

MATRIX

CXP





3	ENGLISH
16	繁體中文

# IMPORTANT PRECAUTIONS

## SAVE THESE INSTRUCTIONS

- When using Matrix Cycles, 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 intended for commercial use. To ensure your safety and protect the equipment, read all instructions before operating.

## WARNING!

### TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- Use this indoor cycle for its intended purpose as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Never operate the indoor cycle if it is not working properly, or if it has been damaged. Contact Customer Tech Support or the authorized dealers for examination and repair.
- Do not use the indoor cycle without proper footwear. NEVER operate the indoor cycle with bare feet.
- Do not wear any clothing that might catch on any moving parts of this indoor cycle.
- Keep hands and feet clear at all times from moving parts to avoid injury. Never turn the pedal cranks by hand.
- Do not dismount the indoor cycle until the pedals are at a complete STOP.
- Do not insert any object, hands or feet into any openings, or expose hands, arms or feet to the drive mechanism or other potentially moving part of the indoor cycle.
- Do not use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Customer Tech Support or the authorized dealers.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Close supervision is necessary when used near children.
- 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.
- Ensure that adjustment levers (seat and handlebar fore-and-aft) are properly secured and do not interfere with range of motion during exercise.
- When adjusting the seat and handlebar height, hold the seat or handlebar with one hand, while lifting and then locking the lever. Ensure clamp is fully engaged prior to use.
- 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 unit.
- At no time should more than one person be on unit while in operation.
- This unit should not be used by persons weighing more than specified in the PRODUCT SPECIFICATIONS SECTION. Failure to comply will void the warranty.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- At NO time should pets or children under the age of 14 be closer to the unit than 10 feet.
- At NO time should children under the age of 14 use the unit.
- Children over the age of 14 should not use the unit without adult supervision.
- Heart rate monitoring systems may be inaccurate.
- After exercising, push down on the brake lever to slow the flywheel down and decrease the potential for injury.
- The indoor cycle does not have a independently moving flywheel; the pedals will continue to move together with the flywheel until the flywheel stops.
- Use the stationary training equipment in a supervised environment.

## CAUTION!

### CONSULT A PHYSICIAN BEFORE USING THIS EQUIPMENT. READ OWNER'S MANUAL BEFORE USE.

- It is essential that this equipment is used only indoors, in a climate controlled room. If this equipment has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the equipment is warmed up to room temperature and allowed time to dry out before first time use.





# 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. Contact information is located on the information card.

## TOOLS REQUIRED :

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

## PARTS INCLUDED:

- ☐ 1 Main Frame
- ☐ 1 Front Stabilizer Tube
- ☐ 1 Rear Stabilizer Tube
- ☐ 1 Handlebar Set
- ☐ 1 Transport Handle
- ☐ 1 Bicycle Saddle
- ☐ 2 Pedals
- ☐ 1 Console
- ☐ 1 Hardware Kit

## ⚠ WARNING

SEAT AND HANDLEBARS: HOLD WITH ONE HAND ADJUSTING HEIGHT. ENSURE CLAMP IS FULLY ENGAGED PRIOR TO USE.

USE THE STATIONARY TRAINING EQUIPMENT IN SUPERVISED ENVIRONMENT UNDER THE DIRECT SUPERVISION OF A TRAINED INSTRUCTOR.

SPINNING PEDALS CAN CAUSE INJURY.

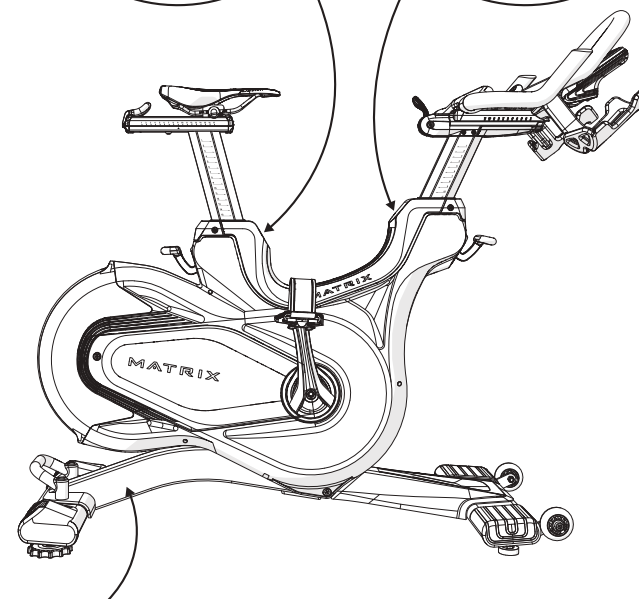
THIS EXERCISE BICYCLE DOES NOT HAVE A FREEWHEEL AND PEDAL SPEED MUST BE REDUCED IN A CONTROLLED MANNER.

## ⚠ CAUTION

KEEP CHILDREN UNDER THE AGE OF 14 AWAY FROM EXERCISE EQUIPMENT.

ALL WARNINGS AND INSTRUCTIONS SHOULD BE READ AND PROPER INSTRUCTION OBTAINED PRIOR TO USE. USE THIS EQUIPMENT FOR ITS INTENDED PURPOSE ONLY. CONSULT A PHYSICIAN BEFORE USING THIS EQUIPMENT.

SET UP AND OPERATE THE STATIONARY EXERCISE BICYCLE ON A SOLID LEVEL SURFACE. CARE SHOULD BE TAKEN IN MOUNTING AND DISMOUNTING THE STATIONARY EXERCISE BICYCLE. BEFORE DISMOUNTING, BRING THE PEDALS TO A COMPLETE STOP.

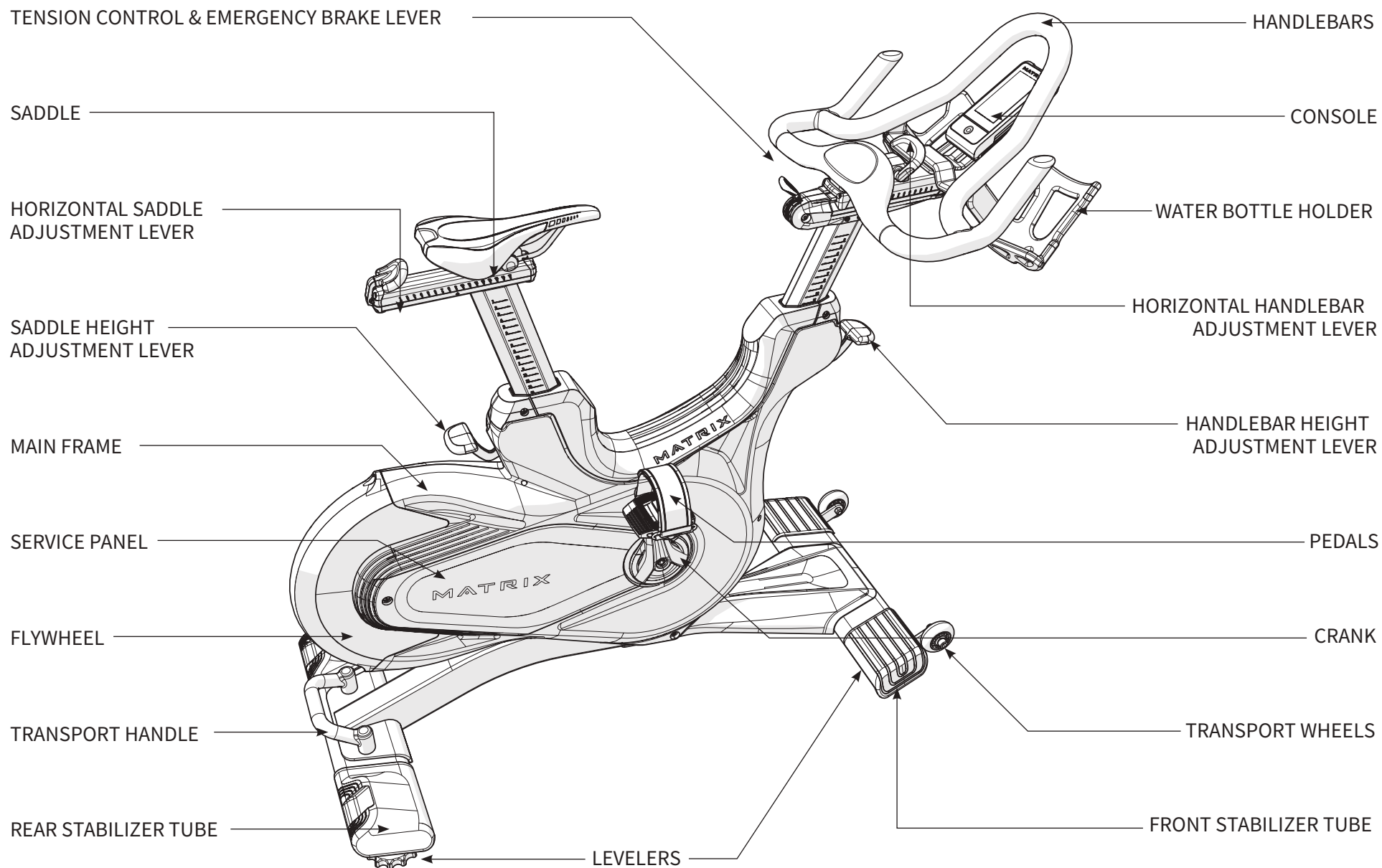


## SERIAL NUMBER

## MODEL: CXP MATRIX TARGET TRAINING CYCLE

\* Use the information above when calling for service.







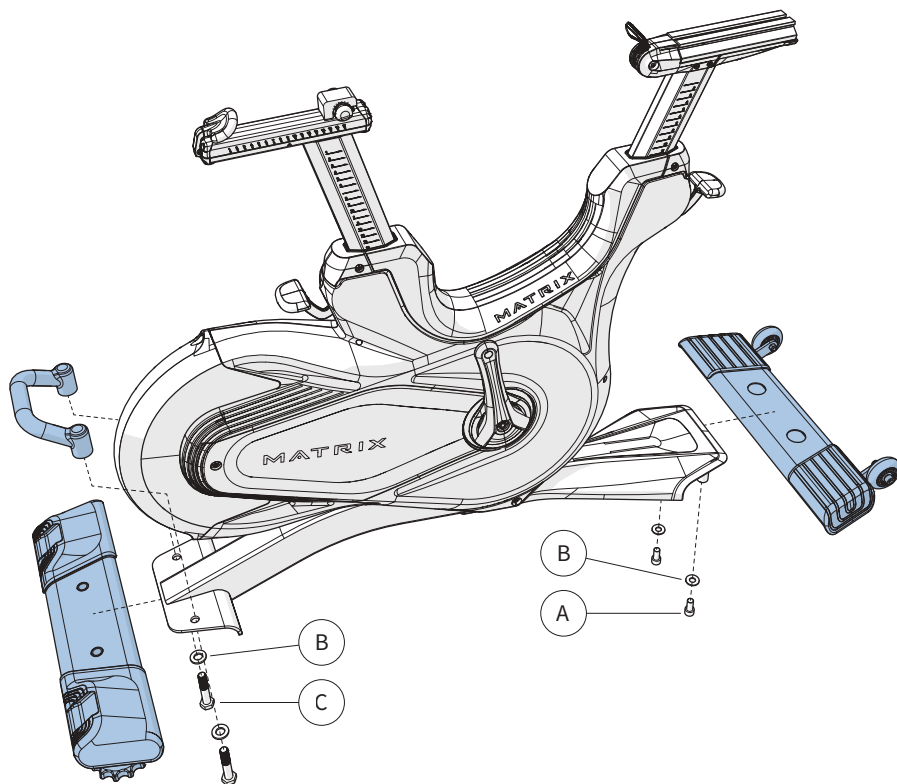
1

#### Red Hardware Pack

Description	Qty
A Bolt (M12x25L)	2
B Flat Washer	4
C Bolt (M12x70L)	2

#### Torque Value

A	78 Nm / 58 ft-lb
C	78 Nm / 58 ft-lb



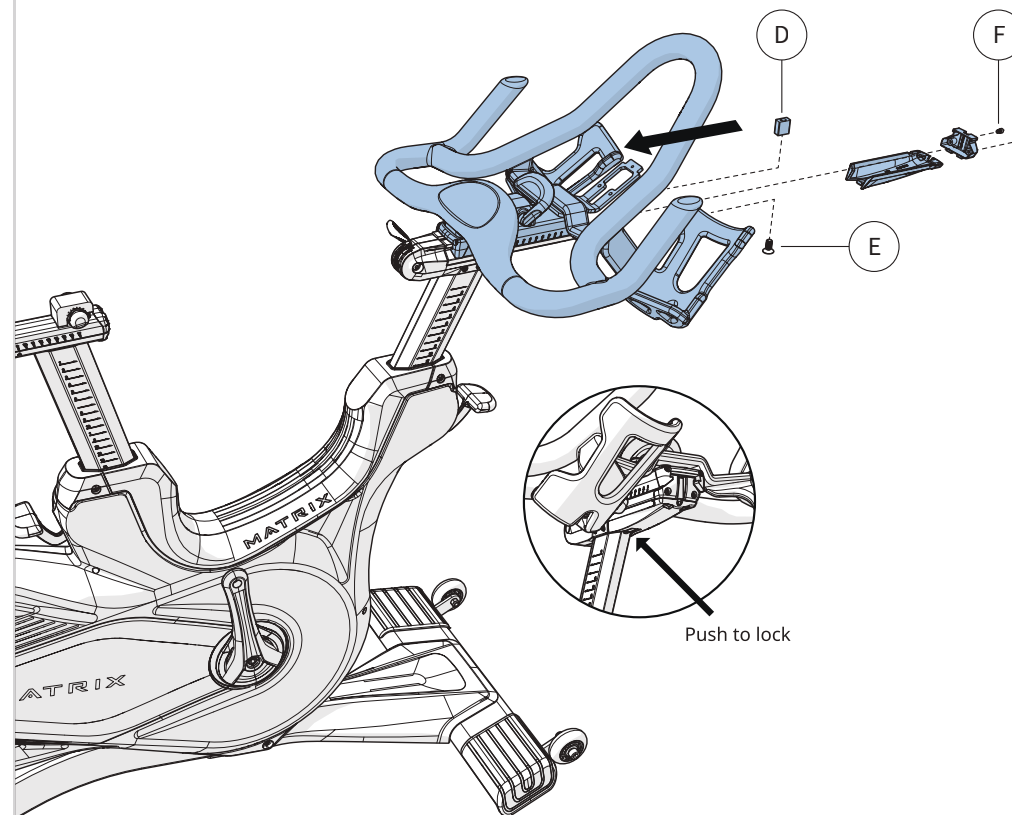
2

#### Yellow Hardware Pack

Description	Qty
D Stopper	1
E Screw (M8x20L)	1
F Screw (M4x6L)	2

#### Torque Value

E	20 Nm / 14 ft-lb
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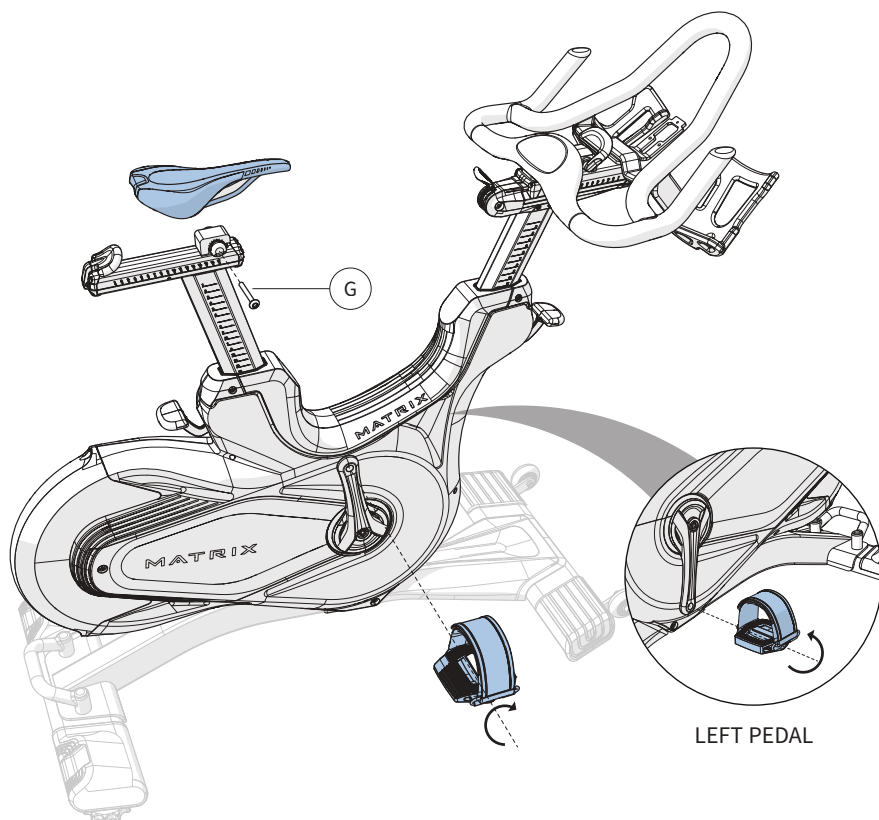
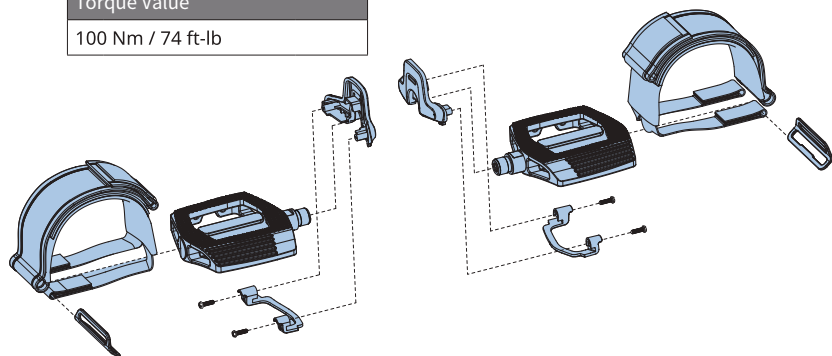
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## Pre-installed Hardware

Description	Qty
G Bolt (M6x50L)	1

## Torque Value

100 Nm / 74 ft-lb



4

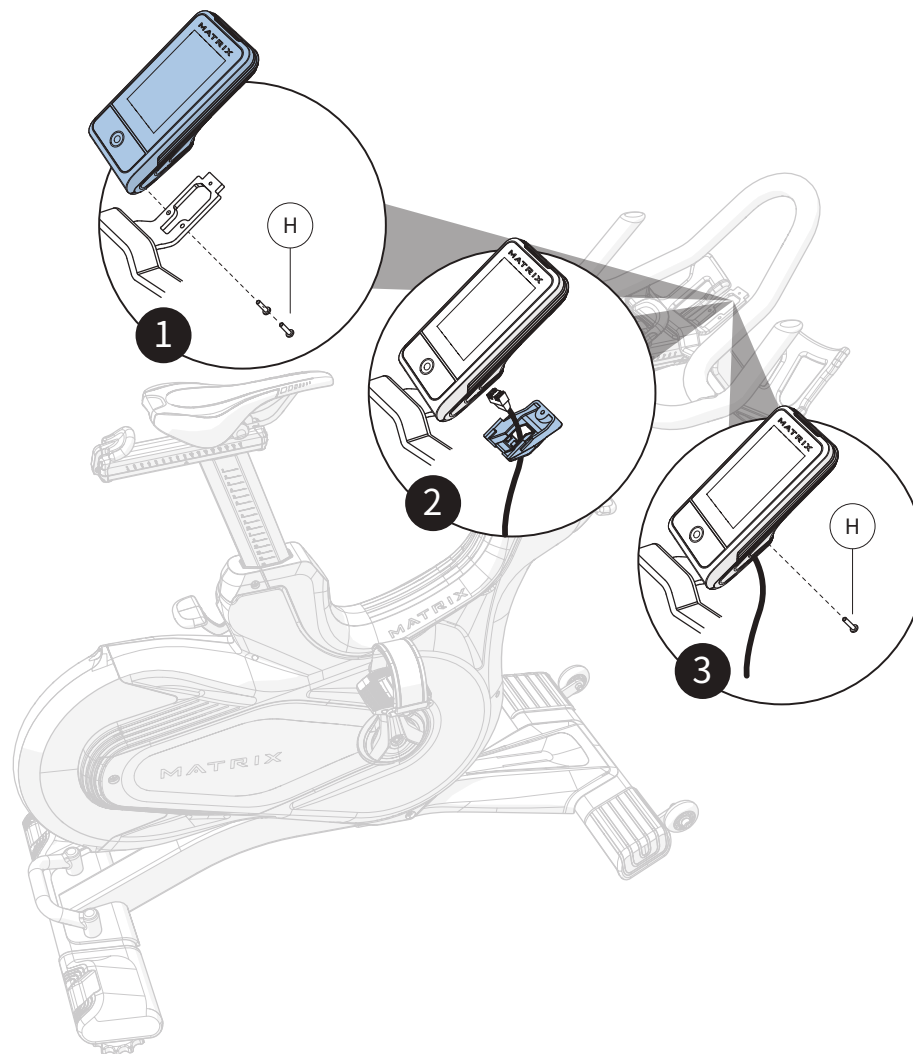
## Green Hardware Pack

Description	Qty
H Screw (M4x10L)	3

ASSEMBLY COMPLETE!



ENGLISH





ENGLISH

HOME SCREEN



RUN SCREEN (RPM)



B

D

G

C

H

E

I

J

F

A

# CONSOLE OPERATION

The CXP has a fully integrated touch screen display. All information required for workouts is explained on screen. Exploration of the interface is highly encouraged.

- A) **POWER BUTTON:** Press to wake display/power on. Press and hold for 3 seconds to put display to sleep. Press and hold for 10 seconds to power off.
- B) **LANGUAGE SELECTION**
- C) **CLOCK**
- D) **MENU:** Touch to access various functions before or during your workout.
- E) **WORKOUTS:** Touch to access a variety of target training options or preset workouts.
- F) **SIGN IN:** Touch to sign in using your XID (WiFi is an optional add-on feature).
- G) **CURRENT SCREEN:** Displays what screen you are currently viewing.
- H) **FEEDBACK WINDOWS:** Displays Time, RPM, Watts, Average Watts, Speed, Heart Rate (BPM), Level, Pace, Distance or Calories. Feedback varies based on current screen.
- I) **CHANGE SCREEN:** Swipe display left or right to cycle between 6 different run screen options. Or select a metric with an orange triangle to go straight to a desired screen.
- J) **TARGET TRAINING SCREEN:** Press to return to target training screen when a target training options has been set. Press the target icon to set a specific training goal and activate the LED color wrap.
  - **PERSONAL INFO:** Enter weight, age and gender to ensure caloric data and the power-to-weight ratio is more accurate.
  - **BATTERY:** Battery level is shown at the bottom of the MENU screen. Pedaling can wake/power on the console. Pedaling at a rate above 77 RPM will charge the battery.

## HOME SCREEN

- Pedal to START immediately. Or...
- Touch the WORKOUTS button to customize your workout.
- Touch the SIGN IN button to sign in using your XID.

## SIGN IN

- 1) Enter your XID and touch ✓.
  - 2) Enter your PASSCODE and touch ✓.
- (••) Consoles equipped with RFID will support logging in with RFID tag. To log in, touch your RFID tag to the right side surface of the console.

## REGISTER A NEW USER

- 1) Don't have an xID account? Registration is easy.
- 2) Follow the on-screen prompts to create your free account.
- 3) Review your information and select the I ACCEPT THE TERMS AND CONDITIONS box to review the Terms and Conditions.
- 4) Touch ✓ to complete registration. Your account is now active and you are signed-in.

## WORKOUT SETUP

- 1) After touching the WORKOUTS button, select one of the WORKOUTS from the list.
- 2) Use the SLIDER CONTROLS to adjust your program settings.
- 3) Press GO to begin your workout.

## CHANGE WORKOUT

During a workout, touch ≡ and then touch CHOOSE EXERCISE to access available workouts.

## SUMMARY SCREENS

After your workout is complete, a workout summary will appear. You can swipe up and down to scroll through the summary. Also, swipe the display left and right to switch between the summary screens.

## COOL DOWN

Touch START COOL DOWN to enter cool down mode. Cool down lasts for a few minutes while reducing the workout intensity, allowing your body to recover from your workout. End cool down to go to workout summary.





## CONSOLE OPERATION

### TARGET TRAINING WORKOUT

- 1) Start pedaling until the default screen appears.
- 2) Either swipe right or tap the metric box with an orange triangle to take you directly to the desired screen.
- 3) Once on your desired screen, tap the large metric or the target icon to set your training goal and then touch ✓. The LED lights now become associated to that target.

### LED LIGHTS

Target training programming uses bright color lights on the top and sides of the console to gauge effort and keep everyone on track of their goals. These lights may be turned on or off in the workout setup by pressing LIGHTS ON or LIGHTS OFF. The color indicators are: BLUE = below target, GREEN = on target, RED = above target.

### MANAGER MODE

To enter manager mode, press and hold the MATRIX logo in the center of the screen for 10 seconds. Then enter 1001 and touch ✓.

### POWER ACCURACY

This bike displays power on the console. The power accuracy of this model has been tested using the test method of ISO 20957-10:2017 to ensure a power accuracy within a tolerance of  $\pm 10\%$  for input power  $\geq 50$  W, and within a tolerance of  $\pm 5$  W for input power  $< 50$  W. The power accuracy was verified using the following conditions:


Nominal Power Rotations per minute measured at crank

- 50 W 50 RPM
- 100 W 50 RPM
- 150 W 60 RPM
- 200 W 60 RPM
- 300 W 70 RPM
- 400 W 70 RPM

In addition to the above testing conditions, the manufacturer tested the power accuracy at one additional point, using a crank rotation speed of approximately 80 RPM (or higher) and comparing the displayed power to the input (measured) power.

\* Supported standards with carrier frequency of 13.56 MHz include; ISO 14443 A, ISO 15693, ISO 14443 B, Sony Felica, Inside Contact-less (HID iClass), and LEGIC RF.

### WIRELESS HEART RATE

To connect your ANT+ or Bluetooth SMART heart rate device to the console, touch  and then touch HEART RATE DEVICE PAIRING.

The heart rate function on this product is not a medical device. The heart rate reading is intended only as an exercise aid in determining heart rate trends in general. Please consult your physician.

When used in conjunction with a wireless chest strap or arm band, your heart rate can be transmitted wirelessly to the unit and displayed on the console.

### WARNING!

Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.



# BEFORE YOU BEGIN

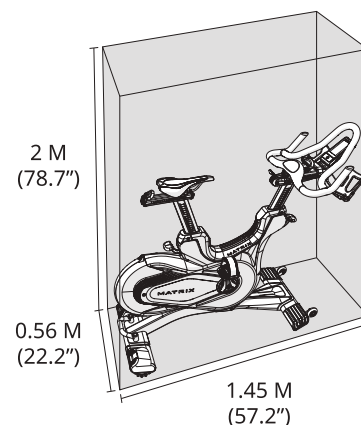
## LOCATION OF THE UNIT

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.

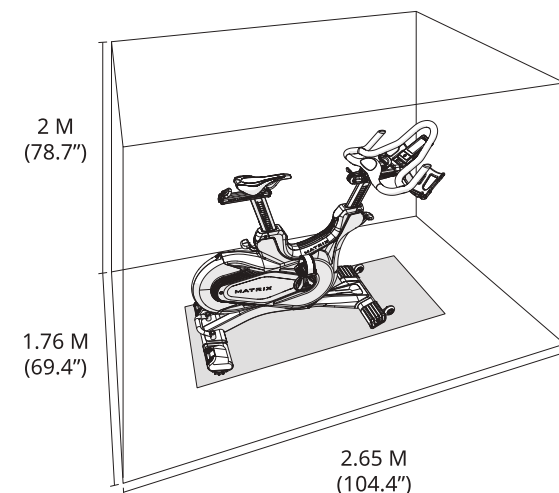
## WARNING!

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

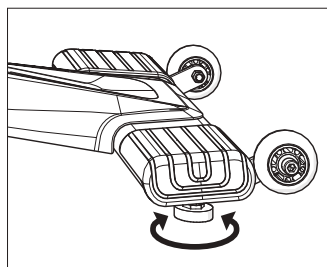
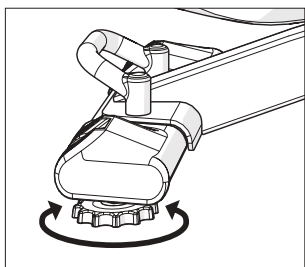
## TRAINING AREA



## FREE AREA

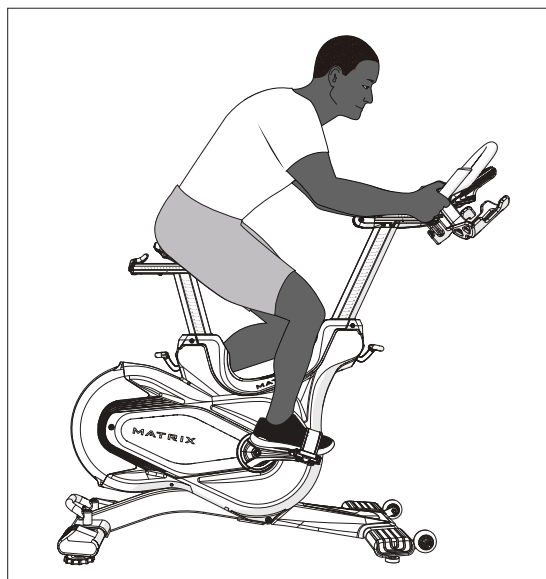


ENGLISH



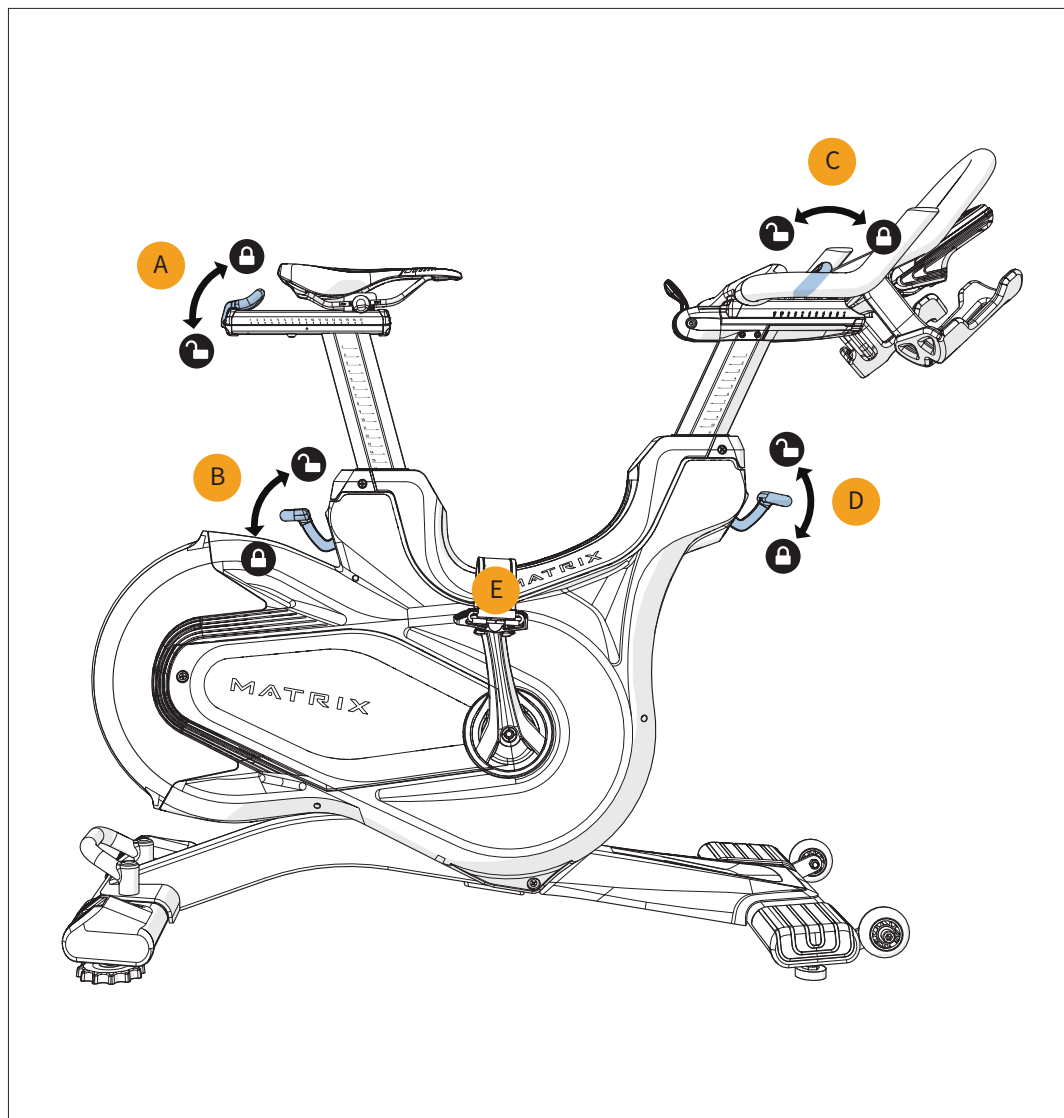
## LEVELING THE EQUIPMENT

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. To get off of the cycle, follow the proper usage steps in reverse.



## HOW TO ADJUST THE INDOOR CYCLE

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

### HANDLEBAR ADJUSTMENT

Proper position for the handlebar is based primarily on comfort. Typically, the handlebar should be positioned slightly higher than the saddle for beginning cyclists. Advanced cyclists could try different heights to get the arrangement most suitable for them.

#### 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.

#### C) HANDLEBAR HORIZONTAL POSITION

Pull the adjustment lever towards the rear of the cycle to slide the handlebars forward or backward as desired. Push the lever forward to lock handlebar position.

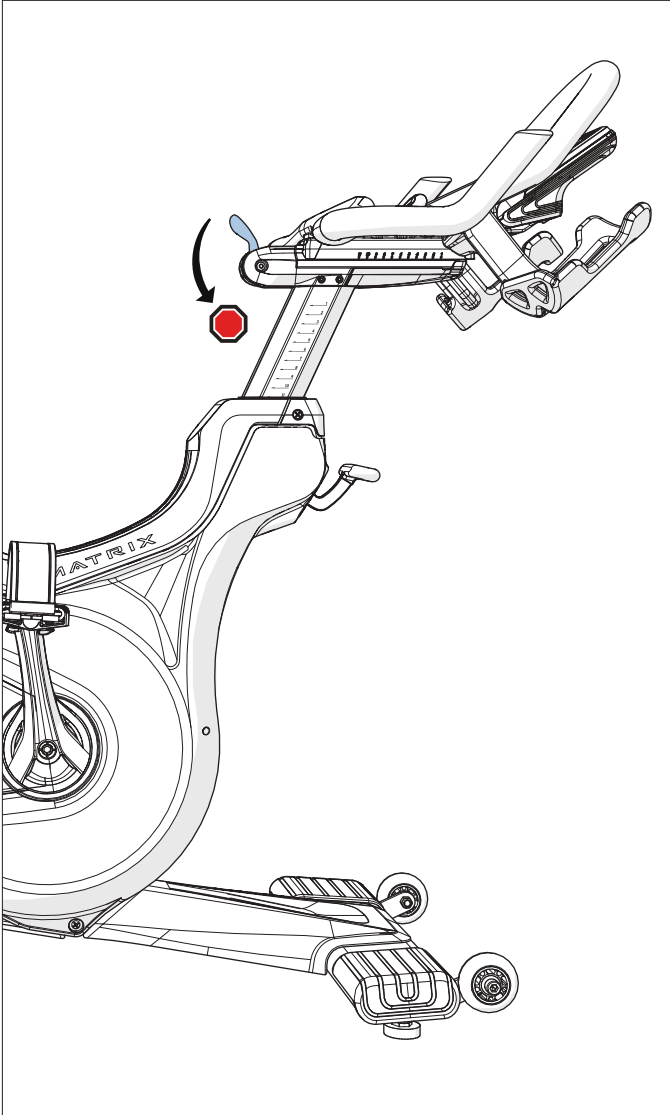
#### D) HANDLEBAR HEIGHT

Pull the adjustment lever up while raising or lowering the handlebar with the other hand. Push the lever down to lock handlebar position.

#### E) PEDAL STRAPS

Place the ball of the foot into the toe cage until the ball of the foot is centered over the pedal, reach down and pull the pedal strap up to tighten prior to use. To remove your foot from the toe cage, loosen the strap and pull out.





## RESISTANCE CONTROL / EMERGENCY BRAKE

The preferred level of difficulty in pedaling (resistance) can be regulated in fine increments by use of the tension control lever. To increase the resistance, push the tension control lever towards the ground. To decrease the resistance, pull up the lever upwards.

### IMPORTANT:

- To stop the flywheel while pedaling, push down hard on the lever.
- The flywheel should quickly come to a complete stop.
- Make sure your shoes are fixed into the toe clip.
- Apply full resistance load when the bike is not in use to prevent injuries due to moving drive gear components.

### ⚠ WARNING

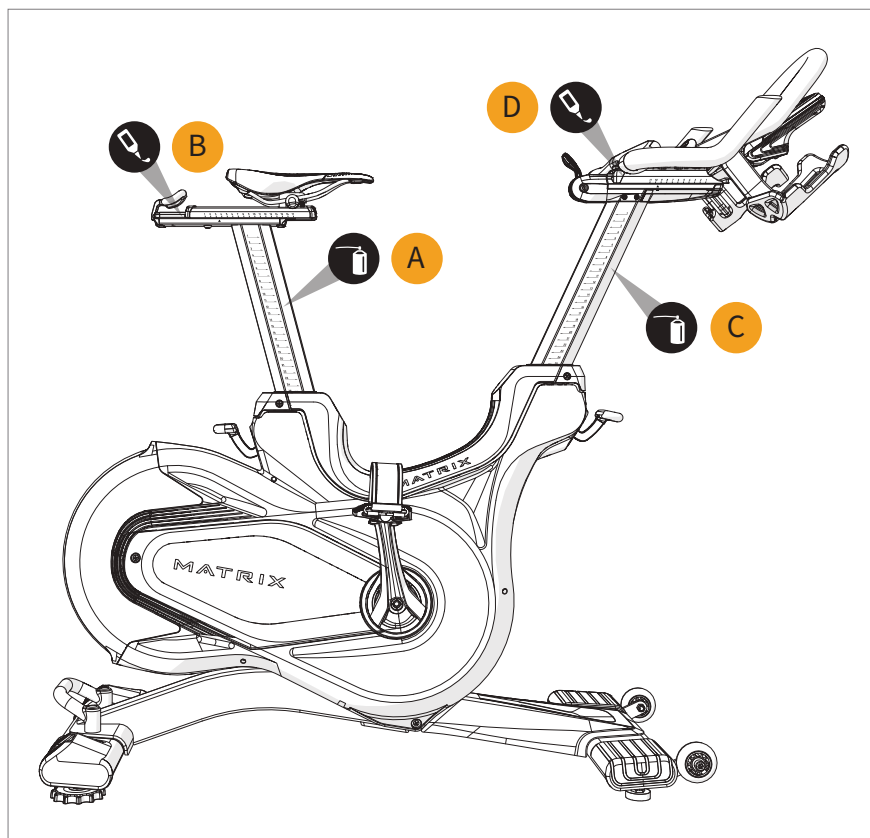
The indoor cycle does not have a free moving flywheel; the pedals will continue to move together with the flywheel until the flywheel stops. Reducing speed in a controlled manner is required. To stop the flywheel immediately, push down the red emergency brake lever. Always pedal in a controlled manner and adjust your desired cadence according to your own abilities. Push the red lever down = emergency stop.

The indoor cycle uses a fixed flywheel that builds momentum and will keep the pedals turning even after the user stops pedaling or if the user's feet slip off. **DO NOT ATTEMPT TO REMOVE YOUR FEET FROM THE PEDALS OR DISMOUNT THE MACHINE UNTIL BOTH THE PEDALS AND THE FLYWHEEL HAVE COMPLETELY STOPPED.** Failure to follow these instructions may lead to loss of control and the potential for serious injury.

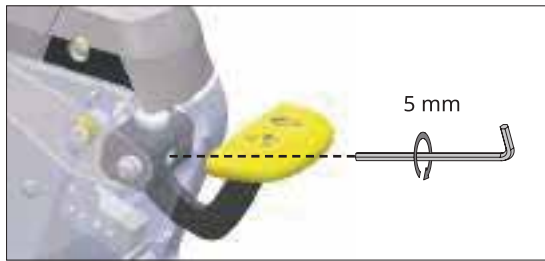


## MAINTENANCE

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 indoor cycle 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 indoor cycle 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
Lubricate the handlebar post (C). To do this, raise the handlebar post to the MAX position, spray with maintenance spray and rub down the entire exterior surfaces with a soft cloth. Clean the handlebar slide (D) 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
Inspect handlebar and seat height adjustment levers for proper tightness. 	MONTHLY

## PRODUCT SPECIFICATIONS

CXP Indoor Cycle	
Max User Weight	159 kg / 350 lbs
User Height Range	147 – 200.7 cm / 4'11" – 6'7"
Max Saddle and Handlebar Height	130.3 cm / 51.3"
Max Length	145.2 cm / 57.2"
Product Weight	57.6 kg / 127 lbs
Shipping Weight	63.5 kg / 140 lbs
Required Footprint (L x W)*	122.4 x 56.3 cm / 48.2" x 22.2"
Dimensions (max saddle & handlebar height)	145.2 x 56.4 x 130.2 cm / 57.2" x 22.2 x 51.3"
Overall Dimensions (L x W x H)*	122.4 x 56.4 x 102.8 cm / 48.2" x 22.2 x 40.5"

\* 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 [www.matrixfitness.com](http://www.matrixfitness.com)

## NOTE:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

### FCC RF Radiation Exposure Statement:

1. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
2. This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 centimeters between the radiator and your body





## 重要預防措施

### 保存以下說明

- 使用 Matrix Cycles 時，請務必隨時遵守基本預防措施，包含以下：使用設備前，詳盡閱讀說明。設備持有者有責任確定所有使用者皆明確瞭解所有警告和預防措施。
- 本設備以商業用途為目的。為確保您的安全與保護設備，操作前請詳盡閱讀說明。

## 警告！

### 為減少灼傷、火災、電擊或人身傷害之風險：

- 請將此飛輪健身車用於本手冊中所述之預期用途。請勿使用非製造商推薦之附件。
- 倘飛輪健身車無法正常運轉或者已損壞，請勿操作。請連絡客戶技術支援或已授權經銷商檢查與維修。
- 若未穿著合適的鞋子，請勿使用飛輪健身車。切勿赤腳操作飛輪健身車。
- 請勿穿著任何可能會碰到本室內健身車任何活動零件之衣物。
- 手腳隨時與活動零件保持距離，以免受傷。切勿用手轉動踏板曲柄。
- 在踏板完全靜止前，請勿下車。
- 請勿將任何物品、手或腳插入任何開口，或將手、手臂或腳暴露在飛輪健身車的驅動機制或其他可能移動的部分。
- 請勿使用任何已損壞、已磨損或故障的設備。僅能使用客戶技術支援或授權經銷商提供的替換零件。
- 請勿在使用氣溶膠（噴霧）產品或使用氧氣的地方操作。
- 在兒童附近使用時，須嚴密監督。
- 本設備不適合身體、感官或精神力下降以及缺乏經驗和知識的人使用，除非有人能負責其安危，並在他們監督或指引下使用本設備。
- 確認調節桿（座椅和前後手把）正確固定，不會影響運動時的動作範圍。
- 調整座椅和手把高度時，用一隻手握住座椅或手把，同時抬起然後鎖定槓桿。使用前請確認夾具完全啮合。
- 運動不正確或過度可能引致嚴重傷害事故或死亡。倘您出現任何疼痛，包含但不限於胸痛、嘔吐、頭暈或呼吸急促，請立即停止運動，並在繼續運動前諮詢您的醫生。
- 請勿在設備上跳動。
- 在機器運轉時的任何時間點，設備上都不應有超過一人。
- 重量超過產品規格規定之人員不得使用本機。未遵守本預防措施會導致保固失效。
- 請勿使用非製造商推薦之其他附件。附件可能引致受傷。
- 清潔時只能用肥皂和微濕布擦拭表面，切勿使用溶劑。（請參閱維修部分）
- 任何時間寵物或14歲以下孩童都不該靠近本設備10英尺（3公尺）以內。
- 任何時間寵物或14歲以下孩童都不能使用本設備。
- 14歲以上兒童需在成人指引下使用本設備。
- 心跳速率監控系統可能會不準確。
- 運動後，按下煞車桿使飛輪減速，以減少受傷的可能性。
- 飛輪健身車沒有獨立移動的飛輪；踏板將繼續與飛輪一起移動，直到飛輪停止。
- 請在有人監督指導下使用固定訓練設備。

## 警告！

### 使用設備前，請先諮詢醫師。使用前請先閱讀持有者手冊。

- 本設備僅在氣候受到控制的室內使用。若此設備暴露在較冷的溫度或高濕度氣候下，大力建議將設備升溫至室溫，並在首次使用前保留機器乾燥時間。

# 組裝

## 拆卸

在準備使用設備的場所拆卸包裝。將紙箱放置在水平表面上。建議您先在地板上鋪設保護層。切勿在紙箱倒放時開箱。

## 重要訊息

在每個組裝步驟中，確認所有螺母和螺栓都已就位，且部分拴住。

部分零件已經事先潤滑，以便於組裝和使用。請勿將潤滑劑擦掉。若遇到困難，建議您使用少量鋰基潤滑脂。

## 警告！

在組裝過程中有幾個區域須特別注意。務必正確遵循組裝說明並確認所有零件牢固鎖緊。如未正確遵循組裝說明，設備會有零件未鎖緊、看起來鬆動，並可能產生刺耳噪音。為防止損壞設備，須詳閱組裝說明並採取正確措施。

## 需要幫助嗎？

若您有任何疑問或任何零件遺失，請連絡顧客技術支援。連絡資訊記載於資訊卡上。

## 必備工具：

- ☐ 3毫米內六角扳手
- ☐ 5毫米內六角扳手
- ☐ 10毫米內六角扳手
- ☐ 扁平扳手 (15毫米／17毫米 325L)
- ☐ 十字螺絲刀

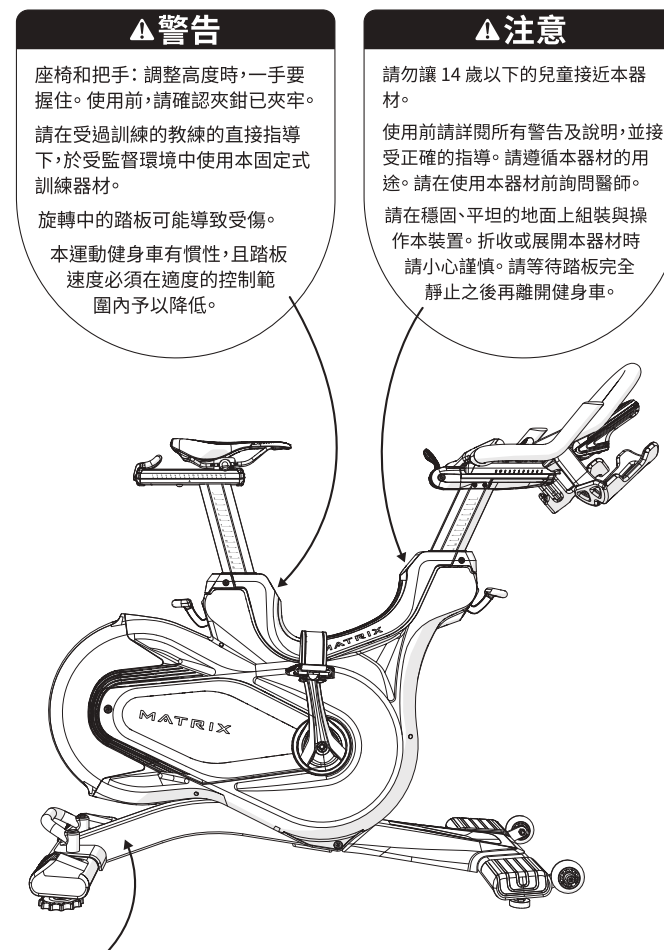
## 零件包含：

- ☐ 1 主架構
- ☐ 1 前固定管
- ☐ 1 後固定管
- ☐ 1 手把組
- ☐ 1 滑輪握把
- ☐ 1 腳踏車座墊
- ☐ 2 踏板
- ☐ 1 控制台
- ☐ 1 硬體組

## 序號

## 機型：CXP MATRIX TARGET TRAINING CYCLE

\* 撥打服務電話時請使用以上資訊。





張力控制與緊急煞車槓桿

座墊

水平座墊調整桿

座墊高度調整桿

主架構

服務面板

飛輪

滑輪握把

後固定管

手把

控制台

水壺放置架

水平握把調整桿

握把高度調整桿

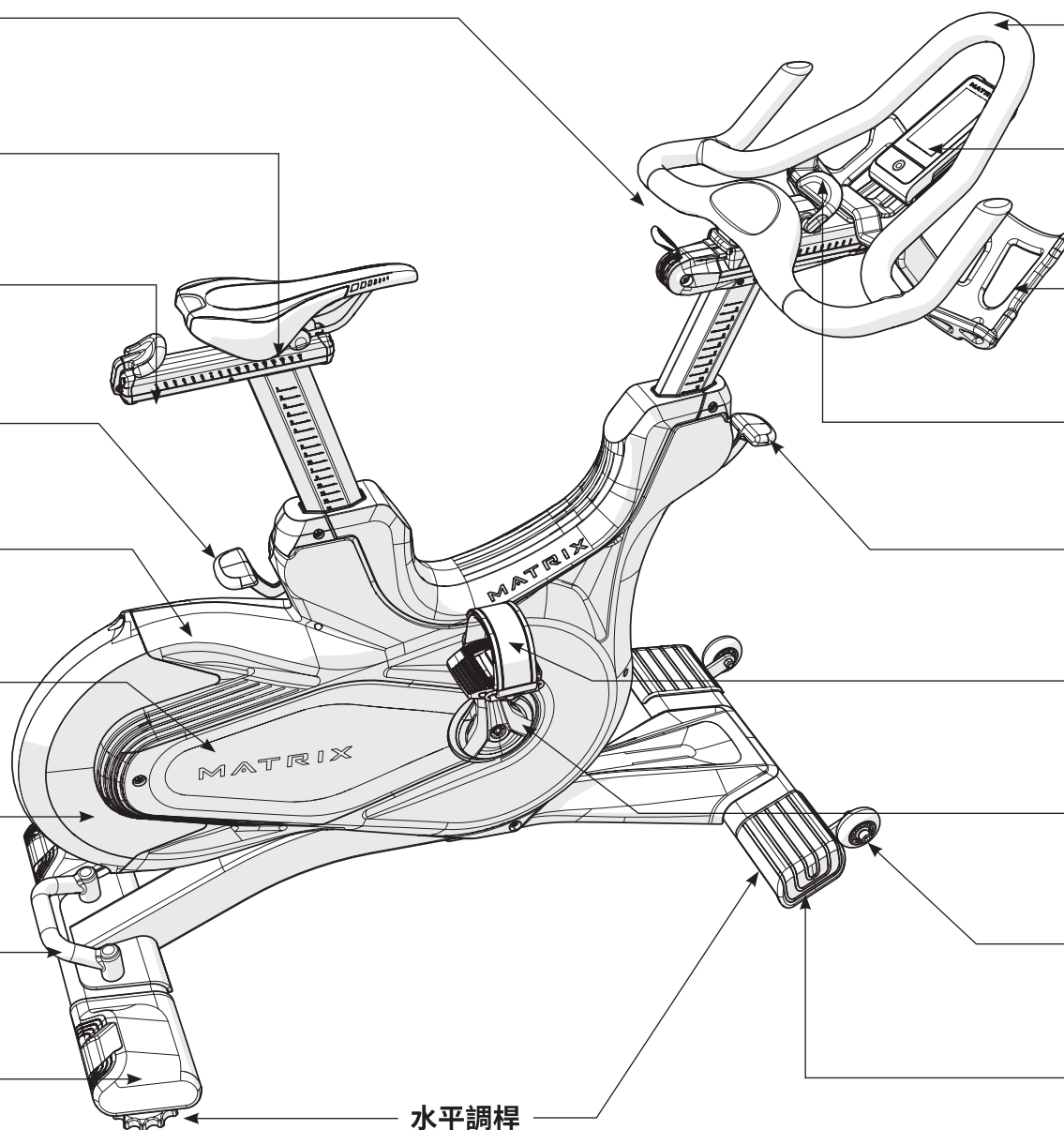
踏板

曲柄

滑輪

前固定管

水平調桿





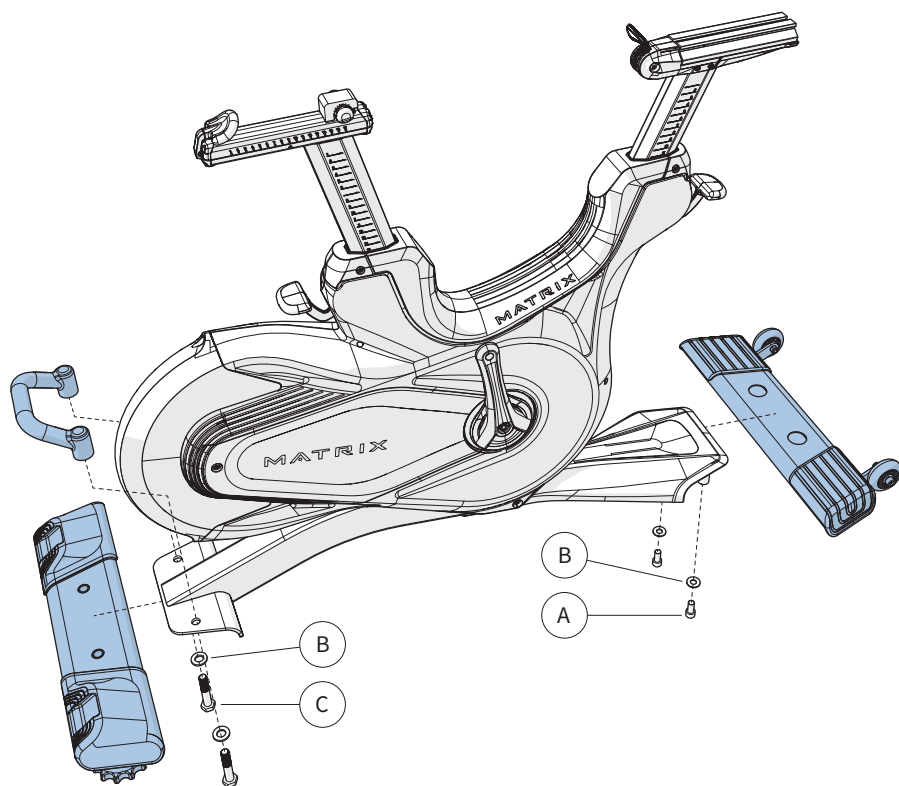
1

## 紅色硬體包

詳述	數量
A 中心螺絲 (M12x25L)	2
B 平墊圈	4
C 中心螺絲 (M12x70L)	2

## 轉矩值

A	78 牛頓米 / 58 ft-lb
C	78 牛頓米 / 58 ft-lb



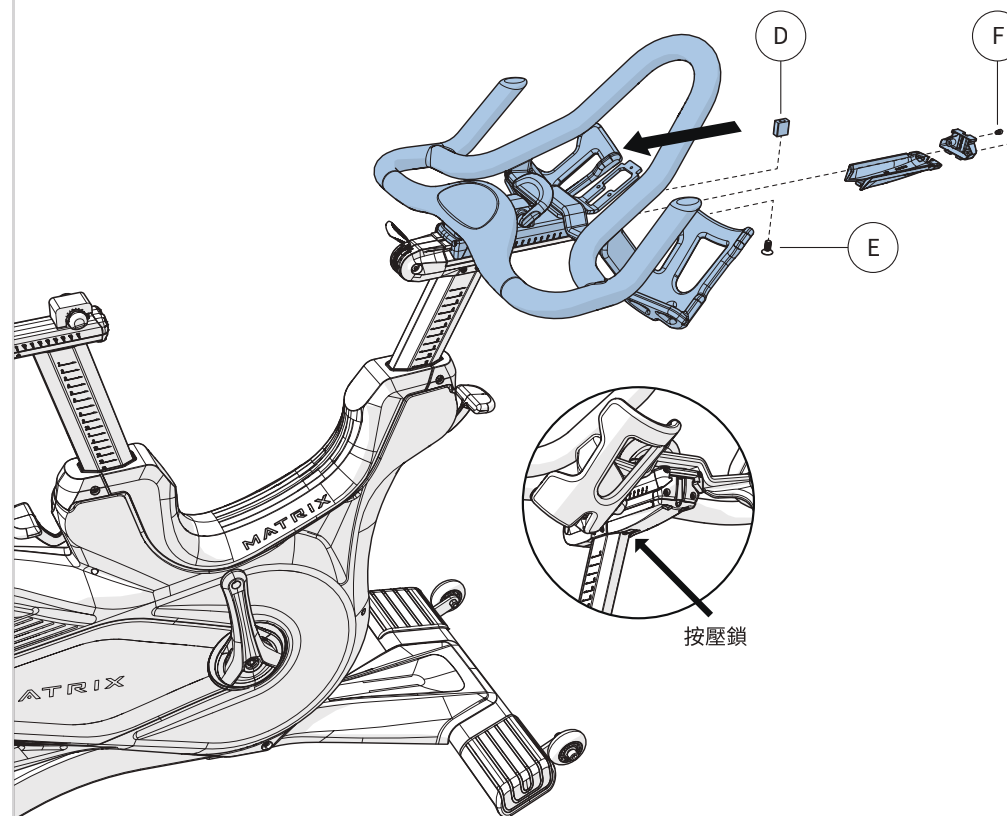
2

## 黃色硬體包

詳述	數量
D 腳架	1
E 螺絲 (M8x20L)	1
F 螺絲 (M4x6L)	2

## 轉矩值

E	20 牛頓米 / 14 ft-lb
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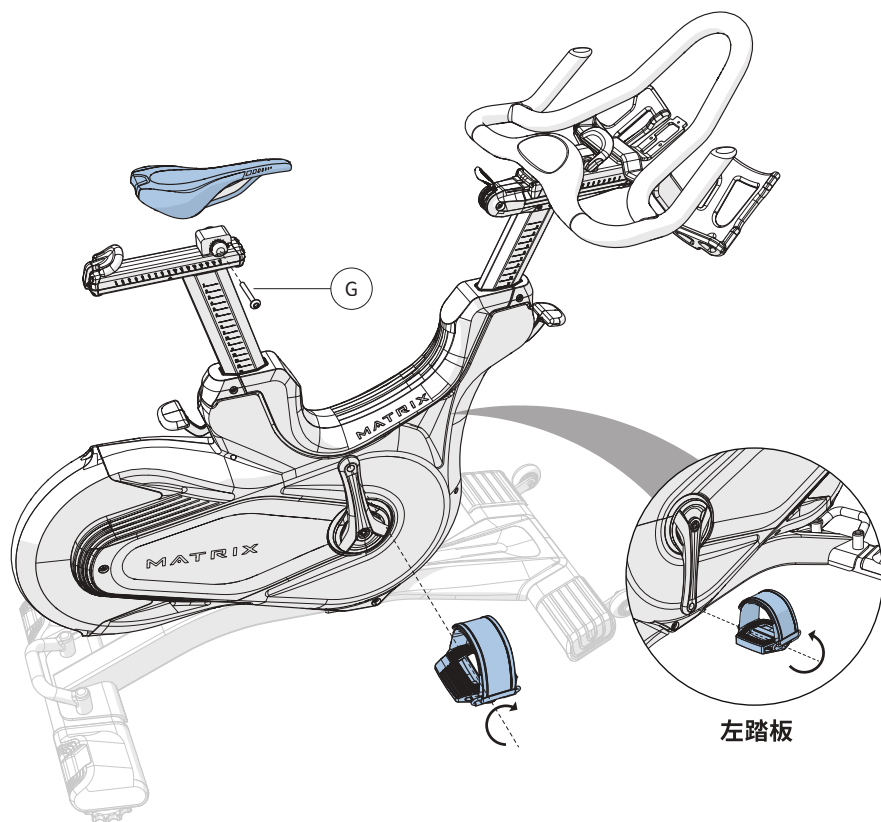
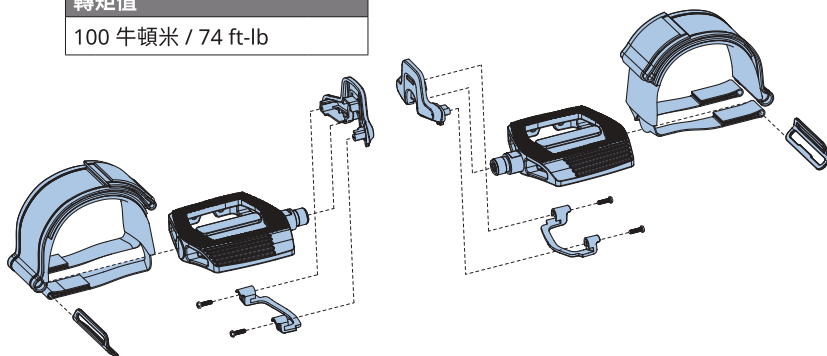
3

預先安裝硬體

詳述	數量
G 中心螺絲 (M6x50L)	1

轉矩值

100 牛頓米 / 74 ft-lb



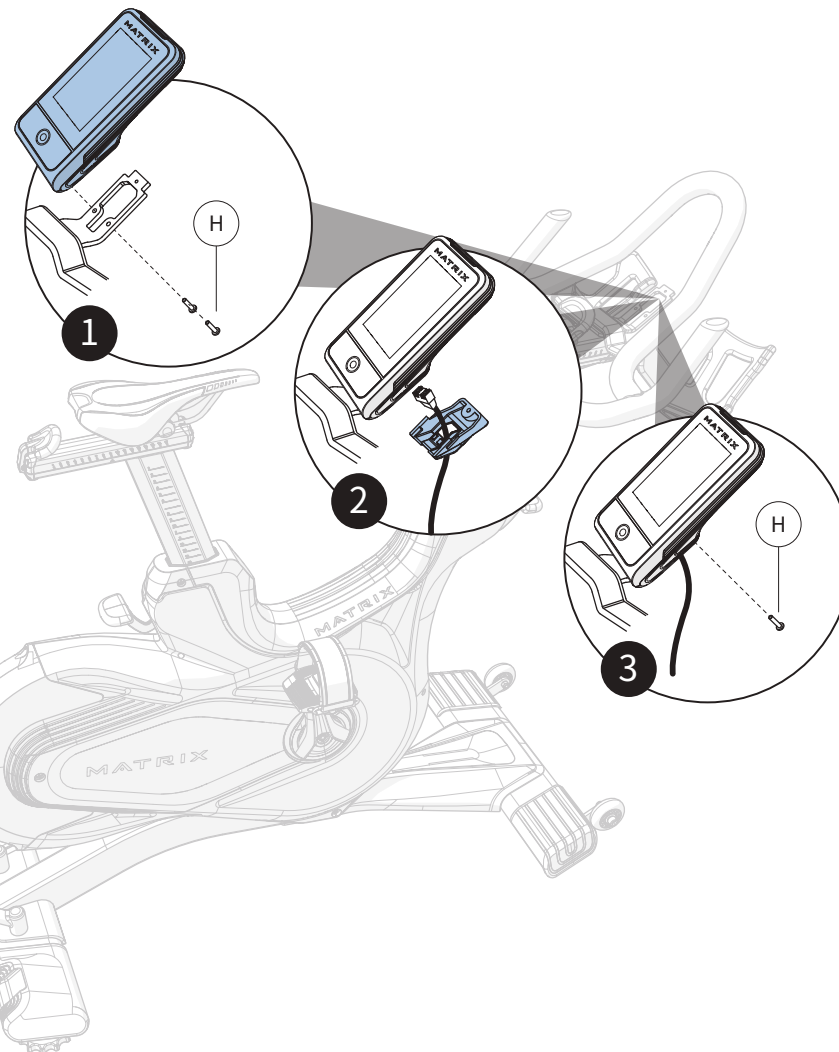
左踏板

4

綠色硬體包

詳述	數量
H 螺絲 (M4x10L)	3

組裝完成!







主螢幕

運行螢幕(RPM)





## 控制台運轉

CXP有完全整合觸控螢幕顯示。螢幕上會解釋訓練所需全部資訊。非常歡迎您探索介面。

- A) **電源按鈕**: 按壓以喚醒螢幕顯示／開機。長按3秒進入螢幕休眠模式。長按10秒關機。
  - B) **語言選擇**
  - C) **時鐘**
  - D) **目錄**: 輕觸以在訓練前或訓練中進入各項功能。
  - E) **訓練**: 輕觸以進入各種目標訓練選項或預設訓練。
  - F) **登入**: 輕觸以使用您的XID登入 (WiFi為可選附加功能)。
  - G) **當前螢幕**: 顯示您正在觀看的螢幕。
  - H) **意見與回饋視窗**: 顯示時間、RPM、瓦數、平均瓦數、速度、心跳速率 (BPM)、等級、步調、距離或卡路里。意見與回饋會因當前螢幕而不同。
  - I) **變更螢幕**: 向左或向右滑動顯示以在6個不同的運行螢幕選項之間循環。或者選擇有橘色三角形的指標，直接轉到欲檢視的螢幕。
  - J) **目標訓練螢幕**: 設定目標訓練選項後，輕按以返回目標訓練螢幕。輕按目標圖示，以設定特定的訓練目標，並啟動LED顏色變換。
- **個人資訊**: 輸入體重、年齡與性別以確認卡路里數據和功率重量比更準確。
  - **電池**: 電池電量顯示於目錄螢幕最下方。腳踏踏板可以喚醒／打開控制台電源。腳踏踏板高於77RPM可為電池充電。

### 主螢幕

- 腳踏以立即**啟動**。或者...
- 輕觸WORKOUTS( **訓練**)鍵以客製化您的訓練。
- 輕觸SIGN IN( **登入**)鍵以使用您的XID登入項。

### 登入

- 1) 輸入您的XID 並輕觸✓。
  - 2) 輸入您的PASSCODE( **密碼**)並輕觸✓。
- (!!) 配備RFID的控制台將支援使用RFID標籤登入。如要登入，請將RFID標籤輕觸控制台右側表面。

### 新使用者註冊

- 1) 沒有xID帳戶？註冊非常容易。
- 2) 請依螢幕上提示免費建立您的帳戶。
- 3) 檢視您的資料，並選擇**我接受使用條款及細則**，檢視條款及細則。
- 4) 輕觸✓以完成註冊。您的帳戶已啟用並已登入。

### 訓練設定

- 5) 輕觸WORKOUTS( **訓練**)鍵後，從列表中選擇一項WORKOUTS( **訓練**)。
- 6) 使用**滑動控制**調整您的項目設定。
- 7) 輕按GO( **開始**)以開始您的訓練。

### 變更訓練

訓練過程中，輕觸☰，再輕觸CHOOSE EXERCISE( **選擇運動**)，已進入可選擇之訓練。

### 摘要螢幕

訓練完畢後，會顯示訓練摘要。您可上下滑動以檢視摘要。也可向左右滑動以變換摘要螢幕。

### 收操運動

輕觸START COOL DOWN( **開始收操運動**)以進入收操運動模式。收操運動會持續數分鐘，訓練強度在此時減緩，讓您的身體從訓練中恢復。結束收操運動以前往訓練摘要。



## 控制台運轉

### 目標訓練

- 1) 開始腳踏，直到預設螢幕出現。
- 2) 向右滑動或是輕觸橘色三角形指標，可直接前往欲檢視的螢幕。
- 3) 進入欲檢視的螢幕後，輕觸較大的指標或目標圖示，以設定您的訓練目標，然後輕觸✓。LED燈即會與該目標連結。

### LED燈

目標訓練編程使用控制台頂部和側面的亮色燈衡量工作量，並讓每個人可追蹤其目標。按**開燈**或**關燈**可在訓練設定中開啟或關閉這些燈。燈光顏色分別指：**藍色** = 低於目標，**綠色** = 符合目標，**紅色** = 超過目標。

### 管理模式

如要進入管理模式，長按螢幕中央的MATRIX 標誌10秒。然後輸入1001並輕觸✓。

### 功率準確度

本車電力顯示於控制台上。本機型使用ISO 20957-10:2017的測試方法測試了功率精準度，確保輸入功率 $\geq 50$ 瓦時的功率精度在 $\pm 10\%$ 的誤差範圍內，輸入功率的誤差為 $\pm 5 \text{ W} < 50 \text{ W}$ 。使用以下條件驗證功率精度：

在曲柄處測量標準功率每分鐘轉數

- 50 W 50 RPM
- 100 W 50 RPM
- 150 W 60 RPM
- 200 W 60 RPM
- 300 W 70 RPM
- 400 W 70 RPM

除上述測試條件外，製造商還在一個附加點測試功率精度，使用大約80 RPM (或更高) 的曲柄轉速，並將顯示的功率與輸入 (測量) 功率進行比較。

### 無線心跳速率

要將ANT +或Bluetooth SMART心率裝置連接到控制台，請輕觸三，再輕觸HEART RATE DEVICE PAIRING(心跳速率裝置配對)。

本產品的心跳速率功能並非醫療裝置。心跳速率讀數僅為運動輔助，用於確認一般心率趨勢。請諮詢您的醫生。

與無線胸帶或手臂帶搭配使用時，您的心率可藉由無線傳輸到設備並顯示在控制台上。

### 警告！

心跳速率監控系統可能會不準確。運動過度可能引致嚴重傷害事故或死亡。若您覺得頭暈，請立刻停止運動。

\* 載波頻率為13.56 MHz的支援標準包括：ISO 14443 A、ISO 15693、ISO 14443 B、Sony Felica、Inside Contact-less (HID iClass) 和LEGIC RF。



## 在您開始之前

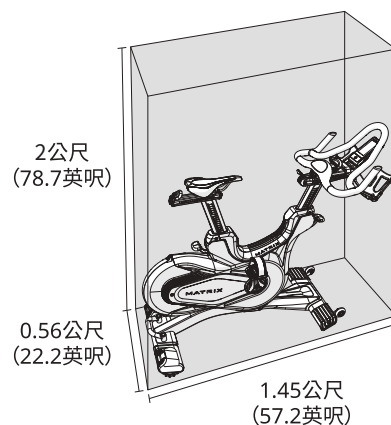
### 設備放置地點

將設備放置於水平且穩定的表面上，避免陽光直射。強烈紫外線會導致塑膠變色。將設備放在溫度與濕度皆低的區域。請在設備的每個側面留出至少60公分(23.6英吋)的空間。該空間必須沒有任何障礙物，並為用戶提供清晰的機器退出路徑。請勿將設備放置在任何會堵塞任何通風口或空氣流通的區域。不應將設備放置於車庫、有屋頂的陽台、靠近水的地方或戶外。

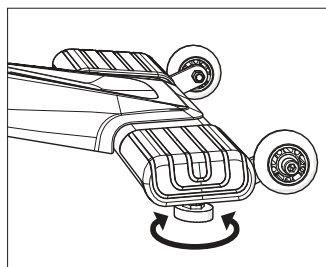
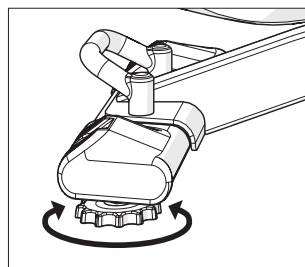
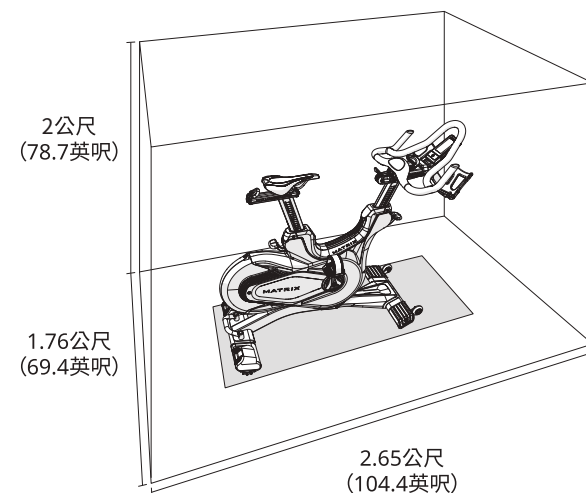
### 警告！

我們的設備很重，請小心使用。如有需要，搬動時請尋求額外協助。若未遵循這些指示，可能導致受傷。

### 訓練區域

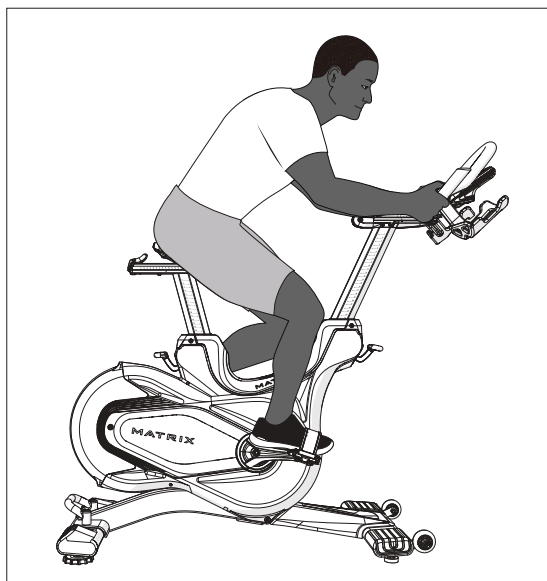


### 自由區域



### 調整設備

正確操作水平調桿非常重要。順時針旋轉將水平調桿可降低設備，而逆時針旋轉可調高。根據需要調整每一側，直到設備達到平衡。設備不平衡可能導致皮帶錯位或其他問題。建議使用水平調桿。



### 正確使用方式

1. 面對手把坐在車上。  
雙腳應踏於框架兩側地板上。
2. 欲確認正確座椅位置，請坐在座椅上，並將雙腳放在踏板上。您的膝蓋應該在距離踏板最遠處，稍微彎曲。您應該能夠在不鎖定膝蓋或重心轉移的情況下踩踏板。
3. 將踏板繫帶調整到所需的鬆緊度。
4. 如欲下車，請以正確步驟之相反順序操作。



## 如何調整飛輪健身車

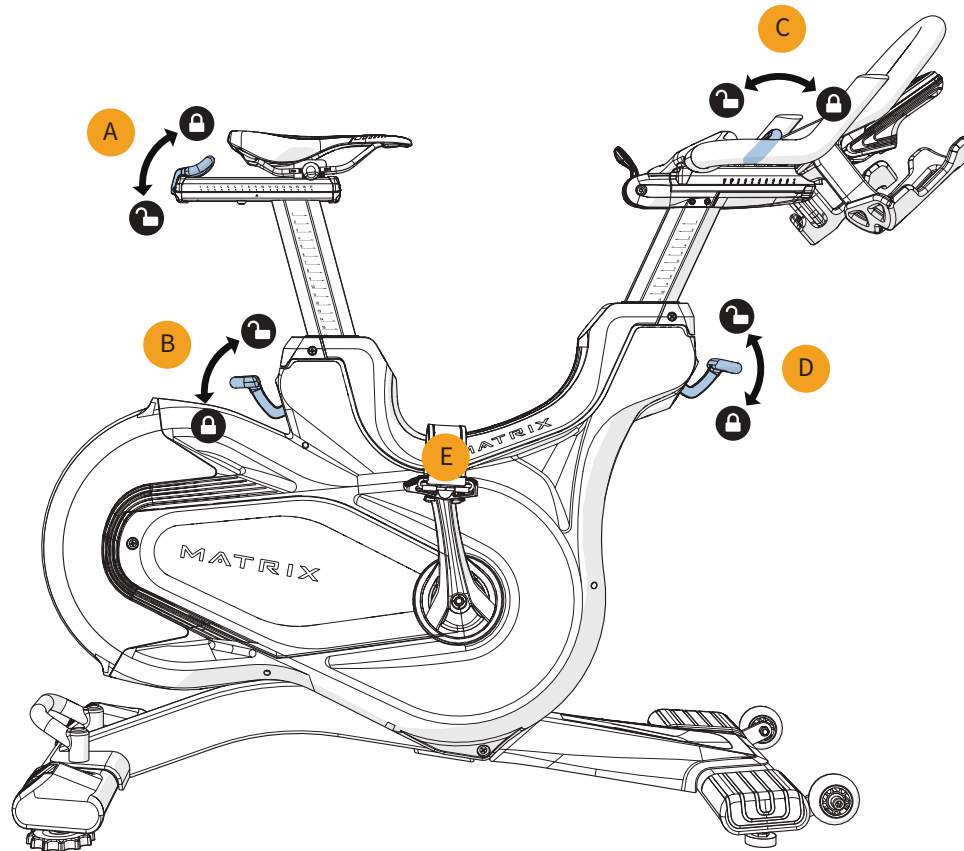
調整飛輪健身車以獲得最大的舒適度和運動效果。以下說明介紹了一種調整飛輪健身車的方法，以確保最佳的用戶舒適度和理想的身體定位；您可選擇以不同方式調整。

### 座墊調整

適當的座墊高度有助於確認最大的運動效率和舒適度，同時降低受傷風險。調整座墊高度，確認位置正確，在腿部處於伸展狀態時，保持膝蓋輕微彎曲。

### 握把調整

握把的正確位置以舒適度為主。一般來說，初學者的手把應略高於座墊位置。進階者可以嘗試不同手把高度，找出最適合自己的。



#### A) 座墊水平位置

向下拉水平調桿，向前或向後滑動調整座墊。向上推調桿以鎖定座墊位置。測試座墊滑塊運作是否正常。

#### B) 座墊高度

向上提起水平調桿，同時用另一隻手上下滑動座墊。向下推調桿以鎖定座墊位置。

#### C) 握把水平位置

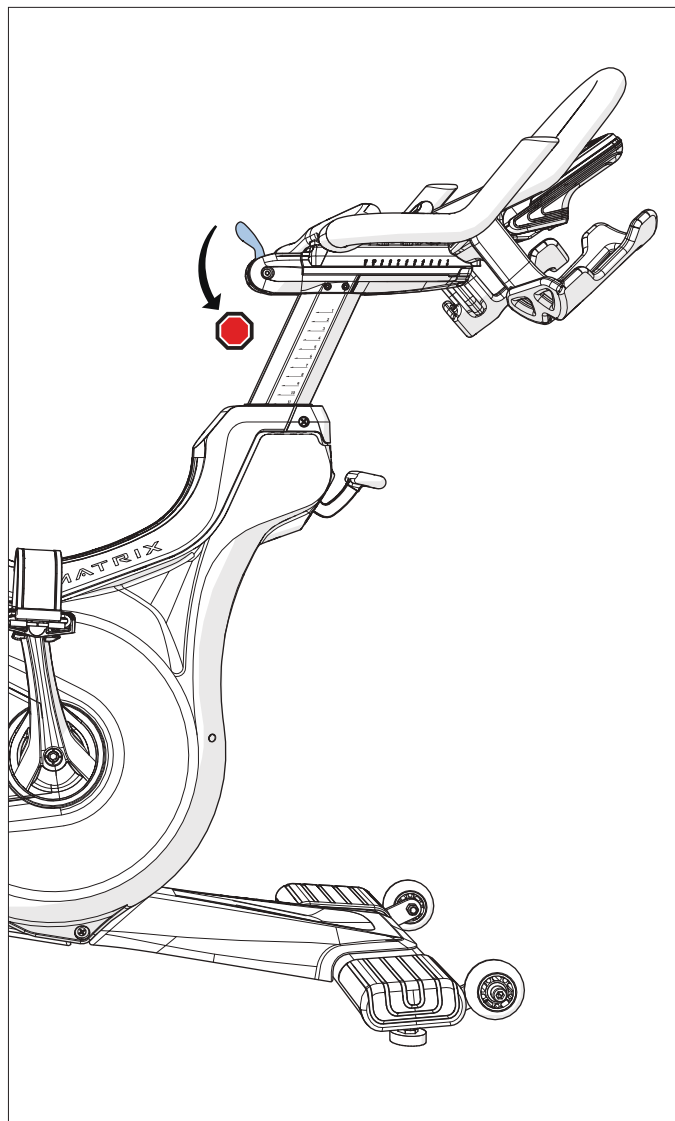
將水平調桿往飛輪後部拉，向前或向後滑動調整握把。將水平調桿向前推，以鎖定握把位置。

#### D) 握把高度

用一隻手抬起或放下握把，同時用另一隻手向上拉調節桿。將水平調桿向下推，以鎖定握把位置。

#### E) 踏板繫帶

將腳掌放入腳趾籠中，直到腳掌踏在踏板中央，向下伸展，並在使用前將踏板繫帶向上拉緊。要將腳從腳趾架移開，請鬆開帶子並將腳拉出。



## 阻力控制／緊急煞車

使用張力控制桿，精細調整偏好的踩踏困難度。欲增加阻力，將張力控制桿往地板推。欲減少阻力，將調桿往上拉。

### 重要：

- 踩踏間欲停止飛輪，請用力往下推調桿。
- 飛輪會快速完全靜止。
- 確認您的鞋子固定在腳趾夾上。
- 未使用自行車時，設定為全阻力負載，以防止因驅動齒輪零件移動而造成傷害。

### ⚠ 警告

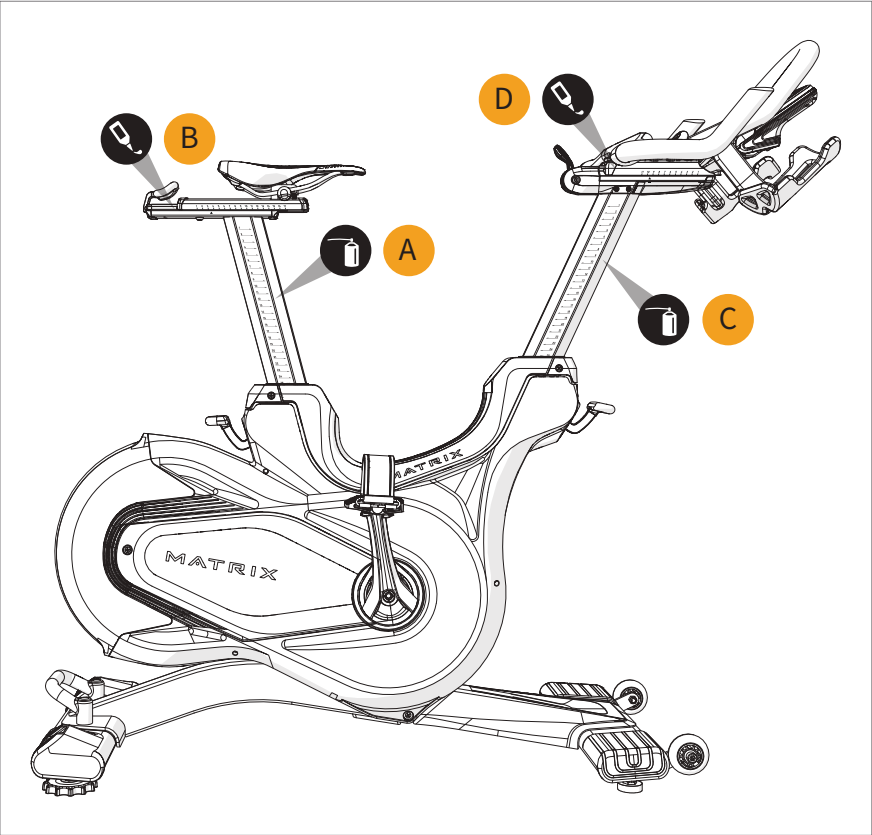
飛輪健身車沒有自由移動的飛輪；踏板將繼續與飛輪一起移動，直到飛輪停止。需要利用控制手法降低速度。要立即停止飛輪，請將紅色緊急煞車桿向下推。隨時透過控制踩踏，並根據自己的能力調整所需的節奏。將紅色調桿向下推 = 緊急停止。

飛輪健身車使用固定的飛輪，即使用戶停止踩踏或者用戶的腳滑落，也能保持踏板轉動。絕對不要在踏板和飛輪完全停止前，試圖從踏板上移開腳或拆卸機器。未遵照說明，可能引致失控或是嚴重受傷。

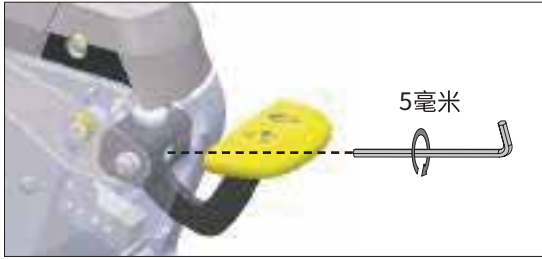


# 維修保養

- 1. 務必由合格的維修技術人員拆卸或更換部分及全部零件。
- 2. 請勿使用任何已損壞、已磨損與故障的設備。僅使用位於您所在國家／地區MATRIX經銷商所提供之更換部件。
- 3. 維修保養標籤與名牌：無論如何都請勿移除標籤。標籤內含重要資訊。若無法辨識或遺失，請連絡您的MATRIX經銷商更換。
- 4. 所有設備皆可維修保養：預防性維修保養是順暢操作設備的關鍵，也可以將損失降至最低。設備需要定期接受檢查。
- 5. 確認只有合格的人員才能進行調整或任何類型的維修保養。MATRIX經銷商將根據要求，提供公司設備服務和維護培訓。



## 維修保養計畫

行動	頻率
使用軟布、紙巾或其他Matrix許可之溶劑清潔飛輪健身車 (清潔劑應不含酒精和氨)。消毒座墊和握把，並擦掉所有殘餘體液。	每次使用過後
確認飛輪健身車保持平衡不搖晃。	每日
使用清水與中性肥皂或其他Matrix許可之溶劑清潔整台設備 (清潔劑應不含酒精和氨)。清潔所有外部零件、不鏽鋼架構、前後穩定器、座墊與握把。	每週
測試緊急煞車，確保其運作正常。要執行此動作，請在踩踏板的同时按下紅色緊急剎車桿。若功能正常，飛輪應會立刻減速，直到完全靜止。	每兩週
潤滑座墊柱 (A)。將座墊抬高到MAX位置，噴灑保養噴霧，並用軟布擦拭整個外表面。使用軟布清潔座墊滑塊 (B)，如有必要，塗抹少量鋰／矽脂。	每兩週
潤滑握把柱 (C)。將握把抬高到MAX位置，噴灑保養噴霧，並用軟布擦拭整個外表面。使用軟布清潔握把滑塊 (D)，如有必要，塗抹少量鋰／矽脂。	每兩週
檢查機器組裝中心螺絲與踏板是否拴緊。	每月
檢查握把與座墊高度調整桿是否拴緊。 	每月





## 產品特性

CXP 飛輪健身車	
最大使用者體重	159 公斤／350 磅
使用者身高範圍	147 至 200.7 公分／4呎11吋至6呎7吋
最大座墊與手把承重	130.3公分／51.3英呎
最大長度	145.2公分／57.2英呎
產品重量	57.6公斤／127磅
貨運重量	63.5公斤／140磅
所需足跡(長x寬)*	122.4 x 56.3公分／48.2 x 22.2英呎
尺寸 (座墊與手把最大高度)	145.2 x 56.4 x 130.2公分／ 57.2 x 22.2 x 51.3英呎
整體尺寸 (長 x 寬 x 高)*	122.4 x 56.4 x 102.8公分／ 48.2 x 22.2 x 40.5英呎

\* 確認最小間隙寬度為0.6公尺 (24英吋)，以便MATRIX設備進出。  
請注意，ADA推薦的輪椅個人間隙寬度為0.91公尺 (36英吋)。

如需最新版持有者手冊與資訊，請造訪 [www.matrixfitness.com](http://www.matrixfitness.com)。

## 注意：

本設備已經過測試，符合FCC規則第15部分對B類數位設備之限制。這些限制旨在提供合理保護，防止住宅安裝之有害干擾。本設備會產生、使用並發射無線電頻率能量。若未按照說明進行安裝和使用，可能會對無線電通訊產生有害干擾。不過，無法保證在特定安裝時不會發生干擾。倘此設備確實對無線電或電視接收產生有害干擾（可關閉和打開設備確定），建議用戶嘗試以下一種或多種方法阻斷干擾：

- 重新調整或擺放接收天線。
- 拉開設備和接收器之間的距離。
- 將設備連接到不同於接收器所連接電路之電源插座。
- 請諮詢經銷商或經驗豐富之無線電／電視技術人員以獲得協助。

未經合規負責方明確批准之任何更改或修改，可能會導致失去操作此設備之權限。

### FCC RF輻射暴露聲明：

1. 此發射器不得與任何其他天線或發射器放在同一位置或同時操作。
2. 本設備符合FCC RF輻射暴露限制之不受控制環境規定。  
安裝與操作本設備時，散熱器與身體之間至少應距離20毫米。