

A woman with long blonde hair tied back, wearing a teal tank top, is running on a treadmill. She is looking down and to the left with a focused expression. The background is a bright room with large windows, creating a soft, natural light. The treadmill's control panel is visible in the bottom left corner.

**MATRIX**

BRING IT HOME



# CONTENTS

---

Matrix® for the Home	5
Exclusive Technologies	6
Console Overview	8
Console Programs & Features	10
Treadmills	13
Ascent Trainers & Ellipticals	19
Bikes	25
Specifications	32



## MATRIX® FOR THE HOME

---

Matrix® Fitness — the world's fastest-growing commercial fitness brand — is now available for your home. We developed our new 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 from 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.



### ViaFit™ Integrated Fitness Tracking

Our integrated ViaFit™ 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.



### Passport™ Compatibility

Passport™ compatibility makes it easy to experience the global HD destination footage of our immersive Virtual Active program on your big screen.



### 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.

To learn more, visit [matrixfitness.com/home/inspired-solutions](https://matrixfitness.com/home/inspired-solutions).

## 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 treadmill, Ascent Trainer®, elliptical or exercise bike for your unique needs and goals.



### XIR CONSOLE

*THE ULTIMATE IN ENTERTAINMENT*

Our XIR console features premium hardware and software including a 16" 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 10" 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 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 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.

### ViaFit™ Integrated Fitness Tracking

Our integrated ViaFit™ 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**

### Passport™ Compatibility

Passport™ compatibility makes it easy to experience the global HD destination footage of our immersive Virtual Active program on your big screen. **XIR / XER / XR**

### 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. **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 Facebook, Twitter and Weather apps 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, movies and browse the web while you work out. Our XIR and XER consoles come complete with Netflix, Hulu, YouTube 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 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. **T50 / T70 / TF30 / TF50**



### 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. **T50 / 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 TREADMILLS

Our welded steel frames provide superior stability for users and workouts of all kinds. Both include our Ultimate Deck™ System for miles of durable performance. Choose a T50 treadmill with our exclusive Johnson Drive™ System for unmatched consistency and smoothness, or choose a T70 treadmill with a maintenance-free 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.

### Maintenance-free Belt

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

### T70 TREADMILL |

- Heavy-duty welded steel frame offers unmatched stability
- Ultimate Deck System provides years of durable performance
- Maintenance-free waxed belt never requires 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



### T50 TREADMILL |

- Welded steel frame offers excellent stability
- Ultimate Deck System provides years of durable performance
- Johnson Drive System syncs with each footfall
- Low step-on height offers easy accessibility
- Generous 51 x 152 cm / 20" x 60" running surface
- 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 Trainer® and elliptical machines 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 design 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





## 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



**XIR**  
THE ULTIMATE IN ENTERTAINMENT



**XER**  
INTUITIVE APP CONSOLE



**XR**  
SIMPLY PERFECT

CONSOLE	XIR	XER	XR
<b>FEATURES</b>			
Display	16" Class HD touchscreen	10" Class touchscreen	8.5" Extra-wide blue LCD
WiFi Enabled	Software updates, ViaFit connectivity, entertainment apps	Software updates, ViaFit connectivity, entertainment apps	Software updates, ViaFit 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, My Media, Web Browser (other apps vary by market)	Simple, Track, Virtual Active, Change Workout, Weather (other apps vary by market)	No
Virtual Active™ Integrated	Yes	Yes	No
Passport™ Ready	Yes	Yes	Yes
ViaFit™ 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		
Home Warranty	5 years parts, 2 years labor	5 years parts, 2 years labor	5 years parts, 2 years labor

\*Product specifications subject to change without notice.

TREADMILLS	T70	T50	TF50	TF30								
<b>FEATURES</b>												
Frame	Non-folding	Non-folding	Folding	Folding								
Running Area	56 x 152 cm / 22" x 60"	51 x 152 cm / 20" 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	Ultimate Deck System								
Belt	2-ply maintenance-free waxed, 2.2 mm	2-ply, 2.2 mm	2-ply, 1.6 mm	2-ply, 1.6 mm								
Deck Thickness	25.4 mm / 1"	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	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	0.8 – 20 km/h / 0.5 – 12.5 mph								
Incline Range	0% – 15%	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	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								
<b>TECH SPECS</b>												
Dimensions (L x W x H)	201 x 92 x 153 cm / 79.1" x 36" x 60.2"	197 x 92 x 154 cm / 77.4" x 36" x 60.6"	207 x 91 x 158 cm / 81.3" x 35.8" x 62"	195 x 91 x 158 cm / 76.6" x 35.8" x 62"								
Folded Dimensions (L x W x H)	N/A	N/A	104.5 x 91 x 194.5 cm / 41.1" x 35.8" x 76.6"	104.5 x 91 x 182.5 cm / 41.1" x 35.8" x 71.9"								
Product Weight	138 kg / 304 lbs.	120 kg / 265 lbs.	135 kg / 298 lbs.	128 kg / 282 lbs.								
User Weight Capacity	181 kg / 400 lbs.	181 kg / 400 lbs.	181 kg / 400 lbs.	159 kg / 350 lbs.								
Home Warranty	Lifetime frame, 7 years parts, 2 years labor		Lifetime frame, 7 years parts, 2 years labor									
<b>CONSOLE OPTIONS</b>	<b>XIR</b>	<b>XER</b>	<b>XR</b>	<b>XIR</b>	<b>XER</b>	<b>XR</b>	<b>XIR</b>	<b>XER</b>	<b>XR</b>	<b>XIR</b>	<b>XER</b>	<b>XR</b>
<b>WORKOUT PROGRAMS</b>												
<b>TRAINING PROGRAMS</b>												
Manual	•	•	•	•	•	•	•	•	•	•	•	•
Fat Burn												
Rolling Hills	•	•	•	•	•	•	•	•	•	•	•	•
Intervals (Resistance)												
Intervals (Incline)	•	•	•	•	•	•	•	•	•	•	•	•
<b>GOALS PROGRAMS</b>												
Time	•	•	•	•	•	•	•	•	•	•	•	•
Distance	•	•	•	•	•	•	•	•	•	•	•	•
Calorie	•	•	•	•	•	•	•	•	•	•	•	•
<b>TARGET HEART RATE PROGRAMS</b>												
Incline	•	•	•	•	•	•	•	•	•	•	•	•
Speed	•	•	•	•	•	•	•	•	•	•	•	•
<b>SPRINT 8° PROGRAM</b>	•	•	•	•	•	•	•	•	•	•	•	•
<b>VIRTUAL ACTIVE™ PROGRAMS</b>												
American Northeast	•	•	•	•	•	•	•	•	•	•	•	•
Northern Rockies	•	•	•	•	•	•	•	•	•	•	•	•
<b>WORKOUT FEEDBACK</b>												
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.

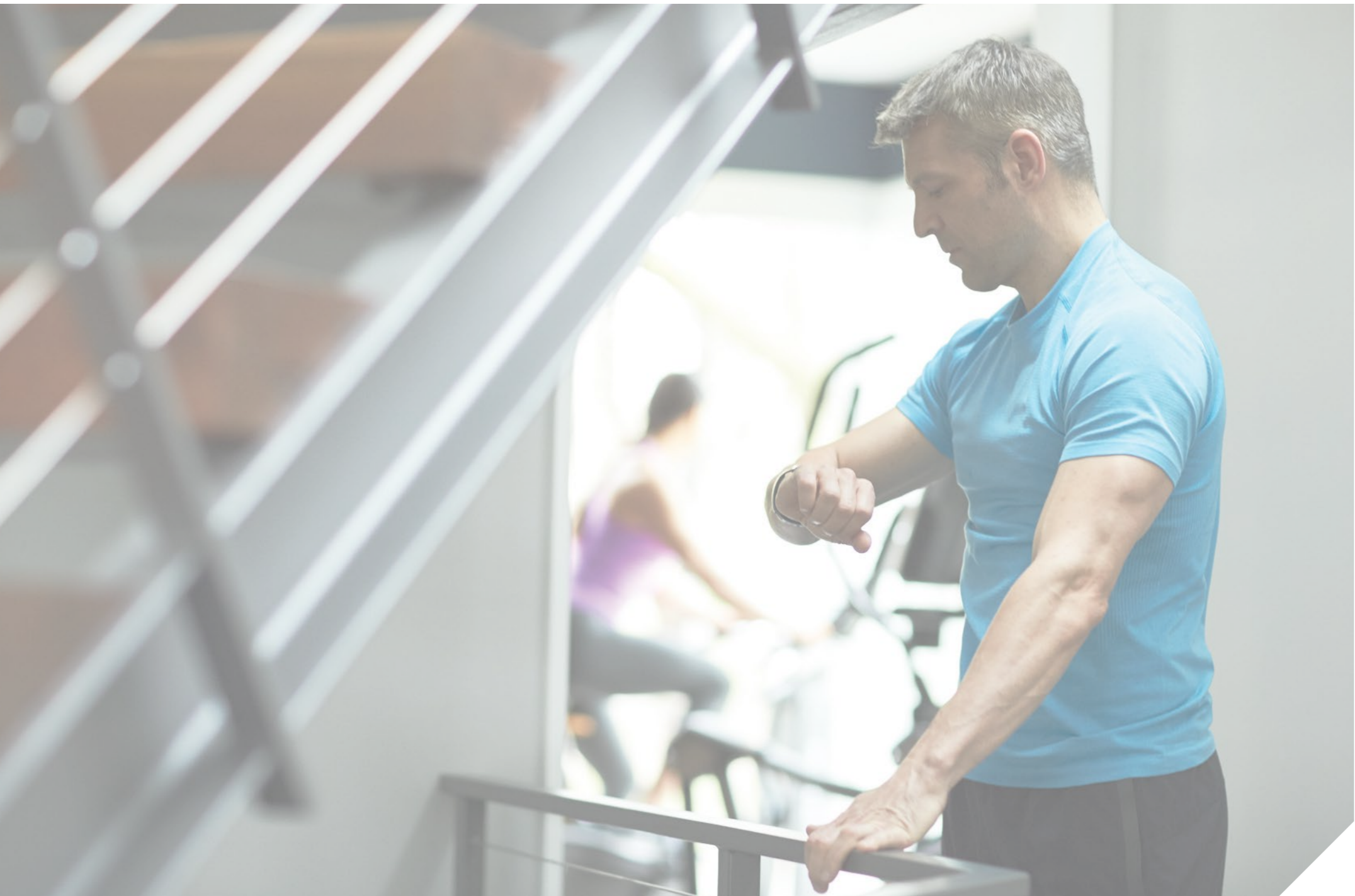


ASCENT TRAINERS & ELLIPTICALS				A50			A30			E50			E30		
FEATURES															
Frame	Ascent Trainer®			Ascent Trainer			Suspension Elliptical Trainer			Suspension Elliptical Trainer					
Stride Length	51 - 61 cm / 20" - 24"			51 - 61 cm / 20" - 24"			51 cm / 20"			51 cm / 20"					
Step-on Height	22 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)	190 x 75 x 165 cm / 74.8" x 29.5" x 65"			190 x 75 x 165 cm / 74.8" x 29.5" x 65"			146 x 74 x 172 cm / 57.5 x 29.5 x 67.8" (Active Footprint 175 x 74 x 172 cm / 68.9" x 29.5" x 67.8")			146 x 74 x 172 cm / 57.5 x 29.5 x 67.8" (Active Footprint 175 x 74 x 172 cm / 68.9" x 29.5" x 67.8")					
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.					
Home Warranty	Lifetime frame, 7 years parts, 2 years labor			Lifetime frame, 5 years parts, 2 years labor			Lifetime frame, 7 years parts, 2 years labor			Lifetime frame, 5 years parts, 2 years labor					
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	•	•		•	•		•	•		•	•				

\*Product specifications subject to change without notice.

BIKES												
U50			U30			R50			R30			
FEATURES												
Frame	Dual Form™ step-through upright			Dual Form step-through upright			Dual Form step-through recumbent			Dual Form step-through recumbent		
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		
Flywheel	N/A			10.5 kg / 23 lbs.			N/A			10.5 kg / 23 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		
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		
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		
Pedals	Self-balancing with adjustable straps, interchangeable			Self-balancing with adjustable straps, interchangeable			Self-balancing with adjustable straps			Self-balancing with adjustable straps		
Extras	Water bottle holder			Water bottle holder			Water bottle holder, step-assist platform			Water bottle holder		
TECH SPECS												
Dimensions (L x W x H)	109 x 64 x 120 cm / 43" x 25.2" x 47.2"			109 x 64 x 120 cm / 43" x 25.2" x 47.2"			160 x 65 x 123 cm / 63" x 25.6" x 48.4"			160 x 65 x 123 cm / 63" x 25.6" x 48.4"		
Product Weight	55 kg / 122 lbs.			52 kg / 115 lbs.			78 kg / 172 lbs.			70 kg / 155 lbs.		
User Weight Capacity	159 kg / 350 lbs.			159 kg / 350 lbs.			159 kg / 350 lbs.			159 kg / 350 lbs.		
Home Warranty	Lifetime frame, 7 years parts, 2 years labor			Lifetime frame, 5 years parts, 2 years labor			Lifetime frame, 7 years parts, 2 years labor			Lifetime frame, 5 years parts, 2 years labor		
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)	•	•	•	•	•	•	•	•	•	•	•	•
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.



**Matrix Fitness**

1600 Landmark Drive  
Cottage Grove, WI 53527 USA

[matrixfitness.com](http://matrixfitness.com)

**MATRIX**

© 2016 Matrix Fitness. All Rights Reserved.