



MATRIX

INTENSE BY DESIGN

SFORCE
PERFORMANCE TRAINER

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PERFORMANCE TRAINER



FOR ATHLETES. FOR GROUPS. FOR INTENSE WORKOUTS.

The S-Force Performance Trainer combines a specifically designed motion, two active positions and magnetic resistance to build speed and power and take HIIT workouts to the next level. Whether you use the S-Force for athletic performance training, as a challenging part of your circuit, in small group training or as a stand-alone station on your cardio floor, everyone who tries it will get a workout that's low-impact and high-intensity all at once.

MAGNETIC RESISTANCE SYSTEM

Smooth, quiet magnetic resistance system and a specifically designed motion provide low-impact, high-intensity exercise.

PROGRESSIVE WORKOUTS

With increased speed comes increased resistance, creating challenging, progressive workouts.

TWO ACTIVE POSITIONS

Upright position targets the calves and hamstrings, while the acceleration position works the shins and quads.

SPECIFICALLY DESIGNED MOVEMENT

User-defined path accommodates up to a 91 cm / 36" stride length.

CONSOLE

Adjustable backlit console provides complete, easy-to-read feedback.

INTUITIVE USE

Clearly defined quick keys offer instant access to Sprint 8, interval training and goal-based training programs.

ERGONOMICALLY SOUND GRIP

Contoured handlebars offer multiple grips, facilitating the upright and acceleration user positions.

COMFORT & STABILITY

Foot platforms and an ergonomically sculpted seat provide stability when entering and exiting.

VERSATILITY OF PLACEMENT

Cord-free design and integrated wheels make it easy to place the unit anywhere in your facility.



POSITIONED FOR SPEED

Matrix commissioned an in-depth study by a professional biomechanics consultant to authenticate the benefits of S-Force. Leveraging validated testing procedures, the consultant confirmed that by providing two active positions and multiple levels of magnetic resistance, S-Force can help athletes augment the muscles essential to explosive acceleration. What's more, the results also demonstrate that anyone can get a complete lower-body workout with S-Force, whether it's part of a circuit, group training or on the cardio floor.



ACCELERATION POSITION

The acceleration position increases muscle activation and builds strength in the shin and quad muscle groups.

UPRIGHT POSITION

The upright position increases muscle activation and builds strength in the calf and hamstring muscle groups.

INCREASED MAGNETIC RESISTANCE

Increasing magnetic resistance increases muscle activation and builds strength in the shin, calf and hamstring muscles, with the increase in muscle activation proportionate to the level of magnetic resistance.

Athletic Performance

ACCELERATE THE WAY THEY TRAIN

Our exclusive S-Force Performance Trainer leverages cutting-edge sports science to help athletes of all kinds build speed and power in the body's horizontal acceleration position in less training time. As athletes move through a user-defined path that fits their individual stride, the magnetic system automatically increases resistance the harder they work. This progressively improves fast-twitch muscle fiber essential to explosive starts, challenging even elite athletes to elevate their sprinting to new levels.



SPEED TECHNIQUE PROTOCOLS

The Matrix Speed Technique Protocols combine the uniquely challenging designs of S-Force and the S-Drive Performance Trainer to take your athletes to the apex of speed. Simply follow our original protocols to help athletes of all kinds reach their ultimate potential in acceleration, top-end speed and change-of-direction movement.

S-FORCE HIIT PROTOCOLS

Designed specifically with the S-Force in mind, our high-intensity interval training protocols include our exclusive Sprint 8 program, a variety of interval lengths and HIIT ladders to push your athletes to their absolute limits. Count on these intense protocols to trigger the release of natural human growth hormone, helping your athletes burn fat and build muscle in a way that gives them a real performance edge.

High-intensity Interval Training

INTENSELY DIFFERENT

S-Force leverages intelligent biomechanics to deliver the most rigorous version of HIIT in all of fitness, whether you're using it as a challenging part of your circuit, for small group training or as a stand-alone station on your cardio floor. As members move through a user-defined path that fits their individual stride, the magnetic system automatically increases resistance the harder they work. This progressive design means that each interval will challenge HIIT enthusiasts and even elite athletes.



S-FORCE HIIT PROTOCOLS

Our complete collection of HIIT protocols include our exclusive Sprint 8 program, a variety of interval lengths and HIIT ladders to make group and circuit training more intense and engaging than ever. The diverse selection of high-intensity interval training will keep every session fresh, and the fat-burning, muscle-building results will ensure that your members keep coming back for more.





SPECIFICATIONS

CONSOLE

Display Screen	Extra-large backlit LCD display
Display Feedback	Time, Distance, SPM (steps per minute), Steps, Heart Rate, Calories (with heart rate strap)
Programs	Sprint 8, Goals, Interval, Challenge
Telemetric Receiver	Yes

FEATURES

Stride Length	91.4 cm / 36"
Resistance Levels	5
Handlebar Design	Multi-position handlebar
Pedals	Self-leveling with quick-release strap
Transport	3 wheel transport

TECH SPECS

Resistance Technology	Magnetic Resistance
Max User Weight	181.4 kg / 400 lbs.
Product Weight	132 kg / 290 lbs.
Shipping Weight	155 kg / 340 lbs.
Overall Dimensions (L x W x H)	182 x 69 x 166 cm / 72" x 27" x 66"
Power Requirements	3 D-cell batteries

* Product specifications are subject to change without notice.



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Strong • Smart • Beautiful

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Product specifications and guidelines subject to change without notice.