



**MATRIX**

# GROUP TRAINING

2018 BROCHURE





## **4** MATRIX FITNESS

TOTAL SOLUTIONS PARTNER  
STRONG. SMART. BEAUTIFUL.  
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# GET MORE THAN THE WORLD'S FINEST FITNESS EQUIPMENT

When you choose Matrix, you're getting more than the world's finest fitness equipment. You're getting a partner that will be there, for your grand opening and every day after. Together, there's no detail of your business that we can't refine, reimagine or reinvent. And that includes your bottom line.

## **FACILITY PLANNING**

Your space. Your goals. Your budget. We'll help bring your fitness center to life from your earliest ideas to the day you open your doors.

## **CERTIFIED INSTALLATION/SERVICE KIT**

Maximize uptime. Optimize your investment. We provide all the tools you need to get up and running and stay that way.

## **INDUSTRY-LEADING WARRANTIES**

Our promise of quality to you. We offer all of the protection you need to choose confidently, and know that you've chosen the products with the lowest cost of ownership in the industry.

## **DEDICATED SALES SUPPORT**

Protect your investment with our Preventive Maintenance Program — in addition to the regular tips we provide to extend equipment life, you'll get routine maintenance visits performed by expert technicians, all customized to your equipment and schedule.

\* Availability of financing options varies by market.

## **FINANCING\***

Whenever possible, we work with our customers to develop financial solutions that expand their options and maximize their investments.

## **UNMATCHED CUSTOMER SUPPORT**

A 93% first-time fix rate. A 90% live answer rate in two minutes or less. A 48-hour service response window. 200 service providers with over 700 technicians to serve you. And with our amazing console technology, we can provide diagnostic services remotely or on site.

## **MATRIX LEARNING**

Product training. Maintenance tips. Career building. On-demand educational videos. A whole new world of service and support. It's all at your fingertips with Matrix Learning ([matrixlearningcenter.com](https://matrixlearningcenter.com)).

## **TOTAL MARKETING SUPPORT KIT**

You want to let clients know about the exciting programs and products that make your facility different, and we want to help. Ask us about customized promotional materials to help you reach and retain clients like never before.











# STRONG. SMART. BEAUTIFUL.

It's more than a tagline. It's our holistic promise to you that these three qualities will shine through every product that hits your floor and define our ongoing partnership.

## **STRONG**

Our high-quality, ultra-durable products are just as strong as our commitment to be your partner, not just your supplier. This strength gives us a solid foundation for success, today and in the future, and has made us one of the world's fastest-growing commercial fitness brands.

## **SMART**

We listen, and create products with a purpose in mind — to address your needs and resolve them in ingenious ways. Forward-thinking options redefine the exercise experience, for both you and your members.

## **BEAUTIFUL**

Our products attract beginners and fitness enthusiasts alike. Every piece of equipment is approachable, unintimidating and a pleasure to use. We continue to set new industry standards through award-winning aesthetic distinction and incredible attention to detail.







## GROUP TRAINING OVERVIEW

# A BETTER WAY TO GET FIT: TOGETHER

Group training is on the rise because nothing else provides the kind of motivation, camaraderie and accountability members need to try new things, persevere through tough sessions and keep coming back for more. We can help you differentiate your fitness facility's offering by outfitting your studio, optimizing underutilized space and offering programming that appeals to a wide range of individuals. We'll bring the best of our own equipment and programming, as well as exclusive offerings from industry experts, to help you attract new members and retain them in a way only engaging group training can.

### 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 self-powered S-Drive and S-Force Performance Trainers. Add our rower to your circuit training program for a low-impact cardio workout that strengthens the whole body. Offer an upper-body stationary cycle workout that builds aerobic capacity, strength and endurance with the Krankcycle. You can even create an advanced, accessible group cycling experience with our exciting new Training Cycles.

### STRENGTH & FLEXIBILITY

For group training 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 Functional Training System is nothing short of essential for classes where users perform weight-bearing exercises that reflect their daily activities. The smart, modular design of our Connexus collection offers flexibility and expandability, making it easy to transform underused spaces into functional training stations and expand your offering as interest in functional training grows.





## TRAINING CYCLE OVERVIEW

# 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. 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. From the seat to the handlebars to the controls, we've incorporated thoughtful design details that make each ride comfortable and natural. We've even simplified setup and service, so it's easy to get your group class started and keep all your members happy with flawlessly functioning cycles. Step up to the CXM Training Cycle to take metric tracking to the next level, or completely redefine the cycling experience with the CXP Target Training Cycle featuring a console with an LED wrap that uses vibrant color to help members and trainers track effort.

### 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, consistent 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

- Ideal for precision tracking during workouts that target watts, heart rate, RPMs, distance or calories, providing personalized intensity and progress metrics
- Intuitive touchscreen offers engaging graphics and an LED color wrap that helps instructors and riders gauge intensity (compatible with ANT+ and Bluetooth)
- Interval, pace, heart rate, goal-based and HIIT workouts provide variety
- Narrow Q-factor optimizes ergonomics for a real outdoor riding feel
- Low-maintenance, well-protected rear flywheel design includes magnetic resistance for smooth, repeatable adjustments and watt measurement within 2% accuracy
- Contoured lever provides tactile feedback for quick resistance changes
- Intuitive adjustments customize the cycle to each user's body
- Ergonomically sculpted seat relieves pressure on touchpoints
- Multi-position handlebars include water bottle holders
- Forged steel pedal cranks include quick-adjust straps
- Quick-release service panel, removable pedal cranks and dial levelers streamline service and setup



### TARGET TRAINING DISPLAY

Our advanced CXP Target Training Cycle includes a unique display that makes it easier than ever to keep everyone in your class on track to reach their goals. Integrated FTP testing and a sub-max heart rate test help members establish personalized targets just right for their ability levels. Then an LED wrap lights with vibrant colors to help members maintain effort whether your class is tracking watts, calories, RPMs, heart rate or powering through a HIIT workout.





## CXM TRAINING CYCLE

- Ideal for metric-focused group cycling classes or for use by riders on your cardio floor
- LCD console clearly displays key metrics and offers intuitive operation when switching between watts, heart rate, RPMs or lap mode (compatible with ANT+ and Bluetooth)
- Narrow Q-factor optimizes ergonomics for a real outdoor riding feel
- Low-maintenance, well-protected rear flywheel design includes magnetic resistance for smooth, repeatable adjustments and watt measurement within 10% accuracy
- Contoured lever provides tactile feedback for quick resistance changes
- Intuitive adjustments customize the cycle to each user's body
- Ergonomically sculpted seat relieves pressure on touchpoints
- Multi-position handlebars include water bottle holders
- Quick-release service panel and removable pedal cranks streamline service



## CXC TRAINING CYCLE

- Ideal for group cycling classes or for use by riders on your cardio floor
- Narrow Q-factor optimizes ergonomics for a real outdoor riding feel
- Low-maintenance, well-protected rear flywheel design includes magnetic resistance for smooth, repeatable adjustments
- Contoured lever provides tactile feedback for quick resistance changes
- Intuitive adjustments customize the cycle to each user's body
- Ergonomically sculpted seat relieves pressure on touchpoints
- Multi-position handlebars include water bottle holders
- Integrated device storage shelf keeps smartphones in view
- Optional wireless LCD console clearly displays RPMs, calories, distance, time and even heart rate when used with a heart rate strap
- Quick-release service panel and removable pedal cranks streamline service





## PROGRAMMING

# PRECISE METRICS. EXHILARATING RIDES.

Matrix Ride — our exclusive, all-original target training programming — makes it easy for trainers to lead a next-level cycling class that engages a wider range of members by focusing on meaningful metrics including watts, heart rate, RPMs, distance and calories. These focused, inclusive classes will quickly become the most popular events on your facility timetable while helping all who participate get measurable results.

Designed to work with our CXP Target Training Cycle, 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. Trainers will learn how to get the most out of the CXP's advanced features, including FTP testing, how to adjust the cycle to different body types and how to scale classes for different ability levels. They'll also learn how to incorporate the CXP console's LED color wrap to gauge member effort across a range of tangible metrics, develop a variety of metric-based goals to keep classes fresh and create an exciting group environment that brings camaraderie and competition to every cycling session.

Choose CXP Target Training Cycles, and you'll get access to a product-focused education workshop delivered by one of our Master Trainers at your facility. Along with your programming purchase, you can also download the Matrix Fitness Group Education app to put all of our signature training cycle programming at your fingertips.

\* Availability may vary by market







## **S-DRIVE PERFORMANCE TRAINER**

# **DISCOVER INTENSITY + VERSATILITY**

Bring our self-powered performance trainer to your fitness center to offer members an incredibly versatile high-intensity interval training (HIIT) solution that is easily integrated into virtually any circuit program. Placed between weight or functional training stations, your members can take on all-out sprints, sled pushes or resistance work with difficulty settings just right for their goals. This multipurpose piece of equipment can help users of all ability levels improve conditioning and refine form with precise, immediate feedback from instructors. Since there's no need to plug it in, you can set up this space-efficient unit wherever is best for your facility.





## FEATURES

# A SIMPLY INTENSE TRAINING EXPERIENCE

### INTUITIVE SETUP & USE

The S-Drive Performance Trainer requires very little setup or training, making it perfect for group training environments like circuit training where quick transitions are essential.

### SLED BRAKE

A sled brake with eight settings provides a true-to-life weighted sled pushing experience and helps coaches and trainers develop effective progression programs.

### PARACHUTE BRAKE

A parachute brake with 11 settings gives users the feel of real parachute resistance, ideal for indoor sprint drills without extra gear or access to a large track or field.

### ADJUSTABLE HARNESS

An intuitive, effortlessly adjustable harness offers easy entry and exit while allowing for a complete upper-body range of movement. Its unique frame-mounted design helps users improve sprinting form and helps trainers observe multiple sprint phases while providing real-time feedback.

### INDEPENDENT RESISTANCE ADJUSTMENTS

The sled and parachute brakes can be used individually or together to vary between cardio and strength-building workouts, accommodating even the most advanced athletes.

### DEDICATED SLED BAR

A sturdy, built-in bar simulates sled pushing and pulling without needing the space to use a traditional sled. It also eliminates the risk of pushing a traditional sled in a small space with other athletes.

### FULL HANDRAILS

Full perimeter handrails help make entering and exiting easy. They can be used for stability during lateral movement exercises in athletic training environments and for support in rehabilitation environments.

### IDEALLY ANGLED

The 7-degree incline is ideal for building strength and explosiveness with proper form, whether the user is performing forward, lateral or reverse movements.

### TRUE ZERO START & UNLIMITED TOP SPEED

Users are not constrained to preset belt speeds, so a wide variety of users can match their workout experience to their needs and fitness goals.

### LOW-INERTIA DESIGN

A low-inertia design offers true-to-life ground reaction force and quick deceleration, ideal for high-intensity interval training.

### HEAVY-DUTY DECK

A heavy-duty deck design stands up to the most intense workout environments and accommodates larger users in rehabilitation environments.

### SELF-POWERED DESIGN

The S-Drive Performance Trainer can be placed wherever it fits best in your facility — in line with circuit training equipment or in special areas devoted to HIIT training — without the hassle of finding a place to plug in or changing batteries.

### LOW STEP-ON HEIGHT

A 17.8 cm / 7" step-on height makes the S-Drive Performance Trainer easily accessible, essential for rehabilitation and active aging environments.







## PROGRAMMING

# SUPERIOR CIRCUITS & BEYOND

### SMALL GROUP CIRCUITS

By incorporating the S-Drive Performance Trainer in your small group circuit training, there's no limit to the different ways your trainers and instructors can provide full-body workouts. By using the S-Drive Performance Trainer as a station and adding two TRX stations, two dumbbell stations, two core stations and a plyometric station, you can give members an unmatched exercise experience that improves both cardiovascular and muscular fitness. For facilities new to small group circuit training, we've created a turnkey nine-week protocol to help you get started with a program that attracts and retains new members.

### LARGE GROUP CIRCUITS

For large group circuit training, alternating between the S-Drive Performance Trainer and other essential exercises can provide the intensity your members crave. For example, while one athlete begins with a low-resistance, long-stride walk on the S-Drive Performance Trainer, another athlete can take on complementing 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 progress through sets that provide maximum results in minimum time. And just like for our small group circuit training, we've created a comprehensive turnkey protocol to help your facility get up and running immediately with a program that appeals to exercise enthusiasts of all ability levels.

### SPORTS PERFORMANCE TRAINING

The S-Drive Performance Trainer provides high-intensity training ideal for helping athletes of all levels achieve their maximum potential. With the ability to simulate sprinting, sled pushing and resistance/parachute exercises, the S-Drive Performance Trainer can significantly enhance explosiveness and endurance. In addition, athletes can improve overall agility through a mix of forward, lateral or reverse movements. The S-Drive Performance Trainer's unique design also makes it easier than ever for coaches and trainers to refine form with instant feedback and adjust resistance to create a program progression tailor-made for their athletes' goals.

### REHABILITATION & ACTIVE AGING

The S-Drive Performance Trainer can also provide significant benefits in environments where users are training to recover from an injury or older users are striving to maintain functional health. Full perimeter handrails help make entering and exiting easy and secure, a true zero starting speed accommodates users of any fitness level, and the self-powered design provides a more natural gait than traditional treadmills.







## S-FORCE PERFORMANCE TRAINER

# INTENSELY DIFFERENT

The S-Force Performance Trainer combines a specifically designed motion, two active positions and magnetic resistance to build speed and power and take HIIT workouts to the next level. The S-Force leverages intelligent biomechanics to create a rigorous exercise experience, whether you're using it as a challenging part of your circuit, for small group training or as a stand-alone station on your cardio floor. As members move through a user-defined path that fits their individual stride, the magnetic system automatically increases resistance the harder they work. This progressive design means that each interval will challenge HIIT enthusiasts and even elite athletes.





## FEATURES

# INTENSE BY DESIGN

### MAGNETIC RESISTANCE SYSTEM

Smooth, quiet magnetic resistance system and a specifically designed motion provide low-impact, high-intensity exercise.

### PROGRESSIVE WORKOUTS

With increased speed comes increased resistance, creating challenging, progressive workouts.

### TWO ACTIVE POSITIONS

The upright position targets calves and hamstrings, while the acceleration position works the shins and quadriceps.

### SPECIFICALLY DESIGNED MOVEMENT

User-defined path accommodates up to a 91 cm / 36" stride length.

### CONSOLE

Adjustable backlit console provides complete, easy-to-read feedback.

### INTUITIVE USE

Clearly defined quick keys offer instant access to Sprint 8, interval training and goal-based training programs.

### ERGONOMICALLY SOUND GRIP

Contoured handlebars offer multiple grips, facilitating the upright and acceleration user positions.

### COMFORT & STABILITY

Foot platforms and an ergonomically sculpted seat provide stability when entering and exiting the product.

### VERSATILITY OF PLACEMENT

Cord-free design and integrated wheels make it easy to place the unit anywhere in your facility.







## PROGRAMMING

# ACCELERATE YOUR CIRCUIT

### **S-FORCE HIIT PROTOCOLS**

Our complete collection of HIIT protocols include our exclusive Sprint 8 program, a variety of interval lengths and HIIT ladders to make group and circuit training more intense and engaging than ever. The diverse selection of high-intensity interval training will keep every session fresh, and the fat burning, muscle-building results will ensure that your members keep coming back for more.

### **SPEED TECHNIQUE PROTOCOLS**

The Matrix Speed Technique Protocols combine the uniquely challenging designs of S-Force and the S-Drive Performance Trainer to take your athletes to the apex of speed. Simply follow our original protocols to help athletes of all kinds reach their ultimate potential in acceleration, top-end speed and change-of-direction movement.



## **ROWER**

# **A NATURALLY INTENSE ROWING EXPERIENCE**

Take advantage of the growing popularity of rowing in group formats by bringing our sleek, thoughtfully designed rower to your circuit. A small footprint that doesn't sacrifice performance makes it easy to fit our rower between specialized stations, breaking up weight and functional training with a low-impact cardio workout that strengthens the entire body. A versatile, exceptionally comfortable design makes it easy to switch between sprints, distance rowing and high-intensity interval training, and accurate, complete data feedback will help your users measure improvement to get the most out of their precious workout time. Created specifically for the busiest circuit training environments, our durable, low-maintenance rower is ready for a steady stream of users, day in and day out.





## FEATURES

# THE FINEST ROWING EXPERIENCE OUT OF THE WATER

### **SMOOTH, QUIET PERFORMANCE**

The sleek-yet-robust design offers whisper-quiet operation, a smoother stroke, easy adjustment and repeatable resistance levels to create an unmatched rowing experience.

### **MAGNETIC RESISTANCE**

A brushed aluminum flywheel with 10 precise magnetic resistance settings offers challenge to first-time users and experienced rowers alike.

### **SELF-POWERED CONSOLE**

An adjustable, backlit console makes it easy to see complete workout data to help users measure their improvement, and the self-powered design lets you put our rower anywhere on your cardio floor.

### **QUICK KEYS**

Clearly defined quick keys offer instant access to popular training programs at the touch of a button.

### **ERGONOMIC SEAT**

The thoughtfully sculpted seat makes intense training sessions more comfortable than ever, and a unique seat lock offers excellent stability when getting on or off the rower.

### **TOUGH, LIGHTWEIGHT HANDLE**

Long, reinforced handle includes a comfort-enhancing over-mold that allows both large and small users to comfortably pull stroke after stroke.

### **ADJUSTABLE HEEL CUPS**

Designed to accommodate a wide range of users and allow for free movement of the heel, our heel cups include quick release buckles that let users quickly get off the rower, ideal for circuit training.

### **EASY STORAGE**

Our rower tilts up to minimize its footprint, and built-in wheels make it easy to roll the rower into storage or to a new place on your circuit training floor.

### **LASTING DURABILITY**

A high-quality cord is paired with a long aluminum rail reinforced with stainless-steel strips to stand up to a steady stream of users in the busiest exercise environments.





## **PROGRAMMING**

# **SIGNATURE PROGRAMMING FOR EVERY NEED**

### **ROWING**

When it comes to pure rowing, we provide all the ideas you need to get started. 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 warm-up and cool-down parameters to complete a workout experience.

### **CIRCUIT TRAINING**

Incorporate our rower into your large or small group circuit training program to provide an engaging cardio workout between functional stations. Use the rower to complement your existing TRX stations, dumbbell stations, core stations, plyometric stations and more to provide the kind of full-body workout intensity that makes your circuit training program unlike any other.

### **SPORTS PERFORMANCE TRAINING**

For serious rowing enthusiasts and professional athletes, our rower provides dynamic performance that's as close to real rowing as they can get without getting in the water. 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.





**KRANKING®**

# **PARTNER WITH A LEGEND**

Conceived of by Johnny G, the creator of Spinning®, Kranking is an upper-body stationary cycle workout ideal for professional athletes, wheelchair users and anyone looking to build aerobic capacity, strength and endurance. Whether you offer a complete program or incorporate it into other regimens, Kranking is a unique way to expand your personal and group training offering.







## FEATURES

# UNIQUE DESIGN. PULSE-POUNDING PERFORMANCE.

### EXERCISE VARIETY

Independent crank arms provide greater variety of movement to keep users engaged.

### QUICK TRANSITIONS

Ergonomically designed saddle allows easy transition between seated and standing exercise positions.

### INCREASED MUSCLE ACTIVATION

Adjustable crank-arm height encourages greater range of muscle activation.

### MULTI-DIRECTIONAL MOVEMENT

Crank and flywheel assembly rotates to accommodate forward and reverse movements.

### TRAIN FOR SPEED AND POWER

Shorter crank arms and narrow crank axis encourage speed and power training.

### WHEELCHAIR ACCESSIBLE

Krankcycle is wheelchair accessible when purchased without the seat.

### ENHANCE YOUR CIRCUIT

Easily integrates into a functional circuit as an upper-body cardio station.

### OPTIONAL COMPUTER

Add the optional ANT+ computer to the Krankcycle for workout feedback and a more personalized class experience. Instructors can use the computer feedback to incorporate heart rate and cadence work into group classes.







## IMPLEMENTATION

### KRANKING

Krinking classes offer a wide array of options including strength training, high intensity, endurance and base building. Krinking classes can vary in length and should be led by a qualified instructor.

### KRANK FUSION

The Krankcycle can be easily integrated into indoor cycling classes, providing a full-body workout and also giving users with disabilities the opportunity to participate in an indoor cycling class.

### KRANK EXPRESS

Krank Express is done in a small-group setting on the main cardio floor, making it very visible and highly accessible. There is no microphone or studio music required.

### KRANK PT

Personal trainers can use the Krankcycle to work one-on-one with their clients to restore balance and symmetry in the upper body, increase strength and endurance, and effectively manage weight.

### KRANK CIRCUIT TRAINING

A great addition to any circuit-training program or MX4 workout, the Krankcycle provides an upper-body strength or cardio station to expand training variety.

## EDUCATION

At the heart of Krinking is Johnny G Krinking Education, an institution that develops, researches and oversees all aspects of Krankcycle instruction.

Also available free of charge is the Krankcycle Activation Program. While not an official certification, the activation program offers a series of online learning tools that make it easy to get up and running with your Krankcycle. Register for the Activation Program at [www.krankcycle.com/activate](http://www.krankcycle.com/activate).

### JOHNNY G KRANKING INSTRUCTOR TRAINING WORKSHOP

.8 ACE CECs, .8 NASM, 7.5 AFAA CEUs, CAN FIT PRO 4 FIS / 4 PTS CECs

- Teaching methods & class design
- Krankcycle setup, fitting & operation
- The Johnny G Energy Training System
- Personal training applications
- Biomechanics & physiology of Krinking
- Implementation & integration
- Krinking & special populations
- 2–3 hours of practical training







## THE CONNEXUS ADVANTAGE

# EXCITING, ATHLETIC, VERSATILE FUNCTIONAL TRAINING

Ideal for functional training classes where users perform weight-bearing exercises that reflect their daily activities, Connexus gives club owners and trainers maximum flexibility, virtually unlimited expandability and the ability to offer immediate feedback to help refine user form. A variety of attachment points accommodate a wide range of accessories and training modalities, so you can create a class that serves each distinct group's fitness level and unique needs.

### VERSATILITY

Our Connexus functional training stations feature numerous attachment points that accommodate a wide range of accessories and training modalities including bars, bands, med balls, boxing bags, TRX straps and more depending on the station that's right for your facility. This gives trainers ultimate flexibility to design their own protocols and the ability to build variety into the programming they offer individuals, small groups and classes.

### ADJUSTABILITY

Connexus features low, mid and high anchor points that accommodate body weight, resistance and flexibility training for a wide range of individuals and ability levels. Plus, easy-release attachment point simplify setup and transitions between exercises to keep classes and training sessions moving smoothly with little downtime.

### EXPANDABILITY

Expansion kits for Connexus Perimeter offer an efficient and cost-effective way to add training capacity and accommodate as many group or circuit training stations as your space allows. You build out the system that suits your needs; Connexus is not one-size-fits-all.

### REPEATABILITY

We designed Connexus for small group training as well as functional training classes in which multiple users can perform the same exercises at the same time.

### ACCESSIBILITY

The simple setup and operation along with the vast array of possible exercises make it easy for beginners to try Connexus for the first time and for experienced athletes to use it for regular training. While ideal for group training, Connexus works just as well for individuals looking to augment their own strength or flexibility training between classes.



# A POWERFUL SYSTEM

Functional training success  
begins with Connexus.



\* As shown with optional med ball target, magnetic chalkboard and landmine attachment.

## CONNEXUS PERIMETER

- Wall-mounted system optimizes underutilized wall space
- Offers broad training opportunity using bars, bands, med balls, boxing bags, TRX straps and more
- Moveable low, mid and high attachment points offer training flexibility
- Training handles offer easy accessory attachment and accommodate multiple resistance bands for quick transitions and efficient progressions
- Suitable for individual, small group and class training
- Optional expansion kit allows unlimited training potential
- Optional med ball target can be used with slam balls and a wide variety of med balls to enhance power training programs
- Optional magnetic chalkboard features storage slot for chalk, smart phone or tablet & allows trainers to post workout information in highly visible area
- Optional landmine attachment allows trainers to incorporate more explosive power training into programming
- Optional battle rope attachment for enhanced grip, overall strength and muscular endurance

## PERIMETER EXPANSION KIT

- Kit anchors directly to Perimeter unit or another expansion kit to maximize training opportunity and optimize space and functionality
- Enables you to create a circuit of unique stations or a small-group training area where multiple individuals can perform the same exercise at the same time
- Offers broad training opportunity using bars, bands, med balls, boxing bags, TRX straps and more
- Moveable low, mid and high attachment points offer training flexibility
- Training handles offer easy accessory attachment and accommodate multiple resistance bands for quick transitions and efficient progressions
- Optional med ball target can be used with slam balls and a wide variety of med balls to enhance power training programs
- Optional magnetic chalkboard features storage slot for chalk, smart phone or Optional landmine attachment allows trainers to incorporate more explosive power training into programming
- Optional battle rope attachment for enhanced grip, overall strength and muscular endurance





# A POWERFUL OPPORTUNITY

Get better results with  
a better solution.



\* As shown with optional med ball target, magnetic chalkboard and landmine attachment.

## CONNEXUS FREE

- Freestanding system with multiple training points and 360-degree access
- Offers broad training opportunity using bars, bands, med balls, boxing bags, TRX straps and more
- Moveable low, mid and high attachment points offer training flexibility
- Training handles offer easy accessory attachment and accommodate multiple resistance bands for quick transitions and efficient progressions
- Suitable for individual, small group and class training
- Optional med ball target can be used with slam balls and a wide variety of med balls to enhance power training programs
- Optional magnetic chalkboard features storage slot for chalk smart phone or tablet & allows trainers to post workout information in highly visible area
- Optional landmine attachment allows trainers to incorporate more explosive power training into programming
- Optional battle rope attachment for enhanced grip, overall strength and muscular endurance

## CONNEXUS OPTIONS

Expand your training potential with Connexus options, including the med ball target, magnetic chalkboard for training tips and notes and landmine and battle rope attachments.





## CONNEXUS COMPACT

- Ideal for adding complete functional training to unused spaces like flat walls and corners
- Moveable low, mid and high attachment points offer training flexibility
- Training handles offer easy accessory attachment and accommodate multiple resistance bands for quick transitions and efficient progressions
- Hinged target protects walls by providing a durable surface for explosive throwing exercises with med balls
- Pull-up bar with cushioned touchpoints and a neutral grip position accommodates wide and narrow grips
- Chrome-plated landmine attachment allows trainers to incorporate more explosive power training into programming
- Chrome-plated base anchor offers a convenient attachment point for battle ropes and resistance bands
- Integrated storage space keeps functional accessories organized, out of the way and easily accessible





## CONNEXUS COLUMN

- Ideal for functional training with resistance bands and suspension straps in limited-space areas
- Moveable low, mid and high attachment points offer training flexibility
- Training handle offers easy accessory attachment and accommodates multiple resistance bands for quick transitions and efficient progressions
- Integrated device storage keeps smartphones safely off the ground and in view for use with functional training apps while amplifying device sound
- Built-in storage keeps bands out of the way and easily accessible
- Space-efficient design mounts securely to the wall





## CONNEXUS STEP+

- Ideal for improving core, lower-body and cardiovascular fitness through a wide range of simple exercises like mountain climbers, push-ups, squats, dips and balance drills
- Integrated hand grips in the legs allow users to perform push-ups and dips when the step is flipped upside down
- Contoured balance surface provides consistent instability superior to an air bladder surface that can change based on the level of inflation or evaporation
- Textured surface helps prevent slips while the 33 cm / 12.9" height trains users to step above traditional step height to help prevent falls
- Non-slip foot pads with mechanical fasteners on the top and bottom provide excellent in-use stability
- Optimized length and width accommodate users of virtually all sizes
- Stackable design minimize footprint when stored
- Cast-aluminum leg construction provides durability that outlasts traditional plastic steps



## STORAGE CARTS

- Keep options, accessories and attachments close at hand for easy setup and transition between classes or groups
- Convenient storage pegs keep resistance bands, circle bands, jump ropes or battle ropes neat and organized
- Info dock holds a tablet or smart phone, which enables users and trainers to access and view their screens during training
- Dual storage shelves with rubber insert were designed to nest a wide range of accessories including kettlebells, slam balls, medicine balls, yoga mats and more
- Heavy-duty casters facilitate movement between training stations and around facility
- 3-shelf Storage Cart: Maximum capacity of 340 kg / 750 lbs.
- 2-shelf Storage Cart: Maximum capacity of 227 kg / 500 lbs.



## STORAGE STATION

- Ideal for storing and organizing a wide range of functional training accessories, from lightweight to heavy-duty
- Two extra-large shelves offer rubber-cushioned surfaces for secure storage of kettlebells, slam balls, medicine balls and other bulky items
- Secondary shelves provide ample space for accessories to be arranged by size or type
- Angled pegs feature rubber endcaps for safety and provide convenient hanging storage for resistance bands, suspension straps, battle ropes and jump ropes
- Open top rack makes space for stability balls, yoga mats and foam rollers
- Open base provides additional space to stow steps, balance trainers and more
- Directional placards clearly identify where each accessory belongs for easy organization
- Heavy-duty steel frame stands up to the demands of high-traffic functional training areas









## TRAINING SUPPORT

### 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 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 that 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.

### BOXING MODULE

The Connexus Boxing Module is a progressive, four-week program with three original weekly workouts that engages the legs, hips, glutes, core, obliques, back, shoulders, chest and arms by punching against resistance. 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 or Matrix Learning ([www.matrixlearningcenter.com](http://www.matrixlearningcenter.com)) to see images and videos of each exercise.





CONNEKUS

TRX	LANDING
Squat Row	High RDL
Low Push	Front Squat Press
Mid Push	
27-30 SPM	
RESULTS	

MATRIX

CONNEKUS

TRX	LANDING
Squat Row	High RDL
Low Push	Front Squat Press
Mid Push	
27-30 SPM	
RESULTS	

MATRIX



## **MX4 TRAINING SYSTEM**

# **INSPIRE MEMBERS. DELIVER RESULTS. AND DRIVE REVENUE LIKE NEVER BEFORE.**

If you're looking to drive revenue and differentiate your group training offering in a way that attracts, engages and retains members, then you need to bring the MX4 Training System to your facility. Only MX4 combines Matrix-exclusive equipment and original turnkey programming to create a signature group exercise experience that members will invest in and commit to more frequently.

### **PROGRAMMING FOR EVERYBODY. AND ANY BODY.**

Our original turnkey programming addresses multiple aspects of fitness — cardio, power, strength and endurance — for a complete exercise experience. 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.

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

Our Certified Master Trainers will come to your facility to teach you and your trainers everything you need to help participants establish overall conditioning, enhance their existing abilities and elevate their fitness with MX4.

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

The MX4 Training System leverages Matrix-exclusive equipment like our Connexus Functional Training System, S-Drive Performance Trainer, Rower, Krankcycle and S-Force Performance Trainer. These unique tools can be used in virtually limitless combinations to keep group training fresh and engaging so that your members are sure to come back for more.



CONNEXUS

Landmine  
1-leg RDL

TRX  
Squat RDL  
Triceps

S-Drive  
Low Push  
Mid Push



## PROGRAMMING

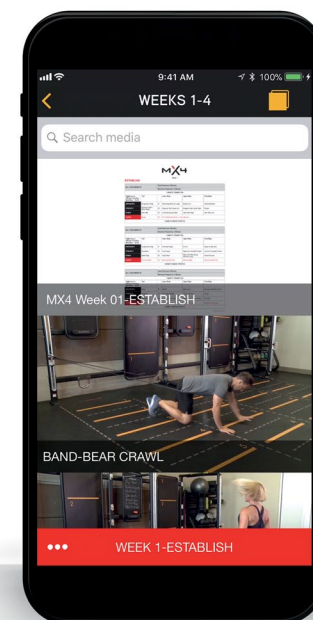
### MX4 SMALL GROUP TRAINING COURSE\*

The MX4 Small Group Training Course is a workshop that teaches trainers and coaches how to run a successful, community-building small group training program that delivers results. Utilizing the Connexus functional training frame combined with the world's best functional training tools, course participants will learn everything they need to help clients elevate their fitness in ways they never thought possible. Course includes:

- Instruction on how to run a successful 30-minute small group training program that builds endurance, strength, power and cardio
- Information about the unique benefits of small group training classes utilizing functional training systems like Connexus
- Essential direction for setting up and coaching small group training classes effectively
- Ways to integrate best-in-class functional training tools like the TRX suspension trainer, soft-shell med ball, flat circular bands, kettlebells, landmine, slam balls and battle ropes
- Guidance on how to integrate traditional and non-traditional cardio exercises with functional training tools to maximize results
- Access to an online exercise library demonstrating over 350 exercises
- 12 unique 30-minute group training workouts for groups of 4 to 12 participants

### DOWNLOAD THE APP FOR EVERYTHING MX4

Available through the Matrix Fitness Group Education app, the MX4 Group Training Program gives your trainers complete access to all of our original MX4 programming, all in one place. Discover over 350 exercises featuring our Connexus, S-Drive, Krankcycle and Rower, plus best-in-class training tools like TRX suspension trainer, soft-shell medicine ball, flat circular bands, kettlebells, landmine and battle ropes. The program includes 52 weeks of progressive programming to keep every session fresh and engaging.



\* Availability of the course varies by market.



TRAINING CYCLES			
FEATURES	CXP SPECIFICATIONS	CXM SPECIFICATIONS	CXC SPECIFICATIONS
Power Measurement (Watt)	Direct (flywheel hub) via torque sensor (+/- 2% tolerance)	Calculated	No
Console	Target Training capacitive touchscreen	Backlit LCD	Optional LCD
Generator Powered	Yes	Yes	No
Training Intensity Guide	Yes	No	No
Telemetric HR	Yes	Yes	Yes
WiFi Enabled	Yes	No	No
ANT+/Bluetooth Enabled	Yes	Yes	No
Asset Management Compatible	Optional	No	No
Workout Tracking Compatible	Optional	No	No
Resistance System	Magnetic	Magnetic	Magnetic
Emergency Stop	Push	Push	Push
Flywheel	Rear, aluminum, evenly-weighted	Rear, aluminum, evenly-weighted	Rear, aluminum, evenly-weighted
Adjustment Type	Quick-touch levers	Quick-touch levers	Quick-touch levers
Posts & Sliders	Aluminum, pin-to-lock adjustment	Aluminum, pin-to-lock adjustment	Aluminum, pin-to-lock adjustment
Handlebar Adjustments	Vertical & horizontal	Vertical & horizontal	Vertical & horizontal
Saddle	Ergonomically sculpted seat	Ergonomically sculpted seat	Ergonomically sculpted seat
Handlebar	Ergo-formed, multi-position, soft PVC	Ergo-formed, multi-position, soft PVC	Ergo-formed, multi-position, soft PVC
Saddle Adjustments	Vertical & horizontal	Vertical & horizontal	Vertical & horizontal
Water Bottle Holder	Dual, integrated on handlebar	Dual, integrated on handlebar	Dual, integrated on handlebar
DRIVE SYSTEM			
Drivetrain	Flexonic belt	Flexonic belt	Flexonic belt
Drivetrain Gear Ratio	1:10	1:10	1:10
FRAME			
Frame Color	Matte black	Matte black	Matte black
Frame Material	Steel	Steel	Steel
Shrouds & Guards	Full frame	Full frame	Full frame
Frame Design	Off-set	Off-set	Off-set
Q Factor	155 mm / 6.1"	155 mm / 6.1"	155 mm / 6.1"
Crank Type	Forged steel 170 mm	Forged steel 170 mm	Forged steel 170 mm
Pedal Type	Dual-sided SPD & easy-fit strap	Dual-sided SPD & toe cage	Dual-sided SPD & toe cage
Frame Stabilizer Bars	Oversized, hidden bolts & fixings	Oversized, hidden bolts & fixings	Oversized, hidden bolts & fixings
Protection Plates	Yes with rear-access stretch plates	Yes	Yes
Leveling Feet	4; with 2 rear easy-access dial levelers	4	4
Transport Wheels	2	2	2
TECH SPECS			
Overall Dimensions (L x W x H)	122.4 x 56 x 102.8 cm / 48.2" x 22.2" x 40.5"	122.4 x 56 x 102.8 cm / 48.2" x 22.2" x 40.5"	122.4 x 56 x 102.8 cm / 48.2" x 22.2" x 40.5"
Product Weight	57.6 kg / 127 lbs.	56.5 kg / 124.5 lbs.	55.2 kg / 121.6 lbs.
Max User Weight	158.76 kg / 350 lbs.	158.76 kg / 350 lbs.	158.76 kg / 350 lbs.

S-DRIVE PERFORMANCE TRAINER	
FEATURES	SPECIFICATIONS
Resistance Type	Independent sled and parachute brakes
User Harness	Adjustable, connection free harness
Deck Type	Reversible silicone 2.5 cm / 1" deck
Belt Type	Habasit, 2-ply commercial grade
Running Area	152 x 51 cm / 60" x 22"
Step-on Height	17.8 cm / 7"
Incline Range	7" fixed
Speed Range	User-defined
TECH SPECS	
Power Requirements	Self-powered
Sled Brake Maximum Resistance	122.5 kg / 270-lb. Sled on natural turf
Assembled Dimensions (L x W x H)	195 x 88.3 x 150 cm / 76.8" x 34.8" x 59"
Max User Weight	182 kg / 400 lbs.
Assembled Weight	122.5 kg / 270 lbs.
Shipping Weight	145.2 kg / 320 lbs.

ROWER	
CONSOLE	SPECIFICATIONS
Display Screen	Extra-large backlit LCD display
Display Feedback	Time, Distance, SMP (strokes per minute), Stroke, Watts, Heart Rate, Calories, 500 m/split
Programs	Manual, Interval, Challenge
Telemetric Receiver	Yes
TECH SPECS	
Resistance Technology	Magnetic resistance
Resistance Levels	10
Drive System	Coil spring poly-V belt
Max User Weight	158.76 kg / 350 lbs.
Product Weight	55 kg / 121 lbs.
Shipping Weight	65 kg / 144 lbs.
Overall Dimensions (L x W x H)	222.9 x 80.12 x 57.7 cm / 87.8" x 31.5" x 22.7"
Power Requirement	Generator powered LCD display w/ back-up memory battery
SPECIAL FEATURES	
Handlebar Design	Extra-long ergo-grip handlebar
Foot Stretchers	Adjustable heel cups with easy-to-read settings
Monorail	Aluminum

S-FORCE PERFORMANCE TRAINER	
CONSOLE	SPECIFICATIONS
Display Screen	Extra-large backlit LCD display
Display Feedback	Time, Distance, SPM (steps per minute), Steps, Heart Rate (with heart rate strap), Calories
Programs	Sprint 8, Goals, Interval, Challenge
Telemetric Receiver	Yes
TECH SPECS	
Resistance Technology	Magnetic Resistance
Max User Weight	181.4 kg / 400 lbs.
Product Weight	132 kg / 290 lbs.
Shipping Weight	155 kg / 340 lbs.
Overall Dimensions (L x W x H)	182 x 69 x 166 cm / 72" x 27" x 66"
Power Requirements	3 D-cell batteries
SPECIAL FEATURES	
Stride Length	91.4 cm / 36"
Resistance Levels	5
Handlebar Design	Multi-position handlebar
Pedals	Self-leveling with quick-release strap
Transport	3 wheel transport

KRANKCYCLE®	
FEATURES	SPECIFICATIONS
Drive System	Chain drive
Frame	Steel base frame with cast iron frame treated with zinc oxide and polyester powder coating
TECH SPECS	
Overall Dimensions (L x W x H)	144 x 68 x 105 cm / 56.5" x 26.8" x 41.5"
Weight	57 kg / 142.4 lbs.
Max User Weight	158.76 kg / 350 lbs.

CONNEXUS	PRODUCT DIMENSIONS						PRODUCT WEIGHT		RECOMMENDED TRAINING AREA				MAX LOAD WEIGHT	
	METRIC (CM)			ENGLISH (IN)			METRIC	ENGLISH	METRIC (CM)		ENGLISH (IN)		METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.	L	W	L	W	KG	LBS.
GFTWM – Perimeter	275	158	239	108	62	94	225	496	600	430	238	169	N/A	N/A
GFTEXP – Expansion Kit	244	158	239	96	62	94	175	386	Adds 200 x 400 cm / 96" x 168" to training area				N/A	N/A
GFTFS – Free	290	277	239	114	109	94	315	694	800	800	312	312	N/A	N/A
GFTMB – Optional Med Ball Target	193	86	13	76	34	5	50	110						
GFTCB – Optional Magnetic Chalkboard	109	60	17	43	24	7	18	40						
GFTLM – Optional Landmine Attachment	36	13	10	14	5	4	3	7						
GFTCOR – Compact	82	165	240	32.3	65	94.4	205	452	426	426	168	168	N/A	N/A
GFTSLR – Column	44.5	16.1	212	17.5	6.3	83.5	25.5	56.2	N/A	N/A	N/A	N/A	N/A	N/A
GFTSS – Step+	70.5	38.1	32.7	27.8	15	12.9	8.4	18.5	N/A	N/A	N/A	N/A	136	300
GFT2S – 2-shelf Storage Cart	79	109	122	31	43	48	73	161	N/A	N/A	N/A	N/A	227	500
GFT3S – 3-shelf Storage Cart	79	123	174	31	48	68	104	229	N/A	N/A	N/A	N/A	340	750
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



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# MATRIX

## About Matrix Fitness

Matrix is a brand of Johnson Health Tech (JHT). JHT has been producing premium fitness equipment since 1975 and is among the fastest-growing manufacturers of fitness equipment in the world. It has earned both ISO 9002 and 9001 certifications. A truly global company with 26 subsidiaries worldwide, JHT has the intellectual resources necessary to produce the most technologically advanced equipment on the market and the economies of scale needed to deliver the best value possible.





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Strong • Smart • Beautiful

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