



MATRIX

S > DRIVE
PERFORMANCE TRAINER

**UNLEASH EXPLOSIVE
ATHLETIC PERFORMANCE**

WITH THE S-DRIVE PERFORMANCE TRAINER

A black and white photograph of a woman with her hair in a bun, wearing a tank top and shorts, running on a Matrix treadmill. She is leaning forward, holding onto the handrails. The treadmill has 'MATRIX' written on the side. The background is a textured wall.

**UNLOCK YOUR ATHLETES'
EXPLOSIVE POTENTIAL**



Discover the unmatched versatility of the S-Drive Performance Trainer to help your athletes elevate their explosiveness and endurance while refining form. Only the S-Drive Performance Trainer gives you everything you get from self-powered treadmills, weighted sleds, resistance parachutes and harness systems in one space-saving footprint. We've even created signature training protocols to help you get the most out of the S-Drive Performance Trainer, so you can get the most out of your athletes.

ELEVATE SPRINTING

Our sprinting protocols focus on speed, stamina and raw power, so athletes of all kinds can focus on their unique performance goals. In addition, the 7-degree incline and natural ground reaction force are ideal for building strength and explosiveness in sprint training without changing the athlete's natural gait.

UPGRADE SLED-PUSHES

Our unique design includes a sturdy, built-in bar that simulates sled pushing and pulling without needing the space to use a traditional sled. It also eliminates the risk of pushing a traditional sled in a small space with other athletes. Multiple sled brake settings help coaches and trainers develop precise progression programs to maximize results.

ENHANCE RESISTANCE TRAINING

A parachute brake with multiple settings gives users the feel of real parachute resistance, perfect for resisted sprint drills without extra gear or access to a large track or field. The sled and parachute brakes can be used individually or together to vary between cardio and strength-building workouts, challenging even the most advanced athletes.

AUGMENT AGILITY

Athletes can perform forward, lateral or reverse movements to maximize neuromuscular development and enhance agility. Full-length handrails offer convenient hand placement and stability as users switch rapidly from one phase of athletic movement to the next.

OPTIMIZE FORM

The intuitive, effortlessly adjustable harness allows for a complete upper-body range of movement. Its unique treadmill-mounted design helps users refine form while coaches observe multiple sprint phases, adjust resistance and provide real-time feedback.

DESIGNED FOR MAXIMUM VERSATILITY & INTENSITY

INTUITIVE SET UP & USE

Ideal for multi-athlete and group circuit training where quick transitions are essential.

SLED BRAKE

Eight resistance settings provide a true-to-life weighted sled pushing experience and the equivalent maximum of pushing a 122.5-kg / 270-lb. sled on natural turf.

PARACHUTE BRAKE

Eleven resistance settings give users the feel of real parachute resistance.

ADJUSTABLE HARNESS

Easily adjustable design offers a complete range of upper-body movement while helping coaches observe multiple sprint phases.

DEDICATED SLED BAR

Built-in bar simulates sled pushing and pulling to build explosive power.

IDEALLY ANGLED

The 7-degree incline is ideal for building strength and explosiveness in sprint training without changing the athlete's natural gait.

FULL HANDRAILS

Full handrails aid in entry and exit while offering support during lateral movement exercises.

TRUE ZERO START & UNLIMITED TOP SPEED

With no preset belt speeds, users can match their workout to their needs and fitness goals.

LOW-INERTIA DESIGN

Offers true-to-life ground reaction force and quick deceleration, great for high-intensity interval training.

HEAVY-DUTY DECK

Designed to stand up to the most intense workouts in athletic training environments.

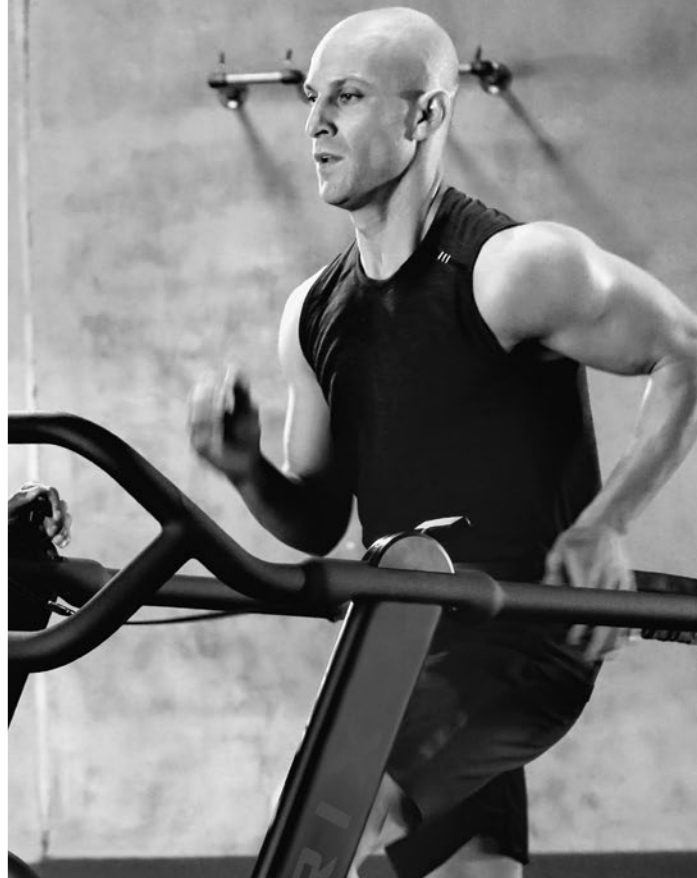
SELF-POWERED

Place the S-Drive Performance Trainer wherever it fits best, no need to plug-in.

LOW STEP-ON HEIGHT

A 17.8 cm / 7" step-on height makes the S-Drive Performance Trainer easily accessible.





S-DRIVE PERFORMANCE TRAINER





OTHER APPLICATIONS

CIRCUIT TRAINING

The S-Drive Performance Trainer isn't just for elite athletes striving to reach their ultimate potential. It can also add an amazing new dimension to virtually any group circuit training program. To help you get started, we offer comprehensive turnkey protocols for both small and large groups. We'll show you how easy it is to use the S-Drive Performance Trainer to complement TRX stations, dumbbell stations, core stations, plyometric stations and much more for a full-body workout that improves both cardiovascular and muscular fitness.

REHABILITATION & ACTIVE AGING

The S-Drive Performance Trainer can also provide significant benefits in environments where users are training to recover from an injury or older users are striving to maintain functional health. Full perimeter handrails help make entering and exiting easy and a secure, true zero mph starting speed accommodates users of any fitness level, and the self-powered design provides a more natural gait than traditional treadmills.

SPECIFICATIONS

FEATURES	
Resistance Type	Independent sled and parachute brakes
User Harness	Height adjustable and padded
Deck Type	Reversible silicone 2.5 cm / 1" deck
Belt Type	Habasit, 2-ply commercial grade
Running Area	152 x 51 cm / 60" x 22"
Step-on Height	17.8 cm / 7"
Incline Range	7° fixed
Speed Range	User-defined
TECH SPECS	
Power Requirements	Self-powered
Sled Brake Maximum Resistance	122.5-kg / 270-lb. sled on natural turf
Assembled Dimensions (L x W x H)	195 x 88.3 x 150 cm / 76.8" x 34.8" x 59"
Max User Weight	182 kg / 400 lbs.
Assembled Weight	122.5 kg / 270 lbs.
Shipping Weight	145.2 kg / 320 lbs.

BE AMONG THE FIRST TO EXPERIENCE S-DRIVE

CONTACT YOUR MATRIX SALES REP/DEALER ABOUT BRINGING THE S-DRIVE PERFORMANCE TRAINER TO YOUR FACILITY AND START UNLOCKING YOUR ATHLETES' EXPLOSIVE POTENTIAL.

Matrix Fitness

1600 Landmark Drive
Cottage Grove, WI 53527 USA

matrixfitness.com

MATRIX
Strong • Smart • Beautiful

© 2016 Matrix Fitness. All Rights Reserved.

AUTHORIZED MATRIX FITNESS DISTRIBUTOR