



MATRIX
ANYTIME FITNESS
PRODUCT ASSORTMENT

2026 BROCHURE

PREPARED EXCLUSIVELY FOR



CONTENTS

THANK YOU FOR CHOOSING MATRIX

As the world's premier commercial fitness brand, Matrix is dedicated to serving Anytime Fitness with complete, forward-thinking solutions, setting franchisees apart in exciting ways that attract and retain more members. Count on us for superior performance and durability, on-brand options to serve all of your unique members and responsive partnership that exceeds expectations.

Browse this catalog for a full lineup of Anytime Fitness approved equipment.

**Yours in Partnership,
The Matrix Team**

04 BELIEVE IN BETTER

08 MATRIX CONNECTED SOLUTIONS

18 CONSOLES

24 CARDIO

26 TREADMILLS

34 ASCENT & ELLIPTICALS

44 CLIMBMILLS & STEPPER

54 CYCLES

64 CARDIO FLOOR SOLUTIONS

66 TRAINING CYCLES

72 TOTAL BODY CYCLE

74 UPPER BODY CYCLE

76 S-DRIVE

80 ROWERS

86 CONNEXUS SERIES

98 STRETCH PLATFORM

102 STRENGTH

108 ULTRA

124 VERSA

142 AURA

166 MAGNUM

198 G1

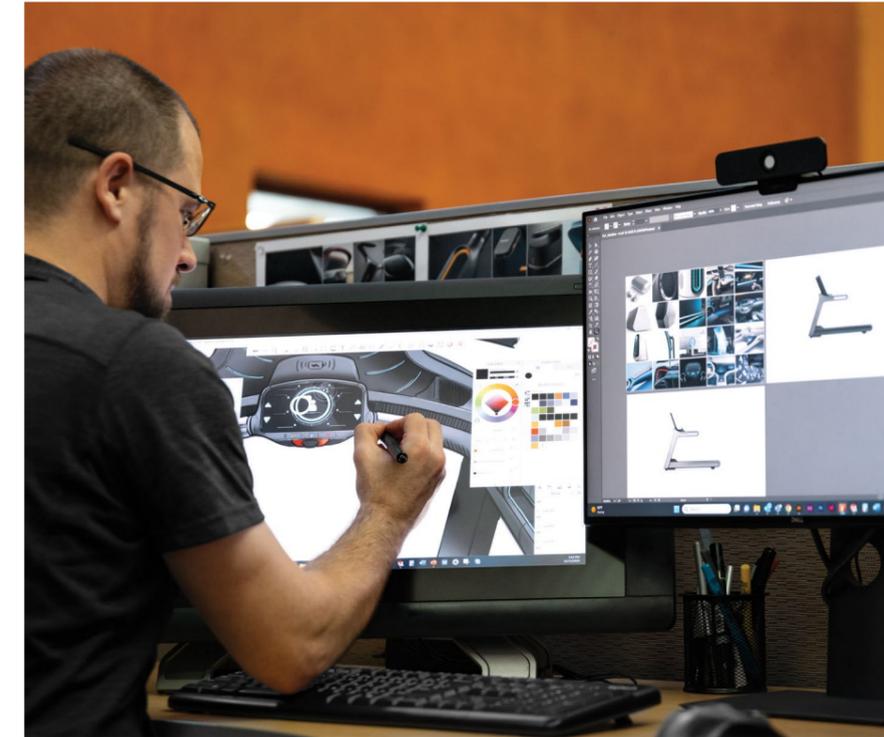


ABOUT MATRIX

BELIEVE IN BETTER

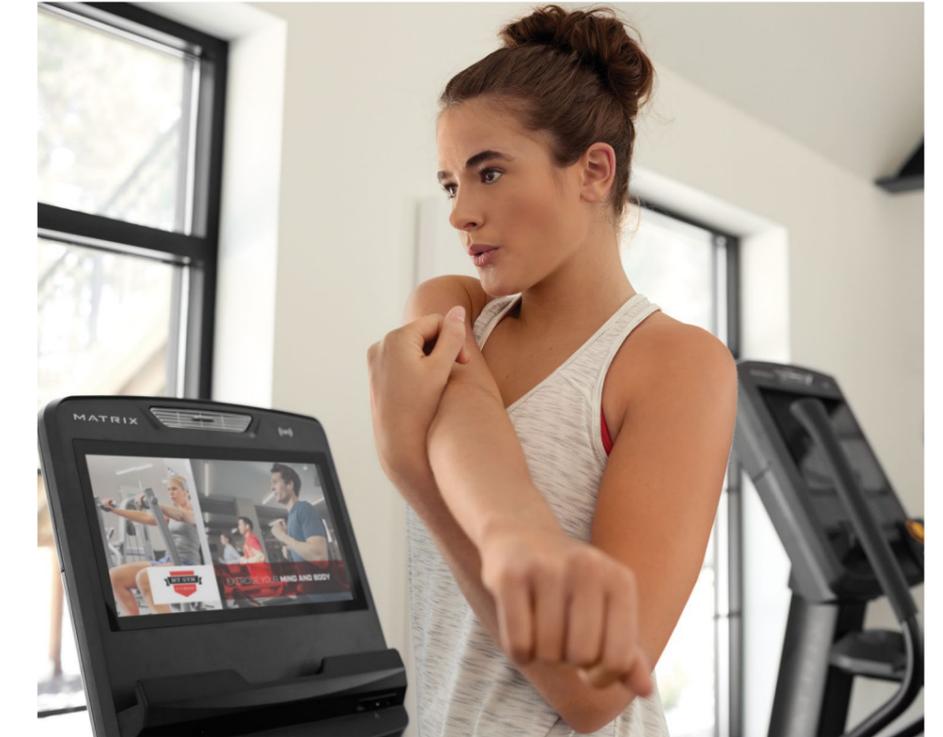
At Matrix, it's our mission to make your fitness facility everything you ever dreamed it could be.

Count on us for meaningful innovations that make our equipment a joy to own, service and use. Expect a technology ecosystem that enhances the way you manage your facility, retain and engage members and promote your brand. And as always, trust us to put your brand and your business first, supporting you with facility planning, dedicated sales and support, unmatched customer service and extensive education and training. For those who believe in better, there's Matrix.



MEANINGFUL INNOVATION

At Matrix, the biggest and best ideas start with people. And not just any people. Matrix innovation begins with the most important people, our customers. We look to facility owners, personal trainers, service technicians and individual users to identify ways to improve our existing equipment and opportunities to introduce new solutions to fulfill unmet needs. Then, we experiment with solutions until we find the ones that work.



TECHNOLOGY ECOSYSTEM

Our technology is built on a robust, open platform that puts your brand at the center of the experience. This pioneering digital ecosystem enhances the way you manage your facility, retain and engage members and promote your brand. We also provide best-in-class integrations to make your existing solutions work together seamlessly. Best of all, our integration capabilities continue to expand as new technologies and partners enter the industry.



WITH YOU EVERY STEP OF THE WAY

When you choose Matrix, you're getting a partner who will be there, for your grand opening and every day after.

DESIGNING YOUR SUCCESS

Building a fitness area is about creating a lasting asset for your facility. Our team works with you to select the perfect combination of equipment and technology that fits your unique requirements. With flexible financial options, we make it easy to turn your ideas into reality while staying within your budget.

DELIVERING YOUR GOALS

We ensure a smooth start by handling setup and offering comprehensive guidance on maximizing the impact of your new fitness space. Your team will have all the knowledge they need to deliver an engaging experience from day one.

SUPPORTING YOUR GROWTH

Count on Matrix for responsive service and swift issue resolution. Our commitment extends beyond installation, with readily available parts and marketing support kits designed to connect with your audience and spotlight your distinct fitness offering.

KNOWLEDGE AT YOUR FINGERTIPS

Gain access to expert tools and resources that deliver valuable insights to your organization and help you make the most of your Matrix equipment and programming.

MATRIX LEARNING CENTER

Whether fitness is your main focus or part of a broader offering, Matrix Learning Center gives you unlimited access to a library of resources that will maximize your investment in everything Matrix.

matrixlearningcenter.com

MATRIX RESEARCH HUB

Explore evidence-based insights, condensed into easy-to-digest articles on subjects important to you and your business. From mental and cardio health to healthy aging and beyond, our hub offers articles, webinars and toolkits grounded in scientific research.

research.matrixlearningcenter.com

MATRIX CONNECTED SOLUTIONS

GET CONNECTED TO A WORLD OF DIGITAL SOLUTIONS

Discover how our complete selection of hardware and software solutions can help bring your vision of fitness to life in bigger, bolder, brighter ways than ever before.



With the power of our robust, open platform at your fingertips, service and maintenance become hassle-free. Your trainers can connect and engage with members in new ways for better results and more referrals. Everyone who comes through your doors can instantly connect to their favorite music, entertainment and social networks. It's easier than ever to expand your marketing efforts and make your brand the center of each member's fit lifestyle. And that's just a taste of what Matrix Connected Solutions can do.

DISCOVER MORE AT
MATRIXCONNECTEDSOLUTIONS.COM

MATRIX CONNECTED SOLUTIONS

YOUR GOALS

The flexibility of our complete digital ecosystem lets you choose how you enhance your business, streamline your administrative tasks, impress the people you serve and much more.

ENERGIZE ACQUISITION & INCREASE RETENTION

You're always striving to bring in new members, and we can help extend your brand, reach untapped demographics and impress everyone who stops by. Bringing members back again is essential to the success of your business. With our smart digital options, they won't just come back — they'll bring friends.

BUILD ENGAGEMENT & ENHANCE DIFFERENTIATION

Keep your members enthused, excited and eager for more with a suite of powerful tools that keep the exercise experience fresh. Your facility is one of a kind, and our game-changing Connected Solutions can help you build your brand and stand out in impactful ways.

MAXIMIZE ROI & BOOST REVENUE

Count on us for smart tools that streamline the way you run your business while maximizing your investment and the value of every membership. Find out how to tap forward-thinking revenue streams that can redefine your bottom line in powerful new ways.

MATRIX CONNECTED SOLUTIONS

OUR SOLUTIONS

Our robust, open platform is more than a collection of hardware, software and connectivity options. It's a fully integrated digital ecosystem that enhances the way you manage your machines, mentor and motivate your members, and promote your unique brand.



OUR DIGITAL ECOSYSTEM

We provide best-in-class integrations by working with third-party organizations from member management systems to scheduling systems to exercise equipment software, to make your existing solutions work together seamlessly.

Our integration capabilities constantly continue to expand as there are new technologies and entrants in the industry. Now more than ever, you have a myriad of choices of providers, partners and solutions.

That's just the beginning of how we can connect your content and your people, transforming the way you engage with members and your bottom line all at once. Choose Matrix and create an experience that best meets the needs of your facility and your members.

The following is a sampling of some of our integrations and partnerships. To view all of the third-party organizations we've integrated with to date, visit matrixfitness.com/connected-solutions

E G Y M

ecofit™

upacē

virtuagym



MATRIX CONNECTED SOLUTIONS

ASSET MANAGEMENT

Our industry-leading Asset Management platform offers a 360-degree view of your equipment status on virtually any internet-connected device, plus insightful reporting capabilities, streamlined service, marketing tools and much more. With Asset Management, it's easier than ever to keep your equipment in top condition and your members happy.



ASSET MANAGEMENT

SUPERIOR INVENTORY MANAGEMENT

Asset Management uses easy-to-read color-coding to tell you whether a product is functioning properly, detect errors and alert you if something is offline.

STREAMLINED WORKFLOW & REPORTING

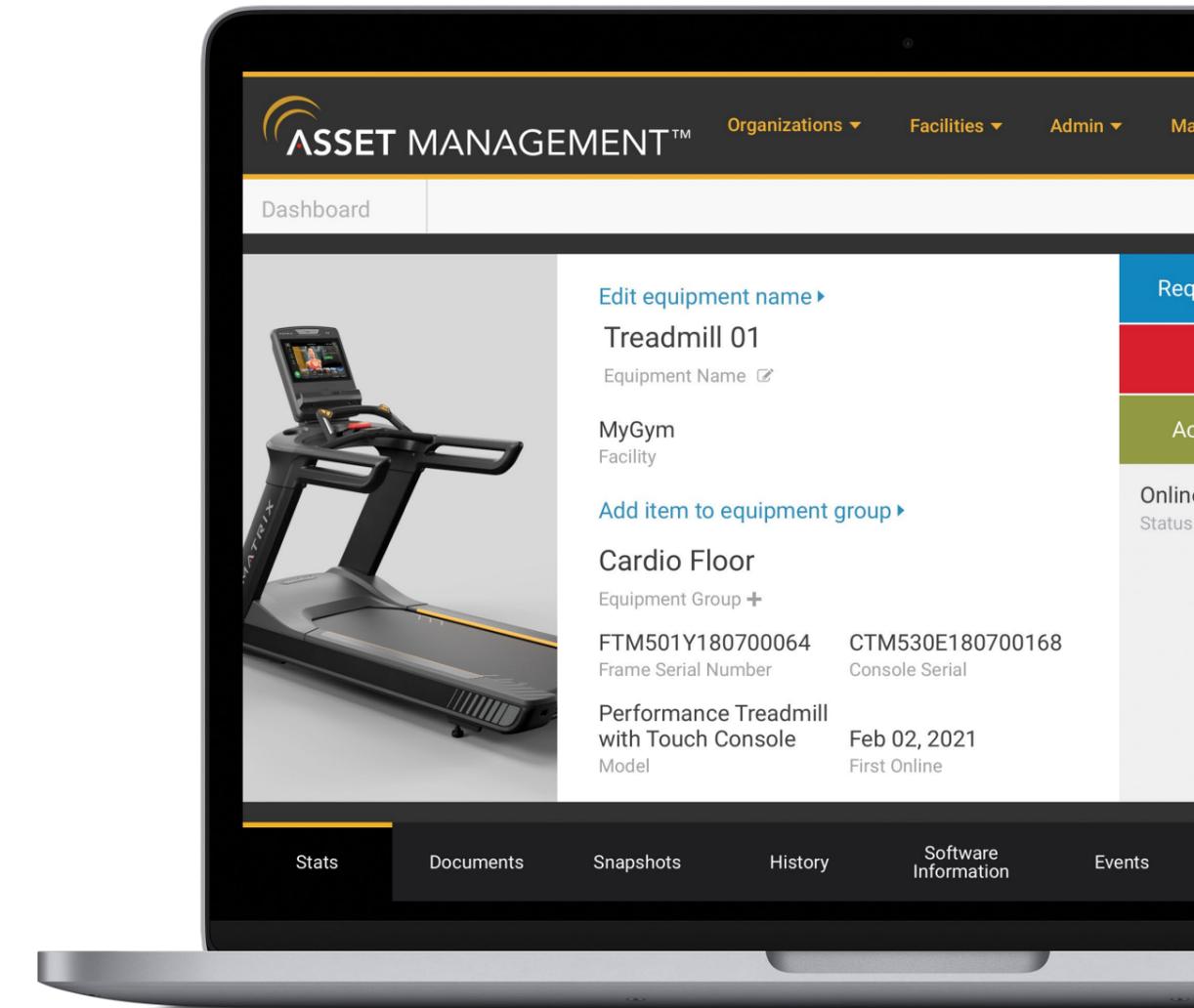
The system monitors usage patterns to maximize product life, helps identify the optimum product mix, creates customized reports and can even manage data from multiple facilities.

SIMPLIFIED SERVICE

Asset Management provides automatic performance notifications and improves communication with Matrix and your service provider, all while reducing paperwork and hassle for you.

SMART MARKETING TOOLS

When used with our Touch Consoles, Asset Management provides integrated facility calendar alerts, automated messaging to promote specials and customized welcome screens.



MATRIX CONNECTED SOLUTIONS

ENHANCING THE EXERCISE EXPERIENCE

Make every workout a fresh experience by adding some of our uniquely interactive programs. Count on us to create distinctive exercise experiences that will set your facility apart from others, engage your members on a whole new level and keep them coming back for more.



SPRINT 8

Go beyond high-intensity interval training to give members results they can see in the mirror. Our scientifically validated Sprint 8 program is effective, quick and simple.



VIRTUAL ACTIVE

Transform ordinary workouts into breathtaking journeys through exotic locales with our speed- and terrain-interactive Virtual Active program.



LANDMARKS

Our Landmarks program turns Stepper and ClimbMill workouts into engaging, exhilarating journeys to the top of natural and man-made wonders of the world.



iFIT

When it comes to an inspiring, immersive exercise experience, nothing compares to our Matrix cardio equipment featuring iFIT, a global leader in interactive connected fitness technology and content.

FACILITY-SPECIFIC SOLUTIONS

Depending on what kind of fitness center you operate, some of our facility-specific solutions might be right for your goals and members. Check out RFID to streamline the exercise experience, digital TV if you'd like to add a little extra entertainment, remote audio to coordinate with your mounted big screens or IPTV and Pro:Idiom for a synced entertainment experience.



DIGITAL TV

Keep users motivated and help them achieve their fitness goals with the industry's very best screen technology.



REMOTE AUDIO

Enhance the exercise experience by syncing remote audio to your facility's big screens.



IPTV

IPTV allows for a high-definition viewing experience on your cardio floor.



RFID

Simple radio-frequency tags can give your members a seamless exercise experience from door to door, streamlining check-ins, workouts and purchasing from your vending centers.



PRO:IDIOM

A must-have for hotels, Pro:Idiom protects content providers from piracy while offering guests a synced entertainment experience.



ANT+

Send data to the big screen to spark competition in the studio.



BLE FTMS

Send data to smart phone apps for personal performance tracking in the studio.

CONSOLE FLEXIBILITY

Our diverse collection of consoles is compatible with all Performance, Endurance and Lifestyle Series equipment to give you choices in what you put on your cardio floor. Sophisticated, easy-to-operate designs give your members control of the data they collect, the content that keeps them engaged and the way they reach their goals. You can also access our most powerful Connected Solutions with WiFi-enabled consoles, including Asset Management.



TOUCH XL & TOUCH

Connect your members to stunning entertainment, social media favorites, brand-building communication and much more with the industry's best consoles. WiFi-enabled Touch Consoles feature an app-based interface that mimics familiar smartphone and tablet operating systems, making it easy for members to connect to the content that keeps them moving. They provide a smooth, hassle-free exercise experience thanks to complete workout feedback, Bluetooth and ANT+ connectivity, single-point user login, Wireless RFID login, built-in fan, power save mode with auto wake-up and more. Our WiFi-enabled Touch Consoles also work with our complete digital portfolio of Matrix Connected Solutions.

Choose Touch XL (56 cm / 22") for treadmills and ClimbMills from any series, or choose Touch (41 cm / 16") for all Performance, Endurance and Lifestyle Series equipment.



FEATURES WiFi enabled • Bluetooth and ANT+ enabled • Integrated Sprint 8 program • 60 integrated Virtual Active destinations
Wireless & USB charging • Connects to Apple Watch • Connects to Samsung Galaxy Watch • RFID and single-point user login • Customizable screen graphics, logos, and messaging • Standard iFIT on-demand workouts • Also available in limited feature set Touch XL Base and Touch Base models

PREMIUM LED

Give members the simplicity of the classic LED console, now with more engaging color and detail than ever. An 8,000-pixel display fills the screen with color and sharp graphics, providing clear, easy-to-read feedback in large numbers and letters. Convenience features like optional RFID login, fan and reading rack for personal devices make every workout a seamlessly smooth experience. Our WiFi-enabled Premium LED Console works with select products from the Matrix Connected Solutions portfolio, including Asset Management.



FEATURES WiFi enabled • Bluetooth enabled • Sprint 8 program • USB charging • Optional RFID

LED

Keep the exercise experience simple with our easy-to-use, easy-to-read LED Console. Virtually anyone can step up to our LED Console and enjoy the easy navigation of the interface. To keep members on track for their goals, a large number display and a message center provide complete, easy-to-read workout feedback. Convenience features include optional RFID login, a headphone jack and a reading rack to keep personal devices easily accessible and in view. Add optional WiFi to work with select products from our Connected Solutions portfolio, including Asset Management.



FEATURES Optional WiFi • Optional RFID • USB charging



CONSOLE SPECIFICATIONS



MODEL NUMBER	TOUCH XL / TOUCH TOUCH XL-C / TOUCH-C		PREMIUM LED PLED-C	LED LED-C
DISPLAY	Touch XL: 56 cm / 22" class capacitive touchscreen LCD	Touch: 41 cm / 16" class capacitive touchscreen LCD	8,000 pixel multi-color LED	Large number LED with message center
WORKOUTS	Go, manual, Sprint 8*, Landmarks**, Virtual Active, target heart rate, interval training, fat burn, rolling hills, constant watts*, glute training*, goal training, fitness tests, custom		Go, manual, Sprint 8*, Landmarks**, target heart rate, interval training, fat burn, rolling hills, constant watts*, glute training*, 5k/10k, fitness tests	Go, manual, interval training, fat burn, rolling hills, constant watts*, target heart rate, glute training*, fitness tests
IFIT ON-DEMAND WORKOUTS	Standard		No	No
LANGUAGES	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese-S, Chinese-T, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish, Thai, Malay, Catalan		English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Russian, Turkish, Danish, Polish	English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Danish, Polish
FAN	Yes		Yes	No
ANALOG TV	NTSC, PAL, SECAM		Optional; attachable add-on TV	Optional; attachable add-on TV
DIGITAL TV	ATSC 1.0, QAM-B, ISDB-T, ISDB-Tb, DVB-C/S/S2/T/T2		Optional; attachable add-on TV	Optional; attachable add-on TV
IPTV	Content: MPEG2/H262, AVC/H264, Protocols: UDP, RTSP, HTTP, HTTPS		No	No
PRO:IDIOM COMPATIBILITY	Optional; IPTV and coax		Optional; attachable add-on Pro:Idiom TV (≠ IPTV)	Optional; attachable add-on Pro:Idiom TV (≠ IPTV)
WIFI	Yes		Yes	Optional; required for Asset Management
BLUETOOTH	Yes; headphones, heart rate, FTMS		Yes; heart rate, FTMS	No
ANT+	Yes; heart rate		No	No
RFID WIRELESS LOGIN	Yes		Optional	Optional
CONNECTS TO APPLE WATCH	Yes		Optional	No
CONNECTS TO SAMSUNG GALAXY WATCH	Yes		No	No
MADE FOR IPHONE, IPAD	Yes		No	No
USB PORT	Yes; device charging, device media, software updates		Yes; device charging, software updates	Yes; device charging, software updates
WIRELESS CHARGING (QI)	Yes		No	No
CSAFE READY	Yes		Yes	Yes
AUTO WAKE-UP	Yes		No	No

For warranty & service information, visit: matrixfitness.com/support

*Workout not available on all modalities. **Landmarks only available on ClimbMills and Steppers.

SERIES OVERVIEW

Whether fitness is your business or just a part of what you do, your choices make all the difference. That's why we've reimagined our offering, making it easier to choose the solutions right for your budget, your space and the people you serve. Our three cardio series are compatible with five refined consoles for exciting new combinations of performance and technology. When it comes to achieving your goals, it's easy to choose Matrix — and know you've chosen wisely.

PERFORMANCE SERIES /

For fitness facilities that demand the best, our Performance Series provides an unmatched portfolio of premium cardio equipment. A refined aesthetic sets your facility apart in a way that attracts exercise enthusiasts of all kinds and keeps them coming back for more. Our precision-engineered designs and rugged components are tested against the highest international standards, ready for the most intense workouts. Ergonomically refined touchpoints like seats, handlebars, sealed buttons and smart workout controls make even long, hard workouts comfortable, convenient and intuitive. A range of advanced features simplify and reduce service needs to minimize downtime and maximize member satisfaction.



ENDURANCE SERIES /

The Endurance Series offers design and flexibility that makes it easy for your fitness facility to maximize its resources with every decision. Streamlined designs simplify the exercise experience while still providing premium performance that can challenge cardio enthusiasts. When it comes to durability, everything from the Endurance Series is designed and tested to stand up to tough environments and heavy use for years. Best of all, our Endurance Series can meet you where you need to be when it comes to features, functions and your budget.



LIFESTYLE SERIES /

If fitness is a small but important part of your offering, Matrix has cardio equipment that fits your space, your budget and your brand. Choose our Lifestyle Series equipment for value-conscious design, reliable performance and a unified aesthetic that welcomes all the different people you serve. Simplified operation makes it easy for anyone to start a workout, even users who are unfamiliar with exercise equipment.



RUN WITH A LEADER

Striking the perfect balance between engineering and aesthetics, our treadmills attract more attention and require less maintenance than anything you put next to them.

TREADMILLS



PERFORMANCE PLUS
TREADMILL

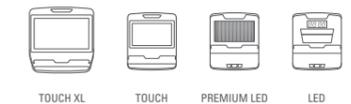
If you want to make your facility stand out with an exceptional running experience, nothing outperforms or outlasts our Performance Plus Treadmill.



Our shock-absorbing Pure Stride Cushioning System and Dynamic Response Drive System make even the most intense runs feel comfortable, solid and smooth. Our unique belt and drive combination lasts for up to 100,000 miles with an absolute minimum of maintenance. It's also quieter than traditional treadmills at most speeds, and quieter than competitive slat-belt treadmills with significantly fewer vibrations. Sculpted ergonomic features like continuous multi-grip handlebars make every touchpoint more comfortable, and robust design details like cast-aluminum endcaps withstand intense environments and heavy use for years. Smart features like easily removable side rails, a front-accessible component cover and built-in casters streamline maintenance and service, so your most demanding members can count on a good, hard run every time they visit your facility.



COMPATIBLE CONSOLES



157 x 61 cm / 62" x 24" running surface • 5.0 hp AC Dynamic Response Drive System • 20% incline
26 km/h / 16 mph top speed • 26.7 cm / 10.5" step-on height • 227 kg / 500 lbs. max weight capacity

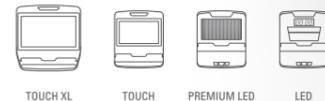
PERFORMANCE TREADMILL

Our Performance Treadmill is nothing short of ideal for long, hard runs, high-intensity interval training and group exercise that pushes members to their limits. Our Dynamic Response Drive System makes every step feel smooth and in sync and the durable, comfort-enhancing components of our Ultimate Deck stand up to a steady stream of members for years. Sculpted ergonomic features like continuous multi-grip handlebars make every touchpoint more comfortable, and robust design details like cast-aluminum endcaps withstand intense environments and heavy use.



152 x 56 cm / 60" x 22" running surface
5.0 hp AC Dynamic Response Drive System
18% incline
23 km/h / 15 mph top speed
24 cm / 9.5" step-on height
182 kg / 400 lbs. max weight capacity

COMPATIBLE CONSOLES



ENDURANCE TREADMILL

Our Endurance Treadmill provides the dynamic performance and large running area exercise enthusiasts need for intense workouts, plus a simplicity of design that lets those new to fitness get started immediately. Our Dynamic Response Drive System makes every step feel smooth and in sync whether users are running hard or just getting started on their fitness journey, and our Ultimate Deck enhances comfort while providing durability that lasts.



152 x 56 cm / 60" x 22" running surface • 4.2 hp AC Dynamic Response Drive System • 15% incline
20 km/h / 12 mph top speed • 23 cm / 9" step-on height • 182 kg / 400 lbs. max weight capacity

COMPATIBLE CONSOLES



LIFESTYLE TREADMILL

Our Lifestyle Treadmill gives the people you serve a solid run with a reliable, space-saving design. Our Dynamic Response Drive System makes every step feel smooth and in sync, and our Ultimate Deck is as comfortable as it is durable. A smaller frame and a low step-on height makes cardio exercise accessible to virtually anyone, even when space is at a premium. An easy-to-open motor cover streamlines service and maintenance by helping technicians get in and out more quickly.



COMPATIBLE CONSOLES



152 x 56 cm / 60" x 22" running surface • 4.2 hp AC Dynamic Response Drive System • 15% incline
20 km/h / 12 mph top speed • 17.8 cm / 7" step-on height • 182 kg / 400 lbs. max weight capacity

TREADMILL SPECIFICATIONS

MODEL NUMBER	PERFORMANCE PLUS T-PP-F	PERFORMANCE T-PS-F	ENDURANCE T-ES-F	LIFESTYLE T-LS-F
DRIVE SYSTEM	5.0 hp Dynamic Response Drive System	5.0 hp AC Dynamic Response Drive System	4.2 hp AC Dynamic Response Drive System	4.2 hp AC Dynamic Response Drive System
SPEED RANGE	0.8–26 km/h / 0.5–16 mph	0.8–23 km/h / 0.5–15 mph	0.8–20 km/h / 0.5–12 mph	0.8–20 km/h / 0.5–12 mph
INCLINE RANGE	0–20% (748.4 kg / 1,650-lb. thrust-elevation motor)	0–18% (657.7 kg / 1,300-lb. thrust-elevation motor)	0–15% (317.5 kg / 700-lb. thrust-elevation motor)	0–15% (317.5 kg / 700-lb. thrust-elevation motor)
RUNNING SURFACE AREA	157 x 61 cm / 62" x 24"	152 x 56 cm / 60" x 22"	152 x 56 cm / 60" x 22"	152 x 56 cm / 60" x 22"
RUNNING SURFACE TYPE	Slat belt	Belt and deck	Belt and deck	Belt and deck
CUSHIONING SYSTEM	Pure Stride	Ultimate Deck	Ultimate Deck	Ultimate Deck
HANDLEBAR DESIGN	Continuous multi-grip design	Continuous multi-grip design	Molded ergo-grip design	Molded ergo-grip design
CROSSBAR CONTROLS	Yes	Yes	Yes	Yes
CONTACT & TELEMETRIC HR	Yes	Yes	Yes	Yes
STEP-ON HEIGHT	26.7 cm / 10.5"	24 cm / 9.5"	23 cm / 9"	17.8 cm / 7"
SERVICE CASTER	Yes	Optional	No	No
CAST ALUMINUM END CAPS	Yes	Yes	No	No
MAX USER WEIGHT	227 kg / 500 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.
ETHERNET CONNECTIVITY	Yes	Yes	Yes	Yes
TREAD SENSE	Yes	Yes	Yes	Yes
ASSEMBLED DIMENSIONS	227 x 92.6 x 168.9 cm / 89.4" x 36.5" x 66.5"	220.2 x 92.6 x 168.5 cm / 86.7" x 36.5" x 66.3"	213 x 87 x 163 cm / 83.9" x 34.3" x 64.2"	201.1 x 90.4 x 164.2 cm / 79.2" x 35.6" x 64.6"
POWER REQUIREMENTS	20 A dedicated circuit required, non-looped grounded			

For warranty & service information, visit: matrixfitness.com/support

HARMONY OF DESIGN AND NATURAL MOVEMENT

We listened. We watched. We designed. And we developed equipment that provides smooth, stable, natural movement for more comfortable, more efficient workouts.

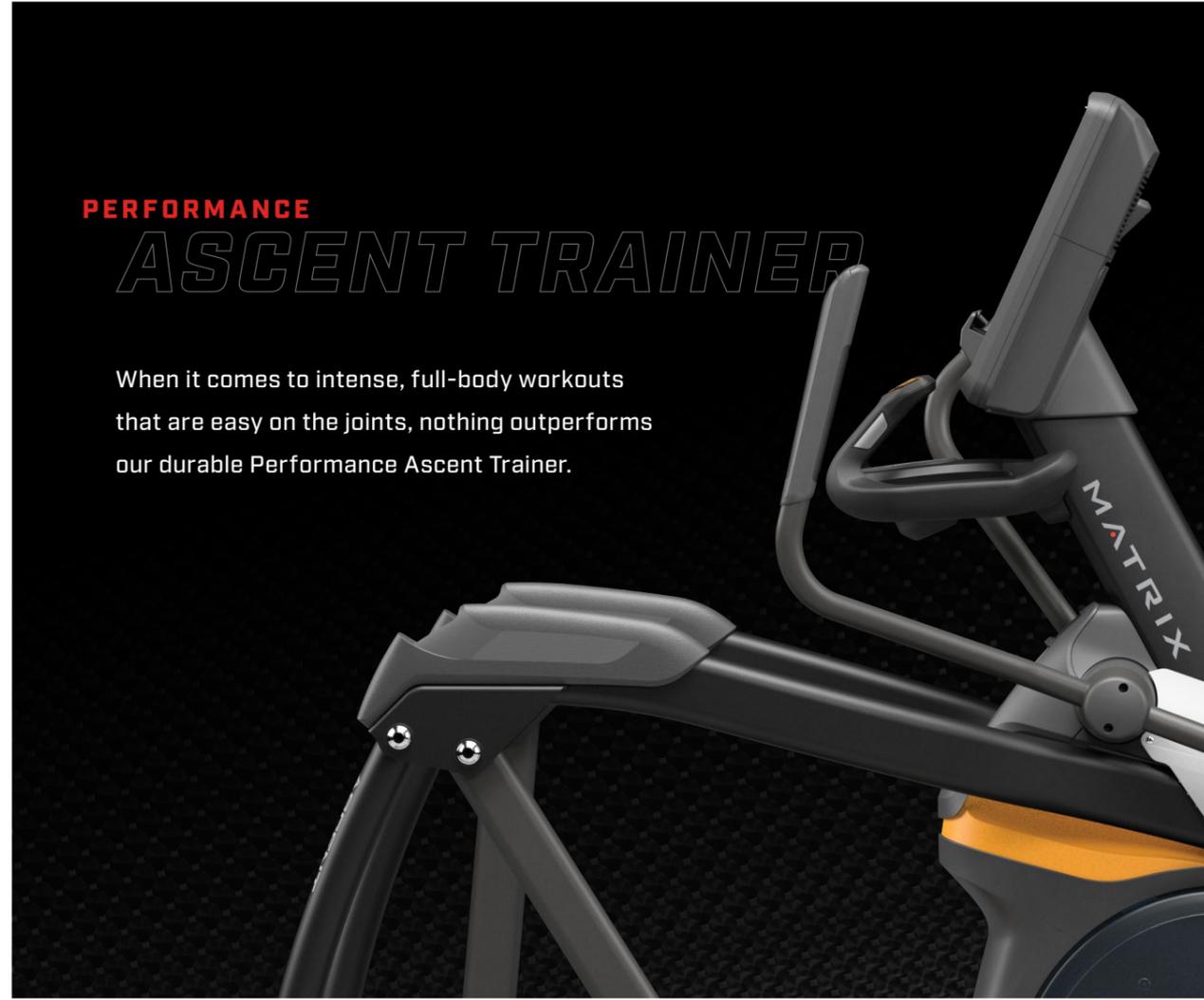
ASCENT & ELLIPTICALS



PERFORMANCE

ASCENT TRAINER

When it comes to intense, full-body workouts that are easy on the joints, nothing outperforms our durable Performance Ascent Trainer.



Adjustable incline with variable stride length takes workouts to the next level, engaging glutes, hamstrings and core muscles. Our patented suspension design is completely wheel- and track-free, reducing noise and minimizing friction to extend product life, while constant rate of acceleration provides an ultra-smooth feel all the way through the ellipse. Ergo Form grips, contralateral handlebar action, optimized pedal spacing and oversized pedals make every movement feel natural. Convenience features include low step-on height, rear entry, contact and telemetric heart rate tracking, a water bottle holder and an accessory tray. A smart design featuring top-down levelers and a removable disk makes service and maintenance easier than ever.



COMPATIBLE CONSOLES



TOUCH PREMIUM LED LED

51-61 cm / 21-24" variable stride length • 20-33 cm / 8-13" adjustable incline • 24.1 cm / 9.5" step-on height
182 kg / 400 lbs. max weight capacity • Self-powered options • Lower Body Ascent Trainer also available

PERFORMANCE
ELLIPTICAL

Our Performance Elliptical sets the standard for low-impact, high-intensity workouts and stands up to a steady stream of users.



The patented suspension design is completely wheel- and track-free, reducing noise and minimizing friction to extend product life, while constant rate of acceleration provides an ultra-smooth feel all the way through the ellipse. Ergo Form grips, contralateral handlebar action, optimized pedal spacing and oversized pedals make every movement feel natural. Convenience features include low step-on height, rear entry, contact and telemetric heart rate tracking, a water bottle holder and an accessory tray. A smart design featuring top-down levelers and a removable disk makes service and maintenance easier than ever.



COMPATIBLE CONSOLES



53.3 cm / 21" stride length • 24.1 cm / 9.5" step-on height
182 kg / 400 lbs. max weight capacity • Self-powered options

ENDURANCE
ELLIPTICAL

Our durable Endurance Elliptical is ideal for workouts of any intensity, offering low-impact exercise to members of all kinds. A patented suspension design minimizes noise and friction, extending product life, while constant rate of acceleration provides an ultra-smooth feel all the way through the ellipse. Contralateral handlebar action, optimized pedal spacing and oversized pedals make every movement feel natural. Convenience features include low step-on height, rear entry, contact and telemetric heart rate tracking, a water bottle holder and an accessory tray. A smart design featuring top-down levelers makes adjustments easier after installation, maintenance and use.



53.3 cm / 21" stride length
24.1 cm / 9.5" step-on height
182 kg / 400 lbs. max weight capacity
Self-powered options

COMPATIBLE CONSOLES



LIFESTYLE
ELLIPTICAL

Intended for light-use environments, our Lifestyle Elliptical features a compact footprint that lets you offer low-impact, natural workouts in facilities where space is at a premium. Our patented suspension design is completely wheel- and track-free, reducing noise and minimizing friction to extend product life. Optimized pedal spacing and oversized pedals make every movement feel natural. Convenience features include low step-on height, rear entry, contact and telemetric heart rate tracking, a water bottle holder and an accessory tray.



51 cm / 20" stride length • 23.1 cm / 9.1" step-on height
182 kg / 400 lbs. max weight capacity • Self-powered options

COMPATIBLE CONSOLES





ASCENT & ELLIPTICAL SPECIFICATIONS

ASCENT TRAINER		ELLIPTICALS			
MODEL NUMBER	PERFORMANCE A-PS-F	MODEL NUMBER	PERFORMANCE E-PS-F	ENDURANCE E-ES-F	LIFESTYLE E-LS-F
RESISTANCE SYSTEM	Brushless generator	RESISTANCE SYSTEM	Brushless generator	Brushless generator	Brushless generator
MINIMUM WATTS*	5 W powered or 35 W self-powered	MINIMUM WATTS*	5 W powered or 35 W self-powered	5 W powered or 35 W self-powered	5 W powered or 35 W self-powered
MINIMUM RPM*	10 RPM powered or 30 RPM self-powered	MINIMUM RPM*	10 RPM powered or 30 RPM self-powered	10 RPM powered or 30 RPM self-powered	10 RPM powered or 30 RPM self-powered
STRIDE LENGTH	51–61 cm / 20–24" adjustable	STRIDE LENGTH	53.3 cm / 21"	53.3 cm / 21"	51 cm / 20"
STEP-ON HEIGHT	24.1 cm / 9.5"	STEP-ON HEIGHT	24.1 cm / 9.5"	24.1 cm / 9.5"	23.1 cm / 9.1"
PEDAL SPACING	6.4 cm / 2.5"	PEDAL SPACING	6.4 cm / 2.5"	6.4 cm / 2.5"	6.4 cm / 2.5"
WATT RANGE	5–650 W	WATT RANGE	5–650 W	5–650 W	5–650 W
CONTACT & TELEMETRIC HR	Yes	CONTACT & TELEMETRIC HR	Yes	Yes	Yes
TOP-DOWN LEVELERS	Yes	TOP-DOWN LEVELERS	Yes	Yes	No
MAX USER WEIGHT	182 kg / 400 lbs.	MAX USER WEIGHT	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.
ETHERNET CONNECTIVITY	Yes	ETHERNET CONNECTIVITY	Yes	Yes	Yes
ASSEMBLED DIMENSIONS	178 x 74 x 181 cm / 70.1" x 29.1" x 71.3"	ASSEMBLED DIMENSIONS	178 x 74 x 181 cm / 70.1" x 29.1" x 71.3"	174.5 x 74 x 179 cm / 68.7" x 29.1" x 70.5"	174.6 x 73 x 175.7 cm / 68.7" x 28.7" x 69.2"
POWER REQUIREMENTS*	Self-powered or 100–240 V — 50/60 Hz AC	POWER REQUIREMENTS*	Self-powered or 100–240 V — 50/60 Hz AC	Self-powered or 100–240 V — 50/60 Hz AC	Self-powered or 100–240 V — 50/60 Hz AC

For warranty & service information, visit: matrixfitness.com/support

*Touch consoles not available as self-powered

STEP UP TO THE BEST

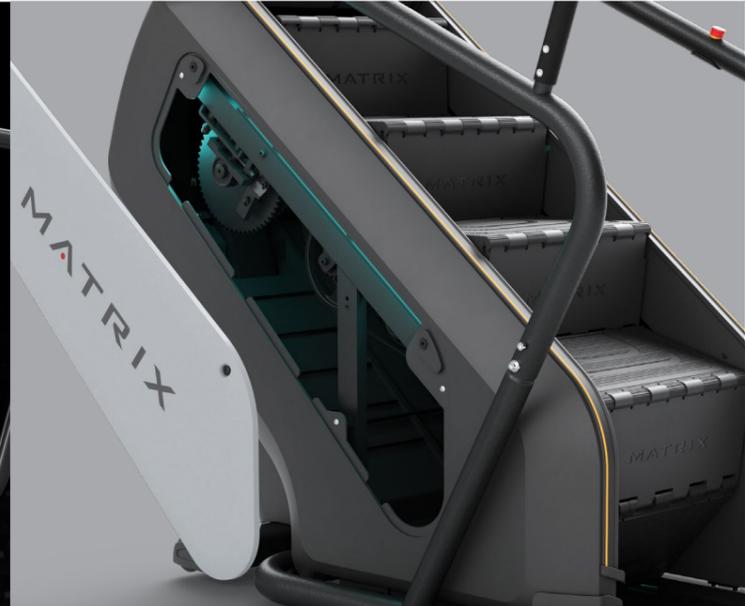
Give your members the truest stair-climbing workout on the market with high-design, low-maintenance equipment that can live virtually anywhere in your facility.

*CLIMBMILLS
& STEPPER*



PERFORMANCE
CLIMBMILL

The premium design of our Performance ClimbMill provides the most secure stair-climbing workout in the industry.



The Control Zone sensor instantly stops the stairs if triggered by an object or person, while Control Drive stops the steps if anything pushes against their rotation; exceeding industry standards for stair-climbing security. Extra-deep locking steps, a step-up platform and step-positioning software make getting a workout easier than ever, while sculpted ergonomics make every touchpoint more comfortable. Our unique Sweat Management System protects critical components to extend equipment life, and the oil-free drive system is as durable as it is whisper-quiet. Smart features like side access panels, modular components and an internal service light streamline maintenance, while rear-locking, leveling casters offer easy placement.



COMPATIBLE CONSOLES



25.4 cm / 10" step depth • 20.3 cm / 8" step height • Oil-free ECB modular system with motorcycle-grade, sealed drive chain • 25.4 cm / 10" step-on height • 182 kg / 400 lbs. max weight capacity • EN ISO 20957-8 certified

ENDURANCE
CLIMBMILL

A blend of streamlined design and smooth operation makes it easy for beginners to start climbing and enthusiasts to climb further than ever. Extra-deep, locking steps and step-positioning software make getting a workout easier, while sculpted ergonomics make every touchpoint more comfortable. Our unique Sweat Management System protects critical components to extend equipment life, and the oil-free drive system is as durable as it is whisper-quiet. Smart features like side access panels, modular components and an internal service light streamline maintenance and minimize downtime.



ENDURANCE CLIMBMILL

25.4 cm / 10" step depth
20.3 cm / 8" step height
Oil-free ECB modular system with industrial-grade drive chain
36 cm / 14" step-on height
182 kg / 400 lbs. max weight capacity
EN ISO 20957-8 certified

COMPATIBLE CONSOLES



LIFESTYLE
CLIMBMILL

Created for low-volume facilities, our Lifestyle Climbmill features a compact design that makes it possible to bring climbing workouts to facilities with lower ceilings. Deep, locking steps and step-positioning software make getting a workout easier. Our unique Sweat Management System protects critical components to extend equipment life, and the oil-free drive system is as durable as it is whisper-quiet. Smart features like a front access panel and modular components streamline maintenance and minimize downtime.



LIFESTYLE CLIMBMILL

COMPATIBLE CONSOLES



22.9 cm / 9" step depth • 14.3 cm / 5.6" step height • Oil-free ECB modular system with industrial-grade drive chain • 26.7 cm / 10.5" step-on height • 136 kg / 300 lbs. max weight capacity
EN ISO 20957-8 certified



CLIMBMILL SPECIFICATIONS

MODEL NUMBER	PERFORMANCE C-PS-F	ENDURANCE C-ES-F	LIFESTYLE C-LS-F
DRIVE SYSTEM	Clutched ECB with motorcycle-grade, sealed drive chain and belt	Clutched ECB with industrial-grade drive chain and belt	Clutched ECB with industrial-grade drive chain and belt
STEP DIMENSIONS	25.4 x 46 x 20.3 cm / 10" x 18" x 8"	25.4 x 46 x 20.3 cm / 10" x 18" x 8"	23 x 40.2 x 14.3 cm / 9" x 15.8" x 5.6"
HANDLEBAR DESIGN	Perimeter	Perimeter	Side
AUTO-STOP FUNCTION	Yes; frame mounted IR	Yes; frame mounted IR	Yes; frame mounted IR
CONTROL ZONE	Yes	No	No
LOCKING STAIRCASE	Yes	Yes	Yes
TOP-DOWN LEVELERS	Yes	Yes	No
CONTACT & TELEMETRIC HR	Yes	Yes	Yes
STEP-ON HEIGHT	25.4 cm / 10"	36 cm / 14"	26.7 cm / 10.5"
SERVICE CASTER	Yes	No	No
MINIMUM USER WEIGHT	45 kg / 99 lbs.	45 kg / 99 lbs.	45 kg / 99 lbs.
MAXIMUM USER WEIGHT	182 kg / 400 lbs.	182 kg / 400 lbs.	136 kg / 300 lbs.
ETHERNET CONNECTIVITY	Yes	Yes	Yes
ASSEMBLED DIMENSIONS	182.5 x 102.4 x 219.1 cm / 71.9" x 40.3" x 86.3"	161.2 x 102.4 x 218 cm / 63.5" x 40.3" x 85.8"	160 x 72 x 208 cm / 63.1" x 28.2" x 81.7"
POWER REQUIREMENTS	100-240 V — 50/60Hz AC	100-240 V — 50/60Hz AC	100-240 V — 50/60Hz AC

For warranty & service information, visit: matrixfitness.com/support

ENDURANCE STEPPER

For a workout that's natural and invigorating, our stepper delivers a superior stair-climbing experience for beginners and enthusiasts alike.



COMPATIBLE CONSOLES



31 cm / 12.2" step range • 182 kg / 400 lbs. max weight capacity • Self-powered options

Our unique design features an angled, independent motion that lets members experience the feel of real stair climbing. Generously sized non-slip pedals give members a secure feel, conveniently placed and responsive controls make adjusting the resistance easy, and a low-maintenance belt drive makes every step smooth and quiet.

ENDURANCE STEPPER S-ES-F

DRIVE SYSTEM	Maintenance-free belt
RESISTANCE SYSTEM	Hybrid generator
MINIMUM WATTS*	18 W powered or self-powered
PEDAL SPACING	8.4 cm / 3.3"
STEP RANGE	31 cm / 12.2"
TOP-DOWN LEVELERS	No
CONTACT & TELEMETRIC HR	Yes
SERVICE CASTER	No
MAXIMUM USER WEIGHT	182 kg / 400 lbs.
ETHERNET CONNECTIVITY	Yes
ASSEMBLED DIMENSIONS	114.3 x 78.7 x 179.1 cm / 45" x 31" x 70.5"
POWER REQUIREMENTS*	Self-powered or 100–240 V — 50/60 Hz AC

*Touch consoles not available as self-powered.



A BETTER RIDE BY DESIGN

Performance, comfort and styling make our cycles a favorite for members, while easy use and streamlined maintenance make them a top choice for owners, trainers and service techs. And with self-powered options, you can place them anywhere in your facility.

CYCLES



PERFORMANCE

RECUMBENT CYCLE

Our ultra-durable, ergonomically refined Performance Recumbent Cycle distributes weight and maximizes support for comfortable, low-impact cardio.



Make low-impact cardio workouts accessible to everyone with our ultra-durable Performance Recumbent Cycle. The recumbent design features an ergonomic seat and back that distribute weight for superior support, stability and comfort. The seat adjusts easily with just one hand to fit each new rider, while low step-over height, oversized self-balancing pedals and low-watt starting resistance make it easy for virtually anyone to have a superior low-impact workout. The robust components withstand intense environments and heavy use for years, and smart features like top-down leveling, an integrated transport handle and a three-piece crank with forged arms streamline service and maintenance.



COMPATIBLE CONSOLES



17.5 cm / 6.9" pedal spacing • 182 kg / 400 lbs. max weight capacity • Self-powered options

ENDURANCE RECUMBENT CYCLE

Our Endurance Recumbent Cycle offers an accessible cardio workout that virtually anyone can enjoy. The recumbent design features an ergonomic seat and back that distribute weight for superior support, stability and comfort. The seat adjusts easily with just one hand to fit each new rider, while low step-over height, self-balancing pedals and low-watt starting resistance make it easy for virtually anyone to get a satisfying low-impact workout. Smart features like top-down leveling, an integrated transport handle and a three-piece crank with forged arms streamline service and maintenance.



17.5 cm / 6.9" pedal spacing
182 kg / 400 lbs. max weight capacity
Self-powered options

COMPATIBLE CONSOLES



LIFESTYLE RECUMBENT CYCLE

If space is at a premium in your facility, choose our compact Lifestyle Recumbent Cycle to add low-impact cardio that's accessible to everyone. The recumbent design features an ergonomic seat and back that distribute weight for superior support, stability and comfort. Additionally, step-through design, self-balancing pedals and low-watt starting resistance make it easy to get a low-impact workout. A three-piece crank with forged arms reduces service time.



20.2 cm / 8" pedal spacing • 182 kg / 400 lbs. max weight capacity • Self-powered options

COMPATIBLE CONSOLES



PERFORMANCE UPRIGHT CYCLE

When it comes to providing unmatched cardio exercise and durability that lasts, nothing outrides our Performance Upright Cycle. Race-inspired handlebars with elbow rests and refined ergonomic details create the feel of a real outdoor ride. The seat adjusts easily with just one hand to fit each new rider, while low step-over height and oversized self-balancing pedals make it easy to have a superior low-impact workout. The robust components withstand intense environments and heavy use for years, and smart features like top-down leveling, an integrated transport handle and a three-piece crank with forged arms streamline service and maintenance.

17.5 cm / 6.9" pedal spacing
182 kg / 400 lbs. max weight capacity
Self-powered options



COMPATIBLE CONSOLES



TOUCH PREMIUM LED LED

ENDURANCE UPRIGHT CYCLE

Give your members the essentials of an invigorating ride with our Endurance Upright Cycle. Race-inspired handlebars with elbow rests create the feel of a real outdoor ride. The seat adjusts easily with just one hand to fit each new rider, while low step-over height, self-balancing pedals and low-watt starting resistance make it easy for virtually anyone to have a satisfying low-impact workout. Smart features like top-down leveling, an integrated transport handle and a three-piece crank with forged arms streamline service and maintenance.



17.5 cm / 6.9" pedal spacing • 182 kg / 400 lbs. max weight capacity • Self-powered options

COMPATIBLE CONSOLES



TOUCH PREMIUM LED LED

LIFESTYLE UPRIGHT

LIFESTYLE UPRIGHT CYCLE

A great choice for low-volume fitness facilities, our Lifestyle Upright Cycle brings low-impact cardio to your facility with a compact frame that makes the most of your space. Dual-position handlebars and an ergonomic seat make every ride comfortable. The seat quickly adjusts to fit users of all heights, while step-through design, self-balancing pedals and low-watt starting resistance make it easy to get a low-impact workout. A three-piece crank with forged arms reduces service time.



COMPATIBLE CONSOLES



20.2 cm / 8" pedal spacing • 182 kg / 400 lbs. max weight capacity • Self-powered options

CYCLE SPECIFICATIONS

MODEL NUMBER	PERFORMANCE		ENDURANCE		LIFESTYLE	
	RECUMBENT R-PS-F	UPRIGHT U-PS-F	RECUMBENT R-ES-F	UPRIGHT U-ES-F	RECUMBENT R-LS-F	UPRIGHT U-LS-F
RESISTANCE SYSTEM	Brushless generator					
MINIMUM WATTS*	4 W powered or 10 W self-powered	4 W powered or 10 W self-powered	2 W powered or 13 W self-powered			
MINIMUM RPM*	10 RPM powered or 25 RPM self-powered					
PEDAL SPACING	17.5 cm / 6.9"	20.2 cm / 8"	20.2 cm / 8"			
SEAT MATERIAL	Custom one-piece, molded seat back and bottom	Custom one-piece, molded seat	Custom one-piece, molded seat back and bottom	Sewn vinyl over foam	Custom one-piece, molded seat back and bottom	Sewn vinyl over foam
SEAT ADJUSTMENT	Single-hand lever	Single-hand lever	Single-hand lever	Single-hand lever	Single hand lever	Turn-and-pull knob
HANDLEBAR DESIGN	Seat side; front ergo bend	Custom-molded, racing design with elbow support	Seat side; front ergo bend	Racing design with elbow support	Seat side; front ergo bend	Dual-position
CRANK DESIGN	Three piece with forged arms and integrated puller	Three piece with forged arms and integrated puller	Three piece with forged arms and integrated puller	Three piece with forged arms and integrated puller	Three piece with forged arms and integrated puller	Three piece with forged arms and integrated puller
TOP-DOWN LEVELERS	Yes	Yes	Yes	Yes	No	No
CONTACT & TELEMETRIC HR	Yes	Yes	Yes	Yes	Yes	Yes
REAR-LIFT HANDLE	Yes	Yes	Yes	Yes	No	No
MAXIMUM USER WEIGHT	182 kg / 400 lbs.					
ETHERNET CONNECTIVITY	Yes	Yes	Yes	Yes	Yes	Yes
ASSEMBLED DIMENSIONS	150 x 65 x 143 cm / 59.1" x 25.6" x 56.3"	136 x 65 x 155 cm / 53.5" x 25.6" x 61"	154.3 x 67.4 x 144.2 cm / 60.7" x 26.5" x 56.8"	122 x 74.4 x 152.1 cm / 48" x 29.3" x 59.9"	158.3 x 67.3 x 132.7 cm / 62.3" x 26.5" x 52.2"	129.4 x 61.7 x 147.4 cm / 50.9" x 24.3" x 58"
POWER REQUIREMENTS*	Self-powered or 100-240 V — 50/60 Hz AC	Self-powered or 100-240 V — 50/60 Hz AC	Self-powered or 100-240 V — 50/60 Hz AC	Self-powered or 100-240 V — 50/60 Hz AC	Self-powered or 100-240 V — 50/60 Hz AC	Self-powered or 100-240 V — 50/60 Hz AC

For warranty & service information, visit: matrixfitness.com/support

*Touch consoles not available as self-powered

SHATTER LIMITS TOGETHER

Add our unique training solutions to your cardio floor to give members the kind of heart-pumping variety they crave. Challenge your members with the versatile intensity of our user-driven S-Drive Performance Trainers. Add our rower to your cardio floor for low-impact cardio that strengthens the whole body. You can even create an advanced, accessible workout experience with our exciting Training Cycles.

CARDIO FLOOR SOLUTIONS



TRAINING CYCLES

All of our durable Training Cycles feature optimized ergonomics and intuitive adjustments that make it easy for every member, regardless of body type or ability level, to experience the feel of a real outdoor ride.

ADVANCED ERGONOMICS & ADJUSTMENTS

The design of our Training Cycles begins with a narrow Q-factor that optimizes the position of the hips, knees and feet to comfortably mimic an outdoor riding experience. A magnetic system provides smooth resistance changes to help riders transition from one portion of the ride to the next, while intuitive four-way adjustments with quick-touch operation and easy seat tilt make it virtually effortless to customize the cycle to each user's body.

ENHANCED COMFORT & CONVENIENCE

All of our Training Cycles include an ergonomically sculpted seat to relieve pressure on touchpoints, making even long, intense rides comfortable. A contoured lever provides tactile feedback for on-the-fly resistance changes, and multi-position handlebars with an integrated water bottle holder provide a comfortable grip.

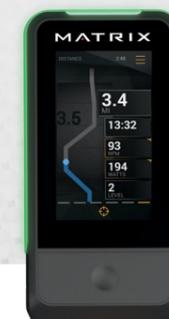
STREAMLINED SERVICE & SETUP

The low-maintenance, well-protected rear flywheel design of our cycles includes a quick-release service panel, easily removable pedal cranks and clearly identifiable internal components to simplify service.

CXP

TARGET TRAINING CYCLE

Our advanced CXP Target Training Cycle motivates members with metrics that matter for a more engaging cycling workout they'll come back for again and again. The display is specifically engineered for target training, whether they're tracking watts, heart rate, RPMs, distance or calories, and includes a bright LED wrap that uses intuitive colors to tell the rider if they are on track for their goals. Integrated programmable metrics and personal training programs offer plenty of ways for cycling enthusiasts to train. Our WiFi-enabled Target Training Display also works with our complete digital portfolio of Matrix Connected Solutions.



Displays watts within +/- 3% accuracy • Quick-adjust pedals • Integrated Sprint 8 program • Integrated FTP testing and a sub-max heart rate test
WiFi enabled • ANT+/BLE/5 khz HR compatibility and ANT+ and BLE FTMS broadcast data capability



CXM
TRAINING CYCLE

Our CXM Training Cycle takes workouts to the next level with clear metric tracking, quality performance and excellent ergonomics. The quick-response, backlit LCD console clearly displays all training metrics and provides the ability to bring extra focus to watts, heart rate, RPMs or lap mode in a way that helps members chart their progress and get real results.



Displays watts within +/- 10% accuracy • ANT+/BLE/5 khz for HR compatibility and ANT+ and BLE FTMS broadcast data capability



CXC
TRAINING CYCLE

Our CXC Training Cycle will make your group classes more popular than ever with performance that's as smooth as it is comfortable. A device storage shelf makes it easy for members to keep their smartphone in view. Add the optional wireless LCD console for a basic metric-tracking experience that clearly displays RPMs, calories, distance, time and heart rate when used with a heart rate strap.



Optional wireless GTC LCD console



VIRTUAL TRAINING CYCLE

Now all the different people you serve can ride the way they want to with the Virtual Training Cycle. They can take on Matrix-exclusive programming like Sprint 8, Virtual Active and Target Training, plus join popular on-demand cycling classes. They can even stream their favorite music, movies and shows as their workout flies by, all on a cycle precision-engineered for intense sessions.

56 cm / 22" touchscreen • Integrated Target Training, Sprint 8 and Virtual Active programs • iFIT on-demand workouts
Access to instructor-led classes • WiFi and ethernet connectivity
Connects to Apple Watch • Connects to Samsung Galaxy Watch



VIRTUAL TRAINING CYCLE



TOTAL BODY CYCLE

Transform cardio into intense, total-body exercise with an air cycle specifically reimagined for group training and HIIT workouts.

BUILT TO LAST

The Total Body Cycle is built to stand up to tough HIIT and group training sessions for years. Durable link arms, sturdy cranks and a frame reinforced with heavy-duty steel withstand the most intense workouts, and a seamless shroud design protects drive components from sweat, dust and moisture to extend equipment life.

OPTIMIZED FOR QUICK TRANSITIONS

Keep up the intensity between circuit stations. A quick-pull lever allows members to instantly adjust seat height for fast transitions between riders, while ergonomically sculpted handlebars offer multiple grips.



TOTAL BODY CYCLE

Make group training and HIIT more intense than ever with a cycle that transforms cardio workouts into total body exercise. Air resistance increases the challenge the harder riders pedal, push and pull, and a design reimagined for group training and HIIT includes seamlessly smooth adjustments between riders, multi-grip handlebars and a frame reinforced with heavy-duty steel.



OPTIONAL WIRELESS GTC LCD CONSOLE



Belt-drive air resistance • Quick-pull lever seat adjustments • Multi-grip handlebars • Integrated transport handle
Smart device storage • Backlit LCD console tracks watts, RPMs, heart rate, calories, time and distance

NOW EVERYONE GETS A TURN

From your cardio floor to group training and anywhere in between, you can engage all your users with our inclusive cardio experience.

UPPER BODY CYCLE

UBC-M

UPPER BODY CYCLE

Add a unique, accessible experience to both group training and your cardio floor with our UBC-M Upper Body Cycle. Featuring easily adjustable manual resistance and a backlit LCD that provides complete workout feedback. A self-powered, portable design makes it easy to move for circuits and classes, while intuitive adjustments help all users get started.



FEATURES

- Self-powered • Conveniently portable design
- Backlit LCD provides complete workout feedback
- Repeatable magnetic resistance
- Intuitive resistance lever

S-DRIVE PERFORMANCE TRAINERS

S-Drive Performance Trainers add an amazing dimension to your cardio floor. Versatile, space-saving design lets members take on power walking, running, HIIT, sled-pushing, parachute training and agility drills with magnetic resistance settings just right for their ability level and goals. Choose S-Drive Power for a complete target training experience, S-Drive Metrics for clear workout feedback or the original S-Drive for pure cardio intensity.

FEATURES

- Sled brake with eight repeatable resistance settings
- Parachute brake with 11 repeatable resistance settings
- Seven-degree incline
- True zero start speed
- Unlimited top speed
- 17.8 cm / 7" step-on height

S-DRIVE POWER

S-Drive Power adds a Target Training Display specifically engineered for goal-based training, with precision metric tracking. Integrated testing establishes personalized targets while the unique LED wrap helps trainers and members gauge intensity with colors. The display even pivots so trainers can easily view feedback. Whether tracking watts, speed, time, distance, heart rate or taking on high-intensity interval training, the personalized metrics help members maintain effort and reach their goals. WiFi enabled, the Target Training Display also works with our complete portfolio of Matrix Connected Solutions. Includes a built-in sled-push bar that tracks power in watts.



Integrated sub-max heart rate testing • Interval and Sprint 8 programs • ANT+ and Bluetooth enabled



S-DRIVE METRICS

S-Drive Metrics includes a quick-response, backlit LCD that clearly displays speed, time, distance and heart rate (with strap). Integrated testing establishes personalized targets just right for the ability level of each member, and the display even pivots so trainers can view feedback.



Interval and Sprint 8 programs • Self-powered design



S-DRIVE PERFORMANCE TRAINER

Add our original S-Drive Performance Trainer to your cardio floor to offer members power walking, running, HIIT, sled-pushing, parachute training and agility drills in one space-saving footprint. Magnetic resistance easily adjusts to a wide range of ability levels.



Self-powered design



ROWERS

The sleek-yet-robust design of our rowers offers whisper-quiet operation, a smoother stroke, easy adjustments and repeatable resistance levels to create an unmatched rowing experience. Count on an aluminum flywheel with 10 precise magnetic resistance settings to challenge first-time users and experienced rowers alike. Crafted to fit the human body, our rowers feature an ergo form seat to reduce stress on touchpoints during long rowing sessions, a seat lock for superior stability when getting on and off and a long handle with a comfort-enhancing over-mold.

RXP ROWER

Reinvigorate rowing and make your facility stand out by adding our advanced RXP Target Training Rower to your cardio floor. Our unique display is specifically engineered for target training, precisely measuring watts, 500-meter split, heart rate, SPMs, distance or calories. A bright LED wrap uses vibrant colors to indicate if the user is on track for their goals. Integrated interval programs and a wide range of personal training programs keep every workout fresh. WiFi enabled, the Target Training Display also works with our complete portfolio of Matrix Connected Solutions.



Sub-max heart rate test, step power test and testing for 500- and 2,000-meters • Interval and Sprint 8 programs
WiFi enabled; ANT+/BLE/5 khz HR compatibility and ANT+ and BLE FTMS data broadcast capability

ROWER

The Matrix Rower features an adjustable, backlit console that makes it easy to access training programs and see complete workout data. Clearly defined quick keys provide instant access to integrated training programs.



Interval and challenge programs • Aluminum flywheel
 10 magnetic resistance settings • Self-powered • Low-maintenance cord
 Compact footprint that stands vertically and rolls for storage convenience

CARDIO FLOOR SPECIFICATIONS

TRAINING CYCLES

MODEL NUMBER	CXP	CXM	CXC
CONSOLE SPECS			
Display	Target Training capacitive touchscreen	Backlit LCD	Optional LCD
Display Feedback	Heart rate*, watts, RPM, time, distance, calories*	Heart rate*, watts, RPM, time, distance, calories*	Heart rate*, watts, RPM, time, distance, calories*
WiFi	Optional	No	No
Bluetooth	Yes; heart rate, FTMS	Yes; heart rate, FTMS	No
ANT+	Yes; heart rate, PWR, FE-C	Yes; heart rate, PWR, FE-C	No
Contact & Telemetric HR	Telemetric only	Telemetric only	Telemetric only
Power Requirements	Generator-powered	Generator-powered	Battery-powered
FRAME SPECS			
Drive System	Flexonic belt	Flexonic belt	Flexonic belt
Power Measurement	Calculated watts	Calculated watts	N/A
Resistance System	Magnetic	Magnetic	Magnetic
Pedal Type	Dual-sided SPD & easy fit strap	Dual-sided SPD & toe cage	Dual-sided SPD & toe cage
Seat Design	Ergonomically sculpted seat	Ergonomically sculpted seat	Ergonomically sculpted seat
Seat Adjustment	Vertical & horizontal	Vertical & horizontal	Vertical & horizontal
Handlebar Design	Ergo-formed, multi-position, soft PVC	Ergo-formed, multi-position, soft PVC	Ergo-formed, multi-position, soft PVC
Handlebar Adjustment	Vertical & horizontal	Vertical & horizontal	Vertical & horizontal
Crank Design	4-way tapered forged steel cranks	4-way tapered forged steel cranks	4-way tapered forged steel cranks
Leveling Feet	Yes; 2 front levelers and 2 rear dials	4	4
Rear-lift Handle	Yes	Yes	Yes
Maximum User Weight	158.8 kg / 350 lbs.	158.8 kg / 350 lbs.	158.8 kg / 350 lbs.
Ethernet Connectivity	No	No	No
Assembled Dimensions	122.4 x 56 x 102.8 cm / 48.2" x 22.2" x 40.5"	122.4 x 56.4 x 102.8 cm / 48.2" x 22.2" x 40.5"	122.4 x 56.4 x 102.8 cm / 48.2" x 22.2" x 40.5"

For warranty & service information, visit: matrixfitness.com/support

*Requires a heart rate monitor

VIRTUAL TRAINING CYCLE

MODEL NUMBER	CXV
CONSOLE SPECS	
Display	56 cm / 22" class capacitive touchscreen LCD
Workouts	Go, manual, Sprint 8 [®] , Virtual Active™, instructor-led content, Target Training, target heart rate, interval training, fat burn, rolling hills, constant watts, goal training, fitness tests, custom
iFIT On-Demand Workouts	Yes
Languages	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese-S, Chinese-T, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish, Thai, Malay, Catalan
WiFi	Yes
Bluetooth	Yes, smartphones, headphones, heart rate
ANT+	Yes; heart rate
RFID Wireless Login	Yes
Connects to Apple Watch	Yes
Connects to Samsung Galaxy Watch	Yes
Made for iPhone, iPad, iPod	Yes
USB Port	Yes; device charging, device media, software updates
Wireless Charging (Qi)	No
CSAFE Ready	Yes
Auto Wake-up	Yes
Contact & Telemetric HR	Telemetric only
FRAME SPECS	
Drive System	Flexonic belt with freewheel
Power Measurement	Calculated watts
Resistance System	Magnetic
Pedal Type	SPD & toe cage
Q-Factor	16.8 cm / 6.6"
Seat Design	Ergonomically sculpted saddle
Seat Adjustment	Vertical & horizontal
Handlebar Design	Multi-position, racing design
Handlebar Adjustment	Fixed
Crank Design	4-way tapered forged steel cranks
Leveling Feet	4
Rear-lift Handle	Yes
Maximum User Weight	158.8 kg / 350 lbs.
Ethernet Connectivity	Yes
Assembled Dimensions	156.6 x 56.5 x 147.8 cm / 61.7" x 22.2" x 58.2"
Power Requirements	100-240 V — 50/60 Hz AC

CARDIO FLOOR

SPECIFICATIONS

MODEL NUMBER	S-DRIVE POWER S-DRIVEP	S-DRIVE METRICS S-DRIVEM	S-DRIVE PERFORMANCE TRAINER S-DRIVEC
CONSOLE SPECS			
Display	Target Training capacitive touchscreen	Backlit LCD	No
Display Feedback	Heart rate*, watts, time, distance, calories*	Heart rate*, watts, time, distance, calories*	No
WiFi	Yes	No	No
Bluetooth	Yes; heart rate, FTMS	Yes; heart rate, FTMS	No
ANT+	Yes; heart rate, PWR, FE-C	Yes; heart rate, PWR, FE-C	No
Contact & Telemetric HR	Telemetric only	Telemetric only	No
Power Requirements	DC plug-in	Self powered / DC plug in (charging only)	No
FRAME SPECS			
Drive System	Dual magnetic maintenance free brakes	Dual magnetic maintenance free brakes	Dual magnetic maintenance free brakes
Power Measurement	Calculated watts	Calculated watts	N/A
Speed Range	User-defined	User-defined	User-defined
Incline Range	7° fixed	7° fixed	7° fixed
Resistance System	Magnetic	Magnetic	Magnetic
Running Surface Area	152 x 51 cm / 60" x 22"	152 x 51 cm / 60" x 22"	152 x 51 cm / 60" x 22"
Step-on Height	17.8 cm / 7"	17.8 cm / 7"	17.8 cm / 7"
Maximum User Weight	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.
Ethernet Connectivity	No	No	No
Assembled Dimensions	195 x 88.3 x 150 cm / 76.8" x 34.8" x 59"	195 x 88.3 x 150 cm / 76.8" x 34.8" x 59"	195 x 88.3 x 150 cm / 76.8" x 34.8" x 59"

MODEL NUMBER	TOTAL BODY CYCLE TBCC
CONSOLE SPECS	
Display	Backlit LCD
Display Feedback	Heart rate*, watts, RPM, time, distance, calories*
WiFi	No
Bluetooth	No
ANT+	Yes; heart rate
Contact & Telemetric HR	Telemetric only
Power Requirements	Battery-powered
FRAME SPECS	
Drive System	Flexonic belt
Power Measurement	Calculated watts
Resistance System	Air
Pedal Type	Wide pedal with anti-slip texture
Seat Design	Ergonomically sculpted seat
Seat Adjustment	Vertical & horizontal
Handlebar Design	Ergo-formed, multi-position, soft PVC
Handlebar Adjustment	Fixed
Crank Design	4-way tapered forged steel cranks
Leveling Feet	4
Rear-lift Handle	Yes
Maximum User Weight	158.8 kg / 350 lbs.
Ethernet Connectivity	No
Assembled Dimensions	148 x 73 x 148 cm / 58.3" x 28.7" x 58.3"

MODEL NUMBER	RXP AR12	ROWER AR11
CONSOLE SPECS		
Display	Target Training capacitive touchscreen	3.5" x 2.5" Screen
Display Feedback	Time, Distance, SPM (strokes per minute), Watts, Heart Rate, Calories, 500 m/split	Time, Distance, SPM (strokes per minute), Stroke, Watts, Heart Rate, Calories, 500 m/split
WiFi	Yes	No
Bluetooth	Yes; heart rate, FTMS	Yes; heart rate
ANT+	Yes; heart rate, broadcast	No
Contact & Telemetric HR	Telemetric only	Telemetric only
Power Requirements	Generator Powered Display w/ Back-up Memory Battery and DC plug in	Generator Powered LCD Display w/ Back-up Memory Battery
FRAME SPECS		
Drive System	Coil spring poly-V belt	Coil spring poly-V belt
Power Measurement	Calculated watts	Calculated watts
Resistance System	Magnetic	Magnetic
Resistance Levels	10	10
Foot Stretchers	Adjustable heel cups with easy-to-read settings	Adjustable heel cups with easy-to-read settings
Handlebar Design	Extra-long ergo-grip handlebar	Extra-long ergo-grip handlebar
Leveling Feet	4	4
Maximum User Weight	158.8 kg / 350 lbs.	158.8 kg / 350 lbs.
Ethernet Connectivity	No	No
Assembled Dimensions	223 x 55 x 97 cm / 87.6" x 21.5" x 38"	223 x 55 x 97 cm / 87.6" x 21.5" x 38"

For warranty & service information, visit: matrixfitness.com/support

*Requires a heart rate monitor

MODEL NUMBER	UPPER BODY CYCLE UBC-M
CONSOLE SPECS	
Display	Backlit LCD
Display Feedback	Heart rate*, watts, RPM, time, distance, calories*
WiFi	Yes
Bluetooth	Yes; heart rate
ANT+	Yes; heart rate
Contact & Telemetric HR	Telemetric only
Power Requirements	Generator-powered
Workouts	Custom Intervals
FRAME SPECS	
Drive System	Roller chain and Poly-V belt
Power Measurement	Calculated watts
Resistance System	Manual magnetic
Adjustment Type	Quick release lever
Seat Design	Patented folding, sculpted self skinning
On Product Seat Storage	Yes
Handle Design	Ergo-formed, neutral-grip
Crank Design	Independent, forged steel crank arms
Leveling Feet	4
Rear-lift Handle	Yes
Maximum User Weight	204 kg / 450 lbs.
Ethernet Connectivity	No
Assembled Dimensions	159.6 x 78.4 x 161.3 cm / 62.8" x 30.9" x 63.5"



WHERE FUNCTION MEETS FLEXIBILITY

Whether you want to provide coached experiences or create a space for individuals to train on their own or with a personal trainer, we have a solution for you.

CONNEXUS SERIES



CONNEXUS SERIES

Now functional fitness is flexible. From the wall to the corner to the center of your training hub, from self-guided workouts to circuits to small group training — there's no functional solution that's out of reach.

VERSATILE TRAINING & FUNCTIONAL STORAGE

The intuitive and versatile designs of our Connexus Series offer a virtually limitless range of exercise variety. Space-efficient design maximizes the training versatility, and a variety of attachment points give trainers total flexibility when planning workouts. For quick transitions, conveniently centralized storage offers instant access to a range of training accessories.

ADJUSTABLE & REPEATABLE SMALL GROUP TRAINING

Create unique small group training your members will love. Space-efficient design maximizes the training versatility of your space, and a variety of accessories and attachment points give trainers total flexibility when planning their own workouts.

CUSTOMIZABLE & CONFIGURABLE DESIGNS

Explore all the different ways you can configure our Connexus Edge and Functional Trainer to find the right fit for your place and your people.



CONNEXUS

CONNEXUS
HUB

Connexus Hub combines a single adjustable pulley and centralized accessory storage to bring diverse functional training to small spaces and unused walls. Clearly defined training stations make it easy for anyone to get started, and an integrated device holder lets users bring along the on-demand workouts or entertainment that keeps them going strong.



CONNEXUS
CREST

Bring complete functional training to small spaces and unused walls with the two adjustable pulleys and centralized accessory storage of the Connexus Crest. Five static anchors for bands and battle ropes offer a variety of attachment heights to work a wide range of muscles.



CONNEXUS
EDGE

Our versatile Connexus Edge combines convenient access to accessories, multiple attachment points and clearly defined stations for functional workouts that are easy to start and smooth throughout. Configurable design lets you connect multiple bays against a wall or in back-to-back arrangements to offer coached functional training, self-guided workouts or both.



CONNEXUS

CONNEXUS
FUNCTIONAL TRAINER

Our Connexus Functional Trainer configures with the Connexus Edge or additional Functional Trainers to offer heavy cable resistance and easy access to a range of training accessories for both coached and self-guided workouts. Users can even bring along the on-demand workouts or entertainment that keeps them going strong thanks to an integrated device holder.



CONNEXUS

CONNEXUS

CUSTOM CONFIGURATIONS

Our Connexus Series makes it easier than ever to add a premium functional training experience to your fitness facility, even if your space is limited. Explore all the different ways you can configure our Connexus Edge and Functional Trainer in bays, back-to-back configurations and beyond, expanding as needed to find the right fit for your place and your people.



GFTEDGFT-XL

Create a unique experience at the heart of your functional zone that's versatile enough for both group and individual training.



GFTEDGFT-SM

Create a back-to-back configuration to maximize functionality in a minimal amount of space.



GFTEDGFT-MD

Design an open, approachable training experience at the center of your functional zone.



GFTEDG-03*

Make the most of unused wall space while keeping accessories organized and on hand.

* Shown as a 3-bay configuration. Connect any number of training bays using the GFTEDG-CK connection bracket.

CONNEXUS

STORAGE STATION

Our ultra-durable Connexus Storage Station makes it easy to clean up your functional training area while keeping your most important accessories on hand and ready to go. Two extra-large, rubber-cushioned shelves provide plenty of low-to-the-ground storage space for your heavy-duty pieces, while two secondary shelves give you ample space to organize lighter accessories by size or type. An open top rack offers storage versatility to accommodate large or long items, and an open base adds even more space to tuck away functional training extras. For the bands, straps and ropes crucial to your functional training program, multiple angled pegs with rubber endcaps offer easy-access hanging storage. Our Storage Station also includes directional placards so members and trainers can clearly identify where each accessory belongs. Maximize storage capabilities with the optional mat hanger (GFTORG-MH) to store mats vertically for faster drying and to prevent curling.



CONNEXUS STORAGE STATION

CONNEXUS

CONNEXUS

3-SHELF STORAGE CART

The mobile Connexus 3-Shelf Storage Cart keeps accessories and attachments close at hand for easy set-up and transition between classes or groups. With a maximum capacity of 317 kg / 750 lbs., the 3-shelf storage cart features heavy-duty casters to enable movement around the facility. The built-in info dock holds a tablet or smartphone, which enables users and trainers to conveniently store and view their screens for assistance during training. The highly accessible and sturdy storage also keeps your facility neat and organized at all times.



CONNEXUS 3-SHELF STORAGE CART

WHERE STRETCHING TAKES CENTER STAGE

The Matrix Stretch Platform offers a comprehensive solution for pre- and post-workout recovery. Its stable and comfortable design promotes flexibility, reduces muscle soreness, and minimizes the risk of injury.

STRETCH PLATFORM



STRETCH PLATFORM

The stretch platform's angled platform, padded bench and support bars allow for deeper, more progressive stretches, while the open, versatile design lets members of all body types confidently explore new stretches, improving flexibility and mobility. Bring the Matrix Stretch Platform to your facility today, and let stretching take center stage.



FEATURES

Declined supportive back, leg & neck pads • Inclined base with numeric indicators • Accessible low and mid-height support bars • Contoured upper grips • Integrated smart device storage • Fixed stable platform

SPECIFICATIONS

CONNEXUS	PRODUCT DIMENSIONS						PRODUCT WEIGHT		RECOMMENDED TRAINING AREA				MAX USER/LOAD WEIGHT	
	METRIC (CM)			ENGLISH (IN)			METRIC	ENGLISH	METRIC (M)		ENGLISH (FT)		METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.	L	W	L	W	KG	LBS.
Connexus Edge (GFTEDG)	180	112	237.2	71	44	93.4	211	465	4.9	2.6	16	8.6	159	350
Connexus Hub (GFTHUB)	152.4	124.4	237.2	60	49	93.4	211	464.2	4.7	3.7	15.5	12	159	350
Connexus Crest (GFTCRST)	274.3	142.2	237.2	108	56	93.4	312	686.4	6	3.2	19.6	10.6	159	350
Connexus Functional Trainer (GFTFT)	152.4	124.4	237.2	60	49	93.4	433	955	1.5	3.7	5	12	159	350
Connexus Storage Station (GFTORG)	85	140	185	33.5	55.1	72.9	160	352.7	N/A	N/A	N/A	N/A	363	800
GFTSS – 3-Shelf Storage Cart	80	123	167	31.5	48	66	96	212	N/A	N/A	N/A	N/A	340	750

CONNEXUS COMPATIBLE OPTIONS	PRODUCT DIMENSIONS						PRODUCT WEIGHT		COMPATIBLE UNITS	
	METRIC (CM)			ENGLISH (IN)			METRIC	ENGLISH		
	L	W	H	L	W	H	KG	LBS.		
Connexus SM Back-to-back Connector (GFT-BTB)	116.7	25.6	10	45.9	10		16	35.2	Connexus Edge & Functional Trainer	
Connexus Ladder Connector (GFTLDR)	262.5	70	26	103.3	27.5	10.2	74	162.8	Connexus Edge & Functional Trainer	
Connexus Double Ladder Connector XL (GFT-XLCK)	190.8	121.5	14	75.1	47.8	5.5	9	19.8	Connexus Edge & Functional Trainer	
Connexus Side Connector (GFTEDG-CK)	71	43	25.5	28	17	10	19	41.8	Connexus Edge & Functional Trainer	
Connexus Dip / VKR / Plyo Station (GFTDPST)	38.9	35.5	22.8	15.35	14	9	61	134.2	Connexus Edge & Functional Trainer	
Connexus Landmine with Storage (GFTLMS)	240	74	34	94.5	29	13.4	39	85.8	Connexus Edge & Functional Trainer	
Connexus Edge Suspension Trainer Anchor (GFT-TRXAK)	28.5	28.5	20.3	11.2	11.2	8	4	8.8	Connexus Edge	



STRETCH PLATFORM	
MODEL NUMBER	GFTSTR
USER AMENITIES	GFTSTR
Smart Device Storage	Yes
Instructional Placard	Yes; with colored muscle call outs
Angled Cushion Bench	Yes; supports the back, neck and knees
Support Bars	Yes; accessible low and mid-height support bars to allow for progression
Contoured Upper Grips	Yes; provides multiple areas to push and pull against to enhance stretches
Inclined Base	Yes; with numeric indicators to measure foot placement
WARRANTY	
Frame	10 years
Wear Items (Pads, Grips)	1 year
TECH SPECS	
Frame Color	Matte Black
Max User Weight	159 kg / 350 lbs.
Product Weight	86 kg / 189.5 lbs.
Overall Dimensions (L x W x H)	209.9 x 88.3 x 145.6 cm / 82.6 x 34.7 x 57.3"



STRENGTH **overview**



STRENGTH

overview

Matrix doesn't just manufacture strength equipment — we craft training tools that evolve with your fitness facility and your lifters. We listen to owners, trainers and users to put real-world insights at the heart of our designs, captivating a new generation and delivering innovation that outperforms the ordinary in better, smarter ways. Best of all, we built on the decades of strength manufacturing experience through the acquisition of Magnum Fitness Systems, and continue to design and develop all of our durable training tools in the USA, the global epicenter of strength training.

Choose Matrix, and discover strength that never rests.



ULTRA

series

THE ULTIMATE EXPERIENCE

Powerful yet comfortable. Advanced functionality with intuitive operation. The industry's most durable components wrapped in breathtaking industrial design. The Ultra Series goes beyond your expectations of strength training equipment to earn and retain members like nothing else.



VERSA

series

THE POWER OF CHOICE

Bring your vision of fitness to life — our most versatile series gives you the options to build a strength training area that fits your space and the needs of your members in a beautifully precise way. The Versa Series incorporates advanced biomechanics for a natural, smooth, efficient workout experience.



AURA

series

PREMIUM PERFORMANCE & DESIGN

Superior styling made the Aura Series an instant classic. Signature features made it one of the most-imitated product lines in the industry. Choose the Aura Series, and you'll discover that beginners and fitness enthusiasts alike will be drawn to something that the competition can't imitate — an unmistakable aura of greatness.



MAGNUM

series

PROVEN PERFORMANCE & DURABILITY

Born from a long tradition of premium performance, there's no better choice for professional athletes than the unrivaled performance and durability of the Magnum Series. Advanced options like MEGA Racks help athletes reach their potential, and the impeccable designs stand up to the most demanding environments.



G1

series

DIVERSITY & DURABILITY

The G1 Series provides an ideal blend of value and variety for cost-conscious facilities. It offers a range of durable options with a classic look. From space-saving multi-station units to ever-popular benches, this series will meet your members' needs for years to come.



MORE THAN ONE WAY TO BUILD STRENGTH

We offer a complete collection of strength equipment to meet the needs of not just your people, but your space, too.

SINGLE-STATION

Operation is intuitive, and our high-performance designs ensure that your members are getting the most out of every moment they spend pursuing their fitness goals.

ULTRA / VERSA / AURA

PLATE-LOADED

Thoughtful design and attention to detail make our stations easier to load, unload and access, so members can get the workout they need, where they need it, and keep going.

MAGNUM

MULTI-STATION

Multi-station units make the most of your floor space and help members make the most of their workout time. Smart designs let users take on multiple exercises in a small space, with quick weight adjustments to maximize results.

VERSA / AURA / G1

RACKS & PLATFORMS

When serious strength training enthusiasts see our premium racks on your floor, they'll know they're in the right place and keep coming back for more.

MAGNUM

FREE WEIGHTS

Choose from our unique series to find the combination of iron and ergonomics right for your facility, and count on exclusive features and industrial design to attract aspiring fitness enthusiasts and seasoned lifters alike.

MAGNUM / G1

THE ULTIMATE STRENGTH TRAINING EXPERIENCE

ULTRA **series**

The powerful and comfortable Ultra Series gives you the most advanced functionality with an intuitive design that couldn't be easier to operate. Both durable and beautiful, the Ultra Series will exceed your expectations when it comes to earning and retaining members.



ULTRA

series

ACTION SPECIFIC GRIPS

Ergonomically designed to reduce stress on contact points while enhancing feel, function and form.

LOW STACK HEIGHT

A uniformly low stack height (135 cm / 53") improves the aesthetic and flow of your fitness center.

INDEPENDENT CONVERGING/DIVERGING MOTION

Encourages a natural path of motion to enhance comfort.

INCREMENTAL WEIGHTS

Easy to access and reference from the seated position.

USER AMENITIES

All single-station units offer a convenient accessory pad, personal device holder and towel hook.

ELECTRONIC REP COUNTER

Tracks reps, activity time and rest time for enhanced user data tracking and a streamlined workout experience.

EXERCISE PLACARDS

Easy-to-read reference cards highlight targeted muscle groups and proper machine use.

ULTRA OPTIONS

- Choose between Standard and Heavy Weight Stacks.
- Add Intelligent Training Console for a guided, fully connected strength training experience.



ULTRA SERIES BASE /

A STREAMLINED STRENGTH TRAINING EXPERIENCE

With our streamlined, simplified Ultra Series Base option, nothing stands between your strength training enthusiasts and a superior workout. Like all Ultra Series equipment, our base option offers smooth converging and diverging movements to encourage a natural path of motion and enhance user comfort, plus a uniformly low stack height to improve the aesthetic of your fitness center. Ultra Series Base is also as beautiful as it is durable, so you can count on it to earn and retain members for years to come.



Also Available ULTRA SERIES /

Upgrade to our full-featured Ultra Series for the ultimate strength training experience.



Feature Comparison

	ULTRA BASE	ULTRA
INDEPENDENT MOTION	✓	✓
CONVERGING/DIVERGING MOVEMENT	✓	✓
LOW WEIGHT STACK HEIGHT	✓	✓
BACK-TO-BACK DESIGN	✓	✓
BEAUTIFUL SILHOUETTE	✓	✓
APPROACHABILITY & COMFORT	✓	✓
INTELLIGENT TRAINING CONSOLE COMPATIBILITY		✓
REP COUNTER & TIMER		✓
ACTION SPECIFIC GRIPS		✓
INCREMENT WEIGHT SYSTEM		✓
DECORATIVE DESIGN ELEMENTS		✓



CONVERGING CHEST PRESS

Independent converging movement provides a natural path of motion • Adjustable back pad with gas assist facilitates easy range of motion changes • Integrated foot platform provides additional user stability and comfort during use • Designed for easy entry and exit • Ultra Base G7-S13B and Ultra Base Heavy Stack G7-S13BH

	PRODUCT DIMENSIONS (L X W X H)					PRODUCT WEIGHT		WEIGHT STACK		
	CM	INCHES	KG	LBS	KG	LBS	KG	LBS		
G7-S13	168.5	141	135	66.3	55.4	53	343.9	758.5	108	240
G7-S13B	168.5	141	135	66.3	55.4	53	290.2	640	72	160
G7-S13BH	168.5	141	135	66.3	55.4	53	334.2	737	108	240



LATERAL RAISE

Oversized arm pads enhance comfort and accommodate a variety of users • Rotating handles provide natural motion • Available as Ultra Base G7-S21B and Ultra Base Heavy Stack G7-S21BH

	PRODUCT DIMENSIONS (L X W X H)					PRODUCT WEIGHT		WEIGHT STACK		
	CM	INCHES	KG	LBS	KG	LBS	KG	LBS		
G7-S21	105.5	150	135	41.5	59	53	276.8	610.5	90	200
G7-S21B	105.5	150	135	41.5	59	53	232.8	513.5	54	120
G7-S21BH	105.5	150	135	41.5	59	53	268.6	592.5	90	200

*Ultra Base does not come with electronic rep counter.



PEC FLY / REAR DELT

Rotating grips provide comfort and smooth movement during use • Angled back pad and delt grips enhance user comfort and improve biomechanics • Oversized handles reduce the need to adjust the seat position between rear deltoid and fly exercises • Heavy weight stack accommodates advanced users • Available as Ultra Base G7-S22B and Ultra Base Heavy Stack G7-S22BH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G7-S22	143.5	193.5	197	56.4	76.1	77.6	322.2	710.5	135	300
G7-S22B	143.5	193.5	197	56.4	76.1	77.6	281.3	620.5	90	200
G7-S22BH	143.5	193.5	197	56.4	76.1	77.6	316.7	698.5	135	300

*Ultra Base does not come with electronic rep counter.



CONVERGING SHOULDER PRESS

Independent converging movement provides a natural path of motion • Dual-position hand grips allow for greater training variety • Counterbalanced pressing arms provide reduced starting resistance • Reclining seat position allows for better posture and back support • Available as Ultra Base G7-S23B and Ultra Base Heavy Stack G7-S23BH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G7-S23	168	146.5	174	66.1	57.6	68.4	275.5	607.5	90	200
G7-S23B	168	146.5	174	66.1	57.6	68.4	237.3	523.5	54	120
G7-S23BH	168	146.5	174	66.1	57.6	68.4	273.5	603	90	200



DIVERGING LAT PULLDOWN

Independent diverging movement provides a natural path of motion • Angled seat encourages proper user position • High pads and seat easily adjust to provide stability, comfort and improved ergonomics • Available as Ultra Base G7-S33B and Ultra Base Heavy Stack G7-S33BH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G7-S33	152	161	195	59.6	63.1	76.7	380	838	108	240
G7-S33B	152	161	195	59.6	63.1	76.7	308.5	680.5	72	160
G7-S33BH	152	161	195	59.6	63.1	76.7	372	820.5	108	240



DIVERGING SEATED ROW

Independent diverging movement provides a natural path of motion • Dual-position foot placement provide greater user comfort • Adjustable chest pad with gas shock accommodates a variety of users • Available as Ultra Base G7-S34B and Ultra Base Heavy Stack G7-S34BH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G7-S34	158	138.5	140.5	62.2	54.5	55.3	344	758.5	108	240
G7-S34B	158	138.5	140.5	62.2	54.5	55.3	294.5	649.5	72	160
G7-S34BH	158	138.5	140.5	62.2	54.5	55.3	337.5	744	108	240

*Ultra Base does not come with electronic rep counter.



INDEPENDENT BICEPS CURL

Unique pivoting elbow pads and rotating handles improve function, comfort and feel during use • Designed for easy entry and exit without chest compression from traditional machines • Elbow pad wear covers improve upholstery performance in high contact areas • Available as Ultra Base G7-S40B and Ultra Base Heavy Stack G7-S40BH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G7-S40	135	168	135	53	66.2	53	263.6	581.5	90	200
G7-S40B	135	168	135	53	66.2	53	234.6	517.5	68	150
G7-S40BH	135	168	135	53	66.2	53	257.1	567	90	200

*Ultra Base does not come with electronic rep counter.



DEPENDENT ARM CURL

Rotating Action Specific Grips provide greater comfort and minimal point pressure • Arm pad is angled for stability and limits unwanted shoulder movement during exercise • Elbow pad wear cover improves upholstery performance and durability in high contact areas • Color-coded pivot indicates correct elbow placement for optimal feel and performance • Available as Ultra Base G7-S41B and Ultra Base Heavy Stack G7-S41BH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G7-S41	149	106.5	135	59	42	53	225.7	498	90	200
G7-S41B	149	106.5	135	59	42	53	198.5	438	68	150
G7-S41BH	149	106.5	135	59	42	53	221.2	488	90	200



TRICEPS PRESS

Oversized rotating handles adapt to a wide variety of users and provide exercise variation • Angled back pad reduces stress, improves stabilization and enhances comfort • Available as Ultra Base G7-S42B and Ultra Base Heavy Stack G7-S42BH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G7-S42	124	121	135	48.8	47.7	53	298.5	658	120	265
G7-S42B	124	121	135	48.8	47.7	53	252.5	557	93	205
G7-S42BH	124	121	135	48.8	47.7	53	292	644	120	265



TRICEPS EXTENSION

Handles pivot to automatically adjust for varying forearm lengths • Padded hand rests provide a comfortable and stable pressing surface while reducing point pressure on the hands • Action Specific Grips provide greater comfort and tailored hand position for the movement • Color-coded pivot indicates correct elbow placement for optimal feel and performance • Foot pegs provide additional stability and support during heavy lifts • Available as Ultra Base G7-S45B and Ultra Base Heavy Stack G7-S45BH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G7-S45	144.5	106.5	135	57	42	53	239.2	527.5	81	180
G7-S45B	144.5	106.5	135	57	42	53	216.5	477.5	68	150
G7-S45BH	144.5	106.5	135	57	42	53	239.5	528	81	180

*Ultra Base does not come with electronic rep counter.



ABDOMINAL CRUNCH

Sculpted back pads allow for full muscular contraction • Dual-supported pivoting design fosters a natural abdominal crunch motion • Self-aligning handles adjust to accommodate a variety of users, and elbow pad covers protect the upholstery at touchpoints • Available as Ultra Base G7-S51B and Ultra Base Heavy Stack G7-S51BH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G7-S51	139	121	147	54.6	47.5	57.9	290	640	108	240
G7-S51B	139	121	147	54.6	47.5	57.9	249.2	549.5	72	160
G7-S51BH	139	121	147	54.6	47.5	57.9	283.7	625.5	108	240

*Ultra Base does not come with electronic rep counter.



BACK EXTENSION

Multi-position foot placement accommodates a variety of users • Thumb-switch controls allow easy adjustments • Contoured back pad enhances user comfort and provides additional support • Available as Ultra Base G7-S52B and Ultra Base Heavy Stack G7-S52BH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G7-S52	145	120	135	57.2	47.3	53	316.1	697	108	240
G7-S52B	145	120	135	57.2	47.3	53	264.1	582.5	72	160
G7-S52BH	145	120	135	57.2	47.3	53	308.1	679.5	108	240



ROTARY TORSO

Kneeling position minimizes low-back stress while stretching hip flexors • Contoured knee pads with wear covers enhance comfort, stability and durability • Oversized handlebars accommodate a variety of users without adjustment • Knee pad wear cover improves upholstery performance in high contact areas • Range of motion feature with 8 different start positions adds greater versatility • Available as Ultra Base G7-S55B and Ultra Base Heavy Stack G7-S55BH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G7-S55	117	123	141	45.8	48.2	55.2	229	505	90	200
G7-S55B	117	123	141	45.8	48.2	55.2	199.8	440.5	68	150
G7-S55BH	117	123	141	45.8	48.2	55.2	221.9	489.5	90	200



LEG PRESS

Angled and adjustable seat carriage enhances comfort • Ergonomic adjustment handle and gas shock enable simple changes in start position • Oversized foot platform increases movement variety including calf exercises • Integrated assistance handle enables easy exit and entry • Guide rod and bearing-designed carriage improves long-term durability and smooth performance • Available as Ultra Base G7-S70B and Ultra Base Heavy Stack G7-S70BH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G7-S70	206	113	152	80.9	44.3	59.9	440	970	180	400
G7-S70B	206	113	152	80.9	44.3	59.9	392	865	135	300
G7-S70BH	206	113	152	80.9	44.3	59.9	432	953	180	400

*Ultra Base does not come with electronic rep counter.



LEG EXTENSION

Self-adjusting tibia pad for greater ease of use • Soft contoured knee pad provides optimal comfort behind user's knee during use • Thumb-switch controls and ergonomic adjustment handle allow easy user setup • Angled seat and back pads encourage full quadriceps contraction • Pivot location clearly marked to encourage correct knee alignment • Available as Ultra Base G7-S71B and Ultra Base Heavy Stack G7-S71BH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G7-S71	152.4	125.9	135	60	49.6	53	299.7	661	108	240
G7-S71B	152.4	125.9	135	60	49.6	53	249	549	72	160
G7-S71BH	152.4	125.9	135	60	49.6	53	297	655	108	240

*Ultra Base does not come with electronic rep counter.



SEATED LEG CURL

Back pad, tibia pad and range-of-motion adjustments are easily accessible from a seated position • Angled seat and unique pivot location encourage full hamstring contraction • Gas-assisted adjustable thigh pad and thumb switch control allow easy user setup • Soft contoured thigh pad provides optimal comfort during use • Available as Ultra Base G7-S72B and Ultra Base Heavy Stack G7-S72BH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G7-S72	148.5	117	135	58.4	46	53	314.7	694	90	200
G7-S72B	148.5	117	135	58.4	46	53	283.2	624.5	68	150
G7-S72BH	148.5	117	135	58.4	46	53	297	655	90	200



PRONE LEG CURL

Contoured elbow pads enhance stabilization and comfort • Divergent pad angle eliminates lower-back stress • Integrated sweat guard protects frame from damage • Thumb-switch controls allow easy adjustments • Available as Ultra Base G7-S73B and Ultra Base Heavy Stack G7-S73BH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G7-S73	173	112	135	68	44	53	271.5	598.5	90	200
G7-S73B	173	112	135	68	44	53	237.3	523.5	68	150
G7-S73BH	173	112	135	68	44	53	264.3	583	90	200



HIP ADDUCTOR

Ergonomic adjustment handle enables simple changes in start position • Foot pegs and contoured knee pads provide user stabilization and support • Adjustable reclining position offers customized lumbar comfort • Integrated foot platform allows easy exit and entry • Available as Ultra Base G7-S74B and Ultra Base Heavy Stack G7-S74BH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G7-S74	182	173	135	71.6	67.8	53	270.2	596	90	200
G7-S74B	182	173	135	71.6	67.8	53	238.7	526.5	68	150
G7-S74BH	182	173	135	71.6	67.8	53	261.7	577	90	200

*Ultra Base does not come with electronic rep counter.



HIP ABDUCTOR

Ergonomic adjustment handle enables simple changes in start position • Foot pegs and contoured knee pads provide user stabilization and support • Adjustable reclining position offers customized lumbar comfort • Integrated foot platform allows easy exit and entry • Available as Ultra Base G7-S75B and Ultra Base Heavy Stack G7-S75BH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G7-S75	182	173	135	71.6	68	53	272.2	600	90	200
G7-S75B	182	173	135	71.6	68	53	243.2	536.5	68	150
G7-S75BH	182	173	135	71.6	68	53	266.2	587	90	200



CALF EXTENSION

Angled seat position provides greater lumbar support • Ergonomic adjustment handle enables simple changes in start position • Range-of-motion adjustment accommodates a variety of users and start positions • Guide rod and bearing-designed carriage improves long-term durability and smooth performance • Available as Ultra Base G7-S77B and Ultra Base Heavy Stack G7-S77BH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G7-S77	169	120	150	66.5	47.2	59	291	642	180	400
G7-S77B	169	120	150	66.5	47.2	59	261	575.5	135	300
G7-S77BH	169	120	150	66.5	47.2	59	285	628	180	400



GLUTE

Upright user position increases comfort and machine approachability • Rotating foot pad provides stable and smooth contact throughout the full range of motion • Oversized foot platform bolsters stability • Adjustable chest pad accommodates a variety of users • Available as Ultra Base G7-S78B and Ultra Base Heavy Stack G7-S78BH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G7-S78	200.5	90	156	79	35.3	61.5	232	511	63	140
G7-S78B	200.5	90	156	79	35.3	61.5	215	474	54	120
G7-S78BH	200.5	90	156	79	35.3	61.5	224	494	63	140



HIP THRUST

Closely mimics bar hip thrusting while removing the difficulty, danger and discomfort of a standard Olympic bar exercise • Floating hip pad maintains correct position during exercise • Oversized foot platform bolsters stability and provides consistent positioning

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G7-S79	175	149.5	135	69	59	53	384	847	195.8	435
G7-S79B	175	149.5	135	69	59	53	328.5	724.5	144	320
G7-S79BH	175	149.5	135	69	59	53	376	829	189	420

THE POWER OF CHOICE IN STRENGTH TRAINING

VERSA series

The Versa Series offers a wide range of options like standard or heavy weight stacks and optional foot support kits, so you can assemble a collection just right for your space, members and budget. Count on the Versa Series for a mix of advanced biomechanics and smart options that will bring your vision of fitness to life.



VERSA series

ACTION SPECIFIC GRIPS

Ergonomically designed to reduce stress on contact points while enhancing feel and form. (Versa+ package)

CONVERGING/DIVERGING MOTION

Encourages a natural path of motion to enhance comfort.

INCREMENTAL WEIGHTS

Easy to access and reference from the seated position.

GAS-ASSISTED SEAT ADJUSTMENT

Offers smooth, instant adjustment, with a 4-bar linkage for increased stability. (Versa+ package)

ELECTRONIC REP COUNTER

Tracks reps, activity time and rest time for a streamlined workout experience. (Versa+ package)

EXERCISE PLACARDS

Easy-to-read reference cards highlight targeted muscle groups and proper machine use.



VERSA OPTIONS

VERSA+
(shown throughout brochure)

Comes with:

- Action Specific Grips
- Gas-assisted Seat Adjustment
- Electronic Rep Counter/Timer
- Decorative Top Wing
- Ergonomic Adjustment Handles
- Heavy Weight Stack
- Incremental Weight

WEIGHT STACK

- Choose between Standard and Heavy Weight Stack

OPTIONAL FOOT SUPPORT KIT

Available on:

- Converging Chest Press
- Converging Shoulder Press
- Biceps Curl
- Back Extension





CONVERGING CHEST PRESS

Independent converging movement provides a natural path of motion • Designed for easy entry and exit • Adjustable start position facilitates increased range of motion

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
VS-S13	139.3	134.7	160.8	54.9	53	63.3	262	578	72	160
VS-S13P	139.3	134.7	167.1	54.9	53	65.8	279	654	104	230
VS-S13H	139.3	134.7	160.8	54.9	53	63.3	294	648	104	230



CONVERGING SHOULDER PRESS

Independent converging movement provides a natural path of motion • Dual-position hand grips allow for greater training variety • Counterbalanced pressing arms provide reduced starting resistance

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
VS-S23	171	143.7	203.6	67.3	56.6	80.1	275.5	607.5	72	160
VS-S23P	171	143.7	203.6	67.3	56.6	80.1	279	614	104	230
VS-S23H	171	143.7	203.6	67.3	56.6	80.1	297	655	104	230



DIVERGING LAT PULLDOWN

Independent diverging movement provides a natural path of motion • Angled seat encourages proper user position • High pad easily adjusts for stability and comfort

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
VS-S33	155.4	150.1	187.9	61.2	59.1	74	262	578	72	160
VS-S33P	155.4	150.1	187.9	61.2	59.1	74	297	654	104	230
VS-S33H	155.4	150.1	187.9	61.2	59.1	74	294	648	104	230



DIVERGING SEATED ROW

Independent cable movement provides a user-defined path of motion and exercise variety • Adjustable chest pad accommodates users of all sizes • Rotating grips provide maximum comfort and ergonomic hand positioning throughout the range of motion • Integrated foot pegs provide added support during heavy lifts

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
VS-S34	137.8	99.4	160.8	54.2	39.1	63.3	228	503	72	160
VS-S34P	137.8	99.4	167.1	54.2	39.1	65.8	249	547	104	230
VS-S34H	137.8	99.4	160.8	54.2	39.1	63.3	260	573	104	230

*Products shown as Versa+



BICEPS CURL

Arm pad is angled for stability and limits unwanted shoulder movement during exercise • Optimized pivot location creates biomechanically correct range of motion

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
VS-S40	121.8	127	160.8	48	50	63.3	253	558	68	150
VS-S40P	121.8	127	167.1	48	50	65.8	242	531	90	200
VS-S40H	121.8	127	160.8	48	50	63.3	276	608	90	200



TRICEPS PRESS

Rotating handles adapt to users of all sizes • Angled back pad reduces stress, improves stabilization and enhances comfort

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
VS-S42	157.7	107.5	160.8	62.1	42.3	63.3	259	571	72	160
VS-S42P	157.7	107.5	167.1	62.1	42.3	65.8	291	640	104	230
VS-S42H	157.7	107.5	160.8	62.1	42.3	63.3	291	641	104	230



BACK EXTENSION

Multi-position foot placement accommodates a variety of users • Contoured back pad enhances comfort

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
VS-S52	133.5	126.4	160.8	52.6	49.8	63.3	227	500	72	160
VS-S52P	133.5	126.4	167.1	52.6	49.8	65.8	262	576	104	230
VS-S52H	133.5	126.4	160.8	52.6	49.8	63.3	259	570	104	230



ABDOMINAL

3-position design trains abdominals and obliques for added exercise variety and core rotation • Ergonomic back pad improves range of motion and enhances comfort

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
VS-S53	136.6	141.4	160.8	53.8	55.7	63.3	213	470	72	160
VS-S53P	136.6	141.4	167.1	53.8	55.7	65.8	248	546	104	230
VS-S53H	136.6	141.4	160.8	53.8	55.7	63.3	245	540	104	230

*Products shown as Versa+



LEG PRESS/CALF PRESS

One-handed start adjustment for ease of use • Gas-assisted foot platform provides smoother adjustments • Assistance handle and low step-over height offer easy access • Foot plate identifies user foot position with unique visual indicators

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
VS-S70	232.4	102.4	160.8	91.5	40.3	63.3	361	795	188	415
VS-S70P	232.4	102.4	167.1	91.5	40.3	65.8	364	801	188	415
VS-S70H	232.4	102.4	160.8	91.5	40.3	63.3	361	795	188**	415**



LEG EXTENSION

Angled seat and back pads encourage full quadriceps contraction • Self-adjusting tibia pad enhances comfort • Pivot location is clearly marked to encourage correct alignment • Back pad ratchets forward for easy adjustment from seated position

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
VS-S71	183.5	128.9	160.8	72.3	50.7	63.3	233	514	72	160
VS-S71P	183.5	128.9	167.1	72.3	50.7	65.8	268	590	104	230
VS-S71H	183.5	128.9	160.8	72.3	50.7	63.3	265	584	104	230



SEATED LEG CURL

Angled seat and unique pivot location encourage full hamstring contraction • Tibia pad and range-of-motion adjustments are easily accessible from seated position • Back pad ratchets forward for easy adjustment from seated position • Adjustable thigh pad provides stabilization during exercise

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
VS-S72	176.9	113.3	160.8	69.7	44.6	63.3	261	575	68	150
VS-S72P	176.9	113.3	167.1	69.7	44.6	65.8	286	631	90	200
VS-S72H	176.9	113.3	160.8	69.7	44.6	63.3	284	625	90	200



GLUTE

Adjustable chest pad accommodates users of all sizes • Low step-height stabilization platform allows for ease of use • Upright user position, contoured elbow pads and large foot pad enhance comfort

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
VS-S78	177.8	99.9	160.8	70	39.3	63.3	185	409	68	150
VS-S78P	177.8	99.9	167.1	70	39.3	65.8	188	415	68	150
VS-S78H	177.8	99.9	160.8	70	39.3	63.3	185	409	68**	150**

MORE
FUNCTION,
LESS
SPACE

VERSA DUALS

The expanded versatility of our dual stations makes it easy to create a weight-training collection just right for your space, your budget and the people you serve. By mixing and matching a range of our two-in-one stations, you can make the most of your floor space while providing a complete strength training experience. Intuitive adjustment, incremental weight control and clearly illustrated placards make it easy for users of all ability levels to smoothly transition from one exercise to the next, while ergonomic design adds comfort to every workout. Choose from eight dual-station units, customize with weight stack options or our premium Versa+ package, and complete your offering with more Versa single-station units.





REAR DELT / PEC FLY

Comfortable, oversized grips accommodate users of all sizes • Always forward-facing user position enhances comfort and ease of use • Wide motion for improved biomechanics and dual function

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
VS-S22	150.5	169	160.8	59.2	66.5	63.3	224	492	68	150
VS-S22P	150.5	169	167.1	59.2	66.5	65.8	259	548	90	200
VS-S22H	150.5	169	160.8	59.2	66.5	63.3	256	542	90	200



HIP ADDUCTOR / ABDUCTOR

Dual-function machine saves space and increases functionality • Reclined position provides greater comfort • Clearly indicated adjustments allow for ease of use

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
VS-S74	169.6	159.1	160.8	66.8	62.6	63.3	235	516	72	160
VS-S74P	169.6	159.1	167.1	66.8	62.6	65.8	269	592	104	230
VS-S74H	169.6	159.1	160.8	66.8	62.6	63.3	266	586	104	230



MULTI-PRESS

Designed for easy entry and exit • Smoothly transition between exercises with one simple adjustment • Dual-position hand grips allow for greater training variety • Elevated foot rests provide stability and comfort during heavy lifts • Reclined position offers greater lumbar support • Clearly indicated adjustments for ease of use

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
VS-S131	155	157	168	60.7	61.9	65.8	236	520	72	160
VS-S131P	155	157	168	60.7	61.9	65.8	271	596	104	230
VS-S131H	155	157	168	60.7	61.9	65.8	268	590	104	230



LAT PULLDOWN / SEATED ROW

Thigh pad easily adjusts to provide stability and comfort • Elevated foot rests provide stability and comfort during heavy lifts • Stainless-steel cable guides provide added protection for lasting durability • Clearly indicated adjustments for ease of use

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
VS-S331	210	158	227	82.5	62.2	89.1	246	543	72	160
VS-S331P	210	158	227	82.5	62.2	89.1	281	619	104	230
VS-S331H	210	158	227	82.5	62.2	89.1	278	613	104	230

*Products shown as Versa+



BICEPS / TRICEPS

Compact design minimizes floor space • Stainless-steel cable guides provide added protection for lasting durability • Large foot platform provides stability

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
VS-S401	166.6	124.7	226.2	65.6	49.1	89.1	214	472	68	150
VS-S401P	166.6	124.7	226.2	65.6	49.1	89.1	240	528	90	200
VS-S401H	166.6	124.7	226.2	65.6	49.1	89.1	237	522	90	200



AB / LOW BACK

Angled seat and lumbar pad enhance user comfort • Multi-position foot placement accommodates a variety of users • Low handle positions offer easy entry and exit and provide stability • Clearly indicated adjustments for ease of use

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
VS-S531	132.2	131.5	160.8	52.1	51.8	63.3	231	509	72	160
VS-S531P	132.2	131.5	167.1	52.1	51.8	65.8	266	585	104	230
VS-S531H	132.2	131.5	160.8	52.1	51.8	63.3	263	579	104	230



CHIN / DIP ASSIST

Multi-position pull-up handles for greater exercise variety • Ideally angled dip grips encourage proper wrist placement and muscle variation • Gas-assisted knee platform folds up for unassisted bodyweight exercises and training variety • Large, textured foot platforms provide easy entry and exit • Knee platform features a protective top pad for added training security • Integrated hard stop prevents knee pad disengagement • Clearly indicated adjustments for ease of use

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
VS-S601	142.8	152.8	219.7	56.2	60.2	86.5	307	676	68**	150**
VS-S601P	142.8	152.8	219.7	56.2	60.2	86.5	310	682	68**	150**
VS-S601H	142.8	152.8	219.7	56.2	60.2	86.5	307	676	68**	150**



LEG EXTENSION / LEG CURL

Angled pads and ideal pivot location promote full muscle contraction and alignment for both exercises • Dual-action CAM enables a smooth transition between exercises and prevents cable slack • Adjustments are easily performed in the seated position • Back pad ratchets forward for easy adjustment from the seated position • Clearly indicated adjustments for ease of use

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
VS-S711	177.6	118.3	160.8	69.9	46.6	63.3	251	554	72	160
VS-S711P	177.6	118.3	167.1	69.9	46.6	65.8	286	630	104	230
VS-S711H	177.6	118.3	160.8	69.9	46.6	63.3	283	624	104	230

*Products shown as Versa+ **VS-601 comes standard with heavy weight stack

SPACE-SAVING VERSATILITY

VERSA FUNCTIONAL TRAINER

The smart design of our functional trainer provides a remarkable range of exercise options in a space-saving footprint. Incremental weight adjustment and a 1:2 pulley ratio make it easy to control exercise intensity and create progressions right for everyone from deconditioned users to elite athletes. Everything about our functional trainer, from the multi-grip pull-up bar to the color-coded adjustment points to the professionally illustrated exercise placards, offers intuitive operation for users and trainers alike. Optional storage makes it easy to organize and stow accessories for instant access, and the completely enclosed design protects the unit's moving parts while creating a solid, cohesive aesthetic on your floor.



FTS18

FTS30

FUNCTIONAL TRAINER

Multi-position pull-up handles for greater exercise variety • Fully-enclosed weight stacks protect the machine's internal components • Enhanced placards highlight targeted muscle groups and proper user positioning for a wide range of exercises • One-handed pulley adjustment offers easy operation • Frame guards protect against chips and scratches • Clearly indicated adjustments for ease of use • Compact design accommodates placement in spaces with ceilings as low as 2.4 m / 8' • 76 cm / 30" connection provides ample storage for functional training accessories or 46 cm / 18" connection to accommodate optional training handles • 1:2 pulley ratio provides smooth operation • Standard effective resistance 34 kg / 75 lbs. (per side)

Optional:

- VS-VFT60 heavy stack for added 13.6 kg / 30 lbs. of resistance per side for 47.6 kg / 105 lbs. effective resistance
- Accessory: VS-FTHP handle package includes four training handles (v-bar, curl bar, ropes, ankle strap)
- VS-FTIW 2.3 kg / 5 lb. increment weight (effective resistance 1.1 kg / 2.5lb.)

	PRODUCT DIMENSIONS (L X W X H)				PRODUCT WEIGHT		WEIGHT STACK			
	CM	INCHES	KG	LBS	KG	LBS	KG	LBS		
VS-VFT-S18	111.8	160.0	237.6	44.0	63	93.5	355	782	68	150
VS-VFT-S30	122.7	145.8	237.6	48.3	57.4	93.5	369	814	68	150
VS-VFT-S18 + VS-VFT60	111.8	160.0	237.6	44.0	63	93.5	409	902	95	210
VS-VFT-S30 + VS-VFT60	122.7	145.8	237.6	48.3	57.4	93.5	424	934	95	210

*Accessories not included.

THE STANDARD IN PERFORMANCE AND DESIGN

AURA series

Superior styling made the Aura Series an instant classic. Signature features made it one of the most-imitated product lines in the industry. Choose the Aura Series, and you'll discover that beginners and fitness enthusiasts alike will be drawn to something that the competition can't imitate — an unmistakable aura of greatness.



AURA **series**

A superior blend of features and sophistication, the Aura Series appeals to fitness enthusiasts of all kinds. Independent converging and diverging motions on select units provide a natural resistance movement that feels smooth and natural. Ergo Form cushions ensure proper body alignment and support while introducing an extra touch of style. In addition to offering a unique aesthetic distinction that attracts users, our round-tube construction with automotive-quality powder-coat finish provides lasting strength and durability.



FRAME AND FINISH

Attractive round-tube construction provides unmatched strength, and automotive-quality finish is highly resistant to chips and scratches.

ERGO FORM CUSHIONS

Uniquely attractive design ensures proper body alignment and support.

INCREMENTAL WEIGHTS

Easy to access and reference from the seated position.

CONVERGING/DIVERGING MOTION

Encourages a natural path of motion to enhance comfort

BOTTLE AND TOWEL HOLDER

Conveniently positioned to prevent spills and clutter on your floor.

COLOR-CODED EXERCISE PLACARDS

Easy-to-read reference cards highlight targeted muscle groups and proper machine use.





CHEST PRESS

Adjustable pressing arm allows users to determine their own range of motion • Oversized, dual-position hand grips provide greater comfort and variety

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S10	127	155.9	184.7	50	61.4	72.7	275	607	113	250



PECTORAL FLY

Dual hand grips accommodate users of all sizes • Independent arm action ensures more balanced exercise by not allowing the dominant side to control the exercise • Adjustable starting position allows for greater range of motion

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S12	113.3	156.8	150.6	44.6	61.7	59.3	246	542	91	200



CONVERGING CHEST PRESS

Independent converging motion arms • Dual hand-grip positions provide greater training variety • Designed for easy entry and exit

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S13	128.3	155.1	174.8	50.5	61.1	68.8	293	645	113	250



SHOULDER PRESS

Dual-position hand grips allow for greater training variety • Oversized hand grips provide improved function and comfort • Counterbalanced pressing arm provides reduced starting resistance

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S20	152	146.9	150.7	59.8	57.8	59.3	251	553	91	200



LATERAL RAISE

Independent arm action ensures balanced exercise • Handles pivot to accommodate users of all sizes

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S21	154.2	152.4	150.6	60.7	60	59.3	271	597	91	200



REAR DELT / PEC FLY

User arms pivot to accommodate individual forearm lengths and varying paths of motion • Optimized handle positions reduce the need to adjust the seat position between rear deltoid and fly exercises

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S22	189	195.5	205	74.5	77	81	288.5	636	134	295



CONVERGING SHOULDER PRESS

Independent converging motion arms • Pressing arm includes both standard and neutral grips for user preference • Oversized hand grips provide greater comfort and variety

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S23	153.8	149.3	173.6	60.6	58.8	68.4	251	553	91	200



LAT PULLDOWN

Thigh pads easily adjust to provide both stability and comfort • Straight bar with angled ends ensures correct arm and wrist position throughout the entire range of motion

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S30	139.5	120	221.5	55	47	87	245	540	134	295



SEATED ROW

Dual-position hand grips allow for greater training variety • Optimized pivot location creates a biomechanically correct arc of motion

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S31	151.4	92.1	210.6	59.6	36.3	82.9	273	601	113	250



DIVERGING LAT PULLDOWN

Independent diverging motion arms • Angled seat cues optimal user position • Thigh pads easily adjust to provide both stability and comfort

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S33	146.7	88.4	211.7	57.8	34.8	83.3	237	527	113	250



DIVERGING SEATED ROW

Independent diverging motion arms • Dual-position hand grips provide greater training variety

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S34	154.4	87.9	198.7	60.8	34.6	78.2	259	570	113	250



ARM CURL

Arm pad is angled for stability and limits unwanted shoulder movement during exercise • Angled rotating hand grips ensure optimal wrist position

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S40	122	108.6	150.6	48.1	42.8	59.3	228	502	91	200



TRICEPS PRESS

Rotating handles adapt to users of all sizes • Over-molded grips ensure a secure, non-slip feel • Angled back pad reduces stress, improves stabilization and enhances comfort

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S42	158.8	128	173.6	62.5	50.4	68.4	261	575	91	200



TRICEPS EXTENSION

Seat and upper-arm pads are angled to enhance user stability during exercise • Handle pivots adjust for varying forearm lengths

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S45	117.4	108.4	150.6	46.2	42.7	59.3	223	491	91	200



ABDOMINAL

Hand grips and contoured-edge chest pad enhance comfort • Adjustable resistance arm allows users to determine their own starting positions

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S50	137	94	150	54	37	59	184	405	68	150



ABDOMINAL CRUNCH

Dual axis of rotation enhances user feel for a natural crunch movement and muscle contraction • Seat and handle positions enhance user stability

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S51	142.8	112.2	150.5	56.2	44.2	59.3	184	405	91	200



BACK EXTENSION

Adjustable nonskid footrests provide secure and proper positioning • Lower-back reference pad encourages proper user alignment

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S52	157.7	106.5	174.9	62.1	41.9	68.9	277	610	134	295



ROTARY TORSO

Unique design reinforces proper user positioning • Range of motion is adjustable in 10-degree increments • Foot bar helps users of all sizes achieve proper stabilization

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S55	164.2	97	173.7	64.6	38.2	68.4	216	476	90	200



DIP / CHIN ASSIST

Rotating dip handles adapt to users of all sizes • Pull-up bar offers both standard and neutral grips for individual preference • 2 sets of pull-up grips allow users of all heights a full range of motion

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S60	127	106.5	231.5	50	42	91	197	434	70.3	155



LEG PRESS

4-bar linkage enhances alignment and provides variable resistance • Large nonskid footplate accommodates users of all sizes

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S70	210.1	124.6	184.6	82.7	49	72.7	417	920	175	385



LEG EXTENSION

Angled seat and back pads encourage full quadriceps contraction • Adjustable start position facilitates increased range of motion • Self-adjusting tibia pad enhances comfort

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S71	180.5	111.5	175	71	44	69	245.5	542	113	250



SEATED LEG CURL

Seat, back and tibia pads adjust without affecting knee alignment or start-position angle • Adjustable start position facilitates increased range of motion

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S72	180	108	174.5	71	42.5	68.75	248.5	548	93	205



PRONE LEG CURL

Divergent pad angle eliminates lower-back stress • Standard range of motion adjusts for individual preference

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S73	171	111	174.5	67.5	44	68.75	222	489.5	91	200



HIP ADDUCTOR

Knee pads and dual footrests provide leg support and enhanced comfort • Weight stack positioned in front of the user acts as a shield, providing enhanced privacy

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S74	166.6	164.3	150.8	65.6	64.7	59.4	264	582	100	220



HIP ABDUCTOR

Knee pads and dual footrests provide leg support to eliminate unwanted torque around the knee • Weight stack positioned in front of the user acts as a shield, providing enhanced privacy

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S75	166.6	107.5	150.8	65.6	42.3	59.4	270	595	100	220



ROTARY HIP

Standing position provides enhanced alignment and increased target muscle involvement • Adjustable carriage allows users of varying heights to achieve optimal positioning • Starting positions are incremental at 15-degree intervals through 270 degrees of rotation • Low step-up height 13.2 cm / 5.2" for easy entry and exit

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S76	111.7	119.7	184.3	44	47.1	72.6	295	650	134	295



CALF PRESS

Force is transmitted through hips to eliminate spinal compression • Foot plates are curved for comfortable positioning and a full range of motion • Fully enclosed linear bearings provide smooth, quiet motion

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-S77	173	68.9	150.5	68.1	27.1	59.3	304	670	134	295





FUNCTIONAL TRAINER

1:4 pulley ratio offers low starting resistance and high-speed movements • Available with 132-kg / 290-lb. or 177-kg / 390-lb. stacks • Standard swiveling accessory station includes 10 attachments • Multi-grip-position pull-up handles with unique rock-climbing attachment • Integrated fold-away step offers easy access • G3-MSFT300 effective resistance: 32.9-kg / 72.5-lbs. (per side) • G3-MSFT400 effective resistance: 44.2-kg / 97.5-lbs. (per side)

	PRODUCT DIMENSIONS (L X W X H)					PRODUCT WEIGHT		WEIGHT STACK		
	CM		INCHES			KG	LBS	KG	LBS	
G3-MSFT300	169.2	130.2	234.4	66.6	51.2	92.3	601	1324	2 X 131	2 X 290
G3-MSFT400	169.2	130.2	234.4	66.6	51.2	92.3	697	1537	2 X 176	2 X 390



Flanged pulley housing

ADJUSTABLE CABLE CROSSOVER

Widely spaced, dual-adjustable pulleys offer exercise variety • Pull-up bar with both lat and neutral grips provide hand placement options • One-handed adjustment makes operation easy • Flanged pulley housing minimizes cable wear and increases durability • 1:2 pulley ratio provides smooth operation

	PRODUCT DIMENSIONS (L X W X H)					PRODUCT WEIGHT		WEIGHT STACK		
	CM		INCHES			KG	LBS	KG	LBS	
G3-MS20	397.4	90	239.6	156.5	35.4	94.3	399	880	2 X 91	2 X 200

AURA MULTI-STATION: PRECONFIGURED



8-STACK MULTI-STATION

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-MS80	561.3	370.9	251.7	221	146	99.1	1996	4400	4 X 91	4 X 200
									4 X 134	4 X 295



4-STACK MULTI-STATION

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-MS40	167.8	369.8	252	66.1	145.6	99.2	998	2200	2 X 91	2 X 200
									2 X 134	2 X 295



5-STACK MULTI-STATION

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
G3-MS50	481.5	369.8	251.7	189.6	145.6	99.1	1197	2640	3 X 91	3 X 200
									2 X 134	2 X 295

AURA MULTI-STATION: CONFIGURE YOUR OWN

Meet the strength training needs of multiple users and maximize training options with the completely customizable Aura Multi-Stations. Create your own combination of the Lat Pulldown (MS51), Adjustable Pulley (MS24), Triceps Pressdown (MS52) and/or Low Row (MS53). One recent Matrix customer even created an impressive 28-stack unit that spans the entire length of their facility for unparalleled versatility and space efficiency.

All units include water bottle holders and towel hooks so essential accessories are easily accessible. In addition to offering a unique aesthetic distinction, our round-tube construction with an automotive-quality powder-coat finish provides lasting strength and durability.

ADJUSTABLE PULLEY

Single-handed height adjustment offers easy use • 1:2 pulley ratio provides smooth movement and smaller incremental weight changes • Balance bar adds support during exercise



	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM			INCHES			KG	LBS	KG	LBS
G3-MS24	68	70	240	27	28	94.5	181	398.5	91	200

TRICEPS PRESSDOWN

Swiveling top pulley enhances durability • 1:1 pulley ratio allows for heavy training • Additional stability pad enhances comfort



	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM			INCHES			KG	LBS	KG	LBS
G3-MS52	85	59	240	33.5	23.5	94.5	171.5	377.5	91	200

LAT PULLDOWN

Two independent cables add training variety • Pivoting knee pad allows for quick and easy adjustments



	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM			INCHES			KG	LBS	KG	LBS
G3-MS51	139.5	120	221.5	55	47	87	245	540	134	295

LOW ROW

Two independent cables add training variety • Pivoting knee pad allows for quick and easy adjustments



	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM			INCHES			KG	LBS	KG	LBS
G3-MS53	230	71	240	91	28	94.5	260	573	134	295

A LEGACY OF PERFORMANCE AND PROVEN DURABILITY

MAGNUM series

Ideal for helping serious strength trainers reach their ultimate potential, the Magnum Series provides an unparalleled blend of performance and durability. Products like Double MEGA Racks pack in the functionality to help you make the most of your floor space. Best of all, everything that carries the Magnum Series name will withstand the most intense training environments.



MAGNUM

series

ERGONOMICS AND BIOMECHANICS

Designed for comfort while providing a natural, mechanically correct motion.

DURABLE CONSTRUCTION

Originally built to withstand the rigorous strength training of professional sports teams.

FRAME FINISH

Automotive-quality finish is highly resistant to chips and scratches.

CONVERGING/DIVERGING MOTION

Encourages a natural path of motion to enhance comfort.

COLOR-CODED ADJUSTMENT POINTS

Conveniently located and clearly marked for easy use.

EQUIPMENT VARIETY

A robust selection meets the training needs of virtually any facility.





**OLYMPIC FLAT BENCH
W/ SAFETY ARMS**

Ratcheting safeties provide a secure stop for unfinished or partial reps • Multiple take-off heights accommodate users of all sizes • A tapered back pad maximizes stability • Molded urethane guards protect bars while reducing noise

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM	INCHES		KG	LBS			
MG-A78S	149	162.5	143	58.5	64	56.5	109.5	241.5





BACK EXTENSION BENCH

Large thigh pads and skid-resistant foot platform for enhanced stability • Handles offer easy entry and exit • Molded guards protect high wear / scuff areas

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-A52	118.6	76.3	97.3	46.7	30	38.3	53	117



MI BACK TRAINER

Large thigh pads and skid-resistant foot platform for enhanced stability • Handles offer easy entry and exit • Hooks to attach bands for added resistance • 3 different pad adjustment angles (55, 40, 25 degrees) • Gas-assist for easy adjustment

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MD-FW52	135.5	73.1	100.1	53.4	28.8	39.4	58	128



PREACHER CURL

Angled, ratcheting seat encourages proper body positioning • Durable extruded guards protect frame and bar

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-A62	119	76	99	47	30	39	57	125



VKR W/CHIN

Oversized round handles enhance comfort on dip • Angled back support, elbow pads and handles provide added stability and comfort • Multiple chin grips and rock-climbing grips add exercise variety

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-A63C	135	109	245	53	43	96	120	265



FLAT BENCH

Single cross leg provides more freedom for users • Wide back pad stabilizes users during heavy lifts • Molded guards protect high wear / scuff areas • Integrated wheels simplify movement within facility

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-A59	142	58	46	56	23	18	25	55



ADJUSTABLE DECLINE BENCH

9 adjustments from 10 to 30 degrees • Gas-assist for easy adjustment • Wide back pad stabilizes users during heavy lifts • Molded guards protect high wear / scuff areas • Integrated wheels for easy transport

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-A61	163	64	81	64	25	32	45	99



STANDING ARM CURL

Arm pad height adjusts to accommodate users of all sizes • Durable extruded guards protect frame and bar • Utilizing both sides of the machine increases functionality and saves space

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-A71	119	79	104	47	31	41	61	135



POWER STATION

Adjustable bar stop allows positioning from 30.5" to 48" • Fixed side frame is positioned at 20" for Olympic lifts • Eight racking positions accommodate users for any type of lift • Integrated pull-up bar for increased functionality • Eight standard weight horns hold multiple weight plate sizes

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-A73	185.5	160.4	222.6	73	63.2	87.7	187.2	412.7



ADJUSTABLE AB BENCH

Adjustable leg pad accommodates all users • Molded guards protect high wear / scuff areas • Back support pivots into 6 different positions from 0 to 25 degrees • Elevated knee position reduces lower-back stress

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-A77	155	69	145	61	27	57	59	131



SQUAT RACK

Fixed-bottom stops provide added security • Molded urethane guards protect Olympic bars from damage and reduce noise • 5 racking positions and 8 weight-storage horns are standard • Bottom stops can also be used to hold bar for various exercises • Safety distance from floor 71.75 cm / 28.25"

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-A81	211.5	166.8	201	83.3	67.5	79.2	265	585



MULTI-ADJUSTABLE BENCH W/DECLINE

Backrest adjusts into 7 positions — decline: -10 and 2.5 degrees; incline: 17.5, 32, 48, 64.5 and 87.5 degrees • Wide back pad stabilizes users during heavy lifts • Molded guards protect high wear / scuff areas • Leg pads provide added stability • Integrated wheels simplify movement within facility

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-A86	166	60.5	53.5	65.3	23.8	21	62	137



UTILITY BENCH

Oversized foot supports provide maximum stability • Molded guards protect high wear / scuff areas • Oversized rubber foot platforms provide added stability • Integrated wheels simplify movement within facility

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-A87	142	66	89	56	26	35	31	68



MULTI-ADJUSTABLE BENCH LP

Seat automatically adjusts with the back pad for ease of use • Adjustable back pad with 8 positions from 0 to 75 degrees • Tapered wide back pad stabilizes users during heavy lifts • Molded guards protect high wear / scuff areas • Transport handle and integrated wheels simplify movement within facility • Low 178° floor-to-pad height minimizes lower back stress and prevents arching

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-A82	152	78	46	59.7	30.6	17.8	55	121.5



MULTI-ADJUSTABLE BENCH

Seat automatically adjusts with the back pad for ease of use • Adjustable back pad with 5 positions from 0 to 80 degrees • Wide back pad stabilizes users during heavy lifts • Molded guards protect high wear / scuff areas • Drop-away handle and integrated wheels simplify movement within facility

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-A85	135	58	51	53	23	20	43	95



GLUTE HAM BENCH

Step-through design • Leg pads and oversized footplate can be adjusted while in exercise position • Gas-assisted leg pad offers easy vertical adjustment • Handles to perform reverse hyperextensions • Hooks to attach bands for reverse hyperextensions

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-A96	157	91	130	62	36	51	136	300



VERTICAL BENCH PRESS

Independent converging movement provides a natural path of motion • Back pad adjusts to alter range of motion and expand training options • Dual-grip pressing positions offer greater training variety • Ratcheting seat for easy adjustment • 4 integrated weight-storage horns

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-PL12	146.5	168.5	199.5	58.0	66.5	78.5	196	432



SUPINE BENCH PRESS

Independent converging movement provides a natural path of motion • Dual-grip pressing positions offer greater training variety • 2 integrated weight-storage horns

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-PL13	184.5	127.5	89.5	72.5	50	35	99	218.5



T-BAR ROW

Non-slip oversized foot plates • Dual-grip handles
• Belt squat attachment • Attachment anchor for optional grips
• Band attachment points

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-PL35	216	114.5	53.5	85	45	21	109	240



INCLINE LEVER ROW

Neutral- and wide-grip handles • Multiple foot positions with a ratcheting foot platform • Floating or fixed handle locking mechanism
• Core-stabilizing foot rest • Multiple take-off heights

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-PL36	211	127	122	83	50	48	98	215



HIGH ROW

Rotating grip handles • Angled thigh pads • Footprint-reducing storage placement • Front vertical pulling design
• Band attachment points

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-PL37	173	140	216	68	55	85	209	460



LOW ROW

Dual-grip handles • Space-saving, compact footprint
• One-handed training vertical grip • Band attachment points

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-PL38	157.5	152.5	170	62	60	67	157	346



ELEVATED BICEPS CURL

Bicep-concentrated elevated pad position • High-weight capacity
• Rotating grip handles • Band attachment points

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES		KG	LBS	KG	LBS
MG-PL41	117	137	114.5	46	54	45	129	284



KNEELING LEG CURL

Height-accommodating ankle pad adjustment • Pivoting knee pad
• Contoured knee and forearm pads • Band Attachment Points

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES		KG	LBS	KG	LBS
MG-PL72	127	140	129.5	50	55	51	121	267



RECLINING LEG EXTENSION

Quadriceps-activating reclining seat • Five recline positions
• Angled seat and back pads • Contoured knee pad
• Band attachment points

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES		KG	LBS	KG	LBS
MG-PL73	173	155	124.5	68	61	49	159	350



PENDULUM SQUAT

Multi-angle adjustable, oversized foot platform • Range-controlling adjustable rear stop • Weight-reducing front counter balance • Height-accommodating racking positions • Footprint-reducing storage placement

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES		KG	LBS	KG	LBS
MG-PL80	246.5	135	180.5	97	53	71	286	631



BELT SQUAT

Continually controlled rack/unrack adjustment • Quick-connect belt squat attachment points • Varying-height multi-position grip handles • Upper- and lower-band attachment points • Oversized foot plates

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES		KG	LBS	KG	LBS
MG-PL81	198	152.5	152.5	78	60	60	238	524



INCLINE BENCH PRESS

Independent converging movement provides a natural path of motion • Back pad adjusts to alter range of motion and expand training options • Dual-grip pressing positions offer greater training variety • Ratcheting seat for easy adjustment • 4 integrated weight-storage horns

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES		KG	LBS	KG	LBS
MG-PL14	208.2	143.2	129.6	82	56.5	51	147.5	325



VERTICAL DECLINE BENCH PRESS

Independent converging movement provides a natural path of motion • Back pad adjusts to alter range of motion and expand training options • Dual-grip pressing positions offer greater training variety • Ratcheting seat for easy adjustment • 4 integrated weight-storage horns

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-PL15	148	168.5	195	58.5	66.5	77	195.5	431



SHOULDER PRESS

Independent converging movement provides a natural path of motion • Slightly reclined position reduces lower back strain • Dual-grip pressing positions offer greater training variety • Ratcheting seat for easy adjustment • 4 integrated weight-storage horns

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-PL23	162	160	119	63.5	63	46.5	118	260



LAT PULLDOWN

Diverging independent arms provide a natural path of motion • Easy-to-use thigh-pad adjustment for proper support • Angled seat cues optimal user position • 2 integrated weight-storage horns

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-PL33	182.9	123.2	190.5	72	48.5	75	128	282



SEATED ROW

Diverging independent arms provide a natural path of motion • Dual-grip positions offer greater training variety • Two different foot positions accommodate a greater variety of user heights • Ratcheting seat for easy adjustment • Integrated weight-storage horn

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-PL34	153	139.7	106.7	60	55	42	118	260



AB CRUNCH BENCH

Dual-supported pivot for added strength and performance • Lower step-through height for easy entry and exit • Dual-action pivot for natural biomechanics • Angled handles enhance shoulder comfort and feel • Center tube supports heavier individuals • Weight horn accommodates 12-kg / 25-lb. plates for advanced users

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-PL50	162.6	88.9	100.3	64	35	39.5	60	132.5



SMITH MACHINE

Counterbalanced 11.3-kg / 25-lb. bar takeoff for low starting resistance • Features a 90-degree path of motion adapts to all exercises • Linear bearings provide a smooth motion • Non-removable safety stops add training security • 8 integrated weight-storage horns hold multiple weight-plate sizes

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-PL62	110.5	231.1	245.1	43.5	91	96.5	270	569



45° LEG PRESS

Easy-to-use and see racking mechanism • Adjustable bottom stops provide long or short ranges of motion for all user heights • Adjustable angle back pad enhances comfort, optimizes hip angles and accommodates a greater range of users • Assistance handle on platform for easier entry and exit • Linear bearings for smooth feel and function • 4 integrated weight-storage horns hold multiple weight-plate sizes

	PRODUCT DIMENSIONS (L X W X H)				PRODUCT WEIGHT	
	CM	INCHES	KG	LBS	KG	LBS
MG-PL70	229	171 158 90	67.5	62.3	274	604



HACK SQUAT

Large footplate and back pad accommodate users of all sizes • Spring-loaded take off handles for ease of use and engagement • Adjustable bottom stops provide long or short ranges of motion for all user heights • 4 integrated weight-storage horns

	PRODUCT DIMENSIONS (L X W X H)				PRODUCT WEIGHT	
	CM	INCHES	KG	LBS	KG	LBS
MG-PL71	228.2	150 144.6 90	59	57	270	595



GLUTE TRAINER

Comfortable user positioning mimics bar hip thrusting without the hassle of unwieldy free weights • Walk-through design with swiveling hip pad provides easy entry and exit • Band hooks provide elastic resistance for explosiveness training and movement variety • Floating hip pad adjusts to fit users of all sizes • Large, angled foot platform with non-slip surface offers excellent stability to better engage glutes

	PRODUCT DIMENSIONS (L X W X H)				PRODUCT WEIGHT	
	CM	INCHES	KG	LBS	KG	LBS
MG-PL78	168	133 109 66.5	52.5	43	154	340



SQUAT / LUNGE

Independent lifting arms for balanced exercise and exercise variation • Multiple hand-grip positions offer greater training variety • 3 integrated weight-storage horns keep weight plates in close proximity • 4 user weight horns provide maximal loading for strong users

	PRODUCT DIMENSIONS (L X W X H)				PRODUCT WEIGHT	
	CM	INCHES	KG	LBS	KG	LBS
MG-PL79	148.6	170.2 86.4 58.5	67	34	120	264.5



PERFECT SQUAT

Large, angled, heavy-duty footplate adds stability • Adjustable starting position allows user to set pad height for squats or standing calf raises • Shoulder pads maintain parallel position to floor throughout full range of motion • 2 integrated weight-storage horns • Ideal for squats, calf work and reverse lunges

	PRODUCT DIMENSIONS (L X W X H)				PRODUCT WEIGHT	
	CM	INCHES	KG	LBS	KG	LBS
VY-400	157	84 168 62 33 66	147	325		



STANDING CALF

Adjustable height shoulder pads accommodate users of all sizes • Angled footplate provides superior grip and improves calf recruitment • Angled support handles enhance comfort

	PRODUCT DIMENSIONS (L X W X H)				PRODUCT WEIGHT	
	CM	INCHES	KG	LBS	KG	LBS
MG-PL76	138	89 184.5 54.5 35 73	124	273.5		



SEATED CALF

Seat moves with input arm to maintain alignment • Curved and angled foot pad improves comfort and calf recruitment • Quick-release bar catch simplifies operation • Knee pads adjust for tibia length and range of motion

MG-PL77	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM	INCHES	CM	INCHES	CM	INCHES	KG	LBS
	141	80	96.5	55.5	31.5	38	64	143.5



REVERSE BACK EXTENSION

Adjustable starting point to select desired range of motion • Leg pad can be locked in forward position to use without resistance • Dual hand grips provide added variety and comfort • 2 weight-storage hor

MG-405	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM	INCHES	CM	INCHES	CM	INCHES	KG	LBS
	150	109	145	59	43	57	134	295



DOUBLE MEGA RACK CONFIGURATION

It doesn't get any bigger than this. Matrix Double MEGA Racks take your training to the max. A combination of two racks and custom connecting elements, the Double MEGA Rack allows you to tailor your equipment to your facility. This flexibility enables you to define your own priorities and get the most out of your investment each and every training day. Plus, the Matrix 7-gauge steel uprights and heavy-duty frames mean the Double MEGA Rack can simultaneously handle your toughest athletes and your most rigorous workouts. Maximize your space and your athletes at the same time with the Double MEGA Rack.

** Shown with optional accessories.*





MEGA POWER RACK

Fully enclosed style offers ideal spotting abilities • Shown with adjustable safety bars, dual-grip chin bar, bar storage, band storage and weight storage • J-hooks made of high-density polyethylene (HDPE) to protect Olympic bars from scratches • Visual height indicator and colored locking pin make bar-level changes quick and easy • 3 retractable lower-band pegs on each side (6 total)

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM	INCHES	KG	LBS	CM	INCHES	KG	LBS
MG-MR47	206	207	246.5	81	81.5	97	347	765



MEGA HALF RACK

Open-front design gives users freedom of movement • Shown with adjustable safety bars, dual-grip chin bar, bar storage, band storage and weight storage • J-hooks made of high-density polyethylene (HDPE) to protect Olympic bars from scratches • Visual height indicator and colored locking pin make bar-level changes quick and easy • 3 retractable lower-band pegs on each side (6 total)

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM	INCHES	KG	LBS	CM	INCHES	KG	LBS
MG-MR690	170.5	207	246.5	67	81.5	97	259	570



MAGNUM VRS PLATFORM

Reduce sound, vibration and bounce while protecting your equipment with our Vibration Reduction System [VRS].

Create an unmatched strength training environment with platforms featuring our exclusive Vibration Reduction System. Our impact-absorption platforms reduce sound and bounce caused by dropping barbells during Olympic lifts, protecting floors, bars, weights, and plates from hard use. The multi-layer design minimizes vibrations transferred through floors, essential for above-ground training facilities. VRS Platform kits are available in a variety of styles and sizes, so it's easy to upgrade existing Matrix platforms or create a rugged new training experience featuring our Vibration Reduction System.



	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MA4794P-VRS	366	254	7	144	100	2.6	227	500.5
MA4794P-VRS-4	305	254	7	120	100	2.6	174	383.5
MA9091P-VRS	330	254	7	130	100	2.6	218	480.5
MA9091P-VRS-4	270	254	7	106	100	2.6	165	363.5
PS86-VRS	191	254	7	75	100	2.6	184	406
PS84-VRS	131	254	7	51.5	100	2.6	131	289
VRS-KIT	181.5	68	11.5	71.5	26.8	4.5	71	156
VRS-KIT-4	121	68	11.5	48	26.8	4.5	47.5	104



MEGA PLATFORM W/ HARDWOOD INSERT

Durable rubber training surface to absorb impact, dampen noise and protect flooring during Olympic lifts • Hardwood center insert provides optimum foot grip and stability during explosive Olympic lifts • MA4794P for use with the MR47, A94 • MA90191P for use with MR690, A690, MR691, A691 • Available training area length options: 131 cm / 4' (MA4794P-4, MA90191P-4) and 191 cm / 6' (MA4794P, MA90191P)

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MA4794P-4	305	254	7	120	100	2.6	195.5	431
MA9091P-4	270	254	7	106	100	2.6	186.5	411
MA4794P	363	254	7	143	100	2.6	259.5	572
MA9091P	328	254	7	129	100	2.6	250.5	552



MEGA SOLID RUBBER SURFACE PLATFORM

Durable rubber training surface to absorb impact, dampen noise and protect flooring during Olympic lifts • Options available: MEGA Solid Rubber Surface Platform • MARP4794 for use with MR47, A694 • MARP9091 for use with MR690, • Available training area length options: 131 cm / 4' (MARP4794-4, MARP9091-4) and 191 cm / 6' (MARP4794, MARP9091)

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MARP4794-4	305	254	7	120	100	2.6	215.5	475
MARP9091-4	270	254	7	106	100	2.6	203	448
MARP4794	366	254	7	144	100	2.6	292.5	645
MARP9091	330	254	7	130	100	2.6	280	617



STAND-ALONE RUBBER PLATFORM W/HARDWOOD INSERT

Durable rubber training surface to absorb impact, dampen noise and protect flooring during explosive Olympic lifts • Hardwood center insert provides optimum foot grip and stability during explosive Olympic lifts • Available training area length options: 131 cm / 4' (PS84) and 191 cm / 6' (PS86)

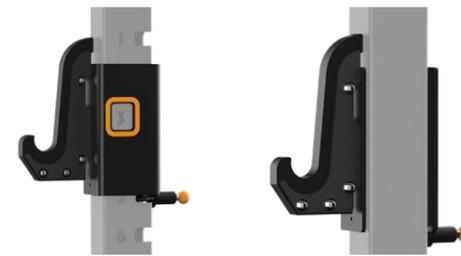
	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
PS84	131	254	7	51.5	100	2.6	153	337
PS86	191	253	7	75	100	2.6	216.5	477



STAND-ALONE SOLID RUBBER PLATFORM

Durable rubber training surface to absorb impact, dampen noise and protect flooring during Olympic lifts • Available training area length options: 131 cm / 4' (RP84) and 191 cm / 6' (RP86)

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
RP84	131	254	7	51.5	100	2.6	156	344
RP86	191	253	7	75	100	2.6	233	514



REVERSE J-HOOKS

Made of high-density polyethylene (HDPE) to protect bar knurling • For use on the outside of the MR47 Mega Power Rack • Available in Ridge Black only

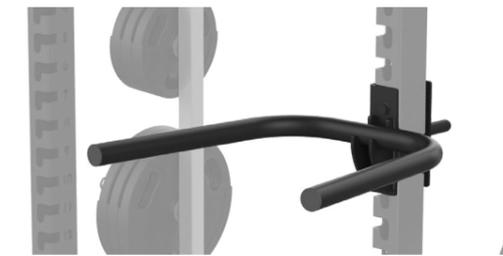
	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
OPT1R	36	13	25	14	5	10	14	30



MEGA LAND MINE ATTACHMENT

Attaches to any rack for rotational training (bar not included) • Available in Ridge Black only

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MOPT13	67	21	19.5	26.3	8.3	7.7	9.5	21



DIP BARS

Attaches to rack uprights for body-weight dips • For use on the MR690 Mega Half Rack • Also available: Reverse Dip Bars (OPT3R) for use on the MR47 Mega Power Rack • Available in Ridge Black only

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
OPT3	86	69	26	34	27	10	16	35



CORE HANDLE

Used with an Olympic bar and Land Mine Attachment for added training variety • Available in Ridge Black only

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
OPT16	48	79	5	19	31	2	5	10



PLATFORM RAMP

Ramp allows for gradual incline to rack platforms • Replaces standard platform framework • Available in Ridge Black only

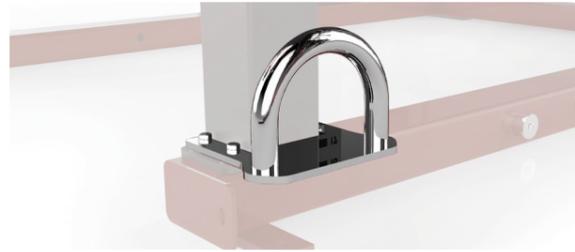
	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
OPT11	14.5	107	6.5	5.7	42	2.5	6	13.2



JAMMIN ARMS

Angled pressing arms can be placed at 13 different heights for added training variety • For use on the MR690 Mega Half Rack • Also available: Reverse Jammin Arms (OPT17R) for use on the outside of the MR47 Mega Power Rack

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
OPT17	94	53	94	37	21	37	49	108



MEGA RACK BATTLE ROPE ATTACHMENT

For rope training as an anchor point on any rack • Available in Chrome finish only

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MOPT31	18	23	17	7	9	7	4	7



MEGA DUAL OLYMPIC BAR STORAGE

Vertical Olympic bar storage

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MOPT41	18	110	33	7	43	13	21.8	48



STRAIGHT LADDER

Horizontal ladder connecting power racks together for bodyweight training • For use on the MR47 Mega Power Rack • Also available: Straight Ladder Connecting Bracket in both 244 cm / 8' (OPT32-8) and 297 cm / 9'9" (OPT32-10) lengths • Available in Matte Black only

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
OPT32-8	243.9	81.2	7.7	96	32	3	42.5	93.6
OPT32-10	297.2	81.2	7.7	117	32	3	51.5	113.2



MEGA ROTATING CHIN HANDLES

Handles rotate into multiple positions for added exercise variety • For use on the MR47 Mega Power Rack • Available in Ridge Black only

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MOPT42	16.1	109.2	46.4	6.4	43	18.3	15	33



PYRAMID LADDER

Elevated ladder connecting power racks together for bodyweight training • For use on the MR47 Mega Power Rack • Also available: Pyramid Ladder Connecting Bracket in 244 cm / 8' (OPT33-8) and 297 cm / 9'9" (OPT33-10) lengths • Available in Matte Black only

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
OPT33-8	243.9	68.6	51.5	96	27	20.3	44.5	98
OPT33-10	297.2	68.6	53.1	117	27	20.9	53.3	117.2



MEGA SIDE-MOUNTED PULL-UP BAR

Mounts upward or downward for bodyweight exercises or additional suspension-device exercises • For use on the MR47 Mega Power Rack • Available in Ridge Black only

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MOPT43	131	28	17	51.6	11	6.7	9	20



BOLT-ON SPOTTER STANDS

Two bolt-on spotter stands • Attaches to any rack • Available in Ridge Black only

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-OPT45S	38	81.5	29.5	15	32	11.5	31	68



HORIZONTAL PLATE RACK

Can hold a maximum of 314 kg / 693 lbs. in various weight plate configurations • Includes 1 horn to hold collars, and 1 Olympic bar storage horn • Integrated wheels for easy transport • Available in Ridge Black only

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-A301	160	38.1	43.2	63	15	17	25	55



FLAT-TO-INCLINE BENCH W/HORIZONTAL ADJUSTMENT

Locking rods for attachment to power racks • Lever allows user to adjust horizontal length of bench while seated • Seat automatically adjusts to proper angle as the backrest is adjusted • Drop-away handle and wheels provide easy movement • *Optional docking kit required to secure bench to racks

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-A695	137	76	51	54	30	20	64	140



BARBELL RACK

Upright design provides convenience for barbell accessories • Rack holds 10 barbells, 5 per side • Chromed pegs provide lasting commercial finish

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-A98	138.5	88.7	152.9	54.5	34.9	60.2	81	178.6



OLYMPIC WEIGHT TREE

9 chrome-plated storage horns for Olympic plates • Rubber bumpers on horns protect frame finish • Ergonomic design positions heavier plates further off the ground for easier removal and replacement

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-A94	87.1	57	107.9	34.3	22.5	42.5	28.8	63.5



WEIGHT TREE W/BAR HOLDERS

6 chromed storage horns, 2 of which accommodate 20-kg / 45-lb. plates • 2 vertical bar holders for Olympic or curl bar storage • Rubber bumpers on horns protect frame finish

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-A67B	51	52	112	20	21	44	23	50



ACCESSORY RACK

Facilitates placement of all accessories in one spot for convenience and a clutter-free facility • Top shelf holds additional accessories

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-A97	110.1	69.4	110.5	43.4	27.4	43.5	47.6	105



STEP-UP PLATFORM W/HANDLE

20 cm / 8" step-up height • Non-slip surface

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-SUP	95	48	122.5	37.5	19	48.25	34	75



SPOTTER PLATFORM

Wide-tapered rubber platform provides additional leverage for heavy lifting

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-AOSP	66	84	29	26	33	12	28	61



5-PAIR PRO-STYLE DUMBBELL RACK

Storage space for 5 pairs of pro-style dumbbells up to 68 kg / 150 lbs. • 15-degree angled tray helps prevent wrist strain when removing and replacing dumbbells • Cradles hold dumbbells securely in place to prevent rolling pinch hazards • Options available: decal sheet (MG-AODS); connector plate (MG-AOCP)

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-A505	232.6	61.3	79.8	91.6	24.2	31.5	63	138.6



10-PAIR PRO-STYLE DUMBBELL RACK

Storage space for 10 pairs of pro-style dumbbells up to 68 kg / 150 lbs. • 15-degree angled trays help prevent wrist strain when removing and replacing dumbbells • Cradles hold dumbbells securely in place to prevent rolling pinch hazards • Options available: decal sheet (MG-AODS); connector plate (MG-AOCP)

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-A510	232.6	61.3	79.8	91.6	24.2	31.5	106	233.2



15-PAIR PRO-STYLE DUMBBELL RACK

Storage space for 15 pairs of pro-style dumbbells up to 68 kg / 150 lbs. • 15-degree angled trays help prevent wrist strain when removing and replacing dumbbells • Cradles hold dumbbells securely in place to prevent rolling pinch hazards • Options available: decal sheet (MG-AODS); connector plate (MG-AOCP)

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-A515	232.6	67.3	102.1	91.6	26.5	40.2	156	343.2



2-TIER FLAT-TRAY DUMBBELL RACK

231 cm / 91" rack holds hex head dumbbells weighing up to 52 kg / 115 lbs. • Also available: 185 cm / 73", 2-tier Flat-tray Dumbbell Rack (MG-A526) • Options available: kettlebell storage insert (MG-AO15T for top tray, MG-AO15B for bottom tray); rubber mat insert (MG-AORM6 for MG-A526 dumbbell rack, MG-AORM8 for MG-A528 dumbbell rack); decal sheet (MG-AODS); connector plate (MG-AOCP)

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-A528	232.2	62.5	79.4	91.5	24.6	31.3	127	279.4
MG-A526	186.2	62.5	79.4	73.3	24.6	31.3	108	237.6



3-TIER FLAT-TRAY DUMBBELL RACK

231 cm / 91" rack holds hex head dumbbells weighing up to 52 kg / 115 lbs. • Also available: 185 cm / 73", 3-tier Flat-tray Dumbbell Rack (MG-A536) • Options available: kettlebell storage insert (MG-AO15T for top tray, MG-AO15B for bottom tray); rubber mat insert (MG-AORM6 for MG-A536 dumbbell rack, MG-AORM8 for MG-A538 dumbbell rack); decal sheet (MG-AODS); connector plate (MG-AOCP)

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-A538	232.2	72.4	101.8	91.5	28.5	40	193	424.6
MG-A536	186.2	72.4	101.8	73.3	28.5	40	160	352



STUDIO PRO-STYLE DUMBBELL RACK

Storage space for 10 pairs of pro-style dumbbells from 2-20 kg / 5-50 lbs. • 15-degree angled trays help prevent wrist strain when removing and replacing dumbbells • Space-saving design minimizes footprint and uses less space than traditional 10-pair 2-tier rack • Cradles hold dumbbells securely in place to prevent rolling pinch hazards • Options available: decal sheet (MG-AODS); connector plate (MG-AOCP)

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-A541	186.2	67.3	102.1	73.3	26.5	40.2	123	270.6



STUDIO FLAT-TRAY DUMBBELL RACK

122 cm / 48" rack holds 2-20 kg / 5-50 lb. hex head dumbbells • Options available: kettlebell storage insert (MG-AO15T for top tray, MG-AO15B for bottom tray); rubber mat insert (MG-AORM4); decal sheet (MG-AODS); connector plate (MG-AOCP)

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
MG-A544	123.2	72.4	101.8	48.5	28.5	39.4	118	259.6



DIVERSITY AND DURABILITY TO GET THE JOB DONE

G1 series

Ideal for cost-conscious fitness facilities, the G1 Series provides the value you need to outfit your space with the variety your members are seeking. The 3-Stack Multi-Gym allows three users to simultaneously exercise key muscles while making efficient use of your space and your budget. The classic styling of our benches and racks are approachable and easily accessible for experienced and aspiring fitness enthusiasts alike, and every piece that hits your floor will stand up to heavy use, day in and day out for years.



G1 series

DURABLE CONSTRUCTION

Built to withstand the rigorous strength training of professional sports teams.

ERGONOMIC DESIGN

Designed to fit the body for comfortable, natural use.

WEIGHT-STORAGE HORNS

Conveniently positioned and designed to accommodate a variety of plate sizes.

EASY ACCESS

Designed for quick on/off, ideal for busy training environments.





FLAT BENCH

3-point foot contact for stability • Bench anchors for improved stability

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
G1-FW151	155	56	46	61	22	18	35	77



ADJUSTABLE DECLINE BENCH

Back pad easily adjusts to 4 positions from 0 to 30-degree decline • Legs are supported and knees elevated to reduce lower-back strain • Integrated wheels for easy transport within facility

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
G1-FW152	208	63	97	82.0	25	38	50	110



BACK EXTENSION

Bench is angled at 45 degrees for easy entry and exit • Twist-locking pull pin improves stability of pads

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
G1-FW162	127	74	86	50	29	34	45	99



PREACHER CURL BENCH

Elbow pad is angled at 55 degrees for varying resistance and improved user comfort • Ratcheting seat pad is angled at 10 degrees for enhanced stability and comfort

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
G1-FW155	119	72	95	47	28	37	37	82



UTILITY BENCH

Back angle is at 85 degrees, improving comfort and stability for overhead movements • Integrated foot supports enhance stability

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
G1-FW156	114	56	102	45.0	22	40	22	48





SMITH MACHINE

Bar travel limited to 72 cm / 28.5" from the floor • 6 integrated weight-storage horns • Adjustable stops flip in and out for easy access

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM	INCHES		KG	LBS			
G1-FW161	205	141	229	80.5	55.5	90	135	297

Weight plates are not included.



WEIGHT RACK

6 weight-storage horns positioned to fit all sizes of Olympic plates • Rubber bumpers protect frame finish

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM	INCHES		KG	LBS			
G1-FW157	67	54	127	26	21	50	15	33



10-PAIR DUMBBELL RACK

Offset angle prevents wrist strain when removing and replacing dumbbells • Individual dumbbell cradles provide secure storage • Storage space for 10 pairs of dumbbells

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM	INCHES		KG	LBS			
G1-FW159	244	66	72.5	96	26	28.5	100	220



5-PAIR DUMBBELL RACK

Storage space for 5 pairs of dumbbells • Offset angle prevents wrist strain when removing and replacing dumbbells • Individual dumbbell cradles provide secure storage

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM	INCHES		KG	LBS			
G1-FW158	244	66	72.5	96	26	28.5	63	139



BARBELL RACK

Upright design provides easy access to barbells • Rack holds 10 barbells, 5 per side

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM	INCHES		KG	LBS			
G1-FW160	99	84	150	39	33	59	55	121

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MATRIX

ABOUT MATRIX FITNESS

In 2001, Johnson Health Tech established Matrix Fitness to bring premium fitness equipment to the marketplace. Since then, we've become the fastest-growing commercial fitness equipment brand in the world. Matrix has leveraged continuous innovation and cross-cultural collaboration to emerge as an industry vanguard, constantly challenging standards and raising expectations for fitness equipment design and exercise technology.

Our product portfolio has expanded to over 500 products including strength equipment, cardio platforms, group exercise modalities, athletic performance training tools, fitness technology, integrated HIIT workouts, turnkey programming and much more. With over 40 subsidiaries around the world, Matrix is uniquely equipped to meet fitness and wellness needs in every corner of the globe.

Today, Matrix Fitness is dedicated to serving fitness facilities of all kinds, setting them apart in ways that attract and retain more members. Our mission is to delight and excite our customers through complete solutions and committed partnership provided by a world-class organization.

Visit matrixfitness.com for full contact information.



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