

VARSITY SERIES
G1-MG30 3-STACK MULTI-GYM

MATRIX

MATRIX
Strong • Smart • Beautiful

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PART # 0000000000

REV. 1.0

IMPORTANT SAFETY INFORMATION

It is the sole responsibility of the purchaser of MATRIX 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 exercise equipment be informed of the following information prior to its use.

Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that MATRIX equipment be used properly to avoid injury.

INSTALLATION

1. **STABLE AND LEVEL SURFACE:** MATRIX exercise equipment must be installed on a stable base and properly leveled.
2. **SECURING EQUIPMENT:** Manufacturer recommends that all stationary MATRIX strength equipment be secured to the floor to stabilize equipment and eliminate rocking or tipping over. This must be performed by a licensed contractor.

All anchor points must be able to withstand 750 lbs. (3.3 kN) pull-out force.

MAINTENANCE

1. **DO NOT** use any equipment that is damaged and/or has worn or broken parts. Use only replacement parts supplied by your country's local MATRIX dealer.
2. **MAINTAIN LABELS AND NAMEPLATES:** Do not remove labels for any reason. They contain important information. If unreadable or missing, contact your MATRIX dealer for a replacement.
3. **MAINTAIN ALL EQUIPMENT:** Preventative maintenance is the key to smooth operating equipment as well as keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.
4. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. MATRIX dealers will provide service and maintenance training at our corporate facility upon request.

ADDITIONAL NOTES

This equipment should only be used in supervised areas where access and control is specifically regulated by the owner. It is up to the owner to determine who is allowed access to this training equipment. The owner should consider a user's: degree of reliability, age, experience, etc.

This training equipment meets industry standards for stability when used for its intended purpose in accordance with the instructions provided by the manufacturer.

This training equipment is in compliance with EN 957-1 and the relevant portions of EN 957-2 and EN 957-4.

PROPER USAGE

1. Do not exceed weight limits of the exercise device.
2. If applicable, set safety stops to appropriate height.
3. If applicable, adjust seat pads, leg pads, foot pads, range of motion adjustment, or any other type of adjustment mechanisms to a comfortable start position. Make certain that the adjusting mechanism is fully engaged to prevent unintentional movement and to avoid injury.
4. Sit on bench (if applicable) and get into appropriate position for exercise.
5. Exercise using no more weight than you can safely lift and control.
6. In a controlled manner, perform exercise.
7. Return weight to its fully-supported start position.

MAINTENANCE CHECKLIST

ACTION	FREQUENCY
Clean Upholstery *	Daily
Inspect Cables	Daily
Clean Guide Rods	Monthly
Inspect Hardware	Monthly
Inspect Frame	Bi-Annually
Clean Machine	As Needed
Clean Grips *	As Needed
Lubricate Guide Rods †	As Needed

* Upholstery & Grips should be cleaned with a mild soap and water or a non-ammonia based cleaner.

† Guide rods should be lubricated with Teflon based lubricant. Apply the lubricant to a cotton cloth and then apply up and down the guide rods.

WARNING

DEATH OR SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. FOLLOW THESE PRECAUTIONS TO AVOID INJURY!

1. NEVER allow children on strength training equipment. Teenagers must be supervised at all times while using this equipment.
2. All warnings and instructions should be read and proper instruction obtained prior to use. Use this equipment for its intended purpose ONLY.
3. Inspect the machine before use. DO NOT use machine if it appears damaged or inoperable.
4. NEVER allow resistance straps, ropes or other means to be attached to this equipment, as this may result in serious injury. NEVER use this equipment for support during stretching, as this may result in serious injury.
5. ALWAYS use a spotter.
6. Do not exceed the weight capacity of this equipment.
7. Balance the weight applied to this equipment and/or any barbell. Where applicable, use retention devices to retain weight discs.
8. Injuries to health may result from incorrect or excessive training. Cease exercise if you feel faint or dizzy. Obtain a medical exam before beginning an exercise program.
9. Keep body, hair, clothing, and fitness accessories free and clear of all moving parts.
10. Manufacturer recommends that all equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
11. DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED OR ILLEGIBLE.
12. For Smith Machines: Visually ensure lifting bar catch rods are fully engaged and seated in the hooks before releasing the load and exiting the machine.
13. For Smith Machines: ALWAYS set both adjustable stops to the same height when using this machine.
14. Adjustable safety stops, if present, must be used at all times.
15. For equipment with adjustable stops: PROPER adjustable stop height depends on the exercise performed. Adjust as follows:
 - Remove weight from lifting bar.
 - For squats, perform the exercise and determine the lowest comfortable position of the bar that ensures no spinal compression. For other exercises, perform the movement and determine the lowest point of bar travel that is comfortable without the bar contacting your body.
 - Position both stop catches to stop the bar at this point. Ensure that they are completely seated on the stop rods or catch plate.
 - Load weights onto the lifting bar and carefully perform the exercise.
16. When adjusting any adjustable mechanism (seat position, pad location, range of motion limiter, pulley carriage, or any other type of adjuster), make certain that the adjusting pin is fully engaged in the hole to avoid injury.
17. Keep hands and feet clear at all times from moving parts to avoid injury.

PRODUCT SPECIFICATIONS

TECH SPECS	
Maximum User Weight	159 kg / 350 lbs.
Maximum Training Weight	91 kg / 200 lbs.
Product Weight	592 kg / 1305 lbs.
Overall Dimensions (L x W x H)*	290 x 319 x 218 cm / 114" x 126" x 86"

* Ensure a minimum clearance width of 914 mm / 36" for access to and passage around MATRIX strength equipment.

WARRANTY

Valid in North America only	
Frame (not coatings) *	10 years
Weight stacks	5 years
Pulleys	5 years
Pivot bearings	5 years
Any items not specified	3 years
Labor (excluding upholstery/cables/grips)	3 years
Upholstery/cables/grips/springs	1 year
Accessories	6 months

* Frame is defined as the welded metal base of the unit and does not include removable parts.

Product specifications subject to change without notice.

VARSITY SERIES (G1-MG30) 3-STACK MULTI-GYM




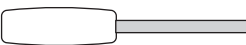






UNPACKING (G1-MG30) 3-STACK MULTI-GYM

Thank you for purchasing a MATRIX Fitness product. Your VARSITY SERIES (G1-MG30) 3-STACK MULTI-GYM 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 with the exploded diagrams. Carefully unpack the unit from this box and dispose of the packing materials in accordance with your local laws.

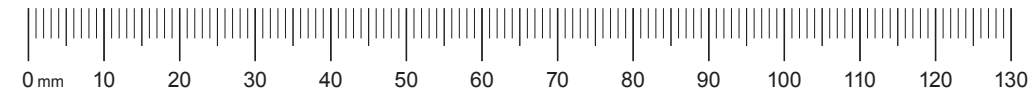
CAUTION

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, properly level the machine and leave at least two feet of clearance to enter and exit the machine.

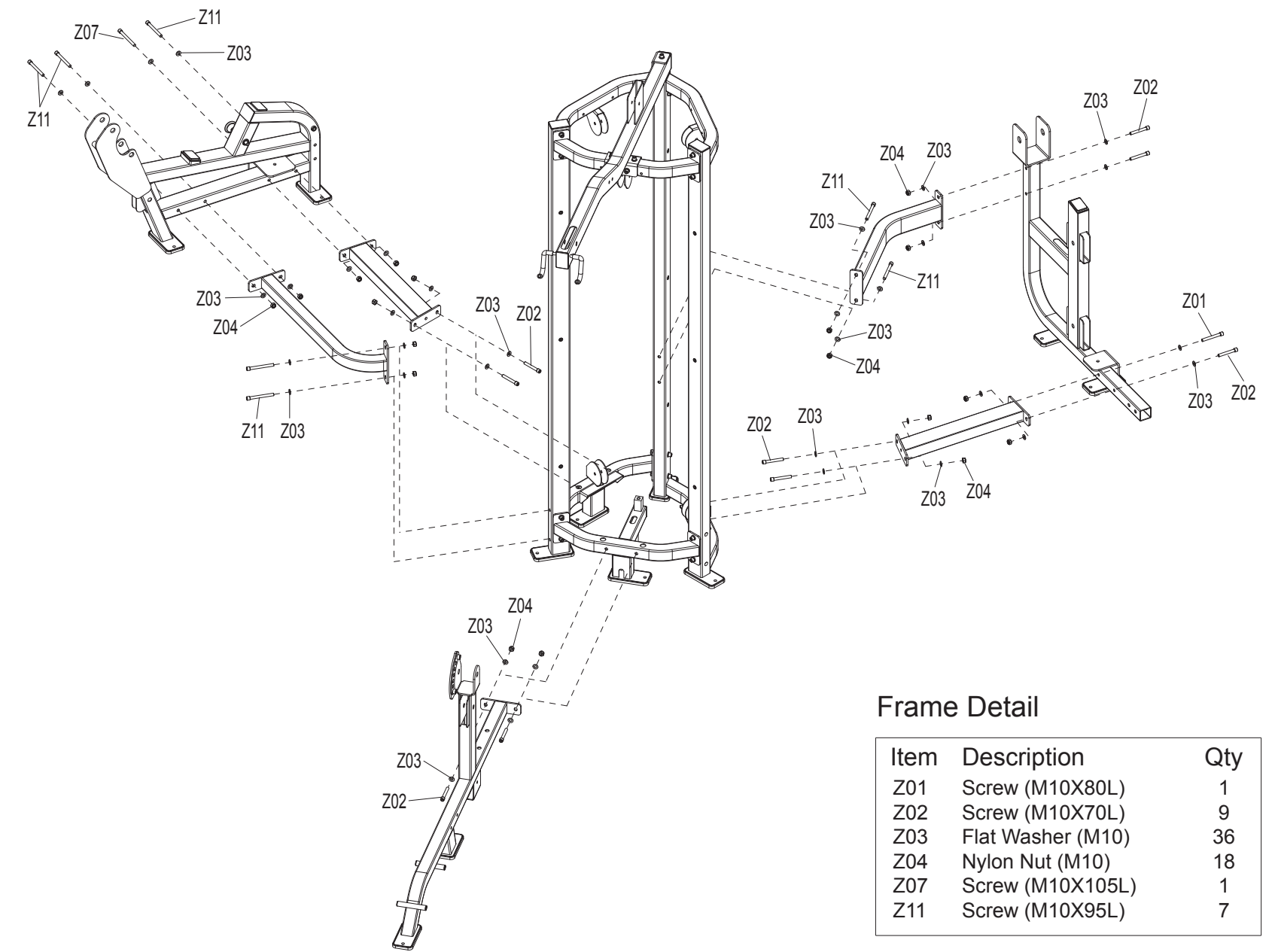
TOOLS REQUIRED FOR ASSEMBLY (not included)

3MM L-Shaped Allen Wrench		10MM L-Shaped Allen Wrench	
4MM L-Shaped Allen Wrench		Phillips Screwdriver	
5MM L-Shaped Allen Wrench		8MM Open-End Wrench	
6MM L-Shaped Allen Wrench		17MM Open-End Wrench	
8MM L-Shaped Allen Wrench		Guide Rod Lubrication	

If any items are missing please contact your country's local MATRIX dealer for assistance.



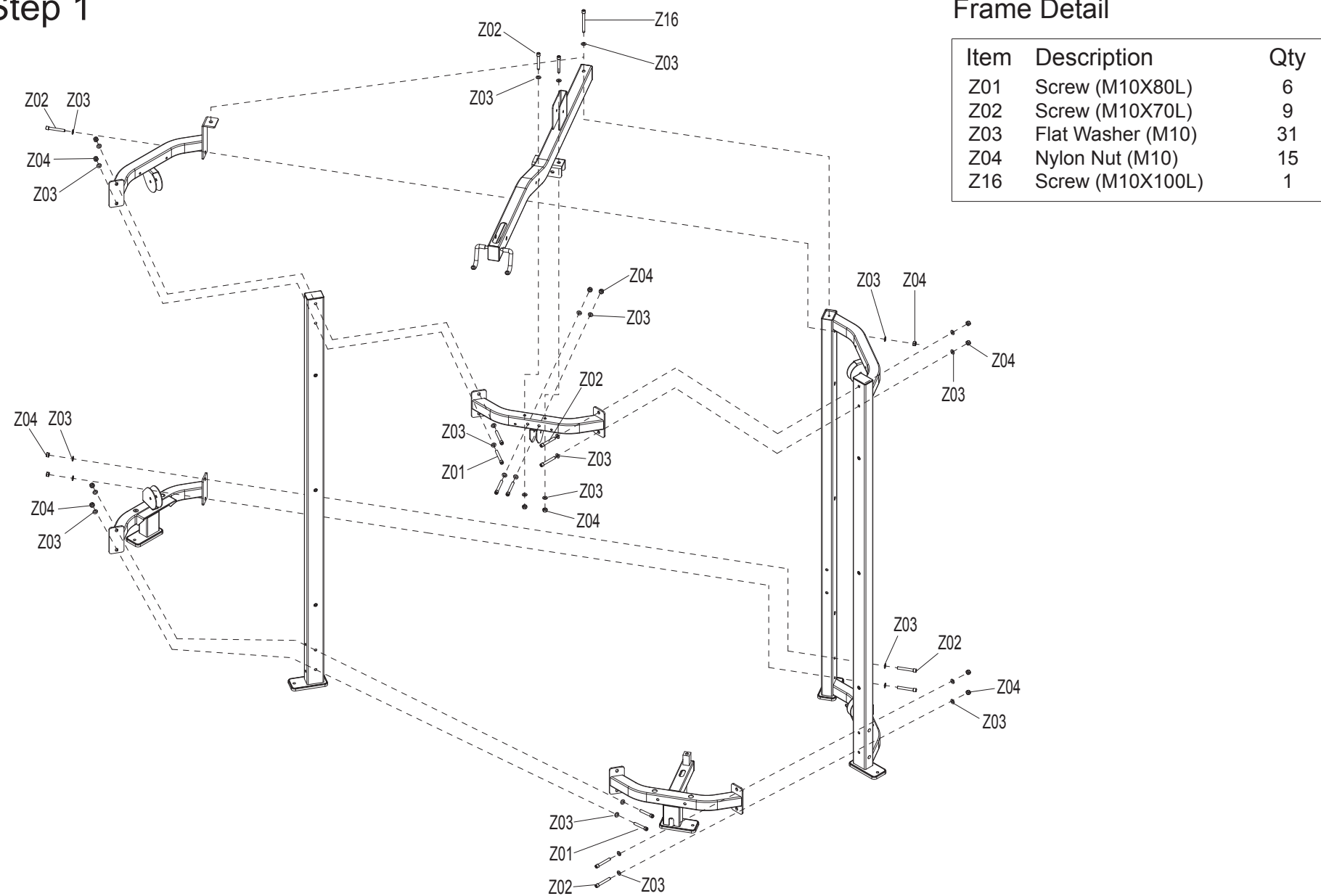
Step 2



Frame Detail

Item	Description	Qty
Z01	Screw (M10X80L)	1
Z02	Screw (M10X70L)	9
Z03	Flat Washer (M10)	36
Z04	Nylon Nut (M10)	18
Z07	Screw (M10X105L)	1
Z11	Screw (M10X95L)	7

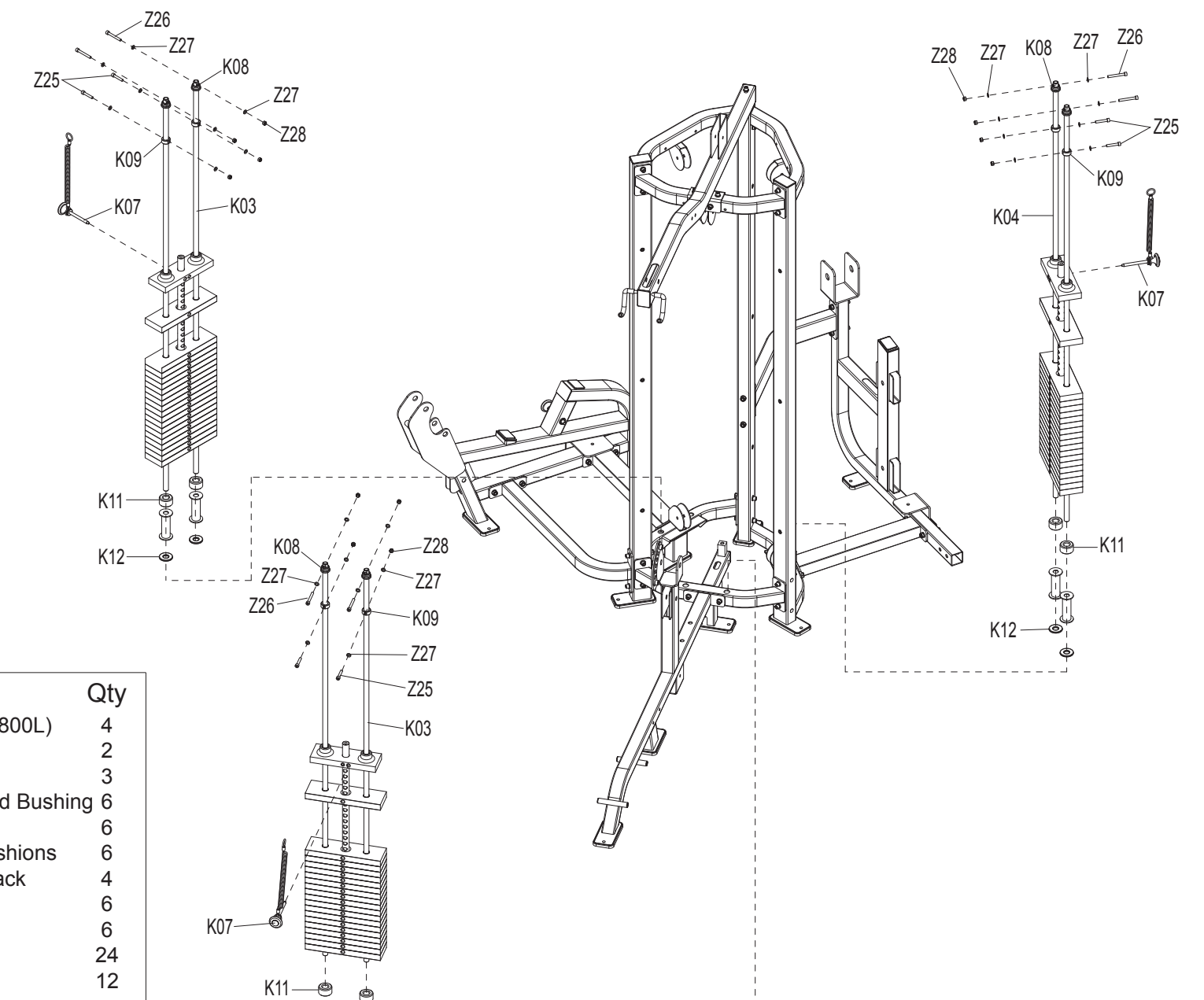
Step 1



Frame Detail

Item	Description	Qty
Z01	Screw (M10X80L)	6
Z02	Screw (M10X70L)	9
Z03	Flat Washer (M10)	31
Z04	Nylon Nut (M10)	15
Z16	Screw (M10X100L)	1

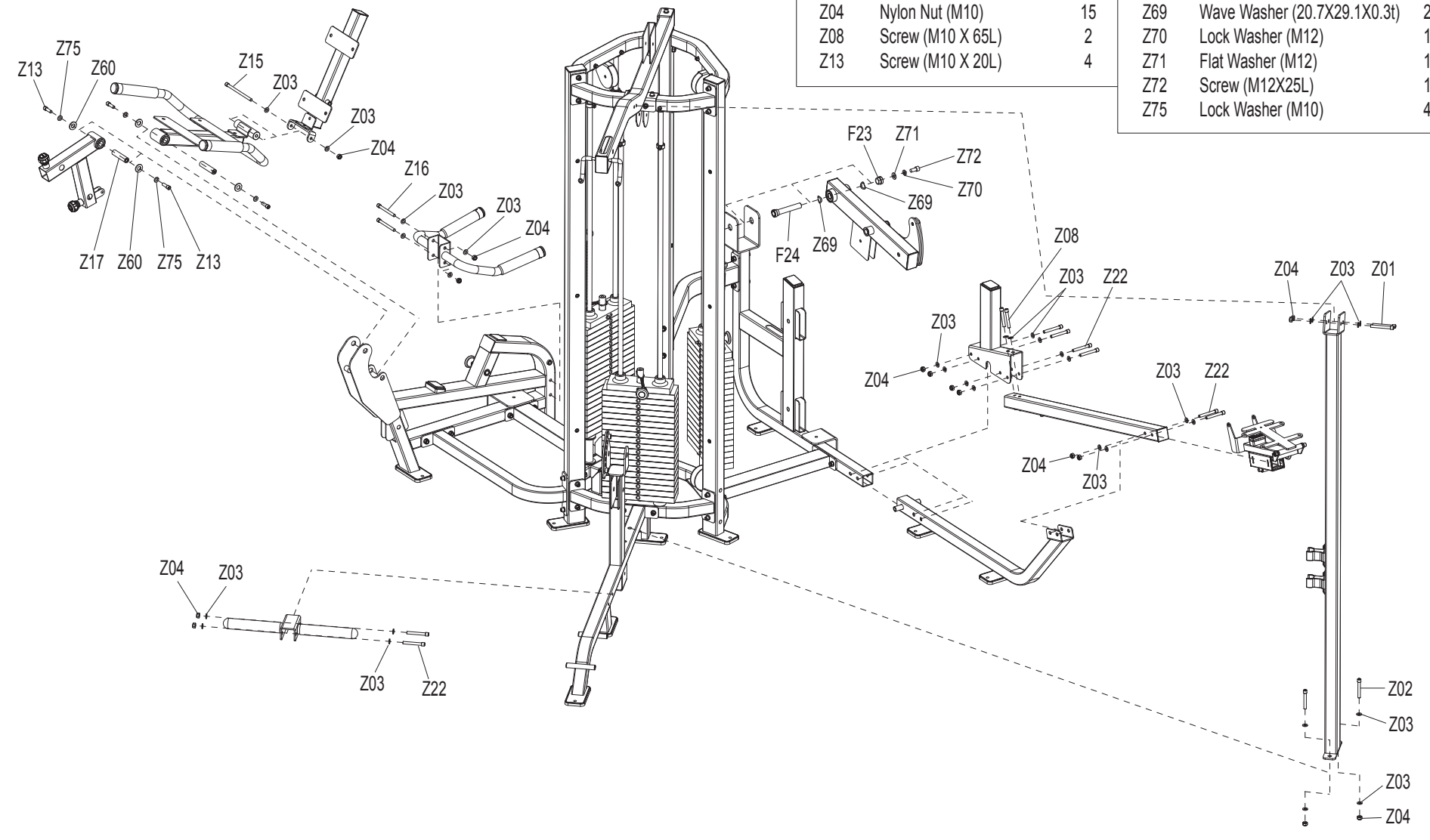
Step 3



Frame Detail

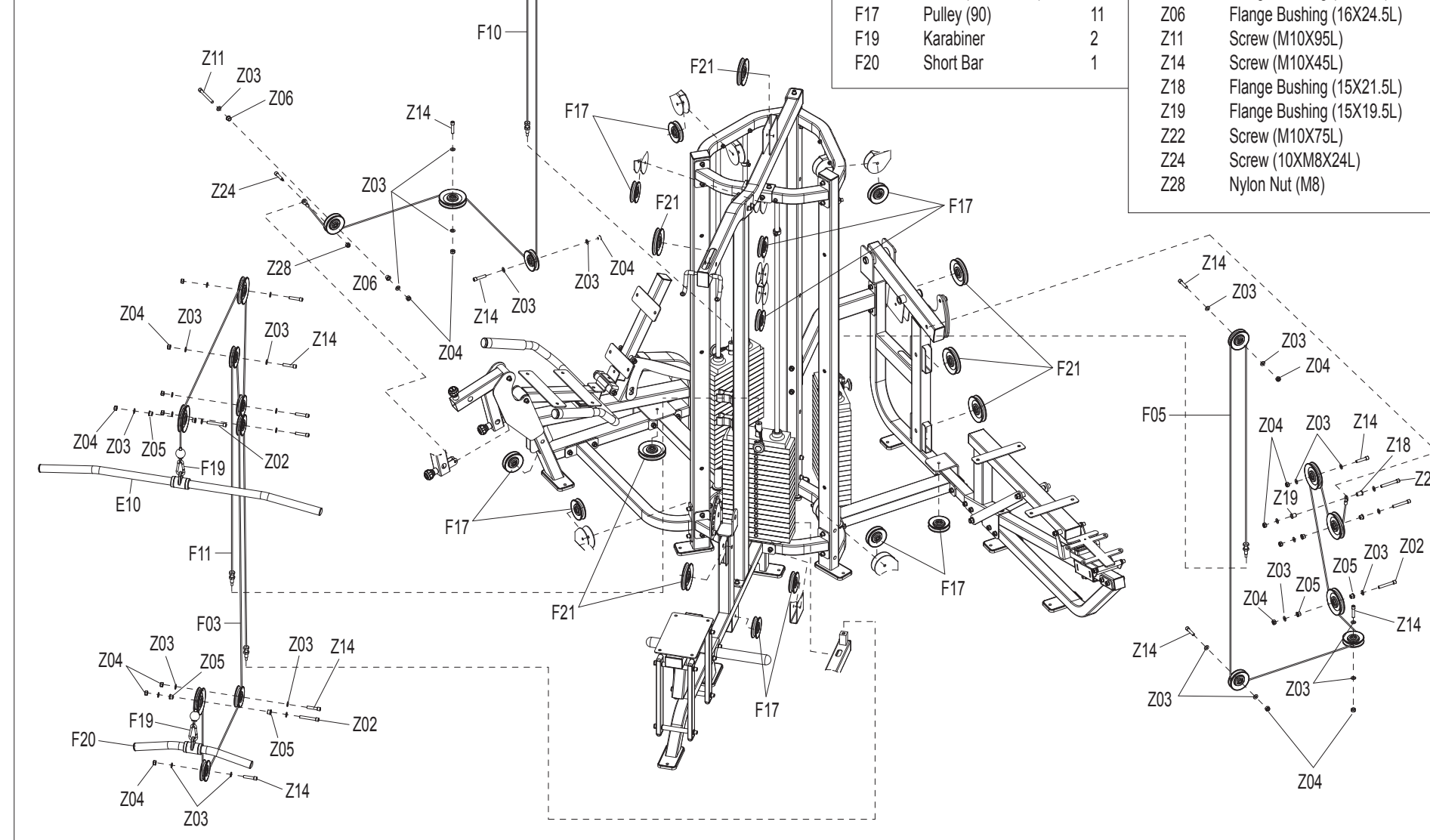
Item	Description	Qty
K03	Guide Rod (19X1800L)	4
K04	Guide Rod	2
K07	Selector Pin	3
K08	Rubber Guide Rod Bushing	6
K09	Stop Ring	6
K11	Rubber Stack Cushions	6
K12	Lower Rubber Stack	4
Z25	Screw (M8X45L)	6
Z26	Screw (M8X65L)	6
Z27	Flat Washer (M8)	24
Z28	Nylon Nut (M8)	12

Step 4



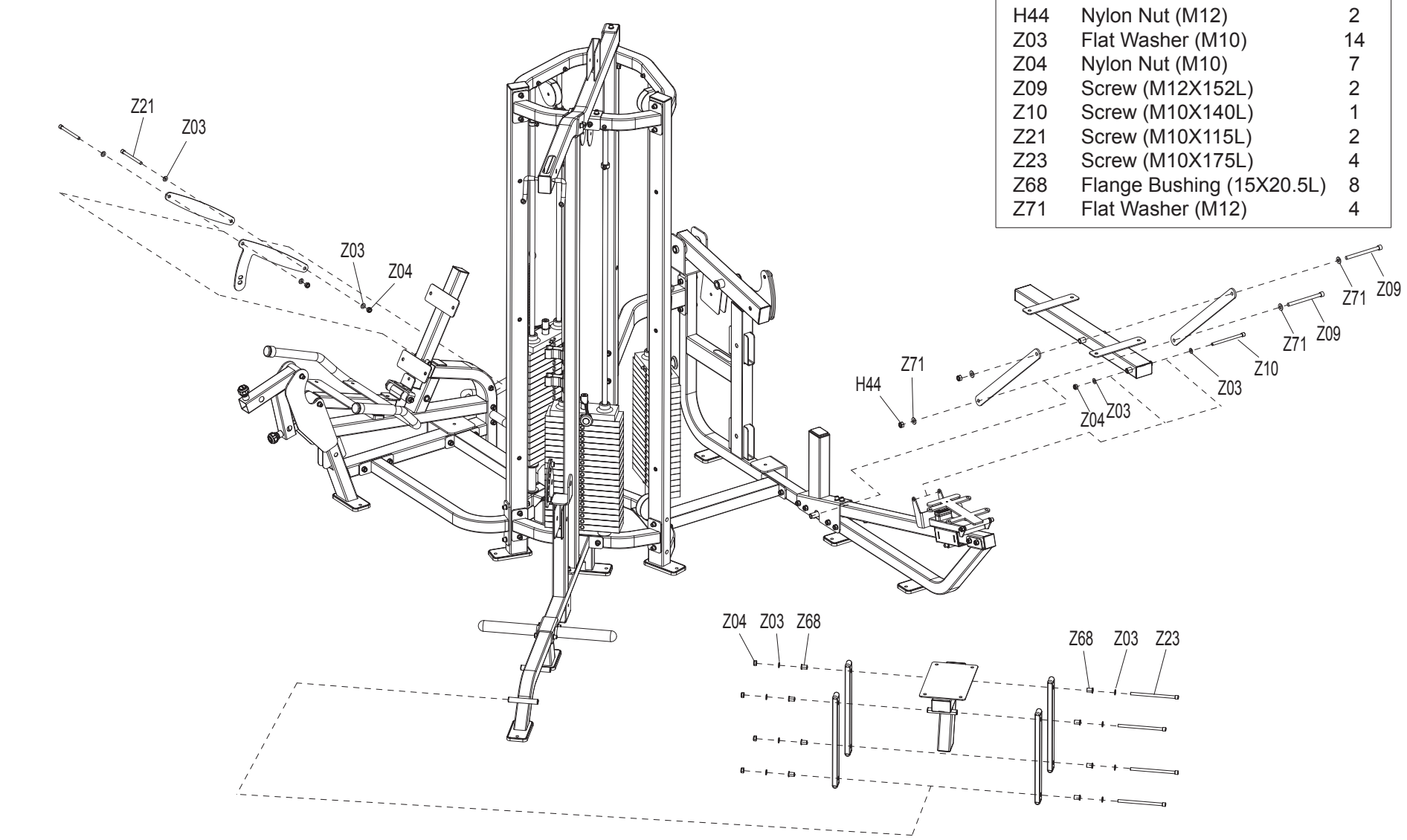
Item	Description	Qty	Item	Description	Qty
F23	Flange Bushing (25.3X9.2L)	1	Z15	Screw (M10 X 160L)	1
F24	Shaft (20 X 130L)	1	Z16	Screw (M10 X 100L)	2
Z01	Screw (M10 X 80L)	2	Z17	Shaft (20x87L)	2
Z02	Screw (M10 X 70L)	2	Z22	Screw (M10 X 75L)	8
Z03	Flat Washer (M10)	32	Z60	Flat Washer (10.2X35L)	4
Z04	Nylon Nut (M10)	15	Z69	Wave Washer (20.7X29.1X0.3t)	2
Z08	Screw (M10 X 65L)	2	Z70	Lock Washer (M12)	1
Z13	Screw (M10 X 20L)	4	Z71	Flat Washer (M12)	1
			Z72	Screw (M12X25L)	1
			Z75	Lock Washer (M10)	4

Step 6



Item	Description	Qty	Item	Description	Qty
E10	Long Lat Bar	1	F21	Pulley (115)	7
F03	Cable (4.8X4130L)	1	Z02	Screw (M10X70L)	4
F05	Cable (4.8X5205L)	1	Z03	Flat Washer (M10)	38
F10	Cable (4.8X4300L)	1	Z04	Nylon Nut (M10)	19
F11	Cable (4.8X3475L)	1	Z05	Flange Bushing (16X11L)	8
F17	Pulley (90)	11	Z06	Flange Bushing (16X24.5L)	2
F19	Karabiner	2	Z11	Screw (M10X95L)	1
F20	Short Bar	1	Z14	Screw (M10X45L)	13
			Z18	Flange Bushing (15X21.5L)	1
			Z19	Flange Bushing (15X19.5L)	1
			Z22	Screw (M10X75L)	1
			Z24	Screw (10XM8X24L)	1
			Z28	Nylon Nut (M8)	1

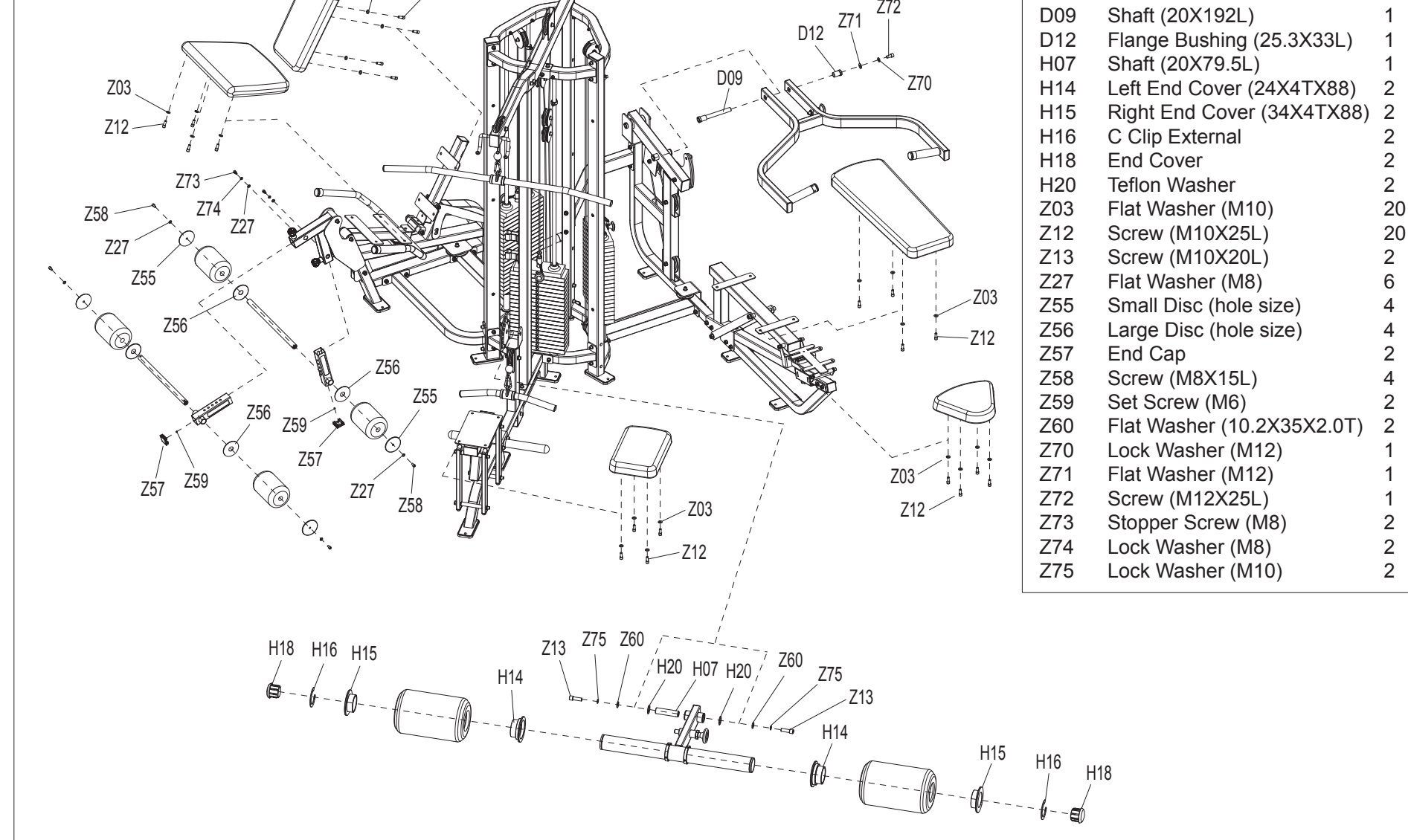
Step 5



Frame Detail

Item	Description	Qty
H44	Nylon Nut (M12)	2
Z03	Flat Washer (M10)	14
Z04	Nylon Nut (M10)	7
Z09	Screw (M12X152L)	2
Z10	Screw (M10X140L)	1
Z21	Screw (M10X115L)	2
Z23	Screw (M10X175L)	4
Z68	Flange Bushing (15X20.5L)	8
Z71	Flat Washer (M12)	4

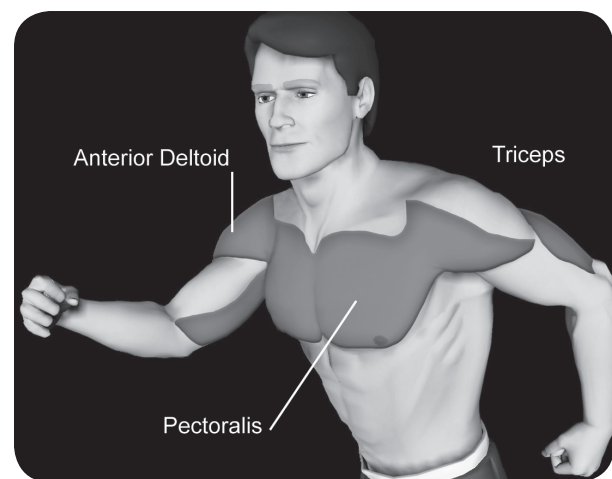
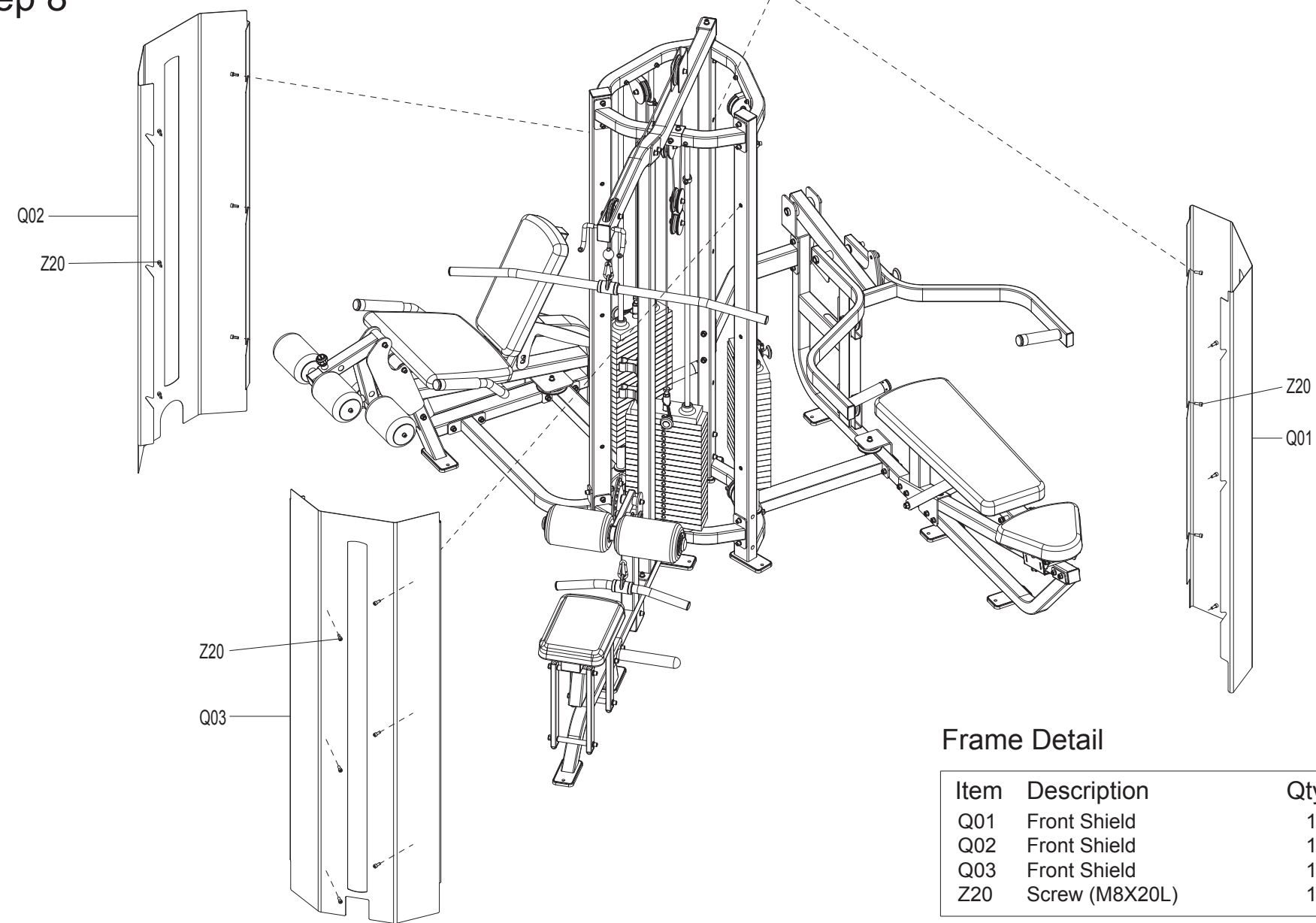
Step 7



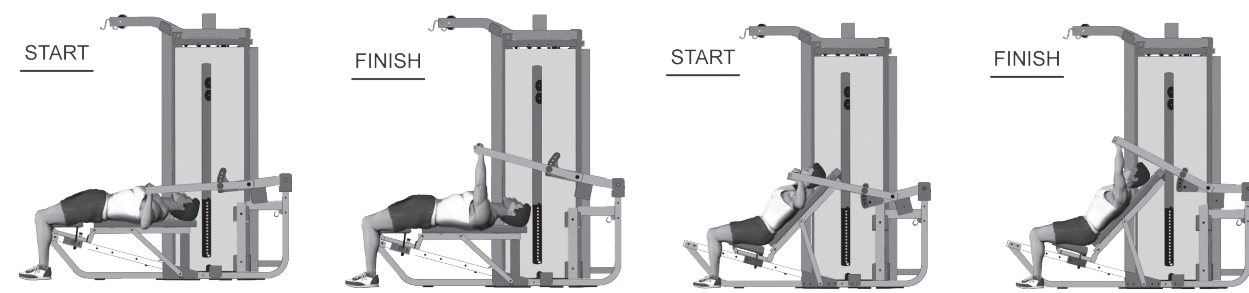
Frame Detail

Item	Description	Qty
D09	Shaft (20X192L)	1
D12	Flange Bushing (25.3X33L)	1
H07	Shaft (20X79.5L)	1
H14	Left End Cover (24X4TX88)	2
H15	Right End Cover (34X4TX88)	2
H16	C Clip External	2
H18	End Cover	2
H20	Teflon Washer	2
Z03	Flat Washer (M10)	20
Z12	Screw (M10X25L)	20
Z13	Screw (M10X20L)	2
Z27	Flat Washer (M8)	6
Z55	Small Disc (hole size)	4
Z56	Large Disc (hole size)	4
Z57	End Cap	2
Z58	Screw (M8X15L)	4
Z59	Set Screw (M6)	2
Z60	Flat Washer (10.2X35X2.0T)	2
Z70	Lock Washer (M12)	1
Z71	Flat Washer (M12)	1
Z72	Screw (M12X25L)	1
Z73	Stopper Screw (M8)	2
Z74	Lock Washer (M8)	2
Z75	Lock Washer (M10)	2

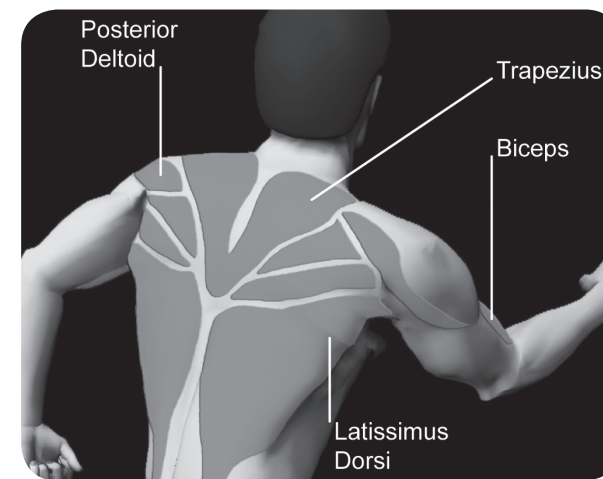
Step 8



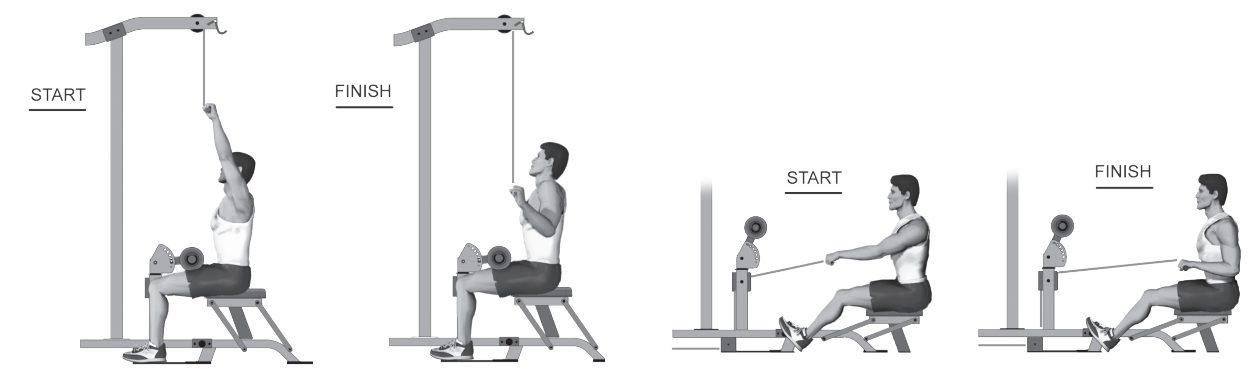
MULTI-POSITION PRESS



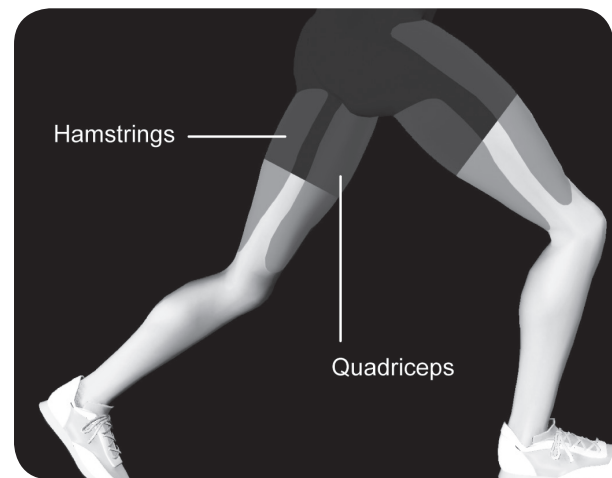
- 1) Adjust the pressing arm into the lower positions for the Bench Press exercise.
- 2) Adjust the pressing arm in the upper positions for the Shoulder Press exercise.
- 3) Back pad adjusts to correspond with the angle of the pressing arm.
- 4) Seat pad adjusts to provide secure and comfortable positioning.



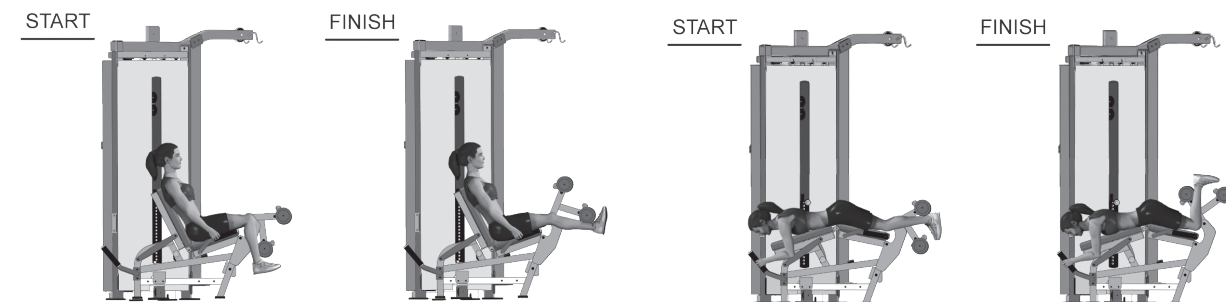
LAT PULLDOWN - LOW ROW



- 1) Thigh pads are used to secure positioning during Lat Pulldown.
- 2) For Low Row exercise, raise thigh pads to highest position and pivot seat out.
- 3) Attach Low Row handle to clip, located under thigh pads.
- 4) Rest Lat Pulldown bar on upper hooks when performing Low Row.



LEG EXTENSION CURL



- 1) Pull-knob located behind the back pad adjusts the machine between exercises.
- 2) Use the lower leg pads for the Leg Extension.
- 3) Use the upper leg pads for the Leg Curl.
- 4) Adjust the length of the leg pads to sit comfortably above the ankle.