

MATRIX

STRETCH PLATFORM



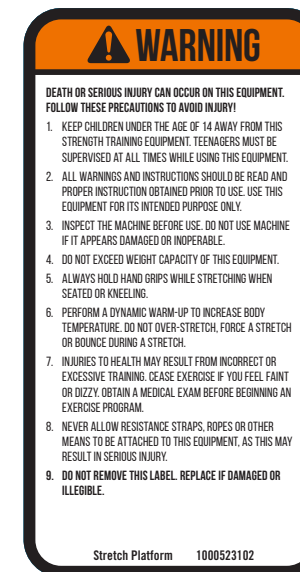


# PRODUCT INFORMATION

## WARNING

**DEATH OR SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. FOLLOW THESE PRECAUTIONS TO AVOID INJURY!**

- Use this equipment only for its intended use as described in this 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.
- 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 be 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.
- Do not rock the equipment. Do not stand on foot pegs, hand grips, instructional placard or padded bench.
- Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Do not use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Customer Tech Support or an authorized dealer.
- Do not remove any protective covers unless instructed by Customer Tech Support. Service should only be done by an authorized service a technician.
- This equipment should not be used by persons weighing more or loaded more than the specified maximum weight capacity as listed in this Owner's Manual. Failure to comply will void the warranty.
- Do not use this equipment in any location that is not temperature controlled, such as, but not limited to: garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply will void the warranty.
- Contact Customer Tech Support or an authorized dealer for examination, repair and/or service.





# PRODUCT INFORMATION

## 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.

## INSTALLATION

1. **STABLE AND LEVEL SURFACE:** MATRIX exercise equipment must be installed on a stable base and properly leveled.
2. Under no circumstances should you slide equipment across the floor due to risk of tipping. Use proper materials handling techniques and equipment recommended by OSHA.

## MAINTENANCE

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. **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.
4. 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.

## 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.

## 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. Exercise device must be assembled by a trained assembly team or be pre-assembled prior to delivery.

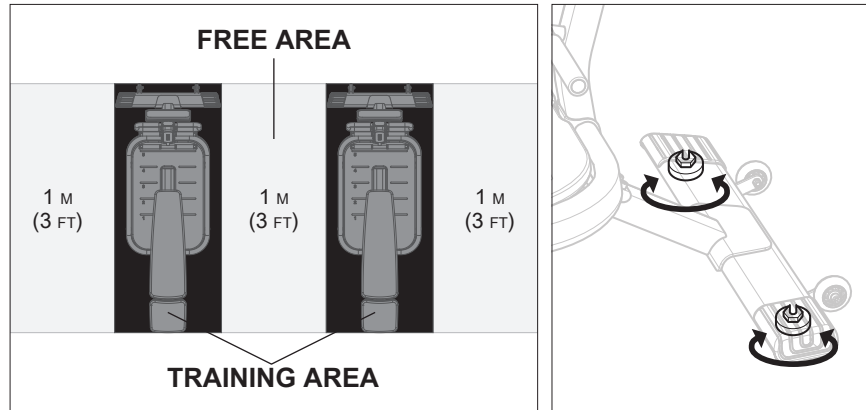
## CAUTION

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. Please be sure to install the equipment on a stable base, and properly level the machine. 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.

## WARRANTY

For North America, please visit [matrixfitness.com](https://matrixfitness.com) for warranty information along with warranty exclusions and limitations.

## PRODUCT INFORMATION



### LOCATION OF THE UNIT

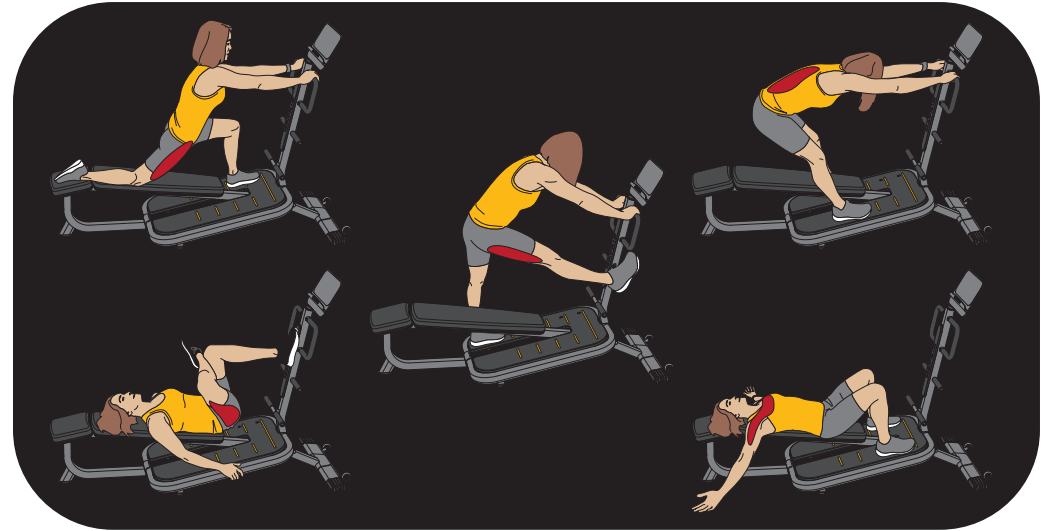
Place the equipment on a level and stable surface away from direct sunlight. The intense UV light can cause discoloration on the plastics. Locate the equipment in an area with cool temperatures and low humidity. Please leave a free area behind the equipment that is at least 1 meter (3 feet). This area must be clear of any obstruction and provide the user a clear exit path from the equipment. Do not place the equipment in any area that will block any vent or air openings. The equipment should not be located in a garage, covered patio, near water or outdoors.

### LEVELING THE EQUIPMENT

The equipment should be level for optimum use. Once you have placed the equipment where you intend to use it, raise or lower one or both of the adjustable levelers located on the bottom of the frame. A carpenter's level is recommended.

### WARNING!

Our equipment is heavy, use care and additional help if necessary when moving. Failure to follow these instructions could result in injury.





# PRODUCT INFORMATION

## PROPER USAGE

1. Do not exceed weight limits of the exercise device.
2. Sit or kneel on bench or stand on platform and get into appropriate position for exercise.
3. Always hold hand grips while stretching, when standing or kneeling.
4. Perform a dynamic warm-up to increase body temperature prior to stretching. Do not over-stretch, force a stretch or bounce during a stretch.
5. In a controlled manner, perform exercise.

## MAINTENANCE CHECKLIST

ACTION	FREQUENCY
Clean Upholstery <sup>1</sup>	Daily
Inspect Hardware	Monthly
Inspect Frame	Bi-Annually
Clean Machine	As Needed
Clean Grips <sup>1</sup>	As Needed

<sup>1</sup> Upholstery & Grips should be cleaned with a mild soap and water or a non-ammonia based cleaner.

## PRODUCT SPECIFICATIONS

Max User Weight	159 kg / 350 lbs
Product Weight	85 kg / 187.4 lbs
Overall Dimensions (L x W x H)*	209.9 x 88.3 x 145.6 cm / 82.6 x 34.7 x 57.3"

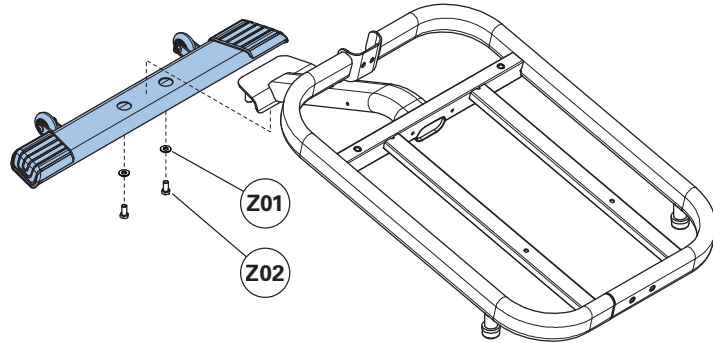
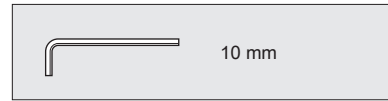
\* Ensure a minimum clearance width of 0.6 meters (24") for access to and passage around MATRIX strength equipment. Please note, 0.91 meters (36") is the ADA recommended clearance width for individuals in wheelchairs.

## TORQUE VALUES

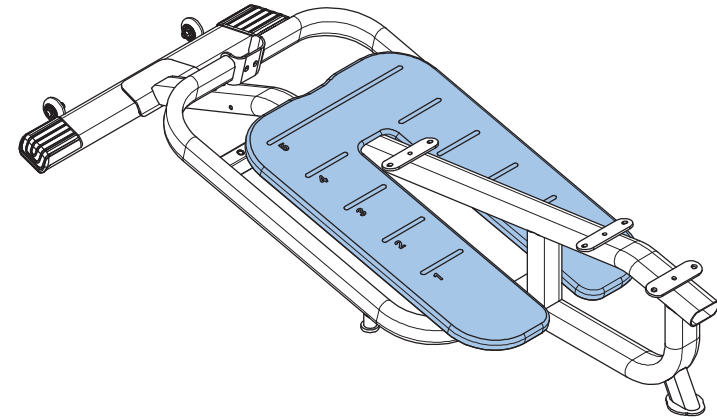
M12 Bolt (Nyloc Nut & Flowdrill)	135 Nm / 100 ft-lbs
M10 Bolt (Nyloc Nut & Flowdrill)	77 Nm / 57 ft -lbs
M8 Bolts	25 Nm / 18 ft-lbs
M8 Plastic	15 Nm / 11 ft-lbs
M6 Bolts	15 Nm / 11 ft-lbs
Pad Bolts	10 Nm / 7 ft-lbs

# ASSEMBLY

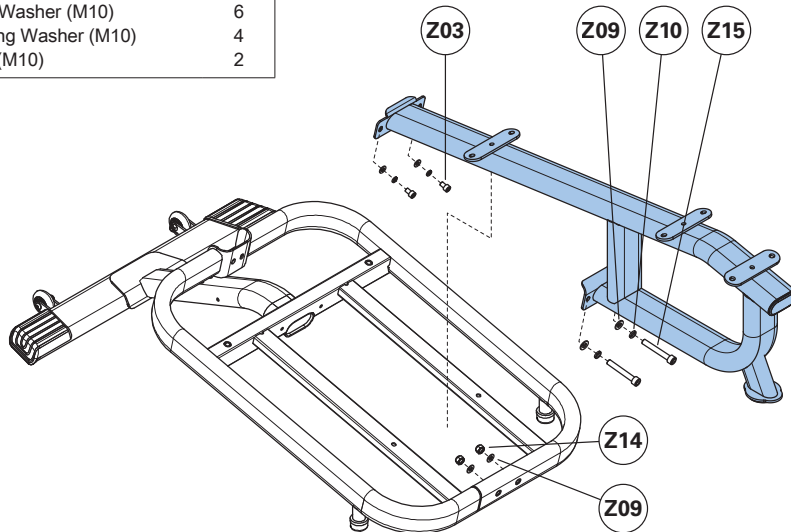
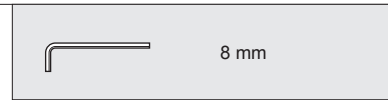
1	Hardware	Qty
Z01	Flat Washer (M12)	2
Z02	Bolt (M12x25L)	2



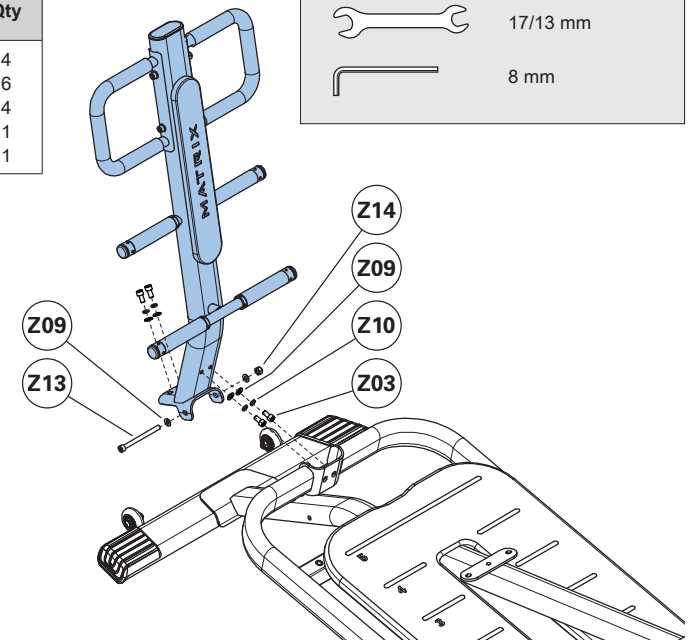
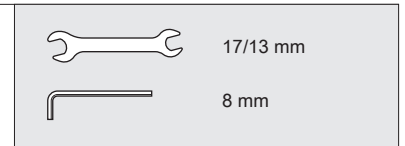
## 3



2	Hardware	Qty
Z03	Bolt (M10x20L)	2
Z15	Bolt (M10x70-35L)	2
Z09	Flat Washer (M10)	6
Z10	Spring Washer (M10)	4
Z14	Nut (M10)	2



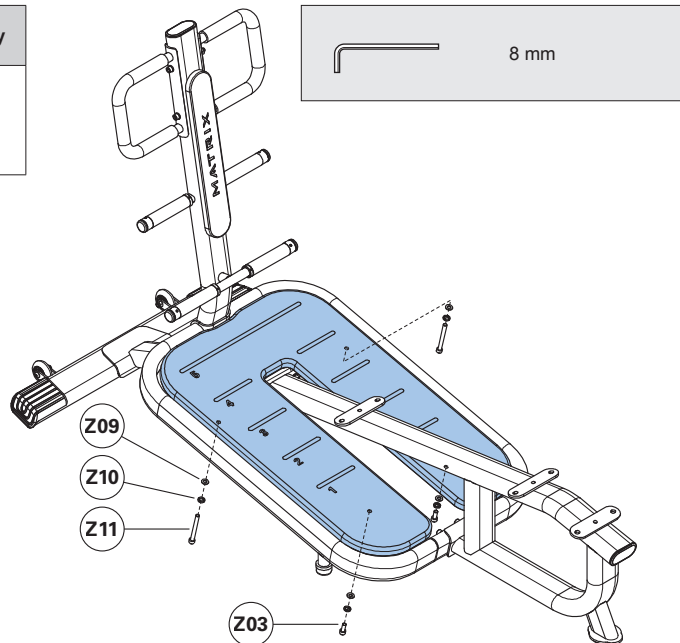
4	Hardware	Qty
Z03	Bolt (M10x20L)	4
Z09	Flat Washer (M10)	6
Z10	Spring Washer (M10)	4
Z13	Bolt (M10x125L)	1
Z14	Nut (M10)	1



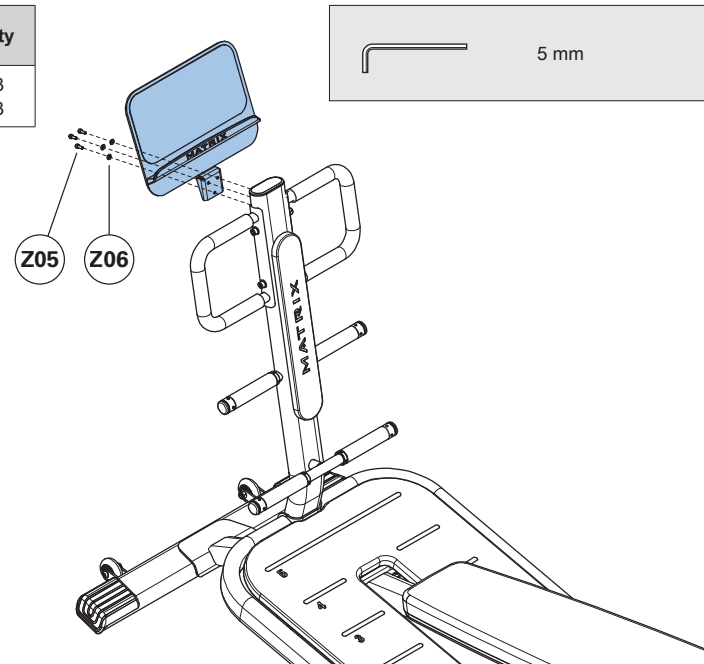


# ASSEMBLY

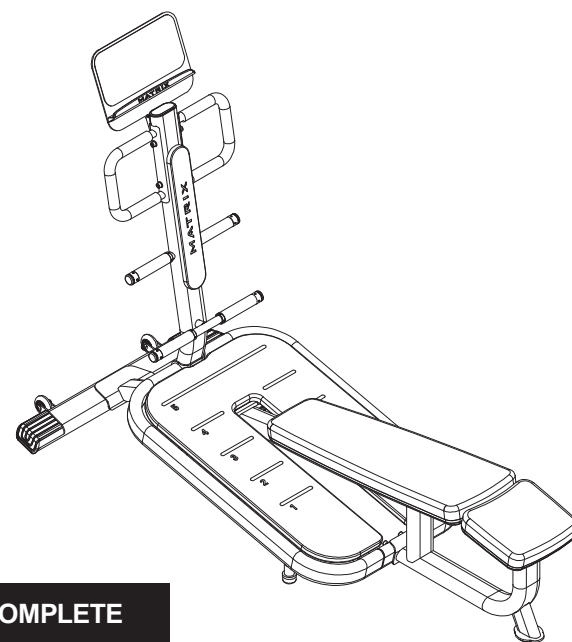
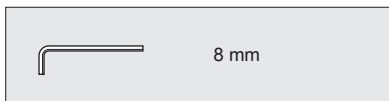
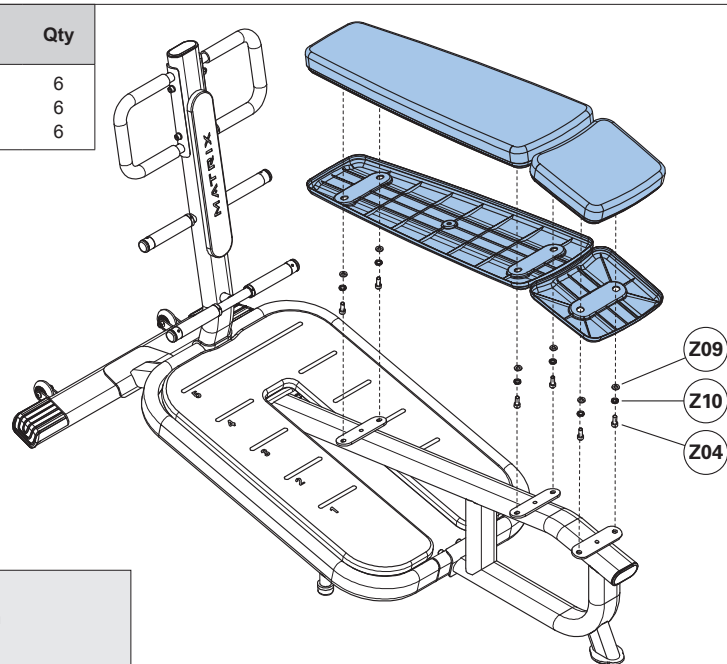
5	Hardware	Qty
Z03	Bolt (M10x20L)	2
Z11	Bolt (M10x85L)	2
Z09	Flat Washer (M10)	4
Z10	Spring Washer (M10)	4



7	Hardware	Qty
Z05	Screw (M6x12L)	3
Z06	Flat Washer (M6)	3



6	Hardware	Qty
Z04	Bolt (M10x30L)	6
Z09	Flat Washer (M10)	6
Z10	Spring Washer (M10)	6



**ASSEMBLY COMPLETE**

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