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MATRIX FITNESS SYSTEMS | 1600 LANDMARK DRIVE COTTAGE GROVE WI 53527 USA
Toll Free 866.693.4863 matrixfitness.com Fax 608.839.8687

PART # 00000088210

REV. 1.1

Strong. Smart. Beautiful.

MATRIX™

MATRIX | G7 SINGLE-STATION STRENGTH
SEATED ROW

IMPORTANT SAFETY INFORMATION

It is the sole responsibility of the purchaser of MATRIX Fitness Systems 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 Fitness Systems 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
Fitness Systems 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 Fitness Systems dealer.

2. MAINTAIN LABELS AND NAMEPLATES: Do not remove labels for any reason. They contain important information.
   If unreadable or missing, contact your MATRIX Fitness Systems 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 Fitness Systems dealers will provide service and maintenance training at our corporate facility upon request.

GM43 SEATED ROW

UNPACKING GM43 SEATED ROW

Thank you for purchasing a MATRIX Fitness product. Your MATRIX GM43 SEATED ROW 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. The weight stack is shipped in separate packaging to reduce the weight of this box. Carefully unpack the unit from this box and dispose of the packing materials in accordance with your local laws.

CAUTION

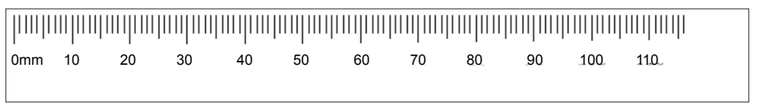
The weight of the GM43 SEATED ROW is 645 lbs. (293 kg) not including the weight stack. The weight stack tower is packaged completely assembly for ease of installation; use extra caution when removing from its pallet during assembly. The weight stack for this machine is 296 lbs. (135 kg). To avoid injury to yourself and prevent damage to the frame components, be sure to have proper assistance removing the frame pieces from this box.

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 Screwdriver
8MM Open-End Wrench
17MM Open-End Wrench

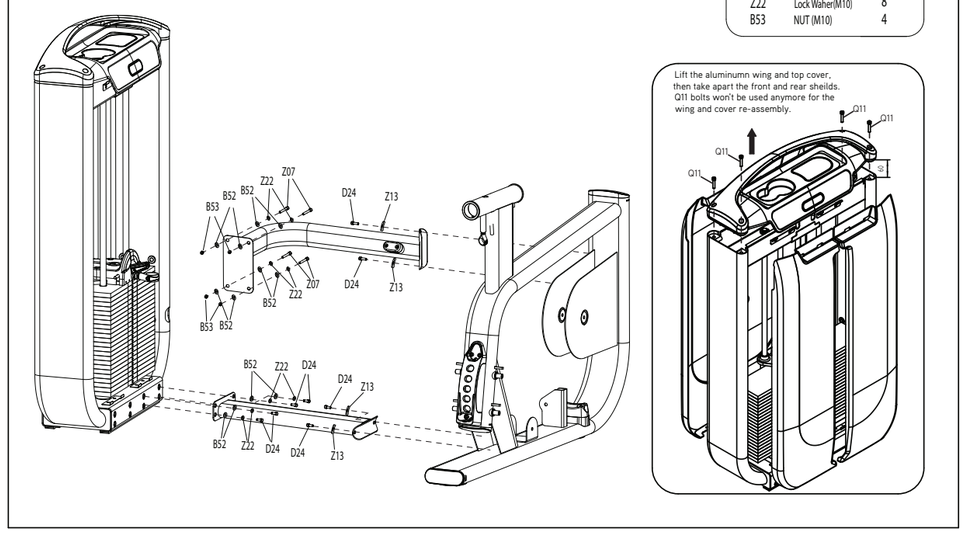


If any items are missing please contact your country's local MATRIX dealer for assistance.



Step 1

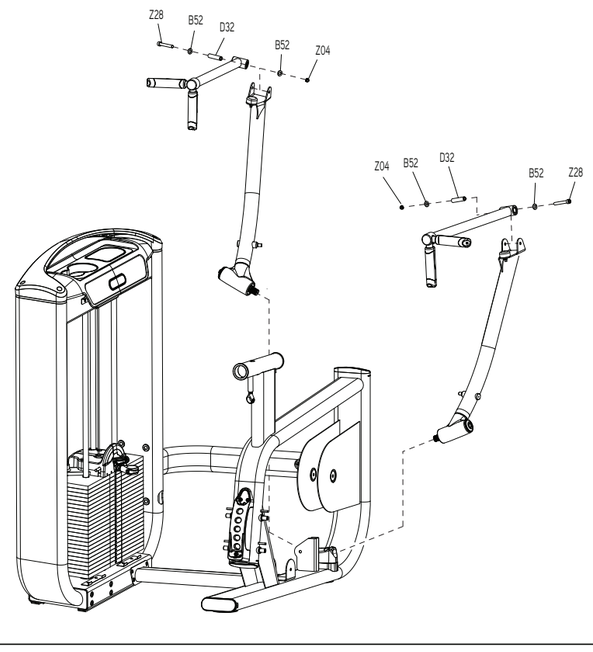
Item	Description	Qty
D24	Screw (M10X30L)	8
Z07	Screw (M10X75L)	4
B52	Flat Waher(M10)	12
Z13	Arc-Flat Waher	4
Z22	Lock Waher(M10)	8
B53	NUT (M10)	4



Lift the aluminumn wing and top cover, then take apart the front and rear sheilds. Q11 bolts won't be used anymore for the wing and cover re-assembly.

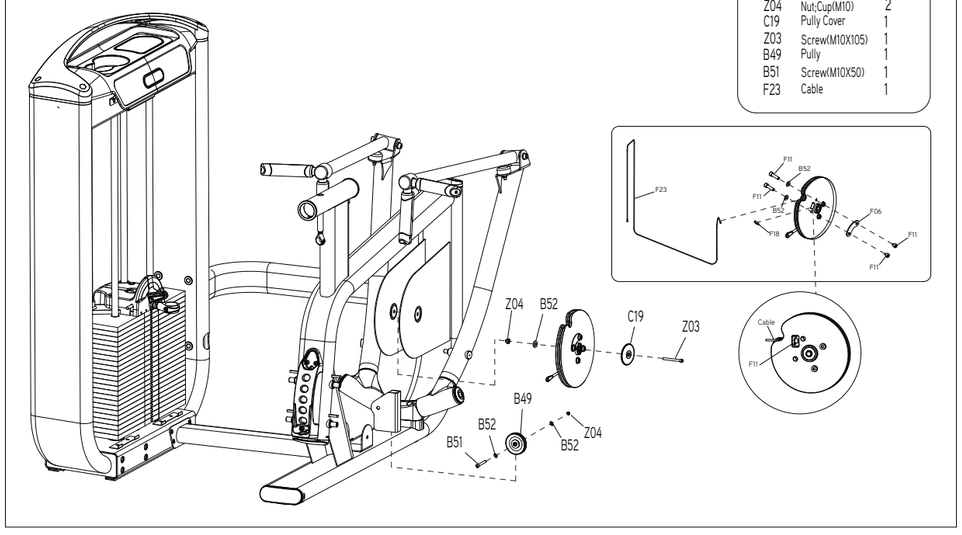
Step 2

Item	Description	Qty
Z28	Screw (M10X20L)	2
B52	Flat Waher(M10)	4
D32	Axle; Arm	2
Z04	Nut;Cup(M10)	2



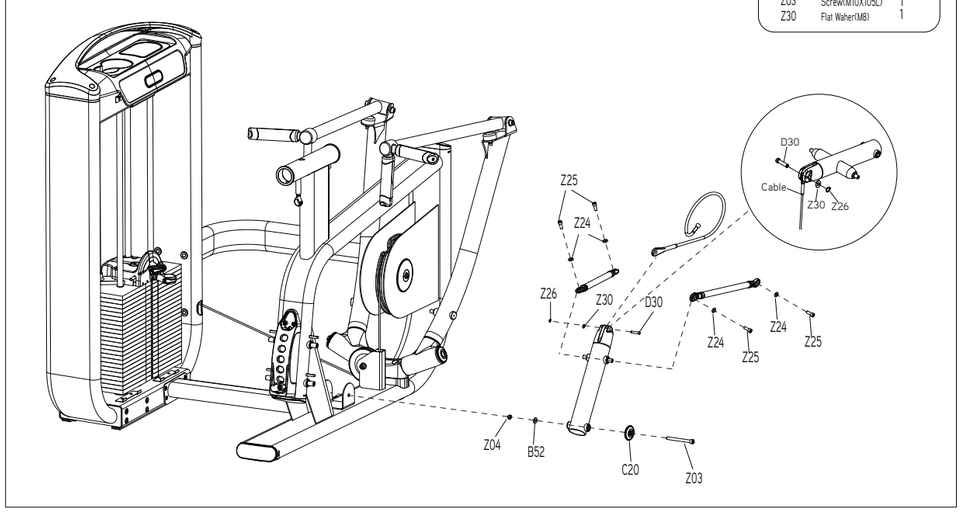
Step 3

Item	Description	Qty
F11	Screw;Lock	2
B52	Flat Waher(M10)	5
F06	Stop Plate; Cam	1
F18	Fixing Block	1
Z04	Nut;Cup(M10)	2
C19	Pully Cover	1
Z03	Screw(M10X105)	1
B49	Pully	1
B51	Screw(M10X50)	1
F23	Cable	1



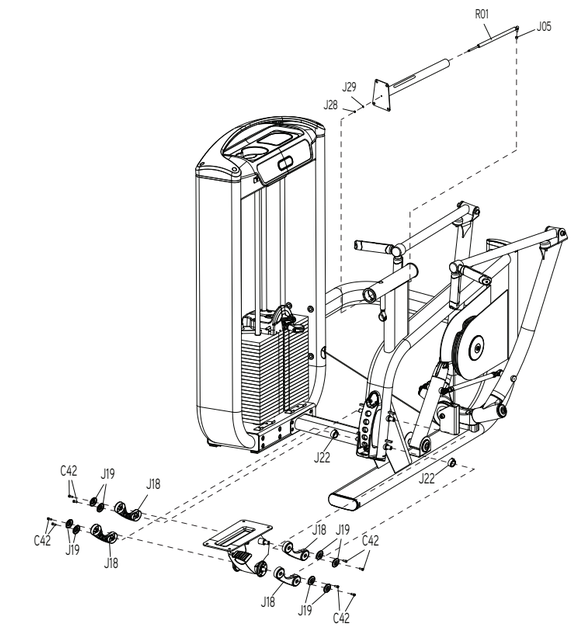
Step 4

Item	Description	Qty
Z24	Flat Waher(M6)	4
Z25	Screw (M6X12L)	4
Z26	C-Clamp	1
D30	Fixing Pin	1
Z04	Nut;Cup(M10)	1
B52	Flat Waher(M10)	1
C20	Bearing Cover	1
Z03	Screw(M10X105L)	1
Z30	Flat Waher(M8)	1



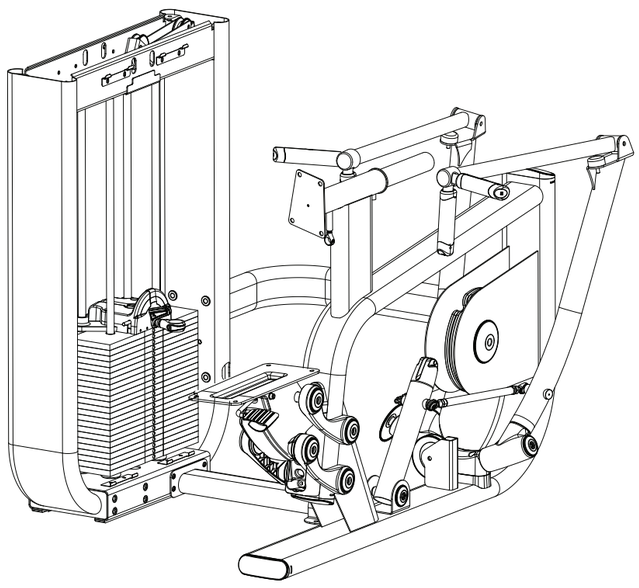
Step 5

Item	Description	Qty
J18	Connect Rod	4
J19	Cover	8
C42	Screw(M8X25)	8
J22	Swirl Spring	2
H18	Grip Cover	1
R01	Air Shock	1
J05	Sleeve Ring	1
J28	Nut(M6)	1
J29	Flat Washer(M6)	1

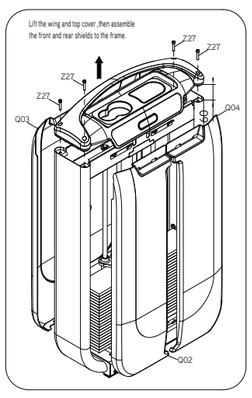


Step 6

Item	Description	Qty
Z27	Screw (M8X60L)	4
Q02	Right-Front Shield	1
Q03	Rear Shield	1
Q04	Left-Front Shield	1



Lift the wing and top cover, then assemble the front and rear shields to the frame.



Step 7

Item	Description	Qty
J21	Chest Pad	1
J22	Seat Pad	1
J34	FIXING;CHEST PAD	1
Z17	Screw(M10X25L)	4
Z29	Screw;Hex(M10X25L)	4

