

MATRIX | ROWER



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CHAPTER 1: IMPORTANT SAFETY INSTRUCTIONS

1.1 BEFORE GETTING STARTED

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.

This Owner's Manual describes the functions of the following product: Matrix Rower

See "Product Specifications" (page 15) in this manual for product specific features, the Matrix Rower is intended for commercial use.

It is recommended that all users of Matrix Fitness exercise equipment should be informed of the following information prior to its use.

When using the Matrix air rower, always follow basic precautions:

- To ensure your safety and to protect the unit, read all the instructions before assembling and using the air rower.
- To ensure the proper use and safety of the air rower, make sure that all users read this manual. Please make this manual a part of your facility's training program. Remind the users that before undertaking any fitness program, they should obtain complete physical examinations from their physicians. If, at any time while exercising, the user experiences dizziness, pain, or shortness of breath, nausea or feels faint he or she must stop immediately.

1.2 READ AND SAVE THESE INSTRUCTIONS

This Rower is intended for commercial use. To ensure your safety and protect the equipment, read all instructions before operating the MATRIX Rower.

- Use the Rower for its intended purpose as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Never drop or insert any object into any opening in the product. If an object should drop inside, carefully retrieve it while the unit is not in use. If the item cannot be reached, contact Matrix Fitness or authorized dealers.
- Never operate the Rower if it is not working properly, or if it has been damaged or immersed in water. Return it to Matrix Fitness or authorized dealers for examination and repair.
- Keep hands and feet clear at all times from moving parts to avoid injury.
- Do not reach into, or underneath the unit, and do not tip the unit on its side during operation.
- Do not use the Matrix Rower outdoors, near swimming pools or in areas of high humidity.

- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Do not remove the fan cages. Service should only be done by an authorized service technician.
- Close supervision is necessary when used near children, invalids or disabled people.
- When the Rower is in use, young children and pets should be kept at least three meters / ten feet away.
- Assemble and operate the unit on a solid, level surface. Place the unit at least one meter / three feet of clearance from any obstructions, including walls and furniture.
- Do not wear any clothing that might catch on any moving parts of this Rower.
- Do not stand rower up on end as the rower may tip over.
- Place handle against the chain guide or in handle hooks before letting go.
- Do not let handle fly into chain guide.
- Perform proper maintenance as described in the Maintenance section of this manual.

CAUTION: If you experience chest pain, nausea, dizziness or shortness of breath, STOP exercising immediately and consult a physician before continuing.

CAUTION: Any changes or modifications to this equipment could void the product warranty.

2.1 GETTING STARTED

Read the Owner's Manual before setting up the Matrix Rower. Place the unit where it will be used before beginning the setup procedure.

2.2 CHOOSING A LOCATION

The site should be well-lit and well-ventilated. Place the Rower on a structurally solid flat surface and kept a few feet from the wall or any equipment. If the site has a heavy plush carpet, to protect the carpeting and machinery, you should place a rigid plastic base under the unit.

Please do not place the Rower in an area of high humidity, such as the vicinity of a steam room, indoor pool, or sauna. Exposure to intensive water vapour or chlorine could adversely affect the electronics, as well as other parts of the machine. To make exercise a desirable daily activity for you, these two bikes should be in an attractive setting.

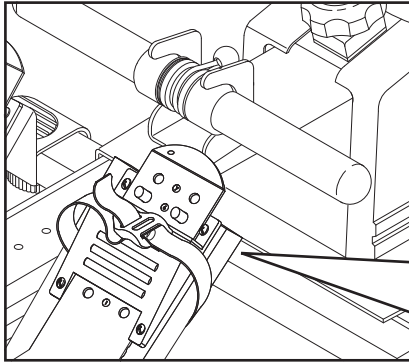
2.3 BEFORE YOUR FIRST ROW

- 1) Consult your physician. Be sure that it is not dangerous for you to undertake a strenuous exercise program.
- 2) Improper technique such as extreme layback or jumping off the seat can result in injury.
- 3) Start each workout with several minutes of easy rowing for a warm-up.
- 4) Start your exercise program gradually. Row no more than 5 minutes the first day to let your body adjust to the new exercise.
- 5) Gradually increase your rowing time and intensity over the first two weeks. Do not row at full power until you are comfortable with the technique and have rowed for at least a week. Like any physical activity, if you increase the volume and intensity too rapidly, fail to warm up properly, or use poor technique, you will increase the risk of injury.
- 6) The best resistance setting for a great cardiovascular workout is in the range of 3-5. Rowing with the resistance setting too high can be detrimental to your training program because it may reduce your output and increase your risk of injury.
- 7) Aim for a stroke rate (spm) of between 24 and 30 spm (strokes per minute).

CHAPTER 3: Serial Number Location

3.1 SERIAL NUMBER LOCATION

Rower



SERIAL # PLACEMENT

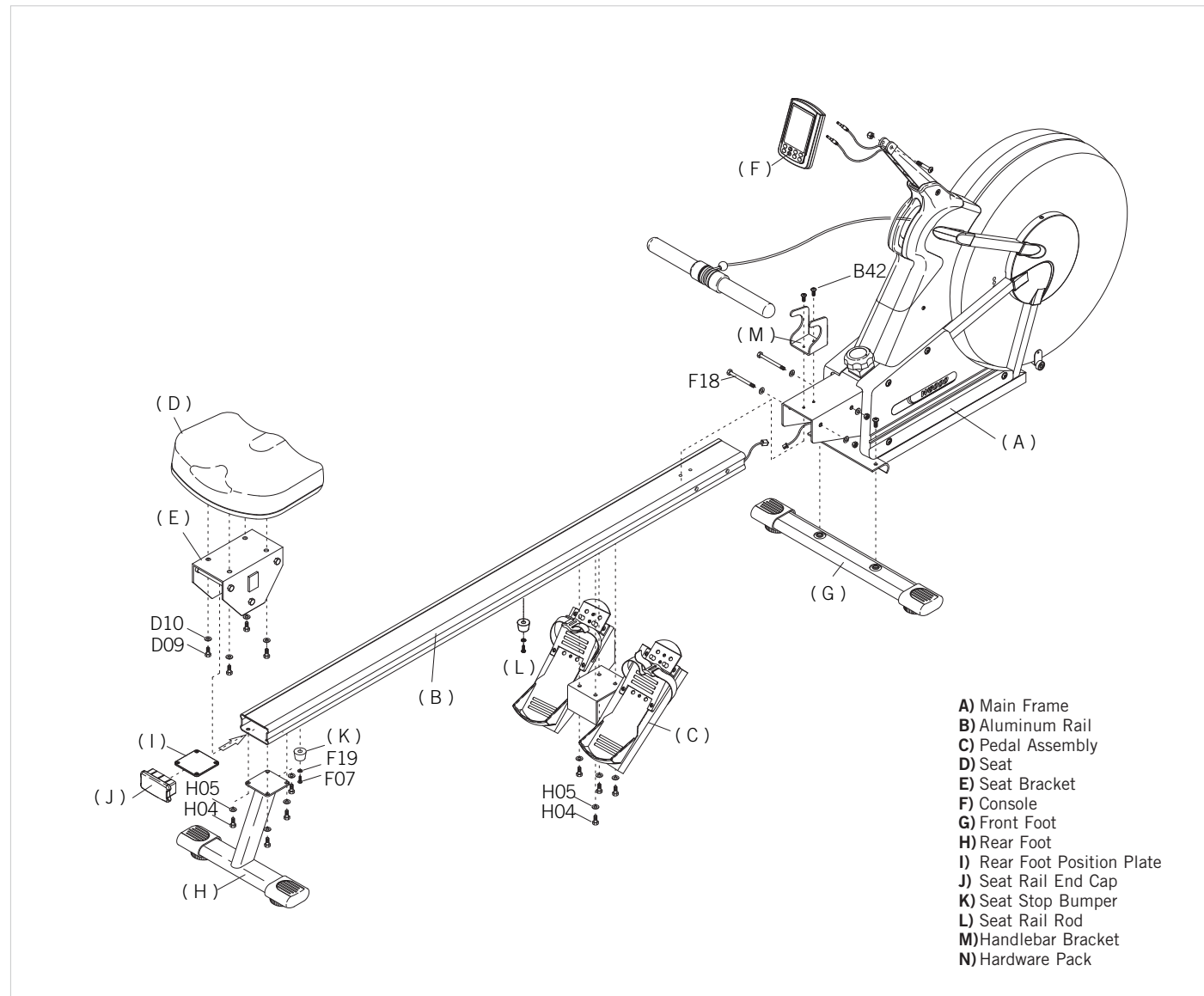
CHAPTER 4: Rower PARTS AND ASSEMBLY GUIDES

4.1 UNPACKING THE ROWER

The Matrix Air Rower is carefully inspected before it is packaged. Carefully unpack the unit and dispose of the box material.

NOTE: In case any of these parts are missing from the package, please contact Matrix Fitness or the local authorized dealers.

CAUTION: The Rower weighs 41 kg (90 lbs). To avoid injury to the user and the unit, be sure to have proper assistance to remove and move the unit.



CHAPTER 4: ROWER PARTS AND ASSEMBLY GUIDES

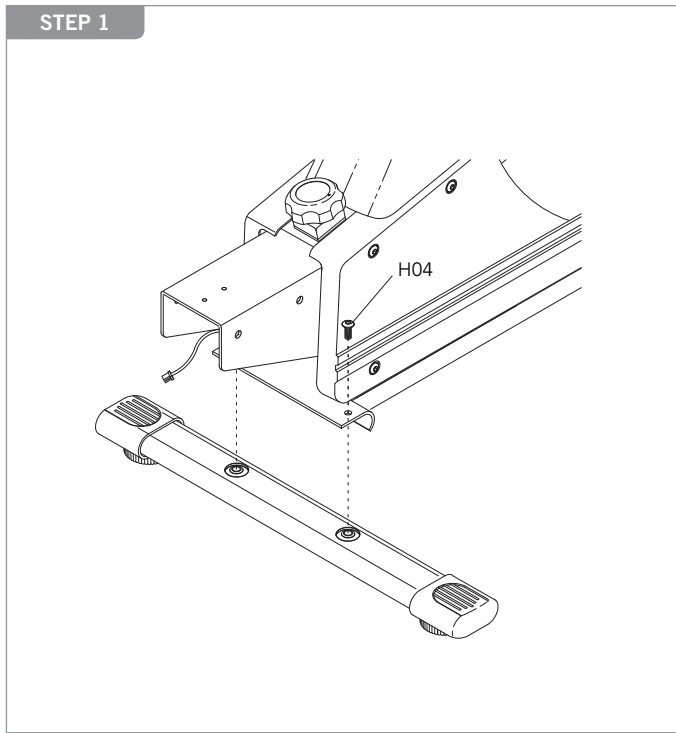
4.2 FASTNERS & ASSEMBLY TOOLS ROWER

ROWER

PARTS NO.	DESCRIPTION	QUANTITY	SKETCH	COLOR OF BAG
B42	SOCKET BUTTON HEAD BOLT (M8 x 1.25P x 32L)	2		White
D09	SOCKET BUTTON HEAD SCREW (M6 x 1.0P x 15L)	4		Red
D10	SPRING WASHER (SW ϕ 6.1 x ϕ 12.2 x 1.5t)	4		
F06	FLAT WASHER ϕ 10.2 x ϕ 19 x 2.0t)	4		Yellow
F08	NUT (3/8"-16NNC)	2		
F07	CROSS HEAD SCREW (M5 x 0.8P x 15L)	2		Blue
F19	FLAT WASHER ϕ 5.2 x ϕ 12 x 1.2t)	2		
H04	SOCKET BUTTON HEAD SCREW (M8 x 1.25P x 19L)	10		Black
H05	SPRING WASHER (SW ϕ 8.2 x ϕ 15.4 x 2t)	8		
F20	CROSS HEAD SCREW (ϕ 4 x 10L)	2		
N08	SOCKET BUTTON HEAD BOLT (M8 x 1.25P x 40L)	1		Pink
N09	NUT (M8 x 1.25P)	1		
Z01	#5 L-TYPE (+ TYPE) WRENCH	1		
Z02	OPEN END WRENCH (#8 #13 #14 #15)	2		
F04	REAR FOOT POSITION PLATE	1		
F18	HEX HEAD CAP BOLT (3/8"-16NNC 130L)	2		

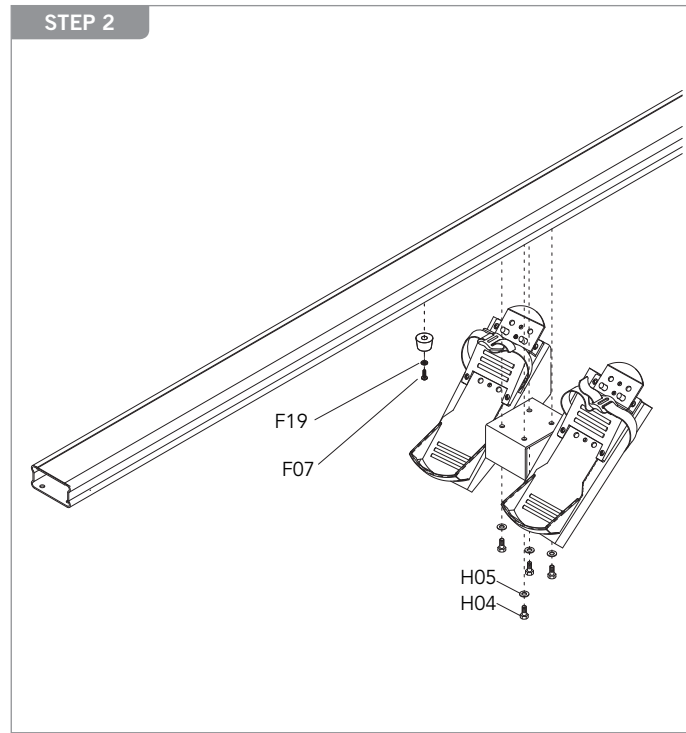
4.3 ASSEMBLY STEPS

STEP 1



- 1) Secure the **front foot** to the **frame bracket** using two bolts (**H04**).

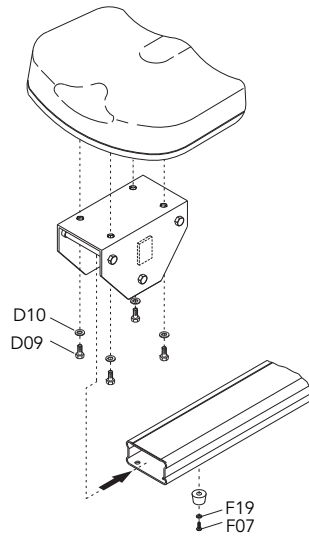
STEP 2



- 1) Attach the **pedal assembly** to the **aluminum rail** with four bolts (**H04**) and spring washers (**H05**).
- 2) Attach the **seat rail rod** to the **aluminum rail** using one screw (**F07**) and flat washer (**F19**).

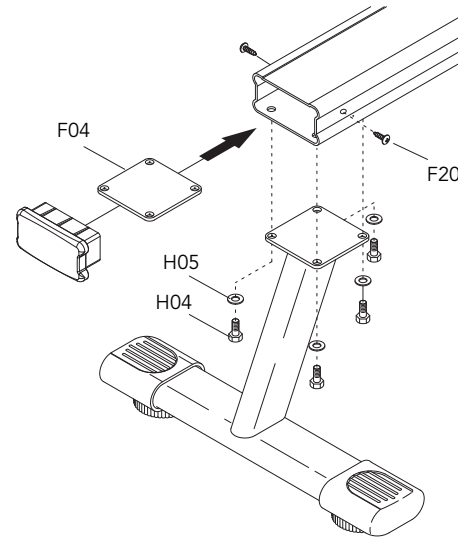
4.3 ASSEMBLY STEPS

STEP 3



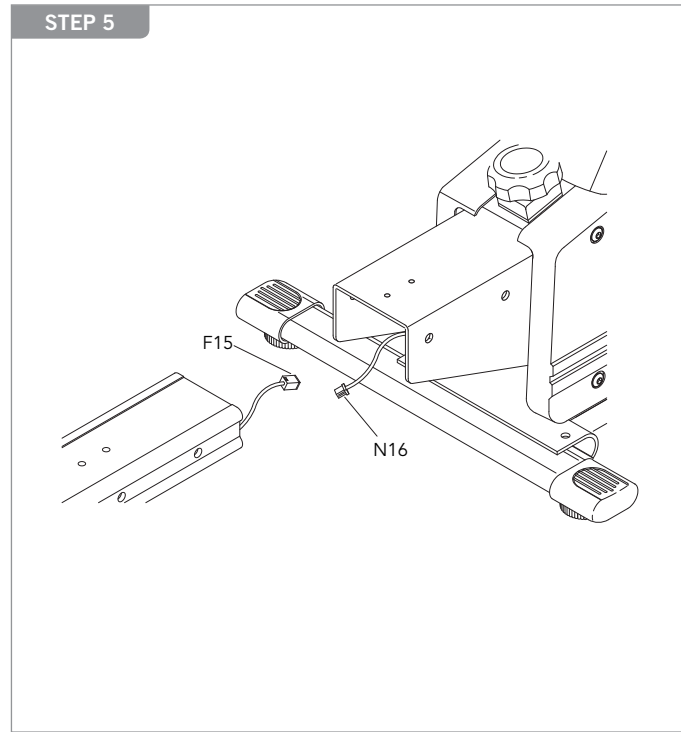
- 1) Mount the **seat** to the **seat bracket** with 4 screws (**D09**) and washers (**D10**).
- 2) Slide the **seat assembly** onto the **aluminum rail**.
- 3) Attach the **seat stop bumper** to the **aluminum rail** using the screw (**F07**) and washer (**F19**).

STEP 4

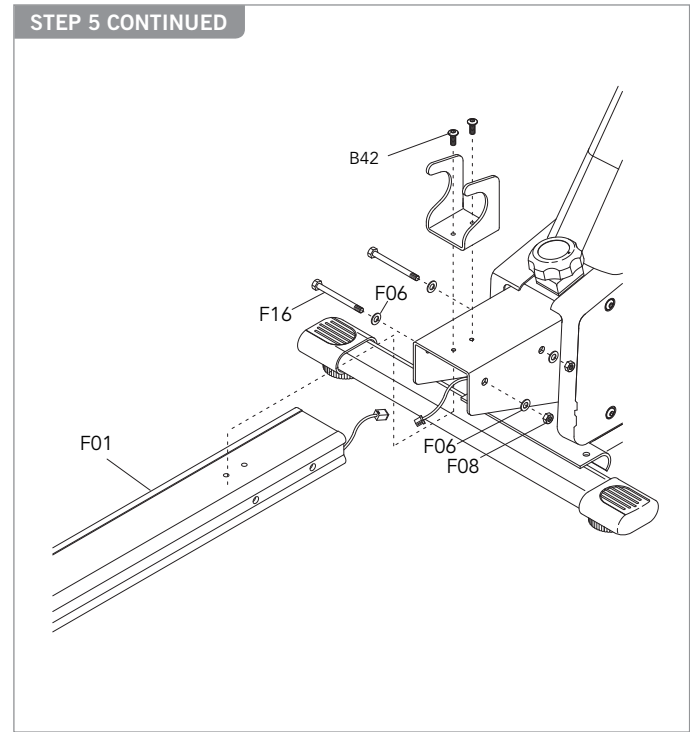


- 1) Place the **rear foot position plate F04** inside the **aluminum rail** close to the edge. Attach the rear foot to the **aluminum rail** and align the four holes of the **aluminum rail** with the four holes of the **rear foot**. Thread the bolts (**H04**) with spring washers (**H05**) through the rear foot into the **rear foot position plate** and tighten them.
- 2) Press the **seat rail end cap** into the **aluminum rail**, and use two screws (**F20**) to fix the cap.

4.3 ASSEMBLY STEPS

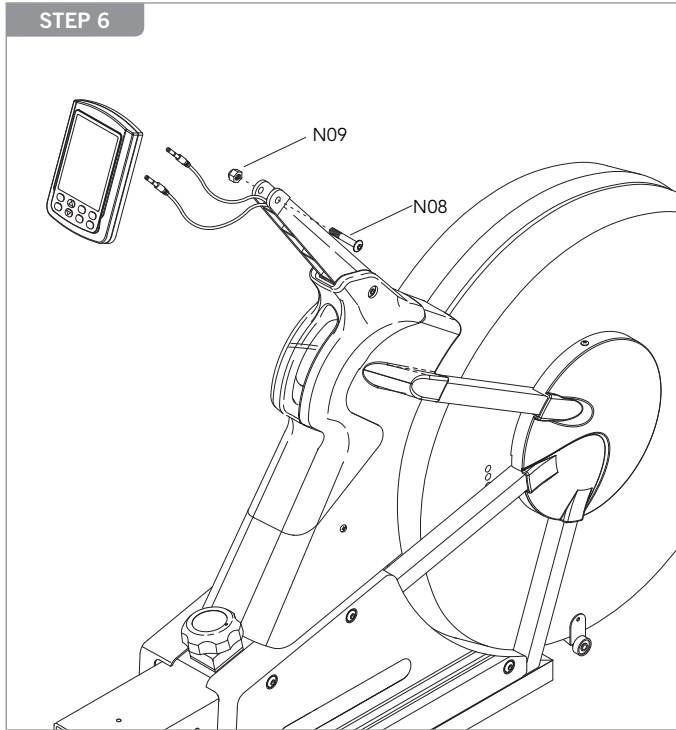


1) Connect the **sensor cables** from the **main frame** and the **aluminum rail**.



- 2) Place the **aluminum rail** into the **rail bracket** of the **main frame**, and tighten them with using two bolts (**F18**), four washers (**F06**) and two nuts (**F08**).
- 3) Mount the **handlebar bracket** to the **rail bracket** using two bolts (**B42**).

4.3 ASSEMBLY STEPS



- 1) Plug the two **console cables** into the **console**. Secure the **console** to the **console support** using the bolt (**N08**) and nylon nut (**N09**).

ASSEMBLY COMPLETE

Assembly is complete.

CHAPTER 5: Using The Workouts

USING THE WORKOUTS

To turn the screen display on, press POWER button. When the display comes on, "00:00" will be flashing in the TIME window.

5.1 MANUAL PROGRAM

You can either choose Time or Distance as your target.

- 1) Choosing Time and Starting: Use the **UP/DOWN ARROW** buttons to enter your workout time. Time of between 1 and 180 minutes can be selected. When the time you choose is showing in the **TIME** window, press **START** button. The timer will begin counting down to zero. When the workout time is completed, the console will beep 3 times and the screen will flash 3 times.
- 2) Choosing Distance and Starting: Press the **SELECT** button and *0* will be flashing in the **METER** window. Use the **UP/DOWN ARROW** buttons to enter your workout distance. Distance of between 100 and 30000 meters can be selected. When the distance you choose is showing in the **METER** window, press **START** button. The console will begin counting down to zero. When the workout distance is completed, the console will beep 3 times and the screen will flash 3 times.

5.2 RACE PROGRAM

With Race Program, you compete with the computer pacer.

- 1) Press **RACE** button and "500" will be flashing in the **METER** window.
- 2) Use **UP/DOWN ARROW** buttons to enter your race distance. Distance of between 500 and 30000 meters can be selected. When the distance you choose is showing in the **METER** window, press **SELECT** button and "L09" will be flashing in the **CAL.** window.
- 3) Use **UP/DOWN ARROW** buttons to enter your race speed (PACE / 500M). When the level you choose is showing in the window, press **START** button.
L01 - 08:00 L02 - 07:30 L03 - 07:00 L04 - 06:30
L05 - 06:00 L06 - 05:30 L07 - 05:00 L08 - 04:30
L09 - 04:00 L10 - 03:30 L11 - 03:00 L12 - 02:30
L13 - 02:00 L14 - 01:30 L15 - 01:00

5.3 TRAINING PROGRAM

SPM training. You can either choose Time or Distance as your training target.

Choosing Time and Starting

- 1) Press **TRAINING** button and "00:00" will be flashing in the **Time** window.
- 2) Use **UP/DOWN ARROW** buttons to enter your training time. Time of between 1 and 180 minutes can be selected.
- 3) Press **SELECT** and "14" will be flashing in SPM window.
- 4) Use **UP/DOWN ARROW** buttons to enter your desired SPM. SPM of between 6 and 99 / minute can be selected.
- 5) When the SPM you choose is showing in the window, press **START** button.

Choosing Distance and Starting

- 1) Press **TRAINING** button to enter Training Mode.
- 2) Press **SELECT** button and "0" will be flashing in the **METER** window.
- 3) Use **UP/DOWN ARROW** buttons to enter your training distance. Distance of between 100 and 30000 meters can be selected.
- 4) Press **SELECT** and "14" will be flashing in SPM window.
- 5) Use **UP/DOWN ARROW** buttons to enter your desired SPM. SPM of between 6 and 99 / minute can be selected.
- 6) When the SPM you choose is showing in the window, press **START** button.

CHAPTER 6: MAINTENANCE

MAINTENANCE

The Matrix Rower is built for commercial use 12 hours a day and seven days a week. However, as a club manager or owner, you are responsible for cleaning and maintaining the unit's integrity. If you fail to maintain the Rower as described below, it could affect or void the Matrix limited warranty.

NOTE: Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear, such as display console, console mounting screws, handrails, link arms, pedal arms and pedals.

6.1 DAILY INSPECTION

Look and listen for loose fasteners, unusual noises, and any other indications that the equipment may be in need of service. If you notice any of these, obtain service.

6.2 DAILY MAINTENANCE

Matrix Fitness recommends the Rower be cleaned before and after each workout. The following daily maintenance tips will keep your unit operating at peak performance:

- 1) Use a damp, soft cloth with water or mild liquid detergent to clean all exposed surfaces. DO NOT use ammonia, chlorine, or acid-based cleaners.
- 2) Keep the display console free of fingerprints and salt build-up caused by sweat.
- 3) Frequently vacuum the floor underneath the unit to prevent the accumulation of dust and dirt, which can affect the smooth operation of the unit.
- 4) Check for dust inside flywheel with flashlight.

CHAPTER 7: PRODUCT SPECIFICATIONS

Matrix Rower	
CONSOLE	
Display Screen	Extra-large LCD display
Display Readout	Time, Distance, SPM (strokes per minute), Stroke, Watts, Heart Rate, Calories
Programs	Manual, Race, Training
Telemetric Receiver	Yes
TECHNICAL DATA	
Resistance Technology	Fan blade system
Resistance Levels	12
Drive System	Coil spring poly-V belt
Product Weight	41 kg / 90 lbs
Max User Weight	160 kg / 350 lbs
Power Requirement	Battery powered for LCD display
SPECIAL FEATURES	
Handlebar Design	Easy-to-grip wooden handrail
Pedals	Fit-in-with adjustable footboard
Monorail	Aluminum

*Product specifications are subject to change without notice.



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