





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 S 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 in 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.
- Use handlebars to maintain balance when mounting and dismounting, and for additional stability while exercising.
- 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.
- Connect this exercise product to a properly grounded outlet only.
- 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 (seat and handlebar fore-and-aft) are properly secured and do not interfere with range of motion during exercise.
- Do not attempt to ride the exercise bike in a standing position at high RPMs until you have practiced at slower speeds.
- When adjusting the seat height position, lift the saddle height adjustment lever and gently lower seat to a lower height, or raise the seat to the desired height. Push down on saddle height adjustment lever to clamp, and ensure clamp is fully engaged prior to use.
- Make sure handlebars are secure before each use.
- Never rotate the foot pedals by hand.
- Never dismount the equipment until the pedals come to a complete STOP.
- This unit is not equipped with a free wheel. Pedal speed should be reduced in a controlled manner.
- Care should be taken when mounting or dismounting the equipment. Before mounting or dismounting, move the foot pedal on the mounting or dismounting side to its lowest position.



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.

TOOLS REQUIRED:

- ☐ 6 mm Allen Wrench
- ☐ 5 mm Allen Wrench
- ☐ 10 mm Allen Wrench
- ☐ Flat Wrench (15mm/17mm 325L)
- ☐ Phillips Screwdriver
- ☐ 8 mm Socket Wrench

PARTS INCLUDED:

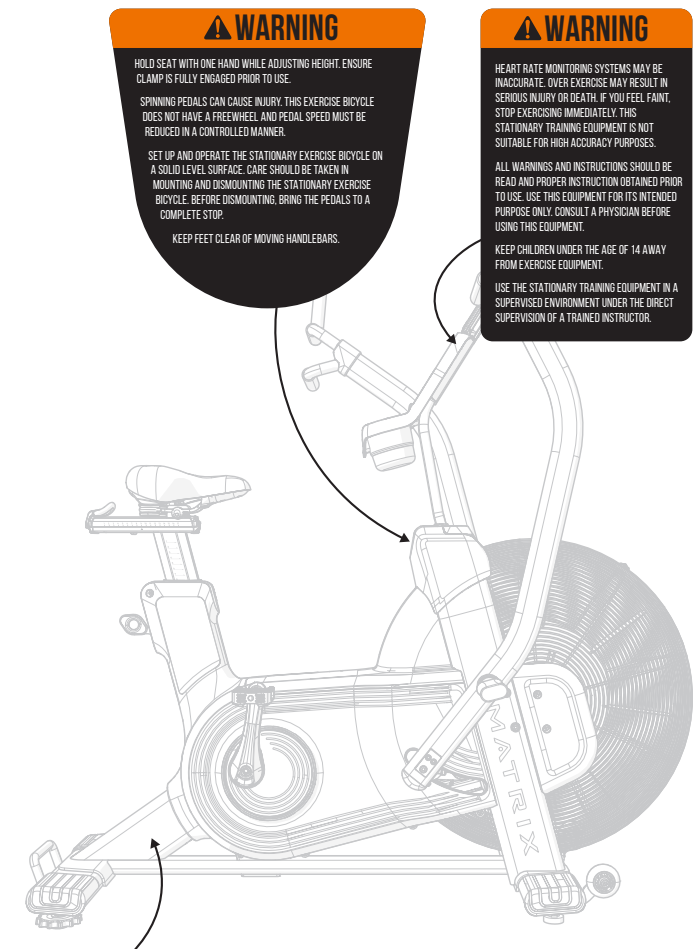
- ☐ 1 Main Frame
- ☐ 1 Front Stabilizer Tube
- ☐ 1 Rear Stabilizer Tube
- ☐ 1 Transport Handle
- ☐ 1 Console
- ☐ 1 Console Mast
- ☐ 1 Console Mast Cover Set
- ☐ 1 Console Mounting Plate
- ☐ 1 Device and Water Bottle Holder
- ☐ 2 Pivoting Handlebars
- ☐ 2 Foot Pegs
- ☐ 1 Bicycle Saddle
- ☐ 2 Pedals
- ☐ 1 Hardware Kit

SERIAL NUMBER

MODEL

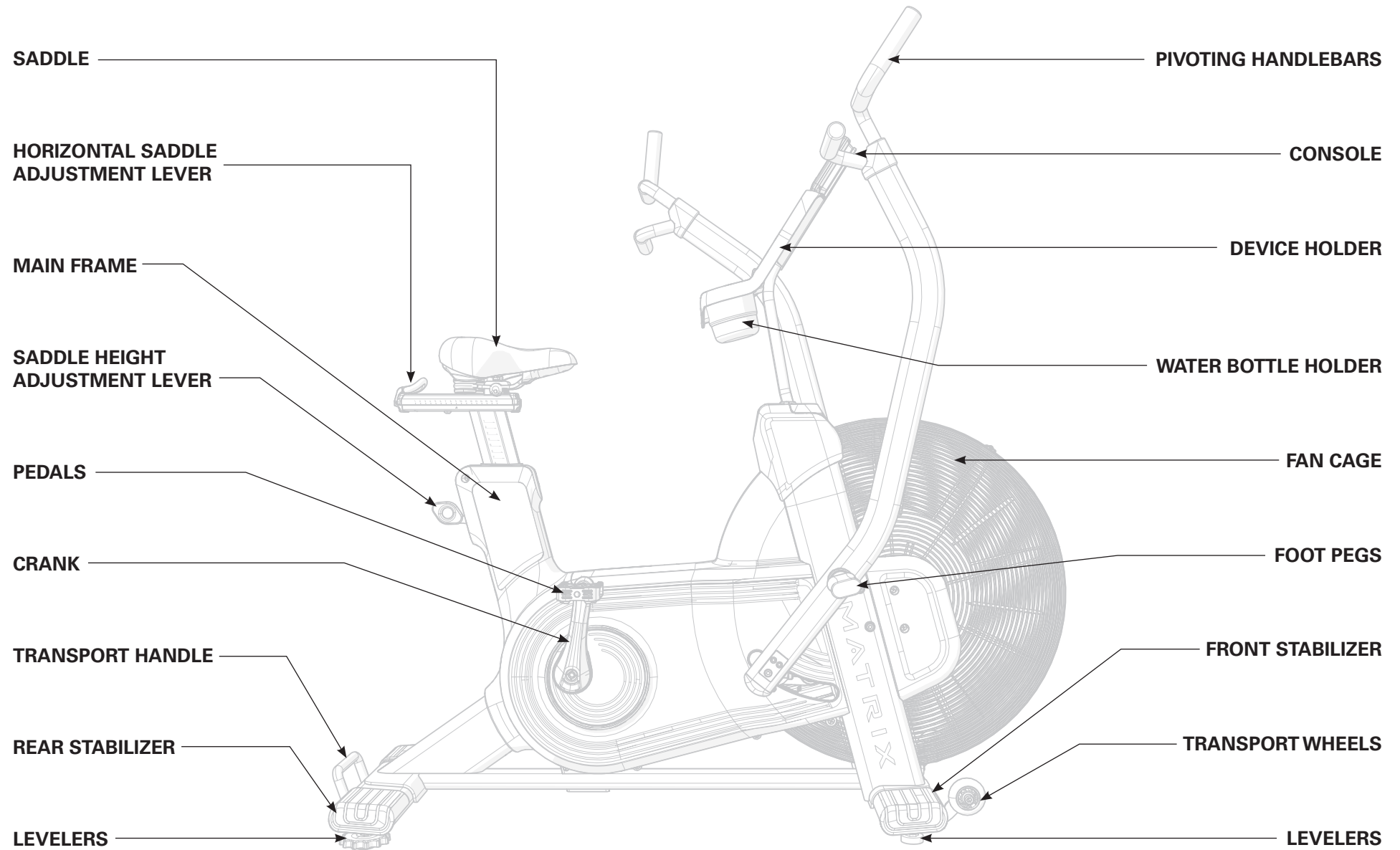
TBCC	MATRIX TOTAL BODY CYCLE
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* Use the information above when calling for service.





ASSEMBLY



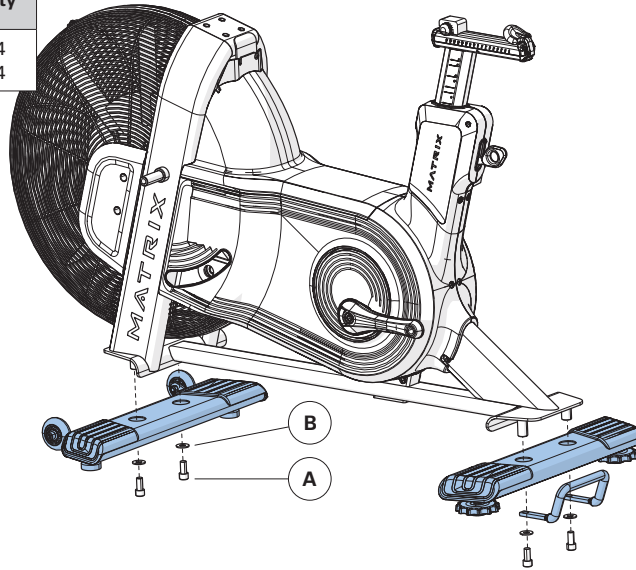


ASSEMBLY

1 Hardware Qty

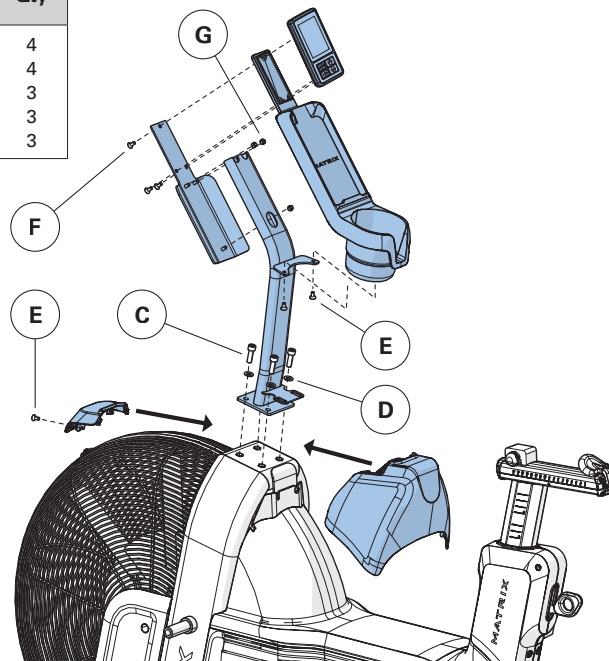
A	Bolt (M12x25L)	4
B	Flat Washer (M12)	4

Torque Value
78 Nm / 58 ft-lb



2 Hardware Qty

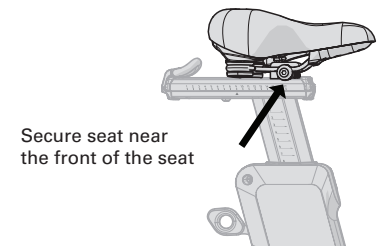
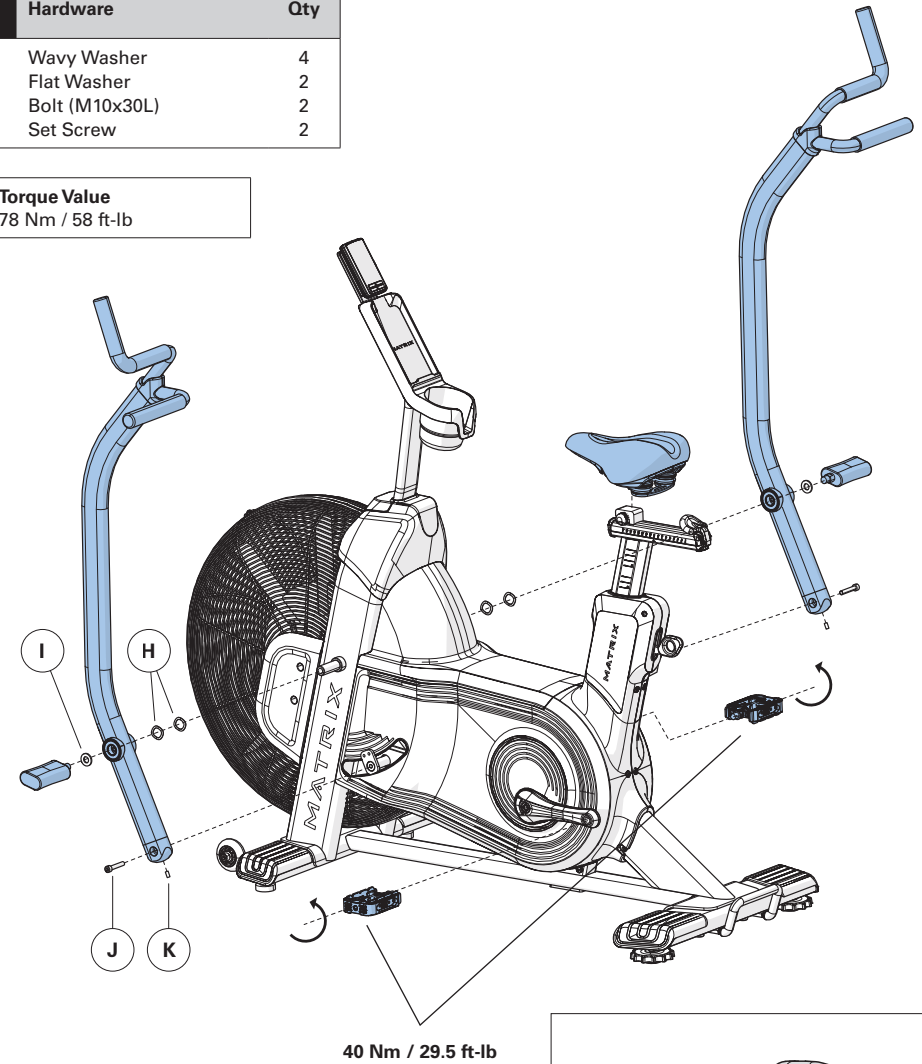
C	Bolt (M8x25L)	4
D	Flat Washer (M8)	4
E	Screw (M5x12L)	3
F	Flat Head Screw (M5x12L)	3
G	Nut (M5)	3



3 Hardware Qty

H	Wavy Washer	4
I	Flat Washer	2
J	Bolt (M10x30L)	2
K	Set Screw	2

Torque Value
78 Nm / 58 ft-lb

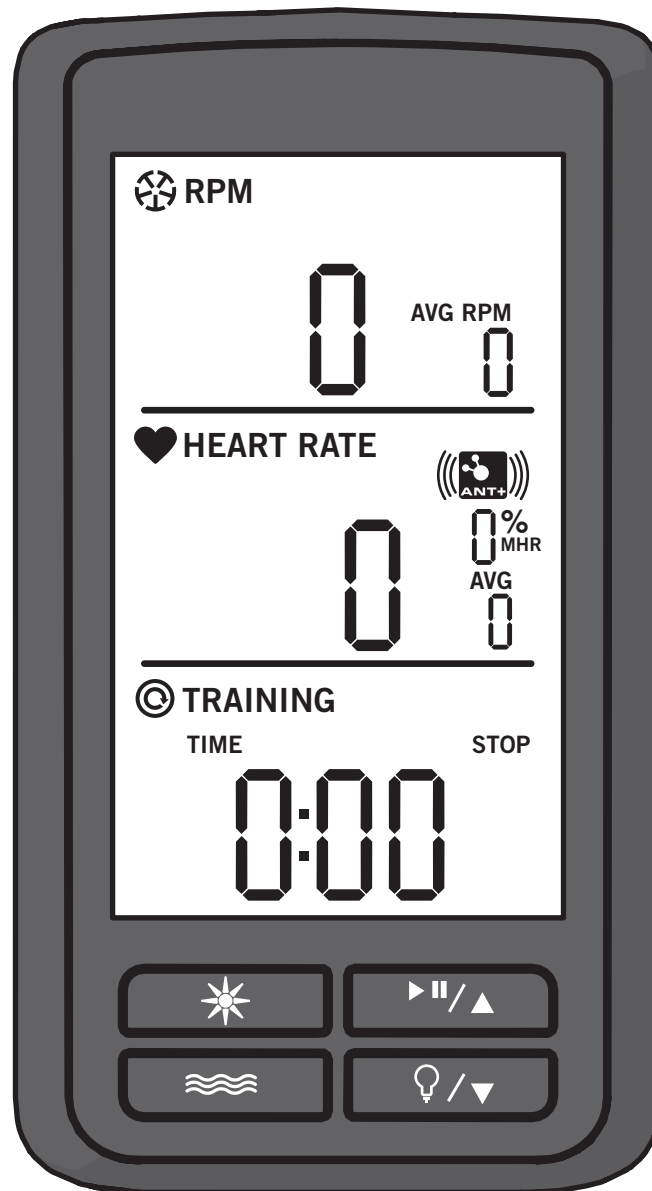


Secure seat near
the front of the seat

ASSEMBLY COMPLETE



CONSOLE OPERATION



FEATURES

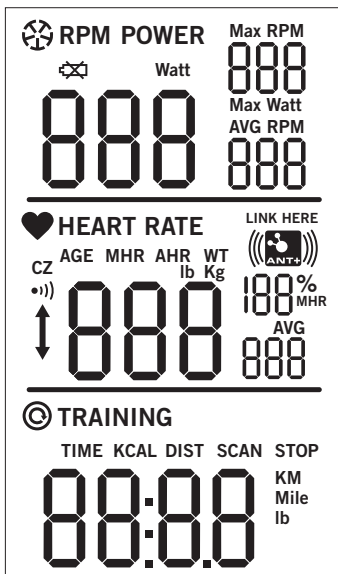
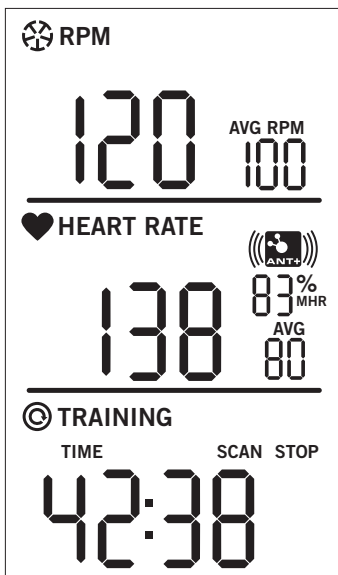
- ANT+ interoperable 2.4Ghz wireless technology
- Polar
- Low power consumption for long battery life
- Code memory during battery displacement
- Triple data display; Cadence, Heart rate and Training data
- Automatic Scan function
- Advanced energy expenditure algorithm for personalized Kcals (Calories)
- Bright LED screen light
- Dual mode ANT+ and heritage 5.4Khz analogue Fit1e heart rate receiver

ON SCREEN FEATURES

- Cadence RPM; Current and session average
- Watts; Current and session max
- Heart rate; Current, session average and % of maximum heart rate
- Training data; Exercise session time and equivalent distance travelled
- Personalized session Kcals (Calories)
- Low battery indicator



CONSOLE OPERATION



USING THE CONSOLE

- The top display (**RPM**) shows Cadence in RPM, average RPM and Low battery indicator. Cadence in RPM is the pedalling speed. The AVG (average) indicates the average value since the start of the exercise.
- The Middle display (**HEART RATE**) shows heart rate, session Average and % of maximum heart rate. The heart rate is presented in beats per minute. AVG (average) indicates the average value since the start of the exercise. The % of MHR display indicates exercise intensity using the formula $220 - \text{age}$ to represent 100%, and then current heart rate as a percentage of the maximum.
- The bottom display (**TRAINING**) shows the following data:

TIME: exercise session time.

DISTANCE: the equivalent distance that would have been covered when cycling on the road. To change which data is being shown press the Mode key (≡).

- To start and pause the time, press (▶|◀). To reset the timer, press and hold the Mode key (≡). This can be done when displaying any **TRAINING** session.
- SCAN** feature:

To use the **SCAN** feature, press the Mode key (≡) 3 times until (**SCAN**) appears in the **TRAINING** display. This will automatically change between **TRAINING** data in intervals of 3 seconds showing: **DISTANCE**, **TIME** and **KCAL**.

To stop the SCAN feature press the **Mode** key (≡). The **SCAN** symbol should have disappeared.

OPERATING OVERVIEW

- From sleep mode press any key to wake up
- Press (▶|◀) to start/pause workout
- During workout you can see Current watt, Max. Watt, Current RPM, Average RPM, Current Heart Rate, Average Heart Rate, Heart Rate Intensity (% Max HR in the top two screens plus user selectable data in the Training screen)
- Press (✱) to change data shown in Training screen during exercise (Average RPM or Max Watt)
- Press (≡) to change data shown in Training screen during exercise (Time, Distance or Scan)

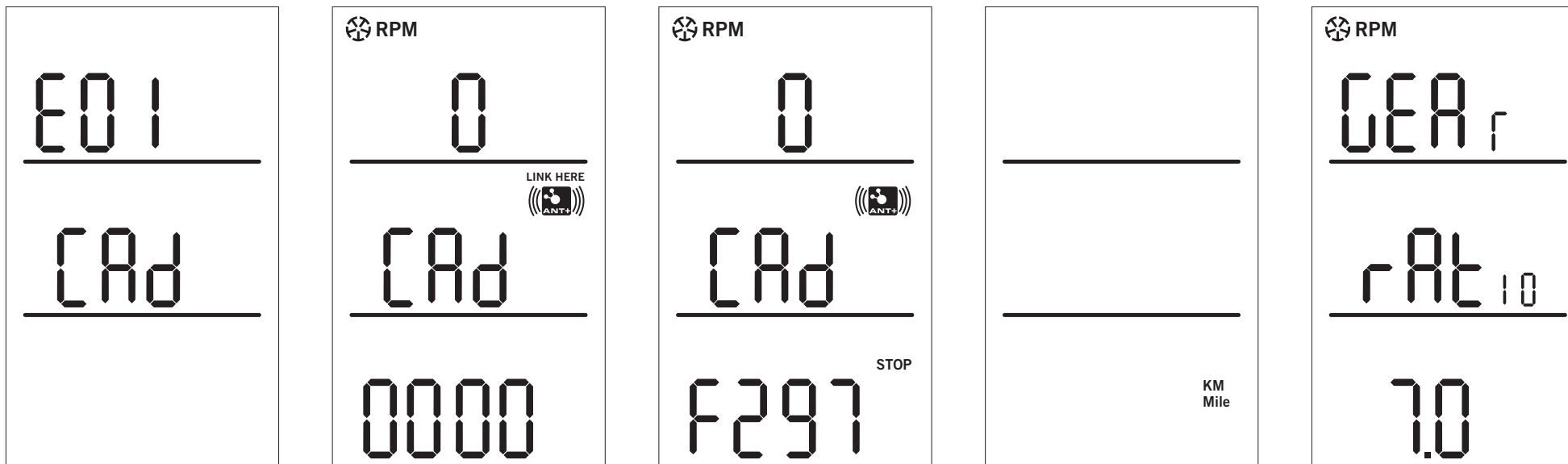
- For setting Mode: Long press (✱) Adjust values using Up/Down keys (▶|◀) (◀|▶)
- Heart Rate Pairing: Press (≡) for heart rate pairing, you must put on the heart rate chest belt and move to within 12inches (30cm) to the console for proximity pairing
- Press (✱) to set Age (or MHR if known)
- Press (✱) to end setting Mode
- The power display uses the product gear ratio, watt table and RPM to calculate watts
- To clear data, press and hold (≡) for 3 seconds

GENERAL

- ZM8-K uses ANT+ 2.4Ghz wireless radio to transmit data
- For heart rate, an ANT+ heart rate chest belt accessory is available
- An RPM sensor measures cadence. The gear ratio for TBC is 7.0
- A maintenance mode is available to change default settings
- The ANT+ cadence sensor (included) needs to be mounted to the bike frame
- The console operates from 3x AAA batteries, the cadence sensor from a single CR2032 lithium coin cell battery



CONSOLE OPERATION



PAIRING CADENCE TRANSMITTER TO CONSOLE

1. Remove the battery from the console and the display should go blank.
2. Insert the same battery again while pressing and holding any key. The display will now show the maintenance screen.
3. Press the Set key (*), which will show (CAD) in the middle display and (E01) in the top display.
4. Press Set key (*), which will show (CAD) in the middle display, 0 (RPM) in the top display and (0000) in the bottom display.
5. To pair automatically, press Mode key (≡). The 4 digit alphanumeric should match the code on the side of the cadence transmitter.
6. To pair manually, press and hold the Mode key (≡). The first digit of the 4 digit code (0000) should be flashing. Adjust the digit using the up/down keys (▶/▲ / ◀/▼).
7. Press Set key (*) after each digit has been paired to the transmitter.
8. Press Set key (*) and select distance in (KM) or (Miles) by using the Up/Down keys (▶/▲ / ◀/▼).
9. Press Set key (*) and set the Gear Ratio to 7.0 by using the Up/Down keys (▶/▲ / ◀/▼).
10. Press Set key (*) to finish and begin exercise.



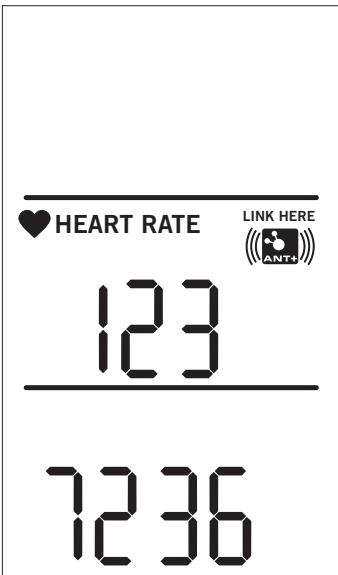
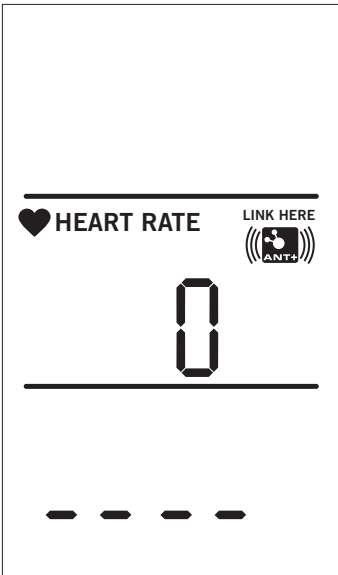
CONSOLE OPERATION

PAIRING CHEST TRANSMITTER TO CONSOLE

1. From sleep mode, press any key to activate the console.
2. Press and hold Set key (*). This will display heart rate and **ANT+** symbol.
3. For automatic pairing, press Mode Key (≡), this will display a four digit code below the stated heart rate. For heart rate pairing, you must be wearing a chest strap and move to within 12" (30 cm) of the console marked with the **ANT+** symbol.
4. Once heart rate has been paired, press Set key (*) to input personal data settings and adjust using the up/down keys (►/▲ ◀/▼).

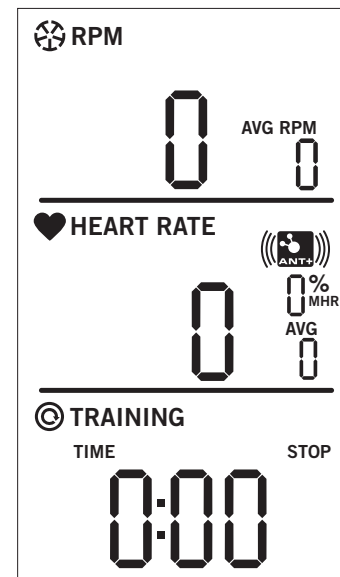
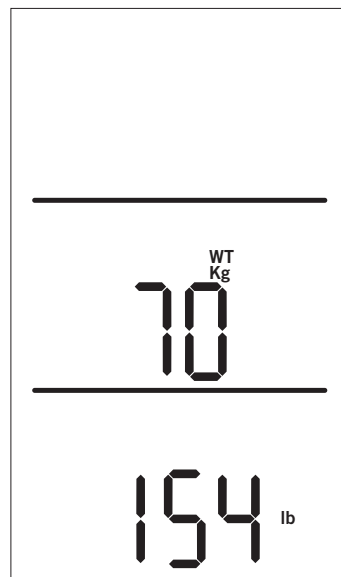
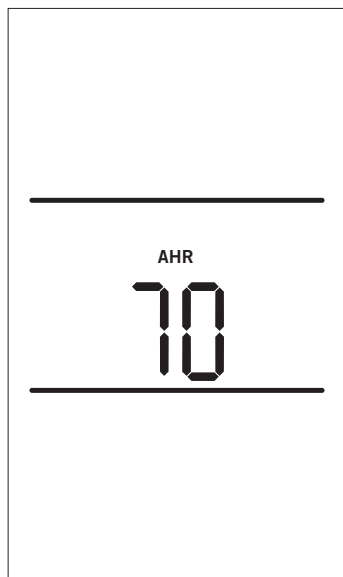
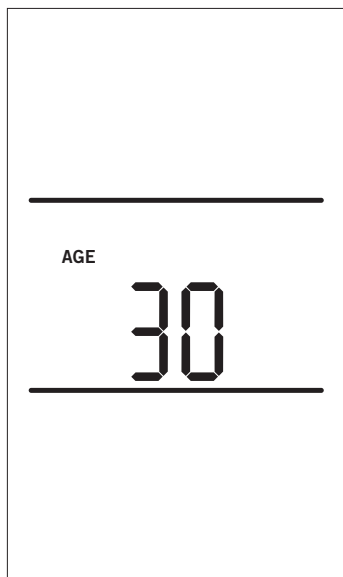
For ANT+ chest transmitter, the code is alphanumeric; if an analogue 5.3Khz transmitter is used 4 zero digits (**0000**) will appear.

Once the chest transmitter and console have been paired, the heart rate reading will appear in the middle frame of the display. If pairing is unsuccessful after 20 seconds, or if heart rate reading is incorrect, move closer to the console and press Mode key (≡) to repeat the procedure.





CONSOLE OPERATION



PERSONAL DATA SETTINGS AND CHEST TRANSMITTER SETUP

The product comes with three default settings:

- Age (**AGE**): 30
- Ambient heart rate (**AHR**): 70 bpm
- Weight (**WT**) Kg/lb): 70kg (154 lbs)

1. Press Set key (*) to set Age (**AGE**). Adjust using up/down keys (▶⏏/▲ ▼/▼).
2. Press Set key (*) to set Ambient heart rate (**AHR**). Adjust using up/down keys (▶⏏/▲ ▼/▼).
3. Press Set key (*) to set weight (**WT**) in (Kg /lbs). Adjust using up/down keys (▶⏏/▲ ▼/▼).
4. Press Set key (*) to finish and return to main display.

Once complete, the personal data is stored in the console memory. This can be changed or modified during exercise or when paused by pressing and holding Set key (*).

The chest transmitter has to be paired to the console prior to starting the exercise to achieve accurate results and must be paired again before the start of every new exercise.

If the display turns off automatically after 5 minutes without any activity, then the console has entered sleep mode. The personal settings data will return to the default settings.



BEFORE YOU BEGIN

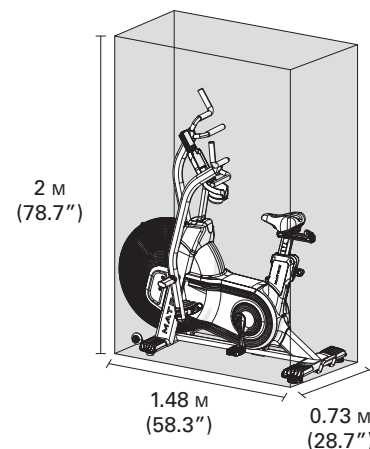
LOCATION OF THE UNIT

Place the equipment on a level and stable surface away from direct sunlight. The intense UV light can cause discoloration on the plastics. Locate your equipment in an area with cool temperatures and low humidity. Please leave a clear zone on all sides of the equipment that is at least 60 cm (23.6"). This zone must be clear of any obstruction and provide the user a clear exit path from the machine. 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.

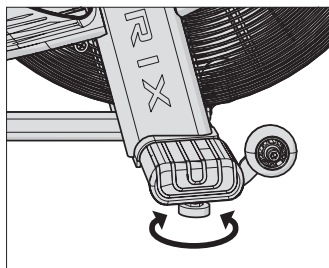
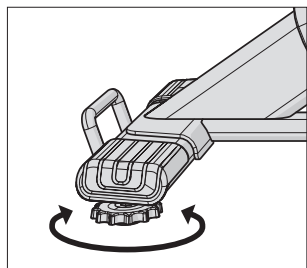
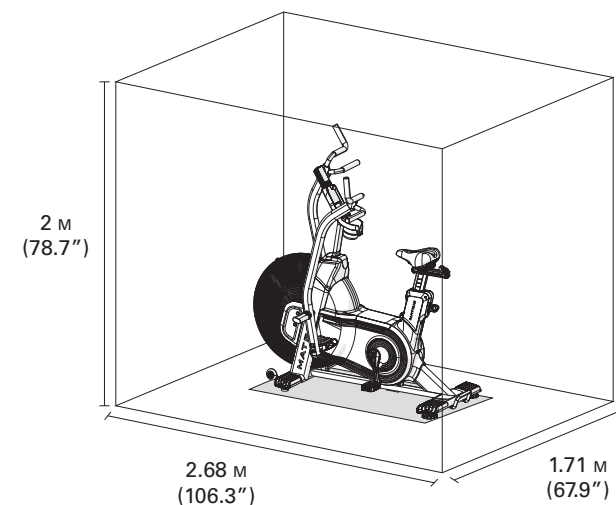
WARNING!

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

TRAINING AREA



FREE AREA



LEVELING THE EQUIPMENT

It is extremely important that the levelers are correctly adjusted for proper operation. Turn leveling foot clockwise to lower and counter-clockwise to raise unit. Adjust each side as needed until the equipment is level. An unbalanced unit may cause belt misalignment or other issues. Use of a level is recommended.

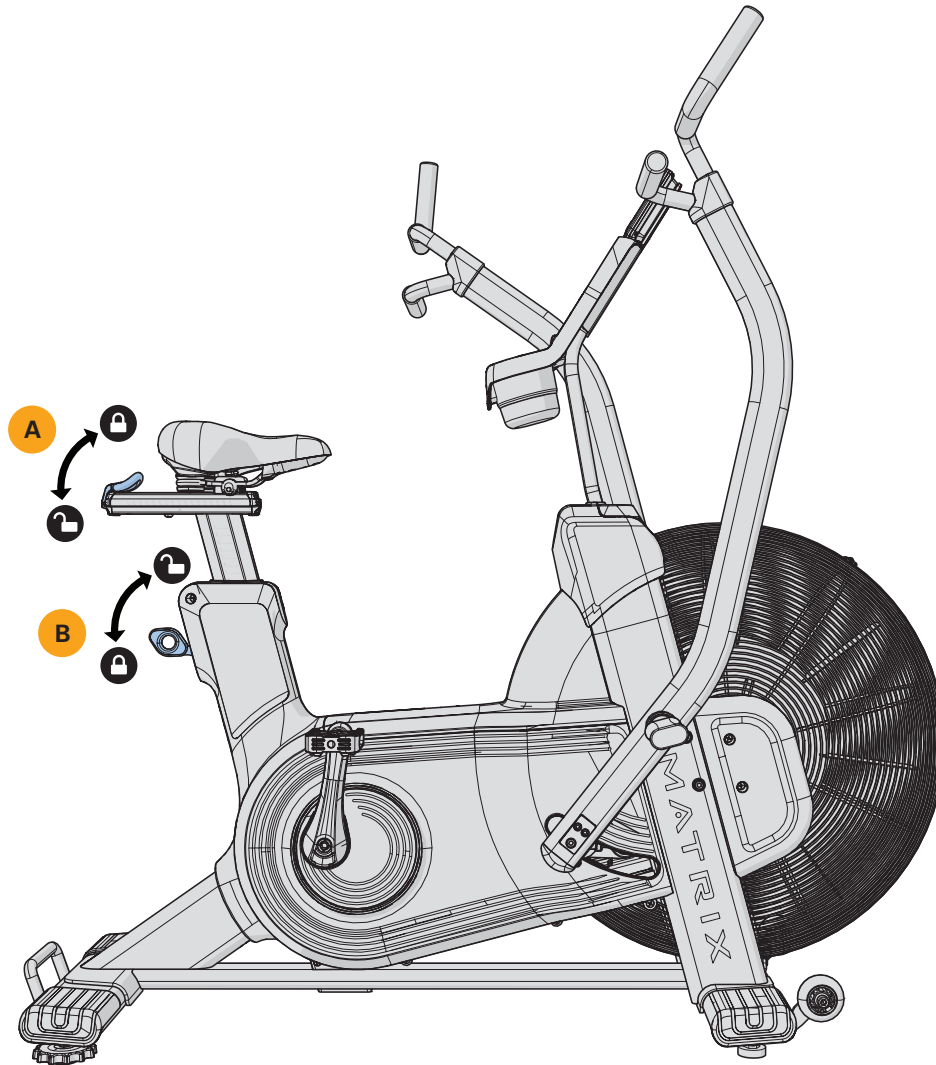


PROPER USAGE

1. Sit on the cycle facing the handlebars. Both feet should be on the floor one on each side of the frame.
2. To determine proper seat position, sit on the seat and position both feet on the pedals. Your knee should bend slightly at the furthest pedal position. You should be able to pedal without locking your knees or shifting your weight from side to side.
3. Adjust pedal straps to desired tightness.
4. Grab the handle height that feels most comfortable with a soft elbow at the end of the pushing motion.
5. To get off of the cycle, follow the proper usage steps in reverse.



BEFORE YOU BEGIN



HOW TO ADJUST THE TBC

The TBC can be adjusted for maximum comfort and exercise effectiveness. The instructions below describe one approach to adjusting the TBC to ensure optimal user comfort and ideal body positioning; you may choose to adjust the TBC differently.

SADDLE ADJUSTMENT

Proper saddle height helps ensure maximum exercise efficiency and comfort, while reducing the risk of injury. Adjust the saddle height to make sure it's in proper position, one that keeps a slight bend in your knee while your legs are in the extended position

A) SADDLE HORIZONTAL POSITION

Pull the adjustment lever down to slide the saddle forward or backward as desired. Push the lever up to lock saddle position. Test the saddle slide for proper operation.

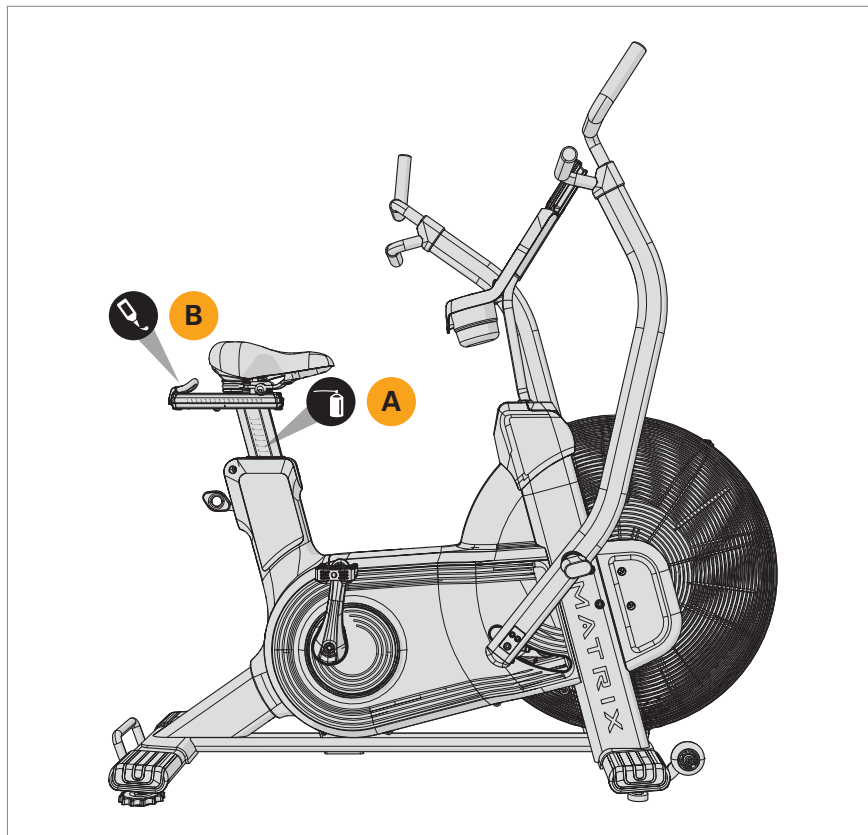
B) SADDLE HEIGHT

Lift the adjustment lever up while sliding the saddle up and down with the other hand. Push the lever down to lock saddle position.

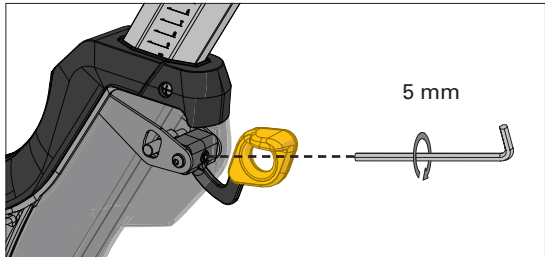


MAINTENANCE

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.



MAINTENANCE SCHEDULE

ACTION	FREQUENCY
Clean the TBC using soft cloths or paper towels or other Matrix approved solution (cleaning agents should be alcohol and ammonia free). Disinfect the saddle and handlebars and wipe off all bodily residues.	AFTER EACH USE
Make sure that the TBC is level and does not rock.	DAILY
Clean entire machine using water and a mild soap or other Matrix approved solution (cleaning agents should be alcohol and ammonia free). Clean all exterior parts, the steel frame, front and rear stabilizers, seat and handlebars.	WEEKLY
Test the emergency brake to make sure it is functioning properly. To do this, press down the red emergency brake lever while pedaling. When functioning properly, it should immediately slow down the flywheel until it comes to a complete stop.	BI-WEEKLY
Lubricate the saddle post (A). To do this, raise the saddle post to the MAX position, spray with maintenance spray and rub down the entire exterior surfaces with a soft cloth. Clean the saddle slide (B) with a soft cloth and if necessary apply a small amount of lithium/silicone grease.	BI-WEEKLY
Inspect all assembly bolts and pedals on the machine for proper tightness.	MONTHLY
	MONTHLY



PRODUCT INFORMATION

TBCC	
Max User Weight	159 kg / 350 lbs
User Height Range	147 – 203 cm / 4'10" – 6'6"
Max Saddle Height	114 cm / 44.9"
Product Weight	74 kg / 163.1 lbs
Shipping Weight	88 kg / 194 lbs
Required Footprint (L x W)*	148 x 73 cm / 58.3 x 28.7"
Overall Dimensions (L x W x H)*	148 x 73 x 148 cm / 58.3 x 28.7 x 58.3"

* 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

MATRIX



TBCC

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Rev 1.4 A