

**MATRIX**  
Strong • Smart • Beautiful

<b>A7xe</b>	<b>E7xe</b>
<b>A7x</b>	<b>E7x</b>
<b>A5x</b>	<b>E5x</b>
<b>A3xe</b>	<b>E3xe</b>
<b>A3x</b>	<b>E3x</b>

ASCENT TRAINER® | SUSPENSION ELLIPTICAL™ TRAINER OWNER'S MANUAL

# 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.



## **! 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**

- When exercising, always maintain a comfortable pace. Do not sprint above 80 RPMs on this machine.
- To maintain balance, it is recommended to keep a grip on the handlebars while exercising, mounting or dismounting the machine.
- Do not turn pedal arms by hand.
- Keep the topside of the foot support clean and dry.
- Care should be taken when mounting or dismounting the equipment. Before mounting or dismounting, move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.
- Do not wear clothes that might catch on any part of the unit.
- Always wear athletic shoes while using this equipment.
- Do not jump on the unit.
- At no time should more than one person be on the unit while in operation.
- This unit should not be used by persons weighing more than the specified user capacity in the SPECIFICATIONS SECTION. Failure to comply will void the warranty.
- Do not use unit in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply will void the warranty.
- To prevent electrical shock, never drop or insert any object into any opening.
- Connect this exercise product to a properly grounded outlet only.

## **! 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.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Use the unit only as described in the 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.
- This unit is not equipped with a free wheel. Pedal speed should be reduced in a controlled manner.

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.

## 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. Suspension Elliptical™ Trainers can be daisy-chained together, up to 4 units per dedicated 15 amp circuit, using a Matrix daisy-chain cord adapter (sold separately). Ascent Trainers can be daisy-chained together, up to 3 units per dedicated 15 amp circuit or 4 per 20 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

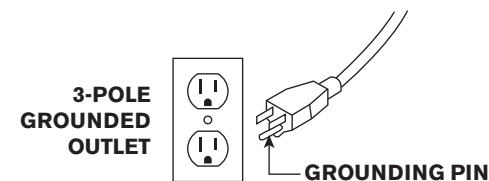
This product must be grounded. If a unit should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged 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 that looks like the plug in the illustration. 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.



North American power cord plugs shown. Depending on your country, the plug type may vary.

## ! 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.





# BASIC OPERATION



## LOCATION OF THE UNIT

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

## POWER

If your unit is 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. Some units have a power switch, located next to the power jack. Make sure it is in the ON position. Unplug cord when not in use. NOTE: Some units have an ON/OFF switch located behind the console.

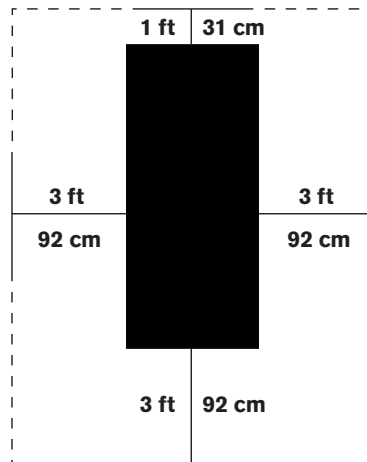
## WARNING

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.

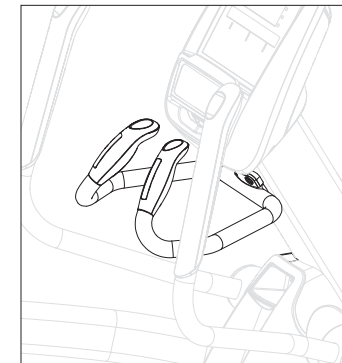
## FOOT POSITIONING

Your unit offers a variety of foot positions. Moving your foot to the forward most position of the foot pad increases your step height, which will create a feel similar to a step machine. Placing your foot toward the back of the foot pad decreases your step height and creates more of a gliding feel, similar to a smooth walk or run. Always make sure your entire foot is secured on the foot pad.

Your unit also allows you to pedal both forward and backwards to offer a variation to your workout and to focus on other major leg muscle groups such as your hamstrings and calves.

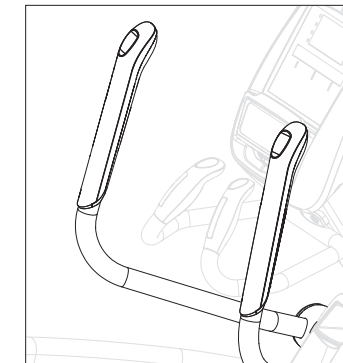


## WORKOUT OPTIONS



### LOWER BODY WORKOUT

To focus on a lower body workout, hold the stationary handlebars only. This will target your lower body muscles.

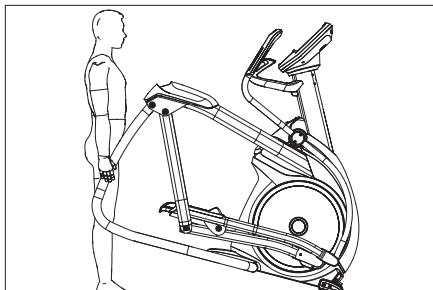


### FULL BODY WORKOUT

For a full body workout, push and pull continuously on the dual action arms while pedaling.

## MOUNTING THE SUSPENSION ELLIPTICAL™ TRAINER AND ASCENT TRAINER®

1. Stand behind the unit.
2. While holding both of the rear arm rests, place your foot on the lowest foot pedal and pull yourself up onto the unit.
3. Wait until the unit finds its resting place and then place your other foot on the opposite pedal.



## MOVING THE UNIT

Grab the down-tubes just below the MATRIX logo at the rear 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.

## POWER INCLINE OPERATION

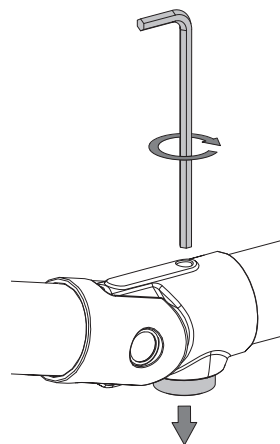
The Ascent Trainers offer powered incline to add variety to your workouts. The incline can be adjusted using the buttons on the console.

If the stop button is pressed to pause the program, the incline motor will remain at its current height. To return the incline to 0%, press START/GO and change the incline to 0% before dismounting. If the STOP button is held for 3 seconds to reset the console, the incline will also return to 0%.

## LEVELING THE UNIT

Your unit should be level for optimum use. Once you have placed your unit where you intend to use it, raise or lower one or both of the adjustable levelers located on the bottom of the frame. Use 6mm hex key through the access hole (shown right)\*. A carpenter's level is recommended.

\*NOTE: There are only two levelers on these units.



## USING THE HEART RATE FUNCTION

Your unit could be equipped with either 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

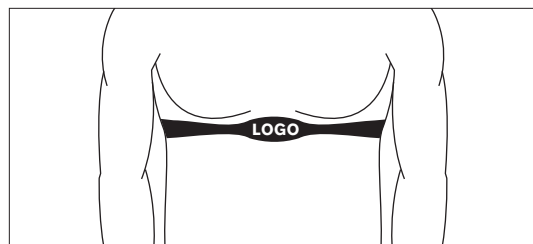
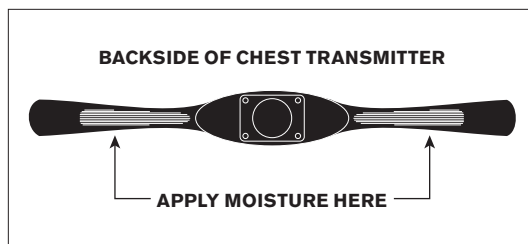
Place the palm of your hands directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. It takes 5 consecutive heart beats (15-20 seconds) for your heart rate to register. When gripping the pulse handlebars, do not grip tightly. Holding the grips tightly may 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.



## 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



## 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](http://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.

In order to maximize life span, and minimize down time, all Matrix equipment requires regular cleaning, and maintenance items performed on a scheduled basis. This section contains detailed instructions on how to perform these items, the frequency of which they should be done, and a check list to sign off each time service is completed for a specific machine. Some basic tools and supplies will be necessary to perform these tasks which include (but may not be limited to):

- Metric Allen wrenches
- #2 Phillips head screwdriver
- Adjustable wrench
- Torque wrench (capability to read foot-lbs, and N-m)
- Lint free cleaning cloths
- Teflon based spray lubricant
- Mild, water soluble, detergent – such as “Simple Green”, or other Matrix approved product
- Teflon based spray lubricant such as “Super Lube”, or other Matrix approved product
- Vacuum cleaner w/extendable hose and crevasse tool attachment

You may periodically see addendums to this document, as the Matrix Technical Support Team identifies items that require specific attention; the latest version will always be available on the Matrix website, [matrixfitness.com](http://matrixfitness.com)

## 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.

## 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 elliptical 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).
- Inspect the power cord. If the power cord is damaged, contact Customer Tech Support.
- Make sure the power cord is not underneath the unit or in any other area where it can become pinched or cut during storage or use.

## WARNING

To remove power from the Ascent Trainer / Elliptical, the power cord must be disconnected from the wall outlet.

#### QUARTERLY

- Check all connecting joint areas for tightness of bolt assemblies.
- Ensure that there is little, or no free play at all joint assemblies once bolts have been tightened. Installation of washer kits may be required if free play does not come out from tightening bolts.
- Remove plastic covers, and lubricate ball joint where the Link Arm and Dual Action Handlebar join together. A grease gun, with a needle fitting adapter is required for this (Matrix recommends using Superlube brand grease with PTFE {Teflon} additive).
- Remove plastic covers, and lubricate Acme screw on incline motor (Matrix recommends using Superlube brand grease with PTFE {Teflon} additive).

## 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.

## BASIC TROUBLESHOOTING

**PROBLEM:** The console does not light up.

**SOLUTION:** Verify the following:

- The outlet the machine is plugged into is functional. Double check that the breaker has not tripped.
- The correct power cord is being used. Only use the power cord included or provided by Customer Tech Support.
- The power cord is not pinched or damaged and is properly plugged into the outlet AND the machine.
- The power switch is turned to the ON position (may not apply to all models).
- Turn off the machine and unplug power cord. Remove the console and check that all connections to the console are secure and not damaged or pinched.

**PROBLEM:** The console lights up but the Distance/Watts/RPMs do not count.

**SOLUTION:** Verify the following:

- Turn off machine and unplug power cord. Remove the console and check that all connections to the console are secure and not damaged or pinched.
- If doing the above does not fix the problem, the speed sensor and/or magnet may have become dislodged or damaged.

**PROBLEM:** The resistance levels seem to be incorrect, seeming too hard or too easy.

**SOLUTION:** Verify the following:

- The correct power cord is being used. Only use the power cord provided or authorized by Customer Tech Support.
- Reset the console and allow the resistance to reset to the default position. Restart and retry the resistance levels.

**PROBLEM:** The elliptical or Ascent Trainer makes a squeaking or chirping noise.

**SOLUTION:** Verify the following:

- The elliptical is on a level surface.
- Loosen all bolts attached during the assembly process, grease the threads, and tighten again.
- Apply a lithium-based grease to the top surface of the incline motor guide rails.

# SUSPENSION ELLIPTICAL™ TRAINER | ASCENT TRAINER® 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 suspension elliptical could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the suspension 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:

<input type="text"/>	<input type="text"/>
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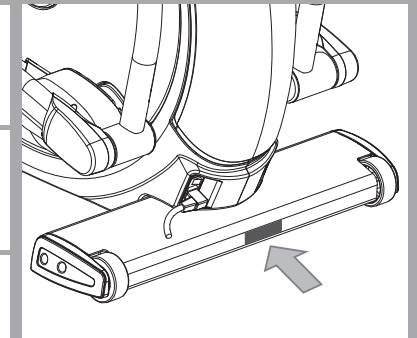
FRAME SERIAL NUMBER:

<input type="text"/>	<input type="text"/>
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MODEL NAME: **MATRIX**

<input type="text"/>
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### SERIAL NUMBER LOCATION



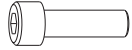



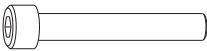
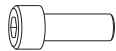

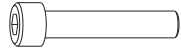



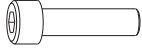


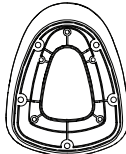
» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.

\*The console serial number can be found in the Manager Mode.

## REQUIRED TOOLS

REFERENCE	SKETCH	DESCRIPTION
Z01		<b>TORQUE WRENCH</b> (70 N·m - 90 N·m)
Z02		<b>WRENCH</b> (17mm)
Z03		<b>ALLEN WRENCH</b> (8mm)
Z04		<b>T HANDLE WRENCH</b> (6mm)
Z05		<b>ALLEN WRENCH</b> (4mm)
Z06		<b>PHILLIPS SCREWDRIVER</b>
Z07		<b>PHILLIPS SCREWDRIVER</b>

## REQUIRED FASTENERS

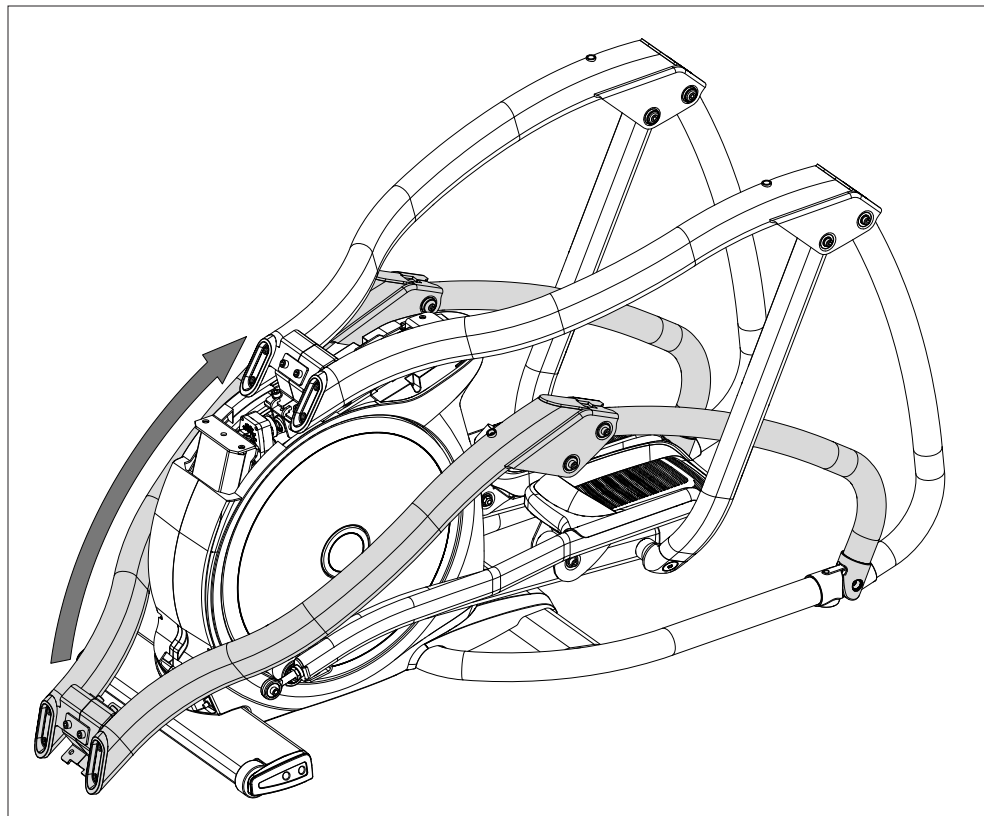
SKETCH	DESCRIPTION	QTY.	BAG COLOR	SKETCH	DESCRIPTION	QTY.	BAG COLOR
	<b>SOCKET HEAD CAP SCREW</b> (M10x1.5Px25L) 10.9 GRADE MINIMUM	4	RED (2 BAGS)		<b>SCREW</b> (M5x0.8Px12L)	2	BLACK (2 BAGS)
	<b>FLAT WASHER</b> (Ø10.2xØ20x2.0T)	4	RED (2 BAGS)		<b>SPRING WASHER</b> (Ø8.2xØ15.4x2.0T)	4	BLACK (2 BAGS)
	<b>SOCKET HEAD CAP SCREW</b> (M10x1.5Px100L) 12.9 GRADE MINIMUM	1	GREEN		<b>SOCKET HEAD CAP SCREW</b> (M8x1.25Px20L) 10.9 GRADE MINIMUM	4	BLACK (2 BAGS)
	<b>FLAT WASHER</b> (Ø10.2xØ20x2.0T)	2	GREEN		<b>SOCKET HEAD CAP SCREW</b> (M8x1.25Px45L) 10.9 GRADE MINIMUM	1	BLUE (2 BAGS)
	<b>HEX NUT</b> (M10) CLASS 10	1	GREEN		<b>SCREW</b> (M5x0.8Px16L)	3	BLUE (2 BAGS)
	<b>SCREW</b> (M5x0.8Px10L)	5	YELLOW		<b>SOCKET HEAD CAP SCREW</b> (M8x1.25Px25L) 10.9 GRADE MINIMUM	4	WHITE
					<b>SPRING WASHER</b> (Ø8.2xØ13.5x2.0T)	4	WHITE
					<b>SCREW</b> (M5x0.8Px16L)	12	PINK
					<b>ADAPTOR PLATE</b> (ONLY USED ON PREMIUM CONSOLE INCLUDING E5x FRAME)	1	



## ASSEMBLY STEP 1



ALL MODELS

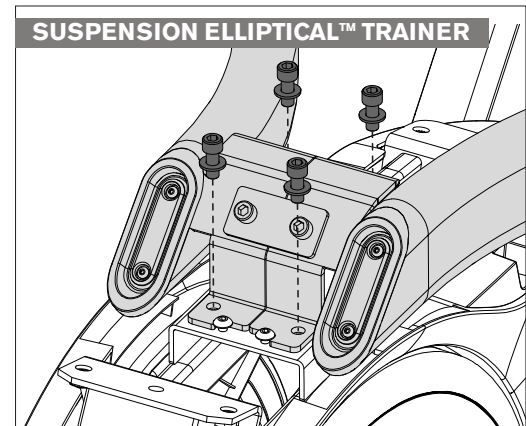
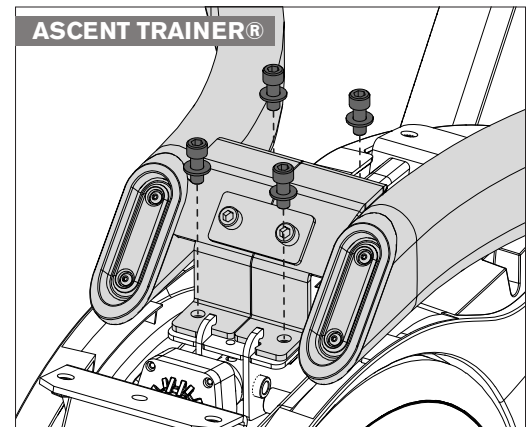


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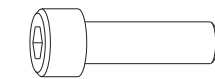
## ASSEMBLY STEP 2



ALL MODELS



### RED HARDWARE BAG CONTENTS



**SOCKET HEAD CAP SCREW**  
(M10x1.5Px25L)  
10.9 GRADE MINIMUM

QTY  
4



**SPRING WASHER**  
(Ø10.2xØ20x2.0T)

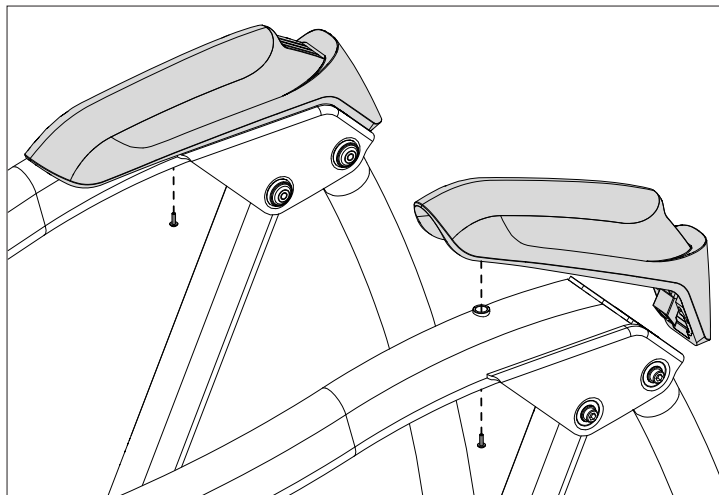
QTY  
4

25

## ASSEMBLY STEP 3



ALL MODELS



### PINK HARDWARE BAG CONTENTS



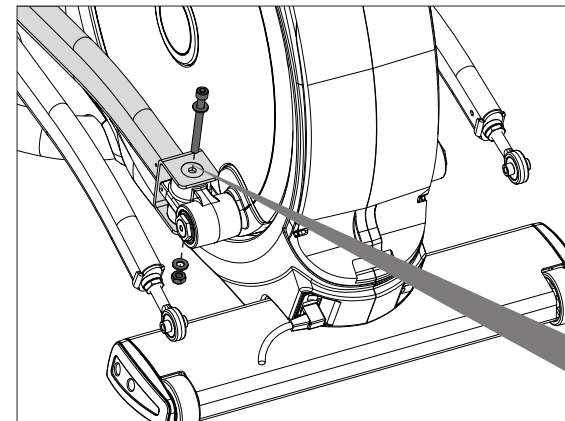
SCREW  
(M5x0.8Px16L)

QTY  
2

## ASSEMBLY STEP 4



ALL MODELS



### GREEN / YELLOW HARDWARE BAG CONTENTS



SOCKET HEAD CAP SCREW  
(M10x1.5Px100L)  
12.9 GRADE MINIMUM

QTY  
1



FLAT WASHER  
(Ø10.2xØ20x2.0T)

QTY  
2



HEX NUT  
(M10) CLASS 10

QTY  
1

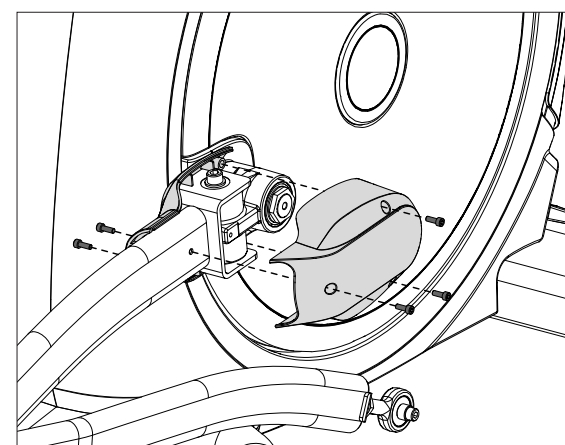
### WARNING!!

Use torque wrench and tighten to (70 N-m - 90 N-m)



SCREW  
(M5x0.8Px10L)

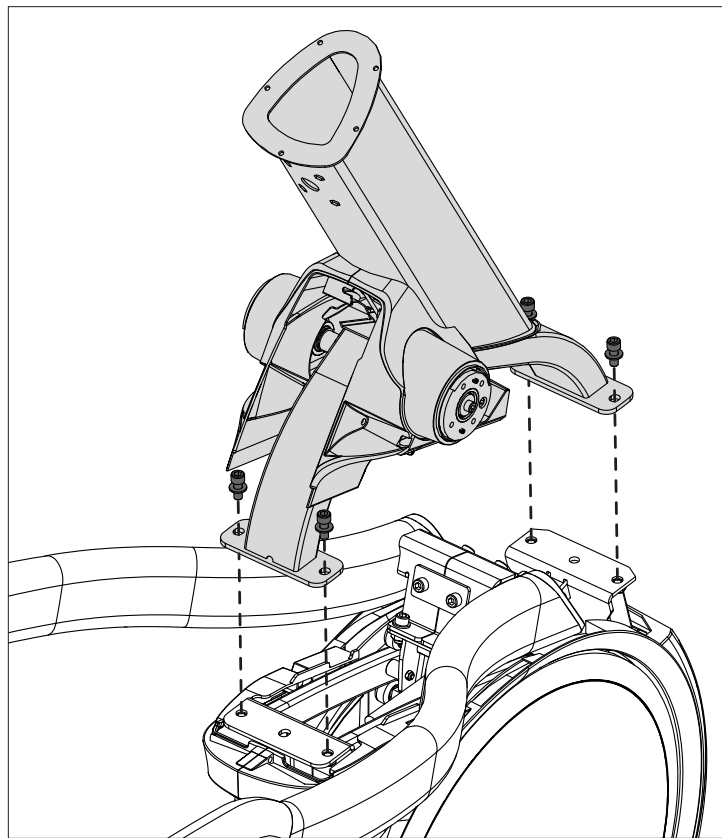
QTY  
5



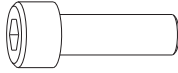

## ASSEMBLY STEP 5



ALL MODELS



### RED HARDWARE BAG CONTENTS :

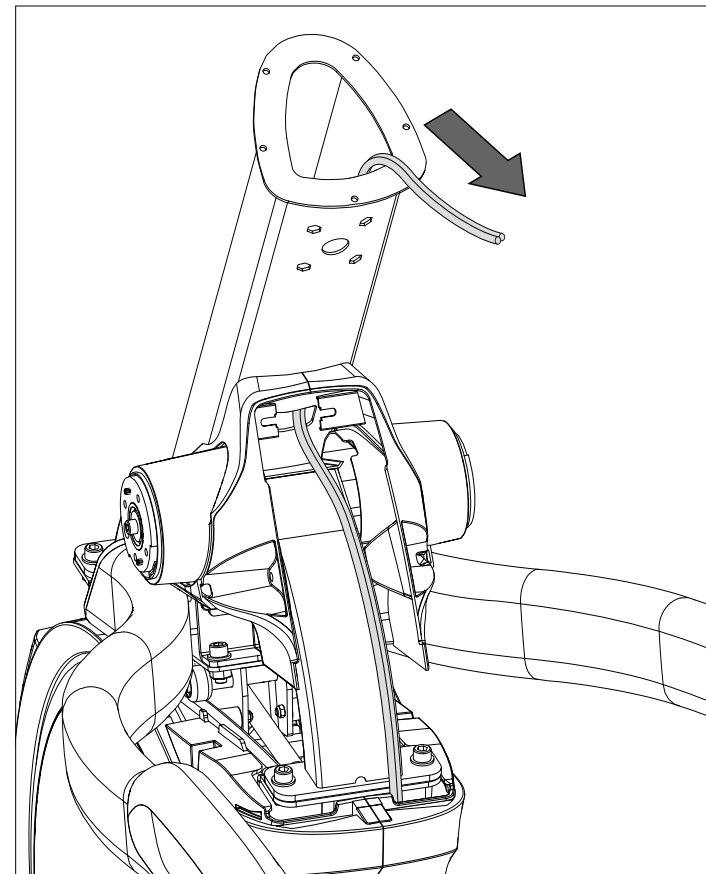
	<b>SOCKET HEAD CAP SCREW</b> (M10x1.5Px25L) 10.9 GRADE MINIMUM	<b>QTY</b> 4
	<b>FLAT WASHER</b> (Ø10.2xØ20x2.0T)	<b>QTY</b> 4

28

## ASSEMBLY STEP 6



ALL MODELS

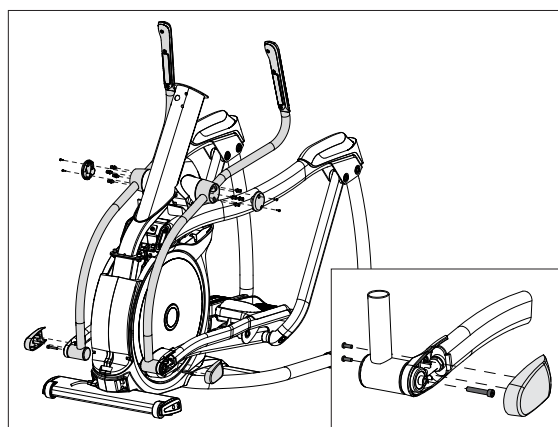
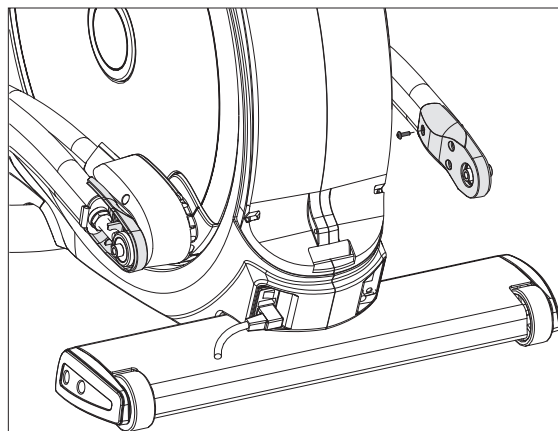


29

## ASSEMBLY STEP 7



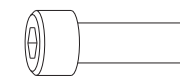
ALL MODELS



### BLUE / BLACK HARDWARE BAG CONTENTS :

 **SCREW (M5x0.8Px16L)** QTY 2

 **SPRING WASHER (Ø8.2xØ15.4x2.0T)** QTY 8

 **SOCKET HEAD CAP SCREW (M8x1.25Px20L) 10.9 GRADE MINIMUM** QTY 8

 **SCREW (M5x0.8Px16L)** QTY 4

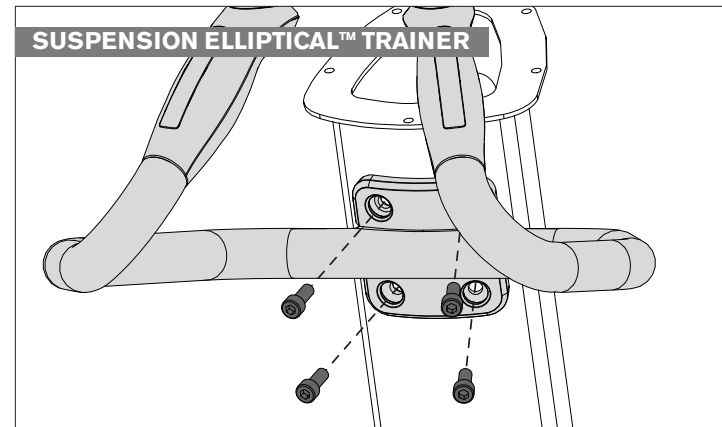
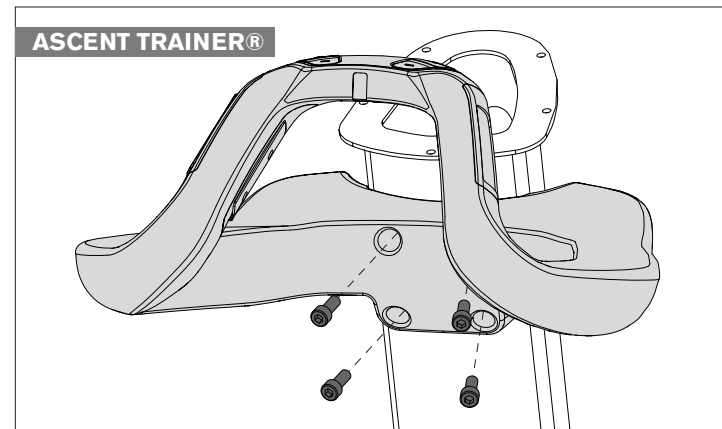
 **SOCKET HEAD CAP SCREW (M8x1.25Px45L) 10.9 GRADE MINIMUM** QTY 2

 **SCREW (M5x0.8Px12L)** QTY 4

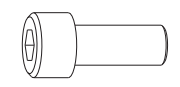
## ASSEMBLY STEP 8



ALL MODELS



### WHITE HARDWARE BAG CONTENTS :

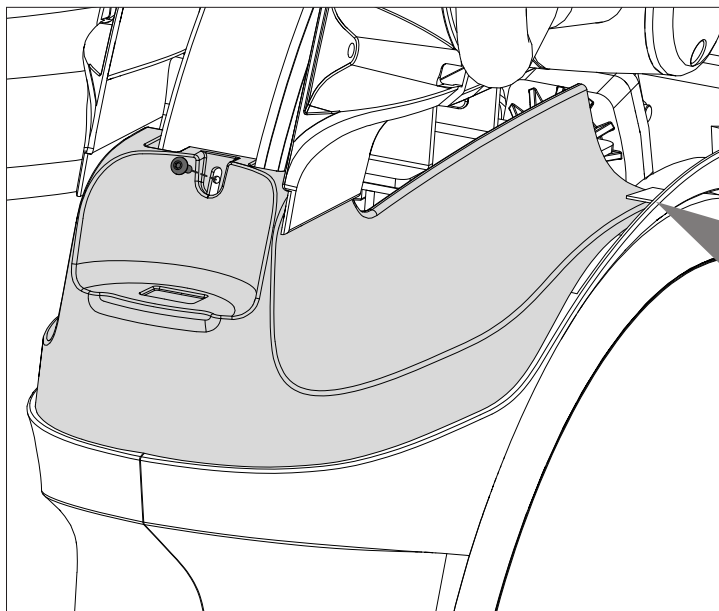
 **SOCKET HEAD CAP SCREW (M8x1.25Px25L) 10.9 GRADE MINIMUM** QTY 4

 **SPRING WASHER (Ø8.2xØ13.5x2.0T)** QTY 4

## ASSEMBLY STEP 9



ALL  
MODELS

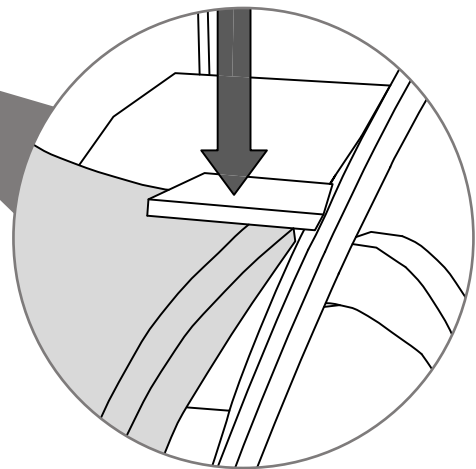


**PINK HARDWARE BAG CONTENTS :**



**SCREW  
(M5x0.8Px16L)**

**QTY  
1**

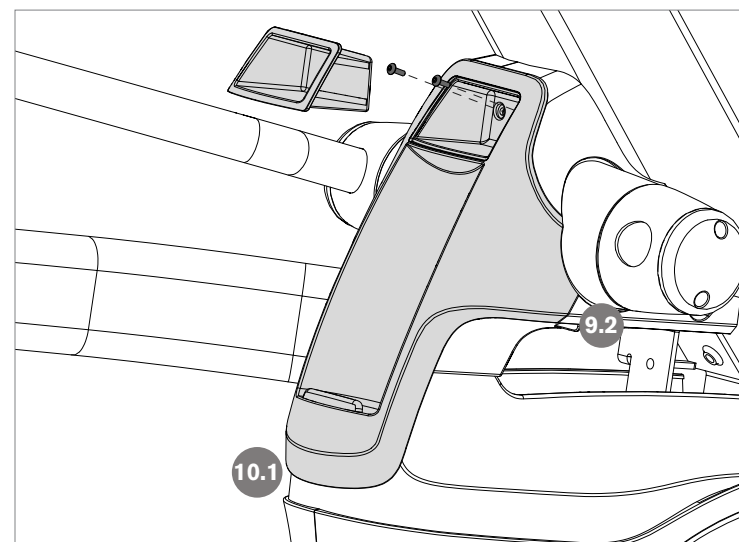


**NOTE:**  
Be careful not to pinch any wires while tightening screw.

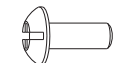
## ASSEMBLY STEP 10



ALL  
MODELS

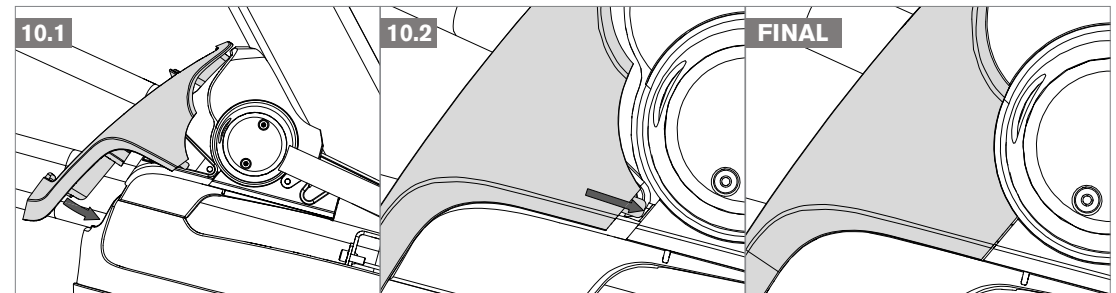


**PINK HARDWARE BAG CONTENTS :**



**SCREW  
(M5x0.8Px16L)**

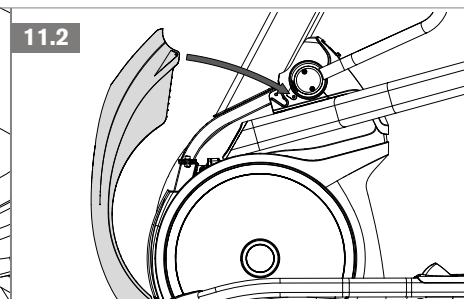
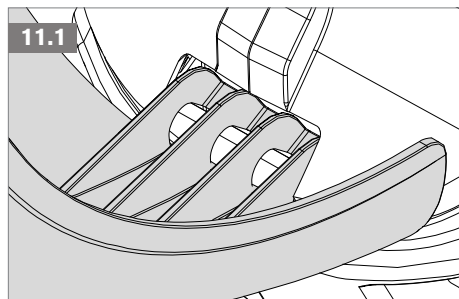
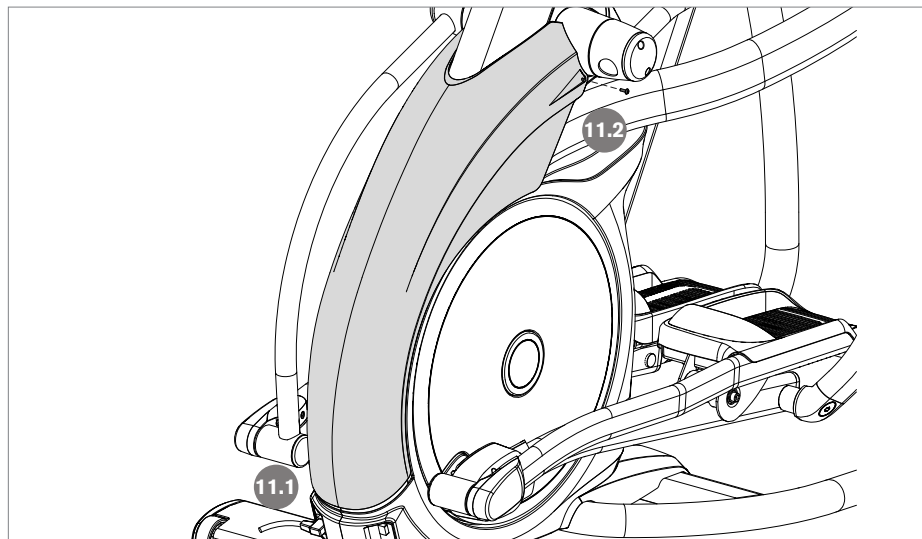
**QTY  
2**



## ASSEMBLY STEP 11



ALL MODELS



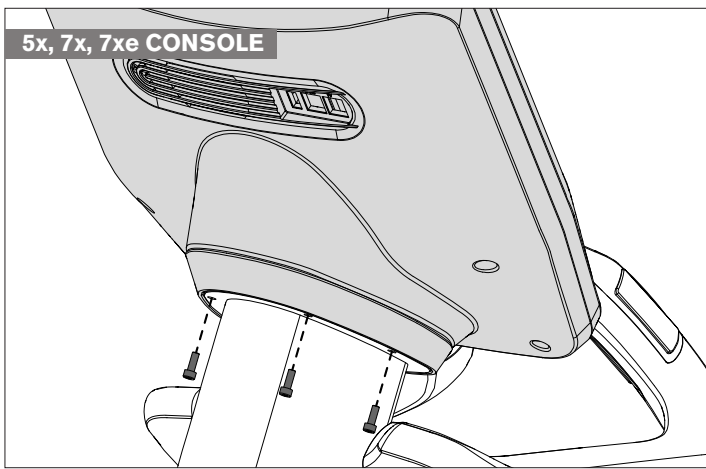
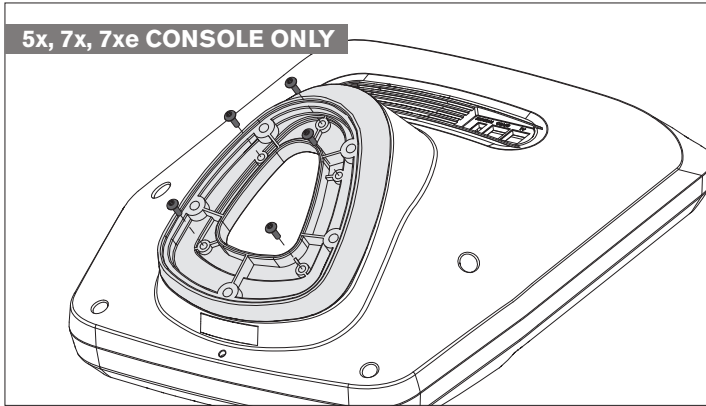
### PINK HARDWARE BAG CONTENTS :

	SCREW (M5x0.8Px16L)	QTY 2
---	------------------------	----------


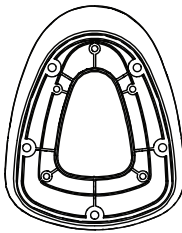
## ASSEMBLY STEP 12

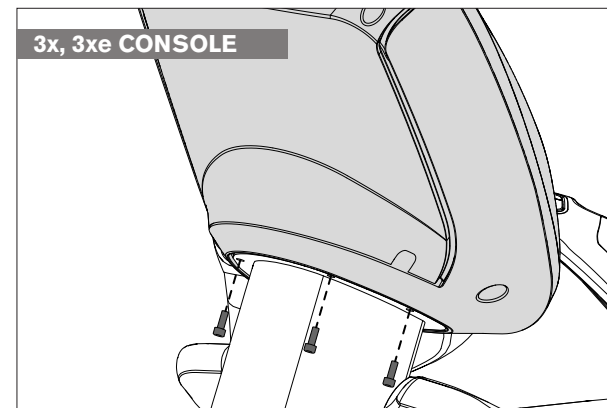


ALL MODELS



### PINK HARDWARE BAG CONTENTS :

	SCREW (M5x0.8Px16L)	QTY 5
	ADAPTOR PLATE	QTY 1



ASSEMBLY COMPLETE!

# SUSPENSION ELLIPTICAL™ TRAINER | ASCENT TRAINER® OPERATION



## 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.

Note: A3x and A5x require that you hold the incline and level buttons Down

### 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 Incline (Ascent Trainer Only)
Default Time	Speed/Distance Mode
Default Level	Out of Order
Default Age	Gender
Default Weight	Language
Accumulated Distance	Sound Mode
Accumulated Time	Incline Reset (Ascent Trainer Only)
Software Version	
Timer Mode	

### 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.





**A3X CONSOLE SHOWN**

## A3X / E3X 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 INCLINE (A3X):** Use to adjust incline selection.
- F) **UP/DOWN TIME:** Use to adjust workout time.
- G) **STOP:** Ends workout and shows workout summary data.
- H) **COOL DOWN:** Puts the console into Cool Down mode.
- I) **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.



**A3XE CONSOLE SHOWN**

## A3XE / E3XE 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 INCLINE (A3XE):** Use to increase or decrease incline.
- F) **UP/DOWN LEVEL:** Use to increase or decrease resistance level.
- G) **UP/DOWN TIME:** Use to adjust workout time.
- H) **STOP:** Ends workout and shows workout summary data.
- I) **NUMBER KEYPAD:** Workout data input for workout setup. Resistance level adjustment during workout.
- J) **COOL DOWN:** Puts the console into Cool Down mode.

## A3XE / E3XE ENTERTAINMENT ZONE

- K) **TV:** Will take the user to directly the TV screen.
- 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.
- Q) **HOME:** Changes the channel to the channel defined as Home.
- R) **CC/MUTE:** Press to cycle through the different closed caption and mute configurations.



**A5X CONSOLE SHOWN**

## A5X / E5X 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 INCLINE (A5X):** Easy information and incline selection.
- E) **UP/DOWN LEVEL:** Easy information and level selection.
- F) **UP/DOWN TIME:** Easy information and time adjustment.
- G) **STOP:** Ends workout and shows workout summary data.
- H) **NUMBER KEYPAD:** Workout data input for workout setup. Level adjustment during workout.
- I) **COOL DOWN:** Puts the Ascent into Cool Down mode.
- J) **FAN:** Allows for fan speed selection (fan has three operating speeds.)



**A7X CONSOLE SHOWN**

## A7X / E7X 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 INCLINE (A7X):** Easy information and incline selection.
- E) **UP/DOWN LEVEL:** Easy information and level selection.
- F) **UP/DOWN TIME:** Easy information and time adjustment.
- G) **STOP:** Ends workout and shows workout summary data.
- H) **NUMBER KEYPAD:** Workout data input for workout setup. Level adjustment during workout.
- I) **COOL DOWN:** Puts the Ascent into Cool Down mode.
- J) **FAN:** Allows for fan speed selection (fan has three operating speeds.)

## A7X / E7X ENTERTAINMENT ZONE

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





## A7XE / E7XE CONSOLE DESCRIPTION

The 7xe has a full integrated touch screen display. All information required for workouts is explained on screen. Exploration of the interface is highly encouraged. The information explaining how to program for various workouts will give an explanation about the contents of each screen on the 7xe.

- A) **QUICK START/GO:** One Touch Start and Quick Start.
- B) **STOP:** Ends workout and shows workout summary data.
- C) **COOL DOWN:** Puts machine into Cool Down mode. Cool Down time is dependent on the length of the workout. Workouts 19 minutes and shorter will have a cool down length of 2 minutes. Workouts 20 minutes and longer will have a cool down length of 5 minutes.

## A7XE / E7XE ENTERTAINMENT ZONE

- D) **IPOD®:** Will take the user directly to the iPod screen to allow for iPod control and playlist selection.
- E) **VOLUME UP/DOWN:** Adjusts the volume output through the headphone jack of either add-on TV, integrated console TV or iPod output.
- F) **NUMBER KEYPAD:** Allows for easy TV channel selections. These buttons work for either the add-on TV or the integrated console TV.
- G) **CHANNEL UP/DOWN:** Allows for channel selection on either the add-on TV or the integrated console TV.
- H) **DISPLAY MODE:** Allows user to cycle through console display options, iPod, TV or profile display.
- I) **LAST CHANNEL:** Allows the user to cycle between the current channel and the previous channel they were viewing.

## 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

#### RANDOM

There are 20 workout profiles in **RANDOM** mode. Profile will change each time **RANDOM** key is pressed. Select a workout profile, follow user information prompts or press **QUICK START** key to begin.

- 1) Select the **PROGRAM** button.
- 2) Press **SELECT** or wait 5 seconds.
- 3) Selecting **START** will start program.
- 4) Select **TIME** by using the **UP** or **DOWN ARROW KEYS**.
- 5) Press **SELECT** or wait 5 seconds.
- 6) Selecting **START** will start program.
- 7) Select **LEVEL** by using the **UP** or **DOWN ARROW KEYS**.
- 8) You can change the level at any time during workout.
- 9) Press **SELECT** or wait 5 seconds.
- 10) Selecting **START** will start program.
- 11) Select weight by using the **UP** or **DOWN ARROW KEYS**.
- 12) Press **START** or **SELECT** to begin workout.
- 13) Display, Starting 3, Starting 2, Starting 1.

#### 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

## WORKOUT DESCRIPTIONS

### HEART RATE CONTROL

Your Matrix Ascent Trainer / Suspension Elliptical™ Trainer 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:  $(220 - \text{Age}) * \% = \text{target heart rate zone}$ . 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 speed-independent in normal programs except for constant watt mode. For the constant watt mode, the braking system is speed-dependent.

- 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 A3x and E3x have 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, lower LED will display: "WARNING HR ABOVE TARGET"
- HR is greater than 20 BPM, program immediately ends.

## 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 Suspension Elliptical™ Trainer will automatically adjust the level based upon the user's heart rate. The heart rate zone is calculated using the following equation:  $(220 - \text{Age}) * \% = \text{target heart rate zone}$ . 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 into this workout on a 7x or 7xe, follow the onscreen prompts.



## 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 |

**ASCENT ONLY:** Incline will not be adjustable during the test.

### GLUTE TRAINING WORKOUT (A5X ASCENT ONLY)

This program was designed to increase your range of motion and target the thighs and glutes. By varying a high incline throughout the workout you can engage significant glute recruitment and enjoy a great workout. You will be asked to enter in a minimum resistance level and maximum resistance level. The maximum resistance is applied at your peaks and the minimum resistance is applied in the valleys. Choose levels that are appropriate for you. A great recommended starting point is a Minimum Resistance Level of 1 and a Maximum Resistance Level of 8. After you are comfortable with this setting, try higher levels for both. Incline levels cannot be adjusted during this workout as it is an incline-based workout.

Simply follow the prompts for further instruction.

### CONSTANT WATTS

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

- 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**.

## USB FEATURES

- Software Updates
- USB Charging
- Record Workout Statistics to USB
- Upload Workout Statistics to [www.livestrong.com](http://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](http://www.livestrong.com). In order to save and view your workout statistics on [www.livestrong.com](http://www.livestrong.com), follow these instructions:

- 1) You must first create an account on [www.livestrong.com](http://www.livestrong.com).
- 2) Plug your USB drive with saved workout statistics into a PC/MAC. Go to [www.livestrong.com/equipment](http://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](http://www.livestrong.com).

\*Note: [www.livestrong.com](http://www.livestrong.com) workout tracking is not available 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](http://nikeplus.com). Every workout and every run is there, ready for you to review.



"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](http://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](http://www.nikerunning.com) and download the latest iTunes software ([www.apple.com/itunes](http://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.

# PRODUCT SPECIFICATIONS



ASCENT TRAINER WATTS TABLE @ 60 RPM					
CONSOLE MODEL	HURESAC-7xe-C	A-7x-C	A-5x-C	A-3xe-C	A-3x-C
RPM	60	60	60	60	60
L1	42	42	61	42	41
L2	45	45	72	45	61
L3	55	55	83	55	71
L4	65	65	95	65	81
L5	85	85	106	85	93
L6	95	95	117	95	105
L7	106	106	128	106	116
L8	117	117	139	117	127
L9	128	128	151	128	138
L10	138	138	162	138	149
L11	149	149	173	149	158
L12	160	160	184	160	169
L13	171	171	196	171	179
L14	181	181	207	181	189
L15	192	192	218	192	199
L16	203	203	229	203	209
L17	214	214	240	214	220
L18	224	224	252	224	228
L19	235	235	263	235	240
L20	246	246	274	246	248
L21	257	257	285	257	258
L22	267	267	296	267	270
L23	278	278	308	278	277
L24	289	289	319	289	288
L25	303	303	330	303	300

SUSPENSION ELLIPTICAL TRAINER 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	43	43	44	43	44
L2	62	62	63	62	63
L3	72	72	70	72	70
L4	82	82	81	82	81
L5	93	93	91	93	91
L6	103	103	102	103	102
L7	113	113	112	113	112
L8	124	124	122	124	122
L9	135	135	133	135	133
L10	144	144	143	144	143
L11	155	155	154	155	154
L12	165	165	164	165	164
L13	175	175	175	175	175
L14	186	186	185	186	185
L15	196	196	195	196	195
L16	206	206	206	206	206
L17	217	217	216	217	216
L18	227	227	227	227	227
L19	237	237	237	237	237
L20	248	248	247	248	247
L21	258	258	258	258	258
L22	268	268	268	268	268
L23	279	279	279	279	279
L24	289	289	289	289	289
L25	300	300	300	300	300

MODEL NAME	A-5x/7x		
MODEL TYPE	A7xe	A7x	A5x
FRAME PART #	A-5x/7x-F		
CONSOLE PART #	HURESAC-7xe-C	A-7x-C	A-5x-C
FEATURES			
STRIDE LENGTH (IN)	20 - 24"	20 - 24"	20 - 24"
INCLINE RANGE	24% - 54% (15° RANGE)	24% - 54% (15° RANGE)	24% - 54% (15° RANGE)
CONTACT & TELEMETRIC HR SENSORS	YES	YES	YES
CUSHIONED FOOTPADS	YES - PREMIUM	YES - PREMIUM	YES - PREMIUM
Q-FACTOR	2.5"	2.5"	2.5"
HANDLEBAR DESIGN	MULTI-POSITION DUAL ACTION AND PREMIUM ERGO-BEND STATIONARY	MULTI-POSITION DUAL ACTION AND PREMIUM ERGO-BEND STATIONARY	MULTI-POSITION DUAL ACTION AND PREMIUM ERGO-BEND STATIONARY
THUMB SWITCH CONTROLS	YES	YES	YES
RESISTANCE SYSTEM			
TECHNOLOGY	GENERATOR	GENERATOR	GENERATOR
POWER REQUIREMENTS	SELF POWERED - POWERED 100V-240V - 50/60HZ AC	SELF POWERED - POWERED 100V-240V - 50/60HZ AC	SELF POWERED - POWERED 100V-240V - 50/60HZ AC
MINIMUM WATTS	56 SELF-POWERED	56 SELF-POWERED	24 SELF-POWERED
MINIMUM RPM	10 POWERED / 25 SELF-POWERED	10 POWERED / 25 SELF-POWERED	25 POWERED / 25 SELF-POWERED
CONSOLE			
DISPLAY TYPE	15" TOUCH SCREEN LCD	7" LCD	DOT-MATRIX LED
DISPLAY FEEDBACK	TIME, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, SPEED, INCLINE, RPM, HEART RATE, METS, WATTS, DYNAMIC PROFILE DISPLAY, STATIC PROFILE DISPLAY	TIME, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, LEVEL, SPEED, RPM, INCLINE, HEART RATE, METS, WATTS, PROFILE	TIME, DISTANCE, CALORIES, SPEED, INCLINE, HEART RATE, METS, WATTS, LEVEL, RPM
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
RESISTANCE LEVELS	25	25	25
WORKOUTS	MANUAL, ROLLING, INTERVALS, FAT BURN, GLUTE TRAINING, FIT TEST, TARGET HR, CONSTANT WATTS	MANUAL, ROLLING, INTERVALS, FAT BURN, GLUTE TRAINING, FIT TEST, TARGET HR, CONSTANT WATTS	MANUAL, ROLLING, INTERVALS, FAT BURN, GLUTE TRAINING, FIT TEST, TARGET HR, CONSTANT WATTS
CSAFE, FITLINXX READY	YES	YES	YES
NETPULSE READY	NO	YES	YES
FIT TOUCH TECHNOLOGY™	YES	NO	NO
ON-THE-FLY PROGRAM CHANGE	YES	YES	YES
INTEGRATED VISTA CLEAR™ DIGITAL READY TELEVISION	YES - 15" SCREEN SIZE	YES - 7" SCREEN SIZE	NO
FITCONNEXION™ READY	NO	YES	YES
WIRELESS DATA TRANSMITTER	YES	YES	YES
IPOD COMPATIBLE	YES	YES	YES - CHARGING ONLY
NIKE + IPOD COMPATIBLE	YES	YES	NO
PERSONAL FAN	YES	YES	YES
USB WORKOUT TRACKING	YES VIA LIVESTRONG.COM	YES VIA LIVESTRONG.COM	YES VIA LIVESTRONG.COM
VIRTUAL ACTIVE™ COMPATIBLE	YES	YES	NO
TECH SPECS			
OVERALL DIMENSIONS L X W X H	81X34X79" 1780X742X1740MM	81X34X79" 1780X742X1740MM	81X34X79" 1780X742X1740MM
MAXIMUM USER WEIGHT	400 LBS/182 KG	400 LBS/182 KG	400 LBS/182 KG
WEIGHT	445 LBS/202.7KG	443 LBS/201.7KG	442 LBS/201.0KG
SHIPPING WEIGHT	476 LBS/216.5KG	474 LBS/215.5KG	472 LBS/214.6KG

MODEL NAME	A-3x	
MODEL TYPE	A3xe	A3x
FRAME PART #	A-3x-F	
CONSOLE PART #	A-3xe-C	A-3x-C
FEATURES		
STRIDE LENGTH (IN)	20 - 24"	20 - 24"
INCLINE RANGE	24% - 54% (15° RANGE)	24% - 54% (15° RANGE)
CONTACT & TELEMETRIC HR SENSORS	YES	YES
CUSHIONED FOOTPADS	NO	NO
PEDAL SPACING	2.5"	2.5"
HANDLEBAR DESIGN	MULTI-POSITION DUAL ACTION AND ERGO-BEND STATIONARY	MULTI-POSITION DUAL ACTION AND ERGO-BEND STATIONARY
THUMB SWITCH CONTROLS	YES - RESISTANCE	YES - RESISTANCE
RESISTANCE SYSTEM		
TECHNOLOGY	GENERATOR	GENERATOR
POWER REQUIREMENTS	SELF POWERED - POWERED 100V-240V - 50/60HZ AC	SELF POWERED - POWERED 100V-240V - 50/60HZ AC
MINIMUM WATTS	32 SELF-POWERED	24 SELF-POWERED
MINIMUM RPM	15 POWERED / 25 SELF-POWERED	15 POWERED / 25 SELF-POWERED
CONSOLE		
DISPLAY TYPE	7" LCD	14-SEG ALPHANUMERIC, 8X16 LED GRAPHIC DISPLAY
DISPLAY FEEDBACK	TIME, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, SPEED, INCLINE, RPM, HEART RATE, METS, WATTS, DYNAMIC PROFILE DISPLAY, STATIC PROFILE DISPLAY	TIME, DISTANCE, CALORIES, CALORIES PER HOUR, LEVEL, SPEED, RPM, INCLINE, 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	NO - ACCESSIBLE THROUGH MANAGER MENU: ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, SWEDISH, FINNISH
RESISTANCE LEVELS	25	20
WORKOUTS	MANUAL, ROLLING, INTERVALS, FAT BURN, GLUTE TRAINING, FIT TEST, TARGET HR, CONSTANT WATTS	MANUAL, ROLLING, INTERVALS, FAT BURN, RANDOM, FIT TEST, TARGET HR, CONSTANT WATTS
CSAFE, FITLINXX READY	YES	YES
NETPULSE READY	YES	YES
FIT TOUCH TECHNOLOGY™	NO	NO
ON-THE-FLY PROGRAM CHANGE	YES	YES
INTEGRATED VISTA CLEAR™ DIGITAL READY TELEVISION	YES - 7" SCREEN SIZE	NO
FITCONNEXION™ READY	YES	YES
WIRELESS DATA TRANSMITTER	NO	NO
IPOD COMPATIBLE	NO	NO
NIKE + IPOD COMPATIBLE	NO	NO
PERSONAL FAN	NO	NO
USB WORKOUT TRACKING	YES VIA LIVESTRONG.COM	YES VIA LIVESTRONG.COM
VIRTUAL ACTIVE™ COMPATIBLE	YES	NO
TECH SPECS		
OVERALL DIMENSIONS L X W X H	81X34X79" 1780X742X1740MM	81X34X79" 1780X742X1740MM
MAXIMUM USER WEIGHT	400 LBS/182 KG	400 LBS/182 KG
WEIGHT	444 LBS/202.2KG	442 LBS/201.2KG
SHIPPING WEIGHT	474 LBS/215.5KG	471 LBS/214.5KG

MODEL NAME	E-3x/5x/7x		
MODEL TYPE	E7xe	E7x	E5x
FRAME PART #	E-3x/5x/7x-F		
CONSOLE PART #	HURESAC-7xe-C	HURESC-7x-C	HURE-5x-C
<b>FEATURES</b>			
STRIDE LENGTH (IN)	21"	21"	21"
INCLINE RANGE	N/A	N/A	N/A
CONTACT & TELEMETRIC HR SENSORS	YES	YES	YES
CUSHIONED FOOTPADS	NO	NO	NO
PEDAL SPACING	2.5"	2.5"	2.5"
HANDLEBAR DESIGN	MULTI-POSITION DUAL ACTION AND CUSTOM ERGO-BEND STATIONARY	MULTI-POSITION DUAL ACTION AND CUSTOM ERGO-BEND STATIONARY	MULTI-POSITION DUAL ACTION AND CUSTOM ERGO-BEND STATIONARY
THUMB SWITCH CONTROLS	YES	YES	YES
<b>RESISTANCE SYSTEM</b>			
TECHNOLOGY	GENERATOR	GENERATOR	GENERATOR
POWER REQUIREMENTS	SELF POWERED - POWERED 100V-240V - 50/60HZ AC	SELF POWERED - POWERED 100V-240V - 50/60HZ AC	SELF POWERED - POWERED 100V-240V - 50/60HZ AC
MINIMUM WATTS	56 SELF-POWERED	30 SELF-POWERED	21 SELF-POWERED
MINIMUM RPM	10 POWERED / 25 SELF-POWERED	10 POWERED / 25 SELF-POWERED	25 POWERED & SELF-POWERED
<b>CONSOLE</b>			
DISPLAY TYPE	15" TOUCH SCREEN LCD	7" LCD	DOT-MATRIX LED
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
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, JAPANESE, SWEDISH, FINNISH
RESISTANCE LEVELS	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
CSAFE, FITLINXX READY	YES	YES	YES
NETPULSE READY	NO	YES	YES
FIT TOUCH TECHNOLOGY™	YES	NO	NO
ON-THE-FLY PROGRAM CHANGE	YES	YES	YES
INTEGRATED VISTA CLEAR™ DIGITAL READY TELEVISION	YES - 15" SCREEN SIZE	YES - 7" SCREEN SIZE	NO
FITCONNEXION™ READY	NO	YES	YES
WIRELESS DATA TRANSMITTER	YES	YES	YES
IPOD COMPATIBLE	YES	YES	YES - CHARGING ONLY
NIKE + IPOD COMPATIBLE	YES	YES	NO
PERSONAL FAN	YES	YES	YES
USB WORKOUT TRACKING	YES VIA LIVESTRONG.COM	YES VIA LIVESTRONG.COM	YES VIA LIVESTRONG.COM
VIRTUAL ACTIVE™ COMPATIBLE	YES	YES	NO
<b>TECH SPECS</b>			
OVERALL DIMENSIONS L X W X H	81X34X79" 1780X742X1740MM	81X34X79" 1780X742X1740MM	81X34X79" 1780X742X1740MM
MAXIMUM USER WEIGHT	400 LBS/182 KG	400 LBS/182 KG	400 LBS/182 KG
WEIGHT	402 LBS/182.7KG	399 LBS/181.7KG	398 LBS/181.0KG
SHIPPING WEIGHT	430 LBS/195.5KG	427 LBS/194.5KG	425 LBS/193.6KG

MODEL NAME	E-3x/5x/7x	
MODEL TYPE	E3xe	E3x
FRAME PART #	E-3x/5x/7x-F	
CONSOLE PART #	HURES-3xe-C	HURE-3x-C
<b>FEATURES</b>		
STRIDE LENGTH (IN)	21"	21"
INCLINE RANGE	N/A	N/A
CONTACT & TELEMETRIC HR SENSORS	YES	YES
CUSHIONED FOOTPADS	NO	NO
PEDAL SPACING	2.5"	2.5"
HANDLEBAR DESIGN	MULTI-POSITION DUAL ACTION AND CUSTOM ERGO-BEND STATIONARY	MULTI-POSITION DUAL ACTION AND CUSTOM ERGO-BEND STATIONARY
THUMB SWITCH CONTROLS	YES	YES
<b>RESISTANCE SYSTEM</b>		
TECHNOLOGY	GENERATOR	GENERATOR
POWER REQUIREMENTS	SELF POWERED - POWERED 100V-240V - 50/60HZ AC	SELF POWERED - POWERED 100V-240V - 50/60HZ AC
MINIMUM WATTS	32 SELF-POWERED	21 SELF-POWERED
MINIMUM RPM	10 POWERED / 25 SELF-POWERED	10 POWERED / 25 SELF-POWERED
<b>CONSOLE</b>		
DISPLAY TYPE	7" LCD	14-SEG ALPHANUMERIC, 8X16 LED GRAPHIC DISPLAY
DISPLAY FEEDBACK	TIME, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, LEVEL, 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	NO - ACCESSIBLE THROUGH MANAGER MENU: ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, SWEDISH, FINNISH
RESISTANCE LEVELS	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
CSAFE, FITLINXX READY	YES	YES
NETPULSE READY	YES	YES
FIT TOUCH TECHNOLOGY™	NO	NO
ON-THE-FLY PROGRAM CHANGE	YES	YES
INTEGRATED VISTA CLEAR™ DIGITAL READY TELEVISION	YES - 7" SCREEN SIZE	NO
FITCONNEXION™ READY	YES	YES
WIRELESS DATA TRANSMITTER	NO	NO
IPOD COMPATIBLE	NO	NO
NIKE + IPOD COMPATIBLE	NO	NO
PERSONAL FAN	NO	NO
USB WORKOUT TRACKING	YES VIA LIVESTRONG.COM	YES VIA LIVESTRONG.COM
VIRTUAL ACTIVE™ COMPATIBLE	YES	NO
<b>TECH SPECS</b>		
OVERALL DIMENSIONS L X W X H	81X34X79" 1780X742X1740MM	81X34X79" 1780X742X1740MM
MAXIMUM USER WEIGHT	400 LBS/182 KG	400 LBS/182 KG
WEIGHT	400 LBS/182.2KG	398 LBS/181.2KG
SHIPPING WEIGHT	427 LBS/194.5KG	425 LBS/193.5KG



**1-866-693-4863**  
**[www.matrixfitness.com](http://www.matrixfitness.com)**

**Matrix Fitness**  
**1600 Landmark Drive,**  
**Cottage Grove, WI 53527**