

MATRIX

RXP

RXP-WF

RXP-WFRF





IMPORTANT INSTRUCTIONS

It is the sole responsibility of the purchaser of Matrix Fitness Systems products to instruct all individuals, whether they are the end user or supervising personnel, on proper usage of the equipment.

See “Product Specifications” (next page) for product specific features. The Matrix Rower is intended for commercial use.

It is recommended that all users of Matrix Fitness exercise equipment should be informed of the following information prior to its use.

When using the Matrix Rower, always follow basic precautions:

- To ensure your safety and to protect the unit, read all the instructions before assembling and using the Rower.
- To ensure the proper use and safety of the Rower, make sure that all users read this manual. Please make this manual a part of your facility's training program. Remind the users that before undertaking any fitness program, they should obtain complete physical examinations from their physicians. If, at any time while exercising, the user experiences dizziness, pain, or shortness of breath, nausea or feels faint he or she must stop immediately.

READ AND SAVE THESE INSTRUCTIONS

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

- Use the Rower for its intended purpose as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Never drop or insert any object into any opening in the product. If an object should drop inside, carefully retrieve it while the unit is not in use. If the item cannot be reached, contact Matrix Fitness or authorized dealers.
- Never operate the Rower if it is not working properly, or if it has been damaged or immersed in water. Return it to Matrix Z or authorized dealers for examination and repair.
- Keep hands and feet clear at all times from moving parts to avoid injury.
- Do not reach into, or underneath the unit, and do not tip the unit on its side during operation.
- Do not use the Matrix Rower outdoors, near swimming pools or in areas of high humidity.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Do not remove the side shrouds. Service should only be done by an authorized service technician.
- Close supervision is necessary when used near children, invalids or disabled people. Keep unsupervised children away from the equipment.
- When the Rower is in use, young children and pets should be kept at least three meters / ten feet away.
- Assemble and operate the unit on a solid, level surface. Place the unit at least one meter / three feet of clearance from any obstructions, including walls and furniture.
- Do not wear any clothing that might catch on any moving parts of this Rower.
- Place handle in hooks before letting go.
- Do not let handle fly into console bracket.
- Perform proper maintenance as described in the Maintenance section of this manual.

WARNING: Injuries to health may result from incorrect or excessive training. If you experience chest pain, nausea, dizziness or shortness of breath, STOP exercising immediately and consult a physician before continuing.

CAUTION: Any changes or modifications to this equipment could void the product warranty.

DANGER

TO REDUCE THE RISK OF ELECTRICAL SHOCK:

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

WARNING

- The unit should never be left unattended when plugged in.
- Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock or injury to persons.
- Never operate the unit if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or immersed in water. Call Customer Tech Support for examination and repair.
- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Never operate the unit with the air opening blocked. Keep the air opening clean, free from lint, hair or the like.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.



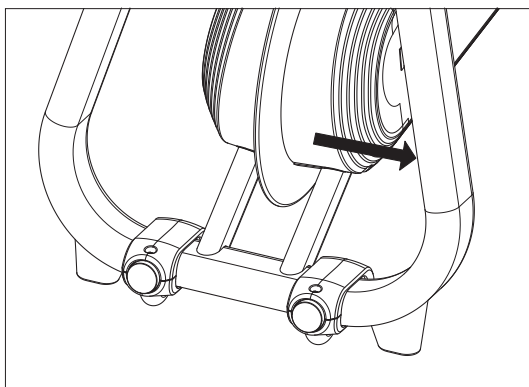
MAINTENANCE

1. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by your country's local MATRIX dealer.
2. MAINTAIN LABELS AND NAMEPLATES: Do not remove labels for any reason. They contain important information. If unreadable or missing, contact your MATRIX dealer for a replacement.
3. MAINTAIN ALL EQUIPMENT: Preventative maintenance is the key to smooth operating equipment as well as keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.
4. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. MATRIX dealers will provide service and maintenance training at our corporate facility upon request.

WARRANTY

For North America, please visit www.matrixfitness.com for warranty information along with warranty exclusions and limitations.

SERIAL NUMBER LOCATION



DAILY MAINTENANCE

Look and listen for loose fasteners, unusual noises, and any other indications that the equipment may be in need of service. If you notice any of these, obtain service.

Matrix Fitness recommends the Rower be cleaned before and after each workout. The following daily maintenance tips will keep your unit operating at peak performance:

1. Use a damp, soft cloth with water or mild liquid detergent to clean all exposed surfaces. DO NOT use ammonia, chlorine, or acid-based cleaners.
2. Keep the display console free of fingerprints and salt build-up caused by sweat.
3. Frequently vacuum the floor underneath the unit to prevent the accumulation of dust and dirt, which can affect the smooth operation of the unit.
4. Check for dust inside flywheel with flashlight.

PRODUCT SPECIFICATIONS

CONSOLE

Display Screen	Target training capacitive touchscreen
Display Readout	Time, Distance, SPM (strokes per minute), Watts, Heart Rate, Calories, 500 mtr/split
Programs	Target training (SPM, watts, 500 mtr/split, calories, distance, HR), goal based (time, calories/hr, pace), target HR, intervals and Sprint 8
Fitness Tests	500 meter, 2000 meter, Step power test and sub maximum HR test
Telemetric Receiver	ANT+, BLE, 5khz

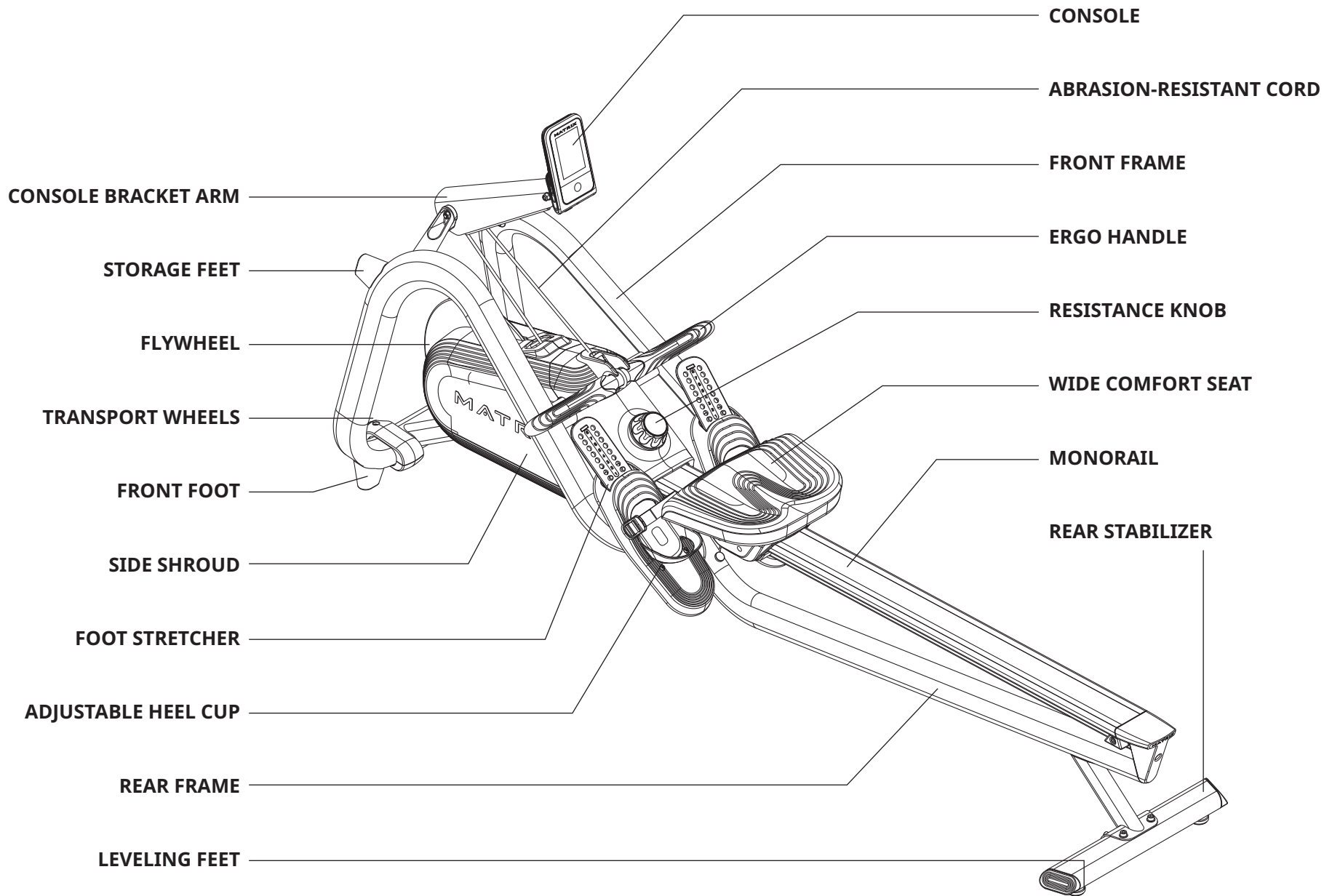
TECHNICAL DATA

Resistance Technology	Magnetic resistance
Resistance Levels	10
Drive System	Coil spring poly-V belt
Max User Weight	160 kg / 350 lbs
Product Weight	59.2 kg / 130.5 lbs
Shipping Weight	70.5 kg / 155.4 lbs
Overall Dimensions (L x W x H)*	223 x 55 x 97 cm / 87.7" x 21.6" x 38"
Power Requirement	Generator with rechargeable lithium battery and DC plug in

SPECIAL FEATURES

Handlebar Design	Extra-long ergo-grip handlebar
Foot Stretchers	Adjustable heel cups with easy-to-read settings
Monorail	Aluminum

* Ensure a minimum clearance width of 0.6 meters (24") for access to and passage around MATRIX equipment. Please note, 0.91 meters (36") is the ADA recommended clearance width for individuals in wheelchairs. Product specifications are subject to change without notice.





UNPACKING

Thank you for purchasing a MATRIX Fitness product. It is inspected before it is packaged. It is shipped in multiple pieces to facilitate the compact packaging of the machine. Prior to assembly, confirm all the components by matching them with the exploded diagrams. Carefully unpack the unit from this box and dispose of the packing materials in accordance with your local laws.

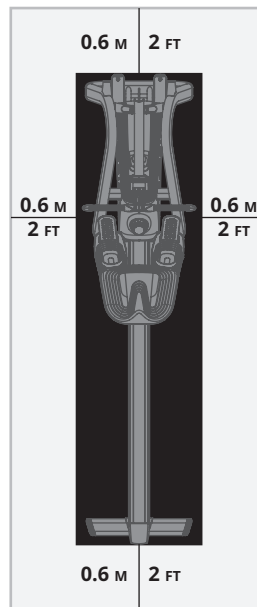
CAUTION

To avoid injury to yourself and prevent damage to the frame components, be sure to have proper assistance removing the frame pieces from this box.

ROWER LOCATION

Place the equipment on a level and stable surface away from direct sunlight. The intense UV light can cause discoloration on the plastics. Locate your equipment in an area with cool temperatures and low humidity. Ensure a minimum clearance width of 0.6 meters (24") for access to and passage around MATRIX equipment. Please note, 0.91 meters (36") is the ADA recommended clearance width for individuals in wheelchairs. Do not place the equipment in any area that will block any vent or air openings. The equipment should not be located in a garage, covered patio, near water or outdoors.

Store the vertical unit on a solid and level surface.



STORAGE

CAUTION

Caution should be used when storing rowers in an upright storage position. Rowers have been tested for stability when stored in an upright storage position. While testing has shown that the rowers can maintain their stability when tilted up to 10 degrees, accidental contact with an upright rower may potentially knock over the rower.

- Care should be used when handling rowers in the upright storage position.
- Any rower stored in the upright storage position shall be stored in a protected area to prevent accidental contact with the rower.
- Unless people are storing a rower or retrieving a rower from storage, keep people away from upright stored rowers.

TOOLS REQUIRED FOR ASSEMBLY (not included)

4MM L-Shaped Allen Wrench



5MM L-Shaped Allen Wrench



6MM L-Shaped Allen Wrench



8MM L-Shaped Allen Wrench



Phillips Screwdriver



13MM Open-End Wrench



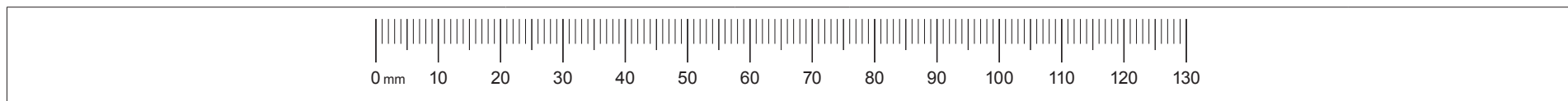
14MM Open-End Wrench



17MM Open-End Wrench



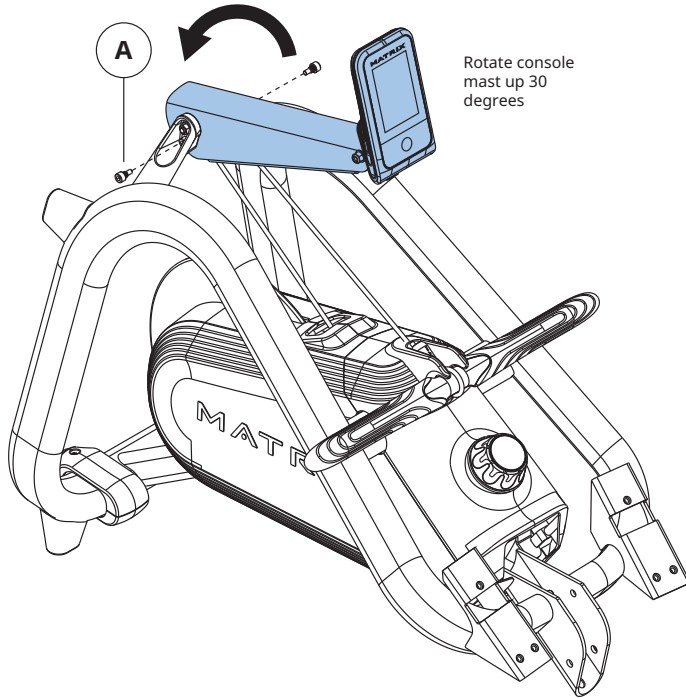
If any items are missing please contact your country's local MATRIX dealer for assistance.



1

Black Hardware Pack

	Description	Qty
A	Bolt	2



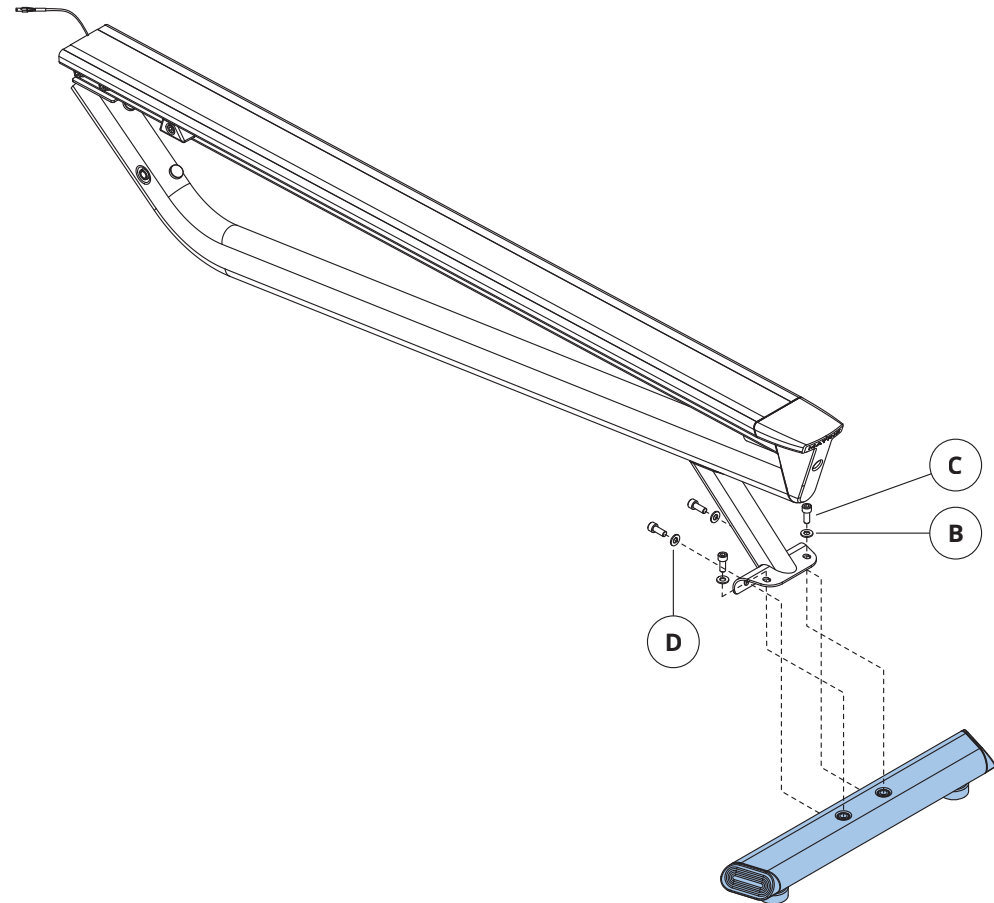
2

Orange Hardware Pack

	Description	Qty
B	Flat Washer	2
C	Bolt	4
D	Arc Washer	2

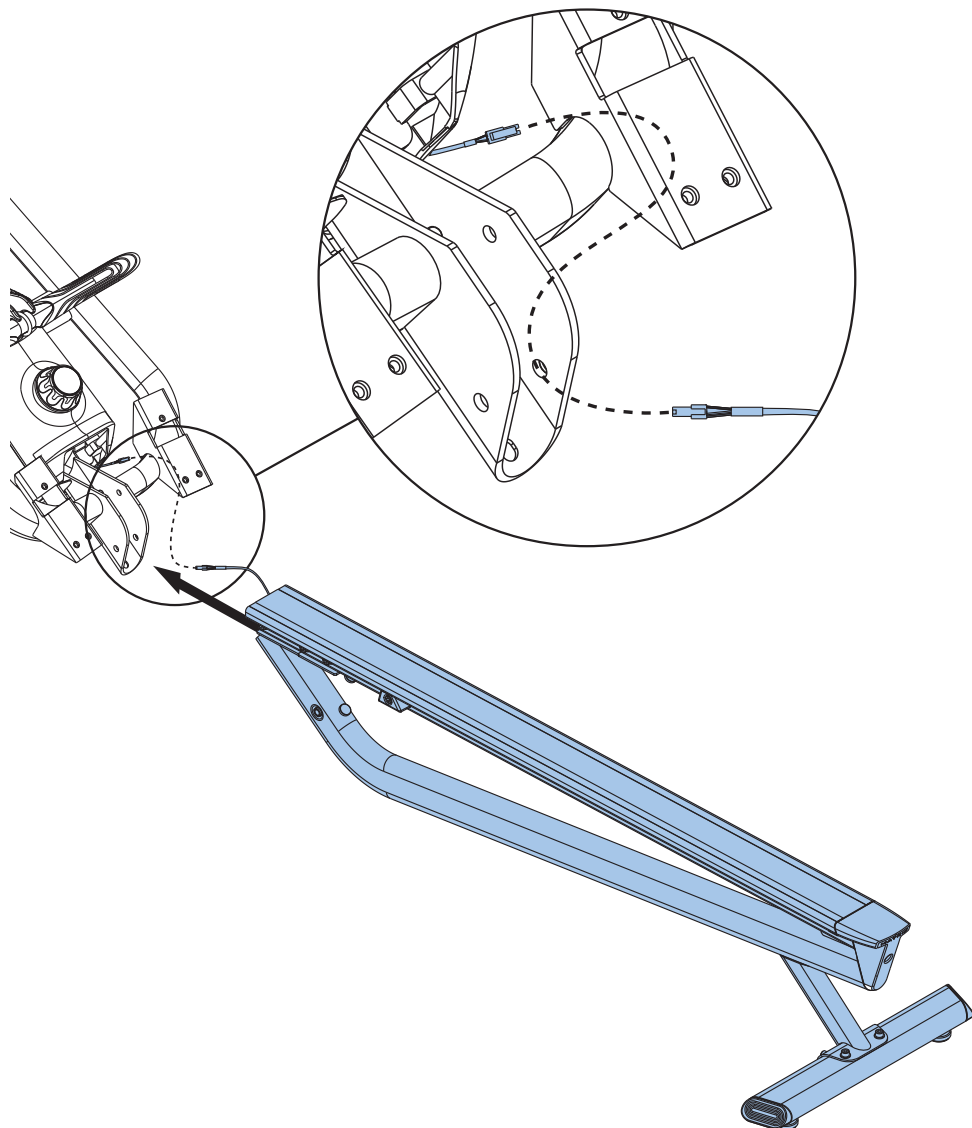
Note:

Tighten hardware from step 2
using the Torque Value:
24.5 Nm / 18 ft-lb





3



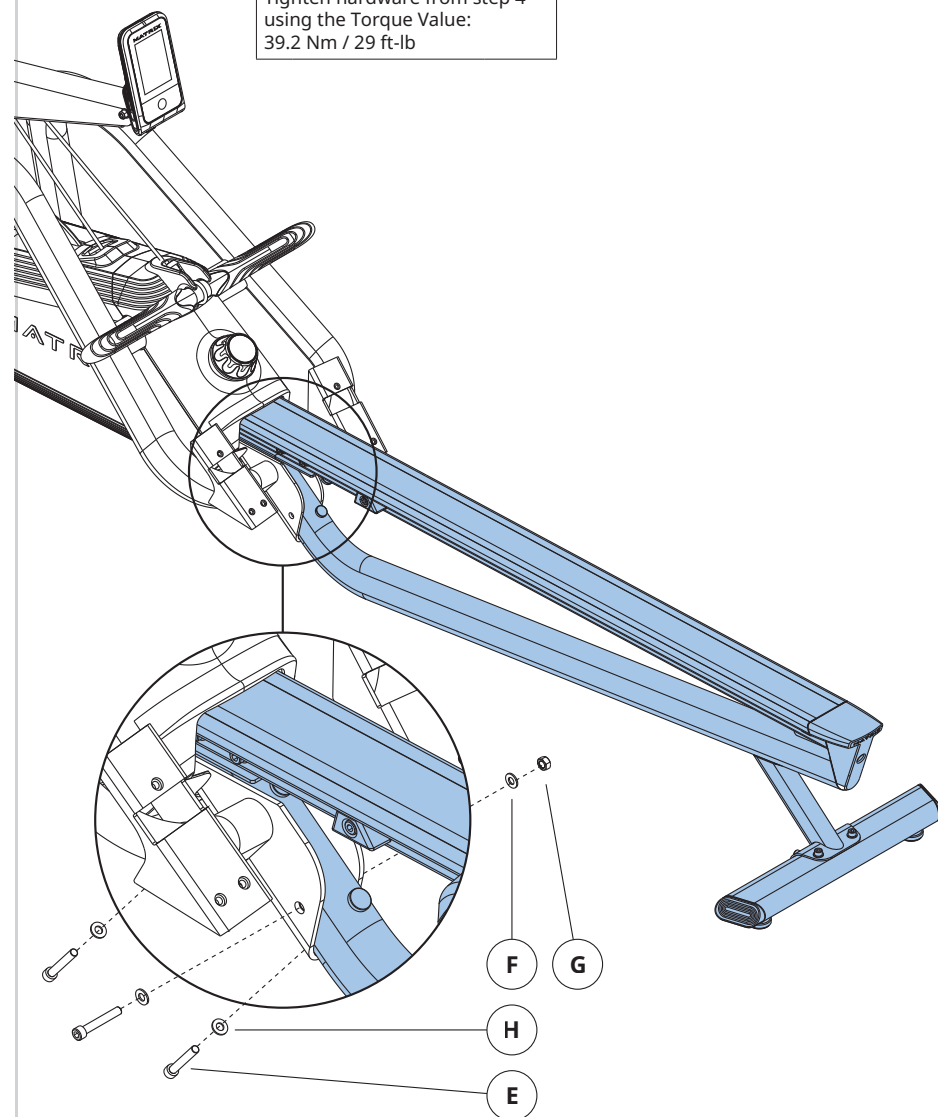
4

Red Hardware Pack

Description	Qty
E Bolt	3
F Flat Washer	2
G Nut	1
H Arc Washer	2

Note:

Tighten hardware from step 4
using the Torque Value:
39.2 Nm / 29 ft-lb



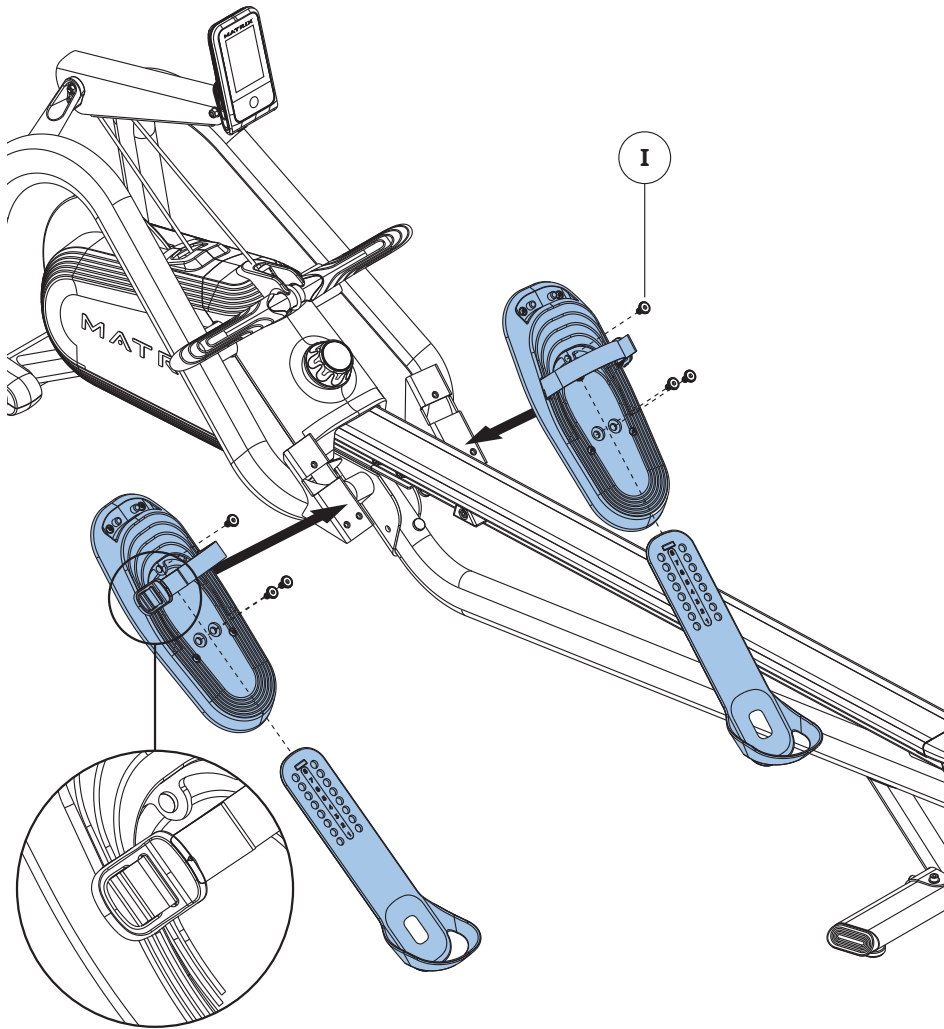
5

White Hardware Pack

Description	Qty
I Bolt	6

Note:

Tighten hardware from step 5 using the Torque Value:
24.5 Nm / 18 ft-lb



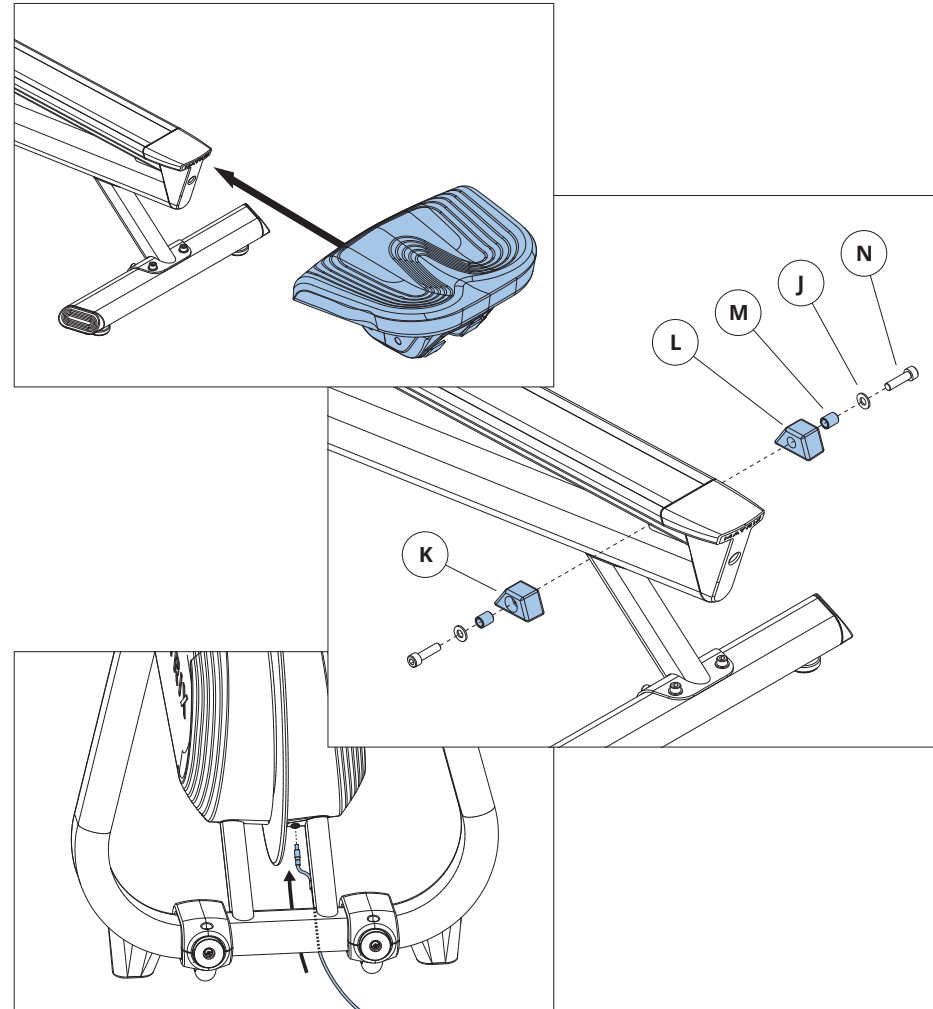
6

Pre-installed Hardware

Description	Qty
J Flat Washer	2
K Stopper Left	1
L Stopper Right	1
M Bushing	2
N Bolt	2

Note:

Tighten hardware from step 6 using the Torque Value:
24.5 Nm / 18 ft-lb



ASSEMBLY COMPLETE!





HOME SCREEN



DEFAULT SCREEN (500M SPLIT)



B

D

G

C

H

E

I

J

F

A



CONSOLE OPERATION

The RXP has a fully integrated touch screen display. All information required for workouts is explained on screen. Exploration of the interface is highly encouraged.

A) POWER BUTTON: Press to wake display/power on. Press and hold for 3 seconds to put display to sleep. Press and hold for 10 seconds to power off.

B) LANGUAGE SELECTION

C) CLOCK

D) MENU: Touch to access various functions before or during your workout.

E) WORKOUTS: Touch to access a variety of target training options or preset workouts, fitness tests and drag ratio.

F) SIGN IN: Touch to sign in using your XID (RXP-WF, RXP-WFRF).

G) CURRENT SCREEN: Displays what screen you are currently viewing.

H) FEEDBACK WINDOWS: Displays Time, SPM, Watts, Heart Rate (BPM), Distance or Calories. Feedback varies based on current screen.

I) CHANGE SCREEN: Swipe display left or right to cycle between different run screen options. Or select a metric with an orange triangle to go straight to a desired screen.

J) TARGET TRAINING SCREEN: Press to return to target training screen when a target training option has been set. Press the target icon to set a specific training goal and activate the LED color wrap.

- **PERSONAL INFO:** Enter weight, age and gender to ensure caloric data and the power-to-weight ratio is more accurate.

- **BATTERY:** Battery level is shown at the bottom of the MENU screen. Rowing can wake/power on the console.

HOME SCREEN

- Row to **START** immediately. Or...
- Touch the **WORKOUTS** button to customize your workout.
- Touch the **SIGN IN** button to sign in using your XID.

SIGN IN (RXP-WF, RXP-WFRF)

- 1) Enter your **XID** and touch ✓.
- 2) Enter your **PASSCODE** and touch ✓.

(••) RXP-WFRF consoles support logging in with RFID tag. To log in, touch your RFID tag to the right side surface of the console.

REGISTER A NEW USER

- 1) Don't have an xID account? Registration is easy.
- 2) Follow the on-screen prompts to create your free account.
- 3) Review your information and select the **I ACCEPT THE TERMS AND CONDITIONS** box to review the Terms and Conditions.
- 4) Touch ✓ to complete registration. Your account is now active and you are signed-in.

WORKOUT SETUP

- 1) After touching the **WORKOUTS** button, select one of the **WORKOUTS** from the list.
- 2) Use the **SLIDER CONTROLS** to adjust your program settings.
- 3) Press **GO** to begin your workout.

CHANGE WORKOUT

During a workout, touch ≡ and then touch **CHOOSE EXERCISE** to access available workouts.

SUMMARY SCREENS

After your workout is complete, a workout summary will appear. You can swipe up and down to scroll through the summary. Also, swipe the display left and right to switch between the summary screens.

COOL DOWN

Touch **START COOL DOWN** to enter cool down mode. Cool down lasts for a few minutes while reducing the workout intensity, allowing your body to recover from your workout. End cool down to go to workout summary.



CONSOLE OPERATION

TARGET TRAINING WORKOUT

- 1) Select workouts, then target training and target training type: Watts, SPM, HR, Distance, Calories or 500 mtr/split.
- 2) During a workout, swipe right to change screens or touch a metric with an orange triangle to go directly to that desired screen.
- 3) Set desired goal and then touch ✓. The LED lights now become associated to that target.

LED LIGHTS

Target training programming uses bright color lights on the top and sides of the console to gauge effort and keep everyone on track of their goals. These lights may be turned on or off in the workout setup by pressing **LIGHTS ON** or **LIGHTS OFF**. The color indicators are: **BLUE** = below target, **GREEN** = on target, **RED** = above target.

MANAGER MODE

To enter manager mode, press and hold the **MATRIX** logo in the center of the screen for 10 seconds. Then enter **1001** and touch ✓.

POWER ACCURACY

This rower displays power on the console. The power accuracy of this model has been tested using the test method of EN957-7:1998 to ensure a power accuracy within a tolerance of $\pm 10\%$ for input power ≥ 50 W, and within a tolerance of ± 5 W for input power < 50 W.

Force applied to the handle was measured throughout the rowing stroke, as well as the stroke position of the handle. This information was used to calculate the energy applied to the rower, and the value of the energy calculation was divided by the period of exercise time to calculate the average mechanical power (the input power) applied to the rower. The power accuracy of the displayed power was verified by calculating this input power and comparing the displayed power to the input (measured) power using the following conditions:

Nominal stroke length: 1000 mm

Resistance settings:

- Minimum resistance setting at nominal stroke speed of 25 strokes per minute
- Medium resistance setting at nominal stroke speed of 25 strokes per minute
- Maximum resistance setting at nominal stroke speed of 25 strokes per minute

In addition to the above testing conditions, the manufacturer tested the power accuracy

at one additional point, using one additional resistance setting at nominal stroke speed of 35 strokes per minute and comparing the displayed power to the input (measured) power.

* Supported standards with carrier frequency of 13.56 MHz include; ISO 14443 A, ISO 15693, ISO 14443 B, Sony Felica, Inside Contact-less (HID iClass), and LEGIC RF.

PROPER USAGE

There are four phases to the rowing stroke:

1. **CATCH** – Grasp the handle evenly with both hands. With the seat slid forward and the knees tucked into the chest (directly in line with the heel of the foot), stretch the arms out in front and lean slightly forward from the hips.
2. **DRIVE** – Press firmly against the foot plates until the legs are fully extended, but not locked. Let the arms come with you and bring the torso to 90 degrees.
3. **FINISH** – Pull the arms into the abdomen with legs fully extended, and lean back with the torso slightly beyond 90 degrees.
4. **RECOVERY** – Extend the arms, bend the knees, and lean forward from the hips and slid forward on the seat.

All four phases should be performed smoothly and in a continuous manner.

GETTING STARTED

Read the Owner's Manual before setting up the Matrix Rower. Place the unit where it will be used before beginning the setup procedure.

CHOOSING A LOCATION


The site should be well-lit and well-ventilated. Place the Rower on a structurally solid flat surface and kept a few feet from the wall or any equipment. If the site has a heavy plush carpet, to protect the carpeting and machinery, you should place a rigid plastic base under the unit.

Please do not place the Rower in an area of high humidity, such as the vicinity of a steam room, indoor pool, or sauna. Exposure to intensive water vapour or chlorine could adversely affect the electronics, as well as other parts of the machine.

BEFORE YOUR FIRST ROW

- Consult your physician. Be sure that it is not dangerous for you to undertake a strenuous exercise program.
- Improper technique such as extreme layback or jumping off the seat can result in injury.
- Start each workout with several minutes of easy rowing for a warm-up.
- Start your exercise program gradually. Row no more than 5 minutes the first day to let your body adjust to the new exercise.
- Gradually increase your rowing time and intensity over the first two weeks. Do not row at full power until you are comfortable with the technique and have rowed for at least a week. Like any physical activity, if you increase the volume and intensity too rapidly, fail to warm up properly, or use poor technique, you will increase the risk of injury.
- The best resistance setting for a great cardiovascular workout is in the range of 3-5. Rowing with the resistance setting too high can be detrimental to your training program because it may reduce your output and increase your risk of injury.
- Aim for a stroke rate (spm) of between 24 and 30 spm (strokes per minute).

WIRELESS HEART RATE

To connect your ANT+ or Bluetooth SMART heart rate device to the console, touch  and then touch **HEART RATE DEVICE PAIRING**.

The heart rate function on this product is not a medical device. The heart rate reading is intended only as an exercise aid in determining heart rate trends in general. Please consult your physician.

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

WARNING!

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

DRAG RATIO

Drag ratio measures how much the flywheel is slowing down to determine how fast or slow the "boat" is. The rate of deceleration is called the drag ratio. For each stroke, the console uses the drag ratio to determine how much work is being done based on the speed of the flywheel. In this way, true effort is calculated regardless of resistance setting. This self-calibration is what allows the user to compare their performance on different indoor rowers.

Different indoor rowers can have different drag ratio ranges. A resistance setting of 3 on one machine may feel like a 4 on another. Differences in belt tension, magnet position, etc. can all affect the drag ratio from machine to machine.

BRAKE SYSTEM

The Matrix rower utilizes magnetic resistance to set specific levels of resistance. The resistance level setting in addition to the SPM is used to determine the power (watts) output.



MATRIX