

L I V E S T R O N G™
BY **M A T R I X**

1-SERIES

R1xLS Recumbent Bike
U1xLS Upright Bike

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CHAPTER 1: IMPORTANT SAFETY INSTRUCTIONS

1.1 BEFORE GETTING STARTED

It is the sole responsibility of the purchaser of Livestrong by 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 Livestrong by Matrix exercise equipment be informed of the following information prior to its use.

1.2 PROPER USAGE

- Do not use the equipment in any way other than designed or intended by the manufacturer. It is imperative that all Livestrong by Matrix equipment is used properly to avoid injury.
- Keep hands and feet clear of moving parts at all times to avoid injury.
- Unsupervised children must be kept away from this equipment.
- Do not wear loose clothing while on equipment.

1.3 READ AND SAVE THESE INSTRUCTIONS

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

- Use the bike 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 of the product. If an object drops inside, carefully retrieve it while the unit is not in use. If the item cannot be reached, contact Matrix Fitness or the authorized dealers.
- Never operate the bike if it is not working properly, or if it has been damaged or immersed in water. Return the bike to Matrix Fitness or the 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 Livestrong by Matrix bikes outside, 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 use this product in bare feet. Do not wear shoes with heels, leather soles, cleats or spikes while exercising.

- Do not remove the side 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 bike is in use, young children and pets should be kept at least three meters / ten feet away.
- Assemble and operate the unit on a solid, level surface. Locate the unit at least one meter / three feet of clearance from any obstructions, including walls and furniture.
- Never face backward while using the Livestrong by Matrix bike.
- Use the stationary handlebars to mount or dismount the bike.
- Do not wear any clothing that might catch on any moving parts of this bike.
- The braking system is adjustable and is speed dependent for the Constant Watts program and speed independent for all other programs.

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.

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

CHAPTER 2: SETUP

2.1 GETTING STARTED

Read the Owner's Manual before setting up the Livestrong by Matrix bike. Place the unit where it will be used before beginning the setup procedure.

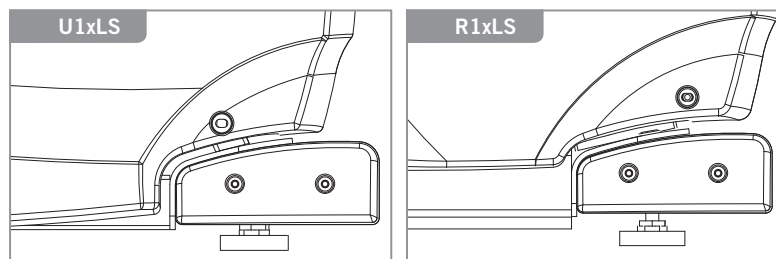
2.2 CHOOSING A LOCATION

The site should be well-lit and well-ventilated. Place the bike on a structurally solid flat surface and kept a few feet from the wall or any equipment. If the site has a heavy plush carpet, to protect the carpeting and machinery, you should place a rigid plastic base under the unit.

Please do not place the bike in an area of high humidity, such as the vicinity of a steam room, indoor pool, or sauna. Exposure to intensive water vapour or chlorine could adversely affect the electronics, as well as other parts of the machine. To make exercise a desirable daily activity for you, these two bikes should be in an attractive setting.

2.3 STABILIZING THE BIKE

After positioning the bike in its intended location, check its stability by attempting to shake it side to side. Shaking or wobbling indicates that your bike needs to be leveled. Determine which leveler is not resting completely on the floor. Loosen the nut with one hand to allow the leveler to rotate. Rotate the left or right leveler, and repeat the adjustment as necessary until the bike is stable. Lock the adjustment by tightening the nut against the rear foot support.



2.4 ADJUSTING THE PEDAL STRAP

The straps are designed to fit your individual foot size and should be adjusted tight enough to keep your feet from slipping. The pedals include spring-loaded clips for easy adjustment. To tighten the strap, pull down the open end of the strap. To loosen the strap, push down on the top of the clip and pull the strap up. Release the clip to lock in place.



CHAPTER 2: Setup

2.5 ADJUSTING THE SEAT

RECUMBENT BIKE R1xLS

While seated on the R1xLS, an optimum position will allow movement through the bottom of the stroke without locking the knees or shifting in the seat. The knees should have a slight bend at the point of fullest leg extension.

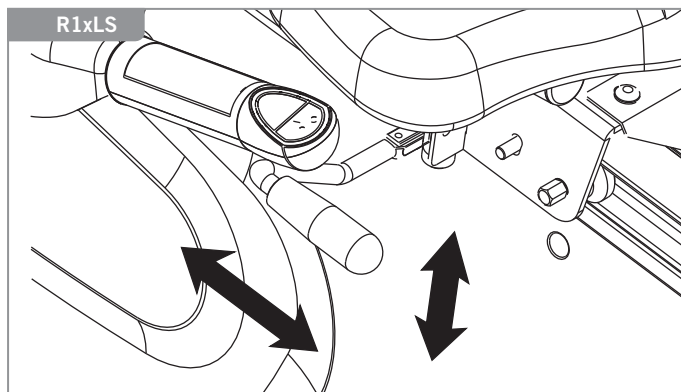
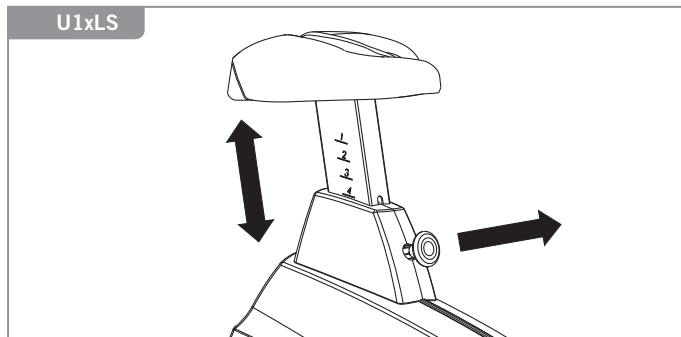
If the seat needs to be adjusted, lift the spring-loaded seat lever on the right side of the seat to make adjustments. Slide the seat forward or backward to desired location. Release the spring-loaded seat lever and gently attempt to rock forward and backward to assure it is locked in place. Check the seat distance again and re-adjust it if necessary.

UPRIGHT BIKE U1xLS

To determine whether or not the seat requires adjustment, sit on it and place the foot ankle on the pedals. The knee should bend slightly when the pedal is at the lowest point of its rotation. It should be possible to pedal without locking the knees or shifting in the seat. The U1xLS features a vertical ratchet seat adjustment system, which makes it easy and safe to change the height of the seat quickly.

To raise the seat, pull the seat upward to the desired height, and let it lock in place. Test and re-adjust the seat height as necessary.

To lower the seat, first get off the bike. Holding the seat, pull out the seat post knob. Let the seat slide down to the desired height and release the seat post knob. Test and re-adjust the seat height as necessary.



2.6 SELF POWERED FEATURES

On the bikes, the user's pedaling generates the power to initialize and display information on the monitor. A minimum of 30 RPM (revolutions per minute) is required to start and maintain enough power to keep the monitor functional. If the minimum RPM is not maintained, the monitor will begin to shutdown. The U1xLS and R1xLS are able to extend time to display the monitor, at the minimum RPM not maintained, if the bikes are equipped with the battery. The bike saves its battery charge by moving into a shutdown mode whenever PEDAL FASTER appears on the display.

NOTE: The battery is not equipped with the bike for a standard specification.

If your bike equipped with the battery receives inconsistent use, or long time periods between use, the battery may require recharging. The adapter is an optional accessory for recharging the unit. To purchase the optional battery and adapter please contact Matrix Fitness or your local dealer.

SYMPTOMS OF A LOW BATTERY

If the bike has not been used for an extended period of time, the battery may require recharging. Symptoms of a low battery can include:

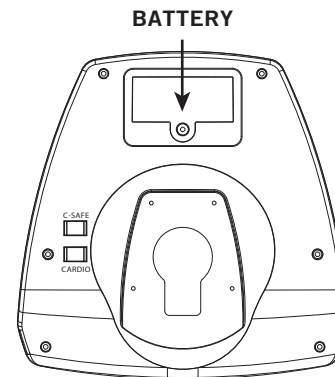
- A "LOW BATTERY" message will appear on the monitor
- Backlighting on the LCD display will be disabled
- No one uses the bike for an extended period of time.

If the battery must be recharged, use the optional power adapter charging unit. The charger should be connected to the bike for a minimum of eight hours to ensure a thorough charge. If LOW BATTERY still appears on the display after full charging, the battery could be extinct. Please check with an authorized service technician for replacing the battery.

REPLACING THE BATTERY

The unit's battery is built to last for a long time. However, if you feel that the battery may need replacing, check with an authorized service technician.

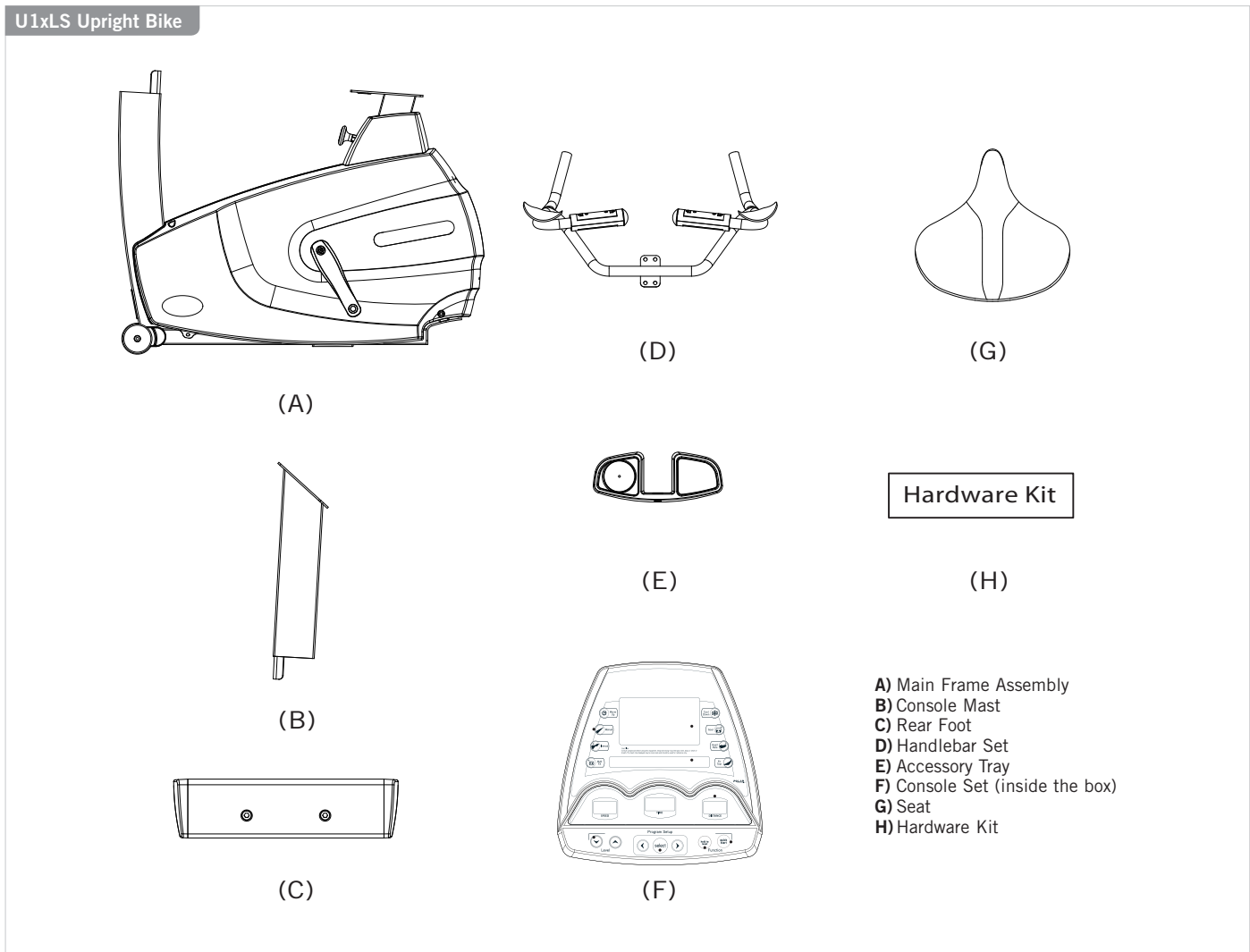
CAUTION: The battery stored inside the unit contains hazardous materials to the environment. Proper disposal of the battery is required by the law.



CHAPTER 2: Setup

2.7 UNPACKING THE BIKES

The bike is carefully inspected before shipment so it should arrive in good operating condition. Matrix Fitness ships the unit in the following pieces:

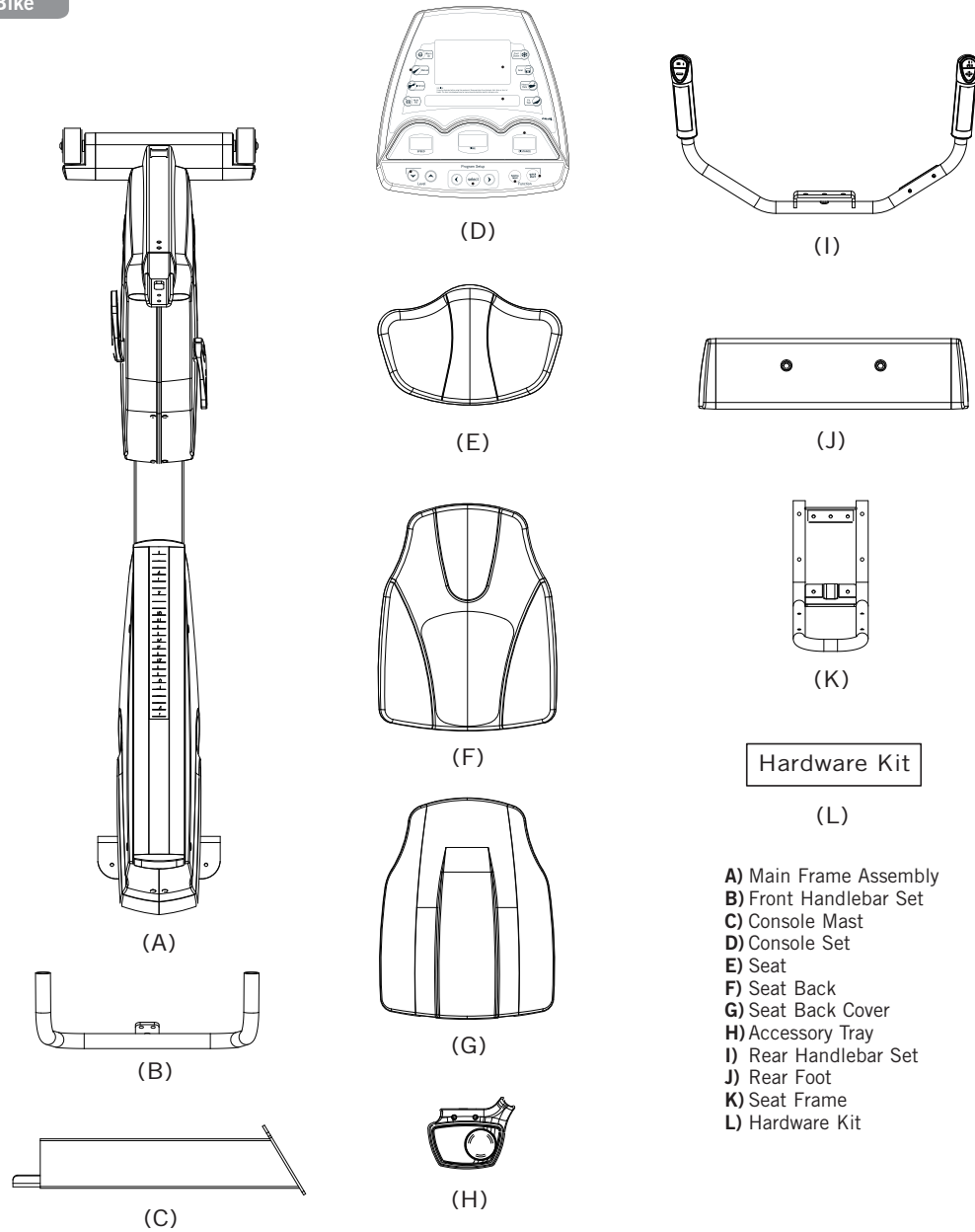


CHAPTER 2: SETUP

2.7 UNPACKING THE BIKES

The bike is carefully inspected before shipment so it should arrive in good operating condition. Matrix Fitness ships the unit in the following pieces:

R1xLS Recumbent Bike

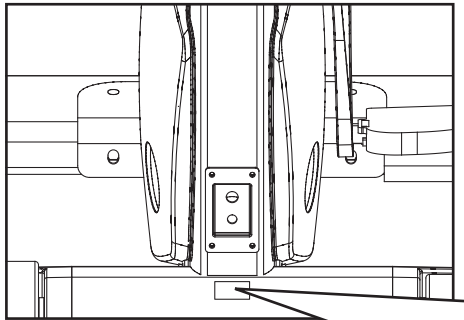


- A) Main Frame Assembly
- B) Front Handlebar Set
- C) Console Mast
- D) Console Set
- E) Seat
- F) Seat Back
- G) Seat Back Cover
- H) Accessory Tray
- I) Rear Handlebar Set
- J) Rear Foot
- K) Seat Frame
- L) Hardware Kit

CHAPTER 3: Serial Number Location

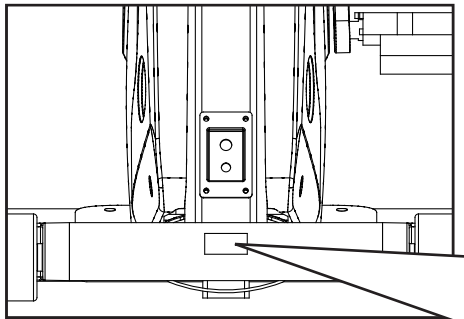
3.1 SERIAL NUMBER LOCATION

RECUMBENT BIKE R1xLS



SERIAL # PLACEMENT

UPRIGHT BIKE U1xLS






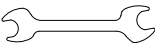

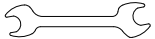



SERIAL # PLACEMENT

CHAPTER 4: BIKE PARTS AND ASSEMBLY GUIDES

4.1 FASTNERS & ASSEMBLY TOOLS U1xLS

UPRIGHT BIKE U1xLS

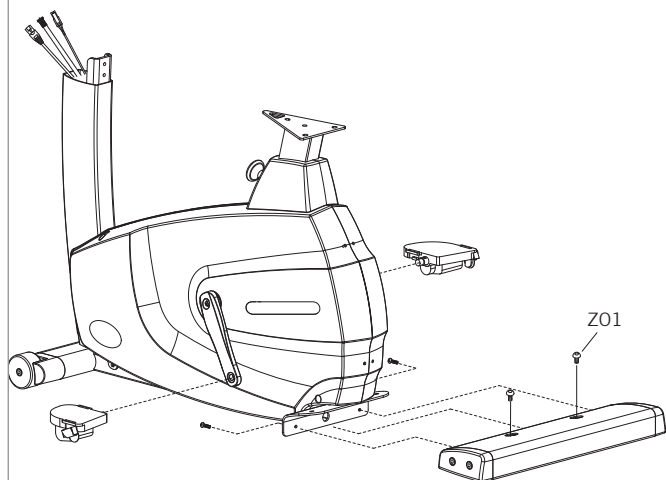
PARTS NO.	DESCRIPTION	QUANTITY	SKETCH	COLOR OF BAG	ASSEMBLY STEP
Z01	Button Head Bolt (M8×20L)	4		Yellow	STEP 1
Z01	Button Head Bolt (M8×20L)	4		Orange	STEP 3
Z01	Button Head Bolt (M8×20L)	4		Blue	STEP 4
Z08	Socket Head Screw (M5×25L)	2		Pink	
Z31	#6 Allen Wrench (5mm)	1		Purple	
Z32	Open Wrench (#13 / #15)	1		Purple	
Z33	Phillips Screwdriver (6×130L)	1		Purple	
Z34	OPEN WRENCH(#15x#17-325L)	1		Purple	
Z35	Allen Wrench (3mm, 55L)	1		Purple	



CHAPTER 4: BIKE PARTS AND ASSEMBLY GUIDES

4.3 ASSEMBLY STEPS U1xLS

STEP 1



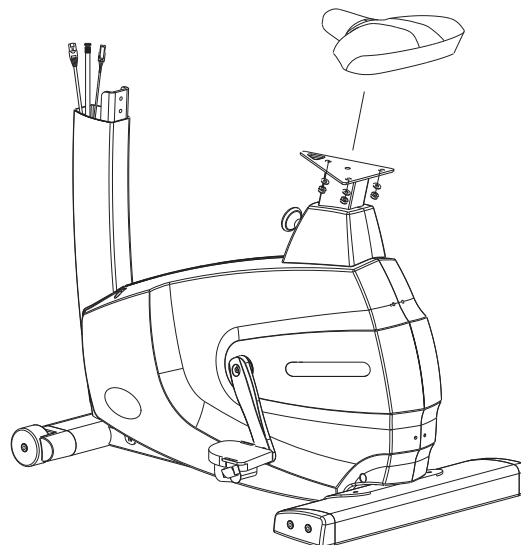
REAR FOOT

- 1) Install the **rear foot** in position at the rear of the bike with the mating holes in the frame bracket. Insert the four bolts (**Z01**) through the frame bracket and rear foot. Using the #6 Allen Wrench (**Z31**) tighten the screws completely.

PEDALS

- 1) Install the **pedals** on the **pedal cranks** using the Open Wrench (**Z32**). The Matrix logo of the pedal strap must point upward.
NOTE: Be careful to align the threads correctly to avoid damage. A little grease on the threads should help the pedals to screw in easily and correctly. Turn the left pedal spindle counterclockwise when threading into the crank arm, and turn the right pedal

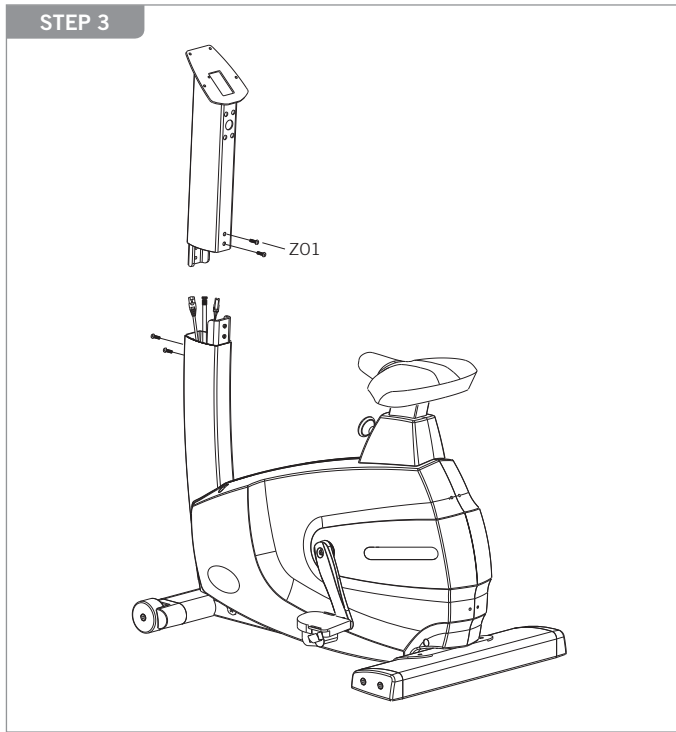
STEP 2



- 1) Remove the nuts from the bottom of the seat. Attach the **seat** to the **seat post** with the nuts you just removed. Tighten them with the Open Wrench (**Z32**).

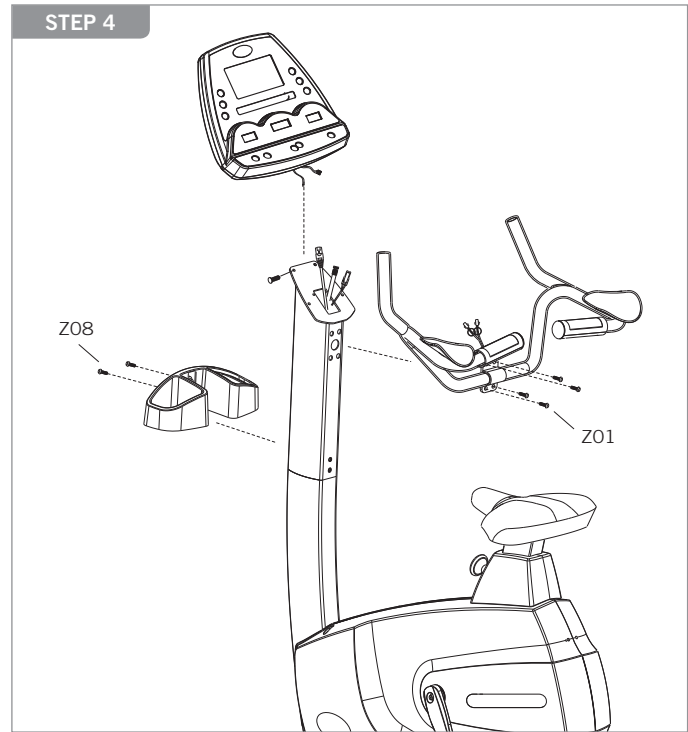
4.3 ASSEMBLY STEPS U1xLS

STEP 3



- 1) Secure the **upper console mast** to the **lower console mast** using four bolts (**Z01**). Alternately tighten each bolt using the #6 Allen Wrench. Check the console mast to make sure it is securely fastened.

STEP 4



HANDLEBAR SET

- 1) Feed the **heart rate wires** of the **handlebar** through the small hole located in the front of the **console mast**. Pull these wires up through the hole at the top of the **console mast**. Attach the **handlebar** to the **console mast** using four bolts (**Z01**). Tighten with the #6 Allen Wrench (**Z31**).

CONSOLE

- 1) Remove the four mounting bolts from the back of the **console** with the Phillips Screwdriver (**Z33**). Plug in the wire harness and the two heart rate wires to the back of the **console**. Attach the **console** to the **console mast** with the four bolts removed earlier in this step.

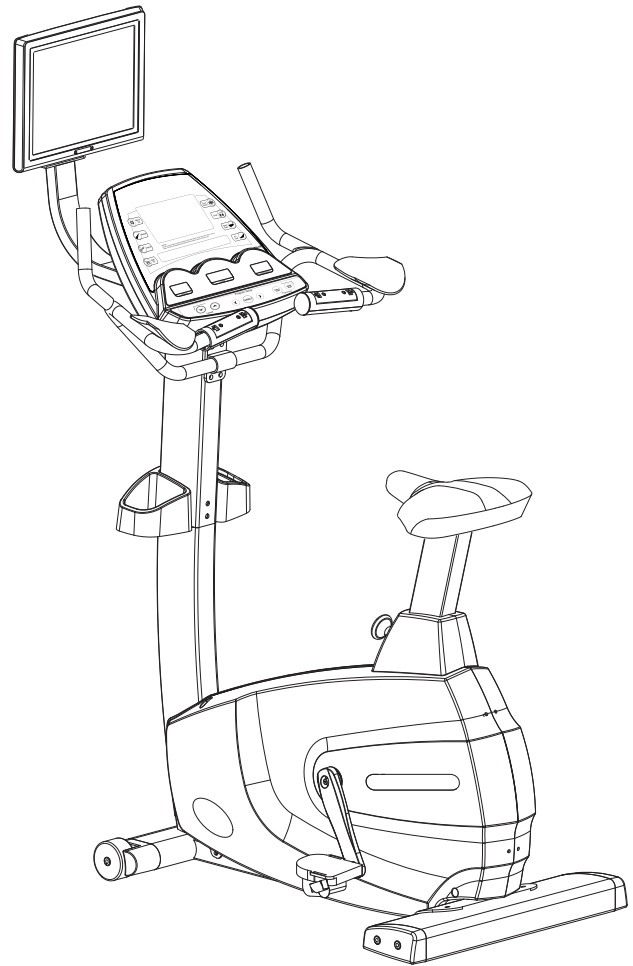
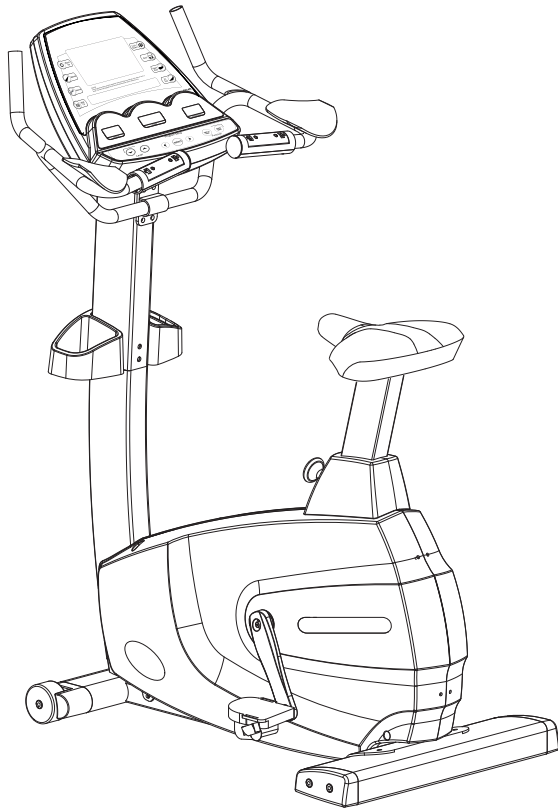
ACCESSORY TRAY

- 1) Attach the **accessory tray** to the **console mast** using two screws (**Z08**). Tighten them with the Phillips Screwdriver (**Z33**).

4.3 ASSEMBLY STEPS U1xLS

ASSEMBLY COMPLETE













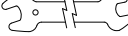


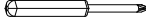

Assembly is complete.
Final assembly and optional entertainment shown.



CHAPTER 4: BIKE PARTS AND ASSEMBLY GUIDES

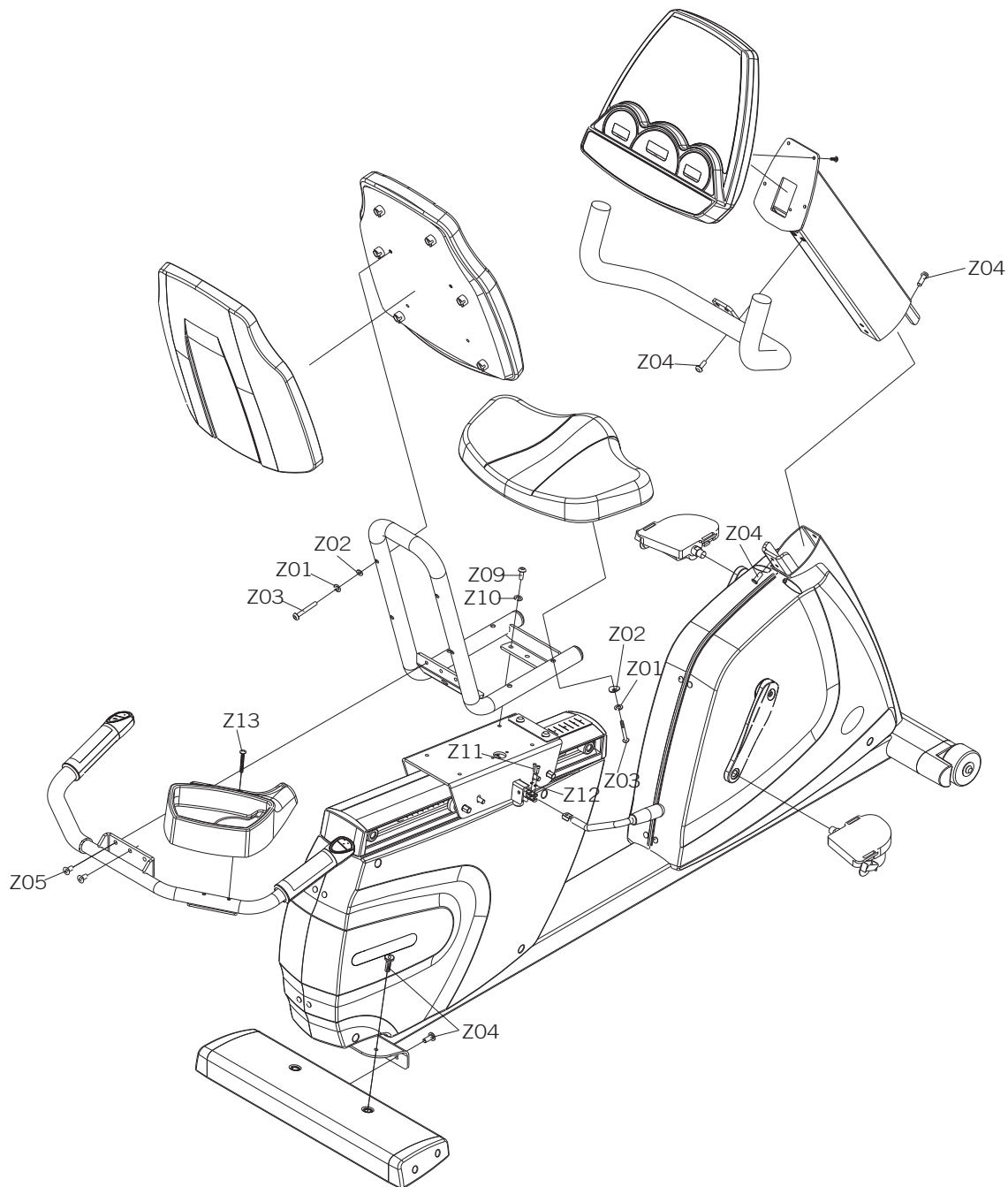
4.4 FASTNERS & ASSEMBLY TOOLS R1xLS

UPRIGHT BIKE R1xLS

PARTS NO.	DESCRIPTION	QUANTITY	SKETCH	COLOR OF BAG	ASSEMBLY STEP
Z01	Spring Washer	8		White	STEP 4
Z02	Arc Washer	8		White	
Z03	Socket Button Head Screw (with Nyloc)	8		White	
Z13	Button Head Screw (Phillips)	2		White	
Z04	Socket Low Head Screw (with Nyloc)	4		Yellow	STEP 1
Z05	Socket Flat Head Screw	3		Red	STEP 3
Z04	Socket Low Head Screw (with Nyloc)	4		Blue	STEP 6
Z04	Socket Low Head Screw (with Nyloc)	4		Orange	STEP 5
Z09	Socket Button Head Screw (with Nyloc)	4		Black	STEP 2
Z10	Spring Wahser	4		Black	
Z11	Socket Head Screw	2		Black	
Z12	Spring Washer	2		Black	
Z31	Open Wrench (#15 / #17)	1		Purple	
Z32	#5 Allen Wrench	1		Purple	
Z33	#4 Allen Wrench	1		Purple	
Z34	Phillips Screwdriver	1		Purple	
Z35	#5 Allen Wrench	1		Purple	

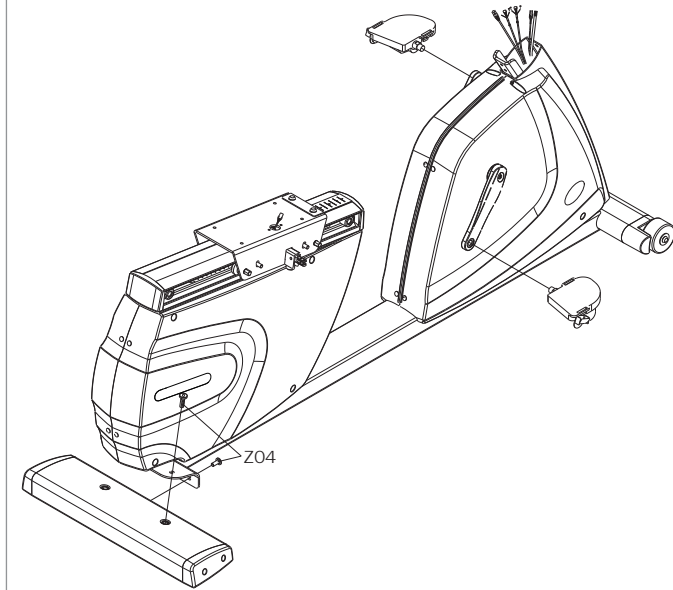
CHAPTER 4: BIKE PARTS AND ASSEMBLY GUIDES

4.5 EXPLODED DIAGRAM R1xLS



4.6 ASSEMBLY STEPS R1xLS

STEP 1



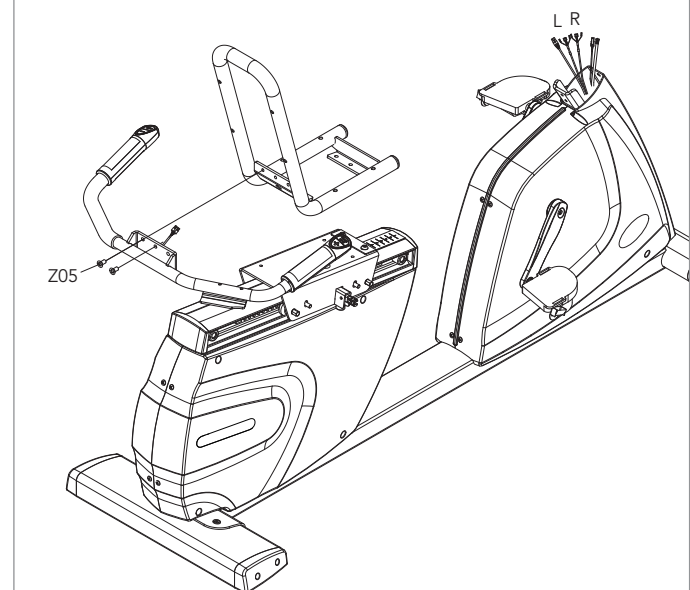
REAR FOOT

- 1) Install the **rear foot** in position at the rear of the bike with the mating holes in the frame bracket. Insert the four screws (**Z04**) through the **frame bracket** and **rear foot**. Using the #5 Allen Wrench (**Z32**) tighten the screws securely.

PEDALS

- 1) Install the **pedals** on the **pedal cranks** using the Open Wrench (**Z31**). The Matrix logo on the pedal strap must point upward. **NOTE:** Be careful to align the threads correctly to avoid damage. A little grease on the threads should help the pedals to screw in easily and correctly. Turn the left pedal spindle counter clockwise when threading into the crank arm, and turn the right pedal spindle clockwise when threading into the crank arm.

STEP 2

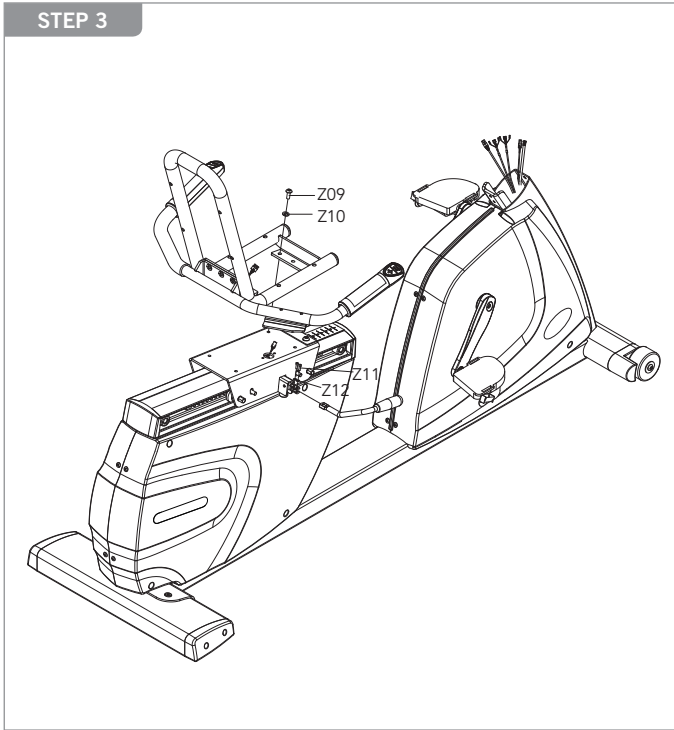


- 1) Pull the **heart rate wire** through the hole in the bottom of the **seat frame**, and make sure the wire get through the tunnel of the plate. Mount the **seat handlebars** to the **seat frame** by using three socket-flat-head screws (**Z05**).

CHAPTER 4: BIKE PARTS AND ASSEMBLY GUIDES

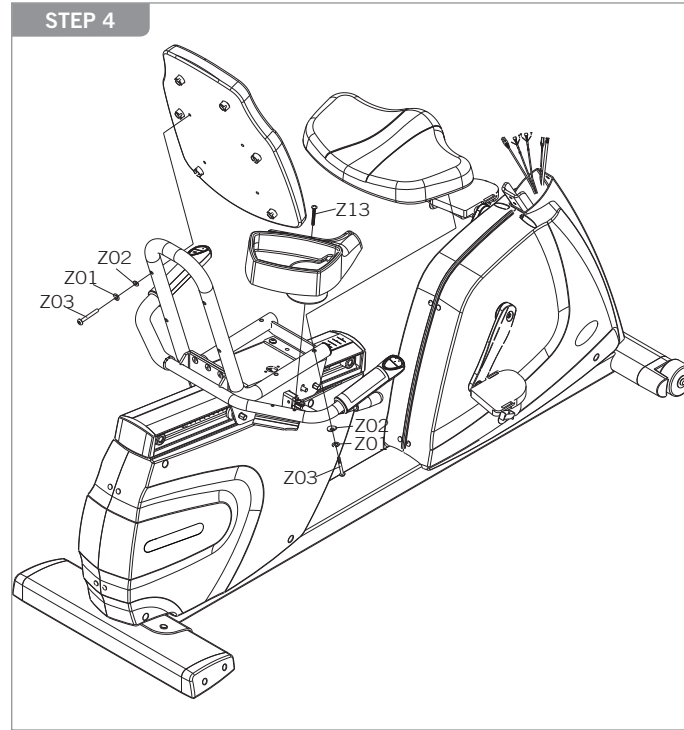
4.6 ASSEMBLY STEPS R1xLS

STEP 3



- 1) Install the **seat rail** on the **seat adjustment bracket** using the four washers (**Z10**) and screws (**Z09**). Tighten them with the #5 Allen Wrench (**Z32**).
- 2) Connect the wire harness from the **seat handlebar** to the wire harness coming from the **seat frame**.
- 3) Slide the **seat adjustment handle** between the teeth of the **seat adjustment bracket**.

STEP 4



ACCESSORY

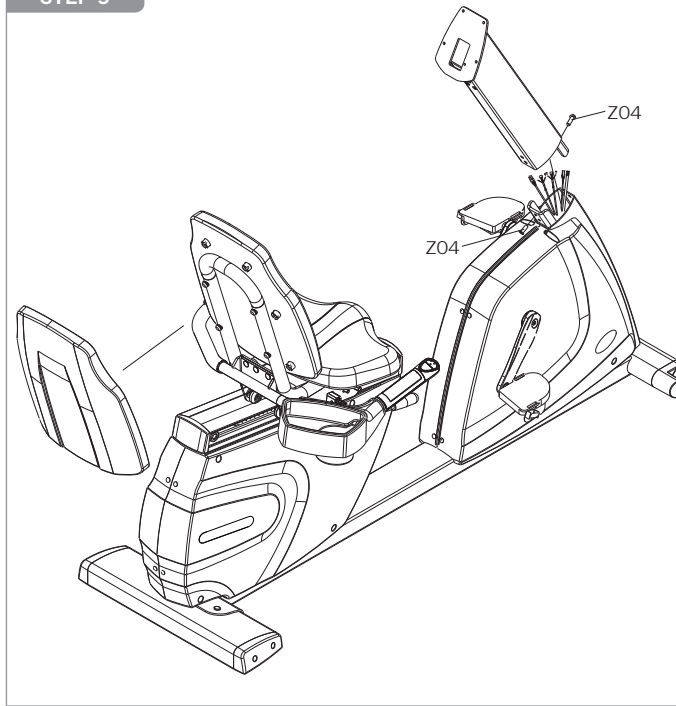
- 1) Secure the **accessory tray** to the **seat handlebar** with two button-head screws (**Z13**). Be careful when inserting the bolts to clear the wires inside the handlebar to prevent damage. Tighten with the Philips screwdriver (**Z34**).

SEAT AND SEATBACK

- 1) Mount the **seat** to the **seat frame** with four arc washers (**Z02**), spring washers (**Z01**) and socket button-head screws (**Z03**). Tighten with the #5 Allen Wrench (**Z32**). Mount the seatback to the seat frame with four arc washers (**Z02**), spring washers (**Z01**) and socket button-head screws (**Z03**). Tighten with the #5 Allen Wrench (**Z32**).

4.6 ASSEMBLY STEPS R1xLS

STEP 5



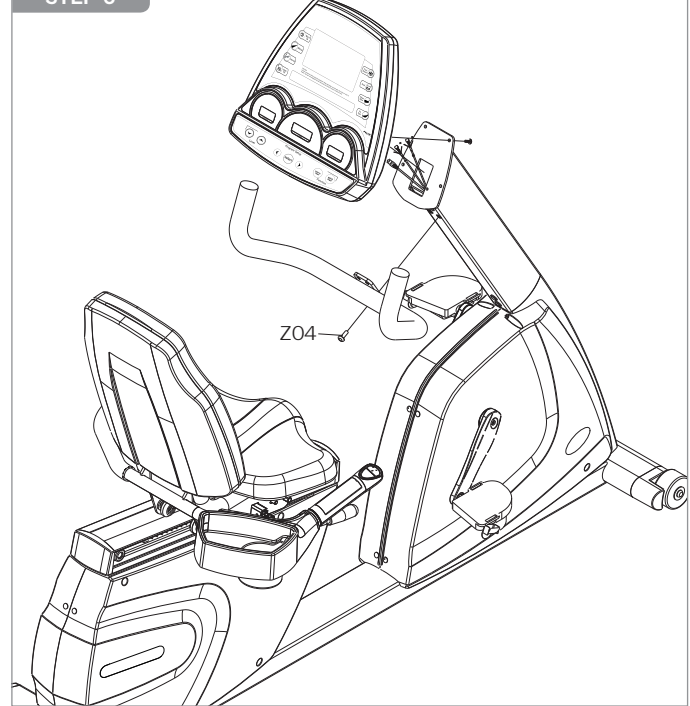
SEATBACK COVER

- 1) Attach the **seatback cover** to the **seatback**.

CONSOLE MAST

- 1) Secure the **upper console mast** to the **lower console mast** using the four screws (**Z04**). Alternately tighten each bolt using the #5 Allen Wrench. Check the **console mast** to make sure it is securely fastened.

STEP 6



HANDLEBAR

- 1) Mount the upper **handlebars** to the **console mast** using four screws (**Z04**). Tighten with the #5 Allen Wrench (**Z32**).

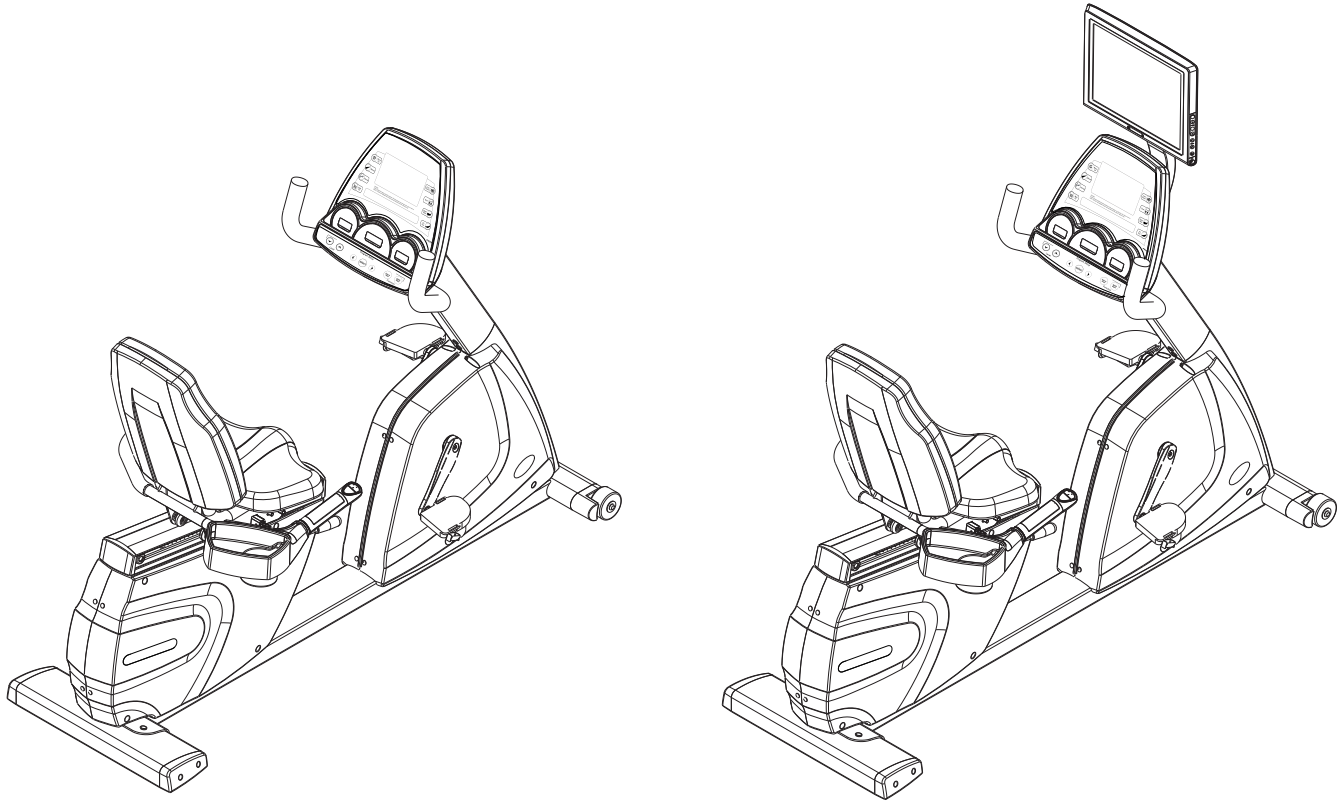
CONSOLE

- 1) Remove the four mounting bolts from the back of the **console**. Connect the wire harnesses and heart rate wires that come from the **console mast** into the plugs located in the back of the **console**. Attach the **console** to the **mast** with the four bolts removed earlier.

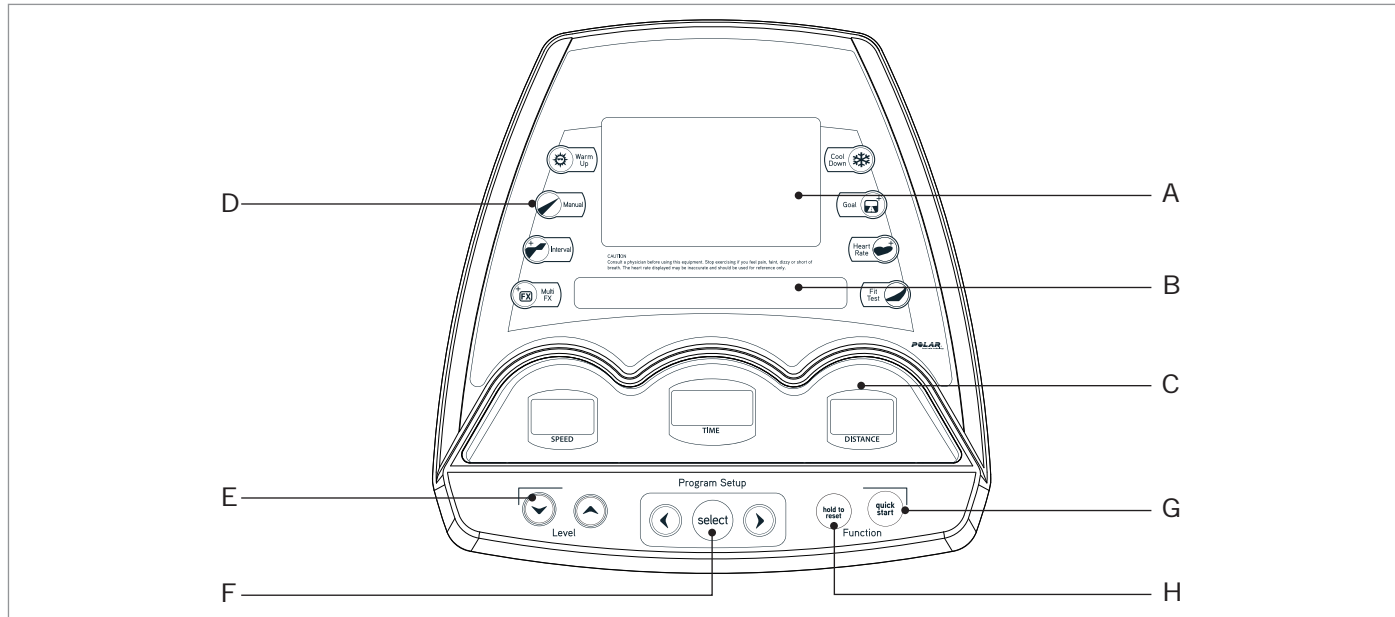
4.6 ASSEMBLY STEPS R1xLS

ASSEMBLY COMPLETE

Assembly is complete.
Final assembly and optional entertainment shown.



5.1 CONSOLE DISPLAY



A) WORKOUT PROFILE WINDOW:

During a workout, this window displays shapes, made of triangle columns of lights, which represent the levels of intensity in a workout-in-progress. The height of the furthest column is proportional to the current level of the intensity. Information will cycle every 30 seconds.

B) INSTRUCTION CENTER:

This window displays step-by-step instructions for setting up a workout.

C) INFORMATIONAL DISPLAY:

During a workout, three sets of numbers, including Speed, Time and Distance, display statistics about the progress of the workout.

D) PROGRAM PLUS™ KEYS

Press the key to select one of the workouts. The program key with a symbol of plus “+” represents additional workout options. Press this key repeatedly for similar workout options.

E) LEVEL ARROW KEYS

During a workout, pressing the UP or DOWN arrow can adjust intensity levels.

F) RIGHT / LEFT ARROW KEYS

A pair of RIGHT and LEFT arrows is located on the side of SELECT. Use arrows, when setting up a workout, to change workout parameters displayed on the LCD console, such as length of workout, weight, age, heart rate, and intensity level. In addition, the pair of RIGHT and LEFT arrows is corresponding to the arrows in the LCD display.

G) QUICK START

Press QUICK START to begin your workout immediately, without having to select a workout program.

H) RESET

PAUSE: If you need to PAUSE your program during a workout, stop pedaling. It will PAUSE your program for 30 seconds. Pressing START will return you to your workout. **NOTE:** Pause time is only available for ellipticals equipped with the battery.

RESET: If you need to RESET the console during your workout, you can do so by holding down the RESET button for three seconds, or until the display resets.

5.2 WORKOUT PARAMETER PROMPTS

This section lists the default value and value range of workout parameters appeared in the PROMPT AREA, located in the bottom of WORKOUT PROFILE WINDOW. Before an exercise session, each parameter prompt will appear here depending on different programs.

PROMPT	DEFAULT	MINIMUM	MAXIMUM	UNIT
TIME	20	5	99	minute
LEVEL	1	1	20	
WEIGHT	68 / 150	34 / 75	182 / 400	kg / lbs
AGE	30	10	99	years old
DISTANCE	5 / 3	1 / 1	80 / 50	km / mile
CALORIES	500	50	5000	cal.
WATTS	150	50	350	watt
Heart Rate	n/a	52	200	beat
GENDER	MALE	MALE	FEMALE	

NOTE: The workout time is a “countdown” display according to the default time or the maximum time that a user inputs. When the workout time is inputted as “0”, the time will count up from a zero to the maximum time.

NOTE: The braking system is speed dependent with the Constant Watts program and is speed independent for all other workout programs.

5.3 WORKOUT OVERVIEWS

This chart lists the bike's pre-programmed workouts.

PROGRAM NAME		DESCRIPTION	DEFAULT TIME	PROMPT INPUT
QUICK START		Quick Start is the fastest way to begin exercising and bypasses the setup prompts. After pressing the QUICK START key, a constant-level workout begins.	N/A	N/A
WARM UP		Warm-up is a low-intensity phase that brings the heart rate into the lower end of the target zone and increases respiration and blood flow to working muscles.	N/A	Time
COOL DOWN		Cool-down is a low-intensity phase that allows the body to begin removing lactic acid, and other exercise by-products, which build up in muscles and contribute to soreness.	N/A	Time
MANUAL		Manual is a constant intensity level unless it is manually changed.	20 min	Time, Weight
INTERVAL+	HILL INTERVAL	Hill Interval is an efficient workout by alternating work intervals and recovery intervals.	20 min	Level, Time, Weight
	RANDOM HILL	Random Hill is an interval training workout that occurs in no regular pattern or progression.	20 min	Time, Weight
MULTI FX+	CONSTANT WATTS	Constant Watts is designed to maintain your watts expenditure at a constant level by controlling pedaling resistance and prompting you to pedal at a specified RPM. Watts level may vary above and below your target watts level during this program.	20 min	Watts, Time, Weight
	RANDOM	Random is a workout of constantly changing intensity levels that occur in no regular pattern or progression.	20 min	Level, Time, Weight

5.3 WORKOUT OVERVIEWS

PROGRAM NAME		DESCRIPTION	DEFAULT TIME	PROMPT INPUT
GOAL+	TIME GOAL	Time Goal sets exercise duration as the workout goal. Once the objective is met, the workout automatically goes into a cool-down phase and ends afterward.	20 min	Time, Weight
	DISTANCE GOAL	Distance Goal is designed to build endurance in a certain distance. Once the objective is met, the workout automatically goes into a cool-down phase, and ends afterward.	N/A	Distance, Weight
	CALORIES GOAL	Calories Goal is designed to burn a certain number of selected calories. Once the objective is met, the workout automatically goes into a cool-down phase and ends afterward.	N/A	Calories, Weight
HEART RATE+	TARGET HR	Target HR is a higher intensity workout for maintaining a heart rate to achieve maximum exercise results. The user must wear a heart rate chest strip, or keep hands on contact heart rate grips continuously. The program adjusts the intensity level, based on the actual heart rate, to maintain the rate at 80 percent of the theoretical maximum.	20 min	Age, HR, Time, Weight
	WEIGHT LOSS	Weight Loss is a low-intensity workout for burning the body's fat reserves. The user must wear a heart rate chest strip, or keep hands on contact heart rate grips continuously. The program adjusts the intensity level, based on the actual heart rate, to maintain the rate at 65 percent of the theoretical maximum.	20 min	Age, HR, Time, Weight
FIT TEST		Fit Test measures cardiovascular fitness and can be used to monitor improvements in your endurance.	12 min	Gender, Age, Level, Weight

5.4 WORKOUT TIPS

- 1) Matrix Fitness strongly recommends seeing your physician for a complete physical examination before beginning any fitness program. Know your physician-recommended heart rate target zone. If, at any time while exercising, you experience faintness, dizziness, pain, or shortness of breathe, you must stop immediately.
- 2) To mount the bike, grasp the front stationary handlebars and place your feet on the pedals. When you are comfortably situated, begin pedaling. To dismount the bike, stop pedaling, grasp the front stationary handlebars and get off the unit.
- 3) It is highly recommended that you always incorporate the warm-up and cool-down period into your workout. Warm-up brings the heart rate into the lower end of the target zone and increases respiration and blood flow to working muscles. Cool-down takes time for a user's heart rate to return to a resting state after vigorous exercise and reduces the amount of lactic acid in muscle tissue.

5.5 WORKOUT SETUP STEPS

Different bike workouts require different setup procedures. This section provides details for settling up any workout program.

- 1) Begin to pedal the bike.
- 2) Use the PROGRAM PLUS™ KEYS to enter the program, or use RIGHT / LEFT ARROW keys to scroll to desired program. The program name is displayed in the PROMPT AREA.
- 3) Use the RIGHT / LEFT ARROW keys to scroll to desired parameter values displayed in the PROMPT AREA.
- 4) Press the SELECT key to confirm each selection. Follow the steps to set up each workout.

NOTE: The PROGRAM PLUS™ KEYS with a symbol of plus "+" have couple of similar workout options included. Press the key repeatedly to select the desired program. Or, press the program key once and use RIGHT / LEFT ARROW keys to scroll to the desired program.

QUICK START

Press the "QUICK START" key and the WORKOUT PROFILE WINDOW will display "3, 2, 1, GO!" The workout begins at the default intensity level, and the workout time counts up from "0" to the maximum workout time.

WARM UP

- 1) Press the "WARM-UP" key to enter the program.
- 2) "SELECT TIME" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 3) Press START to begin a warm-up.

COOL DOWN

- 1) Press the "COOL-DOWN" key to enter the program.
- 2) "SELECT TIME" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 3) Press START to begin a cool-down.

MANUAL

- 1) Press the "MANUAL" key to enter the program.
- 2) "SELECT TIME" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 3) "SELECT WEIGHT" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 4) Press START to begin the workout.

5.5 WORKOUT SETUP STEPS

INTERVAL +

A) HILL INTERVAL

- 1) Repeatedly Press the "INTERVAL+" key to select "HILL INTERVAL", and then press SELECT.
- 2) "SELECT LEVEL" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 3) "SELECT TIME" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 4) "SELECT WEIGHT" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 5) Press START to begin the workout.

B) RANDOM HILL

- 1) Repeatedly Press the "INTERVAL+" key to select "RANDOM HILL", and then press SELECT.
- 2) "SELECT TIME" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 3) "SELECT WEIGHT" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 4) Press START to begin the workout.

MULTI FX +

A) CONSTANT WATTS

- 1) Repeatedly Press the "MULTI FX+" key to select "CONSTANT WATTS", and then press SELECT.
- 2) "SELECT WATTS" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 3) "SELECT TIME" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 4) "SELECT WEIGHT" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 5) Press START to begin the workout.

B) RANDOM

- 1) Repeatedly Press the "MULTI FX+" key to select "RANDOM ", and then press SELECT.
- 2) "SELECT LEVEL" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 3) "SELECT TIME" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 4) "SELECT WEIGHT" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 5) Press START to begin the workout.

GOAL +

A) TIME GOAL

- 1) 1) Repeatedly Press the "GOAL+" key to select "TIME GOAL", and then press SELECT.
- 2) 2) "SELECT TIME" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 3) 3) "SELECT WEIGHT" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 4) 4) Press START to begin the workout.

B) DISTANCE GOAL

- 1) 1) Repeatedly Press the "GOAL+" key to select "DISTANCE GOAL", and then press SELECT.
- 2) 2) "SELECT DISTANCE" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 3) 3) "SELECT WEIGHT" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 4) 4) Press START to begin the workout.

C) CALORIES GOAL

- 1) 1) Repeatedly Press the "GOAL+" key to select "CALORIES GOAL", and then press SELECT.
- 2) 2) "SELECT CALORIES" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 3) 3) "SELECT WEIGHT" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 4) 4) Press START to begin the workout.

5.5 WORKOUT SETUP STEPS

HEART RATE +

A) TARGET HR / WEIGHT LOSS

- 1) Repeatedly Press the "HEART RATE+" key to select "TARGET HR" or "WEIGHT LOSS", and then press SELECT
- 2) "SELECT AGE" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 3) "SELECT HR" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 4) "SELECT TIME" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 5) "SELECT WEIGHT" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 6) Press START to begin the workout.

B) FIT TEST

- 1) "SELECT GENDER" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 2) "SELECT AGE" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 3) "SELECT LEVEL" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 4) "SELECT WEIGHT" using the RIGHT / LEFT ARROW keys, and then press SELECT.
- 5) Press START to begin the workout.

The tables below list fit test results:

FIT TEST'S RESULT FOR MALE

Male	Estimated VO2 Max (ml/kg/min) Per Age Category					
Age \ Rating	Very Poor	Poor	Fair	Good	Excellent	Superior
15 – 19	< 35.0	35.0 – 38.3	38.4 – 45.1	45.2 – 50.9	51.0 – 55.9	> 55.9
20 – 29	< 33.0	33.0 – 36.4	36.5 – 42.4	42.5 – 46.4	46.5 – 52.4	> 52.4
30 – 39	< 31.5	31.5 – 35.4	35.5 – 40.9	41.0 – 44.9	45.0 – 49.4	> 49.4
40 – 49	< 30.2	30.2 – 33.5	33.6 – 38.9	39.0 – 43.7	43.8 – 48.0	> 48.0
50 – 59	< 26.1	26.1 – 30.9	31.0 – 35.7	35.8 – 40.9	41.0 – 45.3	> 45.3
60 +	< 20.5	20.5 – 26.0	26.1 – 32.2	32.3 – 36.4	36.5 – 44.2	> 44.2

FIT TEST'S RESULT FOR FEMALE

Female	Estimated VO2 Max (ml/kg/min) Per Age Category					
Age \ Rating	Very Poor	Poor	Fair	Good	Excellent	Superior
15 – 19	<25.0	25.0 – 30.9	31.0 – 34.9	35.0 – 38.9	39.0 - 41.9	>41.9
20 – 29	<23.6	23.6 – 28.9	29.0 – 32.9	33.0 – 36.9	37.0 - 41.0	>41.0
30 – 39	<22.8	22.8 – 26.9	27.0 – 31.4	31.5 – 35.6	35.7 - 40.0	>40.0
40 – 49	<21.0	21.0 – 24.4	24.5 – 28.9	29.0 – 32.8	32.9 - 36.9	>36.9
50 – 59	<20.2	20.2 – 22.7	22.8 – 26.9	27.0 – 31.4	31.5 - 35.7	>35.7
60 +	<17.5	17.5 – 20.1	20.2 – 24.4	24.5 - 30.2	30.3 - 31.4	>31.4

POWER OUTPUT TABLE

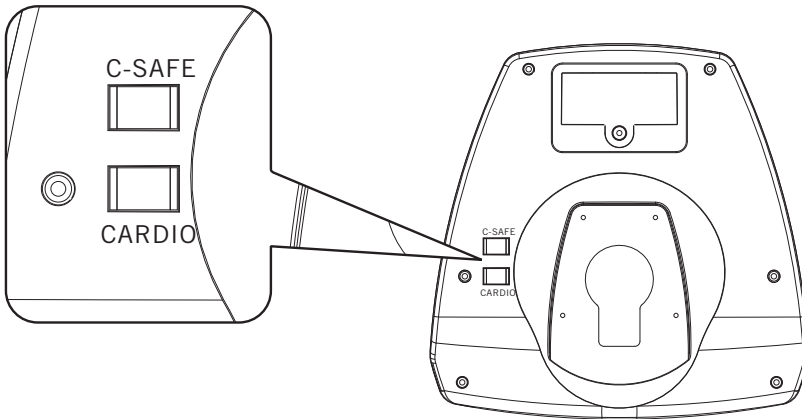
0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140
11	12	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	30	32	33	34
13	21	23	25	27	29	31	34	36	39	42	45	47	49	52	55	60	63	65	68	72	75	77
14	30	32	35	39	42	46	49	52	56	60	64	67	72	75	79	81	83	86	89	91	95	101
17	40	44	46	52	56	61	67	72	76	79	86	89	94	99	103	106	112	118	120	124	127	132
19	49	53	58	64	70	76	79	83	88	94	100	106	110	113	118	122	130	133	139	141	148	153
21	60	65	70	77	83	91	100	103	109	114	118	124	129	135	137	140	145	154	158	160	168	175
23	72	78	83	91	98	106	115	120	128	137	141	148	154	161	166	169	172	179	183	188	190	192
25	86	90	98	107	115	121	128	134	143	153	160	168	175	182	186	195	200	205	208	215	220	224
28	100	105	112	120	131	136	146	153	163	170	181	187	196	203	208	218	225	230	237	241	248	250
30	115	118	123	132	143	151	160	171	180	188	200	208	217	226	237	247	251	259	265	273	280	285
32	115	135	137	147	158	166	178	193	206	214	225	237	244	257	265	274	285	292	301	305	313	321
34	115	140	151	159	170	181	195	207	221	231	242	255	266	274	286	299	305	315	325	333	340	352
36	115	150	165	171	180	196	215	230	244	256	268	281	291	307	317	325	338	347	355	365	374	382
38	115	150	180	185	197	211	230	245	260	271	285	300	310	324	335	348	358	370	377	388	401	407
40	115	150	190	196	210	226	241	258	271	286	301	315	326	341	352	363	377	390	400	411	421	433
42	115	150	190	216	223	241	264	281	295	313	324	339	357	369	384	391	408	419	435	443	453	462
45	115	150	190	227	235	256	273	291	305	321	337	353	365	380	394	406	422	439	443	457	469	483
47	115	150	190	227	257	271	290	315	333	349	364	381	397	413	426	442	451	470	483	495	510	520
50	115	150	190	227	280	286	301	322	341	360	375	390	407	423	438	453	469	485	497	510	523	540
52	115	150	190	227	280	300	321	344	365	388	409	431	447	460	479	496	508	520	533	550	559	570

5.6 USING FITNESS NETWORK

The two RJ45 networking ports are equipped in Livestrong by Matrix Elliptical Trainer E1xLS. These ports allow the bike to be connected to a fitness entertainment system and/or a fitness network, such as FitLinxx®.

C-SAFE / CARDIO PORT

The ports are located on the back of the console. The C-SAFE port enables the bike to upload user workout statistics to a fitness network database. The CARDIO port is compatible to entertainment protocol such as Cardio Theater® or BroadcastVision™.



CHAPTER 6: MANAGER'S CUSTOM MODE

6.1 LIST OF MANAGER'S CUSTOM MODE

The Manager's Custom Mode allow the club owner to customize the bike for the club.

To enter the Manager's Custom Mode, press and hold down the “**LEVEL ARROW keys**” . Continue to hold down these two keys until the **INSTRUCTION CENTER** displays “**MANAGER MENU**”.

1. To scroll through the list of Manager's Custom Mode, use the “**LEFT / RIGHT ARROW keys**”, or “**LEVEL ARROW keys**”. The **INSTRUCTION CENTER** will display, in turn, each of custom settings.
2. To select a custom mode, press the **SELECT** key to enter.
3. To change the value of the setting, use the “**LEFT / RIGHT ARROW keys**”, or “**LEVEL ARROW keys**”.
4. To confirm and save the value of the setting, press the **QUICK START** key. “**SETTING SAVED**” will appear in the **INSTRUCTION CENTER**. To exit the setting without saving, press the **RESET** key within 5 seconds, or if there is no key pressed, the system will resume automatically.

LIST OF MANAGER'S CUSTOM MODES:

	CUSTOM SETTING	DEFAULT	MINIMUM	MAXIMUM	UNIT	STEP	DESCRIPTION
P0	MAXIMUM TIME	99 min	20 min	99 min	minute	1	Enable fitness club managers to set the program maximum workout duration limits during peak and non-peak hours of club traffic. Active variable displayed in the TIME display after change.
P1	DEFAULT TIME	20 min	5 min	max. time	minute	1	Control the default program time.
P2	DEFAULT LEVEL	1	1	10	n/a	1	Control the starting resistance level for all programs.
P3	MAXIMUM LEVEL	20	1	20	n/a	1	Enable to set maximum resistance level for all programs.
P4	DEFAULT WEIGHT	68kg / 150lbs	34kg / 75lbs	182kg / 400lbs	kg/lbs	1	Control the default weight used in calorie calculations. Set to default unit change (kilograms or pounds). Displayed in native units.
P5	DEFAULT AGE	30	10	99	age	1	Control the default users age used in target heart rate calculations.
P6	ACCUMULATED DISTANCE	N/A	0	104,000 km / 65,000 mile	km / mile	N/A	Accumulated distance is not editable, but only for display. Displayed in native units (miles or kilometers). After the equipment reaches the maximum distance, it will reset to "0" automatically.

6.1 LIST OF MANAGER'S CUSTOM MODE

	CUSTOM SETTING	DEFAULT	MINIMUM	MAXIMUM	UNIT	STEP	DESCRIPTION
P7	ACCUMU-LATED TIME	N/A	0	65,000 hrs	hour	N/A	Accumulated time is not editable, but only for display. After the machine reaches the maximum time, it will reset to "0" automatically.
P8	PAUSE TIME	30 sec	30 sec	180 sec	second	1	This is the maximum time during which a workout can remain in pause mode. Restrictions exist for the machine not equipped with a battery.
P9	MODEL	EL	N/A	N/A	N/A	N/A	CB - Upright Bike RB - Recumbent Bike EL - Elliptical Trainer ST - Stepper
P10	LANGUAGE	English	N/A	N/A	N/A	N/A	The native language prompts in the INSTRUCTION CENTER.
P11	SOFTWARE VERSION	N/A	N/A	N/A	N/A	N/A	Software version is not editable, but only for display.
P12	UNITS	English	English	Metric	N/A	N/A	The measurement unit prompts for weight, distance, and speed.
P13	ERROR LOG	N/A	N/A	N/A	N/A	N/A	Error log is not editable, but only for display. Holding the Left and Right Arrow keys simultaneously to erase the error log.
P14	METS	OFF	ON	OFF	N/A	N/A	If this option is "ON", the METs prompt becomes an individual display in PROMPT AREA. If "OFF", there will be an alternate prompt in RPM and METs at the lower-right corner of the WORKOUT PROFILE WINDOW.
P15	RESET ALL	N/A	N/A	N/A	N/A	N/A	The function would clear all custom settings had stored on the unit and all settings return to manufacturer default value. Holding the Left and Right Arrow keys simultaneously to clear all custom settings values.

MAINTENANCE

The Livestrong by Matrix R1xLS/U1xLS are built for commercial use 12 hours a day and seven days a week. However, as a club manager or owner, you are responsible for cleaning and maintaining the unit's integrity. If you fail to maintain the bike as described below, it could affect or void the Matrix limited warranty.

NOTE: Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear, such as display console, console mounting screws, handrails, link arms, pedal arms and pedals.

7.1 DAILY INSPECTION

Look and listen for loose fasteners, unusual noises, and any other indications that the equipment may be in need of service. If you notice any of these, obtain service.

7.2 DAILY MAINTENANCE

Matrix Fitness recommends the R1xLS/U1xLS be cleaned before and after each workout. The following daily maintenance tips will keep your unit operating at peak performance:

- 1) Use a damp, soft cloth with water or mild liquid detergent to clean all exposed surfaces. DO NOT use ammonia, chlorine, or acid-based cleaners.
- 2) Keep the display console free of fingerprints and salt build-up caused by sweat.
- 3) Frequently vacuum the floor underneath the unit to prevent the accumulation of dust and dirt, which can affect the smooth operation of the unit.

7.3 MONTHLY MAINTENANCE

Perform the following services each month, or as needed:

- 1) Check that the console, handrails, link arms, pedal arms and pedals are secure.

7.4 RECYCLING THE BATTERY

When the Matrix bike is about to be discarded at the end of its useful life, the rechargeable battery must first be removed and recycled. If the bike is being equipped with the battery. To access the battery, unscrew the cover on the back of the console. To remove the battery, disconnect the cable.

CHAPTER 8: PRODUCT SPECIFICATIONS

	U1xLS	R1xLS
CONSOLE		
Display Screen	Workout Profile Window – 7” blue backlit graphic LCD display	
	Instruction Center – 14-character red LED alphanumeric display	
	Informational Display – 3 numeric 7-segment display (3 sets)	
Display Readout	Time, Distance, Calories, Speed, Level, Watts, METS, Heart Rate, Profile	
Programs	Manual, Interval+(Hill Interval, Random Hill), Goal+(Time Goal, Distance Goal,	
	Calories Goal), Multi FX+(Constant Watts, Random), Heart Rate+(Target HR, Weight	
	Loss), Fit Test, Warm Up, Cool Down	
On-the-fly Program Change	Yes	
Telemetric Receiver	Yes	
Contact HR Sensors	Yes	
Program Quick Keys	Yes	
One-Touch Quick Start	Yes	
Pause Time	30 seconds	
Language Options	English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese	
TECHNICAL DATA		
Resistance Technology	JID™ hybrid generator	
Resistance Levels	20	
Drive System	One stage belt-driven	
Seat Adjustments	12 positions	25 positions
Dimension (L x W x H)	103 x 65 x 131 cm / 41” x 26” x 52”	167 x 68 x 128 cm / 66” x 27” x 50”
Product Weight	63.5 kg / 140 lbs	85 kg / 188 lbs
Max User Weight	182 kg / 400 lbs	
Power Requirement	Self-powered	
SPECIAL FEATURES		
Step-thru Design	N/A	Yes
Handlebar Design	Ergonomic elbow rests design with integrated contact HR handgrips	Front stationary handlebars and racing handlebars integrated contact HR handgrips
Pedals	Extra large pedals with ratcheted strap adjustments	
Seat Design	Contoured shape seat	Comfort seat and stylish seat back
Ratcheting Seat Adjustment	Yes	N/A
Remote Operation Keys	N/A	Yes
Integrated Reading Rack	Yes	
Accessory Tray	Yes	
ENTERTAINMENT SOLUTIONS		
Matrix® LCD TV Mount	Yes	
Networking Capabilities	Yes	

*Product specifications are subject to change without notice.





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