

MATRIX

GROUP TRAINING PRODUCT: BASIC CLEANING AND MAINTENANCE CHECKLIST



WELCOME TO MATRIX

Regular cleaning and performing preventive maintenance extends the life of your equipment and will increase member loyalty!

Refer to the Approved Cleaners, Disinfectants and Lubricants document prior to performing cleaning or maintenance.

Contact servicetraining@johnsonfit.com for more information.



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

MATRIX TRAINING CYCLES (CXP, CXM, CXC MODELS)

WEEKLY

Tasks	WEEK																									
Wipe entire frame and shrouds with approved cleaner	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
	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	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
	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	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
	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	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
	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 recommendations 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 recommendations 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 recommendations 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.

STEP+

MONTHLY

Tasks	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Wipe entire frame and balance board with approved cleaner												
Inspect balance board for defects												