

MATRIX



GROUP &  
FUNCTIONAL  
TRAINING

2024 BROCHURE





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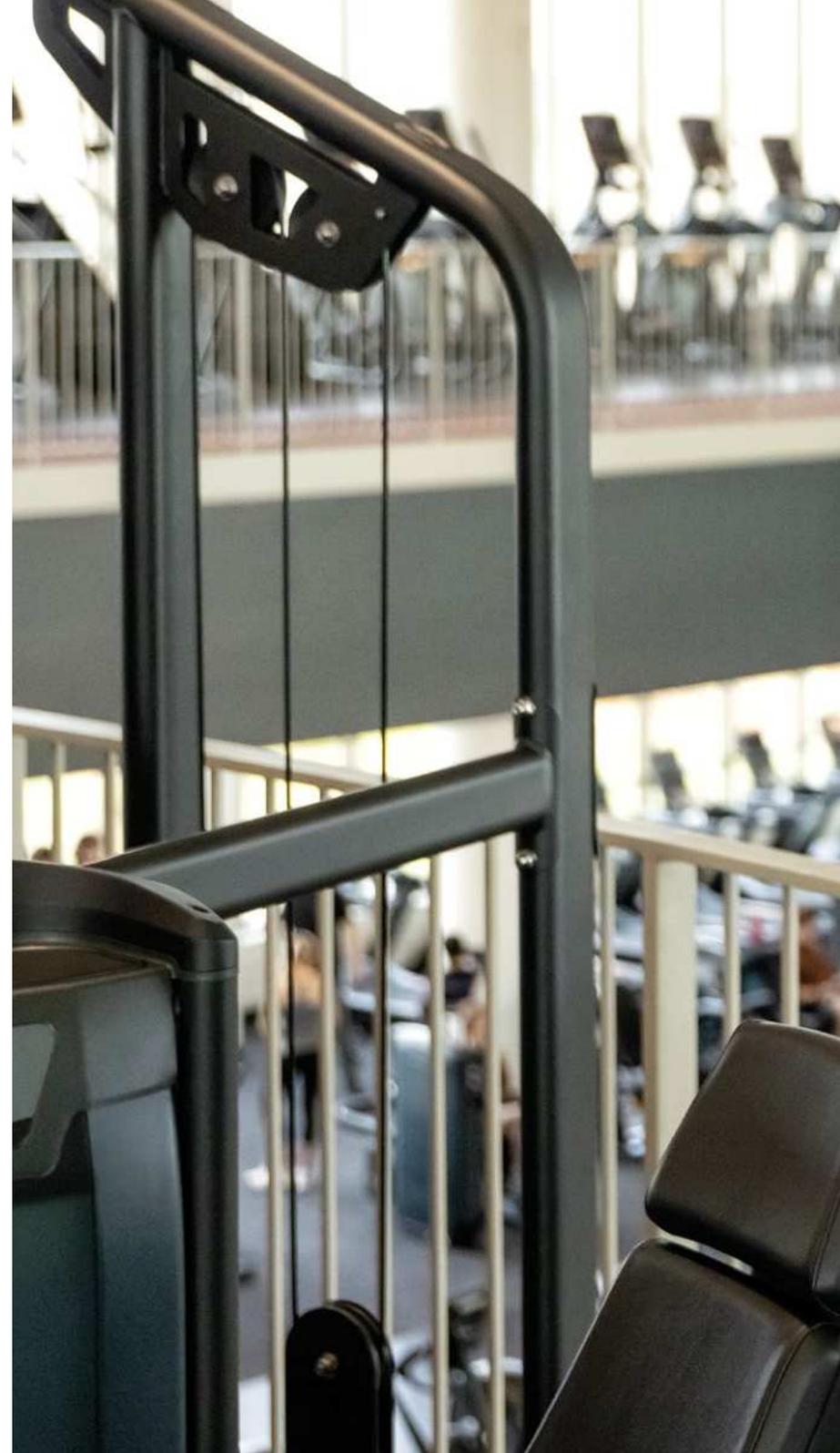
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# BELIEVE IN BETTER

**At Matrix, it's our mission to make your fitness facility everything you ever dreamed it could be.**

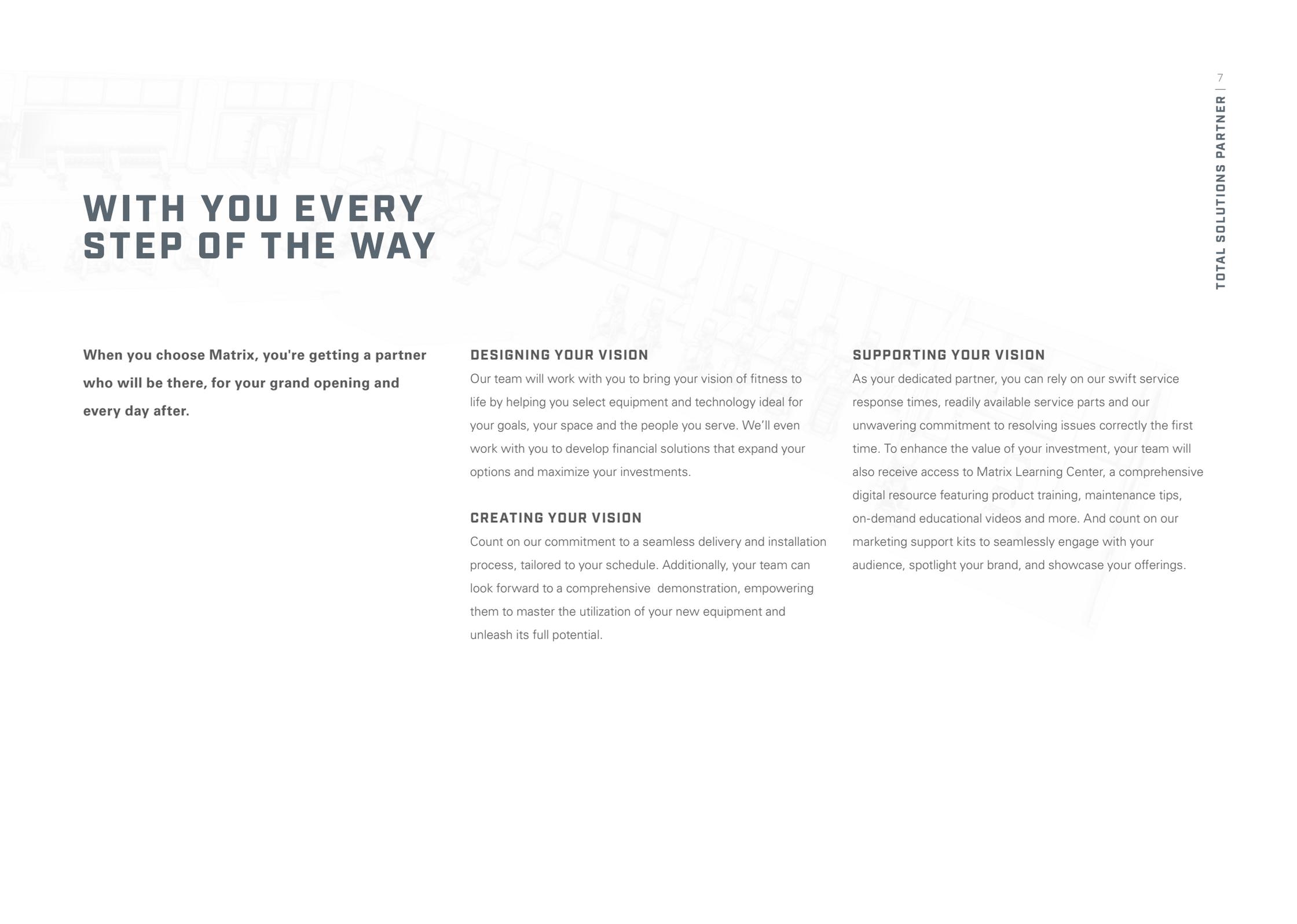
Count on us for meaningful innovations that make our equipment a joy to own, service and use. Expect a technology ecosystem that enhances the way you manage your facility, retain and engage members and promote your brand. And as always, trust us to put your brand and your business first, supporting you with facility planning, dedicated sales and support, unmatched customer service and extensive education and training.

For those who believe in better, there's Matrix.









# WITH YOU EVERY STEP OF THE WAY

**When you choose Matrix, you're getting a partner who will be there, for your grand opening and every day after.**

## **DESIGNING YOUR VISION**

Our team will work with you to bring your vision of fitness to life by helping you select equipment and technology ideal for your goals, your space and the people you serve. We'll even work with you to develop financial solutions that expand your options and maximize your investments.

## **CREATING YOUR VISION**

Count on our commitment to a seamless delivery and installation process, tailored to your schedule. Additionally, your team can look forward to a comprehensive demonstration, empowering them to master the utilization of your new equipment and unleash its full potential.

## **SUPPORTING YOUR VISION**

As your dedicated partner, you can rely on our swift service response times, readily available service parts and our unwavering commitment to resolving issues correctly the first time. To enhance the value of your investment, your team will also receive access to Matrix Learning Center, a comprehensive digital resource featuring product training, maintenance tips, on-demand educational videos and more. And count on our marketing support kits to seamlessly engage with your audience, spotlight your brand, and showcase your offerings.

## GROUP TRAINING OVERVIEW

# A BETTER WAY TO GET FIT: TOGETHER

**In today's competitive fitness landscape, differentiation is crucial to attracting and retaining members. Exercisers are seeking unique experiences that go beyond the traditional gym routine. Count on our innovative solutions to help you to set your facility apart with versatile functional training spaces and signature group training programs that appeal and engage members of all kinds.**

### **CARDIO**

Signature cardio programs are the foundation of group training, and we offer options that can appeal to members of all kinds. Challenge your members with the versatile intensity of our user-driven S-Drive Performance Trainers. Add our rower to your circuit training program for low-impact cardio that strengthens the whole body. You can even create an advanced, accessible group cycling experience with our Training Cycles.

### **FUNCTIONAL STRENGTH**

For solutions focused on strength and flexibility, our distinctive offering will give enthusiasts the kind of dynamic exercise experience they won't find anywhere else. Our Connexus Series is nothing short of essential for classes where users perform weight-bearing exercises that reflect their daily activities. The flexibility of our Connexus Series makes it easy to transform underused spaces into functional training zones and expand your offering as interest in functional training continues to grow.



MATRIX CONNECTED SOLUTIONS

# GET CONNECTED TO A WORLD OF DIGITAL SOLUTIONS

**You want to deliver an unmatched fitness experience, and Matrix Connected Solutions gives you the flexible tools you need to do it your way, regardless of the size of your facility or budget.**

With the power of our robust, open platform at your fingertips, service and maintenance become hassle-free. Your trainers can connect and engage with members in new ways for better results and more referrals. Everyone who comes through your doors can instantly enjoy their favorite music, entertainment and social networks on connected cardio platforms. By adding our Target Training Display to select equipment, you can offer a range of diverse exercise experiences that motivate members with personalized metric goals. And that's just a taste of what Matrix Connected Solutions can do.

Discover how our complete selection of hardware and software solutions can help bring your vision of fitness to life in bigger, bolder, brighter ways than ever before.

**Discover more at [matrixconnectedsolutions.com](https://matrixconnectedsolutions.com)**





MATRIX TARGET TRAINING

# MOTIVATING. MEASURABLE. AND GOAL-BASED.

**Whether you're all about Group X, superior circuits or pushing athletes to shatter their limits, you can motivate your people like never before with personalized, goal-based target training workouts that track heart rate, watts, distance, calories or speed. Depending on your facility and the people you serve, choose the CXP Target Training Cycle, S-Drive Power or RXP Rower. All can be used in group environments or for personal workout programs that leverage Sprint 8 programming, interval training and more. There's nothing like target training, and it's only available from Matrix.**

## **EFFORT GUIDED BY COLOR**

The Target Training Display's LED wrap lights up with three intuitive colors to express effort relative to personalized metrics: blue, for below the target range for the metric; green, for on track to hit the metric target; and red, for exertion that will surpass the metric target. Instructors can easily guide members of different ability levels through their workout, all while tracking effort and keeping them on pace for their unique goals.

## **COMPLETE CONNECTIVITY**

ANT+, Bluetooth and WiFi connectivity enable you to take full advantage of some of our most powerful Connected Solutions. This means that while your members are busy transforming their physiques, you'll be transforming the way you do business.



### CXP TARGET TRAINING CYCLE

Our CXP Target Training Cycle makes it easy to lead a next-level cycling class that holds a wide range of members accountable to personalized goals. Sessions that focus on different metrics keep classes fresh and help members see measurable progress with every pedal stroke. A sub-max heart rate test and eight- and 20-minute FTP tests make sure everyone is riding at a level right for their abilities. // **See page 26**

### S-DRIVE POWER PERFORMANCE TRAINER

Our S-Drive Power helps athletes and coaches maximize sport-specific speed and explosiveness using advanced metrics. A sub-max heart rate test helps athletes define their limits and shatter them in exciting new ways. // **See page 36**

### RXP ROWER

Our RXP Rower can elevate rowing classes with metrics that matter or create metric-driven circuits that keep the training experience fresh. A sub-max heart rate test, a step power test and 500- and 2,000-meter splits help each rower find a level of challenge ideal for their personal fitness. // **See page 48**



# CONNECTED SOLUTIONS

## COMMUNITY 360

### BRING IT ALL TOGETHER UNDER YOUR BRAND

Our ingenious Community 360 lets members capture data from all their favorite fitness apps and all the ways they work out in one place using a single customizable interface that puts your facility at the center of their fit lifestyle. Members can easily create personalized strength training goals, compete in challenges and applaud others through activity-based social feeds, and you can motivate members by offering reward points for check-ins, personal training, purchases and even personal bests.

## ASSET MANAGEMENT

### KEEPING AN EYE ON YOUR EQUIPMENT SO YOU DON'T HAVE TO

Our industry-leading Asset Management platform offers a 360-degree view of your equipment on virtually any internet-connected device. Easy-to-read color-coding tells you whether a product is functioning properly, detects errors and alerts you if something is offline. Whether you manage one facility or many, the system can create customized reports to help maximize product life and identify the optimum product mix. It also improves communication with Matrix and your service provider, streamlining maintenance and repair while reducing paperwork and hassle. The customization interface even provides an array of smart marketing tools to help you get more members into your facility.





#### RFID

### **STREAMLINE YOUR MEMBERS' EXERCISE EXPERIENCE**

RFID is a smart way to streamline your members' training experience. Simple radio-frequency tags make check-in, program loading and workout tracking completely touch-free and virtually automatic. Members can even use RFID with your existing RFID-compatible vending machines, kiosks and in-facility sales centers for quick impulse buys of your branded merchandise, snacks, beverages and more.

#### ANT+

### **SEND DATA TO THE BIG SCREEN TO SPARK COMPETITION IN THE STUDIO**

The ANT+ broadcast feature on the CXM training cycle and CXP target training cycle enables facilities to send data to external leaderboards, so all user performance data is on display in real time to drive competition and spur performance.

#### BLE FTMS

### **SEND DATA TO SMART PHONE APPS FOR PERSONAL PERFORMANCE TRACKING IN THE STUDIO**

The BLE FTMS broadcast feature enables the CXM training cycle and CXP target training cycles to pair with popular smart phone apps for personal performance tracking to measure changes in performance over time.



SPRINT 8 GX

**INSPIRING. INTENSE. AND UNLIKE ANYTHING ELSE.**

Only Sprint 8 GX combines sprint-intensity cardio and strength training with turnkey programming for a uniquely inspiring, instructor-led experience. Best of all, it can be done on a range of equipment and by members of all kinds.



# SPRINT 8 GX

# SPRINT 8 GX



**Sprint 8 GX is different, created to redefine your group training offering in ways that deliver results for you and your members. Only Sprint 8 GX combines sprint intensity cardio and a uniquely effective strength training component with flexible turnkey programming for an inspiring, instructor-led exercise experience unlike anything else. Sprint 8 GX was designed with your needs in mind, so you can offer it on your cardio floor or in a special training area in your facility. Best of all, the intensity of Sprint 8 GX is based on the abilities of the member, so both elite athletes and those just beginning their fitness journey will experience a challenging and rewarding workout.**



## **LEARN FROM CERTIFIED MASTER TRAINERS\***

Certified Matrix Master Trainers will come to your facility to teach you and your trainers everything you need to help participants build muscle, strengthen bones, enhance cardiovascular health and trigger active-aging benefits in each session.

## **POWERED BY MATRIX-EXCLUSIVE EQUIPMENT**

Sprint 8 GX can be completed on a range of Matrix cardio platforms and consoles. So, whether your participants like to run, ride, climb or row, Sprint 8 will be available at the touch of a button.

## **SUPPORTED BY US, OWNED BY YOU**

Our turnkey package includes a 6-hour workshop led by a Matrix Master Trainer including a comprehensive Sprint 8 GX manual, video support assets and a complete implementation guide to make sure the launch of your new Sprint 8 GX program is a success. We'll also help you fill your classes by providing comprehensive marketing resources that let all your members know about this special offering. Best of all, the programming is owned by your facility in perpetuity.

## **PROGRAMMING AT YOUR FINGERTIPS**

Available through the Matrix Group Education Platform, trainers have complete access to all their Sprint 8 GX programming, all in one place. From educational content to certificates to resources, trainers have instant access to everything they need to run Sprint 8 GX classes.

\* Availability of Matrix Master Trainers varies by market







## SPRINT 8 GX GROUP TRAINING COURSE

Sprint 8 GX Group Training Course is a workshop that teaches trainers and coaches how to run a successful, community-building program that builds muscle, strengthens bones, enhances cardiovascular health and triggers active-aging benefits in each session. Using Matrix cardiovascular products with embedded Sprint 8 sprint-intensity program and unique strength and conditioning movements, course participants will learn everything they need to create an inclusive, results-oriented program that's unlike anything else.

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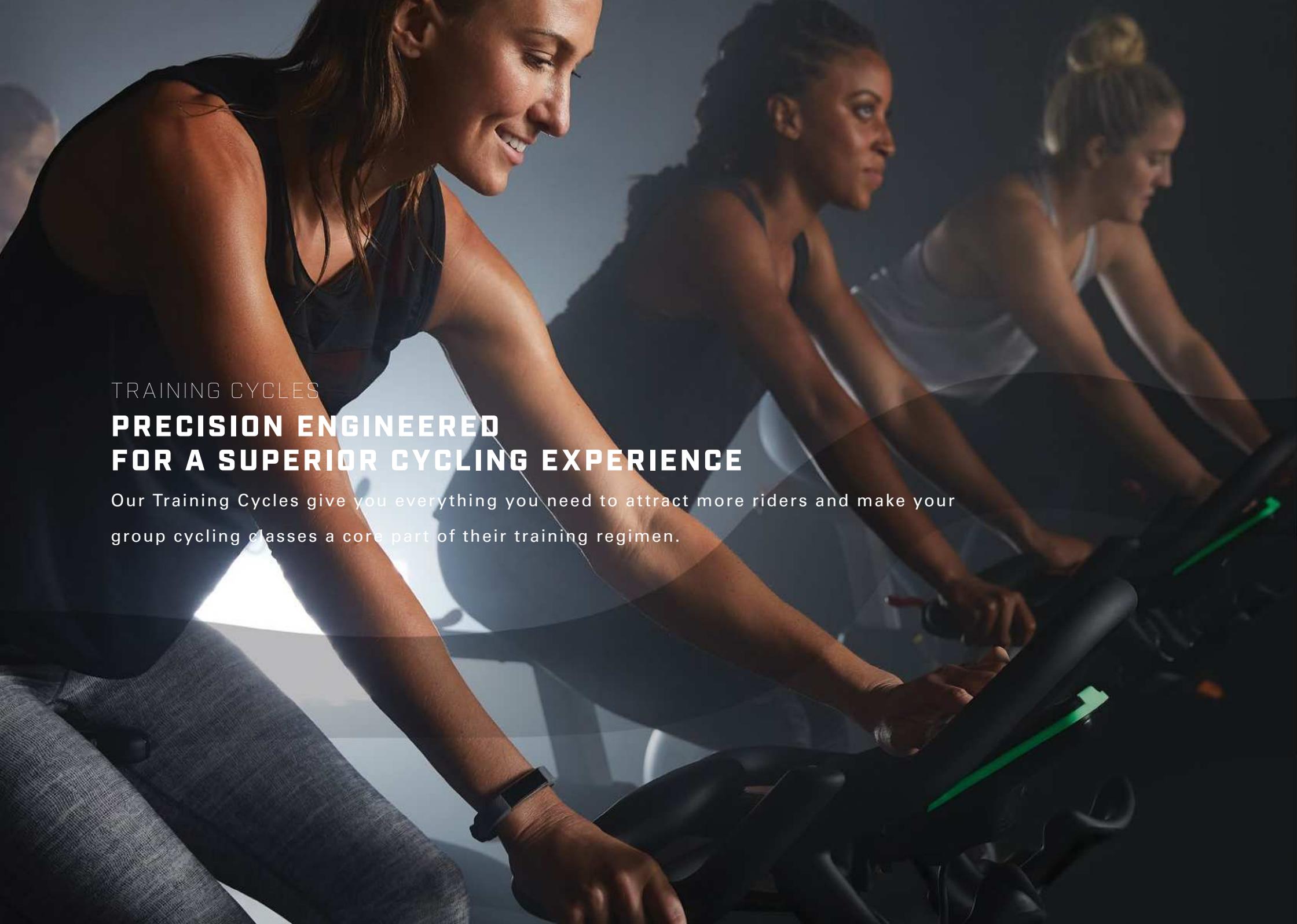
### COURSE INCLUDES

- Instruction on how to run a successful 45-minute group training program on the cardio floor
- Education about the science and benefits of sprint-intensity training
- Essential direction for setting up and coaching group training classes effectively
- Ways to manage and recognize the psychological and physiological response of the exercise paradox to maximize results and optimize training time
- Learn how to incorporate a range of cardio modalities in a single session including treadmills, Ascent Trainers, ellipticals, stationary cycles, rowers, indoor cycles and S-Drive Performance Trainers
- Access to an online exercise library demonstrating 25 explosive and flexibility exercises.
- Turnkey workouts with built-in progression for a wide variety of participants.

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### SPRINT 8 GX ACCREDITATIONS

ACE (0.6 CECs), AFAA (6 CEUs), NASM (0.6 CEUs), NSCA (0.6 CEUs),  
ACSM (6 CEUs), CanFitPro (4 CECs)

A photograph of three women riding stationary bikes in a gym. The woman in the foreground is smiling and looking down at her bike. The woman in the middle is looking forward with a neutral expression. The woman in the background is also looking forward. The bikes have green accents on the handlebars. The background is a plain, light-colored wall.

TRAINING CYCLES

**PRECISION ENGINEERED  
FOR A SUPERIOR CYCLING EXPERIENCE**

Our Training Cycles give you everything you need to attract more riders and make your group cycling classes a core part of their training regimen.

# TRAINING CYCLES



# TRAINING CYCLES

All of our durable Training Cycles feature optimized ergonomics and intuitive adjustments that make it hassle-free for every member — no matter what their body type or ability level — to experience the feel of a real outdoor ride.

## ADVANCED ERGONOMICS & ADJUSTMENTS

The detail-oriented design of our Training Cycles begins with a narrow Q-factor that optimizes the position of the hips, knees and feet to comfortably mimic a real outdoor riding experience. A magnetic system provides smooth resistance changes to help riders transition from one portion of the ride to the next, while intuitive four-way adjustment with quick-touch operation and easy seat tilt make customizing the cycle to each user's body virtually effortless.

## ENHANCED COMFORT & CONVENIENCE

All of our Training Cycles include an ergonomically sculpted seat to relieve pressure on touchpoints; making even long, intense cycling classes comfortable. A contoured lever near the handlebars provides tactile feedback for on-the-fly resistance changes, and multi-position handlebars with an integrated water bottle holder provide a comfortable grip while keeping hydration easily accessible.

## STREAMLINED SERVICE & SETUP

The low-maintenance, well-protected rear flywheel design of our cycles includes a quick-release service panel, easily removable pedal cranks and clearly identifiable internal components to make service a breeze for heavy-use facilities. Unlike traditional indoor cycles that require two wrenches to tighten or level the seat, our design requires only one Allen wrench to adjust the seat to the optimal position.





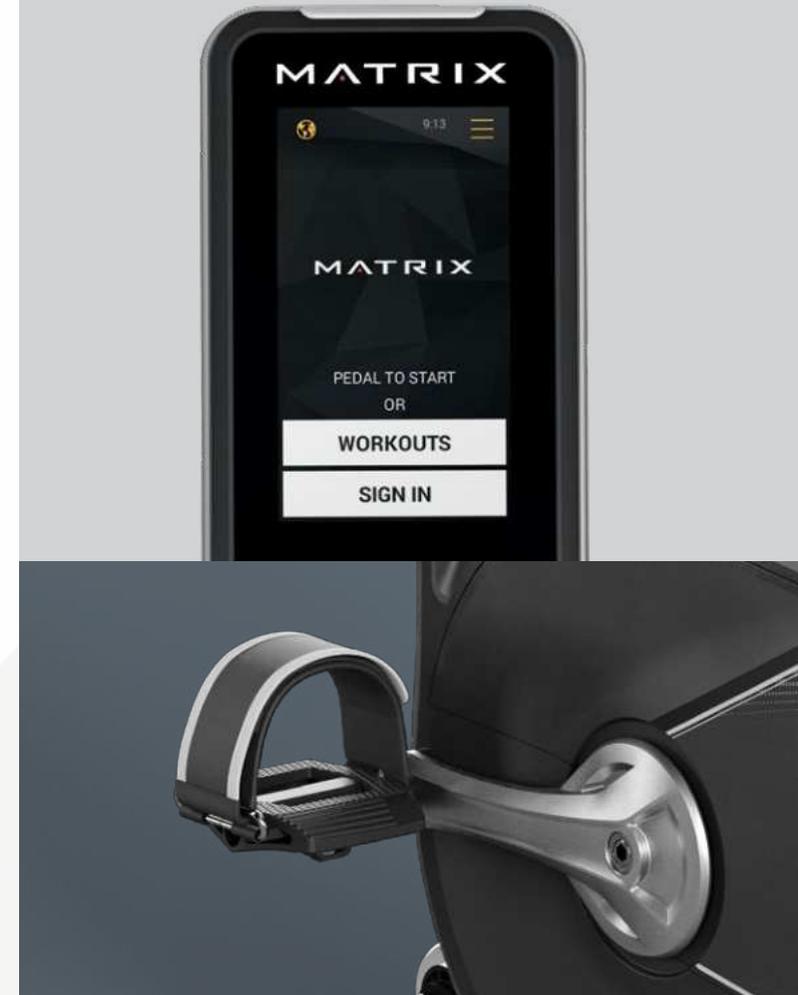
## CXP TARGET TRAINING CYCLE

The advanced CXP Target Training Cycle gives you everything you need to attract more riders and make your group cycling classes a core part of their training regimen. Our display is specifically engineered for target training — whether you're tracking watts, heart rate, RPMs, distance or calories — and includes a bright LED wrap that uses intuitive colors to tell the instructor and the rider if they are on track for their goals. Integrated programmable metrics help both instructors and riders make the most of every class, and a wide range of personal training programs offer plenty of ways for the enthusiast to train outside of class.

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### FEATURES

- Within +/- 3% watts accuracy
- Quick-adjust pedals
- Integrated Sprint 8 program
- Integrated FTP testing and a sub-max heart rate test
- WiFi, ANT+ and BLE FTMS enabled



The CXP Target Training Cycle pairs the effectiveness of personalized training with the excitement and energy of group exercise by providing riders with individualized goals right for their ability level and fitness aspirations.



# CXM TRAINING CYCLE

Our CXM Training Cycle takes your group classes to the next level with clear metric tracking, quality performance and excellent ergonomics. The quick-response, backlit LCD console clearly displays all training metrics and provides the ability to bring extra focus to watts, heart rate, RPMs or custom intervals in a way that helps your riders chart their progress and get real results.

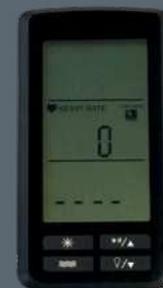
## FEATURES

- Watt measurement within +/- 10% accuracy
- ANT+ and BLE FTMS enabled



# CXC TRAINING CYCLE

Our CXC Training Cycle will make your group classes more popular than ever with performance that's as powerful as it is comfortable. A device storage shelf makes it easy for riders to keep their smartphone in view. Add the optional wireless LCD console for a basic metric-tracking experience that clearly displays RPMs, calories, distance, time and heart rate when used with a heart rate strap.



Optional Computer



# MATRIX RIDE PROGRAMMING

**Matrix Ride\* makes it easy for instructors to lead a next-level cycling class that engages a wider range of members. Our exclusive, all-original programming blends the energy of classic group cycling with precision performance training, integrating metrics like watts, heart rate, RPMs, distance and calories for compelling classes that deliver measurable results.**

## **SUPPORTED BY US, OWNED BY YOU**

Our turnkey package includes a workshop led by a Matrix Master Trainer including the comprehensive Matrix Ride manual, and a complete implementation guide to make your new cycling program a success. We'll also help you fill your classes by providing comprehensive marketing resources that let all your members know about this special offering. Best of all, the programming is owned by your facility in perpetuity.

## **PROGRAMMING AT YOUR FINGERTIPS**

Available through the Matrix Group Education Platform, instructors have complete access to all their Ride programming, all in one place. From educational content to certificates to resources, instructors have instant access to everything they need to create an industry-best cycling class.



\* Availability of Matrix Ride program varies by market

## CXP WORKSHOP

Created to maximize the potential of CXP Target Training Cycles, our programming package includes an eight-hour workshop, an educational manual, lesson plans and more, giving trainers everything they need to create an industry-best cycling class that sets your facility apart from others in powerful ways. Instructors will learn how to guide class participants through Target Training rides using each of the five individual metrics (watts, heart rate, RPMs, distance and calories), or even a combination of multiple metrics. They will learn how to set personalized targets using tools like the integrated FTP and sub-max heart rate testing, and how to use the LED color wrap to gauge effort and performance.

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### CXP ACCREDITATIONS

ACE (0.7 CECs), AFAA (7 CEUs), NASM (0.7 CEUs), CanFitPro (4 CECs)

## CXM WORKSHOP

Choose our precision-engineered CXM Training Cycle, and you'll have the option to add a live, product-focused, six-hour education workshop delivered by one of our Master Trainers at your facility. Your instructors will learn how to get the most out of the cycle's premium design and metric-tracking LCD display, plus how to quickly set up, how to transition from one riding position to another, how to adjust the cycles to different body types and much more.

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### CXM ACCREDITATIONS

ACE (0.4 CECs), AFAA (5 CEUs), NASM (0.5 CEUs)

## CYCLING BASICS WORKSHOP

This optional three-hour training session delivered by a Matrix Master Trainer covers the fundamentals of running a successful group cycling class using CXC cycles. Trainers will learn how to set up cycles properly, transition between riding positions and adjust the cycles to fit the needs of each individual rider.



A photograph of two men in a gym, focused on their workout on air cycle bikes. The man in the foreground is a white male with a short haircut, wearing a white t-shirt, looking intently forward. The man in the background is a Black male, also in a white t-shirt, looking in the same direction. The bikes are black with large flywheels. The background is a bright, minimalist gym with large windows. A semi-transparent grey wave graphic is overlaid on the right side of the image.

TOTAL BODY CYCLE

## **FEEL THE INTENSITY IN THE AIR**

Now you can transform cardio into intense, total-body exercise with an air cycle specifically reimagined for group training and HIIT workouts.

# TOTAL BODY CYCLE



# TOTAL BODY CYCLE

Make group training and HIIT more intense than ever with a cycle that transforms cardio workouts into total body exercise. Air resistance increases the challenge the harder riders pedal, push and pull, and a design reimagined for group training and HIIT includes seamlessly smooth adjustments between riders, multi-grip handlebars and a frame reinforced with heavy-duty steel.



### BUILT TO LAST

The Total Body Cycle is built to stand up to tough HIIT and group training sessions for years. Durable link arms, sturdy cranks and a frame reinforced with heavy-duty steel withstand the most intense workouts, and a seamless shroud design protects drive components from sweat dust and moisture to extend equipment life.

### OPTIMIZED FOR QUICK TRANSITIONS

Keep up the intensity between circuit stations. A quick-pull lever allows members to instantly adjust seat height for fast transitions between riders, while ergonomically sculpted handlebars offer multiple grips for all different phases of rides.



A man in a red tank top and black leggings is running on a treadmill in a gym. The gym has large windows in the background, and the man is captured in a dynamic running pose. The treadmill is black and has a handrail with orange accents. The overall scene is lit with natural light from the windows, creating a bright and airy atmosphere.

S-DRIVE PERFORMANCE TRAINERS

## **FOR SUPERIOR CIRCUITS, HIIT TRAINING & BEYOND**

Create the kind of circuit training program that attracts and retains members by adding a versatile, intense new modality.

**S-DRIVE**  
**PERFORMANCE**  
**TRAINERS**

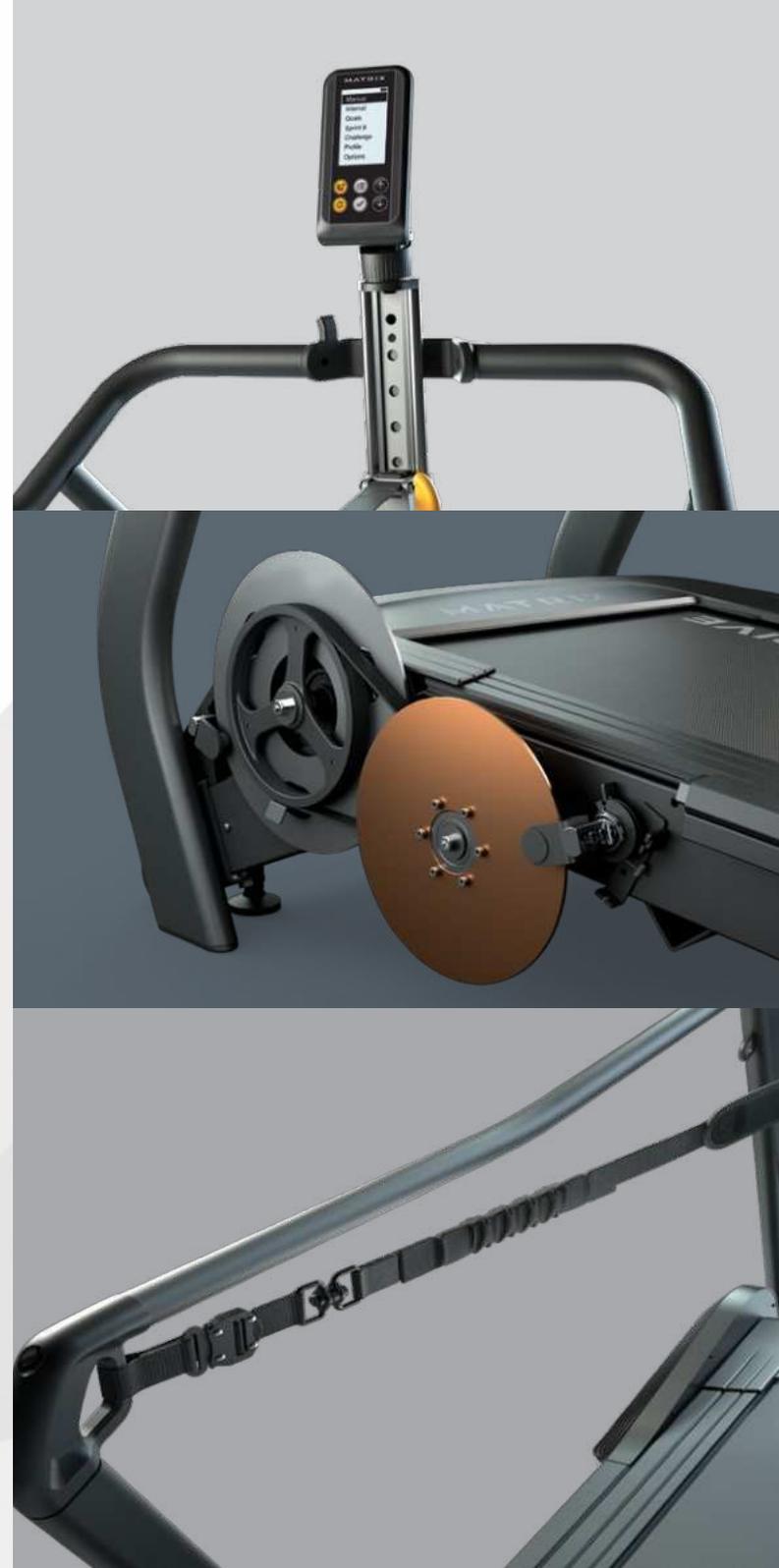


# S-DRIVE PERFORMANCE TRAINERS

Our S-Drive Performance Trainers add an amazing new dimension to virtually any circuit training program. Versatile, space-saving design lets members take on power walking, running, HIIT, sled-pushing, parachute training and agility drills with magnetic resistance settings just right for their ability level and goals. Choose our S-Drive Power for a complete target training experience, the S-Drive Metrics for clear workout feedback or the original S-Drive Performance Trainer. All include a sled brake with eight repeatable resistance settings, parachute brake with 11 repeatable resistance settings, 7-degree incline, true zero start speed, unlimited top speed and a convenient 17.8 cm / 7" step-on height.

## SMALL & LARGE GROUP CIRCUITS

By incorporating the S-Drive in your group circuit training, there's no limit to the different ways your trainers and instructors can provide full-body workouts. For example, while one participant begins with a low-resistance, long-stride walk on the S-Drive, another can take on functional exercises like TRX chest presses, floor-based dumbbell exercises or core exercises. They would then switch, building cardiovascular, anaerobic and muscular endurance as they correct postural imbalances, improve coordination and enhance motor function. We provide nine-week protocols for both small group training (up to eight participants) and large group training (up to 12 participants).





### **SPORTS PERFORMANCE TRAINING**

The S-Drive provides high-intensity training ideal for athletes striving to reach their maximum potential. With the ability to simulate sprinting, sled pushing and parachute training, the S-Drive can significantly enhance explosiveness and endurance. Athletes can also improve agility through a mix of forward, lateral and reverse movements. Count on our four-week S-Drive Sprint Training Protocol to improve speed, endurance, power and neuromuscular development.

### **REHABILITATION & ACTIVE AGING**

The S-Drive can provide significant benefits for users training to recover from an injury or older users striving to maintain functional health. Full perimeter handrails make entering and exiting easy and secure, a true zero starting speed accommodates users of all ability levels, and the user-driven design provides a more natural gait than treadmills.

## S-DRIVE **POWER**

The S-Drive Power adds a Target Training Display specifically engineered for goal-based training, making it easier than ever for members to take on sprints, sled pushes and parachute training with precision data tracking. Integrated testing establishes personalized targets just right for the ability level of each member, while the unique LED wrap helps trainers and members gauge intensity with bright colors. The display even pivots so trainers can easily view feedback. Whether tracking watts, speed, time, distance, heart rate or taking on high-intensity interval training, the personalized metrics help members maintain effort and reach their goals. Includes a built-in sled-push bar that tracks power in watts.

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### FEATURES

- Integrated sub-max heart rate testing
- Interval and Sprint 8 program
- Intuitive touchscreen design
- ANT+ and Bluetooth enabled
- Watt measurement within +/- 10% accuracy



The S-Drive Power delivers a complete target training experience that will redefine your circuits with intensity and versatility.



## S-DRIVE METRICS

The S-Drive Metrics includes a pivoting, quick-response, backlit LCD that clearly displays speed, time, distance and heart rate (with strap) so trainers can view feedback. A self-powered design makes it easy to fit the S-Drive Metrics into virtually any circuit training program and reposition it as needed to keep circuits fresh.

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### FEATURES

- Interval and Sprint 8 program
- Self-powered design



ENDURANCE ELLIPTICAL



# S-DRIVE PERFORMANCE TRAINER

Add our original S-Drive Performance Trainer to existing circuit training programs to offer members power walking, running, HIIT, sled-pushing, parachute training and agility drills in one space-saving footprint. Magnetic resistance adjusts easily to a wide range of ability levels. A self-powered design makes it easy to fit S-Drive into virtually any circuit training program and reposition it as needed to keep circuits fresh.

---

## FEATURES

- Self-powered design





ROWERS

## A NATURALLY INTENSE ROWING EXPERIENCE

Take advantage of the growing popularity of group rowing by bringing one of our sleek, thoughtfully designed rowers to your circuit.

# ROWERS



# ROWERS

The versatile, exceptionally comfortable design of our rowers make it easy to switch between speed work, distance rowing and high-intensity interval training. Choose our original rower for the accurate, complete data feedback of our LCD console, or choose our RXP Rower to add our exclusive Target Training Display and take group rowing to the next level with personalized metrics that matter.

## ADVANCED ENGINEERING

The smart design of our rowers makes it easier than ever to select resistance levels, set your training target and switch between programs. Sleek-yet-robust design offers whisper-quiet operation, a smoother stroke, easy adjustments and repeatable resistance levels to create an unmatched rowing experience. Count on an aluminum flywheel with 10 precise magnetic resistance settings to challenge first-time users and experienced rowers alike.

## ENHANCED COMFORT & CONVENIENCE

Crafted to fit the human body, our rowers feature an Ergo Form seat to reduce stress on touchpoints during long rowing sessions, a seat lock for superior stability when getting on and off and a long handle with a comfort-enhancing over-mold. To make sure every experience is as seamlessly convenient as it is comfortable, we added heel cups with quick-release buckles ideal for fast-moving training circuits and transport wheels for easy rearranging between sessions. Our rowers can even stand vertically, minimizing their footprints when not in use.

## LASTING DURABILITY & STREAMLINED SERVICE

Created specifically for the busiest circuit training environments, our rowers are ready for a steady stream of users, day in and day out. A high-quality rope is paired with a long aluminum rail reinforced with stainless-steel to stand up to hard use. The magnetic resistance system reduces the number of moving parts to enhance durability and minimize maintenance.



## ROWING PROTOCOLS

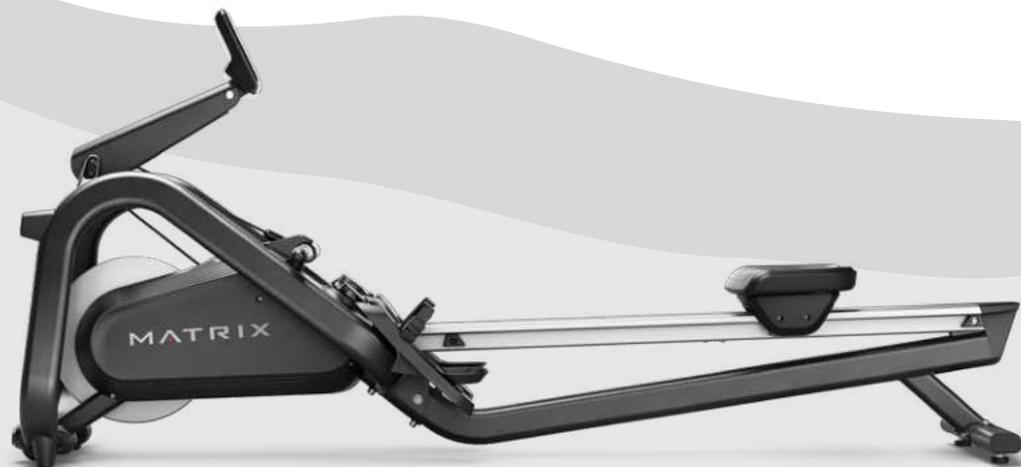
We offer aerobic workouts focused on rhythm, technique, proper breathing and a pace designed to maintain a steady heart rate; anaerobic threshold workouts that challenge rowers to achieve the same meters or time in each set; and race-pace workouts that emphasize short intervals of maximum effort. Each protocol includes warmup and cooldown.

## CIRCUIT TRAINING PROGRAMS

Use our rower in large or small group circuit training programs to complement existing TRX stations, dumbbell stations, core stations, plyometric stations and more, providing the kind of full-body workout intensity that makes your circuit training program unlike any other.

## SPORTS PERFORMANCE TRAINING

Quick keys make interval training easy to access, and complete, accurate console data feedback helps instructors refine form and quickly adjust difficulty to help rowers reach their ultimate potential.



# RXP ROWER

Reinvigorate rowing and make your facility stand out by adding our advanced RXP Target Training Rower to your circuit, group classes or cardio floor. Our unique display is specifically engineered for target training — measuring watts, 500-meter split, heart rate, SPMs, distance or calories — and a bright LED wrap uses vibrant colors to indicate if the user is on track for their goals. Integrated training programs help members make the most of every circuit or class, and a wide range of personal training programs offers a fresh experience outside of group settings.

## FEATURES

- Sub-max heart rate test, step power test and testing for 500- and 2,000-meter
- Interval and Sprint 8 program
- Intuitive touchscreen design
- WiFi, ANT+ and BLE FTMS enabled



# ROWER

The Matrix Rower features an adjustable, backlit console that makes it easy to access training programs and see complete workout data. Clearly defined quick keys provide instant access to integrated training programs. Thanks to a self-powered design, you can find a place for our rower in any large or small circuit training program. Simply place it between weight and functional training stations for an engaging change of pace.

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## FEATURES

- Challenge and interval programs
- Self-powered design



GROUP TRAINING LED CONSOLE

## **KEEP YOUR MEMBERS IN SYNC**

Now you can keep every member of your class in sync with a console made specifically for training in a group.

# GROUP TRAINING LED CONSOLE



## GROUP TRAINING LED CONSOLE

Make your group exercise classes smoother and more rewarding for everyone involved with our Group Training LED Console. Our versatile design also makes it easier to work with participants of different ability levels. The straightforward interface is easy for anyone to navigate, and smart features like one-touch controls and preset intensity levels help every participant stay in sync with instructor cues. You can even add WiFi to work with some of our most powerful Connected Solutions, like Engage 360, Community 360 and Asset Management. Our Group Training LED Console is compatible with our Performance Plus Treadmill and all Matrix cardio equipment from our Performance, Endurance and Lifestyle Series.

**CONNECTED**  
SOLUTIONS

 **ASSET MANAGEMENT**

**ENGAGE 360**

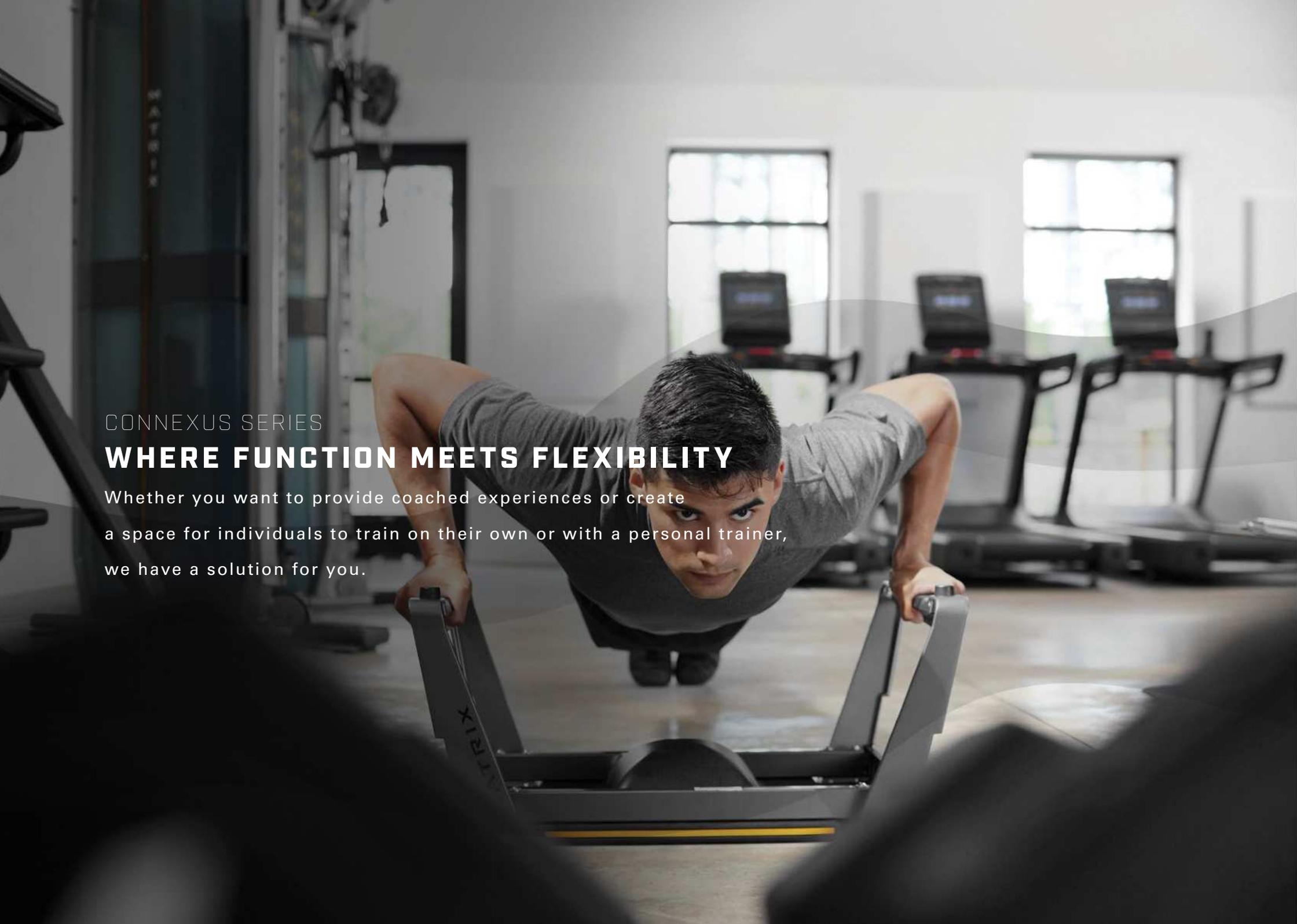
**COMMUNITY 360**



**CONSOLE SPECS**

CONSOLE SPECS	GROUP TRAINING LED
DISPLAY	Large number LED with message center
WORKOUTS	Manual
LANGUAGES	English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Danish, Polish
FAN	No
ANALOG TV	Optional - attachable add-on TV
DIGITAL TV	Optional - attachable add-on TV
IPTV	No
PRO:IDIOM COMPATIBILITY	Optional - attachable add-on Pro:Idiom TV (≠ IPTV)
WIFI	Optional - included with Asset Management and/or Community 360 app
BLUETOOTH	No
ANT+	No
RFID WIRELESS LOGIN	Optional
CONNECTS TO APPLE WATCH	No
MADE FOR IPOD, IPHONE, IPAD	No
USB PORT	Yes - device charging, software updates
WIRELESS CHARGING (Qi)	No
CSAFE READY	Yes
AUTO WAKE-UP	No



A man in a grey t-shirt is performing a push-up on a TRX suspension trainer in a gym. He is looking directly at the camera. The gym has several treadmills in the background and large windows. The text is overlaid on the left side of the image.

CONNEXUS SERIES

## WHERE FUNCTION MEETS FLEXIBILITY

Whether you want to provide coached experiences or create a space for individuals to train on their own or with a personal trainer, we have a solution for you.

# CONNEXUS SERIES



# CONNEXUS SERIES

Now functional fitness is flexible. From the wall to the corner to the center of your training hub, from self-guided workouts to circuits to small group training — there's no functional solution that's out of reach.

## **VERSATILE TRAINING & FUNCTIONAL STORAGE**

The intuitive and versatile designs of our Connexus Series offer a virtually limitless range of exercise variety. For quick transitions between exercises, conveniently centralized storage offers instant access to a range of training accessories.

## **CUSTOMIZABLE & CONFIGURABLE DESIGNS**

Explore all the different ways you can configure our Connexus Edge and Functional Trainer to find the right fit for your place and your people.

## **ADJUSTABLE & REPEATABLE SMALL GROUP TRAINING**

Create unique small group training your members will love. Space-efficient design maximizes the training versatility of your space, and a variety of accessories and attachment points give trainers total flexibility when planning their own workouts.



# CONNEXUS HUB

Connexus Hub combines a single adjustable pulley and centralized accessory storage to bring diverse functional training to small spaces and unused walls. Clearly defined training stations make it easy for anyone to get started, and an integrated device holder lets users bring along the on-demand workouts or entertainment that keeps them going strong.



CONNEXUS HUB

CONNEXUS



# CONNEXUS CREST

Bring complete functional training to small spaces and unused walls with the two adjustable pulleys and centralized accessory storage of the Connexus Crest. Clearly defined training stations make it easy for anyone to get started, and an integrated device holder lets users bring along the on-demand workouts or entertainment that keeps them going strong.



# CONNEXUS EDGE

Our versatile Connexus Edge combines convenient access to accessories, multiple attachment points and clearly defined stations for functional workouts that are easy to start and smooth throughout. Configurable design lets you connect multiple bays against a wall or in back-to-back arrangements to offer coached functional training, self-guided workouts or both.

## OPTIONAL STATIONS

- Landmine with plate and bar storage
- Dip/VKR and plyometric platform with storage
- Suspension strap anchor
- Marpo Rope Pull

\* Product shown with optional suspension strap anchor



CONNEXUS  
EDGE

CONNEXUS

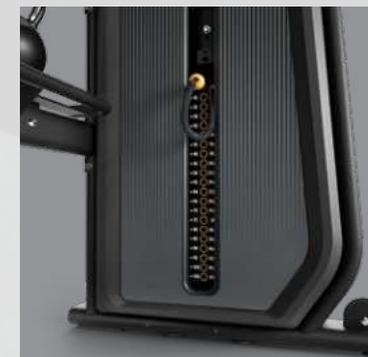


# CONNEXUS FUNCTIONAL TRAINER

Our Connexus Functional Trainer configures with the Connexus Edge or additional Functional Trainers to offer heavy cable resistance and easy access to a range of training accessories for both coached and self-guided workouts. Users can even bring along the on-demand workouts or entertainment that keeps them going strong thanks to an integrated device holder.

## OPTIONAL STATIONS

- Landmine with plate and bar storage
- Dip/VKR and plyometric platform with storage



# CONNEXUS CUSTOM CONFIGURATIONS

Our Connexus Series makes it easier than ever to add a premium functional training experience to your fitness facility, even if your space is limited. Explore all the different ways you can configure our Connexus Edge and Functional Trainer in bays, in back-to-back configurations and beyond, expanding as needed to find the right fit for your place and your people.



**GFTEDGFT-XL**

Create a unique experience at the heart of your functional zone that's versatile enough for both group and individual training.

CONNEXUS



**GFTEDGFT-SM**

Create a back-to-back configuration to maximize functionality in a minimal amount of space.



**GFTEDGFT-MD**

Design an open, approachable training experience at the center of your functional zone.



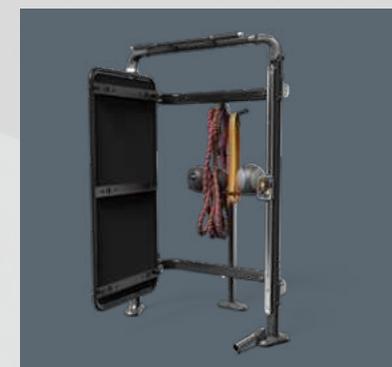
**GFTEDG-03\***

Make the most of unused wall space while keeping accessories organized and on hand.

\* Shown as a 3-bay configuration. Connect any number of training bays using the GFTEDG-CK connection bracket.

## CONNEXUS COMPACT

The Connexus Compact turns any unused area into a space where members can take on a full range of exercises ideal for building a lean, strong body. Our smart, streamlined design includes two height-adjustable training handles, great for bilateral training or serving multiple users at once. A durable hinged med ball target protects your walls while providing a convenient location for explosive throwing exercises, and the med ball target easily folds out of the way for access to the unit's integrated accessory storage space. The ergonomic pull-up bar comfortably accommodates wide and narrow grips, the landmine attachment rotates a full 360 degrees for exercise variety, and the base anchor provides a perfectly placed attachment point for battle ropes and bands.



CONNEXUS COMPACT

CONNEXUS



CONNEXUS

2

1

MATRIX

## CONNEXUS COLUMN

If you're looking to make room for more functional training options at your facility, you can add our space-efficient Connexus Column virtually anywhere you have an unused wall. A height-adjustable training handle makes it easy to attach resistance bands and suspension straps, accommodating multiple bands at once to streamline transitions, progressions and training with different users. Integrated device storage for smartphones keeps training apps in view, even amplifying device sound so users never miss a moment of instruction, and built-in band storage helps keep your functional training area tidy.

CONNEXUS



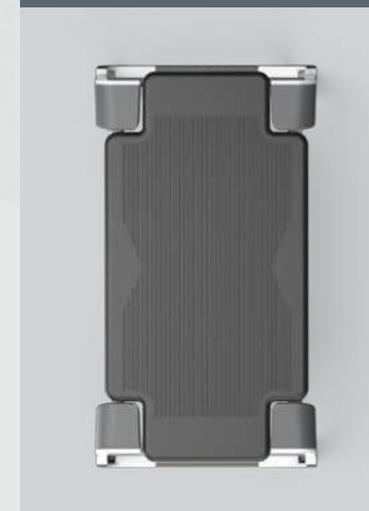
CONNEXUS COLUMN



# CONNEXUS STEP+

A great addition for circuits, personal training and independent functional training workouts, the Connexus Step+ is as space-efficient as it is versatile. Functional training enthusiasts of virtually any ability level can use the step in two configurations — standard and inverted — to take on a full spectrum of challenging core, lower-body and cardio exercises that are excellent for improving body composition and augmenting overall functional fitness. The smart, stackable design includes a thoughtfully textured balance surface and optimized height, width and depth for use that's as secure as it is effective, plus durable construction that stands up to hard use by members.

CONNEXUS

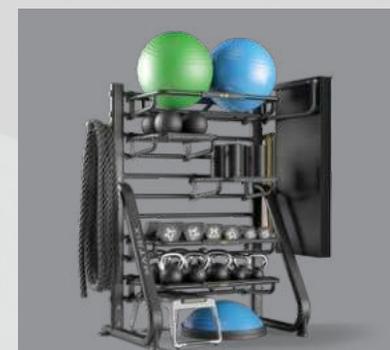


## CONNEXUS STORAGE STATION

Our ultra-durable Connexus Storage Station makes it easy to clean up your functional training area while keeping your most important accessories on hand and ready to go. Two extra-large, rubber-cushioned shelves provide plenty of low-to-the-ground storage space for your heavy-duty pieces, while two secondary shelves give you ample space to organize lighter accessories by size or type. An open top rack offers storage versatility to accommodate large or long items, and an open base adds even more space to tuck away functional training extras. For the bands, straps and ropes crucial to your functional training program, multiple angled pegs with rubber endcaps offer easy-access hanging storage. Our Storage Station also includes directional placards so members and trainers can clearly identify where each accessory belongs. Maximize storage capabilities with the optional mat hanger (GFTORG-MH) to store mats vertically for faster drying and to prevent curling.



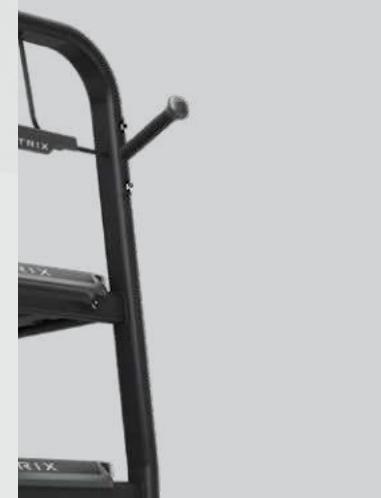
CONNEXUS STORAGE STATION



CONNEXUS

# CONNEXUS 3-SHELF STORAGE CART

The mobile Connexus Storage Cart keeps accessories and attachments close at hand for easy set-up and transition between classes or groups. With a maximum capacity of 317 kg / 750 lbs., the 3-shelf storage cart features heavy-duty casters to enable movement around the facility. The highly accessible and sturdy storage also keeps your facility neat and organized at all times.



# TRAINING SUPPORT

Versatility is a key advantage to the Connexus Series. Your instructors can use our free programming framework, develop their own classes and training from our vast exercise library or create a hybrid of the two.

**MX4**

Developed by industry experts, MX4 addresses multiple aspects of fitness — cardio, power, strength and endurance — to create a complete group exercise experience that members will commit to. You can modify programming to fit members of all ability levels and scale the program to accommodate small groups or large groups, easily expanding as popularity grows.

**MX4**  
**ACTIVE**

Our scientifically validated MX4 Active program can help your facility engage older or deconditioned adults in a way right for their abilities and keep them coming back for more. By incorporating low-impact, lower-back friendly exercises, familiar repetitions and natural progressions, MX4 Active delivers a confidence-inspiring experience that improves overall fitness.



### **TRX SUSPENSION TRAINING MODULE**

Developed by the head of education for TRX Suspension Training, the Connexus TRX Module brings the intense challenge and superior results of TRX training to your Connexus group functional training installation. The Connexus TRX Module is a progressive, four-week program with two original weekly workouts for small group or one-on-one training.

### **BAND & BALL TRAINING MODULE**

The Band & Ball Module is a progressive, four-week program with three original weekly workouts that build strength and power. Using resistance bands and slam balls, these workouts teach the body to work as an integrated system. Workouts are easily modified for greater or less intensity and are applicable for small group or one-on-one training.

### **BODY SCULPT TRAINING MODULE**

This progressive, full-body strength program emphasizes tempo training to accomplish a targeted goal each week, maximizing muscle strength and hypertrophy. Three forms of resistance training are accomplished using the landmine attachment, flat circular bands and TRX suspension straps. Workouts are easily modified for greater or less intensity and are applicable for small group or one-on-one training.

### **EXERCISE LIBRARY**

Access a complete index of over 200 Connexus exercises that instructors can use to build and choreograph their own original classes and training routines. They can also use the library to modify existing programming by finding alternate exercises to raise or lower program intensity for members of varying skill and fitness levels. Visit our expansive online Exercise Library on Matrix Learning ([www.matrixlearningcenter.com](http://www.matrixlearningcenter.com)) to see images and videos of each exercise.

**TRAINING CYCLES**

	CXP	CXM	CXC
MODEL NUMBER	CXP	CXM	CXC
<b>CONSOLE SPECS</b>			
Display	Target Training capacitive touchscreen	Backlit LCD	Optional LCD
Display Feedback	Heart rate*, watts, RPM, time, distance, calories*	Heart rate*, watts, RPM, time, distance, calories*	Heart rate*, watts, RPM, time, distance, calories*
WiFi	Yes	No	No
Bluetooth	Yes; heart rate, FTMS	Yes; heart rate, FTMS	No
ANT+	Yes; heart rate, PWR, FE-C	Yes; heart rate, PWR, FE-C	Yes; heart rate
Contact & Telemetric HR	Telemetric only	Telemetric only	Telemetric only
Power Requirements	Generator-powered	Generator-powered	Battery-powered
<b>FRAME SPECS</b>			
Drive System	Flexonic belt	Flexonic belt	Flexonic belt
Power Measurement	Calculated watts	Calculated watts	N/A
Resistance System	Magnetic	Magnetic	Magnetic
Pedal Type	Dual-sided SPD & easy fit strap	Dual-sided SPD & toe cage	Dual-sided SPD & toe cage
Seat Design	Ergonomically sculpted seat	Ergonomically sculpted seat	Ergonomically sculpted seat
Seat Adjustment	Vertical & horizontal	Vertical & horizontal	Vertical & horizontal
Handlebar Design	Ergo-formed, multi-position, soft PVC	Ergo-formed, multi-position, soft PVC	Ergo-formed, multi-position, soft PVC
Handlebar Adjustment	Vertical & horizontal	Vertical & horizontal	Vertical & horizontal
Crank Design	4-way tapered forged steel cranks	4-way tapered forged steel cranks	4-way tapered forged steel cranks
Leveling Feet	Yes; 2 front levelers and 2 rear dials	4	4
Rear-lift Handle	Yes	Yes	Yes
Maximum User Weight	158.8 kg / 350 lbs.	158.8 kg / 350 lbs.	158.8 kg / 350 lbs.
Ethernet Connectivity	No	No	No
Assembled Dimensions	125.4 x 56.4 x 102.8 cm / 48.2" x 22.2" x 40.5"	125.4 x 56.4 x 102.8 cm / 48.2" x 22.2" x 40.5"	125.4 x 56.4 x 102.8 cm / 48.2" x 22.2" x 40.5"

\*Requires a heart rate monitor

**CONNEXUS**

	PRODUCT DIMENSIONS						PRODUCT WEIGHT		RECOMMENDED TRAINING AREA				MAX USER/LOAD WEIGHT	
	METRIC (CM)			ENGLISH (IN)			METRIC	ENGLISH	METRIC (M)		ENGLISH (FT)		METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.	L	W	L	W	KG	LBS.
GFTEDG – Connexus Edge	149.8	111.7	238.7	59	44	94	206	453.2	5.4	3	17.9	9.6	159	350
GFTHUB – Connexus Hub	152.4	124.4	238.7	60	49	94	211	464.2	4.7	3.7	15.5	12	159	350
GFTCRST – Connexus Crest	274.3	142.2	238.7	108	56	94	312	686.4	6	3.2	19.6	10.6	159	350
GFTFT – Connexus Functional Trainer	152.4	124.4	238.7	60	49	94	433	955	1.5	3.7	5	12	159	350
GFTCOR – Compact	82	165	240	32.3	65	94.4	205	452	1.8	0.9	5.9	3	159	350
GFTSLR – Column	44.5	16.1	212	17.5	6.3	83.5	25.5	56.2	2.1	2.4	7	8	159	350
GFTSS – Step+	70.5	38.1	33	27.8	15	12.9	8.4	18.5	N/A	N/A	N/A	N/A	136	300
GFTORG – Storage Station	85	140	185	33.5	55.1	72.9	160	352.7	N/A	N/A	N/A	N/A	363	800

**S-DRIVE PERFORMANCE TRAINERS**

	S-DRIVE POWER	S-DRIVE METRICS	S-DRIVE PERFORMANCE TRAINER
MODEL NUMBER	S-DRIVEP	S-DRIVEM	S-DRIVEC
<b>CONSOLE SPECS</b>			
Display	Target Training capacitive touchscreen	Backlit LCD	No
Display Feedback	Heart rate*, watts, time, distance, calories*	Heart rate*, watts, SPM, time, distance, calories*	No
WiFi	Yes	No	No
Bluetooth	Yes; heart rate, FTMS	Yes; heart rate, FTMS	No
ANT+	Yes; heart rate, PWR, FE-C	Yes; heart rate, PWR, FE-C	No
Contact & Telemetric HR	Telemetric only	Telemetric only	No
Power Requirements	DC plug-in	Generator-powered	No
<b>FRAME SPECS</b>			
Drive System	Dual magnetic maintenance free brakes	Dual magnetic maintenance free brakes	Dual magnetic maintenance free brakes
Power Measurement	Calculated watts	Calculated watts	N/A
Speed Range	User-defined	User-defined	User-defined
Incline Range	7° fixed	7° fixed	7° fixed
Resistance System	Magnetic	Magnetic	Magnetic
Running Surface Area	152 x 51 cm / 60" x 22"	152 x 51 cm / 60" x 22"	152 x 51 cm / 60" x 22"
Step-on Height	17.8 cm / 7"	17.8 cm / 7"	17.8 cm / 7"
Maximum User Weight	182 kg / 400 lbs.	183 kg / 400 lbs.	184 kg / 400 lbs.
Ethernet Connectivity	No	No	No
Assembled Dimensions	195 x 88.3 x 150 cm / 76.8" x 34.8" x 59"	195 x 88.3 x 150 cm / 76.8" x 34.8" x 59"	195 x 88.3 x 150 cm / 76.8" x 34.8" x 59"

\*Requires a heart rate monitor

**ROWERS**

	RXP	ROWER
MODEL NUMBER	AR12	AR11
<b>CONSOLE SPECS</b>		
Display	Target Training capacitive touchscreen	Backlit LCD
Display Feedback	Heart rate*, watts, SPM, time, distance, calories*, 500 m/split	Heart rate*, watts, SPM, time, distance, calories*, 500 m/split
WiFi	Yes	No
Bluetooth	Yes; heart rate, FTMS	Yes; heart rate
ANT+	Yes; heart rate, broadcast	No
Contact & Telemetric HR	Telemetric only	Telemetric only
Power Requirements	Generator-powered	Generator-powered
<b>FRAME SPECS</b>		
Drive System	Coil spring poly-V belt	Coil spring poly-V belt
Power Measurement	Calculated watts	Calculated watts
Resistance System	Magnetic	Magnetic
Resistance Levels	10	10
Foot Stretchers	Adjustable heel cups with easy-to-read settings	Adjustable heel cups with easy-to-read settings
Handlebar Design	Extra-long ergo-grip handlebar	Extra-long ergo-grip handlebar
Leveling Feet	4	4
Maximum User Weight	158.8 kg / 350 lbs.	158.8 kg / 350 lbs.
Ethernet Connectivity	No	No
Assembled Dimensions	223 x 55 X 58 cm / 87.7" x 21.6" x 22.8"	223 x 55 x 58 cm / 87.7" x 21.6" x 22.8"

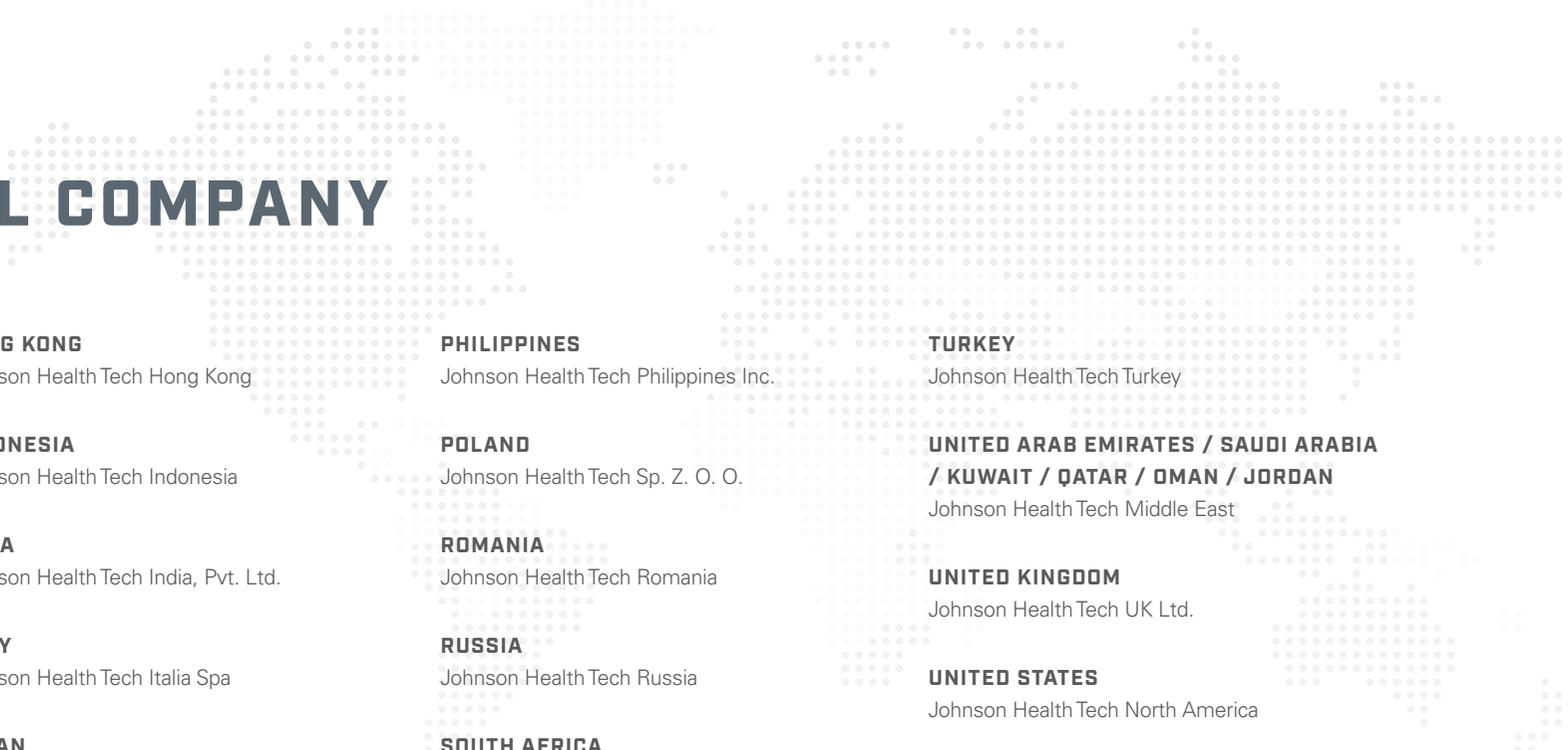
\*Requires a heart rate monitor

**TOTAL BODY CYCLE**

	TBCC
MODEL NUMBER	TBCC
<b>CONSOLE SPECS</b>	
Display	Backlit LCD
Display Feedback	Heart rate*, watts, RPM, time, distance, calories*
WiFi	Yes
Bluetooth	Yes
ANT+	Yes; heart rate
Contact & Telemetric HR	Telemetric only
Power Requirements	Battery-powered
<b>FRAME SPECS</b>	
Drive System	Flexonic belt
Power Measurement	Calculated watts
Resistance System	Air
Pedal Type	Wide pedal with anti-slip texture
Seat Design	Ergonomically sculpted seat
Seat Adjustment	Vertical & horizontal
Handlebar Design	Ergo-formed, multi-position, soft PVC
Handlebar Adjustment	Fixed
Crank Design	4-way tapered forged steel cranks
Leveling Feet	4
Rear-lift Handle	Yes
Maximum User Weight	158.8 kg / 350 lbs.
Ethernet Connectivity	No
Assembled Dimensions	148 x 73 x 148 cm / 58.3" x 28.4" x 58.3"

\*Requires a heart rate monitor

# A TRULY GLOBAL COMPANY



## **AUSTRALIA / NEW ZEALAND**

Johnson Health Tech Australia Pty. Ltd.

## **BRAZIL**

Johnson Health Tech Brasil

## **CANADA**

Johnson Health Tech Canada

## **CHINA**

Johnson Health Tech (Shanghai) Co., Ltd.

## **CZECH REPUBLIC / SLOVAKIA**

Johnson Health Tech CZ & SK a.s.

## **DENMARK**

Johnson Health Tech Denmark ApS

## **FRANCE**

Johnson Health Tech France

## **GERMANY / AUSTRIA**

Johnson Health Tech GmbH

## **GREECE / BULGARIA / CYPRUS**

Johnson Health Tech Hellas SA

## **HONG KONG**

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Johnson Health Tech Indonesia

## **INDIA**

Johnson Health Tech India, Pvt. Ltd.

## **ITALY**

Johnson Health Tech Italia Spa

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## **KOREA**

Johnson Health Tech Co., Ltd. Korea

## **MALAYSIA**

Johnson Fitness (Malaysia) SDN. BHD.

## **MEXICO**

Johnson Health Tech Mexico

## **NETHERLANDS / BELGIUM / LUXEMBOURG**

Matrix Fitness Benelux

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Johnson Health Tech Philippines Inc.

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Johnson Health Tech Sp. Z. O. O.

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Johnson Health Tech Romania

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Johnson Health Tech Russia

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Johnson Health Tech Turkey

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Johnson Health Tech Middle East

## **UNITED KINGDOM**

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## **UNITED STATES**

Johnson Health Tech North America

## **VIETNAM**

Johnson Health Tech (Vietnam) Co. Ltd.

Visit [matrixfitness.com](https://matrixfitness.com) for full contact information.

# MATRIX



## ABOUT MATRIX FITNESS

In 2001, Johnson Health Tech established Matrix Fitness to bring premium fitness equipment to the marketplace. Since then, we've become the fastest-growing commercial fitness equipment brand in the world. Matrix has leveraged continuous innovation and cross-cultural collaboration to emerge as an industry vanguard, constantly challenging standards and raising expectations for fitness equipment design and exercise technology.

Our product portfolio has expanded to over 500 products including strength equipment, cardio platforms, group exercise modalities, athletic performance training tools, fitness technology, integrated HIIT workouts, turnkey programming and much more. With over 30 subsidiaries around the world, Matrix is uniquely equipped to meet fitness and wellness needs in every corner of the globe.

Today, Matrix Fitness is dedicated to serving fitness facilities of all kinds, setting them apart in ways that attract and retain more members. Our mission is to delight and excite our customers through complete solutions and committed partnership provided by a world-class organization.

The background of the entire image is a close-up, black and white photograph of a large, circular fan with a dense metal grille. The fan is part of a piece of exercise equipment, likely a Matrix Fitness fan bike. The lighting creates strong highlights and shadows, emphasizing the texture of the metal and the depth of the fan's structure. The Matrix Fitness logo is overlaid on the left side of the image.

**MATRIX**  
Strong • Smart • Beautiful

**Matrix Fitness**

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