



MATRIX Endurance Stepper Frame Instruction Manual

[Home](#) » [MATRIX](#) » MATRIX Endurance Stepper Frame Instruction Manual

MATRIX

ENDURANCE STEPPER



Contents [[hide](#)]

- [1 IMPORTANT PRECAUTIONS](#)
- [2 WARNING!](#)
- [3 CAUTION!](#)
- [4 DANGER!](#)
- [5 POWER REQUIREMENTS](#)
- [6 FCC REGULATIONS \(USA ONLY\)](#)
- [7 ASSEMBLY](#)
- [8 IMPORTANT NOTES](#)
- [9 PARTS INCLUDED:](#)
- [10 BEFORE YOU BEGIN](#)
- [11 PROPER USAGE](#)
- [12 USING THE HEART RATE FUNCTION](#)
- [13 PRODUCT SPECIFICATIONS](#)
- [14 MAINTENANCE](#)
- [15 WARNING](#)
- [16 Documents / Resources](#)
- [17 Related Posts](#)

IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

When using a Stepper, basic precautions should always be followed, including the following: Read all instructions before using this equipment. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of all warnings and precautions. This equipment is intended for commercial use. To ensure your safety and to protect the equipment, read all instructions before operating.



WARNING!

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK, OR INJURY TO PERSONS:

- At NO time should children under the age of 14 use the unit.
- Children over the age of 14 or disabled persons should not use the unit without adult supervision.
- Close supervision is necessary when the exercise device is used by or near children or disabled persons.
- At NO time should pets or children under the age of 14 be closer to the unit than 10 feet.
- This product must be used for its intended purpose as described in this Owner's Guide.
- Incorrect or excessive exercise may cause injury. If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.
- Keep hands and loose clothing away from moving parts.
- Do not wear clothes that might catch on any part of the unit.
- Always wear athletic shoes while using this equipment.
- Do not jump on the unit.
- At no time should more than one person be on the unit while in operation.

CAUTION!

CONSULT A PHYSICIAN BEFORE USING THIS EQUIPMENT. READ OWNER'S MANUAL BEFORE USE.

It is essential that this equipment is used only indoors, in a climate-controlled room. If this equipment has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the equipment is warmed up to room temperature before first-time use.

DANGER!

TO REDUCE THE RISK OF ELECTRICAL SHOCK:

Always unplug the equipment from the electrical outlet immediately after using, before cleaning, performing maintenance, and putting on or taking off parts.

POWER REQUIREMENTS



ELECTRICAL REQUIREMENTS

For your safety and to ensure performance, the ground on this circuit must be non-looped (isolated). Please refer to NEC article 210-21 and 210-23. Failure to follow these electrical requirements could void the Matrix limited warranty.

GROUNDING INSTRUCTIONS

DANGER!

The unit must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The unit is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

110 V UNITS

110 V units require the use of a 100-125 V, 60 Hz, and a minimum of a 15A circuit, with a non-looped (isolated) neutral/ground for power. This unit can be daisy-chained together with up to 4 units per 15A circuit. Matrix daisy-chain cord adapters are sold separately.

220 V UNITS

220 V units require the use of a 216-250 V, 50 Hz, and a minimum of a 15A circuit, with a non-looped (isolated) neutral/ground for power. This unit can be daisy-chained together with up to 4 units per 15A circuit. Matrix daisy-chain cord adapters are sold separately.

DIGITAL TV

An additional power adapter is not needed for the add-on TV or consoles with the integrated digital TV tuner. An RG6 coaxial cable with 'F-type' compression fittings will need to be connected between the video source and each add-on digital TV unit.

BATTERY CHARGE (LED CONSOLES)

The Stepper saves its battery charge by moving into a shutdown mode whenever **STEP FASTER** appears on the display. If the user does not maintain a step rate above 35 steps per minute, then a 30-second shutdown process begins.

When the battery voltage is low, **LOW BATTERY** appears on the display if the unit is moving into the shutdown mode. The following situation is the time to recharge the battery:

- If no one has used the unit for an extended period of time, the battery may need recharging.
- The unit continues to function with a low battery; however, user and program information is lost once the user stops.

If the battery must be recharged, use the optional power adapter charging unit. The charger should be connected to the Stepper for a minimum of eight hours to ensure a thorough charge. After the completion of the charge, the battery light turns from red to green (see illustration). If **LOW BATTERY** still appears on the display after a full

charge, the battery could be extinct. Please check with an authorized service technician for replacing the battery.
CAUTION: The battery stored inside the unit contains hazardous materials to the environment. Proper disposal of the battery is required by local law.

FCC REGULATIONS (USA ONLY)

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

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.

ASSEMBLY

UNPACKING

Unpack the equipment where you will be using it. Place the carton on a level flat surface. It is recommended that you place a protective covering on your floor. Never open the box when it is on its side.

IMPORTANT NOTES

- All video and power outlets must be functional on the day of delivery/assembly of the product. The client is responsible for any additional installation charges associated with return visits.
- During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded.
- Several parts have been pre-lubricated to aid in assembly and usage. Please do not wipe this off. If you have difficulty, a light application of lithium grease is recommended.

WARNING!

There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the equipment could have parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the equipment, the assembly instructions must be reviewed and corrective actions should be taken.

NEED HELP?

If you have questions or if there are any missing parts, contact Customer Tech Support.

TOOLS REQUIRED:

6mm Allen Wrench

5mm Allen Wrench

Phillips Screwdriver

PARTS INCLUDED:

1 Main Frame	2 Lower Handlebars
1 Stabilizer Tube	1 Pulse Grip Handlebar
1 Stabilizer Tube Cover	1 Handlebar Joint Connector
1 Console Mast	1 Bottle Holder
1 Console Mast Cover	1 Power Cord
1 Console Mast Bracket	1 Hardware Kit
2 Upper Handlebars	Console sold separately

1

Hardware

Qty

A

Bolt (M8x40L)

4

B

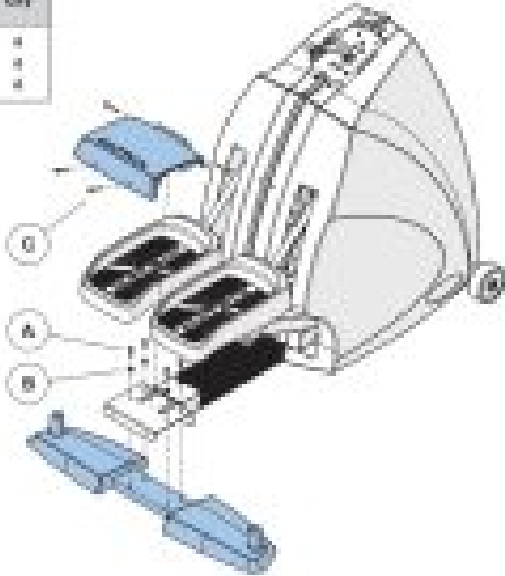
Lock Washer

4

C

Screw (M8x15L)

4



2

Hardware

Qty

D

Lock Washer

8

E

Bolt (M8x15L)

8



3

Hardware

F

Lock Washer

G

Bolt Set

H

Bar Washer

I

Bolt (M8x15L)

J

Bolt (M8x20L)

K

Bolt (M8x25L)

L

Bolt (M8x40L)

4

Hardware

1

USB Communication

2

Extension/Power Wire

3

TV Power

4

Console/Connect Wire

5

Signal

6

Coax

7

Ground Wire



ASSEMBLY COMPLETE

BEFORE YOU BEGIN

LOCATION OF THE UNIT

Place the unit on a level and stable surface away from direct sunlight. The intense UV light can cause discoloration on the plastics. Locate your unit in an area with cool temperatures and low humidity. Please leave a clear zone behind the unit that is at least 24" (600 mm). This zone must be clear of any obstruction and provide the user with a clear exit path from the machine. Do not place the unit in any area that will block any vent or air openings. The unit should not be located in a garage, covered patio, near water or outdoors.



LEVELING THE EQUIPMENT

Locate a level, stable surface to position the Stepper. The Stepper has leveling feet located under the foot support. If your Stepper 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.

WARNING!

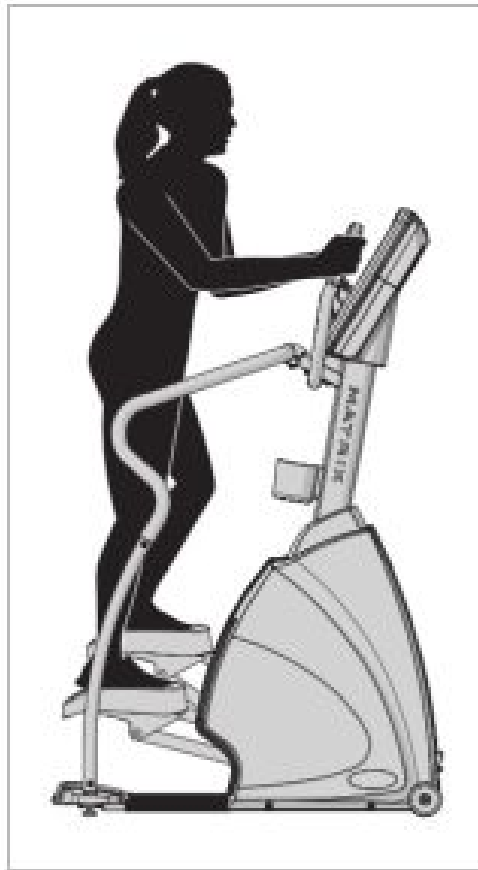
Our equipment is heavy, use care and additional help if necessary when moving. Failure to follow these instructions could result in injury.

PROPER USAGE

MOUNTING THE STEPPER

1. Stand behind the unit.
2. While holding both of the rear arm handles, place one foot on the corresponding footpad. Wait until the footpad comes to a stop at the bottom of the stroke.
3. Then place your other foot on the opposite pedal.
4. Your unit offers a variety of foot positions. Moving your foot to the forward most position of the footpad increases your step height, which will create a feel similar to a step machine. Placing your foot toward the back of the footpad decreases your step height and creates more of a gliding feel, similar to a smooth walk or run. Always make sure your entire foot is secured on the footpad. The pedal motion is dependent.

5. To determine proper workout position, stand on the pedal with your foot on the center of the pedal. Keep your knees slightly bent at all times.



USING THE HEART RATE FUNCTION

The heart rate function on this product is not a medical device. While heart rate grips can provide a relative estimation of your actual heart rate, they should not be relied on when accurate readings are necessary. Some people, including those in a cardiac rehab program, may benefit from using an alternate heart rate monitoring system like a chest or wrist strap. Various factors, including the movement of the user, may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid in determining heart rate trends in general. Please consult your physician.

Place the palm of your hands directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. It takes 5 consecutive heartbeats (15-20 seconds) for your heart rate to register. When gripping the pulse handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Keep a loose, cupping hold. You may experience an erratic readout if consistently holding the grip pulse handlebars. Make sure to clean the pulse sensors to ensure proper contact can be maintained.

WARNING!

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

PRODUCT SPECIFICATIONS

	ENDURANCE STEPPER		
CONSOLE	TOUCH	PREMIUM LED	LED / GROUP TRAINING LED
Max User Weight	182 kg / 400 lbs		
Product Weight	116.9 kg / 257.7 lbs	115.1 kg / 253.8 lbs	114.4 kg / 252.2 lbs
Shipping Weight	133.2 kg / 293.7 lbs	131.4 kg / 289.7 lbs	130.7 kg / 288.1 lbs
Overall Dimensions (L x W x H)*	114.3 x 78.7 x 179.1 cm / 45" x 31" x 70.5"		

* 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.

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.

WARNING

To remove power from the Stepper, the power cord must be disconnected from the wall outlet.


MAINTENANCE SCHEDULE	
ACTION	FREQUENCY
Unplug the unit. Clean the entire machine using water and a mild soap or other Matrix-approved solutions (cleaning agents should be alcohol and ammonia-free).	DAILY
Check all connecting joint areas for tightness of bolt assemblies.	QUARTERLY

MATRIX



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ENDURANCE STEPPER

Documents / Resources

	<p>MATRIX Endurance Stepper Frame [pdf] Instruction Manual MATRIX, Endurance, Stepper, Frame</p>
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