

MATRIX

INTELLIGENT TRAINING CONSOLE



CONSOLE GUIDE

Before proceeding, find the serial numbers located on barcode stickers and enter them in the spaces provided below.

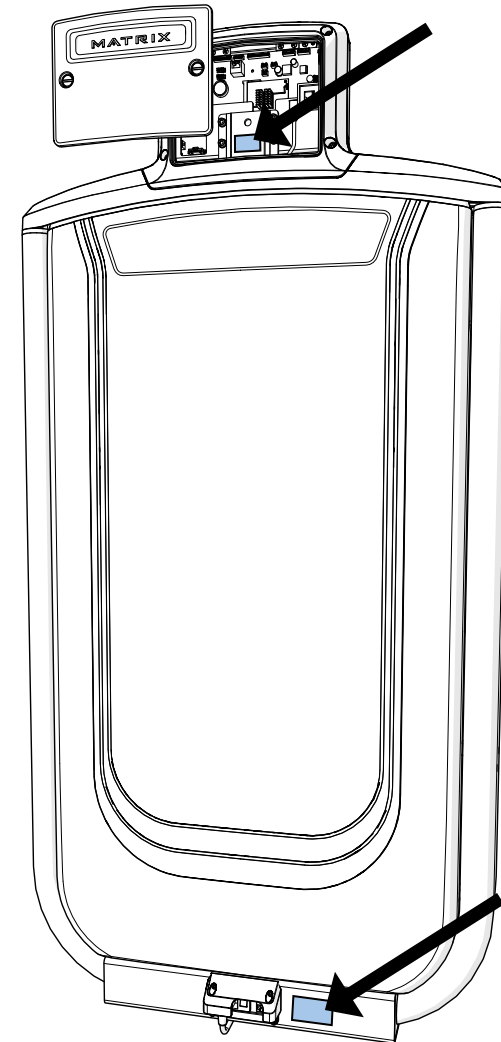
CONSOLE SERIAL NUMBER

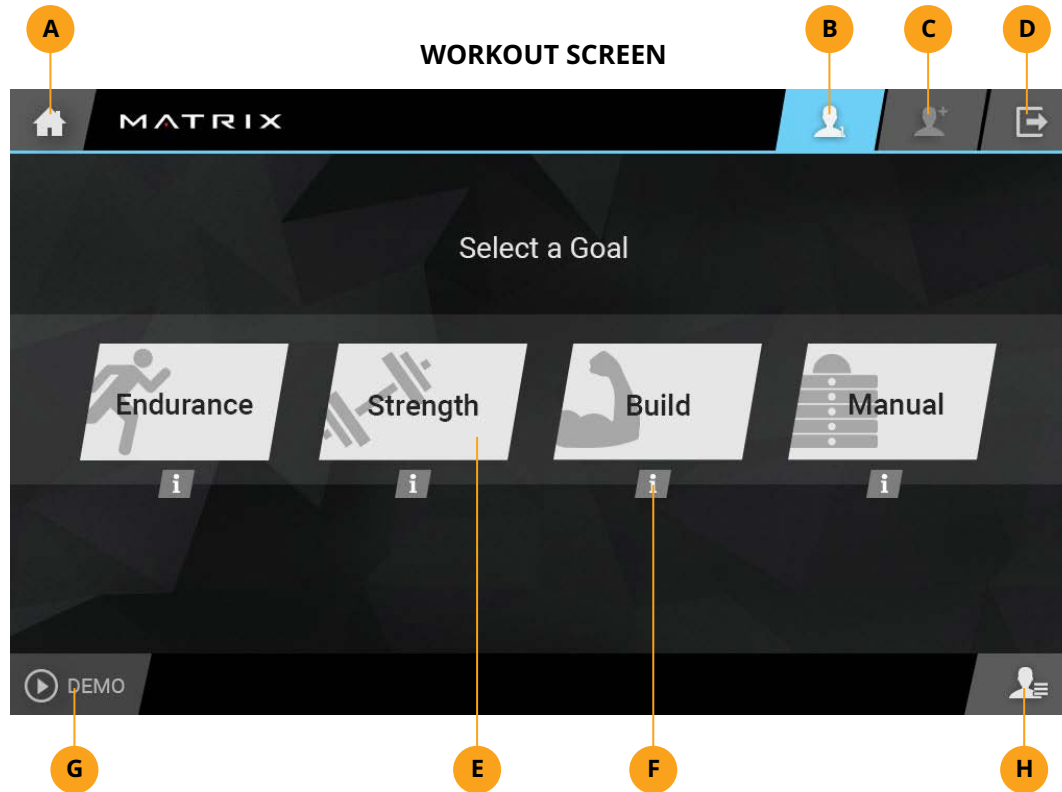
FRAME SERIAL NUMBER

MODEL

| | | |
|--------------------------|---------------|---|
| <input type="checkbox"/> | G7-S13 | MATRIX CONVERGING CHEST PRESS |
| <input type="checkbox"/> | G7-S21 | MATRIX LATERAL RAISE |
| <input type="checkbox"/> | G7-S22 | MATRIX REAR DELT/PEC FLY |
| <input type="checkbox"/> | G7-S23 | MATRIX CONVERGING SHOULDER PRESS |
| <input type="checkbox"/> | G7-S33 | MATRIX DIVERGING LAT PULLDOWN |
| <input type="checkbox"/> | G7-S34 | MATRIX DIVERGING SEATED ROW |
| <input type="checkbox"/> | G7-S40 | MATRIX INDEPENDENT BICEPS CURL |
| <input type="checkbox"/> | G7-S42 | MATRIX TRICEPS PRESS |
| <input type="checkbox"/> | G7-S51 | MATRIX ABDOMINAL CRUNCH |
| <input type="checkbox"/> | G7-S52 | MATRIX BACK EXTENSION |
| <input type="checkbox"/> | G7-S55 | MATRIX ROTARY TORSO |
| <input type="checkbox"/> | G7-S70 | MATRIX LEG PRESS |
| <input type="checkbox"/> | G7-S71 | MATRIX LEG EXTENSION |
| <input type="checkbox"/> | G7-S72 | MATRIX SEATED LEG CURL |
| <input type="checkbox"/> | G7-S73 | MATRIX PRONE LEG CURL |
| <input type="checkbox"/> | G7-S74 | MATRIX HIP ADDUCTOR |
| <input type="checkbox"/> | G7-S75 | MATRIX HIP ABDUCTOR |
| <input type="checkbox"/> | G7-S77 | MATRIX CALF EXTENSION |
| <input type="checkbox"/> | G7-S78 | MATRIX GLUTE |

* Use the information above when calling for service.





CONSOLE DESCRIPTION

Matrix equipment is inspected before it is packaged. It is shipped in two pieces: The Ultra strength equipment frame and the Intelligent Training Console assembly kit. Carefully unpack the console and install all components per the assembly guide. Follow the on-screen setup wizard to complete the initial setup of the console.

Note: It is important that the equipment is calibrated during this step to ensure that you capture accurate data from your equipment.



The Intelligent Training Console has an integrated touchscreen display.

- A) HOME BUTTON:** Press either the (home icon) or the Matrix logo to reach the home screen at any point
- B) ACTIVE USER ICON:** Review active user information
- C) ADD SECOND USER:** The Intelligent Training Console allows for two users to be logged in simultaneously
- D) LOG OUT:** Choose to log out one or both active users
- E) WORKOUT PLAN SELECTION:** Choose a program to begin a workout plan
- F) INFORMATION:** Detailed explanation of the workout plans available
- G) DEMO:** View a demo video explaining how to properly use the equipment
- H) USER INFORMATION:** View seat settings and workout history, or pair a Bluetooth heart rate strap



CONSOLE OPERATION

Note: A user may begin lifting at any time. If a user begins lifting weights, the screen will immediately convert to a rep counter and timer to provide session feedback to the user.


GETTING STARTED

- Tap the User Login button to sign in or register a new user
- Tap the Guest button to work out without logging in
- For more information, touch 
- To change languages, touch 

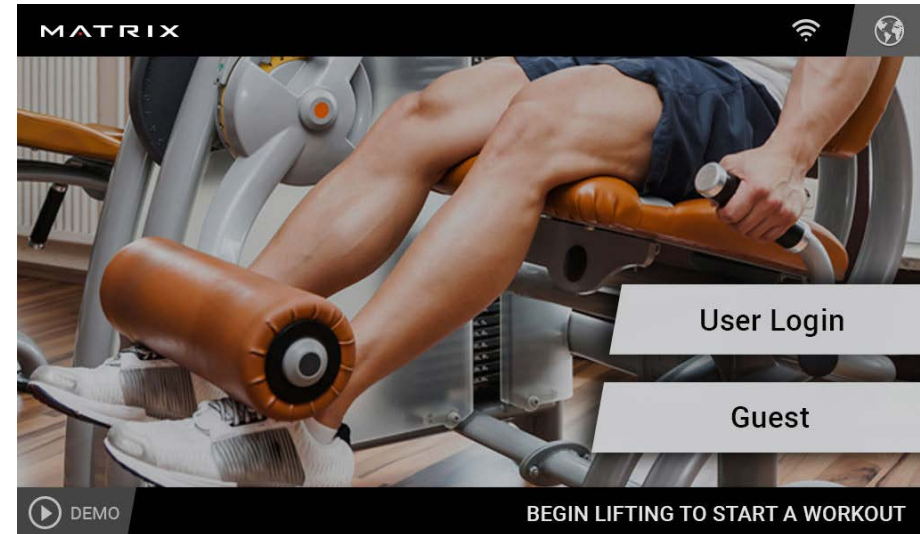
USER LOGIN

- 1) Tap the User Login button
- 2) Enter your ID and touch 
- 3) Enter your passcode and touch 

REGISTER A NEW USER

- 1) Touch the User Login button
- 2) Select Register
- 3) Complete the on-screen form
- 4) Review your information and select **I ACCEPT THE TERMS AND CONDITIONS** once you have reviewed the terms and conditions
- 5) Touch  to complete registration

LOGIN SCREEN



STARTING A WORKOUT PLAN

- 1) Select a workout program from the workout screen
- 2) Select an experience level for the workout program
- 3) Choose Find My Benchmark to determine your benchmark weight, or if you know your benchmark weight, enter it into the system
 - A benchmark weight is a user's approximate eight-rep maximum
 - The value may vary slightly from free-weight lifting due to the mechanics of selectorized equipment
- 4) If you choose to find your benchmark weight, follow the on-screen instructions to complete the benchmark test
- 5) If you entered a benchmark weight, follow the on-screen prompts to set the appropriate weight on the stack and perform the workout
- 6) As you return to the same type of machine in the future, you will be given a new workout each session, allowing you to progress and improve overall strength

NOTE: Available workout programs will vary by modality, based on the function of the program.



CONSOLE OPERATION

WORKOUT SCREEN

- During your workout setup, the screen will prompt you to select a certain weight based on your benchmark, then provide directions on the number of repetitions to be performed
- The user must physically set the pin in the weight stack and perform the repetitions
- As the repetitions are performed, an on-screen rep counter will appear, logging total repetitions and the duration of the set
- A rest timer will indicate the recommended interval of rest in between sets
- If no repetitions are performed within 15 seconds of the rest timer expiring, the workout will end automatically

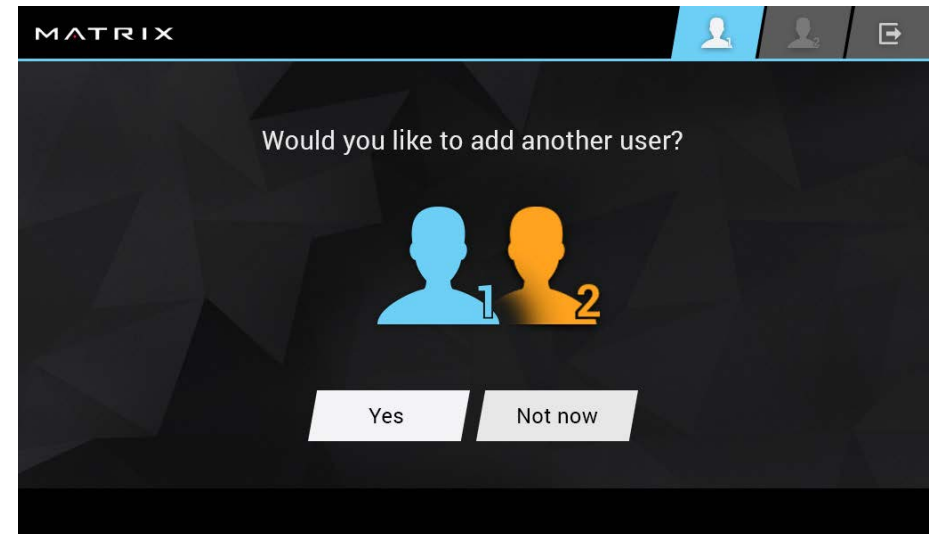
MULTIPLE USERS

- The Intelligent Training Console allows for up to two users to be logged in simultaneously
- Each user may sign in separately by following console prompts or by using RFID where available
- Each user will select their own workout or continue their own existing workout plan
- After the first user's initial set, the second user will then be able to complete their first set, switching back to the first user when their set is complete

WORKOUT SCREEN



MULTIPLE USERS



MATRIX