MATRIX

ULTRA SERIES

G7-S21 LATERAL RAISE



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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.

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.

INSTALLATION

1. STABLE AND LEVEL SURFACE: MATRIX exercise equipment must be installed on a stable base and properly leveled.
2. SECURING EQUIPMENT: Manufacturer recommends that all stationary MATRIX strength equipment be secured to the floor to stabilize equipment and eliminate rocking or tipping over. This must be performed by a licensed contractor.

   All anchor points must be able to withstand 750 lbs. (3.3 kN) pull-out force.

MAINTENANCE

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. 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.
4. 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.

ADDITIONAL NOTES

This equipment should only be used in supervised areas where access and control is specifically regulated by the owner. It is up to the owner to determine who is allowed access to this training equipment. The owner should consider a user's: degree of reliability, age, experience, etc.

This training equipment meets industry standards for stability when used for its intended purpose in accordance with the instructions provided by the manufacturer.

This training equipment is in compliance with EN 957-1 and the relevant portions of EN 957-2 and EN 957-4.

⚠ WARNING

DEATH OR SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. FOLLOW THESE PRECAUTIONS TO AVOID INJURY!

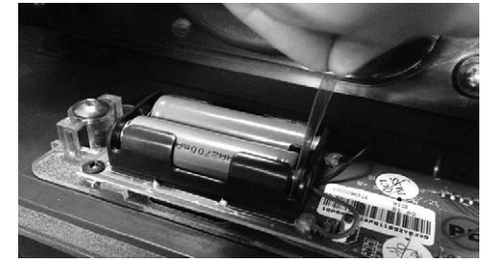
1. Keep children under the age of 14 away from this strength training equipment. Teenagers must be supervised at all times while using this equipment.
2. This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
3. All warnings and instructions should be read and proper instruction obtained prior to use. Use this equipment for its intended purpose ONLY.
4. Inspect the machine before use. DO NOT use machine if it appears damaged or inoperable.
5. Do not exceed weight capacity of this equipment.
6. Check to see that the selector pin is completely inserted into the weight stack.
7. NEVER use the machine with the weight stack pinned in an elevated position.
8. NEVER use dumbbells or other means to incrementally increase the weight resistance. Only use the means provided directly from the manufacturer.
9. Injuries to health may result from incorrect or excessive training. Cease exercise if you feel faint or dizzy. Obtain a medical exam before beginning an exercise program.
10. Keep body, clothing, hair, and fitness accessories free and clear of all moving parts.
11. Adjustable stops, where provided, must be used at all times.
12. When adjusting any adjustable mechanism (stop position, seat position, pad location, range of motion limiter, pulley carriage, or any other type), make certain that the adjustable mechanism is fully engaged prior to use to prevent unintended motion.
13. Manufacturer recommends that this equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
14. If equipment is NOT secured to floor: NEVER allow resistance straps, ropes or other means to be attached to this equipment, as this may result in serious injury. NEVER use this equipment for support during stretching, as this may result in serious injury.
15. DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED OR ILLEGIBLE.

PROPER USAGE

1. Do not exceed weight limits of the exercise device.
2. If applicable, set safety stops to appropriate height.
3. If applicable, adjust seat pads, leg pads, foot pads, range of motion adjustment, or any other type of adjustment mechanisms to a comfortable start position. Make certain that the adjusting mechanism is fully engaged to prevent unintentional movement and to avoid injury.
4. Sit on bench (if applicable) and get into appropriate position for exercise.
5. Exercise using no more weight than you can safely lift and control.
6. In a controlled manner, perform exercise.
7. Return weight to its fully-supported start position.

PLEASE NOTE:

Be sure to remove the insulating sheet when installing the rep counter.



WARRANTY

For North America, please visit **www.matrixfitness.com** for warranty information along with warranty exclusions and limitations.

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 mild soap and water or a non-ammonia based cleaner.

† 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.

PRODUCT SPECIFICATIONS

Maximum User Weight	136 kg / 300 lbs.
Maximum Training Weight	91 kg / 200 lbs.
Product Weight	277 kg / 610 lbs.
Overall Dimensions (L x W x H)*	107 x 146 x 130 cm / 42” x 58” x 51”

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

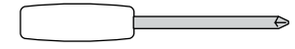
UNPACKING

Thank you for purchasing a MATRIX Fitness product. It 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.

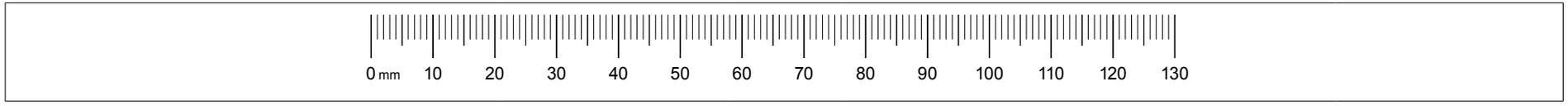
CAUTION

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

TOOLS REQUIRED FOR ASSEMBLY (not included)

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	
Guide Rod Lubrication	

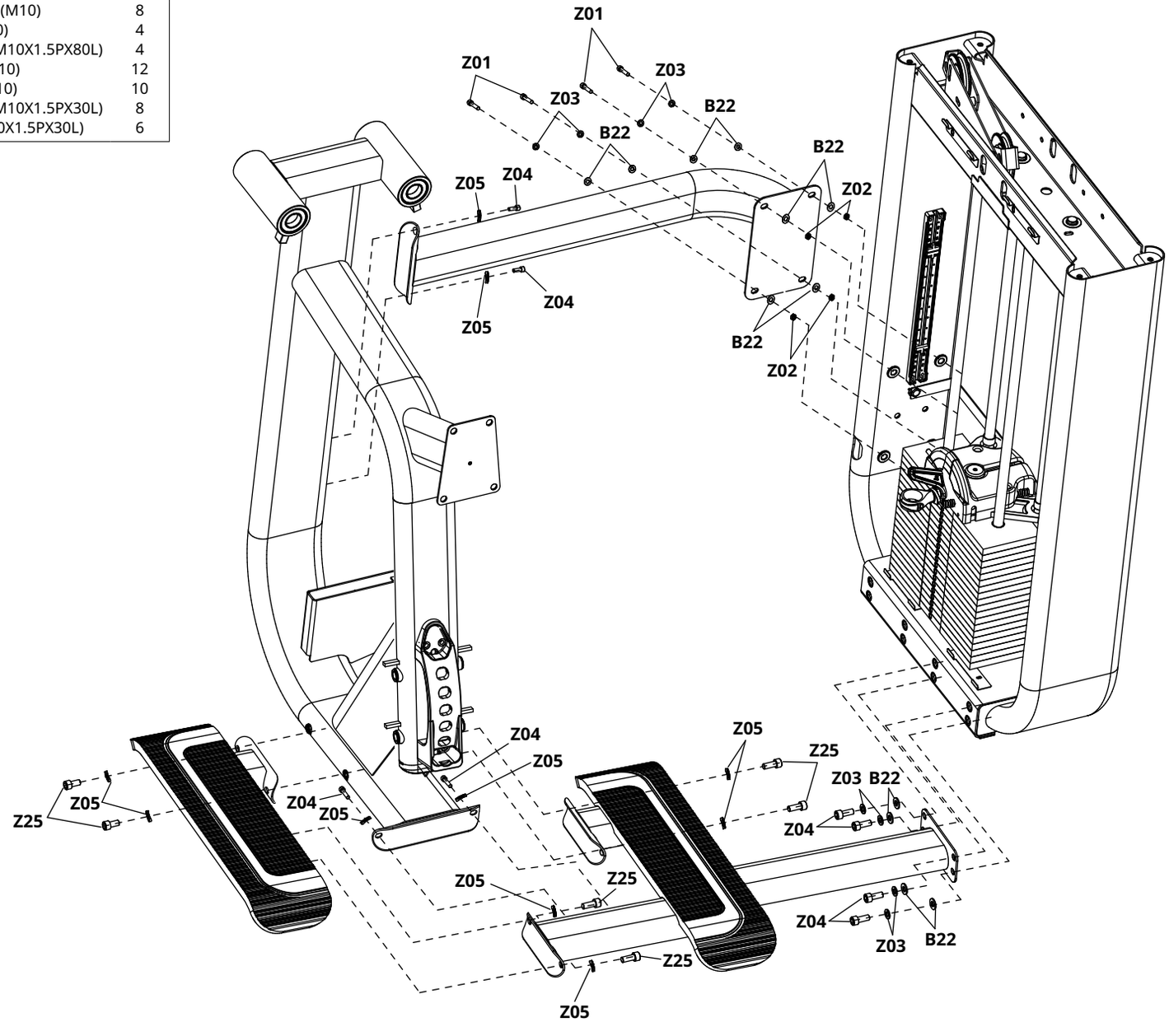
If any items are missing please contact your country’s local MATRIX dealer for assistance.



1

Hardware

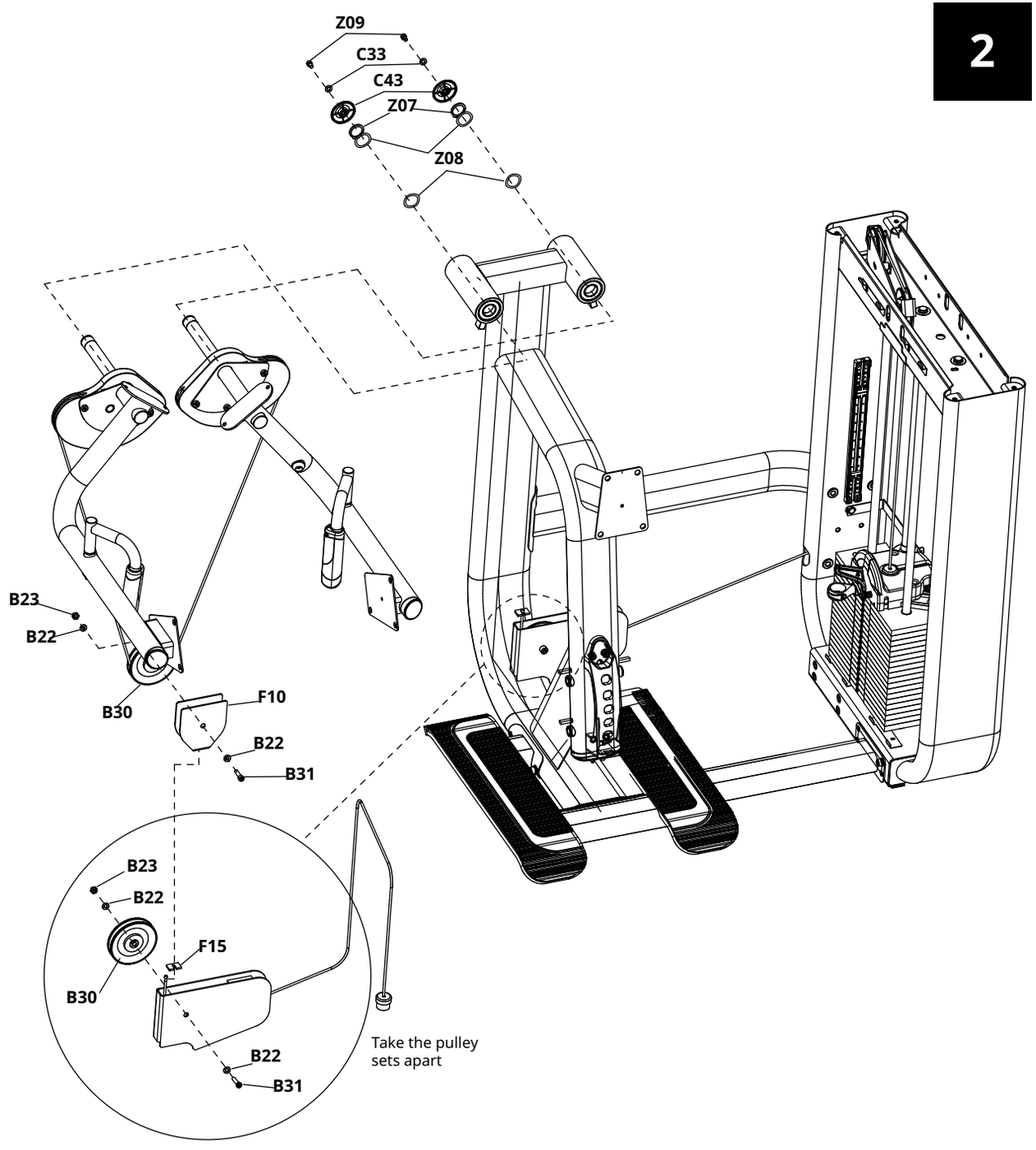
	Description	Qty
Z03	Spring Washer (M10)	8
Z02	Nylon Nut (M10)	4
Z01	Round Screw (M10X1.5PX80L)	4
B22	Flat Washer (M10)	12
Z05	Arc Washer (M10)	10
Z04	Round Screw (M10X1.5PX30L)	8
Z25	Hex Screw (M10X1.5PX30L)	6



2

Hardware

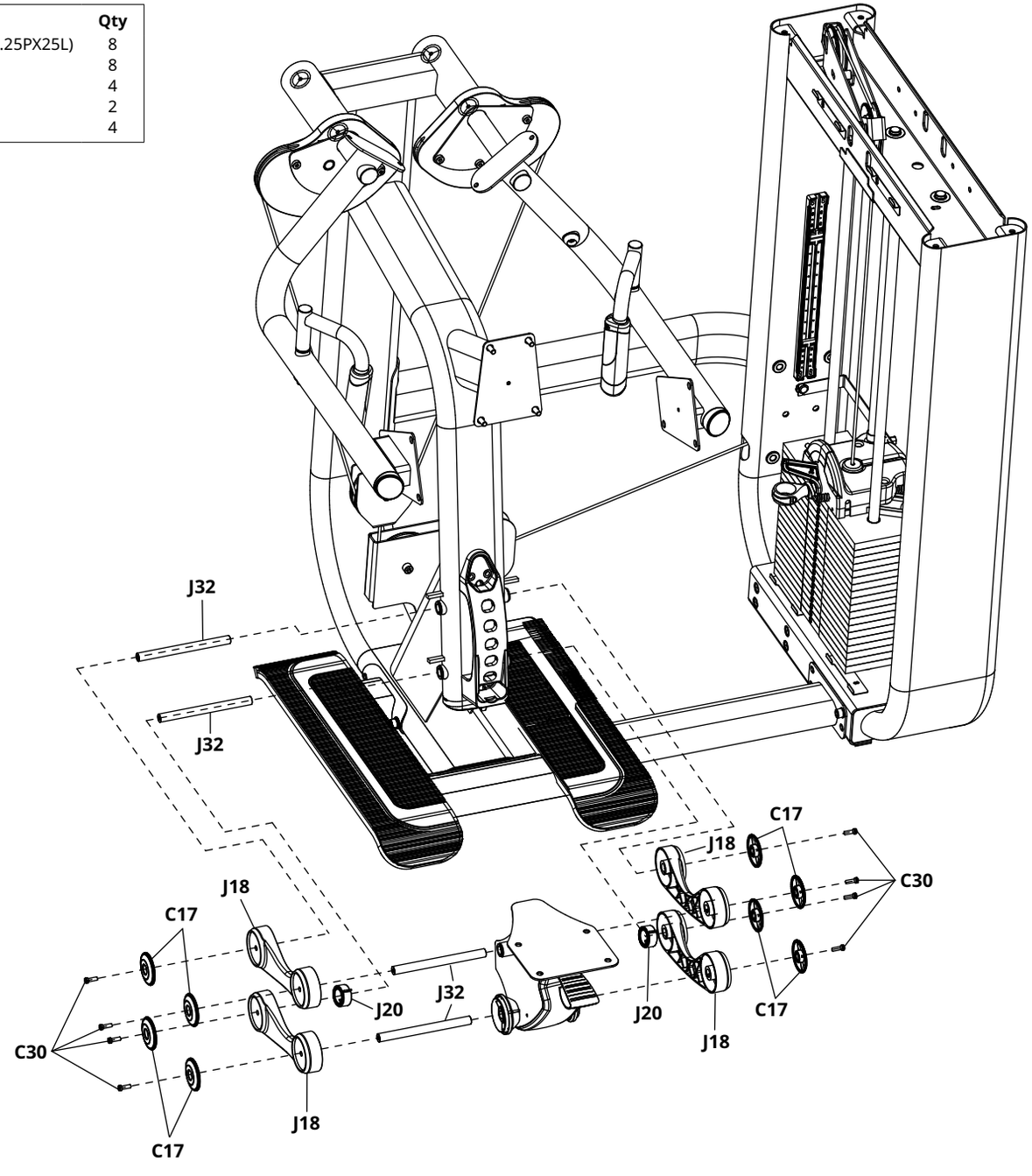
	Description	Qty
Z09	Round Screw (M10X1.5Px20L)	2
C33	Flat Washer (M10)	2
C43	Small Pulley Cover	2
Z07	C Ring	2
F10	Fixing Plate	1
Z08	Wave Spring	4
B23	Nylon Nut (M10x1.5P)	2
B22	Flat Washer (M10)	4
F15	Cable Stopper	1
B31	Round Screw (M10X1.5Px50L)	2
B30	Pulley	2



3

Hardware

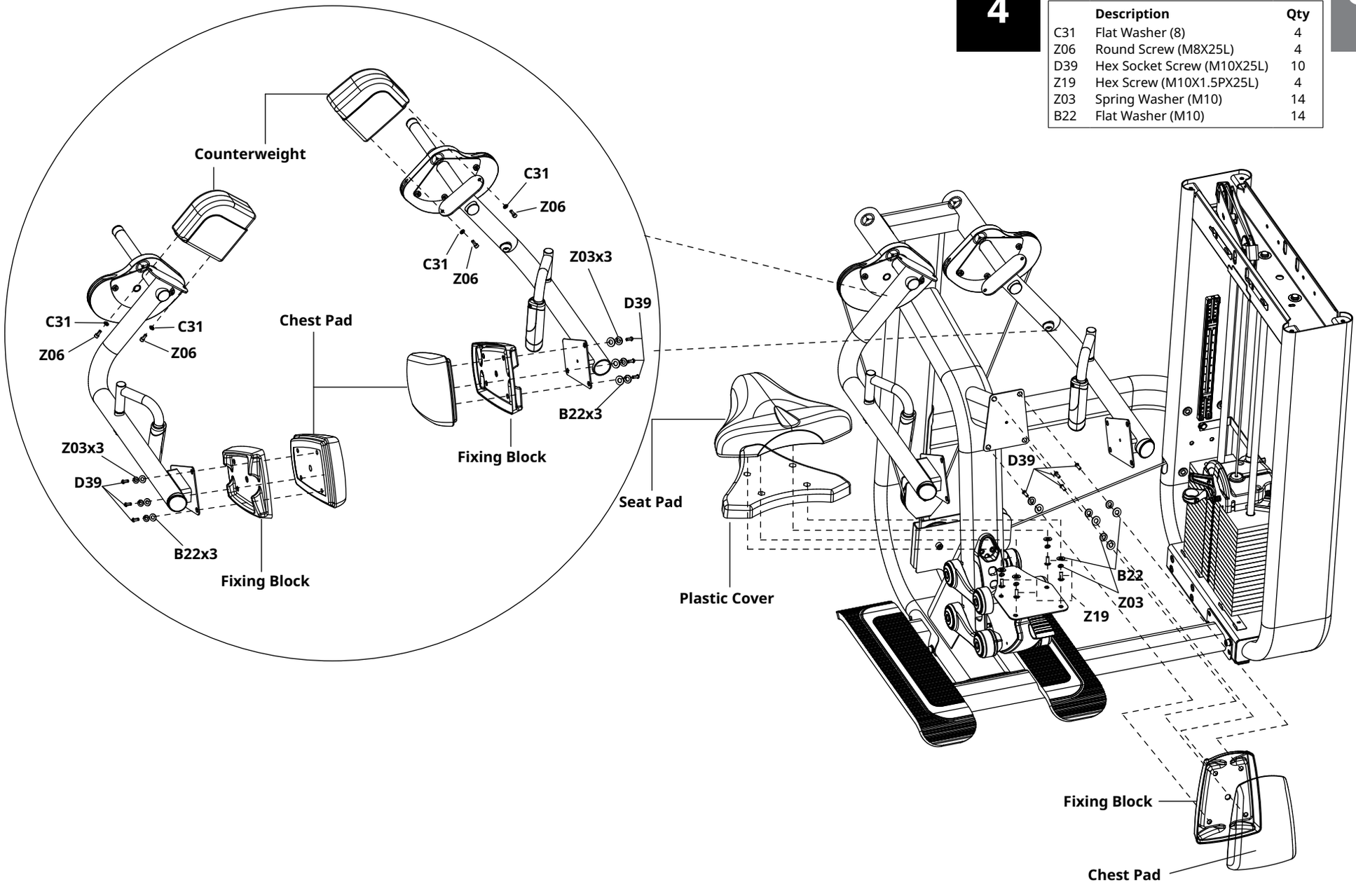
	Description	Qty
C30	Round Screw (M8X1.25PX25L)	8
C17	Small Pulley Cover	8
J18	Con Rod	4
J20	Spring Circle	2
J32	Con Rod Axle	4



4

Hardware

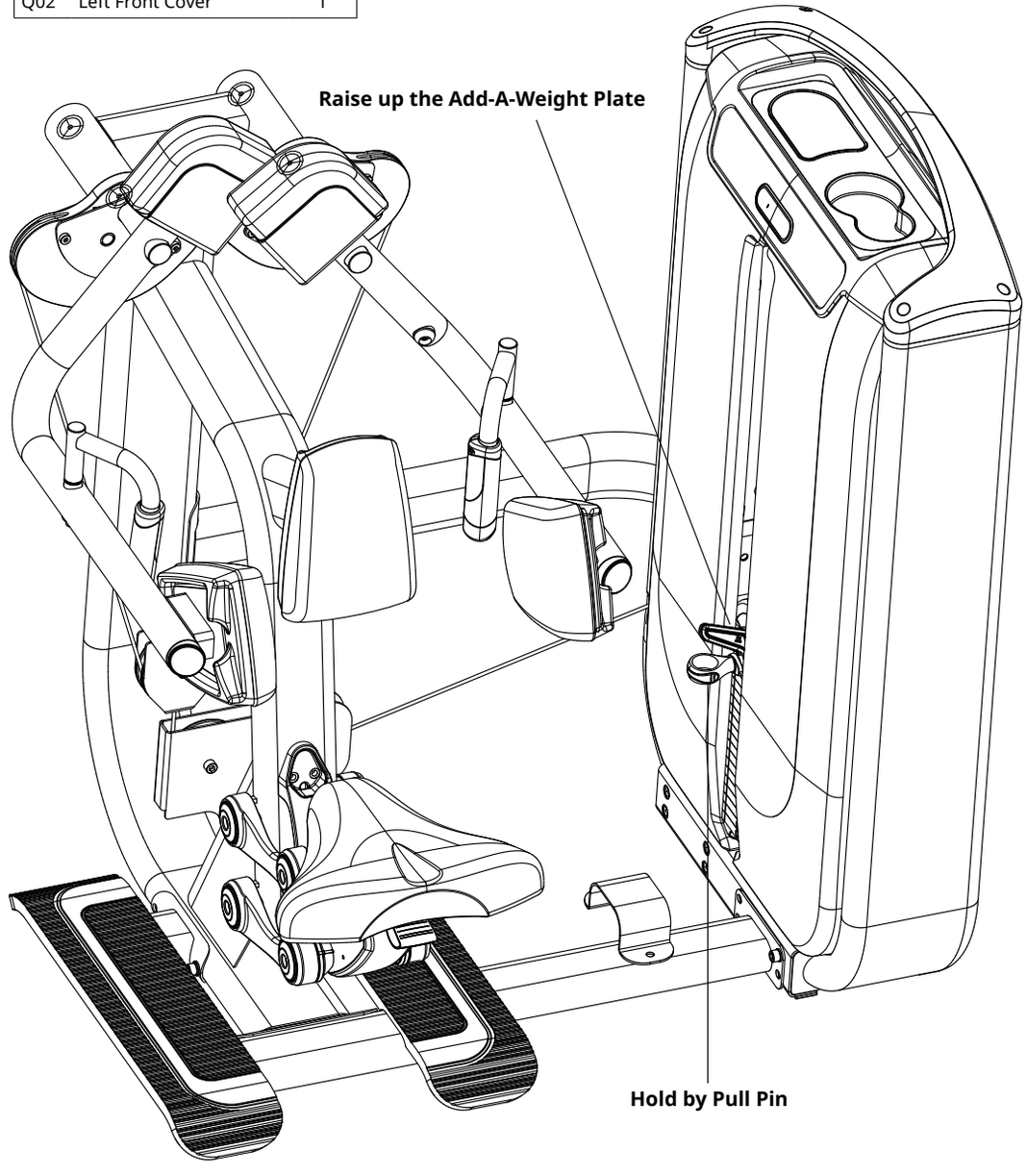
	Description	Qty
C31	Flat Washer (8)	4
Z06	Round Screw (M8X25L)	4
D39	Hex Socket Screw (M10X25L)	10
Z19	Hex Screw (M10X1.5PX25L)	4
Z03	Spring Washer (M10)	14
B22	Flat Washer (M10)	14



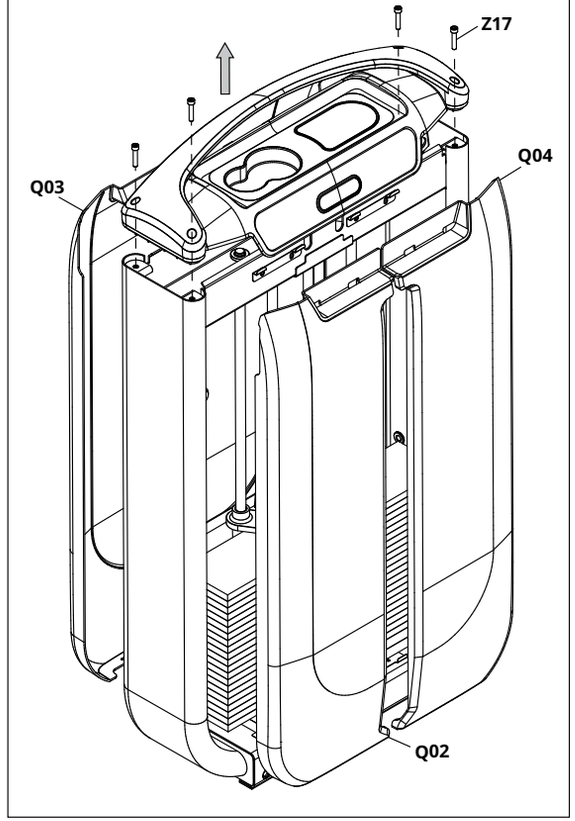
5

Hardware

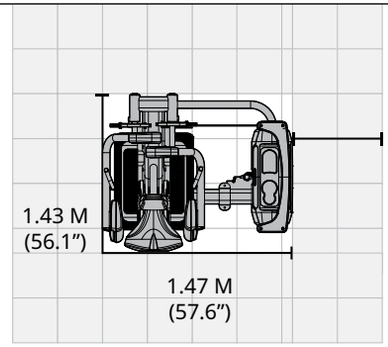
	Description	Qty
Z17	Round Hex Socket Screw	4
Q03	Right Front Cover	1
Q04	Rear Cover	1
Q02	Left Front Cover	1



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



G7-S21 TRAINING AREA







MATRIX

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Rev 1.1 A