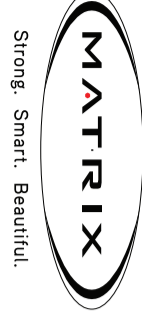


Matrix Fitness Systems Corp. 1610 Landmark Drive Cottage Grove WI 53527  
 Toll Free 866.693.4863 www.matrixfitness.com Fax 608.839.8687

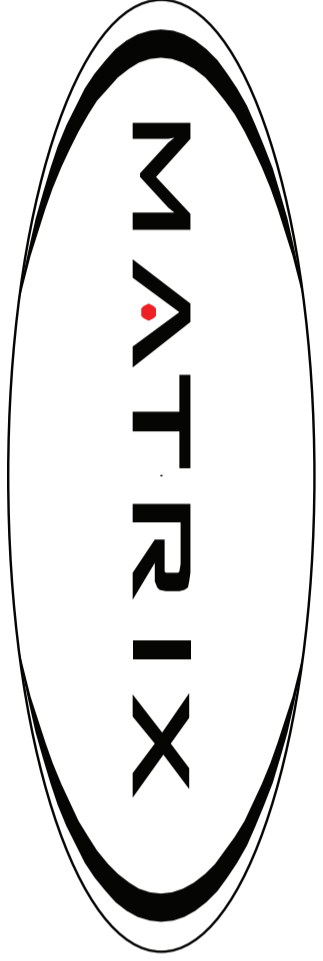


# Assembly Guidelines

## G3S45

### TRICEPS EXTENSION

Strong. Smart. Beautiful.



PART # MH0204430B

#### IMPORTANT SAFETY INFORMATION

It is the sole responsibility of the purchaser of MATRIX Fitness Systems products to instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment.

It is the sole recommendation that all users of MATRIX Fitness Systems exercise equipment be informed of the following information prior to its use.

#### PROPER USAGE

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative the sole recommendation that all users of MATRIX Fitness Systems exercise equipment be informed MATRIX Fitness Systems equipment is used properly to avoid injury.

2. Keep hands and feet clear at all times from moving parts to avoid injury.

#### CHECK FOR DAMAGE PARTS

1. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by your country's local MATRIX Fitness Systems dealer.

2. MAINTAIN LABELS AND NAMEPLATES: DO NOT remove labels for any reason. They contain important information. If unreadable or missing, contact your MATRIX Fitness Systems dealer for a replacement.

3. SECURING EQUIPMENT: All equipment MUST be secured to the floor to stabilize and eliminate rocking or tipping over. A licensed contractor must be performed this, where application.

4. MAINTAIN ALL EQUIPMENT: Preventative maintenance is the key to smooth operating equipment as well as keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.

5. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. MATRIX Fitness System dealers will provide service and maintenance training at our corporate facility upon request.



Strong. Smart. Beautiful.

## Assembly Guidelines

### G3S45 TRICEPS EXTENSION

#### G3S45 - TRICEPS EXTENSION UNPACKING G3S45 TRICEPS EXTENSION

Thank you for purchasing a MATRIX Fitness product. Carefully unpack the unit from this box and dispose of the packing materials in accordance with your local laws.

#### CAUTION

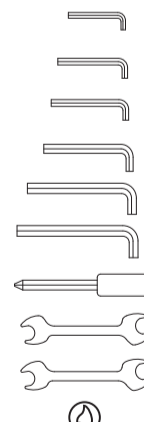
The weight of the G3S45 Triceps Extension is 444 lbs. (202 kg) not including the weight stack. To avoid injury to yourself and prevent damage to the frame components, be sure to have proper assistance removing the frame pieces from this box.

#### TOOLS NEEDED

##### DESCRIPTION

- 3MM L-Shaped Allen Wrench
- 4MM L-Shaped Allen Wrench
- 5MM L-Shaped Allen Wrench
- 6MM L-Shaped Allen Wrench
- 8MM L-Shaped Allen Wrench
- 10MM L-Shaped Allen Wrench
- Phillips Screwdriver
- 8MM Open-End Wrench
- 17MM Open-End Wrench
- Guide Rod Lubrication
- Hardware Bag

##### SKETCH



##### QUANTITY

- 1
- 1
- 1
- 1
- 1
- 1
- 1
- 1
- 1
- 1
- 1

If any items are missing please contact your country's local Matrix dealer for assistance.

#### Step 3

| Item | Description            | Sketch | Qty |
|------|------------------------|--------|-----|
| L10  | Flat Washer (M8)       |        | 1   |
| C54  | Lock Washer (M8)       |        | 1   |
| G12  | Screw, Oval-Hex Socket |        | 7   |
| C50  | Screw, Oval-Hex Socket |        | 1   |

#### Step 1

| Item | Description           | Sketch | Qty |
|------|-----------------------|--------|-----|
| G14  | Flat Washer (M10)     |        | 12  |
| G13  | Lock Washer (M10)     |        | 12  |
| G15  | Allen Head Cap Screw  |        | 18  |
| D32  | Arc-Flat Washer (M10) |        | 6   |

#### Step 2

| Item | Description          | Sketch | Qty |
|------|----------------------|--------|-----|
| E07  | Flat Washer (M12)    |        | 1   |
| E08  | Lock Washer (M12)    |        | 1   |
| D24  | Bushing Cover        |        | 1   |
| F18  | Flange Bushing       |        | 1   |
| Q07  | Pad Label            |        | 1   |
| H32  | Wavy Washer          |        | 2   |
| H33  | Allen Head Cap Screw |        | 1   |
| G12  | Allen Head Cap Screw |        | 2   |

#### Step 4

| Item | Description                  | Sketch | Qty |
|------|------------------------------|--------|-----|
| B29  | Allen Head Cap Screw         |        | 2   |
| F23  | Flat Washer                  |        | 4   |
| K05  | Knurled Belt Securing Insert |        | 1   |
| K07  | Rubber Stack Cushions        |        | 2   |
| K13  | E-Clipper                    |        | 4   |
| L13  | Lock Washer                  |        | 4   |
| L14  | Allen Head Cap Screw         |        | 4   |
| K09  | Guide Rod                    |        | 2   |

#### Step 5

| Item | Description            | Sketch | Qty |
|------|------------------------|--------|-----|
| F19  | Mecrol Belt            |        | 1   |
| B43  | Screw                  |        | 6   |
| B51  | Flat Washer            |        | 6   |
| Q08  | Rubber Tip Shield Bolt |        | 4   |
| Q05  | Rubber Shield Spacer   |        | 4   |
| F60  | Nut                    |        | 4   |
| F15  | Allen Head Cap Screw   |        | 4   |
| F24  | Lock Washer            |        | 4   |
| F23  | Flat Washer            |        | 4   |
| F11  | Belt Fixer             |        | 2   |
| Q01  | Upper Cover            |        | 2   |