



**Secondary Data Display LCD**  
Our secondary LCD data display keeps this product running longer. In the event of a primary screen malfunction, this display works in conjunction with the crossover quick keys for quick start mode until the main LCD can be repaired.



**Virtual Active™ programming**  
Compatible with the immersive Virtual Active™ programming.

## Nike + iPod

**Nike + iPod for the Gym**  
Nike + iPod allows users to save their workouts to their iPod and post them to nikeplus.com.



### FEATURES

Deck type	Ultimate™ Hard-Wax reversible 7" deck
Belt type	Hybrid, 2-ply commercial grade
Running area	60" x 22"
Deck step height	9.5"
Cushion system	Ultimate Deck System™
Incline range	0-15% (1,000 lb thrust incline motor)
Speed range	0.5 - 10 <sup>+</sup> mph
Contact HR sensors	Yes
Scramming belt recovery	Yes
Transport wheels	Yes

### DRIVE SYSTEM

Motor	Matrix 5.0 hp AC Dynamic Response Drive System*
Motor controller	Commercial treadmill AC drive

### CONSOLE

Display type	7" LCD
Display feedback	Time, distance, kilometers at mile(s), calories, calories per hour, speed, incline, pace, heart rate, hi/lo, watts, profile
User-defined multi-language display	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic
Workouts	Manual, Running, Intervals, Fat Burn, 16, Target HR, Center Protocol, Arms (PRT), Easy (PRT), Matrix (PRT), Air Force (PRT), Physical Science Battery (PRT)
One-button quick start	Yes
CSAPE, Fitunes™ Professional Certified	Yes
Pause function	Yes
On-the-fly program change	Yes
FitTouch™ Technology	No
Integrated state-of-the-art digital ready television	Yes - 7" screen size
Virtual Active compatible	Yes
Wi-Fi	Yes - for Asset Management
iPod™ compatible	Yes
Compatible with Nike + iPod for the Gym	Yes
Personal fan	Yes
Crossover controls	Quick start, stop, cool down, speed and incline control
Manager mode	Resettable defaults with accumulated time and distance
USB Workout Tracking	Yes

### TECH SPECS

Overall dimensions	84.4" x 36.5" x 58" / 2149 mm x 927 mm x 1473 mm
Maximum user weight	400 lbs / 182 kg
Weight	397 lbs / 180 kg
Shipping weight	437 lbs / 199 kg
Electrical receptacle & plug	NEMA 5-20R 120V
Electrical requirements	20 amps, dedicated circuit required, non-grounded

### WARRANTY

Frame	3 years
Drive motor	Lifetime
Parts & labor	3 years CAP

\* Single rating good up to 200 lbs user

\* Motor for iPod™ means that all treadmill technology has been designed to connect specifically to iPod and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. iPod is a trademark of Apple Inc., registered in the U.S. and other countries.



### Ultimate Deck™ System

Our impact absorption system provides the ultimate feel for all users, and offers over 25,000 miles of maintenance-free performance.



### Dynamic Response Drive System™

Our exclusive drive system is coupled with controller technology that continuously monitors and adjusts to user foot fall to ensure a perfect stride.



### Cast Aluminum End Cap

For lasting durability, the Matrix 5 and 7 series treadmills are equipped with cast aluminum end caps.

# Matrix Treadmill Manual

**Rick Sternbach, Michael Okuda**



## **Matrix Treadmill Manual:**

**The Comprehensive Manual of Therapeutic Exercises** Elizabeth Bryan, 2024-06-01 Therapeutic exercises can be found spread out amongst numerous texts handouts card boxes and websites which has sent clinicians practitioners and trainers searching for reliable evidence based exercises for the entire body all packaged into a single all inclusive manual To that end The Comprehensive Manual of Therapeutic Exercises Orthopedic and General Conditions was written as a fundamental resource on exercise theory and techniques and as a comprehensive guide for designing exercise programs Dr Elizabeth Bryan has compiled thousands of clinically relevant exercises to create a text that will teach students theory and proper application that they will then return to again and again in their career as a reference to aid in designing evidence based exercise programs for their clients or patients Introductory chapters cover exercise parameters exercise progression the importance of form muscle soreness and a reference for body position terminology then subsequent chapters are organized by body area to cover most of the clinical exercises in use today Each exercise includes photographs a list of muscle systems that will be affected specific substitutions to look for and detailed instructions directed at students and clinicians Also included are sections devoted to protocols and specialty exercises including yoga and tai chi Embracing the principles of evidence based practice Where s the Evidence boxes are prominently featured throughout the text to support the exercises and theory with up to date relevant sufficient valid and reliable studies Combining theory with practice The Comprehensive Manual of Therapeutic Exercises Orthopedic and General Conditions is an essential tool for students as well as clinicians practitioners or trainers to find the most appropriate exercises for their client s or patient s needs and apply them properly

*Manual of Heart Failure* Mark Anderson, Donald Heistad, Richard E Kerber, 2025-07-28 Comprehensive guide to heart failure for clinicians Includes chapter in cardiopulmonary exercise testing Internationally recognised US author team

**The Interventional Cardiology Training Manual** Aung Myat, Sarah Clarke, Nick Curzen, Stephan Windecker, Paul A. Gurbel, 2018-08-01 This textbook is a readily accessible educational tool for all fellows undertaking subspecialty training in interventional cardiology while also serving as a refresher to early career interventional cardiologists The key objective is to equip the reader with an evidence based expert led resource focussed primarily on pre procedural planning peri procedural decision making and the salient technical aspects of performing safe and effective coronary intervention the intention being to support the therapeutic decision making process in the emergency room coronary care unit or cath lab in order to optimize patient outcome The Interventional Cardiology Training Manual provides readers with a step by step guide to the basic principles underpinning coronary intervention and facilitates rapid access to best practice from the experts presented in a pragmatic digestible and concise format Uniquely each chapter has been written in a heart center specific manner affording the reader an opportunity to learn how individual institutions perform a specific procedure which algorithms and guidelines they follow and what evidence they draw on to instigate the best possible care for their

patients      **"Dear Children", a Manual for Adult Children of Divorce** William Hinckley, 2012-07-10 This book is for Adult Children of Divorce or anyone who may be in a relationship with someone who has experienced divorce Dear Children will help you understand the roots of the dysfunctions developed as a child of divorce and offer a proven means for overcoming them This journey will enable you to break through the developmental issues that can often bind you in your daily life influencing everything from minor choices to major life changing decisions This investment of time will help you discover who you really are where you really came from and the power that this source offers you on a daily basis You will come to understand the strength of your essence and discover the knowledge and skills to honestly and continuously reflect on your personal situations or those of a loved one in order to embrace a truly uplifting and empowered life Through honest introspection greater knowledge and embracing daily habits you will be able to live a fulfilling uplifting and joy filled life We will explore the dysfunctions associated with divorce including separation people pleasing abandonment guilt and fear of conflict We will examine some of the personifications and manifestations that adult children of divorce may use to mask their pain in order that you may better understand if this is occurring in your own life or the life of someone you love More importantly we will discuss how you can overcome such dysfunctions and manifestations and what you can do to prevent these destructive habits from continuing We will further explore how daily habits can empower you towards success and fulfillment You will come to understand how to embrace joy how to make good decisions and how to ensure that the cycle of divorce and its ill effects may be halted You will learn how to be happy and empowered every day      **Invasive Cardiology:**

**A Manual for Cath Lab Personnel with Navigate Advantage Access** Sandy Watson, Kenneth A . Gorski, 2022-03-10 4 Stars from Doody's Book Review on the Third Edition It is excellent reading for students healthcare professionals considering the cath lab as an adventure as well as novice and expert cath lab professionals Completely revised and updated the fourth edition of Invasive Cardiology A Manual for Cath Lab Personnel is written specifically for nurses technologists and allied health personnel working in the catheterization laboratory Topics cover all aspects of the catheterization laboratory including cardiovascular anatomy radiography angiography technical duties of the staff right and left heart catheterization PCI invasive ultrasound valvuloplasty hemostasis pediatric interventions pharmacology emergency procedures and many others Every new print copy includes Navigate Advantage Access that unlocks a complete interactive eBook student practice activities learning analytics reporting tools and more Now focused on being a training and assessment resource rather than just a reference book the book is divided into parts for better pedagogical organization Stunning 4 color graphics depicting anatomy physiology and invasive cardiology devices and procedures Each chapter now includes learning objectives summaries relevant case studies and self assessment questions Updated to reflect the Society of Invasive Cardiovascular Professionals SICP 2015 Educational Guidelines for Invasive Cardiovascular Technology Personnel in the Cardiovascular Catheterization Laboratory Includes information on endovascular treatment of pulmonary embolism New eBook available with additional

online case studies Printable step by step procedures 2023 625 pages      Invasive Cardiology: A Manual for Cath Lab Personnel with Navigate Advantage Access Sandy Watson, Kenneth A. Gorski, 2022-03-10 This book is written primarily for technical and nursing professionals training to work in catheterization laboratories It also serves as a reference manual for these professionals during their first few years in the lab      Manual of Equine Lameness Gary M. Baxter, 2022-03-29

**MANUAL OF EQUINE LAMENESS** Discover a concise and accessible guide to diagnosing and managing lameness in horses The revised Second Edition of Manual of Equine Lameness offers a concise and accessible manual of lameness diagnosis and treatment in horses Perfect for use as a quick reference this book provides straightforward access to the essentials of equine lameness including the clinical assessment of the horse and commonly performed diagnostic nerve blocks and the most common conditions of the foot forelimb and hindlimb that may be contributing to the lameness Current therapeutic options to treat lameness are also discussed as well as guidance on how to manage musculoskeletal emergencies The content has been distilled from the authoritative Seventh Edition of Adams and Stashak's Lameness in Horses and this new edition has been re envisioned to be even quicker and easier to navigate than the previous version Color photographs and illustrations support the text which presents lameness information most relevant to equine general practitioners mixed animal practitioners and veterinary students A companion website offers videos that focus on the clinical examination of the horse and select diagnostic blocks and relevant anatomy Diagnostic and treatment material has been revised from the previous edition to include the most up to date information Readers will find A thorough introduction to the assessment of the lame horse including history visual exam palpation subjective and objective assessments of lameness perineural anesthesia and intrasynovial anesthesia An exploration of common conditions of the foot including the navicular region and soft tissue injuries coffin joint and distal phalanx conditions and laminitis Discussions of the most common conditions of the forelimb including the pastern fetlock metacarpus metatarsus carpus antebrachium elbow and humerus as well as the shoulder and scapula Discussions of common conditions of the hindlimb and axial skeleton A review of therapeutic options to treat lameness conditions How to manage musculoskeletal emergencies in the horse Ideal for veterinary students early career equine practitioners and mixed animal veterinarians the Second Edition of Manual of Equine Lameness is an indispensable reference for any veterinarian seeking a concise one stop reference for equine lameness      **Science, Theory and Clinical**

**Application in Orthopaedic Manual Physical Therapy: Applied Science and Theory** Ola Grimsby, Jim Rivard, 2008-09-16 This long awaited textbook from The Ola Grimsby Institute provides decades of clinical experience and reasoning with both historical and current evidence with rationale for both passive and active treatments in orthopaedic manual therapy Practical guidelines for joint mobilization and exercise rehabilitation are presented with this logical and exciting work Incorporating experience and science this book provides new approaches and treatment principles to make what you already do more effective Extensive Content Over 535 pages and 275 illustrations photographs and tables Ola

Grimsby and his co authors have compiled a significant resource for the practicing physical therapist manual therapist or osteopath      **Manual of Clinical Anatomy Volume - 1** Mr. Rohit Manglik,2024-07-24 The first volume of this clinical anatomy series offers regional dissection insights clinical correlations and applied knowledge for MBBS students      **ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription** American College of Sports Medicine,Jeffrey L. Roitman,2001 This complementary book to ACSM s Guidelines for Exercise Testing and Prescription elaborates on the Knowledge Skills and Abilities KSAs you need to study for any of the American College of Sports Medicine certification exams It also serves as a valuable professional resource behind the Guidelines New content includes updated research throughout and a reorganization of the KSAs to correspond with the sixth edition of ACSM s Guidelines Significantly revised chapters include Epidemiology of Physical Activity Physical Fitness and Selected Chronic Diseases Diet and Chronic Disease Medical and Invasive Interventions in the Management of Coronary Artery Disease Comprehensive Cardiovascular Risk Reduction in Patients with Coronary Artery Disease Smoking Cessation Policies and Procedures for Clinical Programs Both the clinical and health fitness tracks are covered in an attractive design that highlights the KSAs for each level of certification The book features both theoretical and practical physiological concepts and relates the examples to exercise testing training and programming thus providing a complete perspective on clinical exercise physiology and fitness A Brandon Hill recommended title      *The Wound Management Manual* Bok Y. Lee,2005 This technique oriented text covers the full scope of wounds and ulcerations as well as their surgical and medical management options Features focused tables illustrations and step by step techniques for every included procedure Special recommendations for preventing acute phases of infection are also included Midwest      *Technical Manual* Rick Sternbach,Michael Okuda,1991-11 Mike Okuda and Rick Sternbach the technical advisors to the smash TV hit take readers into the incredible world they ve created for the show Filled with blueprints sketches and line drawings the Star Trek The Next Generation Technical Manual explains the principles behind everything from the transporter to the holodeck and takes an incredible look at the brand new Enterprise Black and white photographs

**Hurst's the Heart Manual of Cardiology, Thirteenth Edition** Richard Walsh,James Fang,Valentin Fuster,Robert A. O'Rourke,2012-09-03 A cardiac point of care guide based on the field s leading text Hurst s the Heart Manual of Cardiology 13e provides a concise summary of the clinical content of Hurst s the Heart 13e Updated throughout the book features a streamlined quick access presentation designed for use in urgent clinical situations Features Increased number of tables illustrations and summary visuals Completely updated to reflect new cardiovascular drugs and the latest US and European guidelines Streamlined presentation      **Bridging the Gap in Neuroscience and Neurotherapeutics: from Fundamental Research to Clinical Translational Applications** Na Li,Haojie Mao,Jing Teng,Zhou Zhou,2023-12-04

Harrison's Principles of Internal Medicine 19th Edition and Harrison's Manual of Medicine 19th Edition (EBook)VAL PAK J. Larry Jameson,Anthony S. Fauci,Dennis L. Kasper,Stephen L. Hauser,Dan L. Longo,Joseph Loscalzo,2017-11-18 SPECIAL

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guide on planning specifying managing risk configuring and testing a chromatography data system before release This is followed by operational aspects such as training integration and IT support and finally retirement All areas are discussed in detail with case studies and practical examples provided as appropriate The book has been carefully written and is right up to date including recently released FDA data integrity guidance It provides detailed guidance on good practice and expands on the first edition making it an invaluable addition to a chromatographer s book shelf *The Book of Light* Michael

Sharp,2006 The Book of Light shows you the complete truth about God the universe and you Within the grounded and elegant pages of this book you will find the answers to top level theological cosmological questions like what is the nature of God and consciousness what is the nature of the physical universe what is our highest purpose what is our essential nature and more If you ever thought that spiritual enlightenment required sacrifice strength or years of effort if you think that only the special the chosen the few the evolved get to be enlightened saved go to heaven if you think ego has anything to do with enlightenment at all think again Remember the simple and glorious truth of your divinity Read The Book of Light and find the divinity within you **Mosby's Fundamentals of Therapeutic Massage - E-Book** Sandy Fritz,Luke Allen

Fritz,2020-02-13 Success in massage therapy begins with a solid foundation in the fundamentals Mosby s Fundamentals of Therapeutic Massage 7th Edition helps you build the skills you need from assessing problems and planning treatment to mastering massage techniques and protocols Hundreds of photographs demonstrate massage techniques step by step and case studies bring concepts to life How to videos on the Evolve companion website show manipulation techniques body mechanics positioning and draping and more If you want to prepare for licensing and certification exams and succeed in practice this resource from massage therapy expert Sandy Fritz is your text of choice Comprehensive coverage includes all of the fundamentals of therapeutic massage including massage techniques equipment and supplies wellness working with special populations and business considerations it also prepares you for success on licensing and certification exams Step by step full color photographs demonstrate massage techniques and protocols by body area Three hours of video on the Evolve website demonstrate techniques and body mechanics each clip is narrated and performed by author Sandy Fritz as well as review activities for licensing exams Proficiency exercises provide opportunities to practice and apply what you are learning Case studies offer practice with clinical reasoning and prepare you to address conditions commonly encountered in professional practice Coverage of body mechanics helps you to create an ergonomically effective massage environment and to determine appropriate pressure drag and duration application while applying massage methods Coverage of multiple charting methods helps you develop record keeping and documentation skills including SOAP and computer charting with simulation on Evolve Learning features include chapter outlines objectives summaries key terms practical applications activities and exercises and workbook type practice Review tools include matching exercises short answer questions fill in the blank questions drawing exercises and critical thinking questions all available on Evolve Research Literacy and Evidence



Based Practice chapter includes new research findings and explains how research is done and how to read and understand it Adaptive Massage chapter explains how to address the needs of specific populations from pregnant women and infants to hospice patients and people with physical impairments Massage Career Tracks and Practice Settings chapter covers massage therapy services offered at spas and looks at the spa as a possible massage career In depth coverage of HIPAA shows how to store records in a HIPAA compliant manner and explains HIPAA requirements and training Foot in the Door boxes outline the professional skills expected by prospective employers Updated Basic Pharmacology for the Massage Therapist appendix provides up to date information on common medications     Animal Physiotherapy Catherine McGowan, Lesley Goff, 2016-03-17 A thoroughly updated edition of this essential reference guide for physiotherapists and physical therapists looking to apply the proven benefits of physiotherapy to the treatment of companion and performance animals Seven new chapters provide greatly expanded coverage of practical treatment and rehabilitation Includes reviews of different physiotherapy techniques drawing on both human and animal literature Discusses approaches in small animal medicine as well as for elite equine athletes Provides applied evidence based clinical reasoning model with case examples Now in full colour with many more illustrations

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