MATRIX

CARDIO BROCHURE // 2014

CONTENTS

AN EXERCISE
IN PASSION

STRONG. SMART. BEAUTIFUL.

Matrix is among the world's premier – and fastest-growing – commercial fitness brands. While our rise has been quick, it has not been accidental. Our culture piques innovative thinking, applauds fresh ideas and values creative problem solving. As a result, in a little over a decade, we've not only set the design standard for which others now strive, but we've breathed new life into an industry where customers were offered the same tired products, year after year, by meeting customer needs like no one else can.

Leading clubs and fitness facilities around the world are choosing to partner with us because Matrix delivers. We show our strength through top-notch quality: our belts last longer, our motors run smoother, and we deliver total cost of ownership that's among the lowest in the industry. Smart is about interfaces that are optimized for fitness environments and incredible attention to detail on every product touch point. Beautiful? That's a story in itself.

We redefined industry standards not only in industrial design, but also through a series of industry firsts. We introduced new fitness modalities with the Hybrid Cycle and Ascent Trainer® products; raised the bar for user experience with our ClimbMill models; and took care of the details with our user-friendly bikes. We've motivated and inspired Group X with the Krankcycle® and Matrix powered by ICG® lineup.

Now, Matrix continues to deliver on innovation with our mPower Integrated Technology Solutions. And it keeps getting better.

MATRIX

About Matrix Fitness

Matrix is a subsidiary of Johnson Health Tech, Ltd. (JHT). Johnson Health Tech has been producing premium fitness equipment since 1975 and is the fastest-growing manufacturer of fitness equipment in the world. It has earned both ISO 9002 and 9001 certifications. A truly global company with 20 subsidiaries worldwide, JHT has the intellectual resources necessary to produce the most technologically advanced equipment on the market and the economies of scale needed to deliver the best value possible.

BELIEVE *IN* BETTER

At Matrix, *Believe in Better* is more than our philosophy. It's a promise. To you and your customers. A promise that we'll keep pushing the boundaries in fitness. That we'll always listen and take your concerns to heart. You've trusted us to dream up elegant solutions in the past, and we've delivered. Time and again.

BRAILLE

INTEGRATED TOGGLES

CARDIO CONTACT

IDENTIFY

FOCUS

BREAKTHROUGHS BEGIN BY LISTENING
An ongoing record of industry firsts doesn't happen by accident. We utilize a proven methodology that starts at the very root of a problem. First, we take the time to understand the situation from every audience's viewpoint, collecting feedback from many different sources: facility owners, service technicians, fitness trainers and users, of course.
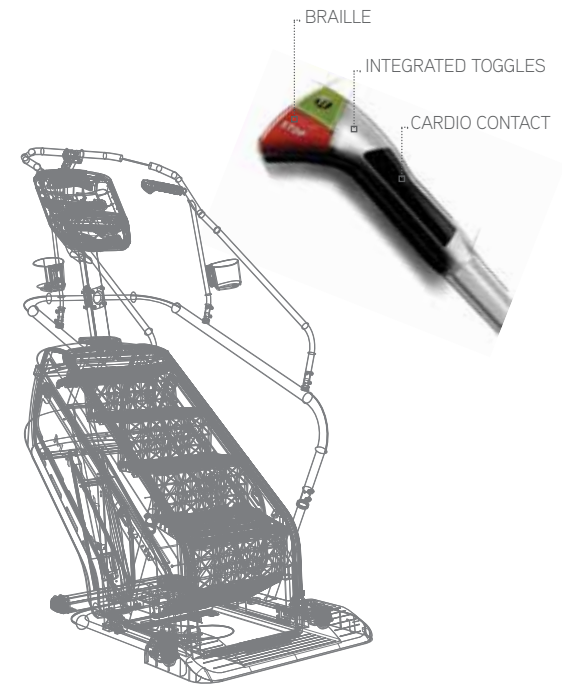
A FOUNDATION FOR INNOVATION
Then, our exceptional development team builds from there, setting problem priorities and creating a formal problem statement, which provides the foundation on which we build. Comprehensive research guides our creative direction towards concepts to be tested and analyzed by key stakeholders.

PRODUCE

IMPACT

EFFICIENCY IN ACTION

Refined concepts are delivered into an efficient production strategy designed to limit delays and restarts. The result takes us beyond bells and whistles to true solutions, higher-quality products and inspiring fitness experiences.

THE PROOF IS IN THE PRODUCT

Believe in Better summarizes our mission of producing equipment that stands out, rises above and sets new industry standards. We don't just want to be the biggest; we want to be the best. To get there, we're reshaping the fitness industry, one innovation at a time. And never stopping at "good enough."

TOTAL SOLUTIONS PROVIDER

Being a total solutions provider isn't just a talking point. It's something we do. We offer a full range of services to leading clubs and facilities around the world – 3D layouts, dedicated reps, certified installation, industry-leading warranties and the comprehensive Matrix Asset Management system.

With Matrix, you and your facility will get premium equipment and world-class customer support throughout your product's lifetime.

DELIVERY AND INSTALLATION

Our certified installation and service providers are experts on the transportation, assembly and installation of our fitness equipment. Installers are trained on every piece of Matrix equipment to ensure we are exceeding your expectations.

FACILITY PLANNING

Because space matters, our personalized 2D and 3D layout software can help maximize valuable floor space.

PURCHASING

Dedicated sales representatives will guide you through the entire process for a smoother path to your installation date.

AFTER-SALES SUPPORT

Matrix is dedicated to providing the best after-sales service and standard warranty in the industry with our exclusive Customer Advantage Program.

CUSTOMER ADVANTAGE PROGRAM

Matrix Fitness' dedication to warranty, service and delivery is absolute. That's why we created the Customer Advantage Program. CAP is our assurance to you that we stand behind everything that bears the Matrix nameplate. It is also the primary reason our machines have the lowest total cost of ownership in the industry.

CAP consists of 3 core promises:

1. You receive the best standard warranty in the industry, including over two years coverage on most parts and labor for select Matrix cardiovascular products.*

2. You receive our guarantee on service performance. All service calls will be responded to within 48 hours.**

3. You receive on-time delivery of every order.

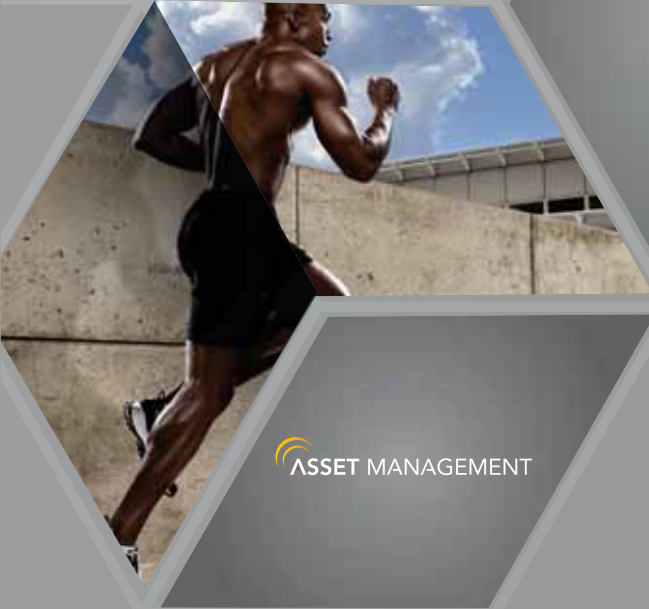 * Some exclusions may apply.

 ** On-site parts program available for qualifying orders to minimize equipment downtime, enabling single-visit repairs by having parts in stock at your facility and eliminating the possibility of backordered parts.

ASSET MANAGEMENT

mpower
integrated technology solutions

BETTER, BROUGHT TO LIFE.

mPower is about giving you, your employees and your customers the ability to improve the fitness environment in a way that is meaningful – empowering everyone to transform their time in your facility into an experience like no other.

Most visibly, mPower is about connecting users to the people and content they care about. Because there's nothing more valuable and engaging to users. And keeping them motivated and providing tools to help them reach their goals is your livelihood.

Since you're running a business, you also need powerful management tools that you can access anywhere, anytime. mPower provides those tools, uniting all of our cardio solutions, including the industry-leading Matrix Asset Management system.

THE PARADIGM HAS SHIFTED.

mPower Integrated Technology Solutions are an assortment of fitness equipment, hardware, software and connectivity options. They form the foundation of our new solution-centric approach to fitness. That means we focus on the three core solutions that lead to a better fitness experience for your customers **and** for you: Motivate, Mentor and Maintain.

+ VIRTUAL ACTIVE WORKOUTS
Our Virtual Active workouts include HD video and ambient sounds from exotic destinations plus incline and/or resistance changes for a truly immersive experience.

+ ENTERTAINMENT
We offer users a rich entertainment experience, including live TV, thousands of on-demand music videos and personalized workout data.

+ CONNECTIVITY
From WiFi and Internet access to wireless receivers, we can link users to everything from social media sites to basic remote audio.

+ MYRIDE® VX
Attract users and boost ROI with Myride® products, which recreate the cycling instructor experience.

+ VIRTUAL COACHING
A virtual coaching component is bundled with Virtual Active, and it offers users tips to help them reach their fitness goals while training individually.

+ WORKOUT TRACKING & FITNESS NETWORK
Your users can connect to their apps and tap the support of social networks to monitor their progress and find motivation.

+ MATRIX ASSET MANAGEMENT SYSTEM
Decrease downtime, improve ROI and much more with our industry-leading asset management solution and its comprehensive view of your equipment.

+ ONLINE SERVICE PORTAL
This password-protected website delivers better communication and greater accountability between you, Matrix and your service provider.

+ FACILITY COMMUNICATION & CUSTOMIZATION TOOLS
Communicate with users about upcoming events and specials, plus customize equipment home screens with your logo using our additional capabilities.

MOTIVATE
Improve retention by connecting users to engaging content through a controlled interface.

MENTOR
Provide proven, useful tools and guidance to help users reach their goals, at their pace.

MAINTAIN
Keep your center running smoothly with our system that will help improve uptime and your ROI.

MATCH YOUR CUSTOMERS' ASPIRATIONS
WITH POWERFUL MOTIVATION.

Everyone who enters your doors has a lofty goal they want to achieve. Running that first half-marathon. Taking first place in their triathlon age group. Or simply keeping up with their kids who have boundless energy.

But no matter how strong their desire, they all need motivation. A little push to get them over the hump. On a bad day. Or every day. Some may need a change of scenery to spice up the everyday routine. For others, only the crystal-clear melody of their favorite singer's voice can push them through their workouts to new personal bests. The latest cute kitten video that's gone viral. Whatever works.

Though they may not say it, customers come to your facility for motivation as much as for the machines. So turn to us for both. We've moved far beyond the proverbial carrot to something just as healthy but sweeter: a fusion of technology, entertainment and Internet access – all right at exercisers' fingertips. It's a combination that will keep your customers inspired and coming back to meet their fitness goals.

VIRTUAL ACTIVE EXPERIENCE
SPEED INTERACTIVE
Not only do you see beautiful HD footage on the screen, but it speeds up or slows down to match your pace, so it's almost like being there.

VIRTUAL ACTIVE
by MATRIX

VIRTUAL ACTIVE EXPERIENCE
TERRAIN INTERACTIVE
If the terrain in this video changes the system changes our equipment's incline level or resistance to make it feel incredibly immersive.

VIRTUAL ACTIVE
by MATRIX

mpower
MOTIVATE

INTERNET CONNECTIVITY

WiFi-enabled 7xi consoles open up a world of opportunities for your customers. With access to the Web's most popular social media apps, users will stay engaged, and their workouts will fly by while they access their favorite content and connect with friends and family.

TV OPTIONS

Keep users motivated to help them achieve their fitness goals with the Matrix 38-cm / 15-inch attachable viewing screen. Our FITCONNEXION bracket fully integrates console controls and wiring for power and cable.

HIGH-QUALITY REMOTE AUDIO

If your facility utilizes several large, mounted televisions, we can enhance users' listening experience with our 863 MHz* wireless receivers, which deliver excellent sound to ensure a synchronized audio-visual experience for your customers.

IPTV

Hotels can sync their entertainment slates so customers experience the same lineups on their cardio equipment as they do in their guestrooms, the lounge or the sports bar. IPTV creates a seamless entertainment experience for guests and affords properties the most control of their offerings.

*Only available in select countries.

GUIDE YOUR CUSTOMERS
ALONG THE PATH TO SUCCESS.

For people just beginning their fitness journey to those who've been working out for years, the right guidance is critical for exercisers to make steady progress without getting discouraged or reaching the dreaded plateau.

Personal trainers know better than anyone that each person is unique and that there is no one-size-fits-all solution for keeping exercisers on the path to their goals. Some people respond best to a softer touch and positive reinforcement. Others are just the opposite. And then there are those who want to create their own plan. They're perfectly content to take advantage of new technology, such as virtual coaching or online workout tracking. It all points to the importance of variety.

Fortunately for you and your customers, we provide access to several powerful tools – online and onsite – that can help every type of exerciser succeed. Our goal is to complement the efforts of personal trainers who work in your facility. Because by giving trainers more tools, your customers are more likely to achieve their goals. And when they succeed, we all win.

MYRIDE® VX CONSOLE
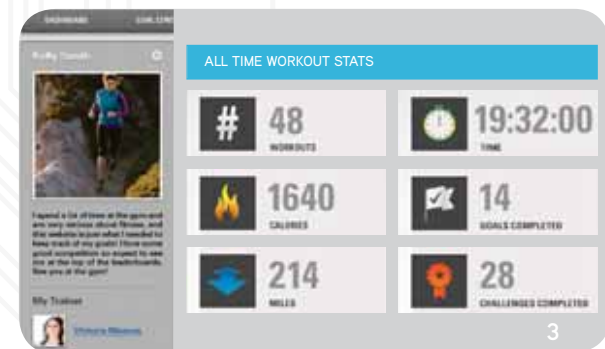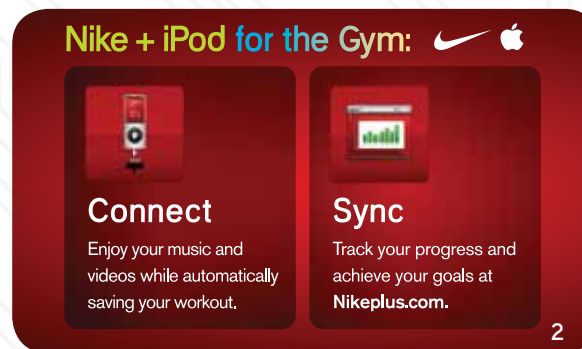The kiosk helps individual users reach their goals with instruction to suit all fitness levels. Available in English, German, Polish, Portuguese and Spanish.

MYRIDE®+ VX GROUP EXERCISE
Group apps deliver instructor-led classes to HD video and music.

mpower
MENTOR

1

1

Nike + iPod for the Gym:

Connect
Enjoy your music and videos while automatically saving your workout.

Sync
Track your progress and achieve your goals at **Nikeplus.com.**

2

ALL TIME WORKOUT STATS

\# 48 WORKOUTS

19:32:00 TIME

1640 CALORIES

14 GOALS COMPLETED

214 MILES

28 CHALLENGES COMPLETED

3

[1] VIRTUAL COACHING

Matrix Virtual Active workouts include a Guided Workout option in which a trainer appears in the upper left corner, providing instruction and encouragement for more effective workouts. Myride® products also contain several virtual coaching options, including the ability to run classes anytime with a virtual instructor.

[2] NIKE + FOR THE GYM

Nike+ is one of the largest online fitness communities in the world, tracking users' running, cardio and other activities. Cardio products with 7xe consoles are equipped to sync with users' iPod® devices, allowing exercisers to upload workout data to nikeplus.com. They can then take full advantage of the website's tools and features, including challenges with other runners, walkers and cardio users.

[3] WORKOUT TRACKING

When your customers log in to connected equipment, their workouts are automatically captured and saved. Their unique login follows them from machine to machine, facility to facility. Their health and fitness data follows them wherever they go, and they can access it all on any connected device. Facilities can use the portal for branding and to promote proprietary challenges, and customers can set goals and interact with other members for encouragement and support.

PUT POWERFUL TOOLS IN THE PALM OF YOUR HAND.

As a facility owner, you have a million things to manage. Trust Matrix Asset Management to lighten the load when it comes to equipment. Already the most comprehensive asset management solution on the market, our robust new platform offers a 360° view of your equipment's status anytime. On just about any device*.

The latest version of our asset management solution includes an extremely useful, secure service/communication portal. The portal and other recently added capabilities improve communication between Matrix, you and your service provider, streamlining the repair process and limiting downtime.

For example, if a machine goes down, Matrix Asset Management will automatically notify our Customer Tech Support and your service tech. All parties can then log in to the service portal to ensure that the problem is fixed expeditiously. The results are less downtime, greater accountability and more customers who are truly satisfied because they have more access to their favorite machines.

Our system isn't just reactive, though. At its core, Matrix Asset Management is about providing objective data so you can make optimal decisions in the future. That's why we provide you a personalized portal with graphical displays of equipment use – by product type, by hour, over the last month, etc. – that help you align your inventory with usage patterns in your facility and better manage products over their lifecycles. Other proactive features are a preventive maintenance schedule that you can customize and automated software updates for your equipment, which guarantee you'll always have the latest and greatest software Matrix has to offer.

To help promote your services and communicate with users, we've also added the ability to create events on a facility calendar viewable on the 7xi consoles. That way, you can communicate with customers about upcoming specials or events. You can customize the product home screen, too. Add your logo, or use it as an electronic "bulletin board" to keep your customers informed.

* Device must be able to connect to the Internet

mpower
MAINTAIN
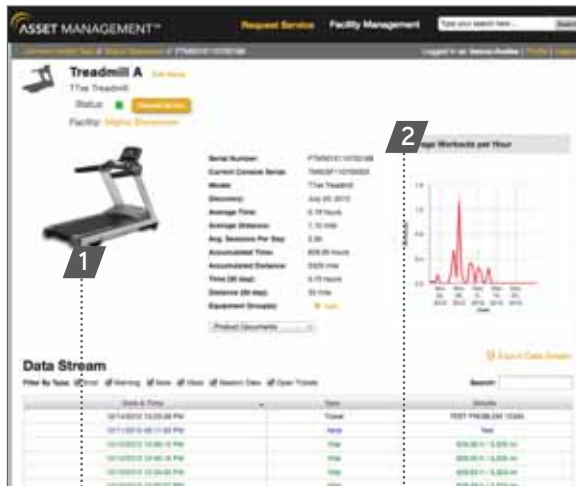
1 EASILY VIEW YOUR PRODUCT INFORMATION
Easy indicator icons on the product page signal whether a product is functioning properly (green dot). Plus, you can quickly access equipment information like product manuals or service documentation.

2 ACCESS MACHINE-SPECIFIC DATA
Quickly gauge individual machine use with summary statistics and graphs of the product's use over time. This invaluable data can help you better manage your inventory.

3 CUSTOMIZE EQUIPMENT NAMES
Not only can you name your facility or center, but you can also configure the system so that equipment names follow facility policy for easy identification by staff and service providers.

4 UNDERSTAND USAGE PATTERNS
At a glance, the system automatically summarizes the most popular machines that were used at every time of day. Greater insight into usage patterns allows you to better maximize product life.

5 MANAGE MULTIPLE FACILITIES
Ideal for organizations large and small, the system provides easy access to equipment data from multiple facilities in a single portal accessible by just about any device that can connect to the Internet.

6 MULTIPLE VIEWS OF FACILITY DATA
A variety of data views are possible for your facility. Examples shown on this page are Average Workouts per Hour, Top Usage in the Past 30 Days and Average Use by Type.

MEET THE
7xi

Packed with advanced functionality, the 7xi combines a brilliant high-definition display, myriad entertainment options and a responsive touchscreen interface with Internet and social media access. Plus, it features something no other competitor offers: a true app interface built exclusively for the fitness environment.

We've mirrored the intuitive experience provided by your favorite tablet and optimized it for exercisers. Not content to just launch a browser and send exercisers to a website like the competition, we took the time to consider the limitations people have while exercising. Then we designed our intuitive interface and custom apps accordingly, creating a more refined, exercise-friendly experience for your customers. That means little to no typing is required and navigation is simplified, which are absolutely necessary for people engaged in physical activity.

facebook //

While exercising, your customers can still see their friends' posts and updates with our Facebook app. They can even post their workout data with a single touch.

twitter //

Exercisers can catch up on the 140-character messages of information, humor and wisdom from everyone they follow with this app's scrolling feed of tweets.

weather //

Never get caught in bad weather again. The 7xi reports current weather conditions and can display forecasts for your location and up to 5 other cities.

YouTube //

For motivation or pure amusement, users can work out to popular web videos from a variety of categories, including music, entertainment and more.

the hardware. the software. and the experience.

It's all Matrix. We built the hardware and developed the operating system software, so they work together flawlessly for exercisers. Plus, by accessing social media through our custom apps rather than a browser, customers cannot stray and access websites or content that may offend other people around them or possibly activate viruses.

CONSOLE OVERVIEW

INNOVATION IS A BEAUTIFUL THING, DON'T YOU THINK?
There was a time when users would flock to anything with an LED display. That time has long since passed. Now they want more. They want to be comfortable. They want to be challenged. And they want to be continually presented with new experiences rooted in simple, intuitive operation. Matrix cardio consoles give them this and more.

FEATURE REFERENCE GUIDE
To help you better differentiate between products, we've created this feature key. Simply look for these icons on each cardio product page.

Virtual Active by Matrix | iPod® Connectivity | Asset Management | Self-powered

FITTOUCH TECHNOLOGY

Featured on our T1xe, T3xe, 7xe and 7xi consoles, this touchscreen interface inspires users of all levels and offers intuitive operation.

VISTA CLEAR TELEVISION TECHNOLOGY

Our Vista Clear Television Technology delivers the most crisp and vibrant digital display available.

IPOD® CONNECTIVITY

Matrix 5x consoles allow users to charge iPod® devices. Our 7xi and 7xe cardio products enable audio and video playback, on-screen playlist selection and charging. The 7xe products are also compatible with Nike + iPod® for the Gym.

7xi console shown

+ 7xe console

+ 5x console

+ 3xe console

+ 3x console

+ 1xe console

+ 1x console

Treadmill series consoles are pictured above. Other series consoles may differ.

TREADMILLS

Strong, smart and beautiful do not just happen.
Neither do belts that last longer. Or motors that run smoother.
Or designs that look better. Striking the perfect balance
of engineering and aesthetics, our treadmills attract more
attention and require less maintenance than anything you
put next to them.

TREADMILLS

Durably built to withstand rigorous use by walkers and runners, our treadmills offer the optimal mix of support and cushioning. Our special responsive drive system and large running belt are added features that offer maximum performance and comfort.

Ultimate Deck System

Our impact absorption system provides the ultimate feel for all users, and it offers over 40,000 kilometers / 25,000 miles of maintenance-free performance.

Dynamic Response Drive System

Our exclusive drive system is coupled with controller technology that continuously monitors and adjusts to user footfall to ensure a perfect stride.

Low Step-on Height

All Matrix 1 and 3 series treadmills feature a low, 19 cm / 7.5" step-on height for easy accessibility. The 5 and 7 series treadmills are 24 cm / 9.5".

Cast-aluminum End Caps

For lasting durability, the Matrix 5 and 7 series treadmills are equipped with cast-aluminum end caps.

Spacious Running Surface

The Matrix 5 and 7 series treadmills feature a 56 cm / 22" wide belt, providing an added sense of security and freedom.

T7xi

Treadmill

integrated 48 cm / 19" capacitive touchscreen with FitTouch Technology for intuitive performance

custom app interface designed specifically for fitness offers users easy access to social media and web content

WiFi connectivity for use with app interface and integrated Matrix Asset Management system and mPower workout tracking and fitness network

custom interface configuration for personalized communication with users

single-point user sign-in for a seamless personal experience

Vista Clear Television Technology – the most vibrant picture quality in the industry

compatible with most iOS and other smartphone and tablet devices – for video and audio playback, charging and on-screen playlist selection

integrated 3-speed personal fan

integrated with immersive Virtual Active programming

speed and incline adjustments on the crossbar keep controls easily within reach

compatible with IPTV

T7xe

Treadmill

integrated 38 cm / 15″ touchscreen display with
FitTouch Technology for intuitive performance

Vista Clear Television Technology – the most vibrant
picture quality in the industry

compatible with iPod® devices for video and audio playback,
charging and on-screen playlist selection

compatible with Nike + iPod® for the Gym for simple
workout tracking

integrated 3-speed personal fan

WiFi enabled for use with Matrix Asset Management system

compatible with immersive Virtual Active programming

speed and incline adjustments on the crossbar
keep controls within easy reach

T5x

Treadmill

- intuitive LED console display

- compatible with iPod® for charging

- integrated 3-speed personal fan

- WiFi enabled for use with Matrix Asset Management system

- speed and incline adjustments on the crossbar keep controls within easy reach

T3xe

Treadmill

- integrated 41 cm / 16" touchscreen display with FitTouch Technology for intuitive performance

- Vista Clear Television Technology – the most vibrant picture quality in the industry

- compatible with immersive Virtual Active programming

T3x

Treadmill

- LED console display is easily navigated by users of all experience levels

T1xe

Treadmill

- integrated 41 cm / 16" touchscreen display with FitTouch Technology for intuitive performance

- Vista Clear Television Technology – the most vibrant picture quality in the industry

- compatible with immersive Virtual Active programming

T1x

Treadmill

- large LED display provides easy viewing and simple controls

T50x

Treadmill

- 18 cm / 7" blue backlit LCD console display provides constant feedback

Treadmill Specifications

FEATURES	T7xi Treadmill	T7xe Treadmill	T5x Treadmill	T3xe Treadmill
Deck Type	Ultimate hard-wax reversible 1" deck	Ultimate hard-wax reversible 1" deck	Ultimate hard-wax reversible 1" deck	Ultimate hard-wax reversible 1" deck
Belt Type	Habasit, 2-ply commercial grade	Habasit, 2-ply commercial grade	Habasit, 2-ply commercial grade	Habasit, 2-ply commercial grade
Running Area	152 x 56 cm / 60" x 22"	152 x 56 cm / 60" x 22"	152 x 56 cm / 60" x 22"	152 x 51 cm / 60" x 20"
Step-on Height	24 cm / 9.5"	24 cm / 9.5"	24 cm / 9.5"	19 cm / 7.5"
Cushion System	Ultimate Deck cushioning system	Ultimate Deck cushioning system	Ultimate Deck cushioning system	Ultimate Deck cushioning system
Incline Range	0-15% (590-kg / 1,300-lb. thrust elevation motor)	0-15% (590-kg / 1,300-lb. thrust elevation motor)	0-15% (590-kg / 1,300-lb. thrust elevation motor)	0-15% (590-kg / 1,300-lb. thrust elevation motor)
Speed Range	0.8 - 24.1 km/h / 0.5 - 15 mph**	0.8 - 24.1 km/h / 0.5 - 15 mph**	0.8 - 24.1 km/h / 0.5 - 15 mph**	0.8 - 20 km/h / 0.5 - 12 mph
Contact & Telemetric HR	Yes	Yes	Yes	Yes
Crossbar Controls	Go, stop, cool down, speed and incline control	Go, stop, cool down, speed and incline control	Go, stop, cool down, speed and incline control	No
CONSOLE				
Display Type	48 cm / 19" class projective capacitive touchscreen LCD	38 cm / 15" touchscreen LCD	Dot-matrix LED with profile display	41 cm / 16" class touchscreen LCD
Display Feedback	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Incline, Pace, Heart Rate, METs, Watts, HD Dynamic Profile Display	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Incline, Pace, Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Incline, Pace, Average Pace, Heart Rate, METs, Watts, Workout Profile	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Incline, Pace, Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display
User-defined Multi-language Display	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Welsh, Turkish, Polish	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish
Workouts	Manual, Rolling Hills, Fat Burn, 5k, Target HR, Gerkin Protocol, Calorie Goal, Distance Goal, Time Goal, Army PFT, Navy PRT, Marine PFT, Air Force PRT, Physical Efficiency Battery (PEB)	Manual, Rolling Hills, Fat Burn, 5k, Target HR, Gerkin Protocol, Army PFT, Navy PRT, Marine PFT, Air Force PRT, Physical Efficiency Battery (PEB)	Manual, Rolling Hills, Fat Burn, 5k, Target HR, Gerkin Protocol, Army PFT, Navy PRT, Marine PFT, Air Force PRT, Physical Efficiency Battery (PEB), WFI Protocol	Manual, Rolling Hills, Fat Burn, 5k, Target HR, Gerkin Protocol, Army PFT, Navy PRT, Marine PFT, Air Force PRT, Physical Efficiency Battery (PEB)
CSAFE Ready-FitLinxx Certified	Yes	Yes	Yes	Yes
Netpulse Compatible	Yes - included	No	No	No
IPTV Compatible	Yes	No	No	No
FitTouch Technology	Yes	Yes	No	Yes
One-button Start	Yes	Yes	Yes	Yes
On-the-fly Program Change	Yes	Yes	Yes	Yes
Integrated Vista Clear Television Technology	Yes	Yes	No	Yes
FITCONNEXION Ready	No	No	Yes	No
WiFi	Yes	Yes - optional	Yes - optional	No
iPod® Compatible	Yes	Yes	Yes - charging only	No
Multimedia Playback	Yes - compatible with most tablet and smartphone systems	No	No	No
Nike + iPod® Compatible	No	Yes	No	No
Personal Fan	Yes	Yes	Yes	No
USB Port	Yes	Yes	Yes	Yes
Virtual Active Compatible	Yes - included	Yes	No	Yes
Asset Management Compatible	Yes - included	Yes	Yes	No
mPower Workout Tracking & Fitness Network Compatible	Yes	No	No	No
Web Connectivity	Yes - custom app interface in addition to web browser	No	No	No
Facility Communication Portal/Calendar	Yes - programmed through Asset Management	No	No	No
Pause Function	Yes	Yes	Yes	Yes
Reading Rack	Yes	Yes	Yes	Yes
DRIVE SYSTEM				
Drive System	Matrix 5.0 hp AC Dynamic Response Drive System	Matrix 5.0 hp AC Dynamic Response Drive System	Matrix 5.0 hp AC Dynamic Response Drive System	Matrix 4.2 hp AC Dynamic Response Drive System
TECH SPECS				
Power Requirements	200v-220v, 10 amp	200v-220v 10 amp	200v-220v, 10 amp	200v-220v, 10 amp
Assembled Dimensions	215 x 93 x 161 cm / 84.6" x 36.5" x 63.5"	215 x 93 x 161 cm / 84.6" x 36.5" x 63.5"	215 x 93 x 161 cm / 84.6" x 36.5" x 63.5"	215 x 85 x 142 cm / 84.6" x 33.5" x 56"
Max User Weight	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.
Assembled Weight	181 kg / 399 lbs.	181 kg / 399 lbs.	179 kg / 394 lbs.	173 kg / 380 lbs.
Shipping Weight	200 kg / 440 lbs.	200 kg / 440 lbs.	197 kg / 433 lbs.	186 kg / 409 lbs.

** 24.1 km/h / 15 mph rating good for users up to 159 kg / 350 lbs.

FEATURES	T3x Treadmill	T1xe Treadmill	T1x Treadmill	T50x Treadmill
Deck Type	Ultimate hard-wax reversible 1" deck	Ultimate hard-wax reversible 1" deck	Ultimate hard-wax reversible 1" deck	Ultimate hard-wax reversible 1" deck
Belt Type	Habasit, 2-ply commercial grade	Habasit, 2-ply commercial grade	Habasit, 2-ply commercial grade	Habasit, 2-ply commercial grade
Running Area	152 x 51 cm / 60" x 20"	152 x 51 cm / 60" x 20"	152 x 51 cm / 60" x 20"	152 x 51 cm / 60" x 20"
Step-on Height	19 cm / 7.5"	19 cm / 7.5"	19 cm / 7.5"	20 cm / 7.9"
Cushion System	Ultimate Deck cushioning system	Ultimate Deck cushioning system	Ultimate Deck cushioning system	Ultimate Deck cushioning system
Incline Range	0-15% (590-kg / 1,300-lb. thrust elevation motor)	0%-15% (318-kg / 700-lb. elevation motor)	0%-15% (318-kg / 700-lb. elevation motor)	0-15% (590-kg / 1,300-lb. thrust elevation motor)
Speed Range	0.8 - 20 km/h / 0.5 - 12 mph	0.8 - 20 km/h / 0.5 - 12 mph	0.8 - 20 km/h / 0.5 - 12 mph	0.8 - 20 km/h / 0.5 - 12 mph
Contact & Telemetric HR	Yes	Yes	Yes	Yes
Crossbar Controls	No	No	No	Quick start, stop, program, speed, incline and quick settings control
CONSOLE				
Display Type	Dot-matrix LED with profile display	41 cm / 16" class touchscreen LCD	Alphanumeric LED	18 cm / 7" blue backlit graphic LCD
Display Feedback	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Incline, Pace, Average Pace, Heart Rate, METs, Watts, Workout Profile	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Incline, Pace, Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Elapsed Time, Time Remaining, Distance, Calories, Speed, Incline, Pace, Heart Rate	Time, Distance, Calories, Speed, Incline, Level, Heart Rate, METs, Workout Profile
User-defined Multi-language Display	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Polish	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Japanese
Workouts	Manual, Rolling Hills, Fat Burn, 5k, Target HR, Gerkin Protocol, Army PFT, Navy PRT, Marine PFT, Air Force PRT, Physical Efficiency Battery (PEB), WFI Protocol	Manual, Rolling Hills, Fat Burn, 5k, Target HR, Gerkin Protocol, Army PFT, Navy PRT, Marine PFT, Air Force PRT, Physical Efficiency Battery (PEB)	Manual, Rolling Hills, Fat Burn, 5k, Target HR, Gerkin Protocol	Manual, Interval+ (Hill interval, Random interval), Multi FX+ (Brave Hill, Lakeside, Forest, Desert, Plateau), Goal+ (Time Goal, Distance Goal, Calories Goal), Heart Rate+ (Target HR, Weight Loss), Fit Trainer+ (Fit Test, Cooper Test), Warm Up, Cool Down
CSAFE Ready-FitLinxx Certified	Yes	Yes	No	Yes
Netpulse Compatible	No	No	No	No
IPTV Compatible	No	No	No	No
FitTouch Technology	No	Yes	No	Yes
One-button Start	Yes	Yes	Yes	Yes
On-the-fly Program Change	Yes	Yes	Yes	No
Integrated Vista Clear Television Technology	No	Yes	No	Yes
FITCONNEXION Ready	Yes	No	Yes	No
WiFi	No	No	No	No
iPod® Compatible	No	No	No	No
Multimedia Playback	No	No	No	No
Nike + iPod® Compatible	No	No	No	No
Personal Fan	No	No	No	No
USB Port	Yes	Yes	Yes	No
Virtual Active Compatible	No	Yes	No	No
Asset Management Compatible	No	No	No	No
mPower Workout Tracking & Fitness Network Compatible	No	No	No	No
Web Connectivity	No	No	No	Yes
Facility Communication Portal/Calendar	No	No	No	Yes
Pause Function	Yes	Yes	Yes	Yes
Reading Rack	Yes	Yes	Yes	Yes
DRIVE SYSTEM				
Drive System	Matrix 4.2 hp AC Dynamic Response Drive System	Matrix 3.0 hp AC Dynamic Response Drive System	Matrix 3.0 hp AC Dynamic Response Drive System	Matrix 4.2 hp AC Dynamic Response Drive System
TECH SPECS				
Power Requirements	200v-220v, 10 amp	100v-240v, 10 amp	100v-240v, 10 amp	200v-220v, 10 amp
Assembled Dimensions	215 x 85 x 142 cm / 84.6" x 33.5" x 56"	215 x 85 x 142 cm / 84.6" x 33.5" x 56"	215 x 85 x 142 cm / 84.6" x 33.5" x 56"	216 x 86 x 140 cm / 85" x 34" x 55"
Max User Weight	182 kg / 400 lbs.	158.8 kg / 350 lbs.	158.8 kg / 350 lbs.	182 kg / 400 lbs.
Assembled Weight	172 kg / 378 lbs.	153.8 kg / 338 lbs.	152.8 kg / 336 lbs.	165 kg / 365 lbs.
Shipping Weight	185 kg / 408 lbs.	172.3 kg / 379 lbs.	171.5 kg / 377 lbs.	182 kg / 400 lbs.

** 24.1 km/h / 15 mph rating good for users up to 159 kg / 350 lbs.

ASCENTS & ELLIPTICALS

There are far too many cardio machines out there demanding that users adapt to their specific movements. Matrix equipment is different. And better. We listened – to you and your service techs. We watched your customers work out. And with painstaking attention to detail, we delivered machines that, quite simply, outperform the rest.

ASCENTS & ELLIPTICALS

DESIGNED TO MATCH YOUR MOTION

With a variety of features to ensure smooth movement, comfort and proper fit, our Ascent Trainers and ellipticals provide a superior total-body workout. And because all but the 7xi models use self-powered systems, they provide energy savings and can be placed wherever you want them.

Contralateral Motion

Contralateral action with tapered, dual-action handlebars mimics the body's true movement for proper fit.

Low Step-on Height

Pedals are positioned lower to the ground (24 cm / 9.5"), allowing users to easily step on and off the product.

Constant Rate of Acceleration

Constant Rate of Acceleration and our patented suspension design deliver a perpetually smooth motion, free of wheels and tracks.

Ergo Form Grips

Ergo Form grips with integrated controls enhance comfort and accessibility to key functions. (A7xi shown)

Variable Incline

Responsive incline adjustment and variable stride length make workouts on the Ascent more dynamic and motivational – engaging glutes, hamstrings and core stabilizer muscles.

Removable Disk

The Matrix Ascent Trainers and Suspension Elliptical® trainers feature a removable disk for quick access and easy serviceability.

A7xi

Ascent Trainer®

integrated 41 cm / 16" capacitive touchscreen with
FitTouch Technology for intuitive performance

custom app interface designed specifically for fitness offers
users easy access to social media and web content

WiFi connectivity for use with app interface and integrated
Matrix Asset Management system and mPower workout
tracking and fitness network

custom interface configuration for personalized
communication with users

single-point user sign-in for a seamless personal experience

Vista Clear Television Technology – the most
vibrant picture quality in the industry

compatible with most iOS and other smartphone and tablet
devices – for video and audio playback, charging and
on-screen playlist selection

integrated 3-speed personal fan

integrated with immersive Virtual Active programming

compatible with IPTV

A7xe

Ascent Trainer

integrated 38 cm / 15" touchscreen
display with FitTouch Technology
for intuitive performance

Vista Clear Television Technology – the most
vibrant picture quality in the industry

compatible with Nike + iPod® for the Gym for
simple workout tracking

compatible with iPod® for video and audio playback,
charging and on-screen playlist selection

integrated 3-speed personal fan

compatible with immersive Virtual Active programming

WiFi enabled for use with Matrix Asset Management system

A5x

Ascent Trainer

- intuitive LED console display

- compatible with iPod® for charging

- integrated 3-speed personal fan

- WiFi enabled for use with
  Matrix Asset Management system

A3x

Ascent Trainer

- LED console display is easily navigated by
  users of all experience levels

E7xi

Suspension Elliptical®

integrated 41 cm / 16" capacitive touchscreen with
FitTouch Technology for intuitive performance

custom app interface designed specifically for fitness
offers users easy access to social media and
web content

WiFi connectivity for use with app interface and integrated
Matrix Asset Management system and mPower workout
tracking and fitness network

custom interface configuration for personalized
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single-point user sign-in for a seamless personal experience

Vista Clear Television Technology – the most vibrant picture
quality in the industry

compatible with most iOS and other smartphone and tablet
devices – for video and audio playback, charging and
on-screen playlist selection

integrated 3-speed personal fan

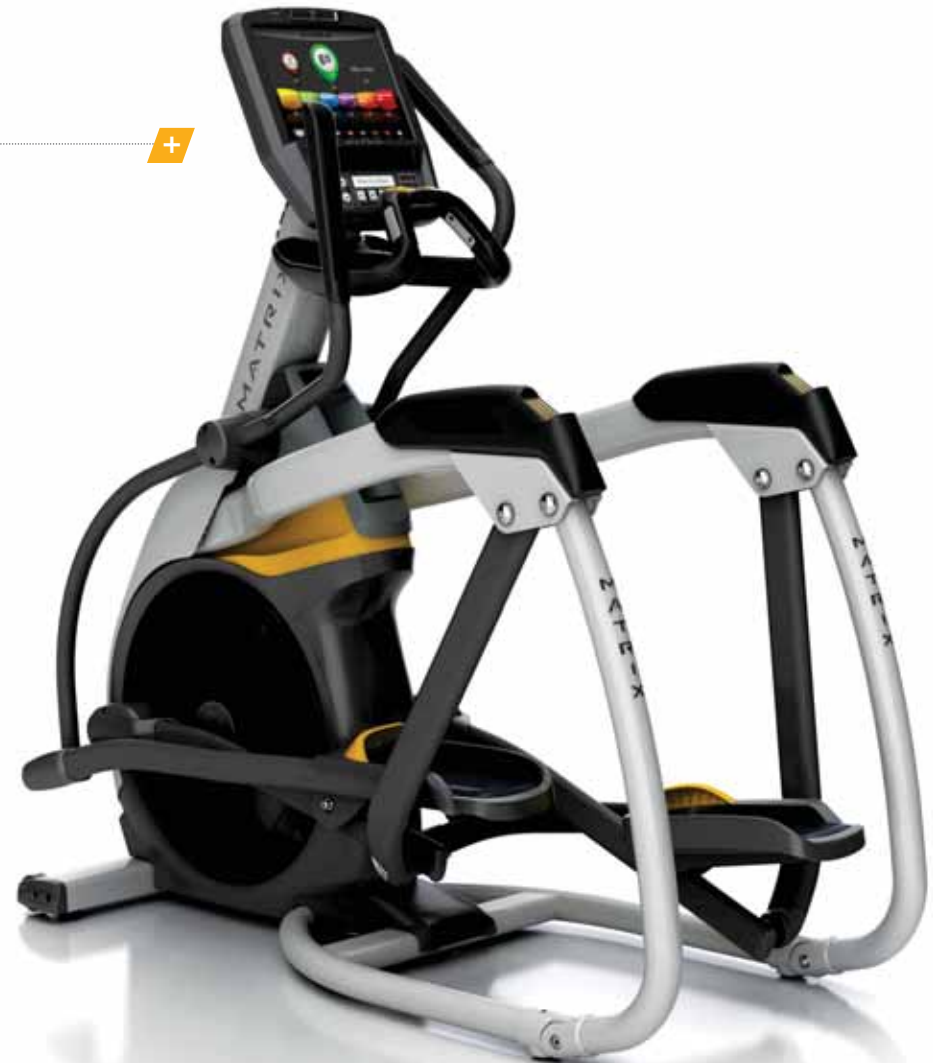integrated with immersive Virtual Active programming

compatible with IPTV

E7xe

Suspension Elliptical

integrated 38 cm / 15" touchscreen display with
FitTouch Technology for intuitive performance

Vista Clear Television Technology –
the most vibrant picture quality in the industry

compatible with Nike + iPod® for the Gym
for simple workout tracking

compatible with iPod® for video and audio playback,
charging and on-screen playlist selection

integrated 3-speed personal fan

compatible with immersive
Virtual Active programming

WiFi enabled for use with
Matrix Asset Management system

E5x
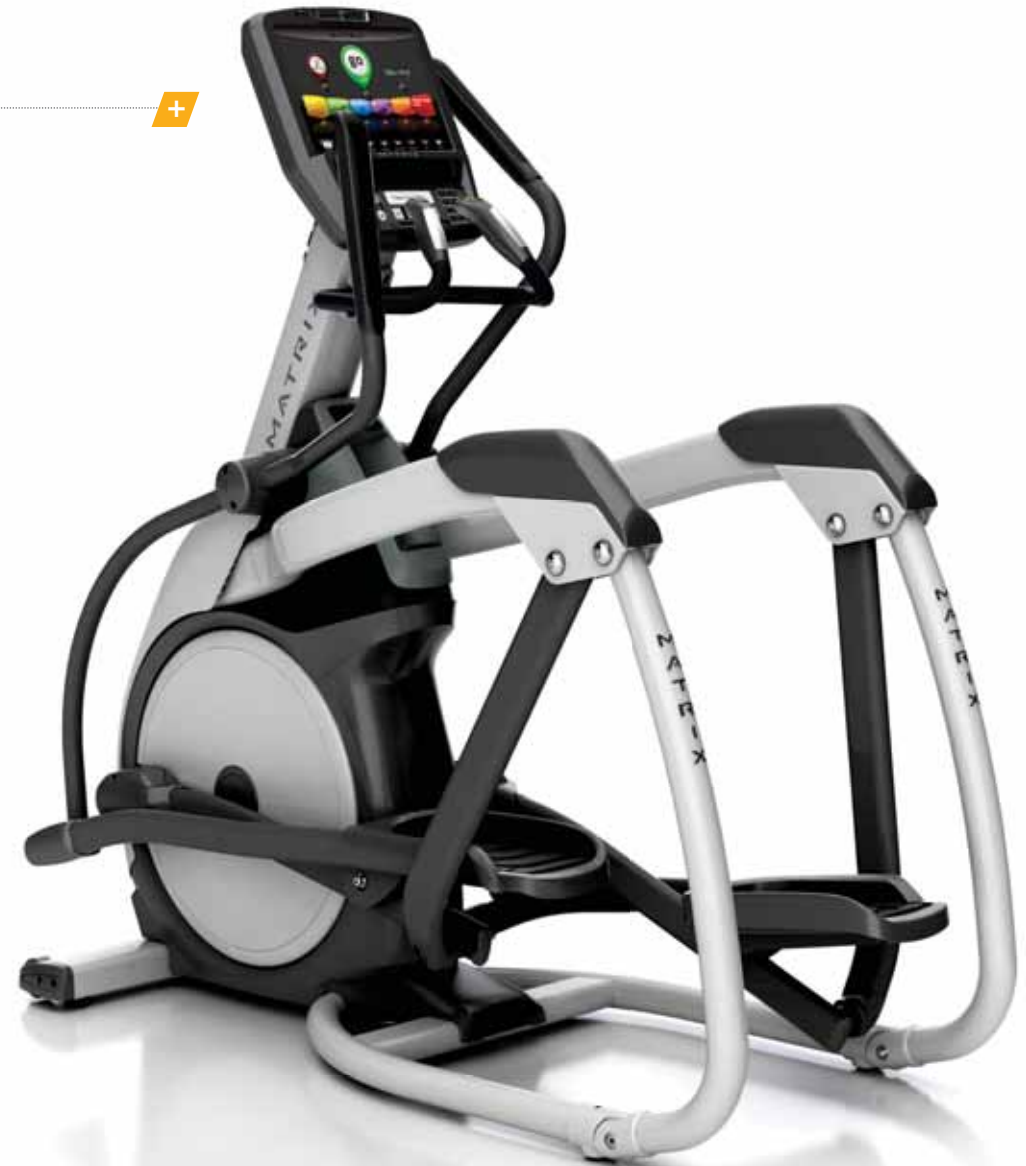
Suspension Elliptical

intuitive LED console display

compatible with iPod® for charging

integrated 3-speed personal fan

WiFi enabled for use with
Matrix Asset Management system

E3x

Suspension Elliptical

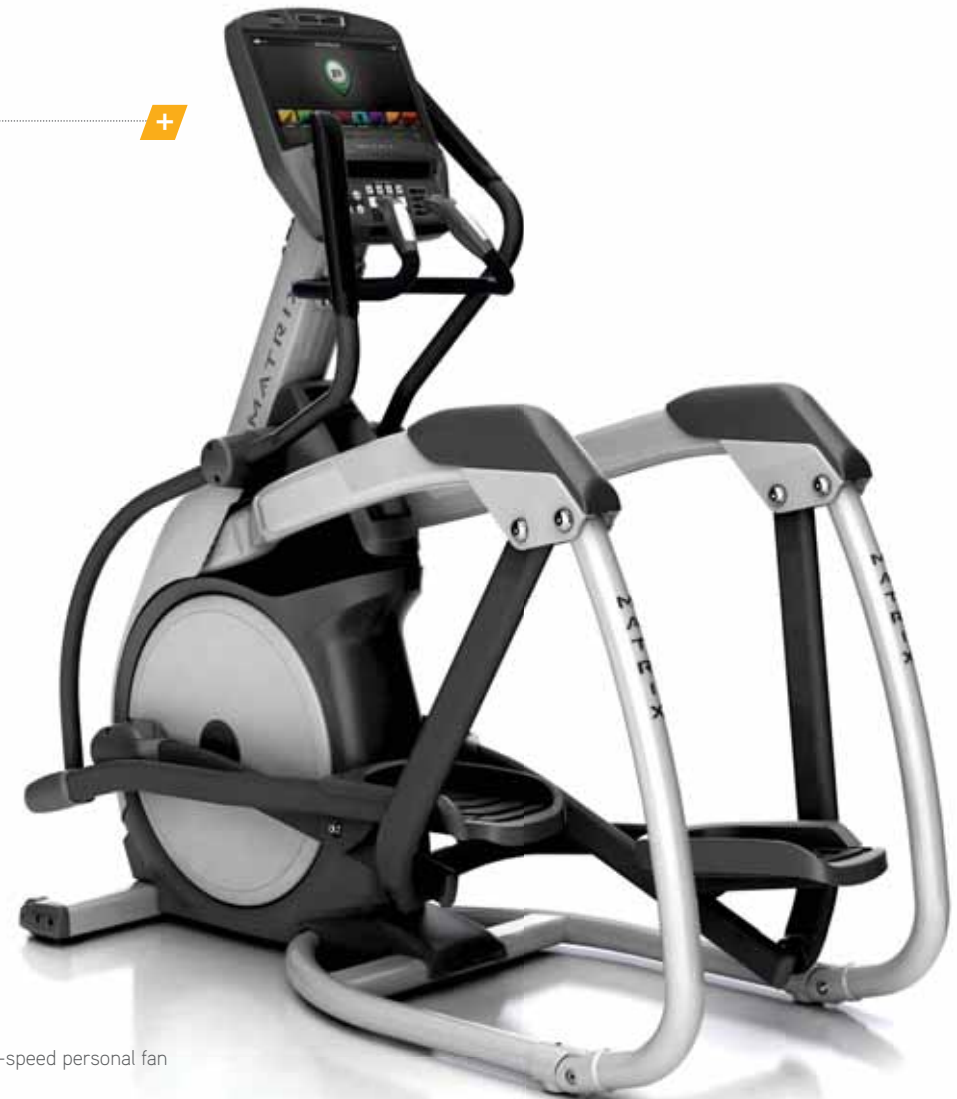- LED console display is easily navigated by users of all experience levels

E1x

Elliptical

- 18 cm / 7" blue backlit LCD console display provides constant feedback

Ascent Trainer Specifications

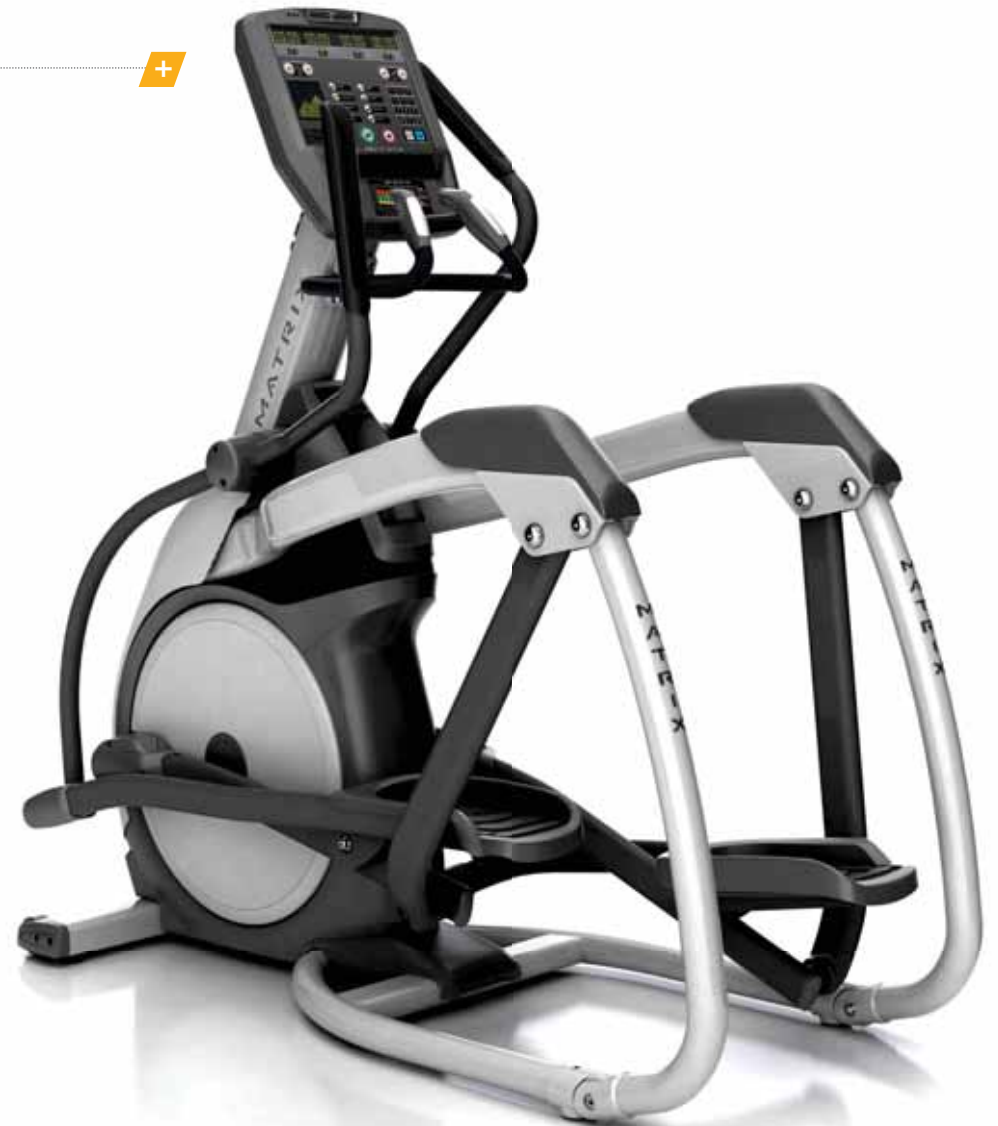| FEATURES	A7xi Ascent Trainer	A7xe Ascent Trainer	A5x Ascent Trainer	A3x Ascent Trainer
Stride Length	51 - 61 cm / 20 - 24"	51 - 61 cm / 20 - 24"	51 - 61 cm / 20 - 24"	51 - 61 cm / 20 - 24"
Incline Range	24% - 54% (15° range)	24% - 54% (15° range)	24% - 54% (15° range)	24% - 54% (15° range)
Step-on Height	24 cm / 9.5"	24 cm / 9.5"	24 cm / 9.5"	24 cm / 9.5"
Contact & Telemetric HR	Yes	Yes	Yes	Yes
Footpad Insert	Yes - premium	Yes - premium	Yes - premium	No
Pedal Spacing	6.4 cm / 2.5"	6.4 cm / 2.5"	6.4 cm / 2.5"	6.4 cm / 2.5"
Handlebar Design	Multi-position dual-action / premium ergo-bend stationary	Multi-position dual-action / premium ergo-bend stationary	Multi-position dual-action / premium ergo-bend stationary	Multi-position dual-action / custom ergo-bend stationary
Remote Buttons	Yes	Yes	Yes	Yes
CONSOLE				
Display Type	41 cm / 16" class projective capacitive touchscreen LCD	38 cm / 15" touchscreen LCD	Dot-matrix LED with profile display	14-seg. alphanumeric, 8x16 LED graphic display
Display Feedback	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Incline, RPM, Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Incline, RPM, Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Speed, Level, RPM, Incline, Heart Rate, Time Elapsed, Time Remaining, Time of Day, Total Program Time, Distance (Miles), Distance (Kilometers), Calories, Watts, METs, Workout Profile	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Level, Speed, RPM, Incline, Heart Rate, METs, Watts, Profile
User-defined Multi-language Display	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Welsh, Turkish, Polish	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Polish
Resistance Range	1-25	1-25	1-25	1-25
Workouts	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Random, Calorie Goal, Distance Goal, Time Goal	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Glute Training	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Glute Training	Manual, Rolling, Intervals, Fat Burn, Random, Fit Test, Target HR, Constant Watts
CSAFE Ready-FitLinxx Certified	Yes	Yes	Yes	Yes
Netpulse Compatible	Yes - included	No	No	No
IPTV Compatible	Yes	No	No	No
FitTouch Technology	Yes	Yes	No	No
Instant On Technology	NA - powered	Yes	Yes	Yes
One-button Start	Yes	Yes	Yes	Yes
On-the-fly Program Change	Yes	Yes	Yes	Yes
Integrated Vista Clear Television Technology	Yes	Yes	No	No
FITCONNEXION Ready	No	No	Yes	Yes
WiFi	Yes	Yes - optional	Yes - optional	No
Multimedia Playback	Yes - compatible with most tablet and smartphone systems	No	No	No
iPod® Compatible	Yes	Yes	Yes - charging only	No
Nike + iPod® Compatible	No	Yes	No	No
Personal Fan	Yes	Yes	Yes	No
USB Port	Yes	Yes	Yes	Yes
Virtual Active Compatible	Yes - included	Yes	No	No
Asset Management Compatible	Yes - included	Yes	Yes	No
mPower Workout Tracking & Fitness Network Compatible	Yes	No	No	No
Web Connectivity	Yes - custom app interface in addition to web browser	No	No	No
Facility Communication Portal/Calendar	Yes - programmed through Asset Management	No	No	No
Pause Function	Yes	Yes	Yes	Yes
RESISTANCE SYSTEM				
Resistance System	Brushless generator	Brushless generator	Brushless generator	Brushless generator
TECH SPECS				
Power Requirements	100v-240v - 50/60Hz AC	Self-powered / powered 100v-240v - 50/60Hz AC	Self-powered / powered 100v-240v - 50/60Hz AC	Self-powered / powered 100v-240v - 50/60Hz AC
Minimum Watts	4 powered	4 powered / 57 self-powered	24 powered & self-powered	8 powered / 24 self-powered
Minimum RPM	10 powered	10 powered / 25 self-powered	25 powered & self-powered	15 powered / 25 self-powered
Assembled Dimensions	178 x 74 x 174 cm / 70" x 29.2" x 68.5"	178 x 74 x 174 cm / 70" x 29.2" x 68.5"	178 x 74 x 174 cm / 70" x 29.2" x 68.5"	178 x 74 x 174 cm / 70" x 29.2" x 68.5"
Max User Weight	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.
Assembled Weight	202.7 kg / 445 lbs.	202.7 kg / 445 lbs.	201 kg / 442 lbs.	201 kg / 442 lbs.
Shipping Weight	216.5 kg / 476 lbs.	216.5 kg / 476 lbs.	214.6 kg / 472 lbs.	214.6 kg / 472 lbs.

Elliptical Specifications

FEATURES	E7xi Suspension Elliptical	E7xe Suspension Elliptical	E5x Suspension Elliptical	E3x Suspension Elliptical	E1x Elliptical
Stride Length	53.3 cm / 21"	53.3 cm / 21"	53.3 cm / 21"	53.3 cm / 21"	48.3 cm / 19"
Contact & Telemetric HR	Yes	Yes	Yes	Yes	Yes
Footpad Insert	No	No	No	No	No
Pedal Spacing	6.4 cm / 2.5"	6.4 cm / 2.5"	6.4 cm / 2.5"	6.4 cm / 2.5"	9.5 cm / 3.75"
Handlebar Design	Multi-position dual-action / custom ergo-bend stationary	Multi-position dual-action / custom ergo-bend stationary	Multi-position dual-action / custom ergo-bend stationary	Multi-position dual-action / custom ergo-bend stationary	Multi-position dual-action / ergo-bend stationary
Remote Buttons	Yes	Yes	Yes	Yes	Yes
CONSOLE					
Display Type	41 cm / 16" class projective capacitive touchscreen LCD	38 cm / 15" touchscreen LCD	Dot-matrix LED with profile display	14-seg. alphanumeric, 8x16 LED graphic display	18 cm / 7" blue backlit graphic LCD
Display Feedback	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, RPM, Heart Rate, METs, Watts, HD Dynamic Profile Display	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, RPM, Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Speed, Level, RPM, Heart Rate, Time Elapsed, Time Remaining, Time of Day, Total Program Time, Distance (Miles), Distance (Kilometers), Calories, Watts, METs, Workout Profile	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Level, Speed, RPM, Heart Hate, METs, Watts, Workout Profile	Time, Distance, Calories, Speed, Level, Watts, METs, Heart Rate, Workout Profile
User-defined Multi-language Display	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Welsh, Turkish, Polish	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Polish	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish
Resistance Range	1-25	1-25	1-25	1-25	1-20
Workouts	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Random, Calorie Goal, Distance Goal, Time Goal	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Random	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Random	Manual, Rolling, Intervals, Fat Burn, Random, Fit Test, Target HR, Constant Watts	Manual, Interval+ (Hill Interval, Random Interval), Goal+ (Time Goal, Distance Goal, Calories Goal), Multi FX+ (Constant Watts, Random), Heart Rate+ (Target HR, Weight Loss), Fit Test
CSAFE Ready-FitLinxx Certified	Yes	Yes	Yes	Yes	Yes
Netpulse Compatible	Yes - included	No	No	No	No
IPTV Compatible	Yes	No	No	No	No
FitTouch Technology	Yes	Yes	No	No	No
Instant On Technology	NA - powered	Yes	Yes	Yes	Yes
One-button Start	Yes	Yes	Yes	Yes	Yes
On-the-fly Program Change	Yes	Yes	Yes	Yes	Yes
Integrated Vista Clear Television Technology	Yes	Yes	No	No	No
FITCONNEXION Ready	No	No	Yes	Yes	Yes
WiFi	Yes	Yes - optional	Yes - optional	No	No
Multimedia Playback	Yes - compatible with most tablet and smartphone systems	No	No	No	No
iPod® Compatible	Yes	Yes	Yes - charging only	No	No
Nike + iPod® Compatible	No	Yes	No	No	No
Personal Fan	Yes	Yes	Yes	No	No
USB Port	Yes	Yes	Yes	Yes	No
Virtual Active Compatible	Yes - included	Yes	No	No	No
Asset Management Compatible	Yes - included	Yes	Yes	No	No
mPower Workout Tracking & Fitness Network Compatible	Yes	No	No	No	No
Web Connectivity	Yes - custom app interface in addition to web browser	No	No	No	No
Facility Communication Portal/ Calendar	Yes - programmed through Asset Management	No	No	No	No
Pause Function	Yes	Yes	Yes	Yes	Yes
RESISTANCE SYSTEM					
Resistance System	Brushless generator	Brushless generator	Brushless generator	Brushless generator	JID hybrid generator
TECH SPECS					
Power Requirements	100v-240v - 50/60Hz AC	Self-powered / powered 100v-240v - 50/60Hz AC	Self-powered / powered 100v-240v - 50/60Hz AC	Self-powered / powered 100v-240v - 50/60Hz AC	Self-powered
Minimum Watts	4 powered	4 powered / 56 self-powered	21 powered & self-powered	5 powered / 21 self-powered	18 self-powered
Minimum RPM	10 powered	10 powered / 25 self-powered	25 powered & self-powered	10 powered / 25 self-powered	30 self-powered
Assembled Dimensions	178 x 74 x 174 cm / 70" x 29.2" x 68.5"	178 x 74 x 174 cm / 70" x 29.2" x 68.5"	178 x 74 x 174 cm / 70" x 29.2" x 68.5"	178 x 74 x 174 cm / 70" x 29.2" x 68.5"	211 x 79 x 170 cm / 83" x 31" x 67"
Max User Weight	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.
Assembled Weight	182.7 kg / 402 lbs.	182.7 kg / 402 lbs.	181 kg / 398 lbs.	181 kg / 398 lbs.	151 kg / 333 lbs.
Shipping Weight	195.5 kg / 430 lbs.	195.5 kg / 430 lbs.	193.6 kg / 425 lbs.	193.6 kg / 425 lbs.	179.2kg / 395 lbs.

CLIMBMILLS & STEPPERS

We don't set out to simply make a product better; we set out to make the BEST products possible. And to achieve that, we start by talking to you – our customers. We uncover your problems and your pet peeves. And we fix them with innovative solutions. We don't just outperform our rivals. We transform the sense of what's possible in the industry.

CLIMBMILLS & STEPPERS

Our innovative ClimbMill and stepper models are perfect options for people who want the benefits of a stair-climbing workout. Our ClimbMills deliver the truest feeling of running stairs on the market. All of our steppers have non-slip pedals, and the S5x and S3x models use a self-powered drive, allowing them to be placed anywhere in your facility.

Step Positioning Software

Truly innovation at work, our step positioning software ensures the steps will lock at the lowest possible point for the user to easily step on and off the product.
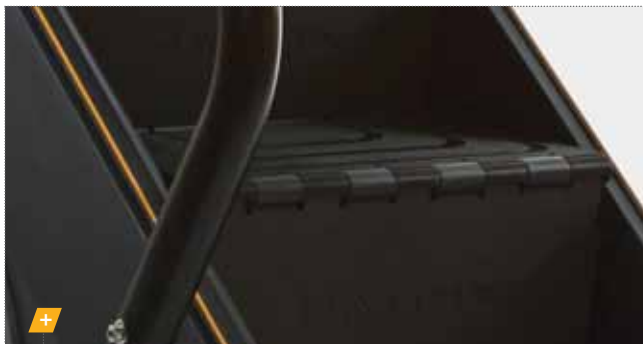
Delineated Steps

Our steps are a full 25 cm / 10" deep to accommodate a wide range of users. Color variations are used to aid the user in proper foot placement.

Removable Access Panel

With service technicians in mind, all Matrix ClimbMills feature an access panel that can be quickly removed using a common coin for easy serviceability. An integrated service light provides visibility of internal components.

Control Zone

For added peace of mind, our Control Zone features a sensor that stops the step rotation when triggered by an object or person. (Only available on the 5- and 7- series ClimbMills.)

Ergo Form Grips

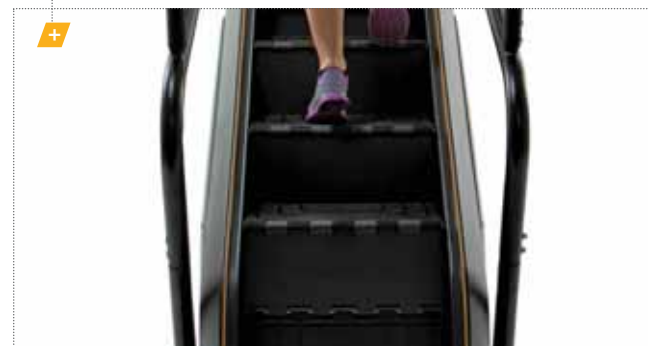Our Ergo Form grips with integrated pause/stop and speed controls enhance comfort and make it easier to make workout changes on the fly.

Sweat Management System

Our exclusive Sweat Management System was designed to track sweat away from the user and critical components – prolonging the life of the product. A removable cleaning tray collects the sweat and debris to keep your facility floor clean.

C7xi

ClimbMill

integrated 41 cm / 16″ capacitive touchscreen with FitTouch Technology for intuitive performance

custom app interface designed specifically for fitness offers users easy access to social media and web content

WiFi connectivity for use with app interface and integrated Matrix Asset Management system and mPower workout tracking and fitness network

custom interface configuration for personalized communication with users

single-point user sign-in for a seamless personal experience

Vista Clear Television Technology – the most vibrant picture quality in the industry

compatible with most iOS and other smartphone and tablet devices – for video and audio playback, charging and on-screen playlist selection

integrated 3-speed personal fan

integrated with immersive Virtual Active programming

compatible with IPTV

C7xe

ClimbMill

- integrated 38 cm / 15" touchscreen display with FitTouch Technology for intuitive performance

- Vista Clear Television Technology – the most vibrant picture quality in the industry

- compatible with Nike + iPod® for the Gym for simple workout tracking

- compatible with iPod® for video and audio playback, charging and on-screen playlist selection

- integrated 3-speed personal fan

- compatible with the immersive Virtual Active programming

- WiFi enabled for use with Matrix Asset Management system

C5x

ClimbMill

- intuitive LED console display

- compatible with iPod® for charging

- integrated 3-speed personal fan

- WiFi enabled for use with Matrix Asset Management system

C3x

ClimbMill

- LED console display is easily navigated by users of all experience levels

S7xi

Stepper

- integrated 41 cm / 16" capacitive touchscreen with FitTouch Technology for intuitive performance

- custom app interface designed specifically for fitness offers users easy access to social media and web content

- WiFi connectivity for use with app interface and integrated Matrix Asset Management system and mPower workout tracking and fitness network

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- integrated 3-speed personal fan

- integrated with immersive Virtual Active programming

- compatible with IPTV

S7xe

Stepper

- integrated 38 cm / 15"
  touchscreen display with FitTouch
  Technology for intuitive performance

- Vista Clear Television Technology –
  the most vibrant picture quality in
  the industry

- compatible with Nike + iPod® for the
  Gym for simple workout tracking

- compatible with iPod® for video
  and audio playback, charging
  and on-screen playlist selection

- integrated 3-speed
  personal fan

- compatible with the immersive
  Virtual Active programming

- WiFi enabled for use with
  Matrix Asset Management system

S5x

Stepper

- intuitive LED console display

- compatible with iPod for charging

- integrated 3-speed personal fan

- WiFi enabled for use with
  Matrix Asset Management system

S3x

Stepper

- LED console display is easily navigated by users of all experience levels

S1x

Stepper

- 18 cm / 7" blue LCD console display provides constant feedback

ClimbMill Specifications

FEATURES	C7xi ClimbMill	C7xe ClimbMill	C5x ClimbMill	C3x ClimbMill
Step Depth	25.4 cm / 10"	25.4 cm / 10"	25.4 cm / 10"	25.4 cm / 10"
Step Height	20.3 cm / 8"	20.3 cm / 8"	20.3 cm / 8"	20.3 cm / 8"
Contact & Telemetric HR	Yes	Yes	Yes	Yes
Delineated Steps	Yes	Yes	Yes	Yes
Handlebar Design	Ergonomically designed handrails and ergo form grips	Ergonomically designed handrails and and ergo form grips	Ergonomically designed handrails and ergo form grips	Ergonomically designed handrails and ergo form grips
Remote Buttons	Yes	Yes	Yes	Yes
Control Zone	Yes	Yes	Yes	No
Auto-stop Fuction	Yes	Yes	Yes	Yes
CONSOLE				
Display Type	41 cm / 16" class projective capacitive touchscreen LCD	38 cm / 15" touchscreen LCD	Dot-matrix LED with profile display	Dot-matrix LED with profile display
Display Feedback	Time Elapsed, Time Remaining, Time of Day, Total Program Time, Total Steps, Calories, Calories per Hour, Average SPM, SPM, Floors Climbed, Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Time Elapsed, Time Remaining, Time of Day, Total Program Time, Total Steps, Calories, Calories per Hour, Average SPM, SPM, Floors Climbed, Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Time Elapsed, Time Remaining, Time of Day, Total Program Time, Total Steps, Floors Climbed, Calories, METs, Watts, Level, Heart Rate, SPM, Average SPM, Workout Profile	Time Elapsed, Time Remaining, Time of Day, Total Program Time, Floors Climbed, Calories, METs, Watts, Level, Heart Rate, SPM, Speed
User-defined Multi-language Display	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Welsh, Turkish, Polish	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Polish, Turkish, Polish
Resistance Range	1-25	1-25	1-25	1-25
Workouts	Manual, Training Workouts (Rolling Hills, Interval Training, Calorie Training, Goal Training), Fat Burn, Target HR, Fitness Test (Sub-maximal Test, WFI Test, CPAT), Constant Watts, Time Goal, Distance Goal, Calorie Goal	Manual, Training Workouts (Rolling Hills, Interval Training, Calorie Training, Goal Training), Fat Burn, Target HR, Fitness Test (Sub-maximal Test, WFI Test, CPAT), Constant Watts	Manual, Training Workouts (Rolling Hills, Interval Training, Calorie Training, Goal Training), Fat Burn, Target HR, Fitness Test (Sub-maximal Test, WFI Test, CPAT), Constant Watts	Manual, Rolling Hills, Interval Training, Fat Burn, Random, HR, Fitness Test (Sub-maximal Test, WFI Test, CPAT), Constant Watts
CSAFE Ready-FitLinxx Certified	Yes	Yes	Yes	Yes
Netpulse Compatible	Yes - included	No	No	No
IPTV Compatible	Yes	No	No	No
FitTouch Technology	Yes	Yes	No	No
Instant On Technology	NA - powered	NA - powered	NA - powered	NA - powered
One-button Start	Yes	Yes	Yes	Yes
On-the-fly Program Change	Yes	Yes	Yes	Yes
Integrated Vista Clear Television Technology	Yes	Yes	No	No
FITCONNEXION Ready	No	No	Yes	Yes
WiFi	Yes	Yes - optional	Yes - optional	No
Multimedia Playback	Yes - compatible with most tablet and smartphone systems	No	No	No
iPod® Compatible	Yes	Yes	Yes - charging only	No
Nike + iPod® Compatible	No	Yes	No	No
Personal Fan	Yes	Yes	Yes	No
USB Port	Yes	Yes	Yes	Yes
Virtual Active Compatible	Yes - included	Yes	No	No
Asset Management Compatible	Yes - included	Yes	Yes	No
mPower Workout Tracking & Fitness Network Compatible	Yes	No	No	No
Web Connectivity	Yes - custom app interface in addition to web browser	No	No	No
Facility Communication Portal/Calendar	Yes - programmed through Asset Management	No	No	No
Pause Function	Yes	Yes	Yes	Yes
RESISTANCE SYSTEM				
Resistance Technology	ECB w/ flywheel	ECB w/ flywheel	ECB w/ flywheel	ECB w/ flywheel
TECH SPECS				
Power Requirements	100v-240v - 50/60Hz AC	100v-240v - 50/60Hz AC	100v-240v - 50/60Hz AC	100v-240v - 50/60Hz AC
Assembled Dimensions	165 x 85 x 212 cm / 65" x 33.5" x 83.5"	165 x 85 x 212 cm / 65" x 33.5" x 83.5"	165 x 85 x 212 cm / 65" x 33.5" x 83.5"	138 x 85 x 212 cm / 54.5" x 33.5" x 83.5"
Max User Weight	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.
Assembled Weight	158 kg / 348 lbs.	158 kg / 348 lbs.	158 kg / 348 lbs.	161 kg / 355 lbs.
Shipping Weight	167 kg / 368 lbs.	167 kg / 368 lbs.	167 kg / 368 lbs.	170 kg / 375 lbs.

Stepper Specifications

FEATURES	S7xi Stepper	S7xe Stepper	S5x Stepper	S3x Stepper	S1x Stepper
Step Range	31 cm / 12.2"	31 cm / 12.2"	31 cm / 12.2"	31 cm / 12.2"	29 cm / 11.4"
Contact & Telemetric HR	Yes	Yes	Yes	Yes	Yes
Pedal Spacing	8.4 cm / 3.3"	8.4 cm / 3.3"	8.4 cm / 3.3"	8.4 cm / 3.3"	6.2 cm / 2.4"
Handlebar Design	Ergonomically designed handrails and ergo form grips	Ergonomically designed handrails and ergo form grips	Ergonomically designed handrails and ergo form grips	Ergonomically designed handrails and ergo form grips	Ergonomically designed handrails and horn
Remote Buttons	Yes	Yes	Yes	Yes	Yes
CONSOLE					No
Display Type	41 cm / 16" class projective capacitive touchscreen LCD	38 cm / 15" touchscreen LCD	Dot-matrix LED with profile display	14-seg. alphanumeric, 8x16 LED graphic display	18 cm / 7" blue backlit LCD
Display Feedback	Time, Total Steps, Calories, Calories per Hour, Average SPM, SPM, Floors Climbed, Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Time, Total Steps, Calories, Calories per Hour, Average SPM, SPM, Floors Climbed, Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Heart Rate, Calories, METs, Watts, Steps per Minute, Average SPM, Time Elapsed, Time Remaining, Total Program Time, Time of Day, Total Steps, Floors Climbed, Levels, Workout Profile	Time, Speed, Floors Climbed, Calories, Watts, Level, Heart Rate, SPM, Workout Profile	Time, Speed, Floors Climbed, Calories, Watts, Level, Heart Rate, METs, Workout Profile
User-defined Multi-language Display	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Welsh, Turkish, Polish	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Polish	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese
Resistance Range	1-25	1-25	1-25	1-25	1-20
Workouts	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Random, Time Goal, Calorie Goal, Distance Goal	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Random	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Random	Manual, Rolling, Intervals, Fat Burn, Random, Target HR, Constant Watts, Fit Test	Manual, Interval+ (Hill Interval, Random Interval), Goal+ (Time Goal, Distance Goal, Calories Goal), Multi FX+ (Constant Watts, Random), Heart Rate+ (Target HR, Weight Loss), Fit Test, Warm Up, Cool Down
CSAFE Ready-FitLinxx Certified	Yes	Yes	Yes	Yes	Yes
Netpulse Compatible	Yes - included	No	No	No	No
IPTV Compatible	Yes	No	No	No	No
FitTouch Technology	Yes	Yes	No	No	No
Instant On Technology	NA - powered	NA - powered	Yes	Yes	Yes
One-button Start	Yes	Yes	Yes	Yes	Yes
On-the-fly Program Change	Yes	Yes	Yes	Yes	No
Integrated Vista Clear Television Technology	Yes	Yes	No	No	No
FITCONNEXION Ready	No	No	Yes	Yes	No
WiFi	Yes	Yes - optional	Yes - optional	No	No
Multimedia Playback	Yes - compatible with most tablet and smartphone systems	No	No	No	No
iPod® Compatible	Yes	Yes	Yes - charging only	No	No
Nike + iPod® Compatible	No	Yes	No	No	No
Personal Fan	Yes	Yes	Yes	No	No
USB Port	Yes	Yes	Yes	Yes	No
Virtual Active Compatible	Yes - included	Yes	No	No	No
Asset Management Compatible	Yes - included	Yes	Yes	No	No
mPower Workout Tracking & Fitness Network Compatible	Yes	No	No	No	No
Web Connectivity	Yes - custom app interface in addition to web browser	No	No	No	No
Facility Communication Portal/Calendar	Yes - programmed through Asset Management	No	No	No	No
Pause Function	Yes	Yes	Yes	Yes	Yes
RESISTANCE SYSTEM					
Resistance Technology	Hybrid generator	Hybrid generator	Hybrid generator	Hybrid generator	Brushless generator
TECH SPECS					
Power Requirements	100v-240v - 50/60Hz AC	100v-240v - 50/60Hz AC	Self-powered / powered 100v-240v - 50/60Hz AC	Self-powered / powered 100v-240v - 50/60Hz AC	Powered
Minimum Watts	18 powered	18 powered	18 powered & self-powered	18 powered & self-powered	26 powered
Assembled Dimensions	114 x 79 x 179 cm / 45" x 31" x 70.5"	114 x 79 x 179 cm / 45" x 31" x 70.5"	114 x 79 x 179 cm / 45" x 31" x 70.5"	114 x 79 x 179 cm / 45" x 31" x 70.5"	118 x 93 x 161 cm / 46.5" x 37" x 63.5"
Max User Weight	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.
Assembled Weight	117.7 kg / 259 lbs.	117.7 kg / 259 lbs.	116.2 kg / 255 lbs.	117.2 kg / 258 lbs.	90 kg / 198 lbs.
Shipping Weight	125.5 kg / 276 lbs.	125.5 kg / 276 lbs.	123.6 kg / 272 lbs.	124.5 kg / 274 lbs.	98.5 kg / 217 lbs.

CYCLES

We believe in a better ride—so strongly that we reimagined and redesigned our stationary bikes to deliver greater styling, comfort and performance than ever before. We also improved serviceability and consistency across the series, making Matrix bikes an ideal choice for facility owners, personal trainers, service techs and end users.

CYCLES

As part of our ongoing commitment to sustainability, we design some Matrix cycles with self-powered drives that are maintenance-free and cord-free. Not only do these self-powered models provide cost savings, but they also provide freedom of placement so you can use them anywhere you please in your facility.

HYBRID
45˚ Seat Angle

Our Hybrid Cycle features an ergonomic 45˚seat angle that gives users a workout that is both comfortable and effective.

UPRIGHT
Race-inspired Handles

Our race-inspired handles feature contoured elbow rests for comfort and enhanced ergonomics.

Ergo Form Seat with Ventilated Seat Back

The Ergo Form seat and backpad provide the right combination of ventilation, comfort and support while encouraging proper body alignment. (Recumbent shown)

Step-thru Entry

The step-thru design allows easy access to the workout position. (Hybrid shown)

Integrated Transport Handles and Top-down Levelers

Handle is readily visible and easily accessible for moving around the room. Top-down adjustments simplify leveling after installation, maintenance or regular use. (Hybrid shown)

One-hand Seat Adjustment

Simple and intuitive one-hand adjustment allows quick fine-tuning of seat position. (Upright shown)

H7xi

Hybrid Cycle

integrated 41 cm / 16" capacitive touchscreen with FitTouch Technology for intuitive performance

custom app interface designed specifically for fitness offers users easy access to social media and web content

WiFi connectivity for use with app interface and integrated Matrix Asset Management system and mPower workout tracking and fitness network

custom interface configuration for personalized communication with users

single-point user sign-in for a seamless personal experience

Vista Clear Television Technology – the most vibrant picture quality in the industry

compatible with most iOS and other smartphone and tablet devices – for video and audio playback, charging and on-screen playlist selection

integrated 3-speed personal fan

integrated with immersive Virtual Active programming

compatible with IPTV

H7xe

Hybrid Cycle

integrated 38 cm / 15" touchscreen display with
FitTouch Technology for intuitive performance

Vista Clear Television Technology – the most
vibrant picture quality in the industry

compatible with iPod® for video and audio playback,
charging and on-screen playlist selection

compatible with Nike + iPod® for the Gym for simple workout tracking

integrated 3-speed personal fan

compatible with immersive Virtual Active programming

WiFi enabled for use with Matrix Asset Management system
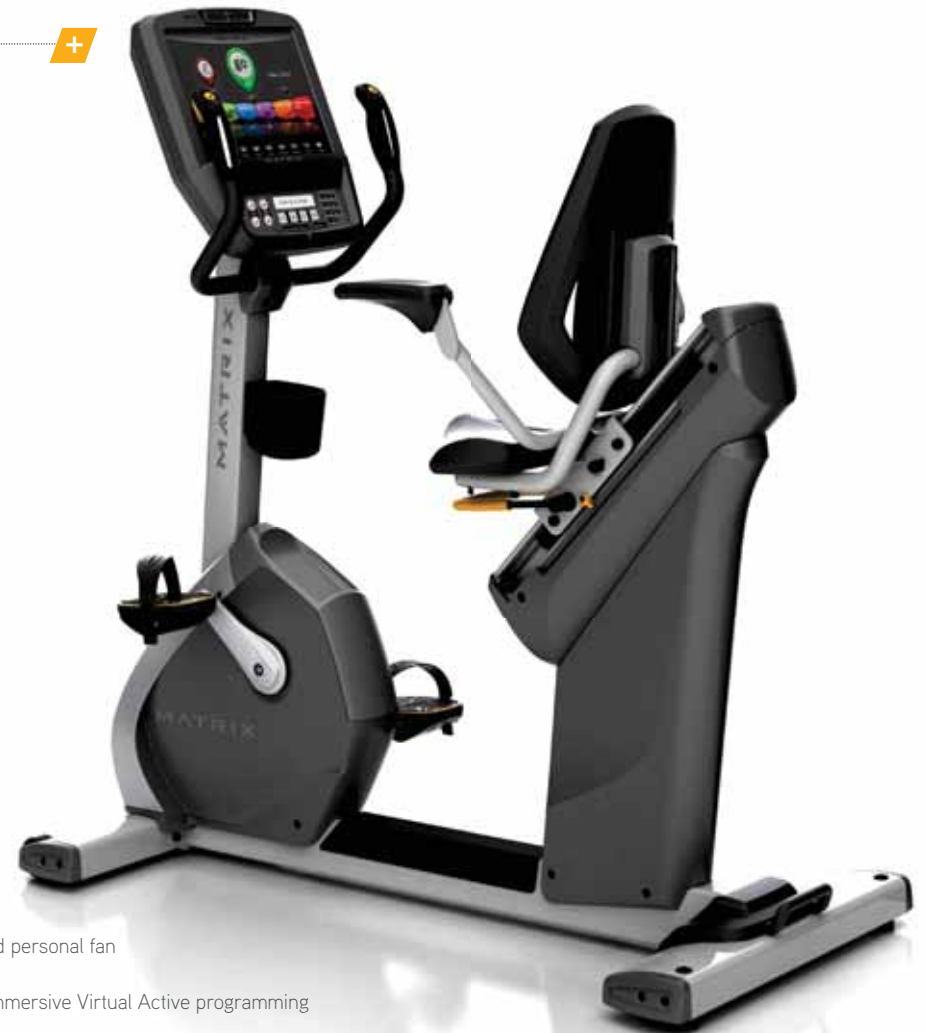
H5x

Hybrid Cycle

- intuitive LED console display

- compatible with iPod® for charging

- integrated 3-speed personal fan

- WiFi enabled for use with
  Matrix Asset Management system

H3x

Hybrid Cycle

- LED console display is easily navigated
  by users of all experience levels

R7xi

Recumbent Cycle

integrated 41 cm / 16" capacitive touchscreen with FitTouch Technology for intuitive performance

custom app interface designed specifically for fitness offers users easy access to social media and web content

WiFi connectivity for use with app interface and integrated Matrix Asset Management system and mPower workout tracking and fitness network

custom interface configuration for personalized communication with users

single-point user sign-in for a seamless personal experience

Vista Clear Television Technology – the most vibrant picture quality in the industry

compatible with most iOS and other smartphone and tablet devices – for video and audio playback, charging and on-screen playlist selection

integrated 3-speed personal fan

integrated with immersive Virtual Active programming

compatible with IPTV

R7xe

Recumbent Cycle

- integrated 38 cm / 15" touchscreen display with FitTouch Technology for intuitive performance

- Vista Clear Television Technology – the most vibrant picture quality in the industry

- compatible with iPod® for video and audio playback, charging and on-screen playlist selection

- compatible with Nike + iPod® for the Gym for simple workout tracking

- integrated 3-speed personal fan

- compatible with immersive Virtual Active programming

- WiFi enabled for use with Matrix Asset Management system

R5x

Recumbent Cycle

- intuitive LED console display

- compatible with iPod® for charging

- integrated 3-speed personal fan

- WiFi enabled for use with Matrix Asset Management system

R3x

Recumbent Cycle

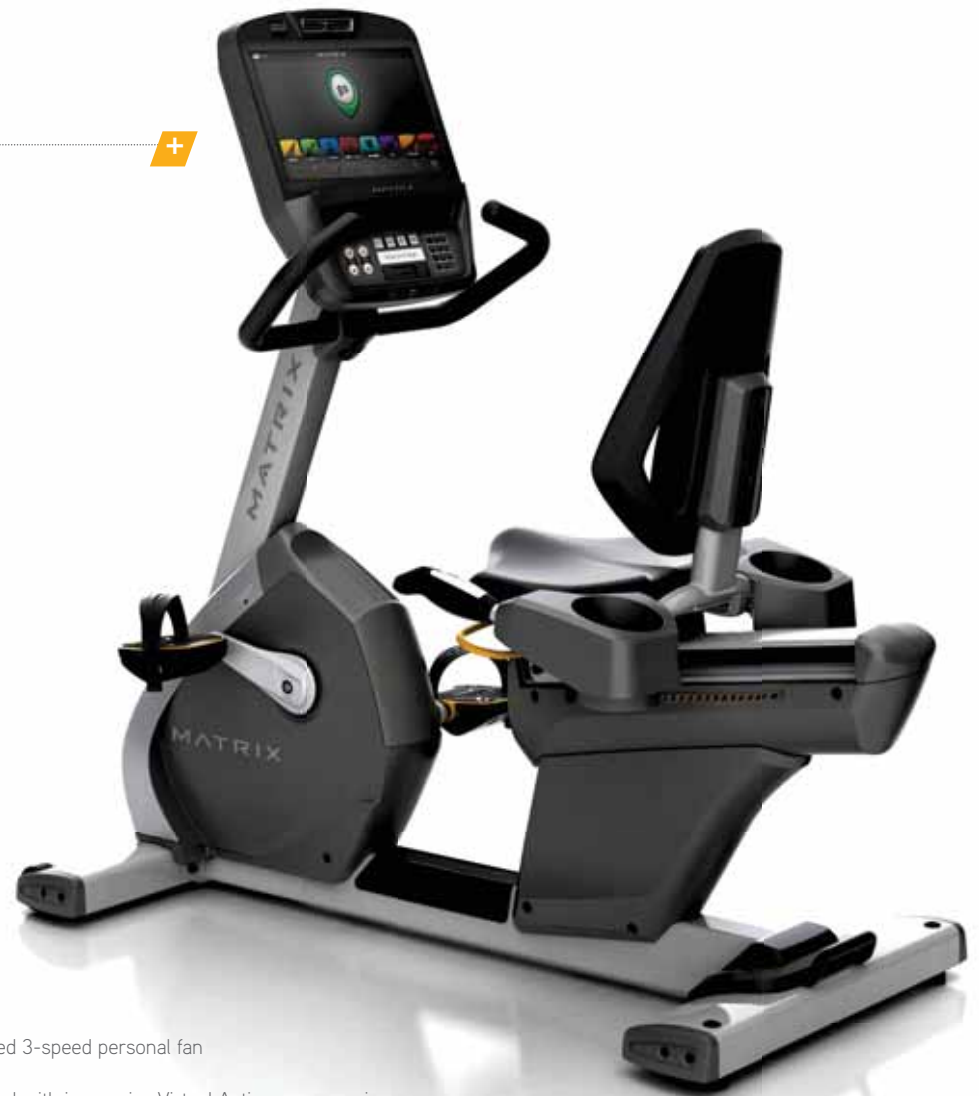LED console display is easily navigated by
users of all experience levels

R1x

Recumbent Cycle

18 cm / 7" blue LCD console display
provides constant feedback

U7xi

Upright Cycle

integrated 41 cm / 16" capacitive touchscreen with FitTouch Technology for intuitive performance

custom app interface designed specifically for fitness offers users easy access to social media and web content

WiFi connectivity for use with app interface and integrated Matrix Asset Management system and mPower workout tracking and fitness network

custom interface configuration for personalized communication with users

single-point user sign-in for a seamless personal experience

Vista Clear Television Technology – the most vibrant picture quality in the industry

compatible with most iOS and other smartphone and tablet devices – for video and audio playback, charging and on-screen playlist selection

integrated 3-speed personal fan

integrated with immersive Virtual Active programming

compatible with IPTV

U7xe

Upright Cycle

- integrated 38 cm / 15″ touchscreen display with FitTouch Technology for intuitive performance

- Vista Clear Television Technology – the most vibrant picture quality in the industry

- compatible with iPod® for video and audio playback, charging and on-screen playlist selection

- compatible with Nike + iPod® for the Gym for simple workout tracking

- integrated 3-speed personal fan

- compatible with immersive Virtual Active programming

- WiFi enabled for use with Matrix Asset Management system

U5x

Upright Cycle

- intuitive LED console display

- compatible with iPod® for charging

- integrated 3-speed personal fan

- WiFi enabled for use with Matrix Asset Management system

U3x

Upright Cycle

LED console display is easily navigated by users of all experience levels

U1x

Upright Cycle

18 cm / 7" blue backlit LCD console display provides constant feedback

Cycle Specifications

FEATURES	H7xi Hybrid Cycle	H7xe Hybrid Cycle	H5x Hybrid Cycle	H3x Hybrid Cycle	R7xi Recumbent Bike	R7xe Recumbent Bike	R5x Recumbent Bike
Contact & Telemetric HR	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Handlebar Design	Front vertical ergo bend	Front vertical ergo bend	Front vertical ergo bend	Front vertical ergo bend	Seat side / front ergo bend	Seat side / front ergo bend	Seat side / front ergo bend
Integrated Arm Rests	Yes	Yes	Yes	Yes	No	No	No
Remote Buttons	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Bottle Holder	Yes	Yes	Yes	Yes	Yes	Yes	Yes
CONSOLE							
Display Type	41 cm / 16" class projective capacitive touchscreen LCD	38 cm / 15" touchscreen LCD	Dot-matrix LED with profile display	14-seg. alphanumeric, 8x16 LED graphic display	41 cm / 16" class projective capacitive touchscreen LCD	38 cm / 15" touchscreen LCD	Dot-matrix LED with profile display
Display Feedback	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, RPM, Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, RPM, Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Heart Rate, METs, Watts, Distance (Miles), Distance (Kilometers), Time Elapsed, Time Remaining, Time of Day, Total Program Time, Calories, Speed, Level, RPM, Workout Profile	Time, Distance, Calories, Calories per Hour, Level, Speed, RPM, Heart Rate, METs, Watts, Workout Profile	Time, Distance (Kilometers or Miles), Calories, Calorieaur, Speed, RPM, Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, RPM, Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Heart Rate, METs, Watts, Distance (Miles), Distance (Kilometers), Time Elapsed, Time Remaining, Time of Day, Total Program Time, Calories, Speed, Level, RPM, Workout Profile
User-defined Multi-language Display	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Turkish, Polish	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Welsh, Turkish, Polish	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Polish	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Welsh, Turkish, Polish	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish
Resistance Range	1-30	1-30	1-30	1-30	1-30	1-30	1-30
Workouts	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Random, Time Goal, Calorie Goal, Distance Goal	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Random	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Random	Manual, Rolling, Intervals, Fat Burn, Random, Fit Test, Target HR, Constant Watts	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Random, Time Goal, Calorie Goal, Distance Goal	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Random	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Random
CSAFE Ready-FitLinxx Certified	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Netpulse Compatible	Yes - included	No	No	No	Yes - included	No	No
IPTV Compatible	Yes	No	No	No	Yes	No	No
FitTouch Technology	Yes	Yes	No	No	Yes	Yes	No
Instant On Technology	NA - powered	Yes	Yes	Yes	NA - powered	Yes	Yes
One-button Start	Yes	Yes	Yes	Yes	Yes	Yes	Yes
On-the-fly Program Change	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Integrated Vista Clear Television Technology	Yes	Yes	No	No	Yes	Yes	No
FITCONNEXION Ready	No	No	Yes	Yes	No	No	Yes
WiFi	Yes	Yes - optional	Yes - optional	No	Yes	Yes	Yes
Multimedia Playback	Yes - compatible with most tablet and smartphone systems	No	No	No	Yes - compatible with most tablet and smartphone systems	No	No
iPod® Compatible	Yes	Yes	Yes - charging only	No	Yes	Yes	Yes - charging only
Nike + iPod® Compatible	No	Yes	No	No	No	Yes	No
Personal Fan	Yes	Yes	Yes	No	Yes	Yes	Yes
USB Port	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Virtual Active Compatible	Yes - included	Yes	No	No	Yes - included	Yes	No
Asset Management Compatible	Yes - included	Yes	Yes	No	Yes - included	Yes	Yes
mPower Workout Tracking & Fitness Network Compatible	Yes	No	No	No	Yes	No	No
Web Connectivity	Yes - custom app interface in addition to web browser	No	No	No	Yes - custom app interface in addition to web browser	No	No
Facility Communication Portal/ Calendar	Yes - programmed through Asset Management	No	No	No	Yes - programmed through Asset Management	No	No
Pause Function	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Reading Rack	Yes	Yes	Yes	Yes	Yes	Yes	Yes
RESISTANCE SYSTEM							
Resistance System	Brushless generator	Brushless generator	Brushless generator	Brushless generator	Brushless generator	Brushless generator	Brushless generator
TECH SPECS							
Crank Design	Three piece with integrated pullers	Three piece with integrated pullers	Three piece with integrated pullers	Three piece with integrated pullers	Three piece with integrated pullers	Three piece with integrated pullers	Three piece with integrated pullers
Power Requirements	100v-240v - 50/60Hz AC	Self-powered / powered 100v-240v - 50/60Hz AC	Self-powered / powered 100v-240v - 50/60Hz AC	Self-powered / powered 100v-240v - 50/60Hz AC	100v-240v - 50/60Hz AC	Self-powered / powered 100v-240v - 50/60Hz AC	Self-powered / powered 100v-240v - 50/60Hz AC
Minimum Watts	4 powered	4 powered / 10 self-powered	4 powered / 7 self-powered	4 powered / 7 self-powered	4 powered	4 powered / 10 self-powered	4 powered / 7 self-powered
Minimum RPM	25 powered	25 powered / 25 self-powered	25 powered / 25 self-powered	25 powered / 25 self-powered	25 powered	25 powered / 25 self-powered	25 powered / 25 self-powered
Assembled Dimensions	146.8 x 65.4 x 156.8 cm / 57.8" x 25.7" x 61.7"	146.8 x 65.4 x 156.8 cm / 57.8" x 25.7" x 61.7"	146.8 x 65.4 x 156.8 cm / 57.8" x 25.7" x 61.7"	146.8 x 65.4 x 156.8 cm / 57.8" x 25.7" x 61.7"	150.3 x 65.4 x 140 cm / 59.2" x 25.7" x 55.1"	150.3 x 65.4 x 140 cm / 59.2" x 25.7" x 55.1"	150.3 x 65.4 x 140 cm / 59.2" x 25.7" x 55.1"
Max User Weight	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.
Assembled Weight	100.5 kg / 221.5 lbs.	100 kg / 220 lbs.	97.1 kg / 214 lbs.	96.2 kg / 212 lbs.	90.3 kg / 199 lbs.	89 kg / 196.3 lbs.	88.6 kg / 195.3 lbs.
Shipping Weight	103 kg / 227 lbs.	102 kg / 224.9 lbs.	101 kg / 222 lbs.	99.7 kg / 219 lbs.	100 kg / 220 lbs.	101.2 kg / 223.5 lbs.	100.3 kg / 221 lbs.

Cycle Specifications

FEATURES	R3x Recumbent Bike	R1x Recumbent Bike	U7xi Upright Cycle	U7xe Upright Cycle	U5x Upright Cycle	U3x Upright Cycle	U1x Upright Bike
Contact & Telemetric HR	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Handlebar Design	Seat side / front ergo bend	Seat side / front ergo bend	Molded racing design with elbow support	Molded racing design with elbow support	Molded racing design with elbow support	Molded racing design with elbow support	Full racing style with elbow support
Integrated Arm Rests	No	No	Yes	Yes	Yes	Yes	No
Remote Buttons	Yes	Yes	Yes	Yes	Yes	Yes	No
Bottle Holder	Yes	Yes	Yes	Yes	Yes	Yes	Yes
CONSOLE							
Display Type	14-seg. alphanumeric, 8x16 LED graphic display	18 cm / 7" blue backlit graphic LCD	41 cm / 16" class projective capacitive touchscreen LCD	38 cm / 15" touchscreen LCD	Dot-matrix LED with profile display	14-seg. alphanumeric, 8x16 LED graphic display	18 cm / 7" blue backlit graphic LCD
Display Feedback	Time, Distance, Calories, Calories per Hour, Level, Speed, RPM, Heart Rate, METs, Watts, Workout Profile	Time, Distance, Calories, Speed, Level, Watts, METs, Heart Rate, Workout Profile	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, RPM, Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, RPM, Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display	Heart Rate, METs, Watts, Distance (Miles), Distance (Kilometers), Time Elapsed, Time Remaining, Time of Day, Total Program Time, Calories, Speed, Level, RPM, Workout Profile	Time, Distance, Calories, Calories per Hour, Level, Speed, RPM, Heart Rate, METs, Watts, Workout Profile	Time, Distance, Calories, Speed, Level, Watts, METs, Heart Rate, Workout Profile
User-defined Multi-language Display	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Polish	No - Accessible through Manager Menu:English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Welsh, Turkish, Polish	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Polish	No - Accessible through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish
Resistance Range	1-30	1-20	1-30	1-30	1-30	1-30	1-20
Workouts	Manual, Rolling, Intervals, Fat Burn, Random, Fit Test, Target HR, Constant Watts	Manual, Interval+ (Hill Interval, Random Interval), Goal+ (Time Goal, Distance Goal, Calories Goal), Multi FX+ (Constant Watts, Random), Heart Rate+ (Target HR, Weight Loss), Fit Test	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Random, Time Goal, Calorie Goal, Distance Goal	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Random	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Random	Manual, Rolling, Intervals, Fat Burn, Random, Fit Test, Target HR, Constant Watts	Manual, Interval+ (Hill Interval, Random Interval), Goal+ (Time Goal, Distance Goal, Calories Goal), Multi FX+ (Constant Watts, Random), Heart Rate+ (Target HR, Weight Loss), Fit Test
CSAFE Ready-FitLinxx Certified	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Netpulse Compatible	No	No	Yes - included	No	No	No	No
IPTV Compatible	No	No	Yes	No	No	No	No
FitTouch Technology	No	No	Yes	Yes	No	No	No
Instant On Technology	Yes	Yes	NA - powered	Yes	Yes	Yes	Yes
One-button Start	Yes	Yes	Yes	Yes	Yes	Yes	Yes
On-the-fly Program Change	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Integrated Vista Clear Television Technology	No	No	Yes	Yes	No	No	No
FITCONNEXION Ready	Yes	Yes	No	No	Yes	Yes	Yes
WiFi	No	No	Yes	Yes - optional	Yes - optional	No	No
Multimedia Playback	No	No	Yes - compatible with most tablet and smartphone systems	No	No	No	No
iPod® Compatible	No	No	Yes	Yes	Yes - charging only	No	No
Nike + iPod® Compatible	No	No	No	Yes	No	No	No
Personal Fan	No	No	Yes	Yes	Yes	No	No
USB Port	No	No	Yes	Yes	Yes	Yes	No
Virtual Active Compatible	No	No	Yes - included	Yes	No	No	No
Asset Management Compatible	No	No	Yes - included	Yes	Yes	No	No
mPower Workout Tracking & Fitness Network Compatible	No	No	Yes	No	No	No	No
Web Connectivity	No	No	Yes - custom app interface in addition to web browser	No	No	No	No
Facility Communication Portal/ Calendar	No	No	Yes - programmed through Asset Management	No	No	No	No
Pause Function	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Reading Rack	Yes	Yes	Yes	Yes	Yes	Yes	Yes
RESISTANCE SYSTEM							
Resistance System	Brushless generator	Hybrid generator	Brushless generator	Brushless generator	Brushless generator	Brushless generator	Hybrid generator
TECH SPECS							
Crank Design	Three piece with integrated pullers	Three piece	Three piece with integrated pullers	Three piece with integrated pullers	Three piece with integrated pullers	Three piece with integrated pullers	Three piece
Power Requirements	Self-powered / powered 100v-240v - 50/60Hz AC	Self-powered	100v-240v - 50/60Hz AC	Self-powered / powered 100v-240v - 50/60Hz AC	Self-powered / powered 100v-240v - 50/60Hz AC	Self-powered / powered 100v-240v - 50/60Hz AC	Self-powered
Minimum Watts	4 powered / 7 self-powered	12 self-powered	4 powered	4 powered / 10 self-powered	4 powered / 7 self-powered	4 powered / 7 self-powered	12 self-powered
Minimum RPM	25 powered / 25 self-powered	30 self-powered	25 powered	25 powered / 25 self-powered	25 powered / 25 self-powered	25 powered / 25 self-powered	30 self-powered
Assembled Dimensions	150.3 x 65.4 x 140 cm / 59.2" x 25.7" x 55.1"	167 x 68 x 129 cm / 65.7" x 26.6" x 50.7"	130.7 x 65.4 x 153.7 cm / 51.5" x 25.7" x 60.5"	130.7 x 65.4 x 153.7 cm / 51.5" x 25.7" x 60.5"	130.7 x 65.4 x 153.7 cm / 51.5" x 25.7" x 60.5"	130.7 x 65.4 x 153.7 cm / 51.5" x 25.7" x 60.5"	105 x 65 x 131 cm / 41.4" x 25.7" x 51.5"
Max User Weight	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.
Assembled Weight	87.5 kg / 192.9 lbs.	85.3 kg / 188 lbs.	89.1 kg / 196.4 lbs.	87.8 kg / 193.5 lbs.	87.4 kg / 192.6 lbs.	86.3 kg / 190 lbs.	63.5 kg / 140 lbs.
Shipping Weight	99.7 kg / 219.8 lbs.	94.8 kg / 209 lbs.	103 kg / 227 lbs.	102 kg / 224.9 lbs.	99.8 kg / 220 lbs.	99.6 kg / 219.7 lbs.	69.9 kg / 154 lbs.

Rower

Air-resistance Rowing Machine

battery-powered display allows freedom of placement within the facility

coil-spring poly-V belt drive system for quiet operation

fan-blade air resistance and ECB

aluminum extended-slide rail and distance mimic real rowing feel

fan-wheel technology provides a smooth, natural movement

offers 12 levels of resistance

Additional Cardio Specifications

FEATURES	Rower
Pedals	Fit-in with adjustable footboard
Contact HR Sensors	No
Telemetric HR Receiver	Yes
Handlebar Design	Easy-grip handrail
Transport Wheels	Yes
RESISTANCE SYSTEM	
Resistance Technology	Magnetic + Air Resistance System
Drive System	Coil-spring poly-V belt
Monorail	Aluminum
CONSOLE	
Display Type	Large LCD display
Display Feedback	Time, Distance, SPM (Strokes Per Minute), Stroke, Watts, Heart Rate, Calories
Resistance Levels	12
TECH SPECS	
Workouts	Manual, Race, Training
Overall Dimensions L x W x H	269 x 51 x 102 cm / 106" x 20" x 40"
Max User Weight	159 kg / 350 lbs.
Weight	41 kg / 90 lbs.
Shipping Weight	44 kg / 97 lbs.
Power Requirements	Battery-powered LCD display

FEATURES	Krankcycle
Drive System	Chain drive
Frame	Steel base frame with cast iron drive 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.

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