

**MATRIX**  
Strong • Smart • Beautiful



## OWNERS MANUAL

Versa Single-Station Strength  
VS-S33 Lat Pulldown

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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:** This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.

**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.

# GETTING STARTED

EXERCISE PLACARD | PRODUCT SPECIFICATIONS | MAINTENANCE CHECKLIST

## EXERCISE PLACARD



## PRODUCT SPECIFICATIONS

TECH SPECS	
Overall dimensions	61"L X 48"W X 66"H
Weight	Light Stack = 642 lbs (292 kg), Heavy Stack = 729 lbs (331 kg)
Shipping weight	407 lbs (185 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.

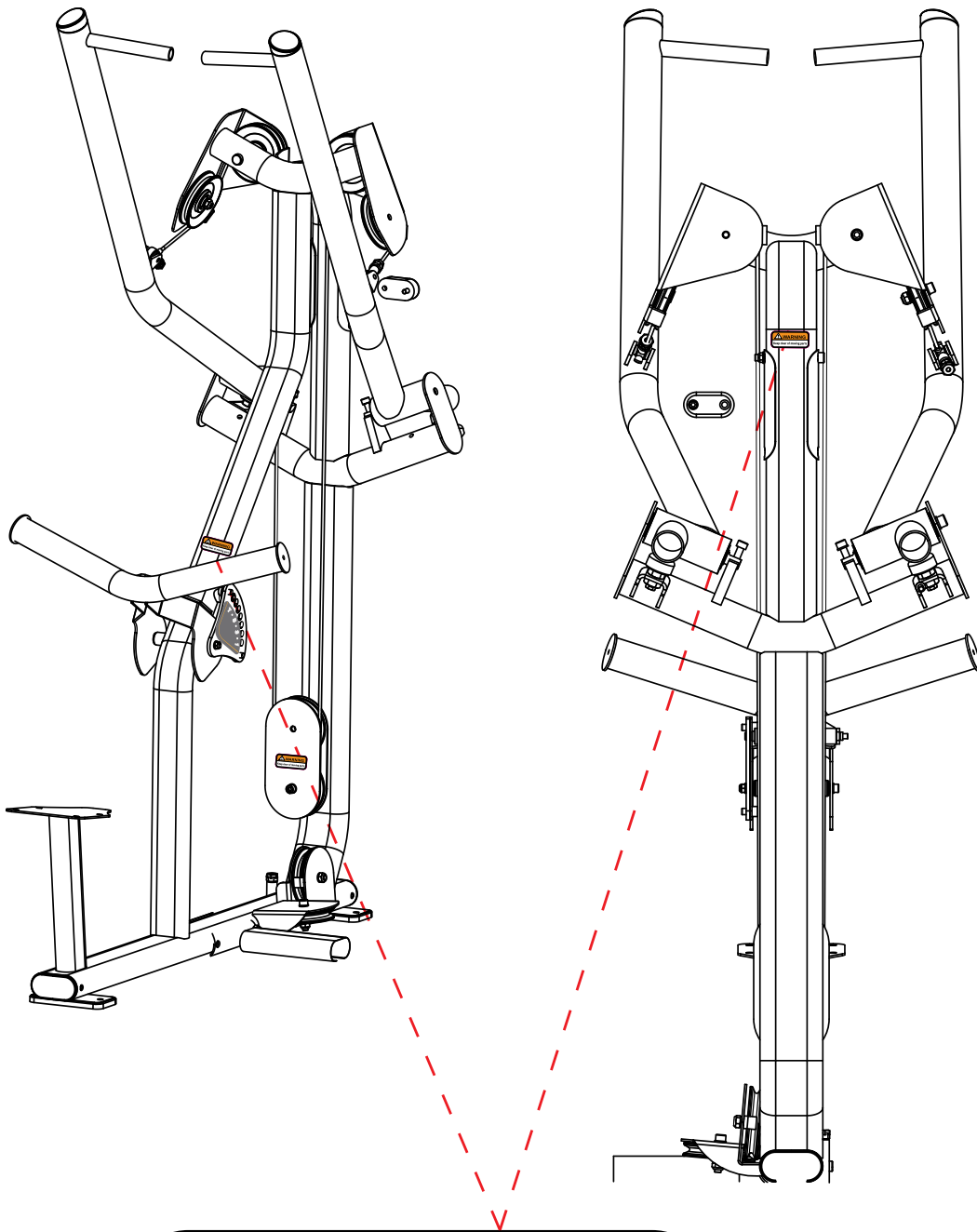
**CAUTION**

The weight of the product is 407 lbs. (185 kg) not including the weight stack. The standard weight stack for this machine is 235 lbs. (107 kg) & the heavy stack is 322 lbs. (147kg) (Labeled 160 lbs./73 kg & 230 lbs./105 kg respectively). 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 Loctite 242 must be used on all fasteners that are not assembled with Nylock Nuts



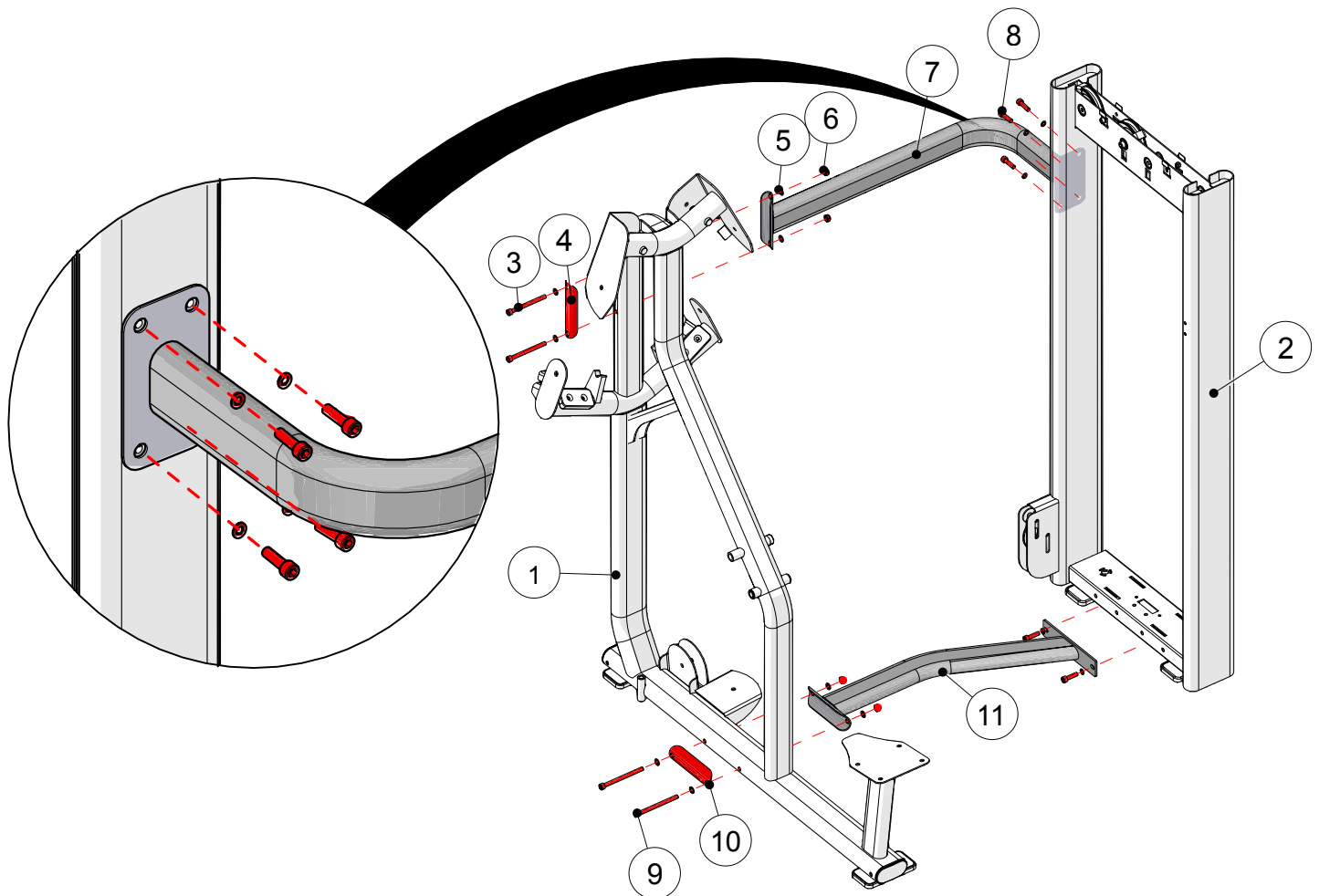
# Parts List

ID	DESCRIPTION	QTY
1	User Frame	1
2	Weight Stack Frame	1
3	M10 X 105L SHC	2
4	Narrow Cupped Flange	1
5	M10 Flat Washer	14
6	M10 Nylock Nut	4
7	Upper Connecting Tube	1
8	M10 X 20L SHC	6
9	M10 X 125L SHC	2
10	Wide Cupped Flange	1
11	Lower Connecting Tube	1
12	Thigh Pad Assembly	1
13	Pullpin Assembly	1
14	M8 X 150L SHC	1
15	Axle	1
16	M8 Flat Washer	6
17	M8 Nylock Nut	1
18	Large Flat Washer (Ø40 mm)	2
19	Belleville Washer	2
20	Right Arm Assembly	1
21	M10 X 25L SHC	2
22	Left Arm Assembly	1
23	M12 X 25L Socket Head Cap Screw	2
24	M12 Flat Washer	2
25	Weight Stack to User Frame Cable	1
26	User frame Cable	1
27	Counter Weight	2
28	M8 X 20L Socket Head Cap Screw	4
29	M10 X 20L Hex Bolt	4
30	Pad	1
31	Front Shroud	1
32	Rear Shroud	1
33	M8 X 25L Socket Head Cap Screw	4
34	M8 Flat Washer (Ø20 mm)	4
35	Top Cap	1
36	Top Cap Covers	2

ID	DESCRIPTION	QTY
OPTIONAL PREMIUM KIT COMPONENTS		
1P	Wing	1
2P	Rep Counter	1
3P	Towel Hook	1
4P	ASG Pull Grip	2
5P	Premium Pullpin	1

## STEP 1 | WEIGHT STACK FRAME INSTRUCTIONS & NOTES

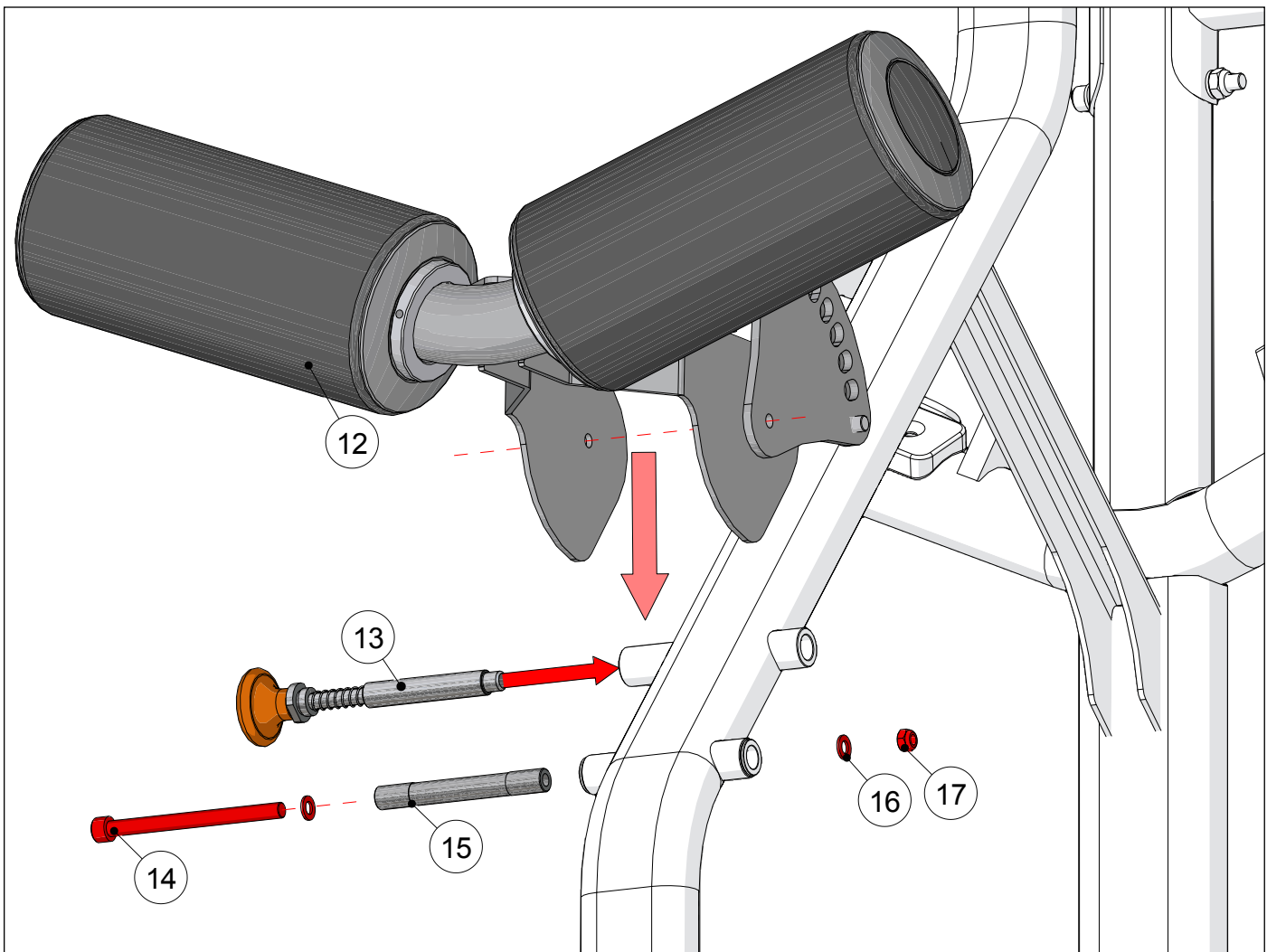
ID	DESCRIPTION	QUANTITY
1	User Frame	1
2	Weight Stack Frame	1
3	M10 X 105L SHC	2
4	Narrow Cupped Flange	1
5	M10 Flat Washer	14
6	M10 Nylock Nut	4
7	Upper Connecting Tube	1
8	M10 X 20L SHC	6
9	M10 X 125L SHC	2
10	Wide Cupped Flange	1
11	Lower Connecting Tube	1



Machine must be assembled on a flat and level floor.  
Install the user frame hardware as shown, BUT DO NOT FULLY TIGHTEN.

## STEP 1 | THIGH PAD ASSEMBLY INSTRUCTIONS & NOTES

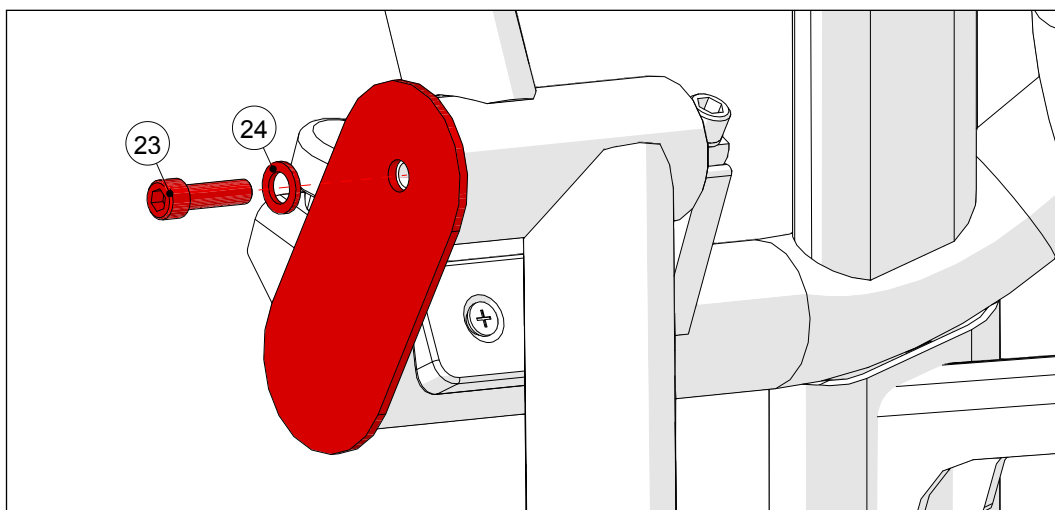
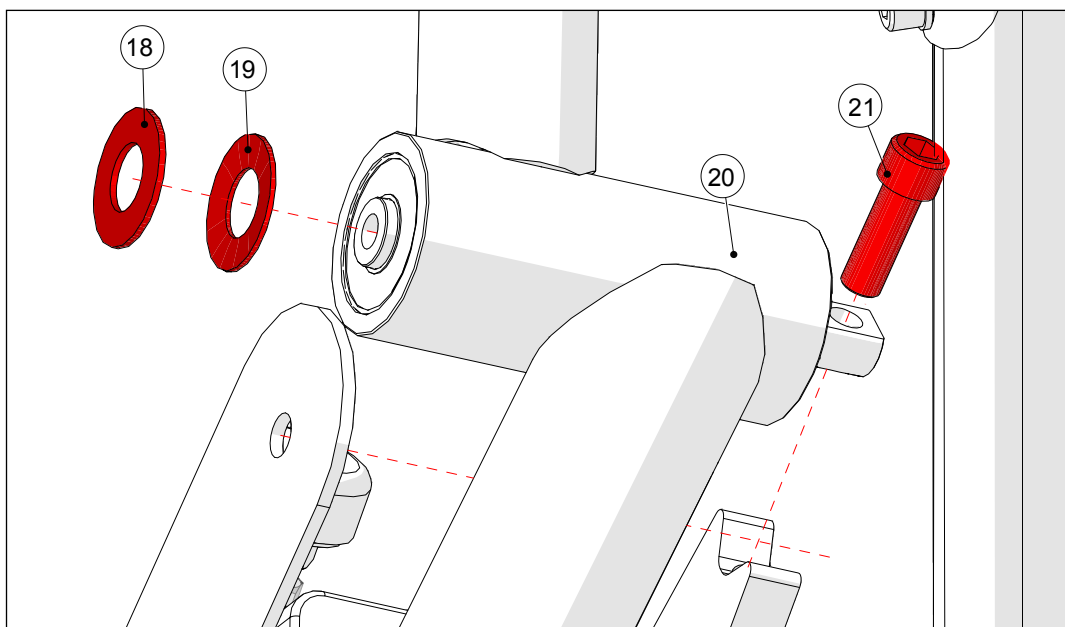
ID	DESCRIPTION	QUANTITY
12	Thigh Pad Assembly	1
13	Pullpin Assembly	1
14	M8 X 150L SHC	1
15	Axle	1
16	M8 Flat Washer	2
17	M8 Nylock Nut	1



Install the thigh pad and pullpin assemblies as shown.  
Tighten item 14 to 39 N-m/29 ft-lbs.

**STEP 1 | RIGHT AND LEFT ARM ASSEMBLY INSTRUCTIONS & NOTES**

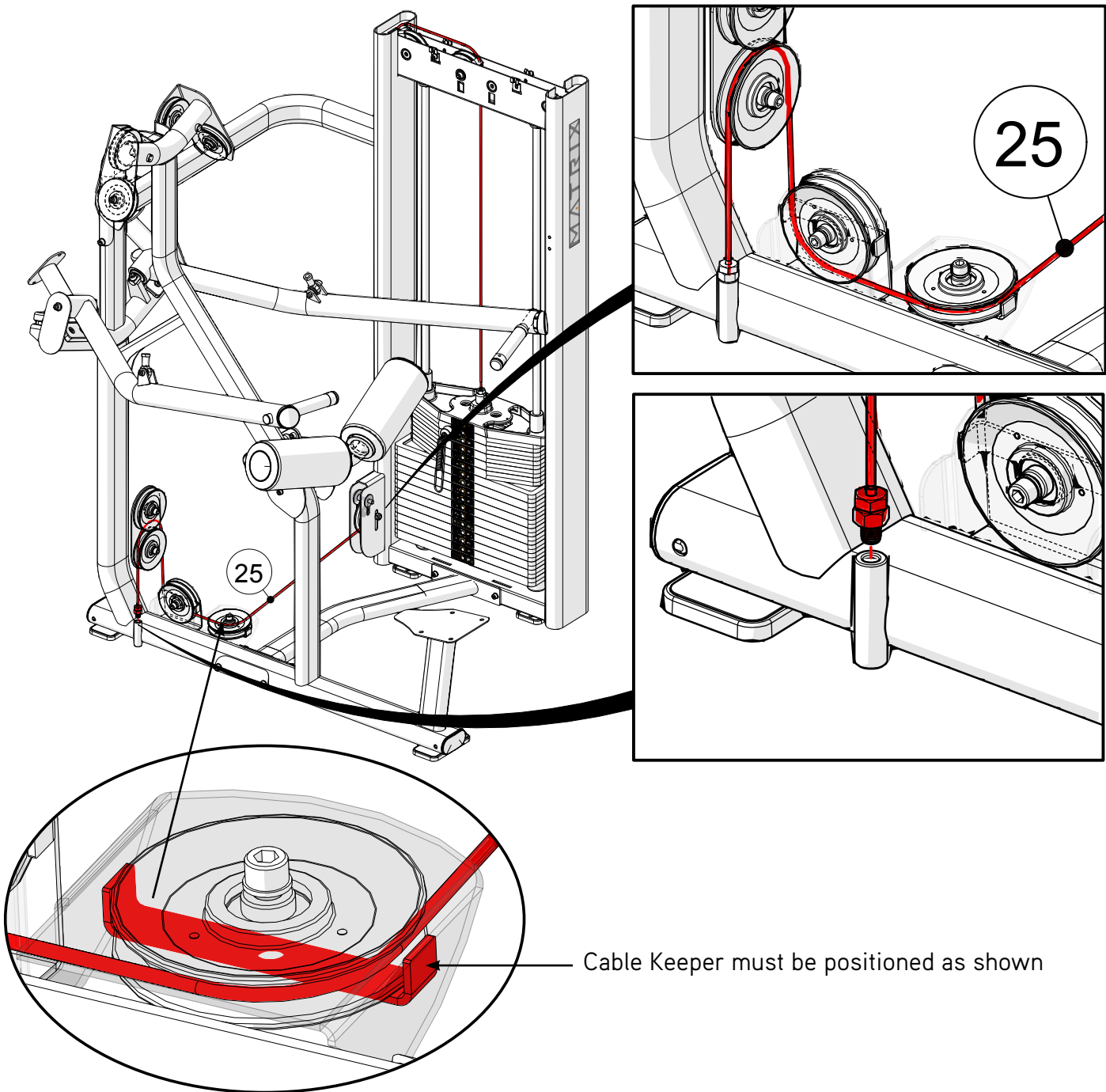
ID	DESCRIPTION	QUANTITY
18	40mm Diameter Washer	2
19	Belleville (Spring) Washer	2
20	Right Arm Assembly	1
21	M10 X 25L SHC	2
22	Left Arm Assembly (Not Shown)	1
23	M12 X 25L SHC	2
24	M12 Flat Washer	2



Install the user frame hardware as shown, but **DO NOT FULLY TIGHTEN**.  
 Belleville washer item 19 must be assembled with inner (convex) diameter contacting the bearing.  
 The outer diameter and concave side of Belleville washer contacts the outer washer item 18.

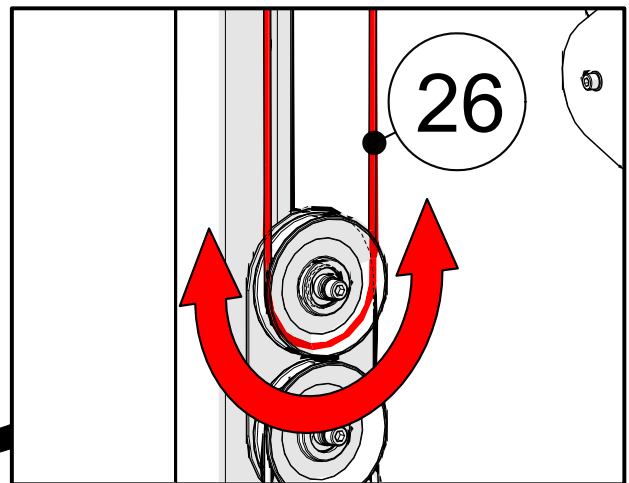
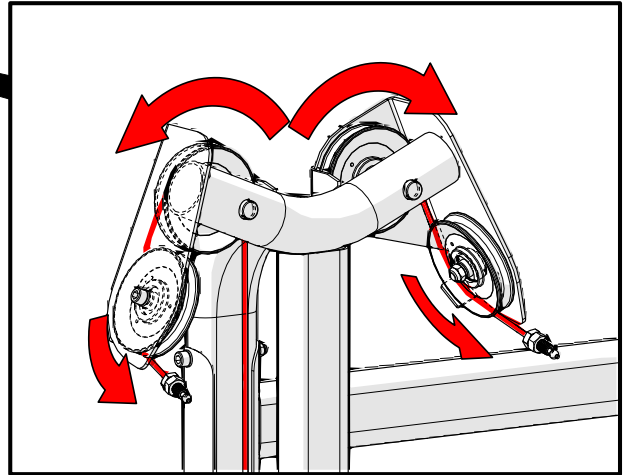
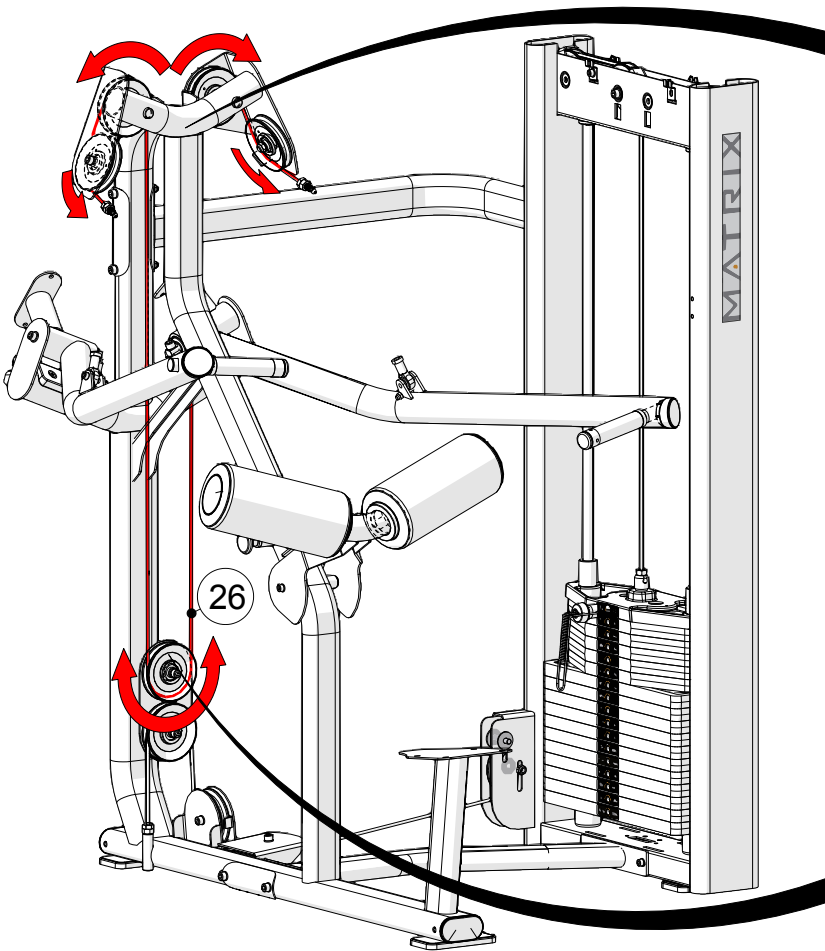
## STEP 1 | WEIGHT STACK CABLE ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANTITY
25	Weight Stack To User Frame Cable	1



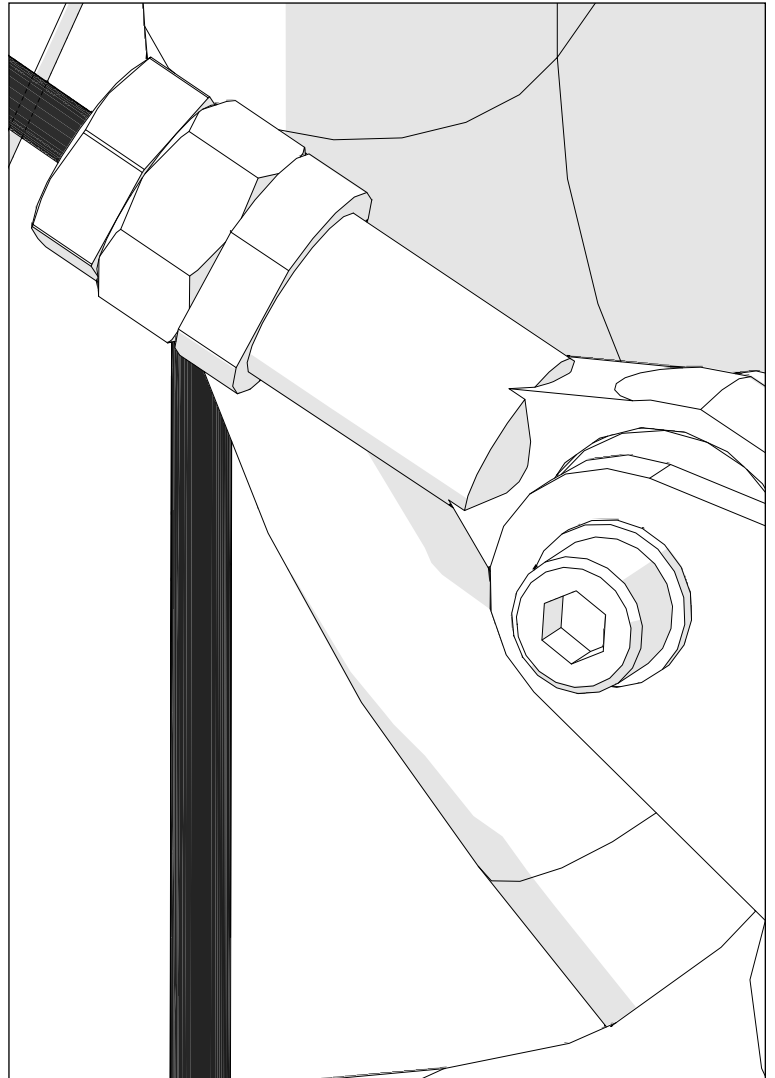
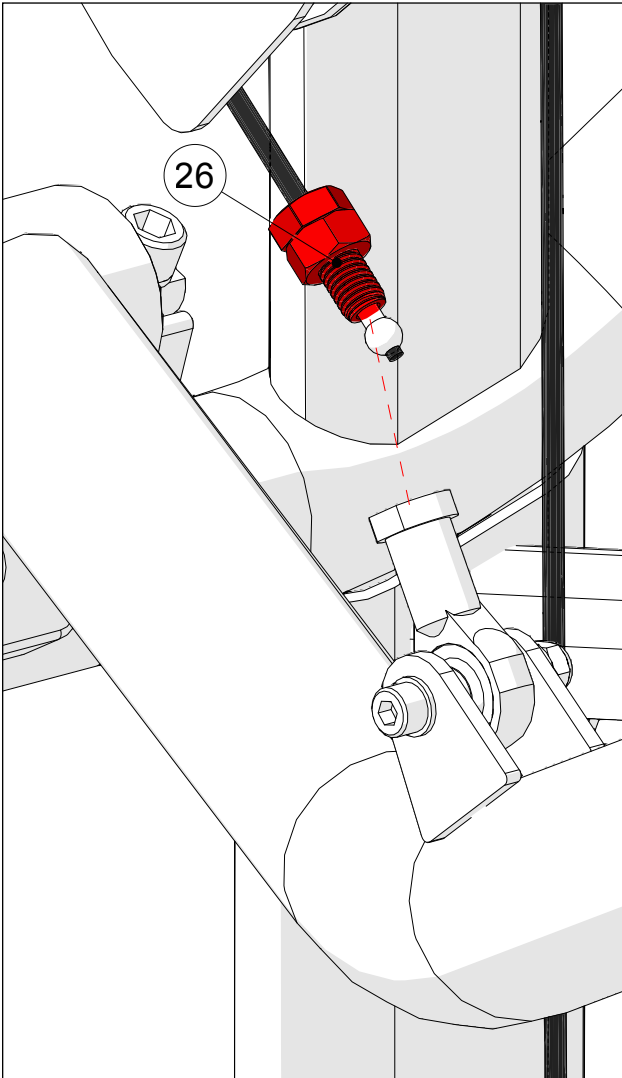
## STEP 2 | USER FRAME CABLE ASSEMBLY INSTRUCTIONS &amp; NOTES

ID	DESCRIPTION	QUANTITY
26	User Frame Cable	1



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.

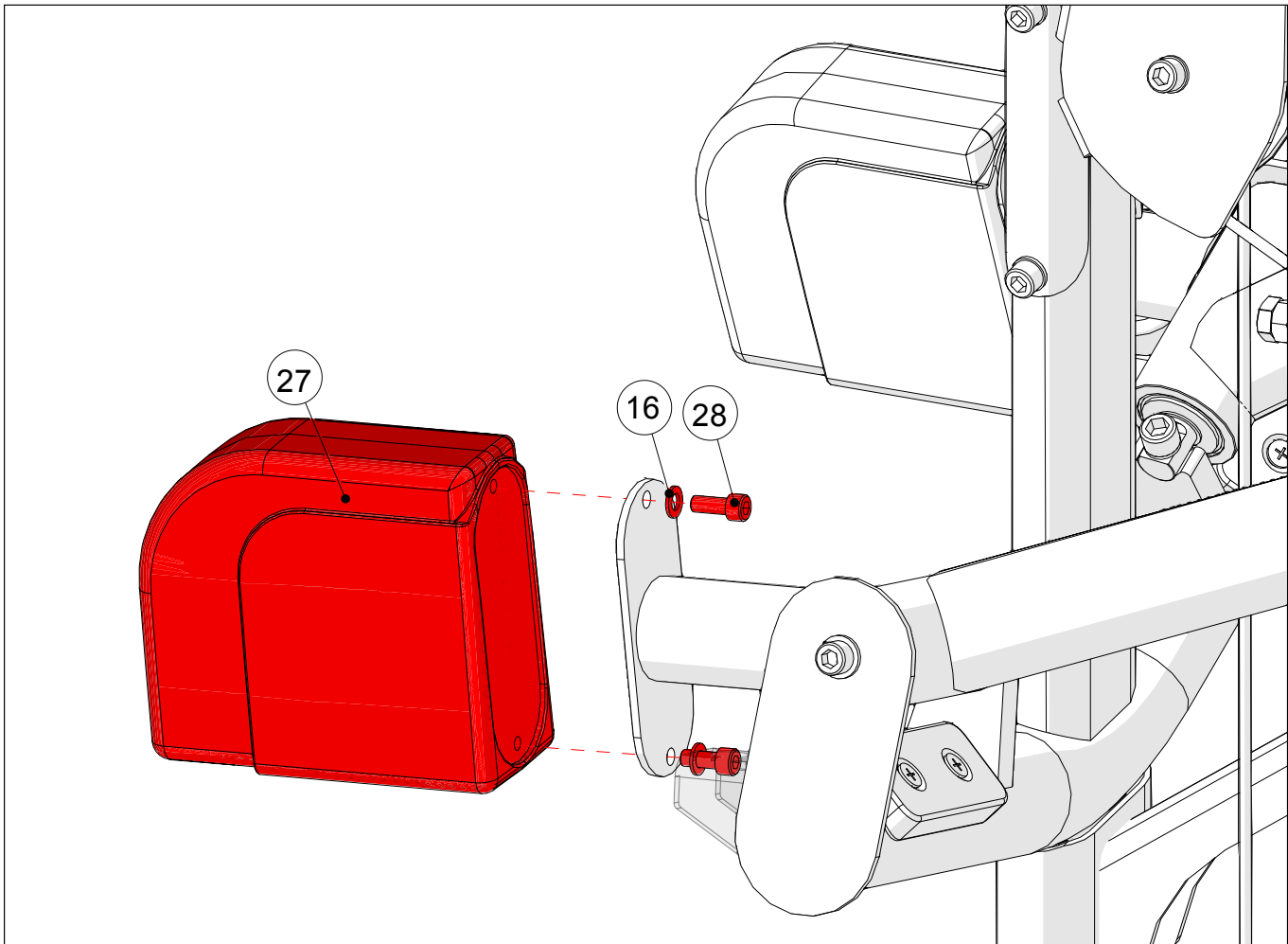
## STEP 3 | CABLE END ASSEMBLY INSTRUCTIONS & NOTES



Torque all M10 Frame Hardware on pages 10 through 15 to: 77 N-m/57 ft/lbs.

**STEP 1 | COUNTER WEIGHT ASSEMBLY INSTRUCTIONS & NOTES**

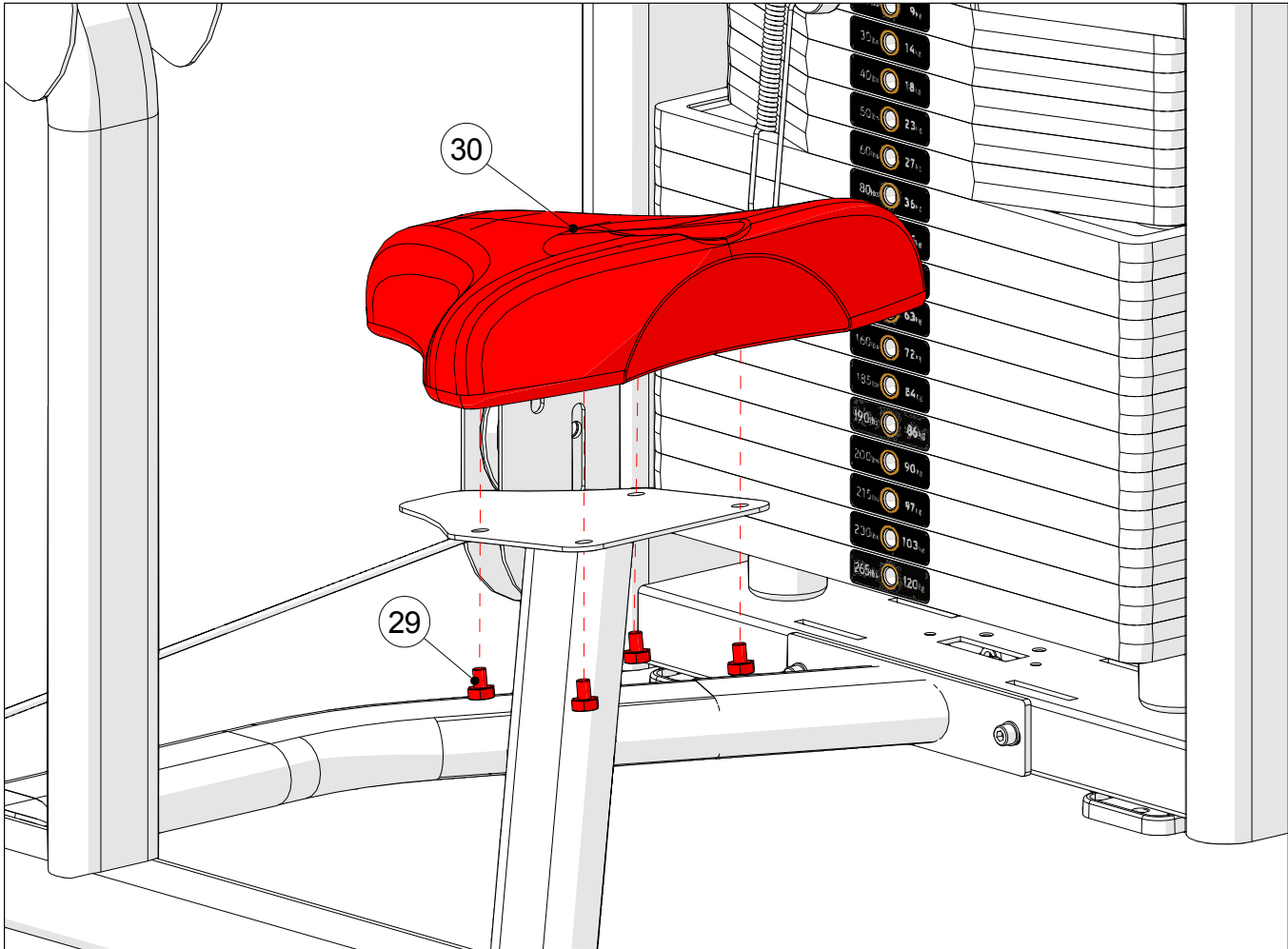
ID	DESCRIPTION	QUANTITY
16	M8 Flat Washer	4
27	Counter Weight	2
28	M8 X 20L SHC	4



Install the counter weights as shown.  
Tighten to 39 N-m/29 ft-lbs.

## STEP 1 | PAD ASSEMBLY INSTRUCTIONS & NOTES

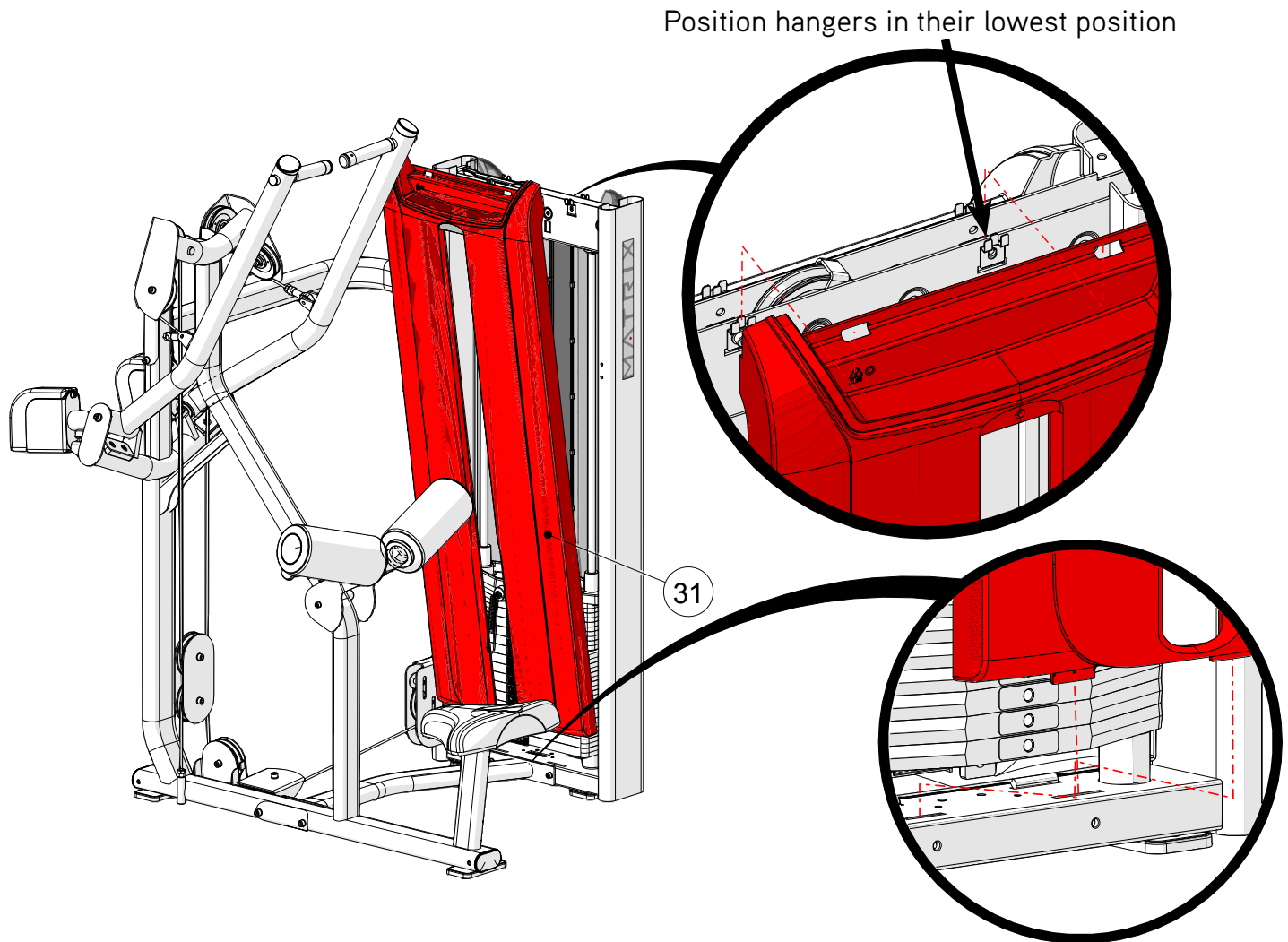
ID	DESCRIPTION	QUANTITY
29	M10 X 20L Hex Bolt	4
30	Pad	1



Install the pad as shown.  
Tighten to 57 N-m/41 ft-lbs.

## STEP 1 | SHROUD ASSEMBLY ASSEMBLY INSTRUCTIONS & NOTES

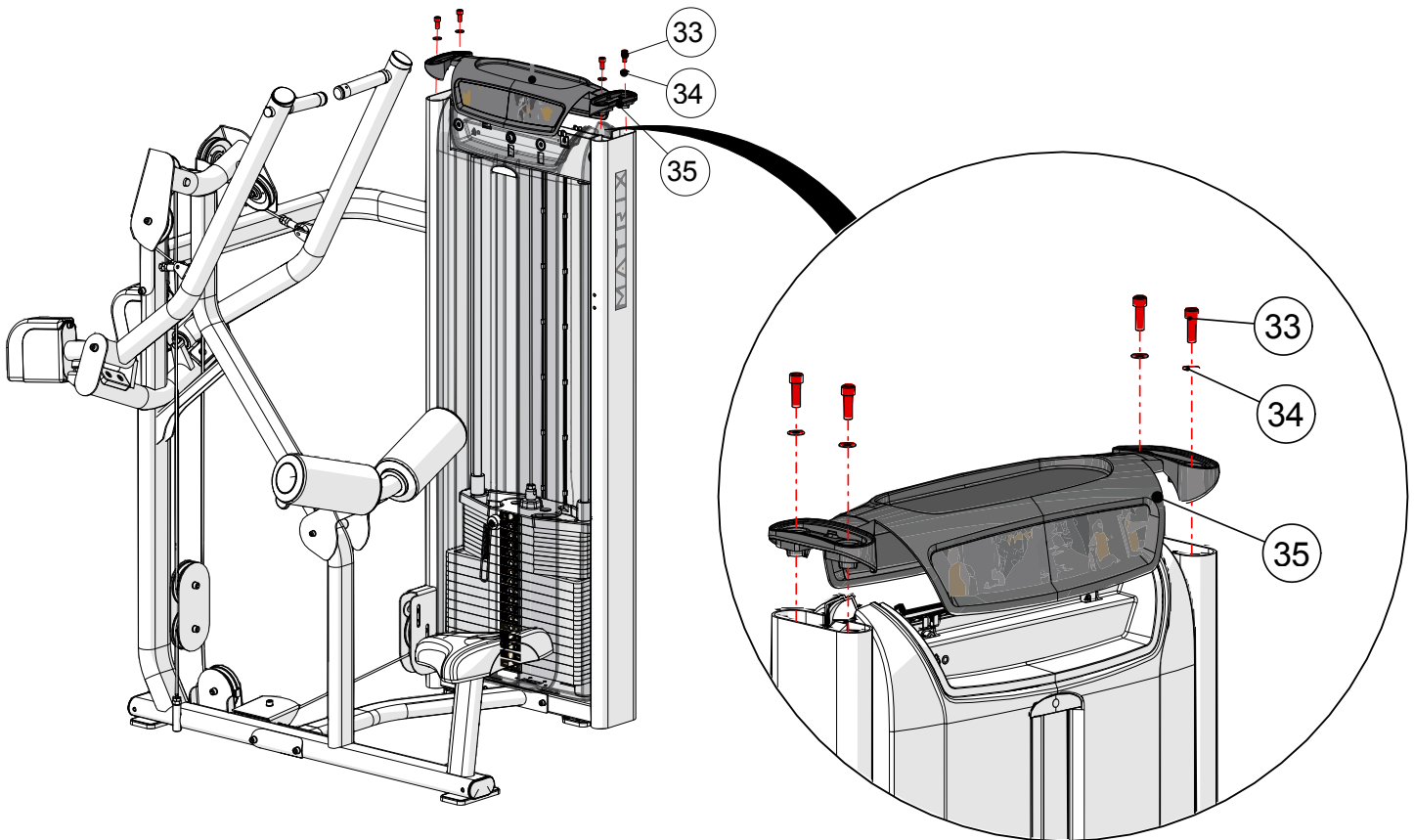
ID	DESCRIPTION	QUANTITY
31	Front Shroud	1
32	Rear Shroud (Not shown)	1



Install the weight stack shrouds as shown.

## STEP 2 | TOP CAP ASSEMBLY INSTRUCTIONS & NOTES

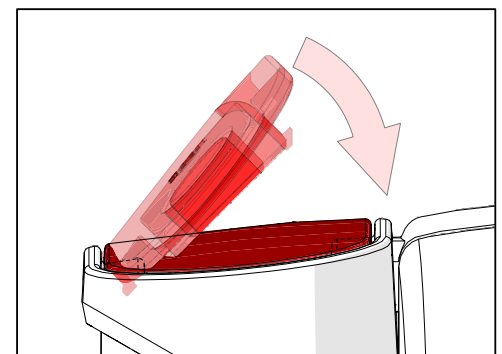
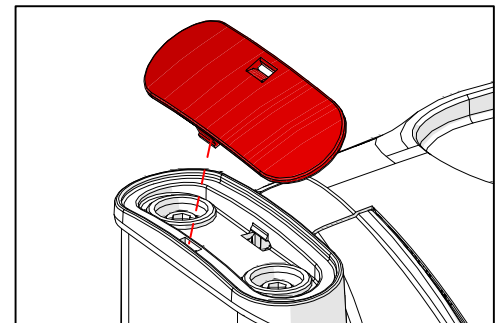
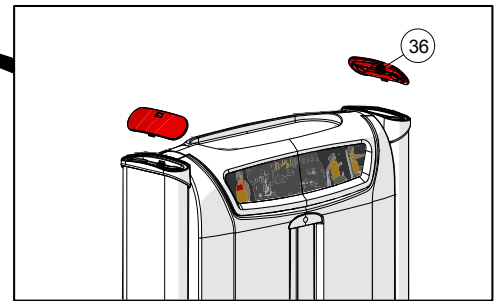
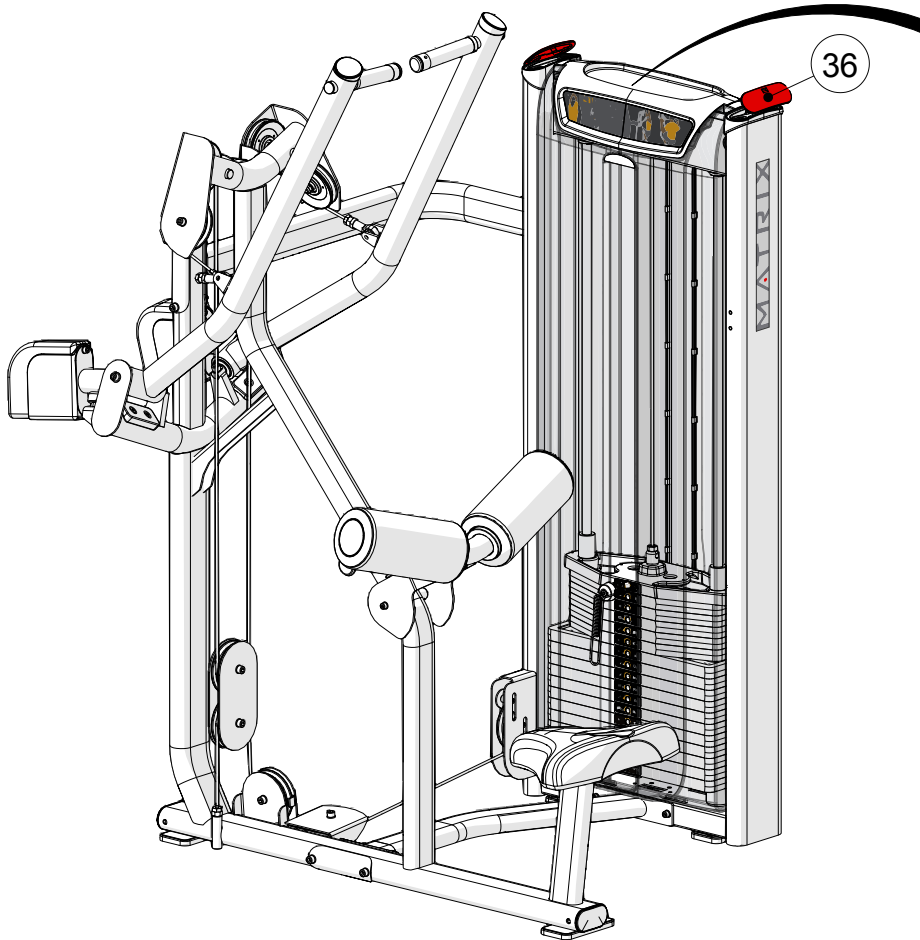
ID	DESCRIPTION	QUANTITY
33	M8 X 25L SHC	4
34	M8 Flat Washer (20 mm diameter)	4
35	Top Cap	1



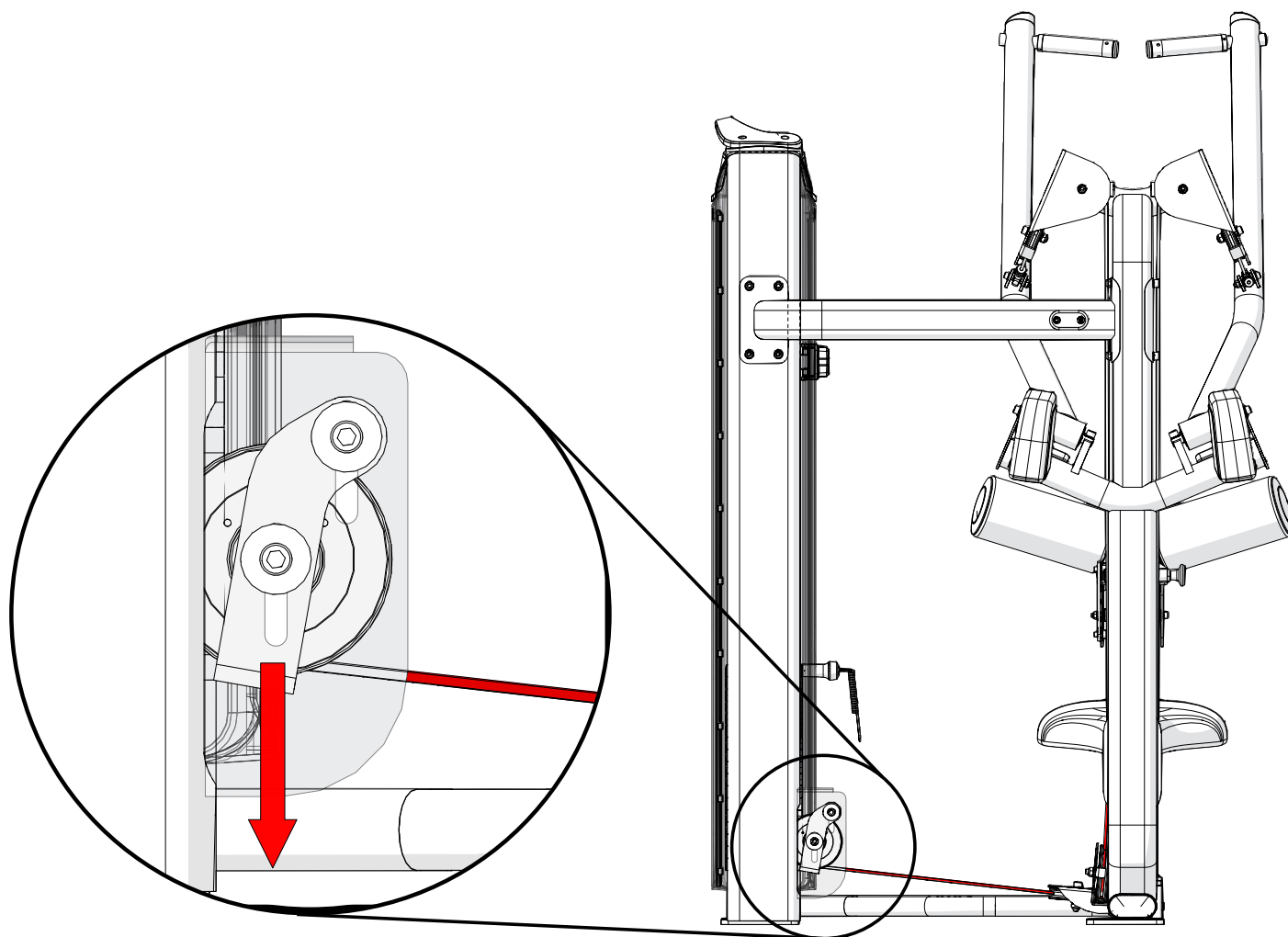
Install the top cap onto the weight stack as shown.  
 Torque to 17 N-m/147 in-lbs.  
 Position top cap so that the instructional placard faces the user.

## STEP 3 | TOP CAP COVERS INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANTITY
36	Top Cap Cover	2



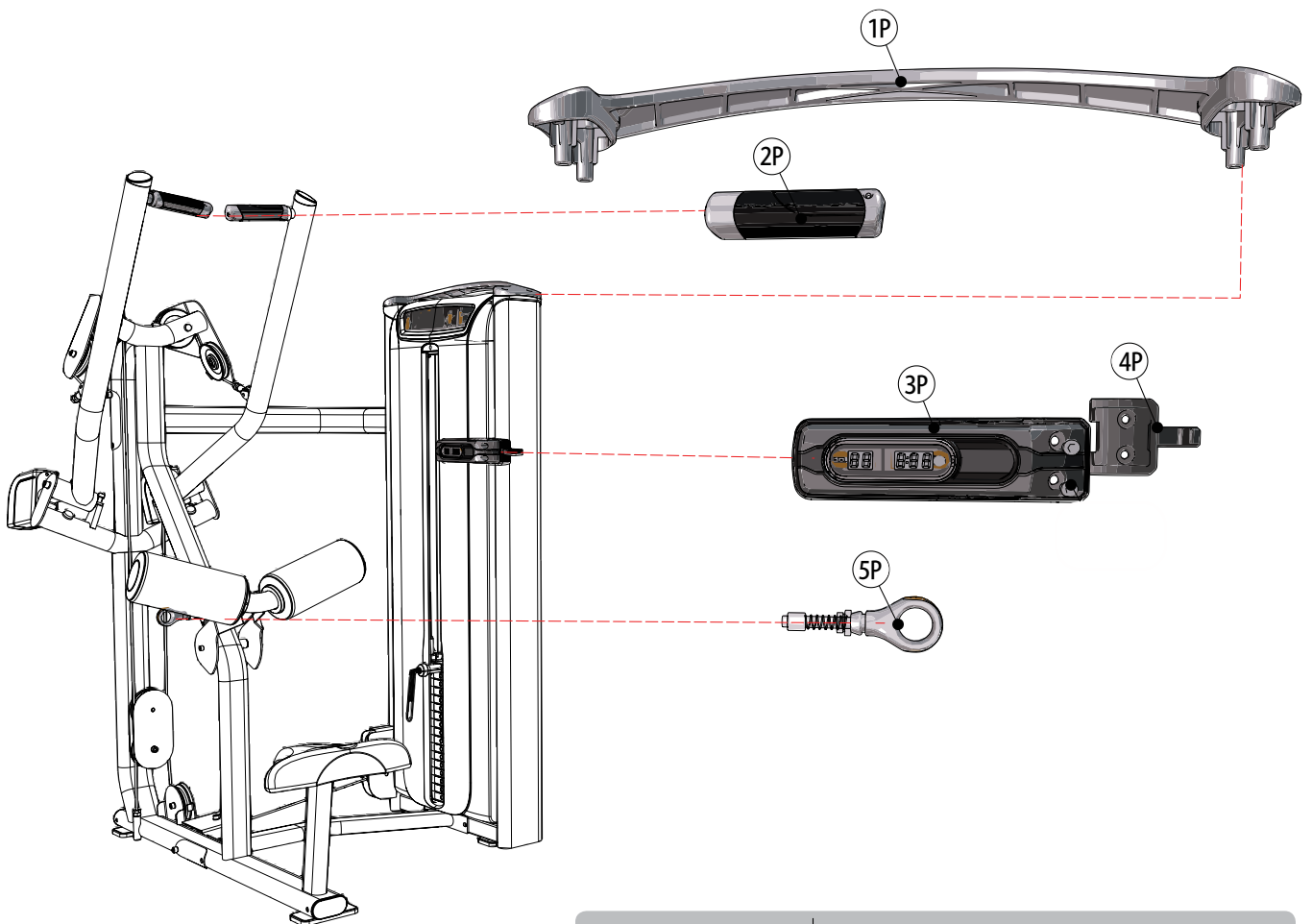
Install the top cap covers.



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

## PREMIUM KIT ASSEMBLY INSTRUCTIONS & NOTES

ID	DESCRIPTION	QUANTITY
1P	Wing	1
2P	ASG Pull Grip	1
3P	Rep Counter	1
4P	Towel Hook	2
5P	Premium Pullpin	1



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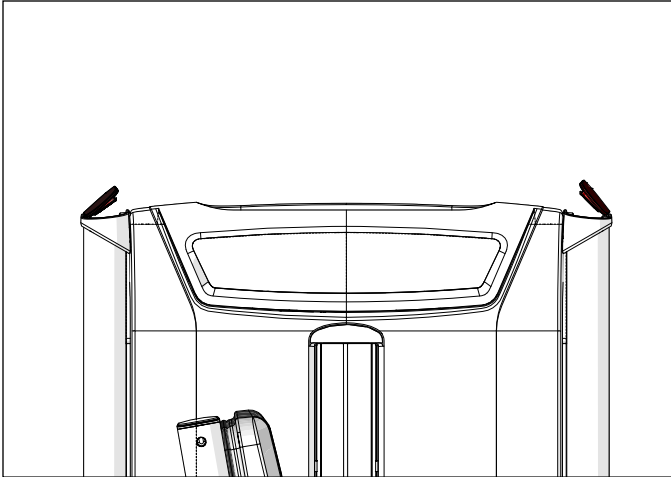
### IMPORTANT NOTICE



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

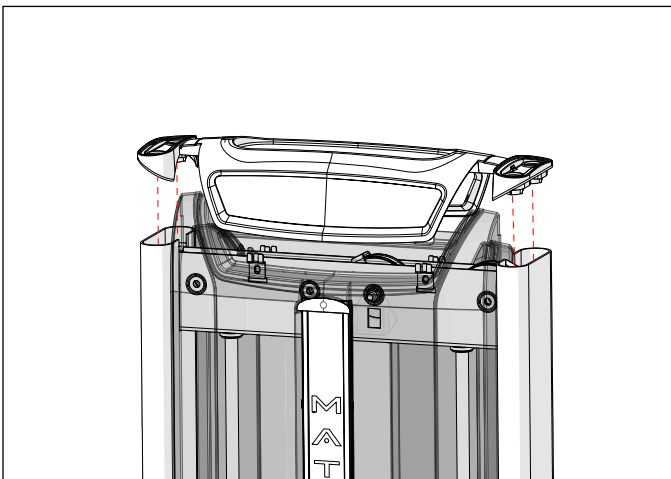
**STEP 1 | PREMIUM KIT ASSEMBLY INSTRUCTIONS & NOTES**

## Rep Counter - Magnet

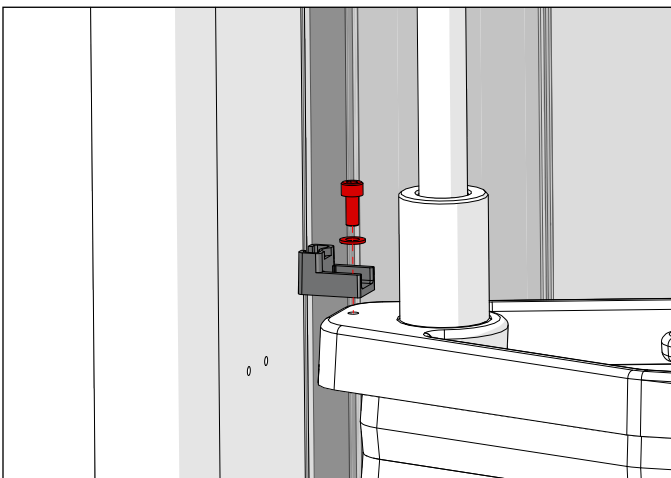


1. Remove the (2) top cap covers using a flat blade screw driver.
2. Remove the (4) M8 bolts and 20 mm diameter washers that hold the top cap to the weight stack frame.

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

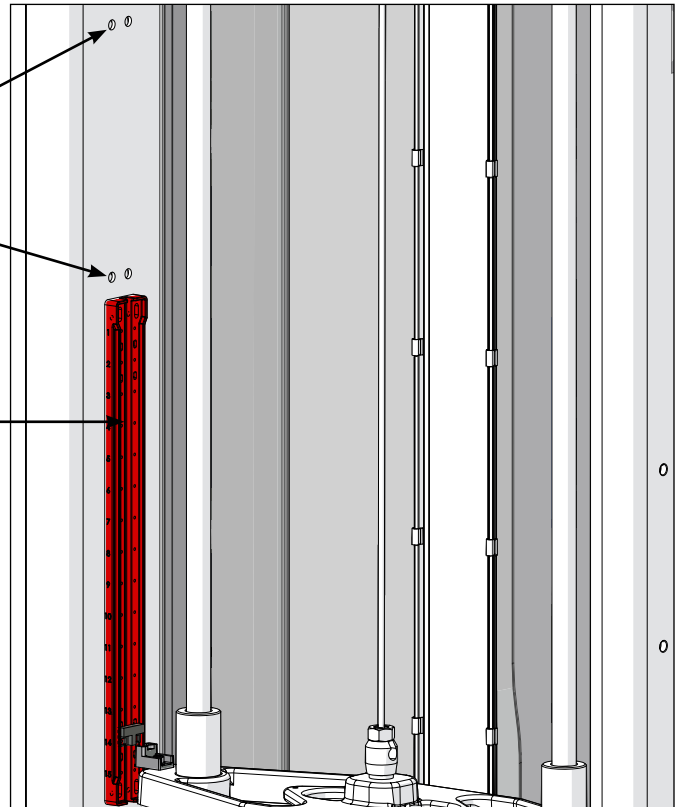
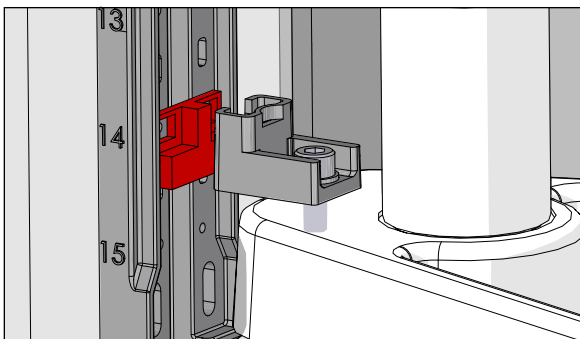
## STEP 2 | PREMIUM KIT ASSEMBLY INSTRUCTIONS & NOTES

### Rep Counter - Sensors

1. Assemble Rep Counter sensor base using (4) screws included with the kit.
2. Assemble (3) sensors located per machine chart shown below.

Thread zip ties through holes to secure cables

Route wires in groove



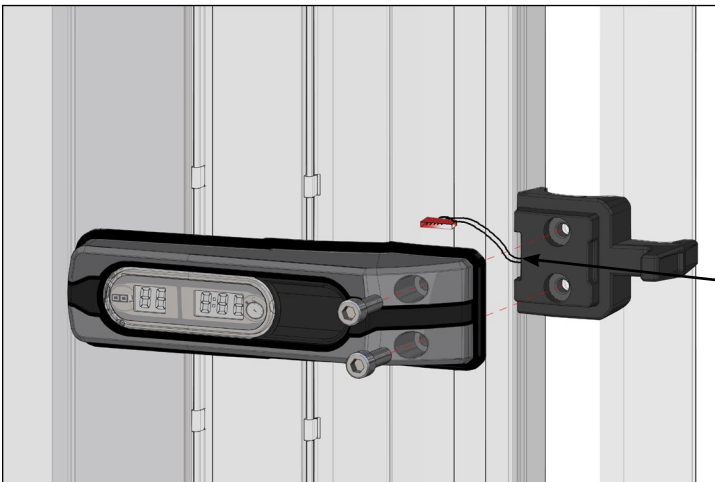
Machine	Sensor Locations (Sensor "A" = Top, "B" = Middle, "C" = Bottom)
Chest Press	A2, B7, C13
Shoulder Press	A1, B4, C13
Leg Extension	A1, B7, C13
Seated Leg Curl	A6, B10, C13
Leg Press	A6, B10, C13
Lat Pulldown	A1, B3, C13
Triceps Press	A5, B8, C13
Seated Row	A1, B4, C13
Bicep Curl	A6, B8, C13
Hip Add/Abduction	A7, B11, C13
Pec Fly/Rear Delt	A7, B 9, C13
Abdominal	A8, B10, C13
Back Extension	A6, B8, C13
Glute	A2, B7, C13

**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

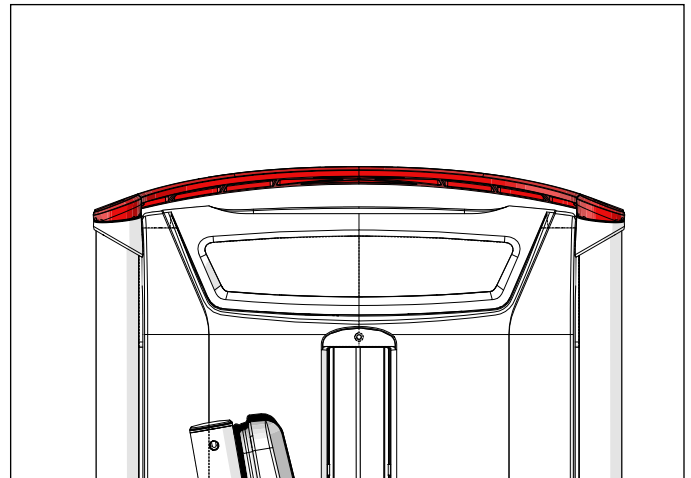
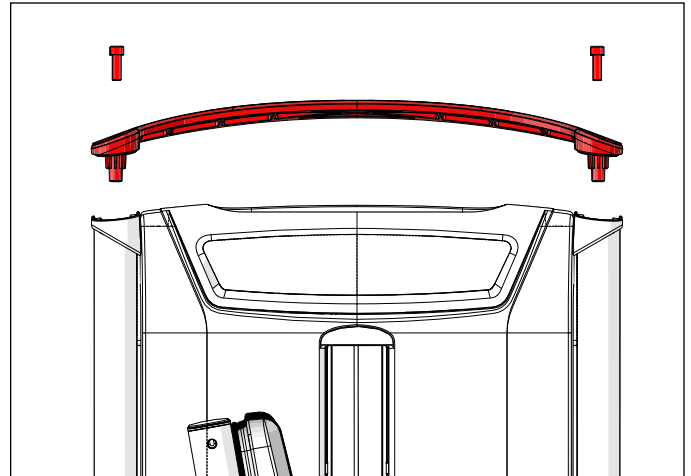


4. Torque bolts to 17 N-m/147 in-lbs.

**STEP 4 | PREMIUM KIT ASSEMBLY INSTRUCTIONS & NOTES**

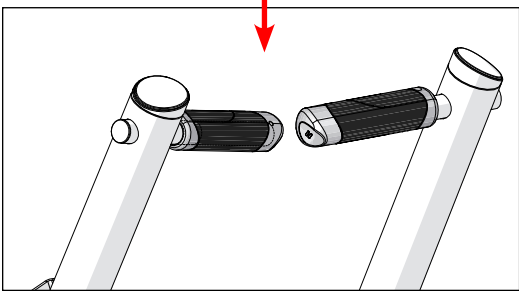
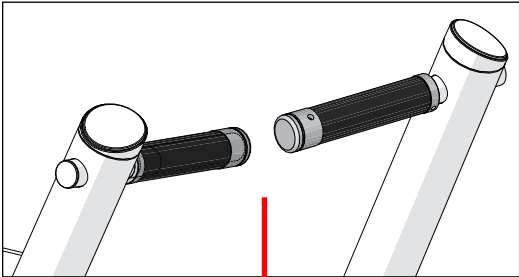
## Wing

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

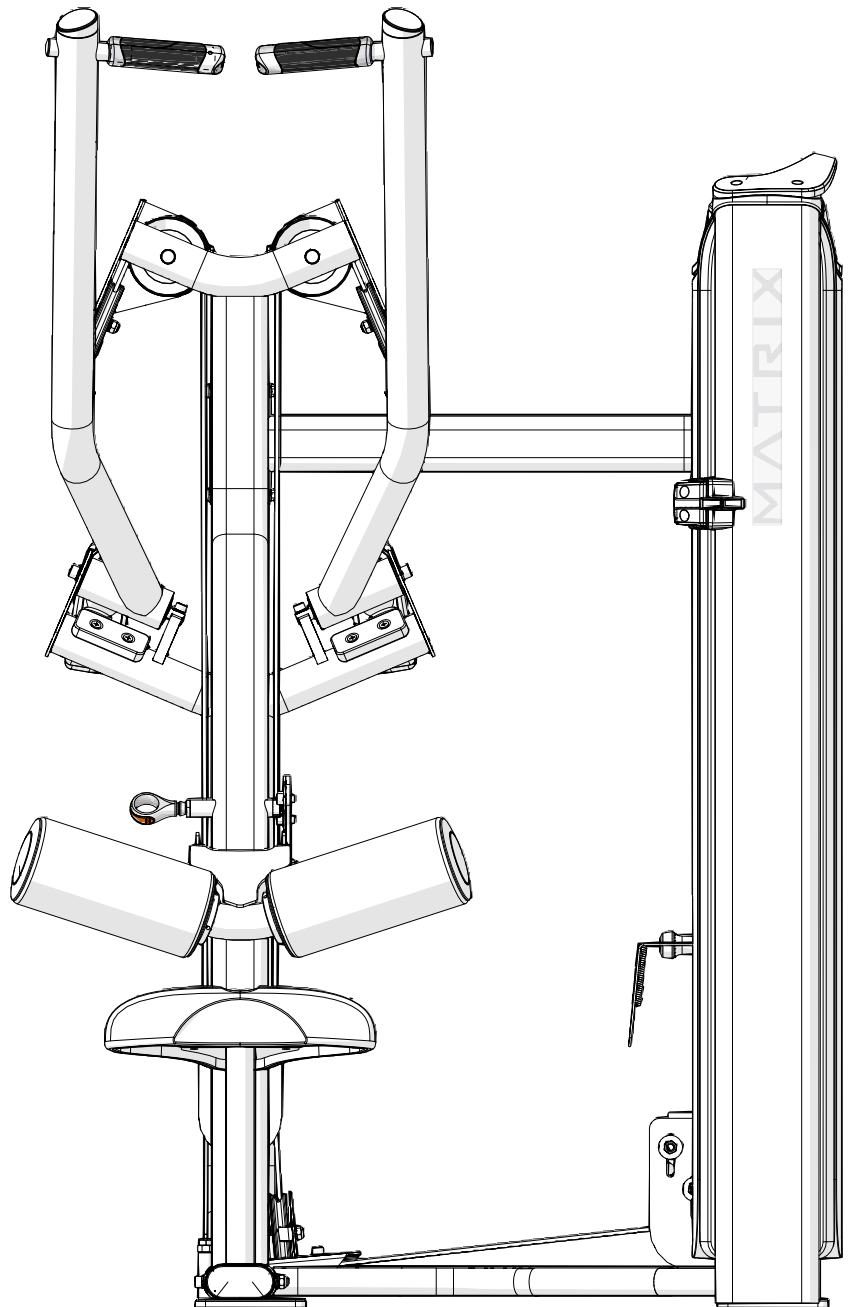
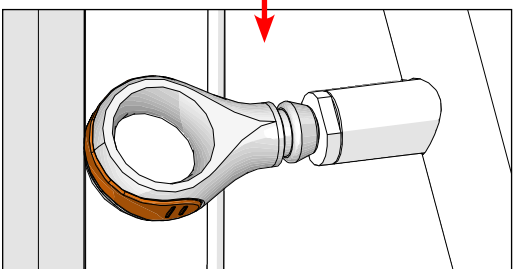
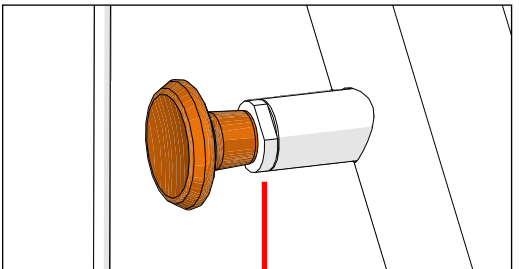


## STEP 5 | PREMIUM KIT ASSEMBLY INSTRUCTIONS & NOTES

### Grips & Pull Pin



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 grip as shown; lock inner collars using a 4 mm Allen wrench (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, with thumb index angled towards user for comfort.



Remove value pull pin and replace with premium pull pin using an adjustable wrench. Fully tighten.



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