

## Get set up on Matrix machines like treadmills, ellipticals and bikes.



The Sheboygan County YMCA been upgrading cardio equipment to help you have better workouts. The new Matrix machines allow you to create a personal xID to access features like:

- Automatically tracking your cardio workouts
- Syncing with the [Y's mobile app](#)
- Personalizing your experience with custom playlists
- Accessing Facebook and Twitter feeds
- Saving time when starting a new workout

Creating an xID is a simple process that takes less than two minutes—do it at the gym or online:

### **On a Matrix machine console**

- Click "Register"
- Choose an ID with 10-14 digits—your phone number is a good option
- Enter your email address, which is only used to send you a forgotten passcode
- Choose a four-digit passcode
- Enter your date of birth, gender and weight to get accurate calorie burn reports

### **Online**

- Click "Sign up"
- Choose your local Y, enter your email address and click "Verify Email"
- Choose a 10-14 digit ID—your phone number can be a good option
- Read and Accept the Terms & Conditions and click "Continue"
- Enter your first and last name, gender, date of birth and weight to get accurate calorie burn reports
- Click "Save"

