

IMPORTANT SAFETY INSTRUCTIONS

PROPER USAGE

1. Do not use any equipment in any way other than designed or intended by the manufacturer.
It is imperative that weight stack machines as well as any other MATRIX Fitness Systems, Inc. equipment are used properly to avoid injury.
2. Keep hands and feet clear at all times from moving parts to avoid injury.

CHECK FOR DAMAGED PARTS

1. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by MATRIX Fitness Systems, Inc.
2. MAINTAIN LABELS AND NAMEPLATES: Do not remove labels for any reason. They contain important information. If unreadable or missing, contact your local dealer for a replacement.
3. SECURING EQUIPMENT: All equipment MUST be secured to the floor to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor.
4. 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.
5. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. MATRIX Fitness Systems, Inc. will provide service and maintenance training at our corporate facility upon request.

SPECIFIC OPERATING WARNINGS

1. Routinely inspect all accessory clips that join attachments to the machine and replace at the first sign of wear.
2. Use only weight selector pins supplied by MATRIX Fitness Systems, Inc. on weight stacks. Substitutes are forbidden.
3. Belts and cables pose an extreme liability if used when frayed. Always replace any belts and cables at first sign of wear (consult MATRIX Fitness Systems, Inc. if uncertain).
4. Do not allow users to wear loose fitting clothing while using equipment. It is also recommended to have users' secure long hair back and up to avoid contact with moving parts.
5. Fully insert weight selector pins. Partial insertion can cause weights to fall unexpectedly.
Never remove selector pin if any weights are suspended. Never attempt to release jammed weights or parts.

PARTS DESCRIPTIONS

ITEM	PART	DESCRIPTION	SIZE	QTY	ITEM	PART	DESCRIPTION	SIZE	QTY
B23	ME0107050A	Screw, Oval-Tapping	ø4 × 15L	4	H14	ME0112143	Screw, Oval-Hex Socket	M12 × 1.75P × 30L	2
B26	ME0104192	Screw, Round-Hex Socket	M8 × 1.25P × 30L	2	H16	ME0502174	Flat Washer	ø13 × ø21 × 2.5t	2
B27	ME0106049A	Screw, Hex-Head	M5 × 0.8P × 15L	4	H17	ME0501028	Lock Washer	SW12 ø12.2 × ø21.5 × 3.0t	2
B28	ME0701001	C-Clipper	WUSN-4039	4	J07	ME0112142	Screw, Oval-Hex Socket	M10 × 1.5P × 30L	11
B42	MJ2828001C	Upper Cover Tab	SPC	2	K05	MJ3906001C	Knurled Belt Securing Insert	SS41(block)	1
B43	ME0102011	Screw, Oval-Head	M4 × 0.7P × 15L	6	K07	MB06C9001A	Rubber Stack Cushions	POM	2
B44	MJ1925001C	Cover Screw Clip	SPC T:1.5mm	4	K12	ME0903010	E-Clipper	E-15	4
C38	ME0112158	Screw, Oval-Hex Socket	M8 × 1.25P × 12L	1	K13	ME0104192	Screw, Round-Hex Socket	M8 × 1.25P × 30L	2
D11	ME0112143	Screw, Oval-Hex Socket	M12 × 1.75P × 30L	2	K18	ME0502172	Flat Washer	ø8.5 × ø19 × 1.5t	2
D16	ME0502174	Flat Washer	ø13 × ø21 × 2.5t	2	L09	ME0112024	Screw, Oval-Hex Socket	M8 × 1.25P × 20L	2
D17	ME0501028	Lock Washer	SW12 ø12.2 × ø21.5 × 3t	2	L11	ME0501024	Lock Washer	8 8.2 × 13.5 × 2.0t	2
D18	MJ4812002B	Bushing	SS41	2	L12	ME0502091	Flat Washer	ø5.3 × ø10 × 1.0t	4
F03	MJ1924023B	Attachment Plate	SPC	6	L13	ME0501005	Lock Washer	SW5 5.1 × 9.3 × 1.3t	4
F13	ME0104198	Screw, Round-Hex Socket	M5 × 0.8P × 30L	12	L14	ME0112001	Screw, Oval-Hex Socket	M5 × 0.8P × 16L	4
F15	ME0112143	Screw, Oval-Hex Socket	M12 × 1.75P × 30L	2	Q05	MB06C7001C	Rubber Shield Spacer		4
F18	ME0502091	Flat Washer	ø5.3 × ø10 × 1.0t	12	Q06	MB06D4001B	Rubber Tip Weight Shield Bolt	M8 × 1.25P × 40L	4
F19	ME0501026	Lock Washer	SW5 ø5.1 × ø9.3 × 1.3t	12	V03	MG0288002B	Sticker, Weight Stack Plate	(15 lb)	1
F20	ME0502174	Flat Washer	ø13 × ø21 × 2.5t	2	Z01	ME1007012	Allen Wrench, L-Type	M2.5	1
F21	ME0501028	Lock Washer	SW12 ø12.2 × ø21.5 × 3t	2	Z02	ME1007013	Allen Wrench, L-Type	M4	1
F22	MJ4812002B	Bushing	SS41	2	Z03	ME1007014	Allen Wrench, L-Type	M5	1
G11	ME0112144	Screw, Oval-Hex Socket	M10 × 1.5P × 25L	8	Z04	ME1007015	Allen Wrench, L-Type	M6	1
G12	ME0502173	Flat Washer	ø10.5 × ø18 × 2.0t	16	Z05	ME1007016	Allen Wrench, L-Type	M8	1
G13	ME0501027	Lock Washer	SW10 ø10.2 × ø18 × 2.5t	16	Z07	ME1005001	Screwdriver, Cross Type		1
G14	ME0112175	Screw, Oval-Hex Socket	M10 × 1.5P × 80L	8	Z09	ME1001012	Wrench, Open-End	#8	1
G15	ME0204028	Nylon Nut	M10 × 1.5P	8					

ASSEMBLY GUIDE

MX-S10 CHEST PRESS



FITNESS SYSTEM



FITNESS SYSTEM

ASSEMBLY GUIDE

MX-S10 CHEST PRESS

UNPACKING CHEST PRESS

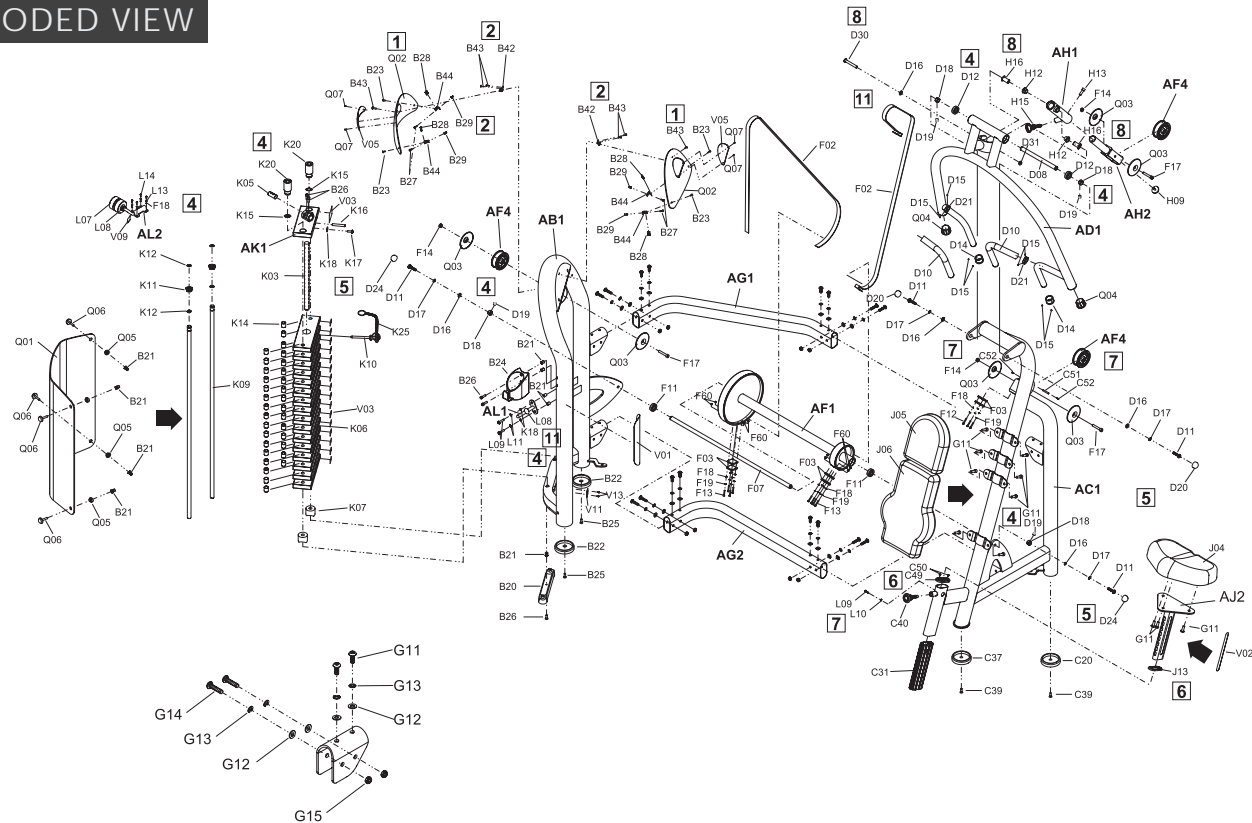
Your MATRIX MX-S10 Chest Press is inspected before it is packaged. Carefully unpack the unit and dispose of the box material.

CAUTION

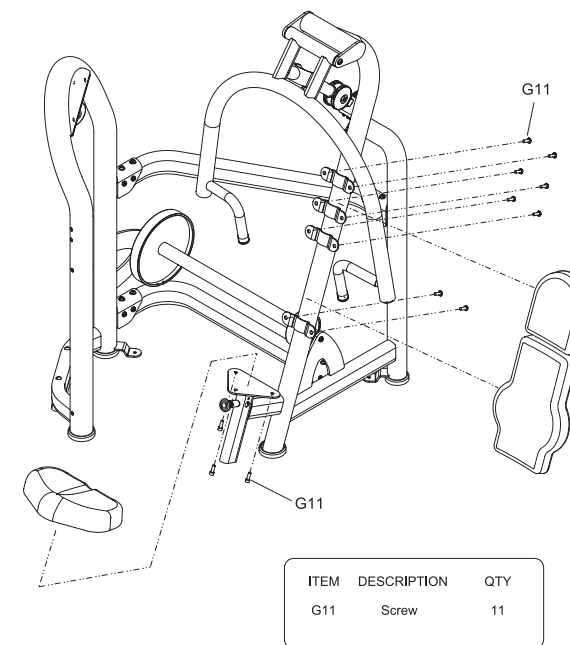
This unit weight 162 kgs. Be sure to have proper assistance to remove and move the unit, to avoid injury to you and the unit.

If any items are missing please contact your Country's Local Matrix Dealer for further assistance.

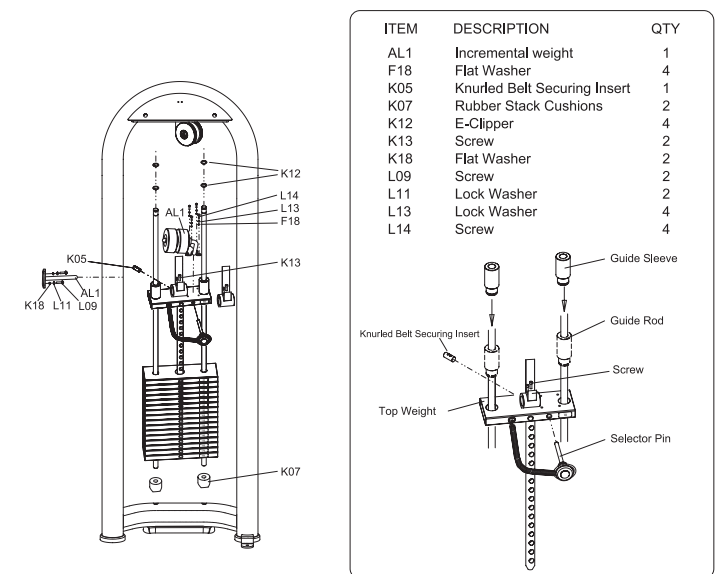
EXPLODED VIEW



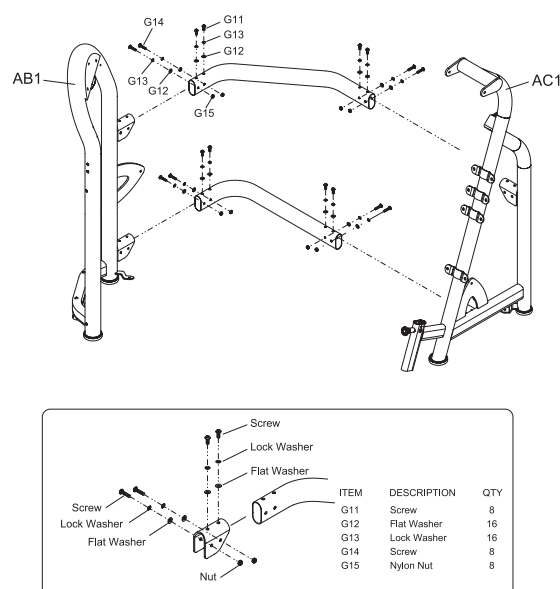
STEP 3



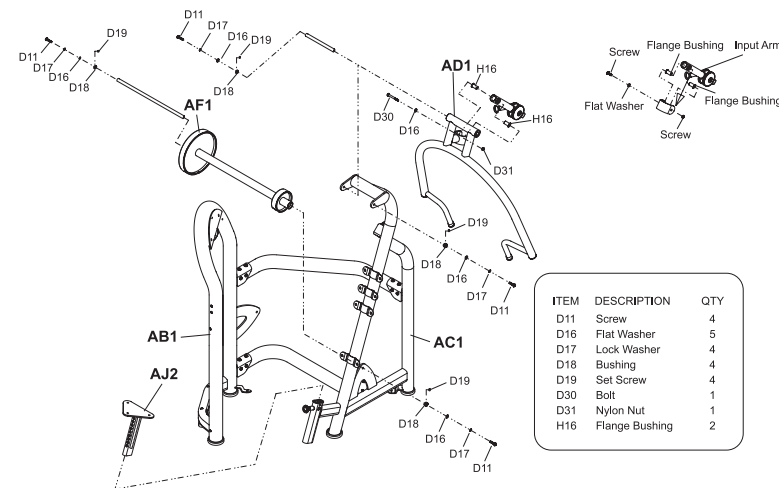
STEP 4



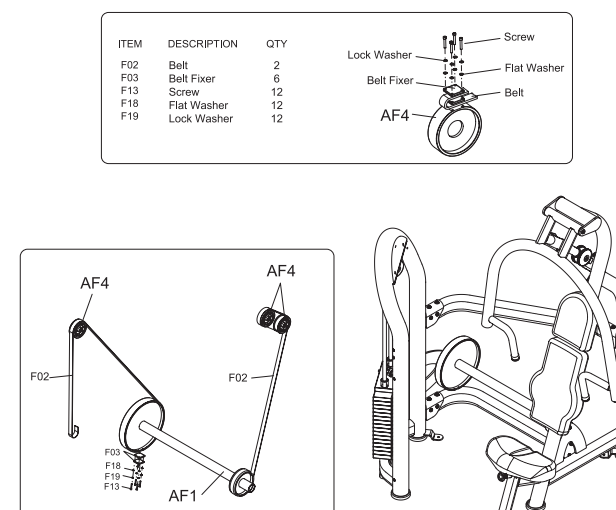
STEP 1



STEP 2



STEP 5



STEP 6

