

# MATRIX

## CARDIO CONSOLES





# CONSOLE GUIDE

Before proceeding, find the serial numbers located on barcode stickers and enter them in the spaces provided below. Use the information below when calling for service.

## CONSOLE SERIAL NUMBER (Located on back of the console)

## CONSOLE

<input type="checkbox"/> LED
<input type="checkbox"/> GROUP TRAINING LED
<input type="checkbox"/> PREMIUM LED
<input type="checkbox"/> TOUCH
<input type="checkbox"/> TOUCH XL

## FRAME SERIAL NUMBER (Located on front lower frame)

## FRAME

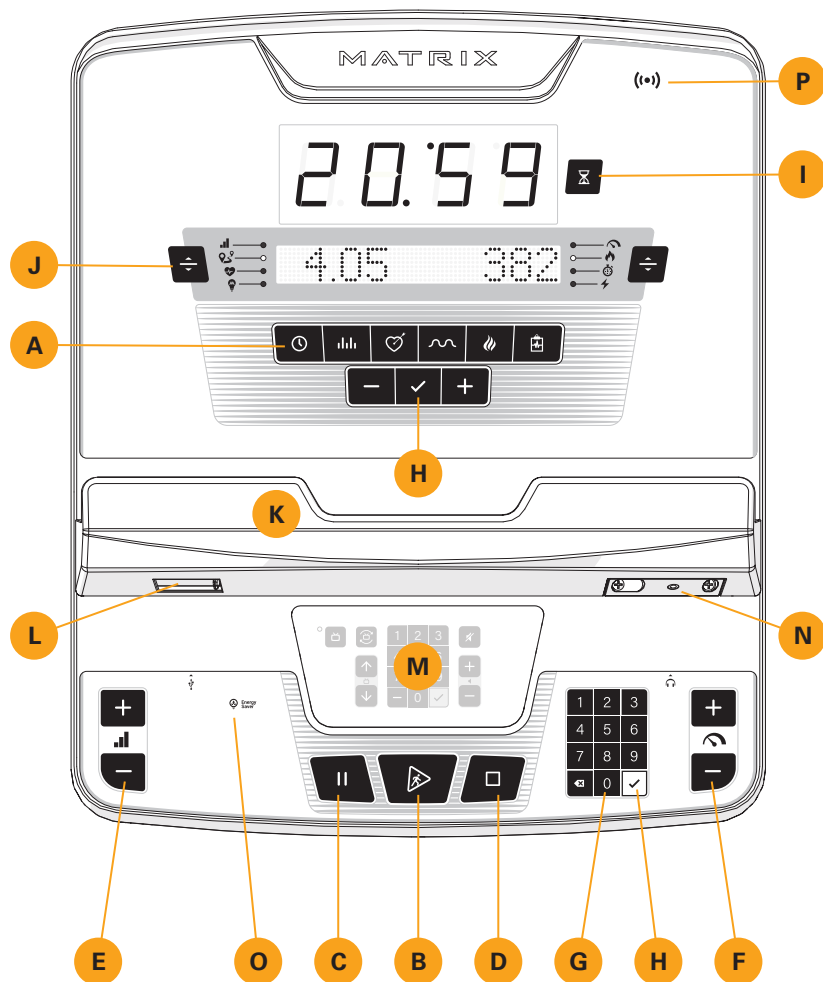
TREADMILL	<input type="checkbox"/> LIFESTYLE <input type="checkbox"/> ENDURANCE <input type="checkbox"/> PERFORMANCE <input type="checkbox"/> PERFORMANCE PLUS
ASCENT TRAINER	<input type="checkbox"/> LIFESTYLE <input type="checkbox"/> PERFORMANCE
SUSPENSION ELLIPTICAL	<input type="checkbox"/> LIFESTYLE <input type="checkbox"/> ENDURANCE <input type="checkbox"/> PERFORMANCE
RECUMBENT CYCLE	<input type="checkbox"/> LIFESTYLE <input type="checkbox"/> ENDURANCE <input type="checkbox"/> PERFORMANCE
UPRIGHT CYCLE	<input type="checkbox"/> LIFESTYLE <input type="checkbox"/> ENDURANCE <input type="checkbox"/> PERFORMANCE
HYBRID CYCLE	<input type="checkbox"/> PERFORMANCE
CLIMBMILL	<input type="checkbox"/> LIFESTYLE <input type="checkbox"/> ENDURANCE <input type="checkbox"/> PERFORMANCE
STEPPER	<input type="checkbox"/> ENDURANCE





## LED

ENGLISH



	Treadmills	Ascents / Ellipticals / Bikes	ClimbMills / Steppers
	Incline	Level	Steps
	Distance	Distance	Distance
	Heart Rate	Heart Rate	Heart Rate
	METs	METs	METs
	Speed	Speed	Speed/Level
	Calories	Calories	Calories
	Pace	RPM	Steps/Min
	Watts	Watts	Watts

## LED CONSOLE DESCRIPTION

The Matrix machine is inspected before it is packaged. Carefully unpack the unit and dispose of the box material. Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) **WORKOUT KEYS:** Simple program view and selection buttons. Press Fitness Test button to cycle through available tests.
- B) **GO:** One Touch Start.
- C) **PAUSE:** Pauses workout. Pause duration can be set in manager or engineering mode.
- D) **STOP:** Ends workout and shows workout summary data.
- E) **[-] [+] INCLINE/LEVEL:** Adjust level (incline for treadmills and ascent trainers) and make program selections.
- F) **[-] [+] SPEED/LEVEL:** Adjust level (speed for treadmills) and make program selections.
- G) **NUMBER KEYPAD:** Workout data input for workout setup. Level or speed adjustment during workout.
- H) **[✓] ENTER:** To confirm each program setting.
- I) **TIME TOGGLE:** Cycles between time remaining, time elapsed, total time and clock.
- J) **TOGGLE DISPLAY:** Cycles between 4 rows of workout information displayed in LED window. The console will automatically cycle between the workout information if the Toggle Display button is pushed and held down for 3 seconds.
- K) **READING RACK:** Holds reading material or electronic device.
- L) **USB 2.0 PORT:** Access for charging devices and for software updates.
- M) **OPTIONAL ENTERTAINMENT OVERLAY:** For use with optional add-on TV.
- N) **HEADPHONE JACK:** For use with optional add-on TV.
- O) **ENERGY SAVER LIGHT:** Indicates if machine is in energy saver mode. Press a button to wake up the machine.
- P) **RFID SENSOR:** Wireless login access location (optional add-on feature).\*

\* Supported standards with carrier frequency of 13.56 MHz include; ISO 14443 A, ISO 15693, ISO 14443 B, Sony Felica, Inside Contact-less (HID iClass), and LEGIC RF.

WORKOUTS	
	Manual
	Training Workouts
	Heart Rate
	Rolling Hills
	Fat Burn
	Fitness Tests



## GROUP TRAINING LED CONSOLE DESCRIPTION

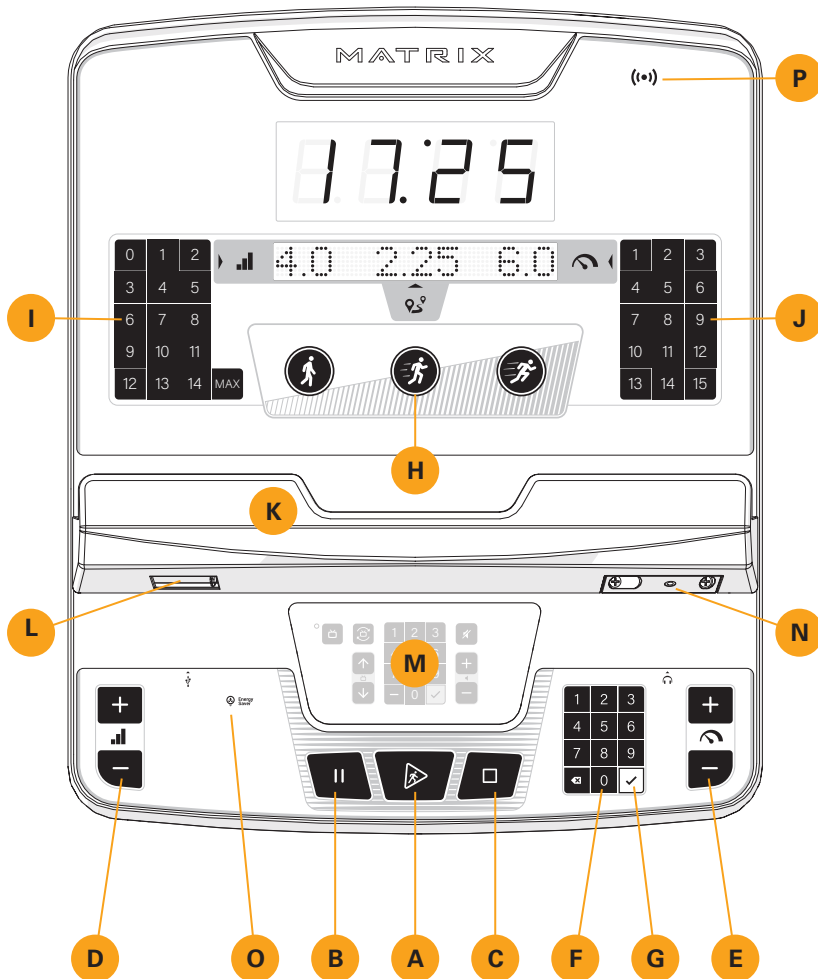
The Matrix machine is inspected before it is packaged. Carefully unpack the unit and dispose of the box material. Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

The GROUP TRAINING LED console is specifically designed for Group Training settings, with one touch speed and incline controls for members to follow coaching and make easy changes on the fly.

- A) **GO:** One Touch Start.
- B) **PAUSE:** Pauses workout. Pause duration can be set in manager or engineering mode.
- C) **STOP:** Ends workout and shows workout summary data.
- D) **[-] [+] INCLINE/LEVEL:** Adjust incline and make program selections.
- E) **[-] [+] SPEED/LEVEL:** Adjust speed and make program selections.
- F) **NUMBER KEYPAD:** Workout data input for workout setup. Level or speed adjustment during workout.
- G) **[✓] ENTER:** To confirm each program setting.
- H) **INTENSITY BUTTONS:**  
Pre-workout - Press to customize your low/medium/high intensity presets.  
During workout - Press to automatically adjust speed to your presets.  
Note: Default speed/incline presets will be used if not customized pre-workout.
- I) **INCLINE QUICK KEYS:** Adjust incline during workout.
- J) **SPEED QUICK KEYS:** Adjust speed during workout.
- K) **READING RACK:** Holds reading material or electronic device.
- L) **USB 2.0 PORT:** Access for charging devices and for software updates.
- M) **OPTIONAL ENTERTAINMENT OVERLAY:** For use with optional add-on TV.
- N) **HEADPHONE JACK:** For use with optional add-on TV.
- O) **ENERGY SAVER LIGHT:** Indicates if machine is in energy saver mode. Press a button to wake up the machine.
- P) **RFID SENSOR:** Wireless login access location (optional add-on feature).\*

\* Supported standards with carrier frequency of 13.56 MHz include; ISO 14443 A, ISO 15693, ISO 14443 B, Sony Felica, Inside Contact-less (HID iClass), and LEGIC RF.

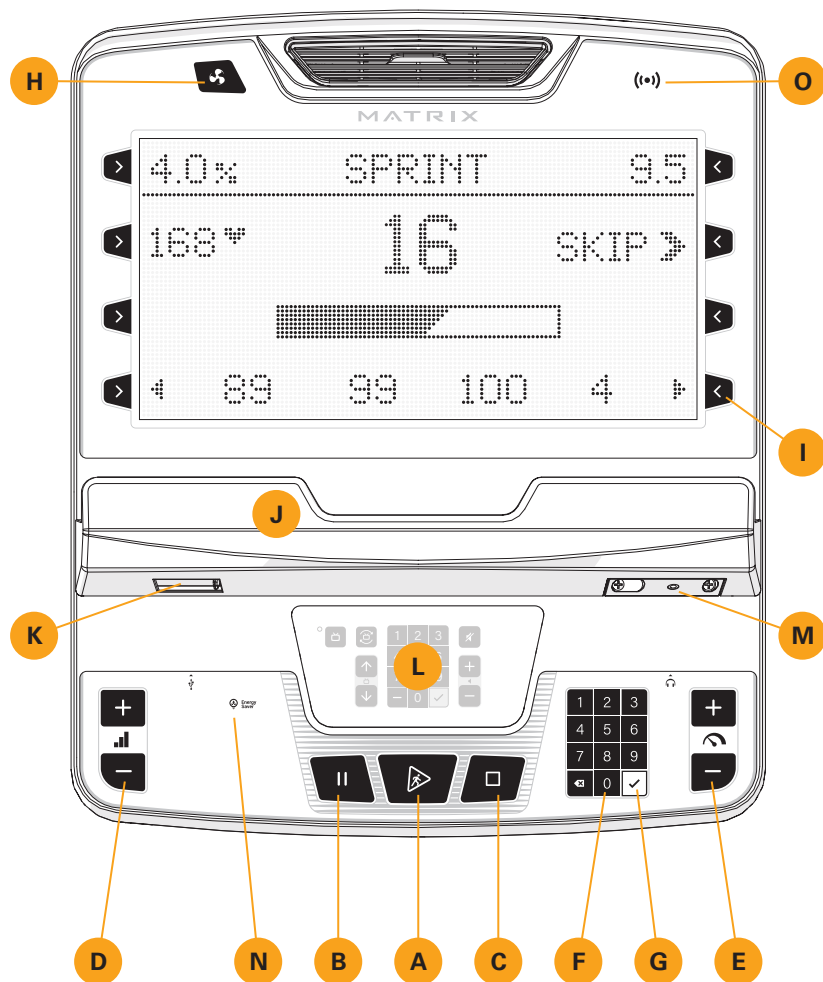
NOTE: To access manager mode on the GROUP TRAINING LED console, press and hold the '1' buttons for speed and incline for 4 seconds.





PREMIUM  
LED

ENGLISH



## PREMIUM LED CONSOLE DESCRIPTION

The Matrix machine is inspected before it is packaged. Carefully unpack the unit and dispose of the box material. Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

The PREMIUM LED has a fully integrated ATM-style interface. All information required for workouts is explained on-screen. Exploration of the interface is highly encouraged.

- A) GO:** One Touch Start.
- B) PAUSE:** Pauses workout. Pause duration can be set in manager or engineering mode.
- C) STOP:** Ends workout and shows workout summary data.
- D) INCLINE/LEVEL:** Adjust level (incline for treadmills and ascent trainers) and make program selections.
- E) SPEED/LEVEL:** Adjust level (speed for treadmills) and make program selections.
- F) NUMBER KEYPAD:** Workout data input for workout setup. Level or speed adjustment during workout.
- G) ENTER:** To confirm each program setting.
- H) FAN:** Allows for fan speed selection (fan has three operating speeds).
- I) DISPLAY KEYS:** This console functions like an ATM machine with 8 function keys surrounding the display. To make a selection or modify display data, press the key next to the item you wish to select or modify.
- J) READING RACK:** Holds reading material or electronic device.
- K) USB 2.0 PORT:** Access for charging devices and for software updates.
- L) OPTIONAL ENTERTAINMENT OVERLAY:** For use with optional add-on TV.
- M) HEADPHONE JACK:** For use with optional add-on TV.
- N) ENERGY SAVER LIGHT:** Indicates if machine is in energy saver mode. Press a button to wake up the machine.
- O) RFID SENSOR:** Wireless login access location (optional add-on feature).\*

\* Supported standards with carrier frequency of 13.56 MHz include; ISO 14443 A, ISO 15693, ISO 14443 B, Sony Felica, Inside Contact-less (HID iClass), and LEGIC RF.



## TOUCH

ENGLISH

## TOUCH CONSOLE DESCRIPTION

The Matrix machine is inspected before it is packaged. Carefully unpack the unit and dispose of the box material. Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

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

- A) **GO:** One Touch Start.
- B) **PAUSE:** Displayed on-screen during workout. Pauses workout. Pause duration can be set in manager or engineering mode. Press stop to end workout and show workout summary data.
- C) **READING RACK:** Holds reading material or electronic device.
- D) **WIRELESS CHARGING:** Wirelessly charges Qi enabled devices. Place phone/device securely in the center of the reading rack so the device's wireless power receiver (located in the phone/device and varies by manufacturer) is in the center of the console's wireless power transmitter (⚡).  
NOTE: Anything between the back of the phone/device and the charger (⚡) may reduce performance and/or cause damage. Metal and magnetic objects (E.g. cases, identity and credit cards, and key fobs) should be removed prior to charging.
- E) **USB 2.0 PORT:** Device charging (output rating 5V/2A), device media, and software updates.
- F) **HEADPHONE JACK:** Outputs audio from console to connected 3.5mm headphones.
- G) **ENERGY SAVER LIGHT:** Indicates if machine is in energy saver mode.
- H) **MOTION SENSOR:** Wave your hand over the sensor to wake the console.
- I) **RFID SENSOR:** Wireless login access location.

\* Supported standards with carrier frequency of 13.56 MHz include; ISO 14443 A, ISO 15693, ISO 14443 B, Sony Felica, Inside Contact-less (HID iClass), and LEGIC RF.







TOUCH  
XL

ENGLISH



## TOUCH XL CONSOLE DESCRIPTION

The Matrix machine is inspected before it is packaged. Carefully unpack the unit and dispose of the box material. Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

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


- A) **GO:** One Touch Start.
- B) **PAUSE:** Displayed on-screen during workout. Pauses workout. Pause duration can be set in manager or engineering mode. Press stop to end workout and show workout summary data.
- C) **READING RACK:** Holds reading material or electronic device.
- D) **WIRELESS CHARGING:** Wirelessly charges Qi enabled devices. Place phone/device securely in the center of the reading rack so the device's wireless power receiver (located in the phone/device and varies by manufacturer) is in the center of the console's wireless power transmitter (⚡).  
NOTE: Anything between the back of the phone/device and the charger (⚡) may reduce performance and/or cause damage. Metal and magnetic objects (E.g. cases, identity and credit cards, and key fobs) should be removed prior to charging.
- E) **USB 2.0 PORT:** Device charging (output rating 5V/2A), device media, and software updates.
- F) **HEADPHONE JACK:** Outputs audio from console to connected 3.5mm headphones.
- G) **ENERGY SAVER LIGHT:** Indicates if machine is in energy saver mode.
- H) **MOTION SENSOR:** Wave your hand over the sensor to wake the console.
- I) **RFID SENSOR:** Wireless login access location.

\* Supported standards with carrier frequency of 13.56 MHz include; ISO 14443 A, ISO 15693, ISO 14443 B, Sony Felica, Inside Contact-less (HID iClass), and LEGIC RF.





# TOUCH/TOUCH XL CONSOLE OPERATION


## LOGIN SCREEN

- Touch the **LOGIN** button to sign-in with your XID.
- Touch the **GUEST** button to workout anonymously.
- Touch the **REGISTER** button to create a new XID.
- For help or more information, touch **i**.
- To change language, touch .

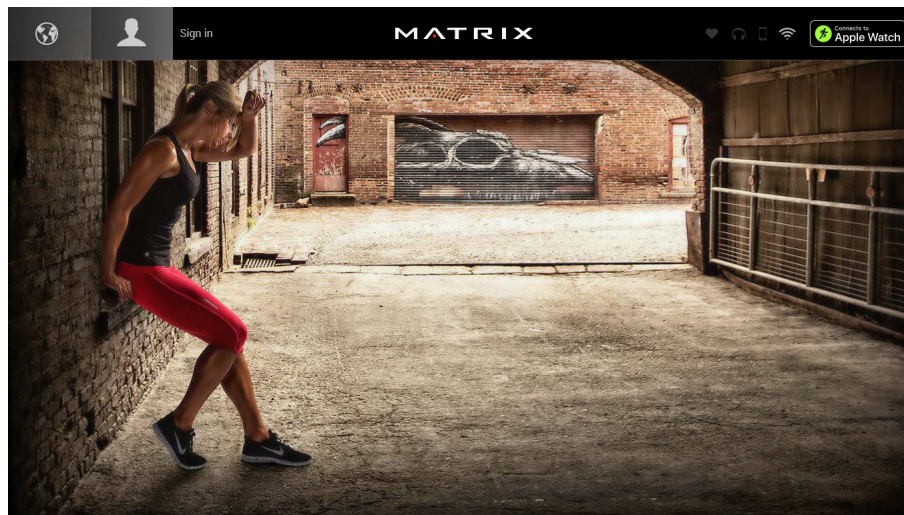
## USER SIGN-IN

- 1) Enter your **XID** and **PASSCODE** and touch .
- 2) To log in using RFID, touch the RFID tag to the symbol  located on the top right of the console.\*


## REGISTER A NEW USER

- 1) Don't have an xID account? Registration is easy.
- 2) Follow the on-screen prompts to create your free account.
- 3) Review your information and select the **I ACCEPT THE TERMS AND CONDITIONS** box to review the Terms and Conditions.
- 4) Touch  to complete registration. Your account is now active and you are signed-in.

## LOGIN SCREEN



## GO SCREEN

- Touch  to begin working out immediately. Or...
- Select a specific workout of your choice

## PROGRAM SETUP

- 1) After selecting a **WORKOUT**, adjust the program settings appropriately and/or begin your exercise using the default program settings.
- 2) Adjust your program settings.
- 3) Press **START WORKOUT** to begin your workout.

**Note:** Workouts and features vary based on model type, console configurations and software versions.

\* Supported standards with carrier frequency of 13.56 MHz include; ISO 14443 A, ISO 15693, ISO 14443 B, Sony Felica, Inside Contact-less (HID iClass), and LEGIC RF.



TOUCH

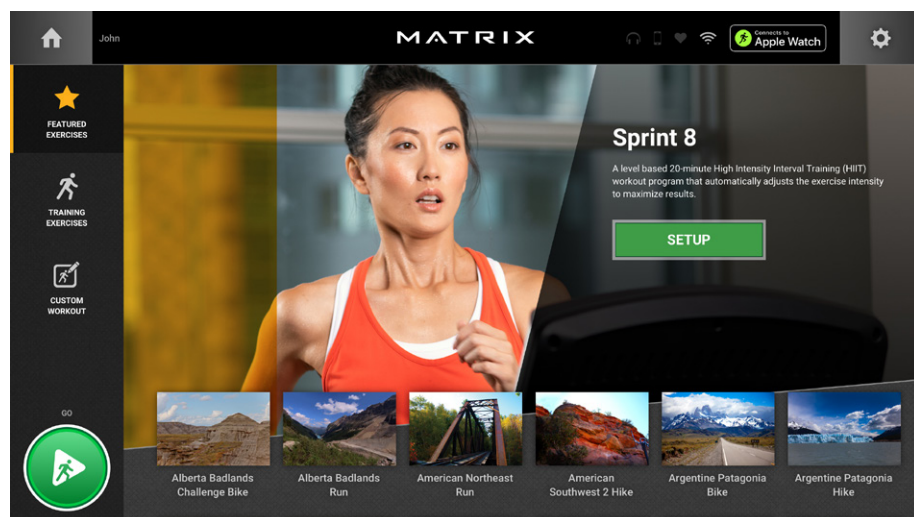
ENGLISH



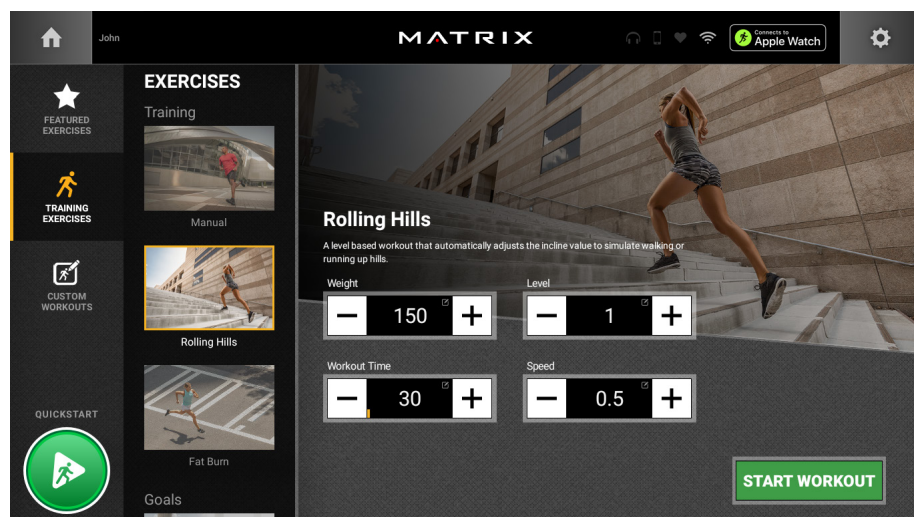
TOUCH

ENGLISH

## GO SCREEN



## PROGRAM SETUP



**Note:** Workouts and features vary based on model type, console configurations and software versions.

## HOME SCREEN



## HOME SCREEN

- Change **WORKOUT STATISTICS** displayed at the bottom of the screen
- Return to the home screen whenever you're using an app
- Adjust **VOLUME** and pair a **BLUETOOTH** device and/or **ANT+** device
- Increase or decrease the intensity level, speed or incline
- Use the keypad to set intensity level, speed or incline. Press to confirm change
- Change intensity level, speed or incline back to previous setting
- Pause your workout. Touch to resume. After resuming, speed, incline and intensity levels will be reset. While paused, touch to end workout
- Increase or decrease the duration of your workout
- Enter cool down mode. Cool down lasts for a few minutes while reducing the workout intensity, allowing your body to recover from your workout
- Lock the screen in order to prevent accidental screen touches from being implemented. Touch it again to unlock the screen and allow screen touches
- Turn the fan on. There are three fan speeds (low, medium, high)

## APPS AND ENTERTAINMENT

Workouts and app availability vary by model and software configuration. For the most up-to-date information, please visit [www.matrixfitness.com](http://www.matrixfitness.com)



### SIMPLE

Workout stats are displayed in 3 customizable windows.



### TRACK

Displays a 400 M (¼ MILE) track. Split feature allows you to keep track of your fastest laps and improve your time.



### VIRTUAL ACTIVE

Your workout info is displayed and Virtual Active courses are shown. With Virtual Active, escape the confines of an ordinary workout as you or walk or run through exotic destinations.



### SPRINT 8

Track your progress while working out to a Sprint 8 program.



### LANDMARKS

Track your progress while working out to a Landmarks program.



### TARGET HEART RATE

Track your progress while working out to a Target Heart Rate program.



### FITNESS TEST

Track your progress while working out to a Fitness Test program.



### CHANGE WORKOUT

Select a different workout without stopping your current workout.



### CHANGE WEIGHT

Change your weight during a workout for a more personalized and accurate calorie count.



### TV

Watch live TV.



### REMOTETV

Wireless audio for overhead TV's.



### MY MEDIA

Connect and control audio and video files on-screen via USB port or Bluetooth.



### FACILITY CALENDAR

View Facility event schedule and other info.



### WORKOUT HISTORY

View your workout history to track performance over time.



### WEB BROWSER

Access the world wide web while you work out.



### WEATHER

Get local weather info.



### NETFLIX

Browse and watch Netflix videos while you work out. Netflix account required to access content.



### HULU

Browse and watch Hulu videos while you work out. Hulu account required to access content.



### YOUTUBE

Browse and watch YouTube videos while you work out.



### SPOTIFY

Browse and listen to your favorite music while you work out.



### FACEBOOK

Browse your Facebook page while you work out.



### TWITTER

Access your Twitter feed while you work out.



### INSTAGRAM

Browse your Instagram feed while you work out.



### PRESS READER

Browse all-you-can-read digital newsstand while you work out.



### FLIPBOARD

Browse all-you-can-read digital newsstand while you work out.



### KINDLE READER

Access and read your ebooks while you work out.



### SOLITAIRE SUITE

Play online solitaire games while you work out.



TOUCH

ENGLISH

**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

# MATRIX



CARDIO CONSOLES

© 2020 Johnson Health Tech  
Rev 1.0 A