

MATRIX

XIR XER XR





XR CONSOLE DESCRIPTION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) **LCD DISPLAY WINDOW:** Displays workout feedback, program profile and more.
- B) **GO/PAUSE ■||:** Press to start, pause or resume your workout.
- C) **STOP ■:** Press to stop your workout. Press and hold for 3 seconds to reset console.
- D) **ENTER ✓:** Confirm each program setting. Press to change display feedback during workout. Press and hold to scan.
- E) **ARROWS ↓ ↑:** used to adjust program settings.
- F) **NUMBER KEYPAD:** Used to enter xID login, to enter program data during program setup and to adjust speed / resistance level during workout. Press ✓ to confirm setting.
- G) **BACK ←:** Go to previous program setting.
- H) **WI-FI CONNECT & SYNC:** Press to connect your wireless internet connection. See BEFORE YOU BEGIN section for more info.
- I) **PASSPORT CONNECT & SYNC:** Press to connect your Passport box for Virtual Active programming. Passport Player is sold at your Retailer or at www.passportplayer.com
- J) **ENERGY SAVER LIGHT:** Indicates if machine is in energy saver mode. Press any key to wake up the machine.
- K) **READING RACK:** Holds reading material or electronic device.



XR DISPLAY DESCRIPTION

- A) **TIME:** Is always shown in the larger central portion of the display. Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- B) **INCLINE:** Shown as percent. Indicates the incline of your walking or running surface (Treadmills and Ascents only).
- C) **DISTANCE:** Shown as Miles or Kilometers* based on your default setting. Indicates distance traveled or distance remaining during your workout.
- D) **SPEED:** Shown as MPH or KPH* based on your default setting. Indicates how fast the footpads/pedals are moving.
- E) **CALORIES:** Total calories burned or calories remaining to burn during your workout.
- F) **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate (when wearing a wireless heart rate strap or when contact is made with both pulse grips).
- G) **RESISTANCE (RES):** Shows the current resistance level (Bikes, Ellipticals, Ascents only).
- H) **RPM:** Revolutions Per Minute (Bikes, Ellipticals, Ascents only).
- I) **WATTS:** Displays current user power output (Bikes, Ellipticals, Ascents only).
- J) **PACE:** Indicates how many minutes it takes to complete a mile based on your current speed (Treadmills only).
- K) **PROGRAM PROFILE:** The dot matrix will show the program profile as you progress through your workout. Profile represents incline, resistance or speed (depending on model type and workout type).
- L) **PASSPORT:** Indicates Passport box connection is present.
- M) **WI-FI:** Indicates wireless connection is present and the strength (low, medium, high). Flashes when Wi-Fi is trying to connect.

* Default is set during console install. If logged in with xID, the default is set by user profile.

BEFORE YOU BEGIN

INITIAL SETUP

When you power on the console for the first time you will be prompted to perform initial setup.

Plug in the power cord and turn the equipment ON (Note: Some equipment does not have a power switch). TREADMILLS ONLY: Insert the safety key into the safety keyhole.

- 1) Select your language and touch ✓ to confirm.
- 2) Select your frame model number and touch ✓ to confirm.
- 3) Select metric / standard and touch ✓ to confirm.



XR

ENGLISH

BEFORE YOU BEGIN

SET UP XID ACCOUNT FOR VIEWFIT CONNECTIVITY

Connect to VIEWFIT and discover a powerful new way to get more results from your workouts, your tracking and your social networking.

Up to four users can be saved on a machine. This process is the first step in connecting your equipment. It must be done from a computer, tablet, or mobile device that is connected to the internet.

- 1) Visit the web site: www.viewfit.eu to create an account and connect your console to home wireless network.
- 2) Click on **Connect Your Equipment**.
- 3) **Sign In** if you already have an xID account or **Create an Account** by entering in your information.
- 4) Continue to follow the online instructions to complete the process of connecting your console to your home wireless network.
- 5) Manage the console user accounts from your Account Profile at www.viewfit.eu

Congratulations! You are now connected and ready to get started.

PASSPORT MEDIA PLAYER

The Passport player, featuring Virtual Active™ technology, is a high-definition experience that uses real destination footage and matching ambient sounds from stunning destinations around the world. The ultimate in workout entertainment, Passport lets you escape the confines of a regular workout routine while enjoying a dynamic experience.

A Passport player is available for purchase separately from your Matrix Retailer. Additional courses are available from your Matrix Retailer.

For more information, go to: www.passportplayer.com

SYNCING CONSOLE WITH PASSPORT

- 1) Use the arrow keys on the Passport remote to scroll to the setup icon and press select.
- 2) Follow the on-screen prompts to press  on the equipment console.
- 3) The  icon (L) will flash while connecting and remain steady once it has synced successfully.

NOTE: See PASSPORT OWNER'S MANUAL for more information.

GETTING STARTED

- 1) Check to make sure no objects are nearby that will hinder the movement of the equipment.
- 2) Plug in the power cord and turn the equipment ON (Note: Some equipment does not have a power switch).

TREADMILLS ONLY:

- 3) Stand on the side rails of the treadmill.
- 4) Attach the safety key clip to part of your clothing making sure that it is secure and will not become detached during operation.
- 5) Insert the safety key into the safety keyhole.

ALL MODELS:

- 6) Select User 1-4 that you linked your xID to in your user profile.
- 7) If prompted, enter your Passcode using the keypad then press .
- 8) You are now logged into your xID.

A) QUICK START UP

Simply press  to begin working out.
Time, distance, and calories will all count up from zero. OR...

B) SELECT A PROGRAM

- 1) Select a PROGRAM using   and press .
- 2) Set workout program information using   and press  after each selection. Press  to go back a step in the setup.
- 3) Press  to begin workout.

FINISHING YOUR WORKOUT

When your workout is complete, the display will flash "WORKOUT COMPLETE" and beep. Your workout information will stay displayed on the console for 30 seconds and then reset.

TO RESET THE CONSOLE

Hold  for 3 seconds.



XIR SHOWN

XER/XIR CONSOLE DESCRIPTION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

The XER and XIR has a fully integrated touch screen display. All information required for workouts is explained on screen. Exploration of the interface is highly encouraged.

- A) **GO**: Press to begin a quick start program.
- B) **PROGRAM BUTTONS**: Press to select from a number of preset programs.
- C) **USER MENU**: Select an existing User, Guest or Add User.
- D) **USER SETUP**: Allows you to edit User Information.
- E) **SETTINGS MENU**: Access to Volume Controls, Bluetooth Pairing, Wi-Fi Setup, Sync Passport, Machine defaults and more.
- F) **HEADPHONE JACK**: Plug your headphones into the console to use them instead of the console speakers.
- G) **AUDIO IN**: Plug your media player into the console using the included audio adaptor cable.
- H) **ENERGY SAVER LIGHT**: Indicates if machine is in energy saver mode. Press any key to wake up the machine.
- I) **USB PORT**: Access media from compatible devices, charging devices* and for software updates.
- J) **SPEAKERS**: Audio plays through the speakers.
- K) **READING RACK**: Holds reading material or electronic device.

* Will not charge USB devices that draw more than 1 amp.



XER
XIR

ENGLISH



XER
XIR

ENGLISH

BEFORE YOU BEGIN

INITIAL SETUP

When you power on the console for the first time you will be prompted to perform initial setup.

- 1) Select your language and touch → to confirm.

CONNECT WI-FI

- 2) Choose from the available wireless networks detected and shown on screen. If you do not see your network, you can add it manually via the OTHER option. If you do not want to set up Wi-Fi at this time, touch →.
- 3) Use the keyboard to enter your Wi-Fi network password. Touch ✓ to confirm.
- 4) Wi-Fi connection status and signal strength will be indicated by the symbol in the upper right corner of the display.

MODEL SETUP

- 5) Select your frame model number and touch → to confirm.

DATE AND TIME SETUP

- 6) If the console has been connected to Wi-Fi, it will detect your location and fill in time and date info automatically.
- 7) Change any time and date settings as desired and touch → to confirm.

SET UP XID ACCOUNT FOR VIEWFIT CONNECTIVITY

Creating an xID account will allow you to save and share workout data online at www.viewfit.eu

Create and save up to four xID accounts directly from the console.

- 1) If you already have an xID, touch **Log In**. To continue without creating an xID touch **Skip xID**.
- 2) Enter your phone number or another easy-to-remember 10-14 digit number. This will be your xID. Touch → to confirm.
- 3) Create an easy to remember 4-digit passcode. Touch → to confirm.
- 4) Enter your email address. This must be a unique email address. Touch → to confirm.
- 5) Fill in your profile information to finish the xID account set up process. Touch → to confirm.
- 6) Confirm your information and select the **I accept the terms and conditions** box to review the Terms and Conditions. Touch ✓ to complete xID setup.
- 7) Check the **Share Information** box to share your workouts to the VIEWFIT community.



GETTING STARTED

- 1) Touch **GO** to begin working out immediately. Or...
- 2) Touch the **WORKOUT CATEGORY** button of your choice.

TREADMILLS ONLY:

- 3) Stand on the side rails of the treadmill.
- 4) Attach the safety key clip to part of your clothing making sure that it is secure and will not become detached during operation.
- 5) Insert the safety key into the safety keyhole.



PROGRAM SETUP

- 3) After selecting a **WORKOUT CATEGORY** button, select one of the **PROGRAMS** listed to the left.
 - For more information on a selected program, touch .
 - Use the **SLIDER CONTROLS** to adjust your program settings.
 - Touch to open a keypad to enter numbers.
 - Touch to return to the **GO SCREEN**.
- 4) Touch **GO** to begin your workout.

FINISHING YOUR WORKOUT

When your workout is complete, your workout information will continue to display on the console for 2 minutes and then is automatically saved to VIEWFIT if xID Terms and Conditions were accepted and you are logged in.



HOMESCREEN

- Touch to change **WORKOUT FEEDBACK** displays at the bottom of the screen.
- While using an app, touch to go back to the home screen.
- Touch to adjust **VOLUME**, pair a **BLUETOOTH** device or to change **AUDIO SOURCE** (Netflix, My Media, Virtual Active, etc.).
- Touch to increase or decrease the resistance level, speed or incline.
- Touch to use the keypad to set resistance level, speed or incline. Press to confirm change.
- Touch to change resistance level, speed or incline back to previous setting.
- Touch to temporarily pause your workout and touch to resume. While paused, touch to end workout.
- Touch to increase or decrease the duration of your workout or workout goal.
- Touch to enter cool down mode. Cool down lasts for five minutes while reducing the workout intensity, allowing your body to recover from your workout.
- Touch to lock the screen. Touch it again to unlock the screen and allow screen touches.



XER
XIR

ENGLISH

APPS AND ENTERTAINMENT

	SIMPLE Workout stats are displayed in 3 customizable windows.
	TRACK Displays a 400 m (1/4 mile) track. Split feature allows you to keep track of your fastest laps and improve your time.
	VIRTUAL ACTIVE Your workout info is displayed and Virtual Active courses are shown. With Virtual Active, escape the confines of an ordinary workout as you travel through exotic destinations.
	TARGET HEART RATE Displays workout info while using a Target Heart Rate program.
	CONSTANT WATTS Displays workout info while using a Constant Watts program.
	SPRINT 8 Displays workout info while using a Sprint 8 program.
	CHANGE WORKOUT Select a different workout without stopping your current workout.
	MY MEDIA (XIR ONLY) Connect and control audio and video files on-screen via USB port or Bluetooth.

* Availability of apps are subject to change. Some apps are not available in all areas. Additional apps may become available. Workouts and features vary based on model type, console configurations, software versions and options purchased.

	WEB BROWSER (XIR ONLY) Access the world wide web while you work out.
	WEATHER Get local or worldwide weather forecasts and more.
	YOUTUBE Browse and watch YouTube videos while you work out.
	FACEBOOK Access Facebook while you work out. Facebook account required.
	TWITTER Access Twitter while you work out. Twitter account required.
	NETFLIX Browse and watch Netflix videos while you work out. Netflix account required to access content.
	HULU Browse and watch Hulu videos while you work out. Hulu account required to access content.
	MYFITNESSPAL Lose weight with MyFitnessPal, the fastest and easiest to use nutrition app.

WIRELESS REQUIREMENTS: 802.11b/g/n in 2.4 GHz range, minimum speed 3 Mbps (5 Mbps for streaming in High Definition).

BLUETOOTH (XER AND XIR ONLY)*

The XIR console can connect via Bluetooth to one device per category:

- Media Players (XIR only, includes Phones, Tablet and MP3 players)
- Speakers / Headphones
- Heart Rate Monitors

TO CONNECT YOUR COMPATIBLE DEVICE:

- 1) **BLUETOOTH PAIRING**  can be accessed from the **SETTINGS MENU** .
- 2) Enable Bluetooth on your device and make sure it is discoverable.
- 3) Touch the appropriate category from the list. The Bluetooth device should appear to the right after a few seconds.
- 4) Touch the device name and follow the onscreen prompts to pair the device. Once paired, the Bluetooth icon  will be highlighted and appear in the top right corner of the menu bar.
- 5) Connected Phone/Tablet/MP3 players can stream audio in the **MY MEDIA APP**.

USB AUDIO/VIDEO (XER AND XIR ONLY)

The XIR console can stream media in the **MY MEDIA APP** via USB. Supported devices include USB flash drives, Windows phones/tablets, and Android phones/tablets.

The media types supported are:

Audio

- AAC (.3GP, .MP4, .M4A, .AAC)
- MP3 (.MP3)
- Wave (.WAV)

Video

- H.263 (.3GP, .MP4)
- H.264 (.MP4, .MOV)

TO PLAY MEDIA DURING YOUR WORKOUT:

- 1) Unlock and connect your device to the USB port  located beneath the display.
- 2) Open the **MY MEDIA APP** and select the USB device name from the Media Source list.
- 3) Select the Audio or Video tab at the top to access your files and play your media.

* Not all Bluetooth protocols are compatible.

PASSPORT MEDIA PLAYER

The Passport player, featuring Virtual Active™ technology, is a high-definition experience that uses real destination footage and matching ambient sounds from stunning destinations around the world. The ultimate in workout entertainment, Passport lets you escape the confines of a regular workout routine while enjoying a dynamic experience.

A Passport player is available for purchase separately from your Matrix Retailer. Additional courses are available from your Matrix Retailer.

For more information, go to: www.passportplayer.com

SYNCING CONSOLE WITH PASSPORT

- 1) Use the arrow keys on the Passport remote to scroll to the setup icon and press select.
- 2) Follow the on-screen prompts and when prompted, return to the console and open the **SETTINGS MENU**  and touch **PASSPORT SYNC** .
- 3) When the passport sync is complete, the passport icon  will appear in the top right corner of the menu bar.

NOTE: See PASSPORT OWNER'S MANUAL for more information.

AUDIO IN/OUT

You can play audio through the console speakers by connecting a device to the audio in jack  located beneath the display. Plug your headphones into the audio out jack  to use them instead of the console speakers.



AVAILABLE PROGRAMS

MODEL	TREADMILL			ASCENT			ELLIPTICAL			BIKE		
CONSOLE	XR	XER	XIR	XR	XER	XIR	XR	XER	XIR	XR	XER	XIR
TRAINING PROGRAMS												
Manual	•	•	•	•	•	•	•	•	•	•	•	•
Fat Burn (A30, E30, R30, U30)				•	•	•	•	•	•	•	•	•
Rolling Hills	•	•	•						•			•
Intervals (Resistance)				•	•	•	•	•	•	•	•	•
Intervals (Incline)	•	•	•									
Constant Watts (A50, E50, R50, U50)				•	•	•	•	•	•	•	•	•
Glutes						•						
GOALS PROGRAMS												
Time		•	•		•	•		•	•		•	•
Distance		•	•		•	•		•	•		•	•
Calorie		•	•		•	•		•	•		•	•
TARGET HEART RATE PROGRAMS												
Incline			•									
Speed	•	•	•									
Resistance				•	•	•	•	•	•	•	•	•
SPRINT 8 PROGRAM												
	•	•	•	•	•	•	•	•	•	•	•	•
VIRTUAL ACTIVE PROGRAM												
		•	•		•	•		•	•		•	•

PROGRAM DESCRIPTIONS

TRAINING PROGRAMS	
Manual	A workout that allows you to manually adjust the machine at anytime.
Fat Burn	Promotes weight loss by increasing and decreasing the incline, while keeping you in your fat burning zone.
Rolling Hills	A level based workout that automatically adjusts the incline or resistance to simulate going up or down hills.
Intervals (Resistance)	A level based workout that automatically adjusts the resistance at regular intervals.
Intervals (Incline)	A level based workout that will automatically adjust the incline value at regular intervals.
Constant Watts	Automatically adjusts the resistance to maintain the set Watt value.
Glutes	This program was designed to increase your range of motion and target the thighs and glutes. By varying a high incline throughout the workout you can engage significant glute recruitment.
GOALS PROGRAMS	
Time	A workout that allows you to select a workout length that fits within your training routine.
Distance	A workout that allows you to select a specific distance you would like to travel during your workout. Increasing the distance goal of the workout will increase the duration of the workout based on your speed.
Calorie	A workout that allows you to select a specific number of calories you would like to burn during your workout. Increasing the calorie goal of the workout will increase the duration of the workout based on your speed.
TARGET HEART RATE PROGRAMS (HEART RATE STRAP IS RECOMMENDED)	
Incline	Automatically adjusts incline to bring you within 5 beats of your set % of maximum heart rate.
Speed	XER/XIR: Automatically adjusts speed to bring you within 5 beats of your set % of maximum heart rate. XR: Automatically adjusts speed to maintain your target heart rate.
Resistance	XER/XIR: Automatically adjusts resistance to bring you within 5 beats of your set % of maximum heart rate. XR: Automatically adjusts resistance to maintain your target heart rate.
SPRINT 8 PROGRAM	
The SPRINT 8 program is an anaerobic High Intensity Interval Training program designed to build muscle, improve speed, and naturally increase the release of Human Growth Hormone (HGH) in your body.	
VIRTUAL ACTIVE PROGRAM	
Uses real destination footage from stunning destinations around the world. The ultimate in workout entertainment, Virtual Active lets you escape the confines of a regular workout routine while enjoying a dynamic experience.	



PROGRAMS CHARTS

FAT BURN - A30, E30, R30, U30

LEVEL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
SEGMENT	RESISTANCE																			
1	1	1	3	3	4	4	5	5	6	6	8	8	9	9	10	10	11	11	13	14
2	4	4	5	6	6	8	8	9	9	10	10	11	11	13	13	14	14	15	16	19
3	6	8	8	9	9	10	10	11	11	13	13	14	14	15	15	16	16	18	19	20
4	6	8	8	9	9	10	10	11	11	13	13	14	14	15	15	16	16	18	19	20
5	6	8	8	9	9	10	10	11	11	13	13	14	14	15	15	16	16	18	19	20
6	6	8	8	9	9	10	10	11	11	13	13	14	14	15	15	16	16	18	19	20
7	6	8	8	9	9	10	10	11	11	13	13	14	14	15	15	16	16	18	19	20
8	6	8	8	9	9	10	10	11	11	13	13	14	14	15	15	16	16	18	19	20
9	6	8	8	9	9	10	10	11	11	13	13	14	14	15	15	16	16	18	19	20
10	6	8	8	9	9	10	10	11	11	13	13	14	14	15	15	16	16	18	19	20
11	6	8	8	9	9	10	10	11	11	13	13	14	14	15	15	16	16	18	19	20
12	6	8	8	9	9	10	10	11	11	13	13	14	14	15	15	16	16	18	19	20
13	6	8	8	9	9	10	10	11	11	13	13	14	14	15	15	16	16	18	19	20
14	6	8	8	9	9	10	10	11	11	13	13	14	14	15	15	16	16	18	19	20
15	4	4	5	6	6	8	8	9	9	10	10	11	11	13	13	14	14	15	15	19
16	1	1	3	3	4	4	5	5	6	6	8	8	9	9	10	10	11	11	13	14

Segment = workout time / 16

ROLLING HILLS - E30, R30, U30

LEVEL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
SEGMENT	RESISTANCE																			
1	1	1	1	2	2	2	3	3	4	4	5	5	6	7	7	8	9	11	11	12
2	1	2	2	3	3	3	4	5	5	6	6	7	8	9	11	11	12	13	15	
3	2	2	3	4	4	4	4	5	6	7	8	9	11	11	12	13	14	15	16	
4	2	3	3	4	4	5	5	6	7	8	9	10	12	12	13	14	15	16	17	
5	3	4	4	4	5	6	6	7	8	9	10	11	12	13	15	15	16	17	18	19
6	3	4	4	4	5	6	7	8	9	11	11	12	13	14	15	16	17	18	19	20
7	3	4	4	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	
8	2	3	3	4	4	5	5	6	7	8	9	11	11	12	13	15	15	16	17	
9	2	2	3	3	3	4	4	4	5	6	7	8	9	11	12	13	14	15		
10	1	2	2	2	3	3	4	4	4	5	5	6	8	8	11	12	13	14	15	
11	2	2	3	4	4	5	5	5	7	7	8	9	11	11	12	13	15	16	17	
12	3	4	4	4	5	6	6	7	8	9	10	11	12	13	15	16	17	18	19	
13	3	4	4	4	5	6	7	8	9	11	11	12	13	15	16	17	19	19	20	
14	3	4	4	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	
15	2	3	3	4	4	5	5	7	7	8	9	11	11	12	13	15	15	16	17	
16	1	1	1	1	2	2	2	3	3	4	4	5	7	7	8	9	10	11	12	

Segment = workout time / 16

ROLLING HILLS - E50, R50, U50

LEVEL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
SEGMENT	RESISTANCE																			
1	1	1	1	1	4	4	4	5	5	6	6	6	7	7	10	11	11	12	13	16
2	1	4	4	4	5	5	5	6	7	7	10	11	12	13	17	17	18	19	22	24
3	4	4	5	6	6	6	6	6	7	7	10	11	12	13	16	17	18	19	22	24
4	4	5	5	6	6	7	7	7	10	11	12	13	16	17	18	19	22	24	24	26
5	5	6	6	6	7	7	10	11	12	14	16	17	18	20	22	23	24	25	28	29
6	5	6	6	7	7	10	11	12	14	16	17	18	20	22	23	24	25	28	29	30
7	5	6	6	6	7	10	10	11	12	13	16	17	18	20	22	23	24	25	28	29
8	4	5	5	6	6	7	7	7	10	11	12	14	16	17	18	19	22	24	24	25
9	4	4	5	5	5	6	6	6	7	10	11	12	13	16	17	18	19	22	23	
10	1	4	4	4	5	5	6	6	6	7	7	10	10	12	16	17	18	19	22	23
11	4	5	5	6	6	7	7	7	10	11	12	13	16	17	18	19	22	23	24	25
12	5	6	6	6	7	10	10	11	12	14	16	17	18	19	22	23	24	25	28	29
13	6	6	6	7	7	10	11	12	14	16	17	18	20	22	23	24	25	29	30	
14	6	6	6	6	7	10	10	11	12	13	16	17	18	20	22	23	24	25	28	29
15	4	5	5	6	6	7	7	7	10	11	12	13	16	17	18	19	22	23	24	25
16	1	1	1	4	4	4	5	5	6	6	6	7	10	11	11	12	13	16	17	18

Segment = workout time / 16

ROLLING HILLS - TREADMILLS

LEVEL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
SEGMENT	INCLINE																			
1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	1	1	1	1	1	1	1	1.5	1.5	1.5	1.5	1.5
3	0.5	1	1	1	1	1	1	1.5	1.5	1.5	2	2	2	2	2.5	2.5	2.5	3	3	3.5
4	1	1	1.5	1.5	1.5	2	2	2	2.5	2.5	3	3	3.5	3.5	3.5	4	4	4.5	4.5	5
5	1.5	1.5	2	2	2	2.5	2.5	3	3	3.5	4	4	4.5	4.5	5	5.5	5.5	6	6	6.5
6	0.5	1	1	1	1	1	1.5	1.5	1.5	2	2	2	2.5	2.5	2.5	3	3	3	3.5	
7	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
8	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	1	1	1	1	1	1	1.5	1.5	1.5	1.5	1.5	
9	1.5	2	2	2.5	3	3	3.5	3.5	4	4.5	5	5.5	5.5	6	6	6.5	7	7	8	8.5
10	2.5	3	3.5	4	4.5	5	5.5	6	6	7	8	8.5	9	9.5	10	10.5	11	11	12	12.5
11	3	3.5	4	4.5	5	5.5	6	6.5	7	8	9	9.5	10	10.5	11	12	12.5	13	14	15
12	2.5	2.5	3	3.5	4	4.5	4.5	5	5.5	6	7	7.5	8	8	8.5	9.5	9.5	10	11	11.5
13	1	1	1.5	1.5	1.5	2	2	2	2.5	2.5	3	3	3.5	3.5	4	4	4.5	4.5	5	
14	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
15	1	1	1.5	1.5	1.5	2	2	2	2.5	2.5	3	3	3.5	3.5	4	4	4.5	4.5	5	
16	1.5	1.5	2	2	2	2.5	2.5	3	3	3.5	4	4	4.5	4.5	5	5.5	5.5	6	6	6.5

Segment = workout time / 16

INTERVALS (RESISTANCE) - A50, E50, R50, U50

LEVEL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
SEGMENT	I	R	I	R	I	R	I	R	I	R	I	R	I	R	I	R	I	R	I	R
1	0	1	25	1	25	2	25	3	25	3	25	4	25	4	25	5	25	5	25	6
2	0	4	25	5	25	5	25	5	30	6	30	6	30	6	30	6	35	7	35	7
3	0	1	15	1	20	4	20	4	20	4	25	5	25	5	30	6	30	6	30	6
4	0	5	25	5	30	6	30	6	30	6	35	7	35	7	40	10	40	10	40	10
5	0	1	15	1	20	4	20	4	25	5	25	5	30	6	30	6	35	7	35	7
6	0	5	30	6	30	6	35	7	35	7	40	10	40	10	40	10	45	11	45	11
7	0	1	20	4	20	4	25	5	30	6	30	6	30	6	35	7	35	7	40	10
8	0	8	30	6	35	7	40	10	45	11	50	12	50	12	55	14	55	14	60	15
9	0	1	25	4	25	5	30	6	30	6	35	7	35	7	40	10	40	10	40	10
10	0	8	30	6	35	7	40	10	45	11	50	12	50	12	55	14	55	14	60	15
11	0	1	20	4	25	5	30	6	30	6	35	7	35	7	40	10	40	10	40	10
12	0	8	30	6	35	7	40	10	45	11	50	12	50	12	55	14	55	14	60	15
13	0	1	20	4	25	5	30	6	30	6	35	7	35	7	40	10	40	10	40	10
14	0	8	30	6	35	7	40	10	45	11	50	12	50	12	55	14	55	14	60	15
15	0	1	25	1	25	2	25	3	25	3	25	4	25	4	25	5	25	5	25	6



PROGRAMS CHARTS

ENGLISH

SPRINT 8 - TREADMILLS

	SEGMENT	WARM UP	1												COOL DOWN
			3:00	1:30	1:30	1:30	1:30	1:30	1:30	1:30	1:30	1:30	1:30	2:30	
Level 1	MPH	0.5	3.2	1.5	3.2	1.5	3.5	1.5	3.7	1.5	3.7	1.5	3.7	1.5	
	Incline	0.0	3.0	0.0	3.0	0.0	3.0	0.0	3.0	0.0	3.0	0.0	3.0	0.0	
Level 2	MPH	0.5	3.7	1.5	3.7	1.5	4.0	1.5	4.2	1.5	4.2	1.5	4.2	1.5	
	Incline	0.0	3.0	0.0	3.0	0.0	3.0	0.0	3.0	0.0	3.0	0.0	3.0	0.0	
Level 3	MPH	0.5	4.2	1.5	4.2	1.5	4.4	1.5	4.6	1.5	4.6	1.5	4.6	1.5	
	Incline	0.0	3.0	0.0	3.0	0.0	3.0	0.0	3.0	0.0	3.0	0.0	3.0	0.0	
Level 4	MPH	0.5	4.6	1.5	4.6	1.5	4.8	1.5	5.0	1.5	5.0	1.5	5.0	1.5	
	Incline	0.0	3.0	0.0	3.0	0.0	3.0	0.0	3.0	0.0	3.0	0.0	3.0	0.0	
Level 5	MPH	0.5	4.9	1.5	4.9	1.5	5.1	1.5	5.3	1.5	5.3	1.5	5.3	1.5	
	Incline	0.0	3.0	0.0	3.0	0.0	3.0	0.0	3.0	0.0	3.0	0.0	3.0	0.0	
Level 6	MPH	0.5	5.3	2.0	5.3	2.0	5.5	2.0	5.8	2.0	5.8	2.0	5.8	2.0	
	Incline	0.0	4.0	0.0	4.0	0.0	4.0	0.0	4.0	0.0	4.0	0.0	4.0	0.0	
Level 7	MPH	0.5	5.8	2.0	5.8	2.0	6.0	2.0	6.3	2.0	6.3	2.0	6.3	2.0	
	Incline	0.0	4.0	0.0	4.0	0.0	4.0	0.0	4.0	0.0	4.0	0.0	4.0	0.0	
Level 8	MPH	0.5	6.0	2.0	6.0	2.0	6.3	2.0	6.5	2.0	6.5	2.0	6.5	2.0	
	Incline	0.0	4.0	0.0	4.0	0.0	4.0	0.0	4.0	0.0	4.0	0.0	4.0	0.0	
Level 9	MPH	0.5	6.5	2.0	6.5	2.0	6.7	2.0	7.0	2.0	7.0	2.0	7.0	2.0	
	Incline	0.0	4.0	0.0	4.0	0.0	4.0	0.0	4.0	0.0	4.0	0.0	4.0	0.0	
Level 10	MPH	0.5	7.0	2.5	7.0	2.5	7.2	2.5	7.5	2.5	7.5	2.5	7.5	2.5	
	Incline	0.0	5.0	0.0	5.0	0.0	5.0	0.0	5.0	0.0	5.0	0.0	5.0	0.0	
Level 11	MPH	0.5	7.5	2.5	7.5	2.5	7.7	2.5	8.0	2.5	8.0	2.5	8.0	2.5	
	Incline	0.0	5.0	0.0	5.0	0.0	5.0	0.0	5.0	0.0	5.0	0.0	5.0	0.0	
Level 12	MPH	0.5	8.0	3.0	8.0	3.0	8.2	3.0	8.5	3.0	8.5	3.0	8.5	3.0	
	Incline	0.0	5.0	0.0	5.0	0.0	5.0	0.0	5.0	0.0	5.0	0.0	5.0	0.0	
Level 13	MPH	0.5	8.5	3.0	8.5	3.0	8.7	3.0	9.0	3.0	9.0	3.0	9.0	3.0	
	Incline	0.0	5.0	0.0	5.0	0.0	5.0	0.0	5.0	0.0	5.0	0.0	5.0	0.0	
Level 14	MPH	0.5	9.0	3.0	9.0	3.0	9.2	3.0	9.5	3.0	9.5	3.0	9.5	3.0	
	Incline	0.0	5.0	0.0	5.0	0.0	5.0	0.0	5.0	0.0	5.0	0.0	5.0	0.0	
Level 15	MPH	0.5	9.5	3.0	9.5	3.0	9.7	3.0	10.0	3.0	10.0	3.0	10.0	3.0	
	Incline	0.0	5.0	0.0	5.0	0.0	5.0	0.0	5.0	0.0	5.0	0.0	5.0	0.0	
Level 16	MPH	0.5	10.0	3.0	10.0	3.0	10.2	3.0	10.5	3.0	10.5	3.0	10.5	3.0	
	Incline	0.0	6.0	1.0	6.0	1.0	6.0	1.0	6.0	1.0	6.0	1.0	6.0	1.0	
Level 17	MPH	0.5	10.5	3.0	10.5	3.0	10.7	3.0	11.0	3.0	11.0	3.0	11.0	3.0	
	Incline	0.0	6.0	1.0	6.0	1.0	6.0	1.0	6.0	1.0	6.0	1.0	6.0	1.0	
Level 18	MPH	0.5	11.0	3.0	11.0	3.0	11.2	3.0	11.5	3.0	11.5	3.0	11.5	3.0	
	Incline	0.0	6.0	1.0	6.0	1.0	6.0	1.0	6.0	1.0	6.0	1.0	6.0	1.0	
Level 19	MPH	0.5	11.5	6.0	11.5	6.0	11.7	6.0	12.0	6.0	12.0	6.0	12.0	6.0	
	Incline	0.0	6.0	2.0	6.0	2.0	6.0	2.0	6.0	2.0	6.0	2.0	6.0	2.0	
Level 20	MPH	0.5	12.0	6.0	12.0	6.0	12.2	6.0	12.5	6.0	12.5	6.0	12.5	6.0	
	Incline	0.0	6.0	2.0	6.0	2.0	6.0	2.0	6.0	2.0	6.0	2.0	6.0	2.0	

SPRINT 8 - E50, U50, S50

	SEGMENT	WARM UP	1								8	COOL DOWN
			3:00	1:30	1:30	1:30	1:30	1:30	1:30	1:30	2:30	
Level 1	Resistance	1	3	1	3	1	3	1	3	1	3	1
Level 2	Resistance	1	4	1	4	1	5	1	5	1	7	1
Level 3	Resistance	1	5	1	5	1	6	1	6	1	8	1
Level 4	Resistance	1	6	1	6	1	7	1	7	1	9	1
Level 5	Resistance	1	7	1	7	1	8	1	8	1	10	1
Level 6	Resistance	2	8	2	8	2	9	2	9	2	11	2
Level 7	Resistance	2	9	2	9	2	10	2	10	2	12	2
Level 8	Resistance	2	10	2	10	2	11	2	11	2	13	2
Level 9	Resistance	2	11	2	11	2	12	2	12	2	14	2
Level 10	Resistance	2	12	2	12	2	13	2	13	2	15	2
Level 11	Resistance	2	13	2	13	2	14	2	14	2	16	2
Level 12	Resistance	2	14	2	14	2	15	2	15	2	17	2
Level 13	Resistance	2	15	2	15	2	16	2	16	2	18	2
Level 14	Resistance	2	16	2	16	2	17	2	17	2	19	2
Level 15	Resistance	2	17	2	17	2	18	2	18	2	20	2
Level 16	Resistance	3	18	3	18	3	19	3	19	3	21	3
Level 17	Resistance	3	19	3	19	3	20	3	20	3	22	3
Level 18	Resistance	3	20	3	20	3	21	3	21	3	23	3
Level 19	Resistance	3	21	3	21	3	22	3	22	3	24	3
Level 20	Resistance	3	22	3	22	3	23	3	23	3	25	3

SPRINT 8 - E30, U30, S30

	SEGMENT	WARM UP	1								8	COOL DOWN
			3:00	1:30	1:30	1:30	1:30	1:30	1:30	1:30	2:30	
Level 1	Resistance	1	2	1	2	1	3	1	3	1	4	1
Level 2	Resistance	1	3	1	3	1	4	1	4	1	5	1
Level 3	Resistance	1	4	1	4	1	5	1	5	1	6	1
Level 4	Resistance	1	5	1	5	1	6	1	6	1	7	1
Level 5	Resistance	1	6	1	6	1	7	1	7	1	8	1
Level 6	Resistance	2	6	2	6	2	7	2	7	2	8	2
Level 7	Resistance	2	7	2	7	2	8	2	8	2	9	2
Level 8	Resistance	2	8	2	8	2	9	2	9	2	10	2
Level 9	Resistance	2	9	2	9	2	10	2	10	2	11	2
Level 10	Resistance	2	10	2	10	2	11	2	11	2	12	2
Level 11	Resistance	2	11	2	11	2	12	2	12	2	13	2
Level 12	Resistance	2	12	2	12	2	13	2	13	2	14	2
Level 13	Resistance	2	13	2	13	2	14	2	14	2	15	2
Level 14	Resistance	2	14	2	14	2	15	2	15	2	16	2
Level 15	Resistance	2	15	2	15	2	16	2	16	2	17	2
Level 16	Resistance	3	16	3	16	3	17	3	17	3	18	3
Level 17	Resistance	3	17	3	17	3	18	3	18	3	19	3
Level 18	Resistance	3	18	3	18	3	19	3	19	3	20	3
Level 19	Resistance	3	19	3	19	3	20	3	20	3	21	3
Level 20	Resistance	3	20	3	20	3	21	3	21	3	22	3

SPRINT 8 - A50

	SEGMENT	WARM UP	1		2		3		4		5		6		7		COOL DOWN
			0:30	1:30	0:30	1:30	0:30	1:30	0:30	1:30	0:30	1:30	0:30	1:30	0:30	1:30	
Level 1	Resistance	1	3	1	3	1	4	1	4	1	6	1	6	1	6	1	3
	Incline	0	30	0	30	0	30	0	30	0	30	0	30	0	30	0	30
Level 2	Resistance	1	4	1	4	1	5	1	5	1	7	1	7	1	7	1	4
	Incline	0	30	0	30	0	30	0	30	0	30	0	30	0	30	0	30
Level 3	Resistance	1	5	1	5	1	6	1	6	1	8	1	8	1	8	1	5
	Incline	0	30	0	30	0	30	0	30	0	30	0	30	0	30	0	30
Level 4	Resistance	1	6	1	6	1	7	1	7	1	9	1	9	1	9	1	6
	Incline	0	30	0	30	0	30	0	30	0	30	0	30	0	30	0	30
Level 5	Resistance	1	7	1	7	1	8	1	8	1	10	1	10	1	10	1	7
	Incline	0	30	0	30	0	30	0	30	0	30	0	30	0	30	0	30
Level 6	Resistance	2	8	2	8	2	9	2	9	2	11	2	11	2	11	2	8
	Incline	0	40	0	40	0	40	0	40	0	40	0	40	0	40	0	40
Level 7	Resistance	2	9	2	9	2	10	2	10	2	12	2	12	2	12	2	9
	Incline	0	40	0	40	0	40	0	40	0	40	0	40	0	40	0	40
Level 8	Resistance	2	10	2	10	2	11	2	11	2	13	2	13	2	13	2	10
	Incline	0	40	0	40	0	40	0	40	0	40	0	40	0	40	0	40
Level 9	Resistance	2	11	2	11	2	12	2	12	2	14	2	14	2	14	2	11
	Incline	0	40	0	40	0	40	0	40	0	40	0	40	0	40	0	40
Level 10	Resistance	2	12	2	12	2	13	2	13	2	15	2	15	2	15	2	12
	Incline	0	40	0	40	0	40	0	40	0	40	0	40	0	40	0	40
Level 11	Resistance	2	13	2	13	2	14	2	14	2	16	2	16	2	16	2	13
	Incline	0	50	0	50	0	50	0	50	0	50	0	50	0	50	0	50
Level 12	Resistance	2	14	2	14	2	15	2	15	2	17	2	17	2	17	2	14
	Incline	0	50	0	50	0	50	0	50	0	50	0	50	0	50	0	50
Level 13	Resistance	2	15	2	15	2	16	2	16	2	18	2	18	2	18	2	15
	Incline	0	50	0	50	0	50	0	50	0	50	0	50	0	50	0	50
Level 14	Resistance	2	16	2	16	2	17	2	17	2	19	2	19	2	19	2	16
	Incline	0	50	0	50	0	50	0	50	0	50	0	50	0	50	0	50
Level 15	Resistance	2	17	2	17	2	18	2	18	2	20	2	20	2	20	2	17
	Incline	0	50	0	50	0	50	0	50	0	50	0	50	0	50	0	50
Level 16	Resistance	3	18	3	18	3	19	3	19	3	21	3	21	3	21	3	18
	Incline	0	60	0	60	0	60	0	60	0	60	0	60	0	60	0	60
Level 17	Resistance	3	19	3	19	3	20	3	20	3	22	3	22	3	22	3	19
	Incline	0	60	0	60	0	60	0	60	0	60	0	60	0	60	0	60
Level 18	Resistance	3	20	3	20	3	21	3	21	3	23	3	23	3	23	3	20
	Incline	0	60	0	60	0	60	0	60	0	60	0	60	0	60	0	60
Level 19	Resistance	4	21	3	21	3	22	3	22	3	24	3	24	3	24	3	21
	Incline	0	60	0	60	0	60	0	60	0	60	0	60	0	60	0	60
Level 20	Resistance	4	22	3	22	3	23	3	23	3	25	3	25	3	25	3	22
	Incline	0	60	0	60	0	60	0	60	0	60	0	60	0	60	0	60



TARGET HEART RATE

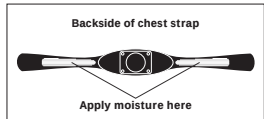
The first step in knowing the right intensity for your training is to find out your maximum heart rate (max HR = 220 – your age). The age-based method provides an average statistical prediction of your max HR and is a good method for the majority of people, especially those new to heart rate training. The most precise and accurate way of determining your individual max HR is to have it clinically tested by a cardiologist or exercise physiologist through the use of a maximal stress test. If you are over the age of 40, overweight, have been sedentary for several years or have a history of heart disease in your family, clinical testing is recommended.

This chart gives examples of the heart rate range for a 30-year-old exercising at 5 different heart rate zones. For example, a 30-year-old's max HR is 220 – 30 = 190 BPM and 90% max HR is 190 × 0.9 = 171 BPM.

Target Heart Rate Zone	Workout Duration	Example THR Zone Age 30	Your THR Zone	Recommended For
VERY HARD 90 – 100%	< 5 min	171 – 190 BMP		Fit persons and for athletic training
HARD 80 – 90%	2 – 10 min	152 – 171 BMP		Shorter workouts
MODERATE 70 – 80%	10 – 40 min	133 – 152 BMP		Moderately long workouts
LIGHT 60 – 70%	40 – 80 min	114 – 133 BMP		Longer and frequently repeated shorter exercises
VERY LIGHT 50 – 60%	20 – 40 min	104 – 114 BMP		Weight management and active recovery

USING THE HEART RATE FUNCTION

The heart rate function on this product is not a medical device. While heart rate grips can provide a relative estimation of your actual heart rate, they should not be relied on when accurate readings are necessary. Some people, including those in a cardiac rehab program, may benefit from using an alternate heart rate monitoring system like a chest or wrist strap. Various factors, including movement of the user, may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid in determining heart rate trends in general. Please consult your physician. For best results, a wireless heart rate transmitter should be used.



PULSE GRIPS

Place the palm of your hands directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. It takes 5 consecutive heart beats (15-20 seconds) for your heart rate to register. When gripping the pulse handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Keep a loose, cupping hold. You may experience an erratic readout if consistently holding the grip pulse handlebars. Make sure to clean the pulse sensors to ensure proper contact can be maintained.

WIRELESS HEART RATE RECEIVER

When used in conjunction with a **wireless chest transmitter**, your heart rate can be transmitted wirelessly to the unit and displayed on the console.

Prior to wearing the wireless chest transmitter on your chest, moisten the two rubber electrodes with water. Center the chest strap just below the breast or pectoral muscles, directly over your sternum, with the logo facing out. NOTE: The chest strap must be tight and properly placed to receive an accurate and inconsistent readout. If the chest strap is too loose, or positioned improperly, you may receive an erratic or inconsistent heart rate readout.

WARNING!

Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

TARGET HEART RATE

XR CONSOLE

TREADMILLS

Target Heart Rate - Speed

- The incline and speed can be adjusted at any time by the user including during warm up and cool down.
- The speed range for the workout is from 0.5 MPH – 12.5 MPH / 0.8 KPH – 20 KPH.
- During the 4 minute Cool Down, the speed will be reduced by half of the current speed for the first 2 minutes and then reduced to 0.5 mph / 0.8 kph the remaining 2 minutes.
- If no heart rate is detected or signal is lost, the speed will remain at the same level for 60 seconds and then begin decreasing 0.6 MPH / 1.0 KPH every 10 seconds until the minimum speed is reached while incline will remain unchanged.

ASCENT/ELLIPTICAL/BIKE

Target Heart Rate - Resistance

- The resistance and incline (A30 & A50 only) can be adjusted at any time by the user including during warm up and cool down.
- The resistance range for the workout is 1 – 20 (A30, E30, U30 & R30) or 1 – 30 (A50, E50, U50 & R50).
- During the 4 minute Cool Down, the resistance will be reduced by half of the current resistance for the first 2 minutes and then reduced to 1 for the remaining 2 minutes.
- If no heart rate is detected or signal is lost, the resistance will remain at the same level for 60 seconds and then begin decreasing 1 resistance level every 10 seconds until the minimum resistance is reached. The incline (A30 & A50 only) will remain unchanged.



TARGET HEART RATE - XR

TREADMILLS	
Beats Per Minute from Set Target Heart Rate	Action
12+ BPM Below	Speed increases every 3 seconds 0.1mph/kph
7-11 BPM Below	Speed increases every 5 seconds 0.1mph/kph
4-6 BPM Below	Speed increases every 8 seconds 0.1mph/kph
3 BPM Below to 3 BPM Above	No change
4-6 BPM Above	Speed decreases every 8 seconds -0.1mph/kph
7-11 BPM Above	Speed decreases every 5 seconds -0.1mph/kph
12-15 BPM Above	Speed decreases every 3 seconds -0.1mph/kph
16-24 BPM Above	Speed decreases every 2 seconds -0.1mph/kph
25+ BPM Above	Program ends

ASCENT/ELLIPTICAL/BIKE	
Beats Per Minute from Set Target Heart Rate	Action
20+ BPM Below	Resistance increases 1 level every 10 seconds
6-19 BPM Below	Resistance increases 1 level every 35 seconds
3 BPM Below to 3 BPM Above	No change
6-10 BPM Above	Resistance decreases 1 level every 35 seconds
11-19 BPM Above	Resistance decreases 1 level every 10 seconds
20-24 BPM Above	Resistance decreases half of current level every 10 seconds
25+ BPM Above	Program ends



FCC Notice

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment OFF and ON, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user's authority to operate the equipment.

FCC RF Safety Caution Statement

To satisfy FCC RF exposure requirements for mobile and base station transmission devices, a separation distance of 20 cm or more should be maintained between the antenna of this device and persons during operation.

To ensure compliance, operation at closer than this distance is not recommended. The antenna(s) used for this transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

MATRIX



XIR XER XR

© 2017 Johnson Health Tech
Rev 1.3 D