Fitness Focus!

MATRIX UPRIGHT BIKE

The Matrix Upright Bike brings the feel and performance of outdoor road cycling into an indoor fitness format. Because you ride in a vertical position against gravity, this cycle delivers a cardiovascular workout that builds functional leg strength and core stability, while remaining entirely low impact on your bones and joints.

Biomechanical Benefits Of The Upright Design

- **Reduced Knee Compression:** Sitting directly above the pedals allows for an optimal seat height that prevents deep knee bending at the top of the pedal stroke. This minimizes pressure behind the kneecap, making it exceptionally joint-friendly.
- **Axial Weight Bearing:** Helps stimulate and maintain bone density in the hips and lower spine without the harsh joint impact of running.
- **Core and Postural Engagement:** Requires continuous, low-level activation of your deep core and spinal stabilizers to maintain your posture.



- **Align to Your Hip Bone:** Stand flat on the floor next to the bike and adjust the vertical seat pin until the top of the saddle aligns perfectly with your hip bone.
- **Check Your Leg Extension:** Sit fully on the saddle and place your foot on the pedal at its lowest point (the 6 o'clock position); your leg should be mostly extended but still maintain a slight, comfortable 15-to-20-degree bend in the knee.
- **Eliminate Pelvic Rocking:** If your hips must tilt or rock from side to side to complete a full pedal stroke, your seat is too high. Lower it by one notch to protect your lower back and outer knee tendons.
- **Secure the Foot Axis:** Slide your shoe completely into the pedal strap and cinch it snugly so the widest part (the ball) of your foot sits directly over the center of the pedal axle for maximum power transfer.

WHO BENEFITS MOST

- **Individuals with Joint Stiffness:** Those recovering from minor knee issues or dealing with stiff joints benefit from the vertical setup, which lets you fully extend your legs without forcing painful, cramped ranges of motion.
- **Active Aging Adults:** The pushing and pulling mechanics of upright pedaling directly strengthen the primary muscle groups required for everyday movements like climbing stairs, walking uphill, and standing up from a chair.
- **Cardio and Endurance Athletes:** Members looking for efficient high-intensity interval training (HIIT), or outdoor cyclists looking to maintain their cardiovascular conditioning and power output during off-season training.