





CONSOLE GUIDE

Before proceeding, find the serial numbers located on barcode stickers and enter them in the spaces provided below. Use the information below when calling for service.

CONSOLE

TREADMILL	<input type="checkbox"/> MAX (32") <input type="checkbox"/> XL (22")
ASCENT TRAINER	XL (22")
RECUMBENT CYCLE	XL (22")
UPRIGHT CYCLE	XL (22")
CLIMBMILL	XL (22")

CONSOLE SERIAL NUMBER (Located on back of the console)

BRIDGE SERIAL NUMBER (Located on bottom of bridge)



FRAME SERIAL NUMBER (Located on front lower frame)



CONSOLE DESCRIPTION

The Matrix machine is inspected before it is packaged. Carefully unpack the unit and dispose of the box material. Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

The console has a fully integrated touch screen display. All information required for workouts is explained on-screen. Exploration of the interface is highly encouraged. The information explaining how to program for various workouts will give an explanation about the contents of each screen on the console.

- A)  **GO:** One touch start.
- B) **PAUSE:** Displayed on-screen during workout. Pauses workout. Pause duration can be set in manager or engineering mode. Press stop to end workout and show workout summary data.
- C) **READING RACK:** Holds reading material or electronic device. Location varies based on frame.
- D) **WIRELESS CHARGING:** Wirelessly charges Qi enabled devices. Place phone/device securely.
NOTE: Anything between the back of the phone/device and the charger () may reduce performance and/or cause damage. Metal and magnetic objects (E.g. cases, identity and credit cards, and key fobs) should be removed prior to charging.
- E) **USB 2.0 PORT:** Device charging (output rating 5V/2A), device media, and software updates.
- F) **HEADPHONE JACK:** Outputs audio from console to connected 3.5mm headphones.
- G) **ENERGY SAVER LIGHT:** Indicates if machine is in energy saver mode. Headphone jack illuminates to indicate the machine is on or in Energy Saver mode.
- H) **RFID SENSOR:** Wireless login access location.
* Supported standards with carrier frequency of 13.56 MHz include; ISO 14443 A, ISO 15693, ISO 14443 B, Sony Felica.
- I) **INTERACTIVE TOUCH CONTROLS:** (2) Intuitive and immersive machine controls that provide haptic feedback.

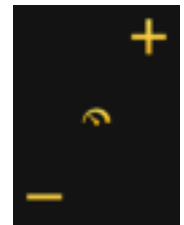
MAX - 32" (TREADMILL ONLY)



XL - 22" (ALL OTHER MODELS)




INTERACTIVE TOUCH CONTROLS ALL MODELS (TREADMILL SHOWN)







CONSOLE OPERATION


LOGIN SCREEN

- Touch the **LOGIN** button to sign-in with your XID.
- Touch the **GUEST** button to workout anonymously.
- Touch the **REGISTER** button to create a new XID.
- To change language, touch .

USER SIGN-IN

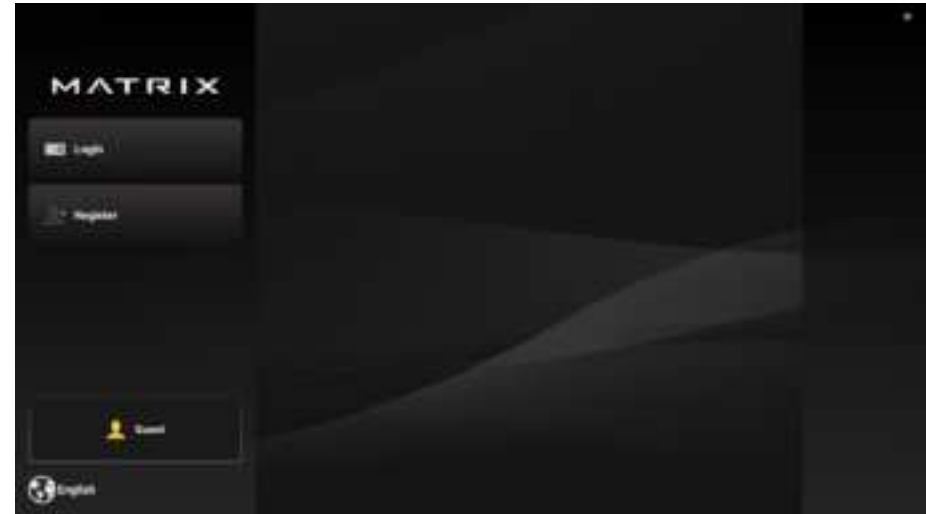
- 1) Enter your **XID** and **PASSCODE** and touch .
- 2) To log in using RFID, touch the RFID tag to the symbol  located on the top right of the console.*

REGISTER A NEW USER


- 1) Don't have an xID account? Registration is easy.
- 2) Follow the on-screen prompts to create your free account.
- 3) Review your information and select the **I ACCEPT THE TERMS AND CONDITIONS** box to review the Terms and Conditions.
- 4) Touch  to complete registration. Your account is now active and you are signed-in.

Note: Workouts and features vary based on model type, console configurations and software versions.

LOGIN SCREEN



GO SCREEN

- Touch  to begin working out immediately. Or...
- Select a specific workout of your choice

PROGRAM SETUP

- 1) After selecting a **WORKOUT**, adjust the program settings appropriately and/or begin your exercise using the default program settings.
- 2) Adjust your program settings.
- 3) Press **START WORKOUT** to begin your workout.

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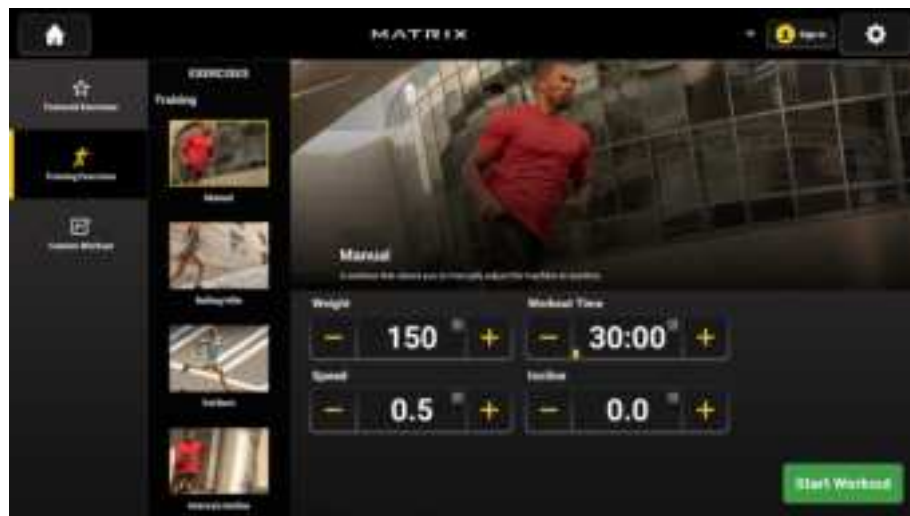


CONSOLE OPERATION

GO SCREEN



PROGRAM SETUP



Note: Workouts and features vary based on model type, console configurations and software versions.

HOME SCREEN



HOME SCREEN

- Change **WORKOUT STATISTICS** displayed at the bottom of the screen
- Return to the home screen whenever you're using an app
- Adjust **VOLUME** and pair a **BLUETOOTH** device and/or **ANT+** device
- Increase or decrease the intensity level, speed or incline
- Use the keypad to set intensity level, speed or incline. Press to confirm change
- Change intensity level, speed or incline back to previous setting
- Pause your workout. Touch to resume. After resuming, speed, incline and intensity levels will be reset. While paused, touch to end workout
- Increase or decrease the duration of your workout
- Lock the screen in order to prevent accidental screen touches from being implemented. Touch it again to unlock the screen and allow screen touches



APPS AND ENTERTAINMENT

Workouts and app availability vary by model and software configuration. Third party app availability is subject to change at any time. For the most up-to-date information, please visit matrixfitness.com



SIMPLE

Workout stats are displayed in 3 customizable windows.



TRACK

Displays a 400 M (¼ MILE) track. Split feature allows you to keep track of your fastest laps and improve your time.



VIRTUAL ACTIVE

Your workout info is displayed and Virtual Active courses are shown. With Virtual Active, escape the confines of an ordinary workout as you or walk or run through exotic destinations.



SPRINT 8

Track your progress while working out to a Sprint 8 program.



LANDMARKS

Track your progress while working out to a Landmarks program.



TARGET HEART RATE

Track your progress while working out to a Target Heart Rate program.



FITNESS TEST

Track your progress while working out to a Fitness Test program.



CHANGE WORKOUT

Select a different workout without stopping your current workout.



CHANGE WEIGHT

Change your weight during a workout for a more personalized and accurate calorie count.



TV

Watch live TV.



REMOTE TV

Wireless audio for overhead TV's.



MY MEDIA

Connect and control audio and video files on-screen via USB port or Bluetooth.



FACILITY CALENDAR

View Facility event schedule and other info.



WORKOUT HISTORY

View your workout history to track performance over time.



WEB BROWSER

Access the world wide web while you work out.



WEATHER

Get local weather info.



NETFLIX

Browse and watch Netflix videos while you work out. Netflix account required to access content.



YOUTUBE

Browse and watch YouTube videos while you work out.



SPOTIFY

Browse and listen to your favorite music while you work out.



FACEBOOK

Browse your Facebook page while you work out.



X

Access your X feed while you work out.



INSTAGRAM

Browse your Instagram feed while you work out.



PRESS READER

Browse all-you-can-read digital newsstand while you work out.



FLIPBOARD

Browse all-you-can-read digital newsstand while you work out.



KINDLE READER

Access and read your ebooks while you work out.



SOLITAIRE SUITE

Play online solitaire games while you work out.



ADDITIONAL NOTES

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

FCC RF Radiation Exposure Statement:

1. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
2. This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 centimeters between the radiator and your body.

DOLBY TECHNOLOGY

Dolby, Dolby Audio, and the double-D symbol are trademarks of Dolby Laboratories Licensing Corporation.

NCC WARNING:

Technical Specification for Low Power Radio Frequency Equipment 3.8.2 Warnings

For low-power radio frequency equipment that has been certified, companies, firms, or users are not allowed to change the frequency, increase the power, or change the characteristics and functions of the original design without approval.

The use of low-power radio frequency equipment must not affect flight safety and interfere with legal communications; if interference is found, it should be stopped immediately and improved to no interference before continuing to use.

The aforementioned legal communications refer to radio communications operated in accordance with the provisions of the Telecommunications Administration Law. Low-power radio frequency equipment must endure the interference of legal communications or industrial, scientific and medical radio wave radiation electrical equipment.

Avoid affecting the operation of nearby radar systems.
Gaoyi directional antennas can only be used in fixed point-to-point systems.

MATRIX



ONYX

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