

MATRIX
Strong • Smart • Beautiful



OWNERS MANUAL

Versa Single-Station Strength
VS-S40 Bicep Curl

Safety, General Care & Maintenance	3
Getting Started (Product Specifications).....	5
Assembly Information	6
Markings	7
Parts List	8
Installation & Assembly: Value Line	
Part 1 Weight Stack & User Frame Assembly	10
Part 2 Arm Assembly.....	13
Part 3 Cable Assembly.....	14
Part 4 Handlebar Assembly	15
Part 5 Counter Weight Assembly	16
Part 6 Pad Assembly.....	17
Part 7 Plastics Assembly	19
Installation & Assembly: Optional Kits	
Part 8 Premium Kit Assembly	22
Part 9 Short User Kit	30

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: 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	45"L X 50"W X 66"H
Weight	Light Stack = 475 lbs (216 kg), Heavy Stack = 525 lbs (239 kg)
Shipping weight	325 lbs (148 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

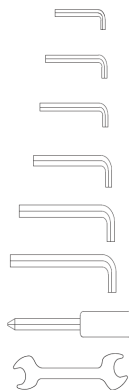
Thank you for purchasing a Matrix product. This machine is an EN957-1 and EN957-2 compliant Class S product. Your Matrix product is inspected before it is packaged. It is shipped in multiple pieces to facilitate the compact packaging of the machine. Prior to assembly, confirm all the components by matching 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

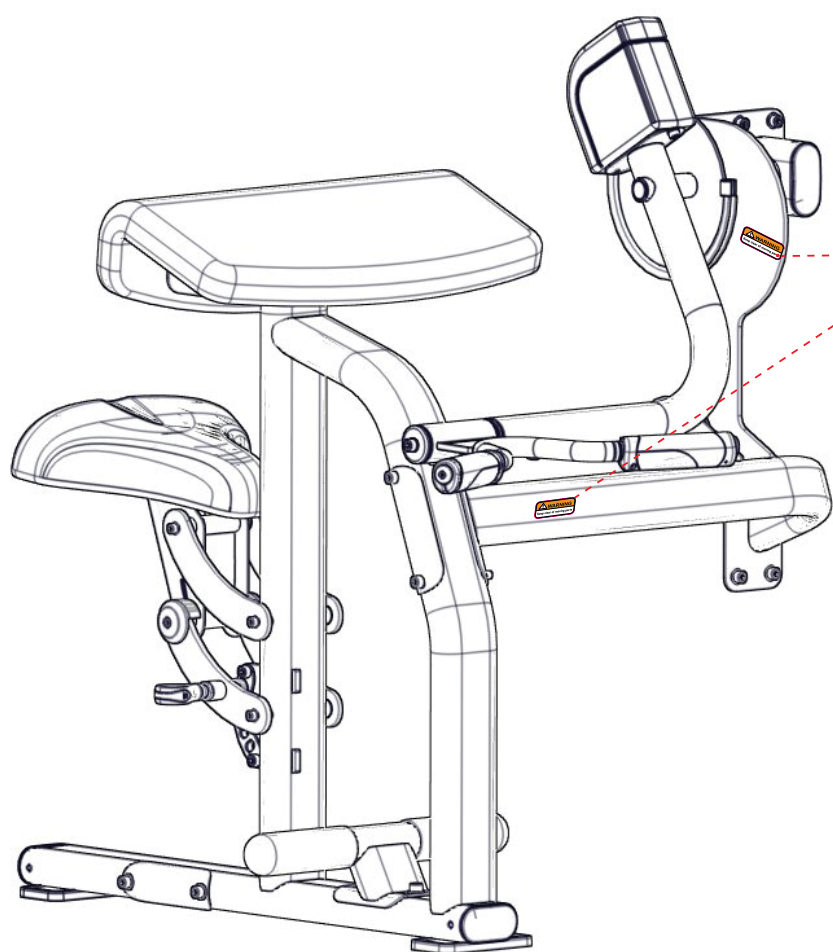
The weight of the product is 325 lbs. (148 kg) not including the weight stack. The standard weight stack for this machine is 150 lbs. (68 kg) & the heavy stack is 200 lbs. (91kg). To avoid injury to yourself and prevent damage to the frame components, be sure to have proper assistance removing the frame 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

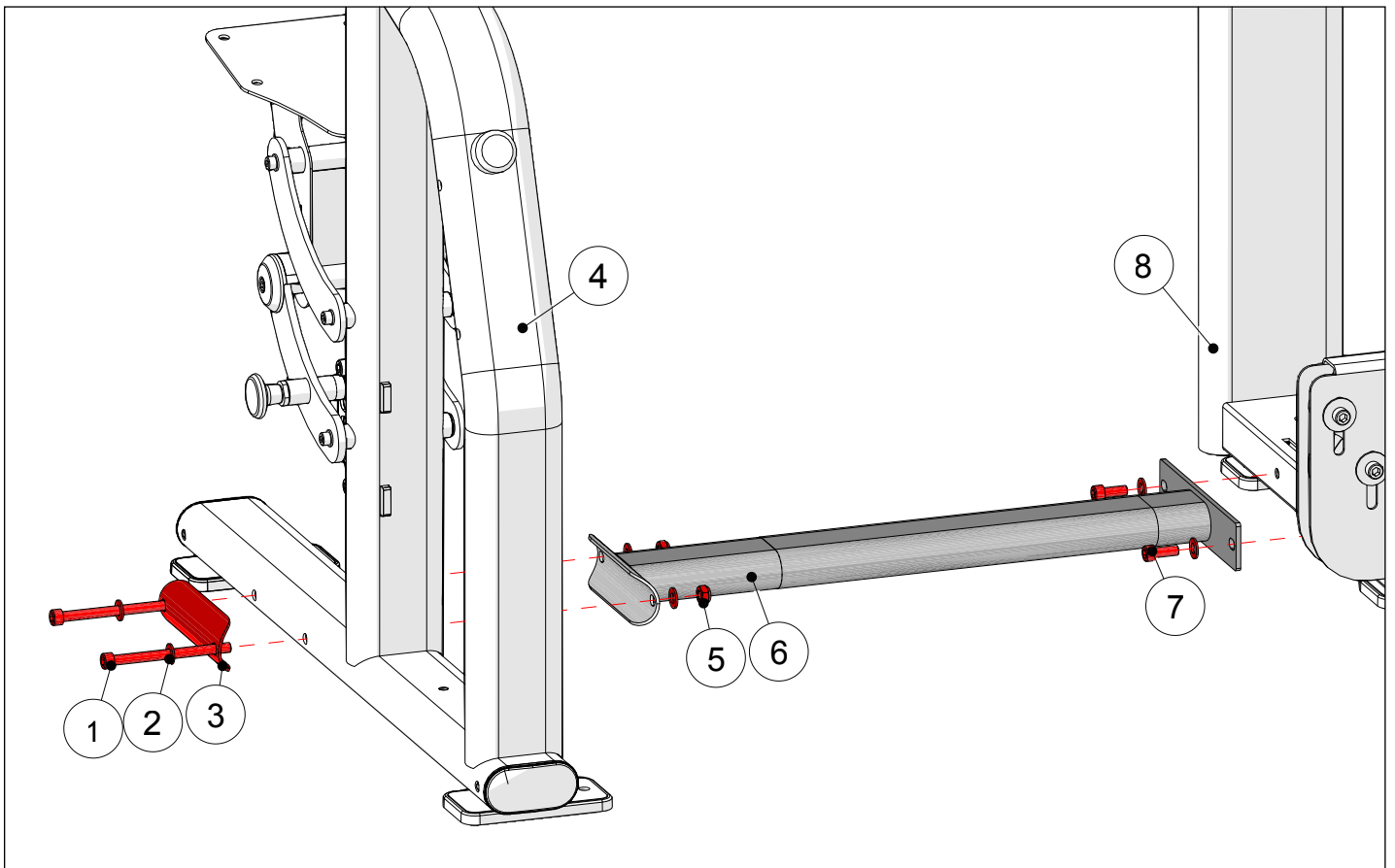


ID	DESCRIPTION	QTY
1	M10 X 125L Socket Head Cap Screw	4
2	M10 Flat Washer	22
3	Wide Cupped Flange	2
4	User Frame	1
5	M10 Nylock Nut	4
6	Lower Connecting Tube	1
7	M10 X 20L Socket Head Cap Screw	15
8	Weight Stack	1
9	Upper Connecting Tube	1
10	Rear Stack Support	1
11	M10 Flat Washer (Small Outside Diameter)	4
12	M8 X 20L Socket Head Cap Screw	4
13	M8 Flat Washer	2
14	CAM/Arm Assembly	1
15	Wave (Spring) Washer	1
16	M10 Large Flat Washer (Ø42 mm)	1
17	Back Pivot Cap	1
18	M10 X 25L Socket Head Cap Screw	5
19	Counter Weight	1
20	Bottom Pad	1
21	M10 X 20L Hex Bolt	4
22	Arm Curl Pad	1
23	Front Shroud	1
24	Rear Shroud	1
25	M8 X 25L Socket Head Cap Screw	4
26	Large M8 Flat Washer (Ø20 mm)	6
27	Top Cap	1
28	Top Cap Cover	2

ID	DESCRIPTION	QTY
OPTIONAL PREMIUM KIT COMPONENTS		
1P	Wing	1
2P	Rep Counter	1
3P	Towel Hook	1
4P	ASG Pull Grip	2
5P	Premium Pullpin	1
OPTIONAL SHORT USER KIT		
1SK	Foot Rest	1
2SK	M10 X 25L Socket Head Cap Screw	2
3SK	M10 Flat Washer	2

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

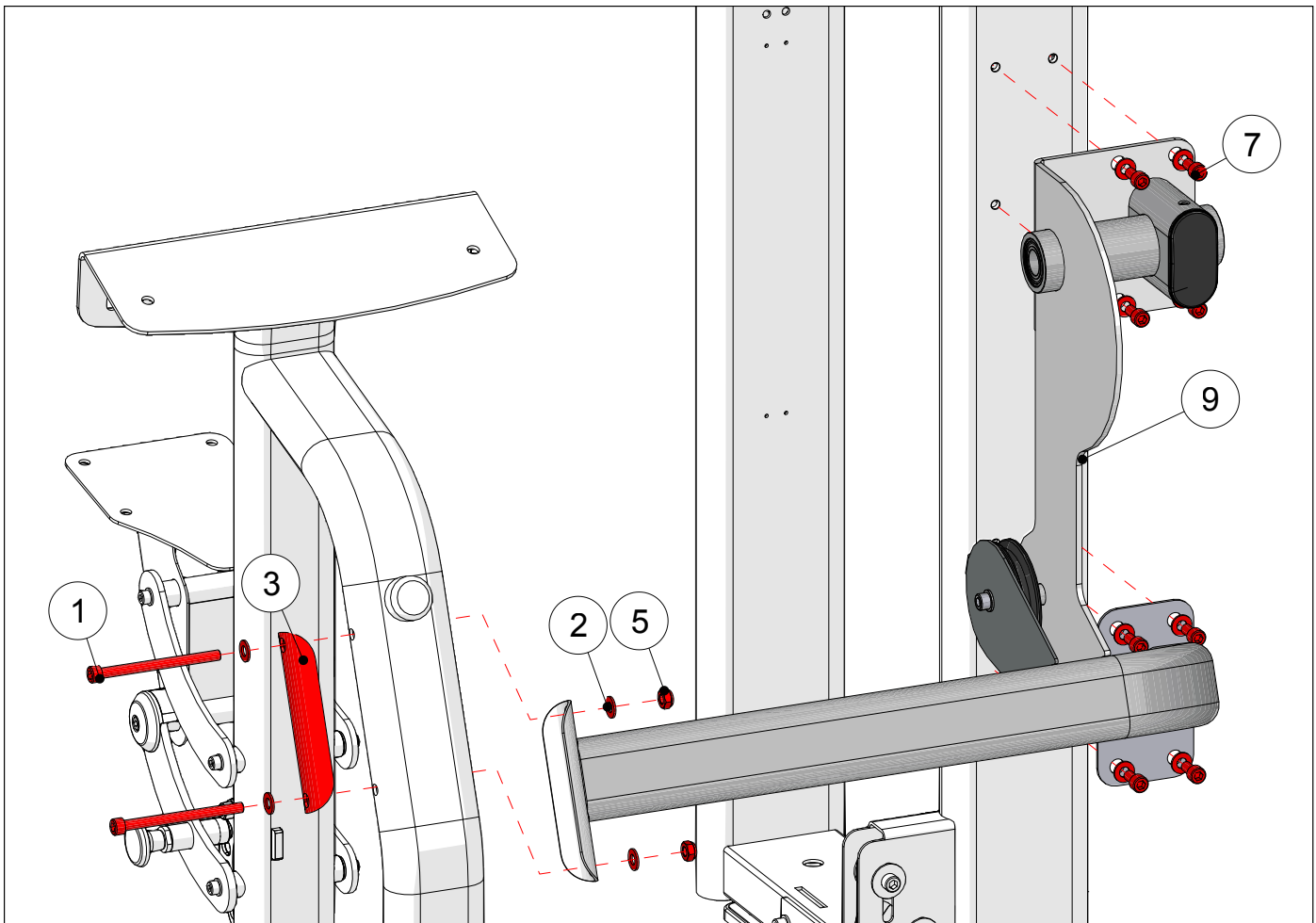
ID	DESCRIPTION	QUANTITY
1	M10 X 125L SHC	2
2	M10 Flat Washer	6
3	Wide Cupped Flange	1
4	User Frame	1
5	M10 Nylock Nut	2
6	Lower Connecting Tube	1
7	M10 X 20L SHC	2
8	Weight Stack	1



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

STEP 2 | WEIGHT STACK TO USER FRAME ASSEMBLY INSTRUCTIONS & NOTES

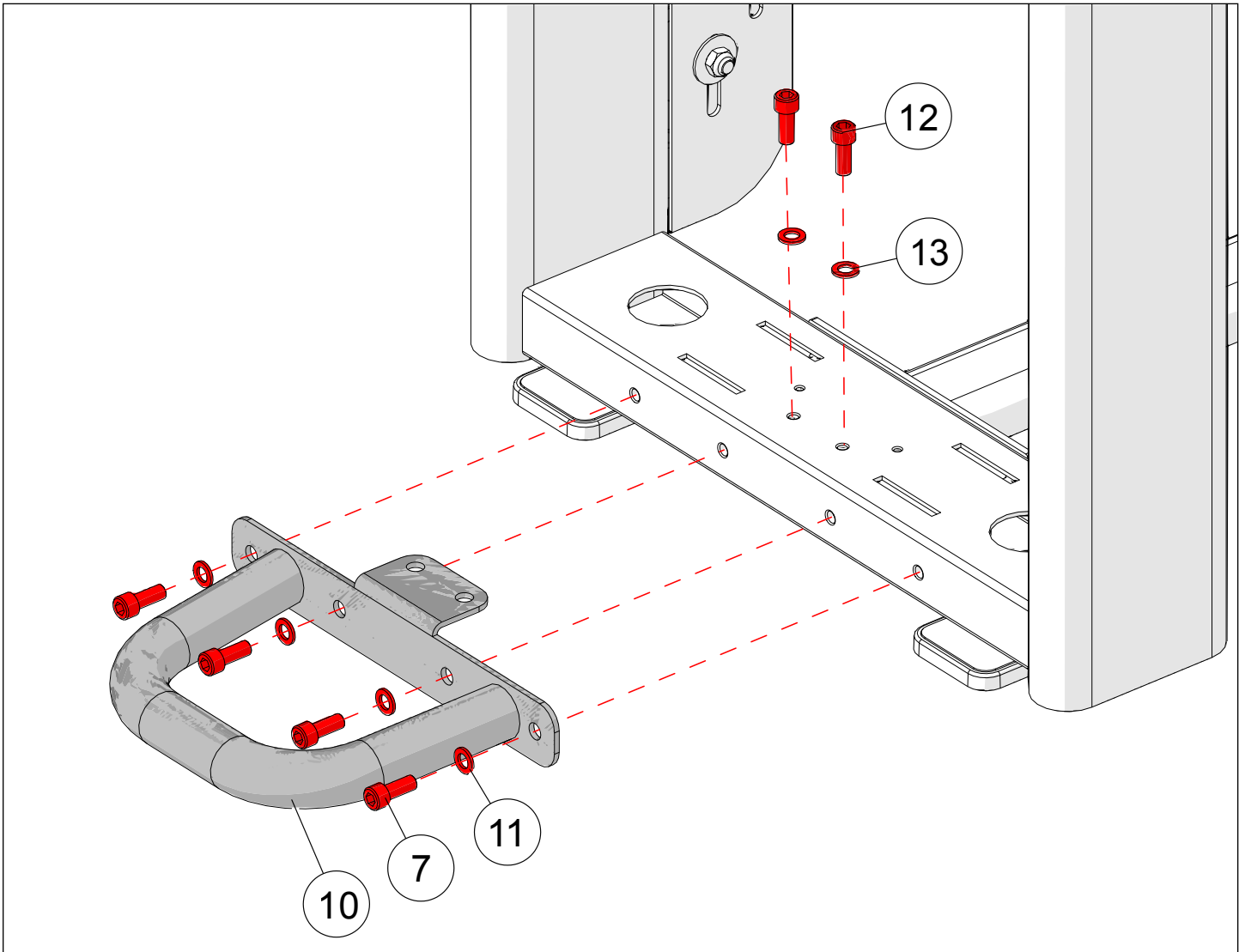
ID	DESCRIPTION	QUANTITY
1	M10 X 125L SHC	2
2	M10 Flat Washer	12
3	Wide Cupped Flange	1
5	M10 Nylock Nut	2
7	M10 X 20L SHC	8
9	Upper Connecting Tube	1



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

STEP 3 | WEIGHT STACK TO USER FRAME ASSEMBLY INSTRUCTIONS & NOTES

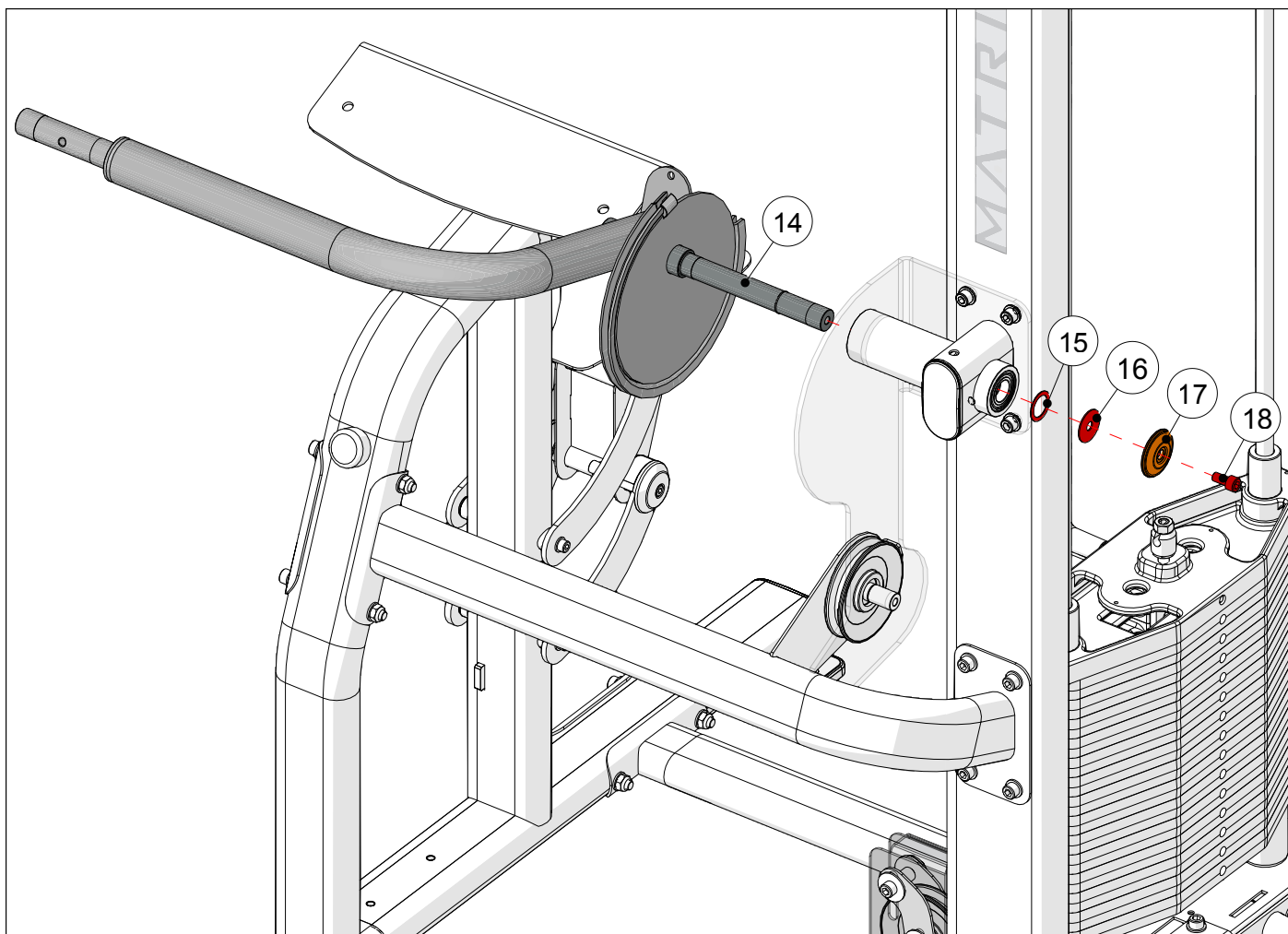
ID	DESCRIPTION	QUANTITY
7	M10 X 20L SHC	4
10	Rear Stack Support	1
11	M10 Flat Washer (Small Dia.)	4
12	M8 X 20L SHC	2
13	M8 Flat Washer	2



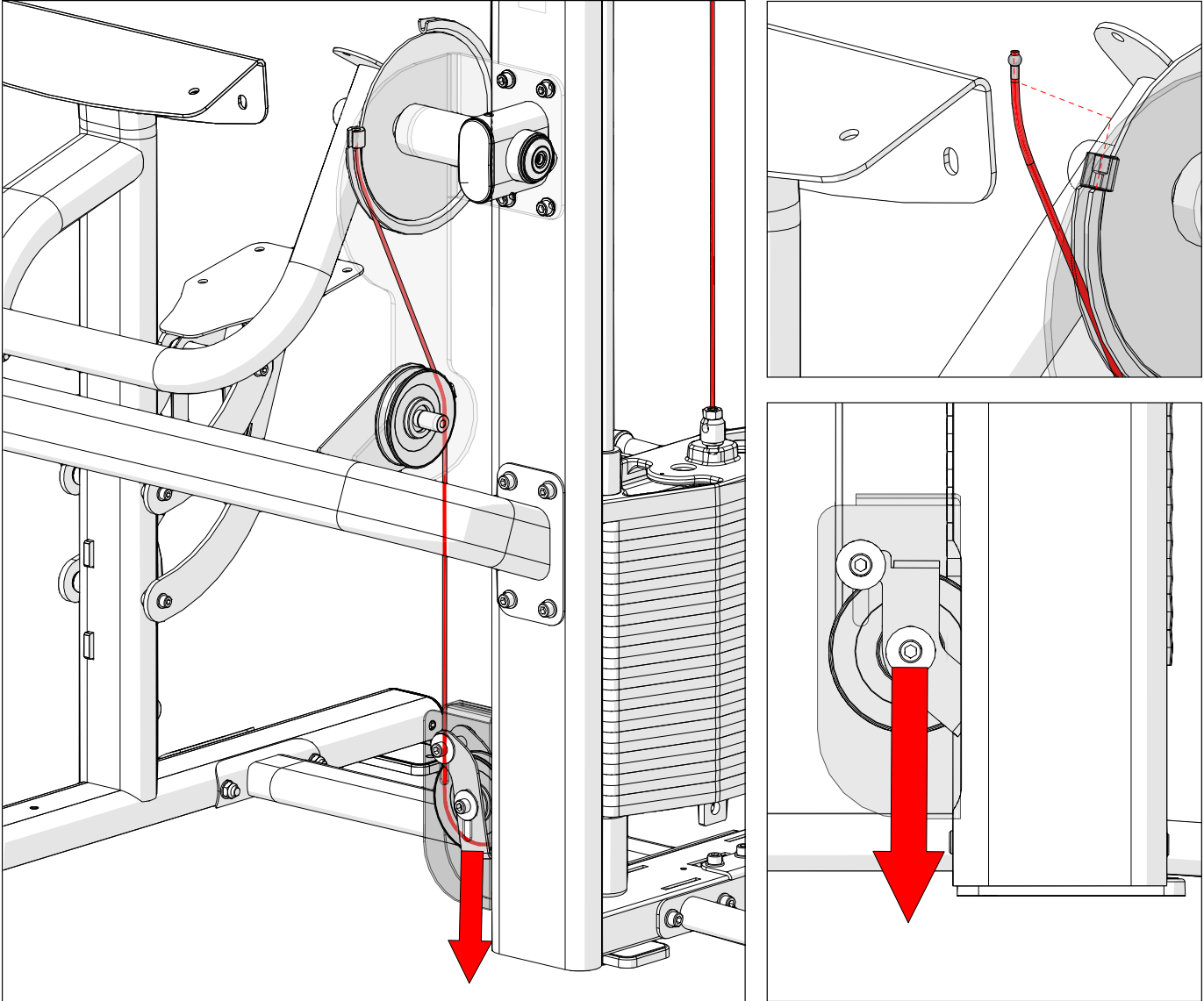
Install the user frame hardware as shown.
 Torque all M10 Frame Hardware on pages 9 through 11 to: 77 N-m/57 ft/lbs.
 Torque M8 hardware to: 39 N-m/29 ft-lbs.

STEP 1 | WEIGHT STACK CABLE ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANTITY
14	CAM/Arm Assembly	1
15	Wave (Spring) Washer	1
16	M10 Flat Washer (Ø42mm OD)	1
17	Black Pivot Cap	1
18	M10 X 25L SHC	1



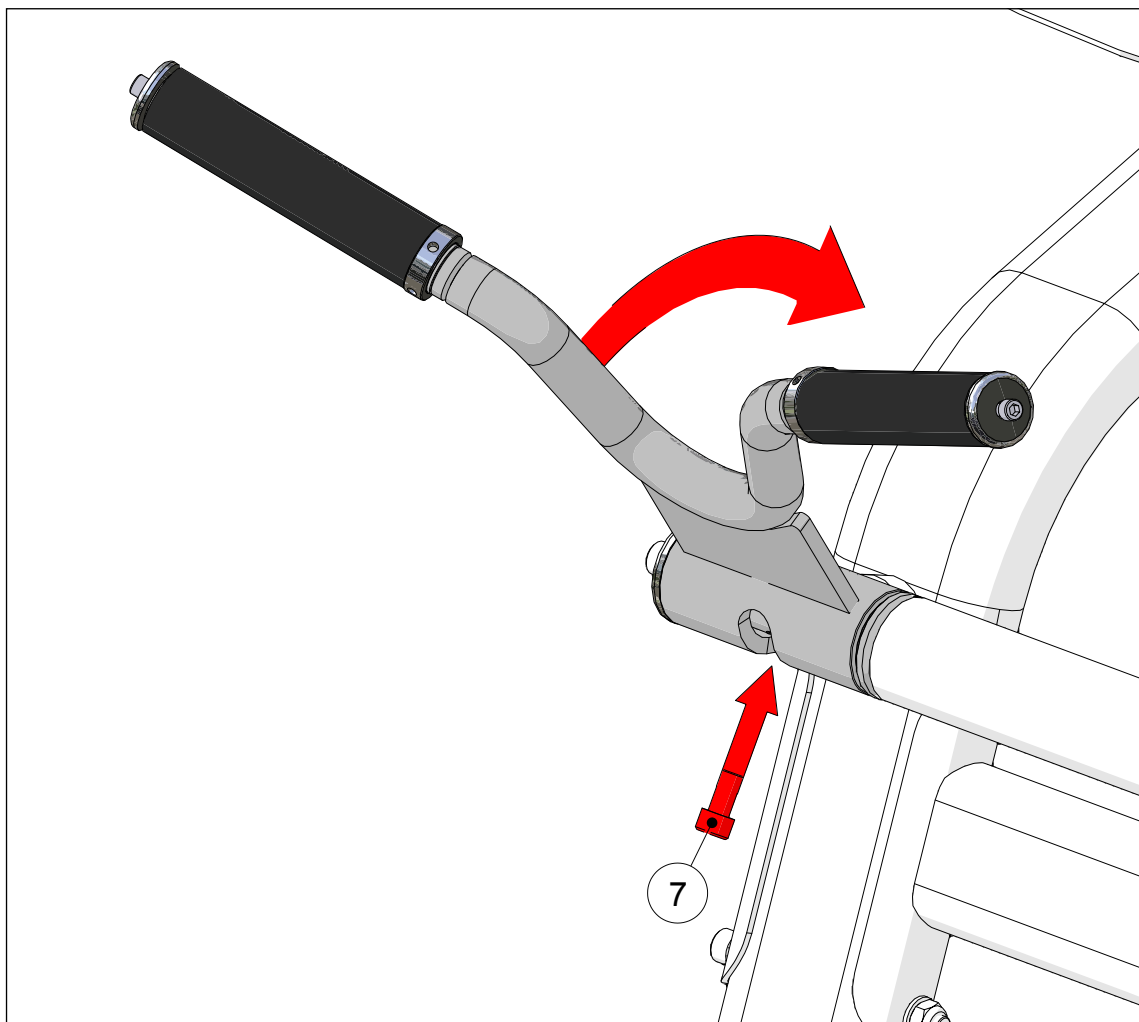
Torque hardware to: 77 N-m/57 ft-lbs.

STEP 1 | EXERCISE ARM ASSEMBLY INSTRUCTIONS & NOTES

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

STEP 1 | HANDLEBAR ASSEMBLY INSTRUCTIONS & NOTES

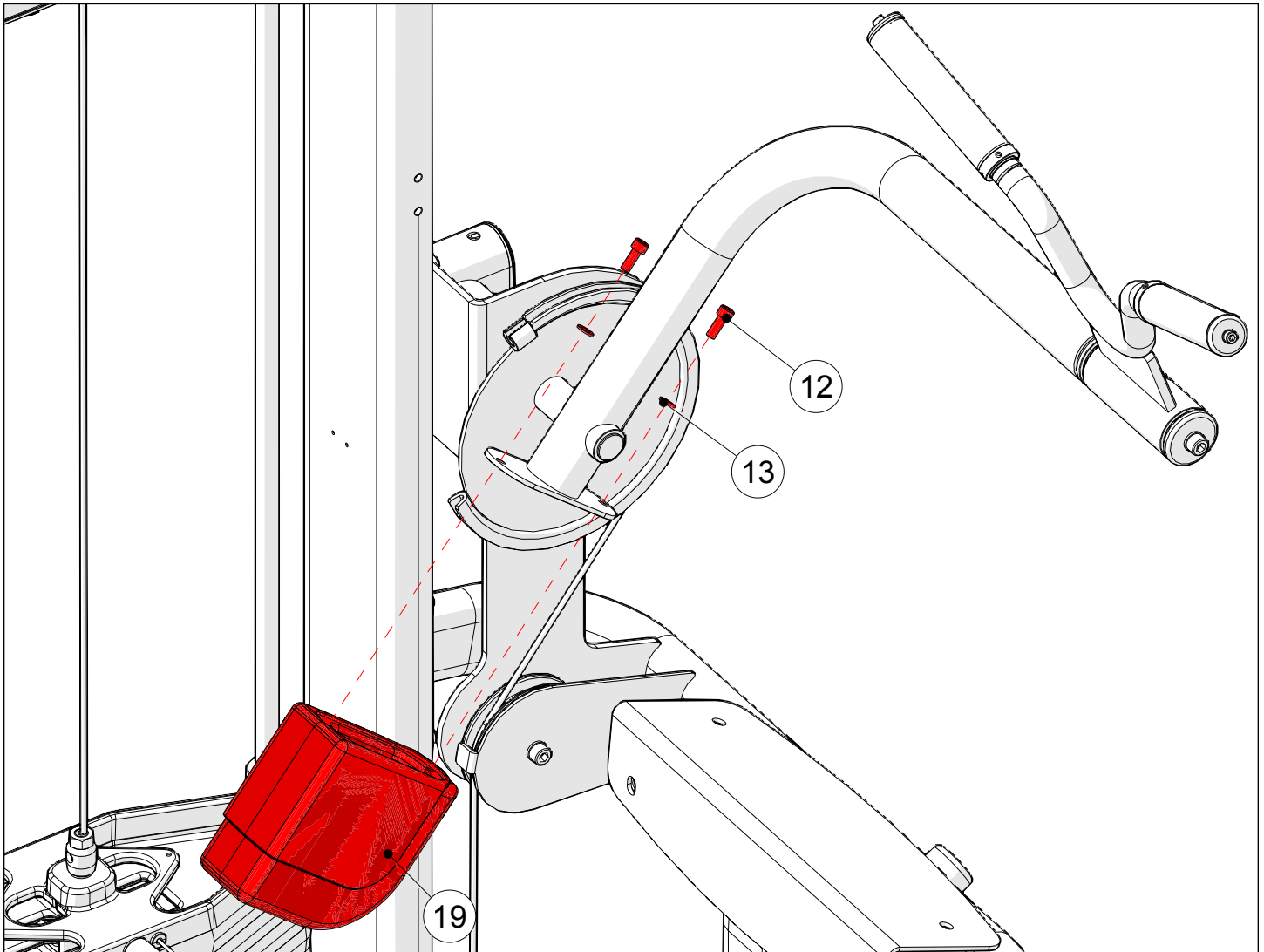
ID	DESCRIPTION	QUANTITY
7	M10 X 20L SHC	1



Tighten to: 77 N-m/57 ft-lbs.

STEP 1 | COUNTER WEIGHT ASSEMBLY INSTRUCTIONS & NOTES

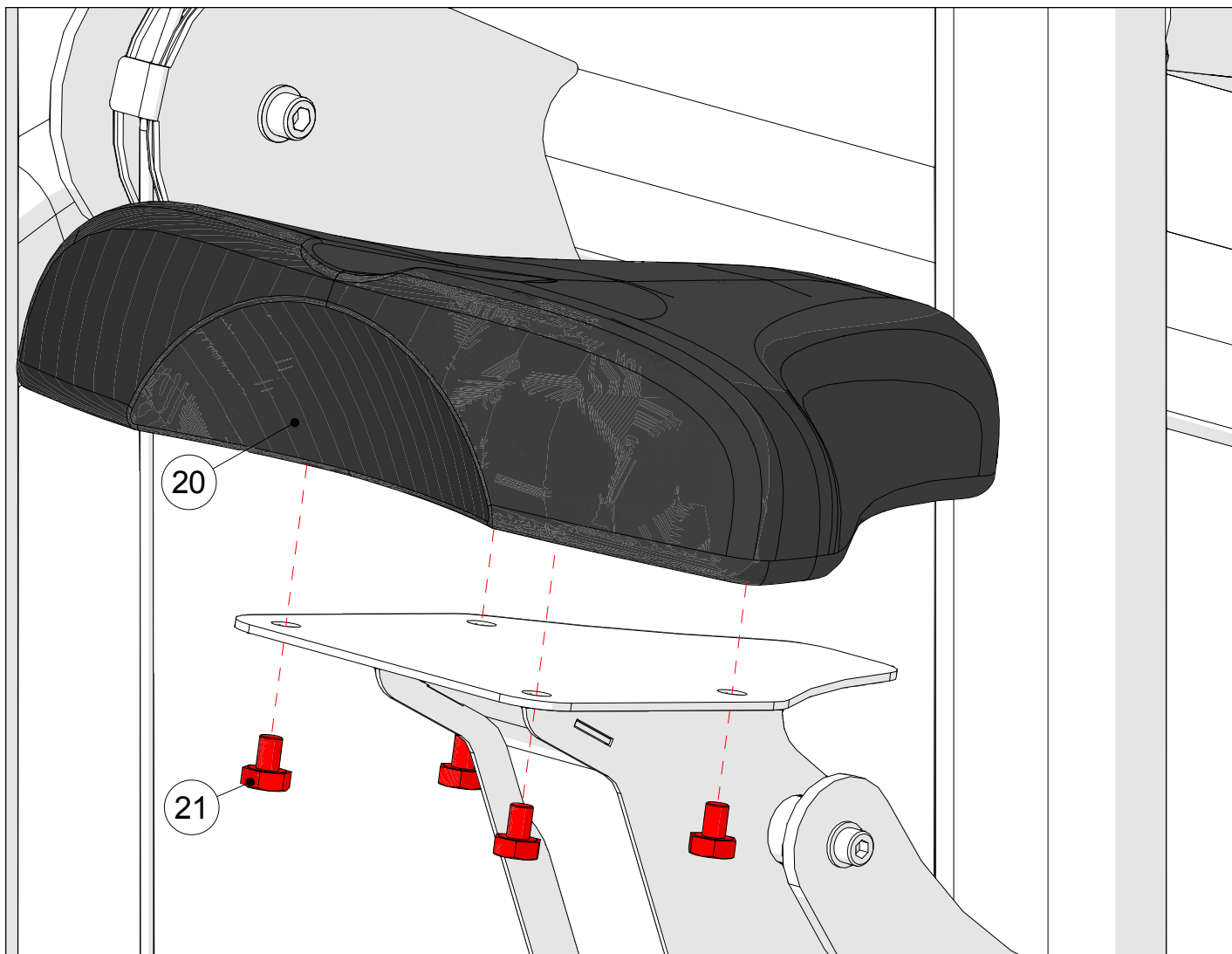
ID	DESCRIPTION	QUANTITY
12	M8 X 20L SHC	2
13	M8 Flat Washer	2
19	Counter Weight	1



Tighten to: 39 N-m/29 ft-lbs.

STEP 1 | PAD ASSEMBLY INSTRUCTIONS & NOTES

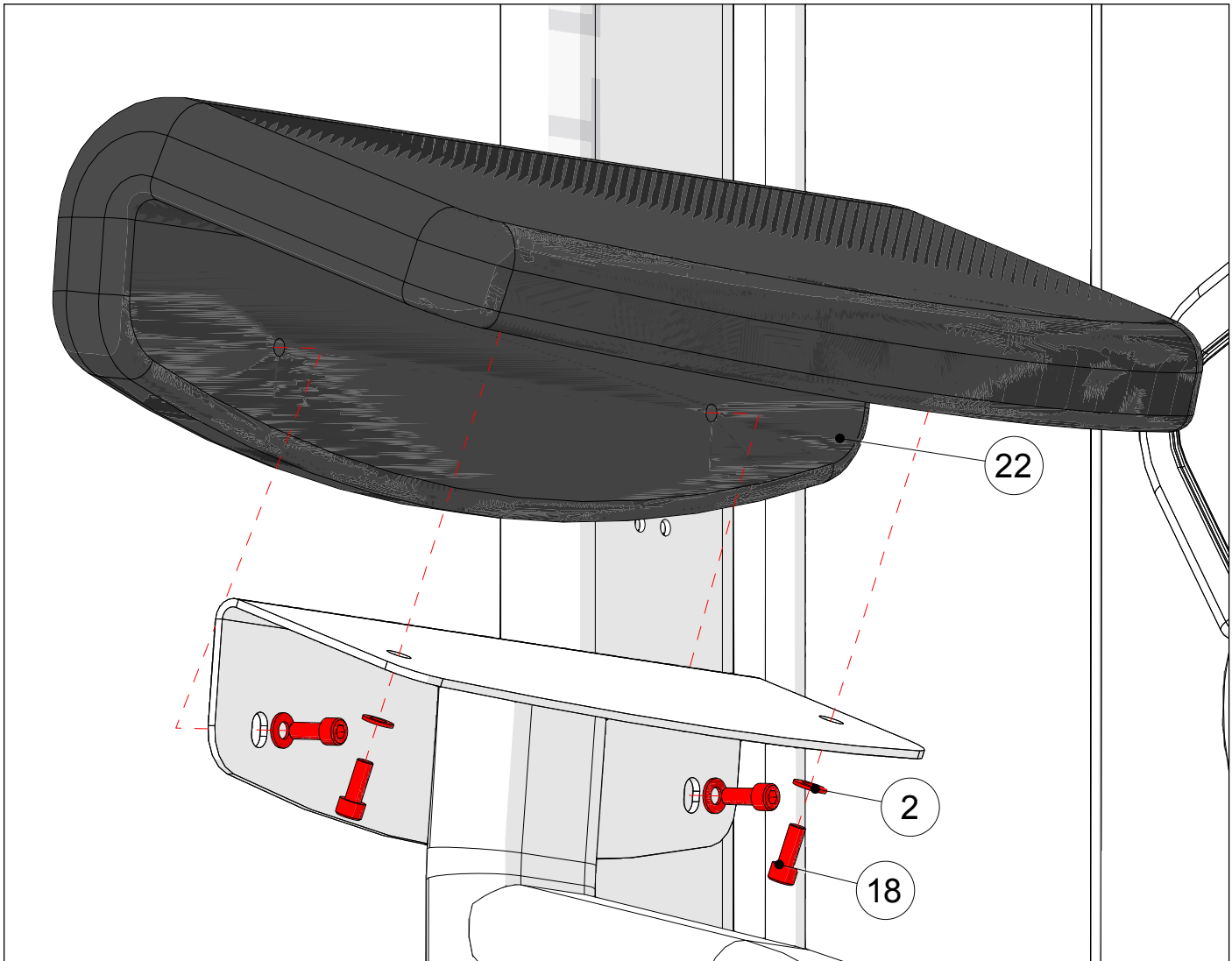
ID	DESCRIPTION	QUANTITY
20	Bottom Pad	1
21	M10 X 20L Hex Bolt	4



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

STEP 2 | ARM CURL PAD ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANTITY
2	M10 Flat Washer	4
18	M10 X 25L SHC	4
22	Arm Curl Pad	1

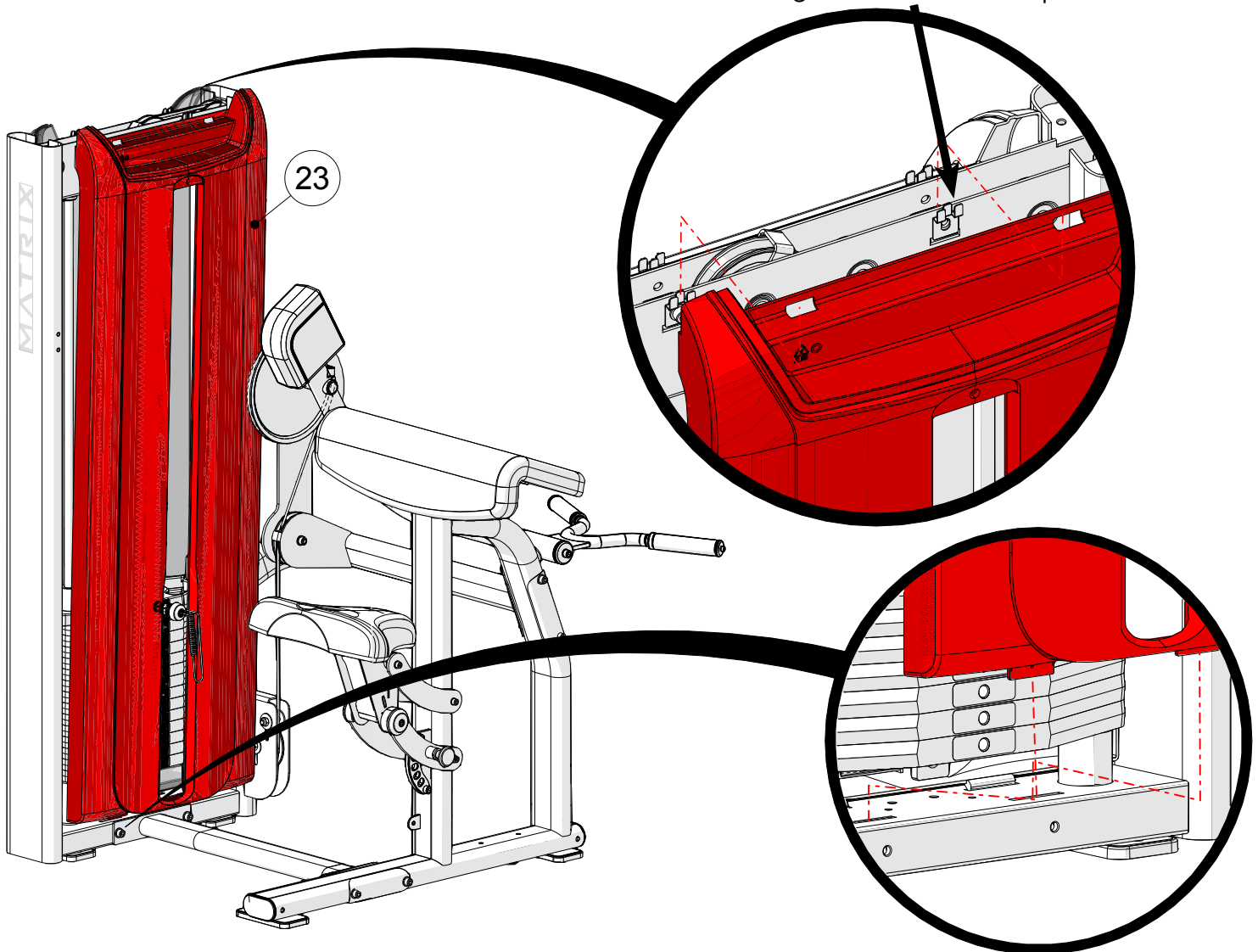


Install the pad as shown.
Tighten to 27 N-m/20 ft-lbs.

STEP 1 | SHROUD ASSEMBLY ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANTITY
23	Front Shroud	1
24	Rear Shroud (Not shown)	1

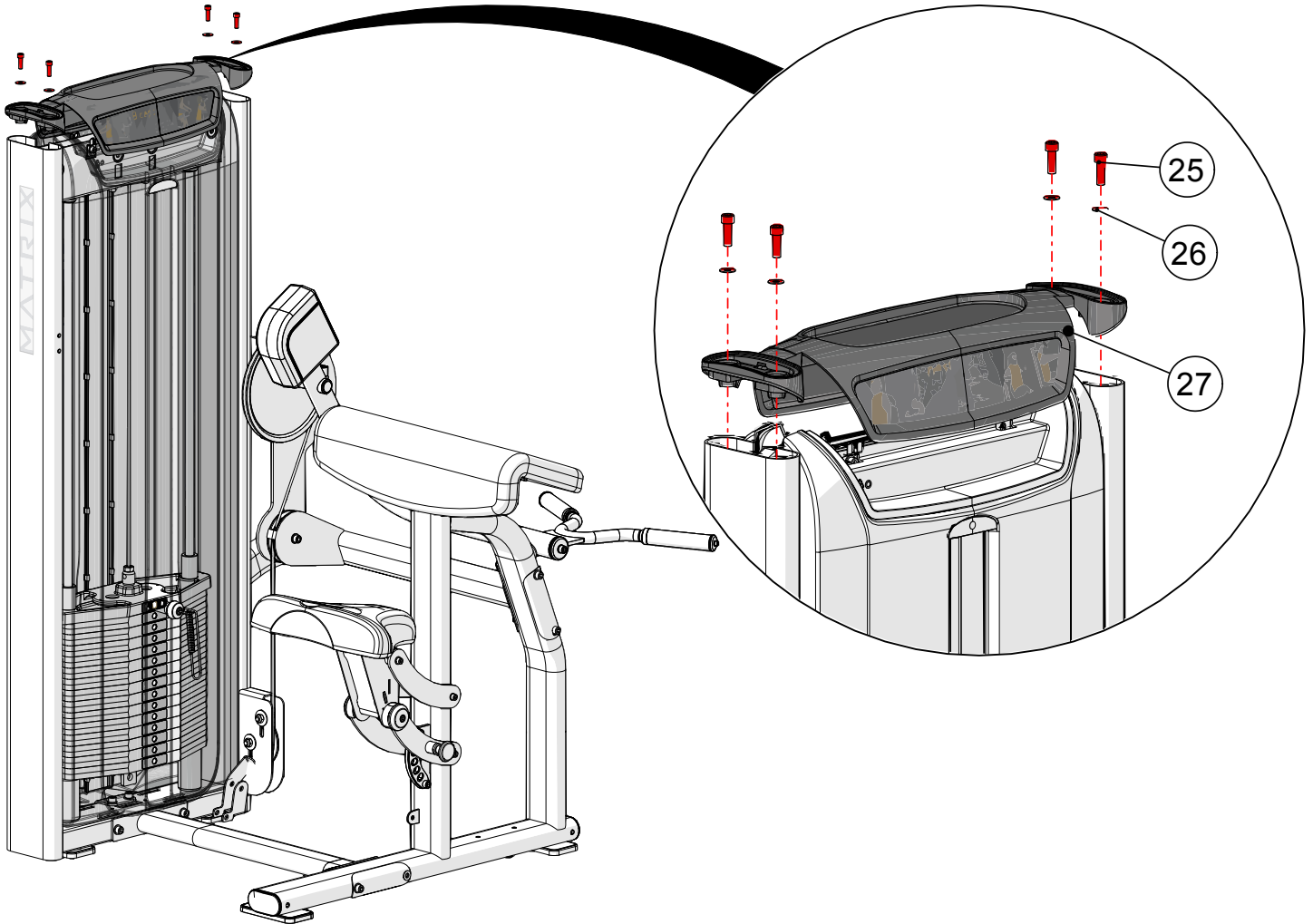
Position hangers in their lowest position



Install the weight stack shrouds as shown.

STEP 2 | TOP CAP ASSEMBLY INSTRUCTIONS & NOTES

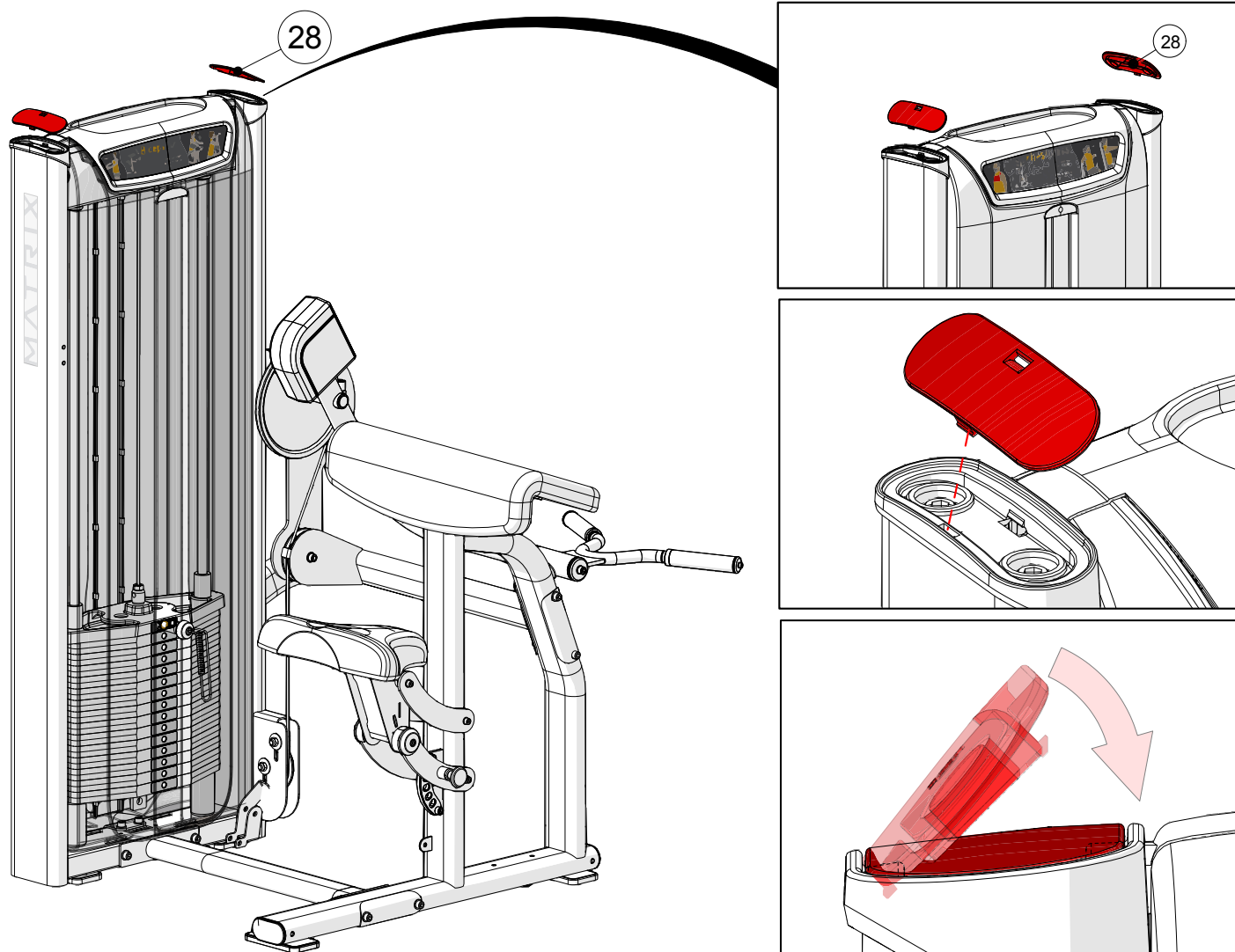
ID	DESCRIPTION	QUANTITY
25	M8 X 25L SHC	4
26	M8 Flat Washer (20 mm diameter)	4
27	Top Cap	1



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

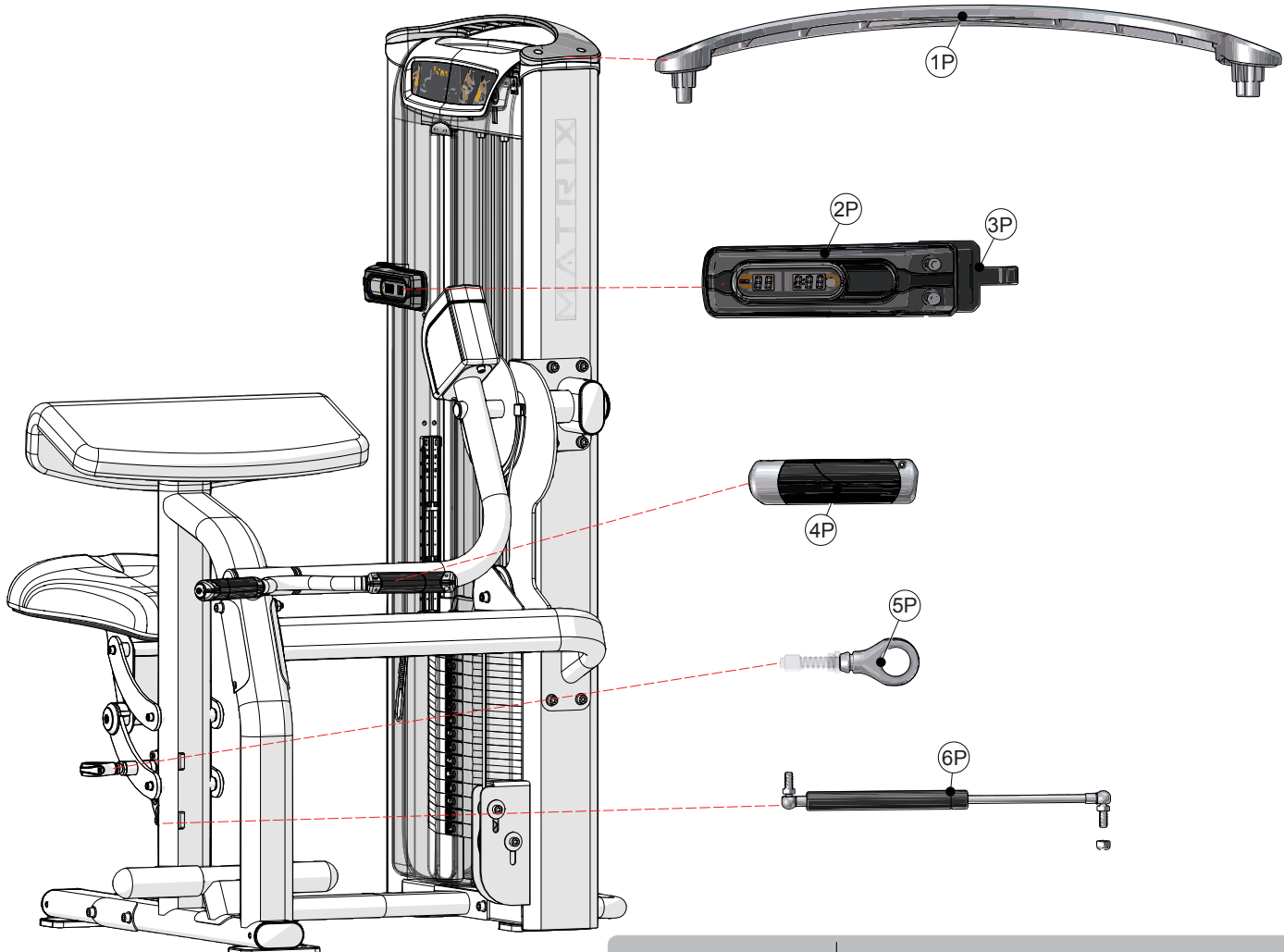
ID	DESCRIPTION	QUANTITY
28	Top Cap Cover	2



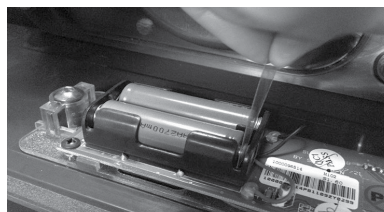
Install the top cap covers.

PREMIUM KIT ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANTITY
1P	Wing	1
2P	Rep Counter	1
3P	Towel Hook	1
4P	ASG Pull Grip	2
5P	Premium Pullpin	1
6P	Seat Assist Gas Shock	1



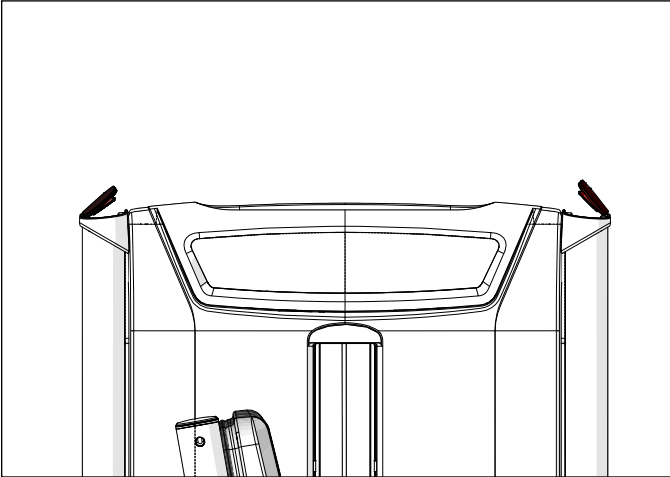
MATRIX® | IMPORTANT NOTICE



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

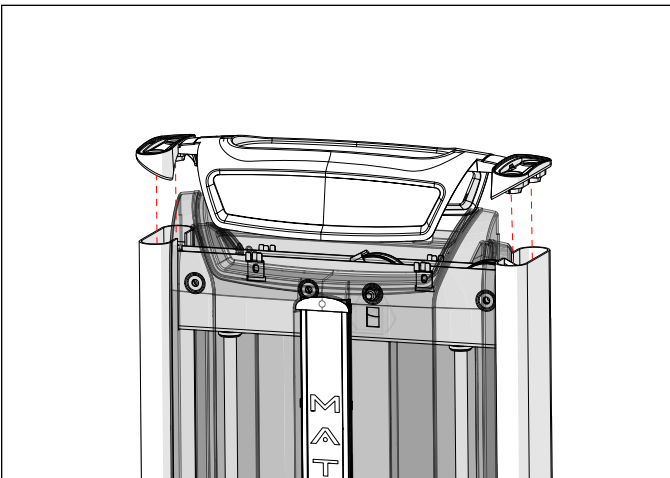
STEP 1 | PREMIUM KIT ASSEMBLY INSTRUCTIONS & NOTES

Rep Counter - Magnet

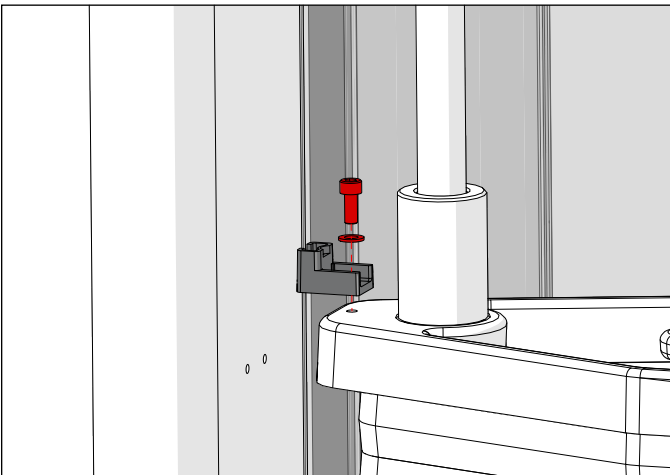


1. Remove the (2) top cap covers using a flat blade screw driver.
2. Remove the (4) M8 bolts and 20 mm diameter washers that hold the top cap to the weight stack frame.

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

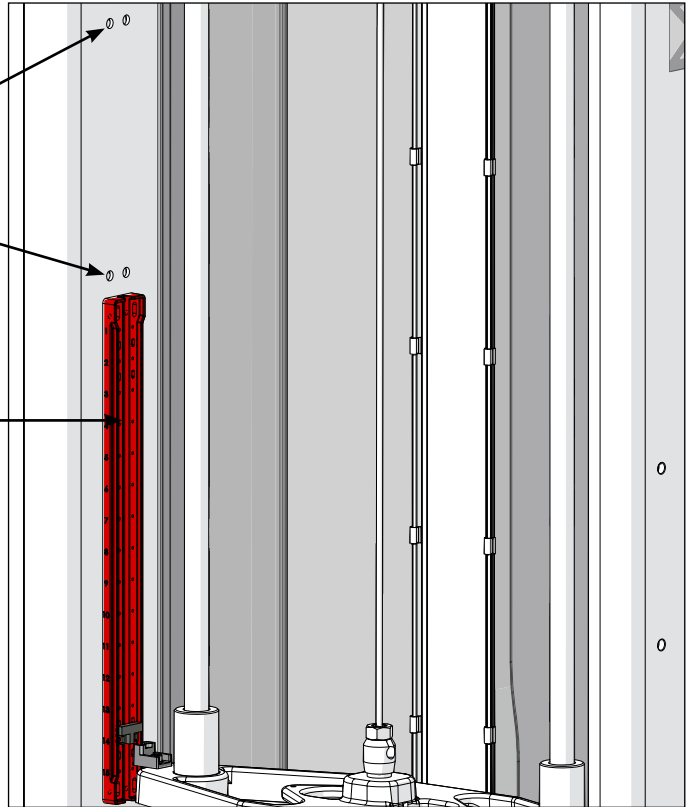
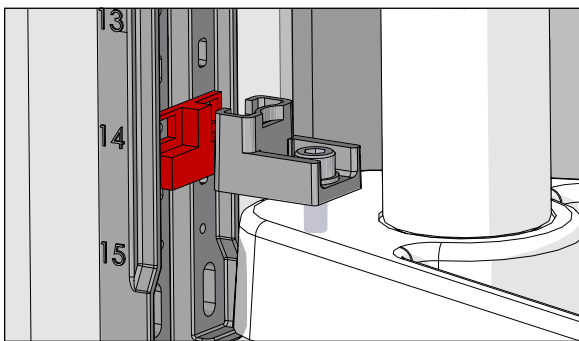
STEP 2 | PREMIUM KIT ASSEMBLY INSTRUCTIONS & NOTES

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

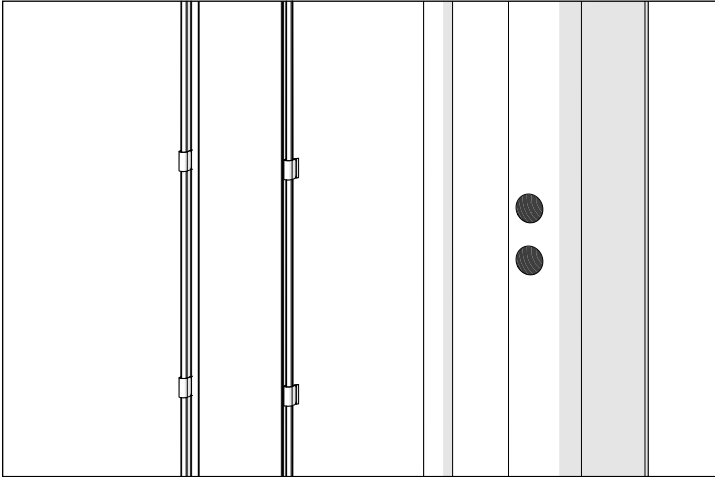
Route wires in groove



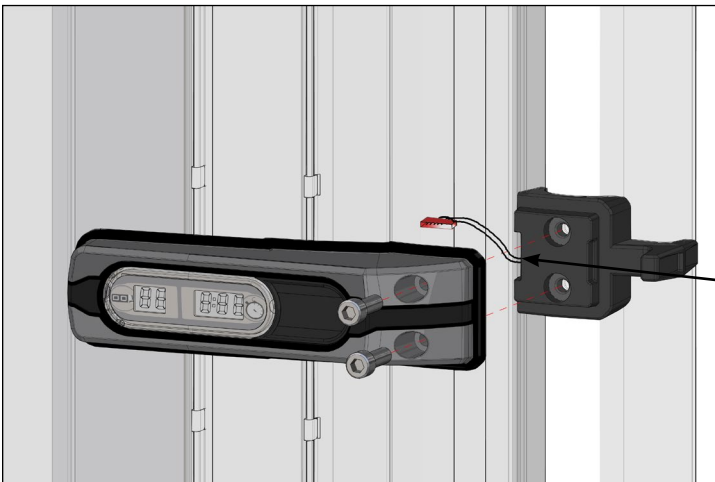
Machine	Sensor Locations (Sensor "A" = Top, "B" = Middle, "C" = Bottom)
Chest Press	A2, B7, C13
Shoulder Press	A1, B4, C13
Leg Extension	A1, B7, C13
Seated Leg Curl	A6, B10, C13
Leg Press	A6, B10, C13
Lat Pulldown	A1, B3, C13
Triceps Press	A5, B8, C13
Seated Row	A1, B4, C13
Bicep Curl	A6, B8, C13
Hip 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

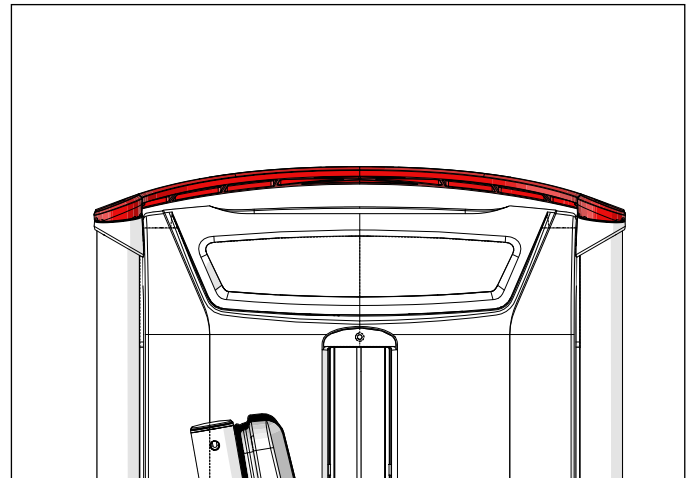
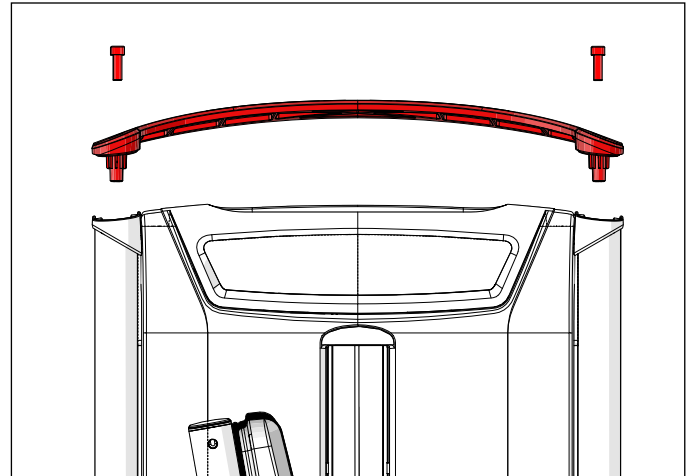


4. Torque bolts to 17 N-m/147 in-lbs.

STEP 4 | PREMIUM KIT ASSEMBLY INSTRUCTIONS & NOTES

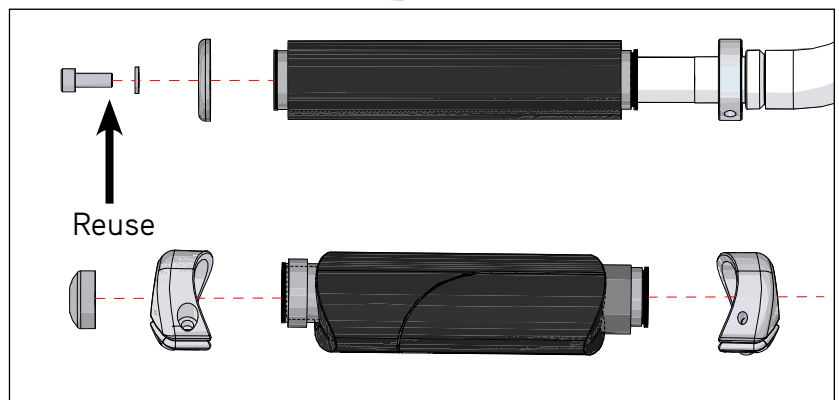
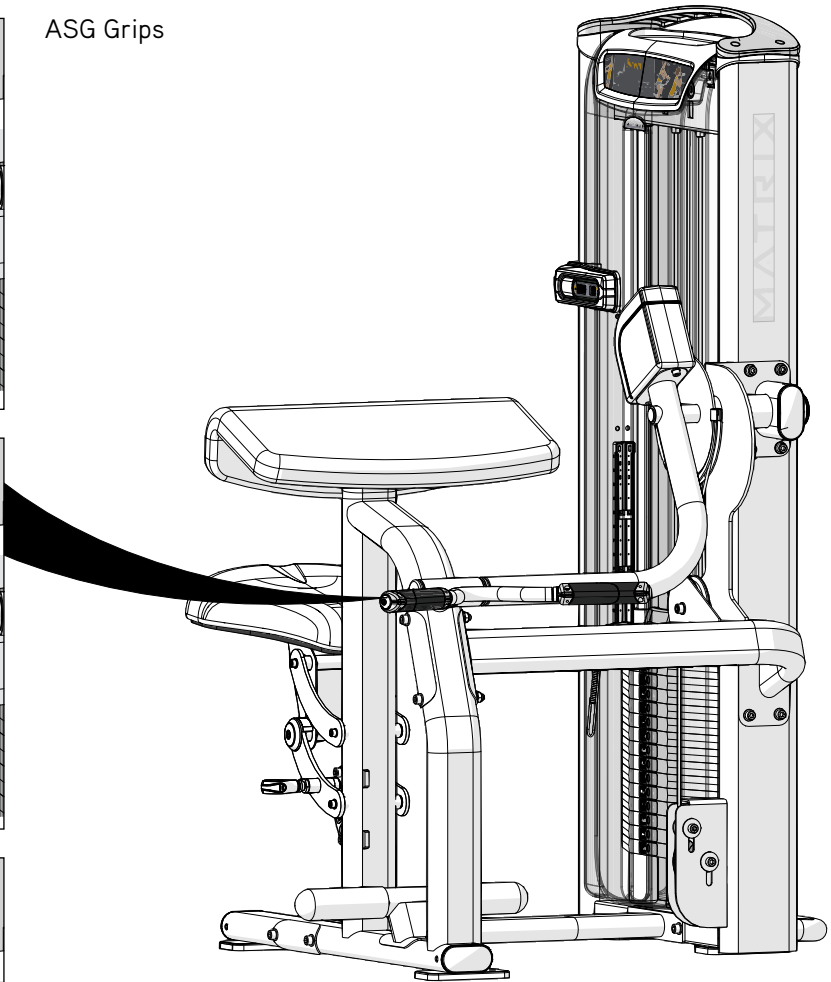
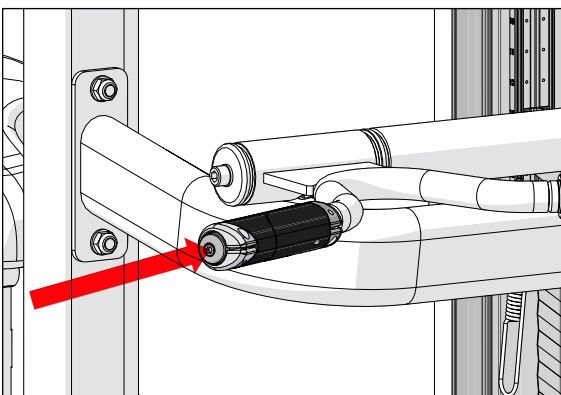
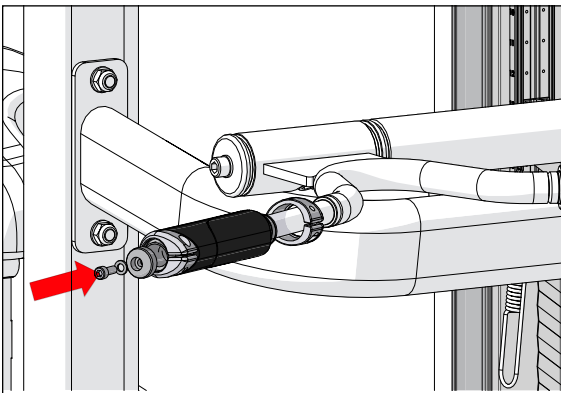
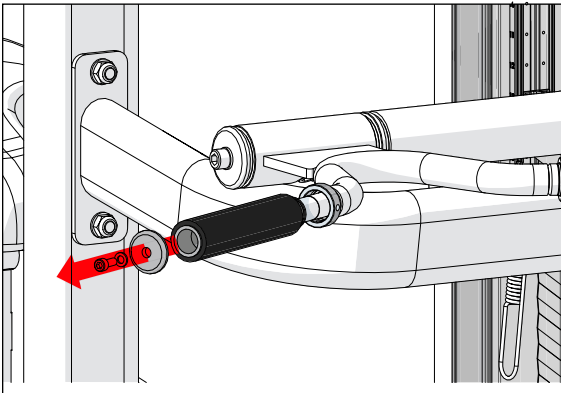
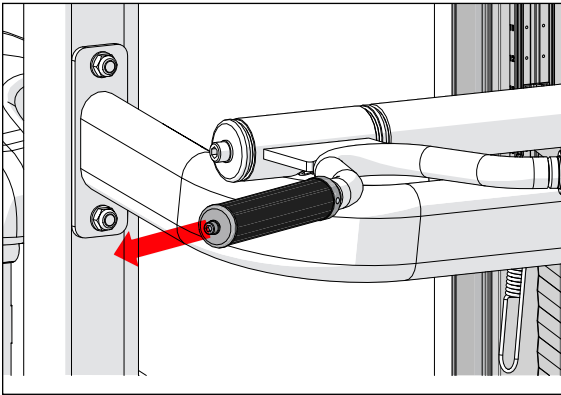
Wing

Assemble the wing (1P) as shown using the M8 hardware provided with the kit. Tighten to 39N-m (29 ft-lbs.).



STEP 5 | PREMIUM KIT ASSEMBLY INSTRUCTIONS & NOTES

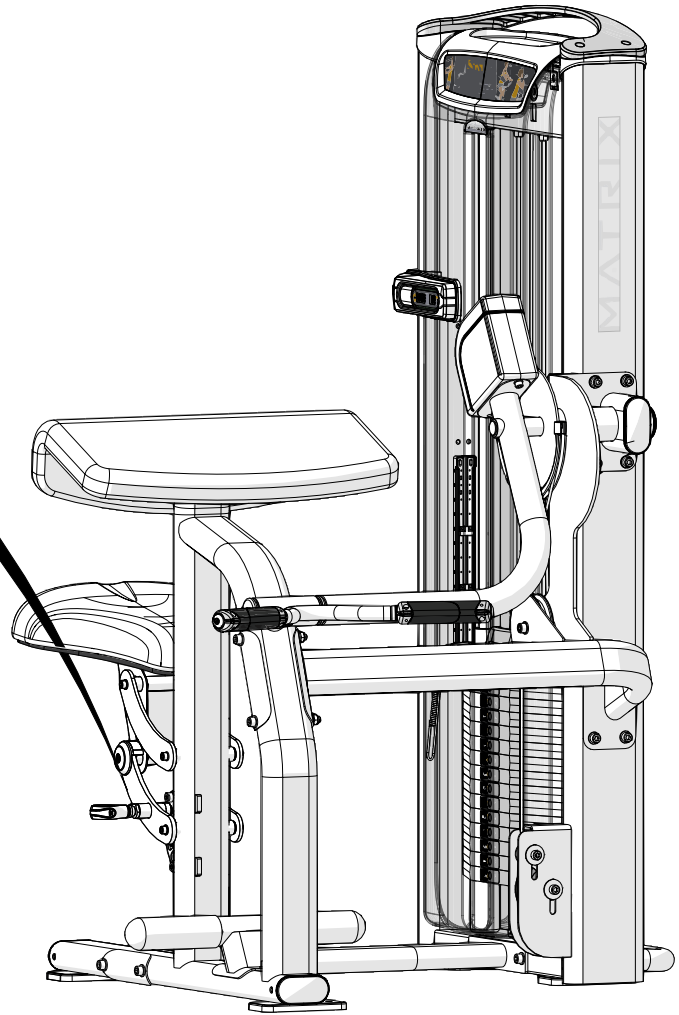
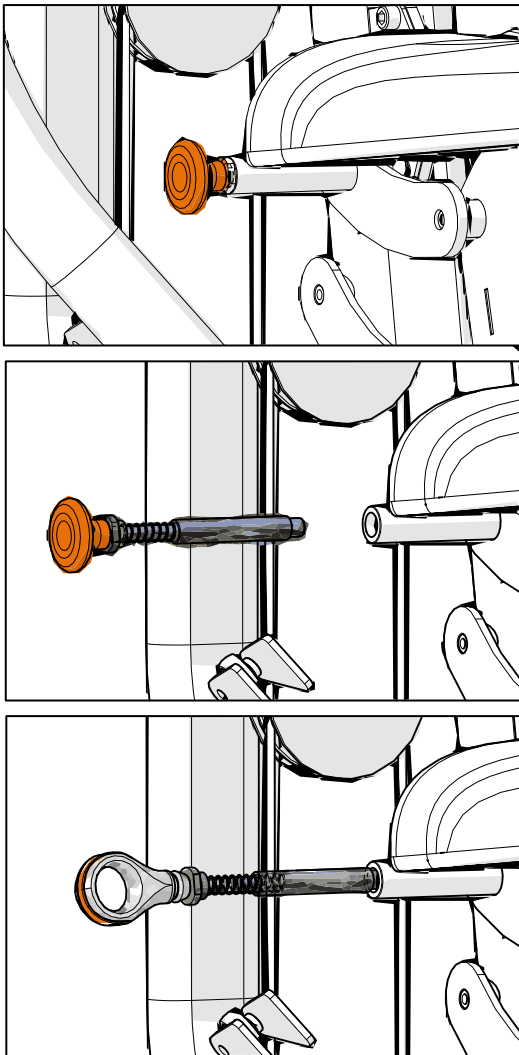
ASG Grips



1. Remove the end caps using a 5 mm Allen wrench.
2. Slide off the grip assembly.
3. Remove inner collars with a 3 mm allen wrench.
4. Assemble the ASG grip as shown; lock inner & outer collars using a 4 mm Allen wrench (torque to 8 N-m/5 ft-lbs.), and a 5 mm Allen wrench to secure the end caps

STEP 6 | PREMIUM KIT ASSEMBLY INSTRUCTIONS & NOTES

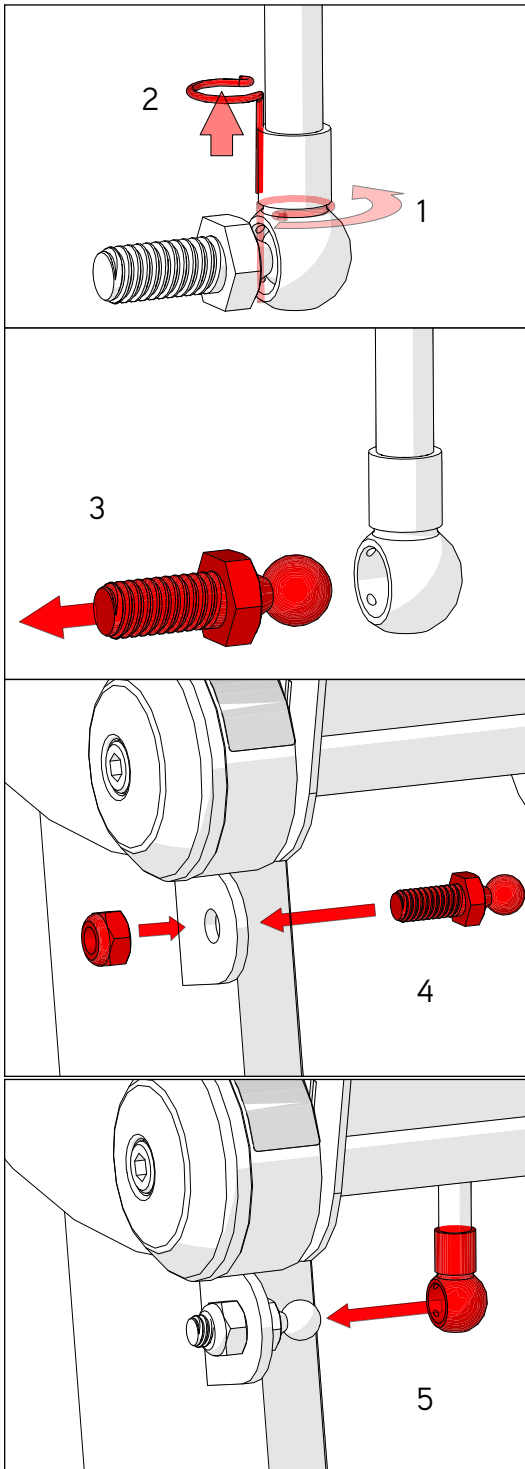
Pull Pin



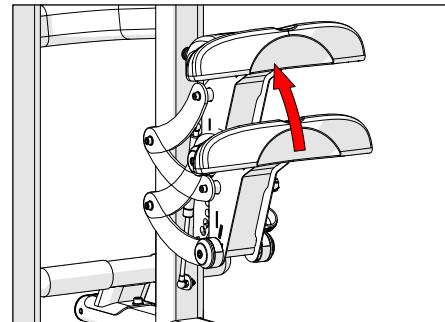
Remove the pull pin using an adjustable wrench, and replace with the Premium pull pin (5P).

STEP 6 | PREMIUM KIT ASSEMBLY INSTRUCTIONS & NOTES

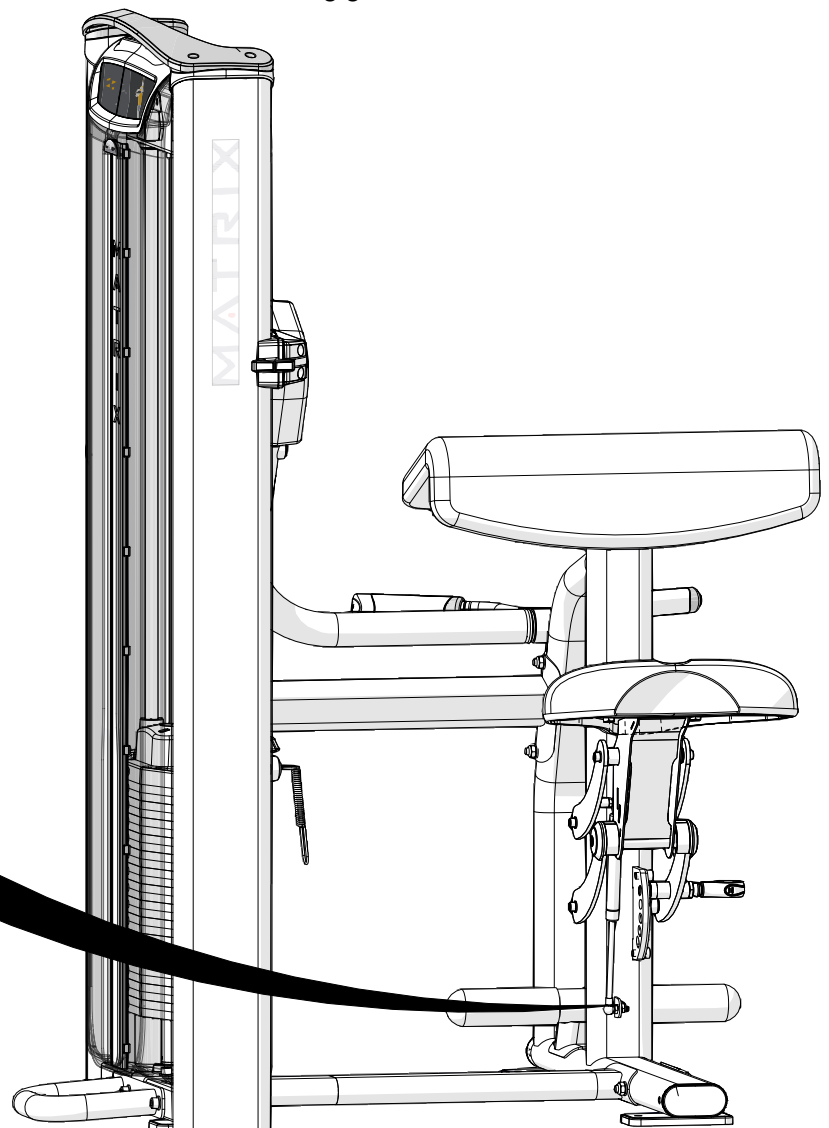
Seat Assist Shock



Disassembly and assembly for both ends of shock (Only one end is shown)



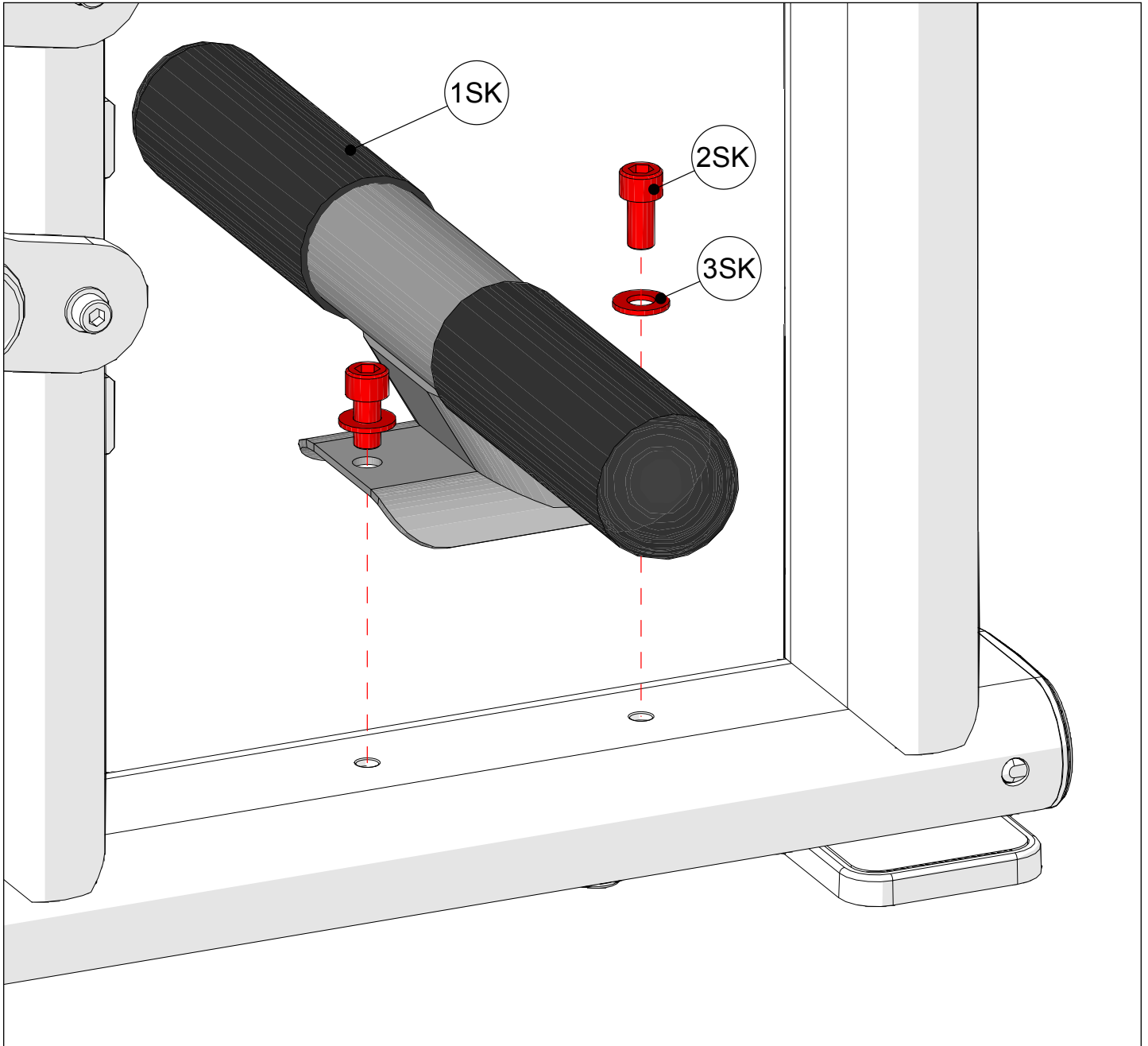
Raise the seat to the highest position before adding gas shock (6P)



Shock must be positioned as shown with gas cylinder above piston rod

STEP 1 | FOOT REST ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANTITY
1SK	Foot Rest	1
2SK	M10 X 25L SHC	2
3SK	M10 Flat Washer	2



Install the foot rest as shown.
Tighten to 77 N-m/57 ft-lbs.



Matrix Fitness
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Cottage Grove WI 53527

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Facsimile 608.839.8687