

PROPER USAGE

1. Do not exceed the weight limits of the exercise device.
2. Make certain the top is secure before stepping on the equipment to perform step ups, lunges, toe taps, body weight squats, etc.
3. Do not used when stacked.
4. Do not jump onto the instability device.
5. Top can be removed and placed on floor with the curved surface down to challenge balance and improve core stability. Use care when stepping on and off the balance board. Center body weight on the board to balance safely.
6. Legs can be flipped upside down and the hand grips can be used as a strength platform to perform pushups, triceps dips or mountain climbers.

MAINTENANCE CHECKLIST

ACTION	FREQUENCY
Clean Top *	Daily
Inspect Hardware	Monthly
Inspect Frame	Bi-Annually
Clean Frame *	As Needed
Clean Grips *	As Needed

\* Top, grips and frame should be cleaned with a mild soap and water or a non-ammonia based cleaner.

PRODUCT SPECIFICATIONS

TECH SPECS	
Maximum User Weight	136 kg / 300 lbs
Maximum Training Weight	22.6 kg / 50 lbs
Product Weight	8.7 kg / 19.2 lbs
Overall Dimensions (L x W x H)*	70.5 x 38.1 x 33 cm / 27.8 x 15 x 12.9"

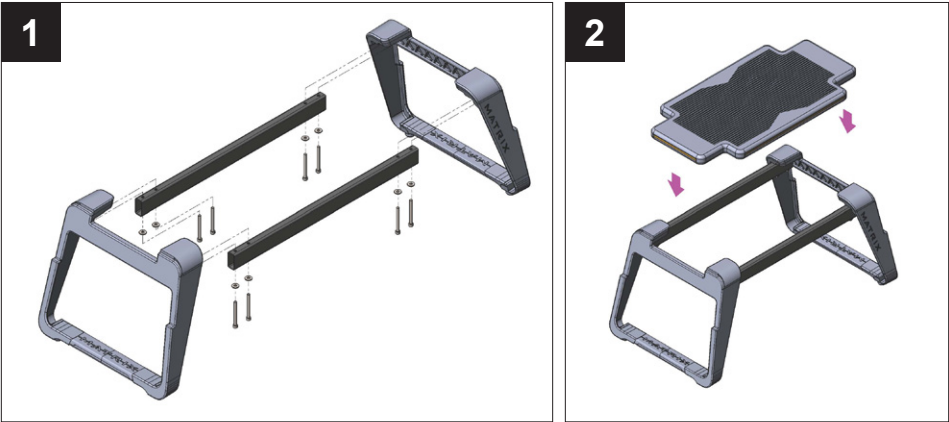
\* Ensure a minimum clearance width of 0.6 meters (24") for access to and passage around MATRIX strength equipment. Please note, 0.91 meters (36") is the ADA recommended clearance width for individuals in wheelchairs.

WARRANTY

For North America, please visit [www.matrixfitness.com](http://www.matrixfitness.com) for warranty information along with warranty exclusions and limitations.

Tools Included	
4mm Allen Wrench	

Hardware	
Description	Qty
Bolt	8
Flat Washer	8



## 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. Ensure all hardware is secure prior to use.

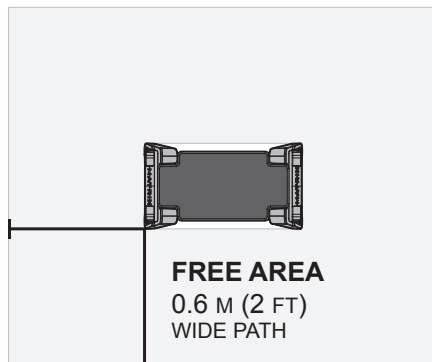
It is recommended that all users of MATRIX exercise equipment be informed of the following information prior to its use.

Use this equipment for its intended purpose only. It is imperative that MATRIX equipment be used properly to avoid injury.

## INSTALLATION

**STABLE AND LEVEL SURFACE:** MATRIX exercise equipment must be installed on a level surface.

## TRAINING AREA



## 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:** 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 indoor 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 training equipment is in compliance with EN ISO 20957-1:2013 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 STEP. TEENAGERS MUST BE SUPERVISED 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 OR KNOWLEDGE, UNLESS THEY HAVE BEEN GIVEN SUPERVISION OR

- INSTRUCTION CONCERNING USE OF THIS 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 EQUIPMENT BEFORE USE. DO NOT USE IF IT APPEARS TO BE DAMAGED.

- 5 DO NOT EXCEED THE 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 MAKE SURE YOU HAVE ADEQUATE SPACE AROUND YOU IN CASE YOU FALL.

- 8 MAKE SURE THE TOP IS SECURE BEFORE STEPPING ON THE EQUIPMENT.
- 9 DO NOT USE WHEN STACKED.
- 10 DO NOT JUMP ONTO INSTABILITY DEVICE.
- 11 DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED OR ILLEGIBLE.