

MATRIX



BOOST
REVENUE

BUILD
ENGAGEMENT

MAXIMIZE
ROI

ENERGIZE
ACQUISITION

ENHANCE
DIFFERENTIATION

INCREASE
RETENTION

CONNECTED SOLUTIONS



CONNECTED SOLUTIONS

You want to deliver an unmatched fitness experience, and Matrix Connected Solutions give you the powerful tools you need to do it your way. Discover how our complete ecosystem of connected digital solutions can help you bring your vision of fitness to life in bigger, bolder, brighter ways than ever before.

YOUR GOALS

Find out how our technology offering can help you take your business where it needs to go.

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OUR SOLUTIONS

Learn more about each of the pioneering digital solutions that make up our goal-driven technology offering.

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A close-up, low-angle shot of a person's foot stepping onto the yellow footplate of a treadmill. The person is wearing dark blue athletic pants and a black sneaker. The background is a blurred view of the treadmill's structure and the person's legs in motion.

YOUR GOALS

You have a vision of fitness that's all your own, unique in its goals, challenges and triumphs. Our technology offering gives you the powerful tools you need to achieve more. Make your business stand out in new ways. Bring members in and keep them coming back. Maximize every investment and tap new revenue streams. And that's just a taste of what Matrix Connected Solutions can do. The flexibility of our complete digital ecosystem lets you choose how you enhance your business, streamline your administrative tasks, impress the people you serve and much more.



INCREASE **RETENTION**

You need powerful tools to keep members coming back, and our Connected Solutions provide difference-making reasons for your members to return. We'll help maximize equipment uptime, create new touchpoints to interact with members and build personal relationships that lead to long-term brand loyalty.

PERSONAL TRAINER PORTAL

Interact with members more effectively & more often

Our intuitive Personal Trainer Portal interface lets trainers and members work together to craft truly personalized training programs, forging stronger relationships that lead to better results for members and lasting loyalty for your facility. Once your members experience the powerful benefits of a virtual connection with your expert trainers, they'll be sure to come back again and again. Learn more on page 20.



WORKOUT TRACKING NETWORK

Create a powerful connection with your members

Workout Tracking Network all starts with the xID, the single login that gives members access to all of their fitness data and syncs with their favorite apps and devices. You can also link reward programs to xIDs to offer points for check-ins, personal training, purchases and more. With the Workout Tracking Network as the main point of connection, you can make your facility the center of each member's fit lifestyle. Learn more on page 22.



Sprint 8

Once your members start to see results with our exclusive, scientifically validated HIIT program, they'll be sure to make it a cornerstone of their workout routine. Learn more on page 30.

ASSET MANAGEMENT

Keep your equipment happy, keep your members happy

Nothing keeps members coming back like knowing that their favorite equipment will be available and performing at its best, and that's exactly what Asset Management helps you deliver. You can even check usage patterns to optimize your offering and rearrange equipment on the cardio floor, plus add your own branded communications to let members know about upcoming events and specials. Learn more on page 24.



Virtual Active

When your members can journey through vibrant, exotic virtual locations every time they work out, they'll be sure to look forward to a return trip. Learn more on page 32.

7XI CONSOLE

Bring them back with premium technology

Today's exercise enthusiast expects a complete digital experience to go along with the physical side of exercise, and nothing will exceed their expectations like our industry-leading 7xi console, available on a wide range of popular cardio platforms. Once your members discover the streaming media, popular apps, social feeds, vivid picture and intuitive operation of our 7xi console, they will never settle for less. Learn more on page 26.



Virtual Coaching

Your members will love the chance to amplify their Virtual Active experience with positive, motivational coaching, and the fact that they can't get this combination anywhere else will keep them coming back. Learn more on page 33.

A woman with blonde hair tied back, wearing a dark purple tank top, stands in a gym. She is holding a white towel over her left shoulder and a silver smartphone in her right hand, looking at the screen with a slight smile. The background shows a large window with a grid pattern and a dark metal frame. The text 'BUILD ENGAGEMENT' is overlaid on the left side of the image.

BUILD ENGAGEMENT

There's no limit to the ways we can help you keep your members enthused and on track. Count on our Connected Solutions to provide superior workout tracking, foster powerful personal relationships and keep your members entertained while they sweat.

PERSONAL TRAINER PORTAL

Keep them locked in with a constant connection

Personal Trainer Portal connects trainers and members in a way that works best for all. An intuitive interface makes it easy for trainers to view member information and history, create signature exercise programs, assign workouts, check progress and pass along words of encouragement through virtually any tablet or personal computer. Members can provide instant feedback, check training schedules and even share nutrition and daily activity data from personal fitness trackers to help trainers hold them accountable and refine the training experience. Learn more on page 20.

7XI CONSOLE

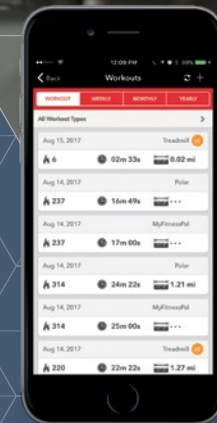
Keep them entertained from warm-up to cool-down

Nothing makes a workout fly by for members like their favorite entertainment, and the 7xi console offers a wide variety of ways for members to connect to the things that keep them going. Count on the 7xi console to provide easy access to pulse-pounding music, crisp video, favorite apps, social feeds and much more, all with an intuitive touchscreen interface. Learn more on page 26.

WORKOUT TRACKING NETWORK

Create a fitness community all your own

Workout Tracking Network does more than just bring all of your members' fitness data together in one place — it creates a fitness community to help members achieve their unique goals in more rewarding ways. With Workout Tracking Network, it's easier than ever for members to track their progress, set personalized goals, take part in member challenges, celebrate achievements in social feeds and so much more. Learn more on page 22.



Sprint 8

Help your members stay locked in to their goals with an exclusive, scientifically validated HIIT program that will push them to their limits. Learn more on page 30.



Virtual Active

Virtual journeys through exotic locales are a great way to help your members keep every workout fresh and engaging. Learn more on page 32.



Virtual Coaching

Adding a little extra encouragement to Virtual Active journeys can go a long way to keeping your members motivated and on track to reach their goals. Learn more on page 33.



Landmarks

Transform Stepper and ClimbMill workouts into challenging treks to the top of world-renowned locations — your members won't want to stop, even when they reach the summit. Learn more on page 33.

A man with brown hair, wearing a blue long-sleeved shirt and a black wristband with the word 'MATRIX' on it, is using a Matrix treadmill. He is touching the large touchscreen display on the treadmill's console. The screen shows a 'MY GYM' app interface with various icons for tracking, heart rate, change workout, virtual access, Facebook, My Media, Hulu, Netflix, and YouTube. It also displays a calendar, a clock showing 12:29, a TV icon, weather, and a '23 CALORIES' counter. The treadmill itself is black and grey with the 'MATRIX' brand name visible on the console. The background is slightly blurred, showing a gym setting.

ENHANCE DIFFERENTIATION

You need to make your facility stand out from the one across the street, and our Connected Solutions provide new attractions that can't be ignored. Count on Matrix for the choices you need to create a seamlessly connected digital exercise experience that's one-of-a-kind.



7XI CONSOLE

Stand out with the industry's best console

No other console in the industry provides the rich array of features and the easy navigation of our 7xi, and offering this unmatched console in your facility is a sure way to separate yourself from the competition. Members will be wowed by the selection of music, crisp video, favorite apps, social feeds and more, and the intuitive touchscreen interface makes it easy for anyone to create an exercise experience that's totally unique to their tastes. You'll also be able to take advantage of customizable console screens to let members know about unique promotions and programs, setting your facility apart in impactful ways. Learn more on page 26.



Sprint 8

Available exclusively on select Matrix cardio products, Sprint 8 gives members high-intensity interval training that's great as a stand-alone program or as a supplement to personal training. Learn more on page 30.



Virtual Active

Make your facility stand out by offering virtual journeys that are as visually stunning as they are unique. Learn more on page 32.



Virtual Coaching

You can make our exclusive Virtual Active program even more distinctive by adding encouraging, high-energy coaching. Learn more on page 33.



Landmarks

Make your stair-climbing offering stand out by adding the option to trek to the top of famous landmarks from all over the world. Learn more on page 33.



RFID

Our RFID-compatible cardio platforms can help you give your members a seamless exercise experience as they move through their workout and navigate your facility systems. Learn more on page 35.

WORKOUT TRACKING NETWORK

Bring it all together under your unique brand

Workout Tracking Network offers powerful tools when it comes to making your facility different — and better — than the rest. It goes beyond just consolidating all of your members' fitness data both inside and outside your facility. You'll be able to offer community-building options, personalized goal setting, member challenges, activity-based social feeds, reward programs and more that your members won't find anywhere else. Best of all, the customizable interface brings all of these distinctive features together under your brand. Learn more on page 22.

PERSONAL TRAINER PORTAL

Personal training unlike anything else

Many facilities offer personal training, but none can offer the flexibility and constant connection of our Personal Trainer Portal. With Personal Trainer Portal, trainers and members can forge relationships that work for everyone and workout plans as unique as each member's goals. Your trainers will also be able to provide guidance through instructional imagery and videos to help your members get results that sets your personal training business apart from others. Learn more on page 20.

A woman with blonde hair in a ponytail, wearing a dark purple athletic top and black leggings, is running on a Matrix treadmill. The treadmill's console displays a circular progress indicator with the number '3' and a time of '5:48'. The gym has large windows in the background showing a body of water and trees. The scene is dimly lit, with light coming from the windows. A blurred foreground object, possibly a piece of gym equipment, is visible on the right.

MAXIMIZE ROI

You want to get the most out of your business, and our forward-thinking technology solutions maximize your investment in smart ways. Discover the exciting Connected Solutions that make every membership worth more while keeping all of your equipment in top condition.

ASSET MANAGEMENT

Make the most of your investment in Matrix

Nothing maximizes your value and protects your investment like our revolutionary Asset Management system. Asset Management tells you everything you need to know about the status of your equipment and current usage patterns, so you can prolong product life and avert problems before they even arise. When it is time for service or a quick fix, Asset Management makes the entire process fast and hassle-free, helping you keep everything on your floor in top condition and ready for a steady stream of happy members. You can even use the customizable welcome screens, facility calendar and automated messaging to promote your brand and encourage members to take advantage of your specials. Learn more on page 24.



WORKOUT TRACKING NETWORK

A smarter way to maximize your brand

While Workout Tracking Network is essential to bring member fitness data together in one place, it can also help you optimize the way you run your facility through its comprehensive reporting capabilities. Quick snapshots will show you how your members are engaging with your equipment, facility challenges, group classes, social brand presence and more, giving you the valuable information you need to get more out of your business. Learn more on page 22.

PERSONAL TRAINER PORTAL

Get more out of your personal training program

Because our Personal Trainer Portal offers unmatched flexibility, you'll discover that you can offer personal training in ways that maximize ROI for your facility. Personal training can be offered as an add-on to premium memberships, as an introductory special to boost acquisition, on a session-by-session basis or through some promotional combination that's all your own. Best of all, you'll be able to reach members that might have been hesitant about traditional personal training in the past. Learn more on page 20.

BOOST REVENUE

There's nothing more important than your bottom line, and our **Connected Solutions** offer creative ways to tap new revenue streams. Find out how the right technology can impact your business in lucrative ways you've never imagined.

PERSONAL TRAINER PORTAL

Personal training that impacts the bottom line

With Personal Trainer Portal, you can offer personal training as an add-on to premium memberships, on a session-by-session basis or through any promotional combination that works for your facility, helping your trainers reach more members. You'll also discover an increased level of transparency that makes it easy to see which techniques are doing the most to drive personal training revenue. Once you've optimized your personal training offering, you'll find more members try personal training than ever before. Learn more on page 20.



7XI CONSOLE

Customize to maximize your opportunities

The 7xi Console goes far beyond the stunning entertainment, favorite apps and social network access the modern exercise enthusiast demands — you can actually use it to promote your brand and all of the things that make your facility special. With our customized communication interface, your members will never miss your next special offer or exciting event, and this exposure will put lucrative new revenue streams well within reach.

WORKOUT TRACKING NETWORK

Promote your brand and drive awareness

In addition to bringing together all of your members' fitness data under your distinctive brand, our Workout Tracking Network mobile app can also be used to incentivize referrals and promote specials. You can also drive awareness in a way that gets more members to sign up for group classes and facility fitness challenges. Learn more on page 22.

RFID

Our RFID-compatible exercise equipment will fit smoothly alongside your existing RFID-compatible vending machines, kiosks and in-facility sales centers, providing a seamless exercise experience for your members and streamlined financial management for you. Learn more on page 35.



ENERGIZE **ACQUISITION**

Attracting new members is critical to keeping your business strong. With the power of our Connected Solutions on your side, potential members will have more reasons than ever to choose your facility with confidence.

7XI CONSOLE

Give members a more entertaining reason to sign up

Nothing wows potential members like our advanced 7xi console. At just a glance, fitness enthusiasts will see everything that makes the modern exercise experience great, from apps to entertainment options to their favorite social media feeds. Best of all, our stunning, easy-to-navigate console interface is continually updated, so it won't just bring new members in — it will keep them coming back. Learn more on page 26.



PERSONAL TRAINER PORTAL

Reach more members with personal training that works

Personal training is a major draw for exercise enthusiasts, and the flexibility of our Personal Trainer Portal can help you reach more potential members than ever before. New members can connect with trainers in the way that works best for them, whether that's through easy-to-schedule one-on-one sessions or through purely digital communication that keeps them on track to reach their goals. You can even add Personal Trainer Portal services as an introductory special to make your facility the only choice for potential members. Learn more on page 20.



Sprint 8

Many exercise enthusiasts are eager to try high-intensity interval training, so make sure you can offer them the very best in results-driven HIIT. Learn more on page 30.

WORKOUT TRACKING NETWORK

Bring more members in with a unified fitness experience

Our Workout Tracking Network is an essential tool when it comes to bringing new members to your facility. Many fitness enthusiasts are already using multiple apps to capture their daily exercise data, so make sure your facility can help them put it all together in one place with Workout Tracking Network. What's better still is that once they join your facility and download your customized Workout Tracking Network mobile app, they'll be able to take advantage of incentivized referrals that bring in even more new members. Learn more on page 22.



Virtual Active

Offer stunning virtual journeys synced to high-definition destination footage to give potential members one more reason to choose your facility. Learn more on page 32.

Discover Our Complete Console Selection

Our other consoles are also compatible with many of our premium digital products and exclusive programs, a great choice for value-conscious facilities. Learn more on page 28.





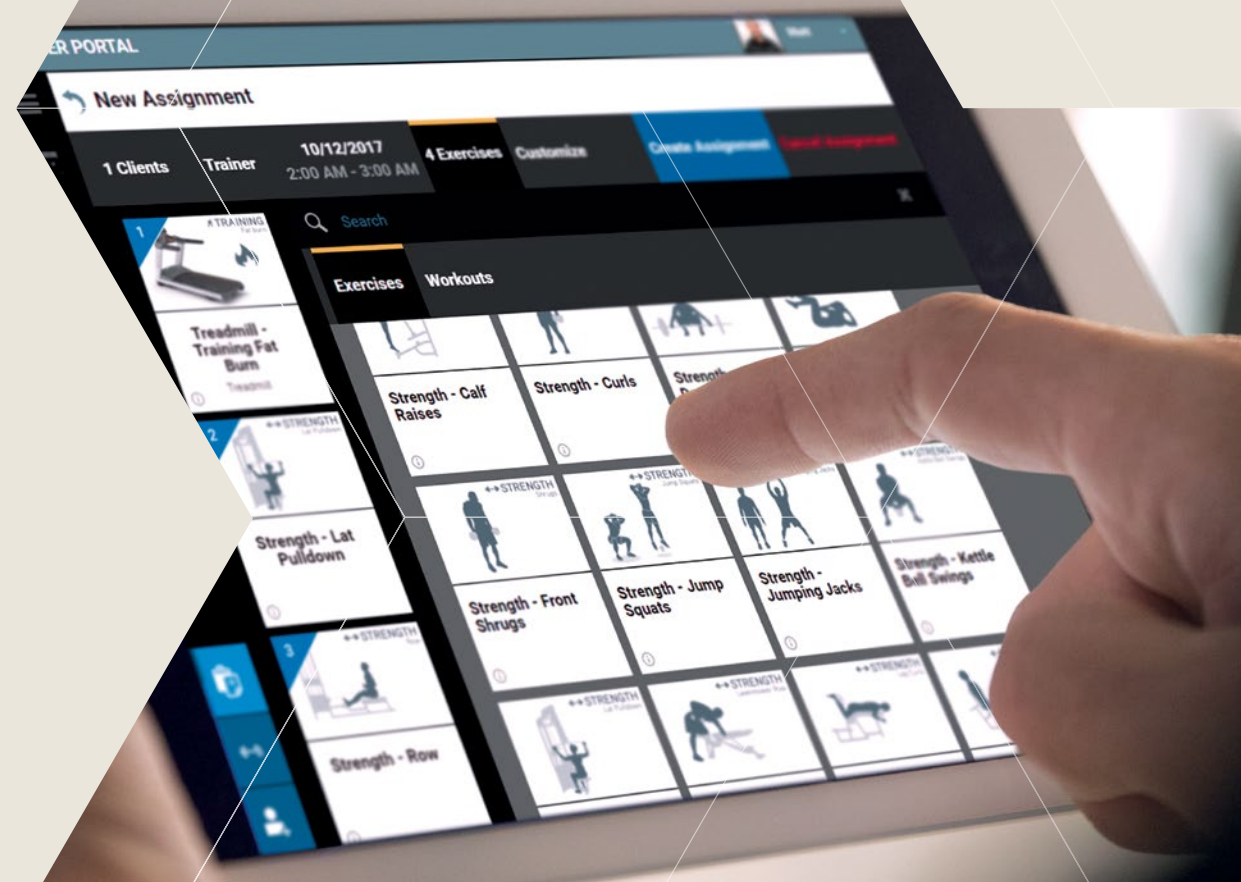
A large, dark-colored Matrix fitness machine, likely a treadmill or elliptical, is the central focus on the left side of the image. The word 'MATRIX' is printed vertically in large, light-colored letters on its side. The background is a blurred gym environment with other equipment and large windows.

OUR SOLUTIONS

Our robust, open platform is more than a collection of hardware, software and connectivity options. It's a pioneering digital ecosystem that enhances the way you manage machines, mentor and motivate members, and promote your unique brand. We even partner with third-party organizations to provide best-in-class integration to make your existing solutions work together seamlessly, so you don't have to choose just one technology partner anymore. Best of all, each of our digital solutions will enhance your business, streamline your administrative tasks and delight the people you serve in ways that redefine the fitness industry and the exercise experience.

Personal Trainer Portal

Create a truly personalized training experience with a flexible, customizable digital solution. Personal Trainer Portal helps trainers engage with a wide range of members, represents your unique brand and helps you tap unexplored revenue streams in exciting new ways. Consider pairing Personal Trainer Portal with Workout Tracking Network and our premium 7xi console to build lasting member loyalty that pays dividends for years to come.



Engage Members

Help your trainers interact with members in smart new ways using our Personal Trainer Portal. An intuitive dashboard interface makes it quick and easy for trainers to view member information, create signature exercise programs, assign workouts and check progress through virtually any tablet or personal computer to help members reach their unique goals. Likewise, your members can provide instant feedback, check training schedules and share fitness data to help trainers hold them accountable and maximize results. Trainers can also take advantage of digitized training libraries, notes and client records to streamline the way they work, letting them spend less time on paperwork and more time building relationships.

Customize & Connect

We want Personal Trainer Portal to work for you, your staff and the people you serve, so we made it easily adaptable to the practices that have already made your facility a success. That means you can put your facility's unique photos and video content front and center on the mobile app and any internet-connected, touchscreen console from Matrix. Personal Trainer Portal is also compatible with popular third-party apps and wearables, so your members are never limited to a specific machine or venue when it comes to getting credit for their hard work. No matter how you choose to use Personal Trainer Portal, your brand will be at the heart of the experience.

Powerful Promotions

Personal Trainer Portal gives you smart new tools to acquire and retain valuable members. Push notifications with "refer a friend" incentives encourage members who already love what you do to bring their friends. "Request training" functionality can help you identify new potential clients and offer them specifically crafted personal training services on the spot. Automatic notifications promoting your special offers can help members take advantage of discounted personal training and encourage new members to give personal training a try. You can even receive "at risk" notifications to let you know when a member is showing all the signs of leaving your facility, so you can take action before you lose them.

Redefine Your Bottom Line

Personal Trainer Portal makes it easy to create a strategy that increases personal training revenue. You can offer training as an add-on to premium memberships, as an introductory special to boost acquisition, on a session-by-session basis or through some promotional combination that's all your own. You can also open new revenue streams by appealing to members who might have been hesitant to try traditional personal training in the past. You'll also find it's easier to monitor trainer schedules and evaluate results. Once your members experience the powerful benefits of a virtual connection with your expert trainers, they'll be sure to come back again and again.



Workout Tracking Network

Our ingenious Workout Tracking Network lets your members capture data from all their favorite fitness apps in one place using a single customizable interface that puts your facility at the center of their fit lifestyle.

48
WORKOUTS

1640
CALORIES

12:31
TIME

1.73
MILES

MY GYM

1200

2400

3600

GOAL
4800
CALORIES

A Singular Workout Tracking Solution

Workout Tracking Network is the single solution your members have been looking for to bring together all of their fitness data in one place. Whether they're pounding the treadmill, taking on a circuit training class or hitting the trail for a run, Workout Tracking Network captures their stats and displays them with intuitive graphics so members can chart their progress and celebrate their success. Best of all, our Workout Tracking Network mobile app is customizable with your language and imagery, making your brand and your facility the center of each member's fit lifestyle.

Motivating Members in New Ways

Workout Tracking Network makes it easy for members to create personalized goals, compete in challenges and applaud others through activity-based social feeds. You can link reward programs to each member's xID to offer points for check-ins, personal training, purchases and more. Our flexible design works with all of our consoles and universal xID logins, plus popular apps, wearables and personal devices, so everyone who walks through your doors can take advantage of this amazing fitness innovation in a way that's right for them. The virtual community that results helps bolster awareness, foster connections and deepen engagement. Ultimately, your facility becomes a place where members have fun, make friends and see real results, and that's a combination that's sure to keep them coming back.

Intuitive Use & Important Information

Workout Tracking Network does more than just capture stats and data — it's a powerful tool that streamlines the way you manage your facility. The settings tab lets you easily manage guest passes, push notifications, class schedules, facility calendars and more. The dashboard gives you a snapshot of real-time member activity, challenges are easy to set up for the day or the whole year, and monthly reports let you know how your members are engaging with your offering. Plus, all of your members' fitness data reaches your branded tracking platform no matter where or when they exercise, so they're always seeing your branding, your promotions and your social feeds when they check their progress.

Promotions & Incentives

Workout Tracking Network can also help you promote your business and tap new revenue streams in game-changing ways. Our innovative "find a class" feature can help members discover your group training offering and drive participation. Using push notifications with "request training" functionality, you can quickly and easily identify new potential clients for your personal training service. You can even offer incentivized referrals through the mobile app so that exercise enthusiast who already love what you do can earn rewards for bringing their friends.



Asset Management

Our industry-leading Asset Management platform offers a 360-degree view of your equipment status on virtually any internet-connected device, plus insightful reporting capabilities, streamlined service, marketing tools and much more. With Asset Management, it's easier than ever to keep your equipment in top condition and your members happy.



Superior Inventory Management

Asset Management uses easy-to-read color-coding to tell you whether a product is functioning properly, detect errors and alert you if something is offline. You can name your facility or center within the system, plus configure the system so that equipment names follow facility policy for easy identification by staff and service providers. You'll get instant access to complete product information, and you can even quickly gauge individual equipment activity with summaries of use over time. With all of this critical information at your fingertips, you'll discover smart new ways to better manage your inventory.

Streamlined Workflow & Reporting

The system monitors usage patterns to help you to maximize product life. It also makes it easy to identify the optimum product mix and make the most effective use of your space. Customized reports let you access the equipment data you want, when you want it, and improved filtering streamlines workflow to make creating custom reports for your equipment easier than ever before. You can even access and manage offline equipment and manage data from multiple facilities through a single portal.

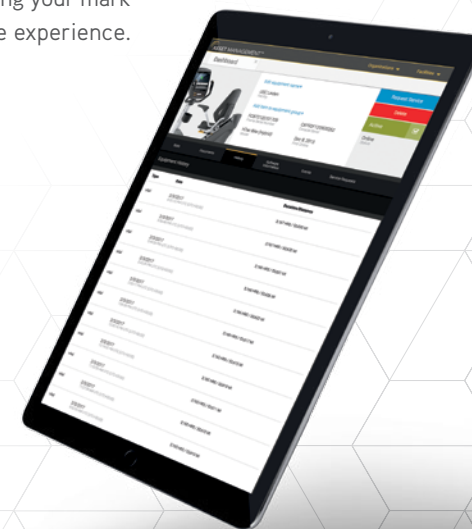
Simplified Service

Asset Management automatically notifies facility staff and customer service of any performance concerns, so you can take action immediately to maximize equipment uptime. Our password-protected online service portal delivers better communication and greater accountability between you, Matrix and your service provider, all

while reducing paperwork and hassle for you. You even get instant access to product manuals and service documentation. Ultimately, you'll have more time to focus on your members instead of your machines.

Smart Marketing Tools

When used with our premium 7xi or 7xe consoles, Asset Management offers smart marketing tools to help you promote your business and tap new revenue streams. The integrated facility calendar alerts members to your upcoming special events to help you bring more people in. Automated messaging keeps everyone up to date on your latest promotions and newest services, helping you reach and engage more members than ever before. What's more, up to 10 customized welcome screens boldly represent your brand, putting your mark on every exercise experience.





7xi Console

Experience the 7xi console, and you'll be wowed by a brilliant display and a fitness-specific, easy-to-navigate app interface that's superior to anything in the industry. Connect your members to stunning entertainment, social media favorites, brand-building communication and more, all continually updated for free. To set your facility apart even further, consider pairing 7xi consoles with Personal Trainer Portal and start building the kind of engagement that leads to lasting loyalty.



Premium Entertainment

Members can enjoy must-see TV shows, cheer on friends through social media feeds, race through mountain trails and even connect via Bluetooth to access personal playlists that keep them engaged. Amaze your members with all this and much more through the brightest screen and the sharpest picture available.

Ever-expanding App Selection

The 7xi offers a premium selection of fitness-optimized apps for Netflix, Facebook, Twitter, YouTube, weather and more, plus our exclusive Sprint 8 HIIT program, Virtual Active and other great workouts. Best of all, we're always adding new favorites to keep your members engaged, and we'll never charge you for an update.

Single-point User Login

Members access their own fitness data, social media accounts and favorite apps with an xID single-point user login to make the exercise experience more personal than ever before. Registration couldn't be simpler, and their personal preferences load automatically every time they log in.

Customize to Build Your Brand

When used in conjunction with Asset Management, you can customize your 7xi home screen to reflect your brand, deliver your messages and engage members with your social media community. You can even add a facility calendar to promote classes, challenges, special events and more.



Complete Console Selection

Our diverse collection of consoles gives you choices in what you put on your floor. Sophisticated, easy-to-operate designs give your members control of the data they collect, the content that keeps them engaged and the way they reach their goals.



7xi console
48 cm / 19" class touchscreen LCD



7xe console
41 cm / 16" class touchscreen LCD

7xe Consoles

Help your members get more out of their exercise experience with our app-based 7xe console. They'll instantly notice the touchscreen display, intuitive operation and vibrant picture quality. Bluetooth connects with personal devices, a wide range of programs keep every workout fresh, and Virtual Active compatibility lets members take immersive journeys to exotic locales while they exercise. By adding WiFi, you'll get a selection of popular streaming media apps and be able to connect the 7xe to our Personal Trainer Portal, Workout Tracking Network and Asset Management system. You can even customize your interface to communicate with members about specials and events, plus add your logo to the home screen.

3xe & 1xe Consoles

Our 3xe and 1xe consoles fit your budget and make it easy for exercise enthusiasts to stay entertained while they work out. A touchscreen display with an intuitive app interface offers easy operation and vibrant picture quality. A wide range of workout programs, complete workout data feedback, one-button start and on-the-fly program changes streamline use. A USB port offers easy smartphone connection, and a reading rack supports a tablet or book. Our 3xe and 1xe consoles are compatible with Virtual Active programming, Workout Tracking Network and Asset Management system. Additionally, 3xe also accommodates Personal Trainer Portal.



3xe console

41 cm / 16" class touchscreen LCD



1xe console

41 cm / 16" class touchscreen LCD



5x console

Dot-matrix LED with profile display



3x console

Dot-matrix LED with profile display



1x console

Dot-matrix LED with profile display

5x, 3x & 1x Consoles

Our selection of LED consoles offer complete workout feedback and intuitive navigation. You can keep it simple with our 3x or 1x console, or step up to the 5x console for our exclusive Sprint 8 HIIT program and optional RFID compatibility. Even our most streamlined consoles include Asset Management and Workout Tracking Network compatibility to keep your entire collection of consoles in sync with the way you do business.

*Treadmill series consoles pictured

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Sprint8

Introduce your members to our exclusive Sprint 8 program, and they'll come running back for more. Researched and developed by Phil Campbell (M.S., M.A., FACHE, ASCM-PT), Sprint 8 goes beyond high-intensity interval training to give your members results they can truly see in the mirror. Best of all, Sprint 8 is specifically designed to be effective, quick and simple for exercise enthusiasts of all ages and ability levels.

SPRINT8





Effective

This scientifically validated program uses high-intensity exercise to strongly stimulate natural human growth hormone, burning fat and building muscle in ways fad workouts can't. In fact, Sprint 8 has been proven to trim body fat by up to 27% and significantly reduce bad cholesterol levels after just eight weeks.



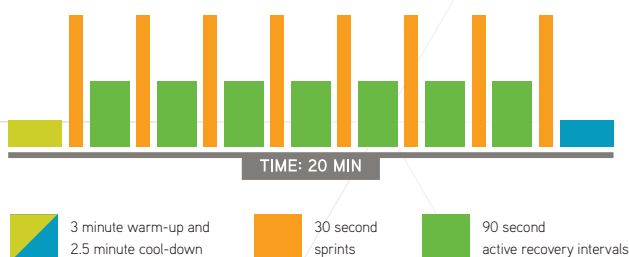
Quick

Virtually anyone can fit Sprint 8 into their busy lifestyle. In just 20 minutes, your members will take on eight 30-second, all-out sprints designed to push them to their limit. With just three workouts a week, your members will soon have transformative results.



Simple

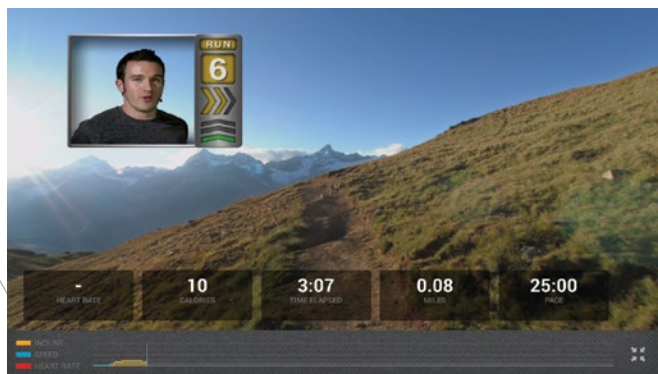
It's easy for members to start this new program, because it's pre-programmed and available at the touch of a button on your new Matrix cardio product. All members have to do is select the Sprint 8 program, and they'll be on their way to maximum results in minimum time.



Virtual Active

Our speed- and terrain-interactive Virtual Active workouts transport exercise enthusiasts to exotic locales all over the world, including the majestic Grand Canyon, the lush forests of Hawaii and Sin City's infamous strip, just to name a few. The beautiful forward-motion high-definition footage speeds up or slows down to match the user's pace, and resistance or incline varies to match the terrain. When it comes to the most immersive workout available, nothing can take your members on a journey like Virtual Active.





VIRTUAL COACHING

Matrix Virtual Active workouts include a Guided Workout option in which a trainer appears in the upper left corner, providing instruction and encouragement for a more effective exercise experience.



LANDMARKS

LANDMARKS

Add challenge, motivation and interest to stair climbing with our globe-spanning Landmarks program. With Landmarks, Stepper and ClimbMill workouts become exhilarating journeys to the top of natural and man-made wonders of the world. Members can climb the Empire State Building, Australia's Ayers Rock, the Rock of Gibraltar, the Hoover Dam and many more renowned locations. Each destination includes stunning photography and quick-read information that can help members broaden their worldly knowledge every time they load the program.

Facility-Specific Solutions

Depending on what kind of fitness center you operate, some of our facility-specific solutions might be right for your goals and members. Check out RFID to streamline the exercise experience, digital TV if you'd like to add a little extra entertainment, remote audio to coordinate with your mounted big screens or IPTV and Pro:Idiom if you do business in the hospitality channel.





RFID

RFID is a smart way to streamline your members' exercise experience. Simple radio-frequency tags make check-in, program loading and workout tracking completely touch-free and virtually automatic. Members can even use RFID with your existing RFID-compatible vending machines, kiosks and in-facility sales centers for quick impulse buys of your branded merchandise, snacks, beverages and more. RFID can make your members' every interaction easy and smooth, and it can also open new revenue streams for you.



DIGITAL TV

Keep users motivated and help them achieve their fitness goals with the Matrix 41 cm / 16" attachable viewing screen. We offer only the very best in screen technology, so your members won't find brighter images or a sharper picture anywhere else. Our FITCONNEXION bracket fully integrates console controls and wiring for power and cable.



REMOTE AUDIO

If your facility utilizes several large, mounted televisions, we can enhance users' listening experience. Our wireless receivers deliver excellent sound to ensure a synchronized audio-video experience for your customers.



IPTV

Hotels can sync their entertainment slates so guests experience the same program lineups on their cardio equipment as they do in their rooms, the lounge and the hotel bar. IPTV creates a seamless entertainment experience for guests and affords properties the most control over their offering.

Pro:Idiom

PRO:IDIOM COMPATIBILITY

Designed for the hospitality industry, Pro:Idiom encrypts high-definition video signals to protect content providers from piracy. With our Pro:Idiom-compatible console and digital TV options, hotel guests can stop a favorite movie or TV show in their room and pick up right where they left off when they reach the hotel workout center.

Matrix Fitness

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