

A man with short dark hair, wearing a grey t-shirt, is running on a treadmill. He is looking forward with a focused expression. The background is a bright, out-of-focus window showing greenery outside. The treadmill is a modern, grey model.

**MATRIX**

*CARDIO*  
**2024 BROCHURE**



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*BELIEVE IN BETTER*

*TOTAL SOLUTIONS PARTNER*

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# BELIEVE IN BETTER

**At Matrix, it's our mission to make your fitness facility everything you ever dreamed it could be.**

Count on us for meaningful innovations that make our equipment a joy to own, service and use. Expect a technology ecosystem that enhances the way you manage your facility, retain and engage members and promote your brand. And as always, trust us to put your brand and your business first, supporting you with facility planning, dedicated sales and support, unmatched customer service and extensive education and training.

For those who believe in better, there's Matrix.







## WITH YOU EVERY STEP OF THE WAY

**When you choose Matrix, you're getting a partner  
who will be there, for your grand opening and  
every day after.**

### **DESIGNING YOUR VISION**

Our team will work with you to bring your vision of fitness to life by helping you select equipment and technology ideal for your goals, your space and the people you serve. We'll even work with you to develop financial solutions that expand your options and maximize your investments.

### **CREATING YOUR VISION**

Count on our commitment to a seamless delivery and installation process, tailored to your schedule. Additionally, your team can look forward to a comprehensive demonstration, empowering them to master the utilization of your new equipment and unleash its full potential.

### **SUPPORTING YOUR VISION**

As your dedicated partner, you can rely on our swift service response times, readily available service parts and our unwavering commitment to resolving issues correctly the first time. To enhance the value of your investment, your team will also receive access to Matrix Learning Center, a comprehensive digital resource featuring product training, maintenance tips, on-demand educational videos and more. And count on our marketing support kits to seamlessly engage with your audience, spotlight your brand, and showcase your offerings.



MATRIX CONNECTED SOLUTIONS

# GET CONNECTED TO A WORLD OF DIGITAL SOLUTIONS

How and where people get fit has changed, and that's why there's no better time than now for **Connected Solutions**. With our robust digital portfolio on your side, you can create experiences that engage all of your unique members in exciting new ways.

**CONNECTED**  
SOLUTIONS

With the power of our robust, open platform at your fingertips, service and maintenance become hassle-free. Your trainers can connect and engage with members in new ways for better results and more referrals. Everyone who comes through your doors can instantly connect to their favorite music, entertainment and social networks. It's easier than ever to expand your marketing efforts and make your brand the center of each member's fit lifestyle. And that's just a taste of what Matrix Connected Solutions can do.

Discover how our complete selection of hardware and software solutions can help bring your vision of fitness to life in bigger, bolder, brighter ways than ever before.

Discover more at [matrixconnectedsolutions.com](https://matrixconnectedsolutions.com)





MATRIX CONNECTED SOLUTIONS

## YOUR GOALS

**You have a vision of fitness that's all your own.**

**The flexibility of our complete digital ecosystem lets you choose how you enhance your business, streamline your administrative tasks, impress the people you serve and much more.**

### **INCREASE RETENTION**

Bringing members back again is essential to the success of your business. With our smart digital options, they won't just come back — they'll bring friends.

### **BUILD ENGAGEMENT**

Keep your members enthused, excited and eager for more with powerful tools that keep the exercise experience fresh.

### **BOOST REVENUE**

Find out how to tap forward-thinking revenue streams that can redefine your bottom line in powerful new ways.

### **MAXIMIZE ROI**

Count on us for smart tools that streamline the way you run your business while maximizing your investment and the value of every membership.

### **ENHANCE DIFFERENTIATION**

Your facility is one of a kind, and our game-changing Connected Solutions can help you build your brand and stand out in impactful ways.

### **ENERGIZE ACQUISITION**

You're always striving to bring in new members, and we can help extend your brand, reach untapped demographics and impress everyone who stops by.





## MATRIX CONNECTED SOLUTIONS

# OUR SOLUTIONS

Our robust, open platform is more than a collection of hardware, software and connectivity options. It's a fully integrated digital ecosystem that enhances the way you manage machines, mentor and motivate members, and promote your unique brand.

## OUR DIGITAL ECOSYSTEM

We provide best-in-class integrations by working with third-party organizations from member management systems to scheduling systems to exercise equipment software, to make your existing solutions work together seamlessly.

Our integration capabilities constantly continue to expand as there are new technologies and entrants in the industry. Now more than ever, you have a myriad of choices of providers, partners and solutions.

That's just the beginning of how we can connect your content and your people, transforming the way you engage with members and your bottom line all at once. Choose Matrix and create an experience that best meets the needs of your facility and your members.

The following is a sampling of some of our integrations and partnerships. To view all of the third-party organizations we've integrated with to date, visit <https://matrixfitness.com/connected-solutions>

E G Y M

ecofit™

ADVAGYM

virtuagym





## MATRIX CONNECTED SOLUTIONS

# ENGAGE 360

Now you can reach more members wherever they are and forge lasting connections with our Engage 360 platform. Engage 360 lets your staff access and create training libraries, assign workouts to individuals or groups, cheer on members, track progress, manage calendars, monitor member engagement and more. Contact us today to find out how Engage 360 can connect training staff and members like never before.

### CUSTOMIZE & CONNECT

Engage 360 is easily adaptable to the practices that have made your facility successful and works with third-party apps and wearables.

### REDEFINE YOUR BOTTOM LINE

Offer training as an add-on to premium memberships, as an introductory special, on a session-by-session basis or through your own promotional combination.



## COMMUNITY 360

Bring members together in a whole new way and keep them coming back for more with our Community 360 app. Community 360 makes it easy to create a virtual fitness community that's always active with fresh ways for members to stay fit, share their triumphs and cheer each other on, all while consolidating member workout data under your brand.

### MOTIVATING MEMBERS IN NEW WAYS

Our mobile app connects to members wherever they exercise with fresh daily workouts, community challenges, motivating push notifications and referral incentives.

### INTUITIVE USE & IMPORTANT INFORMATION

Our open platform streamlines the way you manage your facility and brings all of your members' fitness data to your branded tracking platform no matter where or when they exercise.

### PROMOTIONS & INCENTIVES

Innovative features like "find a class", "request training" and incentivized referrals help you promote your business and tap new revenue streams in game-changing ways.

### POWERFUL PROMOTIONS

Smart new promotional tools include special offer push notifications, incentivized referrals and "at-risk" notifications to help retain valuable members.

1640  
CALORIES

CONNECTED SOLUTIONS | 15

1.73  
MILES

2:31  
TIME

GYM

GOAL  
4800  
CALORIES

3600



MATRIX CONNECTED SOLUTIONS

# ASSET MANAGEMENT

Our industry-leading Asset Management platform offers a 360-degree view of your equipment status on virtually any internet-connected device, plus insightful reporting capabilities, streamlined service, marketing tools and much more. With Asset Management, it's easier than ever to keep your equipment in top condition and your members happy.

**SUPERIOR INVENTORY MANAGEMENT**

Asset Management uses easy-to-read color-coding to tell you whether a product is functioning properly, detect errors and alert you if something is offline.

**STREAMLINED WORKFLOW & REPORTING**

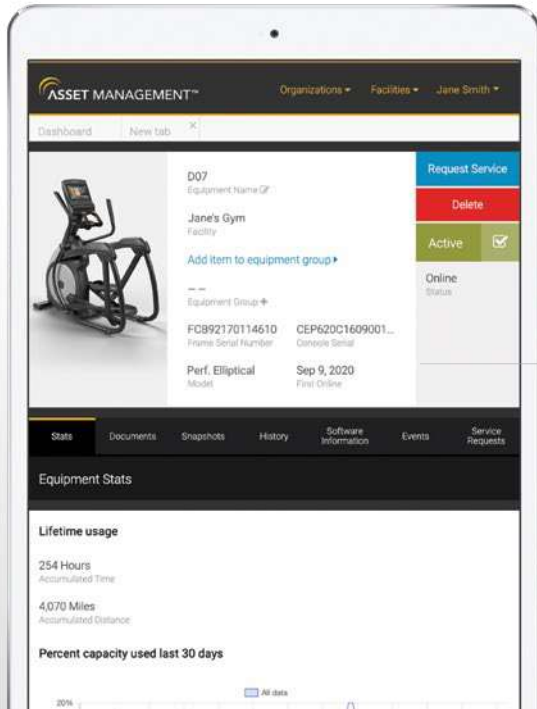
The system monitors usage patterns to maximize product life, helps identify the optimum product mix, creates customized reports and can even manage data from multiple facilities.

**SIMPLIFIED SERVICE**

Asset Management provides automatic performance notifications and improves communication with Matrix and your service provider, all while reducing paperwork and hassle for you.

**SMART MARKETING TOOLS**

When used with our Touch Consoles, Asset Management provides integrated facility calendar alerts, automated messaging to promote specials and customized welcome screens.



MATRIX CONNECTED SOLUTIONS

## ENHANCING THE EXERCISE EXPERIENCE

**Make every workout a fresh, special experience by adding some of our uniquely interactive programs. Count on us to create distinctive exercise experiences that will set your facility apart from others, engage your members on a whole new level and keep them coming back for more.**



### SPRINT 8

Go beyond high-intensity interval training to give members results they can see in the mirror. Our scientifically validated Sprint 8 program is effective, quick and simple.



### VIRTUAL ACTIVE

Transform ordinary workouts into breathtaking journeys through exotic locals with our speed- and terrain-interactive Virtual Active program.



### LANDMARKS

Our Landmarks program turns Stepper and ClimbMill workouts into engaging, exhilarating journeys to the top of natural and man-made wonders of the world.



### iFIT

When it comes to an inspiring, immersive exercise experience, nothing compares to our Matrix cardio equipment featuring iFIT, a global leader in interactive connected fitness technology and content.



## FACILITY-SPECIFIC SOLUTIONS

**Depending on what kind of fitness center you operate, some of our facility-specific solutions might be right for your goals and members. Check out RFID to streamline the exercise experience, digital TV if you'd like to add a little extra entertainment, remote audio to coordinate with your mounted big screens or IPTV and Pro:Idiom for a synced entertainment experience.**



### DIGITAL TV

Keep users motivated and help them achieve their fitness goals with the industry's very best screen technology.



### REMOTE AUDIO

Enhance the exercise experience by syncing remote audio to your facility's big screens.



### IPTV

IPTV allows for a high-definition viewing experience on your cardio floor.



### RFID

Simple radio-frequency tags can give your members a seamless exercise experience from door to door, streamlining check-ins, workouts and purchasing from your vending centers.



### PRO:IDIOM

A must-have for hotels, Pro:Idiom protects content providers from piracy while offering guests a synced entertainment experience.



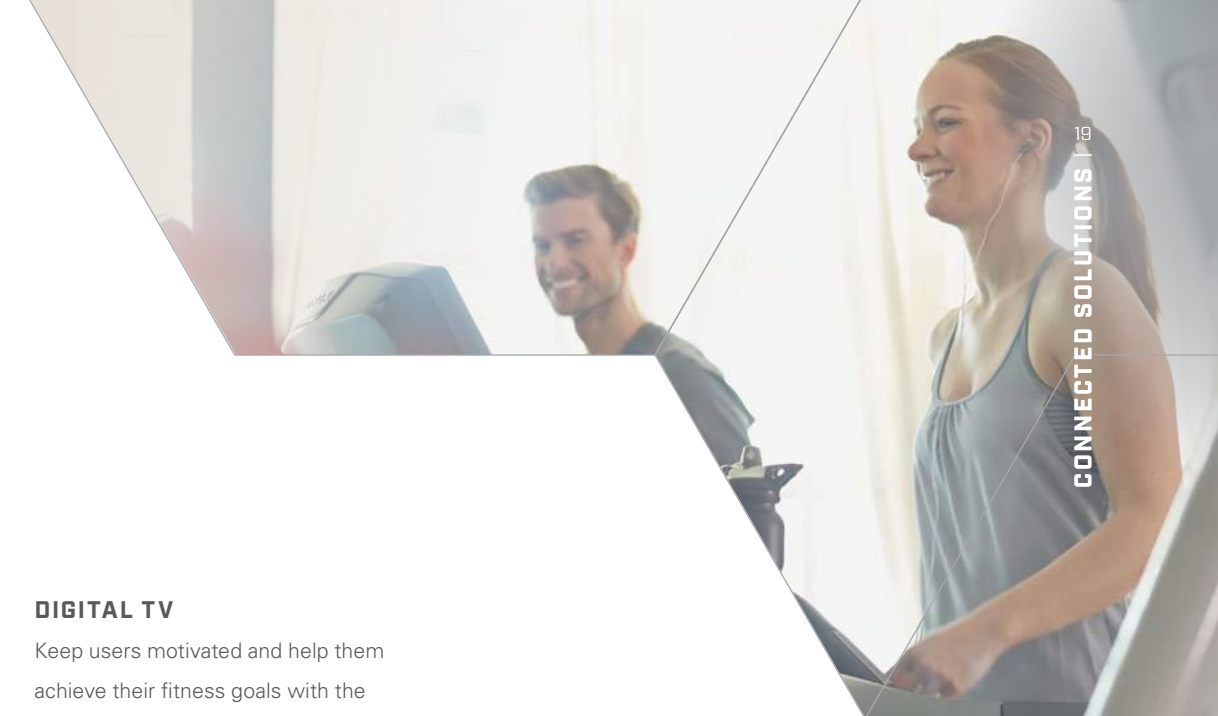
### ANT+

Send data to the big screen to spark competition in the studio.

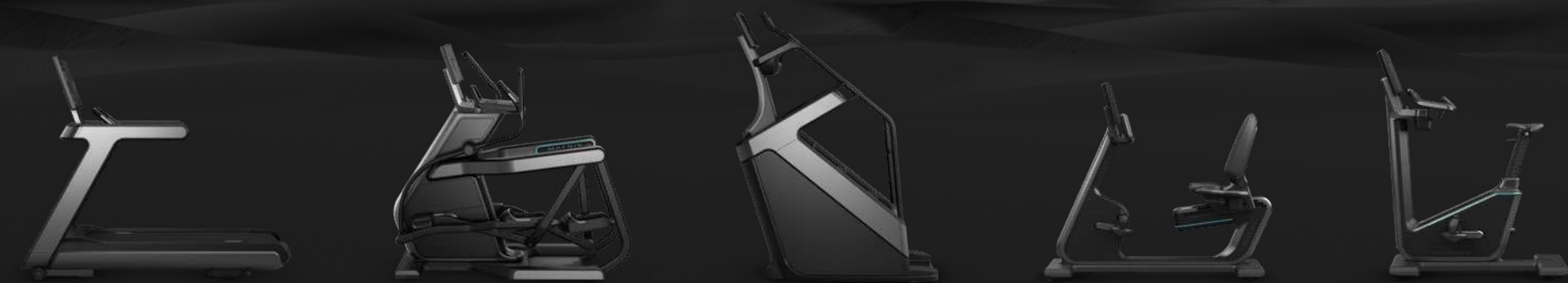


### BLE FTMS

Send data to smart phone apps for personal performance tracking in the studio.





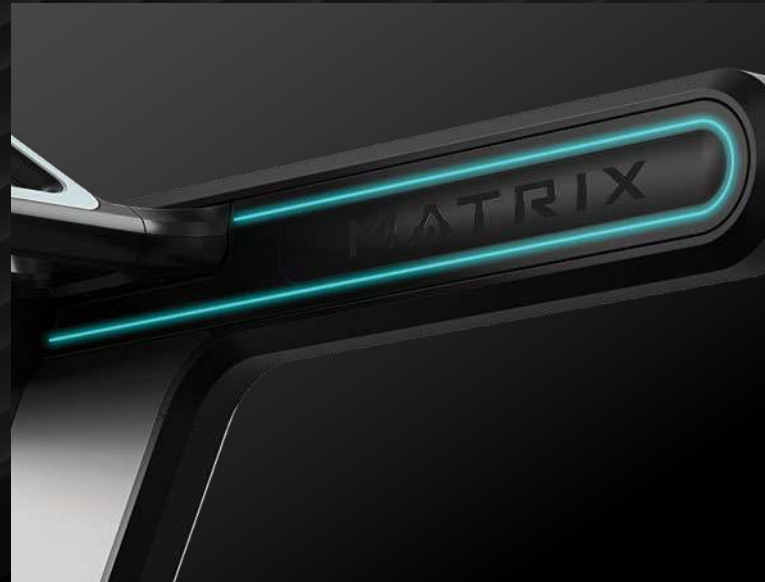


ONYX

AN EXPERIENCE FOR THE SENSES

Nothing elevates exercise like Onyx.  
From the eye to the fingertips to the feel  
beneath your feet, every interaction is exceptional,  
immersive and unlike anything else. For those  
who demand the best, Onyx is waiting.

Discover an experience for the senses at  
[onyx.matrixfitness.com](https://onyx.matrixfitness.com).





# CONSOLE FLEXIBILITY

Our diverse collection of consoles is compatible with all Performance, Endurance, and Lifestyle Series equipment to give you choices in what you put on your cardio floor. Sophisticated, easy-to-operate designs give your members control of the data they collect, the content that keeps them engaged and the way they reach their goals. You can also access our most powerful Connected Solutions with WiFi-enabled consoles, including Engage 360, Community 360 and Asset Management.



## TOUCH XL / TOUCH

Connect your members to stunning entertainment, social media favorites, brand-building communication and much more with the industry's best consoles. WiFi-enabled Touch Consoles feature an app-based interface that mimics familiar smartphone and tablet operating systems, making it easy for members to connect to the content that keeps them moving. They provide a smooth, hassle-free exercise experience thanks to complete workout feedback, Bluetooth and ANT+ connectivity, single-point user login, Wireless RFID login, built-in fan, power save mode with auto wake-up and more. Our WiFi-enabled Touch Consoles also work with our complete digital portfolio of Matrix Connected Solutions, including Engage 360, Community 360, Asset Management and more. Choose Touch XL (56 cm / 22") for treadmills and ClimbMills from any series, or choose Touch (41 cm / 16") for all Performance, Endurance and Lifestyle Series equipment.

### FEATURES

- WiFi enabled
- Bluetooth and ANT+ enabled
- Integrated Sprint 8 program
- 60 integrated Virtual Active destinations
- Wireless and USB charging
- Connects to Apple Watch
- Connects to Samsung Galaxy Watch
- RFID and single-point user login
- Customizable with branded screen graphics, logos, and messaging
- Optional iFIT on-demand workouts
- Also available in limited feature set  
Touch XL Base and Touch Base models





# PREMIUM LED

Give members the simplicity of the classic LED console, now with more engaging color and detail than ever. An 8,000-pixel display fills the screen with color and sharp graphics, providing clear, easy-to-read feedback in large numbers and letters. Convenience features like optional RFID login, fan and reading rack for personal devices make every workout a seamlessly smooth experience. Our WiFi-enabled Premium LED Console works with select products from the Matrix Connected Solutions portfolio, including Engage 360, Community 360 and Asset Management.

## FEATURES

- WiFi enabled
- Bluetooth enabled
- Sprint 8 program
- USB charging
- Optional RFID



# LED

Keep the exercise experience simple with our easy-to-use, easy-to-read LED Console. Virtually anyone can step up to our LED Console and enjoy the easy navigation of the interface. To keep members on track for their goals, a large number display and a message center provide complete, easy-to-read workout feedback. Convenience features include optional RFID login, a headphone jack and a reading rack to keep personal devices easily accessible and in view. Add optional WiFi to work with select products from our Connected Solutions portfolio, including Engage 360, Community 360 and Asset Management.

## FEATURES

- Optional WiFi • Optional RFID • USB charging



# GROUP TRAINING LED

Keep every member of your class in sync with a console made specifically for the needs of group exercise. The straightforward interface of the Group Training LED Console is easy for anyone to navigate, and smart features like one-touch controls and preset intensity levels help every participant stay in sync with instructor cues. Add optional WiFi to work with Connected Solutions like Engage 360, Community 360 and Asset Management.

## FEATURES




- Optional WiFi • Optional RFID • USB charging







CONSOLE  
SPECIFICATIONS

				
MODEL NUMBER	TOUCH XL / TOUCH TOUCH XL-C / TOUCH-C	PREMIUM LED PLED-C	LED LED-C	GROUP TRAINING LED GTLED-C
DISPLAY	<b>Touch XL:</b> 56 cm / 22" class capacitive touchscreen LCD <b>Touch:</b> 41 cm / 16" class capacitive touchscreen LCD	8,000 pixel multi-color LED	Large number LED with message center	Large number LED with message center
WORKOUTS	Go, manual, Sprint 8*, Landmarks**, Virtual Active, target heart rate, interval training, fat burn, rolling hills, constant watts*, glute training*, goal training, fitness tests, custom	Go, manual, Sprint 8*, Landmarks**, target heart rate, interval training, fat burn, rolling hills, constant watts*, glute training*, 5k/10k, fitness tests	Go, manual, interval training, fat burn, rolling hills, target heart rate, glute training*, fitness tests	Manual
IFIT ON-DEMAND WORKOUTS	Optional	No	No	No
LANGUAGES	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese-S, Chinese-T, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish, Thai, Malay, Catalan	English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Russian Turkish, Danish, Polish	English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Danish, Polish	English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Danish, Polish
FAN	Yes	Yes	No	No
ANALOG TV	NTSC, PAL, SECAM	Optional; attachable add-on TV	Optional; attachable add-on TV	Optional; attachable add-on TV
DIGITAL TV	ATSC 1.0, QAM-B, ISDB-T, ISDB-Tb, DVB-C/S/S2/T/T2	Optional; attachable add-on TV	Optional; attachable add-on TV	Optional; attachable add-on TV
IPTV	Content: MPEG2/H262, AVC/H264, Protocols: UDP, RTSP, HTTP, HTTPS	No	No	No
PRO:IDIOM COMPATIBILITY	Optional; IPTV and coax	Optional; attachable add-on Pro:Idiom TV (≠ IPTV)	Optional; attachable add-on Pro:Idiom TV (≠ IPTV)	Optional; attachable add-on Pro:Idiom TV (≠ IPTV)
WIFI	Yes	Yes	Optional; required for Asset Management and Community 360 App	Optional; required for Asset Management and Community 360 App
BLUETOOTH	Yes; smartphones, headphones, heart rate	Yes; heart rate	No	No
ANT+	Yes; heart rate	No	No	No
RFID WIRELESS LOGIN	Yes	Optional	Optional	Optional
CONNECTS TO APPLE WATCH	Yes	Optional	No	No
CONNECTS TO SAMSUNG GALAXY WATCH	Yes	No	No	No
Made for iPhone, iPad, iPod	Yes	No	No	No
USB PORT	Yes; device charging, device media, software updates	Yes; device charging, software updates	Yes; device charging, software updates	Yes; device charging, software updates
WIRELESS CHARGING (QI)	Yes	No	No	No
CSAFE READY	Yes	Yes	Yes	Yes
AUTO WAKE-UP	Yes	No	No	No

For warranty & service information, visit: [matrixfitness.com/support](https://matrixfitness.com/support)

\*Workout not available on all modalities. \*\*Landmarks only available on ClimbMills and Steppers.



# CARDIO SERIES OVERVIEW

Whether fitness is your business or just a part of what you do, your choices make all the difference. That's why we've reimagined our offering, making it easier to choose the solutions right for your budget, your space and the people you serve. Our three new cardio series are compatible with five refined consoles for exciting new combinations of performance and technology. When it comes to achieving your goals, it's easy to choose Matrix — and know you've chosen wisely.

## PERFORMANCE SERIES /

For fitness facilities that demand the best, our Performance Series provides an unmatched portfolio of premium cardio equipment. A refined aesthetic sets your facility apart in a way that attracts exercise enthusiasts of all kinds and keeps them coming back for more. Our precision-engineered designs and rugged components are tested against the highest international standards, ready for the most intense workouts. Ergonomically refined touchpoints like seats, handlebars, sealed buttons and smart workout controls make even long, hard workouts comfortable, convenient and intuitive. A range of advanced features simplify and reduce service needs to minimize downtime and maximize member satisfaction.

## ENDURANCE SERIES /

The Endurance Series offers design and flexibility that makes it easy for your fitness facility to maximize its resources with every decision. Streamlined designs simplify the exercise experience while still providing premium performance that can challenge cardio enthusiasts. When it comes to durability, everything from the Endurance Series is designed and tested to stand up to tough environments and heavy use for years. Best of all, our Endurance Series can meet you where you need to be when it comes to features, functions and your budget.

## LIFESTYLE SERIES /

If fitness is a small but important part of your offering, Matrix has cardio equipment that fits your space, your budget and your brand. Choose our Lifestyle Series equipment for value-conscious design, reliable performance and a unified aesthetic that welcomes all the different people you serve. Simplified operation makes it easy for anyone to start a workout, even users who are unfamiliar with exercise equipment.





## RUN WITH A LEADER

Striking the perfect balance between engineering and aesthetics, our treadmills attract more attention and require less maintenance than anything you put next to them.

# TREADMILLS





PERFORMANCE PLUS  
**TREADMILL**

If you want to make your facility stand out with an exceptional running experience, nothing outperforms or outlasts our Performance Plus Treadmill. Our shock-absorbing Pure Stride Cushioning System and Dynamic Response Drive System, make even the most intense runs feel comfortable, solid and smooth. Our unique belt and drive combination lasts for up to 100,000 miles with an absolute minimum of maintenance. It's also quieter than traditional treadmills at most speeds, and quieter than competitive slat-belt treadmills with significantly less vibrations. Sculpted ergonomic features like continuous multi-grip handlebars make every touchpoint more comfortable, and robust design details like cast-aluminum endcaps withstand intense environments and heavy use for years. Smart features like easily removable side rails, a front-accessible component cover and built-in casters streamline maintenance and service, so your most demanding members can count on a good, hard run every time they visit your facility.

**FEATURES**

- 157 x 61 cm / 62" x 24" running surface
- 5.0 hp AC Dynamic Response Drive System
- 20% incline
- 26 km/h / 16 mph top speed
- 26.7 cm / 10.5" step-on height
- 227 kg / 500 lbs. max weight capacity

Compatible consoles



Groundbreaking design and breathtaking performance combine for a treadmill that feels, functions and lasts unlike any other.





PERFORMANCE  
TREADMILL

Our Performance Treadmill is nothing short of ideal for long, hard runs, high-intensity interval training and group exercise that pushes members to their limits. Our Dynamic Response Drive System makes every step feel smooth and in sync and the durable, comfort-enhancing components of our Ultimate Deck stand up to a steady stream of members for years. Sculpted ergonomic features like continuous multi-grip handlebars make every touchpoint more comfortable, and robust design details like cast-aluminum endcaps withstand intense environments and heavy use. Smart features like easily removable side rails, floating front roller assembly, an easy-to-open motor cover and optional casters streamline service and maintenance, minimizing downtime and maximizing member satisfaction.

FEATURES

- 152 x 56 cm / 60" x 22" running surface
- 5.0 hp AC Dynamic Response Drive System
- 18% incline
- 23 km/h / 15 mph top speed
- 24.1 cm / 9.5" step-on height
- 182 kg / 400 lbs. max weight capacity

Compatible consoles



ENDURANCE  
TREADMILL

Our Endurance Treadmill provides the dynamic performance and large running area exercise enthusiasts need for intense workouts, plus a simplicity of design that lets those new to fitness get started immediately. Our Dynamic Response Drive System makes every step feel smooth and in sync whether users are running hard or just getting started on their fitness journey, and our Ultimate Deck enhances comfort while providing durability that lasts. Smart features like easily removable side rails, front roller assembly and an easy-to-open motor cover streamline service and maintenance in new ways, minimizing downtime so members of all kinds can get a run right for their goals.

FEATURES

- 152 x 56 cm / 60" x 22" running surface
- 4.2 hp AC Dynamic Response Drive System
- 15% incline
- 20 km/h / 12 mph top speed
- 22.9 cm / 9" step-on height
- 182 kg / 400 lbs. max weight capacity

Compatible consoles





LIFESTYLE  
TREADMILL

Our Lifestyle Treadmill gives the people you serve a solid run with a reliable, space-saving design. Our Dynamic Response Drive System makes every step feel smooth and in sync, and our Ultimate Deck is as comfortable as it is durable. A smaller frame and a low step-on height makes cardio exercise accessible to virtually anyone, even when space is at a premium. An easy-to-open motor cover streamlines service and maintenance by helping technicians get in and out more quickly.

FEATURES

- 152 x 56 cm / 60" x 22" running surface
- 4.2 hp AC Dynamic Response Drive System
- 15% incline
- 20 km/h / 12 mph top speed
- 17.8 cm / 7" step-on height
- 182 kg / 400 lbs. max weight capacity

Compatible consoles



TREADMILL  
SPECIFICATIONS

TREADMILLS	PERFORMANCE PLUS T-PP-F	PERFORMANCE T-PS-F	ENDURANCE T-ES-F	LIFESTYLE T-LS-F
MODEL NUMBER				
DRIVE SYSTEM	5.0 hp AC Dynamic Response Drive System	5.0 hp AC Dynamic Response Drive System	4.2 hp AC Dynamic Response Drive System	4.2 hp AC Dynamic Response Drive System
SPEED RANGE	0.8–26 km/h / 0.5–16 mph	0.8–23 km/h / 0.5–15 mph	0.8–20 km/h / 0.5–12 mph	0.8–20 km/h / 0.5–12 mph
INCLINE RANGE	0–20% (748.4 kg / 1,650-lb. thrust-elevation motor)	0–18% (657.7 kg / 1,300-lb. thrust-elevation motor)	0–15% (317.5 kg / 700-lb. thrust-elevation motor)	0–15% (317.5 kg / 700-lb. thrust-elevation motor)
RUNNING SURFACE AREA	157 x 61 cm / 62" x 24"	152 x 56 cm / 60" x 22"	152 x 56 cm / 60" x 22"	152 x 56 cm / 60" x 22"
RUNNING SURFACE TYPE	Slat belt	Belt and deck	Belt and deck	Belt and deck
CUSHIONING SYSTEM	Pure Stride	Ultimate Deck	Ultimate Deck	Ultimate Deck
HANDLEBAR DESIGN	Continuous multi-grip design	Continuous multi-grip design	Molded ergo-grip design	Molded ergo-grip design
CROSSBAR CONTROLS	Yes	Yes	Yes	Yes
CONTACT & TELEMETRIC HR	Yes	Yes	Yes	Yes
STEP-ON HEIGHT	26.7 cm / 10.5"	24.1 cm / 9.5"	22.9 cm / 9"	17.8 cm / 7"
SERVICE CASTER	Yes	Optional	No	No
CAST ALUMINUM END CAPS	Yes	Yes	No	No
MAX USER WEIGHT	227 kg / 500 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.
ETHERNET CONNECTIVITY	Yes	Yes	Yes	Yes
TREAD SENSE	Yes	Yes	Yes	Yes
ASSEMBLED DIMENSIONS	227 x 92.6 x 168.9 cm / 89.4" x 36.5" x 66.5"	220.2 x 92.6 x 168.5 cm / 86.7" x 36.5" x 66.3"	213 x 87 x 163 cm / 83.9" x 34.3" x 64.2"	201.1 x 90.4 x 164.2 cm / 79.2" x 35.6" x 64.6"
POWER REQUIREMENTS	20 A dedicated circuit required, non-looped grounded	20 A dedicated circuit required, non-looped grounded	20 A dedicated circuit required, non-looped grounded	20 A dedicated circuit required, non-looped grounded

For warranty & service information, visit: [matrixfitness.com/support](https://matrixfitness.com/support)



## A HARMONY OF DESIGN AND NATURAL MOVEMENT

We listened. We watched. We designed. And we developed equipment that provides smooth, stable, natural movement for more comfortable, more efficient workouts.

# ASCENT<sup>®</sup> & ELLIPTICALS





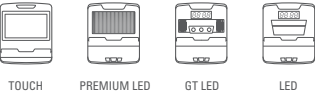
PERFORMANCE  
ASCENT TRAINER

When it comes to intense, full-body workouts that are easy on the joints, nothing outperforms our durable Performance Ascent Trainer. Adjustable incline with variable stride length takes workouts to the next level, engaging glutes, hamstrings and core muscles. Our patented suspension design is completely wheel- and track-free, reducing noise and minimizing friction to extend product life, while constant rate of acceleration provides an ultra-smooth feel all the way through the ellipse. Ergo Form grips, contralateral handlebar action, optimized pedal spacing and oversized pedals make every movement feel natural. Convenience features include low step-on height, rear entry, contact and telemetric heart rate tracking, a water bottle holder and an accessory tray. A smart design featuring top-down levelers and a removable disk makes service and maintenance easier than ever.

FEATURES

- 51–61 cm / 20–24" variable stride length
- 20–33 cm / 8–13" adjustable incline
- 24.1 cm / 9.5" step-on height
- 182 kg / 400 lbs. max weight capacity
- Self-powered options
- Lower Body Ascent Trainer also available

Compatible consoles



Our ultra-smooth, durable design elevates low-impact workouts with a combination of resistance and incline that exercises the whole body.

PERFORMANCE ASCENT TRAINER A-PS-F	
RESISTANCE SYSTEM	Brushless generator
MINIMUM WATTS*	5 W powered or 36 W self-powered
MINIMUM RPM*	10 RPM powered or 30 RPM self-powered
STRIDE LENGTH	51–61 cm / 20–24" adjustable
STEP-ON HEIGHT	24.1 cm / 9.5"
PEDAL SPACING	6.4 cm / 2.5"
WATT RANGE	5–650 W
CONTACT & TELEMETRIC HR	Yes
TOP-DOWN LEVELERS	Yes
MAX USER WEIGHT	182 kg / 400 lbs.
ETHERNET CONNECTIVITY	Yes
ASSEMBLED DIMENSIONS	178 x 74 x 181 cm / 70.1" x 29.1" x 71.3"
POWER REQUIREMENTS*	Self-powered or 100–240 V — 50/60 Hz AC

\*Touch consoles not available as self-powered.

For warranty & service information, visit: [matrixfitness.com/support](https://matrixfitness.com/support)





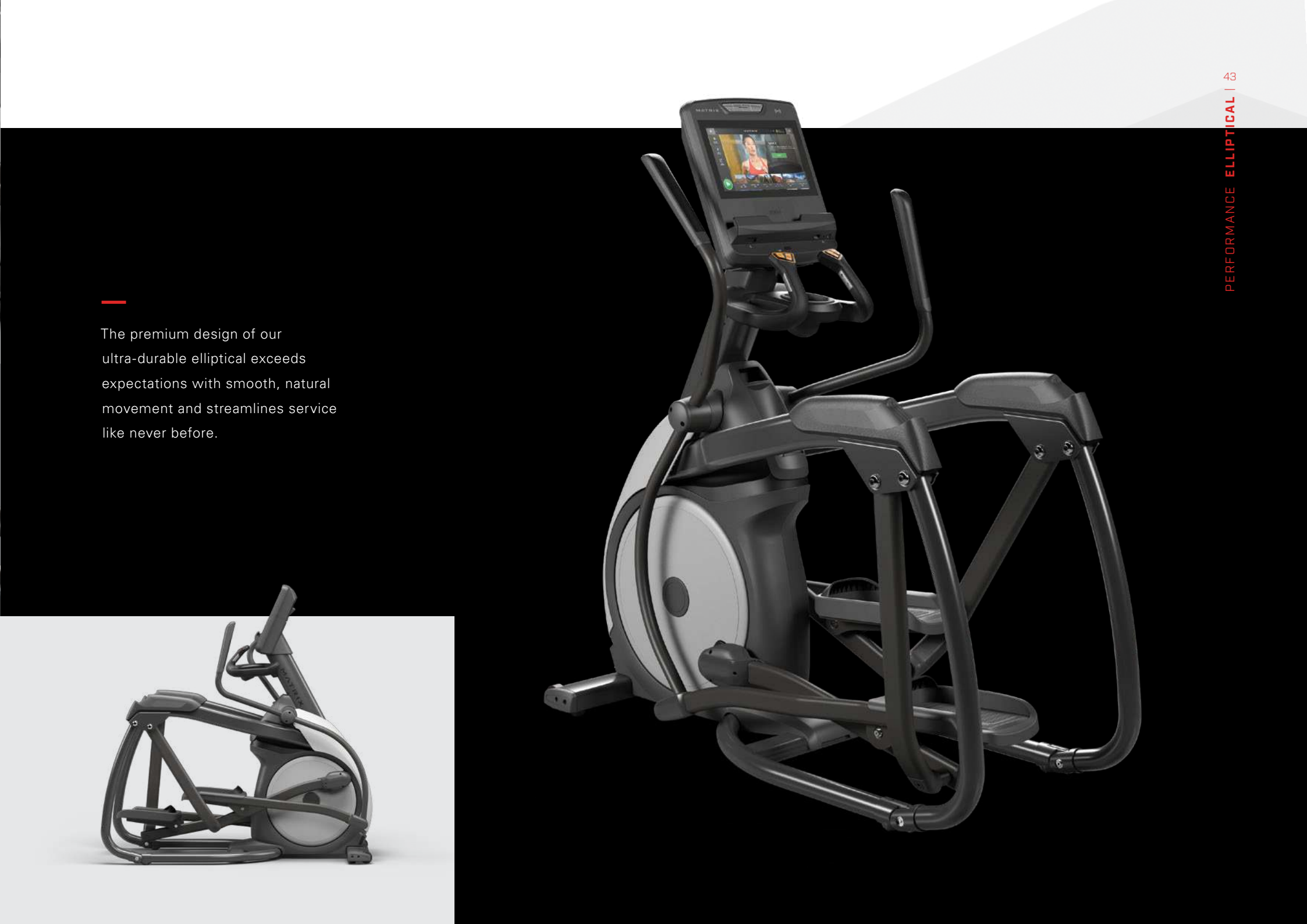
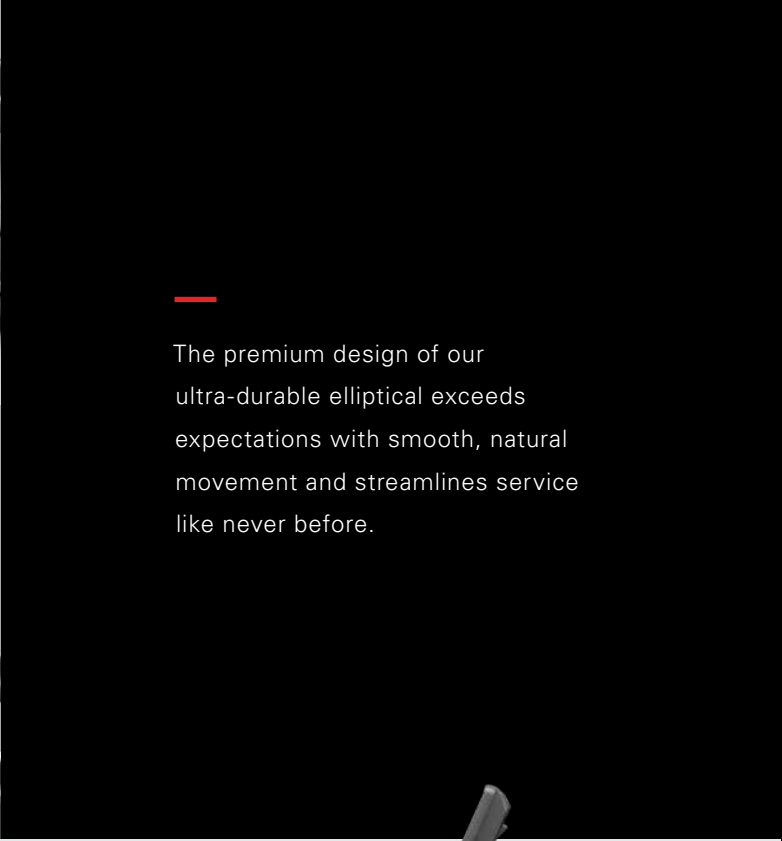
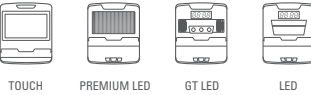
PERFORMANCE  
**ELLIPTICAL**

Our Performance Elliptical sets the standard for low-impact, high-intensity workouts and stands up to a steady stream of users. The patented suspension design is completely wheel- and track-free, reducing noise and minimizing friction to extend product life, while constant rate of acceleration provides an ultra-smooth feel all the way through the ellipse. Ergo Form grips, contralateral handlebar action, optimized pedal spacing and oversized pedals make every movement feel natural. Convenience features include low step-on height, rear entry, contact and telemetric heart rate tracking, a water bottle holder and an accessory tray. A smart design featuring top-down levelers and a removable disk makes service and maintenance easier than ever.

**FEATURES**

- 53.3 cm / 21" stride length
- 24.1 cm / 9.5" step-on height
- 182 kg / 400 lbs. max weight capacity
- Self-powered options

Compatible consoles





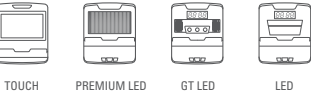
# ENDURANCE ELLIPTICAL

Our durable Endurance Elliptical is ideal for workouts of any intensity, offering low-impact exercise to members of all kinds. A patented suspension design minimizes noise and friction, extending product life, while constant rate of acceleration provides an ultra-smooth feel all the way through the ellipse. Contralateral handlebar action, optimized pedal spacing and oversized pedals make every movement feel natural. Convenience features include low step-on height, rear entry, contact and telemetric heart rate tracking, a water bottle holder and an accessory tray. A smart design featuring top-down levelers makes adjustments easier after installation, maintenance and use.

## FEATURES

- 53.3 cm / 21" stride length
- 24.1 cm / 9.5" step-on height
- 182 kg / 400 lbs. max weight capacity
- Self-powered options

Compatible consoles



ENDURANCE ELLIPTICAL

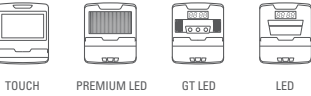
# LIFESTYLE ELLIPTICAL

Intended for light-use environments, our Lifestyle Elliptical features a compact footprint that lets you offer low-impact, natural workouts in facilities where space is at a premium. Our patented suspension design is completely wheel- and track-free, reducing noise and minimizing friction to extend product life. Optimized pedal spacing and oversized pedals make every movement feel natural. Convenience features include low step-on height, rear entry, contact and telemetric heart rate tracking, a water bottle holder and an accessory tray.

## FEATURES

- 51 cm / 20" stride length
- 23.1 cm / 9.1" step-on height
- 182 kg / 400 lbs. max weight capacity
- Self-powered options

Compatible consoles



LIFESTYLE ELLIPTICAL | 45





ELLIPTICAL  
SPECIFICATIONS

ELLIPTICALS			
MODEL NUMBER	PERFORMANCE E-PS-F	ENDURANCE E-ES-F	LIFESTYLE E-LS-F
RESISTANCE SYSTEM	Brushless generator	Brushless generator	Brushless generator
MINIMUM WATTS*	5 W powered or 36 W self-powered	5 W powered or 36 W self-powered	5 W powered or 36 W self-powered
MINIMUM RPM*	10 RPM powered or 30 RPM self-powered	10 RPM powered or 30 RPM self-powered	10 RPM powered or 30 RPM self-powered
STRIDE LENGTH	53.3 cm / 21"	53.3 cm / 21"	51 cm / 20"
STEP-ON HEIGHT	24.1 cm / 9.5"	24.1 cm / 9.5"	23.1 cm / 9.1"
PEDAL SPACING	6.4 cm / 2.5"	6.4 cm / 2.5"	6.4 cm / 2.5"
WATT RANGE	5 – 650 W	5 – 705 W	5 – 650 W
CONTACT & TELEMETRIC HR	Yes	Yes	Yes
TOP-DOWN LEVELERS	Yes	Yes	No
MAX USER WEIGHT	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.
ETHERNET CONNECTIVITY	Yes	Yes	Yes
ASSEMBLED DIMENSIONS	178 x 74 x 181 cm / 70.1" x 29.1" x 71.3"	174.5 x 74 x 179 cm / 68.7" x 29.1" x 70.5"	174.6 x 73 x 175.7 cm / 68.7" x 28.7" x 69.2"
POWER REQUIREMENTS*	Self-powered or 100–240 V — 50/60 Hz AC	Self-powered or 100–240 V — 50/60 Hz AC	Self-powered or 100–240 V — 50/60 Hz AC

\*Touch consoles not available as self-powered

For warranty & service information, visit: [matrixfitness.com/support](https://matrixfitness.com/support)



## STEP UP TO THE BEST

Give your members the truest stair-climbing workout on the market with high-design, low-maintenance equipment that can live virtually anywhere in your facility.

# CLIMBMILLS & STEPPERS





# PERFORMANCE CLIMBMILL

The premium design of our Performance ClimbMill provides the most secure stair-climbing workout in the industry and outlasts anything you put next to it. The Control Zone sensor instantly stops the stairs if triggered by an object or person, while Control Drive stops the steps if anything pushes against their rotation, exceeding industry standards for stair-climbing security. Extra-deep locking steps, a step-up platform and step-positioning software make getting a workout easier than ever, while sculpted ergonomics make every touchpoint more comfortable. Our unique Sweat Management System protects critical components to extend equipment life, and the oil-free drive system is as durable as it is whisper-quiet. Smart features like side access panels, modular components and an internal service light streamline maintenance, while rear-locking, leveling casters offer easy placement.

## FEATURES

- 25.4 cm / 10" step depth
- 20.3 cm / 8" step height
- Oil-free ECB modular system with motorcycle-grade, sealed drive chain
- 25.4 cm / 10" step-on height
- 182 kg / 400 lbs. max weight capacity
- EN ISO 20957-8 certified

Compatible consoles



Discover an intense climbing experience that's secure for members and virtually maintenance-free for you.





ENDURANCE  
**CLIMBMILL**

A blend of streamlined design and smooth operation makes it easy for beginners to start climbing and enthusiasts to climb further than ever. Extra-deep, locking steps and step-positioning software make getting a workout easier, while sculpted ergonomics make every touchpoint more comfortable. Our unique Sweat Management System protects critical components to extend equipment life, and the oil-free drive system is as durable as it is whisper-quiet. Smart features like side access panels, modular components and an internal service light streamline maintenance and minimize downtime.

**FEATURES**

- 25.4 cm / 10" step depth
- 20.3 cm / 8" step height
- Oil-free ECB modular system with industrial-grade drive chain
- 35.6 cm / 14" step-on height
- 182 kg / 400 lbs. max weight capacity
- EN ISO 20957-8 certified

Compatible consoles



ENDURANCE CLIMBMILL

LIFESTYLE  
**CLIMBMILL**

Created for low-volume facilities, our Lifestyle Climbmill features a compact design that makes it possible to bring climbing workouts to facilities with lower ceilings. Deep, locking steps and step-positioning software make getting a workout easier. Our unique Sweat Management System protects critical components to extend equipment life, and the oil-free drive system is as durable as it is whisper-quiet. Smart features like a front access panel and modular components streamline maintenance and minimize downtime.

**FEATURES**

- 22.9 cm / 9" step depth
- 14.3 cm / 5.6" step height
- Oil-free ECB modular system with industrial-grade drive chain
- 26.7 cm / 10.5" step-on height
- 136 kg / 300 lbs. max weight capacity

Compatible consoles



LIFESTYLE CLIMBMILL | 53





CLIMBMILL  
SPECIFICATIONS

CLIMBMILLS			
MODEL NUMBER	PERFORMANCE C-PS-F	ENDURANCE C-ES-F	LIFESTYLE C-LS-F
DRIVE SYSTEM	Clutched ECB with motorcycle-grade, sealed drive chain and belt	Clutched ECB with industrial-grade drive chain and belt	Clutched ECB with industrial-grade drive chain and belt
STEP DIMENSIONS	25.4 x 46 x 20.3 cm / 10" x 18" x 8"	25.4 x 46 x 20.3 cm / 10" x 18" x 8"	23 x 40.2 x 14.3 cm / 9" x 15.8" x 5.6"
HANDLEBAR DESIGN	Perimeter	Perimeter	Side
AUTO-STOP FUNCTION	Yes; frame mounted IR	Yes; frame mounted IR	Yes; frame mounted IR
CONTROL ZONE	Yes	No	No
LOCKING STAIRCASE	Yes	Yes	Yes
TOP-DOWN LEVELERS	Yes	Yes	No
CONTACT & TELEMETRIC HR	Yes	Yes	Yes
STEP-ON HEIGHT	25.4 cm / 10"	35.6 cm / 14"	26.7 cm / 10.5"
SERVICE CASTER	Yes	No	No
MINIMUM USER WEIGHT	45 kg / 99 lbs.	45 kg / 99 lbs.	45 kg / 99 lbs.
MAXIMUM USER WEIGHT	182 kg / 400 lbs.	182 kg / 400 lbs.	136 kg / 300 lbs.
ETHERNET CONNECTIVITY	Yes	Yes	Yes
ASSEMBLED DIMENSIONS	182.5 x 102.4 x 219.1 cm / 71.9" x 40.3" x 86.3"	161.2 x 102.4 x 218 cm / 63.5" x 40.3" x 85.8"	160.4 x 71.7 x 207.6 cm / 63.1" x 28.2" x 81.7"
POWER REQUIREMENTS	100–240 V — 50/60Hz AC	100–240 V — 50/60Hz AC	100–240 V — 50/60Hz AC

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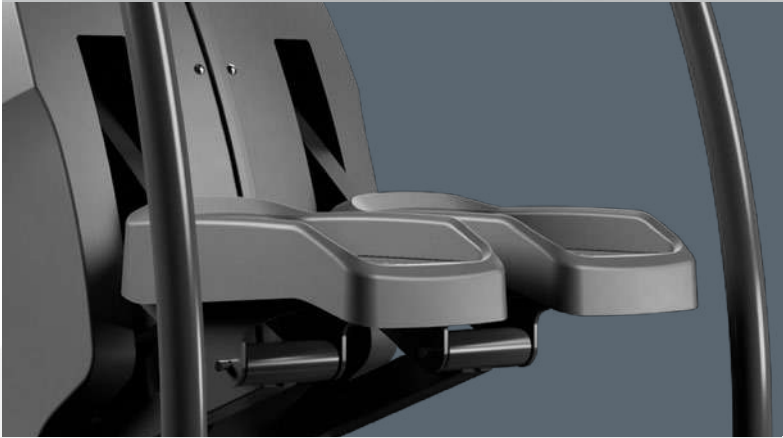
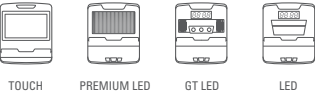
ENDURANCE  
STEPPER

Our unique design features an angled, independent motion that lets members experience the feel of real stair climbing. Generously sized non-slip pedals give members a secure feel, conveniently placed and responsive controls make adjusting the resistance easy, and a low-maintenance belt drive makes every step smooth and quiet.

FEATURES

- 31 cm / 12.2" step range
- 182 kg / 400 lbs. max weight capacity
- Self-powered options

Compatible consoles



ENDURANCE STEPPER S-ES-F	
DRIVE SYSTEM	Maintenance-free belt
RESISTANCE SYSTEM	Hybrid generator
MINIMUM WATTS*	93 W powered or self-powered
PEDAL SPACING	8.4 cm / 3.3"
STEP RANGE	31 cm / 12.2"
TOP-DOWN LEVELERS	No
CONTACT & TELEMETRIC HR	Yes
SERVICE CASTER	No
MAXIMUM USER WEIGHT	182 kg / 400 lbs.
ETHERNET CONNECTIVITY	Yes
ASSEMBLED DIMENSIONS	114.3 x 78.7 x 179.1 cm / 45" x 31" x 70.5"
POWER REQUIREMENTS*	Self-powered or 100-240 V — 50/60 Hz AC

\*Touch consoles not available as self-powered.



For a workout that's natural and invigorating, our stepper delivers a superior stair-climbing experience for beginners and enthusiasts alike.



## A BETTER RIDE BY DESIGN

Performance, comfort and styling make our cycles a favorite for members, while easy use and streamlined maintenance make them a top choice for owners, trainers and service techs. And with self-powered options, you can place them anywhere in your facility.





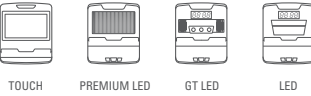
PERFORMANCE  
**HYBRID CYCLE**

For intense workouts that are easy on the joints, nothing outshines our Performance Hybrid Cycle in feel, function and durability. The 45-degree angle of our innovative command seating position optimizes ergonomics for maximum comfort and workout efficiency. The seat adjusts easily with just one hand, while low step-over height and comfortably oversized self-balancing pedals make it easy for virtually anyone to have a superior low-impact workout. The robust components withstand intense environments and heavy use for years, and smart features like top-down leveling, an integrated transport handle and a three-piece crank with forged arms streamline service and maintenance.

**FEATURES**

- 17.5 cm / 6.9" pedal spacing
- 182 kg / 400 lbs. max weight capacity
- Self-powered options

Compatible consoles





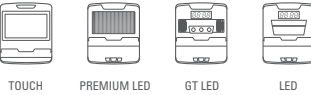
PERFORMANCE  
**RECUMBENT CYCLE**

Make low-impact cardio workouts accessible to everyone with our ultra-durable Performance Recumbent Cycle. The recumbent design features an ergonomic seat and back that distribute weight for superior support, stability and comfort. The seat adjusts easily with just one hand to fit each new rider, while low step-over height, oversized self-balancing pedals and low-watt starting resistance make it easy for virtually anyone to have a superior low-impact workout. The robust components withstand intense environments and heavy use for years, and smart features like top-down leveling, an integrated transport handle and a three-piece crank with forged arms streamline service and maintenance.

**FEATURES**

- 17.5 cm / 6.9" pedal spacing
- 182 kg / 400 lbs. max weight capacity
- Self-powered options

Compatible consoles



Our ultra-durable, ergonomically refined Performance Recumbent Cycle distributes weight and maximizes support for comfortable, low-impact cardio.





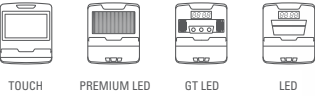
ENDURANCE  
**RECUMBENT  
CYCLE**

No matter what the ability or experience level of your members, our Endurance Recumbent Cycle offers an accessible cardio workout that virtually anyone can enjoy. The recumbent design features an ergonomic seat and back that distribute weight for superior support, stability and comfort. The seat adjusts easily with just one hand to fit each new rider, while low step-over height, self-balancing pedals and low-watt starting resistance make it easy for virtually anyone to get a satisfying low-impact workout. Smart features like top-down leveling, an integrated transport handle and a three-piece crank with forged arms streamline service and maintenance.

**FEATURES**

- 17.5 cm / 6.9" pedal spacing
- 182 kg / 400 lbs. max weight capacity
- Self-powered options

Compatible consoles



TOUCH PREMIUM LED GT LED LED



ENDURANCE RECUMBENT CYCLE

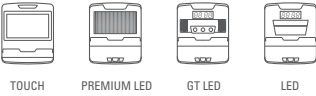
LIFESTYLE  
**RECUMBENT  
CYCLE**

If space is at a premium in your facility, choose our compact Lifestyle Recumbent Cycle to add low-impact cardio that's accessible to everyone. The recumbent design features an ergonomic seat and back that distribute weight for superior support, stability and comfort. Additionally, step-through design, self-balancing pedals and low-watt starting resistance make it easy to get a low-impact workout. A three-piece crank with forged arms reduces service time.

**FEATURES**

- 20.2 cm / 8" pedal spacing
- 182 kg / 400 lbs. max weight capacity
- Self-powered options

Compatible consoles



TOUCH PREMIUM LED GT LED LED



LIFESTYLE RECUMBENT CYCLE



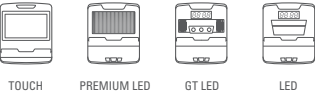
PERFORMANCE  
UPRIGHT CYCLE

When it comes to providing unmatched cardio exercise and durability that lasts, nothing outrides our Performance Upright Cycle. Race-inspired handlebars with elbow rests and refined ergonomic details create the feel of a real outdoor ride. The seat adjusts easily with just one hand to fit each new rider, while low step-over height and oversized self-balancing pedals make it easy to have a superior low-impact workout. The robust components withstand intense environments and heavy use for years, and smart features like top-down leveling, an integrated transport handle and a three-piece crank with forged arms streamline service and maintenance.

FEATURES

- 17.5 cm / 6.9" pedal spacing
- 182 kg / 400 lbs. max weight capacity
- Self-powered options

Compatible consoles



TOUCH PREMIUM LED GT LED LED



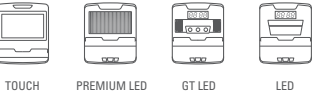
ENDURANCE  
UPRIGHT CYCLE

Give your members the essentials of an invigorating ride with our Endurance Upright Cycle. Race-inspired handlebars with elbow rests create the feel of a real outdoor ride. The seat adjusts easily with just one hand to fit each new rider, while low step-over height, self-balancing pedals and low-watt starting resistance make it easy for virtually anyone to have a satisfying low-impact workout. Smart features like top-down leveling, an integrated transport handle and a three-piece crank with forged arms streamline service and maintenance.

FEATURES

- 17.5 cm / 6.9" pedal spacing
- 182 kg / 400 lbs. max weight capacity
- Self-powered options

Compatible consoles



TOUCH PREMIUM LED GT LED LED





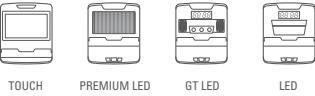
LIFESTYLE  
UPRIGHT CYCLE

A great choice for low-volume fitness facilities, our Lifestyle Upright Cycle brings low-impact cardio to your facility with a compact frame that makes the most of your space. Dual-position handlebars and an ergonomic seat make every ride comfortable. The seat quickly adjusts to fit users of all heights, while step-through design, self-balancing pedals and low-watt starting resistance make it easy to get a low-impact workout. A three-piece crank with forged arms reduces service time.

FEATURES

- 20.2 cm / 8" pedal spacing
- 182 kg / 400 lbs. max weight capacity
- Self-powered options

Compatible consoles



LIFESTYLE UPRIGHT CYCLE | 68

CYCLE  
SPECIFICATIONS

CYCLES	PERFORMANCE			ENDURANCE		LIFESTYLE	
MODEL NUMBER	RECUMBENT R-PS-F	UPRIGHT U-PS-F	HYBRID H-PS-F	RECUMBENT R-ES-F	UPRIGHT U-ES-F	RECUMBENT R-LS-F	UPRIGHT U-LS-F
RESISTANCE SYSTEM	Brushless generator	Brushless generator	Brushless generator	Brushless generator	Brushless generator	Brushless generator	Brushless generator
MINIMUM WATTS*	1 W powered or 14 W self-powered	1 W powered or 14 W self-powered	1 W powered or 14 W self-powered	2 W powered or 10 W self-powered	2 W powered or 10 W self-powered	2 W powered or 10 W self- powered	2 W powered or 10 W self-powered
MINIMUM RPM*	10 RPM powered or 25 RPM self-powered	10 RPM powered or 25 RPM self-powered	10 RPM powered or 25 RPM self-powered	10 RPM powered or 25 RPM self-powered	10 RPM powered or 25 RPM self-powered	10 RPM powered or 25 RPM self-powered	10 RPM powered or 25 RPM self-powered
PEDAL SPACING	17.5 cm / 6.9"	17.5 cm / 6.9"	17.5 cm / 6.9"	17.5 cm / 6.9"	17.5 cm / 6.9"	20.2 cm / 8"	20.2 cm / 8"
SEAT MATERIAL	Custom one-piece, molded seat back and bottom	Custom one-piece, molded seat	Custom one-piece, molded seat back and bottom	Custom one-piece, molded seat back and bottom	Sewn vinyl over foam	Custom one-piece, molded seat back and bottom	Sewn vinyl over foam
SEAT ADJUSTMENT	Single-hand lever	Single-hand lever	Single-hand lever	Single-hand lever	Single-hand lever	Single hand lever	Turn-and-pull knob
HANDLEBAR DESIGN	Seat side; front ergo bend	Custom-molded, racing design with elbow support	Front vertical ergo bend	Seat side; front ergo bend	Racing design with elbow support	Seat side; front ergo bend	Dual-position
CRANK DESIGN	Three piece with forged arms and integrated puller	Three piece with forged arms and integrated puller	Three piece with forged arms and integrated puller	Three piece with forged arms and integrated puller	Three piece with forged arms and integrated puller	Three piece with forged arms and integrated puller	Three piece with forged arms and integrated puller
TOP-DOWN LEVELERS	Yes	Yes	Yes	Yes	Yes	No	No
CONTACT & TELEMETRIC HR	Yes	Yes	Yes	Yes	Yes	Yes	Yes
REAR-LIFT HANDLE	Yes	Yes	Yes	Yes	Yes	No	No
MAXIMUM 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.
ETHERNET CONNECTIVITY	Yes	Yes	Yes	Yes	Yes	Yes	Yes
ASSEMBLED DIMENSIONS	150 x 65 x 143 cm / 59.1" x 25.6" x 56.3"	136 x 65 x 155 cm / 53.5" x 25.6" x 61"	147 x 65 x 159 cm / 57.9" x 25.6" x 62.6"	154.3 x 67.4 x 144.2 cm / 60.7" x 26.5" x 56.8"	122 x 74.4 x 152.1 cm / 48" x 29.3" x 59.9"	158.3 x 67.3 x 132.7 cm / 62.3" x 26.5" x 52.2"	129.4 x 61.7 x 147.4 cm / 50.9" x 24.3" x 58"
POWER REQUIREMENTS*	Self-powered or 100–240 V — 50/60 Hz AC	Self-powered or 100–240 V — 50/60 Hz AC	Self-powered or 100–240 V — 50/60 Hz AC	Self-powered or 100–240 V — 50/60 Hz AC	Self-powered or 100–240 V — 50/60 Hz AC	Self-powered or 100–240 V — 50/60 Hz AC	Self-powered or 100–240 V — 50/60 Hz AC

For warranty & service information, visit: [matrixfitness.com/support](https://matrixfitness.com/support)

\*Touch consoles not available as self-powered

CYCLES | 69



## SHATTER LIMITS TOGETHER

Add our unique training solutions to your cardio floor to give members the kind of heart-pumping variety they crave. Challenge your members with the versatile intensity of our user-driven S-Drive Performance Trainers. Add our rower to your cardio floor for low-impact cardio that strengthens the whole body. You can even create an advanced, accessible workout experience with our exciting Training Cycles.

# CARDIO FLOOR SOLUTIONS



# TRAINING CYCLES

All of our durable Training Cycles feature optimized ergonomics and intuitive adjustments that make it hassle-free for every member — no matter what their body type or ability level — to experience the feel of a real outdoor ride.

## ADVANCED ERGONOMICS & ADJUSTMENTS

The design of our Training Cycles begins with a narrow Q-factor that optimizes the position of the hips, knees and feet to comfortably mimic a real outdoor riding experience. A magnetic system provides smooth resistance changes to help riders transition from one portion of the ride to the next, while intuitive four-way adjustment with quick-touch operation and easy seat tilt make it virtually effortless to customize the cycle to each user's body.

## ENHANCED COMFORT & CONVENIENCE

All of our Training Cycles include an ergonomically sculpted seat to relieve pressure on touchpoints, making even long, intense rides comfortable. A contoured lever provides tactile feedback for on-the-fly resistance changes, and multi-position handlebars with an integrated water bottle holder provide a comfortable grip while keeping hydration easily accessible.

## STREAMLINED SERVICE & SETUP

The low-maintenance, well-protected rear flywheel design of our cycles includes a quick-release service panel, easily removable pedal cranks and clearly identifiable internal components to simplify service.

## CXP TARGET TRAINING CYCLE

Our advanced CXP Target Training Cycle motivates members with metrics that matter for a more engaging cycling workout they'll come back for again and again. The display is specifically engineered for target training — whether they're tracking watts, heart rate, RPMs, distance or calories — and includes a bright LED wrap that uses intuitive colors to tell the rider if they are on track for their goals. Integrated programmable metrics and personal training programs offer plenty of ways for cycling enthusiasts to train. Our WiFi-enabled Target Training Display also works with our complete digital portfolio of Matrix Connected Solutions, including Community 360, Asset Management and more.

## FEATURES

- Displays watts within +/- 3% accuracy
- Quick-adjust pedals
- Integrated Sprint 8 program
- Integrated FTP testing and a sub-max heart rate test
- WiFi enabled; ANT+/BLE/5 khz HR compatibility and ANT+ and BLE FTMS broadcast data capability





# CXM TRAINING CYCLE

Our CXM Training Cycle takes workouts to the next level with clear metric tracking, quality performance and excellent ergonomics. The quick-response, backlit LCD console clearly displays all training metrics and provides the ability to bring extra focus to watts, heart rate, RPMs or lap mode in a way that helps members chart their progress and get real results.

## FEATURES

- Displays watts within +/- 10% accuracy
- ANT+/BLE/5 khz for HR compatibility and ANT+ and BLE FTMS broadcast data capability



CXM TRAINING CYCLE



# CXC TRAINING CYCLE

Our CXC Training Cycle will make music driven cycling workouts more popular than ever with performance that's as smooth as it is comfortable. A device storage shelf makes it easy for members to keep their smartphone in view. Add the optional wireless LCD console for a basic metric-tracking experience that clearly displays RPMs, calories, distance, time and heart rate when used with a heart rate strap.



CXC TRAINING CYCLE







## A NEW WAY TO RIDE. EVERY TIME.

The Virtual Training Cycle allows users to connect to the programs that motivate them when and how they want on the cardio floor.

# VIRTUAL TRAINING CYCLE

Now all the different people you serve can ride the way they want to with the Matrix Virtual Training Cycle. They can take on Matrix-exclusive programming like Sprint 8, Virtual Active and Target Training, plus join popular on-demand cycling classes. They can even stream their favorite music, movies and shows as their workout flies by, all on a cycle precision engineered for intense sessions.

## FEATURES

- 56 cm / 22" touchscreen
- Integrated Target Training, Sprint 8 and Virtual Active programming
- iFIT on-demand workouts
- Access to instructor-led classes
- WiFi and ethernet connectivity
- Connects to Apple Watch
- Connects to Samsung Galaxy Watch





# TOTAL BODY CYCLE

Now you can transform cardio into intense, total-body exercise with an air cycle specifically reimagined for group training and HIIT workouts.

## BUILT TO LAST

The Total Body Cycle is built to stand up to tough HIIT and group training sessions for years.

## OPTIMIZED FOR QUICK TRANSITIONS

From group circuits to HIIT workouts on your cardio floor, the Total Body Cycle has been optimized for quick transitions between rides and riders.

## STREAMLINED SERVICE & MAINTENANCE

Never sacrifice sweat for service. Our robust air cycle streamlines service and maintenance to minimize downtime between training sessions.



# TOTAL BODY CYCLE

Make group training and HIIT more intense than ever with a cycle that transforms cardio workouts into total body exercise. Air resistance increases the challenge the harder riders pedal, push and pull, and a design reimagined for group training and HIIT includes seamlessly smooth adjustments between riders, multi-grip handlebars and a frame reinforced with heavy-duty steel.

## FEATURES

- Belt-drive air resistance
- Quick-pull lever seat adjustments
- Multi-grip handlebars
- Integrated transport handle
- Smart device storage
- Backlit LCD console tracks watts, RPMs, heart rate, calories, time and distance





# S-DRIVE PERFORMANCE TRAINERS

S-Drive Performance Trainers add an amazing new dimension to your cardio floor. Versatile, space-saving design lets members can take on power walking, running, HIIT, sled-pushing, parachute training and agility drills with magnetic resistance settings just right for their ability level and goals. Choose S-Drive Power for a complete target training experience, S-Drive Metrics for clear workout feedback or the original S-Drive for pure cardio intensity.

## FEATURES

- Sled brake with eight repeatable resistance settings
- Parachute brake with 11 repeatable resistance settings,
- Seven-degree incline
- True zero start speed
- Unlimited top speed
- 17.8 cm / 7" step-on height

## S-DRIVE POWER

S-Drive Power adds a Target Training Display specifically engineered for goal-based training, making it easier than ever for members to take on sprints, sled pushes and parachute training with precision metric tracking. Integrated testing establishes personalized targets just right for the ability level of each member, while the unique LED wrap helps trainers and members gauge intensity with bright colors. The display even pivots so trainers can easily view feedback. Whether tracking watts, speed, time, distance, heart rate or taking on high-intensity interval training, the personalized metrics help members maintain effort and reach their goals. WiFi enabled, the Target Training Display also works with our complete portfolio of Matrix Connected Solutions. Includes a built-in sled-push bar that tracks power in watts.

## FEATURES

- Integrated sub-max heart rate testing
- Interval and Sprint 8 program
- ANT+ and Bluetooth enabled





# S-DRIVE METRICS

S-Drive Metrics includes a quick-response, backlit LCD that clearly displays speed, time, distance and heart rate (with strap). Integrated testing establishes personalized targets just right for the ability level of each member, and the display even pivots so trainers can view feedback.

## FEATURES

- Interval and Sprint 8 program
- Self-powered design



S-DRIVE METRICS

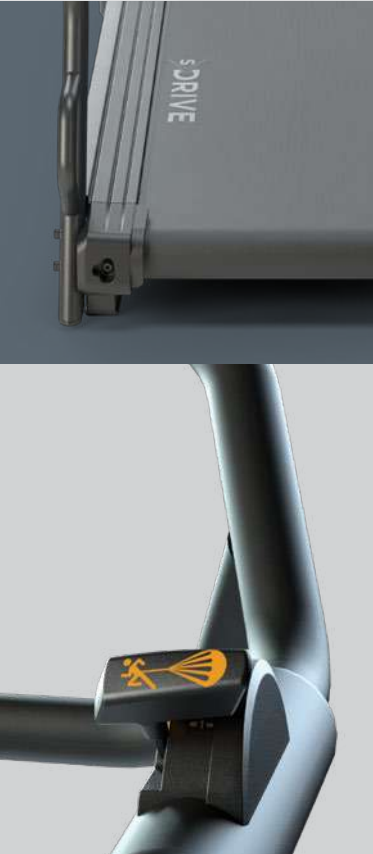


# S-DRIVE PERFORMANCE TRAINER

Add our original S-Drive Performance Trainer to your cardio floor to offer members power walking, running, HIIT, sled-pushing, parachute training and agility drills in one space-saving footprint. Magnetic resistance easily adjusts to a wide range of ability levels.

## FEATURES

- Self-powered design





# ROWERS

The sleek-yet-robust design of our rowers offers whisper-quiet operation, a smoother stroke, easy adjustments and repeatable resistance levels to create an unmatched rowing experience. Count on an aluminum flywheel with 10 precise magnetic resistance settings to challenge first-time users and experienced rowers alike. Crafted to fit the human body, our rowers feature an Ergo Form seat to reduce stress on touchpoints during long rowing sessions, a seat lock for superior stability when getting on and off and a long handle with a comfort-enhancing over-mold. A high-quality cord is paired with a long aluminum rail reinforced with stainless-steel to stand up to hard use.



## RXP ROWER

Reinvigorate rowing and make your facility stand out by adding our advanced RXP Target Training Rower to your cardio floor. Our unique display is specifically engineered for target training, precisely measuring watts, 500-meter split, heart rate, SPMs, distance or calories. A bright LED wrap uses vibrant colors to indicate if the user is on track for their goals. Integrated interval programs and a wide range of personal training programs keep every workout fresh. WiFi enabled, the Target Training Display also works with our complete portfolio of Matrix Connected Solutions.

### FEATURES

- Sub-max heart rate test, step power test and testing for 500- and 2,000-meter
- Interval and Sprint 8 program
- WiFi enabled; ANT+ / BLE / 5 khz HR compatibility and ANT+ and BLE FTMS data broadcast capability





ROWER

The Matrix Rower features an adjustable, backlit console that makes it easy to access training programs and see complete workout data. Clearly defined quick keys provide instant access to integrated training programs.

FEATURES

- Interval and challenge programs
- Self-powered design



ROWER

CARDIO FLOOR  
SPECIFICATIONS

S-DRIVE PERFORMANCE TRAINERS			
S-DRIVE POWER		S-DRIVE METRICS	S-DRIVE PERFORMANCE TRAINER
MODEL NUMBER	S-DRIVEP	S-DRIVEM	S-DRIVEC
CONSOLE SPECS			
Display	Target Training capacitive touchscreen	Backlit LCD	No
Display Feedback	Heart rate*, watts, time, distance, calories*	Heart rate*, watts, SPM, time, distance, calories*	No
WiFi	Yes	No	No
Bluetooth	Yes; heart rate, FTMS	Yes; heart rate, FTMS	No
ANT+	Yes; heart rate, PWR, FE-C	Yes; heart rate, PWR, FE-C	No
Contact & Telemetric HR	Telemetric only	Telemetric only	No
Power Requirements	DC plug-in	Generator-powered	No
FRAME SPECS			
Drive System	Dual magnetic maintenance free brakes	Dual magnetic maintenance free brakes	Dual magnetic maintenance free brakes
Power Measurement	Calculated watts	Calculated watts	N/A
Speed Range	User-defined	User-defined	User-defined
Incline Range	7° fixed	7° fixed	7° fixed
Resistance System	Magnetic	Magnetic	Magnetic
Running Surface Area	152 x 51 cm / 60" x 22"	152 x 51 cm / 60" x 22"	152 x 51 cm / 60" x 22"
Step-on Height	17.8 cm / 7"	17.8 cm / 7"	17.8 cm / 7"
Maximum User Weight	182 kg / 400 lbs.	183 kg / 400 lbs.	184 kg / 400 lbs.
Ethernet Connectivity	No	No	No
Assembled Dimensions	195 x 88.3 x 150 cm / 76.8" x 34.8" x 59"	195 x 88.3 x 150 cm / 76.8" x 34.8" x 59"	195 x 88.3 x 150 cm / 76.8" x 34.8" x 59"

ROWERS		
	RXP	ROWER
MODEL NUMBER	AR12	AR11
CONSOLE SPECS		
Display	Target Training capacitive touchscreen	Backlit LCD
Display Feedback	Heart rate*, watts, SPM, time, distance, calories*, 500 m/split	Heart rate*, watts, SPM, time, distance, calories*, 500 m/split
WiFi	Yes	No
Bluetooth	Yes; heart rate, FTMS	Yes; heart rate
ANT+	Yes; heart rate, broadcast	No
Contact & Telemetric HR	Telemetric only	Telemetric only
Power Requirements	Generator-powered	Generator-powered
FRAME SPECS		
Drive System	Coil spring poly-V belt	Coil spring poly-V belt
Power Measurement	Calculated watts	Calculated watts
Resistance System	Magnetic	Magnetic
Resistance Levels	10	10
Foot Stretchers	Adjustable heel cups with easy-to-read settings	Adjustable heel cups with easy-to-read settings
Handlebar Design	Extra-long ergo-grip handlebar	Extra-long ergo-grip handlebar
Leveling Feet	4	4
Maximum User Weight	158.8 kg / 350 lbs.	158.8 kg / 350 lbs.
Ethernet Connectivity	No	No
Assembled Dimensions	223 x 55 X 58 cm / 87.7" x 21.6" x 22.8"	223 x 55 x 58 cm / 87.7" x 21.6" x 22.8"

TOTAL BODY CYCLE	
MODEL NUMBER	TBCC
CONSOLE SPECS	
Display	Backlit LCD
Display Feedback	Heart rate*, watts, RPM, time, distance, calories*
WiFi	Yes
Bluetooth	Yes
ANT+	Yes; heart rate
Contact & Telemetric HR	Telemetric only
Power Requirements	Battery-powered
FRAME SPECS	
Drive System	Flexonic belt
Power Measurement	Calculated watts
Resistance System	Air
Pedal Type	Wide pedal with anti-slip texture
Seat Design	Ergonomically sculpted seat
Seat Adjustment	Vertical & horizontal
Handlebar Design	Ergo-formed, multi-position, soft PVC
Handlebar Adjustment	Fixed
Crank Design	4-way tapered forged steel cranks
Leveling Feet	4
Rear-lift Handle	Yes
Maximum User Weight	158.8 kg / 350 lbs.
Ethernet Connectivity	No
Assembled Dimensions	148 x 73 x 148 cm / 58.3" x 28.4" x 58.3"



CARDIO FLOOR  
SPECIFICATIONS

TRAINING CYCLES			
MODEL NUMBER	CXP	CXM	CXC
CONSOLE SPECS			
Display	Target Training capacitive touchscreen	Backlit LCD	Optional LCD
Display Feedback	Heart rate*, watts, RPM, time, distance, calories*	Heart rate*, watts, RPM, time, distance, calories*	Heart rate*, watts, RPM, time, distance, calories*
WiFi	Yes	No	No
Bluetooth	Yes; heart rate, FTMS	Yes; heart rate, FTMS	No
ANT+	Yes; heart rate, PWR, FE-C	Yes; heart rate, PWR, FE-C	Yes; heart rate
Contact & Telemetric HR	Telemetric only	Telemetric only	Telemetric only
Power Requirements	Generator-powered	Generator-powered	Battery-powered
FRAME SPECS			
Drive System	Flexonic belt	Flexonic belt	Flexonic belt
Power Measurement	Calculated watts	Calculated watts	N/A
Resistance System	Magnetic	Magnetic	Magnetic
Pedal Type	Dual-sided SPD & easy fit strap	Dual-sided SPD & toe cage	Dual-sided SPD & toe cage
Seat Design	Ergonomically sculpted seat	Ergonomically sculpted seat	Ergonomically sculpted seat
Seat Adjustment	Vertical & horizontal	Vertical & horizontal	Vertical & horizontal
Handlebar Design	Ergo-formed, multi-position, soft PVC	Ergo-formed, multi-position, soft PVC	Ergo-formed, multi-position, soft PVC
Handlebar Adjustment	Vertical & horizontal	Vertical & horizontal	Vertical & horizontal
Crank Design	4-way tapered forged steel cranks	4-way tapered forged steel cranks	4-way tapered forged steel cranks
Leveling Feet	Yes; 2 front levelers and 2 rear dials	4	4
Rear-lift Handle	Yes	Yes	Yes
Maximum User Weight	158.8 kg / 350 lbs.	158.8 kg / 350 lbs.	158.8 kg / 350 lbs.
Ethernet Connectivity	No	No	No
Assembled Dimensions	125.4 x 56.4 x 102.8 cm / 48.2" x 22.2" x 40.5"	125.4 x 56.4 x 102.8 cm / 48.2" x 22.2" x 40.5"	125.4 x 56.4 x 102.8 cm / 48.2" x 22.2" x 40.5"

VIRTUAL TRAINING CYCLE	
MODEL NUMBER	CXV
CONSOLE SPECS	
Display	56 cm / 22" class capacitive touchscreen LCD
Workouts	Go, manual- Sprint 8, Virtual Active, instructor-led content, Target Training, target heart rate, interval training, fat burn, rolling hills, constant watts, goal training, fitness tests, custom
iFIT On-Demand Workouts	Yes
Languages	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese-S, Chinese-T, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish, Thai, Malay, Catalan
Fan	No
Analog TV	No
Digital TV	No
IPTV	No
Prodiom Compatibility	No
WiFi	Yes
Bluetooth	Yes, smartphones, headphones, heart rate
ANT+	Yes; heart rate
RFID Wireless Login	Yes
Connects to Apple Watch	Yes
Connects to Samsung Galaxy Watch	Yes
Made for iPhone, iPad, iPod	Yes
USB Port	Yes; device charging, device media, software updates
Wireless Charging (Qi)	No
CSAFE Ready	Yes
Auto Wake-up	Yes
Contact & Telemetric HR	Telemetric only
FRAME SPECS	
Drive System	Flexonic belt with freewheel
Power Measurement	Calculated watts
Resistance System	Magnetic
Pedal Type	SPD & toe cage
Q-Factor	16.8 cm / 6.6"
Seat Design	Ergonomically sculpted saddle
Seat Adjustment	Vertical & horizontal
Handlebar Design	Multi-position, racing design
Handlebar Adjustment	Fixed
Crank Design	4-way tapered forged steel cranks
Leveling Feet	4
Rear-lift Handle	Yes
Maximum User Weight	158.8 kg / 350 lbs.
Ethernet Connectivity	Yes
Assembled Dimensions	156.6 x 56.5 x 147.8 cm / 61.7" x 22.2" x 58.2"
Power Requirements	100-240 V — 50/60 Hz AC

A BETTER WAY  
TO GET FIT: TOGETHER

Group training provides the kind of motivation, camaraderie and accountability members need to try new things, persevere through tough sessions and keep coming back for more. We can help you differentiate your fitness facility by outfitting your group training space, optimizing underused space and offering programming that appeals to a wide range of individuals. We'll bring the best of our own equipment and programming, plus exclusive offerings from industry experts to help you attract new members and retain them in a way only engaging group training can.

To learn more about our group training solutions, visit [matrixfitness.com](https://matrixfitness.com)





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# MATRIX

## ABOUT MATRIX FITNESS

In 2001, Johnson Health Tech established Matrix Fitness to bring premium fitness equipment to the marketplace. Since then, we've become the fastest-growing commercial fitness equipment brand in the world. Matrix has leveraged continuous innovation and cross-cultural collaboration to emerge as an industry vanguard, constantly challenging standards and raising expectations for fitness equipment design and exercise technology.

Our product portfolio has expanded to over 600 products including strength equipment, cardio platforms, group exercise modalities, athletic performance training tools, fitness technology, integrated HIIT workouts, turnkey programming and much more. With nearly 40 subsidiaries around the world, Matrix is uniquely equipped to meet fitness and wellness needs in every corner of the globe.

Today, Matrix Fitness is dedicated to serving fitness facilities of all kinds, setting them apart in ways that attract and retain more members. Our mission is to delight and excite our customers through complete solutions and committed partnership provided by a world-class organization.

Visit [matrixfitness.com](https://matrixfitness.com) for full contact information.





A close-up, low-angle shot of a Matrix Fitness treadmill, showing the dark grey frame and the yellow accents on the side rails. The treadmill is positioned in a brightly lit room with large windows in the background. The Matrix logo is visible on the side rail.

**MATRIX**  
Strong • Smart • Beautiful

**Matrix Fitness**

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**[matrixfitness.com](https://matrixfitness.com)**

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