

MATRIX

T-DPT





IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

- When using a treadmill, basic precautions should always be followed, including the following: Read all instructions before using this treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
- This product is intended for commercial use. To ensure your safety and protect the equipment, read all instructions before operating.

WARNING!

TO REDUCE THE RISK OF INJURY TO PERSONS:

- Incorrect or excessive exercise may cause injury. 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.
- When exercising, always maintain a comfortable pace.
- Do not wear clothes that might catch on any part of the treadmill.
- Always wear athletic shoes while using this equipment.
- Emergency dismount can be done by grabbing the front or side handlebars and jumping with both feet on the side rails.
- Do not jump on the treadmill.
- At no time should more than one person be on treadmill while in operation.
- This treadmill should not be used by persons weighing more than specified in the OWNER'S MANUAL SPECIFICATIONS SECTION. Failure to comply will void the warranty.
- To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire or injury to persons.
- At NO time should pets or children under the age of 14 be closer to the treadmill than 10 feet.
- At NO time should children under the age of 14 use the treadmill.
- Keep children under the age of 14 away from this equipment. Teenagers must be supervised at all times while using this equipment.
- This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
- Use the treadmill only for its intended use as described in the treadmill guide and owner's manual.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Never operate the treadmill if it is not working properly, if it has been dropped or damaged, or immersed in water. Call Customer Tech Support for examination and repair.
- Do not use treadmill 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 may void the warranty.
- Over exercising may result in serious injury or death.
- If you feel faint, stop exercising immediately.

CAUTION!

CONSULT A PHYSICIAN BEFORE USING THIS EQUIPMENT. READ OWNER'S MANUAL BEFORE USE.

- It is essential that your treadmill is used only indoors, in a climate controlled room. If your treadmill has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the treadmill is warmed up to room temperature before first time use.



ASSEMBLY

UNPACKING

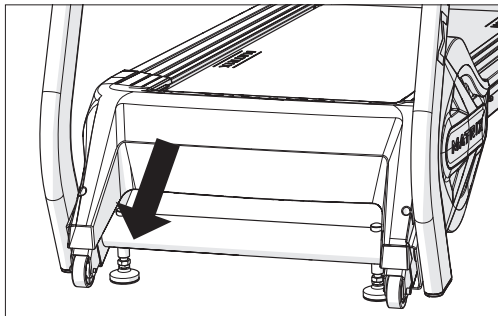
Unpack the equipment where you will be using it. Place the carton on a level flat surface. It is recommended that you place a protective covering on your floor. Never open box when it is on its side.

IMPORTANT NOTES

During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded.

Several parts have been pre-lubricated to aid in assembly and usage. Please do not wipe this off. If you have difficulty, a light application of lithium grease is recommended.

SERIAL NUMBER LOCATION



SERIAL NUMBER

MODEL NAME: **S-DRIVE PERFORMANCE TRAINER**

* Use the information above when calling for service.

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 equipment could have parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the equipment, the assembly instructions must be reviewed and corrective actions should be taken.

NEED HELP?

If you have questions or if there are any missing parts, contact Customer Tech Support. Contact information is located on the information card.

TOOLS REQUIRED:

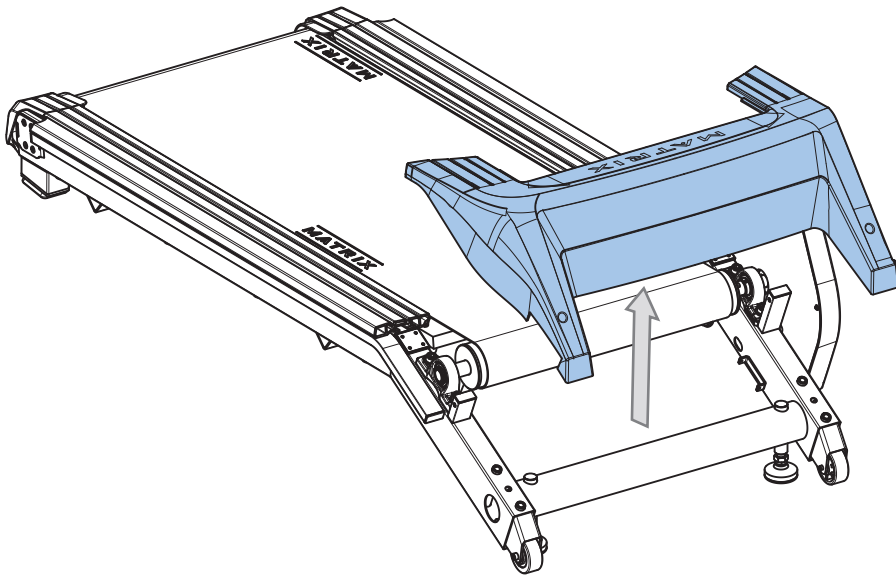
- 8mm T-Wrench
- 5mm Allen Wrench
- 6mm Allen Wrench
- 8mm Wrench x2
- 10mm Wrench x2
- Phillips Screwdriver

PARTS INCLUDED:

- 1 Base Frame
- 2 Front Handlebar Supports
- 2 Rear Handlebar Supports
- 1 Sled Bar
- 1 Handlebar Set
- 1 Harness
- 1 Hardware Kit

1

Note: There are no screws holding on the motor cover.



2

Black Hardware Bags (x2)

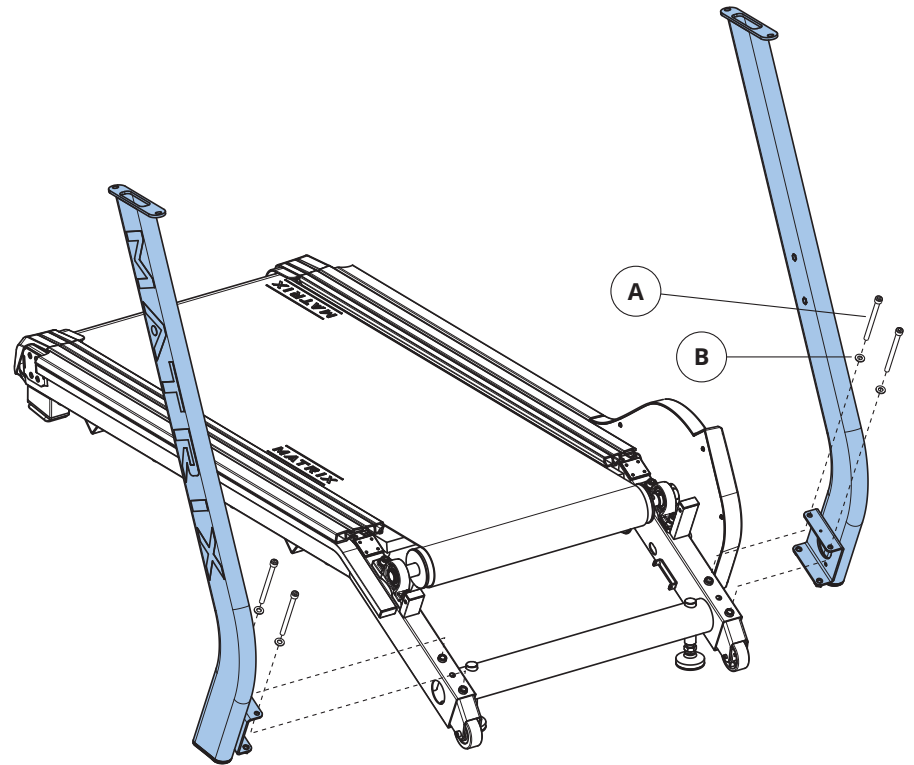
Description	Qty
A Bolt	4
B Flat Washer	4

Note:

Do not fully tighten hardware until the end of step 5.

Step 2 Torque Value:

78.4 Nm / 57.8 ft-lb





3

Red Hardware Bags (x2)

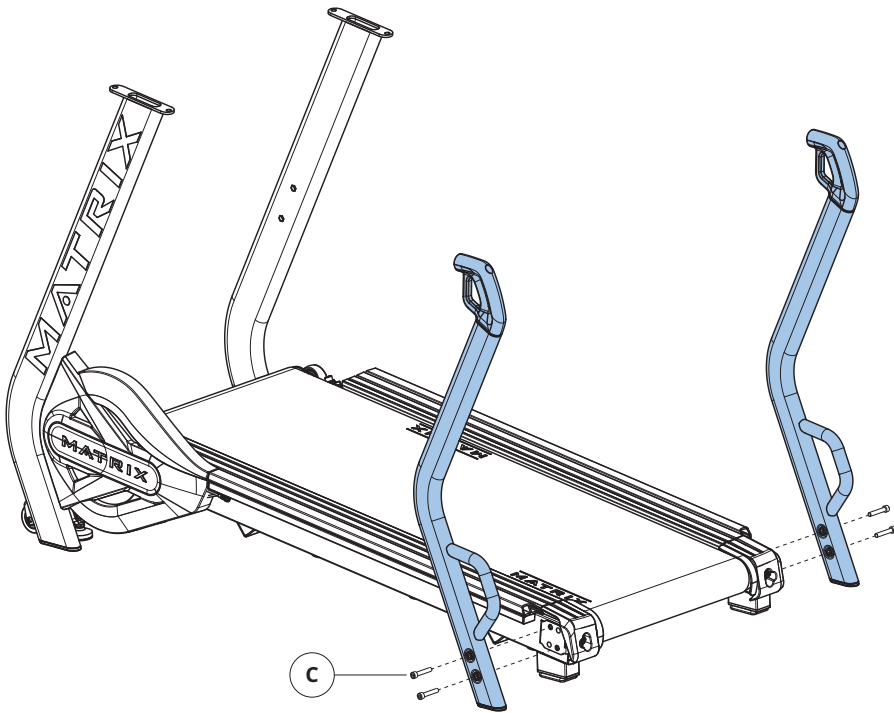
Description	Qty
C Bolt	4

Note:

Do not fully tighten hardware until the end of step 5.

Step 3 Torque Value:
78.4 Nm / 57.8 ft-lb

ENGLISH



4

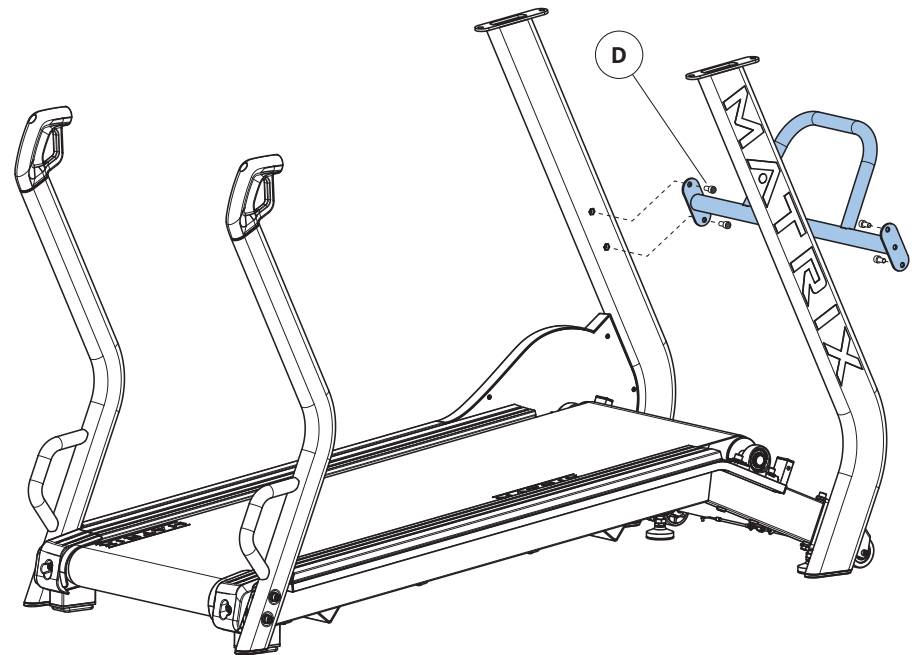
White Hardware Bag

Description	Qty
D Bolt	4

Note:

Do not fully tighten hardware until the end of step 5.

Step 4 Torque Value:
39.2 Nm / 28.9 ft-lb



5

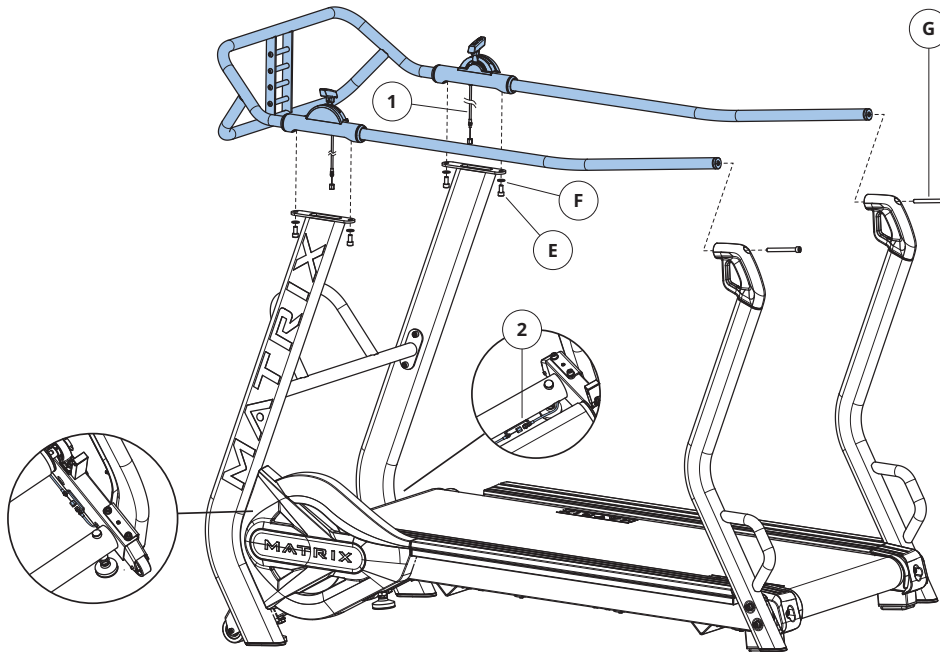
Green Hardware Bag

Description	Qty
E Bolt	4
F Flat Washer	4
G Bolt	2

Note:

Step 5 Torque Value:
39.2 Nm / 28.9 ft-lb

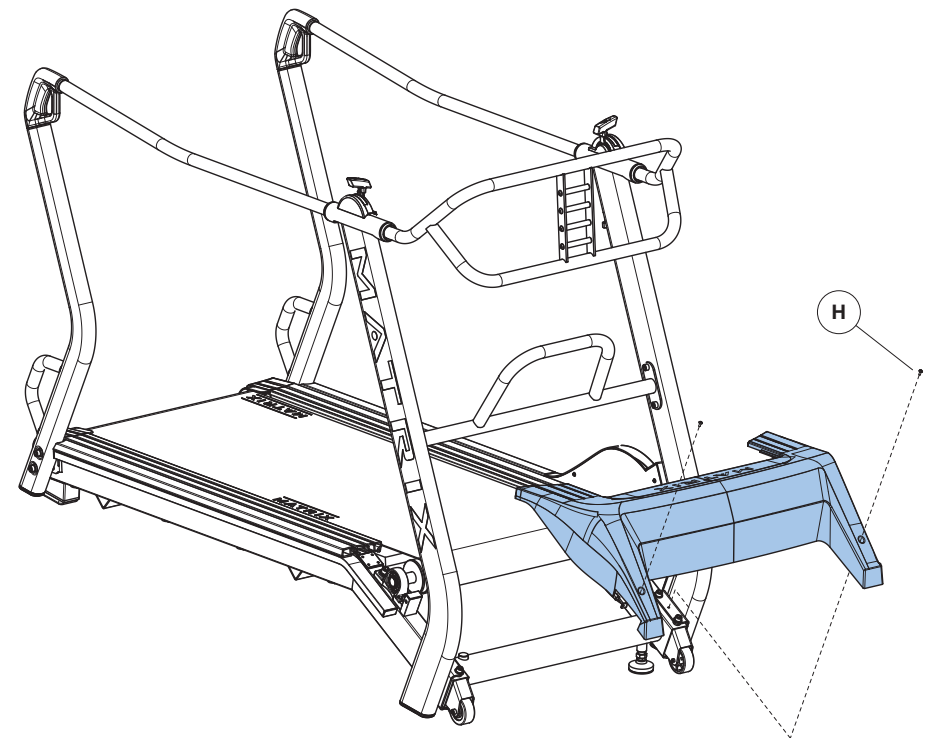
- A. Carefully pull the **CABLE (1)** through the **RIGHT HANDLEBAR SUPPORT** using the twist tie located inside the **RIGHT HANDLEBAR SUPPORT** and attach to the **CONNECTOR CABLE (2)** on the **MAIN FRAME**.
- B. Repeat on other side.
- C. Completely tighten hardware from steps 2-5 according to the Torque Values specified in each step.



6

Yellow Hardware Bag

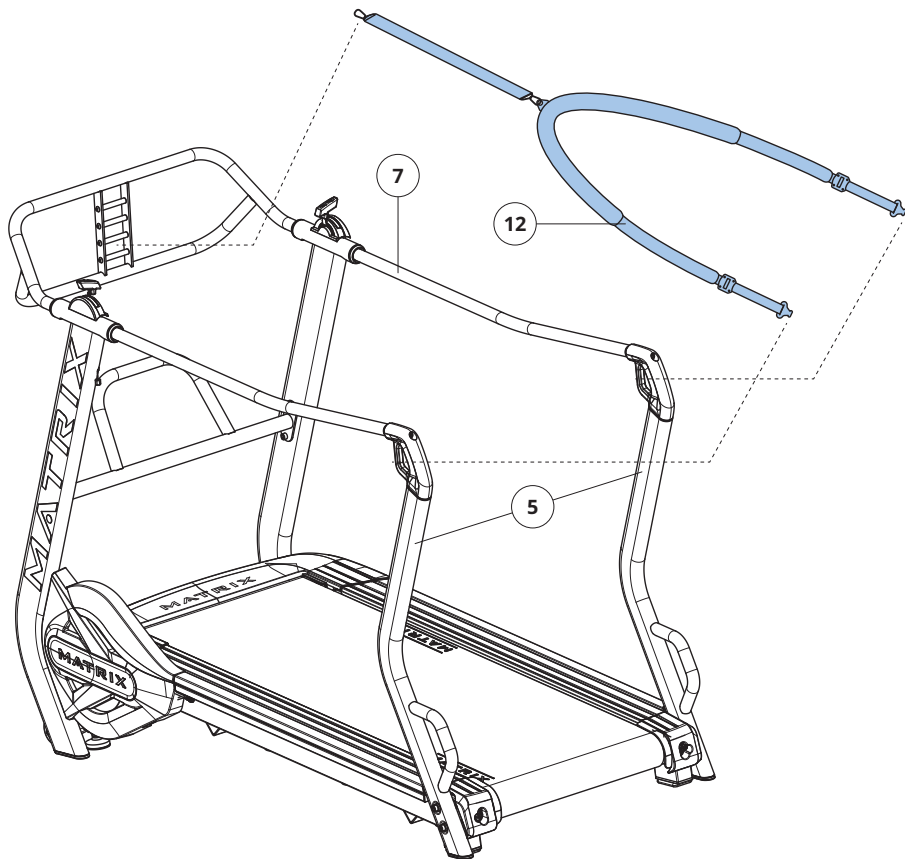
Description	Qty
H Screw	2





7

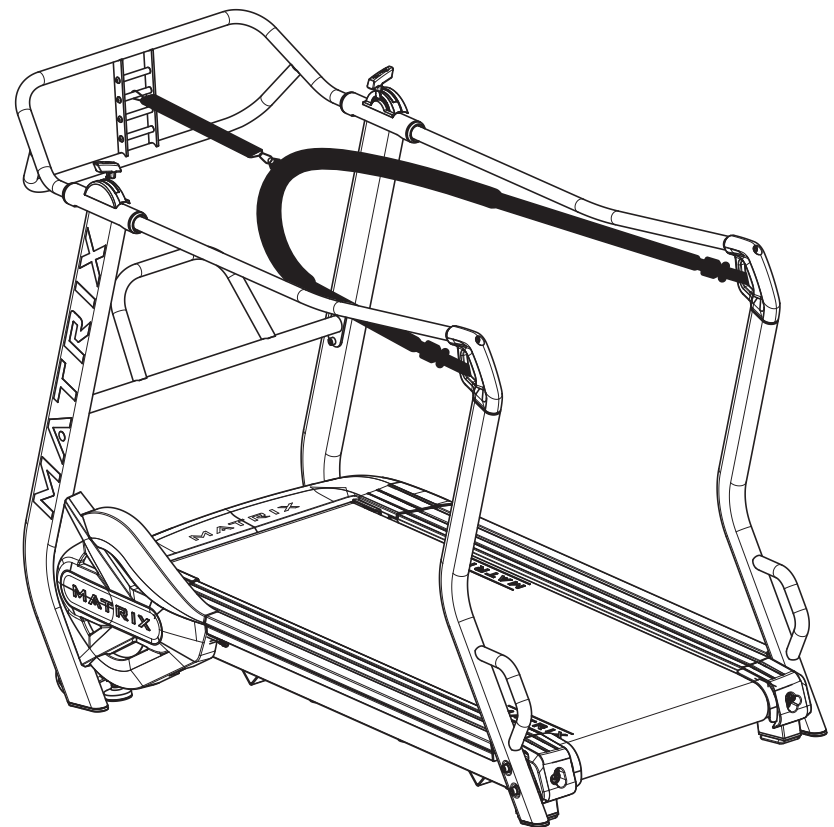
ENGLISH



8

ASSEMBLY COMPLETE!

Note: Check that all harness connections are secure before use



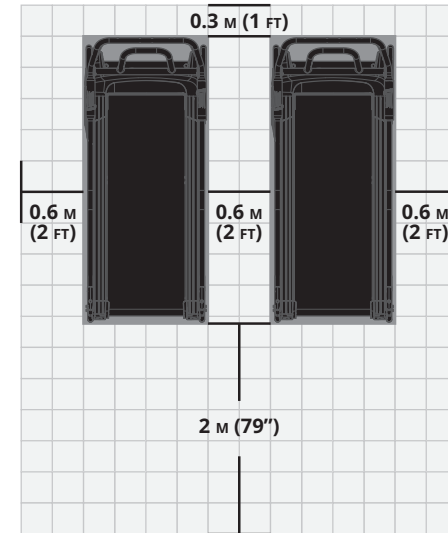
BEFORE YOU BEGIN

TREADMILL LOCATION

Place the treadmill on a level and stable surface away from direct sunlight. The intense UV light can cause discoloration on the plastics. Locate your treadmill in an area with cool temperatures and low humidity. Please leave a clear zone behind the treadmill that is at least the width of the treadmill and at least 79" (2000 mm) long. This zone must be clear of any obstruction and provide the user a clear exit path from the machine. For ease of access, there should be an accessible space on both sides of the treadmill of at least 24" (600 mm) to allow a user access to the treadmill from either side. Do not place the treadmill in any area that will block any vent or air openings. The treadmill should not be located in a garage, covered patio, near water or outdoors.

WARNING!

Our treadmills are heavy. To avoid injury and damage, use care and additional help if necessary when moving.



TENSIONING AND CENTERING THE RUNNING BELT

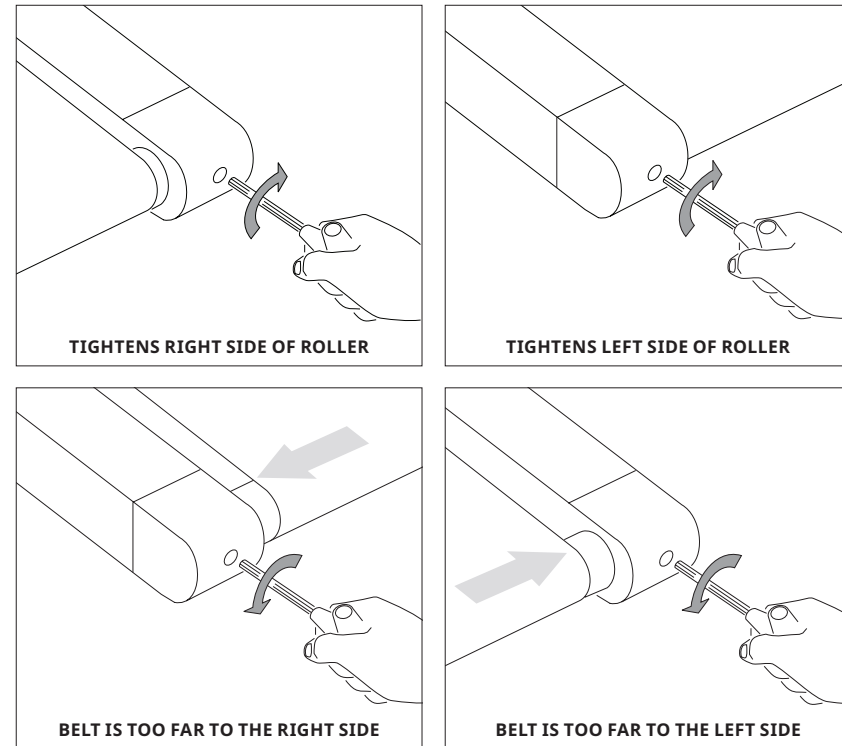
After placing the treadmill in the position it will be used, the belt must be checked for proper tension and centering. The belt might need to be adjusted after the first two hours of use. Temperature, humidity, and use cause the belt to stretch at different rates. If the belt starts to slip when a user is on it, be sure to follow the directions below.

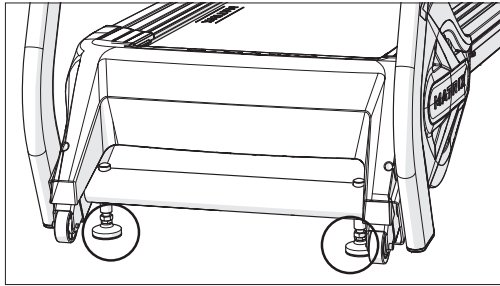
1. Locate the two hex head bolts on the rear of the treadmill. The bolts are located at each end of the frame at the back of the treadmill. These bolts adjust the rear belt roller. Do not adjust until the treadmill is on. This will prevent over tightening of one side.
2. The belt should have equal distance on either side between the frame. If the belt is touching one side, do not start the treadmill. Turn the bolts counter clockwise approximately one full turn on each side. Manually center the belt by pushing the belt from side to side until it is parallel with the side rails. Tighten the bolts the same amount as when the user loosened them, approximately one full turn. Inspect the belt for damage.
3. While walking on the treadmill at 3 mph (~4.8 kph), observe the belt position. If it is moving to the right, tighten the right bolt by turning it clockwise $\frac{1}{4}$ turn, and loosen the left bolt $\frac{1}{4}$ turn. If it is moving to the left, tighten the left bolt by turning it clockwise $\frac{1}{4}$ turn and loosen the right $\frac{1}{4}$ turn. Repeat Step 3 until the belt remains centered for several minutes.
4. Check the tension of the belt. The belt should be very snug. When a person walks or runs on the belt, it should not hesitate or slip. If this occurs, tighten the belt by turning both bolts clockwise $\frac{1}{4}$ turn. Repeat if necessary.

NOTE: Use the front cover to confirm the belt is properly centered as shown. It is necessary to adjust the belt until the edge of the belt is parallel to the cover.

CAUTION!

Do not run faster than 3 mph (~4.8 kph) while centering. Keep fingers, hair and clothing away from belt at all times.

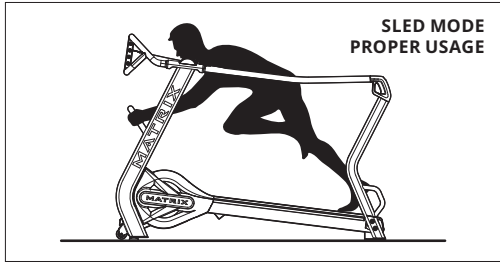




LEVELING THE EQUIPMENT

It is extremely important that the levelers are correctly adjusted for proper operation. An unbalanced treadmill may cause belt misalignment or other issues. Use of a level is recommended.

Once you have placed the treadmill where you intend to use it, raise or lower one or both of the adjustable levelers located on the bottom-front of the frame.

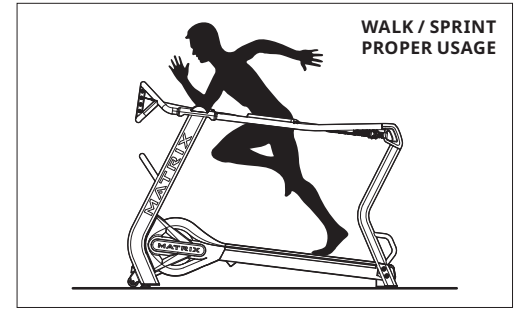


SLED MODE
PROPER USAGE

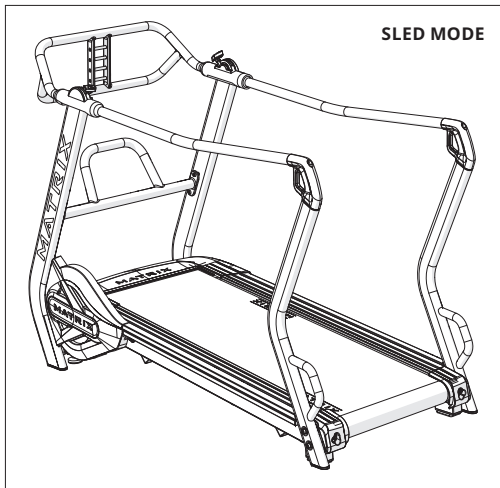
PROPER USAGE

The treadmill can be used in two modes; sled or walk/sprint. To use the treadmill in sled mode, remove the harness so the user has access to the upper and lower sled handlebars. To use the treadmill in walk / sprint mode, connect the harness and adjust by using the instructions below.

Emergency dismount can be done by grabbing the front or side handlebars and jumping with both feet on the side rails.



WALK / SPRINT
PROPER USAGE

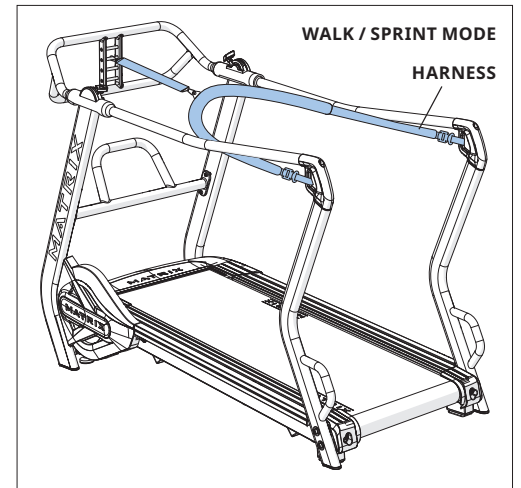


SLED MODE

ADJUSTING THE HARNESS

After stepping onto the treadmill, slowly walk into the harness to check for proper height. The harness should sit comfortably at about waist height.

If the harness needs to be adjusted, release the front connection point and reconnect the harness at the correct height.



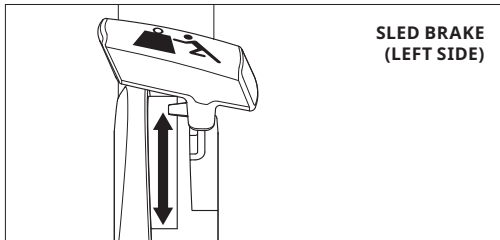
WALK / SPRINT MODE
HARNESS

ADJUSTING THE BRAKES

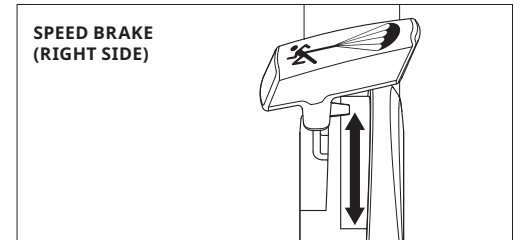
The treadmill is equipped with two brakes, a sled brake and a speed brake. The left hand side lever controls the sled brake and the right hand lever controls the speed brake. The sled brake has 8 resistance settings and the speed brake has 11. The brakes are designed to be used together or independently of each other.

The sled brake is designed to simulate the resistance created when pushing a sled. When using this brake, resistance will be immediately applied to the belt.

The speed brake is designed to simulate the resistance created when running with a parachute. When using this brake, resistance will increase as the user increases speed.



SLED BRAKE
(LEFT SIDE)



SPEED BRAKE
(RIGHT SIDE)

MAINTENANCE

1. Any and all part removal or replacement must be performed by a qualified service technician.
2. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by your country's local MATRIX dealer.
3. MAINTAIN LABELS AND NAMEPLATES: Do not remove labels for any reason. They contain important information. If unreadable or missing, contact your MATRIX dealer for a replacement.
4. MAINTAIN ALL EQUIPMENT: Preventative maintenance is the key to smooth operating equipment as well as keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.
5. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. MATRIX dealers will provide service and maintenance training at our corporate facility upon request.

WARRANTY

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

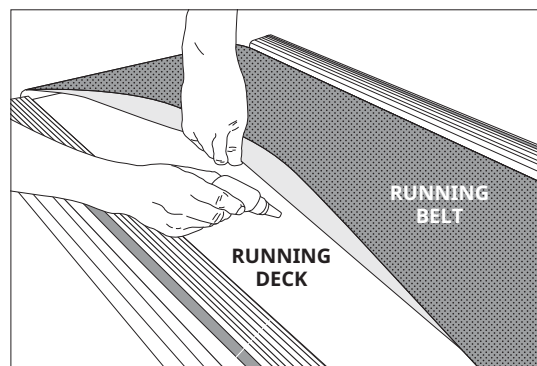
PRODUCT SPECIFICATIONS

Max User Weight	181.4 kg / 400 lbs
Product Weight	141.2 kg / 312 lbs
Shipping Weight	158.2 kg / 349 lbs
Overall Dimensions (L x W x H)*	193 x 88 x 150 cm / 76" x 34.6" x 59"
Max. Harness Loading	136 kg / 300 lbs

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

MAINTENANCE SCHEDULE

ACTION	FREQUENCY
Clean entire machine using water and a mild soap or other Matrix approved solution (cleaning agents should be alcohol and ammonia free).	DAILY
Check harness for wear and secure connections.	DAILY
Remove the front cover. Check for debris and clean with a dry cloth or small vacuum nozzle.	MONTHLY
Lubricate treadmill running deck	EVERY 3 MONTHS



LUBRICATING THE RUNNING BELT

1. Using a T-wrench or Allen wrench, loosen the rear roller bolts 10-15 counter-clockwise turns. This should give the belt enough slack for you to lift it.
2. Lift the belt as far as you can and squirt the silicone oil in a zigzag pattern across the entire running deck surface. Use 30-50 ml of 100% silicone oil lubricant. Do not apply the silicone oil on top of the running belt. Lay the running belt down and then tighten both rear roller bolts clockwise the same number of turns loosened.
3. Walk on the machine at a comfortable speed for 3 minutes to spread the silicone and to check the running belt for proper tension and alignment.
4. Wipe any excess oil from the sides with a damp cloth.



MATRIX

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Rev 1.2 A