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A3XE-01 SINGLE INCLINE MOTOR ASCENT TRAINER SERVICE MANUAL

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CHAPTER 1: SERIAL NUMBER LOCATION

1.1 SERIAL NUMBER LOCATION



SERIAL NUMBER LOCATION

CHAPTER 2: IMPORTANT SAFETY INSTRUCTIONS

2.1 READ AND SAVE THESE INSTRUCTIONS

This Ascent Trainer is intended for commercial use. To ensure your safety and protect the equipment, read all instructions before operating the MATRIX Ascent Trainer.

When using an electrical product, basic precautions should always be followed including the following:

- ***An appliance should never be left unattended when plugged in. Unplug the unit from the outlet when not in use and before putting on or taking off any parts.***
- ***This product must be used for its intended purpose described in this service manual. Do not use other attachments that are not recommend by the manufacturer. Attachments may cause injury.***
- ***To prevent electrical shock, never drop or insert any object into any opening.***
- ***Do not remove the console covers. Service should only be done by an authorized service technician.***
- ***Never operate the Ascent Trainer with the air opening blocked. Keep the air opening clean, free of lint and hair.***
- ***Do not carry this unit by it's supply cord or use the cord as a handle.***
- ***Close supervision is necessary when the Ascent Trainer is used by or near children or disable persons.***
- ***Do not use outdoors.***
- ***Do not operate where aerosol (spray) products are being used or when oxygen is being administered.***
- ***To disconnect, turn all controls to the off position, then remove the plug from the outlet.***
- ***Connect this Ascent Trainer to a properly grounded outlet only.***
- ***Do not use the equipment in any way other than designed or intended by the manufacturer. It is imperative that all Matrix Fitness Systems equipment is used properly to avoid injury.***
- ***Keep hands and feet clear of moving parts at all times to avoid injury.***
- ***Unsupervised children must be kept away from this equipment.***
- ***Do not wear loose clothing while on the equipment.***

CAUTION! ***If you experience chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.***

CAUTION! ***Any changes or modifications to this equipment could void the product warranty.***

CHAPTER 2: IMPORTANT SAFETY INSTRUCTIONS

2.2 ELECTRICAL REQUIREMENTS

The Matrix Ascent Trainer can now be self powered. If the A3xe is left in self powered mode, it will take approximately 30 seconds for the screen to load prior to every workout. It is recommended that the unit be plugged in for at least 4 hours after initial installation to charge the battery prior to using the self powered feature. ***NOTE:*** If an add on TV (using a bracket) or Virtual Active is added to the unit, it must be plugged in, or the TV or VA will not operate correctly. If the Ascent Trainer will be plugged in, follow the requirements below.

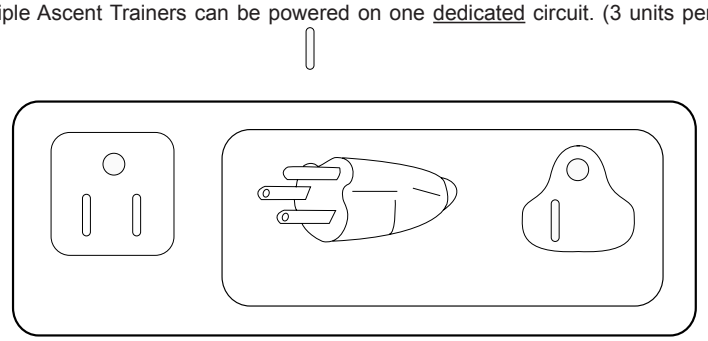
MATRIX DEDICATED CIRCUIT/ELECTRICAL REQUIREMENT INFO

All Matrix Ascent Trainers require the use of a 15 amp or 20 amp "dedicated circuit," with a non-looped (isolated) neutral/ground, for the power requirement. Quite simply this means that each outlet you plug Ascent Trainers into should not have anything else running on that same circuit besides other Ascent Trainers (up to 3 per 15 amp circuit and 4 per 20 amp 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 Ascent Trainers 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.

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 or less, then 12 gauge wire may be used. For any distance greater than 100 ft from the circuit breaker box to the outlet, 10 gauge wire must be used.

For your safety and Ascent Trainer performance, the ground on this circuit must be non-looped. Please refer to NEC article 210-21 and 210-23. Your Ascent Trainer is provided with a power cord with a plug listed below and requires the listed outlet. Any alterations of this power cord could void all warranties for this product. Multiple Ascent Trainers can be powered on one dedicated circuit. (3 units per 15 Amp and 4 units per 20 Amp dedicated circuit.)



GROUNDING INSTRUCTIONS:

The Matrix Ascent Trainer must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The Ascent Trainer 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.

DANGER: Improper connection of the equipment grounding conductor can result in the risk of electric shock. Check with a qualified electrician if the user is 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 an electrician.

CONSOLE POWER

The Matrix Ascent Trainer console has a battery that makes it self powered. This means that even if the unit is not plugged in, the console may still have power for up to 12 hours. If the console power needs to be reset or turned off, press and hold the CHANNEL UP and CHANNEL DOWN keys for 3-5 seconds until the console turns off. The console power will also need to be reset if settings are changed in Manager, Engineering, or Service Modes.

CHAPTER 3: PREVENTATIVE MAINTENANCE

3.1 RECOMMENDED CLEANING TIPS

Preventative maintenance and daily cleaning will prolong the life and look of your MATRIX Ascent Trainer.

Please read and follow these tips.

- Position the equipment away from direct sunlight. The intense UV light can cause discoloration on plastics.
- Locate your equipment in an area with cool temperatures and low humidity.
- Clean with a soft 100% cotton cloth.
- Clean with soap and water or other non-ammonia based all purpose cleaners.
- Wipe foot pads, handles, heart rate grips, and handlebars clean after each use.
- Do not pour liquids directly onto your equipment. This can cause damage to the equipment and in some cases electrocution.
- Check pedal motion and stability.
- Adjust leveling feet when equipment wobbles or rocks.
- Maintain a clean area around equipment, free from dust and dirt.

3.2 CHECK FOR DAMAGED PARTS

DO NOT use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Matrix Fitness Systems.

MAINTAIN LABELS AND NAMEPLATES. Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Matrix Fitness Systems for a replacement. 1-866-693-4863, www.matrixfitness.com

MAINTAIN ALL EQUIPMENT Preventative maintenance is the key to smooth operating equipment. Equipment needs to be inspected at regular intervals. Defective components must be replaced immediately. Improperly working equipment must be kept out of use until it is repaired. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. Matrix Fitness Systems will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.

CHAPTER 3: PREVENTATIVE MAINTENANCE

3.3 CARE AND MAINTENANCE INSTRUCTION

In order to maximize life span, and minimize down time, all MATRIX equipment requires regular cleaning, and maintenance items performed on a scheduled basis. This section contains detailed instructions on how to perform these items, the frequency of which they should be done, and a check list to sign off each time service is completed for a specific machine. Some basic tools and supplies will be necessary to perform these tasks which include (but may not be limited to):

* Metric Allen wrenches
* #2 Phillips head screwdriver
* Adjustable wrench
* Torque wrench (capability to read foot lbs, and inch lbs)
* Lint free cleaning cloths
* Mild, water soluble, detergent – such as “Simple Green”, or other Matrix approved product
* Teflon based spray lubricant such as “Super Lube”, or other Matrix approved product
* Vacuum cleaner with an extendable hose and crevasse tool attachment

Please find the worksheet sample for our equipment provided in this manual and make copies as needed. Keep them up to date as the required service / maintenance items are performed. It is critical that you also log the accumulated (total) amount of miles or running hours on the equipment each time service or maintenance is performed.

You may periodically see addendums to this document, as the Matrix Technical Support Team identifies items that require specific attention, the latest version will always be available on the Matrix website, www.matrixfitness.com

DAILY MAINTENANCE ITEMS

1) Clean the entire machine using water and mild detergent such as “Simple Green”, or other Matrix approved solutions (cleaning agents should be alcohol and ammonia free). ***NOTE:*** Never spray cleaner directly onto the equipment, spray cleaner onto a cloth and then wipe the equipment.

2) Attempt to wobble the unit back and forth, level if needed (see Section 10.4).

QUARTERLY MAINTENANCE ITEMS

1) Check all connecting joint areas for tightness of bolt assemblies.

2) Ensure that there is little, or no free play at all joint assemblies once bolts have been tightened. Installation of washer kits may be required if free play does not come out from tightening bolts.

3) Remove plastic covers, and lubricate the ball joint where the Link Arm and Handlebar join together. Use your finger to apply grease to the ball bearing. Matrix recommends using Superlube brand grease with PTFE {Teflon} additive.

4) Remove the covers, and lubricate the Acme screw on the incline motor (Matrix recommends using Superlube brand grease with PTFE {Teflon} additive).

YEARLY MAINTENANCE ITEMS

1) Remove the front round covers and check the belts for damage, alignment, and proper tension.

CHAPTER 4: CONSOLE OVERLAY AND WORKOUT DESCRIPTION

4.1 CONSOLE DESCRIPTION



MULTI-PURPOSE KEYS: Keys have different functions depending on each screen.

GO: One touch Start.

ENTER: To confirm each program setting.

UP / DOWN INCLINE: Easy information and incline selection.

UP / DOWN LEVEL: Easy information and level selection.

UP / DOWN TIME: Easy information and time adjustment.

STOP: Ends workout and shows workout summary data.

NUMBER KEYPAD: Workout data input for workout setup. Level adjustment during workout.

COOL DOWN: Puts the Ascent Trainer into Cool Down Mode.

A3XE ENTERTAINMENT ZONE

TV: Will take the user directly to the TV screen.

VOLUME UP / DOWN: Adjusts the volume output through the headphone jack of either integrated console TV or iPod output.

NUMBER KEYPAD: Allows for easy TV channel selections.

CHANNEL UP / DOWN: Allows for channel selection.

DISPLAY MODE: Allows user to cycle through console display options, iPod, TV, or profile display.

LAST CHANNEL: Allows the user to cycle between the current channel and the previous channel they were viewing.

HOME: Changes the channel to the channel defined as Home.

CC / MUTE: Press to cycle through the different closed caption and mute configurations.

4.2 WORKOUT SETUP STEPS - MANUAL

GO - Press to immediately begin a workout. Workout, resistance level, and time will automatically go to default settings. Pressing GO will not prompt user for age, weight, or level settings.

1) Start pedaling and press the GO key to begin your workout. 2) The display will read 3, 2, 1, Begin and then the program will start.

MANUAL - Manual allows the user to input more information while defining their own workout. Calorie expenditure will be more accurate when inputting information in Manual than by pressing GO.

1) Start pedaling and press the key next to MANUAL on the display.
2) Select the key next to Level and follow the prompts to set.
3) Select the key next to Time and follow the prompts to set. .
4) Select the key next to Weight and follow the prompts to set.
5) Select the key next to GO and the display will read 3, 2, 1, and then the program will begin.

4.3 WORKOUT SETUP STEPS - FAT BURN

FAT BURN - Fat burn is a level based program that is designed to help users burn fat through various resistance level changes.

1) Start pedaling and press the FAT BURN key.
2) Select the key next to Level and follow the prompts to set.
3) Select the key next to Time and follow the prompts to set. .
4) Select the key next to Weight and follow the prompts to set.
5) Select the key next to GO and the display will read 3, 2, 1, and then the program will begin.

4.4 WORKOUT SETUP STEPS - TRAINING WORKOUTS

ROLLING HILLS - The Rolling Hills program is a level based program that automatically adjusts the resistance level to simulate real terrain.

1) Start pedaling and press the key next to TRAINING WORKOUTS on the display, and then press the key next to ROLLING HILLS.
2) Select the key next to Level and follow the prompts to set.
3) Select the key next to Time and follow the prompts to set. .
4) Select the key next to Weight and follow the prompts to set.
5) Select the key next to GO and the display will read 3, 2, 1, and then the program will begin.

INTERVALS - The Intervals program is a level based program that automatically adjusts the resistance of the machine from low to high intensity settings at regular intervals.

1) Start pedaling and press the key next to TRAINING WORKOUTS on the display, and then press the key next to INTERVAL TRAINING.
2) Select the key next to Level and follow the prompts to set.
3) Select the key next to Time and follow the prompts to set. .
4) Select the key next to Weight and follow the prompts to set.
5) Select the key next to GO and the display will read 3, 2, 1, and then the program will begin.

4.5 WORKOUT SETUP STEPS - COOPER FITNESS TEST

FITNESS TEST -The Cooper Fitness Test measures cardiovascular fitness and proves an estimated sub-maximal VO2 result. It is based on power output according to ACSM standards and was developed by the Cooper Institute© (www.cooperinstitute.org). User RPMs must remain between 60-80 RPM during the test. The test will end when the user can no longer maintain this speed. Use of a heart rate strap is optional but provides more data.

The test starts at a low intensity level and gradually increases in intensity (difficulty) every 2 minutes. As it increases, the user must maintain 60-80 RPM to advance to the next level. The test could take upwards of 30+ minutes for very fit individuals. Once the test ends a recovery period (cool down) will begin and the user's results are calculated and displayed. Results are based on the number of stages completed. Incline will not be adjustable during the test.

1) Start pedaling and press the key next to FITNESS TEST on the display.
2) Select the key next to Age and follow the prompts to set.
3) Select the key next to Gender and follow the prompts to set. .
4) Select the key next to Weight and follow the prompts to set.
5) Select the key next to GO and the display will read 3, 2, 1, and then the program will begin.
6) Once the workout is complete, the display will read the results of the Fitness Test.

STAGE COMPLETE:

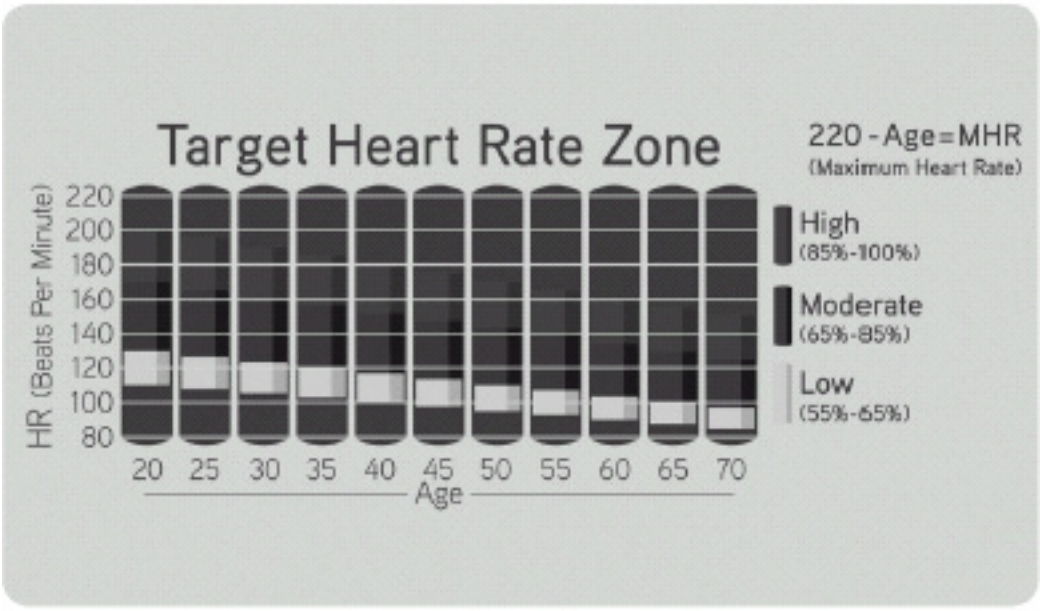
1	Well Below Average
2	Well Below Average
3	Below Average
4	Below Average
5	Average
6	Average
7	Above Average
8	Above Average
9+	Well Above Average

4.6 WORKOUT SETUP STEPS - TARGET HEART RATE

TARGET HEART RATE - The Matrix Ascent Trainer comes with standard digital contact heart rate sensors and are POLAR telemetry compatible. The heart rate control workout mode allows the user to program their desired heart rate zone, and the Ascent Trainer will automatically adjust the level based upon the user's heart rate. The heart rate zone is calculated using the following equation: (220-Age)8%=target heart rate zone. The user must wear a POLAR telemetric strap or continually hold onto the contact heart rate grips for this workout.

Locate the metal sensors on the handlebars of the Ascent Trainer. Notice that there are two separate pieces of metal on each grip. You must be making contact with both pieces of each grip to get an accurate heart rate reading. You can grab these sensors in any program to view your current heart rate.

1) Start pedaling and press the key next to TARGET HEART RATE.
2) Select the key next to Age and follow the prompts to set.
2) Select the key next to Percent of HR and follow the prompts to set.
3) Select the key next to Time and follow the prompts to set. .
4) Select the key next to Weight and follow the prompts to set.
5) Select the key next to GO and the display will read 3, 2, 1, and then the program will begin.



4.7 WORKOUT SETUP STEPS - CONSTANT WATTS

CONSTANT WATTS - Constant Watts is a unique program that allows you to vary your cadence or RPM and the Ascent Trainer's resistance level will adjust accordingly to your selected goal. The quicker you pedal, the less resistance for the goal selected.

1) Start pedaling and press the CONSTANT WATTS key.
2) Select the key next to Watts and follow the prompts to set.
3) Select the key next to Time and follow the prompts to set. .
4) Select the key next to Weight and follow the prompts to set.
5) Select the key next to GO and the display will read 3, 2, 1, and then the program will begin.

4.8 AUTO CALIBRATION INSTRUCTIONS

AUTO CALIBRATION PROCEDURE

After initial installation or replacement of the incline motor, auto calibration should be run.

1) Press ENTER, 2, 0, 0, 1, ENTER on the keypad to go into Engineering Mode.
2) Press the key next to CALIBRATION on the display.
3) Press the key next to AUTO CALIBRATION on the display.
4) Press the key next to START on the display.
5) This will run the Auto Calibration. If the calibration passes, it will say complete. Press and hold the STOP key to return to the normal start screen.
6) If the calibration does not pass, contact Matrix Customer Technical Support at 866-693-4863 ext 3.

CHAPTER 5: MANAGER MODE

5.1 MANAGER MODE OVERVIEW

The Manager's Custom Mode allows the club owner to customize the Ascent Trainer for the club.

1) To enter Manager Mode, press ENTER, 1, 0, 0, 1, ENTER on the upper display. Manager Mode will appear on the display (Figure A).

2) Select the key next to the setting that needs to be changed, and follow the prompts to change.

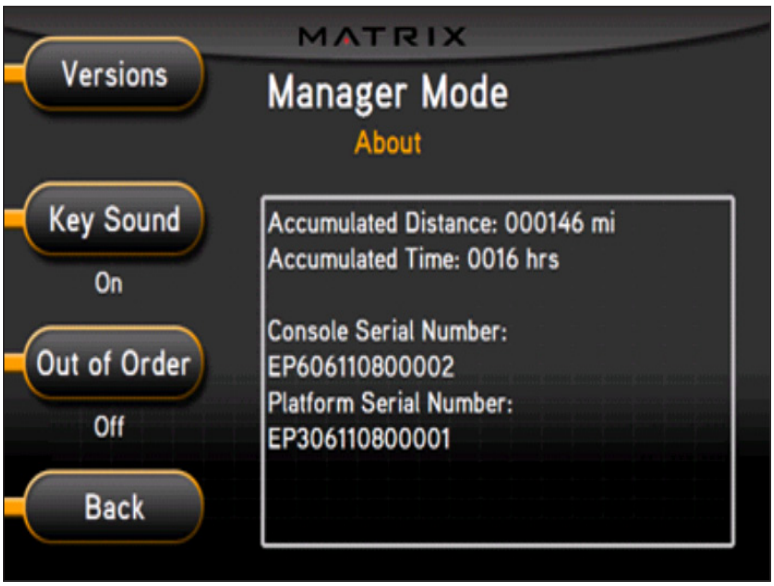
3) Press the ENTER key once the desired setting is correct to save.

4) Press HOME or press and hold the STOP key for 3-5 seconds to return to normal operation. ***NOTE:*** If a setting has been changed, the unit and console power should be reset. Cycle the power switch, and press and hold the CHANNEL UP and CHANNEL DOWN keys for 3-5 seconds to reset the console power.



FIGURE A

5.2 MANAGER MODE - ABOUT TAB



MANAGER MODE	FUNCTION & DEFAULTS	DESCRIPTIONS	MODIFIED
About	Versions	Software version.	Cannot be modified.
	Key Sound Default: On	Controls whether there is a key sound when a key is pressed and whether it is a beep or through the speakers.	On / Off
	Out of Order Default: Off	This option allows the club to put the console into an "out of order" status.	On / Off

5.3 MANAGER MODE - TIME TAB



MANAGER MODE	FUNCTION & DEFAULTS	DESCRIPTIONS	MODIFIED
Time	Maximum Time Default: 60 Minutes	This option allows the club to set the maximum workout duration limits during peak and non peak hours.	Maximum: 99 Minutes Minimum: 5 Minutes
	Pause Time Default: 5 Minutes	This option controls the default pause time.	Maximum: 10 Minutes Minimum: 1 Minute

5.4 MANAGER MODE - DEFAULTS TAB



MANAGER MODE	FUNCTION & DEFAULTS	DESCRIPTION	MODIFIED
Defaults	Level Default: 1	This option controls the default program level.	Maximum: 1 Minimum: 20
	Age Default: 30	This option controls the default user's age used in the target HR calculations.	Maximum: 100 Minimum: 10
	Weight Default: 150 lbs / 68 kg	This option controls the default weight used in the calorie calculations. Displayed in pounds or kilograms.	Maximum: 400 lbs / 182 kg Minimum: 50 lbs / 22 kg
	Incline Default: 10%	This option controls the default initial incline.	Maximum: 100% Minimum: 0%
	Gender Default: Male	Setting the user as Male or Female.	Male or Female
	Time Default 30 Min	This option controls the default program time.	Maximum: 99 Minutes Minimum: 5 Minutes.

5.5 MANAGER MODE - LANGUAGE TAB



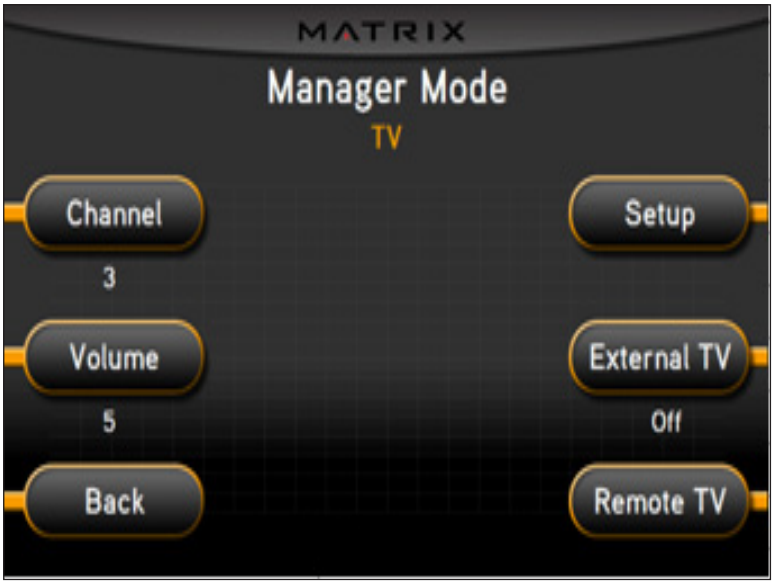
MANAGER MODE	FUNCTION & DEFAULTS	DESCRIPTIONS	MODIFIED
Language	Select default language.	This option allows the user to select a flag for a specific language.	N/A

LANGUAGE	FLAG	UNIT
English		Mile
		Mile
		KM
German		KM
		KM

LANGUAGE	FLAG	UNIT
Spanish		KM
		KM
Dutch		KM
Italian		KM
Japanese		KM

LANGUAGE	FLAG	UNIT
Chinese		KM
		KM
Portuguese		KM
		KM
French		KM

5.6 MANAGER MODE - TV TAB



MANAGER MODE	FUNCTION & DEFAULTS	DESCRIPTIONS	MODIFIED
TV	Channel Default: 3	This option controls the default TV channel on start up.	Channels 1-999
	Volume Default: 5	This option controls the default TV volume on start up.	Max 17 Min: 1
	Setup	This option is for setting the TV tuner function. Press - on the number keypad.	N/A
	External TV Default: Off	This option controls the external TV power.	On / Off
	Remote TV Default: Off	This option allows the controller to work with a MYE TV.	On / Off

5.7 MANAGER MODE - OTHER TAB



MANAGER MODE	FUNCTION & DEFAULTS	DESCRIPTIONS	MODIFIED
Other	Virtual Active Default: No	This option controls the Virtual Active Function. ***NOTE:*** The Virtual Active function will only work in AC Plug in Mode.	Yes or No

CHAPTER 6: ENGINEERING MODE

6.1 ENGINEERING MODE OVERVIEW

The Engineering Mode allows the club owner to keep track of the technical settings and error history for the Ascent Trainer.

1) To enter Engineering Mode, press ENTER, 2, 0, 0, 1, ENTER on the upper display. Engineering Mode will appear on the display (Figure A).

2) Select the key next to the setting that needs to be changed, and follow the prompts to change.

3) Press the ENTER key once the desired setting is correct to save.

4) Press HOME or press and hold the STOP key for 3-5 seconds to return to normal operation. ***NOTE:*** If a setting has been changed, the unit and console power should be reset. Cycle the power switch, and press and hold the CHANNEL UP and CHANNEL DOWN keys for 3-5 seconds to reset the console power.

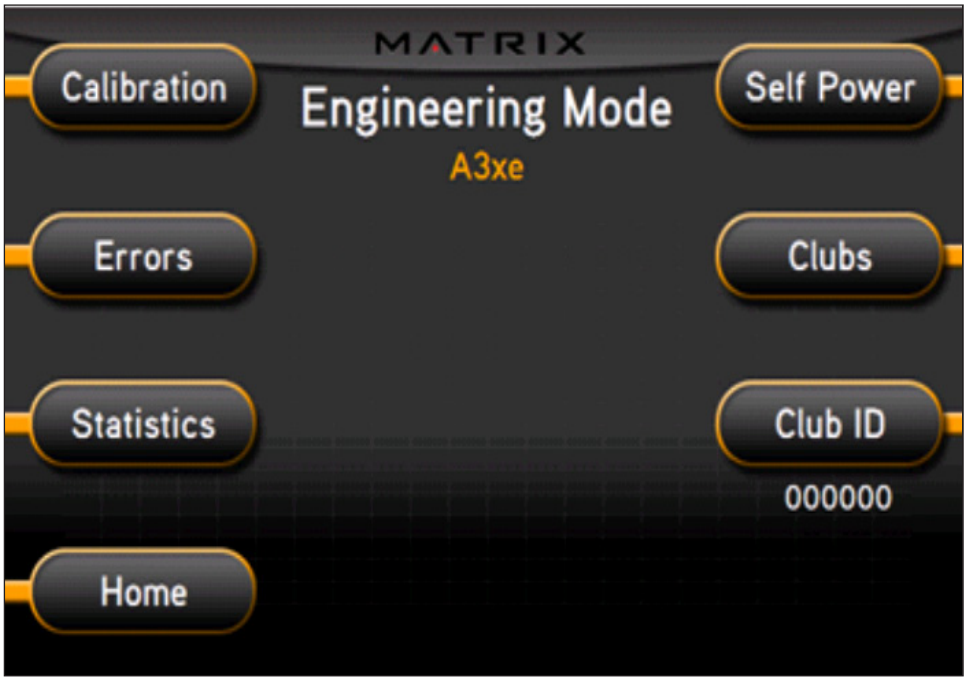
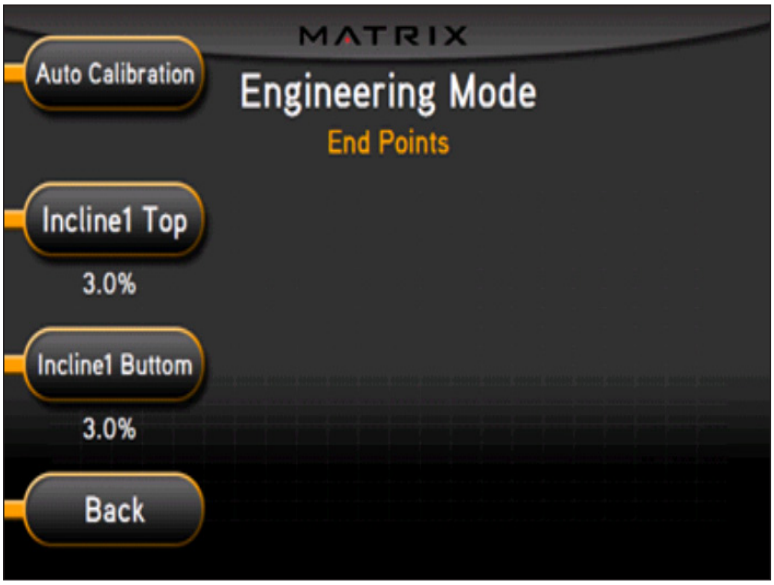


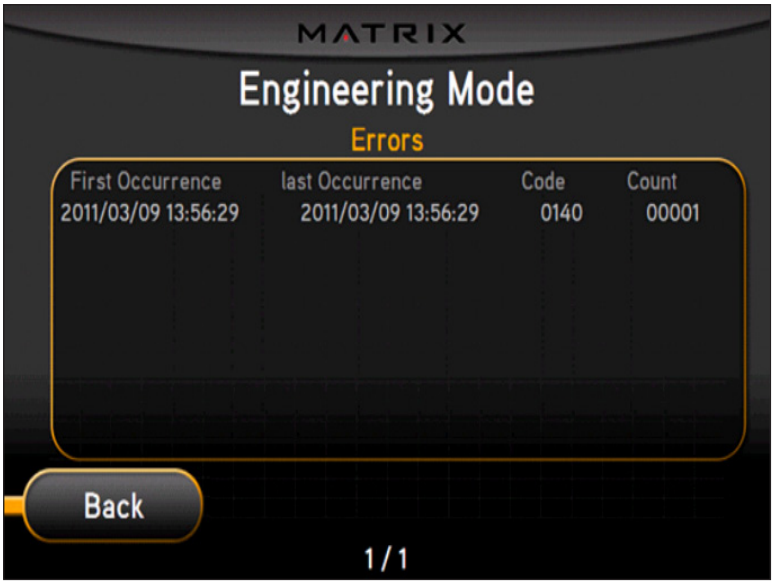
FIGURE A

6.2 ENGINEERING MODE - CALIBRATION TAB



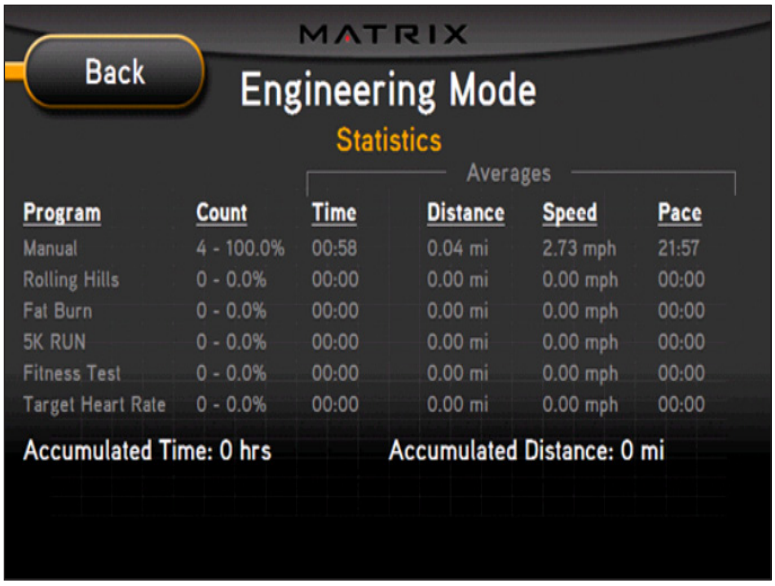
ENGINEERING MODE	FUNCTION & DEFAULTS	DESCRIPTIONS	MODIFIED
End Points	Auto Calibration	This option calibrates the elevation parameters.	N/A
	Tune Incline 1 Top: Top: 3.0	Sets the maximum incline for incline motor 1.	Top: 0.1 - 25.5
	Tune Incline 1 Bottom: Bottom: 3.0	Sets the minimum incline for incline motor 1.	Bottom: 0.1 - 25.5

6.3 ENGINEERING MODE - ERRORS TAB



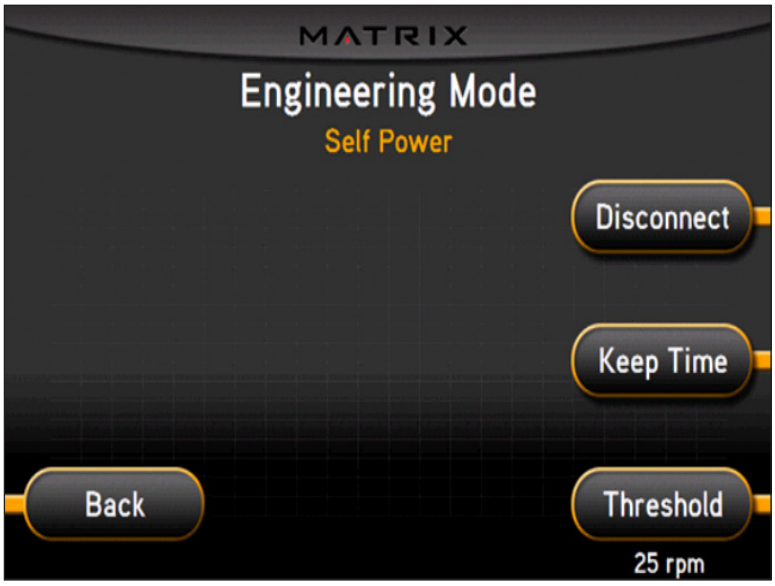
ENGINEERING MODE	FUNCTION & DEFAULTS	DESCRIPTIONS	MODIFIED
Errors		This option displays the error code history.	N/A

6.4 ENGINEERING MODE - STATISTICS TAB



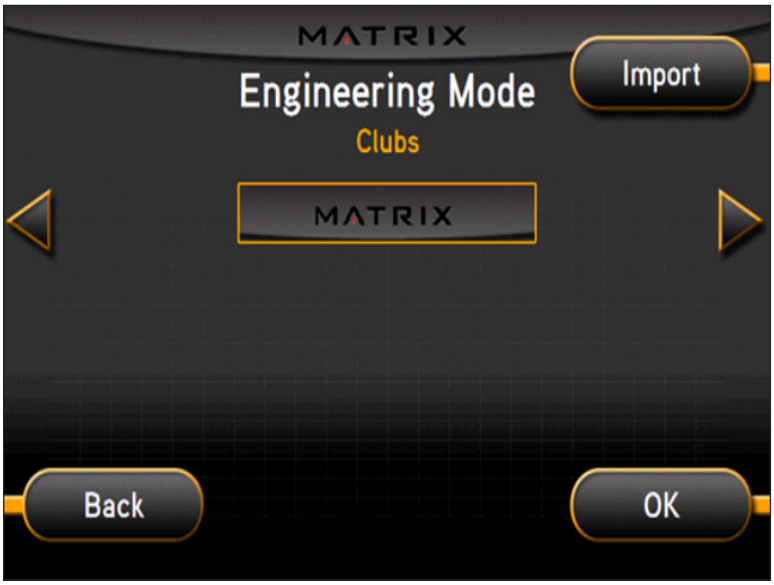
ENGINEERING MODE	FUNCTION & DEFAULTS	DESCRIPTIONS	MODIFIED
Statistics		This option displays the workout information for the unit.	N/A

6.5 ENGINEERING MODE - SELF POWER TAB



ENGINEERING MODE	FUNCTION & DEFAULTS	DESCRIPTIONS	MODIFIED
Self Power	Threshold Default: 25 RPM	This option controls the minimum RPM limits for operation.	25 - 99 RPM
	Disconnect	This option controls the minimum RPM limit to operate other functions when no power is present.	20 - 60 RPM
	Keep Time	This option controls how long the console keeps information after the minimum RPM threshold is not met.	Home: 60 Seconds Run: 30 Seconds Summary: 30 Seconds

6.6 ENGINEERING MODE - CLUBS TAB



ENGINEERING MODE	FUNCTION & DEFAULTS	DESCRIPTIONS	MODIFIED
	Clubs Default: MATRIX	This option allows the club to select a screen header from a list.	N/A

6.7 ENGINEERING MODE - CLUB ID TAB



ENGINEERING MODE	FUNCTION & DEFAULTS	DESCRIPTIONS	MODIFIED
	Club ID	This option records the Club ID of the fitness facility.	N/A

CHAPTER 7: SERVICE MODE

7.1 SERVICE MODE OVERVIEW

The Service Mode allows an authorized service provider to test and store information on the Ascent Trainer.

1) To enter Service Mode, press ENTER, 3, 0, 0, 1, ENTER on the upper display. Service Mode will appear on the display (Figure A).

2) Select the key next to the setting that needs to be changed, and follow the prompts to change.

3) Press the ENTER key once the desired setting is correct to save.

4) Press HOME or press and hold the STOP key for 3-5 seconds to return to normal operation. ***NOTE:*** If a setting has been changed, the unit and console power should be reset. Cycle the power switch, and press and hold the CHANNEL UP and CHANNEL DOWN keys for 3-5 seconds to reset the console power.

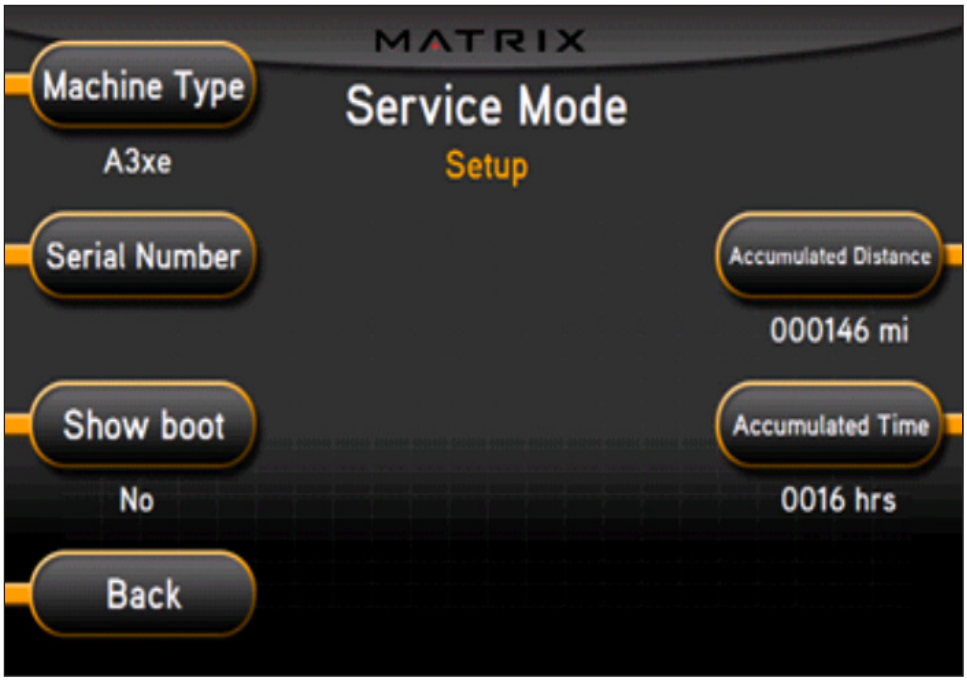


FIGURE A

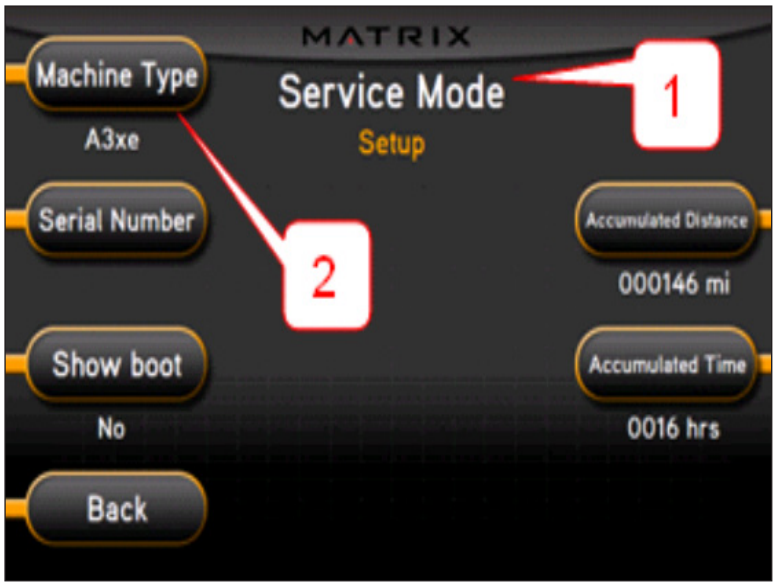
7.2 SERVICE MODE - SETUP TAB





SERVICE MODE	FUNCTION & DEFAULTS	DESCRIPTIONS
Setup	Machine Type Default: Ascent Trainer	This option selects the current model.
	Serial Number	This option displays the serial number of the console and frame.
	Accumulated Distance	This option displays the accumulated workout distance since production.
	Accumulated Time	This option displays the accumulated workout time since production.
	Show Boot	Factory Setting Only.

7.2 SERVICE MODE - SETUP TAB - CONTINUED







1) Enter into Service Mode (ENTER, 3, 0, 0, 1, ENTER).

2) Check if the Machine Type is set for A3xe.

3) As long as the Machine Type is correct, the console should automatically be set for EP606 and the platform should automatically be set for EP306.

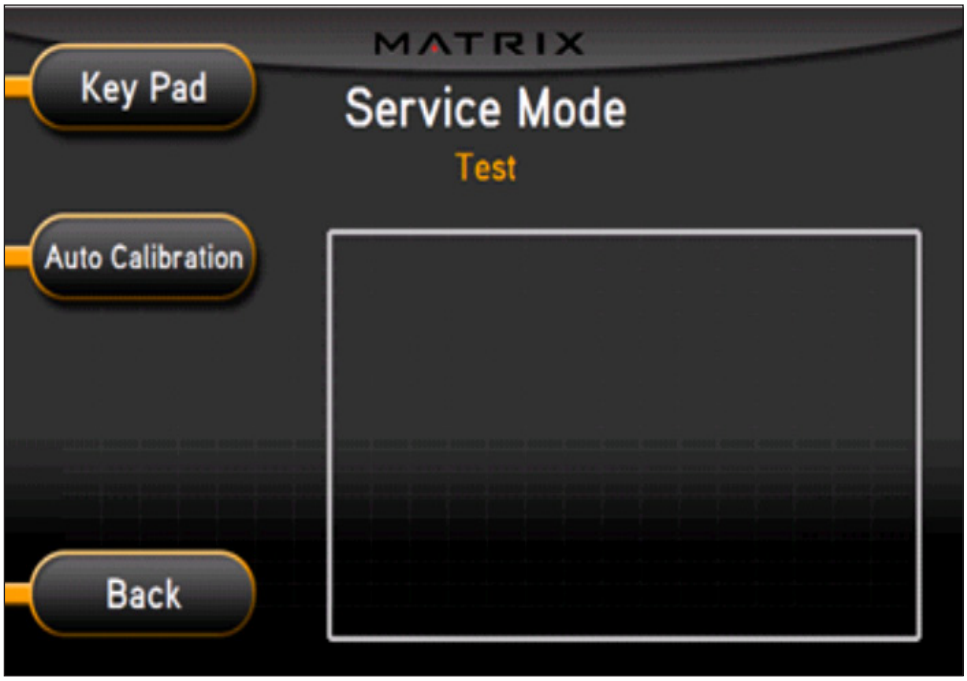
4) Input the serial number for the console first.

5-7) The serial number configuration is as follows, then press OK:
- V:YY:MM;nnnnn
- V is the version. This will be a letter between B-Z (if the console is version A, just leave this blank).
- Y is the year (e.g. 10, 11, 12).
- MM is the month (e.g. 08, 09, 10).
- nnnnn is the actual serial number.

Repeat this procedure to enter the platform serial number.

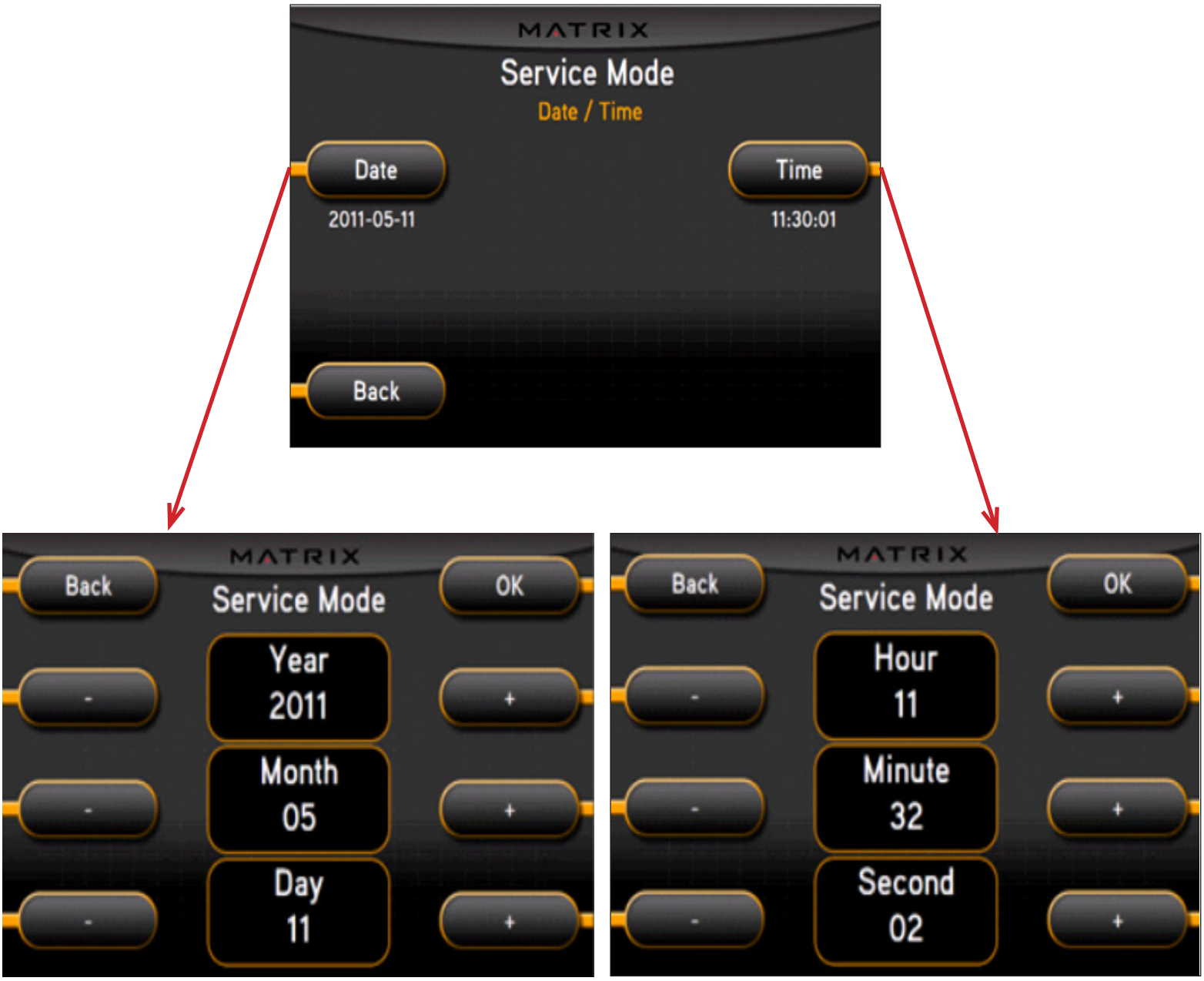
8-11) The example shows the platform automatically set for EP306, no version, a year of 2011, a month of 08 (August), and a serial number of 00002.

7.3 SERVICE MODE - TEST TAB



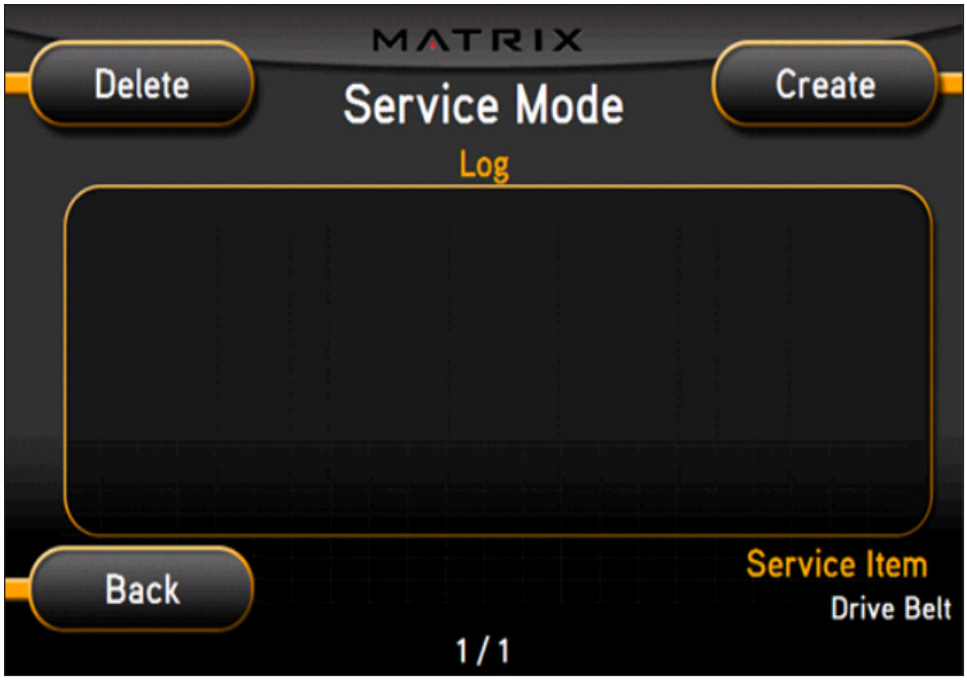
SERVICE MODE	FUNCTION & DEFAULTS	DESCRIPTIONS
Test	Keypad	This option is for a keypad test.
	Auto Calibration	This option auto calibrates the lift motor.

7.4 SERVICE MODE - DATE & TIME TAB



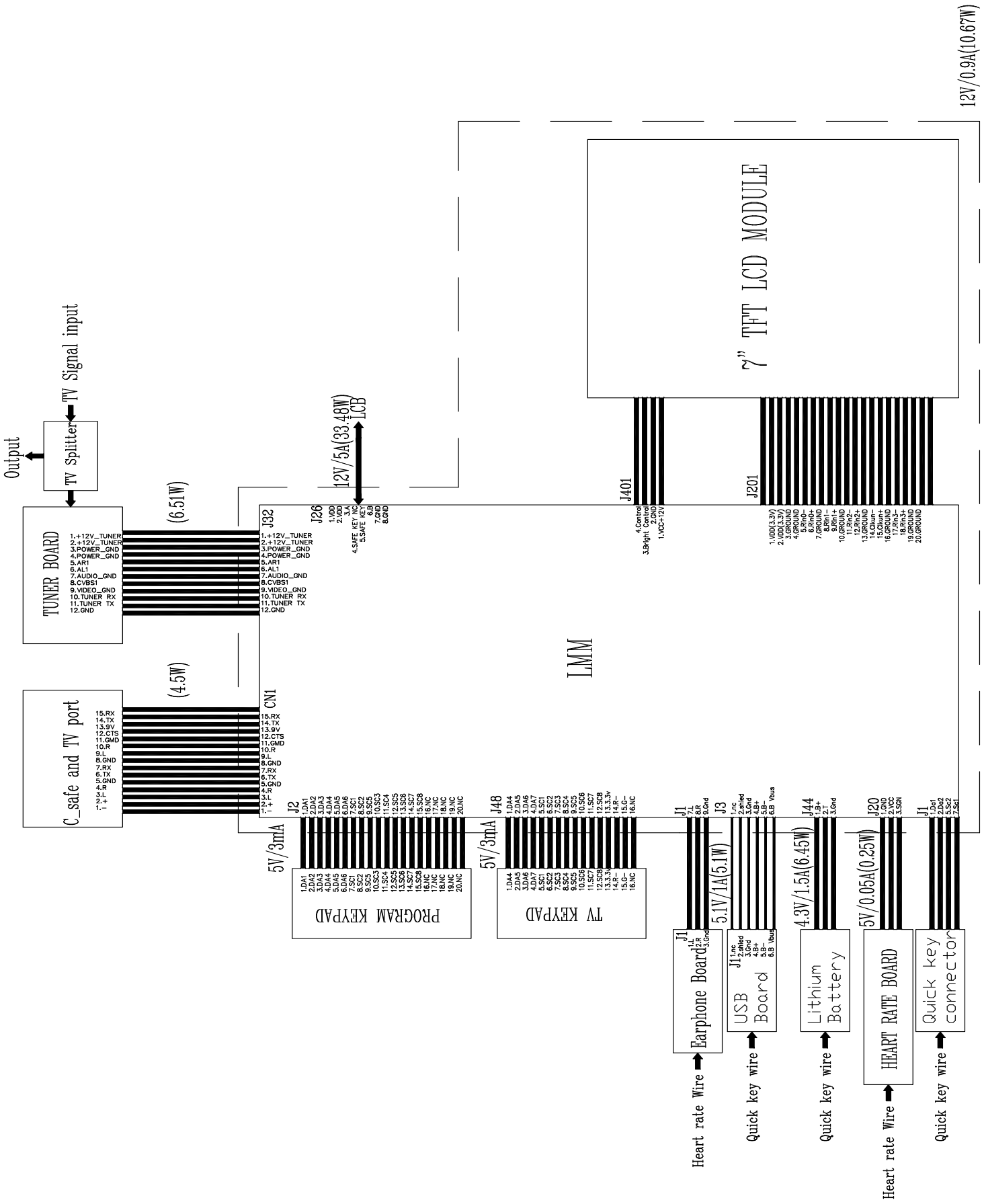
SERVICE MODE	FUNCTION & DEFAULTS	DESCRIPTIONS
Time	Date & Time	This option sets the current date and time on the machine.

7.5 SERVICE MODE - LOG TAB

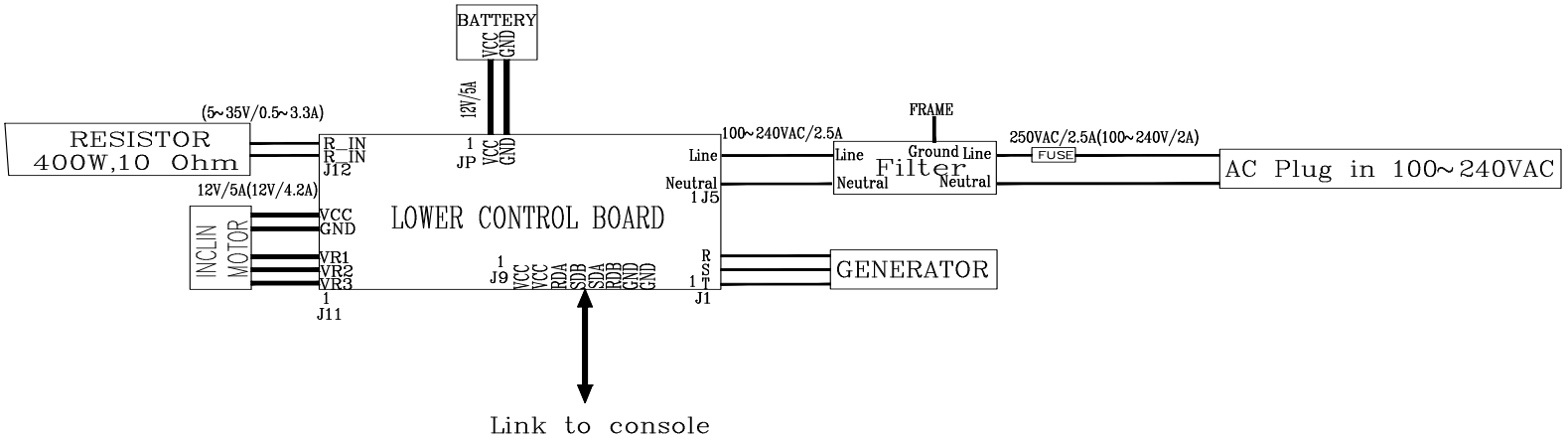


SERVICE MODE	FUNCTION & DEFAULTS	DESCRIPTIONS
Log	Delete	This option deletes key components replacement history.
	Create	This option creates key components replacement history.

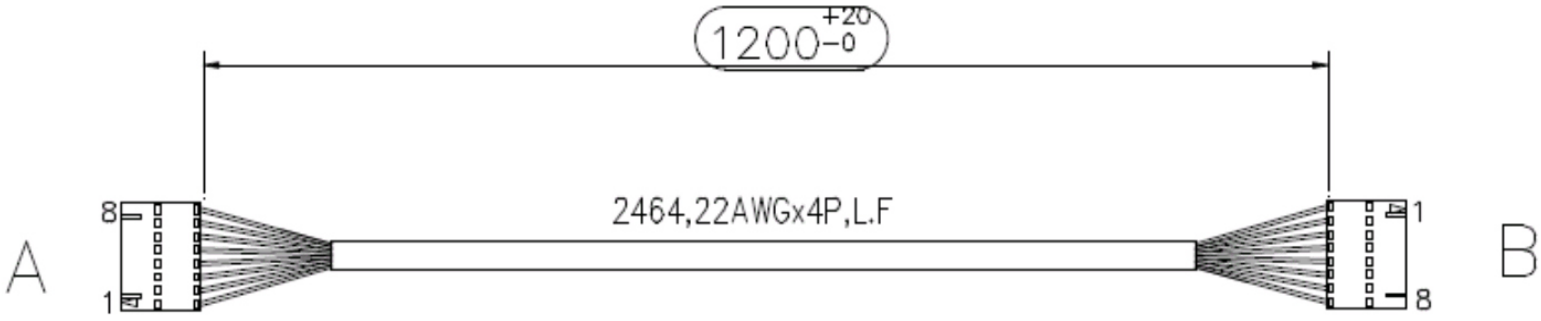
8.1 ELECTRICAL DIAGRAMS



8.1 ELECTRICAL DIAGRAMS - CONTINUED



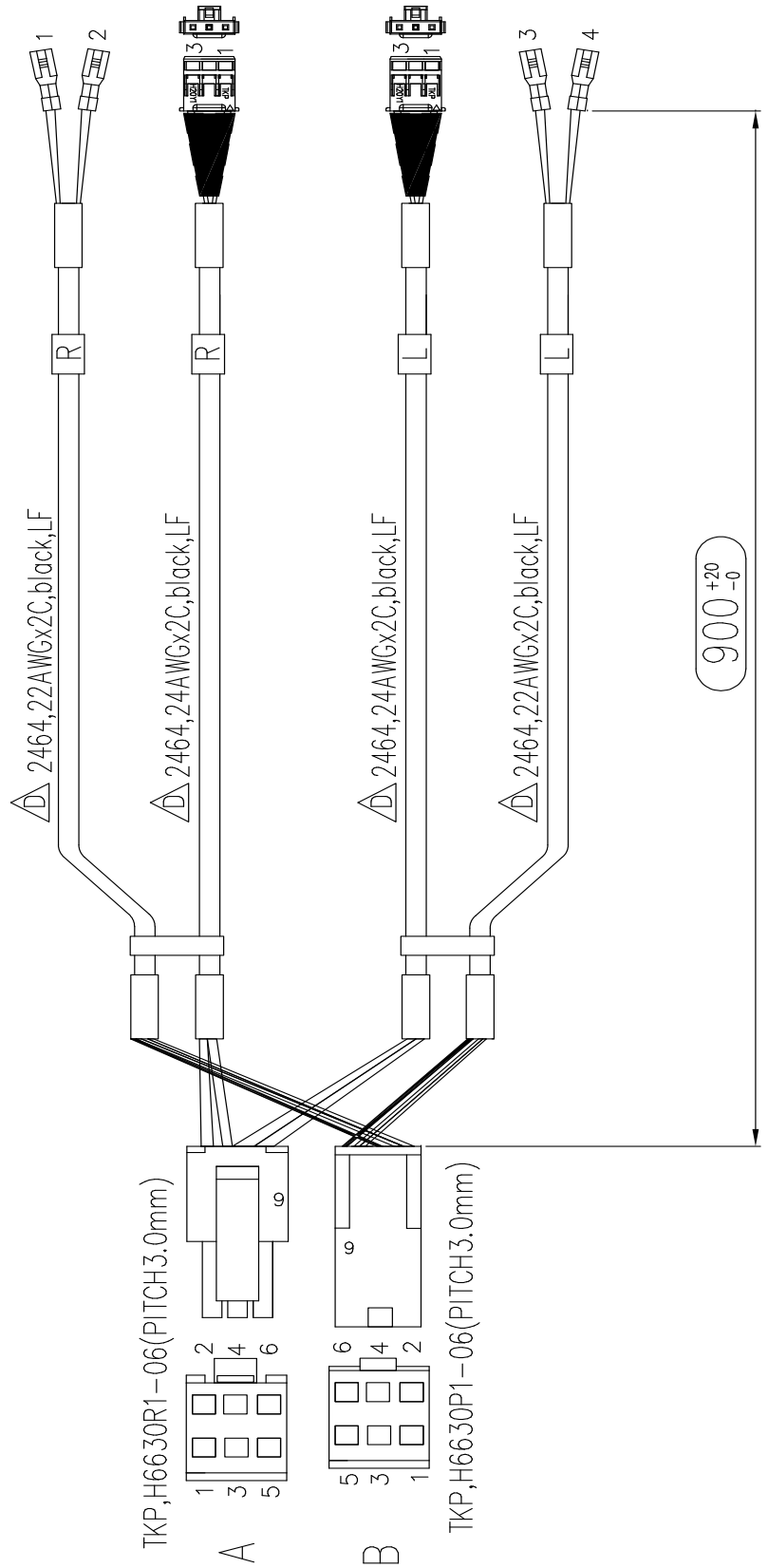
P25 - Digital Communication Wire



A.HOLE	B.HOLE	FUNCTION	COLOR
1	1	12V	red
2	2	12V	
3	3	RDA	
4	4	NA	
5	5	NA	
6	6	RDB	
7	7	GND	black
8	8	GND	

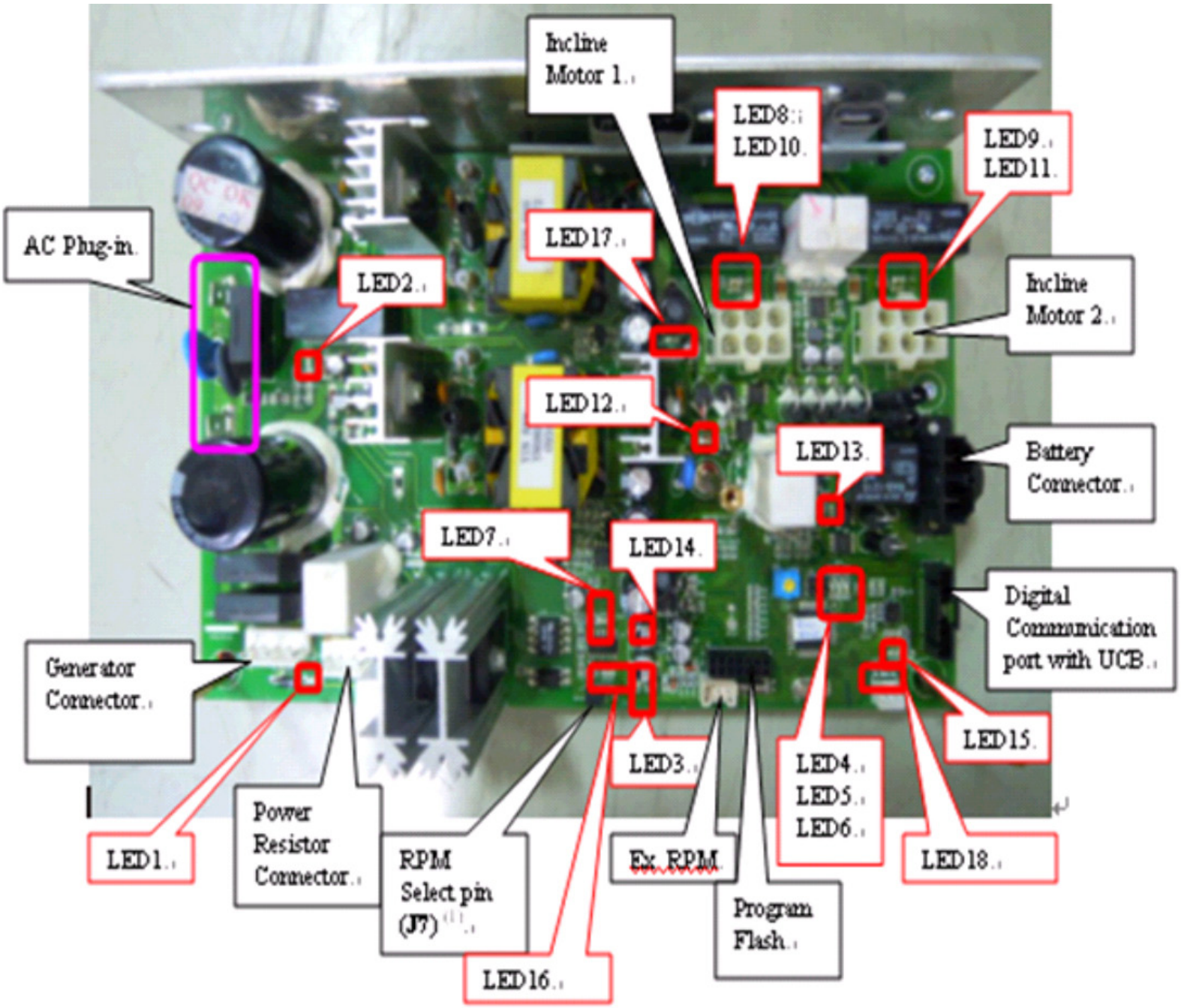
8.1 ELECTRICAL DIAGRAMS - CONTINUED

G14 - Hand Pulse Connecting Cable



A.HOLE	B.HOLE	D.HOLE	E.HOLE	F.HOLE	COLOR	FUNCTION
1				3		R_UP
2						
3				1		COM
	1	1			**Red**	Right Hand Pulse+
	2	2			**White**	Right Hand Pulse-
	3					Shield
4			3			R_down
5						
6			1			COM
	4	3			**Red**	Left Hand Pulse+
	5	4			**White**	Left Hand Pulse-
	6					Shield

8.2 LCB ERROR INDICATORS



LED	DESCRIPTION
LED 1	Generator RPM
LED 2	AC Plug In
LED 3	Vcc (5V)
LED 4	System Status
LED 5	Error Status
LED 6	Error Status
LED 7	Resistance
LED 8	Incline 1 Forward
LED 9	Incline 2 Forward

LED	DESCRIPTION
LED 10	Incline 1 Rearward
LED 11	Incline 2 Rearward
LED 12	Charge
LED 13	Discharge
LED 14	12V / 6A (main power)
LED 15	Console Power
LED 16	E_RPM (external)
LED 17	15V / 8A (charge power)
LED 18	Cool Fan

LED	PULSES / SECOND	DESCRIPTION
LED 4	2 times	Set for Self Powered System
	1 time	Set for AC Plug In System
LED 5	2 times	Class B Error
	1 time	Burn In
	0.5 times	Class A Error
LED 6	2 times	Class C Error
	0.5 times	Burn In
	Bright	NO Resistance Offset.
LED 16	Bright	No Use
	Pulse	Use

8.3 CONSOLE ERROR CODES

CODE	DESCRIPTION	SOLUTION
0x0140	When the UCB implements an incline command, the incline has no action for 5 seconds.	Replace the Incline Motor or LCB.
0x0142	The incline position has a difference of over 30% and is not reduced within 3 seconds.	Look for misalignment of the Incline Motor, replace if needed.
0x0145	Self powered units only - incline stops when the LCB battery capacity is too low or the RPMs are not high enough (<70 RPM).	Replace the LCB.
0x0441	When the UCB implements a command, the LCB is not receiving.	Check the console cable connections, update the LCB software, or replace the LCB or UCB as needed.
0x01A0	Left incline motor disconnected for 3 seconds.	Check the connection of the left incline motor cables at the LCB. Replace the left incline motor or LCB as needed.
0x01A1	Incline calibration is over 80 seconds or does not complete.	Replace the LCB or Incline Motor
0x01A7	The incline is short circuited or over current.	Look for misalignment of the Incline Motor, replace if needed.
0x01AC	Generator or resistor has an open circuit, short circuit, or the current is over 3.7 Amps for 1 second.	Check the connection of the generator and resistor, replace the generator or resistor as needed.
0X01AE	Battery over charge current or battery short circuit	Replace the LCB.
0X01AF	The power resistor is disconnected.	Check the connection of the resistor at the LCB. Replace the LCB if needed.
0x01B2	The incline motor has no action or current.	Replace the incline motor.
0x0201	LCB battery low voltage (battery voltage < 11.2V).	Plug in the machine for AC charge. Temporarily stop using incline.
0x0247	LCB fail (flash data error).	Replace the LCB.
0x0248	Battery disconnection or fail (the battery voltage is less than 8V)..	Check that the battery is connected. If it is, replace the battery.
0x02AB	Machine type error.	Set the Machine Type and LCB.
0x02B4	Resistance type error.	Set the Machine Type and LCB.
0x03A5	Failed to load program.	Usually means the software file is corrupt. Try upgrading the software or replace the console if needed.
0x03A6	Failed to run program.	Usually means the software file is corrupt. Try upgrading the software or replace the console if needed.
0x03A7	Failed to load VA package files.	Check to see if the SD card is mounted correctly and that there are no corrupt video files present. Replace the VA board if needed.
0x03A8	Machine type setting is not matching the LCB.	Set the correct Machine Type for the console and LCB in Manager Mode.
0x04A0	If the LCB does not return a message to the UCB within 3 seconds.	Check the console cable connections, replace the LCB or UCB as needed.
0x04B0	UCB no communication response.	Check the connections of the console cable at the console and LCB. Replace cc, console, or LCB as needed.

8.4 TV TROUBLESHOOTING - OVERVIEW

1) For a fuzzy or unclear picture, see the TV programming instructions in Section 10. If the TV is still fuzzy or unclear after programming:
   a) Check the coax connection at the entertainment port (Figure A).
   b) Remove the 5 screws holding the console to the console mast and check the coax connection at the console (Figure B).



FIGURE A

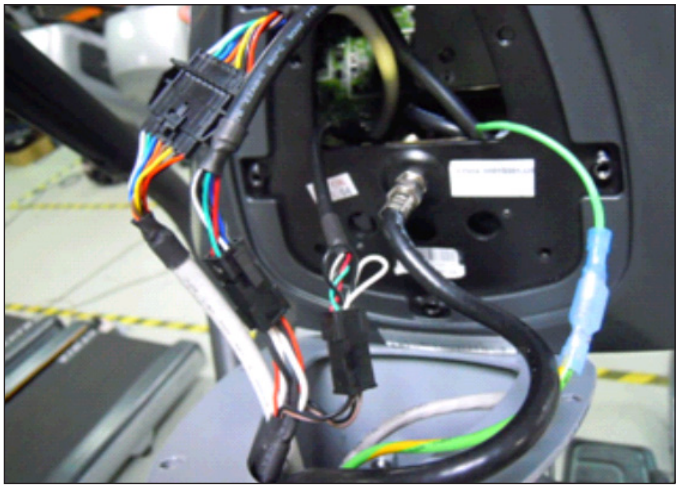


FIGURE B

c) Use a verified good piece of coax cable (a good coax cable will have a signal strength of 10hz or greater) to plug directly into the back of the console bypassing the entertainment port. If this resolves the issue, replace the internal coax cable.

d) If plugging the coax cable into the back of the console does not resolve the issue, remove the console back and check the console cable connection at the tuner (Figure C).

e) Check the internal cables and fitting inside your machine at the console and below the front shroud (Figure D). Make sure you have no kinks, cuts, or poor connectors at the end of the cable. Fittings should have a clean flush connector with no stray aluminum strands touching the center conductor. Replace any suspect cables.

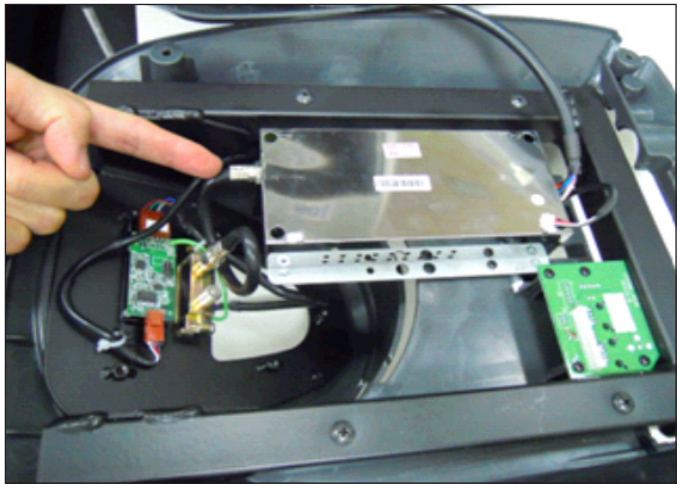


FIGURE C

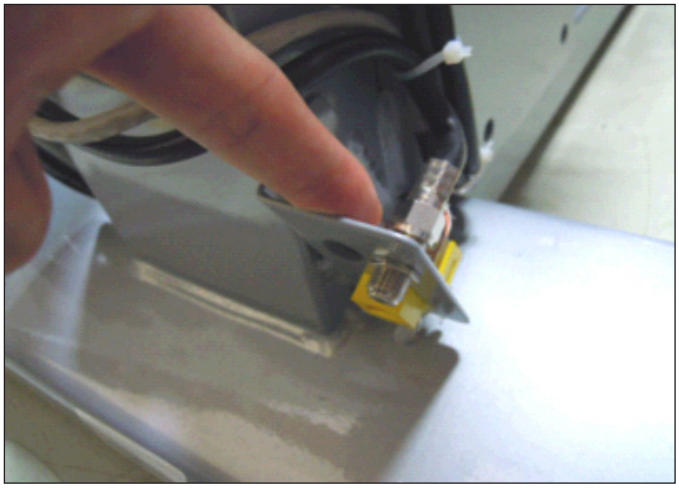


FIGURE D

f) If no damage can be found on the cables, fittings, or connectors, and hooking the coax directly to the back of the console does not resolve the issue, replace the TV tuner.

8.5 ERROR CODE TROUBLESHOOTING - 0140 / 01B2

ERROR CODE 0140 or 01B2

1) SYMPTOM:

a. 0140 - Incline motor operation has failed.
b. 01B2 - The incline motor has no action or current.

2) SOLUTION:

a. Run Auto Calibration (see Section 4.8), then check the LCB LEDs. If the incline LED is not a solid light (only one LED will show a solid light at a time), replace the LCB (Figure A).
b. If the LCB incline LEDs are solid, use a multi meter to check the fuses. They should have an ohm reading of 0 (Figures B & C).
c. If the LCB incline LEDs are solid, and the fuses check out ok, run auto calibration.
- If auto calibration does not resolve the issue, replace the incline motor. Then re-run auto calibration.

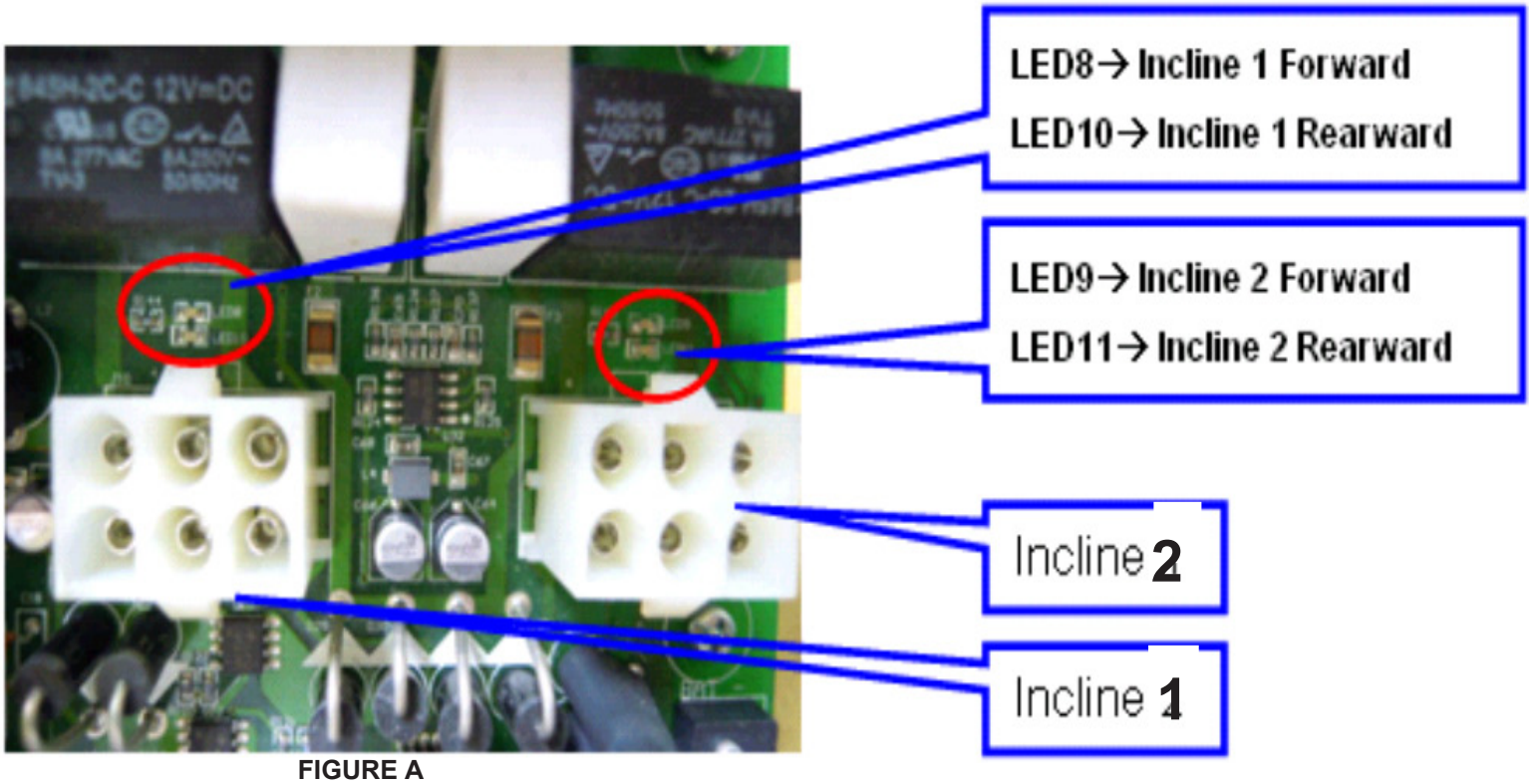


FIGURE A

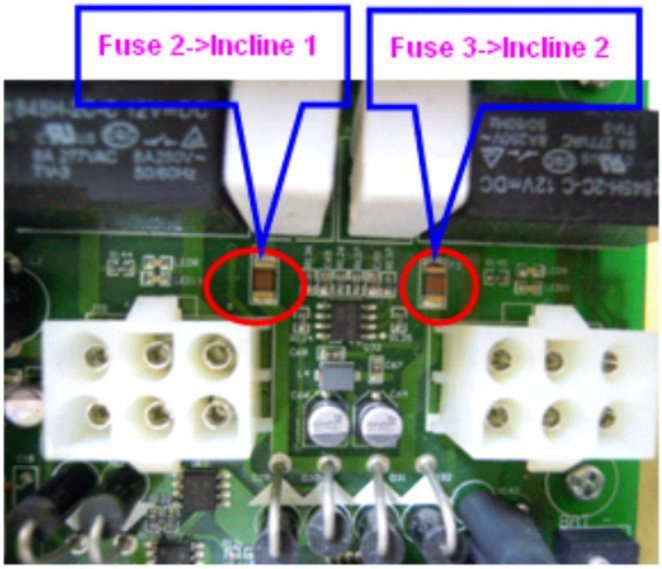


FIGURE B

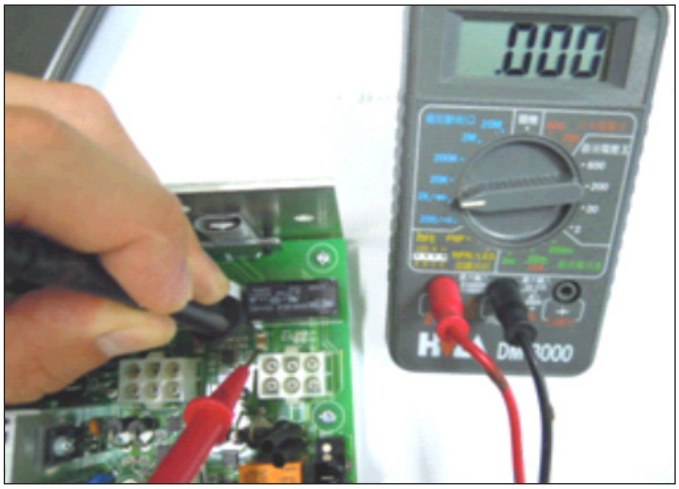


FIGURE C

ERROR CODE 01A0

1) SYMPTOM:

a. 01A0 - Incline motor disconnected.

2) SOLUTION:

a. Check the Machine Type in Service Mode.
b. Check the connection of the incline motor at the LCB.
c. Run auto calibration (see Section 4.8).
d. If auto calibration fails, re-enter Engineering Mode and again go to Calibration.
- Measure the incline VR value (Figure A) by measuring across the Blue / Orange and Brown / Orange wiring in the incline motor wire harness. The VR range should be 0.5k - 9.5k ohms (for example if the circuit is open or shorted). If the VR is outside of this range, replace the incline motor.
e. If the incline motor does not resolve the issue, replace the LCB. ***NOTE***: Run auto calibration if the incline motor or LCB is replaced.



FIGURE A

8.7 TROUBLESHOOTING - NO POWER TO THE CONSOLE

NO POWER TO THE CONSOLE

1) SYMPTOM:

a. The unit is not getting power from the outlet.
b. The LCB is not getting power from the power receptacle.
c & d. The LCB LEDs are lit, but there is no power to the console.

2) SOLUTION:

a. Remove the front disk and check to see if LED15 is lit on the LCB. If it is not, verify power at the outlet. If the outlet is not outputting 120V, check the fitness room power.
- If LED 15 is still not lit after verifying the fitness room power, replace the power cord.

b. Check to see if LED 15 is lit on the LCB (Figure A).
- If LED 15 is not lit, check for incoming AC voltage at the LCB. Replace the power components as needed if the voltage is not present.
- Replace the LCB if all power components are ok and there is AC voltage to the LCB.

c. Check to see if LED D18 is lit on the upper control board (Figure B).
- If LED D18 is lit, check the switch on the IO board, it should be towards the right side (LCB_Power - Figure B).
- If LED D18 is not lit, check the console cable for connection at the LCB and console.

d. If LED D18 is not lit after checking the console cable connections, replace the console cable.
- If LED D18 is lit on the console, but there is still no power, replace the console.

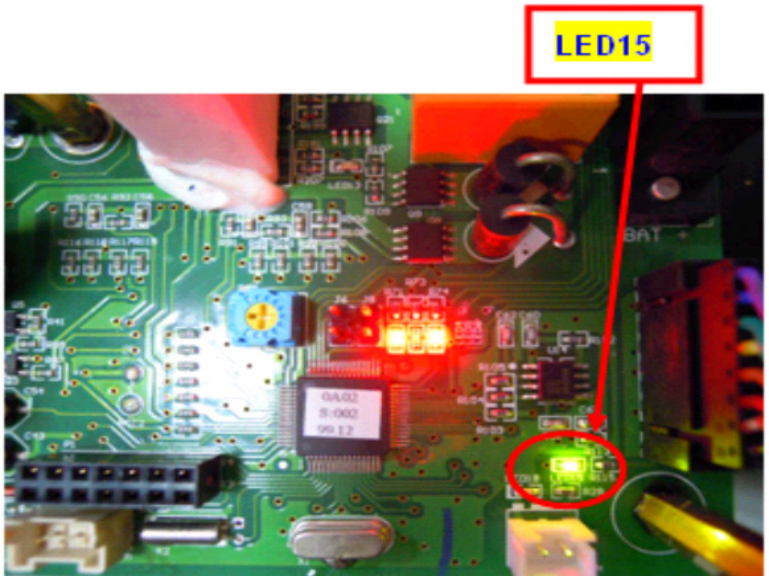


FIGURE A

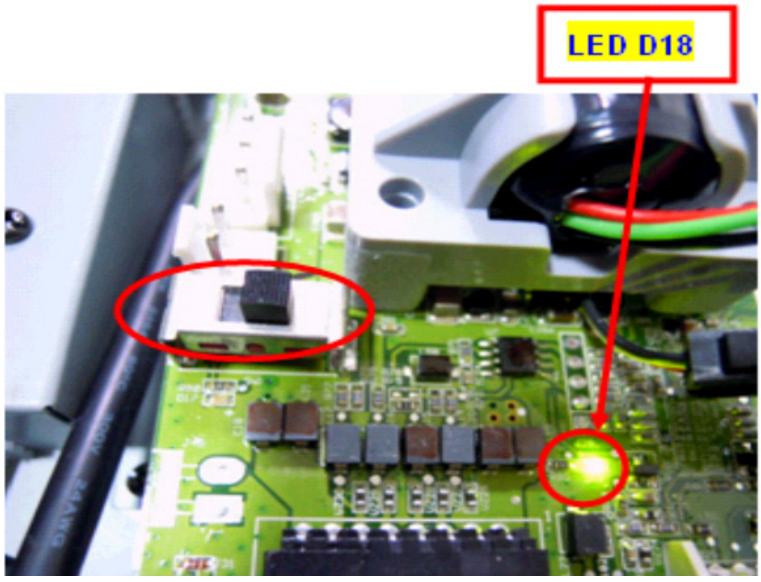


FIGURE B

8.8 TROUBLESHOOTING - HEART RATE ISSUES

HEART RATE FUNCTION DOES NOT WORK OR IS READING INCORRECTLY

POSSIBLE CAUSES:

1) The HR grips are not hooked up correctly.
2) The HR grip wiring is damaged.
3) The console or HR board is not properly grounded.
4) The console, HR board, or wiring between are bad.

SOLUTION:

1) Perform a DC Voltage test on the HR grips.
   a. With one prong of a multi meter on each of the plates on one side of the HR grip set (Figure A), a voltage reading of between .5 and 2.0 should be seen. If the reading is correct, the issue is not with the HR grips or grip wiring.
   b. If the reading is not correct, remove the screws holding the halves of the HR grip together and check the connection of the wiring to the grips (Figure B).

2) Remove the console from the unit and verify continuity of the HR grip wiring. With a multi meter set for ohms, place one prong on the HR grip wiring coming up the console mast (Figure C), and the other on the appropriate plate (match red with red and white with white).
   a. An ohm reading of less than 1 should be received. If it is higher, replace the HR grip wiring.

3) Perform a continuity check on the console (See Service Bulletin - Continuity Test on Matrix Elliptical Trainers).
   a. Once the console continuity is confirmed, perform a continuity check on the HR board ground wire. With a multi meter set for ohms, place one prong on the HR board ground wire (Figure D), and the other on the console ground wire. An ohm reading of less than 1 should be received. If it is higher, replace the HR board.

4) If all the troubleshooting listed above has been performed, and the unit still has HR issues, replace the HR board.
   a. If the HR board does not resolve the issue, replace the console.



FIGURE A



FIGURE B

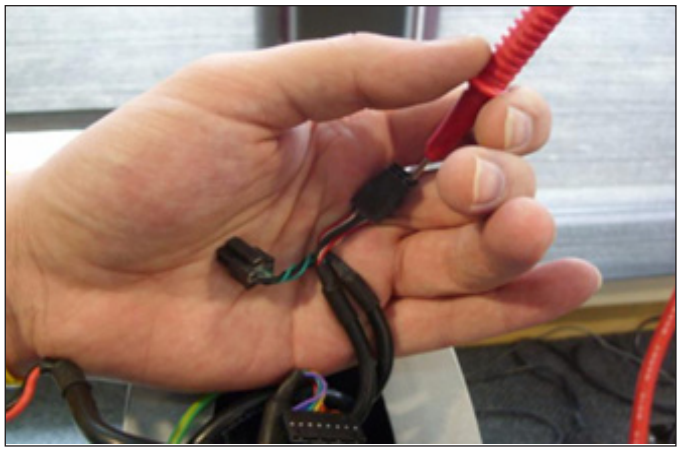


FIGURE C



FIGURE D

9.1 FRONT DISK REPLACEMENT

1) Remove the center cover by turning it counter clockwise (Figures A & B).



FIGURE A



FIGURE B

2) Remove the 3 screws holding the disk to the axle (Figure C).
3) Remove the disk (Figure D).



FIGURE C

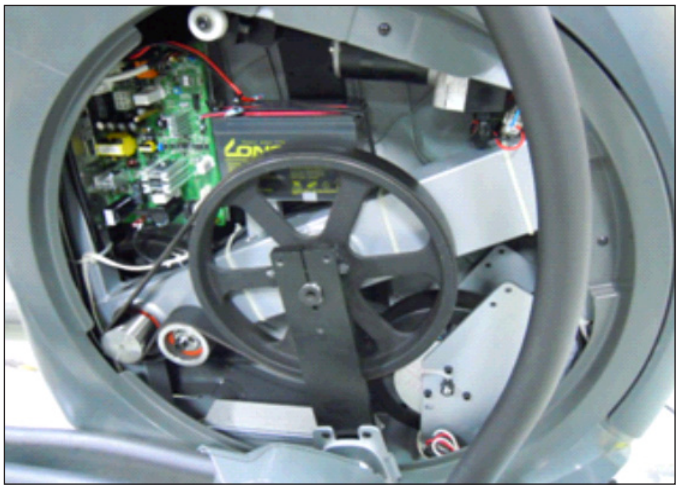


FIGURE D

4) Reverse Steps 1-3 to install a new disk. ***NOTE:*** There is a tab on the disk that should be lined up with a slot on the crank cover (Figure E). The 3 screws removed in Step 2 should be torqued to 25 N-m.

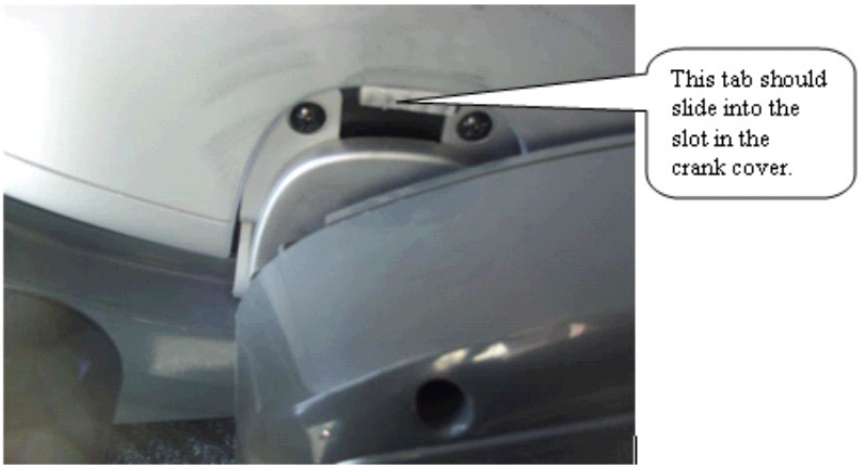


FIGURE E

9.2 FRONT SHROUD REPLACEMENT

1) Remove the link arm and pedal arm plastic caps (Figures A & B).



FIGURE A





FIGURE B

2) Detach the dual action handlebar from the link arm (Figure C).
3) Secure the handlebar so that it is out of the way (Figure D).



FIGURE C



FIGURE D

4) Remove the front disks as outlined in Section 9.1.
5) Detach the pedal arm from the crank bearing assembly (Figure E).
6) Remove the 2 screws that hold the front top cover to the frame and remove the top cover (Figure F).

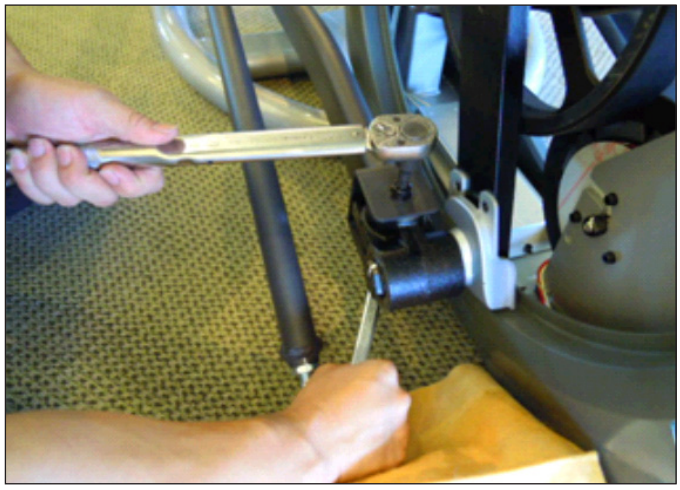


FIGURE E

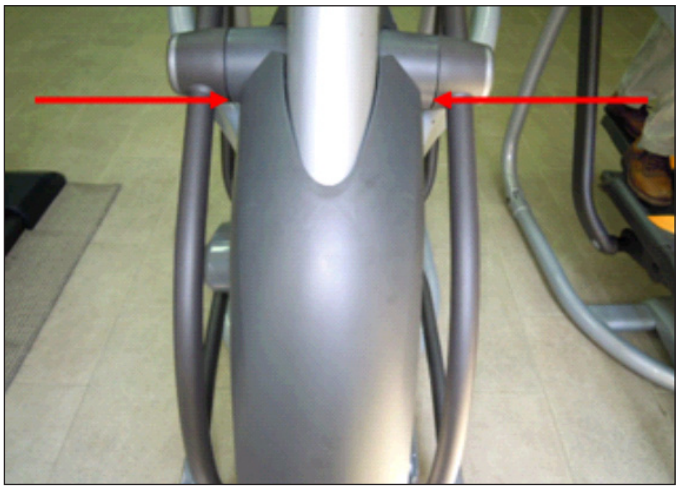


FIGURE F

9.2 FRONT SHROUD REPLACEMENT - CONTINUED

7) Pull out the rubber tray from the cup holder plastic (figure G).
8) Remove the 2 screws to disassemble the cup holder plastic and remove it from the unit (Figure H).



FIGURE G



FIGURE H

9) Remove the 2 screws to disassemble and remove the middle stabilizer sweat cover (Figures I & J).



FIGURE I



FIGURE J

10) Remove the 1 screw (exposed when the cup holder is removed) holding the orange slot cover to the frame and remove it (Figure K).
11) Remove all of the cables from the front shrouds (Figure L).



FIGURE K



FIGURE L

9.2 FRONT SHROUD REPLACEMENT - CONTINUED

12) Remove the 9 screws to detach the front shrouds from the frame (or each other) (Figure M).
13) Turn the crank to the slotted portion of the shroud (Figure N).

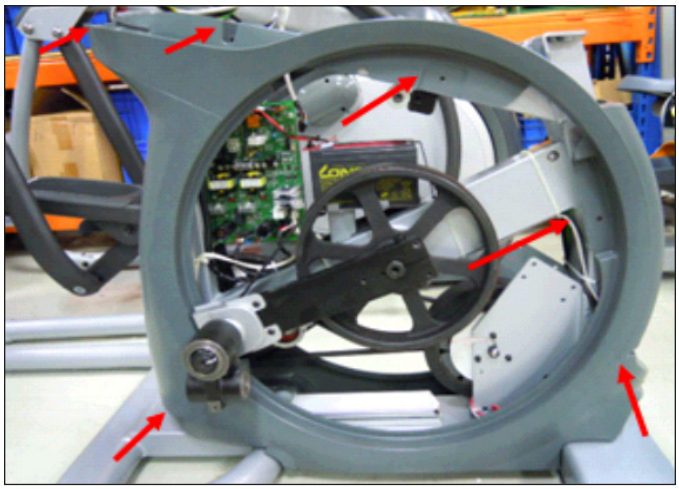


FIGURE M

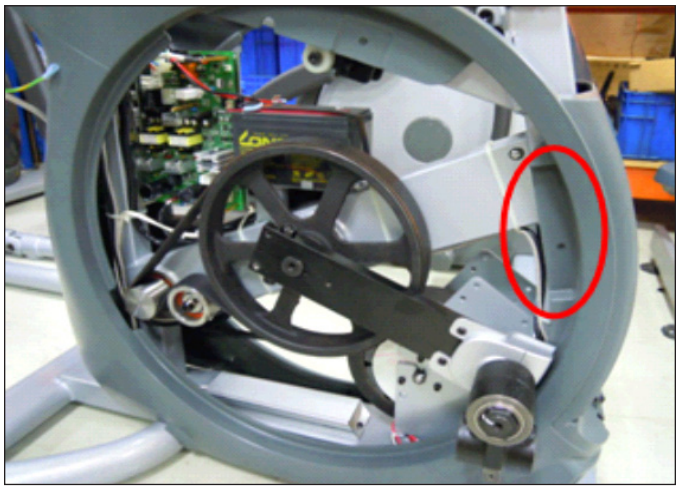


FIGURE N

14) Remove the front shrouds for frame access (Figures O & P).

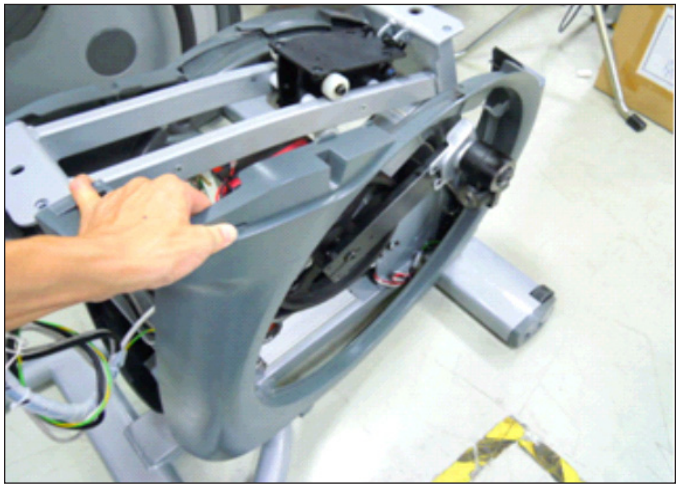


FIGURE O

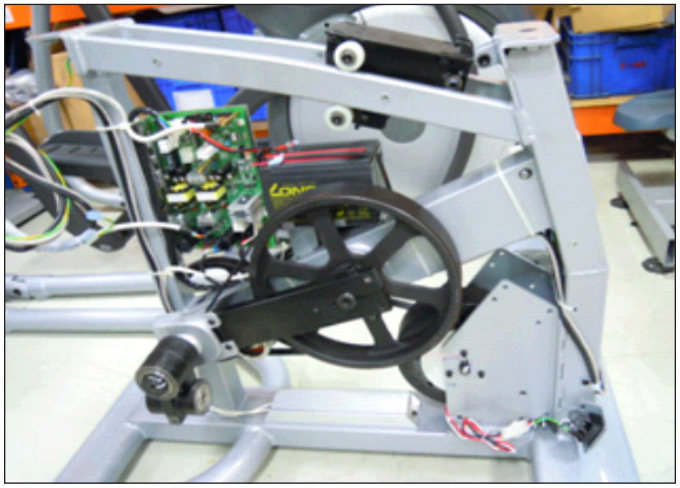


FIGURE P

15) Reverse Steps 1-14 to install new shrouds. ***NOTE:*** The bolt / nut removed in Step 5 should be torqued to 70 N-m.

9.3 LOWER CONTROL BOARD REPLACEMENT

1) Turn off the power and disconnect the cord from the machine.
2) Remove both front disks from the machine as outlined in Section 9.1.
3) Disconnect all wires from the LCB (Figure A).

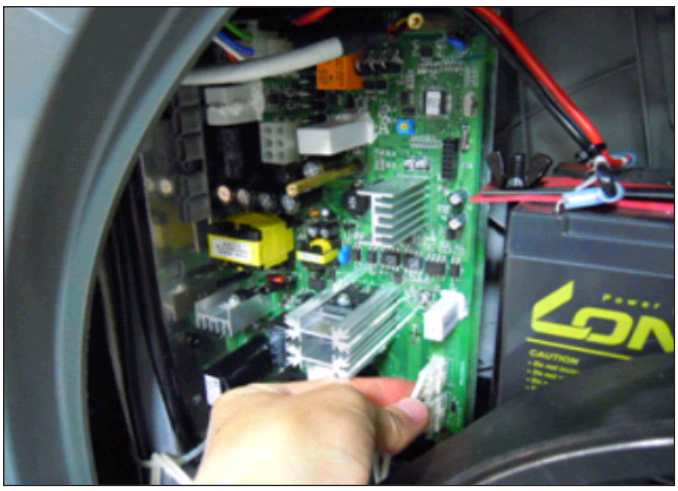


FIGURE A

4) Remove the 2 screws holding the LCB to the frame (Figure B).

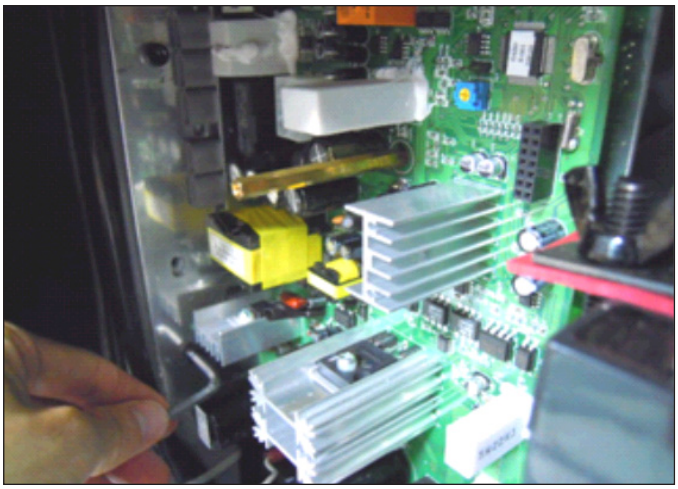


FIGURE B

6) Reverse Steps 1-4 to install a new LCB.
7) Test the Ascent Trainer for function as outlined in Section 9.22.

9.4 GENERATOR REPLACEMENT

1) Turn off power and disconnect the cord from the machine.
2) Remove the front disks as outlined in Section 9.1.
3) Remove the front shrouds as outlined in Section 9.2.
4) Cut the cable tie holding the cable to the frame (Figure A).
5) Unplug the power cable connector of the generator (Figure B).



FIGURE A



FIGURE B

6) Loosen the nut holding the generator to the frame (Figure C).
7) Remove the three screws from the generator bracket (Figure D).



FIGURE C

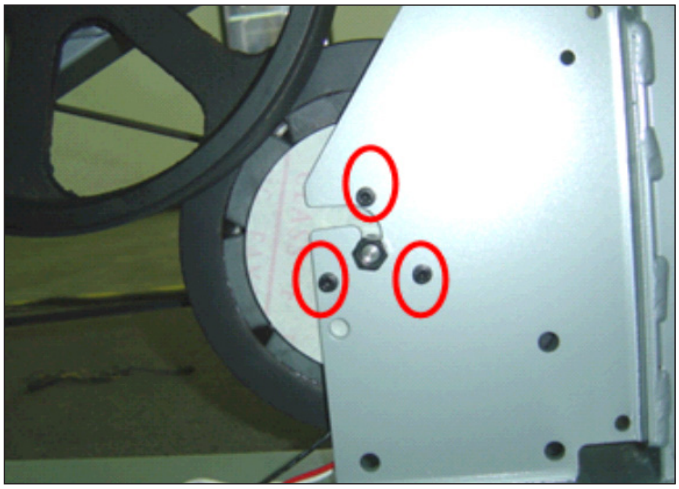


FIGURE D

9.4 GENERATOR REPLACEMENT – CONTINUED

8) Remove the nut from the other side of the generator bracket (Figure E).
9) Loosen and remove the generator belt (Figure F).

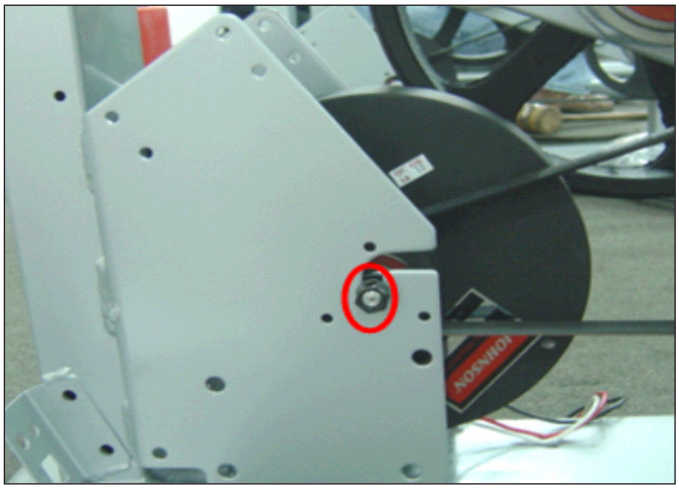


FIGURE E



FIGURE F

10) Remove the generator from the frame.
11) Reverse Steps 1-10 to install a new generator. Re-install the belts as outlined in Section 9.5. ***NOTE:*** The 3 screws removed in Step 7 should be torqued to 8 N-m and the nut from Step 8 to 40 N-m.
12) Test the Ascent Trainer for function as outlined in Section 9.22.

9.5 GENERATOR BELT REPLACEMENT

1) Turn off the power and disconnect the cord from the machine.
2) Remove the front disks from the machine as outlined in Section 9.1.
3) Remove the front shrouds as outlined in Section 9.2.
4) Remove the generator as outlined in Section 9.4.
5) To install a new belt, first put the belt installation tool on the pulley (Figure A).

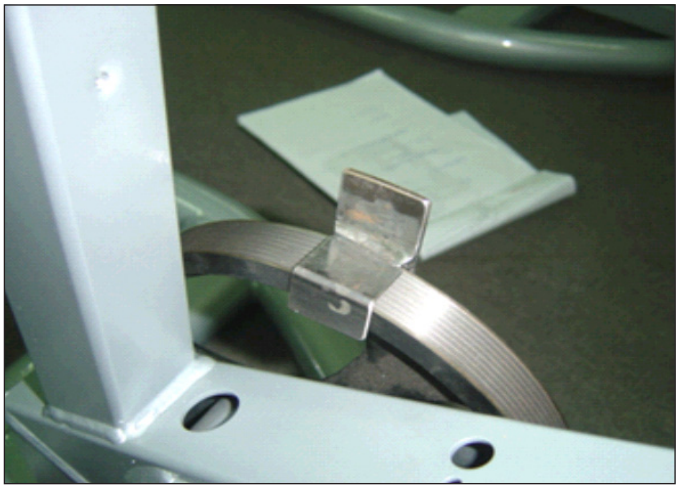


FIGURE A

6) Put the new belt on the installation tool (Figure B).
7) Turn the pulley until the belt is installed. Rotate the pulley at least 3 full rotations to insure that the belt is centered.



FIGURE B

8) Reverse Steps 1-4 to re-assemble the unit.
9) Test the Ascent Trainer for function as outlined in Section 9.22. .

9.6 DRIVE BELT REPLACEMENT

1) Turn off the power and disconnect the cord from the machine.
2) Remove the front disks from the machine as outlined in Section 9.1.
3) Loosen the belt tension bolt on the left side of the tension pulley and rotate the pulley counter-clockwise until there is enough slack in the belt to remove it (Figures A & B).

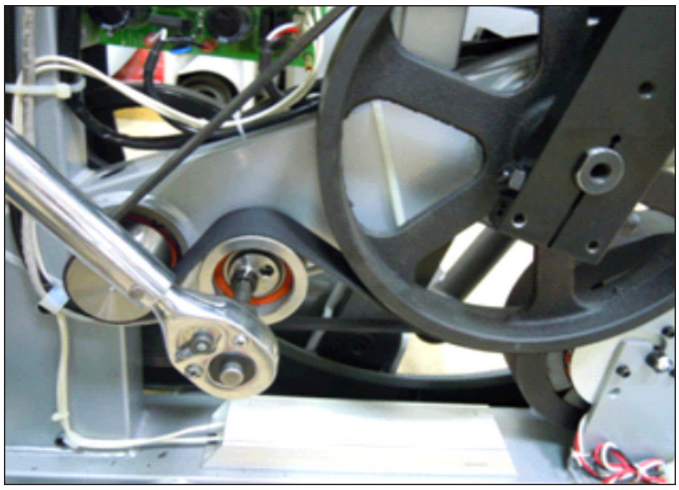


FIGURE A

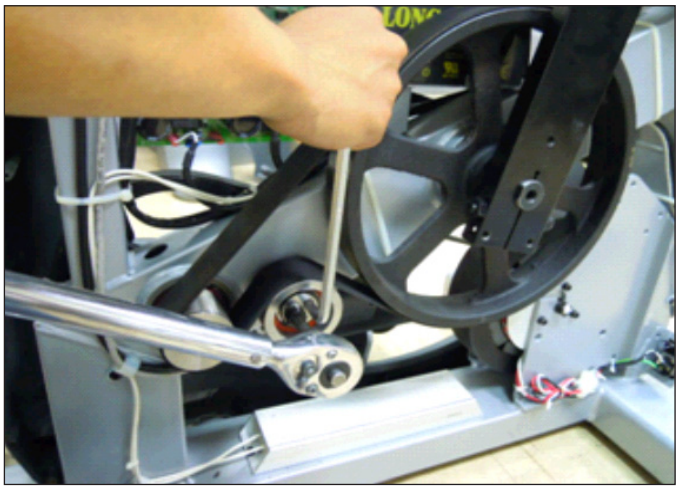


FIGURE B

4) Install the replacement belt and reverse necessary steps to secure the assembly until the belt is tight. ***NOTE:*** Tighten the drive belt to 180 lbs. for a new belt, 150 lbs. for a used belt. The idler bolt should be torqued to 80 N-m.
5) Test the Ascent Trainer for function as outlined in Section 9.22.

9.7 PULLEY AXLE SET REPLACEMENT

1) Turn off the power and disconnect the cord from the machine.
2) Remove both front disks from the machine as outlined in Section 9.1.
3) Loosen the belt tension bolt on the right side until there is enough slack to remove the drive belt (Figure A).
4) On the right side of the frame, remove the retaining clip that holds the pulley axle bearing into the frame (Figure B).

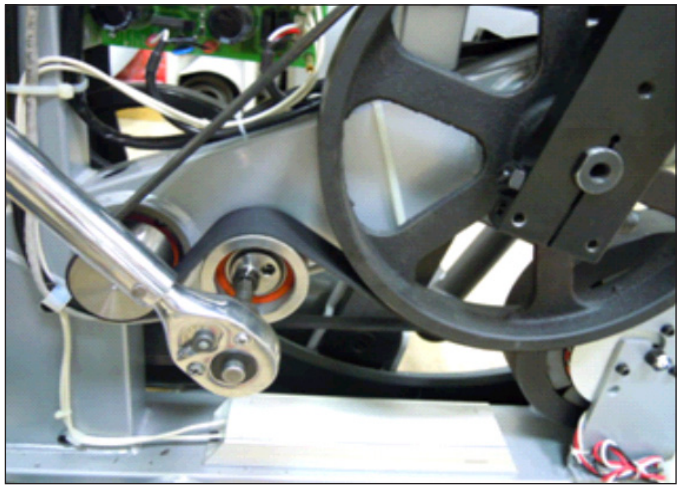


FIGURE A

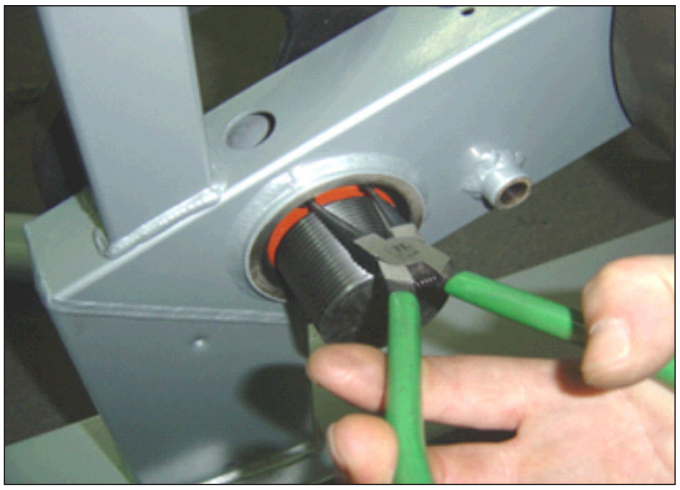


FIGURE B

5) On the left side of the frame, remove the retaining ring that holds the pulley axle bearing into the frame (Figure C).
6) Remove the pulley axle set assembly from the frame. Clean any debris from the hole in the frame (Figure D).



FIGURE C

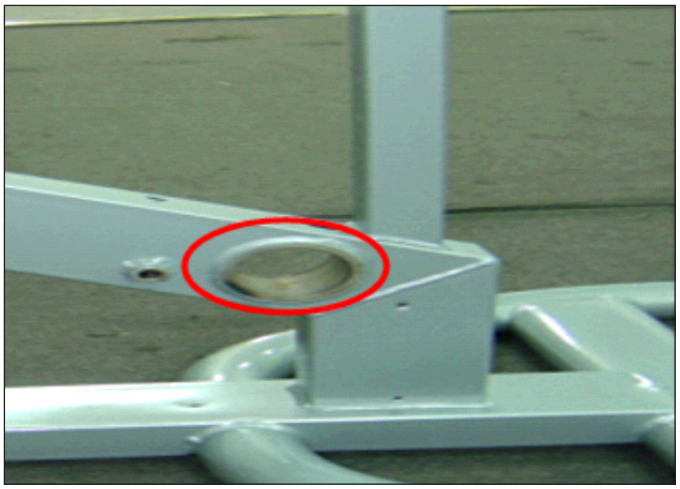


FIGURE D

7) Reverse Steps 1-6 to install a new pulley axle set. Rotate the pulley to make sure that the motion is smooth and that there is no wobbling to one side. Re-install the belts as outlined in Sections 9.5 and 9.6.
8) Test the Ascent Trainer for function as outlined in Section 9.22.

9.8 DRIVE AXLE SET REPLACEMENT

NOTE: A Matrix special tool is needed to correctly replace a drive axle. Order part # 1000368807

1) Turn off the power and disconnect the cord from the machine.
2) Remove the front disks from the machine as outlined in Section 9.1.
3) Remove both belts as outlined in Sections 9.5 & 9.6.
4) On the left side of the frame, remove the retainer clip that holds the drive axle bearings in the frame (Figure A).
5) Install an M10 screw into the drive axle (Figure B).

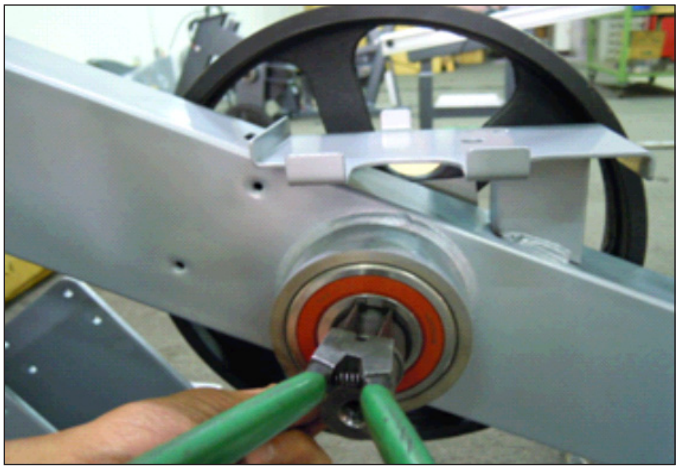


FIGURE A

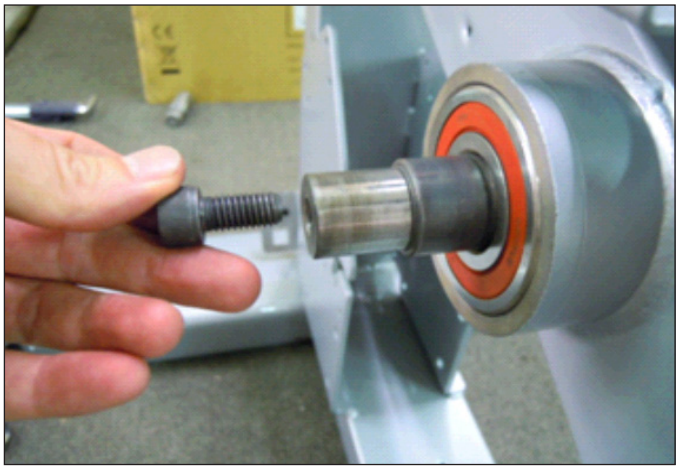


FIGURE B

6) Turn the screw until the head is close to the drive axle (Figure C).
7) Use a hammer to hit the screw until the drive axle assembly is loose in the frame, and remove it (Figure D).

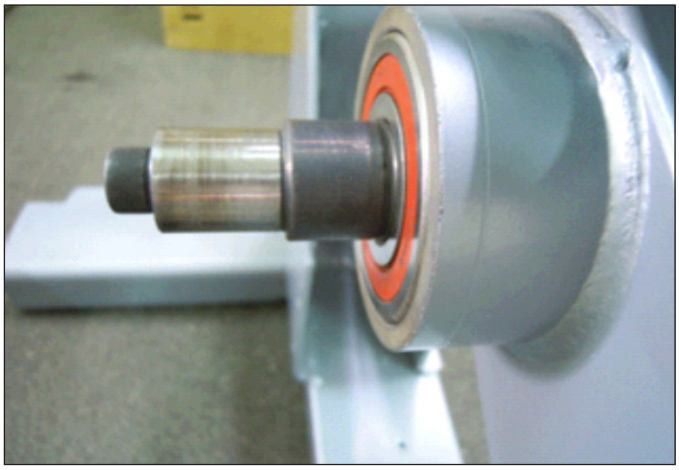


FIGURE C

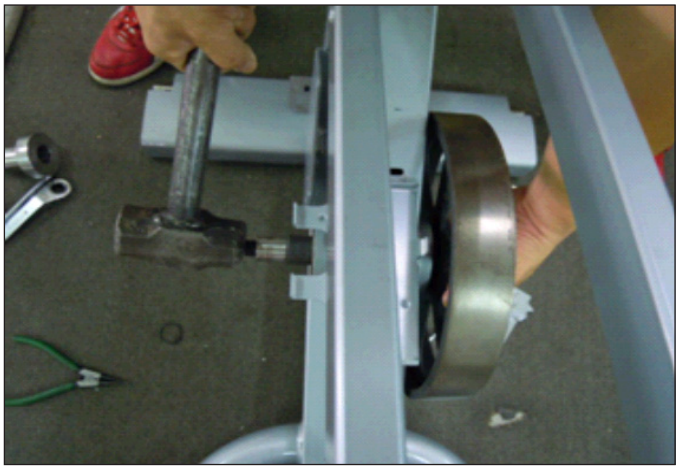


FIGURE D

8) Install the tool into the hole in the frame (Figure E).
9) Use a rubber mallet to hit the end of the tool until the bearing can be removed from the frame (Figure F).

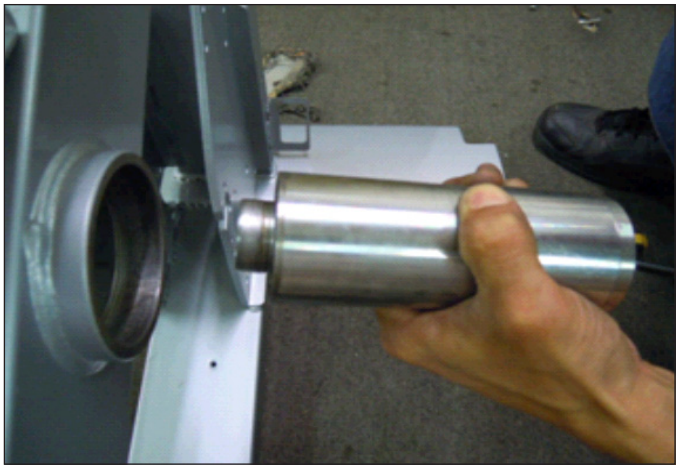


FIGURE E

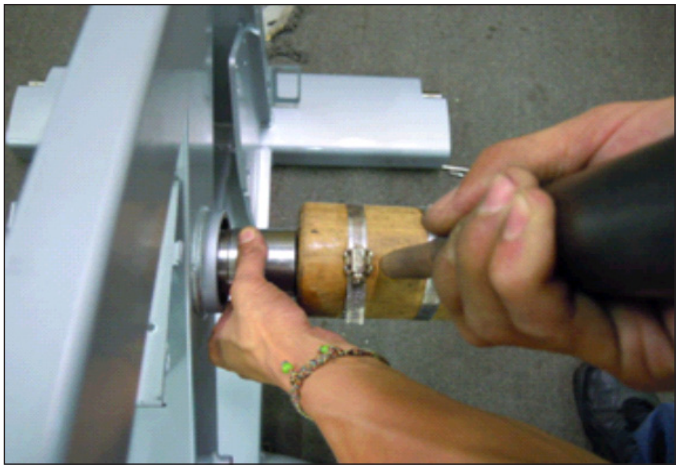


FIGURE F

9.8 DRIVE AXLE SET REPLACEMENT - CONTINUED

10) The drive axle should have come with an iron plate installed (Figure G).
11) Assemble the Matrix tool as shown in Figure H.



FIGURE G

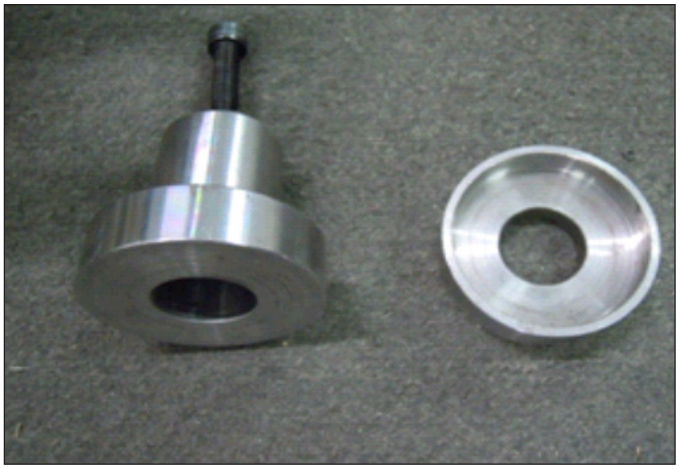


FIGURE H

12) Slide the drive axle assembly into the frame from the right side. Install the bearing cap portion of the tool into the left side of the frame (Figure I).
13) Mount the other tool from Figure H behind the bearing cap portion of the tool. Use the M10 x 65L screw with a washer and a nut to attach the tool to the drive axle (Figure J).

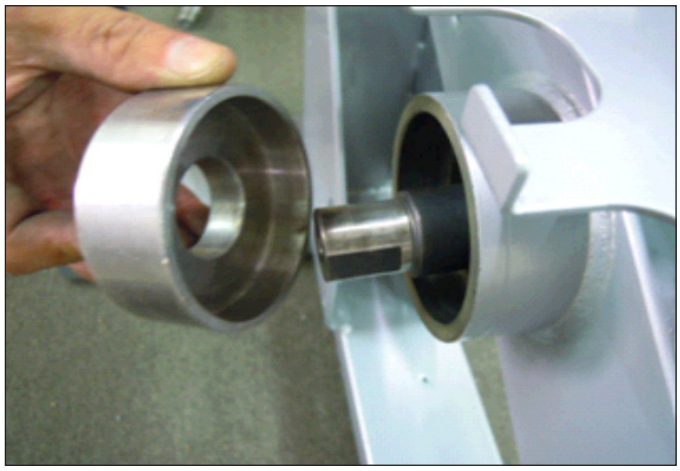


FIGURE I

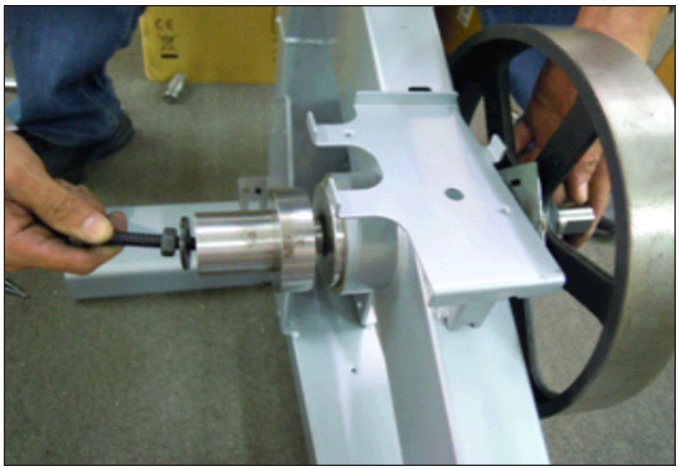


FIGURE J

14) Turn the screw at least 4 full revolutions into the drive axle. Then turn the nut until it is close to the cup portion of the tool (Figure K).
15) Use a wrench to hold the screw, then turn the nut to pull the drive axle into the frame (Figure L).



FIGURE K

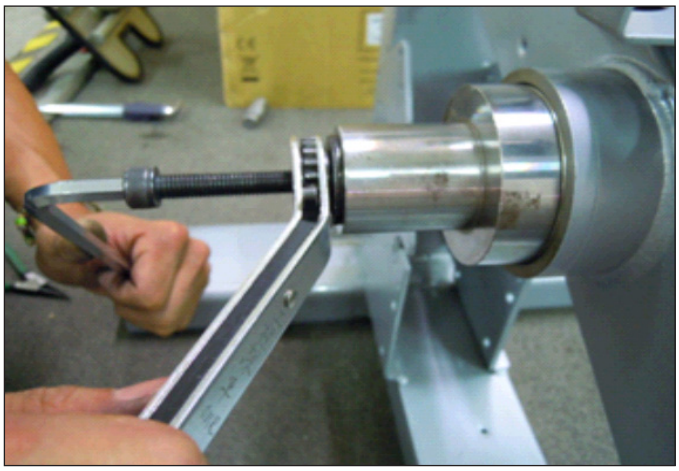


FIGURE L

9.8 DRIVE AXLE SET REPLACEMENT - CONTINUED

16) Turn the nut until the iron plate is close to the frame on the right side (Figure M).
17) Remove the tools, then insert the bearing into the hole in the frame on the left side (Figure N).

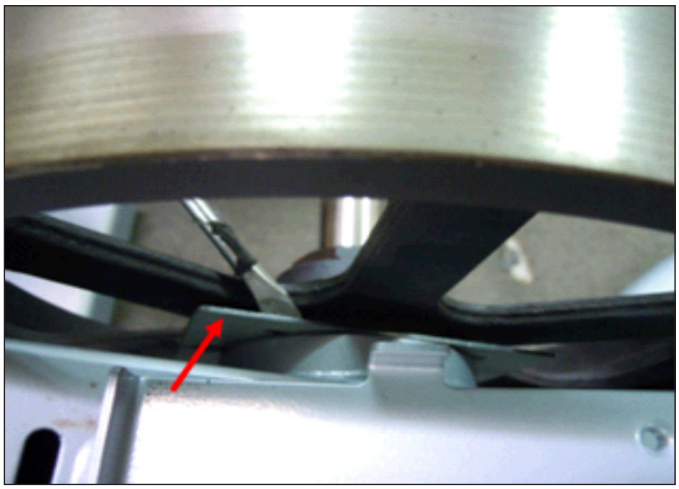


FIGURE M

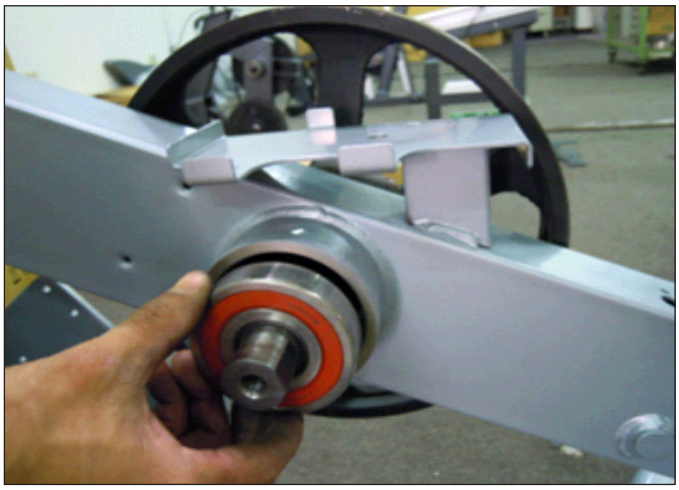


FIGURE N

18) Again use the M10 x 65L screw with a washer and a nut to attach the tool to the drive axle (Figure O).
19) Turn the screw at least 4 full revolutions into the drive axle. Then turn the nut until it is close to the cup portion of the tool (Figure P).

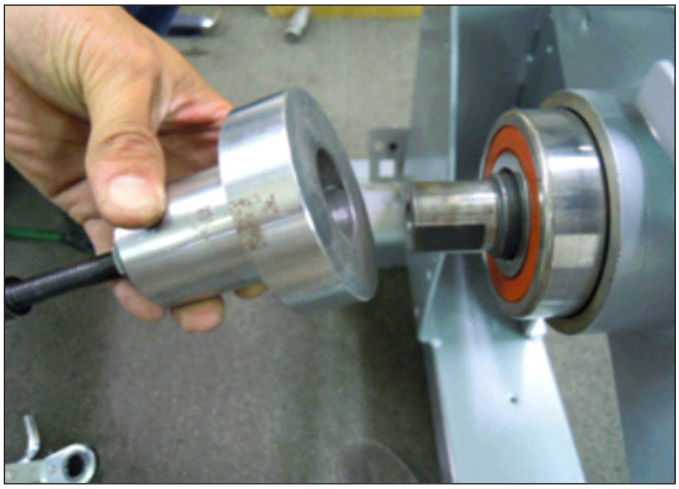


FIGURE O



FIGURE P

20) Use a wrench to hold the screw, then turn the nut to push the bearing into the hole in the frame (Figure Q).
21) Insert the retainer clip to hold the bearing in the frame (Figure R).



FIGURE Q

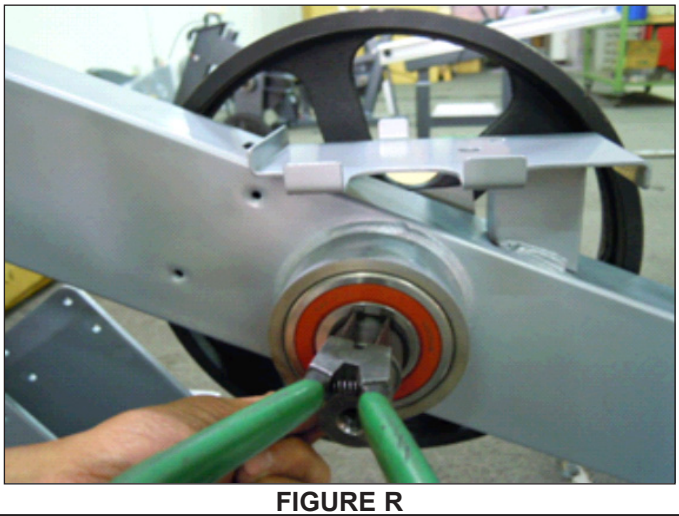


FIGURE R

9.8 DRIVE AXLE SET REPLACEMENT - CONTINUED

22) Use a screwdriver to remove the iron plate from the drive axle (Figures S & T).

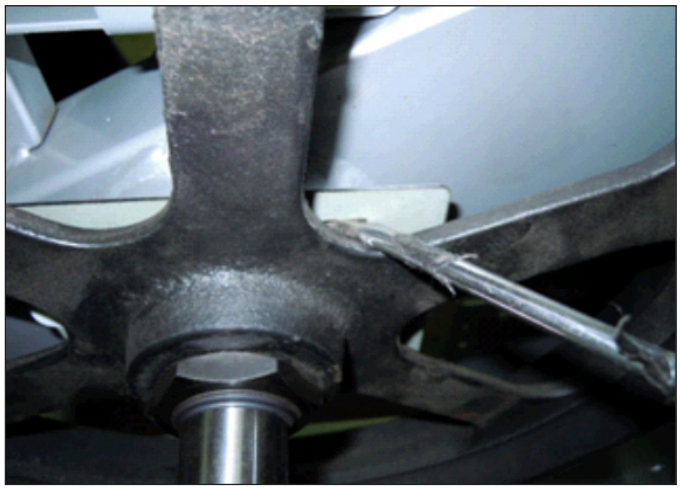


FIGURE S



FIGURE T

23) Re-install the belts as outlined in Sections 9.5 and 9.6.
24) Test the Ascent Trainer as outlined in Section 9.22.

9.9 CRANK REPLACEMENT

1) Turn off the power and disconnect the cord from the machine.
2) Remove the front disks from the machine as outlined in Section 9.1.
3) Remove the screw from the crank (Figure A).
4) Insert an M10 screw (should be at least 40 long) into the crank hole. Then turn the screw until the crank can be separated from the axle (Figure B).



FIGURE A

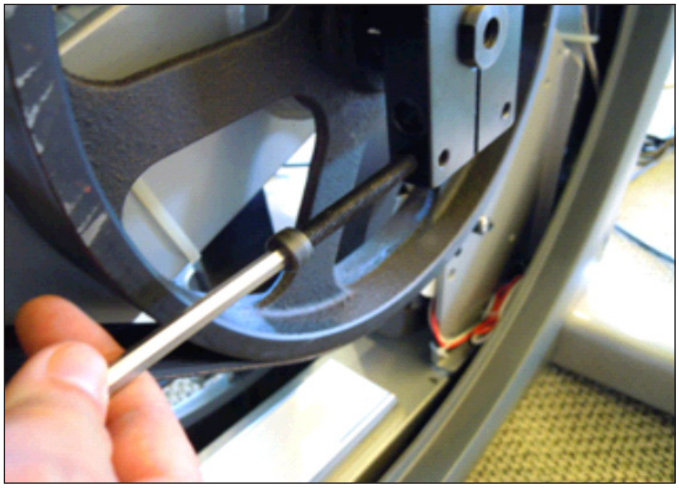


FIGURE B

5) Install the replacement crank. There should be a 4mm gap between the end of the drive axle shaft and the crank (Figure C).

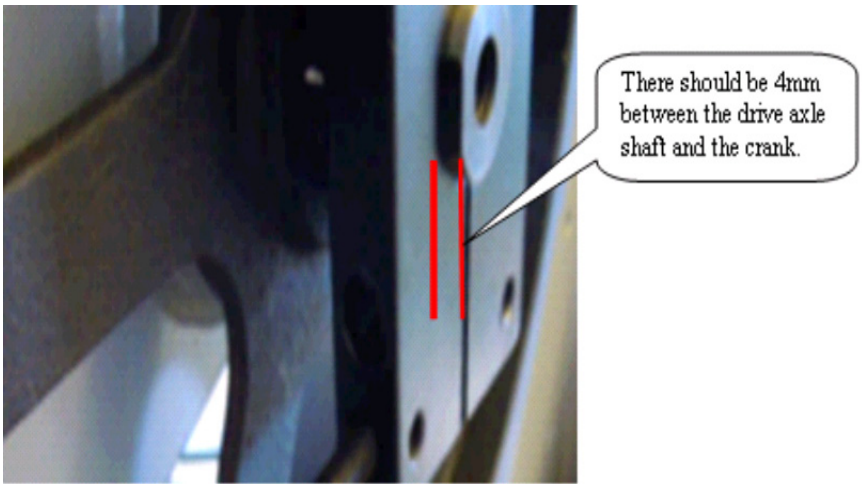


FIGURE C

6) Install the crank screw. ***NOTE:*** This screw should be torqued to 80 N-m.
7) Reverse Steps 1-2 to re-assemble the unit.

9.10 CONSOLE REPLACEMENT

1) Turn off the power and disconnect the cord from the machine.
2) Remove the 5 screws that hold the console to the top of the console mast (Figure A).
3) Disconnect the console cable and other wiring and remove the console (Figure B).



FIGURE A

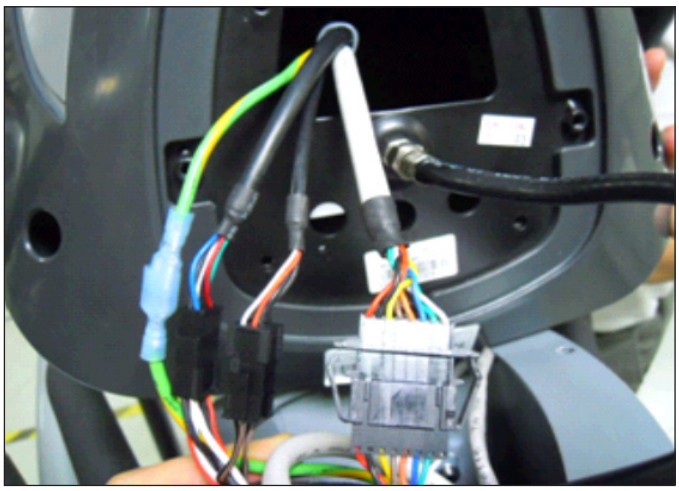


FIGURE B

4) Connect the wire connections to the new console.
5) Carefully push the wires into the console and mast until they are clear of the console / mast connection and attach the console to the mast using the 5 screws removed in Step 2.
6) Test the Ascent Trainer for function as outlined in Section 9.22.

9.11 OVERLAY & KEYPAD REPLACEMENT

NOTE: The instructions below are for console overlays / keypads, but the procedure is the same regardless of where the overlay / keypad is.

1) Remove the console as outlined in Section 9.10.
2) Remove the 2 screws holding on the back cover of the console and remove it (Figure A).
3) Remove the 4 screws holding the front of the console to the back and split the 2 halves (Figure B).



FIGURE A

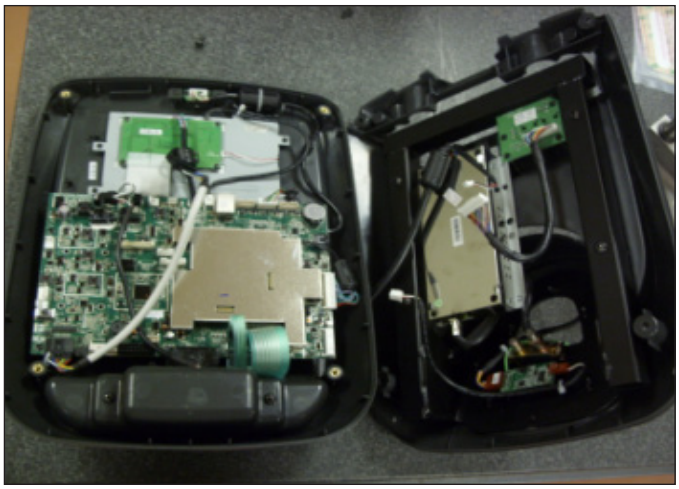


FIGURE B

3) Unplug the faulty keypad from the UCB (Figure C).
4) Use a razor to remove the faulty keypad / overlay from the console faceplate (Figure D).

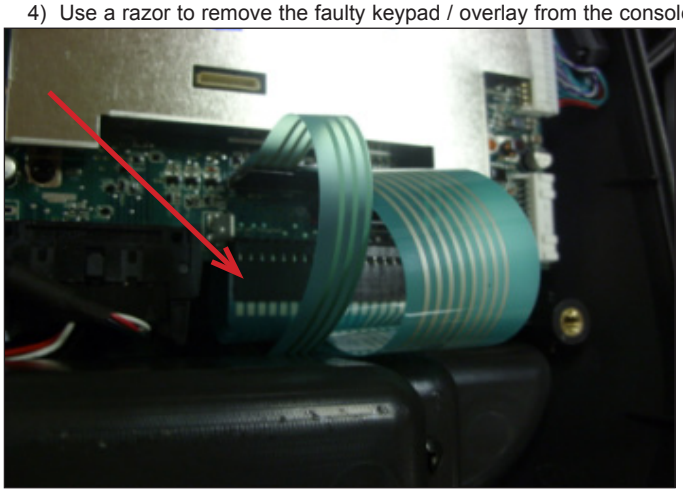


FIGURE C

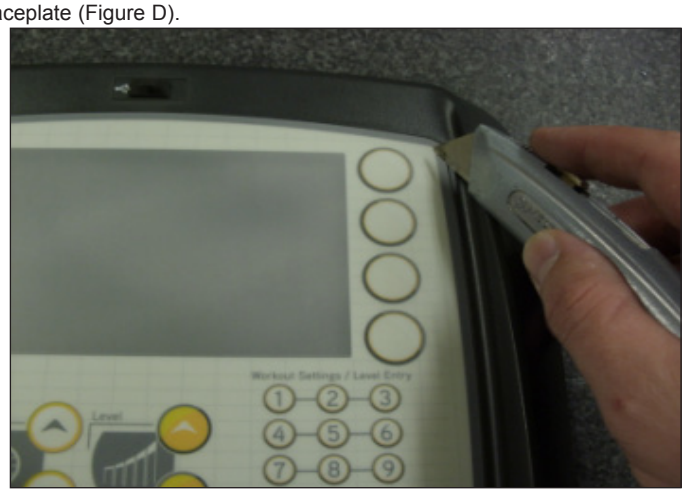


FIGURE D

5) Clean the console area with alcohol to remove any left over adhesive (Figure E).



FIGURE E

9.11 OVERLAY / KEYPAD REPLACEMENT - CONTINUED

6) Remove the 6 screws holding the UCB to the console and remove it (Figure F & G).

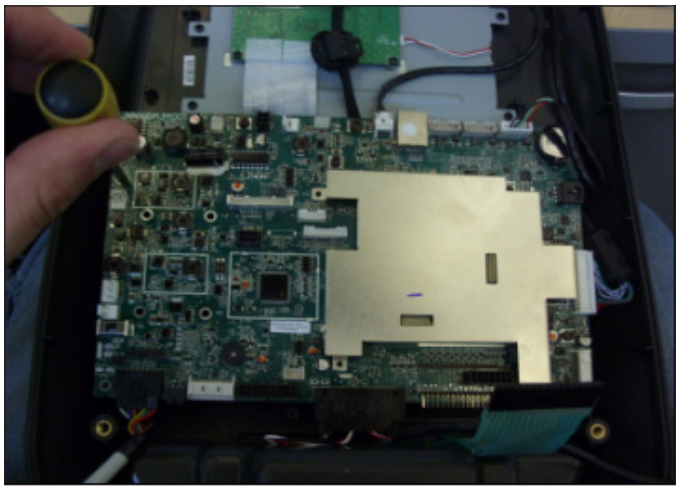


FIGURE F

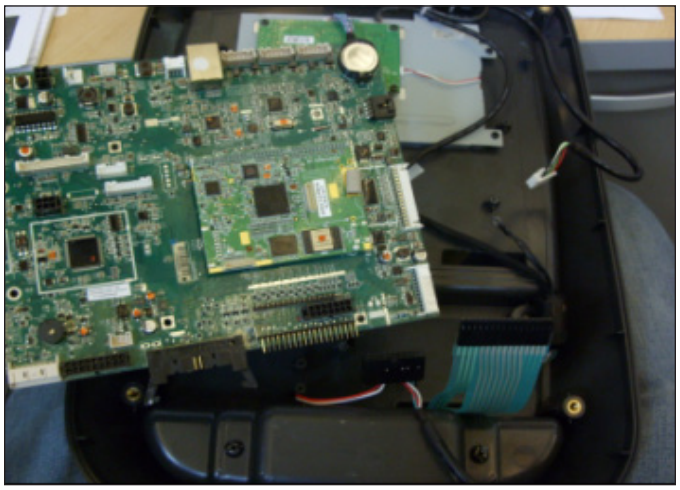


FIGURE G

7) Peel the backing off of the new keypad and slide the ribbon cable through the slot in the console faceplate (Figures H & I).

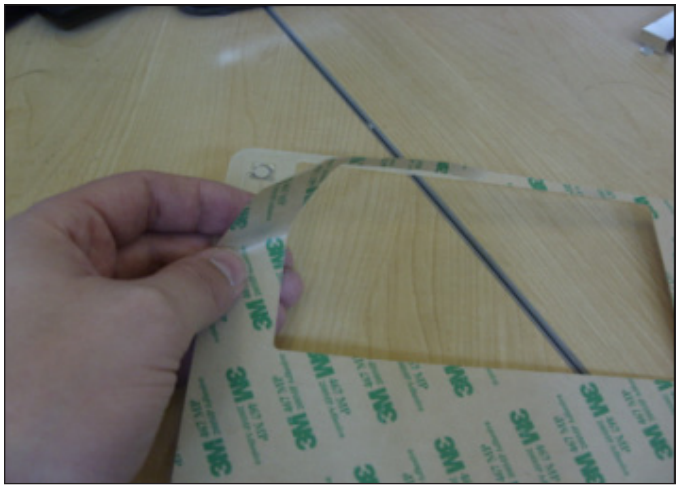


FIGURE H



FIGURE I

8) Plug the ribbon cable into the UCB, and remount the UCB to the console faceplate (Figure J). ***NOTE:*** If any cables were removed during Step 6, be sure to plug them back in.
9) Carefully line up the new keypad to the outline in the console faceplate. Once it is in place, press down on the keypad so that the adhesive on the keypad bonds to the console (Figure K).

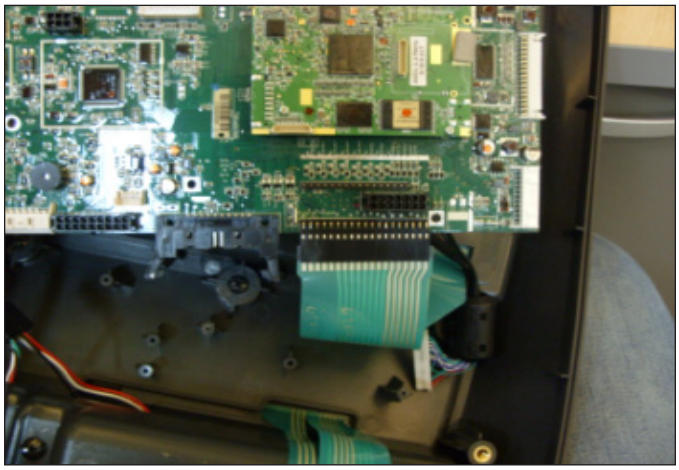


FIGURE J



FIGURE K

9.11 OVERLAY & KEYPAD REPLACEMENT - CONTINUED

10) Peel the backing off of the new overlay (Figure L).
11) Carefully line up the new overlay to the outline in the console faceplate. Once it is in place, press down on the overlay so that the adhesive on the overlay bonds to the keypad (Figure M).

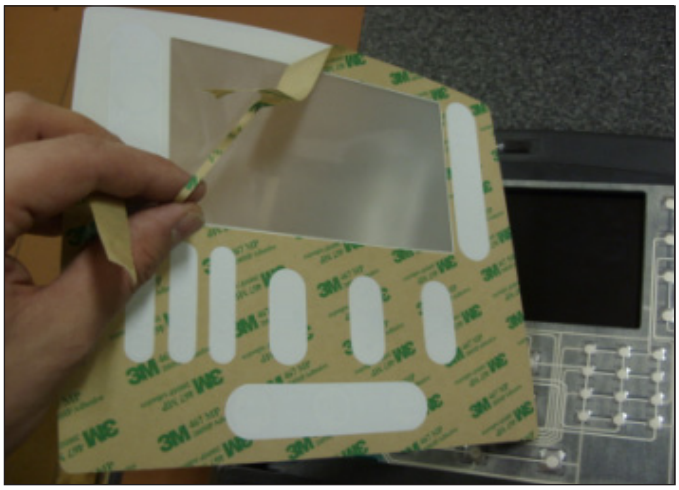


FIGURE L



FIGURE M

12) Reverse Steps 1-3 to re-assemble the console.
13) Test the Ascent Trainer for function as outlined in Section 9.22.

9.12 CONSOLE MAST HANDLEBAR REPLACEMENT

1) Turn off the power and disconnect the cord from the machine.
2) Remove the 4 bolts that hold the handlebar to the console mast (Figure A).



FIGURE A

3) Pull the handlebar away from the console mast to expose the HR grip wiring (Figure B).
4) Carefully remove the wires from inside the console mast until the connectors on the ends come free and disconnect (Figure C).



FIGURE B



FIGURE C

5) To install a new handlebar assembly, connect the new handlebar and carefully push the heart rate wires into the console mast.
6) Attach the new handlebar assembly to the console mast using the 4 screws removed in Step 3.
7) Test the Ascent Trainer for function as outlined in Section 9.22.

9.13 INCLINE MOTOR REPLACEMENT

1) Turn off the power and disconnect the cord from the machine.
2) Remove the front disks as outlined in Section 9.1.
3) Complete Steps 6-8 and 10 from Section 9.2 to remove the cupholder and top shrouds from the unit (the main side shrouds do not need to be removed).
4) Disconnect the incline motor ground wire from the frame and disconnect the incline motor power wire (Figures A & B). If unsure if the incline motor is the issue, plug in the new incline motor at this time to see if it is energized. If it is not, the issue is likely with the LCB.

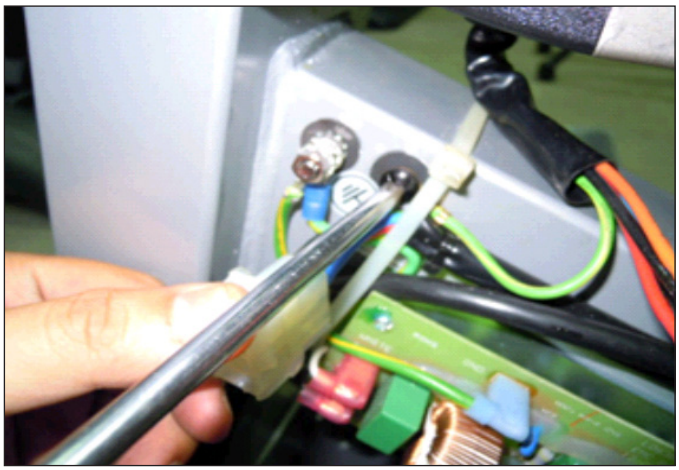


FIGURE A

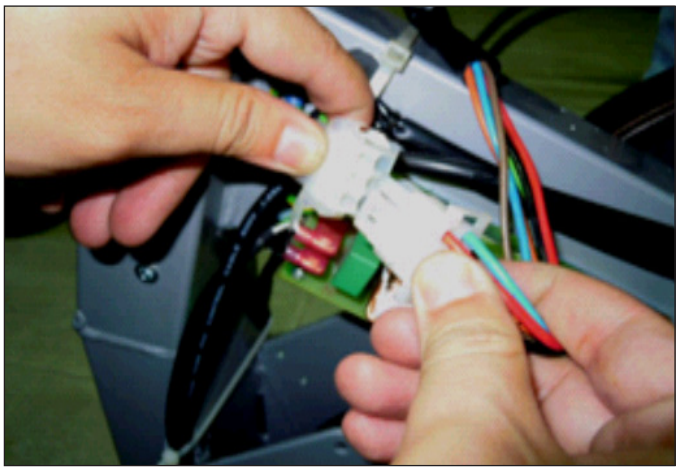


FIGURE B

5) Remove the spring clip to separate the incline motor from the frame (Figure C).
6) Remove the incline motor by loosening the pivot bolts on each side (Figure D - ***NOTE:*** Figure D shows the unit with the shrouds removed for clarity). ***NOTE: Prior to loosening the pivot bolts, secure the incline motor as it can fall once the pivot bolts are loosened.***



FIGURE C

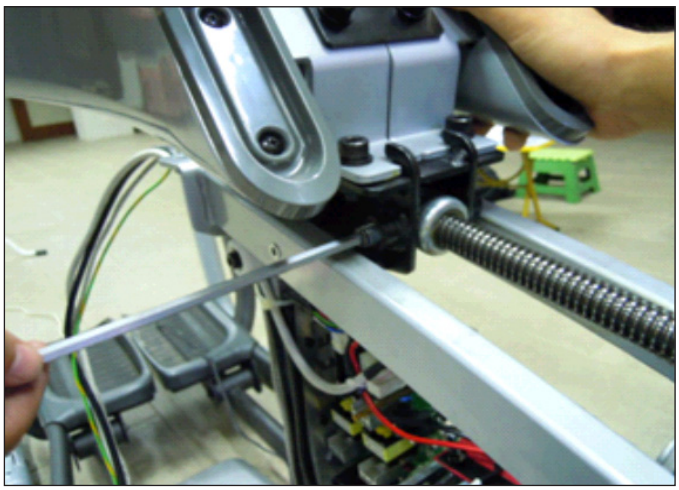


FIGURE D

9.13 INCLINE MOTOR REPLACEMENT - CONTINUED

7) While the incline motor is out, the carriage rollers should be checked. Turn the rollers. The rollers should turn smoothly with only a small amount of friction (Figure E).
8) If the rollers need to be adjusted, loosen the horizontal bolts simultaneously first, then adjust the roller friction by adjusting the vertical screws simultaneously (Figure F).



FIGURE E



FIGURE F

9) Prepare the new incline motor for installation. The new incline motor should have the nut placed close to the end of the shaft (Figure G).

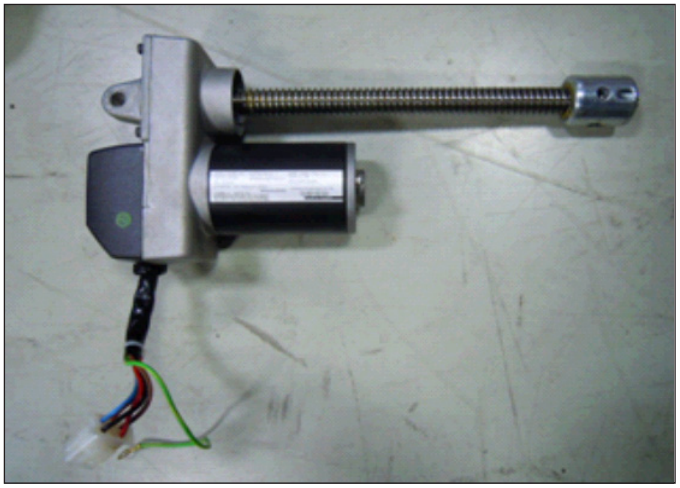


FIGURE G

9.13 INCLINE MOTOR REPLACEMENT - CONTINUED

10) Plug in the power wire of the new incline motor (with the motor still outside the unit). Plug in the unit. Press ENTER, 3, 0, 0, 1, ENTER to go to Service Mode. Scroll with the LEVEL UP or DOWN keys until Service 6 is displayed. Press ENTER to start Auto Calibration.
11) Turn off power immediately when the new motor has been driven to the limit switch at the TOP of the incline range during Auto Calibration. ***NOTE:*** You are stopping power when the unit is 1/2 way through calibration.
12) Push the carriage towards the rear of the unit. There should be a gap of 8mm (+/- 2mm) between the carriage and the frame. Use an 8mm Allen wrench to maintain this spacing (Figure H - ***NOTE:*** Figure H shows a unit with the console mast removed for clarity).
13) Turn the nut on the incline motor until the screw holes in the nut line up with the screw holes on the carriage (Figure I). Tighten the screws loosened in Step 6 to attach the incline motor nut to the carriage. Torque these screws to 25 N-m.

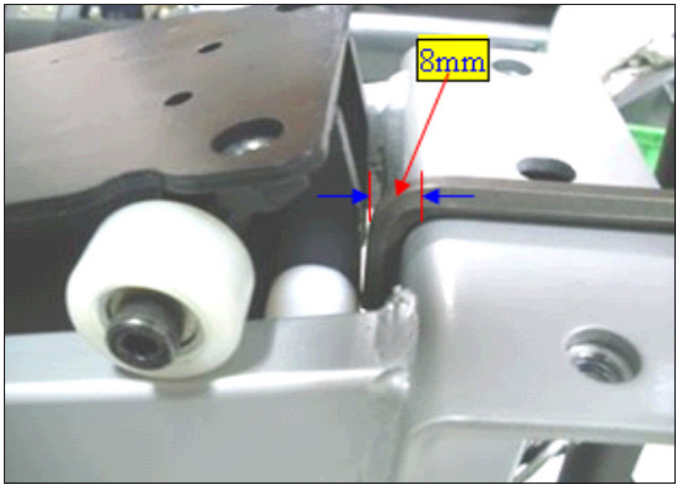


FIGURE H

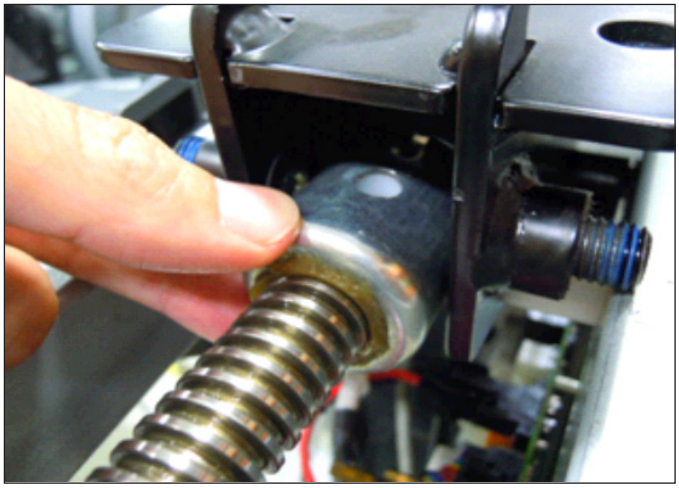


FIGURE I

14) Plug in the unit. Allow the incline to reset.
15) Press ENTER, 3, 0, 0, 1, ENTER to go to Service Mode. Start Auto Calibration. Allow Auto Calibration to completely run. Make sure that the incline motor carriage is not hitting the frame at the top or bottom of the movement. If any issues are seen, re-do Steps 10-13.
16) Reverse Steps 1-5 to re-assemble the unit.
17) Test the Ascent Trainer for function as outlined in Section 9.22.

9.14 DUAL ACTION HANDLEBAR REPLACEMENT

1) Remove the plastic cover where the dual action handlebar meets the link arm (Figure A).
2) Remove the bolt and bushings where the dual action handlebar and the link arm meet (Figure B).



FIGURE A



FIGURE B

3) Remove the two bolts that hold on the pivot cap and remove the cap (Figure C).
4) Unplug and separate the heart rate connector exposed once the pivot cap is removed. Then remove the 4 screws that hold the dual action handlebar to the console mast (Figure D).

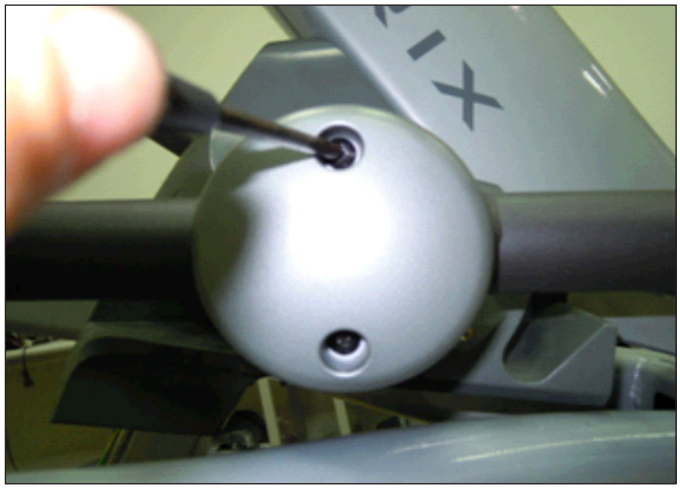


FIGURE C



FIGURE D

5) Reverse steps 1-4 to install a new dual action handlebar.
6) Test the Ascent Trainer for function as outlined in Section 9.22.

9.15 FOOT PEDALS REPLACEMENT

1) Pull up on and remove the rubber portion of the pedal (Figure A).
2) Remove the 4 screws that hold the plastic pedal to the foot plate (Figure B).



FIGURE A



FIGURE B

3) Remove the plastic foot pedal (Figure C).



FIGURE C

4) Clean the foot plate to remove any rubber or debris.
5) Reverse Steps 1-4 to install a new foot pedal.
6) Test the Ascent Trainer as outlined in Section 9.22.

9.16 PEDAL ARM REPLACEMENT

1) Remove the plastic cover where the pedal arm attaches to the crank (Figure A).
2) Disconnect the pedal arm from the crank (Figure B).



FIGURE A

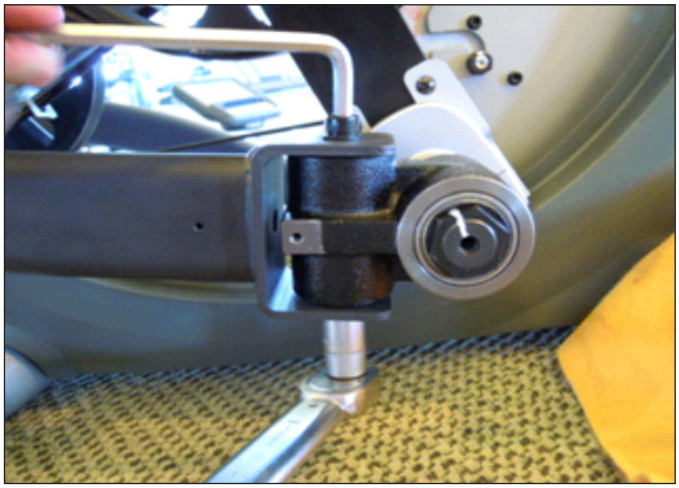


FIGURE B

3) Remove the plastic cap from the swing arm (Figure C).
4) Remove the bolt that holds the pedal and swing arms together (Figure D).



FIGURE C



FIGURE D

5) The swing arm can now be separate from the pedal arm (Figure E).
6) Remove the bolt that holds the link arm to the pedal arm and remove the pedal arm (Figure F).



FIGURE E



FIGURE F

7) Reverse Steps 1-6 to install a new pedal arm. ***NOTE:*** Torque the bolt removed in Step 4 to 80 N-m and the bolt / nut removed in Step 2 to 70 N-m.
8) Test the Ascent Trainer for function as outlined in Section 9.22.

9.17 LINK ARM REPLACEMENT

1) Remove the plastic cover where the dual action handlebar meets the link arm (Figure A).
2) Remove the bolt and bushings where the dual action handlebar meets the link arm (Figure B).



FIGURE A



FIGURE B

3) Remove the bolt that holds the link arm to the pedal arm and remove the link arm (Figure C).



FIGURE C

4) Reverse Steps 1-3 to install a new link arm.
5) Test the Ascent Trainer for function as outlined in Section 9.22.

9.18 SWING ARM REPLACEMENT

1) Remove the bolt from the upper pivot joint on the swing arm (Figure A).
2) Remove the plastic cap from the swing arm (Figure B).



FIGURE A



FIGURE B

3) Remove the bolt that holds the swing arm to the pedal arm (Figure C).
4) Take the bolt removed in Step 1 and turn it into the shaft (Figure D).



FIGURE C



FIGURE D

5) Use a mallet to hit the head of the bolt until the swing arm can be separate from the pedal arm, and remove the pedal arm (Figures E & F).

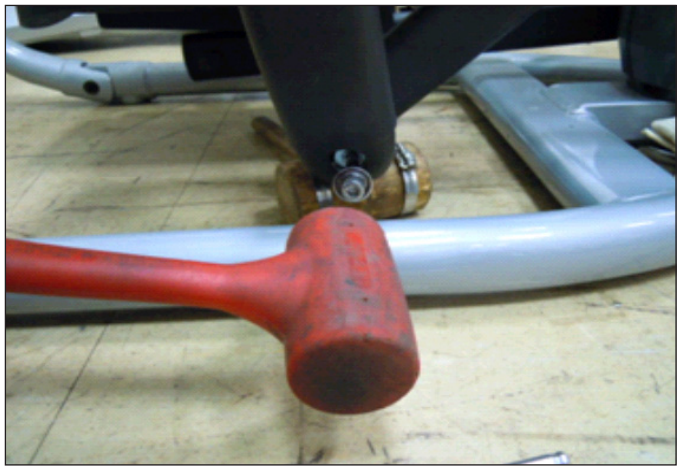


FIGURE E



FIGURE F

6) Reverse Steps 1-5 to install a new swing arm. ***NOTE:*** Torque the bolts removed in Steps 1 & 3 to 80 N-m when installing a new swing arm.
7) Test the Ascent Trainer for function as outlined in Section 9.22.

9.19 VERTICAL STABILIZER ARM REPLACEMENT

1) Remove the bolt that holds the vertical stabilizer arm to the frame (Figures A & B).



FIGURE A



FIGURE B

2) Remove the bolt from the upper pivot joint of the vertical stabilizer arm (Figure C).
3) Remove the vertical stabilizer arm (Figure D).



FIGURE C

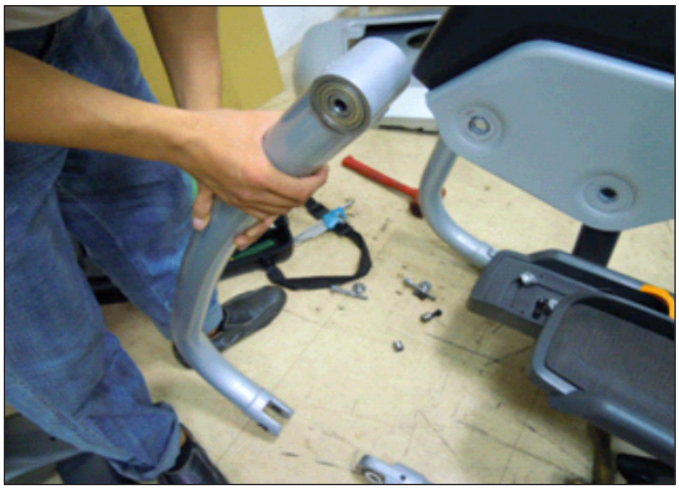


FIGURE D

4) Reverse Steps 1-3 to install a vertical stabilizer arm. ***NOTE:*** Tighten the bolt removed in Step 2 to 80 N-m torque.
5) Test the Ascent Trainer for function as outlined in Section 9.22.

9.20 INCLINE ARM COVER REPLACEMENT

1) Remove the bolt from the upper pivot joint on the swing arm (Figure A).
2) Remove the plastic cap from the swing arm (Figure B).



FIGURE A



FIGURE B

3) Remove the bolt that holds the swing arm to the pedal arm (Figure C).
4) Take the bolt removed in Step 1 and turn it into the shaft (Figure D).



FIGURE C



FIGURE D

5) Use a mallet to hit the head of the bolt until the swing arm can be separate from the pedal arm, and remove the pedal arm (Figures E & F).

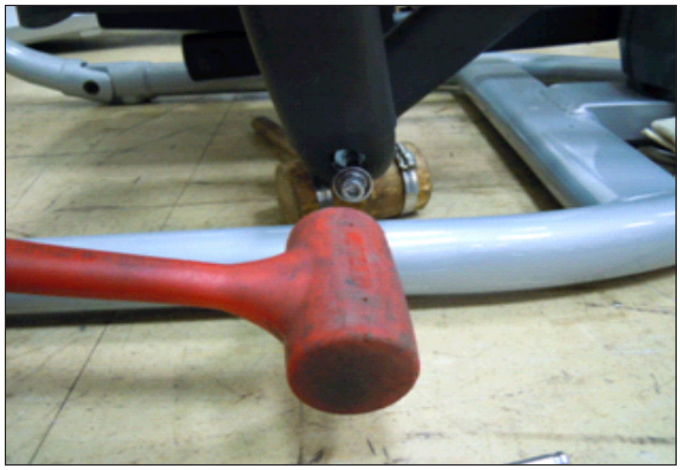


FIGURE E

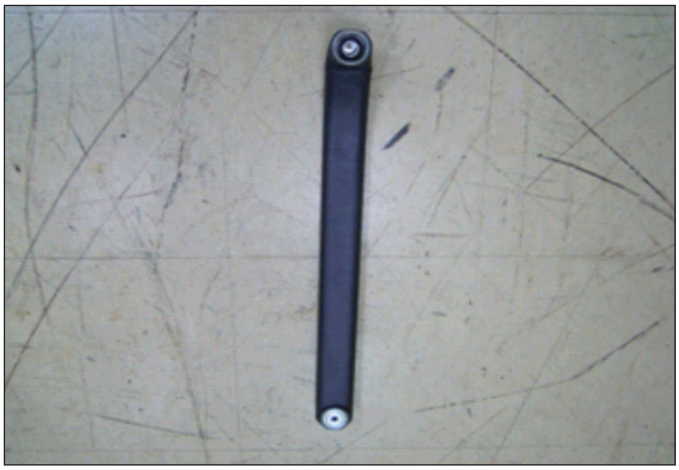


FIGURE F

6) Reverse Steps 1-5 to install a new swing arm. ***NOTE:*** Torque the bolts removed in Steps 1 & 3 to 80 N-m when installing a new swing arm.
7) Test the Ascent Trainer for function as outlined in Section 9.22.

9.21 HANDLEBAR SERVICE

1) Remove the bolt that holds the vertical stabilizer arm to the frame (Figures A & B).



FIGURE A



FIGURE B

2) Remove the bolt from the upper pivot joint of the vertical stabilizer arm (Figure C).
3) Remove the vertical stabilizer arm (Figure D).



FIGURE C

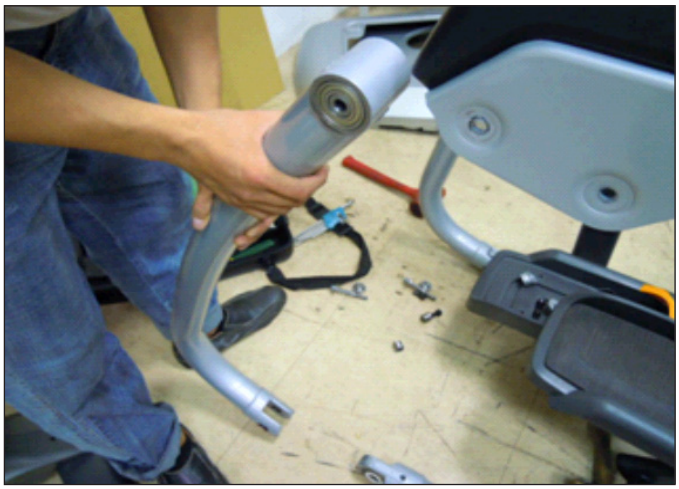


FIGURE D

4) Reverse Steps 1-3 to install a vertical stabilizer arm. ***NOTE:*** Tighten the bolt removed in Step 2 to 80 N-m torque.
5) Test the Ascent Trainer for function as outlined in Section 9.22.

9.22 TESTING THE ASCENT TRAINER

ONCE THE UNIT OR REPLACEMENT PART IS FULLY INSTALLED AND ASSEMBLED AND PROPERLY PLACED ON THE FLOOR, USE THE FOLLOWING INSTRUCTIONS TO TEST THE MACHINE:

1) Enter Service Mode (ENTER, 3, 0, 0, 1, ENTER) and input the serial number of the console. Also set the Machine Type (See Section 7.2) and verify that the Date and Time are correct (See Section 7.4). ***NOTE:*** The console and unit power must be reset for some changes to go into affect. Cycle the power switch and press and hold the CHANNEL UP and CHANNEL DOWN keys for 3-5 seconds to reset the console power.

2) Enter Manager Mode (ENTER, 1, 0, 0, 1, ENTER) and turn on or off Virtual Active depending on whether the club has this function. ***NOTE:*** The console and unit power must be reset for some changes to go into affect. Cycle the power switch and press and hold the CHANNEL UP and CHANNEL DOWN keys for 3-5 seconds to reset the console power. Enter into and test Virtual Active.

3) Program the TV as outlined in Section 10.6.

4) Without hitting start or entering any exercise modes, stand on the machine and hold the handlebars while initiating movement to simulate exercising. While moving listen for any odd noises or squeaks.

5) After stopping movement, press the green GO key and begin using the machine.

6) Grasp the hand grips to check for proper heart rate response.

7) Press the LEVEL UP and DOWN keys both on the hand grips and on the console to make sure resistance is fully functional.

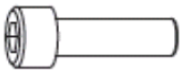
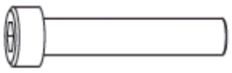
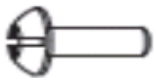
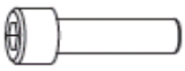
8) Press the ELEVATION UP and DOWN keys (fully incline and decline the machine) to make sure the incline motor function is fully operational.

9) If the Ascent Trainer has had an incline motor replaced, or if this is the initial installation, calibrate the lift motor (see Section 4.8).

10.1 ASCENT TRAINER SPECIFICATIONS

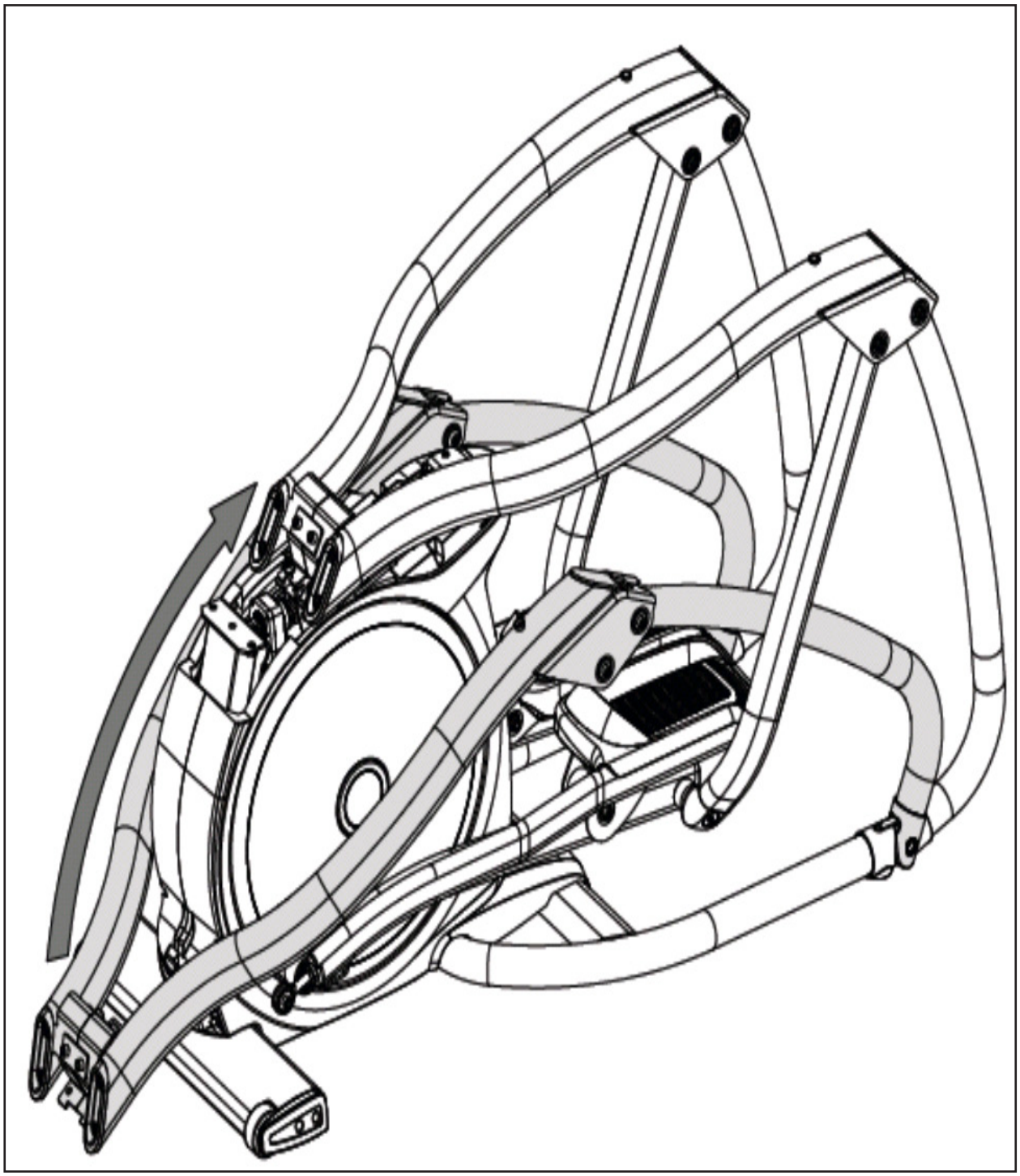
FEATURES	
Stride Length	20-24"
Incline Range	24% - 54% (15" range)
Contact and Telemetric Heart Rate Sensors	Yes
Cushioned Footpads	No
Q-Factor	2.5"
Handlebar Design	Multi-position dual action and ergo bend stationary.
Thumb Switch Controls	Yes - Resistance
RESISTANCE SYSTEM	
Technology	Generator
Power Requirements	Self Powered - Powered 100V - 240V - 50 / 60 HZ AC
Minimum Watts	56 Self Powered
Minimum RPM	10 Powered / 25 Non-Powered
CONSOLE	
Display Type	7" LCD
Display Feedback	Time, Distance, Calories, Calories per hour, Speed, Incline, Heart Rate, METs, Watts, Level, RPM, Dynamic Profile Display, Static Profile Display
User Defined Multi Language Display	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic
Resistance Levels	25
Workouts	Manual, Rolling, Intervals, Fat Burn, Glute Training, Fitness Test, Target HR, Constant Watts
CSafe, Fitlinxx Ready	Yes
Netpulse Ready	Yes
Fit Touch Technology	No
On the Fly Program Change	Yes
Integrated Vista Clear™ Digital Ready Television	Yes - 7" Screen Size
Fitconnexion™ Ready	Yes
Wireless Data Transmitter	No
IPod Compatible	No
Nike+ IPod Compatible	No
Personal Fan	No
USB Workout Tracking	Yes - Via www.livestrong.com
Virtual Active™ Compatible	Yes
TECHNICAL DATA	
Overall Dimensions (L x W x H)	81 x 34 x 79" (1780 x 742 x 1740mm)
Maximum User Weight	400 lbs / 181.4 kg
Unit Weight	444 lbs / 202.2 kg
Shipping Weight	474 lbs / 215.5 kg

10.2 ASSEMBLY HARDWARE

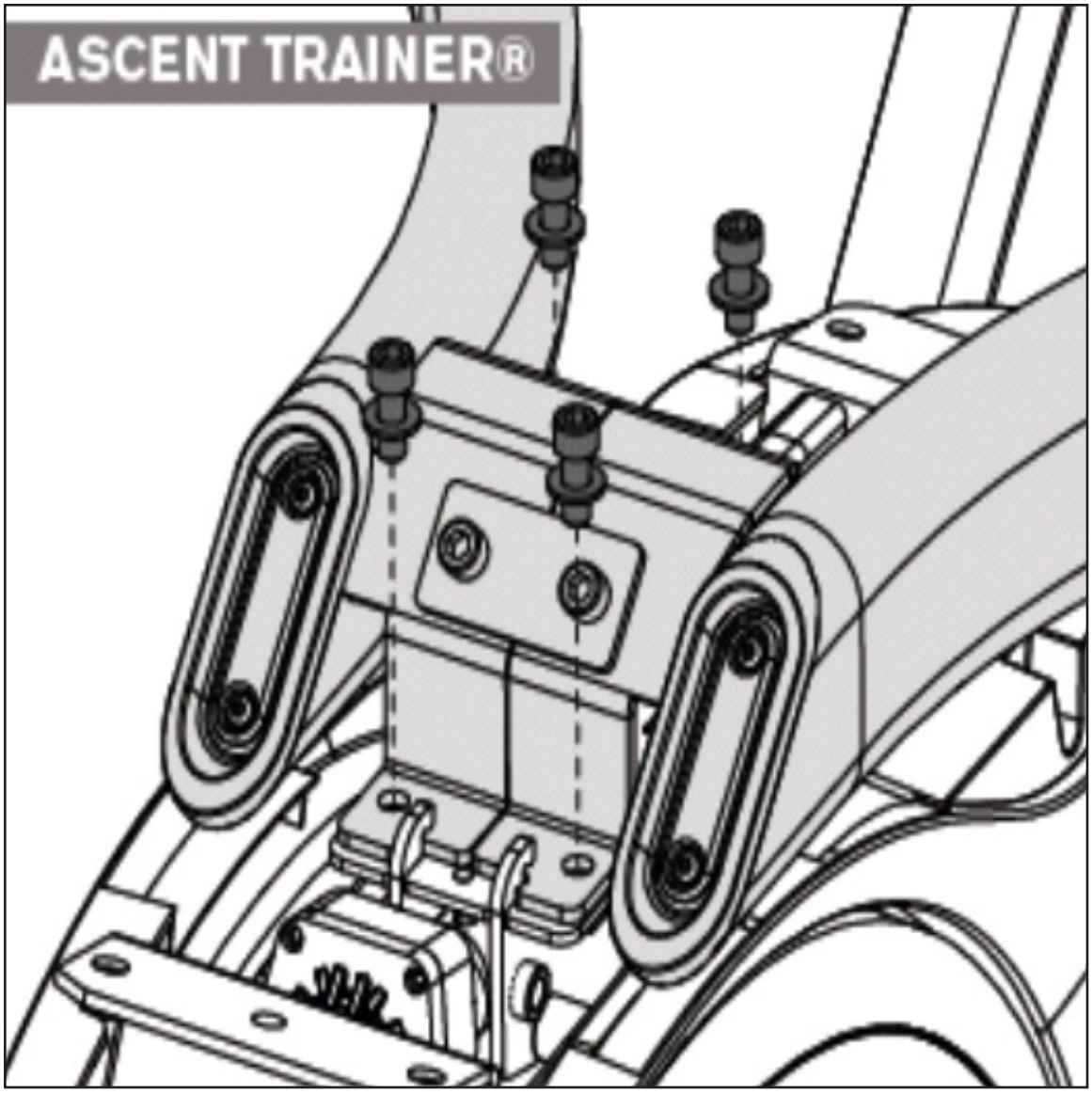
QUANTITY	SKETCH	DESCRIPTION	PACKAGE COLOR
4		SOCKET HEAD CAP SCREW (M10 X 1.5P X 25L) 10.9 GRADE MINIMUM	RED (2 BAGS)
4		FLAT WASHER (10.2 X 20 X 2.0T)	RED (2 BAGS)
1		SOCKET HEAD CAP SCREW (M10 X 1.5P X 100L) 12.9 GRADE MINIMUM	GREEN
2		FLAT WASHER (10.2 X 20 X 2.0T)	GREEN
1		HEX NUT (M10) 10.9 GRADE MINIMUM	GREEN
5		SCREW (M5 X 0.8P X 10L)	YELLOW
2		SCREW (M5 X 0.8 X 12L)	BLACK (2 BAGS)
4		SPRING WASHER (8.2 X 15.4 X 2.0T)	BLACK (2 BAGS)
4		SOCKET HEAD CAP SCREW (M8 X 1.25P X 20L) 10.9 GRADE MINIMUM	BLACK (2 BAGS)
1		SOCKET HEAD CAP SCREW (M8 X 1.25P X 45L) 10.9 GRADE MINIMUM	BLUE (2 BAGS)
3		SCREW (M5 X 0.8P X 16L)	BLUE (2 BAGS)
4		SOCKET HEAD CAP SCREW (M8 X 1.25P X 25L)	WHITE
4		SPRING WASHER (8.2 X 13.5 X 2.0T)	WHITE
12		SCREW (M5 X 0.8P X 16L)	PINK

10.3 ASCENT TRAINER ASSEMBLY STEPS

STEP 1

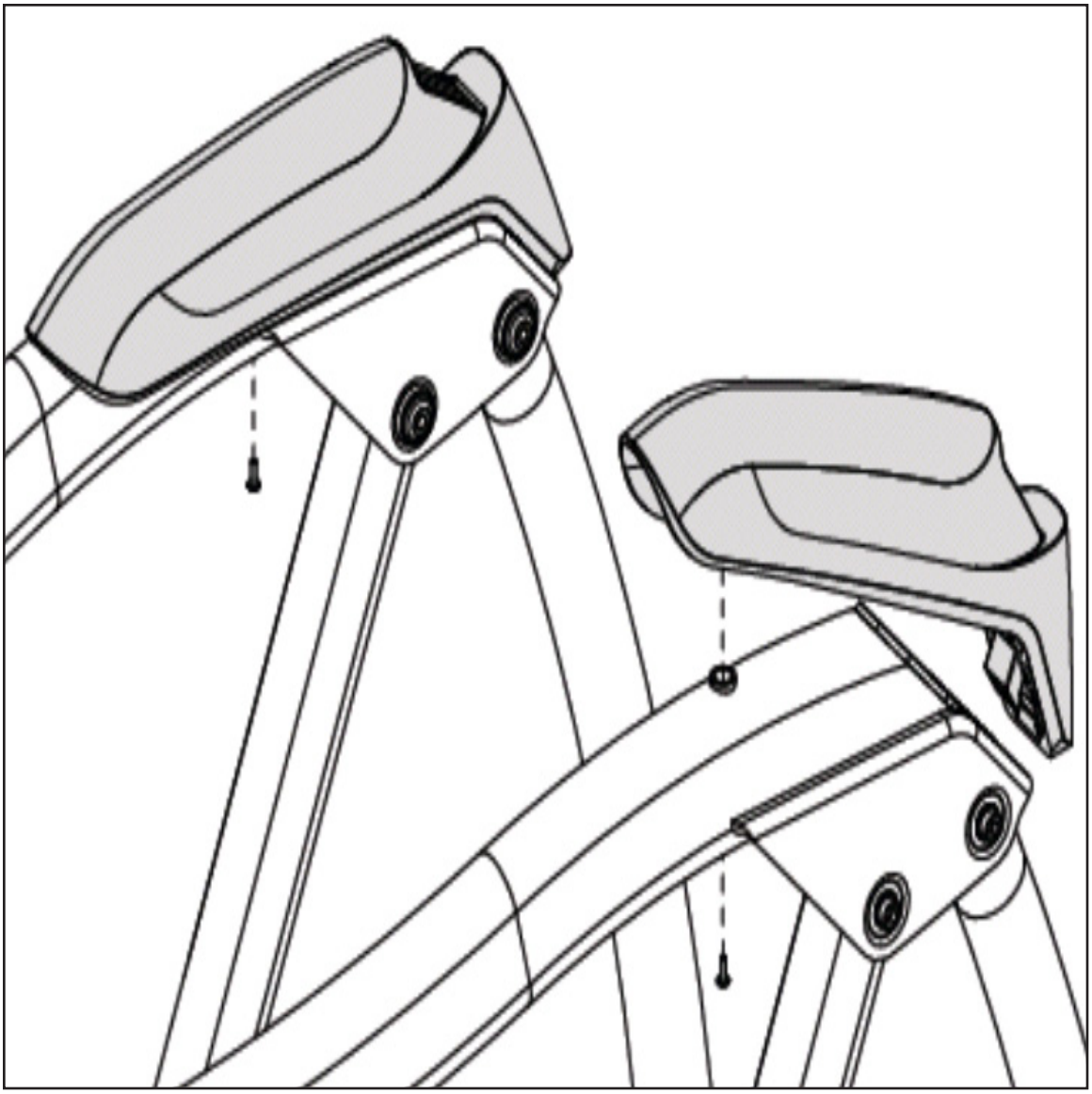


STEP 2 - RED HARDWARE BAG

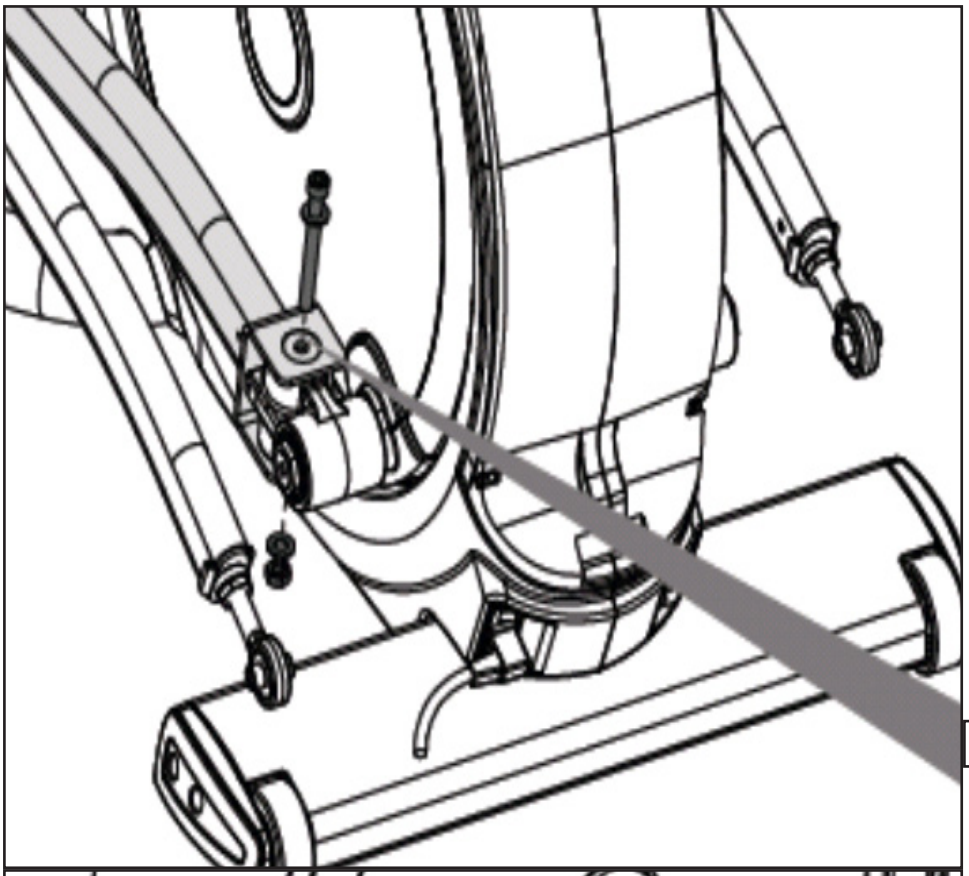


10.3 ASCENT TRAINER ASSEMBLY STEPS - CONTINUED

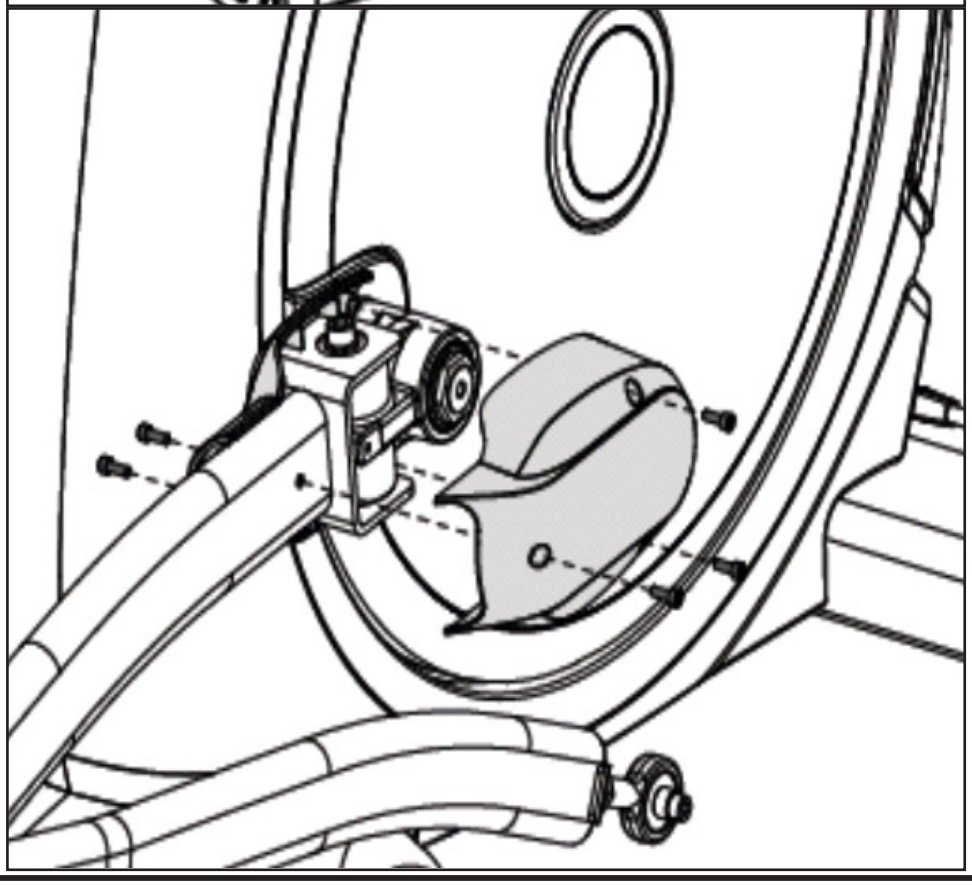
STEP 3 - PINK HARDWARE BAG



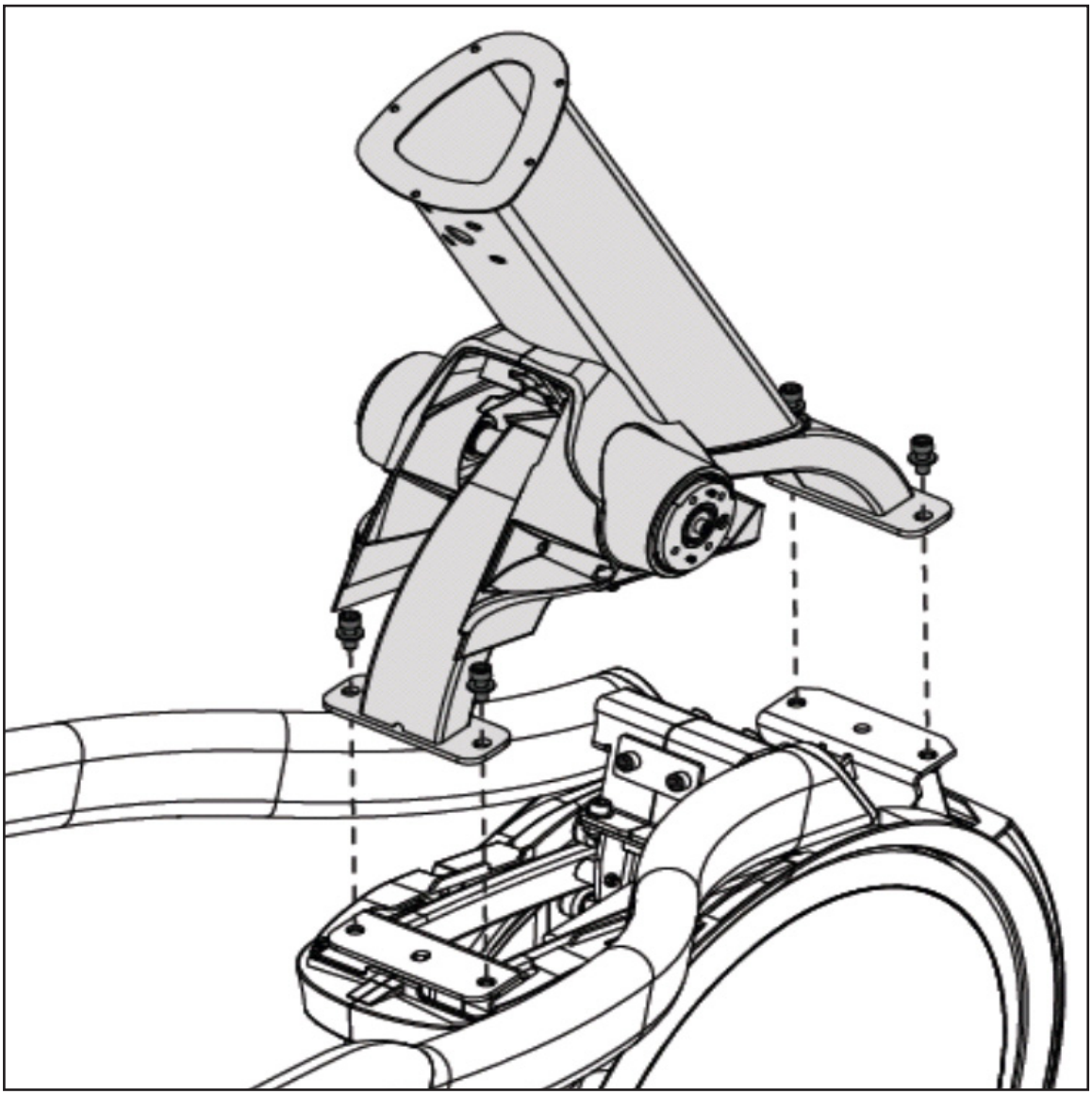
STEP 4 - GREEN / YELLOW HARDWARE BAG



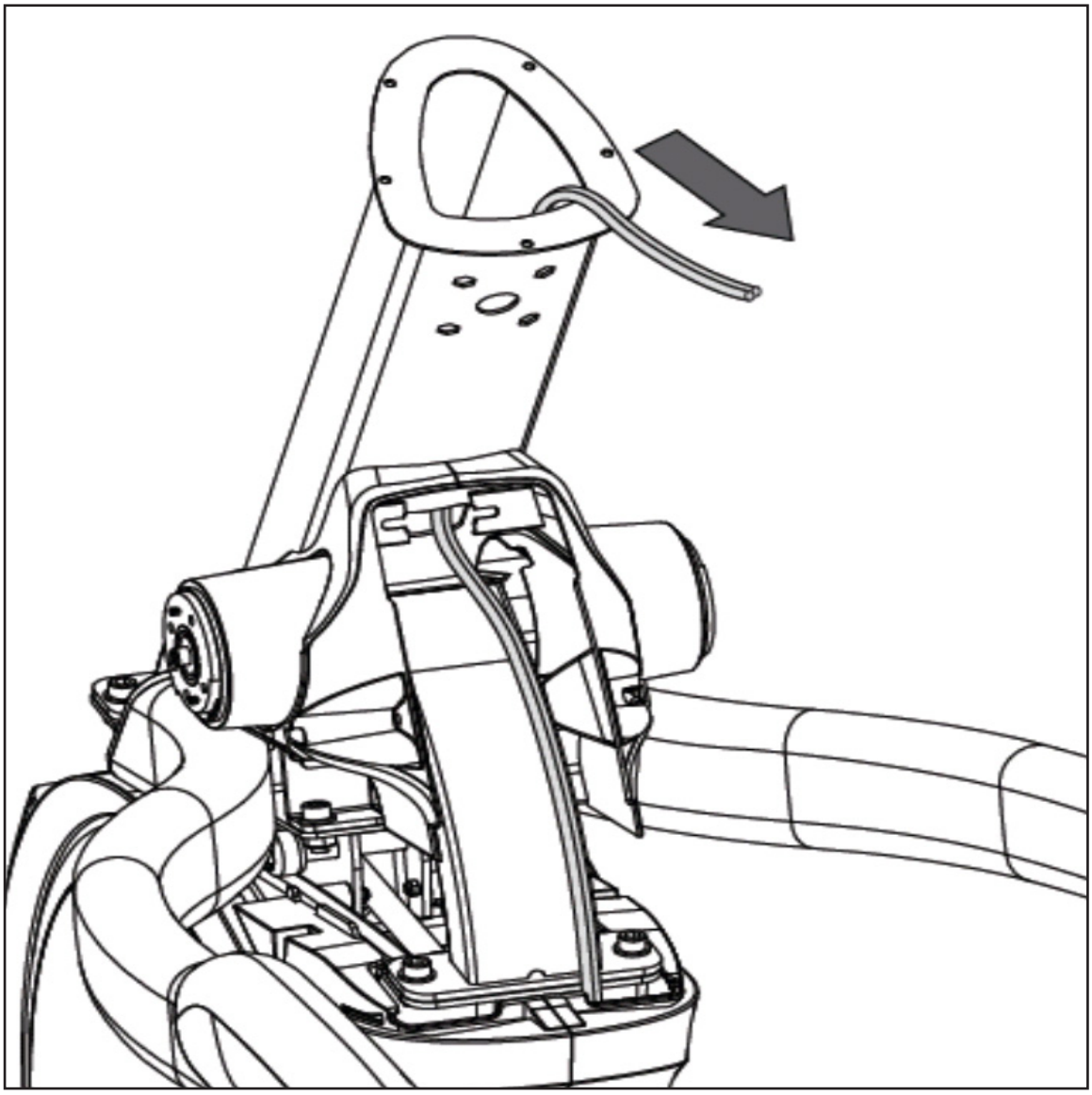
Torque this bolt to 80 N-m.



STEP 5 - RED HARDWARE BAG

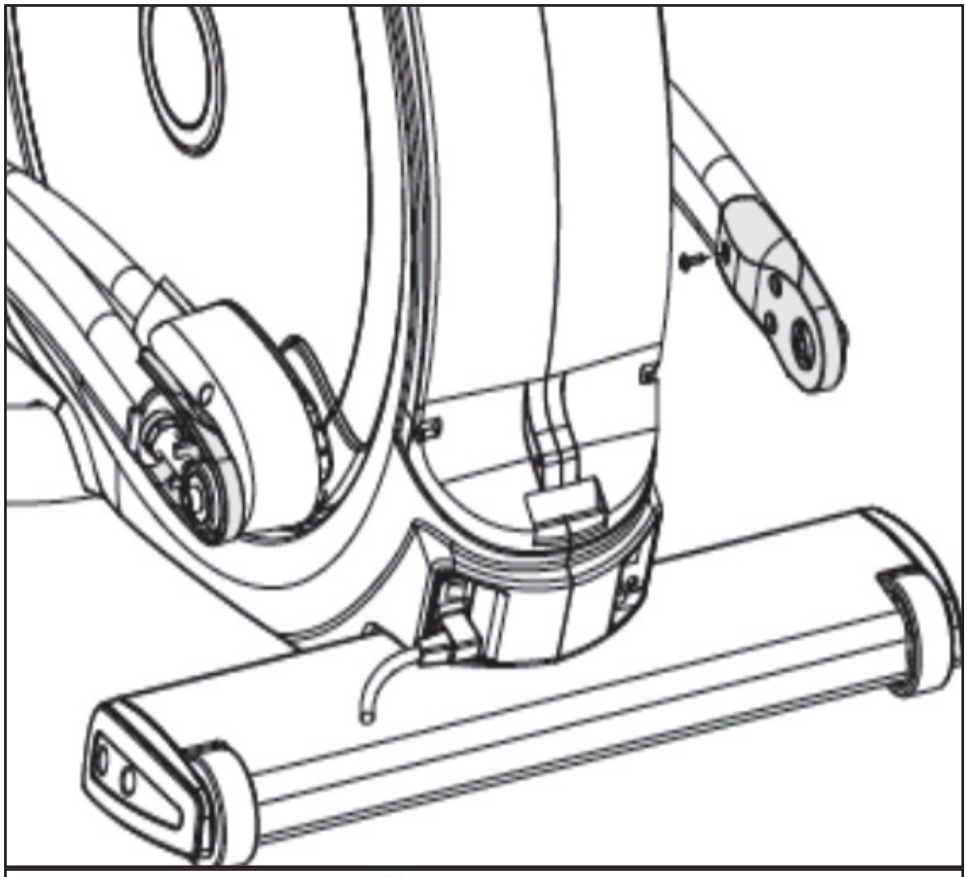


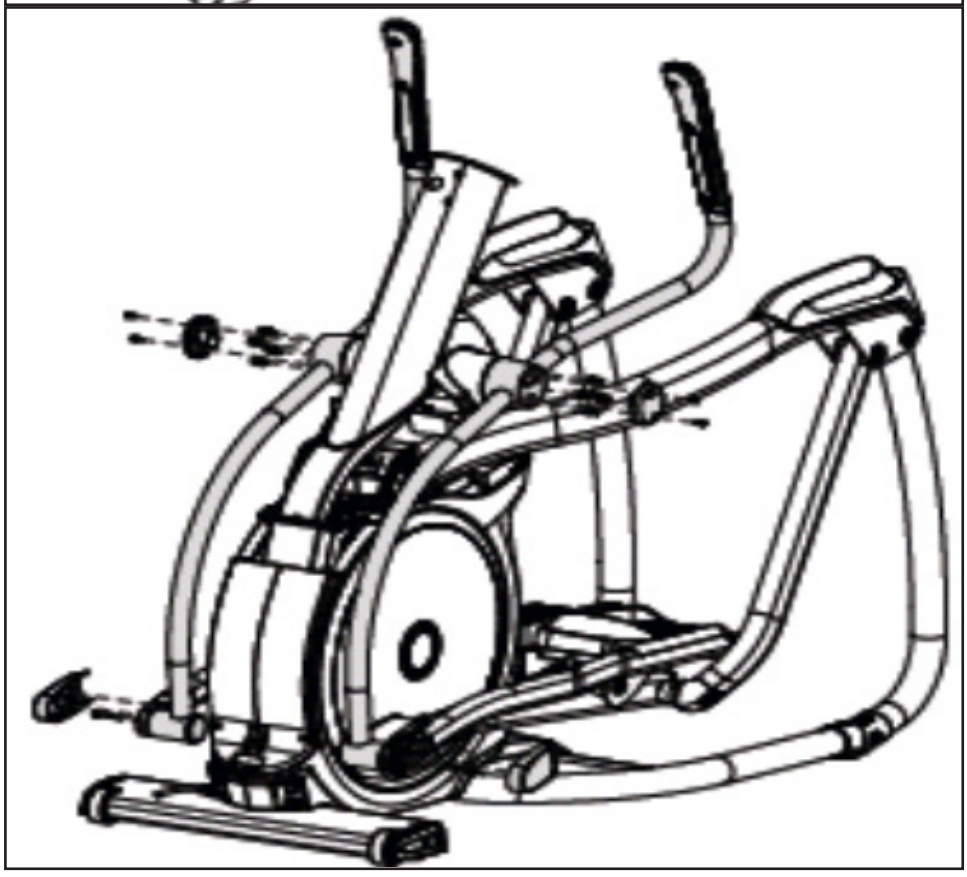
STEP 6



10.3 ASCENT TRAINER ASSEMBLY STEPS - CONTINUED

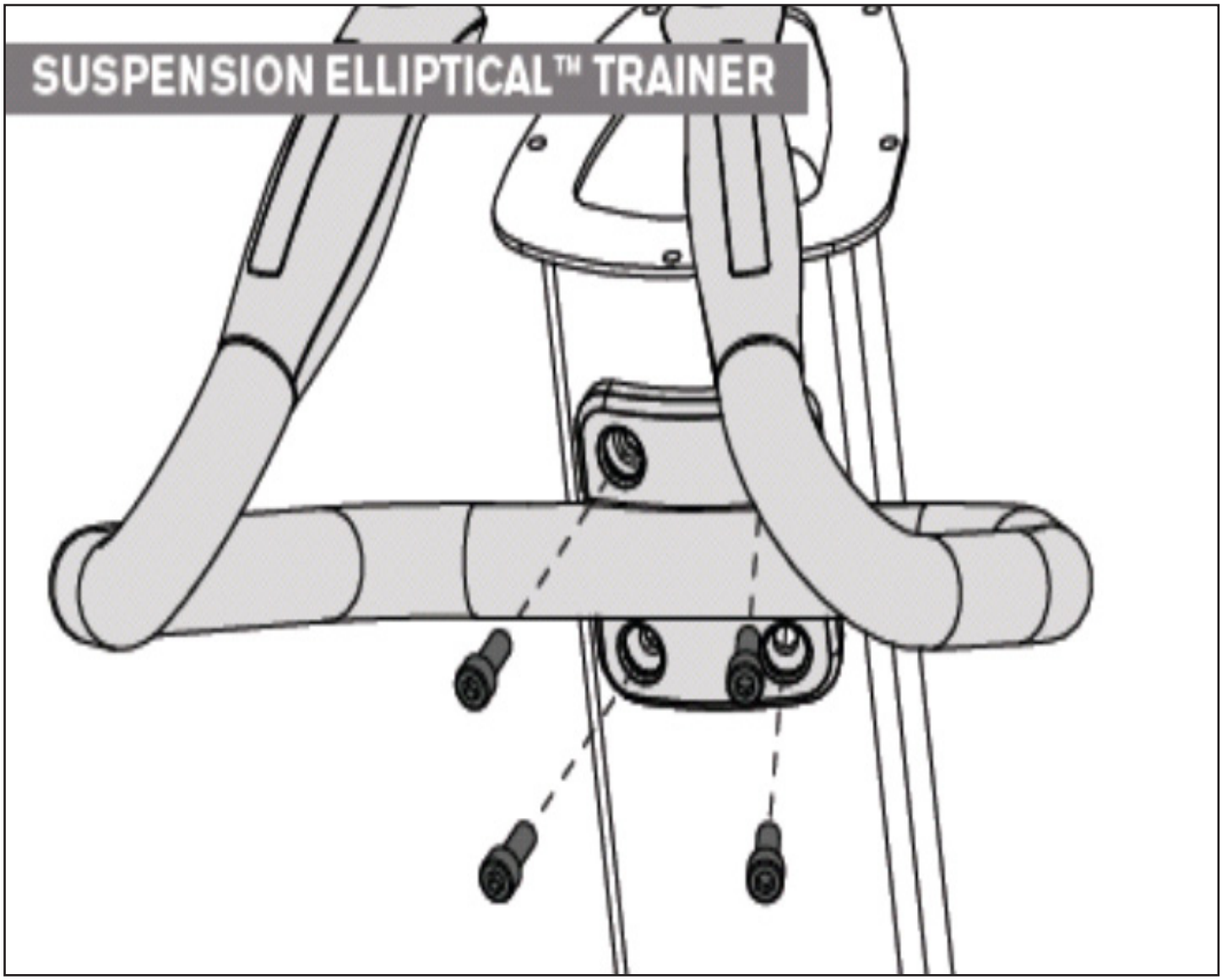
STEP 7 - BLUE / BLACK HARDWARE BAG



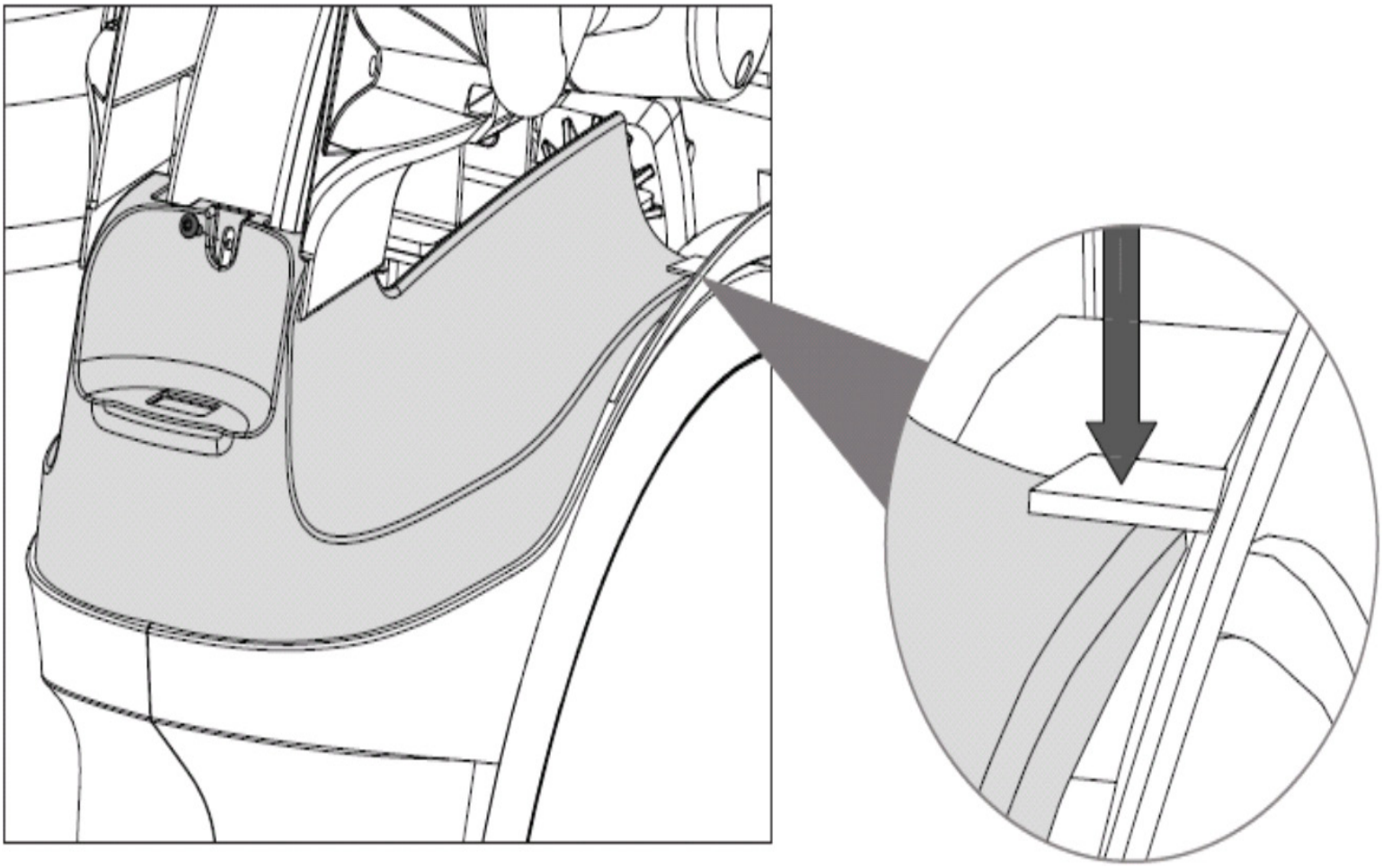


STEP 8 - WHITE HARDWARE BAG

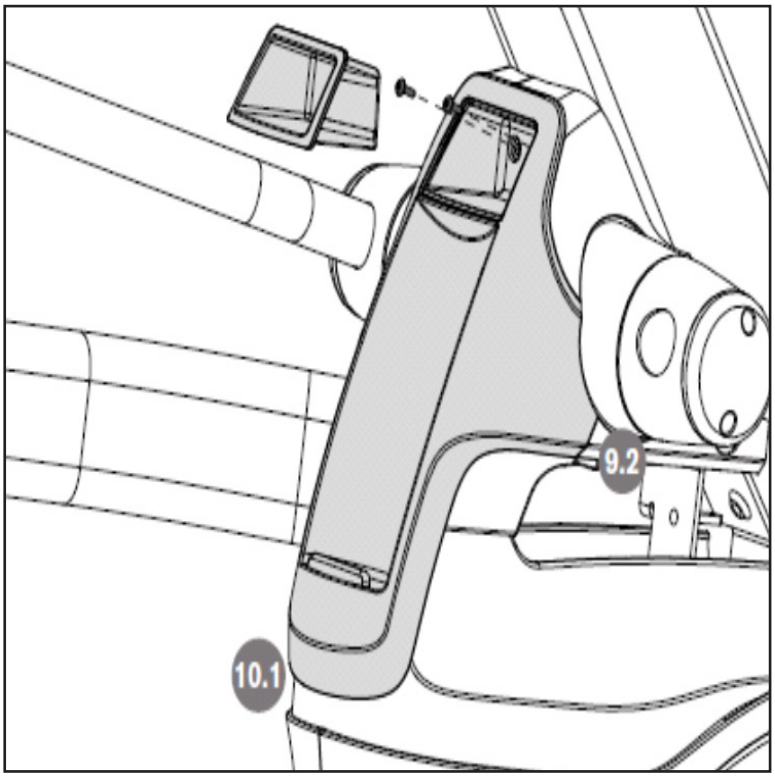
NOTE: The A3xe has the same handlebar as the Suspension Elliptical

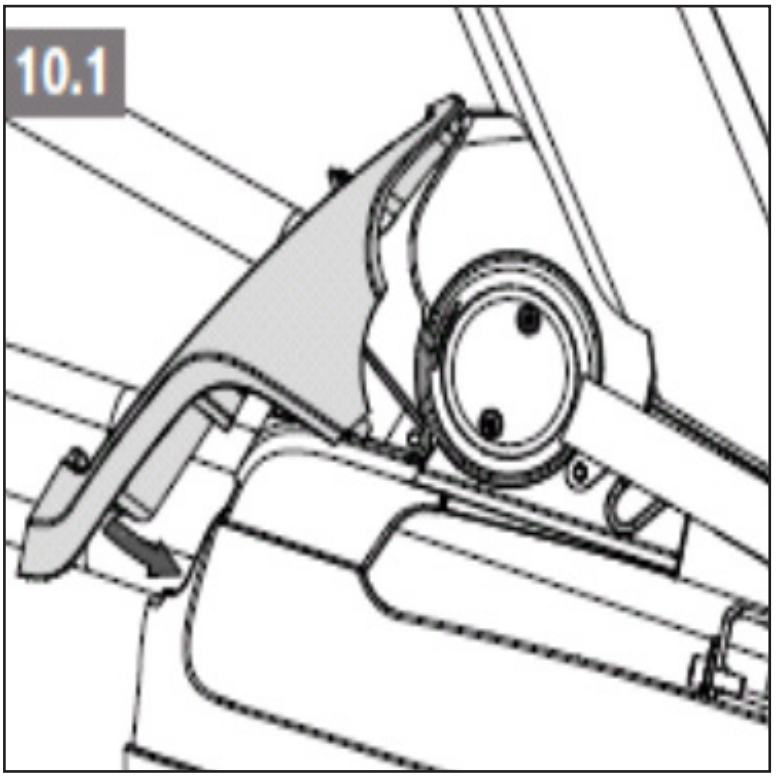


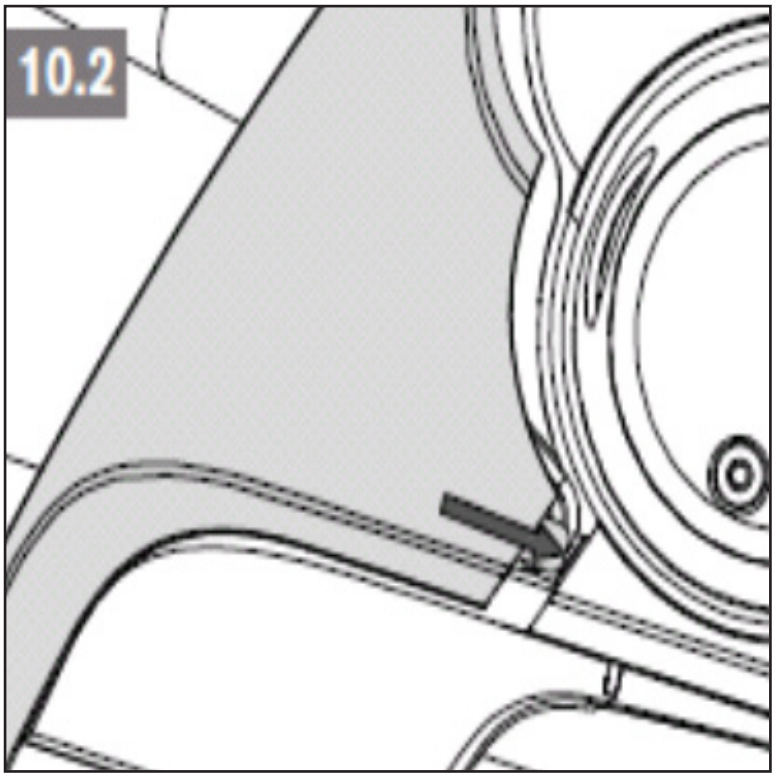
STEP 9 - PINK HARDWARE BAG

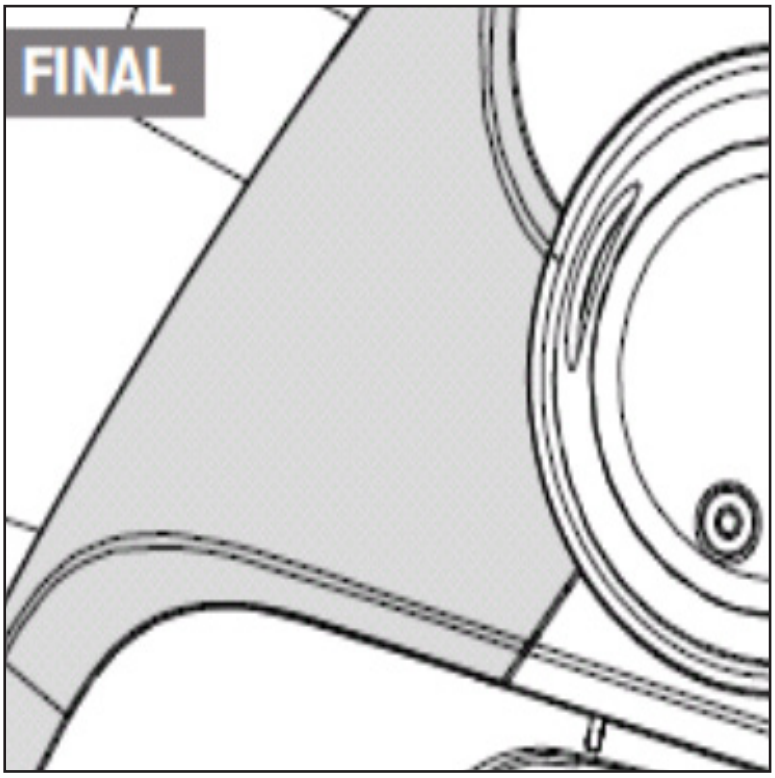


STEP 10 - PINK HARDWARE BAG



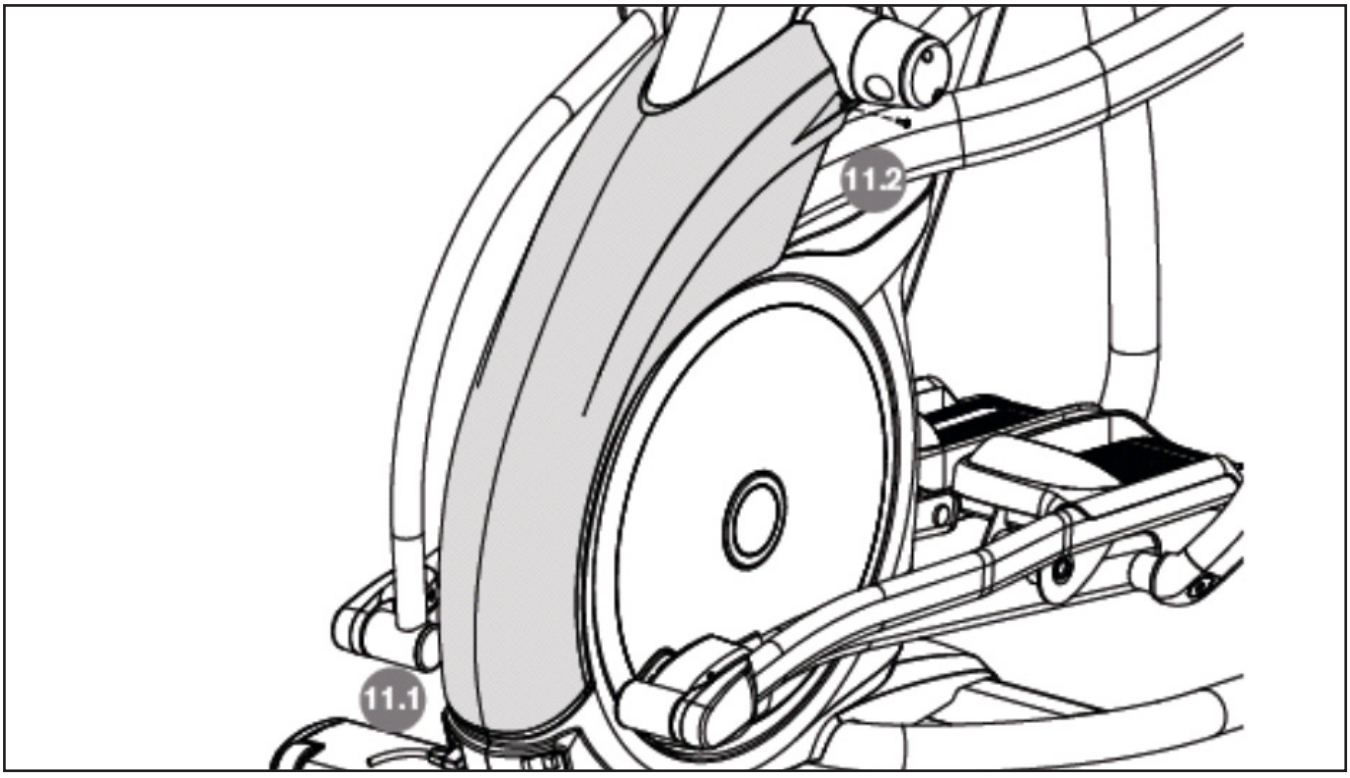


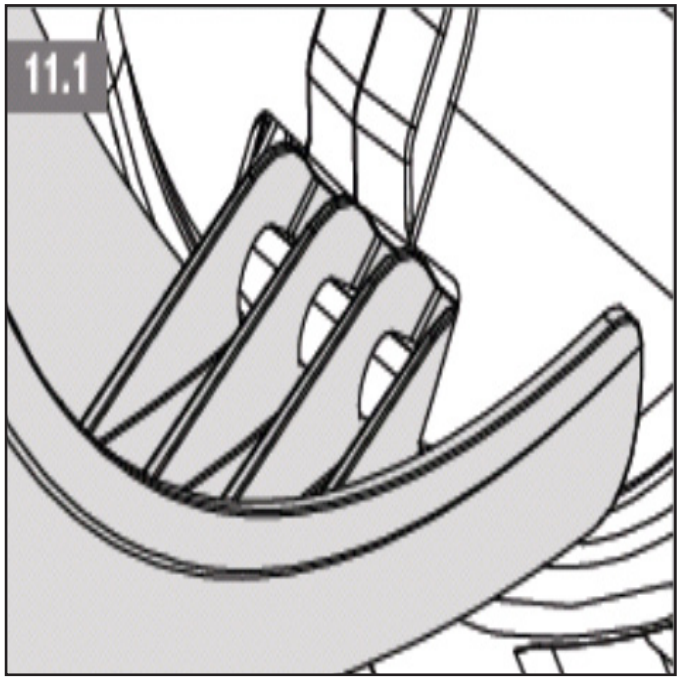


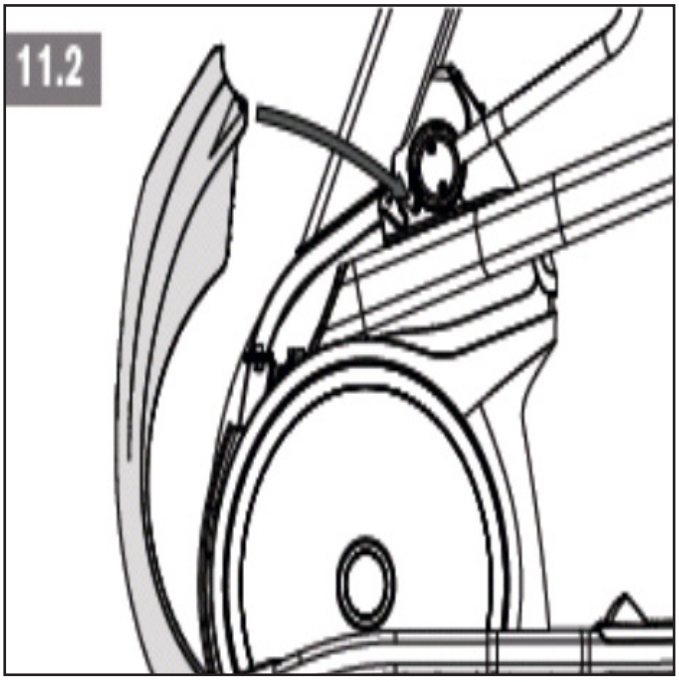


10.3 ASCENT TRAINER ASSEMBLY STEPS - CONTINUED

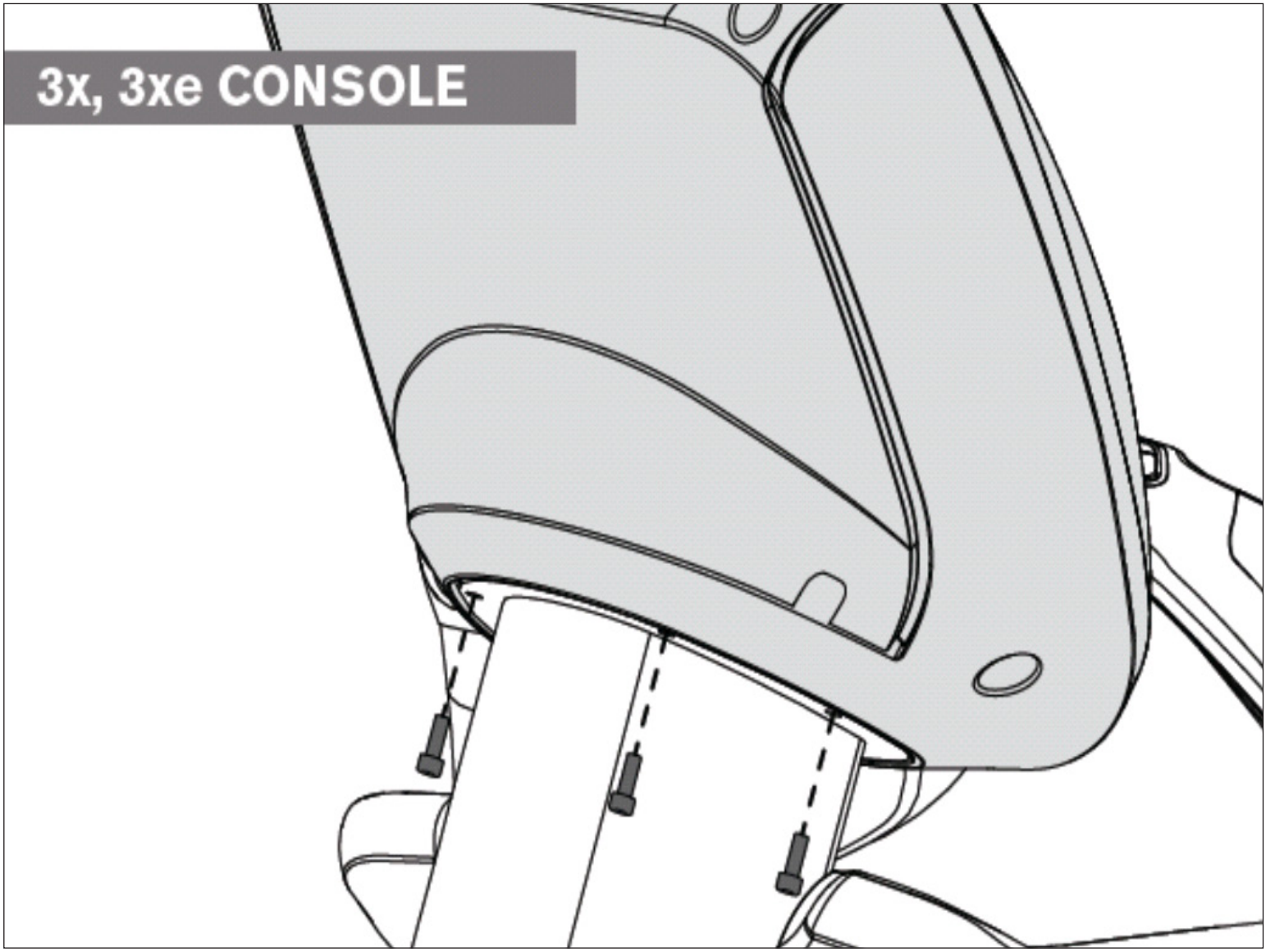
STEP 11 - PINK HARDWARE BAG







STEP 12 - PINK HARDWARE BAG



10.4 STABILIZING THE ASCENT TRAINER

STABILIZING THE MATRIX A3XE-01 ASCENT TRAINER

The Matrix Ascent Trainer should be level for optimum use. Once you have placed your unit where you intend to use it, raise or lower one or both of the adjustable levelers located on the bottom of the frame. Use a 6mm Allen wrench through the access hole at the rear hinge joint on both sides (Figure A).

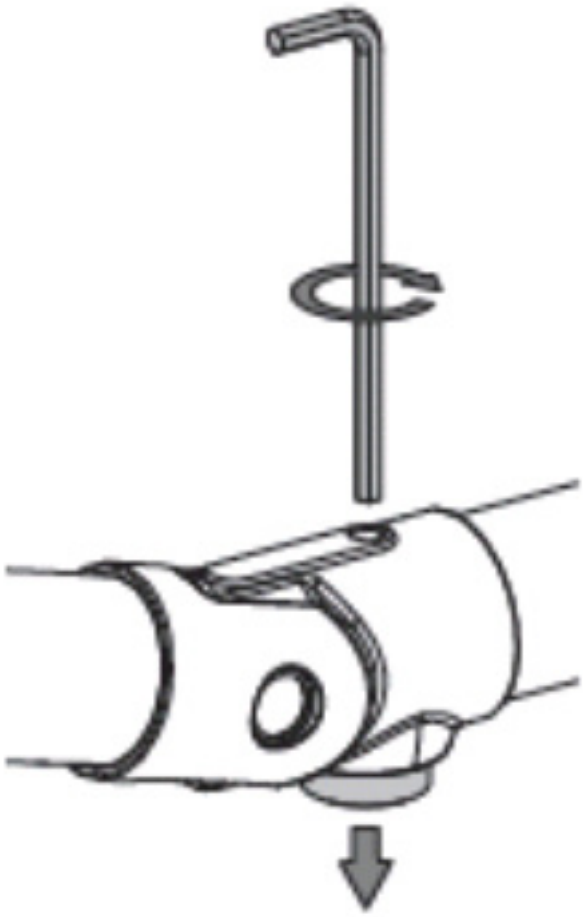


FIGURE A

10.5 TV BRACKET INSTALLATION

The Matrix A3xe-01 Ascent Trainer is capable of accepting a 15" TV via a bracket. Follow the instructions below to install the TV and bracket. Use the instructions in the Entertainment Owner's Manual to program the TV after installation.

1) Turn off power and disconnect the power cord.
2) Remove the console from the Ascent Trainer.
3) Remove the 2 screws holding the small silver back cover to the console and remove the back cover (Figures A & B).



FIGURE A



FIGURE B

4) Remove the 4 screws holding the rear half of the console to the front half and split the console (Figures C & D).

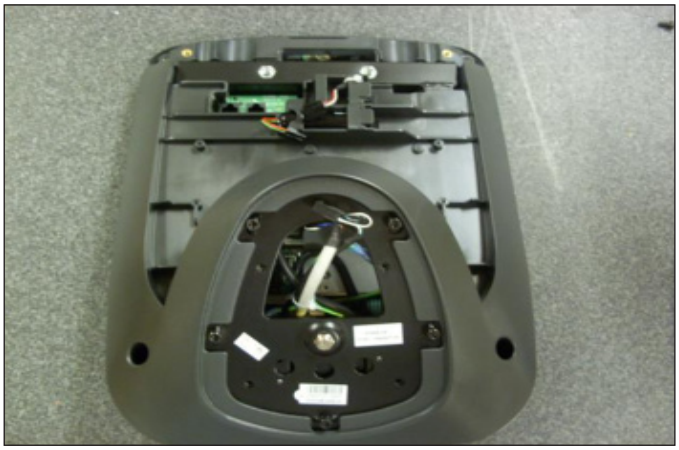


FIGURE C

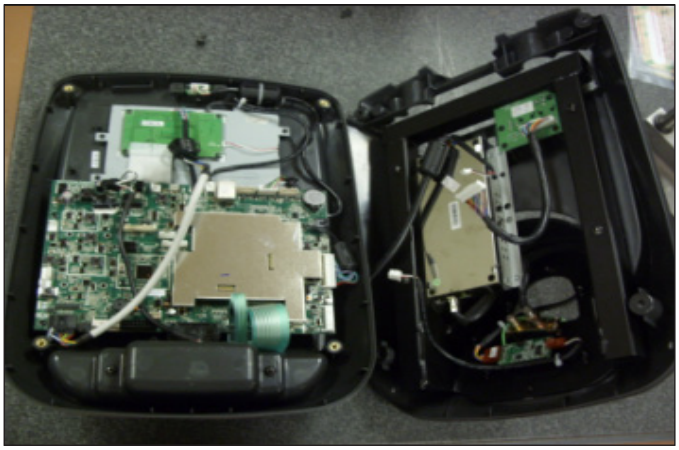


FIGURE D

5) Plug the TV power wire into the UCB (Figure E).
6) Plug the TV controller wire into the UCB (Figure F).

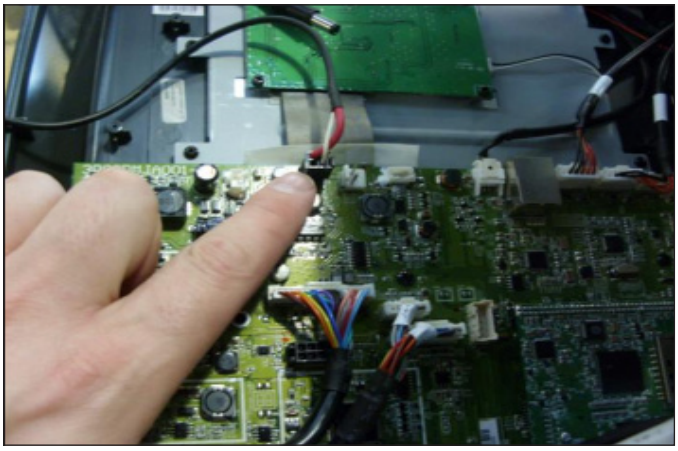


FIGURE E



FIGURE F

10.5 TV BRACKET INSTALLATION - CONTINUED

7) Plug the coax cable into the coax adaptor attached to the back half of the console (Figure G).
8) Use the 4 screws removed in Step 4 to re-attach the 2 halves of the console. ***NOTE:*** Route the TV power, coax, and controller wiring through the hole in top of the console. Also make sure that the console cable wires are protruding so that they are accessible (Figure H).

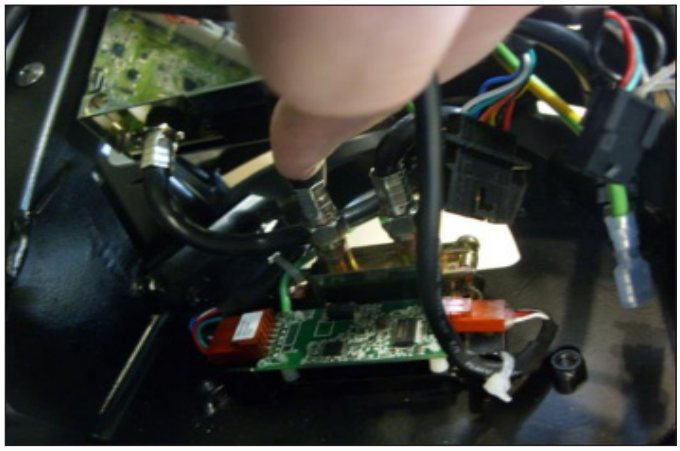


FIGURE G

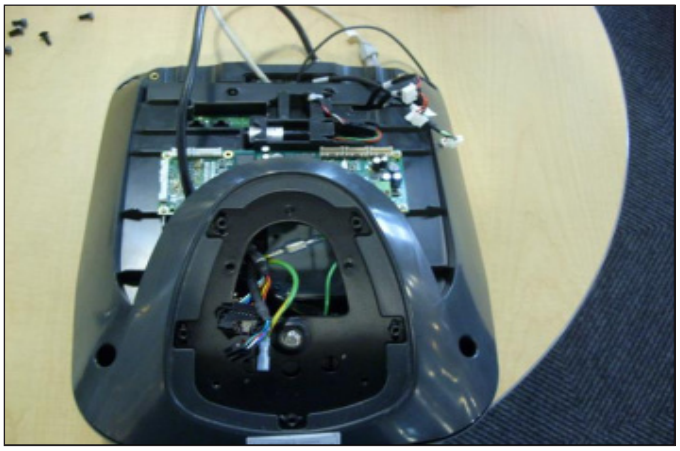


FIGURE H

9) Install the bracket to the console using 4 screws (Figure I).
10) Install the console back onto the console mast and secure it with 5 screws (Figure J). ***NOTE:*** Make sure to tuck all the wiring into the console or mast to prevent any pinching.



FIGURE I



FIGURE J

11) Install the TV onto the bracket making sure that the tabs on the TV lower plastic shield fit into the slots in back of the console (Figure K), and secure the TV to the bracket with 4 screws (Figure L).

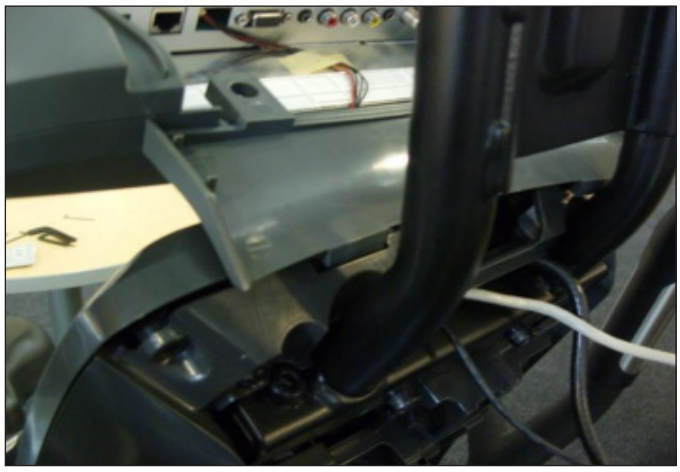


FIGURE K



FIGURE L

10.5 TV BRACKET INSTALLATION - CONTINUED

12) Route the TV power, controller, and console cables out the back of the console and plug into the back of the TV (Figures M & N).
13) The new TV should now be programmed and thoroughly tested before installing the covers. See Section 8.4 for TV troubleshooting help if needed.



FIGURE M



FIGURE N

14) Install the console back cover onto the console. ***NOTE:*** You will need to push the top end of the back cover beneath the TV lower plastic cover and route the wiring through the hole in the back cover (Figure O). Once you have the top of the back cover in position, push the lower part of the back cover into position. It should snap into place (Figure P).



FIGURE O



FIGURE P

15) Install the TV back cover onto the unit. ***NOTE:*** You will need to line up the tabs at the bottom of the TV back cover to the slots in the console back cover (Figure Q). Secure the TV back cover with 4 screws (Figure R).



FIGURE Q



FIGURE R

10.6 TV PROGRAMMING INSTRUCTIONS

Once the cardio equipment has been installed, and proper power and cable wiring is provided, The Television must be programmed to the club's channels and settings.

Auto Scan - An auto scan will search for channel signals from the coax cable. It will tune in all channels that provide a signal.

1. Press ENTER, 1, 0, 0, 1, ENTER on the number keypad to enter Manager Mode.
2. Press TV on the display (Figure A).
3. Press SETUP on the display (Figure B). A TV will appear.



FIGURE A



FIGURE B

4. Press the - key on the number keypad and a Menu will appear on the TV (Figure C). ***NOTE:*** Once the Menu is present on the screen, the following buttons must be pressed quickly, or the Menu will minimize after 5 seconds of no key strokes.
5. Use the VOLUME UP or DOWN keys to move horizontally in the Menu and the CHANNEL UP and DOWN keys to move vertically.
6. Use the VOLUME UP or DOWN keys to scroll the cursor to Channel on the top right of the Menu (Figure D).

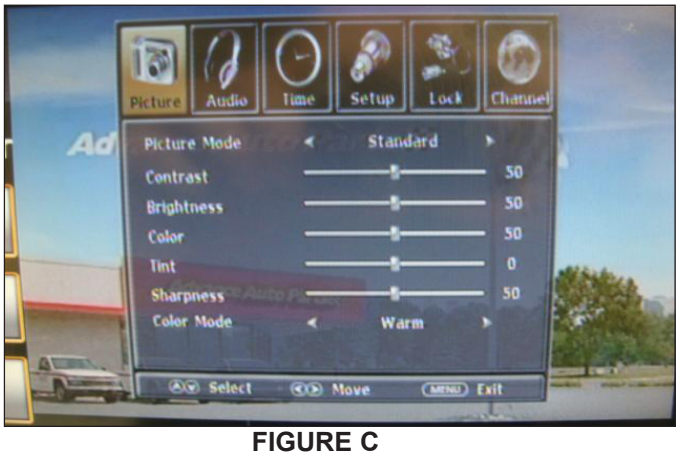


FIGURE C



FIGURE D

7. Use the CHANNEL UP or DOWN keys to scroll down to Auto Scan, then press the VOLUME UP or DOWN keys to enter the Channel Scan sub-menu (Figure E).
8. Use the CHANNEL UP or DOWN keys to scroll to Start To Scan, then press the VOLUME UP or DOWN keys to start the channel scan (Figure F).



FIGURE E



FIGURE F

10.6 TV PROGRAMMING INSTRUCTIONS - CONTINUED

Auto Scan (continued):

9. If the channels are not coming in clearly after a channel scan (or if only some channels come in), follow Steps 4-7 to enter the Auto Scan sub-menu. Use the VOLUME UP or DOWN keys to change the Cable System to match the club's incoming frequency (Figure G), then re-run Auto Scan.
10. If the channels are coming in clearly, press the HOME key to return to normal function (Figure H). If some channels are still not coming in, are blurry, or are not scanning, follow the procedure below for adding / deleting a single channel. If no channels are coming in, see the troubleshooting in Chapter 2.



FIGURE G



FIGURE H

Adding or Deleting a Single Channel - At times the Channel Scan can pick up channels that do not have a strong enough signal to come in clearly or will fail to pick up channels that do come in clearly. Use the following procedure to manually add or delete a channel.

1. Follow Steps 1-4 in the Auto Scan instructions to access the TV Menu.
2. Use the VOLUME UP or DOWN keys to scroll to Channel on the top right of the Menu.
3. Use the CHANNEL UP or DOWN keys to scroll to Show / Hide (Figure I). Then use the VOLUME UP or DOWN keys to enter the Show / Hide sub-menu.
4. The Show / Hide sub-menu will show a list of channels available (Figure J). Channels with a check mark are scanned in and should show up during normal TV usage.
5. To remove or add any channel, simply scroll to the channel using the CHANNEL UP or DOWN keys, and then press ENTER to add or delete a check mark (which adds or deletes the channel).
6. Once the desired channels are scanned in, press HOME to return to normal operation.



FIGURE I



FIGURE J

10.6 TV PROGRAMMING INSTRUCTIONS - CONTINUED

Closed Caption - Clubs will vary on whether they request the closed caption to be turned off or on. Please discuss this option with the club manager prior to adjusting this setting.

1. Press ENTER, 1, 0, 0, 1, ENTER on the number keypad to enter Manager Mode.
2. Press TV on the display (Figure K).
3. Press SETUP on the display (Figure L). A TV will appear.



FIGURE K



FIGURE L

4. Press the - key on the number keypad and a Menu will appear on the TV (Figure M).
5. Use the VOLUME UP or DOWN keys to scroll the cursor to Setup on the Menu (Figure N).



FIGURE M



FIGURE N

6. Use the CHANNEL UP or DOWN keys to scroll the cursor to Closed Caption, then press the VOLUME UP or DOWN key to enter the Closed Caption sub-menu (Figure O).
7. Use the VOLUME UP or DOWN keys to toggle the CC Mode from ON to OFF or vice versa as needed (Figure P).
8. Press HOME to return to normal function.



FIGURE O



FIGURE P

11.1 SOFTWARE UPGRADE PROCEDURE

**** An AC power cord is required to update software in the field. Plug in the unit prior to beginning the update procedure.***
***** All plug ins must be removed prior to updating software (for example, no IPod can be connected). Do not use the console while an update is in process.***
****** If VA is installed on the console, wait until the Virtual Active icon on the standard display picture turns red prior to updating the software.***

1) Copy five software files (3xeAllDeploy.cab, NK, IO_XXX, updateLMM.cofige and Extract_CE) onto a USB drive.
2) Turn on the power to the ascent trainer, wait until the standby picture has come up (Figure A).
3) Insert the USB drive into the USB Port in the console (Figure B).



FIGURE A



FIGURE B

4) After a few seconds, the ascent trainer will run the auto update processing (Figure C). The achieved percentage of the scheduled process will be displayed (Figure D).

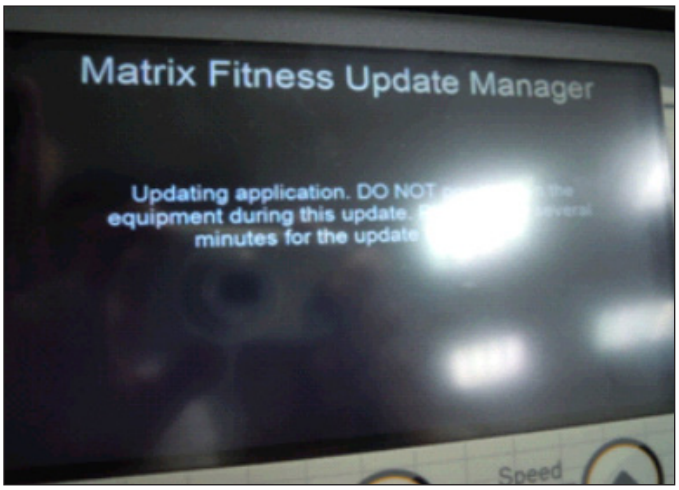


FIGURE C

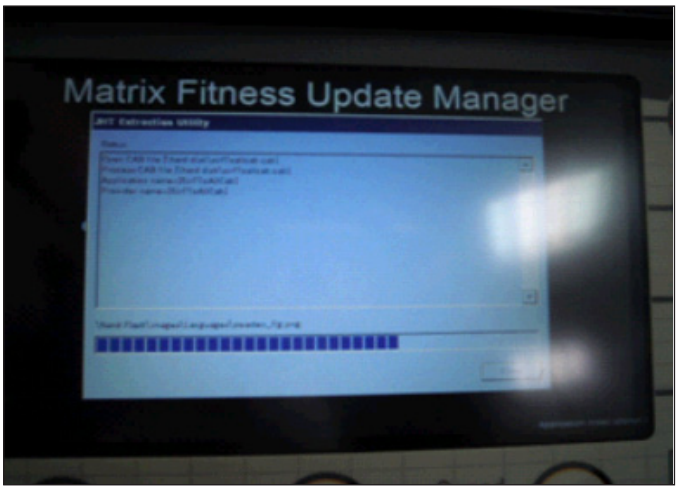


FIGURE D

11.1 SOFTWARE UPGRADE PROCEDURE - CONTINUED

5) When the update is complete, the display will ask you to remove the USB drive (Figure E). Once the USB is removed, the ascent trainer should reboot immediately. ***NOTE:*** If the console does not reboot normally, reset the unit power using the power switch. Also reset the console power by pressing and holding the CHANNEL UP and DOWN keys together for 3-5 seconds. Update the software again if problems persist.
6) Press ENTER, 1, 0, 0, 1, ENTER on the upper keypad to enter Manager Mode, then press the key next to ABOUT (Figure F).

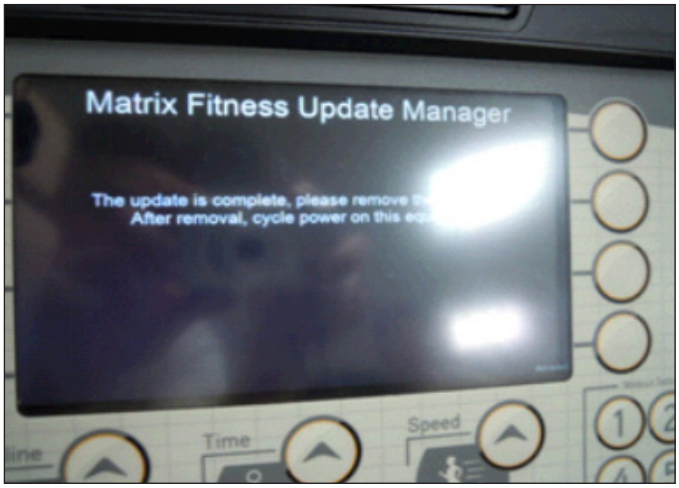


FIGURE E



FIGURE F

7) Press the key next to VERSIONS to verify the new software version (Figure G).
8) All of the software versions will now be displayed (Figure H). Press the HOME key to return to the standard display picture.
9) Press ENTER, 3, 0, 0, 1, ENTER to go into Service Mode. Check to see if the Machine Type is correct. If the Machine Type is not correct, press ENTER, 3, 0, 0, 2, ENTER. This will do a software parameter reset. Then change the Machine Type. Once the Machine Type is changed cycle unit and console power. Press the HOME key to return to the standard display picture if the Machine Type is correct.

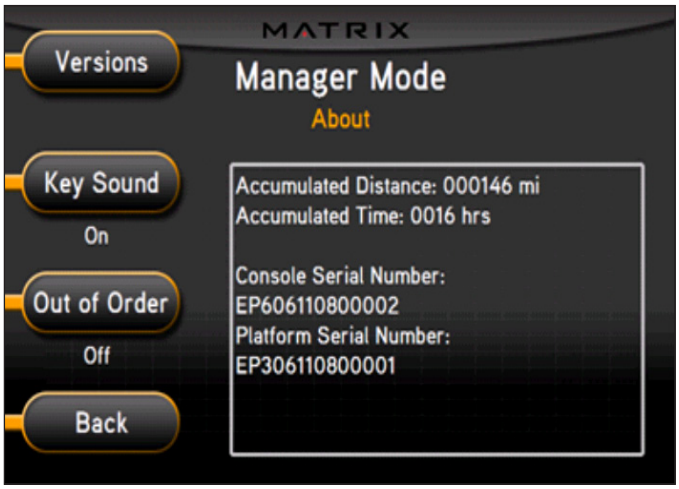


FIGURE G



FIGURE H

NOTES



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