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CHAPTER 1: IMPORTANT SAFETY INSTRUCTIONS

1.1 BEFORE GETTING STARTED

It is the sole responsibility of the purchaser of Matrix Fitness Systems products to instruct all individuals, whether they are the end user or supervising personnel, on proper usage of the equipment.

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

1.2 PROPER USAGE

- Do not use the equipment in any way other than designed or intended by the manufacturer. It is imperative that all Matrix Fitness Systems equipment is used properly to avoid injury.
- Keep hands and feet clear of moving parts at all times to avoid injury.
- Unsupervised children must be kept away from this equipment.
- Do not wear loose clothing while on equipment.
- (T3xi only) When it is necessary to immobilize the treadmill, set the display to read “CHOOSE PROGRAM USING QUICK KEYS OR SPEED UP OR DOWN KEYS”, then hold down the RESET & ENTER keys. The treadmill will now display “IMMOBILIZED.” In this state the treadmill can not be operated; both the drive motor & elevation motor are disabled. The treadmill will remain in this state across power cycles, resets, etc. To return to normal operation mode repeat the same key sequence, hold down the RESET & ENTER keys. The display will now read “CHOOSE PROGRAM USING QUICK KEYS OR SPEED UP OR DOWN KEYS”

1.3 BEFORE GETTING STARTED

This Treadmill is intended for commercial use. To ensure your safety and protect the equipment, read all instructions before operating the MATRIX treadmill.

When using an electrical product, basic precautions should always be followed including the following:

DANGER: To reduce the risk of electric shock: Always unplug this equipment from the electrical outlet immediately after using and before cleaning.

WARNING: To reduce the risk of burns, fire, electrical shock or injury to persons that may be associated with using this product.
- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.
- This product must be used for its intended purpose described in this lower case owner’s manual. Do not use other attachments that are not recommend by the manufacture. Attachments may cause injury.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not remove the console covers. Service should only be done by an authorized service technician.
- Never operate the treadmill with the air opening blocked. Keep the air opening clean, free of lint and hair.
- Never operate product if it has a damaged cord or plug, if it is working properly, if it has been damaged, or immersed in water. Return the unit to a service center for examination and repair.
- Do not carry this unit by it’s supply cord or use the cord as a handle.
- Keep any power cord away from heated surfaces.
- Close supervision is necessary when treadmill is used by or near children or disable persons.
- Do not use outdoors
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Connect this treadmill to a properly grounded outlet only.

CAUTION: If you experience chest pain, nausea, dizziness or shortness or breath, STOP exercising immediately and consult a physician before continuing.
CHAPTER 1: Important Safety Instructions

1.4 Electrical Requirements

For your safety and treadmill performance, the ground on this circuit must be non-looped. Please refer to NEC article 210-21 and 210-23. Your Treadmill is provided with a power cord with a plug listed below and requires the listed outlet. Any alterations of this power cord could void all warranties of this product.

<table>
<thead>
<tr>
<th>120 NEMA 5-20R</th>
<th>120 NEMA 5-20R</th>
</tr>
</thead>
<tbody>
<tr>
<td>220 NEMA 6-20R</td>
<td>220 NEMA 6-20R</td>
</tr>
</tbody>
</table>

1.5 Grounding Instructions

The treadmill must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The treadmill is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. If the user does not follow these grounding Instructions, the user could void the Matrix limited warranty.

DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if the user is in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified technician.

120V Units

The Matrix MX-T3x, MX-T3xi and MX-T5x 120 treadmill is for use on a nominal 120-volt circuit and has a non-looped grounding plug. Make sure that the 110V treadmill is connected to an outlet, NEMA 5-20R, having the same configuration as the plug. No adapter should be used with this product.

220V Units

The Matrix MX-T3x, MX-T3xi and MX-T5x 220 treadmill is for use on a nominal 220-volt circuit and has a non-looped grounding plug. Make sure that the 220V treadmill is connected to an outlet, NEMA 6-20R, having the same configuration as the plug. No adapter should be used with this product.

CHAPTER 2: Preventative Maintenance

2.1 Recommended Cleaning Tips

1. Use a soft, clean cotton cloth. DO NOT use paper towels to clean surfaces on the treadmill. Paper towels are abrasive and can damage surfaces.
2. Use a mild soap and damp cloth. DO NOT use ammonia based cleaner. This will cause discoloring of the aluminum and plastics it comes into contact with.
3. Do not pour water or cleaning solutions on any surface. This could cause electrocution.
4. Wipe the console and side rails after every use.
5. Brush away any wax deposits from the deck and belt area. This is a common occurrence until the wax is worked into the belt material.
6. Be sure to remove any obstructions from the path of the elevation wheels including power cords.
7. Monthly, unplug the treadmill and remove the motor cover. Check for debris and clean with a dry cloth or small vacuum nozzle.

WARNING: Do not plug the treadmill in until the motor cover has been reinstalled.

CAUTION: The T3x/T3xi weighs 350 pounds, and the T5x Weighs 450 pounds. Be sure to have proper assistance to install and move the unit in order to avoid injury to you or the unit.

2.2 Deck and Belt Replacement

One of the most common wear and tear items on a treadmill is the Deck and Belt combination. If these two items are not properly maintained they can cause damage to other components. This product has been provided with the most advanced maintenance free lubricating system on the market.

WARNING: Do not run the treadmill while cleaning the belt and deck. This can cause serious injury and can damage the machine.

Maintain the belt and deck by wiping the sides of the belt and deck with a clean cloth. The user can also wipe under the belt 2 inches on both sides removing any dust or debris.

The deck can be flipped and reinstalled or replaced by an authorized service technician. Please contact Matrix Fitness Systems for more information.

2.3 Check for Damaged Parts

DO NOT use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Matrix Fitness Systems.

Maintain Labels and Nameplates. Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Matrix Fitness Systems for a replacement.

Maintain All Equipment. Preventative maintenance is the key to smooth operating equipment, as well as keeping the users liability to a minimum. Equipment needs to be inspected at regular intervals. Defective components must be replaced immediately. Improperly working equipment must be kept out of use until it is repaired. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. Matrix Fitness Systems will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.
2.4 ADJUSTING THE BELT

After placing the treadmill in the position it will be used, the belt must be checked for proper tension and centering. The belt might need to be adjusted after the first two hours of use. Temperature, humidity, and use cause the belt to stretch at different rates. If the belt starts to slip when a user is on it, be sure to follow the directions below.

STEP 1  Locate the two hex head bolts on the rear of the treadmill. The bolts are located at each end of the frame at the back of the treadmill. These bolts adjust the rear belt roller. Do not adjust until the treadmill is on. This will prevent over tightening of one side.

STEP 2  The belt should have equal distance on either side between the frame. If the belt is touching one side, do not start the treadmill. Turn the bolts counter clockwise approximately one full turn on each side. Manually center the belt by pushing the belt from side to side. Tighten the bolts the same amount as when the user loosened them, approximately one full turn. Inspect the belt for damage.

STEP 3  While the treadmill is running at 3 mph, observe the belt position. If it is moving to the right, tighten the right bolt by turning it clockwise ¼ turn, and loosen the left bolt ¼ turn. If it is moving to the left, tighten the left bolt by turning it clockwise ¼ turn and loosen the right ¼ turn. Repeat Step 3 until the belt remains centered for several minutes.

STEP 4  Check the tension of the belt. The belt should be very snug. When a person walks or runs on the belt, it should not hesitate or slip. If this occurs, tighten the belt by turning both bolts clockwise ¼ turn. Repeat if necessary.

2.5 MAINTENANCE LAMP (MX-T3x & MX-T3xi)

There is a maintenance lamp on the console to remind the owner to do the scheduled maintenance. When the treadmill’s accumulated distance reaches 5000 miles, the maintenance lamp will light meaning maintenance is needed. The following is the maintenance lamp key:

- **Blue**: It means that the treadmill needs to be maintained. To turn off the maintenance light after performing service, hold the **INCLINE DOWN** and **SPEED DOWN** at the same time for 3 seconds.

- **Red**: It means that the treadmill might have a problem, and needs to be checked. Please contact MATRIX customer service.
CHAPTER 4: MX-T3x / MX-T3xi Overlay Description / Programming / Engineering Mode

4.1 MX-T3x CONSOLE DESCRIPTION

The MATRIX treadmill is inspected before it is packaged. It is shipped in four pieces: the base, the upright console supports, the handlebar and the console. Carefully unpack the unit and dispose of the box material.

CAUTION This unit weights 350 pounds. To avoid injury to the user and the unit, be sure to have proper assistance to remove and move the unit.

PROGRAM KEYS: Simple program view and selection buttons. Six programs to choose from.

QUICK START/START: One touch Start and Quick Start.

SELECT: To confirm each program setting.

STOP: Press the STOP key once to pause the program for 2 minutes. During the 2 minute pause, press the QUICK START key to continue running the program, or else the machine will reset automatically. Also, you can press and hold the STOP key to reset the treadmill.

UP/DOWN ELEVATION: Easy information and elevation selection.

UP/DOWN SPEED: Easy information and speed selection.

EMERGENCY STOP: To stop all functions running.

MX-T3xi CONSOLE DESCRIPTION

The MATRIX treadmill is inspected before it is packaged. It is shipped in four pieces: the base, the upright console supports, the handlebar and the console. Carefully unpack the unit and dispose of the box material.

CAUTION This unit weights 350 pounds. To avoid injury to the user and the unit, be sure to have proper assistance to remove and move the unit.

PROGRAM KEYS: Simple program view and selection buttons. Six programs to choose from.

QUICK START/START: One touch Start and Quick Start.

SELECT: To confirm each program setting.

STOP: Press the STOP key once to pause the program for 2 minutes. During the 2 minute pause, press the QUICK START key to continue running the program, or else the machine will reset automatically. Also, you can press and hold the STOP key to reset the treadmill.

UP/DOWN ELEVATION: Easy information and elevation selection.

UP/DOWN SPEED: Easy information and speed selection.

EMERGENCY STOP: To stop all functions running.

SPEED KEYS - NUMBERS: Press the Speed Keys' numbers to input program Time, Weight, and Target Heart Rate.

SPEED KEYS - RESET: To cancel the numbers entered by the Speed Keys numbers.

SPEED KEYS - ENTER: To confirm each program setting.
4.2 MANUAL OPERATION

**MATRIX** design makes using the programs as easy as one touch of a button.

**QUICK START**
Press the “QUICK START” key and the LED will show “3”, “2”, “1”, “GO!”.
The treadmill will start running from the lowest incline and 0.5 mph, with the default time counting down from 20 minutes.

**MANUAL MODE** allows you to enter desired time, level and weight.

1) Choose the “MANUAL” program using the program **QUICK-KEYS**, then press **SELECT**.
2) Choose the **TIME** using **SPEED +/-**, then press **SELECT**.
3) Choose **WEIGHT** using **SPEED +/-**, then press **SELECT**.
4) Press **START**.

4.3 OPERATING LEVEL BASED PROGRAMS

Your **MATRIX** Treadmill offers versatile programs to keep the user motivated. The following instructions will guide you through simple steps to select INTERVALS, WEIGHT LOSS (T3xi ONLY) & ROLLING (T3x ONLY) and 5K RUN programs.

**INTERVAL & WEIGHT LOSS (T3xi ONLY) & ROLLING (T3x ONLY)**

1) Choose the program using the program **QUICK-KEYS**, then press **SELECT**.
2) Choose the **LEVEL** using **SPEED +/-**, then press **SELECT**.
3) Choose the **TIME** using **SPEED +/-**, then press **SELECT**.
4) Choose **WEIGHT** using **SPEED +/-**, then press **SELECT**.
5) Press **START**.

**5K RUN**

1) Choose the “5K” program using the program **QUICK-KEYS**, then press **SELECT**.
2) Choose the **LEVEL** using **SPEED +/-**, then press **SELECT**.
3) Choose **WEIGHT** using **SPEED +/-**, then press **SELECT**.
4) Press **START**.

4.4 HEART RATE CONTROL

Follow these easy steps to enter into the Heart Rate Program.

**TARGET HR:**

1) Choose the “TARGET HR” using the program **QUICK-KEYS**, then press **SELECT**.
2) Choose the “TARGET HART RATE” using the **SPEED +/-**, then press **SELECT**.
3) Choose your **HR CONTROL MODE** using the **SPEED** or **INCLINE KEYS**:
   - If **SPEED +/-** is pressed the console will display “Speed HR Control, press - or + to set Max Speed, then press **SELECT**”.
   - If **INCLINE UP/DOWN** is pressed the console will display “Incline HR Control, press up or down to set Max Incline, then press **SELECT**”.
4) Choose **TIME** using **SPEED +/-**, then press **SELECT**.
5) Choose **WEIGHT** using **SPEED +/-**, then press **SELECT**.
6) Press **START**.

**TARGET HEART RATE** is determined by the following formula.
(220 Beats Per Minute - Age) Selected percentage.
Example (220 - 30) 65% = 123 Beats Per Minute.
Select from 50% - 80% in 5% increments.

![Polar Target Heart Rate Zone](image-url)
CHAPTER 4: MX-T3x / MX-T3xi Overlay Description / Programming / Engineering Mode

4.5 FIT TEST

FIT TEST allows you to measure your fitness based on a program designed specifically for your Matrix Treadmill. The test takes 5 minutes and is based on your heart rate. User should keep hands on contact heart rate grips.

Follow these easy steps to enter in the Fit Test Program.

STEP 1: Select the FIT TEST button.

STEP 2: Select AGE by using the UP or DOWN arrow keys. Press SELECT or wait 5 seconds.

STEP 3: Select GENDER by using the UP arrow keys. Press SELECT or wait 5 seconds.

STEP 4: Select WEIGHT by using the UP or DOWN arrow keys. Press SELECT or wait 5 seconds.

STEP 5: Display, TIME, Starting 3, Starting 2, Starting 1.

STEP 6: Display will read “HOLD THE HANDGRIP SENSORS FOR DETECTING HR” if no heart rate is found after 4:20. Display will read “HR TO LOW, RETRY THE TEST” if score is over 80.

STEP 7: Display will read results of fit test.

MEN'S OUTPUT TABLE FOR TEST #1 AND #2

<table>
<thead>
<tr>
<th>AGE</th>
<th>EXCELLENT</th>
<th>GOOD</th>
<th>AVERAGE</th>
<th>FAIR</th>
<th>POOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-19</td>
<td>61+</td>
<td>56 – 61</td>
<td>52 – 57</td>
<td>48 – 51</td>
<td>42 -</td>
</tr>
<tr>
<td>20-29</td>
<td>57+</td>
<td>52 – 57</td>
<td>44 – 51</td>
<td>38 – 43</td>
<td>38 -</td>
</tr>
<tr>
<td>30-39</td>
<td>51+</td>
<td>48 – 51</td>
<td>40 – 47</td>
<td>34 – 39</td>
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<tr>
<td>40-49</td>
<td>48+</td>
<td>44 – 48</td>
<td>36 – 43</td>
<td>30 – 35</td>
<td>30 -</td>
</tr>
<tr>
<td>50-59</td>
<td>44+</td>
<td>40 – 44</td>
<td>32 – 39</td>
<td>25 – 31</td>
<td>25 -</td>
</tr>
<tr>
<td>60-69</td>
<td>21+</td>
<td>21 – 26</td>
<td>27 – 35</td>
<td>36 – 40</td>
<td>40 -</td>
</tr>
<tr>
<td>70-79</td>
<td>36+</td>
<td>32 – 36</td>
<td>23 – 31</td>
<td>17 – 22</td>
<td>17 -</td>
</tr>
</tbody>
</table>

WOMEN'S OUTPUT TABLE FOR TEST #1 AND #2

<table>
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<tr>
<th>AGE</th>
<th>EXCELLENT</th>
<th>GOOD</th>
<th>AVERAGE</th>
<th>FAIR</th>
<th>POOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-19</td>
<td>52+</td>
<td>46 – 52</td>
<td>37 – 45</td>
<td>30 – 36</td>
<td>30 -</td>
</tr>
<tr>
<td>20-29</td>
<td>50+</td>
<td>44 – 50</td>
<td>35 – 43</td>
<td>28 – 34</td>
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</tr>
<tr>
<td>30-39</td>
<td>48+</td>
<td>42 – 48</td>
<td>34 – 41</td>
<td>27 – 33</td>
<td>27 -</td>
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<tr>
<td>40-49</td>
<td>46+</td>
<td>41 – 46</td>
<td>32 – 40</td>
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<tr>
<td>50-59</td>
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<td>37 – 42</td>
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<td>21 – 27</td>
<td>21 -</td>
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<tr>
<td>70-79</td>
<td>33+</td>
<td>28 – 33</td>
<td>20 – 27</td>
<td>13 – 19</td>
<td>13 -</td>
</tr>
</tbody>
</table>
4.6 ENGINEERING MODE

Engineering screens allow the viewing and editing of variables that would be necessary for a club operator/manager to customize. Unless otherwise noted, engineering screens consist of the initial screen, the editing or action screen, and the saving screen. The initial screen displays the variable type, and in most cases, the current value. Edit or action screens are where the editing of the variable(s) take place. The saving screen indicates the variable(s) is being saved.

To access the Engineering screens press and hold the ELEVATION UP and SPEED DOWN buttons for three seconds. The display will now display 'Engineering Mode'.

Use the ELEVATION UP or DOWN arrows to scroll through the different engineering screens.

Press SELECT to edit the selected engineering screen.

Use the SPEED UP or DOWN arrows to set the variable.

Press START to save the selected variable.

4.7 MANAGER SCREEN DESCRIPTIONS / DETAILS

Below is a list of the MX-T3x functions for each engineering screen. Exceptions will be noted in the description for each engineering screens:

P0 LOW SPEED LEARN MODE (EDIT)
This variable controls the low limit for the speed of the treadmill.

P1 MIDDLE SPEED LEARN MODE (EDIT)
This variable controls the middle limit for the speed of the treadmill.

P2 HIGH SPEED LEARN MODE (EDIT)
This variable controls the high limit for the speed of the treadmill.

P4 LOW ELEVATION LEARN MODE (EDIT)
This variable controls the low limit for the elevation of the treadmill.

P5 HIGH ELEVATION LEARN MODE (EDIT)
This variable controls the the high limit for the elevation of the treadmill.

P6 UNIT (EDIT)
Changes from Standard (Miles) to Metric (Kilometers).
Unit change will force unit dependent variables to revert to their default values.

P7 LIMIT TIME (EDIT)
This variable controls the program maximum time.

P8 SET WEIGHT (EDIT)
This variable controls the default weight used in the calorie calculations.
Sets to default on unit change.
Displayed in native units (kilogram or pounds)

P9 TOTAL TIME
Displays total accumulated time.
Accumulated time is not editable, for display only.

P10 TOTAL DISTANCE
Displays total accumulated distance.
Accumulated distance is not editable, for display only.
Displayed in native units (miles or kilometers).

P11 VERSION
Displays the product's software version.
Version is not editable, for display only.

P12 LANGUAGE
Language in which information is displayed.

P13 USER SPEED
This variable controls the default program speed.

P14 USER TIME
This variable controls the default program time.

PRODUCT TEST
AUTO CHECK
DISPLAY TEST
KEYPAD TEST
OUT OF ORDER
CHAPTER 4: MX-T3x / MX-T3xi Overlay Description / Programming / Engineering Mode

4.7 Manager Screen Descriptions / Details

Below is a list of the MX-T3xi functions for each engineering screen. Exceptions will be noted in the description for each engineering screen:

**P0**  LOW SPEED LEARN MODE (EDIT)
This variable controls the low limit for the speed of the treadmill.

**P1**  HIGH SPEED LEARN MODE (EDIT)
This variable controls the high limit for the speed of the treadmill.

**P2**  MIDDLE SPEED LEARN MODE (EDIT)
This variable controls the middle limit for the speed of the treadmill.

**P4**  LOW ELEVATION LEARN MODE (EDIT)
This variable controls the low limit for the elevation of the treadmill.

**P5**  HIGH ELEVATION LEARN MODE (EDIT)
This variable controls the high limit for the elevation of the treadmill.

**P6**  UNIT (EDIT)
Changes from Standard (Miles) to Metric (Kilometers).
Unit change will force unit dependent variables to revert to their default values.

**P7**  LIMIT TIME (EDIT)
This variable controls the program maximum time.

**P8**  USER TIME (EDIT)
This variable controls the default program time.

**P9**  SET WEIGHT (EDIT)
This variable controls the default weight used in the calorie calculations.
Sets to default on unit change. Displayed in native units (kilogram or pounds)

**P10**  MACHINE (EDIT)
Switches the machine settings from Johnson T8000 to a Matrix T3xi.

**P11**  TOTAL TIME
Displays total accumulated time.
Accumulated time is not editable, for display only.

**P12**  TOTAL DISTANCE
Displays the product’s software version.
Version is not editable, for display only.

**P13**  VERSION
This variable controls the default program speed.

**P14**  LANGUAGE
Language in which information is displayed.

**P15**  USER SPEED
This variable controls the default program speed.

**PRODUCT TEST**
Test the product.

**AUTO CHECK**
Run auto calibration to calibrate speed and incline after assembly or to recalibrate speed and incline values.

<table>
<thead>
<tr>
<th>ADDRESS</th>
<th>DESCRIPTION</th>
<th>DEFAULT VALUE</th>
<th>MIN VALUE</th>
<th>MAX VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>P0</td>
<td>low speed learn mode</td>
<td>77</td>
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<td>middle speed learn mode</td>
<td>600</td>
<td></td>
<td></td>
</tr>
<tr>
<td>P2</td>
<td>high speed learn mode</td>
<td>300</td>
<td></td>
<td></td>
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<tr>
<td>P4</td>
<td>low elevation learn mode</td>
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<td>high elevation learn mode</td>
<td>200</td>
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</tr>
<tr>
<td>P6</td>
<td>units</td>
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<td></td>
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<tr>
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<td>limit time</td>
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<td>90:00:00</td>
</tr>
<tr>
<td>P8</td>
<td>set weight</td>
<td>20:00</td>
<td>10:00</td>
<td>90:00:00</td>
</tr>
<tr>
<td>P9</td>
<td>total time</td>
<td>KPH:80/MPH:150</td>
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<td></td>
</tr>
<tr>
<td>P10</td>
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<tr>
<td>P13</td>
<td>user speed</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>P14</td>
<td>user time</td>
<td>English</td>
<td>English</td>
<td>Holland</td>
</tr>
</tbody>
</table>

**NOTE:** P0, P1 and P2 are auto start. The belt will start moving once the SELECT key is pressed. Once the value is saved press the ELEVATION UP Key to increase the engineering variable.

4.8 Using CSafe

Matrix is the leader in entertainment availability.

![Diagram of CSafe connection]
CHAPTER 5: MX-T5x OVERLAY DESCRIPTION / PROGRAMING / ENGINEERING MODE

5.1 CONSOLE DESCRIPTION

PROGRAMS: Simple program view and selection buttons. Seven programs to choose from.

START/QUICK START: One touch Start and Quick Start

SELECT: Quick entry of information and level selection.

PAUSE/HOLD TO RESET: Stop/Pause and hold for 3 seconds to reset.

CLEAR: Clears number keypad entry.

UP/DOWN ELEVATION: Easy information and elevation selection.

UP/DOWN SPEED: Easy information and speed selection.

5.2 MANUAL OPERATION

MATRIX design makes using the programs as easy as one touch of a button.

QUICK START: Start pedaling and press QUICK START to begin workout.

MANUAL MODE: allows you to enter desired time, level and weight.

STEP 1: Select MANUAL program button on left of panel. Press SELECT or wait 5 seconds. Selecting START will start program.

STEP 2: Select TIME by using the UP or DOWN arrow keys. Press SELECT or wait 5 seconds. Select START will start program.

STEP 3: Select LEVEL by using UP or DOWN arrow keys. You can change the level at any time during workout. Press SELECT or Wait 5 seconds. Select START will start program.

STEP 4: Select WEIGHT by using the UP or DOWN arrow keys. Press START or SELECT to begin workout. Display, TIME, Starting 3, Starting 2, Starting 1
5.4 HEART RATE CONTROL

For your convenience, MATRIX Treadmills come standard with digital contact heat rate sensors and are POLAR telemetry compatible.

Locate the metal sensors on the handrail of the treadmill. Notice there are two separate pieces of metal on each grip. You must be making contact on both pieces of each grip to get an accurate heart rate reading. You can grab these sensors in any program to view your current heart rate.

Heart Rate Program
Follow these easy Steps to enter into the Heart Rate Program.

STEP 1 Select the TARGET HR program button.
STEP 2 Select TIME by using the UP or DOWN arrow keys. When finished press SELECT or wait 5 seconds.
STEP 3 Select AGE by using the UP or DOWN arrow keys. When finished press SELECT or wait 5 seconds.
STEP 4 Select PERCENTAGE OF MAXIMUM HEART RATE by using the up or down arrow keys. Percentage of maximum heart rate is determined by the following formula. (220 Beats Per Minute - Age) Selected percentage. Example (220 - 30)65% = 123 Beats Per Minute.
STEP 5 Select from 50% - 80% in 5% increments. SELECT HR program type by using the UP or DOWN arrow keys select the active variable Speed or Elevation that will be used to control the users heart rate. Press SELECT or weight 5 seconds.
STEP 6 Select MAXIMUM SPEED/ELEVATION by using the UP or DOWN arrow keys select the active variable Maximum Speed or Elevation that will be used to control the users heart rate.
STEP 7 Press START.

HEART RATE SAFETY PROTOCOLS:
(Polar target heart rate zone chart is on pg 11)

When the users heart rate exceeds the target heart rate by the values, the following prompts will take place:

10BPM: Warning in alpha numeric indicating active variable will be reduced (if above min.) or alternate variable will be reduced.
20BPM: Active variable (if above min.) or alternate variable, if active variable is at zero, reduced by 30%.
15BPM: Warning indicating heart rate over maximum and program will end.
20BPM: Program ends.
5.5 FIT TEST

FIT TEST allows you to measure your fitness based on a program designed specifically for your Matrix Treadmill. The test takes 5 minutes and is based on your heart rate. User should keep hands on contact heart rate grips.

Follow these easy steps to enter in the Fit Test Program.

**STEP 1:** Select the FIT TEST button.

**STEP 2:** Select AGE by using the UP or DOWN arrow keys. Press SELECT or wait 5 seconds.

**STEP 3:** Select GENDER by using the UP arrow keys. Press SELECT or wait 5 seconds.

**STEP 4:** Select WEIGHT by using the UP or DOWN arrow keys. Press SELECT or wait 5 seconds.

**STEP 5:** Display, TIME, Starting 3, Starting 2, Starting 1.

**STEP 6:** Display will read "**HOLD THE HANDGRIp SENSORS FOR DETECTING HR**" if no heart rate is found after 4:20. Display will read "**HR TO LOW, RETRY THE TEST**" if score is over 80.

**STEP 7:** Display will read results of fit test.

---

**MEN'S OUTPUT TABLE FOR TEST #1 AND #2**

<table>
<thead>
<tr>
<th>AGE</th>
<th>EXCELLENT</th>
<th>GOOD</th>
<th>AVERAGE</th>
<th>FAIR</th>
<th>POOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-19</td>
<td>61+</td>
<td>56 ~ 61</td>
<td>52 ~ 57</td>
<td>48 ~ 51</td>
<td>42 -</td>
</tr>
<tr>
<td>20-29</td>
<td>57+</td>
<td>52 ~ 57</td>
<td>44 ~ 51</td>
<td>38 ~ 43</td>
<td>38 -</td>
</tr>
<tr>
<td>30-39</td>
<td>51+</td>
<td>48 ~ 51</td>
<td>40 ~ 47</td>
<td>34 ~ 39</td>
<td>34 -</td>
</tr>
<tr>
<td>40-49</td>
<td>48+</td>
<td>44 ~ 48</td>
<td>36 ~ 43</td>
<td>30 ~ 35</td>
<td>30 -</td>
</tr>
<tr>
<td>50-59</td>
<td>44+</td>
<td>40 ~ 44</td>
<td>32 ~ 39</td>
<td>25 ~ 31</td>
<td>25 -</td>
</tr>
<tr>
<td>60-69</td>
<td>21+</td>
<td>21 ~ 26</td>
<td>27 ~ 35</td>
<td>36 ~ 40</td>
<td>40 -</td>
</tr>
<tr>
<td>70-79</td>
<td>36+</td>
<td>32 ~ 36</td>
<td>23 ~ 31</td>
<td>17 ~ 22</td>
<td>17 -</td>
</tr>
</tbody>
</table>

**WOMEN’S OUTPUT TABLE FOR TEST #1 AND #2**

<table>
<thead>
<tr>
<th>AGE</th>
<th>EXCELLENT</th>
<th>GOOD</th>
<th>AVERAGE</th>
<th>FAIR</th>
<th>POOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-19</td>
<td>52+</td>
<td>46 ~ 52</td>
<td>37 ~ 45</td>
<td>30 ~ 36</td>
<td>30 -</td>
</tr>
<tr>
<td>20-29</td>
<td>50+</td>
<td>44 ~ 50</td>
<td>35 ~ 43</td>
<td>28 ~ 34</td>
<td>28 -</td>
</tr>
<tr>
<td>30-39</td>
<td>48+</td>
<td>42 ~ 48</td>
<td>34 ~ 41</td>
<td>27 ~ 33</td>
<td>27 -</td>
</tr>
<tr>
<td>40-49</td>
<td>46+</td>
<td>41 ~ 46</td>
<td>32 ~ 40</td>
<td>25 ~ 31</td>
<td>25 -</td>
</tr>
<tr>
<td>50-59</td>
<td>42+</td>
<td>37 ~ 42</td>
<td>28 ~ 36</td>
<td>21 ~ 27</td>
<td>21 -</td>
</tr>
<tr>
<td>60-69</td>
<td>37+</td>
<td>32 ~ 37</td>
<td>24 ~ 31</td>
<td>17 ~ 23</td>
<td>17 -</td>
</tr>
<tr>
<td>70-79</td>
<td>33+</td>
<td>28 ~ 33</td>
<td>20 ~ 27</td>
<td>13 ~ 19</td>
<td>13 -</td>
</tr>
</tbody>
</table>
CHAPTER 5: MX-T5x OVERLAY DESCRIPTION / PROGRAMING / ENGINEERING MODE

5.6 ENGINEERING MODE

Manager screens allow the viewing and editing of variables that would be necessary for a club operator/manager to customize. Unless otherwise noted manager screens consist of the initial screen, the editing or action screen and the saving screen. The initial screen displays the variable type and in most cases the current value. Edit or actions screens are where the editing of the variable take place. The saving screen indicates the variable is being saved.

To access the Manager Settings press and hold the ELEVATION DOWN and SPEED UP buttons for three seconds.

Use the ELEVATION or SPEED UP and DOWN arrows to scroll through the different manager setting.

Press SELECT to edit the selected manager setting.

Use the ELEVATION or SPEED UP and DOWN arrows to set the variable.

Press START to save the selected variable.

NOTE: SAVING all appear in the 7 segment window when the variable is being saved to memory.

5.7 MANAGER SCREENS EXCEPTIONS/DETAILS

Below is a list of functions for each Manager Setting. Exceptions will be noted in the description for each manager setting:

P0 MAXIMUM TIME (EDIT)
This variable controls the program maximum time.
Active variable displayed in the time seven segment display.
Numeric entry is active.

P1 DEFAULT TIME (EDIT)
This variable controls the default program time.
Active variable displayed in the time seven segment display.
Numeric entry is active.

P2 DEFAULT LEVEL (EDIT)
This variable controls the default program level (may be eliminated in final product).
Active variable displayed in the time seven segment display.
Numeric entry is active.

P3 DEFAULT AGE (EDIT)
The variable controls the default users age used in the goal heart rate calculations.
Active variable displayed in the time seven segment display.
Numeric entry is active.

P4 DEFAULT WEIGHT (EDIT)
This variable controls the default users age used in the calorie calculations.
Active variable displayed in the time seven segment display.
Displayed in native units (kilogram or pounds)
Reverts to default value on unit change.
Numeric entry is active.

P5 ACCUMULATED DISTANCE
This variable displayed in the time seven segment display.
Accumulated distance is not editable, for display only.
Displayed in native units (kilometers or miles)
Holding the start key resets the accumulated distance.

P6 ACCUMULATED TIME
This variable displayed in the time seven segment display.
Accumulated time is not editable, for display only.
Holding the start key resets the accumulated distance.

P7 SOFTWARE VERSION
Active variable displayed in the time seven segment display.
Accumulated distance is not editable, for display only.

P8 START SPEED (EDIT)
Controls the starting speed for all programs (minimum speed not affected).
Active variable displayed in the time seven segment display.
Displayed in native units (kilometers per hour or miles per hour).
Reverts to default value on unit change.
Numeric entry is active.

P9 MAXIMUM SPEED (EDIT)
Controls the maximum speed for all programs.
Active variable displayed in the time seven segment display.
Displayed in native units (kilometers per hour or miles per hour).
Reverts to default value on unit change.
Numeric entry is active.
CHAPTER 5: MX-T5x OVERLAY DESCRIPTION / PROGRAMING / ENGINEERING MODE

5.8 USING CSAFE

Matrix is the leader in entertainment availability. On the back of the console are three RJ45 receptacles. They are marked CSAFE IN, CSAFE OUT, and ENTERTAINMENT.

Use the CSAFE in to plug in a CSAFE device using the RJ45 connector. CSAFE out allows CSAFE products to be daisy chained together from one unit to the next. The connection is as follows:

```
UNIT 1
  CPU

UNIT 2
  CSAFE IN

UNIT 3
  CSAFE OUT

ENTERTAINMENT

CONSOLE (BACK SIDE) ACCESS LAYOUT
```

Below is a layout of the (backside) console access panel on the MX-T5x.

<table>
<thead>
<tr>
<th>VARIABLE</th>
<th>MINIMUM</th>
<th>DEFAULT</th>
<th>FACTORY</th>
<th>MAXIMUM</th>
<th>STEP SIZE</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maximum Time</td>
<td>5</td>
<td>20</td>
<td>20</td>
<td>95</td>
<td>5</td>
<td>minutes</td>
</tr>
<tr>
<td>Default Time</td>
<td>1</td>
<td>20</td>
<td>1</td>
<td>NV max time</td>
<td>5</td>
<td>minutes</td>
</tr>
<tr>
<td>Default Level</td>
<td>80</td>
<td>150</td>
<td>20</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Default Weight</td>
<td>15</td>
<td>30</td>
<td>400</td>
<td>1</td>
<td>5</td>
<td>pounds</td>
</tr>
<tr>
<td>Default Age</td>
<td>0.5</td>
<td>1</td>
<td>1</td>
<td>100</td>
<td>1</td>
<td>years</td>
</tr>
<tr>
<td>Start Speed</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>100</td>
<td>0.1</td>
<td>mph</td>
</tr>
<tr>
<td>Maximum Speed</td>
<td>T4</td>
<td>12</td>
<td>T4</td>
<td>2</td>
<td>0.1</td>
<td>Unit</td>
</tr>
<tr>
<td>Machine Type</td>
<td>OFF</td>
<td>ON</td>
<td>ON</td>
<td>12</td>
<td>1</td>
<td>Unit</td>
</tr>
<tr>
<td>IR On/Off</td>
<td>1</td>
<td>ON</td>
<td>ON</td>
<td>T5</td>
<td>1</td>
<td>Unit</td>
</tr>
<tr>
<td>Default Channel</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>14</td>
<td>1</td>
<td>Unit</td>
</tr>
<tr>
<td>Default Volume</td>
<td>16</td>
<td>30</td>
<td>30</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Speed Mode</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Out of Order</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
CHAPTER 6: MX-T3x / T3xi TREADMILL SPECIFICATIONS, PARTS, AND ASSEMBLY GUIDES

6.1 MX-T3x / MX-T3xi MODEL SPECIFICATIONS

SPECIFICATIONS

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
</table>
| Foot Print               | inches = 85" x 34" x 55"
|                          | cm = 216 x 87 x 140                     |
| Weight                   | 350 lbs                                 |
| Max User Weight          | 400 lbs = 181 kg                        |
| Belt Type                | Habisat                                 |
| Frame Construction       | Steel                                   |
| Running Area             | 20" x 60"                               |
| Incline Range            | 0-15%                                   |
| Speed Min.               | 0.5                                      |
| Speed Max.               | 12                                       |
| Motor Type               | 3.2 HP DC                                |
| Controller Cooling Fan   | Yes                                     |
| Electrical Receptacle    | 120 NEMA 5-20R                           |
| Electrical Plug          | 120 NEMA 5-20P                           |
| Electrical Receptacle    | 220 NEMA 6-20R                           |
| Electrical Plug          | 220 NEMA 6-20R                           |
| Electrical Amps          | 120v 20 Amps                             |
| Electrical Amps          | 220v 10 Amps                             |
| Deck                     | 1" Reversible Ultimate                  |
| Wax                      | No Maintenance                           |

VARIABLE COMPRESSION TECHNOLOGY

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Absorber</td>
<td>Rubber Dampeners</td>
</tr>
<tr>
<td>Number of Cushions</td>
<td>8</td>
</tr>
</tbody>
</table>

SAFETY

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shut off w/Tether</td>
<td>Yes</td>
</tr>
<tr>
<td>Large Safety Stop</td>
<td>Yes</td>
</tr>
</tbody>
</table>

PROGRAMS

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number Key Pad</td>
<td>Yes (MX-T3xi ONLY)</td>
</tr>
<tr>
<td>One Button Quick Start</td>
<td>Yes</td>
</tr>
<tr>
<td>Target Heart Rate</td>
<td>Yes</td>
</tr>
<tr>
<td>Fit Test</td>
<td>Yes</td>
</tr>
<tr>
<td>Intervals</td>
<td>Yes</td>
</tr>
<tr>
<td>5k Run</td>
<td>Yes</td>
</tr>
</tbody>
</table>

HEART RATE

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Telemetry</td>
<td>Yes</td>
</tr>
<tr>
<td>Contact Heart Rate</td>
<td>Yes</td>
</tr>
</tbody>
</table>
### 6.2 MX-T3x / MX-T3xi Model Required Fasteners & Assembly Tools

<table>
<thead>
<tr>
<th>QTY</th>
<th>PART #</th>
<th>SKETCH</th>
<th>DESCRIPTION</th>
<th>NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td></td>
<td><img src="image" alt="Sketch" /></td>
<td>8mm ALLEN WRENCH</td>
<td></td>
</tr>
<tr>
<td>01</td>
<td></td>
<td><img src="image" alt="Sketch" /></td>
<td>10mm ALLEN WRENCH</td>
<td></td>
</tr>
<tr>
<td>01</td>
<td></td>
<td><img src="image" alt="Sketch" /></td>
<td>#2 PHILLIPS SCREW DRIVER [4.5 x 50]</td>
<td></td>
</tr>
<tr>
<td>08</td>
<td>Z50</td>
<td><img src="image" alt="Sketch" /></td>
<td>FLAT WASHER 30x2.0L</td>
<td></td>
</tr>
<tr>
<td>08</td>
<td>Z51</td>
<td><img src="image" alt="Sketch" /></td>
<td>SOCKET HEAD CAP SCREW M10 x 25</td>
<td></td>
</tr>
<tr>
<td>04</td>
<td>Z52</td>
<td><img src="image" alt="Sketch" /></td>
<td>SOCKET HEAD CAP SCREW M8 x 30</td>
<td></td>
</tr>
<tr>
<td>02</td>
<td>Z52</td>
<td><img src="image" alt="Sketch" /></td>
<td>BUTTON HEAD MACHINE SCREW M5 x 12L</td>
<td></td>
</tr>
</tbody>
</table>
6.3 MX-T3x / MX-T3xi MODEL ASSEMBLY STEPS

**ATTENTION**

After installation is completed, the treadmill will need to be calibrated by using the AUTO-CHECK function. If this is not done, the treadmill's speed and incline values may be incorrect and damage the treadmill. Do not stand on the belt when performing the AUTO-CHECK function.

**ASSEMBLY INSTRUCTIONS**

Please make sure that the power plug is not plugged into the wall outlet while completing the following procedure. To ensure correct assembly of the treadmill, carefully read and follow these steps:

**STEP 1**

Remove the motor cover. Pull out the console cable and route it through the Right console mast. Place the right console mast and then the left console mast in the console post support brackets. Secure the Right and Left mast with the 4 bolts provided (Z50, Z51). Make sure these bolts are tight.

**STEP 2**

Connect the console cables from the console set to the motor control board cables. Secure the console set with 2 screws (Z52) on each side.
6.4 MX-T3x / MX-T3xi MODEL ASSEMBLY STEPS

**FINAL ASSEMBLY**

**AUTO CHECK**
- Press and hold both incline **“UP”** and speed **“DOWN”** buttons simultaneously for 3 seconds. Then the **“ENGINEERING MODE”** is shown onto the console.
- Press the incline **“UP”** button to find the **“AUTO CHECK”** screen.
- Press the incline **“START”** button and then, the treadmill will run the auto check function automatically. This will take around 3 minutes to run.
- After auto check is complete **“AUTO CHECK OK”** will show on the console. Then, press **EMERGENCY STOP** key to back to initial starting screen.
### 7.1 MX-T5x MODEL SPECIFICATIONS

#### SPECIFICATIONS

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Product Name</td>
<td>T5x</td>
</tr>
<tr>
<td>Foot Print (inches)</td>
<td>85&quot; x 35&quot; x 62&quot;</td>
</tr>
<tr>
<td>Weight</td>
<td>450 lbs</td>
</tr>
<tr>
<td>Max User Weight</td>
<td>500 lbs</td>
</tr>
<tr>
<td>Belt Type</td>
<td>Habisat</td>
</tr>
<tr>
<td>Frame Construction</td>
<td>Aluminum/Steel</td>
</tr>
<tr>
<td>Running Area</td>
<td>22&quot; x 60&quot;</td>
</tr>
<tr>
<td>Incline Range</td>
<td>0 - 15%</td>
</tr>
<tr>
<td>Speed Min.</td>
<td>0.5</td>
</tr>
<tr>
<td>Speed Max.</td>
<td>12</td>
</tr>
<tr>
<td>Motor Size</td>
<td>5hp AC</td>
</tr>
<tr>
<td>Controller Cooling Fan</td>
<td>Yes</td>
</tr>
<tr>
<td>Electrical Receptacle</td>
<td>110 NEMA 5-20R</td>
</tr>
<tr>
<td>Electrical Plug</td>
<td>110 NEMA 5-20P</td>
</tr>
<tr>
<td>Electrical Receptacle</td>
<td>220 NEMA 6-20R</td>
</tr>
<tr>
<td>Electrical Plug</td>
<td>220 NEMA 6-20P</td>
</tr>
<tr>
<td>Electrical Amps</td>
<td>110V 20 Amps</td>
</tr>
<tr>
<td>Electrical Amps</td>
<td>220V 20 Amps</td>
</tr>
<tr>
<td>Deck</td>
<td>1&quot; Ultimate</td>
</tr>
<tr>
<td>Wax</td>
<td>No Maintenance</td>
</tr>
<tr>
<td><strong>HEART RATE</strong></td>
<td></td>
</tr>
<tr>
<td>Telemetry</td>
<td>Yes</td>
</tr>
<tr>
<td>Contact Heart Rate</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>ENTERTAINMENT READY</strong></td>
<td></td>
</tr>
<tr>
<td>Coaxial Cable Connection</td>
<td>Yes</td>
</tr>
<tr>
<td>AC TV Power Connection</td>
<td>Yes</td>
</tr>
<tr>
<td>Monitor Mount</td>
<td>Yes</td>
</tr>
<tr>
<td>CSAFE Port</td>
<td>3</td>
</tr>
<tr>
<td><strong>MANAGER MODE</strong></td>
<td></td>
</tr>
<tr>
<td>Maximum Time</td>
<td>5-95</td>
</tr>
<tr>
<td>Default Time</td>
<td>5-95</td>
</tr>
<tr>
<td>Default Level</td>
<td>L1</td>
</tr>
<tr>
<td>Default Weight</td>
<td>60-400</td>
</tr>
<tr>
<td>Accumulated Distance</td>
<td></td>
</tr>
<tr>
<td>Accumulated Time</td>
<td></td>
</tr>
<tr>
<td>Start Speed</td>
<td>.5-2.0</td>
</tr>
</tbody>
</table>

#### VARIABLE COMPRESSION TECHNOLOGY

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Absorber</td>
<td>Rubber Damper</td>
</tr>
<tr>
<td>Number of Cushions</td>
<td>8</td>
</tr>
</tbody>
</table>

#### SAFETY

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shut off w/Tether</td>
<td>Yes</td>
</tr>
<tr>
<td>Large Safety Stop</td>
<td>Yes</td>
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#### PROGRAMS

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
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<tbody>
<tr>
<td>Number Key Pad</td>
<td>Yes</td>
</tr>
<tr>
<td>One Button Quick Start</td>
<td>Yes</td>
</tr>
<tr>
<td>Ramdom (20 profile)</td>
<td>Yes</td>
</tr>
<tr>
<td>Target Heart Rate</td>
<td>Yes</td>
</tr>
<tr>
<td>Fit Test</td>
<td>Yes</td>
</tr>
<tr>
<td>Intervals</td>
<td>Yes</td>
</tr>
<tr>
<td>Rolling</td>
<td>Yes</td>
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</table>
### MX-T5x Treadmill Specifications, Parts, and Assembly Guides

#### 7.2 MX-T5x Model Required Fasteners & Assembly Tools

<table>
<thead>
<tr>
<th>QTY</th>
<th>PART #</th>
<th>SKETCH</th>
<th>DESCRIPTION</th>
<th>NOTES</th>
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<tbody>
<tr>
<td>01</td>
<td></td>
<td>![Sketch](5mm ALLEN WRENCH)</td>
<td>5mm ALLEN WRENCH</td>
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<tr>
<td>01</td>
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<td>![Sketch](ALLEN WRENCH [#8 x 168])</td>
<td>ALLEN WRENCH [#8 x 168]</td>
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<tr>
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<td>ALLEN WRENCH [#5 x 172]</td>
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<td>01</td>
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<td>![Sketch](#2 PHILLIPS SCREW DRIVER [4.5 x 50])</td>
<td>#2 PHILLIPS SCREW DRIVER [4.5 x 50]</td>
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<tr>
<td>08</td>
<td>C10</td>
<td>![Sketch](FLAT HEAD MACHINE SCREW (M8 x 20L))</td>
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<tr>
<td>08</td>
<td>C09</td>
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<td>06</td>
<td>C05</td>
<td>![Sketch](SOCKET HEAD CAP SCREW (M8 x 15L))</td>
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<td>04</td>
<td>C24</td>
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<tr>
<td>02</td>
<td>Q28</td>
<td>![Sketch](END CAP 12.7)</td>
<td>END CAP 12.7</td>
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</table>
CHAPTER 7: MX-T5x TREADMILL SPECIFICATIONS, PARTS, AND ASSEMBLY GUIDES

7.3 MX-T5x MODEL ASSEMBLY STEPS

STEP 1

STEP 2
CHAPTER 7: MX-T5x TREADMILL SPECIFICATIONS, PARTS, AND ASSEMBLY GUIDES

7.3 MX-T5x MODEL ASSEMBLY STEPS

STEP 3

FINAL ASSEMBLY