

1. Never allow children on freeweight or bench equipment. Teenagers must be supervised at all times while using this equipment.
2. All warnings and instructions should be read and proper instruction obtained prior to use.
3. Cease exercise if you feel faint or dizzy. Obtain a medical exam before beginning an exercise program.
4. Keep body, hair, clothing and fitness accessories free and clear of all moving parts.
5. Inspect the machine before use. DO NOT use machine if it appears damaged or inoperable.
6. This equipment should only be used in supervised areas where access and control are regulated by the owner.

WARNING: SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. FOLLOW THESE PRECAUTIONS TO AVOID INJURY!

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 Fitness Systems dealer.
2. MAINTAIN LABELS AND NAMEPLATES: Do not remove labels for any reason. They contain important information. If unreadable or missing, contact your MATRIX Fitness Systems dealer for a replacement.
3. SECURING EQUIPMENT: All equipment MUST be secured to the floor to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor.
4. 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.
5. Ensure that any persons making adjustments or performing maintenance or repair of any kind is qualified to do so. MATRIX Fitness Systems dealers will provide service and maintenance training at our corporate facility upon request.

CHECK FOR DAMAGED PARTS

Keep hands and feet clear at all times from moving parts to avoid injury.
Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that MATRIX Fitness Systems equipment be used properly to avoid injury.

PROPER USAGE

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

IMPORTANT SAFETY INFORMATION

WARRANTY (Valid in USA only)	
Frame (not coatings)	10 years
Structural parts	10 years
Weight stacks	5 years
Pulleys	5 years
Pivot bearings	5 years
Any items not specified	3 years
Labor (excluding upholstery/cables/grips)	3 years
Upholstery/cables/grips/springs	1 year

TECH SPECS	
Overall dimensions	66" L X 24" W X 25" H (168 cm x 61 cm x 64 cm)
Weight	84 lbs (38 kg)

PRODUCT SPECIFICATIONS

Upholstery & Grips should be cleaned with a non-ammonia based cleaner (like Simple Green) or a mild soap and water. Guide rods should be lubricated with Teflon based lubricant. Apply the lubricant to a cotton cloth and then apply up and down the guide rods.

ACTION FREQUENCY	
Clean Upholstery	Daily
Inspect Cables	Daily
Clean Guide Rods	Monthly
Inspect Hardware	Monthly
Inspect Frame	Bi-Annually
Clean Machine	As Needed
Clean Grips	As Needed
Lubricate Guide Rods	As Needed

MAINTENANCE CHECKLIST



Strong. Smart. Beautiful.

MATRIX | G3 STRENGTH
ADJUSTABLE DECLINE BENCH



MATRIX FITNESS | 1600 LANDMARK DRIVE COTTAGE GROVE WI 53527 USA
Toll Free 866.693.4863 matrixfitness.com Fax 608.839.8687

PART # MH0204509B

REV. 1.3

G3-FW83 ADJUSTABLE DECLINE BENCH

UNPACKING G3-FW83 ADJUSTABLE DECLINE BENCH

Thank you for purchasing a MATRIX Fitness product. This machine is an EN957-1 and EN957-4 complaint Class S product. Your MATRIX G3-FW83 ADJUSTABLE DECLINE BENCH 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

The weight of the G3-FW83 ADJUSTABLE DECLINE BENCH is 84 lbs. (38 kg). 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. Please be sure to install the equipment on a stable base, properly level the machine and leave at least two feet of clearance to enter and exit the machine. Maximum user weight for this machine is 300 lbs. (136 kg).

INCLUDED TOOLS REQUIRED FOR ASSEMBLY

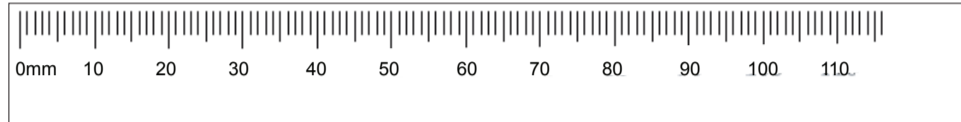
6MM L-Shaped Allen Wrench



8MM L-Shaped Allen Wrench



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



Step 1

Frame Detail

Item	Description	Sketch	Qty
Z11	Screw(M8X16L)		4
B20	Flat Washer(M8)		4

