





PRODUCT INFORMATION

IMPORTANT SAFETY INFORMATION

It is the responsibility of the owner of the Matrix retail product to read the owner's manual and to understand and abide by all warnings.

Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that Matrix equipment be used properly to avoid injury.

INSTALLATION

STABLE AND LEVEL SURFACE: Matrix exercise equipment must be installed on a stable base and properly leveled.

MAINTENANCE

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 dealer.
2. **MAINTAIN LABELS AND NAMEPLATES:** Do not remove labels for any reason. They contain important information. If unreadable or missing, contact your Matrix dealer for a replacement.
3. **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.
4. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.

ADDITIONAL NOTES

This equipment should only be used in supervised areas where access and control is specifically regulated by the owner. It is up to the owner to determine who is allowed access to this training equipment. The owner should consider a user's-degree of reliability, age, experience, etc.

This training equipment meets industry standards for stability when used for its intended purpose in accordance with the instructions provided by the manufacturer.

This equipment is for indoor use only. This training equipment is a Class H product (designed for use in a home environment only). This training equipment is in compliance with EN ISO 20957-1 and EN ISO 20957-4.

UNPACKING

Thank you for purchasing a Matrix Fitness product. It is inspected before it is packaged. It is shipped in multiple pieces to facilitate the compact packaging of the machine. Prior to assembly, confirm all the components by matching them with the exploded diagrams. Carefully unpack the unit from this box and dispose of the packing materials in accordance with your local laws.

CAUTION

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. Please be sure to install the equipment on a stable base, and properly level the machine. Ensure a minimum clearance width of 0.6 meters (24") for access to and passage around Matrix strength equipment. Please note, 0.91 meters (36") is the ADA recommended clearance width for individuals in wheelchairs.

WARRANTY

Contact your local authorized Matrix representative to find out how we're protecting your Matrix fitness equipment today, tomorrow and years down the road.

WARNING

DEATH OR SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. FOLLOW THESE PRECAUTIONS TO AVOID INJURY!

1. Keep children under the age of 14 away from this strength training equipment. Teenagers must be supervised at all times while using this equipment.
2. This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
3. All warnings and instructions should be read and proper instruction obtained prior to use. Use this equipment for its intended purpose ONLY.
4. Inspect the machine before use. DO NOT use machine if it appears damaged or inoperable.
5. Do not exceed weight capacity of this equipment.
6. ALWAYS use a spotter if using free weights.
7. Balance the weight applied to this equipment and/or any barbell. Where applicable, use retention devices to retain weight discs.
8. Injuries to health may result from incorrect or excessive training. Cease exercise if you feel faint or dizzy. Obtain a medical exam before beginning an exercise program.
9. Keep body, clothing, hair, and fitness accessories free and clear of all moving parts.
10. Adjustable stops, where provided, must be used at all times.
11. When adjusting any adjustable mechanism (stop position, seat position, pad location, range of motion limiter, pulley carriage, or any other type), make certain that the adjustable mechanism is fully engaged prior to use to prevent unintended motion.
12. Manufacturer recommends that this equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
13. If equipment is NOT secured to floor: NEVER allow resistance straps, ropes or other means to be attached to this equipment, as this may result in serious injury. NEVER use this equipment for support during stretching, as this may result in serious injury.
14. DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED OR ILLEGIBLE.

Plate-loaded / Free Weight Thin
1000368439



PRODUCT INFORMATION

PROPER USAGE

1. Do not exceed weight limits of the exercise device.
2. If applicable, set safety stops to appropriate height.
3. If applicable, adjust seat pads, leg pads, foot pads, range of motion adjustment, or any other type of adjustment mechanisms to a comfortable start position. Make certain that the adjusting mechanism is fully engaged to prevent unintentional movement and to avoid injury.
4. Sit on bench (if applicable) and get into appropriate position for exercise.
5. Exercise using no more weight than you can safely lift and control.
6. In a controlled manner, perform exercise.
7. Return weight to its fully-supported start position.

MAINTENANCE CHECKLIST

ACTION	FREQUENCY
Inspect Hardware ²	Monthly
Inspect Frame ³	Bi-Annually
Clean Machine	As Needed
Clean Grips ¹	As Needed

¹ Upholstery & Grips should be cleaned with a mild soap and water or a non-ammonia based cleaner.

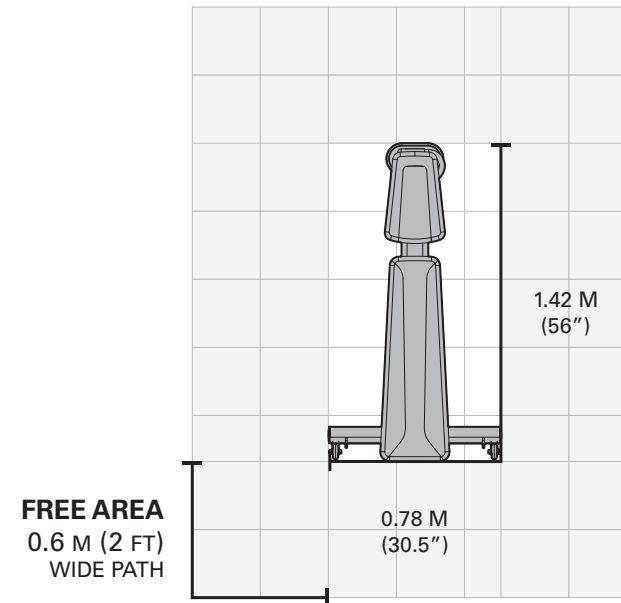
² Inspect bolts and other fasteners to ensure they are fully tightened and unit operates as intended.

³ Inspect frame for damaged, worn or broken parts.

CARE AND MAINTENANCE

Replace defective components immediately and/or keep the equipment out of use until repair. Pay special attention to components most susceptible to wear.

TRAINING AREA



PRODUCT SPECIFICATIONS

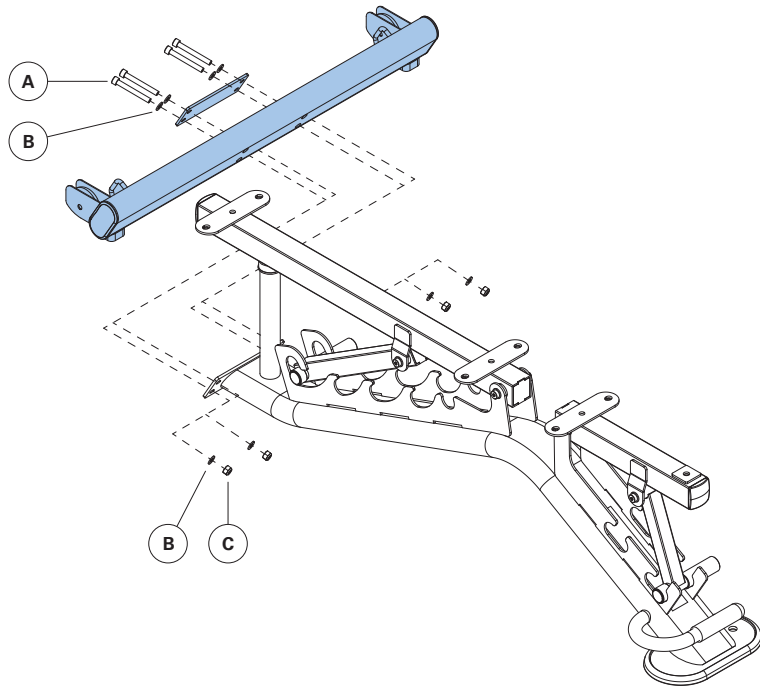
Product Weight	36 kg / 79.5 lbs
Max Training Weight	159 kg / 350 lbs
Max User Weight	136 kg / 300 lbs
Overall Dimensions (L x W x H)	142.4 x 77.5 x 43.7 cm / 56 x 30.5 x 17.25"



ASSEMBLY

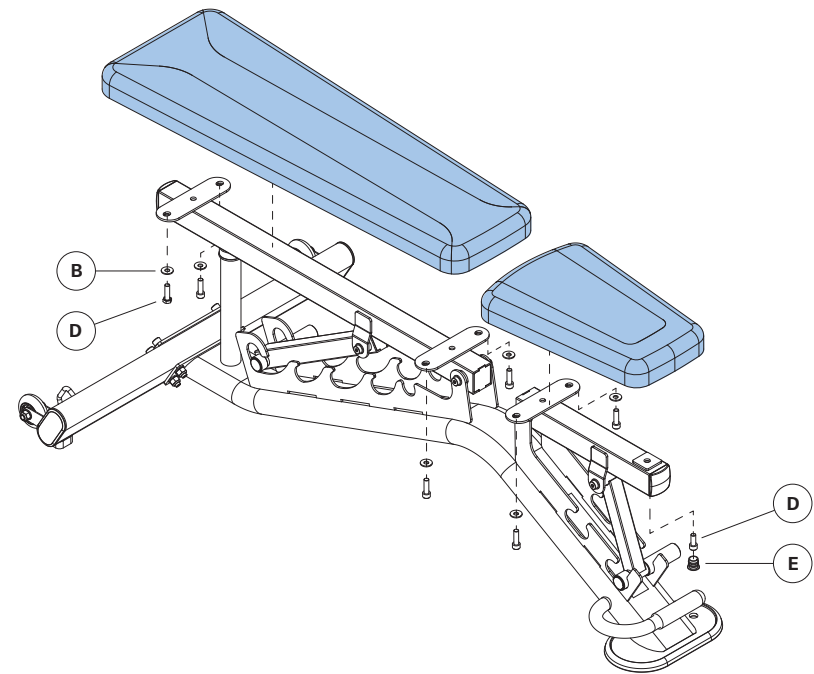
1	Hardware	Qty
A	Bolt (M10x75L)	4
B	Flat Washer (M10)	8
C	Nut (M10)	4

Torque Value
30 Nm / 22 ft-lb



2	Hardware	Qty
D	Bolt (M10x25L)	7
B	Flat Washer (M10)	6
E	Bolt Cap	1

Torque Value
10 Nm / 7 ft-lb



ASSEMBLY COMPLETE

MATRIX



MABR1

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