



PRODUCT
OWNERSHIP GUIDE
GROUP TRAINING

PRODUCT OWNERSHIP GUIDE

Fitness equipment requires adjustments and maintenance that are part of owning or leasing equipment. These adjustments and maintenance are not part of your equipment’s warranty, nor are they defects in the equipment. The following will provide information on how to perform these adjustments and maintenance when needed.

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LEVELING EQUIPMENT: ROWERS & TRAINING CYCLES

ROWERS

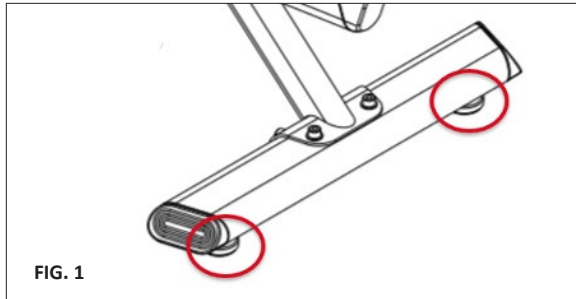
TOOLS NEEDED

- Medium-size adjustable wrench



INSTRUCTIONS

Start with the leveling feet all the way up (turn clockwise). If the rower is not level, lift the rower from the stabilizer and adjust the leveling feet by hand as needed. Once the rower is level, tighten the jam nut on each foot to lock them in place (Fig. 1).



TRAINING CYCLES

TOOLS NEEDED

- Medium-size adjustable wrench



INSTRUCTIONS

Start with the leveling feet all the way up (turn clockwise). If the cycle is not level, tip the cycle and adjust the leveling feet by hand as needed. Once the cycle is level, tighten the jam nut on each foot to lock them in place (Fig. 2).



LEVELING EQUIPMENT: S-DRIVE & S-FORCE PERFORMANCE TRAINERS

S-DRIVE PERFORMANCE TRAINER

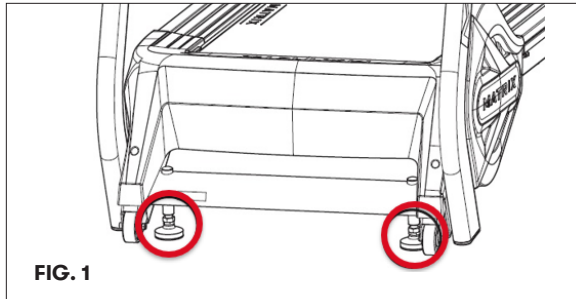
TOOLS NEEDED

- Medium-size adjustable wrench



INSTRUCTIONS

Make sure the S-Drive is not resting on the front wheels when in use. Once the S-Drive is in place, lower the leveling feet to rest on the floor and adjust one or the other down until level. Once adjustments are made and the S-Drive is level, tighten the jam nut on each foot to lock them in place (Fig. 1).



S-FORCE PERFORMANCE TRAINER

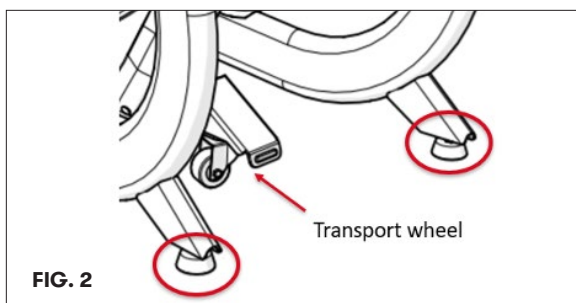
TOOLS NEEDED

- Medium-size adjustable wrench



INSTRUCTIONS

Start with the leveling feet all the way up (turn clockwise). With the transport wheel mechanism up so the weight of the S-Force is now on the leveling feet, adjust the leveling feet as needed. With the transport wheel mechanism in the down position so the weight of the S-Force is on the wheel, you may have enough clearance to make leveling feet adjustments. Once S-Force is level, tighten the jam nut on each foot to lock them in place (Fig. 2).



GROUP TRAINING EQUIPMENT

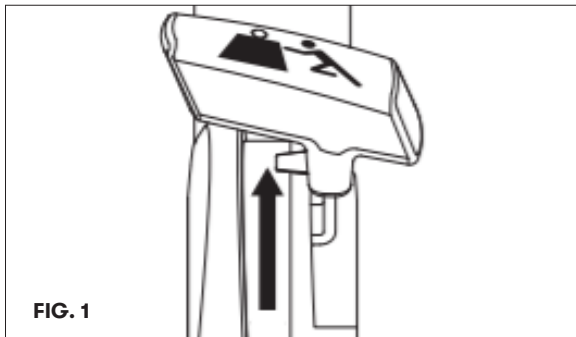
S-DRIVE BELT ADJUSTMENTS

S-FORCE PERFORMANCE TRAINER

The running belt should be under enough tension that it does not slip around the rollers while the resistance is set to max. The two 8 mm hex bolts in the end caps adjust the rear roller position. To move the roller out (closer to you), turn both clockwise. This will add tension to the belt. In turn, adjusting the two bolts counterclockwise, will move the roller in, removing tension from the belt. Adjust each bolt the same amount of turns to keep the belt centered on the deck. Make ¼ to ½ turns at a time when adjusting.

TESTING TENSION

1. Adjust both brake controls to maximum resistance.
2. Use the lower handlebars and push the belt (sled position).
3. If the belt slips, tension should be added ¼ turn at a time using the rear roller bolts.
4. Repeat until the belt no longer slips.



S-DRIVE BELT ALIGNMENT

The two 8 mm bolts in the end caps adjust the rear roller position. To align the belt to the center of the deck, turn the bolt on the side that the belt moved clockwise. In other words, if you want to move the belt to the right, turn the left bolt counterclockwise. ¼ –½ turns will move the belt quite a bit.

TESTING ALIGNMENT

1. Walk on the belt while you watch to see if it drifts to one side.
 - If yes, adjust the roller bolt/s as described above, then repeat step 1.
 - If no, belt is aligned.

Note: Check the belt tension when aligning.

S-DRIVE BELT ADJUSTMENTS

S-DRIVE BELT LUBRICATION – S-DPT-01/TM529 ONLY

S-DriveP/TM535, S-DriveM/TM534, & S-DriveC/TM533 DO NOT require lubrication.

Unlike Matrix treadmills, S-Drive model TM529 has an unwaxed deck and belt.

It is recommended to lubricate the deck every three months. This depends on many factors such as usage, age of the S-Drive, environmental conditions and more. A simple test can be performed to identify if the deck / belt need to be lubricated.

CHECKING LUBRICATION

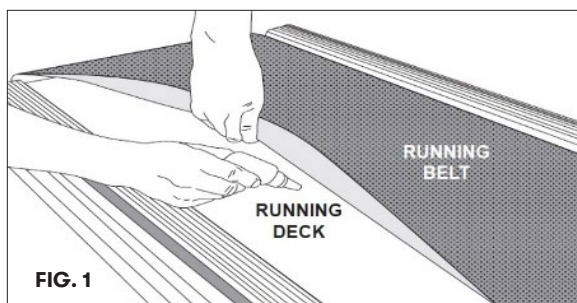
1. With both brake levers set to maximum, stand at the top of the deck.
2. Simultaneously adjust both levers to level one.
3. With a light push of the handlebar, you should glide smoothly backward toward the rear roller, and no lubrication is needed at this time.
4. If the deck is too dry, you will not glide smoothly backward and a high-viscosity silicone needs to be applied.

Matrix requires a higher viscosity silicone than what is used on home treadmills. Each TM529 S-Drive comes with a 100ml bottle. Bottles can also be ordered through Matrix by contacting Customer Technical Support.

Part #:

- 100ml bottle: #1000384124 (2 applications)
- 2L bottle: #1000431357 (40 applications) **LUBRICATING DECK**

1. Using an 8 mm Allen key or socket, loosen the rear roller bolts 10–15 counterclockwise turns. This should give the belt enough slack to lift in the center, exposing the deck.
2. Lift the belt as far as you can and apply the silicone in a zigzag pattern across the entire deck. Use 50 ml per application. Do not apply silicone to the belt.
3. Re-tension the belt and walk on the S-Drive at a comfortable speed for three minutes to spread the silicone. If you notice that the belt is not centered on the deck, please align.
4. Wipe excess silicone away with a cloth.



CXP BATTERY CHARGING

CXP (FC24)

Batteries will have approximately =>400cV (4.0VDC) when fully charged. When the battery level is at or below 350cV (3.5VDC), it should be removed and wall charged. The battery will also recharge when pedaling =>75 RPM.

CXP-02 (FC28) & CXP-03 [FC29]

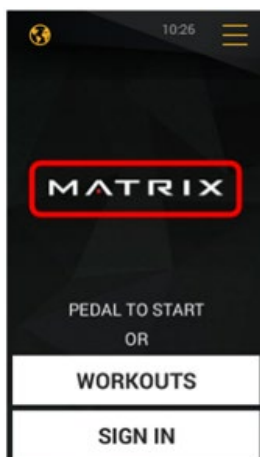
Batteries will have approximately =>400cV (4.0VDC) when fully charged. When the battery level is at or below 350cV (3.5VDC), remove the service cover, connect the power cord to the charging cable on the LCB and wall charge. The battery will also recharge when pedaling =>45 RPM.

Charging is recommended when:

- The console indicates that the battery is at or below 350cV
- The cycle has not been used for an extended period (~one month or longer)
- The situation dictates that the cycle must be useable while pedaling under 75 RPM (CXP) or 45 RPM (CXP-02) for extended periods (not being used in a cycling class)

CHECKING BATTERY THROUGH CONSOLE

1. Press and hold the logo for 5–7 seconds.
2. When the number keypad pops up, type 2001 and press the check mark.
3. Scroll to and press Hardware.
4. Scroll to Raw LCB Data and look for Voltage.
5. a. This shows in cV. If below 350cV, the battery should be removed and wall charged.
6. Press the X in the upper right corner to exit.

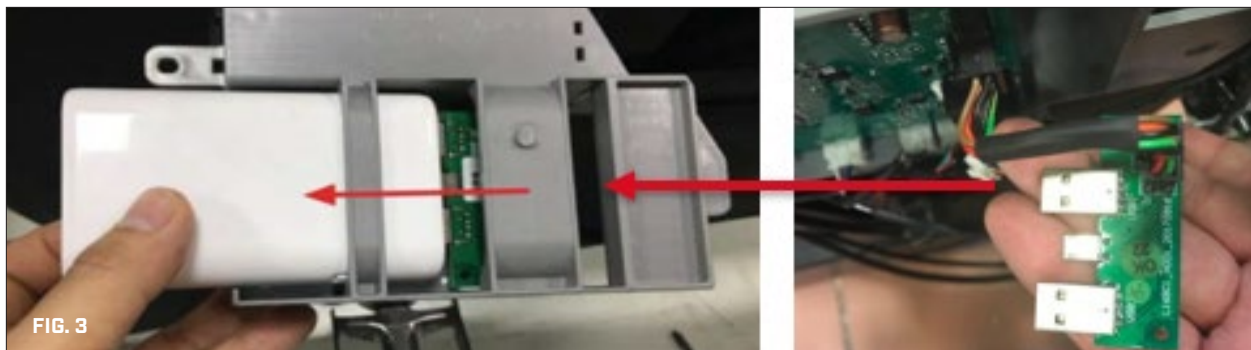
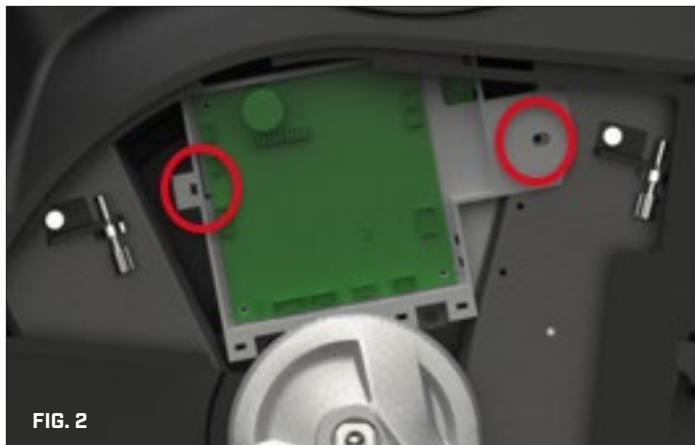


The battery can be removed from the cycle and charged with a standard USB-micro cable. To charge multiple batteries at once, a device similar to this [5-port USB Charger](#) can be used. You can also order a charger from Matrix (Part# ZMS4009235).

CXP BATTERY CHARGING

CHARGING BATTERY FROM CXP (FC24)

1. Remove right service cover (Fig.1).
2. Remove the two screws holding the LCB housing to the frame and carefully pull forward to expose the battery (Fig. 2).
3. Disconnect the battery from the power board by sliding the battery out of the plastic housing (Fig.3).
4. Wall charge via 5-port USB Charger for 24 hours.



CXP BATTERY CHARGING

CHARGING BATTERY FROM CXP-02 (FC28) & CXP-03 [FC29]

1. Remove right service cover (Fig.1).
2. Locate the charging wire attached to the LCB (Fig. 2).
3. Plug the power adapter in to the charging wire and the other end into a 15A outlet (Fig. 3).
4. Charge for 24 hours or until console indicates voltage has reach =>400cV.



MATRIX

**GROUP TRAINING PRODUCT:
BASIC CLEANING AND
MAINTENANCE CHECKLIST**

Approved cleaners

For cleaning on frame-, pads- and plastic parts, use mild soap and water mixture in spray bottle (10:1 water to soap).

For cleaning LCD screen we recommend North cleaning wipes or similar screen cleaning.

The checklists below are maintenance beyond the daily cleaning of the equipment.

MATRIX TRAINING CYCLES (CXP, CXM, CXC MODELS)

WEEKLY

Tasks	WEEK																									
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
Wipe entire frame and shrouds with approved cleaner																										
	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Clean seat and handlebar post																										
	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Visually inspect pedals for tightness																										
	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Test emergency brake																										
	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52

The checklists below are maintenance beyond the daily cleaning of the equipment.

TRAINING CYCLES (CXP, CXM, CXC MODELS)

MONTHLY

Tasks	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Wipe entire frame and shrouds with approved cleaner												
Clean seat and handlebar post												
Visually inspect pedals for tightness												
Test emergency brake												
Ensure crank bolts are tightened to 55Nm												
CXP: Check battery power level. If < 350cV, remove and wall charge; 5-Port USB Wall Charger												

S-DRIVE PERFORMANCE TRAINER

MONTHLY

Tasks	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Wipe entire frame and shrouds with approved cleaner												
Visually inspect running belt for alignment and wear												
Visually inspect harness strap												
Test friction of running deck and belt*												
Test the sled and parachute resistance												

*To test friction, stand ¾ of the way toward the front of the belt. With no resistance, slightly push on the handlebar, pushing you toward the back of the unit. The belt should move you toward the back of the unit. If not and the serial number begins with TM529, apply 50ml of the Matrix recommended silicon. Using any other lubricant can void the warranty and cause damage to the deck and belt.

DO NOT add silicon or any lubrication to models: TM533, TM534, and TM535 (AKA. S-DriveP, S-DriveM, & S-DriveC)
 Matrix Silicon: Use only on the running belt with the "Matrix" logo (model: TM529, AKA. S-DPT-01)
 Part #: 1000384124 – 100ml (2 applications)
 Part #: 1000431357 – 2l (40 applications)

The checklists below are maintenance beyond the daily cleaning of the equipment.

S-FORCE PERFORMANCE TRAINER

MONTHLY

Tasks	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Wipe entire frame and shrouds with approved cleaner												
Remove service cover and clean/ vacuum inside												
Test console												
Visually inspect foot pedals and straps												
Inspect magnet carriages for lubrication*												

*To test for lubrication, remove the magnet carriages and feel with your finger if there is lubrication. If dry, apply 3-IN-ONE oil to the leather surfaces covering the magnets. It's recommended to clean and add 3-IN-ONE oil every 6 months or as needed.

ROWERS

MONTHLY

Tasks	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Clean seat and seat rail (including the track) with approved cleaner												
Wipe entire frame and shrouds with approved cleaner												
Visually inspect rope and handle												
Visually inspect foot pedals and straps												
Adjust seat wheel assembly if seat is wobbly on rail												
Test console												

Note: Clean only, do not lubricate rail. It's important to make sure to clean the rail track as well as the top side of the rail. The track is where the seat wheels ride on the rail.



The checklists below are maintenance beyond the daily cleaning of the equipment.

CONNEXUS (PERIMETER, FREE-STANDING & COMPACT)

MONTHLY

Tasks	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Wipe entire frame and accessories with approved cleaner												
Ensure unit is secure to the wall and/or floor												
Inspect adjustable pulleys & pull up bars*												
Ensure mounting hardware for accessories is secure												
Inspect all accessories for damage												
Compact only – ensure med ball target pivots smoothly (grease if needed) and bumpers are not damaged												

**It is not recommended to lubricate the adjustable pulley slides, as there are Teflon sleeves in the adjustable pulleys themselves. The slides can be cleaned with approved cleaner.*

CONNEXUS COLUMN

MONTHLY

Tasks	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Wipe entire unit with approved cleaner												
Ensure unit is secure to the wall												
Inspect adjustable pulleys*												
Inspect accessory hangers and clips												

**It is not recommended to lubricate the adjustable pulley slide, as there are Teflon sleeves in the adjustable pulleys themselves. The slide can be cleaned with approved cleaner.*

