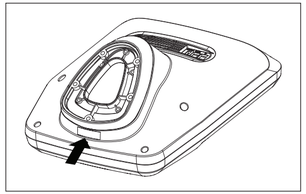
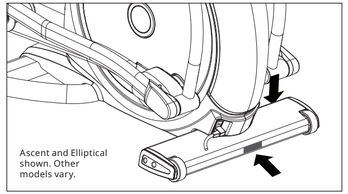
MATRIX

3x 3xe 5x

CONSOLE GUIDE

SERIAL NUMBER LOCATIONS





Before proceeding, find the serial numbers located on barcode stickers and enter them in the spaces provided below.

CONSOLE SERIAL NUMBER

FRAME SERIAL NUMBER

MODEL

☐ A3x	☐ A3xe	☐ A5x	MATRIX ASCENT TRAINER
☐ E3x	☐ E3xe	☐ E5x	MATRIX SUSPENSION ELLIPTICAL TRAINER
☐ ALB3x	☐ ALB3xe	☐ ALB5x	MATRIX ASCENT TRAINER LOWER BODY
☐ H3x	☐ H3xe	☐ H5x	MATRIX HYBRID CYCLE
☐ R3x	☐ R3xe	☐ R5x	MATRIX RECUMBENT CYCLE
☐ U3x	☐ U3xe	☐ U5x	MATRIX UPRIGHT CYCLE
☐ C3x	☐ C3xe	☐ C5x	MATRIX CLIMBMILL
☐ S3x	☐ S3xe	☐ S5x	MATRIX STEPPER

* Use the information above when calling for service.

MX16_CONSOLE_Universal_3x_3xe_5x_r1_0.indd 2-3

3/17/16 3:58 PM

3X

A3X CONSOLE SHOWN

3X CONSOLE DESCRIPTION

The Matrix machine is inspected before it is packaged. It is shipped in two pieces: the base and the console. Carefully unpack the unit and dispose of the box material. Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

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

B) **GO:** One Touch Start.

C) **ENTER ✓:** Confirm each program setting.

D) **BACK:** Go to previous program setting.

E) **NUMBER KEYPAD:** Enter program settings.

F) **UP/DOWN LEVEL:** Adjust resistance level.

G) **UP/DOWN INCLINE (A3X ONLY):** Adjust incline level.

H) **UP/DOWN TIME:** Adjust workout time.

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

J) **COOL DOWN:** Puts the console into Cool Down mode.

K) **TOGGLE DISPLAY:** Cycles between 3 or 4 rows of workout information displayed in LED window. The console will automatically cycle between the workout information if the Toggle Display button is pushed and held down for 3 seconds.

ENTERTAINMENT BUTTONS

L) **TV POWER:** Turns connected TV on or off.

M) **VOLUME UP/DOWN:** Adjusts the volume output through headphones.

N) **MUTE:** Mutes sound.

O) **CC:** Turns closed captioning on or off.

P) **CHANNEL UP/DOWN:** Change channels on the integrated console TV.

Q) **LAST CHANNEL:** Cycle between the current channel and the previous channel.

E) **NUMBER KEYPAD:** Enter channel number. Press ✓ to confirm channel number.

3XE CONSOLE SHOWN

3XE CONSOLE DESCRIPTION

The Matrix machine is inspected before it is packaged. It is shipped in two pieces: the base and the console. Carefully unpack the unit and dispose of the box material. Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

The 3xe has a fully integrated touch screen display. All information required for workouts is explained on screen. Exploration of the interface is highly encouraged. The information explaining how to program for various workouts will give an explanation about the contents of each screen on the 7xe.

A) **GO:** One Touch Start.

B) **STOP** (displayed on-screen during workout)**:** Ends workout and shows workout summary data.

C) **COOL DOWN** (displayed on-screen during workout)**:** Puts unit into Cool Down mode. Cool Down time is dependent on the workout.

3XE ENTERTAINMENT ZONE

D) **VOLUME UP/DOWN:** Adjusts the volume output through headphones.

E) **CHANNEL UP/DOWN:** Allows for channel selection on the integrated console TV.

F) **HOME:** Will take the user back to the home screen.

G) **LAST CHANNEL:** Allows the user to cycle between the current channel and the previous channel they were viewing.

H) **CC/MUTE:** Mutes sound and turns closed captioning on or off.

I) **DISPLAY MODE:** Allows user to cycle through display modes.

J) **NUMBER KEYPAD:** Allows for easy number inputs.

3XE

MX16_CONSOLE_Universal_3x_3xe_5x_r1_0.indd 4-5
3/17/16 3:58 PM

5X

A5X CONSOLE SHOWN

5X CONSOLE DESCRIPTION

The Matrix machine is inspected before it is packaged. It is shipped in two pieces: the base and the console. Carefully unpack the unit and dispose of the box material. Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

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

B) **GO:** One Touch Start.

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

D) **UP/DOWN INCLINE (A5X ONLY):** Easy information and incline selection.

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

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

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

H) **TOGGLE DISPLAY:** Cycles between 2 or 4 rows of workout information displayed in LED window. The console will automatically cycle between the workout information if the Toggle Display button is pushed and held down for 3 seconds.

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

J) **COOL DOWN:** Puts the Ascent into Cool Down mode.

K) **LANGUAGE:** Select Language.

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

M) **RFID SENSOR:** Wireless login access location (optional add-on feature).

5X ENTERTAINMENT ZONE

N) **HOME:** No function on this model.

O) **LAST CHANNEL:** Allows the user to cycle between the current channel and the previous channel they were viewing.

P) **CC:** Turns closed captioning on or off.

Q) **MUTE:** Mutes sound.

R) **VOLUME UP/DOWN:** Adjusts the volume output through headphones.

S) **NUMBER KEYPAD:** Allows for easy number inputs.

T) **CHANNEL UP/DOWN:** Allows for channel selection on the integrated console TV.

U) **TV POWER:** Turns external TV on or off.

3XE

3XE CONSOLE OPERATION

GETTING STARTED

- Touch the **USER** button to sign-in with your XID.
- Touch the **GUEST** button to workout anonymously.
- Touch the **REGISTER** button to create a new XID.
- For help or more information, touch i .
- To change language, touch .

USER SIGN-IN

1) Enter your **XID** and touch ✓.

2) Enter your **PASSCODE** and touch ✓.

REGISTER A NEW USER

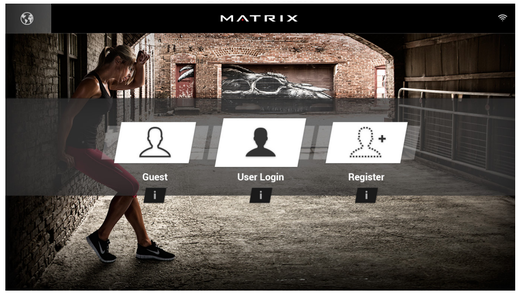
1) Don't have an xID account? Registration is easy.

2) Follow the on-screen prompts to create your free account.

3) Review your information and select the **I ACCEPT THE TERMS AND CONDITIONS** box to review the Terms and Conditions.

4) Touch ✓ to complete registration. Your account is now active and you are signed-in.

LOGIN SCREEN



GO SCREEN

- Touch **GO** to begin working out immediately. Or...
- Touch the **WORKOUT CATEGORY** button of your choice to customize your workout.

PROGRAM SETUP

1) After selecting a **WORKOUT CATEGORY** button, select one of the **PROGRAMS** listed to the left.

   For more information on a selected program, touch ⓘ .

2) Use the **SLIDER CONTROLS** to adjust your program settings.

3) Press **GO** to begin your workout.

Note: Workouts and features vary based on model type, console configurations, software versions and options purchased.

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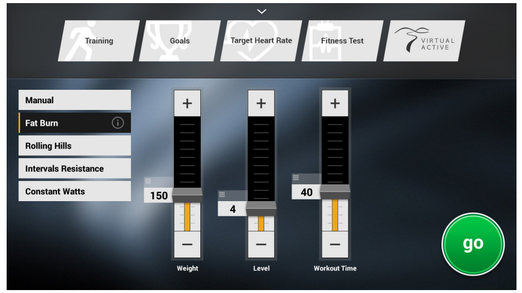
3/17/16 3:58 PM

GO SCREEN

PROGRAM SETUP



Note: Workouts and features vary based on model type, console configurations, software versions and options purchased.

HOMESCREEN

HOME SCREEN

- The **USERNAME** or **GUEST** is shown in the upper left corner.
- Touch ☰ to change **WORKOUT STATISTICS** displayed at the bottom of the screen.
- Touch ⌂ to go back to the home screen whenever you're using an app.
- Touch ⚙ to adjust **VOLUME**, pair a **BLUETOOTH** device or to change **AUDIO SOURCE** (TV, My Media, Virtual Active, etc.).
- Touch ↓↑ to increase or decrease the intensity level, speed or incline.
- Touch ⠿ to use the keypad to set intensity level, speed or incline. Press ✓ to confirm change.
- Touch ↩ to change intensity level, speed or incline back to previous setting.
- Touch ❚❚ to temporarily pause your workout and touch ▶ to resume. NOTE: After resuming, speed, incline and intensity levels will be reset.
- While paused, touch ■ to end workout.
- Touch −+ to increase or decrease the duration of your workout.
- Touch to enter cool down mode. Cool down lasts for a few minutes while reducing the workout intensity, allowing your body to recover from your workout.
- Touch to lock the screen in order to prevent accidental screen touches from being implemented. Touch it again to unlock the screen and allow screen touches.

APPS AND ENTERTAINMENT

SIMPLE
Workout stats are displayed in 3 customizeable 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 or walk or run through exotic destinations.

TARGET HEART RATE
Track your progress while working out to a Target Heart Rate program.

CONSTANT WATTS
Track your progress while working out to a Constant Watts program.

FITNESS TEST
Track your progress while working out to a Fitness Test program.

CHANGE WORKOUT
Select a different workout without stopping your current workout.

MY MEDIA
Connect and control audio and video files on-screen via USB port or Bluetooth.

TV
Watch live TV.

WEATHER
Get local weather info.

WEB BROWSER
Access the world wide web while you work out.

FACILITY CALENDAR
View Facility event schedule and other info.

YOUTUBE
Browse and watch YouTube videos while you work out.

FACEBOOK
Browse your Facebook page while you work out.

TWITTER
Access your Twitter feed while you work out.

NETFLIX
Browse and watch Netflix videos while you work out.
Netflix account required to access content.

HULU PLUS
Browse and watch Hulu Plus videos while you work out.
Hulu Plus account required to access content.

VEVO
Browse and watch Vevo videos while you work out.
Vevo account required to access content.

VUDU
Browse and watch Vudu videos while you work out.
Vudu account required to access content.

MYFITNESS PAL
Lose weight with MyFitnessPal, the fastest and easiest to use calorie counter.

Note: Workouts and features vary based on model type, console configurations, software versions and options purchased.

MX16_CONSOLE_Universal_3x_3xe_5x_r1_0.indd 8-9
3/17/16 3:58 PM

NOTE:

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.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

FCC RF Radiation Exposure Statement:

1. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
2. This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 centimeters between the radiator and your body

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MATRIX

Universal Console

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Part # XXXXXXXXXX

Rev 1.1