA CLEAR™ DIGITAL READY TELEVISION	YES - 15" / 38.1 CM TOUCH SCREEN LCD	NO	NO
VIRTUAL ACTIVE™ COMPATIBLE	YES	NO	NO
FITCONNEXION™ READY	NO	YES	YES
WIFI	YES	YES	NO
ASSET MANAGEMENT COMPATIBLE	YES	YES	NO
IPOD® COMPATIBLE	YES	YES - CHARGING ONLY	NO
NIKE + IPOD COMPATIBLE	YES	NO	NO
PERSONAL FAN	YES	YES	NO
TECH SPECS			
OVERALL DIMENSIONS L X W X H	57.4" X 28.8" X 58.6" 145.7CM X 73.2CM X 148.9CM	57.4" X 28.8" X 58.6" 145.7CM X 73.2CM X 148.9CM	57.4" X 28.8" X 57.4" 145.7CM X 73.2CM X 145.8CM
CRANK DESIGN	SINGLE PIECE	SINGLE PIECE	SINGLE PIECE
MAXIMUM USER WEIGHT	400 LBS/182 KG	400 LBS/182 KG	400 LBS/182 KG
WEIGHT	184 LBS/83.7 KG	191 LBS/86.7 KG	181 LBS/82.2 KG
SHIPPING WEIGHT	216 LBS/98.5 KG	212 LBS/96.6 KG	212 LBS/96.5 KG

North American specifications shown. Specifications subject to change. For latest specifications please visit www.matrixfitness.com



MODEL NAME	R-3x/5x/7x		
CYCLE TYPE	R7x RECUMBENT	R5x RECUMBENT	R3x RECUMBENT
FRAME PART #	R-3X/5X/7X-03-F		
CONSOLE PART #	HURESAC-7XE-04-C	HURE-5X-04-C	HURE-3X-C
FEATURES			
CONTACT & TELEMETRIC HR SENSORS	YES	YES	YES
HANDLEBAR DESIGN	SEAT SIDE AND FRONT HORIZONTAL ERGO BEND	SEAT SIDE AND FRONT HORIZONTAL ERGO BEND	SEAT SIDE AND FRONT VERTICAL ERGO BEND
INTEGRATED ARM RESTS	N/A	N/A	N/A
THUMB SWITCH CONTROLS	YES	YES	YES
RESISTANCE SYSTEM			
TECHNOLOGY	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR
POWER REQUIREMENTS	SELF POWERED - POWERED 100-125 V, 60 HZ OR 216-250 V, 50 HZ	SELF POWERED - POWERED 100-125 V, 60 HZ OR 216-250 V, 50 HZ	SELF POWERED - POWERED 100-125 V, 60 HZ OR 216-250 V, 50 HZ
MINIMUM WATTS	44 SELF POWERED	12 SELF POWERED	13 SELF POWERED
MINIMUM RPM	10 POWERED / 25 SELF-POWERED	25 POWERED & SELF-POWERED	10 POWERED / 25 SELF-POWERED
CONSOLE			
DISPLAY TYPE	15" / 38.1 CM TOUCH SCREEN LCD	DOT-MATRIX LED	14-SEG ALPHANUMERIC, 8X16 LED GRAPHIC DISPLAY
DISPLAY FEEDBACK	TIME ELAPSED, TIME REMAINING, TOTAL PROGRAM TIME, CLOCK, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, SPEED, LEVEL, RPM, HEART RATE, METS, WATTS, STATIC PROFILE DISPLAY, DYNAMIC PROFILE DISPLAY	TIME ELAPSED, TIME REMAINING, TOTAL PROGRAM TIME, CLOCK, DISTANCE (KILOMETERS OR MILES), CALORIES, SPEED, LEVEL, RPM, HEART RATE, METS, WATTS, STATIC PROFILE DISPLAY	TIME ELAPSED, TIME REMAINING, PROGRAM TIME, SPEED, METS, LEVEL, CALORIES, RPM, WATTS, HEART RATE, STATIC PROFILE DISPLAY
USER DEFINED MULTI-LANGUAGE DISPLAY	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, CHINESE, JAPANESE, KOREAN, SWEDISH, FINNISH, RUSSIAN, ARABIC	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, SWEDISH, FINNISH, JAPANESE	NO - ACCESSIBLE THROUGH MANAGER MENU: ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, SWEDISH, FINNISH
RESISTANCE LEVELS	30	30	25
WORKOUTS	MANUAL, ROLLING HILLS, INTERVAL TRAINING, RANDOM, FAT BURN, FITNESS TEST, HEART RATE, CONSTANT WATTS	MANUAL, ROLLING HILLS, INTERVAL TRAINING, RANDOM, FAT BURN, FITNESS TEST, HEART RATE, CONSTANT WATTS	MANUAL, ROLLING HILLS, INTERVAL TRAINING, RANDOM, FAT BURN, FITNESS TEST, HEART RATE, CONSTANT WATTS
NETPULSE READY	NO	YES	NO
CSAFE, FITLINXX READY	YES	YES	YES
ON-THE-FLY PROGRAM CHANGE	YES	YES	YES
FIT TOUCH TECHNOLOGY™	YES	NO	NO
INTEGRATED VISTA CLEAR™ DIGITAL READY TELEVISION	YES - 15" / 38.1 CM TOUCH SCREEN LCD	NO	NO
VIRTUAL ACTIVE™ COMPATIBLE	YES	NO	NO
FITCONNEXION™ READY	NO	YES	YES
WIFI	YES	YES	NO
ASSET MANAGEMENT COMPATIBLE	YES	YES	NO
IPOD® COMPATIBLE	YES	YES - CHARGING ONLY	NO
NIKE + IPOD COMPATIBLE	YES	NO	NO
PERSONAL FAN	YES	YES	NO
TECH SPECS			
OVERALL DIMENSIONS L X W X H	63.2" X 28.8" X 54.6" 160.5CM X 73.2CM X 138.8CM	63.2" X 28.8" X 54.6" 160.5CM X 73.2CM X 138.8CM	63.2" X 28.8" X 53.3" 160.5CM X 73.2CM X 135.3CM
CRANK DESIGN	SINGLE PIECE	SINGLE PIECE	SINGLE PIECE
MAXIMUM USER WEIGHT	400 LBS/182 KG	400 LBS/182 KG	400 LBS/182 KG
WEIGHT	171 LBS/77.7 KG	167 LBS/76.2 KG	167 LBS/76.2 KG
SHIPPING WEIGHT	208 LBS/94.5 KG	204 LBS/92.6 KG	203 LBS/92.5 KG



MODEL NAME	U-3x/5x/7x		
CYCLE TYPE	U7xe UPRIGHT	U5x UPRIGHT	U3x UPRIGHT
FRAME PART #	U-3X/5X/7X-03-F		
CONSOLE PART #	HURESAC-7XE-04-C	HURE-5X-04-C	HURE-3X-C
FEATURES			
CONTACT & TELEMETRIC HR SENSORS	YES	YES	YES
HANDLEBAR DESIGN	FULL RACING STYLE WITH ELBOW SUPPORT	FULL RACING STYLE WITH ELBOW SUPPORT	FULL RACING STYLE WITH ELBOW SUPPORT
INTEGRATED ARM RESTS	N/A	N/A	N/A
THUMB SWITCH CONTROLS	YES	YES	YES
RESISTANCE SYSTEM			
TECHNOLOGY	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR
POWER REQUIREMENTS	SELF POWERED - POWERED 100-125 V, 60 HZ OR 216-250 V, 50 HZ	SELF POWERED - POWERED 100-125 V, 60 HZ OR 216-250 V, 50 HZ	SELF POWERED - POWERED 100-125 V, 60 HZ OR 216-250 V, 50 HZ
MINIMUM WATTS	44 SELF POWERED	12 SELF POWERED	13 SELF POWERED
MINIMUM RPM	10 POWERED / 25 SELF-POWERED	25 POWERED & SELF-POWERED	10 POWERED / 25 SELF-POWERED
CONSOLE			
DISPLAY TYPE	15" / 38.1 CM TOUCH SCREEN LCD	DOT-MATRIX LED	14-SEG ALPHANUMERIC, 8X16 LED GRAPHIC DISPLAY
DISPLAY FEEDBACK	TIME ELAPSED, TIME REMAINING, TOTAL PROGRAM TIME, CLOCK, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, SPEED, LEVEL, RPM, HEART RATE, METS, WATTS, STATIC PROFILE DISPLAY, DYNAMIC PROFILE DISPLAY	TIME ELAPSED, TIME REMAINING, TOTAL PROGRAM TIME, CLOCK, DISTANCE (KILOMETERS OR MILES), CALORIES, SPEED, LEVEL, RPM, HEART RATE, METS, WATTS, STATIC PROFILE DISPLAY	TIME ELAPSED, TIME REMAINING, PROGRAM TIME, SPEED, METS, LEVEL, CALORIES, RPM, WATTS, HEART RATE, STATIC PROFILE DISPLAY
USER DEFINED MULTI-LANGUAGE DISPLAY	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, CHINESE, JAPANESE, KOREAN, SWEDISH, FINNISH, RUSSIAN, ARABIC	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, SWEDISH, FINNISH, JAPANESE	NO - ACCESSIBLE THROUGH MANAGER MENU: ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, SWEDISH, FINNISH
RESISTANCE LEVELS	30	30	25
WORKOUTS	MANUAL, ROLLING HILLS, INTERVAL TRAINING, RANDOM, FAT BURN, FITNESS TEST, HEART RATE, CONSTANT WATTS	MANUAL, ROLLING HILLS, INTERVAL TRAINING, RANDOM, FAT BURN, FITNESS TEST, HEART RATE, CONSTANT WATTS	MANUAL, ROLLING HILLS, INTERVAL TRAINING, RANDOM, FAT BURN, FITNESS TEST, HEART RATE, CONSTANT WATTS
NETPULSE READY	NO	YES	NO
CSAFE, FITLIXX READY	YES	YES	YES
ON-THE-FLY PROGRAM CHANGE	YES	YES	YES
FIT TOUCH TECHNOLOGY™	YES	NO	NO
INTEGRATED VISTA CLEAR™ DIGITAL READY TELEVISION	YES - 15" / 38.1 CM TOUCH SCREEN LCD	NO	NO
VIRTUAL ACTIVE™ COMPATIBLE	YES	NO	NO
FITCONNEXION™ READY	NO	YES	YES
WIFI	YES	YES	NO
ASSET MANAGEMENT COMPATIBLE	YES	YES	NO
IPOD® COMPATIBLE	YES	YES - CHARGING ONLY	NO
NIKE + IPOD COMPATIBLE	YES	NO	NO
PERSONAL FAN	YES	YES	NO
TECH SPECS			
OVERALL DIMENSIONS L X W X H	47.8" X 28.8" X 60.2" 121.5CM X 73.2CM X 152.8CM	47.8" X 28.8" X 60.2" 121.5CM X 73.2CM X 152.8CM	47.8" X 28.8" X 59" 121.5CM X 73.2CM X 149.8CM
CRANK DESIGN	SINGLE PIECE	SINGLE PIECE	SINGLE PIECE
MAXIMUM USER WEIGHT	400 LBS/182 KG	400 LBS/182 KG	400 LBS/182 KG
WEIGHT	142 LBS./64.7 KG	138 LBS./63 KG	138 LBS./63 KG
SHIPPING WEIGHT	164 LBS/74.5 KG	160 LBS/72.6 KG	160 LBS/72.6 KG

North American specifications shown. Specifications subject to change. For latest specifications please visit www.matrixfitness.com





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