



MATRIX A-PS-TOUCH Performance Touch Ascent Trainer Instruction Manual

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MATRIX



**PERFORMANCE ASCENT -rnpors4an
PERFORMANCE SUSPENSION ELLIPTICAL**



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IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

When using an Elliptical Trainer, 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 for indoor use only. This training equipment is a Class S product designed for use in a commercial environment such as a fitness facility.

WARNING!

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

- Care should be taken when mounting or dismounting the equipment. Before mounting or dismounting, move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.
- To maintain balance, it is recommended to keep a grip on the handlebars while exercising, mounting, or dismounting the machine.
- Keep the topside of the foot support clean and dry.
- When exercising, always maintain a comfortable pace. Do not sprint above 80 RPMs on this machine.
- Incorrect or excessive exercise may cause injury. 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.
- This unit is not equipped with a freewheel. Pedal speed should be reduced in a controlled manner.
- Do not turn pedal arms by hand.
- Do not wear clothes that might catch on any part of the unit.
- Always wear athletic shoes while using this equipment.
- Do not jump on the unit.
- At no time should more than one person be on the unit while in operation.
- This unit should not be used by persons weighing more than specified in the OWNER'S MANUAL SPECIFICATIONS SECTION. Failure to comply will void the warranty.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- The unit should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.

- Connect this exercise product to a properly grounded outlet only.
- 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 or disabled persons should not use the unit without adult supervision.
- Use the unit only for its intended use as described in the unit guide and owner's manual.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Never operate the unit if it has a damaged cord or plug if it is not working properly, if it has been dropped or damaged, or immersed in water. Call Customer Tech Support for examination and repair.
- Keep the power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Never operate the unit with the air opening blocked. Keep the air opening clean, free of lint, hair, and the like.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- Do not use units in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, carports, or outdoors. Failure to comply may void the warranty.
- Do not remove the console covers unless instructed by Customer Tech Support. Service should only be done by an authorized service technician.
- Heart rate monitoring systems may be inaccurate.
- Over-exercising may result in serious injury or death.
- If you feel faint, stop exercising immediately.
- Individual human power to perform exercise may be different than the mechanical power displayed.

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 before first-time use.



POWER REQUIREMENTS

DEDICATED CIRCUIT AND ELECTRICAL INFO

A "Dedicated Circuit" means that each outlet you plug into should not have anything else running on that same circuit. The easiest way to verify this is to locate the main circuit breaker box and turn off the breaker(s) one at a time. Once a breaker has been turned off, the only thing that should not have power to it are the units in question. No lamps, vending machines, fans, sound systems, or any other item should lose power when you perform this test. Non-looped (isolated) neutral/grounding means that each circuit must have an individual neutral/ground connection coming from it, and terminating at approved earth ground. You cannot "jumper" a single neutral/ground from one circuit to the next.

ELECTRICAL REQUIREMENTS

For your safety and to ensure good unit performance, the ground on this circuit must be non-looped (isolated). Please refer to NEC article 210-21 and 210-23. Any alterations to the standard power cord provided could void all warranties of this product. Units with LED and Premium LED consoles are designed to be self-powered and do not require an external power supply source to operate. Without an external power supply, the console's start-up time may be delayed. Add-on TVs and other console accessories require an external power supply. An external power supply will ensure power is provided to the console at all times and is required when add-on accessories are used.

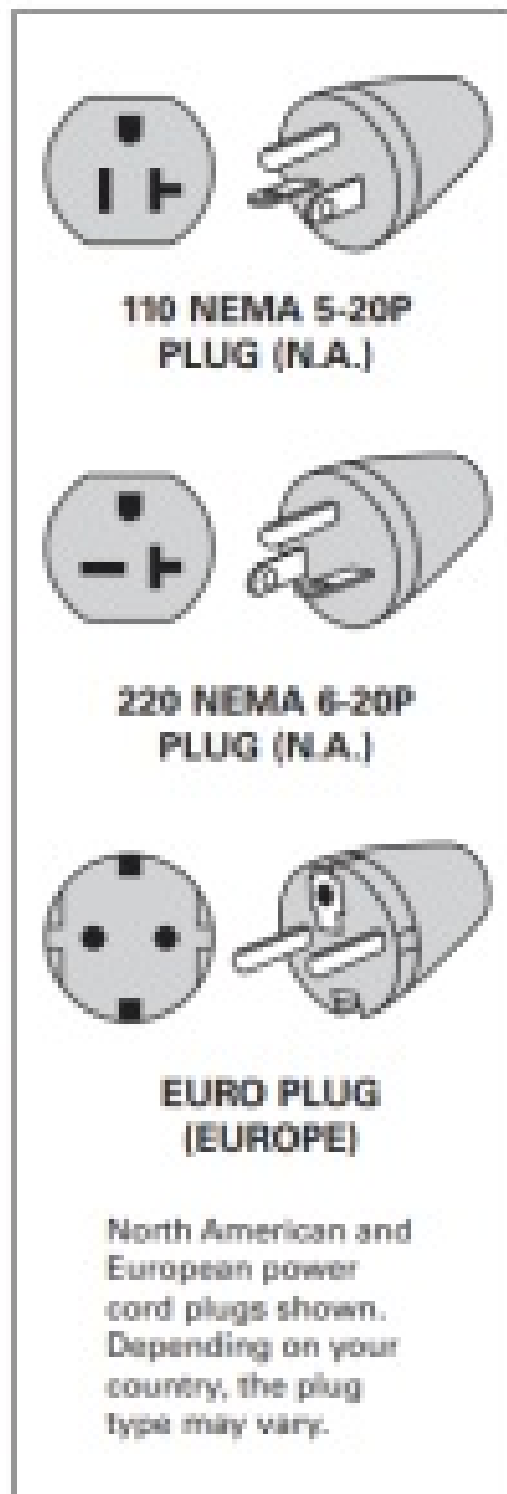
For units with an integrated TV (Touch), the TV power requirements are included in the unit. An RG6 quad shield coaxial cable with 'F Type' compression fittings on each end will need to be connected to the cardio unit and the video source. Additional power requirements are not needed for the add-on digital TV.

110 V UNITS

110 V units require the use of a 100-125 V, 60 Hz and a 15 A "Dedicated Circuit", with a non-looped (isolated) neutral/ground for power. This outlet should be a NEMA 5-15R and have the same configuration as the plug. No adapter should be used with this product. Suspension Elliptical Trainers can be daisy-chained together with up to 4 units per 15 A dedicated circuit. Matrix daisy-chain cord adapters are sold separately.

220 V UNITS

220 V units require the use of a 216-250 V, 50 Hz and a 15 A "Dedicated Circuit", with a non-looped (isolated) neutral/ground for power. This outlet should be a NEMA 6-15R and have the same configuration as the plug. No adapter should be used with this product. Suspension Elliptical Trainers can be daisy-chained together with up to 4 units per 15 A dedicated circuit. Matrix daisy-chain cord adapters are sold separately.



GROUNDING INSTRUCTIONS

The unit must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The unit is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. If the user does not follow these grounding instructions, the user could void the Matrix limited warranty.

ADDITIONAL ELECTRICAL INFO

In addition to the dedicated circuit requirement, the proper gauge wire must be used from the circuit breaker box to each outlet that will have the maximum number of units running off of it. If the distance from the circuit breaker box to each outlet is 100 ft (30.5 m) or less, then 12 gauge wires should be used. For distances greater than 100 ft (30.5 m) from the circuit breaker box to the outlet, a 10 gauge wire should be used.

ENERGY-SAVING / LOW-POWER MODE

All units are configured with the ability to enter into an energy-saving / low-power mode when the unit has not been in use for a specified period of time. Additional time may be required to fully reactivate this unit once it has entered the low-power mode. This energy-saving feature may be enabled or disabled from within the 'Manager Mode' or 'Engineering Mode.'

ADD-ON DIGITAL TV

Add-on digital TVs require additional power and must use an external power supply. An RG6 coaxial cable with 'F Type' compression fittings will need to be connected between the video source and each add-on digital TV unit.

FCC REGULATIONS (USA ONLY)

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC RF Radiation Exposure Statement:

1. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
2. This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 centimeters between the radiator and your body.



ASSEMBLY

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 the 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:

- Torque Wrench
- 17mm Wrench
- 6mm T-Wrench
- 8mm Allen Wrench
- 4mm Allen Wrench
- Phillips Screwdriver

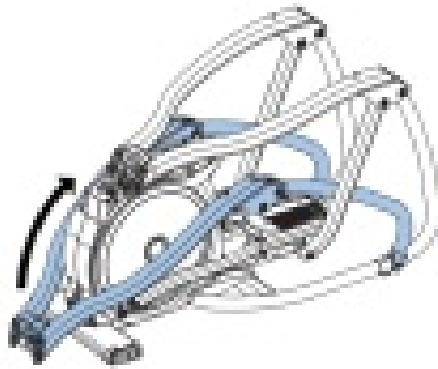
PARTS INCLUDED:

- 1 Main Frame
- 2 Top Rail Covers
- 2 Pedal Arm Cover Sets
- 1 Upper Assembly
- 2 Link Arm Cover Sets
- 2 Upper/lower Dual Action Arms
- 2 Dual Action Arms Caps
- 1 Handlebar Set
- 1 Handlebar Set Cover (ALB only)
- 1 Incline Frame Cover
- 1 Top Cap Cover
- 1 Top Cap Cover Insert
- 1 Front Shroud
- 1 Console Mast Cover
- 1 Water Bottle Holder
- 1 Power Cord
- 1 Hardware Kit

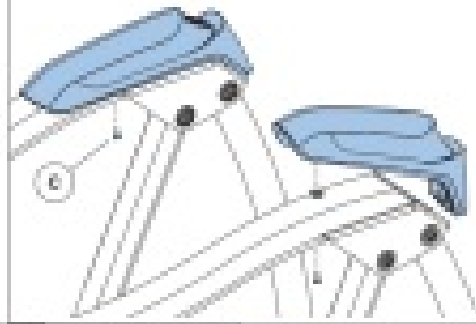
Console sold separately



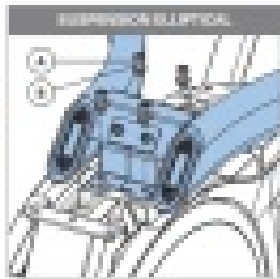
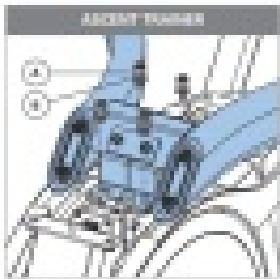
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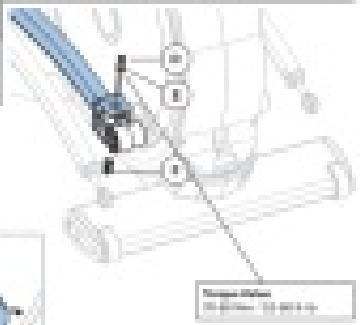
Part Number	Qty
1. Upper Crossbar	1



Part Number	Qty
2. Suspension Arm Pin	1
3. Pin Washer	1

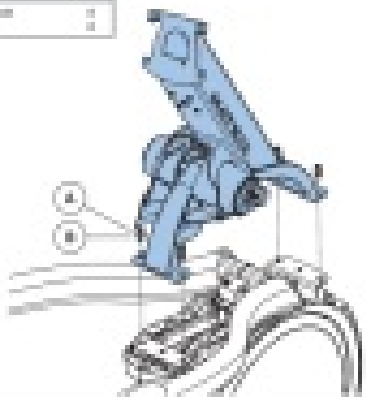


Part Number	Qty
4. Suspension Arm	1
5. Pin Washer	1
6. Pin Bolt	1
7. Washer	1

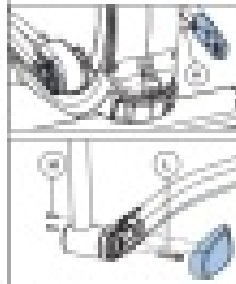


Part Number: 10-0000-1000-0000

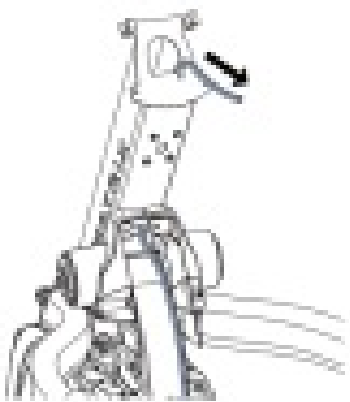
Part Number	Qty
8. Upper Crossbar	1
9. Pin Washer	1
10. Pin Bolt	1



Part Number	Qty
11. Upper Arm Support	1
12. Upper Arm	1
13. Upper Arm Pin	1
14. Upper Arm Washer	1
15. Upper Arm Bolt	1
16. Upper Arm Nut	1

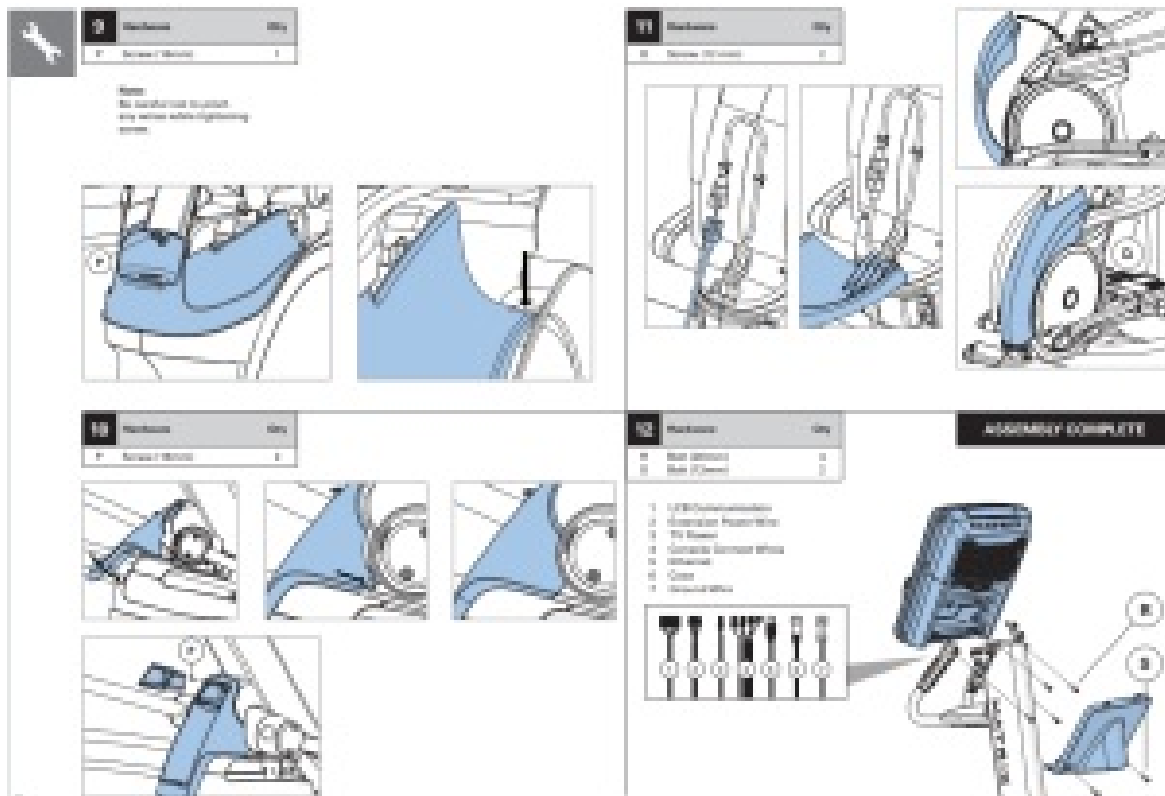


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Part Number	Qty
17. Upper Crossbar	1
18. Pin Washer	1
19. Pin Bolt	1





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 the equipment in an area with cool temperatures and low humidity. Please leave a free area behind the equipment that is at least 0.6 meters (24 inches). This area must be clear of any obstruction and provide the user with a clear exit path from the equipment. 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.

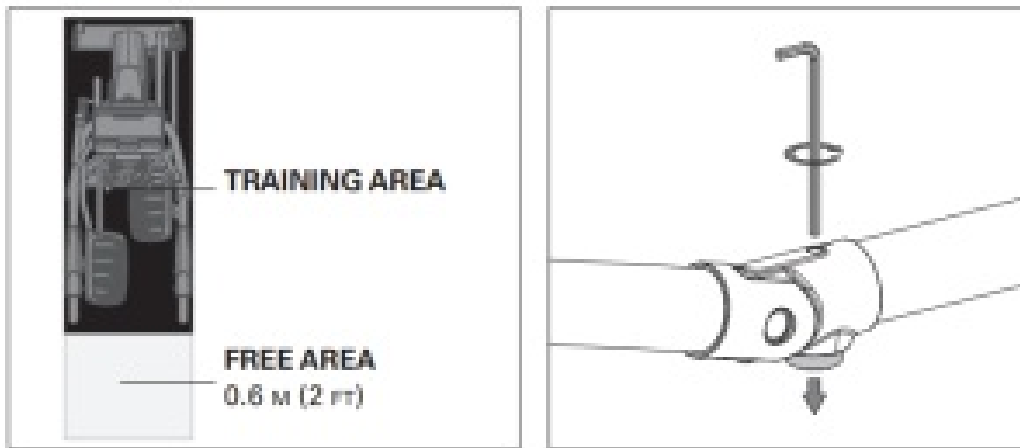
LEVELING THE EQUIPMENT

The equipment should be level for optimum use. Once you have placed the equipment where you intend to use it, raise or lower one or both of the adjustable levelers located on the bottom of the frame. Use a 6mm hex key through the access hole (shown below). A carpenter's level is recommended.

NOTE: There are only two levelers on the equipment.

WARNING!

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



POWER

If the equipment is powered by a power supply, the power must be plugged into the power jack, which is located in the front of the equipment near the stabilizer tube. Unplug the cord when not in use.

MOUNTING/DISMOUNTING THE EQUIPMENT

1. Stand behind the equipment.
2. While holding both of the rear armrests for support, place your foot on the lowest foot pedal and push the pedal down into the lowest position before stepping onto the foot pedal.
3. Wait until the equipment finds its resting place and then place your other foot on the opposite pedal.
4. Bring the equipment to a complete stop before dismounting.

WARNING!

Never operate the equipment if it has a damaged cord or plug if it is not working properly, if it has been damaged, or immersed in water. Contact Customer Tech Support for examination and repair.

USING THE HEART RATE FUNCTION

The heart rate function on this product is not a medical device. While heart rate grips can provide a relative estimation of your actual heart rate, they should not be relied on when accurate readings are necessary. Some people, including those in a cardiac rehab program, may benefit from using an alternate heart rate monitoring system like a chest or wrist strap. Various factors, including the movement of the user, may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid in determining heart rate trends in general. Please consult your physician.

Place the palm of your hands directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. It takes 5 consecutive heartbeats (15-20 seconds) for your heart rate to register. When gripping the pulse handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Keep a loose, cupping hold. You may experience an erratic readout if consistently holding the grip pulse handlebars. Make sure to clean the pulse sensors to ensure proper contact can be maintained.

WARNING!

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



PROPER USAGE

This equipment offers a variety of foot positions. Moving your foot to the forward most position of the footpad increases your step height, which will create a feel similar to a step machine. Placing your foot toward the back of the footpad decreases your step height and creates more of a gliding feel, similar to a smooth walk or run. Always make sure your entire foot is secured on the footpad.

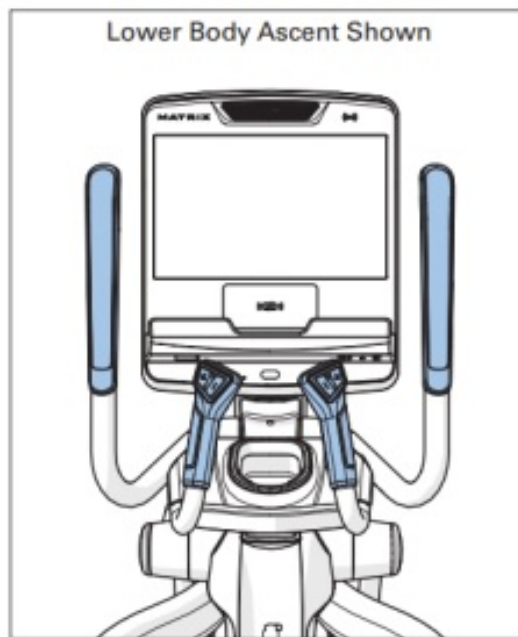
This equipment also allows you to pedal both forward and backward to offer a variation to your workout and to focus on other major leg muscle groups such as your hamstrings and calves.

To determine proper workout position, stand on the pedal with your foot on the center of the pedal. Keep your knees slightly bent at all times. You should be able to pedal without locking your knees or shifting your weight from side to side.

BRAKE SYSTEM

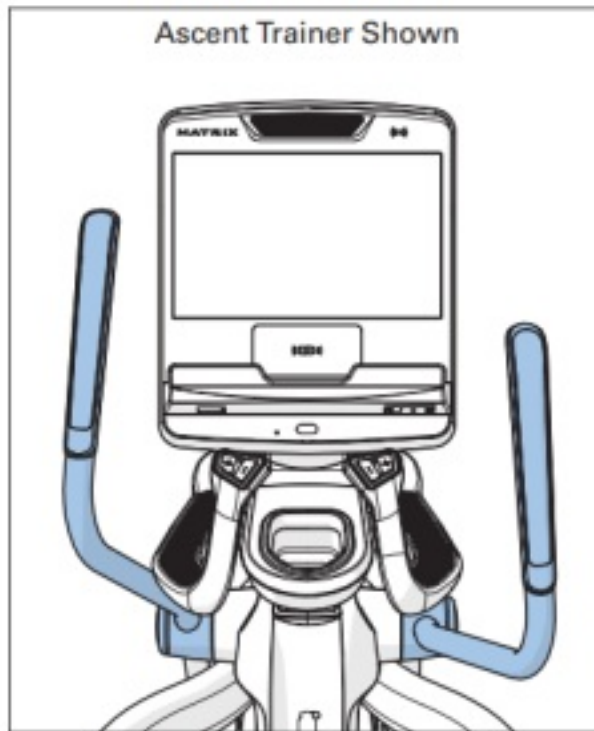
This equipment utilizes magnetic resistance to set specific levels of resistance. The resistance level setting in addition to the RPM is used to determine the power (watts) output.

WORKOUT OPTIONS



LOWER BODY WORKOUT

To focus on a lower body workout, hold the stationary handlebars only. This will target your lower body muscles.



Ascent Trainer Shown

FULL BODY WORKOUT

For a full-body workout, push and pull continuously on the dual-action arms while pedaling.



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.

WARNING

To remove power from the Ascent Trainer / Elliptical, the power cord must be disconnected from the wall outlet.

MAINTENANCE SCHEDULE	
ACTION	FREQUENCY
Unplug the unit. Clean the entire machine using water and a mild soap or other Matrix-approved solution (cleaning agents should be alcohol and ammonia-free).	DAILY
Inspect the power cord. If the power cord is damaged, contact Customer Tech Support.	DAILY
Make sure the power cord is not underneath the unit or in any other area where it can become pinched or cut during storage or use.	DAILY
Check all connecting joint areas for tightness of bolt assemblies.	QUARTERLY
Ensure that there is little, or no free play at all joint assemblies once bolts have been tightened. Installation of washer kits may be required if the free play does not come out from tightening bolts.	QUARTERLY
Unplug the unit and remove plastic covers. Lubricate ball joint where the Link Arm and Dual Action Handlebar join together. A grease gun, with a needle fitting adapter is required for this (Matrix recommends using Superlube brand grease with PTFE {Teflon} additive).	QUARTERLY
Unplug the unit and remove plastic covers. Lubricate Acme screw-on incline motor (Matrix recommends using Superlube brand grease with PTFE {Teflon} additive).	QUARTERLY

PRODUCT SPECIFICATIONS

	ENDURANCE				PERFORMANCE			
CONSOLE	TOUCH XL	TOUCH	PREMIUM LED	LED / GROUP TRAINING LED	TOUCH XL	TOUCH	PREMIUM LED	LED / GROUP TRAINING LED
Max User Weight	182 kg / 400 lbs				182 kg / 400 lbs			
Product Weight	180.3 kg / 397.5 lbs	177.4 kg / 391.1 lbs	175.6 kg / 387.1 lbs	174.9 kg / 385.6 lbs	191.7 kg / 422.6 lbs	188.8 kg / 416.2 lbs	187 kg / 412.3 lbs	186.3 kg / 410.7 lbs
Shipping Weight	211.2 kg / 465.6 lbs	202.6 kg / 455.5 lbs	204.8 kg / 451.5 lbs	204.1 kg / 450 lbs	214.4 kg / 472.7 lbs	209.8 kg / 462.5 lbs	208 kg / 458.6 lbs	207.3 kg / 457 lbs
Overall Dimensions (L x W x H)*	178 x 74 x 181 cm / 70.1" x 29.1" x 71.3"				178 x 74 x 181 cm / 70.1" x 29.1" x 71.3"			

- 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.

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Rev 1.1 C

Documents / Resources



[MATRIX A-PS-TOUCH Performance Touch Ascent Trainer](#) [pdf] Instruction Manual
A-PS-TOUCH, Performance Suspension Elliptical Trainer, Performance Touch Ascent Trainer