

**MATRIX**

CXC

CXM





3 ENGLISH  
15 繁體中文



# IMPORTANT PRECAUTIONS

## SAVE THESE INSTRUCTIONS

- When using Matrix Cycles, basic precautions should always be followed, including the following: Read all instructions before using this equipment. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of all warnings and precautions.
- This equipment is intended for commercial use. To ensure your safety and protect the equipment, read all instructions before operating.

## WARNING!

### TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- Use this indoor cycle for its intended purpose as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Never operate the indoor cycle if it is not working properly, or if it has been damaged. Contact Customer Tech Support or the authorized dealers for examination and repair.
- Do not use the indoor cycle without proper footwear. NEVER operate the indoor cycle with bare feet.
- Do not wear any clothing that might catch on any moving parts of this indoor cycle.
- Keep hands and feet clear at all times from moving parts to avoid injury. Never turn the pedal cranks by hand.
- Do not dismount the indoor cycle until the pedals are at a complete STOP.
- Do not insert any object, hands or feet into any openings, or expose hands, arms or feet to the drive mechanism or other potentially moving part of the indoor cycle.
- Do not use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Customer Tech Support or the authorized dealers.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Close supervision is necessary when used near children.
- 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.
- Ensure that adjustment levers (seat and handlebar fore-and-aft) are properly secured and do not interfere with range of motion during exercise.
- When adjusting the seat and handlebar height, hold the seat or handlebar with one hand, while lifting and then locking the lever. Ensure clamp is fully engaged prior to use.
- Incorrect or excessive exercise may result in serious injury or death. If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not jump on the unit.
- At no time should more than one person be on unit while in operation.
- This unit should not be used by persons weighing more than specified in the PRODUCT SPECIFICATIONS SECTION. Failure to comply will void the warranty.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- At NO time should pets or children under the age of 14 be closer to the unit than 10 feet.
- At NO time should children under the age of 14 use the unit.
- Children over the age of 14 should not use the unit without adult supervision.
- Heart rate monitoring systems may be inaccurate.
- After exercising, push down on the brake lever to slow the flywheel down and decrease the potential for injury.
- The indoor cycle does not have a independently moving flywheel; the pedals will continue to move together with the flywheel until the flywheel stops.
- Use the stationary training equipment in a supervised environment.

## CAUTION!

### CONSULT A PHYSICIAN BEFORE USING THIS EQUIPMENT. READ OWNER'S MANUAL BEFORE USE.

- It is essential that this equipment is used only indoors, in a climate controlled room. If this equipment has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the equipment is warmed up to room temperature and allowed time to dry out before first time use.



# ASSEMBLY

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## UNPACKING

Unpack the equipment where you will be using it. Place the carton on a level flat surface. It is recommended that you place a protective covering on your floor. Never open box when it is on its side.

## IMPORTANT NOTES

During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded.

Several parts have been pre-lubricated to aid in assembly and usage. Please do not wipe this off. If you have difficulty, a light application of lithium grease is recommended.

## WARNING!

There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the equipment could have parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the equipment, the assembly instructions must be reviewed and corrective actions should be taken.

## NEED HELP?

If you have questions or if there are any missing parts, contact Customer Tech Support. Contact information is located on the information card.

## TOOLS REQUIRED:

- 3 mm Allen Wrench
- 5 mm Allen Wrench
- 10 mm Allen Wrench
- Flat Wrench (15mm/17mm 325L)
- Phillips Screwdriver

## PARTS INCLUDED:

- 1 Main Frame
- 1 Front Stabilizer Tube
- 1 Rear Stabilizer Tube
- 1 Handlebar Set
- 1 Transport Handle
- 1 Bicycle Saddle
- 2 Pedals
- 1 Console (CXM only)
- 1 Hardware Kit

## ⚠ WARNING

SEAT AND HANDLEBARS: HOLD WITH ONE HAND WHILE ADJUSTING HEIGHT. ENSURE CLAMP IS FULLY ENGAGED PRIOR TO USE.

USE THE STATIONARY TRAINING EQUIPMENT IN A SUPERVISED ENVIRONMENT UNDER THE DIRECT SUPERVISION OF A TRAINED INSTRUCTOR.

SPINNING PEDALS CAN CAUSE INJURY.

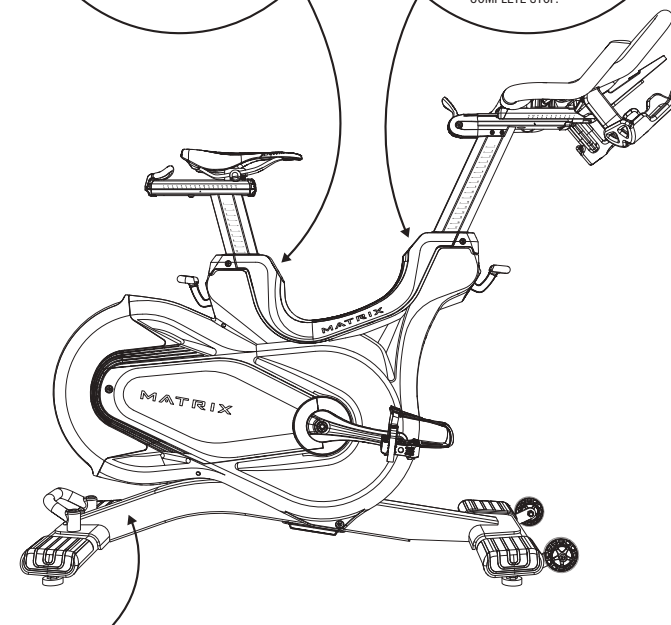
THIS EXERCISE BICYCLE DOES NOT HAVE A FREEWHEEL AND PEDAL SPEED MUST BE REDUCED IN A CONTROLLED MANNER.

## ⚠ CAUTION

KEEP CHILDREN UNDER THE AGE OF 14 AWAY FROM EXERCISE EQUIPMENT.

ALL WARNINGS AND INSTRUCTIONS SHOULD BE READ AND PROPER INSTRUCTION OBTAINED PRIOR TO USE. USE THIS EQUIPMENT FOR ITS INTENDED PURPOSE ONLY. CONSULT A PHYSICIAN BEFORE USING THIS EQUIPMENT.

SET UP AND OPERATE THE STATIONARY EXERCISE BICYCLE ON A SOLID LEVEL SURFACE. CARE SHOULD BE TAKEN IN MOUNTING AND DISMOUNTING THE STATIONARY EXERCISE BICYCLE. BEFORE DISMOUNTING, BRING THE PEDALS TO A COMPLETE STOP.

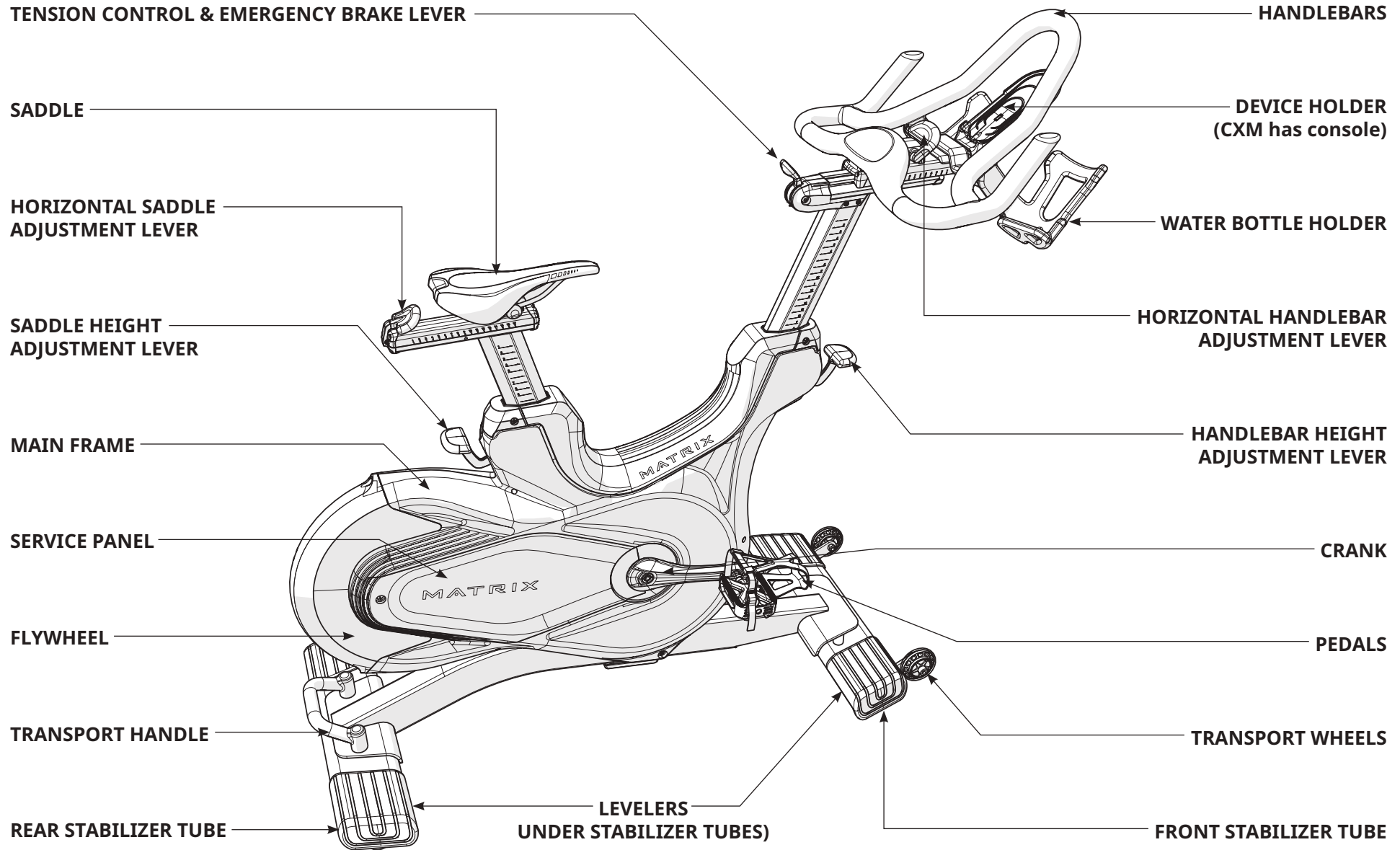


## SERIAL NUMBER

## MODEL

- |                              |                              |
|------------------------------|------------------------------|
| <input type="checkbox"/> CXC | MATRIX TARGET TRAINING CYCLE |
| <input type="checkbox"/> CXM | MATRIX TARGET TRAINING CYCLE |

\* Use the information above when calling for service.





1

**Red Hardware Pack**

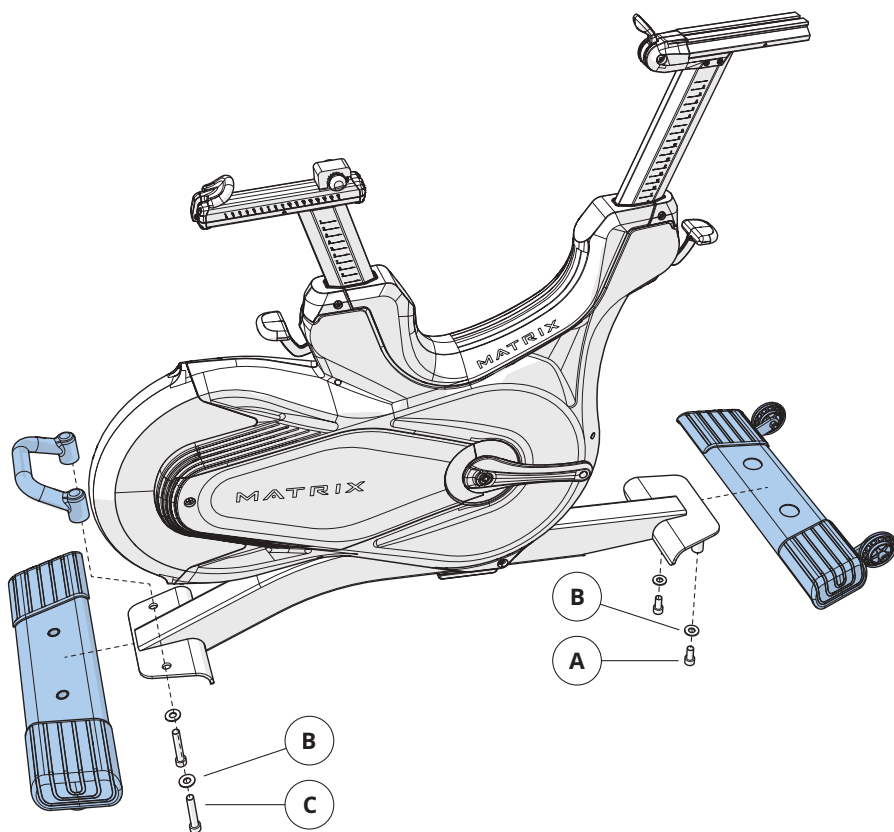
Description	Qty
A Bolt (M12x25L)	2
B Flat Washer	4
C Bolt (M12x70L)	2

**Torque Value**

A	78 Nm / 58 ft-lb
C	78 Nm / 58 ft-lb

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2

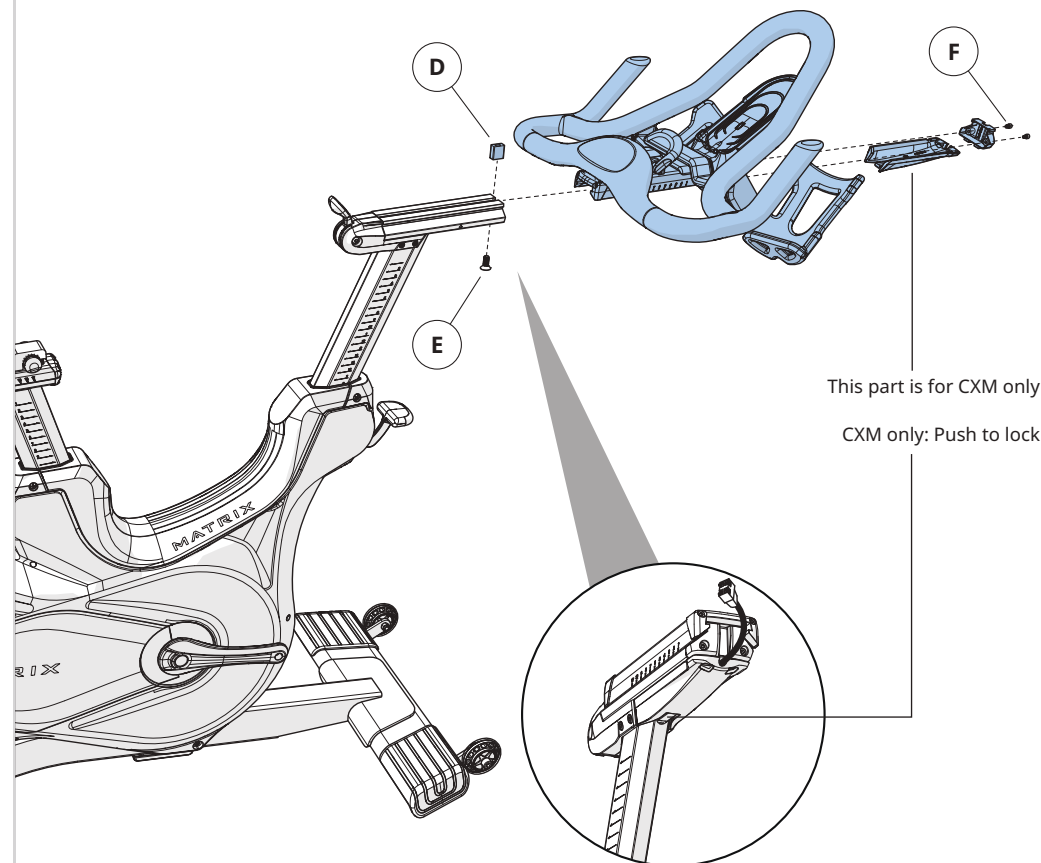
**Black (CXC) / Yellow (CXM)  
Hardware Pack**

Description	Qty
D Stopper	1
E Screw (M8x20L)	1
F Screw (M4x6L)	2

**Torque Value**

E	20 Nm / 14 ft-lb
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Slide handlebars onto frame before attaching (D), (E) and then (F)



This part is for CXM only

CXM only: Push to lock

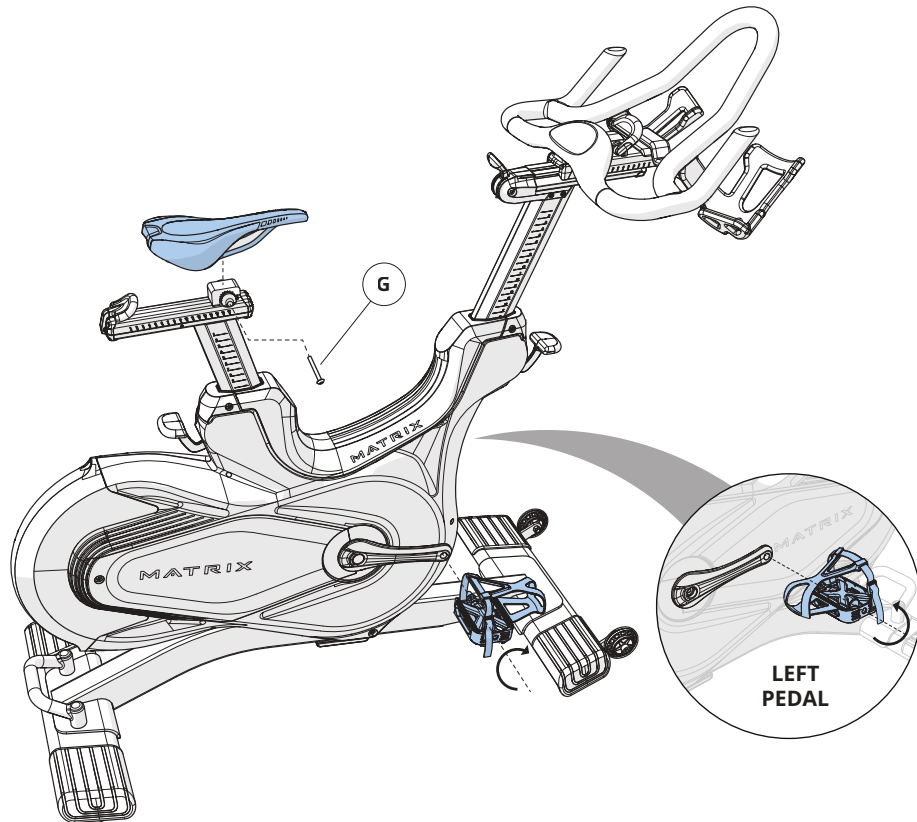
# 3

## Pre-installed Hardware

Description	Qty
G Bolt (M6x50L)	1

## Torque Value

100 Nm / 74 ft-lb

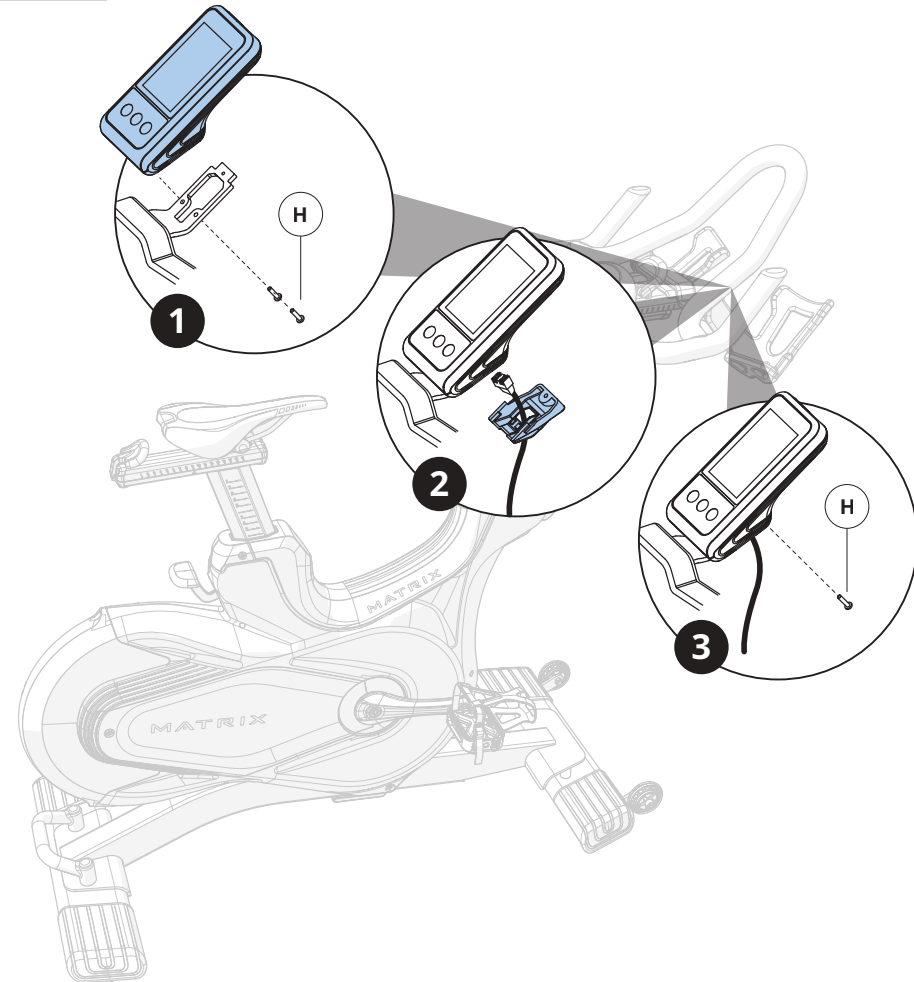


# 4

## Green Hardware Pack

Description	Qty
H Screw (M4x10L)	3

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**ASSEMBLY COMPLETE!**



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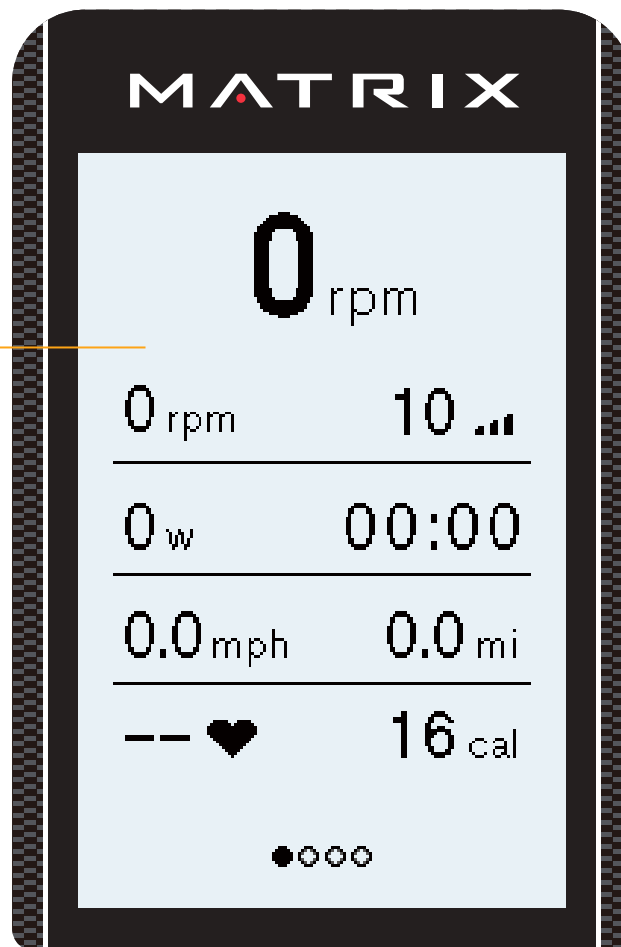
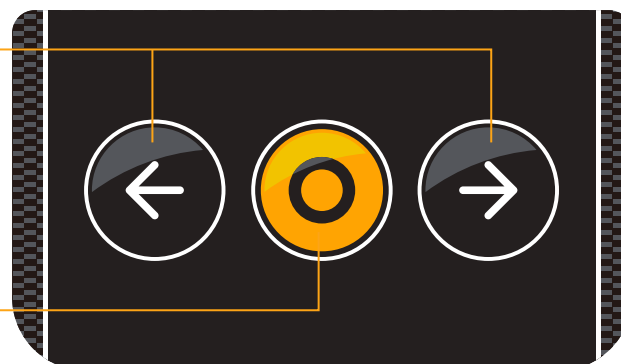
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**BACK-LIT LCD**

Displays:

- Time
- RPM
- Watts
- Resistance Level
- MPH/KPH
- Distance
- Heart Rate (when heart rate strap is worn)
- Calories

**NAVIGATION ARROWS****CONFIRMATION KEY****CXM CONSOLE INFORMATION**

Console turns on when pedals are moved.

Press to change the large metric at the top from RPMs to Watts, to HR, to a lap feature.

**LAP/INTERVAL** - when on the lap screen, press to start the first interval. Lap number, time and distance covered will be displayed. Press to stop the interval. To start the next lap, press again, etc. At the end of the workout, lap times/distances will be displayed.

**SUMMARY SCREENS** - after the workout is complete, an average summary of RPM, Watts, MPH, HR, etc. will be displayed. Press to advance to the max summary screen for RPM, Watts MPH, HR, etc. Press again to advance to the Lap summary screen.

**MANAGER MODE**

To enter manager mode, press simultaneously for 3-5 seconds, to exit manager mode, press and hold for 3-5 seconds.

- **WORKOUT** - set desired pause time and inactivity time
- **USER** - select weight
- **UNIT** - set console to display metric or imperial units
- **SOFTWARE** - version and updates
- **FRAME LIFE** - Accumulated distance and time
- **MACHINE** - Type, Serial Number, out of order
- **LCD** - adjust backlight brightness and contrast settings
- **SHUTDOWN TIME** - When in the workout summary, if there is no RPM, this is the amount of time before the console shuts off
- **PAIR HR** - Disable / enable for ANT+/BLE heart rate pairing screen
- **ANT+** - enable or disable the broadcast function and set broadcast ID





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## POWER ACCURACY

This bike displays power on the console. The power accuracy of this model has been tested using the test method of ISO 20957-10:2017 to ensure a power accuracy within a tolerance of  $\pm 10\%$  for input power  $\geq 50$  W, and within a tolerance of  $\pm 5$  W for input power  $< 50$  W. The power accuracy was verified using the following conditions:

Nominal Power Rotations per minute measured at crank

- 50 W 50 RPM
- 100 W 50 RPM
- 150 W 60 RPM
- 200 W 60 RPM
- 300 W 70 RPM
- 400 W 70 RPM

In addition to the above testing conditions, the manufacturer tested the power accuracy at one additional point, using a crank rotation speed of approximately 80 RPM (or higher) and comparing the displayed power to the input (measured) power.

## USING THE HEART RATE FUNCTION

The heart rate function on this product is not a medical device. The heart rate reading is intended only as an exercise aid in determining heart rate trends in general. Please consult your physician.

When used in conjunction with a **wireless chest transmitter** (sold separately), your heart rate can be transmitted wirelessly to the unit and displayed on the console. Compatible with Bluetooth, ANT+ and Polar 5kHz heart rate devices.

**NOTE:** The chest strap must be tight and properly placed to receive an accurate and consistent readout. If the chest strap is too loose, or positioned improperly, you may receive an erratic or inconsistent heart rate readout.

### WARNING!

Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

## BATTERY

When the battery is low, a low battery icon will be displayed in the upper right hand corner of the screen.

The user will be prompted to pedal to charge (minimum of 67 RPMs). The battery icon will disappear when sufficiently charged.

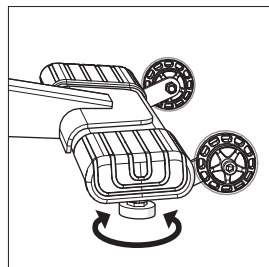
If the battery needs to be replaced, the console will display this message when necessary.



## BEFORE YOU BEGIN

### LOCATION OF THE UNIT

Place the equipment on a level and stable surface away from direct sunlight. The intense UV light can cause discoloration on the plastics. Locate your equipment in an area with cool temperatures and low humidity. Please leave a clear zone on all sides of the equipment that is at least 60 cm (23.6"). This zone must be clear of any obstruction and provide the user a clear exit path from the machine. Do not place the equipment in any area that will block any vent or air openings. The equipment should not be located in a garage, covered patio, near water or outdoors.



### LEVELING THE EQUIPMENT

It is extremely important that the levelers are correctly adjusted for proper operation. Turn leveling foot clockwise to lower and counter-clockwise to raise unit. Adjust each side as needed until the equipment is level. An unbalanced unit may cause belt misalignment or other issues. Use of a level is recommended.

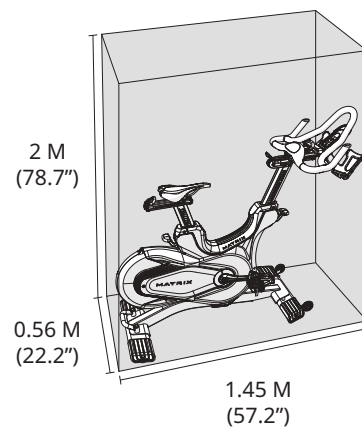
### WARNING!

Our equipment is heavy, use care and additional help if necessary when moving. Failure to follow these instructions could result in injury.

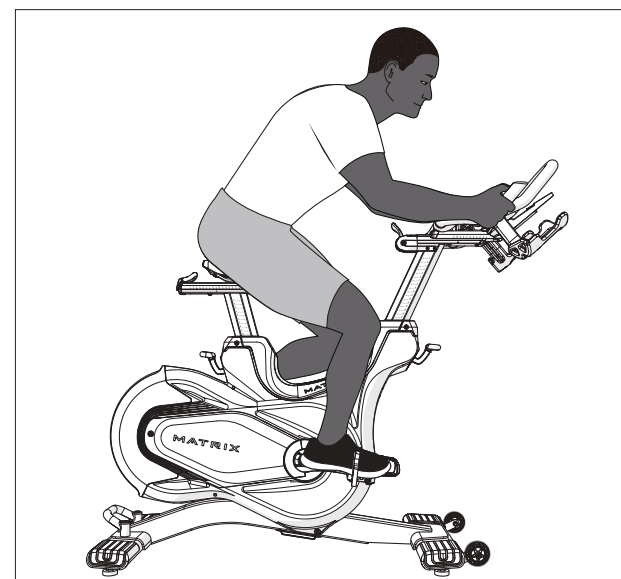
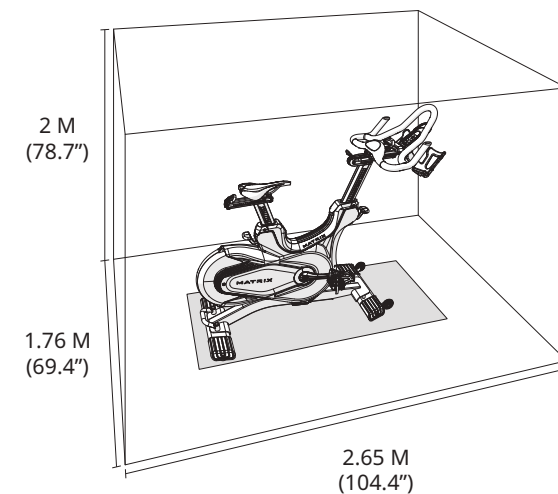
### PROPER USAGE

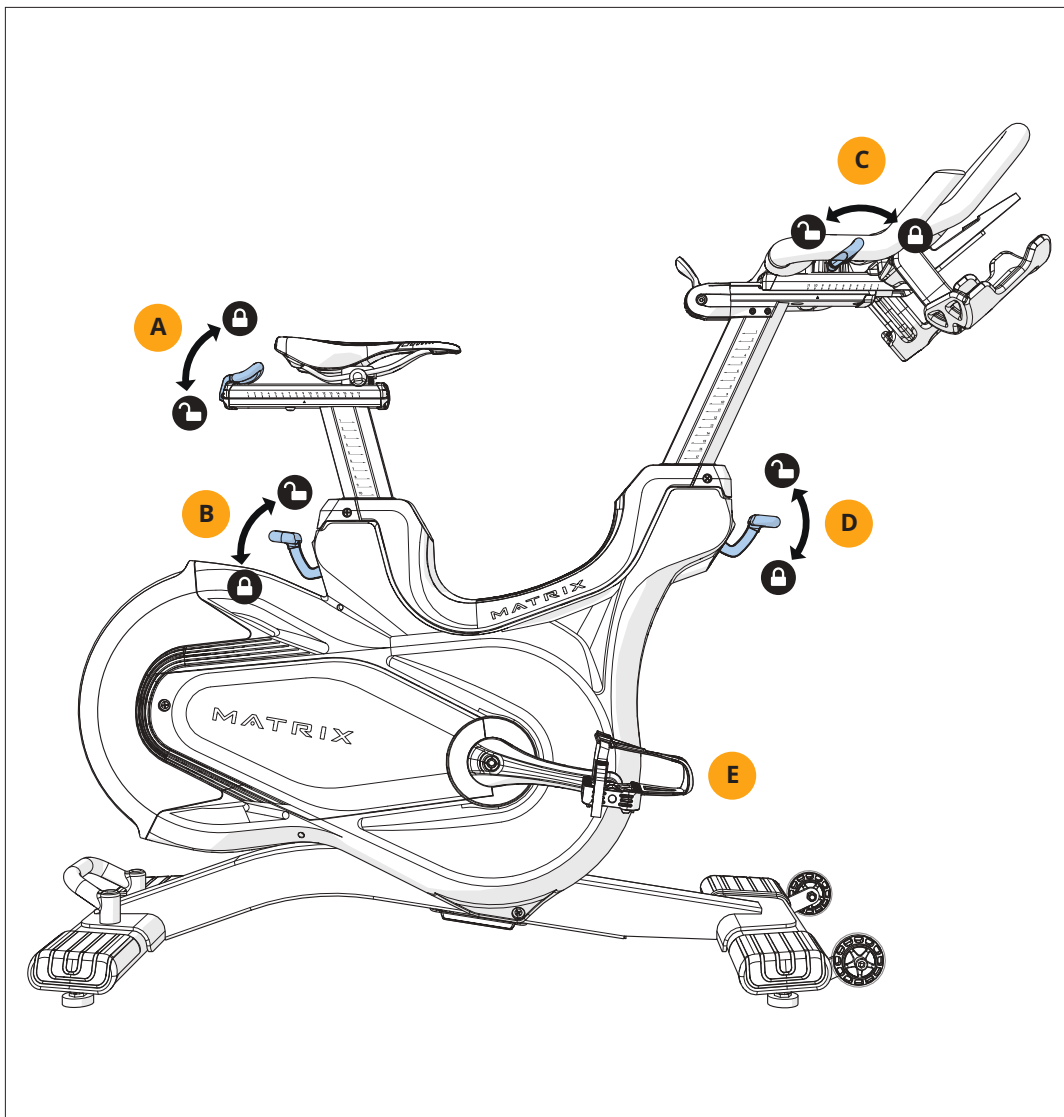
1. Sit on the cycle facing the handlebars. Both feet should be on the floor one on each side of the frame.
2. To determine proper seat position, sit on the seat and position both feet on the pedals. Your knee should bend slightly at the furthest pedal position. You should be able to pedal without locking your knees or shifting your weight from side to side.
3. Adjust pedal straps to desired tightness.
4. To get off of the cycle, follow the proper usage steps in reverse.

### TRAINING AREA



### FREE AREA





## HOW TO ADJUST THE INDOOR CYCLE

The indoor cycle can be adjusted for maximum comfort and exercise effectiveness. The instructions below describe one approach to adjusting the indoor cycle to ensure optimal user comfort and ideal body positioning; you may choose to adjust the indoor cycle differently.

### SADDLE ADJUSTMENT

Proper saddle height helps ensure maximum exercise efficiency and comfort, while reducing the risk of injury. Adjust the saddle height to make sure it's in proper position, one that keeps a slight bend in your knee while your legs are in the extended position

### HANDLEBAR ADJUSTMENT

Proper position for the handlebar is based primarily on comfort. Typically, the handlebar should be positioned slightly higher than the saddle for beginning cyclists. Advanced cyclists could try different heights to get the arrangement most suitable for them.

#### A) SADDLE HORIZONTAL POSITION

Pull the adjustment lever down to slide the saddle forward or backward as desired. Push the lever up to lock saddle position. Test the saddle slide for proper operation.

#### B) SADDLE HEIGHT

Lift the adjustment lever up while sliding the saddle up and down with the other hand. Push the lever down to lock saddle position.

#### C) HANDLEBAR HORIZONTAL POSITION

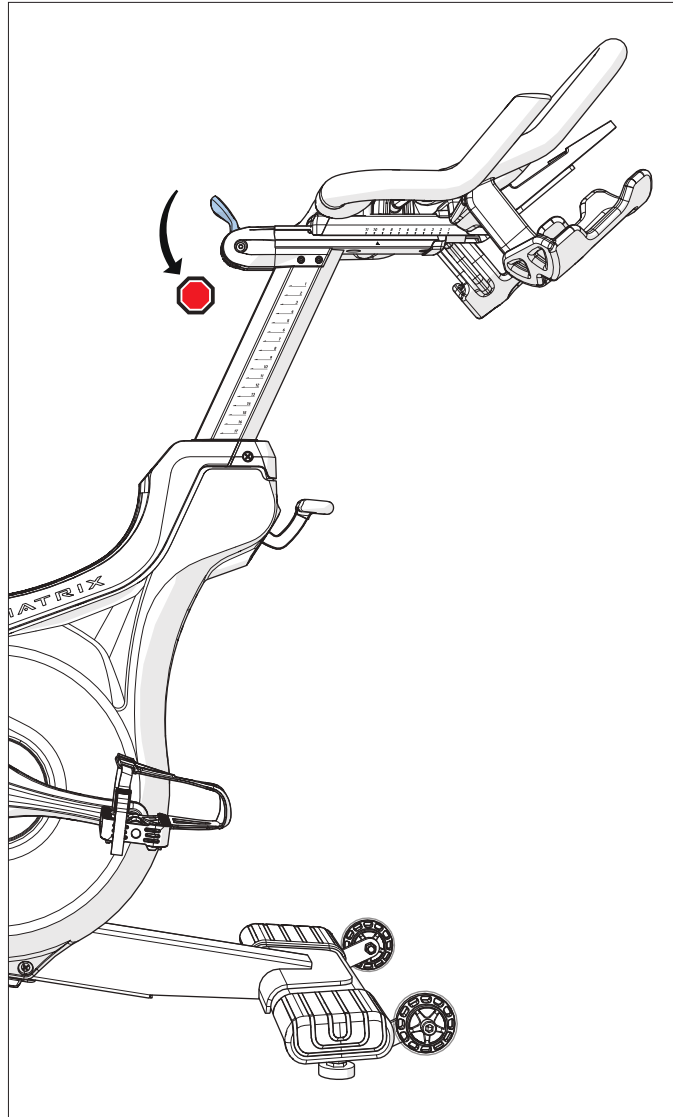
Pull the adjustment lever towards the rear of the cycle to slide the handlebars forward or backward as desired. Push the lever forward to lock handlebar position.

#### D) HANDLEBAR HEIGHT

Pull the adjustment lever up while raising or lowering the handlebar with the other hand. Push the lever down to lock handlebar position.

#### E) PEDAL STRAPS

Place the ball of the foot into the toe cage until the ball of the foot is centered over the pedal, reach down and pull the pedal strap up to tighten prior to use. To remove your foot from the toe cage, loosen the strap and pull out.



## RESISTANCE CONTROL / EMERGENCY BRAKE

The preferred level of difficulty in pedaling (resistance) can be regulated in fine increments by use of the tension control lever. To increase the resistance, push the tension control lever towards the ground. To decrease the resistance, pull up the lever upwards.

### IMPORTANT:

- To stop the flywheel while pedaling, push down hard on the lever.
- The flywheel should quickly come to a complete stop.
- Make sure your shoes are fixed into the toe clip.
- Apply full resistance load when the bike is not in use to prevent injuries due to moving drive gear components.

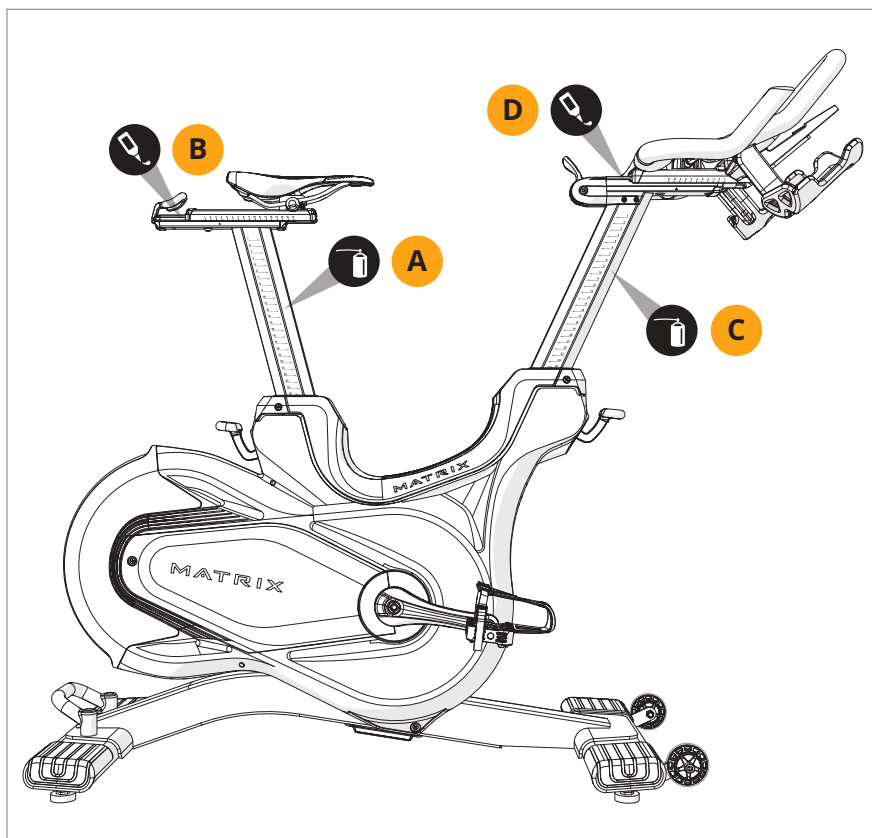
### WARNING

The indoor cycle does not have a free moving flywheel; the pedals will continue to move together with the flywheel until the flywheel stops. Reducing speed in a controlled manner is required. To stop the flywheel immediately, push down the red emergency brake lever. Always pedal in a controlled manner and adjust your desired cadence according to your own abilities. Push the red lever down = emergency stop.

The indoor cycle uses a fixed flywheel that builds momentum and will keep the pedals turning even after the user stops pedaling or if the user's feet slip off. **DO NOT ATTEMPT TO REMOVE YOUR FEET FROM THE PEDALS OR DISMOUNT THE MACHINE UNTIL BOTH THE PEDALS AND THE FLYWHEEL HAVE COMPLETELY STOPPED.** Failure to follow these instructions may lead to loss of control and the potential for serious injury.

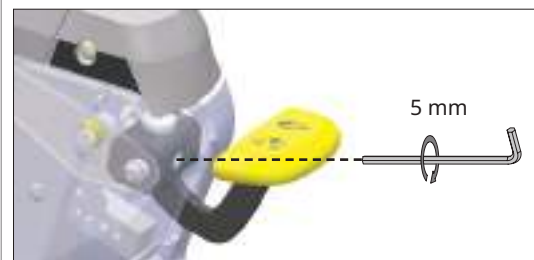
## MAINTENANCE

1. Any and all part removal or replacement must be performed by a qualified service technician.
2. 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.
3. 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.
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 dealers will provide service and maintenance training at our corporate facility upon request.



## MAINTENANCE SCHEDULE

ACTION	FREQUENCY
Clean the indoor cycle using soft cloths or paper towels or other Matrix approved solution (cleaning agents should be alcohol and ammonia free). Disinfect the saddle and handlebars and wipe off all bodily residues.	AFTER EACH USE
Make sure that the indoor cycle is level and does not rock.	DAILY
Clean entire machine using water and a mild soap or other Matrix approved solution (cleaning agents should be alcohol and ammonia free). Clean all exterior parts, the steel frame, front and rear stabilizers, seat and handlebars.	WEEKLY
Test the emergency brake to make sure it is functioning properly. To do this, press down the red emergency brake lever while pedaling. When functioning properly, it should immediately slow down the flywheel until it comes to a complete stop.	BI-WEEKLY
Lubricate the saddle post (A). To do this, raise the saddle post to the MAX position, spray with maintenance spray and rub down the entire exterior surfaces with a soft cloth. Clean the saddle slide (B) with a soft cloth and if necessary apply a small amount of lithium/silicone grease.	BI-WEEKLY
Lubricate the handlebar post (C). To do this, raise the handlebar post to the MAX position, spray with maintenance spray and rub down the entire exterior surfaces with a soft cloth. Clean the handlebar slide (D) with a soft cloth and if necessary apply a small amount of lithium/silicone grease.	BI-WEEKLY
Inspect all assembly bolts and pedals on the machine for proper tightness.	MONTHLY
Inspect handlebar and seat height adjustment levers for proper tightness.	MONTHLY





## PRODUCT SPECIFICATIONS

	CXM Indoor Cycle	CXC Indoor Cycle
Console	Back-lit LCD	NA
Max User Weight	159 kg / 350 lbs	
User Height Range	147 – 200.7 cm / 4'11" – 6'7"	
Max Saddle and Handlebar Height	130.3 cm / 51.3"	
Max Length	145.2 cm / 57.2"	
Product Weight	56.5 kg / 124.6 lbs	55.2 kg / 121.7 lbs
Shipping Weight	62.4 kg / 137.6 lbs	61.1 kg / 134.7 lbs
Required Footprint (L x W)*	122.4 x 56.3 cm / 48.2" x 22.2"	
Dimensions (max saddle & handlebar height)	145.2 x 56.4 x 130.2 cm / 57.2" x 22.2 x 51.3"	145.2 x 56.4 x 130.2 cm / 57.2" x 22.2 x 51.3"
Overall Dimensions (L x W x H)*	122.4 x 56.4 x 102.8 cm / 48.2" x 22.2 x 40.5"	122.4 x 56.4 x 102.8 cm / 48.2" x 22.2 x 40.5"

\* Ensure a minimum clearance width of 0.6 meters (24") for access to and passage around MATRIX equipment.  
Please note, 0.91 meters (36") is the ADA recommended clearance width for individuals in wheelchairs.

For most current owner's manual and information, check [www.matrixfitness.com](http://www.matrixfitness.com)



## 重要注意事項

### 請妥善保存這些說明書

- 使用 Matrix 健身車時，請務必遵行基本注意事項，包括下列要點：使用本器材前請閱讀所有使用說明。持有人應負責確保已充分告知本器材使用者所有警告與注意事項。
- 本器材適於商業環境用途。為確保您的安全並保護器材，使用前請閱讀所有說明。

## 警告！

### 為降低燒燙傷、觸電或受傷的風險或人身傷害：

- 請依照本手冊中說明的設計用途使用本室內健身車。請勿使用製造商建議以外的配件。
- 若室內健身車無法正常運作或已損壞，切勿使用。請聯絡客戶技術支援部門或授權經銷商進行檢查和維修。
- 使用室內健身車時請務必穿著合適的鞋類。切勿赤腳使用室內健身車。
- 請勿穿著任何可能會勾住室內健身車上任何活動零件的衣物。
- 請隨時注意不要讓手腳觸碰到活動零件，以免受傷。不可徒手轉動踏板曲柄。
- 請等待踏板完全停止之後再離開室內健身車。
- 切勿將任何物品或手腳放入任何開口處，手腳或手臂亦不可碰觸室內健身車的傳動裝置或其他可能會移動的零件。
- 任何器材一旦損壞或零件磨損、破損，一律不得繼續使用。請使用客戶技術支援部門或授權經銷商提供的替換零件。
- 使用氣霧 (噴霧) 產品時，或當氧氣受限情況下，請勿操作本器材。
- 若健身車所在位置附近有兒童，必須進行嚴密的監督。
- 本器材不適用於體能、知覺或精神機能不佳或缺經驗及知識的人士；如欲使用，必須在他人監督下進行，且須由可負責其人身安全者指導器材用途及使用方式。
- 確定所有調整桿 (座椅和前後把手) 皆牢固固定，運動時的活動範圍內不可有障礙物。
- 調整座椅和把手高度時，請用一手抓住座椅或把手，同時抬高並鎖定調整桿。使用前，請確認固定把手已牢固。
- 錯誤運動方式和運動過量可能會導致嚴重受傷或死亡。若您感覺各種不同的疼痛，包括胸痛、噁心、暈眩或呼吸困難等，應立即停止運動並請教醫師此症狀之後，才可繼續使用。
- 請勿在本器材上跳躍。
- 運作中的器材僅限單人使用。
- 若體重超過產品規格章節所載重量，請勿使用本器材。未遵守規定所導致的損害，皆不在保固範圍內。
- 請勿使用製造商建議以外的其他配件。使用不當配件可能會導致人身傷害。
- 清潔時，請使用肥皂及微濕的布擦拭器材表面，切勿使用溶劑。(請參閱「保養」章節)
- 無論任何情況下，都不應該讓寵物或 14 歲以下兒童，接近本器材周圍 3 公尺 (10 英尺) 內。
- 嚴禁未滿 14 歲的兒童使用本器材。
- 年滿 14 歲的兒童，必須有成人陪同監督才能使用本器材。
- 心率監測系統可能不準確。
- 運動完畢後，壓下煞車桿以減緩飛輪速度，並降低受傷風險。
- 室內健身車有慣性；踏板會繼續隨著飛輪一起移動，直到飛輪停止。
- 請在受監督的環境下使用固定式訓練器材。

## 注意！

### 請在使用本器材前詢問醫師。使用前請閱讀使用手冊。

- 本器材務必只能在可控制溫度的室內使用。若本器材曾暴露在低溫或高濕的環境下，強烈建議您在初次使用前先讓本器材暖機至符合室溫，或稍待一段時間等本器材變乾。



# 組裝

CX  
CXM

繁體中文

## 拆開包裝

在預定要使用本器材的地方拆封。請將紙箱放在平坦的表面上。建議您在地板上鋪一層保護層。切勿在包裝箱側放的情況下打開包裝箱。

## 重要注意事項

在每個組裝步驟期間，請確認將所有螺帽和螺栓安裝在正確位置，並將其局部旋緊。

部分零件有事先潤滑過，以方便您組裝和使用。請勿擦除潤滑油。如果組裝有困難，建議您塗抹少量針車油。

## 警告！

組裝過程中有幾個部份須特別注意。請務必正確遵循組裝說明，以確認所有零件均完全固定。若未確實遵照組裝說明可能會導致本器材的零件未鎖緊而鬆脫，並發出擾人的噪音。為避免損壞器材，請務必詳閱組裝說明並予以修正。

## 需要協助嗎？

如果有任何疑問或有缺少零件，請聯絡客戶技術支援部門。聯絡資訊位於資訊卡上。

## 所需工具：

- 3 mm 內六角扳手
- 5 mm 內六角扳手
- 10 mm 內六角扳手
- 扁平扳手 (15 mm/17 mm 325L)
- 十字螺絲起子

## 隨附零件：

- 1 個主機架
- 1 個前貼地桿
- 1 個後貼地桿
- 1 套把手組
- 1 個運送把手
- 1 個健身車車座
- 2 個踏板
- 1 個儀表 (僅限 CXM)
- 1 套五金工具包

### ▲ 警告

座椅和把手：調整高度時，一手要握住。使用前，請確認夾鉗已夾牢。

請在受過訓練的教練的直接指導下，於受監督環境中使用本固定式訓練器材。

旋轉中的踏板可能導致受傷。

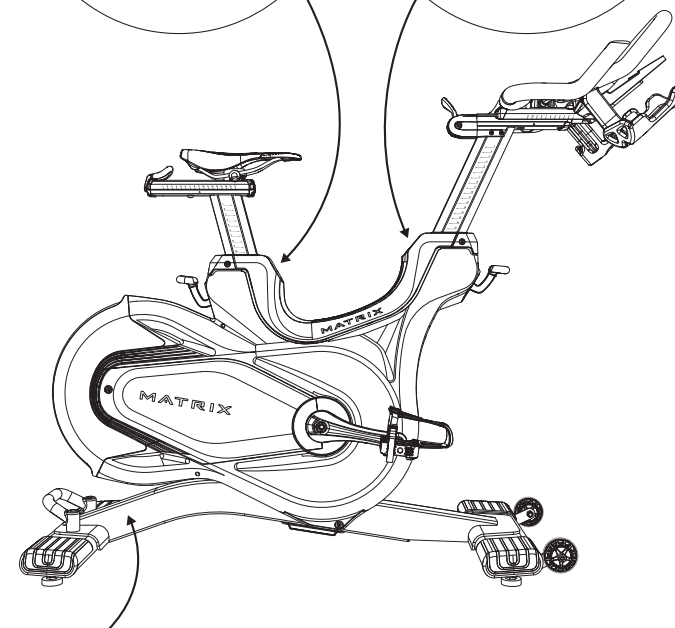
本運動健身車有慣性，且踏板速度必須在適度的控制範圍內予以降低。

### ▲ 注意

請勿讓 14 歲以下的兒童接近本器材。

使用前請詳閱所有警告及說明，並接受正確的指導。請遵循本器材的用途。請在使用本器材前詢問醫師。

請在穩固、平坦的地面上組裝與操作本裝置。折收或展開本器材時請小心謹慎。請等待踏板完全靜止之後再離開健身車。



## 序號

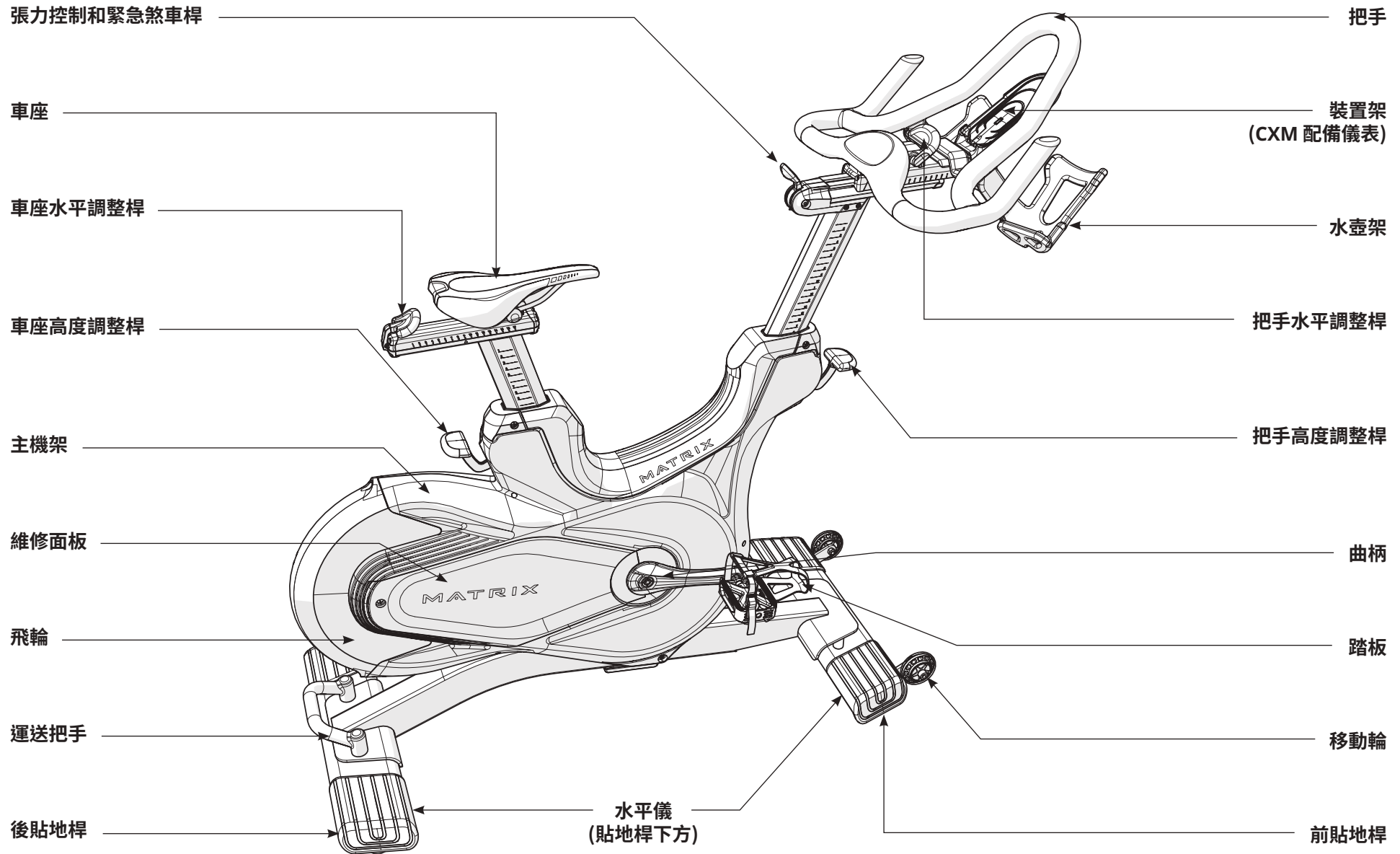
## 機型

CXC MATRIX 室內健身車

CXM MATRIX 室內健身車

\* 報修時請提供以上資訊。







1

紅色五金包

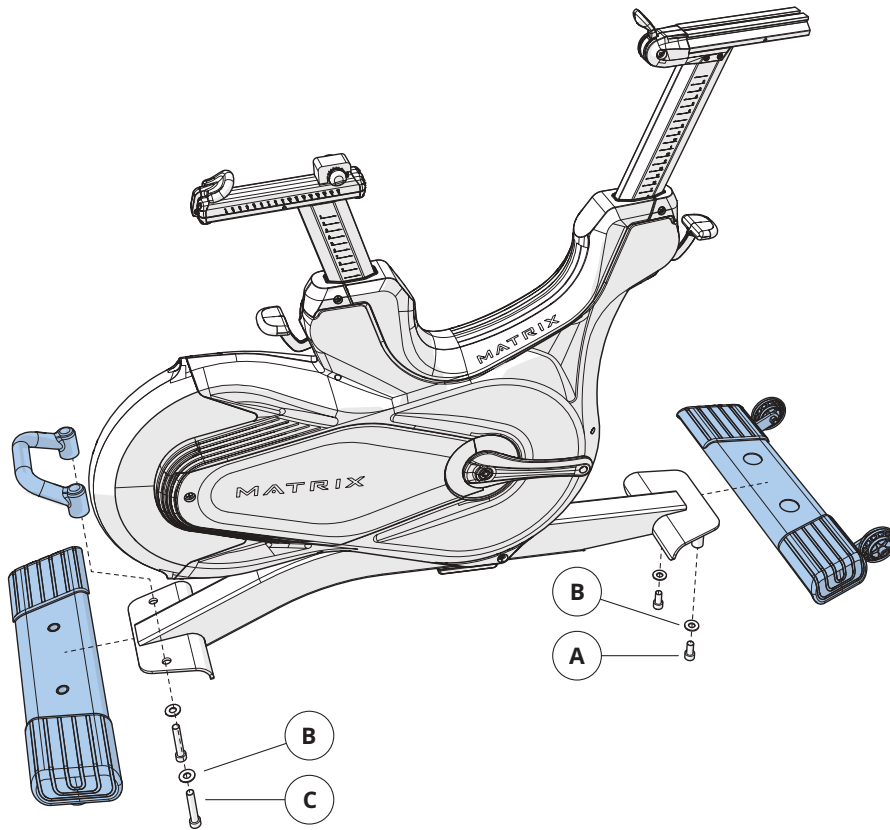
說明	數量
A 螺栓 (M12x25L)	2
B 平墊圈	4
C 螺栓 (M12x70L)	2

扭力值

A	78 Nm / 58 ft-lb
C	78 Nm / 58 ft-lb

CXC  
CXM

繁體中文



2

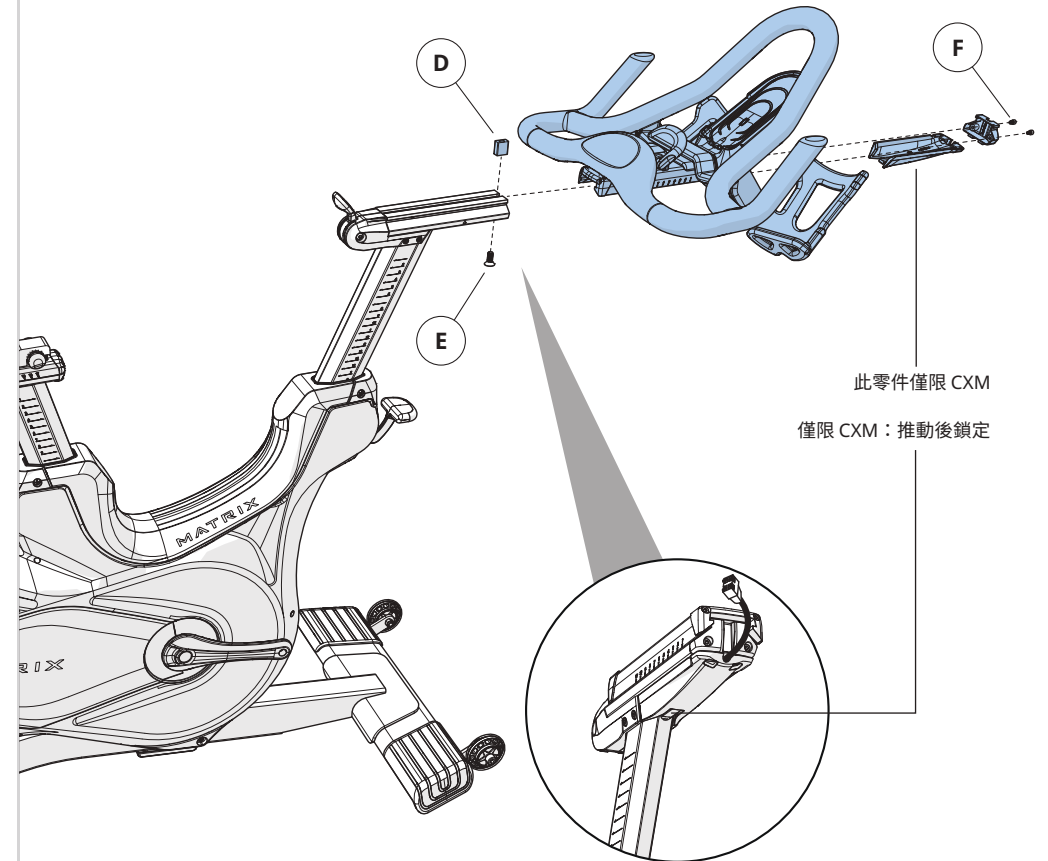
黑色 (CXC) / 黃色 (CXM)  
五金包

說明	數量
D 止動器	1
E 螺絲 (M8x20L)	1
F 螺絲 (M4x6L)	2

扭力值

E	20 Nm / 14 ft-lb
---	------------------

依序連接 (D)、(E) 和 (F) 之前，  
請先將把手推至機架適當位置。



此零件僅限 CXM  
僅限 CXM：推動後鎖定

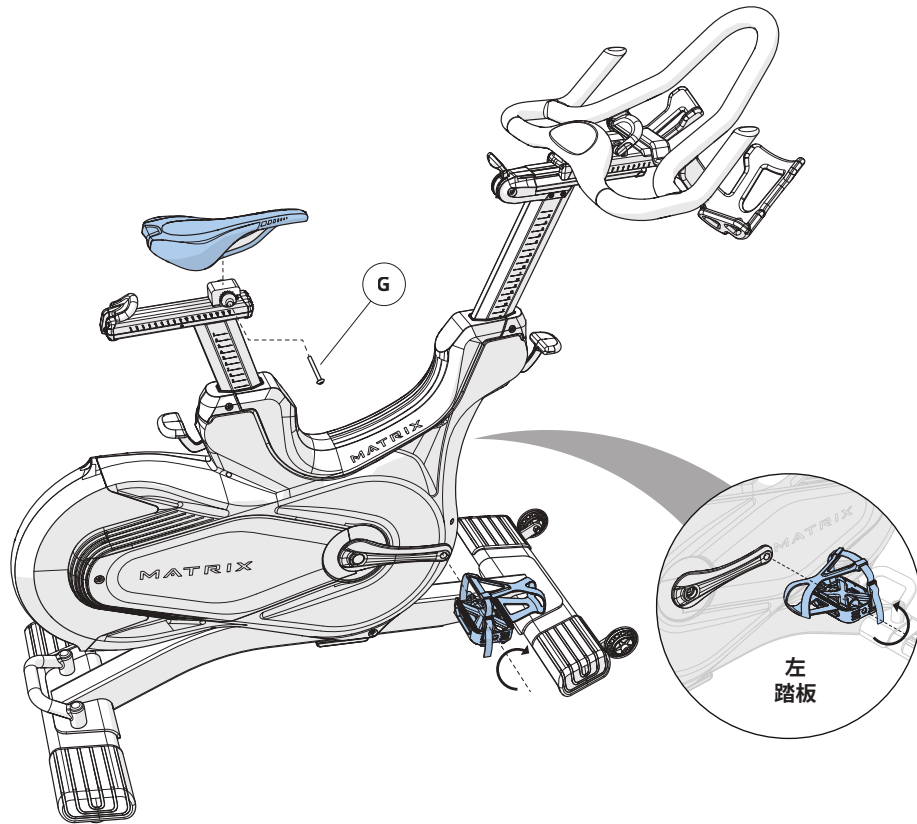
# 3

## 預先安裝硬體

詳述	數量
G 中心螺絲 (M6x50L)	1

## 轉矩值

100 牛頓米 / 74 ft-lb



# 4

## 綠色五金包

說明	數量
H 螺絲 (M4x10L)	3

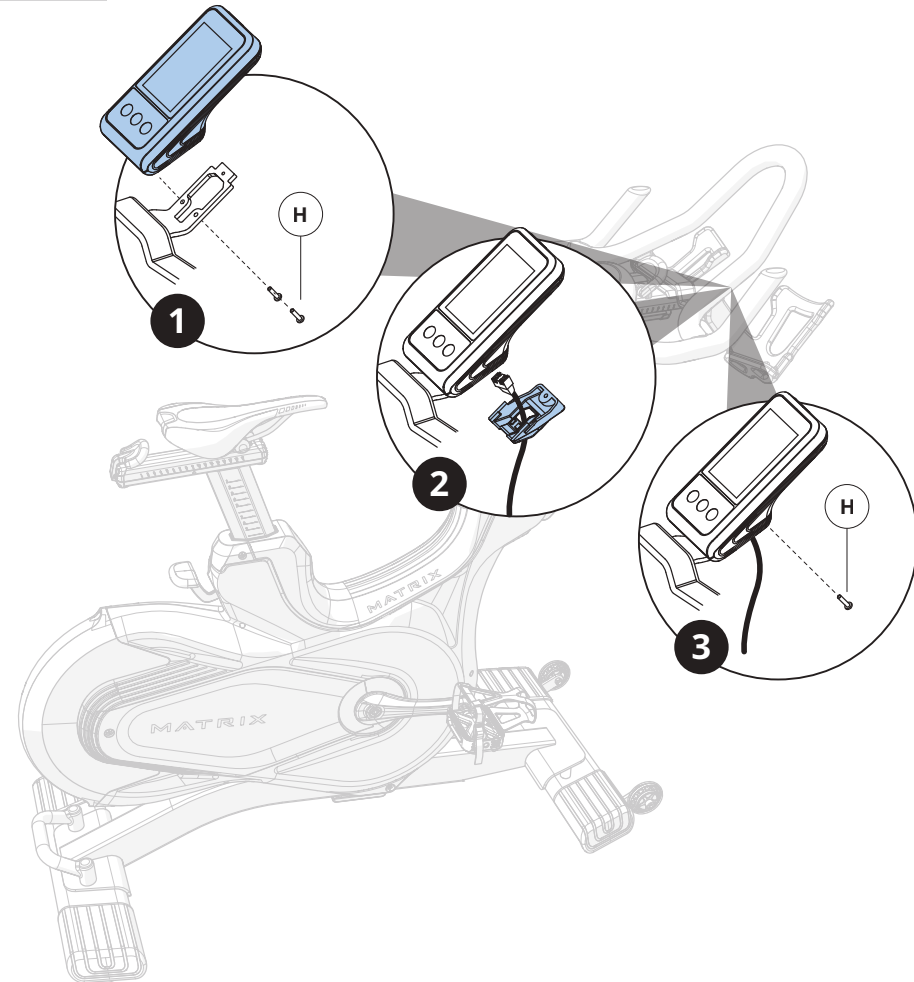
CXM

組裝完成!



CXC  
CXM

繁體中文





CXM

繁體中文

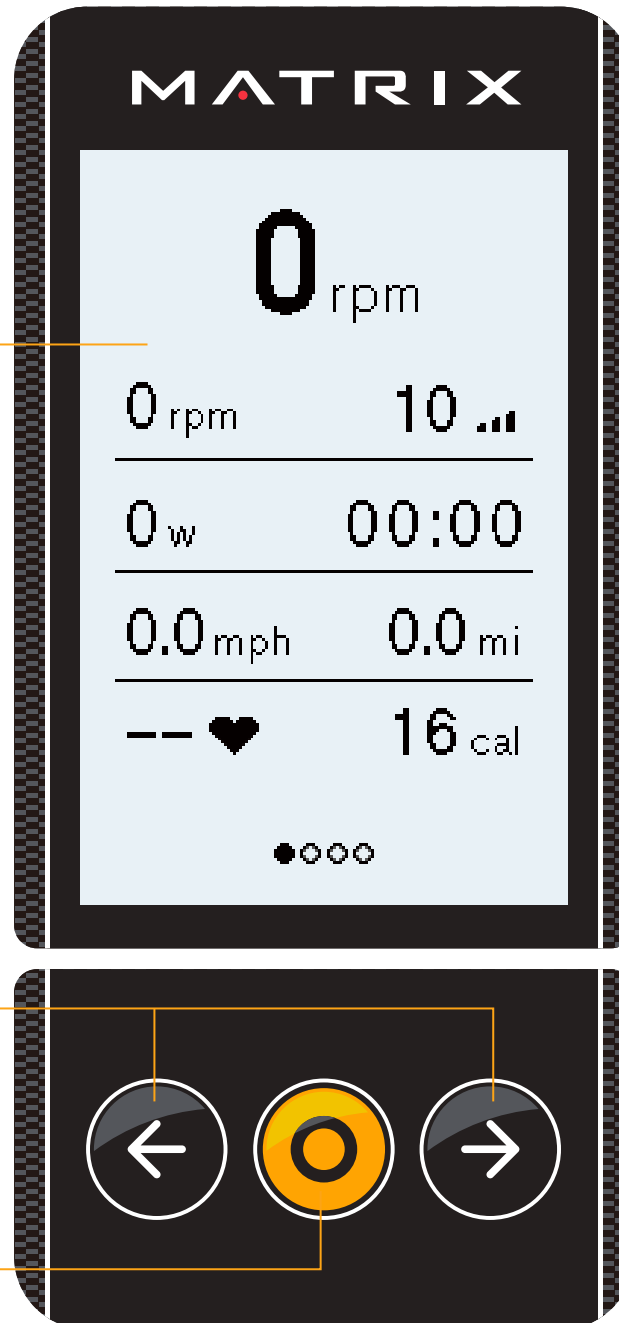
## 背光 LCD

顯示：

- 時間
- RPM
- 瓦特值
- 阻力等級
- MPH/KPH
- 距離
- 心率 (配戴心率監測帶時)
- 卡路里

## 瀏覽箭頭

## 確認鍵



## CXM 儀表資訊

儀表會在踏板移動時開啟。

按下 ◀ ▶，將頂端的較大單位從 RPM 變更為瓦特值、心率或圈數功能。

**圈數/間歇** – 顯示圈數畫面時，按下 ◯ 開始第一個間歇。相應圈數、時間和距離將會顯示。按下 ◯ 停止間歇。如需開始下一圈，再次按下 ◯。鍛鍊結束時，將會顯示圈數/距離。

**摘要畫面** – 鍛鍊完成後，將會顯示 RPM、瓦特值、MPH、心率等數據的平均值摘要。按下 ▶，進入 RPM、瓦特值、MPH、心率等數據的最大值摘要畫面。再次按下 ▶，進入圈數摘要畫面。

## 管理員模式

如需進入管理員模式，同時按下 ◀ ▶ 3-5 秒；如需退出管理員模式，請按住 ◯ 3-5 秒。

- **鍛鍊 (WORKOUT)** – 設定所需的暫停時間和閒置時間
- **使用者 (USER)** – 選擇體重
- **單位 (UNIT)** – 設定儀表以顯示公制或英制單位
- **軟體 (SOFTWARE)** – 版本與更新
- **機架壽命 (FRAME LIFE)** – 累計距離與時間
- **機器 (MACHINE)** – 類型、序號、故障
- **LCD** – 調整背光亮度和對比設定
- **關機時間 (SHUTDOWN TIME)** – 檢視鍛鍊成績報告時，若無 RPM，即代表關閉儀表前的時間量
- **連線心率 (PAIR HR)** – 禁用/启用 ANT+ / BLE 心率配对屏幕
- **ANT+** – 啟用或停用廣播功能，並設定廣播 ID



## 功率精確度

此健身車的主控台會顯示功率。此機型的功率精確度已使用 ISO 20957-10:2017 測試方法測試，確保功率精確度在輸入功率  $\geq 50$  W 時的容差在  $\pm 10\%$  以內，且在輸入功率 50 W 時的容差在  $\pm 5$  W 以內。功率精確度測試使用下列條件：

在曲柄處測量的每分鐘標稱功率旋轉

- 50 W 50 RPM
- 100 W 50 RPM
- 150 W 60 RPM
- 200 W 60 RPM
- 300 W 70 RPM
- 400 W 70 RPM

除了上述測試條件外，製造商還在另一個標準上測試功率精確度，亦即使用約 80 RPM (或更高) 的曲柄轉速，並將顯示的功率與輸入 (測量) 功率進行比較。

## 依據 低功率電波輻射性電機管理辦法

### 第十二條

經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能。

### 第十四條

低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。前項合法通信，指依電信法規定作業之無線電通信。

低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

## 使用心率感測功能

本產品的心率感測功能並非醫療裝置。心率讀數僅限作為健身的輔助數據，用於判斷運動期間心率的大致趨勢。請向醫師洽詢。

搭配使用**無線胸帶**(需另購)，即可將您的心率無線發送到裝置並顯示在儀表上。與藍芽、ANT+ 及 Polar 5kHz 心率監測裝置相容。

請注意：胸帶必須束緊並放在適當位置上，以接收準確且一致的讀數。如果胸帶太鬆或位置不恰當，可能會接收到起伏不定或不規律的心率讀數。

## 警告！

心率監測系統可能不準確。運動過量可能會導致嚴重受傷或死亡。如果感覺頭暈，請立即停止運動。

## 電池

電池電量不足時，儀表右上角將會顯示電池電量不足的圖示。

系統將提醒使用者進行踏板充電 (至少 67 RPM)。充電時，電池圖示將會消失。

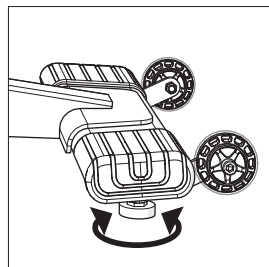
如需更換電池，儀表會在必要時顯示此訊息。



## 開始之前

### 器材位置

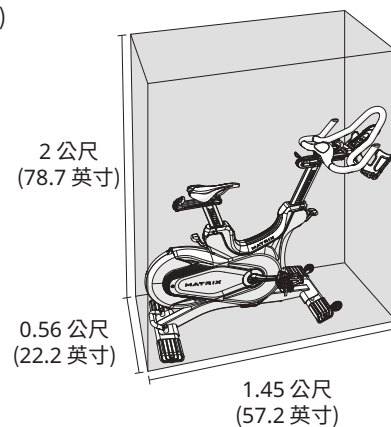
請將本器材放在平坦穩固且遠離陽光直射的地面上。強烈的紫外線可能導致塑膠褪色。請將本器材放在溫度涼爽且濕度低的區域中。器材前後左右至少都需預留 60 公分 (23.6 英寸) 的空間。此區域必須沒有任何障礙物，提供使用者離開本器材的通暢路線。請勿將本器材放置於會阻礙任何通風口或通氣孔的區域。本器材不應置於車庫、遮雨棚、水邊或戶外。



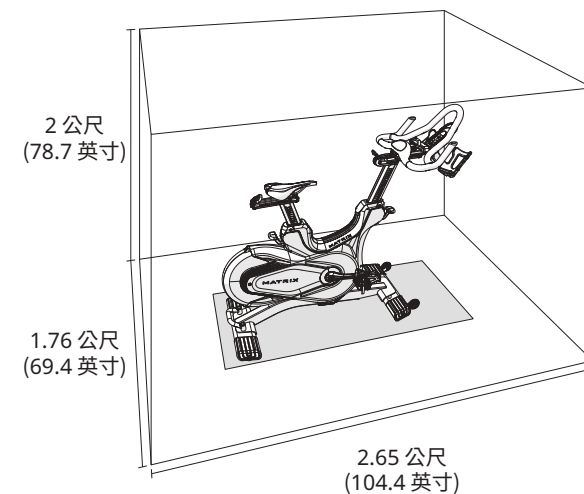
### 器材的水平調整

水平儀的正確調整對於器材的妥善運作極為重要。順時針轉動水平調整腳可使器材降低，逆時針轉動則使器材升高。根據需要調整每一側，直到器材放平。跑步機若不平衡，可能會造成跑帶偏移或其他的問題。建議使用水平儀。

### 訓練區域



### 活動區域

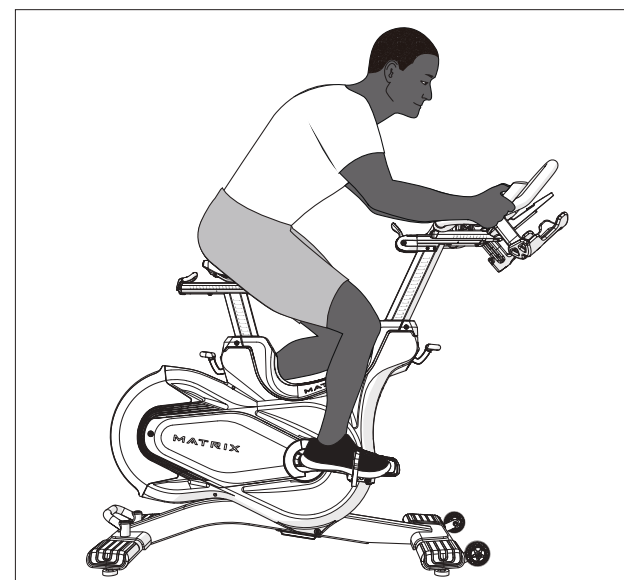


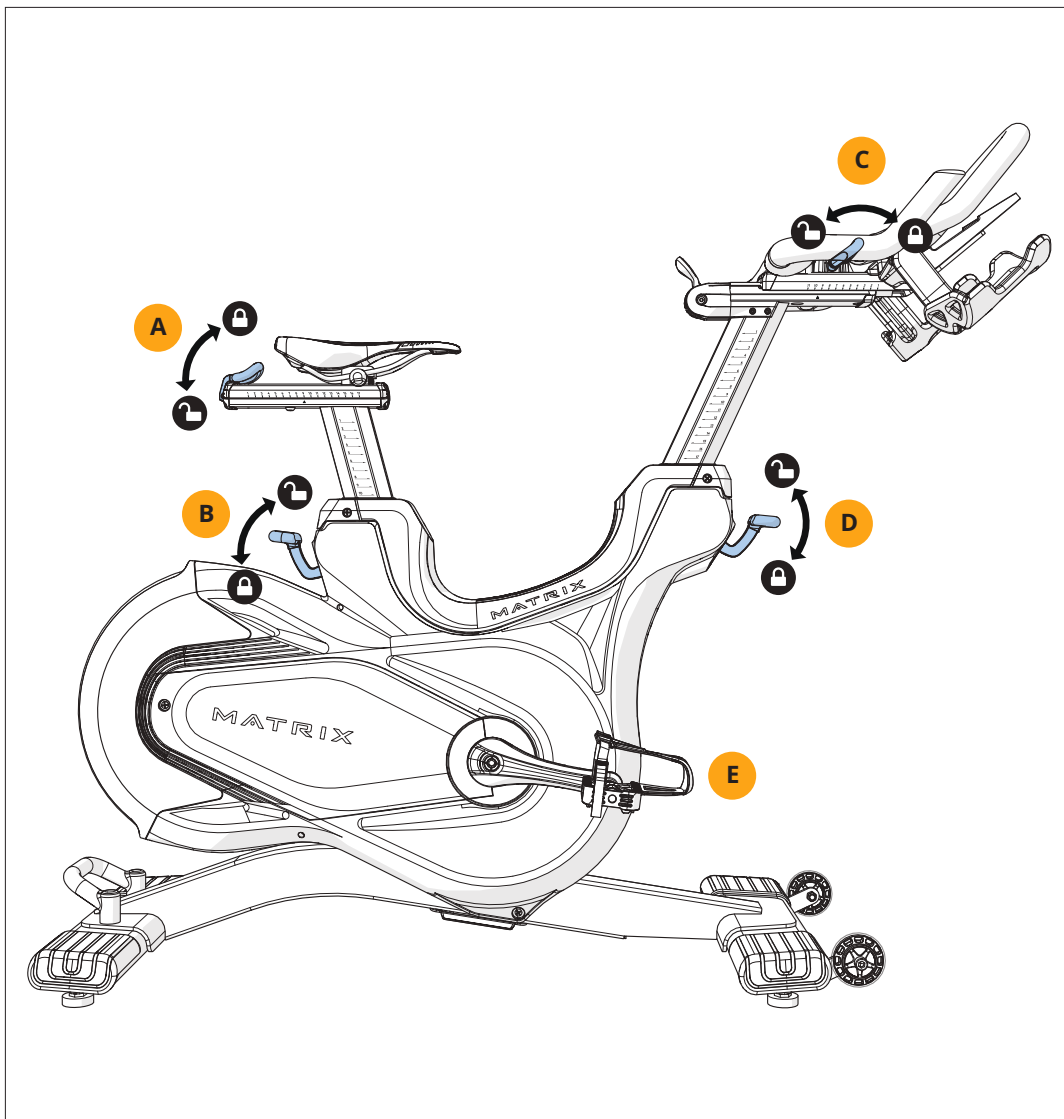
### 警告！

本公司的器材非常重，移動時請小心，有必要時請找人協助。若未遵守上述說明可能會導致受傷。

### 正確的使用方式

1. 面向把手坐在健身車上。雙腳都要踩在地板上，分別踩在機架的兩側。
2. 如需判斷座椅位置是否適當，請坐在座椅上，然後把雙腳放在踏板上。腳踩到底時，膝蓋應呈現微彎狀態。踩踏時膝蓋不應感到緊繃，身體也不會搖晃。
3. 將踏板束帶調整到適當的緊度。
4. 請按照正確使用步驟的反向順序離開健身車。





## 如何調整室內健身車

室內健身車可加以調整，以達到最大的舒適度和鍛鍊效果。下文中說明一種調整室內健身車的方法，可確保達到使用者最大的舒適度和理想的身體姿勢；您也可以選擇以其他方式調整室內健身車。

### 車座調整

合適的車座高度有助於確保最大的運動效率和舒適度，同時降低受傷風險。調整車座高度，以確保其位置正確，即在您伸展腿部時，膝蓋可以保持略微彎曲。

### 把手調整

把手的正確位置主要是依據舒適程度。一般來說，初學健身車車手應將把手設定為比坐墊略高位置。進階健身車車手可以嘗試不同的高度，找出最適合車手自己的安排。

#### A) 車座水平位置

將調整桿往下拉，視需要將車座向前或向後滑動。將調整桿往上推，鎖定車座位置。測試車座滑動器是否能夠正確地運作。

#### B) 車座高度

將調整桿往上抬起，同時用另一手上下滑動車座。將調整桿往下推，鎖定車座位置。

#### C) 把手水平位置

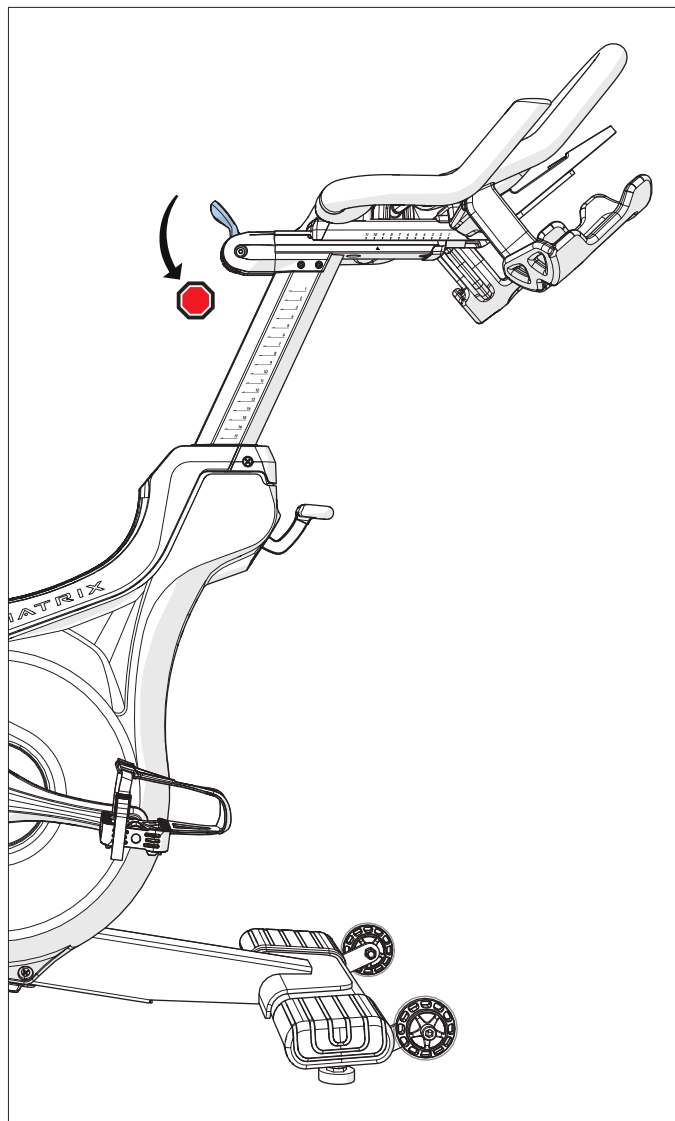
將調整桿往健身車後方拉，視需要向前或向後滑動把手。將調整桿往前推，鎖定把手位置。

#### D) 把手高度

將調整桿往上拉，同時用另一手抬高或降低把手。將調整桿往下推，鎖定把手位置。

#### E) 踏板束帶

將腳掌放入定趾套中直到腳掌位在踏板中央，向下踩，並在使用之前將踏板束帶上拉束緊。如需把腳從定趾套中移出，請鬆開束帶並把腳抽出。



## 阻力控制/緊急煞車

使用張力控制桿，可以精細地調節偏好的踩踏 (阻力) 難度。如需增加阻力，請把張力控制桿往下推。如需降低阻力，請把控制桿往上拉。

### 重要提示：

- 如需在踩下踏板時停止飛輪，請用力把控制桿往下推。
- 飛輪應該會很快地完全停住。
- 請確認您的鞋子固定在定趾套中。
- 不使用健身車時，請施加完整的阻力負載，以防止驅動齒輪組件移動而造成受傷。

### ⚠ 警告

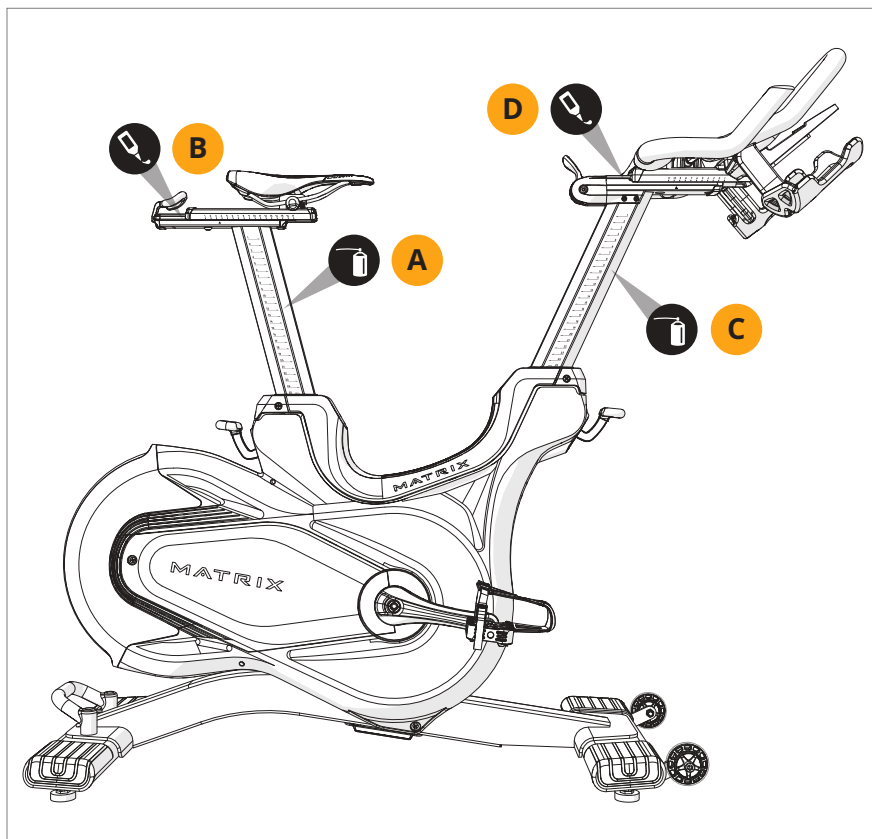
室內健身車看不到可自由移動的飛輪；當停止踩踏時，踏板會繼續隨著飛輪一起移動，直到飛輪停止。您需要在適度的控制範圍內降低速度。如需立即停止飛輪，請壓下紅色的緊急煞車桿。請務必在適度的控制範圍內踩踏踏板，並根據自己的能力調整所需的節奏。壓下紅桿 = 緊急停止。

室內健身車使用累積動量的固定飛輪，即使在使用者停止踩踏或使用者的腳離開之後，踏板也會繼續保持轉動。在兩側踏板和飛輪完全停止之前，切勿試圖把腳從踏板上抽出，或離開本器材。不遵守這些指示，可能會使騎乘情況失控，並可能導致重傷。



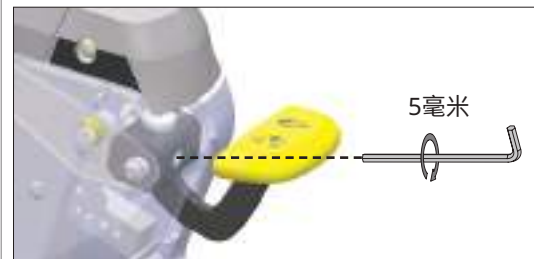
## 維護

1. 任何及所有的零件拆卸或更換，都必須由合格的維修技術人員執行。
2. 任何器材一旦損壞或零件磨損/破損，一律不得繼續使用。請使用當地 MATRIX 經銷商所販售的替換零件。
3. 保養標籤和貼標：不可因任何原因撕除標籤。標籤內含重要資訊。如標籤模糊不清或不見，請聯絡 MATRIX 經銷商並要求重新張貼。
4. 保養所有器材：預防性保養是保持器材功能正常及善盡安全責任的關鍵。請定期檢查器材。
5. 確認負責調整或保養/維修器材的人員均為合格人員。MATRIX 可應經銷要求，提供公司器材的維修及保養訓練。



## 維修保養計畫

行動	頻率
使用軟布、紙巾或其他Matrix許可之溶劑清潔飛輪健身車 (清潔劑應不含酒精和氨)。消毒座墊和握把，並擦掉所有殘餘體液。	每次使用過後
確認飛輪健身車保持平衡不搖晃。	每日
使用清水與中性肥皂或其他Matrix許可之溶劑清潔整台設備 (清潔劑應不含酒精和氨)。清潔所有外部零件、不鏽鋼架構、前後穩定器、座墊與握把。	每週
測試緊急煞車，確保其運作正常。要執行此動作，請在腳踏板的同時按下紅色緊急剎車桿。若功能正常，飛輪應會立刻減速，直到完全靜止。	每兩週
潤滑座墊柱 (A)。將座墊抬高到MAX位置，噴灑保養噴霧，並用軟布擦拭整個外表面。使用軟布清潔座墊滑塊 (B)，如有必要，塗抹少量鋰/矽脂。	每兩週
潤滑握把柱 (C)。將握把抬高到MAX位置，噴灑保養噴霧，並用軟布擦拭整個外表面。使用軟布清潔握把滑塊 (D)，如有必要，塗抹少量鋰/矽脂。	每兩週
檢查機器組裝中心螺絲與踏板是否拴緊。	每月
檢查握把與座墊高度調整桿是否拴緊。	每月





## 產品規格

	CXM 室內健身車	CXC 室內健身車
儀表	背光 LCD	無
使用者體重承載上限	159 公斤 / 350 磅	
載重範圍	147 – 200.7 公分 / 4 英尺 11 英寸 – 6 英尺 7 英寸	
最大車座和把手高度	130.3 公分 / 51.3 英寸	
最大長度	145.2 公分 / 57.2 英寸	
產品重量	56.5 公斤 / 124.6 磅	55.2 公斤 / 121.7 磅
運送重量	62.4 公斤 / 137.6 磅	61.1 公斤 / 134.7 磅
所需占地面積 (長 x 寬)*	122.4 x 56.3 公分 / 48.2 x 22.2 英寸	
尺寸 (最大車座和把手高度)	145.2 x 56.4 x 130.2 公分 / 57.2 x 22.2 x 51.3 英寸	145.2 x 56.4 x 130.2 公分 / 57.2 x 22.2 x 51.3 英寸
總尺寸 (長 x 寬 x 高)*	122.4 x 56.4 x 102.8 公分 / 48.2 x 22.2 x 40.5 英寸	122.4 x 56.4 x 102.8 公分 / 48.2 x 22.2 x 40.5 英寸

\* MATRIX 器材周圍務必保留至少 0.6 公尺 (24 英寸) 的寬度，以方便使用及通行。  
請注意，美國身心障礙法案 (ADA) 建議的輪椅通行寬度是 0.91 公尺 (36 英寸)。

如需最新的使用手冊和資訊，請參閱 [www.matrixfitness.com](http://www.matrixfitness.com)