MATRIX

Strong • Smart • Beautiful

G3-MSFT3-02 & G3-MSFT4-02

Service Manual

Product Browse

G3-MSFT300



G3-MSFT400



Contents

CHAPTER 1: SERIAL NUMBER LOCATION 4

CHAPTER 2: ASSEMBLY INSTRUCTION 5

CHAPTER 3: TROUBLESHOOTING

3.1 Troubleshooting-Cable Issues 8

3.2 Troubleshooting-Weight Stake Pin Issue 9

3.2 Troubleshooting-Pull Pin issues 10

CHAPTER 4: PART REPLACEMENT GUIDE

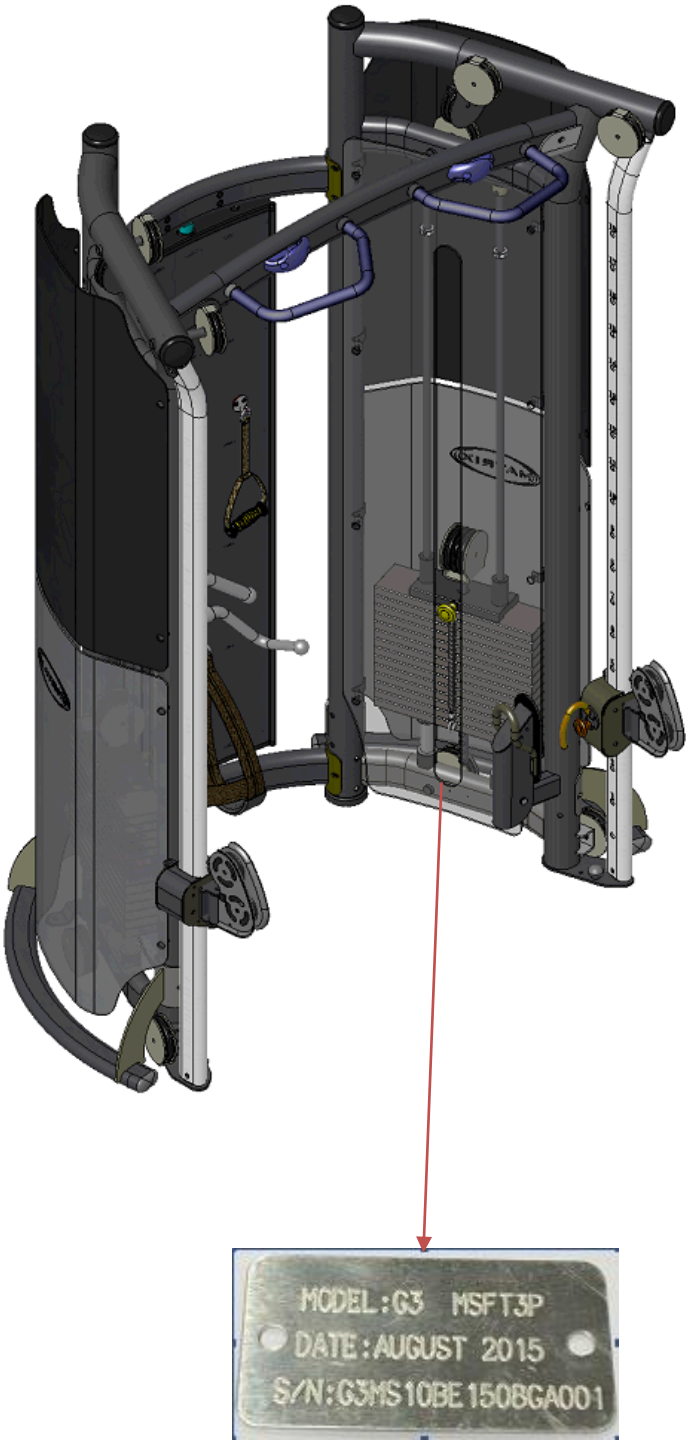
4.1 Hand Grip Foam Replacement 11

4.2 Pedal Grip Adjustment Handle Replacement 12

4.3 Adjustment Grip Replacement 13

4.4 Climbing Hold Replacement 14

1.1 Serial Number Location



The serial number is located at the bottom of the weight stack frame.

2.1 G3-MSFT-02&G3-MSFT4-02 ASSEMBLY INSTRUCTION

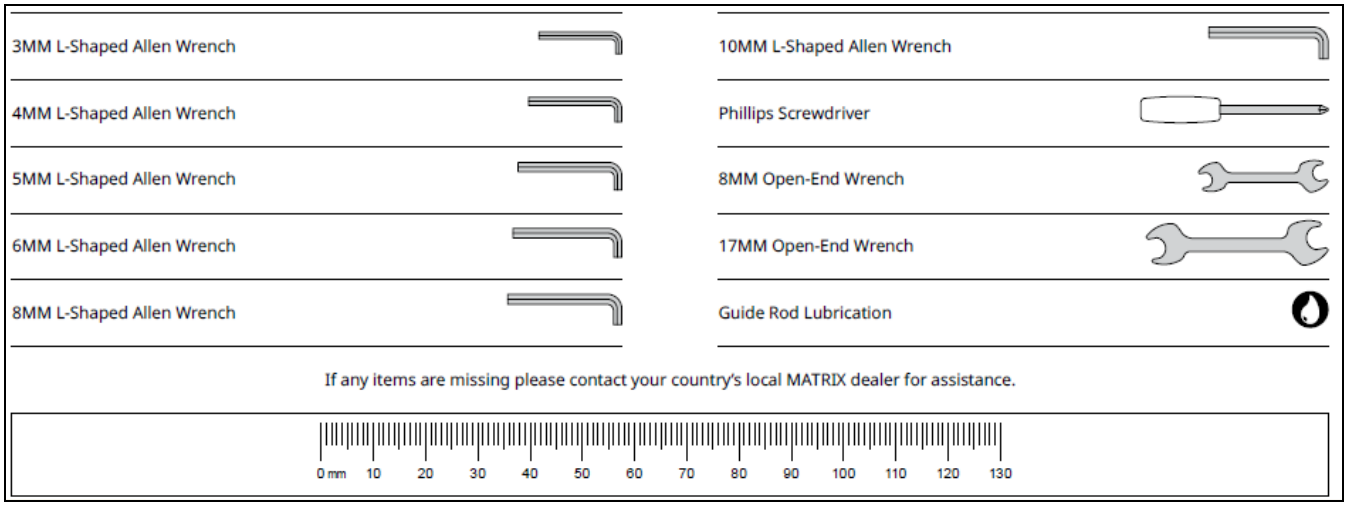
UNPACKING G3-MSFT 300lbs/400lbs Multi-Station Functional Trainer

Thank you for purchasing a MATRIX Fitness product. It is inspected before it is packaged. It is shipped in multiple pieces to facilitate the compact packaging of the machine. Prior to assembly, confirm all the components by matching them withthe exploded diagrams. Carefully unpack the unit from this box and dispose of the packing materials in accordance with your local laws.

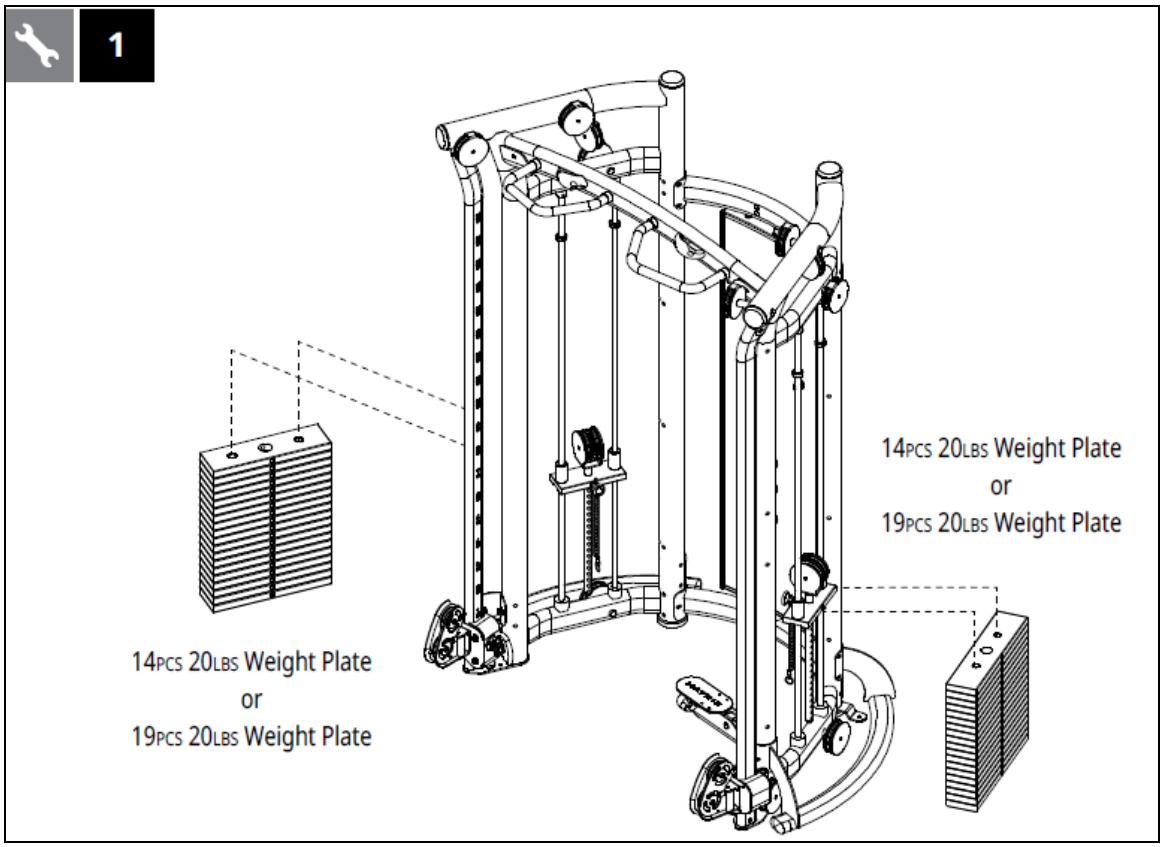
CAUTION

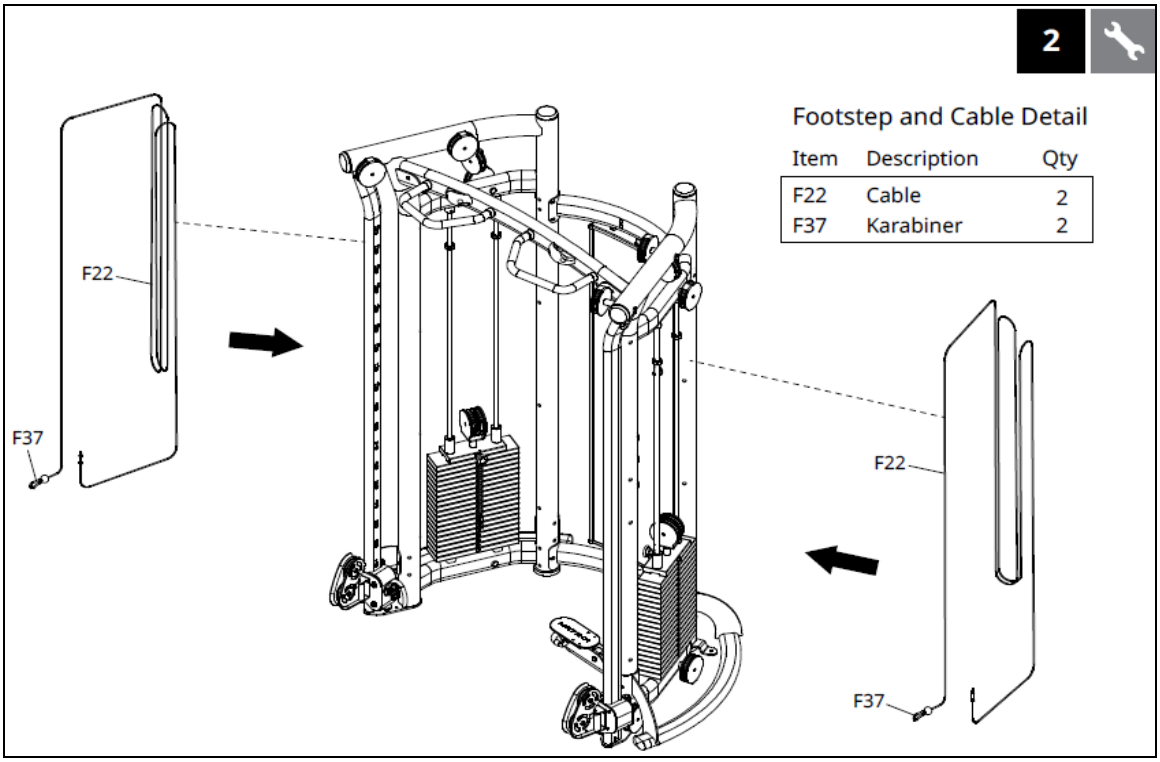
To avoid injury to yourself and prevent damage to the frame components, be sure to have proper assistance removing the frame pieces from this box. Please be sure to install the equipment on a stable base, and properly level the machine. Ensure a minimum clearance width of 0.6 meters (24”) for access to and passage around MATRIX strength equipment. Please note, 0.91 meters (36”) is the ADA recommended clearance width for individuals in wheelchairs.

TOOLS REQUIRED FOR ASSEMBLY (not included)

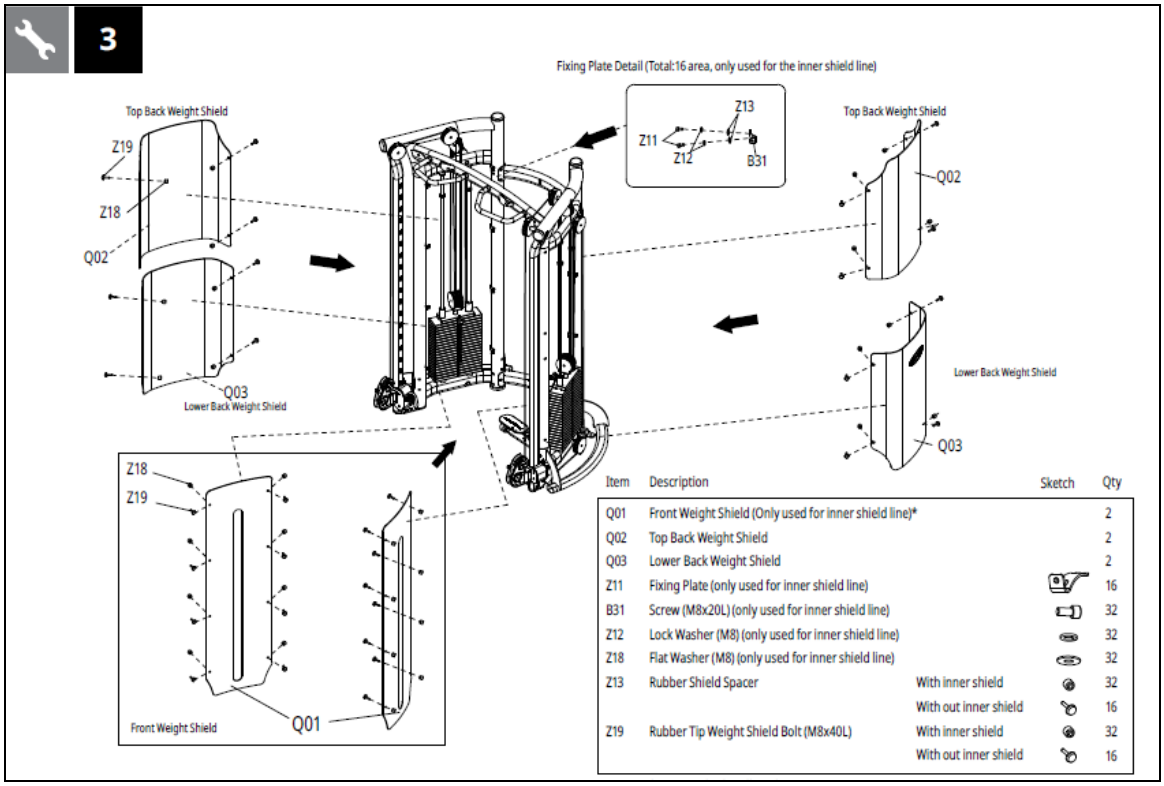


2.2 G3-MSFT-02&G3-MSFT4-02 ASSEMBLY INSTRUCTION CONTINUED

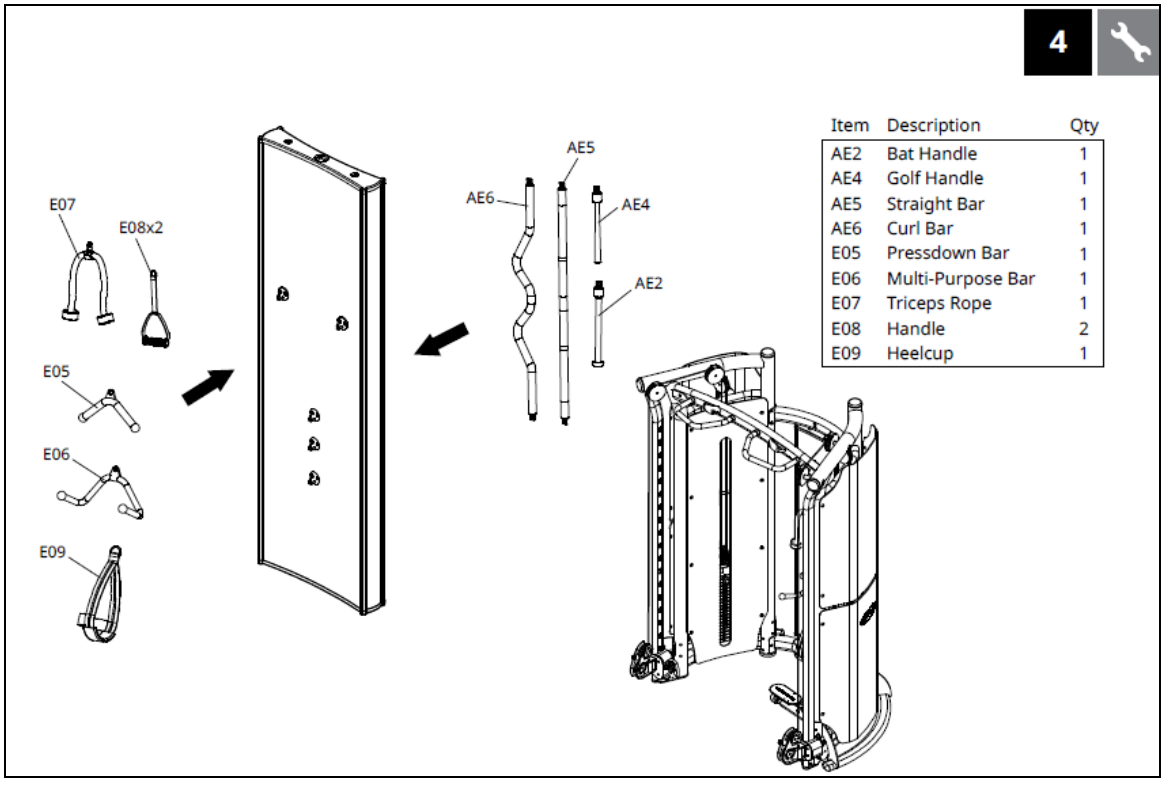




2.2 G3-MSFT-02&G3-MSFT4-02 ASSEMBLY INSTRUCTION CONTINUED



Item	Description		Sketch	Qty
Q01	Front Weight Shield (Only used for inner shield line)*			2
Q02	Top Back Weight Shield			2
Q03	Lower Back Weight Shield			2
Z11	Fixing Plate (only used for inner shield line)			16
B31	Screw (M8x20L) (only used for inner shield line)			32
Z12	Lock Washer (M8) (only used for inner shield line)			32
Z18	Flat Washer (M8) (only used for inner shield line)			32
Z13	Rubber Shield Spacer	With inner shield		32
		With out inner shield		16
Z19	Rubber Tip Weight Shield Bolt (M8x40L)	With inner shield		32
		With out inner shield		16



Item	Description	Qty
AE2	Bat Handle	1
AE4	Golf Handle	1
AE5	Straight Bar	1
AE6	Curl Bar	1
E05	Pressdown Bar	1
E06	Multi-Purpose Bar	1
E07	Triceps Rope	1
E08	Handle	2
E09	Heelcup	1

3.1 TROUBLESHOOTING-CABLE ISSUES

CABLE LOOSE

1) SYMPTOM:

a. The fix bolts are loosed.

2) SOLUTION:

a. Undo the former fixing nut , then the cable screw should be adjust fronted.(Figure A & B).

b. Lock the fixing nut (Figure C).



Figure A



Figure B



Figure C

3.2 TROUBLESHOOTING-WEIGHT STACK PIN ISSUES

WEIGHT STACK PIN ISSUES

1) SYMPTOM:

a. The weight stack pin is bent.

b. The cable is attached too loosely or too tightly.

c. The weight plates are not seated correctly at the bottom of the guide rods.

d. The top weight plate bushings are damaged.

2) SOLUTION:

a. Check the weight stack pin for straightness. Replace if needed.

b. Check the tightness of the cable. If the cable is too loose or too tight:

1) Remove the 4 screws holding down the aluminum wing and top cover. Detach the rep counter wire and set aside the aluminum wing and top cover.

2) Loosen the 2 bolts holding the 2 pulleys in place at the top of the weight stack frame. NOTE: A short 8 mm Allen wrench may be needed for some models.

3) Rotate the 2 pulley assemblies to remove the slack from the cable, then re-tighten the 2 pulley bolts.

c. Remove the clips holding the weight stack guide rods to the top of the weight stack frame

1) Lean the guide rods towards the unit frame and shake back and forth so that the weight plates are seated at the bottom of the guide rods without any gap between plates.

d. Replace the top weight plate bushings.

3.3 TROUBLESHOOTING-PULL PINS ISSUE

PULL PINS ISSUE

1) SYMPTOM:

a. The pins are rubbing on the frame creating friction.

2) SOLUTION:

a. Remove the affected pin, add grease (Matrix recommends SuperLube brand grease with PTFE) and then re-install the pin

4.1 HAND GRIP FOAM REPLACEMENT

1) To loose the screws of end cap of handlebar (Figure A).
2) To take off the end cap and cut off the original foam (Figure B).
3) Using tape to seal up the handlebar tube to avoid the oil or suds into the tube (Figure C).
4) To bent and hold the end of foam then put oil or suds into the inside of foam (Figure D).
5) Push the foam to tube (Figure E).
6) Take off the tape and fix the end cap (Figure F)



Figure A

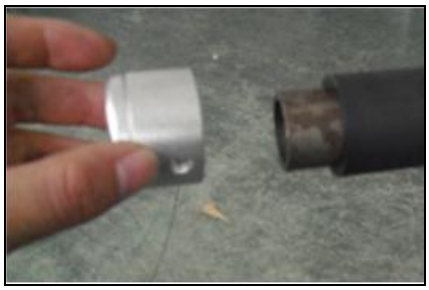


Figure B



Figure C



Figure D



Figure E



Figure F

4.2 PEDAL GRIP ADJUSTMENT HANDLE REPLACEMENT

1) Loose 4 bolts and take out the grip. (Figure A).

2) Replace Grip and fix the 4 bolts (Figure B).



Figure A

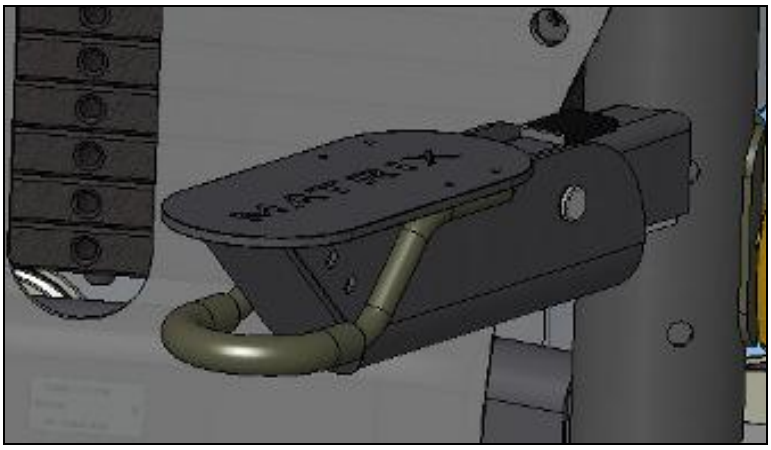


Figure B

4.3 ADJUSTMENT GRIP REPLACEMENT

1) Loose the stopper bolts and take out the grip.(Figure A).
2) Replace Grip and fix the 2 bolts (Figure B).

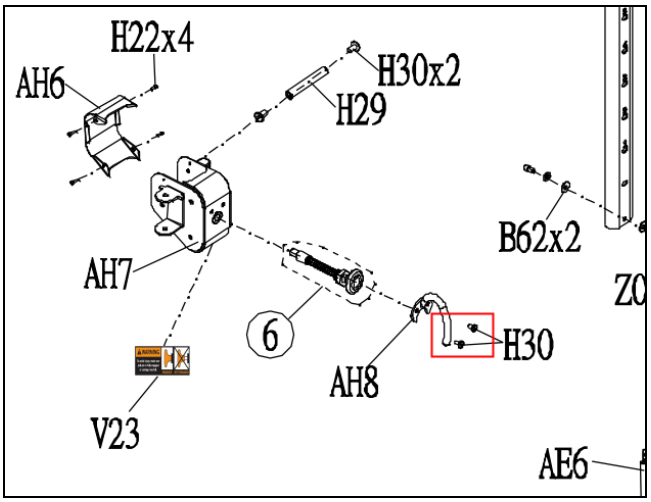


Figure A

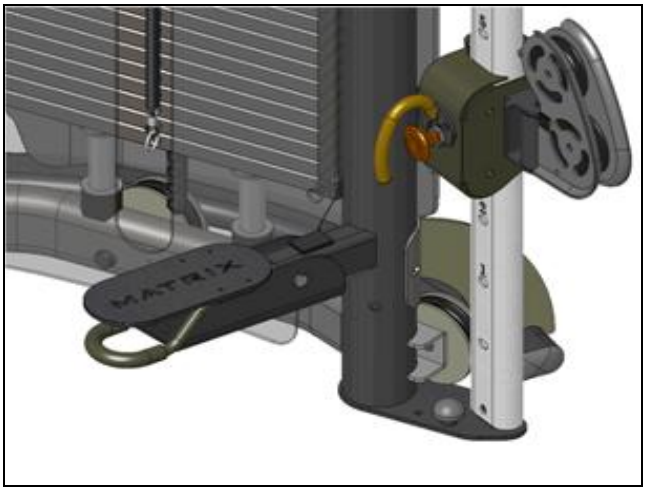


Figure B

4.4 CLIMBING HOLD REPLACEMENT

1) Use a 17MM Open-Ended Wrench And 8MM L-Shaped Allen Wrench to take off the old adjustment pin set (Figure A).
2) Install a new Climbing Hold(Figure B).



Figure A

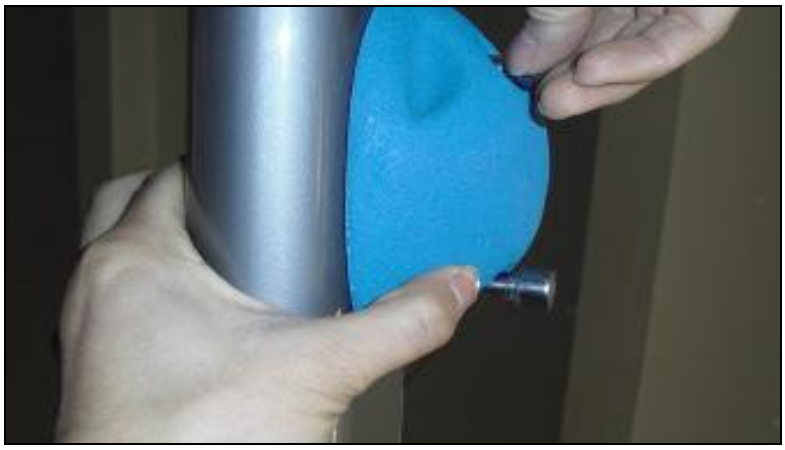


Figure B