



Strong. Smart. Beautiful.

C Y C L E S
OWNER'S MANUAL

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1.1 READ AND SAVE THESE INSTRUCTIONS

- This cycle is intended for commercial use
- To insure your safety and protect the equipment, read all instructions before operating the MATRIX Cycle.
- Unsupervised Children must be kept away from this equipment

When using an electrical product, basic precautions should always be followed, including the following:

- Always unplug this equipment from the electrical outlet immediately after using and before cleaning.

Your MATRIX cycle is self-generating (requiring no external power source) and must be pedaled to power up the console.

The battery needs to be charged for 3-4 hours when first installed. Until the battery is fully charged, the 30 second pause feature may not function fully. The charging does not need to be continuous for 3-4 hours, but over combined workouts equaling 3-4 hours.

WARNING: To reduce the risk of burns, fire, electrical shock or injury to persons that may be associated with using this product:

- An appliance should never be left unattended when plugged in. Unplug the entertainment equipment from outlet when not in use and before putting on or taking off parts.
- This product must be used for its intended purpose described in this Owner's Guide. Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not remove side covers. Service should only be done by an authorized service technician.
- Never operate the Cycle with the air opening blocked. Keep the air opening clean, free, of lint, hair and the like.
- Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Return the unit to a service center for examination and repair.
- Do not carry this unit by entertainment equipment poser cord or use cord as handle.
- Keep any of the entertainment equipment power cords away from heated surfaces
- Keep hands and loose clothing away from moving parts.
- Close supervision is necessary when the Cycle is used by or near children or disabled persons.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Connect this Cycle to a properly grounded outlet only.
- To disconnect, turn all entertainment controls to the off position, then remove plug from outlet.

CAUTION: If you experience chest pain, nausea, dizziness or shortness of breath, **STOP** exercising immediately and consult a physician before continuing.

1.2 SETTING UP THE CYCLE

Assembly instructions have been provided with your Cycle. For your safety, please read and follow each of the steps in the assembly guide.

1.3 INSTALLATION REQUIREMENTS

Your Matrix Cycle is designed to be self contained and does not require a power supply to operate.

CAUTION: Use of the wrong power supply for the entertainment device may cause damage to your Cycle and/or entertainment device.

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.

1.4 PREVENTATIVE MAINTENANCE AND CLEANING TIPS

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

Please read and follow these tips:

- Position the equipment away from direct sunlight. The intense UV light can cause discoloration of plastics.
- Locate your equipment in an area with cool temperatures and low humidity
- Clean with a soft, 100% cotton cloth
- Clean with soap and water or other non-ammonia based all purpose cleaners.
- Wipe seats, handles, heart rate grips and handlebars clean after each use.
- Do not pour liquids directly onto your equipment. This can cause damage to the equipment and in some cases electrocution.
- Check pedal safety straps weekly for wear.
- Adjust leveling feet when equipment wobbles or rocks.
- Maintain a clean area around equipment free from dust and dirt.

CHAPTER 2: ADJUSTING THE SEAT

2.1 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 yellow 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.

2.2 UPRIGHT SEAT HEIGHT

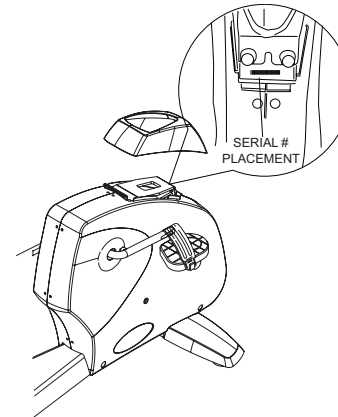
To adjust the seat height on the Upright Cycle, locate the yellow pull pin before you mount the Cycle. To raise or lower the seat, pull the yellow knob while holding the seat with the other hand and slide up or down accordingly. Make sure you are not seated when you pull the knob or pull the seat up.

2.3 HYBRID SEAT HEIGHT

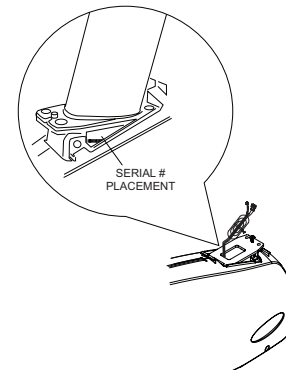
To adjust the seat height on the Hybrid Cycle, pull the yellow lever under the seat and lower the seat to the lowest position, stand over the seat and grab the yellow lever. Pull the lever and lift until the seat base makes contact with your pelvic bone.

CHAPTER 3: SERIAL NUMBER LOCATION

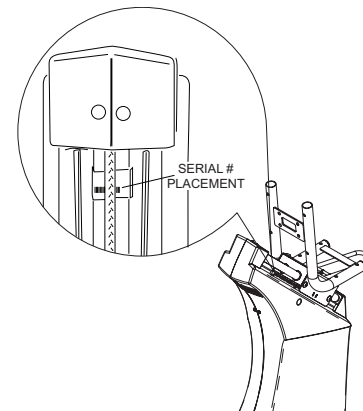
3.1 RECUMBENT CYCLE



3.2 UPRIGHT CYCLE



3.3 HYBRID CYCLE™



CHAPTER 4: USING THE RECUMBENT, UPRIGHT OR HYBRID CYCLE™

4.1 CONSOLE DESCRIPTION



PROGRAMS: Simple program selection buttons make Matrix Cycles easy to use. Matrix Cycles feature eight programs.

START/QUICK START: One Touch Quick Start and Start any time during preference selection.

UP/DOWN: Easy information and level selection.

SELECT/SELECT SCREEN/ RESET: This multi-function button enters information when setting up programming options, toggles information displayed and if held down for 5 seconds, resets the Cycle to Start-up mode.

4.2 MANUAL OPERATION

QUICK START: start pedaling and press “START” to begin your workout. All energy expenditure values will be calculated using the default weight measurement.

MANUAL MODE: Manual is a workout that allows you to manually adjust the resistance 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.

- Press “**MANUAL**”.
- Enter your desired “**TIME**” using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
- Enter your desired “**LEVEL**” using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
- Enter your “**WEIGHT**” using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.

4.3 OPERATING LEVEL BASED PROGRAMS

Your Matrix Cycle offers versatile programs to keep the user motivated. The following instructions will guide you through the simple steps to select Intervals, Rolling, Fat Burn and Random workouts.

- Press the Workout Button of choice.
- Enter your desired “**TIME**” using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
- Enter your desired “**LEVEL**” using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
- Enter your “**WEIGHT**” using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.

4.4 USER DEFINED PROGRAMS - RANDOM

RANDOM - there are 20 workout profiles in **RANDOM** mode. Profile will change each time **RANDOM** key is pressed. Select a workout profile, follow user information prompts or press **QUICK START** key to begin.

- STEP 1:** Select the **PROGRAM** button.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.
- STEP 2:** Select **TIME** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.
- STEP 3:** Select **LEVEL** by using the **UP** or **DOWN** arrow keys.
You can change the level at any time during workout.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.
- STEP 4:** Select weight by using the **UP** or **DOWN** arrow keys.
Press **START** or **SELECT** to begin workout.
Display, Starting 3, Starting 2, Starting 1.

CHAPTER 4: USING THE RECUMBENT, UPRIGHT OR HYBRID CYCLE™

4.5 FIT 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 following:

- 10-20% - Well Below Average
- 30-40% - Below Average
- 50% - Average
- 60-70% - Above Average
- 80-90% - Well Above Average

Percentile Values for Maximal Aerobic Power					
Age					
Percentile	20-29	30-39	40-49	50-59	60+
Men					
90	51.4	50.4	48.2	45.3	42.5
80	48.2	46.8	44.1	41.0	38.1
70	46.8	44.6	41.8	38.5	35.3
60	44.2	42.4	39.9	36.7	33.6
50	42.5	41.0	38.1	35.2	31.8
40	41.0	38.9	36.7	33.8	31.2
30	39.5	37.4	35.1	32.3	28.7
20	37.1	35.4	33.0	30.2	26.5
10	34.5	32.5	30.9	28.0	23.1
Women					
90	44.2	41.0	39.5	35.2	35.2
80	41.0	38.6	36.3	32.3	31.2
70	38.1	36.7	33.8	30.9	29.4
60	36.7	34.6	32.3	29.4	27.2
50	35.2	33.8	30.9	28.2	25.8
40	33.8	32.3	29.5	26.9	24.5
30	32.3	30.5	28.3	25.5	23.8
20	30.6	28.7	26.5	24.3	22.8
10	28.4	26.5	25.1	22.3	20.8

CHAPTER 4: USING THE RECUMBENT, UPRIGHT OR HYBRID CYCLE™

4.6 HEART RATE CONTROL

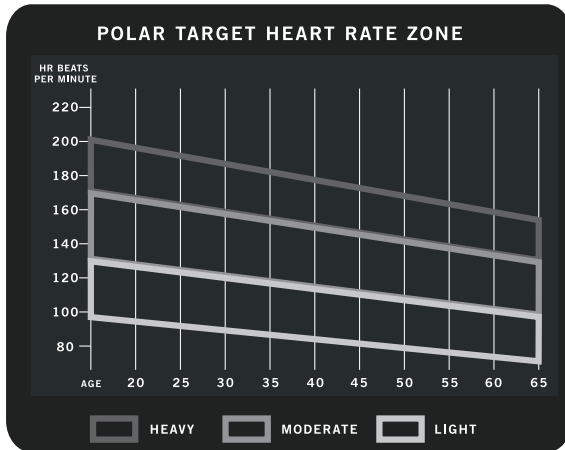
Your Matrix Cycle offers a heart rate control workout mode. The heart rate control workout mode allows the user to program their desired heart rate zone and the cycle will adjust the resistance automatically based on the user's heart rate. The heart rate zone is calculated using the following equation: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

- Press "**TARGET HEART RATE**".
- Enter your "**AGE**" using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
- Enter your desired percentage of maximum heart rate using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
- Enter your desired "**TIME**" using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
- Enter your "**WEIGHT**" using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER** (user weight is used to calculate the caloric expenditure during the workout).

4.7 CONSTANT WATTS

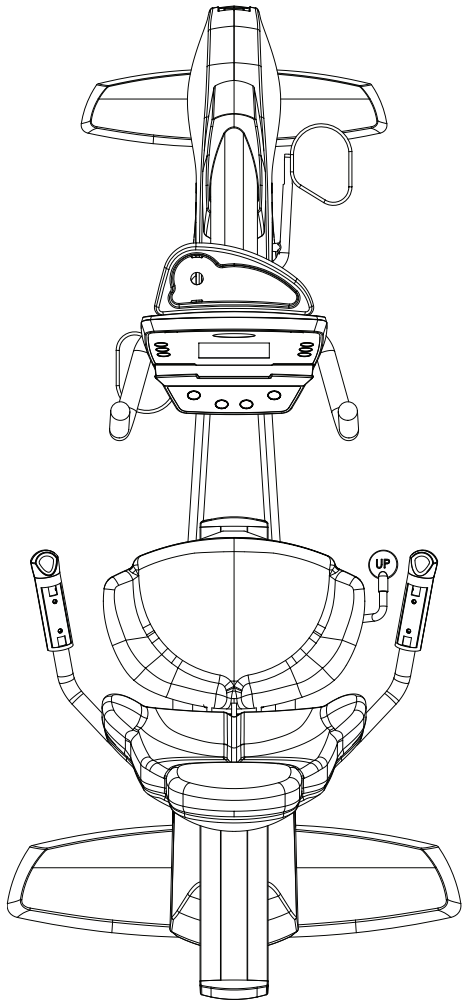
CONSTANT WATTS workout is a unique program that allows you to vary your cadence or RPM and the Cycle's resistance will adjust accordingly to your selected goal. The quicker you pedal the less resistance for the goal selected.

- Press "**CONSTANT WATTS**".
- Enter your desired "**WATT**" using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER** (25 – 525).
- Enter your desired "**TIME**" using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
- Enter your "**WEIGHT**" using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.



CHAPTER 5: RECUMBENT CYCLE SPECIFICATIONS, PARTS AND ASSEMBLY STEPS

5.1 R3x RECUMBENT CYCLE SPECIFICATIONS



SPECIFICATIONS

Product Name	R3x-01
Foot Print	inches = 64"L x 29"W x 51"H cm = 162.5 x 73.5 x 129.5
Weight	170 lbs 77 kg
Max User Weight	400 lbs = 181 kg
Frame Construction	Steel
Self Contained	Yes
Resistance Type	Generator
Resistance Level	25

PROGRAMS

One Button Quick Start	Yes
Random (20 profiles)	Yes
Target Heart Rate	Yes
Interval	Yes
Constant Watts	Yes
Rolling	Yes
Fat Burn	Yes
Fit Test	Yes

HEART RATE




Wireless Heart Rate	Yes
Contact Heart Rate	Yes

ENTERTAINMENT READY

Coaxial Cable Connection	Yes
AC TV Power Connection	Yes
Monitor Mount	Yes

CHAPTER 5: RECUMBENT CYCLE SPECIFICATIONS, PARTS AND ASSEMBLY STEPS

5.2 R3x RECUMBENT CYCLE REQUIRED FASTENERS INCLUDED

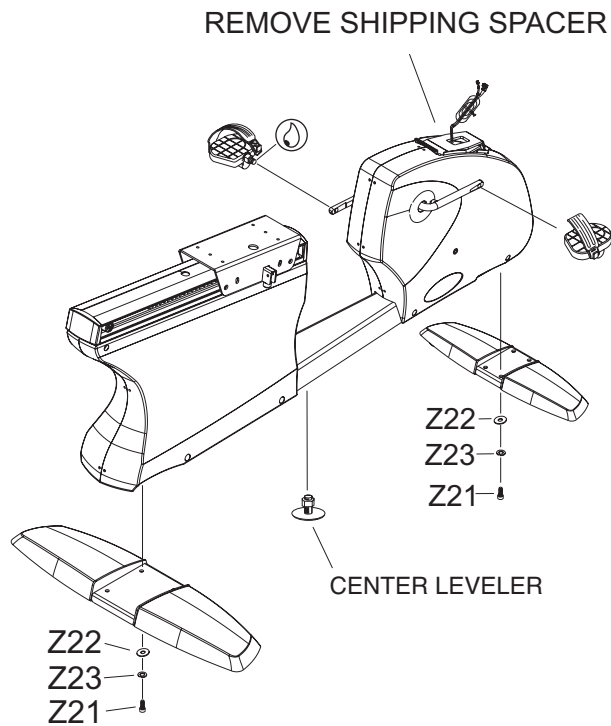
QTY	PART #	SKETCH	DESCRIPTION	NOTES
04	Z11		BUTTON HEAD MACHINE SCREW M8 x 25L	WHITE
04	Z12		SPRING WASHER	WHITE
02	Z13		BUTTON HEAD BOLT M5 x 10L	WHITE
08	Z21		BUTTON HEAD BOLT M5 x 20L	BLACK
08	Z22		FLAT WASHER	BLACK
08	Z23		SPRING WASHER	BLACK
04	Z31		BUTTON HEAD BOLT M8 x 15L	YELLOW
04	Z32		FLAT WASHER	YELLOW
04	Z33		SPRING WASHER	YELLOW
02	Z34		BUTTON HEAD BOLT M8 x 25L	BLUE
03	Z41		BUTTON HEAD BOLT M8 x 15L	RED
04	Z42		BUTTON HEAD BOLT M8 x 50L	RED
04	Z43		ARC WASHER	RED
04	Z44		SPRING WASHER	RED
03	Z45		HEXAGON FLAT HEAD BOLT M8 x 15L	RED
04	D55		SOCKET HEAD BOLT	Included in handle assembly
02	D57		SPRING WASHER	Included in handle assembly
04	N51		BUTTON HEAD MACHINE SCREW M5 x 12	Included in console
01			SEAT ADJUSTMENT HANDLE	Included in packaging
01			9V BATTERY	Included in packaging
01			CENTER LEVELER	

CHAPTER 5: RECUMBENT CYCLE SPECIFICATIONS, PARTS AND ASSEMBLY STEPS

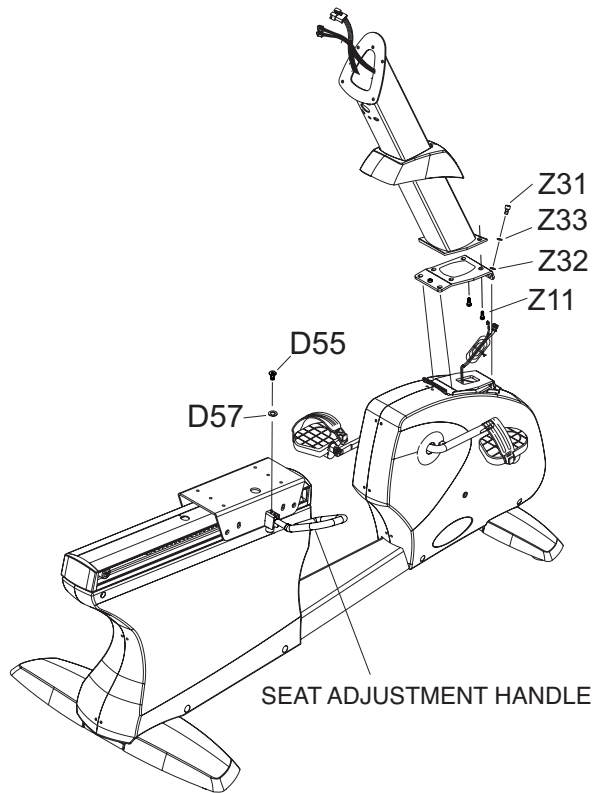
5.3 R3x RECUMBENT CYCLE ASSEMBLY STEPS

R3x • RECUMBENT CYCLE

STEP 1



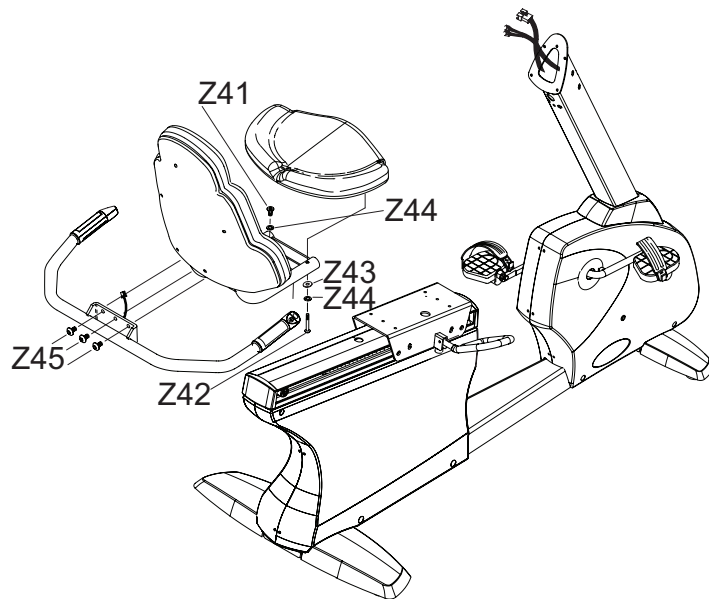
STEP 2



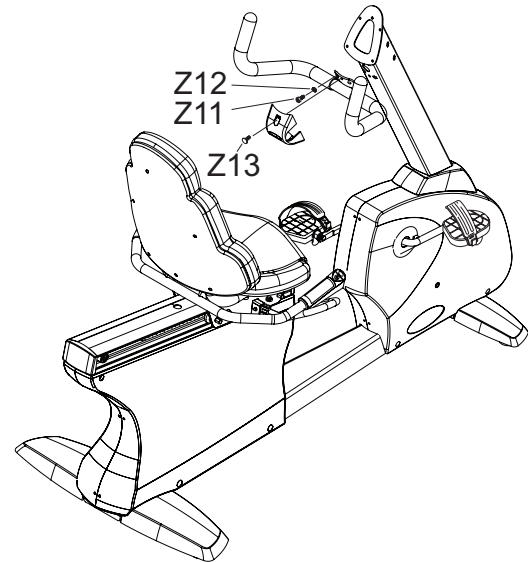
 Lightly grease

5.3 R3x RECUMBENT CYCLE ASSEMBLY STEPS

STEP 3

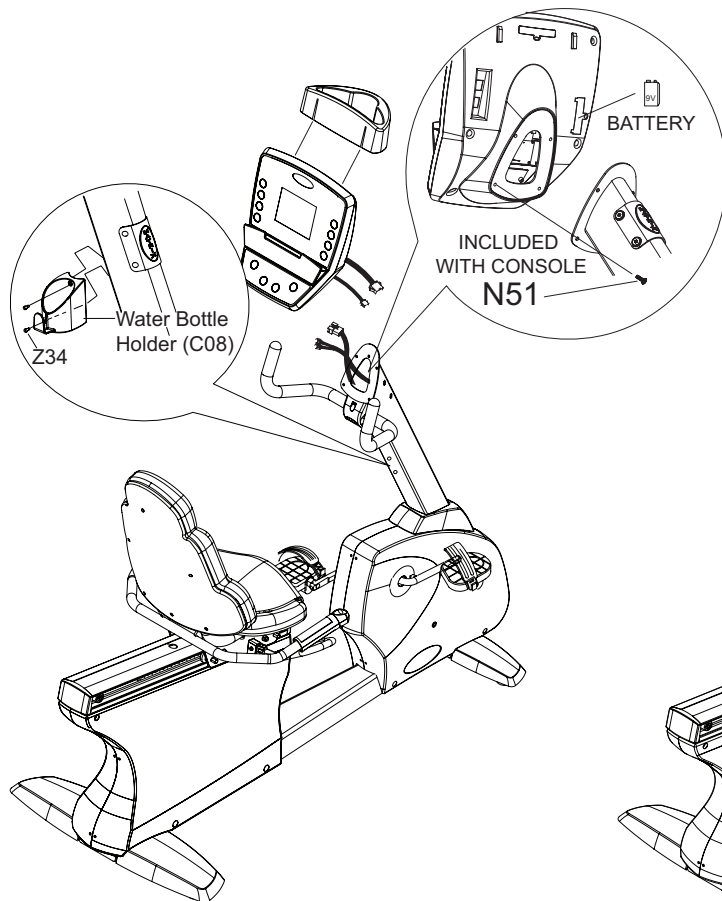


STEP 4

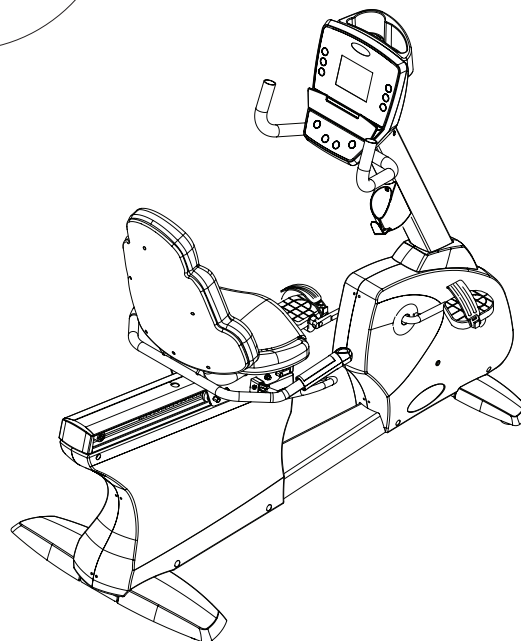


5.3 R3x RECUMBENT CYCLE ASSEMBLY STEPS

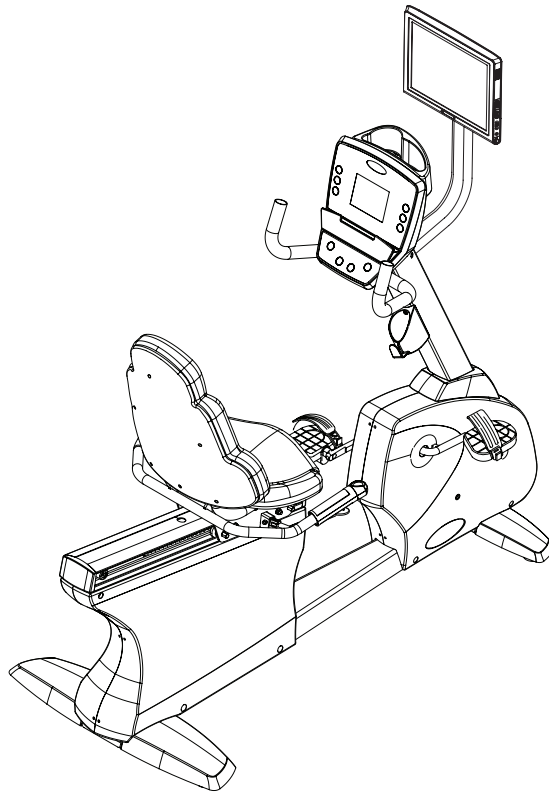
STEP 5



FINAL ASSEMBLY

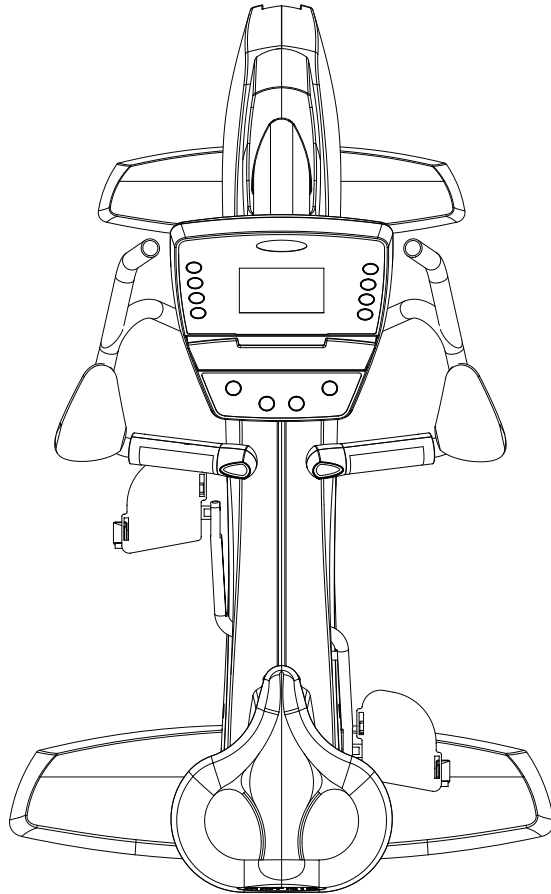


5.3 R3x OPTIONAL ENTERTAINMENT ACCESSORY SHOWN



CHAPTER 6: UPRIGHT CYCLE SPECIFICATIONS, PARTS AND ASSEMBLY STEPS

6.1 U3x UPRIGHT CYCLE ASSEMBLY STEPS



SPECIFICATIONS

Product Name	U3x-01
Foot Print	inches = 47"L x 29"W x 56"H cm = 119.4 x 73.5 x 142.2
Weight	129 lbs 59 kg
Max User Weight	400 lbs = 181 kg
Frame Construction	Steel
Self Contained	Yes
Resistance Type	Generator
Resistance Level	25

PROGRAMS

One Button Quick Start	Yes
Random (20 profiles)	Yes
Target Heart Rate Interval	Yes
Constant Watts	Yes
Rolling	Yes
Fat Burn	Yes
Fit Test	Yes

HEART RATE

Wireless Heart Rate	Yes
Contact Heart Rate	Yes

ENTERTAINMENT READY

Coaxial Cable Connection	Yes
AC TV Power Connection	Yes
Monitor Mount	Yes

CHAPTER 6: UPRIGHT CYCLE SPECIFICATIONS, PARTS AND ASSEMBLY STEPS

6.2 U3x UPRIGHT CYCLE REQUIRED FASTENERS INCLUDED

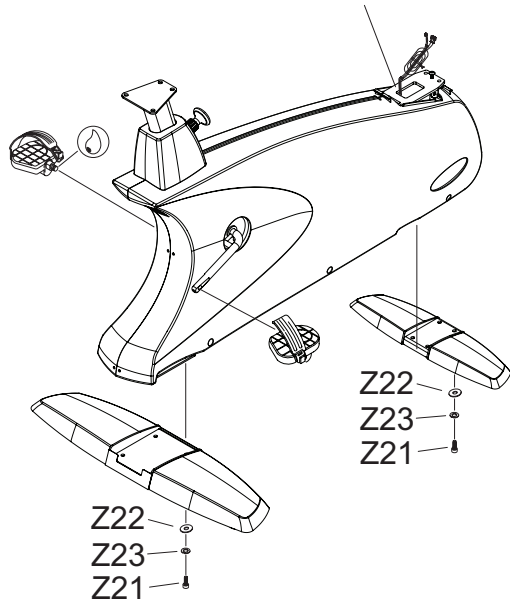
QTY	PART #	SKETCH	DESCRIPTION	PACKAGE COLOR
04	Z11		SOCKET HEAD CAP SCREW M8 x 25L	WHITE
04	Z12		SPRING WASHER	WHITE
02	Z13		BUTTON HEAD MACHINE SCREW M5 x 10L	WHITE
08	Z21		SOCKET HEAD CAP SCREW M8 x 20L	BLACK
08	Z22		FLAT WASHER	BLACK
08	Z23		SPRING WASHER	BLACK
04	Z31		BUTTON HEAD SCREW M8 x 20L	YELLOW
04	Z32		SPRING WASHER	YELLOW
04	Z33		FLAT WASHER	YELLOW
02	Z34		SOCKET HEAD CAP SCREW M8X25L	BLUE
04	Z41		BUTTON HEAD CAP SCREW CHROME PLATED M8X20L	RED
04	Z42		FLAT WASHER - CHROME PLATED	RED
04	Z43		SPRING WASHER - CHROME PLATED	RED
04	Z51		HEX SOCKET HEAD CAP SCREW M5 x 12L	GREEN
04	Z52		SPRING WASHER - CHROME PLATED	GREEN
04	N51		BUTTON HEAD MACHINE SCREW	Included with console
01	C12		CONSOLE FIX PLATE	
01			9V BATTERY	Included in packaging

U3x • UPRIGHT CYCLE

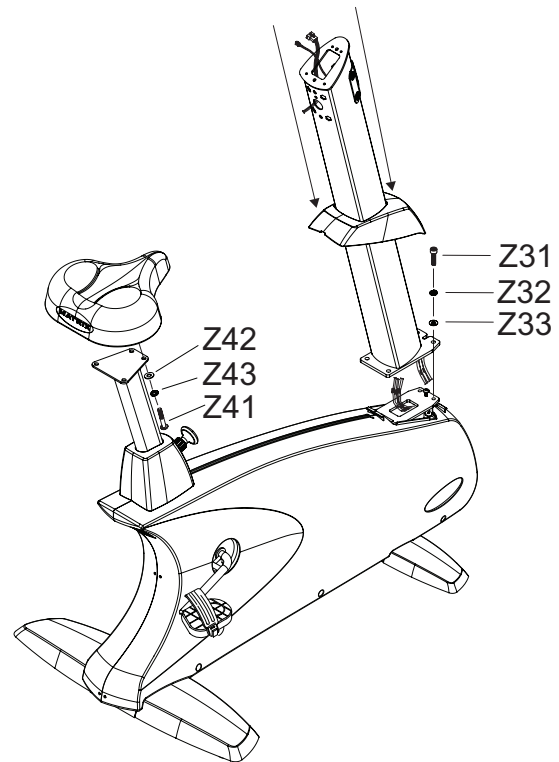
6.3 U3x UPRIGHT CYCLE ASSEMBLY STEPS

STEP 1


REMOVE SHIPPING SPACER



STEP 2

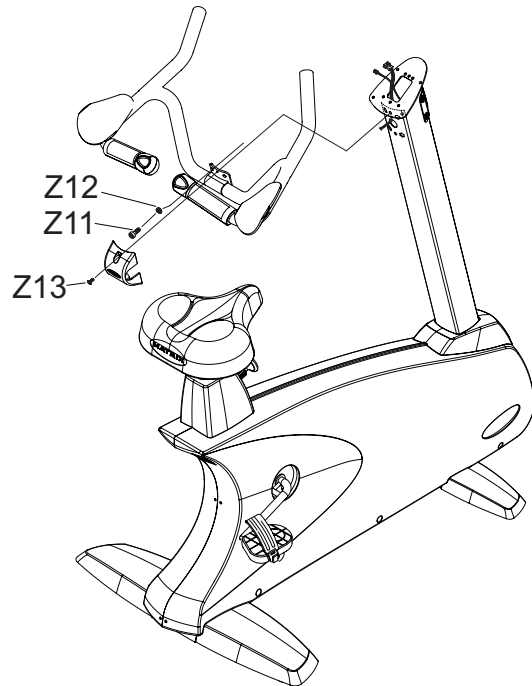


U3x • UPRIGHT CYCLE

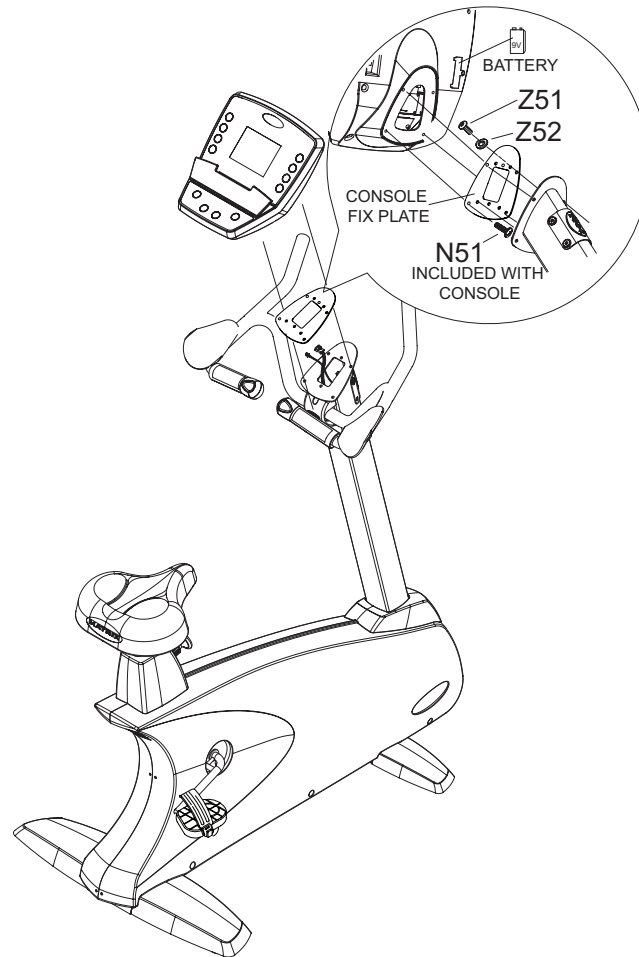
 Lightly grease

6.3 U3x UPRIGHT CYCLE ASSEMBLY STEPS

STEP 3

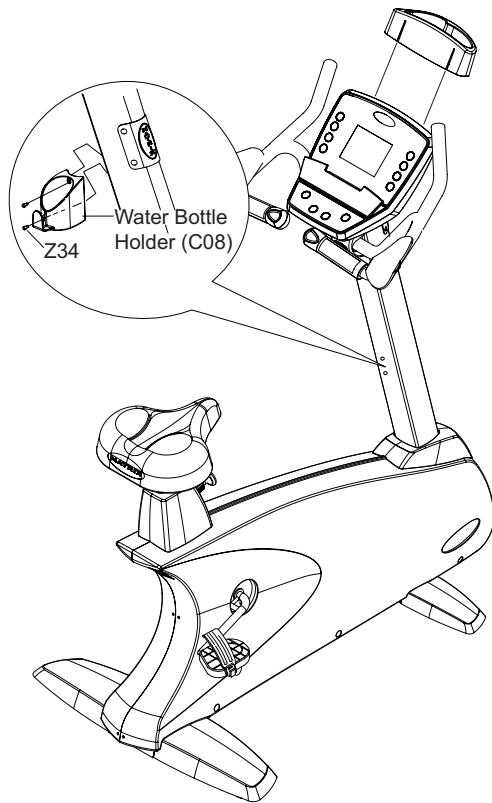


STEP 4

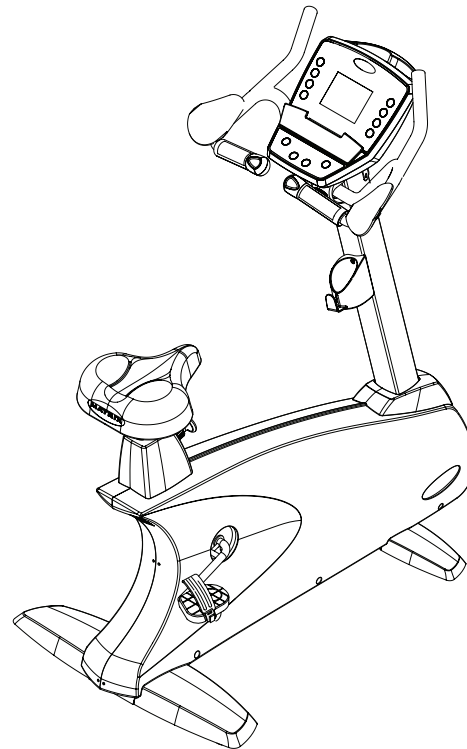


6.3 U3x UPRIGHT CYCLE ASSEMBLY STEPS

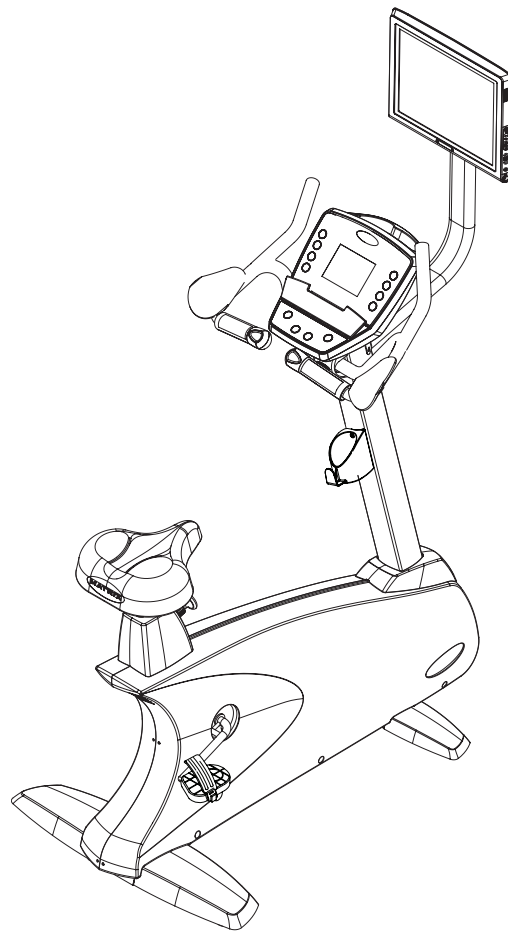
STEP 5



FINAL ASSEMBLY

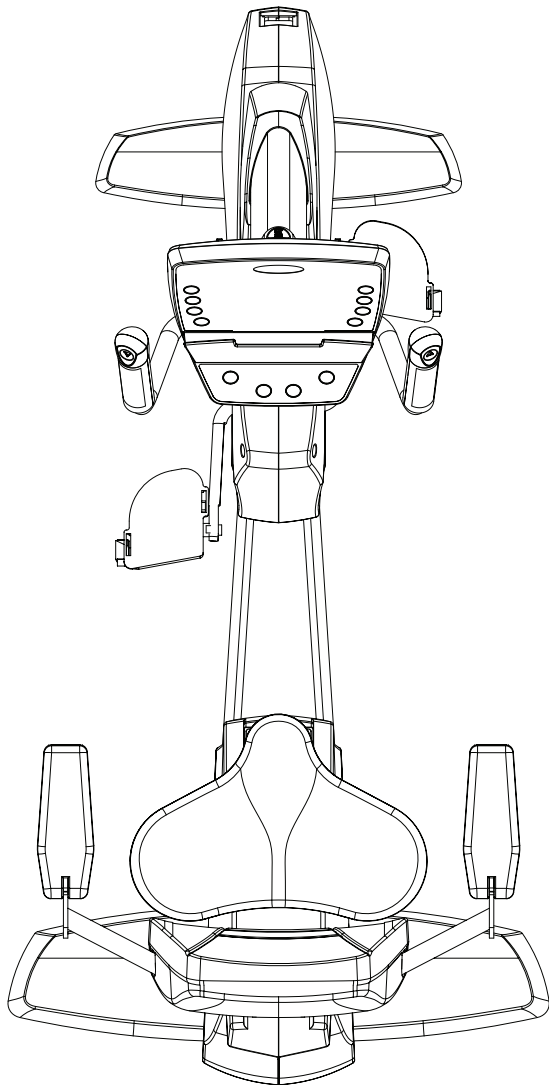


6.3 U3x OPTIONAL ENTERTAINMENT ACCESSORY SHOWN



CHAPTER 7: HYBRID CYCLE SPECIFICATIONS, PARTS AND ASSEMBLY STEPS

7.1 H3x HYBRID CYCLE ASSEMBLY STEPS



SPECIFICATIONS

Product Name	H3x-01
Foot Print	inches = 58"L x 29"W x 55"H cm = 147.3 x 75.5 x 139.7
Weight	183 lbs 83 kg
Max User Weight	400 lbs = 181 kg
Frame Construction	Steel
Self Contained	Yes
Resistance Type	Generator
Resistance Level	25

PROGRAMS

One Button Quick Start	Yes
Random (20 profiles)	Yes
Target Heart Rate	Yes
Interval	Yes
Constant Watts	Yes
Rolling	Yes
Fat Burn	Yes
Fit Test	Yes

HEART RATE

Wireless Heart Rate	Yes
Contact Heart Rate	Yes

ENTERTAINMENT READY

Coaxial Cable Connection	Yes
AC TV Power Connection	Yes
Monitor Mount	Yes

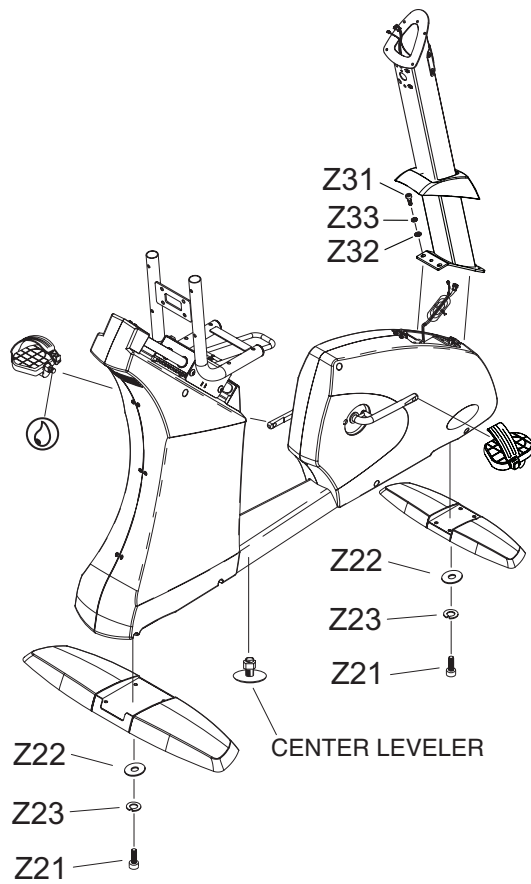
CHAPTER 7: HYBRID CYCLE SPECIFICATIONS, PARTS AND ASSEMBLY STEPS

7.2 H3x HYBRID CYCLE REQUIRED FASTENERS INCLUDED

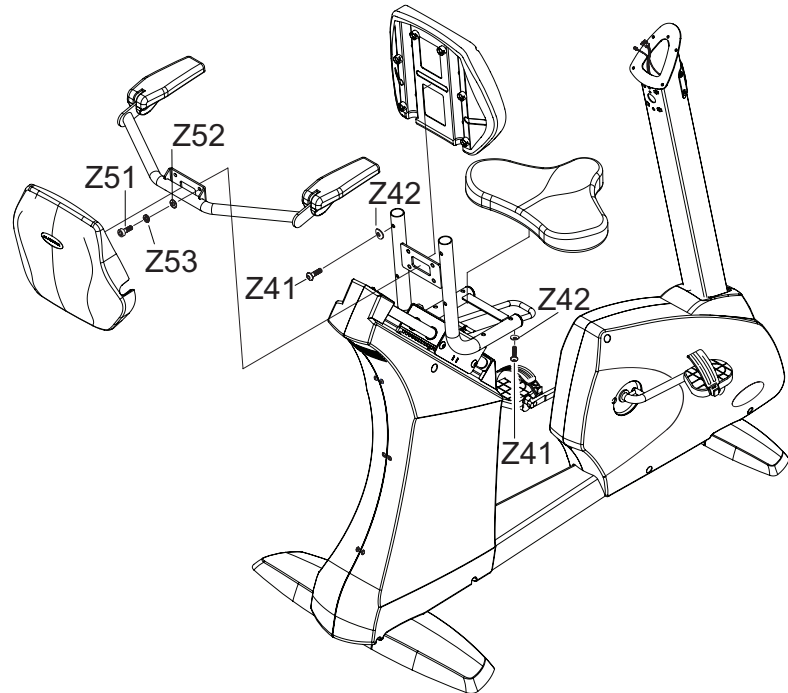
QTY	PART #	SKETCH	DESCRIPTION	PACKAGE COLOR
04	Z11		SOCKET HEAD BOLT M8 x 25L	WHITE
04	Z12		SPRING WASHER	WHITE
02	Z13		BUTTON HEAD BOLT M5 x 10L	WHITE
08	Z21		SOCKET HEAD BOLT M8 x 15L	BLACK
08	Z22		FLAT WASHER	BLACK
08	Z23		SPRING WASHER	BLACK
04	Z31		SOCKET HEAD BOLT M8 x 20L	YELLOW
04	Z32		FLAT WASHER	YELLOW
04	Z33		SPRING WASHER	YELLOW
02	Z34		SOCKET HEAD BOLT M8 x 25L	BLUE
08	Z41		BUTTON HEAD BOLT M8x50L	RED
08	Z42		ARC WASHER	RED
08	Z43		SPRING WASHER	RED
04	Z51		SOCKET HEAD BOLT M8 x 15L	GREEN
04	Z52		FLAT WASHER	GREEN
04	Z53		SPRING WASHER	GREEN
04	N51		CROSS TRUSS HEAD	Included in console
01			CENTER LEVELER	
01			9V BATTERY	Included in packaging

7.3 H3x HYBRID CYCLE ASSEMBLY STEPS


STEP 1



STEP 2

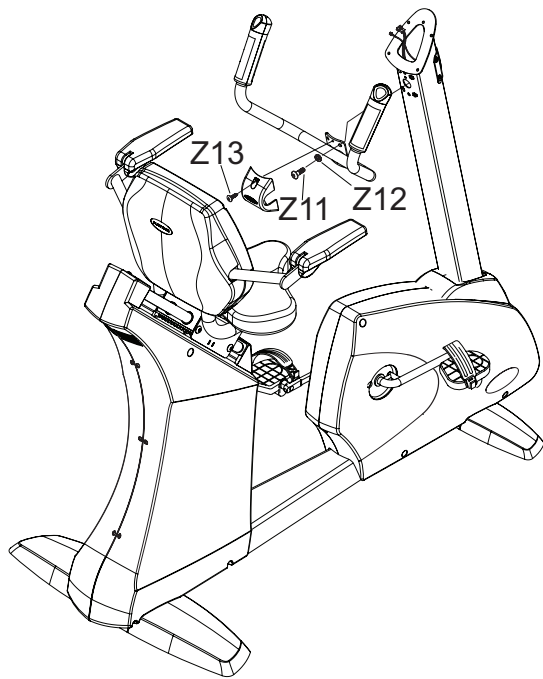


H3x • HYBRID CYCLE

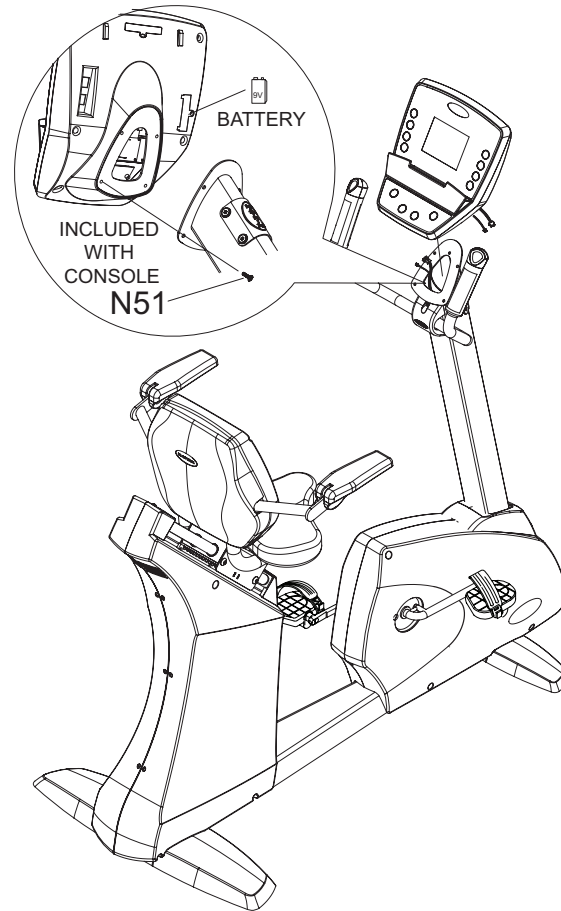
 Lightly grease

7.3 H3x HYBRID CYCLE ASSEMBLY STEPS

STEP 3

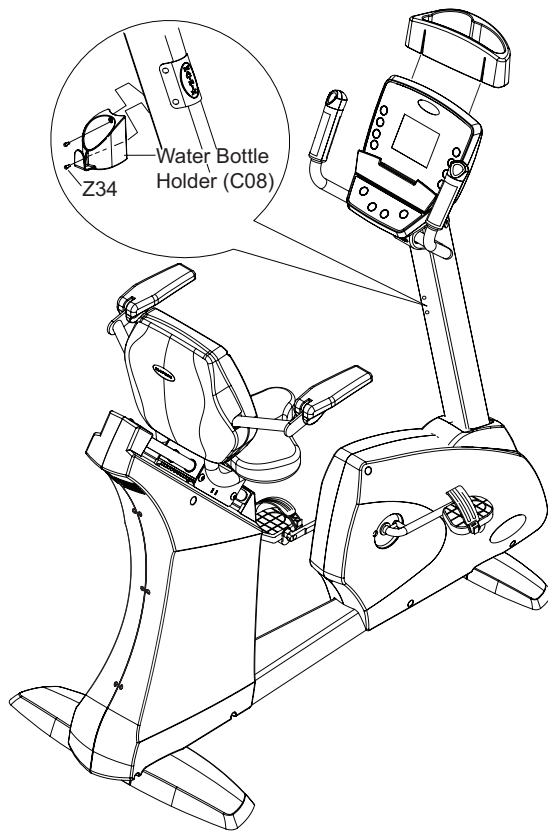


STEP 4

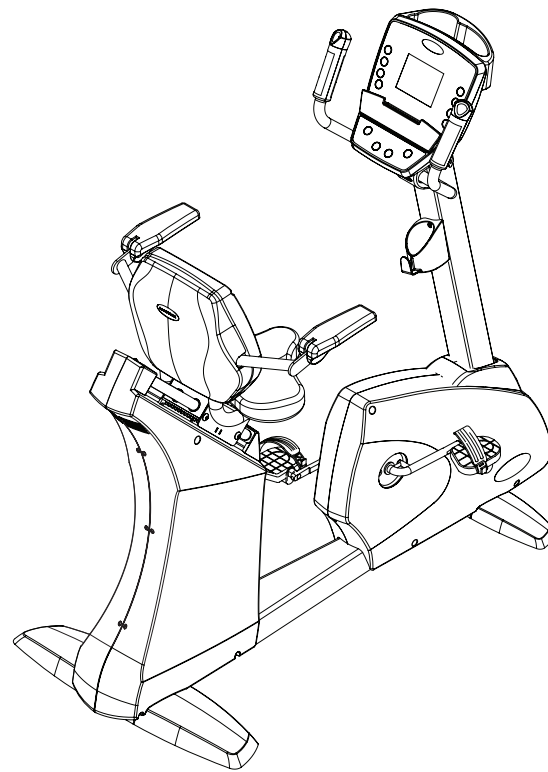


7.3 H3x HYBRID CYCLE ASSEMBLY STEPS

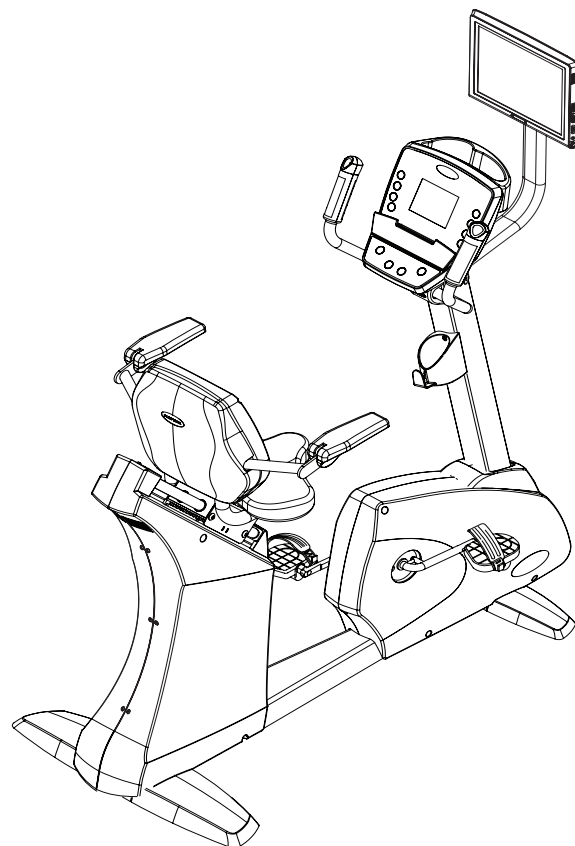
STEP 5



FINAL ASSEMBLY



7.3 H3x OPTIONAL ENTERTAINMENT ACCESSORY SHOWN





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