



C7xe
C5x
C3x

CLIMBMILL OWNER'S MANUAL

IMPORTANT PRECAUTIONS



SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this product. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all warnings and precautions. If you have any questions after reading this guide, contact Customer Tech Support at the number listed on the back panel of the OWNER'S MANUAL.

This product 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 unit 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:

- An appliance should never be left unattended when plugged in. Unplug the entertainment equipment from outlet when not in use and before putting on or taking off parts.
- This product must be used for its intended purpose described in this Owner's Guide. Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not remove side covers. Service should only be done by an authorized service technician.
- Never operate the Stepper with the air opening blocked. Keep the air opening clean, free, of lint, hair and the like.
- Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Return the unit to a service center for examination and repair.
- Do not carry this unit by entertainment equipment power cord or use cord as handle.
- Keep any of the entertainment equipment power cords away from heated surfaces
- Keep hands and loose clothing away from moving parts.
- Close supervision is necessary when the Stepper is used by or near children or disabled persons.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Connect this Stepper to a properly grounded outlet only.
- To disconnect, turn all entertainment controls to the off position, then remove plug from outlet.
- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Use the unit only as described in the unit guide and owner's manual.

WARNING

- 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.
- At NO time should pets or children under the age of 13 be closer to the unit than 10 feet.
- At NO time should children under the age of 13 use the unit.
- Children over the age of 13 or disabled persons should not use the unit without adult supervision.
- 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. Return the unit to a service center for examination and repair.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not remove the console covers unless instructed by Customer Tech Support. Service should only be done by an authorized service technician.
- This unit is not equipped with a free wheel. Pedal speed should be reduced in a controlled manner.
- Heart rate monitoring systems may be inaccurate.
- Over exercising may result in serious injury or death.
- If you feel faint, stop exercising immediately.

WARNING

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

It is essential that your unit is used only indoors, in a climate controlled room. If your unit has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the unit is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.



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

It is essential that your unit is used only indoors, in a climate controlled room. If your unit has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the unit is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

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

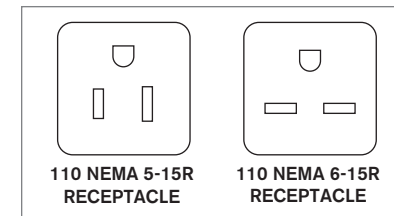
For your safety and to ensure good unit performance, the ground on this circuit must be non-looped (isolated). Please refer to NEC article 210-21 and 210-23. Any alterations to the standard power cord provided could void all warranties of this product.

For units with an integrated TV (7xe), the TV power requirements are included in the the unit. For units with an add-on digital TV (3x and 5x), the machine in which the add-on digital TV is connected to powers the add-on digital TV. Additional power requirements are not needed for the add-on digital TV. For units with an add-on PCTV (3x and 5x), the TV power requirements are separate.

NOTE: ALL UNITS WITH VIRTUAL ACTIVE™ MUST BE POWERED!

110 V UNITS

All Matrix 3x, 5x and 7xe 110 V Climbmills require the use of a 100-125 V, 60 Hz and a 15 A “Dedicated Circuit”, with a non-looped (isolated) neutral/ground for power. This outlet should be a NEMA 5-15R and have the same configuration as the plug. No adapter should be used with this product. These Climbmills can be daisy-chained together with up to 4 units per 15 A dedicated circuit.



North American power cord plugs shown.
Depending on your country, the plug type may vary.

Matrix daisy-chain cord adapters are sold separately.

220 V UNITS

All Matrix 3x, 5x and 7xe 220 V Climbmills require the use of a 216-250 V, 50 Hz and a 15 A “Dedicated Circuit”,

with a non-looped (isolated) neutral/ground for power. This outlet should be a NEMA 6-15R and have the same configuration as the plug. No adapter should be used with this product. These Climbmills can be daisy-chained together with up to 4 units per dedicated 15 A circuit. Matrix daisy-chain cord adapters are sold separately.

GROUNDING INSTRUCTIONS

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



ADDITIONAL ELECTRICAL INFO

In addition to the dedicated circuit requirement, the proper gauge wire must be used from the circuit breaker box, to each outlet that will have the maximum number of units running off of it. If the distance from the circuit breaker box to each outlet, is 100 ft (30.5 m) or less, then 12 gauge 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 (3X AND 5X)

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. No adapter should be used with this product. A coaxial cable from the video source to the unit will be needed for each PCTV unit.

ADD-ON DIGITAL TV (3X AND 5X)

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



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.

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.

WARNING: 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.

BASIC OPERATION





LOCATION OF THE UNIT

Place the unit on a level and stable surface away from direct sunlight. The intense UV light can cause discoloration on the plastics. Locate your unit in an area with cool temperatures and low humidity. Please leave a clear zone behind the unit that is at least 24" (600 mm). This zone must be clear of any obstruction and provide the user a clear exit path from the machine. Do not place the unit in any area that will block any vent or air openings. The unit should not be located in a garage, covered patio, near water or outdoors.

! WARNING

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

LEVELING THE UNIT

Locate a level, stable surface to position the equipment. The equipment has leveling transport wheels located under the 'CONTROL ZONE' cover. To access grab the left and right sides of the cover and lift off. CAUTION There is an electrical plug located under the cover and will need to be unplugged before the cover can be completely removed. With the CONTROL ZONE cover removed adjust the transport wheels until stable and lock wheels into place. Once stable plug the electrical connection back together and place the CONTROL ZONE cover back into place.

HEIGHT REQUIREMENTS

The Climbmill adds 30" – 38" (76cm – 96) to a user's height. For example, a 6' (183cm) tall user will be 7' 8" – 8' 4" (234.4cm – 254.4cm) off of the floor. Total height of the user on the Climbmill should not exceed 9' 10" (300cm), which means users taller than 6' 8" (204cm) should not use this equipment.

POWER

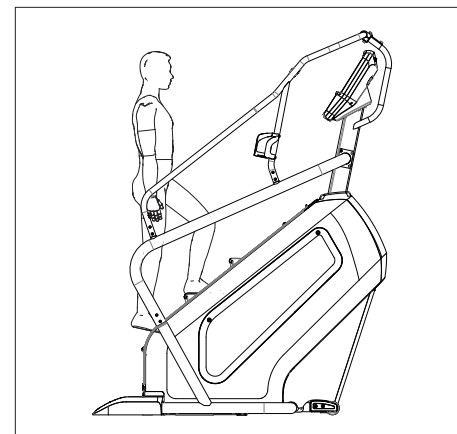
If your unit is powered by a power supply, the power must be plugged into the power jack, which is located in the front of the machine near the stabilizer tube. Some units have a power switch, located next to the power jack. Make sure it is in the ON position. Unplug cord when not in use.



24" 600 mm

! WARNING

Never operate product 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.



MOUNTING THE CLIMBMILL

Stand directly behind the Climbmill. Grasp either the upper or lower handle bars and step onto the Climbmill until you are within comfortable reach of the console and remote handlebar controls.

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.

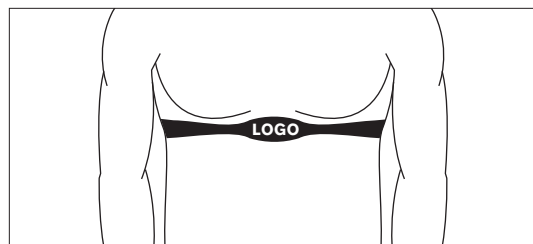
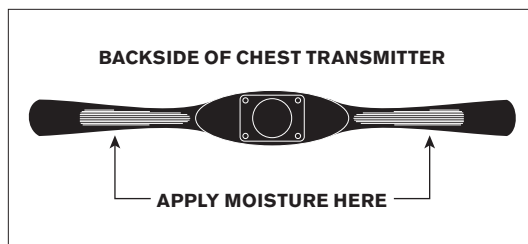




WIRELESS HEART RATE RECEIVER

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.

TROUBLESHOOTING & MAINTENANCE





RECOMMENDED CLEANING TIPS

- Preventative maintenance and daily cleaning will prolong the life and look of your equipment.
- A Use a soft, clean cotton cloth. DO NOT use paper towels to clean surfaces on the treadmill. Paper towels are abrasive and can damage surfaces.
 - B Use a mild soap and damp cloth. DO NOT use ammonia based cleaner or alcohol. This will cause discoloring of the aluminum and plastics it comes into contact with.
 - C Do not pour water or cleaning solutions on any surface. This could cause electrocution.
 - D Wipe the console, heart rate grip, handles, foot pads and handlebars after each use.

For cleaning 7xe displays, use distilled water in an atomizer spray bottle. Spray distilled water onto soft, clean, dry cloth and wipe display until clean and dry. For very dirty displays, adding vinegar is recommended.

CAUTION: Be sure to have proper assistance to install and move the unit in order to avoid injury or damage.

CHECK FOR DAMAGED PARTS

DO NOT use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Matrix Fitness.

MAINTAIN LABELS AND NAMEPLATES.

Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Matrix Fitness Systems for a replacement. 1-866-693-4863, www.matrixfitness.com

MAINTAIN ALL EQUIPMENT

Preventative maintenance is the key to smooth operating equipment, as well as keeping the user’s liability to a minimum. Maintain a clean area around the equipment, free from dust and dirt. Equipment needs to be inspected at regular intervals. Defective components must be replaced immediately. Improperly working equipment must be kept out of use until it is repaired. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. Matrix Fitness Systems will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.

CARE AND MAINTENANCE

HOW DO I CLEAN MY MACHINE?

Clean with soap and water cleaners only. Never use solvents on plastic parts. Cleanliness of your Climbmill and its operating environment will keep maintenance problems and service calls to a minimum. For this reason, Customer Tech Support recommends that the following preventive maintenance schedule be followed.

DAILY

- 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).

MONTHLY (C3x only)

- Unplug the Climbmill and remove the access panel. Clean chain of old grease and re-apply a lithium-based grease to each chain link.

QUARTERLY

- Check pedal motion and stability to ensure the Climbmill does not rock or wobble.
- Check all connecting joint areas for tightness of bolt assemblies.
- 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.
- Unplug the Climbmill and remove the access panel. Clean sprockets of old grease and re-apply a lithium-based grease to sprocket teeth.

PREVENTATIVE MAINTENANCE CHECKLIST

Facility: _____

MAKE:	MODEL:	S/N
LOCATION:	TECHNICIAN:	DATE:

- Inspect power cords _____ Remove covers, check belts _____
- Vacuum/clean under cover _____ Verify electronics operation _____
- Check resistance system _____ Check pulleys _____
- Lubricate pivot points _____ Check/tighten hardware _____
- Check connecting joints _____

Notes/comments _____



To remove power from the equipment, the power cord must be disconnected from the wall outlet.

Do not plug the Climbmill in until the access panel has been reinstalled.





ASSEMBLY



⚠ WARNING

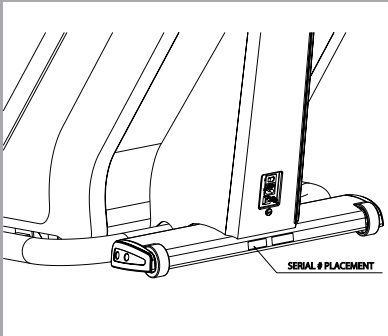
There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the equipment could have frame parts that 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.

Before proceeding, find your unit's serial number located.

ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

CONSOLE SERIAL NUMBER:	
<input type="text"/>	<input type="text"/>
FRAME SERIAL NUMBER:	
<input type="text"/>	<input type="text"/>
MODEL NAME: MATRIX	<input type="text"/>









SERIAL NUMBER LOCATION





- » Refer to the SERIAL NUMBER and MODEL NAME when calling for service.
- » The console serial number can be found in the Manager Mode or Engineering Mode.



INCLUDED **FASTENERS**

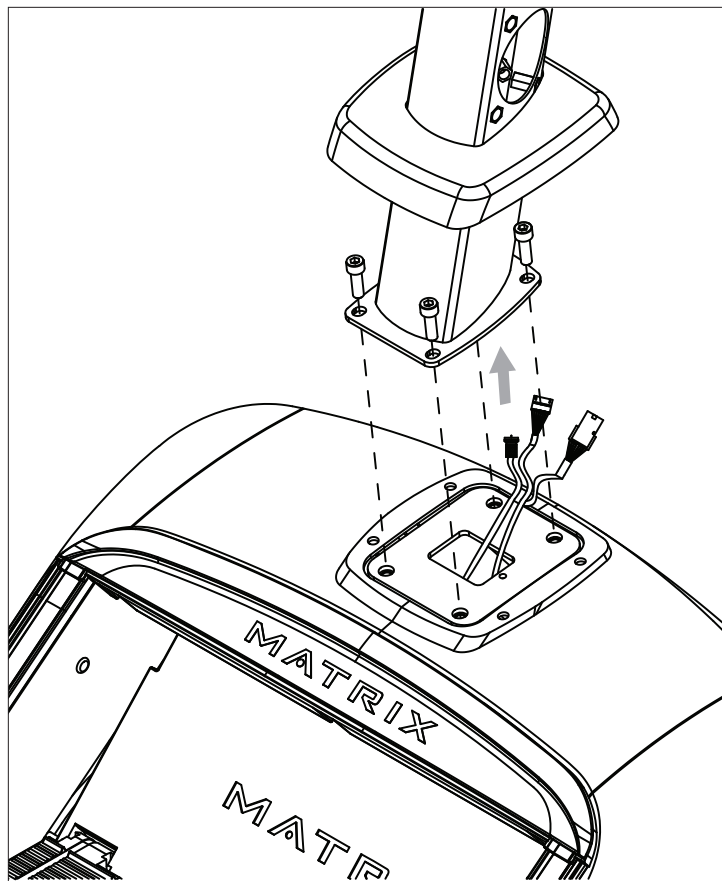
SKETCH	DESCRIPTION	QUANTITY	PACKAGE COLOR
	SOCKET HEAD BOLT(M8x25L)	4	BLACK
	SOCKET HEAD BOLT(M8x20L)	20	BLUE
	SOCKET HEAD BOLT(M8x35L)	2	GREEN
	SOCKET HEAD BOLT(M8x16L)	3	GREEN
	SOCKET HEAD BOLT(M8x16L)	4	BLUE
	CURVED WASHER	4	BLUE
	FLAT WASHER	8	BLUE
	FLAT WASHER	5	GREEN

REQUIRED **TOOLS FOR ASSEMBLY**


	6mm ALLEN WRENCH
	5mm ALLEN WRENCH



ASSEMBLY STEP 1

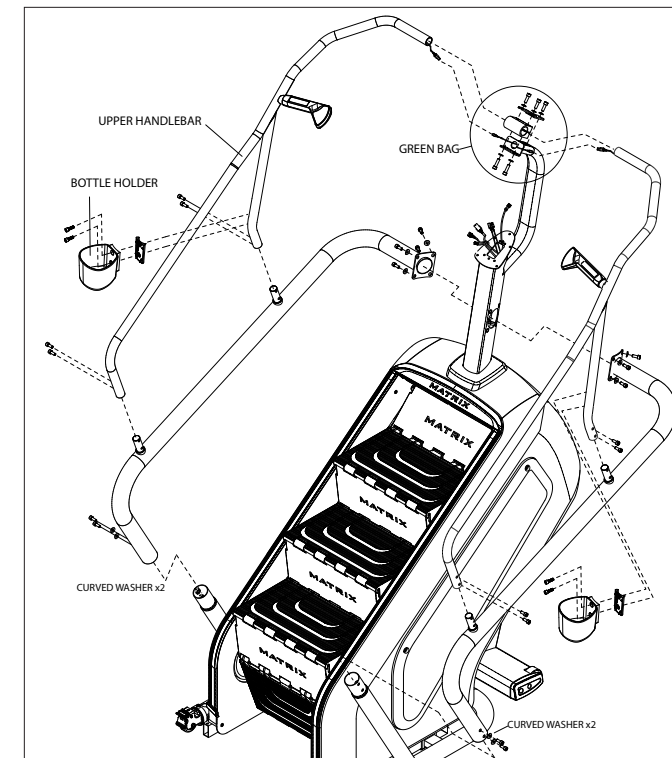


BLACK HARDWARE BAG CONTENTS :








	SOCKET HEAD BOLT(M8x25L)	4	BLACK
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- Open **BLACK HARDWARE BAG**
- Carefully route the wires up console mast.
- Attach the console mast to the frame using the provided bolts. Securely tightly, being careful not to pinch any wires.

ASSEMBLY STEP 2

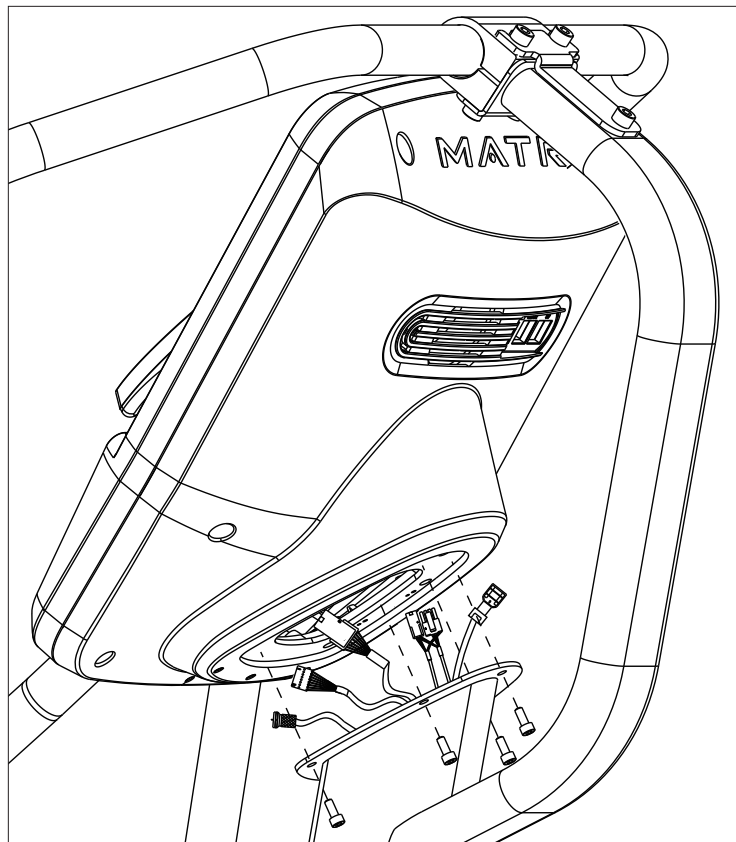


BLUE & GREEN HARDWARE BAG CONTENTS

	SOCKET HEAD BOLT(M8x20L)	20	BLUE
	SOCKET HEAD BOLT(M8x16L)	3	GREEN
	SOCKET HEAD BOLT(M8x35L)	2	GREEN
	CURVED WASHER	4	BLUE
	FLAT WASHER	8	BLUE
	FLAT WASHER	5	GREEN
	SOCKET HEAD BOLT(M8x16L)	4	BLUE

- Open **BLUE HARDWARE BAG**
- Attach Lower Handlebar using provided bolts. Tighten securely at base and mast.
- Attach Upper Handlebar using provided bolts. Carefully route and connect all wires to the console mast. Tighten securely.
- Attach Bottle Holder using provided bolts.
- Repeat on the other side.

ASSEMBLY STEP 3



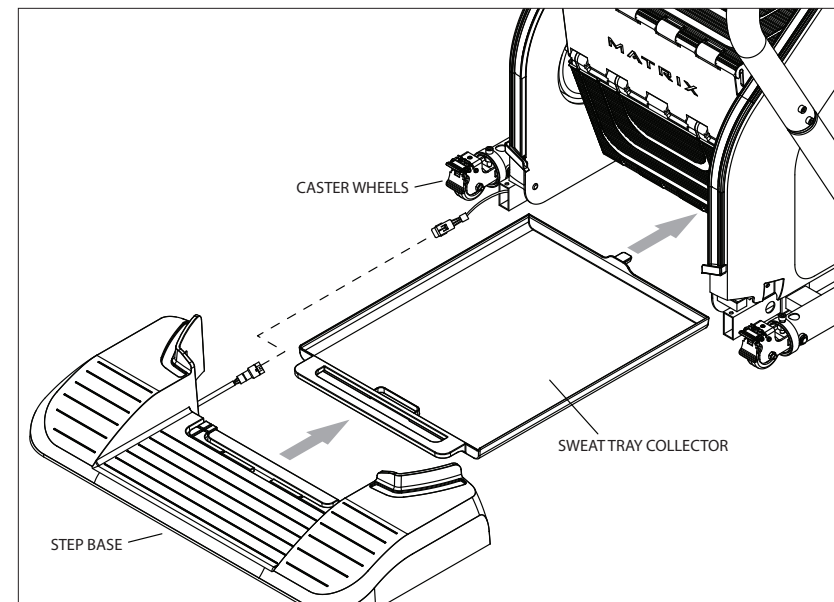
CONTENTS ARE PRE-ATTACHED:

 SOCKET HEAD BOLT(M5x8L) 5

- A Remove the five pre-attached console screws from back of console.
 - B Carefully connect all wires coming from the mast to the inside of the console.
- Note: Depending on the console, not all cables coming from the mast will need to be connected.
- C Attach console to console mast using provided bolts. Secure tightly, being careful not to pinch any wires.

For C3x, skip page 23 and continue on page 24.

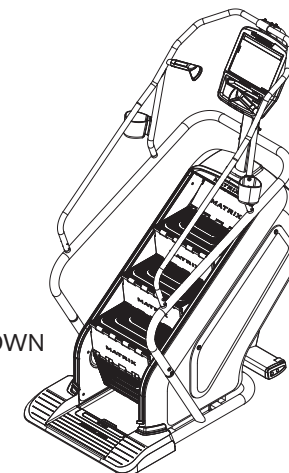
C5x and C7xe ASSEMBLY STEP 4



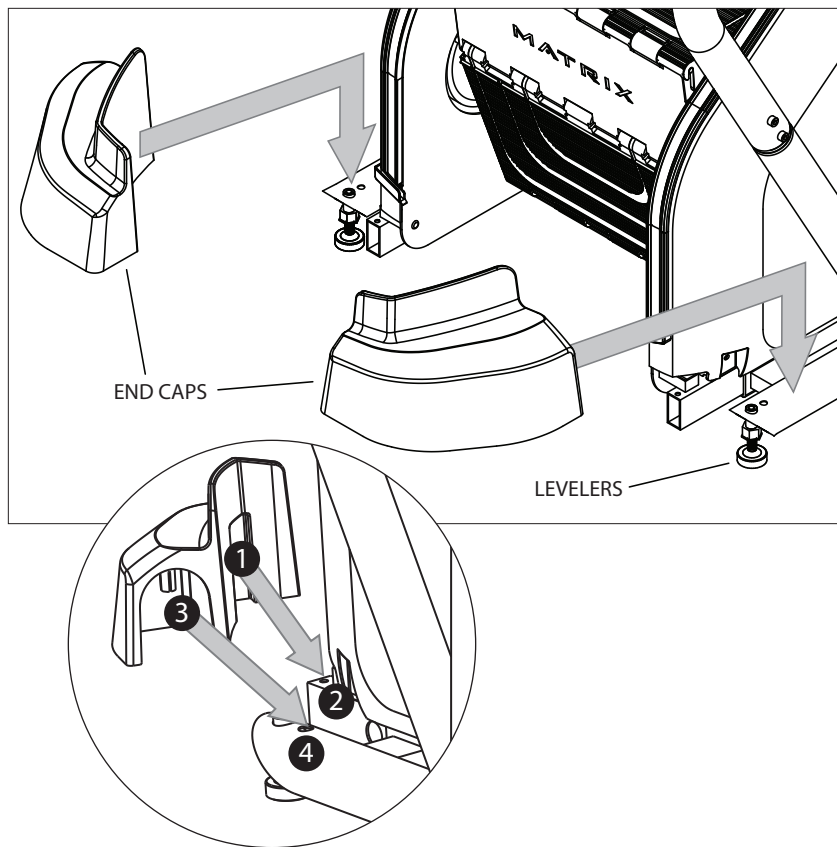
- A Connect the wires from the frame to the Base Step.
- B Lift the Base Step over the caster wheels. Push down firmly on both sides until it seats firmly.
- C Slide the Sweat Collector Tray under the Climbmill, latching the handle to the base.

C5X AND C7XE ASSEMBLY COMPLETE!

C7XE SHOWN

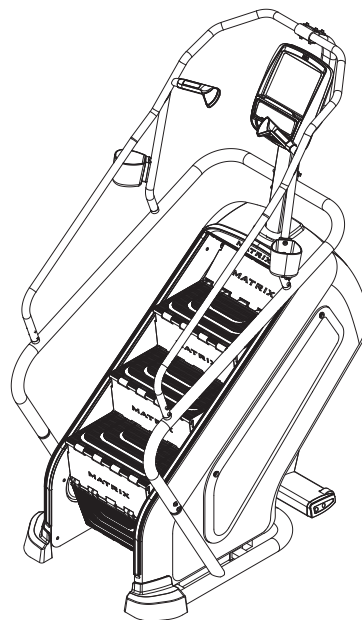


C3x ASSEMBLY STEP 4



- A To attach end caps, slide (1) over (2) and then slide (3) into (4).

C3X ASSEMBLY COMPLETE!



CLIMBMILL OPERATION



MANAGER MODE AND ENGINEERING MODE

3X AND 5X CONSOLES:

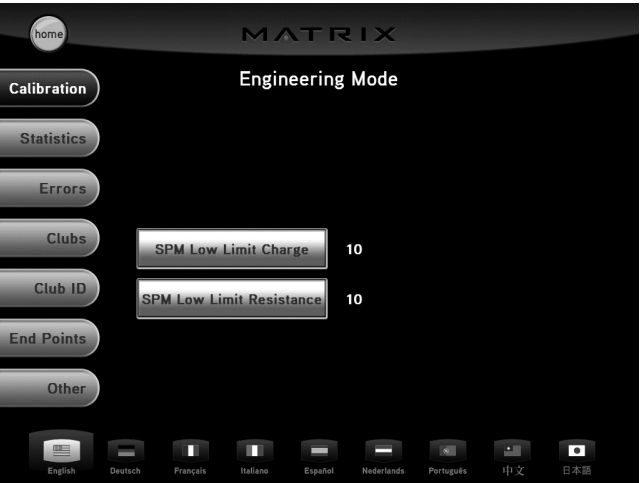
These sections allow users to manipulate default settings for the machines. It may be accessed by pressing the **Level Up/Level Down** keys simultaneously for 5 seconds. To change a setting, press “**Enter**” on the keypad under ‘Manager Mode’ or ‘Engineering Mode’ and use the level buttons and numeric keypad to enter a category and change the values. Pressing “**Enter**” again will save the change. Pressing “**Back**” or “**Stop**” will bring you to the previous menu. To exit Manager or Engineering Mode, hold “**Stop**” down for 5 seconds. Below is a list of the settings that can be changed.

MANAGER MODE SETTINGS:		ENGINEERING MODE SETTINGS:	
Default Age	Language	Disable Errors	Club ID
Default Weight	Max Speed Level	Speed Units	ErP Time
Default Height	Software Version	Machine Type	AM System
Default Time	Speed/Distance Mode	Power Save Time	Audio Source
Default Floors	Out of Order	Pause Time	Volume Control
Default Calories	Gender	Serial Number	
Accumulated Time	Sound Mode	E-Stop Switch	
Accumulated Floors	Maximum Time	E-Stop Setting	

7XE CONSOLE:

These sections allow users to manipulate default settings for the machines. Manager Mode may be accessed by pressing **ENTER, 1, 0, 0, 1, Enter** on the keypad. Engineering Mode may be accessed by pressing **ENTER, 2, 0, 0, 1, Enter** on the keypad. The screen shots on the next page show what you will see when you enter Manager Mode and Engineering Mode.

This console has a fully integrated touch screen display. Lightly touch the screen and use the intuitive interface to adjust the settings. Any and all changes made will be saved when the “**home**” button is touched in the upper left-hand corner of the screen. Touching the “**home**” button will exit manager or engineering mode and return you to the main screen. It is not necessary to touch this button after each setting is changed.



CONSOLE DESCRIPTION:

The Matrix machine is inspected before it is packaged. It is shipped in two pieces: the base and the console. Carefully unpack the unit and dispose of the box material.

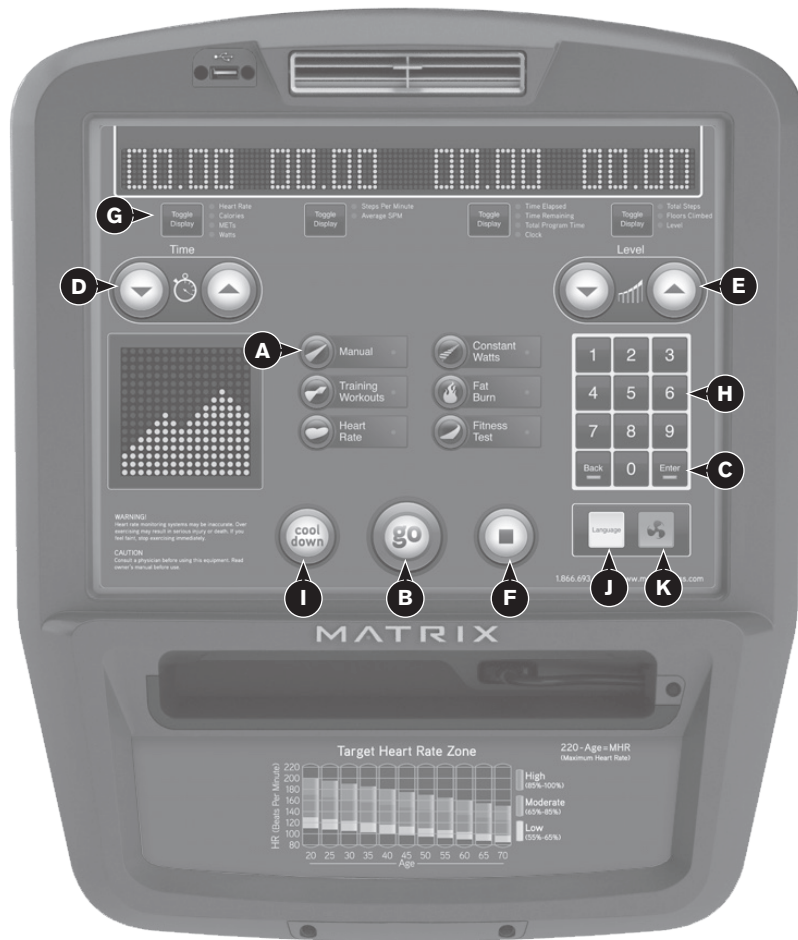


3X CONSOLE DESCRIPTION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) **WORKOUT KEYS:** Simple program view and selection buttons.
- B) **GO:** One Touch Start.
- C) **ENTER:** To confirm each program setting.
- D) **UP/DOWN TIME:** Use to adjust workout time.
- E) **UP/DOWN LEVEL:** Use to adjust level selection.
- F) **STOP:** Ends workout and shows workout summary data.
- G) **COOL DOWN:** Puts the console into Cool Down mode.
- H) **TOGGLE DISPLAY:** Cycles between 3 or 4 rows of workout information displayed in LED window. The console will automatically cycle between the workout information if the Toggle Display button is pushed and held down for 3 seconds.





5X CONSOLE DESCRIPTION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) WORKOUT KEYS:** Simple program view and selection buttons.
- B) GO:** One Touch Start.
- C) ENTER:** To confirm each program setting.
- D) UP/DOWN TIME:** Easy information and time adjustment.
- E) UP/DOWN LEVEL:** Easy information and level selection.
- F) STOP:** Ends workout and shows workout summary data.
- G) TOGGLE DISPLAY:** Cycles between 2 or 4 rows of workout information displayed in LED window. The console will automatically cycle between the workout information if the Toggle Display button is pushed and held down for 3 seconds.
- H) NUMBER KEYPAD:** Workout data input for workout setup. Level adjustment during workout.
- I) COOL DOWN:** Puts the Ascent into Cool Down mode.
- J) LANGUAGE:** Select Language.
- K) FAN:** Allows for fan speed selection (fan has three operating speeds.)





7XE CONSOLE DESCRIPTION

The 7xe has a fully integrated touch screen display. All information required for workouts is explained on screen. Exploration of the interface is highly encouraged. The information explaining how to program for various workouts will give an explanation about the contents of each screen on the 7xe.

- A) GO:** One Touch Start.
- B) STOP** (displayed on-screen during workout): Ends workout and shows workout summary data.
- C) COOL DOWN** (displayed on-screen during workout): Puts unit into Cool Down mode. Cool Down time is dependent on the length of the workout. Workouts 19 minutes and shorter will have a cool down length of 2 minutes. Workouts 20 minutes and longer will have a cool down length of 5 minutes.

7XE ENTERTAINMENT ZONE

- D) IPOD®:** Will take the user directly to the iPod screen to allow for iPod control and playlist selection.
- E) VOLUME UP/DOWN:** Adjusts the volume output through headphones.
- F) CC/MUTE:** Mutes sound and turns closed captioning on or off.
- G) NUMBER KEYPAD:** Allows for easy number inputs.
- H) CHANNEL UP/DOWN:** Allows for channel selection on the integrated console TV.
- I) DISPLAY MODE:** Allows user to cycle through console display options, iPod, TV or profile display.
- J) LAST CHANNEL:** Allows the user to cycle between the current channel and the previous channel they were viewing.



WORKOUT DESCRIPTIONS

QUICK START OPERATION

Press the **GO** button and the machine will enter into a manual mode of operation. All energy expenditure values will be calculated using the default weight measurement.

MANUAL WORKOUT OPERATION

Manual is a workout that allows you to manually adjust the level values at anytime. The manual workout also contains a setup screen which allows you to input your weight to help calculate a more accurate caloric burn rate.

To enter into this workout on the 3x or 5x, use the following guidelines. To enter into this workout on the 7xe, follow the on-screen prompts.

- 1) Choose **MANUAL** by selecting the manual workout button and press **ENTER**.
- 2) Enter the desired intensity level using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter the desired workout length using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 4) Enter user weight (user weight is used to calculate the caloric expenditure value-providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 5) Press **GO** to begin the workout.

RANDOM (3X ONLY)

There are 20 workout profiles in random mode. Profile will change each time random button is pressed.

To enter into this workout on the 3x, use the following guidelines.

- 1) Press the **RANDOM** button and choose a workout profile.
- 2) Enter your desired intensity level using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter your desired Time using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
- 4) Enter user weight (user weight is used to calculate the caloric expenditure value-providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 5) Press **GO** to begin the workout.

TRAINING WORKOUTS

Your Matrix machine offers a variety of level-based workouts to challenge users of all fitness levels. The following information will briefly explain the workout and how to program the machine for each workout selection.

A) ROLLING HILLS

Rolling hills is a level-based workout that automatically adjusts the resistance value to simulate walking or running up hills.

To enter into this workout on the 3x or 5x, use the following guidelines. To enter into this workout on the 7xe, follow the on-screen prompts.

- 1) Press the **TRAINING WORKOUTS** button until **ROLLING HILLS** is displayed and press **ENTER**.
- 2) Enter the desired intensity level using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter the desired workout length using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 4) Enter user weight (user weight is used to calculate the caloric expenditure value-providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 5) Press **GO** to begin the workout.

B) INTERVAL TRAINING

Interval Training is a level-based workout that automatically adjusts the intensity in a series of low- to high-intensity levels.

To enter into this workout on the 3x or 5x, use the following guidelines. To enter into this workout on the 7xe, follow the on-screen prompts.

- 1) Press the **TRAINING WORKOUTS** button until **INTERVALS TRAINING** is displayed and press **ENTER**.
- 2) Enter the desired intensity level using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter the desired workout length using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 4) Enter user weight (user weight is used to calculate the caloric expenditure value-providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 5) Press **GO** to begin the workout.

WORKOUT DESCRIPTIONS



C) CALORIE TRAINING

Calorie Training is a target-based workout that is designed to help users burn a target number of calories.

To enter into this workout on the 3x or 5x, use the following guidelines. To enter into this workout on the 7xe, follow the on-screen prompts.

- 1) Press the **TRAINING WORKOUTS** button until **CALORIE TRAINING** is displayed and press **ENTER**.
- 2) Enter the desired intensity level using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter user weight (user weight is used to calculate the caloric expenditure value - providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 4) Enter the desired calorie to burn using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 5) Press **GO** to begin the workout.

D) GOAL TRAINING

Goal Training is a goal-based workout that is designed to help users burn a target number of calories.

To enter into this workout on the 3x or 5x, use the following guidelines. To enter into this workout on the 7xe, follow the on-screen prompts.

- 1) Press the **TRAINING WORKOUTS** button until **GOAL TRAINING** is displayed and press **ENTER**.
- 2) Enter the desired floor to climb using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter the desired intensity level using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 4) Enter user weight (user weight is used to calculate the caloric expenditure value - providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 5) Press **GO** to begin the workout.

HEART RATE

Your Matrix machine offers a heart rate control workout mode. The heart rate control workout mode allows the user to program their desired heart rate zone and the machine will automatically adjust the level based upon the user's heart rate. The heart rate zone is calculated using the following equation: $(220 - \text{Age}) * \% = \text{target heart rate zone}$. The user must wear a telemetric heart rate monitor or continually hold onto the contact heart rate grips for this workout.

To enter into this workout on the 3x or 5x, use the following guidelines. To enter into this workout on the 7xe, follow the on-screen prompts.

- 1) Choose **HEART RATE** by selecting the target heart rate workout button and press **ENTER**.
- 2) Enter age using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter the desired percent of maximum heart rate using the **ARROW KEYS** and press **ENTER**.
- 4) Enter the desired workout length using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 5) Enter user weight (user weight is used to calculate the caloric expenditure value, providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 6) Press **GO** to begin the workout.

CONSTANT WATTS

This program allows you to vary your cadence or SPM and the machine's resistance will adjust accordingly to your selected goal. The quicker your stride the less resistance for the goal selected.

To enter into this workout on the 3x or 5x, use the following guidelines. To enter into this workout on the 7xe, follow the on-screen prompts.

- 1) Press **CONSTANT WATTS**
- 2) Enter your desired **WATT** using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER** (25 – 525).
- 3) Enter your desired **TIME** using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
- 4) Enter your **WEIGHT** using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
- 5) Press **GO** to begin the workout.



WORKOUT DESCRIPTIONS



FAT BURN WORKOUT OPERATION

Fat burn is a level-based workout that is designed to help users burn fat through various resistance changes.

To enter into this workout on the 3x or 5x, use the following guidelines. To enter into this workout on the 7xe, follow the on-screen prompts.

- 1) Choose **FAT BURN** by selecting the fat burn workout button and press **ENTER**.
- 2) Enter the desired intensity level using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter the desired workout length using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 4) Enter user weight (user weight is used to calculate the caloric expenditure value-providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 5) Press **GO** to begin the workout.

FITNESS TESTS

WFI

The WFI (Wellness Fitness Initiative) protocol is a test used by firefighters to evaluate aerobic fitness capacity as part of pre-employment testing and annual fitness testing. This assessment is a series of intervals lasting a maximum of 16 minutes, where the speed is increased every minute until the Target Heart Rate is exceeded for 15 seconds. When the test is complete, the display provides a summary of VO2max, Highest SPM, Elapsed Time and Target Heart Rate. This is a speed-dependent program.

CPAT

The Candidate Physical Ability Test (CPAT) is a new minimum requirement for the position of Firefighter. The job of a Firefighter is one of the most physically demanding jobs in North America. Participants wear a 50-pound (22.68-kg) vest to simulate the weight of self-contained breathing apparatus (SCBA) and firefighter protective clothing. An additional 25 pounds (11.34 kg), using two 12.5-pound (5.67-kg) weights that simulate a high-rise pack (hose bundle), is added to your shoulders for the stair climb event. The candidate must maintain 60 SPM (steps per minute) for 3 minutes.

SUBMAXIMAL

This test measures cardiovascular fitness and provides an estimated Sub-maximal VO2max result. This assessment is a 4 stage test lasting 3-5 minutes, where the speed is increased until your Heart Rate is held between 115-150bpm for 2 of the stages. When the test is complete, a Fitness Rating is displayed as High, Good, Average, Fair or Low along with your age and VO2max.

The test requires constant monitoring of the user's heart rate so the use of a telemetric chest strap is highly encouraged. This is a speed-dependent program.

The test requires constant monitoring of the user's heart rate so the use of a telemetric chest strap is highly encouraged.

- 1) Choose **FIT TEST** by selecting the Fit Test workout button and press **ENTER**.
- 2) Enter user age using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter user weight using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 4) Enter user height using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.

To enter into this workout on the 7xe, follow the onscreen prompts.

FITNESS RATING NORMS (VO ₂ MAX)						
	AGE	20-29	30-39	40-49	50-59	60+
MEN						
	HIGH	51.4 +	50.4 +	48.2 +	45.3 +	42.5 +
	GOOD	51.3 - 46.8	50.3 - 44.6	48.1 - 41.8	45.2 - 38.5	42.4 - 35.3
	AVERAGE	46.7 - 42.5	44.5 - 41.0	41.7 - 38.1	38.4 - 35.2	35.2 - 31.8
	FAIR	42.4 - 39.5	40.9 - 37.4	38.0 - 35.1	35.1 - 32.3	31.7 - 28.7
	LOW	39.4 OR LESS	37.3 OR LESS	35.0 OR LESS	32.2 OR LESS	28.6 OR LESS
WOMEN						
	HIGH	44.2 +	41.0 +	39.5 +	35.2 +	35.2 +
	GOOD	44.1 - 38.1	40.9 - 36.7	39.4 - 33.8	35.1 - 30.9	35.1 - 29.4
	AVERAGE	38.0 - 35.2	36.6 - 33.8	33.7 - 30.9	30.8 - 28.2	29.3 - 25.8
	FAIR	35.1 - 32.3	33.7 - 30.5	30.8 - 28.3	28.1 - 25.5	25.7 - 23.8
	LOW	32.2 OR LESS	30.4 OR LESS	28.2 OR LESS	25.4 OR LESS	23.7 OR LESS

¹ THE AMERICAN COLLEGE OF SPORTS MEDICINE, GUIDELINES FOR EXERCISE TESTING AND PRESCRIPTION, 6TH EDITION, LIPPINCOTT WILLIAMS & WILKINS, PHILIDELPHIA, PA 2000, P.77



AVAILABLE ON 7XE CONSOLES

Nike + iPod

READY

Connect your Nike Plus-compatible device to the built-in Made for iPod connector on Nike + iPod compatible fitness equipment.

SET

Full console controls make it easy to exercise to your favorite workout playlist.

GO

Start walking or running. Your pace, distance, time, and calories burned are recorded as you go. It's all automatically saved on your iPod or iPhone.

SYNC

When you're done with your workout, connect your iPod or iPhone to your computer. iTunes syncs your workout data to nikeplus.com. Every workout and every run is there, ready for you to review.



"Made for iPod" means that an electronic accessory has been designed to connect specifically to iPod and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. iPod is a trademark of Apple Inc., registered in the U.S. and other countries.

NIKE + OPERATION

REQUIREMENTS

Nike Plus – compatible iPod or iPhone (See www.apple.com/nikeplus for more information).

Before syncing your Apple device to your computer, you must first create a free Nike Plus account at www.nikerunning.com and download the latest iTunes software (www.apple.com/itunes).

GETTING STARTED

- 1) Before connecting your Apple device, you must first turn on Nike Plus on the device.
- 2) Dock your Apple device and wait for authentication to complete. This may take up to 10 seconds. After authentication is complete, your iPod-specific console controls will be active (see next page).
- 3) If your iPod or iPhone is Nike Plus compatible, your workout will begin recording automatically to your Nike Plus compatible device.
- 4) When your workout is complete, your workout data will be recorded to your Nike Plus compatible device.
- 5) Remove your Nike Plus compatible device and sync with iTunes.
- 6) Log into your Nike Running account to review and track your workouts.



ALL CLIMBMILL WATTS TABLE

60 KG. USER (132 LBS)			
Console Model	HUESAC-7XE-04-C	C-5X-02-C	C-3X-C
WEIGHT (KG.)	60	60	60
L1	37	53	53
L2	42	67	67
L3	47	80	80
L4	56	94	94
L5	65	107	107
L6	75	120	120
L7	84	134	134
L8	94	147	147
L9	103	158	158
L10	112	174	174
L11	122	187	187
L12	131	201	201
L13	140	214	214
L14	150	227	227
L15	159	241	241
L16	169	254	254
L17	178	267	267
L18	187	281	281
L19	197	294	294
L20	206	308	308
L21	215	319	319
L22	225	330	330
L23	234	341	341
L24	244	352	352
L25	253	361	361
L26	262		
L27	272		
L28	281		
L29	290		
L30	300		

PRODUCT SPECIFICATIONS

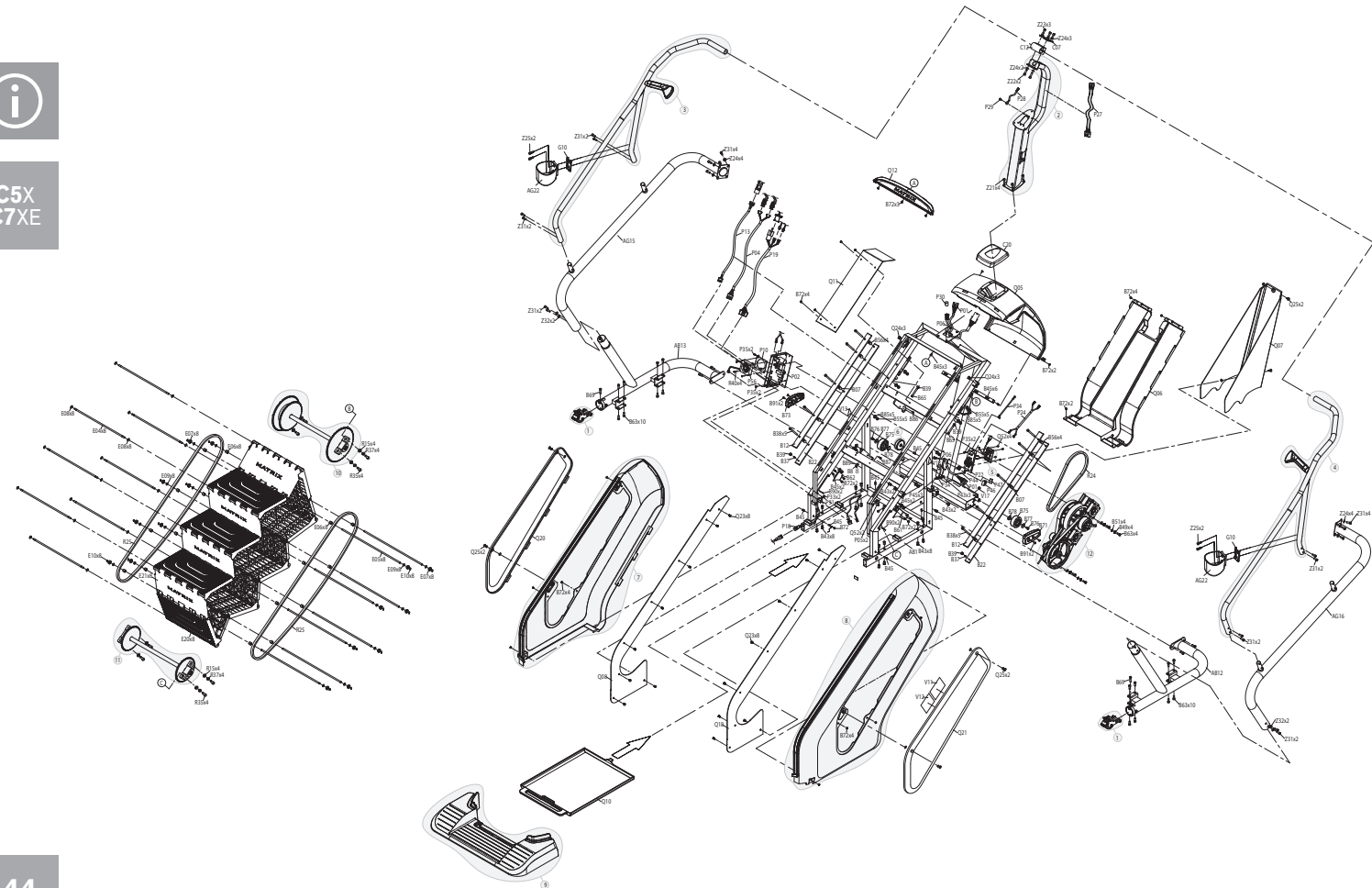


MODEL	C-5x/7x		C-3x
MODEL TYPE	C7xe CLIMBMILL	C5x CLIMBMILL	C3x CLIMBMILL
FRAME PART #	C-5X/7X-02-F		C-3X-F
CONSOLE PART #	HUESAC-7XE-04-C	C-5X-02-C	C-3X-C
FEATURES			
STEP HEIGHT	10" / 25.4 CM	10" / 25.4 CM	10" / 25.4 CM
CONTACT & WIRELESS HR	YES	YES	YES
ULTRA NON-SLIP PEDALS	YES	YES	YES
HANDLEBAR DESIGN	ERGONOMICALLY DESIGNED HANDRAILS AND HORN	ERGONOMICALLY DESIGNED HANDRAILS AND HORN	ERGONOMICALLY DESIGNED HANDRAILS AND HORN
THUMB SWITCH CONTROLS	YES	YES	YES
RESISTANCE SYSTEM			
TECHNOLOGY	ECB W/ FLYWHEEL	ECB W/ FLYWHEEL	ECB W/ FLYWHEEL
POWER REQUIREMENTS	POWERED 100-125 V, 60 HZ OR 216-250 V, 50 HZ	POWERED 100-125 V, 60 HZ OR 216-250 V, 50 HZ	POWERED 100-125 V, 60 HZ OR 216-250 V, 50 HZ
MINIMUM WATTS	N/A	N/A	N/A
CONSOLE			
DISPLAY TYPE	15" / 38.1 CM TOUCH SCREEN LCD	DOT-MATRIX LED	14-SEG ALPHANUMERIC, 8/16 LED GRAPHIC DISPLAY
DISPLAY FEEDBACK	TIME ELAPSED, TIME REMAINING, TOTAL PROGRAM TIME, CLOCK, HEART RATE, CALORIES, CALORIES PER HOUR, METS, WATTS, STEPS PER MINUTE, AVERAGE SPM, TOTAL STEPS, FLOORS CLIMBED, LEVEL, STATIC PROFILE DISPLAY, DYNAMIC PROFILE DISPLAY	TIME ELAPSED, TIME REMAINING, TOTAL PROGRAM TIME, CLOCK, HEART RATE, CALORIES, METS, WATTS, STEPS PER MINUTE, AVERAGE SPM, TOTAL STEPS, FLOORS CLIMBED, LEVEL, STATIC PROFILE DISPLAY	TIME ELAPSED, TIME REMAINING, TOTAL PROGRAM TIME, HEART RATE, CALORIES, METS, WATTS, STEPS PER MINUTE, SPEED, FLOORS CLIMBED, LEVEL, STATIC PROFILE DISPLAY
USER DEFINED MULTI-LANGUAGE DISPLAY	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, CHINESE, JAPANESE, KOREAN, SWEDISH, FINNISH, RUSSIAN, ARABIC	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, JAPANESE, SWEDISH, FINNISH, JAPANESE	NO - ACCESSIBLE THROUGH MANAGER MENU: ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, SWEDISH, FINNISH
RESISTANCE LEVELS	30	25	25
WORKOUTS	MANUAL, TRAINING WORKOUTS (ROLLING HILL, INTERVAL TRAINING, CALORIE TRAINING, GOAL TRAINING), FAT BURN, TARGET HEART RATE, FITNESS TEST (SUB-MAXIMAL TEST, CPAT, WFI TEST), CONSTANT WATTS	MANUAL, TRAINING WORKOUTS (ROLLING HILL, INTERVAL TRAINING, CALORIE TRAINING, GOAL TRAINING), FAT BURN, TARGET HEART RATE, FITNESS TEST (SUB-MAXIMAL TEST, CPAT, WFI TEST), CONSTANT WATTS	MANUAL, ROLLING HILLS, INTERVAL TRAINING, FAT BURN, RANDOM, FITNESS TESTS (SUB-MAXIMAL TEST, WFI TEST, CPAT)
CSAFE, FITLINXX READY	YES	YES	YES
NETPULSE READY	NO	YES	YES
FIT TOUCH TECHNOLOGY™	YES	NO	NO
ON-THE-FLY PROGRAM CHANGE	YES	YES	YES
INTEGRATED VISTA CLEAR™ DIGITAL READY TELEVISION	YES - 15" / 38.1 CM SCREEN SIZE	NO	NO
FITCONNEXION™ READY	NO	YES	YES
WIFI	YES	YES	NO
ASSET MANAGEMENT COMPATIBLE	YES	YES	NO
IPOD COMPATIBLE	YES	YES - CHARGING ONLY	NO
NIKE + IPOD COMPATIBLE	YES	NO	NO
PERSONAL FAN	YES	YES	NO
VIRTUAL ACTIVE™ COMPATIBLE	YES	NO	NO
TECH SPECS			
OVERALL DIMENSIONS L X W X H	65" X 33.5" X 83.5" 165CM X 85CM X 212CM	65" X 33.5" X 83.5" 165CM X 85CM X 212CM	65" X 33.5" X 83.5" 165CM X 85CM X 212CM
MAXIMUM USER WEIGHT	400 LBS/182 KG	400 LBS/182 KG	400 LBS/182 KG
WEIGHT	348LBS/158KGS	348LBS/158KGS	335LBS/155KGS
SHIPPING WEIGHT	368LBS/167KGS	368LBS/167KGS	368LBS/167KGS



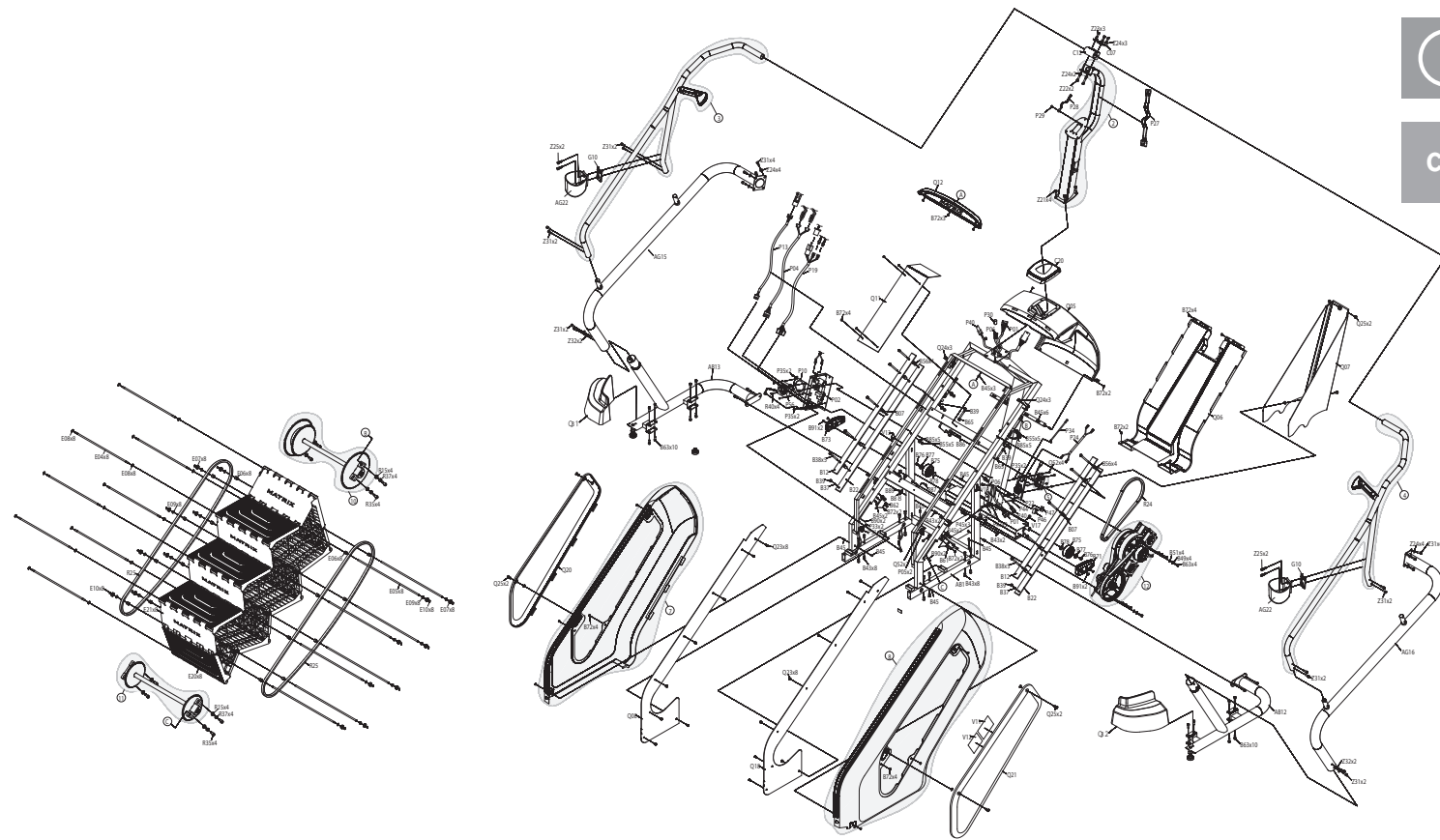
C5X
C7XE

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C3X

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