

CONTENTS



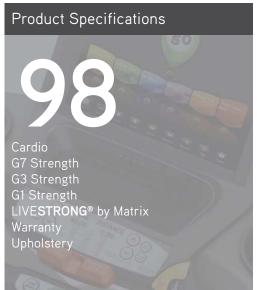














MATRIX

AN EXERCISE IN PASSION



Our goal is clear:

To make commercial-grade equipment that stands out, rises above, and sets new industry standards in the process. Well, we've done just that. But that's just the beginning. Each time we introduce a new product we immediately start asking "How can we make it better?" Perhaps that's why our machines attract more attention and require less maintenance than anything else on the market.

Matrix is a subsidiary of Johnson Health Tech, Ltd. (JHT). Johnson Health Tech has been producing premium fitness equipment since 1975 and is the fastest growing manufacturer of fitness equipment in the world. It has earned both ISO 9002 and 9001 certifications. A truly global company with 16 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.



Customer Advantage Program™

Presenting the Matrix Customer Advantage Program™

Matrix Fitness' dedication to warranty, service, and delivery is absolute. That's why we created the Customer Advantage Program. CAP is our assurance to you that we stand behind everything that bears the Matrix nameplate. It is also the primary reason our machines have the lowest total cost of ownership in the industry.

*The Customer Advantage Program is available for United States customers only, please check with your local Matrix distributor to learn more about your country's specific warranty details.

CAP consists of 3 core promises:

- 1. You receive the best standard warranty in the industry, including three years "bumper to bumper" coverage on parts and labor for select Matrix cardiovascular products.
- 2. You receive our guarantee on service performance. All warranty parts ship out within 24 hours of call-in**, and we offer an optional CAP dollars reimbursement program for in-house service.
- 3. You receive on-time delivery of every order. Qualifying orders also receive certified installation and on-site service training.

^{**}On-site parts program available for qualifying orders to minimize equipment down time, enabling single-visit repairs by having parts in stock at your facility and eliminates the possibility of backordered parts.



CARDIO | STRATEGIC PARTNERS

Matrix is among the world's premier commercial fitness brands – an honor we take seriously. In the last two years alone, we've brought more innovative and unique concepts to the industry than any other brand. We're able to do this by combining a talented development team with exclusive partner relationships from within our industry and beyond. Partners that excel in their fields, and, together with Matrix, are helping to reshape the fitness industry.



The LIVESTRONG® relationship with Matrix Fitness is more than a licensing agreement, it is an initiative to join the fight against cancer and promote a healthy lifestyle. Each purchase from the LIVESTRONG® by Matrix line ensures that a minimum of \$4M will go to LIVESTRONG® and the fight against cancer. To learn more about the mission and passion driving LIVESTRONG®, visit www.livestrong.org.



When Johnny G, the creator of Spinning®, went searching for the right partner to share his vision for a new, inclusive fitness modality, he found Matrix. Together, we have introduced the Johnny G KRANKcycle® by Matrix – a revolutionary concept that is already bringing a renewed energy to group exercise and the entire fitness community.



With its proprietary video production and cinematographic capabilities, Virtual Active[™] has set the new standard for immersive video. Now, together with Matrix Fitness, its exclusive fitness partner, Virtual Active brings this technology to fitness in a way never seen before. Giving users the power to escape the monotony of an equipment-based cardio workout, Virtual Active by Matrix is charting new territories in exercise programming.



As a manufacturing partner and I.C.E education provider, the Indoorcycling Group has helped Matrix excel in the group exercise category. I.C.E education provides instructors with the latest, most innovative and progressive education resources available today.

I.C.E's ongoing development is our commitment to ensure that your investments in indoor cycling has a long and successful road ahead.

CARDIO | VIRTUAL ACTIVE™

ESCAPE WITH MATRIX. NO ATLAS REQUIRED

What if you could offer your members the chance to escape to the lush forests of Hawaii; to hike the majestic Grand Canyon; or to run Sin City's infamous strip, all within your facility's walls?

Virtual Active™ by Matrix allows you to deliver just this – a revolutionary workout experience. Not only will your members see their destination in the dynamic video content displayed on the console, but they will feel gradual terrain changes under their feet and hear the ambient sounds through their headphones, for a near total immersion.

The workout will take them miles away from their daily lives. Virtual Active™ by Matrix will keep them coming back for more.





How it works:



All 5x, 7x and 7xe cardio consoles come standard with an integrated wireless RF module.



The Remote Access Point will upload the information to the Matrix Asset Management Server via the Internet.

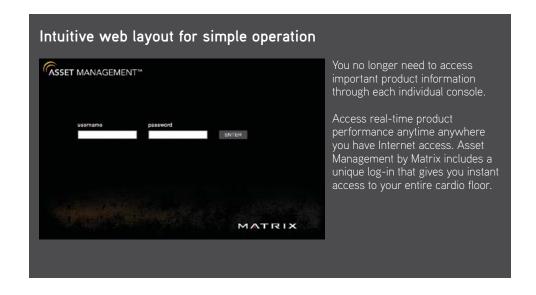
The data is then accessible through the Internet using your favorite browser and unique log-in.

KEEPING AN EYE ON YOUR PRODUCTS SO THAT YOU DON'T HAVE TO

The Asset Management solution from Matrix Fitness takes the power, performance and possibilities of cardio asset management to an entirely new level. Utilizing the internal wireless module that comes standard on all 5x, 7x and 7xe cardio consoles; Asset Management communicates a comprehensive view of the performance statistics across our portfolio of premium cardio products to your service provider. Asset Management enables you to develop comprehensive programs for preventive, predictive, routine and unplanned maintenance. Together, these programs contribute to your goals of reducing costs and increasing product uptime.

When you use the Asset Management solution from Matrix, you are maximizing the performance and lifetime value of your cardio products and the end results are:

- Improve return on investment
- Decrease costs and risk of lost members
- Increase product uptime
- Improve asset-related decision making relative to floor layout and rotation
- Increase service responsiveness
- Lower total cost of ownership



CARDIO | ENTERTAINMENT

WE TAKE ENTERTAINMENT VERY SERIOUSLY

Individual entertainment options are often the most critical feature in the mind of the user, affecting not only the decision about which machine to use, but also the decision to get to the club in the first place. That's why Matrix cardiovascular machines offer the most innovative and aesthetically refined entertainment solutions on the market.





FITCONNEXION™ Entertainment Hardware:

The ultimate in personal entertainment, FITCONNEXION $^{\mathbb{N}}$ fully integrates console controls and wiring for power and cable with a mounting bracket for personal flat-panel TVs.

FITCONNEXION $^{\infty}$ brackets fit all 1-series and 3-series Matrix cycles and ellipticals as well as the 5x and 7x treadmills for clean, seamless placement.

Optional Accessories Available: Raceway and daisy-chain cords





*CONSUMER ALERT: This television receiver only has an analog broadcast tuner and will require a converter box after February 17, 2009 to receive over-the-air broadcasts with an antenna because of the Nation's transition to digital broadcasting. Analog-only TVs should continue to work as before with cable and satellite TV services, gaming consoles, VCRs, DVD players, and similar products.

CARDIO | CONSOLE OVERVIEW

INNOVATION IS A BEAUTIFUL THING, DON'T YOU THINK?

There was a time when users would flock to anything with an LED display. That time has long since passed. Now they want more. They want to be comfortable. They want to be challenged. And they want to be continually presented with new experiences rooted in simple, intuitive operation. Matrix cardio consoles give them this and more.



FitTouch™ Technology

Featured on our 7xe-series 15" integrated LCD screen, this touch screen interface inspires users of all levels and offers intuitive operation.



Vista Clear™ Television Technology

Our Vista Clear™ Television Technology delivers the most crisp and vibrant digital display available.



NIKE + iPod for the Gym

Nike + iPod allows users to save their workouts to their iPod and post them to nikeplus.com. All 7-series cardio products are compatible with Nike + iPod for the Gym





In the following cardio pages, we've created a quick and easy way to reference product features.

Virtual Active compatible



Asset Management compatible

Nike + iPod

Nike + iPod enabled



Self-Powered

CARDIO | TREADMILLS

AN EXERCISE IN PASSION.

Strong, smart and beautiful do not just happen. Neither do belts that last longer. Or motors that run smoother. Or designs that look better. Striking the perfect balance of engineering and aesthetics, our treadmills attract more attention and require less maintenance that anything you put next to it.



Ultimate Deck™ System

Our impact absorption system provides the ultimate feel for all users, and offers over 25,000 miles of maintenance-free performance.



Dynamic Response Drive System™

Our exclusive drive system is coupled with controller technology that continuously monitors and adjusts to user foot fall to ensure a perfect stride.



Cast Aluminum End Cap

For lasting durability, the Matrix 5 and 7 series treadmills are equipped with cast aluminum end caps.



TREADMILL CONSOLE COMPARISON							III-II
10000000000000000000000000000000000000	7xe	7x					
Virtual Active™*	•	0	0	0	0	0	0
FitTouch™ Technology	•	0	0	0	0	0	0
Vista Clear™ Technology	•	•	0	•	0	•	0
Asset Management*	•	•	•	0	0	0	0
Nike + iPod	•	•	0	0	0	0	0
Secondary Data Display	•	•	0	0	0	0	0
Fan	•	•	•	0	0	0	0

Treadmill | T7xe







Treadmill | T7x





- integrated 7" LCD display
- I Vista Clear™ Television Technology the most vibrant picture quality in the industry
- compatible with iPod for video and audio playback, charging, and on-screen playlist selection
- compatible with Nike + iPod for the Gym for simple workout tracking
- integrated 3-speed personal fan
- integrated wireless data transmitter for use with Asset Management System
- speed and incline adjustments on the crossbar keep controls within easy reach
- Ultimate Deck™ System for superior performance and durability
- 22" wide belt provides an added sense of security and freedom
- 5.0hp Dynamic Response Drive System™ with lifetime motor warranty



Treadmill | T5x







- intuitive LED console display
- integrated 3-speed personal fan
- integrated wireless data transmitter for use with Asset Management System
- Ultimate Deck™ System for superior performance and durability
- 22" wide belt provides an added sense of security and freedom
- 5.0hp Dynamic Response Drive System™ with lifetime motor warranty



Treadmill | T3xe







- integrated 7" LCD display
- Vista Clear™ Television Technology the most vibrant picture quality in the industry
- Ultimate Deck™ System for superior performance and durability
- low 7.5" step-on height for easy accessibility
- 4.2hp AC Dynamic Response Drive System™ with 7 year motor warranty



Treadmill T3x







- LED console display is easily navigated by users of all experience levels
- Ultimate Deck™ System for superior performance and durability
- low 7.5" step-on height for easy accessibility
- 4.2hp AC Dynamic Response Drive System™ with 7 year motor warranty



Treadmill | T1xe









- integrated 7" LCD display
- Vista Clear™ Television Technology the most vibrant picture quality in the industry
- Ultimate Deck™ System for superior performance and durability
- low 7.5" step-on height for easy accessibility
- 3.0hp AC Dynamic Response Drive System™ with 5 year motor warranty



Treadmill | T1x







- large LED display provides easy viewing and simple controls
- Ultimate Deck™ System for superior performance and durability
- low 7.5" step-on height for easy accessibility
- 3.0hp AC Dynamic Response Drive System[™] with 5 year motor warranty



CARDIO | ASCENT TRAINERS® & ELLIPTICALS

FITNESS, MEET FREEDOM

There are far too many cardio machines out there demanding that users adapt to their specific movements. Matrix equipment is different. And better. There is no wrong way to use it. Our machines provide a comfortable and effective workout no matter what position you're in. But don't let its simplicity fool you. These machines are not an easy way out.



Removable Disk

Most Matrix Ascent Trainers® and ellipticals feature a removable disk for quick access and easy serviceability.



Variable Incline

Responsive incline adjustment and variable stride length make workouts on the Ascent more dynamic and motivational.



Constant Rate of Acceleration

To optimize user feel, Matrix ellipticals and Ascents move fluidly at a Constant Rate of Acceleration.



Shock-Absorbing Foot Pad

Most Matrix ellipticals feature honeycomb foot pads to reduce stress placed on feet, ankles and knees.

ASCENT TRAINER™ & ELLIPTICAL CONSOLE COMPARISON	©	3773			
	7xe	7x			1x
Virtual Active™*	•	0	0	0	0
FitTouch™ Technology	•	0	0	0	0
Vista Clear™ Technology	•	•	0	0	0
Asset Management*	•	•	•	0	0
Nike + iPod	•	•	0	0	0
Secondary Data Display	•	•	0	0	0
Fan	•	•	•	0	0

^{*}compatible product



- integrated 15" touch screen display with FitTouch™ Technology for intuitive performance
- Vista Clear™ Television Technology the most vibrant picture quality in the industry
- compatible with iPod for video and audio playback, charging, and on-screen playlist selection
- compatible with Nike + iPod for the Gym for simple workout tracking
- integrated 3-speed personal fan
- integrated wireless data transmitter for use with Asset Management System
- compatible with the immersive Virtual Active™ programming
- adjustable incline and resistance for greater workout variety
- 21"-24" adjustable stride length mimics user's natural footpath
- 7"-12" step-over height for increased range of motion
- Constant Rate of Acceleration is smooth and biomechanically correct
- contralateral action mimics the body's true movement
- removable disk for easy serviceability

Ascent Trainer® A7x







- integrated 7" LCD display
- I Vista Clear™ Television Technology the most vibrant picture quality in the industry
- compatible with iPod for video and audio playback, charging, and on-screen playlist selection
- compatible with Nike + iPod for the Gym for simple workout tracking
- integrated 3-speed personal fan
- integrated wireless data transmitter for use with Asset Management System
- adjustable incline and resistance for greater workout variety
- 21"-24" adjustable stride length mimics user's natural footpath
- 7"-12" step-over height for increased range of motion
- Constant Rate of Acceleration is smooth and biomechanically correct
- contralateral action mimics the body's true movement
- self-powered system provides cost-savings and freedom of placement within the facility
- removable disk for easy serviceability



Ascent Trainer® | A5x

Ascent Trainer® | A3x







- intuitive LED console display
- integrated 3-speed personal fan
- integrated wireless data transmitter for use with Asset Management System
- adjustable incline and resistance for greater workout variety
- 21"-24" adjustable stride length mimics user's natural footpath
- 7"-12" step-over height for increased range of motion
- Constant Rate of Acceleration is smooth and biomechanically correct
- contralateral action mimics the body's true movement
- self-powered system provides cost-savings and freedom of placement within the facility
- removable disk for easy serviceability





- LED console display is easily navigated by users of all experience levels
- adjustable incline and resistance for greater workout variety
- 21"-24" adjustable stride length mimics user's natural footpath
- 7"-12" step-over height for increased range of motion
- Constant Rate of Acceleration is smooth and biomechanically correct
- contralateral action mimics the body's true movement
- removable disk for easy serviceability



Elliptical | E7xe







- integrated 15" touch screen display with FitTouch™ Technology for intuitive performance
- Vista Clear™ Television Technology the most vibrant picture quality in the industry
- compatible with iPod for video and audio playback, charging, and on-screen playlist selection
- compatible with Nike + iPod for the Gym for simple workout tracking
- integrated 3-speed personal fan
- integrated wireless data transmitter for use with Asset Management System
- compatible with the immersive Virtual Active™ programming
- 21" stride length accommodates all users for a comfortable, efficient, and natural workout
- Constant Rate of Acceleration is smooth and biomechanically correct
- removable disk for easy serviceability



Elliptical E7xc







- integrated 7" LCD display
- Vista Clear™ Television Technology the most vibrant picture quality in the industry
- compatible with iPod for video and audio playback, charging, and on-screen playlist selection
- compatible with Nike + iPod for the Gym for simple workout tracking
- Integrated 3-speed personal fan
- integrated wireless data transmitter for use with Asset Management System
- 21" stride length accommodates all users for a comfortable, efficient, and natural workout
- Constant Rate of Acceleration is smooth and biomechanically correct
- self-powered system provides cost-savings and freedom of placement within the facility
- removable disk for easy serviceability





Elliptical E5xc

Elliptical E3xc

Elliptical E1x







- intuitive LED console display
- integrated 3-speed personal fan
- integrated wireless data transmitter for use with Asset Management System
- 21" stride length accommodates all users for a comfortable, efficient, and natural workout
- Constant Rate of Acceleration is smooth and biomechanically correct
- self-powered system provides cost-savings and freedom of placement within the facility
- removable disk for easy serviceability







- LED console display is easily navigated by users of all experience levels
- 21" stride length accommodates all users for a comfortable, efficient, and natural workout
- Constant Rate of Acceleration is smooth and biomechanically correct
- self-powered system provides cost-savings and freedom of placement within the facility
- removable disk for easy serviceability









- 7" blue backlit LCD console display provides constant feedback
- comfortable 19" stride length for smooth, natural movement
- auto-positioning pedals assures a comfortable workout
- self-powered system provides cost-savings and freedom of placement within the facility







CARDIO | STEPPERS



STEPPER CONSOLE COMPARISON	373	3 F F 33		
	7xe	7x		3x
Virtual Active™*	•	0	0	0
FitTouch™ Technology	•	0	0	0
Vista Clear™ Technology	•	•	0	0
Asset Management*	•	•	•	0
Nike + iPod	•	•	0	0
Secondary Data Display	•	•	0	0
Fan	•	•	•	0

^{*}compatible product







compatible with Nike + iPod for the Gym for simple workout tracking

integrated 3-speed personal fan

integrated wireless data transmitter for use with Asset Management System

compatible with the immersive Virtual Active™ programming

belt drive design for smooth and quiet operation

angled independent stepping motion mimics real climbing feel

ultra non-slip large pedals for increased stability





Stepper S7x







- integrated 7" LCD display
- Vista Clear™ Television Technology the most vibrant picture quality in the industry
- compatible with iPod for video and audio playback, charging, and on-screen playlist selection
- compatible with Nike + iPod for the Gym for simple workout tracking
- integrated 3-speed personal fan
- integrated wireless data transmitter for use with Asset Management System
- belt drive design for smooth and quiet operation
- angled independent stepping motion mimics real climbing feel
- ultra non-slip large pedals for increased stability





Stepper | S5x





- intuitive LED console display
- integrated 3-speed personal fan
- integrated wireless data transmitter for use with Asset Management System
- belt drive design for smooth and quiet operation
- angled independent stepping motion mimics real climbing feel
- ultra non-slip large pedals for increased stability
- self-powered system provides cost-savings and freedom of placement within the facility









- belt drive design for smooth and quiet operation
- angled independent stepping motion mimics real climbing feel
- ultra non-slip large pedals for increased stability
- self-powered system provides cost-savings and freedom of placement within the facility





CARDIO | CYCLES

FITNESS MEETS FREEDOM

Commercial-grade proof that ergonomics and elegance are an unstoppable combination. Created for comfort. Because to get people in-shape, you first have to get them on the machine.



45° Seat Angle

Our Hybrid Cycle™ features an ergonomic 45° seat angle that gives users a workout that is both comfortable and effective.



Ergo Form™ Seats

Our seats encourage proper body alignment and support.



Johnson Drive

Maintenance-free drive requires no power and carries a 5-year warranty.



CYCLE CONSOLE COMPARISON	©	37733			
COMITATOON	7xe	7x			
Virtual Active™*	•	0	0	0	0
FitTouch™ Technology	•	0	0	0	0
Vista Clear™ Technology	•	•	0	0	0
Asset Management*	•	•	•	0	0
Nike + iPod	•	•	0	0	0
Secondary Data Display	•	•	0	0	0
Fan	•	•	•	0	0

^{*}compatible product







compatible with Nike + iPod for the Gym for simple workout tracking

integrated 3-speed personal fan

integrated wireless data transmitter for use with Asset Management System

compatible with the immersive Virtual Active™ programming

innovative command seating position ensures a convenient and comfortable workout

step-thru entry for easy access

pivoting arm rest for maximum comfort





Hybrid Cycle[™] H7x

Hybrid Cycle™ H5x

Hybrid Cycle[™] | H3x







- integrated 7" LCD display
- Vista Clear™ Television Technology the most vibrant picture quality in the industry
- compatible with iPod for video and audio playback, charging, and on-screen playlist selection
- compatible with Nike + iPod for the Gym for simple workout tracking
- integrated 3-speed personal fan
- integrated wireless data transmitter for use with Asset Management System
- innovative command seating position ensures a convenient and comfortable workout
- step-thru entry for easy access
- pivoting arm rest for maximum comfort

self-powered system provides cost-savings and freedom of









- intuitive LED console display
- integrated 3-speed personal fan
- integrated wireless data transmitter for use with Asset Management System
- innovative command seating position ensures a convenient and comfortable workout
- step-thru entry for easy access
- pivoting arm rest for maximum comfort
- self-powered system provides cost-savings and freedom of placement within the facility







- LED console display is easily navigated by users of all experience levels
- innovative command seating position ensures a convenient and comfortable workout
- step-thru entry for easy access
- pivoting arm rest for maximum comfort
- self-powered system provides cost-savings and freedom of placement within the facility







Recumbent Cycle | R7xe









I Vista Clear™ Television Technology – the most vibrant picture quality in the industry

compatible with iPod for video and audio playback, charging, and on-screen playlist selection

compatible with Nike + iPod for the Gym for simple workout tracking

integrated 3-speed personal fan

integrated wireless data transmitter for use with Asset Management System

compatible with the immersive Virtual Active™ programming

■ Ergo Form™ seat and back pad enhance comfort and support

step-thru entry for easy access





Recumbent Cycle R7x







- integrated 7" LCD display
- Vista Clear™ Television Technology the most vibrant picture quality in the industry
- compatible with iPod for video and audio playback, charging, and on-screen playlist selection
- compatible with Nike + iPod for the Gym for simple workout tracking
- integrated 3-speed personal fan
- integrated wireless data transmitter for use with Asset Management System
- Ergo Form™ seat and back pad enhance comfort and support
- step-thru entry for easy access
- self-powered system provides cost-savings and freedom of placement within the facility



Recumbent Cycle | R5x

Recumbent Cycle R3x

Recumbent Cycle R1x









- integrated 3-speed personal fan
- integrated wireless data transmitter for use with Asset Management System
- Ergo Form[™] seat and back pad enhance comfort and support
- step-thru entry for easy access
- low-watt starting resistance is ideal for beginning, rehab or deconditioned users
- self-powered system provides cost-savings and freedom of placement within the facility







- LED console display is easily navigated by users of all experience levels
- Ergo Form[™] seat and back pad enhance comfort and support
- step-thru entry for easy access
- low-watt starting resistance is ideal for beginning, rehab or deconditioned users
- self-powered system provides cost-savings and freedom of placement within the facility







- 7" blue backlit LCD console display provides constant feedback
- Ergo Form™ seat and back pad enhance comfort and support
- step-thru entry for easy access
- quick-zip pedal straps for easy adjustment
- self-powered system provides cost-savings and freedom of placement within the facility







Upright Cycle U7xe





- integrated 15" touch screen display with FitTouch™ Technology for intuitive performance
- I Vista Clear™ Television Technology the most vibrant picture quality in the industry
- compatible with iPod for video and audio playback, charging, and on-screen playlist selection
- compatible with Nike + iPod for the Gym for simple workout tracking
- integrated 3-speed personal fan
- integrated wireless data transmitter for use with Asset Management System
- compatible with the immersive Virtual Active™ programming
- Ergo Form™ seat enhances comfort and support
- race-inspired handles feature contoured elbow rests for comfort and enhanced ergonomics











- integrated 7" LCD display
- Vista Clear™ Television Technology the most vibrant picture quality in the industry
- compatible with iPod for video and audio playback, charging, and on-screen playlist selection
- compatible with Nike + iPod for the Gym for simple workout tracking
- integrated 3-speed personal fan
- integrated wireless data transmitter for use with Asset Management System
- Ergo Form™ seat enhances comfort and support
- race-inspired handles feature contoured elbow rests for comfort and enhanced ergonomics
- self-powered system provides cost-savings and freedom of placement within the facility





Upright Cycle U5x

Upright Cycle U3x

Upright Cycle U1x







- intuitive LED console display
- integrated 3-speed personal fan
- integrated wireless data transmitter for use with Asset Management System
- Ergo Form™ seat enhances comfort and support
- race-inspired handles feature contoured elbow rests for comfort and enhanced ergonomics
- low-watt starting resistance is ideal for beginning, rehab or deconditioned users
- self-powered system provides cost-savings and freedom of placement within the facility







- LED console display is easily navigated by users of all experience levels
- Ergo Form™ seat enhances comfort and support
- race-inspired handles feature contoured elbow rests for comfort and enhanced ergonomics
 - low-watt starting resistance is ideal for beginning, rehab or deconditioned users
- self-powered system provides cost-savings and freedom of placement within the facility









- 7" blue backlit LCD console display provides constant feedback
- race-inspired handles feature contoured elbow rests for comfort and enhanced ergonomics
- quick-zip pedal straps for easy adjustment
- self-powered system provides cost-savings and freedom of placement within the facility







Matrix Rower

- battery-powered display allows freedom of placement within the facility
- coil spring poly-v belt drive system for quiet operation
- fanblade air resistance and ECB
- aluminum extended slide rail and distance mimic real rowing feel
- fan wheel technology provides a smooth, natural movement



CARDIO | GROUP EXERCISE

RESHAPING THE FITNESS INDUSTRY

Group exercise is more than incredible products. It's about the right balance of products, programming and people. Without all three, it's just plain exercise. It isn't just the desire, but also the will to push on when others would happily stop and congratulate themselves on a job well done. Our strategy is about combining a talented development team with exclusive partner relationships that excel in their field and, together with Matrix, are helping to reshape the fitness industry.















Indoor Cycling | KRANKcycle®



CARDIO | KRANKCYCLE® EDUCATION

KNOWS NO BOUNDARIES

Kranking unites education, philosophy, and machine. The first exercise program to focus on the upper body as a way to build cardio fitness, Kranking provides a new way to build aerobic capacity, increase upper body strength, burn calories, and build core stability.

At the heart of Kranking is the College of Knowledge, an institution created to develop, research, and oversee all aspects of Kranking education from the instructor training to public outreach. The College allows you to immerse yourself in the knowledge they have gained through years of experience educating the most sought-after fitness professionals in the world. Because Kranking is one of the most extensively researched fitness programs in the industry, the College provides a wealth of information on every aspect of fitness, from biomechanics/physiology, to nutrition.



KRANKING FUNDAMENTAL COURSE OBJECTIVES 0.8 ACE CEC's, 7.5 AFAA CEU's, CAN FIT PRO 4 FIS / 4 PTS CEC's

- The Kranking Philosophy
- KRANKcycle® Setup, Fitting & Operation
- Biomechanics and Physiology of Kranking
- Personal Training Applications
- Integrating Kranking into your existing programming
- Program format and design
- The Johnny G Energy Training System
- Kranking and Special Populations
- Kranking and People with Disabilities

COURSE ALSO INCLUDES:

- Kranking Fundamentals Instructor Manual
- Kranking Fundamentals Workbook
- 90-Day Membership to the Kranking College of Knowledge on-line community will be provided to each participant
- Kranking Instructor Certificate

HOW CAN YOU INCORPORATE THE KRANKCYCLE INTO YOUR FACILITY?

Small Group Training

Offer 20 minute express classes on the cardio floor for members who don't have a lot of time, but want an effective workout.

Personal Training

Whether the goal is weight loss, sports performance, maintaining strength and endurance for daily tasks, getting ready for a new baby, or a wide range of other goals, the krankcycle is an incredible tool to get clients in shape safely and effectively.

In the Studio

Fill in the gaps of your group fitness schedule. With cardio classes being predominantly lower body focused, the Krankcycle is a great way to elevate your program offering. Kranking can be done alone or when paired with the indoor cycle, step, bosu or added to your bootcamp class, members can experience a workout their body will crave.

Indoor Cycling | S Series LS

Indoor Cycling | E Series LS

- road-inspired adjustable LX7 drop handlebar allows riders to simulate all outdoor riding techniques
- on-board computer provides HR, cadence, distance, time and calorie feedback to keep users on track
- dual spd pedal and cage designed with both beginners and experienced users in mind
- dual descent bottle holder to keep users well hydrated
- premium aluminum offers infinite adjustments for users of all sizes
- multiple seat and handle bar adjustment encourage proper forms



- dual spd pedal and cage designed with both beginner and experienced users in mind
- aluminum adjustment system makes proper set up easy
- high performance belt drive for a smooth, quiet ride
- 40 lb perfectly balanced flywheel to generate speed and power
- integrated sweat guard to prevent rust and corrosion



CARDIO | I.C.E EDUCATION

REDEFINING THE SHAPE OF INDOOR CYCLING

More than the bike, LIVE**STRONG®** Indoor Cycling by Matrix provides clubs all the practical tools required to teach and inspire positive changes in the lives of their members and local community.

Developed in partnership with Indoorcycling Group, Indoor Cycling Education (I.C.E) provides instructors with the latest, most innovative and progressive education resources available today. I.C.E certifications and awards are designed to support an individual's learning preference and meet the needs of group fitness managers requiring sustainable, on-demand training of current, new and freelance instructors.

I.C.E's ongoing development is our commitment to you - to ensure that your investments in indoor cycling has a long and successful road ahead.

HOW CAN INSTRUCTORS GET CERTIFIED IN LIVESTRONG FITNESS I.C.E?

ONLINE OR LIVE - YOU DECIDE

Instructors can complete the I.C.E STAGES certification in their own preferred way of learning. Our online platform, www.ic-pro.org has been designed to meet the needs of trainers worldwide. Multimedia delivery has revolutionized the way indoor cycling can not only be learned, but used as an invaluable resource throughout your teaching career.



I.C.E STAGES

Building a good foundation is a must for a strong support system. I.C.E STAGES is the market's ultimate online education and resource for core teaching in indoor cycling



CYCLEWELL +

CYCLEWELL Indoor Cycling is one the the world's most inclusive fitness offerings. The class structure and equipment provide a foundation that can accommodate many special populations and people from all background and abilities.



IC PRO QUARTERLY

It's busy being a PRO - being in-demand means you need support on-demand and that's why IC PRO QUARTERLY is in our line up.



BE YOUR OWN HERO SERIES

Be at the top of your game through the BE YOUR OWN HERO series. This series provides training insight into becoming a stronger cyclist and fitter instructor and is completely FREE to those that have successfully completed the Stages education.



SPORTIF

Is the first group exercise program to introduce periodization to it's fundamental principles and is completely FREE to those that have successfully completed the Stages education.



STRENGTH | G7 SERIES

EXPECT MORE.

Matrix has changed the way people think about strength equipment. Simple and intuitive, our biomechanical experts developed this equipment with the user in mind. How? Redefined ergonomics. Improved comfort and performance. And streamlined workout tracking. It's time to experience something so different in strength equipment.



Incremental Weights

Incremental weights are easily accessible from the seated position. Numeric selection allows users easy reference for future use.



User Amenities

Designed with the user in mind, all G7 singlestation strength machines offer a conveniently located accessory pad, bottle and towel holder.



Electronic Rep Counter

Integrated system tracks repetitions, activity time, and rest time for a simplified workout experience.



Adjustment Points

Conveniently located adjustment points are clearly marked for ease of use.



Converging / Diverging Motion

Matrix machines offer converging and diverging motions that encourage a natural path of motion for increased user comfort.



Exercise Placards

Conveniently located and easy to read exercise placards offer a quick reference to targeted muscle groups and proper machine use.
Placards offer color references to easily identify muscle-group categories.



Action Specific Grips™

Ergonomically designed, function specific handles reduce stress on contact points to enhance user comfort.

Converging Chest Press G7-S13

- converging arm movement provides a natural path of motion
- adjustable start position facilitates increased range of motion
- Action Specific Grips™ provide greater comfort and minimal point pressure
- designed for easy entry and exit





Diverging Lat Pulldown G7-S33

- diverging arm movement provides a natural path of motion
- angled seat encourages proper user position
- thigh pads easily adjust to provide stability and comfort
- Action Specific Grips™ provide greater comfort and minimal point pressure



Diverging Seated Row G7-S34

Abdominal Crunch G7-S51

- diverging arm movement provides a natural path of motion
- dual-position hand grips allow for greater training variety
- Action Specific Grips[™] provide greater comfort and minimal point pressure
- adjustable chest pad accommodates users of all sizes

- curved back pads for full muscular contraction and comfort
- self-aligning handles adjust to accommodate users of all sizes
- dual pivot design for natural abdominal crunch motion
- Action Specific Grips™ provide greater comfort and minimal point pressure





Triceps Press G7-S42

rotating handles adapt to users of all sizes





Lateral Raise G7-S21

- rotating arms accommodate users of all sizes and improves range of motion
- angled user position for enhanced comfort and stabilization
- contoured elbow pads provide greater arm comfort

- independent arms facilitate greater exercise variety
- oversized arm pads accommodate a variety of users and provide comfort
- rotating handles provide natural motion





- angled and adjustable seat carriage provides greater user comfort
- guide rod and bearing-designed carriage enhances user feel
- footplate identifies user foot position with unique visual indicators
- thumb switch controls allow for easy adjustments



Seated Leg Curl G7-S72

- angled seat and back pad encourages full quadriceps contraction for user movement
- self-adjusting tibia pad for greater ease of use
- pivot location clearly marked to encourage correct alignment
- thumb switch controls allow for easy adjustments

- back pad, tibia pad, and range of motion adjustments are easily accessible from a seated position
- angled seat and unique pivot location for full hamstring contraction
- adjustable thigh pad provides stabilization during exercise
- thumb switch controls allow for easy adjustments





- contoured elbow pads provide greater stabilization and user comfort
- divergent pad angle eliminates lower back stress
- thumb switch controls allow for easy adjustment



Calf Extension | G7-S77

- angled user seated position provides greater lumbar support
- range of motion adjustment accommodates a variety of users and start positions

thumb switch controls allow for easy adjustment



Hip Adductor G7-S74

Hip Abductor | G7-S75

- adjustable start position facilitates increased range of motion
- foot pegs and contoured knee pads provide user stabilization and support
- reclined position for greater lumbar comfort

- adjustable start position facilitates increased range of motion
- foot pegs and contoured knee pads provide user stabilization and support
- reclined position for greater lumbar comfort





Glute G7-S72

- 25 degree angle for optimal glute activation
- adjustable chest pad accommodates users of all sizes
- oversized foot platform for greater stability



Rotary Torso G7-S55

Back Extension | G7-S52

- kneeling position minimizes low back stress while stretching hip flexors
- contoured knee pads for enhanced comfort and stability
- range of motion with eight different user positions
- oversized handlebars accommodate a wide variety of users

- multi-position foot placement accommodates a variety of users
- thumb switch controls allow for easy adjustments
- contoured back pad for enhanced user comfort





STRENGTH | G3 SERIES

WHO SAID STRENGTH MACHINES CAN'T BE SOPHISTICATED?

Subtle lines. Simple operation. Our biomechanical experts developed this equipment to accurately match the body's fluid, natural movements. The result? Machines that are more comfortable, more effective, and easier to operate. And because we understand fitness facilities as well as we do their members, Matrix equipment is strategically designed for maximum visual impact and minimum physical footprint.



Frame Finish

Matrix offers a standard second clear powder coating for an automotive quality finish that's highly resistant to chips and scratches.



Independent Converging/ Diverging Motion

Independent converging and diverging motions on select units produce a natural resistance training movement for a superior feel.



Ergo Form™ Cushions

Our cushions ensure proper body alignment and support with a distinct and attractive look.



Bottle and Towel Holder

A simple, yet innovative feature that users appreciate (and which also prevents spills and clutter on the club floor).



Integrated Increment Weights

Our sliding increment weights are easily accessible from the exercise position and reduce clutter on the club floor.



Round Tubing

In addition to being aesthetically distinctive, Matrix's round tube construction provides unmatched strength and durability.



Exercise Placards

Conveniently located and easy to read, exercise placards offer a quick reference to targeted muscle groups and proper machine use.

Converging Shoulder Press | G3-S23

- independent converging movement provides a natural path of motion
- dual hand grip positions provide greater training variety
- designed for easy entry and exit

- independent converging movement provides a natural path of motion
- pressing arm includes both standard and neutral grips for user's individual preference
- oversized hand grips provide greater comfort and variety
- counterbalanced pressing arm for optimized starting resistance





Diverging Lat Pulldown | G3-S33

Diverging Seated Row | G3-S34

- independent diverging movement provides a natural path of motion
- angled seat cues optimal user position
- thigh pads easily adjust to provide both stability and comfort



- independent diverging movement provides a natural path of motion
- dual-position hand grips provide greater training variety



Chest Press G3-S10

- dual axis of rotation enhances user feel for a natural crunch movement muscle contraction
- seat and handle position designed for greater user stability

- adjustable pressing arm allows users to determine their own range of motion
- oversized dual hand grips provide greater comfort and variety





Pectoral Fly G3-S12

Shoulder Press G3-S20

- dual hand grips accommodate users of all sizes
- independent arm action ensures more balanced exercise by not allowing the dominant side to control the exercise
- adjustable starting position

- pressing arm includes both bar and neutral grips for user's individual preferences or anatomical limitations
- oversized hand grips provide greater comfort and variety
- counterbalanced pressing arm for optimal starting resistance





Rear Delt / Fly | G3-S22

- full back pad enhances user's position, comfort, and support
- independent arm action ensures balanced exercise
- handles pivot to accommodate users of all sizes



- user arms pivot to accommodate individual forearm lengths and varying paths of motion
- optimized handle positions reduce the need to adjust the seat position between rear deltoid and fly exercise



Lat Pulldown G3-S30

Seated Row G3-S31

- thigh pads easily adjust to provide both stability and comfort
- straight bar with angled ends ensures correct arm and wrist position throughout the entire range of motion



- multiple grips are provided for greater exercise variety to train the mid- and upper-back muscles
- optimized pivot location creates a biomechanically correct arc of motion



Triceps Extension G3-S45

- arm pad is angled for stability, and limits unwanted shoulder movement during exercise
- optimized pivot location creates a biomechanically correct range of motion
- angled hand grips ensure optimal wrist position

- seat and upper-arm pads are angled to enhance user stability during exercise
- handle pivots to automatically adjust for varying forearm lengths
- optimized pivot location creates a biomechanically correct range of motion





Seated Dip G3-S42

Dip / Chin Assist | G3-S60

- handles rotate in and out, allowing users to determine the proper exercise position for their shoulders
- grips are over-molded to ensure a secure, non-slip feel
- back pad is tilted forward to help reduce stress in the shoulder joint and encourage a full range of motion
- seatbelt for added stability



- handles rotate in and out, allowing users to determine the proper exercise position for their shoulders
- pull-up bar offers both standard and neutral grips for individual preference
- steps allow easy entry and exit
- two sets of pull-up grips allow users of all heights a full range of motion



Leg Extension | G3-S71

- four-bar linkage enhances alignment and provides variable resistance
- large non-skid footplate accommodates users of all sizes

- seat and back pad angle increases comfort and encourages full quadriceps contraction without hamstring flexibility limitations
- standard range-of-motion adjustment for individual preference
- self-adjusting tibia pad reduces the number of adjustments for greater ease of use
- pivot location clearly marked to encourage correct alignment







Calf Press G3-S77

- chest pad and hip pad form a diverging angle which encourages a full range of motion and helps reduce lower-back stress
- standard range-of-motion adjuster for individual preference
- pivot location clearly marked to encourage correct alignment

- force is transmitted though hips to eliminate spinal compression
- footplates are curved for comfortable positioning and encourage a full range of motion
- linear bearings allow a smooth, quiet motion and are fully enclosed





Hip Abductor G3-S75

- knee pads and dual footrests provide leg support and increased comfort
- weight stack positioned in front of the user acts as a privacy shield

- leg support accomplished with knee pads and dual footrests to eliminate unwanted torque around the knee
- weight stack positioned in front of the user acts as a privacy shield





Back Extension | G3-S52

- allows users to perform hip exercise from the standing position, providing enhanced alignment and increasing target muscle involvement
- adjustable carriage allows users of varying heights to achieve optimal positioning
- starting positions are incremental at 15-degree intervals through 270 degrees of rotation

- adjustable non-skid footrests provide secure and proper positioning
- pivot position promotes the coordinated function of the hip and lower-back muscles
- lower-back reference pad encourages user alignment





Abdominal G3-S50

- unique design reinforces proper user positioning
- range of motion is adjustable in 10-degree increments
- foot bar helps users of all sizes achieve proper stabilization

- hand grips and contoured-edge chest pad provide greater user comfort
- adjustable-resistance arm allows users to determine their own starting position





Functional Trainer | G3-MSFT 300/400

- 1:4 ratio for low starting resistance and high-speed movements
- available with 290lb or 390lb stacks
- swiveling accessory station accommodates more training handles and attachments
- multi-grip-position pull-up handles with unique rock climbing attachment
- integrated fold-away step for easy access



Performance Vest

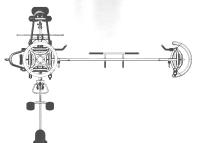
The new Matrix Performance Vest is an ideal training accessory for the Matrix Functional Trainer that broadens strength training possibilities. The vest includes multiple attachments, allowing trainers to add more variety and movement to resistance training workouts.



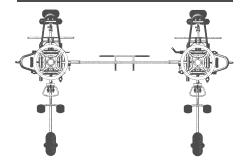
5-Stack Multi-Station G3-MS50



- four configurations with a varying number of stations; 4-stack, 5-stack, 8-stack, and free-standing adjustable cable crossover
- each configuration contains one or more of the following popular gym exercises: low row with dual pulleys, lat pulldown with dual pulleys, adjustable cable column, and triceps pressdown
- low row and lat pulldown have dual pulley configurations for greater training variety
- designed so more than one of each station can be assembled in each 4-stack
- 5-stack and 8-stack configurations come with a connecting cable crossover tube with integrated pull-up bar



8-Stack Multi-Station G3-MS80



Adjustable Cable Crossover G3-MS20



4-Stack Multi-Station G3-MS40

Power Station G3-FW73

- six racking positions accommodate all users
- racks are positioned 6" apart to allow easy removal and re-racking of the bar
- fixed side frames are positioned at a height of 27"
- eight standard weight horns hold multiple weight plate sizes



- eight racking positions accommodate users for any type of lift
- adjustable bar stop allows positioning from 30.5" to 48"
- fixed side frame is positioned at 20" for Olympic lifts
- integrated pull-up bar for increased functionality
- eight standard weight horns hold multiple weight plate sizes



Flat Bench | G3-FW81 Adjustable | Utility Bench | G3-FW84 Decline Bench | G3-FW83

- bench has 3-point contact for improved leveling
- integrated foot supports for greater user stability
- integrated wheels facilitate movement around facility

- bench offers eight positions of adjustment from 15 to 30 degrees
- leg pads designed in fixed position for easy entry and exit
- integrated wheels facilitate movement around facility
- back angle is 85 degrees, improving comfort and stability for overhead movements
- integrated foot supports increase stability
- Integrated wheels facilitate movement around facility



Olympic Flat Bench G3-FW13

- bench is angled 30 degrees to emphasize upper pectorals
- adjustable seat allows fine-tuning of the exercise position
- standard weight storage keeps weight plates in close proximity

- multiple weight take-off points are spread 6" apart
- standard weight storage keeps weight plates in close proximity



Olympic Decline Bench G3-FW15

Multi Adjustable Bench G3-FW80

- bench is angled at 15 degrees for effective muscle stimulation
- three take-off positions provide adaptability for users with varying arm lengths
- tibia adjuster allows for near-infinite adjustment positions

- space-saving design allows a flat and an incline bench in one piece
- seat pad adjusts from 0 to 30 degrees, while back pad adjusts from -5 to 85 degrees
- integrated wheels and handle facilitate movement around facility





Adjustable Bench | G3-FW82

Back Extension Bench | G3-FW52

- back pad adjusts from 0 to 70 degrees
- space-saving design allows a flat and an incline bench in one piece
- integrated wheels and handle facilitate movement around facility

- bench is angled 45 degrees for easy entry and exit and is ideal for lower-back exercise
- nine positions of adjustment provide 9.5" of adjustment for users of most heights
- footrests incorporate lower-leg pads for stabilization and comfort





Preacher Curl G3-FW40

10-Pair Dumbbell Rack G3-FW91

- lelbow pad is angled at 55 degrees to vary resistance and improve user comfort
- seat pad is angled at 10 degrees to improve stability and comfort

- offset angle prevents wrist strain when removing and replacing dumbbells
- individual cradles improve racking of dumbbells
- storage space for ten pairs of any size dumbbells
- Also available: 5 Pair Dumbbell Rack, G3-FW90 (single tier, not shown)



- upright design provides convenience for barbell accessories
- rack holds ten barbells, five per side
- chromed racks provide lasting commercial finish

- nine chrome-plated storage horns for Olympic plates
- rubber bumpers on horns protect frame finish
- ergonomic design positions heavier plates further off the ground for easier removal and replacement
- facilitates placement of all accessories in one spot for convenience and a clutter-free facility
- chromed rack holds five bars, while five accessory rings can hold a multitude of grips and straps
- top shelf holds additional accessories







Incline Bench Press G3-PL14

Supine Bench Press | G3-PL13

- converging independent arms provide a natural path of motion
- five-position adjustable seat pad with gas spring assist adapts to users of all sizes
- 45-degree incline back pad facilitates proper biomechanics
- four integrated weight storage horns keep weight plates in close proximity

- converging independent arms provide a natural path of motion
- two integrated weight storage horns keep weight plates in close proximity





Ab Crunch Bench G3-PL50

- easy-to-use racking mechanism
- linear bearings for smooth feel and function
- polyethylene foot platform for impact, corrosion and abrasion resistance
- molded pads for comfort and durability

- unique design ensures proper positioning for abdominal crunches
- two sets of foot bars accommodate all users
- weight-loading horn allows for the addition of extra resistance





Seated Calf | G3-PL77

Smith Machine G3-PL62

- seat moves with input arm for maintenance of alignment
- knee pads adjust for tibia length and range of motion
- quick-release bar catch for simple operation

- fifteen-pound take-off for low starting resistance
- features a 90-degree path of motion for adaptability to all exercises
- linear bearings provide a smooth motion
- six integrated weight storage horns hold multiple weight plate sizes





Lat Pulldown G3-PL33

- converging independent arms provide a natural path of motion
- five-position adjustable seat with gas assist adapts to users of all sizes
- four integrated weight storage horns keep weight plates in close proximity
- dual grip pressing positions for greater training variety

- diverging independent arms provide a natural path of motion
- easy to use thigh pad adjustment for proper support
- angled seat cues optimal user position
- two integrated weight storage horns keep weight plates in close proximity





- diverging independent arms provide a natural path of motion
- multiple hand grip positions for greater training variety
- integrated weight storage horn keeps weight plates in close proximity

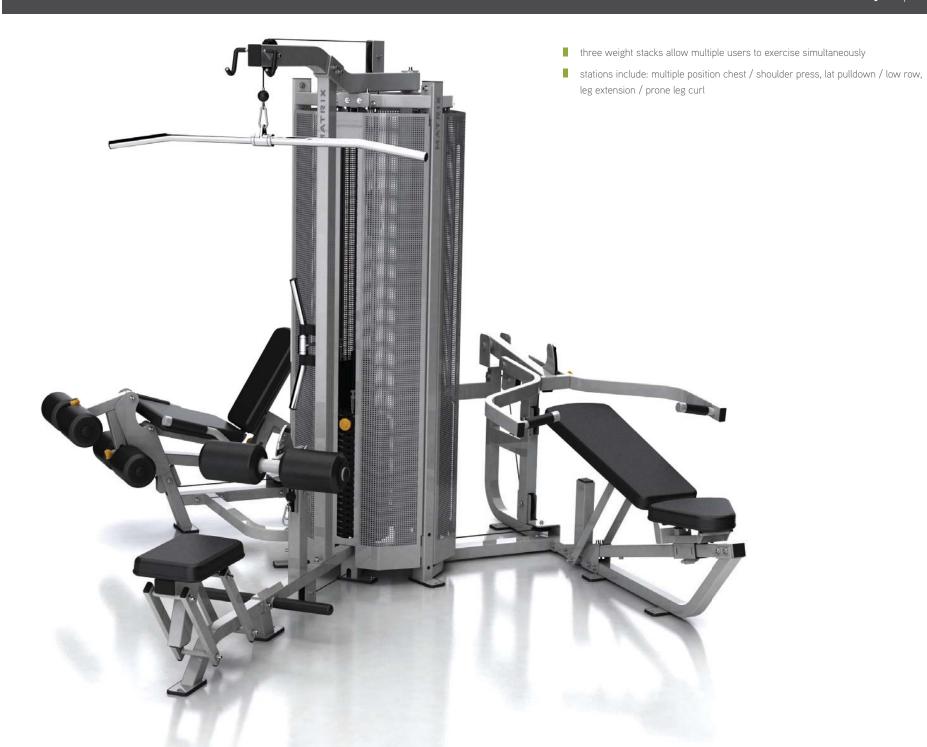
- I independent lifting arms ensure a balanced exercise
- multiple hand grip positions for greater training variety
- four integrated weight storage horns keep weight plates in close proximity
- loaded weight capacity of over 1000lbs

Squat Lunge | G3-PL79









Flat Bench | G1-FW151

Adjustable Decline Bench | G1-FW152

- three point foot contact for stability
- bench anchors for improved stability



- back pad easily adjusts to four positions from 0 to 30 degree decline
- legs are supported and knees elevated to reduce lower back strain
- integrated wheels for easy transport around facility



Adjustable Incline Bench | G1-FW153

Preacher Curl Bench | G1-FW155

- easily adjusts to six positions from 0 to 75 degrees
- seat pad position is fixed at 15 degrees
- integrated wheels for easy transport around facility



- elbow pad is angled at 55 degrees for varying resistance and improved user comfort
- ratcheting seat pad is angled at 10 degrees for enhanced stability and comfort



Utility Bench G1-FW156

Weight Tree G1-FW157

10-Pair Dumbbell Rack | G1-FW159

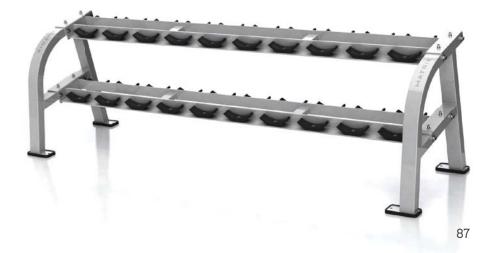
- back angle is 85 degrees, improving comfort and stability for overhead movements
- integrated foot supports increase stability

- six weight storage horns positioned to fit all sized Olympic plates
- rubber bumpers protect frame finish

- offset angle prevents wrist strain when removing and replacing dumbells
- individual dumbbell cradle improves safety and storage of dumbbells
- storage space for 10-pairs of dumbbells
- individual cradles improve racking of dumbells
- also available: 5-pair dumbbell rack, G1-FW158 (single tier not shown)







- upright design provides easy access to barbells
- rack holds 10 barbells, five per side

- low starting resistance accommodates users of all abilities
- bar travel limited to 28.5" (65cm) from the floor to improve safety
- six integrated weight storage horns

- bench is angled 45 degrees for easy entry and exit
- twist locking pull pin improves stability of pads



Olympic Olympic Olympic Olympic Olympic Decline Bench G1-FW163

- easy spotter access
- integrated weight storage horns keep plates in close proximity
- footrest provides enhanced user stability

- bench is angled at 30 degrees to emphasize upper pectoral activation
- adjustable ratcheting seat allows for users of all sizes
- bench is angled at 15 degrees for effective pectoral stimulation
- adjustable knee support accommodate users of all sizes
- three-take off positions provide adaptability for users with varying arm lengths





LIVESTRONG® BY MATRIX | BE YOUR OWN HERO

MATRIX JOINS THE FIGHT AGAINST CANCER.

We're proud to introduce LIVESTRONG® Indoor Cycling by Matrix. Inspired by the drive and determination of Lance himself, this line features the attention-to-detail and solid quality indicative of the LIVESTRONG name.

The LIVESTRONG relationship with Matrix Fitness is more than a licensing agreement, it is an initiative to join the fight against cancer and promote a healthy lifestyle.

Each purchase from this line ensures that a minimum of \$4M will go to LIVESTRONG and the fight against cancer. To learn more about the mission and passion driving LIVESTRONG, visit LIVESTRONG.org.



ABOUT LIVESTRONG®

Founded in 1997 by cancer survivor and champion cyclist Lance Armstrong and based in Austin, Texas, LIVESTRONG fights for the 28 million people around the world living with cancer today. LIVESTRONG connects individuals to the support they need, leverages funding and resources to spur innovation and engages communities and leaders to drive social change. Known for the iconic yellow wristband, LIVESTRONG's mission is to inspire and empower anyone affected by cancer. For more information visit LIVESTRONG.org.

LIVE**STRONG** Indoor Cycling by Matrix is proudly manufactured by the Indoorcycling Group and distributed by Johnson Health Tech, a name synonymous with quality fitness solutions for more than 30 years.

Treadmill T1xLS

- integrated 7" LCD display
- Vista Clear™ Television Technology the most vibrant picture quality in the industry
- Ultimate Deck™ System for superior performance and durability
- low 7.5" step-on height for easy accessibility
- 3.0hp AC Dynamic Response Drive System™ with lifetime motor warranty

- large LED display provides easy viewing and simple controls
- Ultimate Deck™ System for superior performance and durability
- low 7.5" step-on height for easy accessibility
- 3.0hp AC Dynamic Response Drive System[™] with lifetime motor warranty



Elliptical E1xLS Recumbent Bike R1xLS

Upright Bike U1xLS

- 7" blue backlit LCD console display provides constant feedback
- comfortable 19" stride length for smooth, natural movement
- auto-positioning pedals assures a comfortable workout
- self-powered generator system provides cost-savings and freedom of placement within the facility
- 7" blue backlit LCD console display provides constant feedback
 - Ergo Form™ seat and back pad enhance comfort and support
 - step-thru entry for easy access
 - quick-zip pedal straps for easy adjustment
- self-powered generator system provides cost-savings and freedom of placement within the facility
- 7" blue backlit LCD console display provides constant feedback
- race-inspired handles feature contoured elbow rests for comfort and enhanced ergonomics
- quick-zip pedal straps for easy adjustment
- self-powered generator system provides cost-savings and freedom of placement within the facility



Indoor Cycling | S Series LS

Indoor Cycling | E Series LS

- road-inspired adjustable LX7 drop handlebar allows riders to simulate all outdoor riding techniques
- on-board computer provides HR, cadence, distance, time and calorie feedback to keep users on track
- dual spd pedal and cage designed with both beginners and experienced users in mind
- dual descent bottle holder to keep users well hydrated
- premium aluminum offers infinite adjustments for users of all sizes
- multiple seat and handle bar adjustment encourage proper forms



- dual spd pedal and cage designed with both beginner and experienced users in mind
- aluminum adjustment system makes proper set up easy
- high performance belt drive for a smooth, quiet ride
- 40 lb perfectly balanced flywheel to generate speed and power
- integrated sweat guard to prevent rust and corrosion

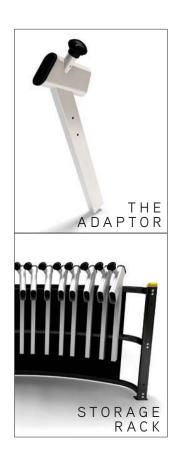


CYCLEwell EMPOWERS THE USER

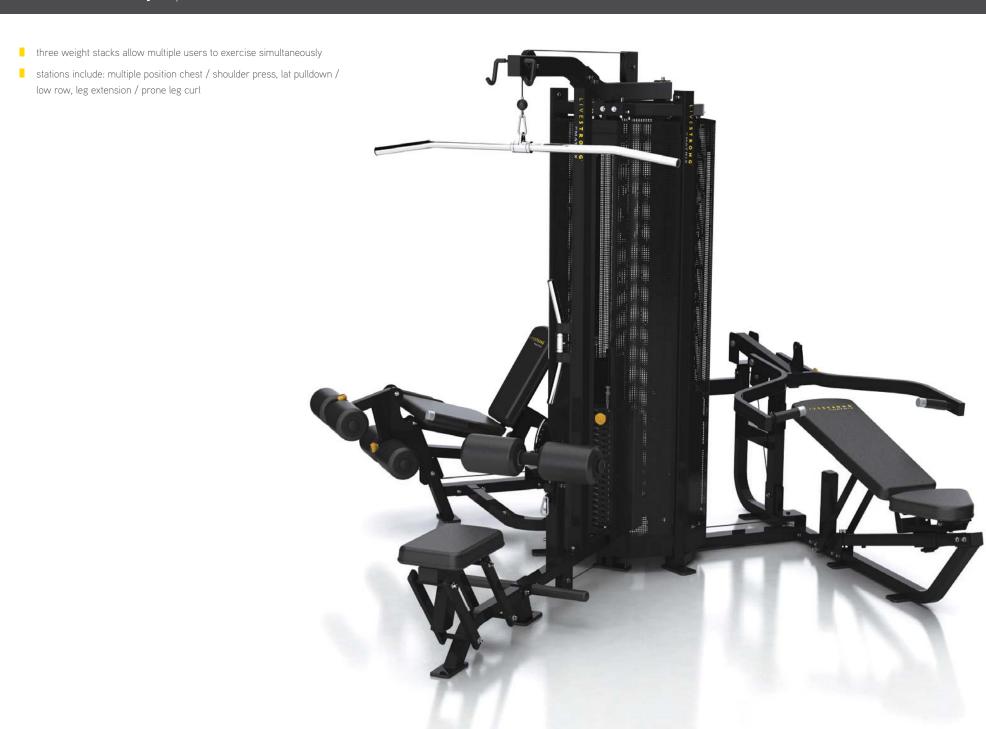
Inspired to encourage new participants from more non-traditional backgrounds, LIVESTRONG® by Matrix introduces CYCLEwell.

Empower the de-conditioned, new to exercise, pre and post natal, seniors and cancer survivors to participate in the indoor cycling experience while cycling in a more upright, comfortable position.





3-Stack Multi-Gym G1-MG30LS



Flat Bench | G1-FW151LS

Adjustable Incline Bench | G1-FW153LS

- three point foot contact for stability
- bench anchors for improved stability



- easily adjusts to six positions from 0 to 75 degrees
- seat pad position is fixed at 15 degrees
- integrated wheels for easy transport around facility



Preacher Curl Bench | G1-FW155LS

- elbow pad is angled at 55 degrees for varying resistance and improved user comfort
- ratcheting seat pad is angled at 10 degrees for enhanced stability and comfort



Smith Machine G1-FW161LS

- low starting resistance accommodates users of all abilities
- bar travel limited to 28.5" (65cm) from the floor to improve safety
- six integrated weight storage horns



	T7xe Treadmill	T7x Treadmill	T5x Treadmill	T3xe Treadmill	T3x Treadmill	T1xe Treadmill	T1x Treadmill
FEATURES							
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	Ultimate™ Hard-Wax reversible 1" deck	Ultimate™ Hard-Wax reversible 1" deck	Ultimate™ Hard-Wax reversible 1" deck
Belt type	2-ply commercial grade	2-ply commercial grade	2-ply commercial grade	2-ply commercial grade	2-ply commercial grade	2-ply commercial grade	2-ply commercial grade
Running area	60" x 22"	60" x 22"	60" x 22"	60" x 20"	60" x 20"	60" x 20"	60" x 20"
Deck step height	9.5"	9.5"	9.5"	7.5"	7.5"	7.5"	7.5"
Cushion system	Ultimate Deck™ cushioning system	Ultimate Deck™ cushioning system	Ultimate Deck™ cushioning system	Ultimate Deck™ cushioning system	Ultimate Deck™ cushioning system	Ultimate Deck™ cushioning system	Ultimate Deck™ cushioning system
Incline range	0-15% (1,300 lb thrust incline motor)	0-15% (1,300 lb thrust incline motor)	0-15% (1,300 lb thrust incline motor)	0%-15% (1,300 lb. elevation motor)	0%-15% (1,300 lb. elevation motor)	0%-15% (700 lb. elevation motor)	0%-15% (700 lb. elevation motor)
Speed range	0.5 - 15* mph	0.5 - 15* mph	0.5 - 12 mph	0.5 - 12 mph	0.5 - 12 mph	0.5 - 12 mph	0.5 - 12 mph
Contact & telemetric HR sensors	Yes	Yes	Yes	Yes	Yes	Yes	Yes
DRIVE SYSTEM							
Motor	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™	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™
Motor controller	Commercial treadmill AC drive	Commercial treadmill AC drive	Commercial treadmill AC drive	Commercial treadmill AC drive	Commercial treadmill AC drive	Commercial treadmill AC drive	Commercial treadmill AC drive
CONSOLE							
Display type	15" touch screen LCD	7" LCD	Dot-matrix LED	7" LCD	Dot-matrix LED	7" 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	Time, distance (kilometers or miles), calories, calories per hour, speed, incline, pace, heart rate, METs, watts, profile	Time, distance, calories, speed, incline, pace, heart rate, METs, watts, profile	Time, distance (kilometers or miles), calories, calories per hour, speed, incline, pace, heart rate, METs, watts, profile	Time, speed, distance, calories, incline, heart rate, profile	Time, distance (kilometers or miles), calories, calories per hour, speed, incline, pace, heart rate, METs, watts, profile	Speed, incline, elapsed time, distance, pace, heart rate, time remaining, calories
User defined multi-language display	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Arabic, Russian, Swedish and Finnish	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Arabic, Russian, Swedish and Finnish	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Arabic, Russian, Swedish and Finnish	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Arabic, Russian, Swedish and Finnish	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese
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)	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, 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	Manual, rolling hills, fat burn, 5k, target HR, Gerkin protocol
CSAFE, FitLinxx™ ready	Yes	Yes	Yes	Yes	Yes	No	No
On-the-fly program change	Yes	Yes	Yes	Yes	Yes	Yes	Yes
FitTouch™ Technology	Yes	No	No	No	No	No	No
Integrated Vista Clear™ digital ready television	Yes-15" screen size	Yes-7" screen size	No	Yes-7" screen size	No	Yes-7" screen size	No
Virtual Active™ compatible	Yes	No	No	No	No	No	No
FITCONNEXION™ ready	No	Yes	Yes	No	No	No	No
Wireless data transmitter	Yes	Yes	Yes	No	No	No	No
iPod compatible	Yes	Yes	No	No	No	No	No
Nike + iPod compatible	Yes	Yes	No	No	No	No	No
Personal fan	Yes	Yes	Yes	No	No	No	No
Crossbar controls	Quick start, stop, cool down, speed and incline control	Quick start, stop, cool down, speed and incline control	Quick start, stop, cool down	No	No	No	No
TECH SPECS							
Overall dimensions	84"L x 33.25"W x 58"H	84"L x 33.25"W x 58"H	84"L x 33.25"W x 58"H	84"L x 33.825"W x 52"H	84"L x 33.825"W x 52"H	84"L x 33.825"W x 52"H	84"L x 33.825"W x 52"H
Maximum user weight	400 lbs	400 lbs	400 lbs	400 lbs	400 lbs	350 lbs	350 lbs
Weight	375 lbs	370 lbs	370 lbs	346 lbs	346 lbs	346 lbs	346 lbs
Shipping weight	487 lbs	487 lbs	487 lbs	440 lbs	440 lbs	440 lbs	440 lbs
Electrical receptacle & plug	NEMA 5-20R 120v	NEMA 5-20R 120v	NEMA 5-20R 120v	NEMA 5-20R 120v	NEMA 5-20R 120v	NEMA 5-20R 120v	NEMA 5-20R 120v
Electrical requirements	20 amps-dedicated circuit required-non-looped grounded	20 amps-dedicated circuit required-non-looped grounded	20 amps-dedicated circuit required-non-looped grounded	20 amps-dedicated circuit required-non-looped grounded	20 amps-dedicated circuit required-non-looped grounded	20 amps-dedicated circuit required-non-looped grounded	20 amps-dedicated circuit required-non-looped grounded
WARRANTY				<u> </u>			
Frame	7 years	7 years	7 years	7 years	7 years	5 years	5 years
Drive motor	Lifetime	Lifetime	Lifetime	7 years	7 years	5 years	5 years
Parts & labor	3 years CAP	3 years CAP	3 years CAP	3 years CAP	3 years CAP	5 years parts/2 years labor**	5 years parts/2 years labor**
*15 mph rating good up to 350 lbs u	•	**I ight Commercial Warranty - 6 ho	,		,	, , , ,	, , , , , , , , , , , , , , , , , , , ,

^{*15} mph rating good up to 350 lbs user

Images and specifications subject to change.



"Made for iPod" means that an electronic accessory has been designed to connect specifically to iPod and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards.

^{**}Light Commercial Warranty - 6 hours of use or less daily

	A7 A T N	A7 A .T . N	AF A . T . W	AO A . T : N	E7 E8 ()	EZ ENTAL I	EE EN COL	EQ. FIRST I	Ex. Ellist 1
FEATURE	A7xe Ascent Trainer™	A7x Ascent Trainer™	A5x Ascent Trainer™	A3x Ascent Trainer™	E7xe Elliptical	E7xc Elliptical	E5xc Elliptical	E3xc Elliptical	E1x Elliptical
FEATURES	04" 04"	04" 04"	04" 04"	04" 04"	04"	04"	04"	04"	40"
Stride length	21" - 24"	21" - 24"	21" - 24"	21" - 24"	21"	21"	21"	21"	19"
Contact & telemetric HR sensors	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Cushioned footpads	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Incline range	30 degrees	30 degrees	30 degrees	30 degrees	N/A	N/A	N/A	N/A	N/A
Q-factor	3.75"	3.75"	3.75"	3.75"	3.5"	3.5"	3.5"	3.5"	3.75"
Handlebar design	Multi-position dual action and ergo-bend stationary	Multi-position dual action and ergo-bend stationary	Multi-position dual action and ergo-bend stationary	Multi-position dual action and ergo-bend stationary	Multi-position dual action and ergo-bend stationary	Multi-position dual action and ergo-bend stationary	Multi-position dual action and ergo-bend stationary	Multi-position dual action and ergo-bend stationary	Multi-position dual action and ergo-bend stationary
Thumb switch controls	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
RESISTANCE SYSTEM									
Technology	JID hybrid ECB	JID hybrid ECB	JID hybrid ECB	JID hybrid ECB	JID brushless generator	JID brushless generator	JID brushless generator	JID brushless generator	JID generator
Power requirements	Powered 120v/60Hz AC	Self-powered / 120v/60Hz AC power option	Self-powered / 120v/60Hz AC power option	Powered 120v/60Hz AC	Powered 120v/60Hz AC	Self-power/ 120v/60Hz AC power option	Self-power/ 120v/60Hz AC power option	Self-powered	Self-powered
Minimum watts	16	16	16	16	22	22	22	15	18
Minimum RPM	N/A	N/A powered / 25 self-powered	N/A powered / 25 self-powered	N/A	N/A	N/A powered / 25 self-powered	N/A powered / 25 self-powered	15	30
CONSOLE									
Display type	15" touch screen LCD	7" LCD	Dot-matrix LED	LED	15" touch screen LCD	7" LCD	Dot-matrix LED	LED	7" blue backlit graphic LCD
Display feedback	Time, distance (kilometers or miles), calories, calories per hour, speed, incline, RPM, heart rate, METs, watts, dynamic profile display, static profile display		Time, distance, calories, speed, incline, heart rate, METs, watts, level, RPM	Incline, time, speed, distance, calories, watts, level, heart rate, RPM	miles), calories, calories per hour, speed, RPM, heart rate,	Time, distance (kilometers or miles), calories, calories per hour, speed, RPM, heart rate, METs, watts, profile	Time, distance, calories, speed, heart rate, METs, watts, RPM	Time, distance, calories, speed, heart rate, METs, watts RPM, profile	Time, distance, calories, speed, level, watts, METs, heart rate, profile
User defined multi-language display	Italian, Španish, Dutch, Portuguese, Chinese, Japanese, Korean, Arabic,	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Arabic, Russian, Swedish and Finnish	Manager Menu: English, German, French, Italian, Spanish, Dutch,	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese	Italian, Španish, Dutch, Portuguese, Chinese, Japanese, Korean, Arabic,	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Arabic, Russian, Swedish and Finnish	Manager Menu: English, German, French, Italian, Spanish, Dutch,	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese
Resistance levels	25	25	25	25	25	25	25	25	20
Workouts	Manual, rolling, intervals, fat burn, glute training, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, glute training, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, glute training, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit fest, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit fest, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit 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), fit test, warm up, cool down
CSAFE, FitLinxx ready	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
On-the-fly program change	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
FitTouch™ Technology	Yes	No	No	No	Yes	No	No	No	No
Integrated Vista Clear™ digital ready television	Yes - 15" screen size	Yes - 7" screen size	No	No	Yes - 15" screen size	Yes - 7" screen size	No	No	No
Virtual Active™ compatible	Yes	No	No	No	Yes	No	No	No	`No
FITCONNEXION™ ready	No	No	No	Yes	No	No	No	Yes	Yes
Wireless data transmitter	Yes	Yes	Yes	No	Yes	Yes	Yes	No	No
iPod compatible	Yes	Yes	No	No	Yes	Yes	No	No	No
Nike + iPod compatible	Yes	Yes	No	No	Yes	Yes	No	No	No
Personal fan	Yes	Yes	Yes	No	Yes	Yes	Yes	No	No
TECH SPECS									
Overall dimensions	80"L x 34.5"W x 72"H	80"L x 34.5"W x 72"H	80"L x 34.5"W x 72"H	80"L x 34.5"W x 72"H	75.5"L x 29"W x 71"H	75.5"L x 29"W x 71"H	75.5"L x 29"W x 71"H	75.5"L x 29"W x 71"H	83"L x 31"W x 67"H
Maximum user weight	400lbs	400lbs	400lbs	400lbs	400lbs	400lbs	400lbs	400lbs	400lbs
Weight	398lbs	396lbs	396lbs	396lbs	312lbs	310lbs	310lbs	310lbs	333lbs
Shipping weight	437lbs	435lbs	433lbs	434lbs	352lbs	350lbs	350lbs	344lbs	395lbs
Electrical requirements	AC powered	Self-power, power optional	Self-power, power optional	AC powered	AC powered	Self-powered, power optional	Self-powered, power optional	Self-powered	Self-powered
WARRANTY									
Frame	7 years	7 years	7 years	7 years	7 years	7 years	7 years	7 years	7 years
JID generator	5 years	5 years	5 years	5 years	5 years	5 years	5 years	5 years	5 years
Parts & labor	3 years CAP	3 years CAP	3 years CAP	3 years CAP	3 years CAP	3 years CAP	3 years CAP	3 years CAP	5 years parts/2 years labor**

^{**}Light Commercial Warranty - 6 hours of use or less daily

	C7ve Ctenner	C7v Ctonner	CEv Ctanner	C2v Ctannas
FEATURES	S7xe Stepper	S7x Stepper	S5x Stepper	S3x Stepper
	12.2"	12.2"	12.2"	12.2"
Step range				
Contact & telemetric HR	Yes	Yes	Yes	Yes
Ultra non-slip pedals	Yes 3.3"	Yes 3.3"	Yes 3.3"	Yes 3.3"
Q-factor				
Handlebar design	Ergonomically designed handrails and horn	Ergonomically designed handrails and horn	Ergonomically designed handrails and horn	Ergonomically designed handrails and horn
Thumb switch controls	Yes	Yes	Yes	Yes
RESISTANCE SYSTEM				
Technology	JID hybrid generator	JID hybrid generator	JID hybrid generator	JID hybrid generator
Power requirements	120v/60Hz AC power	120v/60Hz AC power	Self-powered/120v/60Hz AC power option	Self-powered/120v/60Hz AC power option
Minimum watts	18	18	18	18
CONSOLE				
Display type	15" touch screen LCD	7" LCD	Dot-matrix LED	LED
Display feedback	Time, distance (kilometers or miles), calories, calories per hour, speed, SPM, floors climbed, heart rate, METs, watts, dynamic profile dis- play, static profile display	Time, distance (kilometers or miles), calories, calories per hour, floors climbed, SPM, heart rate, METs, watts, profile	Time, speed, floors climbed, calories, watts, level, heart rate, SPM, profile	Time, speed, floors climbed, calories, watts, level, heart rate, SPM
User defined multi-language display	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Arabic, Russian, Swedish and Finnish	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Arabic, Russian, Swedish and Finnish	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese,	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese
Resistance levels	25	25	25	25
Workouts	Manual, rolling, intervals, fat burn, random, target HR, constant watts, fit test	Manual, rolling, intervals, fat burn, random, target HR, constant watts, fit test	Manual, rolling, intervals, fat burn, random, target HR, constant watts, fit test	Manual, rolling, intervals, fat burn, random, target HR, constant watts, fit test
CSAFE, FitLinxx™ ready	Yes	Yes	Yes	Yes
On-the-fly program change	Yes	Yes	Yes	Yes
FitTouch™ Technology	Yes	No	No	No
Integrated Vista Clear™ digital ready television	Yes - 15" screen size	Yes - 7" screen size	No	No
Virtual Active™ compatible	Yes	No	No	No
FITCONNEXION™ ready	No	No	No	Yes
Wireless data transmitter	Yes	Yes	Yes	No
iPod compatible	Yes	Yes	No	No
Nike + iPod compatible	Yes	Yes	No	No
Personal fan	Yes	Yes	Yes	No
TECH SPECS				
Overall dimensions	45"L x 31"W x 70.5" H	45"L x 31"W x 70.5" H	45"L x 31"W x 70.5" H	45"L x 31"W x 68" H
Maximum user weight	400lbs	400lbs	400lbs	400lbs
Weight	211lbs	209lbs	209lbs	209lbs
Shipping weight	239lbs	237lbs	236lbs	231lbs
Electrical requirements	AC powered	AC powered	Self-power, power optional	Self-power, power optional
WARRANTY				
Frame	7 years	7 years	7 years	7 years
JID generator	5 years	5 years	5 years	5 years
Parts & labor	3 years CAP	3 years CAP	3 years CAP	3 years CAP

	H7xe Hybrid Cycle™	H7x Hybrid Cycle™	H5x Hybrid Cycle™	H3x Hybrid Cycle™
FEATURES				
Contact & telemetric HR sensors	Yes	Yes	Yes	Yes
Handlebar design	Seat side and front vertical ergo bend	Seat side and front vertical ergo bend	Seat side and front vertical ergo bend	Seat side and front vertical ergo bend
Integrated arm rests	Yes	Yes	Yes	Yes
Thumb switch controls	Yes	Yes	Yes	Yes
RESISTANCE SYSTEM				
Technology	JID brushless generator	JID brushless generator	JID brushless generator	JID brushless generator
Power requirements	Powered 120v/60Hz AC	Self-power/ 120v/60Hz AC power option	Self-power/ 120v/60Hz AC power option	Self-powered
Minimum watts	12	12	12	13
Minimum RPM	N/A	N/A powered / 25 self-powered	N/A powered / 25 self-powered	20
Resistance levels	25	25	25	25
CONSOLE				
Display type	15" touch screen LCD	7" LCD	Dot-matrix LED	LED
Display feedback	Time, distance (kilometers or miles), calories, calories per hour, speed, RPM, heart rate, METs, watts, dynamic profile display, static profile display	Time, distance (kilometers or miles), calories, calories per hour, speed, RPM, heart rate, METs, watts, profile	Time, distance, calories, speed, heart rate, METs, watts, RPM, profile	Time, speed, distance, calories, watts, level, heart rate, RPM, profile
User defined multi-language display	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Arabic, Russian, Swedish and Finnish	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Arabic, Russian, Swedish and Finnish	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese,	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese
Workouts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts
CSAFE, FitLinxx™ ready	Yes	Yes	Yes	Yes
On-the-fly program change	Yes	Yes	Yes	Yes
FitTouch™ Technology	Yes	No	No	No
Integrated Vista Clear™ digital ready television	Yes - 15" screen size	Yes - 7" screen size	No	No
Virtual Active™ compatible	Yes	No	No	No
Wireless data transmitter	Yes	Yes	Yes	No
iPod compatible	Yes	Yes	No	No
Nike + iPod compatible	Yes	Yes	No	No
Personal fan	Yes	Yes	Yes	No
TECH SPECS				
Overall dimensions	58"L x 29"W x 59"H	58"L x 29"W x 59"H	58"L x 29"W x 59"H	58"L x 29"W x 55"H
Crank design	Single piece	Single piece	Single piece	Single piece
Maximum user weight	400lbs	400lbs	400lbs	400lbs
Weight	175lbs	173lbs	172lbs	171lbs
Shipping weight	202lbs	200lbs	199lbs	194lbs
WARRANTY				
Frame	7 years	7 years	7 years	7 years
JID generator	5 years	5 years	5 years	5 years
Parts & labor	3 years CAP	3 years CAP	3 years CAP	3 years CAP

Images and specifications subject to change.



"Made for iPod" means that an electronic accessory has been designed to connect specifically to iPod and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards.

	R7xe Recumbent	R7x Recumbent	R5x Recumbent	R3x Recumbent	R1x Recumbent	U7xe Upright	U7x Upright	U5x Upright	U3x Upright	U1x Upright
FEATURES	Krae Recumbent	Krx Recumberit	KOX Recumberit	ROX Recumbert	KTX Recumbent	Orke Oprigni	Orx Oprigin	OOX Oprignt	ODX Oprigit	OTA OPTIGITE
Contact & telemetric HR sensors	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Handlebar design	Seat side and front horizontal ergo bend	Seat side and front horizontal ergo bend	Seat side and front horizontal ergo bend	Seat side and front vertical ergo bend	Seat side and front vertical ergo bend	Full racing style with elbow support	Full racing style with elbow support	Full racing style with elbow support	Full racing style with elbow support	Full racing style with elbow support
Integrated arm rests	No	No	No	No	No	N/A	N/A	N/A	N/A	N/A
Thumb switch controls	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
RESISTANCE SYSTEM										
Technology	JID brushless generator	JID brushless generator	JID brushless generator	JID brushless generator	JID hybrid generator	JID brushless generator	JID brushless generator	JID brushless generator	JID brushless generator	JID hybrid generator
Power requirements	Powered 120v/60Hz AC	Self-power/120v/60Hz AC power option	Self-power/120v/60Hz AC power option	Self-powered	Self-powered	Powered 120v/60Hz AC	Self-power/120v/60Hz AC power option	Self-power/120v/60Hz AC power option	Self-powered	Self-powered
Minimum watts	12	12	12	13	12	12	12	12	13	12
Minimum RPM	N/A	N/A powered / 25 self-powered	N/A powered / 25 self-powered	20	30	N/A	N/A powered / 25 self-powered	N/A powered / 25 self-powered	20	30
Resistance levels	25	25	25	25	20	25	25	25	25	20
CONSOLE										
Display type	15" touch screen LCD	7" LCD	Dot-matrix LED	LED	7" blue backlit LCD	15" touch screen LCD	7" LCD	Dot-matrix LED	LED	7" blue backlit LCD
Display feedback	Time, distance (kilometers or miles), calories, calories per hour, speed, RPM, heart rate, METs, watts, dynamic profile display, static profile display	Time, distance (kilometers or miles), calories, calories per hour, speed, RPM, heart rate, METs, watts, profile	Time, distance, calories, speed, heart rate, METs, watts, rpm	Time, speed, distance, calories, watts, level, heart rate, RPM, profile	Time, distance, calories, speed, level, watts, METs, heart rate, profile	Time, distance (kilometers or miles), calories, calories per hour, speed, RPM, heart rate, METs, watts, dynamic profile display, static profile display		Time, distance, calories, speed, heart rate, METs, watts, RPM	Time, speed, distance, calories, watts, level, heart rate, RPM, profile	Time, distance, calories, speed, level, watts, METs, heart rate, profile
User defined multi-language display	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Arabic, Russian, Swedish and Finnish	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Arabic, Russian, Swedish and Finnish	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Arabic, Russian, Swedish and Finnish	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Arabic, Russian, Swedish and Finnish	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese
Workouts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit 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), fit test, warm up, cool down	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit 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), fit test, warm up, cool down
CSAFE, FitLinxx™ ready	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
On-the-fly program change	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
FitTouch™ Technology	Yes	No	No	No	No	Yes	No	No	No	No
Integrated Vista Clear™ digital ready television	Yes - 15" screen size	Yes - 7" screen size	No	No	No	Yes - 15" screen size	Yes - 7" screen size	No	No	No
Virtual Active™ compatible		No	No	No	No	Yes	No	No	No	No
Wireless data transmitter		Yes	Yes	No	No	Yes	Yes	Yes	No	No
iPod compatible	Yes	Yes	No	No	No	Yes	Yes	No	No	No
Nike + iPod compatible	Yes	Yes	No	No	No	Yes	Yes	No	No	No
Personal fan	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	No
TECH SPECS										
Overall dimensions	62"L x 29"W x 54"H	62"L x 29"W x 54"H	62"L x 29"W x 54"H	62"L x 29"W x 49"H	66"L x 27"W x 50"H	44"L x 29"W x 60"H	44"L x 29"W x 60"H	44"L x 29"W x 60"H	44"L x 29"W x 57"H	40.6L" x 26"W x 52"H
Crank design	Single piece	Single piece	Single piece	Single piece	Three piece	Single piece	Single piece	Single piece	Single piece	Three piece
Maximum user weight	400lbs	400lbs	400lbs	400lbs	400lbs	400lbs	400lbs	400lbs	400lbs	400lbs
Weight	174lbs	172lbs	171lbs	170lbs	188lbs	160lbs	158lbs	157lbs	156lbs	140lbs
Shipping weight WARRANTY	200lbs	198lbs	197lbs	192lbs	209lbs	205lbs	203lbs	202lbs	197lbs	154lbs
Frame	7 years	7 years	7 years	7 years	7 years	7 years	7 years	7 years	7 years	7 years
JID generator	5 years	5 years	5 years	5 years	5 years	5 years	5 years	5 years	5 years	5 years
Parts & labor	3 years CAP	3 years CAP	3 years CAP	3 years CAP	5 years parts/2 years labor**	3 years CAP	3 years CAP	3 years CAP	3 years CAP	5 years parts/2 years labor**

	Rower
FEATURES	
Pedals	Fit-in with adjustable footboard
Contact HR sensors	No
Telemetric HR receiver	Yes
Handlebar design	Easy grip wooden handrail
Transport wheels	Yes
RESISTANCE SYSTEM	
Resistance technology	Air resistance system
Power requirements	Battery powered LCD display
Drive system	Coil spring poly-V belt
Monorail	Aluminum
CONSOLE	
Display type	Large LCD display
Display feedback	Time, distance, SPM (strokes per minute), stroke, watts, heart rate, calories
Resistance levels	12
Workouts	Manual, race, training
TECH SPECS	
Overall dimensions	106"L x 20"W x 40"H
Maximum user weight	350lbs
Weight	90lbs
Shipping weight	97lbs
Power requirements	Battery powered LCD display
WARRANTY	
Warranty	2 years parts
	Entertainment
FULL COMMERCIAL WARRANTY	
External screens/power supplies	1 year
Controllers	1 year
Stands	1 year
Headphones/jacks	90 days
Labor	90 days
	Virtual Active™ by Matrix
FEATURES	
Product compatibility	All existing and new 7xe cardio products
TECH SPECS	
Overall dimensions	9.4" L x 3.1" W x 1.8" H (fits inside existing 7xe console)
Memory size	16GB (Holds 20 videos)
WARRANTY	
Parts and labor	1 year

	KRANKcycle® by Matrix
FEATURES	
Drive system	Chain drive
Frame	Steel base frame with cast iron drive frame treated with zinc oxide & polyester powder coating
TECH SPECS	
Overall dimensions	56.5"L X 26.8" W X 41.5"H
Weight	142.4 lbs
Max User Weight	350 lbs
WARRANTY	
Frame:	5 years
Cranks, brackets, flywheel	2 years
Bearings, tension knob assembly	1 year
Wearable items:	6 months
Labor	90 days
KRANKcycle® may be covered by one or	more patents or patents pending

KRANKcycle® m	nay be covered by	one or more pate	ents or patents pe	ending	
USD 571873	USD 575838	USD 578583	US 5860329	CA 2283923	
EP 0968115	DE69835586	JP2000510562	AUS 64666/98		

Kranking®, Krankcycle® and Keep Kranking™ are federally registered trademarks of Five Giri, Inc.

	LIVESTRONG S Series LS	LIVESTRONG E Series LS
FEATURES		
Drive system	Multi-ribbon belt drive	Multi-ribbon belt drive
FRAME CONSTRUCTION & COATING		
Frame	Steel frame treated with zinc oxide coating and polyester powder coating	Steel frame treated with zinc oxide coating and polyester powder coating
Color	High-gloss platinum	High-gloss black
Flywheel weight	40 lbs	40 lbs
TECH SPECS		
Overall dimensions	47.2"L x 21.2"W x 40.9"H	51"L x 21.2"W x 41.9"H
Shipping weight	132 lbs	122 lbs
WARRANTY		
1 Year	Saddle	Saddle
2 Years	Pedals, insert sleeve for saddle and handlebar posts, levelling feet	Pedals, insert sleeve for saddle and handlebar posts, levelling feet
3 Years	Brake system (excluding pads), adjustment knobs, cranks, handlebar and saddle assembly, bottom bracket assembly, flywheel hub assembly, powder coatings, belt drive system	
10 Years	Frame construction, breakage, welding, seat and handlebar sliders	Frame construction
90 Days Labor		

The following items are excluded from warranty: pedal straps, pedal binding system and water bottle holder.

	LIVESTRONG Indoor Cycling Computer
FEATURES	
Dimensions	2.24" L x 4.4" H (57 mm L x 112 mm H)
Wireless data transmission	Yes
Polar compatible heart rate	Yes
LCD screen	3" blue backlit
Simplified 2-button control	Yes
Distance measuring	Miles or Kilometers

Heart rate (actual and average), cadence / RPM (actual and average), training time, distance, calories expended

	CYCLEWELL
KIT CONTENTS	
8 Upright handlebar stems	2.24" L x 4.4" H (57 mm L x 112 mm H)
4 Wide saddle with stems and sliders	Yes
1 Storage rack	Yes
WARRANTY	
1 Year	CYCL Ewell components

Images and specifications subject to change.



"Made for iPod" means that an electronic accessory has been designed to connect specifically to iPod and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards.

G7 SINGLE-STATION STRENGTH	PRO	DUCT DIMENS	SION	PRC	DUCT DIMEN	SION	WEIGHT	STACK
	EN	GLISH (INCHE	S)		METRIC (CM)			METRIC
	L	W	Н	L	W	Н	LBS	KG
G7-S23 - Shoulder Press	63	57	52	160	145	132	240	109
G7-S13 - Converging Chest Press	57	46	52	146	118	132	240	109
G7-S33 - Diverging Lat Pulldown	61	47	78	155	120	196.5	240	109
G7-S34 - Diverging Seated Row	64	48	52	163	123	132	240	109
G7-S71 - Leg Extension	48	47	52	121	120	132	240	109
G7-S72 - Seated Leg Curl	56	47	52	140.5	118	130	200	91
G7-S40 - Independent Biceps Curl	53	67	52	134	168.5	132	200	91
G7-S42 - Triceps Press	61	42	52	154	107	132	240	109
G7-S51 - Abdominal Crunch	47	51	60	119	129	153	240	109
G7-S70 - Leg Press	75	43	52	190.5	110	132	400	181
G7-S74 - Hip Adduction	68	65	52	172	164	132	240	109
G7-S75 - Hip Abduction	68	30	52	172	75	132	240	109
G7-S12 - Pectoral Fly	63	47	55	160	120	140	200	91
G7-S52 - Back Extension	51	47	52	129	120	132	240	109
G7-S73 - Prone Leg Curl	68	44	52	173	110.5	132	200	91
G7-S72 - Glute	80	38	54	204	96.5	137	140	64
G7-S55 - Rotary Torso	45	45	55	115	114	139	200	91
G7-S77 - Calf Extension	59	45	57	149	114	145.5	400	181
G7-S21 - Lateral Raise	51	43	52	130	108	132	200	91

G7 STRENGTH WARRANTY	
Frame (not coatings)	10 years
Structural parts	10 years
Weight stacks	5 years
Pulleys	5 years
Pivot bearings	5 years
Any items not specified	3 years
Labor (excluding upholstery/cables/grips)	3 years
Upholstery/cables/grips/springs	1 year

G3 SINGLE-STATION STRENGTH	PRC	DUCT DIMENS	SION	PRO	DUCT DIMENS	SION	WEIGHT	STACK
	EN	IGLISH (INCHE	S)		METRIC (CM)		ENGLISH	METRIC
	L	W	Н	L	W	Н	LBS	KG
G3-S13 Converging Chest Press	49	61.5	69	125	156	175	250	114
G3-S23 Converging Shoulder Press	60.5	58.5	69	154	149	175	200	91
G3-S33 Diverging Lat Pulldown	59	35.5	84	150	90	213	250	114
G3-S34 Diverging Seated Row	59	34.5	78	149	88	198	250	114
G3-S51 Abdominal Crunch	55	59	44	138	150	112	200	100
G3-S10 Chest Press	61	49	73	155	124	185	250	114
G3-S12 Pectoral Fly	44	60	59	112	152	150	200	91
G3-S20 Shoulder Press	57	56	59	145	142	150	200	91
G3-S21 Lateral Raise	48	51	59	122	130	150	200	91
G3-S22 Rear Delt / Fly	54	37	68	137	94	173	295	134
G3-S30 Lat Pulldown	44	48	85	112	122	216	295	134
G3-S31 Seated Row	60	37	83	152	94	211	250	114
G3-S40 Arm Curl	48	42	59	122	107	150	200	91
G3-S45 Triceps Extension	48	43	59	122	109	150	200	91
G3-S42 Seated Dip	61	44	59	155	112	150	200	91
G3-S60 Dip / Chin Assist	46	49	90	117	124	229	200	91
G3-S70 Leg Press	79	42	72	201	107	183	385	175
G3-S71 Leg Extension	48	44	68	122	112	173	250	114
G3-S72 Seated Leg Curl	63	44	68	160	112	173	250	114
G3-S73 Prone Leg Curl	62	42	68	157	107	173	200	91
G3-S77 Calf Press	67	27	60	170	69	152	295	134
G3-S74 Hip Adductor	60	27	59	152	69	150	220	100
G3-S75 Hip Abductor	60	27	59	152	69	150	220	100
G3-S76 Rotary Hip	44	48	73	112	122	185	200	91
G3-S52 Back Extension	54	40	68	137	102	173	295	134
G3-S55 Rotary Torso	56	43	69	142	109	175	200	91
G3-S50 Abdominal	54	37	59	137	94	150	150	68

G3 PLATE-LOADED	PRODUCT DIMENSION			PRODUCT DIMENSION			
		ENGLISH (INCHES)		METRIC (CM)		
	L	W	Н	L	W	Н	
G3-PL14 Incline Bench Press	73.5	50	51.5	181	127	90	
G3-PL13 Supine Bench Press	71	35.5	49	188	132	126	
G3-PL70 45 Degree Leg Press	86	59	52	220	151	133	
G3-PL50 Ab Crunch Bench	71	30	39	195	74	99	
G3-PL77 Seated Calf	57	31	35	141	90	79	
G3-PL62 Smith Machine	92	62	96	231	153	244	
G3-PL34 Seated Row	60	54	43	152	137	109	
G3-PL23 Shoulder Press	71	62.5	46	180	158.75	117	
G3-PL33 Lat Pulldown	70.5	51	75	179	129.5	190.5	
G3-PL79 Squat/Lunge	58	65	33	147	165	84	

G3 MULTI-STATIONS	PRODUCT DIMENSION			PROI	DUCT DIMEN	SION	WEIGHT STACK		
	ENG	GLISH (INCH	IES)		METRIC (CM)	ENGLISH	METRIC	
	L	W	Н	L	W	Н	LBS	KG	
G3-MSFT Functional Trainer 300	68	44	92.5	172	111	235	2 x 290	2 x 131	
G3-MSFT Functional Trainer 400	68	44	92.5	172	111	235	2 x 390	2 x 176	
G3-MS20 Adjustable Cable Crossover	36	157	95	91	399	241	2 x 200	2 x 91	
G3-MS40 4-Stack Multi-Station	66	146	100	168	371	254	2 x 200, 2 x 295	2 x 91, 2 x 134	
G3-MS50 5-Stack Multi-Station	190	146	100	483	371	254	3 x 200, 2 x 295	3 x 91, 2 x 134	
G3-MS80 8-Stack Multi-Station	220	146	100	559	371	254	4 x 200, 4 x 295	4 x 91, 4 x 134	

G3 BENCHES AND RACKS		ODUCT DIMENS		PR	ODUCT DIMENS	ION
	E	NGLISH (INCHE	5)		METRIC (CM)	
	L	W	Н	L	W	Н
G3-FW72 Squat Rack	69	63	76	175	161	194
G3-FW73 Power Station	69	69	87	175	175	222
G3-FW81 Flat Bench	62	27	17	157	68	43
G3-FW83 Adjustable Decline Bench	65	26	24	165	66	61
G3-FW84 Utility Bench	42	29	36	107	74	91
G3-FW14 Olympic Incline Bench	74	63	58	188	160	147
G3-FW13 Olympic Flat Bench	70	66	50	178	168	127
G3-FW15 Olympic Decline Bench	71	50	54	180	127	137
G3-FW80 Multi Adjustable Bench	63	27	21	160	69	53
G3-FW82 Adjustable Bench	57	26	25	145	66	63
G3-FW52 Back Extension Bench	47	30	30	119	77	77
G3-FW40 Preacher Curl Bench	37	28	32	93	70	89
G3-FW91 10-Pair Dumbell Rack	112	28	35	284	71	81
G3-FW96 Barbell Rack	37	31	61	93	78	155
G3-FW94 Olympic Weight Tree	34	22	43	87	57	108
G3-FW97 Accessory Rack	38	24	43	97	62	110

G3 STRENGTH WARRANTY	
Frame (not coatings)	10 years
Structural parts	10 years
Weight stacks	5 years
Pulleys	5 years
Pivot bearings	5 years
Any items not specified	3 years
Labor (excluding upholstery/cables/grips)	3 years
Upholstery/cables/grips/springs	1 year

G1 BENCHES AND RACKS	PRODUCT DIMENSION		NSION	PRODUCT DIMENSION		NSION
	ENGLISH (INCHES)		HES)	METRIC (CM)		1)
	L	W	Н	L	W	Н
G1-FW151 - Flat Bench	61	22	18	154	57	45
G1-FW152 - Adjustable Decline Bench	81.5	25	38	207	63	97
G1-FW153 - Adjustable Incline Bench	61	24.8	19	154	62	47
G1-FW155 - Preacher Curl	47	28	37	119	72	95
G1-FW156 - Utility Bench	44.5	22	40	113	56	102
G1-FW157 - Weight Rack	26	21	50	67	54	127
G1-FW158 - 5-Pair Dumbell Rack	96	26	28	244	66	72
G1-FW159 - 10-Pair Dumbell Rack	96	26	28.7	244	66	73
G1-FW160 - Barbell Rack	39	33	59	99	85	151
G1-FW161 - Smith Machine	80.5	55.5	90	205	141	229
G1-FW162 - Back Extension Bench	50	29	34	128	74	86
G1-FW163B - Olympic Flat Bench	79	69.3	50	201	176	127
G1-FW164B - Olympic Incline Bench	70	61	54	176	156	137
G1-FW165B - Olympic Decline Bench	70	86	52	176	218	132

G1 MULTI-GYM	PRODL		ENSION	PRODL	CT DIME	ENSION		STACK
	ENGL	ISH (INC	HES)	ME	TRIC (C	M)	ENGLISH	METRIC
	L	W	Н	L	W	Н	LBS	KG
G1-MG30 - 3-Stack Multi-Gym	115.4	128.7	85.8	293	327	218	1305	592

G1 STRENGTH WARRANTY	
Frame (not coatings)	10 years
Structural parts	10 years
Parts	1 year
Labor (excluding upholstery/cables/grips)	1 year
Upholstery/cables/grips/springs	90 days

	T1xeLS Treadmill	T1xLS Treadmill
FEATURES	TixeLS Treadmin	TIXLO TIEdulliill
	Ultimate™ Hard-Wax reversible	Ultimate™ Hard-Wax reversible
Deck type	1" deck	1" deck
Belt type	Habisat - 2-ply commercial grade	Habisat - 2-ply commercial grade
Running area	60" x 20"	60" x 20"
Deck step height	7.5"	7.5"
Cushion system	Ultimate Deck™ cushioning system	Ultimate Deck™ cushioning system
Incline range	0%-15% (700 lb. elevation motor)	0%-15% (700 lb. elevation motor)
Speed range	0.5 - 12 mph	0.5 - 12 mph
Contact & telemetric HR sensors	Yes	Yes
DRIVE SYSTEM		
Motor	Matrix 3.0 hp AC Dynamic Response Drive System™	Matrix 3.0 hp AC Dynamic Response Drive System™
Motor controller	Commercial treadmill AC drive	Commercial treadmill AC drive
CONSOLE		
Display type	7" LCD	Alphanumeric LED
Display feedback	Time, distance (kilometers or miles), calories, calories per hour, speed, incline, pace, heart rate, METs, watts, profile	Speed, incline, elapsed time, distance, pace, heart rate, time remaining, calories
User defined multi-language display	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese	No - Accessible through Manager Menu:English, German, French, Italian, Spanish, Dutch, Portuguese
Workouts	Manual, rolling hills, fat burn, 5k, target HR, Gerkin protocol	Manual, rolling hills, fat burn, 5k, target HR, Gerkin protocol
CSAFE, FitLinxx™ ready	No	No
On-the-fly program change	Yes	Yes
FitTouch™ Technology	No	No
Integrated Vista Clear™ digital ready television	Yes-7" screen size	No
Virtual Active™ compatible	No	No
FITCONNEXION™ ready	No	No
Wireless data transmitter	No	No
iPod compatible	No	No
Nike + iPod compatible	No	No
Personal fan	No	No
Crossbar controls	No	No
TECH SPECS		
Overall dimensions	84"L x 33.825"W x 52"H	84"L x 33.825"W x 52"H
Maximum user weight	350 lbs	350 lbs
Weight	346 lbs	345 lbs
Shipping weight	440 lbs	440 lbs
Electrical receptacle & plug	NEMA 5-20R 120v	NEMA 5-20R 120v
Electrical requirements	20 amps-dedicated circuit required-non-looped grounded	20 amps-dedicated circuit required-non-looped grounded
WARRANTY		
Frame	5 years	5 years
Drive motor	Lifetime	Lifetime
Parts & labor	5 years parts/2 years labor**	5 years parts/2 years labor**
*15 mph rating good up to 350 lbs user	**Light Commercial Warranty - 6 hou	rs of use or less daily

	E1xLS Elliptical
FEATURES	
Stride length	19"
Contact & telemetric HR sensors	Yes
Cushioned footpads	No
Incline range	N/A
Q-factor	3.75"
Handlebar design	Multi-position dual action and ergo-bend stationary
Thumb switch controls	Yes
RESISTANCE SYSTEM	
Technology	JID generator
Power requirements	Self-powered
Minimum watts	18
Minimum RPM	30
CONSOLE	
Display type	7" blue backlit graphic LCD
Display feedback	Time, distance, calories, speed, level, watts, METs, heart rate, profile
User defined multi-language display	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese
Resistance levels	20
Workouts	Manual, interval+ (hill interval, random interval), goal+ (time goal, distance goal, calories goal), multi FX+ (constant watts, random), heart rate+ (target HR, weight loss), fit test, warm up, cool down
One-button quick start	Yes
Pause function	Optional w/ battery
CSAFE, FitLinxx ready	Yes
On-the-fly program change	Yes
FitTouch™ Technology	No
Integrated Vista Clear™ digital ready television	No
Virtual Active™ compatible	`No
FITCONNEXION™ ready	Yes
Wireless data transmitter	No
iPod compatible	No
Nike + iPod compatible	No
Personal fan	No
TECH SPECS	
Overall dimensions	83"L x 31"W x 67"H
Maximum user weight	400lbs
Weight	333lbs
Shipping weight	395lbs
Electrical requirements	Self-powered
WARRANTY	
Frame	7 years
JID generator	5 years
Parts & labor	5 years parts/2 years labor**

^{**}Light Commercial Warranty - 6 hours of use or less daily

enerator d	Ves Full racing style with elbow suppor N/A No JID hybrid generator Self-powered 12 30
enerator d	Full racing style with elbow suppor N/A No JID hybrid generator Self-powered 12
enerator d	N/A No JID hybrid generator Self-powered 12
d	No JID hybrid generator Self-powered 12
d	JID hybrid generator Self-powered 12
d	Self-powered
d	Self-powered
d	Self-powered
	30
	20
it LCD	7" blue backlit LCD
ce, calories, speed, level, heart rate, profile	Time, distance, calories, speed, lev watts, METs, heart rate, profile
ble through Manager h, German, French, sh, Dutch, Portuguese	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese
val+ (hill interval, val), goal+ (time goal, I, calories goal), multi It watts, random), heart hr, weight loss), fit test, ol down	Manual, interval+ (hill interval, random interval), goal+ (time goal, distance goal, calories goal), multi FX+ (constant watts, random), hea rate+ (target hr, weight loss), fit tes warm up, cool down
	Yes
	Yes
	Yes
	No
x 50"H	40.6L" x 26"W x 52"H
	Three piece
	400lbs
	140lbs
	154lbs
	7 years
	5 years
	5 years parts/2 years labor**
	/2 years labor**

G1LS BENCHES AND RACKS	PRODUCT DIMENSION				PRODUCT DIMENSION				
	ENGLISH (INCHES)					METRIC (CM)			
	L		W	Н		L	W	Н	
G1-FW151LS - Flat Bench	61		22	18		154	57	45	
G1-FW153LS - Adjustable Incline Bench	61		24	19		154	62	47	
G1-FW155LS - Preacher Curl	47		28	37		120	72	95	
G1-FW161LS - Smith Machine	56		41	94		141	105	239	
G1LS MULTI-GYM	PRODUCT DIMENSION		PRODUCT DIMENSION		WEIGHT STACK				
	ENGLISH (INCHES)		METRIC (CM)		ENGLISH	METRIC			
	L	W	Н	L	W	Н	LBS	KG	
G1-MG303LS - 3-Stack Multi-Gym	111	108	86	282	275	218	1243	565	

	LIVESTRONG S Series LS	LIVESTRONG E Series LS
FEATURES		
Drive system	Multi-ribbon belt drive	Multi-ribbon belt drive
FRAME CONSTRUCTION & COATING		
Frame	Steel frame treated with zinc oxide coating and polyester powder coating	Steel frame treated with zinc oxide coating and polyester powder coating
Color	High-gloss platinum	High-gloss black
Flywheel weight	40 lbs	40 lbs
TECH SPECS		
Overall dimensions	47.2"L x 21.2"W x 40.9"H	51"L x 21.2"W x 41.9"H
Shipping weight	132 lbs	122 lbs
WARRANTY		
1 Year	Saddle	Saddle
2 Years	Pedals, insert sleeve for saddle and handlebar posts, levelling feet	Pedals, insert sleeve for saddle and handlebar posts, levelling feet
3 Years	Brake system (excluding pads), adjustment knobs, cranks, handlebar and saddle assembly, bottom bracket assembly, flywheel hub assembly, powder coatings, belt drive system	
10 Years	Frame construction, breakage, welding, seat and handlebar sliders	Frame construction
90 Days Labor		

The following items are excluded from warranty: pedal straps, pedal binding system and water bottle holder.

Strength Upholstery Options

NOTE: Actual colors may vary from the colors seen on your viewing screen or print.



Black / Standard Available on G1, G3 & G7



Graphite (Optional) Available on G3 & G7



Alloy (Optional) Available on G3 & G7





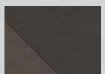
Clay Red (Optional) Available on G3 & G7



Alloy / Graphite (Optional) Available on G7 only



American Beauty (Optional) Available on G3 & G7



Hazelnut / Alloy (Optional)

Available on G7 only

Product pricing is reflective of standard upholstery only. Other color options available at an additional charge.

Custom Upholstery Branding (6 week lead time) - Once all artwork completed

• Upholstery wraps available only on G3

Logo requirements: Adobe Illustrator CS3 or earlier vector file.

Custom upholstery colors available. Contact your Matrix sales representative for pricing information.

