



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.

PROPER USAGE

1. Do not exceed weight limits of the exercise device.
2. If applicable, set safety stops to appropriate height.
3. Set adjustment mechanism to a comfortable start position. Make certain that the adjusting mechanism is fully engaged to prevent unintentional movement and to avoid injury.
4. Exercise using no more weight than you can safely lift and control.
5. In a controlled manner, perform exercise.
6. Return weight to its fully-supported start position.

INSTALLATION

MATRIX exercise equipment must be installed on a structural wall. This must be performed by a licensed contractor.

Wall anchor points must be able to withstand 500 lbs. (2.2 kN) pull-out force.

Please contact your Matrix Representative for Connexus anchoring guidelines.

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 20957-1:2013; EN 957-2:2003 Class S.

WARNING

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. 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.
7. Keep body, clothing, hair, and fitness accessories free and clear of all moving parts.
8. When adjusting any adjustable mechanism, make certain that the adjustable mechanism is fully engaged prior to use to prevent unintended motion.
9. **DO NOT USE equipment if not properly secured to floor or wall.** Manufacturer requires that this equipment be secured to a floor or wall to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
10. Where applicable, use retention devices to retain weight discs.
11. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED OR ILLEGIBLE.**

**Connexus Compact / Column
1000409378**



MAINTENANCE

- 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.
- 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.
- 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.
- 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.

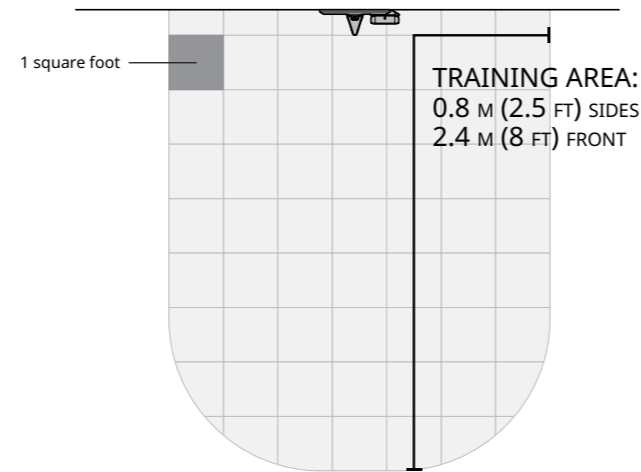
WARRANTY

For North America, please visit www.matrixfitness.com for warranty information along with warranty exclusions and limitations.

MAINTENANCE CHECKLIST	
ACTION	FREQUENCY
Inspect ROM	Daily
Ensure the wall and floor mounts are secure and that the machine doesn't rock	Monthly
Inspect Hardware/Pull pins	Monthly
Inspect Frame	Monthly
Clean Machine	As Needed
Clean Grips *	As Needed

* Grips should be cleaned with a mild soap and water or a non-ammonia based cleaner.

TRAINING AREA (top view)



PRODUCT SPECIFICATIONS	
Max User Weight	159 kg / 350 lbs
Product Weight	25.5 kg / 56 lbs
Shipping Weight	30.5 kg / 67 lbs
Overall Dimensions (H x W x D)*	212 x 45 x 16 cm (83.5 x 17.5 x 6.3")

* 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.



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.

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



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. 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.

10MM L-Shaped Allen Wrench



Phillips Screwdriver



8MM Open-End Wrench



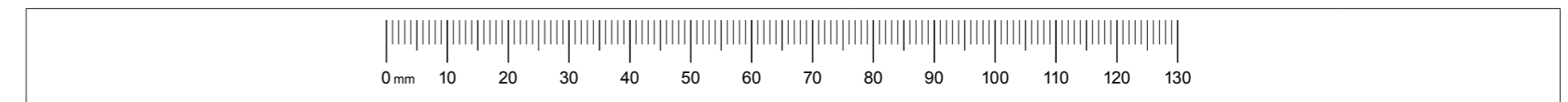
17MM Open-End Wrench



Guide Rod Lubrication



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

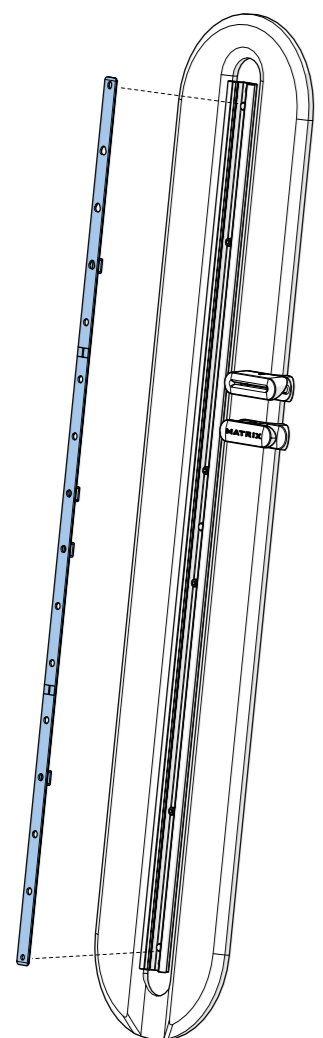


* Use Vibra-Tite 135 Red Gel Threadlocker where Nyloc nuts are not used.

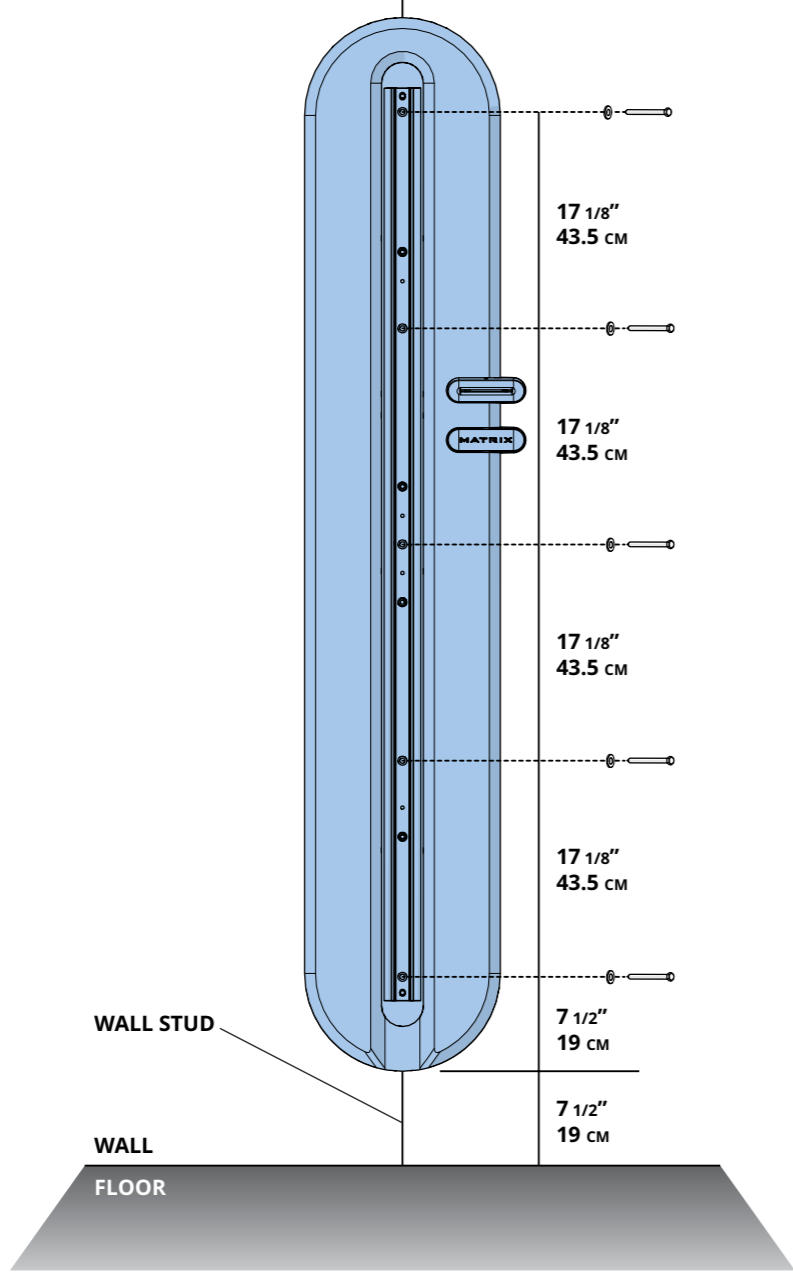


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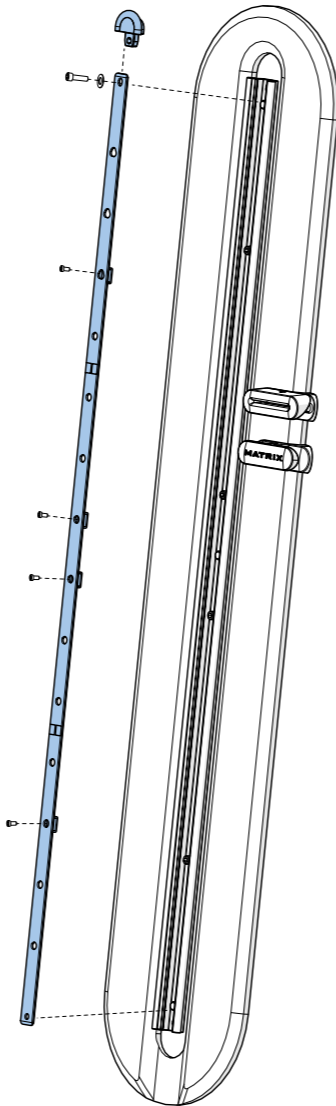
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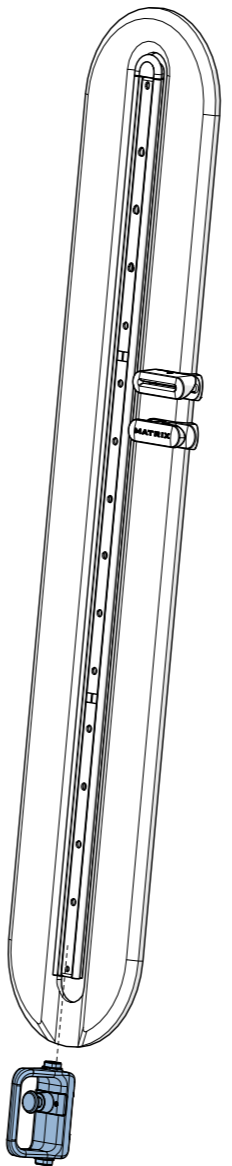
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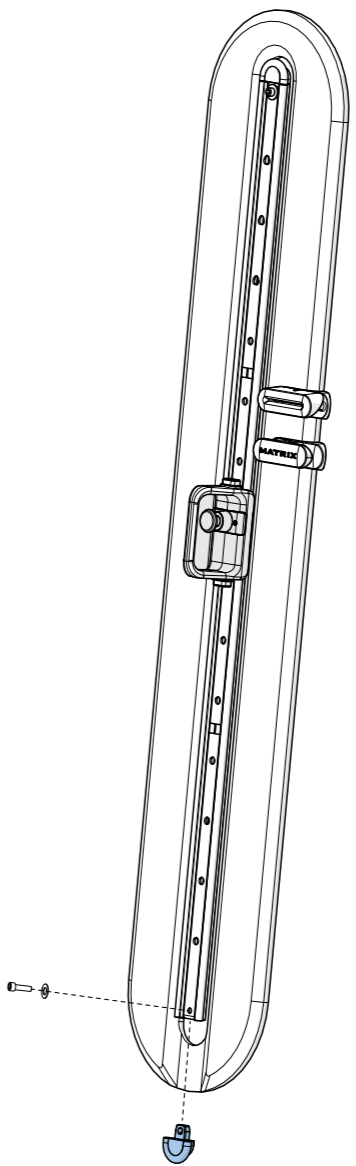
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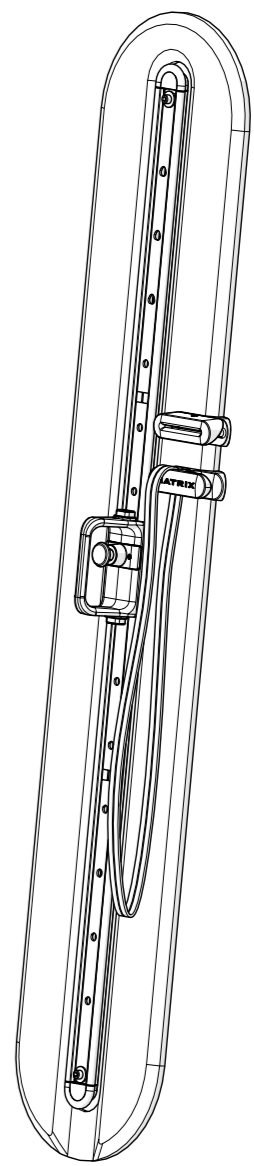


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ASSEMBLY COMPLETE!



ENGLISH



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MATRIX

CONNEXUS COLUMN GFTSLR

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