


MATRIX
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ATHENARF-02
Console Machine
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MATRIX ATHENARF-02 Console Machine Owner's Manual

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MATRIX

MATRIX ATHENARF-02 Console Machine



CONSOLE OPERATION

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) USB 2.0 PORT: Device charging (output rating 5V =f2A), device media, and software updates.
- D) HEADPHONE JACK: Outputs audio from console to connected 3.5mm headphones.
- E) ENERGY SAVER LIGHT: Indicates if machine is in energy saver mode.
- F) MOTION SENSOR: Wave your hand over the sensor to wake the console.
- G) 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, Inside Contact-less (HID iClass), and LEGIC RF.

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.
- For help or more information, touch
- 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 bottom left 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.

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.

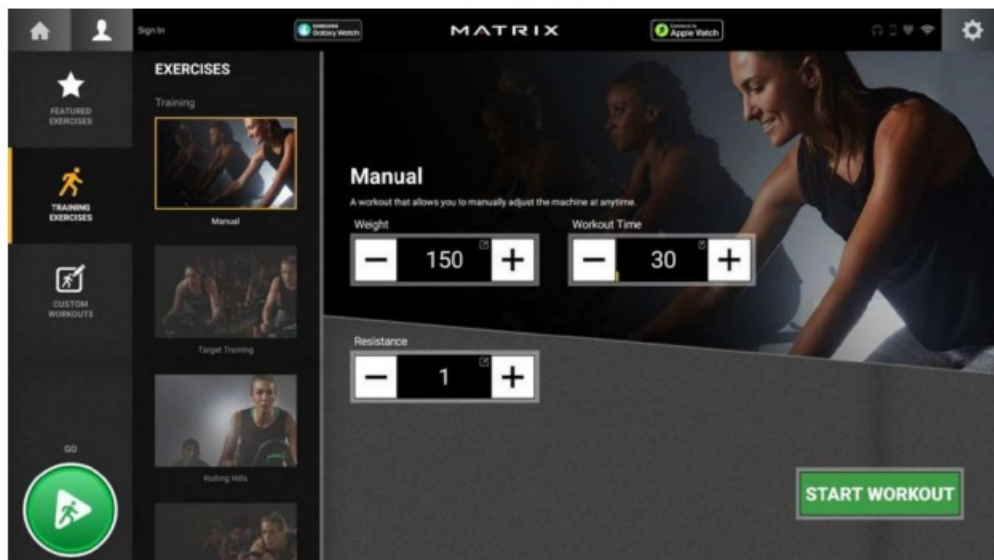
HOME SCREEN



GO SCREEN

















PROGRAM SETUP



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 resistance level 
-  Use the touch pad to set resistance level. Press  to return to previous setting
-  Change resistance level back to previous setting
-  Pause your workout. Touch  to resume. After resuming, resistance level will be reset. While paused, touch  to end workout
-  Increase or decrease the duration of your workout
-  Enter cool down mode. Cool down lasts for a few minutes while reducing the workout intensity, allowing your body to recover from 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. 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 (1/4 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.



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.

**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.

**HULU**

Browse and watch Hulu videos while you work out. Hulu 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.

**TWITTER**

Access your Twitter 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.

POWER ACCURACY

This bike displays power on the console. The power accuracy of this model has been tested using the test method of ISO 20957-5:2016 to ensure a power accuracy within a tolerance of $\pm 10\%$ for input power ≥ 50 W, and within a tolerance of ± 5 W for input power < 50 W.

BRAKING SYSTEM

This exercise bicycle uses a speed-independent braking system. The user is able to adjust the resistance of the braking system independently of the RPM of the crank axle.

USING THE HEART RATE FUNCTION

The heart rate function on this product is not a medical device. The heart rate reading is intended only as an exercise aid in determining heart rate trends in general. Please consult your physician.

When used in conjunction with a wireless chest transmitter (sold separately), your heart rate can be transmitted wirelessly to the unit and displayed on the console. Compatible with Bluetooth, ANT+ and Polar 5kHz heart rate devices.

NOTE: The chest strap must be tight and properly placed to receive an accurate and consistent readout. If the chest strap is too loose, or positioned improperly, you may receive an erratic or inconsistent heart rate readout.

WARNING!

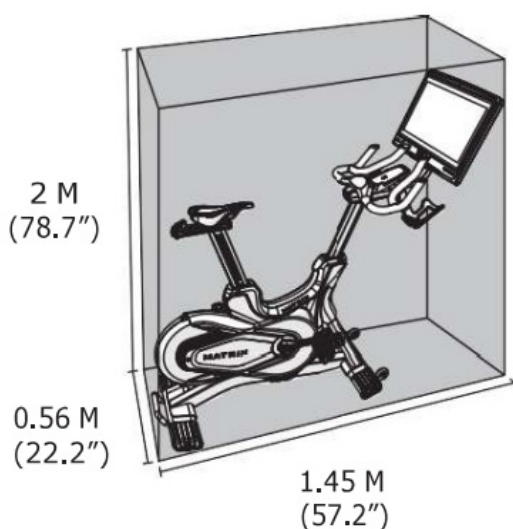
Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

BEFORE YOU BEGIN

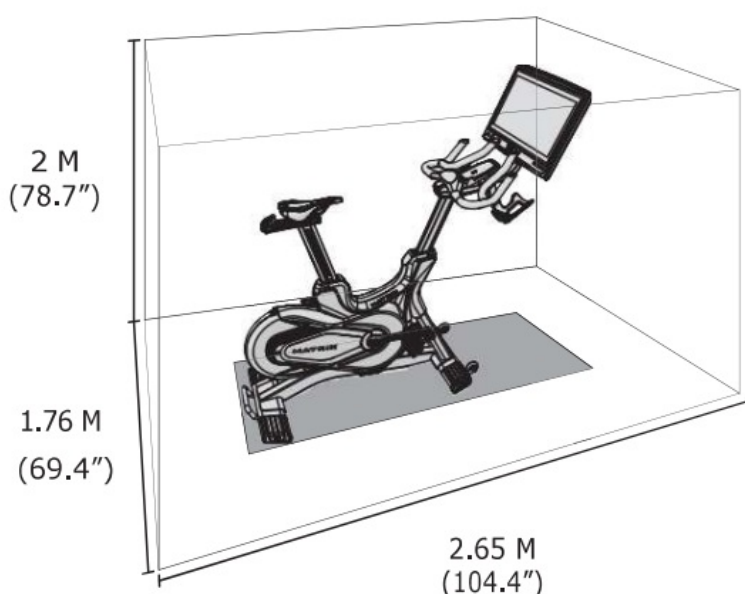
LOCATION OF THE UNIT

Place the equipment on a level and stable surface away from direct sunlight. The intense UV light can cause discoloration of the plastics. Locate your equipment in an area with cool temperatures and low humidity. Please leave a clear zone on all sides of the equipment that is at least 60 cm (23.6"). This zone must be clear of any obstruction and provide the user a clear exit path from the machine. Do not place the equipment in any area that will block any vent or air openings. The equipment should not be located in a garage, covered patio, near water or outdoors.

TRAINING AREA



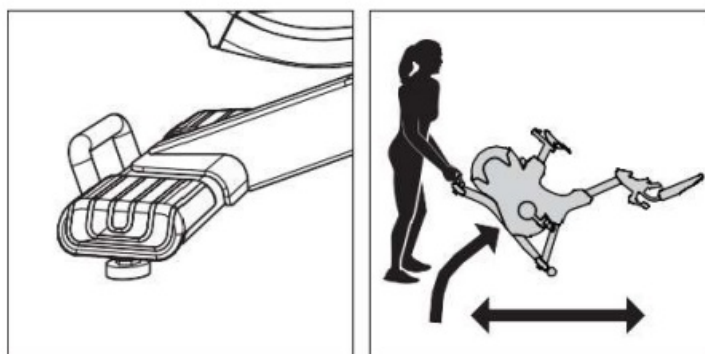
FREE AREA



MOVING THE EQUIPMENT

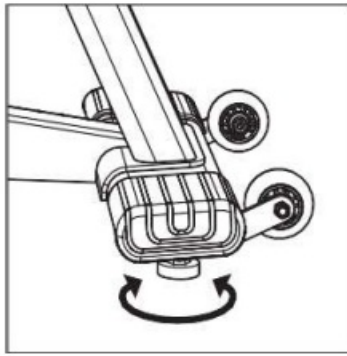
Please use transport handle at base of frame when moving equipment.

Do NOT try moving equipment by pushing or pulling on the console as this may cause damage to the product.



LEVELING THE EQUIPMENT

It is extremely important that the levelers are correctly adjusted for proper operation. Turn leveling foot clockwise to lower and counter-clockwise to raise unit. Adjust each side as needed until the equipment is level. An unbalanced unit may cause belt misalignment or other issues. Use of a level is recommended.



WARNING!

Our equipment is heavy, use care and additional help if necessary when moving. Failure to follow these instructions could result in injury.

PROPER USAGE

1. Sit on the seat of the cycle facing the handlebars.
2. To determine proper seat position, place one foot on each pedal, located on either side of the bike. Your knee should bend slightly at the furthest pedal position. You should be able to pedal without locking your knees or shifting your weight from side to side.
3. If you need to adjust the seat height or fore-aft position, stand with feet on the floor, removing all weight from seat. Adjust seat as required, then remount.
4. Adjust pedal straps to desired tightness.
5. Set the resistance or the preferred exercise program as desired. Use your feet to rotate the pedals in a controlled manner.
6. To dismount from the cycle, follow the proper usage steps in reverse.



HOW TO ADJUST THE INDOOR CYCLE

The indoor cycle can be adjusted for maximum comfort and exercise effectiveness. The instructions below describe one approach to adjusting the indoor cycle to ensure optimal user comfort and ideal body positioning; you may choose to adjust the indoor cycle differently.

SADDLE ADJUSTMENT

Proper saddle height helps ensure maximum exercise efficiency and comfort, while reducing the risk of injury. Adjust the saddle height to make sure it's in proper position, one that keeps a slight bend in your knee while your legs are in the extended position

- **A) SADDLE HORIZONTAL POSITION**

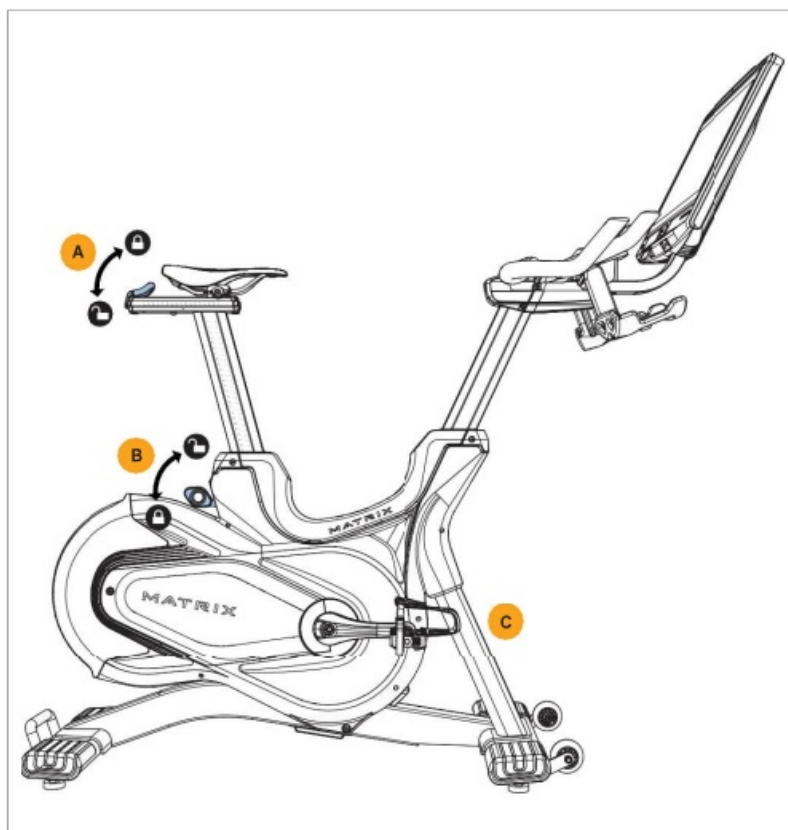
Pull the adjustment lever down to slide the saddle forward or backward as desired. Push the lever up to lock saddle position. Test the saddle slide for proper operation.

- **B) SADDLE HEIGHT**

Lift the adjustment lever up while sliding the saddle up and down with the other hand. Push the lever down to lock saddle position.

- **C) PEDAL STRAPS**

Place the ball of the foot into the toe cage until the ball of the foot is centered over the pedal, reach down and pull the pedal strap up to tighten prior to use. To remove your foot from the toe cage, loosen the strap and pull out.



MAINTENANCE

1. Any and all part removal or replacement must be performed by a qualified service technician.

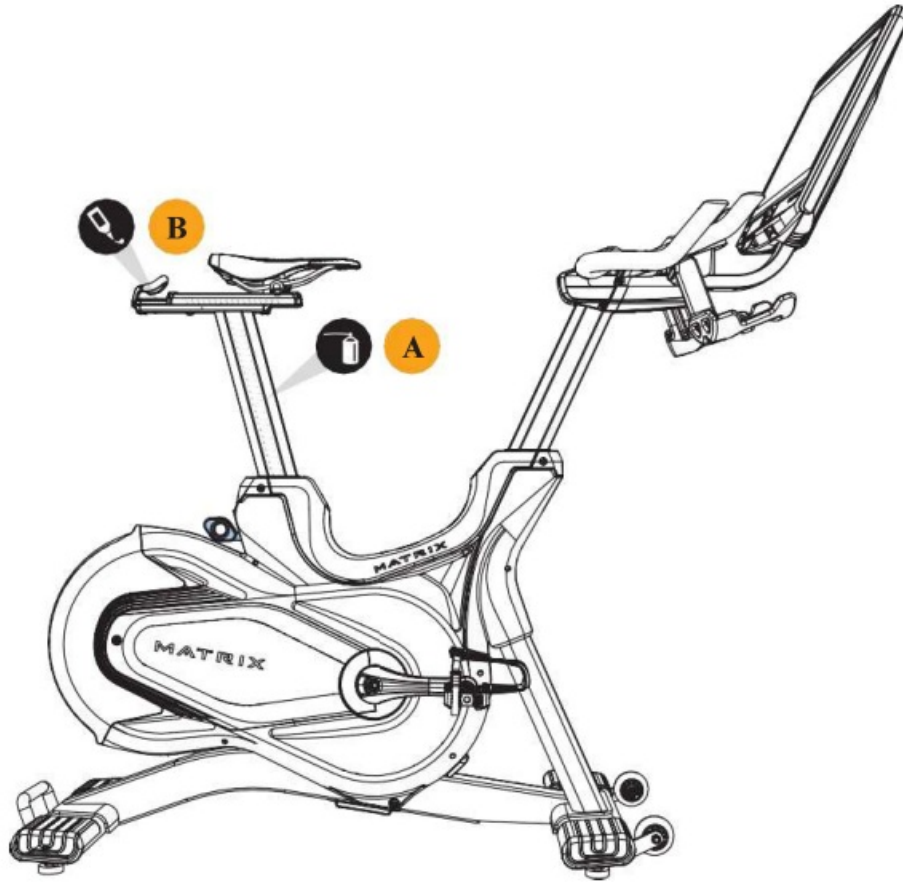
2. DO NOT use any equipment that is damaged and or has worn or broken parts.

Use only replacement parts supplied by your country's local MATRIX dealer.

3. MAINTAIN LABELS AND NAMEPLATES: Do not remove labels for any reason. They contain important

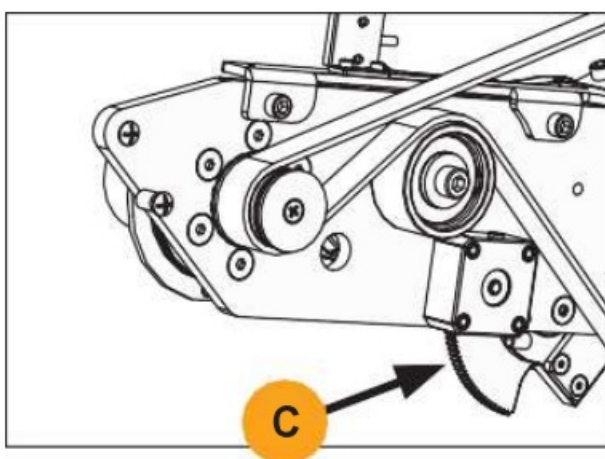
information. If unreadable or missing, contact your MATRIX dealer for a replacement.

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.



MAINTENANCE SCHEDULE

MAINTENANCE SCHEDULE	
ACTION <ul style="list-style-type: none"> • Turn off the bike by unplugging the power cord from the wall outlet • Wipe down the bike with a damp cloth. Never use solvents, as they can cause damage to the bike. • Inspect the power cord. If the power cord is damaged, contact • Customer Tech Support for a replacement. • Make sure the power cord is not underneath the bike or in any other area where it can become pinched or cut. 	FREQUENCY AFTER EACH USE
Make sure that the indoor cycle is level and does not rock.	DAILY
<ul style="list-style-type: none"> • Turn off the bike by unplugging the power cord from the wall outlet. • Clean entire machine using water and a mild soap or other Matrix approved solution (cleaning agents should be alcohol and ammonia free). • Clean all exterior parts, the steel frame, front and rear stabilizers, seat and handlebars. 	WEEKLY
Lubricate the saddle post (A). To do this, raise the saddle post to the MAX position, spray with maintenance spray and rub down the entire exterior surfaces with a soft cloth. Clean the saddle slide (B) with a soft cloth and if necessary apply a small amount of lithium/silicone grease.	BI-WEEKLY
Inspect all assembly bolts and pedals on the machine for proper tightness.	MONTHLY
Remove right service panel. Rotate the break assembly counterclockwise until it hits the hard stop. Clean gear of old grease and re-apply a lithium-based grease to gear teeth (C).	12 MONTHS



PRODUCT INFORMATION

PRODUCT SPECIFICATIONS	
Console	22" Touchscreen
Max User Weight	159 kg / 350 lbs
User Height Range	152 – 200.7 cm / 5'0" – 6'7"
Max Saddle Height	130.3 cm/ 51.3"
Product Weight	69 kg/ 152.1 lbs
Shipping Weight	80.5 kg/ 177.5 lbs
Required Footprint (L x W)*	156.6 x 56.5 cm / 60.5" x 22.2"
Overall Dimensions (LxWxH)*	156.6 x 56.5 x 147.8 cm/ 61.7 " X 22.2" X 58.2"

* Ensure a minimum clearance width of 0.6 meters (24") for access to and passage around MATRIX equipment. Please note, 0.91 meters (36") is the ADA recommended clearance width for individuals in wheelchairs.

For most current owner's manual and information, check matrixfitness.com

NOTE:

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

Manufactured under license from Dolby Laboratories.

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Documents / Resources

	MATRIX ATHENARF-02 Console Machine [pdf] Owner's Manual ATHENARF-02, ATHENARF-02 Console Machine, Console Machine, Machine
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References

- [User Manual](#)

[Manuals+](#), [Privacy Policy](#)

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