

MATRIX

BRING IT HOME





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MATRIX FOR THE HOME

Matrix Fitness — the world’s fastest-growing commercial fitness brand — is now available for your home. We developed our premium collection because we believe fitness enthusiasts like you shouldn’t have to sacrifice to get a health club-quality workout in the comfort of your own home.

DURABILITY

Durable construction and quality components stand up to rigorous use by your whole family, helping you chase your goals, day after day, for years.

PERFORMANCE

Dynamic performance helps you get more out of every moment of your precious workout time with natural movements and smooth operation.

FUNCTIONALITY

You’ll get all of the functionality you love about your favorite health club equipment, from exclusive programs to workout tracking to virtual journeys and beyond.

DESIGN

Our designs are crafted from the ground up to fit your home with minimal disruption, while providing a beautiful new addition that will wow friends and family.

Our equipment will feel familiar to your favorite health club experience, and at the same time completely new for the way it fits your home, life and goals. At Matrix, we don’t just believe that you can have the best of both worlds — we believe you deserve it.

EXCLUSIVE TECHNOLOGIES BRING HOME INSPIRED SOLUTIONS

We invest in technology that completely redefines the exercise experience, helping you reach your fitness goals in smarter, easier and more enjoyable ways. Look for these unique exclusive features to find out how our premium products outperform other home fitness equipment.



PerfectStride Motion

PerfectStride combines an ideal stride motion and ergonomically correct foot positioning with a variable stride length for a smooth, natural workout experience as you adjust incline to target the muscles you want to work most.



Suspension Elliptical Technology

Suspension Elliptical Technology features a wheel- and track-free design to reduce noise and friction for long-lasting quality while providing a smooth, consistent feel through the ellipse.



Exact Force Induction Brake

Exact Force Induction Brake offers instant, smooth, precise resistance changes at the push of a button, and with no moving parts, it's quieter and more durable as well.



Ultimate Deck System

Our exclusive Ultimate Deck System includes a heavy-duty frame, extra-thick deck and industrial-grade cushions for miles of durable performance.



Johnson Drive System

The Johnson Drive System helps you stay in perfect rhythm with a quiet, durable, responsive 3.25 HP continuous-duty drive system that recalibrates with each footfall.



Dual Form Frame

Our Dual Form Frame significantly improves rider stability over single-post designs and offers a low step-through height for easy access.



Comfort Arc Seat

Our Comfort Arc Seat is ergonomically molded to provide unmatched comfort, support and balance during workouts.



ViewFit Integrated Fitness Tracking

Our integrated ViewFit connectivity system sends workout data to the fitness apps and tools you already use. It also makes it easy to share data in your favorite social networks.



Virtual Active Immersive Workouts

Experience exciting immersive workouts all over the globe with high-definition destination footage synced to the speed of your workout with Virtual Active. Our top consoles offer two Virtual Active courses.



Sprint 8 High-intensity Interval Training

This scientifically validated high-intensity interval training program burns fat and builds muscle in short workouts that anyone can fit into their schedule.

CONSOLE OVERVIEW

BRING HOME THE ULTIMATE IN EXERCISE ENTERTAINMENT

Tap into industry-leading technology to redefine your workout experience with stunning entertainment, exclusive programs, integrated connectivity and much more. Choose from three consoles to customize your equipment for your unique needs and goals.



XIR CONSOLE

THE ULTIMATE IN ENTERTAINMENT

Our XIR console features premium hardware and software including a 40.6cm/16" Class high definition touchscreen display, two built-in five-watt speakers, WiFi internet connectivity, Android operating system, Polar heart rate technology with Polar heart rate strap, energy saver mode, USB port and full Bluetooth connectivity to your essential devices.



XER CONSOLE

INTUITIVE APP CONSOLE

Our XER console features quality hardware and software including a 25.4cm/10" class touchscreen display, two built-in three-watt speakers, WiFi internet connectivity, Android operating system, Polar heart rate technology with Polar heart rate strap, energy saver mode, USB port and Bluetooth connectivity.

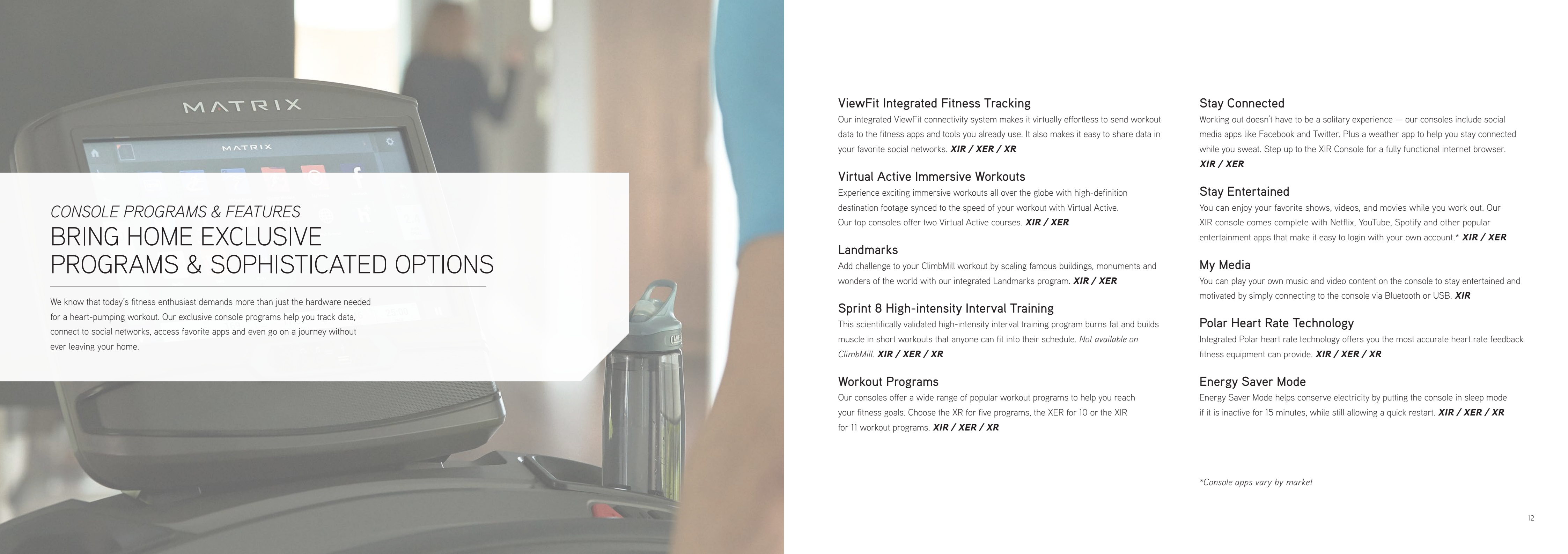


XR CONSOLE

SIMPLY PERFECT

Our XR console features a bright-blue, extra-wide 21.6cm/8.5" LCD display that makes it easy for you to check your workout data at a glance, keeping you on track to reach and surpass your goals.

*Console apps subject to change and may vary by market



CONSOLE PROGRAMS & FEATURES BRING HOME EXCLUSIVE PROGRAMS & SOPHISTICATED OPTIONS

We know that today's fitness enthusiast demands more than just the hardware needed for a heart-pumping workout. Our exclusive console programs help you track data, connect to social networks, access favorite apps and even go on a journey without ever leaving your home.

ViewFit Integrated Fitness Tracking

Our integrated ViewFit connectivity system makes it virtually effortless to send workout data to the fitness apps and tools you already use. It also makes it easy to share data in your favorite social networks. ***XIR / XER / XR***

Virtual Active Immersive Workouts

Experience exciting immersive workouts all over the globe with high-definition destination footage synced to the speed of your workout with Virtual Active. Our top consoles offer two Virtual Active courses. ***XIR / XER***

Landmarks

Add challenge to your ClimbMill workout by scaling famous buildings, monuments and wonders of the world with our integrated Landmarks program. ***XIR / XER***

Sprint 8 High-intensity Interval Training

This scientifically validated high-intensity interval training program burns fat and builds muscle in short workouts that anyone can fit into their schedule. *Not available on ClimbMill.* ***XIR / XER / XR***

Workout Programs

Our consoles offer a wide range of popular workout programs to help you reach your fitness goals. Choose the XR for five programs, the XER for 10 or the XIR for 11 workout programs. ***XIR / XER / XR***

Stay Connected

Working out doesn't have to be a solitary experience — our consoles include social media apps like Facebook and Twitter. Plus a weather app to help you stay connected while you sweat. Step up to the XIR Console for a fully functional internet browser. ***XIR / XER***

Stay Entertained

You can enjoy your favorite shows, videos, and movies while you work out. Our XIR console comes complete with Netflix, YouTube, Spotify and other popular entertainment apps that make it easy to login with your own account.* ***XIR / XER***

My Media

You can play your own music and video content on the console to stay entertained and motivated by simply connecting to the console via Bluetooth or USB. ***XIR***

Polar Heart Rate Technology

Integrated Polar heart rate technology offers you the most accurate heart rate feedback fitness equipment can provide. ***XIR / XER / XR***

Energy Saver Mode

Energy Saver Mode helps conserve electricity by putting the console in sleep mode if it is inactive for 15 minutes, while still allowing a quick restart. ***XIR / XER / XR***

**Console apps vary by market*



TREADMILLS BRING HOME THE ULTIMATE RUN

Experience a natural, powerful workout with the industry's most advanced frame and deck combination.



ULTIMATE DECK SYSTEM

Our exclusive Ultimate Deck System includes a heavy-duty frame, extra-thick deck and industrial-grade cushions for miles of durable performance. **TF30 / TF50 / T70**



JOHNSON DRIVE SYSTEM

The Johnson Drive System helps you stay in perfect rhythm with a quiet, durable, responsive 3.25 HP continuous-duty drive system that recalibrates with each footfall. **TF30 / TF50**

AC MOTOR

Our industrial-grade 3.0 HP continuous-duty AC motor provides efficient, durable, responsive performance — minimal internal components require little maintenance, and an absence of internal friction keeps the motor cool and quiet. **T70**

NON-FOLDING TREADMILL

Our welded steel frame provides superior stability for users and workouts of all kinds, and our Ultimate Deck System offers miles of durable performance. Choose a T70 treadmill for a waxed belt, an industrial-grade AC motor and an extra-wide running surface every bit as spacious as what you would find in your favorite fitness center.

Waxed Belt

Our T70 belt is designed with a proprietary wax application process that automatically lubricates as you run, eliminating the need for routine silicone lubrication.

T70 TREADMILL |

- Heavy-duty welded steel frame offers unmatched stability
- Ultimate Deck System provides years of durable performance
- Waxed belt eliminates routine silicone lubrication
- AC motor delivers efficient, durable, responsive operation
- Extra-wide 56 x 152 cm / 22" x 60" running surface offers space for hard runs
- Includes aluminum side rails and soft touch buttons



FOLDING TREADMILLS

A dynamic folding design makes it a snap to lift the treadmill deck to a near 90-degree angle and roll the unit away when you need the space, then unlock the deck and lower it smoothly when it's time for a heart-pumping workout. Both include our Ultimate Deck System for miles of durable performance and our exclusive Johnson Drive System for unmatched consistency and smoothness.

Easy-folding Frame

Our easy-folding frame includes a quick-release latch that smoothly lowers the deck when you're ready to run.



TF50 TREADMILL |

- Folds for space-saving storage
- Four-wheel transport system rolls smoothly
- Ultimate Deck System provides years of durable performance
- Johnson Drive System syncs with each footfall
- Generous 51 x 152 cm / 20" x 60" running surface
- Includes aluminum side rails and soft touch buttons



TF30 TREADMILL |

- Folds for space-saving storage
- Four-wheel transport system rolls smoothly
- Ultimate Deck System provides years of durable performance
- Johnson Drive System syncs with each footfall
- 51 x 140 cm / 20" x 55" running surface





ASCENT TRAINERS & ELLIPTICALS BRING HOME A SMOOTH, DYNAMIC EXERCISE EXPERIENCE

Discover our Ascent Trainers and ellipticals for a smooth, stable, natural exercise experience that's just as comfortable as it is efficient.



SUSPENSION ELLIPTICAL TECHNOLOGY

Suspension Elliptical Technology features a wheel- and track-free design to reduce noise and friction for long-lasting quality while providing a smooth, consistent feel through the ellipse. **A30 / A50 / E30 / E50**



PERFECTSTRIDE MOTION

PerfectStride combines an ideal stride motion and ergonomically correct foot positioning with a variable stride length for a smooth, natural workout experience as you adjust incline to target the muscles you want to work most.

A30 / A50



EXACT FORCE INDUCTION BRAKE

Exact Force Induction Brake offers instant, smooth, precise resistance changes at the push of a button, and with no moving parts, it's quieter and more durable as well. **A50 / E50**

ASCENT TRAINERS

Count on our unique Ascent Trainer design for an exceptionally smooth, ultra-comfortable exercise experience. PerfectStride Technology combines an ideal stride motion and ergonomically correct foot positioning with a variable stride length for a more natural-feeling workout experience as you adjust incline to target the muscles you want to work most. Suspension Elliptical Technology features a wheel- and track-free design to reduce noise and friction for long-lasting quality while providing a smooth, consistent feel through the ellipse. Step up to the A50 to add our exclusive Exact Force Induction Brake and make smooth, precise resistance changes at the touch of a button.

A50 ASCENT TRAINER |

- Suspension Elliptical Technology reduces noise and friction
- Power incline adjusts from 24% to 54%
- PerfectStride Motion delivers a smooth, natural workout, helping you target specific muscles as you adjust incline
- Exact Force offers smooth, precise resistance changes
- Includes 30 electronic resistance settings
- Multi-grip, dual-action handlebars and oversized pedals with cushioned inserts enhance comfort



A30 ASCENT TRAINER |

- Suspension Elliptical Technology reduces noise and friction
- Power incline adjusts from 24% to 54%
- PerfectStride Motion delivers a smooth, natural workout, helping you target specific muscles as you adjust incline
- Includes 20 electronic resistance settings
- Dual-action handlebars and oversized pedals



ELLIPTICALS

Experience a harmony of design and natural movement on a comfortable, smooth-moving elliptical with a compact frame that will fit your home like no other. Suspension Elliptical Technology features a wheel- and track-free design to reduce noise and friction for long-lasting quality while providing a smooth, consistent feel through the ellipse, and our exclusive Exact Force Induction Brake (E50 only) offers smooth, precise resistance changes at the touch of a button.

E50 ELLIPTICAL |

- Industry’s most compact suspension elliptical design fits your home with ease
- Suspension Elliptical Technology reduces noise and friction
- Exact Force offers smooth, precise resistance changes
- Smart ergonomics and optimal pedal spacing offer more comfortable use
- Includes 30 electronic resistance settings
- Multi-grip, dual-action handlebars and oversized pedals with cushioned inserts enhance comfort



E30 ELLIPTICAL |

- Industry’s most compact suspension elliptical design fits your home with ease
- Suspension Elliptical Technology reduces noise and friction
- Smart ergonomics and optimal pedal spacing offer more comfortable use
- Includes 20 electronic resistance settings
- Dual-action handlebars and oversized pedals





CLIMBMILL

A BETTER CLIMB FROM THE GROUND UP

Experience a superior stair-climbing workout that's as natural as it is intense thanks to a smart design that fits your home beautifully.



EXACT FORCE INDUCTION BRAKE

Exact Force Induction Brake offers instant, smooth, precise step speed changes at the push of a button, and with no moving parts, it's quieter and more durable as well.

LANDMARKS

Add challenge to your workout by scaling famous buildings, monuments and wonders of the world with our integrated Landmarks program. (*XIR / XER: 21 courses; XR: 11 courses*)

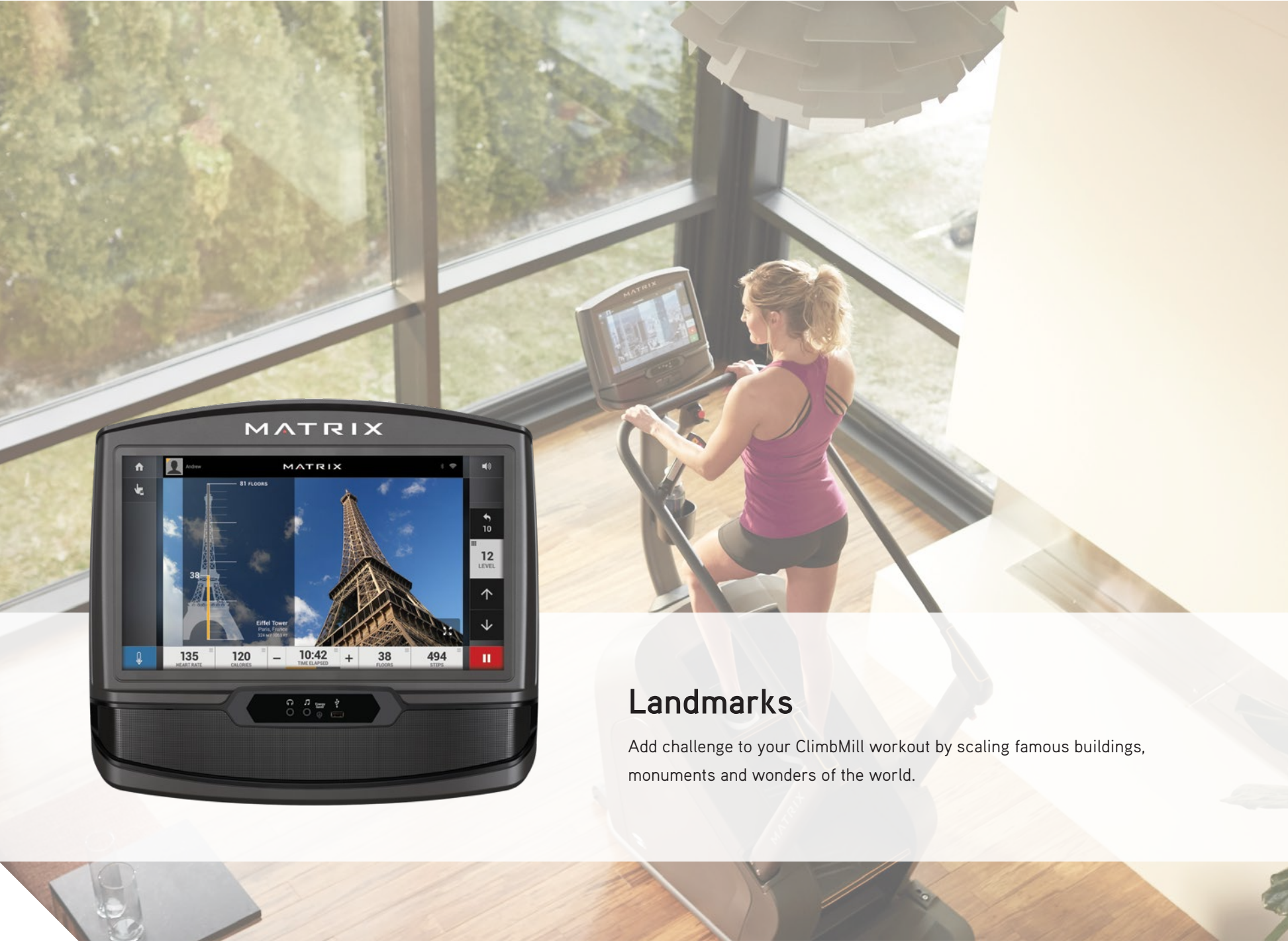
CLIMBMILL

Designed for the fitness enthusiast who wants to burn more calories while toning their lower body with every step, our premium ClimbMill delivers a natural, club-quality stair-climbing workout that fits your space. Expect seamlessly smooth operation, built-to-last design and a frame that fits comfortably in your home.



CLIMBMILL |

- Exact Force Induction Brake offers smooth, precise step speed resistance changes
- Offers 25 levels ranging from 24–137 steps per minute to accommodate any fitness level
- 14.3 cm / 5.6" step height makes it easy to judge floors climbed (22 steps per floor)
- Position sensor places the bottom step at 26.7 cm / 10.5" for easy entry and exit
- Industry-leading features provide a stable, secure stair-climbing experience
- Includes convenient handlebar controls, water bottle holder and heart rate grips
- Fits comfortably in home workout spaces with ceilings lower than traditional fitness facilities



Landmarks

Add challenge to your ClimbMill workout by scaling famous buildings, monuments and wonders of the world.



BIKES

BRING HOME A BETTER WAY TO RIDE

Whether you're looking for a classic upright, a laid-back recumbent or a true-to-life indoor cycle, our forward-thinking designs will surprise and delight every time you go for a ride.



DUAL FORM FRAME

Dual Form Frame significantly improves rider stability over single-post designs and offers a low step-through height for easy access. **U30 / U50 / R30 / R50**



EXACT FORCE INDUCTION BRAKE

Exact Force Induction Brake offers instant, smooth, precise resistance changes at the push of a button, and with no moving parts, it's quieter and more durable as well. **U50 / R50**



COMFORT ARC SEAT

Our Comfort Arc Seat is ergonomically molded to provide unmatched comfort, support and balance during workouts. **U30 / U50 / R30 / R50**

UPRIGHT BIKES

Discover the unmatched ergonomics of the industry’s finest upright bike design. Our Dual Form Frame provides superior stability and easy step-through access, our Comfort Arc Seat maximizes comfort and support, and our Exact Force Induction Brake on the U50 offers smooth, precise resistance changes. Our upright bikes are easy to adjust and customize to meet your abilities, needs and unique fitness goals.



U50 UPRIGHT BIKE |

- Dual Form Frame significantly improves stability
- Offers a low step-through height for easy access
- Exact Force offers smooth, precise resistance changes
- Comfort Arc Seat provides unmatched comfort
- Handlebars and console position can be adjusted to fit all body types comfortably
- Easy-lift lever quickly adjusts seat to your ideal position
- Handlebars, seat and pedals can easily be replaced with your own customized components
- Includes 30 electronic resistance settings

U30 UPRIGHT BIKE |

- Dual Form Frame significantly improves stability
- Offers a low step-through height for easy access
- Comfort Arc Seat provides unmatched comfort
- Handlebars and console position can be adjusted to fit all body types comfortably
- Handlebars, seat and pedals can easily be replaced with your own customized components
- Includes 20 electronic resistance settings



RECUMBENT BIKES

Experience a versatile recumbent design that comfortably distributes weight and maximizes support. Our Dual Form Frame provides superior stability and easy step-through access, our ergonomic Comfort Arc Seat maximizes comfort and support, and our Exact Force Induction Brake on the R50 offers smooth, precise resistance changes at the touch of a button.



R50 RECUMBENT BIKE |

- Recumbent design distributes weight comfortably
- Dual Form Frame significantly improves stability
- Offers a low step-through height for easy access, plus a step-assist platform provides sure-footed stability
- Exact Force offers smooth, precise resistance changes
- Comfort Arc Seat with oversized, reclining mesh seatback provides excellent ventilation and unmatched comfort
- Includes 30 electronic resistance settings

R30 RECUMBENT BIKE |

- Recumbent design distributes weight comfortably
- Dual Form Frame significantly improves stability
- Offers a low step-through height for easy access
- Comfort Arc Seat with mesh seatback provides excellent ventilation and comfort
- Includes 20 electronic resistance settings



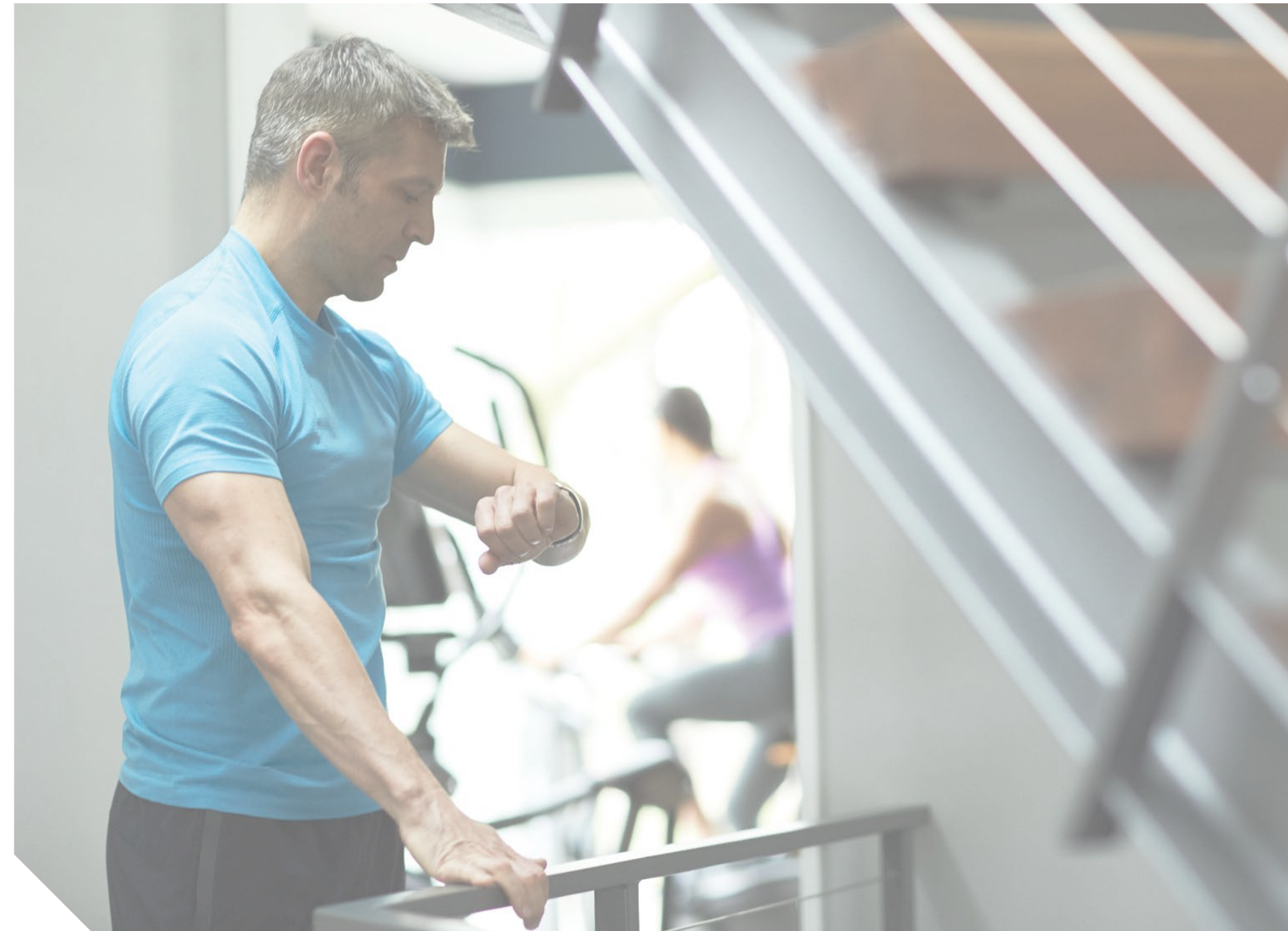
INDOOR CYCLE

Perfect for cycling enthusiasts seeking a true-to-life riding experience, our high-performance design makes the most out of every moment spent training and easily adjusts to an ideal riding position.



ES INDOOR CYCLE

- Perimeter-weighted flywheel provides smooth, consistent performance
- Micro-adjust knob offers precise resistance changes
- Seat easily adjusts to ideal riding position
- Handlebars adjust fore and aft for comfort





CONNEXUS HOME FOR STRENGTH. FOR CARDIO. FOR YOUR HOME.

Experience transformational, club-quality functional fitness with an amazingly versatile system designed to fit your space and your schedule.

MATRIX FITNESS HOME WORKOUT APP

Free app includes expert trainer advice, guided workouts, muscle recovery session, instructional videos and an exercise library.

SPACE-EFFICIENT DESIGN

The fully contained design lets you take on a full spectrum of exercises in a space just slightly larger than the footprint of a treadmill.

QUICK, EASY ASSEMBLY

Our five-piece design fits together smoothly and provides excellent stability without ever attaching it to your wall.

CXR50 FUNCTIONAL TRAINING SYSTEM

Whether you're a boot camp enthusiast or just looking to build strength to do the things you love, our functional training system can help you sculpt a lean, strong body at home. Choose Connexus Home for easy connection to a range of accessories, a variety of strength and cardio exercises, original workouts that deliver transformational results, and a sleek design that fits your space beautifully.



CONNEXUS HOME FUNCTIONAL TRAINING SYSTEM

1 / ACTIVITY BASE

Durable activity base protects your floor and includes a non-slip surface for stability during intense workouts. Progression lines help users maintain proper form and easily adjust difficulty.

2 / BASE ANCHORS

Solid base anchors offer unique attachment points for resistance bands, intensifying strength training.

3 / POWER GRID

Power grid provides a wide range of attachment points for resistance bands and other accessories.

4 / SUSPENSION ANCHOR

Suspension anchor allows for hundreds of bodyweight and gravity-based exercises.

5 / PULL-UP BAR

Pull-up bar allows for a range of bodyweight exercises.

6 / BUILT-IN STORAGE

Built-in training bar storage makes it easy to stow or access the bar for quick transitions. Suspension strap hooks keep suspension straps conveniently out of the way when not in use.

7 / FOAM ROLLER

Included foam roller relaxes sore muscles while improving mobility and range of motion.

8 / RESISTANCE BANDS

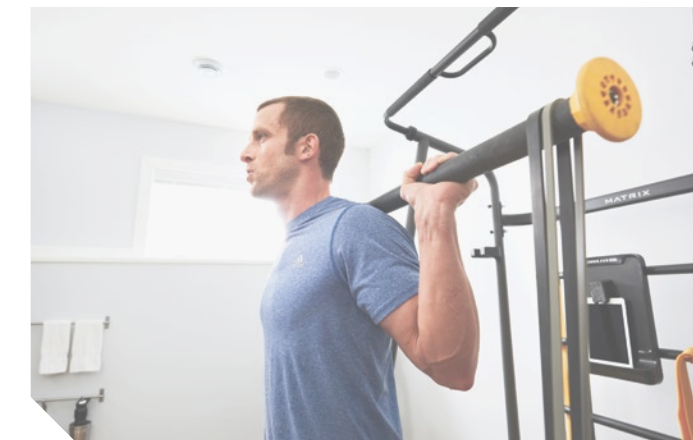
Included loop bands provide resistance in all phases of movement. Set includes two light, two medium and two heavy-resistance bands.

9 / TRAINING BAR

11-lb. training bar takes a wide range of functional movements and traditional exercises to the next level when used with resistance bands.

10 / SMART STORAGE CHALKBOARD

Magnetic chalkboard keeps your device in view and offers a convenient place to make workout notes.



**ONE FREE APP.
LIMITLESS FUNCTIONAL
FITNESS POSSIBILITIES.**

Free Matrix Fitness Home Workout app includes expert trainer advice, guided workouts, muscle recovery, instructional videos and an exercise library.



60-DAY CONNEXUS PROGRAM

Take out the guesswork and stay on track for your physical transformation.



BODY BURN WORKOUT

Burn fat at an amazing rate with our HIIT workout.



BODY STRONG WORKOUT

Sculpt a lean, toned physique while building functional strength.



BODY BLAST WORKOUT

Invigorate your body and build endurance.



BODY SCORE WORKOUT

Review progress and challenge yourself to keep going.



BODY REVIVE SESSION

Relax sore muscles with a foam rolling routine.





XIR
THE ULTIMATE IN ENTERTAINMENT



XER
INTUITIVE APP CONSOLE



XR
SIMPLY PERFECT

CONSOLE	XIR	XER	XR
FEATURES			
Display	16" Class HD touchscreen	10" Class touchscreen	8.5" Extra-wide blue LCD
WiFi Enabled	ViewFit connectivity, entertainment apps	ViewFit connectivity, entertainment apps	ViewFit connectivity
Bluetooth Enabled	Stream audio from phone, tablet, MP3 player; connect wireless headphones; connect wireless heart rate monitor	Connect wireless headphones, connect wireless heart rate monitor	No
USB Port	Software updates; charge devices (up to 1 amp); stream media via USB flash drives, most Windows and Android phones / tablets / MP3 players	Software updates; charge devices (up to 1 amp)	Internal USB port for software updates
Speakers	5 Watt	3 Watt	No
Console Apps	Simple, Track, Virtual Active, Change Workout, Weather, MyMedia, Web Browser**	Simple, Track, Virtual Active, Change Workout, Weather**	No
Virtual Active Integrated	Yes	Yes	No
ViewFit Connectivity	Yes	Yes	Yes
Heart Rate	Wireless heart rate, Polar HR strap included	Wireless heart rate, Polar HR strap included	Wireless heart rate, Polar compatible
Extras	Integrated reading rack, energy saver mode, audio-in/out	Integrated reading rack, energy saver mode, audio-in/out	Integrated reading rack, energy saver mode
Workout Programs	See following pages for programs available on each product		
Workout Feedback	See following pages for workout feedback available on each product		

*Product specifications subject to change without notice. **Product availability may vary by market. ***App availability may vary by market.

TREADMILLS			T70			TF50			TF30		
FEATURES											
Frame	Non-folding			Folding			Folding				
Running Area	56 x 152 cm / 22" x 60"			51 x 152 cm / 20" x 60"			51 x 140 cm / 20" x 55"				
Cushioning	Ultimate Deck System			Ultimate Deck System			Ultimate Deck System				
Belt	2-ply waxed, 2.2 mm			2-ply, 2.2 mm			2-ply, 1.6 mm				
Deck Thickness	25.4 mm / 1"			25.4 mm / 1"			25.4 mm / 1"				
Motor	3.0 HP continuous-duty AC drive system			3.25 HP continuous-duty DC Johnson Drive System			3.25 HP continuous duty DC Johnson Drive System				
Speed Range	0.8 – 20 km/h / 0.5 – 12.5 mph			0.8 – 20 km/h / 0.5 – 12.5 mph			0.8 – 20 km/h / 0.5 – 12.5 mph				
Incline Range	0% – 15%			0% – 15%			0% – 15%				
Extras	Water bottle pockets, device rack, soft-touch buttons, heart rate grips, aluminum side rails			Water bottle pockets, device rack, soft-touch buttons, heart rate grips, aluminum side rails, 4-wheel transport system			Water bottle pockets, device rack, heart rate grips, 4-wheel transport system				
TECH SPECS											
Dimensions (L x W x H)	201 x 91 x 156 cm / 79" x 36" x 61"			206 x 90 x 158 cm / 81" x 35" x 62"			195 x 90 x 157 cm / 77" x 35" x 62"				
Folded Dimensions (L x W x H)	N/A			106 x 90 x 192 cm / 42" x 35" x 76"			106 x 90 x 181 cm / 42" x 35" x 71"				
Product Weight	138 kg / 304 lbs.			135 kg / 298 lbs.			128 kg / 282 lbs.				
User Weight Capacity	181 kg / 400 lbs.			181 kg / 400 lbs.			159 kg / 350 lbs.				
CONSOLE OPTIONS	XIR	XER	XR	XIR	XER	XR	XIR	XER	XR		
WORKOUT PROGRAMS											
TRAINING PROGRAMS											
Manual	•	•	•	•	•	•	•	•	•		
Fat Burn											
Rolling Hills	•	•	•	•	•	•	•	•	•		
Intervals (Resistance)											
Intervals (Incline)	•	•	•	•	•	•	•	•	•		
GOALS PROGRAMS											
Time	•	•		•	•		•	•			
Distance	•	•		•	•		•	•			
Calorie	•	•		•	•		•	•			
TARGET HEART RATE PROGRAMS											
Incline	•			•			•				
Speed	•	•	•	•	•	•	•	•	•		
SPRINT 8 PROGRAM											
	•	•	•	•	•	•	•	•	•		
VIRTUAL ACTIVE PROGRAMS											
American Northeast	•	•		•	•		•	•			
Northern Rockies	•	•		•	•		•	•			
WORKOUT FEEDBACK											
Time Elapsed	•	•	•	•	•	•	•	•	•		
Time Goal	•	•		•	•		•	•			
Time Remaining	•	•	•	•	•	•	•	•	•		
Clock	•	•		•	•		•	•			
Miles / Kilometers	•	•	•	•	•	•	•	•	•		
Current Speed (MPH / KPH)	•	•	•	•	•	•	•	•	•		
Previous Speed (MPH/KPH)	•	•		•	•		•	•			
Pace	•	•	•	•	•	•	•	•	•		
Average Pace	•	•		•	•		•	•			
Heart Rate	•	•	•	•	•	•	•	•	•		
Peak Heart Rate	•	•		•	•		•	•			
Calories	•	•	•	•	•	•	•	•	•		
Calories / Hour	•	•		•	•		•	•			
Watts	•	•		•	•		•	•			
METS	•	•		•	•		•	•			
Elevation	•	•		•	•		•	•			
Incline %	•	•	•	•	•	•	•	•	•		
Previous Incline %	•	•		•	•		•	•			

*Product specifications subject to change without notice. **Product availability may vary by market.

Ascent Trainers & Ellipticals				A30			E50			E30			
Features													
Frame	Ascent Trainer			Ascent Trainer			Suspension Elliptical Trainer			Suspension Elliptical Trainer			
Stride Length	51 – 61 cm / 20" – 24"			51 – 61 cm / 20" – 24"			51 cm / 20"			51 cm / 20"			
Step-on Height	22 cm / 8.7"			22 cm / 8.7"			23 cm / 9.1"			23 cm / 9.1"			
Power Incline	24% – 54%			24% – 54%			N/A			N/A			
Flywheel	N/A			13.5 kg / 30 lbs.			N/A			10.5 kg / 23.1 lbs.			
Resistance System	Exact Force Induction Brake			ECB magnetic braking system			Exact Force Induction Brake			ECB magnetic braking system			
Resistance Levels	30 levels, electronically adjustable			20 levels, electronically adjustable			30 levels, electronically adjustable			20 levels, electronically adjustable			
Pedals	Oversized with rubber inserts			Oversized			Oversized with rubber inserts			Oversized			
Pedal Spacing	65 mm / 2.6"			65 mm / 2.6"			63.5 mm / 2.5"			63.5 mm / 2.5"			
Handlebar Type	Multi-position dual action, stationary with resistance / incline toggles and heart rate grips			Dual action, stationary with resistance / incline toggles and heart rate grips			Multi-position dual action, stationary with resistance toggles and heart rate grips			Dual action, stationary with resistance toggles and heart rate grips			
Extras	Water bottle holder, accessory tray			Water bottle holder, accessory tray			Water bottle holder, accessory tray			Water bottle holder, accessory tray			
Tech Specs													
Dimensions (L x W x H)	186 x 84 x 180 cm / 73" x 33" x 71"			186 x 73 x 164 cm / 73" x 29" x 65"			148 x 76 x 180 cm / 58" x 30" x 71" (Active Footprint 173 x 76 x 180 cm / 68" x 30" x 71")			148 x 73 x 166 cm / 58" x 29" x 65" (Active Footprint 173 x 73 x 172 cm / 68" x 29" x 68")			
Product Weight	146 kg / 322 lbs.			142 kg / 313 lbs.			133 kg / 293 lbs.			129 kg / 284 lbs.			
User Weight Capacity	159 kg / 350 lbs.			159 kg / 350 lbs.			147 kg / 325 lbs.			147 kg / 325 lbs.			
Console Options		XIR	XER	XR	XIR	XER	XR	XIR	XER	XR	XIR	XER	XR
Workout Programs													
Training Programs													
Manual	•	•	•	•	•	•	•	•	•	•	•	•	•
Fat Burn				•	•	•					•	•	•
Rolling Hills							•				•		
Intervals (Resistance)	•	•	•	•	•	•	•	•	•	•	•	•	•
Intervals (Incline)													
Constant Watts	•	•	•				•	•	•				
Glutes	•			•									
Goals Programs													
Time	•	•		•	•		•	•		•	•		
Distance	•			•	•		•	•		•	•		
Calorie	•	•		•	•		•	•		•	•		
Target Heart Rate Program													
Resistance	•	•	•	•	•	•	•	•	•	•	•	•	•
Sprint 8 Program													
	•	•	•	•	•	•	•	•	•	•	•	•	•
Virtual Active Programs													
American Northeast	•	•		•	•		•	•		•	•		
Northern Rockies	•	•		•	•		•	•		•	•		
Workout Feedback													
Time Elapsed	•	•	•	•	•	•	•	•	•	•	•	•	•
Time Goal	•			•	•		•	•		•	•		
Time Remaining	•	•	•	•	•	•	•	•	•	•	•	•	•
Clock	•	•		•	•		•	•		•	•		
Miles / Kilometers	•	•	•	•	•	•	•	•	•	•	•	•	•
RPM	•	•	•	•	•	•	•	•	•	•	•	•	•
Current Speed (MPH / KPH)	•	•		•	•		•	•		•	•		
Pace	•	•		•	•	•	•	•	•	•	•	•	•
Average Pace	•	•		•	•		•	•		•	•		
Heart Rate	•	•	•	•	•	•	•	•	•	•	•	•	•
Peak Heart Rate	•	•		•	•		•	•		•	•		
Calories	•	•	•	•	•	•	•	•	•	•	•	•	•
Calories / Hour	•	•		•	•		•	•		•	•		
Watts	•	•	•				•	•	•	•			
METS	•	•	•	•	•	•	•	•	•	•	•	•	•
Incline %	•	•	•	•	•	•							
Previous Incline %	•	•		•	•								
Resistance	•	•	•	•	•	•	•	•	•	•	•	•	•
Previous Resistance	•	•		•	•					•	•		

BIKES				U50			U30			R50			R30			ES INDOOR CYCLE	
FEATURES																	
Frame	Dual Form step-through upright			Dual Form step-through upright			Dual Form step-through recumbent			Dual Form step-through recumbent			High-tensile steel frame				
Resistance System	Exact Force Induction Brake			ECB magnetic braking system			Exact Force Induction Brake			ECB magnetic braking system			Friction brake with micro-adjust knob and emergency brake				
Resistance Levels	30 Levels, electronically adjustable			20 Levels, electronically adjustable			30 Levels, electronically adjustable			20 Levels, electronically adjustable			N/A				
Flywheel	N/A			10.5 kg / 23 lbs.			N/A			10.5 kg / 23 lbs.			21 kg / 46 lbs.				
Seat	Comfort Arc upright seat, interchangeable			Comfort Arc upright seat, interchangeable			Comfort Arc Seat with oversized reclining mesh seatback			Comfort Arc Seat with mesh seatback			Padded sport saddle				
Seat Adjustment	Up / down via easy-lift lever			Up / down via turn-and-pull knob			Fore / aft via easy-adjust lever			Fore / aft via easy-adjust lever			Stainless-steel seat post and extendable slider with scale				
Handlebars	Multi-grip handlebars with resistance toggles and heart rate grips, adjustable console height, interchangeable			Multi-grip handlebars with resistance toggles and heart rate grips, adjustable console height, interchangeable			Seat-mounted with resistance toggles and heart rate grips, front-assist handles			Seat-mounted with resistance toggles and heart rate grips, front-assist handles			Multi-position with rubberized grips				
Pedals	Self-balancing with adjustable straps, interchangeable			Self-balancing with adjustable straps, interchangeable			Self-balancing with adjustable straps			Self-balancing with adjustable straps			Alloy pedals with toe clip and strap				
Extras	Water bottle holder			Water bottle holder			Water bottle holder, step-assist platform			Water bottle holder			Water bottle holder, maintenance-free belt drive				
TECH SPECS																	
Dimensions (L x W x H)	122 x 62 x 143 cm / 48" x 24" x 56"			122 x 62 x 143 cm / 48" x 24" x 56"			183 x 64 x 136 cm / 72" x 25" x 54"			158 x 64 x 121 cm / 62" x 25" x 48"			121 x 59 x 129 cm / 48" x 23" x 51"				
Product Weight	55 kg / 122 lbs.			52 kg / 115 lbs.			78 kg / 172 lbs.			70 kg / 155 lbs.			58 kg / 127 lbs.				
User Weight Capacity	159 kg / 350 lbs.			159 kg / 350 lbs.			159 kg / 350 lbs.			159 kg / 350 lbs.			136 kg / 300 lbs.				
CONSOLE OPTIONS				XIR	XER	XR	XIR	XER	XR	XIR	XER	XR					
WORKOUT PROGRAMS																	
TRAINING PROGRAMS																	
Manual	•	•	•	•	•	•	•	•	•	•	•	•	•				
Fat Burn				•	•	•					•	•	•				
Rolling Hills	•			•			•				•						
Intervals (Resistance)	•	•	•	•	•	•	•	•	•	•	•	•	•				
Constant Watts	•	•	•				•	•	•	•							
GOALS PROGRAMS																	
Time	•	•		•	•		•	•			•	•					
Distance	•	•		•	•		•	•			•	•					
Calorie	•	•		•	•		•	•			•	•					
TARGET HEART RATE PROGRAM																	
Resistance	•	•	•	•	•	•	•	•	•	•	•	•	•				
SPRINT 8 PROGRAM																	
	•	•	•	•	•	•	•	•	•	•	•	•	•				
VIRTUAL ACTIVE PROGRAMS																	
American Northeast	•	•		•	•		•	•			•	•					
Northern Rockies	•	•		•	•		•	•			•	•					
WORKOUT FEEDBACK																	
Time Elapsed	•	•	•	•	•	•	•	•	•	•	•	•	•				
Time Goal	•	•		•	•		•	•			•	•					
Time Remaining	•	•	•	•	•	•	•	•	•	•	•	•	•				
Clock	•	•		•	•		•	•			•	•					
Miles / Kilometers	•	•	•	•	•	•	•	•	•	•	•	•	•				
RPM	•	•	•	•	•	•	•	•	•	•	•	•	•				
Current Speed (MPH / KPH)	•	•	•	•	•	•	•	•	•	•	•	•	•				
Pace	•	•		•	•	•	•	•	•		•	•	•				
Average Pace	•	•		•	•		•	•			•	•					
Heart Rate	•	•	•	•	•	•	•	•	•	•	•	•	•				
Peak Heart Rate	•	•		•	•		•	•			•	•					
Calories	•	•	•	•	•	•	•	•	•	•	•	•	•				
Calories / Hour	•	•		•	•		•	•			•	•					
Watts	•	•	•				•	•	•	•							
METS	•	•	•	•	•	•	•	•	•	•	•	•	•				
Resistance	•	•	•			•		•	•	•		•	•				
Last Resistance	•	•		•	•			•	•			•	•				

*Product specifications subject to change without notice. **Product availability may vary by market.

CLIMBMILL		C50		
FEATURES				
Frame	ClimbMill			
Resistance System	Exact Force Induction Brake			
Resistance Levels	25 levels, electronic			
Steps Per Minute	24-137 SPM			
Step-On Height	26.7 cm / 10.5"			
Step Height	14.3 cm / 5.6"			
Step Depth	23 cm / 9"			
Step Width	40.2 cm / 15.8"			
Extras	Control Zone, water bottle holder, stationary handles with heart rate grips and in-reach controls			
TECH SPECS				
Dimensions (L x W x H)	135 x 72 x 190 cm / 53" x 28" x 75"			
Product Weight	134.5 kg / 296 lbs.			
User Weight Range	Minimum: 45 kg / 99 lbs. Maximum: 136 kg / 300 lbs.			
CONSOLE OPTIONS	XIR	XER	XR	
WORKOUT PROGRAMS				
TRAINING PROGRAMS				
Manual	•	•	•	
Fat Burn	•	•	•	
Rolling Hills	•			
Intervals (Resistance)	•	•	•	
GOALS PROGRAMS				
Time	•	•		
Floors	•	•		
Calorie	•	•		
TARGET HEART RATE PROGRAMS				
Resistance	•	•	•	
SPRINT 8 PROGRAM				
LANDMARKS PROGRAM				
	•	•	•	
VIRTUAL ACTIVE PROGRAMS				
American Northeast	•	•		
Northern Rockies	•	•		
WORKOUT FEEDBACK				
Time Elapsed	•	•	•	
Time Goal	•	•		
Time Remaining	•	•	•	
Clock	•	•		
Heart Rate	•	•	•	
Peak Heart Rate	•	•		
Calories	•	•	•	
Calories / Hour	•	•		
Watts	•	•	•	
METS	•	•	•	
SPM	•	•	•	
Average SPM	•	•		
Total Steps	•	•	•	
Total Floors	•	•	•	
Resistance	•	•	•	
Previous Resistance	•	•		

CONNEXUS HOME		CXR50	
FEATURES			
Included Accessories	5 kg / 11-lb. Training Bar, 6 Resistance Bands (2 light, 2 medium, 2 heavy), Foam Roller, Smart Storage Chalkboard, Training Guide, Free Matrix Fitness Home Workout App		
Dimensions (L x W x H)	225 x 114 x 216 cm / 90" x 45" x 85"		
Product Weight	139 kg / 306.5 lbs.		
User Weight Capacity	159 kg / 350 lbs.		





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