



MATRIX
STRENGTH BROCHURE // 2013



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An Exercise in Passion
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AN EXERCISE IN PASSION

 STRONG. SMART. BEAUTIFUL

Matrix is among the world's premier – and fastest-growing – commercial fitness brands. While our rise has been quick, it has not been accidental. Our culture piques innovative thinking, applauds fresh ideas and values creative problem solving. As a result, in just 10 years, we've not only set the design standard for which others now strive, but we've breathed new life into an industry where customers were offered the same tired products, year after year, by meeting your needs like no one else can.

Leading clubs around the world are choosing to partner with us because Matrix delivers. We show our strength through top-notch quality: our belts last longer, our motors run smoother, and we deliver total cost of ownership that's among the lowest in the industry. Smart is about interfaces that are more intuitive to use; low weight stacks that don't block sight lines; and incredible attention to detail on every product touch point. Beautiful? That's a story in itself.

It began when we pioneered the use of oversized, tubular construction in strength equipment. From there, we redefined industry standards not only in industrial design, but also through a series of industry firsts. We gave facilities the power of choice with the Versa series, and we took care of the details with the beautiful Ultra series. Now, with the addition of the Magnum and Varsity strength lines, Matrix delivers a truly comprehensive strength offering that will help your customers on every phase of their fitness progression. And it keeps getting better.

MATRIX

About Matrix Fitness

Matrix is a subsidiary of Johnson Health Tech, Ltd. (JHT). Johnson Health Tech has been producing premium fitness equipment since 1975 and is the fastest-growing manufacturer of fitness equipment in the world. It has earned both ISO 9002 and 9001 certifications. A truly global company with 17 subsidiaries worldwide, JHT has the intellectual resources necessary to produce the most technologically advanced equipment on the market and the economies of scale needed to deliver the best value possible.



BELIEVE IN BETTER

At Matrix, *Believe in Better* isn't marketing lingo. It's a promise. To you and your customers. A promise that we'll keep pushing the boundaries in fitness. That we'll always listen and take your concerns to heart. You've trusted us to dream up elegant solutions in the past, and we've delivered. Time and again.



FOCUS

BREAKTHROUGHS BEGIN BY LISTENING

Our ongoing record of industry firsts doesn't happen by accident. We utilize a proven methodology that starts at the very root of a problem. First, we take the time to understand the situation from every audience's viewpoint, collecting feedback from many different sources: facility owners like you, service technicians, fitness trainers and users, of course.

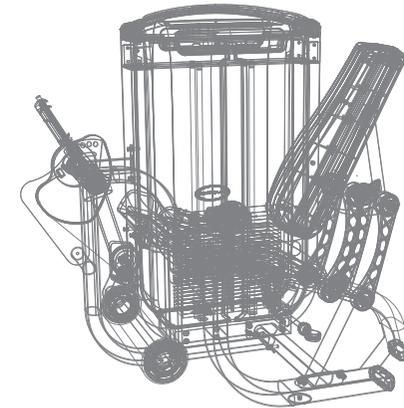
Action Specific
Grips are defined by use



Branding
Bring orange brand highlights to the forefront



Premium Look
Provide leather or leather look with integrated branding



CREATE

A FOUNDATION FOR INNOVATION

Then, our exceptional development team builds from there, setting problem priorities and creating a formal problem statement, which provides the foundation on which we build. Comprehensive research guides our creative direction towards concepts to be tested and analyzed by key stakeholders.



REDEFINE

EFFICIENCY IN ACTION

Refined concepts are delivered into an efficient production strategy designed to limit delays and restarts. The result takes us beyond bells and whistles to true solutions, higher-quality products and inspiring fitness experiences.



IMPACT

THE PROOF IS IN THE PRODUCT

In short, *Believe in Better* summarizes our mission of producing equipment that stands out, rises above and sets new industry standards. We don't just want to be the biggest; we want to be the best. To achieve that, we're reshaping the fitness industry, one innovation at a time. And never stopping at "good enough."

TOTAL SOLUTIONS PROVIDER

Being a total solutions provider isn't just a talking point. It's something we do. We offer a full range of services to leading clubs around the world - 3D layouts, dedicated reps, certified installation, industry-leading warranty and our exclusive Asset Management™ system.

With Matrix, you and your facility will get premium equipment and world-class customer support throughout your product's lifetime.



DELIVERY AND INSTALLATION

Our certified installation and service providers are experts on the transportation, assembly and installation of our fitness equipment. Installers are trained on every piece of Matrix equipment to ensure we are exceeding your expectations.



FACILITY PLANNING

Because space matters, our personalized 2D and 3D layout software can help maximize valuable floor space.

PURCHASING

Dedicated sales representatives will guide you through the entire process for a smoother path to your installation date.

AFTER SALES SUPPORT

Matrix is dedicated to providing the best after-sales service and standard warranty in the industry with our exclusive Customer Advantage Program™.

CUSTOMER ADVANTAGE PROGRAM™

Matrix Fitness' dedication to warranty, service and delivery is absolute. That's why we created the Customer Advantage Program. CAP is our assurance to you that we stand behind everything that bears the Matrix nameplate. It is also the primary reason our machines have the lowest total cost of ownership in the industry.

CAP consists of 3 core promises:

1. You receive the best standard warranty in the industry, including three years of coverage on parts and labor for all Matrix cardiovascular products.
2. You receive our guarantee on service performance. All warranty parts ship out within 24 hours of call-in** and we offer an optional CAP dollars reimbursement program for in-house service.
3. You receive on-time delivery of every order. Qualifying orders also receive certified installation and on-site service training.



*The Customer Advantage Program is available for United States customers only, please check with your local Matrix distributor to learn more about your country's specific warranty details.

**On-site parts program available for qualifying orders to minimize equipment down time, enabling single-visit repairs by having parts in stock at your facility and eliminating the possibility of backordered parts.

STRENGTH OVERVIEW



+ ULTRA SERIES

Since “ultra” means to an extreme degree or beyond, it is the ideal name for the series formerly known as G7. Designed to be simple and intuitive, the Ultra series goes far beyond what is expected in strength equipment. Superior ergonomics. The ultimate in comfort and performance. And to top it all, workout tracking is even included. Ironically, the only thing low about the Ultra line is its stack height, which offers a number of benefits for users and staff.



+ VERSA SERIES

As its name implies, the series is all about versatility, offering options and packages that allow you to build a strength training area that best matches your space and customers' needs. Superior biomechanics is the other strong suit of the Versa series. The line features equipment that precisely matches the body's natural movements. So when your customers use the Versa series, the result is a more comfortable and effective workout.



+ AURA SERIES

When this series first launched, its distinctive look made it an instant classic. Competitors became imitators of its signature features: round tubing that conveys a premium feel that is approachable, double bends that imply strength and metallic paint for sleekness. As we continue to update the line and add convenience features for exercisers, the series retains its simple operation, fluid movement and something more intangible – its aura of greatness.

STRENGTH OVERVIEW



+ MAGNUM SERIES

Professional athletes demand the best. So it's no surprise that they choose the unrivalled performance and unmatched durability of Magnum. The equipment has proven its merit in the most demanding environments. Boasting impeccable ergonomics and comfort, the Magnum series raises the bar on innovation, with great products like Breaker Benches, MEGA Racks and multi-gyms with customized configurability.



+ VARSITY SERIES

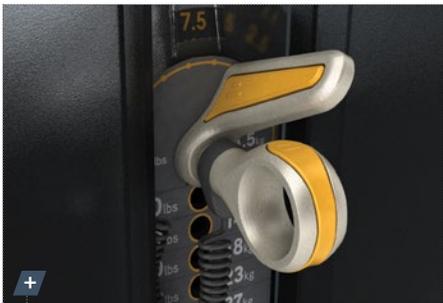
Choosing strength equipment used to be an exercise in compromise. With the Varsity series, you don't have to settle at all. It offers a wide assortment of durable strength training products for demanding environments like yours, delivering exceptional value for years to come. Excellent functionality is a sure thing, too, because the Matrix commitment to quality is complete and uncompromising.

ULTRA | SERIES



Matrix has changed the way people think about strength equipment. Simple and intuitive, this equipment was developed by our biomechanical experts with the user in mind. How? Redefined ergonomics. Improved comfort and performance. And streamlined workout tracking. It's time to experience something different, and frankly better, in strength equipment.





Incremental Weights

Incremental weights are easily accessible from the seated position. Numeric selection allows users easy reference for future use.



User Amenities

Designed with the user in mind, all Ultra single-station strength machines offer a conveniently located accessory pad, bottle and towel holder.



Electronic Rep Counter

Integrated system tracks repetitions, activity time and rest time for a simplified workout experience.



Adjustment Points

Conveniently located adjustment points are clearly marked for ease of use.

Converging/Diverging Motion

Matrix machines offer converging and diverging motions that encourage a natural path of motion for increased user comfort.

Exercise Placards

Conveniently located and easy-to-read exercise placards offer a quick reference to targeted muscle groups and proper machine use. Placards offer color references to easily identify muscle-group categories.

Action Specific Grips™

Ergonomically designed, function-specific handles reduce stress on contact points to enhance user feel, form and function.

Low-profile Stack Height

Entire Ultra series strength line has a low-profile, 122 cm / 48" stack height.



Converging Chest Press

G7-S13



- converging arm movement provides a natural path of motion
- adjustable start position facilitates increased range of motion
- Action Specific Grips™ provide greater comfort and minimal point pressure
- designed for easy entry and exit

Converging Shoulder Press

G7-S23



- converging arm movement provides a natural path of motion
- dual-position hand grips allow for greater training variety
- Action Specific Grips provide greater comfort and minimal point pressure
- counterbalanced pressing arm for optimized starting resistance
- reclining seat position for better posture and support

Diverging Lat Pulldown

G7-S33

- diverging arm movement provides a natural path of motion
- angled seat encourages proper user position
- thigh pads easily adjust to provide stability and comfort
- Action Specific Grips provide greater comfort and minimal point pressure



Diverging Seated Row

G7-S34



diverging arm movement provides a natural path of motion

dual-position hand grips allow for greater training variety

Action Specific Grips provide greater comfort and minimal point pressure

adjustable chest pad accommodates users of all sizes

Triceps Press

G7-S42



- rotating handles adapt to users of all sizes
- Action Specific Grips provide greater wrist comfort and minimal point pressure
- angled back pad reduces stress, improving stabilization and comfort

Independent Biceps Curl

G7-S40



- independent motion for greater exercise variety
- Action Specific Grips provide greater wrist comfort and minimal point pressure
- pivoting handles accommodates users of all sizes
- designed for easy entry and exit

Lateral Raise

G7-S21



- independent arms facilitate greater exercise variety
- oversized arm pads provide comfort and accommodate users of a variety of sizes
- rotating handles provide natural motion

Pectoral Fly

G7-S12



- rotating arms accommodate users of all sizes and improves range of motion
- angled user position for enhanced comfort and stabilization
- contoured elbow pads provide greater arm comfort

Leg Press

G7-S70



- angled and adjustable seat carriage provides greater user comfort
- guide rod and bearing-designed carriage enhances user feel
- thumb-switch controls allow easy adjustments



Leg Extension

G7-S71



- angled seat and back pads encourage full quadriceps contraction for user movement
- self-adjusting tibia pad for greater ease of use
- pivot location clearly marked to encourage correct alignment
- thumb-switch controls allow easy adjustments

Seated Leg Curl

G7-S72



- back pad, tibia pad and range-of-motion adjustments are easily accessible from a seated position
- angled seat and unique pivot location for full hamstring contraction
- adjustable thigh pad provides stabilization during exercise
- thumb-switch controls allow easy adjustments

Prone Leg Curl

G7-S73

- contoured elbow pads provide greater stabilization and user comfort
- divergent pad angle eliminates lower back stress
- thumb-switch controls allow easy adjustments



Glute

G7-S78



- 25-degree angle for optimal glute activation
- adjustable chest pad accommodates users of all sizes
- oversized foot platform for greater stability

Hip Adductor

G7-S74



- adjustable start position facilitates increased range of motion
- foot pegs and contoured knee pads provide user stabilization and support
- reclined position for greater lumbar comfort

Hip Abductor

G7-S75

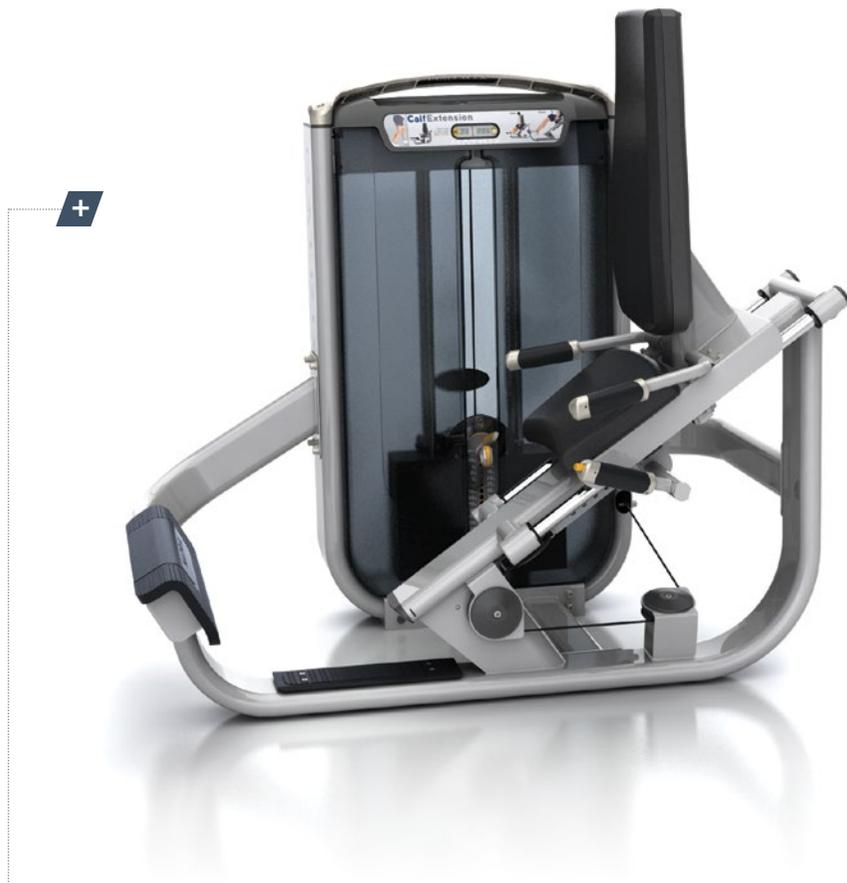


- adjustable start position facilitates increased range of motion
- foot pegs and contoured knee pads provide user stabilization and support
- reclined position for greater lumbar comfort



Calf Extension

G7-S77



- angled seat position provides greater lumbar support
- range-of-motion adjustment accommodates a variety of users and start positions
- thumb-switch controls allow easy adjustments

Abdominal Crunch

G7-S51



- curved back pads for full muscular contraction and comfort
- self-aligning handles adjust to accommodate users of all sizes
- dual-pivot design for natural abdominal crunch motion
- Action Specific Grips provide greater comfort and minimal point pressure

Rotary Torso

G7-S55



+

- kneeling position minimizes low-back stress while stretching hip flexors
- contoured knee pads for enhanced comfort and stability
- range of motion with 8 different user positions
- oversized handlebars accommodate a wide variety of users

Back Extension

G7-S52



+

- multi-position foot placement accommodates a variety of users
- thumb-switch controls allow easy adjustments
- contoured back pad for enhanced user comfort



ULTRA SINGLE-STATION	PRODUCT DIMENSIONS						PRODUCT WEIGHT		WEIGHT STACK	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH	METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.	KG	LBS.
G7-S12 - Pectoral Fly	120	168	140	47	66	55	260	573	91	200
G7-S13 - Converging Chest Press	118	147	130	47	58	52	297	656	109	240
G7-S21 - Lateral Raise	110	143	140	43	56	55	277	610	91	200
G7-S23 - Converging Shoulder Press	164	147	130	65	58	52	375	827	109	240
G7-S33 - Diverging Lat Pulldown	155	128	196.5	61	50	78	398	878	109	240
G7-S34 - Diverging Seated Row	163	127	132	64	50	52	311	685	109	240
G7-S40 - Independent Biceps Curl	136	170	132	54	67	52	251	554	91	200
G7-S42 - Triceps Press	154	107	132	61	42	52	306.5	675	109	240
G7-S51 - Abdominal Crunch	132	122	148	52	48	58	259	571	109	240
G7-S52 - Back Extension	156	120	132	61	47	52	283	623	109	240
G7-S55 - Rotary Torso	115	121	139	45	48	55	243	537	91	200
G7-S70 - Leg Press	193	112	132	76	44	52	404	891	181	400
G7-S71 - Leg Extension	129	122	132	51	48	52	293	646	109	240
G7-S72 - Seated Leg Curl	140.5	118	132	56	47	52	302	666	91	200
G7-S73 - Prone Leg Curl	175	111	132	69	43	52	264	581	91	200
G7-S74 - Hip Adductor	172	164	132	68	65	52	271	598	109	240
G7-S75 - Hip Abductor	172	75	132	68	30	52	271	597	109	240
G7-S77 - Calf Extension	149	114	149	59	45	59	261	575	181	400
G7-S78 - Glute	206	96.5	137	81	38	54	302	666	64	140

STRENGTH WARRANTY (USA ONLY)

Frame (Not Coatings)**	10 years
Weight Stacks	5 years
Pulleys	5 years
Pivot Bearings	5 years
Other Items Not Specified	3 years
Labor	3 years
Upholstery / Cables / Springs / Grips	1 year
Accessories	6 months
Parts	1 year
Labor (Excluding Upholstery / Cables / Grips)	1 year
Upholstery / Cables / Grips / Springs	90 days

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

Note : All specifications are subject to change without notice. Actual products may differ from those pictured in this catalog.

Strength Upholstery

NOTE: Actual colors may vary from the colors seen on your viewing screen or print.



Black / Standard



Slate Blue (Optional)



Clay Red (Optional)



Graphite (Optional)



Alloy (Optional)



American Beauty (Optional)



Alloy / Graphite (Optional)

Available on Versa & Ultra only



Hazelnut / Alloy (Optional)

Available on Versa & Ultra only

Product pricing is reflective of **standard** upholstery only.

Other color options available at an additional charge.

Custom Upholstery Branding (6-week lead time) – once all artwork completed.

- Upholstery wraps available only on Aura series.

Logo requirements: Adobe Illustrator CS3 or later vector file.

Custom upholstery colors available. Contact your Matrix sales representative for pricing information.

VERSA | SERIES



The Versa series has what you're looking for in strength equipment – superior mechanics and ease of use – plus the versatility to bring together a system that fits your space, your customers and your budget. Put another way, the series gives you the power to create an inviting, incredibly motivating environment that looks great, too. Just what you would expect from one of the world's most innovative commercial fitness brands.

AVAILABLE VERSA OPTIONS

A

Versa+ Package *includes the following*

- Action Specific Grips
- Air Shock-assisted Seat Adjustment*
- Electronic Rep Counter/Timer
- Decorative Top Wing
- Ergonomic Adjustment Handles*

B

Heavy or Light Weight Stack*

C

Foot Support Kit*

*Available on select machines





Exercise Placards

Conveniently located and easy-to-read exercise placards offer a quick reference to targeted muscle groups and proper machine use. Placards also offer color references to easily identify muscle-group categories.



Independent Converging/ Diverging Motion

Select machines offer converging and diverging motions that encourage a natural path of motion for increased comfort and independent arm movement for superior functionality and variety.



Uniform Stack Height

The entire Versa series strength line has a consistent 160 cm / 63" stack height, giving your facility a sleek, uniform look.



Color-coded Adjustment Points

Conveniently located adjustment points are clearly marked for ease of use.

Incremental Weight

The incremental weight is easily accessible from the seated position.

Action Specific Grips

Ergonomically designed, function-specific handles reduce stress on contact points to enhance comfort.

Electronic Rep Counter

Integrated system tracks repetitions, activity time and rest time for a simplified workout experience.

Air Shock-assisted Seat

The seat features an air shock for smoother adjustment. To prevent seat movement and increase stability, the seat also features a 4-bar linkage design.



VERSA+ PACKAGE



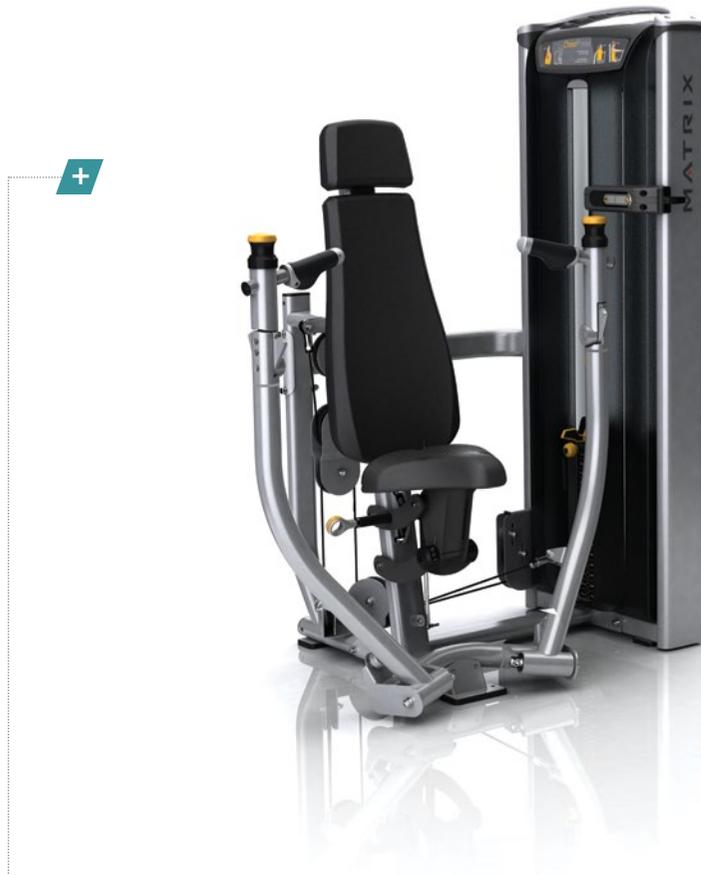
VERSA+ PACKAGE



VERSA+ PACKAGE

Converging Chest Press

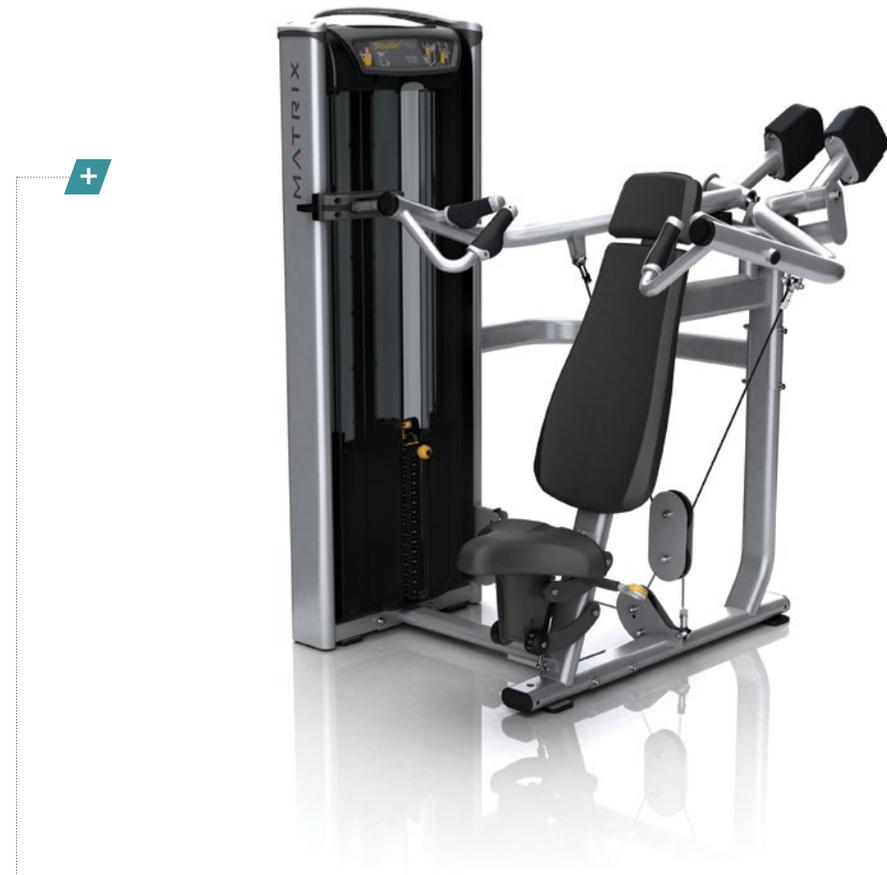
VS-S13



- independent converging movement provides a natural path of motion
- designed for easy entry and exit
- adjustable start position facilitates increased range of motion

Converging Shoulder Press

VS-S23



- independent converging movement provides a natural path of motion
- dual-position hand grips allow for greater training variety
- counterbalanced pressing arms for optimized starting resistance

Diverging Lat Pulldown

VS-S33



- independent diverging movement provides a natural path of motion
- angled seat encourages proper user position
- thigh pad easily adjusts to provide stability and comfort

Diverging Seated Row

VS-S34



- independent cable movement provides a user-defined path of motion and exercise variety
- adjustable chest pad accommodates users of all sizes
- rotating grips provide maximum comfort and ergonomic hand positioning throughout the range of motion

Triceps Press

VS-S42



- rotating handles adapt to users of all sizes
- angled back pad reduces stress, improving stabilization and comfort

Biceps Curl

VS-S40



- arm pad is angled for stability, limiting unwanted shoulder movement during exercise
- optimized pivot location creates biomechanically correct range of motion

Pectoral Fly / Rear Delt

VS-S22



- comfortable, oversized grips accommodate users of all sizes
- forward-facing user position provides greater comfort and ease of use
- wide motion for improved biomechanics and dual function



Leg Press / Calf Press

VS-S70

- one-handed start adjustment for ease of use
- air shock-assisted foot platform provides smoother adjustments
- assistance handle and low step-over height for easy access
- foot plate identifies user foot position with unique visual indicators



Leg Extension

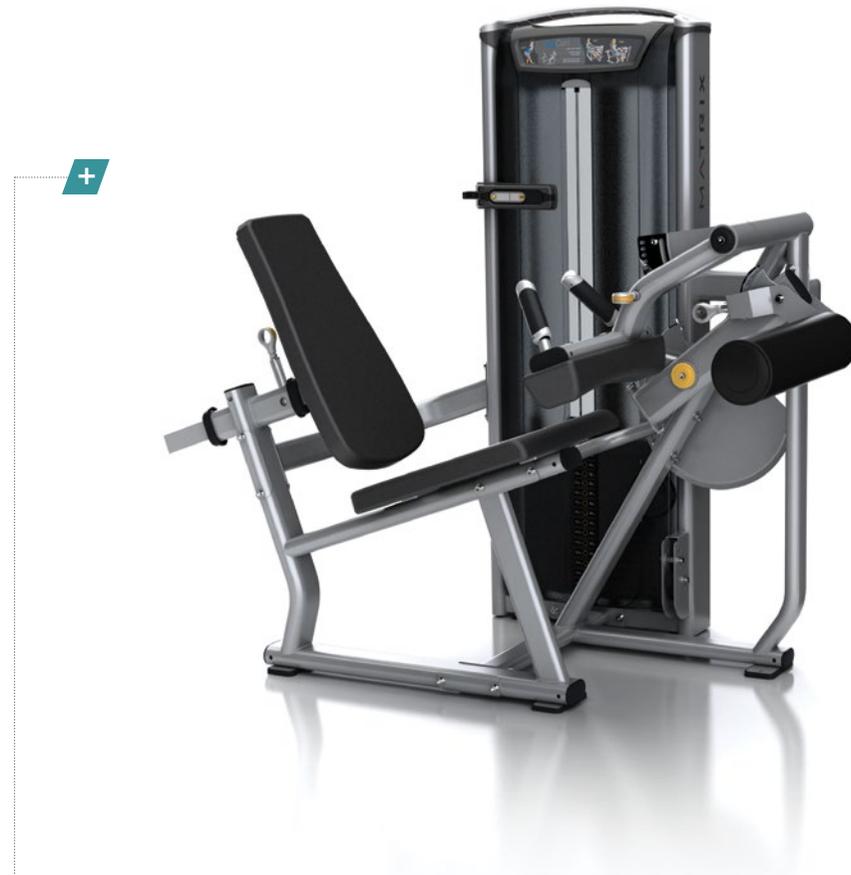
VS-S71



- angled seat and back pads encourage full quadriceps contraction for user movement
- self-adjusting tibia pad for greater ease of use
- pivot location clearly marked to encourage correct alignment
- back pad ratchets forward for easy adjustment from the seated position

Seated Leg Curl

VS-S72



- angled seat and unique pivot location for full hamstring contraction
- tibia pad and range-of-motion adjustments are easily accessible from a seated position
- back pad ratchets forward for easy adjustment from the seated position
- adjustable thigh pad provides stabilization during exercise

Glute

VS-S78



- adjustable chest pad accommodates users of all sizes
- low step-height stabilization platform for ease of use
- upright user position, contoured elbow pads and large foot pad for added user comfort

Hip Adductor / Abductor

VS-S74



- dual-function machine saves space and increases functionality
- clearly indicated adjustments for ease of use
- reclined position for greater lumbar support

Abdominal

VS-S53



- 3-position design trains abdominals and obliques for added exercise variety and core rotation
- ergonomic back pad for improved range of motion and comfort

Back Extension

VS-S52



- multi-position foot placement accommodates a variety of users
- contoured back pad for enhanced user comfort



VERSA SINGLE-STATION STRENGTH	PRODUCT DIMENSIONS						WEIGHT STACK		WEIGHT STACK	
	METRIC (CM)			ENGLISH (INCHES)			LIGHT		HEAVY	
	L	W	H	L	W	H	KG	LBS.	KG	LBS.
VS-S13 Converging Chest Press	91	135	168	36	53	66	73	160	104	230
VS-S34 Diverging Seated Row	143	100	168	56	39	66	73	160	104	230
VS-S72 Seated Leg Curl	179	112	168	71	44	66	68	150	91	200
VS-S71 Leg Extension	148	128	168	58	51	66	73	160	104	230
VS-S23 Converging Shoulder Press	154	144	168	61	57	66	73	160	104	230
VS-S70 Leg Press	184	102	168	73	40	66	-	-	188	415
VS-S33 Diverging Lat Pulldown	155	120	188	61	47	74	73	160	104	230
VS-S42 Triceps Press	152	105	168	60	41	66	73	160	104	230
VS-S40 Biceps Curl	113	127	168	45	50	66	68	150	91	200
VS-S53 Abdominal	136	118	168	54	46	66	73	160	104	230
VS-S74 Hip Adductor / Abductor	161	169	168	63	66	66	73	160	104	230
VS-S22 Pec Fly / Rear Delt	151	150	168	59	59	66	68	150	91	200
VS-S52 Back Extension	113	126	168	45	50	66	73	160	104	230
VS-S78 Glute	132	100	168	52	39	66	68	150	-	-

STRENGTH WARRANTY (USA ONLY)	
Frame (Not Coatings)**	10 years
Weight Stacks	5 years
Pulleys	5 years
Pivot Bearings	5 years
Other Items Not Specified	3 years
Labor	3 years
Upholstery / Cables / Springs / Grips	1 year
Accessories	6 months
Parts	1 year
Labor (Excluding Upholstery / Cables / Grips)	1 year
Upholstery / Cables / Grips / Springs	90 days

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

Note : All specifications are subject to change without notice. Actual products may differ from those pictured in this catalog.

Strength Upholstery

NOTE: Actual colors may vary from the colors seen on your viewing screen or print.



Black / Standard



Slate Blue (Optional)



Clay Red (Optional)



Graphite (Optional)



Alloy (Optional)



American Beauty (Optional)



Alloy / Graphite (Optional)

Available on Versa & Ultra only



Hazelnut / Alloy (Optional)

Available on Versa & Ultra only

Product pricing is reflective of **standard** upholstery only.

Other color options available at an additional charge.

Custom Upholstery Branding (6-week lead time) – once all artwork completed.

- Upholstery wraps available only on Aura series.

Logo requirements: Adobe Illustrator CS3 or later vector file.

Custom upholstery colors available. Contact your Matrix sales representative for pricing information.

AURA | SERIES



Subtle lines. Simple operation. Our biomechanical experts developed this equipment to accurately match the body's fluid, natural movements. The result? Machines that are more comfortable, more effective and easier to operate. And because we understand fitness facilities as well as we do their users, Matrix equipment is strategically designed for maximum visual impact and minimum physical footprint.



Note: In photos on the following pages, all Olympic bars, dumbbells and weight plates are not included unless specified.



Frame Finish

Matrix offers a second clear-powder coating standard for an automotive-quality finish that's highly resistant to chips and scratches.



Independent Converging/ Diverging Motion

Independent converging and diverging motions on select units produce a natural resistance training movement for a superior feel.



Round Tubing

In addition to being aesthetically distinctive, Matrix's round-tube construction provides unmatched strength and durability.

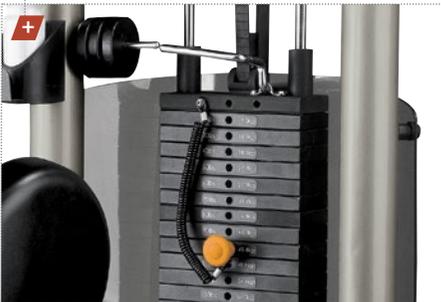


Bottle and Towel Holder

A simple, yet innovative feature that users appreciate (and which also prevents spills and clutter on the floor).

Integrated Increment Weights

Our sliding increment weights are easily accessible from the exercise position and reduce clutter on the floor.



Ergo Form™ Cushions

Our cushions ensure proper body alignment and support with a distinct and attractive look.



Exercise Placards

Conveniently located and easy-to-read, exercise placards offer a quick reference to targeted muscle groups and proper machine use.



Diverging Lat Pulldown

G3-S33



- independent diverging movement provides a natural path of motion
- angled seat cues optimal user position
- thigh pads easily adjust to provide both stability and comfort

Diverging Seated Row

G3-S34



- independent diverging movement provides a natural path of motion
- dual-position hand grips provide greater training variety

Converging Chest Press

G3-S13



- independent converging movement provides a natural path of motion
- dual hand-grip positions provide greater training variety
- designed for easy entry and exit

Converging Shoulder Press

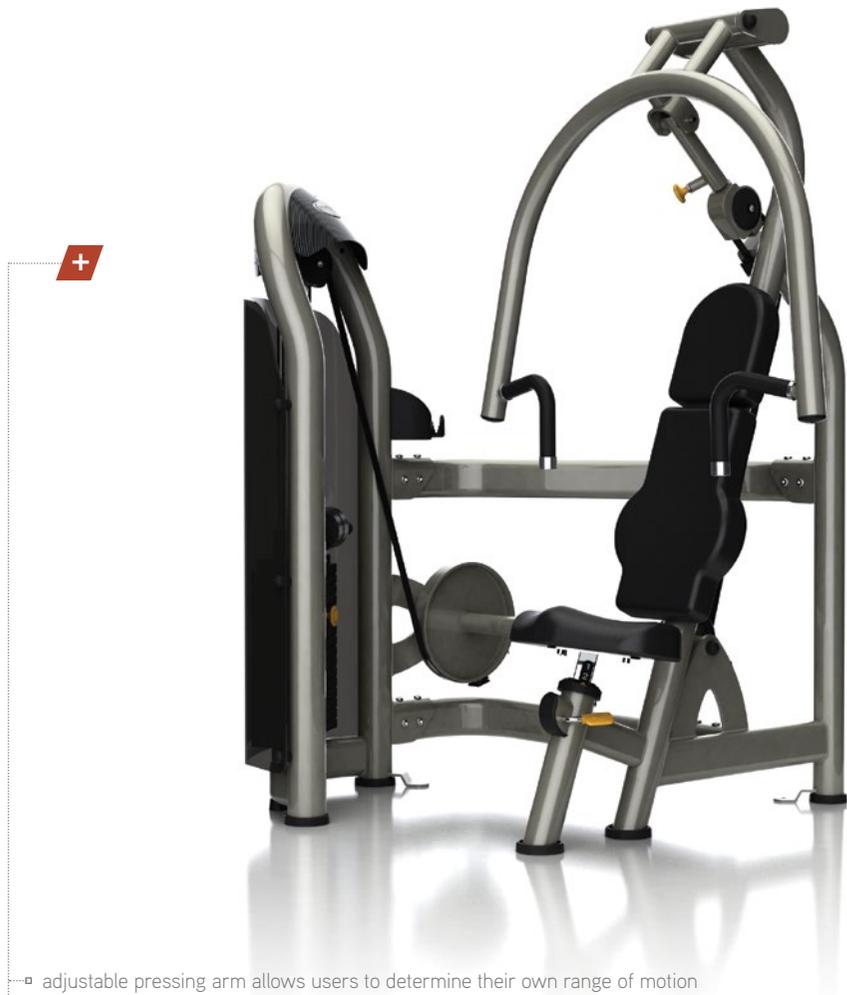
G3-S23



- independent converging movement provides a natural path of motion
- pressing arm includes both standard and neutral grips for user's individual preference
- oversized hand grips provide greater comfort and variety
- counterbalanced pressing arm for optimized starting resistance

Chest Press

G3-S10



- adjustable pressing arm allows users to determine their own range of motion
- oversized, dual-position hand grips provide greater comfort and variety

Shoulder Press

G3-S20



- pressing arm includes both bar and neutral grips for user's individual preferences or anatomical limitations
- oversized hand grips provide greater comfort and variety
- counterbalanced pressing arm for optimal starting resistance

Lat Pulldown

G3-S30



- thigh pads easily adjust to provide both stability and comfort
- straight bar with angled ends ensures correct arm and wrist position throughout the entire range of motion

Seated Row

G3-S31



- multiple grips are provided for greater exercise variety to train the mid- and upper-back muscles
- optimized pivot location creates a biomechanically correct arc of motion

Rear Delt / Fly

G3-S22



- user arms pivot to accommodate individual forearm lengths and varying paths of motion
- optimized handle positions reduce the need to adjust the seat position between rear deltoid and fly exercise

Arm Curl

G3-S40



- arm pad is angled for stability and limits unwanted shoulder movement during exercise
- optimized pivot location creates a biomechanically correct range of motion
- angled hand grips ensure optimal wrist position

Triceps Extension

G3-S45



- seat and upper-arm pads are angled to enhance user stability during exercise
- handle pivots to automatically adjust for varying forearm lengths
- optimized pivot location creates a biomechanically correct range of motion

Triceps Press

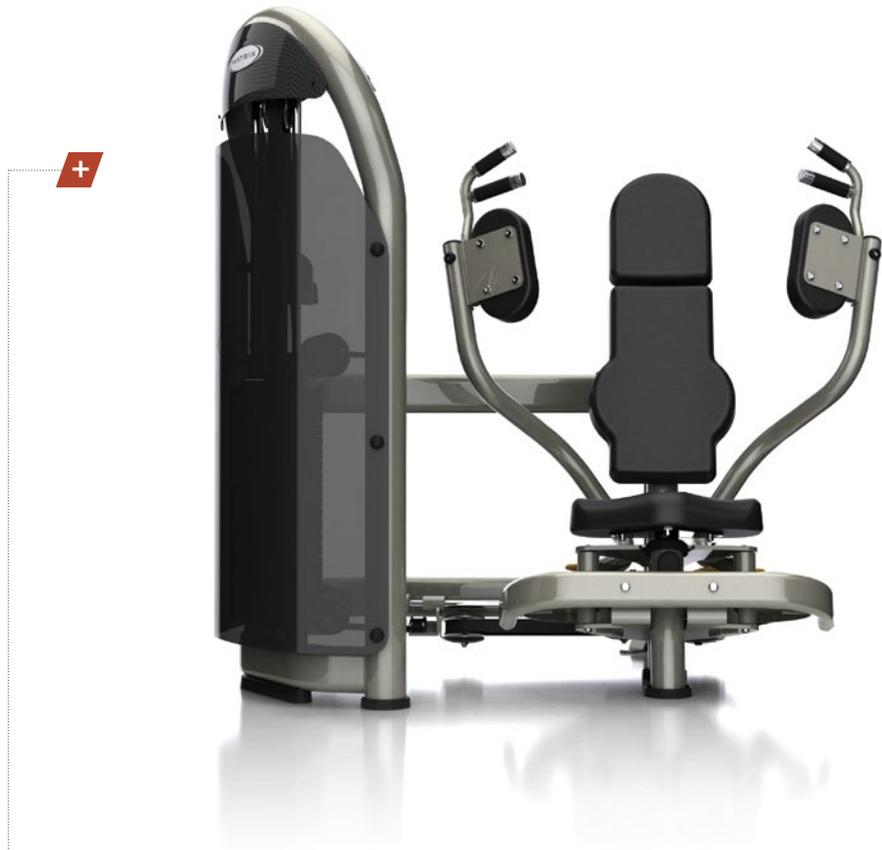
G3-S42



- rotating handles adapt to users of all sizes
- grips are over-molded to ensure a secure, non-slip feel
- angled back pad reduces stress, improving stabilization and comfort
- seatbelt for added stability

Pectoral Fly

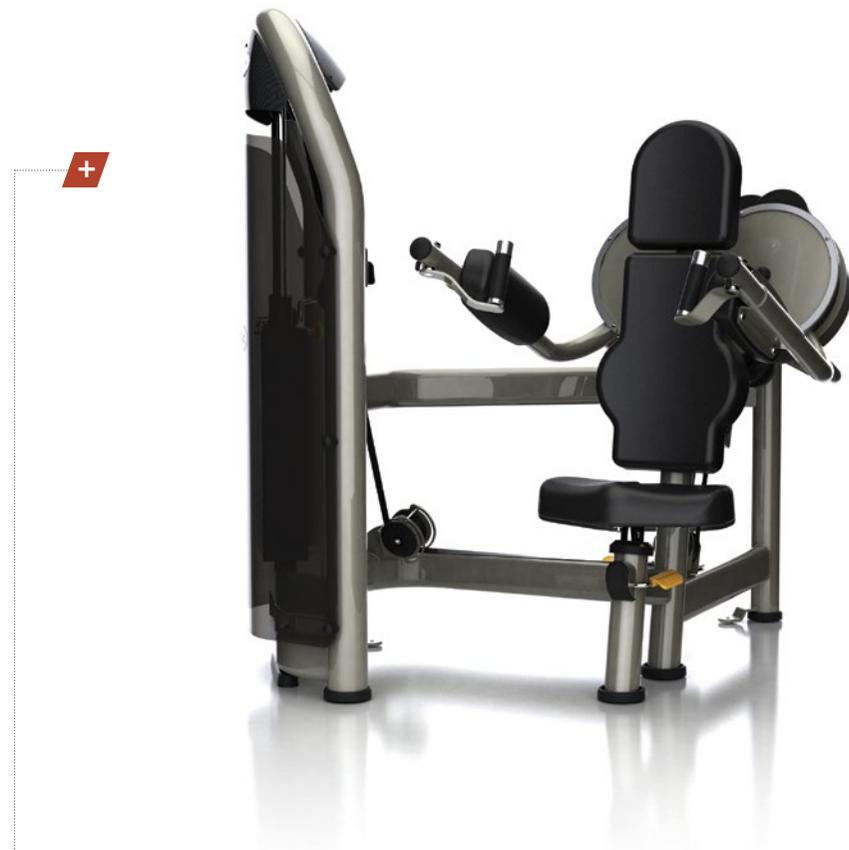
G3-S12



- dual hand grips accommodate users of all sizes
- independent arm action ensures more balanced exercise by not allowing the dominant side to control the exercise
- adjustable starting position

Lateral Raise

G3-S21



- full back pad enhances user's position, comfort and support
- independent arm action ensures balanced exercise
- handles pivot to accommodate users of all sizes

Dip / Chin Assist

G3-S60



- rotating handles adapt to users of all sizes
- pull-up bar offers both standard and neutral grips for individual preference
- steps allow easy entry and exit
- 2 sets of pull-up grips allow users of all heights a full range of motion

Leg Press

G3-S70



- 4-bar linkage enhances alignment and provides variable resistance
- large nonskid footplate accommodates users of all sizes

Leg Extension

G3-S71



- angled seat and back pads encourage full quadriceps contraction for user movement
- standard range-of-motion adjustment for individual preference
- self-adjusting tibia pad
- pivot location clearly marked to encourage correct alignment

Seated Leg Curl

G3-S72



- seat, back and tibia pads adjust without affecting knee alignment or start-position angle
- standard range-of-motion adjuster for individual preference
- pivot location clearly marked to encourage correct alignment

Prone Leg Curl

G3-S73

- divergent pad angle eliminates lower back stress
- standard range-of-motion adjusts for individual preference
- pivot location clearly marked to encourage correct alignment



Hip Adductor

G3-S74



- knee pads and dual footrests provide leg support and increased comfort
- weight stack positioned in front of the user acts as a shield, providing some privacy

Hip Abductor

G3-S75



- leg support accomplished with knee pads and dual footrests to eliminate unwanted torque around the knee
- weight stack positioned in front of the user acts as a shield, providing some privacy

Calf Press

G3-S77

- force is transmitted through hips to eliminate spinal compression
- foot plates are curved for comfortable positioning and a full range of motion
- linear bearings provide smooth, quiet motion and are fully enclosed



Rotary Hip

G3-S76



- perform hip exercise from the standing position, enhancing alignment and increasing target muscle involvement
- adjustable carriage allows users of varying heights to achieve optimal positioning
- starting positions are incremental at 15-degree intervals through 270 degrees of rotation

Abdominal Crunch

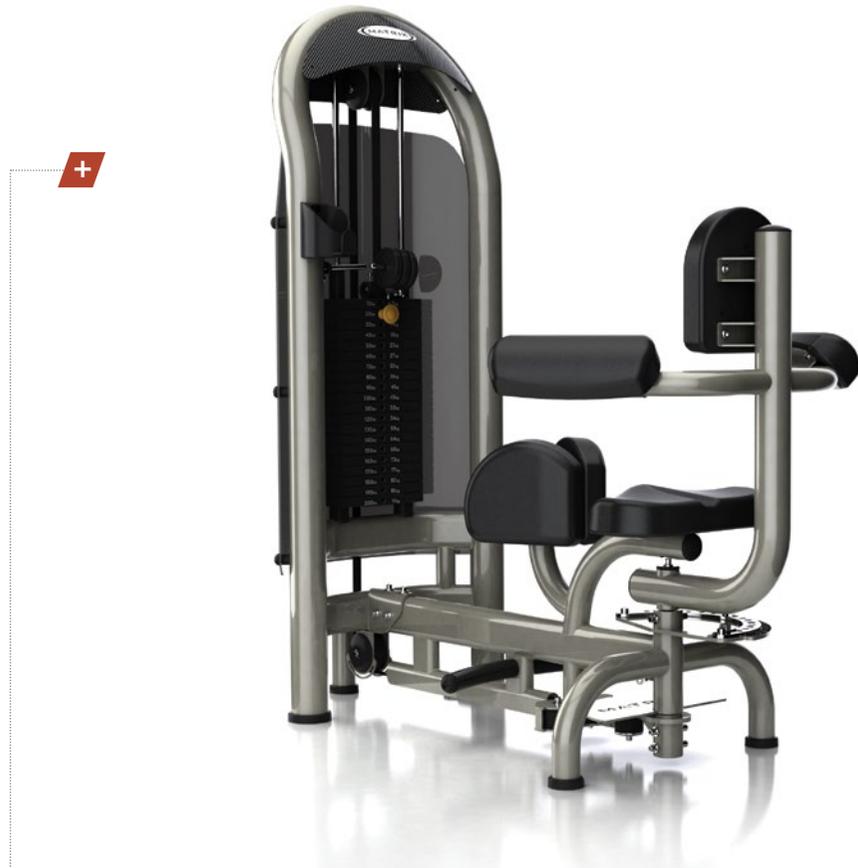
G3-S51



- dual axis of rotation enhances user feel for a natural crunch movement and muscle contraction
- seat and handle positions designed for greater user stability

Rotary Torso

G3-S55



- unique design reinforces proper user positioning
- range of motion is adjustable in 10-degree increments
- foot bar helps users of all sizes achieve proper stabilization

Back Extension

G3-S52



- adjustable nonskid footrests provide secure and proper positioning
- pivot position promotes the coordinated function of the hip and lower-back muscles
- lower-back reference pad encourages user alignment

Functional Trainer

G3-MSFT300/400



- 1:4 ratio for low starting resistance and high-speed movements
- available with 132-kg / 290-lb. or 177-kg / 390-lb. stacks
- swiveling accessory station accommodates more handles and attachments
- multi-grip-position pull-up handles with unique rock-climbing attachment
- integrated fold-away step for easy access



5-stack Multi-station

G3-MS50



4 configurations with a varying number of stations: 4-stack, 5-stack, 8-stack and freestanding, adjustable cable crossover

each configuration contains one or more of the following popular exercises: low row with dual pulleys, lat pulldown with dual pulleys, adjustable cable column and triceps pressdown

low row and lat pulldown have dual-pulley configurations for greater training variety

5-stack and 8-stack configurations come with a connecting cable crossover tube with integrated pull-up bar

Adjustable Cable Crossover // G3-MS20



4-stack Multi-station // G3-MS40



8-stack Multi-station // G3-MS80



Squat Rack

G3-FW72



- ▣ 6 racking positions accommodate all users
- ▣ racks are positioned 15 cm / 6" apart to allow easy removal and re-racking of the bar
- ▣ fixed side frames are positioned at a height of 84 cm / 33"
- ▣ 6 standard weight horns hold multiple weight-plate sizes

Power Station

G3-FW73



- ▣ 8 racking positions accommodate users for any type of lift
- ▣ adjustable bar stop allows positioning from 78 cm to 122 cm / 30.5" to 48"
- ▣ fixed side frame is positioned at 51 cm / 20" for Olympic lifts
- ▣ integrated pull-up bar for increased functionality
- ▣ 6 standard weight horns hold multiple weight-plate sizes

Olympic Flat Bench

G3-FW13



- multiple weight takeoff points are spread 15 cm / 6" apart
- standard weight storage keeps weight plates in close proximity

Olympic Incline Bench

G3-FW14



- bench is angled 30 degrees to emphasize upper pectorals
- adjustable seat allows fine-tuning of the exercise position
- standard weight storage keeps weight plates in close proximity

Olympic Decline Bench

G3-FW15



- bench is angled 15 degrees for effective muscle stimulation
- 3 takeoff positions provide adaptability for users with varying arm lengths
- tibia adjuster allows for near-infinite adjustment positions

Preacher Curl

G3-FW40



- elbow pad is angled 55 degrees to vary resistance and improve user comfort
- seat pad is angled 10 degrees to improve stability and comfort

Back Extension Bench

G3-FW52



- bench is angled 45 degrees for easy entry and exit, making it ideal for lower-back exercise
- 9 positions of adjustment provide 24 cm / 9.5" of adjustment for users of most heights
- footrests incorporate lower-leg pads for stability and comfort

Multi-adjustable Bench

G3-FW80



- space-saving design allows a flat and an incline bench in one piece
- seat pad adjusts from 0 to 30 degrees, while back pad adjusts from -5 to 85 degrees
- integrated wheels and handle make movement around facility easier

Flat Bench

G3-FW81



- bench has 3-point contact for improved leveling
- integrated foot supports for greater user stability
- integrated wheels simplify movement around facility

Adjustable Bench

G3-FW82



- back pad adjusts from 0 to 70 degrees
- space-saving design allows a flat and an incline bench in one piece
- integrated wheels and handle make movement around facility easier

Adjustable Decline Bench

G3-FW83



- bench offers 8 positions of adjustment from 15 to 30 degrees
- leg pads designed in fixed position for easy entry and exit
- integrated wheels simplify movement around facility

Utility Bench

G3-FW84



- back angle is 85 degrees, improving comfort and stability for overhead movements
- integrated foot supports increase stability
- integrated wheels simplify movement around facility

10-pair Dumbbell Rack

G3-FW91



- offset angle prevents wrist strain when removing and replacing dumbbells
- individual cradles improve racking of dumbbells
- storage space for 10 pairs of any size dumbbells
- also available: 5-pair Dumbbell Rack, G3-FW90 (single tier, not shown)

Olympic Weight Tree

G3-FW94



- 9 chrome-plated storage horns for Olympic plates
- rubber bumpers on horns protect frame finish
- ergonomic design positions the heavier plates further off the ground for easier removal and replacement

Barbell Rack

G3-FW96



- upright design provides convenience for barbell accessories
- rack holds 10 barbells, 5 per side

Accessory Rack

G3-FW97



- facilitates placement of all accessories in one spot for convenience and a clutter-free facility
- rack holds 5 bars, while 5 accessory rings can hold a multitude of grips and straps
- top shelf holds additional accessories

Supine Bench

G3-PL13



- converging independent arms provide a natural path of motion
- 2 integrated weight-storage horns keep weight plates in close proximity
- multiple hand-grip positions for greater training variety

Incline Bench Press

G3-PL14



- converging independent arms provide a natural path of motion
- 5-position adjustable seat pad with gas spring-assisted adapts to users of all sizes
- 45-degree incline back pad facilitates proper biomechanics
- 4 integrated weight-storage horns keep weight plates in close proximity
- multiple hand-grip positions for greater training variety

Shoulder Press

G3-PL23



- converging independent arms provide a natural path of motion
- 5-position adjustable seat with gas assist adapts to users of all sizes
- 4 integrated weight-storage horns keep weight-plates in close proximity
- dual-grip pressing positions for greater training variety

Lat Pulldown

G3-PL33



- diverging independent arms provide a natural path of motion
- easy-to-use thigh pad adjustment for proper support
- angled seat cues optimal user position
- 2 integrated weight-storage horns keep weight plates in close proximity

Seated Row

G3-PL34



- diverging independent arms provide a natural path of motion
- multiple hand-grip positions for greater training variety
- integrated weight-storage horn keeps weight plates in close proximity

Ab Crunch Bench

G3-PL50



- unique design ensures proper positioning for abdominal crunches
- 2 sets of foot bars accommodate all users
- weight-loading horn allows for the addition of extra resistance

Smith Machine

G3-PL62



- 6.8-kg / 15-lb. takeoff for low starting resistance
- features a 90-degree path of motion for adaptability to all exercises
- linear bearings provide a smooth motion
- 6 integrated weight-storage horns hold multiple weight-plate sizes

45-degree Leg Press

G3-PL70



- easy-to-use racking mechanism
- linear bearings for smooth feel and function
- polyethylene foot platform for impact, corrosion and abrasion resistance
- molded pads for comfort and durability
- 6 integrated weight-storage horns hold multiple weight-plate sizes

Seated Calf

G3-PL77



- seat moves with input arm to maintain alignment
- knee pads adjust for tibia length and range of motion
- quick-release bar catch for simple operation

Squat Lunge

G3-PL79



- independent lifting arms ensure a balanced exercise
- multiple hand-grip positions for greater training variety
- 3 integrated weight-storage horns keep weight plates in close proximity
- loaded weight capacity of over 367 kg / 810 lbs.



AURA SINGLE-STATION	PRODUCT DIMENSIONS						PRODUCT WEIGHT		WEIGHT STACK	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH	METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.	KG	LBS.
G3-S10 Chest Press	155	124	185	61	49	73	274	603.5	114	250
G3-S12 Pectoral Fly	112	152	150	44	60	59	246	542	91	200
G3-S13 Converging Chest Press	165	150	175	65	59	69	293	645	114	250
G3-S20 Shoulder Press	145	142	150	57	56	59	251	553	91	200
G3-S21 Lateral Raise	122	130	150	48	51	59	271	597	91	200
G3-S22 Rear Delt / Fly	137	94	173	54	37	68	294	647.5	134	295
G3-S23 Converging Shoulder Press	152	150	175	60	59	68	251	553	91	200
G3-S30 Lat Pulldown	112	122	216	44	48	85	250	551	134	295
G3-S31 Seated Row	152	94	211	60	37	83	273	601	114	250
G3-S33 Diverging Lat Pulldown	145	86	216	57	34	85	239	526.5	114	250
G3-S34 Diverging Seated Row	155	102	198	61	40	78	228	502	114	250
G3-S40 Arm Curl	122	107	150	48	42	59	228	502	91	200
G3-S42 Triceps Press	155	112	150	61	44	59	261	575	91	200
G3-S45 Triceps Extension	122	109	150	48	43	59	223	491	91	200
G3-S51 Abdominal Crunch	138	112	150	55	44	59	251	553	91	200
G3-S52 Back Extension	137	102	173	54	40	68	277	610	134	295
G3-S55 Rotary Torso	142	109	175	56	43	69	216	476	91	200
G3-S60 Dip / Chin Assist	117	124	229	46	49	90	249	548.5	91	200
G3-S70 Leg Press	201	107	183	79	42	72	433	954	175	385
G3-S71 Leg Extension	122	112	173	48	44	68	265	584	114	250
G3-S72 Seated Leg Curl	160	112	173	63	44	68	257	566	114	250
G3-S73 Prone Leg Curl	157	107	173	62	42	68	250	551	91	200
G3-S74 Hip Adductor	152	69	150	60	27	59	264	581.5	100	220
G3-S75 Hip Abductor	152	69	150	60	27	59	270	595	100	220
G3-S76 Rotary Hip	112	122	185	44	48	73	284	628	134	295
G3-S77 Calf Press	170	69	152	67	27	60	298	656	134	295

AURA FREE WEIGHTS	PRODUCT DIMENSIONS					
	METRIC (CM)			ENGLISH (INCHES)		
	L	W	H	L	W	H
G3-FW72 Squat Rack	175	161	196	69	63	77
G3-FW73 Power Station	175	175	224	69	69	88
G3-FW81 Flat Bench	122	74	43	48	29	17
G3-FW83 Adjustable Decline Bench	168	62	64	66	24	25
G3-FW84 Utility Bench	119	77	97	47	30	38
G3-FW14 Olympic Incline Bench	190	159	145	75	63	57
G3-FW13 Olympic Flat Bench	181	159	127	71	63	50
G3-FW15 Olympic Decline Bench	211	159	127	83	63	50
G3-FW80 Multi-adjustable Bench	155	74	51	61	29	20
G3-FW82 Adjustable Bench	145	62	51	57	24	20
G3-FW52 Back Extension Bench	119	77	77	47	30	30
G3-FW40 Preacher Curl Bench	93	70	89	37	28	35
G3-FW91 10-Pair Dumbbell Rack	284	71	81	112	28	32
G3-FW96 Barbell Rack	93	78	155	37	31	61
G3-FW94 Olympic Weight Tree	87	57	108	34	22	43
G3-FW97 Accessory Rack	97	62	110	38	24	43

AURA MULTI-STATIONS	PRODUCT DIMENSIONS						WEIGHT STACK	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.
G3-MSFT Functional Trainer 300	170	111	236	67	44	93	2 x 131	2 x 290
G3-MSFT Functional Trainer 400	170	111	236	67	44	93	2 x 176	2 x 390
G3-MS20 Adjustable Cable Crossover	91	399	241	36	157	95	2 x 91	2 x 200
G3-MS40 4-Stack Multi-station	168	371	254	66	146	100	2 x 91, 2 x 134	2 x 200, 2 x 295
G3-MS50 5-Stack Multi-station	483	371	254	190	146	100	3 x 91, 2 x 134	3 x 200, 2 x 295
G3-MS80 8-Stack Multi-station	559	371	254	220	146	100	4 x 91, 4 x 134	4 x 200, 4 x 295

AURA PLATE-LOADED	PRODUCT DIMENSIONS			PRODUCT DIMENSIONS		
	METRIC (CM)			ENGLISH (INCHES)		
	L	W	H	L	W	H
G3-PL14 Incline Bench Press	181	127	90	60	50	55
G3-PL13 Supine Bench Press	183	130	89	72	51	35
G3-PL70 45 Degree Leg Press	220	151	133	89	49	52
G3-PL50 Ab Crunch Bench	195	74	99	71	30	39
G3-PL77 Seated Calf	141	90	79	57	31	36
G3-PL62 Smith Machine	231	153	244	92	50	96
G3-PL34 Seated Row	152	137	109	57	54	43
G3-PL23 Shoulder Press	180	158.75	117	71	63	46
G3-PL33 Lat Pulldown	179	129.5	190.5	71	51	75
G3-PL79 Squat Lunge	147	165	84	58	65	33

STRENGTH WARRANTY (USA ONLY)

Frame (Not Coatings)**	10 years
Weight Stacks	5 years
Pulleys	5 years
Pivot Bearings	5 years
Other Items Not Specified	3 years
Labor	3 years
Upholstery / Cables / Springs / Grips	1 year
Accessories	6 months
Parts	1 year
Labor (Excluding Upholstery / Cables / Grips)	1 year
Upholstery / Cables / Grips / Springs	90 days

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

Note : All specifications are subject to change without notice. Actual products may differ from those pictured in this catalog. Olympic bars, dumbbells and weight plates are not included unless specified.

Strength Upholstery

NOTE: Actual colors may vary from the colors seen on your viewing screen or print.



Black / Standard



Slate Blue (Optional)



Clay Red (Optional)



Graphite (Optional)



Alloy (Optional)



American Beauty (Optional)

Product pricing is reflective of **standard** upholstery only.

Other color options available at an additional charge.

Custom Upholstery Branding (6-week lead time) – once all artwork completed.

- Upholstery wraps available only on Aura series.

Logo requirements: Adobe Illustrator CS3 or later vector file.

Custom upholstery colors available. Contact your Matrix sales representative for pricing information.

MAGNUM | SERIES



+ Serious training requires serious equipment. Equipment that has established a legacy of performance and function at the highest levels. That's exactly what Magnum delivers. This broad line withstands the rigorous training of pro athletes, yet it offers the ergonomic excellence and comfort that every user wants, making it ideal for your facility.

Note: In photos on the following pages, all Olympic bars, dumbbells and weight plates are not included unless specified.



Durable Construction

Highlighted by heavy-gauge steel tubing, our equipment is built to withstand the rigorous strength training of professional sports teams.



Frame Finish

A standard two-coat powder coating produces an automotive-quality finish that's highly resistant to chips and scratches.



Independent Converging/ Diverging Motion

Independent converging and diverging motions on select plate-loaded units produce a natural resistance training movement for a superior feel.



Color-coded Adjustment Points

Conveniently located adjustment points are clearly marked for ease of use.

Ergonomics and Biomechanics

All Magnum products are designed to be comfortable while providing motion that feels natural and is mechanically correct.

Variety

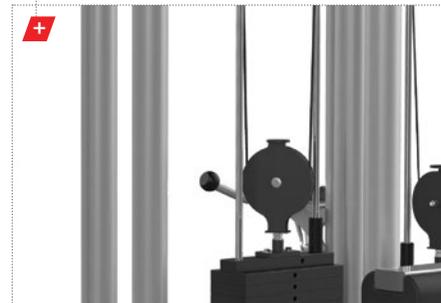
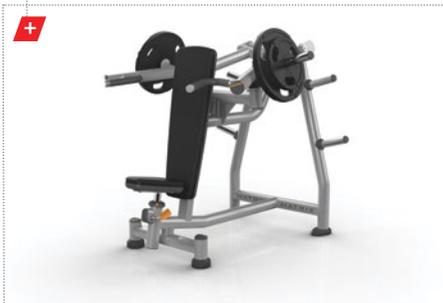
Comprehensive variety of products to meet the training needs of any commercial facility.

Round Tubing

In addition to being aesthetically distinctive, our round-tube construction provides unmatched strength and durability.

Multi-station Configurations

System with multiple stations provides custom configurability to meet your facility needs.



TOWER STATIONS



+ MULTIPLE CONFIGURATIONS

The 17 different machines in the 900 series of tower stations provide the ultimate training variety for your customers. You can use them as stand-alone units, or you can link them to maximize your space and create the exact layout you want. Back-to-back, S-shaped or almost any other configuration is possible to fit your facility.



OTHER POPULAR CONFIGURATIONS



Adjustable Crossover

MG-924



1:2 ratio enables smooth resistance and extended travel

large support handles provide extra stability

drop-down incremental weight system provides smaller increases in weight

available as a freestanding unit (MG-FS924)

Adjustable Pulley

MG-923



- column adjusts to provide exercise variety with 17 positions
- drop-down incremental weight system provides smaller increases in weight
- available as a freestanding unit (MG-FS923)

Dual Adjustable Pulley

MG-DP923



- column adjusts into 17 positions
- dual rotational pulleys for added exercise variety and independent motion
- drop-down incremental weight system provides smaller increases in weight
- available as a freestanding unit (MG-FSDP923)

Chest Press

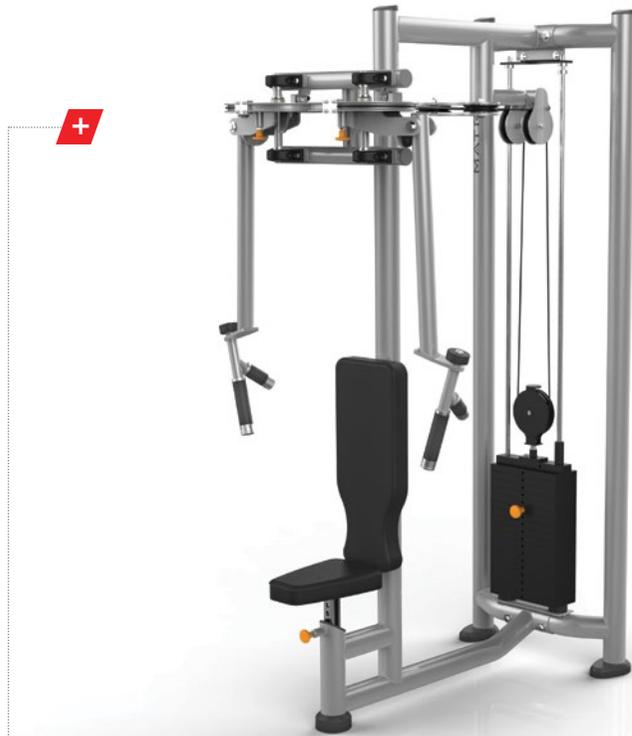
MG-922



- dual grips for added exercise variety and comfort
- drop-down incremental weight system provides smaller increases in weight
- available as a freestanding unit (MG-FS922)

Rear Delt / Fly

MG-936



- dual grips for added variety and comfort
- dual function with a space-saving design
- available as a freestanding unit (MG-FS936)

Lat Pulldown

MG-921



- thigh pads easily adjust to provide stability and comfort
- drop-down incremental weight system provides smaller increases in weight
- available as a freestanding unit (MG-FS921)

Dual-pulley Lat Pulldown

MG-DP921



- thigh pads easily adjust to provide stability and comfort
- dual rotational pulleys for added exercise variety and independent motion
- drop-down incremental weight system provides smaller increases in weight
- available as a freestanding unit (MG-FSDP921)

Low Row

MG-926



- large foot platform for added stability
- drop-down incremental weight system provides smaller increases in weight
- available as a freestanding unit (MG-FS926)

Dual-pulley Low Row

MG-DP926



- dual rotational pulleys for added exercise variety and independent motion
- drop-down incremental weight system provides smaller increases in weight
- available as a freestanding unit (MG-FSDP926)

Lat Pulldown / Low Row

MG-946



- dual function with a space-saving design
- thigh pads easily adjust to provide stability and comfort
- drop-down incremental weight system provides smaller increases in weight
- available as a freestanding unit (MG-FS946)

Dip / Chin Assist

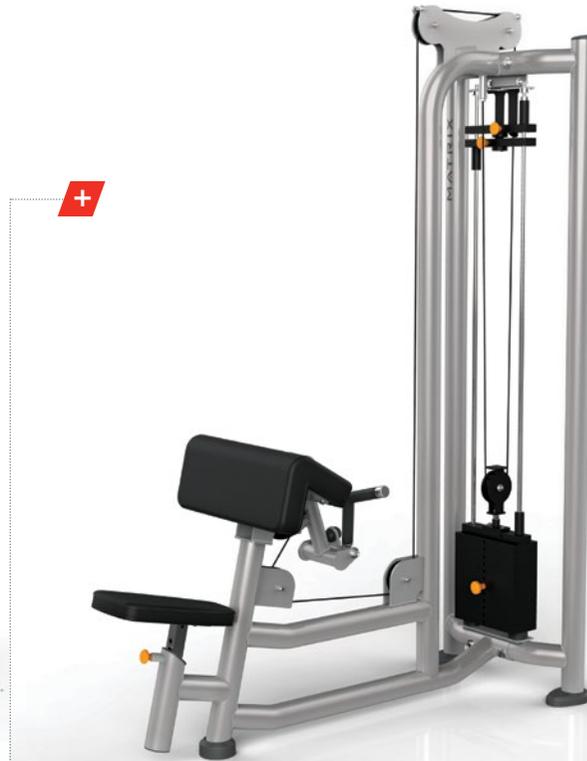
MG-937



- dual grips for added exercise variety
- dual function with a space-saving design
- large knee pad for comfort and stability
- drop-down incremental weight system provides smaller increases in weight
- available as a freestanding unit (MG-FS937)

Biceps Curl

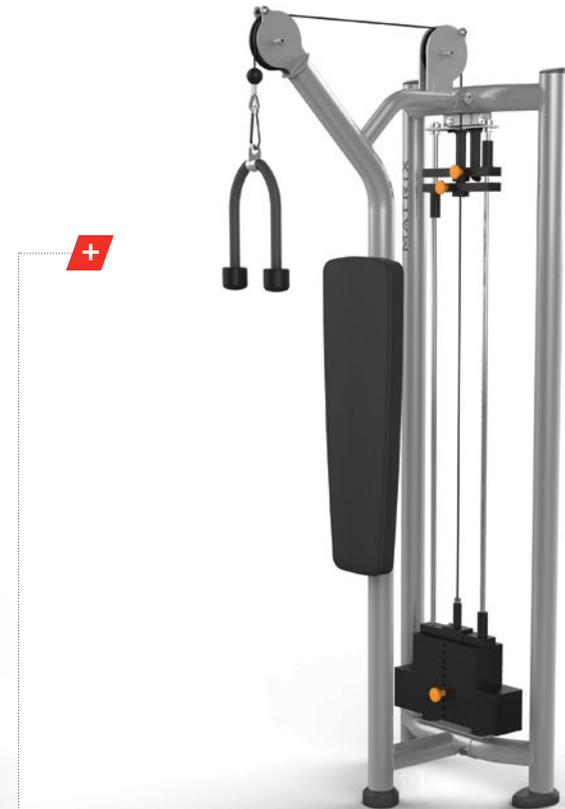
MG-911



- arm pad is angled for stability and limits shoulder movement during exercise
- easy entry and exit
- drop-down incremental weight system provides smaller increases in weight
- available as a freestanding unit (MG-FS911)

Triceps Pushdown

MG-942



- compact, space-saving design
- large backpad for support
- drop-down incremental weight system provides smaller increases in weight
- available as a freestanding unit (MG-FS942)

Biceps / Triceps

MG-947



- dual grips for added exercise variety
- dual function with a space-saving design
- compact space-saving design
- drop-down incremental weight system provides smaller increases in weight
- available as a freestanding unit (MG-FS947)

Leg Press

MG-903



- large foot platform for added stability
- low step-over height provides easy entry and exit
- drop-down incremental weight system provides smaller increases in weight
- available as a freestanding unit (MG-FS903)

Leg Extension

MG-901



- adjustable backrest for comfort and alignment
- self-adjusting tibia pad for ease of use
- drop-down incremental weight system provides smaller increases in weight
- available as a freestanding unit (MG-FS901)

Prone Leg Curl

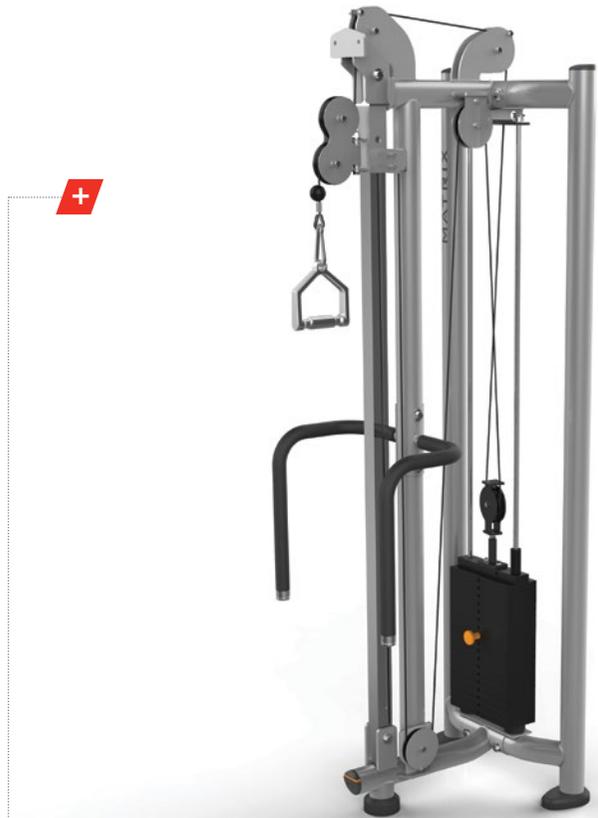
MG-902



- divergent angled pads encourage full range of motion and help reduce lower-back stress
- self-adjusting lower leg pad for ease of use
- drop-down incremental weight system provides smaller increases in weight
- available as a freestanding unit (MG-FS902)

Adjustable Pulley

MG-ADA23



- unique lower handles support wheelchair users
- cable column adjusts to provide exercise variety with 17 positions

Chest Press / Row

MG-ADA2220



- direct roll-in wheelchair design
- chest pad easily rotates to switch between exercises
- dual function for added exercise variety

Biceps / Lat Pulldown

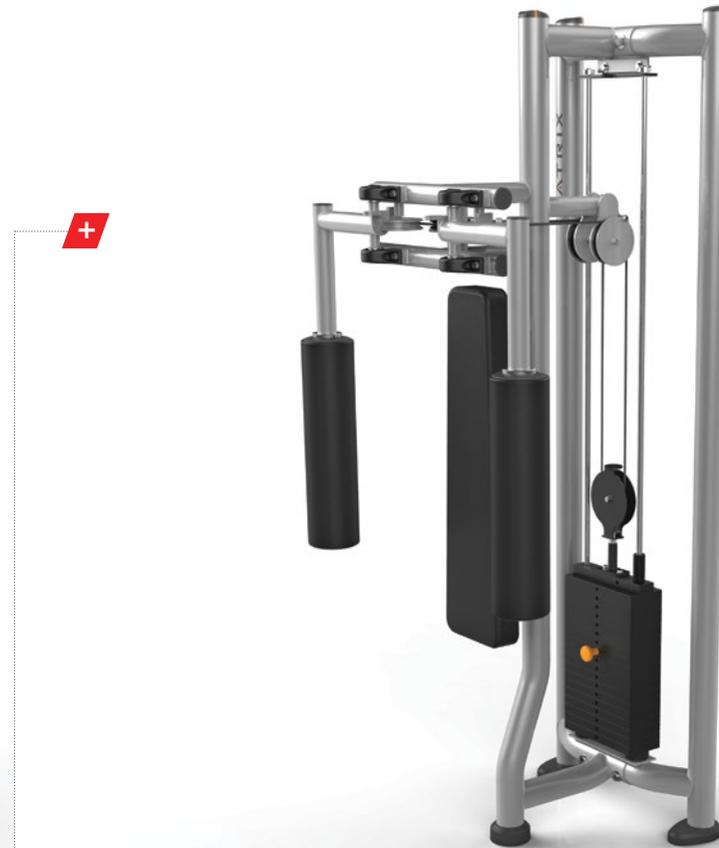
MG-ADA1121



- gas-assisted arm pad for ease of use
- elbow pads help alleviate shoulder stress and provide greater stability and comfort
- dual function for added exercise variety
- wheelchair accessible

Pec Deck

MG-ADA18



- direct roll-in wheelchair design
- oversized arm pads eliminate need for adjustments

BREAKER BENCHES



+ EASIER TAKEOFFS

Incredibly beneficial for beginners and professional athletes alike, this exclusive system uses pivoting uprights to place the bar directly over the user. We call them Breaker Benches because they eliminate the need for assistance to break the bar, allowing users to get into the start position with less stress on their joints. Greater comfort, easier takeoffs and increased efficiency add up to a superior solution for all users in resistance training.



* shown with optional color accent



Uprights resting in the start position



Uprights pivoted to forward position

Breaker Olympic Flat Bench

MG-A678



- uprights pivot forward into ideal starting position – directly over the user for easy takeoff
- molded urethane guards protect Olympic bars from damage, reduce noise and provide a hand rest for spotters
- wide back pad stabilizes users during heavy lifts
- 10 weight-storage horns (20.4-kg / 45-lb. plates store at waist height)
- designed to meet EN957 and ASTM safety standards
- available without weight-storage horns (MG-A678N)

Olympic Flat Bench

MG-A78



- molded urethane guards protect Olympic bars from damage, reduce noise and provide a hand rest for spotters
- wide back pad stabilizes users during heavy lifts
- 10 weight-storage horns (20.4-kg / 45-lb. plates store at waist height)
- designed to meet EN957 and ASTM safety standards
- available without weight-storage horns (MG-A78N)

Breaker Olympic Incline Bench

MG-A679



- uprights pivot forward into ideal starting position – directly over the user for easy takeoff
- molded urethane guards protect Olympic bars from damage, reduce noise and provide a hand rest for spotters
- wide back pad stabilizes users during heavy lifts
- ratcheting seat design for ease of use and adjustment
- 10 weight-storage horns (20.4-kg / 45-lb. plates store at waist height)
- built-in spotter platform
- designed to meet EN957 and ASTM safety standards
- available without weight-storage horns (MG-A679N)

Olympic Incline Bench

MG-A79



- molded urethane guards protect Olympic bars from damage, reduce noise and provide a hand rest for spotters
- wide back pad stabilizes users during heavy lifts
- ratcheting seat design for ease of use and adjustment
- 10 weight-storage horns (20.4-kg / 45-lb. plates store at waist height)
- built-in spotter platform
- designed to meet EN957 and ASTM safety standards
- available without weight-storage horns (MG-A679N)

Breaker Olympic Decline Bench

MG-A680



- molded urethane guards protect Olympic bars from damage, reduce noise and provide a hand rest for spotters
- uprights pivot forward into ideal starting position – directly over the user for easy takeoff
- 10 weight-storage horns (20.4-kg / 45-lb. plates store at waist height)
- wide back pad stabilizes users during heavy lifts
- designed to meet EN957 and ASTM safety standards
- available without weight-storage horns (MG-A680N)

Olympic Decline Bench

MG-A80



- molded urethane guards protect Olympic bars from damage, reduce noise and provide a hand rest for spotters
- pivoting knee rests easily accommodate users of all sizes
- 10 weight-storage horns (20.4-kg / 45-lb. plates store at waist height)
- wide back pad stabilizes users during heavy lifts
- designed to meet EN957 and ASTM safety standards
- available without weight-storage horns (MG-A80N)

Breaker Olympic Shoulder Bench

MG-A645



- uprights pivot forward into ideal starting position – directly over the user for easy takeoff
- molded urethane guards protect Olympic bars from damage, reduce noise and provide a hand rest for spotters
- built-in spotter platform
- 10 weight-storage horns (20.4-kg / 45-lb. plates store at waist height)
- designed to meet EN957 and ASTM safety standards
- available without weight-storage horns (MG-A645N)

Olympic Shoulder Bench

MG-A45



- molded urethane guards protect Olympic bars from damage, reduce noise and provide a hand rest for spotters
- 10 weight-storage horns are standard
- front and rear takeoffs connected with bottom stop bar
- built-in spotter platform
- designed to meet EN957 and ASTM safety standards
- available without weight-storage horns (MG-A45N)

3-way Olympic Bench

MG-C895



molded urethane guards protect Olympic bars from damage, reduce noise and provide a hand rest for spotters

flat bench press, incline press and shoulder press can all be performed with simple adjustments

easy-to-use seat automatically moves into the proper position when the back is adjusted

10 weight-storage horns hold over 454 kg / 1000 lbs. of Olympic plates

designed to meet EN957 and ASTM safety standards

Multi-adjustable Bench

MG-A85



- seat automatically adjusts with the back pad for ease of use
- adjustable back pad with 5 positions from 0 to 80 degrees
- wide back pad stabilizes users during heavy lifts
- protective molded guards in high wear/scuff areas
- integrated wheels provide easy movement within facility
- drop-away handle and wheels provide easy movement

Flat Bench

MG-A59



- single cross leg provides more freedom for users
- wide back pad stabilizes users during heavy lifts
- protective molded guards in high wear/scuff areas
- integrated wheels provide easy movement within facility

Multi-adjustable Bench w/ Decline

MG-A86



- backrest adjusts into 7 positions marked in degrees – decline: 15 and 0 degrees; incline: 15, 30, 60 and 80 degrees
- wide back pad stabilizes users during heavy lifts
- protective molded guards in high wear/scuff areas
- leg pads provide added stability
- integrated wheels provide easy movement within facility

Utility Bench

MG-A87



- ▣ oversized foot supports provide maximum stability
- ▣ protective molded guards in high wear/scuff areas
- ▣ oversized rubber foot platforms provide added stability
- ▣ integrated wheels for ease of transport

Flat-to-incline Bench w/ Horizontal Adjustment

MG-A695



- ▣ locking rods for attachment to power racks
- ▣ lever allows user to adjust length of bench while seated
- ▣ seat automatically adjusts to proper angle as the backrest is adjusted
- ▣ drop-away handle and wheels provide easy movement

Standing Arm Curl

MG-A71



- arm pad height adjusts to easily accommodate users of all sizes
- durable extruded guards for frame and bar protection
- utilizing both sides of the machine increases functionality and saves space

Preacher Curl

MG-A62



- angled, ratcheting seat for proper body positioning
- durable extruded guards for frame and bar protection

VKR w/ Chin

MG-A63C



oversized round handles for added comfort on dip

angled back support, elbow pads and handles provide added stability and comfort

multiple chin grips and rock-climbing grips for added exercise variety



Adjustable Decline Bench

MG-A61



- 9 adjustments from 10 to 30 degrees
- gas shock for easy adjustment
- wide back pad stabilizes users during heavy lifts
- protective molded guards in high wear/scuff areas
- integrated wheels for easy transport

Adjustable Ab Bench

MG-A77



- adjustable leg pad accommodates all users
- protective molded guards in high wear/scuff areas
- back support pivots into 6 different positions from 0 to 25 degrees
- elevated knee position reduces low-back stress

Squat Rack

MG-A81



- fixed-bottom stops provide added security
- molded urethane guards protect Olympic bars from damage and reduce noise
- 4 racking positions and 10 weight-storage horns are standard
- bottom stops can also be used to hold bar for various exercises

Glute Ham Bench

MG-A96



- step-through design
- leg pads and oversized footplate can be adjusted while in exercise position
- leg pads' vertical adjustment is gas-assisted for ease of adjustment
- handles to perform reverse hyperextensions
- hooks to attach bands for reverse hyperextensions

Back Extension Bench

MG-A93



- ▣ large thigh pads and skid-resistant foot platform for added stability
- ▣ handles for easy entry and exit
- ▣ protective molded guards in high wear/scuff areas
- ▣ gas shock for easy adjustments

Barbell Rack

MG-A68



- ▣ durable extruded guards for frame and bar protection
- ▣ horizontal storage for 10 straight or E-Z Curl bars

Weight Tree

MG-A67



- ▣ 8 chromed weight horns, 3 of which accommodate 20.4-kg / 45-lb. plates
- ▣ maximum capacity: over 454 kg / 1000 lbs. of Olympic plates

2-tier Dumbbell Rack w/ Saddles

MG-A84



- storage space for 10 pairs of pro-style dumbbells of any size
- offset angle prevents wrist strain when removing and replacing dumbbells

3-tier Dumbbell Rack w/ Saddles

MG-A42



- storage space for 15 pairs of pro-style dumbbells of any size
- offset angle prevents wrist strain when removing and replacing dumbbells

2-tier Flat-tray Dumbbell Rack

MG-A696



- 2.4 m / 8' rack holds rubber hex dumbbells weighing a) 2.3 - 22.7 kg / 5 - 50 lbs. or b) 24.9 - 45.4 kg / 55 - 100 lbs.
- also available: 1.8 m / 6', 2-tier flat-tray dumbbell rack (MG-A697)

3-tier Flat-tray Dumbbell Rack

MG-A688



- 2.4 m / 8' rack holds rubber hex dumbbells weighing 1.4 - 45.4 kg / 3 - 100 lbs.
- also available: 1.8 m / 6', 3-tier flat-tray dumbbell rack (MG-A689)

3-tier Beauty Bell Rack

MG-A44



- flat-tray beauty bell rack accommodates rubber or urethane dumbbells

Attachment Storage Rack

MG-A303



- stores resistance chains and bands; also stores options for your Power Racks, such as dip bars, technique scoops, step-up platforms, etc.
- accessories not included

Horizontal Plate Rack

MG-A301



- holds: (4) 45-lb. bumper plates, (2) 25-lb. bumper plates, (2) 10-lb. bumper plates, (4) 10-lb. rubber-coated Olympic plates, (4) 5-lb. rubber-coated Olympic plates, and (4) 2.5-lb. rubber-coated Olympic plates
- includes 1 horn to hold collars

Hi Boy Bumper Plate Rack

MG-A305



- 8 slots for bumper-plate storage at waist height
- 2 Olympic bar holders and one storage horn for clamps

Step-up Platform w/ Handle

MG-SUP



- 20 cm / 8" step-up height

Vertical Bench Press

MG-A422



- independent converging motion provides a natural path of motion
- adjustable back pad facilitates range of motion
- ratcheting seat for easy adjustment
- main frame and lifting arms constructed of 7.6 cm / 3" round steel tubing

Supine Bench Press

MG-A416



- independent converging motion provides a natural path of motion
- weight-storage horns standard
- back pad adjusts to control range of motion
- main frame and lifting arms constructed of 7.6 cm / 3" round steel tubing

Incline Bench Press

MG-A417



- independent converging motion provides a natural path of motion
- ratcheting seat for easy adjustment
- back pad adjusts for optimal range of motion
- 4 integrated weight-storage horns
- main frame and lifting arms constructed of 7.6 cm / 3" round steel tubing

Vertical Decline Bench Press

MG-A480



- independent converging motion provides a natural path of motion
- ratcheting seat for easy adjustment
- back pad adjusts to control range of motion
- 6 integrated weight-storage horns
- main frame and lifting arms constructed of 7.6 cm / 3" round steel tubing

Shoulder Press

MG-A414



- independent converging motion provides a natural path of motion
- ratcheting seat for easy adjustment
- adjustable seat pad for optimal range of motion
- 4 integrated weight-storage horns
- main frame and lifting arms constructed of 7.6 cm / 3" round steel tubing

Seated Row

MG-A420



- independent diverging motion provides a natural path of motion
- ratcheting seat for easy adjustment
- triple-pivot handles provide freedom to rotate, supinate or pronate your grip throughout the exercise
- large rubber footpads for added stability and comfort
- main frame and lifting arms constructed of 7.6 cm / 3" round steel tubing

Lat Pulldown

MG-A435



- independent diverging motion provides a natural path of motion
- ratcheting seat for easy adjustment
- triple-pivot handles provide freedom to rotate, supinate or pronate your grip throughout the exercise
- 2 integrated weight-storage horns
- main frame with weight-storage horns and movement arms constructed of 7.6 cm / 3" round steel tubing

Leg Press

MG-A51



- large foot platform accommodates a variety of movements
- foot platform rides on 5.1 cm / 2" linear shafts and bearings for smooth movement
- entire upper body, including head, is supported by adjustable pads
- dual starting points and 2 adjustable stop points accommodate users of all sizes
- 4 integrated weight-storage horns

Hack Squat

MG-A50



- large, adjustable angled footplate
- carriage rides on 5.1 cm / 2" linear shaft and bearings for smooth movement
- dual starting positions with two adjustable stops to accommodate users of all sizes
- 2 integrated weight-storage horns

Standing Calf

MG-A486



- adjustable shoulder pads accommodate users of all sizes
- curved footplate for added user comfort

Seated Calf

MG-A53



- exercise arm pivots on pillow-block bearings for smooth movement
- adjustable thigh hold-down with handles
- angled foot platform for added user comfort

Reverse Back Extension

MG-405



- adjustable starting point to select desired range of motion
- leg pad can be locked in forward position to use without resistance
- dual hand grips provide added variety and comfort
- 2 weight-storage horns

4-way Neck

MG-404



- counterbalanced arm for optimal starting resistance
- counterweighted pivoting head pads provide additional comfort during use
- adjustable seat and 4 handles provide comfortable user positioning
- 2 weight-storage horns

MEGA RACKS



THE ULTIMATE IN STRENGTH TRAINING

Make an unmistakable statement with the most serious training equipment available: Matrix MEGA Racks. Boasting 7-gauge steel uprights and quarter-inch thick frames, these fully featured racks are proven to last in the most rigorous lifting environments, including pro sports facilities. Multiple accessories are available for these racks, adding variety and versatility to your strength area. Best of all, MEGA Racks can be customized in a variety of ways to add an exclamation point to your statement.



+ Lock-in Adjustable Bench

Our MG-A695 bench is an additional option for Power Racks. It quickly and easily locks the horizontally adjustable bench in place for proper alignment in the rack. This horizontal adjustment ensures that the seat is at the proper angle as the backrest is adjusted.



* shown with optional accessories

MEGA Power Rack

MG-MR47



- fully enclosed style offers ideal spotting abilities
- as shown with integrated foldaway spotter stands, adjustable safety bars, dual-grip chin bar, bar storage, band storage and weight storage
- J-hooks made of high-density polyethylene (HDPE) to protect bar knurling from scratches
- visual height indicator and colored locking pin make bar-level changes quick and easy
- 3 retractable lower band pegs on each side (6 total)
- available without integrated foldaway spotter stands (MG-MR47N)

MEGA Half Rack

MG-MR690



- open-front design gives users freedom of movement
- as shown with integrated foldaway spotter stands, adjustable safety bars, dual-grip chin bar, bar storage, band storage and weight storage
- J-hooks made of high-density polyethylene (HDPE) to protect bar knurling from scratches
- visual height indicator and colored locking pin make bar-level changes quick and easy
- 3 retractable lower band pegs on each side (6 total)
- available without integrated foldaway spotter stands (MG-MR690N)

MEGA Open Rack

MG-MR694



- designed for a variety of lifts – presses, squats, overhead lifts and more
- as shown with integrated foldaway spotter stands, adjustable safety bars, dual-grip chin bars, bar storage, band storage and weight storage
- J-hooks made of high-density polyethylene (HDPE) to protect bar knurling from scratches
- visual height indicator and colored locking pin make bar-level changes quick and easy
- 3 retractable lower band pegs on each side (6 total)
- available without integrated foldaway spotter stands (MG-MR694N and MG694-9N)

MEGA Double Half Rack

MG-MR691



- designed for training efficiency
- as shown with 2 sets of integrated foldaway spotter stands, adjustable safety bars, dual-grip chin bars, bar storage, band storage and weight storage
- J-hooks made of high-density polyethylene (HDPE) to protect bar knurling from scratches
- visual height indicator and colored locking pin make bar-level changes quick and easy
- 3 retractable lower band pegs on each side per half rack (12 total)
- available without integrated foldaway spotter stands (MG-MR691N, MG-MR691-7N and MG-MR691-9N)

Power Rack

MG-A47



- fully enclosed style offers ideal spotting abilities
- as shown with integrated foldaway spotter stands, adjustable safety bars, dual-grip chin bar, bar storage, band storage and weight storage
- J-hooks made of high-density polyethylene (HDPE) to protect bar knurling from scratches
- visual height indicator and colored locking pin make bar-level changes quick and easy
- available without integrated foldaway spotter stands (MG-A47N, MG-A47-7N and MG-A47-9N)

Half Rack

MG-A690



- open-front design gives users freedom of movement
- as shown with integrated foldaway spotter stands, adjustable safety bars, bar storage, band storage and weight storage
- J-hooks made of high-density polyethylene (HDPE) to protect bar knurling from scratches
- visual height indicator and colored locking pin make bar-level changes quick and easy
- available without integrated foldaway spotter stands (MG-A690N, MG-A690-7N and MG-A690-9N)

Open Rack

MG-A694



- designed for a variety of lifts – presses, squats, overhead lifts and more
- as shown with integrated foldaway spotter stands, adjustable safety bars, bar storage, band storage and weight storage
- J-hooks made of high-density polyethylene (HDPE) to protect bar knurling from scratches
- visual height indicator and colored locking pin make bar-level changes quick and easy
- available without integrated foldaway spotter stands (MG-A694N and MG-A694-9N)

Double Half Rack

MG-A691



- designed for training efficiency
- as shown with 2 sets of integrated foldaway spotter stands, adjustable safety bars, dual-grip chin bars, bar storage, band storage and weight storage
- J-hooks made of high-density polyethylene (HDPE) to protect bar knurling from scratches
- visual height indicator and colored locking pin make bar-level changes quick and easy
- available without integrated foldaway spotter stands (MG-A691N, MG-A691-7N and MG-A691-9N)

Platforms



- solid rubber and wooden surface options available with inserts on all racks
- urethane-finished hardwood surface and full subfloor framing are ideal for maximum performance and lasting durability
- platform is enclosed by steel tubing to maintain appearance over time
- framework is fastened to the rack for ultimate stability
- optional printed logos to enhance your facility's appearance
- available in 183 x 244 cm / 6' x 8' and 244 x 244 cm / 8' x 8' configurations

Reverse J-hooks

OPT1R



- made of high-density polyethylene (HDPE) to protect bar knurling
- for use on the outside of Power and Open Racks

Dip Bars

OPT3



- used on any Half Rack for body-weight dips
- also available: Reverse Dip Bars (OPT3R) for attaching to the outside uprights of the Power and Open Rack

Land Mine Attachment

OPT13



- attaches to any Power Rack for rotational training (bar not included)
- also available: Land Mine Attachment (MOPT13) for use on MEGA Power Racks

Nameplate

OPT14



- display your logo proudly above your Power Rack
- plate is color-matched to the frame with 7.6 cm / 3" block letters available in white or black
- also available: Nameplate (OPT15) for use on MEGA Racks
- also available: Nameplate (OPT18) for use on Power Racks and MEGA Power Racks that have Rotating Chin Handles

Core Handle

OPT16



- handle attachment for Land Mine option (OPT13 or MOPT13)
- used with an Olympic bar and Land Mine Attachment for added training variety

Jammin Arms

OPT17



- multiple grips for added exercise variety
- angled pressing arms can be placed at 13 different heights for added training variety
- also available: Reverse Jammin Arms (OPT17R) for use on Power Racks
- also available: Jammin Arms w/ Band Attachments (OPT17B) for use on Half Racks and Double Half Racks
- also available: Reverse Jammin Arms w/ Band Attachments (OPT17RB) for use on Power Racks

Safety Arm Storage

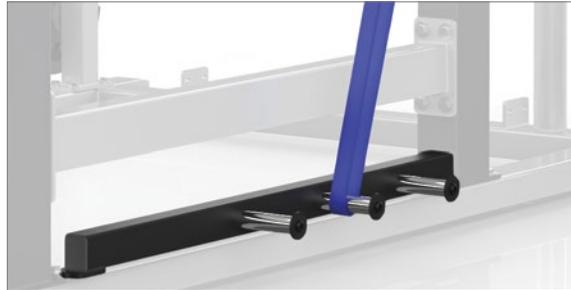
OPT21



- bolt-on storage for safety arms provides easy access to arms when not in use
- also available: Safety Arm Storage (OPT22) for use on MEGA Racks

3-peg Band Pegs

OPT4



- band pegs provide added training variety
- also available: 2-peg Band Pegs (OPT5)

Step-up Platform

OPT7



- adjustable height platform provides additional body-weight exercises for use with Power Racks
- also available: Reverse Step-up Platform (OPT7R)

Technique Scoops

OPT8



- large cradles accept bumper plates to assist with Olympic lifts and customized takeoff heights
- also available: Reverse Technique Scoops (OPT8R)

Rotating Chin Handles

OPT2



- handles rotate into multiple positions for added exercise variety
- also available: Rotating Chin Handles (OPT12) for use on Power Racks only

Fat Bar J-hooks

OPT26



- oversized hooks accommodate large diameter Olympic bars
- made of high-density polyethylene (HDPE) to protect bar knurling
- also available: Reverse Fat Bar J-hooks (OPT26R)

Platform Ramp

OPT11



- ▣ ramp allows for gradual incline to the power rack platform
- ▣ also available: Platform Ramp (MOPT11) for use on MEGA Power Racks

Squat Handles

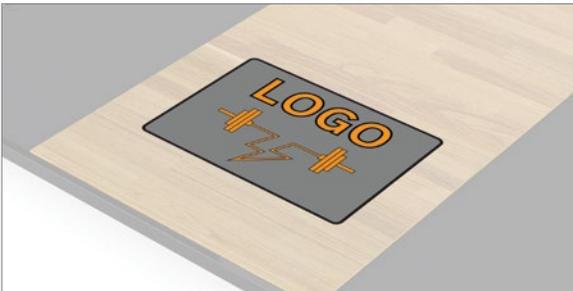
OPT6



- ▣ squat handles can be set at any height on all rack uprights

Custom Platform Logo

OPT10



- ▣ display your facility logo proudly with this option

Straight Chin Bar

OPT24



- ▣ horizontal chinning bar for multiple exercise options
- ▣ also available: Straight Chin Bar (OPT25) for use on Power Racks

Crossover Bar w/ Chin Handles

COCB



- multiple grips for added exercise variety
- available option for 900 series towers to connect adjustable columns

Freestanding Accessory Rack

TAR1



- accommodates multiple accessories for organized storage
- available option for 900 series towers

Bolt-on Accessory Rack

TAR2



- accommodates multiple accessories for organized storage
- available option for 900 series towers

Seat w/ Wheels

M99



- available option for wheelchair-accessible 900 series towers



OPEN RACK				MG-A694	MG-A694-9
				MG-A694N	MG-A694-9N
OPTIONS & COMPONENTS (P/N)					
OPT1R	OPT6	OPT11	OPT24	OPT27AD	
OPT2	OPT7R	OPT13	OPT26	A694P	
OPT3R	OPT8R	OPT14	OPT26R	RP4794	
OPT4	OPT10	OPT16	OPT27AA		

POWER RACK				MG-A47	MG-A47-7	MG-A47-9
				MG-A47N	MG-A47-7N	MG-A47-9N
OPTIONS & COMPONENTS (P/N)						
OPT1R	OPT7R	OPT12	OPT17R	OPT26R	RP4794	
OPT3R	OPT8R	OPT13	OPT17RB	OPT27AA		
OPT4	OPT10	OPT14	OPT25	OPT27AD		
OPT6	OPT11	OPT16	OPT26	A47P		

MEGA OPEN RACK					MG-MR694
					MG-MR694N
OPTIONS & COMPONENTS (P/N)					
OPT1R	OPT6	OPT10	OPT15	OPT26R	
OPT2	OPT7R	MOPT11	OPT24	MR694P	
OPT3R	OPT8R	MOPT13	OPT26	MRP4794	

MEGA POWER RACK					MG-MR47
					MG-MR47N
OPTIONS & COMPONENTS (P/N)					
OPT1R	OPT7R	MOPT11	OPT15	OPT25	MR47P
OPT3R	OPT8R	OPT12	OPT17R	OPT26	RP4794
OPT6	OPT10	MOPT13	OPT17RB	OPT26R	

HALF RACK				MG-A690	MG-A690-7	MG-A690-9
				MG-A690N	MG-A690-7N	MG-A690-9N
OPTIONS & COMPONENTS (P/N)						
OPT2	OPT7	OPT13	OPT21	OPT27AD		
OPT3	OPT8	OPT16	OPT24	A690P		
OPT5	OPT10	OPT17	OPT26	RP90		
OPT6	OPT11	OPT17B	OPT27AA			

DOUBLE HALF RACK				MG-A691	MG-A691-7	MG-A691-9
				MG-A691N	MG-A691-7N	MG-A691-9N
OPTIONS & COMPONENTS (P/N)						
OPT2	OPT7	OPT13	OPT17B	OPT27AA		
OPT3	OPT8	OPT14	OPT21	OPT27AD		
OPT5	OPT10	OPT16	OPT24	A691P		
OPT6	OPT11	OPT17	OPT26	RP91		

MEGA HALF RACK						MG-MR690
						MG-MR690N
OPTIONS & COMPONENTS (P/N)						
OPT2	OPT7	MOPT11	OPT17	OPT24	MRP9091	
OPT3	OPT8	MOPT13	OPT17B	OPT26		
OPT6	OPT10	OPT15	OPT22	MR690P		

MEGA DOUBLE HALF RACK					MG-MR691
					MG-MR691N
OPTIONS & COMPONENTS (P/N)					
OPT2	OPT7	MOPT11	OPT17	OPT24	MRP9091
OPT3	OPT8	MOPT13	OPT17B	OPT26	
OPT6	OPT10	OPT15	OPT22	MR691P	

MULTI-STATION TOWERS	PRODUCT DIMENSIONS						PRODUCT WEIGHT		WEIGHT STACK	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH	METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.	KG	LBS.
MG-924 Adjustable Crossover	69	366	234	27	144	92	330	728	(2) 102	(2) 225
MG-923 Adjustable Pulley	107	117	234	42	46	92	155	342	102	225
MG-DP923 Dual Adjustable Pulley	107	117	234	42	46	92	163	360	102	225
MG-922 Chest Press	127	99	229	50	39	90	211	465	120	265
MG-936 Rear Delt / Fly	135	81	229	53	32	90	194	428	103	228
MG-921 Lat Pulldown	127	69	234	50	27	92	231	510	138	305
MG-DP921 Dual-pulley Lat Pulldown	127	69	234	50	27	92	244	538	138	305
MG-926 Low Row	216	69	234	85	27	92	236	520	138	305
MG-DP926 Dual-pulley Low Row	216	69	234	85	27	92	243	535	138	305
MG-946 Lat Pulldown / Low Row	198	69	234	78	27	92	215	475	138	305
MG-937 Dip / Chin Assist	170	97	234	67	38	92	181	400	75	165
MG-911 Biceps Curl	191	81	234	75	32	92	159	350	68	150
MG-942 Triceps Pushdown	107	117	234	42	46	92	220	485	84	185
MG-947 Biceps / Triceps	107	117	234	42	46	92	170	375	111	245
MG-903 Leg Press	234	86	234	92	34	92	318	700	184	405
MG-901 Leg Extension	173	69	229	68	27	90	234	515	120	265
MG-902 Prone Leg Curl	246	69	229	97	27	90	215	475	102	225
MG-ADA23 Adjustable Pulley	79	69	218	31	27	86	155	342	102	225
MG-ADA2220 Chest Press / Row	117	99	218	46	39	86	231	510	109	240
MG-ADA1121 Biceps / Lat Pulldown	132	74	218	52	29	86	242	534	103	228
MG-ADA18 Pec Deck	81	102	218	32	40	86	189	416	103	228

FREE WEIGHTS	PRODUCT DIMENSIONS						PRODUCT WEIGHT	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.
MG-A678 Breaker Olympic Flat Bench	173	168	130	68	66	51	94	207
MG-A78 Olympic Flat Bench	163	168	130	64	66	51	73	160
MG-A679 Breaker Olympic Incline Bench	170	168	160	67	66	63	126	277
MG-A79 Olympic Incline Bench	170	168	160	67	66	63	107	235
MG-A680 Breaker Olympic Decline Bench	206	168	135	81	66	53	107	235
MG-A80 Olympic Decline Bench	201	168	137	79	66	54	82	180
MG-A645 Breaker Olympic Shoulder Bench	135	138	183	53	66	72	118	260
MG-A45 Olympic Shoulder Bench	127	138	165	50	66	65	137	303
C895 3-way Olympic Bench	167	180	173	71	66	68	155	342
MG-A85 Multi-adjustable Bench	135	58	51	53	23	20	43	95
MG-A59 Flat Bench	142	58	46	56	23	18	25	55
MG-A86 Multi-adjustable Bench w/ Decline	163	61	51	64	24	20	54	120
MG-A87 Utility Bench	142	66	89	56	26	35	31	68
MG-A695 Flat-to-incline Bench w/ Horizontal Adjustment	137	76	51	54	30	20	64	140
MG-A71 Standing Arm Curl	119	79	104	47	31	41	61	135
MG-A62 Preacher Curl	119	76	99	47	30	39	57	125
MG-A63C VKR w/ Chin	150	74	241	59	29	95	113	249
MG-A61 Adjustable Decline Bench	163	64	81	64	25	32	45	99
MG-A77 Adjustable Ab Bench	155	69	145	61	27	57	59	131
MG-A81 Squat Rack	206	138	196	81	66	77	120	265
MG-A96 Glute Ham Bench	157	91	130	62	36	51	136	300
MG-A93 Back Extension Bench	124	79	97	49	31	38	39	87
MG-A68 Barbell Rack	112	66	168	44	26	66	70	154
MG-A67 Weight Tree	69	58	91	27	23	36	23	50
MG-A84 2-tier Dumbbell Rack w/ Saddles	46	239	81	18	94	32	91	200
MG-A42 3-tier Dumbbell Rack w/ Saddles	76	244	114	30	96	45	113	250
MG-A696 2-tier Flat-tray Dumbbell Rack	61	257	89	24	101	35	120	265

FREE WEIGHTS cont.	PRODUCT DIMENSIONS						PRODUCT WEIGHT	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.
MG-A688 3-tier Flat-tray Dumbbell Rack	71	257	114	28	101	45	186	410
MG-A44 3-tier Beauty Bell Rack	51	102	112	22	40	44	72	158
MG-A303 Attachment Storage Rack	122	114	178	48	45	70	73	160
MG-A301 Horizontal Plate Rack	183	33	46	72	13	18	34	75
MG-A305 Hi Boy Bumper Plate Rack	142	61	137	56	24	54	45	100
MG-SUP Step-up Platform w/ Handle	91.4	40.6	124.5	36	16	49	34	75

PLATE-LOADED	PRODUCT DIMENSIONS						PRODUCT WEIGHT	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.
MG-A422 Vertical Bench Press	122	163	198	48	64	78	138	305
MG-A416 Supine Bench Press	193	165	99	76	65	39	104	230
MG-A417 Incline Bench Press	183	147	130	72	58	51	100	220
MG-A480 Vertical Decline Bench Press	127	175	201	50	69	79	138	305
MG-A414 Shoulder Press	142	147	135	56	58	53	91	200
MG-A420 Seated Row	168	130	104	66	51	41	98	215
MG-A435 Lat Pulldown	178	132	208	70	52	82	95	210
MG-A51 Leg Press	229	155	150	90	61	59	268	590
MG-A50 Hack Squat	226	165	163	89	65	64	243	535
MG-A486 Standing Calf	145	84	173	57	33	68	97	214
MG-A53 Seated Calf	114	61	76	45	24	30	70	155
MG-405 Reverse Back Extension	150	109	145	59	43	57	134	295
MG-404 4-way Neck	84	147	165	33	58	65	79	175

RACKS	PRODUCT DIMENSIONS						SHIPPING WEIGHT	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.
MG-MR47 MEGA Power Rack	193	203	246	76	80	97	397	875
MG-MR690 MEGA Half Rack	155	203	246	61	80	97	302	665
MG-MR694 MEGA Open Rack	193	203	246	76	80	97	352	775
MG-MR691 MEGA Double Half Rack	307	203	246	121	80	97	614	1355
MG-A47 Power Rack	183	188	244	72	74	96	293	645
MG-A690 Half Rack	145	188	244	57	74	96	223	492
MG-A694 Open Rack	183	188	244	72	74	96	261	575
MG-A691 Double Half Rack	295	234	241	116	92	95	454	1000

OPTIONS	PRODUCT DIMENSIONS						PRODUCT WEIGHT	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.
OPT1R Reverse J-hooks	36	13	25	14	5	10	14	30
OPT3 Dip Bars	89	5	25	35	2	10	16	35
OPT13 Land Mine Attachment	48	30	13	19	12	5	2	5
OPT14 Nameplate	107	20		42	8		5	10
OPT16 Core Handle	48	79	5	19	31	2	5	10
OPT17 Jammin Arms	94	53	94	37	21	37	49	108
OPT21 Safety Arm Storage	20	20	8	8	8	3	3	6
OPT4 3-peg Band Pegs	20	102	8	8	40	3	12	26
OPT7 Step-up Platform	81	61	36	32	24	14	19	41
OPT8 Technique Scoops	66	41	38	26	16	15	39	86
OPT2 Rotating Chin Handles	18	109	28	7	43	11	11	25
OPT26 Fat Bar J-hooks	47	18	34	18.5	7	13.25	16	35
OPT11 Platform Ramp	15	107	8	6	42	3	10	22
OPT6 Squat Handles	23	23	13	9	9	5	7	16
OPT10 Custom Platform Logo								
OPT24 Straight Chin Bar Option	109	7.6	34	43	3	13.25	6.8	15
COCB Cross Over Bar w/ Chin Handles	244	30.5	8.9	96	12	3.5	23.1	51
TAR-1 Freestanding Accessory Rack	67	64	72	26.5	25	28.5	15	33
TAR-2 Bolt-on Accessory Rack	66	29	74	26	11.5	29	7.7	17
M99 Seat w/ Wheels	85	60	42	33.5	23.7	16.5	11.3	25

Upholstery Options

NOTE: Actual colors may vary from the colors seen on your viewing screen or print.



Black / Standard



Slate Blue (Optional)



Clay Red (Optional)



Graphite (Optional)



Alloy (Optional)



American Beauty (Optional)

Product pricing is reflective of **standard** upholstery only.

Other color options available at an additional charge.

Logo requirements: Adobe Illustrator CS3 or later vector file.

Custom upholstery colors available. Contact your Matrix sales representative for pricing information.

STRENGTH WARRANTY (USA ONLY)

Frame (Not Coatings)**	10 years
Weight Stacks	5 years
Pulleys	5 years
Pivot Bearings	5 years
Other Items Not Specified	3 years
Labor	3 years
Upholstery / Cables / Springs / Grips	1 year
Accessories	6 months
Parts	1 year
Labor (Excluding Upholstery / Cables / Grips)	1 year
Upholstery / Cables / Grips / Springs	90 days

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

Note : All specifications are subject to change without notice. Actual products may differ from those pictured in this catalog. Olympic bars, dumbbells and weight plates are not included unless specified.

VARSITY | SERIES

+ The Varsity series is a textbook example of Matrix delivering more than any other strength brand. More variety. More value. And the durability to perform longer in heavy-use facilities. The series also provides the quality construction and ergonomics people have come to expect from Matrix strength equipment.

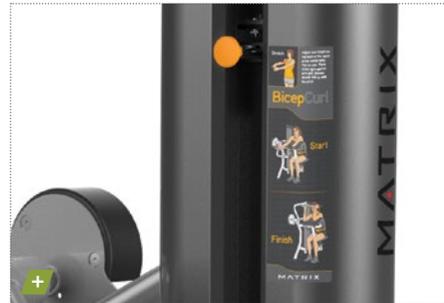


Note: In photos on the following pages, all Olympic bars, dumbbells and weight plates are not included unless specified.



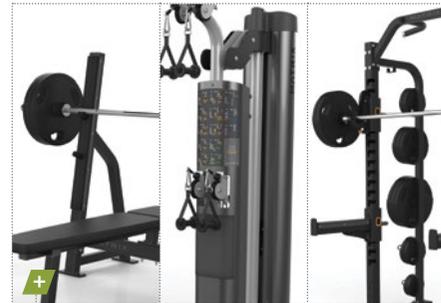
Durable Construction

Heavy-gauge steel tubing and proven designs withstand sports training and heavy use in commercial facilities.



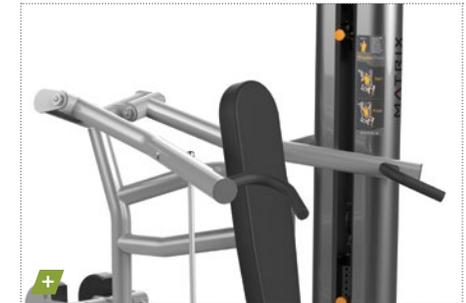
Exercise Placards

Conveniently located and easy to read, exercise placards offer a quick reference to targeted muscle groups and proper machine use. Placards also offer color references to easily identify muscle-group categories.



Variety

The variety offered by the series is only matched by its value, allowing you to create a diverse workout area with a limited budget.



Independent Converging/ Diverging Motion

These motions on select single-station units produce a natural resistance training movement for a superior feel.

Color-coded Adjustment Points

Conveniently located adjustment points are clearly marked for ease of use.



User Amenities

Designed with the user in mind, all single-station strength machines offer conveniently located bottle holders.



Multi-station Configurations

System with multiple stations provides custom configurability to meet your facility needs.



DUALS

+ SPACE-SAVING VARIETY

Our exciting line of Varsity duals packs a tremendous amount of training variety into a compact footprint, saving you significant amounts of floor space and giving customers the diversity they want. Like all of our equipment, Varsity duals are designed to be easy for customers to use. Color-coded placards illustrate proper technique and muscles used, while adjustment points are clearly marked to ensure users can make the most of their workouts.



3-way Press

VY-6045



- easy adjustment allows user to perform chest press, shoulder press and incline press
- dual grips for added exercise variety and comfort
- dual-function machine increases functionality and saves space
- drop-down incremental weight system provides smaller increases in weight

Lat Pulldown / Low Row

VY-6046



- adjustable thigh pads for added stability
- dual-function machine increases functionality and saves space
- footrests provide greater stability during exercise
- drop-down incremental weight system provides smaller increases in weight

Biceps / Triceps

VY-6042



- dual-function machine increases functionality and saves space
- triceps rope and revolving curl bar are standard attachments
- optional handles allow for added exercise variety
- drop-down incremental weight system provides smaller increases in weight

Rear Delt / Fly

VY-6036



- user arms pivot to accommodate individual forearm lengths and varying paths of motion
- dual-function machine increases functionality and saves space
- 5 starting points for pectoral work, plus deltoid position
- drop-down incremental weight system provides smaller increases in weight

Dip / Chin Assist

VY-6037



- dual-function machine increases functionality and saves space
- steps allow easy entry and exit
- pull-up bar offers both standard and neutral grips for individual preference
- angled dip bars provide varying widths for added comfort and muscle variation

Leg Press / Calf

VY-6003



- dual-function machine increases functionality and saves space
- large back pad easily adjusts to control range of motion
- large, nonskid footplate accommodates users of all sizes
- drop-down incremental weight system provides smaller increases in weight

Leg Ext. / Prone Leg Curl

VY-6040



- unique adjustment system moves the seat and backrest simultaneously
- dual-function machine increases functionality and saves space
- tibia pad easily adjusts to accommodate varying leg lengths
- drop-down incremental weight system provides smaller increases in weight

Hip Adductor / Abductor

VY-6043



- leg pads rotate smoothly for easy setup
- dual-function machine increases functionality and saves space
- adjustable back pad accommodates users of all sizes
- 2 foot positions accommodate users of all sizes
- drop-down incremental weight system provides smaller increases in weight

Rotary Hip

VY-6010



- direct-drive weight stack generates 33% more resistance than standard 2:1 machines
- air shock-assisted adjustable height platform
- drop-down incremental weight system provides smaller increases in weight

Ab / Low Back

VY-6041



- adjustable back/ab pad accommodates users of all sizes
- dual-function machine increases functionality and saves space
- range of motion adjustment
- drop-down incremental weight system provides smaller increases in weight

Converging Vertical Chest Press

VY-6222IC



- independent converging movement provides a natural path of motion
- dual hand-grip positions provide greater training variety
- backrest adjusts to control range of motion
- drop-down incremental weight system provides smaller increases in weight

Converging Shoulder Press

VY-6214IC



- independent converging movement provides a natural path of motion
- ergonomically designed neutral and pronated hand grips
- adjustable seat pad for optimal range of motion
- drop-down incremental weight system provides smaller increases in weight

Diverging Lat Pulldown

VY-6235IC



- independent diverging movement provides a natural path of motion
- unique swiveling handles enhance workout variety
- adjustable thigh pad for added user comfort and stability
- drop-down incremental weight system provides smaller increases in weight

Diverging Seated Row

VY-6220IC



- independent diverging movement provides a natural path of motion
- unique swiveling handles enhance workout variety
- adjustable chest pad for added user comfort and stability
- drop-down incremental weight system provides smaller increases in weight

Chest Press

VY-6022



- dual hand grips provide greater comfort and variety
- adjustable arm controls range of motion
- drop-down incremental weight system provides smaller increases in weight

Shoulder Press

VY-6014



- dual hand grips provide greater training variety
- adjustable seat pad for optimal range of motion
- drop-down incremental weight system provides smaller increases in weight

Lat Pulldown

VY-6021



- thigh pads easily adjust to provide stability and comfort
- drop-down incremental weight system provides smaller increases in weight

Seated Row

VY-6020



- unique triple-pivot handles allow user to rotate handles throughout exercise
- oversized footplates and adjustable chest pad provide stability and comfort
- drop-down incremental weight system provides smaller increases in weight

Triceps Extension

VY-6012



- easy entry and exit
- hand pads provide comfortable movement
- seat and upper-arm pads are angled to enhance user stability and comfort during exercise
- drop-down incremental weight system provides smaller increases in weight

Biceps Curl

VY-6011



- arm pad is angled for stability and proper positioning
- easy entry and exit
- drop-down incremental weight system provides smaller increases in weight

Leg Extension

VY-6001



- self-adjusting tibia pad for greater ease of use
- easy entry and exit
- drop-down incremental weight system provides smaller increases in weight

Seated Leg Curl

VY-6027



- self-adjusting tibia pad for greater ease of use
- adjustable thigh pad provides stabilization during exercise
- drop-down incremental weight system provides smaller increases in weight

Prone Leg Curl

VY-6002



- lower-leg pad easily adjusts to accommodate varying leg lengths
- divergent angled pads encourage full range of motion and help reduce lower-back stress
- drop-down incremental weight system provides smaller increases in weight

Functional Trainer 4:1

VY-6047



- fully enclosed, angled weight stacks create a space-efficient personal training area
- pulleys adjust into 17 positions to allow users to perform high-speed, low-inertia exercises
- dual-grip chin bar for greater exercise variety
- ample storage for additional optional handles
- also available: Functional Trainer 2:1 (VY-6044)

Total Body Trainer

VY-6099



- 3 sets of fixed-swivel pulleys: high, mid and low for a variety of exercise options
- 2 nylon single-handle straps attached to each set of pulleys
- total-body workout can be achieved without making an adjustment
- placards display a variety of exercises

3-stack Multi-gym

G1-MG30

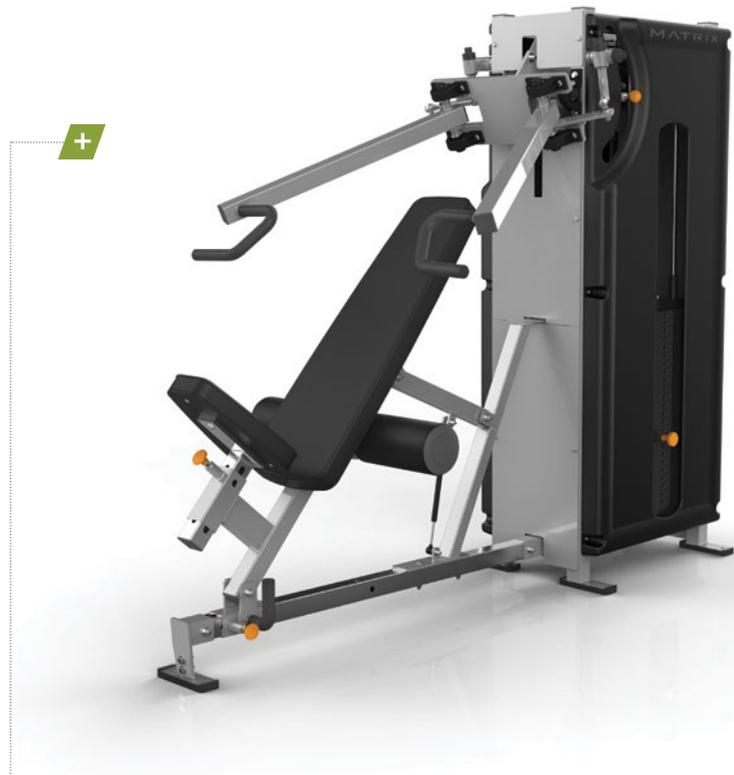


▫ 3 weight stacks allow multiple users to exercise simultaneously

▫ stations include: multiple position chest / shoulder press, lat pulldown / low row, leg extension / prone leg curl

Biangular Transformer MBT 200

VY-MBT200



- multi-motion machine allows users to work 3 different body parts with 6 different multi-plane movement patterns

Adjustable Crossover

VY-6024



- pulleys adjust from top to bottom into 19 positions
- multiple pull-up handles for greater training variety

Adjustable Pulley Crossover

VY-D824



- can be configured with select Varsity stations
- also available: Single-tower Adjustable Pulley (VY-D823)

Lat Pulldown

VY-D821



- thigh pads easily adjust to provide stability and comfort
- large, comfortable fixed seat

Low Row

VY-D826



- large, angled seat accommodates all users

Lat Pulldown / Low Row

VY-D846



- dual-function machine saves space and increases functionality
- adjustable thigh pad for added stability

Triceps Pushdown

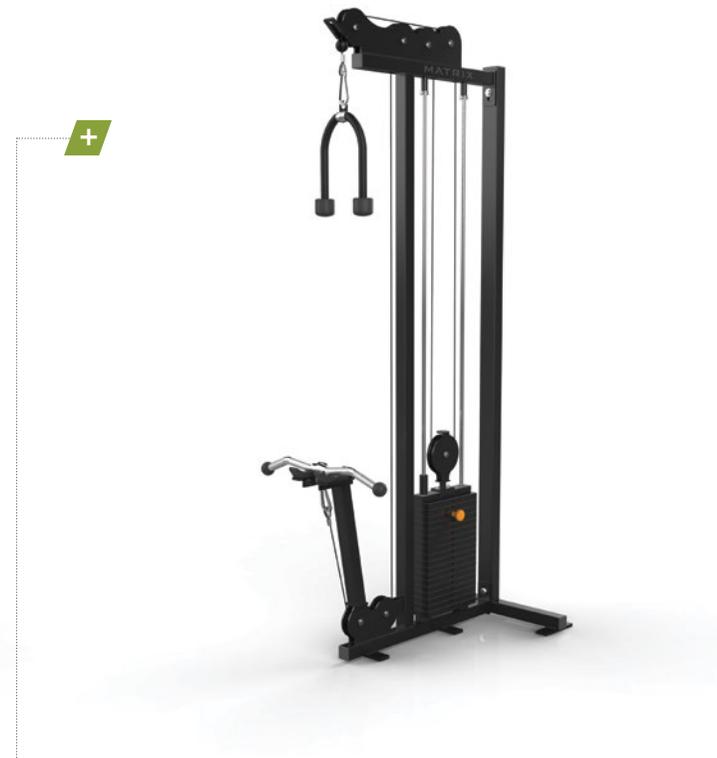
VY-D842



- overhead pulley provides smooth and easy setup
- large back pad for added support

Biceps / Triceps

VY-D847



- dual-function machine saves space and increases functionality in a very limited space
- compact design allows both exercises to be performed from same side

Olympic Flat Bench

VY-D78



- sturdy main frame designed to provide proper positioning for spotter
- front of bench and takeoffs protected by durable guards

Olympic Incline Bench

VY-D79



- sturdy main frame with large built-in spotter platform
- front of bench and takeoffs protected by durable guards

Olympic Decline Bench

VY-D80



- sturdy main frame designed to provide proper positioning for spotter
- 2-piece pad system with leg pads positions the user comfortably
- front of bench and takeoffs protected by durable guards

Olympic Shoulder Bench

VY-D45



- sturdy main frame with built-in spotter platform
- front of bench and takeoffs protected by durable guards

Flat Bench

VY-D59



- single cross leg provides more freedom for user

Multi-adjustable Bench

VY-D85A



- back adjusts into 5 positions: flat, 30, 45, 60 and 80 degrees
- seat adjusts into 2 positions
- handle and wheels provide easy movement

Flat-to-incline Bench w/ Horizontal Adjustment

VY-D695



- locking rods for attachment to Power Rack docking station
- spring pin adjustment for horizontal length
- 4 positions - flat, 30, 45 and 80 degrees
- handle and integrated wheels for easy movement

Multi-adjustable Bench w/ Decline

VY-D86



- backrest adjusts into 17-degree decline, flat and 6 incline positions: 15, 30, 45, 60, 67 and 80 degrees
- seat adjusts into 3 positions
- adjustable rollers hold user in position while in decline

Utility Bench

VY-D87



- simple design with footrests keeps user stable for variety of exercises

Preacher Curl

VY-D62



- angled seat and arm pads keep user in proper position
- clean front design allows unit to be used as a curl stand from the front

VKR w/ Chin

VY-D63C



compact design allows user to perform dips, chin-ups and leg raises – all from the same side

Back Extension Bench

VY-D93



adjustable hip pads, stabilization handles and angled foot platform hold user in proper position

Adjustable Incline Bench

G1-FW153



- easily adjusts to 6 positions from 0 to 75 degrees
- seat pad position is fixed at 15 degrees
- integrated wheels for easy transport

Adjustable Decline Bench

VY-D61



- split, angled pad design with leg pads position the user comfortably for decline exercises and abdominal work
- available angles in degrees: 10, 13, 15, 17, 19, 21, 23, 25 and 28

Adjustable Ab Bench

VY-D77



- split-pad design and double-adjustable leg pads hold any size user in proper position
- handle is mounted on front rollers, providing easy exit

Glute Ham Bench

VY-D96



- handles for reverse hypers provide dual movement
- fore/aft and vertical adjustment to accommodate all user sizes

Weight Tree

VY-D67C



made of 5.1 x 5.1 cm / 2" x 2" tubing, featuring 5 weight-storage horns

Weight Tree w/ Olympic Bar Holders

VY-D67H



made of 5.1 x 5.1 cm / 2" x 2" tubing, featuring 6 weight-storage horns and 2 bar-storage tubes

Barbell Rack

VY-D68



- 2-sided horizontal set bar rack
- holds 10 straight or E-Z Curl bars

2-tier Dumbbell Rack

VY-D70



- 2-tier, 10-pair rack ideal for pro-style dumbbells
- holds different weights of pro-style dumbbells without cradles:
a) 2.3 - 22.7 kg / 5 - 50 lbs. or b) 25 - 45 kg / 55 - 100 lbs.

2-tier Hex Dumbbell Rack

VY-D697



- 2-tier rack holds 13 pairs of rubber hex dumbbells weighing 1.4 - 22.7 kg / 3 - 50 lbs.

Horizontal Plate Rack

VY-D306



- holds up to (8) 20.4-kg / 45-lb. bumper plates 38 cm / 15" off the floor
- space between rungs is 11.4 cm / 4.5"

Angled Smith Machine

VY-M49



- Olympic bar is counterbalanced to 11.8 kg / 26 lbs.
- Olympic bar is mounted on linear bearings and shaft at a 7-degree angle
- open-ended frame design provides easy access
- flip in and out adjustable stops
- 12 integrated weight-storage horns

Smith Machine

G1-FW161



- 131-kg / 288-lb. takeoff for low starting resistance
- bar travel limited to 72 cm / 28.5" from the floor
- 6 integrated weight-storage horns
- flip in and out adjustable stops

Perfect Squat

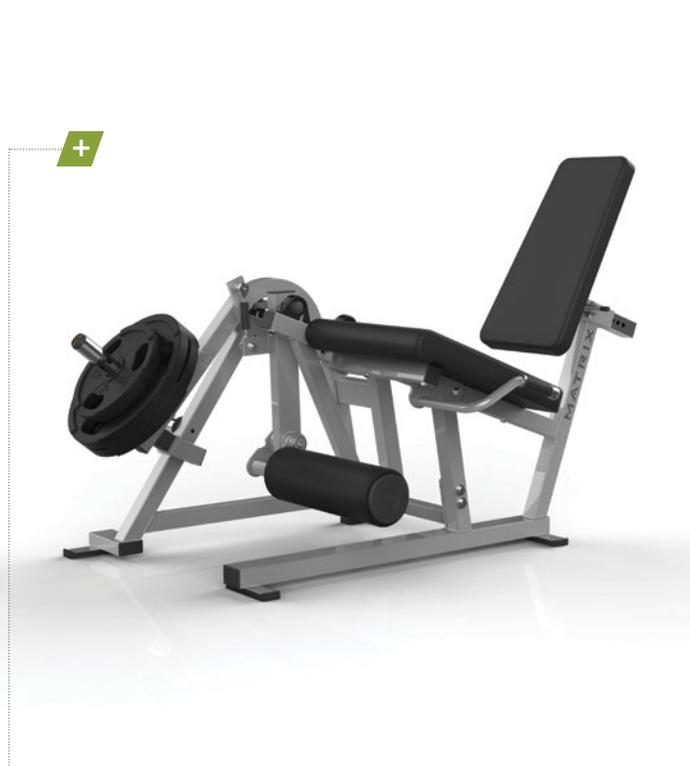
VY-400



- large, angled heavy-duty footplate for added stability
- adjustable starting position allows user to set pad height for squats or standing calf raises
- shoulder pads maintain parallel position to floor throughout full range of motion
- 2 integrated weight-storage horns
- ideal for squats, calf work and reverse lunges

Leg Extension

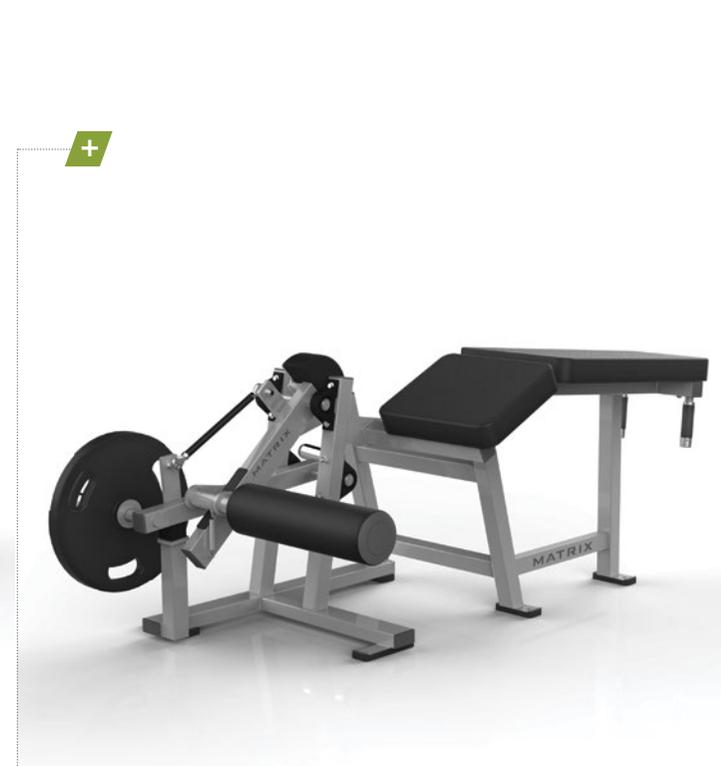
VY-401



- self-adjusting tibia pad for greater ease of use
- back pad is adjustable from the seated position for proper alignment
- 2 integrated weight-storage horns

Prone Leg Curl

VY-402



- self-adjusting ankle pad for greater ease of use
- divergent angle of lower-leg pad eliminates lower-back stress

Biceps Curl

VY-431



- side arm pads encourage proper user positioning
- 1 integrated weight-storage horn
- counterbalanced exercise arm for optimal resistance

Triceps Extension

VY-432



- adjustable knee pads help stabilize user during exercise
- side arm pads encourage proper positioning
- 1 integrated weight-storage horn
- counterbalanced exercise arm for optimal resistance

Power Rack

VY-D47



- fully enclosed style offers ideal spotting abilities
- as shown with integrated spotter stands, adjustable safety bars and chin-up bars, plus bar, band and weight storage
- J-hooks made of high-density polyethylene (HDPE) to protect bar knurling from scratches
- visual height indicator and colored locking pin make bar-level changes quick and easy
- available without integrated spotter stands (VY-D47N)



Half Rack

VY-D690



- open-front design gives users freedom of movement
- as shown with integrated spotter stands, adjustable safety bars and chin-up bars, plus bar, band and weight storage
- J-hooks made of high-density polyethylene (HDPE) to protect bar knurling from scratches
- visual height indicator and colored locking pin make bar-level changes quick and easy
- available as 2.1 and 2.4 m / 7' and 8' tall configurations
- available without integrated spotter stands (VY-D690N and VY-D690-7N)

Open Rack

VY-D694



- designed for a variety of lifts – presses, squats, overhead lifts and more
- as shown with integrated spotter stands, adjustable safety bars and chin-up bars, plus bar, band and weight storage
- J-hooks made of high-density polyethylene (HDPE) to protect bar knurling from scratches
- visual height indicator and colored locking pin make bar-level changes quick and easy
- available without integrated spotter stands (VY-D694N)

Double Half Rack

VY-D691



+

- designed for training efficiency
- as shown with integrated spotter stands, adjustable safety bars, bar storage, band storage and weight storage
- J-hooks made of high-density polyethylene (HDPE) to protect bar knurling from scratches
- visual height indicator and colored locking pin make bar-level changes quick and easy
- available without integrated spotter stands (VY-D691N)

Platforms

+



- solid rubber and wooden surface options available with inserts on all racks
- urethane-finished hardwood surface and full subfloor framing are ideal for maximum performance and lasting durability
- platform is enclosed by steel tubing to maintain appearance over time
- framework is fastened to the Power Rack for ultimate stability
- optional painted logos to enhance your facility's appearance
- available in 183 x 244 cm and 244 x 244 cm / 6' x 8' and 8' x 8' configurations

Reverse J-hooks

DOPT1R



- made of high-density polyethylene (HDPE) to protect bar knurling
- available for the Varsity Power Rack (VY-D47) and Open Rack (VY-D694) only

Dip Bars

DOPT3



- used on any Half Rack for body-weight dips
- also available: Reverse Dip Bars (DOPT3R) for attaching to the outside uprights of the Varsity Power Rack (VY-D47) and Open Rack (VY-D694)

Land Mine Attachment

DOPT13



- attaches to any Varsity Power Rack for rotational training (bar not included)

Nameplate

OPT14



- display your school or facility logo proudly above your Varsity Rack
- plate is color-matched to the frame with 7.6 cm / 3" block letters available in white or black

Jammin Arms

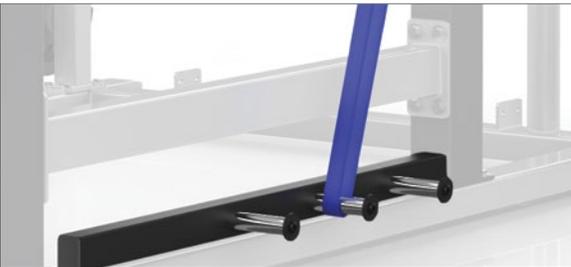
DOPT17



- multiple grips for added exercise variety on Varsity Half Racks
- angled pressing arms can be placed at 13 different heights for added training variety
- also available: Reverse Jammin Arms (DOPT17R) for use on Power Racks
- also available: Jammin Arms w/ Band Attachments (DOPT17B) for use on Half Racks
- also available: Reverse Jammin Arms w/ Band Attachments (DOPT17RB) for use on Power Racks

3-peg Band Pegs

DOPT4



- band pegs provide added training variety for the Varsity Power Rack and Open Rack
- also available: 2-peg Band Pegs (DOPT5) for the Varsity Half Rack only

Safety Arm Storage

OPT23



- bolt-on storage for safety arms provides easy access to arms when not in use

Step-up Platform

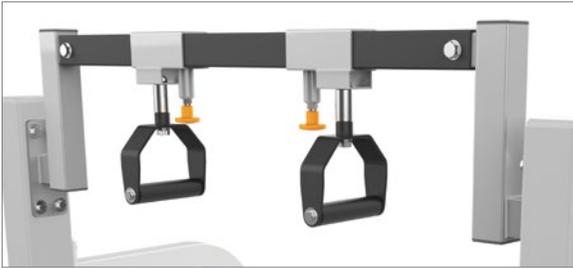
DOPT7



- adjustable height platform provides additional body-weight exercises
- also available: Reverse Step-up Platform (DOPT7R)

Rotating Chin Handles

DOPT12



- handles rotate into multiple positions for added exercise variety
- also available: Rotating Chin Handles (OPT12) for use on Power Racks only

Fat Bar J-hooks

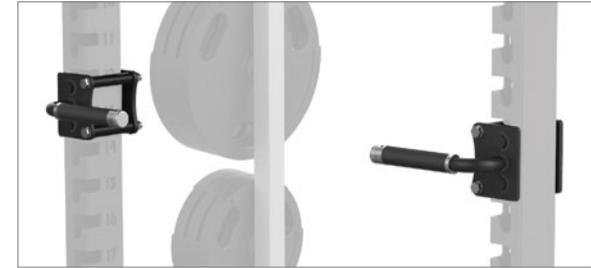
DOPT26



- oversized hooks accommodate large-diameter Olympic bars
- made of high-density polyethylene (HDPE) to protect bar knurling
- also available: Reverse Fat Bar J-hooks (DOPT26R)

Squat Handles

DOPT6



- squat handles can be set at any height on all rack uprights

Custom Platform Logo

OPT10



- display your school or facility logo proudly with this option

Straight Chin Bar

DOPT25



- horizontal chin bar for multiple exercise options



OPEN RACK						VY-D694
						VY-D694N
OPTIONS & COMPONENTS (P/N)						
DOPT1R	DOPT4	OPT10	OPT14	OPT26R	D694P	
OPT2	DOPT6	DOPT11	OPT24	OPT27DD	DRP4794	
DOPT3R	DOPT7R	DOPT13	OPT26	OPT27AD		

POWER RACK						VY-D47
						VY-D47N
OPTIONS & COMPONENTS (P/N)						
DOPT1R	DOPT7R	DOPT13	OPT25	OPT27AD		
DOPT3R	OPT10	OPT14	OPT26	D47P		
DOPT4	DOPT11	DOPT17R	OPT26R	DRP4794		
DOPT6	OPT12	DOPT17RB	OPT27DD			

OPTIONS	PRODUCT DIMENSIONS						PRODUCT WEIGHT	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.
DOPT1R Reverse J-hooks	36	13	25	14	5	10	14	30
DOPT3 Dip Bars	89	5	25	35	2	10	16	35
DOPT13 Land Mine Attachment	48	30	13	19	12	5	9	20
OPT14 Nameplate	107	20		42	8		2	5
DOPT17 Jammin Arms	94	53	64	37	21	25	24	54
OPT23 Safety Arm Storage	20	20	8	8	8	3	3	6
DOPT4 3-peg Band Pegs	20	102	8	8	40	3	12	26
DOPT7 Step-up Platform	81	61	36	32	24	14	19	41
DOPT12 Rotating Chin Handles	18	109	28	7	43	11	11	25
DOPT26 Fat Bar J-hooks	47	18	34	18.5	7	13.25	16	35
DOPT6 Squat Handles	23	23	13	9	9	5	7	16
OPT10 Custom Platform Logo								
DOPT25 Straight Chin Bar	109	7.6	34	43	3	13.25	6.8	15

HALF RACK					VY-D690	VY-D690-7
					VY-D690N	VY-D690-7N
OPTIONS & COMPONENTS (P/N)						
OPT2	DOPT7	OPT14	OPT23	OPT27AD		
DOPT3	OPT10	DOPT17	OPT24	A690P		
DOPT5	DOPT11	DOPT17B	OPT26	DRP9091		
DOPT6	DOPT13	OPT17B	OPT27DD			

DOUBLE HALF RACK					VY-D691
					VY-D691N
OPTIONS & COMPONENTS (P/N)					
OPT2	OPT10	OPT14	OPT26	D691P	
DOPT6	DOPT11	OPT23	OPT27DD		
DOPT7	DOPT13	OPT24	OPT27AD		

SELECTORIZED	PRODUCT DIMENSIONS						PRODUCT WEIGHT		WEIGHT STACK	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH	METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.	KG	LBS.
VY-6045 3-way Press	152	127	178	60	50	70	222	490	101	222
VY-6046 Lat Pulldown / Low Row	183	86	229	72	34	90	200	440	101	222
VY-6042 Biceps / Triceps	102	79	203	40	31	80	145	320	71	156
VY-6036 Rear Delt / Fly	130	112	203	51	44	80	204	450	98	216
VY-6037 Dip / Chin Assist	150	99	218	59	39	86	210	463	60	132
VY-6003 Leg Press / Calf	191	99	211	75	39	83	271	598	112	246
VY-6040 Leg Ext. / Prone Leg Curl	175	101	178	69	40	70	236	520	95	210
VY-6043 Hip Adductor / Abductor	157	97	147	62	38	58	213	470	90	198
VY-6010 Rotary Hip	107	119	178	42	47	70	265	585	101	222
VY-6041 Ab / Low Back	147	97	178	58	38	70	231	510	95	210
VY-6222IC Converging Vertical Chest Press	137	132	178	54	52	70	227	500	117	258
VY-6214IC Converging Shoulder Press	155	137	178	61	54	70	262	578	90	198
VY-6235IC Diverging Lat Pulldown	168	107	208	66	42	82	249	550	106	234
VY-6220IC Diverging Seated Row	140	142	178	55	56	70	227	500	117	258
VY-6022 Chest Press	117	135	163	46	53	64	222	490	101	222
VY-6014 Shoulder Press	119	142	150	47	56	59	211	465	101	222
VY-6021 Lat Pulldown	130	89	231	51	35	91	186	410	101	222
VY-6020 Seated Row	137	107	178	54	42	70	206	455	101	222
VY-6012 Triceps Extension	99	97	150	39	38	59	191	420	57	126
VY-6011 Biceps Curl	99	97	150	39	38	59	200	440	57	126
VY-6001 Leg Extension	114	104	150	45	41	59	211	465	101	222
VY-6027 Seated Leg Curl	147	122	150	58	48	59	220	485	95	210
VY-6002 Prone Leg Curl	163	89	150	64	35	59	191	420	68	150

MULTI-STATION	PRODUCT DIMENSIONS						PRODUCT WEIGHT		WEIGHT STACK	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH	METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.	KG	LBS.
VY-6044 Functional Trainer 2:1	107	180	208	42	71	82	311	686	71	156
VY-6047 Functional Trainer 4:1	107	180	208	42	71	82	376	830	103	228
VY-6099 Total Body Trainer	107	135	211	67	53	83	229	505	71	156
G1-MG30 3-stack Multi-gym	293	327	218	115.4	129	86	592	1305	(3) 91	(3) 200
VY-MBT200 Biangular Transformer MBT 200	203	97	168	80	38	66	306	675	142	312
VY-6024 Adjustable Crossover (Stand-alone Only)	89	381	231	36	150	91	315	695	71	156
VY-D824 Adjustable Pulley Crossover	391	79	229	154	31	90	259	570	71	156
VY-D821 Lat Pulldown	142	79	231	56	31	91	181	400	114	252
VY-D826 Low Row	203	79	234	80	31	92	186	410	114	252
VY-D846 Lat Pulldown / Low Row	198	79	234	78	31	92	201	443	114	252
VY-D842 Triceps Pushdown	91	36	244	36	14	96	116	255	49	108
VY-D847 Biceps / Triceps	109	79	234	43	31	92	159	350	103	228

FREE WEIGHT	PRODUCT DIMENSIONS						PRODUCT WEIGHT	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.
VY-D78 Olympic Flat Bench	142	122	130	56	48	51	54	120
VY-D79 Olympic Incline Bench	155	122	152	61	48	60	82	180
VY-D80 Olympic Decline Bench	178	122	117	70	48	46	69	153
VY-D45 Olympic Shoulder Bench	61	122	173	24	48	68	64	140
VY-D59 Flat Bench	122	56	48	48	22	19	21	47
VY-D85A Multi-adjustable Bench	147	56	48	58	22	19	43	94
VY-D695 Flat-to-incline Bench w/ Horizontal Adjustment	135	79	51	53	31	20	64	140
VY-D86 Multi-adjustable Bench w/ Decline	190	64	56	63	25	22	54	118
VY-D87 Utility Bench	132	56	79	52	22	31	26	57
VY-D62 Preacher Curl	104	74	104	41	29	41	43	95
VY-D63C VKR w/ Chin	135	107	244	53	42	96	109	240

FREE WEIGHT cont.	PRODUCT DIMENSIONS						PRODUCT WEIGHT	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.
VY-D93 Back Extension Bench	124	66	94	49	26	37	39	85
G1-FW153 Adjustable Incline Bench	154	62	47	61	24.8	19	39	86
VY-D61 Adjustable Decline Bench	152	64	79	60	25	31	44	96
VY-D77 Adjustable Ab Bench	147	56	114	58	22	45	44	97
VY-D96 Glute Ham Bench	140	76	127	55	30	50	79	175
VY-D67C Weight Tree	64	51	99	25	20	39	17	38
VY-D67H Weight Tree w/ Olympic Bar Holders	79	61	122	31	24	48	29	63
VY-D68 Barbell Rack	145	76	168	57	30	66	57	125
VY-D70 2-tier Dumbbell Rack	58	234	81	23	92	32	84	186
VY-D697 2-tier Hex Dumbbell Rack	58	234	81	23	92	32	72	158
VY-D306 Horizontal Plate Rack	122	43	58	48	17	23	25	55

PLATE-LOADED	PRODUCT DIMENSIONS						PRODUCT WEIGHT	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.
VY-M49 Angled Smith Machine	107	218	211	42	86	83	212	467
G1-FW161 Smith Machine	205	141	229	80.5	55.5	90	128	283
VY-400 Perfect Squat	157	84	168	62	33	66	147	325
VY-401 Leg Extension	102	157	117	40	62	46	91	200
VY-402 Prone Leg Curl	173	91	72	68	36	30	91	200
VY-431 Biceps Curl	97	107	112	38	42	44	68	150
VY-432 Triceps Extension	97	107	140	38	42	55	68	150

RACKS	PRODUCT DIMENSIONS						PRODUCT WEIGHT	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.
VY-D47 Power Rack	165	168	229	65	66	90	195	430
VY-D690 Half Rack	127	185	231	50	73	91	156	345
VY-D694 Open Rack	165	168	229	65	66	90	168	370
VY-D691 Double Half Rack	218	188	229	86	74	90	313	690

Upholstery Options

NOTE: Actual colors may vary from the colors seen on your viewing screen or print.



Black / Standard



Slate Blue (Optional)



Clay Red (Optional)



Graphite (Optional)



Alloy (Optional)



American Beauty (Optional)

Product pricing is reflective of **standard** upholstery only.

Other color options available at an additional charge.

Logo requirements: Adobe Illustrator CS3 or later vector file.

Custom upholstery colors available. Contact your Matrix sales representative for pricing information.

STRENGTH WARRANTY (USA ONLY)

Frame (Not Coatings)**	10 years
Weight Stacks	5 years
Pulleys	5 years
Pivot Bearings	5 years
Other Items Not Specified	3 years
Labor	3 years
Upholstery / Cables / Springs / Grips	1 year
Accessories	6 months
Parts	1 year
Labor (Excluding Upholstery / Cables / Grips)	1 year
Upholstery / Cables / Grips / Springs	90 days

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

Note : All specifications are subject to change without notice. Actual products may differ from those pictured in this catalog. Olympic bars, dumbbells and weight plates are not included unless specified.



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