



MATRIX

2024 COACHES BROCHURE

**VICTORY
STARTS HERE**



MAXIMIZE ATHLETIC POTENTIAL

Since no one works harder than your athletes, make sure Matrix is there to make the most out of every drop of sweat sacrificed in the name of victory. Our exclusive MX Racks leverage a configurable design to maximize your space and training variety. The time-tested, high-performance designs of our strength series help athletes get more out of every press and squat, with better results and less aches and pains. Best of all, every piece can be customized to fit your needs and team style. Choose Matrix to help your athletes seize their ultimate physical potential.



It doesn't happen on the field or the court or the track if it doesn't happen in the training room. It starts long before the lights go on or the crowds arrive. It takes days that begin before dawn and workouts that never seem to end. It repays sacrifice with punishing drills, and it rewards achievement with rising expectations. On its best days, it batters bodies and bruises egos. Any athlete can tell you. Winning hurts. Sometimes there is only one thing that keeps them going: **LOSING HURTS EVEN MORE.**

A TEAMMATE FOR THE COMPETITION BEFORE THE COMPETITION

When you choose Matrix, you're getting more than the world's finest athletic training equipment. You're getting a teammate that will be there every step of the way as you strive for victory. Together, we can redefine the way your athletes attack the competition before the competition, and set a new standard for how they perform when it's finally game time.



3D Rendering

DESIGNING YOUR VISION

Our team is here to support you as coaches in bringing your vision to life. We'll assist you in selecting the ideal equipment and technology tailored to your goals, space constraints and the needs of your athletes. Additionally, we are committed to helping you explore financial solutions that expand your options and make the most of your investment.

CREATING YOUR VISION

Count on our commitment to a seamless delivery and installation process, tailored to your schedule. Additionally, your team can look forward to a comprehensive demonstration, empowering them to master the utilization of your new equipment and unleash its full potential.

SUPPORTING YOUR VISION

As your dedicated partner, you can rely on our swift service response times, readily available service parts and our unwavering commitment to resolving issues correctly the first time. To enhance the value of your investment, your coaching team will also receive access to the Matrix Learning Center, a comprehensive digital resource featuring product training, maintenance tips, on-demand educational videos and more.

Learn more about how we support your vision by visiting matrixfitness.com/total-solutions-partners



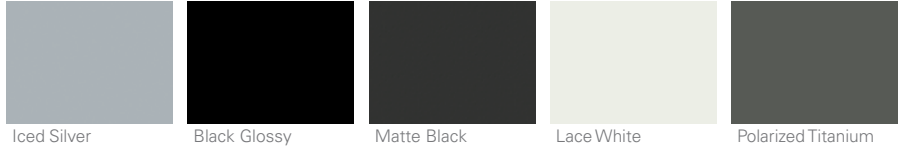
DISCOVER A WINNING GAMEPLAN

Your team is unique, and so are your goals. That’s why we work with you to create a strength training system specifically tailored to the needs of your athletes. We offer dozens of ways to customize your racks and benches so your athletes get the work they need — exactly where they need it — until they feel the burning desire to win in every fiber of their being. We’ll also help you pick accessories to complete your training room. Talk to us to find out how we can create a training facility that’s a win for everyone.



Visit matrixfitness.com to see all of our premium products.

STANDARD FRAME COLORS



FRAME COLOR OPTIONS



UPHOLSTERY COLOR OPTIONS



Frame and upholstery colors applicable in the US only. Frame colors can be customized to match any RAL color.
NOTE: Actual product colors may vary from what is shown here.

IT’S ALL ABOUT YOUR TEAM

No matter what kind of athletes you train, Matrix has the custom branding options to create a team-focused experience that inspires everyone who walks through your doors. Partner with us for frame and upholstery choices that match your school colors. We can create virtually any branded graphic and offer a variety of placement options to showcase your logo. You can even count on us for next-level customization like premium embroidery, laser-cut steel and more. Contact us today to find out how we can infuse every inch of your training space with team spirit.



PROUDLY MADE IN THE USA

In 2012, we acquired Magnum Fitness Systems to establish a North American manufacturing facility with decades of experience producing strength equipment. Today, the facility focuses on providing premium strength equipment that's designed, customized and manufactured right here in the USA.

Visit matrixfitness.com to see all of our premium products.

SKILLED & EXPERIENCED

Our advanced manufacturing processes include robotic welding, laser and plasma cutting, fabricating, milling, lathe machining, grinding, powder-coat painting, assembling, upholstery and more. Yet our greatest asset by far is the decades of experience our skilled tradespeople bring to the job every day.



INNOVATION THAT NEVER RESTS

Our location in the United States — the global epicenter of strength training — allows us to quickly react to trends and customer feedback. We can iterate concepts and modify products as needs evolve in real time, expediting the process from prototype to proof of concept. It's a fluid innovation model that never slows or ceases.

CUSTOM BRANDING OPTIONS

In addition to a full spectrum of color choices for frames and upholstery to match your brand or school colors, we can also provide branded graphics, premium embroidery, laser-cut steel and more.

SOURCED LOCALLY, USED GLOBALLY

With regards to our two main raw material suppliers, one sources 100% of their raw materials from the US, while the other sources 95% of their raw materials from the US and 5% from Canada. The superior fitness equipment we produce is then exported all over the world.



MAGNUM SERIES /

A LEGACY OF PERFORMANCE & PROVEN DURABILITY

Ideal for athletes striving to reach the apex of their physical strength, Magnum Series has long been known for an unparalleled blend of performance and durability. Exclusive Breaker Benches allow users to get into the start position with less stress on their joints. Other products like MX Racks pack in the functionality to help you make the most of your training space. Best of all, everything that carries the Magnum Series name will withstand the most intense athletic training environments.



MAGNUM / MX RACK OPTIONS

STRENGTH
WITHOUT
LIMITS

No matter how large or small your space, you can design a unique strength training area that maximizes variety and space. A smart design makes it easy to attach over 70 options and components to customize the training possibilities for your athletes. Showcase your school spirit by incorporating your own logos, messaging and colors.



POWER RACK

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-MX47	213.5	127	257	84	50	101	255	562



HALF RACK

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-MX690	157.5	127	257	62	50	101	185	408



DOUBLE HALF RACK

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-MX691	263	127	257	103.5	50	101	323	712



COMBO POWER-HALF RACK

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-MX47691	312	127	257	123	50	101	396	873



6' X 8' PLATFORM
W/ HARDWOOD INSERT*

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MX47P	390	254	7	153.5	100	2.6	287	633
MX47P-CPH	366.5	254	7	144.5	100	2.6	278	613
MX690P	333.5	254	7	131.5	100	2.6	266	587
MX691P	318.5	254	7	125.5	100	2.6	260.5	575



4' X 8' PLATFORM
W/ HARDWOOD INSERT*

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MX47P-4	329	254	7	129.5	100	2.6	224	494
MX47P-CPH-4	306	254	7	120.5	100	2.6	215	474
MX690P-4	273	254	7	107.5	100	2.6	203	448
MX691P-4	258	254	7	101.5	100	2.6	197	435



6' X 8' SOLID RUBBER
SURFACE PLATFORM*

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MXRP47	390	254	7	153.5	100	2.6	324.5	716
MXRP47-CPH	366.5	254	7	144.5	100	2.6	314	693
MXRP690	333.5	254	7	131.5	100	2.6	298.5	658
MXRP691	318.5	254	7	125.5	100	2.6	291.5	643



4' X 8' SOLID RUBBER
SURFACE PLATFORM*

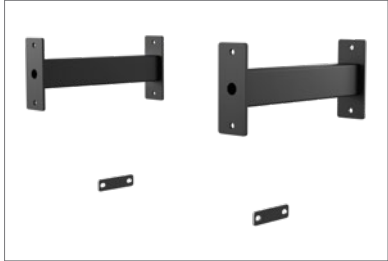
	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MXRP47-4	329	254	7	129.5	100	2.6	247.5	546
MXRP47P-CPH-4	306	254	7	120.5	100	2.6	237	523
MXRP690-4	273	254	7	107.5	100	2.6	222	490
MXRP691-4	258	254	7	101.5	100	2.6	215	474

*Available with VRS Kits- See page 24

MAGNUM / MX RACK OPTIONS

MAKE THE MOST OUT OF MAGNUM

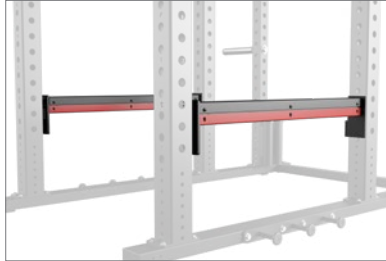
You can customize your premium Magnum strength training equipment to fit the unique goals of your team. Choose from a diverse selection of durable, thoughtfully designed optional components to expand functionality in game-changing ways.



CONNECTION KIT



BLANK CROSSBAR



POWER RACK
SAFETY ARM WRAP



J-HOOKS



J-HOOK WRAP



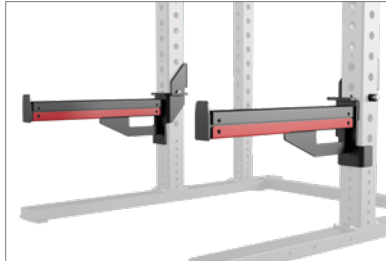
DOUBLE J-HOOKS



DOUBLE J-HOOK WRAP



SAFETY ARMS



HALF RACK
SAFETY ARM WRAP



SAFETY ARM STRAPS



STABILITY FEET



BASE CHIN BAR



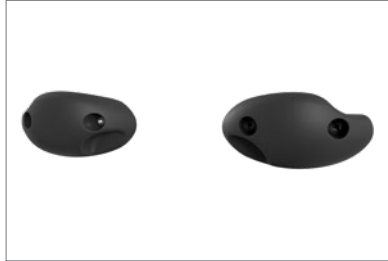
ANGLED PULL-UP BAR



ANGLED FAT PULL-UP BAR



SPHERE BALL GRIPS



ROCK CLIMBING GRIPS



UPPER OLYMPIC BAR STORAGE



UPPER DUAL
OLYMPIC BAR STORAGE



LOWER OLYMPIC BAR STORAGE



LOWER DUAL
OLYMPIC BAR STORAGE



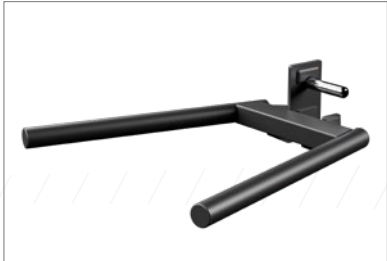
LOWER OLYMPIC BAR
STORAGE ADD-ON



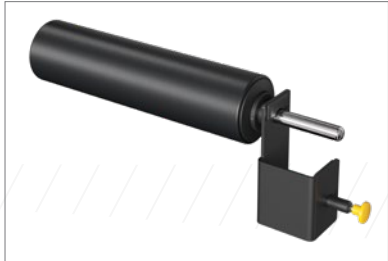
BAND STORAGE



DIP BAR STORAGE



DIP BAR



LEG ROLLER



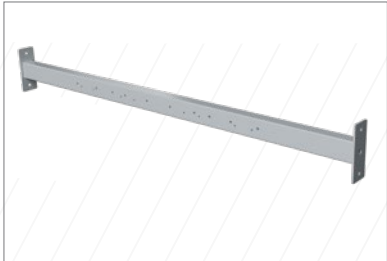
BAND PEGS



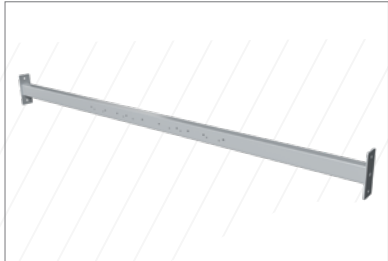
STABILITY BALL HOLDER -
UPRIGHT



STABILITY BALL HOLDER - TOP



70" CONNECTING BAR



96" CONNECTING BAR



70" STRAIGHT LADDER



96" STRAIGHT LADDER



96" PYRAMID LADDER



PYRAMID LADDER LASER CUT NAMEPLATE



ARCH NAMEPLATE DECAL



ARCH NAMEPLATE LASER CUT



ARCH NAMEPLATE DOUBLE-SIDED LASER CUT



UPPER NAMEPLATE DECAL



UPPER NAMEPLATE LASER CUT



70" NAMEPLATE W/PULL-UP BAR DECAL



70" NAMEPLATE W/PULL-UP BAR DOUBLE SIDED DECAL



70" NAMEPLATE W/PULL-UP BAR LASER CUT



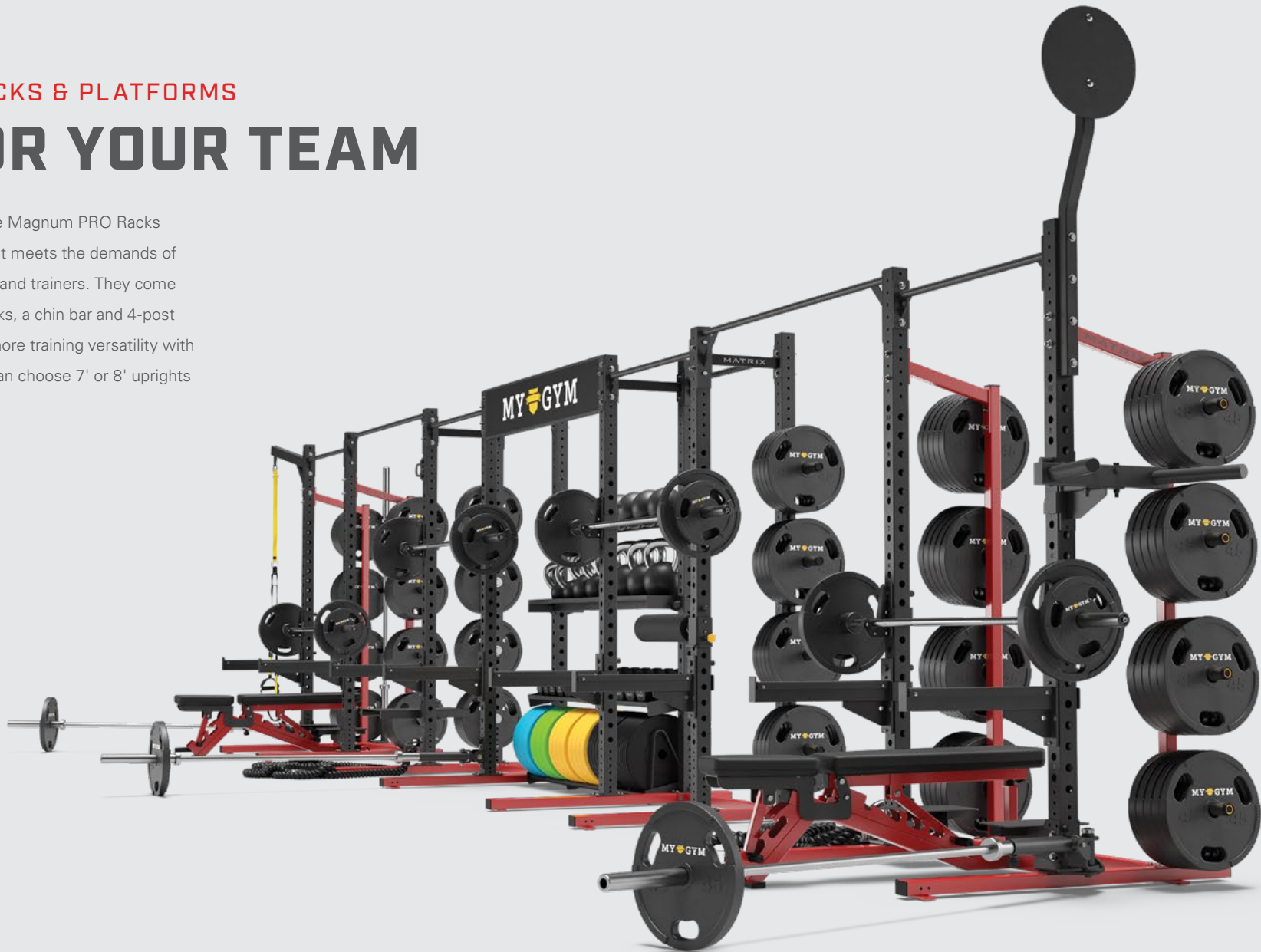
70" NAMEPLATE W/PULL-UP BAR DOUBLE SIDED LASER CUT



MAGNUM / PRO RACKS & PLATFORMS

BUILT FOR YOUR TEAM

Designed for training efficiency, the Magnum PRO Racks provide a customizable solution that meets the demands of today’s strength coaches, athletes and trainers. They come with adjustable safety arms, J-hooks, a chin bar and 4-post plate storage, and can offer even more training versatility with additional attachments. Coaches can choose 7' or 8' uprights to fit their space and budget.



Visit matrixfitness.com to see all of our premium products.



PRO HALF RACK

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-PRO690	183.5	141	243	72.2	55.4	95.5	111	244.5



PRO CONFIGURABLE HALF RACK

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-PRO690C	132	141	243	52	55.4	95.5	116.5	257



PRO DOUBLE HALF RACK

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-PRO691	229	183	242.5	90	72	95.5	180	397



PRO CONFIGURABLE
DOUBLE HALF RACK

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-PRO691C	229	132	242.5	90	52	95.5	190	419

FEATURES

- **Multiple Configurations** - PRO and PRO Configurable Racks can be combined and built to create a unique training and storage space.
- **Optional Additions** - Hard-working attachments and benches are available for unmatched training versatility.
- **Height Options** - All PRO Racks are available at 7' and 8' heights to fit any facility's needs.



PRO POWER RACK

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-PRO47	178	183	243	70	72	95.5	156.5	345



PRO CONFIGURABLE POWER RACK

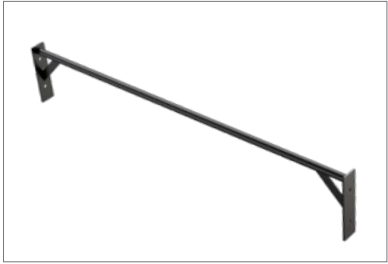
	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-PRO47C	178	132	243	70	52	95.5	165	363



*Logo can be customized



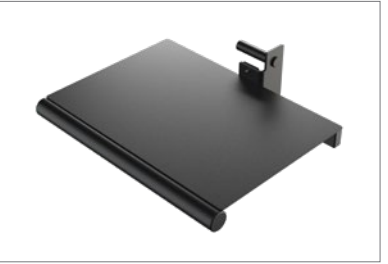
42" SINGLE CHIN BAR



70" SINGLE CHIN BAR



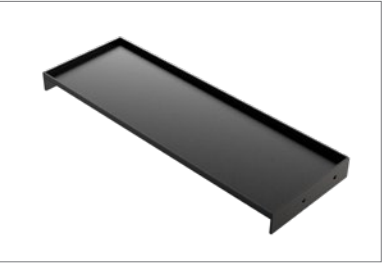
42" PULL-UP STATION



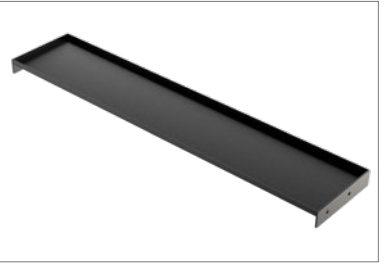
PLYO STEP



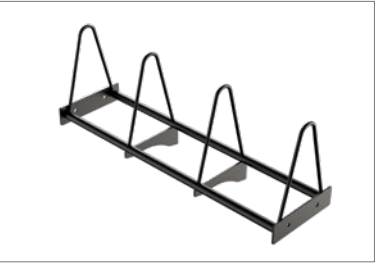
HEAVY BAG ATTACHMENT



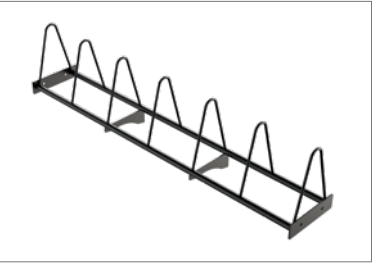
42" DB / KB SHELF



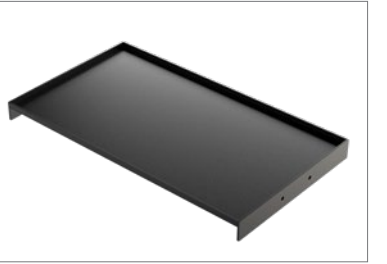
70" DB / KB SHELF



42" BUMPER / BOSU RACK



70" BUMPER / BOSU RACK



42" STORAGE SHELF



LEG ROLLER ATTACHMENT



ROPE ANCHOR



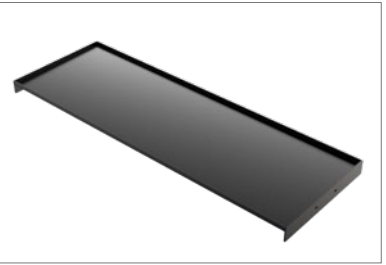
DIP-STATION



BOLT-ON LANDMINE



BALL TARGET



70" STORAGE SHELF



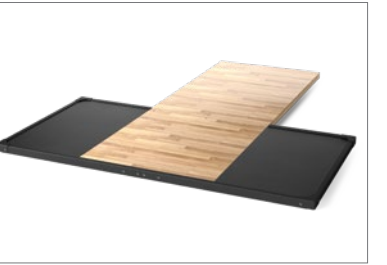
LINEAR SHELF BRACKET



SHELF MOUNTING BRACKET



6' X 8' PLATFORM
W/ HARDWOOD INSERT*



4' X 8' PLATFORM
W/ HARDWOOD INSERT*



DUAL-OLYMPIC BAR HOLDER



42" NAME PLATE



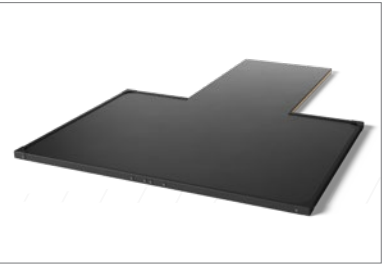
70" NAME PLATE



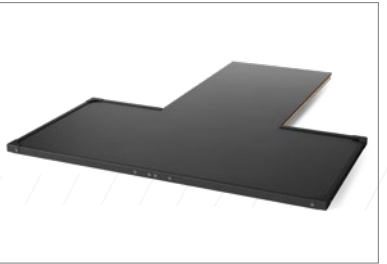
BOLT-ON WEIGHT HORN



OLYMPIC BAR HOLDER



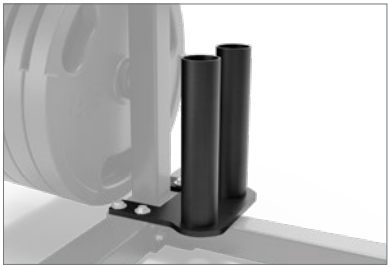
6' X 8' SOLID RUBBER
SURFACE PLATFORM*



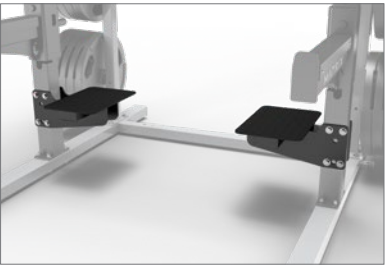
4' X 8' SOLID RUBBER
SURFACE PLATFORM*



UNIVERSAL BAND
ATTACHMENT



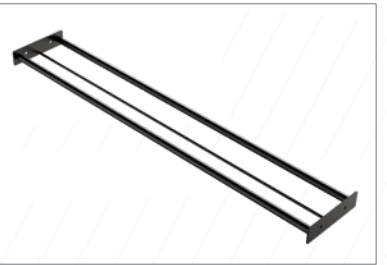
DUAL-OLYMPIC BAR STORAGE



BOLT-ON SPOTTER STANDS



42" MEDICINE BALL SHELF



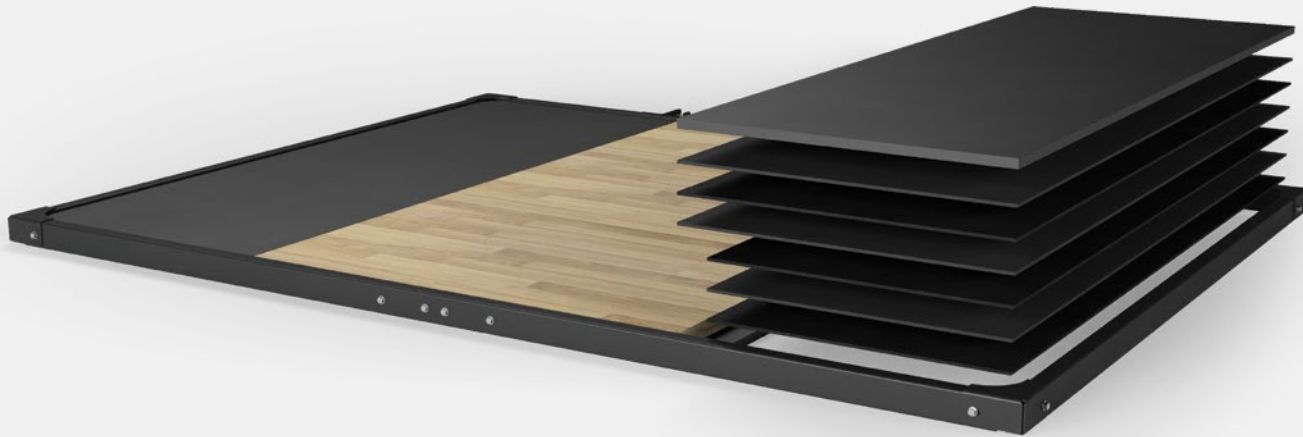
70" MEDICINE BALL SHELF

MAGNUM / VRS PLATFORM

REDUCE SOUND, VIBRATION AND BOUNCE

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
MG-A691SP-VRS	280	254	7	110	100	2.6	215	473.5
MG-A691SP-VRS-4	219	254	7	86	100	2.6	162	357
PS86-VRS	191	254	7	75	100	2.6	184	406
PS84-VRS	131	254	7	51.5	100	2.6	131	289
MG-PRO47P-VRS	340	254	7	134	100	2.6	227	500.5
MG-PRO47P-VRS-4	280	254	7	110	100	2.6	174	383.5
MG-PRO9091P-VRS	303	254	7	119	100	2.6	218	480.5
MG-PRO9091P-VRS-4	243	254	7	96	100	2.6	165	363.5
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
MG-MX47P-VRS-06	390	254	7	153.5	100	2.6	231	509
MG-MX47P-VRS-4-06	329	254	7	129.5	100	2.6	186.5	411
MG-MX47P-CPH-VRS-06	366.5	254	7	144.5	100	2.6	222.5	491
MG-MX47P-CPH-VRS-4-06	306	254	7	120.5	100	2.6	178	393
MG-MX690P-VRS-06	333.5	254	7	131.5	100	2.6	210	463
MG-MX690P-VRS-4-06	273	254	7	107.5	100	2.6	166	366
MG-MX691P-VRS-06	318.5	254	7	125.5	100	2.6	205	452
MG-MX691P-VRS-4-06	258	254	7	101.5	100	2.6	160	353



REDUCES
SOUND BY **21%**

AND
BOUNCE BY **67%**



MAGNUM / PLATE-LOADED

THE ESSENTIALS OF STRENGTH

Plate-loaded units are nothing short of essential when it comes to helping your athletes exercise major muscle groups and push their strength training limits. Magnum plate-loaded stations feature thoughtful design and incredible attention to detail that make our ever-popular stations easier to load, unload and access, so athletes can get the work they need, where they need it, and keep on going.

FEATURES

- **Converging/Diverging Motion** - Encourages a natural path of motion to enhance comfort.
- **Durable Construction** - Built to withstand the rigorous strength training of professional sports teams.
- **Frame Finish** - Automotive-quality finish is highly resistant to chips and scratches.

Visit matrixfitness.com to see all of our premium products.



VERTICAL BENCH PRESS

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

PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
CM			INCHES			KG	LBS
MG-PL13	185.4	127.5	89.5	72.5	50	35	99 218.5



INCLINE BENCH PRESS

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



VERTICAL DECLINE BENCH PRESS

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

PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
CM			INCHES			KG	LBS
MG-PL23	161.3	160	118.1	63.5	63	46.5	118 260



LAT PULLDOWN

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

PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
CM			INCHES			KG	LBS
MG-PL34	152.4	139.7	106.7	60	55	42	118 260



AB CRUNCH BENCH

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

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

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



HACK SQUAT

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



STANDING CALF

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



SEATED CALF

PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
CM			INCHES			KG	LBS
MG-PL77	141	80	96.5	55.5	31.5	38	65 143.5



GLUTE TRAINER

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



SQUAT / LUNGE

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



REVERSE BACK EXTENSION

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

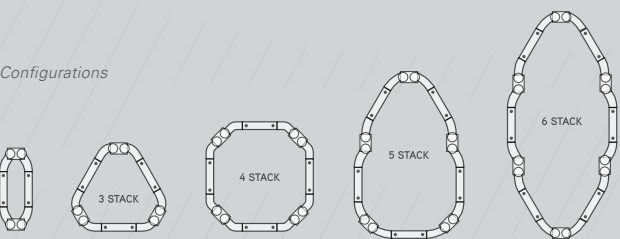
MAGNUM / MULTI-STATION

MAXIMUM FUNCTIONALITY IN MINIMUM SPACE

Magnum multi-station units help you make the most of your training space and your athletes make the most of their workout time. Smart designs let athletes take on multiple exercises in a small space, quickly adjusting settings to maximize impact and results. To add yet another exciting dimension to your training space, include ultra-versatile functional trainers that provide unparalleled workout in an efficiently enclosed space.



Configurations



Visit matrixfitness.com to see all of our premium products.



LAT PULLDOWN

PRODUCT DIMENSIONS (L X W X H)							PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-921	127	69	234	50	27	92	231	510



ADJUSTABLE CROSSOVER

PRODUCT DIMENSIONS (L X W X H)							PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-924	69	366	234	27	144	92	330	728



TRICEPS PUSHDOWN

PRODUCT DIMENSIONS (L X W X H)							PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-942	107	117	234	42	46	92	220	485



ADJUSTABLE PULLEY

PRODUCT DIMENSIONS (L X W X H)							PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-923	107	117	234	42	46	92	155	342



LOW ROW

PRODUCT DIMENSIONS (L X W X H)							PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-926	216	69	234	85	27	92	236	520



LAT PULLDOWN / LOW ROW

PRODUCT DIMENSIONS (L X W X H)							PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-946	198	69	234	78	27	92	215	475



MAGNUM / FREE WEIGHTS

A FUSION
OF IRON &
ERGONOMICS

No training center is complete without a selection of premium free weights, the time-tested backbone of the strength training experience. Choose from our flagship Magnum Series to find the combination of heavy-duty construction and smart design just right for your team. Exclusive products like our patented Breaker Benches will redefine how your athletes train just as cutting-edge industrial style will redefine the way your training center looks.

FEATURES

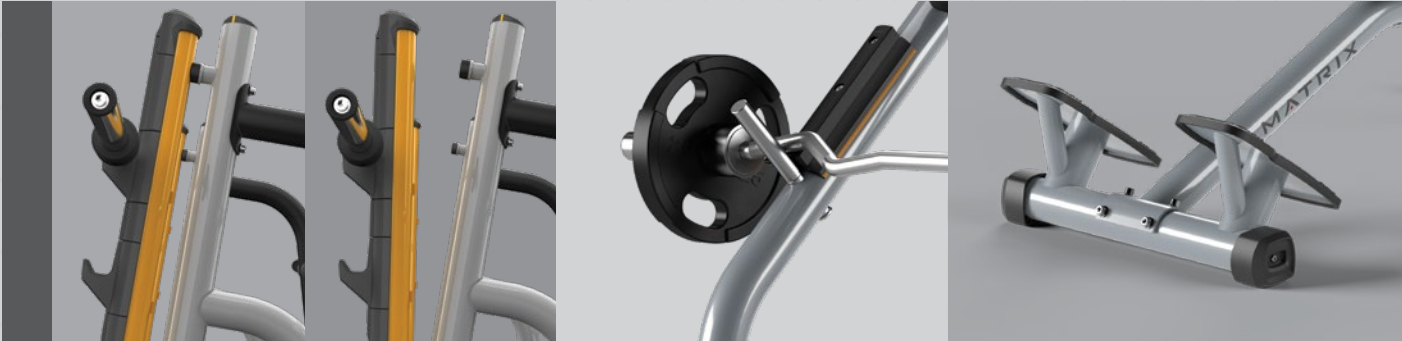
- **Breaker Technology** - Our exclusive system eliminates the need for assistance to break the bar, allowing athletes to get into the start position with less stress on their joints.
- **Variety** - A robust selection meets the training needs of virtually any facility.
- **Frame Finish** - Automotive-quality finish is highly resistant to chips and scratches.

Visit matrixfitness.com to see all of our premium products.



BREAKER OLYMPIC FLAT BENCH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES		KG	LBS		
MG-A678	173	168	130	68	66	51	94	207



OLYMPIC FLAT BENCH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES		KG	LBS		
MG-A78	163	168	130	64	66	51	73	160

BREAKER OLYMPIC INCLINE BENCH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES		KG	LBS		
MG-A679	170	168	160	67	66	63	126	277

OLYMPIC INCLINE BENCH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES		KG	LBS		
MG-A79	170	168	160	67	66	63	107	235

BREAKER OLYMPIC
DECLINE BENCH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES		KG	LBS		
MG-A680	206	168	135	81	66	53	107	235



OLYMPIC DECLINE BENCH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES		KG	LBS		
MG-A80	201	168	137	79	66	54	82	180



BREAKER OLYMPIC
SHOULDER BENCH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES		KG	LBS		
MG-A645	135	138	183	53	66	72	118	260



OLYMPIC SHOULDER BENCH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES		KG	LBS		
MG-A45	127	138	165	50	66	65	137	303



3-WAY OLYMPIC BENCH

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES		KG	LBS		
MG-C895	167	180	173	71	66	68	155	342



MULTI-ADJUSTABLE BENCH LP

	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

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



UTILITY BENCH

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



MULTI-ADJUSTABLE
BENCH W/DECLINE

	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

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



ADJUSTABLE DECLINE BENCH

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



ADJUSTABLE AB BENCH

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



GLUTE HAM BENCH

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



STEP-UP PLATFORM W/HANDLE

	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

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-A0SP	66	84	29	26	33	12	28	61



5-PAIR PRO-STYLE DUMBBELL RACK

	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



STANDING ARM CURL

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



PREACHER CURL

	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

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



SQUAT RACK

	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



10-PAIR PRO-STYLE DUMBBELL RACK

	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

	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

	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



POWER STATION

	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



BACK EXTENSION BENCH

	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

	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



PORTABLE SEAT

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MG-A99	65.5	52	50	26	20.5	20	12.5	27.6



3-TIER FLAT-TRAY DUMBBELL RACK

	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

	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

	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



BARBELL RACK

	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

	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

	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

	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

KETTLEBELL RACK ADAPTERS



MG-A015T



MG-A015B

Available Configurations

2-tier Flat-tray Dumbbell Racks (MG-A526 & MG-A528)



Both top and bottom trays use adapters

- Top Tray (MG-A015T)
- Bottom Tray (MG-A015B)



Only top tray uses an adapter

- Top Tray (MG-A015T)



Only bottom tray uses an adapter

- Bottom Tray (MG-A015B)

Available Configurations

3-tier Flat-tray Dumbbell Racks (MG-A536, MG-A538 & MG-A544)



Only top tray uses an adapter

- Top Tray (MG-A015T)



Only bottom tray uses an adapter

- Bottom Tray (MG-A015B)

Varsity Series /

DESIGNED FOR
SUPERIOR VALUE &
TRAINING VARIETY

Varsity Series is the ideal choice for heavy-use training facilities looking for a combination of performance and value. Smart design helps you make efficient use of your space and your budget, like our versatile functional trainers and plate-loaded equipment that provide conveniently contained personal training areas. If you’re looking to accommodate a steady stream of athletes in a limited space, look no further than the Varsity Series.



Visit matrixfitness.com to see all of our premium products.



3-STACK MULTI-GYM

PRODUCT DIMENSIONS (L X W X H)								PRODUCT WEIGHT		WEIGHT STACK	
CM				INCHES				KG	LBS	KG	LBS
G1-MG30	282	323	218	111	127	86	592	1305	3 X 91	3 X 200	



LEG PRESS

PRODUCT DIMENSIONS (L X W X H)							PRODUCT WEIGHT		WEIGHT STACK	
CM			INCHES				KG	LBS	KG	LBS
VY-2003M	178	117	195	70	46	69	307	675	138	305



MULTI-ADJUSTABLE BENCH

PRODUCT DIMENSIONS (L X W X H)							PRODUCT WEIGHT	
CM			INCHES				KG	LBS
VY-D85A	147	56	48	58	22	19	43	94



PREACHER CURL

PRODUCT DIMENSIONS (L X W X H)							PRODUCT WEIGHT	
CM				INCHES			KG	LBS
VY-D62	104	74	104	41	29	41	43	95



ADJUSTABLE INCLINE BENCH

PRODUCT DIMENSIONS (L X W X H)							PRODUCT WEIGHT	
CM			INCHES				KG	LBS
G1-FW153	154	61	47	61	24	19	41	90



GLUTE HAM BENCH

PRODUCT DIMENSIONS (L X W X H)							PRODUCT WEIGHT	
CM			INCHES				KG	LBS
VY-D96	140	76	127	55	30	50	79	175



WEIGHT TREE W/ OLYMPIC BAR HOLDERS

PRODUCT DIMENSIONS (L X W X H)							PRODUCT WEIGHT	
CM			INCHES				KG	LBS
VY-D67H	79	61	122	31	24	48	29	63



BARBELL RACK

PRODUCT DIMENSIONS (L X W X H)							PRODUCT WEIGHT	
CM				INCHES			KG	LBS
VY-D68	145	76	168	57	30	66	57	125



ANGLED SMITH MACHINE

PRODUCT DIMENSIONS (L X W X H)							PRODUCT WEIGHT	
CM			INCHES				KG	LBS
VY-M49	107	218	211	42	86	83	186	410



SMITH MACHINE

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



PERFECT SQUAT

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



LEG EXTENSION

PRODUCT DIMENSIONS (L X W X H)							PRODUCT WEIGHT	
CM			INCHES				KG	LBS
VY-401	102	157	117	40	62	46	91	200



PRONE LEG CURL

PRODUCT DIMENSIONS (L X W X H)							PRODUCT WEIGHT	
CM			INCHES				KG	LBS
VY-402	173	91	72	68	36	30	91	200



BICEPS CURL

PRODUCT DIMENSIONS (L X W X H)							PRODUCT WEIGHT	
CM			INCHES				KG	LBS
VY-431	97	107	112	38	42	44	68	150



TRICEPS EXTENSION

PRODUCT DIMENSIONS (L X W X H)							PRODUCT WEIGHT	
CM			INCHES				KG	LBS
VY-432	97	107	140	38	42	55	68	150

RIGS & ACCESSORIES /

COMPLETE YOUR TRAINING ROOM

We want you to have everything your athletes need to maximize their athletic potential. Talk to us about how we can help complete your training facility with Xult rigs, free weights, complementary training equipment and much more.

Visit xultfitness.com to view product assortment.

XXULT | AN AFFILIATE OF
MATRIX

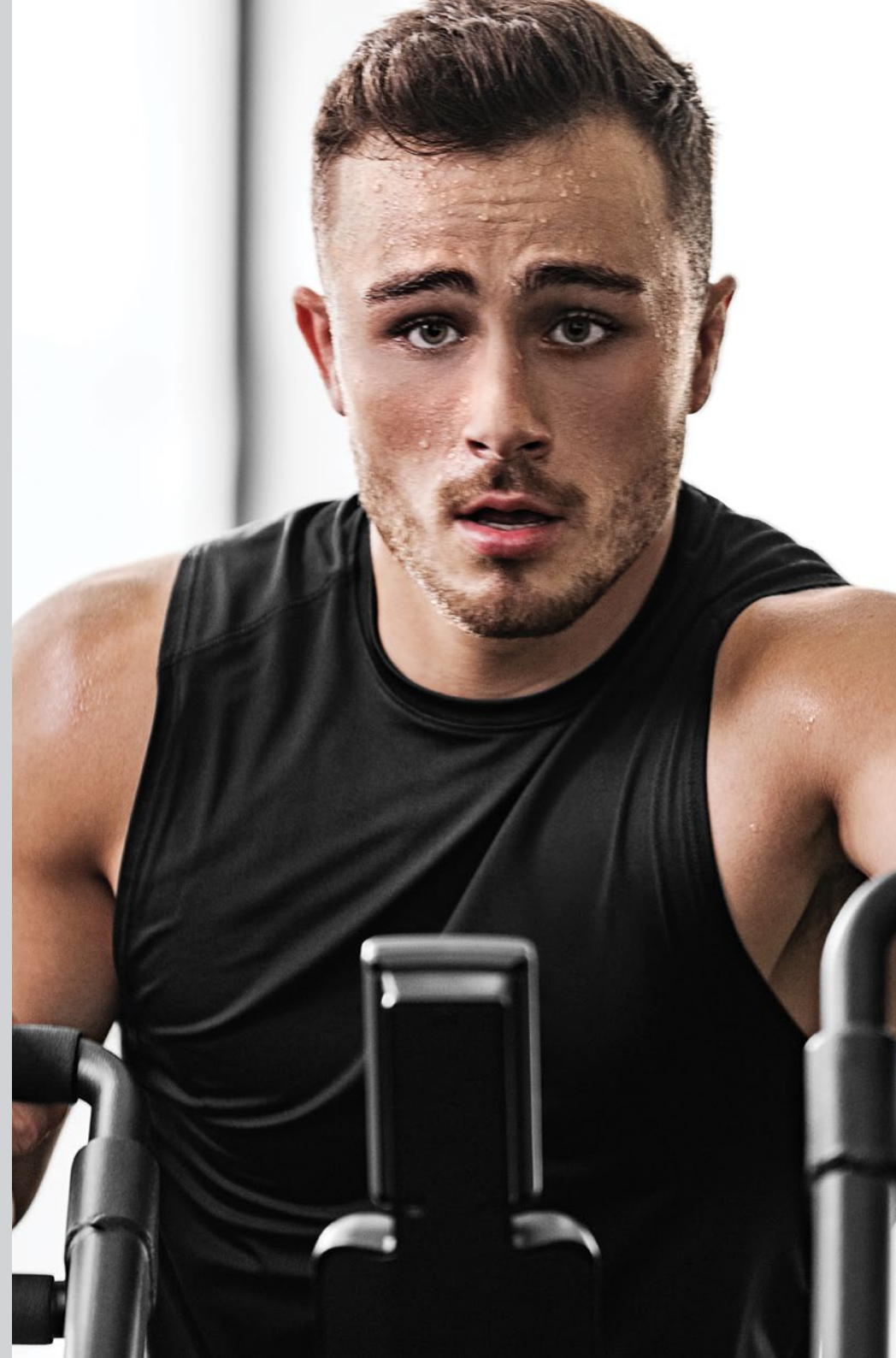
Visit matrixfitness.com to see all of our premium products.



EVERY SECOND COUNTS

When the margin between victory and defeat is razor-thin, every split second matters. Help your athletes build speed, strength and explosiveness with our exclusive training tools and protocols to give your team the edge needed to make game-changing plays and achieve more on the field.

Visit matrixfitness.com to see all of our premium products.



INTENSITY IS IN THE AIR

Challenge your athletes to a test of the total body with an air cycle that stands up to the intense demands of athletic performance training. Air resistance increases the harder athletes pedal, push and pull, and a design reimagined for tough team training environments includes seamlessly smooth adjustments between athletes, multi-grip handlebars and a frame reinforced with heavy-duty steel. Bring our Total Body Cycle to your training facility today to feel the intensity in the air.

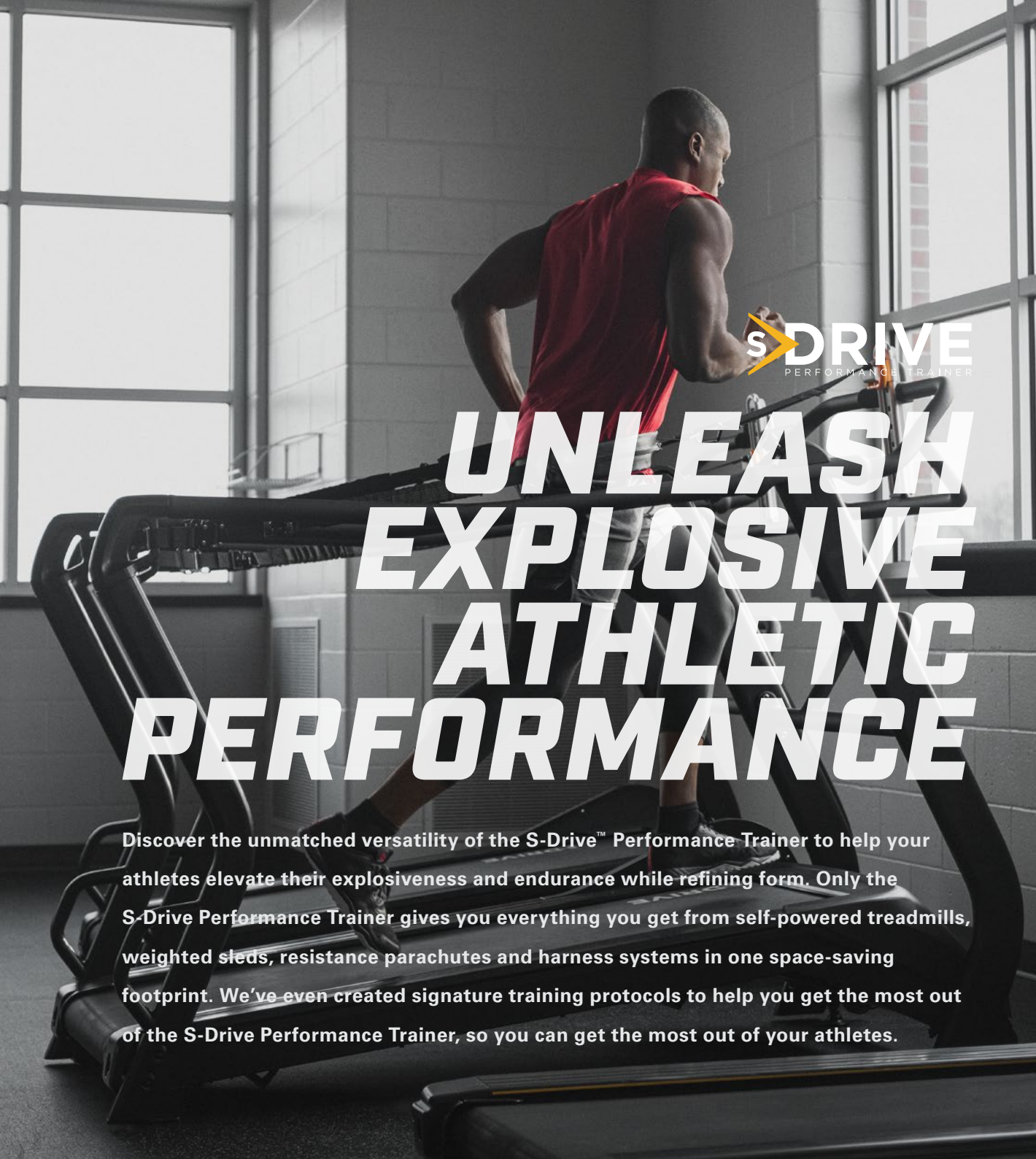
Visit matrixfitness.com to see all of our premium products.

TOTAL BODY CYCLE

FEATURES

- 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





S-DRIVE
PERFORMANCE TRAINER

UNLEASH EXPLOSIVE ATHLETIC PERFORMANCE

Discover the unmatched versatility of the S-Drive™ Performance Trainer to help your athletes elevate their explosiveness and endurance while refining form. Only the S-Drive Performance Trainer gives you everything you get from self-powered treadmills, weighted sleds, resistance parachutes and harness systems in one space-saving footprint. We've even created signature training protocols to help you get the most out of the S-Drive Performance Trainer, so you can get the most out of your athletes.



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

ATHLETIC PERFORMANCE

The S-Drive is specifically designed to maximize the performance of athletes at all levels. Now you can elevate speed in all phases of sprinting, upgrade sled-pushes to augment power, enhance resistance training to challenge lite athletes, improve neuromuscular development for enhanced agility and optimize athletic form with precise observations and real-time feedback.

REHABILITATION

The S-Drive can provide significant benefits for athletes striving to recover from an injury. Full perimeter handrails make entering and exiting easy and secure, a true zero starting speed lets athletes incorporate cardio early in their recovery, and the user-driven design provides a more natural gait than treadmills.



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 athlete, and the display even pivots so trainers can view feedback.

Preferred tool for implementation of Speed Technique Protocols (see pages 46-47).

FEATURES

- Interval and Sprint 8® program
- Self-powered design



S-DRIVE POWER

FEATURES

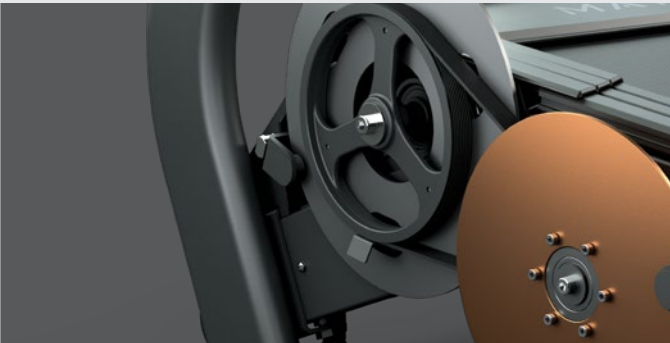
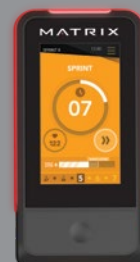
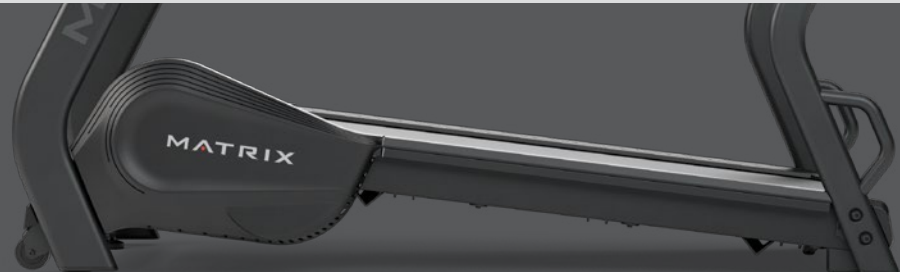
- Integrated sub-max heart rate testing
- Interval and Sprint 8® program
- Intuitive touchscreen design
- Engaging graphics
- ANT+ and Bluetooth enabled



S-DRIVE PERFORMANCE TRAINER

FEATURES

- Self-powered design





Our signature speed protocols will help you unlock the ultimate potential of the S-Drive™ Performance Trainers. Count on these challenging workouts to push your athletes to the limit and transform them into game-changing playmakers.

SPEED TECHNIQUE

The Matrix Speed Technique Protocols combine the uniquely challenging designs of the S-Drive Performance Trainers to take your athletes to the apex of speed. Simply follow our original protocols to help athletes of all kinds reach their peak in acceleration, top-end speed and change-of-direction movement.

S-DRIVE OFF-SEASON SPRINTING

Our challenging S-Drive protocols take advantage of the S-Drive’s incredible versatility to maximize speed, power and endurance. A wide range of drills including warm-up, fly phase training, drive-phase sprinting and power training can help your athletes unleash their ultimate explosive potential and shatter limits in the training room and in the game.

Visit matrixfitness.com to see all of our premium products.

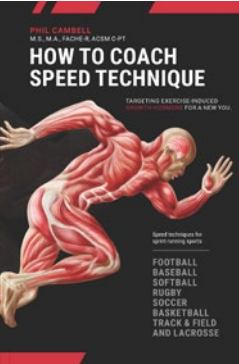


HOW TO COACH SPEED TECHNIQUE

A certified personal trainer with the American College of Sports Medicine, Phil Campbell (M.S., M.A., C-PT) works with athletes to improve speed and agility. He has collaborated with Matrix for years in the development of training tools designed to maximize speed and explosiveness in athletic training centers and facilities with limited space.

His book *How to Coach Speed Technique* is an illustrated step-by-step guide that demonstrates how to develop linear and lateral speed across a full spectrum of sports and positions. You’ll discover tips and tricks for improving neuroplasticity, acceleration burst technique, overspeed training, e-lift techniques, speed abs, ten-minute stretching and more.

Contact us to get your copy of *How to Coach Speed Technique* and get even more out of our exclusive training tools.



PERFORMANCE PLUS TREADMILL

EXPECT AN EXCEPTIONAL PERFORMANCE

If you want to make your program stand out with an exceptional training experience, nothing outshines or outlasts our Performance Plus Treadmill. Our shock-absorbing Pure Stride Cushioning System™ and high-efficiency 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 less 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 athletes can count on a good, hard run every time they train.

FEATURES

- 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

Compatible consoles



TOUCH XL



TOUCH



PREMIUM LED



GT LED



LED



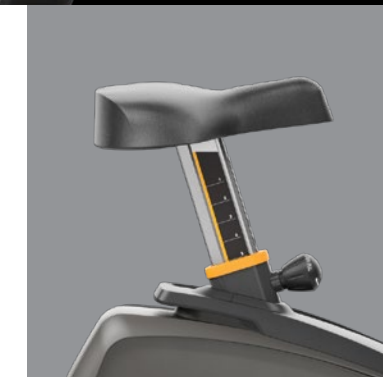
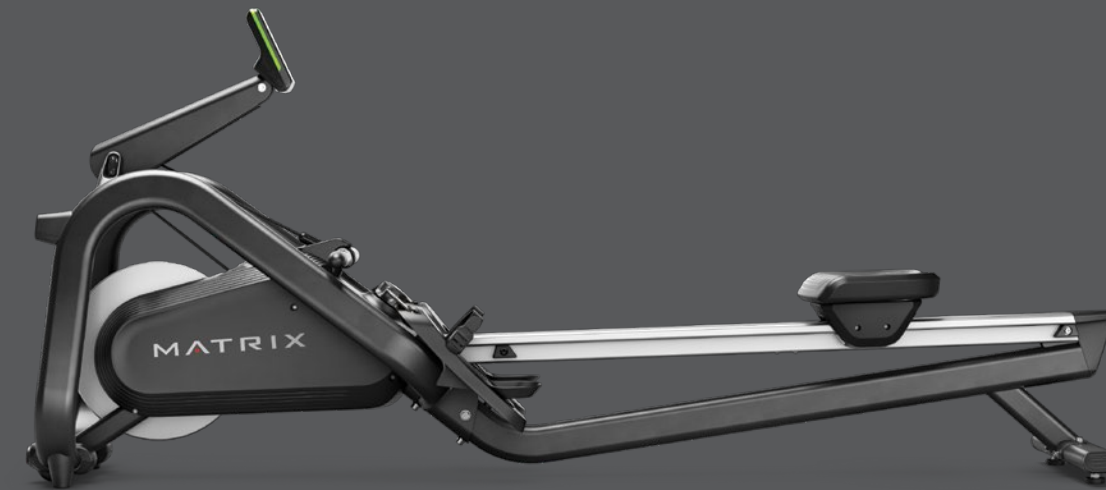
Groundbreaking design and breathtaking performance combine for a treadmill that feels, functions and lasts unlike any other.



CARDIO /

ADD HEART-PUMPING CHALLENGE

We also provide a complete collection of premium equipment designed to help your athletes augment their cardiovascular fitness. We offer options that challenge athletes the way they need to be challenged — whether that's running, rowing, riding or climbing — then enhance those basics with integrated technology solutions that completely redefine the cardio experience.





ABOUT MATRIX FITNESS

Matrix is a brand of Johnson Health Tech (JHT). JHT has been producing premium fitness equipment since 1975 and is among the fastest-growing manufacturers of fitness equipment in the world. It has earned both ISO 9002 and 9001 certifications. A truly global company with over 30 subsidiaries worldwide, JHT has the intellectual resources necessary to produce the most technologically advanced equipment on the market and the economies of scale needed to deliver the best value possible.

MATRIX
Strong • Smart • Beautiful

Matrix Fitness

1600 Landmark Drive
Cottage Grove, WI 53527 USA

   matrixfitnessusa
matrixfitness.com | 866.693.4863

©2024 Matrix Fitness. All Rights Reserved.

AUTHORIZED MATRIX FITNESS DISTRIBUTOR

