

MATRIX

E1x

E1xe





## matrixfitness.com/manuals

ENG	To download the latest owner's manual, in the language of your choice, visit the website above. For further assistance, Matrix contact information is on the next page.
GER	Das neueste Benutzerhandbuch in der Sprache Ihrer Wahl können Sie auf der zuvor genannten Website herunterladen. Falls Sie weitere Hilfe benötigen, finden Sie die Matrix-Kontaktinformationen auf der nächsten Seite.
FRE	Pour télécharger la version la plus récente du guide d'utilisation dans la langue de votre choix, visitez le site ci-dessus. Si vous avez besoin d'aide, rendez-vous sur la page suivante pour obtenir les coordonnées de Matrix.
SPE	Para descargar el último manual de usuario en el idioma que prefiera, visite el sitio web anterior. Si necesita más ayuda, la información de contacto de Matrix se encuentra en la página siguiente.
DUT	Ga naar de bovenstaande website om de laatste gebruikershandleiding te downloaden in de taal van uw keuze. Voor extra hulp vindt u de Matrix-contactgegevens op de volgende pagina.
DAN	Du kan downloade den seneste brugsvejledning på dit foretrukne sprog fra webstedet ovenfor. Hvis du har brug for yderligere hjælp, henvises du til Matrix' kontaktoplysninger på næste side.
ITA	Per scaricare il più recente manuale del proprietario, nella lingua che preferisci, visita il sito Web indicato in precedenza. Per ulteriore assistenza, le informazioni di contatto per Matrix si trovano alla pagina successiva.
GRK	Για λήψη του πιο πρόσφατου εγχειριδίου χρήστη, στη γλώσσα της επιλογής σας, επισκεφθείτε την παραπάνω ιστοσελίδα. Για περαιτέρω βοήθεια, πληροφορίες επικοινωνίας με την Matrix παρέχονται στην επόμενη σελίδα.
POL	Aby pobrać najaktualniejszą wersję instrukcji obsługi w wybranym języku, należy odwiedzić powyższą stronę internetową. Jeśli potrzebna jest dalsza pomoc, można skorzystać z informacji kontaktowych Matrix podanych na kolejnej stronie.
PRB	Para baixar a versão mais recente do nosso manual em seu idioma, acesse o site acima. Para obter mais assistência, as informações de contato da Matrix estão na próxima página.
CHT	若要下載您所選語言版本的最新使用手冊，請造訪上述網站。 如需其他協助，請參閱下一頁的 Matrix 聯絡資訊。
JPN	ご希望の言語版の最新オーナーズマニュアルは、上記ウェブサイトからダウンロードしてください。 さらにサポートが必要な場合は、次ページに記載されているMatrixお問い合わせ窓口までご連絡ください。
KOR	선택한 언어로 최신 사용설명서를 다운로드하려면 위의 웹 사이트를 참조하십시오. 추가 지원이 필요한 경우 다음 페이지에 있는 Matrix 연락처 정보로 요청하십시오.
VTM	Để tải về sách hướng dẫn sử dụng mới nhất, bằng ngôn ngữ của bạn, hãy truy cập trang web bên trên. Để được trợ giúp thêm, thông tin liên lạc của Matrix có ở trang kế tiếp.
THI	ท่านสามารถดาวน์โหลดคู่มือผู้ใช้ล่าสุดในภาษาที่ต้องการได้จากเว็บไซต์ข้างต้น หากท่านต้องการ ความช่วยเหลืออื่นๆ โปรดติดต่อไปยังข้อมูลติดต่อ Matrix ที่ให้ไว้ในหน้าถัดไป
ARB	هالعال ببول عقوم ةدرايزب لصففت، اهراتخت يتلا لغلل اب، كلالل ليلد ثدحأ ليزنتل. ةلللال حصفلل في Matrix ةكرشب ةصاخلل لاصللال تامولعم دجوت، ةدعاسمل نم ديزمل



**AUSTRALIA**  
Johnson Health Tech Australia  
6B Hazelwood Drive  
Morwell  
VIC 3840 AUSTRALIA  
Tel: +61 1300 760 601  
[au.matrixfitness.com](http://au.matrixfitness.com)

**BRAZIL**  
Johnson Health Tech Brasil  
Estrada Municipal, 200 - mód 14 e 15 - gleba 3  
Chácara Alvorada  
Indaiatuba, SP  
CEP 13337-200 BRASIL  
Tel: +55-19-2107-5300  
[br.matrixfitness.com](http://br.matrixfitness.com)

**CANADA**  
Johnson Health Tech Canada  
10401, Ray-Lawson Blvd.  
Montreal, Quebec H1J 1M3  
CANADA  
Tel: 514-336-0006  
[www.matrixfitness.com](http://www.matrixfitness.com)

**CHINA**  
Johnson Health Tech (Shanghai) Co., Ltd.  
Rm 508-512  
HuaWen Plaza 999 Zhongshan  
(West) Road  
Changning District  
Shanghai, 200050 CHINA  
Tel: +86-021-32503800  
[www.johnsonfitness.com.cn](http://www.johnsonfitness.com.cn)

**FRANCE**  
Johnson Health Tech France  
45, avenue Georges Politzer  
Trappes  
78190 FRANCE  
Tel: +33 01 30 68 62 80  
[www.matrixfitness.fr](http://www.matrixfitness.fr)

**GERMANY / AUSTRIA**  
Johnson Health Tech. GmbH  
Nikolaus-Otto-Str. 1  
D-22946 Trittau GERMANY  
Tel. +49 (0)4154-7952-0  
[www.matrixfitness.eu](http://www.matrixfitness.eu)

**GREECE**  
Johnson Health Tech Hellas SA  
12 Vas. Konstantinou Avenue  
116 35 Athens GREECE  
Tel: +20 211 4112797  
[www.Johnson Health Tech.gr](http://www.Johnson Health Tech.gr)

**HONG KONG**  
Johnson Health Tech (HK) Limited  
Room 1501-1502, Aitken Vanson Centre,  
61 Hoi Yuen Road, Kwun Tong  
Kowloon  
HONG KONG  
Tel: +852-2302 0596  
[hk.matrixfitness.com](http://hk.matrixfitness.com)

**IBERIAN PENINSULA (SPAIN, PORTUGAL)**  
Johnson Health Tech Ibérica  
Avenida de la Astronomía, 4 nave 9.2  
San Fernando de Henares  
28830 Madrid - ESPAÑA  
Tel: +34-91 6293 688  
[www.matrixfitness.es](http://www.matrixfitness.es)

**ITALY**  
Johnson Health Tech Italia Spa  
Zona Ind.le Campolungo 11  
63100 Ascoli Piceno (AP)  
ITALY  
Tel: +39 0736 22699  
[www.matrixfitness.it](http://www.matrixfitness.it)

**JAPAN**  
Johnson Health Tech Japan  
Yasuda Bldg. 2F,  
3-3-8 Kaigan,  
Minato-ku Tokyo 108-8435  
JAPAN  
Tel: +81-3-5419-3560  
[www.matrixfitness.jp](http://www.matrixfitness.jp)

**KOREA**  
Johnson Health Tech Co., Ltd. Korea Branch  
203 ho, A-Block Richensia Young  
San133-3 Wonhyoro 1-ga, Young San  
Gu, 140-111 Seoul  
SOUTH KOREA  
Tel: +82-2-6731-0175  
[kr.matrixfitness.com](http://kr.matrixfitness.com)

**MALAYSIA**  
Johnson Fitness (Malaysia) Sdn. Bhd.  
Lot 557D, Jalan Subang 3  
Subang Jaya Industrial Estate  
47610 Subang Jaya  
Selangor MALAYSIA  
Tel: +60-603-5632 8273  
[my.matrixfitness.com](http://my.matrixfitness.com)

**NETHERLANDS (BELGIUM, DENMARK, LUXEMBOURG)**  
Matrix Fitness / Johnson Health Tech. Netherlands  
Vleugelboot 14  
3991 CL Houten  
NETHERLANDS  
Tel: +31 30 24 45 435  
[www.matrixfitness.nl](http://www.matrixfitness.nl)

**PHILIPPINES**  
Johnson Health Tech. Commercial Philippines Inc.  
15th Floor, Citibank Center, 8741 Paseo de Roxas,  
Makati City, Metro Manila, 1226 PHILIPPINES  
Tel: +63-2-558-6590  
[world.matrixfitness.com](http://world.matrixfitness.com)

**POLAND**  
Johnson Health Tech Poland  
ul. Działkowa 62  
02-234 Warszawa POLAND  
Tel: +49 2234 9997-100  
[pl.matrixfitness.com](http://pl.matrixfitness.com)

**SWITZERLAND**  
Johnson Health Tech. (Schweiz) GmbH  
Althardstrasse 185  
CH-8105 Regensdorf SWITZERLAND  
Tel. +41 (0)44-843 30 30  
[www.matrixfitness.ch](http://www.matrixfitness.ch)

**TAIWAN**  
Johnson Health Tech Taiwan  
999, Sec 2, Dongda Rd., Daya Dist.,  
Taichung City 428  
TAIWAN (R.O.C)  
Tel: +886-4-25667100  
[world.matrixfitness.com/zh](http://world.matrixfitness.com/zh)

**THAILAND**  
Johnson Health Tech Thailand  
9th Floor, Unit 9B, Bangna Towers,  
Tower A 2/3  
Moo 14, Bangna-Trad Rd.  
K.M. 6.5 Bangkaew, Pangplee  
Samutprakan, 10540 THAILAND  
Tel: +66-2751-9360  
[th.matrixfitness.com](http://th.matrixfitness.com)

**UNITED ARAB EMIRATES**  
Johnson Health Tech. UAE  
ICON Tower, Office #602  
TECOM, Al Barsha  
Dubai, United Arab Emirates  
Tel: +971 4 4567939  
[world.matrixfitness.com/](http://world.matrixfitness.com/)

**UNITED KINGDOM**  
(ENGLAND, SCOTLAND, N. IRELAND, WALES)  
Johnson Health Tech UK  
Riverside park  
Campbell Road  
Stoke on Trent  
ST4 4EY ENGLAND  
Tel: +44-1782644900  
[www.matrixfitness.co.uk](http://www.matrixfitness.co.uk)

**UNITED STATES**  
Matrix Fitness / Johnson Health Tech NA  
1600 Landmark Drive  
Cottage Grove, WI 53527 USA  
Toll Free: +1-866-693-4863  
[www.matrixfitness.com](http://www.matrixfitness.com)

**VIETNAM**  
Johnson Health Tech (Vietnam) Co. Ltd.  
Unit 2302, Lim Tower  
9-11 Ton Duc Thang Street  
Ben Nghe Ward, District 1  
Ho Chi Minh City  
VIETNAM  
Tel: +84 909 977957  
[vn.matrixfitness.com](http://vn.matrixfitness.com)

**INTERNATIONAL (OTHER COUNTRIES)**  
Matrix Fitness International  
999, Sec 2, Dongda Rd., Daya Dist.,  
Taichung City 428  
TAIWAN (R.O.C)  
Tel: +886-4-25667100  
[world.matrixfitness.com](http://world.matrixfitness.com)



# 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 intended for commercial use. To ensure your safety and protect the equipment, read all instructions before operating.

## DANGER!

### TO REDUCE THE RISK OF ELECTRICAL SHOCK:

- Always unplug the equipment from the electrical outlet immediately after using, before cleaning, performing maintenance and putting on or taking off parts.

## 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 top side 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 free wheel. 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 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 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 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 plug from outlet.
- Do not use unit in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports 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.

## 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 an 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.

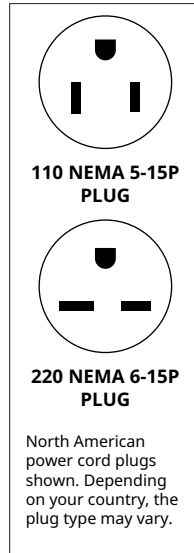
The E1x is designed to be self powered and does not require an external power supply source to operate. Without an external power supply, the console’s start-up time may be delayed. Add-on TV’s and other console accessories will increase the time needed for start-up. An external power supply will ensure power is provided to the console at all times and is recommended when add-on accessories are used.

### 110 V UNITS

The E1x requires 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

The E1x requires 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 breakdown, 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 wire 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 PCTV

A 15 A or 20 A “Dedicated Circuit” with a non-looped (isolated) neutral/ground is required. Each PCTV requires at least 1.2 A of current. No more than 12 PCTVs should be used for each 15 A circuit and no more than 16 PCTVs should be used for each 20 A circuit. The power outlet should have the same configuration as the plug. No adapter should be used with this product. An RG6 coaxial cable with ‘F Type’ compression fittings will need to be connected between the video source and each add-on PCTV unit.

## ADD-ON DIGITAL TV

Additional power requirements are not needed for the add-on digital TV. 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.



## WARNING!

- Connect this exercise product to a properly grounded outlet only.
- Never operate product with a damaged cord or plug even if it is working properly. Never operate any product if it appears damaged, or has been immersed in water. Contact Customer Tech Support for replacement or repair.

Failure to follow these specifications can cause damage to your product and can void the warranty:

- All video and power outlets must be functional the day of delivery / assembly of the product. The client is responsible for any additional installation charges associated with return visits.
- Electrical supply may fluctuate in your area. To ensure stable performance of the product, use the proper gauge wire.

## 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 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.

## DANGER!

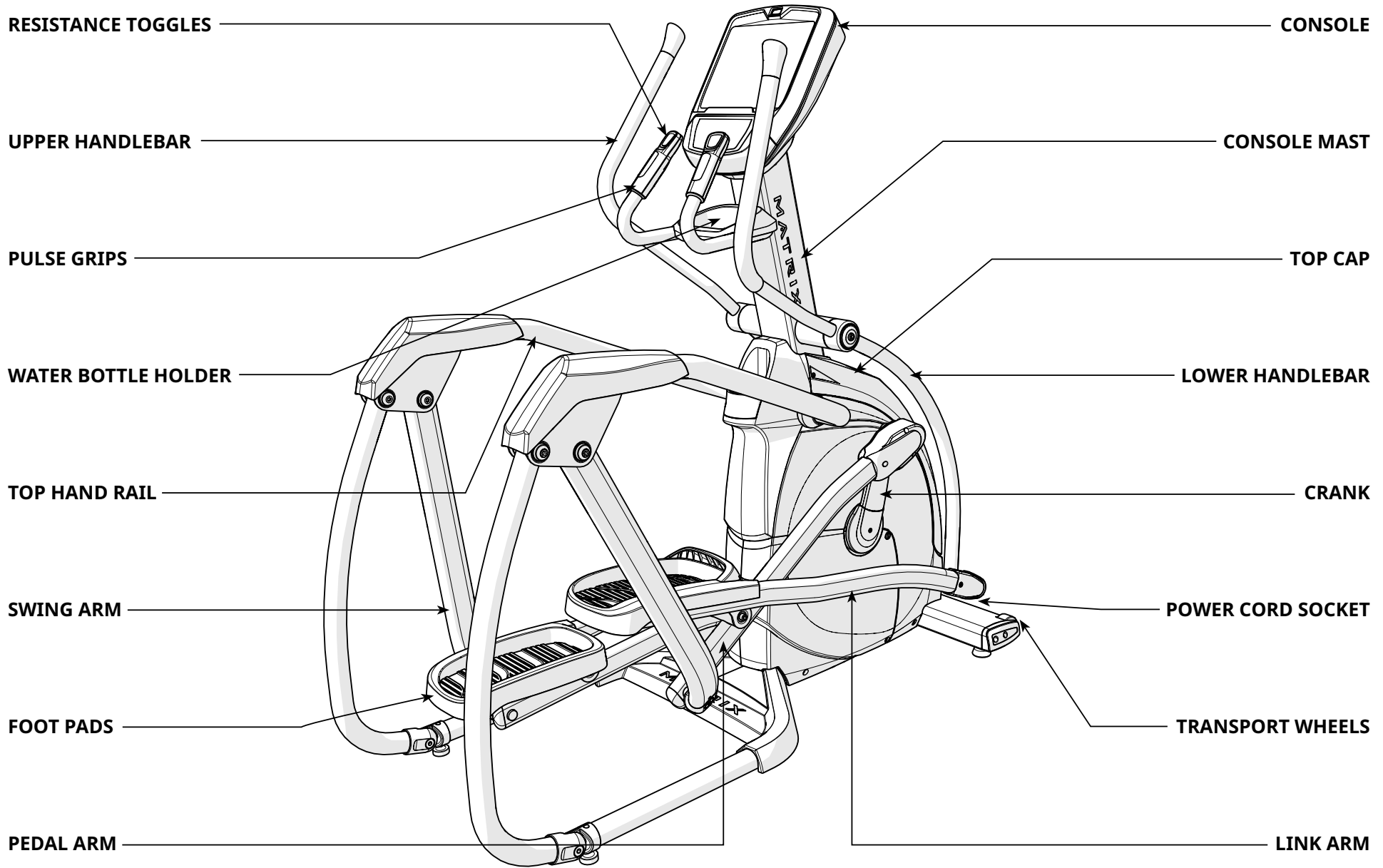
Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

### TOOLS REQUIRED:

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

### PARTS INCLUDED:

- 1 Main Frame
- 1 Pedal Arm Cover Set
- 1 Upper Assembly
- 1 Top Cap Cover
- 1 Front Shroud
- 2 Top Hand Rail Cap Sets
- 2 Top Hand Rail Covers
- 2 Upper/lower Dual Action Arms
- 2 Dual Action Arms Caps
- 2 Link Arm Cover Sets
- 1 Console (sold separately)
- 1 Console Bracket
- 1 Power Cord (included with console)
- 1 Hardware Kit

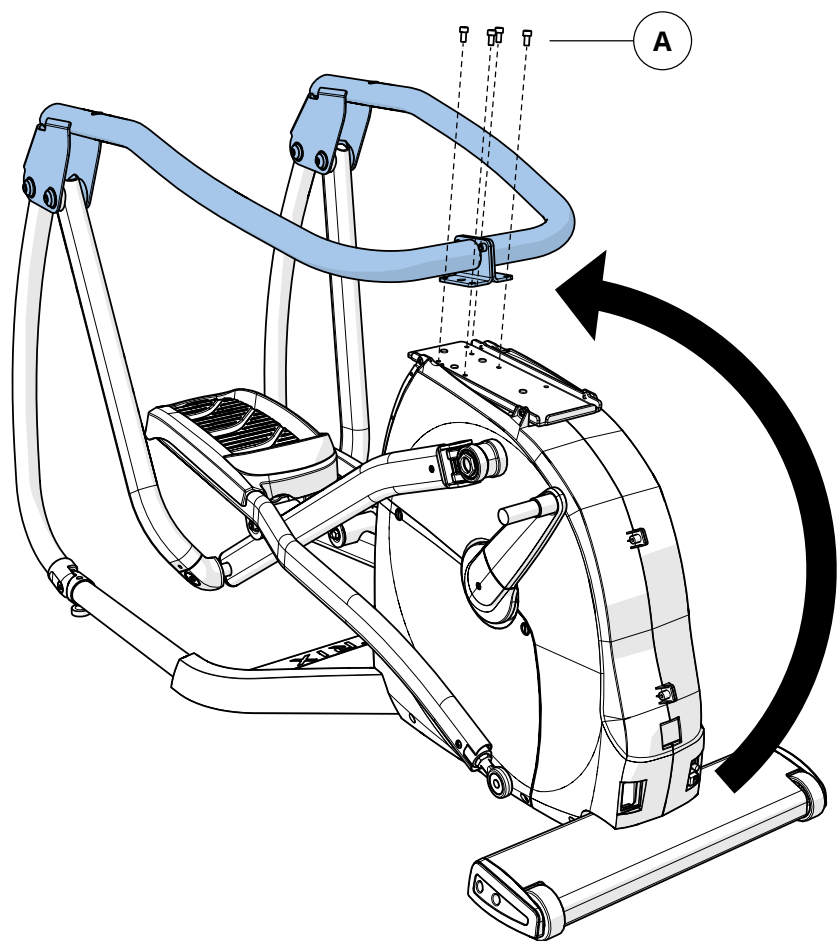




1

Black Hardware Bag

Description	Qty
A Bolt	4



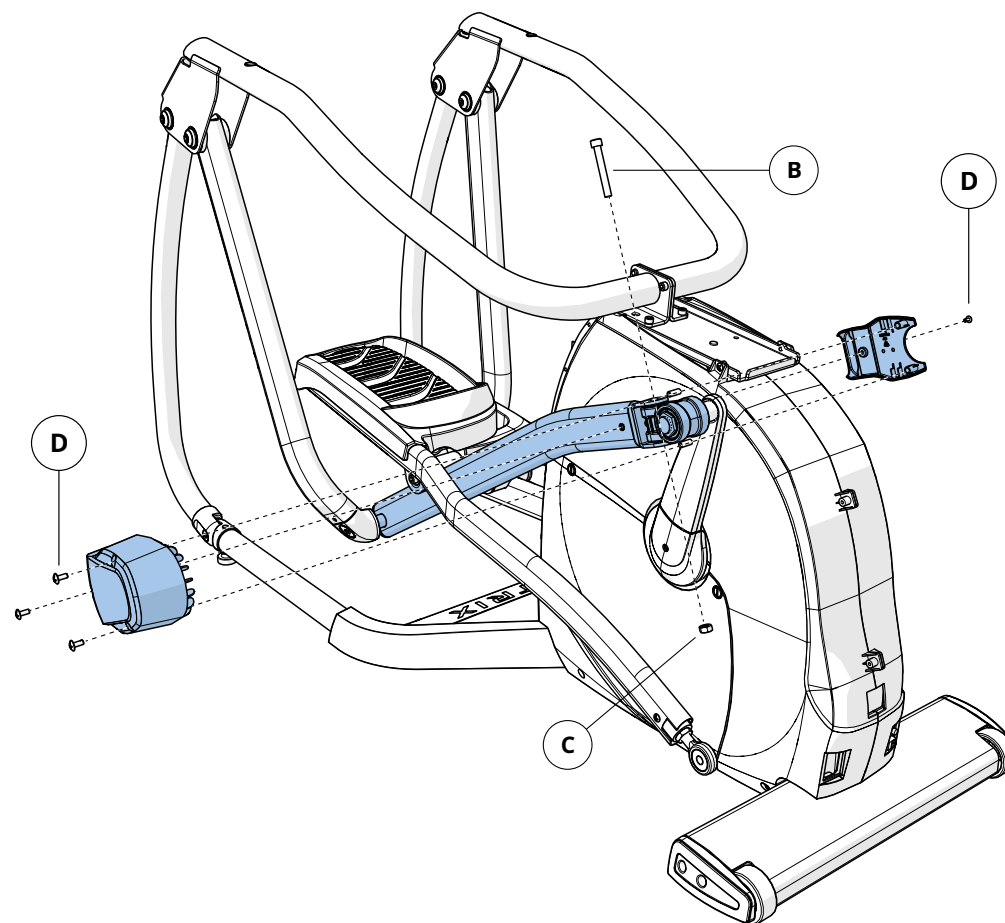
2

White Hardware Bag

Description	Qty
B Bolt	1
C Nut	1
D Screw	4

Torque Value:

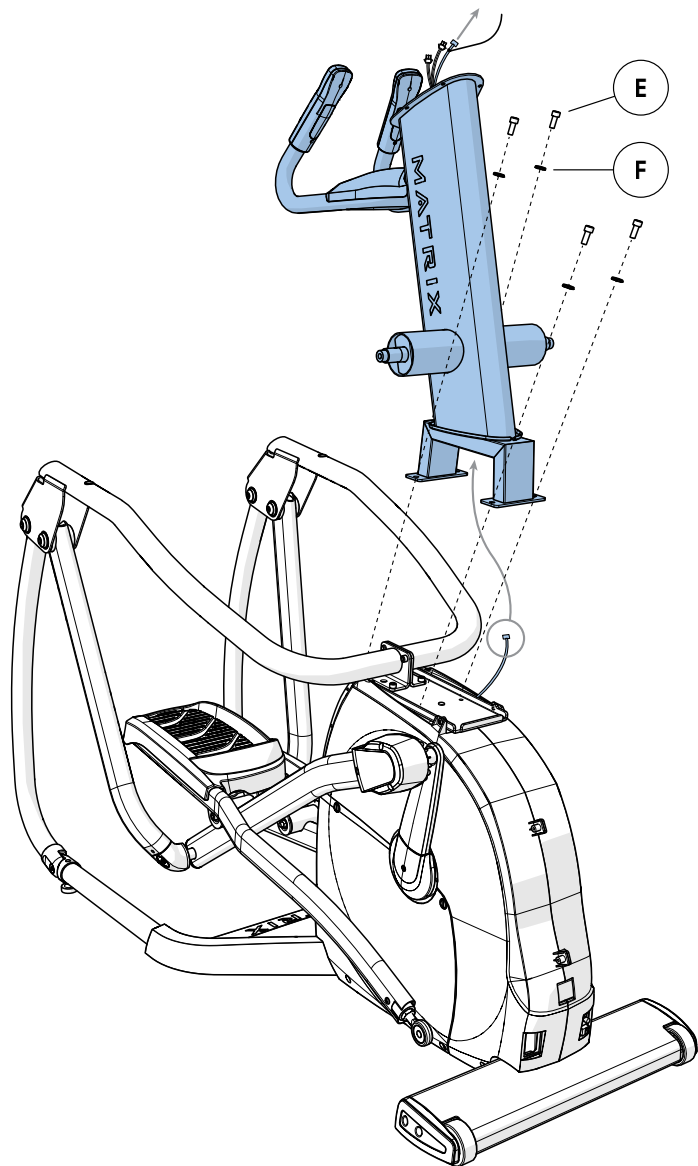
Bolt B: 70-90 Nm / 52-66 ft-lb



3

Yellow Hardware Bag

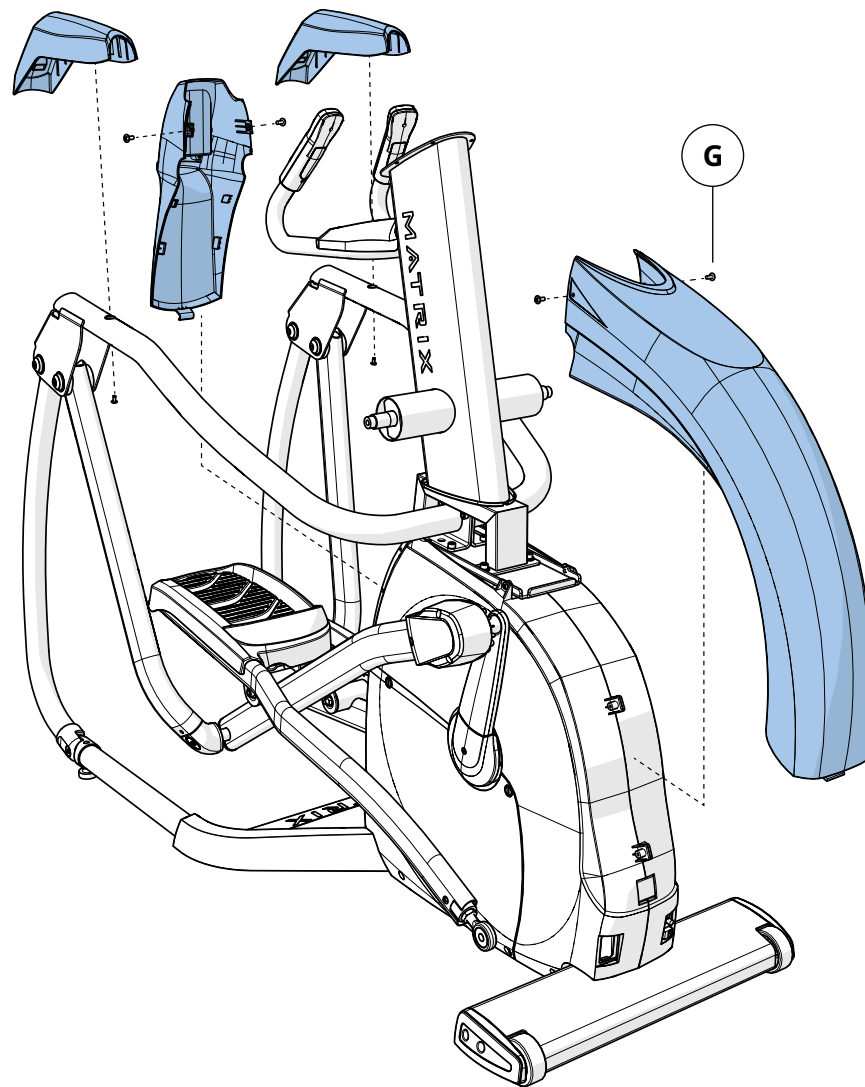
Description	Qty
E Bolt	4
F Tooth Washer	4



4

Blue Hardware Bag

Description	Qty
G Screw	6

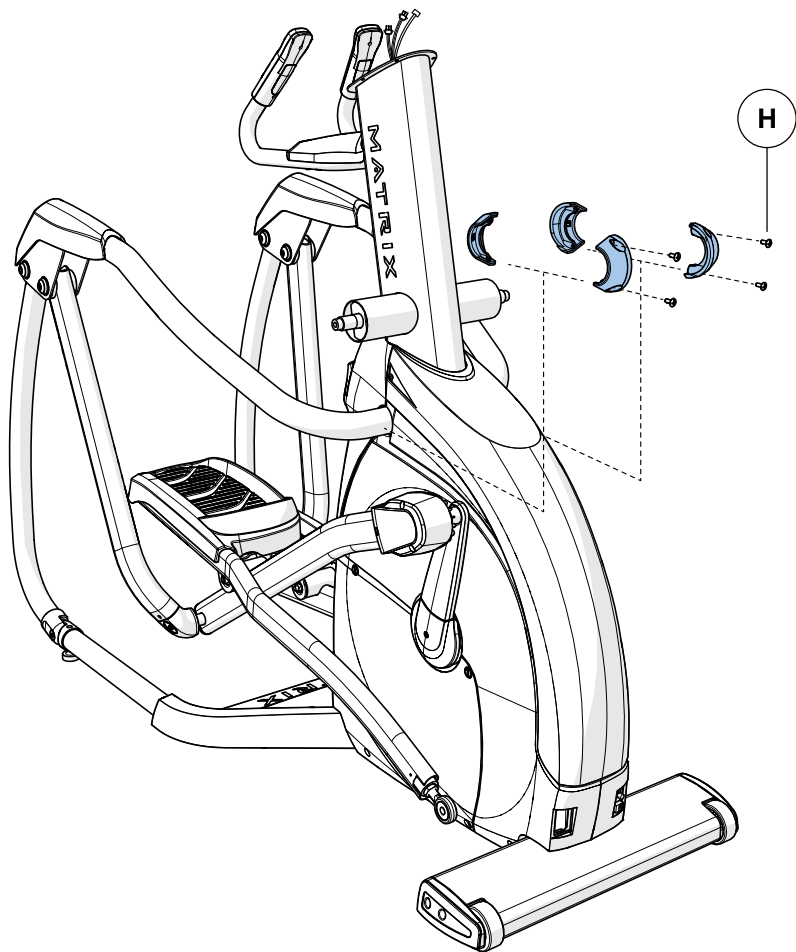




5

Red Hardware Bag

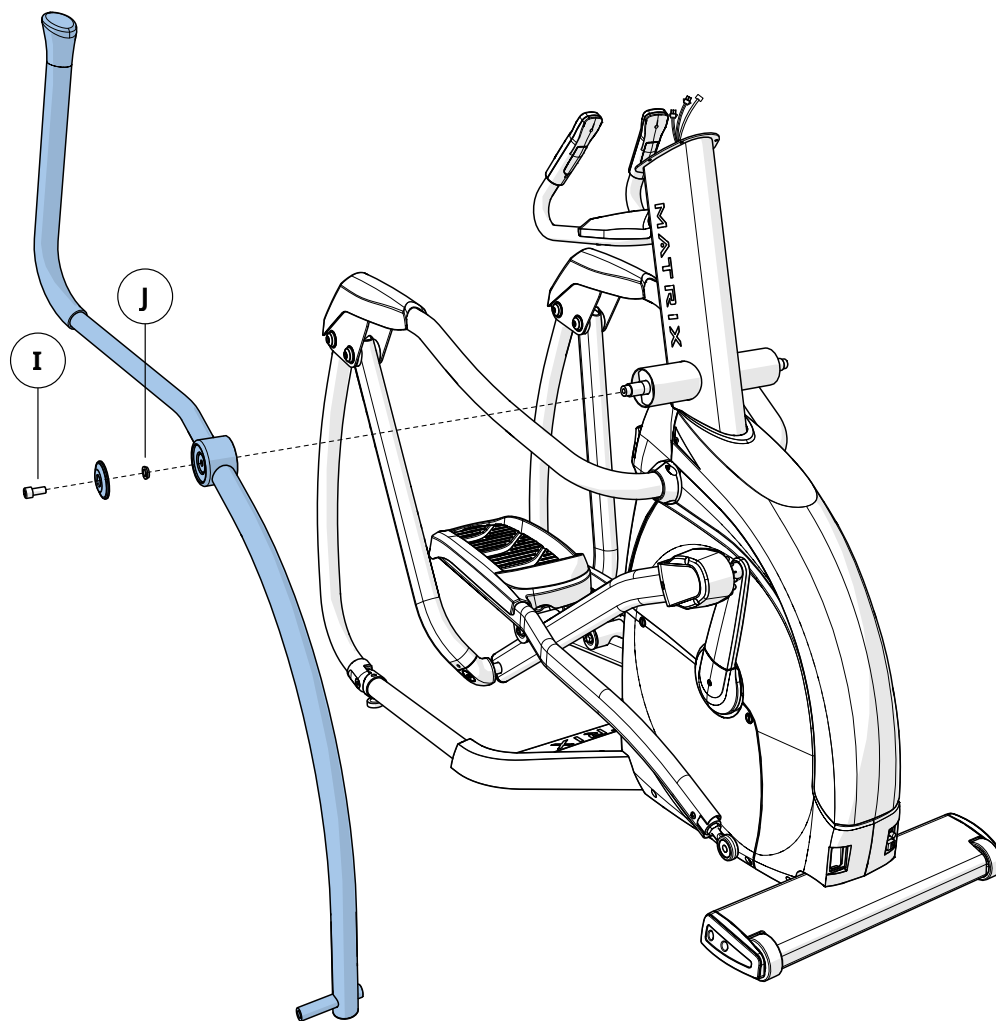
Description	Qty
H Screw	4



6

Green Hardware Bag

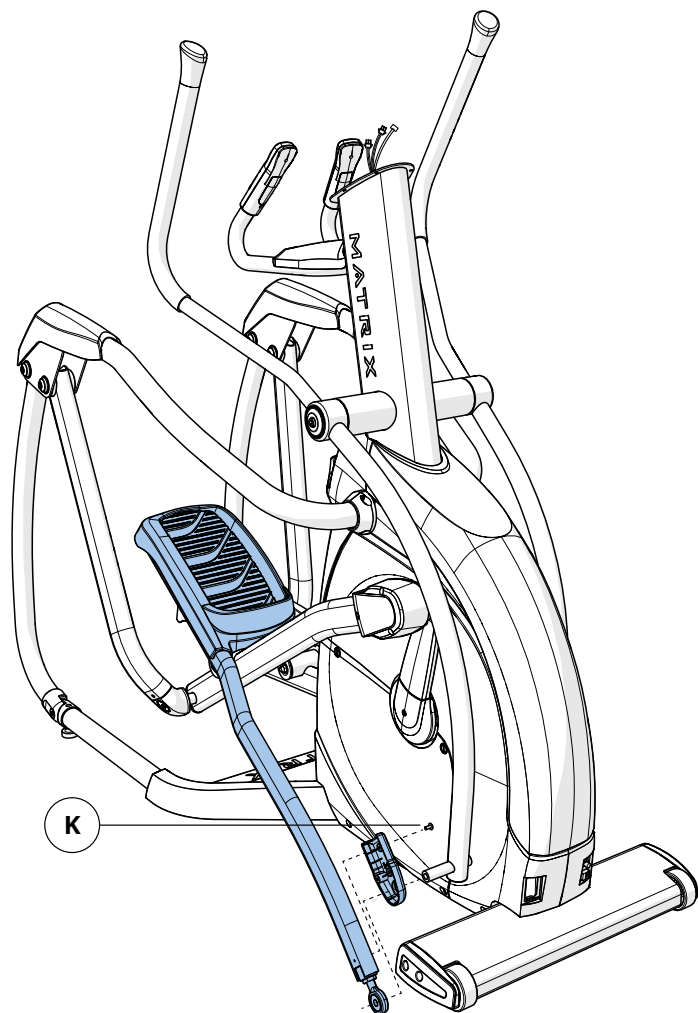
Description	Qty
I Bolt	2
J Washer	2



# 7

## Purple Hardware Bag

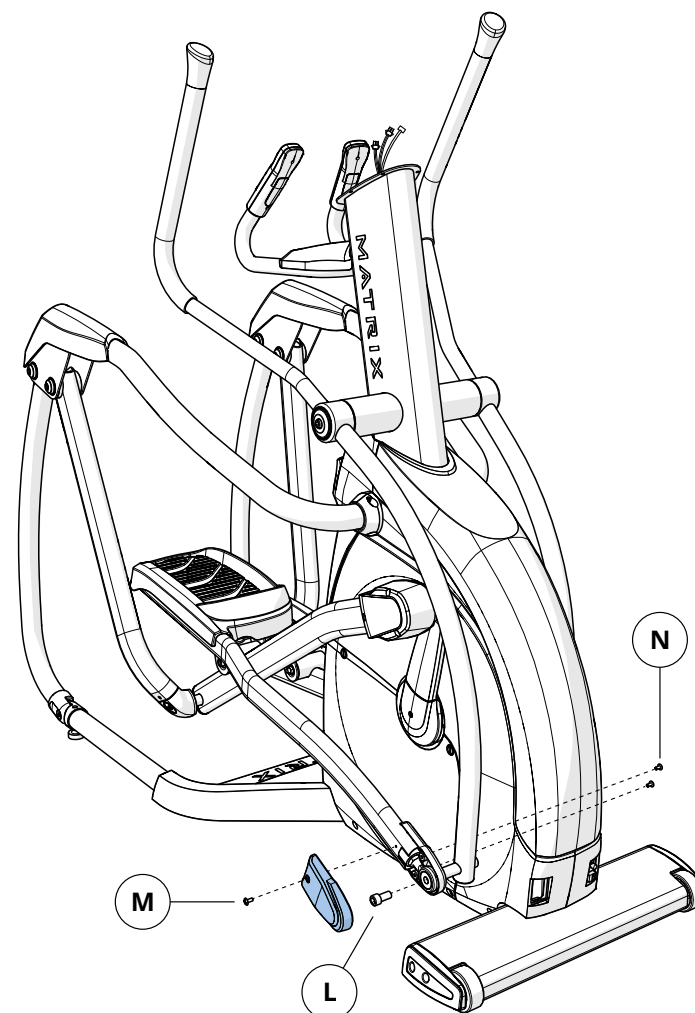
Description	Qty
K Screw	2



# 8

## Cyan Hardware Bag

Description	Qty
L Bolt	2
M Screw (M4)	2
N Screw (M5)	4

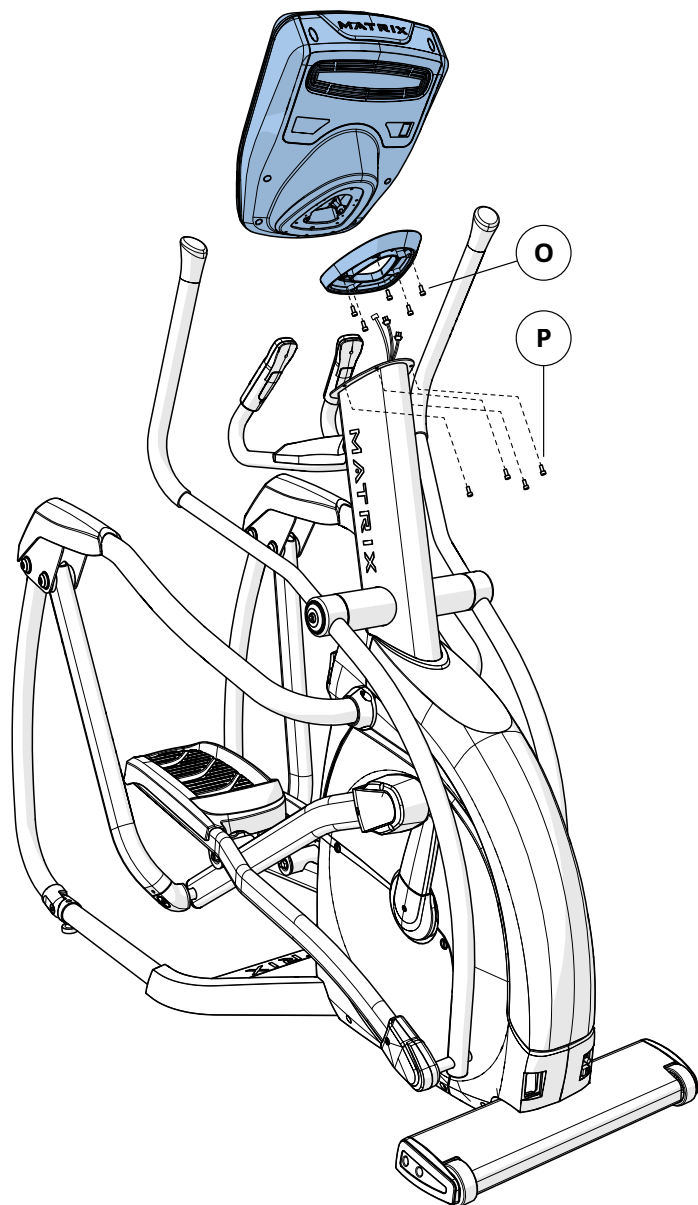




9

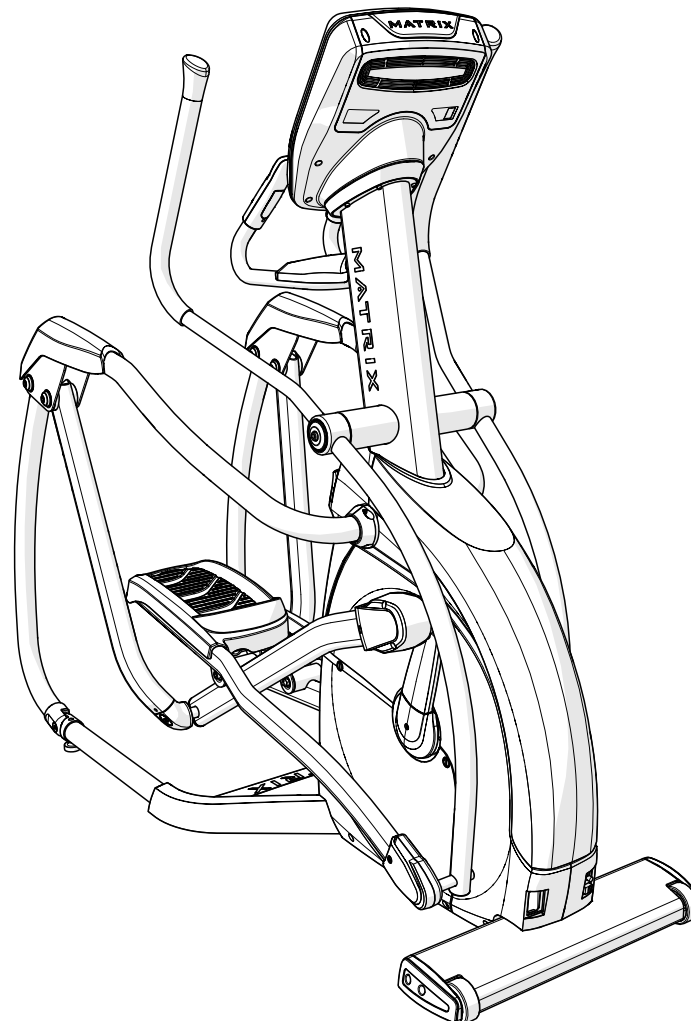
Orange Hardware Bag

Description	Qty
O Bolt (Pre-installed)	5
P Bolt	4



10

ASSEMBLY COMPLETE!





# 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 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

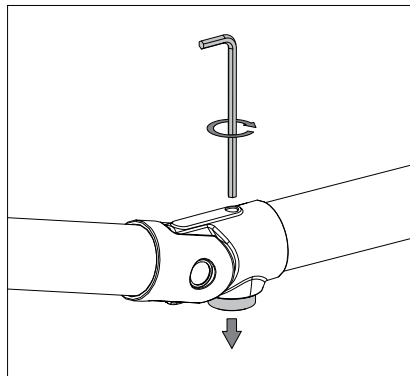
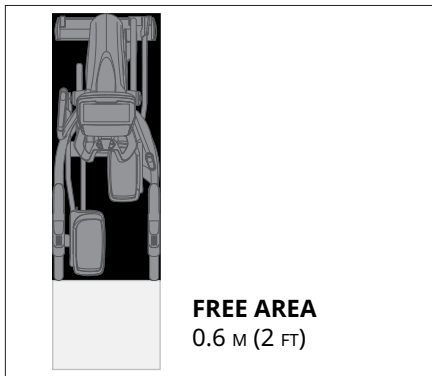
The equipment should be level for optimum use. Once you have placed the equipment where you intend to use it, raise or lower one or both of the adjustable levelers located on the bottom of the frame. Use 6mm hex key through the access hole (shown below).

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. Some equipment has a power switch, located next to the power jack. Make sure it is in the ON position. Unplug cord when not in use.

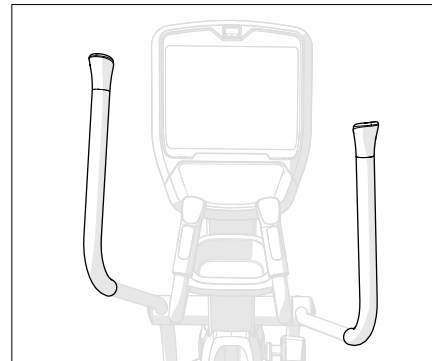
## MOUNTING THE ELLIPTICAL

1. Stand behind the equipment.
2. While holding both of the rear arm rests for support, place your foot on the lowest foot pedal and push pedal down into the lowest position before stepping onto foot pedal.
3. Wait until the equipment finds its resting place and then place your other foot on the opposite pedal.

## WARNING!

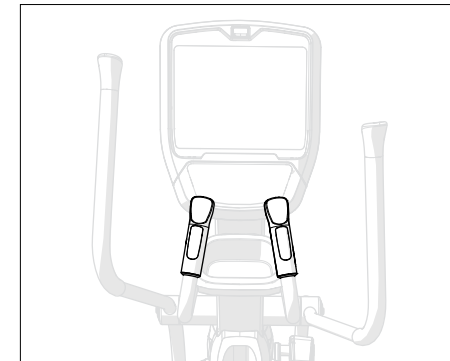
Never operate equipment if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Contact Customer Tech Support for examination and repair.

## WORKOUT OPTIONS



### FULL BODY WORKOUT

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



### LOWER BODY WORKOUT

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



## PROPER USAGE

This equipment offers a variety of foot positions. Moving your foot to the forward most position of the foot pad increases your step height, which will create a feel similar to a step machine. Placing your foot toward the back of the foot pad 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 foot pad.

This equipment also allows you to pedal both forward and backwards 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.

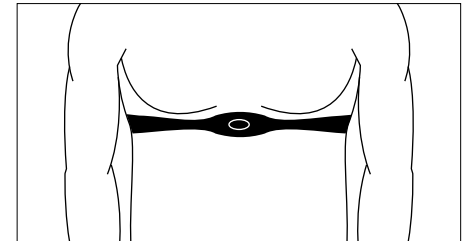
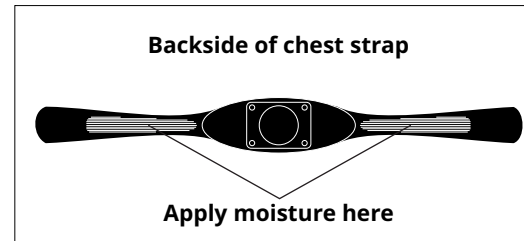
## USING THE HEART RATE FUNCTION

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 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.

### PULSE GRIPS

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 heart beats (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.

### WIRELESS HEART RATE RECEIVER



When used in conjunction with a **wireless chest transmitter**, your heart rate can be transmitted wirelessly to the unit and displayed on the console.

Prior to wearing the wireless chest transmitter on your chest, moisten the two rubber electrodes with water. Center the chest strap just below the breast or pectoral muscles, directly over your sternum, with the logo facing out. **NOTE:** The chest strap must be tight and properly placed to receive an accurate and consistent readout. If the chest strap is too loose, or positioned improperly, you may receive an erratic or inconsistent heart rate readout.

### WARNING!

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



## 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 Elliptical, the power cord must be disconnected from the wall outlet.

MAINTENANCE SCHEDULE	
ACTION	FREQUENCY
Unplug the unit. Clean 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 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
For XE consoles, enter service mode and select 'test'. Select 'touch calibration' and then select 'start'. Follow the on-screen prompts and touch the screen where indicated.	QUARTERLY

## PRODUCT SPECIFICATIONS

E1x/E1xe Elliptical	
Max User Weight	182 kg / 400 lbs
Product Weight	140 kg / 308 lbs
Shipping Weight	160 kg / 352 lbs
Overall Dimensions (L x W x H)*	175 x 74 x 173 cm / 68.9" x 29.1" x 68.1"

\* 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.

# MATRIX