

A close-up portrait of a smiling woman with dark hair pulled back, wearing a grey tank top. A white towel is draped over her right shoulder, with the word 'MAT' printed on it. The background is dark and out of focus.

MATRIX
FITNESS
FOR THE

NEW NOW



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FITNESS FOR THE **NEW NOW**

With Matrix, there's no limit to the ways you can chase your goals at home. From your favorite on-demand workouts to exclusive programs to endless entertainment, you can make your next workout whatever you want it to be. And of course, everything Matrix is just as high-quality as anything you'd find in a club, redesigned to fit your home beautifully.







console overview

GO BIGGER, BRIGHTER & **BETTER THAN EVER**

Our reimagined home cardio collection offers a range of consoles to enhance the way you work out. Keep it simple with our XR LCD console, or step up to our touchscreen consoles for a wide variety of training programs, endless entertainment options and advanced Bluetooth. Our XIR and XUR consoles both include an HDMI port to connect your devices, and our XUR console offers the ultimate in immersive exercise with a bright, high-definition 22" screen.





XUR CONSOLE

THE ULTIMATE IN ENTERTAINMENT

Our all-new, premium 55.9 cm / 22" console offers our largest and brightest HD touchscreen display to bring your virtual journeys, movies and videos to life. Includes WiFi, Bluetooth and an HDMI port to stream whatever moves you.



XIR CONSOLE

ENTERTAINMENT EXCELLENCE

Our 40.6 cm / 16" console features a brilliant HD touch-screen display to bring your virtual journeys, movies and videos to life. Includes WiFi, Bluetooth and an HDMI port to stream whatever moves you.



XER CONSOLE INTUITIVE APP CONSOLE

Our XER console includes a clear 25.4 cm / 10" touch-screen display and an intuitive home screen that offers easy access to entertainment. Includes WiFi and Bluetooth.



XR CONSOLE SIMPLY PERFECT

Our XR console features a clean, bright 21.6 cm / 8.5" LCD display that makes it easy for you to check your workout data at a glance, keeping you on track to reach and surpass your goals.



console programs & features

DISCOVER A **SMARTER WAY** TO WORK OUT

Now you can make every exercise experience as personal as it is powerful. Use all of your subscriptions or none at all. Take on exclusive HIIT programs or move through immersive HD destination footage while you sweat. Enjoy favorite shows and movies through the built-in apps, or connect your devices via HDMI and stream whatever moves you. And with advanced Bluetooth, you can connect your smart equipment to wireless headphones, the included heart rate monitor and the world's most popular training apps.



ADVANCED BLUETOOTH

XUR XIR XER XR

Now advanced Bluetooth can connect your smart equipment to your favorite fitness apps. That means you can compete against exercise enthusiasts from around the world, bringing your workout to life like never before. Bluetooth heart rate monitor included with purchase of touchscreen console.

HDMI™ HIGH-DEFINITION MULTIMEDIA INTERFACE

XUR XIR

An HDMI port makes it easy to connect and mirror your phone or tablet or access popular apps from streaming media devices.* You can enjoy your favorite shows and movies on the high-definition screen, follow live and on-demand classes and much more.

ENTERTAINMENT APPS

XUR XIR XER

You can enjoy your favorite shows, music and movies while you work out. Our touchscreen consoles come with Netflix, YouTube, Spotify, and other popular entertainment apps that make it easy to log in with your own account.**

SPRINT 8

XUR XIR XER XR

This scientifically validated high-intensity interval training program burns fat and builds muscle in short, 20-minute workouts that anyone can fit into their schedule.

VIRTUAL ACTIVE

XUR XIR XER

Experience exciting immersive workouts all over the globe with high-definition destination footage synced to the speed of your workout with Virtual Active. Our touchscreen consoles include two Virtual Active courses.

*Devices and HDMI cable not included. The terms HDMI, HDMI High-definition Multimedia Interface, and the HDMI Logo are trademarks or registered trademarks of HDMI Licensing Administrator, Inc.

**Entertainment apps are subject to change.

WORKOUT PROGRAMS

XUR XIR XER XR

Keep every workout fresh with metric-driven cardio programs. Upgrade to a touchscreen console to create your own custom workouts and repeat workouts automatically saved in your workout calendar.

WIFI ENABLED

XUR XIR XER

Connect your console via WiFi for software updates, connectivity, web browsing and entertainment apps.

INTEGRATED SPEAKERS

XUR XIR XER

Built-in speakers give you the option of listening to your shows, movies, music and programs without headphones.

SOCIAL MEDIA & MORE

XUR XIR XER

Working out doesn't have to be a solitary experience — our premium consoles include apps like Facebook, Twitter, Instagram, PressReader, Weather and more to help you stay connected while you sweat.

MY MEDIA

XUR XIR XER

Play music and video content on the console by connecting your mobile device to the console via USB. Compatible with most Windows and Android phones, tablets and MP3 players.

ENERGY SAVER MODE

XUR XIR XER XR

After 15 minutes of inactivity, the console switches to sleep status, which draws less energy.

AUDIO IN / OUT

XUR XIR XER

Plug your media player into the console to play audio through the integrated speakers, or plug your headphones into the console to listen through your own device.

WEB BROWSER

XUR XIR XER

Includes a web browser to search your favorite sites.





exclusive technologies

EXPERIENCE INSPIRED SOLUTIONS

We invest in technology that completely redefines the exercise experience, helping you reach your fitness goals in smarter, easier and more enjoyable ways. Look for these unique and exclusive features to find out how our premium designs outperform other home fitness equipment.

PERFECT STRIDE MOTION



PerfectStride combines an ideal stride motion and ergonomically correct foot positioning with a variable stride length for a smooth, natural workout experience as you adjust incline to target the muscles you want to work most.

SUSPENSION ELLIPTICAL TECHNOLOGY



Suspension Elliptical Technology features a wheel- and track-free design to reduce noise and friction for long-lasting quality while providing a smooth, consistent feel through the ellipse.

EXACT FORCE INDUCTION BRAKE



Exact Force Induction Brake offers instant, smooth, precise resistance changes at the push of a button, and with no moving parts, it's quieter and more durable as well.

ULTIMATE DECK SYSTEM



Our exclusive Ultimate Deck System includes a heavy-duty frame, extra-thick deck and industrial-grade cushions for miles of durable performance.

JOHNSON DRIVE SYSTEM



The Johnson Drive System helps you stay in perfect rhythm with a quiet, durable, responsive continuous-duty drive system that recalibrates with each footfall.

DUAL FORM FRAME



Our Dual Form Frame significantly improves rider stability over single-post designs and offers a low step-through height for easy access.

COMFORT ARC SEAT



Our Comfort Arc Seat is ergonomically molded to provide unmatched comfort, support and balance during workouts.

A woman with blonde hair tied back, wearing a black tank top, is running on a treadmill. She has a focused expression and is looking slightly to the right. The treadmill is dark grey with a control panel visible on the right side. The background is a plain, light-colored wall.

treadmills

DESIGNED FOR THE ULTIMATE RUN

Experience a natural, powerful workout
with the industry's most advanced frame
and deck combination.



ULTIMATE DECK SYSTEM

TF30 TF50 T70

Our exclusive Ultimate Deck System includes a heavy-duty frame, extra-thick deck and industrial-grade cushions for miles of durable performance.

JOHNSON DRIVE SYSTEM

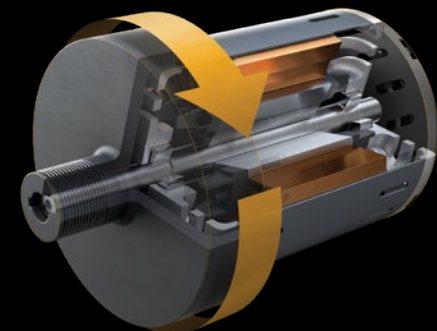
TF30 TF50 T70

The Johnson Drive System helps you stay in perfect rhythm with a quiet, durable, responsive continuous-duty drive system that recalibrates with each footfall.

AC MOTOR

T70

Our industrial-grade 3.0 HP continuous-duty AC drive system provides efficient, durable, responsive performance — minimal internal components require little maintenance, and an absence of internal friction keeps the motor cool and quiet.



NON-FOLDING TREADMILL

Our welded steel frame provides superior stability for users and workouts of all kinds, and our Ultimate Deck System offers miles of durable performance. Choose a T70 treadmill for a waxed belt, an industrial-grade AC motor and an extra-wide running surface every bit as spacious as what you would find in your favorite fitness center.





WAXED BELT

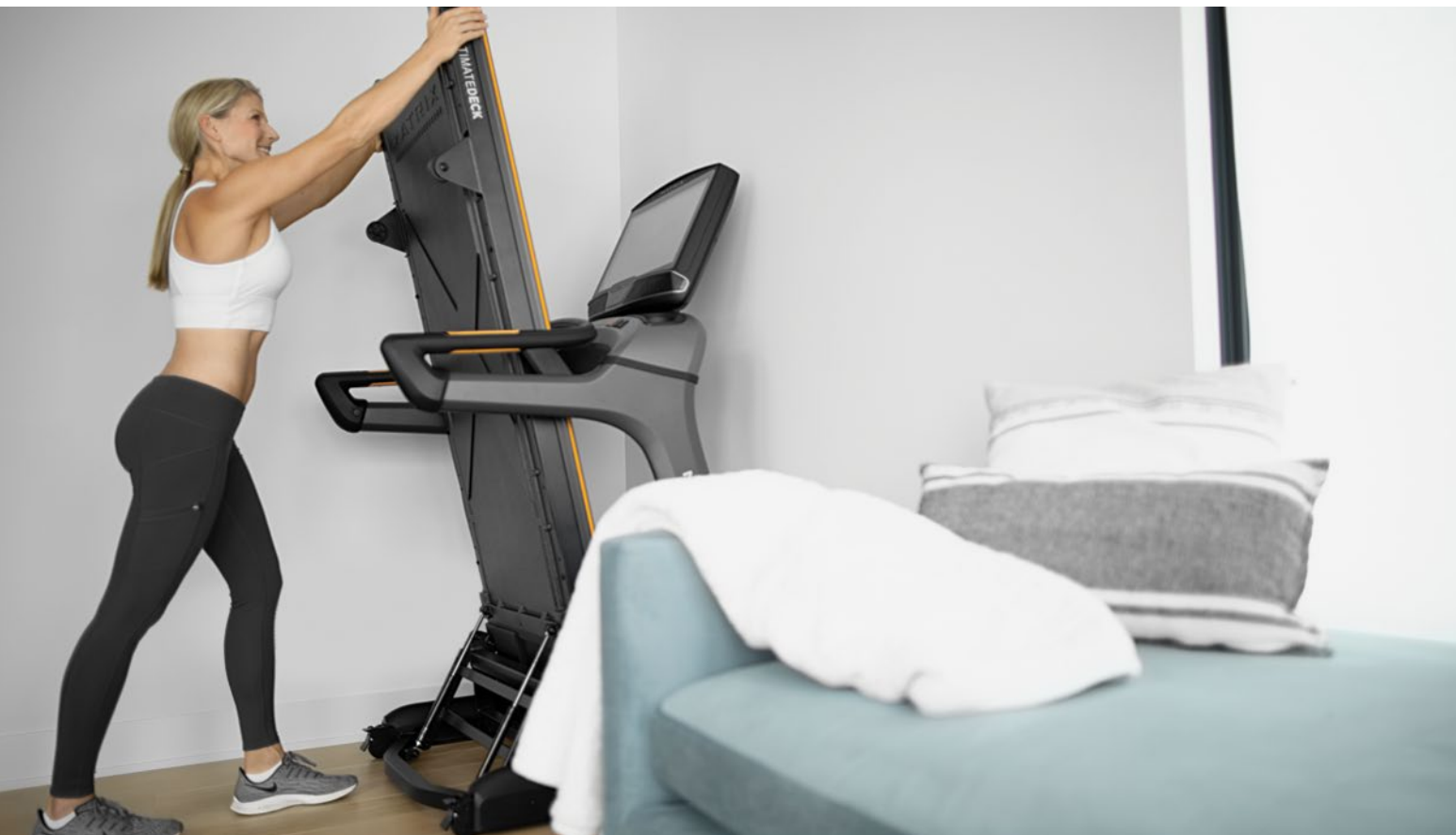
Our T70 belt is designed with a proprietary wax application process that automatically lubricates as you run, eliminating the need for routine silicone lubrication.

T70 TREADMILL

- | Heavy-duty welded steel frame offers unmatched stability
- | Ultimate Deck System provides years of durable performance
- | Waxed belt eliminates routine silicone lubrication
- | Industrial-grade AC motor delivers efficient, durable, responsive operation
- | Extra-wide 56 x 152 cm / 22" x 60" running surface offers space for hard runs
- | Includes full aluminum side rails and soft touch buttons

FOLDING TREADMILL

A dynamic folding design makes it a snap to lift the treadmill deck to a near 90-degree angle and roll the unit away when you need the space, then unlock the deck and lower it smoothly when it's time for a heart-pumping workout. Both include our Ultimate Deck System for miles of durable performance and our exclusive Johnson Drive System for unmatched consistency and smoothness.



EASY-FOLDING FRAME

Our easy-folding frame includes a quick-release latch that smoothly lowers the deck when you're ready to run.



TF50 TREADMILL

- | Folds for space-saving storage
- | Four-wheel transport system rolls smoothly
- 🌀 | Ultimate Deck System provides years of durable performance
- ⚙️ | 3.25 HP Johnson Drive System syncs with each footfall
- | Generous 51 x 152 cm / 20" x 60" running surface
- | Includes aluminum side rails and soft touch buttons



TF30 TREADMILL

- | Folds for space-saving storage
- | Four-wheel transport system rolls smoothly
- 🌀 | Ultimate Deck System provides years of durable performance
- ⚙️ | 3.25 HP Johnson Drive System syncs with each footfall
- | 51 x 140 cm / 20" x 55" running surface

ascent trainers & suspension ellipticals

A SMOOTH, DYNAMIC EXERCISE EXPERIENCE

Discover our Ascent Trainers and suspension ellipticals for a smooth, stable, natural exercise experience that's just as comfortable as it is efficient.



SUSPENSION ELLIPTICAL TECHNOLOGY

A30 A50 E30 E50

Suspension Elliptical Technology features a wheel-and track-free design to reduce noise and friction for long-lasting quality while providing a smooth, consistent feel through the ellipse.

PERFECT STRIDE MOTION

A30 A50

PerfectStride combines an ideal stride motion and ergonomically correct foot positioning with a variable stride length for a smooth, natural workout experience as you adjust incline to target the muscles you want to work most.

EXACT FORCE INDUCTION BRAKE

A50 E50

Exact Force Induction Brake offers instant, smooth, precise resistance changes at the push of a button, and with no moving parts, it's quieter and more durable as well.




ASCENT TRAINERS

Count on our unique Ascent Trainers for a smooth, comfortable, intense workout. PerfectStride combines ergonomic foot positioning with variable stride length for a natural feel as you incline to target muscles. Suspension Elliptical Technology features a wheel- and track-free design to reduce noise and friction for lasting quality while providing a smooth, consistent ellipse. Step up to the A50 to add our exclusive Exact Force Induction Brake and make instant resistance changes at the touch of a button.







A50 ASCENT TRAINER

-  | Suspension Elliptical Technology reduces noise and friction
- | Power incline adjusts from 24% to 54%
-  | PerfectStride Motion delivers a smooth, natural workout, helping you target specific muscles as you adjust incline
-  | Exact Force offers smooth, instant resistance changes
- | Includes 30 electronic resistance settings
- | Multi-grip, dual-action handlebars and oversized pedals with cushioned inserts enhance comfort



A30 ASCENT TRAINER

-  | Suspension Elliptical Technology reduces noise and friction
- | Power incline adjusts from 24% to 54%
-  | PerfectStride Motion delivers a smooth, natural workout, helping you target specific muscles as you adjust incline
- | Includes 20 electronic resistance settings
- | Dual-action handlebars and oversized pedals

SUSPENSION ELLIPTICALS


Experience a harmony of design and natural movement on a comfortable, smooth-moving elliptical with a compact frame that will fit your home. Suspension Elliptical Technology features a wheel- and track-free design to reduce noise and friction for long-lasting quality while providing a smooth, consistent ellipse, and our exclusive Exact Force Induction Brake (E50 only) offers instant resistance changes at the touch of a button.





E50 ELLIPTICAL

| Industry's most compact suspension elliptical design fits your home with ease

 | Suspension Elliptical Technology reduces noise and friction

 | Exact Force offers smooth, instant resistance changes

| Smart ergonomics and optimal pedal spacing offer more comfortable use


| Includes 30 electronic resistance settings

| Multi-grip, dual-action handlebars and oversized pedals with cushioned inserts enhance comfort



E30 ELLIPTICAL

| Industry's most compact suspension elliptical design fits your home with ease

 | Suspension Elliptical Technology reduces noise and friction

| Smart ergonomics and optimal pedal spacing offer more comfortable use

| Includes 20 electronic resistance settings

| Dual-action handlebars and oversized pedals



climbmill

A BETTER WORKOUT FROM THE GROUND UP

Experience a superior stair-climbing workout that's as natural as it is intense thanks to a smart design that fits your home beautifully.

EXACT FORCE INDUCTION BRAKE



Exact Force Induction Brake offers instant, smooth, precise resistance changes at the push of a button, and with no moving parts, it's quieter and more durable as well.

LANDMARKS

Add challenge to your ClimbMill workout by scaling famous buildings, monuments and wonders of the world.



CLIMBMILL

Designed for the fitness enthusiast who wants to burn more calories while toning their lower body with every step, our premium ClimbMill delivers a natural, club-quality stair-climbing workout that fits your space. Expect seamlessly smooth operation, built-to-last design and a frame that fits comfortably in your home.





C50 CLIMBMILL

Fits comfortably in home workout spaces with ceilings lower than traditional fitness facilities



Exact Force Induction Brake offers smooth, instant step speed resistance changes

Offers 25 resistance levels ranging from 24–137 steps per minute to accommodate any fitness level

Position sensor places the bottom step at 26.7 cm / 10.5" for easy entry and exit

Industry-leading features provide a stable, secure stair-climbing experience

Includes convenient handlebar controls, water bottle holder and heart rate grips

bikes

A BETTER RIDE BY DESIGN

Whether you're looking for a classic upright, a laid-back recumbent or a true-to-life indoor cycle, our forward-thinking designs will surprise and delight every time you go for a ride.





DUAL FORM FRAME



U30 U50 R30 R50

Dual Form Frame significantly improves rider stability over single-post designs and offers a low step-through height for easy access.

EXACT FORCE INDUCTION BRAKE



U50 R50

Exact Force Induction Brake offers instant, smooth, precise resistance changes at the push of a button, and with no moving parts, it's quieter and more durable as well.

COMFORT ARC SEAT



U30 U50 R30 R50

Our Comfort Arc Seat is ergonomically molded to provide unmatched comfort, support and balance during workouts.

UPRIGHT BIKES

Discover the unmatched ergonomics of the industry's finest upright bike design. Our Dual Form Frame provides superior stability and easy step-through access, our Comfort Arc Seat maximizes comfort and support, and our Exact Force Induction Brake on the U50 offers smooth, precise resistance changes. Our upright bikes are easy to adjust and customize to meet your abilities, needs and unique fitness goals.





U50 UPRIGHT BIKE

- △ | Dual Form Frame significantly improves stability
- | Offers a low step-through height for easy access
- ▬ | Exact Force offers smooth, instant resistance changes
- ☼ | Comfort Arc Seat provides unmatched comfort
- | Handlebars position can be adjusted to fit all body types comfortably
- | Easy-lift lever quickly adjusts seat to your ideal position
- | Oversized commercial pedals
- | Handlebars, seat and pedals can easily be replaced with your own customized components
- | Includes 30 electronic resistance settings



U30 UPRIGHT BIKE

- △ | Dual Form Frame significantly improves stability
- | Offers a low step-through height for easy access
- ☼ | Comfort Arc Seat provides unmatched comfort
- | Handlebars position can be adjusted to fit all body types comfortably
- | Handlebars, seat and pedals can easily be replaced with your own customized components
- | Includes 20 electronic resistance settings

RECUMBENT BIKES

Experience a versatile recumbent design that comfortably distributes weight and maximizes support. Our Dual Form Frame provides superior stability and easy step-through access, our ergonomic Comfort Arc Seat maximizes comfort and support, and our Exact Force Induction Brake on the R50 offers smooth, precise resistance changes at the touch of a button.





R50 RECUMBENT BIKE

| Recumbent design distributes weight comfortably

▲ | Dual Form Frame significantly improves stability

| Offers a low step-through height for easy access, plus a step-assist platform provides sure-footed stability

▬ | Exact Force offers smooth, instant resistance changes

▬ | Comfort Arc Seat with oversized, reclining mesh seatback provides excellent ventilation and unmatched comfort

| Includes 30 electronic resistance settings

| Oversized commercial pedals



R30 RECUMBENT BIKE

| Recumbent design distributes weight comfortably

▲ | Dual Form Frame significantly improves stability

| Offers a low step-through height for easy access

▬ | Comfort Arc Seat with mesh seatback provides excellent ventilation and comfort

| Includes 20 electronic resistance settings

INDOOR CYCLE

Perfect for cycling enthusiasts seeking a true-to-life riding experience, our high-performance design makes the most out of every moment spent training and easily adjusts to an ideal riding position.





ES INDOOR CYCLE

| Perimeter-weighted flywheel provides smooth, consistent performance

| Micro-adjust knob offers precise resistance changes

| Seat easily adjusts to ideal riding position

| Handlebars adjust fore and aft for comfort

connexus home

FOR STRENGTH.
FOR CARDIO.
FOR YOUR HOME

Experience transformational, club-quality functional fitness with an amazingly versatile system designed to fit your space and your schedule.





MATRIX FITNESS HOME WORKOUT APP

Free app includes expert trainer advice, guided workouts, muscle recovery session, instructional videos and an exercise library.

SPACE-EFFICIENT DESIGN

The fully contained design lets you take on a full spectrum of exercises in a space just slightly larger than the footprint of a treadmill.

QUICK, EASY-ASSEMBLY

Our five-piece design fits together smoothly and provides excellent stability without ever attaching it to your wall.

CXR50 FUNCTIONAL TRAINING SYSTEM

Whether you're a boot camp enthusiast or just looking to build strength to do the things you love, our functional training system can help you sculpt a lean, strong body at home. Choose Connexus Home for easy connection to a range of accessories, a variety of strength and cardio exercises, original workouts that deliver transformational results, and a sleek design that fits your space beautifully.



CONNEXUS HOME

FUNCTIONAL TRAINING SYSTEM



1 | ACTIVITY BASE

Durable activity base protects your floor and includes a non-slip surface for stability during intense workouts. Progression lines help users maintain proper form and easily adjust difficulty.

2 | BASE ANCHORS

Solid base anchors offer unique attachment points for resistance bands, intensifying strength training.

3 | POWER GRID

Power grid provides a wide range of attachment points for resistance bands and other accessories.

4 | SUSPENSION ANCHOR

Suspension anchor allows for hundreds of bodyweight and gravity-based exercises.

5 | PULL-UP BAR

Pull-up bar allows for a range of bodyweight exercises.

6 | BUILT-IN STORAGE

Built-in training bar storage makes it easy to stow or access the bar for quick transitions. Suspension strap hooks keep suspension straps conveniently out of the way when not in use.

7 | FOAM ROLLER

Included foam roller relaxes sore muscles while improving mobility and range of motion.

8 | RESISTANCE BANDS

Included loop bands provide resistance in all phases of movement. Set includes two light, two medium and two heavy-resistance bands.

9 | TRAINING BAR

11-lb. training bar takes a wide range of functional movements and traditional exercises to the next level when used with resistance bands.

10 | SMART STORAGE CHALKBOARD

Magnetic chalkboard keeps your device in view and offers a convenient place to make workout notes.

CONNEXUS HOME

one free app

LIMITLESS FUNCTIONAL
FITNESS POSSIBILITIES.

Free Matrix Fitness Home Workout app includes expert trainer advice, guided workouts, muscle recovery, instructional videos and an exercise library.





60-DAY CONNEXUS PROGRAM

Take out the guesswork and stay on track for your physical transformation.



BODY BURN WORKOUT

Burn fat at an amazing rate with our HIIT workout.



BODY STRONG WORKOUT

Sculpt a lean, toned physique while building functional strength.



BODY BLAST WORKOUT

Invigorate your body and build endurance.



BODY SCORE WORKOUT

Review progress and challenge yourself to keep going.



BODY REVIVE SESSION

Relax sore muscles with a foam rolling routine.





XUR
THE ULTIMATE ENTERTAINMENT

22" HD touchscreen offers our brightest display and easy access to entertainment apps.



XIR
ENTERTAINMENT EXCELLENCE

16" touchscreen offers an HD display and easy access to entertainment apps.



XER
INTUITIVE APP INTERFACE

10" touchscreen features a clear display and easy access to entertainment apps.



XR
SIMPLY PERFECT

8.5" LCD makes it easy to check workout data at a glance.

	XUR	XIR	XER	XR
DISPLAY	55.9 cm / 22" class HD touchscreen	40.6 cm / 16" class HD touchscreen	25.4 cm / 10" class touchscreen	21.6 cm / 8.5" Extra-wide blue LCD
WORKOUT PROGRAMS	●	●	●	●
BLUETOOTH FTMS	●	●	●	●
SPEAKERS	●	●	●	●
USB PORTS	●	●	●	●
HDMI PORT*	●	●	●	●
CONSOLE APPS (SEE BELOW)	●	●	●	●
VIRTUAL ACTIVE™ INTEGRATED	●	●	●	●
SPRINT 8" INTEGRATED	●	●	●	●
BLUETOOTH HEART RATE	●	●	●	●
BLUETOOTH HR STRAP INCLUDED	●	●	●	●
READING RACK	●	●	●	●
ENERGY SAVER MODE	●	●	●	●
CONSOLE WEIGHT	11 kg / 24 lbs.	5.5 kg / 12 lbs.	4.5 kg / 10 lbs.	3.5 kg / 8 lbs.

* The term HDMI and the HDMI Logo are trademarks or registered trademarks of HDMI Licensing Administrator, Inc. HDMI cables, media player and devices not included.

TREADMILLS	T70	TF50				TF30						
FEATURES												
FRAME	Non-folding	Folding				Folding						
RUNNING AREA	56 x 152 cm / 22" x 60"	51 x 152 cm / 20" x 60"				51 x 140 cm / 20" x 55"						
CUSHIONING	Ultimate Deck System	Ultimate Deck System				Ultimate Deck System						
BELT	2-ply waxed, 2.2 mm	2-ply, 2.2 mm				2-ply, 1.6 mm						
DECK THICKNESS	25.4 mm / 1"	25.4 mm / 1"				25.4 mm / 1"						
MOTOR	3.0 HP continuous-duty AC drive system	3.25 HP continuous-duty DC Johnson Drive System				3.25 HP continuous duty DC Johnson Drive System						
SPEED RANGE	0.8 – 20 km/h / 0.5 – 12.5 mph	0.8 – 20 km/h / 0.5 – 12.5 mph				0.8 – 20 km/h / 0.5 – 12.5 mph						
INCLINE RANGE	0% – 15%	0% – 15%				0% – 15%						
EXTRAS	Water bottle pockets, device rack, soft-touch buttons, heart rate grips, full aluminum side rails	Water bottle pockets, device rack, soft-touch buttons, heart rate grips, aluminum side rails, 4-wheel transport system				Water bottle pockets, device rack, heart rate grips, 4-wheel transport system						
TECH SPECS												
DIMENSIONS (L X W X H)	201 x 91 x 156 cm / 79" x 36" x 61"	206 x 90 x 158 cm / 81" x 35" x 62"				195 x 90 x 157 cm / 77" x 35" x 62"						
FOLDED DIMENSIONS (L X W X H)	N/A	106 x 90 x 192 cm / 42" x 35" x 76"				106 x 90 x 181 cm / 42" x 35" x 71"						
PRODUCT WEIGHT	138 kg / 304 lbs.	135 kg / 298 lbs.				128 kg / 282 lbs.						
USER WEIGHT CAPACITY	181 kg / 400 lbs.	181 kg / 400 lbs.				159 kg / 350 lbs.						
CONSOLE OPTIONS	XUR	XIR	XER	XR	XUR	XIR	XER	XR	XIR	XER	XR	
TRAINING PROGRAMS												
MANUAL	•	•	•	•	•	•	•	•	•	•	•	
CUSTOM	•	•	•	•	•	•	•	•	•	•	•	
FAT BURN	•	•	•	•	•	•	•	•	•	•	•	
ROLLING HILLS	•	•	•	•	•	•	•	•	•	•	•	
INTERVALS (RESISTANCE)	•	•	•	•	•	•	•	•	•	•	•	
INTERVALS (INCLINE)	•	•	•	•	•	•	•	•	•	•	•	
GOALS PROGRAMS												
TIME	•	•	•	•	•	•	•	•	•	•	•	
DISTANCE	•	•	•	•	•	•	•	•	•	•	•	
CALORIE	•	•	•	•	•	•	•	•	•	•	•	
TARGET HEART RATE PROGRAMS												
INCLINE	•	•	•	•	•	•	•	•	•	•	•	
SPEED	•	•	•	•	•	•	•	•	•	•	•	
SPRINT 8 PROGRAM												
SPRINT 8	•	•	•	•	•	•	•	•	•	•	•	
VIRTUAL ACTIVE PROGRAMS												
AMERICAN NORTHEAST	•	•	•	•	•	•	•	•	•	•	•	
NORTHERN ROCKIES	•	•	•	•	•	•	•	•	•	•	•	
WORKOUT FEEDBACK												
TIME ELAPSED	•	•	•	•	•	•	•	•	•	•	•	
TIME GOAL	•	•	•	•	•	•	•	•	•	•	•	
TIME REMAINING	•	•	•	•	•	•	•	•	•	•	•	
CLOCK	•	•	•	•	•	•	•	•	•	•	•	
MILES / KILOMETERS	•	•	•	•	•	•	•	•	•	•	•	
CURRENT SPEED (MPH / KPH)	•	•	•	•	•	•	•	•	•	•	•	
PREVIOUS SPEED (MPH/KPH)	•	•	•	•	•	•	•	•	•	•	•	
PACE	•	•	•	•	•	•	•	•	•	•	•	
AVERAGE PACE	•	•	•	•	•	•	•	•	•	•	•	
HEART RATE	•	•	•	•	•	•	•	•	•	•	•	
PEAK HEART RATE	•	•	•	•	•	•	•	•	•	•	•	
CALORIES	•	•	•	•	•	•	•	•	•	•	•	
CALORIES / HOUR	•	•	•	•	•	•	•	•	•	•	•	
WATTS	•	•	•	•	•	•	•	•	•	•	•	
METS	•	•	•	•	•	•	•	•	•	•	•	
ELEVATION	•	•	•	•	•	•	•	•	•	•	•	
INCLINE %	•	•	•	•	•	•	•	•	•	•	•	
PREVIOUS INCLINE %	•	•	•	•	•	•	•	•	•	•	•	

*Product specifications subject to change without notice. **Product availability may vary by market.

ASCENT TRAINERS & ELLIPTICALS	A50				A30			E50				E30		
FEATURES														
FRAME	Ascent Trainer				Ascent Trainer			Suspension Elliptical Trainer				Suspension Elliptical Trainer		
STRIDE LENGTH	51 – 61 cm / 20" – 24"				51 – 61 cm / 20" – 24"			51 cm / 20"				51 cm / 20"		
STEP-ON HEIGHT	22 cm / 8.7"				22 cm / 8.7"			23 cm / 9.1"				23 cm / 9.1"		
POWER INCLINE	24% – 54%				24% – 54%			N/A				N/A		
FLYWHEEL	N/A				13.5 kg / 30 lbs.			N/A				10.5 kg / 23.1 lbs.		
RESISTANCE SYSTEM	Exact Force Induction Brake				ECB magnetic braking system			Exact Force Induction Brake				ECB magnetic braking system		
RESISTANCE LEVELS	30 levels, electronically adjustable				20 levels, electronically adjustable			30 levels, electronically adjustable				20 levels, electronically adjustable		
PEDALS	Oversized with rubber inserts				Oversized			Oversized with rubber inserts				Oversized		
PEDAL SPACING	65 mm / 2.6"				65 mm / 2.6"			63.5 mm / 2.5"				63.5 mm / 2.5"		
HANDLEBAR TYPE	Multi-position dual action, stationary with resistance / incline toggles and heart rate grips				Dual action, stationary with resistance / incline toggles and heart rate grips			Multi-position dual action, stationary with resistance toggles and heart rate grips				Dual action, stationary with resistance toggles and heart rate grips		
EXTRAS	Water bottle holder, accessory tray				Water bottle holder, accessory tray			Water bottle holder, accessory tray				Water bottle holder, accessory tray		
TECH SPECS														
DIMENSIONS (L X W X H)	191 x 86 x 174 cm / 75.2" x 33.9" x 68.5"				186 x 73 x 164 cm / 73" x 29" x 65"			148 x 76 x 180 cm / 58" x 30" x 71" (Active Footprint 173 x 76 x 180 cm / 68" x 30" x 71")				148 x 73 x 166 cm / 58" x 29" x 65" (Active Footprint 173 x 73 x 172 cm / 68" x 29" x 68")		
PRODUCT WEIGHT	144 kg / 318 lbs.				142 kg / 313 lbs.			133 kg / 293 lbs.				129 kg / 284 lbs.		
USER WEIGHT CAPACITY	159 kg / 350 lbs.				159 kg / 350 lbs.			147 kg / 325 lbs.				147 kg / 325 lbs.		
CONSOLE OPTIONS	XUR	XIR	XER	XR	XIR	XER	XR	XUR	XIR	XER	XR	XIR	XER	XR
TRAINING PROGRAMS														
MANUAL	•	•	•	•	•	•	•	•	•	•	•	•	•	•
CUSTOM	•	•	•	•	•	•	•	•	•	•	•	•	•	•
FAT BURN	•	•	•	•	•	•	•	•	•	•	•	•	•	•
ROLLING HILLS	•	•	•	•	•	•	•	•	•	•	•	•	•	•
INTERVALS (RESISTANCE)	•	•	•	•	•	•	•	•	•	•	•	•	•	•
INTERVALS (INCLINE)	•	•	•	•	•	•	•	•	•	•	•	•	•	•
CONSTANT WATTS	•	•	•	•	•	•	•	•	•	•	•	•	•	•
GLUTES	•	•	•	•	•	•	•	•	•	•	•	•	•	•
GOALS PROGRAMS														
TIME	•	•	•	•	•	•	•	•	•	•	•	•	•	•
DISTANCE	•	•	•	•	•	•	•	•	•	•	•	•	•	•
CALORIE	•	•	•	•	•	•	•	•	•	•	•	•	•	•
TARGET HEART RATE PROGRAM														
RESISTANCE	•	•	•	•	•	•	•	•	•	•	•	•	•	•
SPRINT 8 PROGRAM														
SPRINT 8	•	•	•	•	•	•	•	•	•	•	•	•	•	•
VIRTUAL ACTIVE PROGRAMS														
AMERICAN NORTHEAST	•	•	•	•	•	•	•	•	•	•	•	•	•	•
NORTHERN ROCKIES	•	•	•	•	•	•	•	•	•	•	•	•	•	•
WORKOUT FEEDBACK														
TIME ELAPSED	•	•	•	•	•	•	•	•	•	•	•	•	•	•
TIME GOAL	•	•	•	•	•	•	•	•	•	•	•	•	•	•
TIME REMAINING	•	•	•	•	•	•	•	•	•	•	•	•	•	•
CLOCK	•	•	•	•	•	•	•	•	•	•	•	•	•	•
MILES / KILOMETERS	•	•	•	•	•	•	•	•	•	•	•	•	•	•
RPM	•	•	•	•	•	•	•	•	•	•	•	•	•	•
CURRENT SPEED (MPH / KPH)	•	•	•	•	•	•	•	•	•	•	•	•	•	•
PACE	•	•	•	•	•	•	•	•	•	•	•	•	•	•
AVERAGE PACE	•	•	•	•	•	•	•	•	•	•	•	•	•	•
HEART RATE	•	•	•	•	•	•	•	•	•	•	•	•	•	•
PEAK HEART RATE	•	•	•	•	•	•	•	•	•	•	•	•	•	•
CALORIES	•	•	•	•	•	•	•	•	•	•	•	•	•	•
CALORIES / HOUR	•	•	•	•	•	•	•	•	•	•	•	•	•	•
WATTS	•	•	•	•	•	•	•	•	•	•	•	•	•	•
METS	•	•	•	•	•	•	•	•	•	•	•	•	•	•
INCLINE %	•	•	•	•	•	•	•	•	•	•	•	•	•	•
PREVIOUS INCLINE %	•	•	•	•	•	•	•	•	•	•	•	•	•	•
RESISTANCE	•	•	•	•	•	•	•	•	•	•	•	•	•	•
PREVIOUS RESISTANCE	•	•	•	•	•	•	•	•	•	•	•	•	•	•

*Product specifications subject to change without notice. **Product availability may vary by market.

BIKES	U50				U30			R50				R30			ES INDOOR CYCLE
FEATURES															
FRAME	Dual Form step-through upright				Dual Form step-through upright			Dual Form step-through recumbent				Dual Form step-through recumbent			High-tensile steel frame
RESISTANCE SYSTEM	Exact Force Induction Brake				ECB magnetic braking system			Exact Force Induction Brake				ECB magnetic braking system			Friction brake with micro-adjust knob and emergency brake
RESISTANCE LEVELS	30 Levels, electronically adjustable				20 Levels, electronically adjustable			30 Levels, electronically adjustable				20 Levels, electronically adjustable			N/A
FLYWHEEL	N/A				10.5 kg / 23 lbs.			N/A				10.5 kg / 23 lbs.			21 kg / 46 lbs.
SEAT	Comfort Arc upright seat, interchangeable				Comfort Arc upright seat, interchangeable			Comfort Arc Seat with oversized reclining mesh seatback				Comfort Arc Seat with mesh seatback			Padded sport saddle
SEAT ADJUSTMENT	Up / down via easy-lift lever				Up / down via turn-and-pull knob			Fore / aft via easy-adjust lever				Fore / aft via easy-adjust lever			Stainless-steel seat post and extendable slider with scale
HANDLEBARS	Multi-grip handlebars with resistance toggles and heart rate grips, adjustable, interchangeable				Multi-grip handlebars with resistance toggles and heart rate grips, adjustable, interchangeable			Seat-mounted with resistance toggles and heart rate grips, front-assist handles				Seat-mounted with resistance toggles and heart rate grips, front-assist handles			Multi-position with rubberized grips
PEDALS	Oversized commercial pedals, interchangeable				Self-balancing with adjustable straps, interchangeable			Oversized commercial pedals, interchangeable				Self-balancing with adjustable straps			Alloy pedals with toe clip and strap
EXTRAS	Water bottle holder				Water bottle holder			Water bottle holder, step-assist platform				Water bottle holder			Water bottle holder, maintenance-free belt drive
TECH SPECS															
DIMENSIONS (L X W X H)	122 x 62 x 143 cm / 48" x 24" x 56"				122 x 62 x 143 cm / 48" x 24" x 56"			183 x 64 x 136 cm / 72" x 25" x 54"				158 x 64 x 121 cm / 62" x 25" x 48"			121 x 59 x 129 cm / 48" x 23" x 51"
PRODUCT WEIGHT	55 kg / 122 lbs.				52 kg / 115 lbs.			78 kg / 172 lbs.				70 kg / 155 lbs.			58 kg / 127 lbs.
USER WEIGHT CAPACITY	159 kg / 350 lbs.				159 kg / 350 lbs.			159 kg / 350 lbs.				159 kg / 350 lbs.			136 kg / 300 lbs.
CONSOLE OPTIONS	XUR	XIR	XER	XR	XIR	XER	XR	XUR	XIR	XER	XR	XIR	XER	XR	
TRAINING PROGRAMS															
MANUAL	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
CUSTOM	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
FAT BURN	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
ROLLING HILLS	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
INTERVALS (RESISTANCE)	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
CONSTANT WATTS	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
GOALS PROGRAMS															
TIME	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
DISTANCE	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
CALORIE	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
TARGET HEART RATE PROGRAM															
RESISTANCE	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
SPRINT 8 PROGRAM															
SPRINT 8	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
VIRTUAL ACTIVE PROGRAMS															
AMERICAN NORTHEAST	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
NORTHERN ROCKIES	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
WORKOUT FEEDBACK															
TIME ELAPSED	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
TIME GOAL	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
TIME REMAINING	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
CLOCK	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
MILES / KILOMETERS	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
RPM	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
CURRENT SPEED (MPH / KPH)	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
PACE	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
AVERAGE PACE	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
HEART RATE	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
PEAK HEART RATE	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
CALORIES	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
CALORIES / HOUR	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
WATTS	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
METS	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
RESISTANCE	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
LAST RESISTANCE	•	•	•	•	•	•	•	•	•	•	•	•	•	•	

*Product specifications subject to change without notice. **Product availability may vary by market.

CLIMBMILL	C50
FEATURES	
FRAME	ClimbMill
RESISTANCE SYSTEM	Exact Force Induction Brake
RESISTANCE LEVELS	25 levels, electronic
STEPS PER MINUTE	24-137 SPM
STEP-ON HEIGHT	26.7 cm / 10.5"
STEP HEIGHT	14.3 cm / 5.6"
STEP DEPTH	23 cm / 9"
STEP WIDTH	40.2 cm / 15.8"
EXTRAS	Control Zone, water bottle holder, stationary handles with heart rate grips and in-reach controls

TECH SPECS	
DIMENSIONS (L X W X H)	135 x 72 x 190 cm / 53" x 28" x 75"
PRODUCT WEIGHT	134.5 kg / 296 lbs.
USER WEIGHT RANGE	Minimum: 45 kg / 99 lbs. Maximum: 136 kg / 300 lbs.

CONSOLE OPTIONS	XUR	XIR	XER	XR
TRAINING PROGRAMS				
MANUAL	•	•	•	•
CUSTOM	•	•	•	•
FAT BURN	•	•	•	•
ROLLING HILLS	•	•	•	•
INTERVALS (RESISTANCE)	•	•	•	•
GOALS PROGRAMS	•	•	•	•
TIME	•	•	•	•
FLOORS	•	•	•	•
CALORIE	•	•	•	•
TARGET HEART RATE PROGRAMS	•	•	•	•
RESISTANCE	•	•	•	•
SPRINT 8 PROGRAM				
SPRINT 8	•	•	•	•
LANDMARKS PROGRAM				
LANDMARKS	•	•	•	•
VIRTUAL ACTIVE PROGRAMS				
AMERICAN NORTHEAST	•	•	•	•
NORTHERN ROCKIES	•	•	•	•
WORKOUT FEEDBACK				
TIME ELAPSED	•	•	•	•
TIME GOAL	•	•	•	•
TIME REMAINING	•	•	•	•
CLOCK	•	•	•	•
HEART RATE	•	•	•	•
PEAK HEART RATE	•	•	•	•
CALORIES	•	•	•	•
CALORIES / HOUR	•	•	•	•
WATTS	•	•	•	•
METS	•	•	•	•
SPM	•	•	•	•
AVERAGE SPM	•	•	•	•
TOTAL STEPS	•	•	•	•
TOTAL FLOORS	•	•	•	•
RESISTANCE	•	•	•	•
PREVIOUS RESISTANCE	•	•	•	•

CONNEXUS HOME	CXR50
FEATURES	
INCLUDED ACCESSORIES	5 kg / 11-lb. Training Bar, 6 Resistance Bands (2 light, 2 medium, 2 heavy), Foam Roller, Smart Storage Chalkboard, Training Guide, Free Matrix Fitness Home Workout App
DIMENSIONS (L x W x H)	225 x 114 x 216 cm / 90" x 45" x 85"
PRODUCT WEIGHT	139 kg / 306.5 lbs.
USER WEIGHT CAPACITY	159 kg / 350 lbs.



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Strong • Smart • Beautiful

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Product specifications subject to change without notice.
Product availability may vary by market.