



C7xe

C7x

C5x

CLIMBMILL OWNER'S MANUAL

IMPORTANT PRECAUTIONS



SAVE THESE INSTRUCTIONS

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

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



DANGER

TO REDUCE THE RISK OF ELECTRICAL SHOCK:

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

CAUTION

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

WARNING

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

WARNING

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

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

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





ELECTRICAL REQUIREMENTS

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

5x / 7x / 7xe: These products must be AC powered. These units can be daisy-chained together, up to 4 units per dedicated 15 amp circuit, using a Matrix daisy-chain cord adapter (sold separately).

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

DEDICATED CIRCUIT AND ELECTRICAL INFO

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

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

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

GROUNDING INSTRUCTIONS

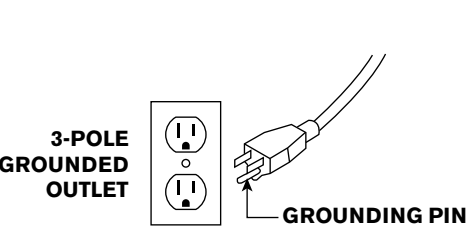
This product must be grounded. If a unit should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged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

DANGER

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

This product is for use on a nominal 100-240Vac circuit and has a grounding plug that looks like the plug in the illustration. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

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



North American power cord plugs shown. Depending on your country, the plug type may vary.

WARNING

Connect this exercise product to a properly grounded outlet only.

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



BASIC OPERATION

CONGRATULATIONS ON CHOOSING YOUR MATRIX CARDIO MACHINE





LOCATION OF THE UNIT

Place the unit on a level surface. There should be 3 feet of clearance behind the unit and one foot in front for the power cord. Do not place the unit in any area that will block any vent or air openings. These products should not be located in a garage, covered patio, near water or outdoors.

POWER

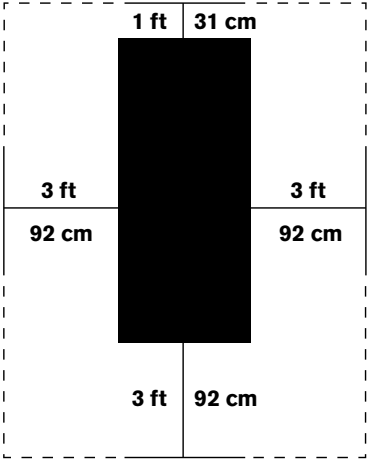
If your unit is powered by a power supply, the power must be plugged into the power jack, which is located in the front of the machine near the stabilizer tube. Some units have a power switch, located next to the power jack. Make sure it is in the ON position. Unplug cord when not in use. NOTE: Some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

HEIGHT REQUIREMENTS

The ClimbMill adds 30" – 38" (76cm – 96) to a user's height. For example, a 6' (183cm) tall user will be 7' 8" – 8' 4" (234.4cm – 254.4cm) off of the floor. Total height of the user on the ClimbMill should not exceed 9' 10" (300cm), which means users taller than 6' 8" (204cm) should not use this equipment.

! WARNING

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



! WARNING

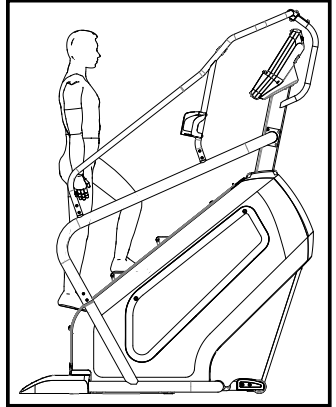
Our equipment is heavy, use care and additional help if necessary when moving. Failure to follow these instructions could result in injury.

LEVELING THE UNIT

Locate a level, stable surface to position the equipment. The equipment has leveling transport wheels located under the 'CONTROL ZONE' cover. To access grab the left and right sides of the cover and lift off. CAUTION There is an electrical plug located under the cover and will need to be unplugged before the cover can be completely removed. With the CONTROL ZONE cover removed adjust the transport wheels until stable and lock wheels into place. Once stable plug the electrical connection back together and place the CONTROL ZONE cover back into place.

MOUNTING THE CLIMBMILL

Stand directly behind the ClimbMill. Grasp either the upper or lower handle bars and step onto the ClimbMill until you are within comfortable reach of the console and remote handlebar controls.



USING THE HEART RATE FUNCTION

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

PULSE GRIPS

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

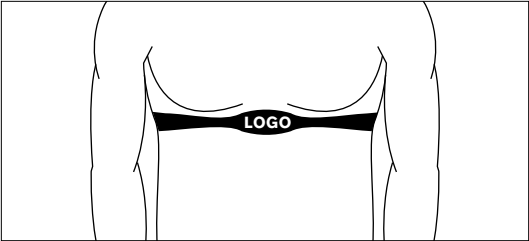
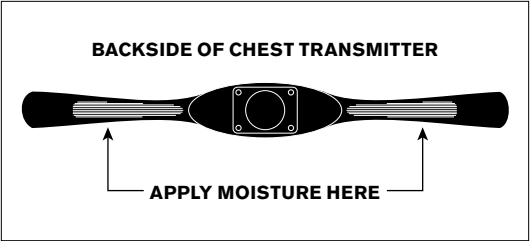




WIRELESS HEART RATE RECEIVER

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

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



! WARNING!

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

TROUBLESHOOTING & MAINTENANCE





RECOMMENDED CLEANING TIPS

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

SOLUTION: Follow these tips:

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

CHECK FOR DAMAGED PARTS

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

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

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

CARE AND MAINTENANCE

HOW DO I CLEAN MY MACHINE?

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

DAILY

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

QUARTERLY

- Check all connecting joint areas for tightness of bolt assemblies.
- Ensure that there is little, or no free play at all joint assemblies once bolts have been tightened. Installation of washer kits may be required if free play does not come out from tightening bolts.

PREVENTATIVE MAINTENANCE CHECKLIST

Facility: _____

MAKE:	MODEL:	S/N	
LOCATION:	TECHNICIAN:	DATE:	

Inspect power cords _____ Remove covers, check belts _____

Vacuum/clean under cover _____ Verify electronics operation _____

Check resistance system _____ Check pulleys _____

Lubricate pivot points _____ Check/tighten hardware _____

Check connecting joints _____

Notes/comments _____



To remove power from the equipment, the power cord must be disconnected from the wall outlet.





ASSEMBLY



WARNING

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

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

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

CONSOLE SERIAL NUMBER:

<input type="text"/>	<input type="text"/>
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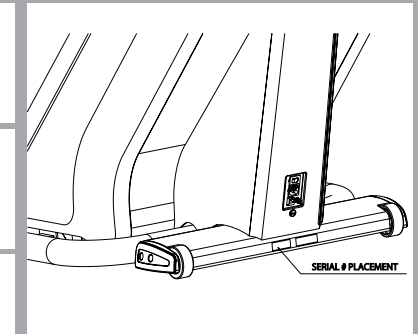
FRAME SERIAL NUMBER:

<input type="text"/>	<input type="text"/>
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MODEL NAME: **MATRIX**

<input type="text"/>

SERIAL NUMBER LOCATION



» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.



REQUIRED FASTENERS

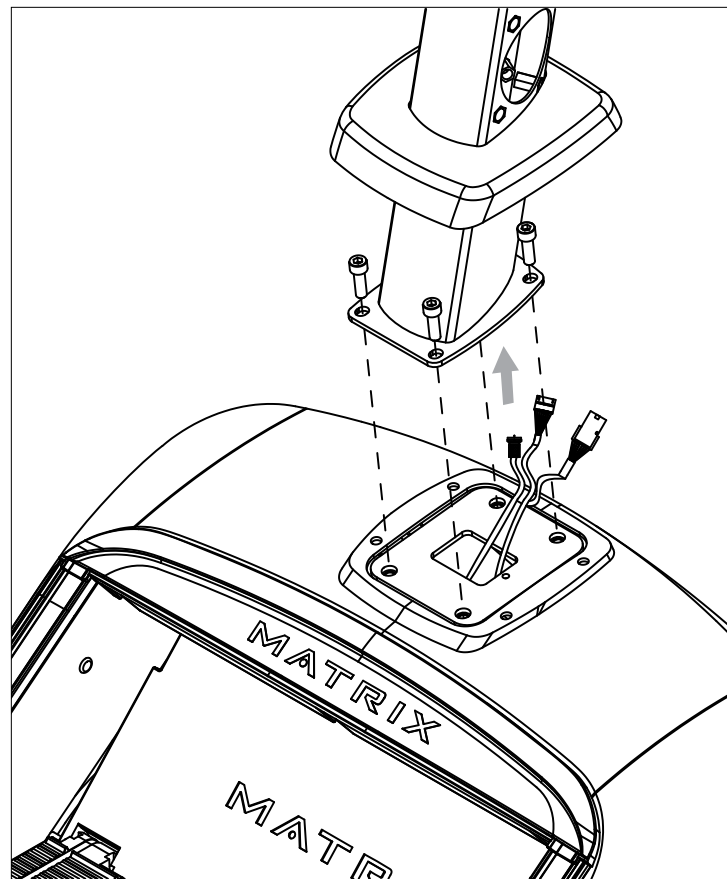
SKETCH	DESCRIPTION	QUANTITY	PACKAGE COLOR
	SOCKET HEAD BOLT(M8x25L)	4	BLACK
	SOCKET HEAD BOLT(M8x20L)	6	BLUE
	SOCKET HEAD BOLT(M8x35L)	2	GREEN
	SOCKET HEAD BOLT(M8x30L)	3	GREEN
	SOCKET HEAD BOLT(M8x23L)	2	GREEN
	CURVED WASHER	2	BLUE
	FLAT WASHER	4	BLUE
	FLAT WASHER	5	GREEN




REQUIRED TOOLS FOR ASSEMBLY

SKETCH	DESCRIPTION	QUANTITY	PACKAGE COLOR
	6mm ALLEN WRENCH	1	RED
	5mm ALLEN WRENCH	1	RED

ASSEMBLY STEP 1

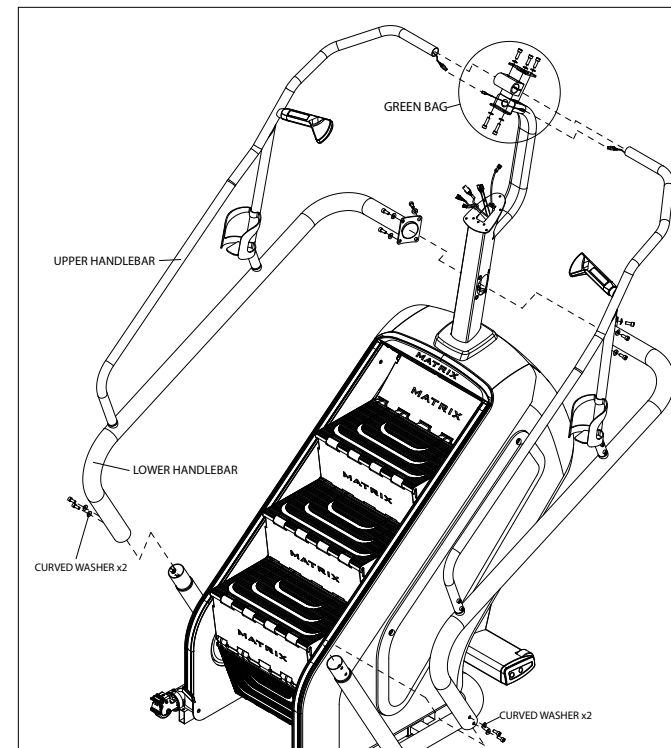


BLACK HARDWARE BAG CONTENTS :







	SOCKET HEAD BOLT(M8x25L)	4	BLACK
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- Open **BLACK HARDWARE BAG**
- Carefully route the wires up console mast.
- Attach the console mast to the frame using the provided bolts. Securely tightly, being careful not to pinch any wires.

ASSEMBLY STEP 2

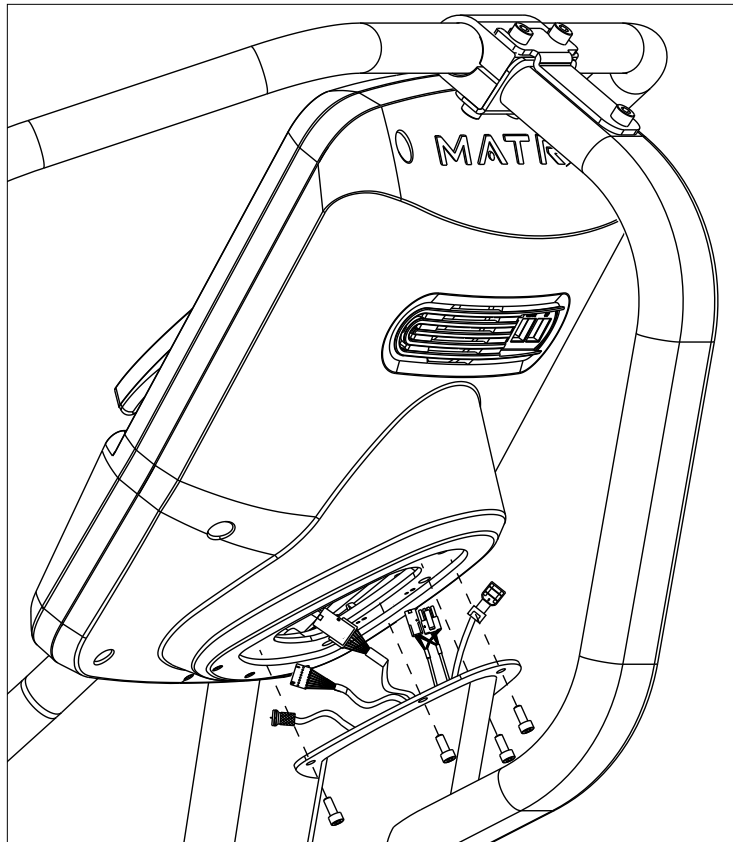


BLUE HARDWARE BAG CONTENTS

	SOCKET HEAD BOLT(M8x20L)	6	BLUE
	SOCKET HEAD BOLT(M8x15L)	3	GREEN
	SOCKET HEAD BOLT(M8x35L)	2	GREEN
	CURVED WASHER	2	BLUE
	FLAT WASHER	4	BLUE
	FLAT WASHER	5	GREEN

- Open **BLUE HARDWARE BAG**
- Attach Lower Handlebar using provided bolts. Tighten securely at base and mast.
- Attach Upper Handlebar using provided bolts. Carefully route and connect all wires to the console mast. Tighten securely.
- Repeat on the other side.

ASSEMBLY STEP 3



CONTENTS ARE PRE-ATTACHED:



SOCKET HEAD BOLT(M8x8L)

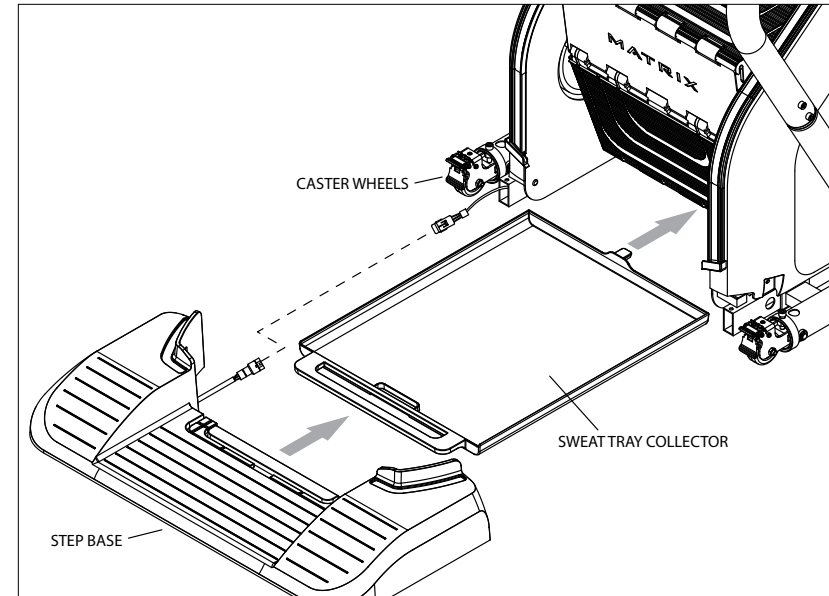
5

- A Remove the five pre-attached console screws from back of console.
- B Carefully connect all wires coming from the mast to the inside of the console.

Note: Depending on the console, not all cables coming from the mast will need to be connected.

- C Attach console to console mast using provided bolts. Secure tightly, being careful not to pinch any wires.

ASSEMBLY STEP 4



- A Connect the wires from the frame to the Base Step.
- B Lift the Base Step over the caster wheels. Push down firmly on both sides until it seats firmly.
- C Slide the Sweat Collector Tray under the ClimbMill, latching the handle to the base.

ASSEMBLY COMPLETE!



CLIMBMILL OPERATION



MANAGER PREFERENCE MODE

FOR 5X CONSOLES:

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

FOR 7X & 7XE CONSOLES:

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

Serial Number	Default Age
Floors Climbed	Default Weight
Accumulated Time	Default Height
Software Versions	Gender
Out of Order	Key Sound
CSafe Model	Default Channel
Maximum Time	Default Volume
Default Time	Tuner Available
Pause Time	Setup
Adjust Resistance Offset	Languages
Default Demand Floors	Asset Management
Default Target Calories	Virtual Active
Default Level	E-Stop



CONSOLE DESCRIPTION:

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



C5X CONSOLE DESCRIPTION

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

- A) WORKOUT KEYS:** Simple program view and selection buttons.
- B) GO:** One Touch Start.
- C) ENTER:** To confirm each program setting.
- D) UP/DOWN LEVEL:** Easy information and level selection.
- E) UP/DOWN TIME:** Easy information and time adjustment.
- F) STOP:** Ends workout and shows workout summary data.
- G) NUMBER KEYPAD:** Workout data input for workout setup. Level adjustment during workout.
- H) COOL DOWN:** Puts the ClimbMill into Cool Down mode.
- I) FAN:** Allows for fan speed selection (fan has three operating speeds.)
- J) TOGGLE DISPLAY:** Changes information displayed from top row to bottom row.



C7X CONSOLE DESCRIPTION

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

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

C7X ENTERTAINMENT ZONE

- K) **TV: WILL TAKE THE USER TO DIRECTLY THE TV SCREEN.**
- L) **IPOD®:** Will take the user directly to the iPod screen to allow for iPod control and playlist selection.
- M) **VOLUME UP/DOWN:** Adjusts the volume output through the headphone jack of either integrated console TV or iPod output.
- N) **NUMBER KEYPAD:** Allows for easy TV channel selections.
- O) **CHANNEL UP/DOWN:** Allows for channel selection.
- P) **DISPLAY MODE:** Allows user to cycle through console display options, iPod, TV or profile display.
- Q) **LAST CHANNEL:** Allows the user to cycle between the current channel and the previous channel they were viewing.



C7XE CONSOLE DESCRIPTION

The C7xe has a fully integrated touch screen display. All information required for workouts is explained on screen. Exploration of the interface is highly encouraged. The information explaining how to program for various workouts will give an explanation about the contents of each screen on the C7xe.

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

C7XE ENTERTAINMENT ZONE

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



5X, 7X & 7XE WORKOUT DESCRIPTIONS

QUICK START OPERATION

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

MANUAL WORKOUT OPERATION

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

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

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

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

TRAINING WORKOUT PROGRAMS

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

INTERVAL TRAINING is a level-based workout that automatically adjusts the resistance value to increase and decrease workout intensities designed to burn calories.

GOAL TRAINING is a goal-based workout that is designed to help users burn a target number of calories..

CALORIE TRAINING is a target-based workout that is designed to help users burn a target number of calories.

The following instructions will guide you through the simple steps to select Rolling Hills, Interval Training, Calorie Training, and Goal Training workouts. These programs are speed-dependent programs.

- 1) Press the Training Workouts button.
- 2) Press the training workout of your choice: Rolling Hills, Interval Training, Calorie Training, and Goal Training.

FOR ROLLING HILLS AND INTERVAL TRAINING:

- 1) Enter your desired Time using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
- 2) Enter your desired Level using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter your Weight using the **ARROW KEYS**

FOR CALORIE TRAINING:

- 1) Enter the desired intensity level using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 2) Enter user weight (user weight is used to calculate the caloric expenditure value - providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter the desired calorie to burn using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.

FOR GOAL TRAINING:

- 1) Enter the desired floor to climb using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 2) Enter the desired intensity level using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter user weight (user weight is used to calculate the caloric expenditure value - providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.

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

HEART RATE CONTROL WORKOUT OPERATION

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

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

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

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



WORKOUT DESCRIPTIONS

CONSTANT WATTS

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

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

- 1) Press **CONSTANT WATTS**
- 2) Enter your desired **WATT** using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER** (50 – 400).
- 3) Enter your desired Time using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
- 4) Enter your Weight using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.

FAT BURN WORKOUT OPERATION

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

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

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

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



WORKOUT DESCRIPTIONS

FIT TESTS

WFI

The WFI (Wellness Fitness Initiative) protocol is a test used by firefighters to evaluate aerobic fitness capacity as part of pre-employment testing and annual fitness testing. This assessment is a series of intervals lasting a maximum of 16 minutes, where the speed is increased every minute until the Target Heart Rate is exceeded for 15 seconds. When the test is complete, the display provides a summary of VO2max, Highest SPM, Elapsed Time and Target Heart Rate. This is a speed-dependent program.

The test requires constant monitoring of the user's heart rate so the use of a telemetric chest strap is highly encouraged.

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

- 1) Choose **FIT TEST** by selecting the Fit Test workout button and press **ENTER**.
- 2) Enter user age using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter user weight using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 4) Enter user height using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.

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



SUBMAXIMAL

This test measures cardiovascular fitness and provides an estimated Sub-maximal VO2max result. This assessment is a 4 stage test lasting 3-5 minutes, where the speed is increased until your Heart Rate is held between 115-150bpm for 2 of the stages. When the test is complete, a Fitness Rating is displayed as High, Good, Average, Fair or Low along with your age and VO2max.

The test requires constant monitoring of the user's heart rate so the use of a telemetric chest strap is highly encouraged. This is a speed-dependent program.

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

- 1) Choose **FIT TEST** by selecting the Fit Test workout button and press **ENTER**.
- 2) Enter user age using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter user weight using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 4) Enter user height using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.

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

FITNESS RATING NORMS (VO ₂ MAX)						
	AGE	20-29	30-39	40-49	50-59	60+
MEN						
	HIGH	51.4 +	50.4 +	48.2 +	45.3 +	42.5 +
	GOOD	51.3 - 46.8	50.3 - 44.6	48.1 - 41.8	45.2 - 38.5	42.4 - 35.3
	AVERAGE	46.7 - 42.5	44.5 - 41.0	41.7 - 38.1	38.4 - 35.2	35.2 - 31.8
	FAIR	42.4 - 39.5	40.9 - 37.4	38.0 - 35.1	35.1 - 32.3	31.7 - 28.7
	LOW	39.4 OR LESS	37.3 OR LESS	35.0 OR LESS	32.2 OR LESS	28.6 OR LESS
WOMEN						
	HIGH	44.2 +	41.0 +	39.5 +	35.2 +	35.2 +
	GOOD	44.1 - 38.1	40.9 - 36.7	39.4 - 33.8	35.1 - 30.9	35.1 - 29.4
	AVERAGE	38.0 - 35.2	36.6 - 33.8	33.7 - 30.9	30.8 - 28.2	29.3 - 25.8
	FAIR	35.1 - 32.3	33.7 - 30.5	30.8 - 28.3	28.1 - 25.5	25.7 - 23.8
	LOW	32.2 OR LESS	30.4 OR LESS	28.2 OR LESS	25.4 OR LESS	23.7 OR LESS
¹ THE AMERICAN COLLEGE OF SPORTS MEDICINE, GUIDELINES FOR EXERCISE TESTING AND PRESCRIPTION, 6TH EDITION, LIPPINCOTT WILLIAMS & WILKINS, PHILIDELPHIA, PA 2000, P.77						

AVAILABLE ON ALL C7X AND C7XE CONSOLES

Nike + iPod

READY

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

SET

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

GO

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

SYNC

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



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

NIKE + OPERATION

REQUIREMENTS

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

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

GETTING STARTED

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

	ALL CLIMBMILL WATTS TABLE @ 60 KG. USER (132 LBS)		
Console Model	HURESAC-7xe-C	HURESC-7x-C	C-5x-C
WEIGHT (KG.)	60	60	60
L1	53	53	53
L2	67	67	67
L3	80	80	80
L4	94	94	94
L5	107	107	107
L6	120	120	120
L7	134	134	134
L8	147	147	147
L9	158	158	158
L10	174	174	174
L11	187	187	187
L12	201	201	201
L13	214	214	214
L14	227	227	227
L15	241	241	241
L16	254	254	254
L17	267	267	267
L18	281	281	281
L19	294	294	294
L20	308	308	308
L21	319	319	319
L22	330	330	330
L23	341	341	341
L24	352	352	352
L25	361	361	361

PRODUCT SPECIFICATIONS





MODEL NAME	C-5x/7x		
MODEL TYPE	C7xe CLIMBMILL	C7x CLIMBMILL	C5x CLIMBMILL
FRAME PART #	C-5x/7x-F		
CONSOLE PART #	HURESAC-7xe-C	HURESC-7x-C	C-5x-C
FEATURES			
STEP HEIGHT	10"	10"	10"
CONTACT & WIRELESS HR	8"	8"	8"
ULTRA NON-SLIP PEDALS	YES	YES	YES
Q-FACTOR	YES	YES	YES
HANDLEBAR DESIGN	ERGONOMICALLY DESIGNED HANDRAILS AND HORN	ERGONOMICALLY DESIGNED HANDRAILS AND HORN	ERGONOMICALLY DESIGNED HANDRAILS AND HORN
THUMB SWITCH CONTROLS	YES	YES	YES
RESISTANCE SYSTEM			
TECHNOLOGY	ECB W/ FLYWHEEL	ECB W/ FLYWHEEL	ECB W/ FLYWHEEL
POWER REQUIREMENTS	100-240V 50/60HZ AC POWER	100-240V 50/60HZ AC POWER	100-240V 50/60HZ AC POWER
MINIMUM WATTS	N/A	N/A	N/A
CONSOLE			
DISPLAY TYPE	15" TOUCH SCREEN LCD	7" LCD	DOT-MATRIX LED
DISPLAY FEEDBACK	TIME, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, SPEED, SPM, FLOORS CLIMBED, HEART RATE, METS, WATTS, DYNAMIC PROFILE DISPLAY, STATIC PROFILE DISPLAY	TIME, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, FLOORS CLIMBED, SPM, HEART RATE, METS, WATTS, PROFILE	TIME, SPEED, FLOORS CLIMBED, CALORIES, WATTS, LEVEL, HEART RATE, SPM
USER DEFINED MULTI-LANGUAGE DISPLAY	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, CHINESE, JAPANESE, KOREAN, SWEDISH, FINNISH, RUSSIAN	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, CHINESE, JAPANESE, KOREAN, SWEDISH, FINNISH, RUSSIAN, ARABIC	NO - ACCESSIBLE THROUGH MANAGER MENU; ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, JAPANESE, SWEDISH, FINNISH
RESISTANCE LEVELS	25	25	25
WORKOUTS	MANUAL, TRAINING WORKOUTS (ROLLING HILL, INTERVAL TRAINING, CALORIE TRAININ, GOAL TRAINING), FAT BURN, TARGET HEART RATE, FITNESS TEST (SUB-MAXIMAL TEST, WFI TEST), CONSTANT WATTS	MANUAL, TRAINING WORKOUTS (ROLLING HILL, INTERVAL TRAINING, CALORIE TRAININ, GOAL TRAINING), FAT BURN, TARGET HEART RATE, FITNESS TEST (SUB-MAXIMAL TEST, WFI TEST), CONSTANT WATTS	MANUAL, TRAINING WORKOUTS (ROLLING HILL, INTERVAL TRAINING, CALORIE TRAININ, GOAL TRAINING), FAT BURN, TARGET HEART RATE, FITNESS TEST (SUB-MAXIMAL TEST, WFI TEST), CONSTANT WATTS
CSAFE, FITLINXX READY	YES	YES	YES
NETPULSE READY	NO	YES	YES
FIT TOUCH TECHNOLOGY™	YES	NO	NO
ON-THE-FLY PROGRAM CHANGE	YES	YES	YES
INTEGRATED VISTA CLEAR™ DIGITAL READY TELEVISION	YES- 15" SCREEN SIZE	YES- 7" SCREEN SIZE	NO
FITCONNEXION™ READY	NO	YES	YES
WIRELESS DATA TRANSMITTER	YES	YES	YES
IPOD® COMPATIBLE	YES	YES	YES - CHARGING ONLY
NIKE + IPOD® COMPATIBLE	YES	YES	NO
PERSONAL FAN	YES	YES	YES
USB WORKOUT TRACKING	YES - VIA LIVESTRONG.COM	YES - VIA LIVESTRONG.COM	YES - VIA LIVESTRONG.COM
VIRTUAL ACTIVE™ COMPATIBLE	YES	YES	NO
TECH SPECS			
OVERALL DIMENSIONS L X W X H	65" X 33.5" X 83.5" 165CM X 85CM X 212CM	65" X 33.5" X 83.5" 165CM X 85CM X 212CM	65" X 33.5" X 83.5" 165CM X 85CM X 212CM
MAXIMUM USER WEIGHT	400 LBS/182 KG	400 LBS/182 KG	400 LBS/182 KG
WEIGHT	348LBS/158KGS	348LBS/158KGS	348LBS/158KGS
SHIPPING WEIGHT	368LBS/167KGS	368LBS/167KGS	368LBS/167KGS





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