

MATRIX
Strong • Smart • Beautiful



Assembly Guide

G3 Seat Post Revision

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IMPORTANT SAFETY INSTRUCTIONS

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.

PROPER USAGE

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.

Keep hands and feet clear at all times from moving parts to avoid injury.

CHECK FOR DAMAGED PARTS

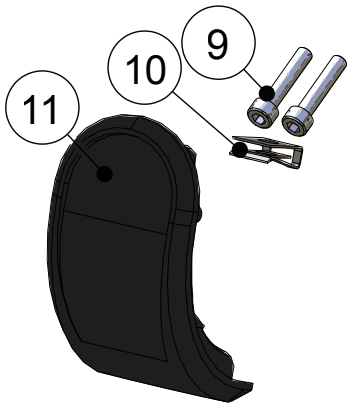
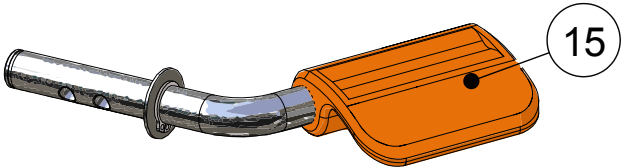
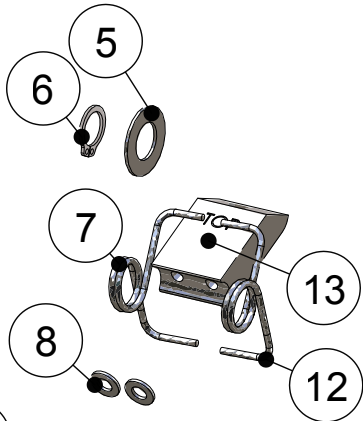
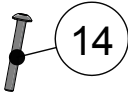
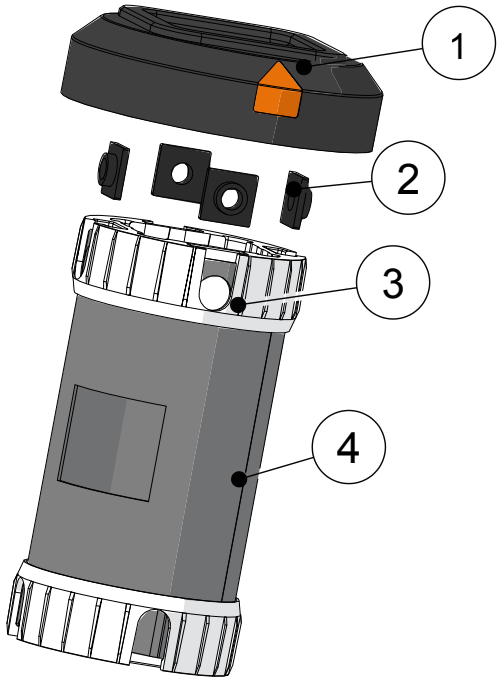
1. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by your country's local Matrix dealer.
2. MAINTAIN LABELS AND NAMEPLATES: Do not remove labels for any reason. They contain important information. If unreadable or missing, contact your Matrix dealer for a replacement.
3. SECURING EQUIPMENT: All equipment MUST be secured to the floor to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor.
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: SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. FOLLOW THESE PRECAUTIONS TO AVOID INJURY!

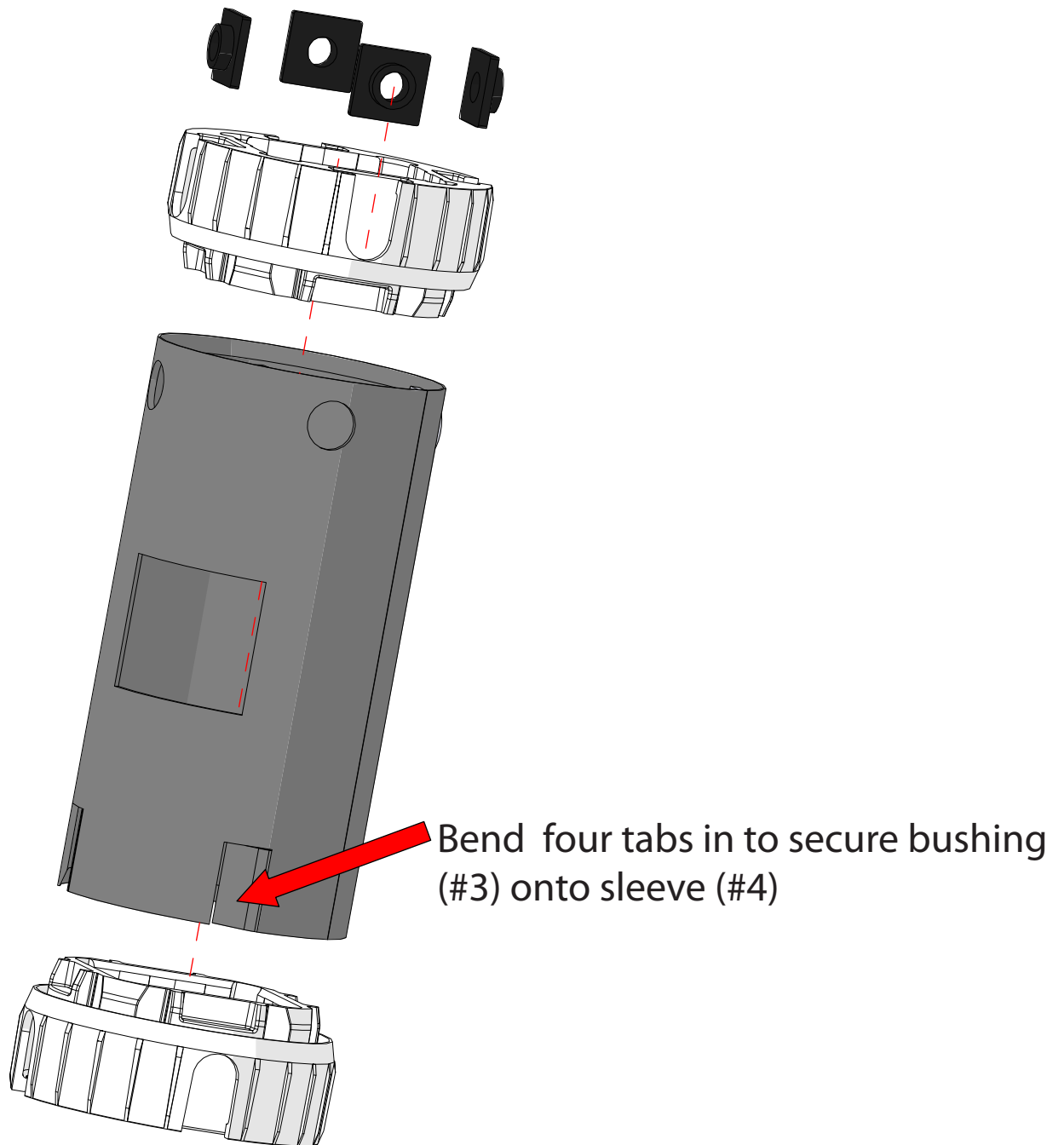
1. Never allow children on strength equipment. Teenagers must be supervised at all times while using this equipment.
2. All warnings and instructions should be read and proper instruction obtained prior to use.
3. Cease exercise if you feel faint or dizzy. Obtain a medical exam before beginning an exercise program
4. Keep body, hair, clothing and accessories free and clear of all moving parts.
5. Inspect the machine before use. DO NOT use machine if it appears damaged or inoperable.
6. This equipment should only be used in supervised areas where access and control are regulated by the owner.

UPDATED G3 SEAT KIT

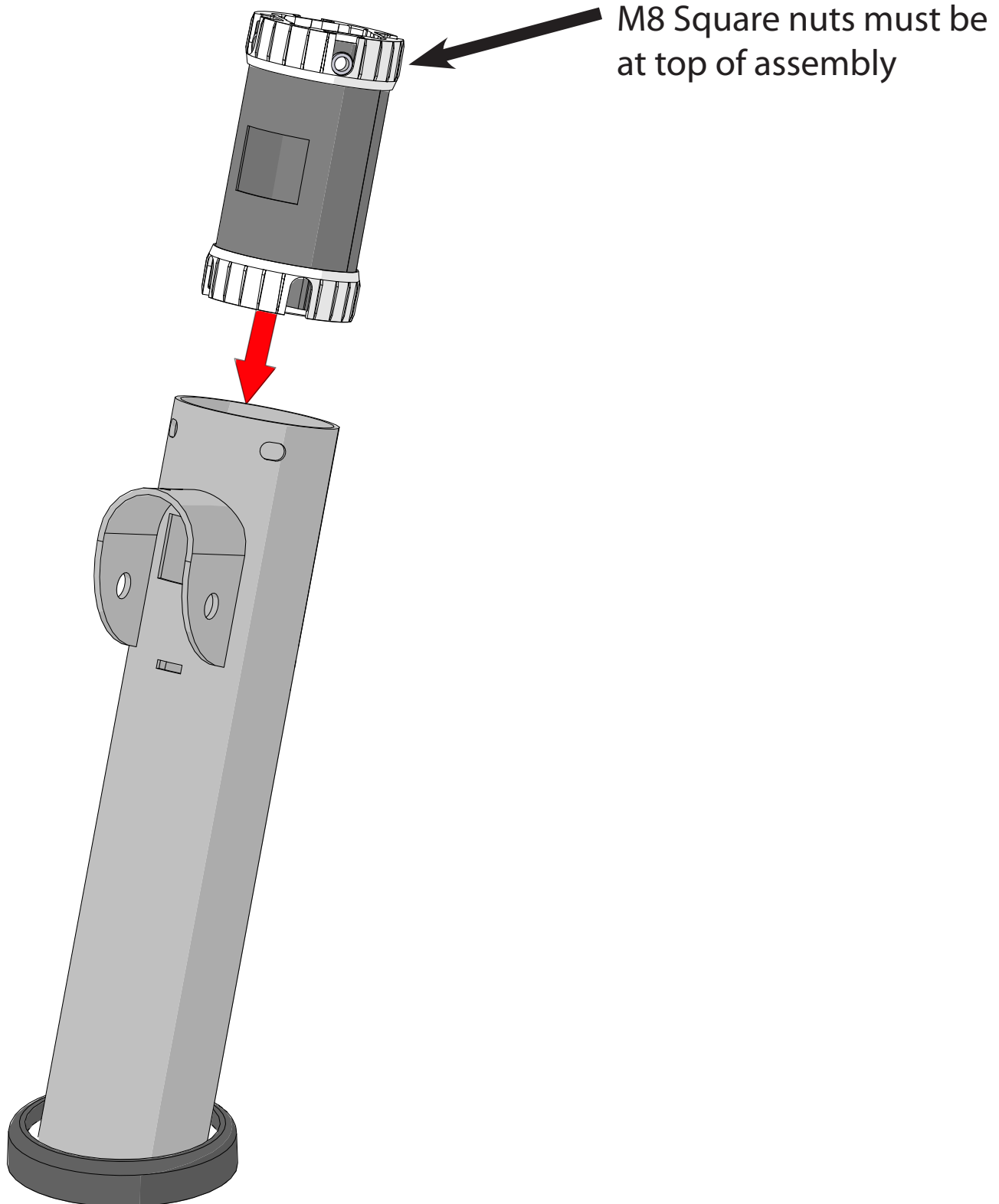
ID	DESCRIPTION	QUANTITY
1	Rubber Cap	1
2	M8 Square Nut	4
3	Bushing	2
4	Sleeve	1
5	22 mm OD Washer	2
6	12 mm Snap Ring	2
7	Left Torsion Spring	1
8	M5 Flat Washer	2
9	M5 X 25L SHC	2
10	Clip Nut	1
11	Cover	1
12	Right Torsion Spring	1
13	Pawl	1
14	Screw	1
15	Handle	1
16	M8 X 12L SHC (Not Shown)	4
17	M8 Washer (Not Shown)	4



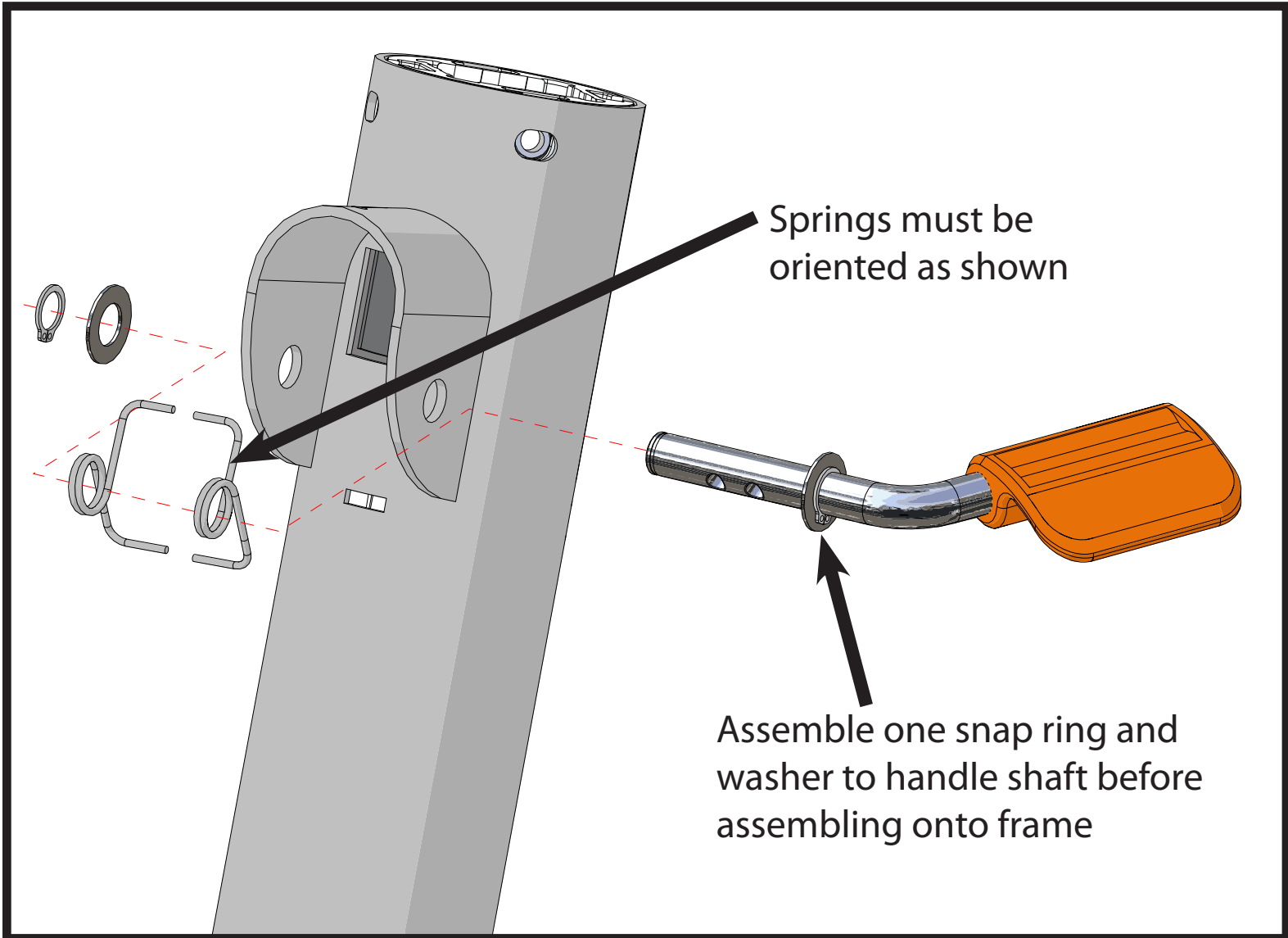
Step 1: Assemble two bushings (#3) onto sleeve (#4).



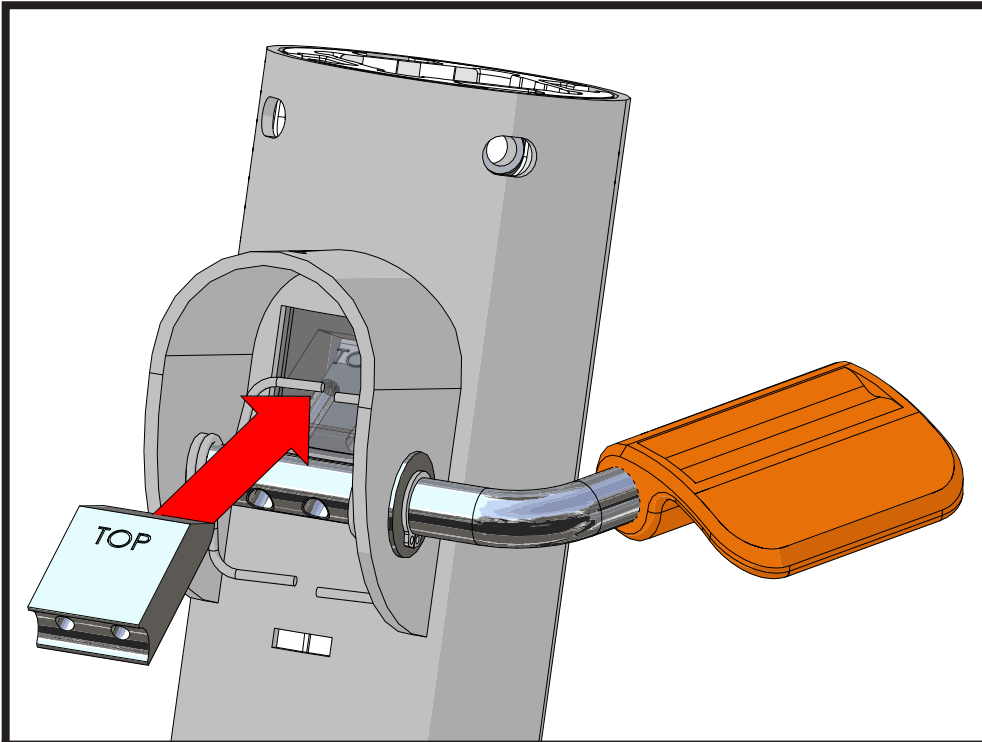
Step 2: Assemble bushing assembly into frame tube.



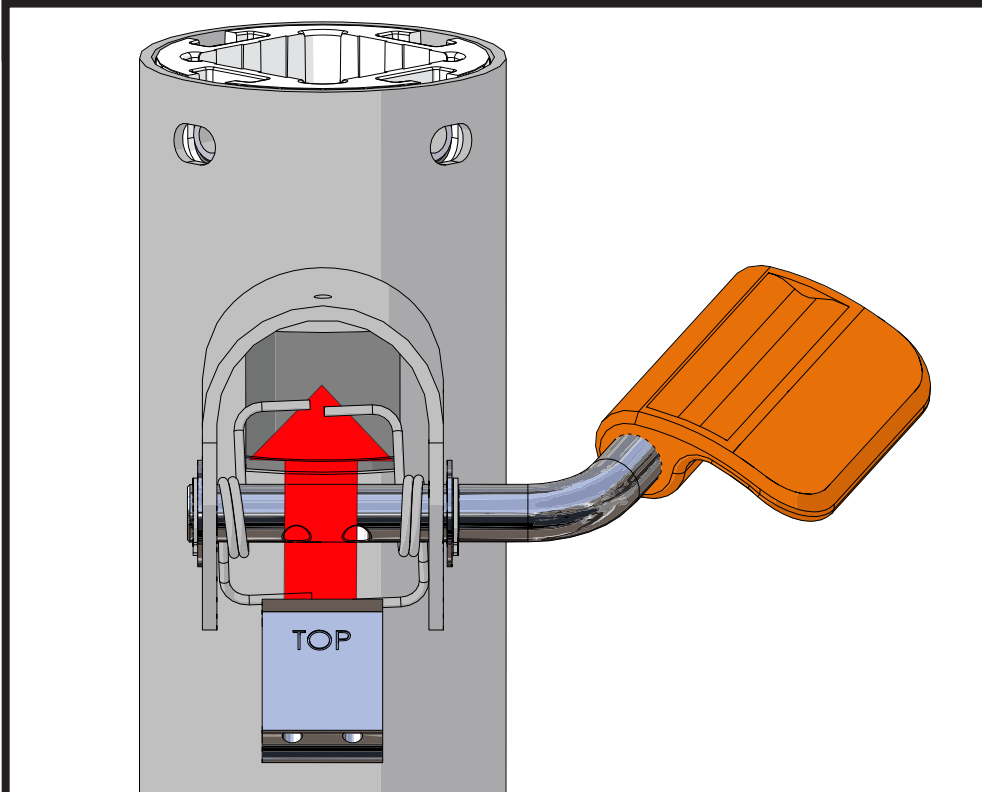
Step 3: Assemble springs onto handle.



Step 4: Assemble pawl onto handle shaft.

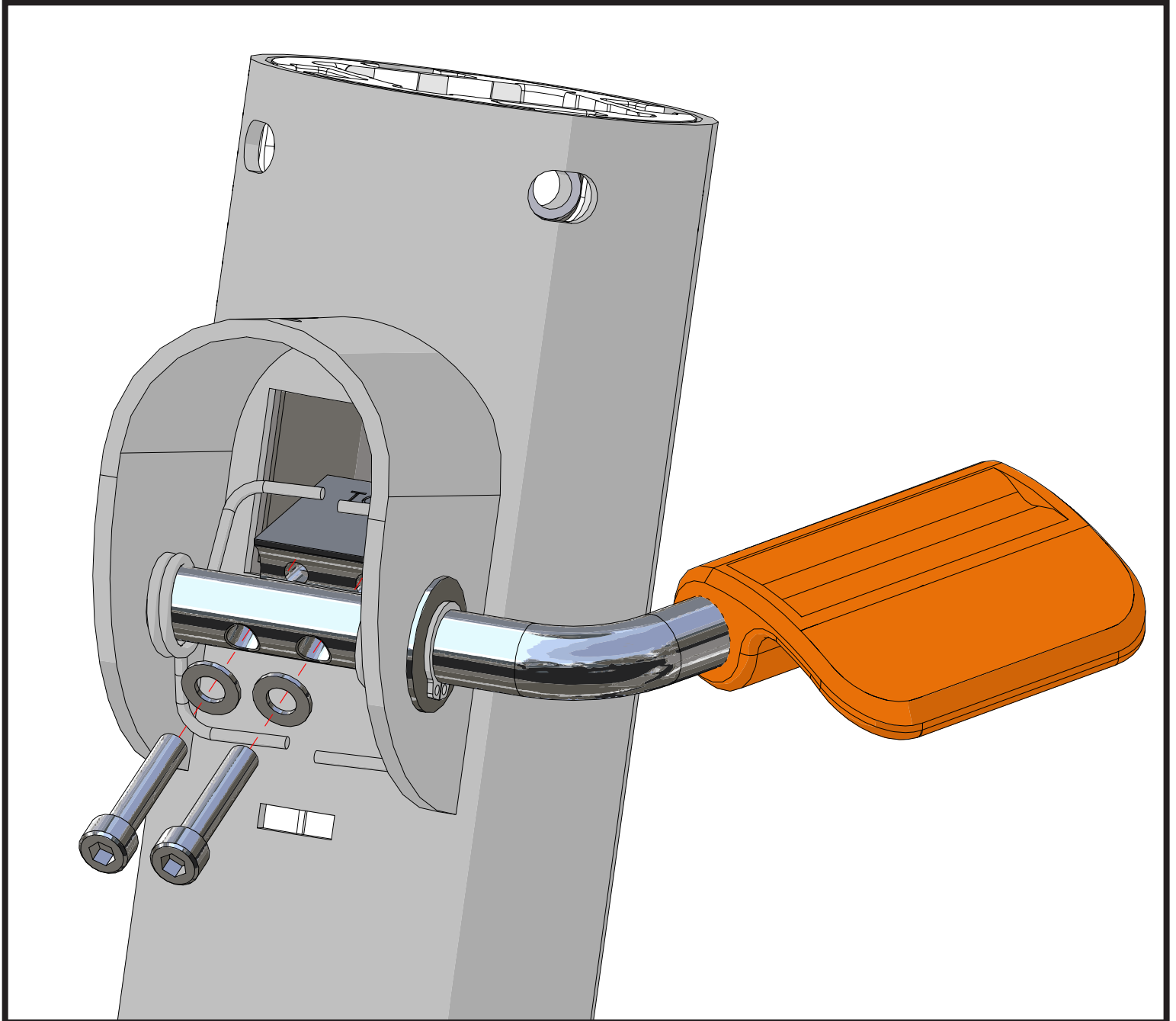


Assemble the pawl underneath the springs. Reach your hand inside the bushings to support the pawl while bolting it to the handle shaft.



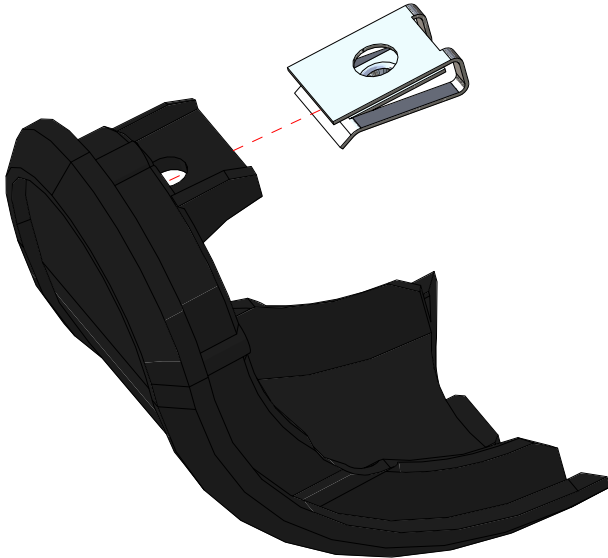
NOTE: The text "TOP" must be positioned as shown

Step 4: Assemble pawl onto handle shaft.

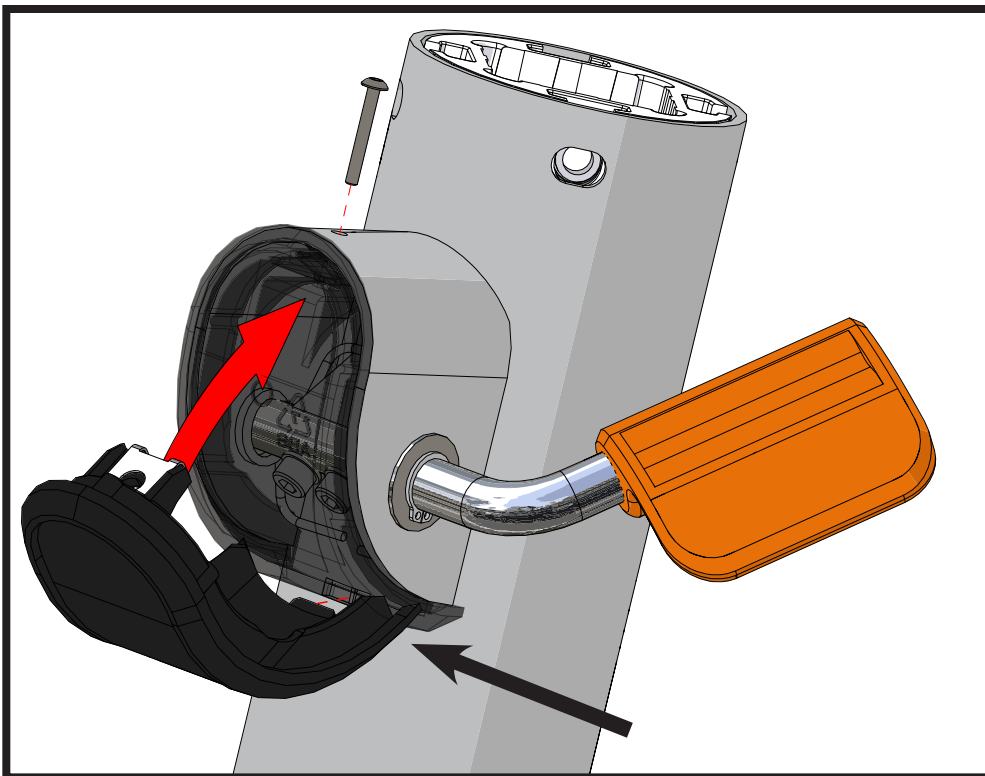


Be sure to use blue Loctite 242 or equivalent threadlocker on M5 X 25L screws that are included.

Step 5: Assemble cover onto frame.

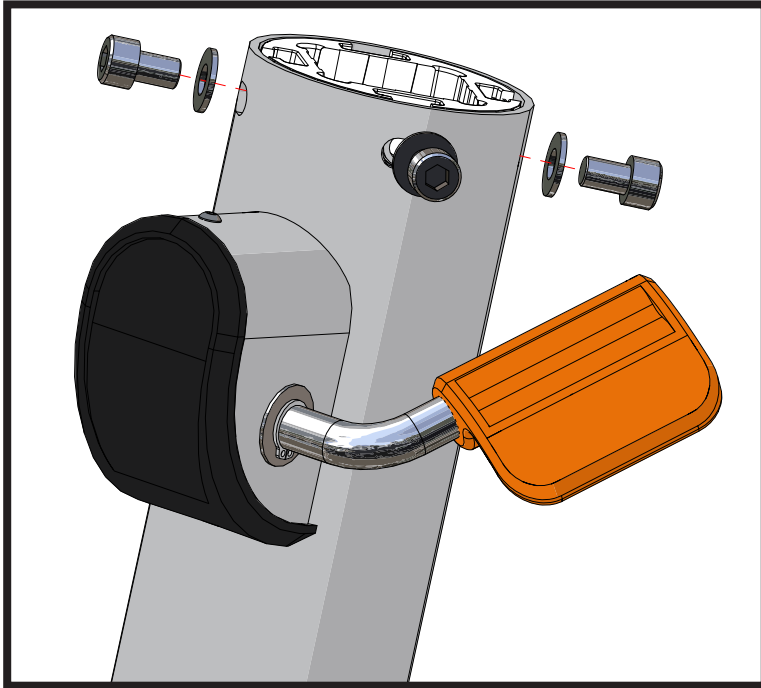


1. Assemble Push-nut onto cover.

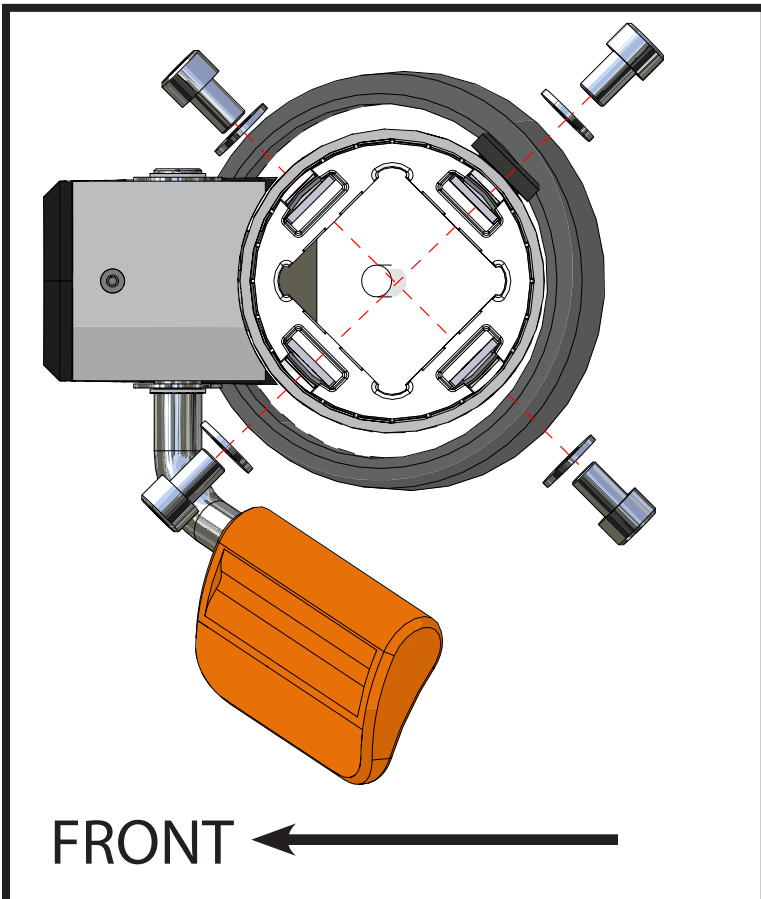


2. Assemble cover to frame. Insert bottom edge of cover then rotate up as shown. Secure cover with screw.

Step 6: Secure bushing/sleeve assembly to tube.



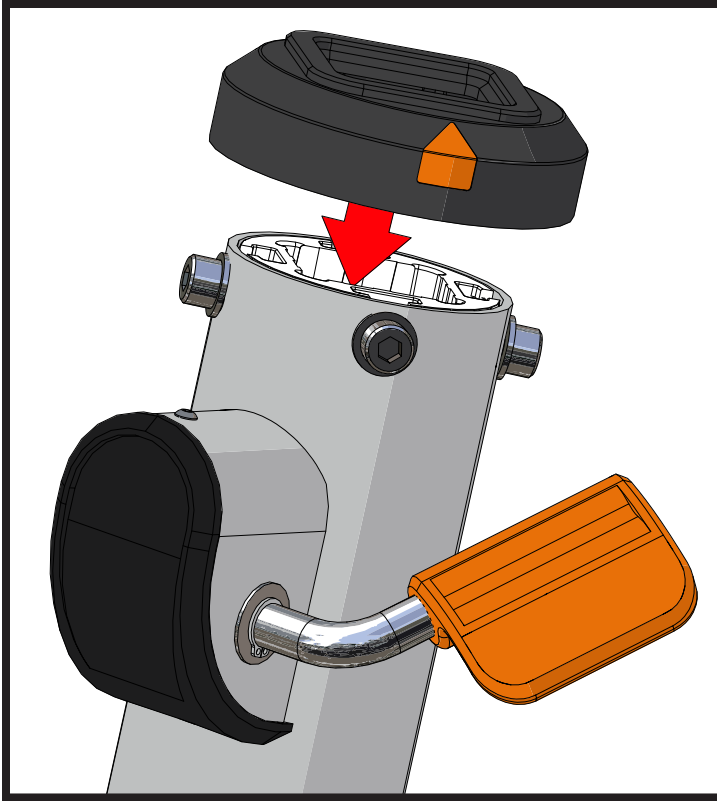
1. Secure bushing assembly to frame tube as shown using (4) M8 X 12L screws and washers into the M8 square nuts.



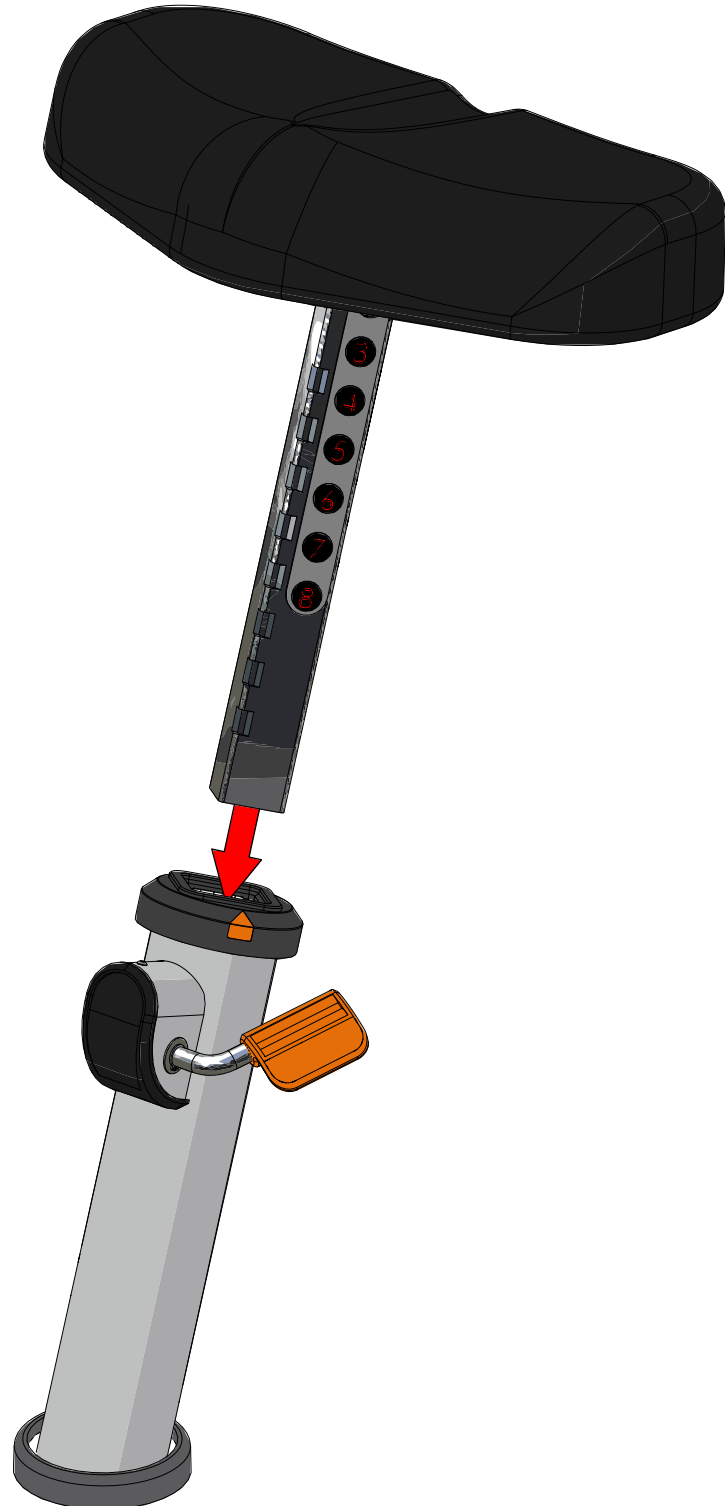
2. Torque two rear screws to 13 N-m/115 in-lbs. Torque two front screws less than rear screws.

Be sure to use blue Loctite 242 or equivalent threadlocker if bolts do not have blue patches

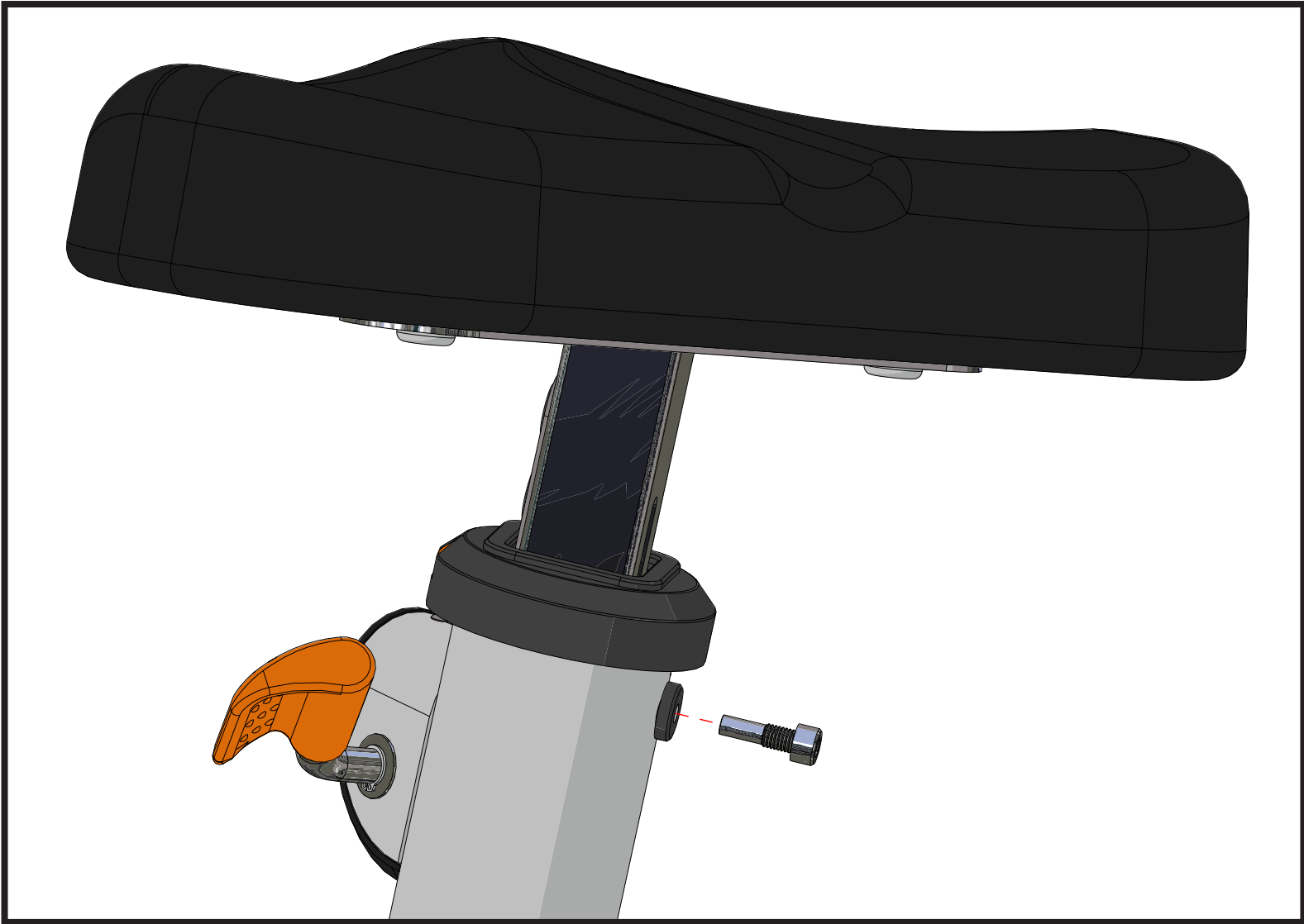
Step 7: Assemble cover and seat post.



1. Assemble rubber cap.
2. Rotate handle up to stop and then assemble seat post.



Step 8: Assemble Limit Pin.



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