



GET FIT **TOGETHER** | MATRIX

GROUP TRAINING SOLUTIONS | 2015



WHY GO IT ALONE?

We all know that there is more to exercise than, well, exercise. There's also motivation, camaraderie and accountability. And those are things your members just can't always get on their own. They can exercise at home or outside, but they choose to exercise at your facility because you offer something they can't get on their own and can't find anywhere else. Part of it is the high-performance commercial equipment that delivers feedback that keeps them on track. The other part of it is the inimitable experience of working out with peers, with expert guidance and in engaging ways they can't replicate on the road or in their living rooms.

Nothing captures the best of quality equipment and experience better than group training. That is why class participation is on the rise – and why a successful group training program is so critical to a healthy bottom line. When members get the workouts they need to get or stay fit and the social support they crave, they will continue to try new things, hang in there during a tough session, and come back for more tomorrow.

To breed this kind of engagement and loyalty, you need the right mix of equipment and programming. To get that ideal mix of equipment and programming, you need Matrix.

Matrix offers a thoughtfully curated lineup of innovative solutions for group training. We can help you outfit your studios, optimize underutilized space and fill your programming slate with a diverse range of equipment and training options that appeal to a wide range of individuals at all fitness levels. Our portfolio includes the best of our own equipment and programming as well as offerings from exclusive expert partners.

From functional training to indoor cycling to completely original exercise protocols, Matrix offers exciting and exclusive products and programming that will inspire loyalty and generate revenue for your facility.



CONNEXUS SERIES

The exciting new Connexus series will help you attract members, bolster revenue and maximize your space with one versatile, powerful training system. With attachment points for bands, bags, straps as well as exercises that involve med balls, boxing and bodyweight training, Connexus brings exciting, athletic and versatile functional training to your members.

WHY CONNEXUS?

Because functional training is all about connection.

In the most literal sense, we are talking about connecting the elements of a system and the elements of a workout. We designed Connexus to be flexible so you can tailor your system to your needs and get the most training opportunity in the smallest footprint.

The base of your system will be either Connexus Free or Connexus Perimeter. Connexus Free is a complete freestanding system with multiple training stations that users can access from all sides. Connexus Perimeter is a wall-mounted unit that can function independently or serve as the base of an expanded system. You can add training opportunity and create identical training stations with expansion kits that anchor to the Perimeter frame (and each other) for a compact and efficient build-out scaled to your budget and space.

Both Free and Perimeter feature accessory attachment points that move for workout versatility and release easily for quick changes between exercises. These literal connections make the difference between an adequate functional training system and a superlative one.

But functional training is also about connection in a more figurative sense. This kind of strength, flexibility and power training is growing increasingly popular because it works so well. It is efficient and effective exercise for time-strapped individuals who want to see results. It also adapts easily to classes, small-group training, circuit training and individual use. With Connexus, you can build one system that works in all four formats. Connexus will become the single point of connection between your facility and your members no matter what kind of functional training they choose.

THE CONNEXUS ADVANTAGE

Versatility: Connexus Free and Perimeter stations feature numerous attachment points that accommodate a wide range of accessories and training modalities including bars, bands, med balls, boxing bags, TRX straps and more. This gives trainers ultimate flexibility to design their own protocols and the ability to build variety into the programming they offer individuals, small groups and classes.

Adjustability: Connexus features low, mid and high anchor points that accommodate body weight, resistance and flexibility training for a wide range of individuals and ability levels. Plus, easy-release attachment points simplify set-up and transitions between exercises to keep class and training sessions moving smoothly with little downtime.

Expandability: Expansion kits offer an efficient and cost-effective way to add training capacity and accommodate as many group or circuit training stations as your space allows. You build out the system that suits your needs; Connexus is not one-size-fits-all.

Repeatability: We designed Connexus for small-group training as well as functional training classes in which multiple users can perform the same exercises at the same time.

Accessibility: The simple set-up and operation along with the vast array of possible exercises make it easy for beginners to try Connexus for the first time and for experienced athletes to use it for regular training. While ideal for group training, Connexus works just as well for individuals looking to augment their own strength or flexibility training between classes.

A POWERFUL SYSTEM

Functional training success
begins with Connexus.



*As shown with optional med ball target, magnetic chalkboard and landmine attachment.

CONNEXUS PERIMETER

Our wall-mounted Connexus Perimeter unit lets you tap into underutilized wall and corner space to offer high-impact training. Unlimited training potential allows you to build a Connexus system perfectly tailored to your programming needs and budget.

PERIMETER EXPANSION KIT

The Connexus Series Expansion Kit is the key to group training applications. The expansion kit anchors to the Perimeter structure or another expansion kit, which enables you to scale your Connexus system to your space and create a circuit or identical stations.



A POWERFUL OPPORTUNITY

Get better results with
a better solution.



*As shown with optional med ball target, magnetic chalkboard and landmine attachment.

CONNEXUS FREE

Connexus Free puts functional training front and center in your facility. Our freestanding unit has everything you need for a multi-person functional training system on the weight room floor or in a dedicated space.

CONNEXUS STORAGE CART

Available in two- and three-shelf options, the mobile Connexus Storage Cart keeps accessories and attachments close at hand for easy set-up and transition between classes or groups no matter how many stations you install. Plus, the info dock holds a tablet or smart phone, which enables users and trainers to conveniently store and view their screens for assistance during training. The highly accessible and sturdy storage also keeps your facility neat and organized at all times.

CONNEXUS OPTIONS

Expand your training potential with Connexus Options, including the med ball target, magnetic chalkboard for training tips and notes, and landmine attachment.





TRAIN TOGETHER

Versatility is a key advantage to the Connexus Series. Your instructors can use our free, turnkey programming, develop their own classes and training from our vast exercise library or create a hybrid of the two. Because Connexus training is easily modified for varying ability levels and individual goals, it works for every member who wants to build strength, power and flexibility.

TRX Suspension Training Module – TRX bodyweight suspension training simultaneously develops strength, balance, flexibility and core stability.

Developed by the head of education for TRX Suspension Training, the Connexus TRX Module brings the intense challenge and superior results of TRX training to your Connexus group functional training installation. The Connexus TRX Module is a progressive, four-week program with two original weekly workouts for small-group or one-on-one training.

Band & Ball Module – Members can build strength with resistance bands and power with slam balls that teach the body to work as an integrated system.

The Matrix Connexus Band & Ball Module is a progressive, four-week program with three original weekly workouts that build strength and power without the need for heavy weights. Workouts are easily modified for greater or less intensity and are applicable for small-group or one-on-one training.

Boxing Module – Boxing is a true full-body, strength-building workout that engages the legs, hips, glutes, core, obliques, back, shoulders, chest and arms.

The Matrix Connexus Boxing Module is a progressive, four-week program with three original weekly workouts that build strength and power by punching against resistance. Workouts are easily modified for greater or less intensity and are applicable for small-group or one-on-one training.

Exercise Library – Access a complete index of all 175 Connexus exercises that instructors can use to build and choreograph their own original classes and training routines. They can also use the library to modify existing programming by finding alternate exercises to use to raise or lower program intensity for members of varying skill and fitness levels. This enables instructors to tailor group training to the specific abilities of the members present at any given class or session.

* Our expansive online Connexus Exercise Library houses images and videos of each exercise.



INDOOR CYCLING

A key ingredient in nearly any class lineup, indoor cycling captures the heart and soul of group exercise. It offers fun, camaraderie and powerful heart-pumping workouts that are easily scaled to individual members' fitness levels.

Matrix is proud to partner with the Indoor Cycling Group (ICG) to offer industry-leading products and programming that draw members through the door and keep them coming back. Together we deliver a full range of indoor cycling solutions, including cutting-edge instructor education as well as unique and effective tools to measure power, performance and improvement.



Maximum



Hard



Moderate



Light



Very Light

COACH BY COLOR

MAKING FITNESS MORE COLORFUL, POWERFUL AND ORIGINAL.

The IC7 Indoor Cycle and its Coach by Color power program bring optimal performance and opportunity to group exercise, team coaching, personal training and individual use. World-class technology and member-centric coaching make your program more colorful, more powerful and definitely more original. That means better experiences and better results for your members, which keeps them coming back for more.

COLORFUL

The IC7's Coach By Color training console uses one of the world's simplest yet most universal form of communication to maximize instruction, motivation and reward during workouts. The console display lights up in one of five colors corresponding to a user's WattRate® power meter readings or heart rate output. This reading tells riders whether they need to ratchet up or dial back their effort. The integrated front LED color display on each console tells instructors when certain students are working too hard or not hard enough.

POWERFUL

The IC7 WattRate power meter delivers immediate and precise feedback on the effort your members are putting into their workouts. This gives them greater control of the results they get out. Power training with WattRate – the market's most accurate power meter – is the ultimate way for riders to see results and reach goals faster.

ORIGINAL

The IC7's advanced ergonomics, superior biomechanics and precision engineering deliver maximum comfort and performance. No other indoor cycle connects the rider fully and correctly to the bike and the workout. This connection – from the superior feel to the accurate, motivating feedback – helps members to reach their results more quickly and deepens their loyalty to your facility. Who wouldn't want to train where training is fun, comfortable and effective?

IC7 / IC5 INDOOR CYCLE

The most ergonomically advanced indoor cycles deliver a superb experience in every way. These bikes are finely tuned to feel great, and the easy adjustments make it a breeze for riders to find the perfect fit.

Both the IC7 and IC5 feature the 100-level precision magnetic resistance adjustment that allows riders to dial their effort up or down without breaking their rhythm, and the two-stage drivetrain with the 1:11 gear ratio and innovative belt technology transfer extreme levels of torque and generate incredibly fast flywheel speed for advanced performance. Plus, the gas-assisted seat post with stepless adjustment makes it easy to find an ideal fit for optimal performance.

While the IC7 and IC5 look the same from the outside, the IC7 features key electronics that enhance the user and owner experience. The IC7 comes with the Coach by Color console display and highly accurate WattRate® power meter, which simplify power training. Plus, the self-powered generator eliminates the need to change console batteries.



IC7



IC5

IC3 / IC2 INDOOR CYCLE

Both the IC3 and IC2 feature a four-way adjustable seat, which ensures a better fit, and a belt drivetrain, which minimizes maintenance and improves pedaling technique. The IC3 also has close pedal spacing for a more authentic bike feel and an ergonomic handlebar for greater comfort. Add the optional ANT+ computer to either the IC3 or IC2 for workout feedback and more personalized class experience.



IC3



OPTIONAL ANT+ COMPUTER

The optional computer provides individual feedback that allows users to measure progress and track intensity. Instructors can use the computer feedback to incorporate heart rate and cadence work into group classes.

* compatible with the IC5, IC3, IC2 and Krankcycle



IC2

INDOOR CYCLING EDUCATION

PEERLESS ONLINE EDUCATION

Matrix offers our customers the market-leading ICG online continuing education program developed by a team of education and program directors, international fitness presenters and cycling coaches. This group of experts pursues every opportunity to advance our educational quality and value by assuring the highest possible credits are awarded by the world's leading providers: ACE, AFFA, NSCA, REPs and more.

PRODUCT-BASED LIVE EDUCATION

Team ICG values products that drive a positive impact on membership acquisition and retention. To this end, Team ICG master trainers, product specialists and program directors focus on product-based programming, innovative certifications and practical workshops to enhance knowledge, delivery technique and promotion to maximize commercial success.

ONLINE AND LIVE CERTIFICATION COURSES

ICG Stages
ICG WattRate® Power Certification
ICG Myride + Live
ICG Coach by Color® Power

ONLINE CONTINUING EDUCATION COURSES

ICG Coach by Color® Power program
ICG Myride+ Live
ICG Competitive Cycling
ICG Dri Tri
ICG Aging and Adaption
ICG Stretching
ICG Nutrition
ICG (Cancer) Survivor
ICG Music & Motion
ICG Overtraining
ICG Periodization in Training
ICG Heart Rate Training & Energy Zones
ICG The Ergogenic Effect of Combining Video and Music

ICG TRAINING

YOUR MORE COLORFUL, POWERFUL PERSONAL TRAINER

Training with a professional just got even easier. Members simply choose a workout and then the color on the screen directs users to ride at a certain intensity. The ICG Training app lets more members experience the intense, effective and fun Coach By Color Power workouts (which are designed by ICG master trainers and endorsed by pro athletes) when they train alone on the cardio floor.

Members can choose from a selection of workouts to match their fitness goals. Workout capture and summary recording features facilitate data tracking and activity sharing on social media. Plus, group training instructors can create custom workouts or use standard options for their Power classes.





MYRIDE VX

VIRTUALLY EVERYTHING IS POSSIBLE

Select, play and control video on a big screen for group or team workouts. Instructors can use apps to enhance live training sessions, and facilities can use them to schedule virtual classes online or offer classes on demand. Driving more people through the door more often has never been so simple. And for a personal touch on the cardio floor, one-to-one workout apps put the power of group exercise in your members' hands.

MYRIDE STUDIO COACH

Immersive on-screen, instructor-led workouts deliver results. Riding to world-class instruction and chart-quality music, your members will get fitter, faster and stronger – and love every minute of it. Our three different program formats appeal to all kinds of members. No matter who they are, how much time they have or what class style they prefer, we've got it covered. Available as personal or group app.

MYRIDE TOUR COACH

Terrain-focused footage from all over the world paired with chart-quality music and world-class voice-over coaching delivers fun yet fierce workouts. The exclusive, speed interactive scenery is stunning, but these are not sight-seeing tours. Your members ride it like they see it. Available as personal or group app.

MYRIDE WORLD VIEW

Your customers love your classes, but sometimes they just want to ride free of coaching, music and any distraction other than the beautiful view ahead. When your members cannot hit the road or the trail, they have World View. Available as personal app only.

MYRIDE+ LIVE

The world's first app to enhance live indoor cycling classes with forward-motion video uses ICG's pioneering Simulation, Interaction and Telepresence (SIT) teaching methods to improve a user's fitness outcome and entertainment. To reach a fitness and cycling audience with imagery and music creates a synergy that lifts indoor cycling to new heights. Some say visualize it. Some say reference it. We say see it. Then ride it. Available as group app only.

TABATA CYCLE POWERED BY ICG

Optional app features an intense 4-minute sprint training protocol that pushes users to ride to their max in short bursts sequenced between strength-building and recovery segments. Available as personal or group app.





KRANKING[®]

Conceived by Johnny G, the creator of Spinning, Kranking is ideal for professional athletes, wheelchair users and everyone else looking for a unique cardio workout. The innovative Johnny G Krankcycle[®] by Matrix is an upper-body stationary cycle for building aerobic capacity, strength and endurance. Completely unique, the Krankcycle offers training options that no other cardio machine can. Plus, the versatility – you can offer complete Kranking programming or incorporate the Krankcycle into other fitness regimens – makes it a smart choice when you want to expand your group exercise variety.



KRANKCYCLE®

JOHNNY G KRANKCYCLE BY MATRIX

The industry's only upper-body cardio product that allows for independent, bilateral movement.

The Johnny G Krankcycle by Matrix features independent crank arms that offer a wide variety of movements to keep users engaged. The crank arm height is adjustable, and the crank-and-flywheel assembly rotates to enable forward and reverse movement. Users can also train for greater speed and power with the Krankcycle thanks to the shorter crank arms and narrow crank access. The ergonomic saddle makes it easy to transition from sitting to standing, and seatless models are wheelchair accessible.

OPTIONAL ANT+ COMPUTER

The optional computer provides individual feedback that allows users to measure progress and track intensity. Instructors can use the computer feedback to incorporate heart rate and cadence work into group classes.

* compatible with the IC5, IC3, IC2 and Krankcycle



IMPLEMENTATION METHODS

KRANKING

Krinking classes offer a wide array of training intensities including: strength training, high intensity, endurance and base building. Krinking classes can vary in length and should be led by a qualified instructor.

KRANK FUSION

The Krankcycle can be easily integrated into indoor cycling classes, providing a full-body workout and also giving users with disabilities the opportunity to participate in an indoor cycling class.

KRANK EXPRESS

Krank Express is done in a small-group setting on the main cardio floor, making it very visible and highly accessible. There is no microphone or studio music required.

KRANK PT

Personal trainers can use the Krankcycle to work one-on-one with their clients to restore balance and symmetry in the upper body, increase strength and endurance, and effectively manage weight.

KRANK BOOT CAMP

The Krankcycle is a great addition to any circuit-training program. It provides an upper-body strength or cardio station to expand training variety.

KRANKING® EDUCATION

Knows No Boundaries

Krinking unites education, philosophy and machine. The first exercise program to focus on the upper body as a way to build cardio fitness, Krinking increases aerobic capacity and upper-body strength, burns calories and builds core stability. At the heart of Krinking is Johnny G Krinking Education, an institution that develops, researches and oversees all aspects of Krankcycle instruction.

Also available free of charge is the Krankcycle Activation Program. While not an official certification, the activation program offers a series of online learning tools that make it easy to get up and running with your Krankcycle. Register for the Activation Program at www.krankcycle.com/activate.

Johnny G Krinking Instructor Training Workshop

.8 ACE CECs, .8 NASM, 7.5 AFAA CEUs, CAN FIT PRO 4 FIS / 4 PTS CECs

- Teaching Methods & Class Design
- Krankcycle Setup, Fitting & Operation
- The Johnny G Energy Training System
- Personal Training Applications
- Biomechanics & Physiology of Krinking
- Implementation & Integration
- Krinking & Special Populations
- 2-3 Hours of Practical Training





IN-TRINITY®

IN-TRINITY: A RAISED PLATFORM, AN ELEVATED PRACTICE, A NEW PARADIGM

The Johnny G In-Trinity® Board by Matrix is an innovative incline training platform that builds strength, deepens flexibility, and improves balance, coordination and agility. It presents the unique opportunity for movement below the board, which allows users to train more deeply and in ways never possible before. In-Trinity training is an exciting and original exercise modality that breathes new life into traditional practices.

The expansive In-Trinity programming draws from traditional disciplines including yoga and martial arts to create a vast body of exercises that promote physical wellness as well as mindfulness. The incredibly versatile board is a refreshing complement to existing exercise protocols and presents opportunity to enhance and re-imagine a variety of training regimens or independent exercise.

The simplicity of the In-Trinity board belies the depth of its versatility and functionality.





THE 8 ELEMENTS OF IN-TRINITY®

GRAVITY

Gravity is what pulls the body toward the earth and keeps it connected to the In-Trinity board. At times, gravity works to assist movements. At times, movements must overcome gravity's pull. The In-Trinity board and training program harness the power of gravity to create resistance and to facilitate movement.

NEGATIVE SPACE

Negative space is the area beneath the board. Access to this space allows users to extend their range of motion beyond what is possible when training on the floor.

ERGO-GRIP RAILS

The ergo-grip rails extend the entire length of the board. Access to negative space enables users to grasp the rails and better connect with the board. The rails provide stability and help anchor the body so that users can deepen stretches and explore new movements.

STRAPS

The quick-connect straps serve as an extension of the board and keep users connected and centered. They provide resistance and stabilization, enabling users to confidently attempt more challenging movements.

STICKS

Inspired by martial arts training, In-Trinity sticks serve as extensions of users' arms and hands to provide length and light resistance. They assist with balance and improve hand-eye coordination and reaction time.

INCLINE

Incline changes the way the body perceives movement and can alter the challenge of certain exercises. Muscle activation for the hamstrings, quads, glutes and calves increases when performing dynamic movements on an incline.

DECLINE

Decline also changes the way the body perceives movement and can alter the challenge of certain exercises. Decline creates opportunity for exercise involving eccentric muscle contraction, which applies force to muscles as they lengthen.

HOURGLASS DECK

The hourglass shape allows users to comfortably straddle the In-Trinity board. It also facilitates flowing transitions between incline and decline and from one movement to another.

IN-TRINITY®

JOHNNY G IN-TRINITY BOARD BY MATRIX

The incline training board introduces original exercises not possible on the floor and makes traditional movements feel new.

The hourglass deck allows for smooth transitions between movements, and the elevated platform creates incline and decline for below-board training. The ergo-grip rails give users a secure grasp of the platform, while the sticks and attachable straps add intensity and increase exercise variety. The detachable comfort mat removes easily for cleaning.

OPTIONAL IN-TRINITY STORAGE RACK

The vertical mobile storage rack simplifies class set-up and equipment storage. It accommodates five boards, and it comes with a durable storage pack that holds 5 pairs of sticks and straps.





IN-TRINITY.
JOHNNY G

IN-TRINITY® PROGRAMMING

In-Trinity programming makes it possible to immediately incorporate your In-Trinity boards into your existing group training lineup. You can offer dedicated In-Trinity programs that are designed to fully utilize the training potential of the In-Trinity board. Each program includes nuances, progressions and modifications to ensure proper technique and to accommodate users at all fitness levels.

Your instructors can also create their own classes or integrate board work into yoga and bodyweight programming for added variety and to pique member curiosity.

No matter how you implement In-Trinity, this innovative training system gives you a fresh modality that taps into the body's innate biomechanics and harnesses the power of gravity to deepen exercises and promote greater strength, balance and flexibility.

You can also take advantage of advanced instructor training to develop additional In-Trinity programming. There are many ways you can leverage your investment in In-Trinity to create a market advantage that will aid in retention and drive additional revenue.

Orientation

Every In-Trinity board comes with the companion orientation program. Components include a comprehensive, printable orientation guide and two brief videos. The first is a 10-minute instructional video on board set-up as well as an orientation to the straps and sticks. The second video features the Orientation workout accompanied by an audio track designed to stimulate concentration and memory. The orientation program includes the essential information, exercises and explanation that instructors will need to choreograph and build their own In-Trinity classes or incorporate In-Trinity exercises into existing yoga, bodyweight or other group training programming.

Optional Warrior I

The optional Warrior I program offers a seamless progression from the orientation program for a more physical practice. With influences from the martial arts, the Warrior I program develops power, strength and stamina through an increased emphasis on incline and stick work.

Optional In-Trinity I

The In-Trinity I program adds an agility component to In-Trinity exercise and gives instructors access to a repertoire of foundational movements they can use to choreograph their own classes. Influenced by yoga, pilates and martial arts, the In-Trinity I program broadens the spectrum of movements with an increased focus on resistance and straps.

INSTRUCTOR TRAINING

Live On-site Workshops

Train your instructors on In-Trinity concepts, philosophy and practice with a live one-day workshop led by expert In-Trinity staff trainers at your facility. Workshops will explore the nuances, modifications and progression of the Orientation, Warrior I and In-Trinity I programs to develop the skills and confidence trainers need to design classes.

Weekend Certification Camps

Dedicated instructors can pursue In-Trinity certification at weekend camps designed to hone skills, deepen understanding and develop an educated instructor network that will promote and advance the In-Trinity practice. Instructor certification can differentiate and elevate your programming from the rest of the crowded yoga field.



CONNEXUS	PRODUCT DIMENSIONS						PRODUCT WEIGHT		RECOMMENDED TRAINING AREA				MAX LOAD WEIGHT	
	METRIC (CM)			ENGLISH (IN)			METRIC	ENGLISH	METRIC (CM)		ENGLISH (IN)		METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.	L	W	L	W	KG	LBS.
GFTWM – Perimeter	275	158	239	108	62	94	225	496	600	430	238	169	N/A	N/A
GFTEXP – Expansion Kit	244	158	239	96	62	94	175	386	Adds 200 x 400 cm / 96" x 168" to training area				N/A	N/A
GFTFS – Free	290	277	239	114	109	94	315	694	800	800	312	312	N/A	N/A
GFT2S – 2-shelf Storage Cart	79	109	122	31	43	48	73	161	N/A	N/A	N/A	N/A	227	500
GFT3S – 3-shelf Storage Cart	79	123	174	31	48	68	104	229	N/A	N/A	N/A	N/A	340	750
GFTMB – Optional Med Ball Target	193	86	13	76	34	5	50	110						
GFTCB – Optional Magnetic Chalkboard	109	60	17	43	24	7	18	40						
GFTLM – Optional Landmine Attachment	36	13	10	14	5	4	3	7						

ANT+ COMPUTER	
FEATURES	SPECIFICATIONS
Dimensions	2.24" L X 4.4" H (57 mm L X 112 mm H)
Data Transmission	ANT+ wireless
Console	3" Blue backlit LCD screen
Controls	Simple two button controls
Data Displayed	HR (avg and actual), cadence/RPM, time, distance, calories
Recommended Spacing	Must be 47" from nearest computer to avoid cross talk

MYRIDE VX	
FEATURES	SPECIFICATIONS
Operating System	44 cm / 17.3" capacitive touchscreen HD LCD
Computer / OS	Linux Ubuntu Intel Atom, ION2, 500 GB HDD, 2GB RAM
Aspect Ratio	16:9
Video Resolution	1280 x 720
Internet Connectivity	Wired
TV Coax	Yes
USB 2.0	Yes
HDMI	Ready
Audio Port	3.5mm input / output
TECH SPECS	
Assembled Dimensions	86 x 56 x 150 cm / 34" x 22" x 59"
Assembled Weight	42 kg / 92.5 lbs.
Power Requirements	110-220v AC input

KRANKCYCLE®	
FEATURES	SPECIFICATIONS
Drive System	Chain drive
Frame	Steel base frame with cast iron frame treated with zinc oxide and polyester powder coating
TECH SPECS	
Overall Dimensions L x W x H	144 x 68 x 105 cm / 56.5" x 26.8" x 41.5"
Weight	159 kg / 350 lbs.
Max User Weight	57 kg / 142.4 lbs.

IN-TRINITY®	PRODUCT DIMENSIONS						PRODUCT WEIGHT	
	METRIC (CM)			ENGLISH (IN)			METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.
Johnny G In-Trinity® Board by Matrix	194	76	56	76	30	22	28	62
In-Trinity® Storage Rack	87	71	130	34	28	51	25	55
In-Trinity® Board when stored with rack (5 boards)	87	71	210	34	28	82	112	246
In-Trinity® base legs when stacked for storage (5 legs)	118	97	50	47	38	20	43	94

*For warranty information, please visit matrixfitness.com



FEATURES	IC7	IC5	IC3	IC2
WattRate® Power Meter (Watts)	Yes; +/- 1% tolerance, direct at spindle	No	No	No
Console	Integrated Coach By Color® training console	ANT+ console (optional)	ANT+ console (optional)	ANT+ console (optional)
Power Supply	Self-powered generator	Batteries	Batteries	Batteries
Resistance System	Magnetic	Magnetic	Friction	Friction
Emergency Stop	Push	Push	Pull	Push
Flywheel (Net Weight)	Rear aluminum evenly weighted	Rear aluminum evenly weighted	Front steel 18 kg / 40 lb. perimeter-weighted	Front steel 15 kg / 33 lb. perimeter-weighted
Adjustment Type	Over-cam low pressure flip levers	Over-cam low pressure flip levers	Dials and levers	Dials and levers
Posts & Sliders	Aluminum; gas-assisted	Aluminum; gas-assisted	Aluminum	Aluminum
Saddle	Unisex performance saddle	Unisex performance saddle	Unisex performance saddle	Unisex performance saddle
Saddle Adjustments	Vertical and horizontal	Vertical and horizontal	Vertical and horizontal	Vertical and horizontal
Handlebar	Advanced ergo-formed, multi-position, soft PVC	Advanced ergo-formed, multi-position, soft PVC	Ergo-formed, multi-position, soft PVC	Multi-position, PVC
Handlebar Adjustments	Vertical and horizontal	Vertical and horizontal	Vertical and horizontal	Vertical
Water Bottle Holder	Dual, integrated on handlebar	Dual, integrated on handlebar	Dual, integrated on handlebar	Single, on frame
DRIVE SYSTEM				
Drivetrain	2-stage hybrid Poly-V & tooth belt	2-stage hybrid Poly-V & tooth belt	Poly-V belt	Poly-V belt
Drivetrain Gear Ratio	1:11	1:11	1:3	1:3
FRAME				
Q Factor	155 mm / 6.1"	155 mm / 6.1"	155 mm / 6.1"	173 mm / 6.8"
Pedal Type	Dual-sided SPD & toe cage	Dual-sided SPD & toe cage	Dual-sided SPD & toe cage	Dual-sided SPD & toe cage
Frame Color	Matte slate	Matte slate	Matte slate	Matte slate
Frame Material	Steel	Steel	Steel	Steel
Frame Design	Off-set	Off-set	Parallel	Parallel
Shrouds & Guards	Full frame	Full frame	Drivetrain and resistance technology	Drivetrain and resistance technology
Protection & Stretch Plates	Molded form-fit with stretch plate	Molded form-fit with stretch plate	Molded form-fit with stretch plate	Optional
TECH SPECS				
Max User Weight	150 kg / 330 lbs.	150 kg / 330 lbs.	130 kg / 287 lbs.	130 kg / 287 lbs.
Assembled Weight	54 kg / 119 lbs.	52 kg / 115 lbs.	57 kg / 126 lbs.	48 kg / 106 lbs.
Assembled Dimensions	132 x 52 x 102 cm / 52" x 20.5" x 40.2"	132 x 52 x 102 cm / 52" x 20.5" x 40.2"	120 x 52 x 110 cm / 47.2" x 20.5" x 43.3"	120 x 53 x 110 cm / 47.2" x 20.9" x 43.3"

*For warranty information, please visit matrixfitness.com

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