MATRIX

Strong • Smart • Beautiful

U7xe	R7xe	H7xe
U7x	R7x	H7x
U5x	R5x	H5x
U3xe	R3xe	H3xe
U3x	R3x	H3x

CYCLES OWNER'S MANUAL

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IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

Read this GUIDE before using the OWNER'S MANUAL. When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this product. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all warnings and precautions. If you have any questions after reading this guide, contact Customer Tech Support at the number listed on the back panel of the OWNER'S MANUAL.

This product is intended for commercial use. To ensure your safety and protect the equipment, read all instructions before operating.

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DANGER

TO REDUCE THE RISK OF ELECTRICAL SHOCK:

Always unplug the unit from the electrical outlet immediately after using, before cleaning, performing maintenance and putting on or taking off parts.

CAUTION

If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.

WARNING

- Use this exercise bike for its intended purpose as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Never operate the exercise bike if it is not working properly, or if it has been damaged. Contact Customer Tech Support or the authorized dealers for examination and repair.
- Do not use the exercise bike without proper footwear. NEVER operate the exercise bike with bare feet.
- Do not wear any clothing that might catch on any moving parts of this exercise bike.
- Keep hands and feet clear at all times from moving parts to avoid injury. Never turn the pedal cranks by hand.
- Do not dismount the exercise bike until the pedals are at a complete STOP.
- Do not attempt to ride the exercise bike in a standing position at high RPMs until you have practiced at slower speeds.
- Do not insert any object, hands or feet into any openings, or expose hands, arms or feet to the drive mechanism or other potentially moving part of the exercise bike.
- Do not use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Customer Tech Support or the authorized dealers.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Close supervision is necessary when used near children, invalids or disabled people.
- Ensure that adjustment levers (seat and handlebar fore-and-aft) are properly secured and do not interfere with range of motion during exercise.

WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Use the unit only as described in the unit guide and owner's manual.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- The unit should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- At NO time should pets or children under the age of 13 be closer to the unit than 10 feet.
- At NO time should children under the age of 13 use the unit.
- Children over the age of 13 or disabled persons should not use the unit without adult supervision.
- Never operate the unit if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or immersed in water. Return the unit to a service center for examination and repair.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not remove the console covers unless instructed by Customer Tech Support. Service should only be done by an authorized service technician.

It is essential that your unit is used only indoors, in a climate controlled room. If your unit has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the unit is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

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ELECTRICAL REQUIREMENTS

Some of these products are designed to be self powered and do not require an external power supply source to operate. However, these units can be AC powered. This will power the console at all times and requires no minimum RPM for operation.

The Matrix cycles have different electrical requirements depending on the model chosen. The chart below should assist you with your facility planning:

These units can be daisy-chained together, up to 4 units per dedicated 15 amp circuit, using a Matrix daisy-chain cord adapter (sold separately).

DEDICATED CIRCUIT AND ELECTRICAL INFO

All Matrix units require the use of a 15 amp or 20 amp “dedicated circuit,” with a non-looped (isolated) neutral/ground, for the power requirement. Quite simply this means that each outlet you plug into should not have anything else running on that same circuit. The easiest way to verify this is to locate the main circuit breaker box, and turn off the breaker(s) one at a time. Once a breaker has been turned off, the only thing that should not have power to it are the units in question. No lamps, vending machines, fans, sound systems, or any other item should lose power when you perform this test.

Non-looped (isolated) neutral/grounding means that each circuit must have an individual neutral/ground connection coming from it, and terminating at an approved earth ground. You cannot “jumper” a single neutral/ground from one circuit to the next.

In addition to the dedicated circuit requirement, the proper gauge wire must be used from the circuit breaker box, to each outlet that will have the maximum number of units running off of it. If the distance from the circuit breaker box, to each outlet, is 100 ft or less, then 12 gauge wire may be used. For any distance greater than 100 ft from the circuit breaker box to the outlet, 10 gauge wire must be used.

GROUNDING INSTRUCTIONS

This product must be grounded. If a unit should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 110-120 Volt circuit and has a grounding plug. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

This product must be used on a dedicated circuit. To determine if you are on a dedicated circuit, shut off the power to that circuit and observe if any other devices lose power. If so, move devices to a different circuit.

WARNING

Connect this exercise product to a properly grounded outlet only.

Never operate product with a damaged cord or plug even if it is working properly. Never operate any product if it appears damaged, or has been immersed in water. Contact Customer Tech Support for replacement or repair.

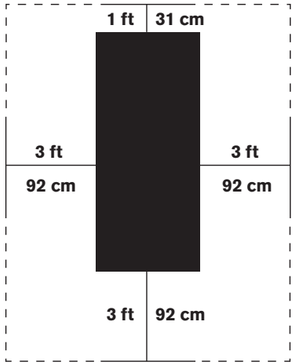
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BASIC OPERATION

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LOCATION OF THE EXERCISE BIKE

Place the exercise bike on a level and stable surface. There should be 3 feet of clearance behind the exercise bike, 3 feet on each side and one foot in front for the power cord. Do not place the exercise bike in any area that will block any vent or air openings. The exercise bike should not be located in a garage, covered patio, near water or outdoors.



POWER

Your exercise bike may be powered by a power supply. The power must be plugged into the power jack, which is located in the front of the machine near the stabilizer tube. Unplug cord when not in use.

⚠ WARNING

Never operate product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Contact Customer Tech Support for examination and repair.

RECUMBENT SEAT HEIGHT

To adjust the seat height on the Recumbent Cycle, locate the yellow lever under the right side of the seat before you mount the Cycle. Place your right hand on the orange adjustment handle under the right side of the seat. Place feet on the ground while seated and slide forward if needed. Place feet on pedals, gently lift lever under the right side of the seat. Using legs, slowly push and slide the seat up or down to desired position. Release lever and allow to lock into place.

UPRIGHT SEAT HEIGHT

To adjust the seat height on the Upright Cycle, locate the orange pull pin before you mount the Cycle. To raise or lower the seat, pull the orange knob while holding the seat with the other hand and slide up or down accordingly. Make sure you are not seated when you pull the knob or pull the seat up.

The seat height adjusts from level 1 to 15, when you see the mark “15 MAX” on the seat post, stop to pull the seat up.

HYBRID SEAT HEIGHT

To adjust the seat height on the Hybrid Cycle, pull the orange lever under the seat and lower the seat to the lowest position, stand over the seat and grab the orange lever. Pull the lever and lift until the seat base makes contact with your pelvic bone.

LEVELING THE EXERCISE BIKE

Locate a level, stable surface to position the Cycle. The Cycle has leveling feet located under the foot support and the center of the frame. If your Cycle wobbles in the location where you intended to use it, loosen the lock nut to the adjusting foot and adjust the feet until stable. Once level, lock the adjusting feet by tightening the lock nut to the frame.

MOVING THE UNIT

Two hand holds are located just above the MATRIX logo on the rear legs of the unit. To avoid injury to the user or the unit, be sure to have proper assistance to move the unit.

⚠ WARNING

Our equipment is heavy, use care and additional help if necessary when moving. Failure to follow these instructions could result in injury.

USING THE HEART RATE FUNCTION

Your exercise bike is equipped with heart rate pulse grips.

The heart rate function on this product is not a medical device. While heart rate grips can provide a relative estimation of your actual heart rate, they should not be relied on when accurate readings are necessary. Some people, including those in a cardiac rehab program, may benefit from using an alternate heart rate monitoring system like a chest or wrist strap. Various factors, including movement of the user, may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid in determining heart rate trends in general. Please consult your physician.

PULSE GRIPS

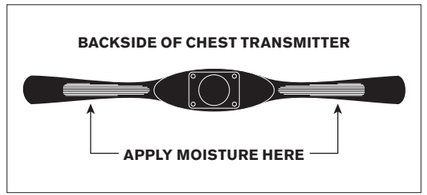
Place the palm of your hands directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. It takes 5 consecutive heart beats (15-20 seconds) for your heart rate to register. When gripping the pulse handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Keep a loose, cupping hold. You may experience an erratic readout if consistently holding the grip pulse handlebars. Make sure to clean the pulse sensors to ensure proper contact can be maintained.

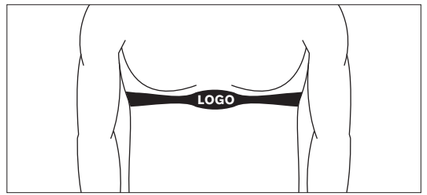
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WIRELESS HEART RATE RECEIVER

When used in conjunction with a **wireless chest transmitter**, your heart rate can be transmitted wirelessly to the unit and displayed on the console.

Prior to wearing the wireless chest transmitter on your chest, moisten the two rubber electrodes with water. Center the chest strap just below the breast or pectoral muscles, directly over your sternum, with the logo facing out. NOTE: The chest strap must be tight and properly placed to receive an accurate and consistent readout. If the chest strap is too loose, or positioned improperly, you may receive an erratic or inconsistent heart rate readout.





WARNING!

Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

TROUBLESHOOTING & MAINTENANCE

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RECOMMENDED CLEANING TIPS

Preventative maintenance and daily cleaning will prolong the life and look of your equipment.

SOLUTION: Follow these tips:

- Position the equipment away from direct sunlight. The intense UV light can cause discoloration on plastics.
- Locate your equipment in an area with cool temperatures and low humidity.
- Clean with a soft 100% cotton cloth.
- Clean with soap and water or other non-ammonia based all purpose cleaners.
- Wipe foot pads, handles, heart rate grips, and handlebars clean after each use.
- Do not pour liquids directly onto your equipment. This can cause damage to the equipment and in some cases electrocution.
- Check pedal motion and stability.
- Adjust leveling feet when equipment wobbles or rocks.
- Maintain a clean area around equipment, free from dust and dirt.
- For cleaning 7xe displays, use distilled water in an atomizer spray bottle. Spray distilled water onto soft, clean, dry cloth and wipe display until clean and dry. For very dirty displays, adding vinegar is recommended.

CHECK FOR DAMAGED PARTS

DO NOT use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Matrix Fitness.

MAINTAIN LABELS AND NAMEPLATES. Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Matrix Fitness Systems for a replacement. 1-866-693-4863, www.matrixfitness.com

MAINTAIN ALL EQUIPMENT Preventative maintenance is the key to smooth operating equipment. Equipment needs to be inspected at regular intervals. Defective components must be replaced immediately. Improperly working equipment must be kept out of use until it is repaired. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. Matrix Fitness Systems will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.

CARE AND MAINTENANCE

HOW DO I CLEAN MY MACHINE?

Clean with soap and water cleaners only. Never use solvents on plastic parts. Cleanliness of your bike and its operating environment will keep maintenance problems and service calls to a minimum. For this reason, Customer Tech Support recommends that the following preventive maintenance schedule be followed.

DAILY

- Clean entire machine using water and mild detergent such as “Simple Green”, or other Matrix approved solution (cleaning agents should be alcohol and ammonia free).

QUARTERLY

- Check all connecting joint areas for tightness of bolt assemblies.

CONSOLE RESPONSIVENESS ISSUES (CONSOLE REBOOT):

FOR 3XE, 7X, AND 7XE CONSOLES

Press and HOLD the Channel Up and Channel Down Button until you hear a Beep. Your console will reset.

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MAINTENANCE

WHAT KIND OF ROUTINE MAINTENANCE IS REQUIRED?

We use sealed bearings throughout our bikes so lubrication is not needed. The most important maintenance step is to simply wipe your perspiration off the bike after each use.

HOW DO I CLEAN MY BIKE?

Clean with soap and water cleaners only. Never use solvents on plastic parts. Cleanliness of your bike and its operating environment will keep maintenance problems and service calls to a minimum. For this reason, we recommend that the following preventive maintenance schedule be followed.

AFTER EACH USE (DAILY)

- Turn off the bike by unplugging the power cord from the wall outlet
- Wipe down the bike with a damp cloth. Never use solvents, as they can cause damage to the bike.
- Inspect the power cord. If the power cord is damaged, contact Customer Tech Support.
- Make sure the power cord is not underneath the bike or in any other area where it can become pinched or cut.

⚠ WARNING

To remove power from the exercise bike, the power cord must be disconnected from the wall outlet.

EVERY WEEK

Clean underneath the bike, following these steps:

- Turn off the bike.
- Move the bike to a remote location.
- Wipe or vacuum any dust particles or other objects that may have accumulated underneath the bike.
- Return the bike to its previous position.

EVERY MONTH

- Inspect all assembly bolts and pedals on the machine for proper tightness.
- Clean any debris off of the seat guide rail.

HYBRID CYCLE™ ASSEMBLY

⚠ WARNING

There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the bike could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the bike, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your unit's serial number located..

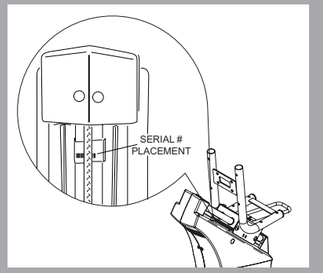
ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

CONSOLE SERIAL NUMBER:

FRAME SERIAL NUMBER:

MODEL NAME: **MATRIX**

SERIAL NUMBER LOCATION



» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.
*The console serial number can be found in the Manager Mode.

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REQUIRED **FASTENERS**

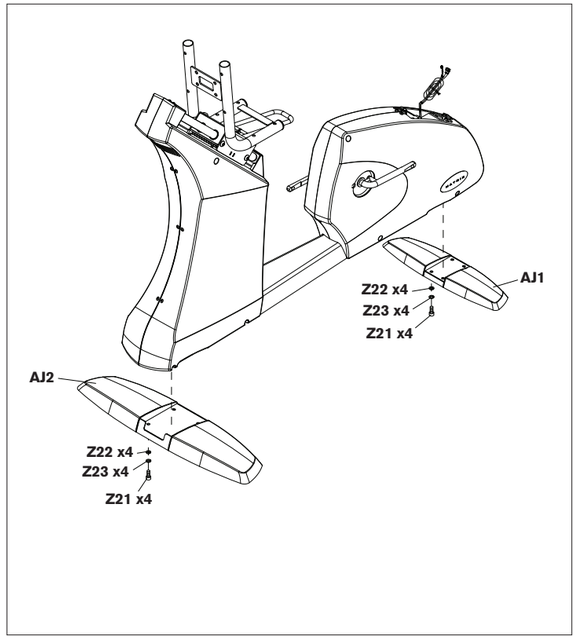
REFERENCE	SKETCH	DESCRIPTION	QUANTITY	PACKAGE COLOR
Z11		BUTTON HEAD BOLT(M8x25L)	4	WHITE
Z12		SPRING WASHER	4	WHITE
Z13		BUTTON HEAD BOLT(M5x10L)	2	WHITE
Z21		BUTTON HEAD BOLT(M8x20L)	8	BLACK
Z22		FLAT WASHER	8	BLACK
Z23		SPRING WASHER	8	BLACK
Z31		BUTTON HEAD BOLT(M8x15L)	4	YELLOW
Z32		FLAT WASHER	4	YELLOW
Z33		SPRING WASHER	4	YELLOW
Z34		BUTTON HEAD BOLT(M8x25L)	2	BLUE
Z41		BUTTON HEAD BOLT(M8x50L)	8	RED
Z42		ARC WASHER	8	RED
Z43		SPRING WASHER	8	RED
Z51		BUTTON HEAD BOLT(M8x15L)	4	GREEN
Z52		FLAT WASHER	4	GREEN
Z53		SPRING WASHER	4	GREEN

REQUIRED **TOOLS**

Z01		6mm ALLEN WRENCH	1 PURPLE
Z02		PHILLIPS DRIVER(6x130mm)	1 PURPLE
Z03		OPEN WRENCH(#15#17 325L)	1 PURPLE
Z04		5mm ALLEN WRENCH	1 PURPLE
Z05		5mm ALLEN WRENCH	1 PURPLE

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ASSEMBLY **STEP 1**



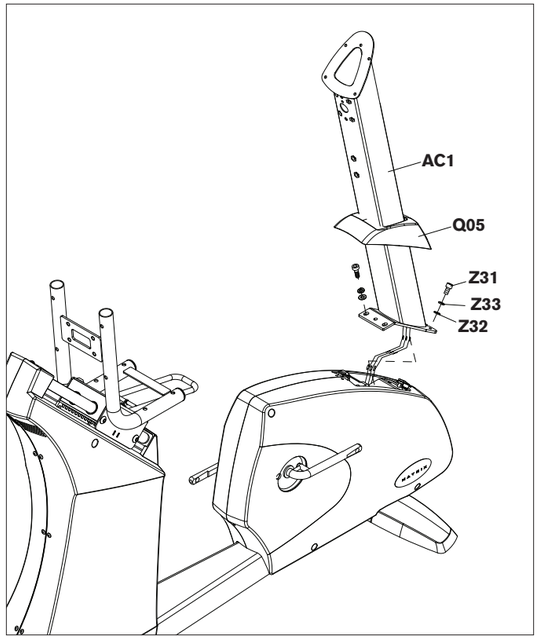
BLACK HARDWARE BAG CONTENTS :

Z21	**BUTTON HEAD BOLT(M8x20L)**	**8**
Z22	**FLAT WASHER**	**8**
Z23	**SPRING WASHER**	**8**

A Open **BLACK HARDWARE BAG**.

B Attach the **STABILIZER TUBE** to the **MAIN FRAME** using 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (C)** on each side.

ASSEMBLY **STEP 2**



YELLOW HARDWARE BAG CONTENTS

Z31	**BUTTON HEAD BOLT(M8x15L)**	**4**
Z32	**FLAT WASHER**	**4**
Z33	**SPRING WASHER**	**4**

A Open **YELLOW HARDWARE BAG**.

B Attach **MANUAL INCLINE LIFT LEVER** to **GUIDE RAIL SET** using 4 **BOLTS (D)**, 4 **FLAT WASHERS (E)**, 4 **SPRING WASHERS (F)** and 4 **NUTS (G)**.

C Align **GUIDE RAIL SET** with **MAIN FRAME** as shown.

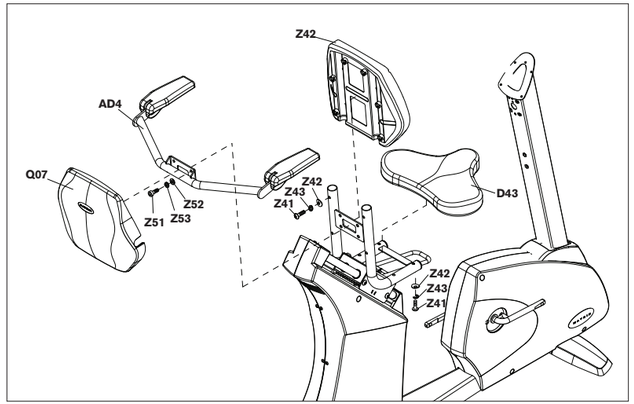
D Lift up on the **MANUAL INCLINE LIFT LEVER** and place it in one of the holes inside the **MAIN FRAME**.

E Attach the **GUIDE RAIL SET** to the **MAIN FRAME** using 4 **BOLTS (G)**, 4 **FLAT WASHERS (H)**, 4 **SPRING WASHERS (I)** and 4 **NUTS (J)**.

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ASSEMBLY **STEP 3**

RED HARDWARE BAG CONTENTS			
Z41		**BUTTON HEAD BOLT(M8x50L)**	**8**
Z42		**ARC WASHER**	**8**
Z43		**SPRING WASHER**	**8**
Z51		**BUTTON HEAD BOLT(M8x15L)**	**4**
Z52		**FLAT WASHER**	**4**
Z53		**SPRING WASHER**	**4**

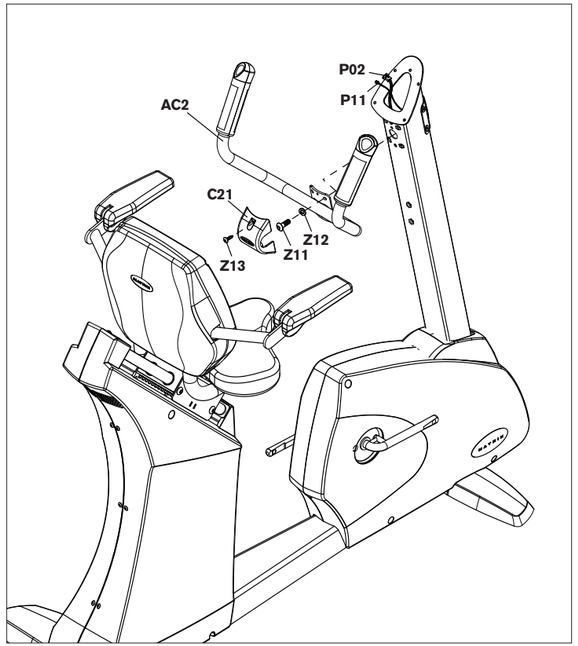


A Open **RED HARDWARE BAG**.

B Attach the **GUIDE RAIL SET** to the **MAIN FRAME** using 4 **BOLTS (F)**, 4 **SPRING WASHERS (E)** and 4 **FLAT WASHERS (D)**.

C Attach the **GUIDE RAIL SET** to the **INCLINE BRACKET** using 4 **BOLTS (G)**, 4 **FLAT WASHERS (H)**, 4 **SPRING WASHERS (I)** and 4 **NUTS (J)**.

ASSEMBLY **STEP 4**



WHITE HARDWARE BAG CONTENTS :			
Z11		**BUTTON HEAD BOLT(M8x25L)**	**4**
Z12		**SPRING WASHER**	**4**
Z13		**BUTTON HEAD BOLT(M5x10L)**	**2**

A Open **WHITE HARDWARE BAG**.

B Carefully pull the **CONSOLE CABLE** through the **CONSOLE MAST** using the twist tie located inside the **CONSOLE MAST**.

C Attach **CONSOLE MAST** to **MAIN FRAME** using **PRE-INSTALLED BOLTS AND WASHERS**.

D Slide **WAVY WASHER (L)** over **CRANK** followed by **PEDAL ARM** as shown. Rest **PEDAL ARM WHEEL** on **GUIDE RAIL**.

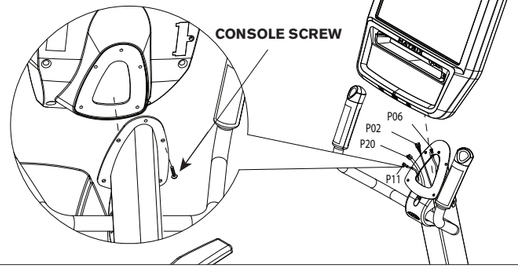
E Attach the **PEDAL ARM** to the **CRANK** using 1 **FLAT WASHER (K)**, 1 **SPRING WASHER (B)** and 1 **BOLT (M)**.

F Repeat steps D–E on the opposite side of the bike.

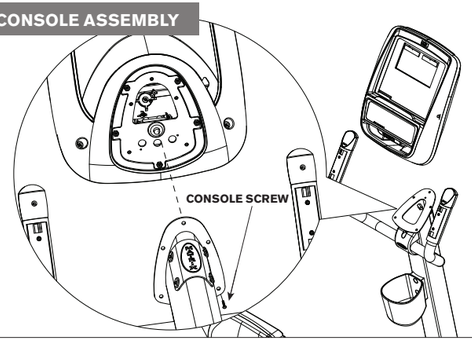
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ASSEMBLY **STEP 5**

7XE / 7X / 5X CONSOLE ASSEMBLY



3X / 3XE CONSOLE ASSEMBLY



A Open **HARDWARE BAG**.

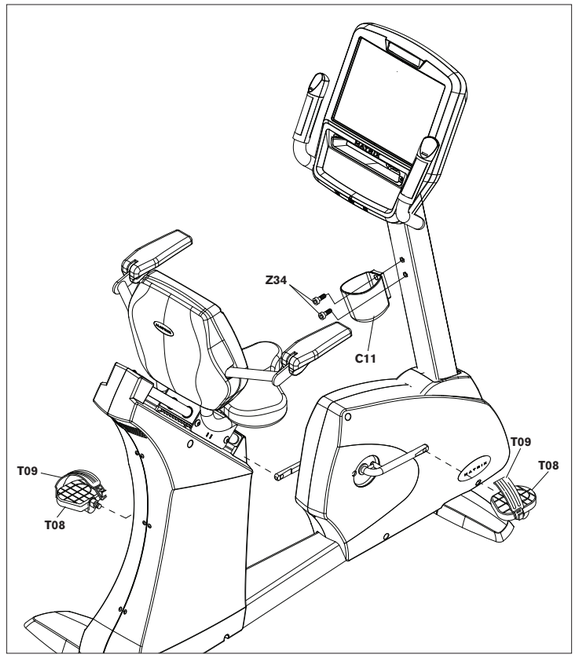
B Slide 1 **FLAT WASHER (N)**, 1 **WAVY WASHER (O)** and another **FLAT WASHER (N)** onto the **LOWER LINK ARM**.

C Slide the **LOWER LINK ARM** into the **PEDAL ARM BRACKET**.

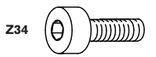
D Attach the **LOWER LINK ARM** to the **PEDAL ARM BRACKET** using 1 **FLAT WASHER (R)**, 1 **SPRING WASHER (Q)** and 1 **BOLT (P)**.

E Repeat steps B–D on the opposite side of the bike.

ASSEMBLY **STEP 6**



BLUE HARDWARE BAG CONTENTS :



Z34 **BUTTON HEAD BOLT(M8x25L) 2**

A Open **HARDWARE BAG**.

B Slide 1 **RUBBER WASHER (S)** and 1 **FLAT WASHER (T)** onto the **CONSOLE MAST**.

C Slide **LOWER HANDLEBAR** onto **CONSOLE MAST** and attach using 1 **FLAT WASHER (T)**, 1 **FLAT WASHER (H)**, 1 **HANDLEBAR CAP**, 1 **FLAT WASHER (H)**, 1 **SPRING WASHER (B)** and 1 **BOLT (U)**.

D Repeat steps B–C on the opposite side of the bike.

ASSEMBLY COMPLETE!

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UPRIGHT CYCLE ASSEMBLY

⚠ WARNING

There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the elliptical could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the elliptical, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your unit's serial number located..

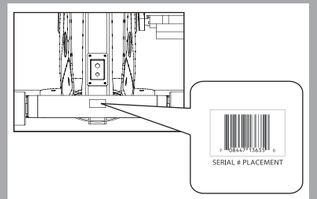
ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

SERIAL NUMBER LOCATION

CONSOLE SERIAL NUMBER:

FRAME SERIAL NUMBER:

MODEL NAME: **MATRIX**



» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.
*The console serial number can be found in the Manager Mode.

bikes_om_r1.5.indd 26-27 9/9/11 8:19 AM

REQUIRED **FASTENERS**

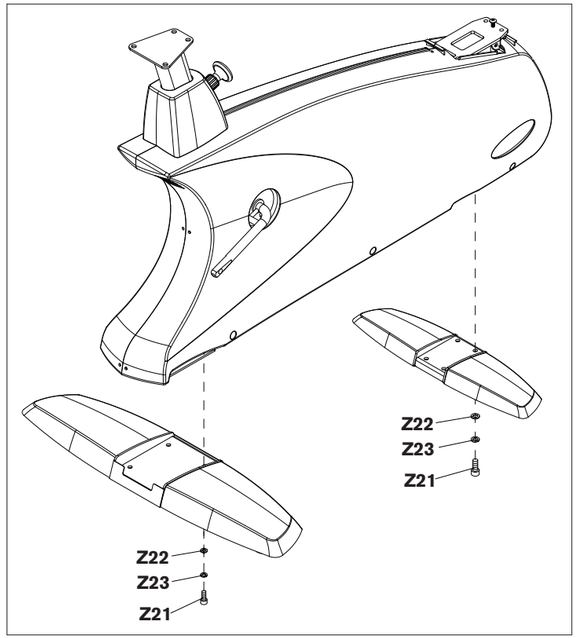
REFERENCE	SKETCH	DESCRIPTION	AMOUNT	PACKAGE COLOR
Z11		BUTTON HEAD HEX SOCKET CAP SCREW(M8x25L)	4	WHITE
Z12		SPRING WASHER	4	WHITE
Z13		BUTTON HEAD SCREW(M5x10L)	2	WHITE
Z21		HEX SOCKET HEAD CAP SCREW(M8x20L)	8	BLACK
Z22		FLAT WASHER	8	BLACK
Z23		SPRING WASHER	8	BLACK
Z31		BUTTON HEAD HEX SOCKET CAP SCREW W/NYLOC(M8x20L)	4	YELLOW
Z32		SPRING WASHER	4	YELLOW
Z33		FLAT WASHER	4	YELLOW
Z34		HEX SOCKET HEAD CAP SCREW(M8x25L)	2	BLUE
Z41		BUTTON HEAD HEX SOCKET CAP SCREW-CHROME PLATED(M8x20L)	4	RED
Z42		FLAT WASHER-CHROME PLATED	4	RED
Z43		SPRING WASHER-CHROME PLATED	4	RED
Z51		BUTTON HEAD HEX SOCKET CAP SCREW WITH NYLOC(M5x12L)	4	GREEN

REQUIRED **TOOLS**

Z01		6mm ALLEN WRENCH	1	PURPLE
Z02		PHILLIPS DRIVER(6x130mm)	1	PURPLE
Z03		5mm ALLEN WRENCH	1	PURPLE
Z04		3mm ALLEN WRENCH	1	PURPLE
Z05		OPEN WRENCH(#15#17 325L)	1	PURPLE

bikes_om_r1.5.indd 28-29 9/9/11 8:19 AM

ASSEMBLY **STEP 1**

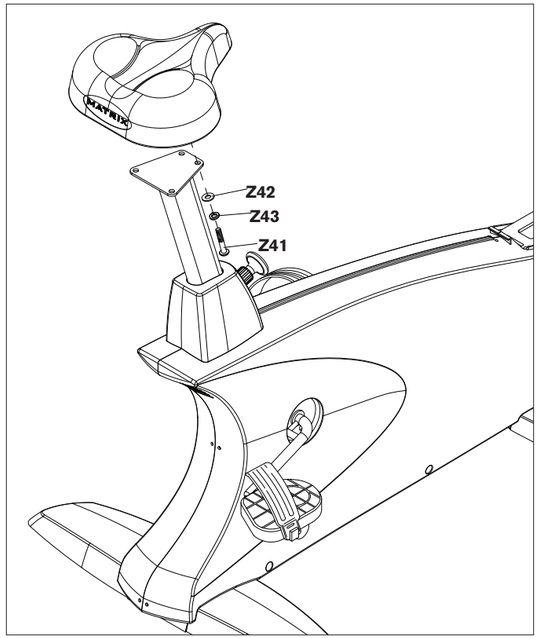


BLACK HARDWARE BAG CONTENTS :		
Z21	**HEX SOCKET HEAD CAP SCREW(M8x20L)**	**8**
Z22	**FLAT WASHER**	**8**
Z23	**SPRING WASHER**	**8**

A Open **BLACK HARDWARE BAG**.

B Attach the **STABILIZER TUBE** to the **MAIN FRAME** using 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (C)** on each side.

ASSEMBLY **STEP 2**



RED HARDWARE BAG CONTENTS		
Z41	**BUTTON HEAD HEX SOCKET CAP SCREW-CHROME PLATED(M8x20L)**	**4**
Z42	**FLAT WASHER-CHROME PLATED**	**4**
Z43	**SPRING WASHER-CHROME PLATED**	**4**

A Open **RED HARDWARE BAG**.

B Attach **MANUAL INCLINE LIFT LEVER** to **GUIDE RAIL SET** using 4 **BOLTS (D)**, 4 **FLAT WASHERS (E)**, 4 **SPRING WASHERS (F)** and 4 **NUTS (G)**.

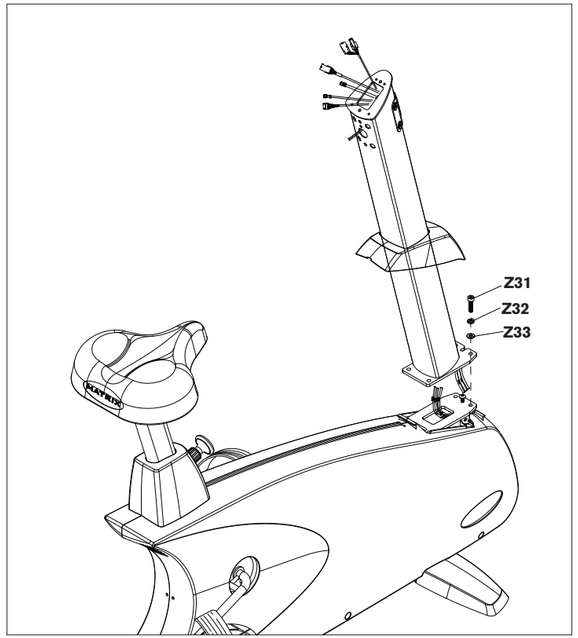
C Align **GUIDE RAIL SET** with **MAIN FRAME** as shown.

D Lift up on the **MANUAL INCLINE LIFT LEVER** and place it in one of the holes inside the **MAIN FRAME**.

E Attach the **GUIDE RAIL SET** to the **MAIN FRAME** using 4 **BOLTS (G)**, 4 **FLAT WASHERS (H)**, 4 **SPRING WASHERS (I)** and 4 **NUTS (J)**.

bikes_om_r1.5.indd 30-31 9/9/11 8:19 AM

ASSEMBLY **STEP 3**

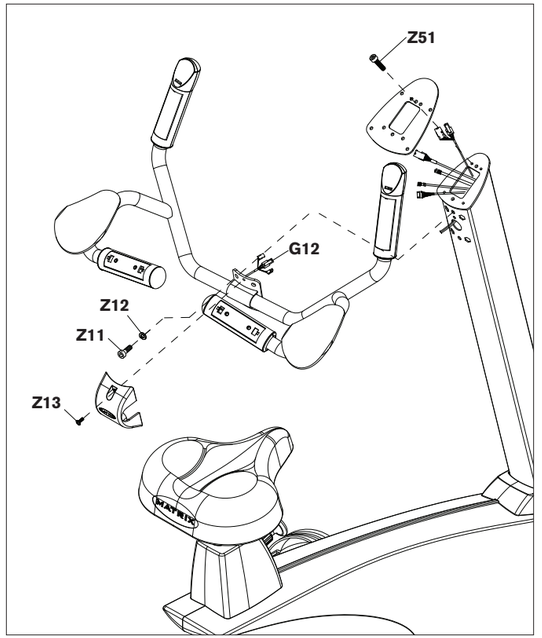


YELLOW HARDWARE BAG CONTENTS :		
Z31	**BUTTON HEAD HEX SOCKET CAP SCREW W/NYLOC(M8x20L)**	4
Z32	**SPRING WASHER**	4
Z33	**FLAT WASHER**	4

A Open **YELLOW HARDWARE BAG**.

B Attach the **STABILIZER TUBE** to the **MAIN FRAME** using 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (C)** on each side.

ASSEMBLY **STEP 4**



WHITE HARDWARE BAG CONTENTS		
Z11	**BUTTON HEAD HEX SOCKET CAP SCREW(M8x25L)**	4
Z12	**SPRING WASHER**	4
Z13	**BUTTON HEAD SCREW(M5x10L)**	2
Z51	**BUTTON HEAD HEX SOCKET CAP SCREW WITH NYLOC(M5x12L)**	4

A Open **WHITE HARDWARE BAG**.

B Attach **MANUAL INCLINE LIFT LEVER** to **GUIDE RAIL SET** using 4 **BOLTS (D)**, 4 **FLAT WASHERS (E)**, 4 **SPRING WASHERS (F)** and 4 **NUTS (G)**.

C Align **GUIDE RAIL SET** with **MAIN FRAME** as shown.

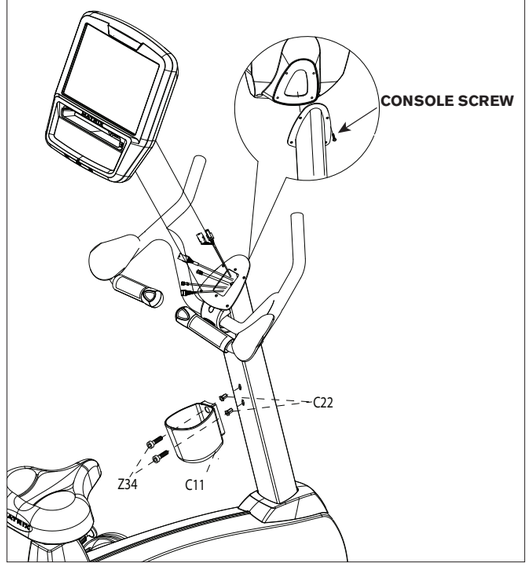
D Lift up on the **MANUAL INCLINE LIFT LEVER** and place it in one of the holes inside the **MAIN FRAME**.

E Attach the **GUIDE RAIL SET** to the **MAIN FRAME** using 4 **BOLTS (G)**, 4 **FLAT WASHERS (H)**, 4 **SPRING WASHERS (I)** and 4 **NUTS (J)**.

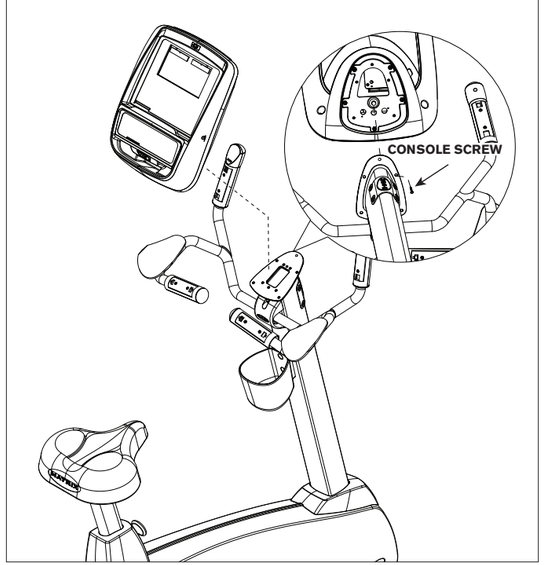
bikes_om_r1.5.indd 32-33 9/9/11 8:19 AM

ASSEMBLY **STEP 5**

7XE / 7X / 5X CONSOLE ASSEMBLY



3X / 3XE CONSOLE ASSEMBLY

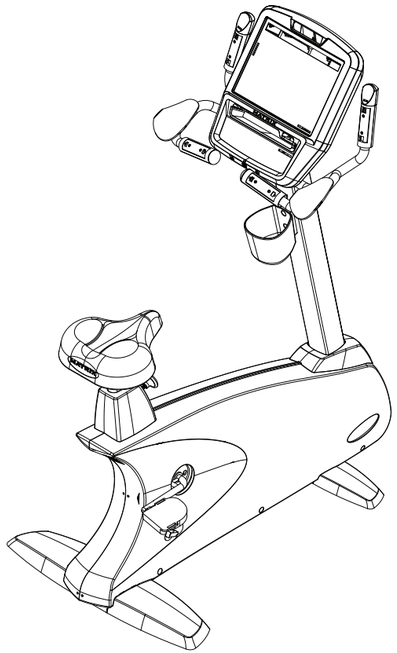


BLUE HARDWARE BAG CONTENTS :

Z34  **HEX SOCKET HEAD CAP SCREW(M8x25L) 2**

A Open **BLUE HARDWARE BAG**.

B Attach the **STABILIZER TUBE** to the **MAIN FRAME** using 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (C)** on each side.



ASSEMBLY COMPLETE!

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RECUMBENT CYCLE ASSEMBLY

⚠ WARNING

There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the elliptical could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the elliptical, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your unit's serial number located..

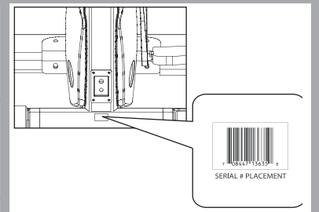
ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

CONSOLE SERIAL NUMBER:

FRAME SERIAL NUMBER:

MODEL NAME: **MATRIX**

SERIAL NUMBER LOCATION

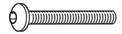


» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.
*The console serial number can be found in the Manager Mode.

bikes_om_r1.5.indd 36-37 9/9/11 8:19 AM

REQUIRED **FASTENERS**

REFERENCE	SKETCH	DESCRIPTION	QUANTITY	PACKAGE COLOR
Z11		BUTTON HEAD BOLT(M8x25L)	4	WHITE
Z12		SPRING WASHER	4	WHITE
Z13		BUTTON HEAD BOLT(M5x10L)	2	WHITE
Z21		BUTTON HEAD BOLT(M8x20L)	8	BLACK
Z22		FLAT WASHER	8	BLACK
Z23		SPRING WASHER	8	BLACK
Z31		BUTTON HEAD BOLT(M8x15L)	4	YELLOW
Z32		FLAT WASHER	4	YELLOW
Z33		SPRING WASHER	4	YELLOW
Z34		BUTTON HEAD BOLT(M8x25L)	2	BLUE
Z41		BUTTON HEAD BOLT(M8x15L)	4	RED

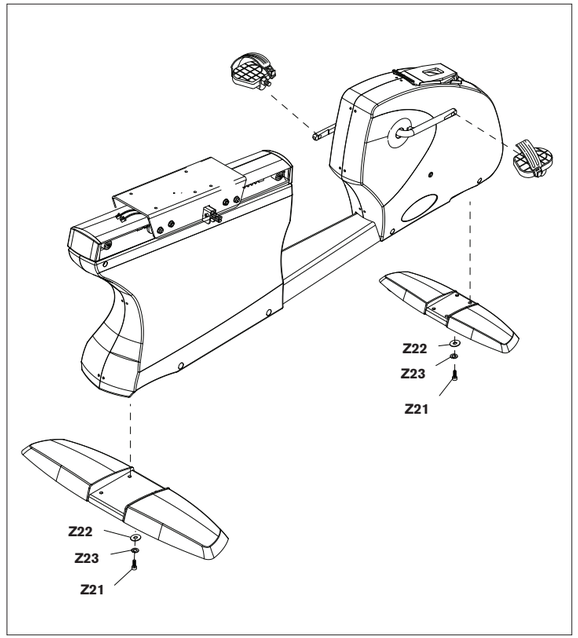
Z42		BUTTON HEAD BOLT(M8x50L)	4	RED
Z43		ARC WASHER	4	RED
Z44		SPRING WASHER	8	RED
Z45		BUTTON HEAD BOLT(M8x15L)	3	RED
Z51		ADJUSTMENT FOOT	1	
Z55		BUTTON HEAD SCREW(M5x40L)	2	RED

REQUIRED **FASTENERS**

Z01		6mm ALLEN WRENCH	1	PURPLE
Z02		PHILLIPS DRIVER(6x130mm)	1	PURPLE
Z03		OPEN WRENCH(#15#17 325L)	1	PURPLE
Z04		5mm ALLEN WRENCH	1	PURPLE
Z05		4mm ALLEN WRENCH	1	PURPLE

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ASSEMBLY **STEP 1**

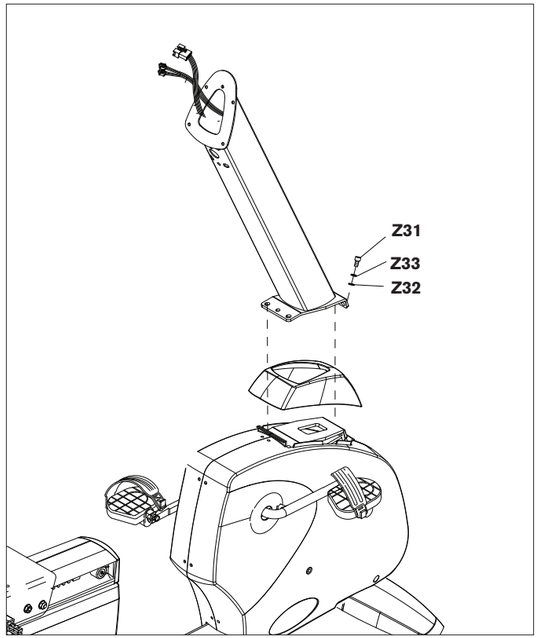


BLACK HARDWARE BAG CONTENTS :		
Z21	**BUTTON HEAD BOLT(M8x20L)**	**8**
Z22	**FLAT WASHER**	**8**
Z23	**SPRING WASHER**	**8**

A Open **BLACK HARDWARE BAG**.

B Attach the **STABILIZER TUBE** to the **MAIN FRAME** using 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (C)** on each side.

ASSEMBLY **STEP 2**



RED HARDWARE BAG CONTENTS		
Z31	**BUTTON HEAD BOLT(M8x15L)**	**4**
Z32	**FLAT WASHER**	**4**
Z33	**SPRING WASHER**	**4**

A Open **RED HARDWARE BAG**.

B Attach **MANUAL INCLINE LIFT LEVER** to **GUIDE RAIL SET** using 4 **BOLTS (D)**, 4 **FLAT WASHERS (E)**, 4 **SPRING WASHERS (F)** and 4 **NUTS (G)**.

C Align **GUIDE RAIL SET** with **MAIN FRAME** as shown.

D Lift up on the **MANUAL INCLINE LIFT LEVER** and place it in one of the holes inside the **MAIN FRAME**.

E Attach the **GUIDE RAIL SET** to the **MAIN FRAME** using 4 **BOLTS (G)**, 4 **FLAT WASHERS (H)**, 4 **SPRING WASHERS (I)** and 4 **NUTS (J)**.

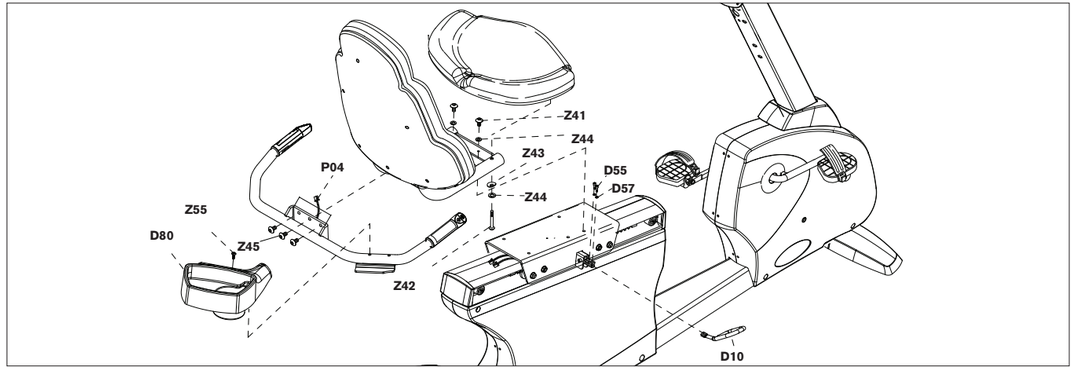
bikes_om_r1.5.indd 40-41 9/9/11 8:19 AM

ASSEMBLY **STEP 3**

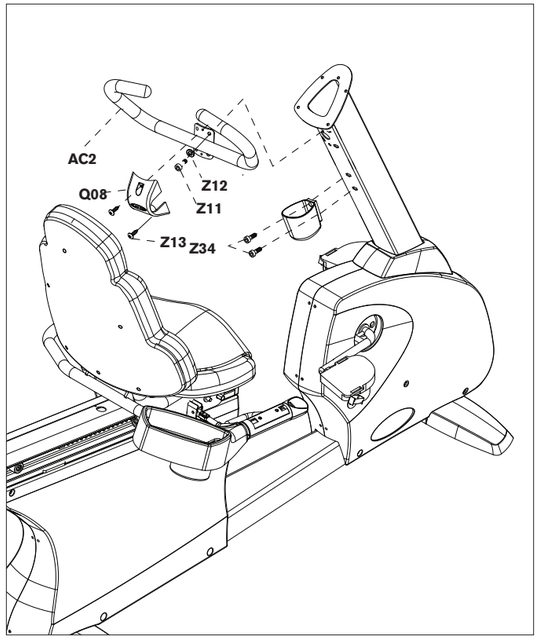
BLACK HARDWARE BAG CONTENTS :			
Z41		**BUTTON HEAD BOLT(M8x15L)**	4
Z42		**BUTTON HEAD BOLT(M8x50L)**	4
Z43		**ARC WASHER**	4
Z44		**SPRING WASHER**	8
Z45		**BUTTON HEAD BOLT(M8x15L)**	3
Z55		**BUTTON HEAD SCREW(M5x40L)**	2

A Open **BLACK HARDWARE BAG**.

B Attach the **STABILIZER TUBE** to the **MAIN FRAME** using 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (C)** on each side.



ASSEMBLY **STEP 4**



RED HARDWARE BAG CONTENTS			
Z11		**BUTTON HEAD BOLT(M8x25L)**	4
Z12		**SPRING WASHER**	4
Z13		**BUTTON HEAD BOLT(M5x10L)**	2
Z34		**BUTTON HEAD BOLT(M8x25L)**	2

A Open **RED HARDWARE BAG**.

B Attach **MANUAL INCLINE LIFT LEVER** to **GUIDE RAIL SET** using 4 **BOLTS (D)**, 4 **FLAT WASHERS (E)**, 4 **SPRING WASHERS (F)** and 4 **NUTS (G)**.

C Align **GUIDE RAIL SET** with **MAIN FRAME** as shown.

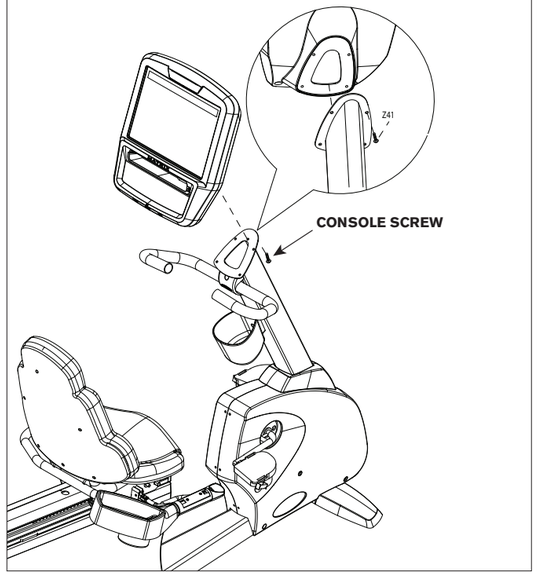
D Lift up on the **MANUAL INCLINE LIFT LEVER** and place it in one of the holes inside the **MAIN FRAME**.

E Attach the **GUIDE RAIL SET** to the **MAIN FRAME** using 4 **BOLTS (G)**, 4 **FLAT WASHERS (H)**, 4 **SPRING WASHERS (I)** and 4 **NUTS (J)**.

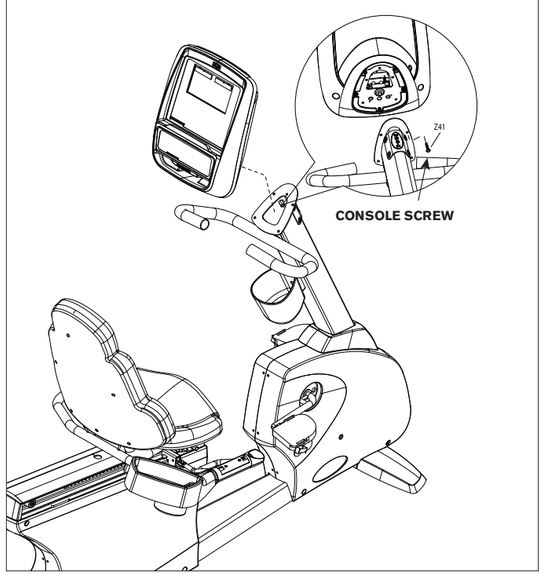
bikes_om_r1.5.indd 42-43
9/9/11 8:19 AM

ASSEMBLY **STEP 5**

7XE / 7X / 5X CONSOLE ASSEMBLY



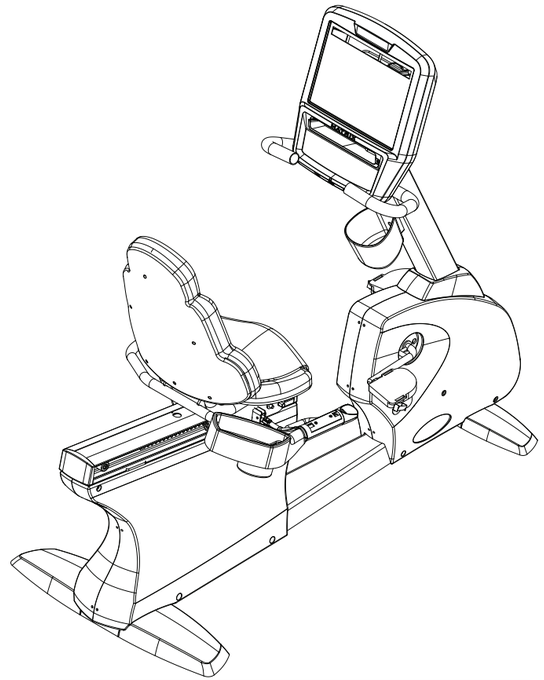
3X / 3XE CONSOLE ASSEMBLY



BLACK HARDWARE BAG CONTENTS :

A Open **BLACK HARDWARE BAG**.

B Attach the **STABILIZER TUBE** to the **MAIN FRAME** using 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (C)** on each side.



ASSEMBLY COMPLETE!

bikes_om_r1.5.indd 44-45
9/9/11 8:20 AM

CYCLE OPERATION

bikes_om_r1.5.indd 46-47 9/9/11 8:20 AM

MANAGER PREFERENCE MODE

3X AND 5X CONSOLES:

This section allows a user to manipulate default settings for the machines. It may be accessed by pressing the **Level Up/Level Down** keys simultaneously for 5 seconds. To change a setting, press "**Enter**" on the keypad and use the Level buttons and numeric keypad to change the values. Pressing "**Enter**" again will save the change. Pressing "**Back**" will bring you to the previous menu. To exit manager's mode, hold "**Stop**" down for 5 seconds. Below is a list of the settings.

3XE, 7X AND 7XE CONSOLES:

This section allows a user to manipulate default settings for the machines. It may be accessed by pressing "**ENTER**", **1, 0, 0, 1,** "**Enter**". To change a setting, press "**Enter**" on the keypad and use the Level buttons and numeric keypad to change the values. Pressing "**Enter**" again will save the change. Pressing "**Back**" will bring you to the previous menu. To exit manager's mode, press the "**Home**" key. Below is a list of the settings.

Maximum Time
Default Time
Default Level
Default Age
Default Weight
Accumulated Distance
Accumulated Time
Software Version
Timer Mode
Default Incline
Speed/Distance Mode
Out of Order
Gender
Language
Sound Mode
Incline Reset

CONSOLE DESCRIPTION:

The Matrix machine is inspected before it is packaged. It is shipped in two pieces: the base and the console. Carefully unpack the unit and dispose of the box material.

bikes_om_r1.5.indd 48-49 9/9/11 8:20 AM



H3X/ U3X / R3X CONSOLE DESCRIPTION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

A) WORKOUT KEYS: Simple program view and selection buttons.

B) GO: One Touch Start.

C) ENTER: To confirm each program setting.

D) UP/DOWN LEVEL: Use to adjust level selection.

E) UP/DOWN TIME: Use to adjust workout time.

F) STOP: Ends workout and shows workout summary data.

G) COOL DOWN: Puts the console into Cool Down mode.

H) TOGGLE DISPLAY: Allows user to select what information is displayed on each of the three windows on the console. Press and hold to enable/disable scrolling.

bikes_om_r1.5.indd 50-51 9/9/11 8:20 AM



H3XE / U3XE / R3XE CONSOLE DESCRIPTION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

A) MULTI-PURPOSE KEYS: Keys have different functions depending on each screen.
B) GO: One Touch Start.
C) ENTER: Use to confirm each program setting.
D) BACK: Use to undo or go back one screen.
E) UP/DOWN LEVEL: Use to increase or decrease resistance level.
F) UP/DOWN TIME: Use to adjust workout time.
G) STOP: Ends workout and shows workout summary data.
H) NUMBER KEYPAD: Workout data input for workout setup. Resistance level adjustment during workout.
I) COOL DOWN: Puts the console into Cool Down mode.

H3XE / U3XE/ R3XE ENTERTAINMENT ZONE

J) TV: Will take the user to directly the TV screen.
K) VOLUME UP/DOWN: Adjusts the volume output through the headphone jack of either integrated console TV or iPod output.
L) NUMBER KEYPAD: Allows for easy TV channel selections.
M) CHANNEL UP/DOWN: Allows for channel selection.
N) DISPLAY MODE: Allows user to cycle through console display options, iPod, TV or profile display.
O) LAST CHANNEL: Allows the user to cycle between the current channel and the previous channel they were viewing.
P) HOME: Changes the channel to the channel defined as Home.
Q) CC/MUTE: Press to cycle through the different closed caption and mute configurations.

bikes_om_r1.5.indd 52-53 9/9/11 8:20 AM



H5X / U5X / R5X CONSOLE DESCRIPTION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

A) WORKOUT KEYS: Simple program view and selection buttons.

B) GO: One Touch Start.

C) ENTER: To confirm each program setting.

D) UP/DOWN LEVEL: Easy information and level selection.

E) UP/DOWN TIME: Easy information and time adjustment.

F) STOP: Ends workout and shows workout summary data.

G) NUMBER KEYPAD: Workout data input for workout setup. Level adjustment during workout.

H) COOL DOWN: Puts the bike into Cool Down mode.

I) FAN: Allows for fan speed selection (fan has three operating speeds.)

bikes_om_r1.5.indd 54-55 9/9/11 8:20 AM



H7X / U7X / R7X CONSOLE DESCRIPTION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

A) MULTI-PURPOSE KEYS: Keys have different functions depending on each screen.
B) GO: One Touch Start.
C) ENTER: To confirm each program setting.
D) UP/DOWN LEVEL: Easy information and level selection.
E) UP/DOWN TIME: Easy information and time adjustment.
F) STOP: Ends workout and shows workout summary data.
G) NUMBER KEYPAD: Workout data input for workout setup. Level adjustment during workout.
H) COOL DOWN: Puts the bike into Cool Down mode.
I) FAN: Allows for fan speed selection (fan has three operating speeds.)

H7X / U7X / R7X ENTERTAINMENT ZONE

J) TV: Will take the user to directly the TV screen.
K) IPOD®: Will take the user directly to the iPod screen to allow for iPod control and playlist selection.
L) VOLUME UP/DOWN: Adjusts the volume output through the headphone jack of either integrated console TV or iPod output.
M) NUMBER KEYPAD: Allows for easy TV channel selections.
N) CHANNEL UP/DOWN: Allows for channel selection.
O) DISPLAY MODE: Allows user to cycle through console display options, iPod, TV or profile display.
P) LAST CHANNEL: Allows the user to cycle between the current channel and the previous channel they were viewing.

bikes_om_r1.5.indd 56-57 9/9/11 8:20 AM



H7XE / U7XE / R7XE CONSOLE DESCRIPTION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

A) MULTI-PURPOSE KEYS: Keys have different functions depending on each screen.
B) GO: One Touch Start.
C) ENTER: To confirm each program setting.
D) UP/DOWN LEVEL: Easy information and level selection.
E) UP/DOWN TIME: Easy information and time adjustment.
F) STOP: Ends workout and shows workout summary data.
G) COOL DOWN: Puts the bike into Cool Down mode.
H) FAN: Allows for fan speed selection (fan has three operating speeds.)

H7XE / U7XE / R7XE ENTERTAINMENT ZONE

I) IPOD®: Will take the user directly to the iPod screen to allow for iPod control and playlist selection.
J) VOLUME UP/DOWN: Adjusts the volume output through the headphone jack of either integrated console TV or iPod output.
K) NUMBER KEYPAD: Allows for easy TV channel selections.
L) CHANNEL UP/DOWN: Allows for channel selection.
M) DISPLAY MODE: Allows user to cycle through console display options, iPod, TV or profile display.
N) LAST CHANNEL: Allows the user to cycle between the current channel and the previous channel they were viewing.

bikes_om_r1.5.indd 58-59 9/9/11 8:20 AM

3X WORKOUT DESCRIPTIONS

QUICK START OPERATION

Press the GO button and the machine will enter into a manual mode of operation. All energy expenditure values will be calculated using the default weight measurement.

MANUAL WORKOUT OPERATION

Manual is a workout that allows you to manually adjust the level values at anytime. The manual workout also contains a setup screen which allows you to input your weight to help calculate a more accurate caloric burn rate.

To enter into this workout on a 5x, use the following guidelines:

1) Press **MANUAL**.
2) Enter your desired Time using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
3) Enter your desired Level using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
4) Enter your Weight using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.

LEVEL BASED PROGRAMS

The following instructions will guide you through the simple steps to select Intervals, Rolling, Fat Burn and Random workouts.

1) Press the workout button of choice.
2) Enter your desired Time using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
3) Enter your desired Level using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
4) Enter your Weight using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.

USER DEFINED PROGRAMS

HEART RATE CONTROL WORKOUT OPERATION

Your Matrix cycle offers a heart rate control workout mode. The heart rate control workout mode allows the user to program their desired heart rate zone and the cycle will automatically adjust the level based upon the user's heart rate. The heart rate zone is calculated using the following equation: (220-Age) * % = target heart rate zone. The user must wear a telemetric heart rate monitor or continually hold onto the contact heart rate grips for this workout.

To enter into this workout on a 5x, use the following guidelines:

1) Choose **TARGET HEART RATE** by selecting the target heart rate workout button and press **ENTER**.
2) Enter age using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
3) Enter the desired percent of maximum heart rate using the **ARROW KEYS** and press **ENTER**.
4) Enter the desired workout length using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
5) Enter user weight (user weight is used to calculate the caloric expenditure value, providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.

To enter this workout on a 7x or 7xe, follow onscreen prompts.

FIT TEST

This test measures cardiovascular fitness and proves an estimated sub-maximal VO2 result. It is based on power output according to ACSM standards and was developed by the Cooper In stitute (© www.cooperinstitute.org)

User RPMs must remain between 60-80 RPM during the test.

The test will end when the user can no longer maintain this speed. Use of a heart rate strap is optional but provides more data.

The test starts at a low intensity level and gradually increases in intensity (difficulty) every 2 minutes. As it increases, the user must maintain 60-80RPM to advance to the next level. The test could take upwards of 30+ minutes for very fit individuals. Once the test ends a recovery period (cool down) will begin, and the user's results are calculated and displayed. Results are based on the number of stages completed:

Stage Complete:	
1	Well Below Average
2	Well Below Average
3	Below Average
4	Below Average
5	Average
6	Average
7	Above Average
8	Above Average
9+	Well Above Average

bikes_om_r1.5.indd 60-61 9/9/11 8:20 AM

WORKOUT DESCRIPTIONS

HEART RATE CONTROL

Your Matrix bike offers a heart rate control workout mode. The heart rate control workout mode allows the user to program their desired heart rate zone and the machine will adjust the resistance automatically based on the user's heart rate. The heart rate zone is calculated using the following equation: (220-Age) * % = target heart rate zone. The user must wear a telemetric heart rate monitor or continually hold onto the contact heart rate grips for this workout."

1) Press **TARGET HEART RATE**.
2) Enter your Age using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
3) Enter your desired percentage of maximum heart rate using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
4) Enter your desired Time using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
5) Enter your Weight using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER** (user weight is used to calculate the caloric expenditure during the workout).

CONSTANT WATTS

A unique program that allows you to vary your cadence or RPM and the machine's resistance will adjust accordingly to your selected goal. The quicker you stride the less resistance for the goal selected.

The braking system is adjustable in normal programs except for Constant Watts. For the Constant Watts program the braking system is non-adjustable.

1) Press **CONSTANT WATTS**
2) Enter your desired WATT using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER** (25 – 525).
3) Enter your desired Time using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
4) Enter your Weight using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.

TARGET HR

The bike has digital contact and wireless heart rate monitoring capabilities as standard equipment.

To use heart rate monitor, locate the metal sensors located on the fixed handlebars.

Hold the grips for a minimum of 10 seconds. Your heart rate (or HR) will display in the lower right hand corner of the alphanumeric LED.

Follow these easy steps to enter into the Heart Rate Program.

1) Select the **TARGET HR** button.
2) Press **SELECT** or wait 5 seconds.
3) Selecting **START** will start program.
4) Select **AGE** by using the **UP** or **DOWN ARROW KEYS**.
5) Press **SELECT** or wait 5 seconds.
6) Selecting **START** will start program.
7) Select **PERCENT** by using the **UP** or **DOWN ARROW KEYS**.
8) Press **SELECT** or wait 5 seconds.
9) Selecting **START** will start program.
10) Select **TIME** by using the **UP** or **DOWN ARROW KEYS**.
11) Press **SELECT** or wait 5 seconds.
12) Selecting **START** will start program.
13) Select **WEIGHT** by using the **UP** or **DOWN ARROW KEYS**.
14) Press **START** or **SELECT** to begin workout.
15) Display, Starting 3, Starting 2, Starting 1.

Heart rate protocols.

- HR is within 10 BPM (beats per minute) of target, upper LED display will show a heart.
- HR is greater or less than 10 BPM of target, resistance level will increase or decrease every 10 seconds.
- HR is greater than 14 BPM of target, resistance level will drop to 30%.
- HR is greater than 10 BPM of target, console will display: "WARNING HR ABOVE TARGET"
- HR is greater than 20 BPM, program immediately ends.

bikes_om_r1.5.indd 62-63 9/9/11 8:20 AM

3XE, 5X, 7X & 7XE WORKOUT DESCRIPTIONS

QUICK START OPERATION

Press the GO button and the machine will enter into a manual mode of operation. All energy expenditure values will be calculated using the default weight measurement.

MANUAL WORKOUT OPERATION

Manual is a workout that allows you to manually adjust the level values at anytime. The manual workout also contains a setup screen which allows you to input your weight to help calculate a more accurate caloric burn rate.

To enter into this workout on a 5x, use the following guidelines:

1) Choose **MANUAL** by selecting the manual workout button and press enter.
2) Enter the desired workout length using the arrow keys or the number keypad and press enter.
3) Enter user weight (user weight is used to calculate the caloric expenditure value-providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the arrow keys or the number keypad and press enter.
4) Enter the desired initial level using the arrow keys or the number keypad and press enter.

To enter into this workout on a 7x or 7xe, follow the onscreen prompts.

LEVEL BASED PROGRAMS

Your Matrix machine offers a variety of level-based workouts to challenge users of all fitness levels. The following information will briefly explain the workout and how to program the machine for each workout selection.

ROLLING HILLS WORKOUT OPERATION

Rolling hills is a level-based workout that automatically adjusts the resistance value to simulate walking or running up hills.

1) Choose **ROLLING HILLS** by selecting the rolling hills workout button and press **ENTER**.
2) Enter the desired intensity using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
3) Enter the desired workout length using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
4) Enter user weight (user weight is used to calculate the caloric expenditure value, providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.

To enter into this workout on a 7x or 7xe, follow the onscreen prompts.

FAT BURN WORKOUT OPERATION

Fat burn is a level-based workout that is designed to help users burn fat through various resistance changes.

To enter into this workout on a 5x, use the following guidelines:

1) Choose **FAT BURN** by selecting the fat burn workout button and press **ENTER**.
2) Enter the desired intensity level using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
3) Enter the desired workout length using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
4) Enter user weight (user weight is used to calculate the caloric expenditure value, providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.

To enter into this workout on a 7x or 7xe, follow the onscreen prompts.

HEART RATE CONTROL WORKOUT OPERATION

Your Matrix machine offers a heart rate control workout mode. The heart rate control workout mode allows the user to program their desired heart rate zone and the bike will automatically adjust the level based upon the user's heart rate. The heart rate zone is calculated using the following equation: (220-Age) * % = target heart rate zone. The user must wear a telemetric heart rate monitor or continually hold onto the contact heart rate grips for this workout.

To enter into this workout on a 5x, use the following guidelines:

1) Choose **TARGET HEART RATE** by selecting the target heart rate workout button and press **ENTER**.
2) Enter age using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
3) Enter the desired percent of maximum heart rate using the **ARROW KEYS** and press **ENTER**.
4) Enter the desired workout length using the A**RROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
5) Enter user weight (user weight is used to calculate the caloric expenditure value, providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.

To enter into this workout on a 7x or 7xe, follow the onscreen prompts.

bikes_om_r1.5.indd 64-65 9/9/11 8:20 AM

WORKOUT DESCRIPTIONS

FIT TEST

This test measures cardiovascular fitness and proves an estimated sub-maximal VO2 result. It is based on power output according to ACSM standards and was developed by the Cooper Institute (© www.cooperinstitute.org)

User RPMs must remain between 60-80 RPM during the test.

The test will end when the user can no longer maintain this speed. Use of a heart rate strap is optional but provides more data.

The test starts at a low intensity level and gradually increases in intensity (difficulty) every 2 minutes. As it increases, the user must maintain 60-80RPM to advance to the next level. The test could take upwards of 30+ minutes for very fit individuals. Once the test ends a recovery period (cool down) will begin, and the user's results are calculated and displayed. Results are based on the number of stages completed:

Stage Complete:

1	Well Below Average
2	Well Below Average
3	Below Average
4	Below Average
5	Average
6	Average
7	Above Average
8	Above Average
9+	Well Above Average

bikes_om_r1.5.indd 66-67 9/9/11 8:20 AM

USB FEATURES

- Software Updates
- USB Charging
- Record Workout Statistics to USB
- Upload Workout Statistics to www.livestrong.com



SOFTWARE UPDATES

The USB port is used to update the console firmware. Copy the updated software file to the root directory of your USB drive and insert into the USB port with the console at the main screen. The console will beep once to indicate it has recognized the USB stick and beep twice when the firmware upgrade is complete.

USB CHARGING

The USB port on the consoles is capable of powering USB devices. It provides up to 1.0amp of power and meets USB 2.0 regulations. You can not “mount” or “connect” to the console via USB device, only charge.

RECORD WORKOUT STATISTICS TO USB

Your consoles have a USB port on the top-left of the console. Plug in a USB drive before your workout summary screen disappears, within 10 seconds of ending your workout. The console will beep once when it detects a USB drive has been detected. Workout statistics will automatically be saved at the end of your workout while displaying your workout information. The console will beep 2 times and display that your workout statistics have been saved successfully.

Note: The USB drive does not need to be in the entire workout. It must be inserted before the workout summary screen ends or the workout statistics will be erased.

UPLOAD WORKOUT STATISTICS TO WWW.LIVESTRONG.COM

Once you have saved your workout statistics to a USB drive, you need to upload the workout statistics to www.livestrong.com. In order to save and view your workout statistics on www.livestrong.com, follow these instructions:

1) You must first create an account on www.livestrong.com.
2) Plug your USB drive with saved workout statistics into a PC/MAC. Go to www.livestrong.com/equipment. Select “Browse”. Direct the file browser to your USB location containing the .wrk file from your workout (file name will be: MMDDYY.wrk). Select Save. Now you will be able to keep track and view all of your workouts completed on your equipment through www.livestrong.com.

   *Note: www.livestrong.com workout tracking is not availalbe in all regions.

AVAILABLE ON ALL 7X AND 7XE CONSOLES

Nike + iPod

READY
Connect your Nike Plus-compatible device to the built-in Made for iPod connector on Nike + iPod compatible fitness equipment.

SET
Full console controls make it easy to exercise to your favorite workout playlist.

GO
Start walking or running. Your pace, distance, time, and calories burned are recorded as you go. It’s all automatically saved on your iPod or iPhone.

SYNC
When you’re done with your workout, connect your iPod or iPhone to your computer. iTunes syncs your workout data to nikeplus.com. Every workout and every run is there, ready for you to review.

Made for iPod

“Made for iPod” means that an electronic accessory has been designed to connect specifically to iPod and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. iPod is a trademark of Apple Inc., registered in the U.S. and other countries.

NIKE + OPERATION

REQUIREMENTS

Nike Plus – compatible iPod or iPhone (See www.apple.com/nikeplus for more information).

Before syncing your Apple device to your computer, you must first create a free Nike Plus account at www.nikerunning.com and download the latest iTunes software (www.apple.com/itunes).

GETTING STARTED

1) Before connecting your Apple device, you must first turn on Nike Plus on the device.
2) Dock your Apple device and wait for authentication to complete. This may take up to 10 seconds. After authentication is complete, your iPod-specific console controls will be active (see next page).
3) If your iPod or iPhone is Nike Plus compatible, your workout will begin recording automatically to your Nike Plus compatible device.
4) When your workout is complete, your workout data will be recorded to your Nike Plus compatible device.
5) Remove your Nike Plus compatible device and sync with iTunes.
6) Log into your Nike Running account to review and track your workouts.

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	ALL BIKE WATTS TABLE @ 60 RPM				
CONSOLE MODEL	HURESAC-7xe-C	HURESC-7x-C	HURE-5x-C	HURES-3xe-C	HURE-3x-C
RPM	60	60	60	60	60
L1	19	19	28	20	20
L2	36	36	41	39	41
L3	51	51	52	51	52
L4	67	67	63	67	63
L5	78	78	75	78	75
L6	89	89	86	89	86
L7	100	100	97	100	97
L8	111	111	108	111	108
L9	122	122	120	122	120
L10	133	133	131	133	131
L11	144	144	142	144	142
L12	155	155	153	155	153
L13	167	167	165	167	165
L14	178	178	176	178	176
L15	189	189	187	189	187
L16	200	200	198	200	198
L17	211	211	210	211	210
L18	222	222	221	222	221
L19	233	233	232	233	232
L20	244	244	243	244	243
L21	255	255	255	255	255
L22	266	266	266	266	266
L23	277	277	277	277	277
L24	289	289	288	289	288
L25	300	300	300	300	300

PRODUCT SPECIFICATIONS

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MODEL NAME	H-3x/5x/7x				
CYCLE TYPE	H7xe HYBRID CYCLE™	H7x HYBRID CYCLE™	H5x HYBRID CYCLE™	H3xe HYBRID CYCLE™	H3x HYBRID CYCLE™
FRAME PART #	H-3x/5x/7x-F				
CONSOLE PART #	HURESAC-7xe-C	HURESC-7x-C	HURE-5x-C	HURES-3xe-C	HURE-3x-C
FEATURES					
CONTACT & TELEMETRIC HR SENSORS	YES	YES	YES	YES	YES
HANDLEBAR DESIGN	SEAT SIDE AND FRONT VERTICAL ERGO BEND	SEAT SIDE AND FRONT VERTICAL ERGO BEND	SEAT SIDE AND FRONT VERTICAL ERGO BEND	SEAT SIDE AND FRONT VERTICAL ERGO BEND	SEAT SIDE AND FRONT VERTICAL ERGO BEND
INTEGRATED ARM RESTS	YES	YES	YES	YES	YES
THUMB SWITCH CONTROLS	YES	YES	YES	YES	YES
RESISTANCE SYSTEM					
TECHNOLOGY	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR
POWER REQUIREMENTS	SELF-POWERED/120V/60HZ AC POWER OPTION	SELF-POWERED/120V/60HZ AC POWER OPTION	SELF-POWERED/120V/60HZ AC POWER OPTION	SELF-POWERED/120V/60HZ AC POWER OPTION	SELF-POWERED/120V/60HZ AC POWER OPTION
MINIMUM WATTS	44 SELF POWERED	31 SELF POWERED	12 SELF POWERED	23 SELF POWERED	13 SELF POWERED
MINIMUM RPM	10 POWERED / 25 SELF-POWERED	10 POWERED / 25 SELF-POWERED	25 POWERED & SELF-POWERED	10 POWERED / 25 SELF-POWERED	10 POWERED / 25 SELF-POWERED
CONSOLE					
DISPLAY TYPE	15" TOUCH SCREEN LCD	7" LCD	DOT-MATRIX LED	7" LCD	14-SEG ALPHANUMERIC, 8X16 LED GRAPHIC DISPLAY
DISPLAY FEEDBACK	TIME, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, SPEED, RPM, HEART RATE, METS, WATTS, DYAMIC PROFILE DISPLAY, STATIC PROFILE DISPLAY	TIME, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, SPEED, RPM, HEART RATE, METS, WATTS, PROFILE	TIME, DISTANCE, CALORIES, SPEED, HEART RATE, METS, WATTS, RPM	TIME, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, SPEED, RPM, HEART RATE, METS, WATTS, PROFILE	TIME, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, LEVEL, SPEED, RPM, HEART RATE, METS, WATTS, PROFILE
USER DEFINED MULTI-LANGUAGE DISPLAY	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, CHINESE, JAPANESE, KOREAN, SWEDISH, FINNISH, RUSSIAN, ARABIC	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, CHINESE, JAPANESE, KOREAN, SWEDISH, FINNISH, RUSSIAN, ARABIC	NO - ACCESSIBLE THROUGH MANAGER MENU: ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, SWEDISH, FINNISH, JAPANESE	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, CHINESE, JAPANESE, KOREAN, SWEDISH, FINNISH, RUSSIAN, ARABIC	NO - ACCESSIBLE THROUGH MANAGER MENU: ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, SWEDISH, FINNISH
RESISTANCE LEVELS	25	25	25	25	25
WORKOUTS	MANUAL, ROLLING, INTERVALS, FAT BURN, RANDOM, FIT TEST, TARGET HR, CONSTANT WATTS	MANUAL, ROLLING, INTERVALS, FAT BURN, RANDOM, FIT TEST, TARGET HR, CONSTANT WATTS	MANUAL, ROLLING, INTERVALS, FAT BURN, RANDOM, FIT TEST, TARGET HR, CONSTANT WATTS	MANUAL, ROLLING, INTERVALS, FAT BURN, RANDOM, FIT TEST, TARGET HR, CONSTANT WATTS	MANUAL, ROLLING, INTERVALS, FAT BURN, RANDOM, FIT TEST, TARGET HR, CONSTANT WATTS
NETPULSE READY	NO	YES	YES	YES	NO
CSAFE, FITLINXX READY	YES	YES	YES	YES	YES
ON-THE-FLY PROGRAM CHANGE	YES	YES	YES	YES	YES
FIT TOUCH TECHNOLOGY™	YES	NO	NO	NO	NO
INTEGRATED VISTA CLEAR™ DIGITAL READY TELEVISION	YES-15" SCREEN SIZE	YES - 7" SCREEN SIZE	NO	YES - 7" SCREEN SIZE	NO
VIRTUAL ACTIVE™ COMPATIBLE	YES	YES	NO	YES	NO
FITCONNEXION™ READY	NO	YES	YES	YES	YES
WIRELESS DATA TRANSMITTER	YES	YES	YES	NO	NO
IPOD® COMPATIBLE	YES	YES	YES - CHARGING ONLY	NO	NO
NIKE + IPOD COMPATIBLE	YES	YES	NO	NO	NO
USB WORKOUT TRACKING	YES - VIA LIVESTRONG.COM	YES - VIA LIVESTRONG.COM	YES - VIA LIVESTRONG.COM	YES - VIA LIVESTRONG.COM	YES - VIA LIVESTRONG.COM
PERSONAL FAN	YES	YES	YES	NO	NO
TECH SPECS					
OVERALL DIMENSIONS L X W X H	57.4" X 28.8" X 58.6" 145.7CM X 73.2CM X 148.9CM	57.4" X 28.8" X 58.6" 145.7CM X 73.2CM X 148.9CM	57.4" X 28.8" X 58.6" 145.7CM X 73.2CM X 148.9CM	57.4" X 28.8" X 57.4" 145.7CM X 73.2CM X 145.8CM	57.4" X 28.8" X 57.4" 145.7CM X 73.2CM X 145.8CM
CRANK DESIGN	SINGLE PIECE	SINGLE PIECE	SINGLE PIECE	SINGLE PIECE	SINGLE PIECE
MAXIMUM USER WEIGHT	400 LBS/182 KG	400 LBS/182 KG	400 LBS/182 KG	400 LBS/182 KG	400 LBS/182 KG
WEIGHT	184 LBS/83.7 KG	182 LBS/82.7 KG	191 LBS/86.7 KG	183 LBS/83.2 KG	181 LBS/82.2 KG
SHIPPING WEIGHT	216 LBS/98.5 KG	214 LBS/97.5KG	212 LBS/96.6 KG	214 LBS/97.5 KG	212 LBS/96.5 KG

North American specifications shown. Specifications subject to change. For latest specifications please visit www.matrixfitness.com
*www.livestrong.com workout tracking is not availalbe in all regions.

MODEL NAME	R-3x/5x/7x				
CYCLE TYPE	R7xe Recumbent	R7x Recumbent	R5x Recumbent	R3xe recumbent	R3x Recumbent
FRAME PART #	R-3x/5x/7x-F				
CONSOLE PART #	HURESAC-7xe-C	HURESC-7x-C	HURE-5x-C	HURES-3xe-C	HURE-3x-C
FEATURES					
CONTACT & TELEMETRIC HR SENSORS	YES	YES	YES	YES	YES
HANDLEBAR DESIGN	SEAT SIDE AND FRONT HORIZONTAL ERGO BEND	SEAT SIDE AND FRONT HORIZONTAL ERGO BEND	SEAT SIDE AND FRONT HORIZONTAL ERGO BEND	SEAT SIDE AND FRONT HORIZONTAL ERGO BEND	SEAT SIDE AND FRONT VERTICAL ERGO BEND
INTEGRATED ARM RESTS	N/A	N/A	N/A	N/A	N/A
THUMB SWITCH CONTROLS	YES	YES	YES	YES	YES
RESISTANCE SYSTEM					
TECHNOLOGY	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR
POWER REQUIREMENTS	SELF-POWERED/120V/60HZ AC POWER OPTION	SELF-POWERED/120V/60HZ AC POWER OPTION	SELF-POWERED/120V/60HZ AC POWER OPTION	SELF-POWERED/120V/60HZ AC POWER OPTION	SELF-POWERED/120V/60HZ AC POWER OPTION
MINIMUM WATTS	44 SELF POWERED	31 SELF POWERED	12 SELF POWERED	23 SELF POWERED	13 SELF POWERED
MINIMUM RPM	10 POWERED / 25 SELF-POWERED	10 POWERED / 25 SELF-POWERED	25 POWERED & SELF-POWERED	10 POWERED / 25 SELF-POWERED	10 POWERED / 25 SELF-POWERED
CONSOLE					
DISPLAY TYPE	15" TOUCH SCREEN LCD	7" LCD	DOT-MATRIX LED	7" LCD	14-SEG ALPHANUMERIC, 8X16 LED GRAPHIC DISPLAY
DISPLAY FEEDBACK	TIME, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, SPEED, RPM, HEART RATE, METS, WATTS, DYAMIC PROFILE DISPLAY, STATIC PROFILE DISPLAY	TIME, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, SPEED, RPM, HEART RATE, METS, WATTS, PROFILE	TIME, DISTANCE, CALORIES, SPEED, HEART RATE, METS, WATTS, RPM	TIME, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, SPEED, RPM, HEART RATE, METS, WATTS, PROFILE	TIME, DISTANCE, CALORIES, CALORIES PER HOUR, LEVEL, SPEED, RPM, HEART RATE, METS, WATTS, PROFILE
USER DEFINED MULTI-LANGUAGE DISPLAY	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, CHINESE, JAPANESE, KOREAN, SWEDISH, FINNISH, RUSSIAN, ARABIC	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, CHINESE, JAPANESE, KOREAN, SWEDISH, FINNISH, RUSSIAN, ARABIC	NO - ACCESSIBLE THROUGH MANAGER MENU: ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, SWEDISH, FINNISH, JAPANESE	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, CHINESE, JAPANESE, KOREAN, SWEDISH, FINNISH, RUSSIAN, ARABIC	NO - ACCESSIBLE THROUGH MANAGER MENU: ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, SWEDISH, FINNISH
RESISTANCE LEVELS	25	25	25	25	25
WORKOUTS	MANUAL, ROLLING, INTERVALS, FAT BURN, RANDOM, FIT TEST, TARGET HR, CONSTANT WATTS	MANUAL, ROLLING, INTERVALS, FAT BURN, RANDOM, FIT TEST, TARGET HR, CONSTANT WATTS	MANUAL, ROLLING, INTERVALS, FAT BURN, RANDOM, FIT TEST, TARGET HR, CONSTANT WATTS	MANUAL, ROLLING, INTERVALS, FAT BURN, RANDOM, FIT TEST, TARGET HR, CONSTANT WATTS	MANUAL, ROLLING, INTERVALS, FAT BURN, RANDOM, FIT TEST, TARGET HR, CONSTANT WATTS
NETPULSE READY	NO	YES	YES	NO	NO
CSAFE, FITLINXX READY	YES	YES	YES	YES	YES
ON-THE-FLY PROGRAM CHANGE	YES	YES	YES	YES	YES
FIT TOUCH TECHNOLOGY™	YES	NO	NO	NO	NO
INTEGRATED VISTA CLEAR™ DIGITAL READY TELEVISION	YES-15" SCREEN SIZE	YES - 7" SCREEN SIZE	NO	YES - 7" SCREEN SIZE	NO
VIRTUAL ACTIVE™ COMPATIBLE	YES	YES	NO	YES	NO
FITCONNEXION™ READY	NO	YES	YES	YES	YES
WIRELESS DATA TRANSMITTER	YES	YES	YES	NO	NO
IPOD® COMPATIBLE	YES	YES	YES - CHARGING ONLY	NO	NO
NIKE + IPOD COMPATIBLE	YES	YES	NO	NO	NO
USB WORKOUT TRACKING	YES - VIA LIVESTRONG.COM	YES - VIA LIVESTRONG.COM	YES - VIA LIVESTRONG.COM	YES - VIA LIVESTRONG.COM	YES - VIA LIVESTRONG.COM
PERSONAL FAN	YES	YES	YES	NO	NO
TECH SPECS					
OVERALL DIMENSIONS L X W X H	63.2" X 28.8" X 54.6" 160.5CM X 73.2CM X 138.8CM	63.2" X 28.8" X 54.6" 160.5CM X 73.2CM X 138.8CM	63.2" X 28.8" X 54.6" 160.5CM X 73.2CM X 138.8CM	63.2" X 28.8" X 53.3" 160.5CM X 73.2CM X 135.3CM	63.2" X 28.8" X 53.3" 160.5CM X 73.2CM X 135.3CM
CRANK DESIGN	SINGLE PIECE	SINGLE PIECE	SINGLE PIECE	SINGLE PIECE	SINGLE PIECE
MAXIMUM USER WEIGHT	400 LBS/182 KG	400 LBS/182 KG	400 LBS/182 KG	400 LBS/182 KG	400 LBS/182 KG
WEIGHT	171 L BS/77.7 KG	169 LBS/76.7 KG	167 LBS/76 KG	170 LBS/77.1 KG	167 LBS/76.2 KG
SHIPPING WEIGHT	208 LBS/94.5 KG	205 LBS/93.5 KG	204 LBS/92.6 KG	205 LBS/93.5 KG	203 LBS/92.5 KG

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MODEL NAME	U-3x/5x/7x				
CYCLE TYPE	U7xe Upright	U7x Upright	U5x Upright	U3XE UPRIGHT	U3x Upright
FRAME PART #	U-3x/5x/7x-F				
CONSOLE PART #	HURESAC-7xe-C	HURESC-7x-C	HURE-5x-C	HURES-3xe-C	HURE-3x-C
FEATURES					
CONTACT & TELEMETRIC HR SENSORS	YES	YES	YES	YES	YES
HANDLEBAR DESIGN	FULL RACING STYLE WITH ELBOW SUPPORT	FULL RACING STYLE WITH ELBOW SUPPORT	FULL RACING STYLE WITH ELBOW SUPPORT	FULL RACING STYLE WITH ELBOW SUPPORT	FULL RACING STYLE WITH ELBOW SUPPORT
INTEGRATED ARM RESTS	N/A	N/A	N/A	N/A	N/A
THUMB SWITCH CONTROLS	YES	YES	YES	YES	YES
RESISTANCE SYSTEM					
TECHNOLOGY	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR
POWER REQUIREMENTS	SELF-POWERED/120V/60HZ AC POWER OPTION	SELF-POWERED/120V/60HZ AC POWER OPTION	SELF-POWERED/120V/60HZ AC POWER OPTION	SELF-POWERED/120V/60HZ AC POWER OPTION	SELF-POWERED/120V/60HZ AC POWER OPTION
MINIMUM WATTS	44 SELF POWERED	31 SELF POWERED	12 SELF POWERED	23 SELF POWERED	13 SELF POWERED
MINIMUM RPM	10 POWERED / 25 SELF-POWERED	10 POWERED / 25 SELF-POWERED	25 POWERED & SELF-POWERED	10 POWERED / 25 SELF-POWERED	10 POWERED / 25 SELF-POWERED
CONSOLE					
DISPLAY TYPE	15" TOUCH SCREEN LCD	7" LCD	DOT-MATRIX LED	7" LCD	14-SEG ALPHANUMERIC, 8X16 LED GRAPHIC DISPLAY
DISPLAY FEEDBACK	TIME, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, SPEED, RPM, HEART RATE, METS, WATTS, DYAMIC PROFILE DISPLAY, STATIC PROFILE DISPLAY	TIME, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, SPEED, RPM, HEART RATE, METS, WATTS, PROFILE	TIME, DISTANCE, CALORIES, SPEED, HEART RATE, METS, WATTS, RPM	TIME, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, SPEED, RPM, HEART RATE, METS, WATTS, PROFILE	TIME, DISTANCE, CALORIES, CALORIES PER HOUR, SPEED, RPM, HEART RATE, METS, WATTS, PROFILE
USER DEFINED MULTI-LANGUAGE DISPLAY	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, CHINESE, JAPANESE, KOREAN, SWEDISH, FINNISH, RUSSIAN, ARABIC	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, CHINESE, JAPANESE, KOREAN, SWEDISH, FINNISH, RUSSIAN, ARABIC	NO - ACCESSIBLE THROUGH MANAGER MENU: ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, SWEDISH, FINNISH, JAPANESE	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, CHINESE, JAPANESE, KOREAN, SWEDISH, FINNISH, RUSSIAN, ARABIC	NO - ACCESSIBLE THROUGH MANAGER MENU: ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, SWEDISH, FINNISH
RESISTANCE LEVELS	25	25	25	25	25
WORKOUTS	MANUAL, ROLLING, INTERVALS, FAT BURN, RANDOM, FIT TEST, TARGET HR, CONSTANT WATTS	MANUAL, ROLLING, INTERVALS, FAT BURN, RANDOM, FIT TEST, TARGET HR, CONSTANT WATTS	MANUAL, ROLLING, INTERVALS, FAT BURN, RANDOM, FIT TEST, TARGET HR, CONSTANT WATTS	MANUAL, ROLLING, INTERVALS, FAT BURN, RANDOM, FIT TEST, TARGET HR, CONSTANT WATTS	MANUAL, ROLLING, INTERVALS, FAT BURN, RANDOM, FIT TEST, TARGET HR, CONSTANT WATTS
NETPULSE READY	NO	YES	YES	YES	NO
CSAFE, FITLINXX READY	YES	YES	YES	YES	YES
ON-THE-FLY PROGRAM CHANGE	YES	YES	YES	YES	YES
FIT TOUCH TECHNOLOGY™	YES	NO	NO	NO	NO
INTEGRATED VISTA CLEAR™ DIGITAL READY TELEVISION	YES-15" SCREEN SIZE	YES - 7" SCREEN SIZE	NO	YES - 7" SCREEN SIZE	NO
VIRTUAL ACTIVE™ COMPATIBLE	YES	YES	NO	YES	NO
FITCONNEXION™ READY	NO	YES	YES	YES	YES
WIRELESS DATA TRANSMITTER	YES	YES	YES	NO	NO
IPOD® COMPATIBLE	YES	YES	YES - CHARGING ONLY	NO	NO
NIKE + IPOD COMPATIBLE	YES	YES	NO	NO	NO
USB WORKOUT TRACKING	YES - VIA LIVESTRONG.COM	YES - VIA LIVESTRONG.COM	YES - VIA LIVESTRONG.COM	YES - VIA LIVESTRONG.COM	YES - VIA LIVESTRONG.COM
PERSONAL FAN	YES	YES	YES	NO	NO
TECH SPECS					
OVERALL DIMENSIONS L X W X H	47.8" X 28.8" X 60.2" 121.5CM X 73.2CM X 152.8CM	47.8" X 28.8" X 60.2" 121.5CM X 73.2CM X 152.8CM	47.8" X 28.8" X 60.2" 121.5CM X 73.2CM X 152.8CM	47.8" X 28.8" X59" 121.5CM X 73.2CM X 149.8CM	47.8" X 28.8" X59" 121.5CM X 73.2CM X 149.8CM
CRANK DESIGN	SINGLE PIECE	SINGLE PIECE	SINGLE PIECE	SINGLE PIECE	SINGLE PIECE
MAXIMUM USER WEIGHT	400 LBS/182 KG	400 LBS/182 KG	400 LBS/182 KG	400 LBS/182 KG	400 LBS/182 KG
WEIGHT	142 LBS./64.7 KG	140 LBS./63.7 KG	138 LBS./63 KG	141 LBS./64.2 KG	138 LBS./63 KG
SHIPPING WEIGHT	164 LBS/74.5 KG	162 LBS/73.5 KG	160 LBS/72.6 KG	162 LBS/73.5 KG	160 LBS/72.6 KG

North American specifications shown. Specifications subject to change. For latest specifications please visit www.matrixfitness.com
*www.livestrong.com workout tracking is not availalbe in all regions.

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1-866-693-4863
www.matrixfitness.com

Matrix Fitness
1600 Landmark Drive,
Cottage Grove, WI 53527

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