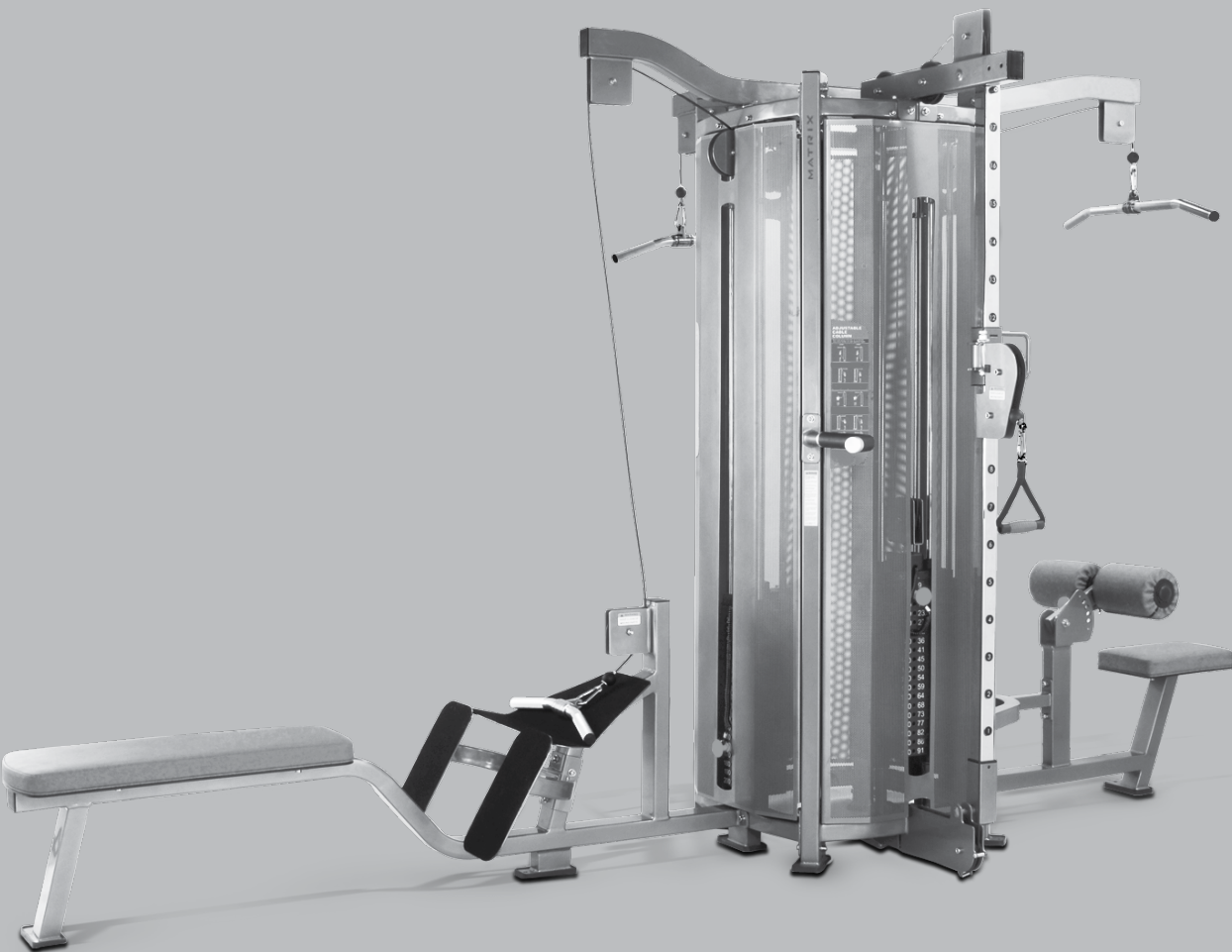




Strong. Smart. Beautiful.

MATRIX | G1 STRENGTH

4-Stack Multi-Station

IMPORTANT SAFETY INFORMATION

It is the sole responsibility of the purchaser of MATRIX Fitness Systems products to instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment.

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

PROPER USAGE

Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that MATRIX Fitness Systems equipment be used properly to avoid injury.

Keep hands and feet clear at all times from moving parts to avoid injury.

CHECK FOR DAMAGED PARTS

1. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by your country's local MATRIX Fitness Systems dealer.

2. MAINTAIN LABELS AND NAMEPLATES: Do not remove labels for any reason. They contain important information. If unreadable or missing, contact your MATRIX Fitness Systems dealer for a replacement.

3. SECURING EQUIPMENT: All equipment MUST be secured to the floor to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor.

4. MAINTAIN ALL EQUIPMENT: Preventative maintenance is the key to smooth operating equipment as well as keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.

5. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. MATRIX Fitness Systems dealers will provide service and maintenance training at our corporate facility upon request.

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

1. Never allow children on selectorized strength equipment. Teenagers must be supervised at all times while using this equipment.

2. All warnings and instructions should be read and proper instruction obtained prior to use.

3. Cease exercise if you feel faint or dizzy. Obtain a medical exam before beginning an exercise program

4. Keep body, hair, clothing and fitness accessories free and clear of all moving parts.

5. Inspect the machine before use. DO NOT use machine if it appears damaged or inoperable.

6. Check to see that the selector pin is completely inserted into the weight stack.

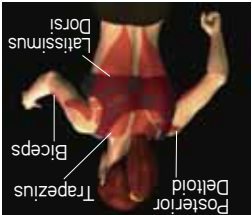
7. NEVER use the machine with the weight stack pinned in an elevated position.

8. Never use dumbbells or other means to incrementally increase the weight resistance. Only use the means provided directly from the manufacturer.

9. This equipment should only be used in supervised areas where access and control are regulated by the owner.



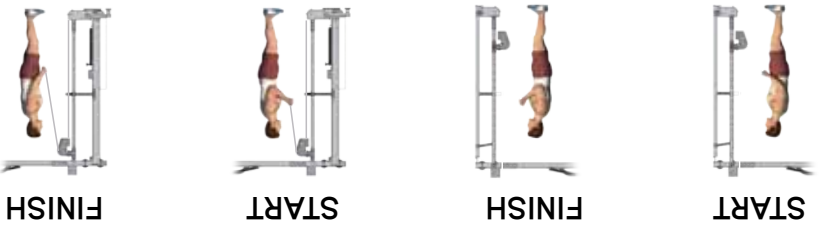
TRICEPS PRESSDOWN



LOW ROW



LAT PULLDOWN



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G1MS40 4-STACK MULTI-STATION

UNPACKING G1MS40 4-Stack Multi-Station

Thank you for purchasing a MATRIX Fitness product. This machine is an EN957-1 and EN957-2 complaint Class S product. your MATRIX G1MS40 4-Stack Multi-Station is inspected before it is packaged. it is shipped in multiple pieces to facilitate the compact packaging of the machine. Prior to assembly, confirm all the components by matching them with the exploded diagrams. The weight stack is shipped in separate packaging to reduce the weight of this box. Carefully unpack the unit from this box and dispose of the packing materials in accordance with your local laws.

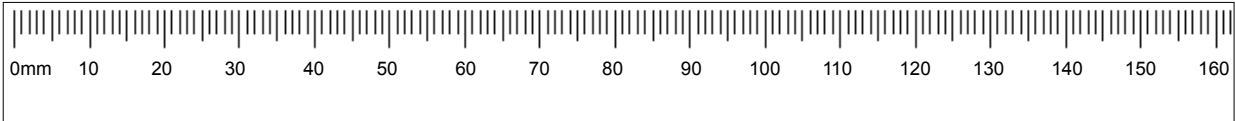
CAUTION

The product weight of the G1MS40 4-Stack Multi-Station is 620 lbs (281 kg). The weight stack tower is packaged completely as-sembled for ease of installation; use extra caution when removing from its pallet during assembly. The weight stack for this ma-chine is 4 x 200 lbs. (4 x 91 kg). To avoid injury to yourself and prevent damage to the frame components, be sure to have proper assistance removing the frame pieces from this box. Please be sure to install the equipment on a stable base, properly level the machine and leave at least two feet of clearance to enter and exit the machine. Maximum user weight for this machine is 350 lbs. (159 kg).

TOOLS REQUIRED FOR ASSEMBLY

DESCRIPTION	SKETCH
13mm and 17mm Wrench	
19mm Wrench	
M4 L-shaped Allen Wrench	
M6 L-shaped Allen Wrench	
M8 L-shaped Allen Wrench	
M10 L-shaped Allen Wrench	

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



Step 1