

MATRIX

R3xm



IMPORTANT PRECAUTIONS



SAVE THESE INSTRUCTIONS

- When using Matrix Cycles, basic precautions should always be followed, including the following: Read all instructions before using this equipment. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of all warnings and precautions.
- This equipment is intended for commercial use. To ensure your safety and protect the equipment, read all instructions before operating.

DANGER!

TO REDUCE THE RISK OF ELECTRICAL SHOCK:

- Always unplug the equipment from the electrical outlet before cleaning, performing maintenance and putting on or taking off parts.

WARNING!

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- Use this exercise cycle for its intended purpose as described in this manual.
- Never operate the exercise cycle if it is not working properly, or if it has been damaged. Contact Customer Tech Support or the authorized dealers for examination and repair.
- Do not use the exercise cycle without proper footwear. NEVER operate the exercise cycle with bare feet.
- Do not wear any clothing that might catch on any moving parts of this exercise cycle.
- Keep hands and feet clear at all times from moving parts to avoid injury. Never turn the pedal cranks by hand.
- Do not dismount the exercise cycle until the pedals are at a complete STOP.
- Do not attempt to ride the exercise cycle in a standing position.
- Do not insert any object, hands or feet into any openings, or expose hands, arms or feet to the drive mechanism or other potentially moving part of the exercise cycle.
- Do not use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Customer Tech Support or the authorized dealers.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Close supervision is necessary when used near children.
- 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.
- Ensure that adjustment levers (seat and handlebar fore-and-aft) are properly secured and do not interfere with range of motion during exercise.
- Incorrect or excessive exercise may result in serious injury or death. 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 unit.
- At no time should more than one person be on unit while in operation.
- This unit should not be used by persons weighing more than specified in the OWNER'S MANUAL SPECIFICATIONS SECTION. Failure to comply will void the warranty.
- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Use the unit only as described in the unit guide and owner's manual.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- At NO time should pets or children under the age of 14 be closer to the unit than 10 feet.
- At NO time should children under the age of 14 use the unit.
- Children over the age of 14 should not use the unit without adult supervision.
- Never operate the unit if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or immersed in water. Return the unit to a service center for examination and repair.
- To avoid the risk of electric shock, this piece of equipment must only be connected to a circuit with non-looped (isolated) ground.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not remove the console covers unless instructed by Customer Tech Support. Service should only be done by an authorized service technician.
- Heart rate monitoring systems may be inaccurate.

CAUTION!

CONSULT A PHYSICIAN BEFORE USING THIS EQUIPMENT. READ OWNER'S MANUAL BEFORE USE.

- It is essential that this equipment is used only indoors, in a climate controlled room. If this equipment has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the equipment is warmed up to room temperature and allowed time to return to lower humidity levels before first time use.



POWER REQUIREMENTS

DEDICATED CIRCUIT AND ELECTRICAL INFO

A "Dedicated Circuit" means that each outlet you plug into should not have anything else running on that same circuit. The easiest way to verify this is to locate the main circuit breaker box, and turn off the breaker(s) one at a time. Once a breaker has been turned off, the only thing that should not have power to it are the units in question. No lamps, vending machines, fans, sound systems, or any other item should lose power when you perform this test.

Non-looped (isolated) neutral/grounding means that each circuit must have an individual neutral/ground connection coming from it, and terminating at an approved earth ground. You cannot "jumper" a single neutral/ground from one circuit to the next.

ELECTRICAL REQUIREMENTS

For your safety and to ensure good unit performance, the ground on this circuit must be non-looped (isolated). Please refer to NEC article 210-21 and 210-23. Any alterations to the standard power cord provided could void all warranties of this product.

The 3x, 5x and 7xe cycles are designed to be self-powered and do not require an external power supply source to operate. Without an external power supply, the console's start-up time may be delayed.

110 V UNITS

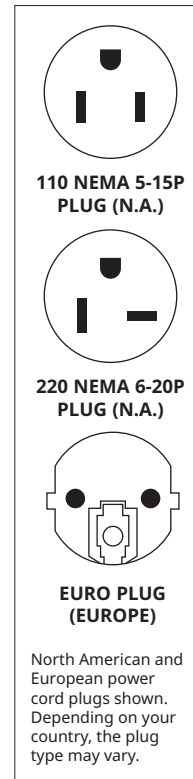
All Matrix 110 V cycles require the use of a 100-125 V, 60 Hz and a 15 A "Dedicated Circuit", with a non-looped (isolated) neutral/ground for power. These cycles can be daisy-chained together with up to 4 units per 15 A circuit. This outlet should be a NEMA 5-15R and have the same configuration as the plug. No adapter should be used with this product. Matrix daisy-chain cord adapters are sold separately.

220 V UNITS

All Matrix 220 V cycles require the use of a 216-250 V, 50 Hz and a 15 A "Dedicated Circuit", with a non-looped (isolated) neutral/ground for power. These cycles can be daisy-chained together with up to 4 units per 15 A circuit. This outlet should be a NEMA 6-15R and have the same configuration as the plug. No adapter should be used with this product. Matrix daisy-chain cord adapters are sold separately.

GROUNDING INSTRUCTIONS

The unit must be grounded if connected to a power supply source. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The unit is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. If the user does not follow these grounding instructions, the user could void the Matrix limited warranty.



ADDITIONAL ELECTRICAL INFO

In addition to the dedicated circuit requirement, the proper gauge wire must be used from the circuit breaker box, to each outlet that will have the maximum number of units running off of it. If the distance from the circuit breaker box to each outlet, is 100 ft (30.5 m) or less, then 12 gauge wire should be used. For distances greater than 100 ft (30.5 m) from the circuit breaker box to the outlet, a 10 gauge wire should be used.

ENERGY SAVING / LOW-POWER MODE

All units are configured with the ability to enter into an energy saving / low-power mode when the unit has not been in use for a specified period of time. Additional time may be required to fully reactivate this unit once it has entered the low-power mode. This energy saving feature may be enabled or disabled from within the 'Manager Mode' or 'Engineering Mode.'

WARNING!

- Connect this exercise product to a properly grounded outlet only.
- Never operate product with a damaged cord or plug even if it is working properly. Never operate any product if it appears damaged, or has been immersed in water. Contact Customer Tech Support for replacement or repair.

Failure to follow these specifications can cause damage to your product and can void the warranty:

- All video and power outlets must be functional the day of delivery / assembly of the product. The client is responsible for any additional installation charges associated with return visits.
- Electrical supply may fluctuate in your area. To ensure stable performance of the product, use the proper gauge wire.

DANGER!

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Disconnect the power cord from this equipment and check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.



ASSEMBLY

NOTE:

1. This equipment is designed as an auxiliary device to assist medical personnel to improve their patients' health.
2. This equipment is designed for uses in cardiovascular, physical rehabilitations and recoveries under medical personnel's instructions and monitoring.
3. This equipment conforms to IEC60601-1-2 and its classification is Class 2a.
4. The waterproof level of this equipment is IPXO.
5. This equipment has no sterilization.
6. This equipment is not suitable for uses in Oxygen rich environments.
7. This equipment is designed for continuous operation.
8. This equipment complies with WEEE directives for disposal and recycling.
9. Ambient temperature for operating this equipment is 5°C - 40°C (with NO air-flow), nominal 25°C.
10. Relative Humidity for operating this equipment is 10% - 90% (non-condensing), nominal 40% (non-condensing).
11. Ambient temperature for shipping and storage this equipment is from -20°C to 70°C (with NO air-flow).
12. **WARNING:** Do not modify this equipment without authorization of the manufacturer.
13. Paramedics and medics are the users. Users are trained to operate the device, R3xm, according to the instructions.
14. The user sets workout program and directs Patient to exercise.

NOTE:

Only Matrix Fitness service or certified assembly personnel can assemble this equipment.

UNPACKING

Unpack the equipment where you will be using it. Place the carton on a level flat surface. It is recommended that you place a protective covering on your floor. Never open box when it is on its side.

IMPORTANT NOTES

During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded.

Several parts have been pre-lubricated to aid in assembly and usage. Please do not wipe this off. If you have difficulty, a light application of lithium grease is recommended.

WARNING!

There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the equipment could have parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the equipment, the assembly instructions must be reviewed and corrective actions should be taken.

NEED HELP?

If you have questions or if there are any missing parts, contact Customer Tech Support. Contact information is located on the information card.

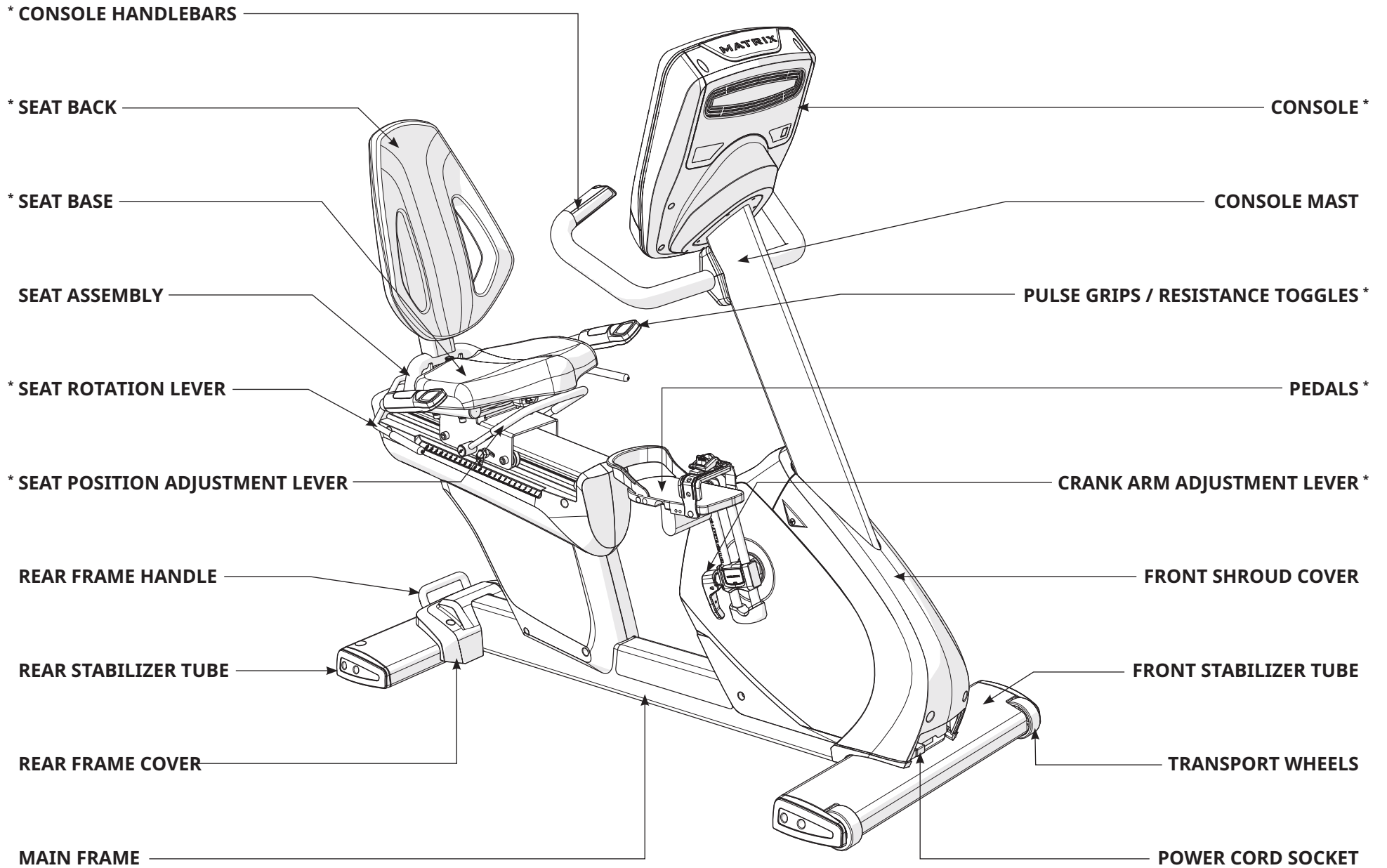
TOOLS REQUIRED:

- 4 mm Allen Wrench
- 6 mm Allen Wrench
- Pedal Wrench (15mm)
- Phillips Screwdriver

PARTS INCLUDED:

- 1 Main Frame
- 1 Rear Stabilizer Tube
- 1 Front Stabilizer Tube
- 1 Rear Frame Handle
- 1 Rear Frame Cover
- 1 Console Mast
- 1 Console Handlebars
- 1 Front Shroud Cover
- 1 Seat Assembly
- 1 Air Cylinder (for seat assembly)
- 1 Seat Base
- 1 Seat Back
- 2 Pedals
- 1 Hardware Kit

Console sold separately



* Applied part - Has passed biocompatibility testing

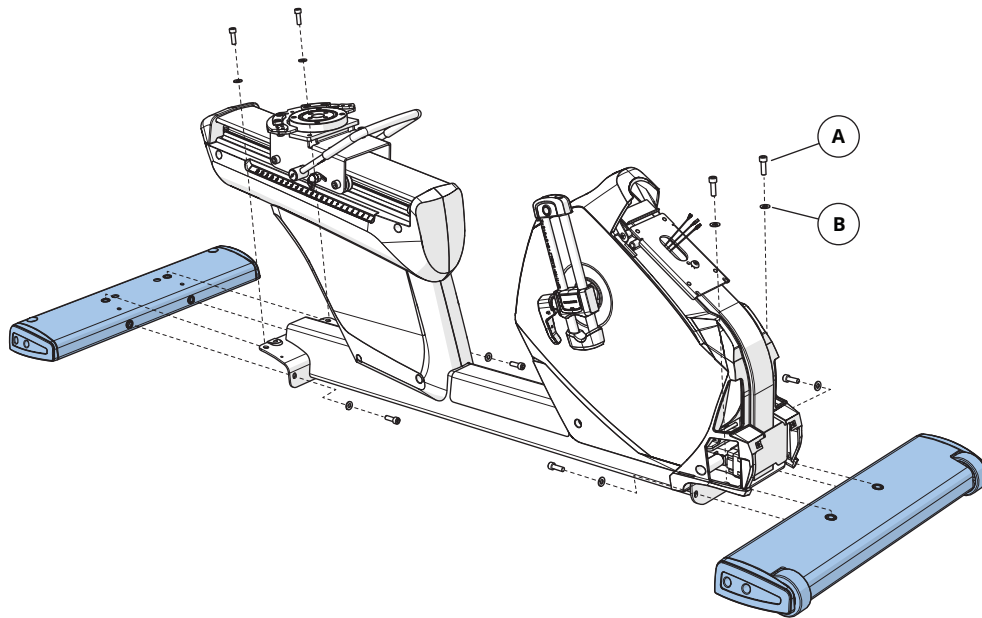
1

Yellow Hardware Bag (x2)

Description	Qty
A Bolt	8
B Flat Washer	8

Torque Values

A 40 Nm / 30 ft-lb



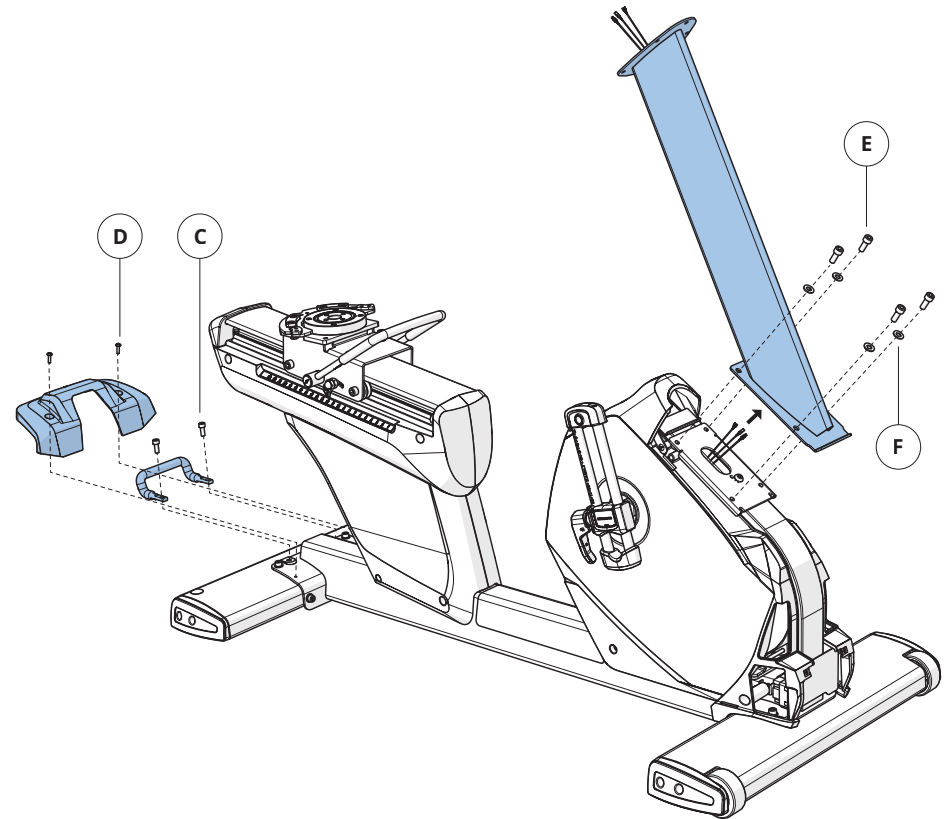
2

Black / Red Hardware Bags

Description	Qty
C Bolt (black)	2
D Screw	2
E Bolt (chrome)	4
F Tooth Washer	4

Torque Values

E 40 Nm / 30 ft-lb

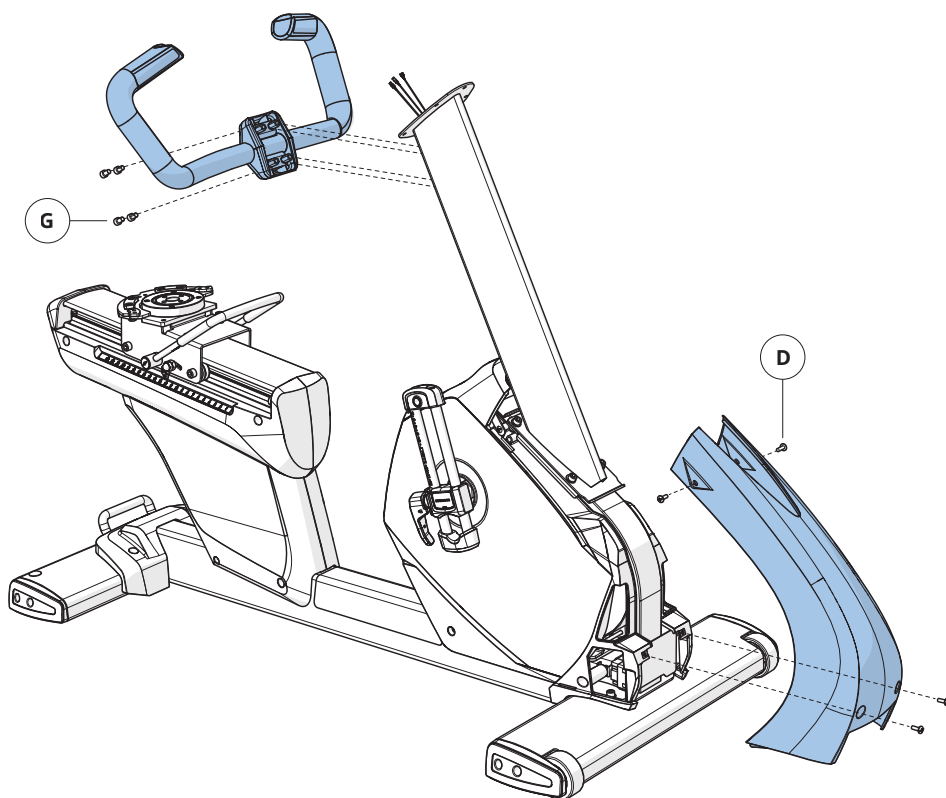


**3****White / Green Hardware Bags**

Description	Qty
G Bolt	4
D Screw	4

Torque Values

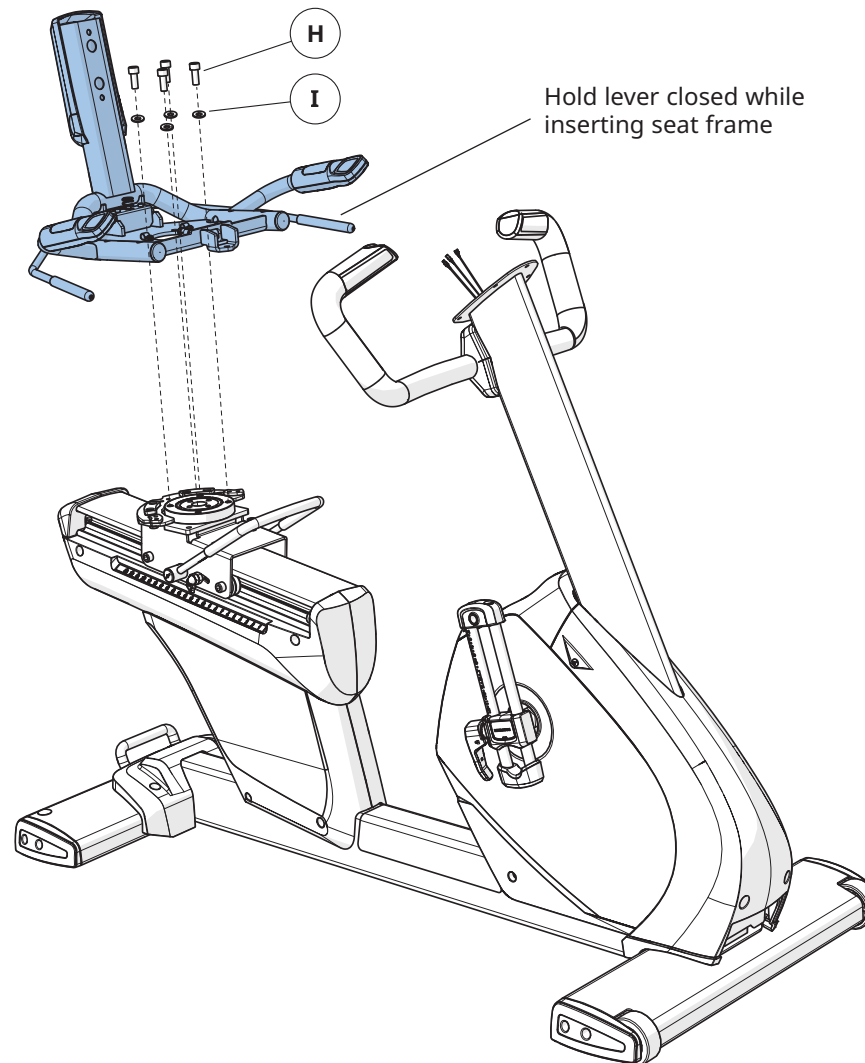
G	40 Nm / 30 ft-lb
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**4****Blue Hardware Bag**

Description	Qty
H Bolt	4
I Flat Washer	4

Torque Values

H	77 Nm / 57 ft-lb
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5

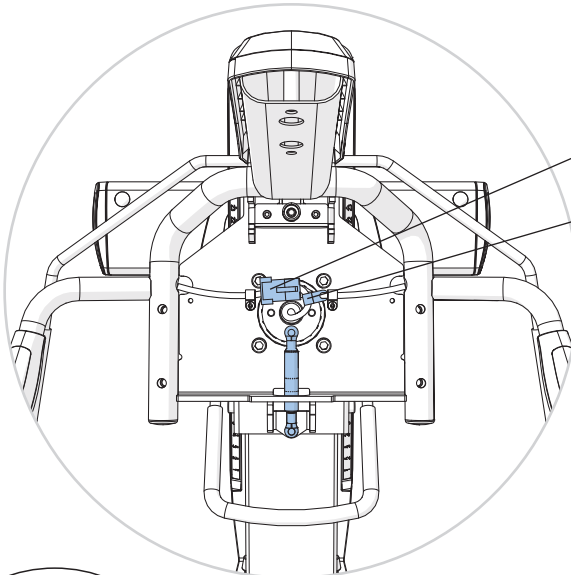
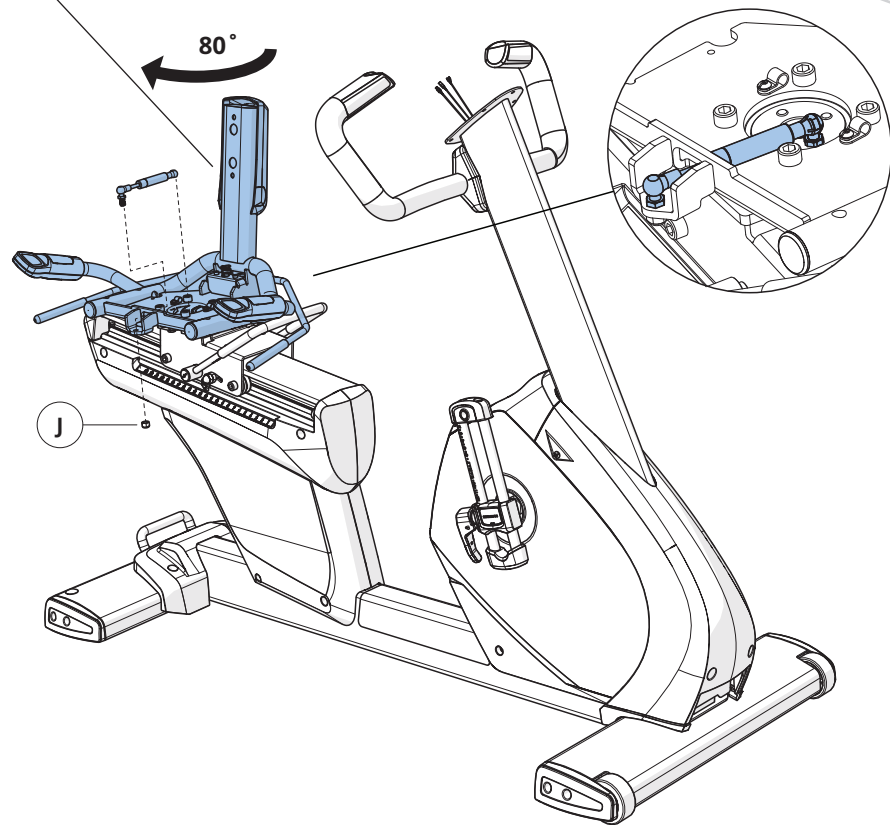
Purple Hardware Bag

	Description	Qty
J	Nut (pre-attached)	1
K	Bolt	4
L	Wavy Washer	4
M	Spring Washer	4



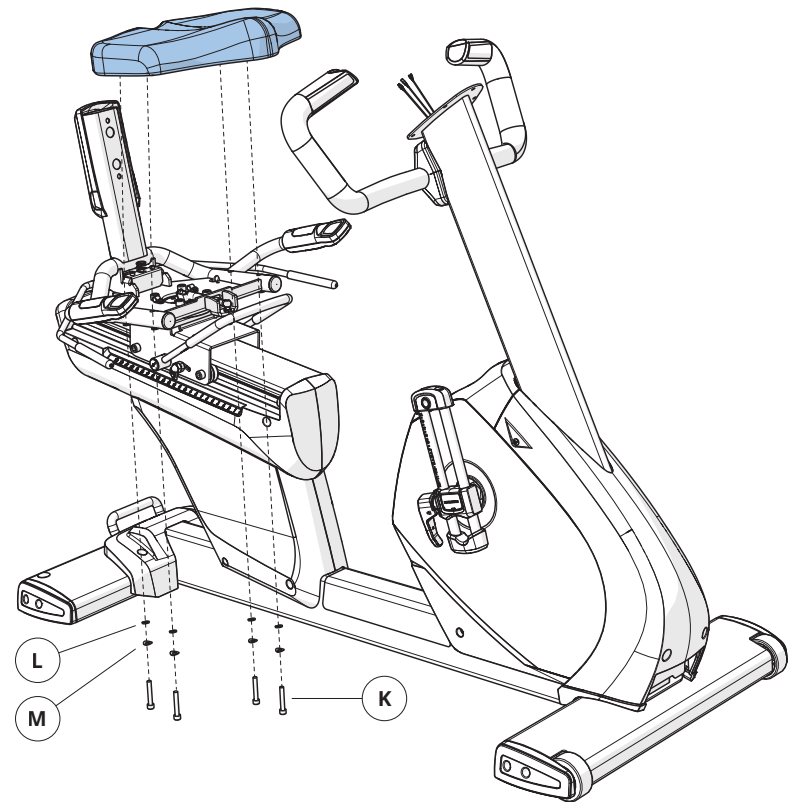
Rotate seat 80°

Push air cylinder into spherical pin



Connect cables

Use clamp to secure cable. Clamp over white sticker on cable.

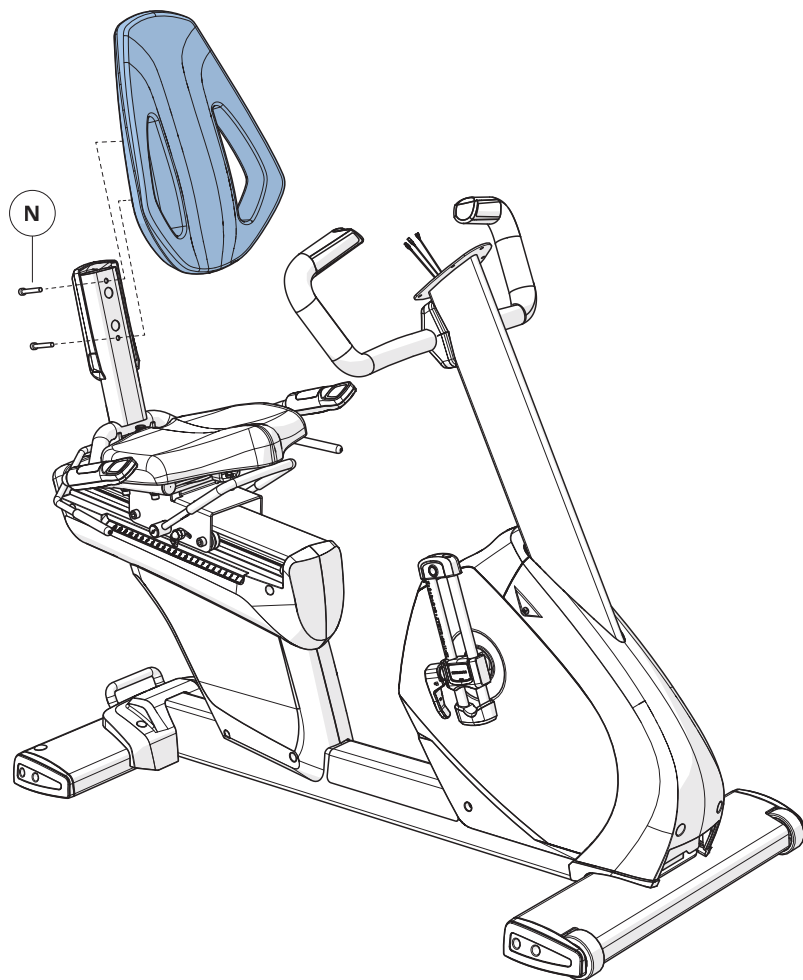




6

Orange Hardware Bag

Description	Qty
N Bolt	2



7

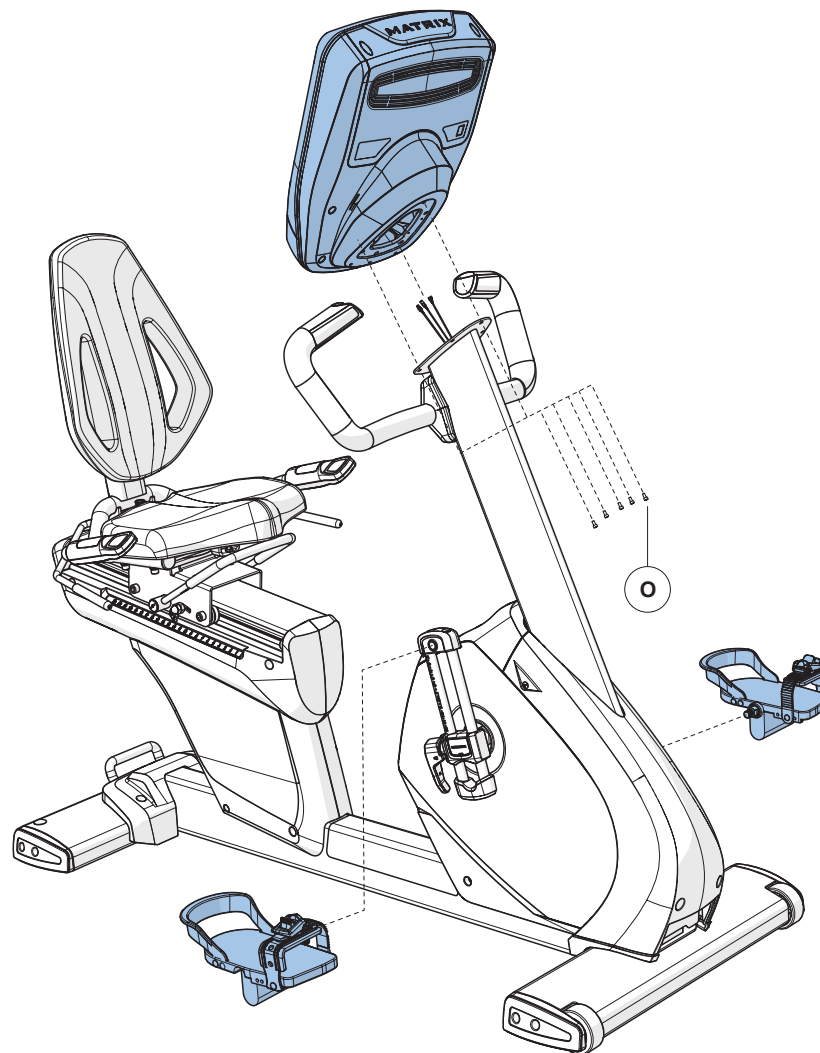
Pre-Installed Hardware

Description	Qty
O Bolt	5

Torque Values

Pedals: 55 Nm / 41 ft-lb

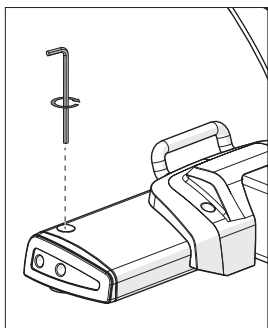
ASSEMBLY COMPLETE!



BEFORE YOU BEGIN

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 your equipment in an area with cool temperatures and low humidity. Please leave a clear zone on both sides of the equipment that is at least 24" (600 mm). This zone must be clear of any obstruction and provide the user a clear exit path from the machine. 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. Use 6mm hex key through the access hole (shown below).

A carpenter's level is recommended.

NOTE: There are only two levelers on the equipment.

WARNING!

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

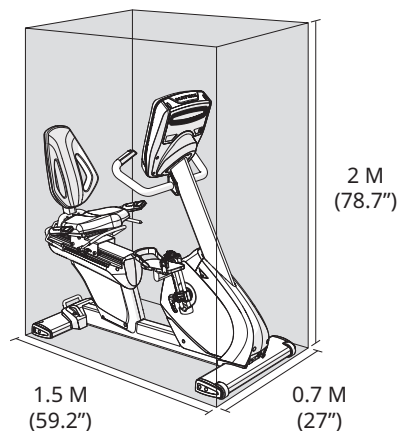
POWER

If the equipment is powered by a power supply, the power must be plugged into the power jack, which is located in the front of the equipment near the stabilizer tube. Some equipment has a power switch, located next to the power jack. Make sure it is in the ON position. Unplug cord when not in use.

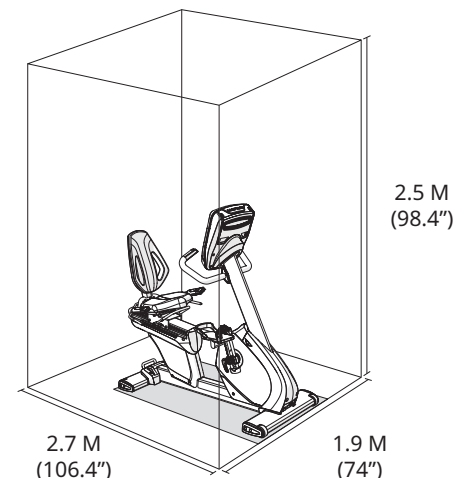
WARNING!

Never operate equipment if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Contact Customer Tech Support for examination and repair.

TRAINING AREA



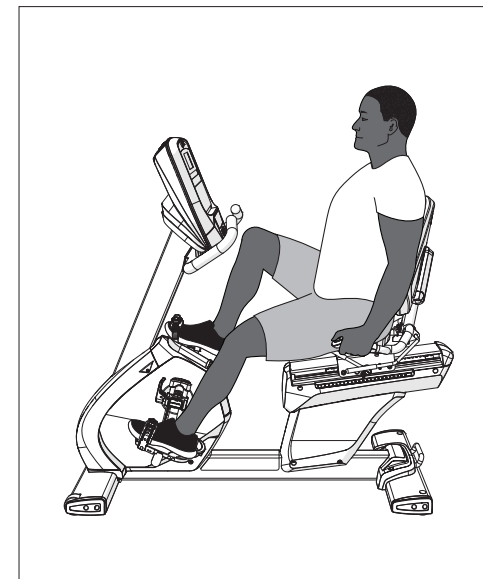
FREE AREA

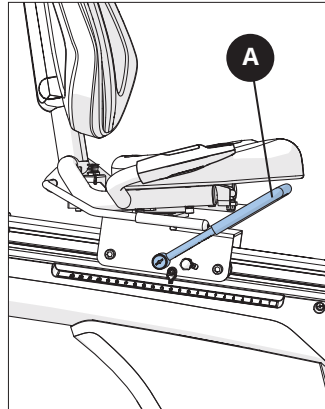


PROPER USAGE

1. Sit on the R3xm facing the console. Both feet should be on the floor one on each side of the frame.
2. To determine proper seat position, sit on the seat and position the ball of your foot on the center of the pedal. Your knee should bend slightly at the furthest pedal position. You should be able to pedal without locking your knees or shifting your weight from side to side.
3. Adjust pedal straps to desired tightness.
4. To get off of the R3xm, follow the proper usage steps in reverse.

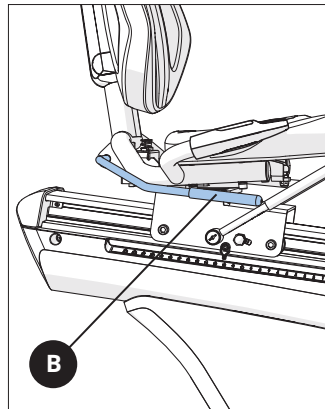
Note: Matrix R3xm is speed independent.





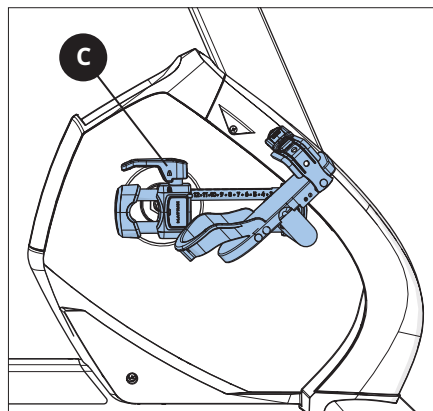
SEAT POSITION

To adjust the seat height on the Recumbent Cycle, locate the orange lever (A) under the seat before you mount the Cycle. Place your right hand on the orange adjustment handle under the seat. Place feet on the ground while seated and slide forward if needed. Place feet on pedals, gently lift lever under the seat. Using legs, slowly push and slide the seat up or down to desired position. Release lever and allow to lock into place.



SEAT ROTATION

1. Pull up seat rotation lever (B) from seated or standing position.
2. Slowly rotate seat assembly to the left or right as needed.
3. Release seat rotation lever. Seat will lock in position. Note there are 3 locked positions; center, left and right.



CRANK ADJUSTMENT

1. Locate the orange crank arm adjustment lever.
2. Pull adjustment lever (C) away from the R3xm frame.
3. Rotate lever as far forward as it will go (approx. 180°). The end of the lever now faces towards the front of the R3xm.
4. Pull and hold lever up. Slide crank arm into the desired position using the thumb hold on the crank arm end cap.
5. Release adjustment lever to drop the adjustment locking pin into place.
6. Rotate the adjustment lever back to its starting position. Press firmly on the lever to secure it in place.

NOTE: Confirm lever is secure before use.

USING THE HEART RATE FUNCTION

The heart rate function on this product is not a medical device. While heart rate grips can provide a relative estimation of your actual heart rate, they should not be relied on when accurate readings are necessary. Some people, including those in a cardiac rehab program, may benefit from using an alternate heart rate monitoring system like a chest or wrist strap. Various factors, including movement of the user, may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid in determining heart rate trends in general. Please consult your physician.

PULSE GRIPS

Place the palm of your hands directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. For most people, the heart rate display typically takes about 15-20 seconds to register. When gripping the pulse handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Keep a loose, cupping hold. You may experience an erratic readout if consistently holding the grip pulse handlebars. Make sure to clean the pulse sensors to ensure proper contact can be maintained.

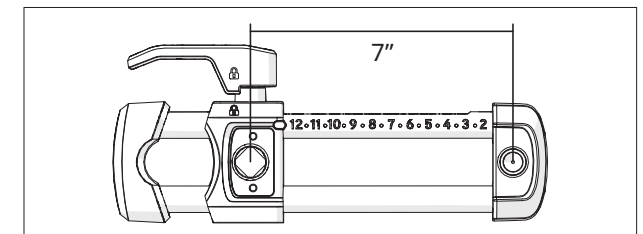
When used in conjunction with a **wireless chest transmitter**, your heart rate can be transmitted wirelessly to the unit and displayed on the console.

WARNING!

Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

CRANK ADJUSTMENT LEVELS

NUMBER		NA	2	3	4	5	6	7	8	9	10	11	12
DISTANCE FROM CENTER OF CRANK	CM	3.8	5.1	6.4	7.6	8.9	10.2	11.4	12.7	14	15.2	16.5	17.8
	IN	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7





MAINTENANCE

1. Any and all part removal or replacement must be performed by a qualified service technician.
2. 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.
3. 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.
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

To remove power from the exercise cycle, the power cord must be disconnected from the wall outlet.

This exercise cycle can also generate its own power when pedaled.

MAINTENANCE SCHEDULE

ACTION	FREQUENCY
Unplug the unit. Clean entire machine using water and a mild soap or other Matrix approved solution (cleaning agents should be alcohol and ammonia free).	DAILY
Inspect the power cord. If the power cord is damaged, contact Customer Tech Support.	DAILY
Make sure the power cord is not underneath the unit or in any other area where it can become pinched or cut during storage or use.	DAILY
Clean underneath the cycle, following these steps: <ul style="list-style-type: none"> • Turn off the cycle. • Move the cycle to a remote location. • Wipe or vacuum any dust particles or other objects that may have accumulated underneath the cycle. • Return the cycle to its previous position. 	WEEKLY
Inspect all assembly bolts and pedals on the machine for proper tightness.	MONTHLY
Clean any debris off of the seat guide rail.	MONTHLY
Crank maintenance (see next page).	BI-ANNUALLY

ERROR CODE TABLE

Error Code	Class	Description
04B0	C	UCB communication response error
01B4	C	Battery connection error
01AC	C	Electro-magnet over current
01AF	C	Electro-magnet disconnect error
02AB	C	Incorrect LCB type setting
02B4	C	Product resistance type error
04A0	C	LCB communication response error

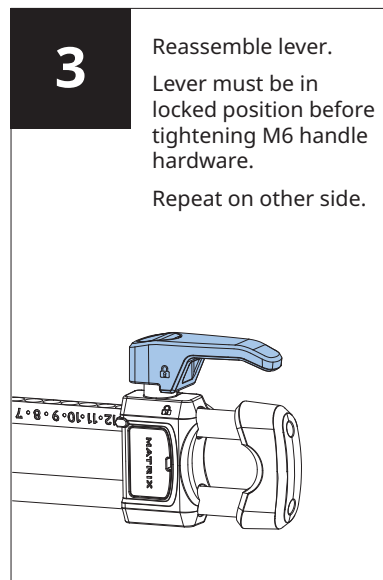
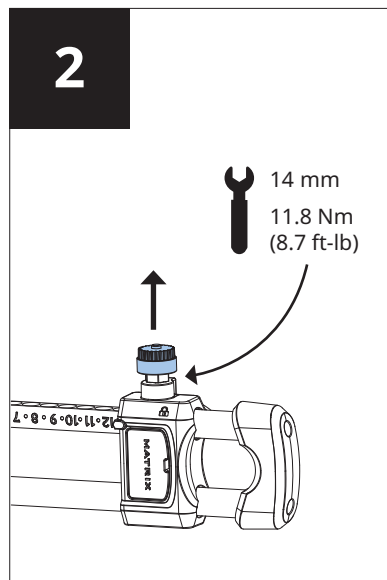
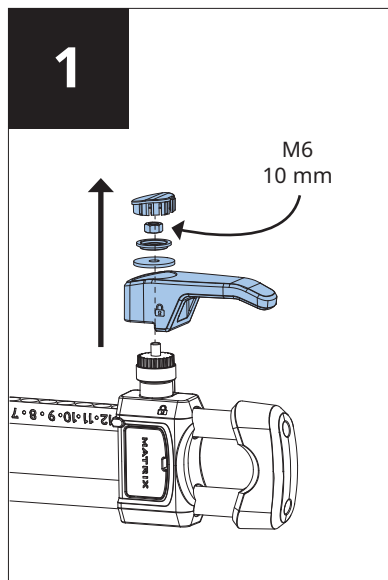
PRODUCT SPECIFICATIONS

R3xm Recumbent Cycle	
Max User Weight	182 kg / 400 lbs
Product Weight	93 kg / 205 lbs
Shipping Weight	104 kg / 229 lbs
Overall Dimensions (L x W x H)*	151 x 69 x 138 cm 59.2" x 27" x 54.3"

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



CRANK MAINTENANCE



MATRIX