MATRIX
Strong • Smart • Beautiful



OWNERS MANUAL

ULTRA Single-Station Strength
G7-S42 Triceps Press

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IMPORTANT SAFETY INFORMATION

It is the sole responsibility of the purchaser of Matrix products to instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment.

It is recommended that all users of Matrix exercise equipment be informed of the following information prior to its use.

PROPER USAGE

Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that Matrix equipment be used properly to avoid injury.

Keep hands and feet clear at all times from moving parts to avoid injury.

CHECK FOR DAMAGED PARTS

1. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by your country's local Matrix dealer.

2. MAINTAIN LABELS AND NAMEPLATES: Do not remove labels for any reason. They contain important information. If unreadable or missing, contact your Matrix dealer for a replacement.

3. SECURING EQUIPMENT: All equipment MUST be secured to the floor to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor.

4. MAINTAIN ALL EQUIPMENT: Preventative maintenance is the key to smooth operating equipment as well as keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.

5. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. Matrix dealers will provide service and maintenance training at our corporate facility upon request.

IMPORTANT SAFETY INSTRUCTIONS

WARNING: This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.

WARNING: SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. FOLLOW THESE PRECAUTIONS TO AVOID INJURY!

1. Never allow children on strength training equipment. Teenagers must be supervised at all times while using this equipment.
2. All warnings and instructions should be read and proper instruction obtained prior to use.
3. Use this equipment for its intended purposes only.
4. NEVER allow resistance straps, ropes or other means be attached to this equipment, as this may result in serious injury.
5. NEVER use this equipment for support during stretching, as this may result in serious injury.
6. Cease exercise if you feel faint or dizzy. Obtain a medical exam before beginning an exercise program.
7. Keep body, hair, clothing and accessories free and clear of all moving parts.
8. Inspect the machine before use. DO NOT use machine if it appears damaged or inoperable.
9. Check to see that the selector pin is completely inserted into the weight stack.
10. NEVER use this machine with the weight stack pinned in an elevated position.
11. NEVER use dumbells or other means to incrementally increase the weight resistance. Only use the means provided directly from the manufacturer.
12. This equipment should only be used in supervised areas where access and control are regulated by the owner.

EXERCISE PLACARD



PRODUCT SPECIFICATIONS

TECH SPECS	
Maximum User Weight	136 kg / 300 lbs.
Maximum Training Weight	109 kg / 240 lbs.
Product Weight	307 kg / 675 lbs.
Overall Dimensions (L x W x H)	155.4 x 106.8 x 129.6 cm / 61.2" x 42.1" x 51.0"

WARRANTY (Valid in USA only)	
Frame (not coatings)	10 years
Weight stacks	5 years
Pulleys	5 years
Pivot bearings	5 years
Any items not specified	3 years
Labor (excluding upholstery/cables/grips)	3 years
Upholstery/cables/grips/springs	1 year
Accessories	6 months

MAINTENANCE CHECKLIST

ACTION	FREQUENCY
Clean Upholstery	Daily
Inspect Cables	Daily
Clean Guide Rods	Monthly
Inspect Hardware	Monthly
Inspect Frame	Bi-Annually
Clean Machine	As Needed
Clean Grips	As Needed
Lubricate Guide Rods	As Needed

Upholstery & Grips should be cleaned with a non-ammonia based cleaner or a mild soap and water. Guide rods should be lubricated with Teflon based lubricant. Apply the lubricant to a cotton cloth and then apply up and down the guide rods.

UNPACKING

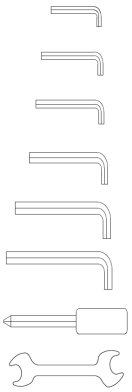
Thank you for purchasing a Matrix product. This machine is an EN957-1 and EN957-2 compliant Class S product. Your Matrix product is inspected before it is packaged. It is shipped in multiple pieces to facilitate the compact packaging of the machine. Prior to assembly, confirm all the components by matching them with the exploded diagrams. Carefully unpack the unit from this box and dispose of the packing materials in accordance with your local laws.

CAUTION

The weight of the product is 675 lbs. (306 kg) not including the weight stack. The weight stack for this machine is 240 lbs. (109 kg). To avoid injury to yourself and prevent damage to the frame components, be sure to have proper assistance removing the frame pieces from this box. Please be sure to install the equipment on a stable base, properly level the machine and leave at least two feet of clearance to enter and exit the machine. Maximum user weight for this machine is 300 lbs.

TOOLS REQUIRED FOR ASSEMBLY

3MM L-Shaped Allen Wrench
4MM L-Shaped Allen Wrench
5MM L-Shaped Allen Wrench
6MM L-Shaped Allen Wrench
8MM L-Shaped Allen Wrench
10MM L-Shaped Allen Wrench
Phillips & Standard Screwdrivers
8MM Open-End Wrench
13MM Open-End Wrench
17MM Open-End Wrench.
19MM Open-End Wrench
Adjustable Wrench



Blue Locktite 242 must be used on all fasteners that are not assembled with Nylock Nuts.

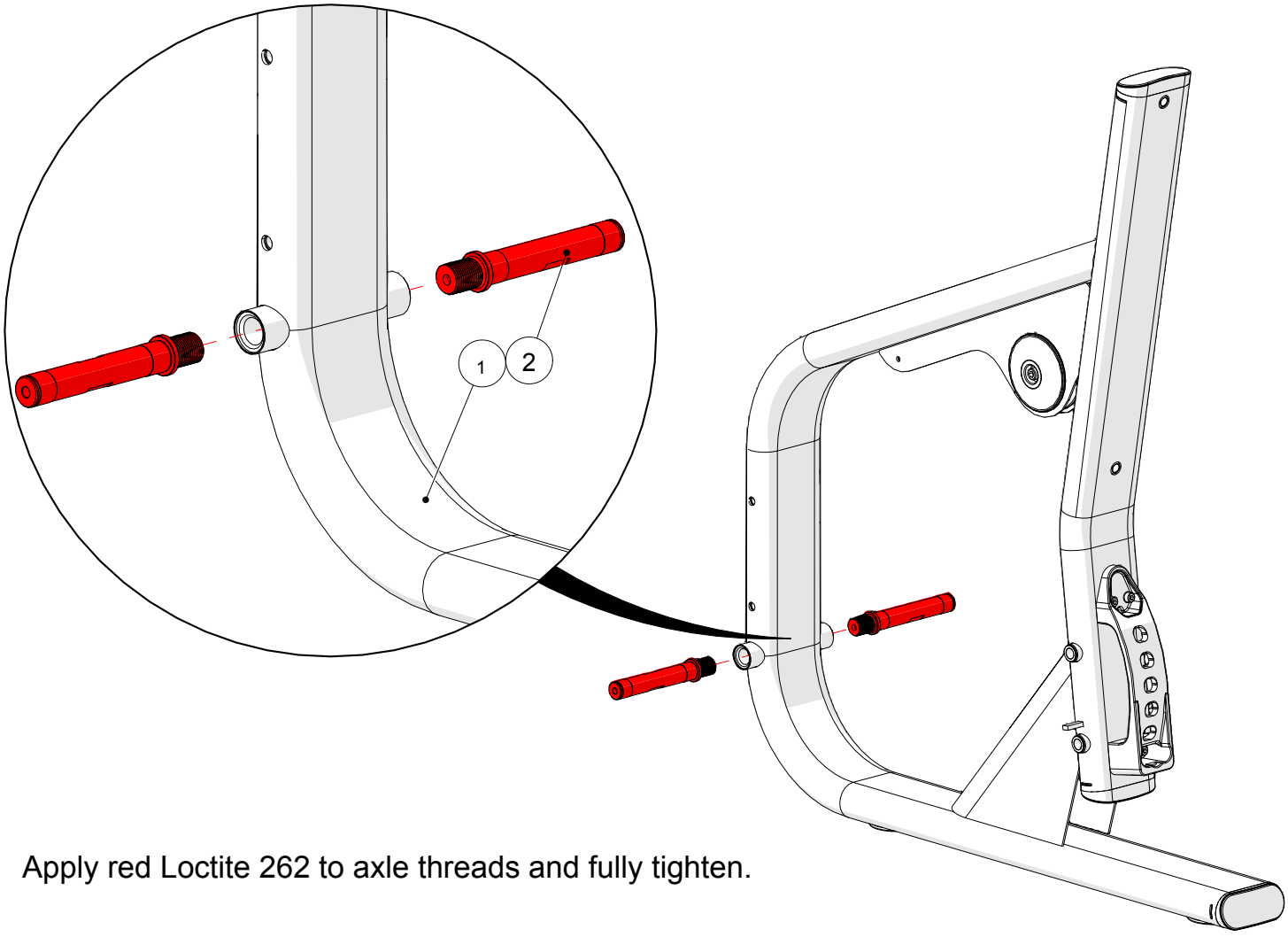
Parts List

ID	DESCRIPTION	QTY
1	User Frame	1
2	Arm Axle	2
3	M10 Flat Washer	15
4	M10 X 75L Socket Head Cap Screw	4
5	Upper Connecting Tube	1
6	M10 Saddle Washer	6
7	M10 X 30L Hex Head Bolt	6
8	Lower Connecting Tube	1
9	Weight Stack	1
10	M10 Nylock Nut	9
11	M10 X 140L Socket Head Cap Screw	2
12	M10 X 45L Socket Head Cap Screw	1
13	Pulley	3
14	Cable	1
15	Large Pivot Cap	3
16	M10 X 50L Socket Head Cap Screw	1
17	M8 X 25L Socket Head Cap Screw	8
18	Medium Pivot Cap	8
19	Seat Link	4
20	Axle	4
21	Spring	2
22	Seat	1
23	M10 X 15L Socket Head Cap Screw	2
24	Small Pivot Cap	2
25	Snap Ring	2
26	Right Arm	1
27	Wave (Spring) Washer	2
28	Left Arm	1
29	M8 Nylock Nut	6
30	M10 X 65L Socket Head Cap Screw Seat	1
31	M8 X 20 Socket Head Cap Screw	10

ID	DESCRIPTION	QTY
32	M8 Flat Washer	16
33	Pulley Spacer	1
34	M5 Shoulder Bolt	1
35	M5 Nylock Nut	1
36	Counter Weight	2
37	M8 X 30L Special Screw	2
38	Sleeve	2
39	Handlebar	2
40	M10 X 75L Button Head Cap Screw	2
41	Back Pad Assembly	1
42	Pad	1
43	M10 X 20L Hex Bolt	4
44	Left Front Shroud	1
45	Right Front Shroud	1
46	Rear Shroud	1
47	M8 X 60L Socket Head Cap Screw	4
48	Top Cap	1

STEP 1 | USER FRAME INSTRUCTIONS & NOTES

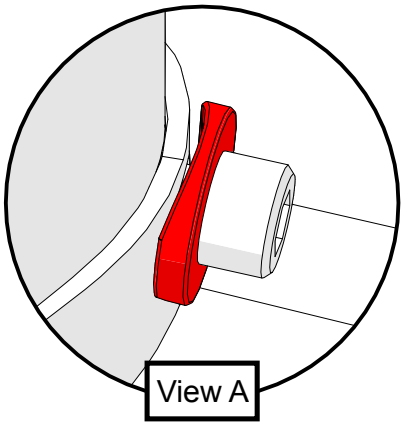
ID	DESCRIPTION	QUANITY
1	User Frame	1
2	Arm Axle	2

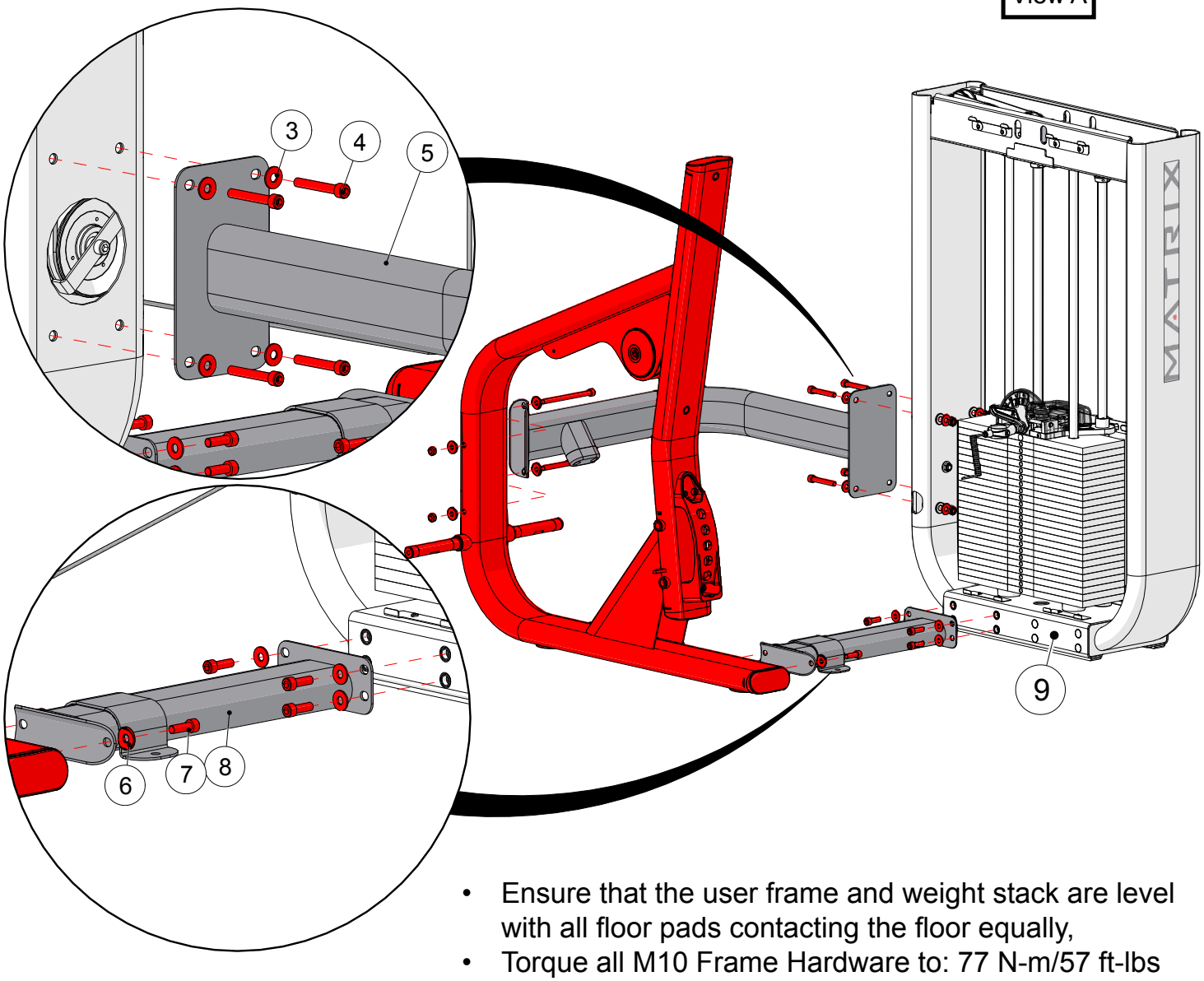


- Apply red Loctite 262 to axle threads and fully tighten.

STEP 2 | USER FRAME INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANITY
3	M10 Flat Washer	8
4	M10 X 75L SHC	4
5	Upper Connecting Tube	1
6	M10 Saddle Washer	2
7	M10 X 30L SHC	6
8	Lower Connecting Tube	1
9	Weight Stack	1

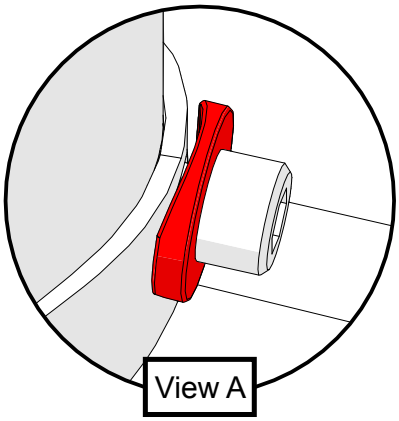


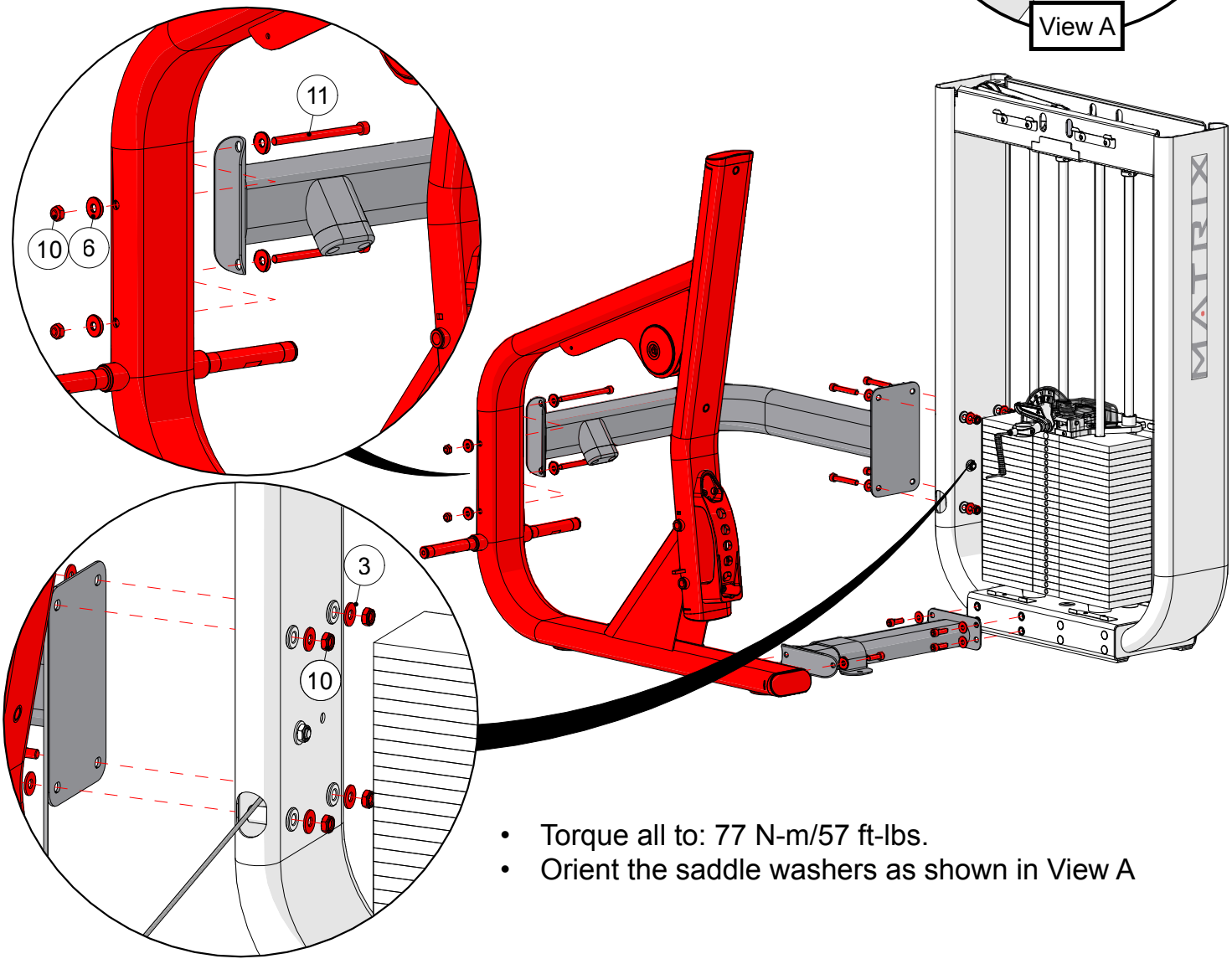


- Ensure that the user frame and weight stack are level with all floor pads contacting the floor equally,
- Torque all M10 Frame Hardware to: 77 N-m/57 ft-lbs
- Orient the saddle washers as shown in View A

STEP 3 | WEIGHT STACK CABLE INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANITY
3	M10 Flat Washer	4
6	M10 Saddle Washer	4
10	M10 Nylock Nut	6
11	M10 X 140L SHC	2

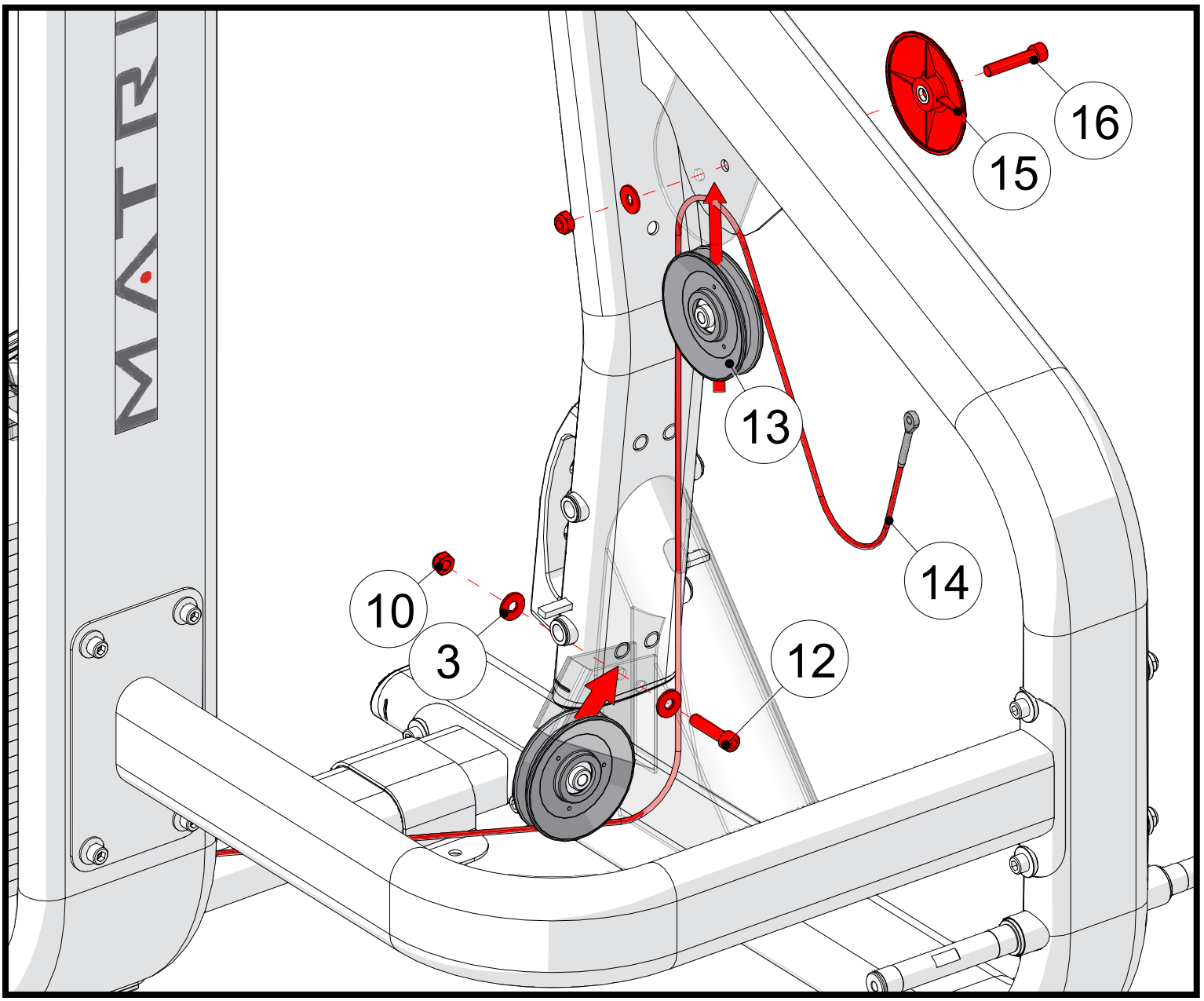




- Torque all to: 77 N-m/57 ft-lbs.
- Orient the saddle washers as shown in View A

STEP 4 | CABLE ASSEMBLY INSTRUCTIONS & NOTES

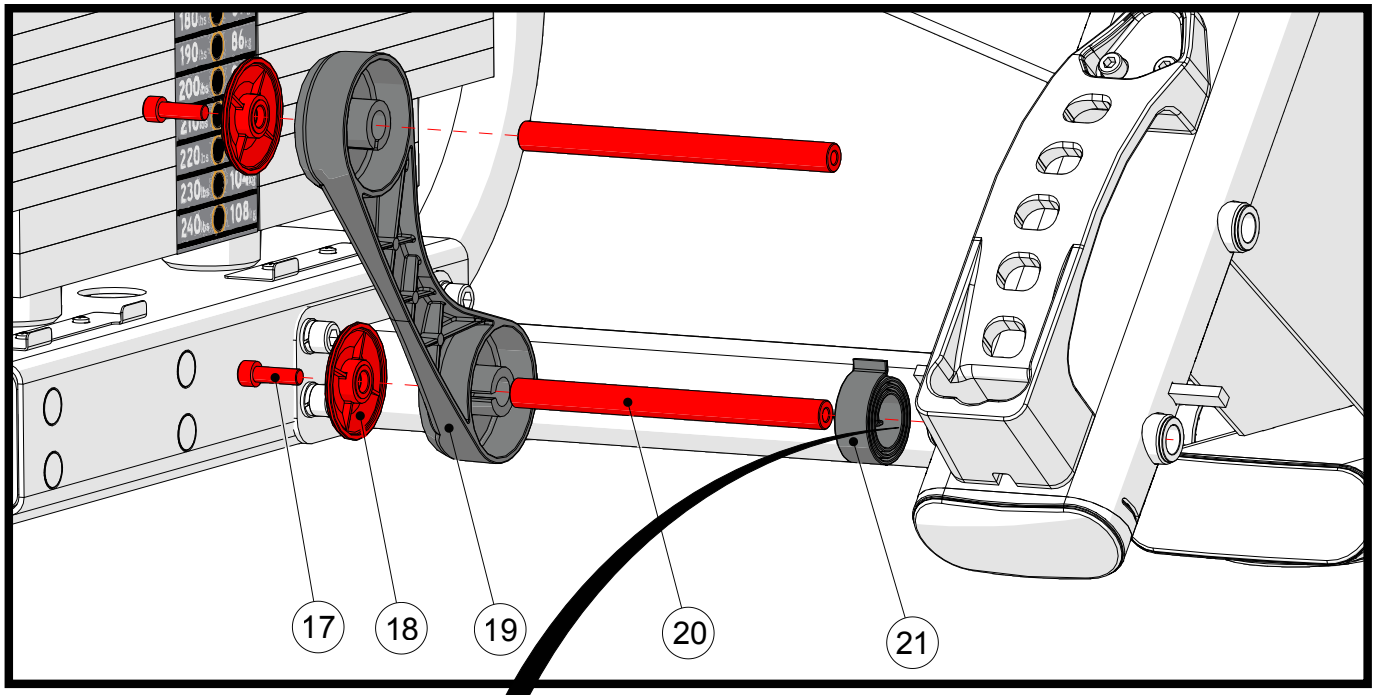
ID	DESCRIPTION	QUANITY
3	M10 Flat Washer	3
10	M10 Nylock Nut	2
12	M10 X 45 SHC	1
13	Pulley	2
14	Cable	1
15	Large Pivot Cap	1
16	M10 X 50 SHC	1

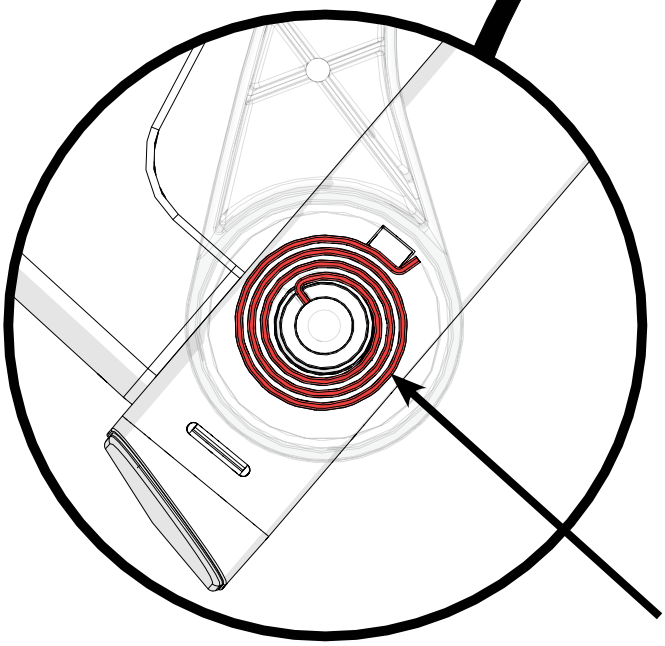


STEP 1 | SEAT LINK ASSEMBLY INSTRUCTIONS & NOTES

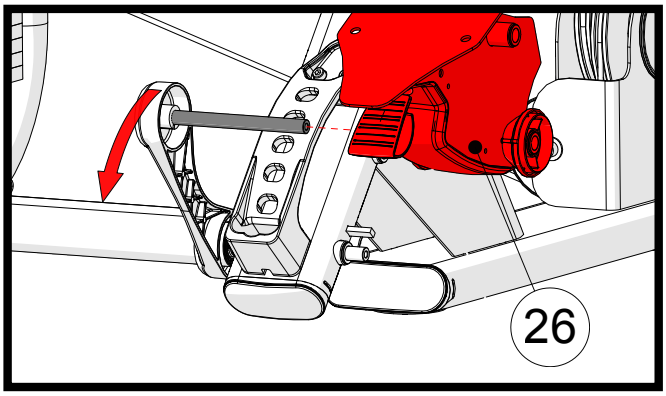
ID	DESCRIPTION	QUANITY
17	M8 X 25L SHC	2
18	Medium Pivot Cap	2
19	Seat Link	1
20	Axle	2
21	Spring	1
22	Seat	1

*Note: Shoulder Press seat assembly is shown - but steps and components are identical for the Triceps Press





Tighten to 39 N-m/29 ft-lbs.

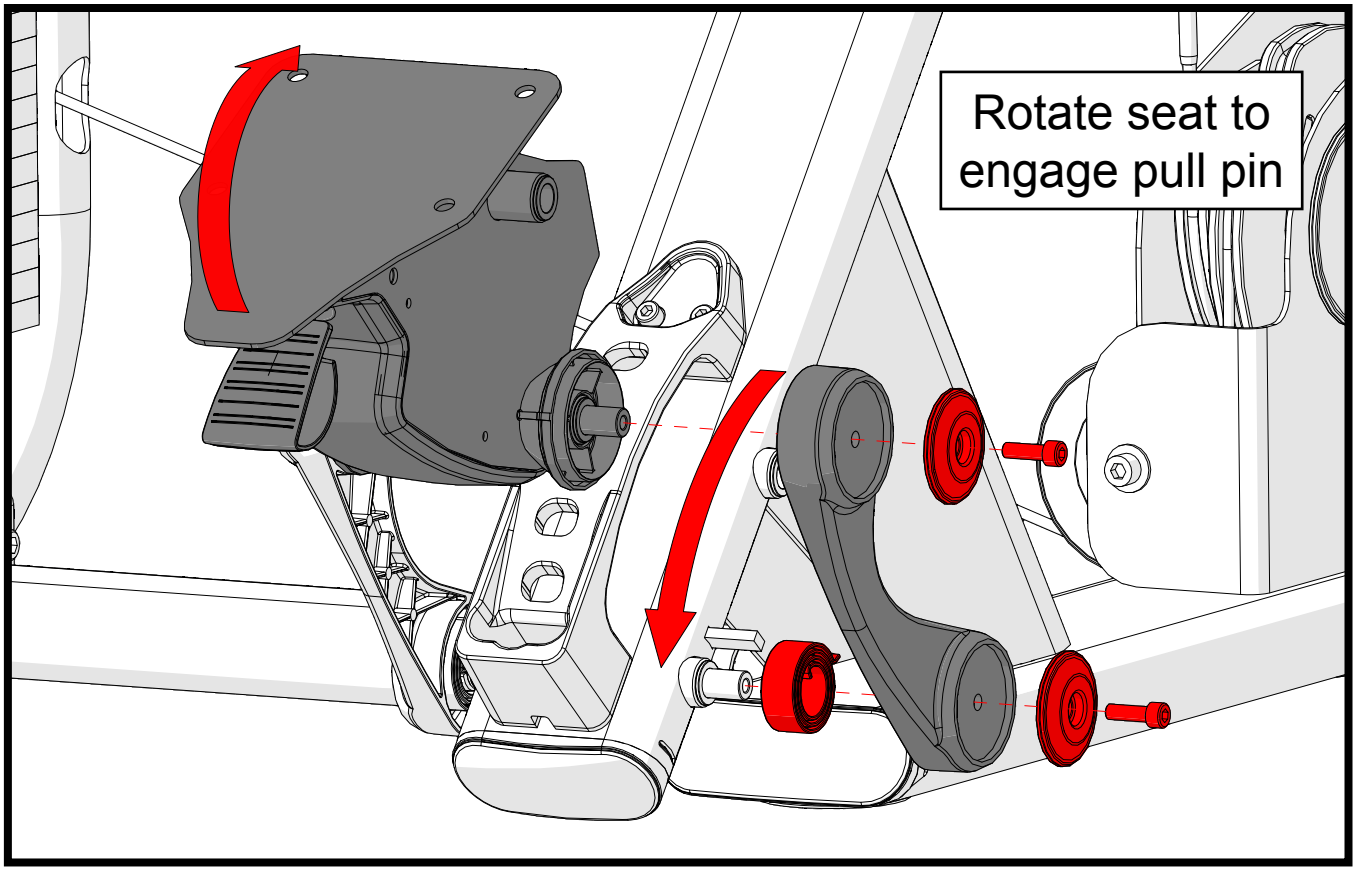


Ensure bottom links are assembled correctly by testing spring tension

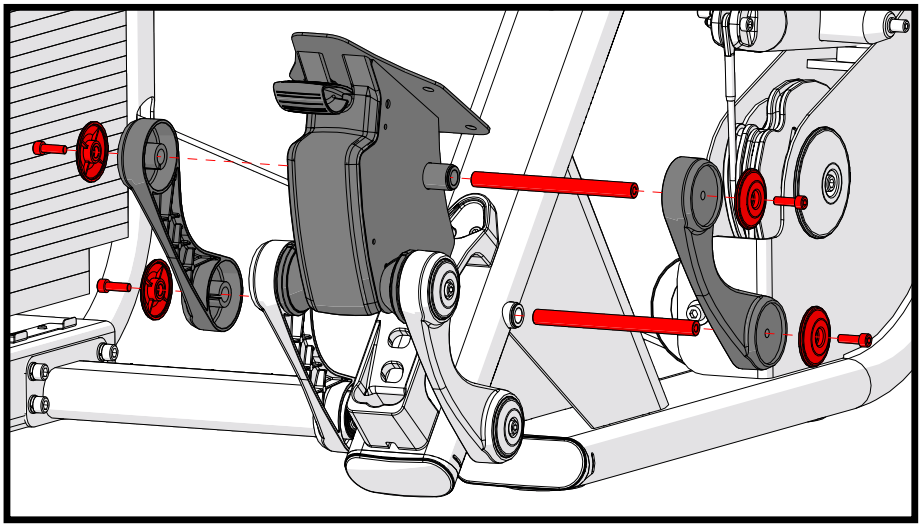
Outer tab of spring must be secured behind frame reaction bar

STEP 2 | SEAT ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANITY
17	M8 X 25L SHC	6
18	Medium Pivot Cap	6
19	Seat Link	3
20	Axle	2
21	Spring	1



Assemble upper axles, links and pivot caps



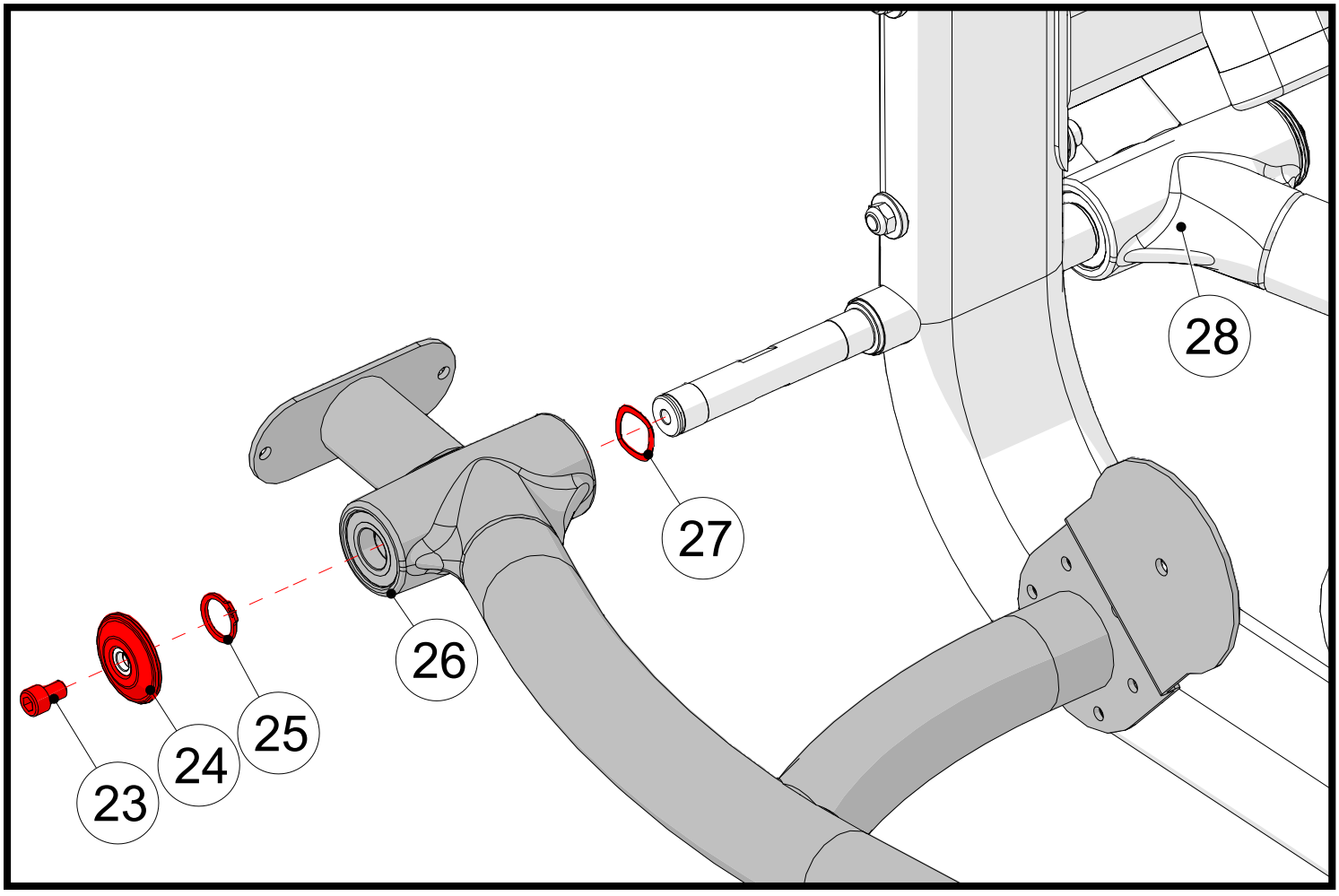
Tighten to 39 N-m/29 ft-lbs.

STEP 1 | LEFT AND RIGHT* ARM ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANITY
23	M10 X15L SHC	2
24	Small Pivot Cap	2
25	Snap Ring	2
26	Right Arm	1
27	Wave (Spring) Washer	2
28	Left Arm	1

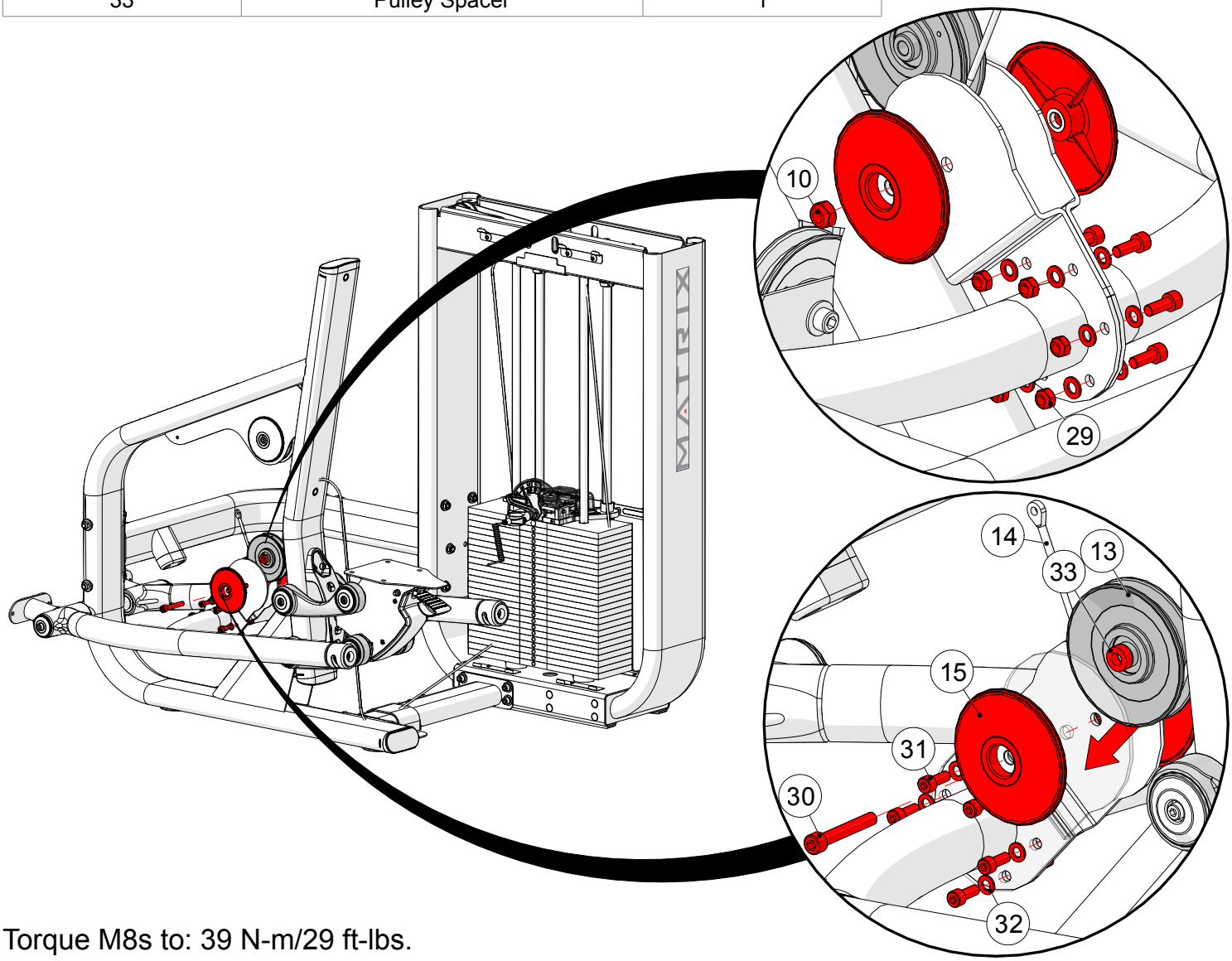
*Only right arm assembly is shown

Apply blue Loctite 242 and tighten to 77 N-m/57 ft-lbs.



STEP 2 | PULLEY ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANITY
10	M10 Nylock Nut	1
13	Pulley	1
14	Cable	1
15	Large Pivot Cap	2
29	M8 Nylock Nut	6
30	M10 X 65L SHC	1
31	M8 X 20L SHC	6
32	M8 Flat Washer	12
33	Pulley Spacer	1

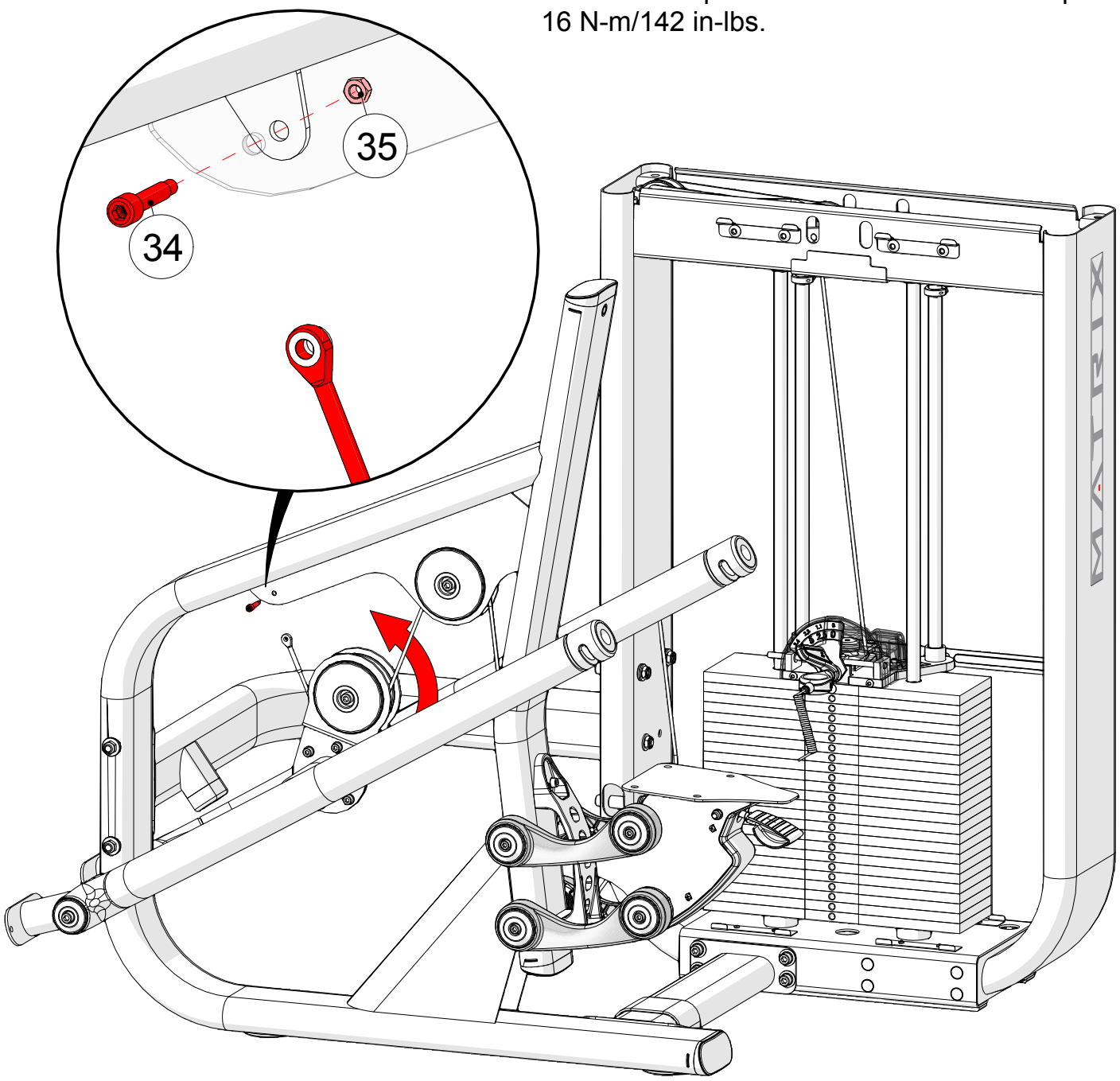


Torque M8s to: 39 N-m/29 ft-lbs.
Torque M10 to 77 N-m/57 ft-lbs.

STEP 3| CABLE ASSEMBLY INSTRUCTIONS & NOTES

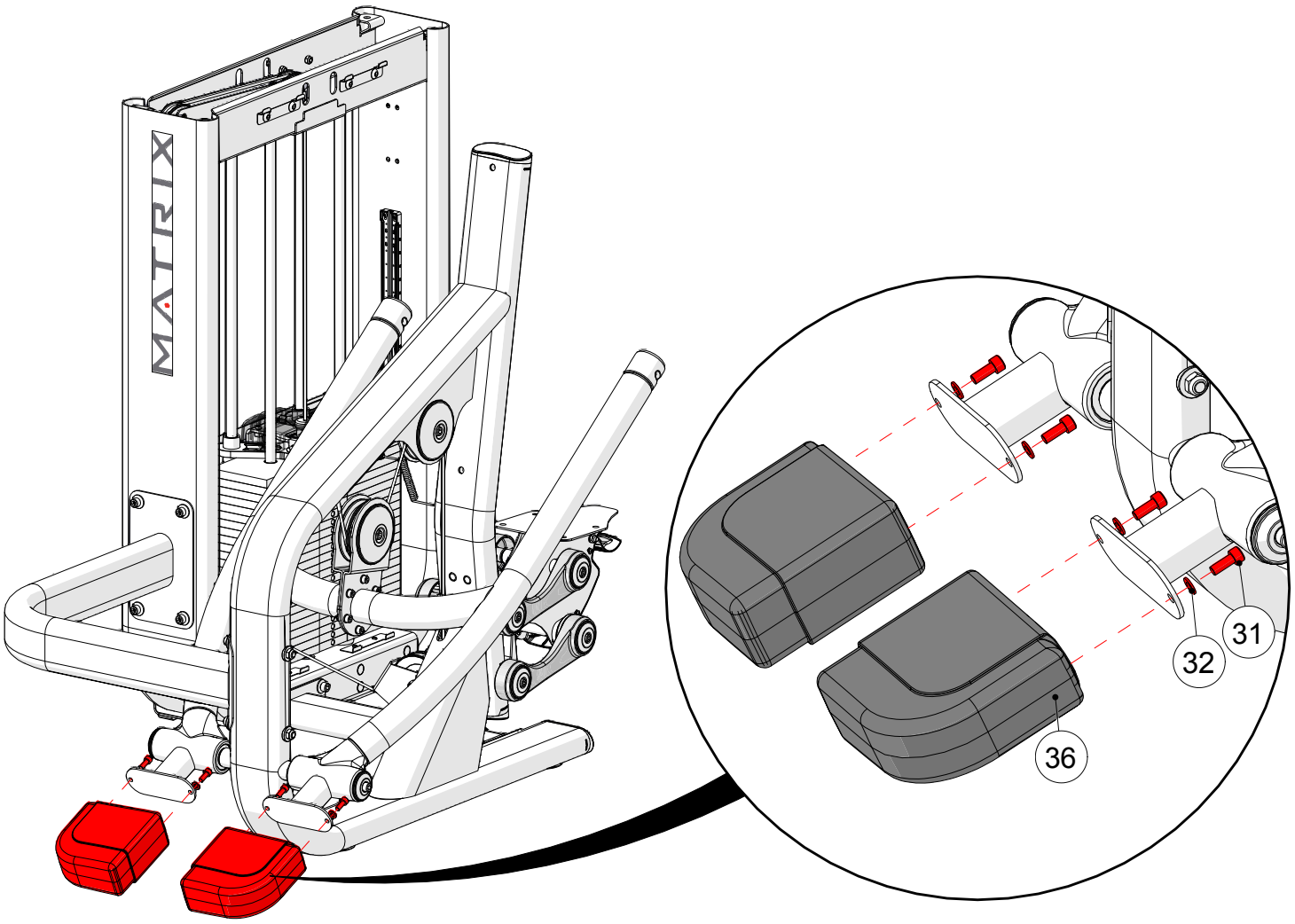
ID	DESCRIPTION	QUANITY
34	M5 Shoulder Bolt	1
35	M5 Nylock Nut	1

Raise arms up to attach cable end and torque to 16 N-m/142 in-lbs.



STEP 4 | COUNTER WEIGHT ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANITY
31	M8 X 20L SHC	4
32	M8 Flat Washer	4
36	Counter Weight	2

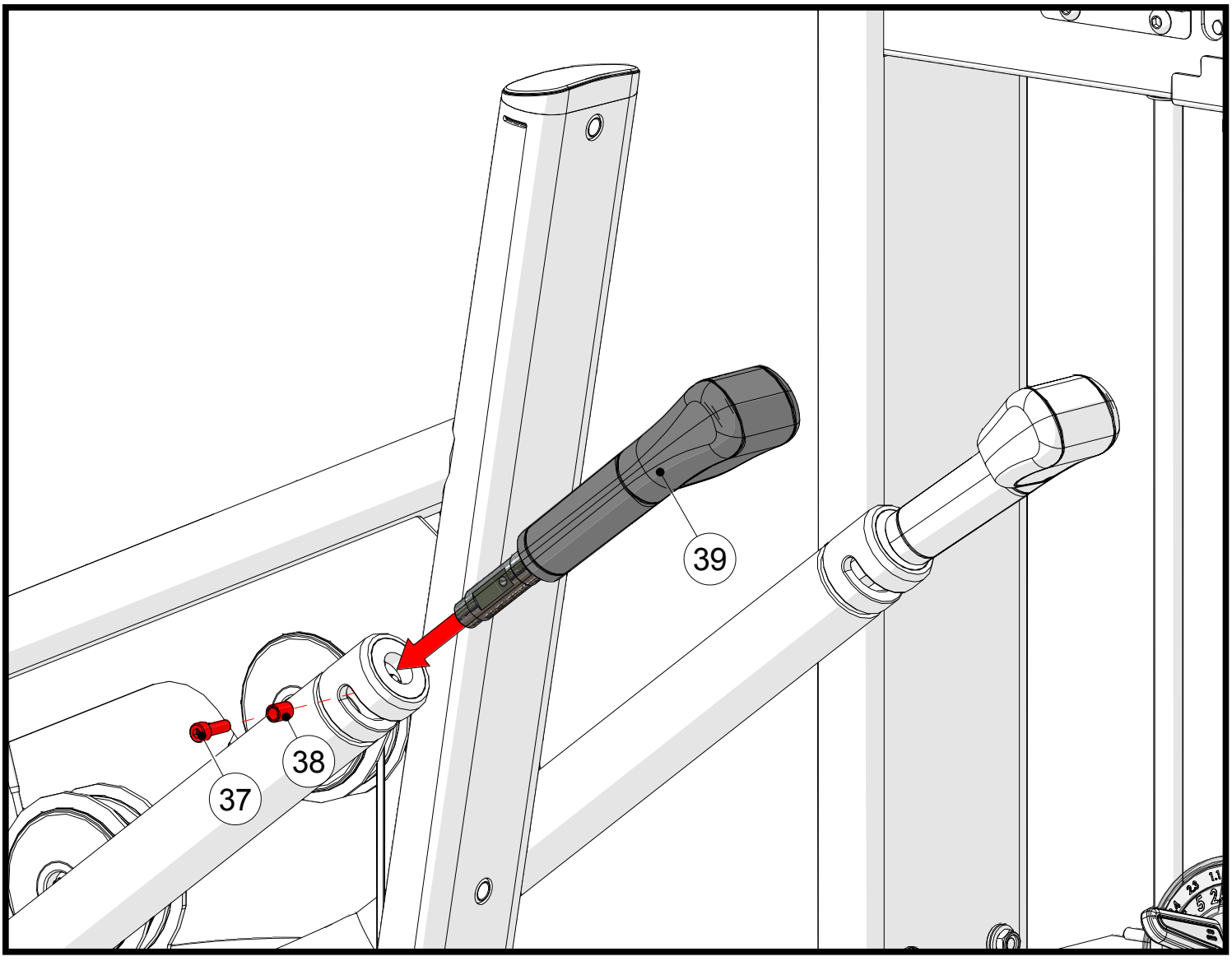


Torque to: 39 N-m/29 ft-lbs.

STEP 5 | HANDLEBAR ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANITY
37	M8 X 30L Special Screw	2
38	Sleeve	2
39	Handlebar	2

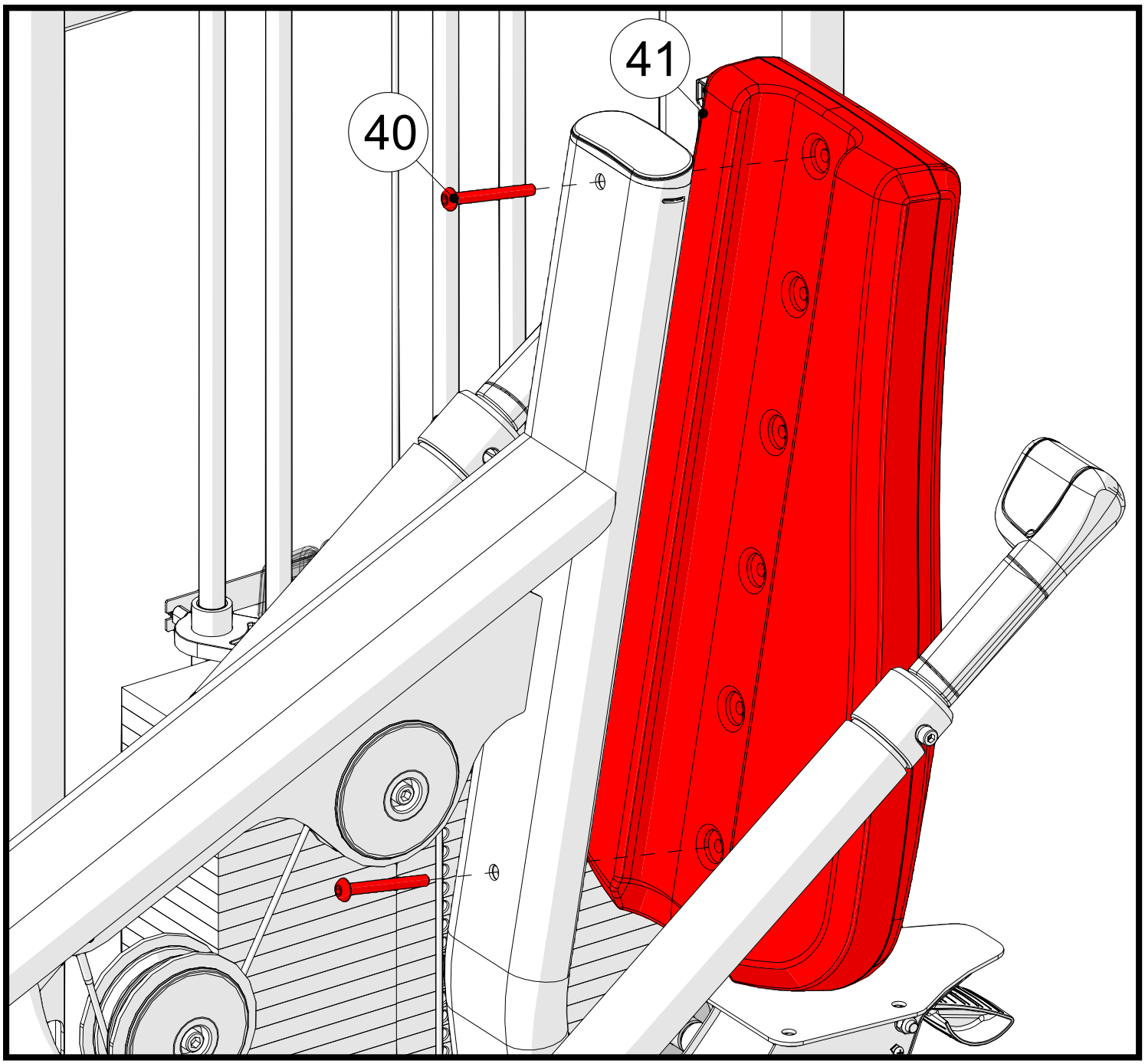
*Only right arm assembly is shown



Torque to: 39 N-m/29 ft-lbs.

STEP 1 | BACK PAD ASSEMBLY INSTRUCTIONS & NOTES

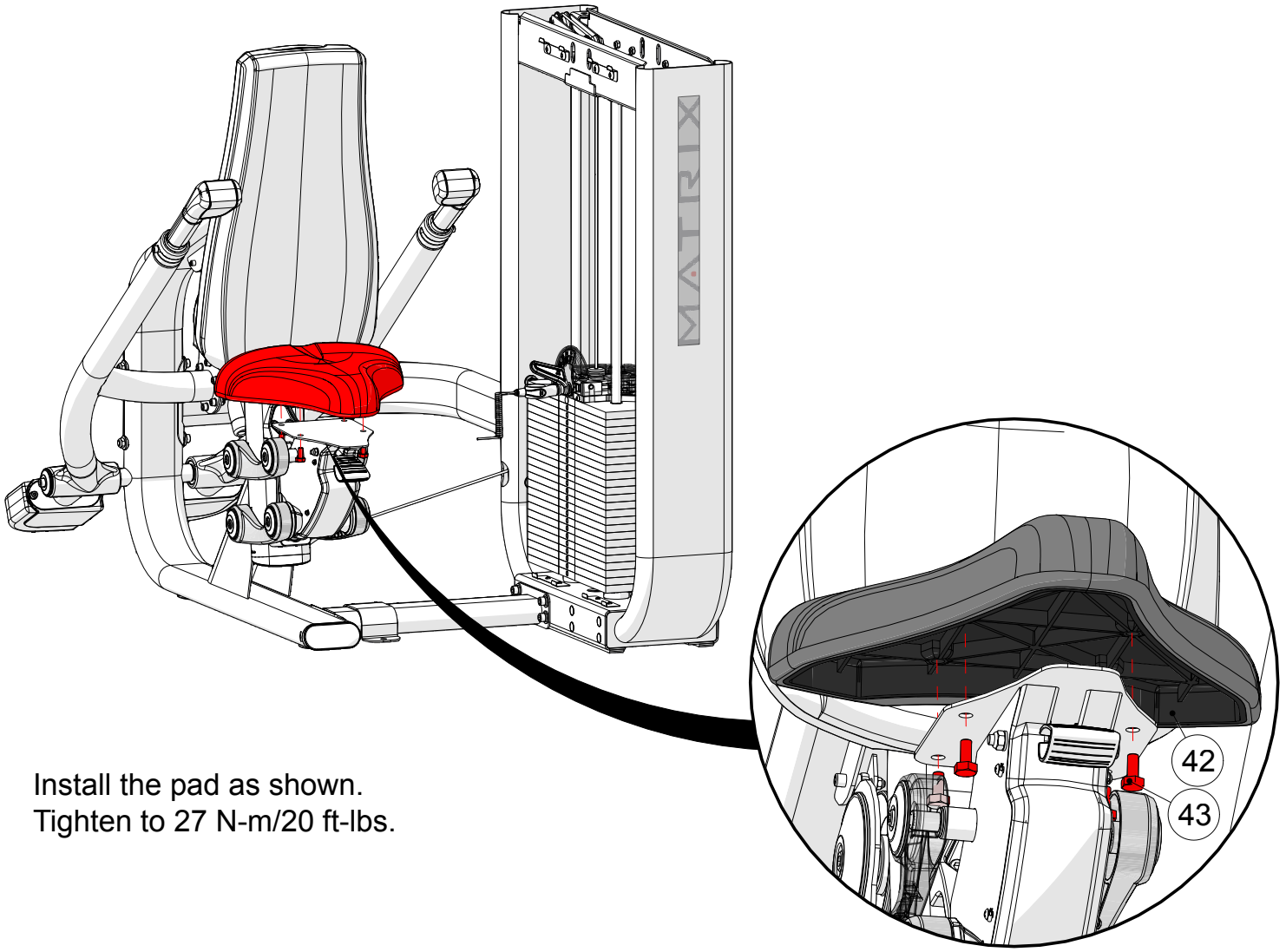
ID	DESCRIPTION	QUANITY
40	M10 X 75L BHC	2
41	Back Pad Assembly	1



Install the pad as shown.
Tighten to 27 N-m/20 ft-lbs.

STEP 2 | BOTTOM PAD ASSEMBLY INSTRUCTIONS & NOTES

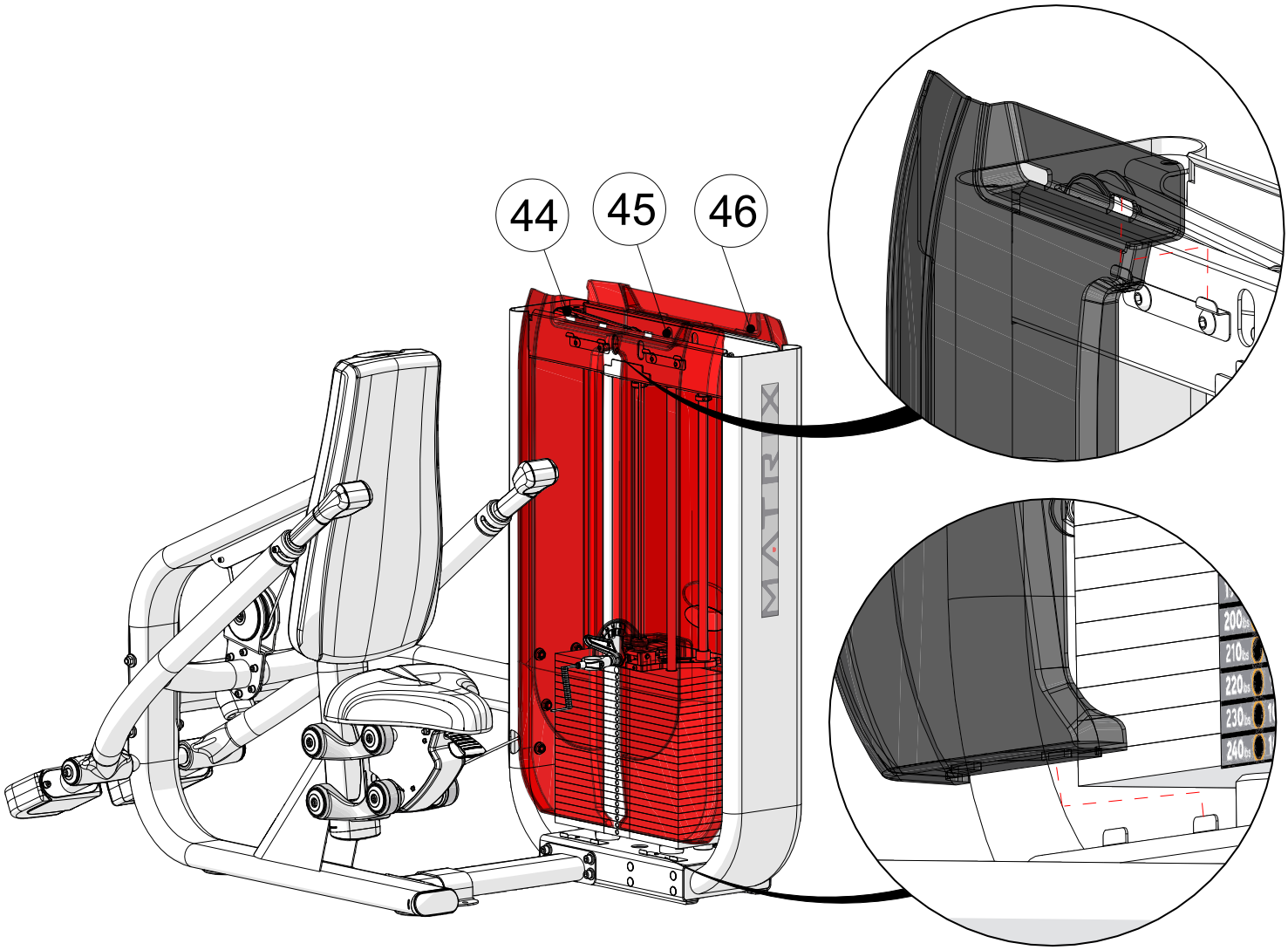
ID	DESCRIPTION	QUANITY
42	Pad	1
43	M10 X 20L Hex Bolt	4



Install the pad as shown.
Tighten to 27 N-m/20 ft-lbs.

STEP 1 | SHROUD ASSEMBLY ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANITY
44	Left Front Shroud	1
45	Right Front Shroud	1
46	Rear Shroud	1

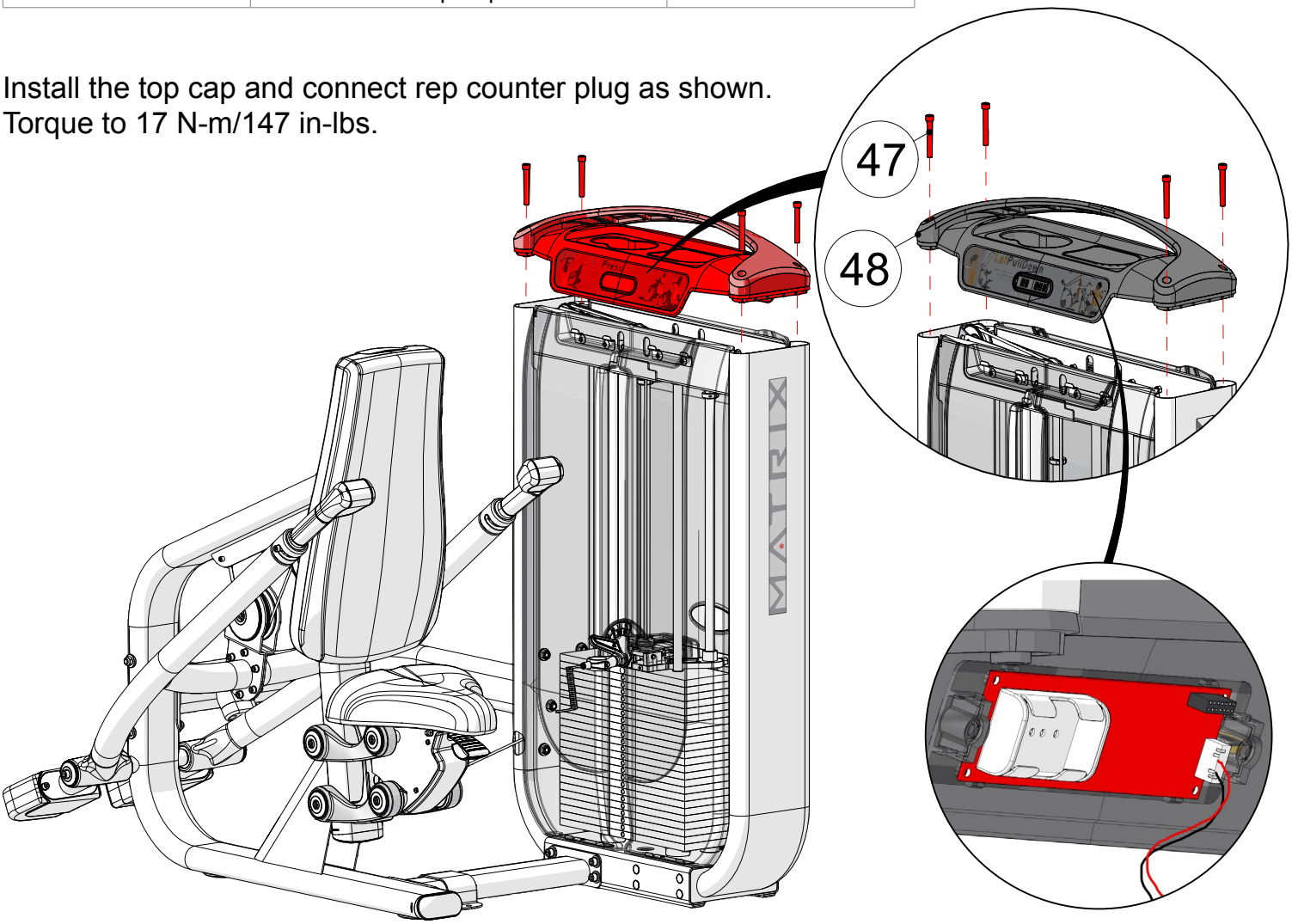


Install the weight stack shrouds as shown.

STEP 2 | TOP CAP ASSEMBLY INSTRUCTIONS & NOTES

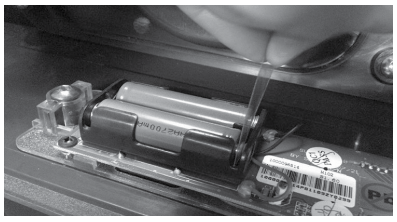
ID	DESCRIPTION	QUANITY
47	M8 X 60L SHC	4
48	Top Cap	1

Install the top cap and connect rep counter plug as shown.
Torque to 17 N-m/147 in-lbs.



Position top cap so Rep Counter faces the user.

MATRIX® | IMPORTANT NOTICE



PLEASE NOTE:

Be sure to remove the insulating sheet when installing the Rep Counter.

MATRIX
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