

MATRIX
Strong • Smart • Beautiful



OWNERS MANUAL

Versa Single-Station Strength
VS-S23 Converging Shoulder Press

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IMPORTANT SAFETY INFORMATION

It is the sole responsibility of the purchaser of Matrix 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 exercise equipment be informed of the following information prior to its use.

PROPER USAGE

Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that Matrix equipment be used properly to avoid injury.

Keep hands and feet clear at all times from moving parts to avoid injury.

CHECK FOR DAMAGED PARTS

1. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by your country's local Matrix dealer.
2. MAINTAIN LABELS AND NAMEPLATES: Do not remove labels for any reason. They contain important information. If unreadable or missing, contact your Matrix dealer for a replacement.
3. SECURING EQUIPMENT: Manufacturer recommends that all stationary MATRIX strength equipment be secured to the floor to stabilize equipment and eliminate rocking or tipping over. This must be performed by a licensed contractor.

All anchor points must be able to withstand 750 lbs. (3.3 kN) pull-out force.

4. MAINTAIN ALL EQUIPMENT: Preventative maintenance is the key to smooth operating equipment as well as keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.
5. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. Matrix dealers will provide service and maintenance training at our corporate facility upon request.

IMPORTANT SAFETY INSTRUCTIONS

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

1. Never allow children on strength training 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. Use this equipment for its intended purposes only.
4. NEVER allow resistance straps, ropes or other means be attached to this equipment, as this may result in serious injury.
5. NEVER use this equipment for support during stretching, as this may result in serious injury.
6. Cease exercise if you feel faint or dizzy. Obtain a medical exam before beginning an exercise program.
7. Keep body, hair, clothing and accessories free and clear of all moving parts.
8. Inspect the machine before use. DO NOT use machine if it appears damaged or inoperable.
9. Check to see that the selector pin is completely inserted into the weight stack.
10. NEVER use this machine with the weight stack pinned in an elevated position.
11. NEVER use dumbbells or other means to incrementally increase the weight resistance. Only use the means provided directly from the manufacturer.
12. This equipment should only be used in supervised areas where access and control are regulated by the owner.

EXERCISE PLACARD



PRODUCT SPECIFICATIONS

TECH SPECS	
Overall dimensions	61"L X 57"W X 66"H
Weight	Light Stack = 538 lbs (245 kg), Heavy Stack = 608 lbs (276 kg)
Shipping weight	402 lbs (182 kg)

WARRANTY (Valid in USA only)	
Frame (not coatings)	10 years
Structural parts	10 years
Weight stacks	5 years
Pulleys	5 years
Pivot bearings	5 years
Any items not specified	3 years
Labor (excluding upholstery/cables/grips)	3 years
Upholstery/cables/grips/springs	1 year

MAINTENANCE CHECKLIST

ACTION	FREQUENCY
Clean Upholstery	Daily
Inspect Cables	Daily
Clean Guide Rods	Monthly
Inspect Hardware	Monthly
Inspect Frame	Bi-Annually
Clean Machine	As Needed
Clean Grips	As Needed
Lubricate Guide Rods	As Needed

Upholstery & Grips should be cleaned with a non-ammonia based cleaner or a mild soap and water. Guide rods should be lubricated with Teflon based lubricant. Apply the lubricant to a cotton cloth and then apply up and down the guide rods.

UNPACKING | TOOLS REQUIRED

UNPACKING

Thank you for purchasing a Matrix product. This machine is an EN957-1 and EN957-2 compliant Class S product. Your Matrix product 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. Carefully unpack the unit from this box and dispose of the packing materials in accordance with your local laws.

CAUTION

The weight of the product is 402 lbs. (182 kg) not including the weight stack. The standard weight stack for this machine is 160 lbs. (73 kg) & the heavy stack is 230 lbs. (104kg). 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 300 lbs.

TOOLS REQUIRED FOR ASSEMBLY

3MM L-Shaped Allen Wrench



4MM L-Shaped Allen Wrench



5MM L-Shaped Allen Wrench



6MM L-Shaped Allen Wrench



8MM L-Shaped Allen Wrench



10MM L-Shaped Allen Wrench



Phillips & Standard Screwdrivers



8MM Open-End Wrench



13MM Open-End Wrench

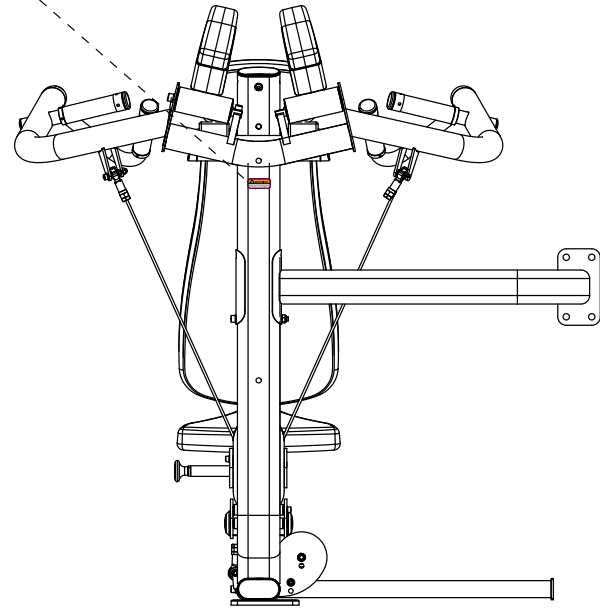
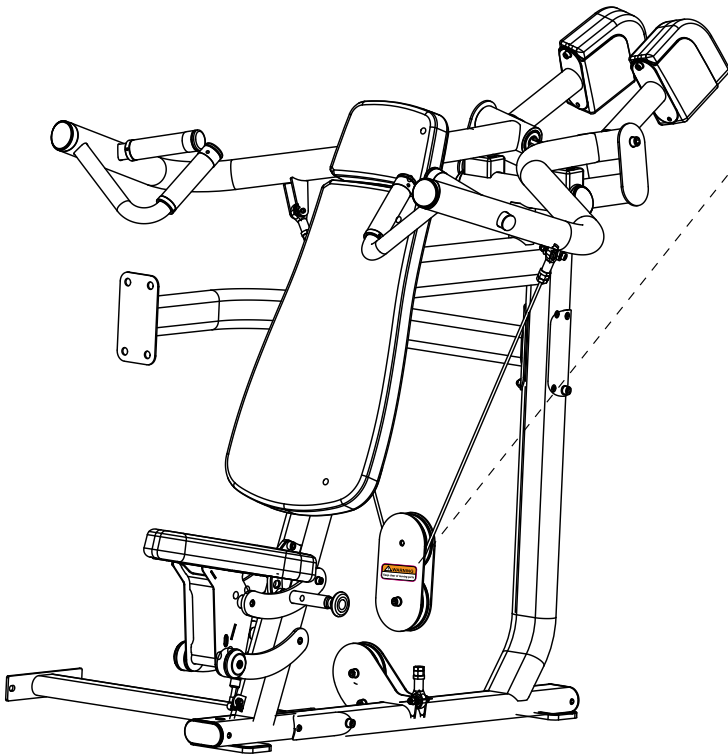


17MM Open-End Wrench.

19MM Open-End Wrench

Adjustable Wrench

Blue Locktite 242 must be used on all fasteners that are not assembled with Nylock Nuts



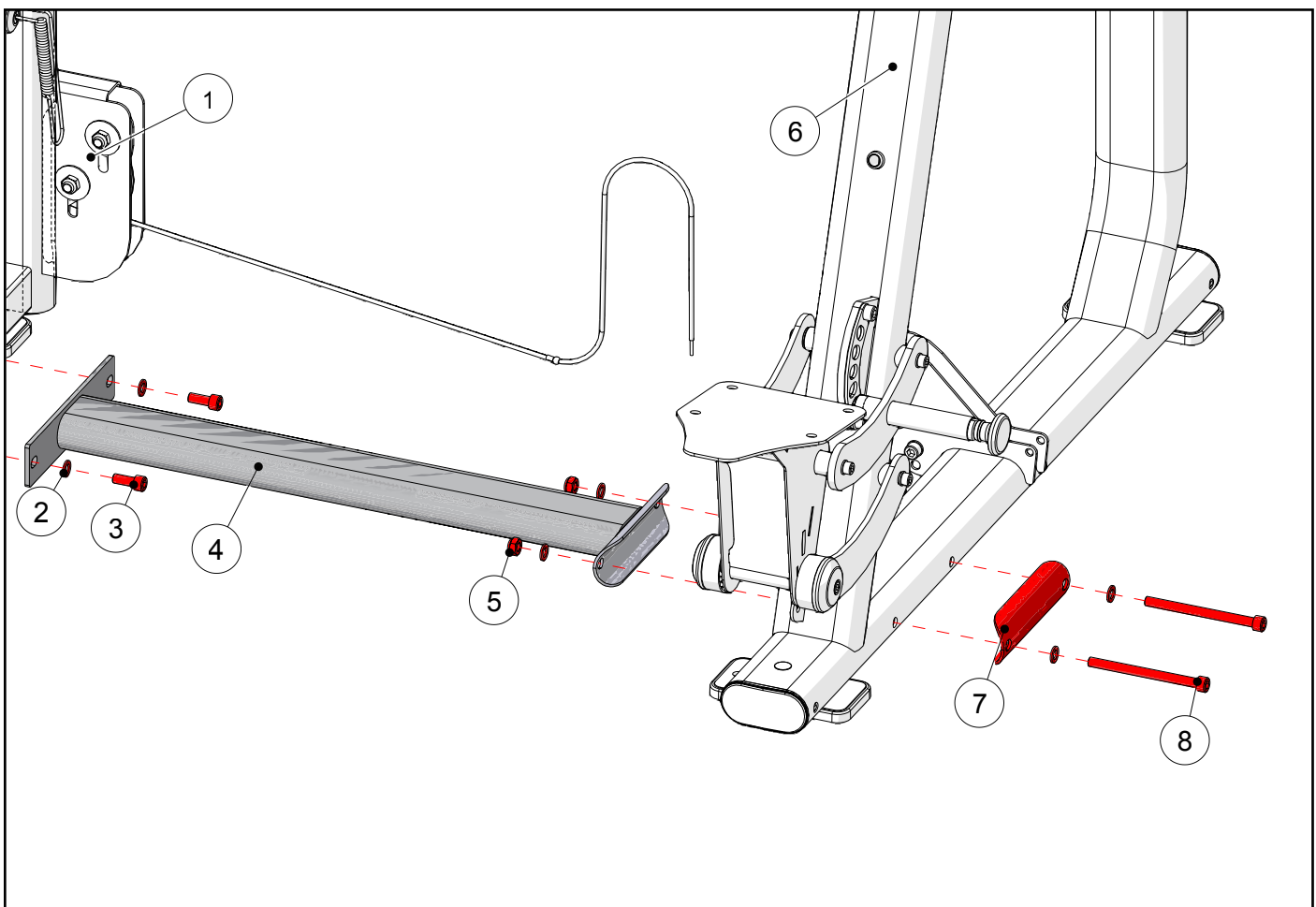
ID	DESCRIPTION	QTY
1	Weight Stack	1
2	M10 Flat Washer	18
3	M10 X 20L Socket Head Cap Screw	6
4	Lower Connecting Tube	1
5	M10 Nylock Nut	4
6	User Frame	1
7	Wide Cupped Flange	2
8	M10 X 125L Socket Head Cap Screw	4
9	Upper Connecting Tube	1
10	Right Arm Assembly	1
11	Left Arm Assembly	1
12	M12 Large Flat Washer (Ø40 mm)	4
13	Belleville Washer	2
14	M10 X 30L Socket Head Cap Screw	2
15	Ø20 mm Shaft	2
16	Counter Weight	2
17	M8 Flat Washer	4
18	M8 X 20L Socket Head Cap Screw	4
19	M12 Flat Washer	2
20	M12 X 25L Socket Head Cap Screw	2
21	Pulley (Ø3.5")	10
22	M10 X 50L Socket Head Cap Screw	3
23	Floating Pulley Plate	2
24	M8 X 45L Socket Head Cap Screw	1
25	M8 Nylock Nut	3
26	Cable Tie Rod End	3
27	User Frame Cable	1
28	M8 X 50L Socket Head Cap Screw	2
29	Head Pad	1

ID	DESCRIPTION	QTY
30	Back Pad	1
31	M10 X 75L Socket Head Cap Screw	4
32	Bottom Pad	1
33	M10 X 20L Hex Bolt	4
34	Front Shroud	1
35	Rear Shroud	1
36	M8 X 25L SHC	4
37	M8 Flat Washer (Ø20 mm)	4
38	Top Cap	1
39	Top Cap Cover	2
PREMIUM KIT COMPONENTS		
1P	Wing	1
2P	Rep Counter	1
3P	Towel Hook	1
4P	ASG Push Grip	2
5P	Premium Pullpin	1
6P	Seat Assist Gas Shock	1
7P	M10 Nylock Nut	1
SHORT USER KIT		
1SK	M10 X 18L SHC	2
2SK	M10 Flat Washer	4
3SK	Coupler Plate	2
4SK	M10 X 18L Hex Bolt	2
5SK	Foot Rest	1

STEP 1 | USER FRAME INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANTITY
1	Weight Stack	1
2	M10 Flat Washer	6
3	M10 X 20L SHC	2
4	Lower Connecting Tube	1
5	M10 Nylock Nut	2
6	User Frame	1
7	Wide Cupped Flange	1
8	M10 X 125L SHC	2

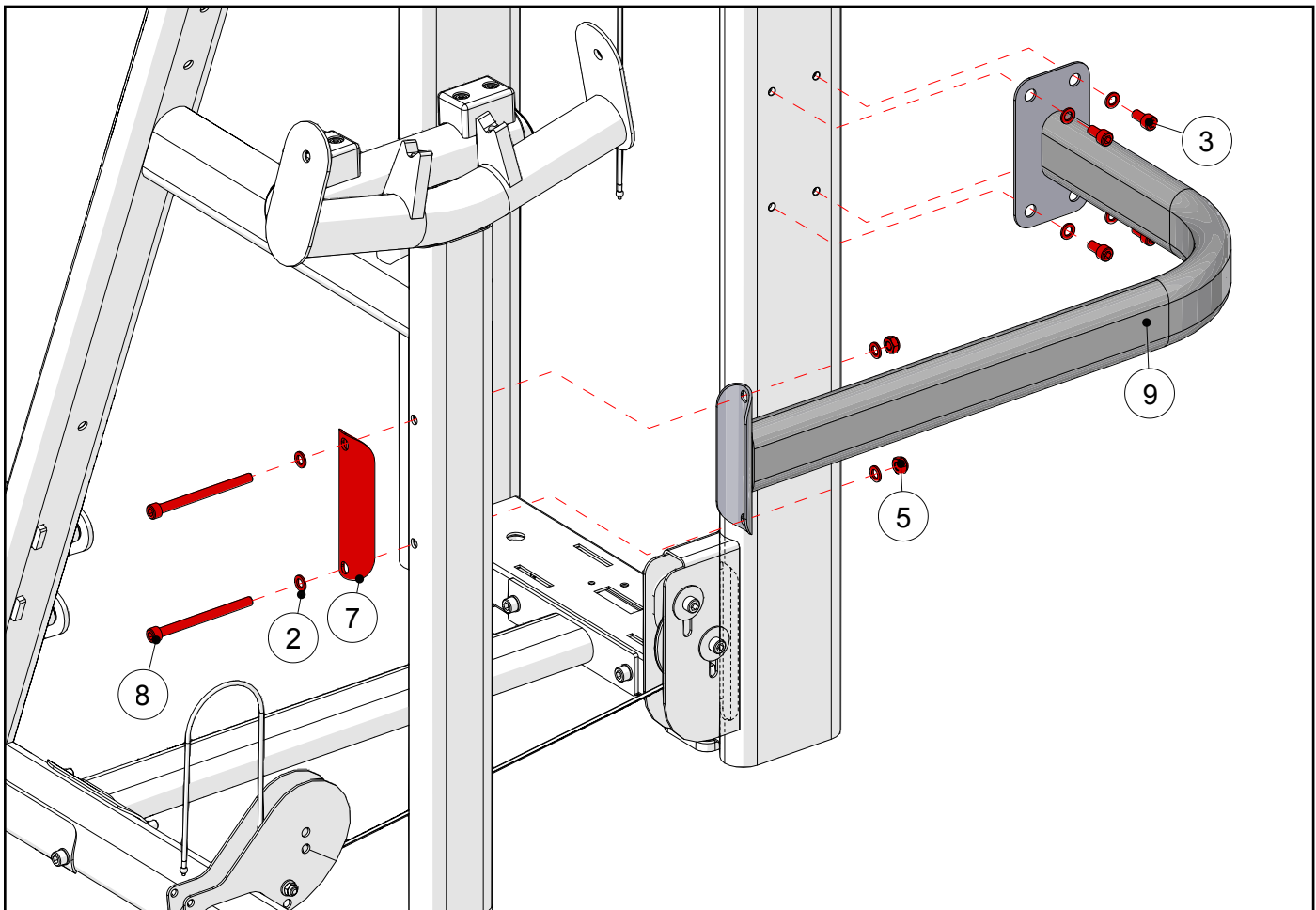
Install the user frame hardware as shown, but **DO NOT FULLY TIGHTEN** .



STEP 2 | USER FRAME ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANTITY
2	M10 Flat Washer	8
3	M10 X 20L SHC	4
5	M10 Nylock Nut	2
7	Wide Cupped Flange	1
8	M10 X 125L SHC	2
9	Upper Connecting Tube	1

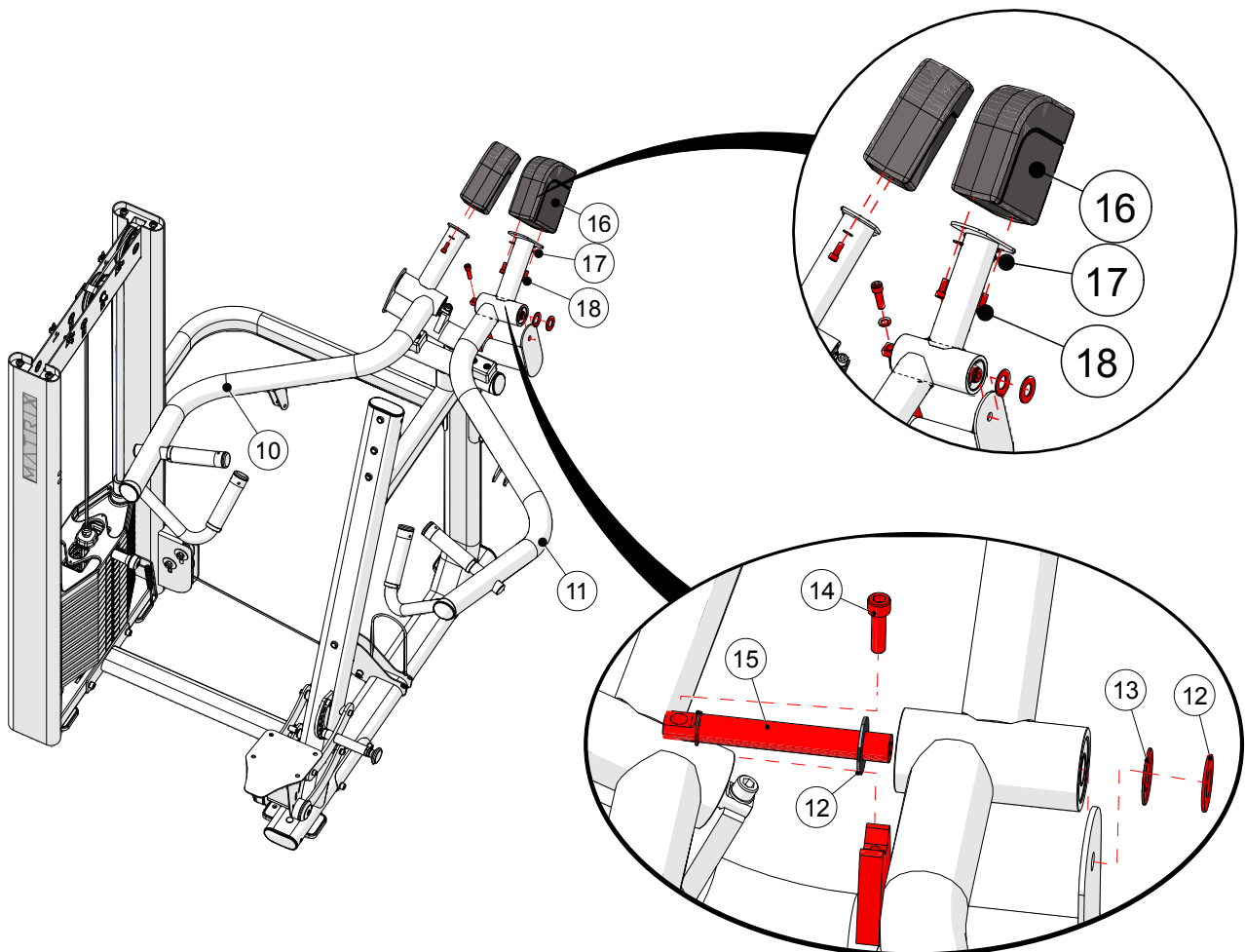
Install the user frame hardware as shown.
Torque all M10 hardware from pages 10 & 11 to: 77 N-m/57 ft-lbs.



STEP 1 | RIGHT & LEFT ARM ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANTITY
10	Right Arm Assembly	1
11	Left Arm Assembly	1
12	40mm Diameter Flat Washer	4
13	Belleville (Spring) Washer	2
14	M10 X 30L SHC	2
15	20 mm Diameter Shaft	2
16	Counter Weight	2
17	M8 Flat Washer	4
18	M8 X 20L SHC	4

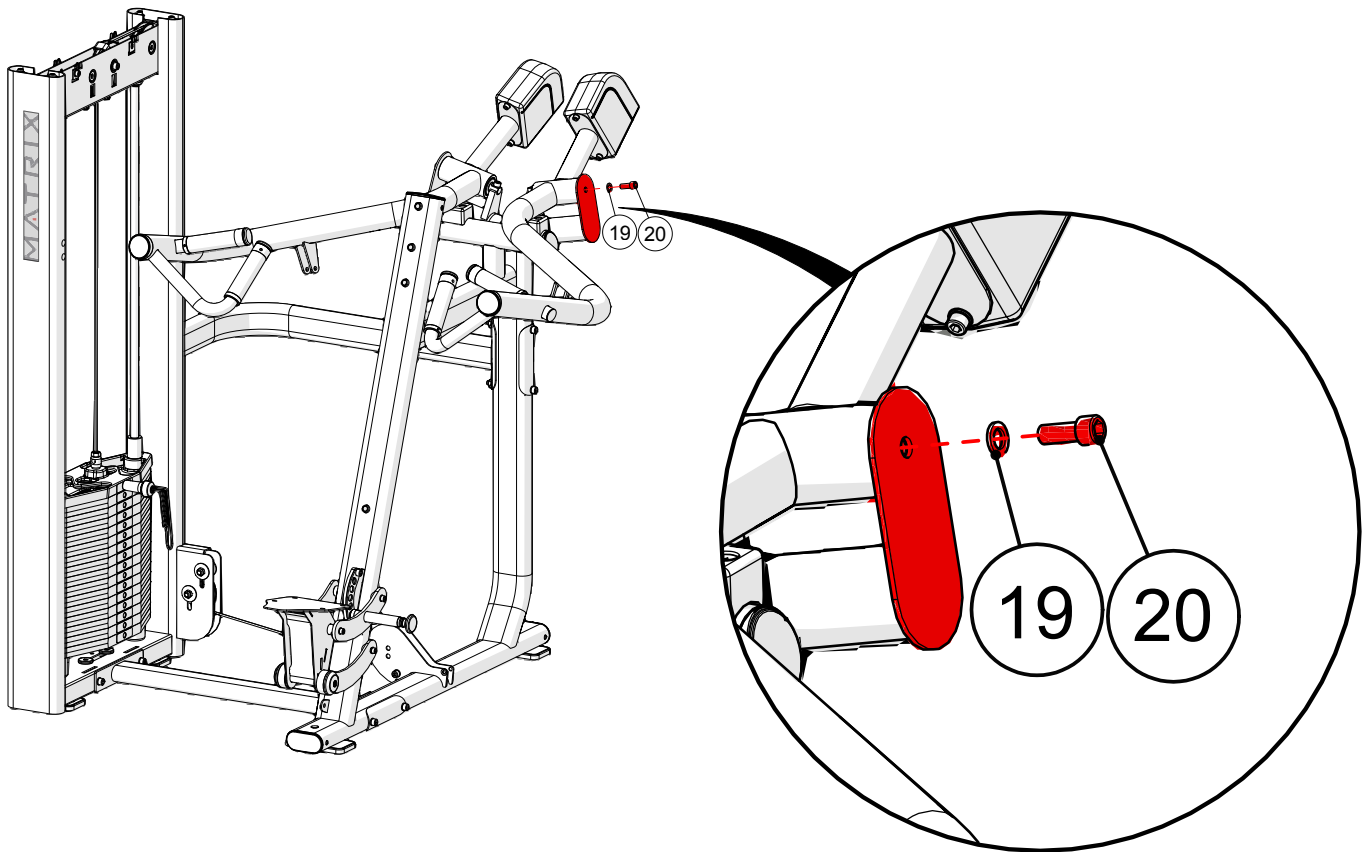
Attach the arms to the frame using the hardware shown, but **DO NOT FULLY TIGHTEN**



Belleville washer, item 13, must be assembled with inner (convex) diameter contacting the bearing. The outer diameter and concave side of Belleville washer contacts the outer washer item 12.

STEP 2 | RIGHT & LEFT ARM ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANTITY
19	M12 Flat Washer	2
20	M12 X 25L SHC	2

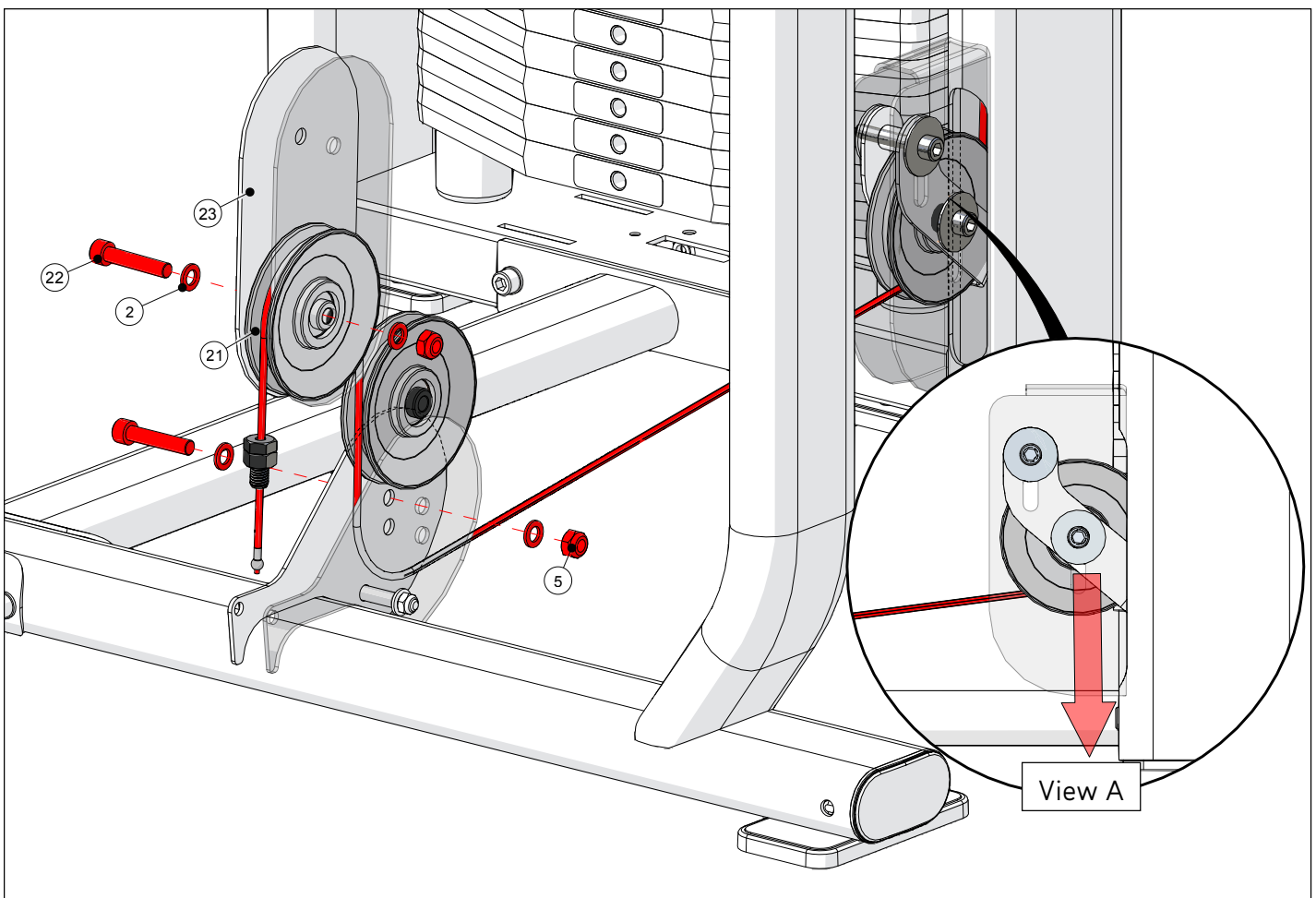


Install the pivot cap screw as shown. Torque all arm hardware to:

- M10 from step 1 to 77 N-m/57 ft-lbs.
- M12 from step 2 to 136 N-m/100 ft-lbs.

STEP 1 | WEIGHT STACK CABLE ASSEMBLY INSTRUCTIONS & NOTES

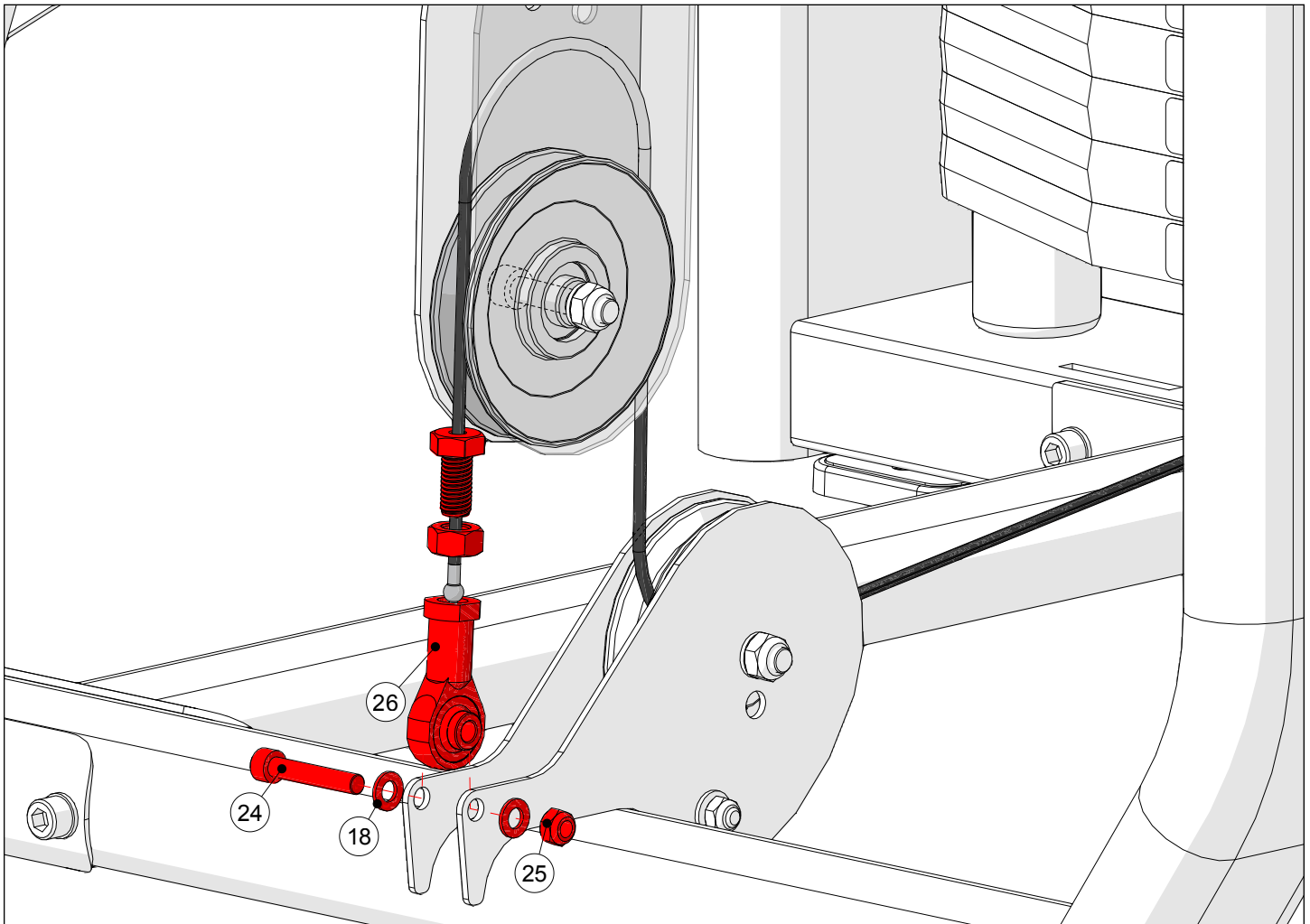
ID	DESCRIPTION	QUANTITY
2	M10 Flat Washer	4
5	M10 Nylock Nut	2
21	Pulley	3
22	M10 X 50L SHC	2
23	Floating Pulley Plate	2



Cable tension is adjusted by raising or lowering pulley as shown in View A.
 Note: Nuts for adjustable pulley must be on inside towards weight plates.

STEP 2 | WEIGHT STACK CABLE ASSEMBLY INSTRUCTIONS & NOTES

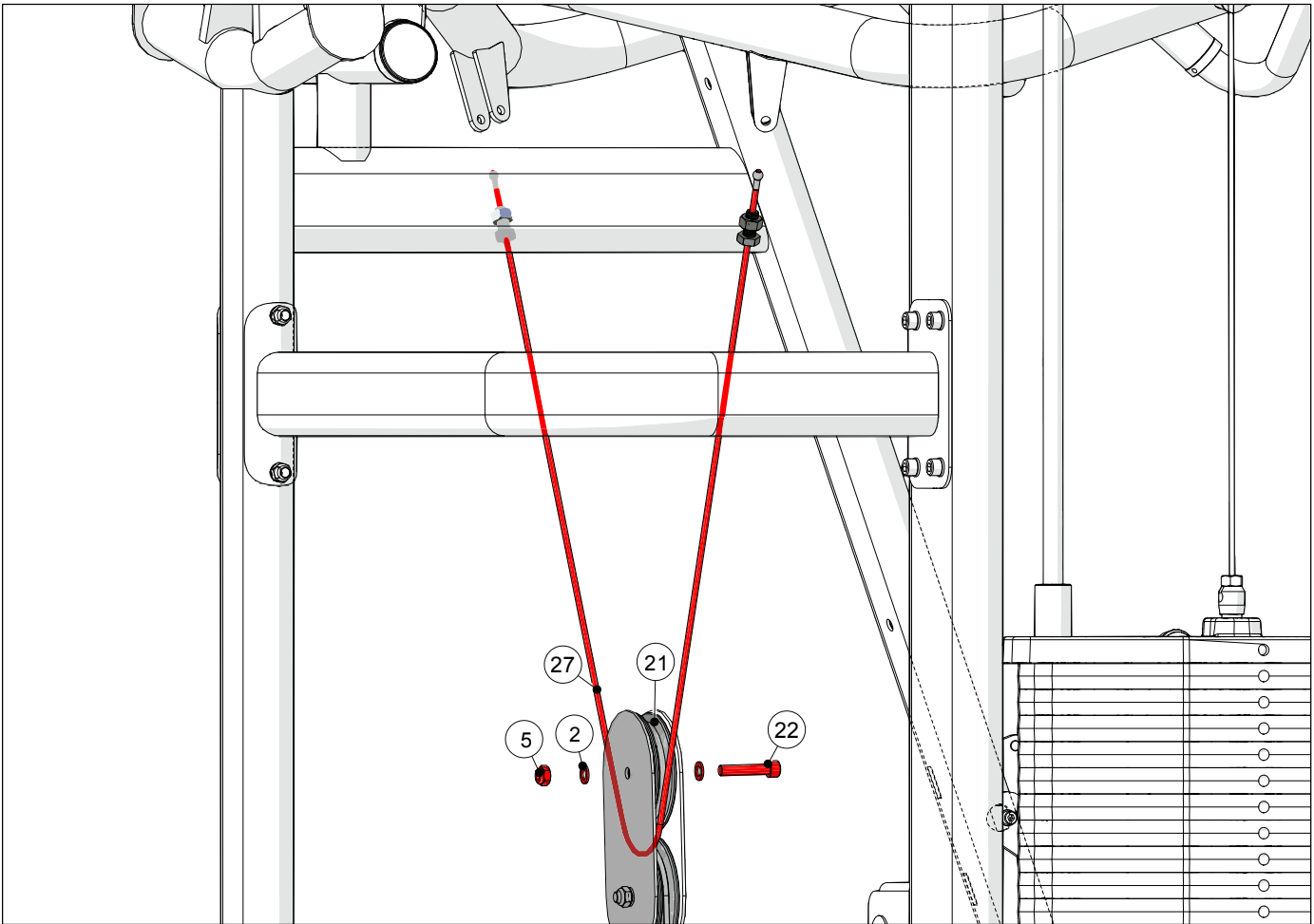
ID	DESCRIPTION	QUANTITY
18	M8 Flat Washer	2
24	M8 X 45L SHC	1
25	M8 Nylock Nut	1
26	Cable Tie Rod End	1



Fully thread cable bolt into tie-rod, then attach to frame.
Torque M8 hardware to: 39 N-m/29 ft-lbs.

STEP 3 | USER FRAME CABLE ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANTITY
2	M10 Flat Washer	1
5	M10 Nylock Nut	1
21	Pulley	1
22	M10 X 50L SHC	1
27	User Frame Cable	1

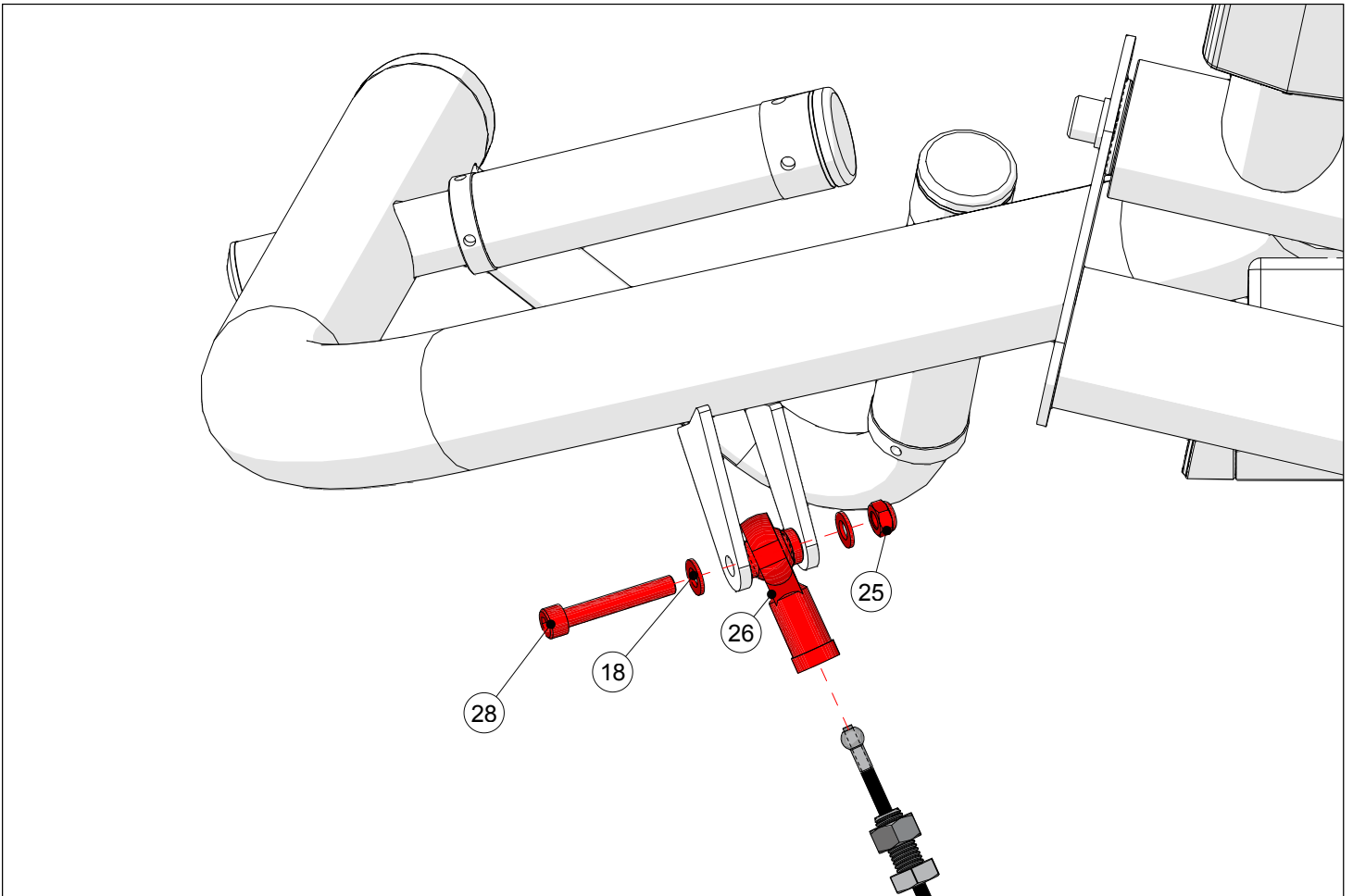


Install the secondary cable pulleys as shown.
Torque hardware to: 77 N-m/57 ft-lbs.

STEP 4 | USER FRAME CABLE ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANTITY
18	M8 Flat Washer	4
25	M8 Nylock Nut	2
26	Cable Tie Rod End	2
28	M8 X 50L SHC	2

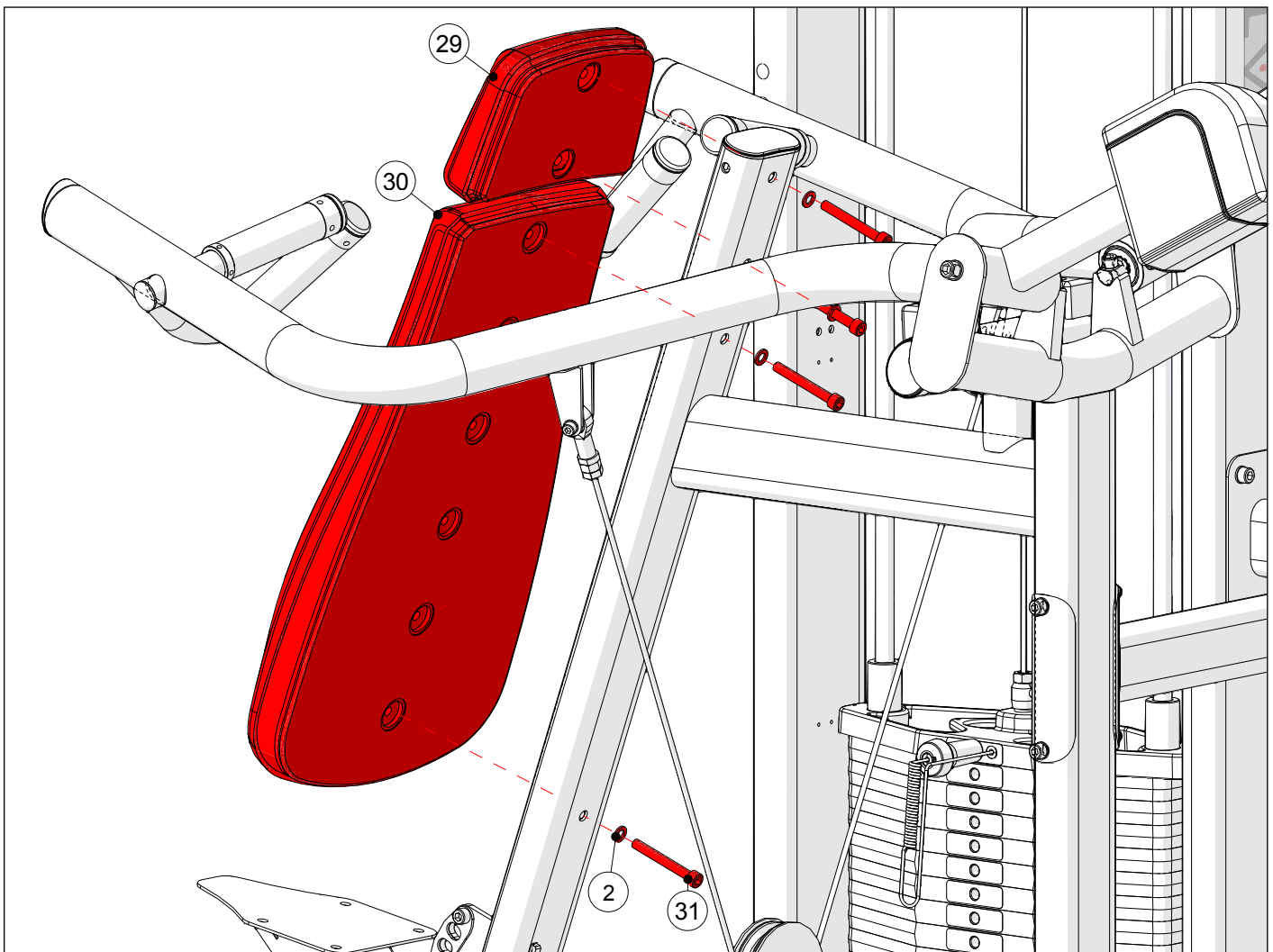
*Note: Image shows left arm assembly only, though quantities reflect both left and right arm assemblies.



Fully thread cable bolt into tie-rod, then attach to frame.
Torque M8 hardware to: 39 N-m/29 ft-lbs.

STEP 1 | BACK PAD AND HEAD PAD ASSEMBLY INSTRUCTIONS & NOTES

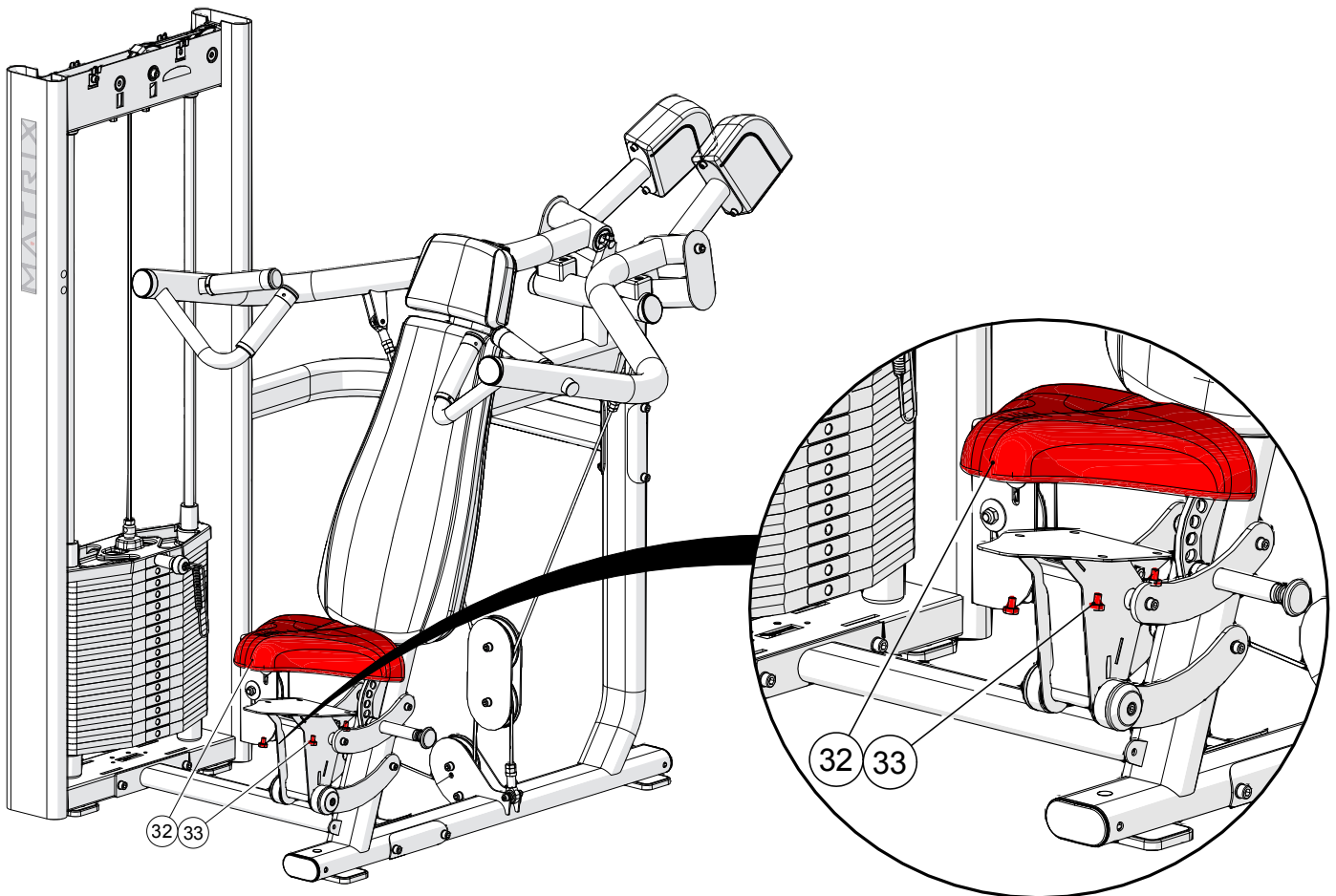
ID	DESCRIPTION	QUANTITY
2	M10 Flat Washer	4
29	Head Pad	1
30	Back Pad	1
31	M10 X 75L SHC	4



Install the head & back pads as shown.
Tighten to 57 N-m/41 ft-lbs.

STEP 2 | BOTTOM PAD ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANTITY
32	Bottom Pad	1
33	M10 X 20L Hex Bolt	4

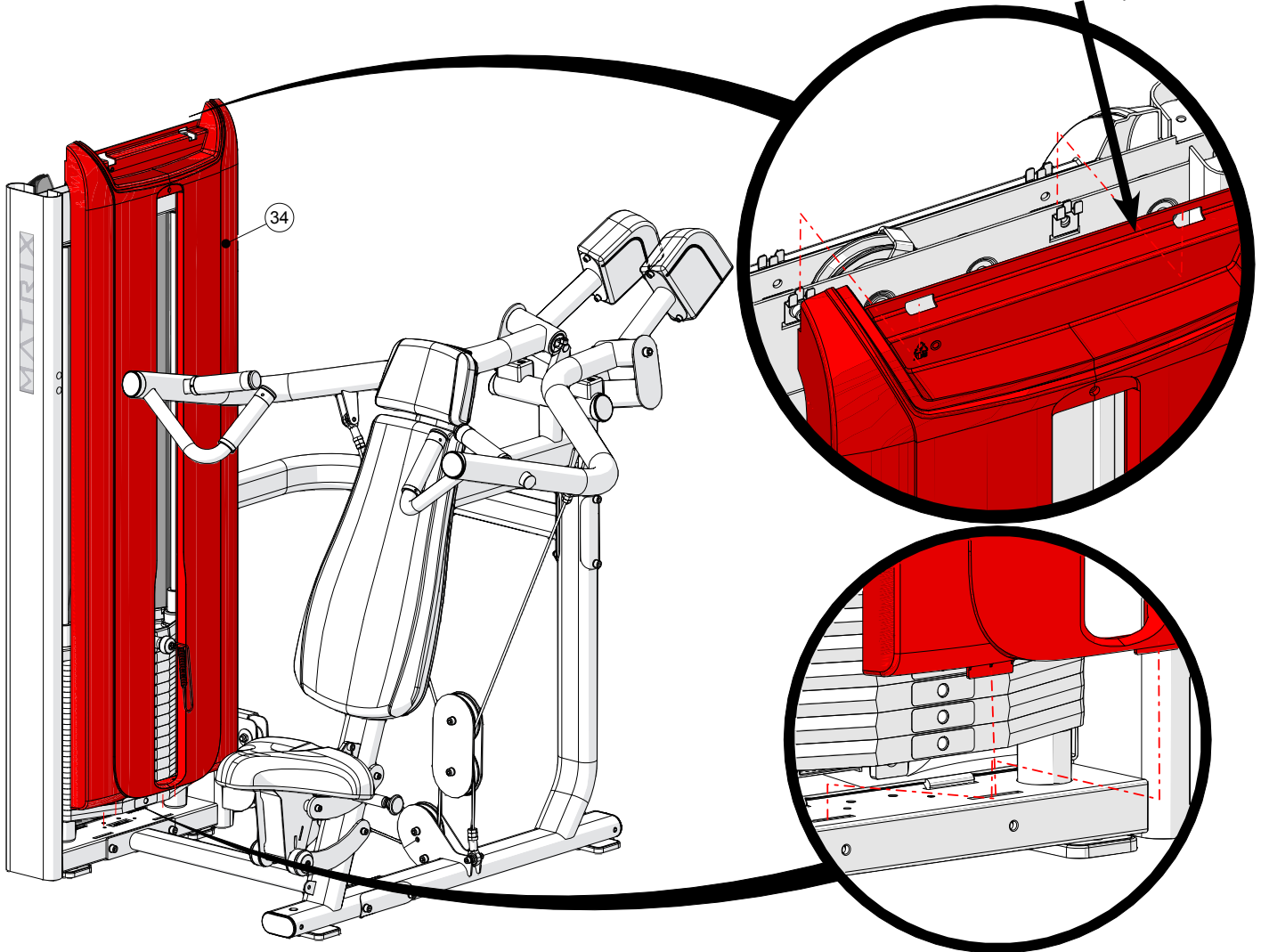


Install the seat pads as shown.
Torque to 57 N-m/41 ft-lbs.

STEP 1 | SHROUD ASSEMBLY ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANTITY
34	Front Shroud	1
35	Rear Shroud (Not shown)	1

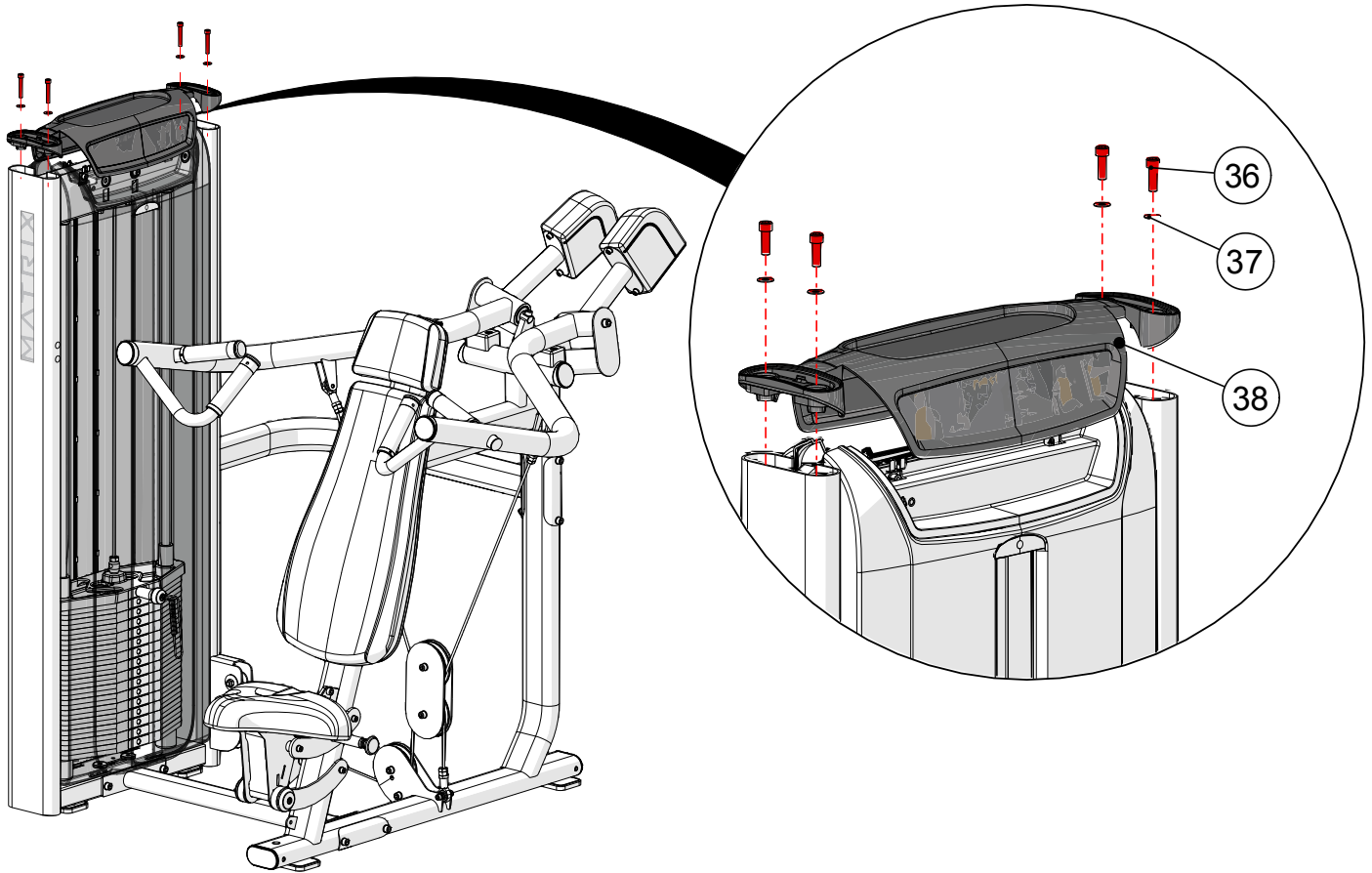
Position hangers in their lowest position



Install the weight stack shrouds as shown.

STEP 2 | TOP CAP ASSEMBLY INSTRUCTIONS & NOTES

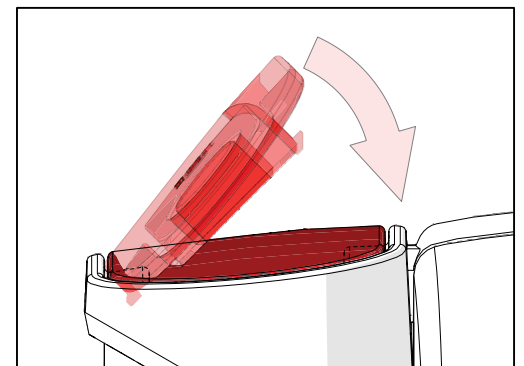
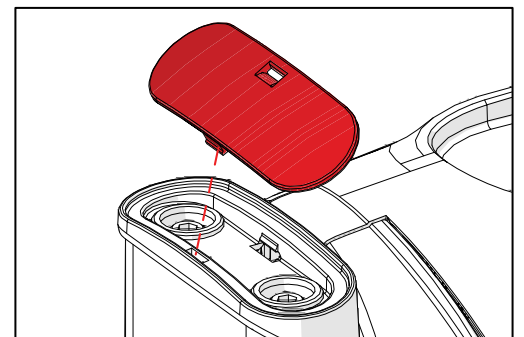
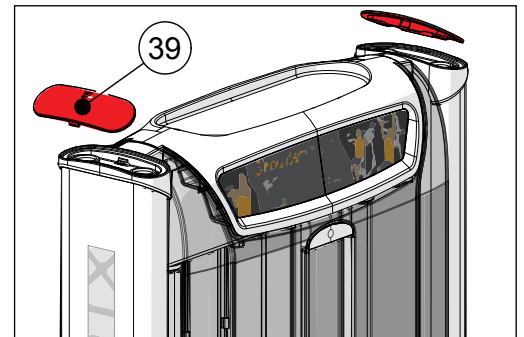
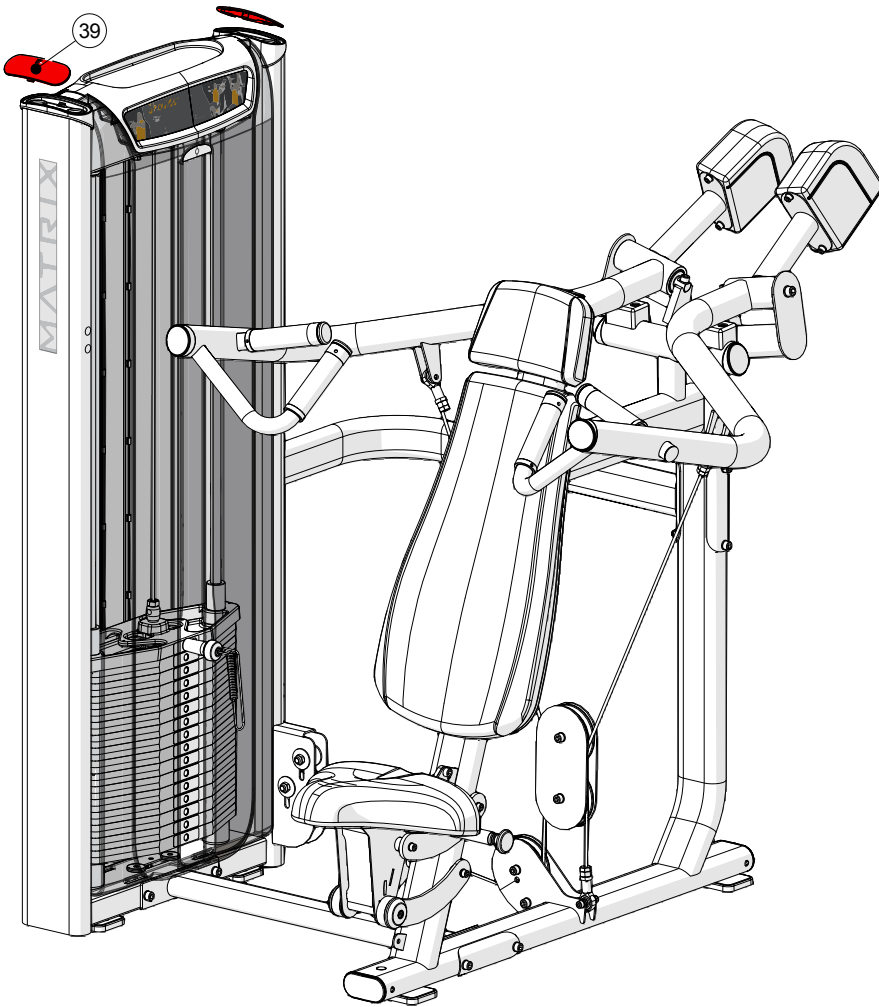
ID	DESCRIPTION	QUANTITY
36	M8 X 25L SHC	4
37	M8 Flat Washer (20 mm diameter)	4
38	Top Cap	1



Install the top cap onto the weight stack as shown.
Torque to 17 N-m/147 in-lbs.

STEP 3 | TOP CAP COVERS INSTRUCTIONS & NOTES

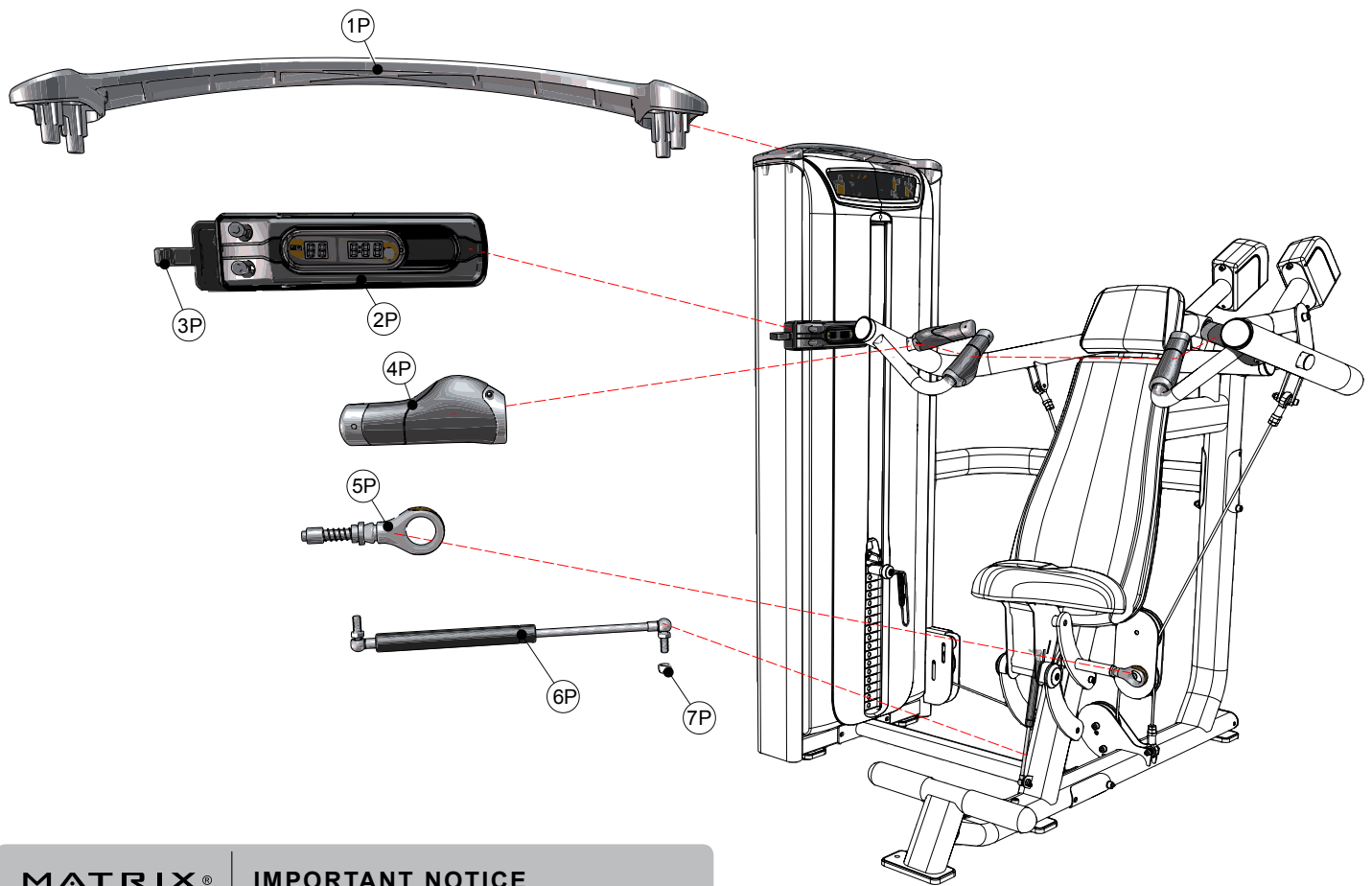
ID	DESCRIPTION	QUANTITY
39	Top Cap Cover	2



Install the top cap covers.

PREMIUM KIT ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANTITY
1P	Wing	1
2P	Rep Counter	1
3P	Towel Hook	1
4P	ASG Push Grip	4
5P	Premium Pullpin	1
6P	Seat Assist Gas Shock	1
7P	M10 Nylock Nut	1



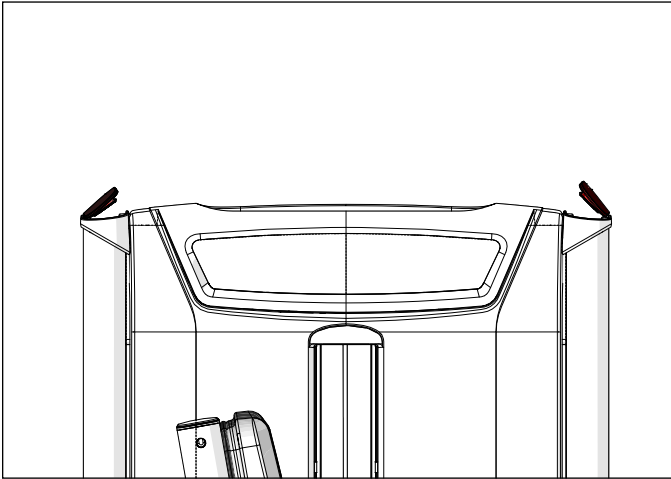
MATRIX® | IMPORTANT NOTICE



PLEASE NOTE:
Be sure to remove the insulating sheet when installing the Rep Counter.

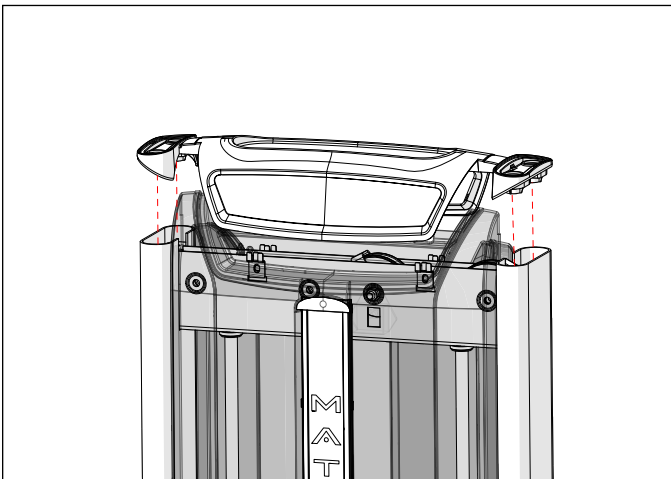
STEP 1 | PREMIUM KIT ASSEMBLY INSTRUCTIONS & NOTES

Rep Counter - Magnet

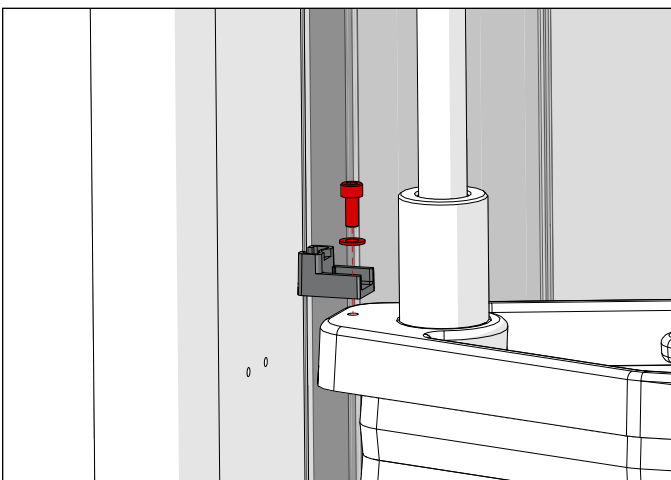


1. Remove the (2) top cap covers using a flat blade screw driver.
2. Remove the (4) M8 bolts and 20 mm diameter washers that hold the top cap to the weight stack frame.

Top cap covers, 20 mm diameter washers & M8 screws can be discarded



3. Remove top cap and rear shroud.



4. Assemble the Repetition Counter magnet holder to the headplate using the M5 X 12L bolt and M5 washer provided with the kit.

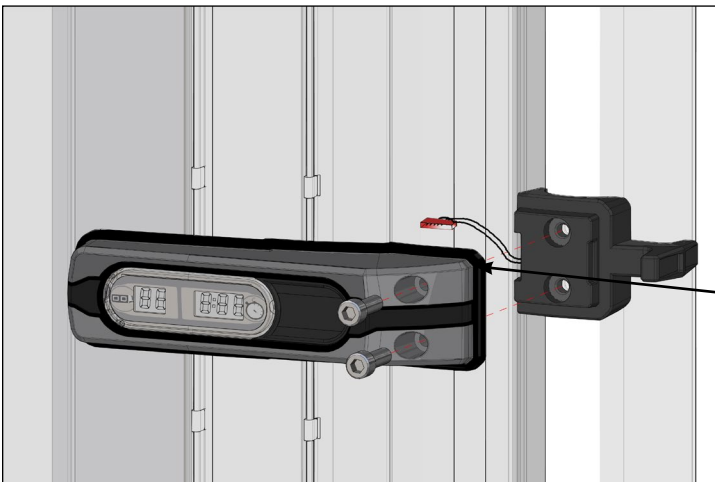
Holder must be mounted on this same side of the weight stack as Rep Counter

STEP 3 | PREMIUM KIT ASSEMBLY INSTRUCTIONS & NOTES

Rep Counter



1. Remove and discard hole caps using caution not to scratch the paint.



2. Attach plug to Rep Counter.
3. Assemble Towel Hook (3P) and Rep Counter (2P) using the M8 X 35L SHC bolts provided.

Rep Counter wires must be routed through the center of the Towel Hook

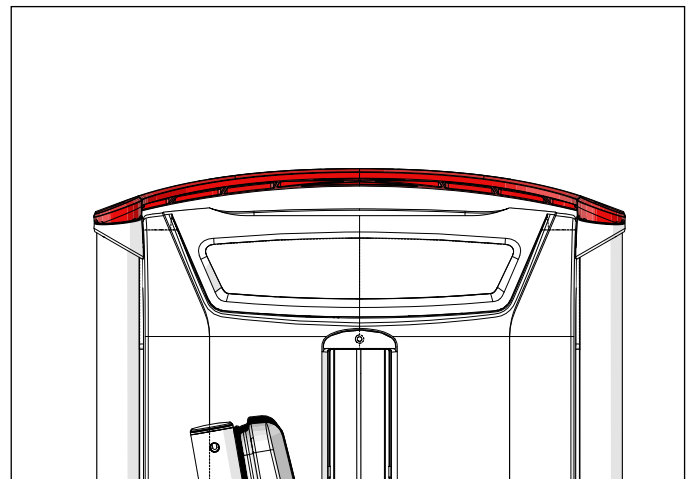
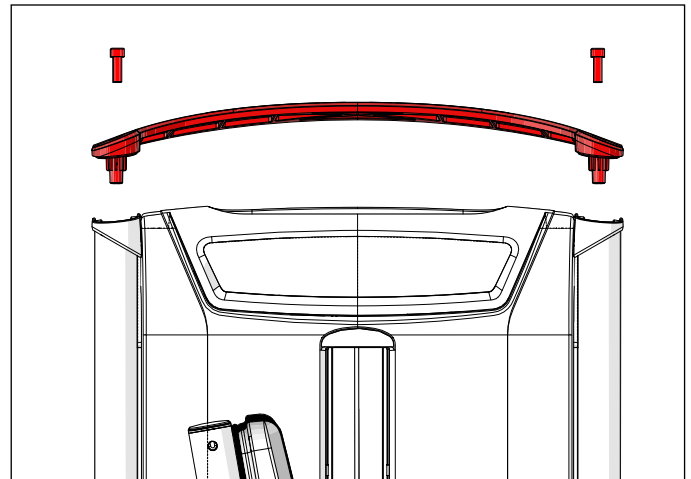


4. Torque bolts to 17 N-m/147 in-lbs.

STEP 4 | PREMIUM KIT ASSEMBLY INSTRUCTIONS & NOTES

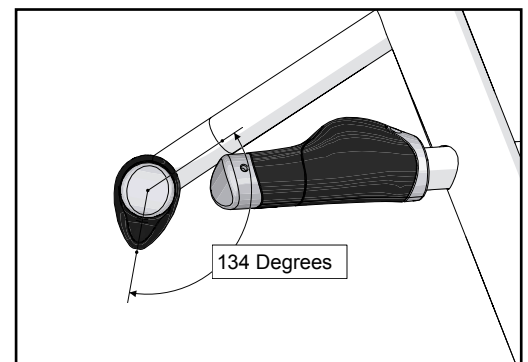
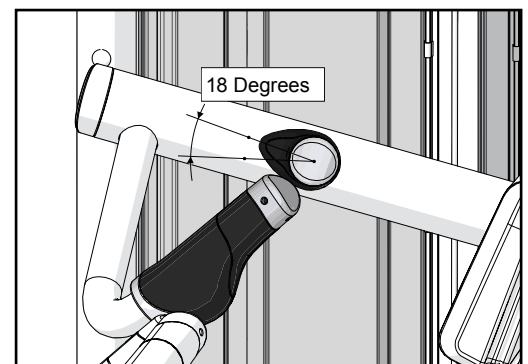
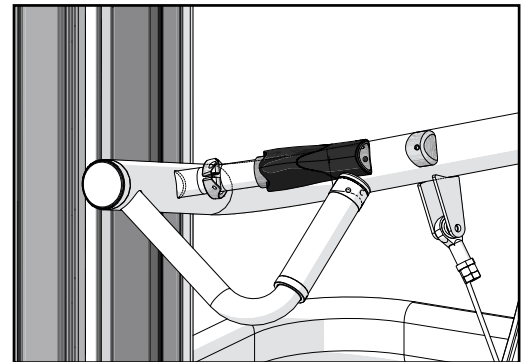
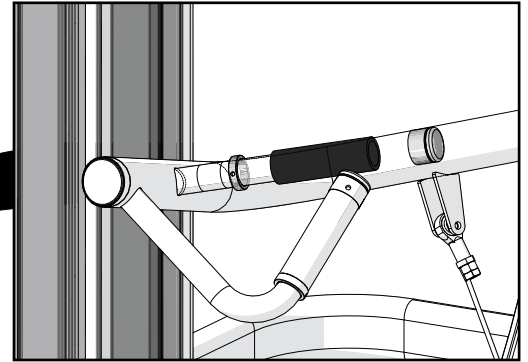
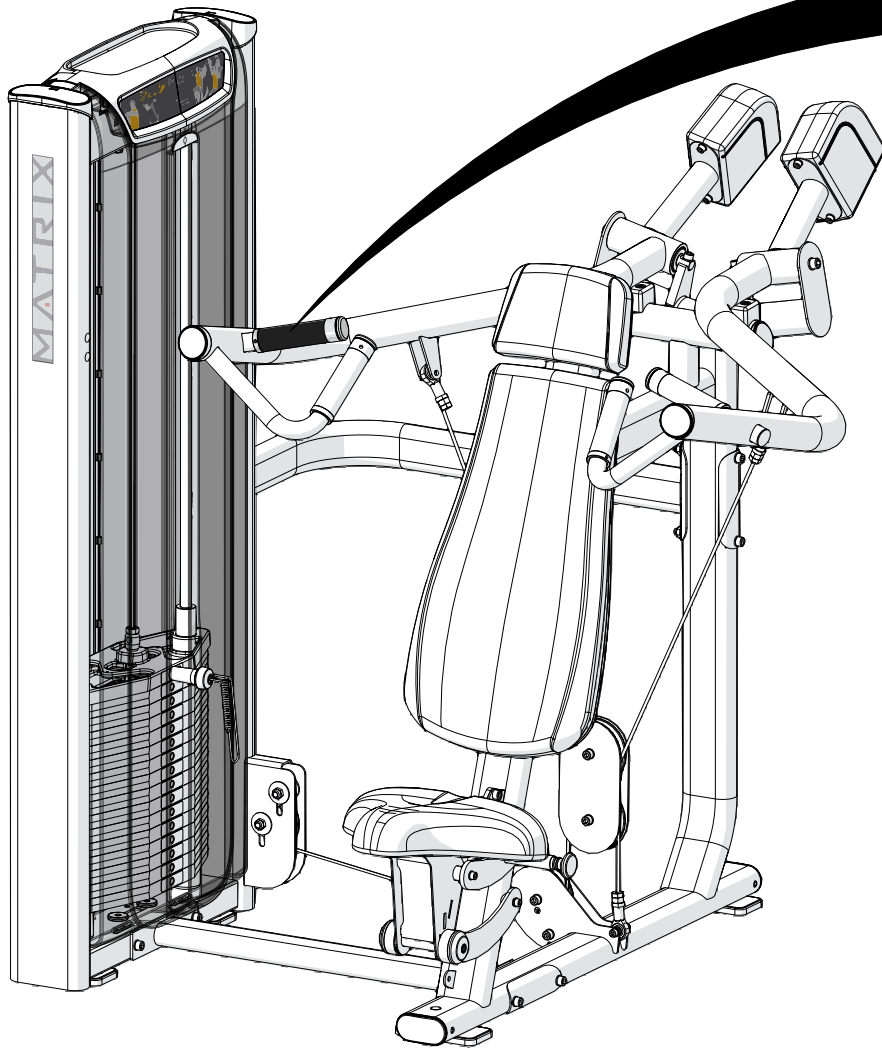
Wing

Assemble the wing (1P) as shown using the M8 hardware provided with the kit. Tighten to 39N-m (29 ft-lbs.).



STEP 5 | PREMIUM KIT ASSEMBLY INSTRUCTIONS & NOTES

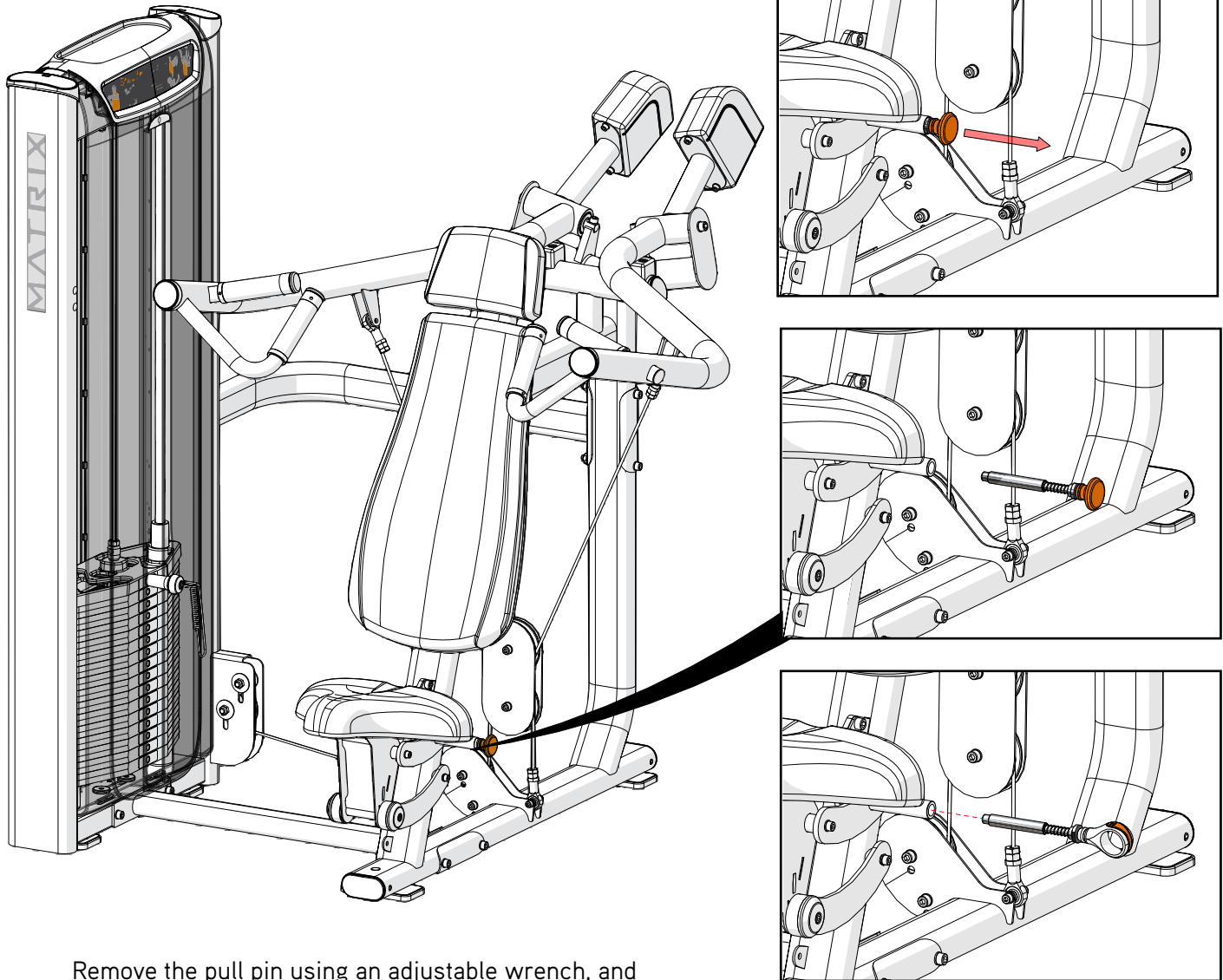
ASG Grips



1. Remove the end caps using a 3 mm Allen wrench. 2. Cut off and discard the grips. 3. Remove inner collars with a 3 mm allen wrench. 4. Assemble the ASG grips (4P) as shown; lock inner collars using a 4 mm Allen wench (torque to 8 N-m/5 ft-lbs.), and a 3 mm Allen wrench to secure the end caps. 5. Orient ASG grips as shown.

STEP 6 | PREMIUM KIT ASSEMBLY INSTRUCTIONS & NOTES

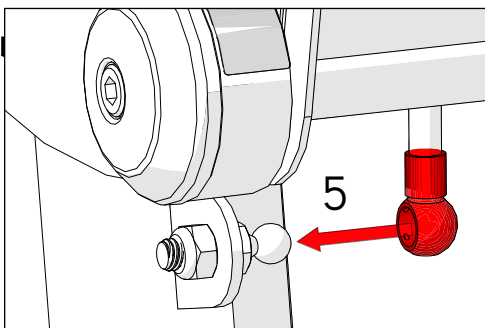
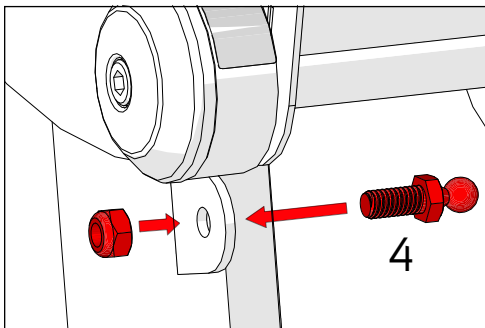
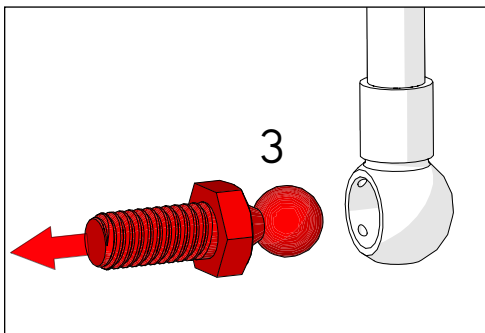
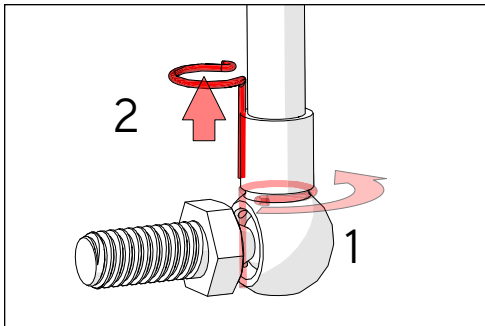
Pull Pin



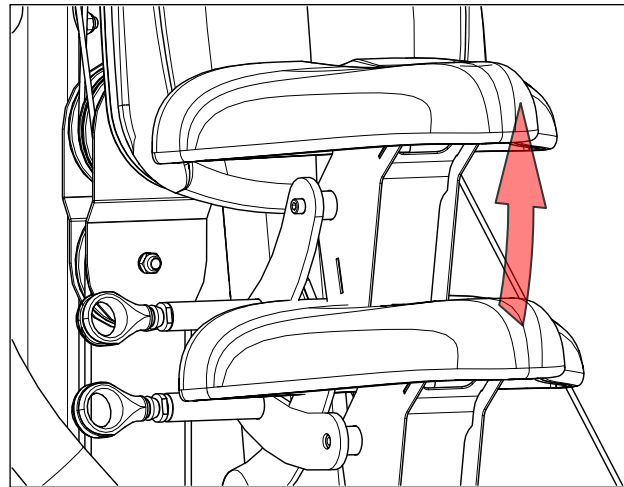
Remove the pull pin using an adjustable wrench, and replace with the Premium pull pin (5P).

STEP 7 | PREMIUM KIT ASSEMBLY INSTRUCTIONS & NOTES

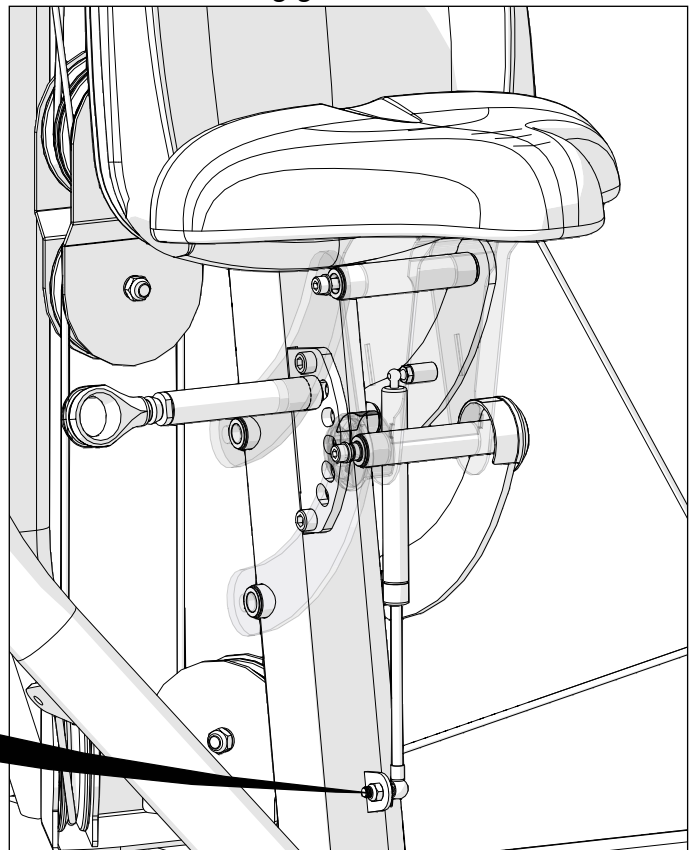
Gas Shock



Disassembly and assembly for both ends of shock (Only one end is shown)



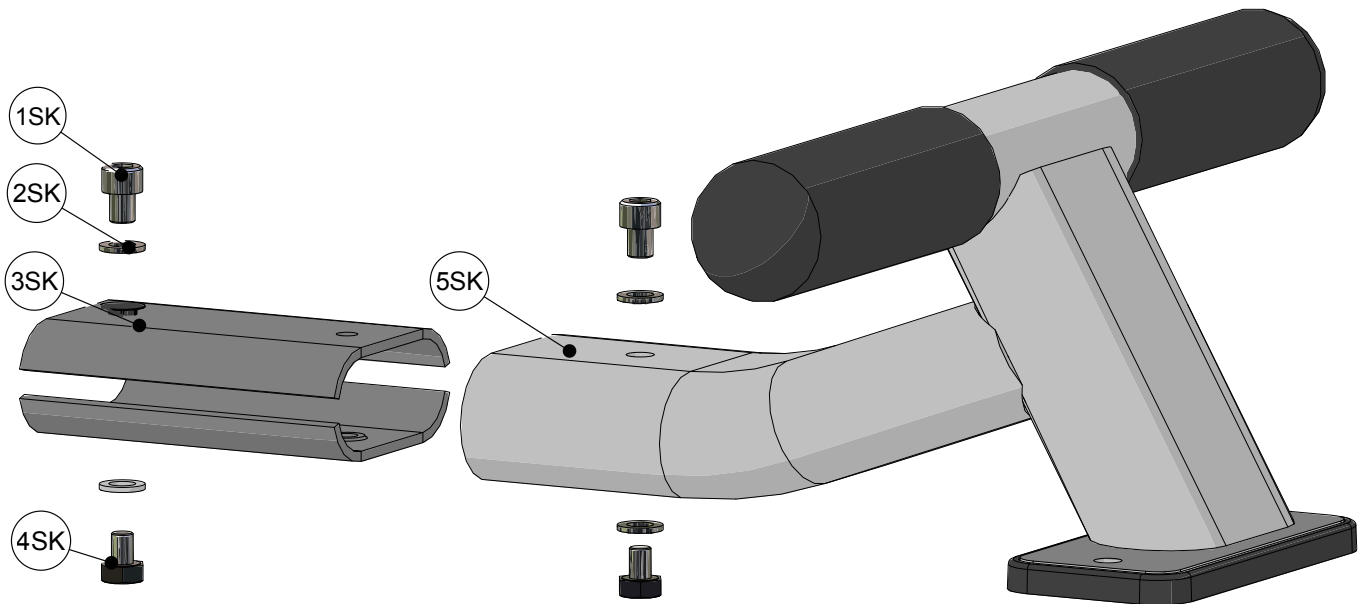
Raise the seat to the highest position before adding gas shock (6P)



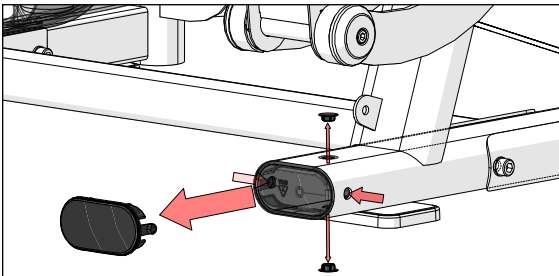
Shock must be positioned as shown with gas cylinder above piston rod

SHORT USER KIT ASSEMBLY INSTRUCTIONS & NOTES

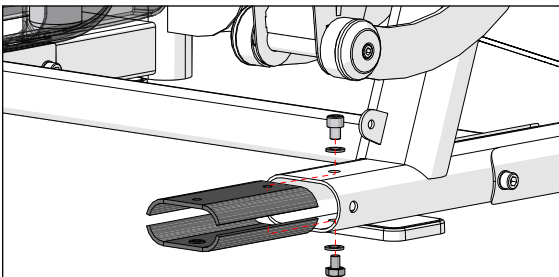
ID	DESCRIPTION	QUANTITY
1SK	M10 X 18L SHC	1
2SK	M10 Flat Washer	4
3SK	Coupler Plate	2
4SK	M10 X 18L Hex Bolt	2
5SK	Foot Rest	1



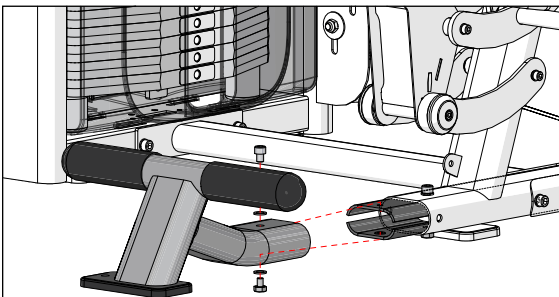
STEP 1 | SHORT USER KIT ASSEMBLY INSTRUCTIONS & NOTES



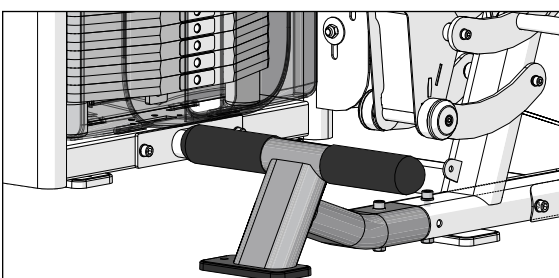
1. Remove end cap by pressing in tabs.
2. Remove and discard hole caps using caution not to scratch the paint.



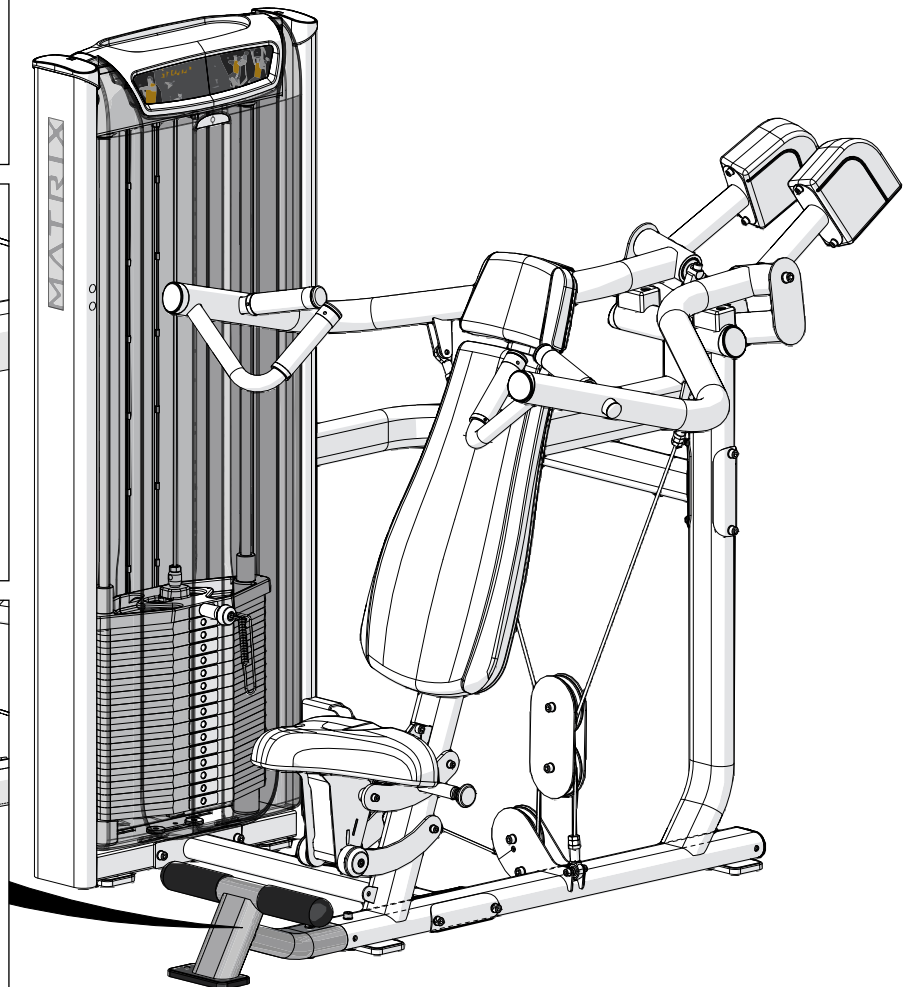
3. Assemble Coupler Plates.



4. Assemble Foot Pad to Coupler Plates.



5. Torque hardware to: 77 N-m/ 57 ft-lbs.



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