

TECH SPECS	Overall dimensions (L x W x H) 482 x 386 x 230 cm / 190" x 152" x 90"	Product Weight 857 kg / 1889 lbs
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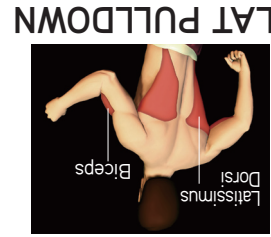
1. Sit and adjust thigh pads to secure legs in position.
2. Stand up and grip bar in desired position. Pull down then sit with thighs under pads.
3. Pull bar down to the front of chest, keeping chest up and elbows under hands.
4. When finished, straighten arms and carefully stand up until weight stack comes to rest.



FINISH



START



LAT PULLDOWN

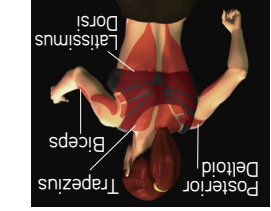
1. Sit and position feet securely on foot plate.
2. Slide forward on pad and grip handle; use either an underhanded or overhanded grip.
3. Maintain a straight back and slide back on pad. Be sure to keep knees bent.
4. Sit tall with head and chest up, pull handles back slowly until elbows are alongside body.
5. Return weight with controlled movement to starting position.



FINISH

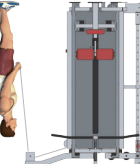


START



LOW ROW

1. Stand facing weight stack and grip handle overhanded.
2. Press handle down until elbows are alongside body.
3. Maintain elbows at sides and extend arms until straight.
4. Return weight with controlled movement to starting position.



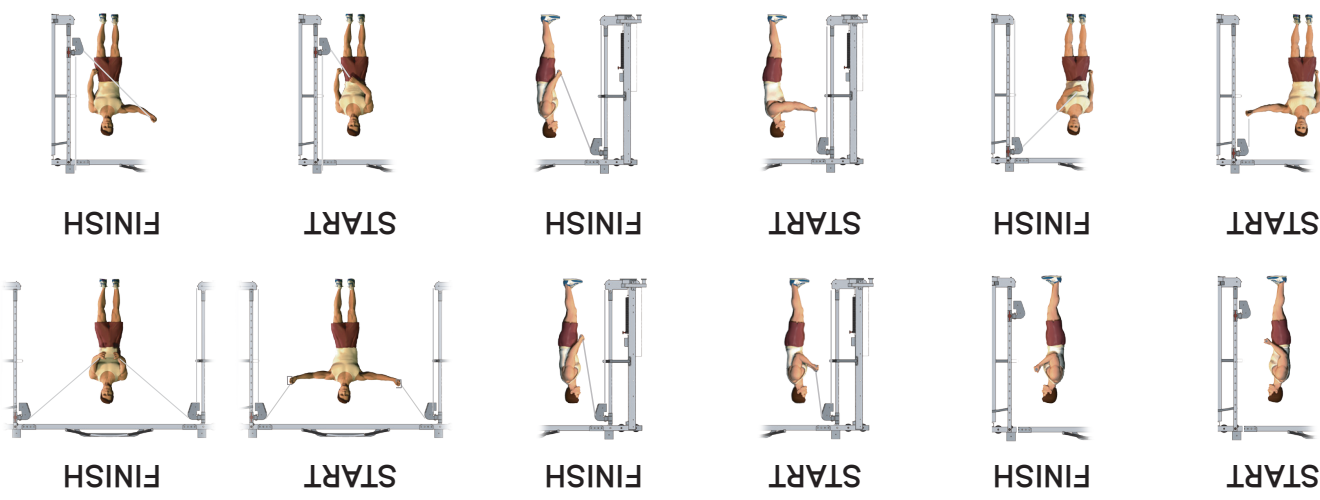
FINISH



START



TRICEPS PRESSDOWN



1. Never allow children on selectorized strength equipment. Teenagers must be supervised at all times while using this equipment.
2. All warnings and instructions should be read and proper instruction obtained prior to use.
3. Cease exercise if you feel faint or dizzy. Obtain a medical exam before beginning an exercise program.
4. Keep body, hair, clothing and fitness accessories free and clear of all moving parts.
5. Inspect the machine before use. DO NOT use machine if it appears damaged or inoperable.
6. Check to see that the selector pin is completely inserted into the weight stack.
7. NEVER use the machine with the weight stack pinned in an elevated position.
8. Never use dumbbells or other means to incrementally increase the weight resistance. Only use the means provided directly from the manufacturer.
9. This equipment should only be used in supervised areas where access and control are regulated by the owner.

**WARNING: SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. FOLLOW THESE PRECAUTIONS TO AVOID INJURY!**

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

**CHECK FOR DAMAGED PARTS**

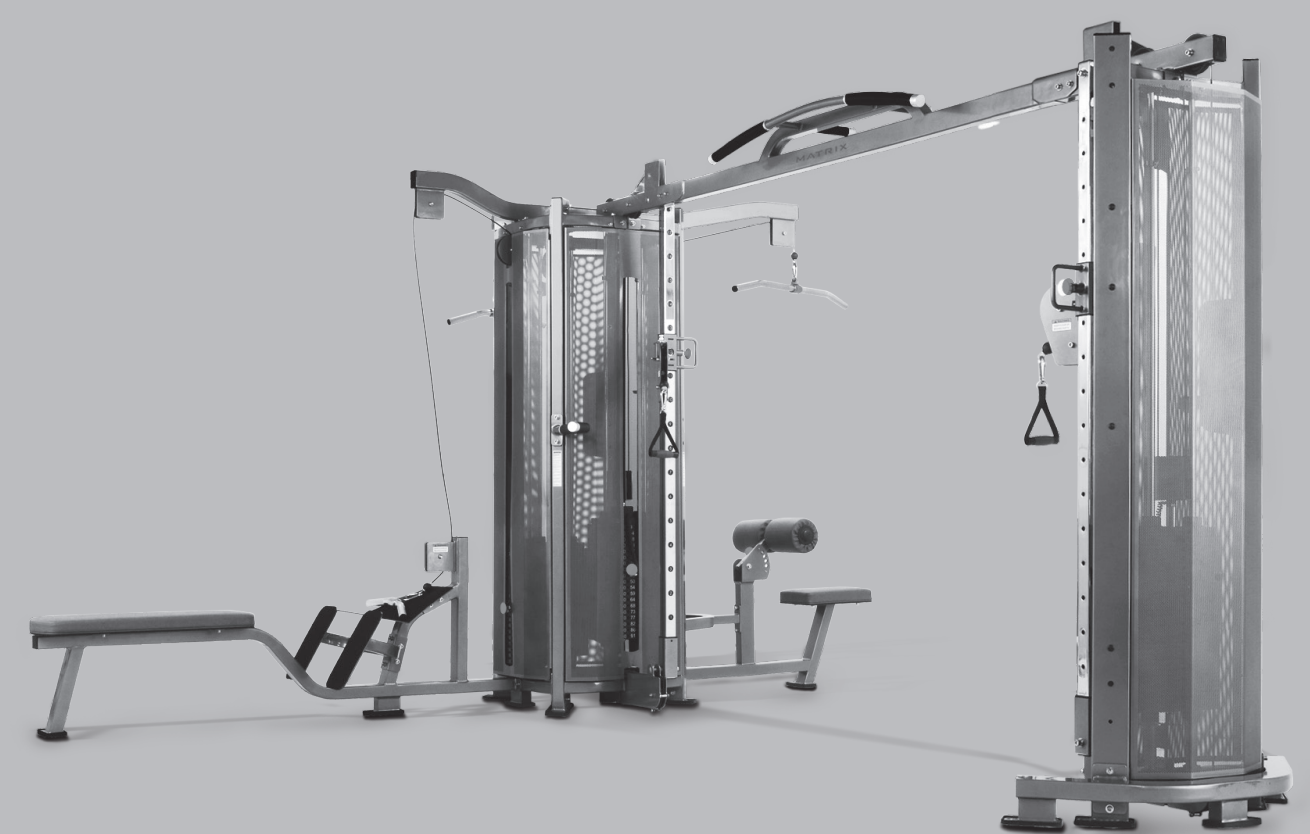
Keep hands and feet clear at all times from moving parts to avoid injury.  
Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that MATRIX Fitness Systems equipment be used properly to avoid injury.

**PROPER USAGE**

It is the sole responsibility of the purchaser of MATRIX Fitness Systems products to instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment.  
It is recommended that all users of MATRIX Fitness Systems exercise equipment be informed of the following information prior to its use.

**IMPORTANT SAFETY INFORMATION**

**MATRIX | G1 STRENGTH**  
5-STACK MULTI-STATION



Strong. Smart. Beautiful.

# G1MS50 5-STACK MULTI-STATION

## UNPACKING G1MS50 5-Stack Multi-Station

Thank you for purchasing a MATRIX Fitness product. This machine is an EN957-1 and EN957-2 compliant Class S product. your MATRIX G1MS50 5-Stack Multi-Station is inspected before it is packaged, it is shipped in multiple pieces to facilitate the compact packaging of the machine. Prior to assembly, confirm all the components by matching them with the exploded diagrams. The weight stack is shipped in separate packaging to reduce the weight of this box. Carefully unpack the unit from this box and dispose of the packing materials in accordance with your local laws.

### CAUTION

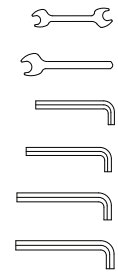
The product weight of the G1MS50 5-Stack Multi-Station is 889 lbs (404 kg). The weight stack tower is packaged completely as-assembled for ease of installation; use extra caution when removing from its pallet during assembly. The weight stack for this machine is 5 x 200 lbs. (5 x 91 kg). To avoid injury to yourself and prevent damage to the frame components, be sure to have proper assistance removing the frame pieces from this box. Please be sure to install the equipment on a stable base, properly level the machine and leave at least two feet of clearance to enter and exit the machine. Maximum user weight for this machine is 350 lbs. (159 kg).

### TOOLS REQUIRED FOR ASSEMBLY

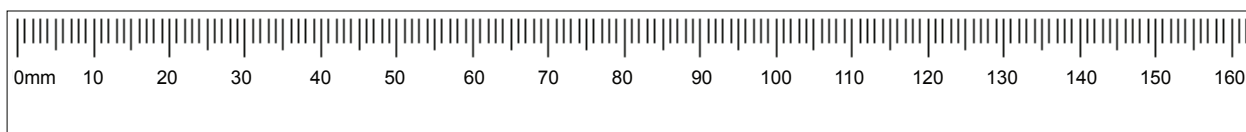
#### DESCRIPTION

- 13mm and 17mm Wrench
- 19mm Wrench
- M4 L-shaped Allen Wrench
- M6 L-shaped Allen Wrench
- M8 L-shaped Allen Wrench
- M10 L-shaped Allen Wrench

#### SKETCH



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



**Step 1**

Item	Description	Qty
Z103	Screw (M10X 70L)	8
Z104	Nylon Nut (M10)	10
Z105	Flat Washer (M10)	20
Z107	Screw (M10X 95L)	2

**Step 2**

Item	Description	Qty
Z103	Screw (M10X 70L)	10
Z104	Nylon Nut (M10)	18
Z105	Flat Washer (M10)	36
Z109	Screw (M10X 105L)	6
Z112	Screw (M10X 100L)	2

**Step 3**

Item	Description	Qty
K03	Guide Rod	6
K06	Selecter Pin	3
K07	Rubber Stack Cushions	6
K08	Rubber Guide Rod Bushing	6
K09	Stop Ring	6
Z100	Screw (MSX 90L)	6
Z101	Nylon Nut (M8)	12
Z102	Flat Washer (M8)	24
Z113	Screw (MSX 45L)	6

**Step 4**

Item	Description	Qty
F01	Pulley	7
F02	Cable (ø 6X3565L)	1
F03	Karabiner	3
F04	Handlebar	2
F05	Cable (ø 6X2247L)	1
F06	Handlebar	1
F07	Cable (ø 6X2202L)	1
Z104	Nylon Nut(M10)	7
Z108	Screw (M10X 45L)	7

**Step 5**

Item	Description	Qty
Q02	Front Shield	1
Z201	Screw (MSX 10L)	1
Z202	Screw (MSX 20L)	3
Z203	Flat Washer (M5)	1

**Step 6**

Item	Description	Qty
H07	Shaft(ø 20X79.5)	1
H20	Teflon Washer	2
Z103	Screw (M10X 70L)	2
Z104	Nylon Nut(M10)	6
Z105	Flat Washer(M10)	12
Z106	Screw (M10X 25L)	2
Z107	Screw (M10X 95L)	4
Z110	Flat Washer(M10)	2
Z111	Lock Washer(M10)	2

**Step 7**

Item	Description	Qty
H14	Left End Cover	2
H15	Right End Cover	2
H16	C Clip External	2
H18	End cover	2
Z105	Flat Washer(M10)	8
Z106	Screw (M10X25L)	8

**Step 8**

Item	Description	Qty
Z01	Screw (M10 X 70L)	4
Z02	Flat Washer (M10)	8
Z03	Nylon Nut (M10)	4
Z05	Nylon Nut (M10)	2
Z07	Flat Washer (M10)	4
Z12	Screw (M10 X 105L)	2
Z103	Screw (M10 X 70L)	10
Z104	Nylon Nut (M10)	10
Z105	Flat Washer (M10)	20

**Step 9**

Item	Description	Qty
Q01	Front Shield	2
Q02	Rear Shield	1
Q04	Front Shield	2
Z01	Screw (M10 X 70L)	4
Z02	Flat Washer (M10)	8
Z03	Nylon Nut (M10)	4
Z05	Nylon Nut (M10)	2
Z07	Flat Washer (M10)	4
Z12	Screw (M10 X 105L)	2
Z103	Screw (M10 X 70L)	10
Z104	Nylon Nut (M10)	10
Z105	Flat Washer (M10)	20
Z202	Screw (MSX20L)	33