

MATRIX
Strong • Smart • Beautiful



OWNERS MANUAL

Versa Single-Station Strength
VS-S74 Hip Adduction/Abduction

Table Of Contents

Safety, General Care & Maintenance	3
Getting Started (Product Specifications).....	5
Assembly Information	6
Markings	7
Parts List	8
Installation & Assembly: Value Line	
Part 1 User Frame Assembly	10
Part 2 Weight Stack Assembly	11
Part 3 Weight Stack To User Frame Assembly.....	12
Part 4 Right Arm Assembly	15
Part 5 Foot Plate/Cable Assembly	18
Part 6 Linkage Assembly.....	21
Part 7 Left Arm Assembly.....	23
Part 8 Handlebar Assembly	26
Part 9 Pad Assembly.....	27
Part 10 Plastics Assembly.....	30
Part 11 Cable Adjustment.....	33
Installation & Assembly: Optional Kits	
Part 12 Premium Kit Assembly.....	34

IMPORTANT SAFETY INFORMATION

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

PROPER USAGE

Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that Matrix equipment be used properly to avoid injury.

Keep hands and feet clear at all times from moving parts to avoid injury.

CHECK FOR DAMAGED PARTS

1. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by your country's local Matrix dealer.
2. MAINTAIN LABELS AND NAMEPLATES: Do not remove labels for any reason. They contain important information. If unreadable or missing, contact your Matrix dealer for a replacement.
3. SECURING EQUIPMENT: Manufacturer recommends that all stationary MATRIX strength equipment be secured to the floor to stabilize equipment and eliminate rocking or tipping over. This must be performed by a licensed contractor.

All anchor points must be able to withstand 750 lbs. (3.3 kN) pull-out force.

4. MAINTAIN ALL EQUIPMENT: Preventative maintenance is the key to smooth operating equipment as well as keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.
5. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. Matrix dealers will provide service and maintenance training at our corporate facility upon request.

IMPORTANT SAFETY INSTRUCTIONS

WARNING: This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.

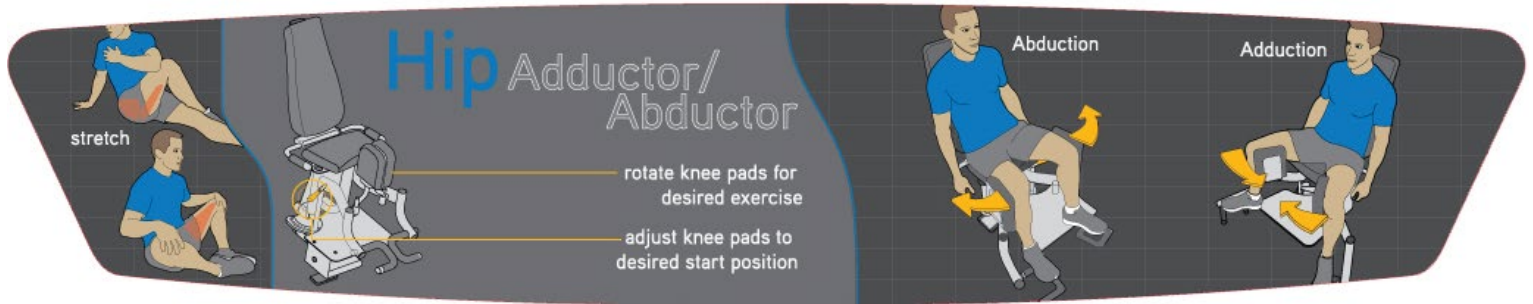
WARNING: SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. FOLLOW THESE PRECAUTIONS TO AVOID INJURY!

1. Never allow children on strength training equipment. Teenagers must be supervised at all times while using this equipment.
2. All warnings and instructions should be read and proper instruction obtained prior to use.
3. Use this equipment for its intended purposes only.
4. NEVER allow resistance straps, ropes or other means be attached to this equipment, as this may result in serious injury.
5. NEVER use this equipment for support during stretching, as this may result in serious injury.
6. Cease exercise if you feel faint or dizzy. Obtain a medical exam before beginning an exercise program.
7. Keep body, hair, clothing and accessories free and clear of all moving parts.
8. Inspect the machine before use. DO NOT use machine if it appears damaged or inoperable.
9. Check to see that the selector pin is completely inserted into the weight stack.
10. NEVER use this machine with the weight stack pinned in an elevated position.
11. NEVER use dumbbells or other means to incrementally increase the weight resistance. Only use the means provided directly from the manufacturer.
12. This equipment should only be used in supervised areas where access and control are regulated by the owner.

GETTING STARTED

EXERCISE PLACARD | PRODUCT SPECIFICATIONS | MAINTENANCE CHECKLIST

EXERCISE PLACARD



PRODUCT SPECIFICATIONS

TECH SPECS

Overall dimensions	64"L X 67"W X 66"H
Weight	Light Stack = 516 lbs (235 kg), Heavy Stack = 586 lbs (266 kg)
Shipping weight	356 lbs (162 kg)

WARRANTY (Valid in USA only)

Frame (not coatings)	10 years
Structural parts	10 years
Weight stacks	5 years
Pulleys	5 years
Pivot bearings	5 years
Any items not specified	3 years
Labor (excluding upholstery/cables/grips)	3 years
Upholstery/cables/grips/springs	1 year

MAINTENANCE CHECKLIST

ACTION	FREQUENCY
Clean Upholstery	Daily
Inspect Cables	Daily
Clean Guide Rods	Monthly
Inspect Hardware	Monthly
Inspect Frame	Bi-Annually
Clean Machine	As Needed
Clean Grips	As Needed
Lubricate Guide Rods	As Needed

Upholstery & Grips should be cleaned with a non-ammonia based cleaner or a mild soap and water. Guide rods should be lubricated with Teflon based lubricant. Apply the lubricant to a cotton cloth and then apply up and down the guide rods.

UNPACKING | TOOLS REQUIRED

UNPACKING

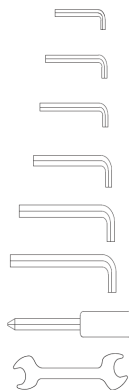
Thank you for purchasing a Matrix product. This machine is an EN957-1 and EN957-2 compliant Class S product. Your Matrix product is inspected before it is packaged. It is shipped in multiple pieces to facilitate the compact packaging of the machine. Prior to assembly, confirm all the components by matching them with the exploded diagrams. Carefully unpack the unit from this box and dispose of the packing materials in accordance with your local laws.

CAUTION

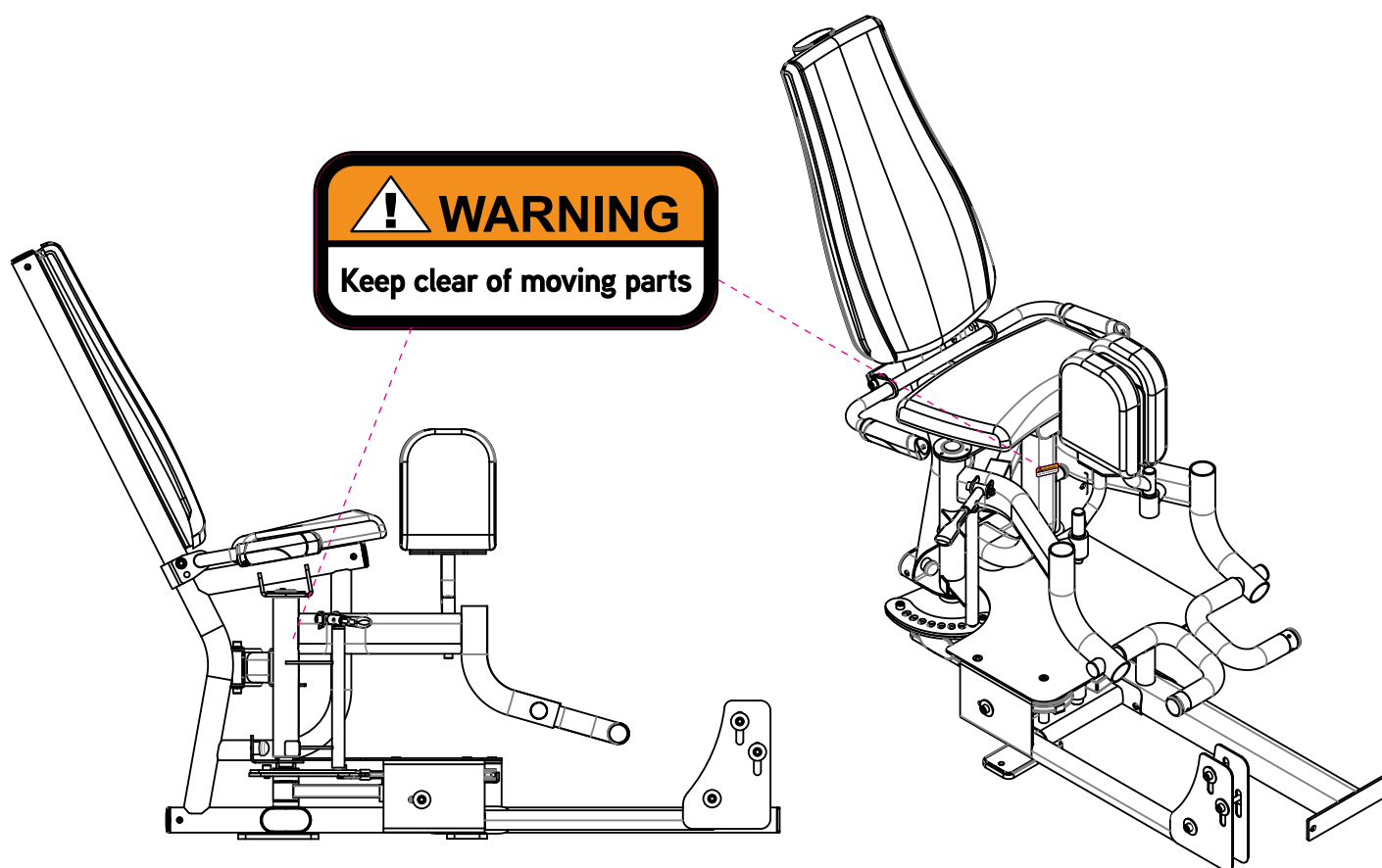
The weight of the product is 356 lbs. (162 kg) not including the weight stack. The standard weight stack for this machine is 160 lbs. (73 kg) & the heavy stack is 230 lbs. (105kg). To avoid injury to yourself and prevent damage to the frame components, be sure to have proper assistance removing the frame pieces from this box. Please be sure to install the equipment on a stable base, properly level the machine and leave at least two feet of clearance to enter and exit the machine. Maximum user weight for this machine is 300 lbs.

TOOLS REQUIRED FOR ASSEMBLY

3MM L-Shaped Allen Wrench
 4MM L-Shaped Allen Wrench
 5MM L-Shaped Allen Wrench
 6MM L-Shaped Allen Wrench
 8MM L-Shaped Allen Wrench
 10MM L-Shaped Allen Wrench
 Phillips & Standard Screwdrivers
 8MM Open-End Wrench
 13MM Open-End Wrench
 17MM Open-End Wrench.
 19MM Open-End Wrench
 Adjustable Wrench



Blue Locktite 242 must be used on all fasteners that are not assembled with Nylock Nuts



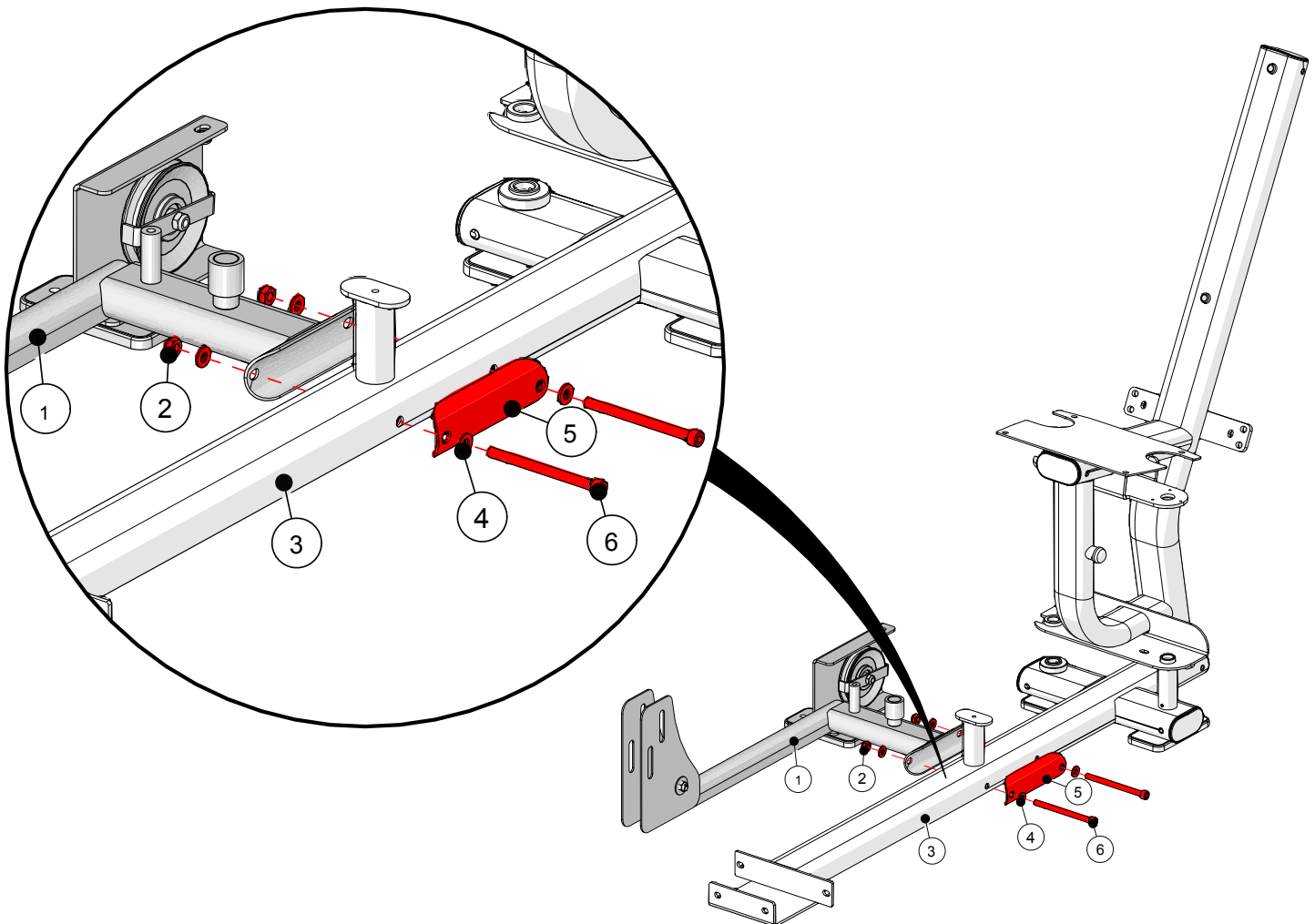
ID	DESCRIPTION	QTY
1	Outer Frame Support	1
2	M10 Nylock Nut	8
3	User Frame	1
4	M10 Flat Washer	27
5	Wide Cupped Flange	1
6	M10 X 125L Socket Head Cap Screw	2
7	Weight Stack Frame	1
8	M10 X 20L Socket Head Cap Screw	8
9	Cable	1
10	M8 Nylock Nut	2
11	M10 Washer (Ø20 mm)	2
12	Axle	2
13	Right Arm Assembly	1
14	CAM	1
15	Spacer (Ø26.5 mm)	1
16	Swingarm	1
17	M8 Special Bolt	1
18	ROM Handle Assembly	1
19	M6 X 25L Socket Head Cap Screw	1
20	M6 Flat Washer	2
21	M6 Nylock Nut	1
22	M5 X 12L Socket Head Cap Screw	6
23	M5 Flat Washer	6
24	Cap	2
25	Threaded Sleeve	2
26	M10 X 15L Socket Head Cap Screw	6
27	M8 Flat Washer	2
28	M8 X 15L Button Head Cap Screw	1
29	M10 X 55L Button Head Cap Screw	1
30	M8 X 20L Button Head Cap Screw	1
31	Foot Plate	1
32	Spacer (Ø16 mm)	1
33	Pulley	1
34	Cable Keeper	1
35	Linkage	1
36	Axle	2

ID	DESCRIPTION	QTY
37	Left Arm Assembly	2
38	M10 X 30L Socket Head Cap Screw	4
39	Handlebar Assembly	1
40	Pad	1
41	Back Pad	1
42	M10 X 75L Socket Head Cap Screw	2
43	M10 X 15L Button Head Cap Screw	2
44	Rubber Bumper	2
45	Thigh Pad	2
46	Front Shroud	1
47	Rear Shroud	1
48	M8 X 25L SHC	4
49	Large M8 Flat Washer (Ø20 mm)	4
50	Top Cap	1
51	Top Cap Cover	2
PREMIUM KIT COMPONENTS		
1P	Wing	1
2P	Rep Counter	1
3P	Towel Hook	1
4P	ASG Pull Grip	2

STEP 1 | USER FRAME INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANTITY
1	Outer Frame Support	1
2	M10 Nylock Nut	2
3	User Frame	1
4	M10 Flat Washer	4
5	Wide Cupped Flange	1
6	M10 X 125L SHC	2

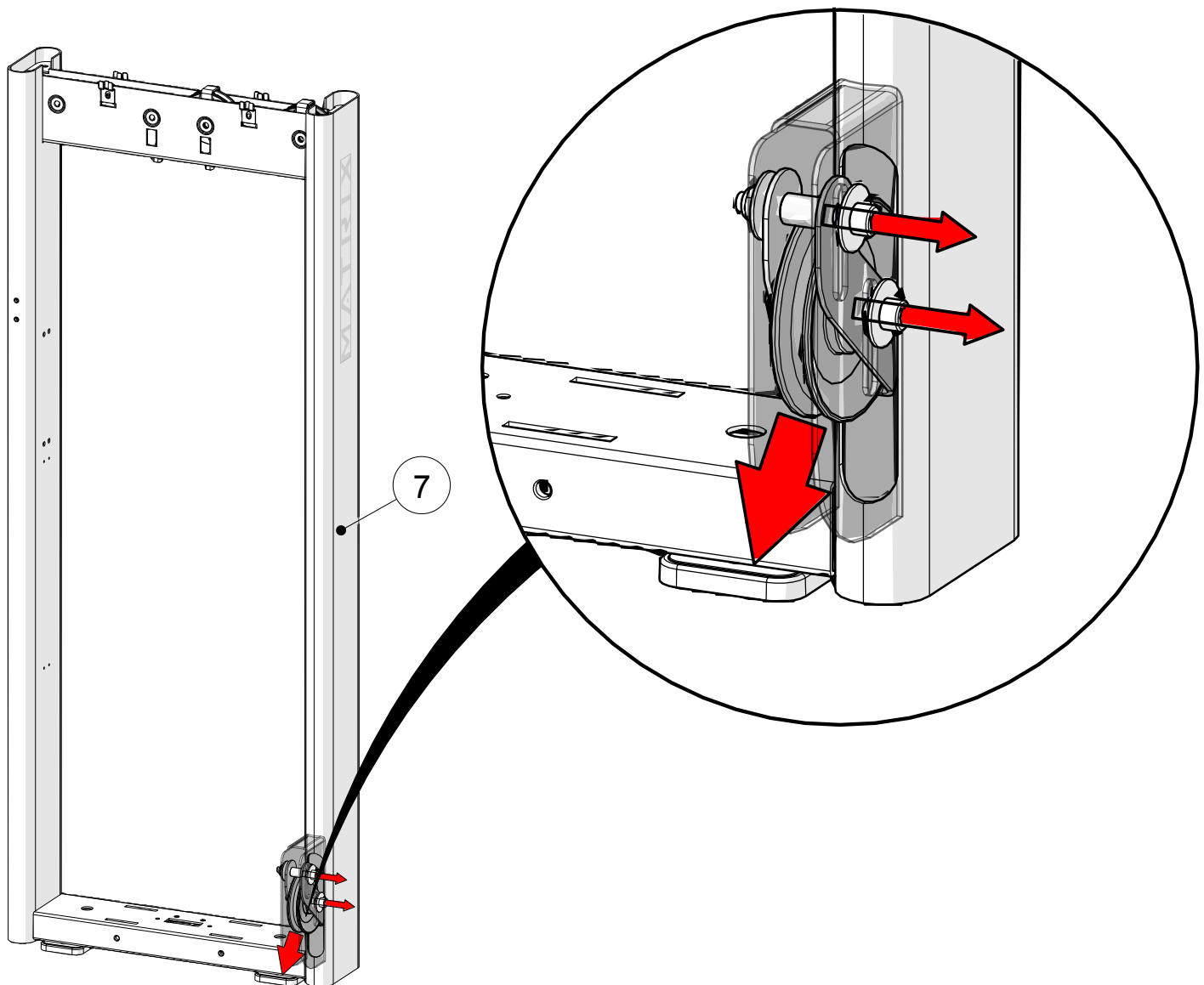
Install the user frame hardware as shown, but DO NOT FULLY TIGHTEN .



STEP 1 | WEIGHT STACK ASSEMBLY INSTRUCTIONS & NOTES

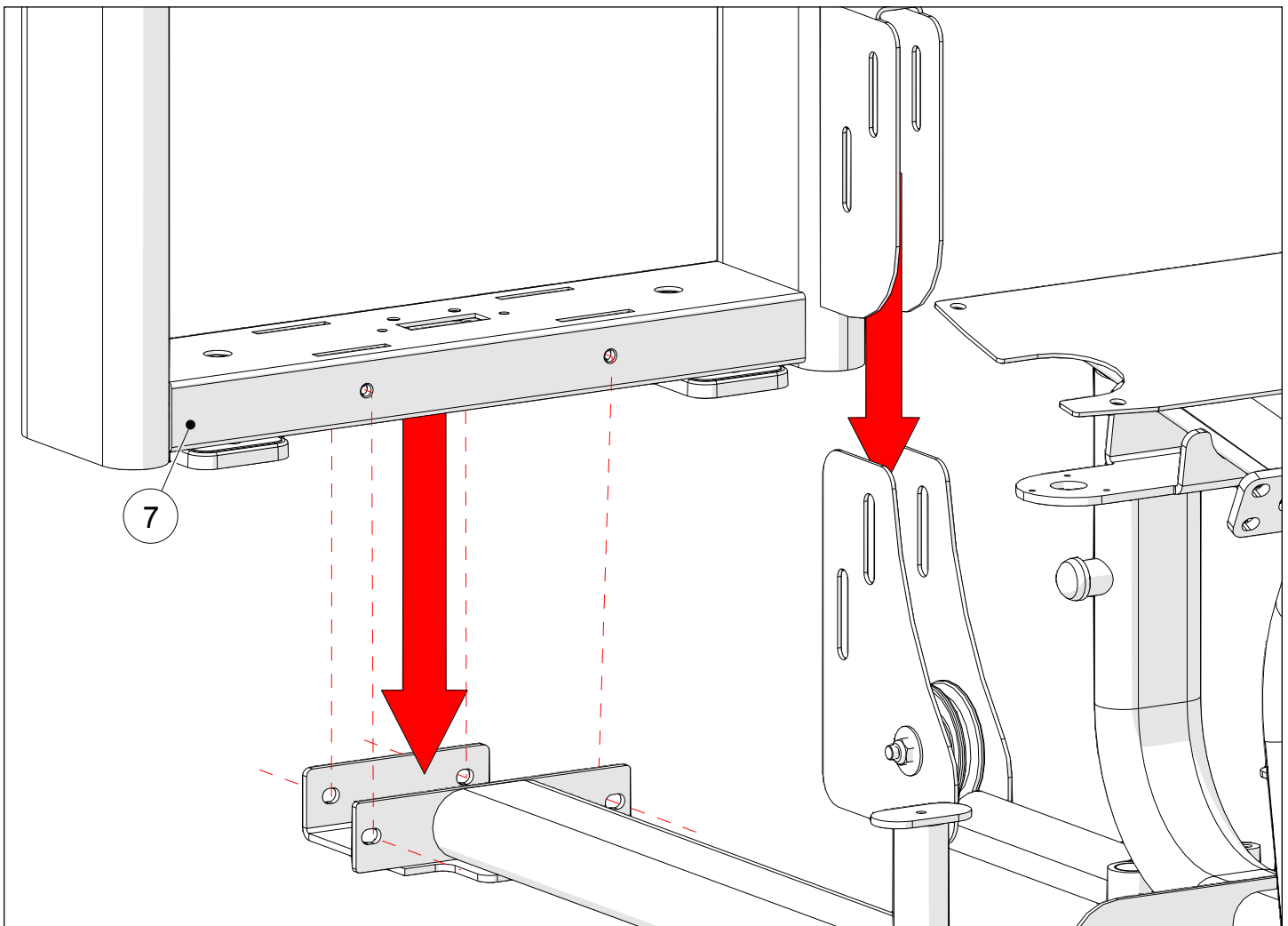
ID	DESCRIPTION	QUANTITY
7	Weight Stack Frame	1

Disassemble the stack frame hardware as shown - set aside for reassembly



STEP 1 | USER FRAME TO WEIGHT STACK ASSEMBLY INSTRUCTIONS & NOTES

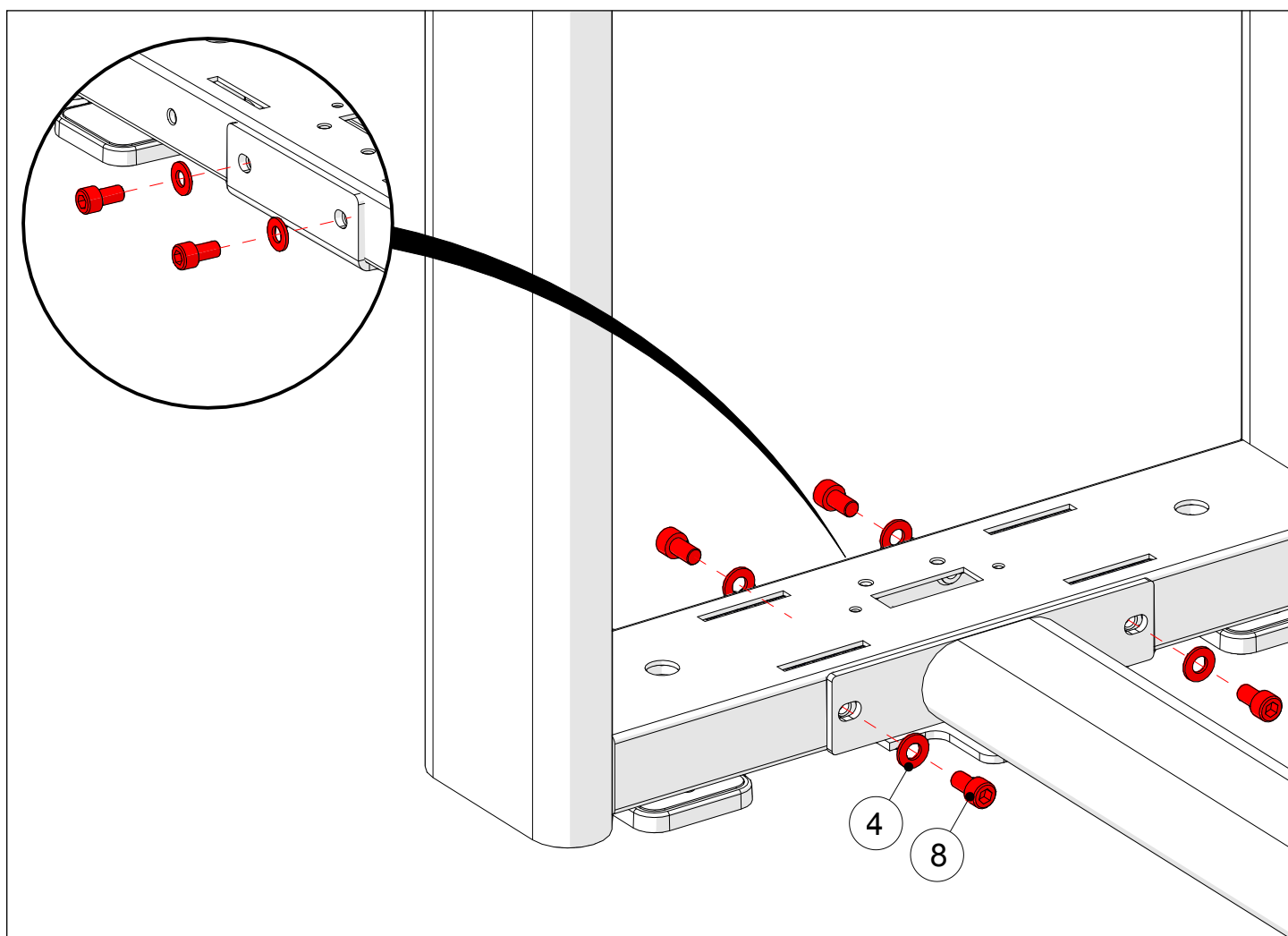
Assemble the weight stack to the user frame as shown.



STEP 2 | CAM ASSEMBLY INSTRUCTIONS & NOTES

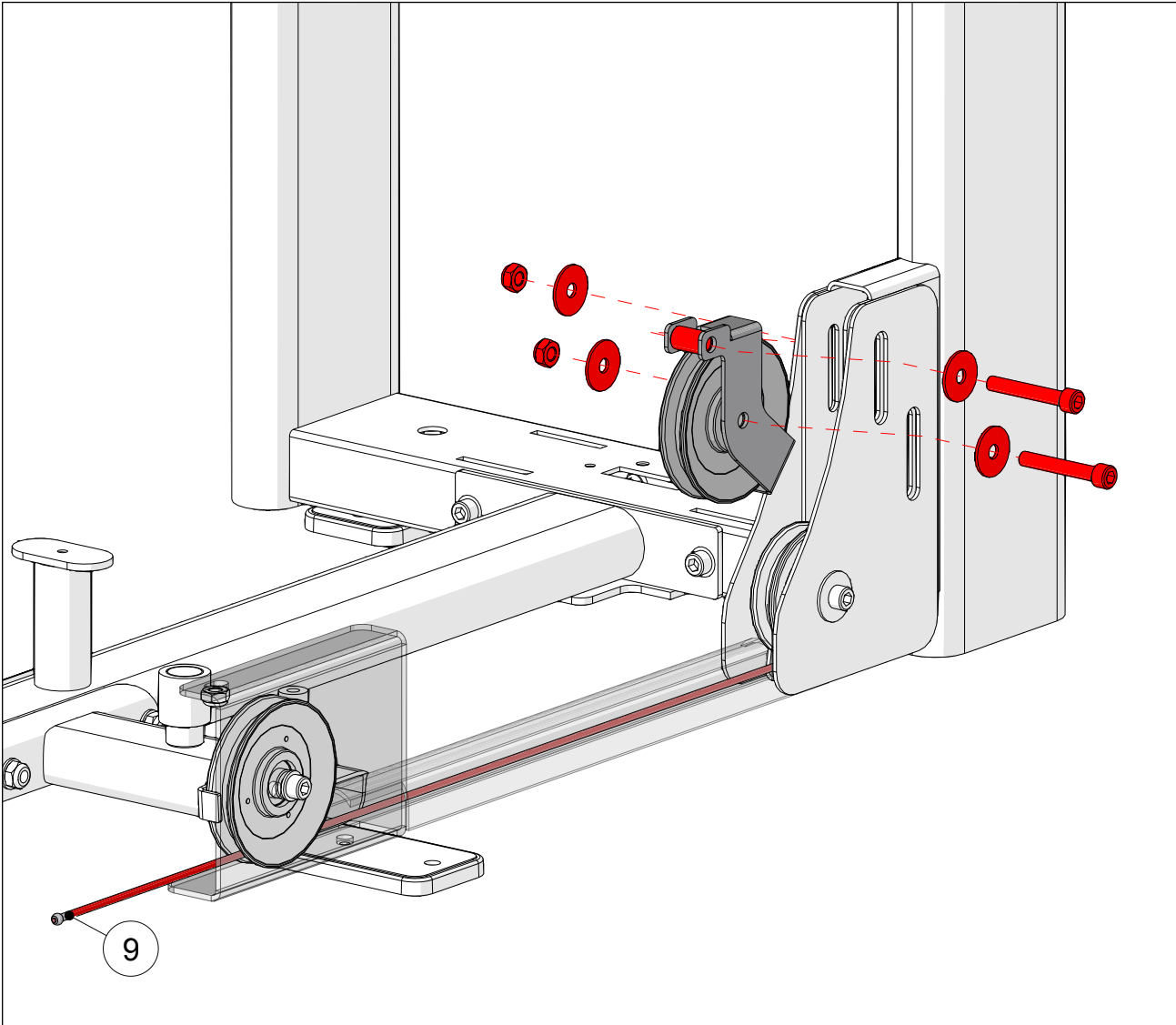
ID	DESCRIPTION	QUANTITY
4	M10 Flat Washer	4
8	M10 X 20L SHC	4

Install the hardware as shown, but DO NOT FULLY TIGHTEN .



STEP 3 | ADJUSTABLE PULLEY ASSEMBLY INSTRUCTION & NOTES

ID	DESCRIPTION	QUANTITY
9	Cable	1

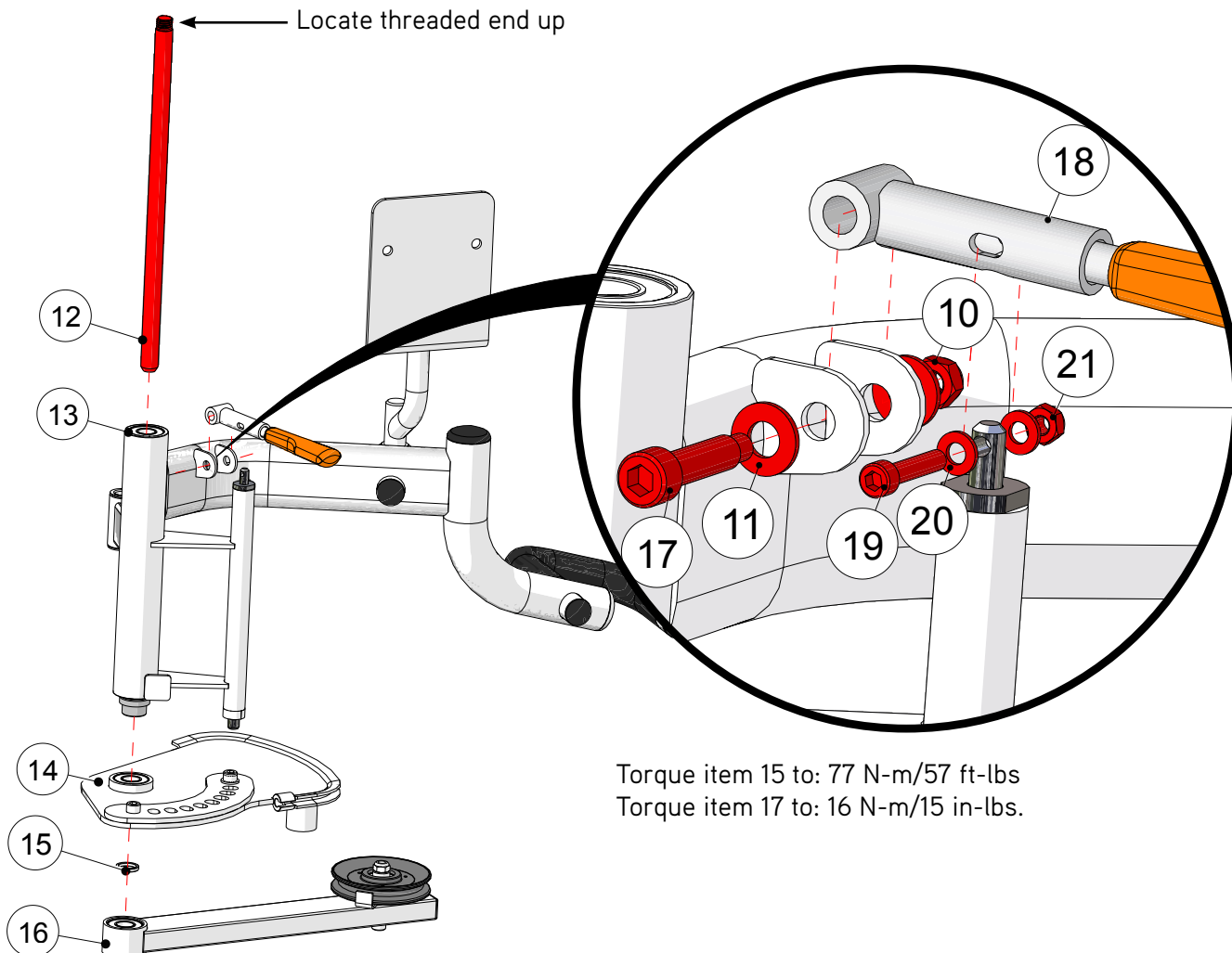


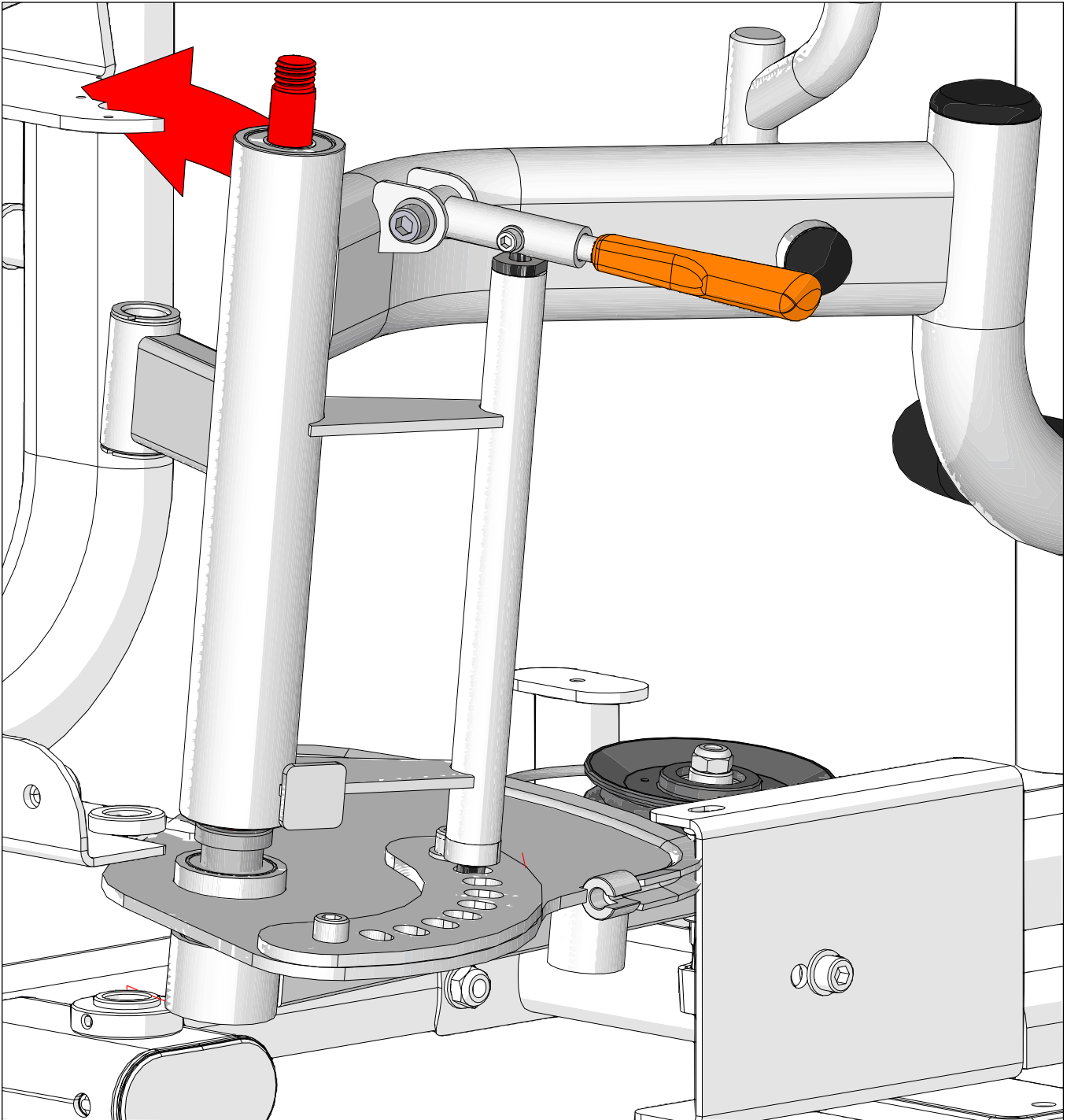
Route cable through frame tube and reassemble pulley. Replace the hardware from page 11 as shown, being sure to locate the nylock nuts inboard.

Torque all M10 hardware from pages 10 - 14 to: 77 N-m/57 ft-lbs

STEP 1 | RIGHT ARM ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANTITY
10	M8 Nylock Nut	1
11	M10 Flat Washer (Ø20 mm)	2
12	Axle	1
13	Right Arm Assembly	1
14	CAM	1
15	Spacer (Ø26.5 mm)	1
16	Swingarm Assembly	1
17	M8 Special Bolt	1
18	ROM Handle Assembly	1
19	M6 X 25L SHC	1
20	M6 Flat Washer	2
21	M6 Nylock Nut	1

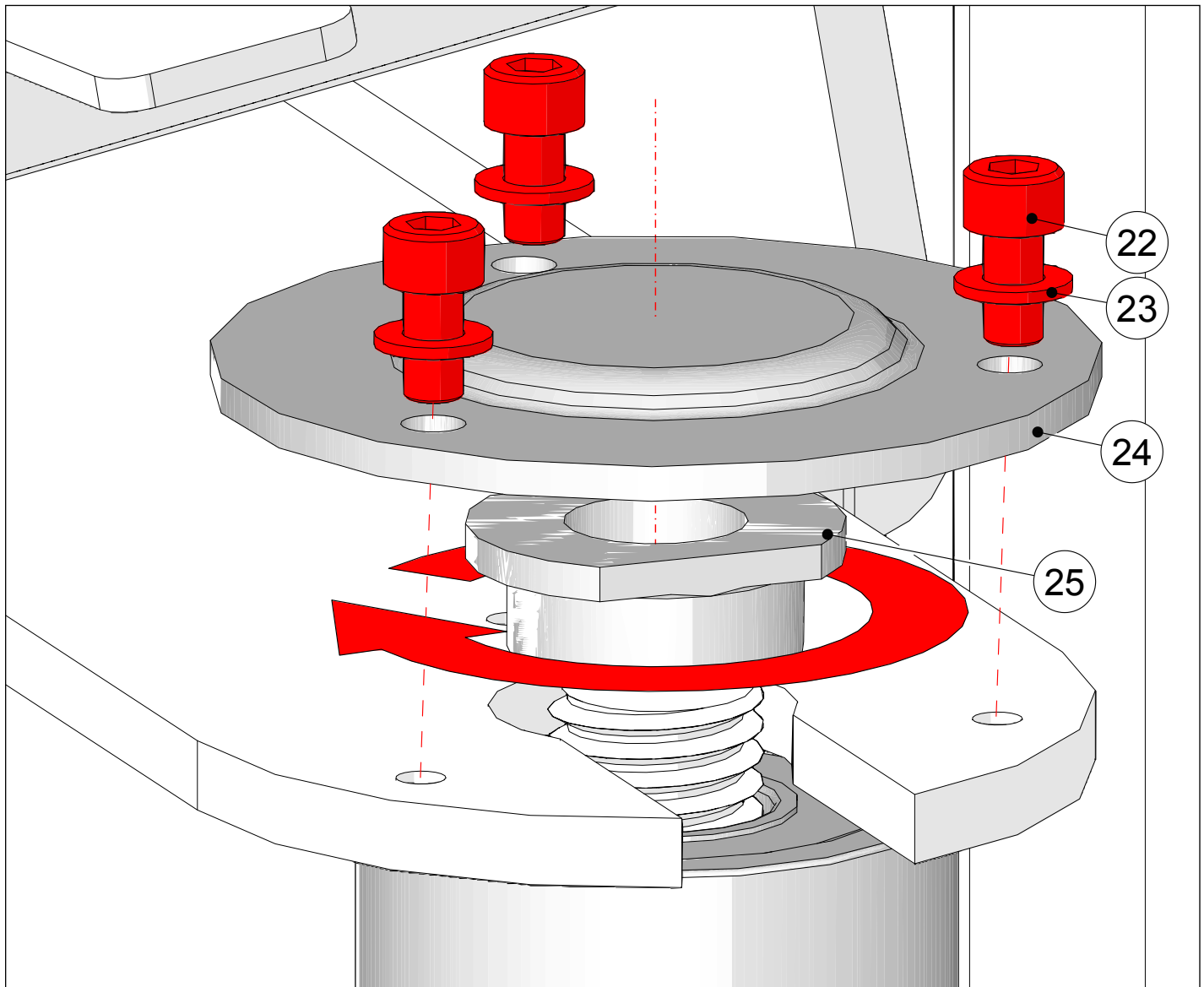


STEP 2 | RIGHT ARM TO FRAME ASSEMBLY INSTRUCTIONS & NOTES

Assemble Right Arm Assembly as shown. Insert axle into housing at bottom, then rotate entire assembly, locating the top threaded portion of the axle into the slotted bracket.

STEP 3 | RIGHT ARM TO FRAME ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANTITY
22	M5 X 12L SHC	3
23	M5 Flat Washer	3
24	Cap	1
25	Threaded Sleeve	1



Lock assembly in place by threading on item 22. Then cap assembly with cover as shown. Torque to : 7 N-m/5 ft-lbs.

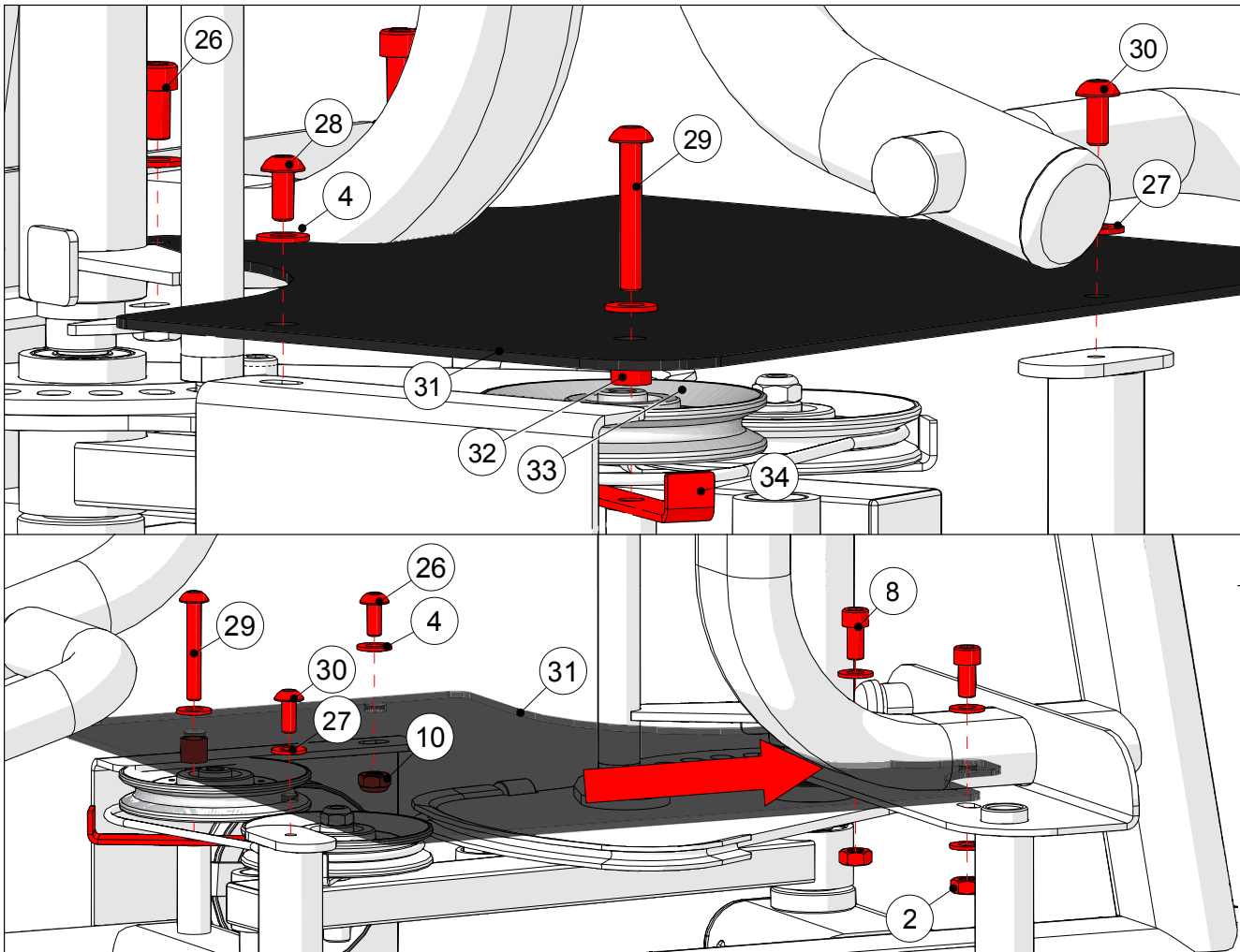
STEP 1 | FOOT PLATE/CABLE ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANTITY
2	M10 Nylock Nut	2
4	M10 Flat Washer	3
10	M8 Nylock Nut	1
26	M10 X 15L SHC	2
27	M8 Flat Washer	2
28	M8 X 15 BHC	1
29	M10 X 55 BHC	1
30	M8 X 20 BHC	1
31	Foot Plate	1
32	Spacer (Ø16 mm)	1
33	Pulley	1
34	Cable Keeper	1

Torque item 26 to:
77 N-m/57 ft-lbs.

Torque item 29 to:
58 N-m/43 ft-lbs.

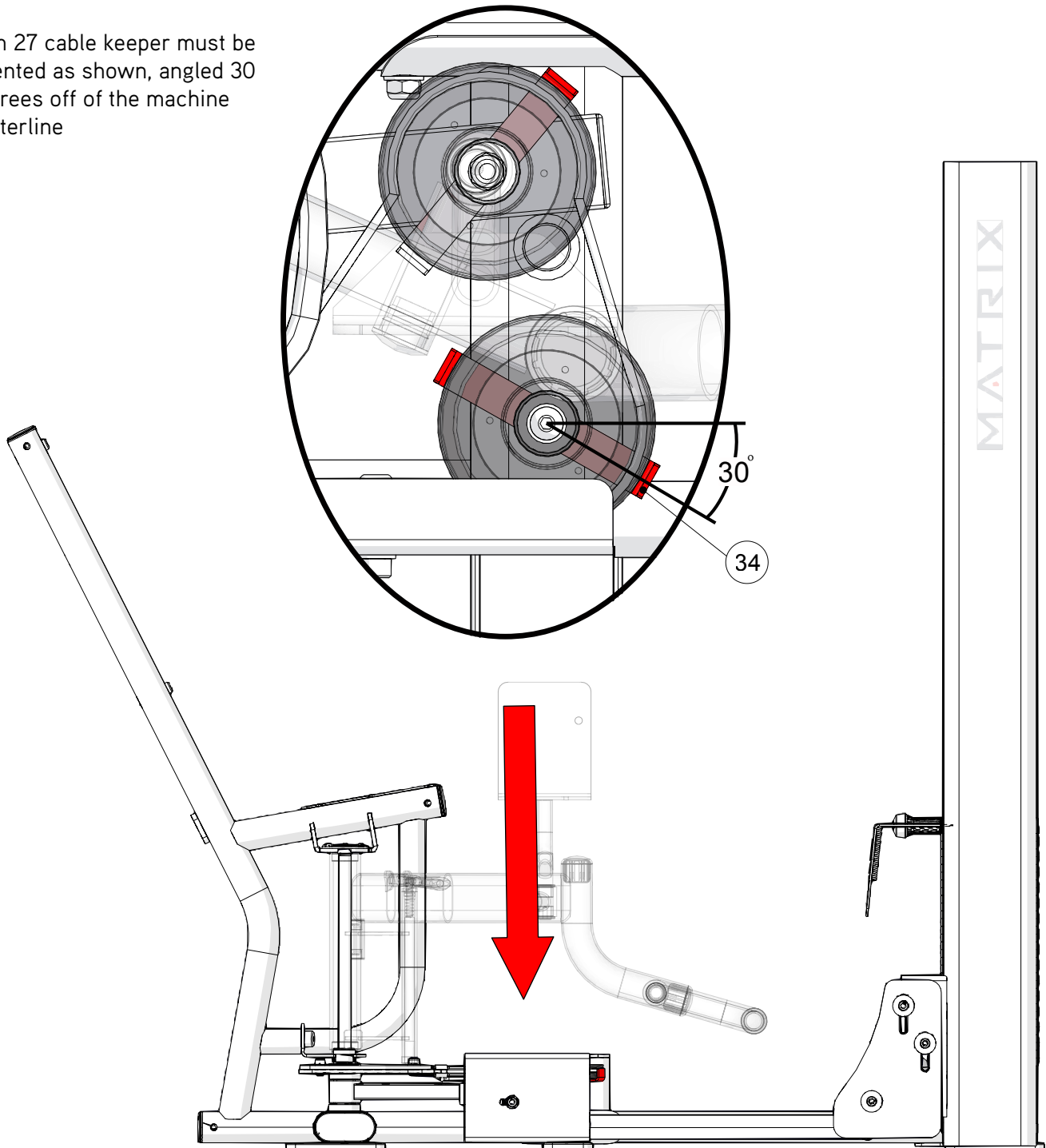
Torque items 28 & 30 to:
29 N-m/22 ft-lbs.



STEP 2 | CABLE ASSEMBLY INSTRUCTIONS & NOTES

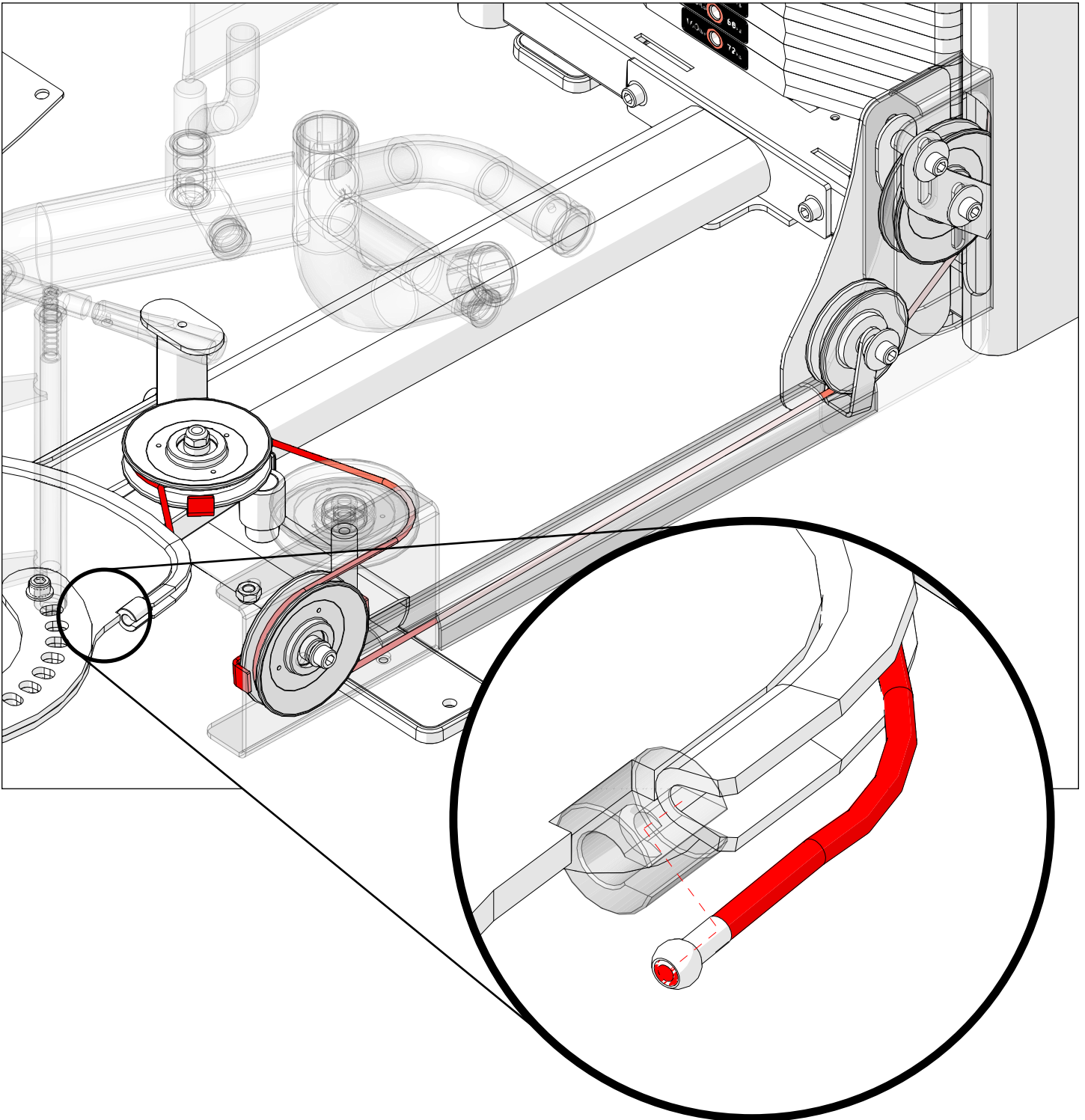
ID	DESCRIPTION	QUANTITY
34	Cable Keeper	1

Item 27 cable keeper must be oriented as shown, angled 30 degrees off of the machine centerline



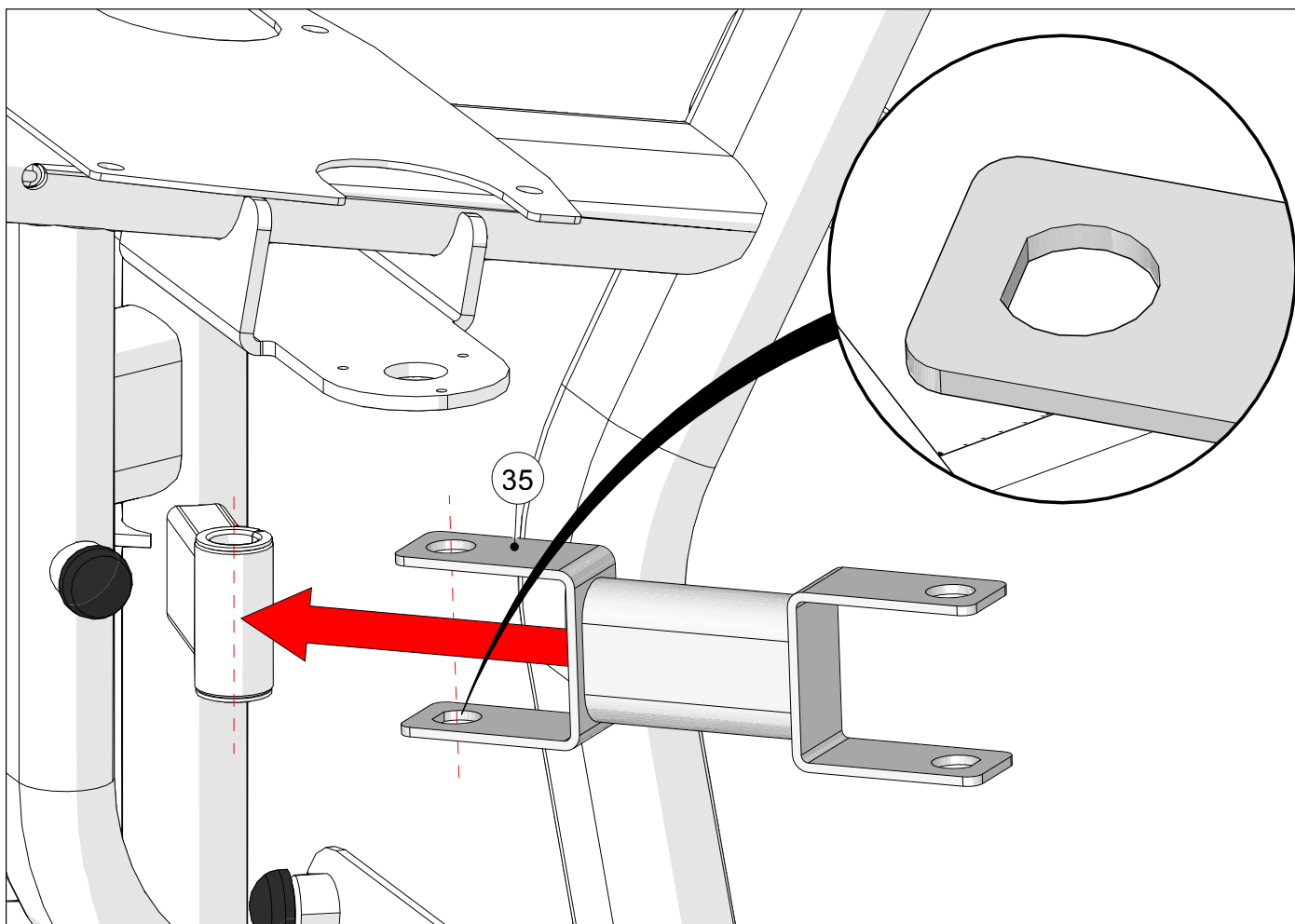
STEP 3 | CABLE ROUTING

ID	DESCRIPTION	QUANTITY
9	Cable	1



STEP 1 | LINKAGE TO RIGHT ARM ASSEMBLY INSTRUCTIONS & NOTES

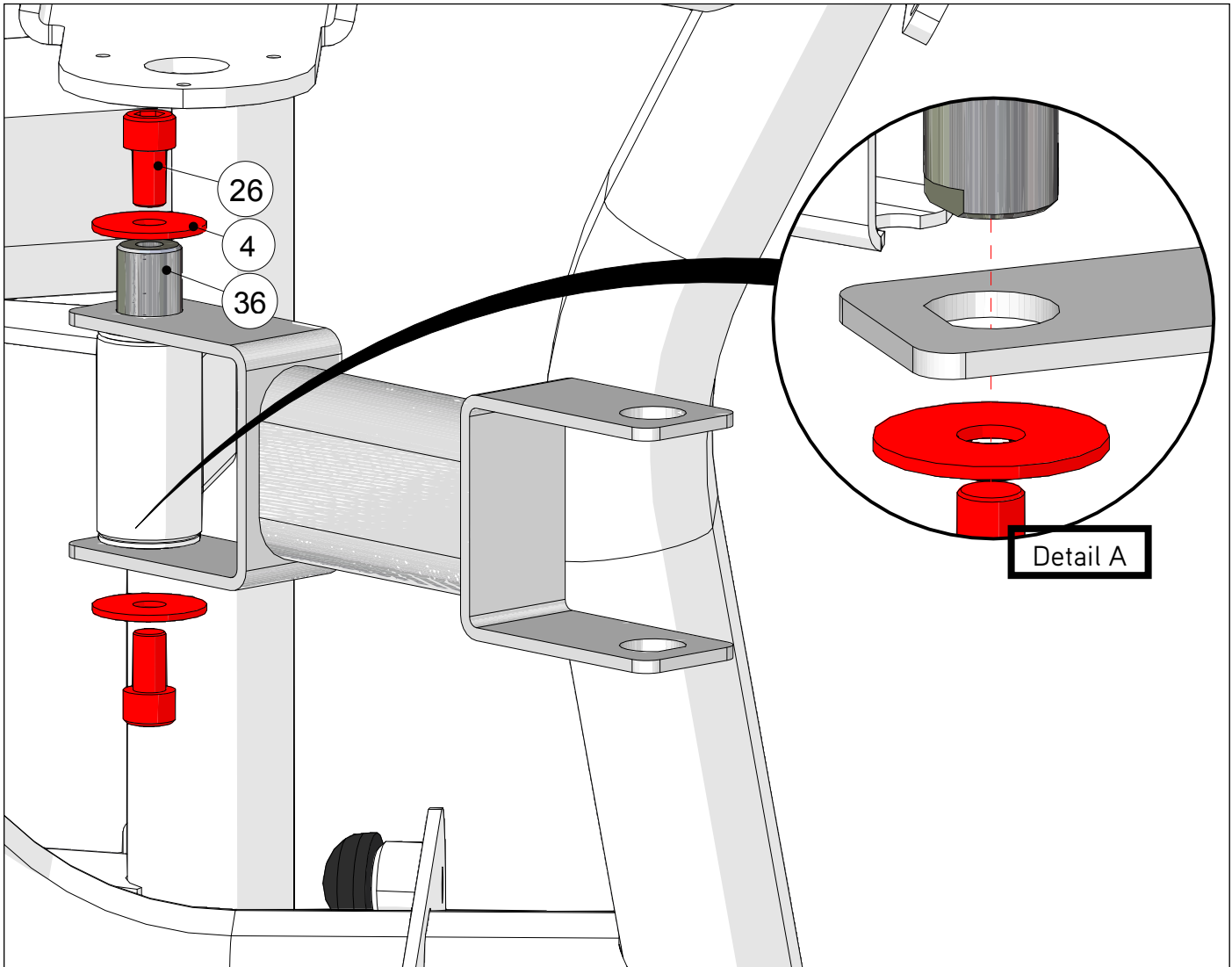
ID	DESCRIPTION	QUANTITY
35	Linkage	1



Assemble linkage as shown, locating the “D” feature towards the floor.

STEP 2 | LINKAGE ASSEMBLY INSTRUCTIONS & NOTES

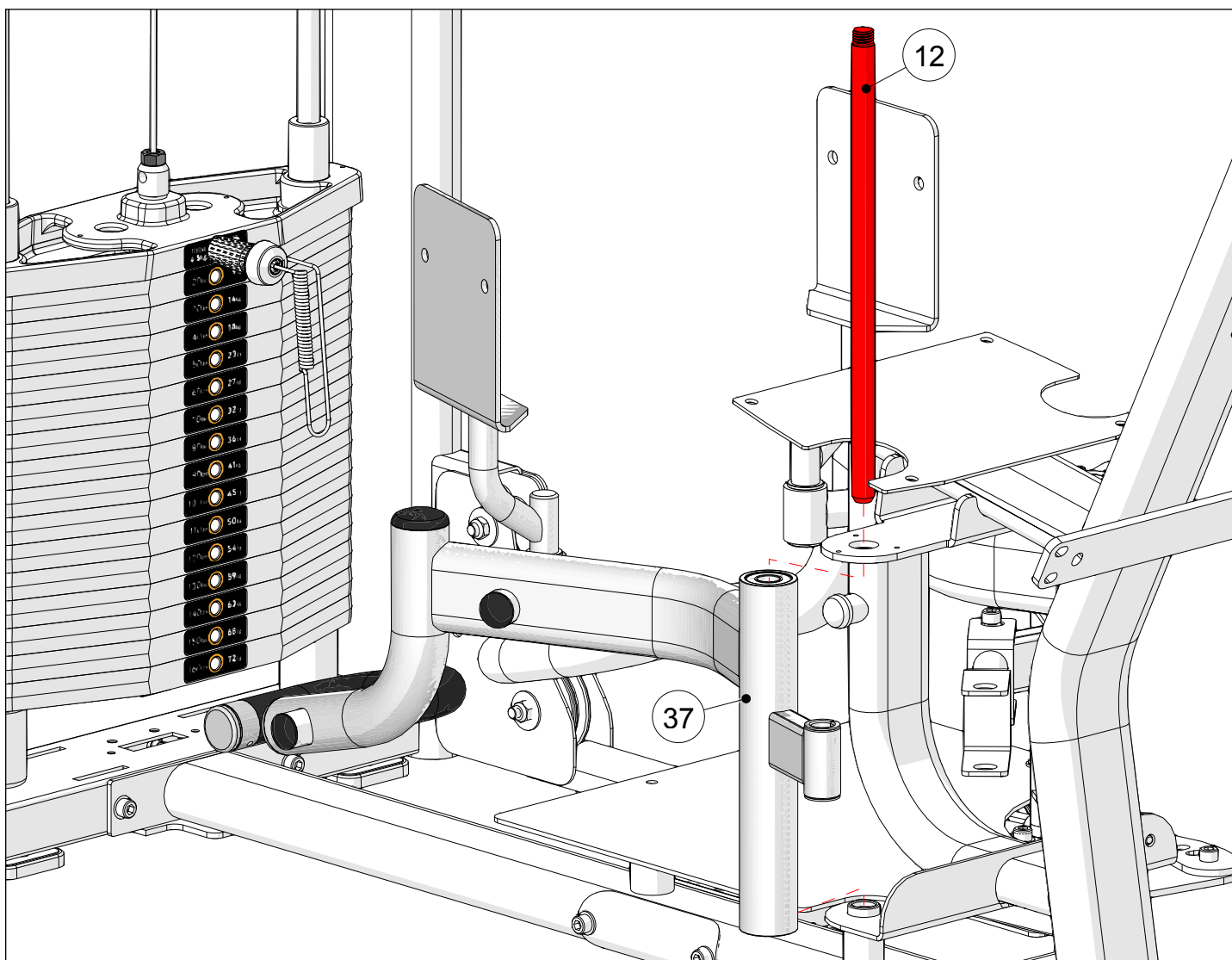
ID	DESCRIPTION	QUANTITY
4	M10 Flat Washer	2
26	M10 X 15L SHC	2
36	Axle	1



Assemble the axle from the top of the linkage, and locate the two “D” features to each other as shown in Detail A. Torque to 77 N-m/57 ft-lbs.

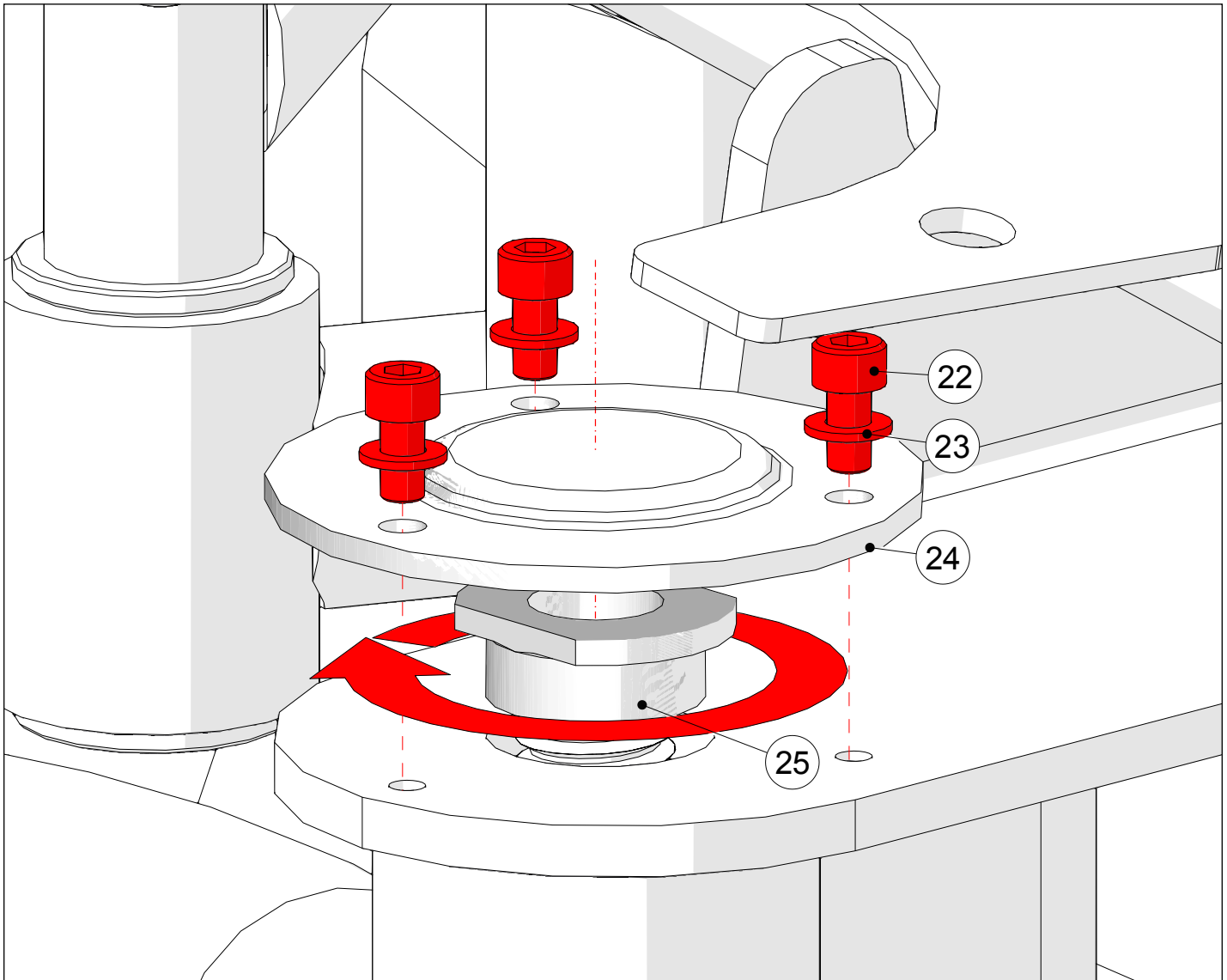
STEP 1 | LEFT ARM TO FRAME ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANTITY
12	Axle	1
37	Left Arm Assembly	1



STEP 2 | LEFT ARM TO FRAME ASSEMBLY INSTRUCTIONS & NOTES

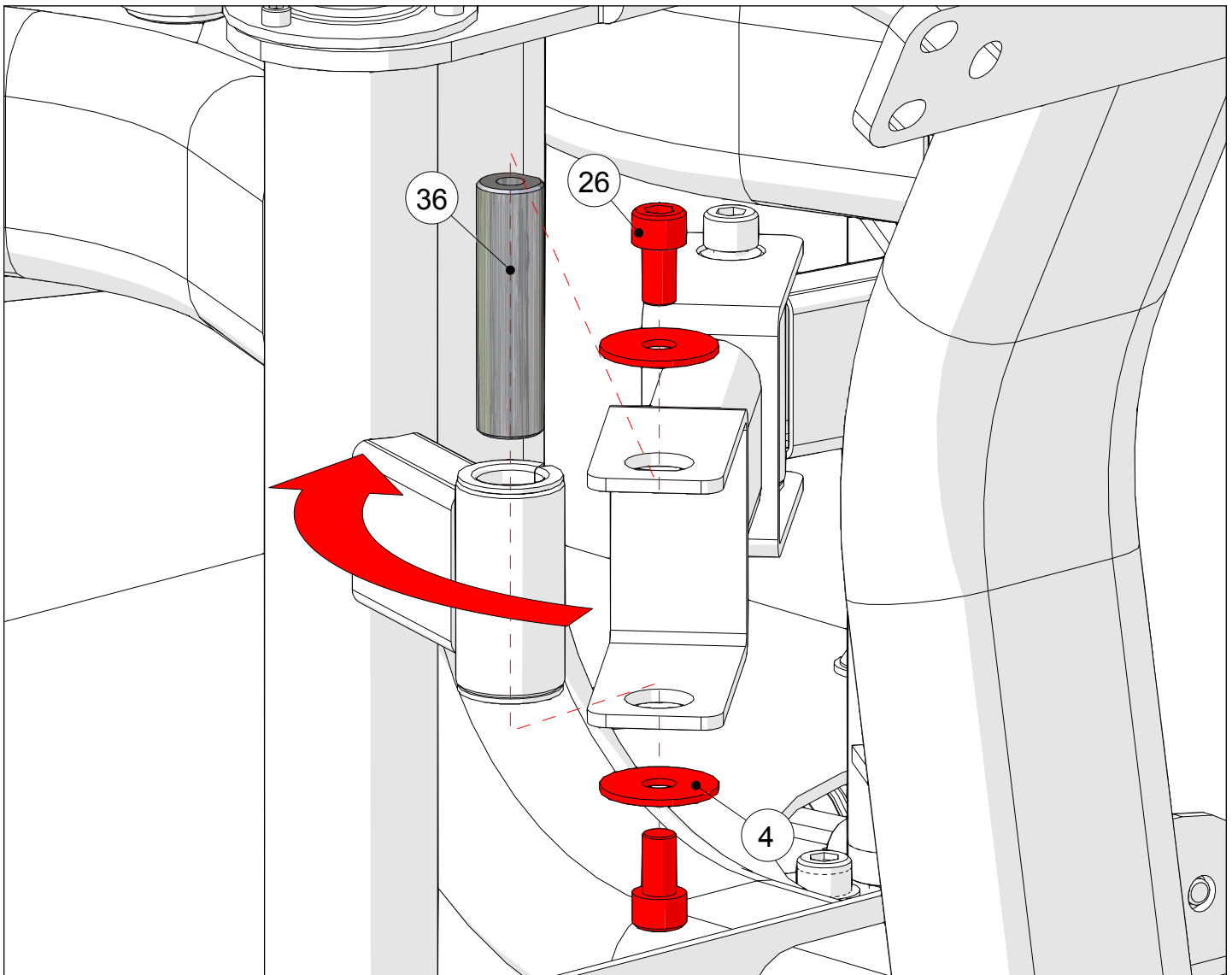
ID	DESCRIPTION	QUANTITY
22	M5 X 12L SHC	3
23	M5 Flat Washer	3
24	Cap	1
25	Threaded Sleeve	1



Lock assembly in place by threading on item 22. Then cap assembly with cover as shown. Torque to : 7 N-m/5 ft-lbs.

STEP 3 | LINKAGE TO LEFT ARM ASSEMBLY INSTRUCTIONS & NOTES

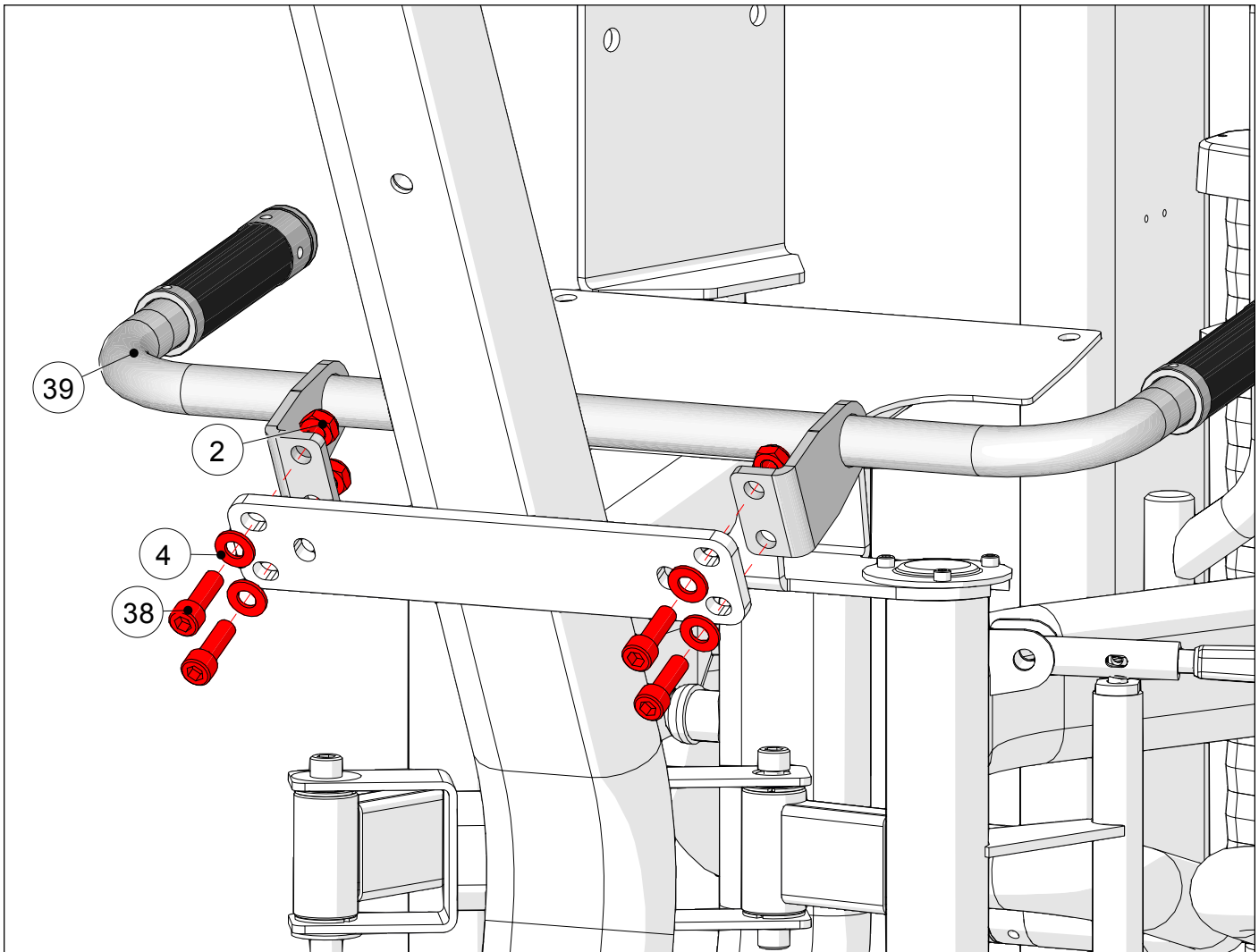
ID	DESCRIPTION	QUANTITY
4	M10 Flat Washer	2
26	M10 X 15L SHC	2
36	Axle	1



Assemble the axle from the top of the linkage, and locate the two “D” features to each other. Torque to 77 N-m/57 ft-lbs.

STEP 1 | HANDLEBAR ASSEMBLY INSTRUCTIONS & NOTES

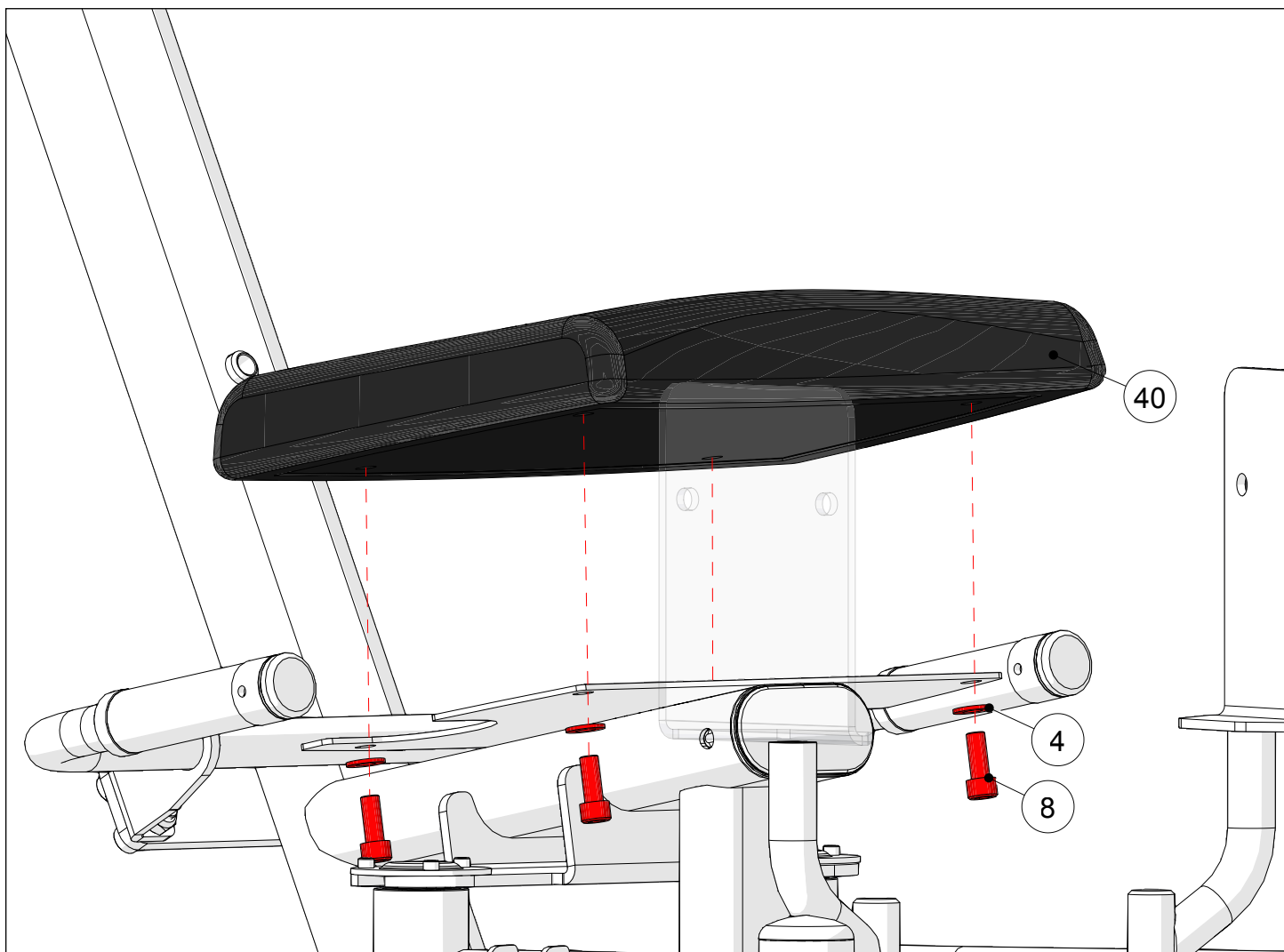
ID	DESCRIPTION	QUANTITY
2	M10 Nylock Nut	4
4	M10 Flat Washer	4
38	M10 X 30L SHC	4
39	Handlebar Assembly	1



Install the pad as shown.
Tighten to 27 N-m/20 ft-lbs.

STEP 1 | PAD ASSEMBLY INSTRUCTIONS & NOTES

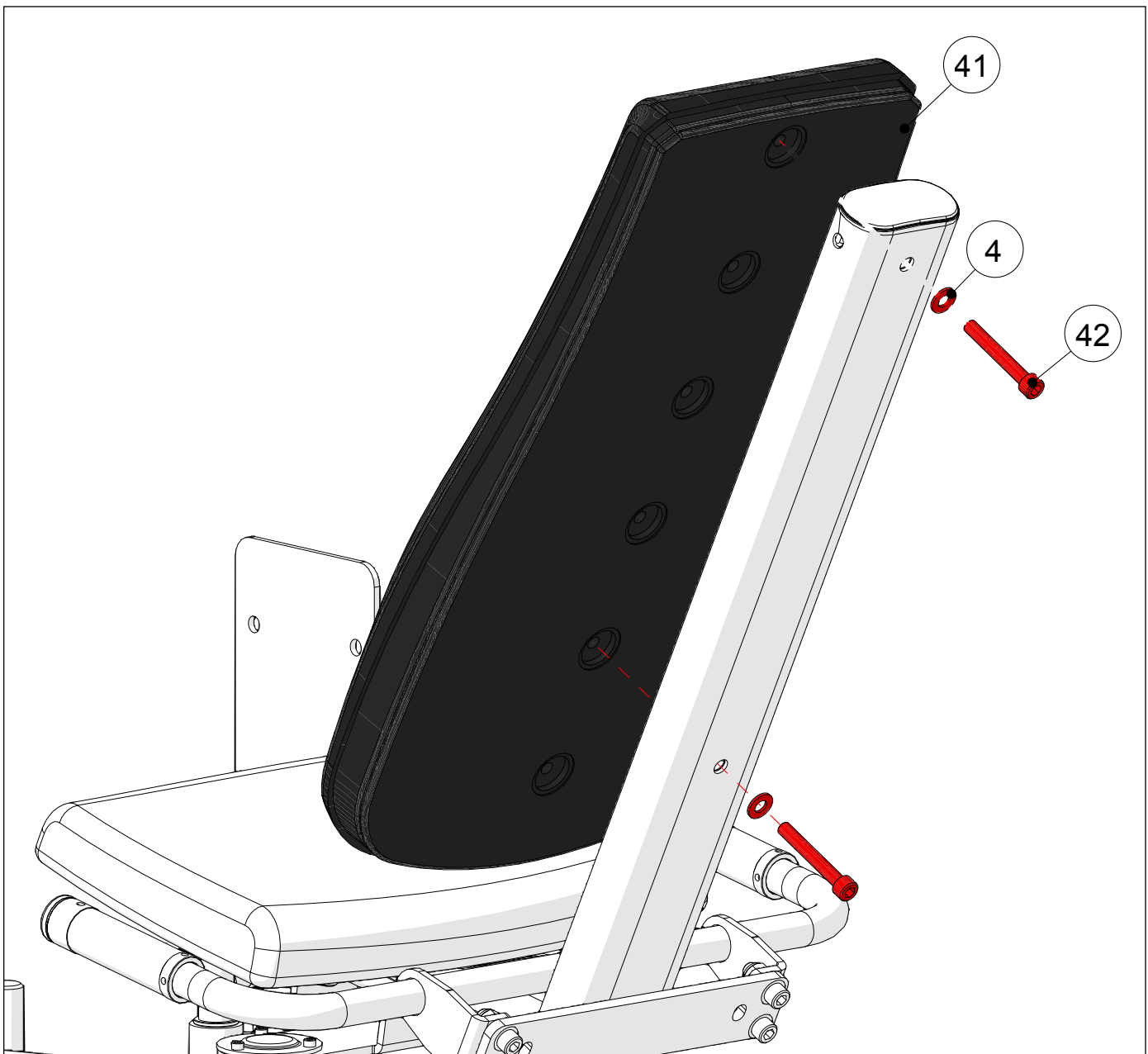
ID	DESCRIPTION	QUANTITY
4	M10 Flat Washer	4
8	M10 X 20L SHC	4
40	Pad	1



Tighten M10 bolts to 57 N-m/29 ft-lbs.

STEP 2 | BACK PAD ASSEMBLY ASSEMBLY INSTRUCTIONS & NOTES

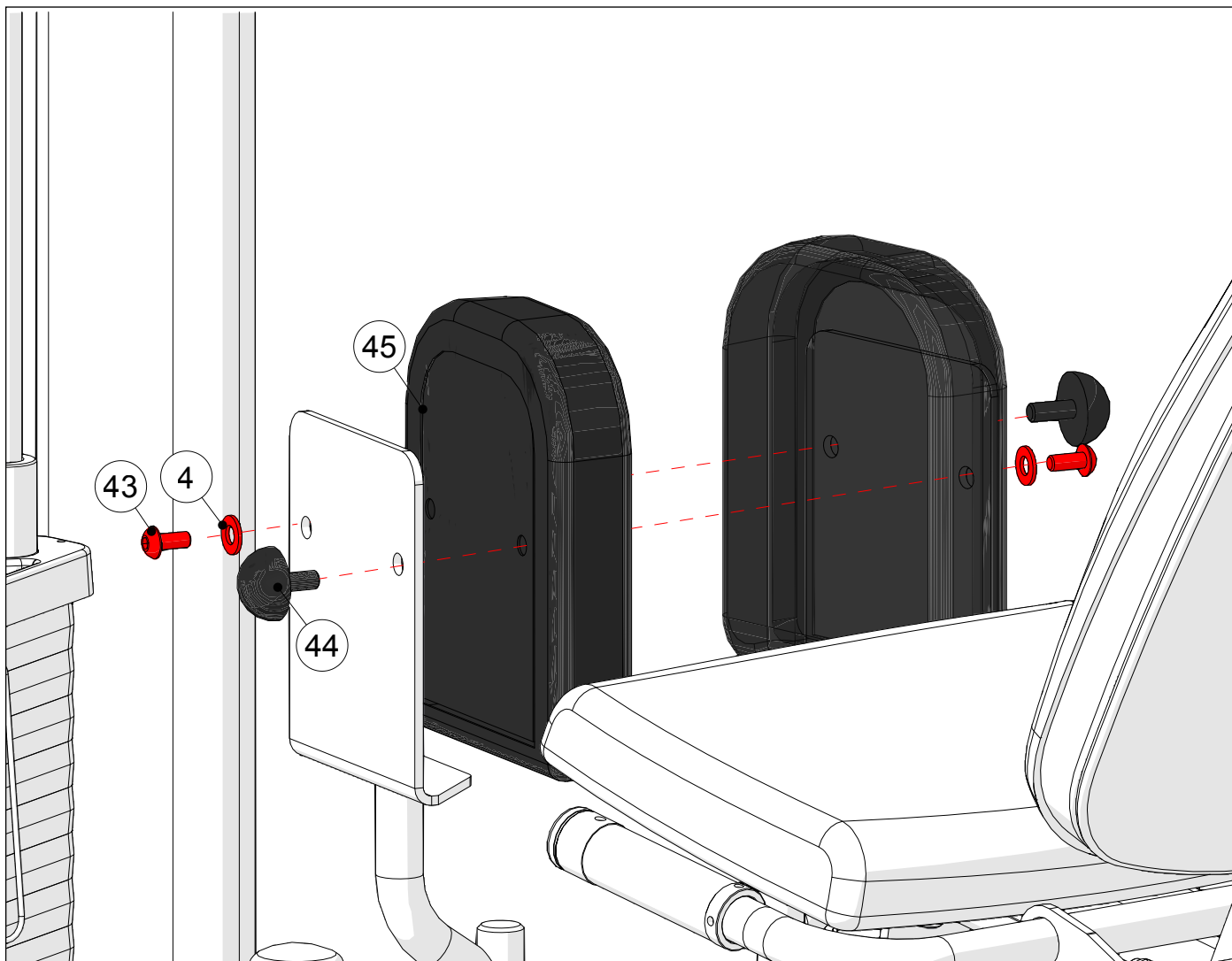
ID	DESCRIPTION	QUANTITY
4	M10 Flat Washer	2
41	Back Pad	1
42	M10 X 75L SHC	2



Tighten M10 bolts to 57 N-m/29 ft-lbs.

STEP 3 | THIGH PAD ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANTITY
4	M10 Flat Washer	2
43	M10 X 15L BHC	2
44	Rubber Bumper	2
45	Thigh Pad	2

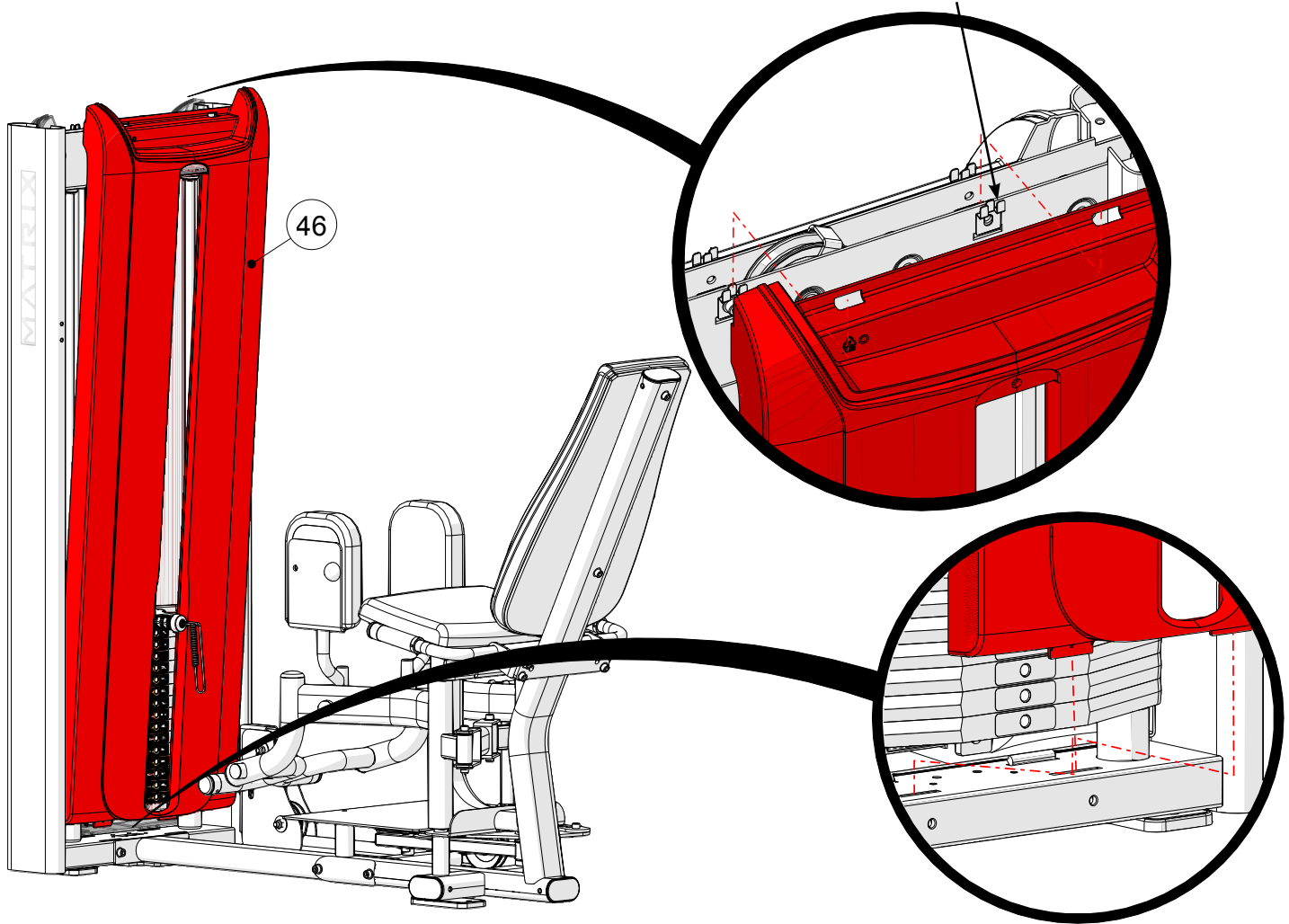


Install the pad as shown, locating the bumpers on opposite positions of one another: Tighten M10 bolts to 57 N-m/29 ft-lbs.

STEP 1 | SHROUD ASSEMBLY ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANTITY
46	Front Shroud	1
47	Rear Shroud (Not shown)	1

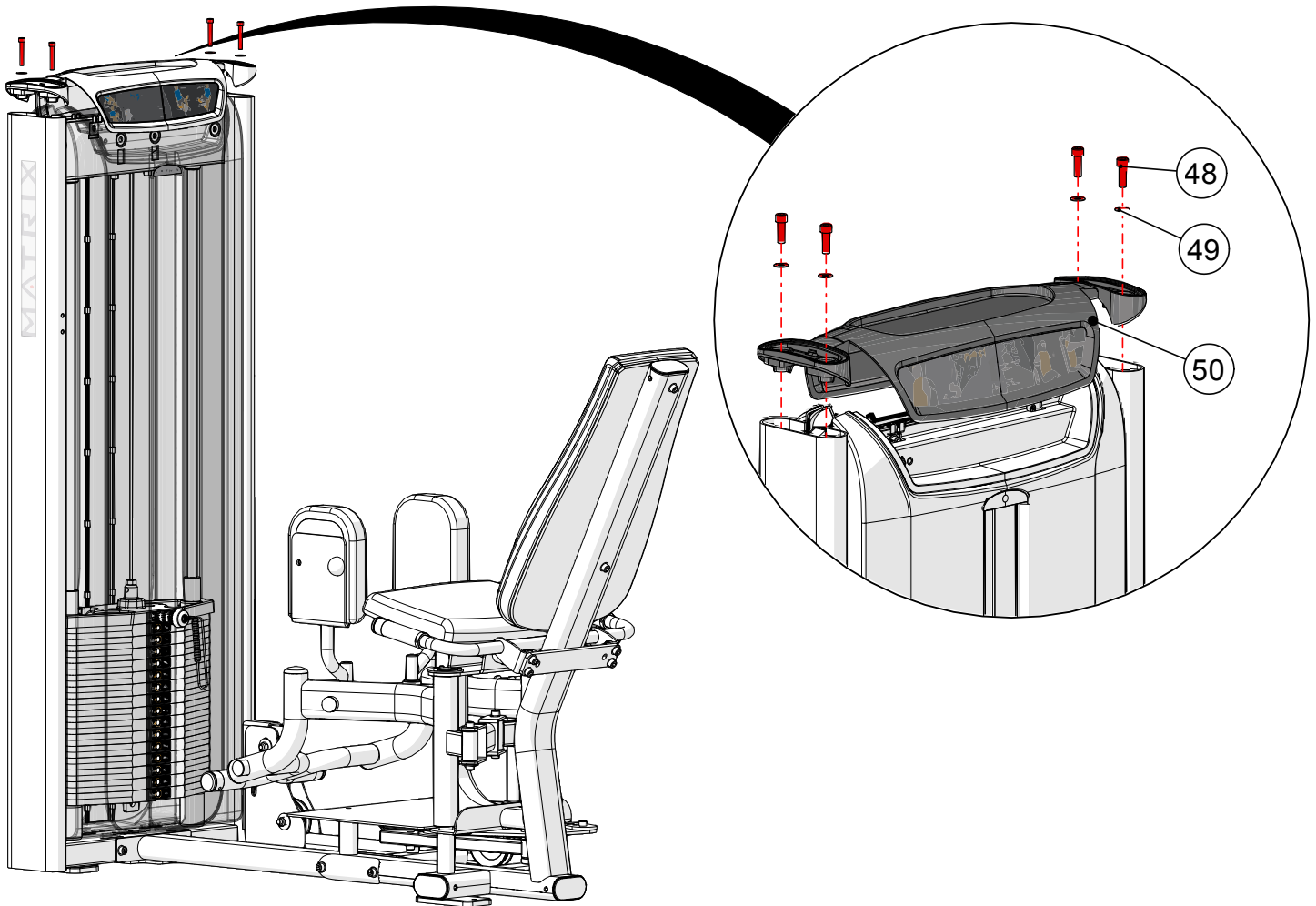
Position hangers in their lowest position



Install the weight stack shrouds as shown.

STEP 2 | TOP CAP ASSEMBLY INSTRUCTIONS & NOTES

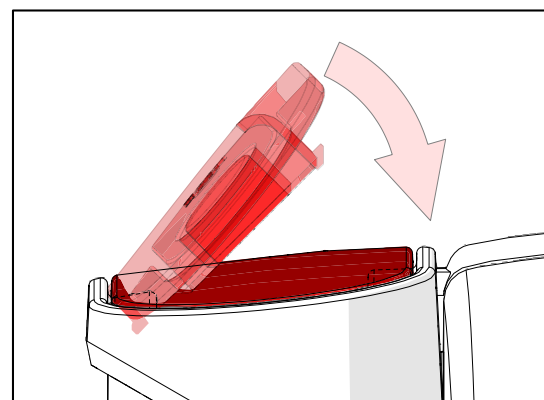
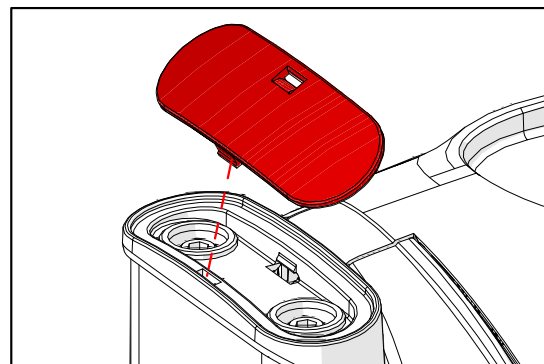
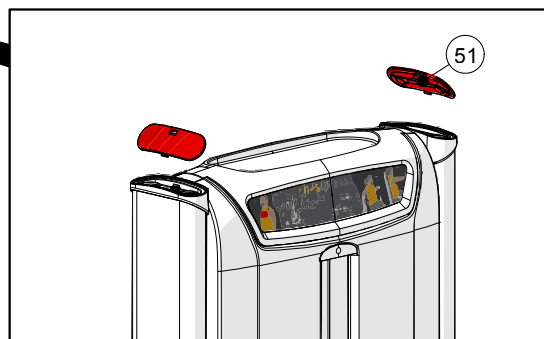
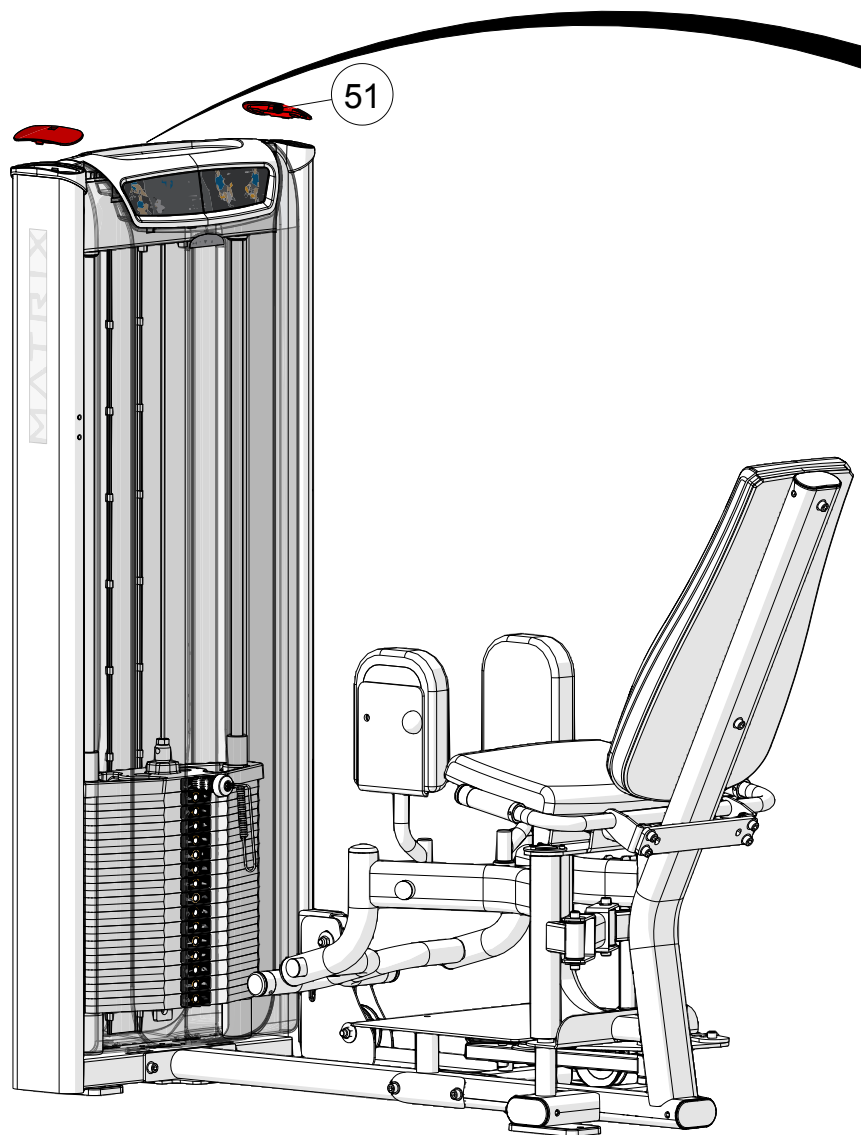
ID	DESCRIPTION	QUANTITY
48	M8 X 25L SHC	4
49	M8 Flat Washer (20 mm diameter)	4
50	Top Cap	1



Install the top cap onto the weight stack as shown.
Torque to 17 N-m/147 in-lbs.
Position top cap so that the instructional placard faces the user.

STEP 3 | TOP CAP COVERS INSTRUCTIONS & NOTES

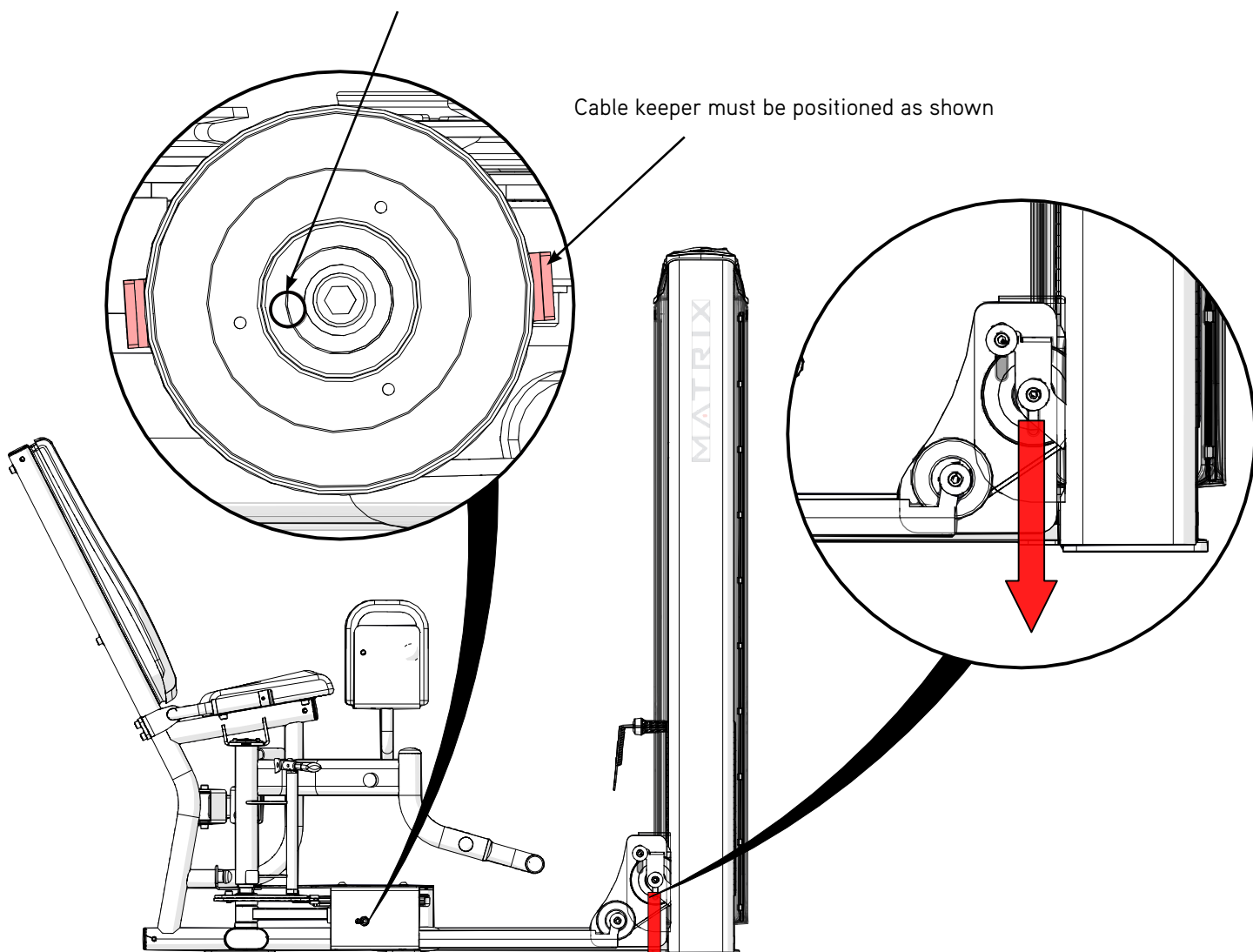
ID	DESCRIPTION	QUANTITY
51	Top Cap Cover	2



Install the top cap covers.

Secondary hole is for additional cable tension adjustment if needed

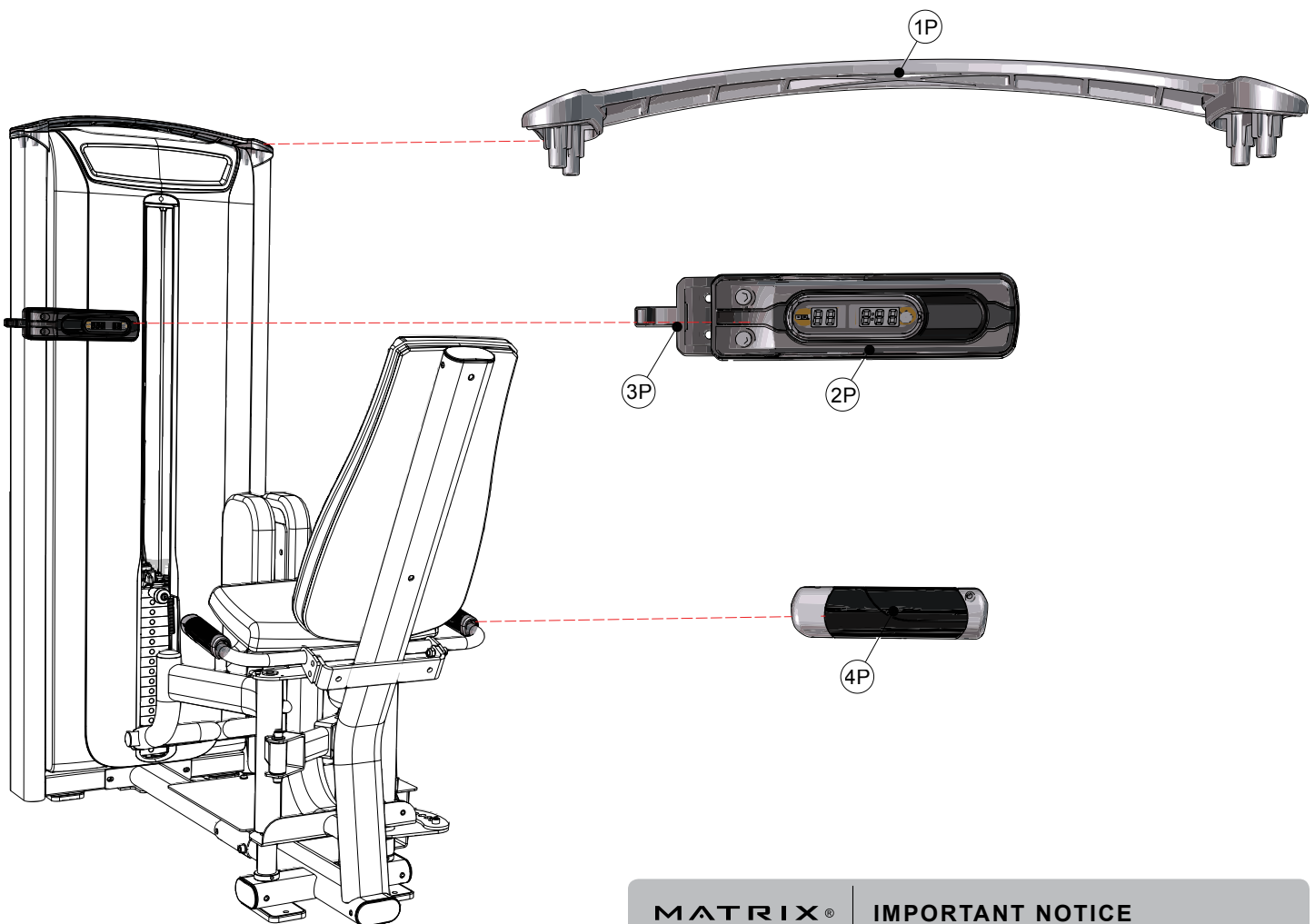
Cable keeper must be positioned as shown



Cable tension is adjusted by raising or lowering pulley as shown.
Note: Nuts for adjustable pulley must be on inside towards weight plates.

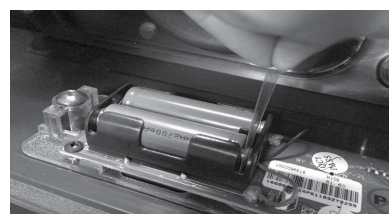
PREMIUM KIT ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANTITY
1P	Wing	1
2P	Rep Counter	1
3P	Towel Hook	1
4P	ASG Pull Grip	2



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IMPORTANT NOTICE

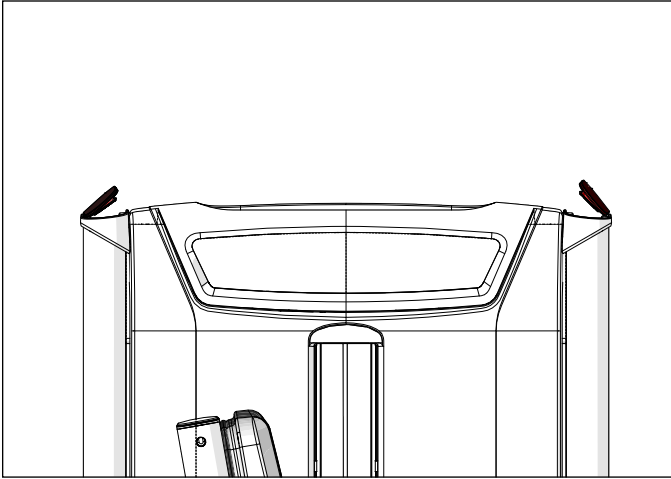


PLEASE NOTE:

Be sure to remove the insulating sheet when installing the Rep Counter.

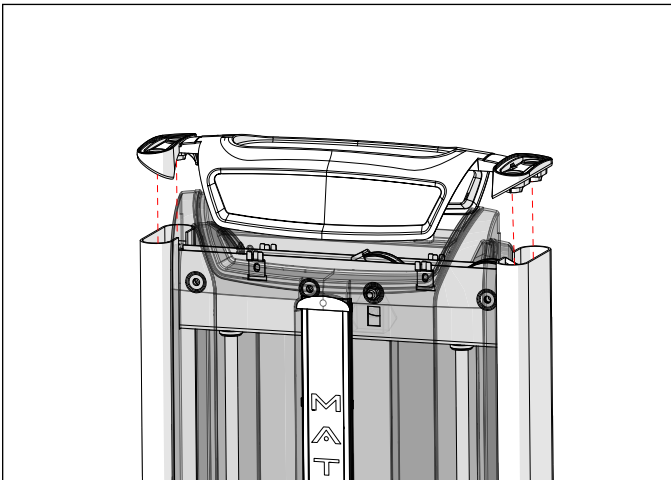
STEP 1 | PREMIUM KIT ASSEMBLY INSTRUCTIONS & NOTES

Rep Counter - Magnet

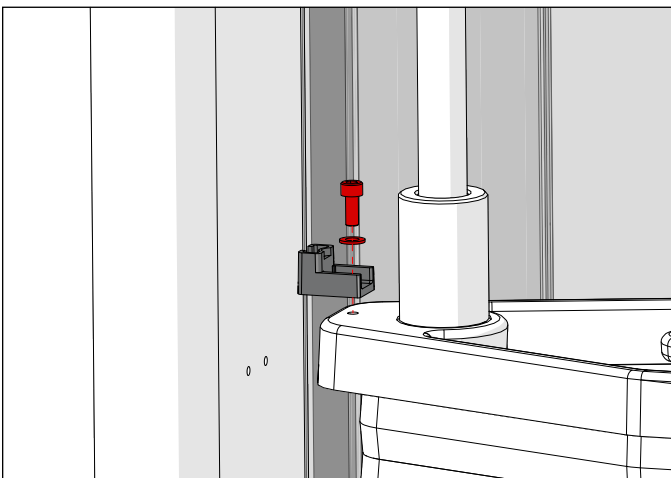


1. Remove the (2) top cap covers (Item 59) using a flat blade screw driver.
2. Remove the (4) M8 bolts and 20 mm diameter washers that hold the top cap to the weight stack frame.

Top cap covers, 20 mm diameter washers & M8 screws can be discarded



3. Remove top cap and rear shroud.



4. Assemble the Repetition Counter magnet holder to the headplate using the M5 X 12L bolt and M5 washer provided with the kit.

Holder must be mounted on the same side of the weight stack as Rep Counter

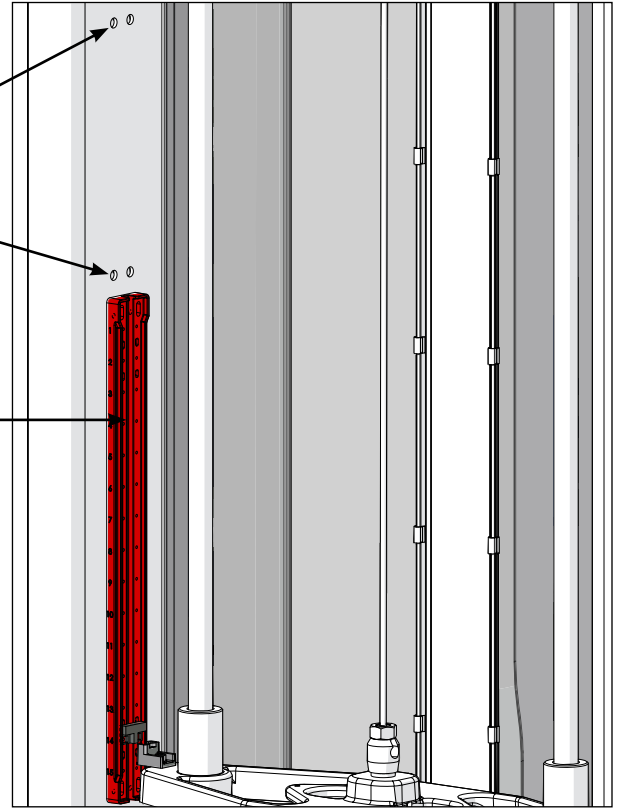
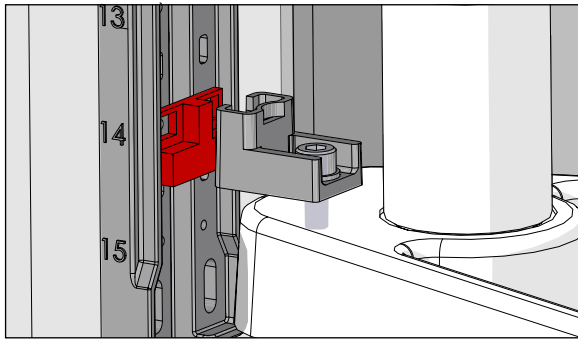
STEP 2 | PREMIUM KIT ASSEMBLY INSTRUCTIONS & NOTES

Rep Counter - Sensors

1. Assemble Rep Counter sensor base using (4) screws included with the kit.
2. Assemble (3) sensors located per machine chart shown below.

Thread zip ties through holes to secure cables

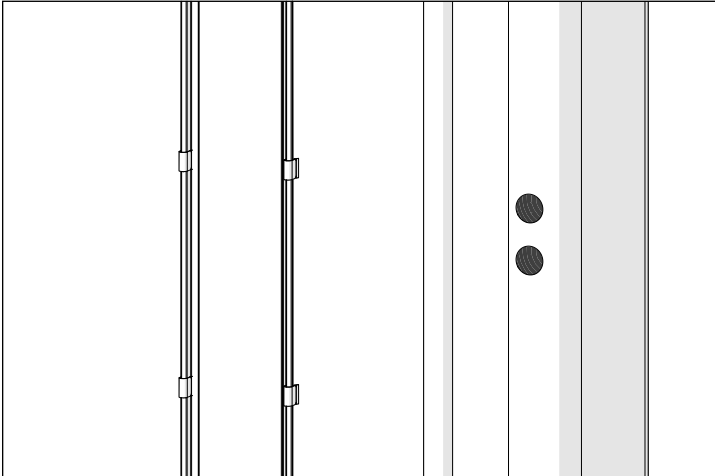
Route wires in groove



Machine	Sensor Locations (Sensor "A" = Top, "B" = Middle, "C" = Bottom)
Chest Press	A2, B7, C13
Shoulder Press	A1, B4, C13
Leg Extension	A1, B7, C13
Seated Leg Curl	A6, B10, C13
Leg Press	A6, B10, C13
Lat Pulldown	A1, B3, C13
Triceps Press	A5, B8, C13
Seated Row	A1, B4, C13
Bicep Curl	A6, B8, C13
Hip Add/Abduction	A7, B11, C13
Pec Fly/Rear Delt	A7, B 9, C13
Abdominal	A8, B10, C13
Back Extension	A6, B8, C13
Glute	A2, B7, C13

STEP 3 | PREMIUM KIT ASSEMBLY INSTRUCTIONS & NOTES

Rep Counter



1. Remove and discard hole caps using caution not to scratch the paint.



2. Attach plug to Rep Counter.
3. Assemble Towel Hook (3P) and Rep Counter (2P) using the M8 X 35L SHC bolts provided.

Rep Counter wires must be routed through the center of the Towel Hook

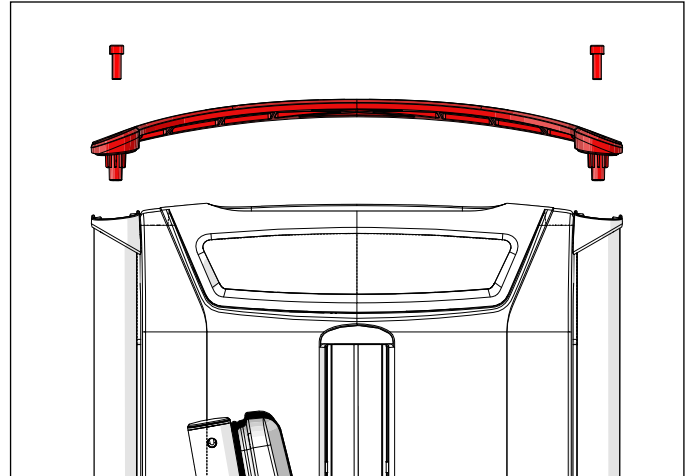


4. Torque bolts to 17 N-m/147 in-lbs.

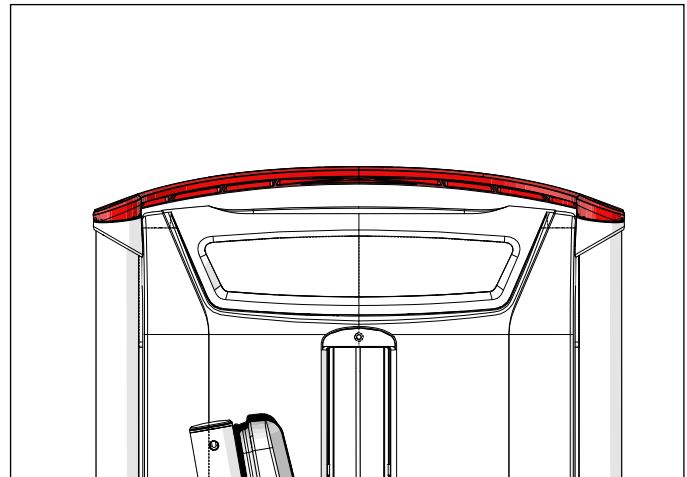
STEP 4 | PREMIUM KIT ASSEMBLY INSTRUCTIONS & NOTES

Wing

1. Assemble the wing (1P) as shown.

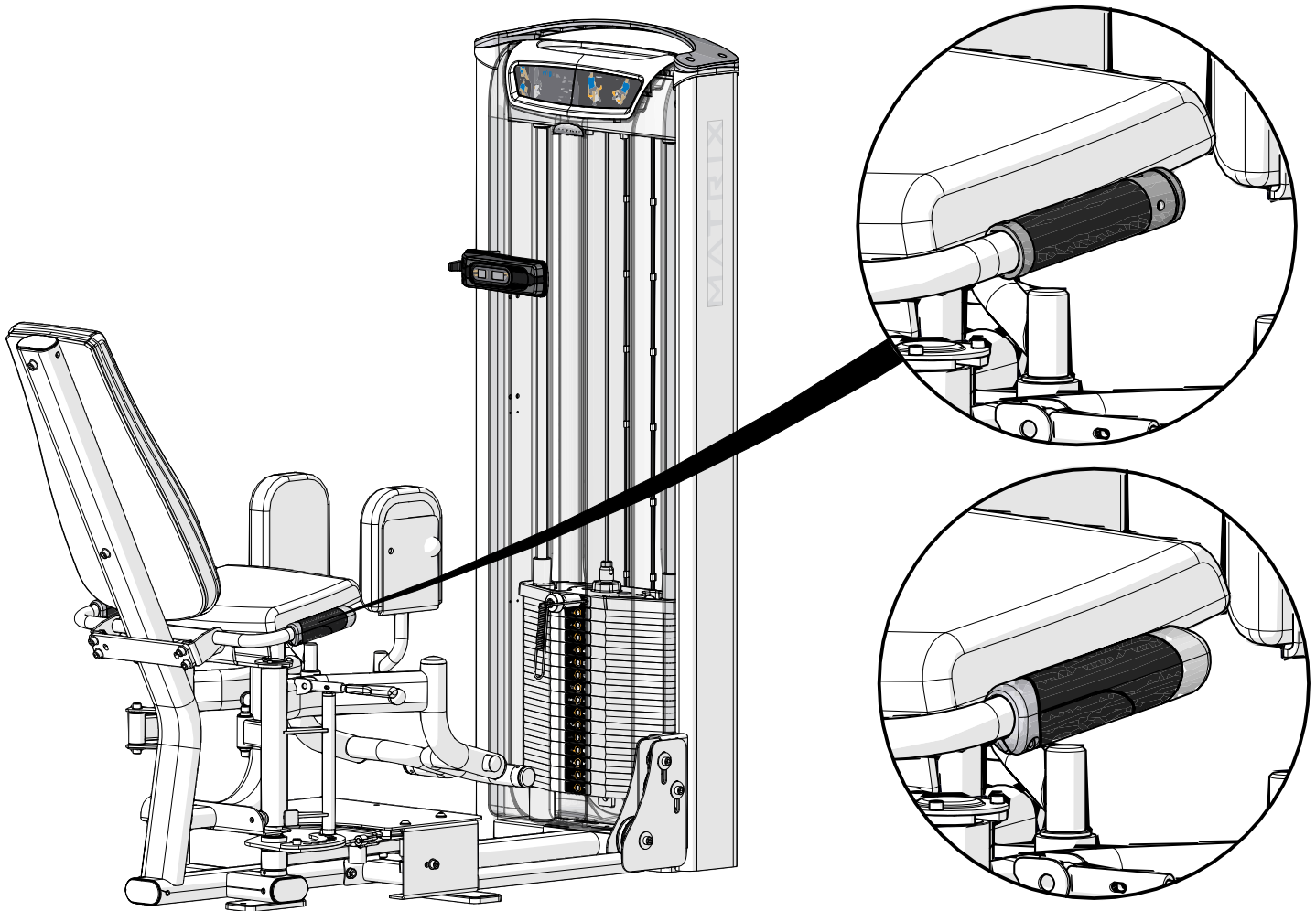


2. Re-use the M8 bolts (Item 56) that were removed in step 1 and torque the wing hardware to 51N-m (37.6 ft-lbs.).



STEP 5 | PREMIUM KIT ASSEMBLY INSTRUCTIONS & NOTES

ASG Grips



1. Remove the end caps using a 3 mm Allen wrench.
2. Cut off and discard the grips.
3. Remove inner collars with a 3 mm allen wrench.
4. Assemble the ASG grip (4P) as shown; lock inner collars using a 4 mm Allen wench (torque to 8 N-m/5 ft-lbs.), and a 3 mm Allen wrench to secure the end caps. 5. Orient ASG grips as shown, with thumb index angled in for comfort.



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