



MATRIX MXCYCXP CXP Target Training Cycle Instruction Manual

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MATRIX



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IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

When using Matrix exercise equipment, 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 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 equipment is for use only in a climate-controlled room. If your exercise equipment has been exposed to colder temperatures or high moisture climates, it is strongly recommended that this equipment is warmed up to room temperature prior to use.

DANGER!

TO REDUCE THE RISK OF ELECTRICAL SHOCK:

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

WARNING!

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

- Use this equipment only for its intended use as described in the equipment's Owner's Manual.
- At NO time should children under the age of 14 use the equipment.
- At NO time should pets or children under the age of 14 be closer to the equipment than 10 feet / 3 meters.
- This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge unless they are supervised or have been given instruction concerning use of the equipment by a person responsible for their safety.
- Always wear athletic shoes while using this equipment. NEVER operate the exercise equipment with bare feet.
- Do not wear any clothing that might catch on any moving parts of this equipment.
- Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death.
- Incorrect or excessive exercise may result in serious injury or death. 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.
- Do not jump on the equipment.
- At no time should more than one person is on the equipment.
- Set up and operate this equipment on a solid level surface.
- Never operate the equipment if it is not working properly or if it has been damaged.
- Use handlebars to maintain balance when mounting and dismounting, and for additional stability while exercising.
- To avoid injury, do not expose any body parts (for example, fingers, hands, arms, or feet) to the drive mechanism or other potentially moving parts of the equipment.

- Connect this exercise product to a properly grounded outlet only.
- This equipment should never be left unattended when plugged in. When not in use, and prior to servicing, cleaning, or moving equipment, turn off the power, then unplug from the outlet.
- Do not use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Customer Technical Support or an authorized dealer.
- Never operate this equipment if it has been dropped, damaged, or is not working properly, has a damaged cord or plug, is located in a damp or wet environment, or has been immersed in water.
- Keep the power cord away from heated surfaces. Do not pull on this power cord or apply any mechanical loads to this cord.
- Do not remove any protective covers unless instructed by Customer Technical Support. Service should only be done by an authorized service technician.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- This equipment should not be used by persons weighing more than the specified maximum weight capacity as listed in the equipment Owner's Manual. Failure to comply will void the warranty.
- This equipment must be used in an environment that is both temperature and humidity-controlled. Do not use this equipment in locations such as, but not limited to: outdoors, garages, carports, porches, bathrooms, or located near a swimming pool, hot tub, or steam room. Failure to comply will void the warranty.
- Contact Customer Technical Support or an authorized dealer for examination, repair, and/or service.
- Never operate this exercise equipment with the air opening blocked. Keep the air opening and internal components clean, free of lint, hair, and the like.
- Do not modify this exercise device or use unapproved attachments or accessories. Modifications to this equipment or the use of unapproved attachments or accessories will void your warranty and may cause injury.
- To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- Use the stationary training equipment in a supervised environment.
- Individual human power to perform exercise may be different than the mechanical power displayed.
- When exercising, always maintain a comfortable and controlled pace.
- Ensure that adjustment levers (seat and handlebar fore-and-aft) are properly secured and do not interfere with range of motion during exercise.
- Do not attempt to ride the exercise bike in a standing position at high RPMs until you have practiced at slower speeds.
- When adjusting the seat height position, lift the saddle height adjustment lever and gently lower the seat to a lower height, or raise the seat to the desired height. Push down on saddle height adjustment lever to clamp, and ensure the clamp is fully engaged prior to use.
- Make sure handlebars are secure before each use.
- Never rotate the foot pedals by hand.
- Never dismount the equipment until the pedals come to a complete STOP.
- This unit is not equipped with a freewheel. Pedal speed should be reduced in a controlled manner.
- Care should be taken when mounting or dismounting the equipment. Before mounting or dismounting, move the foot pedal on the mounting or dismounting side to its lowest position.

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 box when it is on its side.

IMPORTANT NOTES

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?

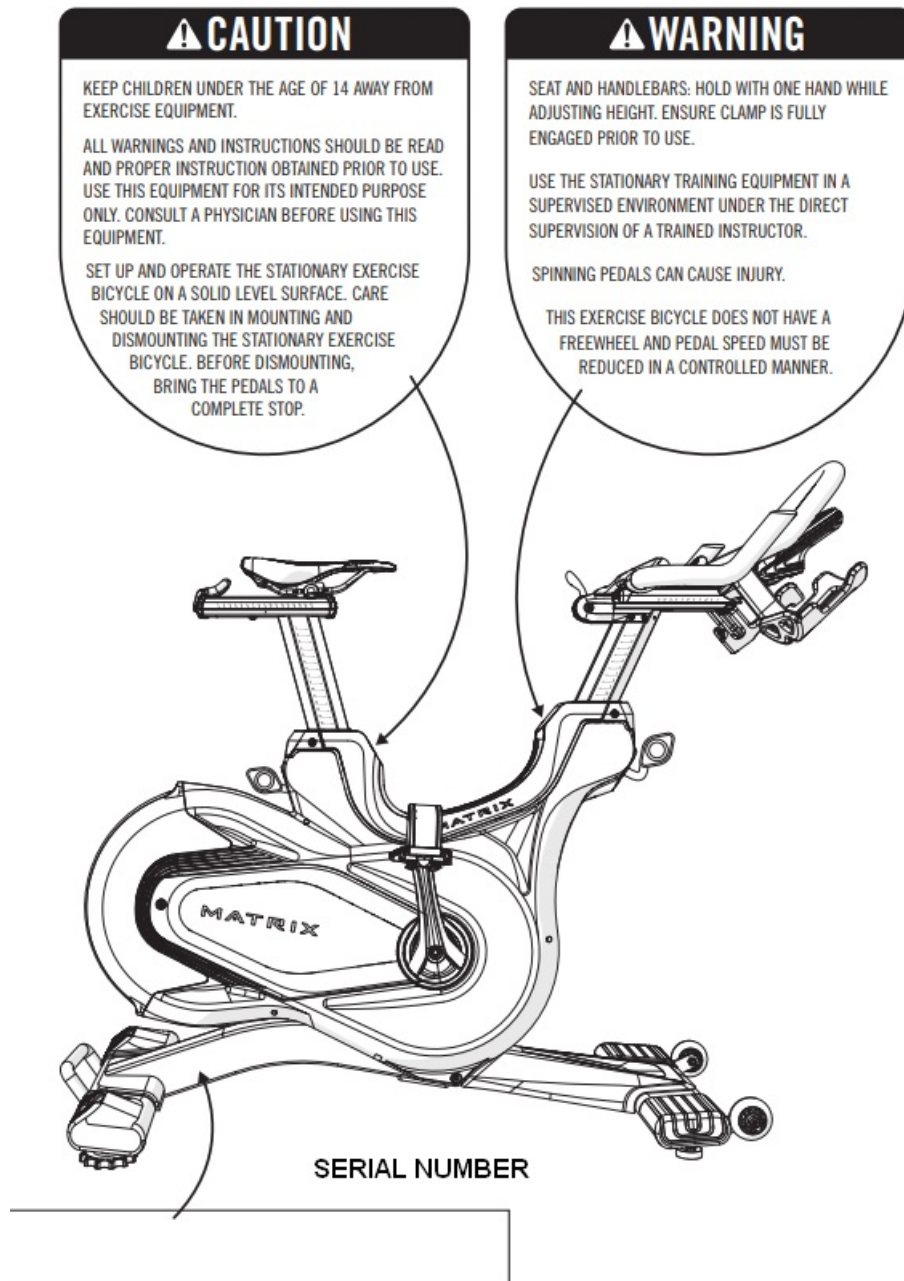
If you have questions or if there are any missing parts, contact Customer Tech Support.

TOOLS REQUIRED:

- 3 mm Allen Wrench
- 5 mm Allen Wrench
- 10 mm Allen Wrench
- Flat Wrench (15mm/17mm 325L)
- Phillips Screwdriver

PARTS INCLUDED:

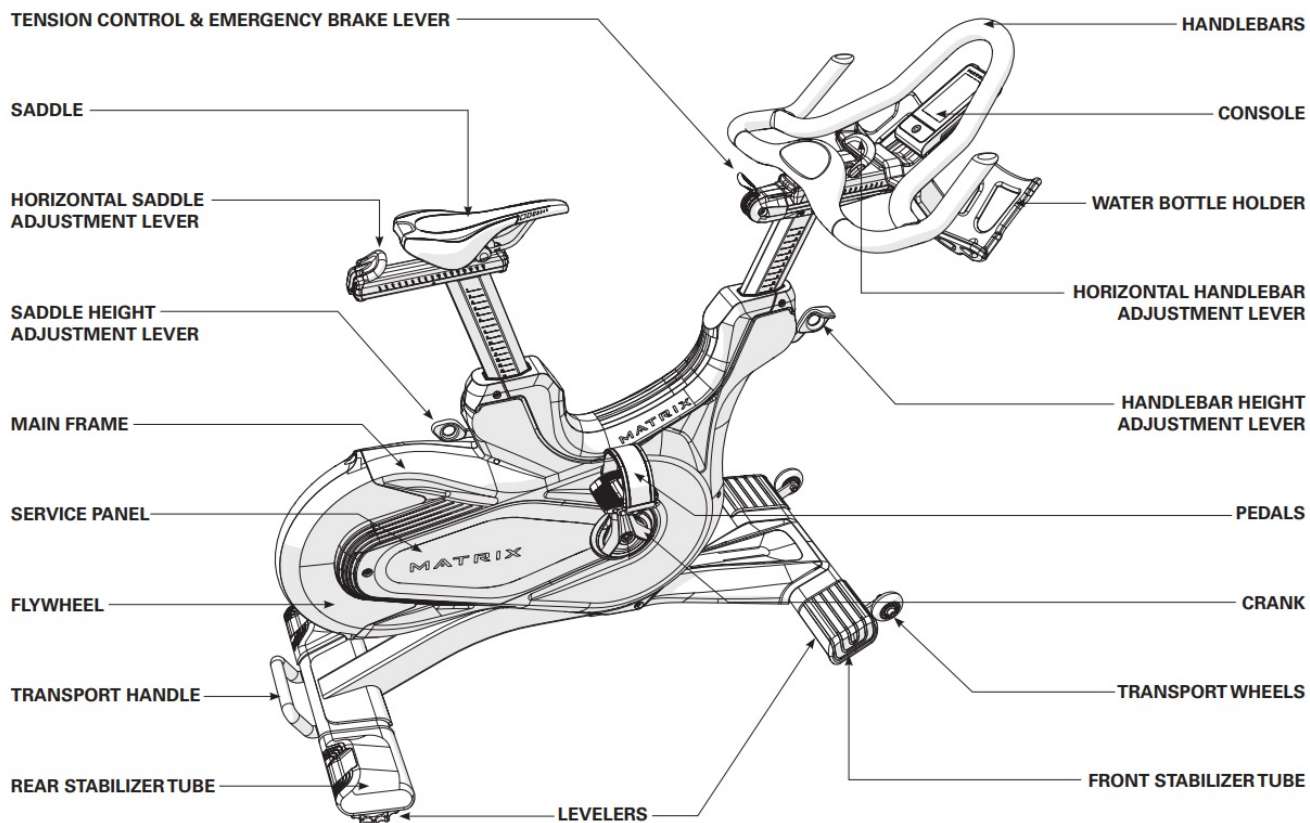
- 1 Main Frame
- 1 Front Stabilizer Tube
- 1 Rear Stabilizer Tube
- 1 Handlebar Set
- 1 Transport Handle
- 1 Bicycle Saddle
- 2 Pedals
- 1 Console
- 1 Hardware Kit



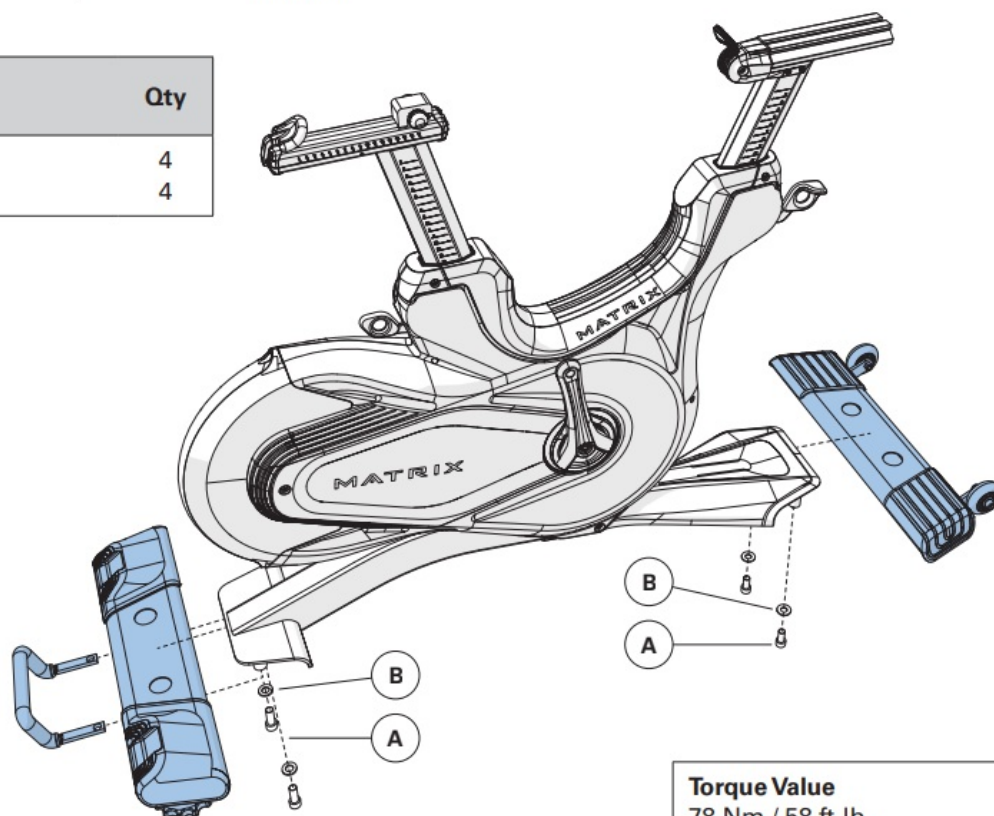
MODEL: CXP MATRIX TARGET TRAINING CYCLE

* Use the information above when calling for service.

ASSEMBLY

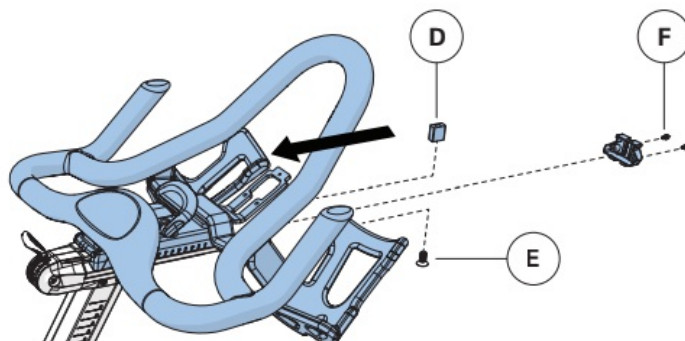
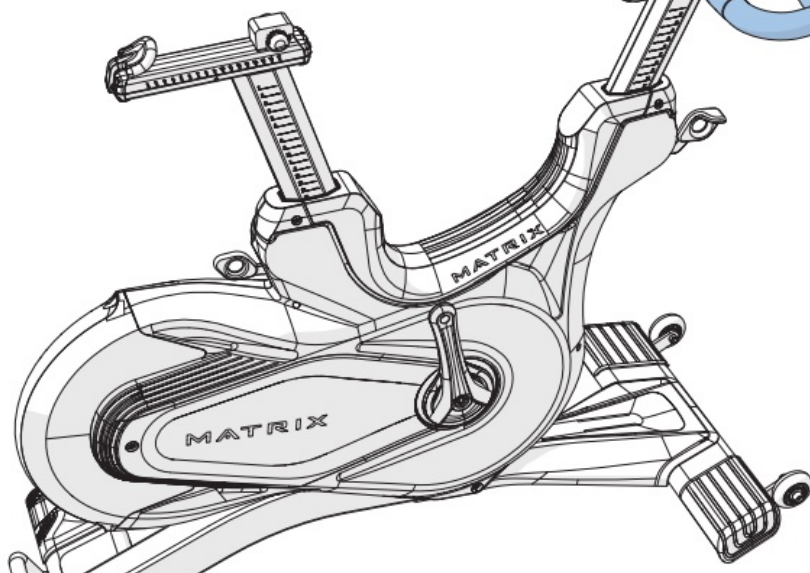


1	Hardware	Qty
A	Bolt (M12x25L)	4
B	Flat Washer	4



Torque Value
78 Nm / 58 ft-lb.

2	Hardware	Qty
D	Stopper	1
E	Screw (M8x20L)	1
F	Screw (M4x6L)	2



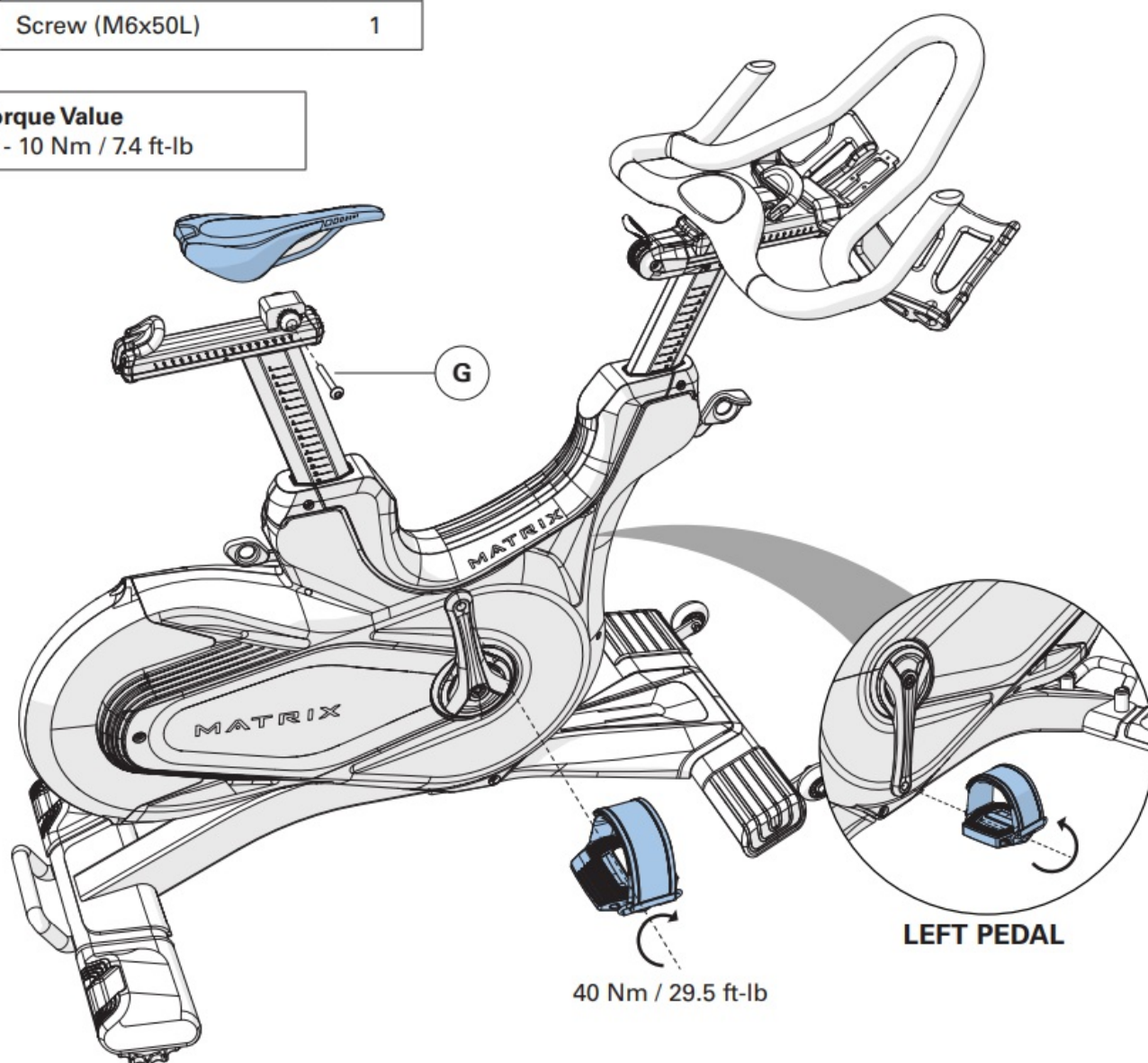
Slide handlebars onto frame
before attaching (D), (E) and
then (F)

Torque Value
E - 20 Nm / 14 ft-lb

3**Pre-installed Hardware****Qty**

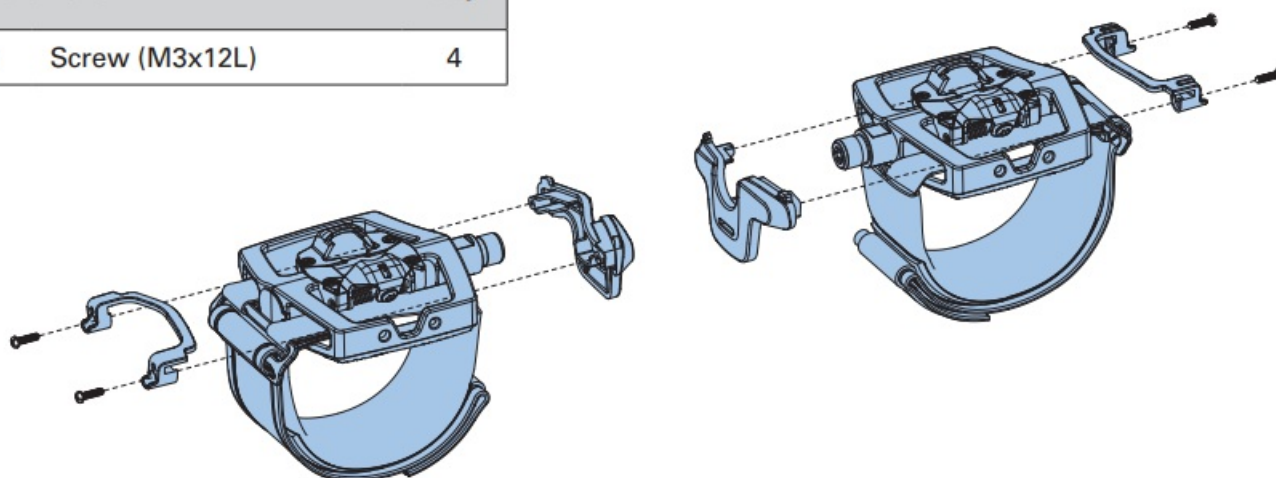
G Screw (M6x50L)

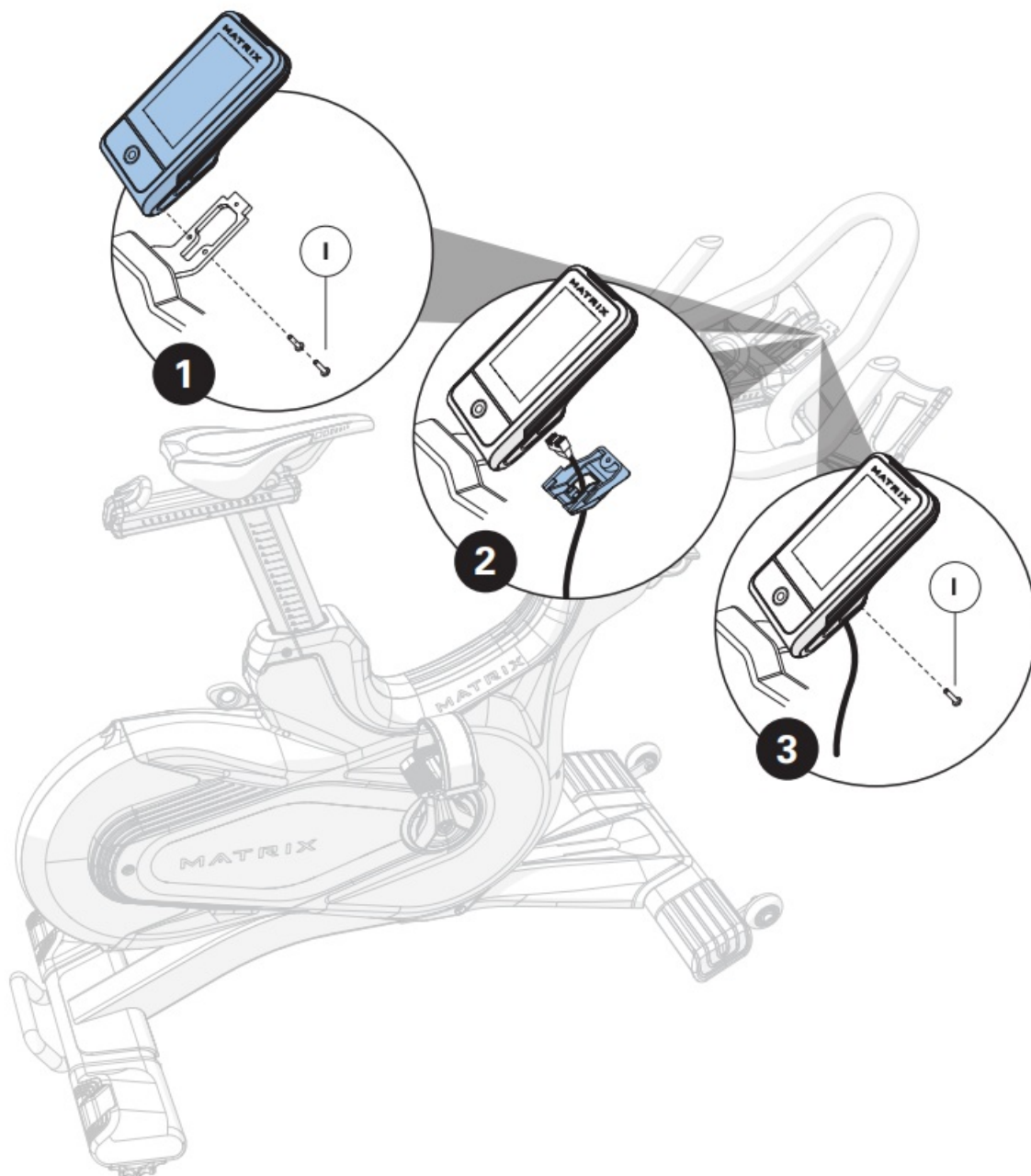
1

Torque Value**G - 10 Nm / 7.4 ft-lb****Hardware****Qty**

H Screw (M3x12L)

4

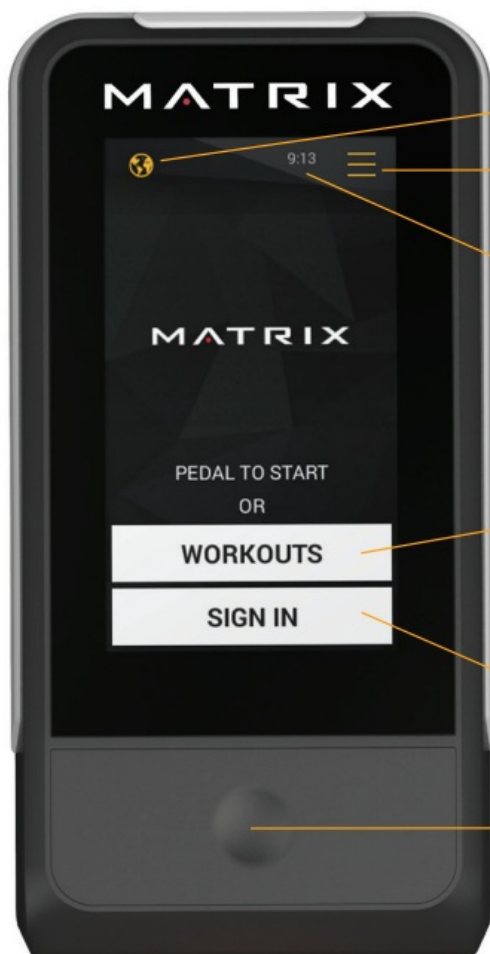






CONSOLE OPERATION

HOME SCREEN



RUN SCREEN (RPM)



The CXP has a fully integrated touch screen display. All information required for workouts is explained on-screen. Exploration of the interface is highly encouraged.

A) POWER BUTTON: Press to wake display/power on. Press and hold for 3 seconds to put the display to sleep. Press and hold for 10 seconds to power off.

B) LANGUAGE SELECTION

C) CLOCK

D) MENU: Touch to access various functions before or during your workout.

E) WORKOUTS: Touch to access a variety of target training options or preset workouts.

F) SIGN IN: Touch to sign in using your XID (WiFi is an optional add-on feature).

G) CURRENT SCREEN: Displays what screen you are currently viewing.

H) FEEDBACK WINDOWS: Displays Time, RPM, Watts, Average Watts, Speed, Heart Rate (BPM), Level, Pace, Distance, or Calories. Feedback varies based on the current screen.

I) CHANGE SCREEN: Swipe display left or right to cycle between different run screen options. Or select a metric with an orange triangle to go straight to the desired screen.

J) TARGET TRAINING SCREEN: Press to return to target training screen when a target training option has been set. Press the target icon to set a specific training goal and activate the LED color wrap.

- **PERSONAL INFO:** Enter weight, age, and gender to ensure caloric data and the power-to-weight ratio is more accurate.
- **BATTERY:** The battery level is shown at the bottom of the MENU screen. Pedaling can wake/power on the console. Pedaling at a rate above 45 RPM will charge the battery.

HOME SCREEN

- Pedal to START immediately. Or...
- Touch the WORKOUTS button to customize your workout.
- Touch the SIGN IN button to sign in using your XID.

SIGN IN

1) Enter your XID and touch

2) Enter your PASSCODE and touch

Consoles equipped with RFID will support logging in with RFID tags. To log in, touch your RFID tag to the right-side surface 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.

WORKOUT SETUP

1. After touching the WORKOUTS button, select one of the WORKOUTS from the list.
2. Use the SLIDER CONTROLS to adjust your program settings.
3. Press GO to begin your workout.

CHANGE WORKOUT

During a workout, touch and then touch CHOOSE EXERCISE to access available workouts.

SUMMARY SCREENS

After your workout is complete, a workout summary will appear. You can swipe up and down to scroll through the summary. Also, swipe the display left and right to switch between the summary screens.

COOLDOWN

Touch START COOL DOWN to enter cool-down mode. Cooldown lasts for a few minutes while reducing the workout intensity, allowing your body to recover from your workout. End cool down to go to workout summary.

TARGET TRAINING WORKOUT

1. Start pedaling until the default screen appears.
2. Either swipe right or tap the metric box with an orange triangle to take you directly to the desired screen.
3. Once on your desired screen, tap the large metric or the target icon to set your training goal and then touch
4. The LED lights now become associated to that target.

LED LIGHTS

Target training programming uses bright color lights on the top and sides of the console to gauge effort and keep

everyone on track of their goals. These lights may be turned on or off in the workout setup by pressing LIGHTS ON or LIGHTS OFF. The color indicators are: BLUE = below target, GREEN = on target, RED = above target.

MANAGER MODE

To enter manager mode, press and hold the MATRIX logo in the center of the screen for 10 seconds. Then enter 1001 and touch

POWER ACCURACY

This bike displays power on the console. The power accuracy of this model has been tested using the test method of ISO 20957-10:2017 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. The power accuracy was verified using the following conditions:

Nominal Power Rotations per minute measured at the crank

- 50 W 50 PM
- 100 W 50 PM
- 150 W 60 PM
- 200 W 60 PM
- 300 W 70 PM
- 400 W 70 PM

In addition to the above testing conditions, the manufacturer tested the power accuracy at one additional point, using a crank rotation speed of approximately 80 RPM (or higher) and comparing the displayed power to the input (measured) power.

WIRELESS HEART RATE

To connect your ANT+ or Bluetooth SMART heart rate device to the console, touch and then touch **HEART RATE DEVICE PAIRING**.

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 strap or armband, your heart rate can be transmitted wirelessly to the unit and displayed on the console.

WARNING!

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

Supported standards with a 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.

Documents / Resources

	<p>MATRIX MXCYCXP CXP Target Training Cycle [pdf] Instruction Manual PHOENIX2, TN7PHOENIX2, MXCYCXP CXP Target Training Cycle, CXP Target Training Cycle</p>
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