





PRODUCT INFORMATION

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 as designed or intended by the manufacturer. It is imperative that MATRIX equipment be used properly to avoid injury.

INSTALLATION

1. **STABLE AND LEVEL SURFACE:** MATRIX exercise equipment must be installed on a stable base and properly leveled.
2. **SECURING EQUIPMENT:** Manufacturer recommends that all stationary MATRIX strength equipment be secured to the floor to stabilize equipment and eliminate rocking or tipping over. This must be performed by a licensed contractor.
3. Under no circumstances should you slide equipment across the floor due to risk of tipping. Use proper materials handling techniques and equipment recommended by OSHA.

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

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.

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. This training equipment is in compliance with EN ISO 20957-1 and EN 957-2.



- Operating Instructions



- JOHNSON INDUSTRIES (SHANGHAI) CO., LTD.
No. 2217 Hechen Rd,
Jiading, Shanghai, China



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. 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. 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.
10. Keep body, clothing, hair, and fitness accessories free and clear of all moving parts.
11. Adjustable stops, where provided, must be used at all times.
12. When adjusting any adjustable mechanism (stop position, seat position, pad location, range of motion limiter, pulley carriage, or any other type), make certain that the adjustable mechanism is fully engaged prior to use to prevent unintended motion.
13. Manufacturer recommends that this equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
14. If equipment is NOT secured to floor: NEVER allow resistance straps, ropes or other means to be attached to this equipment, as this may result in serious injury. NEVER use this equipment for support during stretching, as this may result in serious injury.
15. DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED OR ILLEGIBLE.



PRODUCT INFORMATION

MODES OF USE

1. ISOMETRIC

- Muscle contraction without movement against a static weight
- How to: choose a fixed numbered position for the range limiter under the carriage by pulling the pin and sliding range limiter to the desired position. Move the weight stack disengagement lever to the “unlocked” position. Switch the carriage lock-out lever to the “locked” position. Gently slide carriage back until it locks in position.

2. LOADED ISOMETRIC

- Muscle contraction without movement holding resistance from the weight stack at a fixed position
- How to: choose a fixed numbered position for the range limiter under the carriage by pulling the pin and sliding range limiter to the desired position. Switch the carriage lock-out lever to the “unlocked” position. Choose the loaded weight at the weight stack and gently slide carriage back until contacting the range limiter. Hold the weight at the fixed position.

3. ISOTONIC

- Muscle contraction through a desired range of motion, with or without limitation of movement, using the weight stack as the resistance mechanism.
- How to: Pin your desired weight stack resistance and perform exercise through a desired range of motion using slow, controlled movements.

4. PLYOMETRIC

- Explosive movement training or “jump training”.
- How to: choose your elastic band strength and wrap the band (or bands) through the blue band pegs on the outside of the frame. Move the weight stack disengagement lever to the “unlocked” position. Perform your plyometric exercise as desired.
- *****CAUTION***** Take note of the range limiting device location. Manufacturer suggests positioning the limiting device in the last position to reduce the chances of a sudden stop of the carriage during explosive movements.

5. ELASTIC

- A form of isotonic training using bands as the primary form of resistance creating increasing loads as the range of motion increases.
- How to: choose your elastic band strength and wrap the band (or bands) through the blue band pegs on the outside of the frame. Move the weight stack disengagement lever to the “unlocked” position. Perform exercise through a desired range of motion using slow, controlled movements.

6. COMBINED (ELASTIC & WEIGHT STACK)

- Using elastic bands and the weight stack of the machine to produce resistance at the same time.
- How to: choose your elastic band strength and wrap the band (or bands) through the blue band pegs on the outside of the frame. Move the weight stack disengagement lever to the “locked” position. Pin your desired weight stack resistance. Perform exercise through a desired range of motion using slow, controlled movements.



PRODUCT INFORMATION

INTENDED USE

The intended use of the Matrix MD-S711 Leg Extension / Leg Curl is to help users of all kinds — regardless of age, injury or physical limitation — build the strength they need in their hamstrings and quads for healthy movement. The physical activity level is generated by the user pushing against a movable leg bar. The user can either use the back of the ankle to press the leg bar in the downward direction to perform a leg curl exercise, or the user can use the front of the shin to press the leg bar in the upward direction to perform a leg extension exercise. This physical activity level should be done in a controlled environment. The stress intensity of the physical activity level can be adjusted by adjusting the amount of resistance applied to the leg bar.

Metabolic System: The MD Leg Extension / Leg Curl can be used to influence the metabolic system to increase fat-burning, thereby reducing the size of adipose tissue deposits.

Physical Performance Tests: The defined stress intensity of the physical activity level can be used to perform physical performance tests on the strength of the user's leg muscles.

Recovery: The MD Leg Extension / Leg Curl can be used to improve muscle strength after injury. The handrails and seat of the MD Leg Extension / Leg Curl can be used for additional security and stabilization.

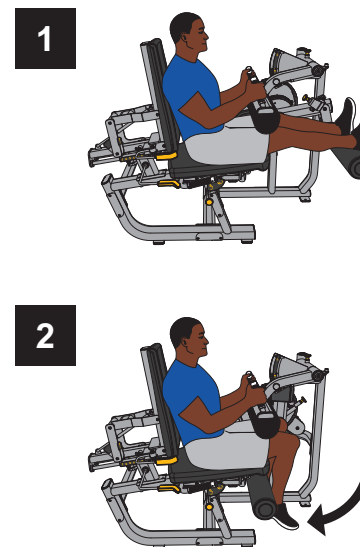
NOTE

1. Ambient temperature for operating this equipment is 5°C - 40°C (with NO air-flow), nominal 25°C.
2. Relative Humidity for operating this equipment is 10% - 90% (non-condensing), nominal 40% (non-condensing).
3. Ambient temperature for shipping and storage this equipment is from -20°C to 70°C (with NO air-flow).

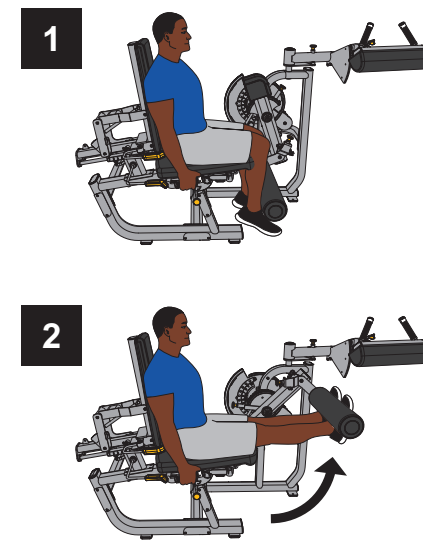
PROPER USAGE

1. Do not exceed weight limits of the exercise device.
2. If applicable, set safety stops to appropriate height.
3. If applicable, adjust seat pads, leg pads, foot pads, range of motion adjustment, or any other type of adjustment mechanisms to a comfortable start position. Make certain that the adjusting mechanism is fully engaged to prevent unintentional movement and to avoid injury.
4. Sit on bench (if applicable) and get into appropriate position for exercise.
5. Exercise using no more weight than you can safely lift and control.
6. In a controlled manner, perform exercise.
7. Return weight to its fully-supported start position.

LEG CURL



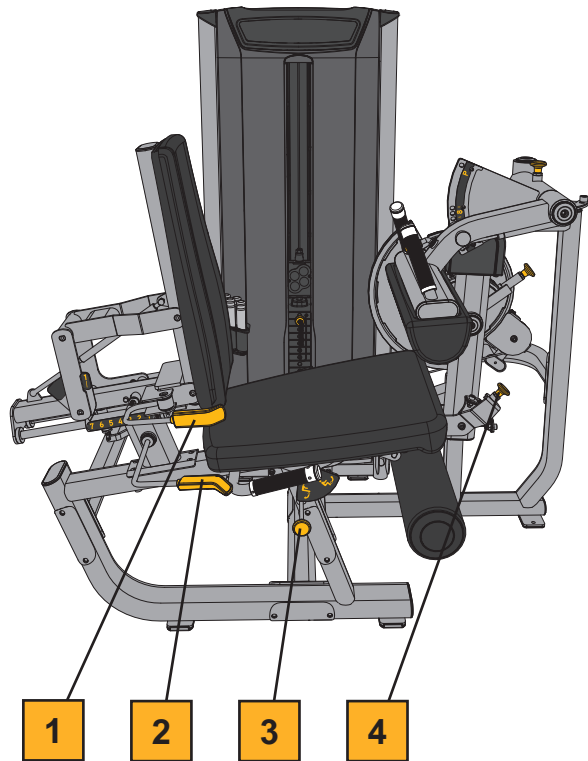
LEG EXTENSION





PRODUCT INFORMATION

ADJUSTMENT POINTS

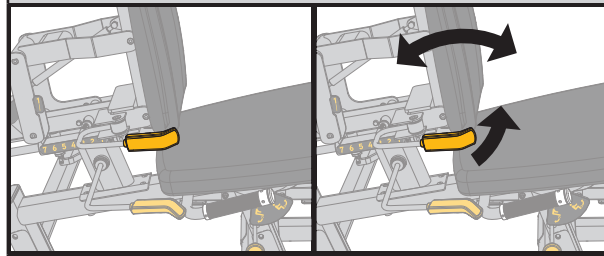


1

Back Pad Recline

Pull handle inward, increase or decrease the angle of the back pad to comfortable start position, release handle.

Allows the user to adjust the starting angle of the back pad. The user grasps the innermost handle and pulls directly inward; lean into the seat until designed angle is reached, and releases the handle.

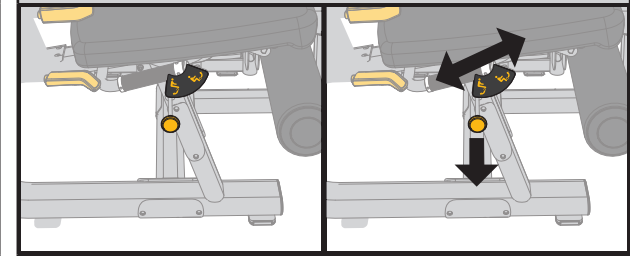


3

Seat Pivot Change

Pull pin, adjust the seat height to correct exercise start position, release pin.

Allows the user to adjust the seat pad height permitting the alignment of knees with the pivot point during exercise. The lower position is for leg curl exercises and the upper position is for leg extension exercises.

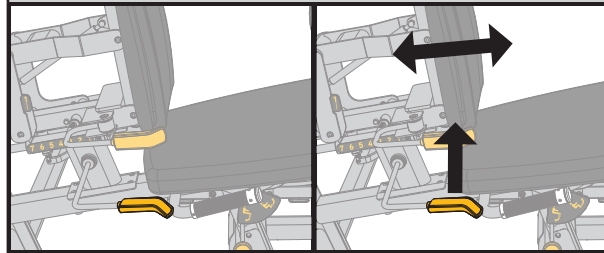


2

Back Pad Start Position

Pull handle upward, adjust the back pad to a comfortable start position, release handle.

Allows the user to adjust the starting position of the back pad. The user pulls the outermost handle upwards, chooses comfortable start position, and then releases handle.

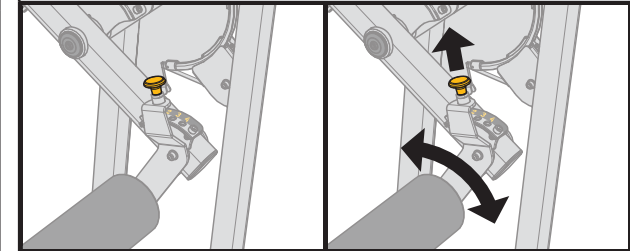


4

Ankle Pad Adjustment

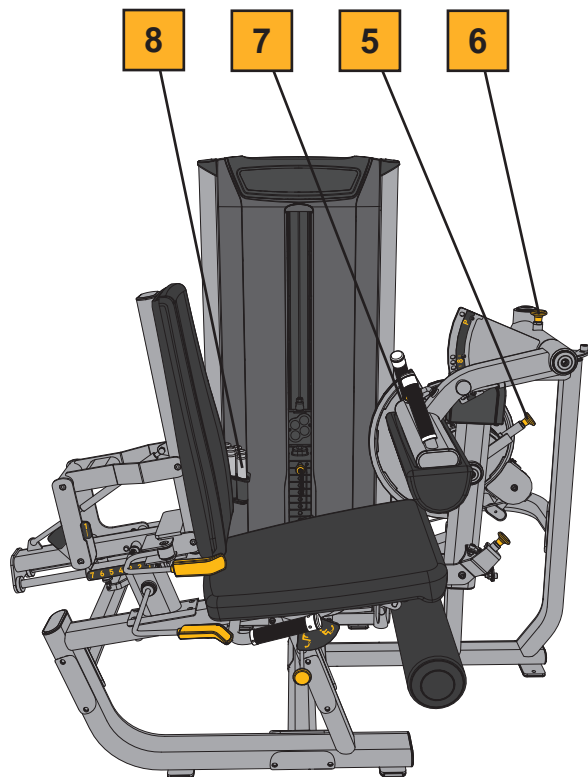
Pull pin, adjust pad to desired start position, release pin.

Allows the user to rotate the pad to a comfortable start position.





PRODUCT INFORMATION



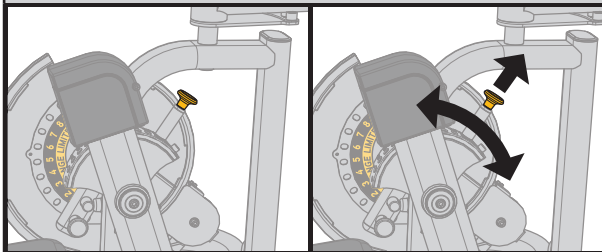
ADJUSTMENT POINTS

5

Starting Leg Position

Pull pin, adjust pad to desired start position, release pin.

Allows the user to adjust the work arm to a comfortable start position.

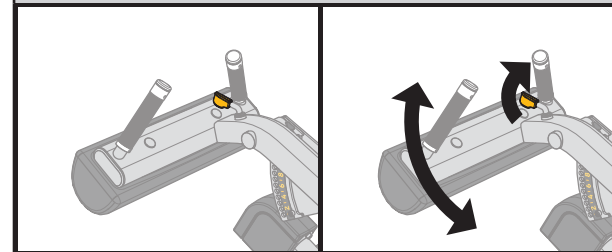


7

Thigh Pad Release

Depress lever with thumb, raise or lower pad, release lever.

Allows the user to raise or lower the thigh pad into a comfortable start position.

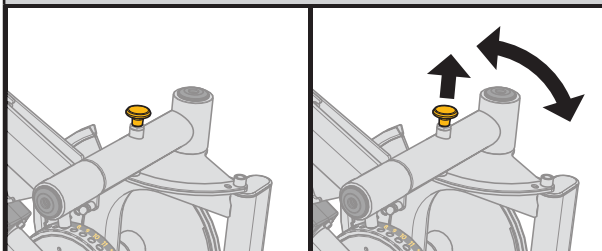


6

Thigh Pad Rotation

Pull pin, rotate thigh pad out, release pin.

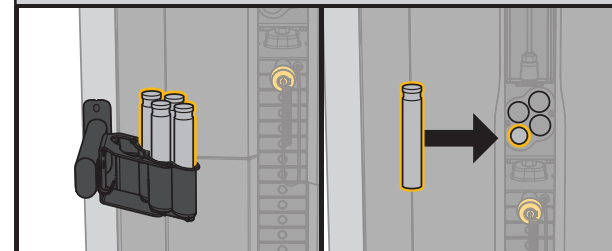
Allows the user to swing the thigh pad out away from the user for easy entrance and exit of the machine.



8

0.9 kg / 2 lb Increment Weight (optional)

Remove individual incremental weight pins and insert above head plate to achieve desired starting weight.





PRODUCT INFORMATION

MAINTENANCE CHECKLIST

ACTION	FREQUENCY
Clean Upholstery ¹	Daily
Inspect Cables ²	Daily
Clean Guide Rods	Monthly
Inspect Hardware	Monthly
Inspect Frame	Bi-Annually
Clean Machine	As Needed
Clean Grips ¹	As Needed
Lubricate Guide Rods ³	As Needed

¹ Upholstery & Grips should be cleaned with a mild soap and water or a non-ammonia based cleaner.

² Cables should be inspected for cracks or frays and immediately replaced if present. If excessive slack exists cable should be tightened without lifting the head plate.

³ Guide rods should be lubricated with Teflon based lubricant. Apply the lubricant to a cotton cloth and then apply up and down the guide rods.

PRODUCT SPECIFICATIONS

Max User Weight	159 kg / 350 lbs.
Max Training Weight	94.6 kg / 208 lbs.
Product Weight	340 kg / 750 lbs.
Weight Stack	91 kg / 200 lbs.
Add-On-Weight (optional)	0.9 kg / 2 lbs.
Overall Dimensions (L x W x H)*	217 x 125.4 x 162.5 cm / 85.5 x 49.4 x 64"

* 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.

WARRANTY

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

TORQUE VALUES

M10 Bolt (Nyloc Nut & Flowdrill)	77 Nm / 57 ft-lbs
M8 Bolts	25 Nm / 18 ft-lbs
M8 Plastic	15 Nm / 11 ft-lbs
M6 Bolts	15 Nm / 11 ft-lbs
Pad Bolts	10 Nm / 7 ft-lbs



ASSEMBLY

UNPACKING

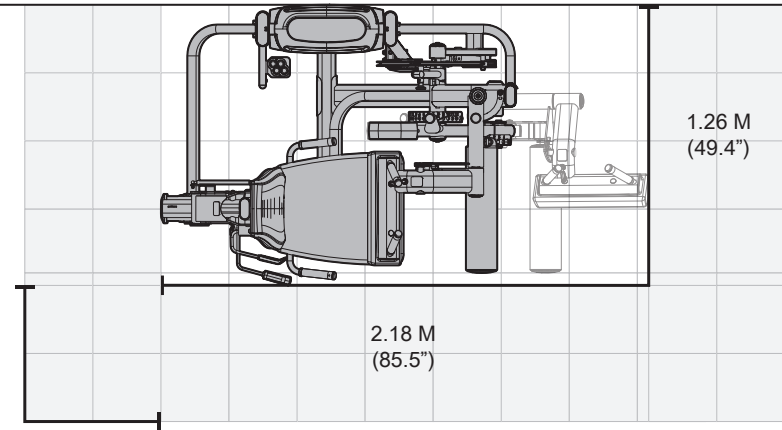
Thank you for purchasing a MATRIX Fitness product. It is inspected before it is packaged. It is shipped in multiple pieces to facilitate the compact packaging of the machine. Prior to assembly, confirm all the components by matching them with the exploded diagrams. Carefully unpack the unit from this box and dispose of the packing materials in accordance with your local laws. Exercise device must be assembled by a trained assembly team or be pre-assembled prior to delivery.

CAUTION

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, and properly level the machine. 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.

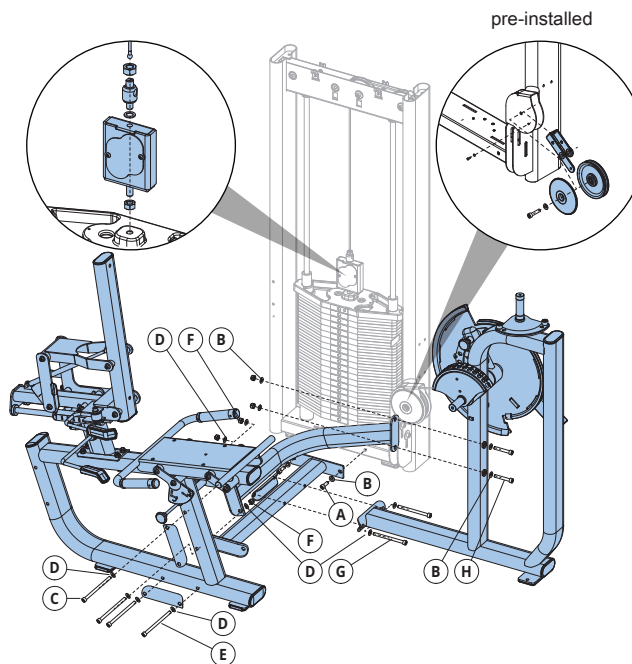
MD-S711 TRAINING AREA

FREE AREA
0.6 M (2 FT)
WIDE PATH

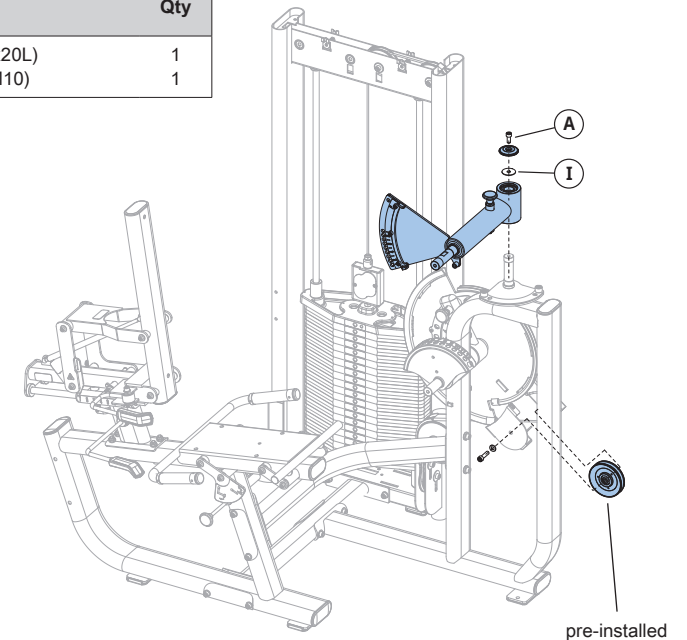


1	Hardware	Qty
A	Bolt (M10x20L)	2
B	Washer (M10)	7
C	Bolt (M10x125L)	2
D	Arc Washer (M10)	12
E	Bolt (M10x150L)	2
F	Nylock Nut (M10)	8
G	Bolt (M10x105L)	2
H	Bolt (M10x80L)	2

Do not fully tighten frame connectors until assembly is complete. Vibra-Tite 135 Red Gel or equivalent must be used on all fasteners that are not assembled with Nylock Nuts.



2	Hardware	Qty
A	Bolt (M10x20L)	1
I	Washer (M10)	1

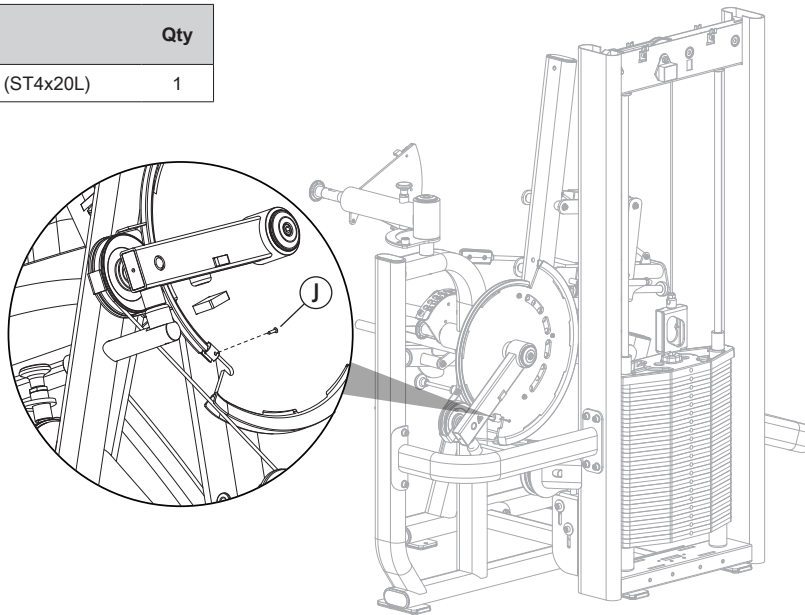




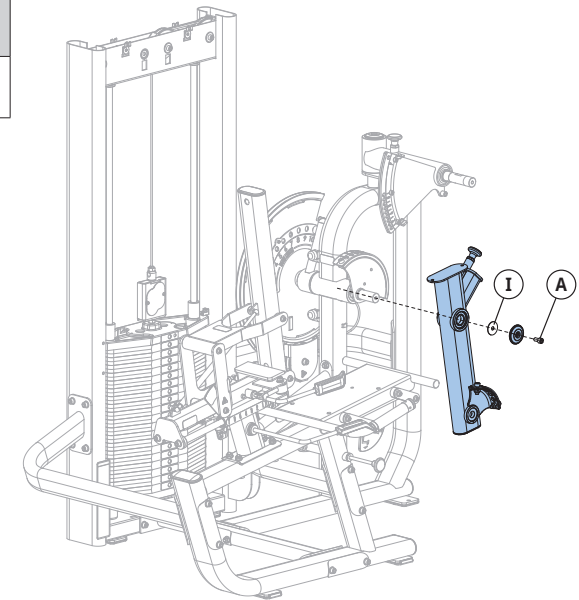
ASSEMBLY

3
Hardware
Qty

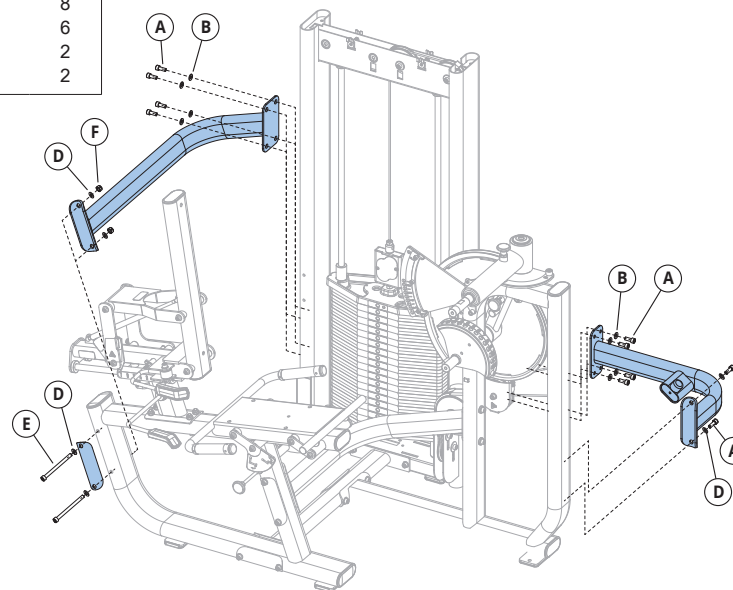
J	Set Screw (ST4x20L)	1
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5
Hardware
Qty

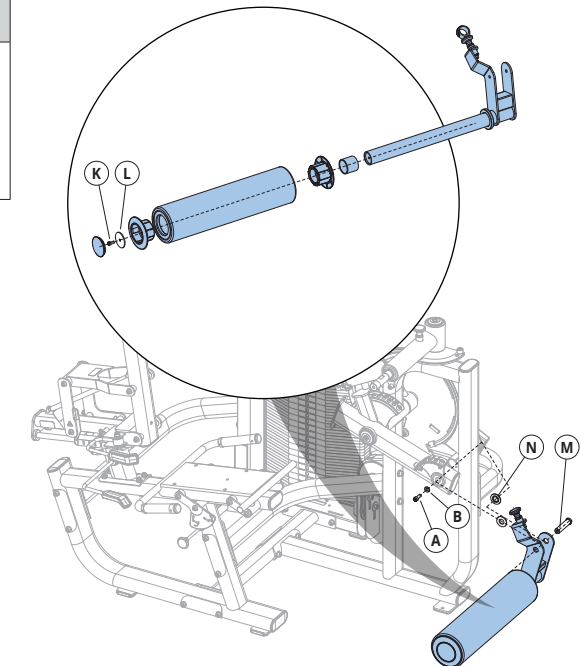
A	Bolt (M10x20L)	1
I	Washer (M10)	1


4
Hardware
Qty

A	Bolt (M10x20L)	10
B	Washer (M10)	8
D	Arc Washer (M10)	6
E	Bolt (M10x150L)	2
F	Nylock Nut (M10)	2


6
Hardware
Qty

A	Bolt (M10x20L)	1
B	Washer (M10)	1
K	Bolt (M8x15L)	1
L	Washer (M8)	1
M	Axle	1
N	POM Washer	2

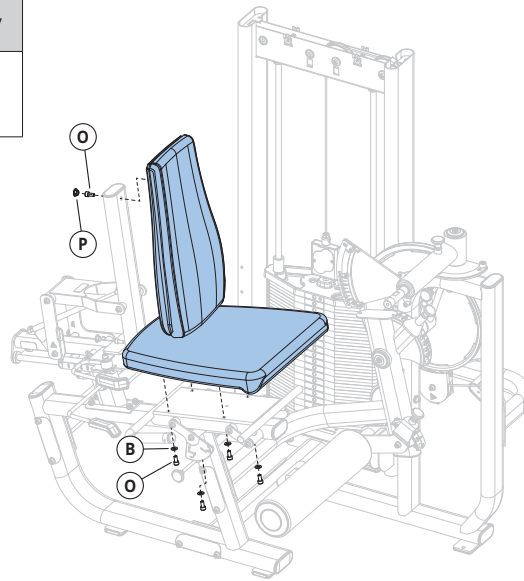




ASSEMBLY

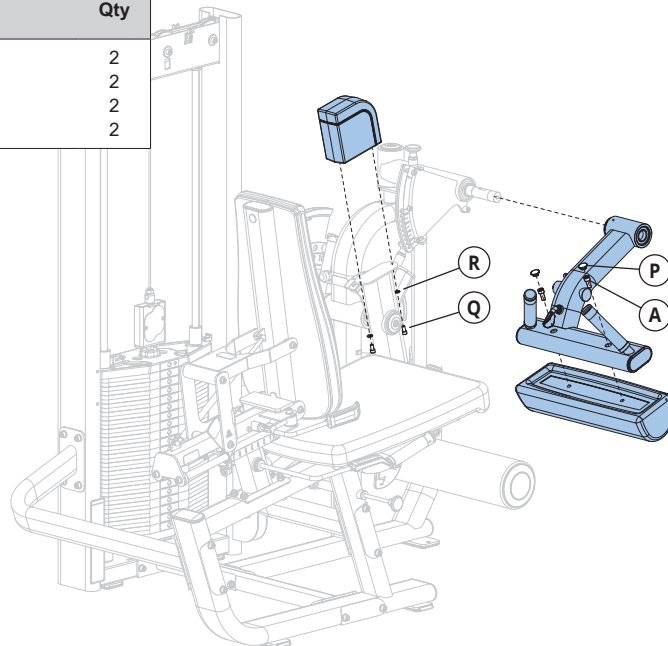
7 Hardware Qty

B	Washer (M10)	4
O	Bolt (M10x25L)	6
P	Plug	2



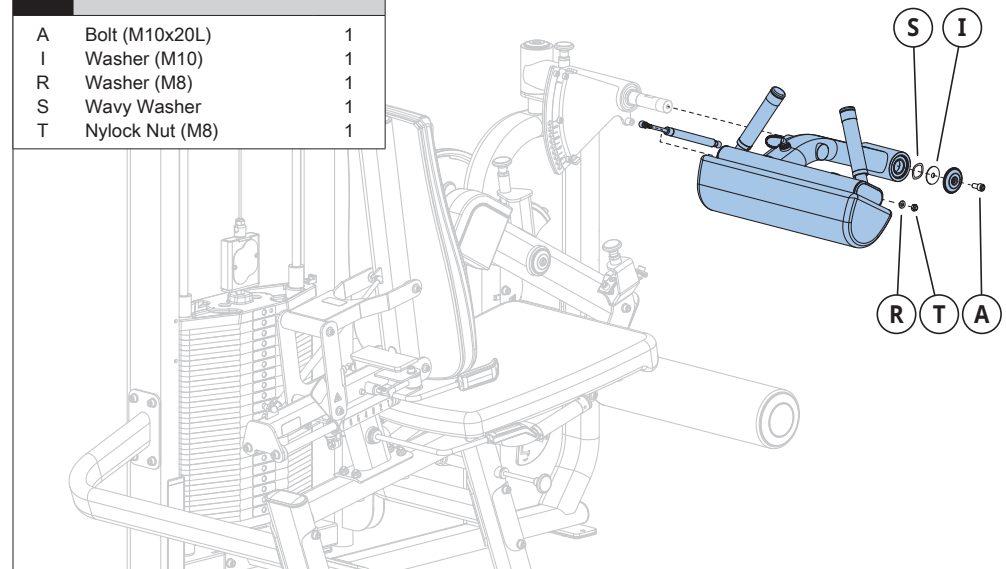
8 Hardware Qty

A	Bolt (M10x20L)	2
P	Plug	2
Q	Bolt (M8x25L)	2
R	Washer (M8)	2



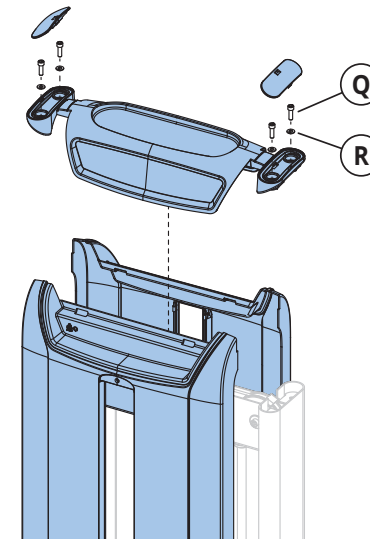
9 Hardware Qty

A	Bolt (M10x20L)	1
I	Washer (M10)	1
R	Washer (M8)	1
S	Wavy Washer	1
T	Nylock Nut (M8)	1



10 Hardware Qty

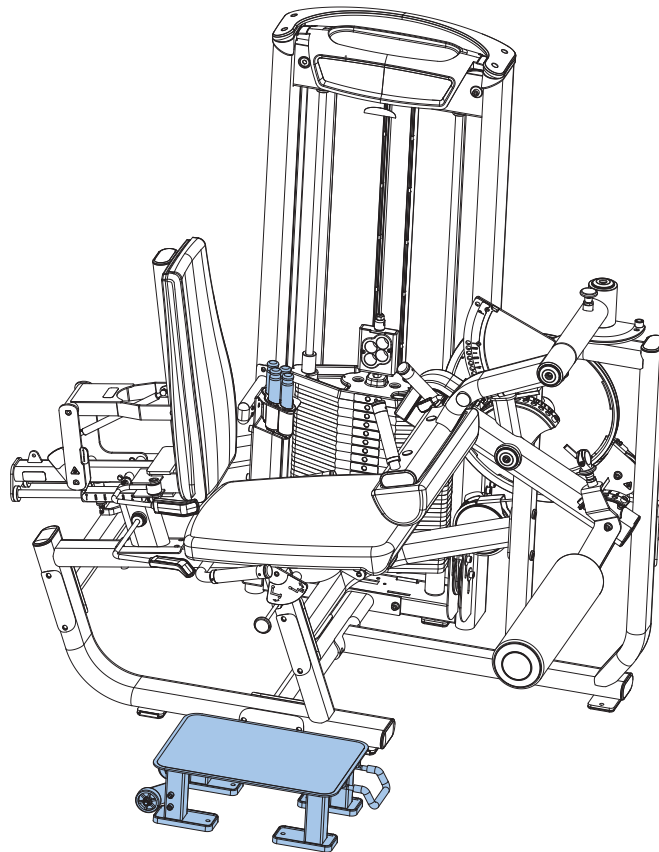
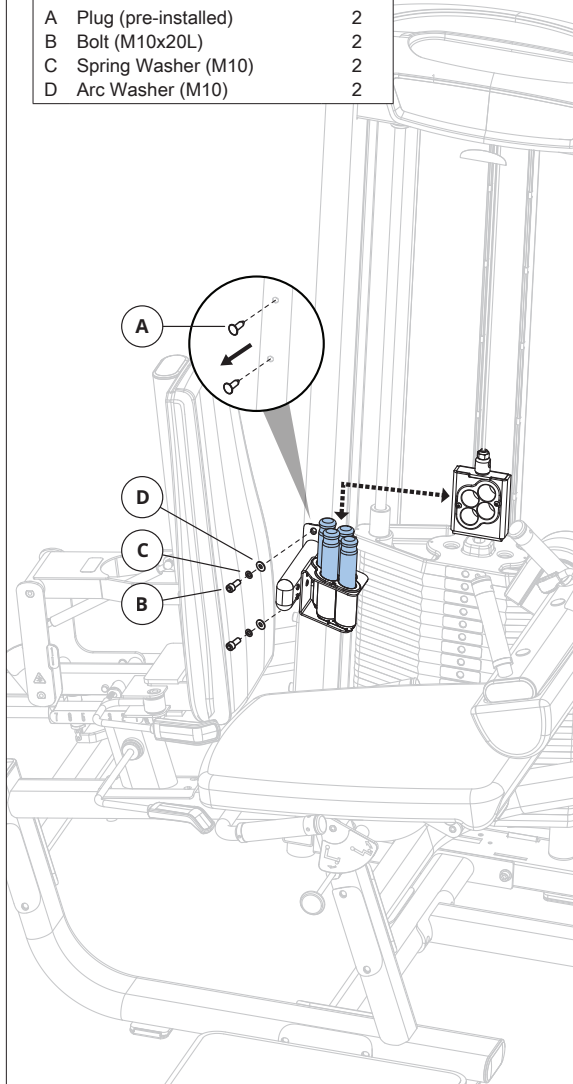
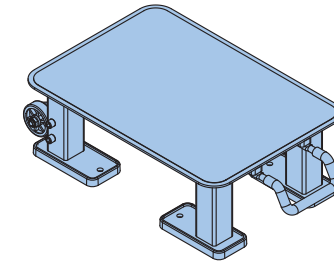
Q	Bolt (M8x25L)	4
R	Washer (M8)	4



ASSEMBLY COMPLETE

**OPTIONAL ASSEMBLY (SOLD SEPARATELY)****INCREMENTAL WEIGHTS**

Hardware	Qty
A Plug (pre-installed)	2
B Bolt (M10x20L)	2
C Spring Washer (M10)	2
D Arc Washer (M10)	2

**STEP STOOL**

MATRIX



MD-S711

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Rev 1.7 A