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## Matrix T50

# Matrix T50 Treadmill with XR Console User Manual

Model: T50 | Brand: Matrix

## INTRODUCTION

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This manual provides essential information for the safe and effective use of your Matrix T50 Treadmill with XR Console. Please read all instructions carefully before assembly, operation, or maintenance. Keep this manual for future reference.



Image: Side view of the Matrix T50 Treadmill with XR Console, showcasing its sleek design and robust frame.

## IMPORTANT SAFETY INFORMATION

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- Always consult with a physician before starting any exercise program.
- Read and understand all warnings and instructions before using the treadmill.

- Keep children and pets away from the equipment during operation.
- Place the treadmill on a solid, level surface with adequate clearance around it.
- Ensure the safety key is properly attached to your clothing before starting a workout.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Wear appropriate athletic footwear during use.
- Disconnect power before cleaning or performing maintenance.

## PACKAGE CONTENTS

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Verify that all components are present before proceeding with setup:

- Treadmill Frame
- Uprights (Masts)
- Upright Boots
- Console Base
- Handlebars
- Handlebar Covers
- Frame Cover Sets
- Rear Cover
- Power Cord
- Safety Key
- Tool Kit

## SETUP AND INITIAL PLACEMENT

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The Matrix T50 Treadmill is designed for minimal assembly. Follow these steps for initial setup:

1. **Unpacking:** Carefully remove all components from the packaging. Retain packaging materials for future transport or storage.
2. **Placement:** Position the treadmill on a flat, stable surface. Ensure there is at least 2 meters (6.5 feet) of clear space behind the treadmill and 0.6 meters (2 feet) on each side for safe operation and access.
3. **Leveling:** Use the adjustable feet located on the base of the treadmill to ensure it is stable and does not rock.
4. **Power Connection:** Connect the power cord to the treadmill and then to a grounded electrical outlet. Ensure the power switch is in the OFF position before plugging in.



Image: Diagram showing the dimensions of the Matrix T50 Treadmill, indicating a running surface of 60 inches (152 cm) in length and 20 inches (51 cm) in width.

## OPERATING INSTRUCTIONS

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### Console Overview (XR Console)



Image: Close-up of the Matrix T50 Treadmill's XR Console, displaying workout metrics such as calories, time, distance, incline, and speed. It also shows control buttons and a numeric keypad.

The XR Console provides an intuitive interface for controlling your workout and monitoring progress. Key features include:

- **LCD Display:** Shows time, distance, speed, incline, calories, and heart rate.
- **Quick-Touch Buttons:** For adjusting speed and incline rapidly.
- **Program Selection:** Access various pre-set workout programs.
- **Start/Stop:** Initiate and end your workout.
- **Safety Key Slot:** Essential for treadmill operation.

### Basic Operation

1. **Power On:** Flip the main power switch located near the front of the treadmill to the ON position.

2. **Attach Safety Key:** Clip the safety key to your clothing and insert the other end into the console's safety key slot. The treadmill will not operate without the safety key in place.
3. **Start Workout:** Press the **START** button. The belt will begin to move at a low speed.
4. **Adjust Speed:** Use the **SPEED +** and **SPEED -** buttons, or the quick-touch speed buttons on the console, to adjust your desired walking or running pace.
5. **Adjust Incline:** Use the **INCLINE +** and **INCLINE -** buttons to change the elevation of the running deck.
6. **End Workout:** Press the **STOP** button to gradually bring the belt to a halt. Remove the safety key to fully stop the machine.



Image: A hand pressing the control buttons on the Matrix T50 Treadmill's console, showing the red stop button and other function keys.

## Workout Programs

The XR Console offers various workout programs to enhance your fitness routine:

- **Sprint 8:** An integrated high-intensity interval training (HIIT) program designed for maximum calorie burn and fitness improvement. Refer to the console's on-screen guide for detailed instructions on using Sprint 8.
- **Manual Mode:** Allows you to control speed and incline manually throughout your workout.
- **Pre-set Programs:** The console includes multiple pre-set programs targeting different fitness goals. Consult the console's menu for available options.

## Connectivity Features

- **Wi-Fi Enabled Console:** Connect your console to a Wi-Fi network for software updates and access to online features.
- **ViaFit Connectivity:** Track your workout data and sync it with compatible fitness apps and devices through ViaFit. Follow the on-screen prompts on the console to set up ViaFit.

## MAINTENANCE

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Regular maintenance ensures the longevity and optimal performance of your treadmill. Always disconnect the power cord before performing any maintenance.

- **Cleaning:** Wipe down the console and other surfaces with a damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Belt Cleaning:** Periodically clean the running belt and deck area to prevent dust and debris buildup.
- **Belt Lubrication:** The Ultimate Deck System is designed for durability and typically requires minimal lubrication. Refer to the specific instructions provided with your treadmill for lubrication schedules, if

applicable.

- **Belt Tracking:** If the running belt starts to drift to one side, refer to the troubleshooting section for adjustment instructions.
- **Inspection:** Regularly inspect all bolts and connections for tightness.



Image: A close-up view of the "Ultimate Deck" running surface of the Matrix T50 Treadmill, highlighting its robust construction.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not connected, power switch off, circuit breaker tripped.	Ensure power cord is securely plugged in. Check power switch. Reset household circuit breaker if necessary.
Belt does not move.	Safety key not inserted, emergency stop activated.	Insert safety key fully into the console. Ensure no emergency stop buttons are pressed.
Belt slips or hesitates.	Belt tension too loose, belt lubrication needed (rare for Ultimate Deck).	Refer to the maintenance section for belt tension adjustment. If slipping persists, contact customer support.
Unusual noise during operation.	Loose components, foreign object under belt, motor issue.	Inspect for loose bolts. Check under the belt for obstructions. If noise persists, discontinue use and contact customer support.

## SPECIFICATIONS

<b>Brand</b>	Matrix
<b>Model Name</b>	T50 Treadmill with XR Console
<b>Model Number / UPC</b>	763165000840
<b>Color</b>	Black/Yellow
<b>Product Weight</b>	315 Pounds (142.8 kg)

<b>Maximum Weight Recommendation</b>	400 Pounds (181.4 kg)
<b>Material</b>	Metal, Plastic (Frame Material: Alloy Steel)
<b>Power Source</b>	Corded Electric
<b>Display Type</b>	LCD
<b>Special Features</b>	Sprint 8 High-Intensity Interval Training System, Wi-Fi Enabled Console
<b>Assembly Required</b>	No

## WARRANTY AND SUPPORT

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The Matrix T50 Treadmill comes with a comprehensive warranty:

- **Frame:** Lifetime Warranty
- **Motor:** Lifetime Warranty
- For specific details regarding other components and labor, please refer to the warranty card included with your product or visit the official Matrix Fitness website.

For technical support, parts, or service inquiries, please contact Matrix Fitness customer service. Contact information can typically be found on the manufacturer's website or on your product registration materials.