

MATRIX

2025 COACHES BROCHURE

**VICTORY  
STARTS HERE**



**MAXIMIZE  
ATHLETIC  
POTENTIAL**



Since no one works harder than your athletes, make sure Matrix is there to make the most out of every drop of sweat sacrificed in the name of victory. Our exclusive MX Racks leverage a configurable design to maximize your space and training variety. The time-tested, high-performance designs of our strength series help athletes get more out of every press and squat, with better results and less aches and pains. Best of all, every piece can be customized to fit your needs and team style. Choose Matrix to help your athletes seize their ultimate physical potential.



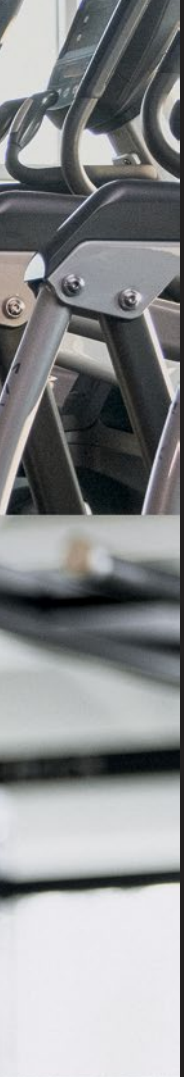
**WINNING**



**TAKES**



**WORK**



It doesn't happen on the field or the court or the track if it doesn't happen in the training room. It starts long before the lights go on or the crowds arrive. It takes days that begin before dawn and workouts that never seem to end. It repays sacrifice with punishing drills, and it rewards achievement with rising expectations. On its best days, it batters bodies and bruises egos. Any athlete can tell you. Winning hurts. Sometimes there is only one thing that keeps them going:  
**LOSING HURTS EVEN MORE.**

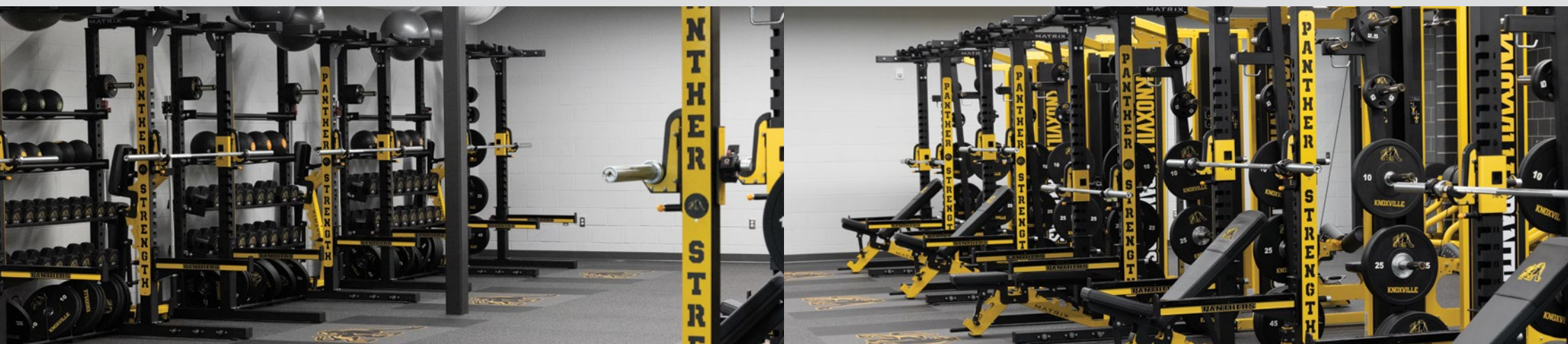
# A TEAMMATE FOR THE COMPETITION BEFORE THE COMPETITION

When you choose Matrix, you're getting more than the world's finest athletic training equipment. You're getting a teammate that will be there every step of the way as you strive for victory. Together, we can redefine the way your athletes attack the competition before the competition, and set a new standard for how they perform when it's finally game time.

3D Rendering ○



Completed Installation ○



## DESIGNING YOUR VISION

Our team is here to support you as coaches in bringing your vision to life. We'll assist you in selecting the ideal equipment and technology tailored to your goals, space constraints and the needs of your athletes. Additionally, we are committed to helping you explore financial solutions that expand your options and make the most of your investment.

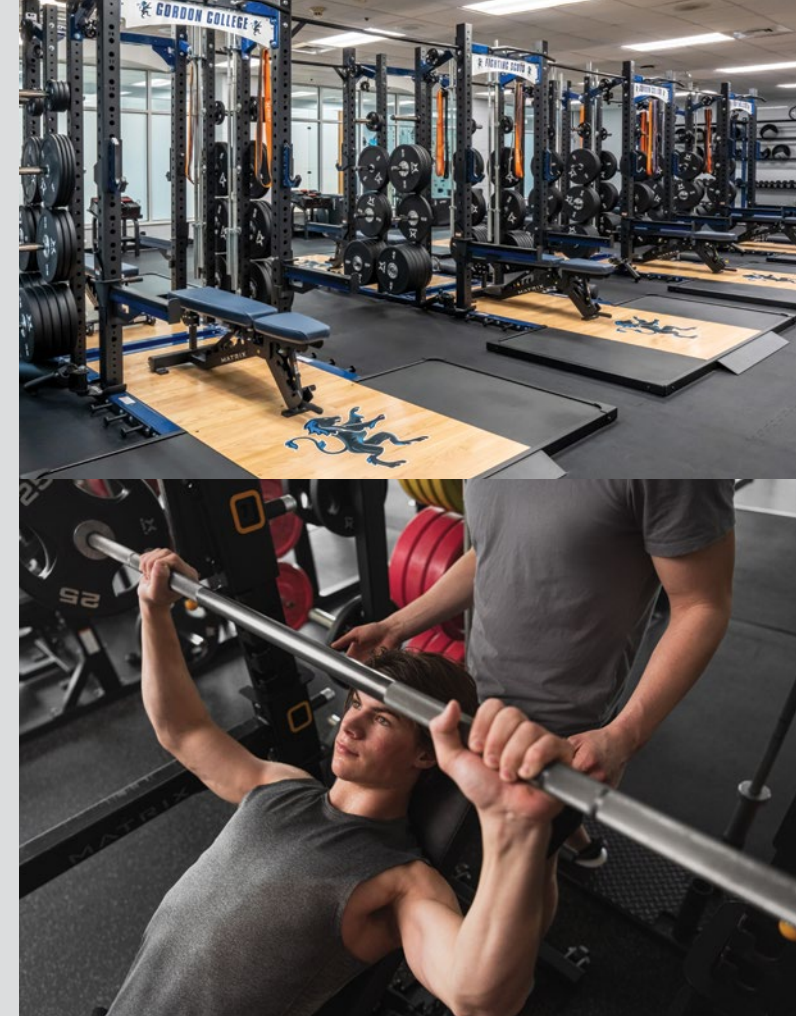
## CREATING YOUR VISION

Count on our commitment to a seamless delivery and installation process, tailored to your schedule. Additionally, your team can look forward to a comprehensive demonstration, empowering them to master the utilization of your new equipment and unleash its full potential.

## SUPPORTING YOUR VISION

As your dedicated partner, you can rely on our swift service response times, readily available service parts and our unwavering commitment to resolving issues correctly the first time. To enhance the value of your investment, your coaching team will also receive access to the Matrix Learning Center, a comprehensive digital resource featuring product training, maintenance tips, on-demand educational videos and more.

**Learn more about how we support your vision by visiting [matrixfitness.com/total-solutions-partners](https://matrixfitness.com/total-solutions-partners)**



# DISCOVER A WINNING GAMEPLAN

Your team is unique, and so are your goals. That's why we work with you to create a strength training system specifically tailored to the needs of your athletes. We offer dozens of ways to customize your racks and benches so your athletes get the work they need — exactly where they need it — until they feel the burning desire to win in every fiber of their being. We'll also help you pick accessories to complete your training room. Talk to us to find out how we can create a training facility that's a win for everyone.



## STANDARD FRAME COLORS



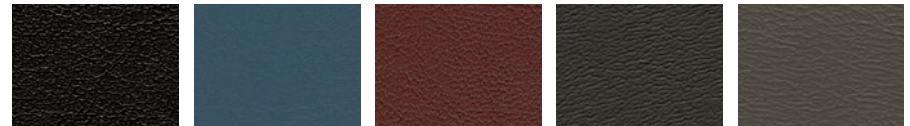
Iced Silver      Black Glossy      Matte Black      Lace White      Polarized Titanium

## FRAME COLOR OPTIONS



Blue Streak      Hi-lite Yellow      Sunburst Orange      Blood Red      Fence Green

## UPHOLSTERY COLOR OPTIONS



Black      Slate Blue      Clay Red      Graphite      Alloy



Hazelnut      American Beauty      Candy Apple      New Burgundy      Paprika



Nasturtium      Mandarin Orange      Sun Yellow      Marigold      Hunter Green



Royal Blue      Bluejay      Deep Violet      Navy      Bucksuede



Allspice      Cadet

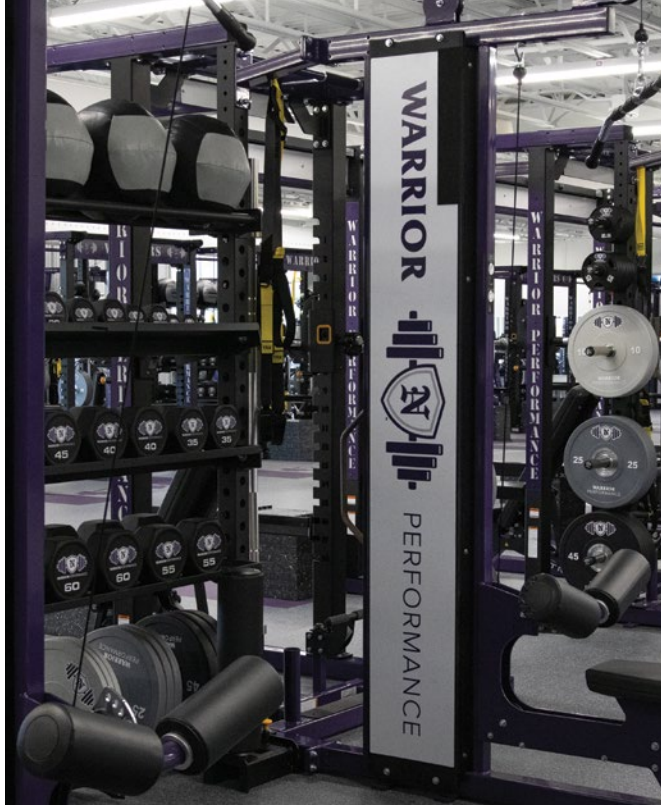
Frame and upholstery colors applicable in the US only. Frame colors can be customized to match any RAL color.

NOTE: Actual product colors may vary from what is shown here.



# IT'S ALL ABOUT YOUR TEAM

No matter what kind of athletes you train, Matrix has the custom branding options to create a team-focused experience that inspires everyone who walks through your doors. Partner with us for frame and upholstery choices that match your school colors. We can create virtually any branded graphic and offer a variety of placement options to showcase your logo. You can even count on us for next-level customization like premium embroidery, laser-cut steel and more. Contact us today to find out how we can infuse every inch of your training space with team spirit.



# PROUDLY MADE IN THE USA

In 2012, we acquired Magnum Fitness Systems to establish a North American manufacturing facility with decades of experience producing strength equipment. Today, the facility focuses on providing premium strength equipment that's designed, customized and manufactured right here in the USA.

## SKILLED & EXPERIENCED

Our advanced manufacturing processes include robotic welding, laser and plasma cutting, fabricating, milling, lathe machining, grinding, powder-coat painting, assembling, upholstering and more. Yet our greatest asset by far is the decades of experience our skilled tradespeople bring to the job every day.



## INNOVATION THAT NEVER RESTS

Our location in the United States — the global epicenter of strength training — allows us to quickly react to trends and customer feedback. We can iterate concepts and modify products as needs evolve in real time, expediting the process from prototype to proof of concept. It's a fluid innovation model that never slows or ceases.

## CUSTOM BRANDING OPTIONS

In addition to a full spectrum of color choices for frames and upholstery to match your brand or school colors, we can also provide branded graphics, premium embroidery, laser-cut steel and more.

## SOURCED LOCALLY, USED GLOBALLY

With regards to our two main raw material suppliers, one sources 100% of their raw materials from the US, while the other sources 95% of their raw materials from the US and 5% from Canada. The superior fitness equipment we produce is then exported all over the world.

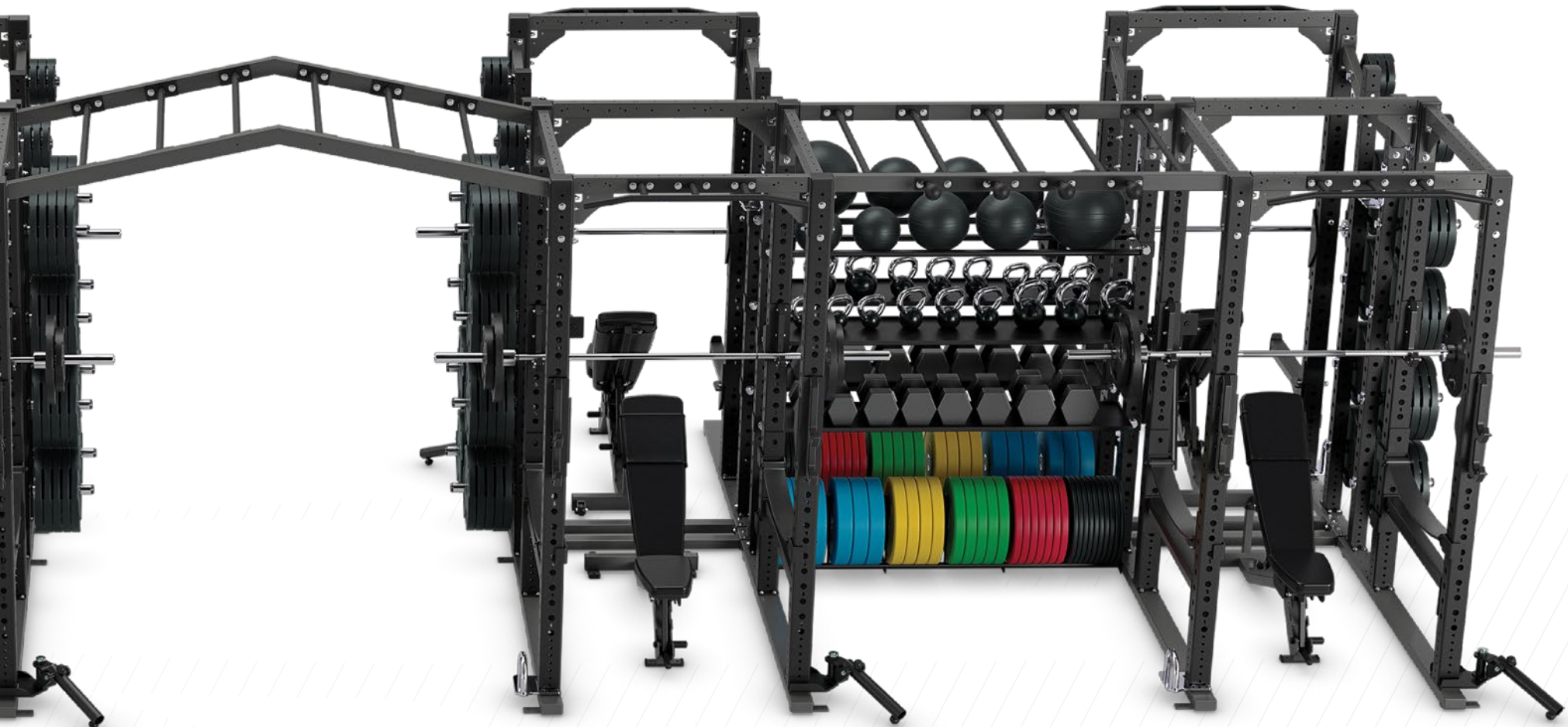


MAGNUM SERIES /

# A LEGACY OF PERFORMANCE & PROVEN DURABILITY

Ideal for athletes striving to reach the apex of their physical strength, Magnum Series has long been known for an unparalleled blend of performance and durability. Exclusive Breaker Benches allow users to get into the start position with less stress on their joints. Other products like MX Racks pack in the functionality to help you make the most of your training space. Best of all, everything that carries the Magnum Series name will withstand the most intense athletic training environments.





MAGNUM / MX RACK OPTIONS

# STRENGTH WITHOUT LIMITS

No matter how large or small your space, you can design a unique strength training area that maximizes variety and space. A smart design makes it easy to attach over 70 options and components to customize the training possibilities for your athletes. Showcase your school spirit by incorporating your own logos, messaging and colors.





**POWER RACK**

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>MG-MX47</b>	213.5	127	257	84	50	101	255	562



**HALF RACK**

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>MG-MX690</b>	157.5	127	257	62	50	101	185	408



**DOUBLE HALF RACK**

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>MG-MX691</b>	263	127	257	103.5	50	101	323	712



**COMBO POWER-HALF RACK**

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>MG-MX47691</b>	312	127	257	123	50	101	396	873



**6' X 8' PLATFORM W/ HARDWOOD INSERT\***

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>MX47P</b>	390	254	7	153.5	100	2.6	287	633
<b>MX47P-CPH</b>	366.5	254	7	144.5	100	2.6	278	613
<b>MX690P</b>	333.5	254	7	131.5	100	2.6	266	587
<b>MX691P</b>	318.5	254	7	125.5	100	2.6	260.5	575



**4' X 8' PLATFORM W/ HARDWOOD INSERT\***

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>MX47P-4</b>	329	254	7	129.5	100	2.6	224	494
<b>MX47P-CPH-4</b>	306	254	7	120.5	100	2.6	215	474
<b>MX690P-4</b>	273	254	7	107.5	100	2.6	203	448
<b>MX691P-4</b>	258	254	7	101.5	100	2.6	197	435



**6' X 8' SOLID RUBBER SURFACE PLATFORM\***

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>MXRP47</b>	390	254	7	153.5	100	2.6	324.5	716
<b>MXRP47-CPH</b>	366.5	254	7	144.5	100	2.6	314	693
<b>MXRP690</b>	333.5	254	7	131.5	100	2.6	298.5	658
<b>MXRP691</b>	318.5	254	7	125.5	100	2.6	291.5	643



**4' X 8' SOLID RUBBER SURFACE PLATFORM\***

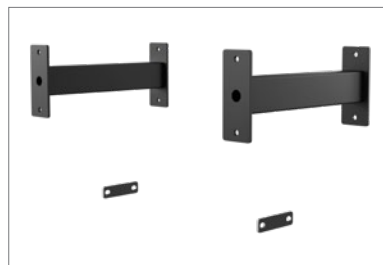
	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>MXRP47-4</b>	329	254	7	129.5	100	2.6	247.5	546
<b>MXRP47P-CPH-4</b>	306	254	7	120.5	100	2.6	237	523
<b>MXRP690-4</b>	273	254	7	107.5	100	2.6	222	490
<b>MXRP691-4</b>	258	254	7	101.5	100	2.6	215	474

\*Available with VRS Kits- See page 24

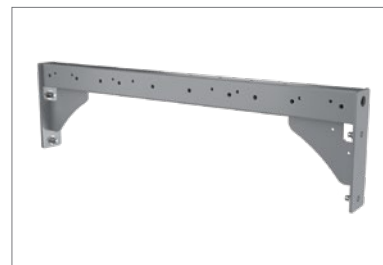
## MAGNUM / MX RACK OPTIONS

# MAKE THE MOST OUT OF MAGNUM

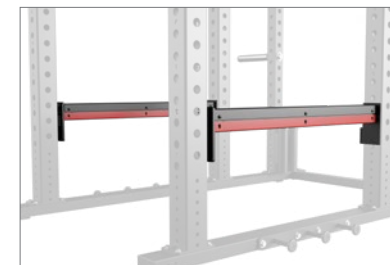
You can customize your premium Magnum strength training equipment to fit the unique goals of your team. Choose from a diverse selection of durable, thoughtfully designed optional components to expand functionality in game-changing ways.



CONNECTION KIT



BLANK CROSSBAR



POWER RACK SAFETY ARM WRAP



J-HOOKS



J-HOOK WRAP



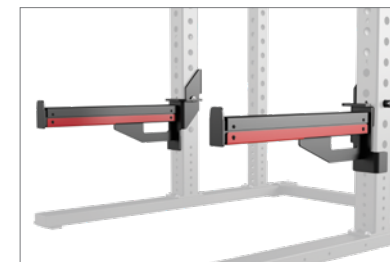
DOUBLE J-HOOKS



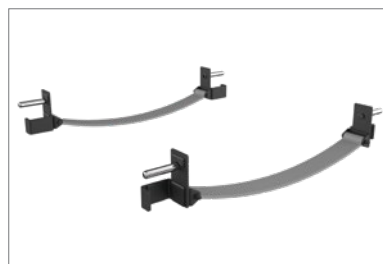
DOUBLE J-HOOK WRAP



SAFETY ARMS



HALF RACK SAFETY ARM WRAP



SAFETY ARM STRAPS



STABILITY FEET



BASE CHIN BAR





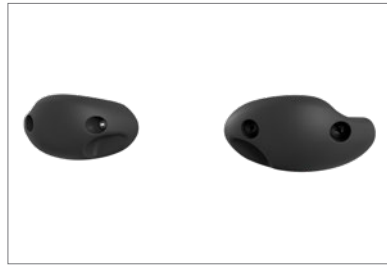
**ANGLED PULL-UP BAR**



**ANGLED FAT PULL-UP BAR**



**SPHERE BALL GRIPS**



**ROCK CLIMBING GRIPS**



**UPPER OLYMPIC BAR STORAGE**



**UPPER DUAL OLYMPIC BAR STORAGE**



**LOWER OLYMPIC BAR STORAGE**



**LOWER DUAL OLYMPIC BAR STORAGE**



**LOWER OLYMPIC BAR STORAGE ADD-ON**



**DUAL-OLYMPIC BAR HOLDER**



**OLYMPIC BAR HOLDER**



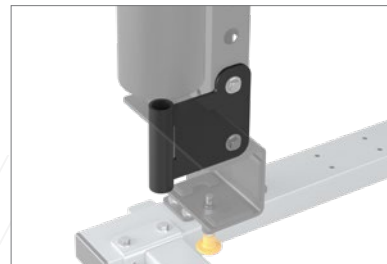
**BAND STORAGE**



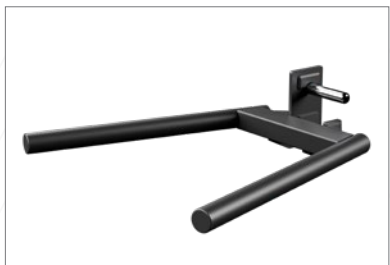
**SAFETY ARM STORAGE**



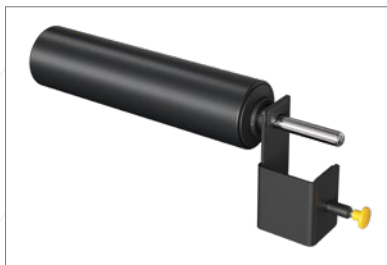
**DIP BAR STORAGE**



**LEG ROLLER STORAGE**



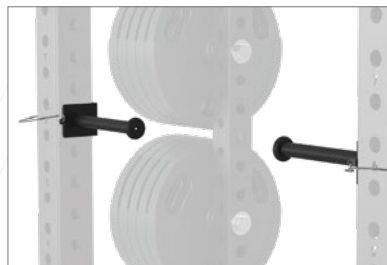
**DIP BAR**



**LEG ROLLER**



**BAND PEGS**



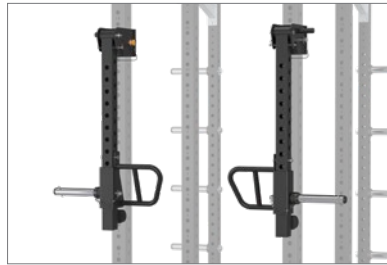
**SQUAT HANDLES**



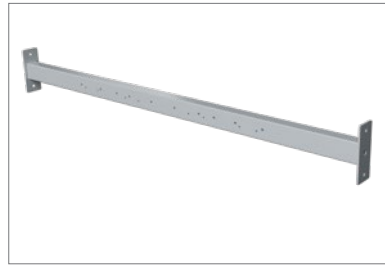
**STABILITY BALL HOLDER - UPRIGHT**



**STABILITY BALL HOLDER - TOP**



**JAMMIN' ARMS**



**70" CONNECTING BAR**



**96" CONNECTING BAR**



**70" STRAIGHT LADDER**



**96" STRAIGHT LADDER**



**96" PYRAMID LADDER**



**LAT PULLDOWN**



**ADJUSTABLE PULLEY**



**6" WEIGHT STORAGE HORN**



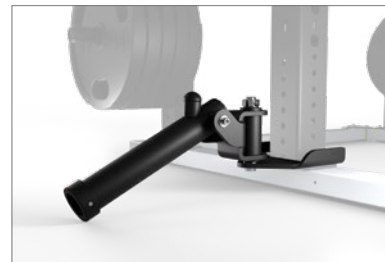
**12" WEIGHT STORAGE HORN**



**12" WEIGHT STORAGE HORN  
4-PACK**



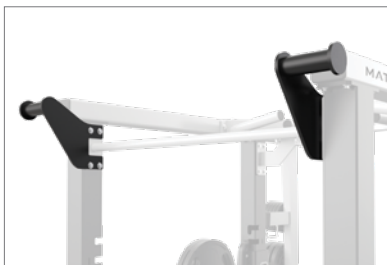
**CORE HANDLE**



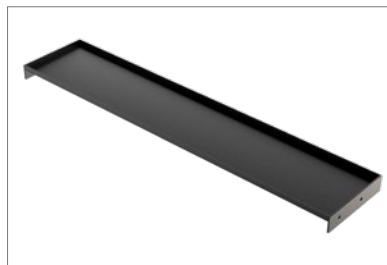
**PREMIUM LANDMINE**



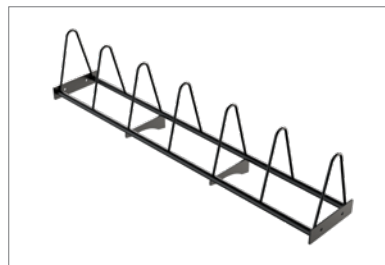
**PREMIUM BATTLE ROPE  
ANCHOR**



**BOLT-ON FRONT BAND PEGS**



**70" DB / KB SHELF**



**70" BUMPER / BOSU RACK**



**HEAVY BAG ATTACHMENT**



**70" SINGLE CHIN BAR**



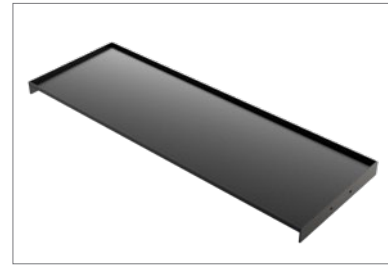
**BALL TARGET**



**ROPE ANCHOR**



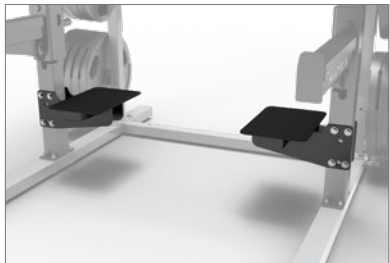
**BOLT-ON LANDMINE**



**70" STORAGE SHELF**



**UNIVERSAL BAND ATTACHMENT**



**BOLT-ON SPOTTER STANDS**



**42" MEDICINE BALL SHELF**



**70" MEDICINE BALL SHELF**



**PYRAMID LADDER LASER CUT NAMEPLATE**



**ARCH NAMEPLATE DECAL**



**ARCH NAMEPLATE LASER CUT**



**ARCH NAMEPLATE DOUBLE-SIDED LASER CUT**



**UPPER NAMEPLATE DECAL**



**UPPER NAMEPLATE LASER CUT**



**70" NAMEPLATE W/PULL-UP BAR DECAL**



**70" NAMEPLATE W/PULL-UP BAR DOUBLE SIDED DECAL**



**70" NAMEPLATE W/PULL-UP BAR LASER CUT**

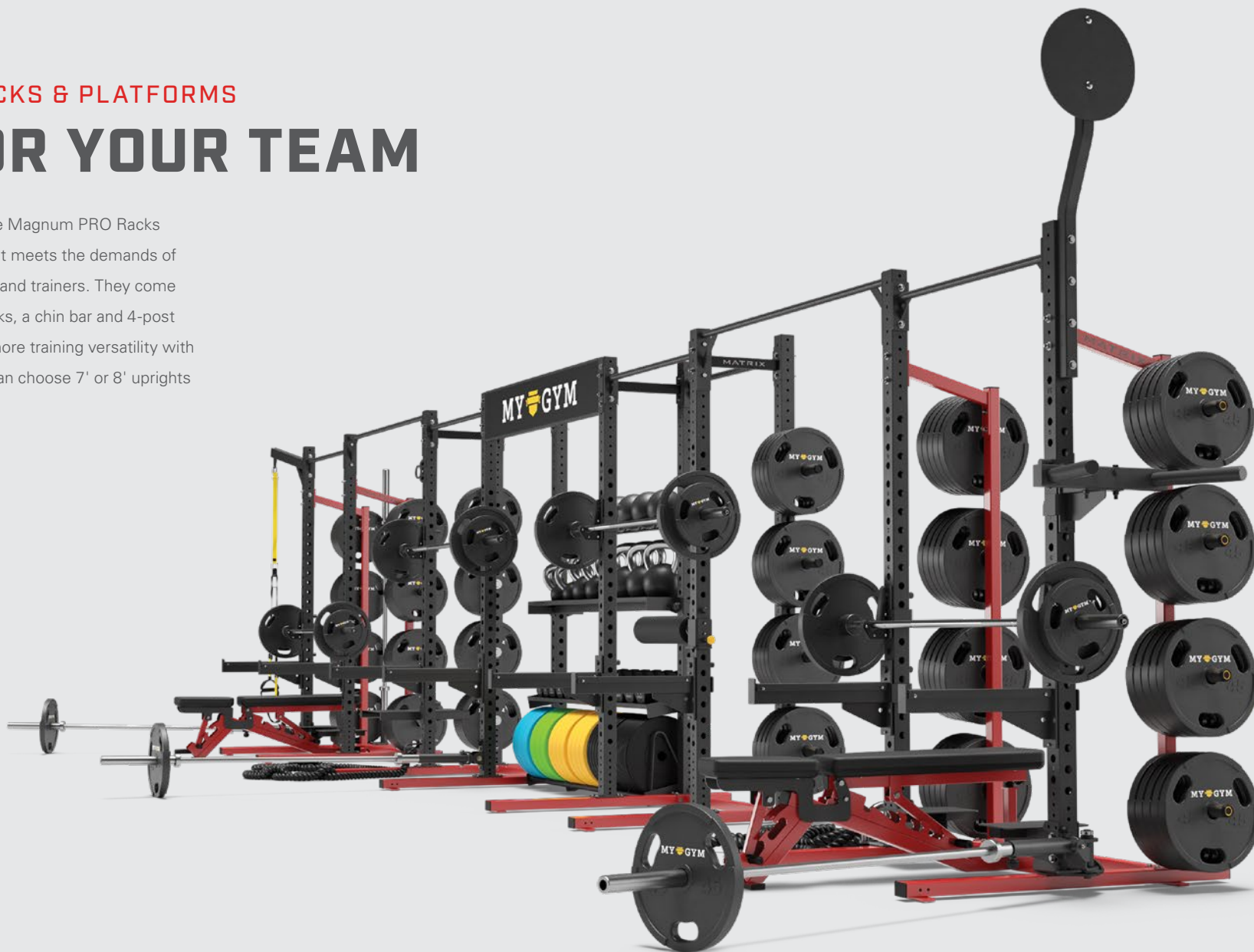


**70" NAMEPLATE W/PULL-UP BAR DOUBLE SIDED LASER CUT**

MAGNUM / PRO RACKS & PLATFORMS

# BUILT FOR YOUR TEAM

Designed for training efficiency, the Magnum PRO Racks provide a customizable solution that meets the demands of today's strength coaches, athletes and trainers. They come with adjustable safety arms, J-hooks, a chin bar and 4-post plate storage, and can offer even more training versatility with additional attachments. Coaches can choose 7' or 8' uprights to fit their space and budget.





**PRO HALF RACK**

	PRODUCT DIMENSIONS (L X W X H)					PRODUCT WEIGHT		
	CM	INCHES		KG	LBS			
MG-PRO690	183.5	141	243	72.2	55.4	95.5	111	244.5



**PRO CONFIGURABLE HALF RACK**

	PRODUCT DIMENSIONS (L X W X H)					PRODUCT WEIGHT		
	CM	INCHES		KG	LBS			
MG-PRO690C	132	141	243	52	55.4	95.5	116.5	257



**PRO DOUBLE HALF RACK**

	PRODUCT DIMENSIONS (L X W X H)					PRODUCT WEIGHT		
	CM	INCHES		KG	LBS			
MG-PRO691	229	183	242.5	90	72	95.5	180	397



**PRO CONFIGURABLE DOUBLE HALF RACK**

	PRODUCT DIMENSIONS (L X W X H)					PRODUCT WEIGHT		
	CM	INCHES		KG	LBS			
MG-PRO691C	229	132	242.5	90	52	95.5	190	419

**FEATURES**

- **Multiple Configurations** - PRO and PRO Configurable Racks can be combined and built to create a unique training and storage space.
- **Optional Additions** - Hard-working attachments and benches are available for unmatched training versatility.
- **Height Options** - All PRO Racks are available at 7' and 8' heights to fit any facility's needs.



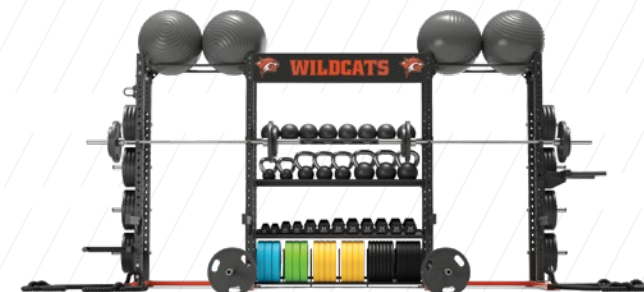
**PRO POWER RACK**

	PRODUCT DIMENSIONS (L X W X H)					PRODUCT WEIGHT		
	CM	INCHES		KG	LBS			
MG-PRO47	178	183	243	70	72	95.5	156.5	345



**PRO CONFIGURABLE POWER RACK**

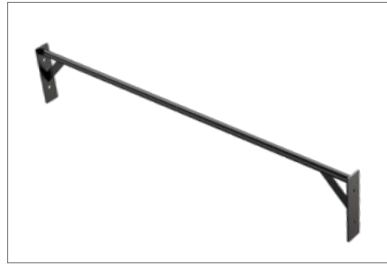
	PRODUCT DIMENSIONS (L X W X H)					PRODUCT WEIGHT		
	CM	INCHES		KG	LBS			
MG-PRO47C	178	132	243	70	52	95.5	165	363



\*Logo can be customized



**42" SINGLE CHIN BAR**



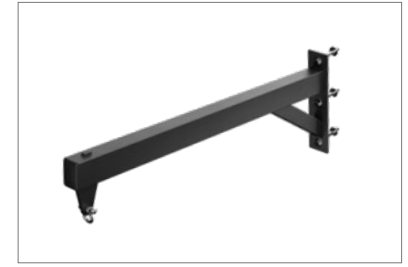
**70" SINGLE CHIN BAR**



**42" PULL-UP STATION**



**PLYO STEP**



**HEAVY BAG ATTACHMENT**



**LEG ROLLER ATTACHMENT**



**ROPE ANCHOR**



**DIP-STATION**



**BOLT-ON LANDMINE**



**BALL TARGET**



**DUAL-OLYMPIC BAR HOLDER**



**42" NAME PLATE**



**70" NAME PLATE**



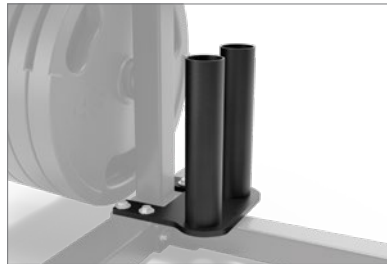
**BOLT-ON WEIGHT HORN**



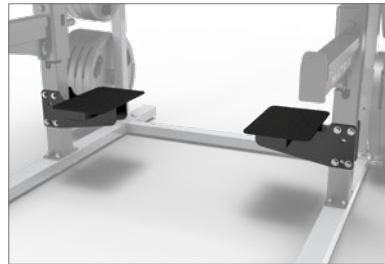
**OLYMPIC BAR HOLDER**



**UNIVERSAL BAND ATTACHMENT**



**DUAL-OLYMPIC BAR STORAGE**



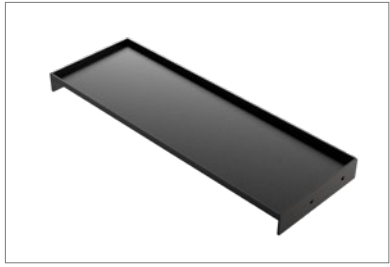
**BOLT-ON SPOTTER STANDS**



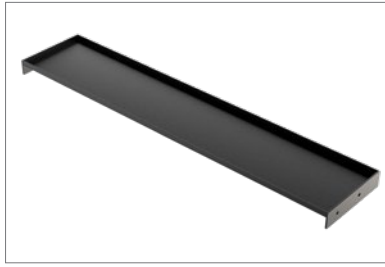
**42" MEDICINE BALL SHELF**



**70" MEDICINE BALL SHELF**



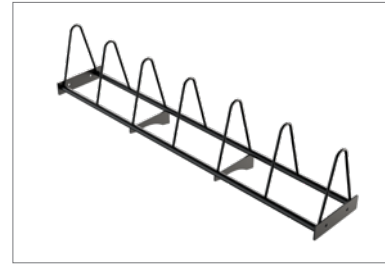
**42" DB / KB SHELF**



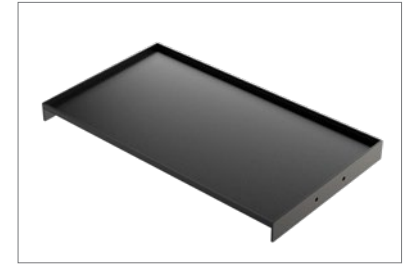
**70" DB / KB SHELF**



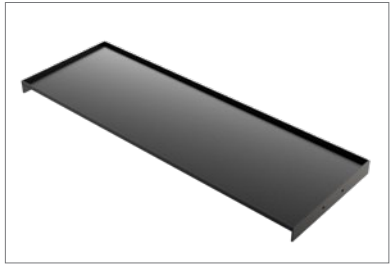
**42" BUMPER / BOSU RACK**



**70" BUMPER / BOSU RACK**



**42" STORAGE SHELF**



**70" STORAGE SHELF**



**LINEAR SHELF BRACKET**



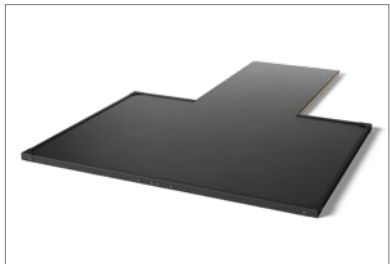
**SHELF MOUNTING BRACKET**



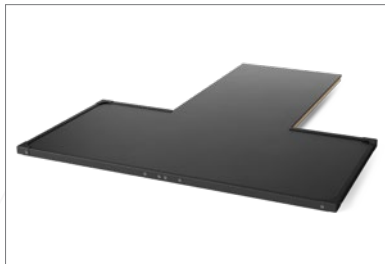
**6' X 8' PLATFORM  
W/HARDWOOD INSERT\***



**4' X 8' PLATFORM  
W/HARDWOOD INSERT\***



**6' X 8' SOLID RUBBER  
SURFACE PLATFORM\***



**4' X 8' SOLID RUBBER  
SURFACE PLATFORM\***


\*Available with VRS Kits

## MAGNUM / VRS PLATFORM

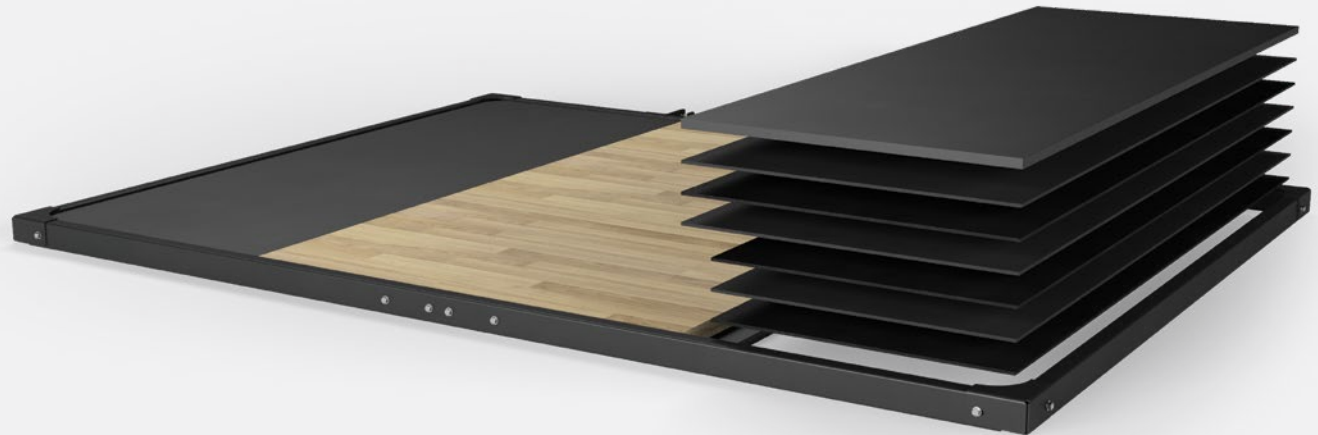
# REDUCE SOUND, VIBRATION AND BOUNCE

Create an unmatched strength training environment with platforms featuring our exclusive Vibration Reduction System. Our impact-absorption platforms reduce sound and bounce caused by dropping barbells during Olympic lifts, protecting floors, bars, weights, and plates from hard use. The multi-layer design minimizes vibrations transferred through floors, essential for above-ground training facilities. VRS Platform kits are available in a variety of styles and sizes, so it's easy to upgrade existing Matrix platforms or create a rugged new training experience featuring our Vibration Reduction System.

REDUCES SOUND BY **21%**  
 .....  
 AND BOUNCE BY **67%**



	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM			INCHES			KG	LBS
MA4794P-VRS	366	254	7	144	100	2.6	227	500.5
MA4794P-VRS-4	305	254	7	120	100	2.6	174	383.5
MA9091P-VRS	330	254	7	130	100	2.6	218	480.5
MA9091P-VRS-4	270	254	7	106	100	2.6	165	363.5
MG-A691SP-VRS	280	254	7	110	100	2.6	215	473.5
MG-A691SP-VRS-4	219	254	7	86	100	2.6	162	357
PS86-VRS	191	254	7	75	100	2.6	184	406
PS84-VRS	131	254	7	51.5	100	2.6	131	289
MG-PRO47P-VRS	340	254	7	134	100	2.6	227	500.5
MG-PRO47P-VRS-4	280	254	7	110	100	2.6	174	383.5
MG-PRO9091P-VRS	303	254	7	119	100	2.6	218	480.5
MG-PRO9091P-VRS-4	243	254	7	96	100	2.6	165	363.5
VRS-KIT	181.5	68	11.5	71.5	26.8	4.5	71	156
VRS-KIT-4	121	68	11.5	48	26.8	4.5	47.5	104
MG-MX47P-VRS-06	390	254	7	153.5	100	2.6	231	509
MG-MX47P-VRS-4-06	329	254	7	129.5	100	2.6	186.5	411
MG-MX47P-CPH-VRS-06	366.5	254	7	144.5	100	2.6	222.5	491
MG-MX47P-CPH-VRS-4-06	306	254	7	120.5	100	2.6	178	393
MG-MX690P-VRS-06	333.5	254	7	131.5	100	2.6	210	463
MG-MX690P-VRS-4-06	273	254	7	107.5	100	2.6	166	366
MG-MX691P-VRS-06	318.5	254	7	125.5	100	2.6	205	452
MG-MX691P-VRS-4-06	258	254	7	101.5	100	2.6	160	353







MAGNUM / PLATE-LOADED

# THE ESSENTIALS OF STRENGTH

Plate-loaded units are nothing short of essential when it comes to helping your athletes exercise major muscle groups and push their strength training limits. Magnum plate-loaded stations feature thoughtful design and incredible attention to detail that make our ever-popular stations easier to load, unload and access, so athletes can get the work they need, where they need it, and keep on going.

## FEATURES

- **Converging/Diverging Motion** - Encourages a natural path of motion to enhance comfort.
- **Durable Construction** - Built to withstand the rigorous strength training of professional sports teams.
- **Frame Finish** - Automotive-quality finish is highly resistant to chips and scratches.

Visit [matrixfitness.com](https://matrixfitness.com) to see all of our premium products.





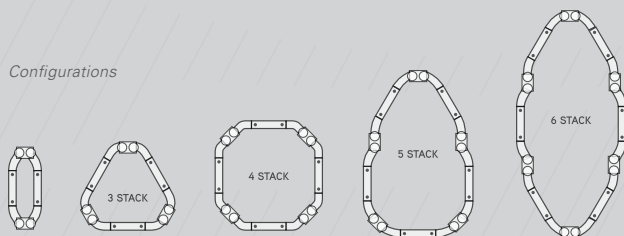
MAGNUM / MULTI-STATION

# MAXIMUM FUNCTIONALITY IN MINIMUM SPACE

Magnum multi-station units help you make the most of your training space and your athletes make the most of their workout time. Smart designs let athletes take on multiple exercises in a small space, quickly adjusting settings to maximize impact and results. To add yet another exciting dimension to your training space, include ultra-versatile functional trainers that provide unparalleled workout in an efficiently enclosed space.



Configurations



Visit [matrixfitness.com](https://matrixfitness.com) to see all of our premium products.



### LAT PULLDOWN

PRODUCT DIMENSIONS  
(L X W X H)

PRODUCT  
WEIGHT

MG-921	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
	127	69	234	50	27	92	231	510



### ADJUSTABLE PULLEY

PRODUCT DIMENSIONS  
(L X W X H)

PRODUCT  
WEIGHT

MG-923	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
	107	117	234	42	46	92	155	342



### ADJUSTABLE CROSSOVER

PRODUCT DIMENSIONS  
(L X W X H)

PRODUCT  
WEIGHT

MG-924	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
	69	366	234	27	144	92	330	728



### LOW ROW

PRODUCT DIMENSIONS  
(L X W X H)

PRODUCT  
WEIGHT

MG-926	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
	216	69	234	85	27	92	236	520



### TRICEPS PUSHDOWN

PRODUCT DIMENSIONS  
(L X W X H)

PRODUCT  
WEIGHT

MG-942	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
	107	117	234	42	46	92	220	485



### LAT PULLDOWN / LOW ROW

PRODUCT DIMENSIONS  
(L X W X H)

PRODUCT  
WEIGHT

MG-946	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
	198	69	234	78	27	92	215	475



MAGNUM / FREE WEIGHTS

# A FUSION OF IRON & ERGONOMICS

No training center is complete without a selection of premium free weights, the time-tested backbone of the strength training experience. Choose from our flagship Magnum Series to find the combination of heavy-duty construction and smart design just right for your team. Exclusive products like our patented Breaker Benches will redefine how your athletes train just as cutting-edge industrial style will redefine the way your training center looks.

## FEATURES

- **Breaker Technology** - Our exclusive system eliminates the need for assistance to break the bar, allowing athletes to get into the start position with less stress on their joints.
- **Variety** - A robust selection meets the training needs of virtually any facility.
- **Frame Finish** - Automotive-quality finish is highly resistant to chips and scratches.



### BREAKER OLYMPIC FLAT BENCH

MG-A678	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM	INCHES	CM	INCHES	CM	INCHES	KG	LBS
MG-A678	173	168	130	68	66	51	94	207



Visit [matrixfitness.com](https://matrixfitness.com) to see all of our premium products.



**OLYMPIC FLAT BENCH**

	PRODUCT DIMENSIONS (L X W X H)					PRODUCT WEIGHT	
	CM		INCHES			KG	LBS
<b>MG-A78</b>	163	168	130	64	66	51	73 160



**BREAKER OLYMPIC INCLINE BENCH**

	PRODUCT DIMENSIONS (L X W X H)					PRODUCT WEIGHT	
	CM		INCHES			KG	LBS
<b>MG-A679</b>	170	168	160	67	66	63	126 277



**OLYMPIC INCLINE BENCH**

	PRODUCT DIMENSIONS (L X W X H)					PRODUCT WEIGHT	
	CM		INCHES			KG	LBS
<b>MG-A79</b>	170	168	160	67	66	63	107 235



**BREAKER OLYMPIC DECLINE BENCH**

	PRODUCT DIMENSIONS (L X W X H)					PRODUCT WEIGHT	
	CM		INCHES			KG	LBS
<b>MG-A680</b>	206	168	135	81	66	53	107 235



**OLYMPIC DECLINE BENCH**

	PRODUCT DIMENSIONS (L X W X H)					PRODUCT WEIGHT	
	CM		INCHES			KG	LBS
<b>MG-A80</b>	201	168	137	79	66	54	82 180



**BREAKER OLYMPIC SHOULDER BENCH**

	PRODUCT DIMENSIONS (L X W X H)					PRODUCT WEIGHT	
	CM		INCHES			KG	LBS
<b>MG-A645</b>	135	138	183	53	66	72	118 260



**OLYMPIC SHOULDER BENCH**

	PRODUCT DIMENSIONS (L X W X H)					PRODUCT WEIGHT	
	CM		INCHES			KG	LBS
<b>MG-A45</b>	127	138	165	50	66	65	137 303



**3-WAY OLYMPIC BENCH**

	PRODUCT DIMENSIONS (L X W X H)					PRODUCT WEIGHT	
	CM		INCHES			KG	LBS
<b>MG-C895</b>	167	180	173	71	66	68	155 342



**MULTI-ADJUSTABLE BENCH LP**

	PRODUCT DIMENSIONS (L X W X H)					PRODUCT WEIGHT	
	CM		INCHES			KG	LBS
<b>MG-A82</b>	152	78	46	59.7	30.6	17.8	55 121.5



**MULTI-ADJUSTABLE BENCH**

	PRODUCT DIMENSIONS (L X W X H)					PRODUCT WEIGHT	
	CM		INCHES			KG	LBS
<b>MG-A85</b>	135	58	51	53	23	20	43 95



**UTILITY BENCH**

	PRODUCT DIMENSIONS (L X W X H)					PRODUCT WEIGHT	
	CM		INCHES			KG	LBS
<b>MG-A59</b>	142	58	46	56	23	18	25 55



**MULTI-ADJUSTABLE BENCH W/DECLINE**

	PRODUCT DIMENSIONS (L X W X H)					PRODUCT WEIGHT	
	CM		INCHES			KG	LBS
<b>MG-A86</b>	166	60.5	53.5	65.3	23.8	21	62 137







### SPOTTER PLATFORM

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>MG-A0SP</b>	66	84	29	26	33	12	28	61



### 15-PAIR PRO-STYLE DUMBBELL RACK

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>MG-A515</b>	232.6	67.3	102.1	91.6	26.5	40.2	156	343.2



### STUDIO PRO-STYLE DUMBBELL RACK

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>MG-A541</b>	186.2	67.3	102.1	73.3	26.5	40.2	123	270.6



### 5-PAIR PRO-STYLE DUMBBELL RACK

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>MG-A505</b>	232.6	61.3	79.8	91.6	24.2	31.5	63	138.6



### 2-TIER FLAT-TRAY DUMBBELL RACK

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>MG-A528</b>	232.2	62.5	79.4	91.5	24.6	31.3	127	279.4
<b>MG-A526</b>	186.2	62.5	79.4	73.3	24.6	31.3	108	237.6



### STUDIO FLAT-TRAY DUMBBELL RACK

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>MG-A544</b>	123.2	72.4	101.8	48.5	28.5	39.4	118	259.6



### 10-PAIR PRO-STYLE DUMBBELL RACK

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>MG-A510</b>	232.6	61.3	79.8	91.6	24.2	31.5	106	233.2



### 3-TIER FLAT-TRAY DUMBBELL RACK

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>MG-A538</b>	232.2	72.4	101.8	91.5	28.5	40	193	424.6
<b>MG-A536</b>	186.2	72.4	101.8	73.3	28.5	40	160	352

## KETTLEBELL RACK ADAPTERS



MG-A015T



MG-A015B

#### Available Configurations

##### 2-tier Flat-tray Dumbbell Racks (MG-A526 & MG-A528)



- Both top and bottom trays use adapters
- Top Tray (MG-A015T)
  - Bottom Tray (MG-A015B)



- Only top tray uses an adapter
- Top Tray (MG-A015T)



- Only bottom tray uses an adapter
- Bottom Tray (MG-A015B)

#### Available Configurations

##### 3-tier Flat-tray Dumbbell Racks (MG-A536, MG-A538 & MG-A544)



- Only top tray uses an adapter
- Top Tray (MG-A015T)



- Only bottom tray uses an adapter
- Bottom Tray (MG-A015B)

**VARSITY SERIES /**

# DESIGNED FOR SUPERIOR VALUE & TRAINING VARIETY

Varsity Series is the ideal choice for heavy-use training facilities looking for a combination of performance and value. Smart design helps you make efficient use of your space and your budget, like our versatile functional trainers and plate-loaded equipment that provide conveniently contained personal training areas. If you're looking to accommodate a steady stream of athletes in a limited space, look no further than the Varsity Series.





**3-STACK MULTI-GYM**

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT		WEIGHT STACK	
	CM		INCHES				KG	LBS	KG	LBS
<b>G1-MG30</b>	282	323	218	111	127	86	592	1305	3 X 91	3 X 200



**MULTI-ADJUSTABLE BENCH**

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>VY-D85A</b>	147	56	48	58	22	19	43	94



**ADJUSTABLE INCLINE BENCH**

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>G1-FW153</b>	154	61	47	61	24	19	41	90



**BARBELL RACK**

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>VY-D68</b>	145	76	168	57	30	66	57	125



**ANGLED SMITH MACHINE**

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>VY-M49</b>	107	218	211	42	86	83	186	410



**SMITH MACHINE**

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>G1-FW161</b>	205	141	229	80.5	55.5	90	135	297



**PERFECT SQUAT**

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>VY-400</b>	157	84	168	62	33	66	147	325



**LEG EXTENSION**

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>VY-401</b>	102	157	117	40	62	46	91	200



**PRONE LEG CURL**

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>VY-402</b>	173	91	72	68	36	30	91	200



**BICEPS CURL**

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>VY-431</b>	97	107	112	38	42	44	68	150



**TRICEPS EXTENSION**

	PRODUCT DIMENSIONS (L X W X H)						PRODUCT WEIGHT	
	CM		INCHES				KG	LBS
<b>VY-432</b>	97	107	140	38	42	55	68	150

RIGS & ACCESSORIES /

# COMPLETE YOUR TRAINING ROOM

We want you to have everything your athletes need to maximize their athletic potential. From rigs and free weights to complementary training equipment, we're here to help you complete your training facility. Reach out to your Matrix representative to learn more.



Visit [matrixfitness.com](https://matrixfitness.com) to see all of our premium products.



# EVERY SECOND COUNTS

When the margin between victory and defeat is razor-thin, every split second matters. Help your athletes build speed, strength and explosiveness with our exclusive training tools and protocols to give your team the edge needed to make game-changing plays and achieve more on the field.





# INTENSITY IS IN THE AIR

Challenge your athletes to a test of the total body with an air cycle that stands up to the intense demands of athletic performance training. Air resistance increases the harder athletes pedal, push and pull, and a design reimagined for tough team training environments includes seamlessly smooth adjustments between athletes, multi-grip handlebars and a frame reinforced with heavy-duty steel. Bring our Total Body Cycle to your training facility today to feel the intensity in the air.





# TOTAL BODY CYCLE

## FEATURES

- Belt-drive air resistance
- Quick-pull lever seat adjustments
- Multi-grip handlebars
- Integrated transport handle
- Smart device storage
- Backlit LCD console tracks watts, RPMs, heart rate, calories, time and distance





**S-DRIVE**  
PERFORMANCE TRAINER

# UNLEASH EXPLOSIVE ATHLETIC PERFORMANCE

Discover the unmatched versatility of the S-Drive™ Performance Trainer to help your athletes elevate their explosiveness and endurance while refining form. Only the S-Drive Performance Trainer gives you everything you get from self-powered treadmills, weighted sleds, resistance parachutes and harness systems in one space-saving footprint. We've even created signature training protocols to help you get the most out of the S-Drive Performance Trainer, so you can get the most out of your athletes.

## FEATURES

- Sled brake with eight repeatable resistance settings
- Parachute brake with 11 repeatable resistance settings
- Seven-degree incline
- True zero start speed
- Unlimited top speed
- 17.8 cm / 7" step-on height



*Available Console*

### **ATHLETIC PERFORMANCE**

The S-Drive is specifically designed to maximize the performance of athletes at all levels. Now you can elevate speed in all phases of sprinting, upgrade sled-pushes to augment power, enhance resistance training to challenge elite athletes, improve neuromuscular development for enhanced agility and optimize athletic form with precise observations and real-time feedback.

### **REHABILITATION**

The S-Drive can provide significant benefits for athletes striving to recover from an injury. Full perimeter handrails make entering and exiting easy and secure, a true zero starting speed lets athletes incorporate cardio early in their recovery, and the user-driven design provides a more natural gait than treadmills.



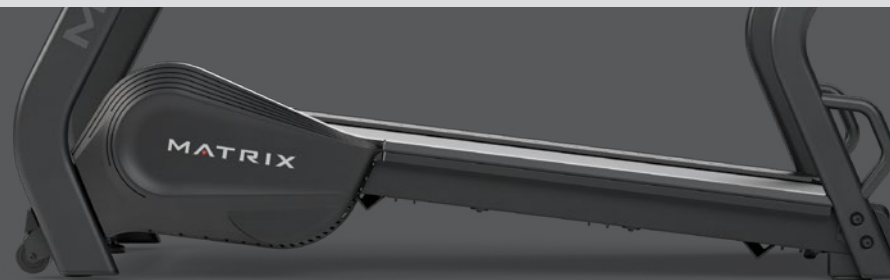
# S-DRIVE METRICS

S-Drive™ Metrics includes a quick-response, backlit LCD that clearly displays speed, time, distance and heart rate (with strap). Integrated testing establishes personalized targets just right for the ability level of each athlete, and the display even pivots so trainers can view feedback.

Preferred tool for implementation of Speed Technique Protocols (see pages 46-47).

## FEATURES

- Interval and Sprint 8® program
- Self-powered design



# S-DRIVE POWER



## FEATURES

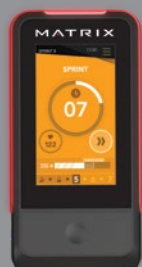
- Integrated sub-max heart rate testing
- Interval and Sprint 8<sup>®</sup> program
- Intuitive touchscreen design
- Engaging graphics
- ANT+ and Bluetooth enabled

# S-DRIVE PERFORMANCE TRAINER



## FEATURES

- Self-powered design





# SPEED PROTOCOLS

Our signature speed protocols will help you unlock the ultimate potential of the S-Drive™ Performance Trainers. Count on these challenging workouts to push your athletes to the limit and transform them into game-changing playmakers.

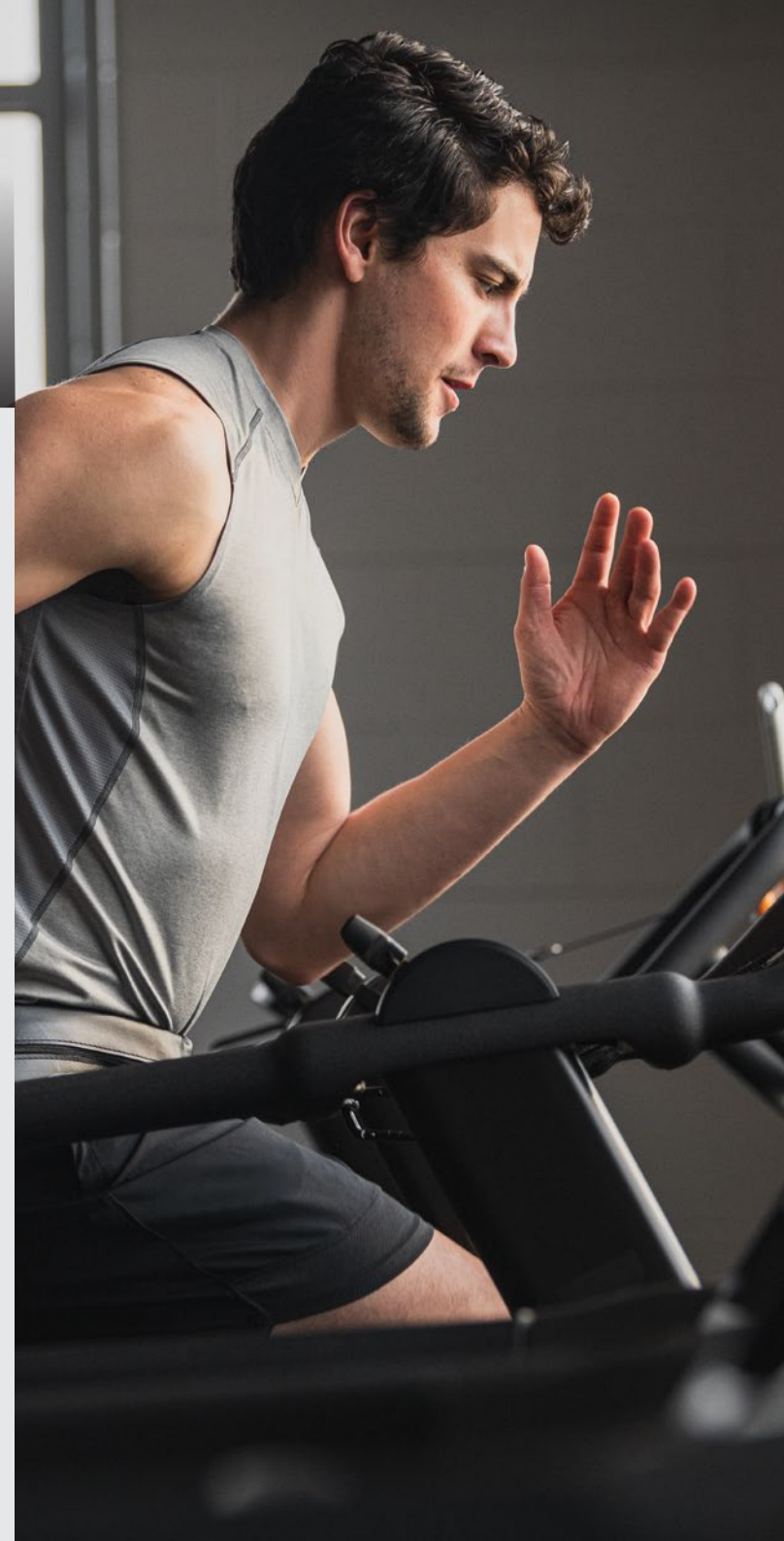
## **SPEED TECHNIQUE**

The Matrix Speed Technique Protocols combine the uniquely challenging designs of the S-Drive Performance Trainers to take your athletes to the apex of speed. Simply follow our original protocols to help athletes of all kinds reach their peak in acceleration, top-end speed and change-of-direction movement.

## **S-DRIVE OFF-SEASON SPRINTING**

Our challenging S-Drive protocols take advantage of the S-Drive's incredible versatility to maximize speed, power and endurance. A wide range of drills including warm-up, fly phase training, drive-phase sprinting and power training can help your athletes unleash their ultimate explosive potential and shatter limits in the training room and in the game.

Visit [matrixfitness.com](https://matrixfitness.com) to see all of our premium products.

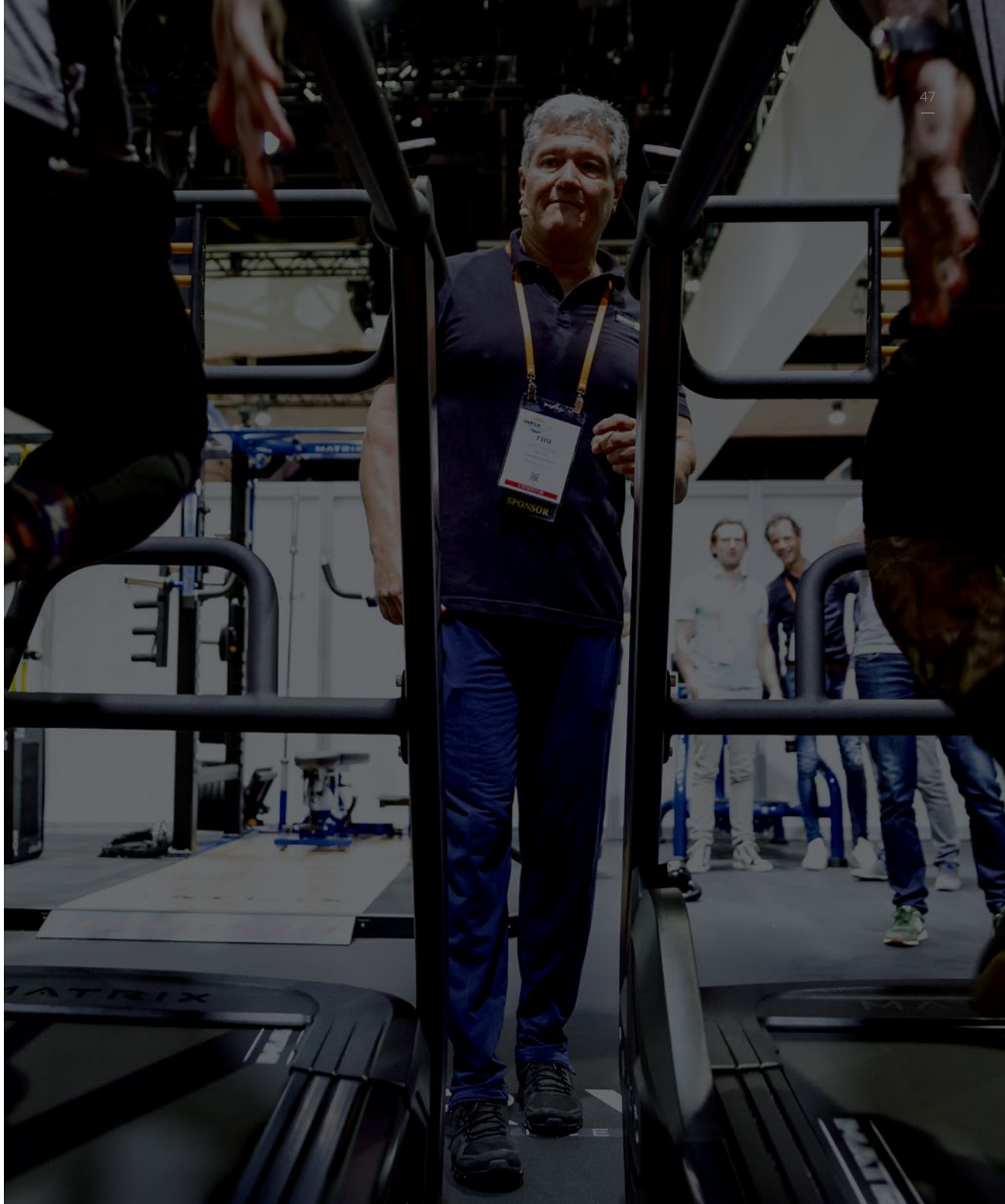
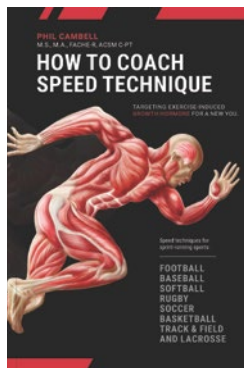


# HOW TO COACH SPEED TECHNIQUE

A certified personal trainer with the American College of Sports Medicine, Phil Campbell (M.S., M.A., C-PT) works with athletes to improve speed and agility. He has collaborated with Matrix for years in the development of training tools designed to maximize speed and explosiveness in athletic training centers and facilities with limited space.

His book *How to Coach Speed Technique* is an illustrated step-by-step guide that demonstrates how to develop linear and lateral speed across a full spectrum of sports and positions. You'll discover tips and tricks for improving neuroplasticity, acceleration burst technique, overspeed training, e-lift techniques, speed abs, ten-minute stretching and more.

Contact us to get your copy of *How to Coach Speed Technique* and get even more out of our exclusive training tools.



## PERFORMANCE PLUS TREADMILL

# EXPECT AN EXCEPTIONAL PERFORMANCE

If you want to make your program stand out with an exceptional training experience, nothing outshines or outlasts our Performance Plus Treadmill. Our shock-absorbing Pure Stride Cushioning System™ and high-efficiency Dynamic Response Drive System make even the most intense runs feel comfortable, solid and smooth. Our unique belt and drive combination lasts for up to 100,000 miles with an absolute minimum of maintenance. It's also quieter than traditional treadmills at most speeds, and quieter than competitive slat-belt treadmills with significantly less vibrations. Sculpted ergonomic features like continuous multi-grip handlebars make every touchpoint more comfortable, and robust design details like cast-aluminum endcaps withstand intense environments and heavy use for years. Smart features like easily removable side rails, a front-accessible component cover and built-in casters streamline maintenance and service, so your most demanding athletes can count on a good, hard run every time they train.

## FEATURES

- 157 x 61 cm / 62" x 24" running surface
- 5.0 hp AC Dynamic Response Drive System
- 20% incline
- 26 km/h / 16 mph top speed
- 26.7 cm / 10.5" step-on height
- 227 kg / 500 lbs. max weight capacity

### Compatible consoles



TOUCH XL



TOUCH



PREMIUM LED



GT LED



LED





Groundbreaking design and breathtaking performance combine for a treadmill that feels, functions and lasts unlike any other.

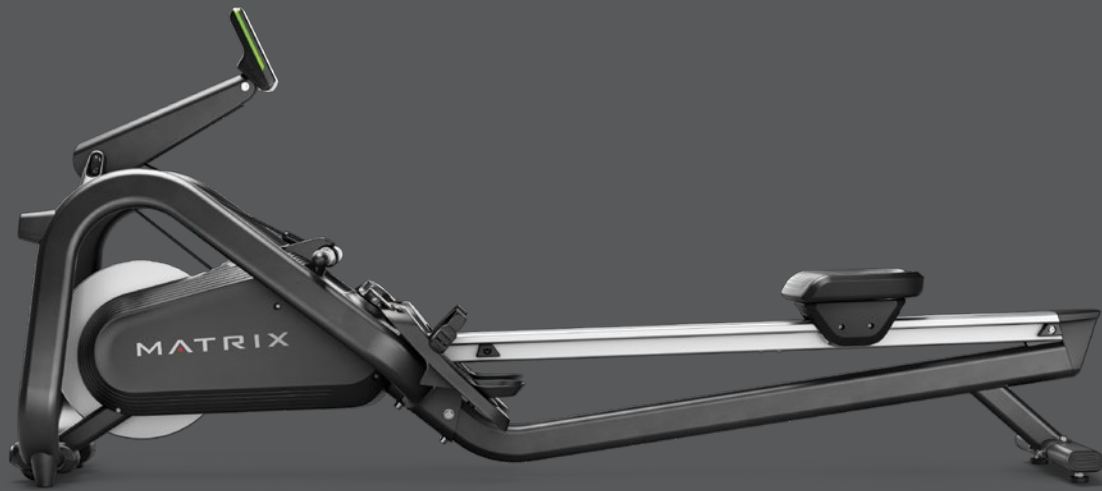


CARDIO /

# ADD HEART-PUMPING CHALLENGE

We also provide a complete collection of premium equipment designed to help your athletes augment their cardiovascular fitness. We offer options that challenge athletes the way they need to be challenged — whether that's running, rowing, riding or climbing — then enhance those basics with integrated technology solutions that completely redefine the cardio experience.












## ABOUT MATRIX FITNESS

Matrix is a brand of Johnson Health Tech (JHT). JHT has been producing premium fitness equipment since 1975 and is among the fastest-growing manufacturers of fitness equipment in the world. It has earned both ISO 9002 and 9001 certifications. A truly global company with over 30 subsidiaries worldwide, JHT has the intellectual resources necessary to produce the most technologically advanced equipment on the market and the economies of scale needed to deliver the best value possible.

**MATRIX**  
Strong • Smart • Beautiful

**Matrix Fitness**

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