



Strong • Smart • Beautiful

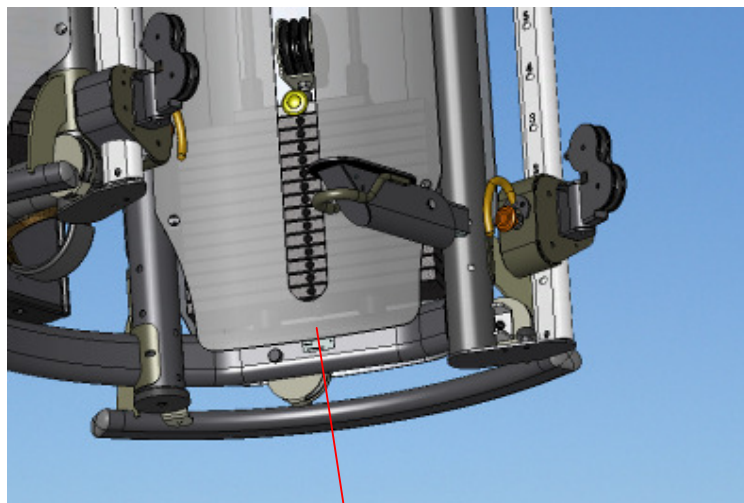
**G3-MSFT 300LBS&400LBS
MULTI-STATION
(MS10&MS11)
STRENGTH
SERVICE MANUAL**

TABLE OF CONTENTS

CHAPTER 1: SERIAL NUMBER LOCATION	3
CHAPTER 2: ASSEMBLY INSTRUCTIONS	
2.1 G3-MSFT 300lbs&400lbs Multi-Station (MS10&MS11) Assembly Instruction	4
CHAPTER 3: TROUBLESHOOTING	
3.1 Troubleshooting - Cable issue	9
CHAPTER 4: PART REPLACEMENT INSTRUCTIONS	
4.1 Hand Grip Foam Replacement.....	10
4.2 Pedal Grip Adjustment Handle Replacement.....	11
4.3 Adjustment Grip Replacement.....	11
4.4 Climbing Hold Replacement.....	12

CHAPTER 1: SERIAL NUMBER LOCATION

1.1 SERIAL NUMBER LOCATION



The serial number is located at the bottom of the weight stack frame.

CHAPTER 2 : ASSEMBLY INSTRUCTIONS












2.1 G1-MG30 3-STACK MULTI-GYM ASSEMBLY INSTRUCTIONS

UNPACKING G3-MSFT 300lbs/400lbs Multi-Station Functional Trainer

Thank you for purchasing a MATRIX Fitness product. Carefully unpack the unit from this box and dispose of the packing materials in accordance with your local laws.

CAUTION

The weight of the G3-MSFT 300lbs/400lbs Multi-Station 502lbs (226kg) not including the weight stack. To avoid injury to yourself and prevent damage to the frame components, be sure to have proper assistance removing the frame pieces

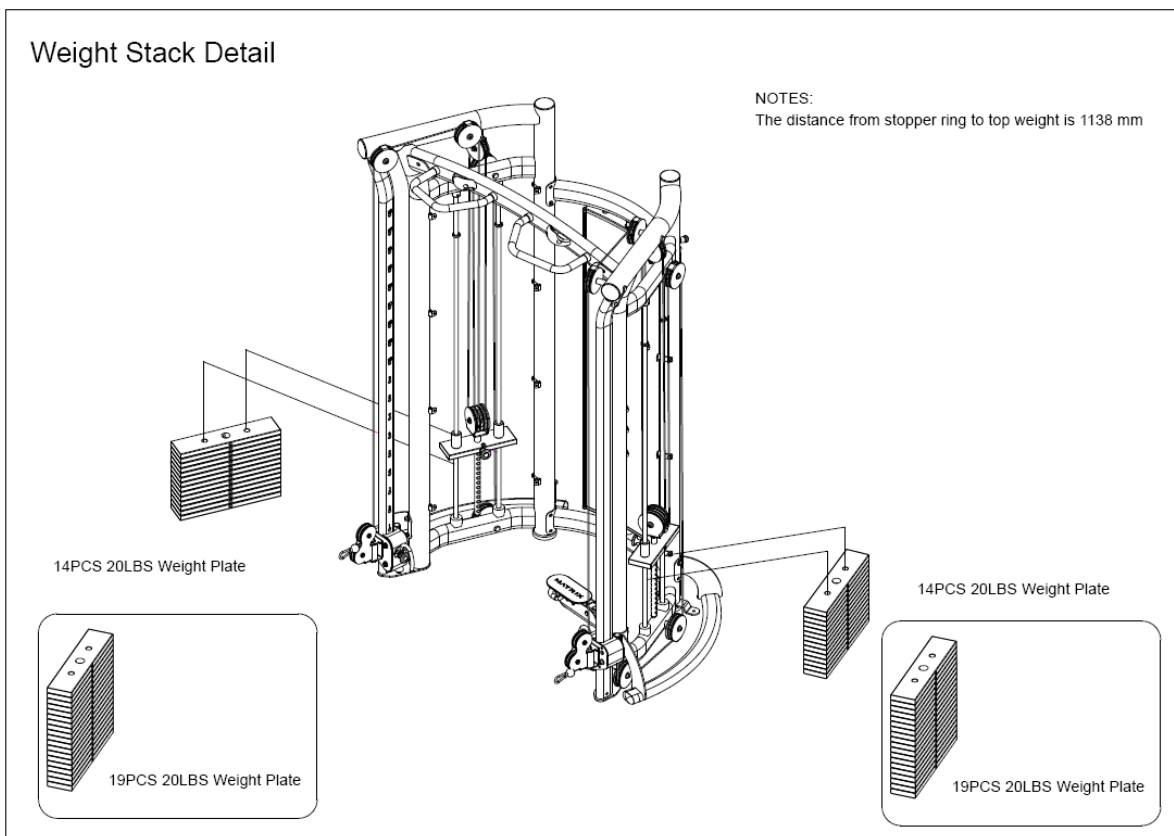
INCLUDE TOOLS REQUIRED FOR ASSEMBLY	
3MM L-Shaped Allen Wrench	
4MM L-Shaped Allen Wrench	
5MM L-Shaped Allen Wrench	
6MM L-Shaped Allen Wrench	
8MM L-Shaped Allen Wrench	
10MM L-Shaped Allen Wrench	
Phillips Screwdriver	
8MM Open-End Wrench	
14MM Open-End Wrench	
17MM Open-End Wrench	
Guide Rod Lubrication	
Hardware Bag	

THE STANDARD OF THE SCREW TORQUE

NO	Nom Diameter	Torque (kg/cm)	Torque (lbs/in)
1	M4	28	24
2	M5	57	49
3	M6	97	84
4	M8	332	288
5	M10	789	684
6	M12	1380	1197
7	M14	2190	1901
8	M16	3420	2968
9	M18	4700	4079

2.1 G3-MSFT 300LBS&400LBS MULTI-STATION ASSEMBLY INSTRUCTIONS - CONTINUED

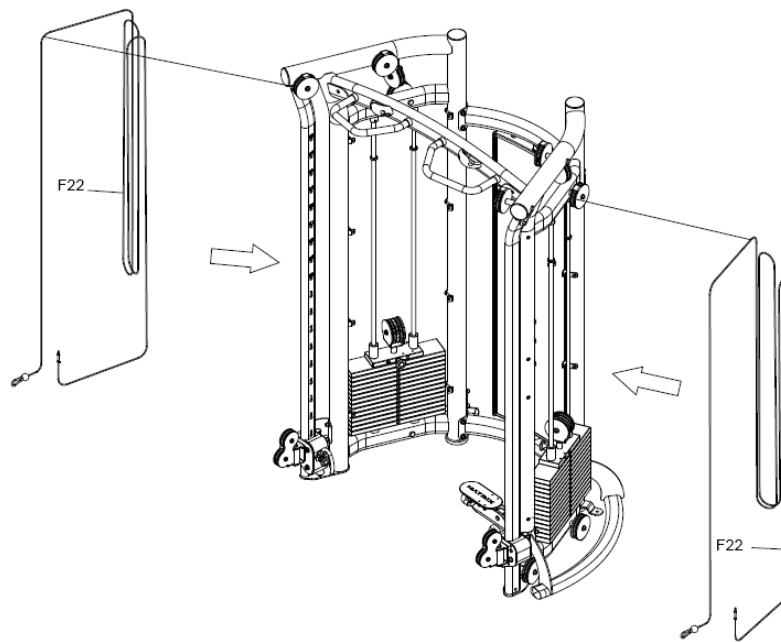
Step 1



2.1 G3-MSFT 300LBS&400LBS MULTI-STATION ASSEMBLY INSTRUCTIONS - CONTINUED

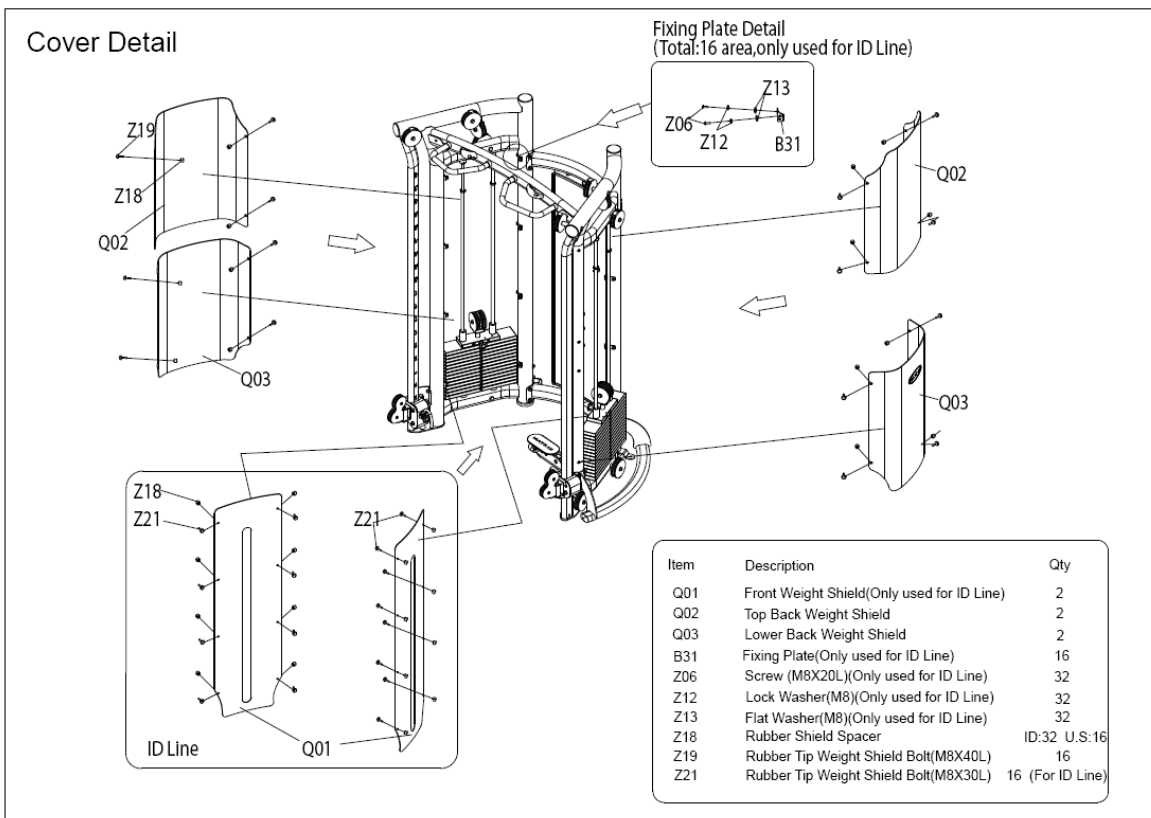
Step 2

Cable Detail



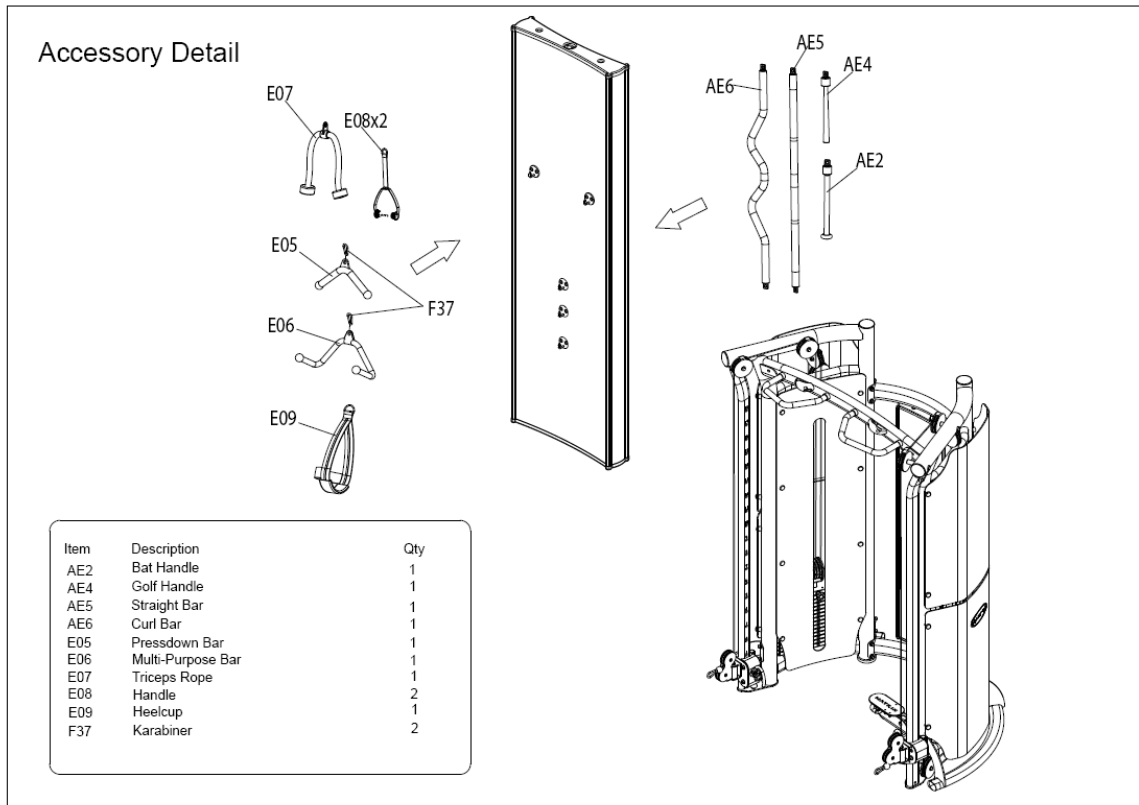
2.1 G3-MSFT 300LBS&400LBS MULTI-STATION ASSEMBLY INSTRUCTIONS - CONTINUED

Step 3



2.1 G3-MSFT 300LBS&400LBS MULTI-STATION ASSEMBLY INSTRUCTIONS - CONTINUED

Step 4



CHAPTER 3: TROUBLESHOOTING

3.1 TROUBLESHOOTING – CABLE ISSUES

CABLE IS LOOSE

POSSIBLE CAUSES

1. The fix bolts are loosed.

SOLUTION

1. Undo the former fixing nut , then the cable screw should be adjust fronted.(Figure A & B).
2. Lock the fixing nut (Figure C).

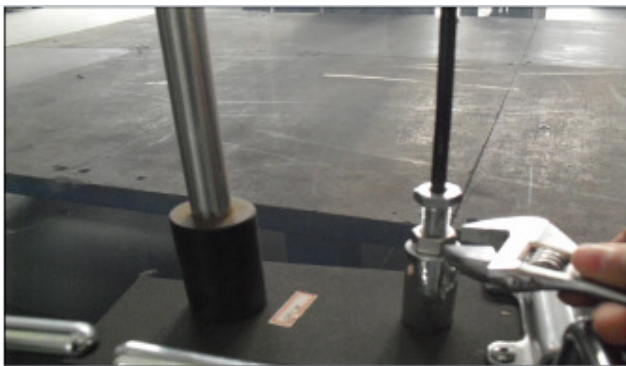


Figure A

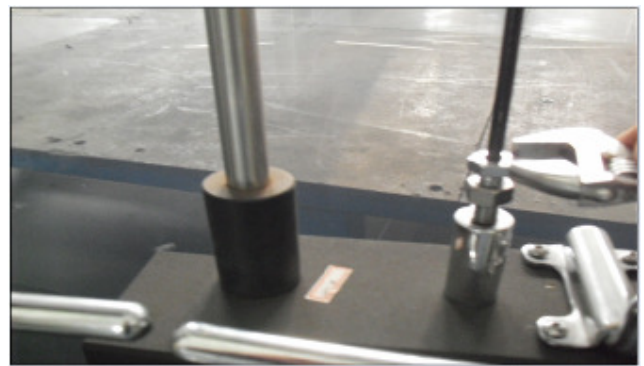


Figure B

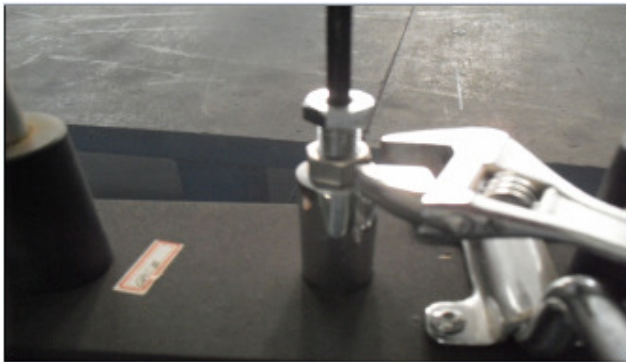


Figure C

CHAPTER 4: PART REPLACEMENT INSTRUCTIONS

4.1 HAND GRIP FOAM REPLACEMENT

- 1) To loose the screws of end cap of handlebar (Figure A).
- 2) To take off the end cap and cut off the original foam (Figure B).
- 3) Using tape to seal up the handlebar tube to avoid the oil or suds into the tube (Figure C).
- 4) To bent and hold the end of foam then put oil or suds into the inside of foam (Figure D).
- 5) Push the foam to tube (Figure E).
- 6) Take off the tape and fix the end cap (Figure F)



Figure A



Figure B



Figure C



Figure D



Figure E



Figure F

4.2 PEDAL GRIP ADJUSTMENT HANDLE RWPLACEMENT

- 1) Loose 4 bolts and take out the grip. (Figure A).
- 2) Replace Grip and fix the 4 bolts (Figure B).



Figure A

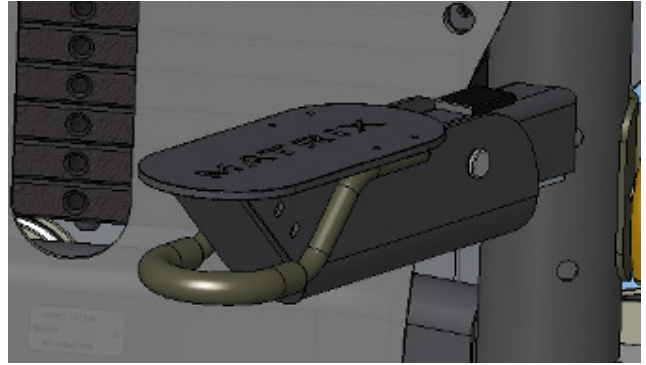


Figure B

4.3 ADJUSTMENT GRIP REPLACEMENT

- 1) Loose the stopper bolts and take out the grip.(Figure A).
- 2) Replace Grip and fix the 2 bolts (Figure B).



Figure A

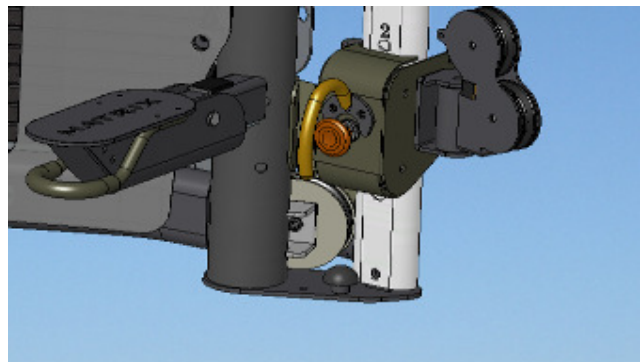


Figure B

4.4 CLIMBING HOLD REPLACEMENT

- 1) Use a 17MM Open-Ended Wrench And 8MM L-Shaped Allen Wrench to take off the old adjustment pin set (Figure A).
- 2) Install a new Climbing Hold(Figure B).



Figure A

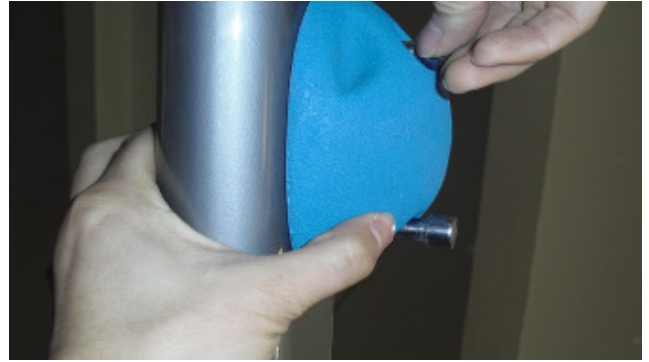


Figure B