MATRIX

Strong • Smart • Beautiful



OWNERS MANUAL

ULTRA Single-Station Strength
G7-S23 Shoulder Press

Table Of Contents

Safety, General Care & Maintenence 3

Getting Started (Product Specifications) 5

Assembly Information 6

Markings 7

Parts List 8

Installation & Assembly: Value Line

- Part 1 Weight Stack & User Frame Assembly 10
- Part 2 CAM/Cable Assembly 14
- Part 3 Seat Assembly 17
- Part 4 Arm Assembly 19
- Part 5 Pad Assembly 24
- Part 6 Plastics Assembly 26

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	375 kg / 827 lbs.
Overall Dimensions (L x W x H)	166.5 x 144.5 x 165.3 cm / 65.6" x 56.9" x 65.1"

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

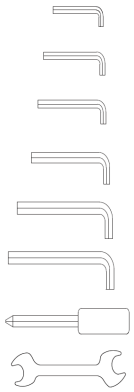
Thank you for purchasing a Matrix product. This machine is an EN957-1 and EN957-2 compliant Class S product. Your Matrix product is inspected before it is packaged. It is shipped in multiple pieces to facilitate the compact packaging of the machine. Prior to assembly, confirm all the components by matching 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 826 lbs. (375 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.

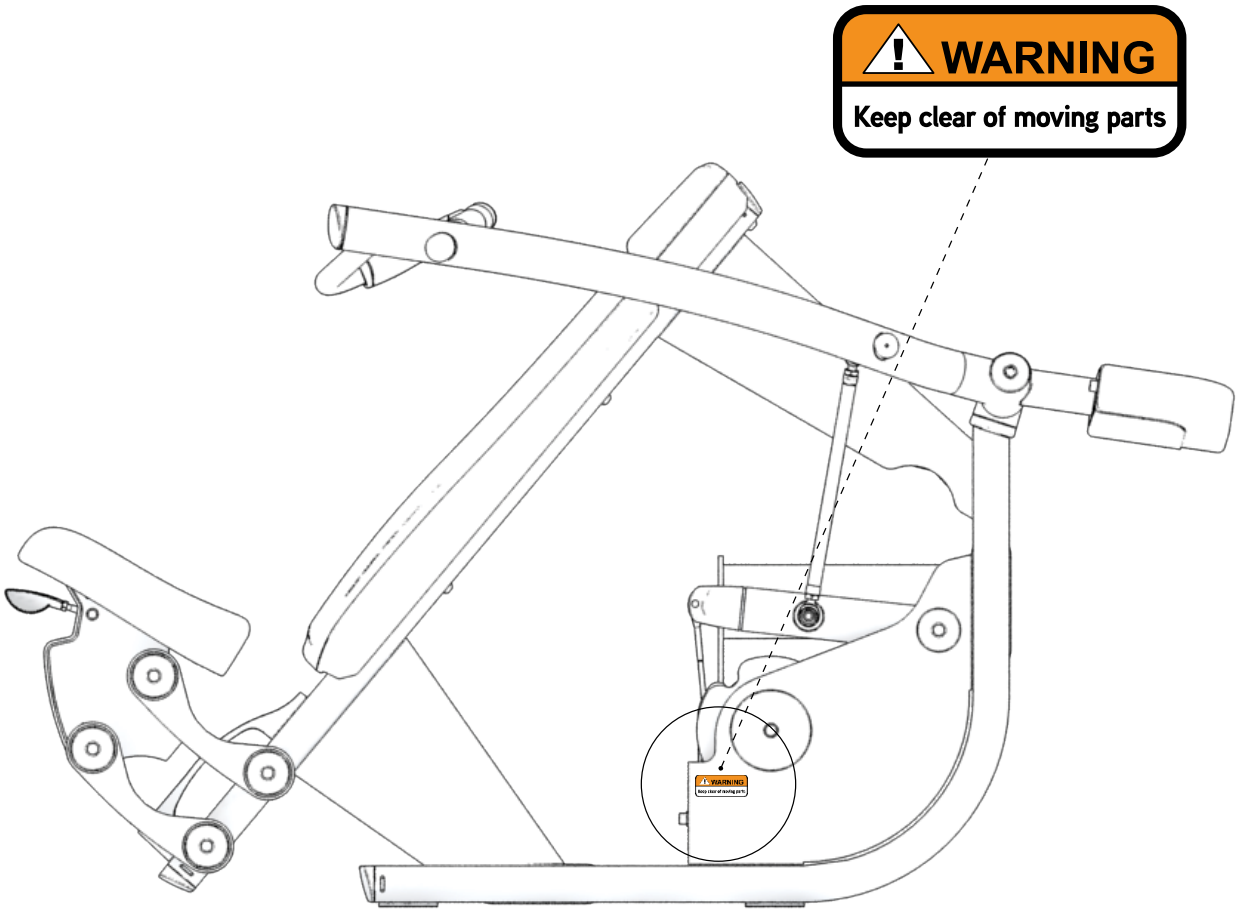
TOOLS REQUIRED FOR ASSEMBLY

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.

WARNING LABEL LOCATIONS



Parts List

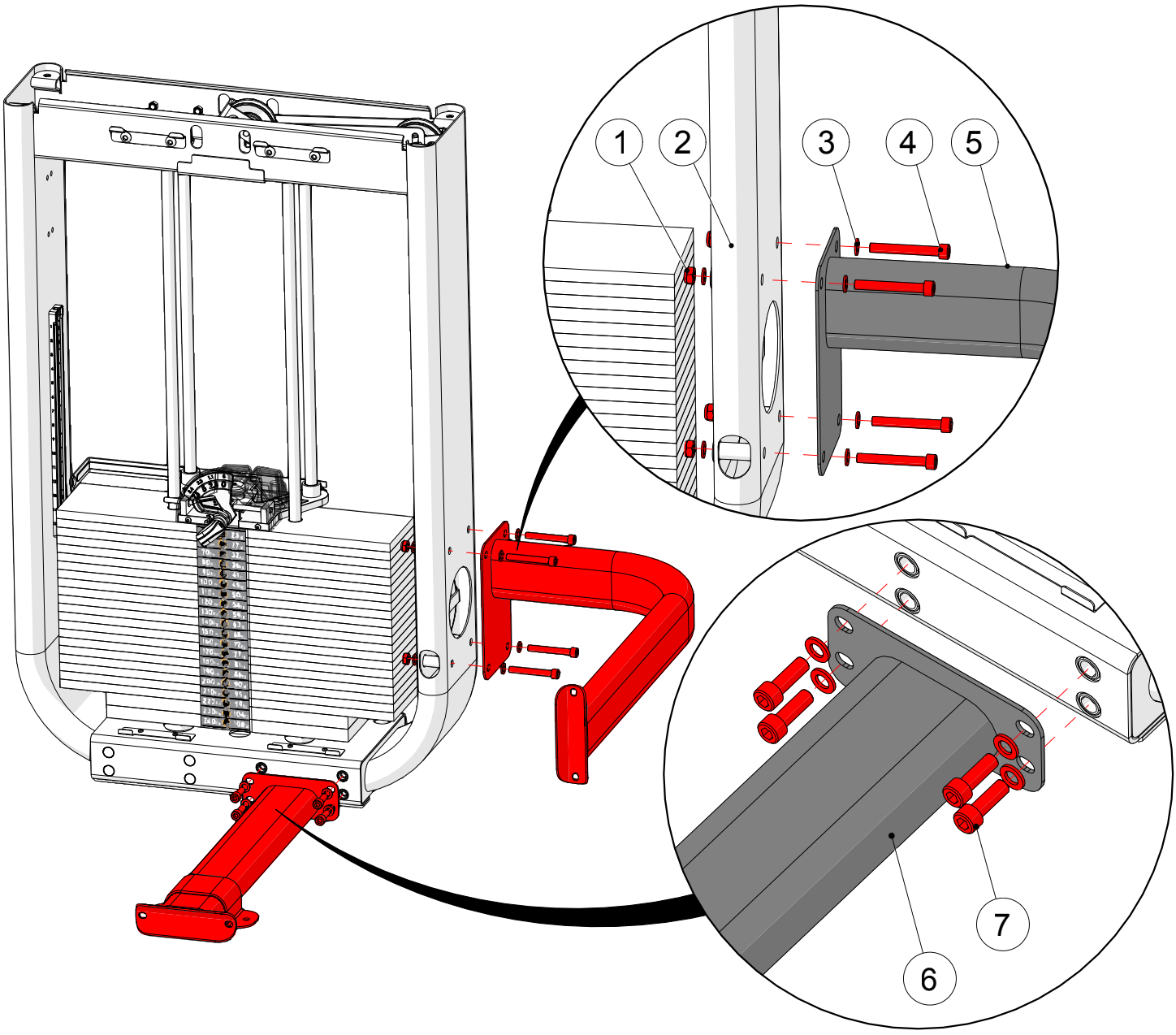
ID	DESCRIPTION	QTY
1	M10 Nylock Nut	6
2	Weight Stack	1
3	M10 Flat Washer	15
4	M10 X 75L Socket Head Cap Screw	4
5	Upper Connecting Tube	1
6	Lower Connecting Tube	1
7	M10 X 30L Socket Head Cap Screw	8
8	M10 Saddle Washer	4
9	User Frame	1
10	M10 X 45L Socket Head Cap Screw	1
11	Pulley	1
12	Weight Stack Cable	1
13	M10 X 55L Socket Head Cap Screw	4
14	Pivot Block Assembly	1
15	CAM	1
16	Large Pivot Cap	1
17	M10 X 105L Socket Head Cap Screw	2
18	Swingarm	1
19	Medium Pivot Cap	9
20	M6 Nylock Nut	1
21	User Frame Cable (Pre-assembled on CAM)	1
22	M6 Shoulder Bolt	1
23	M8 X 25L Socket Head Cap Screw	8
24	Seat Link	4
25	Axle	4
26	Spring	2
27	Seat	1
28	Tie Rod	2
29	M6 Flat Washer	4
30	M6 X 12L Socket Head Cap Screw	4
31	Wave (Spring) Washer	2
32	Left Arm	1
33	Snap Ring	2
34	Small Pivot Cap	2
35	M10 X 15L Socket Head Cap Screw	2
36	Right Arm	1
37	M8 X 20L Socket Head Cap Screw	4

ID	DESCRIPTION	QTY
38	M8 Flat Washer	4
39	Counter Weight	2
40	Head Rest Assembly	1
41	M10 X 75L Button Head Cap Screw	4
42	Back Pad Assembly	1
43	Pad	1
44	M10 X 20L Hex Bolt	4
45	Rear Shroud	1
46	Left Front Shroud	1
47	Right Front Shroud	1
48	M8 X 60L Socket Head Cap Screw	4
49	Top Cap	1

PART 1: USER FRAME ASSEMBLY

STEP 1 | USER FRAME INSTRUCTIONS & NOTES

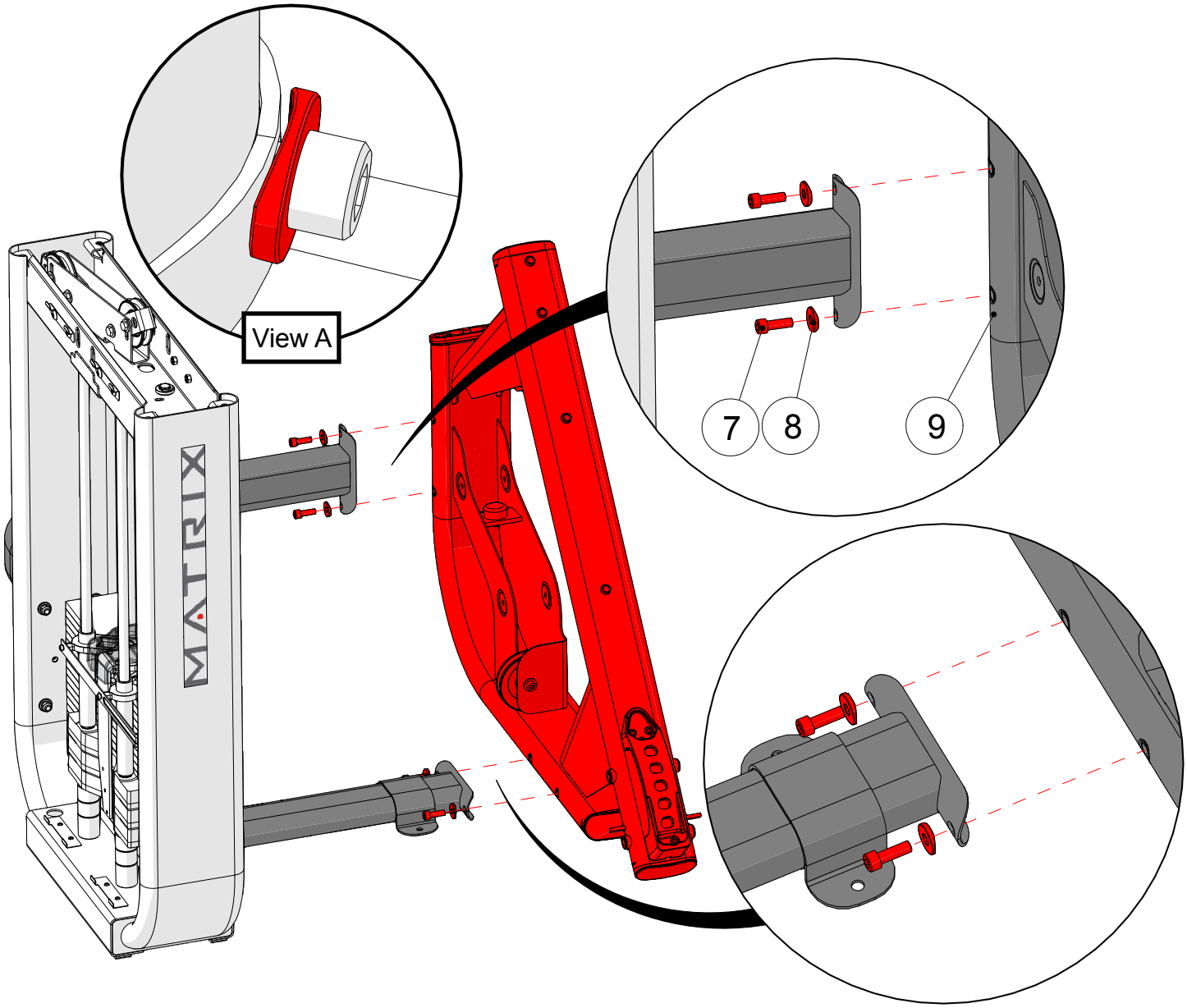
ID	DESCRIPTION	QUANITY
1	M10 Nylock Nut	4
2	Weight Stack	1
3	M10 Flat Washer	12
4	M10 X 75L SHC	4
5	Upper Connecting Tube	1
6	Lower Connecting Tube	1
7	M10 X 30L SHC	4



Install the user frame hardware as shown, but DO NOT FULLY TIGHTEN .

STEP 2 | USER FRAME INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANITY
7	M10 X 30L SHC	4
8	M10 Saddle Washer	4
9	User Frame	1

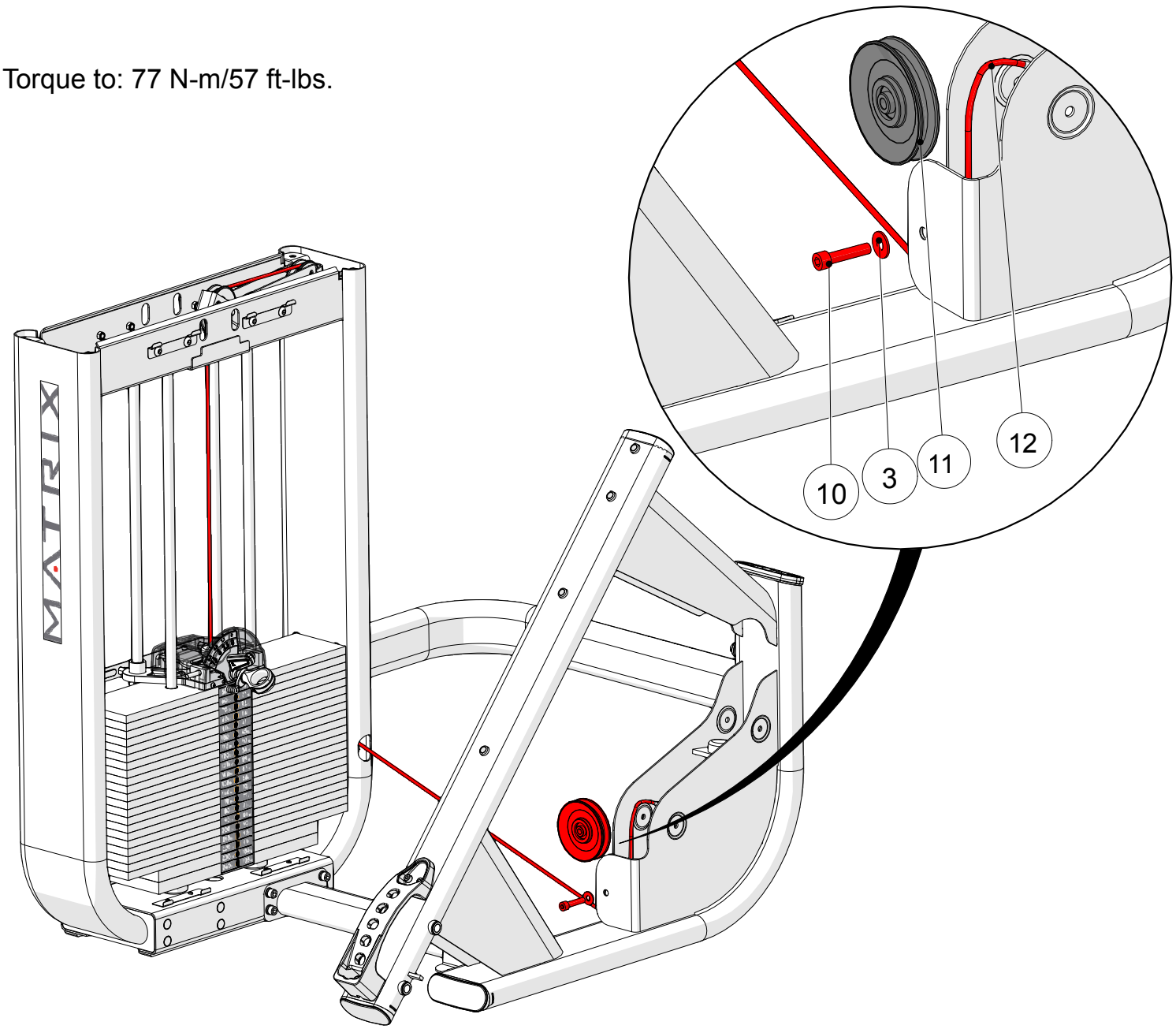


- Install the user frame hardware as shown, being sure to orient the saddle washer as shown in View A.
- Ensure that the frame is level and that all floor pads contact the floor equally,
- Torque all M10 Frame Hardware on pages 10 & 11 to: 77 N-m/57 ft-lbs.

STEP 3 | WEIGHT STACK CABLE INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANITY
3	M10 Flat Washer	1
10	M10 X 45L SHC	1
11	Pulley	1
12	Weight Stack Cable	1

Torque to: 77 N-m/57 ft-lbs.

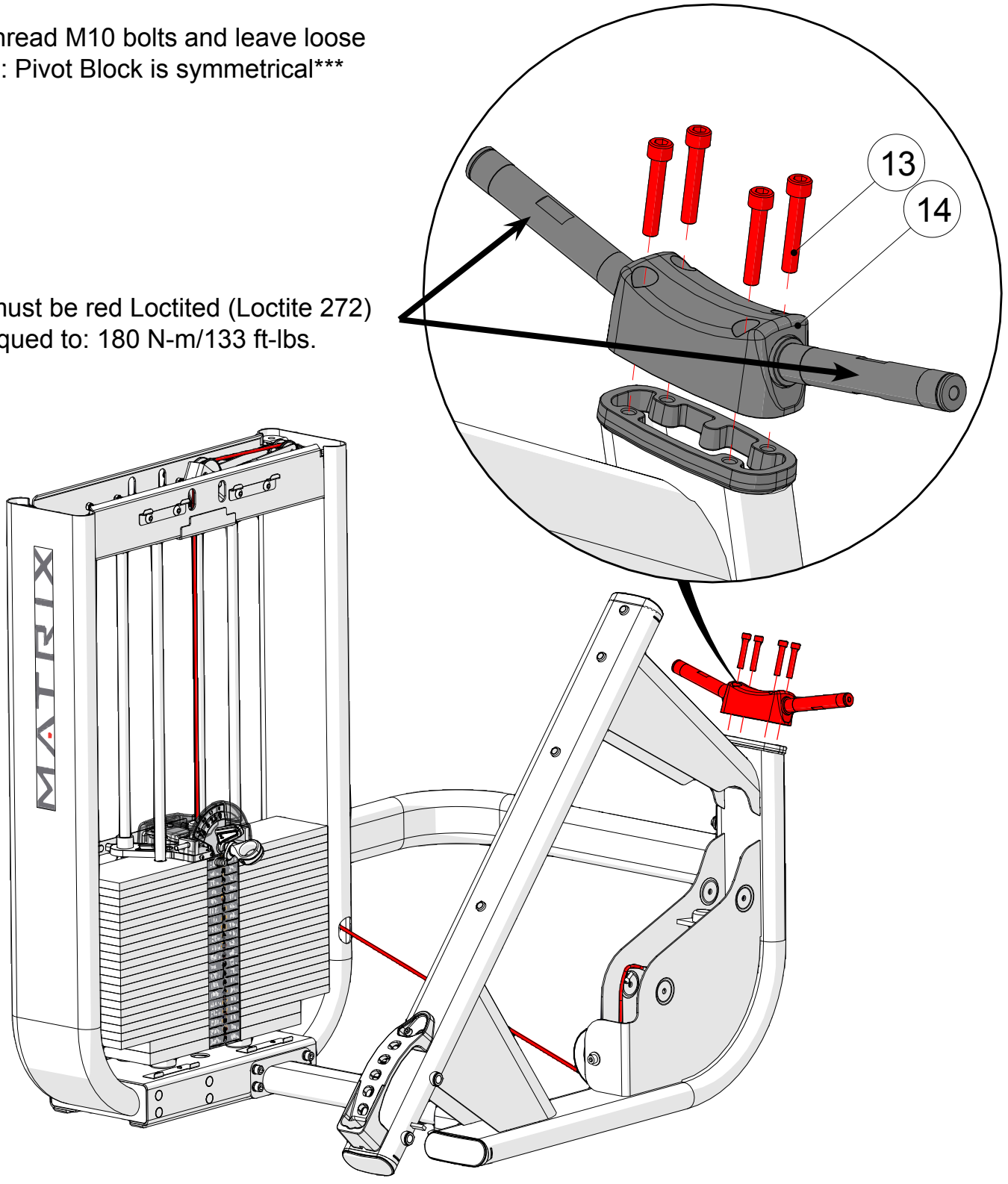


STEP 4 | PIVOT BLOCK ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANITY
13	M10 X 55L SHC	4
14	Pivot Block Assembly	1

Hand thread M10 bolts and leave loose
Note: Pivot Block is symmetrical

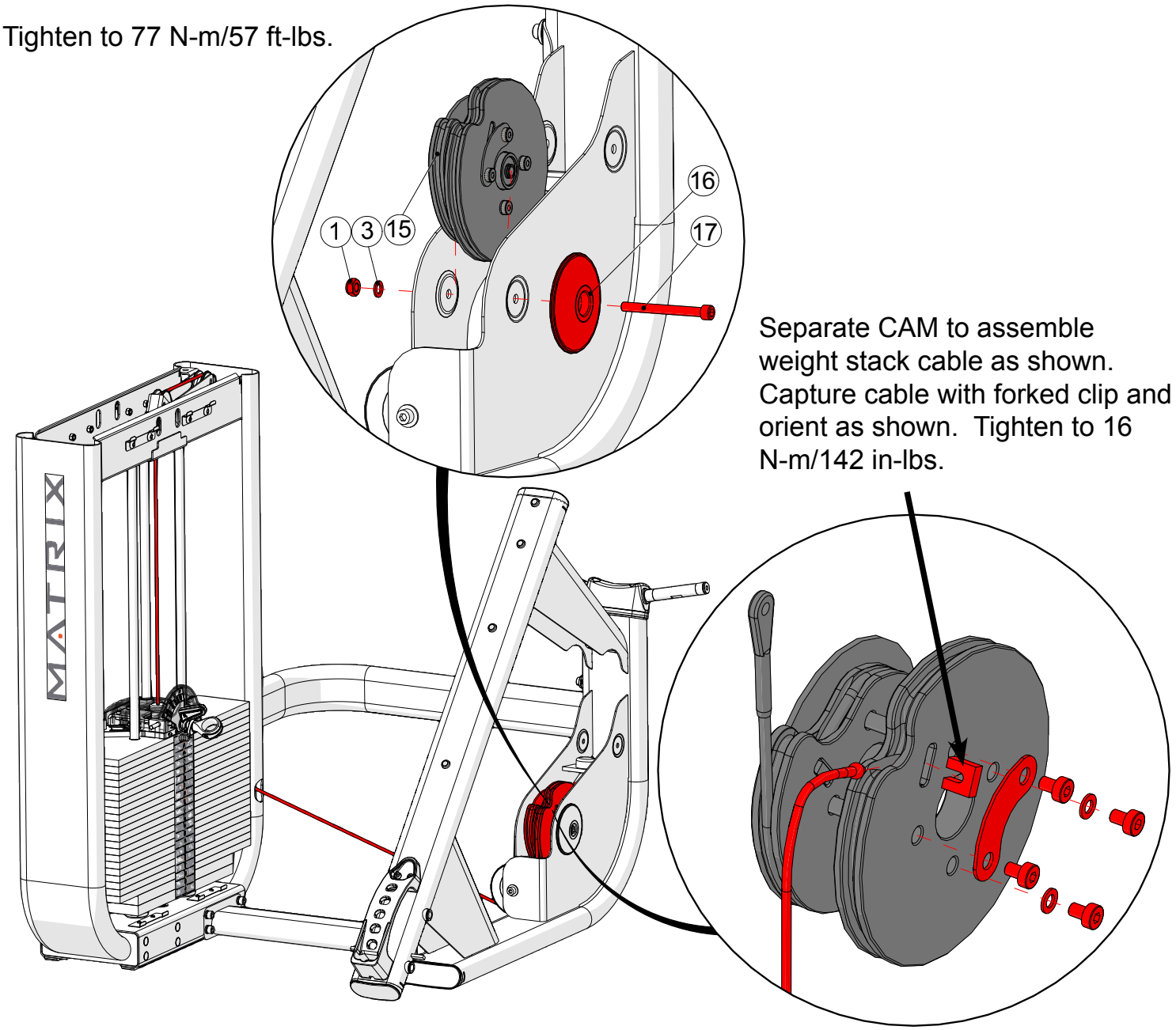
Axles must be red Loctited (Loctite 272) and torqued to: 180 N-m/133 ft-lbs.



STEP 1 | CAM & CABLE ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANITY
1	M10 Nylock Nut	1
3	M10 Flat Washer	1
15	CAM	1
16	Large Pivot Cap	1
17	M10 X 105L SHC	1

Tighten to 77 N-m/57 ft-lbs.

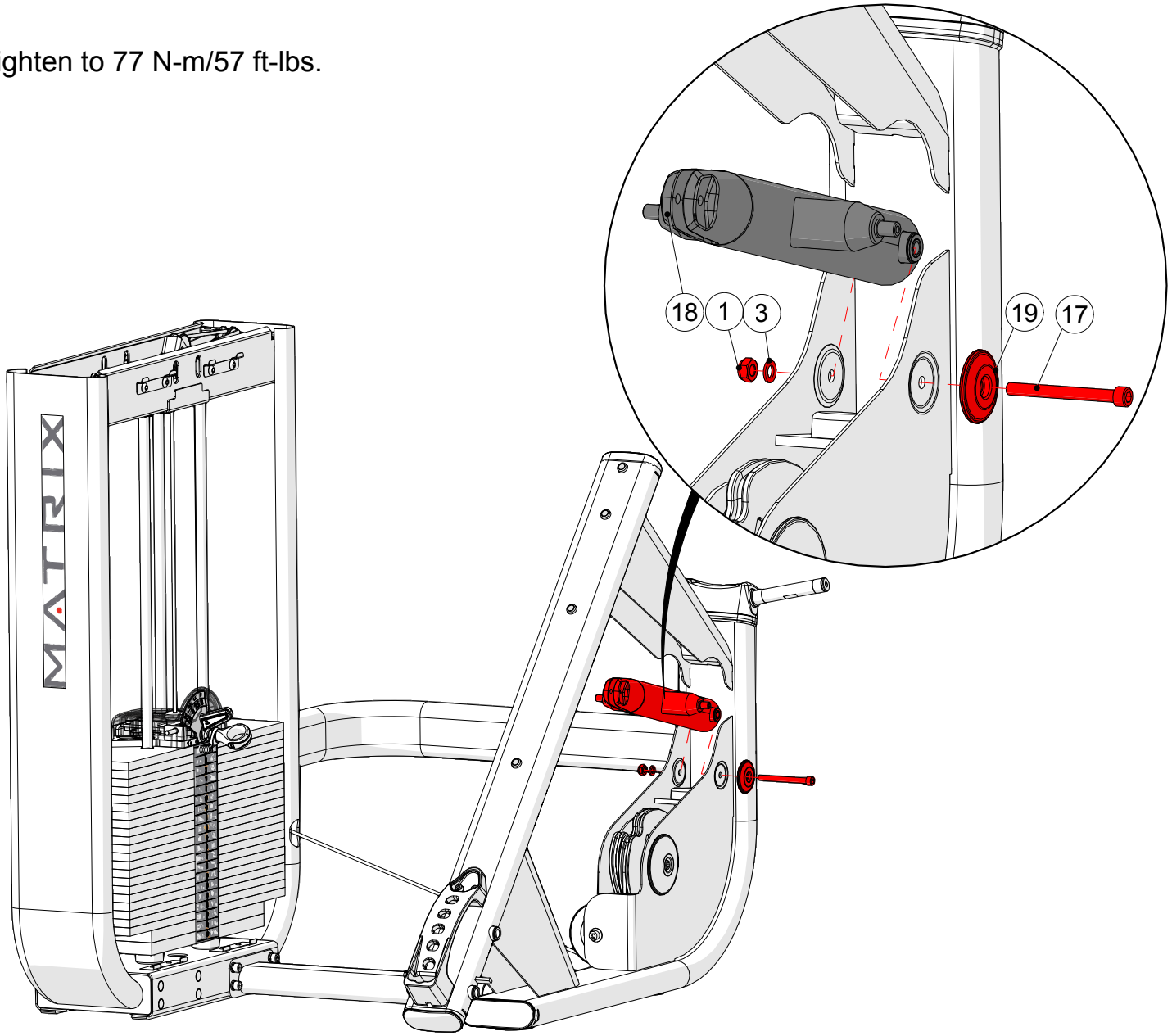


Separate CAM to assemble weight stack cable as shown. Capture cable with forked clip and orient as shown. Tighten to 16 N-m/142 in-lbs.

STEP 2 | SWINGARM ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANITY
1	M10 Nylock Nut	1
3	M10 Flat Washer	1
17	M10 X 105L SHC	1
18	Swingarm	1
19	Medium Pivot Cap	1

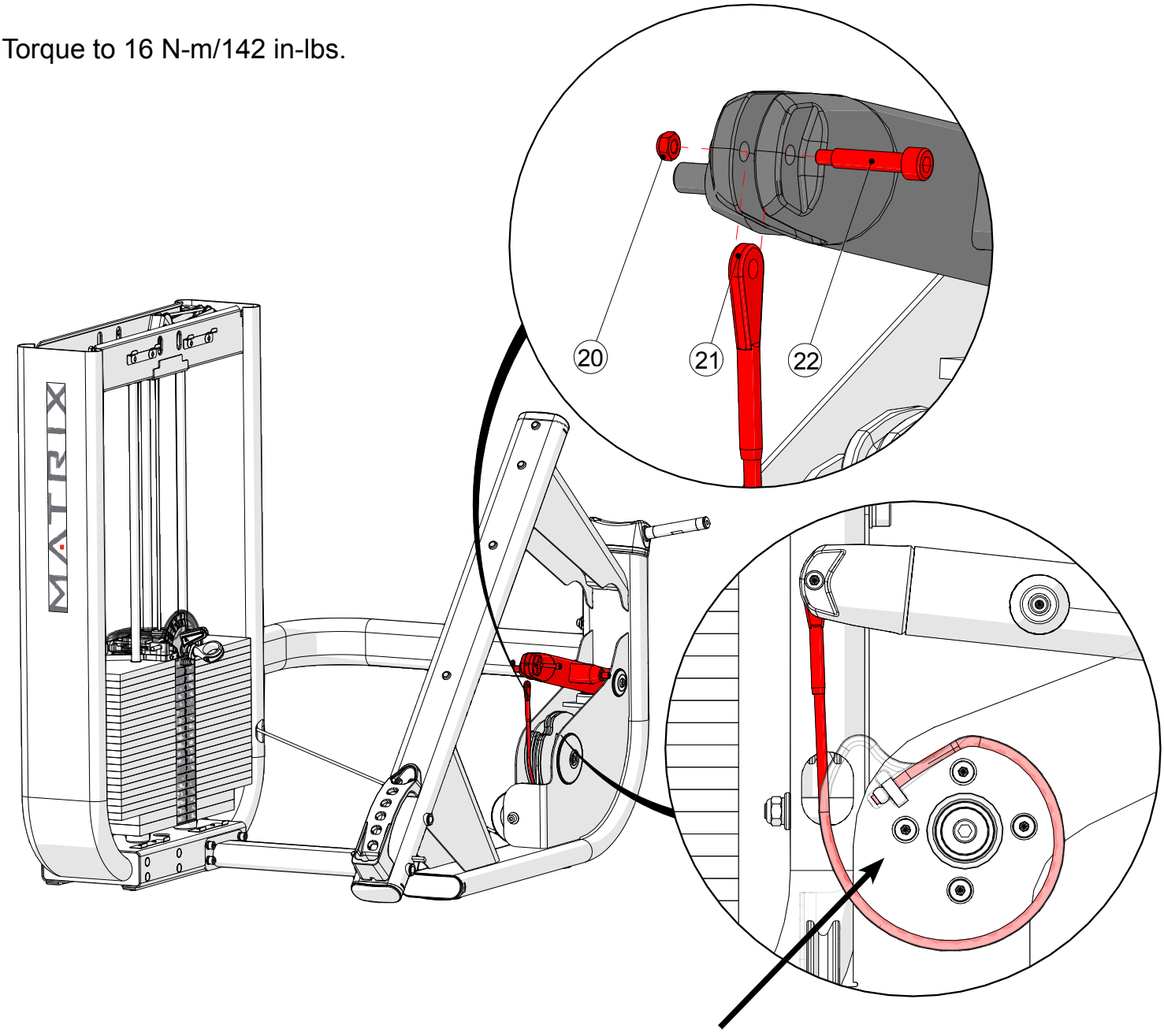
Tighten to 77 N-m/57 ft-lbs.



STEP 3 | CABLE TO SWINGARM ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANITY
20	M6 Nylock Nut	1
21	User Frame Cable (Pre-assembled to CAM)	1
22	M6 Shoulder Bolt	1

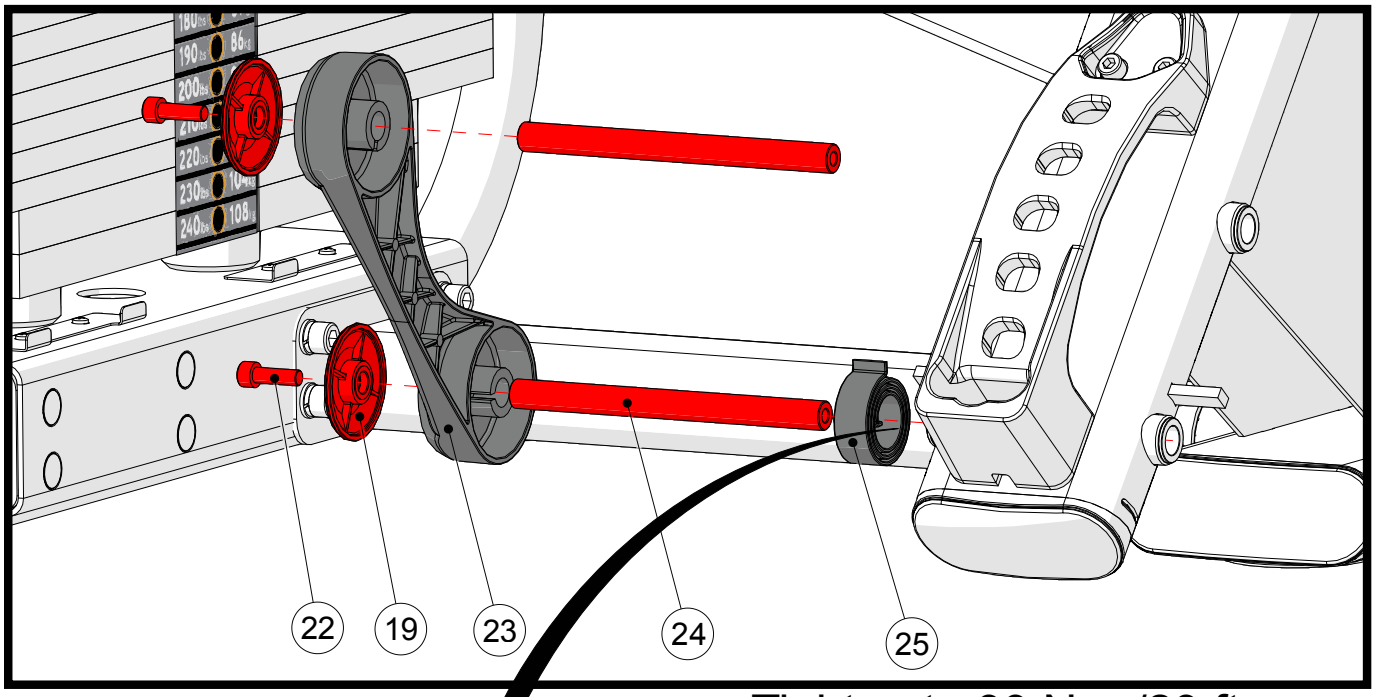
Torque to 16 N-m/142 in-lbs.

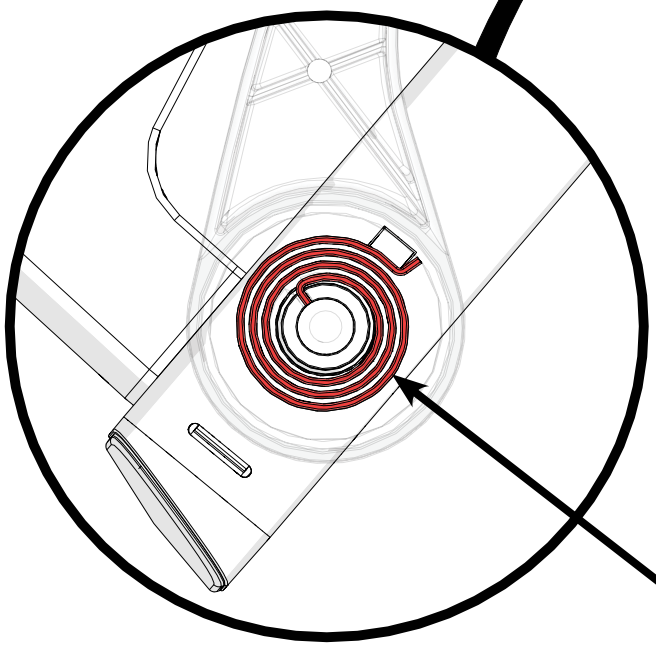


CAM must be oriented as shown

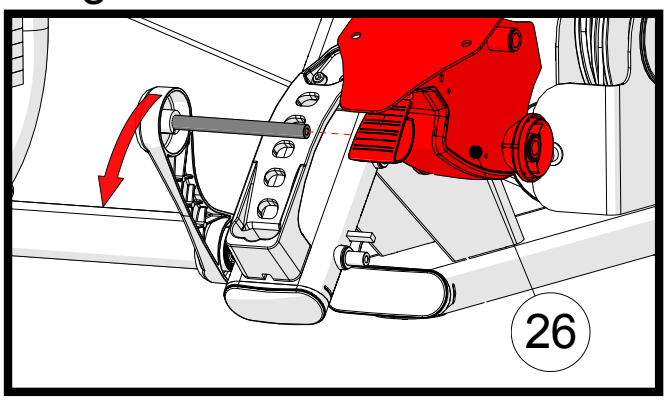
STEP 1 | SEAT LINK ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANITY
19	Medium Pivot Cap	2
23	M8 X 25L SHC	2
24	Seat Link	1
25	Axle	2
26	Spring	1
27	Seat	1





Tighten to 39 N-m/29 ft-

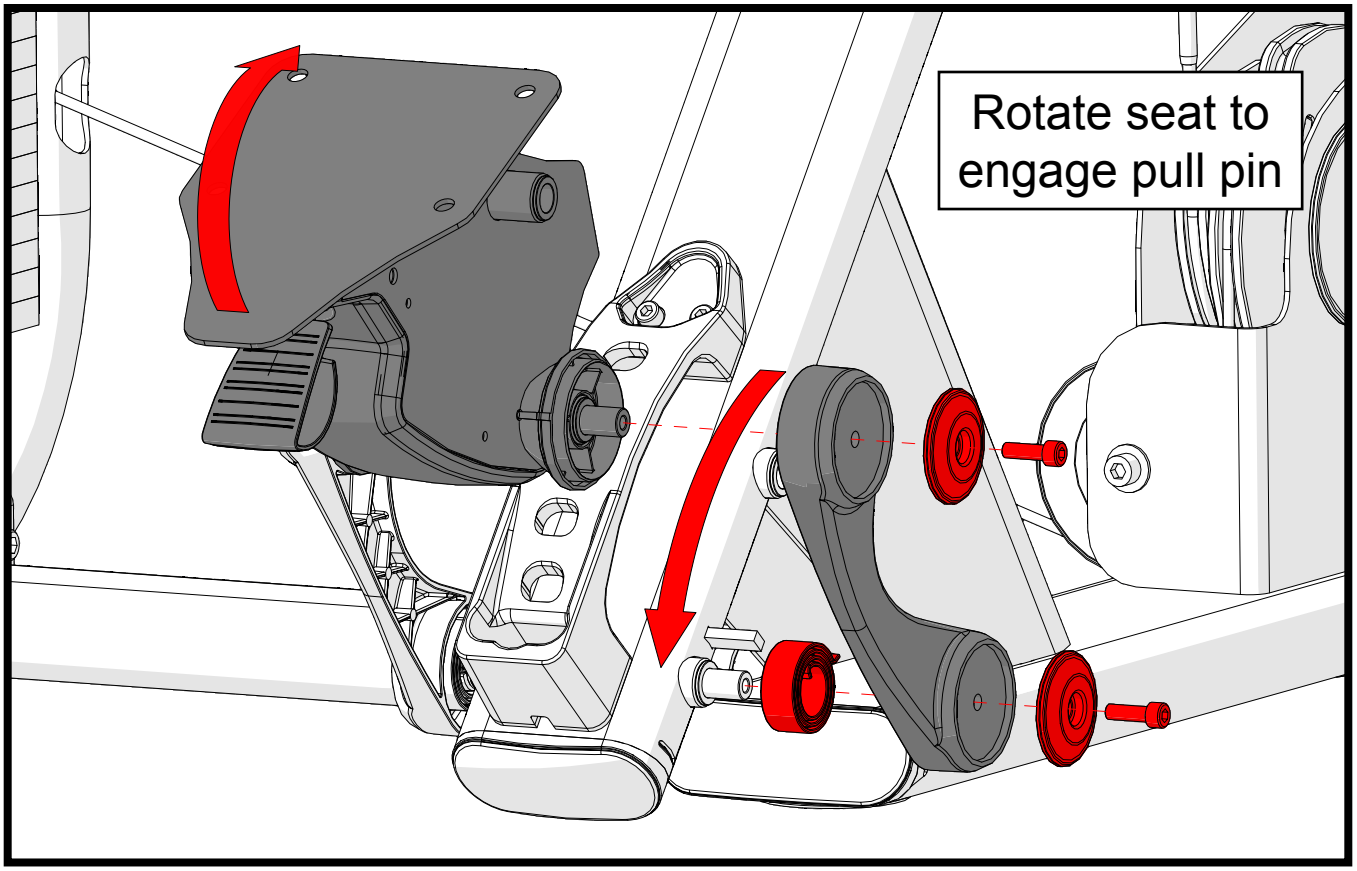


Ensure bottom links are assembled correctly by testing spring tension

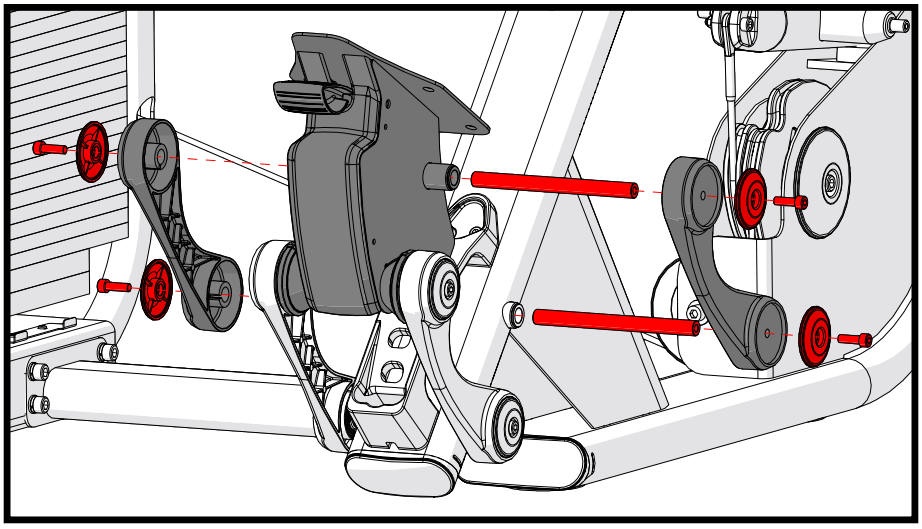
Outer tab of spring must be secured behind frame reaction bar

STEP 2 | SEAT ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANITY
19	Medium Pivot Cap	6
23	M8 X 25L SHC	6
24	Seat Link	3
25	Axle	2
26	Spring	1



Assemble upper axles, links and pivot caps

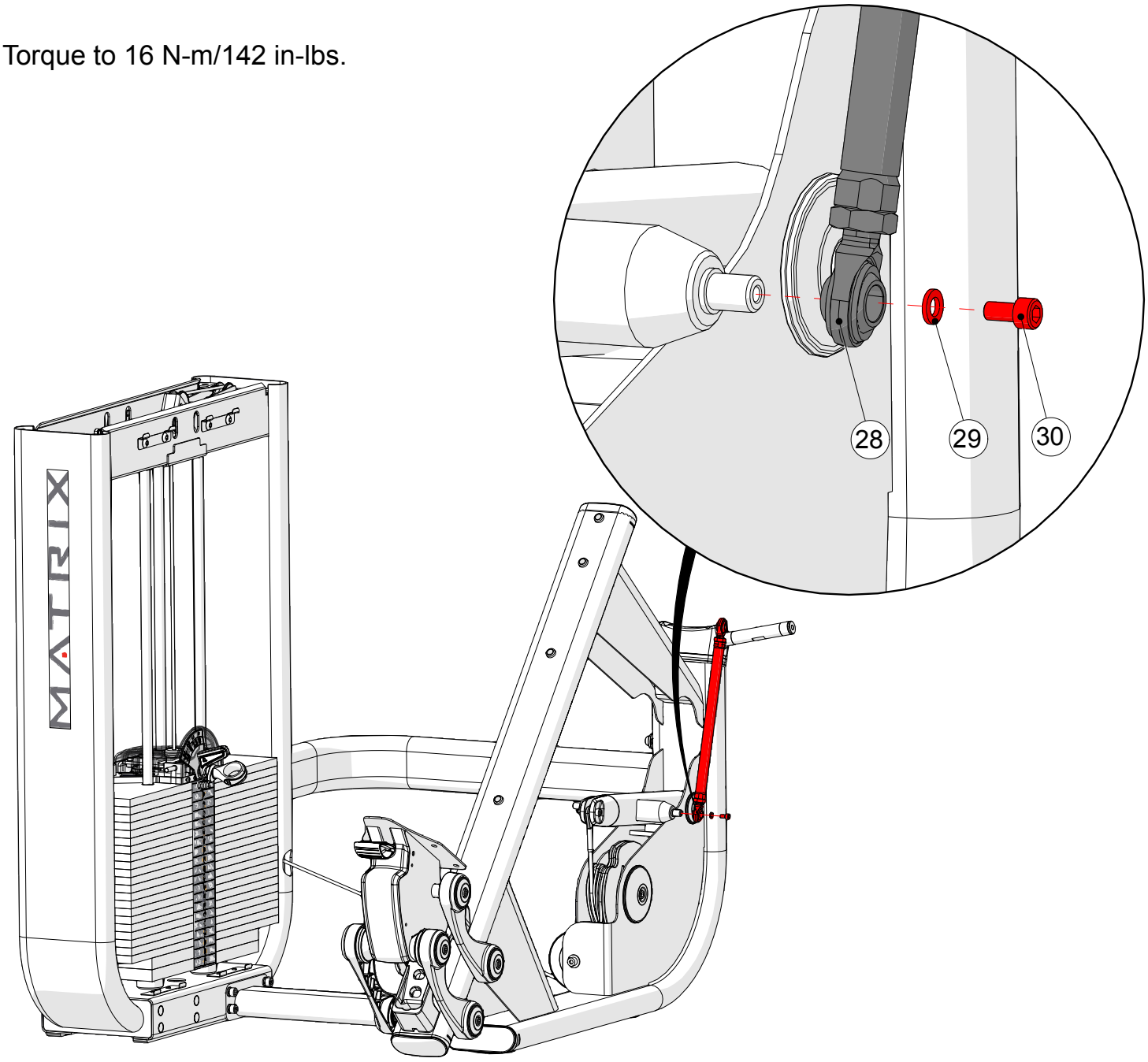


Tighten to 39 N-m/29 ft-lbs.

STEP 1 | TIE ROD TO SWINGARM ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANITY
28	Tie Rod (Right Side Not Shown)	2
29	M6 Flat Washer (Right Side Not Shown)	2
30	M6 X 12L SHC (Right Side Not Shown)	2

Torque to 16 N-m/142 in-lbs.

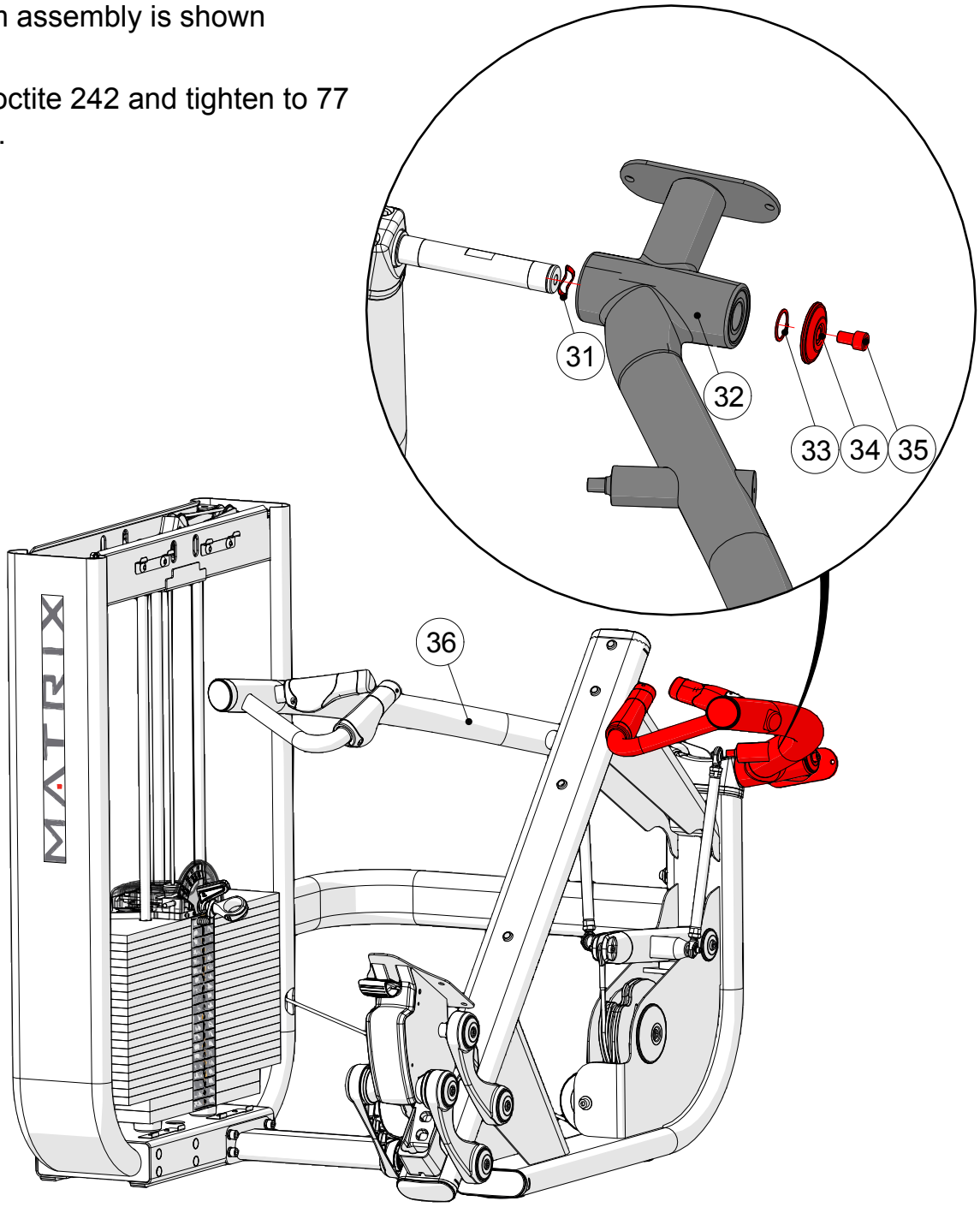


STEP 2 | LEFT AND RIGHT* ARM ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANITY
31	Wave (Spring) Washer	2
32	Left Arm	1
33	Snap Ring	2
34	Small Pivot Cap	2
35	M10 X15L SHC	2
36	Right Arm	1

*Only left arm assembly is shown

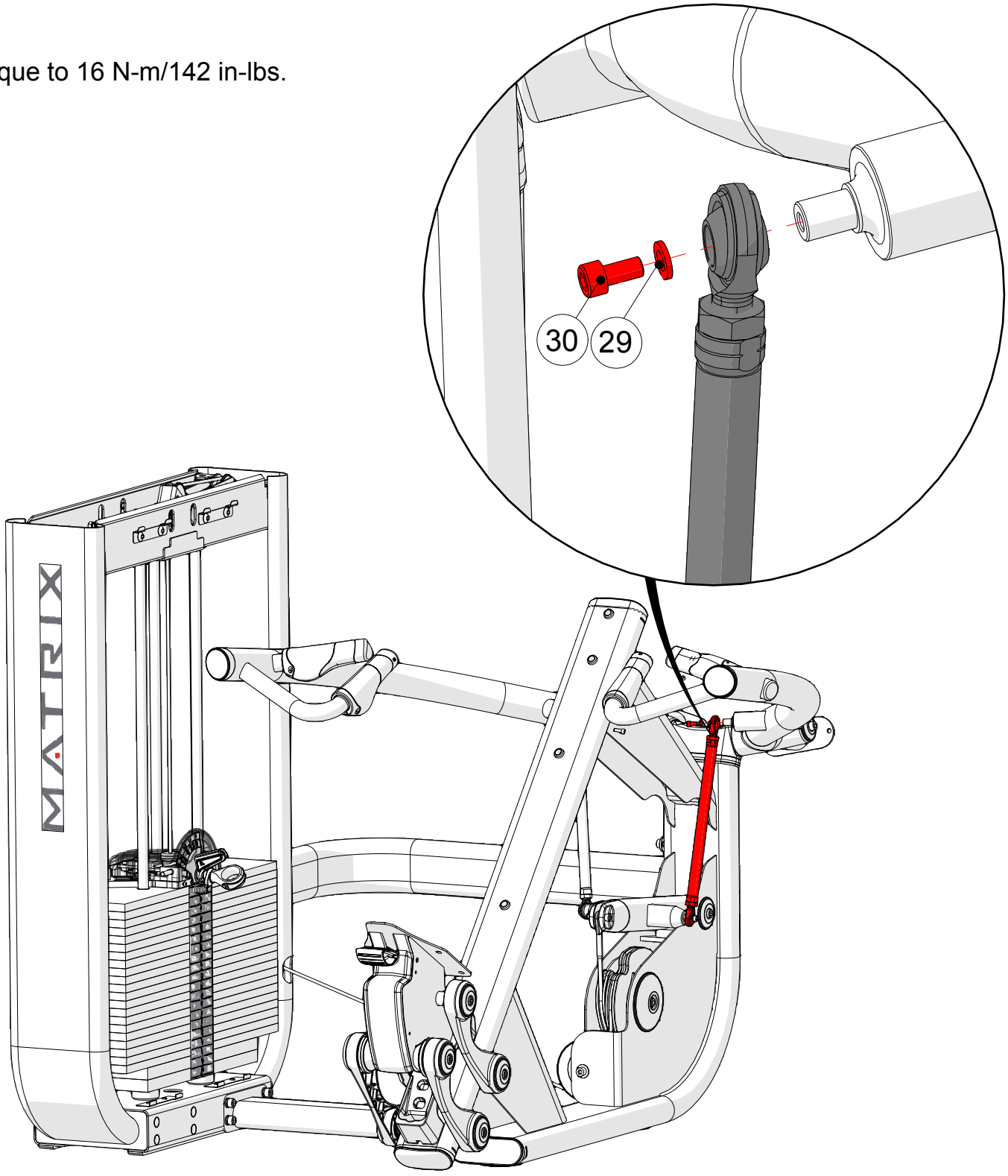
Apply blue Loctite 242 and tighten to 77 N-m/57 ft-lbs.



STEP 3 | TIE ROD TO ARM ASSEMBLY INSTRUCTIONS & NOTES

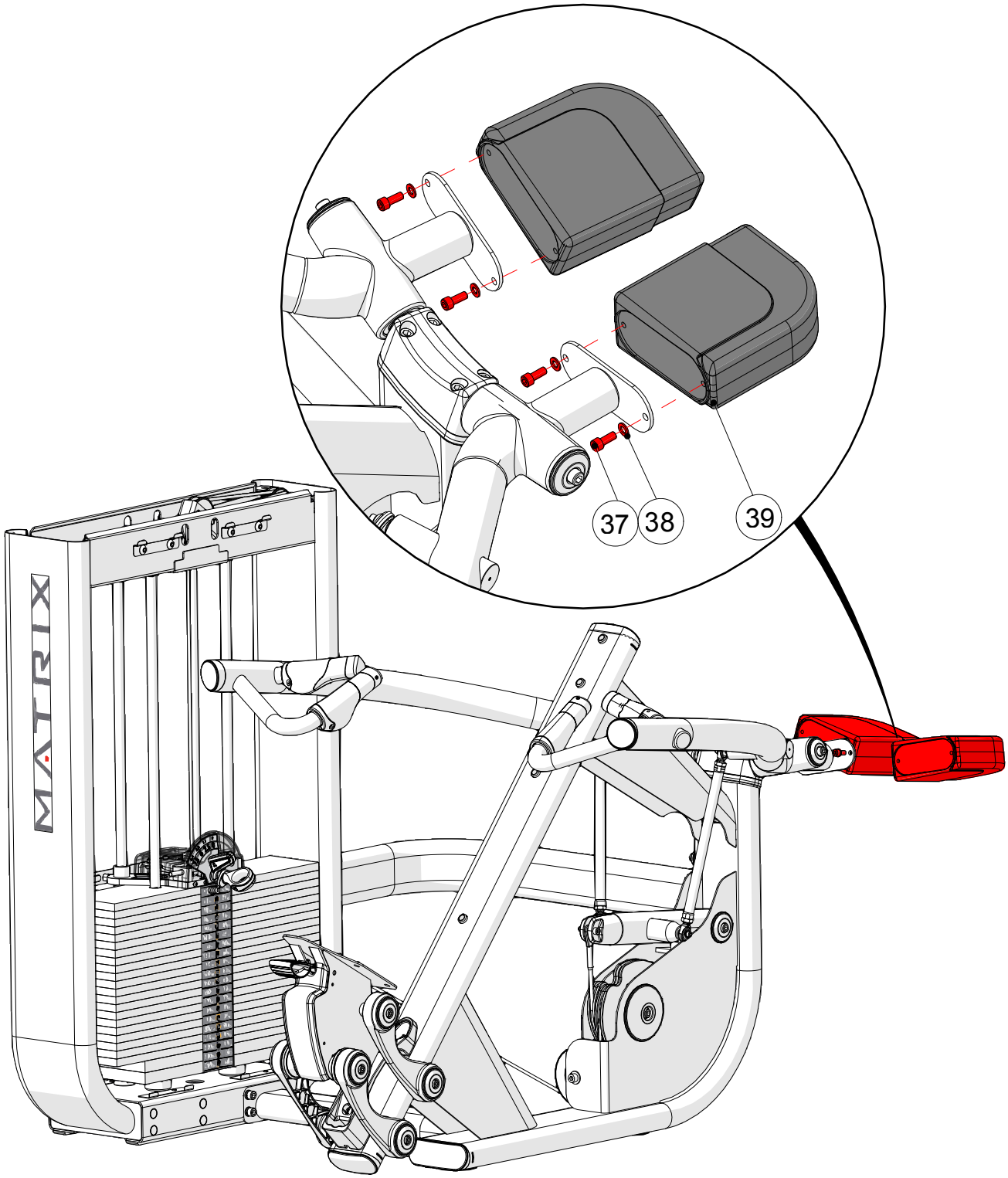
ID	DESCRIPTION	QUANITY
29	M6 Flat Washer (Right Side Not Shown)	2
30	M6 X 12L SHC (Right Side Not Shown)	2

Torque to 16 N-m/142 in-lbs.



STEP 4 | COUNTER WEIGHT ASSEMBLY INSTRUCTIONS & NOTES

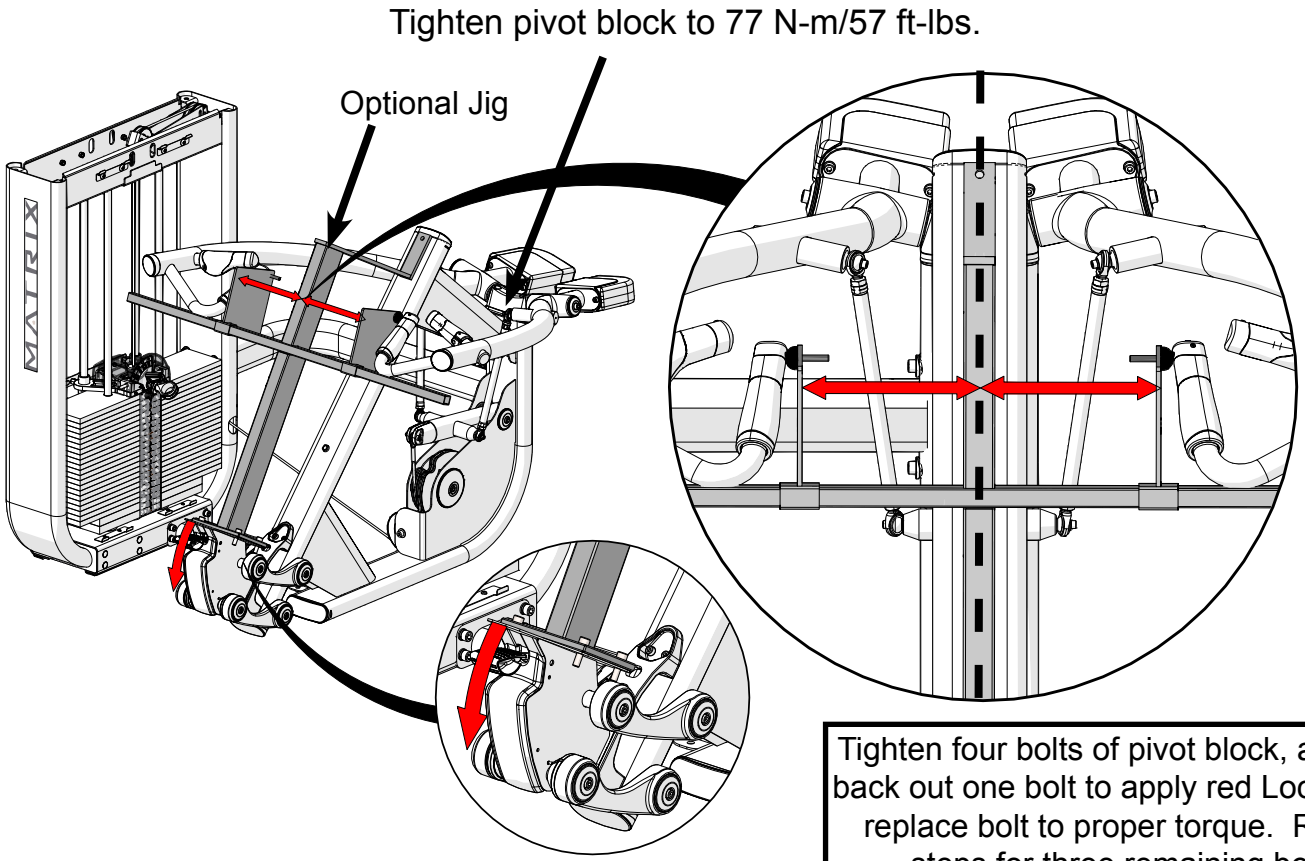
ID	DESCRIPTION	QUANITY
37	M8 X 20L SHC	4
38	M8 Flat Washer	4
39	Counter Weight	2



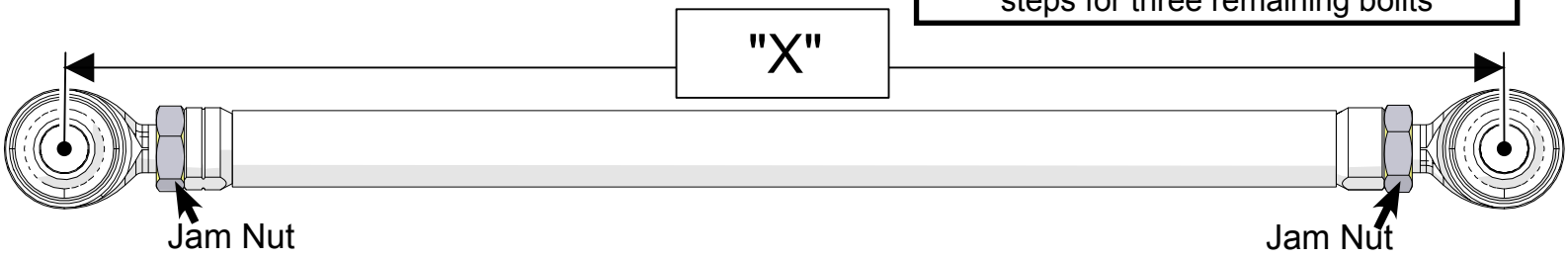
STEP 5 | ARM POSITIONING INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANITY
Optional Jig	Arm Leveling & Positioning fixture	1

Before fully tightening the pivot block, ensure that the arms are symmetrical about the centerline of the machine. The left and right hand grips should be at the same height to each other and be equidistant to the centerline of the user.



Tighten four bolts of pivot block, and then back out one bolt to apply red Loctite 272, replace bolt to proper torque. Repeat steps for three remaining bollts



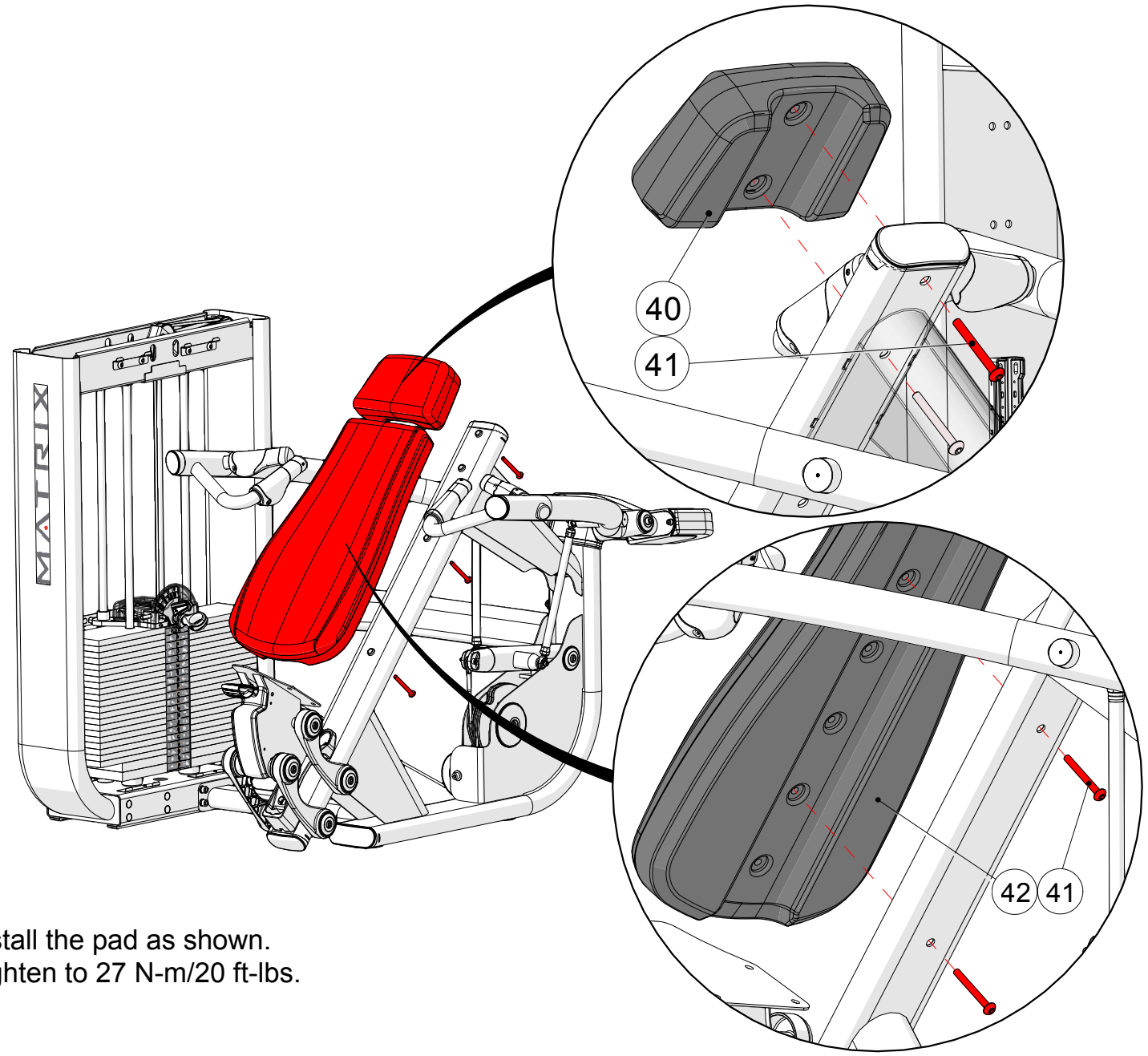
To adjust length: loosen jam nuts, turn center rod, tighten jam nuts

Machine	Tie Rod Length (“X”)
Chest Press	722.5 mm (28.4”)
Shoulder Press	360.0 mm (14.2”)
Lat Pulldown	555.0 mm (21.9”)
Seated Row	350.0 mm (13.8”)

Tie Rod lengths must be adjusted according to machine.

STEP 1 | BACK PAD ASSEMBLY INSTRUCTIONS & NOTES

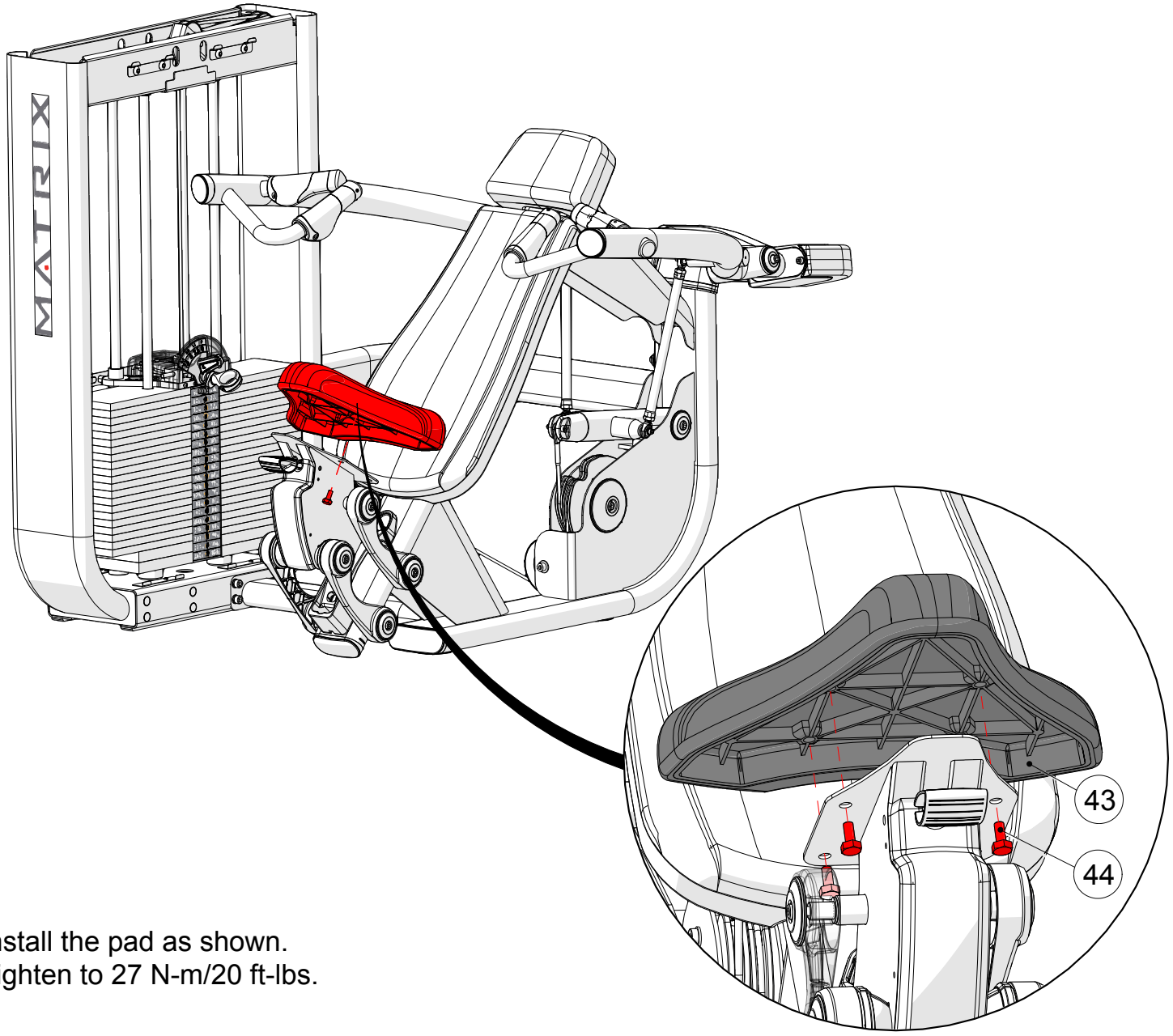
ID	DESCRIPTION	QUANITY
40	Head Rest Assembly	1
41	M10 X 75L BHC	4
42	Back Pad Assembly	1



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

STEP 2 | BOTTOM PAD ASSEMBLY INSTRUCTIONS & NOTES

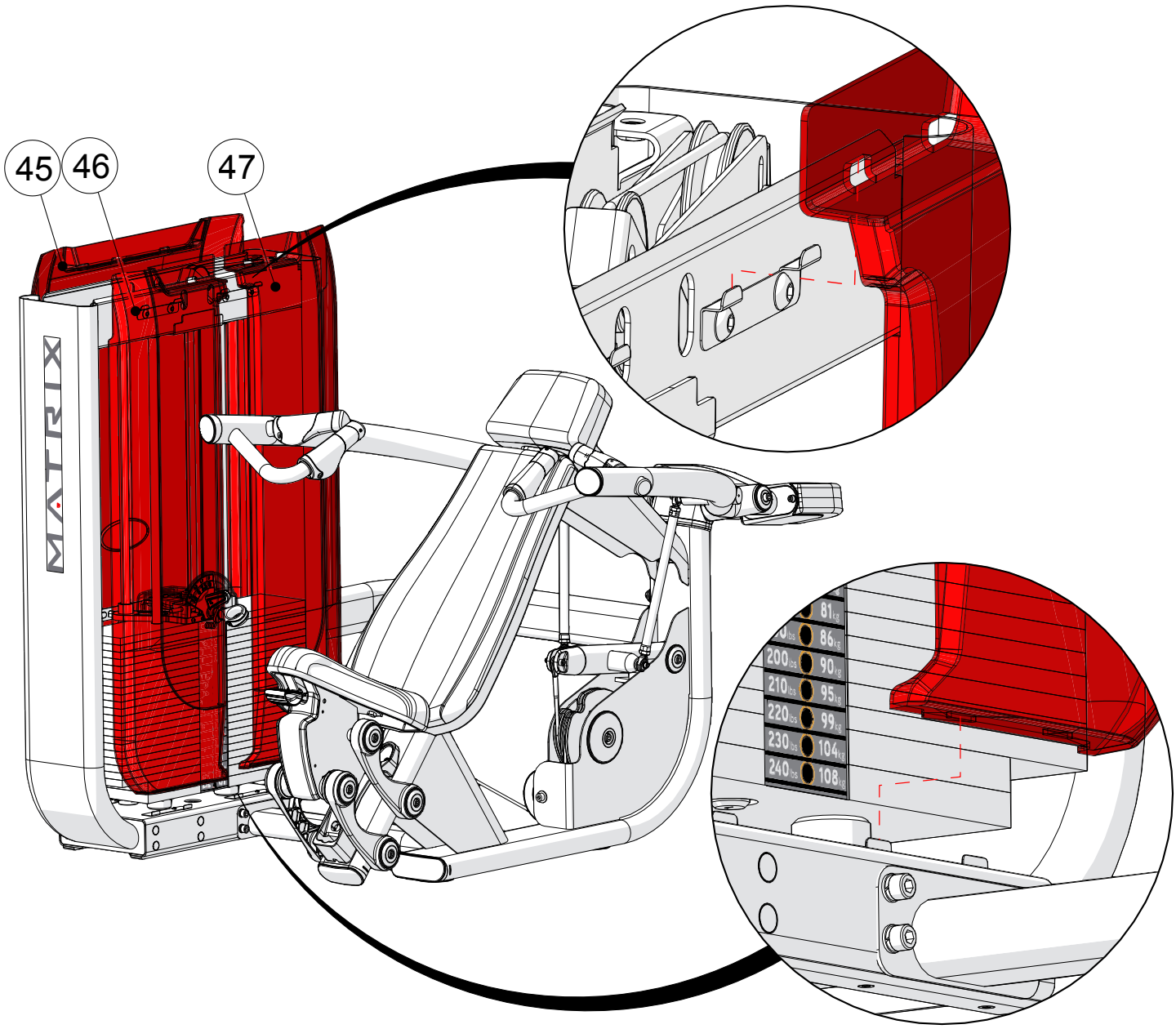
ID	DESCRIPTION	QUANITY
43	Pad	1
44	M10 X 20L Hex Bolt	4



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

STEP 1 | SHROUD ASSEMBLY ASSEMBLY INSTRUCTIONS & NOTES

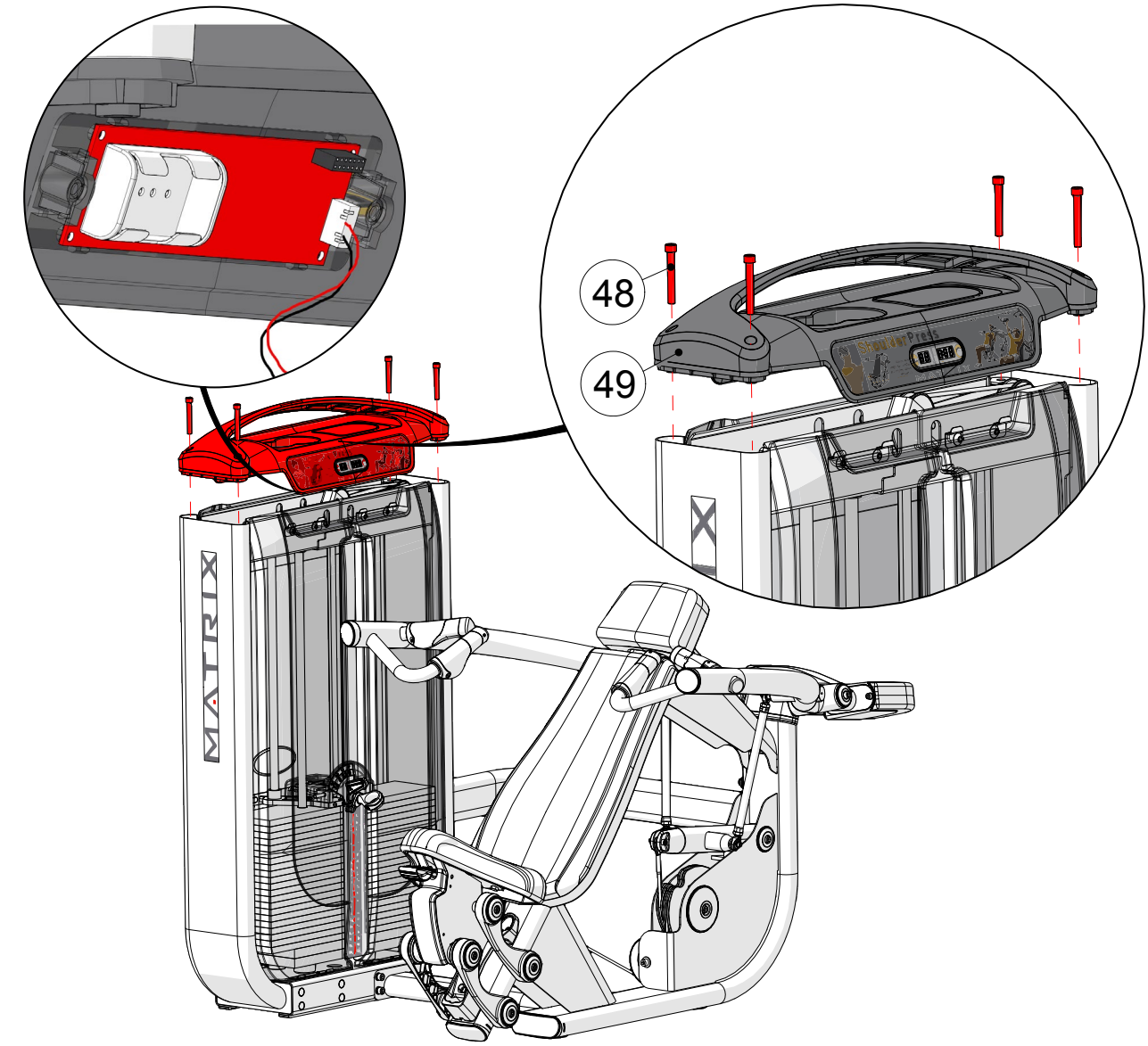
ID	DESCRIPTION	QUANITY
45	Rear Shroud	1
46	Left Front Shroud	1
47	Right Front Shroud	1



Install the weight stack shrouds as shown.

STEP 2 | TOP CAP ASSEMBLY INSTRUCTIONS & NOTES

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

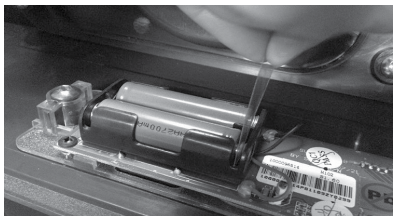


Install the top cap and connect rep counter plug as shown.

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

Strong • Smart • Beautiful

Matrix Fitness
1600 Landmark Drive
Cottage Grove WI 53527

matrixfitness.com
Toll-free 866.693.4863
Facsimilie 608.839.8687

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