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Download PDF CLICK HERE TO DOWNLOAD BOWFLEX MAX TRAINER M3 (01) PDF MANUAL FREE ENGLISH PDF OPERATING INSTRUCTIONS USER GUIDE - USER MANUAL OWNER GUIDE - OWNER MANUAL REFERENCE GUIDE - REFERENCE MANUAL INSTRUCTION GUIDE - INSTRUCTION MANUAL Assembly / Owner's Manual Manual en Español Latino Americano: Table of Contents / Registration Important Safety Instructions - Assembly 3 Operations 32 Safety Warning Labels / Serial Number 4 Mounting / Dismounting 32 Specifications 5 Power Up / Idle Mode 33 Before Assembly 5 Manual (Quick Start) Program 33 Parts 6 MAX Workout Program 33 Hardware 7 Paused / Results Mode 34 Tools 7 Edit a User Profile 35 Assembly 8 Customize MAX Program 35 Moving the Machine 19 Console Setup Mode 36 Leveling the Machine 19 Maintenance 37 Maintenance Parts 38 Important Safety Instructions 20 Troubleshooting 40 Features 21 Body Weight Loss Guide 42 Console Features 22 100% Satisfaction Guarantee 50 Resistance Level Shifter 24 Warranty 51 Fitness Basics 26 To validate warranty support, keep the original proof of purchase and record the following information: Serial Number _____ Date of Purchase _____ To register your product warranty , go to: www.bowflex.com/register or call 1 (800) 605-3369. If you have questions or problems with your product, please call 1 (800) NAUTILUS (628-8458). Nautilus, Inc., (800) NAUTILUS / (800) 628-8458, www.NautilusInc.com - Customer Service: North America (800) 605-3369. csnls@nautilus.com | outside U.S. +01-360-859-5180, technics@nautilus.com | Printed in China | © 2013 Nautilus, Inc. 2 Assembly / Owner's Manual Important Safety Instructions This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Obey the following warnings: Read and understand all warnings on this machine. Carefully read and understand the Assembly instructions. •Keep bystanders and children away from the product you are assembling at all times. •Do not connect power supply to the machine until instructed to do so. •Do not assemble this machine outdoors or in a wet or moist location. •Make sure assembly is done in an appropriate work space away from foot traffic and exposure to bystanders. •Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own. •Set up this machine on a solid, level, horizontal surface. •Do not try to change the design or functionality of this machine. This could compromise the safety of this machine and will void the warranty. •If replacement parts are necessary, use only genuine Nautilus® replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and void the warranty. •Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Manual. •Read and understand the complete Manual supplied with this machine before first use. Keep the Manual for future reference. •Do all assembly steps in the sequence given. Incorrect assembly can lead to injury or incorrect function. •This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section to determine the location of the magnets on this product. 3 Assembly / Owner's Manual Safety Warning Labels and Serial Number Product Specification Label Serial Number Label FCC Compliance Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. The machine and power supply comply with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. Note: This machine and power supply have been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures: •Reorient or relocate the receiving antenna. •Increase the separation between the equipment and receiver. •Connect the equipment into an outlet on a circuit different from that to which the receiver is connected. •Consult the dealer or an experienced radio/TV technician for help. 4 Assembly / Owner's Manual Specifications / Before Assembly Maximum User Weight: 300 lbs. (136 kg) Maximum Pedal Height: 19.1 inches (48.5 cm) 62.9" Power Requirements: (159.8 cm) Operational Voltage: Operational Voltage 9VDC Operating Current: 1500 mA Regulatory Approvals: AC Power Adapter: UL listed, CSA certified (or equivalent), Rated 120V 60Hz 25" 46.1" Input, 9VDC, 1500mA Output, Class 2 or LPS. (63.5 cm) (117 cm) This product, its packaging, and components contain chemicals known to the State of California to cause cancer, birth defects, or reproductive harm. This Notice is provided in accordance with California's Proposition 65. If you would like additional information, please refer to our website at www.nautilus.com/prop65. Before Assembly Select the area where you are going to set up and operate your machine. For safe operation, the location must be on a hard, level surface. Allow a workout area of a minimum 73" (185.4 cm) x 94.1" (239 cm). Be sure that the workout space you are utilizing has adequate height clearance, taking into consideration the height of the user and the maximum pedal height of the fitness machine. Basic Assembly Tips Follow these basic points when you assemble your machine: •Read and understand the "Important Safety Instructions" before assembly. •Collect all the pieces necessary for each assembly step. •Using the recommended wrenches, turn the bolts and nuts to the right (clockwise) to tighten, and the left (counterclockwise) to loosen, unless instructed otherwise. •When attaching 2 pieces, lightly lift and look through the bolt holes to help insert the bolt through the holes. •The assembly requires 2 people. Machine Mat The Bowflex MAX Trainer™ Machine Mat is an optional accessory that helps keep your workout area clear and adds a layer of protection to your floor. The rubber machine mat provides a non-slip, rubber surface which limits static discharge and reduces the possibility of display or running errors. If possible, put your Bowflex MAX Trainer™ Machine Mat in your selected workout area before you begin assembly. To order the optional machine mat, go to: www.bowflex.com, or call 1 (800) 605-3369. 5 Assembly / Owner's Manual Parts (2 Boxes) 1 Box 1 Item Qty Description 4 1 1 Frame 2 2 1 Shroud, Rear 3 1 AC Adapter 4 1 Hardware Card 3 Box 2 8 9 11 5 6 7 18 10 13 9 17 14 12 16 7 8 15 10 A decal has been applied to all right (" R ") and left (" L ") parts to assist with assembly. Item Qty Description Item Qty Description 5 1 Upper Handlebar, Right 12 1 Stabilizer Assembly 6 1 Upper Handlebar, Left 13 1 Static Handlebar Assembly 7 2 Leg 14 2 Cap 8 2 Foot Pad 15 1 Static Handlebar Grip 9 2 Foot Pad Insert 16 1 Static Handlebar Cap 10 2 Pedal 17 1 Heart Rate Chest Strap 11 1 Rail Assembly 18 1 Manual Kit 6 Assembly / Owner's Manual Hardware / Tools A B C D E F G H I J K L M N Item Qty Description Item Qty Description A 8 Socket Head Hex Screw, M6x1.0x8 H 10 Socket Head Hex Screw, M6x1.0x20 B 4 Socket Head Hex Screw, M8x1.25x55 I 4 Washer, Flat M8x18 J 4 Washer, Flat M10x23 D 6 Socket Head Hex Screw, M8x1.25x20 K 2 Washer, Flat M8x24 E 1 Pan Phillips Screw, M5x0.8x20 L 4 Washer, Flat M6x13 F 2 Cap M 10 Lock Washer, M6 G 4 Lock Nut, M8 N 6 Lock Washer, M8 Tools Included Not Included #2.5 mm (recommended) 6 mm 8 mm 13 mm (recommended) 7 Assembly / Owner's Manual Assembly Do not lift the Frame from the packaging until the Rail Assembly has been attached to it. 1. Attach Rail Assembly to Frame and then Release the Frame from the Shipping Plate Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own. NOTICE: Hand tighten hardware. C N D 11 X2 8 Assembly / Owner's Manual 2. Carefully Lift the Frame Assembly from the Shipping Plate and Attach to the Stabilizer Assembly Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own. Lift the Frame Assembly from the exterior of the pivot assembly as indicated below. NOTICE: Once all hardware has been hand tightened, fully tighten ALL hardware from previous steps. X4 I J 12 9 Assembly / Owner's Manual 3. Cut the Shipping Zip-Ties and Attach the Rear Shroud and Caps to the Frame Assembly NOTICE: Place the inside hook of the Rear Shroud on the Frame Assembly and then pivot it up into place. X1 2 E #2 10 Assembly / Owner's Manual 4. Attach Legs to Frame Assembly Be aware that the Legs are connected and when either of these parts move the other does as well. X2 K N D F 7 11 Assembly / Owner's Manual 5. Attach Pedals to Frame Assembly In order to avoid possible serious injury, when inserting the tube ends into the Leg Assemblies be careful to avoid fingers or hands being caught or pinched. 10 13mm X4 G C 10 X4 C B 6mm 12 Assembly / Owner's Manual 6. Connect the Foot Pads and then the Foot Pad Inserts 5mm X8 A B 8 X2 9 13 Assembly / Owner's Manual 7. Attach the Upper Handlebars to Frame Assembly Be aware that the Pedals and the Upper Handlebars are connected and when either of these parts move the other does as well. Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own. NOTICE: Be sure to attach the Upper Handlebars so they can be correctly grasped by a User when on the machine. 5 6 X6 M H 5mm 14 Assembly / Owner's Manual 8. Connect the Static Handlebar Assembly to the Frame Assembly NOTICE: Do not crimp the Console Cable. 13 X4 L M H 5mm 15 Assembly / Owner's Manual 9. Attach the Shifter Assembly to the Static Handlebar and Attach the Grip NOTICE: Do not crimp the Cable. Hardware is pre-installed and not on Hardware Card (*). Be sure the settings on the Shifter Assembly are visible to a User before fully tightening the hardware. Note: A small application of soapy water can be used to ease the Static Handlebar Grip onto the Handlebar. X1 * #2 15 16 16 Assembly / Owner's Manual how to turn on bowflex max trainer m3. how to use bowflex max trainer m3. how to reset bowflex max trainer

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