X>TRIX

ELLIPTICAL TOTAL BODY OWNER'S MANUAL



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READ AND SAVE THESE INSTRUCTIONS

- This Elliptical total body is intended for commercial use
- To insure your safety and protect the equipment, read all instructions before operating the MATRIX Elliptical total body.

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

DANGER To reduce the risk of electric shock:

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

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

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 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 the side covers. Service should only be done by an authorized service technician.
- Never operate the Elliptical total body with the air opening blocked, Keep the air opening clean, free of lint, hair and the like.
- Never operate product if it has 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 supply cord or used cord as handle.
- Keep any power cord away from heated surfaces.
- Keep hands and loose clothing away from moving parts.
- Close supervision is necessary when Elliptical total body is used by or near children, invalids, or disabled persons.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet
- Comment this Elliptical total body to a properly grounded outlet only.

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

SETTING UP THE ELLIPTICAL TOTAL BODY

Assembly instructions have been provided with your Elliptical total body. For your safety, please read and follow each of the steps in the assembly guide. To obtain a copy of the assembly guide, please contact MATRIX FITNESS SYSTEMS.

1.1 INSTALLATION REQUIREMENTS

Your MATRIX Elliptical total body is designed to be self contained and does not require a power supply to operate.

CAUTION Use of the wrong power supply may cause damage to your Elliptical total body and/or entertainment device.

Locate a level stable surface to position Elliptical total body. The Elliptical total body has six leveling feet located under the foot support. If your Elliptical total body wobbles in the location where you intended to use it, loosen the lock nut on the adjusting foot and adjust the feet until stable. Once level, lock the adjusting feet by tightening the lock nut to the frame.

1.2 PREVENTATIVE MAINTENANCE AND CLEANING TIPS

Preventative maintenance and daily cleaning will prolong the life and look of your MATRIX Elliptical total body.

Please read and follow these tips.

- Position the equipment away from direct sunlight. The intense UV light can cause discoloration or plastics.
- Locate your equipment in an area with cool temperatures and low humidity
- Clean with a soft 100% cotton cloth.
- Clean with non-ammonia based cleaners.
- Wipe foot pads, 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 the same cases electrocution.
- Check pedal motion and stability.
- Adjust leveling feet when equipment wobbles or rocks.
- Maintain a clean area around equipment free from dust and dirt.



2.1 USING MANAGER PERFERENCE MODE

Your MATRIX Elliptical total body is designed to allow you to cutomize settings for your preferences and diagnostics. The Manager Pereference Mode can only be accessed while the Elliptical total body is powered up. Folllow the instructions to adjust the Elliptical total body computer for your desired setting.

STEP 1 Power up the Elliptical total body and Hold the UP and DOWN arrow keys for 3 seconds. The word Manager will apperar in the alphanumeric window and will enter into the Manager Preference Setting automatically after 3 seconds. Continue to pedal until finished.

STEP 2 Select information you would like to view or change from teh following list, by using the UP or DOWN arrows. Press ENTER to select.

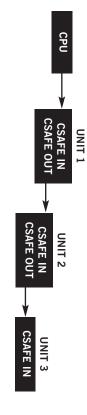
Manger preference mode will allow you to view and set the following

STEP 3 Use UP or DOWN arrows to increase or decrease values. **STEP 4** Press START to save and enter selected values and exit to STEP 2. **STEP 5** Exit by pressing Start. Screen will reset to Start up.

2.2 USING CSAFE

Matrix is the leading in entertainment availability. On the back of teh console are three RJ45 receptacles. They are marked CSAFE IN, CSAFE OUT, and ENTERTAINMENT.

lows; products to be daisy chained together from one unit to the next. The connection is as fol-Use the csafe in to plug in an csafe device using the RJ45 connector csafe out allows csafe



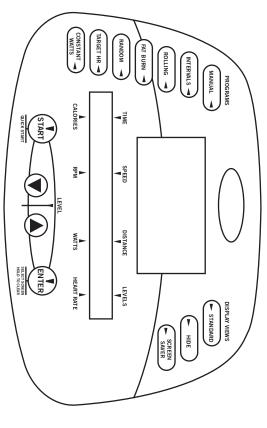
The E5x has been designed for users of all fitness levels. The E5x has linked upper and lower body motion designed to give a complete low impact body workout. The stride length is 22" long and over 8" of lift to accommodate even teh tallest user.

The E5x has wide pedals and sturdy handrails for easy mounting. After stepping on the Elliptical Total Body, face the console, hold on to the center handrailor the left and right upper body grips. Use pedaling motion similar to a bike to begin exercising. Follow instructions to program your favorite workout.

3.1 PAUSING THE UNIT

Your console has the ability to have a 30 second pause feature. On the back of the console is a battery cover. If the pause feature is not working try replacing the 9 volt battery by removing the screw and remove the battery cover. Replace the battery and cover.

3.2 CONSOLE DESCRIPTION



PROGRAMS Simple program view and selection buttons. MATRIX Elliptical total bodys feature seven programs.

ture seven programs.

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

UP/DOWN Easy information and level selection.

ENTER/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 Elliptical total body to Start-up mode.

DISPLAY VIEW These three buttons allow the user to customize the way the unit's lights are displayed.

3.3 MANUAL OPERATION

MATRIX design makes using tghe programs as easy as one touch of a button.

QUICK START Start pedaling and press QUICK START to begin workout

MANUAL MODE allows you to enter desired time, level and weight.

STEP 1 Select MANUAL program button on left of panel. Press Enter or wait 5 seconds.

Selecting START will start program.

STEP 2 Select TIME by using the UP or DOWN arrow keys.

Press ENTER or wait 5 seconds.
Select START will start program.

STEP 3 Select LEVEL by using UP or DOWN arrow keys. You can change the level at any time during workout.

Press ENTER or Wait 5 seconds. Select START will start program.

STEP 4 Select Weight by using the UP or DOWN arrow keys Press START or ENTER to begin workout. Display, TIME, Starting 3, Starting 2, Starting 1

3.4 OPERATING LEVEL BASED PROGRAMS

Your MATRIX Elliptical total body offers versatile programs to keep the user motivated. The following instructions will guide you through simple steps to select INTERVALS, ROLLING, FAT BURN and RANDOM? programs.

STEP 1 Select the PROGRAM button on left of panel.
Press ENTER or wait 5 seconds.
Selecting START will start program.



- STEP 2 Select TIME by using the UP or DOWN arrow keys. Press ENTER or wait 5 seconds. Select START will start program.
- **STEP 3** Select LEVEL by using UP or DOWN arrow keys. You can change the level at any time during workout.

 Press ENTER or Wait 5 seconds.
- STEP 4 Select Weight by using the UP or DOWN arrow keys.
 Press START or ENTER to begin workout.
 Display, TIME, Starting 3, Starting 2, Starting 1

Select START will start program.

3.5 HEAT RATE CONTROL

For your convenience, MATRIX FITNESS Cycles come standard with digital contact heat rate sensors and POLAR telemetry compatible.

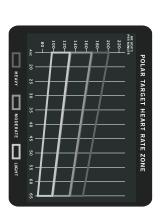
Locate the metal sensors on the handrail or the Cycle. Notice there are two separate pieces of metal on each grip. You must be making contact on both pieces of each grip to get an accurate heart rate reading. You can grab these sensors in any program to view your current heart rate located in the lower left hand window marked HEART RATE.

Heart Rate Program

Follow these easy Steps to enter into the Heart Rate Program.

- STEP 1 Select the PROGRAM button on left of panel.
 Press ENTER or wait 5 seconds.
 Selecting START will start program.
- STEP 2 Select AGE by using the UP or DOWN arrow keys.
 Press ENTER or wait 5 seconds.
 Select START will start program.
- STEP 3 Select PRECENT by using UP or DOWN arrow keys Press ENTER or Wait 5 seconds.
 Select START will start program.

- STEP 4 Select TIME by using UP or DOWN arrow keys.
 Press ENTER or Wait 5 seconds.
 Select START will start program.
- STEP 5 Select Weight by using the UP or DOWN arrow keys. Press START or ENTER to begin workout. Display, TIME, Starting 3, Starting 2, Starting 1



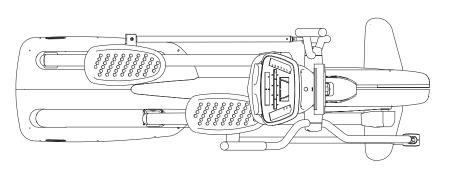
3.6 CONSTANT WATTS

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

Follow these easy Steps to enter into the Heart Rate Program.

- STEP 1 Select the PROGRAM button on left of panel. Press ENTER or wait 5 seconds.
 Selecting START will start program.
- STEP 2 Select WATTS by using the UP or DOWN arrow keys Press ENTER or wait 5 seconds.
 Select START will start program.
- STEP 3 Select TIME by using UP or DOWN arrow keys.
 Press ENTER or Wait 5 seconds.
 Select START will start program.
- STEP 4 Select Weight by using the UP or DOWN arrow keys.
 Press START or ENTER to begin workout.
 Display, TIME, Starting 3, Starting 2, Starting 1

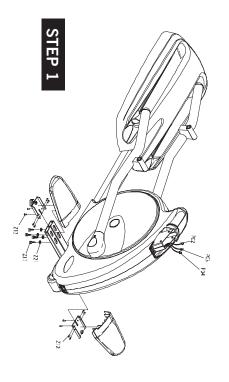
> ELLIPTICAL TRAINER MX-E5x

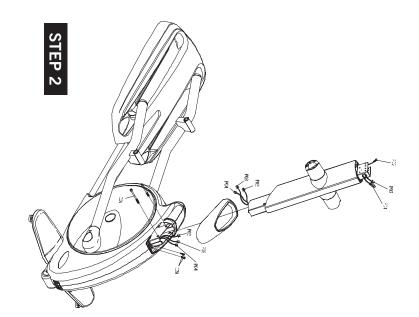


SPECIFICATIONS	
Product Name Foot Print	E5x inches = 72" x 85" x 29"
Weight	cm = 182.9 x 215.9 x 73.6 350 lbs
Max User Weight	400 lbs = 181 kg
Stride Length	
Frame Construction	Aluminum/Steel
Self Contained	Yes
Resistance Type	Generator
Resistance Level	20
Dual Action	Yes
PROGRAMS	
One Button Quick Start	Yes
Random (20 profiles)	Yes
Target Heart Rate	Yes
Interval	Yes
Constant Watts	Yes
R0+ B:::::	Yes
CI FANING BBIICH	
Track Cleaning	Yes
PEDAL	
Self Leveling	Yes
Pedal Size Distance Between Pedals	3.5" × /"
HEART RATE	
Wireless Heart Rate Contact Heat Rate	Yes Yes
ENTERTAINMENT READY	
Coaxial Cable Connection AC TV Power Connection	Yes Yes
Monitor Mount	Yes

5.1) ELLIPTICAL TRAINER FASTENERS & ASSEMBLY TOOLS MX-E5x

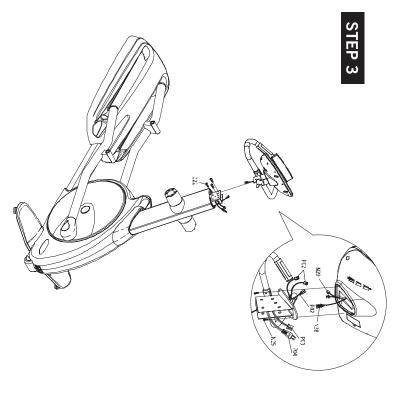
			12	BUTTON HEAD BOLT(M8x12L)	•	Z12
PHILLIPS DRIVER(4.5x50mm)		Z18	4	BUTTON HEAD BOLT(M4x15L)	()mmp	Z11
SOCKET WRENCH	J	Z17	2	BEARING ROD PIN	0	Z10
6mm ALLEN WRENCH		Z16	2	NYLON NUT(M10x1.5P)	•	Z09
5mm ALLEN WRENCH		Z15	2	BUTTON HEAD BOLT(M10x40L)	9)	80Z
4mm ALLEN WRENCH		Z1 4	2	BUTTON HEAD BOLT(M8x20L)	Ourseason)	Z07
BUTTON HEAD BOLT(M8x35L)	(б) дажникай	C26	4	BUTTON HEAD BOLT(M8x10L)	0	Z06
BUTTON HEAD BOLT(M8x65L)	(1)	C23	2	WAVEY WASHER (20.5x29x1.5t)	0	Z05
BUTTON HEAD BOLT(M5x12L)	•	N25	2	BUTTON HEAD BOLT(M5x8L)	*	Z04
BUTTON HEAD BOLT(M8x15L)	0	Z22	∞	CROSS FLAT HEAD BOLT(M5x12L)	•	Z03
FLAT WASHER (6.4x11x1.6t)	0	Z2 1	4	BUTTON HEAD BOLT(M5x15L)	(E)	Z02
BUTTON HEAD BOLT(M6x15L)	0)	Z13	2	BUTTON HEAD BOLT(M10x75L)	0	Z01
		NO.	QTY			

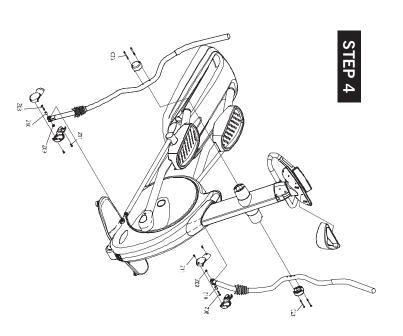




5.1) ELLIPTICAL TOTAL BODY FASTENERS & ASSEMBLY TOOLS MX-E5x



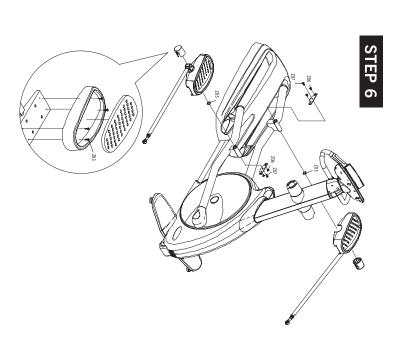






5.1) ELLIPTICAL TOTAL BODY FASTENERS & ASSEMBLY TOOLS MX-E5x





5.2) ELLIPTICAL TOTAL BODY PARTS LIST

C22 OVAL-TAPPING PHILLIP SCREW C23 ROUND HEX SOCKET SCREW C26 ROUND HEX SOCKET SCREW C27 SNUG NUT C32 HYPOTENUSE INNER-HEX SOCKET SCREW C33 ARC WASHER C50 CONSOLE MAST WASHER E09 ROLLER SET E09 RIGHT PEDAL E10 LEFT PEDAL E22 ROUND HEX SOCKET SCREW C23 COPPER BUSHING II E26 PIVOT-TUBE CONNECTING PLATE AXLE C0PPER SLEEVE E28 RIGHT PEDAL WASHER	ATT INJERY SEI AZI AZI AZI AZI AZI AZI AZI AZI AZI AZ	*
REW	MX-E5X(EP23B-1US) SS41 NYLON+30%FIBER INCLUDED NO TURN M4X15L M8X1.25PX15L M8X1.25PX15L M5X0.8PX12L(BED) SPC 2.0T WUSN-4039 PP M10X1.5PX55L SCM21 SCM2	(F)
H05 H07 H08 H11 H12 J01 J02 J05 J08 J08 N04 N04 N06 N06 N06	E440 E450 E550 F01 F02 F03 G07 G08 G11 G114	RE E29 # # E33 E33 E33 E33 E33 E33 E33 E33 E34 E34
LINK ARM SWIVEL AXLE BUSHING SHAFT END BEARING HEX NUT CONNECTING PLATE(PAINT) SLEEVE CRANK PIN PLAIN PHILLIP SCREW FLANGE HEX NUT SPRING TRAY WASHER CONSOLE CONTROL BOARD CONSOLE CONTROL BOARD MEMBRANCE KEY(LEFT) MEMBRANCE KEY(RIGHT)	CONNECTING PLATE BACK GLOE FLAT WASHER ROLLER WASHER SELF LOCKING NUT GUIDE RAIL OVAL PHILLIP SCREW GUIDE RAIL RUBBER WASHER SWIVEL BASE SET SWIVEL BASE SET SWIVEL BASE SEEVE COVER BALL BEARING C CLIP INTERNAL ARC WASHER HIGH ELASTICITY FOAM FND CAPIRON)	LEFT PEDAL WASHER FLAT WASHER C CLIP EXTERNAL FLAT WASHER HYPOTENUSE INNER-HEX SOCKE BALL BEARING(BR6002ZZ) OVAL PHILLIP SCREW ROUND HEX SOCKET SCREW NYLON NUT FLAT WASHER PLAIN HEX SOCKET SCREW WAVE SPRING BRUSH PEDAL ARM BRASS BUSHING HEX NUT

		ō
J05 J05 J07 J08 N04 N04 N06 N06	E45 E46 E47 E49 E50 F01 F02 F03 G07 G07 G08 G11 G11 G11 H08 H07 H08	REF # E39 E32 E33 E34 E35 E36 E37 E38 E38 E38 E39 E40 E41
CRANK PIN PLAIN PHILLIP SCREW FLANGE HEX NUT SPRING TRAY WASHER CONSOLE CONTROL BOARD CONSOLE CONTROL BOARD MEMBRANCE KEY(LEFT) MEMBRANCE KEY(LEFT) MEMBRANCE KEY(LEFT)	CONNECTING PLATE BACK GLUE FLAT WASHER ROLLER WASHER SELF LOCKING NUT GUIDE RAIL OVAL PHILLIP SCREW GUIDE RAIL RUBBER WASHER SWIVEL BASE SET SWIVEL BASE SEEVE COVER BALL BEARING C CLIP INTERNAL ARC WASHER HIGH ELASTICITY FOAM END CAP(IRON) LINK ARM SWIVEL AXLE BUSHING SHAFT END BEARING HEX NUT CONNECTING PLATE(PAINT) SLIFFYF	LEFT PEDAL WASHER FLAT WASHER C CLIP EXTERNAL FLAT WASHER HYPOTENUSE INNER-HEX SOCKET SCREW BALL BEARING(BR6002ZZ) OVAL PHILLIP SCREW ROUND HEX SOCKET SCREW ROUND HEX SOCKET SCREW NYLON NUT FLAT WASHER PLAIN HEX SOCKET SCREW WAVE SPRING BRUSH PEDAL ARM BRASS BUSHING
M5X0.8PX15L M5X0.8PX15L M16X1.5P(CARBONIZATION) SWP 16.2X31.5X1.5T MX-U5 H006 S206 MX-U5 H006 S206 MX-U5 H006 S206 MX-U5 H006 S206 MX-U5 H006 S206 MATRIX U5WR5WE5x MATRIX U5WR5WE5x MATRIX U5WR5WE5x	M14X1.5PX7H FOAM 1.0T 10.2X25X1.5T R841-D13D M8X1.25P W/NYLON INSERT AL(HARD MEMBRANE PLATING) M5X0.8PX12L RUBBER MX-E5X(EP23B) AL(6063)(SILVER GRAY COLR) 6006ZZ R-55 8.4X20X1.5T(BLACK ZINC PLATING) 31D*3T*483L(BLACK ROUGH FACE) (IRON) SCM21 FE POWDER METALLURGY PHS 16(M16X2) M16x2.0Px7.0L(ZINC PLATING) MX-E5(SILVER-GRAY COLOR)	RUBBER BLACK 25.5X38X2.0T S-25 10.2X22X2.0T M8X1.25PX12L 6002ZZ(BR6002ZZ) M5X0.8PX8L M10X1.5PX60L(CHROMATE TREATMENT) M10X1.5PX60L(CHROMATE TREATMENT) 15.2X20X3.0T M5X0.8PX12L(BED) 25.5X34X2T NYLON+BISULPHIDE MO. PP(EP23-E42D) POWDER METALLURGY



5.2) ELLIPTICAL TOTAL BODY PARTS LIST

	Z17 SLEEVE WRENCH PLLIP SCREW	Z16 L-SHAPED HEX WRENCH			Z12 HYPOTENIISE INNER-HEX SOCKET SCREW		ZOO ROUND HEX SOCKET SCREW			ZOS WAVE SPRING							T11 HEY NIIT					S50 NUT RIM HEX HEAD		913 ROLIND HEY SOCKET SOREW			SO1 FOR CONTROL GENERATOR(IMO7-AM2A)					ROA 225/ BOLV-V BIILLEV				REF # DESCRIPTION Q50 OVAL-TAPPING PHILLIP SCREW
6.4X11X1.6T 6.4X11X1.6T M8X1.25PX15L 700 (H6657R1-2+110XF)	#17 4 5*50	M & C	M 5	M6X1.0PX15L	M4X15L M8X1 25PX12I	SS41(EP23-H04C)	M10X1.5P(BED) W/NYLON INSERT	M8X1.25PX20L	M8X1.25PX10L	20.5X29X1.5T NYLON+BISULPHIDE MO.	M5X0.8PX12L	m5X15L	M10X1.5PX75L	MX-E5X(EP23B-1US)	WHITE BASE W/BLACK WORD	MATRIX(U5/R5/F5 USF THE SAME)	MIOXI.57 W/NYCON INSERI	1/4"X15X1T	1.5T SPC(CB32-S05B)	1/4"-20UNCX70L EYE HOLE10	1/4"-20UNC(BED)	3/8"-26UNF	5.3X10X1.0T	M5X0.8PX12L	3/8"-26UNCX4H	U5 R5 E5 H002(CB32-AS08CC)	VIOUNT OF MX/600 SERIES(IMO7-AM2A)	M30Y1 EDVOT	6X6X20L	430-J12(CARLISLE)	480-J8(CARLISLE)	MX-E3X(E723B)	MX-E5X(EP23B)	WUSN-4039	M4X10L	SPECIFICATION M4X12L