

MATRIX
Strong • Smart • Beautiful

S7xe

S7x

S5x

S3xe

S3x

STEPPER OWNER'S MANUAL

IMPORTANT PRECAUTIONS



SAVE THESE INSTRUCTIONS

Read this GUIDE before using the OWNER'S MANUAL. When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this product. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all warnings and precautions. If you have any questions after reading this guide, contact Customer Tech Support at the number listed on the back panel of the OWNER'S MANUAL.

This product is intended for commercial use. To ensure your safety and protect the equipment, read all instructions before operating.



DANGER

TO REDUCE THE RISK OF ELECTRICAL SHOCK:

Always unplug the unit from the electrical outlet immediately after using, before cleaning, performing maintenance and putting on or taking off parts.

CAUTION

If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.

WARNING

- An appliance should never be left unattended when plugged in. Unplug the entertainment equipment from outlet when not in use and before putting on or taking off parts.
- This product must be used for its intended purpose described in this Owner's Guide. Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not remove side covers. Service should only be done by an authorized service technician.
- Never operate the Stepper with the air opening blocked. Keep the air opening clean, free, of lint, hair and the like.
- Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Return the unit to a service center for examination and repair.
- Do not carry this unit by entertainment equipment power cord or use cord as handle.
- Keep any of the entertainment equipment power cords away from heated surfaces
- Keep hands and loose clothing away from moving parts.
- Close supervision is necessary when the Stepper is used by or near children or disabled persons.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Connect this Stepper to a properly grounded outlet only.
- To disconnect, turn all entertainment controls to the off position, then remove plug from outlet.

WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Use the unit only as described in the unit guide and owner's manual.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- The unit should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- At NO time should pets or children under the age of 13 be closer to the unit than 10 feet.
- At NO time should children under the age of 13 use the unit.
- Children over the age of 13 or disabled persons should not use the unit without adult supervision.
- Never operate the unit if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or immersed in water. Return the unit to a service center for examination and repair.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not remove the console covers unless instructed by Customer Tech Support. Service should only be done by an authorized service technician.
- This unit is not equipped with a free wheel. Pedal speed should be reduced in a controlled manner.

It is essential that your unit is used only indoors, in a climate controlled room. If your unit has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the unit is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.





ELECTRICAL REQUIREMENTS

The Matrix Stepper has different electrical requirements depending on the model chosen. The chart below should assist you with your facility planning:

3x / 5x: These products are designed to be self powered and do not require an external power supply source to operate. However, these units can be AC powered if an optional power cord is purchased. This will power the console at all times and requires no minimum RPM for operation. These units can be daisy-chained together, up to 4 units per dedicated 15 amp circuit, using a Matrix daisy-chain cord adapter (sold separately).

3xe / 7x / 7xe: These products must be AC powered. These units can be daisy-chained together, up to 4 units per dedicated 15 amp circuit, using a Matrix daisy-chain cord adapter (sold separately).

For your safety and for the performance of your Matrix product, the ground on your circuits must be non-looped. Please refer to NEC article 210-21 and 210-23. Any alterations to the standard Matrix power cords will void all warranties.

DEDICATED CIRCUIT AND ELECTRICAL INFO

All Matrix units require the use of a 15 amp or 20 amp “dedicated circuit,” with a non-looped (isolated) neutral/ground, for the power requirement. Quite simply this means that each outlet you plug into should not have anything else running on that same circuit. The easiest way to verify this is to locate the main circuit breaker box, and turn off the breaker(s) one at a time. Once a breaker has been turned off, the only thing that should not have power to it are the units in question. No lamps, vending machines, fans, sound systems, or any other item should lose power when you perform this test.

Non-looped (isolated) neutral/grounding means that each circuit must have an individual neutral/ground connection coming from it, and terminating at an approved earth ground. You cannot “jumper” a single neutral/ground from one circuit to the next.

In addition to the dedicated circuit requirement, the proper gauge wire must be used from the circuit breaker box, to each outlet that will have the maximum number of units running off of it. If the distance from the circuit breaker box, to each outlet, is 100 ft or less, then 12 gauge wire may be used. For any distance greater than 100 ft from the circuit breaker box to the outlet, 10 gauge wire must be used.

GROUNDING INSTRUCTIONS

This product must be grounded. If a unit should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 110-120 Volt circuit and has a grounding plug that looks like the plug in the illustration. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

This product must be used on a dedicated circuit. To determine if you are on a dedicated circuit, shut off the power to that circuit and observe if any other devices lose power. If so, move devices to a different circuit.

WARNING

Connect this exercise product to a properly grounded outlet only.

Never operate product with a damaged cord or plug even if it is working properly. Never operate any product if it appears damaged, or has been immersed in water. Contact Customer Tech Support for replacement or repair.





BATTERY CHARGE (3X, 5X ONLY)

The Stepper saves its battery charge by moving into a shutdown mode whenever **STEP FASTER** appears on the display. If the user does not maintain a step rate above 35 steps per minute, then a 30-second shutdown process begins.

When the battery voltage is low, **LOW BATTERY** appears on the display if the unit is moving into the shutdown mode. The following situation is the time to recharge the battery:

- If no one has used the unit for an extended period of time, the battery may need recharging.
- The unit continues to function with a low battery; however, user and program information is lost once the user stops.

If the battery must be recharged, use the optional power adapter charging unit. The charger should be connected to the Stepper for a minimum of eight hours to ensure a thorough charge. After a completion of charge, the battery light turns from red into green (see illustration). If **LOW BATTERY** still appears on the display after a full charge, the battery could be extinct. Please check with an authorized service technician for replacing the battery.

CAUTION: The battery stored inside the unit contains hazardous materials to the environment. Proper disposal of the battery is required by the local law.

BASIC OPERATION





LOCATION OF THE UNIT

Place the unit on a level and stable surface. There should be 2 feet of clearance behind the unit and one foot in front for the power cord. Do not place the unit in any area that will block any vent or air openings. These products should not be located in a garage, covered patio, near water or outdoors.

POWER

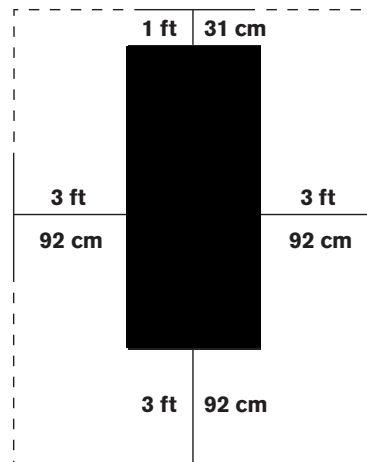
If your unit is powered by a power supply, the power must be plugged into the power jack, which is located in the front of the machine near the stabilizer tube. Some units have a power switch, located next to the power jack. Make sure it is in the ON position. Unplug cord when not in use. NOTE: Some units have an ON/OFF switch located behind the console.

WARNING

Never operate product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Contact Customer Tech Support for examination and repair.

FOOT POSITIONING

Your unit offers a variety of foot positions. Moving your foot to the forward most position of the foot pad increases your step height, which will create a feel similar to a step machine. Placing your foot toward the back of the foot pad decreases your step height and creates more of a gliding feel, similar to a smooth walk or run. Always make sure your entire foot is secured on the foot pad. The pedal motion is dependent.



WARNING

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

LEVELING THE UNIT

Locate a level, stable surface to position the Stepper. The Stepper has leveling feet located under the foot support. If your Stepper wobbles in the location where you intended to use it, loosen the lock nut on the adjusting foot and adjust the feet until stable. Once level, lock the adjusting feet by tightening the lock nut to the frame.

MOUNTING THE STEPPER

1. Stand behind the unit.
2. While holding both of the rear arm handles, place one foot on the corresponding footpad. Wait until the footpad comes to a stop at the bottom of the stroke.
3. Then place your other foot on the opposite pedal.

USING THE HEART RATE FUNCTION

The heart rate function on this product is not a medical device. While heart rate grips can provide a relative estimation of your actual heart rate, they should not be relied on when accurate readings are necessary. Some people, including those in a cardiac rehab program, may benefit from using an alternate heart rate monitoring system like a chest or wrist strap. Various factors, including movement of the user, may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid in determining heart rate trends in general. Please consult your physician.

PULSE GRIPS

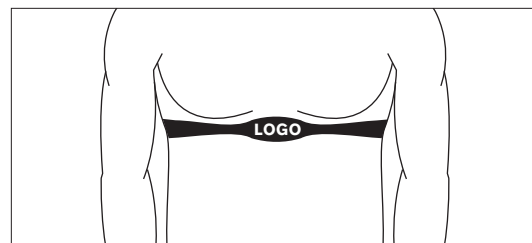
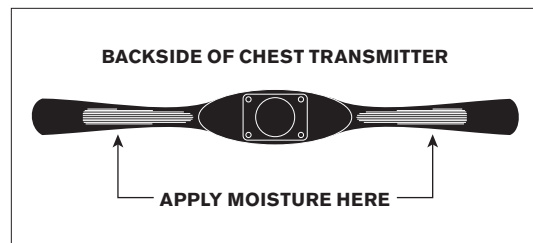
Place the palm of your hands directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. It takes 5 consecutive heart beats (15-20 seconds) for your heart rate to register. When gripping the pulse handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Keep a loose, cupping hold. You may experience an erratic readout if consistently holding the grip pulse handlebars. Make sure to clean the pulse sensors to ensure proper contact can be maintained.



WIRELESS HEART RATE RECEIVER

When used in conjunction with a **wireless chest transmitter**, your heart rate can be transmitted wirelessly to the unit and displayed on the console.

Prior to wearing the wireless chest transmitter on your chest, moisten the two rubber electrodes with water. Center the chest strap just below the breast or pectoral muscles, directly over your sternum, with the logo facing out. **NOTE:** The chest strap must be tight and properly placed to receive an accurate and consistent readout. If the chest strap is too loose, or positioned improperly, you may receive an erratic or inconsistent heart rate readout.



! WARNING!

Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

TROUBLESHOOTING & MAINTENANCE





RECOMMENDED CLEANING TIPS

Preventative maintenance and daily cleaning will prolong the life and look of your equipment.

SOLUTION: Follow these tips:

- Position the equipment away from direct sunlight. The intense UV light can cause discoloration on plastics.
- Locate your equipment in an area with cool temperatures and low humidity.
- Clean with a soft 100% cotton cloth.
- Clean with soap and water or other non-ammonia based all purpose cleaners.
- Wipe foot pads, handles, heart rate grips, and handlebars clean after each use.
- Do not pour liquids directly onto your equipment. This can cause damage to the equipment and in some cases electrocution.
- Check pedal motion and stability.
- Adjust leveling feet when equipment wobbles or rocks.
- Maintain a clean area around equipment, free from dust and dirt.
- For cleaning 7xe displays, use distilled water in an atomizer spray bottle. Spray distilled water onto soft, clean, dry cloth and wipe display until clean and dry. For very dirty displays, adding vinegar is recommended.

WARNING: Do not plug the treadmill in until the motor cover has been reinstalled.

CHECK FOR DAMAGED PARTS

DO NOT use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Matrix Fitness.

MAINTAIN LABELS AND NAMEPLATES. Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Matrix Fitness Systems for a replacement. 1-866-693-4863, www.matrixfitness.com

MAINTAIN ALL EQUIPMENT Preventative maintenance is the key to smooth operating equipment. Equipment needs to be inspected at regular intervals. Defective components must be replaced immediately. Improperly working equipment must be kept out of use until it is repaired. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. Matrix Fitness Systems will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.

CARE AND MAINTENANCE

HOW DO I CLEAN MY MACHINE?

Clean with soap and water cleaners only. Never use solvents on plastic parts. Cleanliness of your stepper and its operating environment will keep maintenance problems and service calls to a minimum. For this reason, Customer Tech Support recommends that the following preventive maintenance schedule be followed.

DAILY

- Clean entire machine using water and mild detergent such as "Simple Green", or other Matrix approved solution (cleaning agents should be alcohol and ammonia free).

QUARTERLY

- Check all connecting joint areas for tightness of bolt assemblies.

CONSOLE RESPONSIVENESS ISSUES (CONSOLE REBOOT):

FOR 3XE, 7X, AND 7XE CONSOLES

Press and HOLD the Channel Up and Channel Down Button until you hear a Beep. Your console will reset.





STEPPER ASSEMBLY



WARNING

There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the stepper could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the stepper, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your unit's serial number located..

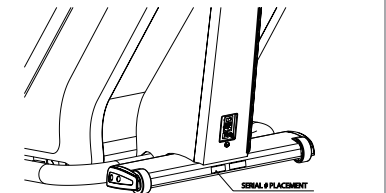
ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

CONSOLE SERIAL NUMBER:

FRAME SERIAL NUMBER:

MODEL NAME: **MATRIX**














SERIAL NUMBER LOCATION



» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.
*The console serial number can be found in the Manager Mode.



REQUIRED FASTENERS

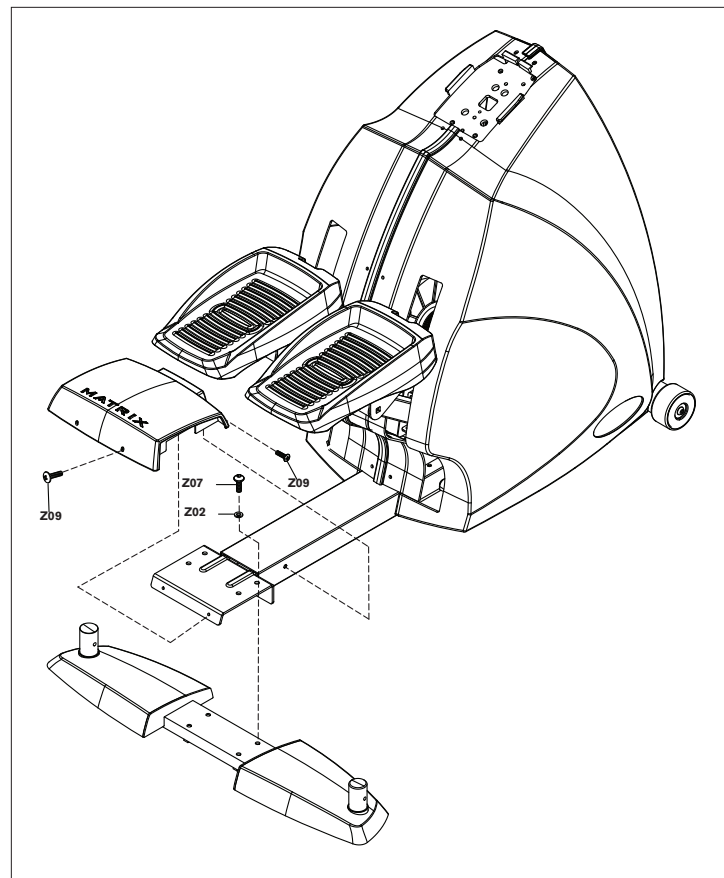
REFERENCE	SKETCH	DESCRIPTION	QUANTITY	PACKAGE COLOR
Z01		SOCKET HEAD BOLT(M8x16L)	8	WHITE
Z02		LOCK WASHER	8	WHITE
Z34		SOCKET HEAD BOLT(M8x25L)	2	BLUE
Z02		LOCK WASHER	4	BLACK
Z07		BUTTON HEAD BOLT(M8x40L)	4	BLACK
Z02		LOCK WASHER	2	YELLOW
Z10		BUTTON HEAD BOLT(M8x45L)	2	YELLOW
Z03		SCREW SET	2	ORANGE
Z05		BUTTON HEAD BOLT(M8x16L)	4	ORANGE
Z06		ARC WASHER	8	ORANGE
Z04		LOCK WASHER	3	GREEN
Z05		BUTTON HEAD BOLT(M8x16L)	3	GREEN
Z09		BUTTON HEAD BOLT(M5x15L)	4	RED

REQUIRED TOOLS




Z01		PHILLIPS DRIVER(6x130mm)	1	PURPLE
Z02		5mm ALLEN WRENCH	2	PURPLE
Z03		6mm ALLEN WRENCH	1	PURPLE



ASSEMBLY STEP 1

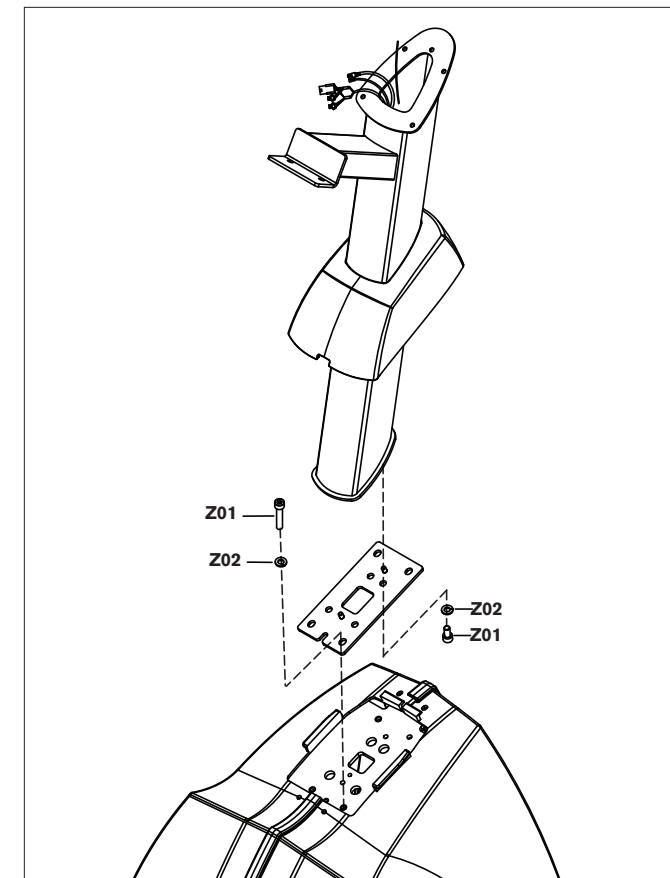


RED HARDWARE BAG CONTENTS :



- Z07  **BUTTON HEAD BOLT(M8x40L)** Qty: 4
- Z02  **LOCK WASHER** Qty: 2
- Z09  **BUTTON HEAD BOLT(M5x15L)** Qty: 4

- A Open **HARDWARE BAG 1**.
- B Attach the **STABILIZER TUBE** to the **MAIN FRAME** using 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (C)** on each side.

ASSEMBLY STEP 2

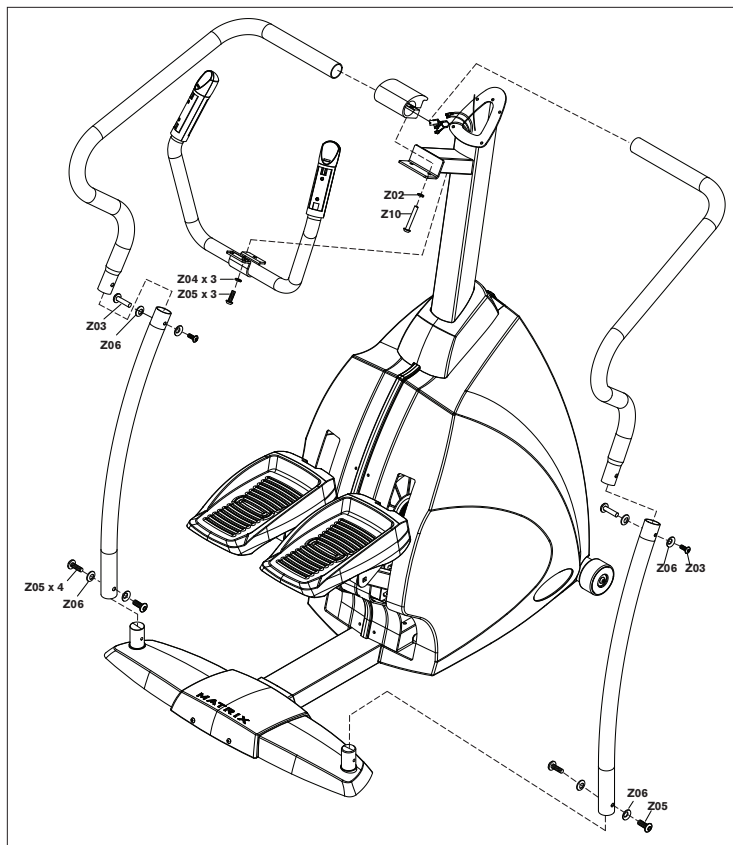


BLACK HARDWARE BAG CONTENTS






- Z01  **SOCKET HEAD BOLT(M8x16L)** Qty: 8
- Z02  **LOCK WASHER** Qty: 8

- A Open **HARDWARE BAG 2**.
- B Attach **MANUAL INCLINE LIFT LEVER** to **GUIDE RAIL SET** using 4 **BOLTS (D)**, 4 **FLAT WASHERS (E)**, 4 **SPRING WASHERS (F)** and 4 **NUTS (G)**.
- C Align **GUIDE RAIL SET** with **MAIN FRAME** as shown.
- D Lift up on the **MANUAL INCLINE LIFT LEVER** and place it in one of the holes inside the **MAIN FRAME**.
- E Attach the **GUIDE RAIL SET** to the **MAIN FRAME** using 4 **BOLTS (G)**, 4 **FLAT WASHERS (H)**, 4 **SPRING WASHERS (I)** and 4 **NUTS (J)**.

ASSEMBLY STEP 3

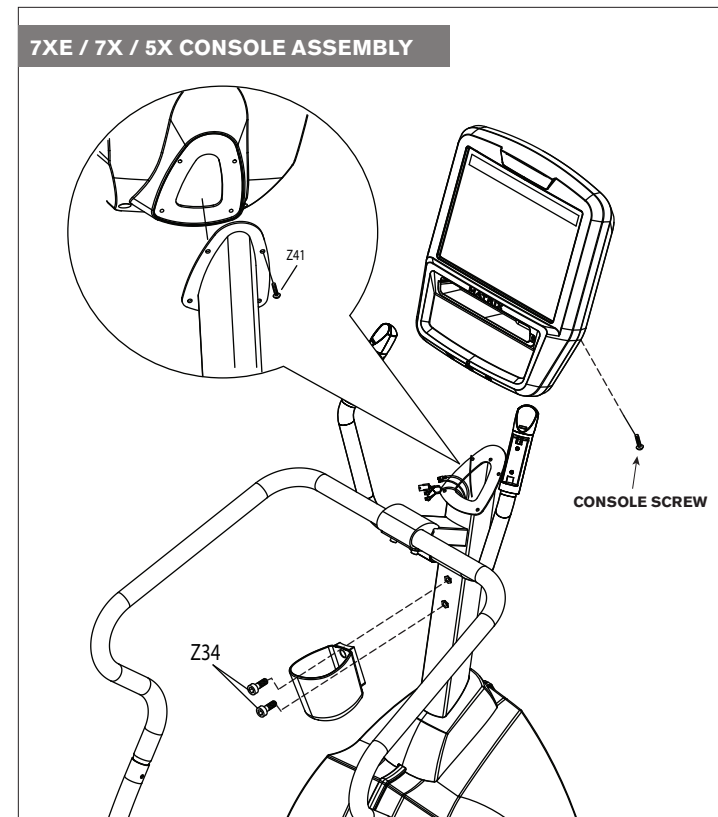


BLUE HARDWARE BAG CONTENTS :

Z10		BUTTON HEAD BOLT(M8x45L)	Qty: 2
Z03		SCREW SET	Qty: 2
Z05		BUTTON HEAD BOLT(M8x16L)	Qty: 4
Z06		ARC WASHER	Qty: 8
Z04		LOCK WASHER	Qty: 3

- A Open **HARDWARE BAG 2**.
- B Attach the **GUIDE RAIL SET** to the **MAIN FRAME** using 4 **BOLTS (F)**, 4 **SPRING WASHERS (E)** and 4 **FLAT WASHERS (D)**.
- C Attach the **GUIDE RAIL SET** to the **INCLINE BRACKET** using 4 **BOLTS (G)**, 4 **FLAT WASHERS (H)**, 4 **SPRING WASHERS (I)** and 4 **NUTS (J)**.

ASSEMBLY STEP 4



BLUE HARDWARE BAG CONTENTS :

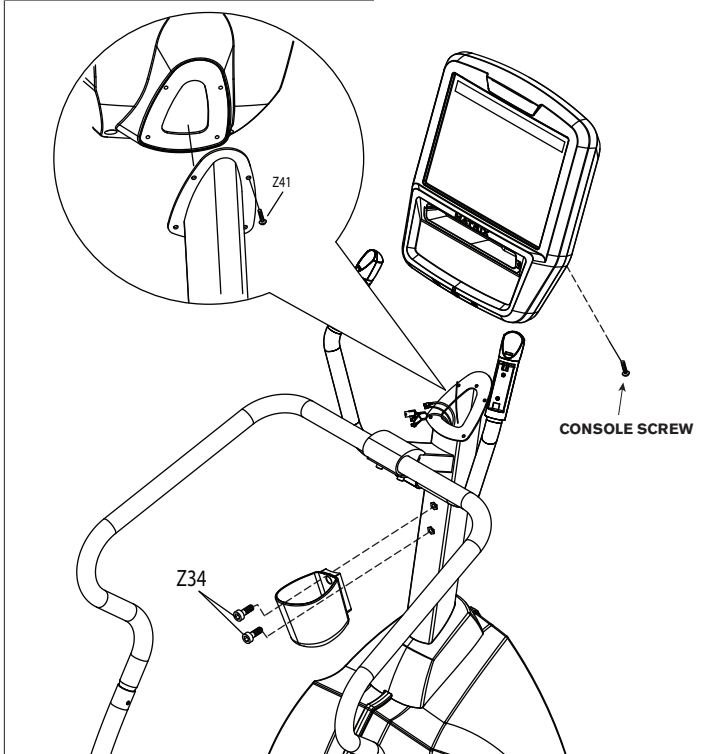
Z34		SOCKET HEAD BOLT(M8x25L)	Qty: 2
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- A Open **HARDWARE BAG 3**.
- B Carefully pull the **CONSOLE CABLE** through the **CONSOLE MAST** using the twist tie located inside the **CONSOLE MAST**.
- C Attach **CONSOLE MAST** to **MAIN FRAME** using **PRE-INSTALLED BOLTS AND WASHERS**.
- D Slide **WAVY WASHER (L)** over **CRANK** followed by **PEDAL ARM** as shown. Rest **PEDAL ARM WHEEL** on **GUIDE RAIL**.
- E Attach the **PEDAL ARM** to the **CRANK** using 1 **FLAT WASHER (K)**, 1 **SPRING WASHER (B)** and 1 **BOLT (M)**.
- F Repeat steps D–E on the opposite side of the stepper.

ASSEMBLY COMPLETE!

ASSEMBLY STEP 4 (CONT.)

3X / 3XE CONSOLE ASSEMBLY



BLUE HARDWARE BAG CONTENTS :

Z34  SOCKET HEAD BOLT(M8x25L) Qty: 2

- A Open **HARDWARE BAG 3**.
- B Carefully pull the **CONSOLE CABLE** through the **CONSOLE MAST** using the twist tie located inside the **CONSOLE MAST**.
- C Attach **CONSOLE MAST** to **MAIN FRAME** using **PRE-INSTALLED BOLTS AND WASHERS**.
- D Slide **WAVY WASHER (L)** over **CRANK** followed by **PEDAL ARM** as shown. Rest **PEDAL ARM WHEEL** on **GUIDE RAIL**.
- E Attach the **PEDAL ARM** to the **CRANK** using 1 **FLAT WASHER (K)**, 1 **SPRING WASHER (B)** and 1 **BOLT (M)**.
- F Repeat steps D–E on the opposite side of the stepper.

ASSEMBLY COMPLETE!

STEPPER OPERATION



MANAGER PREFERENCE MODE

3X AND 5X CONSOLES:

This section allows a user to manipulate default settings for the machines. It may be accessed by pressing the **Level Up/Level Down** keys simultaneously for 5 seconds. To change a setting, press **“Enter”** on the keypad and use the Level buttons and numeric keypad to change the values. Pressing **“Enter”** again will save the change. Pressing **“Back”** will bring you to the previous menu. To exit manager’s mode, hold **“Stop”** down for 5 seconds. Below is a list of the settings.

3XE, 7X AND 7XE CONSOLES:

This section allows a user to manipulate default settings for the machines. It may be accessed by pressing **“ENTER”, 1, 0, 0, 1, “Enter”**. To change a setting, press **“Enter”** on the keypad and use the Level buttons and numeric keypad to change the values. Pressing **“Enter”** again will save the change. Pressing **“Back”** will bring you to the previous menu. To exit manager’s mode, press the **“Home”** key. Below is a list of the settings.

Maximum Time	Default Incline
Default Time	Speed/Distance Mode
Default Level	Out of Order
Default Age	Gender
Default Weight	Language
Accumulated Distance	Sound Mode
Accumulated Time	Incline Reset
Software Version	
Timer Mode	

CONSOLE DESCRIPTION:

The Matrix machine is inspected before it is packaged. It is shipped in two pieces: the base and the console. Carefully unpack the unit and dispose of the box material.



S3X CONSOLE DESCRIPTION

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.
- B) **GO:** One Touch Start.
- C) **ENTER:** To confirm each program setting.
- D) **UP/DOWN LEVEL:** Use to adjust level selection.
- E) **UP/DOWN TIME:** Use to adjust workout time.
- F) **STOP:** Ends workout and shows workout summary data.
- G) **COOL DOWN:** Puts the console into Cool Down mode.
- H) **TOGGLE DISPLAY:** Allows user to select what information is displayed on each of the three windows on the console. Press and hold to enable/disable scrolling.





S3XE CONSOLE DESCRIPTION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) **MULTI-PURPOSE KEYS:** Keys have different functions depending on each screen.
- B) **GO:** One Touch Start.
- C) **ENTER:** Use to confirm each program setting.
- D) **BACK:** Use to undo or go back one screen.
- E) **UP/DOWN LEVEL:** Use to increase or decrease resistance level.
- F) **UP/DOWN TIME:** Use to adjust workout time.
- G) **STOP:** Ends workout and shows workout summary data.
- H) **NUMBER KEYPAD:** Workout data input for workout setup. Resistance level adjustment during workout.
- I) **COOL DOWN:** Puts the console into Cool Down mode.

S3XE ENTERTAINMENT ZONE

- J) **TV:** Will take the user to directly the TV screen.
- K) **VOLUME UP/DOWN:** Adjusts the volume output through the headphone jack of either integrated console TV or iPod output.
- L) **NUMBER KEYPAD:** Allows for easy TV channel selections.
- M) **CHANNEL UP/DOWN:** Allows for channel selection.
- N) **DISPLAY MODE:** Allows user to cycle through console display options, iPod, TV or profile display.
- O) **LAST CHANNEL:** Allows the user to cycle between the current channel and the previous channel they were viewing.
- P) **HOME:** Changes the channel to the channel defined as Home.
- Q) **CC/MUTE:** Press to cycle through the different closed caption and mute configurations.



S5X CONSOLE DESCRIPTION

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.
- B) **GO:** One Touch Start.
- C) **ENTER:** To confirm each program setting.
- D) **UP/DOWN LEVEL:** Easy information and level selection.
- E) **UP/DOWN TIME:** Easy information and time adjustment.
- F) **STOP:** Ends workout and shows workout summary data.
- G) **NUMBER KEYPAD:** Workout data input for workout setup. Level adjustment during workout.
- H) **COOL DOWN:** Puts the stepper into Cool Down mode.
- I) **FAN:** Allows for fan speed selection (fan has three operating speeds.)



S7X CONSOLE DESCRIPTION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) **MULTI-PURPOSE KEYS:** Keys have different functions depending on each screen.
- B) **GO:** One Touch Start.
- C) **ENTER:** To confirm each program setting.
- D) **UP/DOWN LEVEL:** Easy information and level selection.
- E) **UP/DOWN TIME:** Easy information and time adjustment.
- F) **STOP:** Ends workout and shows workout summary data.
- G) **NUMBER KEYPAD:** Workout data input for workout setup. Level adjustment during workout.
- H) **COOL DOWN:** Puts the stepper into Cool Down mode.
- I) **FAN:** Allows for fan speed selection (fan has three operating speeds.)

S7X ENTERTAINMENT ZONE

- J) **POWER:** If add-on TV is present, acts as the power control button. If add-on TV is not present, acts as a display toggle button.
- K) **IPOD®:** Will take the user directly to the iPod screen to allow for iPod control and playlist selection.
- L) **VOLUME UP/DOWN:** Adjusts the volume output through the headphone jack of either integrated console TV or iPod output.
- M) **NUMBER KEYPAD:** Allows for easy TV channel selections.
- N) **CHANNEL UP/DOWN:** Allows for channel selection.
- O) **DISPLAY MODE:** Allows user to cycle through console display options, iPod, TV or profile display.
- P) **LAST CHANNEL:** Allows the user to cycle between the current channel and the previous channel they were viewing.



S7XE CONSOLE DESCRIPTION

The S7xe 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 S7xe.

- A) **QUICK START/GO:** One Touch Start and Quick Start.
- B) **STOP:** Ends workout and shows workout summary data.
- C) **COOL DOWN:** Puts stepper into Cool Down mode. Cool Down time is dependent on the length of the workout. Workouts 19 minutes and shorter will have a cool down length of 2 minutes. Workouts 20 minutes and longer will have a cool down length of 5 minutes.

S7XE ENTERTAINMENT ZONE

- D) **IPOD®:** Will take the user directly to the iPod screen to allow for iPod control and playlist selection.
- E) **VOLUME UP/DOWN:** Adjusts the volume output through the headphone jack of either add-on TV, integrated console TV or iPod output.
- F) **NUMBER KEYPAD:** Allows for easy TV channel selections. These buttons work for either the add-on TV or the integrated console TV.
- G) **CHANNEL UP/DOWN:** Allows for channel selection on either the add-on TV or the integrated console TV.
- H) **DISPLAY MODE:** Allows user to cycle through console display options, iPod, TV or profile display.
- I) **LAST CHANNEL:** Allows the user to cycle between the current channel and the previous channel they were viewing.

3X WORKOUT DESCRIPTIONS

QUICK START OPERATION

Press the GO button and the machine will enter into a manual mode of operation. All energy expenditure values will be calculated using the default weight measurement.

MANUAL WORKOUT OPERATION

Manual is a workout that allows you to manually adjust the level values at anytime. The manual workout also contains a setup screen which allows you to input your weight to help calculate a more accurate caloric burn rate.

To enter into this workout on a 5x, use the following guidelines:

- 1) Press **SELECT PROGRAM** button. Press **SELECT** or wait 5 seconds. Selecting **START** will start the program.
- 2) Select **TIME** by using the **UP** or **DOWN ARROW KEYS**. Press **SELECT** or wait 5 seconds. Selecting **START** will start program.
- 3) Select **WEIGHT** by using the **UP** or **DOWN ARROW KEYS**. Press **START** or **SELECT** to begin workout. Display will show "Starting 3, Starting 2, Starting 1."

LEVEL BASED PROGRAMS

The following instructions will guide you through the simple steps to select Intervals, Rolling, Fat Burn and Random workouts.

- 1) Press the **PROGRAM** button. Press **SELECT** or wait 5 seconds. Selecting **START** will start the program.
- 2) Select **LEVEL** by using the **UP** or **DOWN ARROW KEYS**. You can change the level at anytime during the workout. Press **SELECT** or wait 5 seconds. Selecting **START** will start program.
- 3) Select **TIME** by using the **UP** or **DOWN ARROW KEYS**. Press **SELECT** or wait 5 seconds. Selecting **START** will start program.
- 4) Select **WEIGHT** by using the **UP** or **DOWN ARROW KEYS**. Press **START** or **SELECT** to begin workout. Display will show "Starting 3, Starting 2, Starting 1."

USER DEFINED PROGRAMS

FIT TEST WORKOUT OPERATION

Fit Test program is to monitor the development of your cardiovascular system and measure your fitness level based on your average heart rate during specific test stages. When the 5-minute test is completed, the display provides a fitness score and fitness category.

To enter into this workout on a 3x, use the following guidelines:

- 1) Select the **FIT TEST** button.
- 2) Select age using the **UP** or **DOWN ARROW KEYS**. Press **SELECT** or wait 5 seconds.
- 3) Select gender using the **UP** or **DOWN ARROW KEYS**. Press **SELECT** or wait 5 seconds.
- 4) Select weight using the **UP** or **DOWN ARROW KEYS**. Press **START** or **SELECT** to begin workout. Console will display: Starting 3, Starting 2, Starting 1.
- 5) Display will read results of the **FIT TEST**.

FIT TEST

This test measures cardiovascular fitness and proves an estimated sub-maximal VO2 result. It is based on power output according to ACSM standards and was developed by the Cooper Institute (© www.cooperinstitute.org)

User RPMs must remain between 60-80 RPM during the test.

The test will end when the user can no longer maintain this speed. Use of a heart rate strap is optional but provides more data.

The test starts at a low intensity level and gradually increases in intensity (difficulty) every 2 minutes. As it increases, the user must maintain 60-80RPM to advance to the next level. The test could take upwards of 30+ minutes for very fit individuals. Once the test ends a recovery period (cool down) will begin, and the user's results are calculated and displayed. Results are based on the number of stages completed:

Stage Complete:

1	Well Below Average
2	Well Below Average
3	Below Average
4	Below Average
5	Average
6	Average
7	Above Average
8	Above Average
9+	Well Above Average

WORKOUT DESCRIPTIONS

HEART RATE CONTROL

Your Matrix stepper offers a heart rate control workout mode. The heart rate control workout mode allows the user to program their desired heart rate zone and the machine will adjust the resistance automatically based on the user's heart rate. The heart rate zone is calculated using the following equation: $(220 - \text{Age}) * \% = \text{target heart rate zone}$. The user must wear a telemetric heart rate monitor or continually hold onto the contact heart rate grips for this workout."

- 1) Press **TARGET HR** button. Press **SELECT** or wait 5 seconds. Selecting **START** will start the program.
- 2) Select **AGE** by using the **UP** or **DOWN ARROW KEYS**. Press **SELECT** or wait 5 seconds. Selecting **START** will start program.
- 3) Select **PERCENT** by using the **UP** or **DOWN ARROW KEYS**. Press **SELECT** or wait 5 seconds. Selecting **START** will start program.
- 4) Select **TIME** by using the **UP** or **DOWN ARROW KEYS**. Press **SELECT** or wait 5 seconds. Selecting **START** will start program.
- 5) Select Weight by using the **UP** or **DOWN ARROW KEYS**. Press **START** or **SELECT** to begin workout. Display will show "Starting 3, Starting 2, Starting 1."

CONSTANT WATTS

A unique program that allows you to vary your cadence or RPM, and the machine's resistance will adjust accordingly to your selected goal. The quicker you stride the less resistance for the goal selected.

The braking system is speed-independent in normal programs except for constant watt mode. For the constant watt mode, the braking system is speed-dependent.

- 1) Press **PROGRAM** button. Press **SELECT** or wait 5 seconds. Selecting **START** will start the program.
- 2) Select **WATTS** by using the **UP** or **DOWN ARROW KEYS**. Press **SELECT** or wait 5 seconds. Selecting **START** will start program.
- 3) Select **TIME** by using the **UP** or **DOWN ARROW KEYS**. Press **SELECT** or wait 5 seconds. Selecting **START** will start program.
- 4) Select Weight by using the **UP** or **DOWN ARROW KEYS**. Press **START** or **SELECT** to begin workout. Display will show "Starting 3, Starting 2, Starting 1."

3XE, 5X, 7X & 7XE WORKOUT DESCRIPTIONS

QUICK START OPERATION

Press the GO button and the machine will enter into a manual mode of operation. All energy expenditure values will be calculated using the default weight measurement.

MANUAL WORKOUT OPERATION

Manual is a workout that allows you to manually adjust the level values at anytime. The manual workout also contains a setup screen which allows you to input your weight to help calculate a more accurate caloric burn rate.

To enter into this workout on a 5x, use the following guidelines:

- 1) Choose **MANUAL** by selecting the manual workout button and press **ENTER**.
- 2) Enter the desired workout length using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter user weight (user weight is used to calculate the caloric expenditure value-providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 4) Enter the desired initial level using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.

To enter into this workout on a 7x or 7xe, follow the onscreen prompts.

LEVEL BASED PROGRAMS

Your Matrix machine offers a variety of level-based workouts to challenge users of all fitness levels. The following information will briefly explain the workout and how to program the machine for each workout selection.

ROLLING HILLS WORKOUT OPERATION

Rolling hills is a level-based workout that automatically adjusts the resistance value to simulate walking or running up hills.

- 1) Choose **ROLLING HILLS** by selecting the rolling hills workout button and press **ENTER**.
- 2) Enter the desired intensity using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter the desired workout length using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 4) Enter user weight (user weight is used to calculate the caloric expenditure value, providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.

To enter into this workout on a 7x or 7xe, follow the onscreen prompts.



FAT BURN WORKOUT OPERATION

Fat burn is a level-based workout that is designed to help users burn fat through various resistance changes.

To enter into this workout on a 5x, use the following guidelines:

- 1) Choose **FAT BURN** by selecting the fat burn workout button and press **ENTER**.
- 2) Enter the desired intensity level using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter the desired workout length using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 4) Enter user weight (user weight is used to calculate the caloric expenditure value - providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.

To enter into this workout on a 7x or 7xe, follow the onscreen prompts.

HEART RATE CONTROL WORKOUT OPERATION

Your Matrix machine offers a heart rate control workout mode. The heart rate control workout mode allows the user to program their desired heart rate zone and the Stepper will automatically adjust the level based upon the user's heart rate. The heart rate zone is calculated using the following equation: $(220 - \text{Age}) * \% = \text{target heart rate zone}$. The user must wear a telemetric heart rate monitor or continually hold onto the contact heart rate grips for this workout.

To enter into this workout on a 5x, use the following guidelines:

- 1) Choose **TARGET HEART RATE** by selecting the target heart rate workout button and press **ENTER**.
- 2) Enter age using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter the desired percent of maximum heart rate using the **ARROW KEYS** and press **ENTER**.
- 4) Enter the desired workout length using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 5) Enter user weight (user weight is used to calculate the caloric expenditure value - providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.

To enter into this workout on a 7x or 7xe, follow the onscreen prompts.

WORKOUT DESCRIPTIONS

FIT TEST

This test measures cardiovascular fitness and proves an estimated sub-maximal VO2 result. It is based on power output according to ACSM standards and was developed by the Cooper Institute (© www.cooperinstitute.org)

User RPMs must remain between 60-80 RPM during the test.

The test will end when the user can no longer maintain this speed. Use of a heart rate strap is optional but provides more data.

The test starts at a low intensity level and gradually increases in intensity (difficulty) every 2 minutes. As it increases, the user must maintain 60-80RPM to advance to the next level. The test could take upwards of 30+ minutes for very fit individuals. Once the test ends a recovery period (cool down) will begin, and the user's results are calculated and displayed. Results are based on the number of stages completed:

Stage Complete:

- | | |
|----|--------------------|
| 1 | Well Below Average |
| 2 | Well Below Average |
| 3 | Below Average |
| 4 | Below Average |
| 5 | Average |
| 6 | Average |
| 7 | Above Average |
| 8 | Above Average |
| 9+ | Well Above Average |



USB FEATURES

- Software Updates
- USB Charging
- Record Workout Statistics to USB
- Upload Workout Statistics to www.livestrong.com



SOFTWARE UPDATES

The USB port is used to update the console firmware. Copy the updated software file to the root directory of your USB drive and insert into the USB port with the console at the main screen. The console will beep once to indicate it has recognized the USB stick and beep twice when the firmware upgrade is complete.

USB CHARGING

The USB port on the consoles is capable of powering USB devices. It provides up to 1.0amp of power and meets USB 2.0 regulations. You can not “mount” or “connect” to the console via USB device, only charge.

RECORD WORKOUT STATISTICS TO USB

Your consoles have a USB port on the top-left of the console. Plug in a USB drive before your workout summary screen disappears, within 10 seconds of ending your workout. The console will beep once when it detects a USB drive has been detected. Workout statistics will automatically be saved at the end of your workout while displaying your workout information. The console will beep 2 times and display that your workout statistics have been saved successfully.

Note: The USB drive does not need to be in the entire workout. It must be inserted before the workout summary screen ends or the workout statistics will be erased.

UPLOAD WORKOUT STATISTICS TO WWW.LIVESTRONG.COM

Once you have saved your workout statistics to a USB drive, you need to upload the workout statistics to www.livestrong.com. In order to save and view your workout statistics on www.livestrong.com, follow these instructions:

- 1) You must first create an account on www.livestrong.com.
- 2) Plug your USB drive with saved workout statistics into a PC/MAC. Go to www.livestrong.com/equipment. Select “Browse”. Direct the file browser to your USB location containing the .wrk file from your workout (file name will be: MMDDYY.wrk). Select Save. Now you will be able to keep track and view all of your workouts completed on your equipment through www.livestrong.com.

*Note: www.livestrong.com workout tracking is not available in all regions.

AVAILABLE ON ALL S7X AND S7XE CONSOLES

Nike + iPod

READY

Connect your Nike Plus-compatible device to the built-in Made for iPod connector on Nike + iPod compatible fitness equipment.

SET

Full console controls make it easy to exercise to your favorite workout playlist.

GO

Start walking or running. Your pace, distance, time, and calories burned are recorded as you go. It’s all automatically saved on your iPod or iPhone.

SYNC

When you’re done with your workout, connect your iPod or iPhone to your computer. iTunes syncs your workout data to nikeplus.com. Every workout and every run is there, ready for you to review.



“Made for iPod” means that an electronic accessory has been designed to connect specifically to iPod and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. iPod is a trademark of Apple Inc., registered in the U.S. and other countries.

NIKE + OPERATION

REQUIREMENTS

Nike Plus – compatible iPod or iPhone (See www.apple.com/nikeplus for more information).

Before syncing your Apple device to your computer, you must first create a free Nike Plus account at www.nikerunning.com and download the latest iTunes software (www.apple.com/itunes).

GETTING STARTED

- 1) Before connecting your Apple device, you must first turn on Nike Plus on the device.
- 2) Dock your Apple device and wait for authentication to complete. This may take up to 10 seconds. After authentication is complete, your iPod-specific console controls will be active (see next page).
- 3) If your iPod or iPhone is Nike Plus compatible, your workout will begin recording automatically to your Nike Plus compatible device.
- 4) When your workout is complete, your workout data will be recorded to your Nike Plus compatible device.
- 5) Remove your Nike Plus compatible device and sync with iTunes.
- 6) Log into your Nike Running account to review and track your workouts.

PRODUCT SPECIFICATIONS





MODEL NAME	S-3x/5x/7x		
MODEL TYPE	S7x Stepper	S7x Stepper	S5x Stepper
FRAME PART #	S-3x/5x/7x-F		
CONSOLE PART #	HURESAC-7x-C	HURESC-7x-C	S-5x-C
FEATURES			
STEP RANGE	12.2"	12.2"	12.2"
CONTACT & WIRELESS HR	YES	YES	YES
ULTRA NON-SLIP PEDALS	YES	YES	YES
Q-FACTOR	3.3"	3.3"	3.3"
HANDLEBAR DESIGN	ERGONOMICALLY DESIGNED HANDRAILS AND HORN	ERGONOMICALLY DESIGNED HANDRAILS AND HORN	ERGONOMICALLY DESIGNED HANDRAILS AND HORN
THUMB SWITCH CONTROLS	YES	YES	YES
RESISTANCE SYSTEM			
TECHNOLOGY	HYBRID GENERATOR	HYBRID GENERATOR	HYBRID GENERATOR
POWER REQUIREMENTS	120V/60HZ AC POWER	120V/60HZ AC POWER	SELF-POWERED/120V/60HZ AC POWER OPTION
MINIMUM WATTS	N/A	N/A	N/A
CONSOLE			
DISPLAY TYPE	15" TOUCH SCREEN LCD	7" LCD	DOT-MATRIX LED
DISPLAY FEEDBACK	TIME, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, SPEED, SPM, FLOORS CLIMBED, HEART RATE, METS, WATTS, DYNAMIC PROFILE DISPLAY, STATIC PROFILE DISPLAY	TIME, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, SPEED, SPM, FLOORS CLIMBED, HEART RATE, METS, WATTS, PROFILE	TIME, SPEED, FLOORS CLIMBED, CALORIES, WATTS, LEVEL, HEART RATE, SPM
USER DEFINED MULTI-LANGUAGE DISPLAY	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, CHINESE, JAPANESE, KOREAN, SWEDISH, FINNISH, RUSSIAN	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, CHINESE, JAPANESE, KOREAN, SWEDISH, FINNISH, RUSSIAN, ARABIC	NO - ACCESSIBLE THROUGH MANAGER MENU: ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, JAPANESE, SWEDISH, FINNISH
RESISTANCE LEVELS	25	25	25
WORKOUTS	MANUAL, ROLLING, INTERVALS, FAT BURN, RANDOM, TARGET HR, CONSTANT WATTS, FIT TEST	MANUAL, ROLLING, INTERVALS, FAT BURN, RANDOM, TARGET HR, CONSTANT WATTS, FIT TEST	MANUAL, ROLLING, INTERVALS, FAT BURN, RANDOM, TARGET HR, CONSTANT WATTS, FIT TEST
CSAFE, FITLINXX READY	YES	YES	YES
NETPULSE READY	NO	YES	YES
FIT TOUCH TECHNOLOGY™	YES	YES	NO
ON-THE-FLY PROGRAM CHANGE	YES	YES	YES
INTEGRATED VISTA CLEAR™ DIGITAL READY TELEVISION	YES - 15" SCREEN SIZE	YES - 7" SCREEN SIZE	NO
FITCONNEXION™ READY	NO	YES	YES
WIRELESS DATA TRANSMITTER	YES	YES	YES
IPOD® COMPATIBLE	YES	YES	YES - CHARGING ONLY
NIKE + IPOD® COMPATIBLE	YES	YES	NO
PERSONAL FAN	YES	YES	YES
USB WORKOUT TRACKING	YES - VIA LIVESTRONG.COM	YES - VIA LIVESTRONG.COM	YES - VIA LIVESTRONG.COM
VIRTUAL ACTIVE™ COMPATIBLE	YES	YES	NO
TECH SPECS			
OVERALL DIMENSIONS L X W X H	45" X 31" X 70.5" 114.3CM X 78.7CM X 179.1CM	45" X 31" X 70.5" 114.3CM X 78.7CM X 179.1CM	45" X 31" X 70.5" 114.3CM X 78.7CM X 179.1CM
MAXIMUM USER WEIGHT	400 LBS/182 KG	400 LBS/182 KG	400 LBS/182 KG
WEIGHT	259 LBS/117.7 KG	256 LBS/116.7 KG	255 LBS/116 KG
SHIPPING WEIGHT	276 LBS/125.5 KG	234 LBS/124.5 KG	272 LBS/123.6KG



MODEL NAME	S-3x/5x/7x	
MODEL TYPE	S3x Stepper	S3x Stepper
FRAME PART #	S-3x/5x/7x-F	
CONSOLE PART #	HURES-3x-C	S-3x-C
FEATURES		
STEP RANGE	12.2"	12.2"
CONTACT & WIRELESS HR	YES	YES
ULTRA NON-SLIP PEDALS	YES	YES
Q-FACTOR	3.3"	3.3"
HANDLEBAR DESIGN	ERGONOMICALLY DESIGNED HANDRAILS AND HORN	ERGONOMICALLY DESIGNED HANDRAILS AND HORN
THUMB SWITCH CONTROLS	YES	YES
RESISTANCE SYSTEM		
TECHNOLOGY	HYBRID GENERATOR	HYBRID GENERATOR
POWER REQUIREMENTS	120V/60HZ AC POWER	SELF-POWERED/120V/60HZ AC POWER OPTION
MINIMUM WATTS	N/A	N/A
CONSOLE		
DISPLAY TYPE	7" LCD	14-SEG ALPHANUMERIC, 8X16 LED GRAPHIC DISPLAY
DISPLAY FEEDBACK	TIME, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, SPEED, INCLINE, RPM, HEART RATE, METS, WATTS, DYNAMIC PROFILE DISPLAY, STATIC PROFILE DISPLAY	TIME, DISTANCE, CALORIES, CALORIES PER HOUR, SPEED, INCLINE, RPM, HEART RATE, METS, WATTS, DYNAMIC PROFILE DISPLAY, STATIC PROFILE DISPLAY
USER DEFINED MULTI-LANGUAGE DISPLAY	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, CHINESE, JAPANESE, KOREAN, SWEDISH, FINNISH, RUSSIAN, ARABIC	NO - ACCESSIBLE THROUGH MANAGER MENU: ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, JAPANESE, SWEDISH, FINNISH
RESISTANCE LEVELS	25	25
WORKOUTS	MANUAL, ROLLING, INTERVALS, FAT BURN, RANDOM, TARGET HR, CONSTANT WATTS, FIT TEST	MANUAL, ROLLING, INTERVALS, FAT BURN, RANDOM, TARGET HR, CONSTANT WATTS, FIT TEST
CSAFE, FITLINXX READY	YES	YES
NETPULSE READY	YES	YES
FIT TOUCH TECHNOLOGY™	NO	NO
ON-THE-FLY PROGRAM CHANGE	YES	YES
INTEGRATED VISTA CLEAR™ DIGITAL READY TELEVISION	YES - 7" SCREEN SIZE	NO
FITCONNEXION™ READY	YES	YES
WIRELESS DATA TRANSMITTER	NO	NO
IPOD® COMPATIBLE	NO	NO
NIKE + IPOD® COMPATIBLE	NO	NO
PERSONAL FAN	NO	NO
USB WORKOUT TRACKING	YES - VIA LIVESTRONG.COM	YES - VIA LIVESTRONG.COM
VIRTUAL ACTIVE™ COMPATIBLE	YES	NO
TECH SPECS		
OVERALL DIMENSIONS L X W X H	45" X 31" X 70.5" 114.3CM X 78.7CM X 179.1CM	45" X 31" X 70.5" 114.3CM X 78.7CM X 172.7CM
MAXIMUM USER WEIGHT	400 LBS/182 KG	400 LBS/182 KG
WEIGHT	255 LBS/116 KG	256 LBS/117.2 KG
SHIPPING WEIGHT	271 LBS/123.5 KG	274 LBS/124.5 KG



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