

SCHILLING GYM EQUIPMENT GUIDE



The following guide provides information on how to use the control panels/consols on the each of the cardio machines provided in the Schilling Place Fitness Facility. Information in this guide has been compiled by the Employee Wellness Program from Matrix equipment service manuals.

[Treadmill](#)

[Ascent Trainer \(Elliptical\)](#)

[Upright & Recumbent Bike](#)

[Rowing Machine](#)

MATRIX

T3xh Treadmill



WARNING!

Never use the treadmill without securing the safety key clip to your clothing. Pull on the safety key clip first to make sure it will not come off your clothing.

PROPER USAGE

Position your feet on the belt, bend your arms slightly and grasp the heart rate sensors. While running, your feet should be located in the center of the belt so that your hands can swing naturally and without contacting the front handlebars.

Your treadmill is capable of reaching high speeds. Always start off using a slower speed and adjust the speed in small increments to reach a higher speed level. Never leave the treadmill unattended while it is running. When not in use turn the on/off switch to off. Do not attempt to turn around or look backwards while the treadmill is running. Stop your workout immediately if you feel pain, faint, dizzy or are short of breath.

RISK OF INJURY TO PERSONS

While you are preparing to use the treadmill, do not stand on the belt. Place your feet on the side rails before starting the treadmill. Start walking on the belt only after the belt has begun to move. Never start the treadmill at a fast running speed and attempt to jump on. In case of emergency, place both hands on the side arm rests to hold yourself up and place your feet onto the side rails.

USING THE SAFETY KEY

Your treadmill will not start unless the emergency stop button is reset. Attach the clip end securely to your clothing. This safety key is designed to cut the power to the treadmill if you should fall.

USING THE HEART RATE FUNCTION

The heart rate function on this product is not a medical device. While heart rate grips can provide a relative estimation of your actual heart rate, they should not be relied on when accurate readings are necessary. Various factors, including movement of the user, may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid in determining heart rate trends in general.

PULSE GRIPS

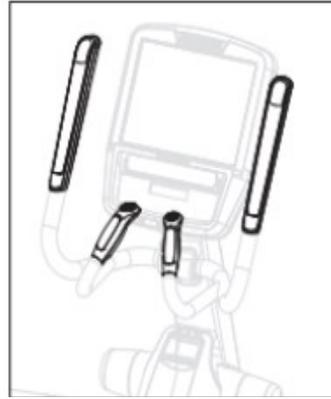
Place the palm of your hand directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. It takes 5 consecutive heart beats (15-20 seconds) for your heart rate to register. When gripping the pulse handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Keep a loose, cupping hold. You may experience an erratic readout if consistently holding the grip pulse handlebars.

CONSOLE DESCRIPTION

- A) **GO/STOP:** One touch start (displayed on-screen before workout). Press end workout and show workout summary data.
- B) **UP/DOWN INCLINE:** Adjust incline during workout.
- C) **UP/DOWN SPEED:** Adjust speed during workout
- D) **PAUSE:** Pauses workout.
- E) **EMERGENCY STOP:** To stop all functions and immobilize the unit. The emergency stop on this treadmill must be returned to its original position in order to allow normal operation of the unit.

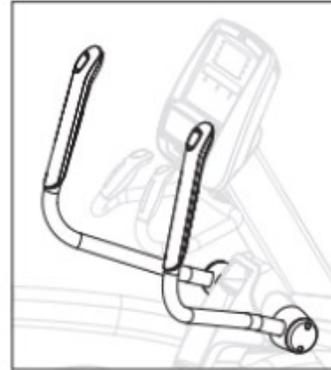


A3x Ascent Trainer



LOWER BODY WORKOUT

To focus on a lower body workout, hold the stationary handlebars only. This will target your lower body muscles.



FULL BODY WORKOUT

For a full body workout, push and pull continuously on the dual action arms while pedaling.

MOUNTING THE ASCENT TRAINER

1. Stand behind the unit
2. While holding both of the rear arm rests for support, place your foot on the lowest foot pedal and push pedal down into the lowest position before stepping onto foot pedal.
3. Wait until the unit finds its resting place and then place your other foot on the opposite pedal.

PROPER USAGE

This unit offers a variety of foot positions. Moving your foot to the forward most position of the foot pad increases your step height, which will create a feel similar to a step machine. Placing your foot toward the back of the foot pad decreases your step height and creates more of a gliding feel, similar to a smooth walk or run. Always make sure your entire foot is secured on the foot pad.

This unit allows you to pedal both forward and backwards to offer a variation to your workout and to focus on other major leg muscle groups such as your hamstrings and calves.

To determine proper workout position, stand on the pedal with your foot on the center of the pedal. Keep your knees slightly bent at all times. You should be able to pedal without locking your knees or shifting your weight from side to side.

POWER INCLINE OPERATION

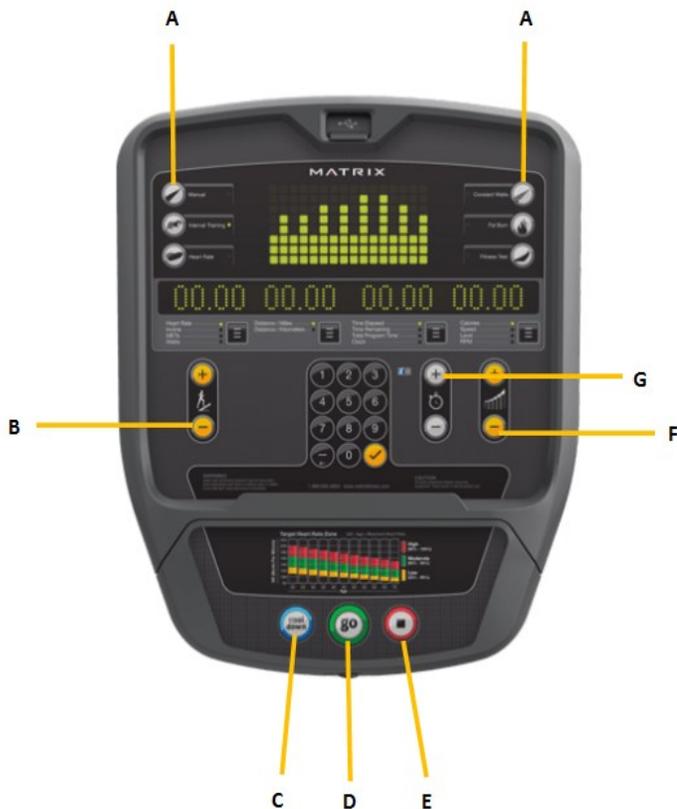
This unit offers powered incline to add variety to your workouts. The incline can be adjusted using the buttons on the console. If the stop button is pressed to pause the program, the incline motor will remain at its current height. To return the incline to 0%, press GO and change the incline to 0% before dismounting. If the STOP button is held for 3 seconds to reset the console, the incline will also reset to 0%.

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CONSOLE DESCRIPTION

- A) **WORKOUT KEYS:** Simple program view and selection buttons.
- B) **UP/DOWN INCLINE:** Adjust incline during workout.
- C) **COOL DOWN:** Puts Console in cool down mode.
- D) **GO:** One touch start
- E) **STOP:** Ends workout and shows workout summary data.
- F) **UP/DOWN LEVEL:** Use to adjust level selection.
- G) **UP/DOWN TIME:** Use to adjust workout time.

WORKOUT DESCRIPTIONS

QUICK START– Press the GO button and the machine will enter into a manual mode of operation. All energy expenditure values will be calculated using the default weight measurement.

MANUAL– Manual is a workout that allows you to manually adjust the resistance level values at anytime. The manual workout also contains a setup screen which allows you to input your weight to help calculate a more accurate caloric burn rate.

- 1) Choose **MANUAL** by selecting the manual workout button and press **ENTER**.
- 2) Enter the desired intensity level using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter the desired workout length using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 4) Enter user weight (user weight is used to calculate the caloric expenditure value-providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 5) Press **GO** to begin the workout.

INTERVAL TRAINING– The intervals training program is a level based program that automatically adjusts the intensity in a series of low-to-high-intensity levels.

- 1) Choose **INTERVAL TRAINING** by selecting the interval training workout button and press **ENTER**.
- 2) Enter the desired intensity level using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter the desired workout length using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 4) Enter user weight (user weight is used to calculate the caloric expenditure value-providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
- 5) Press **GO** to begin the workout.

FAT BURN– Fat burn is a level based program that is designed to help users burn fat through various resistance level changes.

1. Choose **FAT BURN** by selecting the fat burn workout button and press **ENTER**.
2. Enter the desired intensity level by using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
3. Enter the desired workout length using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
4. Enter user weight (user weight is used to calculate the caloric expenditure value, providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
5. Press **GO** to begin the workout.

WORKOUT DESCRIPTIONS

HEART RATE CONTROL- The heart rate control workout mode allows the user to program their desired heart rate zone, and the bike will automatically adjust the level based upon the user's heart rate. The heart rate zone is calculated using the following equation: $(220 - \text{Age}) \times 8\% = \text{target heart rate zone}$. The user must continually hold onto the contact heart rate grips for this workout.

1. Choose **HEART RATE** by selecting the target heart rate workout button and press **ENTER**.
2. Select Age by using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
3. Enter the desired percent of maximum heart rate using the **ARROW KEYS** and press **ENTER**.
4. Enter the desired workout length using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
5. Enter user weight (user weight is used to calculate the caloric expenditure value, providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
6. Press **GO** to begin the workout.

FIT TEST- The fitness test measures cardiovascular fitness and provides an estimated sub-maximal VO2 result. Its based on power output according to the ACSM standards and was developed by the Cooper Institute (www.cooperinstitute.com).

User RPMs must remain between 60-80 RPM during the test. The test will end when the user can no longer maintain this speed. The test starts at a low intensity level and gradually increases in intensity (difficulty) every 2 minutes. As it increases, the user must maintain 60-80 RPM to advance to the next level. Once the test ends a recovery period (cool down) will begin, and the user's results are calculated and displayed. Results are based on the number of stages completed.

1-2 Well below average 3-4 Below Average 5-6 Average 7-8 Above Average
9+ Well Above Average

CONSTANT WATTS- Constant Watts is a program am that allows you to vary your cadence or RPM and the machine's resistance will adjust accordingly to your selected goal. The quicker you stride, the less resistance for the goal selected. In this program, the braking system is not adjustable.

- 1) Press **CONSTANT WATTS**.
- 2) Enter your desired WATT using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
- 3) Enter your desired **TIME** by using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
- 4) Enter your **WEIGHT** using the **ARROW KEYS** or **NUMBER KEYPAD** level keys and press **ENTER**.
1. Press **GO** to begin the workout.

R1xe Recumbent Cycle



U3x Upright Cycle



PROPER USAGE

To determine proper seat position, sit on the seat and position the ball of your foot on the center of the pedal. Your knee should bend slightly at the furthest pedal position. You should be able to pedal without locking your knees or shifting your weight from side to side. Adjust pedal straps to desired tightness.

USING THE HEART RATE FUNCTION

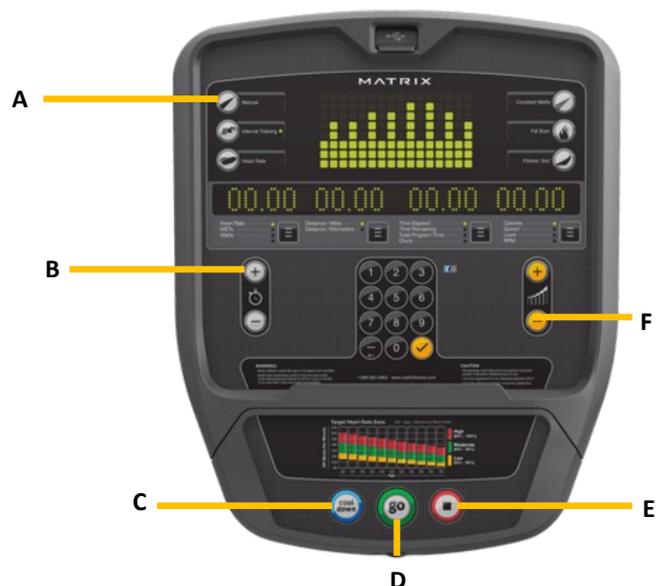
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- E) **STOP:** Ends workout and shows workout summary data.
- F) **UP/DOWN LEVEL:** Use to adjust level selection.



WORKOUT DESCRIPTIONS

GO— Press to immediately begin a workout. Workout, resistance level, and time will automatically go to default settings. Pressing GO will not prompt user for age, weight or level settings.

- 1) Start pedaling and press the GO key to begin your workout. 2) The display will read 3, 2, 1. Begin and then the program will start.

MANUAL— Manual allows the user to input more information while defining their own workout. Calorie expenditure will be more accurate when inputting information in Manual than by pressing GO.

- 1) Start pedaling, press the MANUAL key.
- 2) Select Level by using the UP or DOWN keys and press ENTER.
- 3) Select Time by using UP or DOWN level keys and press ENTER.
- 4) Select Weight by using the UP or DOWN level keys and press ENTER.
- 5) The display will read 3, 2, 1. Begin and then the program will start.

FAT BURN— Fat burn is a level based program that is designed to help users burn fat through various resistance level changes.

INTERVAL TRAINING— The intervals training program is a level based program that automatically adjusts the resistance of the machine from low to high intensity settings at regular intervals.

- 1) Start pedaling, press the workout button of choice.
- 2) Select Time by using UP or DOWN level keys and press ENTER.
- 3) Select Weight by using the UP or DOWN level keys and press ENTER.
- 4) Select Level by using the UP or DOWN keys and press ENTER.
- 5) The display will read 3, 2, 1. Begin and then the program will start.

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1-2 Well below average
5-6 Average
9+ Well Above Average

3-4 Below Average
7-8 Above Average

TARGET HEART RATE— The heart rate control workout mode allows the user to program their desired heart rate zone, and the bike will automatically adjust the level based upon the user's heart rate. The heart rate zone is calculated using the following equation: $(220 - \text{Age}) \times 8\% = \text{target heart rate zone}$. The user must continually hold onto the contact heart rate grips for this workout.

Locate the metal sensors on the handlebars of the bike. Notice that there are two separate pieces of metal on each grip. You must be making contact with both pieces of each grip to get an accurate heart rate reading. You can grab these sensors in any program to view your current heart rate.

1. Start pedaling and press the TARGET HEART RATE key.
2. Select Age by using the UP or DOWN keys and press ENTER.
3. Select Target HR percentage by using the UP or DOWN level keys and press ENTER.
4. Select Time by using UP or DOWN level keys and press ENTER.
5. Select Weight by using the UP or DOWN level keys and press ENTER.
6. The display will read 3, 2, 1. Begin and then the program will start.

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- 1) Start pedaling and press the CONSTANT WATTS key.
- 2) Select Time by using UP or DOWN level keys and press ENTER.
- 3) Select Weight by using the UP or DOWN level keys and press ENTER.
- 4) Select Level by using the UP or DOWN keys and press ENTER.
- 5) The display will read 3, 2, 1. Begin and then the program will start.

Rower



PROPER USAGE

There are four phases to the rowing stroke:

1. **CATCH**-Grasp the handle evenly with both hands. With the seat slid forward and the knees tucked into chest (directly in line with the heel of the foot), stretch the arms out in front and lean slightly forward from the hips.
2. **DRIVE**-Press firmly against the foot plates until the legs are fully extended, but not locked. Let the arms come with you and bring the torso to 90 degrees.
3. **FINISH**-Pull the arms into the abdomen with legs fully extended, and lean back with torso slightly beyond 90 degrees.
4. **RECOVERY**-Extend the arms, bend the knees, and lean forward from the hips and slide forward on the seat.

All four phases should be performed smoothly and in a continuous manner.

PROGRAMS

QUICK START- Adjust foot plates to desired position and begin rowing. Console will power up within a few seconds.

MANUAL- Press menu button, select manual and press check to confirm. Use arrow keys to select desired time and check to confirm. Begin your workout.

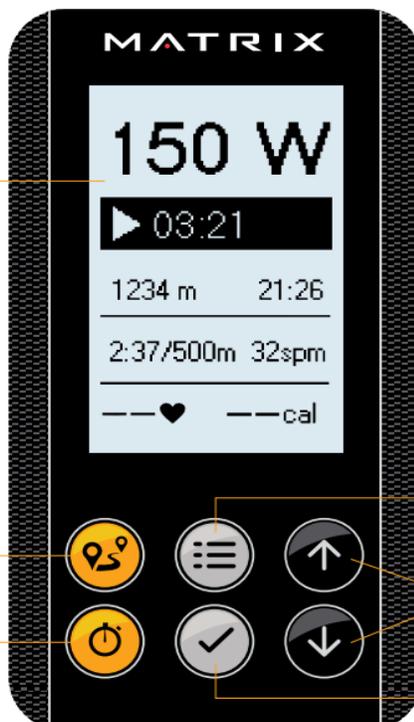
INTERVAL- Press menu button, arrow down to interval and press check to confirm. Choose time and distance using the arrow keys and check to confirm; select work time and rest time using arrow keys and press check to confirm; use arrow keys to select number of desired intervals, check to confirm. Begin your interval workout.

CHALLENGE- Press menu button and arrow down to challenge and press check to confirm. Set distance using the arrow keys and check to confirm; select time using the arrow keys and check to confirm; start rowing and chase the pace line to meet your target goal.

BACKLIT LCD
Displays Watts, Time, Distance,
500 m/split, SPM, Heart Rate
and Calories (When heart rate
strap is worn)

DISTANCE QUICK KEY

TIME QUICK KEY



MENU

NAVIGATION ARROWS

CONFIRMATION KEY