

**MATRIX**

PREMIUM SERIES  
CYCLES



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### 1.1 READ AND SAVE THESE INSTRUCTIONS

- This cycle is intended for commercial use
- To insure your safety and protect the equipment, read all instructions before operating the MATRIX Cycle.
- Unsupervised Children must be kept away from this equipment

When using an electrical product, basic precautions should always be followed, including the following:

- Always unplug this equipment from the electrical outlet immediately after using and before cleaning.

**WARNING:** To reduce the risk of burns, fire, electrical shock or injury to persons that may be associated with using this product:

- An appliance should never be left unattended when plugged in. Unplug the entertainment equipment from outlet when not in use and before putting on or taking off parts.
- This product must be used for its intended purpose described in this Owner's Guide. Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not remove side covers. Service should only be done by an authorized service technician.
- Never operate the Cycle with the air opening blocked. Keep the air opening clean, free, of lint, hair and the like.
- Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Return the unit to a service center for examination and repair.
- Do not carry this unit by entertainment equipment power cord or use cord as handle.
- Keep any of the entertainment equipment power cords away from heated surfaces
- Keep hands and loose clothing away from moving parts.
- Close supervision is necessary when the Cycle is used by or near children or disabled persons.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Connect this Cycle to a properly grounded outlet only.
- To disconnect, turn all entertainment controls to the off position, then remove plug from outlet.

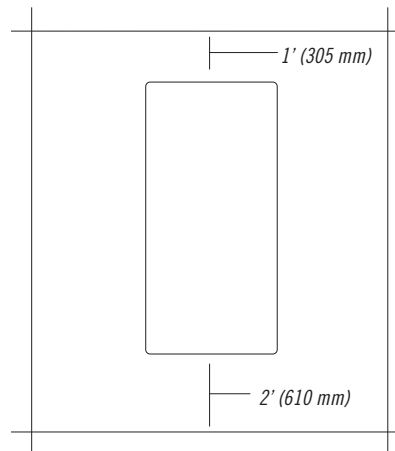
**CAUTION:** If you experience chest pain, nausea, dizziness or shortness of breath, **STOP** exercising immediately and consult a physician before continuing.

### 1.2 SETTING UP THE CYCLE

Assembly instructions have been provided with your Cycle. For your safety, please read and follow each of the steps in the assembly guide.

### 1.3 INSTALLATION REQUIREMENTS

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.



#### Cycle

Please leave a 24" (610 mm) behind the cycle and on one side. This zone is to allow easy access to the cycle and gives the user an easy exit path from the machine.

### 1.4 GROUNDING INSTRUCTIONS

The cycle must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The cycle 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 all local codes and ordinances. If the user does not follow these grounding instructions, the user could void the Matrix limited warranty.

**DANGER:** Improper connection of the equipment-grounding conductor can result in the risk of electric shock. Check with a qualified electrician or serviceman if the user is 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 technician.

## CHAPTER 2: PREVENTATIVE MAINTENANCE

### 2.1 CARE AND MAINTENANCE INSTRUCTIONS

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 inch lbs)  
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

Please find the worksheet sample for our equipment provided in this manual and make copies as needed, keeping them up to date as the required service/ maintenance items are performed. It is critical that you also log the accumulated (total) amount of miles or running hours on the equipment each time service or maintenance is performed.

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)

#### DAILY MAINTENANCE ITEMS

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

### 2.2 ELECTRICAL REQUIREMENTS

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

5x: 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 if an optional power cord is purchased. This will power the console at all times and requires no minimum RPM for operation. 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).

7x: These products can operate without power; however, the machine must boot the software with each new user. This can mean a delay of up to 35 seconds while the machine's operating system prepares for a workout. It's similar to turning your cell phone on for the 1st time of the day. These units can also be AC powered. This will power the console at all times and requires no minimum RPM for operation. A powered product lowers the starting resistance and is easier to use for beginners. 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).

7xe: These products must be AC powered. 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).

For your safety and for the performance of your Matrix product, the ground on your circuits must be non-looped. Please refer to NEC article 210-21 and 210-23. Any alterations to the standard Matrix power cords will void all warranties.

## CHAPTER 2: PREVENTATIVE MAINTENANCE

### 2.3 PREVENTATIVE MAINTENANCE CHECKLIST

Facility: \_\_\_\_\_

<b>MAKE:</b>	<b>MODEL:</b>	<b>S/N</b>
<b>LOCATION:</b>	<b>TECHNICIAN:</b>	<b>DATE:</b>

Inspect power cords    \_\_\_ Check resistance system    \_\_\_ Clean/lube guide rods  
 Check E-stop cord/button    \_\_\_ Lubricate pivot points    \_\_\_ Inspect belt/cable assy.  
 Vacuum/clean under cover    \_\_\_ Check connecting joints    \_\_\_ Check locking pins  
 Check motor drive belt    \_\_\_ Remove covers, check belts    \_\_\_ Check pulleys  
 Check running belt    \_\_\_ Check pedal & crank    \_\_\_ Inspect upholstery  
 Flip/replace deck    \_\_\_ Check/lube seat adjustment    \_\_\_ Check/tighten hardware  
 De-wax rollers    \_\_\_ Verify electronics operation    \_\_\_ Lubricate Acme screw  
 Notes/comments \_\_\_\_\_

<b>MAKE:</b>	<b>MODEL:</b>	<b>S/N</b>
<b>LOCATION:</b>	<b>TECHNICIAN:</b>	<b>DATE:</b>

Inspect power cords    \_\_\_ Check resistance system    \_\_\_ Clean/lube guide rods  
 Check E-stop cord/button    \_\_\_ Lubricate pivot points    \_\_\_ Inspect belt/cable assy.  
 Vacuum/clean under cover    \_\_\_ Check connecting joints    \_\_\_ Check locking pins  
 Check motor drive belt    \_\_\_ Remove covers, check belts    \_\_\_ Check pulleys  
 Check running belt    \_\_\_ Check pedal & crank    \_\_\_ Inspect upholstery  
 Flip/replace deck    \_\_\_ Check/lube seat adjustment    \_\_\_ Check/tighten hardware  
 De-wax rollers    \_\_\_ Verify electronics operation    \_\_\_ Lubricate Acme screw  
 Notes/comments \_\_\_\_\_

### 2.4 RECOMMENDED CLEANING TIPS

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

Please read and 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.

### 2.5 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 Systems.

**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.

## CHAPTER 3: ADJUSTING THE SEAT / MANAGER MODE

### 3.1 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.

### 3.2 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.

### 3.3 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.

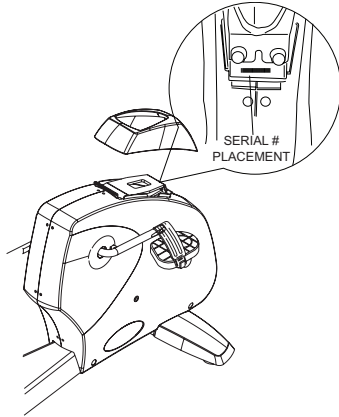
### 3.4 USING MANAGER PREFERENCE MODE

This section allows a user to manipulate default settings for the machines. It may be accessed by pressing the Level Up/Level Down 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.

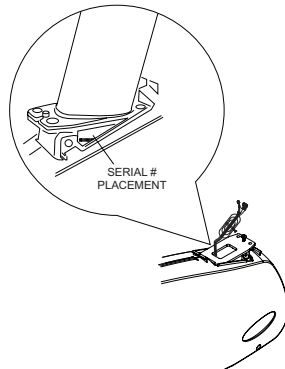
- Maximum Time
- Default Time
- Default Level
- Default Age
- Default Weight
- Accumulated Distance
- Accumulated Time
- Software Version
- Timer Mode
- Speed/Distance Mode
- Out of Order
- Gender
- Language
- Sound Mode

## CHAPTER 4: SERIAL NUMBER LOCATION

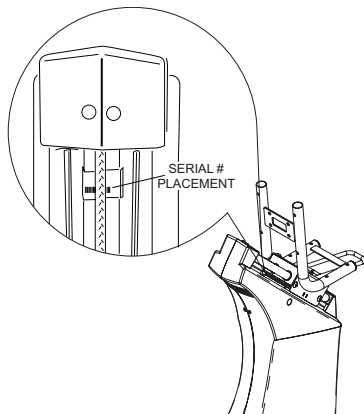
### 4.1 RECUMBENT CYCLE



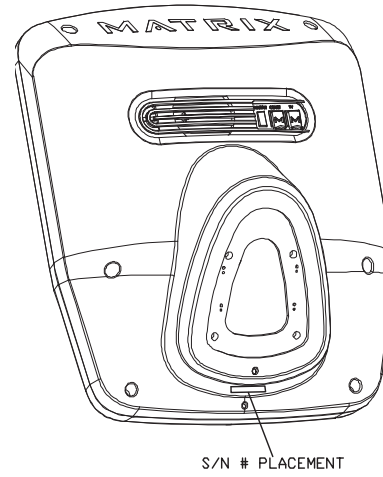
### 4.2 UPRIGHT CYCLE



### 4.3 HYBRID CYCLE™



### 4.4 UNIVERSAL CONSOLE SERIAL NUMBER LOCATION





## CHAPTER 5: R5x, U5x, H5x OVERLAY AND WORKOUT DESCRIPTION

### 5.1 R5x, U5x, H5x CONSOLE DESCRIPTION

The MATRIX cycle 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.



**WORKOUT KEYS:** Simple program view and selection buttons.

**GO:** One touch Start.

**ENTER:** To confirm each program setting.

**UP/DOWN LEVEL:** Easy information and level selection.

**UP/DOWN TIME:** Easy information and time adjustment.

**STOP:** Ends workout and shows workout summary data.

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

**COOL DOWN:** Puts bike into Cool Down mode.

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

**TOGGLE DISPLAY:** Allows user to select what information is displayed on the console.

## CHAPTER 5: R7x, U7x, H7x OVERLAY AND WORKOUT DESCRIPTION

### R7x, U7x, H7x CONSOLE DESCRIPTION

The MATRIX cycle 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.



**MULTI-PURPOSE KEYS:** Keys have different functions depending on each screen.

**GO:** One touch Start.

**ENTER:** To confirm each program setting.

**UP/DOWN LEVEL:** Easy information and level selection.

**UP/DOWN TIME:** Easy information and time adjustment.

**STOP:** Ends workout and shows workout summary data.

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

**COOL DOWN:** Puts cycle into Cool Down mode.

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

### R7x, U7x, H7x ENTERTAINMENT ZONE

**iPOD®:** Will take the user directly to the iPod screen to allow for iPod control and playlist selection.

**VOLUME UP/DOWN:** Adjusts the volume output through the headphone jack of the integrated console TV or iPod output.

**NUMBER KEYPAD:** Allows for easy TV channel selections.

**CHANNEL UP/DOWN:** Allows for channel selection.

**DISPLAY MODE:** Allows user to cycle through console display options, iPod, TV or profile display.

**LAST CHANNEL:** Allows the user to cycle between the current channel and the previous channel viewed.

### R7xe, U7xe, H7xe CONSOLE DESCRIPTION

The MATRIX cycle 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.



The R7xe, U7xe, H7xe 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 R7xe, U7xe, H7xe.

**GO:** One touch Start.

**STOP:** Ends workout and shows workout summary data.

**COOL DOWN:** Puts cycle into Cool Down mode.

### R7xe, U7xe, H7xe ENTERTAINMENT ZONE

**iPOD®:** Will take the user directly to the iPod screen to allow for iPod control and playlist selection.

**VOLUME UP/DOWN:** Adjusts the volume output through the headphone jack.

**NUMBER KEYPAD:** Allows for easy TV channel selections.

**CHANNEL UP/DOWN:** Allows for channel selection.

**DISPLAY MODE:** Allows user to cycle through console display options, iPod, TV or profile display.

**LAST CHANNEL:** Allows the user to cycle between the current channel and the previous channel viewed.

**QUICK START:** One-touch start. Starts a manual workout.

## CHAPTER 5: CYCLE OVERLAY AND WORKOUT DESCRIPTION

### 5.2 MANUAL WORKOUT OPERATION

#### QUICK START OPERATION

Press the **GO** button and the cycle 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.

### 5.3 OPERATING LEVEL BASED PROGRAMS

Your Matrix cycle 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 cycle for each workout selection.

#### ROLLING HILLS WORKOUT OPERATION

Rolling hills is a level-based workout that automatically adjusts the level 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 user's burn fat through various level 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.

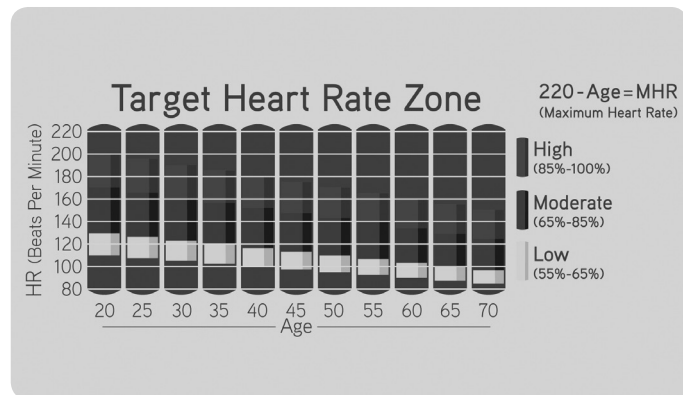
### 5.4 HEART RATE CONTROL WORKOUT OPERATION

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:  $(220 - \text{Age}) * \% = \text{target heart rate zone}$ . 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.



### 5.5 FIT TEST

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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:

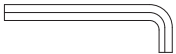

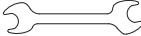



















1	Well Below Average
2	Well Below Average
3	Below Average
4	Below Average
5	Average
6	Average
7	Above Average
8	Above Average
9+	Well Above Average

## CHAPTER 6: RECUMBENT CYCLE SPECIFICATIONS, PARTS AND ASSEMBLY STEPS

	R7xe	R7x	R5x
<b>Features</b>			
Contact & telemetric HR sensors	Yes	Yes	Yes
Handlebar design	Ergonomically designed handrails	Ergonomically designed handrails	Ergonomically designed handrails
Integrated arm rests	Seat side and front horizontal ergo bend	Seat side and front horizontal ergo bend	Seat side and front horizontal ergo bend
Thumb switch controls	Yes	Yes	Yes
<b>Resistance System</b>			
Technology	JID brushless generator	JID brushless generator	JID brushless generator
Power requirements	120v/60Hz AC power	Self-powered/120v/60 Hz AC power option	Self-powered/120v/60 Hz AC power option
Minimum watts	12	12	12
Minimum RPM	N/A	N/A powered / 25 self-powered	N/A powered / 25 self-powered
Resistance levels	25	25	25
<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, SPM, floors climbed, heart rate, METs, watts, dynamic profile display, static profile display	Time, distance (kilometers or miles), calories, calories per hour, speed, incline, pace, heart rate, METs, Watts, Profile	Time, speed, floors climbed, calories, watts, level, heart rate, SPM
User defined multi-language display	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese	No
Workouts	Manual, rolling, intervals, fat burn, random, target HR, constant watts, fit test	Manual, rolling, intervals, fat burn, random, target HR, constant watts, fit test	Manual, rolling, intervals, fat burn, random, target HR, constant watts, fit test
CSAFE, FitLinxx™ ready	Yes	Yes	Yes
On-the-fly program change	Yes	Yes	Yes
Fit Touch™ Technology	Yes	No	No
Integrated Vista Clear Digital Ready Television	Yes-15" screen size	Yes-7" screen size	No
Wireless Data transmitter	Yes	Yes	Yes
iPod compatible	Yes	Yes	No
Nike + iPod compatible	Yes	Yes	No
Personal Fan	Yes	Yes	Yes
<b>Tech Specs</b>			
Overall dimensions	62"L x 29"W x 54" H	62"L x 29"W x 54" H	62"L x 29"W x 54" H
Maximum user weight	400lbs	400lbs	400lbs
Weight	174lbs	172lbs	171lbs
Shipping weight	200lbs	198lbs	197lbs

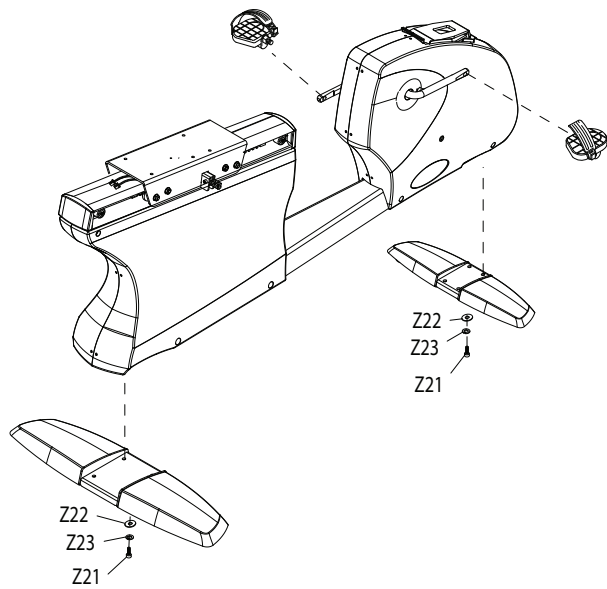
5.2 R7xe, R7x, R5x RECUMBENT CYCLE REQUIRED FASTENERS & ASSEMBLY TOOLS

FASTENERS AND ASSEMBLY TOOLS

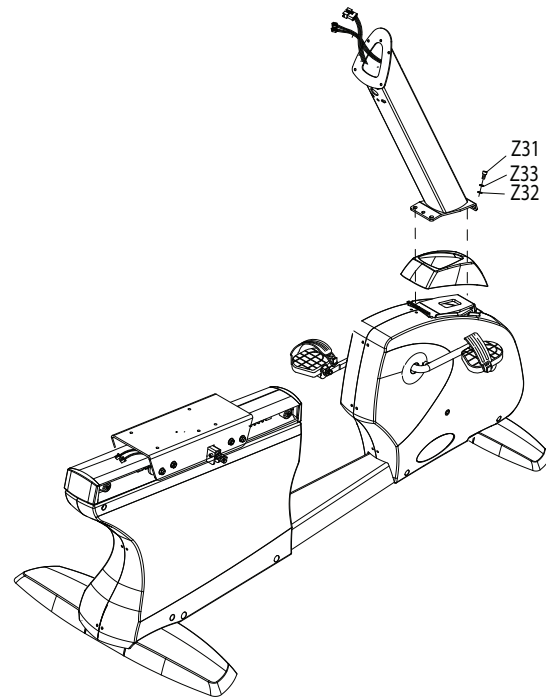
REFERENCE	SKETCH	DESCRIPTION	QUANTITY	PACKAGE COLOR
Z01		6mm ALLEN WRENCH	1	PURPLE
Z02		PHILLIPS DRIVER(6x130mm)	1	PURPLE
Z03		OPEN WRENCH(#15#17 325L)	1	PURPLE
Z04		5mm ALLEN WRENCH	1	PURPLE
Z05		4mm ALLEN WRENCH	1	PURPLE
Z11		BUTTON HEAD BOLT(M8x25L)	4	WHITE
Z12		SPRING WASHER	4	WHITE
Z13		BUTTON HEAD 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	YELLOW
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

6.3 R7xe, R7x, R5x RECUMBENT CYCLE ASSEMBLY STEPS

STEP 1



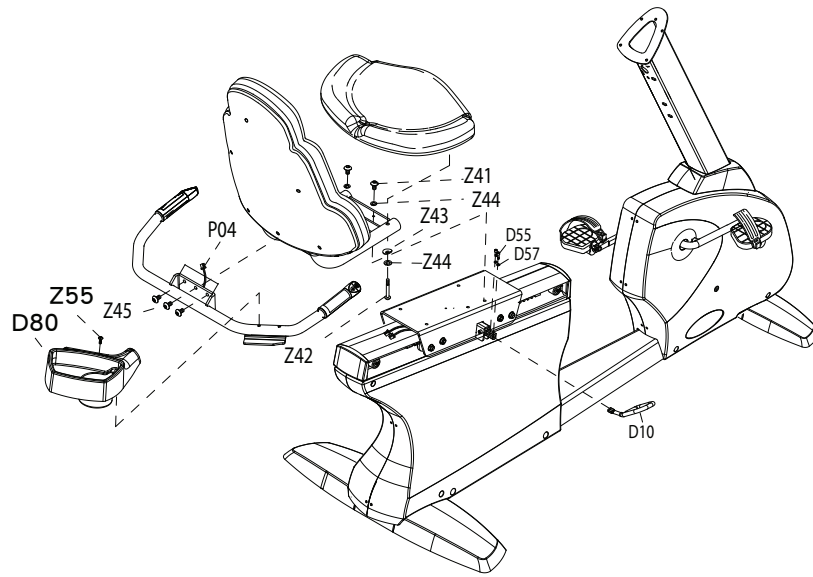
STEP 2



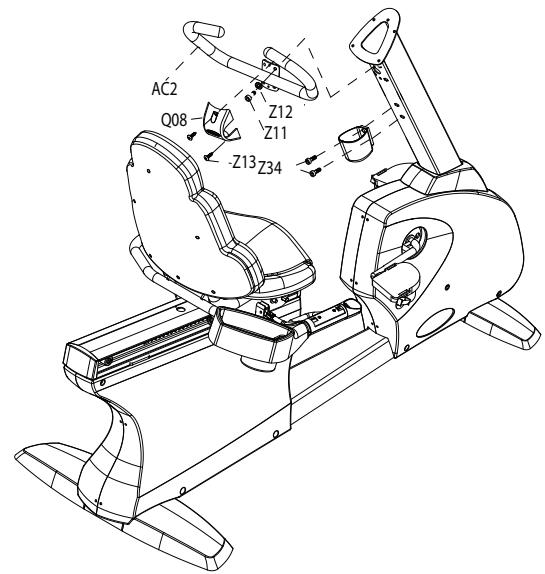


6.3 R7xe, R7x, R5x RECUMBENT CYCLE ASSEMBLY STEPS

STEP 3

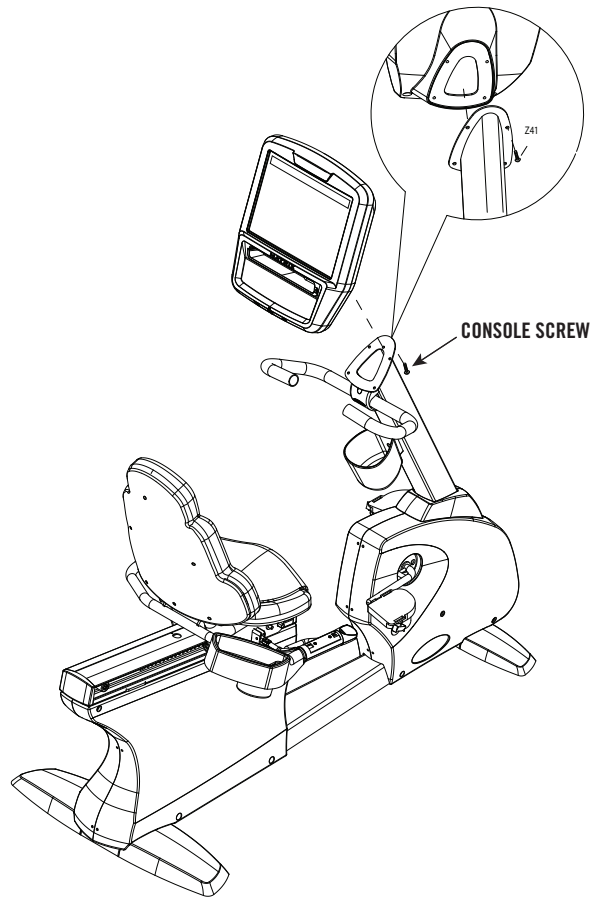


STEP 4

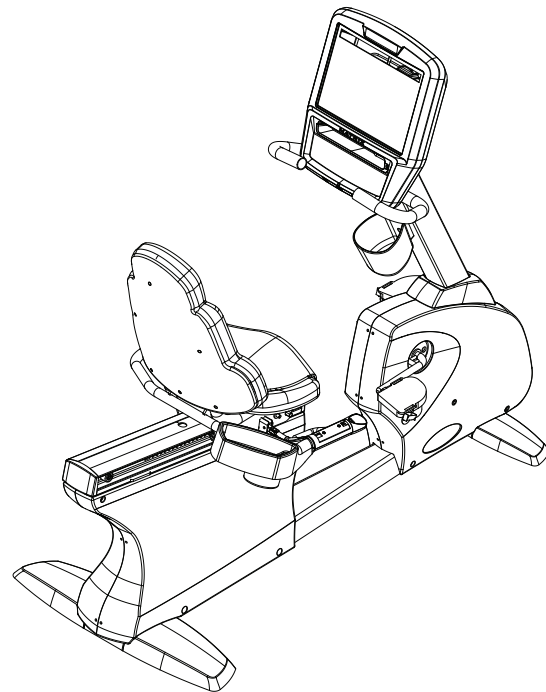


6.3 R7xe, R7x, R5x RECUMBENT CYCLE ASSEMBLY STEPS

STEP 5



FINAL ASSEMBLY

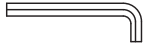

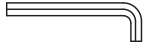



















## CHAPTER 7: UPRIGHT CYCLE SPECIFICATIONS, PARTS AND ASSEMBLY STEPS

	U7xe	U7x	U5x
<b>Features</b>			
Contact & telemetric HR sensors	Yes	Yes	Yes
Handlebar design	Full racing style with elbow support	Full racing style with elbow support	Full racing style with elbow support
Thumb switch controls	Yes	Yes	Yes
<b>Resistance System</b>			
Technology	JID brushless generator	JID brushless generator	JID brushless generator
Power requirements	120v/60Hz AC power	Self-powered/120v/60 Hz AC power option	Self-powered/120v/60 Hz AC power option
Minimum watts	12	12	12
Minimum RPM	N/A	N/A powered / 25 self-powered	N/A powered / 25 self-powered
Resistance levels	25	25	25
<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, SPM, floors climbed, heart rate, METs, watts, dynamic profile display, static profile display	Time, distance (kilometers or miles), calories, calories per hour, speed, incline, pace, heart rate, METs, Watts, Profile	Time, speed, floors climbed, calories, watts, level, heart rate, SPM
User defined multi-language display	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese	No
Workouts	Manual, rolling, intervals, fat burn, random, target HR, constant watts, fit test	Manual, rolling, intervals, fat burn, random, target HR, constant watts, fit test	Manual, rolling, intervals, fat burn, random, target HR, constant watts, fit test
CSAFE, FitLinxx™ ready	Yes	Yes	Yes
On-the-fly program change	Yes	Yes	Yes
Fit Touch™ Technology	Yes	No	No
Integrated Vista Clear Digital Ready Television	Yes-15" screen size	Yes-7" screen size	No
Wireless Data transmitter	Yes	Yes	Yes
iPod compatible	Yes	Yes	No
Nike + iPod compatible	Yes	Yes	No
Personal Fan	Yes	Yes	Yes
<b>Tech Specs</b>			
Overall dimensions	44"L x 29"W x 60" H	44"L x 29"W x 60" H	44"L x 29"W x 60" H
Maximum user weight	400lbs	400lbs	400lbs
Weight	160lbs	158lbs	157lbs
Shipping weight	205lbs	203lbs	202lbs

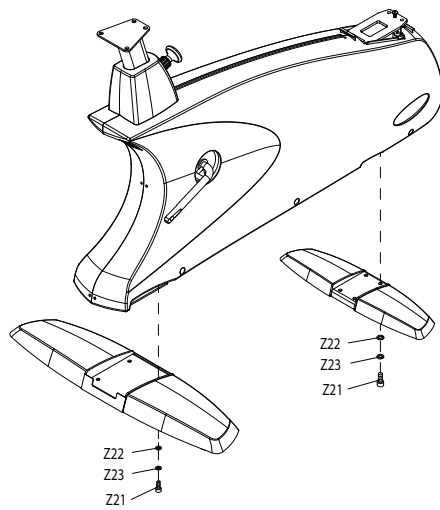
## CHAPTER 7: UPRIGHT CYCLE SPECIFICATIONS, PARTS AND ASSEMBLY STEPS

### 7.2 U7xe, U7x, U5x UPRIGHT CYCLE REQUIRED FASTENERS & ASSEMBLY TOOLS INCLUDED

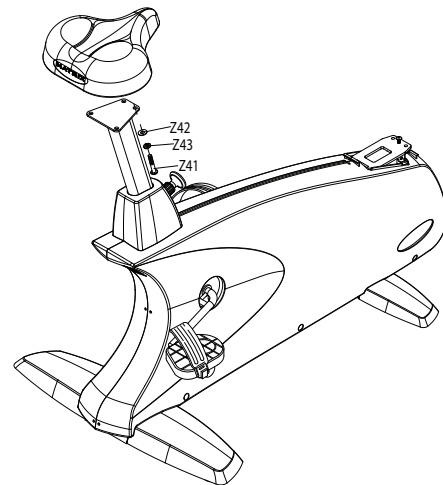
REFERENCE	SKETCH	DESCRIPTION	AMOUNT	PACKAGE COLOR
Z01		6mm ALLEN WRENCH	1	PURPLE
Z02		CROSS-HEAD SCREWDRIVER	1	PURPLE
Z03		5mm ALLEN WRENCH	1	PURPLE
Z04		4mm ALLEN WRENCH	1	PURPLE
Z05		OPEN WRENCH(#15#17 325L)	1	
Z11		BUTTON HEAD HEX SOCKET CAP SCREW(M8x25L)	4	WHITE
Z12		SPRING WASHER	4	WHITE
Z13		BUTTON 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	YELLOW
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		HEX SOCKET HEAD CAP SCREW WITH NYLOC(M5x12L)	4	GREEN
Z52		SPRING WASHER-CHROME PLATED	4	GREEN

7.3 U7xe, U7x, U5x UPRIGHT CYCLE ASSEMBLY STEPS

**STEP 1**

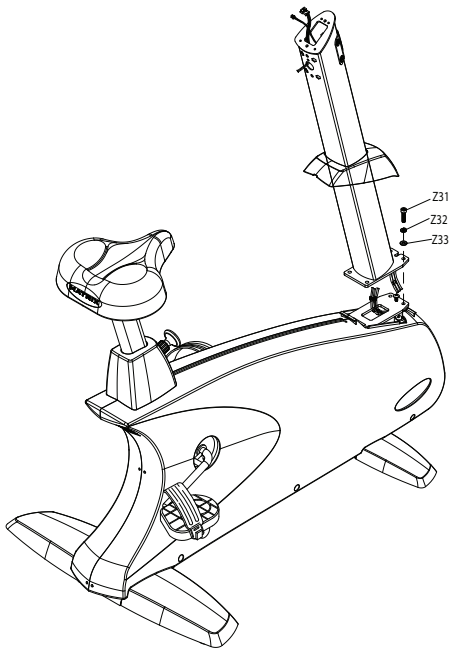


**STEP 2**

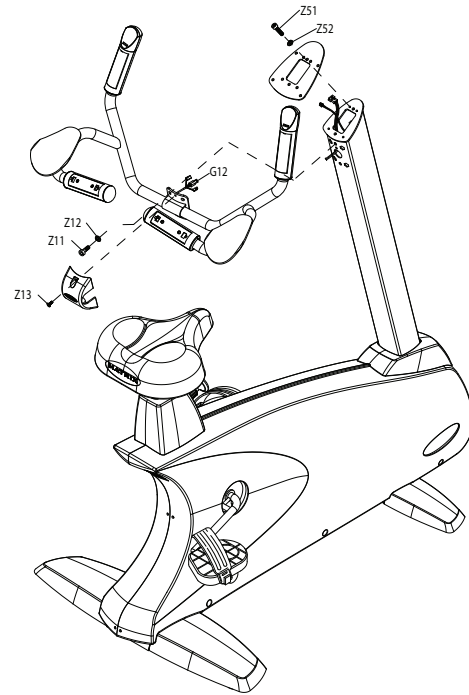


7.3 U7xe, U7x, U5x UPRIGHT CYCLE ASSEMBLY STEPS

STEP 3

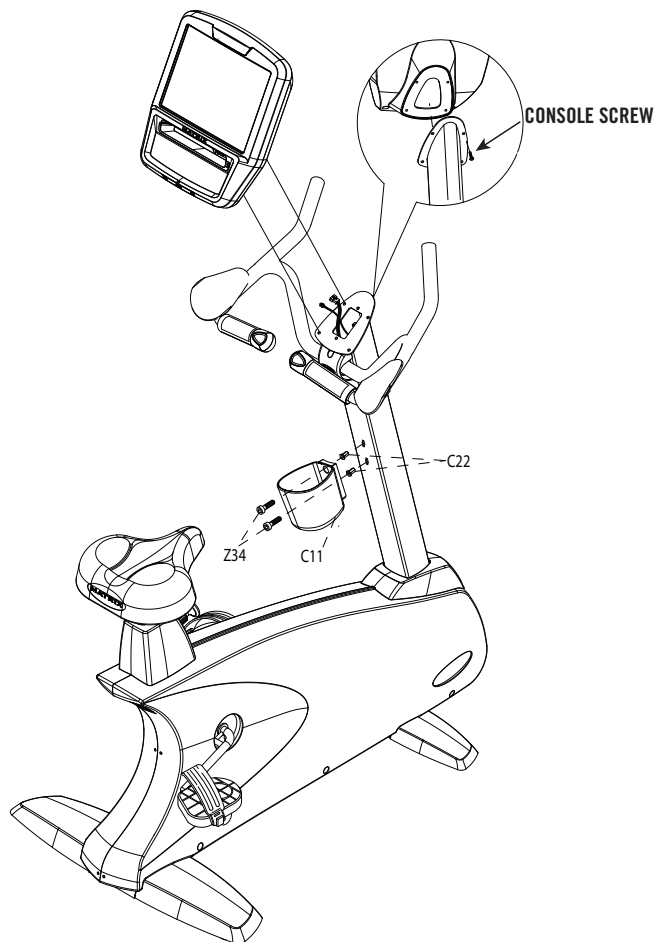


STEP 4

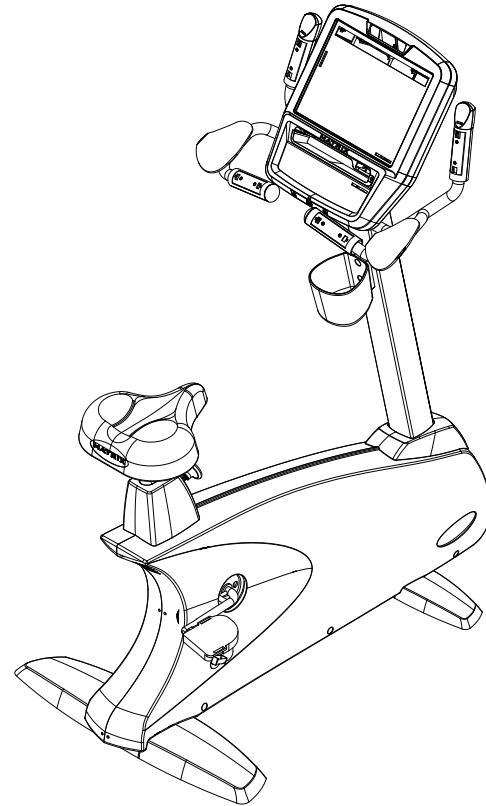


7.3 U7xe, U7x, U5x UPRIGHT CYCLE ASSEMBLY STEPS

STEP 5



FINAL ASSEMBLY

























## CHAPTER 8: HYBRID CYCLE SPECIFICATIONS, PARTS AND ASSEMBLY STEPS

	H7xe	H7x	H5x
<b>Features</b>			
Contact & telemetric HR sensors	Yes	Yes	Yes
Handlebar design	Front vertical ergo bend	Front vertical ergo bend	Front vertical ergo bend
Integrated arm rests	Yes	Yes	Yes
Thumb switch controls	Yes	Yes	Yes
<b>Resistance System</b>			
Technology	JID brushless generator	JID brushless generator	JID brushless generator
Power requirements	120v/60Hz AC power	Self-powered/120v/60 Hz AC power option	Self-powered/120v/60 Hz AC power option
Minimum watts	12	12	12
Minimum RPM	N/A	N/A powered / 25 self-powered	N/A powered / 25 self-powered
Resistance levels	25	25	25
<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, SPM, floors climbed, heart rate, METs, watts, dynamic profile display, static profile display	Time, distance (kilometers or miles), calories, calories per hour, speed, incline, pace, heart rate, METs, Watts, Profile	Time, speed, floors climbed, calories, watts, level, heart rate, SPM
User defined multi-language display	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese	No
Workouts	Manual, rolling, intervals, fat burn, random, target HR, constant watts, fit test	Manual, rolling, intervals, fat burn, random, target HR, constant watts, fit test	Manual, rolling, intervals, fat burn, random, target HR, constant watts, fit test
CSAFE, FitLinxx™ ready	Yes	Yes	Yes
On-the-fly program change	Yes	Yes	Yes
Fit Touch™ Technology	Yes	No	No
Integrated Vista Clear Digital Ready Television	Yes-15" screen size	Yes-7" screen size	No
Wireless Data transmitter	Yes	Yes	Yes
iPod compatible	Yes	Yes	No
Nike + iPod compatible	Yes	Yes	No
Personal Fan	Yes	Yes	Yes
<b>Tech Specs</b>			
Overall dimensions	58"L x 29"W x 59" H	58"L x 29"W x 59" H	58"L x 29"W x 59" H
Maximum user weight	400lbs	400lbs	400lbs
Weight	175lbs	173lbs	172lbs
Shipping weight	202lbs	200lbs	199lbs

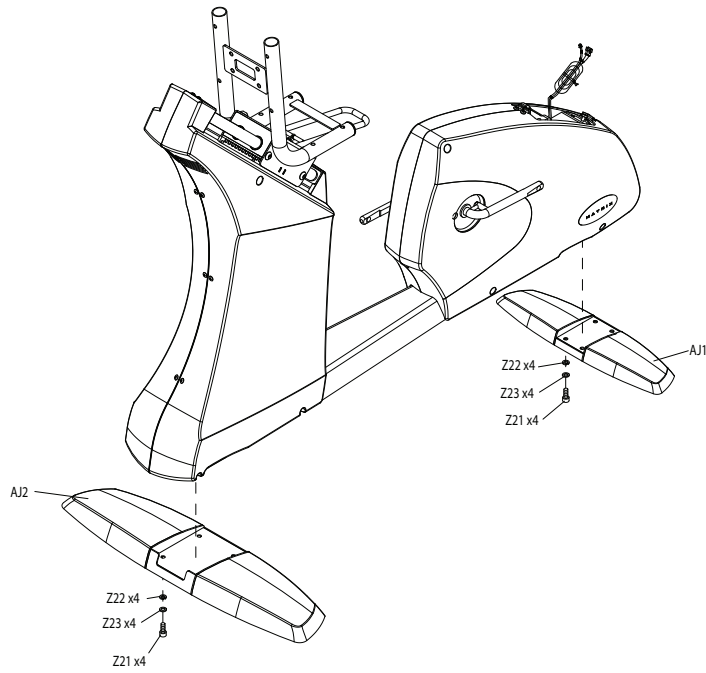


**8.2 H7xe, H7x, H5x HYBRID CYCLE REQUIRED TOOLS & ASSEMBLY TOOLS INCLUDED**

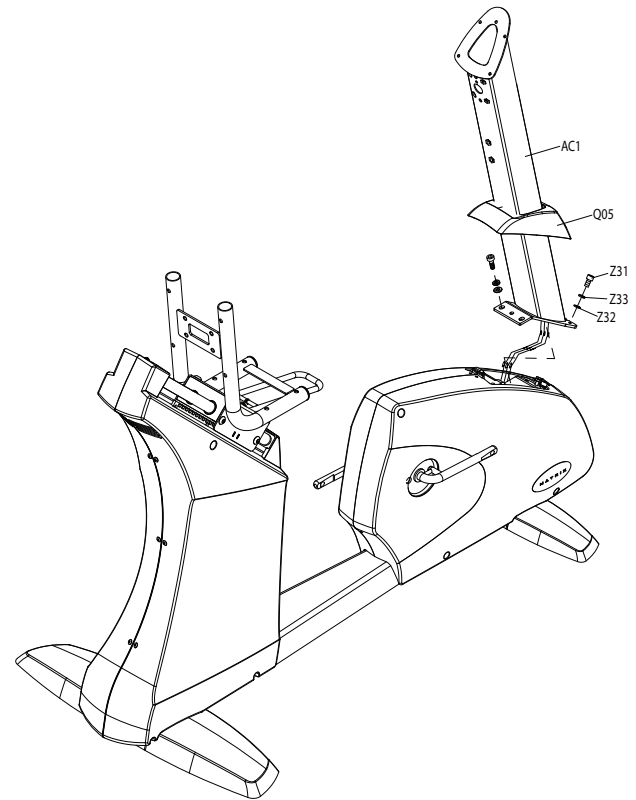
FASTENERS AND ASSEMBLY TOOLS				
REFERENCE	SKETCH	DESCRIPTION	QUANTITY	PAKEAGE COLOR
Z01		6mm ALLEN WRENCH	1	PURPLE
Z02		PHILLIPS DRIVER(6x130mm)	1	PURPLE
Z03		OPEN WRENCH(#15#17 325L)	1	PURPLE
Z04		5mm ALLEN WRENCH	1	PURPLE
Z05		5mm ALLEN WRENCH	1	PURPLE
Z11		BUTTON HEAD BOLT(M8x25L)	4	WHITE
Z12		SPRING 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	YELLOW
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
Z71		ADJUSTMENT FOOT	1	

8.3 H7xe, H7x, H5x HYBRID CYCLE ASSEMBLY STEPS

STEP 1

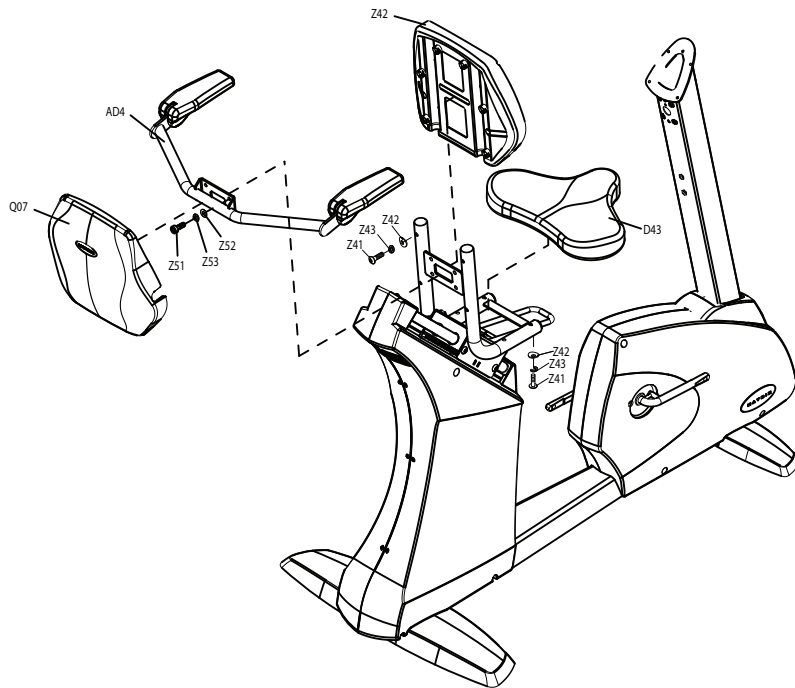


STEP 2

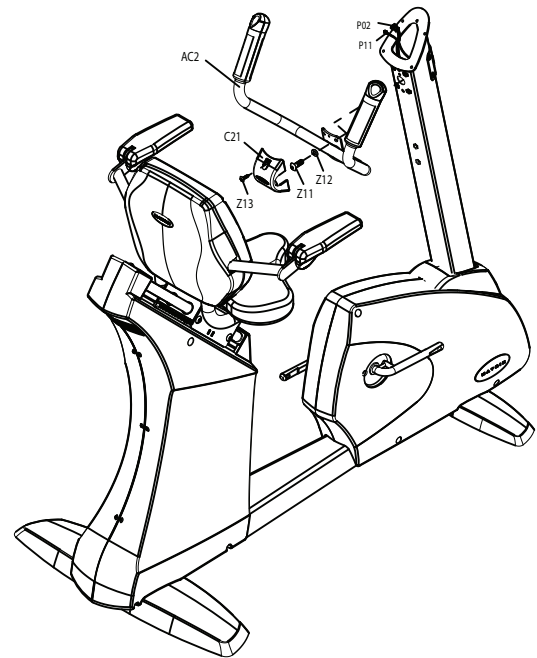


8.3 H7xe, H7x, H5x HYBRID CYCLE ASSEMBLY STEPS

STEP 3

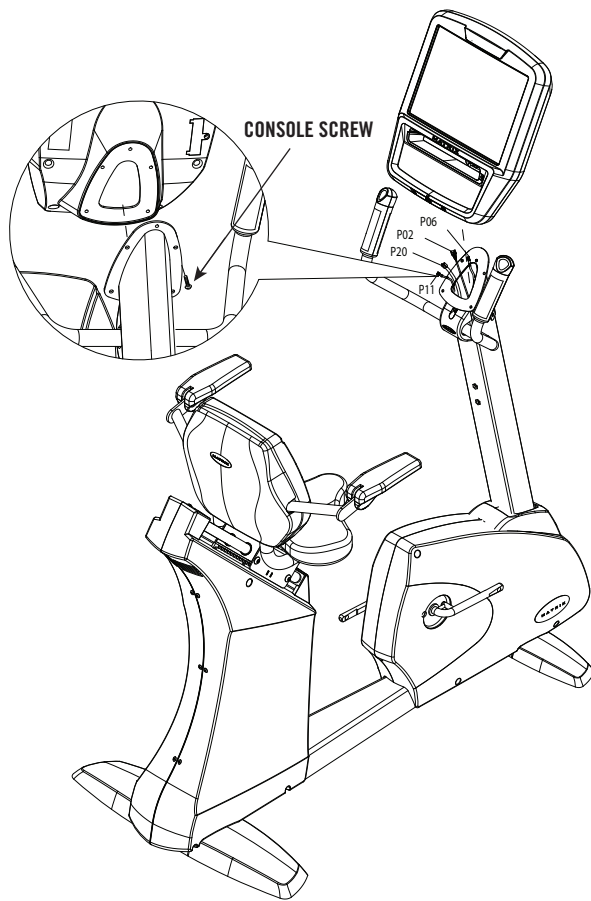


STEP 4

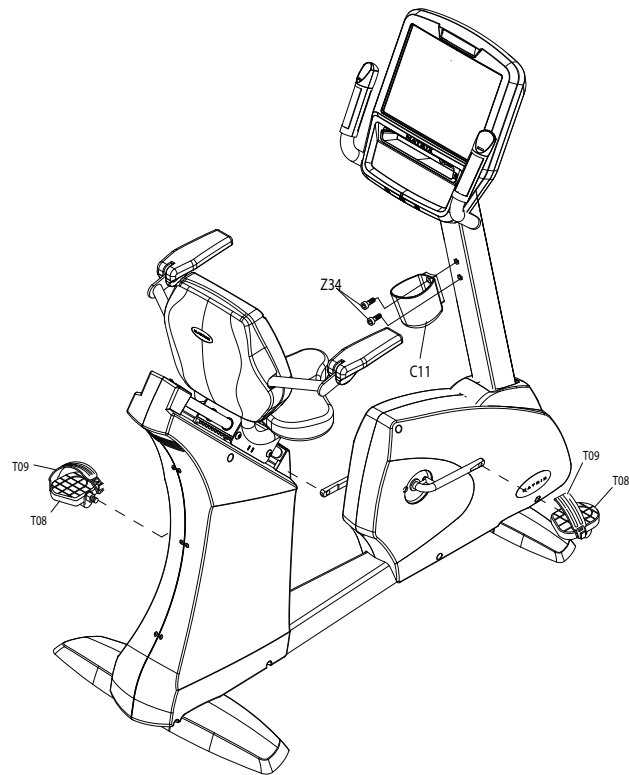


8.3 H7xe, H7x, H5x HYBRID CYCLE ASSEMBLY STEPS

STEP 5



STEP 6





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