

Matrix E50XER Elliptical Trainer

Matrix Fitness E50 Elliptical Trainer with XER Console User Manual

Model: E50XER Elliptical Trainer

1. INTRODUCTION

Welcome to the user manual for your new Matrix Fitness E50 Elliptical Trainer with XER Console. This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your elliptical. The Matrix E50 is designed to provide a natural and effective full-body workout experience, featuring a space-saving design and advanced console technology.

Important Safety Information

Before operating the E50 Elliptical Trainer, please read all instructions carefully. Keep this manual for future reference. Always consult with a healthcare professional before starting any new exercise program. Ensure the equipment is placed on a stable, level surface and has adequate clearance around it. Keep children and pets away from the equipment during operation.

2. SETUP AND ASSEMBLY

Your Matrix E50 Elliptical Trainer is delivered with threshold delivery, meaning it will be brought to the first accessible area of your home. The product includes the main frame and the XER Console. Professional assembly is recommended to ensure proper setup and functionality. If self-assembling, follow the detailed assembly guide provided in the product packaging.

Key Assembly Considerations:

- Ensure all components are present before beginning assembly.
- Place the elliptical on a flat, stable surface.
- Connect the XER Console securely to the main frame, following the wiring instructions.
- Verify all bolts and fasteners are tightened to the specified torque.



Figure 2.1: Fully assembled Matrix Fitness E50 Elliptical Trainer.

3. OPERATING INSTRUCTIONS

The Matrix E50 Elliptical Trainer offers a smooth and effective workout with its advanced features. Familiarize yourself with the XER Console and the elliptical's movement.

3.1 XER Console Overview

The 10-inch touchscreen XER Console provides access to various programs, entertainment apps, and workout metrics. It features Bluetooth FTMS for connecting to third-party apps and Bluetooth HR for heart rate monitoring with an included strap.

XER 10" TOUCHSCREEN CONSOLE

Stream apps like Netflix, YouTube and Spotify

Virtual Active Sprint 8 and iFIT integrated

Bluetooth FTMS to connect to third-party apps

12 built-in programs

Bluetooth HR and included strap



Figure 3.1: Close-up view of the XER 10" Touchscreen Console.

The console allows streaming apps like Netflix, YouTube, and Spotify. It also integrates with Virtual Active Sprint 8 and includes a 30-day iFIT membership, enabling you to travel the world virtually during your workouts.

3.2 Starting a Workout

1. Step onto the elliptical, ensuring your feet are centered on the oversized pedals.
2. Grasp the dual-action handlebars for support and to engage your upper body.
3. Power on the console.
4. Select your desired workout program from the 12 built-in options or choose an app/virtual course.
5. Begin pedaling. The Exact Force Induction Brake provides instant, smooth, and precise resistance changes across 30 electronic resistance levels.



Figure 3.2: User engaging with the elliptical's console during a workout.

3.3 Suspension Elliptical Technology

The E50 features Suspension Elliptical Technology, a wheel- and track-free design that significantly reduces noise and friction. This design ensures a quiet, smooth, and durable performance, providing a natural movement with a 20-inch stride length and a low 9.1-inch step-on height for easy access.

E50 ELLIPTICAL

| Most compact elliptical design

| Multi-position handlebars

| Instant, precise resistance changes

| 30 electronic resistance levels

| Quiet, track-free design

| 20" stride length

| Low 9.1" step-on height



Figure 3.3: Diagram highlighting key features of the E50 Elliptical, including its compact design, multi-position handlebars, and 20-inch stride length.

4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Matrix E50 Elliptical Trainer.

- **Cleaning:** Wipe down the elliptical and console with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The Suspension Elliptical Technology is designed to be low-maintenance. Refer to the detailed assembly guide for any specific lubrication requirements, if applicable.
- **Power Cord:** Inspect the power cord for any damage. If damaged, contact customer support for replacement.

5. TROUBLESHOOTING

This section addresses common issues you might encounter with your E50 Elliptical Trainer. For problems not listed here, please contact Matrix customer support.

Problem	Possible Cause	Solution
Elliptical does not power on.	Power cord not securely plugged in; circuit breaker tripped.	Ensure power cord is fully inserted into the outlet and the elliptical. Check your home's circuit breaker.
Console is unresponsive.	Software glitch; loose console connection.	Restart the elliptical by unplugging and re-plugging it. Check the console's connection to the main frame.
Unusual noises during operation.	Loose components; foreign object.	Inspect all visible bolts and connections for tightness. Ensure no objects are lodged in moving parts.

6. SPECIFICATIONS

Feature	Detail
Model Name	E50XER Elliptical Trainer
Brand	Matrix
Color	Black/Yellow
Product Dimensions (LxWxH)	58"D x 33"W x 68.1"H
Material	Iron
Resistance Mechanism	Magnetic
Maximum Weight Recommendation	300 Pounds
Maximum Stride Length	20 Inches
Screen Size	10 Inches
Item Weight	293 Pounds
Number of Resistance Levels	30
Manufacturer	Matrix Fitness
UPC	763165009133
Included Components	Frame and Console







7. WARRANTY AND SUPPORT

Warranty Information:

- Frame Components: 7 years parts / 2 years labor
- Console: 5 years parts / 1 year labor

For customer support, please refer to the contact information provided with your product packaging or visit the official Matrix Fitness website. You can also find general customer support information [here](#).

Related Documents - E50XER Elliptical Trainer

	<p>MATRIX XUR, XIR, XER Konsolen: Umfassende Bedienungsanleitung</p> <p>Diese Bedienungsanleitung bietet detaillierte Informationen zur Einrichtung, Nutzung und den Funktionen der MATRIX XUR, XIR und XER Fitnesskonsolen. Erfahren Sie mehr über Trainingsprogramme, Einstellungen und Apps für Ihr MATRIX-Fitnessgerät.</p>
	<p>MATRIX Lifestyle Elliptical: User Manual and Safety Guide</p> <p>This comprehensive manual provides essential information for the MATRIX Lifestyle Elliptical, covering safe operation, assembly instructions, power requirements, usage guidelines, and maintenance procedures for optimal performance and longevity.</p>
	<p>Matrix Lifestyle Elliptical: Safety, Assembly, and Maintenance Guide</p> <p>Comprehensive user guide for the Matrix Lifestyle Elliptical. Includes essential safety precautions, power requirements, step-by-step assembly instructions, product specifications, proper usage guidelines, and routine maintenance procedures for optimal performance.</p>
	<p>Matrix Performance Ascent Trainer & Suspension Elliptical User Manual</p> <p>Comprehensive user manual for the Matrix Performance Ascent Trainer and Suspension Elliptical, covering setup, operation, safety precautions, and maintenance.</p>
	<p>Matrix Cardio Consoles: User Guide</p> <p>Explore the features and operation of Matrix cardio consoles, including LED, Group Training LED, Premium LED, Touch, and Touch XL models. This guide provides detailed descriptions and usage instructions for enhancing your fitness experience.</p>
	<p>Matrix Touchscreen Console Guide for XUR, XIR-02, and XER-02</p> <p>A comprehensive guide to operating and maintaining the Matrix XUR, XIR-02, and XER-02 touchscreen consoles, covering setup, software updates, troubleshooting, and features.</p>