We have a 2006 Vibe with 130k miles, been running great. There isn't anything in the manual about the manual transmission fluid, the Son.

Here is my DIY for changing out the manual trans fluid on a C59 transmission. This procedure will be nearly identical for 2003-2006 Matrix XRS.

Pontiac Vibe Manual Transmission Fluid

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Transmission fluid is an important fluid in your car and needs to be topped up on a regular basis. Changing engine oil, axles oil, manual and automatic transmission oil is the easiest type of technical maintenance. Follow these simple steps to replace the transmission fluid in a manual transmission Toyota Corolla!

1. **Drain the Fluid**: Locate the 24mm drain plug and remove it to drain the fluid. You may need a wrench to do this.
2. **Refill the Fluid**: Replace the drain plug and fill the reservoir with the correct type of transmission fluid. The fill plug is either a 10mm hex fill plug or it's located on the side of the reservoir.

For Pontiac Vibe 2003, the fluid capacity is approximately 3.5 quarts. Regular transmission service is necessary to keep your car on the road.
I think I heard Ray say that regardless of what the owners manual says, he recommends changing the transmission fluid at 60k miles. Did I hear it says quarts. What about the transmission fluid? What is the total capacity for this vehicle. Pontiac Vibe Automatic Transmission, ATF Type T-IV Automatic.

Manual transmissions use a variety of oils: regular motor oil, heavyweight hypoid gear oil or even automatic transmission fluid in some cases. Your owner's manual provides transmission fluid service requirements. Regular transmission service is necessary to keep your car on the road.

Just had my 2009 Pontiac Vibe 1.8L Manual 5-speed in for its 90,000 mile service. As part of the service they changed the transmission fluid.