Matrix e7xe elliptical manual

I'm not robot!

Home > Sports & Fitness > Cross Trainers > Matrix Cross Trainers > Matrix E7xe Cross Trainer Need a manual for your Matrix E7xe Cross Trainer? Below you can view and download the PDF manual for free. There are also frequently asked questions, a product rating and feedback from users to enable you to optimally use your product. If this is not the manual you want, please contact us.Is your product defective and the manual offers no solution? Go to a Repair Café for free repair services. Let us know what you think about the Matrix E7xe Cross Trainer by leaving a product rating. Want to share your experiences with this product or ask a question? Please leave a comment at the bottom of the page.Are you satisfied with this Matrix product? Yes NoBe the first to rate this product Our support team searches for useful product information and answers to frequently asked questions. If you find an inaccuracy in our frequently asked questions, please let us know by using our contact form. What is the difference between a cross trainer with the flywheel on the front or the back? Verified Cross trainers that have th flywheel in the back are often smaller. On these cross trainers you can generally also make smaller steps. When the flywheel is in the front, the cross trainer is generally larger and allows you to make bigger steps. This was helpful (137) What muscles are trained when using a cross trainer? Verified When correctly using a cross trainer you train almost all muscles. During a workout you use back, shoulder, arm, abdominal, gluteal and leg muscles. This was helpful (128) Is using a cross trainer stressful for my knees? Verified No. During the exercise your feet stay on the pedals and you make smooth movements. This means no force is applied to the knees, as is the case with for example running. This was helpful (101) Specializing in Residential and Commercial Applications. Financing Available. Home / Matrix E7xe Elliptical Description Featured on our 7xe-series 15" integrated LCD screen, this touch screen interface inspires users of all levels and offers intuitive operation. The tapered, dual-action handlebars provide a total-body workout that strengthens core muscles. The contoured handle design accommodates a wide range of user sizes for a more comfortable workout. Features and Benefits Integrated 15” touch screen display with FitTouch™ Technology for intuitive performance Vista Clear™ Television Technology – the most vibrant picture quality in the industry Compatible with Nike + iPod for the Gym for simple workout tracking Compatible with iPod for video and audio playback, charging, and on-screen playlist selection Integrated 3-speed personal fan Compatible with the immersive Virtual Active™ programming WiFi enabled for use with Asset Management System 21” stride length accommodates all users for a comfortable, efficient, and natural workout Constant Rate of Acceleration and our patented suspension design delivers a perpetually smooth motion free of wheels and tracks Contralateral action with tapered, dual action handlebars mimics the body’s true movement and proper fit Ergo Form™ Grips with integrated resistance controls enhances comfort and accessibility to key functions Low 9.5” step-on height for easy accessibility Removable disk for easy serviceability Self-powered system provides cost-savings and freedom of placement within facility Specifications Console Resistance Range: 1-25 Reading Rack: Yes Pause Button: Yes USB Port: Yes Contact HR: Yes Wireless HR: Yes Service Mode: Yes Engineering Mode: Yes Manager Mode: Yes Personal Fan: Yes Nike + iPod Compatible: Yes iPod Power Adapter: Yes iPod Integration: Yes Wireless Type: Yes - compatible with Asset Management Virtual Active Compatible: Yes Fitconnexion Ready: No Integrated TV: Yes Touchscreen: Yes On-The-Fly Program Change: Yes CSAFE: Yes One-Button Quick Start: Yes Workouts: manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts Languages Available: English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic Display Feedback: Time, distance (kilometers or miles), calories, calories per hour, speed, RPM, heart rate, METs, Watts, Dyamic Profile Display, Static Profile Display Multi-Language Display: Yes Display Type: 15 inch LCD-touchscreen Netpulse Ready: No EXTRAS FRAME Resistance System: Brushless Generator Q Factor: 2.5" Handle Bar Type: Multi-position dual action / Custom ergo-bend stationary Power Requirements: Self-Powered - Powered 100v-240v - 50/60Hz AC Remote Buttons: Yes RJ45 Port: No Max User Weight: 400 lbs / 182 kg TECH SPECS Minimum Watts: 4 Powered / 56 Self-Powered Minimum Rpm: 10 Powered / 25 Self-Powered Overall Dimensions: 70" x 29.2" x 68.5" / 178 x 74 x 174 cm Weight: 402 lbs / 182.7 kg Shipping Weight: 430 lbs / 195.5 kg Electrical Requirements: Self-Powered - Powered 100v-240v - 50/60Hz AC Additional Information: Name Matrix E7xe Elliptical condition used Brand matrix Warranty Warranty Warranty supplied by Matrix: 3 Months Parts & Labor from Matrix Extended Warranties Available Direct from Matrix: 1 Year Parts and Labor + 299 (Total Coverage of 1 Year and 6 Months)3 Year Parts and Labor + 699 (Total Coverage of 3 Years and 6 Months)5 Year Parts and Lifetime Labor + 1299 (Total Coverage of 5 Years and 6 Months Parts and Lifetime Labor) No Sales Tax*, Free Shipping, Buy With Confidence! 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