

MATRIX

GO SERIES

GO-FT





# 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.
- 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.
- 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 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.

## 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. Check to see that the selector pin is completely inserted into the weight stack.
7. NEVER use the machine with the weight stack pinned in an elevated position.
8. NEVER use dumbbells or other means to incrementally increase the weight resistance. Only use the means provided directly from the manufacturer.
9. 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.
10. Keep body, clothing, hair, and fitness accessories free and clear of all moving parts.
11. Adjustable stops, where provided, must be used at all times.
12. When adjusting any adjustable mechanism (stop position, seat position, pad location, range of motion limiter, pulley carriage, or any other type), make certain that the adjustable mechanism is fully engaged prior to use to prevent unintended motion.
13. Manufacturer recommends that this equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
14. If equipment is NOT secured to floor: NEVER allow resistance straps, ropes or other means to be attached to this equipment, as this may result in serious injury. NEVER use this equipment for support during stretching, as this may result in serious injury.
15. DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED OR ILLEGIBLE.





# 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. **SECURING EQUIPMENT:** Manufacturer recommends that all stationary MATRIX strength equipment be secured to the floor to stabilize equipment and eliminate rocking or tipping over. This must be performed by a licensed contractor.
3. 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.

All anchor points must be able to withstand 750 lbs. (3.3 kN) pull-out force.

## 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 957-1 and EN ISO 957-2.

## 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](http://matrixfitness.com) for warranty information along with warranty exclusions and limitations.



# PRODUCT INFORMATION

## PROPER USAGE

1. Do not exceed weight limits of the exercise device.
2. If applicable, set safety stops to appropriate height.
3. If applicable, adjust seat pads, leg pads, foot pads, range of motion adjustment, or any other type of adjustment mechanisms to a comfortable start position. Make certain that the adjusting mechanism is fully engaged to prevent unintentional movement and to avoid injury.
4. Sit on bench (if applicable) and get into appropriate position for exercise.
5. Exercise using no more weight than you can safely lift and control.
6. In a controlled manner, perform exercise.
7. Return weight to its fully-supported start position.

## PRODUCT SPECIFICATIONS

Max User Weight	136 kg / 300 lbs
Max Training Weight	181 kg / 400 lbs
Product Weight	Standard: 245 kg / 540 lbs Heavy: 290.5 kg / 640 lbs
Total Weight Stack	Standard: 136 kg / 300 lbs Heavy: 181 kg / 400 lbs
Effective Resistance Both Handles in Use (1:2 Pulley Ratio)	Standard: 68 kg / 150 lbs Heavy: 91 kg / 200 lbs
1 Handle in Use (1:4 Pulley Ratio)	Standard: 34 kg / 75 lbs Heavy: 45 kg / 100 lbs
Cable Path (both handles in use)	231 cm / 91"
Overall Dimensions (L x W x H)*	129.5 x 137.5 x 212 cm / 51 x 54 x 83.5"

\* 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.

## MAINTENANCE CHECKLIST

ACTION	FREQUENCY
Clean Upholstery <sup>1</sup>	Daily
Inspect Cables <sup>2</sup>	Daily
Clean Guide Rods	Monthly
Inspect Hardware	Monthly
Inspect Frame	Bi-Annually
Clean Machine	As Needed
Clean Grips <sup>1</sup>	As Needed
Lubricate Guide Rods <sup>3</sup>	As Needed

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

<sup>2</sup> Cables should be inspected for cracks or frays and immediately replaced if present. If excessive slack exists cable should be tightened without lifting the head plate.

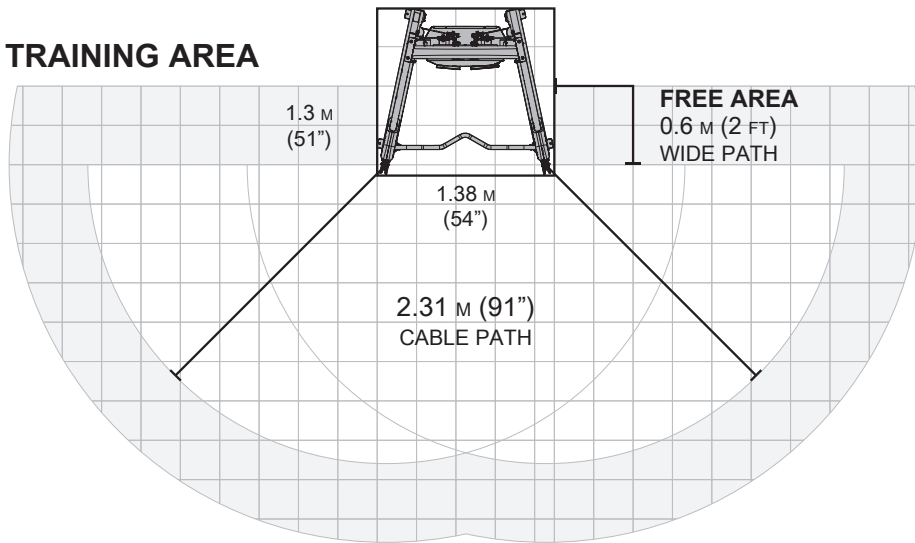
<sup>3</sup> Guide rods should be lubricated with Silicone based lubricant. Apply the lubricant to a cotton cloth and then apply up and down the guide rods.

## TORQUE VALUES

M12 Bolt (Nyloc Nut & Flowdrill)	135 Nm / 100 ft-lbs
M10 Bolt (Nyloc Nut & Flowdrill)	55 Nm / 40.6 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

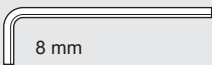
# ASSEMBLY

## TRAINING AREA



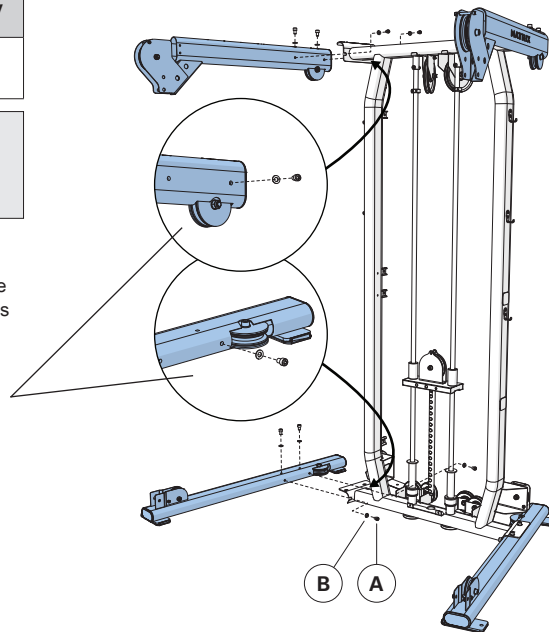
1	Hardware	Qty
A	Bolt (M10x15L)	16
B	Flat Washer (M10)	16

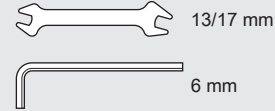
	8 mm
--	------

IMPORTANT: Do not tighten bolts until step 3 is complete. Do not remove guide wires from upper and lower frame pieces during unpacking.

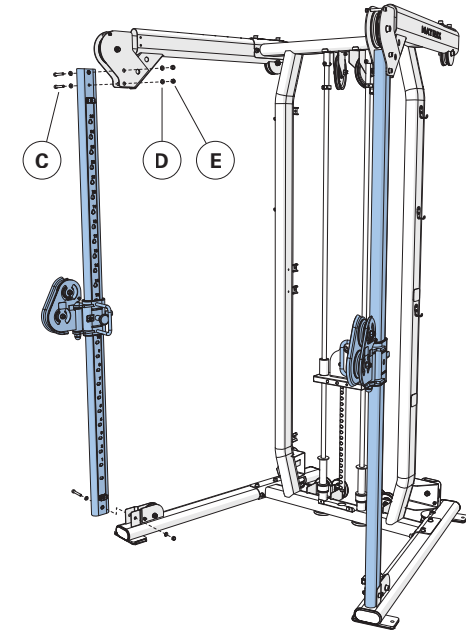
Insert the rear side bolts, but do not tighten. Slide tubes into position, then insert remaining bolts.



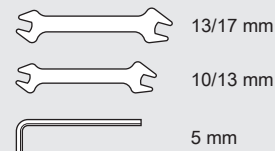
2	Hardware	Qty
C	Bolt (M8x60L)	6
D	Flat Washer (M8)	12
E	Nut (M8)	6



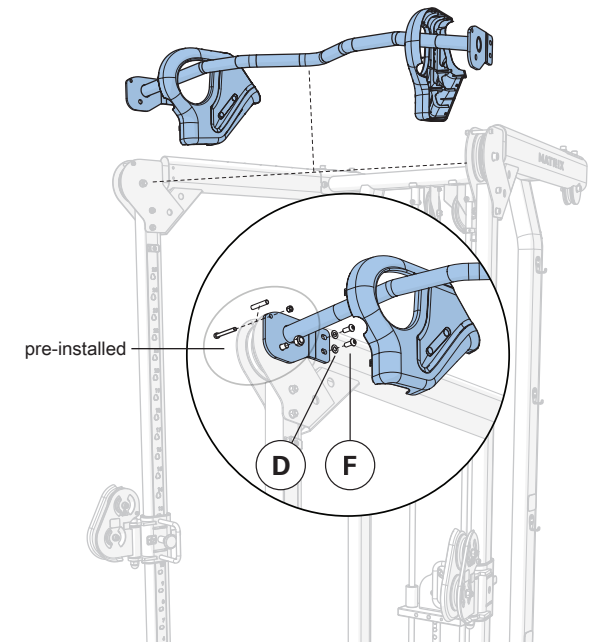
IMPORTANT: Do not tighten bolts until step 3 is complete.



3	Hardware	Qty
F	Bolt (M8x20L)	4
D	Flat Washer (M8)	4



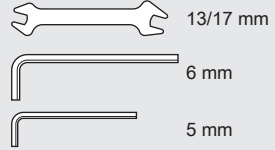
- 1 Place inside covers onto chin up bar as shown.
- 2 Remove pre-installed hardware (as shown to the right) from the upper left and right connecting arms.
- 3 Attach chin up bar and re-install all pre-installed hardware.
- 4 Tighten all bolts from steps 1–3.



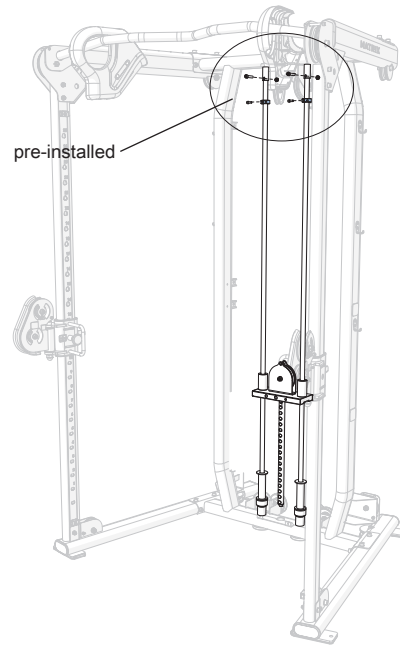


# ASSEMBLY

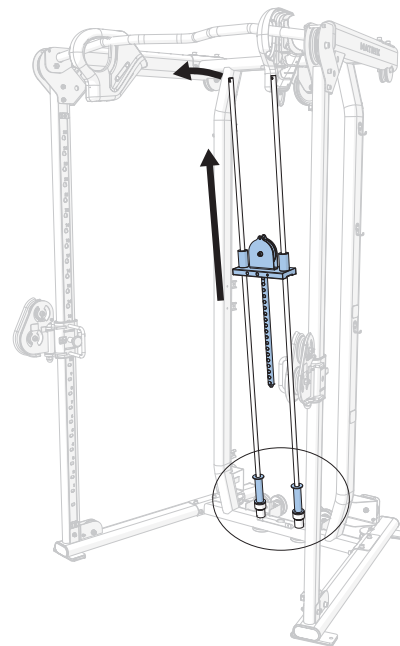
4



1 Remove pre-installed hardware and collar stops from top of guide rods.

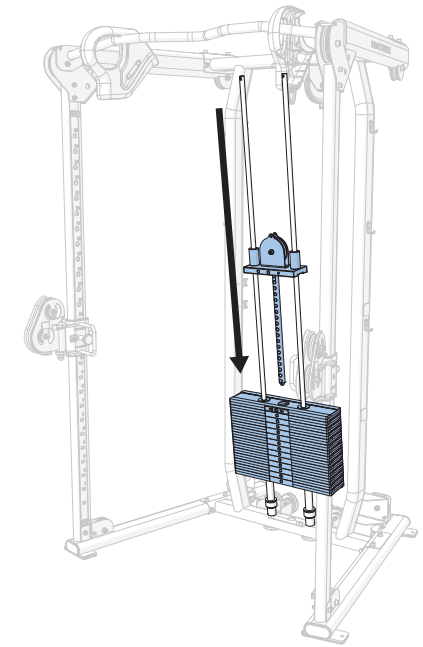


2 Tilt guide rods forward and remove upper weight stack.



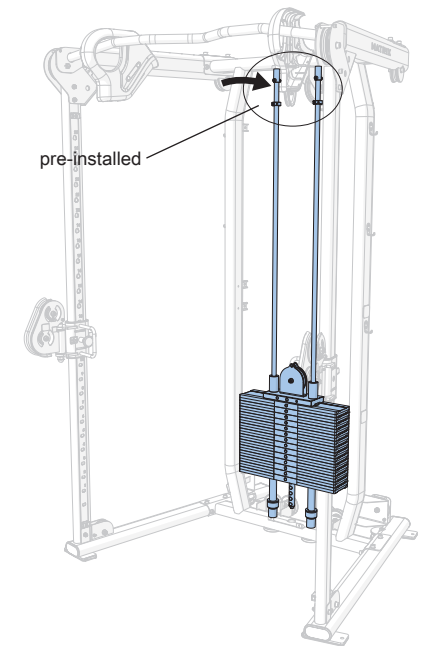
3 If adding FTRHP Optional Heavy Stack, remove support sets from guide rods.

4 Slide weights onto guide rods (heaviest labeled weight first) followed by upper weight stack.




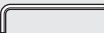

5 Slide stop collars back onto the guide rods, tilt guide rods back into place, and attach using pre-installed hardware.

6 Secure stop collars so that top of weight stack will not hit upper pulley housing during use.



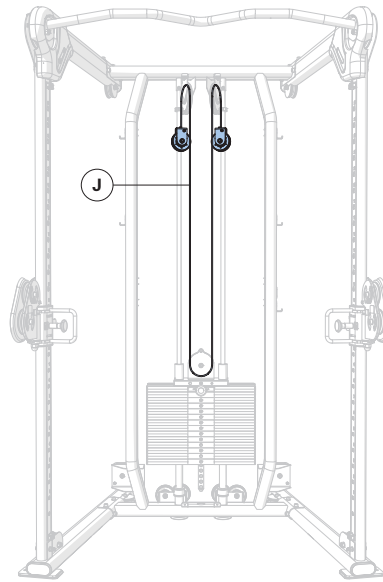
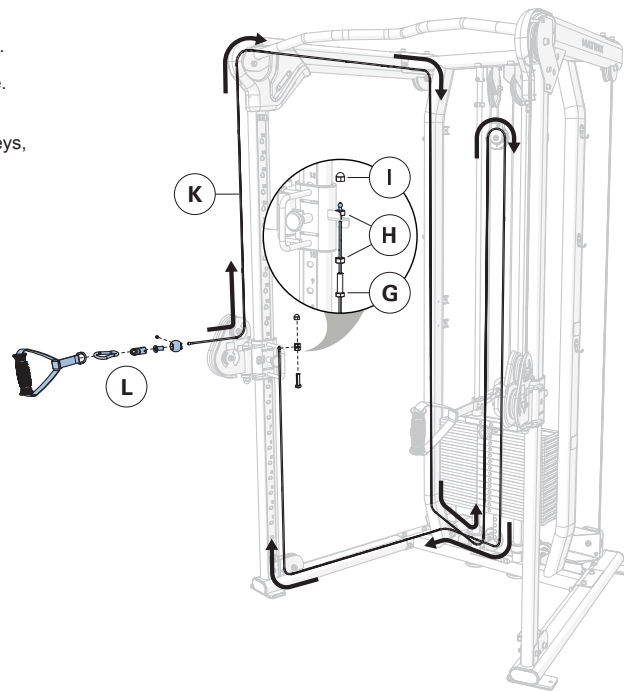
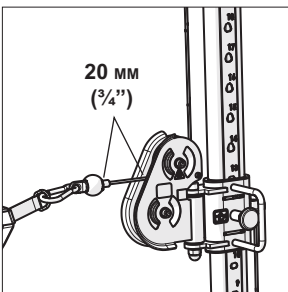
# ASSEMBLY

5	Hardware	Qty
G	Bolt (M12x60L)	2
H	Nut (M12)	4
I	Cap Nut (M12)	2
J	Cable (3.3 m)	1
K	Cable (10 m)	2
L	Handle Set	2

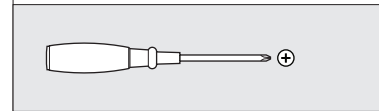
	19 mm
	4 mm
	3 mm

- 1 Attach cable (J) in center of weight stack.
- 2 Route cable (K) as shown.
- 3 Attach end of cable (K) as shown. Pull cable through upper/lower frame tubes using provided guide wire.
- 4 Attach handle set (L) as shown.
- 5 Repeat steps 2-4 on other side.

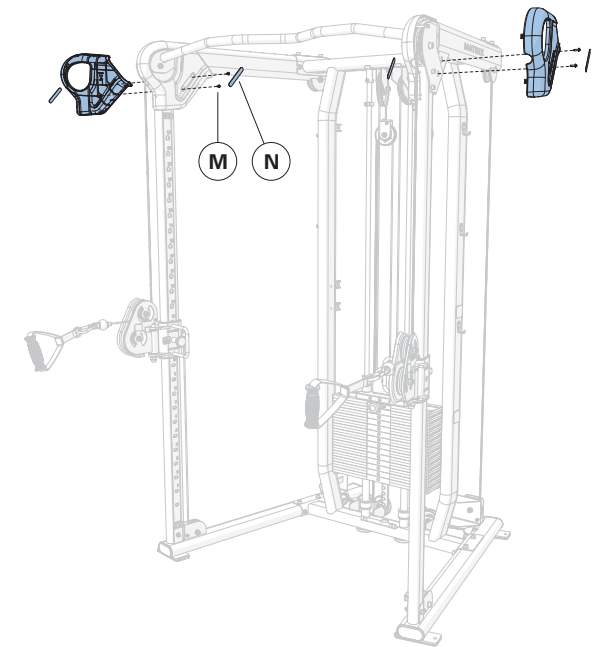
NOTE: Allow cables to rotate freely while being routed through the pulleys, failure to do so could lead to cable twisting.



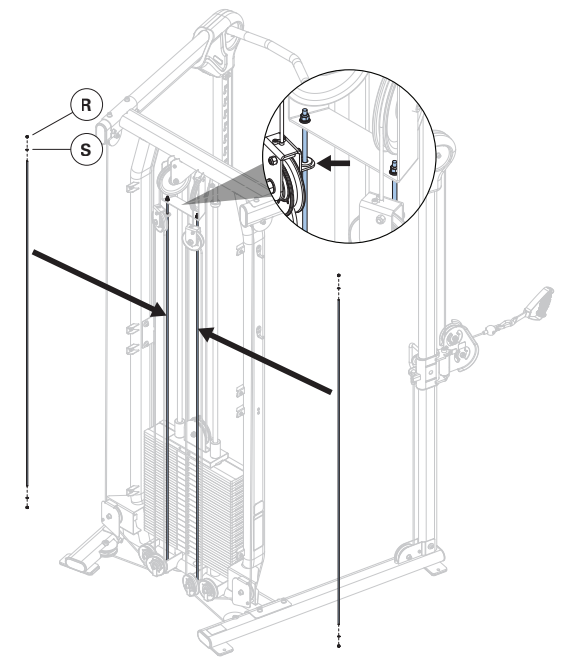
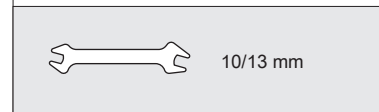
6	Hardware	Qty
M	Screw (Φ4x20L)	4
N	Decals	4



Snap plastic covers together, insert screws, cover with provided decals.

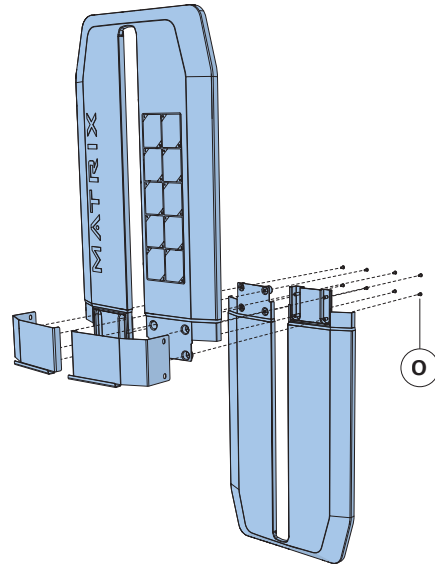
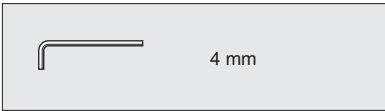


7	Hardware	Qty
R	Nut (M6)	4
S	Flat Washer (M6)	4

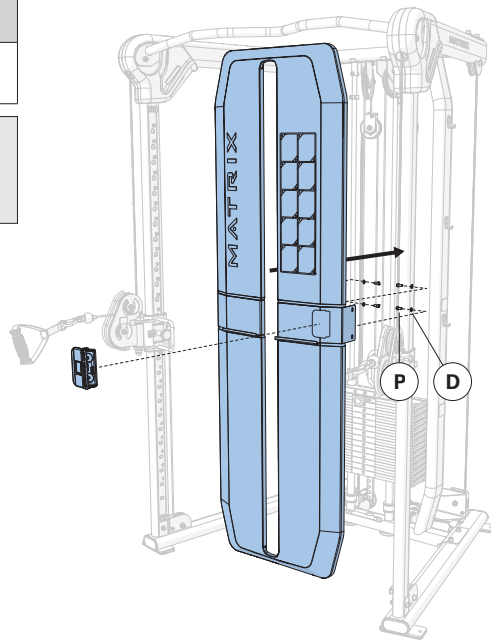
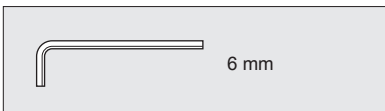


# ASSEMBLY

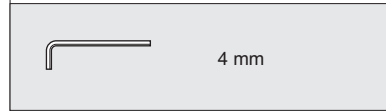
8	Hardware	Qty
O	Screw (M6x20L)	8



9	Hardware	Qty
P	Bolt (M8x16L)	4
D	Flat Washer (M8)	4



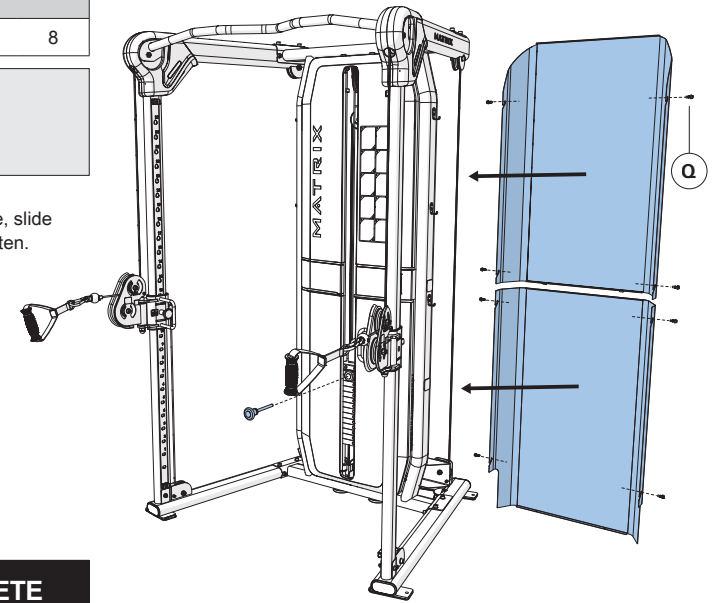
10	Hardware	Qty
Q	Screw (M6x20L)	8



Pre-install hardware, keep loose, slide covers onto hardware, then tighten.

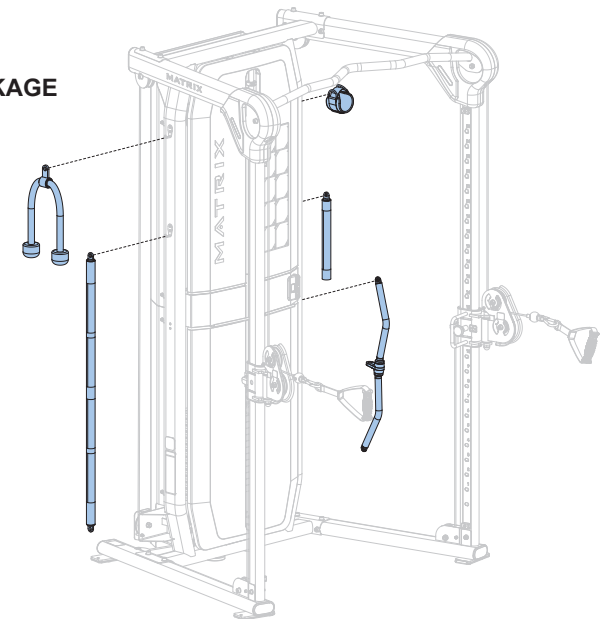
Insert selector pin.

Use Teflon based lubricant on guide rods and vertical adjustment tubes before use.



## ASSEMBLY COMPLETE

### GO-FTHP OPTIONAL HANDLE PACKAGE



# MATRIX



GO-FT

© 2025 Johnson Health Tech

Rev 1.0 A