



## MATRIX GO Series Single Station Instruction Manual

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## 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.

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.

## INSTALLATION

1. **STABLE AND LEVEL SURFACE:** MATRIX exercise equipment must be installed on a stable base and properly leveled.
2. **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.
3. Under no circumstances should you slide equipment across the floor due to risk of tipping. Use proper materials handling techniques and equipment recommended by OSHA.  
All anchor points must be able to withstand 750 lbs. (3.3 kN) pull-out force.

## MAINTENANCE

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. **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.

4. 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.

## ADDITIONAL NOTES

This equipment should only be used in supervised areas where access and control is specifically regulated by the owner. It is up to the owner to determine who is allowed access to this training equipment. The owner should consider a user's: degree of reliability, age, experience, etc.

This training equipment meets industry standards for stability when used for its intended purpose in accordance with the instructions provided by the manufacturer.

This equipment is for indoor use only. This training equipment is a Class S product (designed for use in a commercial environment such as a fitness facility).

This training equipment is in compliance with EN ISO 20957-1 and EN 957-2.



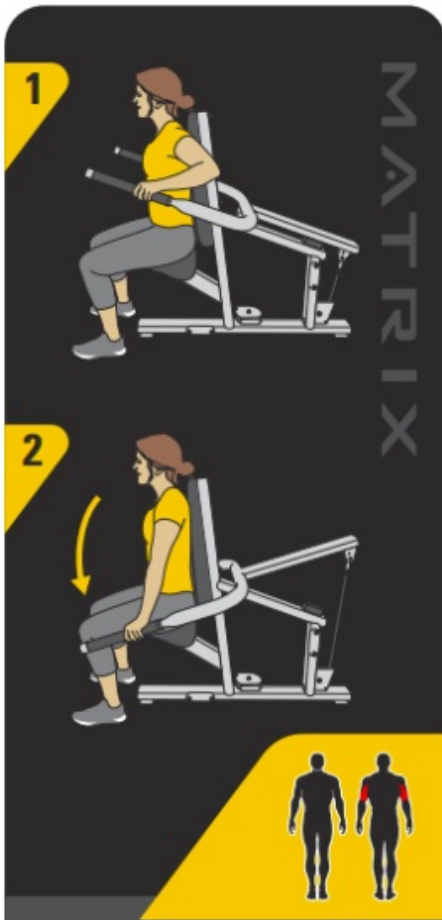
### **DEATH OR SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. FOLLOW THESE PRECAUTIONS TO AVOID INJURY!**

1. Keep children under the age of 14 away from this strength training equipment. Teenagers must be supervised at all times while using this equipment.
2. This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
3. All warnings and instructions should be read and proper instruction obtained prior to use. Use this equipment for its intended purpose ONLY.
4. Inspect the machine before use. DO NOT use machine if it appears damaged or inoperable.
5. Do not exceed weight capacity of this equipment.
6. Check to see that the selector pin is completely inserted into the weight stack.
7. NEVER use the machine with the weight stack pinned in an elevated position.
8. NEVER use dumbbells or other means to incrementally increase the weight resistance. Only use the means provided directly from the manufacturer.
9. Injuries to health may result from incorrect or excessive training. Cease exercise if you feel faint or dizzy. Obtain a medical exam before beginning an exercise program.
10. Keep body, clothing, hair, and fitness accessories free and clear of all moving parts.
11. Adjustable stops, where provided, must be used at all times.
12. When adjusting any adjustable mechanism (stop position, seat position, pad location, range of motion limiter, pulley carriage, or any other type), make certain that the adjustable mechanism is fully engaged prior to use to prevent unintended motion.
13. Manufacturer recommends that this equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
14. **If equipment is NOT secured to floor:** NEVER allow resistance straps, ropes or other means to be attached

to this equipment, as this may result in serious injury. NEVER use this equipment for support during stretching, as this may result in serious injury.

15. DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED OR ILLEGIBLE.

## SEATED TRICEPS PRESS



## PROPER USAGE

1. Do not exceed weight limits of the exercise device.
2. If applicable, set safety stops to appropriate height.
3. If applicable, adjust seat pads, leg pads, foot pads, range of motion adjustment, or any other type of adjustment mechanisms to a comfortable start position. Make certain that the adjusting mechanism is fully engaged to prevent unintentional movement and to avoid injury.
4. Sit on bench (if applicable) and get into appropriate position for exercise.
5. Exercise using no more weight than you can safely lift and control.
6. In a controlled manner, perform exercise.
7. Return weight to its fully-supported start position.

MAINTENANCE CHECKLIST	
ACTION	FREQUENCY
Clean Upholstery 1	Daily
Inspect Cables 2	Daily
Clean Guide Rods	Monthly
Inspect Hardware	Monthly
Inspect Frame	Bi-Annually
Clean Machine	As Needed
Clean Grips 1	As Needed
Lubricate Guide Rods 3	As Needed

1. Upholstery & Grips should be cleaned with a mild soap and water or a non-ammonia based cleaner.
2. Cables should be inspected for cracks or frays and immediately replaced if present.  
If excessive slack exists cable should be tightened without lifting the head plate.
3. 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.

PRODUCT SPECIFICATIONS	
Max User Weight	159 kg / 350 lbs
Max Training Weight	74.3 kg / 165 lbs
Product Weight	163 kg / 359.5 lbs
Weight Stack	72 kg / 160 lbs
Add-On-Weight	2.3 kg / 5 lbs. effective resistance
Overall Dimensions (L x W x H)*	123.5 x 101.5 x 137 cm /48.6" x 39.9" x 54"

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

TORQUE VALUES	
M10 Bolt (Nyloc Nut & Flowdrill)	77 Nm / 57 ft -lbs
M8 Bolts	25 Nm / 18 ft-lbs
M8 Plastic	15 Nm / 11 ft-lbs
M6 Bolts	15 Nm / 11 ft-lbs
Pad Bolts	10 Nm / 7 ft-lbs

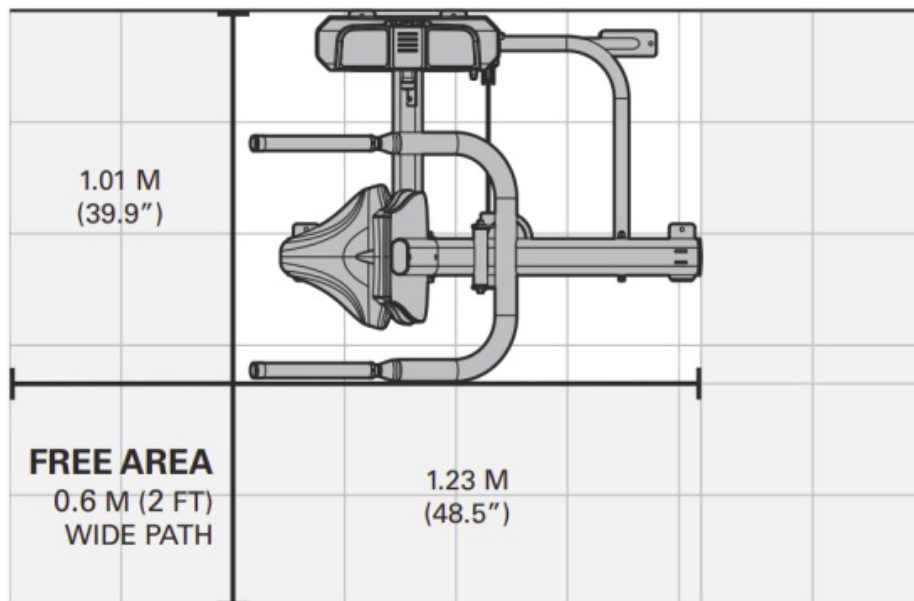
## UNPACKING

Thank you for purchasing a MATRIX Fitness product. It 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

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

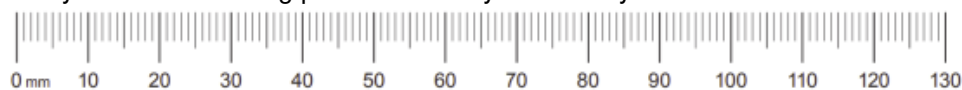
## TRAINING AREA



## TOOLS REQUIRED FOR ASSEMBLY (not included)

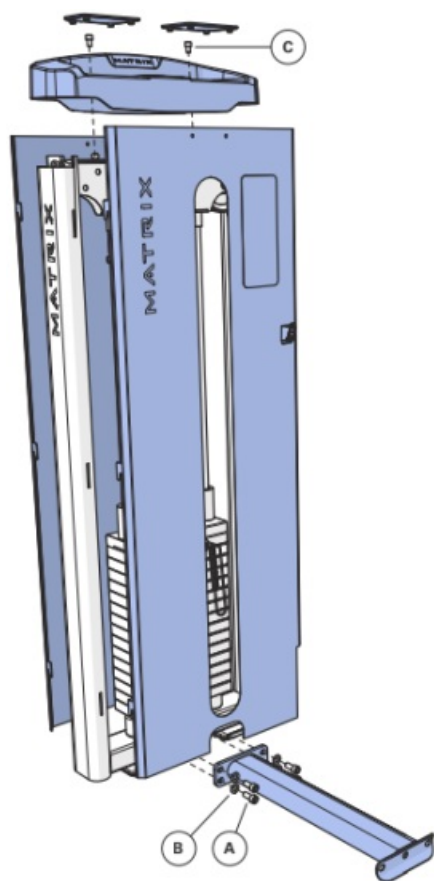
3MM L-Shaped Allen Wrench	
4MM L-Shaped Allen Wrench	
5MM L-Shaped Allen Wrench	
6MM L-Shaped Allen Wrench	
8MM L-Shaped Allen Wrench	
10MM L-Shaped Allen Wrench	
Phillips Screwdriver	
8MM Open-End Wrench	
17MM Open-End Wrench	
Guide Rod Lubrication	

If any items are missing please contact your country's local MATRIX dealer for assistance.

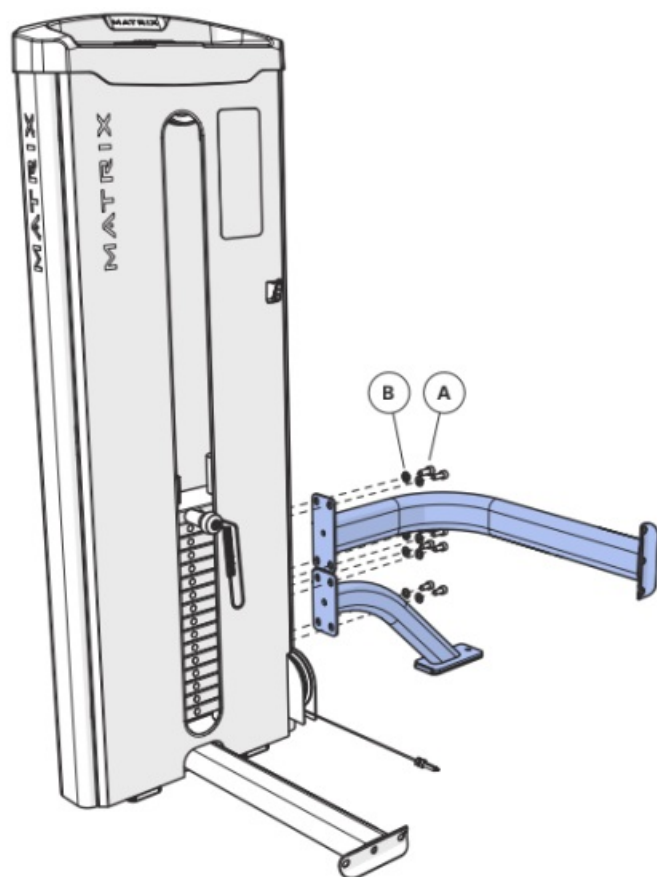


1	Hardware	Qty
A	Bolt (M10x25L)	4
B	Flat Washer (M10)	4
C	Bolt (M8x12L)	2

Do not fully tighten frame connectors until assembly is complete. Vibra-Tite 135 Red Gel or equivalent must be used on all fasteners that are not assembled with Nylock Nuts.

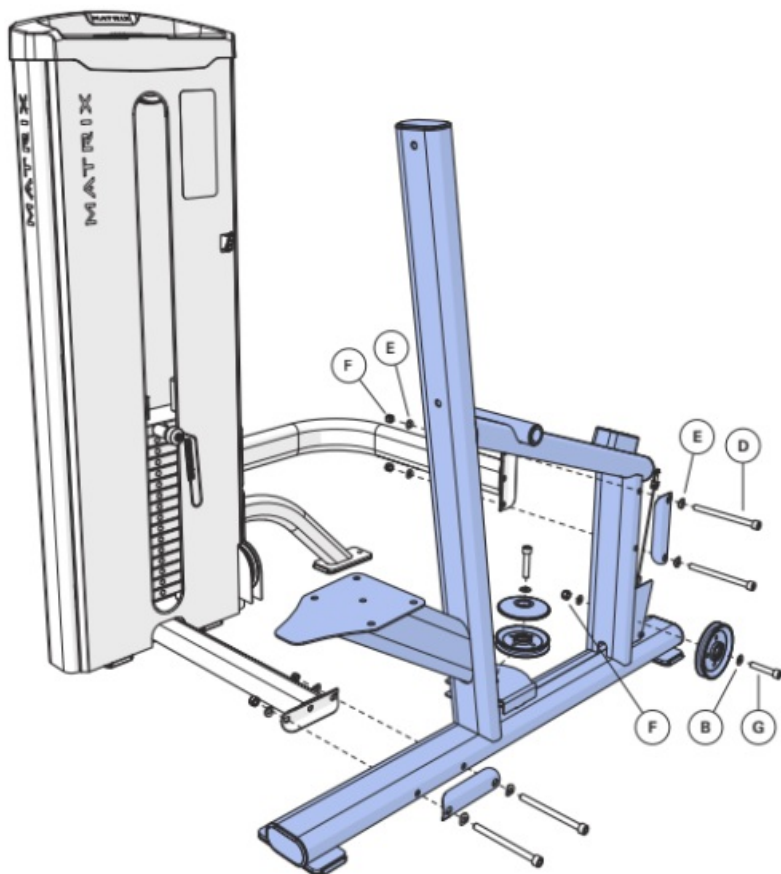


2	Hardware	Qty
A	Bolt (M10x25L)	8
B	Flat Washer (M10)	8

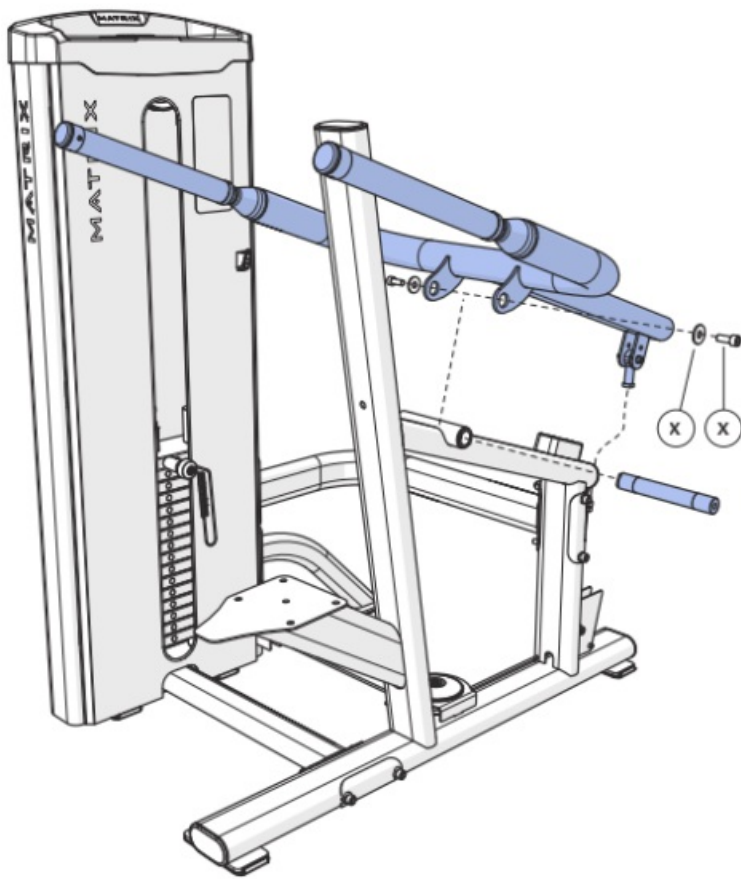




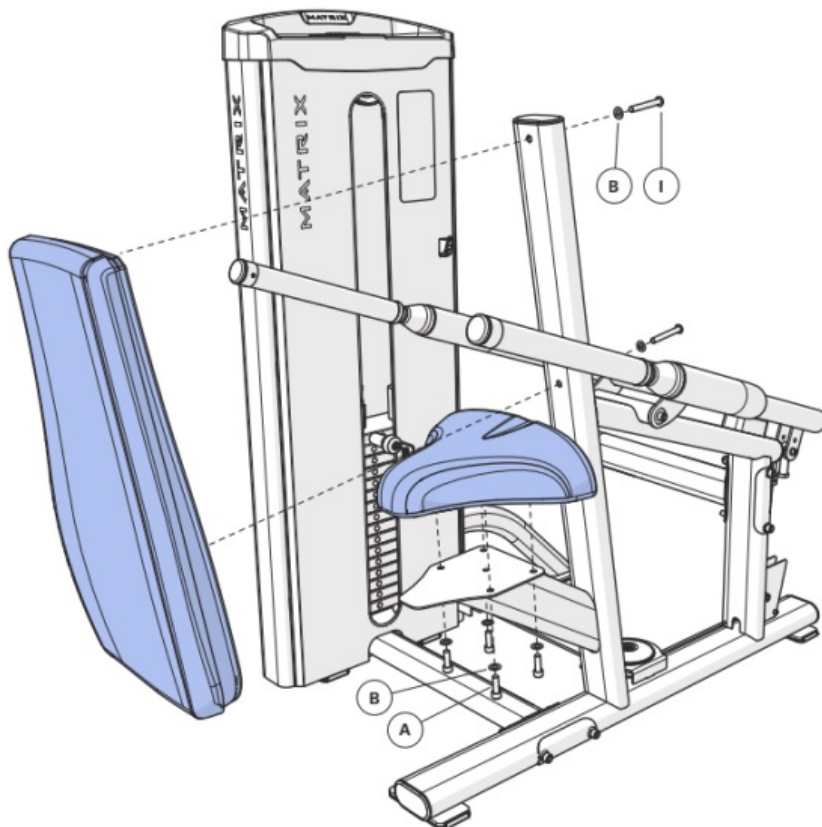
3	Hardware	Qty
D	Bolt (M10x125L)	4
E	Arc Washer (M10)	8
F	Nut (M10)	5
G	Bolt (M10x50L-15L)	2
B	Flat Washer (M10)	3



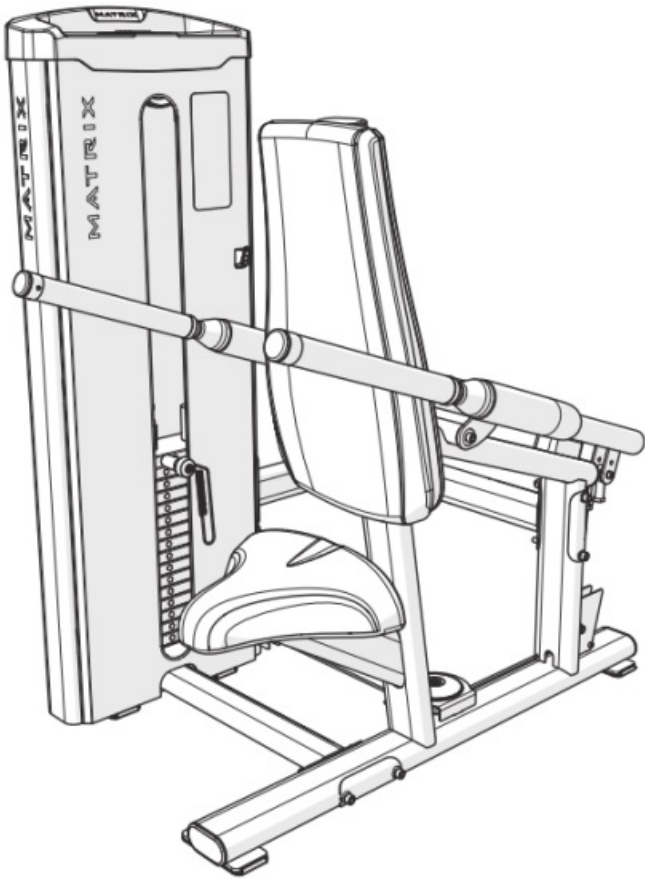
4	Hardware	Qty
A	Bolt (M10x125L)	2
H	Flat Washer ( $\Phi 10.2$ )	2



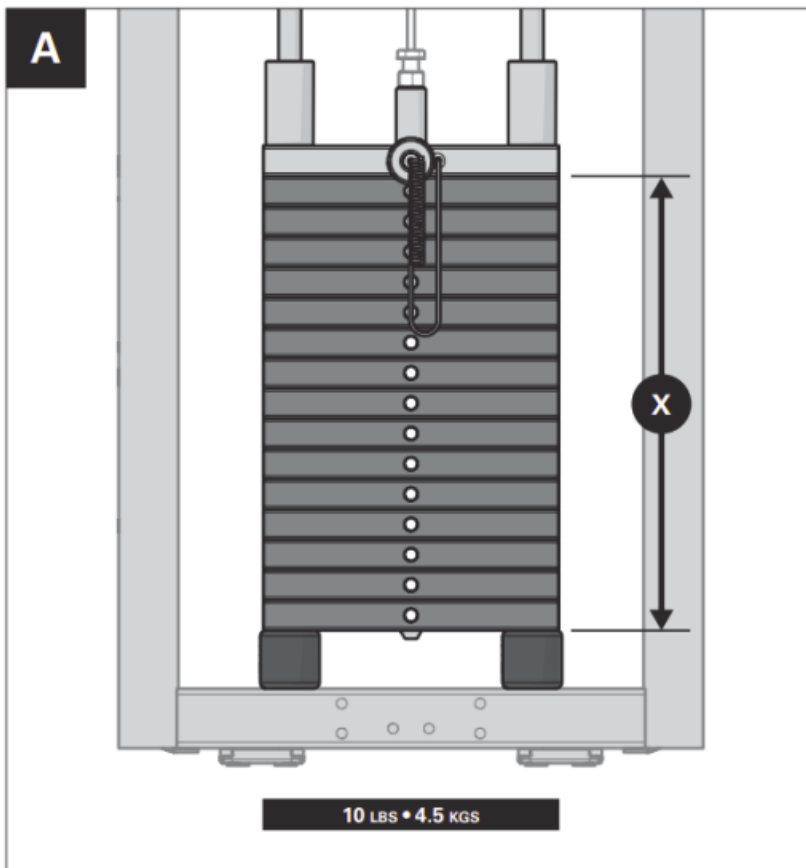
5	Hardware	Qty
A	Bolt (M10x25L)	4
B	Flat Washer (M10)	6
I	Bolt (M10x75L)	2



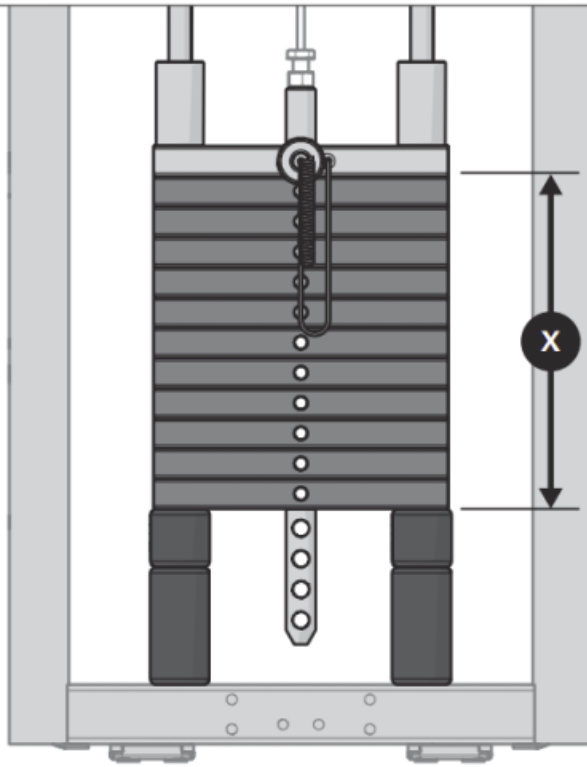
## ASSEMBLY COMPLETE



## CONFIGURATIONS

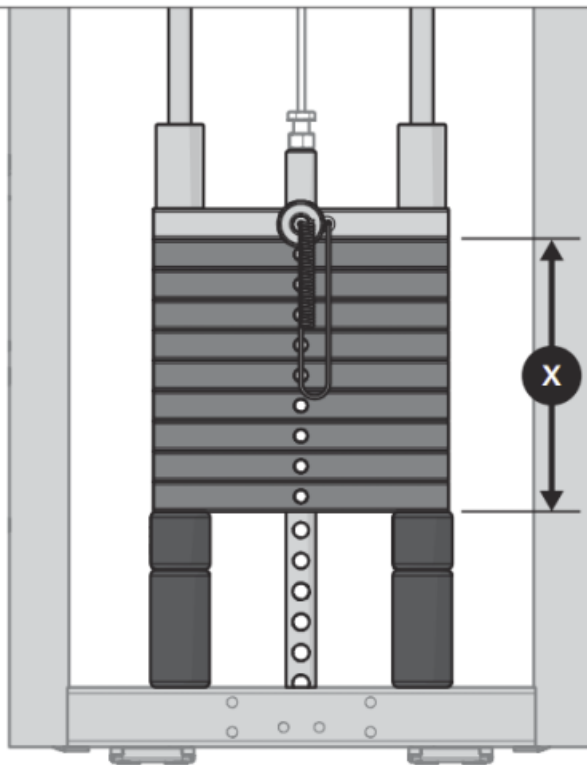


**B**

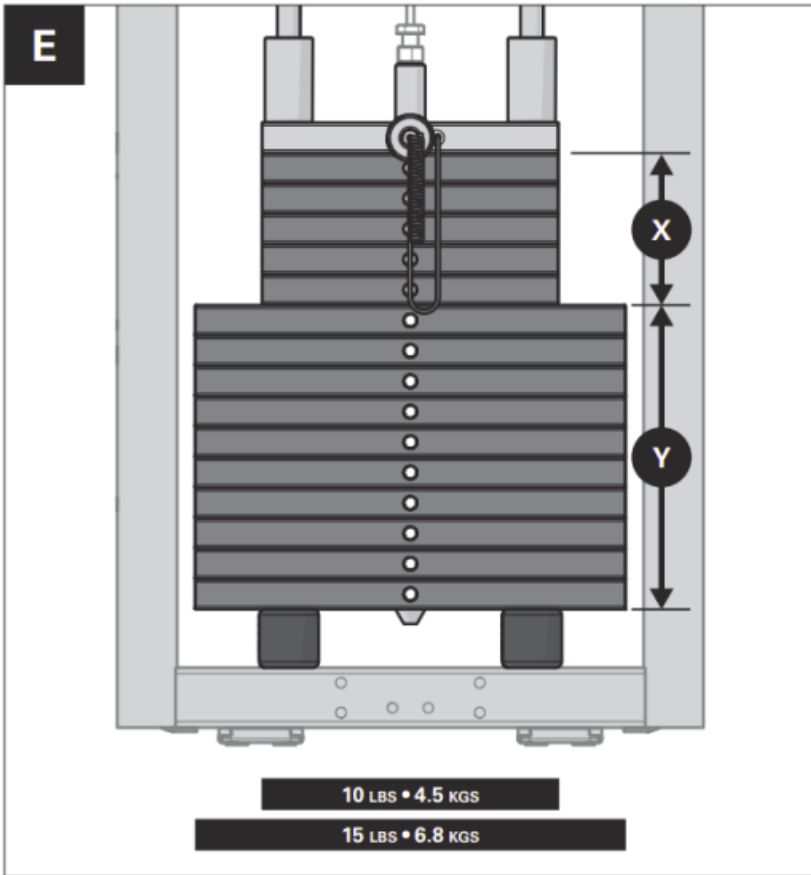
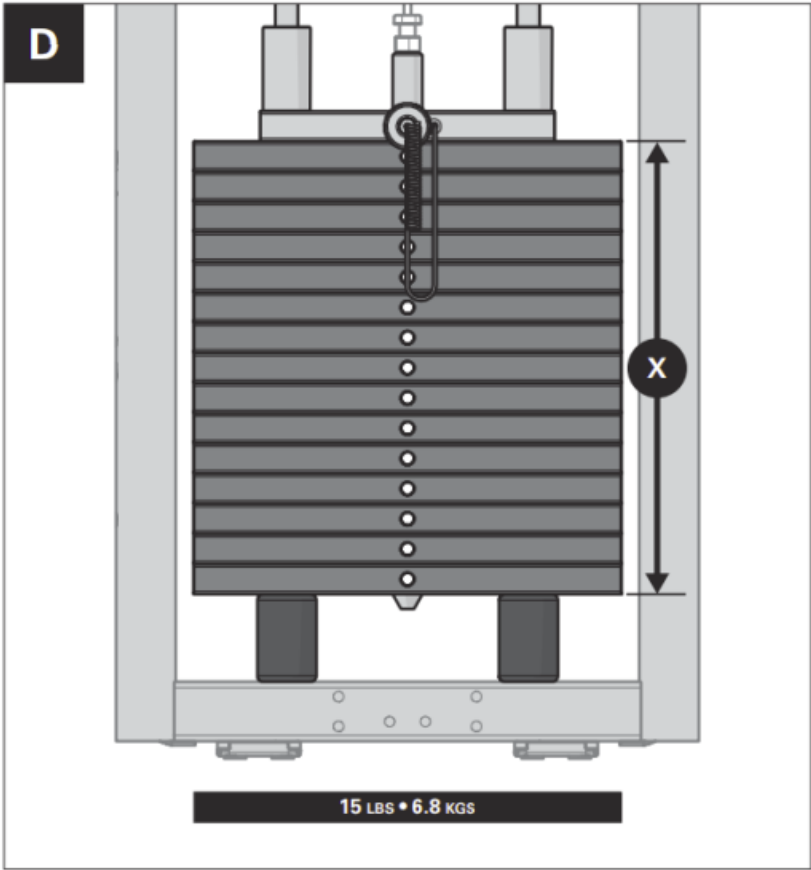


10 LBS • 4.5 KGS

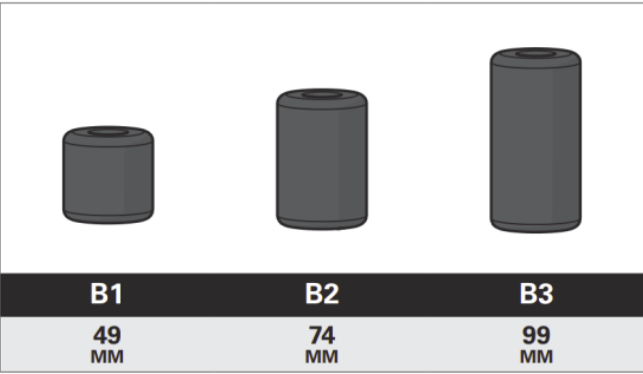
**C**



10 LBS • 4.5 KGS



**BUMPERS**



### STACK DECALS

D1	D2	D3
LBS 10 KG 4.5	LBS 20 KG 9.0	LBS 10 KG 4.5
LBS 20 KG 9		LBS 20 KG 9
LBS 30 KG 13.5	LBS 30 KG 13.5	LBS 30 KG 13.5
LBS 40 KG 18	LBS 40 KG 18	LBS 40 KG 18
LBS 50 KG 22.5	LBS 50 KG 22.5	LBS 50 KG 22.5
LBS 60 KG 27	LBS 60 KG 27	LBS 60 KG 27
LBS 70 KG 31.5	LBS 70 KG 31.5	LBS 75 KG 34
LBS 80 KG 36	LBS 80 KG 36	LBS 90 KG 41
LBS 90 KG 40.5	LBS 90 KG 40.5	LBS 105 KG 48
LBS 100 KG 45	LBS 100 KG 45	LBS 120 KG 54
LBS 110 KG 49.5	LBS 110 KG 49.5	LBS 135 KG 61
LBS 120 KG 54	LBS 120 KG 54	LBS 150 KG 68
LBS 130 KG 58.5	LBS 130 KG 58.5	LBS 165 KG 75
LBS 140 KG 63	LBS 140 KG 63	LBS 180 KG 82
LBS 150 KG 67.5		LBS 195 KG 88
LBS 160 KG 72		LBS 210 KG 95

### CONFIGURATIONS

MACHINE	MODEL	BUMPER	CONFIG	DECAL	WEIGHT PLATE S	TOTAL LABELLED WEIGHT	
						LBS	KG
Chest Press	GO-S13	B1 x 2	A	D1	X = 15 x 10 lbs+ head plate	160	72
Seated Row	GO-S34	B1 x 2	A	D1	X = 15 x 10 lbs+ head plate	160	72
Triceps Pushdown	GO-S42	B1 x 2	A	D1	X = 15 x 10 lbs+ head plate	160	72
Abdominal Crunch	GO-S53	B3 x 2	A	D2	X = 13 x 10 lbs+ head plate	140	64
Leg Extension	GO-S71	B1 x 2	A	D1	X = 15 x 10 lbs+ head plate	160	72
Biceps Curl	GO-S40	B1 x 2B3 x 2	B	D1	X = 11 x 10 lbs+ head plate	120	54
Seated Leg Curl	GO-S72	B1 x 2B3 x 2	B	D1	X = 11 x 10 lbs+ head plate	120	54
Shoulder Press	GO-S23	B1 x 2B3 x 2	C	D1	X = 9 x 10 lbs+ head plate	100	45
Lat Pulldown	GO-S33	B2 x 2	D	D1	X = 15 x 15 lbs+ head plate	160	72
Leg Press	GO-S70	B1 x 2	E	D3	X = 5 x 10 lbs+ head plate Y = 10 x 15 lbs	210	95

## WARRANTY

For North America, please visit [www.matrixfitness.com](http://www.matrixfitness.com) for warranty information along with warranty exclusions and limitations.

# MATRIX

## Documents / Resources

	<a href="#">MATRIX GO Series Single Station</a> [pdf] Instruction Manual GO-S42, GO Series Single Station, Single Station, Station
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## References

- [User Manual](#)

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