



# MATRIX MX-E5 Elliptical Total Body Owner's Manual

[Home](#) » [MATRIX](#) » MATRIX MX-E5 Elliptical Total Body Owner's Manual 



**OWNER'S MANUAL**

## Contents

- [1 MX-E5 Elliptical Total Body](#)
- [2 Important Safety Instructions](#)
- [3 USING MANAGER PREFERENCE MODE](#)
- [4 Using the Elliptical Total Body](#)
- [5 Equipment Specifications](#)
- [6 Parts & Assembly](#)
- [7 Documents / Resources](#)
  - [7.1 References](#)

## **MX-E5 Elliptical Total Body**



## **Important Safety Instructions**

### **READ AND SAVE THESE INSTRUCTIONS**

- This Elliptical Total Body Total Body is intended to for commercial use
- To insure your safety and protect the equipment, read all instructions before operating the MATRIX Elliptical Total Body Total Body.

When using an electrical product, basic precautions should always be followed, including the following:

**DANGER** To reduce the risk of electric shock:

- Always unplug this equipment from the electrical outlet immediately after using and before cleaning.

Your MATRIX Elliptical Total Body Total Body is self-generating (requiring no external power source) and must be pedaled to power up the console.

**WARNING** To reduce the risk of burns, fire, electrical shock or injury to persons that may be associated with using this product:

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.
- This product must be used for its intended purpose described in this Owner's Guide. Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not remove the side covers. Service should only be done by an authorized service technician.
- Never operate the Elliptical Total Body with the air openings blocked, Keep the air openings clean, free of lint, hair and the like.
- Never operate product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Return the appliance to a service center for examination and repair.
- Do not carry this appliance by supply cord or use cord as handle.
- Keep any power cord away from heated surfaces.
- Keep hands and loose clothing away from moving parts.
- Close supervision is necessary when Elliptical Total Body is used by or near children, invalids, or disabled persons.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet
- Connect this Elliptical Total Body to a properly grounded outlet only.

**CAUTION** If you experience chest pain, nausea, dizziness or shortness of breath, STOP exercising immediately and consult a physician before continuing.

## **SETTING UP THE ELLIPTICAL TOTAL BODY**

Assembly instructions have been provided with your Elliptical Total Body. For your safety, please read and follow each of the steps in the assembly guide. To obtain a copy of the assembly guide, please contact MATRIX FITNESS SYSTEMS.

### **1.1 INSTALLATION REQUIREMENTS**

Your MATRIX Elliptical Total Body is designed to be self contained and does not require a power supply to operate.

Fit Connexion™ requires a 9 volt battery and a 110 volt power supply to operate the monitor.

Use only the power supply provided by the manufacturer, please contact MATRIX FITNESS for a replacement.

**CAUTION** Use of the wrong power supply may cause damage to your Elliptical Total Body and /or entertainment device.

Locate a level stable surface to position Elliptical Total Body. The Elliptical Total Body Total Body has four leveling feet located under the foot support. If your Elliptical Total Body wobbles in the location where you intend 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.

## 1.2 PREVENTATIVE MAINTENANCE AND CLEANING TIPS

### VERY IMPORTANT:

To maintain the smoothest motion on the Elliptical Total Body, wipe the wheel tracks clean DAILY with a damp cotton cloth.

Weekly lift the wheels out of the channel and wipe clean with a damp cotton cloth and remove any debris from the track and plastic cover.

Preventative maintenance and daily cleaning will prolong the life and look of your Matrix fitness equipment. Please read and follow these tips.

- Position the equipment away from direct sunlight. The intensity of the UV light can cause discoloration of plastics.
- Locate your equipment in an area with cool temperatures and low humidity.
- Clean with a soft 100% cotton cloth.
- Clean with non-ammonia based cleaners.
- Wipe handles, heart rate grips, and handlebars clean after each use.
- Do not pour liquids directly onto your equipment. This can cause damage to the equipment and in some cases electrocution.
- Check pedal motion and stability.
- Adjust leveling feet when equipment wobbles or rocks.
- Maintain a clean area around equipment free from dust and dirt.

## USING MANAGER PREFERENCE MODE

Your MATRIX Elliptical Total Body is designed to allow you to customize settings for your preferences and diagnostics. The Manager Preference Mode can only be accessed while the Elliptical Total Body is powered up. Follow the instructions to adjust the Elliptical Total Body computer for your desired settings.

**STEP 1** Power up the Elliptical Total Body by pedaling machine and Hold the UP and DOWN arrow keys for 3 seconds. The word Manager will appear in the alphanumeric window and will enter into the Manager Preference Setting automatically after 3 seconds.

Continue to pedal until finished.

**STEP 2** Select information you would like to view or change from the following list, by using the UP or DOWN arrows. Press ENTER to select.

Manager Preference Mode will allow you to view and set the following.

DISPLAY	CODE: INFORMATION	USER D EFINABL E	DEFAULT VALUE	MIN.	MAX.
Manager	P0: Maximum program time				
	P1: Default time	Y	95 min	5	95
	P2: Default level	Y	20 min	5	95
	P3: Default weight	Y	L1	L1	L20
	P4: Speed	Y	150 lbs	80 lbs	400 lbs
	P5: Machine	Y	Miles	Miles	KM
	P6: TV IR	Y	BI	BI	RE, EL
	P7: Cardio Entertainment	Y	On	On	Off
	P8: Accumulated Distance	Y	On	On	Off
	P9: Accumulated Time				
	P10: Software Version				

**STEP 3** Use UP or DOWN arrows to increase or decrease values.

**STEP 4** Press START to save and enter selected values and exit to STEP 2.

**STEP 5** Exit by pressing Start. Screen will reset to Start up.

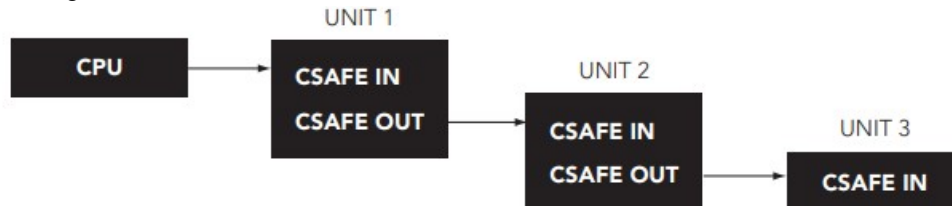
## 2.1 SELECTING US or METRIC

Follow the instructions above. Select P4 SPEED. Select miles or kilometers according to your location. The distance and weight will automatically be adjusted.

## 2.2 USING CSAFE

Matrix is the leader in entertainment availability. On the back of the console are three RJ45 receptacles. They are marked CSAFE IN, CSAFE OUT, and ENTERTAINMENT.

Use the CSAFE IN to plug in any CSAFE device using the RJ45 connector. CSAFE OUT allows CSAFE products to be daisy chained together from one unit to the next. The connection is as follows;



## 2.3 SETTING UP FIT CONNEXION™

Your equipment is preset to offer you the maximum benefit of your desired entertainment offering. Whether it is FIT CONNEXION™ or other CSAFE entertainment packages, Matrix makes it easy to connect. Look on the back of the console and locate the receptacle labeled ENTERTAINMENT. This port is specific for audio and visual entertainment devices. CSAFE ready products can plug in and utilize the volume, channel and headphone connector.

When installing Fit Connection make sure you are using the power cord supplied with your package. Other power cords could cause malfunctions with your product.

Assemble the Fit Connection bracket by following the instructions supplied in your package.

Make sure you feed the power cord and coaxial cable through the round hole at the top of the bracket. Insert the monitor and fasten with the screw provided.

Connect the coaxial cable and the power cord to the monitor.

Take the Fit Connexion™ audio cord and plug it into the audio out on the back side of the monitor.

The RJ45 needs to now be plugged into the Jack labeled Entertainment. This cord provides the audio to your headphones.

At the front base of the unit you will see the Fit Connexion™ coaxial cable and power supply connectors. Connect the coaxial cable and the power supply. Turn the monitor on and see if it has power. Follow the instructions provided with your monitor to select language and input device options.

## Using the Elliptical Total Body

The E5 has been designed for users of all fitness levels. The E5 has linked upper and lower body motion designed to give a complete low impact body workout. The stride length is 22" long and over 8" of lift to accommodate even the tallest user.

The E5 has wide pedals and sturdy handrails for easy mounting. After stepping on to the Elliptical, face the console, hold on to the center handrail or the left and right upper body grips.

Use pedaling motion similar to a bike to begin exercising Follow the operating instructions to program your favorite workout.

## 3.1 PAUSING THE UNIT

Your console has the ability to have a 30 second pause feature. On the back of the console is a battery cover. If the pause feature is not working try replacing the 9 volt battery by removing the screw and remove the battery cover. Replace the battery and cover.

## 3.2 CONSOLE DESCRIPTION



**PROGRAMS** Simple program view and selection buttons. Matrix Elliptical Total Body features seven programs.

**START / QUICK START** One touch Quick Start and Start any time during preference selection.

**UP / DOWN** Easy information and level selection.

**ENTER / SELECT SCREEN / RESET** This multi-function button enters information when setting up programming options, toggles information displayed and if held down for 5 seconds resets the Elliptical Total Body to Start-up mode.

**DISPLAY VIEW** These three buttons allow the user to customize the way the unit's lights are displayed.

**ENTERTAINMENT** Control the CHANNEL and VOLUME of your attached TV or entertainment system. (Must have Fit Connexion™ or entertainment source connected)

**HEAD PHONE JACK** Located at the base of the console, just plug in a headset and use the ENTERTAINMENT buttons to adjust VOLUME. (Must have Fit Connexion™ or entertainment source connected)

### 3.3 MANUAL OPERATION

MATRIX design makes using the programs as easy as one touch of a button.

**QUICK START** – Start pedaling and press QUICK START to begin workout.

**MANUAL MODE** allows you enter desired time, level, and weight.

**STEP 1** Select Manual program button on left of panel. Press Enter or wait 5 seconds.

**NOTE** Selecting START will start program.

**STEP 2** Select Time by using the UP or DOWN arrow keys. When finished Press Enter or wait 5 seconds.

**NOTE** Selecting START will start program.

**STEP 3** Select Level by using UP or DOWN arrow keys. You can change the level at any time during workout. When finished, Press Enter or Wait 5 seconds.

**NOTE** Selecting START will start program.

**STEP 4** Select Weight by using the UP or DOWN arrow keys. Press START or ENTER to begin workout.

Display

TIME

Starting 3

Starting 2

Starting 1

### 3.4 OPERATING PROGRAMS

Your MATRIX Elliptical Total Body offers versatile programs to keep the user motivated.

The following Instructions will guide you through simple steps to select INTERVALS, ROLLING, FAT BURN, and RANDOM programs.

**STEP 1** Select the program button on left of panel. Press ENTER or wait 5 seconds.

**NOTE** Selecting START will begin program.

**STEP 2** Select Time by using the UP or DOWN arrow keys. When finished Press ENTER or wait 5 seconds.

**NOTE** Selecting START will begin workout.

**STEP 3** Select Level by using UP or DOWN arrow keys. You can change the level at any time during workout. When finished, Press ENTER or Wait 5 seconds.

**NOTE** Selecting START will begin workout.

**STEP 4** Select Weight by using the UP or DOWN arrow keys. Press START or ENTER to begin workout.

Display

TIME

Starting 3

Starting 2

Starting 1

### 3.5 HEART RATE CONTROL

For your convenience, MATRIX FITNESS ELLIPTICAL TOTAL BODY comes standard with digital contact heart rate sensors and POLAR telemetry compatible.

Locate the metal sensors on the handrail of the Elliptical Total Body. Notice there are two separate pieces of metal on each grip. You must be making contact on both pieces of each grip to get an accurate heart rate reading.

You can grab these sensors in any program to view your current heart rate located in the lower left hand window marked Heart Rate.

#### HEART RATE PROGRAM

Follow these easy Steps to enter into the Heart Rate Program.

**STEP 1** Select TARGET HR program button on left of panel. Press Enter or wait 5 seconds.

**NOTE** Selecting START will start program.

**STEP 2** Select Time by using the UP or DOWN arrow keys. When finished Press Enter or wait 5 seconds.

**NOTE** Selecting START will start program.

**STEP 3** Using the following chart, select Target Heart Rate by using UP or DOWN arrow keys.

You can change the Target Heart Rate at any time during workout. When finished, Press Enter or Wait 5 seconds.

**NOTE** Selecting START will start program.

**STEP 4** Select Weight by using the UP or DOWN arrow keys. Press START or ENTER to begin workout.

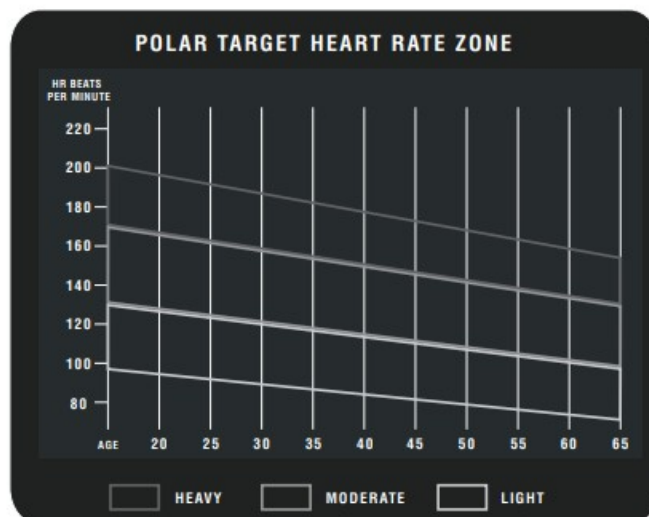
Display

TIME

Starting 3

Starting 2

Starting 1



### 3.6 CONSTANT WATTS

Constant Watts program is a unique program that allows you to vary your cadence or RPM and the Elliptical Total Body's resistance will adjust accordingly to your selected goal. The quicker you pedal the less resistance for the goal selected.

Follow these easy Steps to enter into the Constant Watts Program.

**STEP 1** Select CONSTANT WATTS program button on left of panel. Press Enter or wait 5 seconds.

**NOTE** Selecting START will start program.

**STEP 2** Select Time by using the UP or DOWN arrow keys. When finished Press Enter or wait 5 seconds.

**NOTE** Selecting START will start program.

**STEP 3** Select Constant Watts goal by using UP or DOWN arrow keys. You can change the watts target at any

time during workout. When finished, Press Enter or Wait 5 seconds.

**NOTE** Selecting START will start program.

**STEP 4** Select Weight by using the UP or DOWN arrow keys. Press START or ENTER to begin workout.

Display

TIME

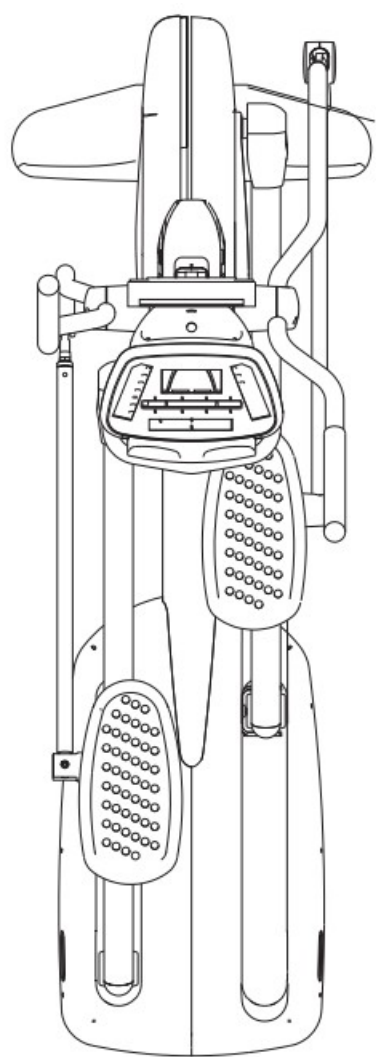
Starting 3

Starting 2

Starting 1

**Equipment Specifications**

>elliptical MX-E5



MACHINE WEIGHT	SIZE
350 lbs	inches = 72" x 85" x 29"
158.8 kg	cm = 182.9 x 215.9 x 73.6

SPECIFICATIONS	
Product Name	E5
Foot Print	72"H x 85"L x 29"W
Weight	350 lbs = 158.8 kg



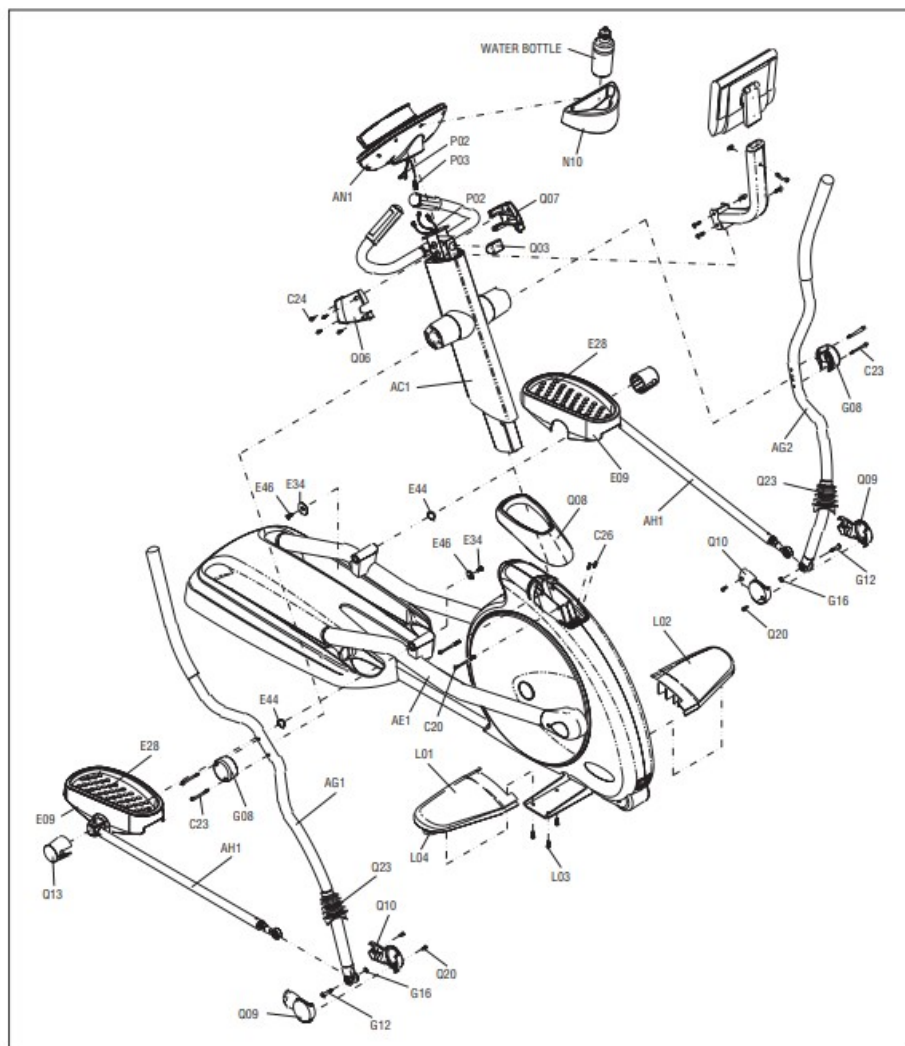
Stride Length	21"
Max User Weight	400 lbs = 181.4 kg
Frame Construction	Aluminum/Steel
Self Contained	Yes
Resistance Type	Generator
Resistance Levels	20
Dual Action	Yes
PROGRAMS	
One Button Quick Start	Yes
Random (20 profiles)	Yes
Target Heart Rate	Yes
Interval Y	Interval Yes
Constant Watts	Yes
Rolling	Yes
Fat Burn	Yes
CLEANING BRUSH	
Track Cleaning	Yes
PEDAL	
Self Leveling	Yes
Pedal Size	16"x7"
Distance Between Pedals	3.5"
HEART RATE	
Polar Telemetry	Yes
Contact Heart Rate	Yes
ENTERTAINMENT READY	
Volume Control	Yes
Channel Control	Yes
Display View Control	3 Views
Coaxial Cable Connection	Yes
Acc TV Power Connection	Yes
Monitor Mount	Yes
IR Port	Yes
Head Phone Jack	Yes

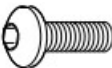

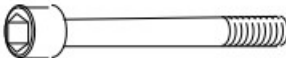


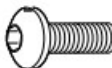
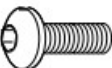
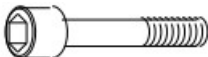
THIS PAGE INTENTIONALLY BLANK

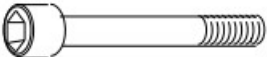
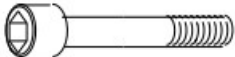


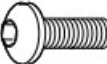
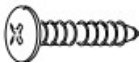




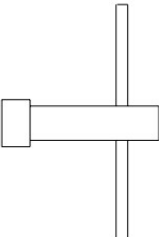
## Parts & Assembly



### 5.1) E5 Exploded View



L03	SKETCH	DESCRIPTION	QUANTITY
C35		BUTTON HEAD BOLT (M8 x 15L)	8
C20		WASHER (10.2 x 20 x 10t)	2
C24		BUTTON HEAD BOLT (M10 x 75L)	2
E44		BUTTON HEAD BOLT (5 x 15L)	4
E46		WASHER	2
E48		BUTTON HEAD BOLT (M8 x 10L)	4
C26		BUTTON HEAD BOLT (M8 x 20L)	2
C23		BUTTON HEAD BOLT (M8 x 30L)	2

G12		BUTTON HEAD BOLT (M8 x 55L)	4
G16		BUTTON HEAD BOLT (M10 x 40L)	2
H04		SCREW (M10)	2
E34		AXIS	2
Q20		BUTTON HEAD BOLT (M8 x 13L)	2
REFERENCE		BUTTON HEAD BOLT (4 x 15L)	4
		PHILLIPS DRIVER (4.5 x 50mm)	1
		5mm ALLEN WRENCH	1
		6mm ALLEN WRENCH	1
		8mm ALLEN WRENCH	1
		WRENCH	1

## 5.2) Parts List

NO.	DESCRIPTION	SPECIFICATION
AE1	Right Pedal Arm Set	
AE2	Left Pedal Arm Set	
AG1	Right Handlebar Set	
AG2	Left Handlebar Set	
AG3	Middle Handlebar Set (Plate)	

AG3	Middle Handlebar Set (Texture)	
AH1	Lower-Link-Arm Set	
AN1	Console Set (English)	
AN2	Handpulse Grip Set (Plate)	
AN2	Handpulse Grip Set (Texture)	
AT1	Tension Wheel Set	
E08	Roller Set	
G07	Swivel Housing Set	
Q01	Right Side Cover Set	
Q02	Left Side Cover Set	
R01	Drive Axle Set	
R02	Pulley Axle Set	
AB1	Main Frame	
AB2	Front Curve Plate	
AC1	Console Mast	
AC2	Console Bracket	
AC3	TV Bracket w/Cables	
AE1	Right Pedal Arm	
AE2	Left Pedal Arm	
AE3	Right Pedal Frame	
AE4	Left Pedal Frame	
AE5	Crank Pin Housing	
AG3	Middle Handlebar (Plate)	
AG3	Middle Handlebar (Texture)	
AH1	Lower Link Arm ( 2 Pieces)	

AJ1	Crank ( 2 Pieces)	
AR6	Axle Sleeve Set (A)	
AR7	Axle Sleeve Set (B)	
AT1	Tension Wheel	
AZ1	Hardware Pack	
B35	Mobile Wheel Axle	
B36	Mobile Wheel	
B40	Bushing	
B41	Leveler	
B43	Screw,Oval Tapping	4x15L
B44	Screw,Plain Hex Socket	M8x1.25Px15L
B45	Screw,Oval Head	M5x0.8Px12L
B46	Hex Nut	M10x1.5P

NO.	DESCRIPTION	SPECIFICATION
B47	Lower Board Fix Plate	SPC 2.0t
B48	C Clip	WUSN-4039
B49	Handle Holder	PP
B50	Hex Screw	M10x1.5Px55L
C06	Swivel Axle	SCM21
C07	Outer Console Mast Tube	
C12	Middle Handlebar Fixing Plate	
C17	Spacer	SS41
C18	C Clip-External	S-30
C20	Screw,Round Hex Socket	M10x1.5Px75L
C22	Screw,Oval Tapping	4x25L

C23	Screw,Round Hex Socket	M8x1.25Px55L (Bed)
C24	Screw,Oval Tapping	5x15L
C25	Screw,Round Hex Socket	M8x1.25Px15L
C26	Screw,Round Hex Socket	M8x1.25Px30L
C27	Tighten Nut	M33x2.0Px15t
C28	Plate Washer	8.2x16x1.0t
C32	Screw,Oval Hex Socket	M8x1.25x45L
C33	Washer	8.2x18x1.5t
C34	Console Mast Cover	PVC
C50	Console Mast Cushion Pad	
E08	Roller	PU
E09	Right Pedal Housing	ABS
E10	Left Pedal Housing	ABS
E16	Screw, Plain Head	M5x0.8Px12L
E17	End Cap	ABS
E22	Screw,Round Hex Socket	M8x1.25Px55L (Bed)
E23	Copper Sleeve	
E26	Connecting Axle	SS41
E27	Copper Sleeve	
E28	Right Pedal Pad	
E29	Left Pedal Pad	
E31	Plate Washer	25.5x38x2.0t
E32	C Clip-External	S-25
E33	Plate Washer	8.2x22x3.0t
E34	Screw,Oval Hex Socket	M8x1.25Px13L

E35	Ball Bearing	6002ZZ
E36	Screw,Oval Head	M5x0.8Px8L
E37	Screw,Round Hex Socket	M10x1.5Px60L
E38	Nylon Nut	M10x1.5P
E39	Flat Washer	15.2x_20x3.0t
E40	Screw,Plain Hex Socket	M5x0.8Px12L (Bed)
E41	Wave Washer	25.5x34x2t

NO.	DESCRIPTION	SPECIFICATION
E42	Brush	PP
E43	Copper Sleeve, Pedal Arm	
E44	Wave Washer	20.5x29x1.5t
E45	Hex Nut	M14x1.5Px7H
E46	Screw,Oval Hex Socket	M8x1.25Px10L
E47	Flat Washer	10.2x_25x1.5t
E48	Screw,Oval Hex Socket	M8x1.25Px20L
E49	Roller Washer	
E50	Nylon Nut	M8x1.25P
F01	Roller Rail	AL
F02	Screw,Oval Head	M5x0.8Px12L
F03	Roller Rail Rubber Pad	
G08	Swivel Housing Cover	AL(6063)
G10	Ball Bearing	6006ZZ
G11	C Clip	R-55
G12	Screw,Round Hex Socket	M10x1.5Px40L



G14	Flat Washer	10.5x18x2.0t
G15	Screw,Oval Hex Socket	M8x1.25Px50L
G16	Nylon Nut	M10x1.5P (Bed)
G18	Foam Grip	31D*3T*483L
G19	Foam Grip	
H04	Bushing Axle	SS41
H05	Axle For Rocker Arm	SCM21
H08	Bearing	PHS 16(M16x2)
H09	Screw,Round Hex Socket	M8x1.25Px50L
H10	Copper Sleeve, Pedal Arm	
H11	Hex Nut	M16x2.0Px7.0L
H12	Connect Slice	EP34-1(EP23)
J04	Round Plate	
J05	Screw,Plain Hex Socket	M8x1.25Px20L
J06	Hex Nut	M16x1.5P
J07	Spring	SWP
L01	Right Stabilizer Cover	
L02	Left Stabilizer Cover	
L03	Screw,Oval Hex Socket	M8x1.25Px15L
L04	Leveler	
N03	Battery Cover	ABS
N06	Membrane Key (Left)	MATRIX U5/R5/E5
N07	Membrane Key (Right)	MATRIX U5/R5/E5
N08	Membrane Key (Lower)	MATRIX U5/R5/E5

N09	Bookshelf	ABS
N10	Watter Bottle Holder	ABS
N12	Earphone Ring	ABS

NO.	DESCRIPTION	SPECIFICATION
N13	Screw,Oval Tapping	3x10L (Bed)
N15	Overlay (English)	English
N15	Overlay (Holland)	Holland
N15	Overlay (Germany)	Germany
N15	Overlay (Italy)	Italy
N20	Inner Receiver	39022177
N26	Screw, Round Head	M3x0.5Px35L
N27	Hex Nut	M3x0.5P
P02	Console Cable	1550(XAP-07V-1+H6657P-2+H6657R1-8)
P03	E-Port Power Connecting Cable	1550(XAP-02V-1+H6657P-2)
P04	E-Port Tv Signal Cable	1550(RG-6)x2
P05	Controller Connecting Cable	450(3.96-5P+HL20P-03)
P06	Power Resistance	400W10_,650(3.96-4P,VH)
P07	Handpulse Cable	600 (H6657R1-2+110)
P13	End Protect Cover	(KSS)EP-1113
P16	Ferrite Cord	FH0900B-2
P18	Ear Extended Cable	185(3.5+3P)
P19	Power Transfer Cable	1050(XAP-02V-1+H6657R1-2)

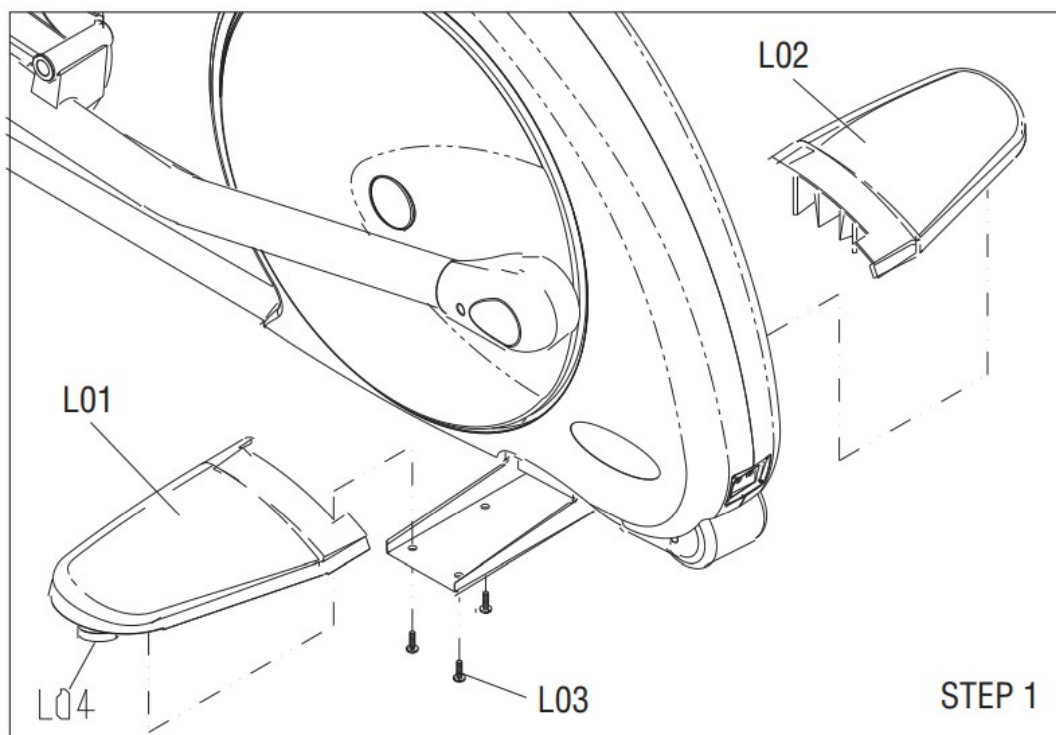
P20	E-Port Control Board	
Q01	Right Side Cover	ABS
Q02	Left Side Cover	ABS
Q03	End Cap	PVC
Q04	Right Mast Cover	ABS
Q05	Left Mast Cover	ABS
Q06	Right Mast End Cap	ABS
Q07	Left Mast End Cap	ABS
Q08	Lower Mast Cover	PVC
Q09	Outer Cap, Lower Link Arm	ABS
Q10	Inner Cap, Lower Link Arm	ABS
Q11	Rear Rail Cover	ABS
Q12	Pedal Arm Cover	ABS
Q13	Pedal Cover	ABS
Q15	E-Port Fixing Plate	ABS
Q19	End Cap, Round Plate	ABS
Q20	Screw,Oval Tapping	4x15L
Q21	C Clip	WUSN-4039
Q22	Connecting Plate, Side Cover	SPC
Q23	Snake Abdomen	PVC
Q24	End Cap	Nylon
Q25	Fixed Buckle Plug	
Q26	Fixed Buckle Seat	PVC



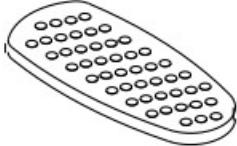




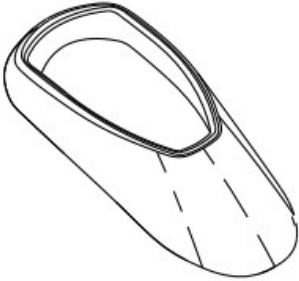




Q27	Screw,Oval Tapping	4x12L
R03	_235 Pulley	

NO.	DESCRIPTION	SPECIFICATION
R04	_254 Pulley	FC20
R09	Poly-V Belt	480-J8
R11	Poly-V Belt	430-J12
R14	Tighten Nut	AN06(M30x1.5P) (Bed)
R16	2 End Key	6x6x20L
R17	C Clip-External	S-30
R40	2 End Key	6x6x14L
R48	Look Nut	M30x1.5Px10t
S01	Generator (US)	210 MX/600 (US)
S01	Generator (CE-European)	210 CE MX/600 (European)
S09	Lower Control Board	U5,R5,E5 H002
S10	Hex Nut	3/8"-26UNCx4H
S12	Screw,Oval Head	M5x0.8Px12L
S13	Screw,Round Hex Socket	M5x0.8Px12L
S18	Screw,Round Hex Socket	M8x1.25Px45L
S50	Hex Nut	3/8"-26UNF
S51	Nylon Nut	1/4"-20UNC (Bed)
S52	Eye Bolt	1/4"-20UNCx70L,10
S53	Fixing Plate, Eye Bolt	1.5t SPC
S54	Plate Washer	1/4"x15x1t
S55	Screw,Oval Head	M5x0.8Px15L (Bed)
T01	Tension Wheel	SS41
T04	Ball Bearing	6304ZZ

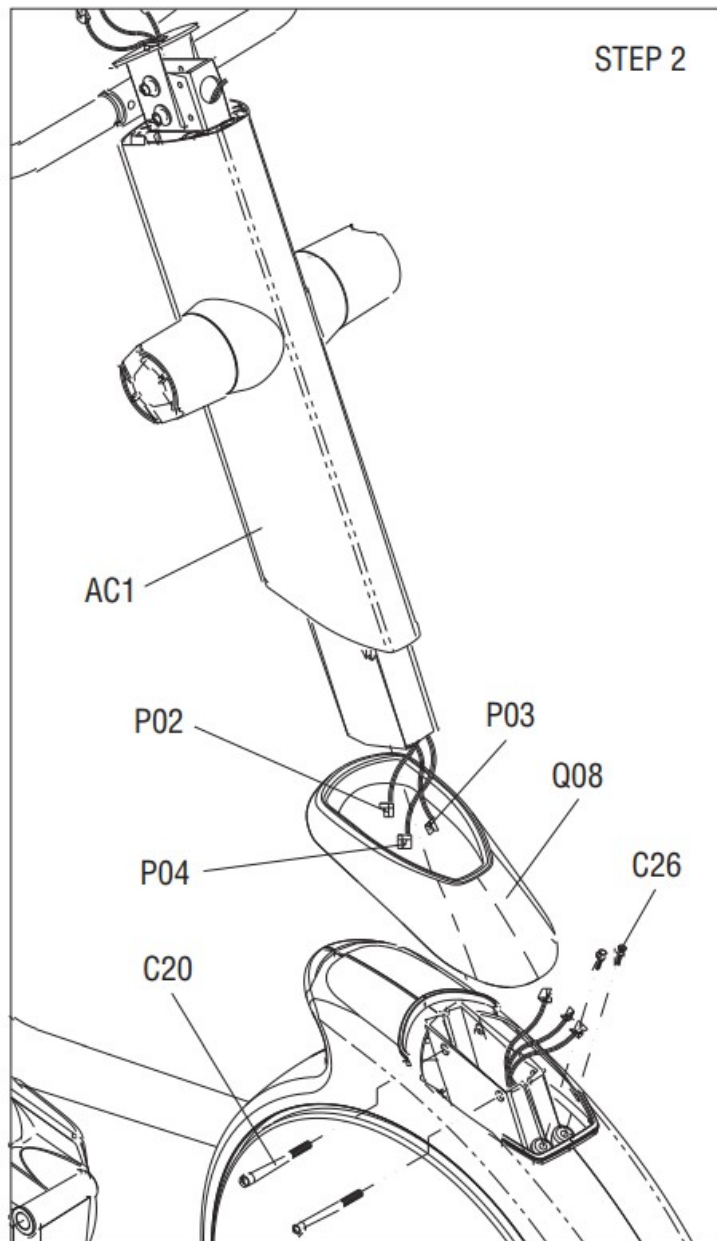
T05	Flat Washer	20.2x30x0.65t
T07	Screw,Plain Hex Socket	M8x1.25Px45L
T08	Nylon Nut	M8x1.25P
T09	Screw,Round Hex Socket	M10x1.5Px50
T10	Nylon Nut	M10x1.5P
V03	Warning Decal	
V04	Matrix Decal	
X01	Carton	EP23-1
Z02	L-Type Hex-Wrench (M5)	M5
Z03	L-Type Hex-Wrench (M6)	M6
Z04	L-Type Hex-Wrench (M8)	M8
Z05	Sleeve Wrench (17Mm)	#17
Z06	Cross-Driver	4.5*50
Z07	Crank Puller Tool	MX-E5
Z15	Single Foam Tape	15x25x2.5t

### 5.3) Assembly Step 1

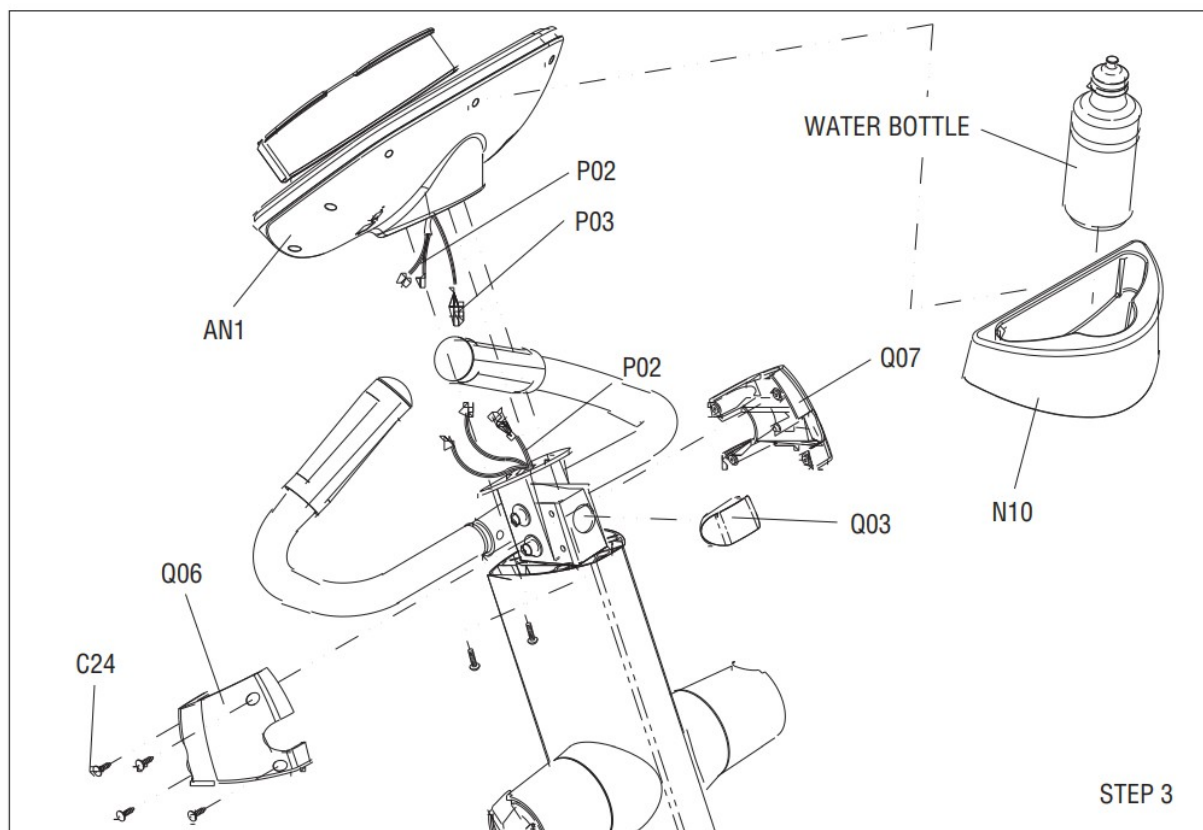


	WATER STAND	1
	FOOT AXLE COVER	2
	FOOT PAD	2
	RIGHT GROUND COVER	1
	LEFT GROUND COVER	1
	INSIDE LINK COVER	2
	OUTSIDE LINK COVER	1
	CONSOLE MAST BOOT	2
	ROTATE COVER	1
	RIGHT CONSOLE MAST COVER	1
	LEFT CONSOLE MAST COVER	1
	TV STAND PLUG	1

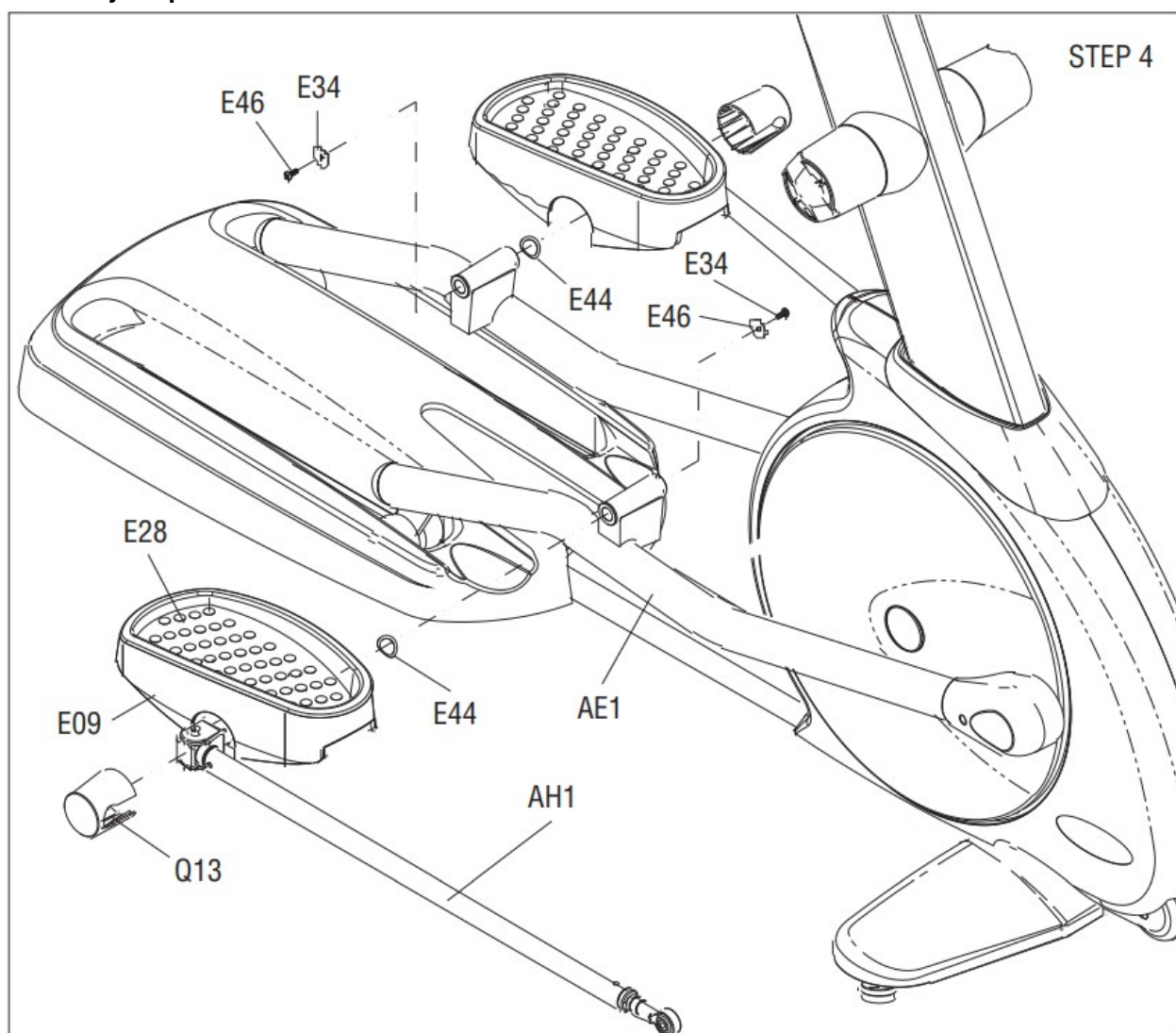
### 5.3) Assembly Step 2



5.3) Assembly step 3



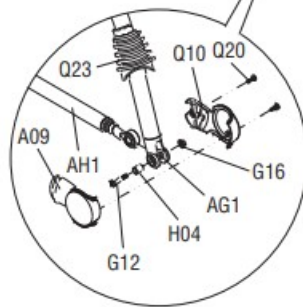
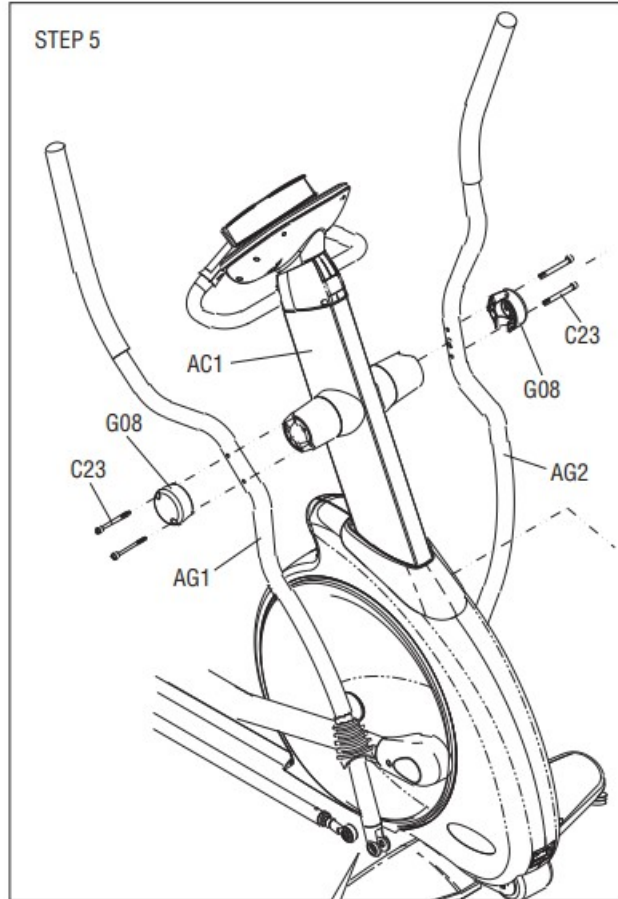
### 5.3) Assembly Step 4



### 5.3) Assembly Step 5



STEP 5



**MATRIX FITNESS SYSTEMS, INC.**

1411 BROADWAY, NE ALBUQUERQUE, NM 87102

TOLL FREE 866.693.4863 F AX 505.242.4725

[www.matrix-fitness.com](http://www.matrix-fitness.com)



[MATRIX MX-E5 Elliptical Total Body](#) [pdf] Owner's Manual  
MX-E5 Elliptical Total Body, MX-E5, Elliptical Total Body, Total Body, Body

## References

-  [Manual-Hub.com - Free PDF manuals!](#)
- [User Manual](#)

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

This website is an independent publication and is neither affiliated with nor endorsed by any of the trademark owners. The "Bluetooth®" word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. The "Wi-Fi®" word mark and logos are registered trademarks owned by the Wi-Fi Alliance. Any use of these marks on this website does not imply any affiliation with or endorsement.