





IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

When using Matrix exercise equipment, basic precautions should always be followed, including the following: Read all instructions before using this equipment. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of all warnings and precautions.

This equipment is for indoor use only. This training equipment is a Class SA (UBCP model) or Class SB (UBCM model) product designed for use in a commercial environment such as a fitness facility.

This equipment is for use only in a climate-controlled room. If your exercise equipment has been exposed to colder temperatures or high moisture climates, it is strongly recommended that this equipment is warmed up to room temperature prior to use.

DANGER!

TO REDUCE THE RISK OF ELECTRICAL SHOCK:

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

WARNING!

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

- Use this equipment only for its intended use as described the equipment's Owner's Manual.
- At NO time should children under the age of 14 use the equipment.
- At NO time should pets or children under the age of 14 be closer to the equipment than 10 feet / 3 meters.
- This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they are supervised or have been given instruction concerning use of the equipment by a person responsible for their safety.
- Always wear athletic shoes while using this equipment. NEVER operate the exercise equipment with bare feet.
- Do not wear any clothing that might catch on any moving parts of this equipment.
- Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death.
- Incorrect or excessive exercise may result in serious injury or death. 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.
- Do not jump on the equipment.
- At no time should more than one person be on the equipment.
- Set up and operate this equipment on a solid level surface.
- Never operate the equipment if it is not working properly or if it has been damaged.
- To avoid injury, do not expose any body parts (for example, fingers, hands, arms or feet) to the drive mechanism or other potentially moving parts of the equipment.
- This product is double-insulated and is not required to be grounded at the socket.
- This equipment should never be left unattended when plugged in. When not in use, and prior to servicing, cleaning, or moving equipment, turn off power, then unplug from outlet.*
- Do not use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Customer Technical Support or an authorized dealer.
- Never operate this equipment if it has been dropped, damaged, or is not working properly, has a

damaged cord or plug*, is located in a damp or wet environment, or has been immersed in water.

- Keep power cord away from heated surfaces. Do not pull on this power cord or apply any mechanical loads to this cord.
- Do not remove any protective covers unless instructed by Customer Technical Support. Service should only be done by an authorized service technician.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- This equipment should not be used by persons weighing more than the specified maximum weight capacity as listed in the equipment Owner's Manual. Failure to comply will void the warranty.
- This equipment must be used in an environment that is both temperature and humidity controlled. Do not use this equipment in locations such as, but not limited to: outdoors, garages, car ports, porches, bathrooms, or located near a swimming pool, hot tub, or steam room. Failure to comply will void the warranty.
- Contact Customer Technical Support or an authorized dealer for examination, repair and/or service.
- Never operate this exercise equipment with the air opening blocked. Keep the air opening and internal components clean, free of lint, hair, and the like.
- Do not modify this exercise device or use unapproved attachments or accessories. Modifications to this equipment or use of unapproved attachments or accessories will void your warranty and may cause injury.
- To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- Use the stationary training equipment in a supervised environment.
- Individual human power to perform exercise may be different than the mechanical power displayed.
- When exercising, always maintain a comfortable and controlled pace.
- Ensure that adjustment levers are properly secured and do not interfere with range of motion during exercise.
- This equipment has independent crank arms (or dependent crank arms if locked) that will stop moving once the user stops pedaling the hand pedals; however, the flywheel will continue to rotate.
- Always regulate the flywheel resistance so that your upper body movements are controlled.
- Keep your grip light while rotating the handles and keep your elbows in a neutral position.
- Do not operate this cycle with 2 people, equipment is designed for individual use.
- Stay clear of moving parts and place both hands on the crank handles while exercising.

* When applicable.



ASSEMBLY

UNPACKING

Unpack the equipment where you will be using it. Place the carton on a level flat surface. It is recommended that you place a protective covering on your floor. Never open box when it is on its side.

IMPORTANT NOTES

During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded.

Several parts have been pre-lubricated to aid in assembly and usage. Please do not wipe this off. If you have difficulty, a light application of lithium grease is recommended.

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 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.

NEED HELP?

If you have questions or if there are any missing parts, contact Customer Tech Support.

FCC RF Radiation Exposure Statement:

1. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
2. This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 centimeters between the radiator and your body.

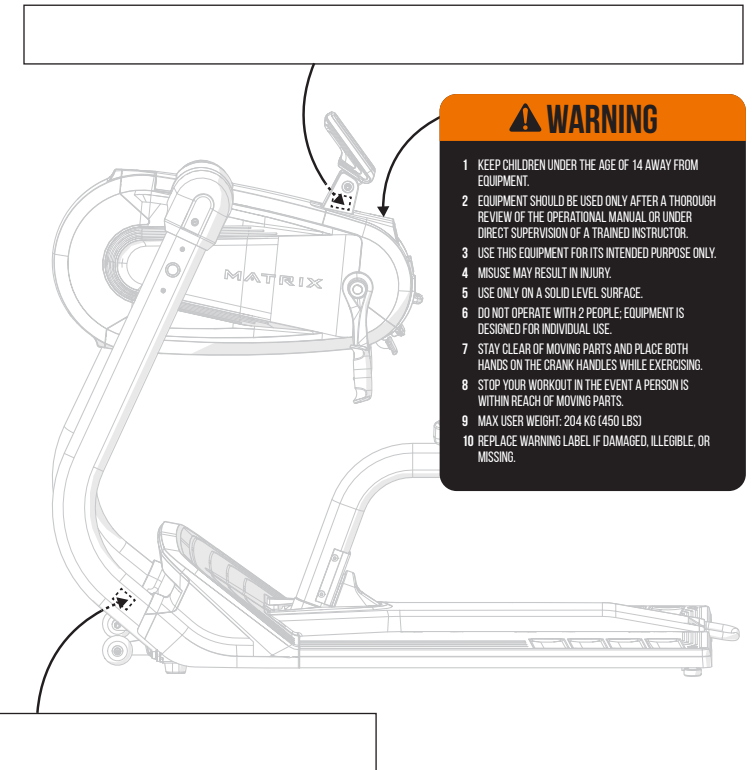
TOOLS REQUIRED:

- ☐ 6 mm Allen Wrench
- ☐ Phillips Screwdriver

PARTS INCLUDED:

- ☐ 1 Base Frame
- ☐ 1 Seat Assembly
- ☐ 1 Seat Assembly Bracket
- ☐ 2 Console Masts
- ☐ 1 Water Bottle Holder
- ☐ 1 Crank Drive Set
- ☐ 2 Console Mast Covers
- ☐ 1 Console
- ☐ 1 Power Cord
- ☐ 1 Hardware Kit

CONSOLE SERIAL NUMBER



WARNING

- 1 KEEP CHILDREN UNDER THE AGE OF 14 AWAY FROM EQUIPMENT.
- 2 EQUIPMENT SHOULD BE USED ONLY AFTER A THOROUGH REVIEW OF THE OPERATIONAL MANUAL OR UNDER DIRECT SUPERVISION OF A TRAINED INSTRUCTOR.
- 3 USE THIS EQUIPMENT FOR ITS INTENDED PURPOSE ONLY.
- 4 MISUSE MAY RESULT IN INJURY.
- 5 USE ONLY ON A SOLID LEVEL SURFACE.
- 6 DO NOT OPERATE WITH 2 PEOPLE. EQUIPMENT IS DESIGNED FOR INDIVIDUAL USE.
- 7 STAY CLEAR OF MOVING PARTS AND PLACE BOTH HANDS ON THE CRANK HANDLES WHILE EXERCISING.
- 8 STOP YOUR WORKOUT IN THE EVENT A PERSON IS WITHIN REACH OF MOVING PARTS.
- 9 MAX USER WEIGHT: 204 KG (450 LBS)
- 10 REPLACE WARNING LABEL IF DAMAGED, ILLEGIBLE, OR MISSING.

SERIAL NUMBER

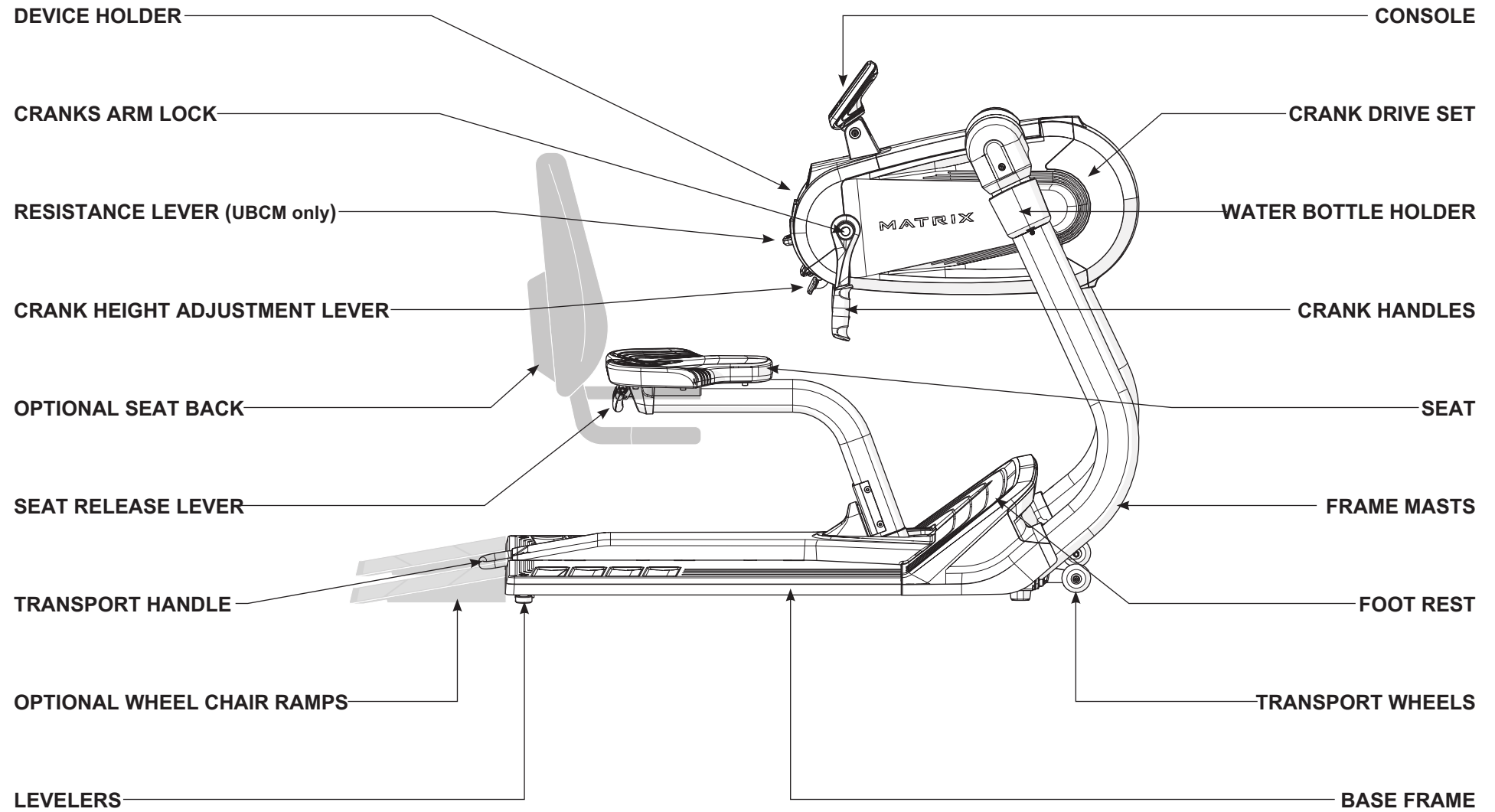
MODEL

- ☐ UBCM
 - ☐ UBCP
- MATRIX UPPER BODY CYCLE**

* Use the information above when calling for service.



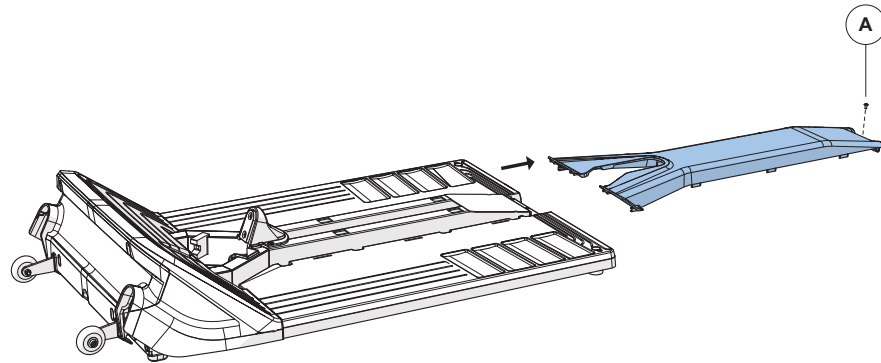
ASSEMBLY



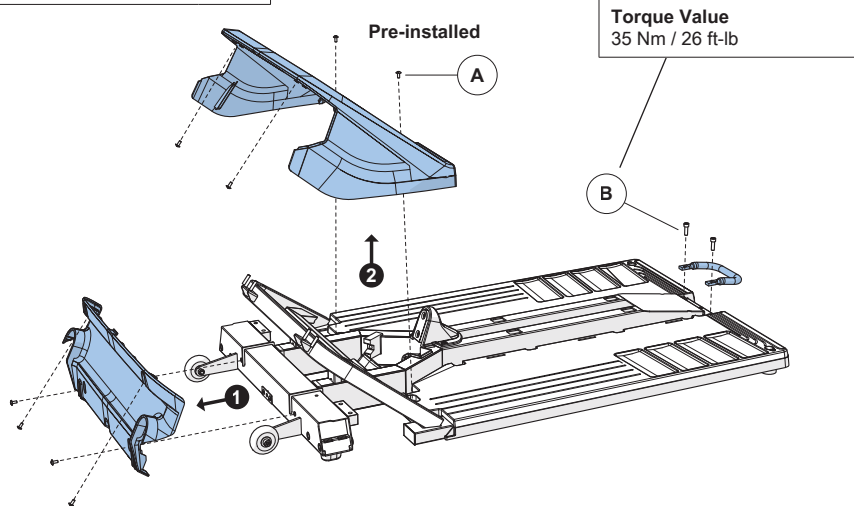


ASSEMBLY

1	Pre-installed	Qty
A	Screw (M5x12L)	1

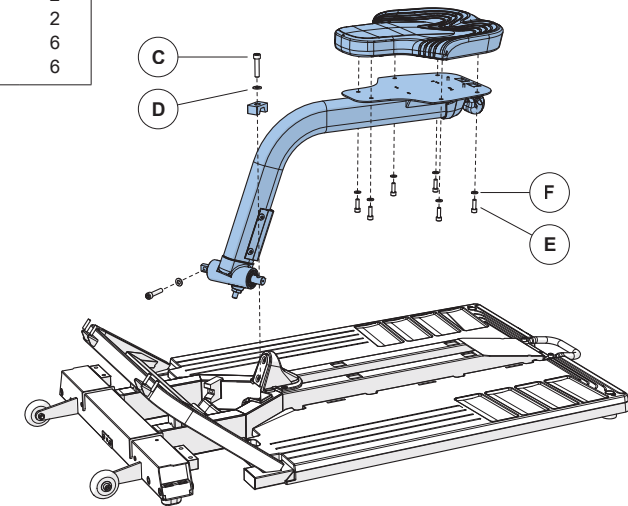


2	Hardware	Qty
A	Screw (M5x12L)	8
B	Bolt (M8x25L)	2



3	Hardware	Qty
C	Bolt (M10x45L)	2
D	Flat Washer (M10)	2
E	Bolt (M8x20L)	6
F	Flat Washer (M8)	6

Torque Value
C - 80 Nm / 58 ft-lb
E - 10 Nm / 7.5 ft-lb

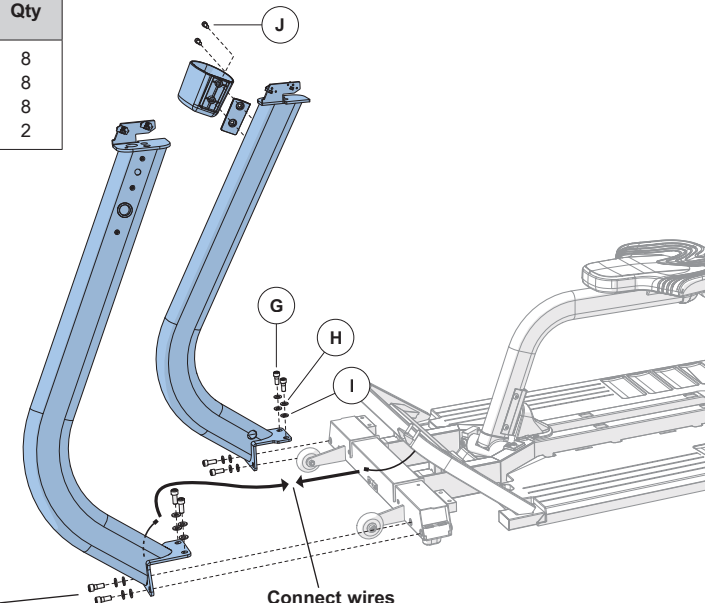


4	Hardware	Qty
G	Bolt (M10x25L)	8
H	Spring Washer (M10)	8
I	Flat Washer (M10)	8
J	Bolt (M8x20L)	2

Insert all bolts (G)

Do not tighten until step 6

Connect wires

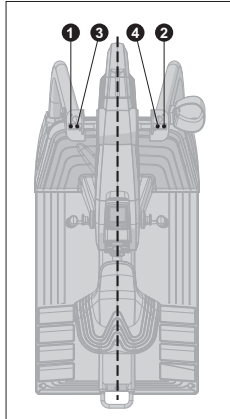




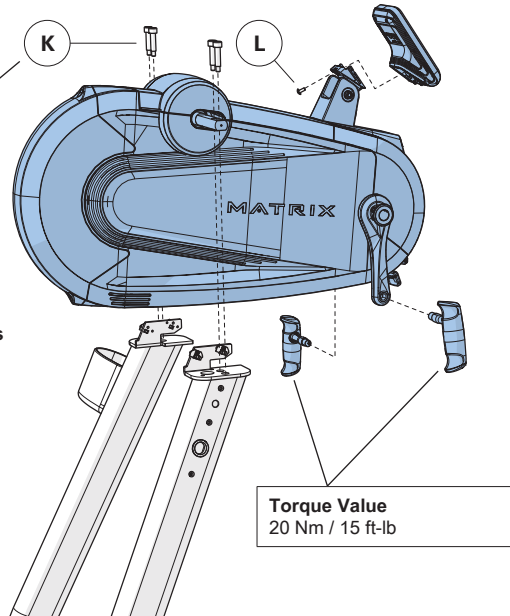
ASSEMBLY

5	Hardware	Qty
K	Bolt (M10x45L)	4
L	Screw (M4x20L)	1

Torque Value
K - 80 Nm / 58 ft-lb



Insert **Bolts (K)**. Align **Transmission Set** to center, then torque **Bolts (K)** in sequence (1 – 4)



Torque Value
20 Nm / 15 ft-lb

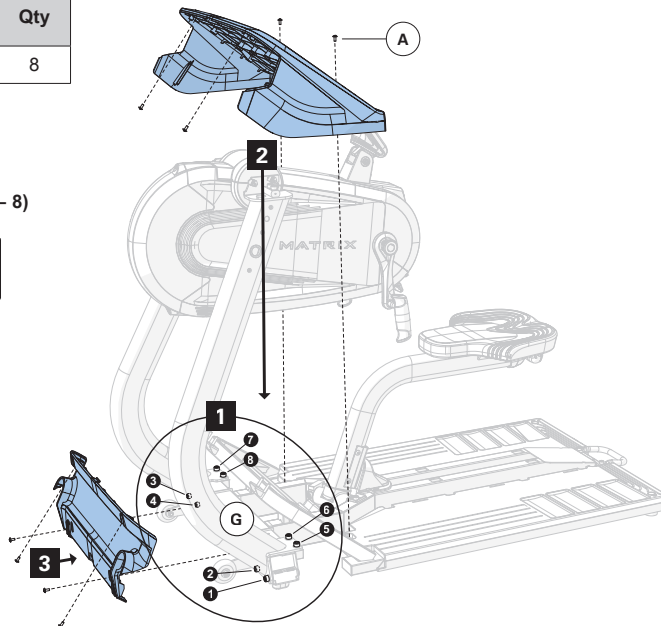
6	Pre-installed	Qty
A	Screw (M5x12L)	8

- 1 Tighten bolts from step 4 (G)
Tighten bolts in sequence (1 – 8)

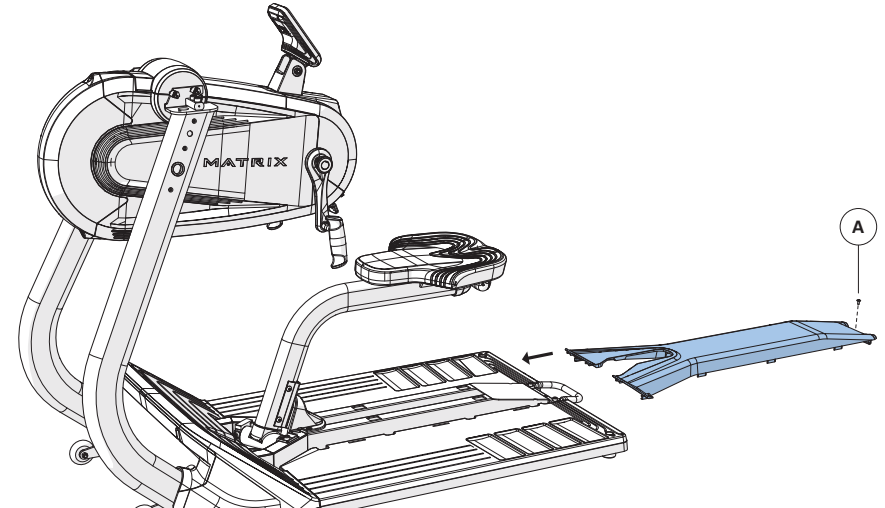
Torque Value
G - 80 Nm / 58 ft-lb

- 2 Attach top cover

- 3 Attach front cover



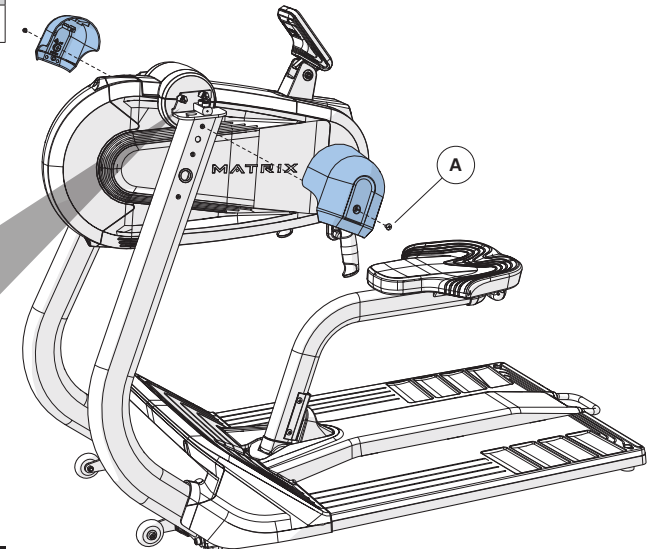
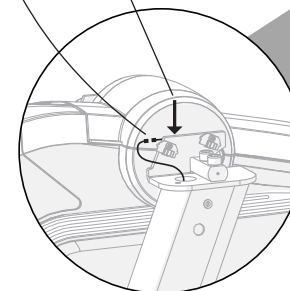
7	Pre-installed	Qty
A	Screw (M5x12L)	1



8	Hardware	Qty
A	Screw (M5x12L)	2

Connect wires

Secure wire with cable tie at white tape mark



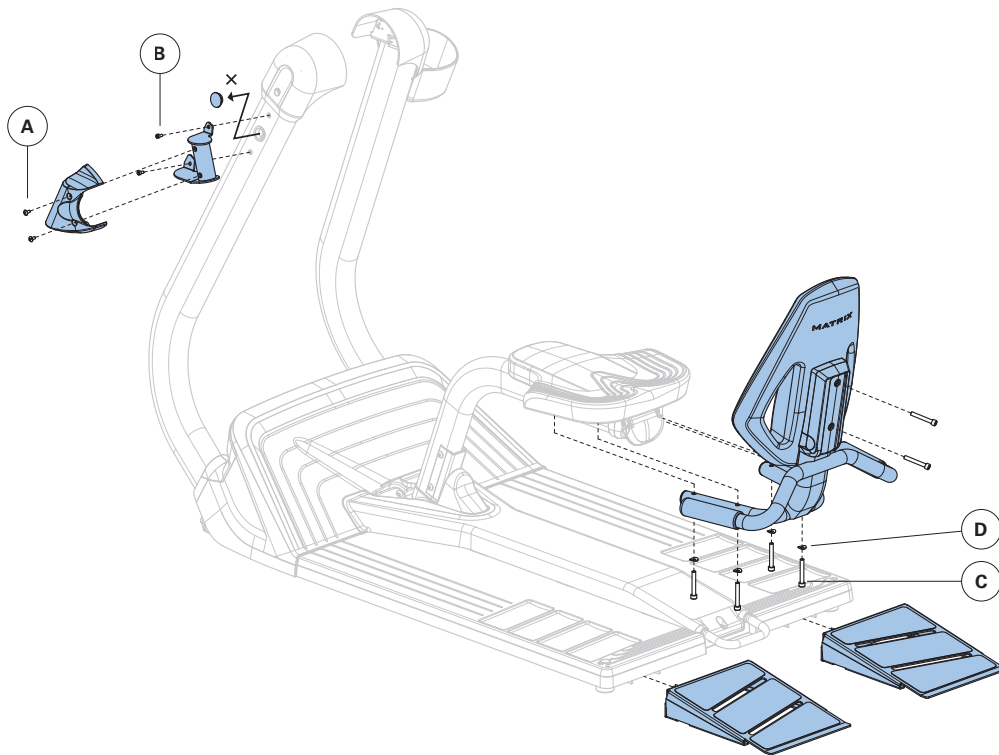
ASSEMBLY COMPLETE



OPTIONAL

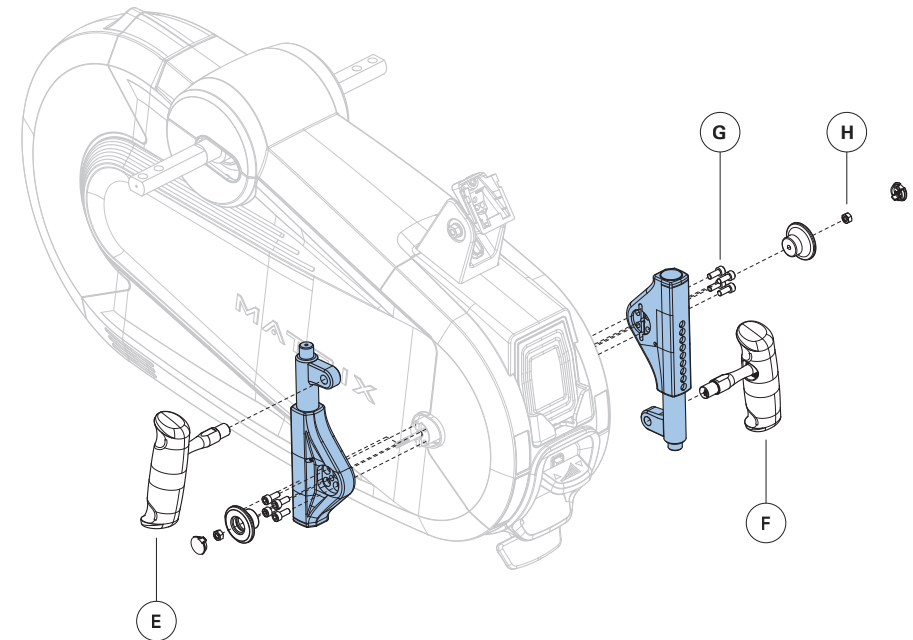
Hardware	Qty
A Screw (M5x12L)	2
B Screw (M5x10L)	2
C Bolt (M8x55L)	6
D Arc Washer (M8)	4

Torque Value
C - 25 Nm / 18 ft-lb



Hardware	Qty
E Left Handle	1
F Right Handle	1
G Screw (M6x10L)	8
H Nut (M6)	2

Torque Value
E/F - 20 Nm / 15 ft-lb
G - 17 Nm / 12.5 ft-lb





UBCM CONSOLE OPERATION

BACK-LIT LCD

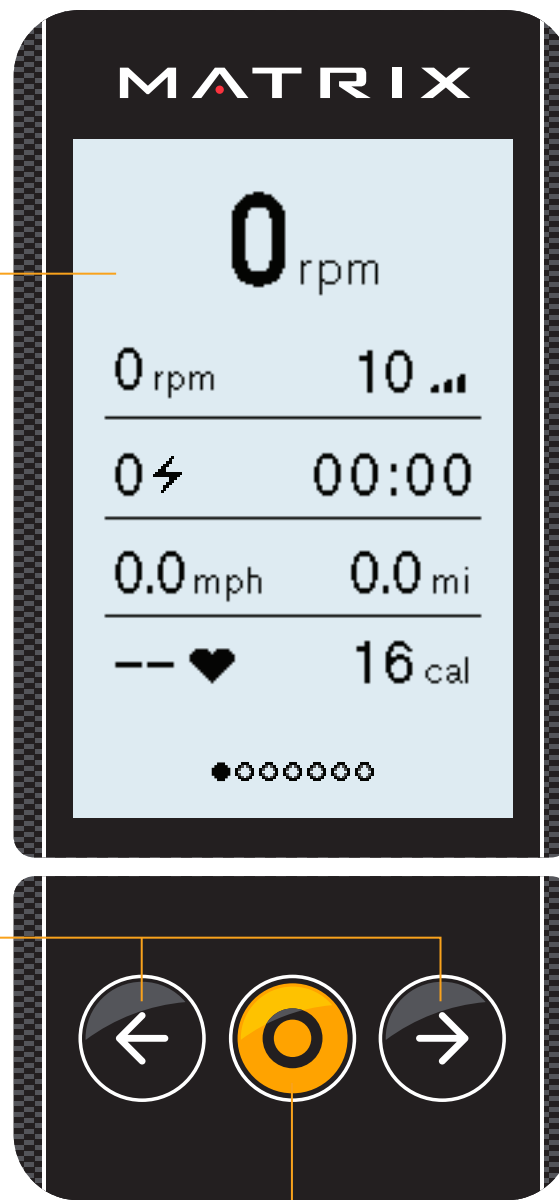
Displays:

- Time
- RPM
- Power*
- Resistance Level
- MPH/KPH
- Distance
- Heart Rate (when heart rate strap is worn)
- Calories
- METs

* This Class B training equipment is not suitable for high accuracy purposes

NAVIGATION ARROWS

CONFIRMATION KEY



CONSOLE INFORMATION

Console turns on when pedals are moved.

Press to change the large metric at the top from RPMs to Watts, to HR, to a lap feature.

LAP/INTERVAL - when on the lap screen, press to start the first interval. Lap number, time and distance covered will be displayed.

Press to stop the interval. To start the next lap, press again, etc. At the end of the workout, lap times/distances will be displayed.

SUMMARY SCREENS – after the workout is complete, an average summary of RPM, Power, MPH, HR, etc. will be displayed. Press to advance to the max summary screen for RPM, Power, MPH, HR, etc. Press again to advance to the Lap summary screen.

MANAGER MODE

To enter manager mode, press simultaneously for 3-5 seconds, to exit manager mode, press and hold for 3-5 seconds.

- **WORKOUT** – set desired pause time and inactivity time
- **USER** – select weight
- **UNIT** – set console to display metric or imperial units
- **SOFTWARE** – version and updates
- **FRAME LIFE** – accumulated distance and time
- **MACHINE** – Type, Serial Number, out of order
- **LCD** – adjust backlight brightness and contrast settings
- **SHUTDOWN TIME** – When in the workout summary, if there is no RPM, this is the amount of time before the console shuts off
- **PAIR HR** – disable / enable for ANT+/BLE HR pairing screen
- **ANT+** - enable or disable the broadcast function and set broadcast ID
- **BLE FTMS** – enables the pairing of the console with 3rd party smartphone apps that use this protocol to enhance training



UBCM CONSOLE OPERATION

USING THE HEART RATE FUNCTION

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

When used in conjunction with a **wireless chest transmitter** (sold separately), your heart rate can be transmitted wirelessly to the unit and displayed on the console. Compatible with Bluetooth, ANT+ and Polar 5kHz heart rate devices.

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.

This Class B training equipment is not suitable for high accuracy purposes

BATTERY

When the battery is low, a low battery icon will be displayed in the upper right hand corner of the screen.

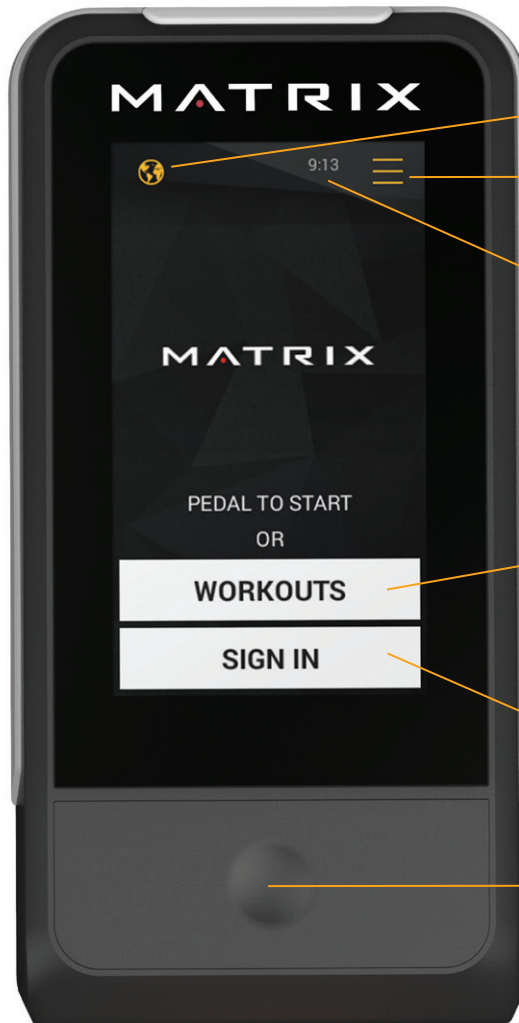
The user will be prompted to pedal to charge (minimum 45 RPM). The battery icon will disappear when sufficiently charged.

If the battery needs to be replaced, the console will display this message when necessary.

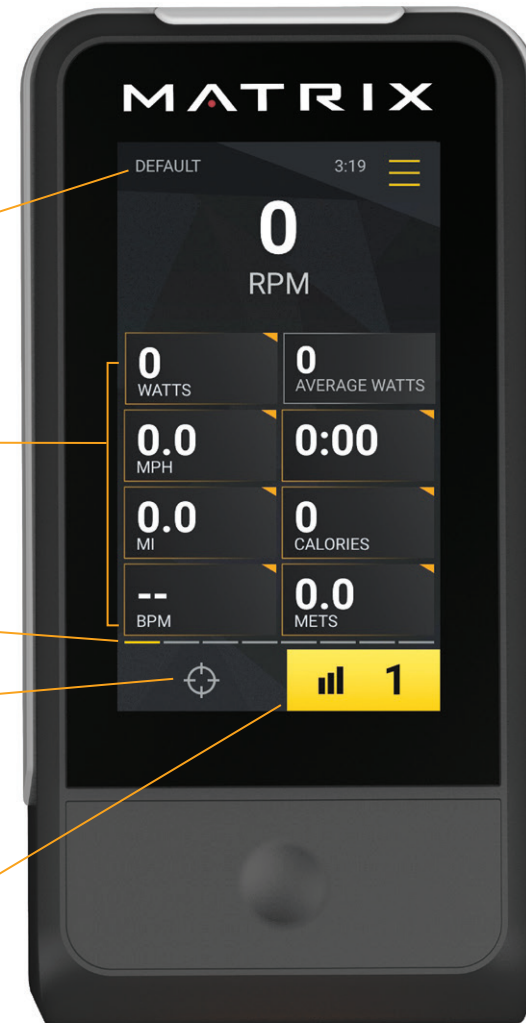


UBCP CONSOLE OPERATION

HOME SCREEN



RUN SCREEN (RPM)



B

D

G

C

H

E

I

J

F

A

K



UBCP CONSOLE OPERATION

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

A) POWER BUTTON: Press to wake display/power on.

B) LANGUAGE SELECTION

C) CLOCK

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

E) WORKOUTS: Touch to access a variety of target training options or preset workouts.

F) SIGN IN: Touch to sign in using your XID (WiFi is an optional add-on feature).

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

H) FEEDBACK WINDOWS: Displays Time, RPM, Watts, Average Watts, Speed, Heart Rate (BPM), Level, Pace, Distance, Calories or METs. Feedback varies based on current screen.

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

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

K) RESISTANCE: Touch to change resistance level.

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

HOME SCREEN

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

SIGN IN

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

(••) Consoles equipped with RFID will support logging in with RFID tag. To log in, touch your RFID tag to the right side surface of the console.

REGISTER A NEW USER

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

WORKOUT SETUP

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

CHANGE WORKOUT

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

SUMMARY SCREENS

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

COOL DOWN

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



UBCP CONSOLE OPERATION

TARGET TRAINING WORKOUT

- 1) Start pedaling until the default screen appears.
- 2) Either swipe right or tap the metric box with an orange triangle to take you directly to the desired screen.
- 3) Once on your desired screen, tap the large metric or the target icon to set your training goal and then touch ✓. The LED lights now become associated to that target.

LED LIGHTS

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

MANAGER MODE

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

POWER ACCURACY

This bike displays power on the console. The power accuracy of this model has been tested using the test method of ISO 20957-5:2016 to ensure a power accuracy within a tolerance of $\pm 10\%$ for input power ≥ 50 W, and within a tolerance of ± 5 W for input power < 50 W. The power accuracy was verified using the following conditions:

Nominal Power Rotations per minute measured at crank

- 50 W 50 RPM
- 75 W 60 RPM
- 100 W 70 RPM

In addition to the above testing conditions, the manufacturer tested the power accuracy at one additional point, using a crank rotation speed of approximately 80 RPM (or higher) and comparing the displayed power to the input (measured) power.

WIRELESS HEART RATE

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

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

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

WARNING!

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

This Class B training equipment is not suitable for high accuracy purposes.

SERVICING OF DOUBLE-INSULATED PRODUCTS

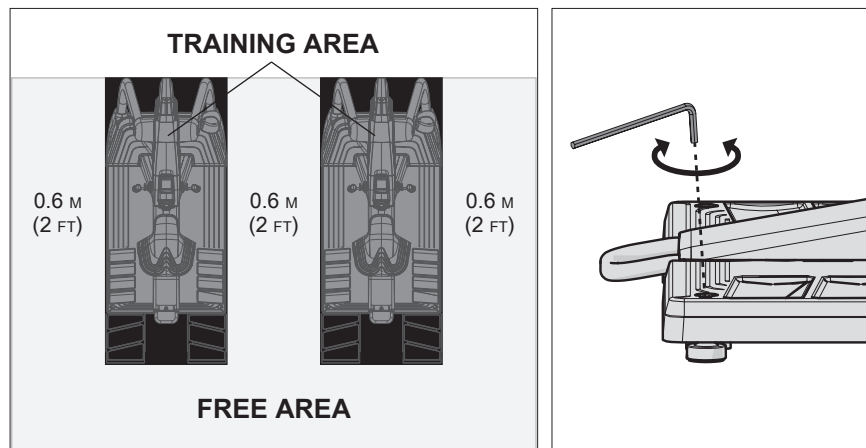
In a double-insulated product, two systems of insulation are provided instead of grounding. No grounding means is provided on a double-insulated product, nor should a means for grounding be added to the product. Servicing a double-insulated product requires extreme care and knowledge of the system, and should be done only by qualified service personnel. Replacement parts for a double-insulated product must be identical to the parts they replace. A double-insulated product is marked with the words "DOUBLE INSULATION" or "DOUBLE INSULATED", or the symbol (square within a square) may also be marked on the product (the power supply).



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



BEFORE YOU BEGIN



LOCATION OF THE UNIT

Place the equipment on a level and stable surface away from direct sunlight. The intense UV light can cause discoloration on the plastics. Locate the equipment in an area with cool temperatures and low humidity. Please leave a free area behind the equipment that is at least 0.6 meters (24 inches). This area must be clear of any obstruction and provide the user a clear exit path from the equipment. Do not place the equipment in any area that will block any vent or air openings. The equipment should not be located in a garage, covered patio, near water or outdoors.

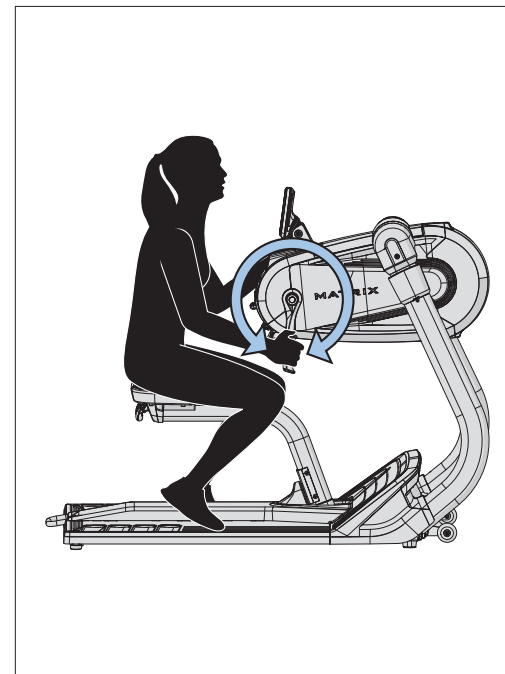
LEVELING THE EQUIPMENT

The equipment should be level for optimum use. Once you have placed the equipment where you intend to use it, raise or lower one or both of the adjustable levelers located on the bottom of the frame. A carpenter's level is recommended.

WARNING!

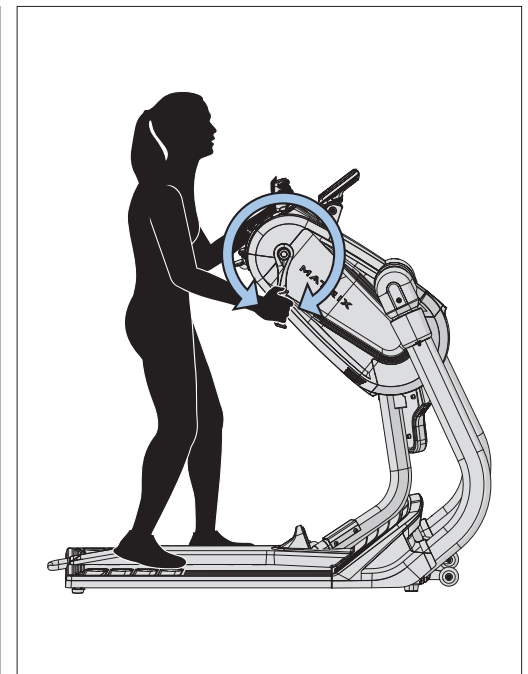
Our equipment is heavy, use care and additional help if necessary when moving. Failure to follow these instructions could result in injury.

PROPER USAGE



SEATED

With your back straight, position yourself on the seat so that there is a slight bend in the elbow when the crank arm is in the furthest position away from the body and center of crank axis is in-line with the chest.

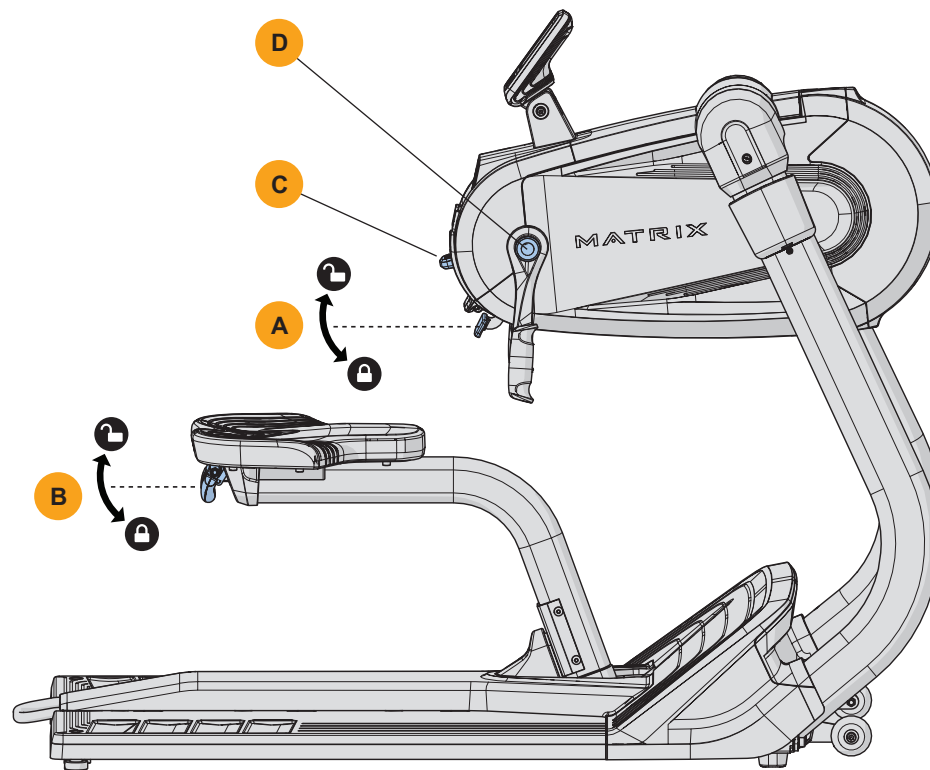


STANDING

To crank while standing, stand with your back straight and your feet shoulder width apart. Position yourself so there is a slight bend in the elbow when the crank arm is in the furthest position away from the body and center of crank axis is in-line with the chest.. Adjust the crank height if necessary.



BEFORE YOU BEGIN



HOW TO ADJUST THE UBC

The UBC was designed explicitly for upper body and cardiovascular training. To maximize exercise effectiveness and comfort, the UBC should be adjusted for each user and exercise position. The instructions below describe one approach to adjusting the cycle to ensure optimal user comfort and ideal body positioning: you may choose to adjust the cycle differently.

WARNING!

Make sure the height adjustment mechanism is locked into position before you begin cranking.

A) CRANK HEIGHT ADJUSTMENT

SEATED: While seated on the UBC, grab the drive with both hands, squeeze the height adjustment lever, then lift or lower the crank axis until it is in line with the center of the chest. Release the lever to lock into position. Crank handles should not hit the thigh when rotated.

STANDING: After seat is safely stowed (B), while standing, lift or lower the crank axis until it is in line with the center of the chest.

B) STANDING MOVEMENTS OR WHEELCHAIR ACCESS

Adjust crank height to highest level (A) in order to allow seat to rotate to stow position. While standing behind the seat, pull seat lever up to release seat assembly. Tilt the seat assembly up and forward until it is resting on the foot rest. Adjust crank height to desired position (A).

C) RESISTANCE ADJUSTMENT

UBCM: Move the resistance lever up and down to increase or decrease resistance

UBCP: Tap the resistance level number in the bottom-right corner of the console screen, then scroll up or down to the desired lever and touch ✓.

D) CRANK ARM LOCK

Press right side to lock crank arms to synchronous or asynchronous movement. Press left side to unlock and restore crank arms to independent movement.



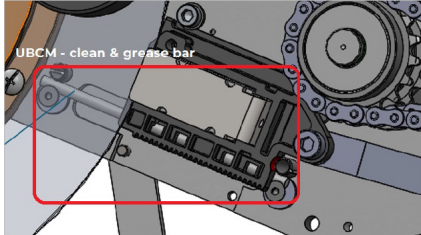
MAINTENANCE

1. Any and all part removal or replacement must be performed by a qualified service technician.
2. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by your country's local MATRIX dealer.
3. MAINTAIN LABELS AND NAMEPLATES: Do not remove labels for any reason. They contain important information. If unreadable or missing, contact your MATRIX dealer for a replacement.
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 person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. MATRIX dealers will provide service and maintenance training at our corporate facility upon request.

PRODUCT SPECIFICATIONS	
Max User Weight	204 kg / 450 lbs
Product Weight	102.4 kg / 225.8 lbs
Shipping Weight	122.3 kg / 269.6 lbs
Overall Dimensions (L x W)*	159.6 x 78.4 cm / 62.8 x 30.9" With ramps - 186 x 78.4 cm / 73.2 x 30.9"

* Ensure a minimum clearance width of 0.6 meters (24") for access to and passage around MATRIX equipment. Please note, 0.91 meters (36") is the ADA recommended clearance width for individuals in wheelchairs.

For most current owner's manual and information, check matrixfitness.com

MAINTENANCE SCHEDULE	
ACTION	FREQUENCY
Clean the UBC using soft cloths or paper towels or other Matrix approved solution (cleaning agents should be alcohol and ammonia free). Disinfect the seat and crank handles and wipe off all bodily residues.	AFTER EACH USE
Make sure that the UBC is level and does not rock.	DAILY
• Wipe entire frame and shrouds with approved cleaner • Clean console with approved cleaner • Visually inspect handles for tightness • Test console for proper operation • Inspect power cord (if applicable)	MONTHLY
• Clean and grease the drive chains* • UBCM - Clean and grease the bar  • UBCP - Clean and grease the bar and grooves 	BI-ANNUALLY

- * It is recommended to lubricate the chains with Mobil 1 synthetic grease.
- * Lubricate the chains every 200 hrs or quarterly, whichever comes first.

MATRIX



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