shoulder_press_090422.indd 1 4/22/09 11:57 AM

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 | G7 SINGLE-STATION STRENGTH
SHOULDER PRESS

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.



GM40 SHOULDER PRESS

UNPACKING GM40 SHOULDER PRESS

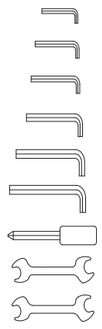
Thank you for purchasing a MATRIX Fitness product. Your MATRIX GM40 Shoulder Press is inspected before it is packaged. It is shipped in multiple pieces to facilitate the compact packaging of the machine. Prior to assembly, confirm all the components by matching them with the exploded diagrams. The weight 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

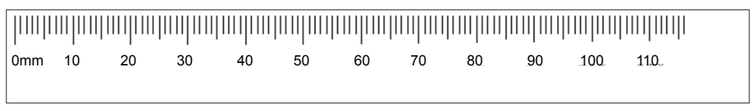
The weight of the GM40 Shoulder Press is 825 lbs. (375 kg) not including the weight stack. The weight stack tower is packaged completely assembly for ease of installation; use extra caution when removing from its pallet during assembly. The weight stack for this machine is 429 lbs. (195 kg). To avoid 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



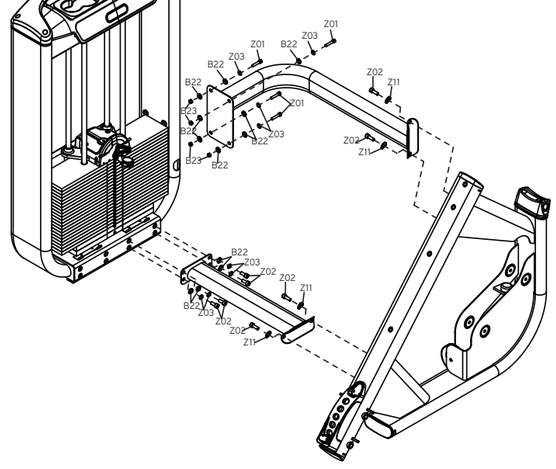
If any items are missing please contact your country's local MATRIX dealer for assistance.

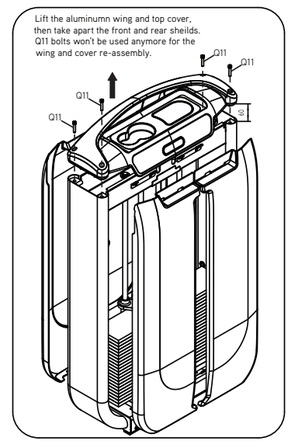


Step 1

Frame Detail

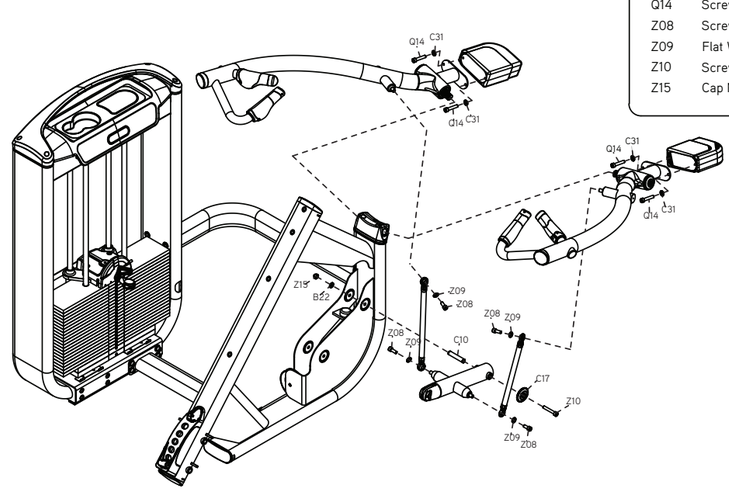
Item	Description	Qty
B22	Flat Washer(M10)	12
B23	Nylon Nut(M10)	4
Z01	Screw (M10x75L)	4
Z02	Screw (M10x30L)	8
Z03	Spring Washer(M10)	8
Z11	Arc-flat Washer	4





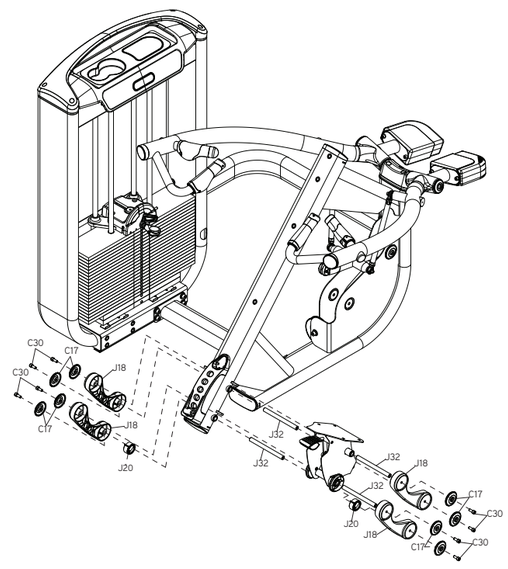
Step 2

Item	Description	Qty
B22	Flat Washer(M10)	1
C10	Shaft	1
C17	Pulley Cover	1
C31	Flat Washer(M8)	4
Q14	Screw (M8x20L)	4
Z08	Screw (M6x12L)	4
Z09	Flat Washer(M6)	4
Z10	Screw (M10x105L)	1
Z15	Cap Nut(M10)	1



Step 3

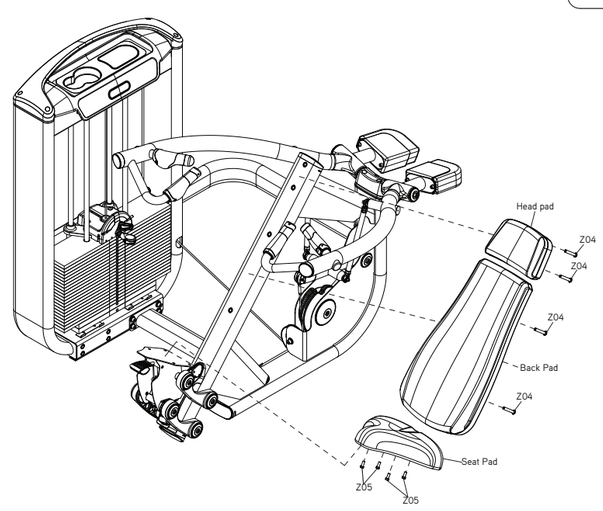
Item	Description	Qty
C17	Pulley Cover	8
C30	Screw (M8x25L)	8
J18	Connect Rod	4
J20	Swirl Spring	2
J32	Shaft	4



Step 5

Upholstery Detail

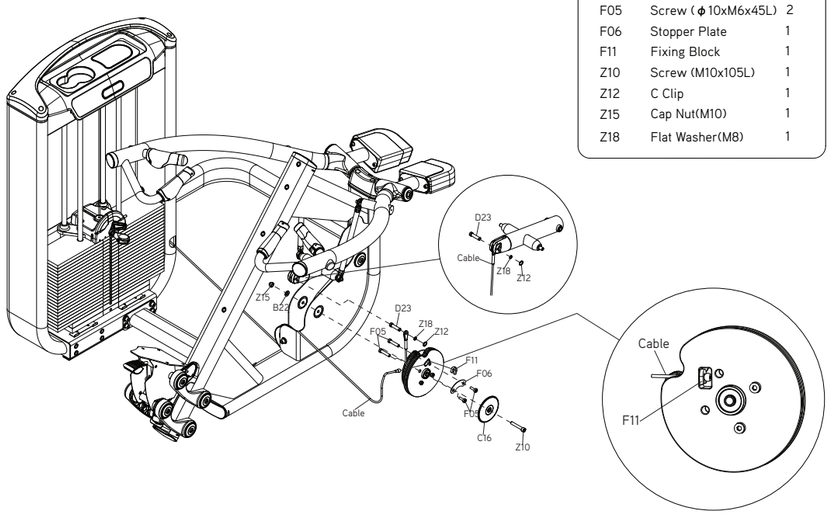
Item	Description	Qty
Z04	Screw (M10x75L)	4
Z05	Screw (M10x20L)	4



Step 4

Cable Rounting Detail

Item	Description	Qty
B22	Flat Washer(M10)	1
C16	Pulley Cover	1
D23	Fixing Pin	1
F05	Screw (ϕ10xM6x45L)	2
F06	Stopper Plate	1
F11	Fixing Block	1
Z10	Screw (M10x105L)	1
Z12	C Clip	1
Z15	Cap Nut(M10)	1
Z18	Flat Washer(M8)	1



Step 6

Shield Detail

Item	Description	Qty
Z17	Screw (M8x60L)	4
Q02	Right-Front Cover	1
Q03	Rear Cover	1
Q04	Left-Front Cover	1

