

MATRIX

CONNEXUS COMPACT

GFTCOR



IMPORTANT SAFETY INFORMATION

It is the sole responsibility of the purchaser of MATRIX 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 exercise equipment be informed of the following information prior to its use.

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

PROPER USAGE

- 1. Do not exceed weight limits of the exercise device.
- 2. If applicable, set safety stops to appropriate height.
- 3. Set adjustment mechanism to a comfortable start position. Make certain that the adjusting mechanism is fully engaged to prevent unintentional movement and to avoid injury.
- 4. Exercise using no more weight than you can safely lift and control.
- 5. In a controlled manner, perform exercise.
- 6. Return weight to its fully-supported start position.

INSTALLATION

- 1. STABLE AND LEVEL SURFACE: MATRIX exercise equipment must be installed on a stable base and properly leveled.
- 2. SECURING EQUIPMENT: Manufacturer requires that all stationary Matrix Connexus equipment be secured to the floor or wall to stabilize equipment and eliminate rocking or tipping over. This must be performed by a licensed contractor.

Floor anchor points must be able to withstand 750 lbs. (3.3 kN) pull-out force.

Wall anchor points must be able to withstand 500 lbs. (2.2 kN) pull-out force.

Please contact your Matrix Representative for Connexus anchoring guidelines.

ADDITIONAL NOTES

This equipment should only be used in supervised areas where access and control is specifically regulated by the owner. It is up to the owner to determine who is allowed access to this training equipment. The owner should consider a user's: degree of reliability, age, experience, etc.

This training equipment meets industry standards for stability when used for its intended purpose in accordance with the instructions provided by the manufacturer.

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 training equipment is in compliance with EN ISO 20957-1:2013; EN 957-2:2003 Class S.

**WARNING**

DEATH OR SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. FOLLOW THESE PRECAUTIONS TO AVOID INJURY!

- 1. Keep children under the age of 14 away from this strength training equipment. Teenagers must be supervised at all times while using this equipment.
- 2. This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
- 3. All warnings and instructions should be read and proper instruction obtained prior to use. Use this equipment for its intended purpose ONLY.
- 4. Inspect the machine before use. DO NOT use machine if it appears damaged or inoperable.
- 5. Do not exceed weight capacity of this equipment.
- 6. Injuries to health may result from incorrect or excessive training. Cease exercise if you feel faint or dizzy. Obtain a medical exam before beginning an exercise program.
- 7. Keep body, clothing, hair, and fitness accessories free and clear of all moving parts.
- 8. When adjusting any adjustable mechanism, make certain that the adjustable mechanism is fully engaged prior to use to prevent unintended motion.
- 9. DO NOT USE equipment if not properly secured to floor or wall.** Manufacturer requires that this equipment be secured to a floor or wall to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
- 10. Where applicable, use retention devices to retain weight discs.
- 11. DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED OR ILLEGIBLE.

**Connexus Compact / Column
1000409378**



ENGLISH



MAINTENANCE

- 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 dealer.
- 2. 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.
- 3. 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.
- 4. 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.

WARRANTY

For North America, please visit www.matrixfitness.com for warranty information along with warranty exclusions and limitations.

MAINTENANCE CHECKLIST	
ACTION	FREQUENCY
Inspect ROM	Daily
Ensure the wall and floor mounts are secure and that the machine doesn't rock	Monthly
Inspect Hardware/Pull pins	Monthly
Inspect Frame	Monthly
Clean Machine	As Needed
Clean Grips *	As Needed

* Grips should be cleaned with a mild soap and water or a non-ammonia based cleaner.

PRODUCT SPECIFICATIONS	
Max User Weight	159 kg / 350 lbs
Product Weight	205 kg / 452 lbs
Shipping Weight	240 kg / 529 lbs
Overall Dimensions (L x W x H)*	82 x 165 x 240 cm / 32.3 x 65 x 94.4"

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



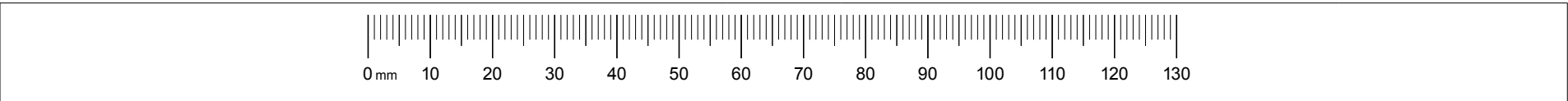
UNPACKING

Thank you for purchasing a MATRIX Fitness product. It 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. Carefully unpack the unit from this box and dispose of the packing materials in accordance with your local laws.

TOOLS REQUIRED FOR ASSEMBLY (not included)

3MM L-Shaped Allen Wrench		10MM L-Shaped Allen Wrench	
4MM L-Shaped Allen Wrench		Phillips Screwdriver	
5MM L-Shaped Allen Wrench		8MM Open-End Wrench	
6MM L-Shaped Allen Wrench		17MM Open-End Wrench	
8MM L-Shaped Allen Wrench		Guide Rod Lubrication	

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



* Use Vibra-Tite 135 Red Gel Threadlocker where Nyloc nuts are not used.

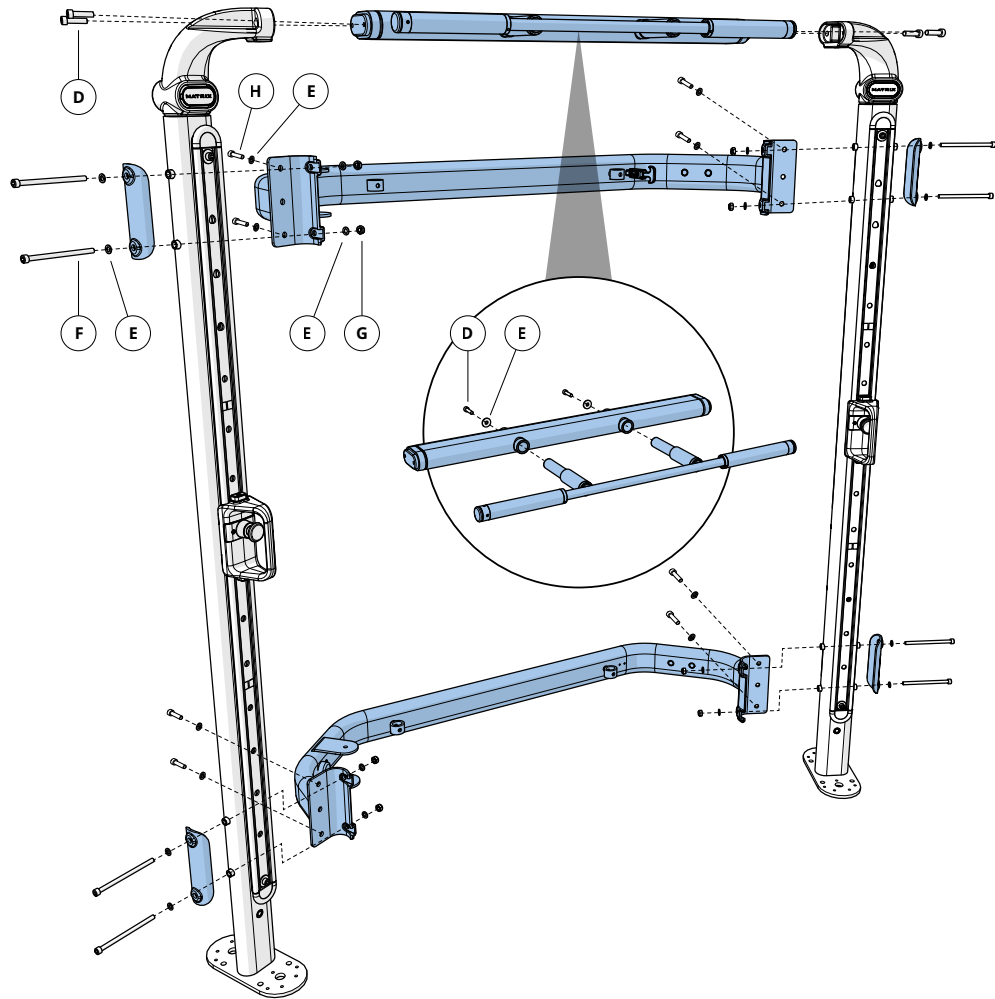


1

Step 1 Hardware		
Description	Qty	
D Bolt (M10x1.5Px40L)	6	
E Washer (M10x19.0x2.0T)	26	
F Bolt (M10x1.5Px155L)	8	
G Nut (M10)	8	
H Bolt (M10x1.5Px20L)	8	

Torque Value	
77 Nm / 57 ft-lb	
H only: 40 Nm / 30 ft-lb	

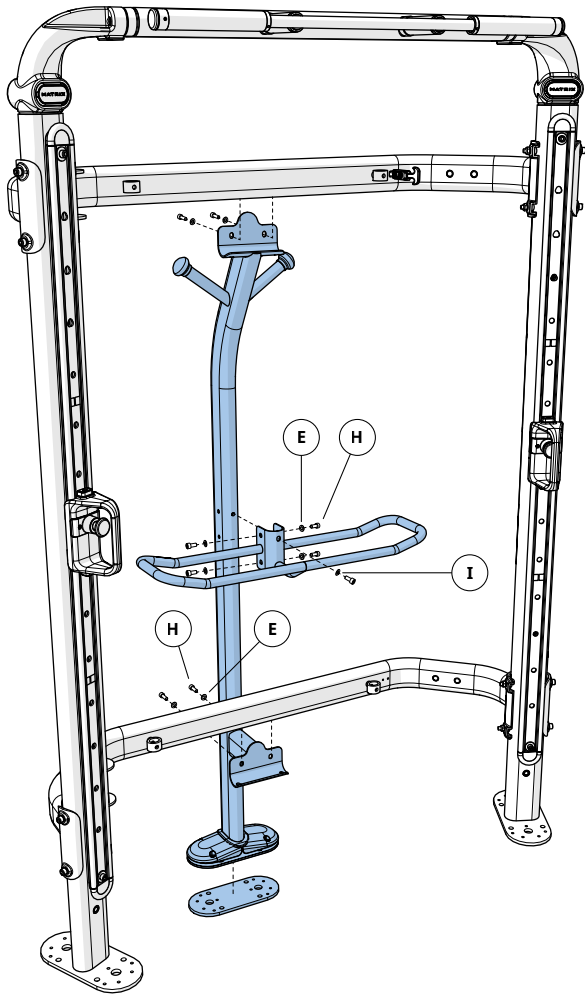
NOTE:
Assemble laying down.
Do not completely tighten
hardware until final step.



2

Step 2 Hardware		
Description	Qty	
E Washer (M10x19.0x2.0T)	8	
H Bolt (M10x1.5Px20L)	9	
I Arc Washer (M10)	1	

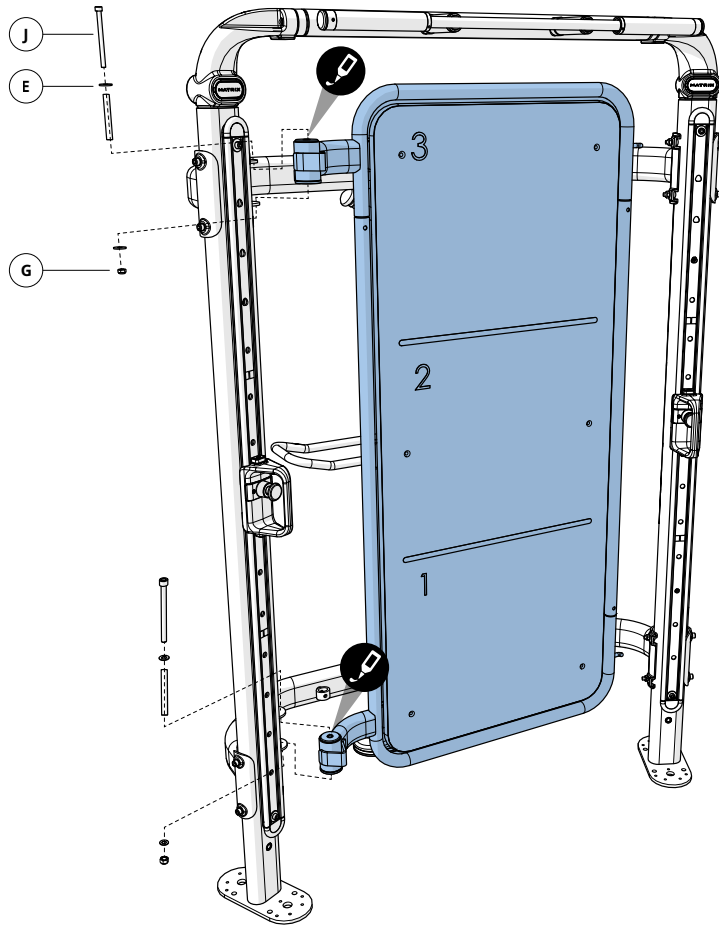
Torque Value	
77 Nm / 57 ft-lb	
H only: 40 Nm / 30 ft-lb	



3

Step 3 Hardware		
Description	Qty	
J Bolt (M10x1.5Px130L)	2	
E Washer (M10)	4	
G Nut (M10)	2	

Torque Value	
77 Nm / 57 ft-lb	

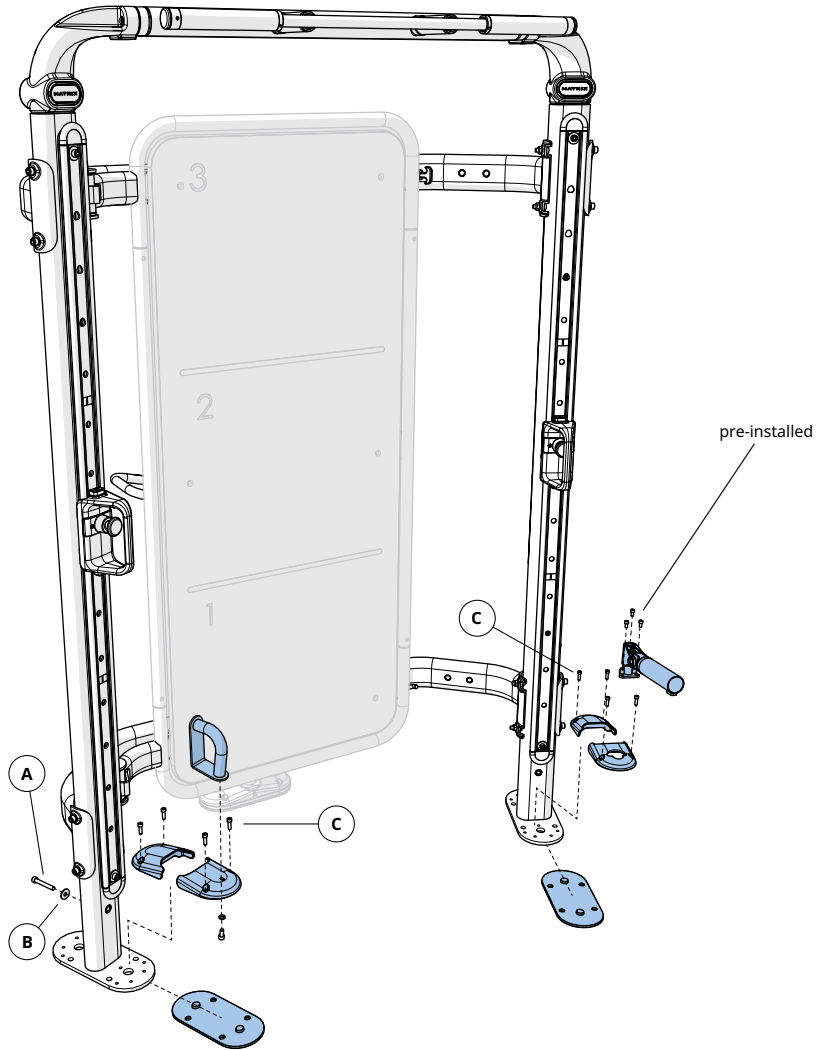


4

Step 4 Hardware		
Description	Qty	
A Bolt (M8x1.25Px75L-30L)	1	
B Washer (M8x16.0x2.0T)	2	
C Bolt (M8x1.25Px25L)	9	

Torque Value	
39 Nm / 29 ft-lb	

ASSEMBLY COMPLETE!



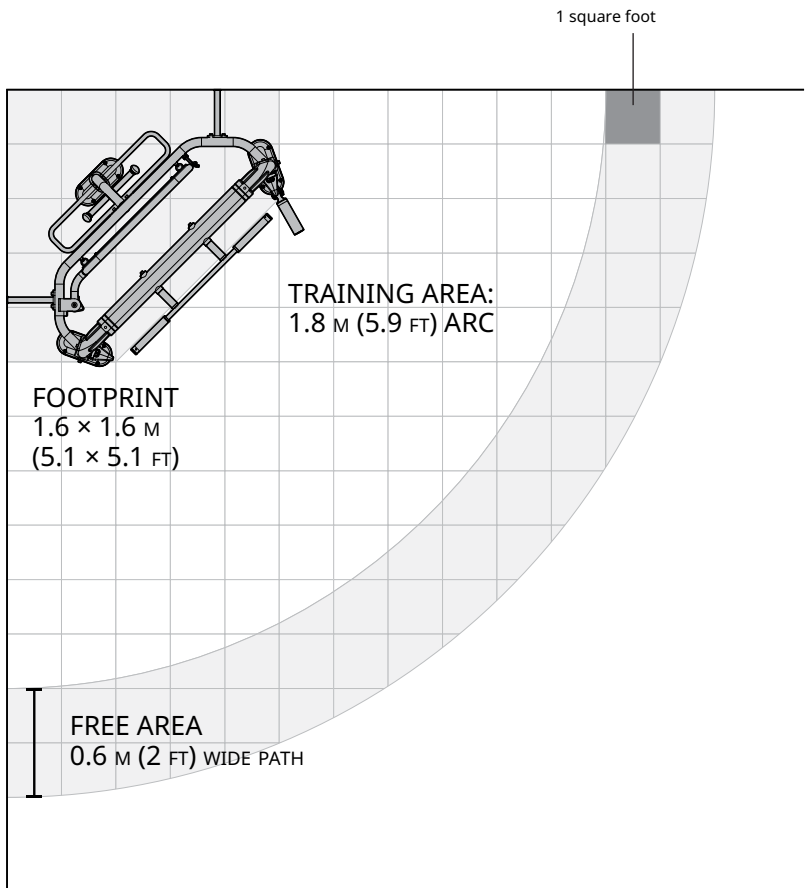
ENGLISH



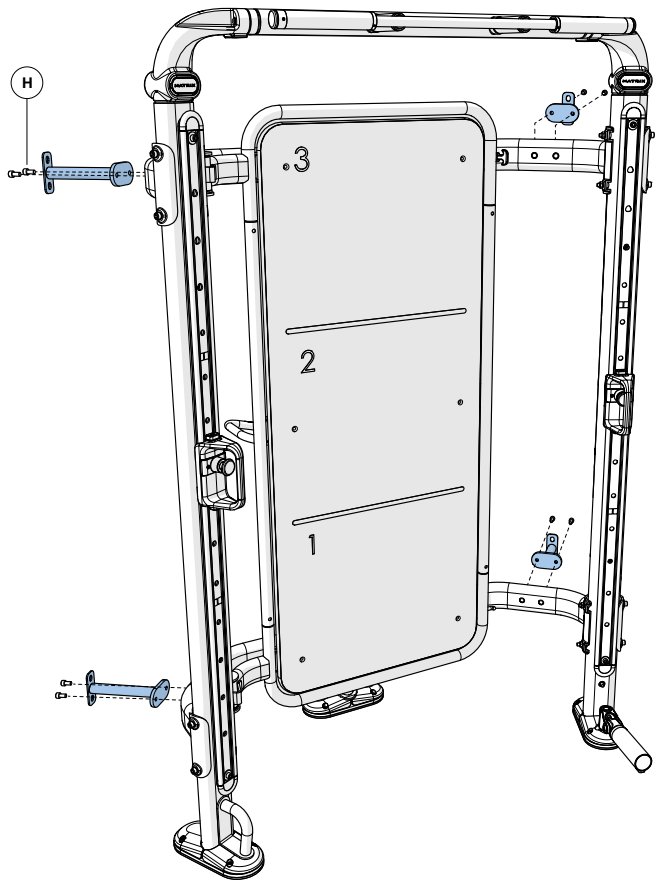
GFTWBK

Optional Wall Mounting Kit - Corner Mounting

ENGLISH



Hardware		
Description		Qty
H Bolt (M10x1.5Px20L)		8
Torque Value		
40 Nm / 30 ft-lb		

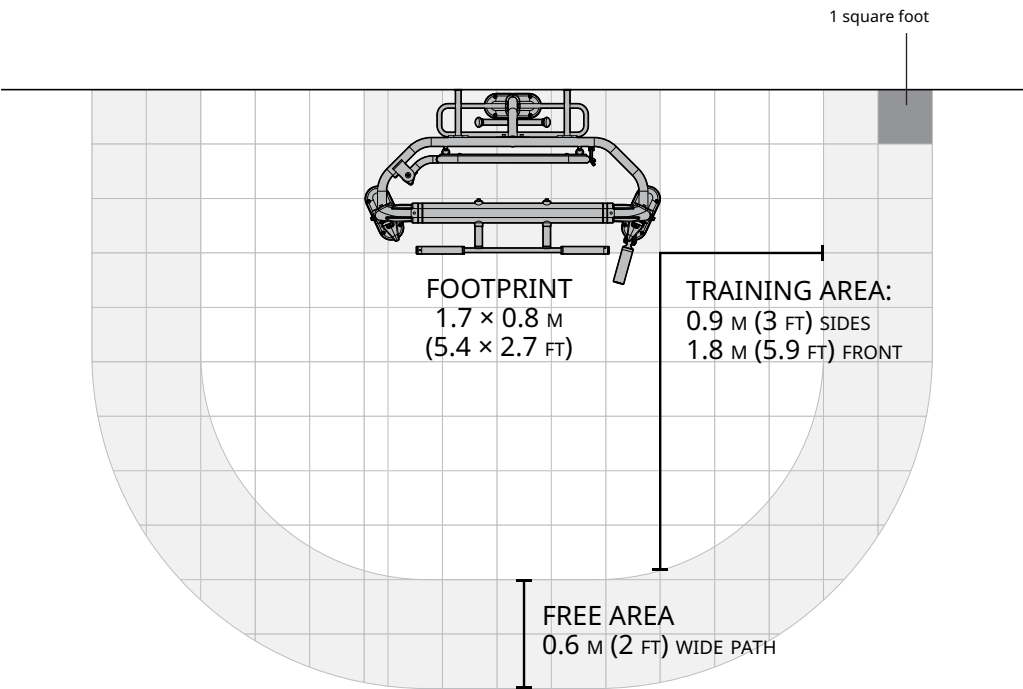


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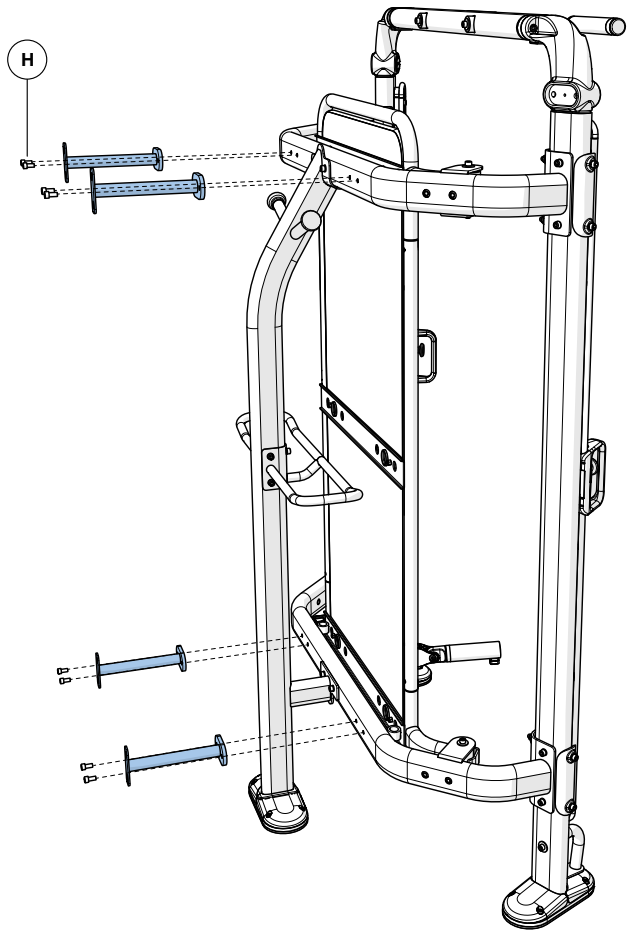
Optional Wall Mounting Kit - Flat Wall Mounting



ENGLISH



Hardware		
Description		Qty
H Bolt (M10x1.5Px20L)		8
Torque Value		
40 Nm / 30 ft-lb		



TRX®



TRX | SQUAT



TRX | HAMSTRING CURL



TRX | CHEST PRESS



TRX | ROW



TRX | ROLLOUT



TRX | CRUNCH

CONNEXUS

SLAM BALL



SLAM BALL | OVERHEAD SLAM
(LOW TARGET)



SLAM BALL | SCOOP THROW
(LOW TARGET)



SLAM BALL | LATERAL OVERHEAD SLAM
(LOW TARGET)

CONNEXUS



SLAM BALL | CHEST THROW
(MID TARGET)



SLAM BALL | CRUNCH WITH THROW
(MID TARGET)



SLAM BALL | OVERHEAD WALL THROW
(HIGH TARGET)

BAND REHAB



BAND REHAB | SHOULDER - Y SQUAT



BAND REHAB | SHOULDER EXTERNAL ROTATION



BAND REHAB | SHOULDER - FACE PULL

CONNEXUS



BAND REHAB | HIP HINGE WITH THIGH SLIDES



BAND REHAB | HIP - SQUAT WITH BAND ABOVE
KNEE (FACING ANCHOR POINT)



BAND REHAB | BACK - ANTI ROTATION

BAND



BAND | RESISTED LUNGES

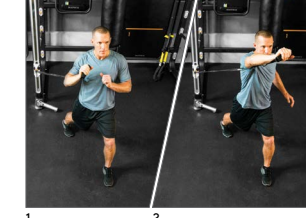


BAND | SKATERS

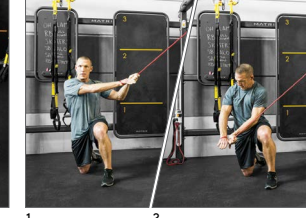


BAND | SINGLE ARM ROW

CONNEXUS



BAND | SINGLE ARM INCLINE CHEST PRESS



BAND | HIGH TO LOW KNEELING WOODCHOP



BAND | ANTI ROTATION

LANDMINE



LANDMINE | SQUAT INTO CALF RAISE



LANDMINE | SINGLE LEG DEADLIFT



LANDMINE | SPLIT STANCE ROW

CONNEXUS



LANDMINE | SINGLE ARM PRESS WITH
SPLIT STANCE

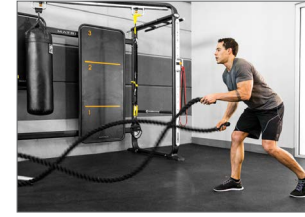


LANDMINE | RUSSIAN TWIST

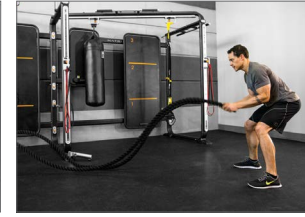


LANDMINE | LATERAL ROLLOUT

BATTLE ROPE



BATTLE ROPE | ALTERNATING WAVES
(SPLIT STANCE)



BATTLE ROPE | WAVES



BATTLE ROPE | SIDE SLAMS
(STANDING)

CONNEXUS



BATTLE ROPE | ALTERNATING CIRCLES



BATTLE ROPE | JUMPING JACKS



BATTLE ROPE | WAVES WITH LATERAL SHUFFLE

MATRIX

CONNEXUS COMPACT GFTCOR
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Part # 1000414049
Rev 1.1 A