

CARDIO BROCHURE 2016

MATRIX



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TOTAL SOLUTIONS PARTNER
STRONG. SMART. BEAUTIFUL.™
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S-DRIVE™ PERFORMANCE TRAINER
ROWER
KRANKCYCLE®
INDOOR CYCLES
MYRIDE VX CONSOLE

TOTAL SOLUTIONS PARTNER

A PARTNER. FOR YOUR GRAND OPENING AND EVERY DAY AFTER.

When you choose Matrix, you're getting more than the world's finest fitness equipment — you're getting an ongoing relationship geared for success. Together, there's no detail of your business that we can't refine, reimagine or reinvent. And that includes your bottom line.



FACILITY PLANNING

Your space. Your goals. Your budget. We'll help bring your fitness center to life from your earliest ideas to the day you open your doors.



CERTIFIED INSTALLATION/SERVICE KIT

Maximize uptime. Optimize your investment. We provide all the tools you need to get up and running and stay that way.



INDUSTRY-LEADING WARRANTIES

Our promise of quality to you. We offer all of the protection you need to choose confidently — and know that you've chosen wisely.



DEDICATED SALES & SUPPORT

Our internal teams will work with you to help you reach your unique goals. From dedicated sales to customer tech support and beyond, we'll always be here to help.



FINANCING

Whenever possible, we work with our customers to develop financial solutions that expand their options and maximize their investments.



UNMATCHED CUSTOMER SUPPORT

A 93% first-time fix rate. A 90% live answer rate in two minutes or less. A 48-hour service response window. 200 service providers with over 700 technicians to serve you. And with our amazing console technology, we can provide diagnostic services remotely or on site.



MATRIX LEARNING

Product training. Maintenance tips. Career building. On-demand educational videos. A whole new world of service and support. It's all at your fingertips with Matrix Learning.



TOTAL MARKETING SUPPORT

You want to let members know about the exciting programs and products that make your facility different, and we want to help. Ask us about branded promotional materials to help you reach and retain members like never before.



STRONG. SMART. BEAUTIFUL.™

It's more than a tagline. It's our holistic promise to you that these three qualities will shine through every product that hits your floor and define our ongoing partnership.

STRONG

Our high-quality, ultra-durable products are just as strong as our commitment to be your partner, not just your supplier. This strength gives us a solid foundation for success, today and in the future, and has made us one of the world's fastest-growing commercial fitness brands.

SMART

We listen, and create products with a purpose in mind — to address your needs and resolve them in ingenious ways. Forward-thinking options like Asset Management and Virtual Active enhance and redefine the exercise experience, for both you and your members.

BEAUTIFUL

Our products attract beginners and fitness enthusiasts alike. Every piece of equipment is approachable, unintimidating and a pleasure to use. We continue to set new industry standards through award-winning aesthetic distinction and incredible attention to detail.

INTEGRATED TECHNOLOGY SOLUTIONS

NOT JUST POWERFUL. EMPOWERING.

Find the easy-to-use Integrated Technology Solutions that can help your fitness facility stand out from the rest. Our ever-expanding portfolio of options can help you **motivate** members to keep coming back for more, **mentor** members to make reaching goals more rewarding than ever and **maintain** your equipment to maximize uptime and ROI.

MOTIVATE

Keep members coming back for more by offering their favorite content through a beautifully intuitive interface. Offer live TV, music videos, favorite social media sites and so much more. You can even take members on an exotic journey without ever leaving the facility. Exercise has never been this engaging. Or this fun.

MENTOR

Deliver assignments, offer feedback, connect members to their favorite fitness tracking apps and more, strengthening your relationships with members to build lasting facility loyalty. There's truly no limit to the ways you can help your members reach goals and shatter limits.

MAINTAIN

Keep your fitness facility running at its full potential with tools that maximize uptime, improve ROI and enhance communication in smart, new ways. Once you experience our industry-leading system, you'll see that it's every bit as essential as it is insightful.



MOTIVATE

GET THEM GOING WITH EXCLUSIVE WORKOUTS. KEEP THEM GOING WITH THEIR FAVORITE ENTERTAINMENT.



IPTV

Hotels can sync their entertainment slates to offer guests the same options on cardio equipment that they have in rooms, the lounge or the sports bar.



TV

Our attachable 41-cm/16-inch class screen offers a premium viewing experience, and our FITCONNEXION™ bracket fully integrates console controls and wiring for power and cable.



INTERNET CONNECTIVITY

WiFi-enabled 7xi and 7xe consoles open up a world of opportunities with access to Facebook, Twitter, YouTube and much more. Your users will stay engaged as their workout flies by.



HIGH-QUALITY REMOTE AUDIO

If your facility uses mounted TVs, we can enhance the experience with wireless receivers that deliver excellent sound and a synchronized audio-visual experience.





VIRTUAL ACTIVE™ WORKOUTS

This immersive program combines HD video and ambient sounds from exotic destinations to take members on a journey without ever leaving the facility. Beautiful footage speeds up or slows down to match your member's pace, and resistance or incline rises and lowers to match the terrain.

SPRINT⁸

SPRINT 8® TRAINING PROGRAM

Sprint 8 produces significant results in efficient 20-minute sessions that anyone can fit into their busy lifestyle. This scientifically proven high-intensity interval training program stimulates a growth hormone response that burns fat and builds muscle in a way no fad workouts can.



MENTOR

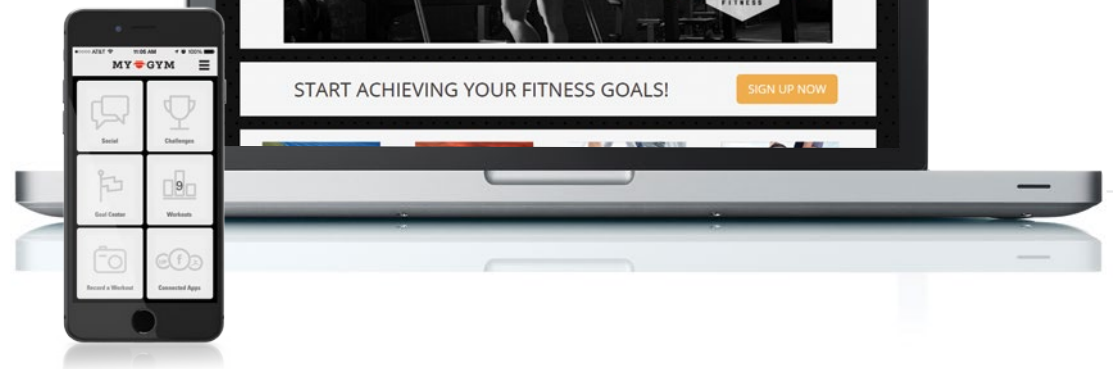
UNIQUE SOLUTIONS. FOR YOUR MEMBERS' UNIQUE GOALS.

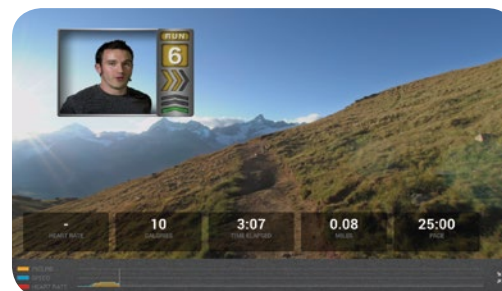
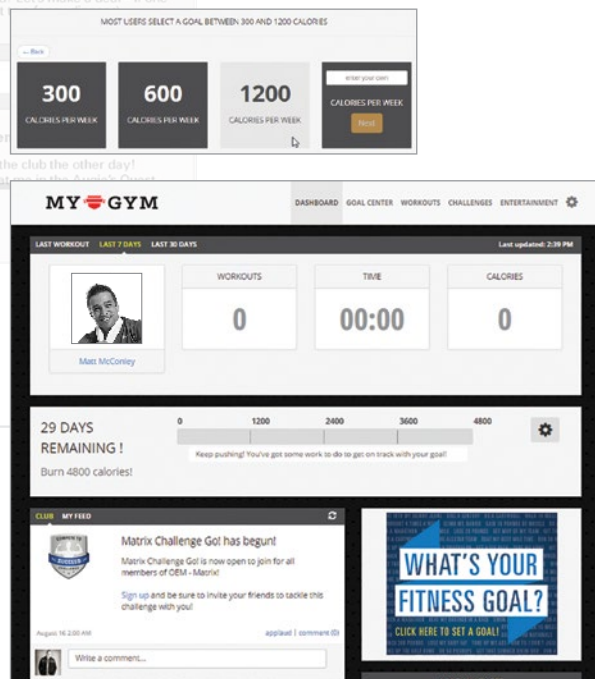
48^{WORKOUTS}
1640^{CALORIES}



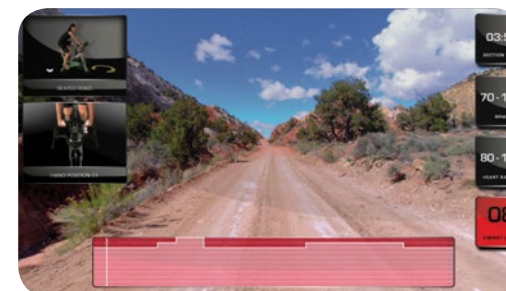
WORKOUT TRACKING NETWORK

Help members collect and retrieve their exercise data from all their favorite fitness apps in one place. They can also create personalized goals, participate in challenges and cheer on their friends through social feeds. Best of all, you can customize this revolutionary app's presentation under your unique brand, making your facility the central component for their fitness regimen.

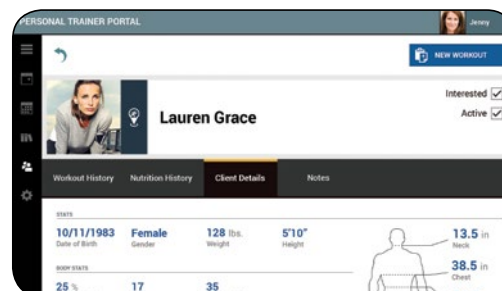




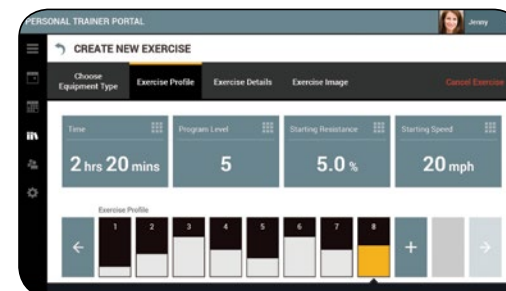
1



1



2



2

1 VIRTUAL COACHING

Bundled with Virtual Active, our virtual instructor offers members tips to help them reach goals and shatter limits while they're sweating it out. You can also use Myride® products to run classes anytime with a virtual instructor.

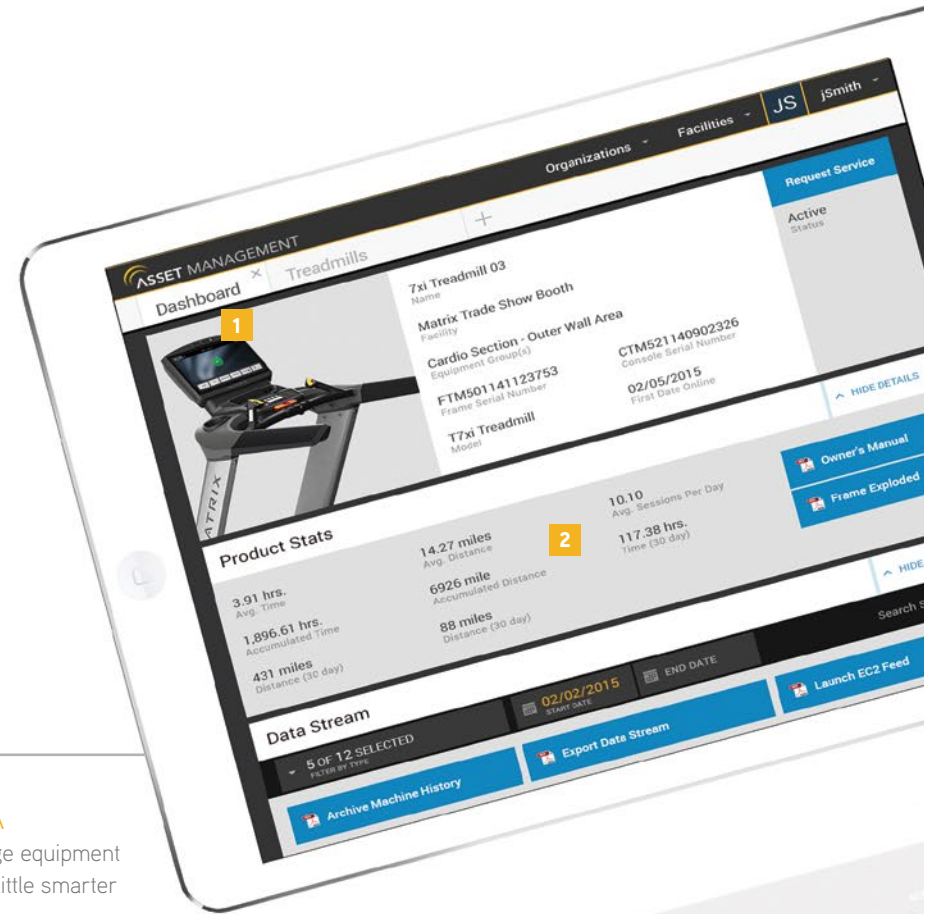
2 PERSONAL TRAINER PORTAL

There's no limit to the way trainers can augment their relationships with members using our Personal Trainer Portal. They can monitor member activity, deliver assignments, offer feedback and much more. Members can access their personalized training regimens through compatible consoles, wireless devices and desktop computers for anytime updates.

MAINTAIN

ASSET MANAGEMENT. TO KEEP AN EYE ON YOUR EQUIPMENT SO YOU DON'T HAVE TO.

Take advantage of our exclusive Asset Management™ system to protect your investment, extend the longevity of your equipment and receive immediate service from our unparalleled support team. We're continuously refining our Asset Management system to serve you better, and it's only available from Matrix.



¹ EASILY VIEW YOUR PRODUCT INFORMATION

Intuitive indicator icons tell you at a glance whether your products are connected and functioning properly. Plus, product information like manuals and service documents are always available at the touch of a button.

² ACCESS EQUIPMENT-SPECIFIC DATA

Summary statistics help you quickly gauge equipment usage to make inventory management a little smarter and a whole lot easier.

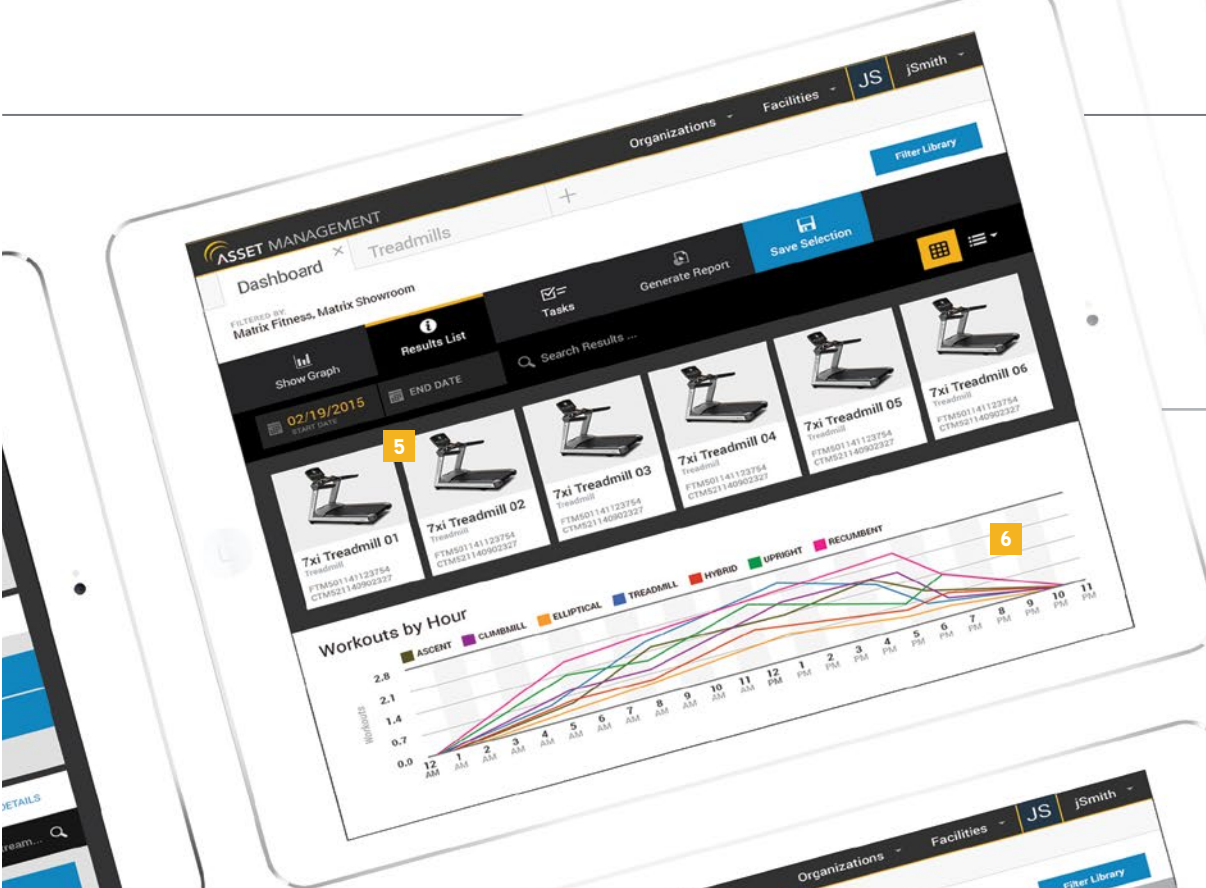
³ MANAGE MULTIPLE FACILITIES

Streamline the way you work with a single portal that offers equipment data from multiple facilities, easily accessible from just about any device that connects to the internet.

⁴ VIEW FACILITY DATA IN MULTIPLE WAYS

See all of your essential data in a streamlined preset format, or customize your reporting to suit your unique needs. View Average Workouts per Hour, Top Usage in the Past 30 Days, Average Use by Type and much more.



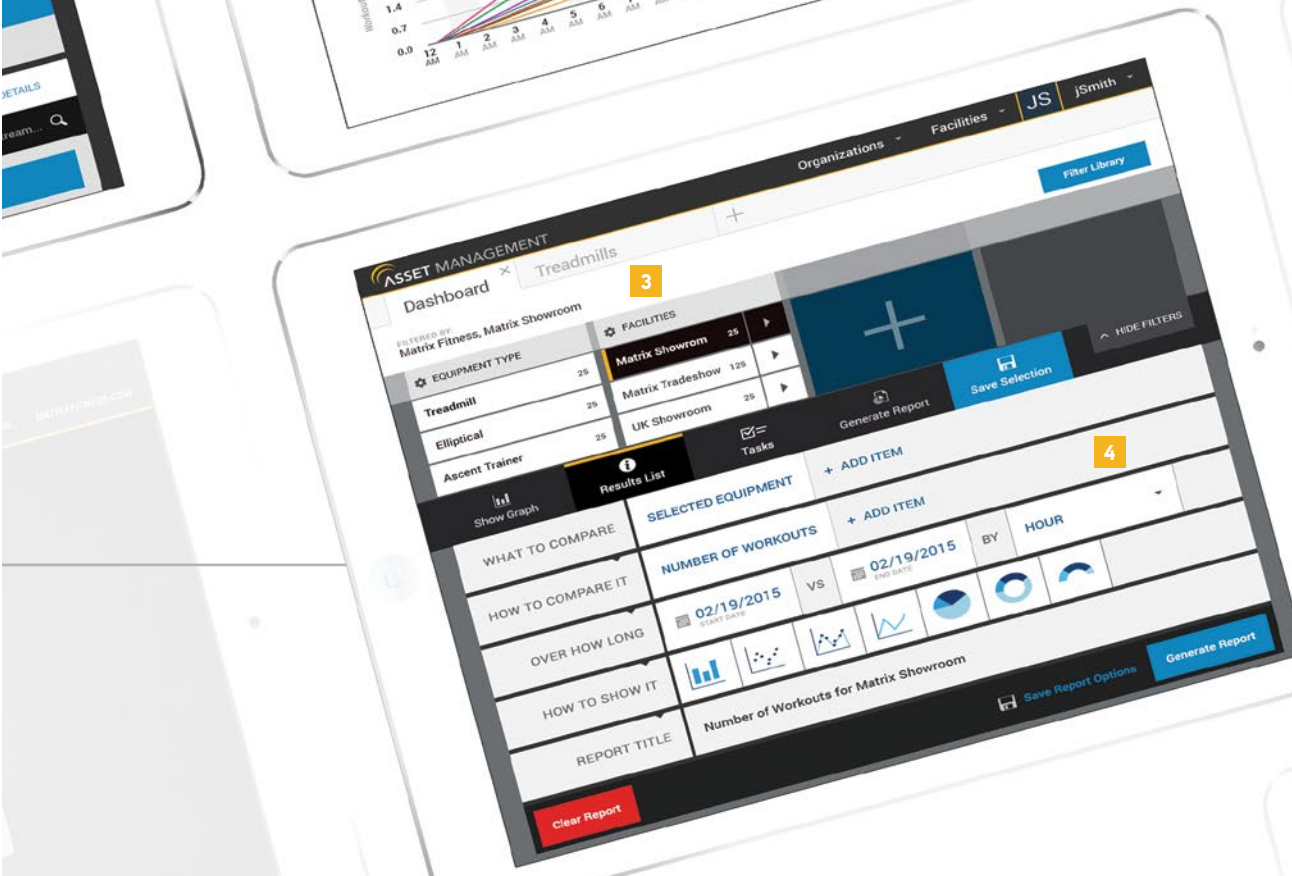


5 CUSTOMIZE EQUIPMENT NAMES

Name your facility, and configure the system so that equipment names follow your policy for instant identification by staff and service providers.

6 UNDERSTAND USAGE PATTERNS

See which pieces of equipment are most popular — on any day, at any time of day — to understand usage patterns and maximize product life.



ACCESS ONLINE SERVICE PORTAL

This secure website enhances communication and accountability between you, Matrix and your service provider.

CUSTOMIZE FACILITY COMMUNICATION

Promote events and specials, customize equipment home screens with your logo and much more.



7XI CONSOLE

**ENTERTAINING.
INSIGHTFUL. ESSENTIAL.**



THE EXPERIENCE

Discover the 7xi console, and you'll discover a brilliant display with an intuitive app interface that connects members to stunning entertainment, social media favorites and brand-building communication. We're continually improving our platform with refined software and new feature sets, and we'll never charge you for an update. That means when you choose the best, you can be confident that it won't be out-of-date anytime soon.

PREMIUM ENTERTAINMENT

Catch must-see TV shows. Keep up with social media feeds. Race through mountain trails while birds chirp. You can offer your members all of this and much more through the brightest screen and the sharpest picture available.

EVER-EXPANDING APP SELECTION

The 7xi offers fitness-optimized apps for Facebook, Twitter, YouTube, weather, on-demand music and TV plus so much more. Best of all, we're always adding new favorites to keep your members engaged.

SINGLE-POINT USER LOGIN

Members access their own fitness data, social media accounts and favorite apps with an xID single-point user login. Registration couldn't be simpler, and their personal preferences automatically load every time they log in.

CUSTOMIZE TO BUILD YOUR BRAND

Customize your 7xi home screen to reflect your brand, deliver your messages and engage members with your social media community. You can even add a facility calendar to promote classes, contests, special events and more.



T7xi Treadmill



C7xi ClimbMill™



S7xi Stepper



H7xi Hybrid Cycle™



R7xi Recumbent Cycle



U7xi Upright Cycle



A7xi Ascent Trainer®



ALB7xi Lower Body
Ascent Trainer®



E7xi Suspension Elliptical™



CONSOLE OVERVIEW

SOPHISTICATED. INTUITIVE. CHOICES.

BECAUSE OPTIONS ARE A BEAUTIFUL THING

Our selection of consoles gives you choices in what you put on your floor. Our sophisticated, easy-to-operate designs give your members control of the data they collect, the content that keeps them engaged and the way they reach their goals.



7xi console



7xe console



5x console



3xe console



3x console



1xe console



1x console

Treadmill series consoles are pictured above. Excludes T3xh console. Other series consoles may differ.

TREADM

THE BEST CHOICE IN THE LONG RUN



TREADMILLS

Striking the perfect balance between engineering and aesthetics, our treadmills attract more attention and require less maintenance than anything you put next to them.



Ultimate Deck™ – 1

Our self-lubricating deck offers over 25,000 miles of maintenance-free performance.

Dynamic Response Drive System™ – 2

An AC motor and an intelligent control board fine-tune response based on the unique footfall pattern to help the user step confidently.

Spacious Running Surface – 3

Extra-wide deck offers an added sense of security and freedom.

Cast Aluminum End Caps – 4

Designed for lasting durability.





T7Xi TREADMILL

Includes 7xe features plus:

- 48 cm / 19" capacitive touchscreen with FitTouch™ Technology offers intuitive operation
- WiFi connectivity accommodates integrated Matrix Asset Management™ system, plus optional Workout Tracking Network and Personal Trainer Portal
- xID single-point user sign-in offers a seamless personal experience
- Custom interface configuration through Matrix Asset Management facilitates personalized communication with users
- Virtual Active™ programming provides an immersive exercise experience
- Optimized app interface, designed specifically for fitness, offers easy access to social media and web content



T7XE TREADMILL

Includes 5x features plus:

- 41 cm / 16" touchscreen display with FitTouch™ Technology offers intuitive operation
- WiFi connectivity accommodates optional Matrix Asset Management™ system, Workout Tracking Network and Personal Trainer Portal
- Advanced Sprint 8® High Intensity Interval Training program
- Custom interface configuration facilitates personalized communication with users
- Compatible with most smartphones and tablets for video, audio, charging and on-screen playlist selection
- Compatible with Virtual Active™ programming to provide an immersive exercise experience
- Compatible with IPTV
- Optimized app interface designed specifically for fitness
- Vista Clear™ Television Technology offers the most vibrant picture quality in the industry



T5X TREADMILL

Includes 3xe features plus:

- LED console display offers intuitive operation
- WiFi connectivity accommodates optional Matrix Asset Management™ system and Workout Tracking Network
- Compatible with xID single-point user sign-in for a seamless personal experience
- Sprint 8® High Intensity Interval Training program
- RFID compatibility allows touch-free login
- Crossbar speed and incline controls make adjustments quick and easy
- 3-speed personal fan
- 5.0 hp AC motor with Dynamic Response Drive System™ fine-tunes response based on footfall pattern for a smooth, consistent, natural workout
- 56 cm / 22" wide belt offers a sense of security and freedom



T3XE TREADMILL

- 41 cm / 16" touchscreen display with FitTouch™ Technology offers intuitive operation
- Compatible with Virtual Active™ programming to provide an immersive exercise experience
- Vista Clear™ Television Technology offers the most vibrant picture quality in the industry
- USB port offers charging for most smartphones and tablets
- 4.2 hp AC motor with Dynamic Response Drive System fine-tunes response based on footfall pattern for a smooth, consistent, natural workout



T3XH TREADMILL

- 41 cm / 16" touchscreen display includes Simplified Display Mode, ideal for use in therapeutic, rehabilitation and active-aging settings
- Compatible with Virtual Active™ programming to provide an immersive exercise experience
- Extended handrails with neutral-position, angled grips ensure safe entry and exit
- Vista Clear™ Television Technology offers the most vibrant picture quality in the industry
- Low 0.16 km/h / 0.1 mph start speed allows users in therapeutic, rehabilitation and active-aging settings to take part in functional movement exercises
- 4.2 hp AC motor with Dynamic Response Drive System™ fine-tunes response based on footfall pattern for a smooth, consistent, natural workout



T3X TREADMILL

- LED console display with expanded feedback offers intuitive operation
- WiFi connectivity accommodates optional Matrix Asset Management™ system and Workout Tracking Network
- xID single-point user sign-in offers a seamless personal experience
- USB port offers charging for most smartphones and tablets
- 4.2 hp AC motor with Dynamic Response Drive System™ fine-tunes response based on footfall pattern for a smooth, consistent, natural workout



T1XE TREADMILL

- 41 cm / 16" touchscreen display with FitTouch™ Technology offers intuitive operation
- Compatible with Virtual Active™ programming to provide an immersive exercise experience
- Vista Clear™ Television Technology offers the most vibrant picture quality in the industry
- 3.0 hp AC motor with Dynamic Response Drive System™ fine-tunes response based on footfall pattern for a smooth, consistent, natural workout



T1X TREADMILL

- Large LED display provides easy viewing and easy-to-use controls
- WiFi connectivity accommodates optional Matrix Asset Management™ system and Workout Tracking Network
- xID single-point user sign-in offers a seamless personal experience
- 3.0 hp AC motor with Dynamic Response Drive System fine-tunes response based on footfall pattern for a smooth, consistent, natural workout



30 TREADMILL SPECIFICATIONS

Images and specifications subject to change. Visit matrixfitness.com/en/support/warranties for latest warranty information.

FEATURES	T7xi Treadmill	T7xe Treadmill	T5x Treadmill	T3xe Treadmill
Deck Type	Ultimate hard-wax reversible 1" deck	Ultimate hard-wax reversible 1" deck	Ultimate hard-wax reversible 1" deck	Ultimate hard-wax reversible 1" deck
Belt Type	Habasit, 2-ply commercial grade	Habasit, 2-ply commercial grade	Habasit, 2-ply commercial grade	Habasit, 2-ply commercial grade
Running Area	152 x 56 cm / 60" x 22"	152 x 56 cm / 60" x 22"	152 x 56 cm / 60" x 22"	152 x 51 cm / 60" x 20"
Step-on Height	24 cm / 9.5"	24 cm / 9.5"	24 cm / 9.5"	19 cm / 7.5"
Cushion System	Ultimate Deck™ cushioning system	Ultimate Deck cushioning system	Ultimate Deck cushioning system	Ultimate Deck cushioning system
Incline Range	0–15% (590-kg / 1,300-lb. thrust elevation motor)	0–15% (590-kg / 1,300-lb. thrust elevation motor)	0–15% (590-kg / 1,300-lb. thrust elevation motor)	0–15% (590-kg / 1,300-lb. thrust elevation motor)
Speed Range	0.8 – 24.1 km/h / 0.5 – 15 mph*	0.8 – 24.1 km/h / 0.5 – 15 mph*	0.8 – 24.1 km/h / 0.5 – 15 mph*	0.8 – 20 km/h / 0.5 – 12 mph
Contact & Telemetric HR	Yes	Yes	Yes	Yes
Crossbar Controls	Go, stop, cool down, speed and incline	Go, stop, cool down, speed and incline	Go, stop, cool down, speed and incline	No
Tread Sense	Yes	Yes	Yes	No
CONSOLE				
Display Type	48 cm / 19" class projective capacitive touchscreen LCD	41 cm / 16" class touchscreen LCD	Dot-matrix LED with profile display	41 cm / 16" class touchscreen LCD
Display Feedback	Time, Clock, Time Elapsed, Time Remaining, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Pace, Average Pace, Elevation Gained, Incline, Heart Rate, Peak Heart Rate, METs, Watts, HD Dynamic Profile Display	Time, Clock, Time Elapsed, Time Remaining, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Pace, Average Pace, Elevation Gained, Incline, Heart Rate, Peak Heart Rate, METs, Watts, HD Dynamic Profile Display	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Incline, Pace, Average Pace, Heart Rate, METs, Watts, Workout Profile	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Incline, Pace, Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display
Secondary Data Display	Yes	Yes	No	No
User-defined Multi-language Display	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese (s), Chinese (t), Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese (s), Chinese (t), Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish	English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish, Russian, Danish	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese (s), Chinese (t), Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish
Workouts	Manual, Rolling Hills, Fat Burn, Sprint 8, Target HR (speed), Target HR (incline), Gerkin Protocol, Calorie Goal, Distance Goal, Time Goal, Army PFT, Navy PRT, Marine PFT, Air Force PRT, Physical Efficiency Battery (PEB), Virtual Active	Manual, Rolling Hills, Fat Burn, Sprint 8, Target HR (speed), Target HR (incline), Gerkin Protocol, Calorie Goal, Distance Goal, Time Goal, Army PFT, Navy PRT, Marine PFT, Air Force PRT, Physical Efficiency Battery (PEB)	Manual, Rolling Hills, Fat Burn, Sprint 8, 5k, Target HR, Gerkin Protocol, Army PFT, Navy PRT, Marine PFT, Air Force PRT, Physical Efficiency Battery (PEB), WiFi Protocol	Manual, Rolling Hills, Fat Burn, 5k, Target HR, Gerkin Protocol, Army PFT, Navy PRT, Marine PFT, Air Force PRT, Physical Efficiency Battery (PEB)
CSAFE Ready-FitLinux Certified	Yes	Yes	Yes	Yes
IPTV Compatible	Yes	Yes	No	No
ProIdiom Compatible	Yes	Yes	Optional – add-on TV	No
FitTouch™ Technology	Yes	Yes	No	Yes
One-button Start	Yes	Yes	Yes	Yes
On-the-fly Program Change	Yes	Yes	Yes	Yes
Integrated Vista Clear™ Television Technology	Yes	Yes	No	Yes
FITCONNECTION™ Ready	No	No	Yes	No
WiFi Enabled	Yes	Yes	Optional	No
Bluetooth Enabled	Yes	Yes	No	No
iPod® / iPhone® / iPad® Compatible	Made for iPod, iPhone, iPad	Made for iPod, iPhone, iPad	Charging only	No
Multimedia Playback	Compatible with most tablets and smartphones	Compatible with most tablets and smartphones	No	No
Personal Fan	Yes	Yes	Yes	No
Personal Trainer Portal Compatible	Yes	Yes	No	No
USB Port	Yes	Yes	Yes	Yes
Virtual Active™ Compatible	Included	Yes	No	Yes
Asset Management™ Compatible	Included	Yes	Yes	No
Workout Tracking Network Compatible	Yes	Yes	Yes	No
Web Connectivity	Custom app interface in addition to web browser	Optional	No	No
Facility Communication Portal/Calendar	Programmed through Asset Management	Optional	No	No
RFID Compatible	Yes	Yes	Yes	No
Pause Function	Yes	Yes	Yes	Yes
Reading Rack	No	No	No	No
DRIVE SYSTEM				
Drive System	Matrix 5.0 hp AC Dynamic Response Drive System™	Matrix 5.0 hp AC Dynamic Response Drive System	Matrix 5.0 hp AC Dynamic Response Drive System	Matrix 4.2 hp AC Dynamic Response Drive System
TECH SPECS				
Power Requirements	20-amp dedicated circuit required, non-looped grounded	20-amp dedicated circuit required, non-looped grounded	20-amp dedicated circuit required, non-looped grounded	20-amp dedicated circuit required, non-looped grounded
Electrical Receptacle & Plug	NEMA 5-20R 120v	NEMA 5-20R 120v	NEMA 5-20R 120v	NEMA 5-20R 120v
Assembled Dimensions	215 x 93 x 161 cm / 84.6" x 36.5" x 63.5"	215 x 93 x 161 cm / 84.6" x 36.5" x 63.5"	215 x 93 x 161 cm / 84.6" x 36.5" x 63.5"	215 x 85 x 142 cm / 84.6" x 33.5" x 56"
Max User Weight	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.
Assembled Weight	181 kg / 399 lbs.	181 kg / 399 lbs.	179 kg / 394 lbs.	173 kg / 380 lbs.
Shipping Weight	200 kg / 440 lbs.	200 kg / 440 lbs.	197 kg / 433 lbs.	186 kg / 409 lbs.
WARRANTY				
Frame	7 years	7 years	7 years	7 years
Drive System	Lifetime	Lifetime	Lifetime	7 years
Parts & Labor	3 years	3 years	3 years	3 years
Wear Items (iPod® Cable, USB Port, Headphone Jack, Battery)	90 days parts	90 days parts	90 days parts	90 days parts

* 24.1 km/h / 15 mph rating good for users up to 159 kg / 350 lbs.

Images and specifications subject to change. Visit matrixfitness.com/en/support/warranties for latest warranty information.

FEATURES	T3xh Treadmill	T3x Treadmill	T1xe Treadmill	T1x Treadmill
Deck Type	Ultimate hard-wax reversible 1" deck	Ultimate hard-wax reversible 1" deck	Ultimate hard-wax reversible 1" deck	Ultimate hard-wax reversible 1" deck
Belt Type	Habasit, 2-ply commercial grade	Habasit, 2-ply commercial grade	Habasit, 2-ply commercial grade	Habasit, 2-ply commercial grade
Running Area	152 x 51 cm / 60" x 20"	152 x 51 cm / 60" x 20"	152 x 51 cm / 60" x 20"	152 x 51 cm / 60" x 20"
Step-on Height	19 cm / 7.5"	19 cm / 7.5"	19 cm / 7.5"	19 cm / 7.5"
Cushion System	Ultimate Deck™ cushioning system	Ultimate Deck cushioning system	Ultimate Deck cushioning system	Ultimate Deck cushioning system
Incline Range	0–15% (590-kg / 1,300-lb. thrust elevation motor)	0–15% (590-kg / 1,300-lb. thrust elevation motor)	0%–15% (318-kg / 700-lb. elevation motor)	0%–15% (318-kg / 700-lb. elevation motor)
Speed Range	0.16 – 19.3 km/h / 0.1 – 12 mph	0.8 – 20 km/h / 0.5 – 12 mph	0.8 – 20 km/h / 0.5 – 12 mph	0.8 – 20 km/h / 0.5 – 12 mph
Contact & Telemetric HR	Yes	Yes	Yes	Yes
Crossbar Controls	No	No	No	No
Tread Sense	Yes. Engages above 0.8 kph / 0.5 mph	No	No	No
CONSOLE				
Display Type	41 cm / 16" class touchscreen LCD	Dot-matrix LED with profile display	41 cm / 16" class touchscreen LCD	Alphanumeric LED
Display Feedback	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Incline, Pace, Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display, Simplified Display Mode	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Incline, Pace, Average Pace, Heart Rate, METs, Watts, Workout Profile	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Incline, Pace, Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Elapsed Time, Time Remaining, Distance, Calories, Speed, Incline, Pace, Heart Rate
Secondary Data Display	No	No	No	No
User-defined Multi-language Display	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese (s), Chinese (t), Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish	Accessible only through manager menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese (s), Chinese (t), Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish	Accessible only through manager menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Polish
Workouts	Manual, Rolling Hills, Fat Burn, 5k, Target HR, Gerkin Protocol, Army PFT, Navy PRT, Marine PFT, Air Force PRT, Physical Efficiency Battery (PEB)	Manual, Rolling Hills, Fat Burn, 5k, Target HR, Gerkin Protocol, Army PFT, Navy PRT, Marine PFT, Air Force PRT, Physical Efficiency Battery (PEB), WFI Protocol	Manual, Rolling Hills, Fat Burn, 5k, Target HR, Gerkin Protocol, Army PFT, Navy PRT, Marine PFT, Air Force PRT, Physical Efficiency Battery (PEB)	Manual, Rolling Hills, Fat Burn, 5k, Target HR, Gerkin Protocol
CSAFE Ready-FitLinux Certified	Yes	Yes	Yes	No
IPTV Compatible	No	No	No	No
ProIdiom Compatible	No	Optional – add-on TV	No	No
FitTouch™ Technology	Yes	No	Yes	No
One-button Start	Yes	Yes	Yes	Yes
On-the-fly Program Change	Yes	Yes	Yes	Yes
Integrated Vista Clear™ Television Technology	Yes	No	Yes	No
FITCONNECTION™ Ready	No	Yes	No	Yes
WiFi Enabled	No	Optional	No	Optional
Bluetooth Enabled	No	No	No	No
iPod® / iPhone® / iPad® Compatible	No	Charging only	No	Charging only
Multimedia Playback	No	No	No	No
Personal Fan	No	No	No	No
Personal Trainer Portal Compatible	No	No	No	No
USB Port	Yes	Yes	Yes	Yes
Virtual Active™ Compatible	Yes	No	Yes	No
Asset Management™ Compatible	No	Yes	No	Yes
Workout Tracking Network Compatible	No	Yes	No	Yes
Web Connectivity	No	No	No	No
Facility Communication Portal/Calendar	No	No	No	No
RFID Compatible	No	No	No	No
Pause Function	Yes	Yes	Yes	Yes
Reading Rack	No	No	No	No
DRIVE SYSTEM				
Drive System	Matrix 4.2 hp AC Dynamic Response Drive System™ with .5mA current leakage	Matrix 4.2 hp AC Dynamic Response Drive System	Matrix 3.0 hp AC Dynamic Response Drive System	Matrix 3.0 hp AC Dynamic Response Drive System
TECH SPECS				
Power Requirements	20-amp dedicated circuit required, non-looped grounded	20-amp dedicated circuit required, non-looped grounded	20-amp dedicated circuit required, non-looped grounded	20-amp dedicated circuit required, non-looped grounded
Electrical Receptacle & Plug	NEMA 5-20R 120v	NEMA 5-20R 120v	NEMA 5-20R 120v	NEMA 5-20R 120v
Assembled Dimensions	215 x 85 x 142 cm / 84.6" x 33.5" x 56"	215 x 85 x 142 cm / 84.6" x 33.5" x 56"	215 x 85 x 142 cm / 84.6" x 33.5" x 56"	215 x 85 x 142 cm / 84.6" x 33.5" x 56"
Max User Weight	182 kg / 400 lbs.	182 kg / 400 lbs.	158.8 kg / 350 lbs.	158.8 kg / 350 lbs.
Assembled Weight	173 kg / 380 lbs.	172 kg / 378 lbs.	153.8 kg / 338 lbs.	152.8 kg / 336 lbs.
Shipping Weight	186 kg / 409 lbs.	185 kg / 408 lbs.	172.3 kg / 379 lbs.	171.5 kg / 377 lbs.
WARRANTY				
Frame	7 years	7 years	7 years	7 years
Drive System	7 years	7 years	3 years	3 years
Parts & Labor	3 years	3 years	3 years*	3 years*
Wear Items (iPod® Cable, USB Port, Headphone Jack, Battery)	90 days parts	90 days parts	90 days parts	90 days parts

* Warranty limited to 6 hours of use or less per day. Full commercial warranty not available on T1 series.

**A HARMONY OF DESIGN
AND NATURAL MOVEMENT**



ASCENTS & ELLIPTICALS

We listened. We watched. We designed. And we developed equipment that provides smooth, stable, natural movement that makes every workout comfortable and efficient.



Contralateral Motion – 1

Mimics the body's natural movements for a smooth exercise experience.

Low Step On Height – 2

Offers easy access for users of all kinds.

Constant Rate of Acceleration – 3

Provides a perpetually smooth, natural motion.

Ergo Form™ Grips – 4

Sculpted grips enhance comfort, and integrated controls offer instant access to key functions.

Removable Disk – 5

For fast, easy service.

Variable Incline – 6

Responsive incline adjustment and variable stride length add a dynamic element of challenge.

1



2



3



4



5



6





A7XI ASCENT TRAINER

Includes 7xe features plus:

- 41 cm / 16" capacitive touchscreen with FitTouch™ Technology offers intuitive operation
- WiFi connectivity accommodates integrated Matrix Asset Management™ system, plus optional Workout Tracking Network and Personal Trainer Portal
- xID single-point user sign-in offers a seamless personal experience
- Custom interface configuration through Matrix Asset Management facilitates personalized communication with users
- Virtual Active™ programming provides an immersive exercise experience
- Optimized app interface designed specifically for fitness offers easy access to social media and web content



A7XE ASCENT TRAINER

Includes 5x features plus:

- 41 cm / 16" touchscreen display with FitTouch™ Technology offers intuitive operation
- WiFi connectivity accommodates optional Matrix Asset Management™ system, Workout Tracking Network and Personal Trainer Portal
- Advanced Sprint 8® High Intensity Interval Training program
- Custom interface configuration facilitates personalized communication with users
- Compatible with most smartphones and tablets for video, audio, charging and on-screen playlist selection
- Compatible with Virtual Active™ programming to provide an immersive exercise experience
- Compatible with IPTV
- Optimized app interface designed specifically for fitness
- Vista Clear™ Television Technology offers the most vibrant picture quality in the industry



A5X ASCENT TRAINER

Includes 3x features plus:

- Sprint 8® High Intensity Interval Training program
- RFID compatible to provide touch-free login
- 3-speed personal fan
- Premium footpad insert enhances user comfort
- Ergo Form™ Grips with integrated controls enhance comfort and accessibility of key functions



A3X ASCENT TRAINER

- LED console display with expanded feedback offers intuitive operation
- WiFi connectivity accommodates optional Matrix Asset Management™ system and Workout Tracking Network
- Compatible with xID single-point user sign-in for a seamless personal experience
- USB port offers charging for most smartphones and tablets



ALB7XI LOWER BODY ASCENT TRAINER

Includes 7xe features plus:

- 41 cm / 16" capacitive touchscreen with FitTouch™ Technology offers intuitive operation
- WiFi connectivity accommodates integrated Matrix Asset Management™ system, plus optional Workout Tracking Network and Personal Trainer Portal
- xID single-point user sign-in offers a seamless personal experience
- Custom interface configuration through Matrix Asset Management facilitates personalized communication with users
- Virtual Active™ programming provides an immersive exercise experience
- Optimized app interface designed specifically for fitness offers easy access to social media and web content



ALB7XE LOWER BODY ASCENT TRAINER

Includes 5x features plus:

- 41 cm / 16" touchscreen display with FitTouch™ Technology offers intuitive operation
- WiFi connectivity accommodates optional Matrix Asset Management™ system, Workout Tracking Network and Personal Trainer Portal
- Advanced Sprint 8® High Intensity Interval Training program
- Custom interface configuration facilitates personalized communication with users
- Compatible with most smartphones and tablets for video, audio, charging and on-screen playlist selection
- Compatible with Virtual Active™ programming to provide an immersive exercise experience
- Compatible with IPTV
- Optimized app interface designed specifically for fitness
- Vista Clear™ Television Technology offers the most vibrant picture quality in the industry



ALB5X LOWER BODY ASCENT TRAINER

Includes 3x features plus:

- Sprint 8® High Intensity Interval Training program
- RFID compatible to provide touch-free login
- 3-speed personal fan
- Premium footpad insert enhances user comfort
- Ergo Form™ Grips with integrated controls enhance comfort and accessibility of key functions

ALB3X LOWER BODY ASCENT TRAINER

- LED console display with expanded feedback offers intuitive operation
- WiFi connectivity accommodates optional Matrix Asset Management™ system and Workout Tracking Network
- Compatible with xID single-point user sign-in for a seamless personal experience
- USB port offers charging for most smartphones and tablets



E7XI SUSPENSION ELLIPTICAL

Includes 7xe features plus:

- 41 cm / 16" capacitive touchscreen with FitTouch™ Technology offers intuitive operation
- WiFi connectivity accommodates integrated Matrix Asset Management™ system, plus optional Workout Tracking Network and Personal Trainer Portal
- xID single-point user sign-in offers a seamless personal experience
- Custom interface configuration through Matrix Asset Management facilitates personalized communication with users
- Virtual Active™ programming provides an immersive exercise experience
- Optimized app interface designed specifically for fitness offers easy access to social media and web content



E7XE SUSPENSION ELLIPTICAL

Includes 5x features plus:

- 41 cm / 16" touchscreen display with FitTouch™ Technology offers intuitive operation
- WiFi connectivity accommodates optional Matrix Asset Management™ system, Workout Tracking Network and Personal Trainer Portal
- Advanced Sprint 8® High Intensity Interval Training program
- Custom interface configuration facilitates personalized communication with users
- Compatible with most smartphones and tablets for video, audio, charging and on-screen playlist selection
- Compatible with Virtual Active™ programming to provide an immersive exercise experience
- Compatible with IPTV
- Optimized app interface designed specifically for fitness
- Vista Clear™ Television Technology offers the most vibrant picture quality in the industry



E5X SUSPENSION ELLIPTICAL

Includes 3x features plus:

- Sprint 8® High Intensity Interval Training program
- RFID compatible to provide touch-free login
- 3-speed personal fan



E3X SUSPENSION ELLIPTICAL

- LED console display with expanded feedback offers intuitive operation
- WiFi connectivity accommodates optional Matrix Asset Management™ system and Workout Tracking Network
- USB port offers charging for most smartphones and tablets
- Compatible with xID single-point user sign-in for a seamless personal experience



E1X ELLIPTICAL

- 18 cm / 7" blue backlit LCD console display provides constant feedback

Images and specifications subject to change. Visit matrixfitness.com/en/support/warranties for latest warranty information.

FEATURES	A7xi Ascent Trainer®	A7xe Ascent Trainer	A5x Ascent Trainer	A3x Ascent Trainer
Stride Length	51 – 61 cm / 20 – 24"	51 – 61 cm / 20 – 24"	51 – 61 cm / 20 – 24"	51 – 61 cm / 20 – 24"
Incline Range	24 – 54% (15° range)	24 – 54% (15° range)	24 – 54% (15° range)	24 – 54% (15° range)
Step-on Height	24 cm / 9.5"	24 cm / 9.5"	24 cm / 9.5"	24 cm / 9.5"
Contact & Telemetric HR	Yes	Yes	Yes	Yes
Footpad Insert	Premium	Premium	Premium	None
Pedal Spacing	6.4 cm / 2.5"	6.4 cm / 2.5"	6.4 cm / 2.5"	6.4 cm / 2.5"
Handlebar Design	Multi-position dual-action / premium ergo-bend stationary	Multi-position dual-action / premium ergo-bend stationary	Multi-position dual-action / premium ergo-bend stationary	Multi-position dual-action / custom ergo-bend stationary
Remote Buttons	Yes	Yes	Yes	Yes
CONSOLE				
Display Type	41 cm / 16" class projective capacitive touchscreen LCD	41 cm / 16" class touchscreen LCD	Dot-matrix LED with profile display	14-seg. alphanumeric, 8x16 LED graphic display
Display Feedback	Time, Clock, Time Elapsed, Time Remaining, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Pace, Average Pace, Incline, RPM, Heart Rate, Peak Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Time, Clock, Time Elapsed, Time Remaining, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Pace, Average Pace, Incline, RPM, Heart Rate, Peak Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Time Elapsed, Time Remaining, Time of Day, Total Program Time, Distance (Kilometers or Miles), Calories, Speed, Level, Incline, RPM, Heart Rate, METs, Watts, Workout Profile	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Level, Speed, RPM, Incline, Heart Rate, METs, Watts, Profile
Secondary Data Display	Yes	Yes	No	No
User-defined Multi-language Display	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese (s), Chinese (t), Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese (s), Chinese (t), Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish	English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish, Russian, Danish	Accessible only through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Polish
Resistance Range	1–25	1–25	1–25	1–25
Workouts	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Glute Training, Calorie Goal, Distance Goal, Time Goal, Sprint 8, Virtual Active	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Glute Training, Calorie Goal, Distance Goal, Time Goal, Sprint 8	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Glute Training, Sprint 8	Manual, Rolling Hills, Target HR, Interval Training, Fat Burn, Fitness Test, Random, Constant Watts
CSAFE Ready-FitLinux Certified	Yes	Yes	Yes	Yes
iPTV Compatible	Yes	Yes	No	No
ProIdiom Compatible	Yes	Yes	Optional – add-on TV	Optional – add-on TV
FitTouch™ Technology	Yes	Yes	No	No
Instant On Technology	Yes	Yes	Yes	Yes
One-button Start	Yes	Yes	Yes	Yes
On-the-fly Program Change	Yes	Yes	Yes	Yes
Integrated Vista Clear™ Television Technology	Yes	Yes	No	No
FITCONNECTION™ Ready	No	No	Yes	Yes
WiFi Enabled	Yes	Yes	Optional	Optional
Bluetooth Enabled	Yes	Yes	No	No
iPod® / iPhone® / iPad® Compatible	Made for iPod, iPhone, iPad	Made for iPod, iPhone, iPad	Charging only	Charging only
Multimedia Playback	Compatible with most tablets and smartphones	Compatible with most tablets and smartphones	No	No
Personal Fan	Yes	Yes	Yes	No
Personal Trainer Portal Compatible	Yes	Yes	No	No
USB Port	Yes	Yes	Yes	Yes
Virtual Active™ Compatible	Included	Yes	No	No
Asset Management™ Compatible	Included	Yes	Yes	Yes
Workout Tracking Network Compatible	Yes	Yes	Yes	Yes
Web Connectivity	Custom app interface in addition to web browser	Optional	No	No
Facility Communication Portal/Calendar	Programmed through Asset Management	Optional	No	No
RFID Compatible	Yes	Yes	Yes	No
Pause Function	Yes	Yes	Yes	Yes
Reading Rack	Yes	Yes	No	Yes
RESISTANCE SYSTEM				
Resistance System	Brushless generator	Brushless generator	Brushless generator	Brushless generator
TECH SPECS				
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*	Self-powered / powered 100v-240v – 50/60Hz AC*
Minimum Watts	4 powered / 57 self-powered	4 powered / 57 self-powered	24 powered / 24 self-powered	8 powered / 24 self-powered
Minimum RPM	10 powered / 25 self-powered	10 powered / 25 self-powered	25 powered / 24 self-powered	15 powered / 25 self-powered
Assembled Dimensions	178 x 74 x 174 cm / 70" x 29.2" x 68.5"	178 x 74 x 174 cm / 70" x 29.2" x 68.5"	178 x 74 x 174 cm / 70" x 29.2" x 68.5"	178 x 74 x 174 cm / 70" x 29.2" x 68.5"
Max User Weight	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.
Assembled Weight	202.7 kg / 445 lbs.	202.7 kg / 445 lbs.	201 kg / 442 lbs.	201 kg / 442 lbs.
Shipping Weight	216.5 kg / 476 lbs.	216.5 kg / 476 lbs.	214.6 kg / 472 lbs.	214.6 kg / 472 lbs.
WARRANTY				
Frame	7 years	7 years	7 years	7 years
Generator	5 years	5 years	5 years	5 years
Parts & Labor	3 years	3 years	3 years	3 years
Wear Items (iPod® Cable, USB Port, Headphone Jack, Battery)	90 days parts	90 days parts	90 days parts	90 days parts

* Plug in equipment with xID workout tracking for best results.

46 LOWER BODY ASCENT TRAINER SPECIFICATIONS

Images and specifications subject to change. Visit matrixfitness.com/en/support/warranties for latest warranty information.

FEATURES	ALB7xi Lower Body Ascent Trainer®	ALB7xe Lower Body Ascent Trainer	ALB5x Lower Body Ascent Trainer	ALB3x Lower Body Ascent Trainer
Stride Length	51 – 61 cm / 20 – 24"	51 – 61 cm / 20 – 24"	51 – 61 cm / 20 – 24"	51 – 61 cm / 20 – 24"
Incline Range	24 – 54% (15° range)	24 – 54% (15° range)	24 – 54% (15° range)	24 – 54% (15° range)
Step-on Height	24 cm / 9.5"	24 cm / 9.5"	24 cm / 9.5"	24 cm / 9.5"
Contact & Telemetric HR	Yes	Yes	Yes	Yes
Footpad Insert	Premium	Premium	Premium	None
Pedal Spacing	6.4 cm / 2.5"	6.4 cm / 2.5"	6.4 cm / 2.5"	6.4 cm / 2.5"
Handlebar Design	Multi-position ergo-bend stationary	Multi-position ergo-bend stationary	Multi-position ergo-bend stationary	Multi-position ergo-bend stationary
Remote Buttons	Yes	Yes	Yes	Yes
CONSOLE				
Display Type	41 cm / 16" class projective capacitive touchscreen LCD	41 cm / 16" class touchscreen LCD	Dot-matrix LED with profile display	14-seg. alphanumeric, 8x16 LED graphic display
Display Feedback	Time, Clock, Time Elapsed, Time Remaining, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Pace, Average Pace, Incline, RPM, Heart Rate, Peak Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Time, Clock, Time Elapsed, Time Remaining, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Pace, Average Pace, Incline, RPM, Heart Rate, Peak Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Time Elapsed, Time Remaining, Time of Day, Total Program Time, Distance (Kilometers or Miles), Calories, Speed, Level, Incline, RPM, Heart Rate, METs, Watts, Workout Profile	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Level, Speed, RPM, Incline, Heart Rate, METs, Watts, Profile
Secondary Data Display	Yes	Yes	No	No
User-defined Multi-language Display	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese (s), Chinese (t), Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese (s), Chinese (t), Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish	English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish, Russian, Danish	Accessible only through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Polish
Resistance Range	1–25	1–25	1–25	1–25
Workouts	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Glute Training, Calorie Goal, Distance Goal, Time Goal, Sprint 8, Virtual Active	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Glute Training, Calorie Goal, Distance Goal, Time Goal, Sprint 8	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Glute Training, Sprint 8	Manual, Rolling Hills, Target HR, Interval Training, Fat Burn, Fitness Test, Random, Constant Watts
CSAFE Ready-FitLinux Certified	Yes	Yes	Yes	Yes
iPTV Compatible	Yes	Yes	No	No
ProIdiom Compatible	Yes	Yes	Optional – add-on TV	Optional – add-on TV
FitTouch™ Technology	Yes	Yes	No	No
Instant On Technology	Yes	Yes	Yes	Yes
One-button Start	Yes	Yes	Yes	Yes
On-the-fly Program Change	Yes	Yes	Yes	Yes
Integrated Vista Clear™ Television Technology	Yes	Yes	No	No
FITCONNECTION™ Ready	No	No	Yes	Yes
WiFi Enabled	Yes	Yes	Optional	Optional
Bluetooth Enabled	Yes	Yes	No	No
iPod® / iPhone® / iPad® Compatible	Made for iPod, iPhone, iPad	Made for iPod, iPhone, iPad	Charging only	Charging only
Multimedia Playback	Compatible with most tablets and smartphones	Compatible with most tablets and smartphones	No	No
Personal Fan	Yes	Yes	Yes	No
Personal Trainer Portal Compatible	Yes	Yes	No	No
USB Port	Yes	Yes	Yes	Yes
Virtual Active™ Compatible	Included	Yes	No	No
Asset Management™ Compatible	Included	Yes	Yes	Yes
Workout Tracking Network Compatible	Yes	Yes	Yes	Yes
Web Connectivity	Custom app interface in addition to web browser	Optional	No	No
Facility Communication Portal/Calendar	Programmed through Asset Management	Optional	No	No
RFID Compatible	Yes	Yes	Yes	No
Pause Function	Yes	Yes	Yes	Yes
Reading Rack	Yes	Yes	No	Yes
RESISTANCE SYSTEM				
Resistance System	Brushless generator	Brushless generator	Brushless generator	Brushless generator
TECH SPECS				
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*	Self-powered / powered 100v-240v – 50/60Hz AC*
Minimum Watts	4 powered / 57 self-powered	4 powered / 57 self-powered	24 powered / 24 self-powered	8 powered / 24 self-powered
Minimum RPM	10 powered / 25 self-powered	10 powered / 25 self-powered	25 powered / 24 self-powered	15 powered / 25 self-powered
Assembled Dimensions	178 x 74 x 174 cm / 70" x 29.2" x 68.5"	178 x 74 x 174 cm / 70" x 29.2" x 68.5"	178 x 74 x 174 cm / 70" x 29.2" x 68.5"	178 x 74 x 174 cm / 70" x 29.2" x 68.5"
Max User Weight	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.
Assembled Weight	197.2 kg / 435 lbs	196.5 kg / 434 lbs	195.9 kg / 432 lbs	194.4 kg / 429 lbs
Shipping Weight	220.6 kg / 487 lbs	219.6 kg / 485 lbs	219.2 kg / 484 lbs	217.3 kg / 479 lbs
WARRANTY				
Frame	7 years	7 years	7 years	7 years
Generator	5 years	5 years	5 years	5 years
Parts & Labor	3 years	3 years	3 years	3 years
Wear Items (iPod® Cable, USB Port, Headphone Jack, Battery)	90 days parts	90 days parts	90 days parts	90 days parts

* Plug in equipment with xLD workout tracking for best results.

Images and specifications subject to change. Visit matrixfitness.com/en/support/warranties for latest warranty information.

FEATURES	E7xi Suspension Elliptical™	E7xe Suspension Elliptical	E5x Suspension Elliptical	E3x Suspension Elliptical	E1x Elliptical
Stride Length	533 cm / 21"	533 cm / 21"	533 cm / 21"	533 cm / 21"	483 cm / 19"
Contact & Telemetric HR	Yes		Yes	Yes	Yes
Footpad Insert	No	No	No	No	No
Pedal Spacing	6.4 cm / 2.5"	6.4 cm / 2.5"	6.4 cm / 2.5"	6.4 cm / 2.5"	9.5 cm / 3.75"
Handlebar Design	Multi-position dual-action / custom ergo-bend stationary	Multi-position dual-action / custom ergo-bend stationary	Multi-position dual-action / custom ergo-bend stationary	Multi-position dual-action / custom ergo-bend stationary	Multi-position dual-action / ergo-bend stationary
Remote Buttons	Yes	Yes	Yes	Yes	Yes
CONSOLE					
Display Type	41 cm / 16" class projective capacitive touchscreen LCD	41 cm / 16" class touchscreen LCD	Dot-matrix LED with profile display	14-seg. alphanumeric, 8x16 LED graphic display	18 cm / 7" blue backlit graphic LCD
Display Feedback	Time, Clock, Time Elapsed, Time Remaining, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Pace, Average Pace, RPM, Heart Rate, Peak Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Time, Clock, Time Elapsed, Time Remaining, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Pace, Average Pace, RPM, Heart Rate, Peak Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Time Elapsed, Time Remaining, Time of Day, Total Program Time, Distance (Kilometers or Miles), Calories, Level, Speed, RPM, Heart Rate, METs, Watts, Workout Profile	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Level, Speed, RPM, Heart Rate, METs, Watts, Workout Profile	Time, Distance, Calories, Level, Speed, Heart Rate, METs, Watts, Workout Profile
Secondary Data Display	Yes	Yes	No	No	No
User-defined Multi-language Display	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese (s), Chinese (t), Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese (s), Chinese (t), Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish	English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish, Russian, Danish	Accessible only through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Polish	Accessible only through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish
Resistance Range	1–25	1–25	1–25	1–25	1–20
Workouts	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Random, Calorie Goal, Distance Goal, Time Goal, Sprint 8, Virtual Active	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Random, Calorie Goal, Distance Goal, Time Goal, Sprint 8	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Sprint 8	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Random	Manual, Interval+ (Hill Interval, Random Interval), Goal+ (Time Goal, Distance Goal, Calories Goal), Multi FX+ (Constant Watts, Random), Heart Rate+ (Target HR, Weight Loss), Fitness Test
CSAFE Ready-FitLinux Certified	Yes	Yes	Yes	Yes	
IPTV Compatible	Yes	Yes	No	No	Yes
ProIdiom Compatible	Yes	Yes	Optional – add-on TV	Optional – add-on TV	No
FitTouch™ Technology	Yes	Yes	No	No	No
Instant On Technology	Yes	Yes	Yes	Yes	Yes
One-button Start	Yes	Yes	Yes	Yes	Yes
On-the-fly Program Change	Yes	Yes	Yes	Yes	Yes
Integrated Vista Clear™ Television Technology	Yes	Yes	No	No	No
FITCONNECTION™ Ready	No	No	Yes	Yes	Yes
WiFi Enabled	Yes	Yes	Optional	Optional	No
Bluetooth Enabled	Yes	Yes	No	No	No
iPod® / iPhone® / iPad® Compatible	Made for iPod, iPhone, iPad	Made for iPod, iPhone, iPad	Charging only	Charging only	No
Multimedia Playback	Compatible with most tablets and smartphones	Compatible with most tablets and smartphones	No	No	No
Personal Fan	Yes	Yes	Yes	No	No
Personal Trainer Portal Compatible	Yes	Yes	No	No	No
USB Port	Yes	Yes	Yes	Yes	No
Virtual Active™ Compatible	Included	Yes	No	No	No
Asset Management™ Compatible	Included	Yes	Yes	Yes	No
Workout Tracking Network Compatible	Yes	Yes	Yes	Yes	No
Web Connectivity	Custom app interface in addition to web browser	Optional	No	No	No
Facility Communication Portal/ Calendar	Programmed through Asset Management	Optional	No	No	No
RFID Compatible	Yes	Yes	Yes	No	No
Pause Function	Yes	Yes	Yes	Yes	Yes
Reading Rack	Yes	Yes	No	Yes	No
RESISTANCE SYSTEM					
Resistance System	Brushless generator	Brushless generator	Brushless generator	Brushless generator	JID hybrid generator
TECH SPECS					
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*	Self-powered / powered 100v-240v – 50/60Hz AC*	Self-powered
Minimum Watts	4 powered / 56 self-powered	4 powered / 56 self-powered	21 powered / 21 self-powered	5 powered / 21 self-powered	18 self-powered
Minimum RPM	10 powered / 25 self-powered	10 powered / 25 self-powered	25 powered / 25 self-powered	10 powered / 25 self-powered	30 self-powered
Assembled Dimensions	178 x 74 x 174 cm / 70" x 29.2" x 68.5"	178 x 74 x 174 cm / 70" x 29.2" x 68.5"	178 x 74 x 174 cm / 70" x 29.2" x 68.5"	178 x 74 x 174 cm / 70" x 29.2" x 68.5"	211 x 79 x 170 cm / 83" x 31" x 67"
Max User Weight	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.
Assembled Weight	182.7 kg / 402 lbs.	182.7 kg / 402 lbs.	181 kg / 398 lbs.	181 kg / 398 lbs.	151 kg / 333 lbs.
Shipping Weight	195.5 kg / 430 lbs.	195.5 kg / 430 lbs.	193.6 kg / 425 lbs.	193.6 kg / 425 lbs.	179.2kg / 395 lbs.
WARRANTY					
Frame	7 years	7 years	7 years	7 years	7 years
Generator	5 years	5 years	5 years	5 years	5 years
Parts & Labor	3 years	3 years	3 years	3 years	3 years**
Wear Items (iPod® Cable, USB Port, Headphone Jack, Battery)	90 days parts	90 days parts	90 days parts	90 days parts	90 days parts

* Plug in equipment with xID workout tracking for best results.

** Warranty limited to 6 hours of use or less per day.

STEP UP TO THE BEST



CLIMBMILLS & STEPPERS

Give your members the truest stair-climbing workout on the market with a combination of high-design, low-maintenance equipment that can live virtually anywhere in your facility.



Step Positioning Software – 1

Locks steps at lowest possible point for easy entry and exit.

Delineated Steps – 2

Extra-deep steps accommodate a wide range of users, and color variations cue proper foot placement.

Removable Access Panel – 3

Access panel can be easily removed with a common coin, and an internal service light provides component visibility.

Control Zone – 4

Integrated sensor stops step rotation when triggered by an object or person.

Ergo Form™ Grips – 5

Sculpted grips enhance comfort, and integrated controls offer instant access to key functions.

Sweat Management System – 6

Exclusive system track sweat away from the user and protects critical components to prolong ClimbMill™ life, and a removable tray collects perspiration to keep your floor clean.





C7XI CLIMBMILL

Includes 7xe features plus:

- 41 cm / 16" capacitive touchscreen with FitTouch™ Technology offers intuitive operation
- WiFi connectivity accommodates integrated Matrix Asset Management™ system, plus optional Workout Tracking Network and Personal Trainer Portal
- xID single-point user sign-in offers a seamless personal experience
- Custom interface configuration through Matrix Asset Management facilitates personalized communication with users
- Virtual Active™ programming provides an immersive exercise experience
- Optimized app interface designed specifically for fitness offers easy access to social media and web content



C7XE CLIMBMILL

Includes 5x features plus:

- 41 cm / 16" touchscreen display with FitTouch™ Technology offers intuitive operation
- WiFi connectivity accommodates optional Matrix Asset Management™ system, Workout Tracking Network and Personal Trainer Portal
- Custom interface configuration facilitates personalized communication with users
- Compatible with most smartphones and tablets for video, audio, charging and on-screen playlist selection
- Compatible with Virtual Active™ programming to provide an immersive exercise experience
- Compatible with IPTV
- Optimized app interface designed specifically for fitness
- Vista Clear™ Television Technology offers the most vibrant picture quality in the industry



C5X CLIMBMILL

Includes 3x features plus:

- RFID compatible to provide touch-free login
- 3-speed personal fan
- Control Zone sensor stops step rotation when triggered by an object or person
- Sealed drive chain for lower maintenance



C3X CLIMBMILL

- LED console display with expanded feedback offers intuitive operation
- WiFi connectivity accommodates optional Matrix Asset Management™ system and Workout Tracking Network
- Compatible with xID single-point user sign-in for a seamless personal experience
- USB port offers charging for most smartphones and tablets



S7XI STEPPER

Includes 7xe features plus:

- 41 cm / 16" capacitive touchscreen with FitTouch™ Technology offers intuitive operation
- WiFi connectivity accommodates integrated Matrix Asset Management™ system, plus optional Workout Tracking Network and Personal Trainer Portal
- xID single-point user sign-in offers a seamless personal experience
- Custom interface configuration through Matrix Asset Management facilitates personalized communication with users
- Virtual Active™ programming provides an immersive exercise experience
- Optimized app interface designed specifically for fitness offers easy access to social media and web content



S7XE STEPPER

Includes 5x features plus:

- 41 cm / 16" touchscreen display with FitTouch™ Technology offers intuitive operation
- WiFi connectivity accommodates optional Matrix Asset Management™ system, Workout Tracking Network and Personal Trainer Portal
- Custom interface configuration facilitates personalized communication with users
- Compatible with most smartphones and tablets for video, audio, charging and on-screen playlist selection
- Compatible with Virtual Active™ programming to provide an immersive exercise experience
- Compatible with IPTV
- Optimized app interface designed specifically for fitness
- Vista Clear™ Television Technology offers the most vibrant picture quality in the industry



S5X STEPPER

Includes 3x features plus:

- RFID compatible to provide touch-free login
- 3-speed personal fan



S3X STEPPER

- LED console display with expanded feedback offers intuitive operation
- WiFi connectivity accommodates optional Matrix Asset Management™ system and Workout Tracking Network
- Compatible with xID single-point user sign-in for a seamless personal experience
- USB port offers charging for most smartphones and tablets
- Resistance controls mounted to hand grips offer instant difficulty adjustments

58 CLIMBMILL SPECIFICATIONS

Images and specifications subject to change. Visit matrixfitness.com/en/support/warranties for latest warranty information.

FEATURES	C7xi ClimbMill™	C7xe ClimbMill	C5x ClimbMill	C3x ClimbMill
Step Depth	25.4 cm / 10"	25.4 cm / 10"	25.4 cm / 10"	25.4 cm / 10"
Step Height	20.3 cm / 8"	20.3 cm / 8"	20.3 cm / 8"	20.3 cm / 8"
Contact & Telemetric HR	Yes	Yes	Yes	Yes
Delineated Steps	Yes	Yes	Yes	Yes
Handlebar Design	Ergonomically designed handrails and ergo form grips	Ergonomically designed handrails and ergo form grips	Ergonomically designed handrails and ergo form grips	Ergonomically designed handrails and ergo form grips
Remote Buttons	Yes	Yes	Yes	Yes
Control Zone	Yes	Yes	Yes	No
Auto-stop Function	Yes	Yes	Yes	Yes
CONSOLE				
Display Type	41 cm / 16" class projective capacitive touchscreen LCD	41 cm / 16" class touchscreen LCD	Dot-matrix LED with profile display	Dot-matrix LED with profile display
Display Feedback	Time, Clock, Time Elapsed, Time Remaining, Total steps, Floors Climbed, Calories, Calories per Hour, Speed, SPM, Average SPM, Heart Rate, Peak Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Time, Clock, Time Elapsed, Time Remaining, Total steps, Floors Climbed, Calories, Calories per Hour, Speed, SPM, Average SPM, Heart Rate, Peak Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Time Elapsed, Time Remaining, Time of Day, Total Program Time, Total Steps, Floors Climbed, Calories, SPM, Average SPM, Heart Rate, METs, Watts, Level, Workout Profile	Time Elapsed, Time Remaining, Time of Day, Total Program Time, Floors Climbed, SPM, Calories, Heart Rate, METs, Watts, Level
Secondary Data Display	Yes	Yes	No	No
User-defined Multi-language Display	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese (s), Chinese (t), Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese (s), Chinese (t), Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish	English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish, Russian, Danish	Accessible only through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Polish, Turkish, Polish
Resistance Range	1-25	1-25	1-25	1-25
Workouts	Manual, Training Workouts (Rolling Hills, Interval Training, Calorie Training, Goal Training), Fat Burn, Target HR, Fitness Test (Sub-maximal Test, WFI Test, CPAT), Time Goal, Floor Goal, Calorie Goal, Landmarks, Virtual Active	Manual, Training Workouts (Rolling Hills, Interval Training, Calorie Training, Goal Training), Fat Burn, Target HR, Fitness Test (Sub-maximal Test, WFI Test, CPAT), Time Goal, Floor Goal, Calorie Goal, Landmarks	Manual, Training Workouts (Rolling Hills, Fat burn, Interval Training), Goal Training (Time Goal, Floor Goal, Calorie Goal), Target HR, Fitness Test (Sub-maximal Test, WFI Test, CPAT), Landmarks	Manual, Rolling Hills, Interval Training, Fat Burn, Random, HR, Fitness Test (Sub-maximal Test, WFI Test, CPAT), Constant Watts
CSAFE Ready-FitLinux Certified	Yes	Yes	Yes	Yes
IPTV Compatible	Yes	Yes	No	No
Pro:Idiom Compatible	Yes	Yes	Optional – add-on TV	Optional – add-on TV
FitTouch™ Technology	Yes	Yes	No	No
Instant On Technology	N/A: Powered	N/A: Powered	N/A: Powered	N/A: Powered
One-button Start	Yes	Yes	Yes	Yes
On-the-fly Program Change	Yes	Yes	Yes	Yes
Integrated Vista Clear™ Television Technology	Yes	Yes	No	No
FITCONNECTION™ Ready	No	No	Yes	Yes
WiFi Enabled	Yes	Yes	Optional	Optional
Bluetooth Enabled	Yes	Yes	No	No
iPod® / iPhone® / iPad® Compatible	Made for iPod, iPhone, iPad	Made for iPod, iPhone, iPad	Charging only	Charging only
Multimedia Playback	Compatible with most tablets and smartphones	Compatible with most tablets and smartphones	No	No
Personal Fan	Yes	Yes	Yes	No
Personal Trainer Portal Compatible	Yes	Yes	No	No
USB Port	Yes	Yes	Yes	Yes
Virtual Active™ Compatible	Included	Yes	No	No
Asset Management™ Compatible	Included	Yes	Yes	Yes
Workout Tracking Network Compatible	Yes	Yes	Yes	Yes
Web Connectivity	Custom app interface in addition to web browser	Optional	No	No
Facility Communication Portal/Calendar	Programmed through Asset Management	Optional	No	No
RFID Compatible	Yes	Yes	Yes	No
Pause Function	Yes	Yes	Yes	Yes
Reading Rack	Yes	Yes	No	Yes
RESISTANCE SYSTEM				
Resistance Technology	ECB w/ flywheel	ECB w/ flywheel	ECB w/ flywheel	ECB w/ flywheel
TECH SPECS				
Power Requirements	120v / 60Hz AC power	120v / 60Hz AC power	120v / 60Hz AC power	120v / 60Hz AC power
Assembled Dimensions	165 x 96 x 212 cm / 65" x 37.8" x 83.5"	165 x 96 x 212 cm / 65" x 37.8" x 83.5"	165 x 96 x 212 cm / 65" x 37.8" x 83.5"	144.5 x 96 x 212 cm / 56.9" x 37.8" x 83.5"
Max User Weight	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.
Assembled Weight	171 kg / 377 lbs.	171 kg / 377 lbs.	168 kg / 370 lbs.	160 kg / 353 lbs.
Shipping Weight	198.5 kg / 437 lbs.	198.5 kg / 437 lbs.	190 kg / 418 lbs.	188 kg / 414 lbs.
WARRANTY				
Frame	7 years	7 years	7 years	7 years
Generator	5 years	5 years	5 years	5 years
Parts & Labor	3 years	3 years	3 years	3 years
Wear Items (iPod® Cable, USB Port, Headphone Jack, Battery)	90 days parts	90 days parts	90 days parts	90 days parts

Images and specifications subject to change. Visit matrixfitness.com/en/support/warranties for latest warranty information.

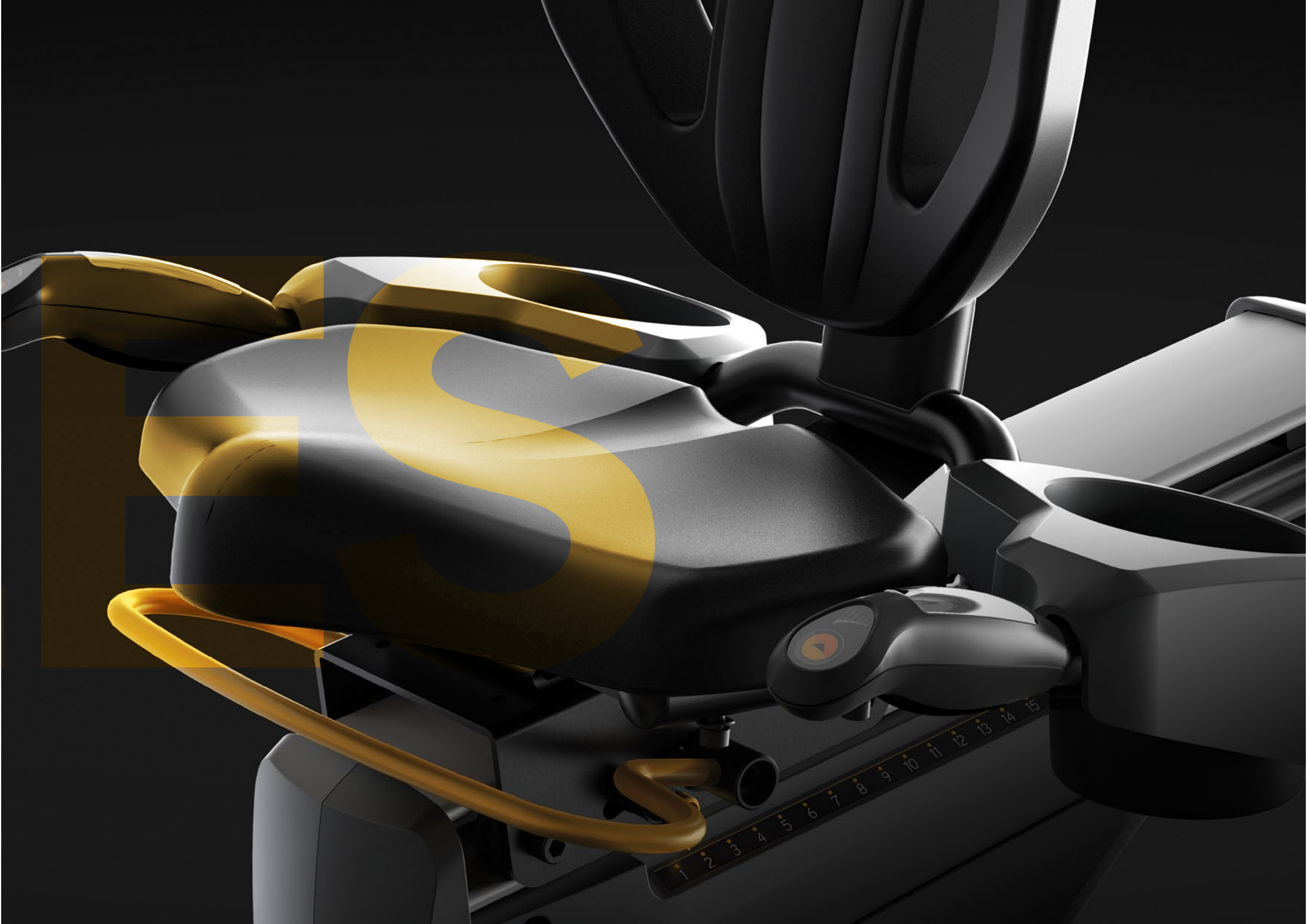
FEATURES	S7xi Stepper	S7xe Stepper	S5x Stepper	S3x Stepper
Step Range	31 cm / 12.2"	31 cm / 12.2"	31 cm / 12.2"	31 cm / 12.2"
Contact & Telemetric HR	Yes	Yes	Yes	Yes
Pedal Spacing	8.4 cm / 3.3"	8.4 cm / 3.3"	8.4 cm / 3.3"	8.4 cm / 3.3"
Handlebar Design	Ergonomically designed handrails and ergo form grips	Ergonomically designed handrails and ergo form grips	Ergonomically designed handrails and ergo form grips	Ergonomically designed handrails and ergo form grips
Remote Buttons	Yes	Yes	Yes	Yes
CONSOLE				
Display Type	41 cm / 16" class projective capacitive touchscreen LCD	41 cm / 16" class touchscreen LCD	Dot-matrix LED with profile display	14-seg. alphanumeric, 8x16 LED graphic display
Display Feedback	Time, Clock, Time Elapsed, Time Remaining, Total Steps, Floors Climbed, Calories, Calories per Hour, Speed, Pace, SPM, Average SPM, Heart Rate, Peak Heart Rate, level, METs, Watts, Dynamic Profile Display, Static Profile Display	Time, Clock, Time Elapsed, Time Remaining, Total Steps, Floors Climbed, Calories, Calories per Hour, Speed, Pace, SPM, Average SPM, Heart Rate, Peak Heart Rate, level, METs, Watts, Dynamic Profile Display, Static Profile Display	Time, Clock, Time Elapsed, Time Remaining, Total Steps, Floors Climbed, Calories, METs, Watts, Average SPM, SPM, Heart Rate, Level, Workout Profile	Time, Speed, Floors Climbed, Calories, METs, Watts, SPM, Heart Rate, Level, Workout Profile
Secondary Data Display	Yes	Yes	No	No
User-defined Multi-language Display	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese (s), Chinese (t), Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese (s), Chinese (t), Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish	English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish, Russian, Danish	Accessible only through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Polish
Resistance Range	1-25	1-25	1-25	1-25
Workouts	Manual, Rolling Hills, Target HR, Interval Training, Fat Burn, Stepper Fitness Test, Time Goal, Calorie Goal, Floor Goal, Landmarks, Virtual Active	Manual, Rolling Hills, Target HR, Interval Training, Fat Burn, Stepper Fitness Test, Time Goal, Calorie Goal, Floor Goal, Landmarks	Manual, Rolling Hills, Target HR, Interval Training, Fat Burn, Stepper Fitness Test, Landmarks	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Random
CSAFE Ready-FitLinux Certified	Yes	Yes	Yes	Yes
IPTV Compatible	Yes	Yes	No	No
ProIdiom Compatible	Yes	Yes	Optional – add-on TV	Optional – add-on TV
FitTouch™ Technology	Yes	Yes	No	No
Instant On Technology	N/A: Powered	N/A: Powered	Yes	Yes
One-button Start	Yes	Yes	Yes	Yes
On-the-fly Program Change	Yes	Yes	Yes	Yes
Integrated Vista Clear™ Television Technology	Yes	Yes	No	No
FITCONNECTION™ Ready	No	No	Yes	Yes
WiFi Enabled	Yes	Yes	Optional	Optional
Bluetooth Enabled	Yes	Yes	No	No
iPod® / iPhone® / iPad® Compatible	Made for iPod, iPhone, iPad	Made for iPod, iPhone, iPad	Charging only	Charging only
Multimedia Playback	Compatible with most tablets and smartphones	Compatible with most tablets and smartphones	No	No
Personal Fan	Yes	Yes	Yes	No
Personal Trainer Portal Compatible	Yes	Yes	No	No
USB Port	Yes	Yes	Yes	Yes
Virtual Active™ Compatible	Included	Yes	No	No
Asset Management™ Compatible	Included	Yes	Yes	Yes
Workout Tracking Compatible	Yes	Yes	Yes	Yes
Web Connectivity	Custom app interface in addition to web browser	Optional	No	No
Facility Communication Portal/Calendar	Programmed through Asset Management	Optional	No	No
RFID Compatible	Yes	Yes	Yes	No
Pause Function	Yes	Yes	Yes	Yes
Reading Rack	Yes	Yes	No	Yes
RESISTANCE SYSTEM				
Resistance Technology	Hybrid generator	Hybrid generator	Hybrid generator	Hybrid generator
TECH SPECS				
Power Requirements	100v-240v ~ 50/60Hz AC	100v-240v ~ 50/60Hz AC	Self-powered / powered 100v-240v ~ 50/60Hz AC*	Self-powered / powered 100v-240v ~ 50/60Hz AC*
Minimum Watts	18 powered	18 powered	18 powered / 18 self-powered	18 powered / 18 self-powered
Assembled Dimensions	114 x 79 x 179 cm / 45" x 31" x 70.5"	114 x 79 x 179 cm / 45" x 31" x 70.5"	114 x 79 x 179 cm / 45" x 31" x 70.5"	114 x 79 x 179 cm / 45" x 31" x 70.5"
Max User Weight	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.
Assembled Weight	117.7 kg / 259 lbs.	117.7 kg / 259 lbs.	116.2 kg / 255 lbs.	117.2 kg / 258 lbs.
Shipping Weight	125.5 kg / 276 lbs.	125.5 kg / 276 lbs.	123.6 kg / 272 lbs.	124.5 kg / 274 lbs.
WARRANTY				
Frame	7 years	7 years	7 years	7 years
Generator	5 years	5 years	5 years	5 years
Parts & Labor	3 years	3 years	3 years	3 years
Wear Items (Pod® Cable, USB Port, Headphone Jack, Battery)	90 days parts	90 days parts	90 days parts	90 days parts

* Plug in equipment with xID workout tracking for best results.

CYCL

A BETTER RIDE BY DESIGN





CYCLES

Performance, comfort and styling make our cycles a favorite for members, while easy use and streamlined maintenance make them a top choice for owners, trainers and service techs. And with self-powered options, you can place them anywhere in your facility.



45 Seat Angle – 1

Ergonomic angle enhances comfort and workout effectiveness. (Hybrid)

Race-inspired Handles – 2

Comfortably contoured handles include elbow rests. (Upright)

Ergo Form™ Seat with Ventilated Seat Back – 3

Combines ergonomic support and ventilation to enhance comfort. (Recumbent shown)

Step-through Entry – 4

Makes it easy for users to get on and get started. (Hybrid shown)

Integrated Transport Handle and Top-down Levelers – 5

Handle is easily accessible, and top-down adjustment simplifies leveling after installation, maintenance or use. (Recumbent shown)

One-hand Seat Adjustment – 6

Intuitive one-hand adjustment fine-tunes seat position for users of all sizes. (Upright shown)

1



2



3



4



5



6





H7XI HYBRID CYCLE

Includes 7xe features plus:

- 41 cm / 16" capacitive touchscreen with FitTouch™ Technology offers intuitive operation
- WiFi connectivity accommodates integrated Matrix Asset Management™ system, plus optional Workout Tracking Network and Personal Trainer Portal
- xID single-point user sign-in offers a seamless personal experience
- Custom interface configuration through Matrix Asset Management facilitates personalized communication with users
- Virtual Active™ programming provides an immersive exercise experience
- Optimized app interface designed specifically for fitness offers easy access to social media and web content



H7XE HYBRID CYCLE

Includes 5x features plus:

- 41 cm / 16" touchscreen display with FitTouch™ Technology offers intuitive operation
- WiFi connectivity accommodates optional Matrix Asset Management™ system, Workout Tracking Network and Personal Trainer Portal
- Advanced Sprint 8® High Intensity Interval Training program
- Custom interface configuration facilitates personalized communication with users
- Compatible with most smartphones and tablets for video, audio, charging and on-screen playlist selection
- Compatible with Virtual Active™ programming to provide an immersive exercise experience
- Compatible with IPTV
- Optimized app interface designed specifically for fitness
- Vista Clear™ Television Technology offers the most vibrant picture quality in the industry



H5X HYBRID CYCLE

Includes 3x features plus:

- Sprint 8® High Intensity Interval Training program
- RFID compatible to provide touch-free login
- 3-speed personal fan



H3X HYBRID CYCLE

- LED console display with expanded feedback offers intuitive operation
- WiFi connectivity accommodates optional Matrix Asset Management™ system and Workout Tracking Network
- Compatible with xID single-point user sign-in for a seamless personal experience
- USB port offers charging for most smartphones and tablets



R7XI RECUMBENT CYCLE

Includes 7xe features plus:

- 41 cm / 16" capacitive touchscreen with FitTouch™ Technology offers intuitive operation
- WiFi connectivity accommodates integrated Matrix Asset Management™ system, plus optional Workout Tracking Network and Personal Trainer Portal
- xID single-point user sign-in offers a seamless personal experience
- Custom interface configuration through Matrix Asset Management facilitates personalized communication with users
- Virtual Active™ programming provides an immersive exercise experience
- Optimized app interface designed specifically for fitness offers easy access to social media and web content



R7XE RECUMBENT CYCLE

Includes 5x features plus:

- 41 cm / 16" touchscreen display with FitTouch™ Technology offers intuitive operation
- WiFi connectivity accommodates optional Matrix Asset Management™ system, Workout Tracking Network and Personal Trainer Portal
- Advanced Sprint 8® High Intensity Interval Training program
- Custom interface configuration facilitates personalized communication with users
- Compatible with most smartphones and tablets for video, audio, charging and on-screen playlist selection
- Compatible with Virtual Active™ programming to provide an immersive exercise experience
- Compatible with IPTV
- Optimized app interface designed specifically for fitness
- Vista Clear™ Television Technology offers the most vibrant picture quality in the industry



R5X RECUMBENT CYCLE

Includes 3x features plus:

- Sprint 8® High Intensity Interval Training program
- RFID compatible to provide touch-free login
- 3-speed personal fan



R3X RECUMBENT CYCLE

- LED console display with expanded feedback offers intuitive operation
- WiFi connectivity accommodates optional Matrix Asset Management™ system and Workout Tracking Network
- Compatible with xID single-point user sign-in for a seamless personal experience
- USB port offers charging for most smartphones and tablets



R1X RECUMBENT CYCLE

- 18 cm / 7" blue backlit LCD console display provides constant feedback



U7XI UPRIGHT CYCLE

Includes 7xe features plus:

- 41 cm / 16" capacitive touchscreen with FitTouch™ Technology offers intuitive operation
- WiFi connectivity accommodates integrated Matrix Asset Management™ system, plus optional Workout Tracking Network and Personal Trainer Portal
- xID single-point user sign-in offers a seamless personal experience
- Custom interface configuration through Matrix Asset Management facilitates personalized communication with users
- Virtual Active™ programming provides an immersive exercise experience
- Optimized app interface designed specifically for fitness offers easy access to social media and web content



U7XE UPRIGHT CYCLE

Includes 5x features plus:

- 41 cm / 16" touchscreen display with FitTouch™ Technology offers intuitive operation
- WiFi connectivity accommodates optional Matrix Asset Management™ system, Workout Tracking Network and Personal Trainer Portal
- Advanced Sprint 8® High Intensity Interval Training program
- Custom interface configuration facilitates personalized communication with users
- Compatible with most smartphones and tablets for video, audio, charging and on-screen playlist selection
- Compatible with Virtual Active™ programming to provide an immersive exercise experience
- Compatible with IPTV
- Optimized app interface designed specifically for fitness
- Vista Clear™ Television Technology offers the most vibrant picture quality in the industry



U5X UPRIGHT CYCLE

Includes 3x features plus:

- Sprint 8® High Intensity Interval Training program
- RFID compatible to provide touch-free login
- 3-speed personal fan



U3X UPRIGHT CYCLE

- LED console display with expanded feedback offers intuitive operation
- WiFi connectivity accommodates optional Matrix Asset Management™ system and Workout Tracking Network
- Compatible with xID single-point user sign-in for a seamless personal experience
- USB port offers charging for most smartphones and tablets
- Fully molded handlebar offers comfortable upright and pursuit positions



U1X UPRIGHT CYCLE

- 18 cm / 7" blue backlit LCD console display provides constant feedback



Images and specifications subject to change. Visit matrixfitness.com/en/support/warranties for latest warranty information.

FEATURES	H7xi Hybrid Cycle™	H7xe Hybrid Cycle	H5x Hybrid Cycle	H3x Hybrid Cycle	R7xi Recumbent Cycle	R7xe Recumbent Cycle	R5x Recumbent Cycle
Contact & Telemetric HR	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Handlebar Design	Front vertical ergo bend	Front vertical ergo bend	Front vertical ergo bend	Front vertical ergo bend	Seat side / front ergo bend	Seat side / front ergo bend	Seat side / front ergo bend
Integrated Arm Rests	Yes	Yes	Yes	Yes	No	No	No
Remote Buttons	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Bottle Holder	Yes	Yes	Yes	Yes	Yes	Yes	Yes
CONSOLE							
Display Type	41 cm / 16" class projective capacitive touchscreen LCD	41 cm / 16" class touchscreen LCD	Dot-matrix LED with profile display	14-seg. alphanumeric, 8x16 LED graphic display	41 cm / 16" class projective capacitive touchscreen LCD	41 cm / 16" class touchscreen LCD	Dot-matrix LED with profile display
Display Feedback	Clock, Time Elapsed, Time Remaining, Total Program Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Level, Speed, Pace, Average Pace, RPM, Heart Rate, Peak Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Clock, Time Elapsed, Time Remaining, Total Program Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Level, Speed, Pace, Average Pace, RPM, Heart Rate, Peak Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Time Elapsed, Time Remaining, Time of Day, Total Program Time, Distance (Kilometers or Miles), Calories, Speed, Level, RPM, Heart Rate, METs, Watts, Workout Profile	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Level, RPM, Heart Rate, METs, Watts, Workout Profile	Clock, Time Elapsed, Time Remaining, Total Program Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Level, Speed, Pace, Average Pace, RPM, Heart Rate, Peak Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Clock, Time Elapsed, Time Remaining, Total Program Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Level, Speed, Pace, Average Pace, RPM, Heart Rate, Peak Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Time Elapsed, Time Remaining, Time of Day, Total Program Time, Distance (Kilometers or Miles), Calories, Speed, Level, RPM, Heart Rate, METs, Watts, Workout Profile
Secondary Data Display	Yes	Yes	No	No	Yes	Yes	No
User-defined Multi-language Display	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese (s), Chinese (t), Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese (s), Chinese (t), Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish	English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish, Russian, Danish	Accessible only through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Polish	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese (s), Chinese (t), Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese (s), Chinese (t), Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish	English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish, Russian, Danish
Resistance Range	1-30	1-30	1-30	1-30	1-30	1-30	1-30
Workouts	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Time Goal, Calorie Goal, Distance Goal, Sprint 8, Virtual Active	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Time Goal, Calorie Goal, Distance Goal, Sprint 8	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test	Manual, Rolling, Interval Training, Fat Burn, Random, Fitness Test, Target HR, Constant Watts	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Time Goal, Calorie Goal, Distance Goal, Sprint 8, Virtual Active	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Time Goal, Calorie Goal, Distance Goal, Sprint 8	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test
CSAFE Ready-FitLinux Certified	Yes	Yes	Yes	Yes	Yes	Yes	Yes
IPTV Compatible	Yes	Yes	No	No	Yes	Yes	No
ProIdiom Compatible	Yes	Yes	Optional – add-on TV	Optional – add-on TV	Yes	Yes	Optional – add-on TV
FitTouch™ Technology	Yes	Yes	No	No	Yes	Yes	No
Instant On Technology	Yes	Yes	Yes	Yes	Yes	Yes	Yes
One-button Start	Yes	Yes	Yes	Yes	Yes	Yes	Yes
On-the-fly Program Change	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Integrated Vista Clear™ Television Technology	Yes	Yes	No	No	Yes	Yes	No
FITCONNEXION™ Ready	No	No	Yes	Yes	No	No	Yes
WiFi Enabled	Yes	Yes	Optional	Optional	Yes	Yes	Optional
Bluetooth Enabled	Yes	Yes	No	No	Yes	Yes	No
iPod® / iPhone® / iPad® Compatible	Made for iPod, iPhone, iPad	Made for iPod, iPhone, iPad	Charging only	Charging only	Made for iPod, iPhone, iPad	Made for iPod, iPhone, iPad	Charging only
Multimedia Playback	Compatible with most tablets and smartphones	Compatible with most tablets and smartphones	No	No	Compatible with most tablets and smartphones	Compatible with most tablets and smartphones	No
Personal Fan	Yes	Yes	Yes	No	Yes	Yes	Yes
Personal Trainer Portal Compatible	Yes	Yes	No	No	Yes	Yes	No
USB Port	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Virtual Active™ Compatible	Included	Yes	No	No	Included	Yes	No
Asset Management™ Compatible	Included	Yes	Yes	Yes	Included	Yes	Yes
Workout Tracking Network Compatible	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Web Connectivity	Custom app interface in addition to web browser	Optional	No	No	Custom app interface in addition to web browser	Optional	No
Facility Communication Portal/ Calendar	Programmed through Asset Management	Optional	No	No	Programmed through Asset Management	Optional	No
RFID Compatible	Yes	Yes	Yes	No	Yes	Yes	Yes
Pause Function	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Reading Rack	Yes	Yes	No	Yes	Yes	Yes	No
RESISTANCE SYSTEM							
Resistance System	Brushless generator	Brushless generator	Brushless generator	Brushless generator	Brushless generator	Brushless generator	Brushless generator
TECH SPECS							
Crank Design	Three piece with integrated pullers	Three piece with integrated pullers	Three piece with integrated pullers	Three piece with integrated pullers	Three piece with integrated pullers	Three piece with integrated pullers	Three piece with integrated pullers
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*	Self-powered / powered 100v-240v – 50/60Hz AC*	100v-240v – 50/60Hz AC	Self-powered / powered 100v-240v – 50/60Hz AC	Self-powered / powered 100v-240v – 50/60Hz AC*
Minimum Watts	4 powered / 10 self-powered	4 powered / 10 self-powered	4 powered / 7 self-powered	4 powered / 7 self-powered	4 powered / 10 self-powered	4 powered / 10 self-powered	4 powered / 7 self-powered
Minimum RPM	25 powered / 25 self-powered	25 powered / 25 self-powered	25 powered / 25 self-powered	25 powered / 25 self-powered	25 powered / 25 self-powered	25 powered / 25 self-powered	25 powered / 25 self-powered
Assembled Dimensions	146.8 x 65.4 x 156.8 cm / 57.8" x 25.7" x 61.7"	146.8 x 65.4 x 156.8 cm / 57.8" x 25.7" x 61.7"	146.8 x 65.4 x 156.8 cm / 57.8" x 25.7" x 61.7"	146.8 x 65.4 x 156.8 cm / 57.8" x 25.7" x 61.7"	150.3 x 65.4 x 140 cm / 59.2" x 25.7" x 55.1"	150.3 x 65.4 x 140 cm / 59.2" x 25.7" x 55.1"	150.3 x 65.4 x 140 cm / 59.2" x 25.7" x 55.1"
Max User Weight	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.
Assembled Weight	100.5 kg / 221.5 lbs.	100 kg / 220 lbs.	97.1 kg / 214 lbs.	96.2 kg / 212 lbs.	90.3 kg / 199 lbs.	89 kg / 196.3 lbs.	88.6 kg / 195.3 lbs.
Shipping Weight	103 kg / 227 lbs.	102 kg / 224.9 lbs.	101 kg / 222 lbs.	99.7 kg / 219 lbs.	100 kg / 220 lbs.	101.2 kg / 223.5 lbs.	100.3 kg / 221 lbs.
WARRANTY							
Frame	7 years	7 years	7 years	7 years	7 years	7 years	7 years
Generator	5 years	5 years	5 years	5 years	5 years	5 years	5 years
Parts & Labor	3 years	3 years	3 years	3 years	3 years	3 years	3 years
Wear Items (Pod® Cable, USB Port, Headphone Jack, Battery)	90 days parts	90 days parts	90 days parts	90 days parts	90 days parts	90 days parts	90 days parts

* Plug in equipment with xID workout tracking for best results.

Images and specifications subject to change. Visit matrixfitness.com/en/support/warranties for latest warranty information.

FEATURES	R3x Recumbent Cycle	R1x Recumbent Cycle	U7xi Upright Cycle	U7xe Upright Cycle	U5x Upright Cycle	U3x Upright Cycle	U1x Upright Cycle
Contact & Telemetric HR	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Handlebar Design	Seat side / front ergo bend	Seat side / front ergo bend	Molded racing design with elbow support	Molded racing design with elbow support	Molded racing design with elbow support	Molded racing design with elbow support	Full racing style with elbow support
Integrated Arm Rests	No	No	Yes	Yes	Yes	Yes	No
Remote Buttons	Yes	Yes	Yes	Yes	Yes	Yes	No
Bottle Holder	Yes	Yes	Yes	Yes	Yes	Yes	Yes
CONSOLE							
Display Type	14-seg. alphanumeric, 8x16 LED graphic display	18 cm / 7" blue backlit graphic LCD	41 cm / 16" class projective capacitive touchscreen LCD	41 cm / 16" class touchscreen LCD	Dot-matrix LED with profile display	14-seg. alphanumeric, 8x16 LED graphic display	18 cm / 7" blue backlit graphic LCD
Display Feedback	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Level, RPM, Heart Rate, METs, Watts, Workout Profile	Time, Distance (Kilometers or Miles), Calories, Speed, Level, Watts, METs, Heart Rate, Workout Profile	Clock, Time Elapsed, Time Remaining, Total Program Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Level, Speed, Pace, Average Pace, RPM, Heart Rate, Peak Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Clock, Time Elapsed, Time Remaining, Total Program Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Level, Speed, Pace, Average Pace, RPM, Heart Rate, Peak Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Time Elapsed, Time Remaining, Time of Day, Total Program Time, Distance (Kilometers or Miles), Calories, Speed, Level, RPM, Heart Rate, METs, Watts, Workout Profile	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Level, RPM, Heart Rate, METs, Watts, Workout Profile	Time, Distance (Kilometers or Miles), Calories, Speed, Level, Watts, METs, Heart Rate, Workout Profile
Secondary Data Display	No	No	Yes	Yes	No	No	No
User-defined Multi-language Display	Accessible only through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Polish	Accessible only through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese (s), Chinese (t), Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese (s), Chinese (t), Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish	English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish, Russian, Danish	Accessible only through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Polish	Accessible only through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish
Resistance Range	1-30	1-20	1-30	1-30	1-30	1-30	1-20
Workouts	Manual, Rolling, Interval Training, Fat Burn, Random, Fitness Test, Target HR, Constant Watts	Manual, Interval+ (Hill Interval, Random Interval), Goal+ (Time Goal, Distance Goal, Calories Goal), Multi FX+ (Constant Watts, Random), Heart Rate+ (Target HR, Weight Loss), Fitness Test	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Time Goal, Calorie Goal, Distance Goal, Sprint 8, Virtual Active	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Time Goal, Calorie Goal, Distance Goal, Sprint 8	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Random	Manual, Interval+ (Hill Interval, Random Interval), Goal+ (Time Goal, Distance Goal, Calories Goal), Multi FX+ (Constant Watts, Random), Heart Rate+ (Target HR, Weight Loss), Fitness Test
CSAFE Ready-FitLinux Certified	Yes	Yes	Yes	Yes	Yes	Yes	Yes
IPTV Compatible	No	No	Yes	Yes	No	No	No
Pro-Idiom Compatible	Optional - add-on TV	No	Yes	Yes	Optional - add-on TV	Optional - add-on TV	No
FitTouch™ Technology	No	No	Yes	Yes	No	No	No
Instant On Technology	Yes	No	Yes	Yes	Yes	Yes	Yes
One-button Start	Yes	Yes	Yes	Yes	Yes	Yes	Yes
On-the-fly Program Change	Yes	No	Yes	Yes	Yes	Yes	Yes
Integrated Vista Clear™ Television Technology	No	Yes	Yes	Yes	No	No	No
FITCONNEXION™ Ready	Yes	Yes	No	No	Yes	Yes	Yes
WiFi Enabled	Optional	No	Yes	No	Optional	Optional	No
Bluetooth Enabled	No	No	Yes	Yes	No	No	No
iPod® / iPhone® / iPad® Compatible	Charging only	No	Made for iPod, iPhone, iPad	Made for iPod, iPhone, iPad	Charging only	Charging only	No
Multimedia Playback	No	No	Compatible with most tablets and smartphones	Compatible with most tablets and smartphones	No	No	No
Personal Fan	No	No	Yes	Yes	Yes	No	No
Personal Trainer Portal Compatible	No	No	Yes	Yes	No	No	No
USB Port	Yes	No	Yes	Yes	Yes	Yes	No
Virtual Active™ Compatible	No	No	Included	Yes	No	No	No
Asset Management™ Compatible	Yes	No	Included	Yes	Yes	Yes	No
Workout Tracking Network Compatible	Yes	No	Yes	Yes	Yes	Yes	No
Web Connectivity	No	No	Custom app interface in addition to web browser	Optional	No	No	No
Facility Communication Portal/ Calendar	No	No	Programmed through Asset Management	Optional	No	No	No
RFID Compatible	No	No	Yes	Yes	Yes	No	No
Pause Function	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Reading Rack	Yes	Yes	Yes	Yes	No	Yes	Yes
RESISTANCE SYSTEM							
Resistance System	Brushless generator	Hybrid generator	Brushless generator	Brushless generator	Brushless generator	Brushless generator	Hybrid generator
TECH SPECS							
Crank Design	Three piece with integrated pullers	Three piece	Three piece with integrated pullers	Three piece with integrated pullers	Three piece with integrated pullers	Three piece with integrated pullers	Three piece
Power Requirements	Self-powered / powered 100v-240v ~ 50/60Hz AC*	Self-powered	Self-powered / powered 100v-240v ~ 50/60Hz AC	Self-powered / powered 100v-240v ~ 50/60Hz AC	Self-powered / powered 100v-240v ~ 50/60Hz AC*	Self-powered / powered 100v-240v ~ 50/60Hz AC*	Self-powered
Minimum Watts	4 powered / 7 self-powered	12 self-powered	4 powered / 10 self-powered	4 powered / 10 self-powered	4 powered / 7 self-powered	4 powered / 7 self-powered	12 self-powered
Minimum RPM	25 powered / 25 self-powered	30 self-powered	25 powered / 25 self-powered	25 powered / 25 self-powered	25 powered / 25 self-powered	25 powered / 25 self-powered	30 self-powered
Assembled Dimensions	150.3 x 65.4 x 140 cm / 59.2" x 25.7" x 55.1"	167 x 68 x 129 cm / 65.7" x 26.6" x 50.7"	130.7 x 65.4 x 153.7 cm / 51.5" x 25.7" x 60.5"	130.7 x 65.4 x 153.7 cm / 51.5" x 25.7" x 60.5"	130.7 x 65.4 x 153.7 cm / 51.5" x 25.7" x 60.5"	130.7 x 65.4 x 153.7 cm / 51.5" x 25.7" x 60.5"	105 x 65 x 131 cm / 41.4" x 25.7" x 51.5"
Max User Weight	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.
Assembled Weight	87.5 kg / 192.9 lbs.	85.3 kg / 188 lbs.	89.1 kg / 196.4 lbs.	87.8 kg / 193.5 lbs.	87.4 kg / 192.6 lbs.	86.3 kg / 190 lbs.	63.5 kg / 140 lbs.
Shipping Weight	99.7 kg / 219.8 lbs.	94.8 kg / 209 lbs.	103 kg / 227 lbs.	102 kg / 224.9 lbs.	99.8 kg / 220 lbs.	99.6 kg / 219.7 lbs.	69.9 kg / 154 lbs.
WARRANTY							
Frame	7 years	7 years	7 years	7 years	7 years	7 years	7 years
Generator	5 years	5 years	5 years	5 years	5 years	5 years	5 years
Parts & Labor	3 years	3 years*	3 years	3 years	3 years	3 years	3 years**
Wear Items (iPod® Cable, USB Port, Headphone Jack, Battery)	90 days parts	90 days parts	90 days parts	90 days parts	90 days parts	90 days parts	90 days parts

* Plug in equipment with xID workout tracking for best results.

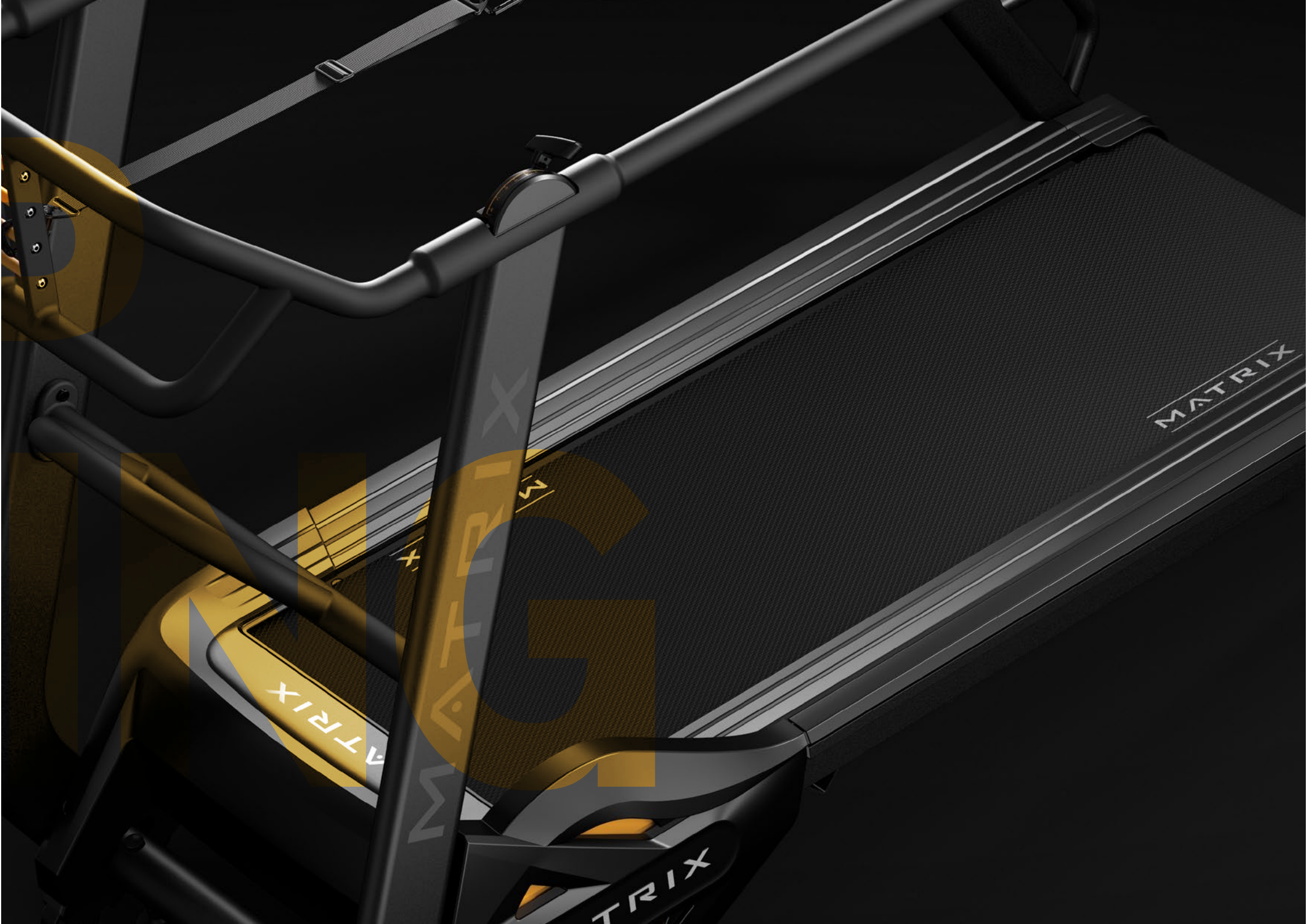
** Warranty limited to 6 hours of use or less per day.



SHATTER LIMITS TOGETHER

Add our group training solutions to your cardio floor to give members the kind of heart-pumping variety they crave. Exclusive products and programs developed by industry experts will give your members the kind of signature exercise experience that keeps them coming back for more.

Visit matrixfitness.com or see our Group Training Brochure to learn more about how group training solutions can help you differentiate your facility and drive revenue growth by earning and retaining members.



S-DRIVE™ PERFORMANCE TRAINER





S-DRIVE™ PERFORMANCE TRAINER

- Sled brake with eight settings provides a true-to-life weighted sled pushing experience
- Parachute brake with 11 settings gives users the feel of real parachute resistance
- Sled and parachute brakes can be used individually or together to vary between cardio and strength-building workouts
- Adjustable harness allows for a complete upper-body range of movement
- Built-in bar simulates sled pushing and pulling without needing the space to use a traditional sled
- 7-degree incline is ideal for building strength and explosiveness in sprint training
- Full perimeter handrails offer easy entry and exit and support during lateral movement
- Low-inertia design allows for sustained acceleration and quick deceleration, ideal for high-intensity interval training
- Heavy-duty deck stands up to the most intense workouts
- Self-powered design makes it easy to place the unit anywhere in your facility
- 19 cm / 7" step-on height offers easy access for users of all kinds

ROWER





ROWER

- Aluminum flywheel with 10 precise magnetic resistance settings offers challenge to first-time users and experienced rowers alike
- Adjustable, backlit console makes it easy to access training programs and see complete workout data
- Clearly defined quick keys provide instant access to sprinting, distance rowing and high-intensity interval training programs
- Self-powered design makes it easy to place the unit anywhere in your facility
- Ergo Form™ seat delivers a more comfortable exercise experience
- Seat lock offers enhanced stability when getting on or off the rower
- Long, reinforced handle includes a comfort-enhancing over-mold
- Can be lifted to stand vertically, minimizing footprint
- Transport wheels simplify movement within the facility
- Aluminum rail reinforced with stainless-steel strips adds lasting durability
- Low-maintenance cord and magnetic resistance system provide a smooth, quiet rowing experience

KRANKCYCLE

Johnny G Krankcycle® by Matrix

- Independent crank arms provide greater variety of movement to keep users engaged
- Ergonomically designed saddle allows easy transition between seated and standing exercise positions
- Adjustable crank-arm height encourages greater range of muscle activation
- Crank-and-flywheel assembly rotates to accommodate forward and reverse movements
- Shorter crank arms and narrow crank axis encourage speed and power training
- Wheelchair accessible when purchased without the seat
- Easily integrated into a functional circuit as an upper-body cardio station







IC7 INDOOR CYCLE | POWERED BY ICG®

- WattRate® meter accurately measures power with a margin of error of just +/- 1%
- Coach by Color® console displays both WattRate® power and heart rate with five colored zones to help users hit training targets
- 300-degree magnetic resistance adjustment lets riders quickly dial in the perfect resistance, with levels that remain consistent from bike to bike
- Self-powered flywheel generator fuels all bike electronics
- Two-stage drivetrain's 1:11 gear ratio and innovative belt technology transfer extreme levels of torque and generate an incredibly fast flywheel speed for advanced performance
- Gas-assisted seat post provides members an effortless, stepless adjustment range for optimum performance and maximum comfort
- Advanced ergo-formed handlebars deliver a comfortable ride while integrated bottle holders are sleek and durable
- Narrow 155mm Q Factor offers superior biomechanics that improve comfort and efficiency



IC5 INDOOR CYCLE | POWERED BY ICG®

- 300-degree magnetic resistance adjustment lets riders quickly dial in the perfect resistance, with levels that remain consistent from bike to bike
- Two-stage drivetrain's 1:11 gear ratio and innovative belt technology transfer extreme levels of torque and generate an incredibly fast flywheel speed for advanced performance
- Gas-assisted seat post provides members an effortless, stepless adjustment range for optimum performance and maximum comfort
- Advanced ergo-formed handlebars deliver a comfortable ride while integrated bottle holders are sleek and durable
- Narrow 155mm Q Factor offers superior biomechanics that improve comfort and efficiency



IC3 INDOOR CYCLE | POWERED BY ICG®

- Narrow 155mm Q Factor offers superior biomechanics that improve comfort and efficiency
- Belt drivetrain requires less maintenance and improves pedaling technique
- Ergo-formed handlebar with integrated bottle holder offers superior comfort
- Four-way adjustments (saddle height, saddle fore/aft, handlebar height, handlebar fore/aft) ensure a finely tuned fit for all riders
- Premium, form-fitting protection plates at high touch points minimize signs of wear and keep bikes looking new
- Dual-sided SPD pedals allow riders to wear either cycling or athletic shoes



IC2 INDOOR CYCLE | POWERED BY ICG®

- Belt drivetrain requires less maintenance and improves pedaling technique
- Aluminum posts reduce weight, improve adjustment and enhance bike durability
- 15-kg perimeter-weighted flywheel helps riders improve pedal-stroke mechanics and develop better technique
- Four-way adjustable saddle (height, fore/aft) ensure a great fit for riders
- Dual-sided SPD pedals allow riders to wear either cycling or athletic shoes
- Available with optional handlebar bottle holder

ANT+ INDOOR CYCLING COMPUTER

 | POWERED BY ICG®

- Integrates individual feedback within a group dynamic, allowing users to measure their progress and track their intensity
- Enables instructors to deliver a uniform class based on heart rate and cadence
- Delivers a personalized experience that leads to greater class participation
- Includes large display screen that is easy to view
- Compatible with the IC5, IC3, IC2 and Krankcycle



MYRIDE® VX CONSOLE

 | POWERED BY ICG®

VIRTUALLY EVERYTHING IS POSSIBLE

Select, play and control video on a big screen for group or team participation. Instructors can use apps to enhance live training sessions, and facilities can use them to schedule virtual classes online or offer classes on demand. Driving more people through the door more often has never been so simple. And for a personal touch on the cardio floor, one-to-one workout apps put the power of group exercise in your members' hands.

MYRIDE STUDIO COACH

Immersive on-screen coach workouts deliver results. Riding to world-class instruction and chart-quality music, your members will get fitter, faster and stronger – and love every minute of it. Our three different program formats appeal to all kinds of members. No matter who they are, how much time they have or what class style they prefer, we've got it covered. Available as personal or group app.

MYRIDE TOUR COACH

Terrain-focused footage from all over the world paired with chart-quality music and world-class voice-over coaching delivers fun yet fierce workouts. The exclusive, speed interactive scenery is stunning, but these are not sight-seeing tours. Your members ride it like they see it. Available as personal or group app.

MYRIDE WORLD VIEW

Your customers love your classes, but sometimes they just want to ride free of coaching, music or any distraction other than the beautiful view ahead. When your members cannot hit the road or the trail, they have World View. Available as personal app only.

MYRIDE+ LIVE

The world's first app to enhance live indoor cycling classes with forward-motion video uses ICG's pioneering Simulation, Interaction and Telepresence (SIT) teaching methods to improve a user's fitness outcome and entertainment. Reaching a fitness and cycling audience with imagery and music creates a synergy that lifts indoor cycling to new heights. Some say visualize it. Some say reference it. We say see it. Then ride it. Available as group app only.

TABATA CYCLE™ POWERED BY ICG

Optional app features an intense 4-minute sprint training protocol that pushes users to ride to their max in short bursts sequenced between strength-building and recovery segments. Available as personal or group app.



Images and specifications subject to change. Visit matrixfitness.com/en/support/warranties for latest warranty information.

FEATURES	S-Drive™ Performance Trainer
Resistance Type	Independent sled and parachute brakes
User Harness	Adjustable, connection free harness
Deck Type	Reversible silicone 2.5 cm / 1" deck
Belt Type	Habasit, 2-ply commercial grade
Running Area	152 x 51 cm / 60" x 22"
Step-on Height	17.8 cm / 7"
Incline Range	7° fixed
Speed Range	User-defined
DRIVE SYSTEM	
Drive System	Self-propelled or Self-powered
TECH SPECS	
Power Requirements	Self-powered
Assembled Dimensions (L x W x H)	195 x 88.3 x 150 cm / 76.8" x 34.8" x 59"
Max User Weight	182 kg / 400 lbs.
Assembled Weight	122.5 kg / 270 lbs.
Shipping Weight	145.2 kg / 320 lbs.
WARRANTY	
Frame	7 years
Drive Motor	N/A
Parts	3 years CAP
Labor	3 years CAP
Wear Items (user harness)	90 days parts

FEATURES	Rower
Handlebar Design	Extra-long ergo-grip handlebar
Foot Stretchers	Adjustable heel cups with easy-to-read settings
Monorail	Aluminum
CONSOLE	
Display Screen	Extra-large blue backlit LCD display
Display Readout	Time, Distance, SPM (strokes per minute), Stroke, Watts, Heart Rate, Calories, 500m Split
Programs	Manual, Interval, Challenge
Telemetric Receiver	Yes
TECHNICAL DATA	
Resistance Technology	Magnetic resistance
Resistance Levels	10
Drive System	Coil spring poly-V belt
Max User Weight	160 kg / 350 lbs.
Product Weight	55 kg / 121 lbs.
Shipping Weight	65 kg / 144 lbs.
Overall Dimensions (L x W x H)	222.9 x 80.12 x 57.7 cm / 87.8" x 31.5" x 22.7"
Power Requirement	Generator powered LCD display with battery back-up
WARRANTY	
Frame	7 years
Shrouds, Aluminum Rail, Pulleys	5 years
Parts	2 years
Wear Items (foot strap, pulley belt, console batteries, generator belt)	1 year

FEATURES	Krankcycle
Drive System	Chain drive
Frame	Steel base frame with cast iron drive frame treated with zinc oxide and polyester powder coating
TECH SPECS	
Overall Dimensions L x W x H	144 x 68 x 105 cm / 56.5" x 26.8" x 41.5"
Weight	159 kg / 350 lbs.
Max User Weight	57 kg / 142.4 lbs.
WARRANTY	
Frame	5 years
Cranks, Brackets, Flywheel	2 years
Bearings, Tension Knob Assembly	1 year
Wear Items (brake pad, water bottle holder)	90 days parts
Labor	1 year

FEATURES	Myride VX
Operating System	44 cm / 17.3" capacitive touchscreen HD LCD
Computer / OS	Linux Ubuntu Intel Atom, ION2, 500 GB HDD, 2GB RAM
Aspect Ratio	16:9
Video Resolution	1280 x 720
Internet Connectivity	Wired
TV Coax	Yes
USB 2.0	Yes
HDMI	Ready
Audio Port	3.5mm input/output
TECH SPECS	
Assembled Dimensions	86 x 56 x 150 cm / 34" x 22" x 59"
Assembled Weight	42 kg / 92.5 lbs.
Power Requirements	110-220v AC input
WARRANTY	
Parts	3 years, except wear items (headphone jack, USB port)

Images and specifications subject to change. Visit matrixfitness.com/en/support/warranties for latest warranty information.

FEATURES	IC7	IC5	IC3	IC2
WattRate® Power Meter (Watts)	Yes; +/- 1% tolerance, direct at spindle	No	No	No
Console	Integrated Coach By Color® training console	ANT+ console (optional)	ANT+ console (optional)	ANT+ console (optional)
Power Supply	Self-powered generator	Batteries	Batteries	Batteries
Resistance System	Magnetic	Magnetic	Friction	Friction
Emergency Stop	Push	Push	Pull	Push
Flywheel (Net Weight)	Rear aluminum evenly weighted	Rear aluminum evenly weighted	Front steel 18 kg / 40 lb, perimeter-weighted	Front steel 15 kg / 33 lb, perimeter-weighted
Adjustment Type	Over-cam low pressure flip levers	Over-cam low pressure flip levers	Dials and levers	Dials and levers
Posts & Sliders	Aluminum; gas-assisted	Aluminum; gas-assisted	Aluminum	Aluminum
Saddle	Unisex performance saddle	Unisex performance saddle	Unisex performance saddle	Unisex performance saddle
Saddle Adjustments	Vertical and horizontal	Vertical and horizontal	Vertical and horizontal	Vertical and horizontal
Handlebar	Advanced ergo-formed, multi-position, soft PVC	Advanced ergo-formed, multi-position, soft PVC	Ergo-formed, multi-position, soft PVC	Multi-position, PVC
Handlebar Adjustments	Vertical and horizontal	Vertical and horizontal	Vertical and horizontal	Vertical
Water Bottle Holder	Dual, integrated on handlebar	Dual, integrated on handlebar	Dual, integrated on handlebar	Single, on frame
DRIVE SYSTEM				
Drivetrain	2-stage hybrid Poly-V & tooth belt	2-stage hybrid Poly-V & tooth belt	Poly-V belt	Poly-V belt
Drivetrain Gear Ratio	1:11	1:11	1:3	1:3
FRAME				
Q Factor	155 mm / 6.1"	155 mm / 6.1"	155 mm / 6.1"	173 mm / 6.8"
Pedal Type	Dual-sided SPD & toe cage	Dual-sided SPD & toe cage	Dual-sided SPD & toe cage	Dual-sided SPD & toe cage
Frame Color	Matte slate	Matte slate	Matte slate	Matte slate
Frame Material	Steel	Steel	Steel	Steel
Frame Design	Off-set	Off-set	Parallel	Parallel
Shrouds & Guards	Full frame	Full frame	Drivetrain and resistance technology	Drivetrain and resistance technology
Protection & Stretch Plates	Molded form-fit with stretch plate	Molded form-fit with stretch plate	Molded form-fit with stretch plate	Optional
TECH SPECS				
Max User Weight	150 kg / 330 lbs.	150 kg / 330 lbs.	130 kg / 287 lbs.	130 kg / 287 lbs.
Assembled Weight	54 kg / 119 lbs.	52 kg / 115 lbs.	57 kg / 126 lbs.	48 kg / 106 lbs.
Assembled Dimensions	132 x 52 x 102 cm / 52" x 20.5" x 40.2"	132 x 52 x 102 cm / 52" x 20.5" x 40.2"	120 x 52 x 110 cm / 47.2" x 20.5" x 43.3"	120 x 53 x 110 cm / 47.2" x 20.9" x 43.3"
WARRANTY				
Frame	5 Years	5 Years	5 Years	5 Years
Powder Coating, Handlebar and Seat Post Assembly (aluminum parts and PVC coating), Dual Belt Drive System, Intermediate Drive Sensor, Bottom Bracket Assembly, Flywheel and Hub Assembly, Cranks	3 years	3 years	3 years	3 years
Pedals, Bowden Cables, Brake Adjustment, E-brake Activation Cable, Brake System, Gas Dampers, Flip Lever Assemblies, Insert Sleeves for Handlebars and Seat Post, Leveling Feet	2 years	2 years	2 years	2 years
Saddle Construction (stitching and saddle deck not included), IC7 Electronics (console, cable harness, PCBs and sensors, generator)	1 year	1 year	1 year	1 year
Labor	1 year	1 year	1 year	1 year
Shroud and top covers, IC7 LiPo battery	6 Months	6 Months	6 Months	6 Months

* The following wear items are excluded from warranty: pedal straps, pedal binding system.



MATRIX

About Matrix Fitness

Matrix is a brand of Johnson Health Tech (JHT). JHT has been producing premium fitness equipment since 1975 and is among the fastest-growing manufacturers of fitness equipment in the world. It has earned both ISO 9002 and 9001 certifications. A truly global company with 24 subsidiaries worldwide, JHT has the intellectual resources necessary to produce the most technologically advanced equipment on the market and the economies of scale needed to deliver the best value possible.





SF

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