

Matrix E50XUR Elliptical Trainer

Matrix Fitness E50 Elliptical Trainer with XUR Console User Manual

Model: E50XUR Elliptical Trainer

[Instructions](#) [Introduction](#) [Maintenance](#) [Safety Information](#) [Troubleshooting](#) [Setup](#) [Specifications](#) [Operating](#) [Warranty & Support](#)

1. INTRODUCTION

Congratulations on your purchase of the Matrix Fitness E50 Elliptical Trainer with XUR Console. This high-quality fitness equipment is designed to provide an effective and comfortable full-body workout experience. Featuring advanced technology and a space-saving design, the E50 Elliptical is an excellent addition to any home gym. This manual provides essential information for safe assembly, operation, maintenance, and troubleshooting of your new elliptical trainer.



Figure 1.1: The Matrix Fitness E50 Elliptical Trainer with XUR Console, showcasing its sleek design and integrated touchscreen.

2. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using this equipment. Keep this manual for future reference. Failure to follow these instructions could result in injury or damage to the equipment.

- Consult your physician before beginning any exercise program.
- This equipment is intended for home use only.
- Keep children and pets away from the equipment during operation.
- Place the elliptical on a flat, stable surface with adequate clearance around it (minimum 2 feet on all sides).
- Wear appropriate exercise attire and athletic shoes. Do not wear loose clothing that could get caught in moving parts.
- Do not exceed the maximum user weight specified in the specifications section.

- Inspect the equipment for loose or worn parts before each use. Do not use if any parts are damaged.
- Always hold the handlebars for balance when starting or stopping your workout.
- Do not attempt to stop the moving parts with your hands or feet.
- Unplug the elliptical from the power source when not in use or before cleaning/maintenance.

3. SETUP AND ASSEMBLY

The Matrix Fitness E50 Elliptical Trainer is designed for ease of setup, though professional assembly is recommended due to its size and weight. The product is delivered via threshold delivery, meaning it will be delivered to the first accessible area of your home.

3.1 Unpacking

1. Carefully remove all components from the packaging.
2. Verify that all parts listed in the packing list are present. If any parts are missing or damaged, contact Matrix Fitness customer support immediately.
3. Retain packaging materials until assembly is complete, in case of return.

3.2 Placement

Choose a suitable location for your elliptical. Ensure the surface is level and stable. Allow ample space around the machine for safe operation and maintenance. The compact design of the E50 allows it to fit well in various home environments.



Figure 3.1: Rear view of the E50 Elliptical, illustrating its stable base and compact footprint.

3.3 Power Connection

Connect the power cord to the elliptical and then to a grounded electrical outlet. Ensure the outlet meets the power requirements specified in the 'Specifications' section.

4. OPERATING INSTRUCTIONS

The Matrix Fitness E50 Elliptical Trainer features an intuitive XUR Console designed for an engaging workout experience.

4.1 Getting Started

1. Step onto the oversized pedals, ensuring your feet are centered. The low 9.1" step-on height makes access easy.
2. Grasp the dual-action handlebars for stability and to engage your upper body during the workout.
3. The XUR Console will power on automatically when plugged in or when you begin pedaling.

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 4.1: Key features of the E50 Elliptical, including multi-position handlebars, 20" stride length, and low step-on height.

4.2 XUR 22" Touchscreen Console

The 22" touchscreen console provides access to a variety of features and entertainment options.

- **Navigation:** Use the touchscreen to navigate through menus, select workouts, and adjust settings.
- **Resistance Levels:** Adjust the 30 electronic resistance levels using the on-screen controls. The Exact Force Induction Brake offers instant, smooth, and precise changes.
- **Workout Programs:** Choose from 13 metric-driven programs or create custom workouts.
- **iFIT & Virtual Active:** Your console includes iFIT and Virtual Active integration. A 30-day iFIT membership is included, allowing you to travel the world from your console with interactive workouts.
- **Streaming Apps:** Stream apps like Netflix, YouTube, and Spotify directly on the console.
- **Bluetooth FTMS:** Connect to third-party fitness apps via Bluetooth FTMS.
- **Integrated HDMI:** Connect external devices using the integrated HDMI port.
- **Bluetooth HR:** Connect a Bluetooth heart rate monitor (included strap) for accurate heart rate tracking.

XUR 22" TOUCHSCREEN CONSOLE

| Extra-large, brilliant HD touchscreen

| Stream apps like
Netflix, YouTube
and Spotify

| Virtual Active
Sprint 8 and
iFIT integrated

| Bluetooth FTMS
to connect to
third-party apps

| Integrated HDMI

| 13 metric-driven
programs and
custom workouts

| Bluetooth HR
and included strap



Figure 4.2: Detailed view of the XUR 22" Touchscreen Console, highlighting its streaming capabilities, iFIT integration, and connectivity options.



Figure 4.3: A close-up perspective of the XUR Console, showing the user interface and control buttons.

4.3 Suspension Elliptical Technology

The E50 Elliptical utilizes Suspension Elliptical Technology, a wheel- and track-free design that significantly reduces noise and friction, providing a smooth and quiet workout experience.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Matrix Fitness E50 Elliptical Trainer. Always unplug the unit before performing any maintenance.

5.1 Cleaning

- Wipe down the console and other surfaces with a soft, damp cloth after each use to remove sweat and dust.
- Do not use abrasive cleaners or solvents, as they may damage the finish or electronic components.
- Keep liquids away from the console and electrical components.

5.2 Inspection

- Periodically check all bolts and nuts for tightness. Tighten as necessary.
- Inspect the power cord for any damage. If damaged, contact customer support for a replacement.
- Ensure the pedals and handlebars move smoothly and without excessive play.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your elliptical trainer. If the problem persists, contact Matrix Fitness customer support.

Problem	Possible Cause	Solution
Console does not power on.	Power cord not connected; outlet not active; circuit breaker tripped.	Ensure power cord is securely plugged in. Check the wall outlet with another device. Reset the circuit breaker if necessary.
Resistance not changing.	Console malfunction; internal component issue.	Restart the console. If the issue persists, contact customer support.
Unusual noise during operation.	Loose bolts; worn components; foreign object.	Check and tighten all visible bolts. Inspect for any obstructions. If noise continues, contact customer support.
Heart rate monitor not reading.	Incorrect placement; low battery in strap; interference.	Ensure the heart rate strap is worn correctly and snugly. Replace battery if needed. Minimize electronic interference.

7. PRODUCT SPECIFICATIONS

Feature	Detail
Model Name	E50XUR Elliptical Trainer
Brand	Matrix
Color	Black/Yellow
Product Dimensions (D x W x H)	58"D x 33"W x 68.1"H
Material	Iron
Resistance Levels	30 Electronic
Stride Length	20"
Step-on Height	9.1"

Feature	Detail
Console Type	XUR 22" Touchscreen
Brake System	Exact Force Induction Brake
Technology	Suspension Elliptical Technology
Connectivity	iFIT, Virtual Active, Bluetooth FTMS, Integrated HDMI, Bluetooth HR

8. WARRANTY AND SUPPORT

Matrix Fitness is committed to providing high-quality products and excellent customer service.

8.1 Product Warranty

Your Matrix Fitness E50 Elliptical Trainer comes with a manufacturer's warranty. Specific warranty details, including coverage duration for frame, parts, and labor, are typically provided with your purchase documentation. Additionally, 2-Year Protection Plans may be available for extended coverage.

8.2 Returns



This product is eligible for 30-day easy returns. Please refer to your purchase agreement or the retailer's return policy for detailed instructions and conditions.





8.3 Customer Support

For technical assistance, parts replacement, or any questions regarding your elliptical trainer, please contact Matrix Fitness USA customer support. Contact information can typically be found on the official Matrix Fitness website or your purchase receipt.

Note: This product is shipped from Matrix Fitness USA.

Related Documents - E50XUR 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>