



## BEFORE YOU BEGIN

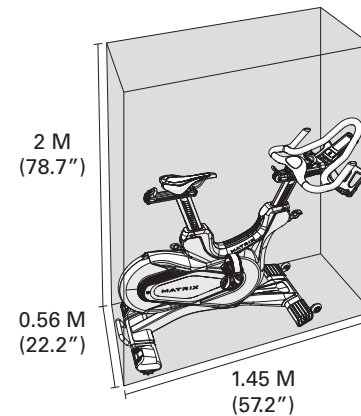
### LOCATION OF THE UNIT

Place the equipment on a level and stable surface away from direct sunlight. The intense UV light can cause discoloration on the plastics. Locate your equipment in an area with cool temperatures and low humidity. Please leave a clear zone on all sides of the equipment that is at least 60 cm (23.6"). This zone must be clear of any obstruction and provide the user a clear exit path from the machine. Do not place the equipment in any area that will block any vent or air openings. The equipment should not be located in a garage, covered patio, near water or outdoors.

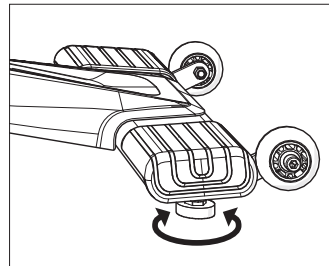
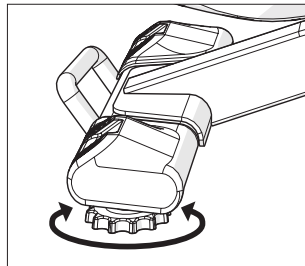
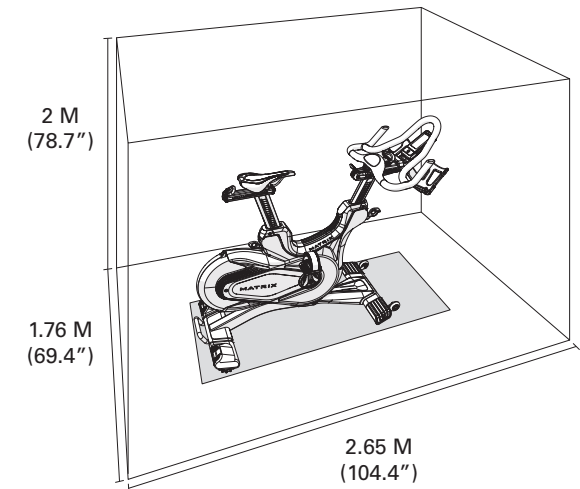
### WARNING!

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

### TRAINING AREA

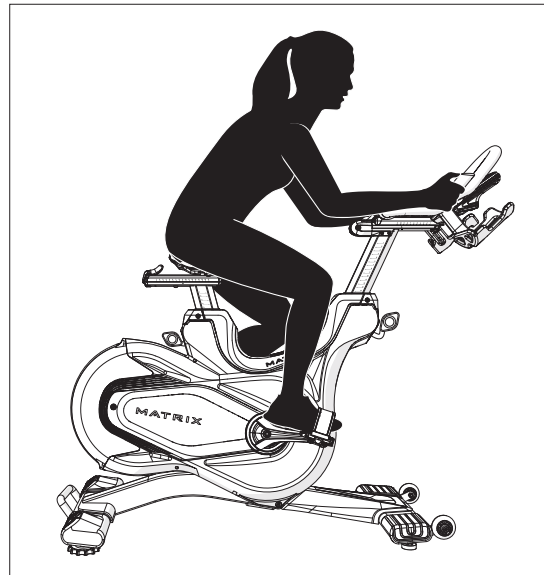


### FREE AREA



### LEVELING THE EQUIPMENT

It is extremely important that the levelers are correctly adjusted for proper operation. Turn leveling foot clockwise to lower and counter-clockwise to raise unit. Adjust each side as needed until the equipment is level. An unbalanced unit may cause belt misalignment or other issues. Use of a level is recommended.

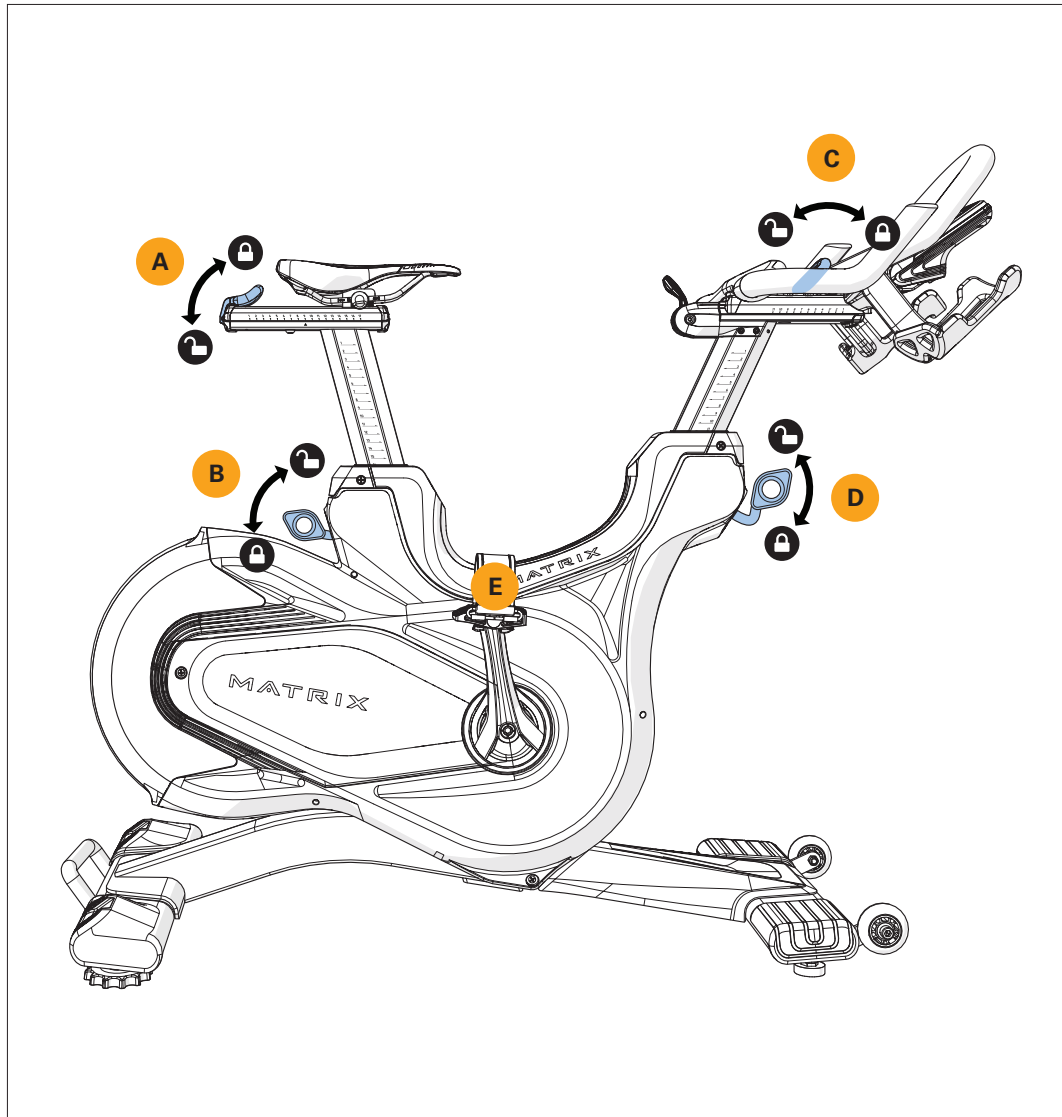


### PROPER USAGE

1. Sit on the cycle facing the handlebars. Both feet should be on the floor one on each side of the frame.
2. To determine proper seat position, sit on the seat and position both feet on the pedals. Your knee should bend slightly at the furthest pedal position. You should be able to pedal without locking your knees or shifting your weight from side to side.
3. Adjust pedal straps to desired tightness.
4. To get off of the cycle, follow the proper usage steps in reverse.



## BEFORE YOU BEGIN



## HOW TO ADJUST THE INDOOR CYCLE

The indoor cycle can be adjusted for maximum comfort and exercise effectiveness. The instructions below describe one approach to adjusting the indoor cycle to ensure optimal user comfort and ideal body positioning; you may choose to adjust the indoor cycle differently.

### SADDLE ADJUSTMENT

Proper saddle height helps ensure maximum exercise efficiency and comfort, while reducing the risk of injury. Adjust the saddle height to make sure it's in proper position, one that keeps a slight bend in your knee while your legs are in the extended position

### HANDLEBAR ADJUSTMENT

Proper position for the handlebar is based primarily on comfort. Typically, the handlebar should be positioned slightly higher than the saddle for beginning cyclists. Advanced cyclists could try different heights to get the arrangement most suitable for them.

#### A) SADDLE HORIZONTAL POSITION

Pull the adjustment lever down to slide the saddle forward or backward as desired. Push the lever up to lock saddle position. Test the saddle slide for proper operation.

#### B) SADDLE HEIGHT

Lift the adjustment lever up while sliding the saddle up and down with the other hand. Push the lever down to lock saddle position.

#### C) HANDLEBAR HORIZONTAL POSITION

Pull the adjustment lever towards the rear of the cycle to slide the handlebars forward or backward as desired. Push the lever forward to lock handlebar position.

#### D) HANDLEBAR HEIGHT

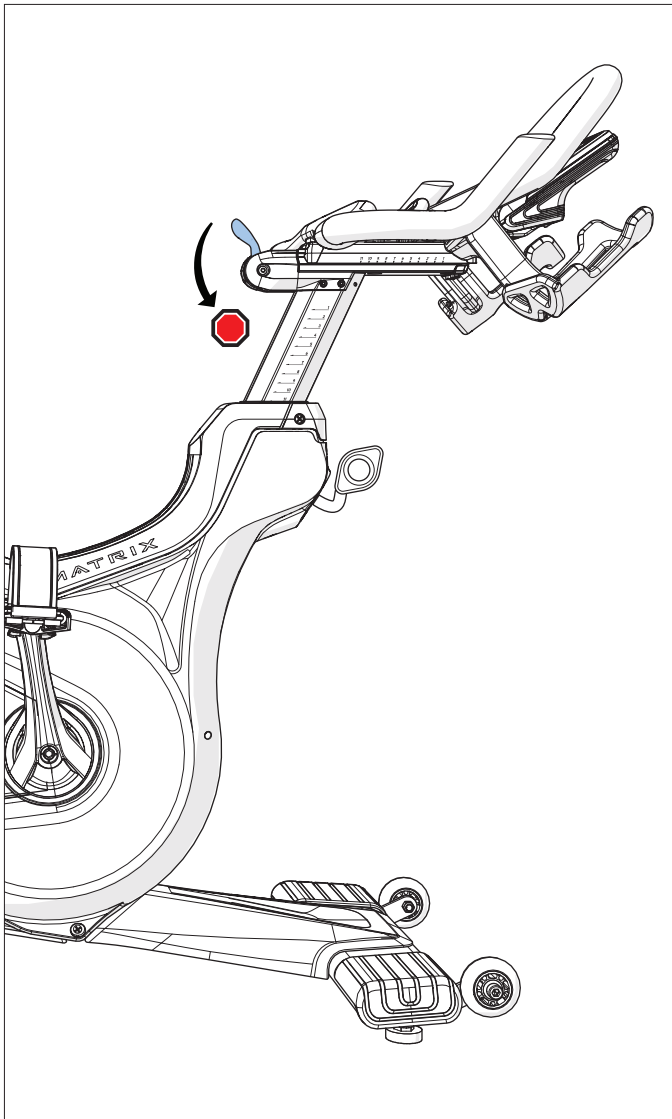
Pull the adjustment lever up while raising or lowering the handlebar with the other hand. Push the lever down to lock handlebar position.

#### E) PEDAL STRAPS

Place the ball of the foot into the toe cage until the ball of the foot is centered over the pedal, reach down and pull the pedal strap up to tighten prior to use. To remove your foot from the toe cage, loosen the strap and pull out.



## BEFORE YOU BEGIN



### RESISTANCE CONTROL / EMERGENCY BRAKE

The preferred level of difficulty in pedaling (resistance) can be regulated in fine increments by use of the tension control lever. To increase the resistance, push the tension control lever towards the ground. To decrease the resistance, pull up the lever upwards.

#### IMPORTANT:

- To stop the flywheel while pedaling, push down hard on the lever.
- The flywheel should quickly come to a complete stop.
- Make sure your shoes are fixed into the toe clip.
- Apply full resistance load when the bike is not in use to prevent injuries due to moving drive gear components.

#### **⚠** WARNING

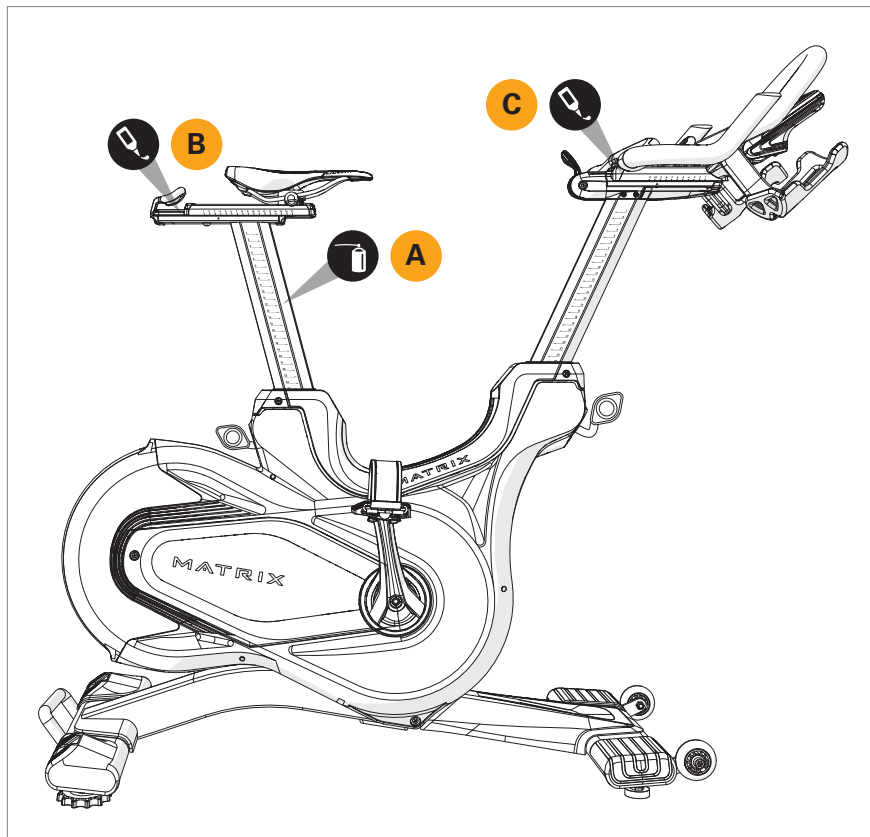
The indoor cycle does not have a free moving flywheel; the pedals will continue to move together with the flywheel until the flywheel stops. Reducing speed in a controlled manner is required. To stop the flywheel immediately, push down the red emergency brake lever. Always pedal in a controlled manner and adjust your desired cadence according to your own abilities. Push the red lever down = emergency stop.

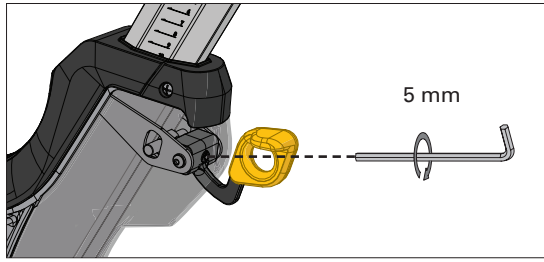
The indoor cycle uses a fixed flywheel that builds momentum and will keep the pedals turning even after the user stops pedaling or if the user's feet slip off. **DO NOT ATTEMPT TO REMOVE YOUR FEET FROM THE PEDALS OR DISMOUNT THE MACHINE UNTIL BOTH THE PEDALS AND THE FLYWHEEL HAVE COMPLETELY STOPPED.** Failure to follow these instructions may lead to loss of control and the potential for serious injury.



# MAINTENANCE

1. Any and all part removal or replacement must be performed by a qualified service technician.
2. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by your country's local MATRIX dealer.
3. MAINTAIN LABELS AND NAMEPLATES: Do not remove labels for any reason. They contain important information. If unreadable or missing, contact your MATRIX dealer for a replacement.
4. MAINTAIN ALL EQUIPMENT: Preventative maintenance is the key to smooth operating equipment as well as keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.
5. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. MATRIX dealers will provide service and maintenance training at our corporate facility upon request.



MAINTENANCE SCHEDULE	
ACTION	FREQUENCY
Clean the indoor cycle using soft cloths or paper towels or other Matrix approved solution (cleaning agents should be alcohol and ammonia free). Disinfect the saddle and handlebars and wipe off all bodily residues.	AFTER EACH USE
Make sure that the indoor cycle is level and does not rock.	DAILY
Clean entire machine using water and a mild soap or other Matrix approved solution (cleaning agents should be alcohol and ammonia free). Clean all exterior parts, the steel frame, front and rear stabilizers, seat and handlebars.	WEEKLY
Test the emergency brake to make sure it is functioning properly. To do this, press down the red emergency brake lever while pedaling. When functioning properly, it should immediately slow down the flywheel until it comes to a complete stop.	BI-WEEKLY
Lubricate the saddle post (A). To do this, raise the saddle post to the MAX position, spray with maintenance spray and rub down the entire exterior surfaces with a soft cloth. Clean the saddle slide (B) with a soft cloth and if necessary apply a small amount of lithium/silicone grease.	BI-WEEKLY
Clean the handlebar slide (C) with a soft cloth and if necessary apply a small amount of lithium/silicone grease.	BI-WEEKLY
Inspect all assembly bolts and pedals on the machine for proper tightness.	MONTHLY
	MONTHLY



## PRODUCT INFORMATION

	CXP Indoor Cycle
Max User Weight	159 kg / 350 lbs
User Height Range	147 – 200.7 cm / 4'11" – 6'7"
Max Saddle and Handlebar Height	130.3 cm / 51.3"
Max Length	145.2 cm / 57.2"
Product Weight	57.6 kg / 127 lbs
Shipping Weight	63.5 kg / 140 lbs
Required Footprint (L x W)*	125.4 x 56.3 cm / 49.4 x 22.2"
Dimensions (max saddle & handlebar height)	145.2 x 56.4 x 130.2 cm / 57.2 x 22.2 x 51.3"
Overall Dimensions (L x W x H)*	125.4 x 56.4 x 102.8 cm / 49.4 x 22.2 x 40.5"

\* Ensure a minimum clearance width of 0.6 meters (24") for access to and passage around MATRIX equipment. Please note, 0.91 meters (36") is the ADA recommended clearance width for individuals in wheelchairs.

For most current owner's manual and information, check [matrixfitness.com](http://matrixfitness.com)

### NOTE:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

### FCC RF Radiation Exposure Statement:

1. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
2. This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 centimeters between the radiator and your body



## 重要注意事項

### 請妥善 保存說明書

使用 Matrix 健身器材時，請務必遵守基本注意事項，包括以下各點：使用本器材前請閱讀所有使用說明。持有人應負責確保已充分告知本器材使用者所有警告與注意事項。

本器材僅供室內使用。本訓練器材屬 S 系列產品（專用於健身房等的商務環境）。

本器材只能在可控制溫度的室內使用。如果您的運動器材曾暴露在低溫或高度潮濕的環境下，強烈建議您在使用前先讓該器材暖機至符合室溫。

## 危險！

### 為降低觸電風險：

在清潔、執行保養及裝上或拆下零件之前，請務必從電源插座拔出器材的電源插頭。

## 警告！

### 為降低燒燙傷、觸電或受傷的風險或人身傷害：

- 請務必遵照器材使用手冊的說明使用本器材。
- 嚴禁未滿 14 歲的兒童使用本器材。
- 無論任何情況下，都不應該讓寵物或 14 歲以下兒童，接近本器材周圍 3 公尺（10 英尺）內。
- 本器材不適用於體能、知覺或精神機能不佳或欠缺經驗及知識的人士；如欲使用，必須在他人監督下進行，且須由可負責其人身安全者指導器材用途及使用方式。
- 使用本器材時請一律穿著運動鞋。切勿赤腳使用本器材。
- 請勿穿著任何可能會碰到本器材任何活動零件之衣物。
- 心率監測系統可能不準確。運動過量可能會導致嚴重受傷或死亡。
- 錯誤運動方式和運動過量可能會導致嚴重受傷或死亡。若您感覺各種不同的疼痛，包括胸痛、噁心、暈眩或呼吸困難等，應立即停止運動並請教醫師此症狀之後，才可繼續使用。
- 請勿在器材上跳動。
- 本器材在任何時候均限單人使用。
- 請在穩固、平坦的地面上架設與操作本器材。
- 若本器材無法正常運作或已損壞，切勿使用。
- 請使用把手在進出本器材時維持平衡，以及在使用器材期間加強穩定性。
- 為了避免受傷，切勿將任何身體部位（例如手指、手掌、手臂或足部）暴露於活動的機械之間，或本器材其他可能活動的部分。
- 本健身產品必須使用正確接地的電源插座。
- 本器材切勿置於插電後無人看管的環境。在閒置時及清潔、保養前，或在移動本器材時，請關閉電源並拔除插頭。
- 任何器材一旦損壞或零件磨損、破損，一律不得繼續使用。請使用由客戶技術支援部門或授權經銷商取得的替換零件。
- 如果本器材有以下情形，切勿使其運轉：會摔落、受損或不正常運作，或是電源線或插頭受損，或置於濕氣濃厚或潮濕的環境，或是曾浸泡於水中。
- 將電源線放在遠離高溫表面的地方。請勿拉扯電源線，或對電源線施加任何機械負載。
- 除非經客服技術人員指示，請勿拆下任何保護蓋。僅交由經授權的維修技師進行維修。
- 為避免觸電，請勿將任何物品扔進或插入任何開口處。
- 使用氣霧（噴霧）產品時，或當氧氣受限情況下，請勿操作本器材。
- 體重超過本器材手冊規定的最大承重能力之人員請勿使用本器材。未遵守規定所導致的損害，皆不在保固範圍內。
- 本器材務必只在溫度及濕度控制的環境中使用。請勿在例如但不限於戶外、車庫、陽台、泳池室、浴室、停車場或位在泳池、熱管或蒸汽室附近的地方使用本器材。未遵守規定所導致的損害，皆不在保固範圍內。
- 請聯絡客戶技術支援部門或授權經銷商進行檢查、維修和/或保養。
- 當運動器材的通風口阻塞時，請勿操作本器材。通風口應保持清潔、沒有任何棉絮、毛髮和類似污垢。
- 請勿改造本運動器材，或安裝任何未經許可的附件或配件。若本器材如經改造或使用未經許可的附件或配件，將會使保固失效並可能導致使用者受傷。
- 清潔時，請使用肥皂及微濕的布擦拭器材表面，切勿使用溶劑。（請參閱「保養」乙節）
- 請在受監督的環境下使用固定式訓練器材。
- 個人進行鍛煉的力量可能不同於顯示的機械力量。
- 運動時請保持適當且受控的配速。
- 確定所有調整桿（座椅和前後握把）皆牢牢固定，運動時的活動範圍內不可有障礙物。
- 除非您以較低的速度踩踏，否則請勿嘗試以站立的姿勢高速踩踏健身車。
- 如果您想要調整座位高度，請先將調整座墊高度的拉桿向上拉，再輕輕將座位向下調整，或是輕輕將座位往上拉到想要的高度。再將拉桿向下壓直到鎖定，並確保拉桿狀態足夠穩固能供使用。
- 使用前，請確認把手已經固定。
- 切勿用手轉動踏板。
- 請等待腳踏板完全靜止之後再離開本器材。
- 本器材未配備飛輪。請在可控制範圍內，降低踏板速度。
- 折收或展開本器材時請小心謹慎。進出器材前，請先將進出該側的踏板調到最低位置。



## 組裝

### 拆卸

在準備使用設備的場所拆卸包裝。將紙箱放置在水平表面上。建議您先在地板上鋪設保護層。切勿在紙箱倒放時開箱。

### 重要訊息

在每個組裝步驟中，確認所有螺母和螺栓都已就位，且部分拴住。

部分零件已經事先潤滑，以便於組裝和使用。請勿將潤滑劑擦掉。若遇到困難，建議您使用少量鋰基潤滑脂。

### 警告！

在組裝過程中有幾個區域須特別注意。務必正確遵循組裝說明並確認所有零件牢固鎖緊。如未正確遵循組裝說明，設備會有零件未鎖緊、看起來鬆動，並可能產生刺耳噪音。為防止損壞設備，須詳閱組裝說明並採取正確措施。

### 需要幫助嗎？

若您有任何疑問或任何零件遺失，請連絡顧客技術支援。

### 必備工具：

- 3毫米內六角扳手
- 5毫米內六角扳手
- 10毫米內六角扳手
- 扁平扳手（15毫米 / 17毫米 325L）
- 十字螺絲刀

### 零件包含：

- 1 主架構
- 1 前固定管
- 1 後固定管
- 1 手把組
- 1 滑輪握把
- 1 腳踏車座墊
- 2 踏板
- 1 控制台
- 1 硬體組

### 序號

### 機型：CXP MATRIX TARGET TRAINING CYCLE

\* 撥打服務電話時請使用以上資訊。

#### ▲ 注意

請勿讓 14 歲以下的兒童接近本器材。

使用前請詳閱所有警告及說明，並接受正確的指導。請遵循本器材的用途。請在使用本器材前詢問醫師。

請在穩固、平坦的地面上組裝與操作本裝置。折收或展開本器材時請小心謹慎。請等待踏板完全靜止之後再離開健身車。

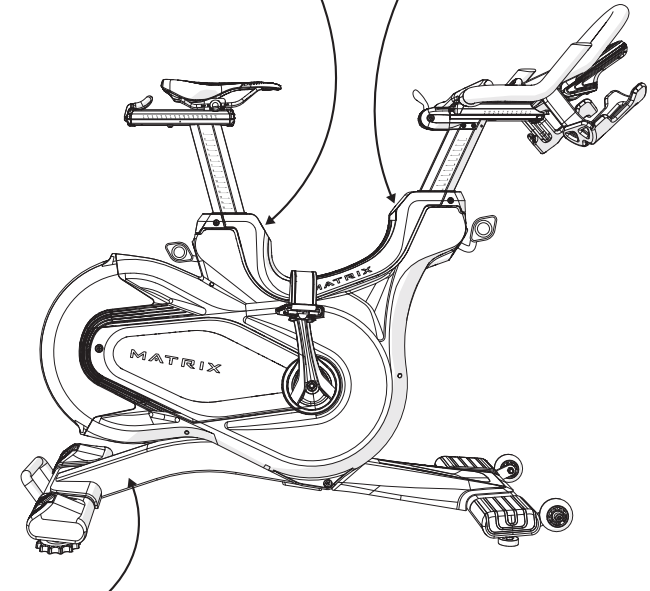
#### ▲ 警告

座椅和把手：調整高度時，一手要握住。使用前，請確認夾鉗已夾牢。

請在受過訓練的教練的直接指導下，於受監督環境中使用本固定式訓練器材。

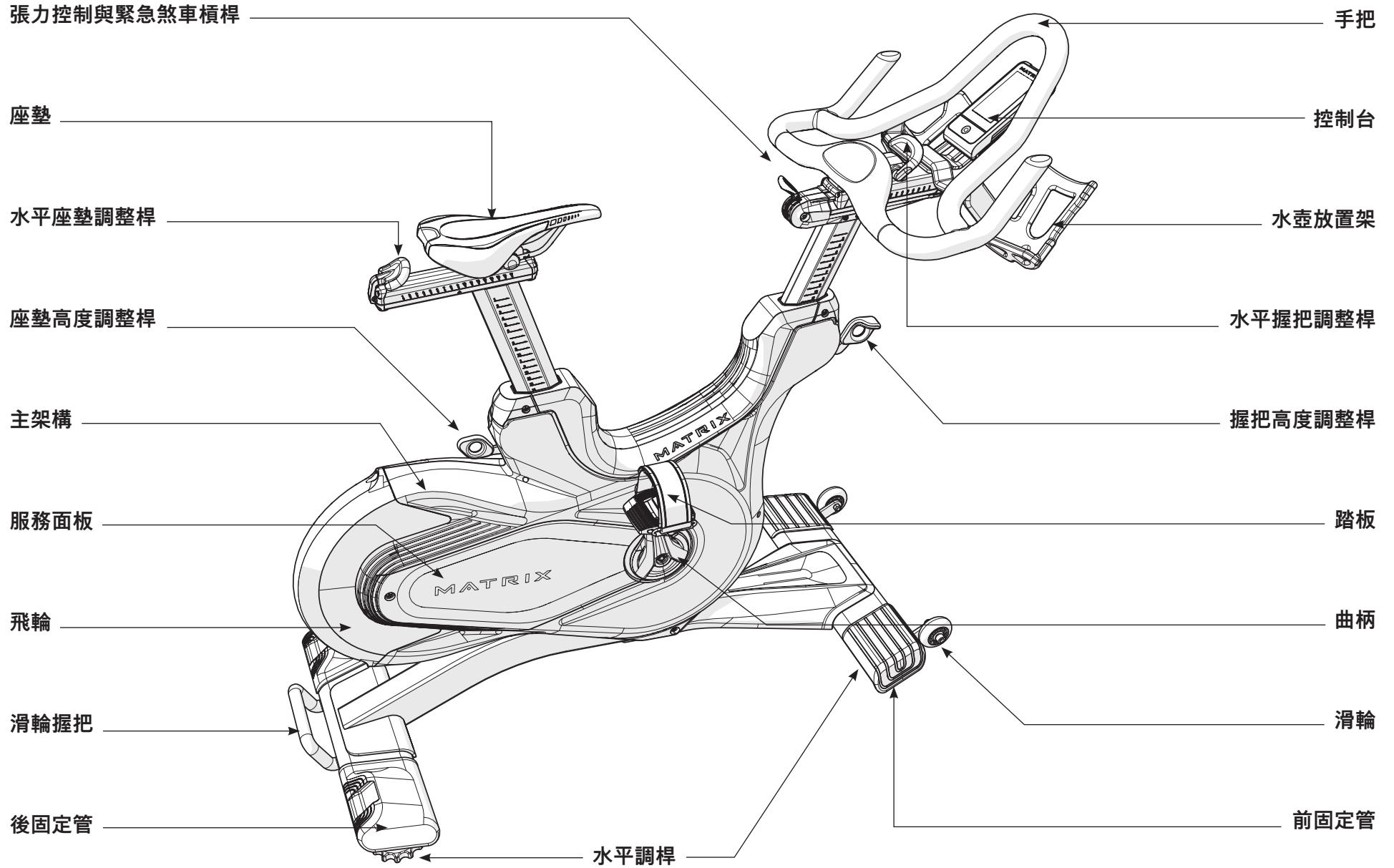
旋轉中的踏板可能導致受傷。

本運動健身車有慣性，且踏板速度必須在適度的控制範圍內予以降低。





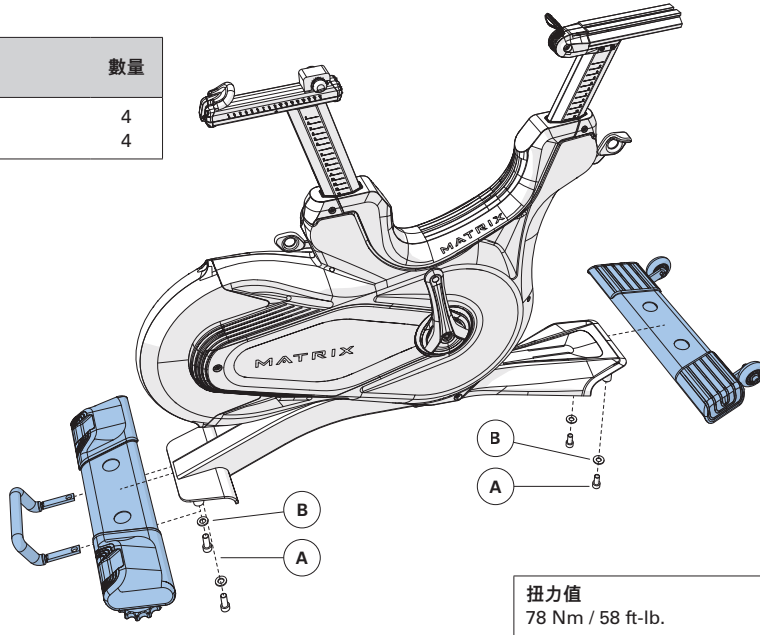
# 組裝



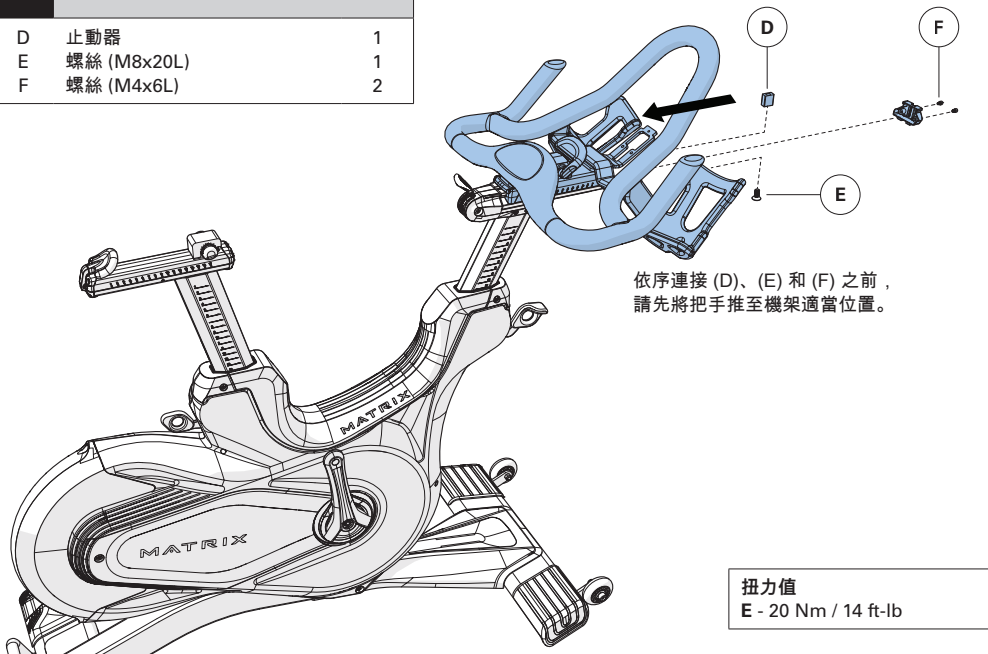


# 組裝

1	五金	數量
A	螺栓 (M12x25L)	4
B	平墊圈	4

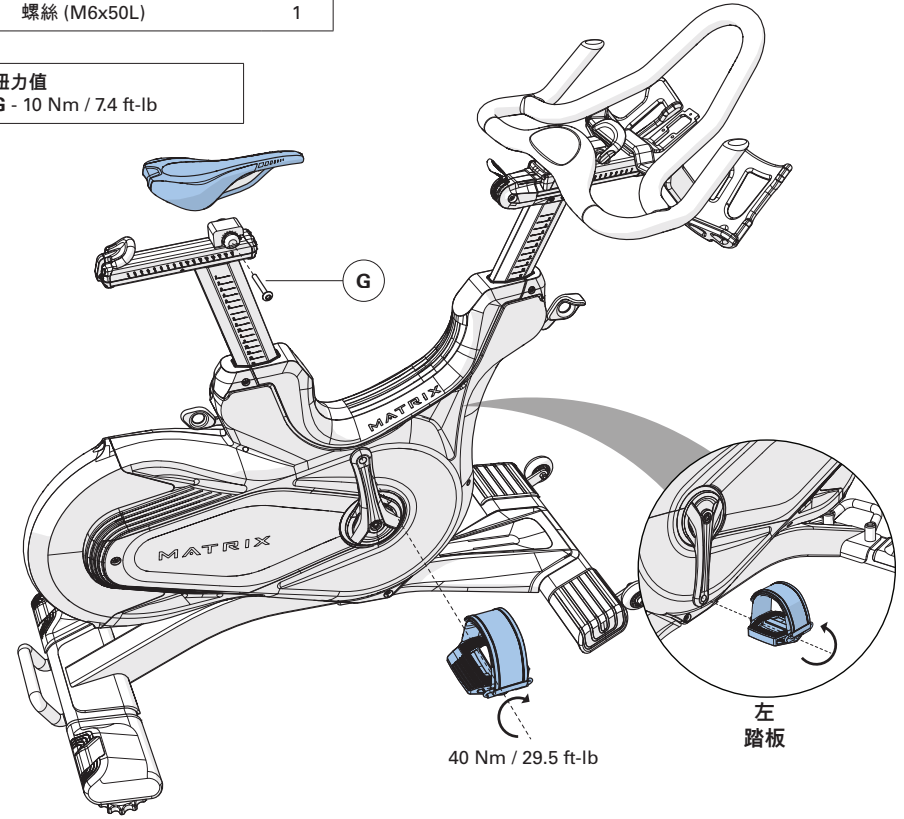


2	五金	數量
D	止動器	1
E	螺絲 (M8x20L)	1
F	螺絲 (M4x6L)	2

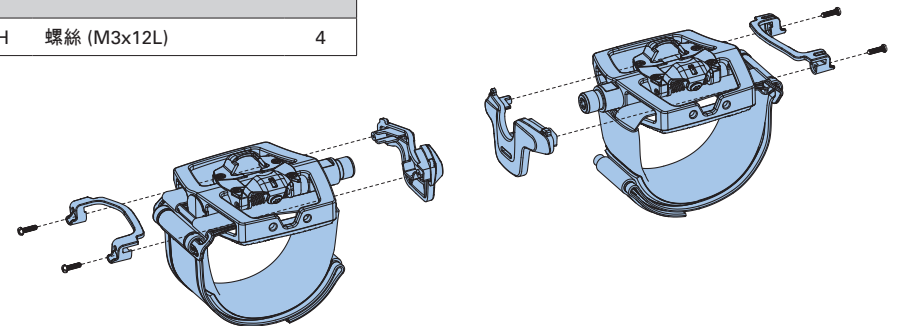


3	五金	數量
G	螺絲 (M6x50L)	1

扭力值  
G - 10 Nm / 7.4 ft-lb



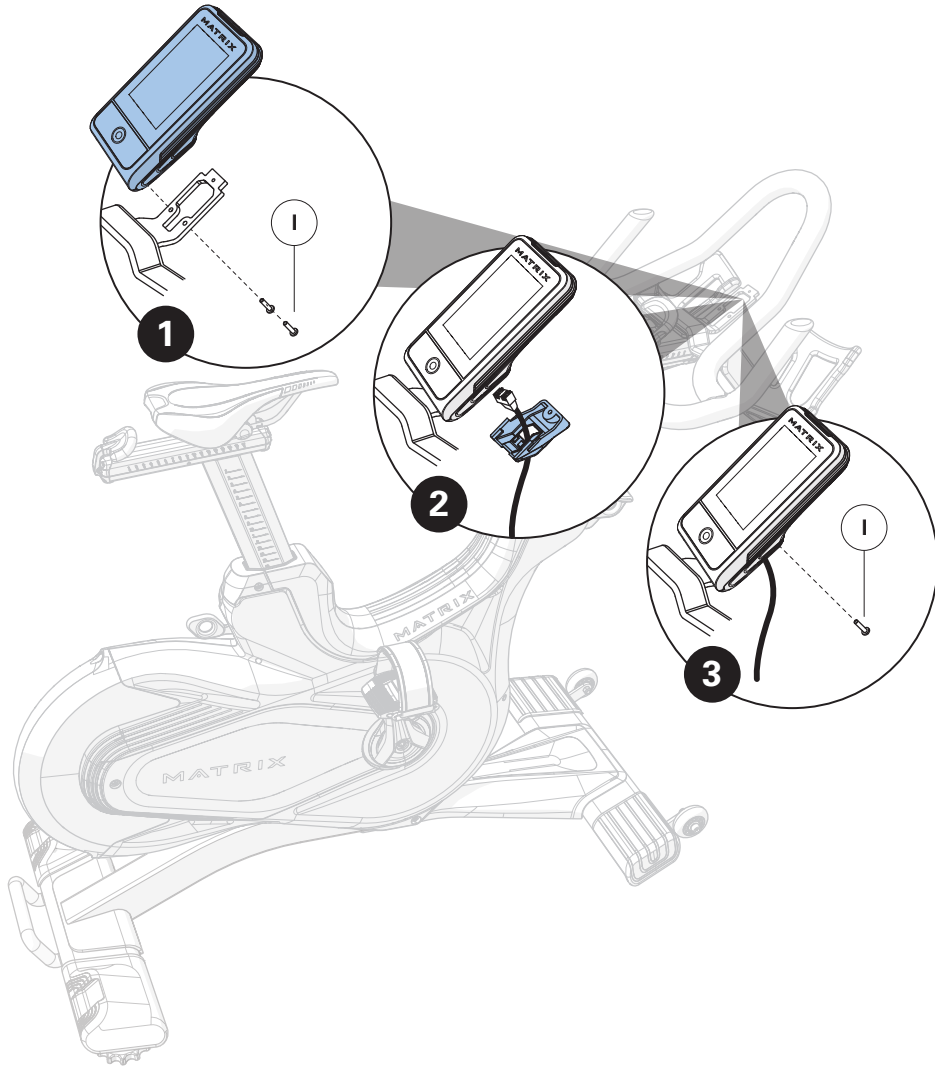
五金	數量	
H	螺絲 (M3x12L)	4





# 組裝

4	五金	數量
I	螺絲 (M4x10L)	3



## 組裝完成

