## 10. 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 that they are in the range of operation for the User.
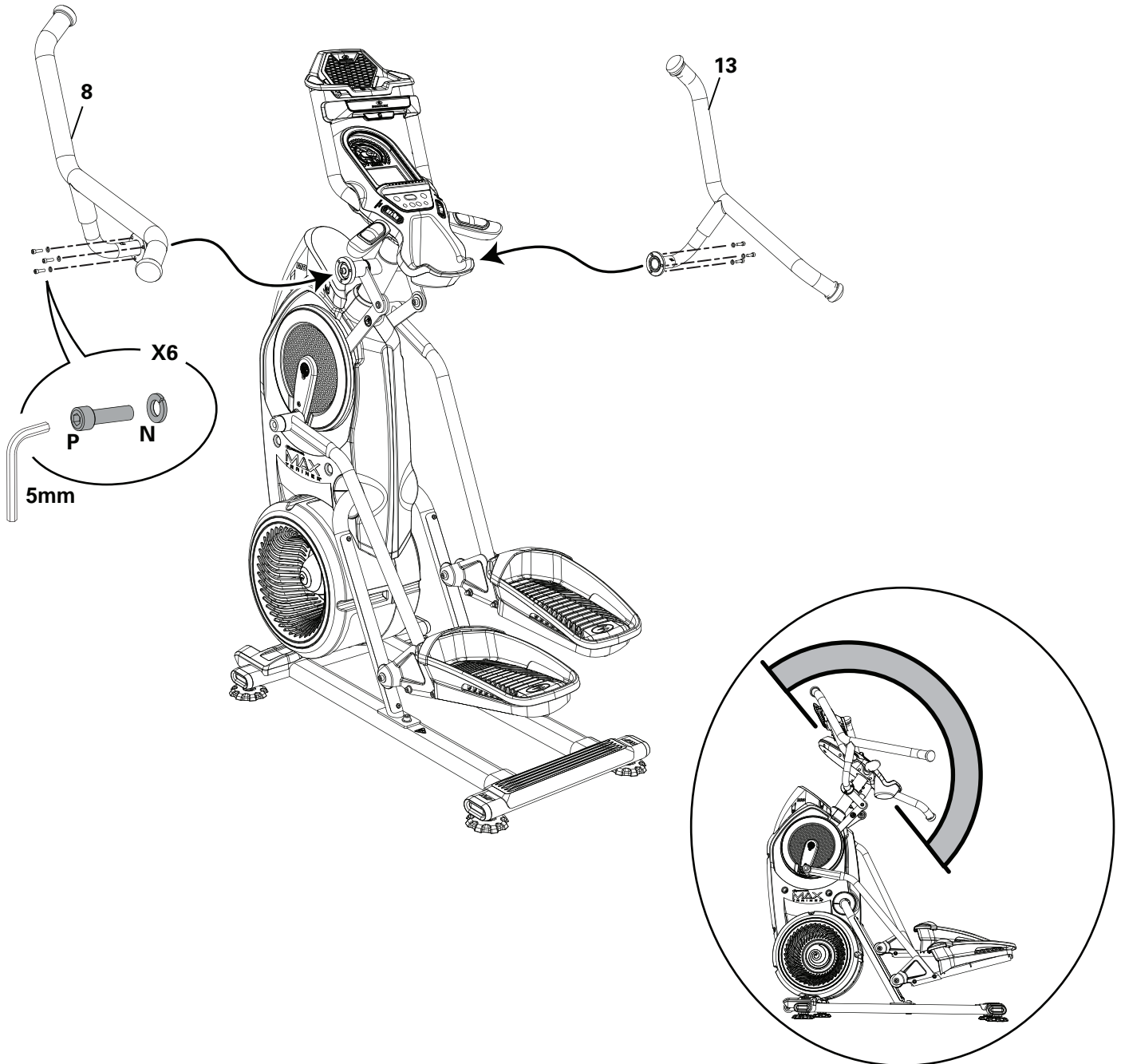
11. Connect the AC Adapter to the Frame Assembly

NOTICE: Be sure to use the appropriate AC Adapter plug for your region.

18
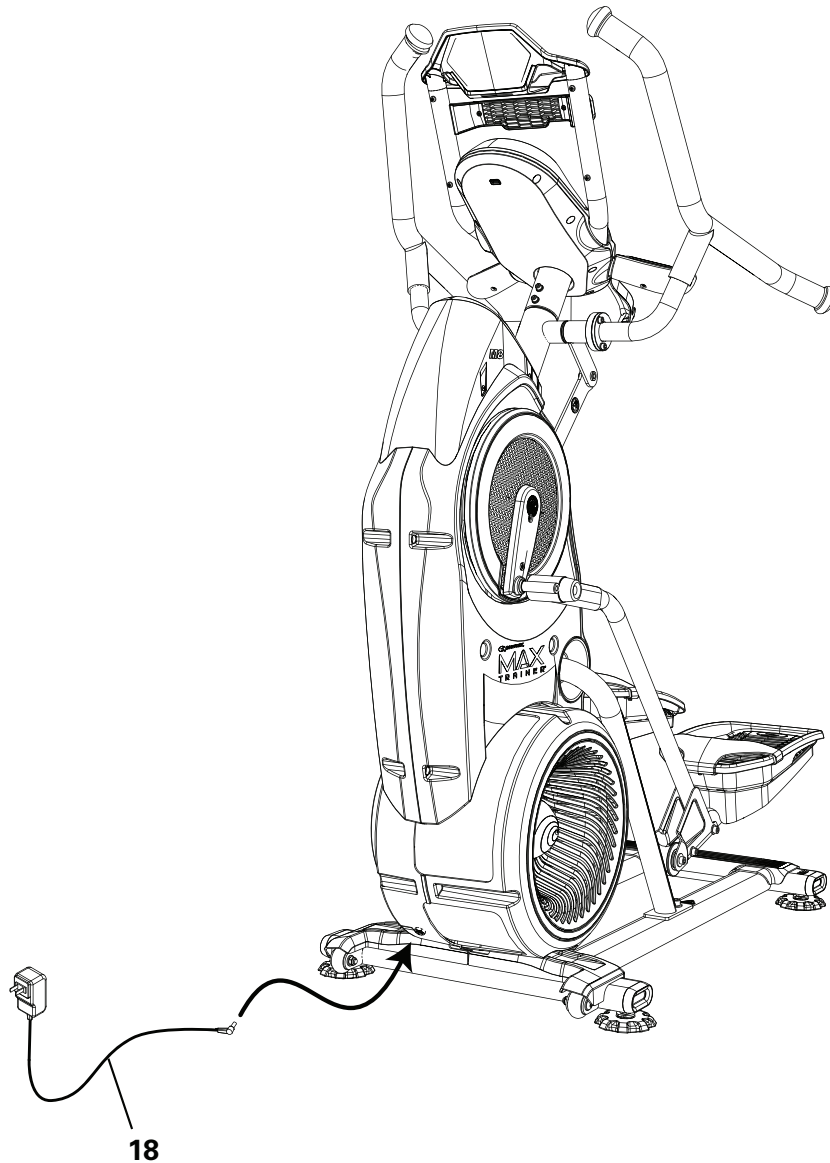
12. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.

Note: Remove any protective covers from the face of the Console. Remove the plastic scratch guard strips from Rails.

Be sure to record the serial number in the field provided at the front of this manual.

⚠ **Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.**

Adjustments

Moving the Machine

⚠️ **The machine may be moved by one or more persons depending on their physical abilities and capacities. Make sure that you and others are all physically fit and able to move the machine safely.**

1. Grasp the Aero Bars to carefully tilt the machine toward you onto the transport rollers. Be sure not to grab the Media Shelf.

⚠️ **Be aware of the Handlebars and the weight of the machine before tilting the machine.**

2. Push the machine into position.

3. Carefully lower the machine into position.

NOTICE: Be careful when you move the machine. All abrupt motions can affect the computer operation.
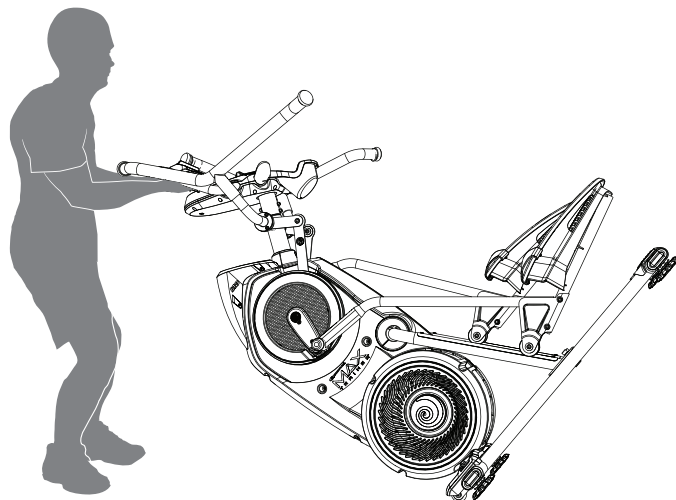
Leveling the Machine
The machine needs to be leveled if your workout area is uneven or if the Rail Assembly is slightly off the floor. To adjust:

1. Place the machine in your workout area.

2. Loosen the locking nuts and adjust the levelers until they are evenly balanced in contact with the floor.

⚠️ **Do not adjust the levelers to such a height that they detach or unscrew from the machine. Injury to you or damage to the machine can occur.**

3. Tighten the locking nuts.

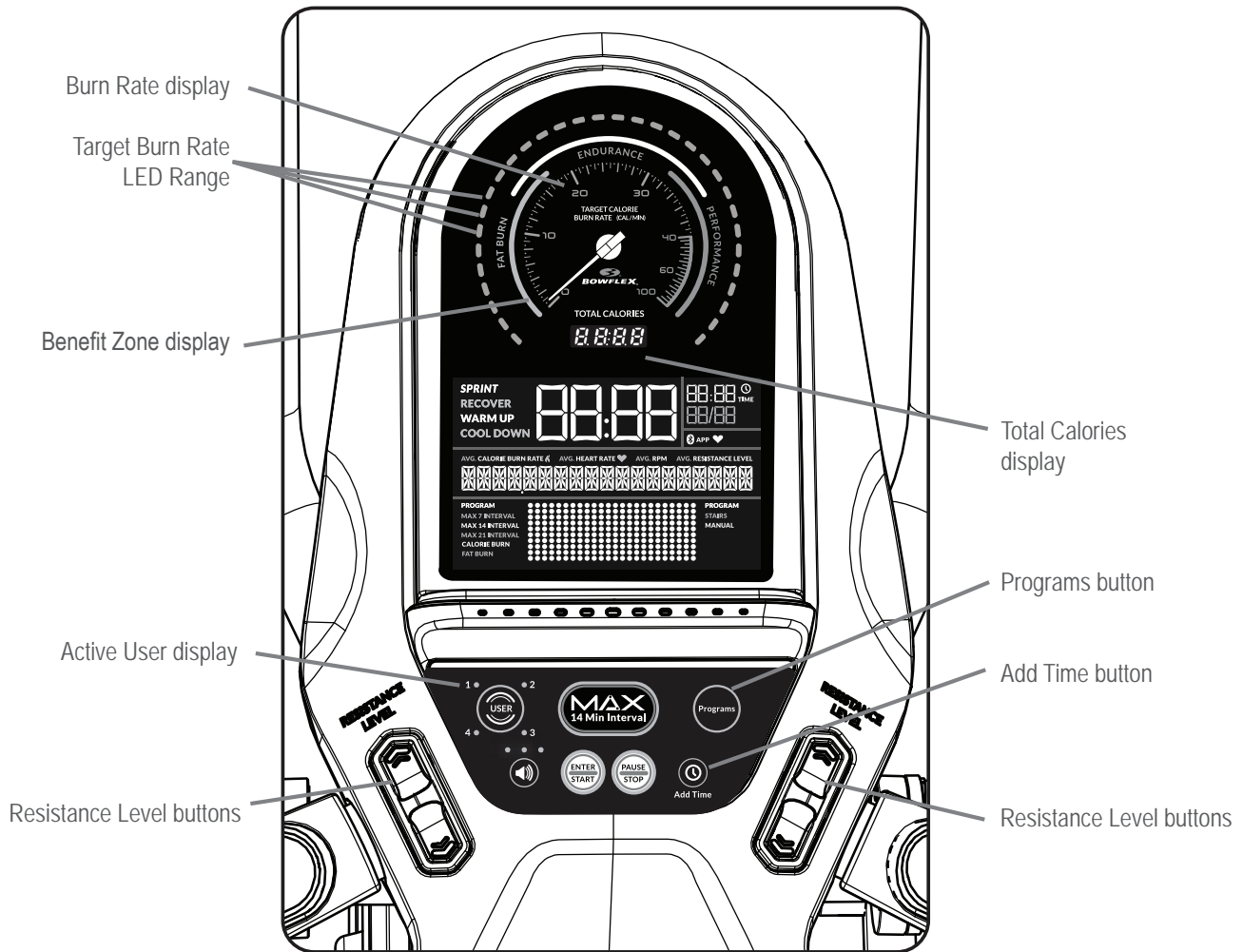⚠️ **Make sure the machine is level and stable before you exercise.**
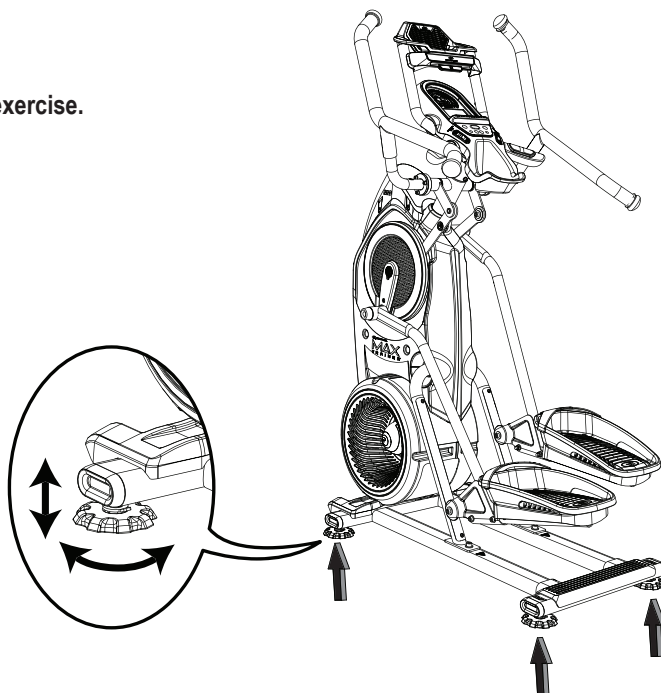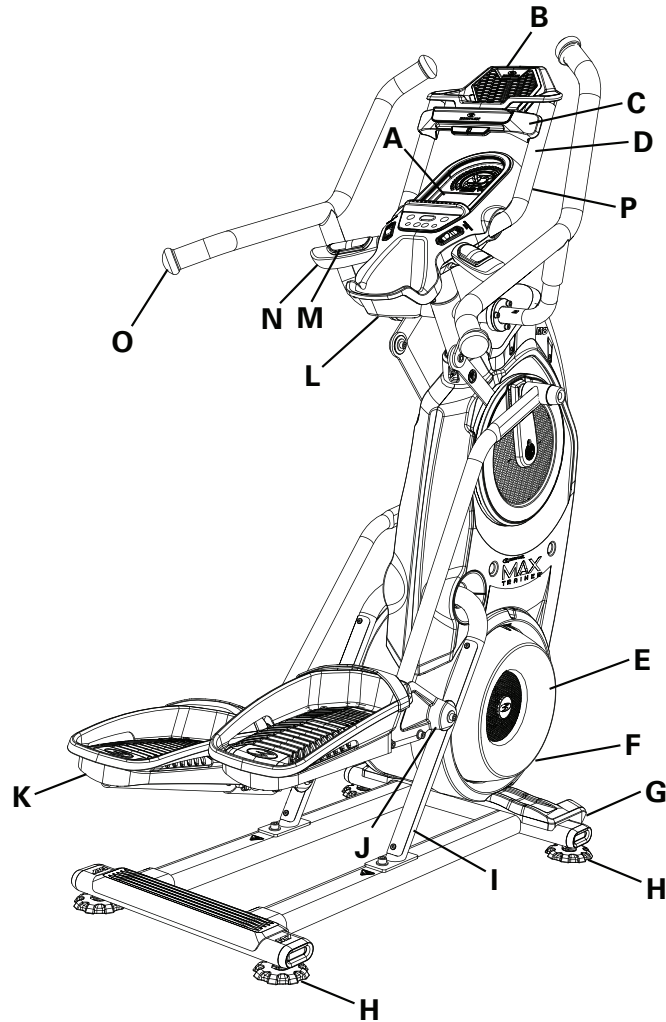
A	Console	J	Roller
B	Media / Entertainment Shelf	K	Pedal
C	Media Capture Bar	L	Water Bottle Holder / Tray
D	Aerobars	M	Contact Heart Rate (CHR) Sensors
E	Resistance Fan	N	Static Handlebars
F	Power Connector	O	Dynamic Handlebars
G	Transport Roller	P	USB Port
H	Leveler	Q	Bluetooth® Connectivity (not shown)
I	Rail Assembly		

⚠ WARNING   **Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed is an approximation and should be used for reference only. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.**

Console Features

Burn Rate display

Target Burn Rate
LED Range

Benefit Zone display

Total Calories
display

Programs button

Active User display

Add Time button

Resistance Level buttons

Resistance Level buttons

Burn Rate display
The Burn Rate display shows the level of calories being burned per minute. This rate is a function of Intensity, which is the current level of RPM (pedal speed) and resistance level (1-20). As either of those values increase, the Burn Rate will increase.

Burn Rate Target LED range
The Burn Rate Target LED range is a workout coach based on the settings of the selected User Profile. A range of three LED's are activated during a workout. The first of the LEDs in the range is a suggested beginner level, with the higher LED being for a more advanced fitness user. The Intensity of the range is based on the Workout Profile Display.

Note: Be sure the User Profile is current for a more exact calorie burn rate and suggested target range.

⚠ **The Target LED Range is a suggested workout level, and should only be followed if your physical fitness level allows.**

During an Interval workout, the SPRINT segment will be red LEDs, and the RECOVER segment will be green LEDs.

Maximum Burn Rate LED marker
The Maximum Burn Rate LED marker is an orange LED that shows the highest rate of calorie burn achieved during the current workout.

Benefit Zone display
A suggested Burn Rate Target Zone to gain the full benefits from the current workout; Fat Burn, Endurance, and Performance Zones.

Calorie Burn or Fat Burn programs	"Fat Burn" Benefit Zone
Manual program	"Endurance" Benefit Zone
Stairs program	"Performance" Benefit Zone

Total Calories display
The Total Calories display shows the estimated calories that have been burned during the workout. The maximum display is 9999.

Active User display
The Active User display shows the selected user profile. A user profile is always selected.

> Note: For more accurate calorie counts and Burn Rate Targets, be sure to edit your User Profile.

User button
Push to select the desired User Profile, push and hold for 3 seconds to edit the selected User Profile.

Volume button and indicator lights
The Volume button sets the sound level of the Console, and the indicator lights show the current setting; low (1 LED), medium (2 LEDs), high (3 LEDs), or off (no LEDs).

MAX 14 Minute Interval button
Push to start the MAX 14 Minute Interval workout.

PROGRAMS button
Push to select a workout program.

ENTER/START button
Starts the selected Program workout, or resumes a paused workout. Push to accept the displayed value for an option.

PAUSE/STOP button
Pauses an active workout, ends a paused workout, or goes to the Power-Up Mode screen.

Add Time button
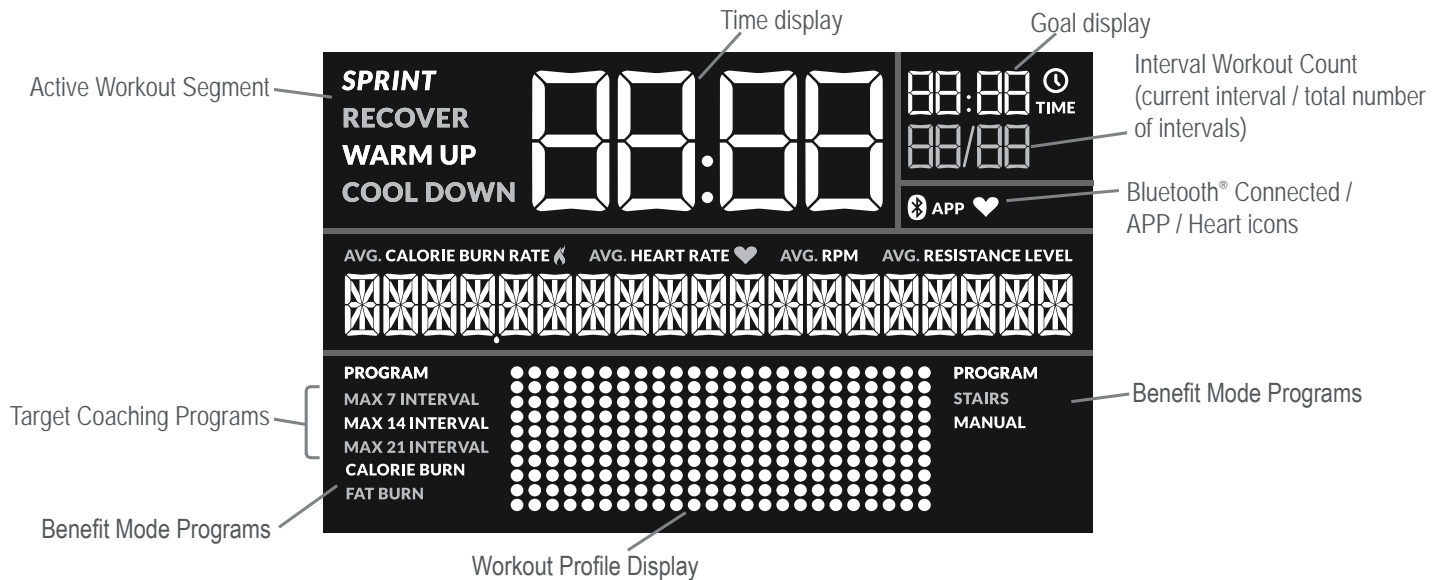Increases the length of a workout by 2.5 minutes for non-Interval Workouts.

> Note: Button is disabled during a Manual program.

Resistance Level buttons
Adjusts the resistance level of the workout, selects a workout program, or changes a displayed value.

Console Display

The console display shows the workout measurements and current options.

Time display

Goal display

Active Workout Segment

SPRINT
RECOVER
WARM UP
COOL DOWN

Interval Workout Count
(current interval / total number
of intervals)

Bluetooth® Connected /
APP / Heart icons

AVG. CALORIE BURN RATE   AVG. HEART RATE   AVG. RPM   AVG. RESISTANCE LEVEL

PROGRAM
MAX 7 INTERVAL
MAX 14 INTERVAL
MAX 21 INTERVAL
CALORIE BURN
FAT BURN

PROGRAM
STAIRS
MANUAL

Target Coaching Programs

Benefit Mode Programs

Benefit Mode Programs

Workout Profile Display

SPRINT

The high Intensity segment of an Interval workout. During an Interval workout, the active segment shifts between the SPRINT and RECOVER segments with an audible confirmation, counting the time down for the currently active segment.

RECOVER

The reduced output workout segment of an Interval workout, counting down until the next SPRINT segment.

WARM UP

WARM UP starts when the machine is used, but a workout has not been started. The WARM UP Active Segment display will activate and the Time display will show the time in Warm Up.

COOL DOWN

COOL DOWN starts when a workout ends but the machine is still used. The COOL DOWN Active Segment display will activate and the Time display will show the time in Cool Down. The workout results are displayed during Cool Down.

Time display

The Time display shows the time count depending on the style of workout: Interval, Benefit, or Manual.

During an Interval workout, the Time display counts down the current Interval segment (SPRINT or RECOVER). For a Benefit Mode workout, the total time of the workout counts down. During a Manual workout, the Central Time display counts up until the workout is ended.

The maximum display for time is 99:99.

Interval Workout Count

During an Interval workout, the Interval Workout Count displays the count of the currently active Interval and the total number of Intervals for the workout.

Goal display

The Goal display shows the total workout time or the total calories for a non-interval workout. During an Interval workout, the Goal display counts down the time until the end of the workout. This display will be blank during a Manual workout. When the goal is time based, the clock icon is displayed.

Bluetooth® Connected display

Display shows when a device is paired through a Bluetooth® connection.

App icon

Display shows when the Console is paired with the App.

>   **Note:** When the App is paired, the Console display will be de-activated.

Heart icon

Display shows when the Console is paired with a Bluetooth® Heart Rate Strap.

Target Coaching Programs

Target Coaching Programs suggest a calorie burn rate as a target during the workout. The Burn Rate Target LED Range activates to show the burn rate target during the workout. The Workout Profile display is Calorie Burn Rate during a Target Coaching Program.

Benefit Mode Programs

Benefit Mode Programs suggest a wide range of calorie burn rate for the workout. The Workout Profile display shows Resistance Level during a Benefit Mode Program.

Workout Profile display

The Workout Profile display area shows the course profile of the program. Each column in the profile shows one workout segment. The higher the column, the higher the intensity of the workout.

During a Target Coaching Program, the Workout Profile shows the target level of Burn Rate. During a Benefit Mode Program, the Workout Profile shows the level of resistance. The Console will adjust the Resistance Level during the workout.

The flashing column shows the currently active segment.

RPM

The RPM display field shows the machine revolutions per minute (pedal speed).

Calorie Burn Rate

The Calorie Burn Rate display field shows the current rate at which calories are being burned per minute. The RPM and Resistance Level directly change this rate. The User Profile settings also affect the rate (User weight).

Heart Rate

The Heart Rate display shows the heart rate in beats per minute (BPM) from the heart rate sensors. This value will not be shown if a heart rate signal is not detected.

> ⚠ **Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. The heart rate displayed on the console is an approximation and should be used for reference only.**

Resistance Level

The Resistance Level display field shows the current Resistance Level (1-20). The higher the Resistance Level, the harder it will be to push the Pedals.

Using your JRNY™ membership with your machine

If you have a JRNY™ membership*, it can be accessed through your device when synced to the console of this Bowflex™ machine. With a JRNY™ membership, you receive guided workouts adapted to your capabilities, conveniently displayed on your device, and friendly virtual voice coaching designed to support you on your journey to long-term fitness success.

1. Download the app, named "Bowflex™ JRNY™". The app is available on the App Store and Google Play™.

2. Be sure that the Bluetooth® and Location Settings are active on your device. Activate them if necessary.

3. Open the app near the machine, and follow the instructions to sync your device to the machine.

If the app will not sync to the machine, restart your device and the machine. Repeat Step 3.

When notified that there is an update to your fitness machine, follow the prompts on the app. Place the device that is running the app on the Media Tray. The app will update the software on the machine with the latest version. Do not remove your device from the Media Tray until the update is complete. The machine will return to the Power-Up screen when the update is completed.

To break the connection from your device to the Console, simply close the app. If the connection does not break, push and hold down the USER button on the Console. This will break the connection and disconnect the device. If any buttons on the Console are pushed (besides the USER button), the Console will display, "Hold User Button to Disconnect".

Workout with Other Apps

This fitness machine has integrated Bluetooth® connectivity which allows it to work with a number of digital partners. For our latest list of supported partners, please visit: bowflex.com/max-trainer-app.html

USB Charging

If a USB Device is attached to the USB Port, the Port will attempt to charge the Device. The power supplied from the USB Port may not be enough to operate the Device and charge it at the same time.

Secure Your Device for a Workout

This fitness machine is equipped with a Media Capture Bar that secures a variety of sized devices to the Media Tray. The Media Capture Bar has two tabs to use depending on the size of your device. The upper, or large device, tab is used for devices such as a tablet or larger phone. The lower, or small device, tab is used for smaller devices such as a phone or mini tablet.

To secure your device, place the lower edge of your device in the Media Tray. Then shift the Media Capture Bar downward until your device is captured securely in the appropriate tab and the Media Tray.
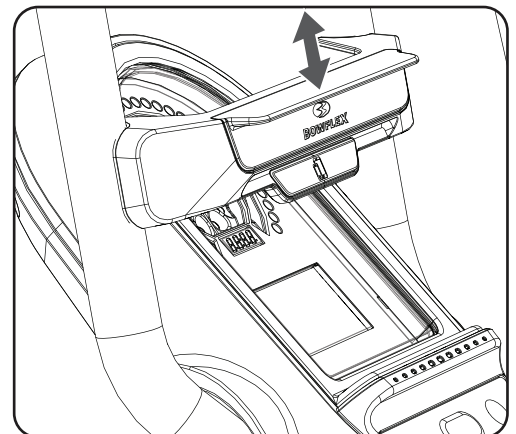
* A JRNY™ membership is required for the JRNY™ experience – see www.bowflex.com/jrny for details. For United States and Canada customers, you can obtain a JRNY™ membership by calling 800-269-4126 or visiting www.bowflex.com/jrny. Where available (including the United States), you can also obtain a JRNY™ membership by downloading the JRNY™ app onto your phone or tablet and signing up within the downloaded app. JRNY™ memberships may not be available in all countries.
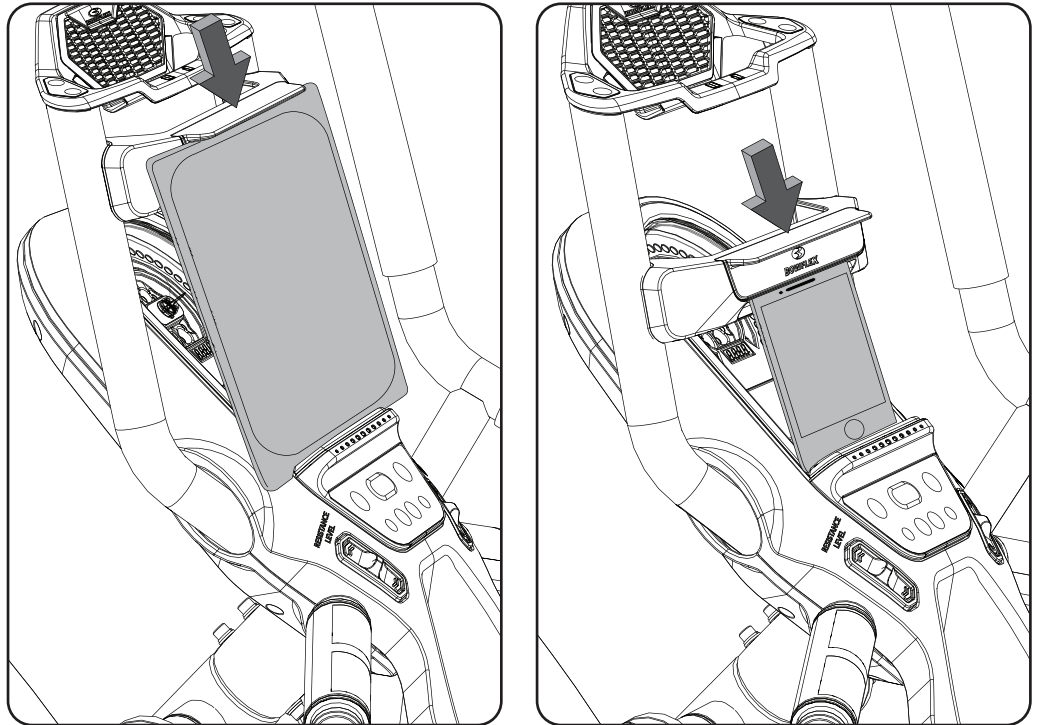
Note: Smaller devices that are placed on their side may not be able to be secured. Rotate the device and secure it in the upright position.

Contact Heart Rate Sensors

Contact Heart Rate (CHR) sensors send your heart rate signals to the Console. The CHR sensors are the stainless steel parts of the Handlebars. To use, put your hands comfortably around the sensors. Be sure that your hands touch both the top and the bottom of the sensors. Hold firm, but not too tight or loose. Both hands must make contact with the sensors for the Console to detect a pulse. After the Console detects four stable pulse signals, your initial pulse rate will be shown.

Once the Console has your initial heart rate, do not move or shift your hands for 10 to 15 seconds. The Console will now validate the heart rate. Many factors influence the ability of the sensors to detect your heart rate signal:

- Movement of the upper body muscles (including arms) produces an electrical signal (muscle artifact) that can interfere with pulse detection. Slight hand movement while in contact with the sensors can also produce interference.
- Calluses and hand lotion may act as an insulating layer to reduce the signal strength.
- Some Electrocardiogram (EKG) signals generated by individuals are not strong enough to be detected by the sensors.
- The proximity of other electronic machines can generate interference.

⚠️ **Use the values calculated or measured by the machine's computer for reference purposes only.**

Bluetooth® Heart Rate Strap (not supplied)

Your fitness machine is equipped to be able to receive a signal from a Bluetooth® Heart Rate Strap. When connected, the Console will display the Bluetooth® Connected icon.

⚠️ **If you have a pacemaker or other implanted electronic device, consult your doctor before using a Bluetooth® strap or other Bluetooth® heart rate monitor.**

1. Put on your Bluetooth® Heart Rate Strap.

2. If equipped, push the On/Off button on your strap to activate it. The Console actively searches for any devices in the area, and should connect

to the strap when in range.

3. The Bluetooth® Connected icon will activate when connected. You are ready to workout.

At the end of your workout, push the On/Off button (if equipped) to disconnect your Heart Rate Strap from the Console.

Heart Rate Calculations

Your maximum heart rate usually decreases from 220 Beats Per Minute (BPM) in childhood to approximately 160 BPM by age 60. This fall in heart rate is usually linear, decreasing by approximately one BPM for each year. There is no indication that training influences the decrease in maximum heart rate. Individuals of the same age could have different maximum heart rates. It is more accurate to find this value by completing a stress test than by using an age related formula.

Your at-rest heart rate is influenced by endurance training. The typical adult has an at-rest heart rate of approximately 72 BPM, whereas highly trained runners may have readings of 40 BPM or lower.

The Heart Rate table is an estimate of what Heart Rate Zone (HRZ) is effective to burn fat and improve your cardiovascular system. Physical conditions vary, therefore your individual HRZ could be several beats higher or lower than what is shown.

The most efficient procedure to burn fat during exercise is to start at a slow pace and gradually increase your intensity until your heart rate reaches between 60 – 85% of your maximum heart rate. Continue at that pace, keeping your heart rate in that target zone for over 20 minutes. The longer you maintain your target heart rate, the more fat your body will burn.

The graph is a brief guideline, describing the generally suggested target heart rates based on age. As noted above, your optimal target rate may be higher or lower. Consult your physician for your individual target heart rate zone.

Note: As with all exercises and fitness regimens, always use your best judgment when you increase your exercise time or intensity.

FAT-BURNING TARGET HEART RATE
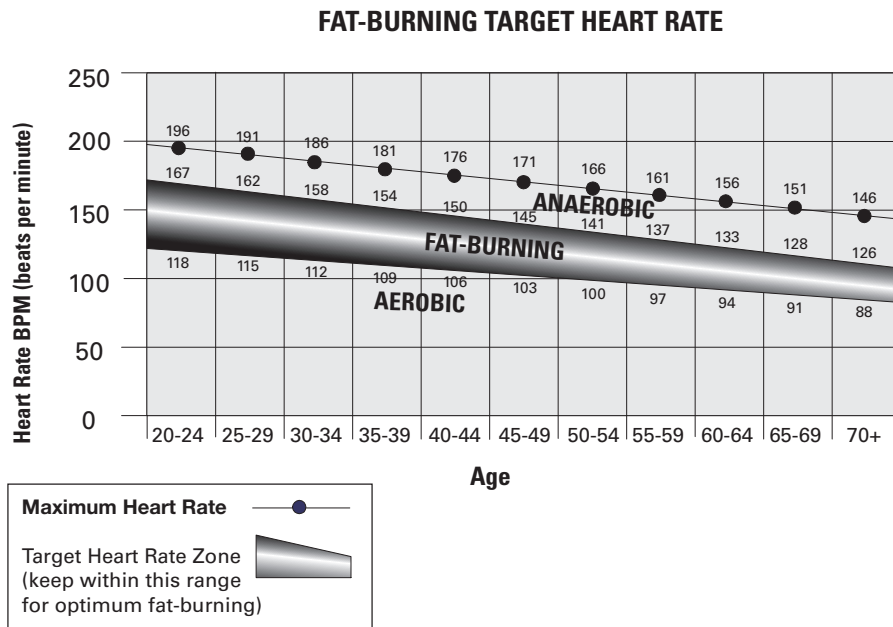
Fitness Basics

Frequency

To maintain good health, lose weight and improve your cardiovascular endurance, try and use the Bowflex™ Max Trainer™ cardio machine a minimum of 3 times per week, around 14 minutes each day.

If you are new to exercise (or returning to a regular exercise program), and you are unable to comfortably complete 14 minutes of continuous exercise at one time, just do 5 – 10 minutes, and gradually increase your workout time until you can reach a 14 minute total.

If your schedule is busy, and you are unable to fit 14 minutes of continuous exercise into your day, try accumulating 14 minutes by doing multiple shorter workouts on the same day. For example, 7 minutes in the morning and 7 minutes in the evening. This may be a great way to start your cardio training if you are new to vigorous activity.

For best results, combine your Bowflex™ Max Trainer™ cardio machine workouts with a strength training program using a Bowflex™ home gym or Bowflex™ SelectTech™ dumbbells, and follow the Bowflex™ Body Weight Loss Guide included in this manual.

Consistency

Busy work schedules, family obligations and daily chores can make it difficult to fit regular exercise into your life. Try these tips to increase your chances of success:

Schedule your workouts the same way you schedule meetings or appointments. Select specific days and times each week, and try not to change your workout times.

Make a commitment to a family member, friend or spouse, and encourage each other to stay on track each week. Leave messages with friendly reminders to be consistent, and keep each other accountable.

Make your workouts more interesting by alternating between steady state (single-speed) workouts and interval training (varied speed) workouts. The Bowflex™ Max Trainer™ cardio machine is even more fun when you add this kind of variety.

Apparel

It is important to wear appropriate, safe and comfortable footwear and clothing when using the Bowflex™ Max Trainer™ cardio machine, including:

• Rubber-soled athletic walking or running shoes.
• Exercise clothing that allows you to move freely, and keep comfortably cool.
• Athletic support that provides stability and comfort.
• Exercise friendly water bottle for constant hydration.

Warm-Up *

Before you use your Bowflex™ Max Trainer™ cardio machine, consider doing these dynamic warm-up stretches, which will help prepare your body for the workout:
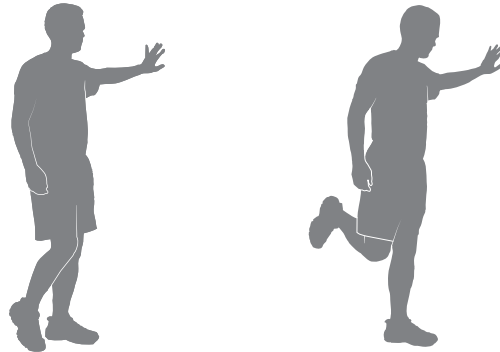
Dynamic Knee Hug
Stand with the feet together. Bring one knee forward and up toward the chest. Place the hands around the shin and pull the knee into the chest. Release the stretch by putting the foot on the floor. Each repetition of the sequence should take 1 to 3 seconds. Repeat as a continuous, controlled, fluid sequence 10 or 20 times. Repeat the stretch with the other leg.
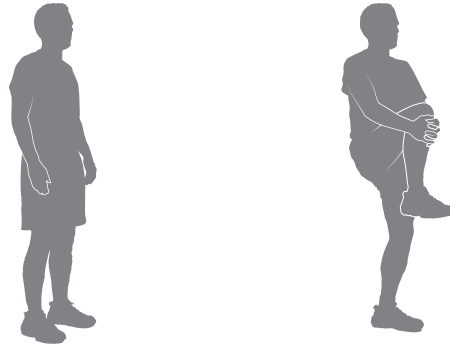
Dynamic Knee Bend
Stand with the feet together. Hold onto a wall for balance with one hand, if necessary. Raise the heel of one foot toward the gluteals. Release the stretch by putting the foot on the floor. Each repetition of the sequence should take 1 to 3 seconds. Repeat as a continuous, controlled, fluid sequence 10 or 20 times. Repeat the stretch with the other leg.

Dynamic Knee Kick
Stand tall and hold one leg up with the hands at hip height, keeping the knee bent. Hold onto a wall for balance with one hand, if necessary. Straighten the knee as far as comfortably possible. Release the stretch by bending the knee. Each repetition of the sequence should take 1 to 3 seconds. Repeat as a continuous, controlled, fluid sequence 10 or 20 times. Repeat the stretch with the other leg.
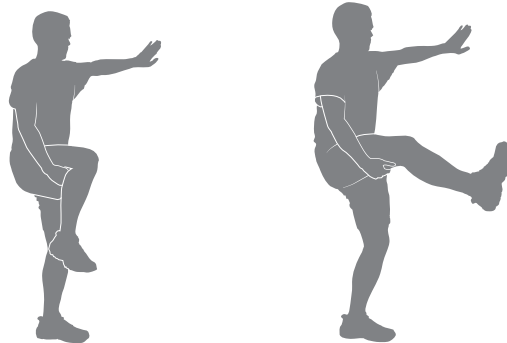
Dynamic Twist
Stand with the feet shoulder-width apart. Bend the elbows; hold the arms out to the sides. Twist the upper body to one side and then the other side as far as comfortably possible. Each repetition of the sequence should take 1 to 3 seconds. Repeat as a continuous, controlled, fluid sequence 10 or 20 times
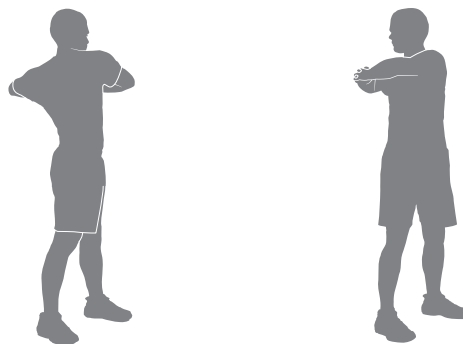
* Source: Jay Blahnik's Full-Body Flexibility, Second Edition, 2010. HumanKinetics.com.

Dynamic Bent Knee Heel Press
Stand with one foot forward and one foot back, hip-width apart and feet facing forward. Hold onto a wall for balance with one hand, if necessary. Bend both knees putting weight on the back heel. Release the stretch by returning to the start position. Each repetition of the sequence should take 1 to 3 seconds. Repeat as a continuous, controlled, fluid sequence 10 or 20 times. Repeat the stretch with the other leg. Touch a wall or hold onto something for balance, if necessary.
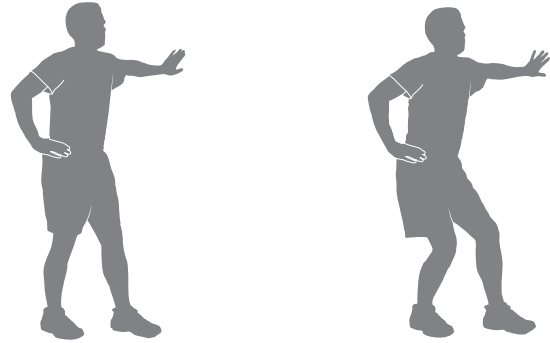
Dynamic Side Reach
Stand with the feet apart, the knees slightly bent and the arms at the sides of the body. Reach with one hand above the head and lean over to the opposite side. Release the stretch by returning to the start position. Then reach with the other hand to the opposite side. Use the other arm to support the body weight on the thigh, if necessary. Each repetition of the sequence should take 1 to 3 seconds. Repeat as a continuous, controlled, fluid sequence 10 or 20 times.
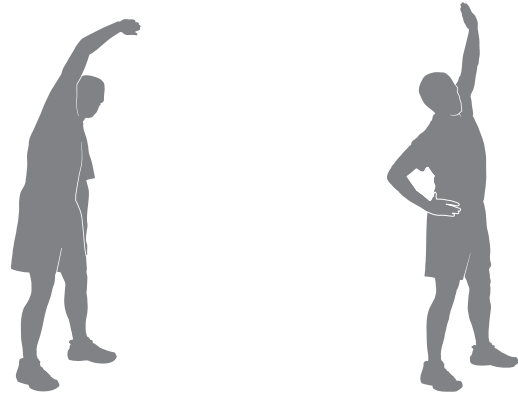
Workouts

Follow these guidelines to ease yourself into a weekly exercise regimen. Use your judgment and/or the advice of your physician or health care professional to find the intensity and level of your workouts.

⚠️ **Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed on the console is an approximation and should be used for reference only.**

Steady State and Interval Training are 2 types of workouts you can do on your Bowflex™ Max Trainer™ cardio machine:

Steady State workouts

A Steady State workout involves slowly increasing your workout speed to a challenging, but comfortable, speed you can hold for most of your workout. Getting your Heart Rate up into the Fat-Burning, Heart Zone zone for an entire workout would be a great Steady State workout. For example, holding a 6 calories per minute Burn Rate pace for the entire workout, except during the warm-up and cool-down. Steady State workouts can help you build exercise confidence, stamina and endurance.

Interval Training workouts

An Interval Training workout involves adjusting your workout intensity for specific lengths of time to raise and lower your breathing rate, heart rate and calorie burn. Using the Calorie Burn Rate display, you can adjust the intensity of your workout quickly to achieve your goals.

The Bowflex™ Max Trainer™ cardio machine combines 8 "SPRINT" and 8 "RECOVER" segments to create an Interval workout. During an "SPRINT" segment, push yourself to a level of high calorie burn that can be repeated for the 8 segments. Then during the "RECOVER" segments, allow yourself to decrease the intensity and prepare for the next "SPRINT" segment. These extreme changes in intensity, along with pushing your body toward exhaustion, is where the maximum benefits are gained from Interval Training workouts.

Interval Training workouts can provide variety, increase calorie burn, and improve fitness.

The Bowflex™ Max Trainer™ cardio machine is designed to be low impact, and both Steady State and Interval Training workouts should feel more comfortable than running outside on a hard surface or a treadmill.

After Burn Rate

At the end of an intense Interval Training workout, your body will actually need to expend additional energy to replenish your body's reserves. This additional amount of energy that your body will be using is the After Burn Rate, or EPOC (Excess Post-exercise Oxygen Consumption). The level of this additional energy requirement for your body is directly related to many factors. Some factors are your physical fitness level, intensity level of the interval training workout, length of oxygen deprivation during the workout, and physical demands during the recovery phase.

In summary, your body may be burning more calories after an intense Max Interval workout.

Workout Log

Use this log to track your workouts and progress. Tracking your workouts helps you stay motivated and achieve your goals.

Date	Calories	Burn Rate (average)	Time	RPM (average)	Heart Rate (average)	Level (average)

Cool-Down *

When you are done using your cardio machine, consider doing these relaxing stretches, which will help your body recover from the workout and make you more flexible:

Lying Leg Raise
Lie on the floor face up with the legs slightly bent. Lift one leg up toward the ceiling, keeping the knee straight. Place the hands (or a strap) around the thigh and move the leg closer to the head. Hold the stretch for 10 to 30 seconds. Repeat the stretch on the other leg. Keep the head on the floor and do not round the spine.

Side Lying Knee Bend

Lie on the floor on one side of the body and rest the head on the lower arm. Bend the top knee and hold the ankle with the same-side hand, then pull the heel toward the gluteals. Hold the stretch for 10 to 30 seconds. Lie on the other side and repeat the stretch with the other leg. Remember to hold the knees close together.
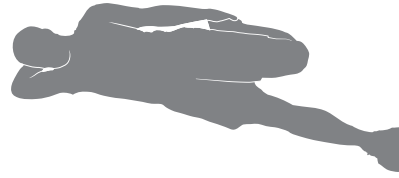
Lying Figure Four

Lie on the floor face up with the legs bent. Place one foot across the thigh of the opposite leg in the figure four position. Reach for the leg on the floor and pull it toward the chest. Hold the stretch for 10 to 30 seconds. Repeat the stretch with the other leg. Keep the head on the floor.
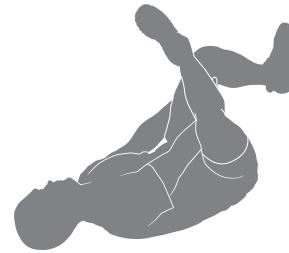
Seated Twist

Sit on the floor and extend the legs straight out in front of the body with the knees slightly bent. Place one hand on the floor behind the body and the other hand across the thigh. Twist the upper body as far as comfortably possible to one side. Hold the stretch for 10 to 30 seconds. Repeat the stretch on the other side.

Seated Figure Four

Sit on the floor and extend one leg straight out in front of the body. Place the foot of the other leg across the thigh in the figure four position. Move the chest toward the legs, pivoting at the hip. Hold the stretch for 10 to 30 seconds. Repeat on the other leg. Use the arms to support the back.

Dynamic Heel Drop

Place the ball of one foot on the edge of a step or staircase. Place the other foot slightly in front. Hold onto a wall for balance with one hand, if necessary. Lower the heel of the back foot as far as comfortably possible, keeping the knee straight. Release the stretch by lifting the heel as high as comfortably possible. Each repetition of the sequence should take 1 to 3 seconds. Repeat as a continuous, controlled, fluid sequence 10 or 20 times. Repeat the stretch with the other leg
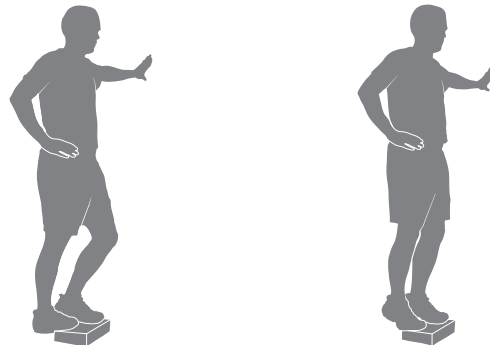
* Source: Jay Blahnik's Full-Body Flexibility, Second Edition, 2010. HumanKinetics.com.

How Often Should You Exercise

⚠️ **Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed on the console is an approximation and should be used for reference only.**

• 3 times a week for about 14 minutes each day.

• Schedule workouts in advance and try to follow the schedule.

Note: If you are new to exercise (or returning to a regular exercise program), and you are unable to comfortably complete 14 minutes of continuous exercise at one time, just do 5 – 10 minutes, and gradually increase your workout time until you can reach a 14 minute total.

Intensity of Workout

To increase the intensity of your workout:

• Push yourself to increase the number of Pedal revolutions per minute.

• Place your feet further out toward the rear of the Pedals.

• Increase the Intensity Level and keep your RPM consistent, or increase it as well.

• Use your upper and lower body at different levels.

• Shift your grip location on the Handlebars to work out other parts of your upper body.

Hand Placement (Grip Selection)

This fitness machine is equipped with multiple Handlebars which allow for a variety of different types of workouts. As you progress on your fitness routine, shift your hand placement to target different muscle groups.

⚠️ **Exercise on this machine requires coordination and balance. Be sure to anticipate that changes in speed and resistance level can occur during workouts, and be attentive in order to avoid loss of balance and possible injury.**

The Dynamic Handlebars allow for a variety of upper body workouts. When starting out, place your hands where it feels most comfortable and stable on the Dynamic Handlebars.

The Static Handlebars below the Console Assembly can also be used to add stability during a workout, as well as provide your heart rate.

For a workout focused on legs, lean in until your forearms run along the Aerobars with your hands upward. When leaning in, be aware of the motion of the Dynamic Handlebars during the workout.

Mounting and Dismounting Your Machine

⚠️ **Care should be used when mounting or dismounting the machine.**

Be aware that the Pedals and the Handlebars are connected and when either of these parts move the other does as well. In order to avoid possible serious injury, grasp the Static Handlebars to steady yourself.

Be sure there is nothing under the Pedals or in the Air Resistance Fan before moving anything on the machine.

To mount your fitness machine:

1. Move the Pedals until the one nearest to you is in the lowest position.

2. Grasp the Static Handlebars under the Console Assembly.

3. Steadying yourself with the Static Handlebars, step up onto the lowest Pedal and place your other foot onto the opposite Pedal.

Note: "Bottomed out" is when the User is unable to start a workout because the Pedals will not move. If this occurs, safely grasp the Static Handlebars and apply your weight to the heel of the higher foot. While still grasping the Static Handlebar, lean back slightly applying more weight onto the heel. Once the Pedals begin to move, resume your intended workout.

To dismount your fitness machine:

1. Move the Pedal you want to dismount from to the highest position, and bring the machine to a complete stop.

⚠ **This machine is not equipped with a free-wheel. Pedal speed should be reduced in a controlled manner.**

2. Grasp the Static Handlebars under the Console to steady yourself.

3. With your weight on the lowest foot, swing the upper foot off the machine and down onto the floor.

4. Step off of the machine and release your grip from the Static Handlebars.

Getting Started

1. Place the fitness machine in your workout area.

⚠ **Place the machine on a clean, hard, level surface, free from unwanted material or other objects that may hamper your ability to move freely. A rubber mat can be used below the machine to prevent the release of static electricity and protect your flooring.**

The machine can be moved by one or more persons. Make sure that your own physical strength is capable of safely moving the machine.

2. Examine for any objects below the Pedals and in the Air Resistance Fan. Be sure it is clear.

3. Connect the power cord to the machine and into a grounded AC Wall Outlet.

4. If you use a Heart Rate Monitor, follow the Heart Rate Monitor directions.

5. To mount the machine, move the Pedals until the one nearest you is in the lowest position.

⚠ **Care should be used when mounting or dismounting the machine.**

Be aware that the Pedals and the Handlebars are connected and when either of these parts move the other does as well. In order to avoid possible serious injury, grasp the Static Handlebars to steady yourself.

6. Grasp the Static Handlebars under the Console Button Assembly.

7. Steadying yourself with the Static Handlebars, step up onto the lowest Pedal and place your other foot onto the opposite Pedal.

   Note: "Bottomed out" is when the User is unable to start a workout because the Pedals will not move. If this occurs, safely grasp the Static Handlebars and apply your weight to the heel of the higher foot. While still grasping the Static Handlebar, lean back slightly applying more weight onto the heel. Once the Pedals begin to move, resume your intended workout.

8. Push the USER button to select the desired User Profile.

9. Push and hold the USER button to edit the User Profile.

10. The Console will display the Units value. Use the Increase/Decrease buttons to adjust the Units value, and push the ENTER/START button to set the value.

11. The Console will display the Weight value for the User Profile. Use the Increase and Decrease buttons to adjust the weight value, and push the ENTER/START button to set the value.

    Note: Be sure to program your User Profile (see the Edit a User Profile section) before starting a workout. The suggested Target Burn Rates are based on your User Profile settings.

12. Push the Max 14 Minute Interval button to begin a Quick Start workout. Allow time to become familiar with how your Bowflex™ Max Trainer™ machine operates and responds to adjustments of Resistance Level and rpm.

    Note: When operating the Bowflex™ Max Trainer™ machine, be sure the Legs are moving in the direction as shown on the Crank Cover.
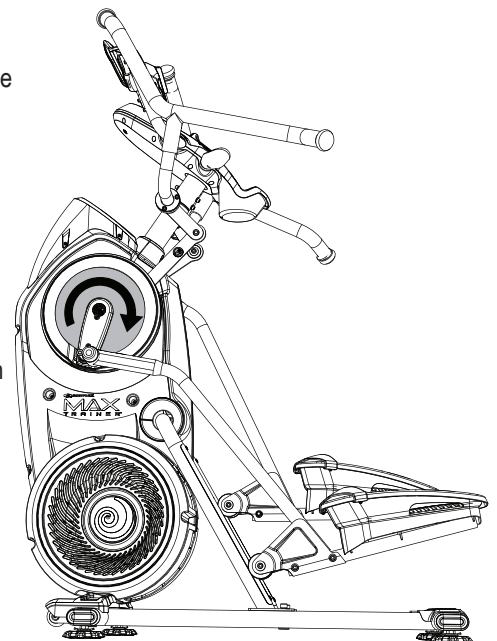
Power-Up / Idle Mode (GET READY screen)

The Console will enter Power-Up / Idle Mode if it is plugged into a power source, any button is pushed, or if it receives a signal from the RPM sensor as a result of pedaling the machine.

Auto Shut-Off (Sleep Mode)

If the Console does not receive any input in approximately 5 minutes, it will automatically shut off. The LCD display is off while in Sleep Mode.

> Note: The Console does not have an On/Off switch.

Warm Up Mode

A Warm Up mode is available from the Power-Up screen. To begin, just start using the machine until ready for a workout. During Warm Up, the User Profile and the workout can be selected. The Console will only display the current Burn Rate during Warm-Up. The Console will request the user to select a Program after 3 minutes. This is only a notification. Warm up should be continued until the User is ready for the workout.

> Note: The workout values from a Warm Up period are not added to the workout or saved for export to the App.

MAX 14 MINUTE INTERVAL Program

The MAX Interval Workout Program is a workout that alternates from intense bursts of output ("SPRINT"), to a slower paced, 'catch your breath' time period ("RECOVER"), both of which are repeated over eight cycles. The Workout Profile Display shows the Burn Rate Target for the MAX 14 Minute Interval program.

1. Stand on the machine.

2. Push the USER button to select your User Profile.

   Note: During the workout, the Console will show the Target LED Range based on the selected User Profile settings.

3. Push the MAX 14 Minute Interval button.

4. The workout will begin with an audible countdown as the Burn Rate display needle sweeps across the display and then settles on the current Burn Rate. The Target Burn Rate LED's will also activate and sweep up to the recommended Burn Rate.

   The first Interval segment is a "SPRINT" segment that lasts for a shorter period of time. Safely push yourself to get the Burn Rate display into the Burn Rate Target (red LED's) and keep it in the range until the time reaches 00:00.

   Note: The Burn Rate Target (LED) Range is provided only as a suggested target. The three LED range provides a lesser target, and allows a User to progress to the higher LED's in the range as their fitness level increases.

   During the last 3 seconds of the "SPRINT" segment, the Console will begin an audible countdown.

5. As the time reaches "00:00", the Console will make the third audible confirmation and the next segment of the workout, the "RECOVER" segment, will begin.

   The Target LED Range will shift from red to green and sweep to a reduced Burn Rate. During the RECOVER segment, continue to work out but at a lower Intensity.

   During the last 3 seconds of the "RECOVER" segment, the Console will begin an audible countdown.

6. As the time reaches "00:00", the Console will make an audible confirmation and shift to the next "SPRINT" segment. This is the completion of the first Interval.

   The shift from "SPRINT" to "RECOVER" segments will repeat for a total of 8 cycles over the workout.

7. When the last "RECOVER" segment is completed, the Console will display "WORKOUT COMPLETE", and then show the workout results. The Console will display the time for each "SPRINT" segment, along with TOTAL TIME. If there is no input for 5 minutes, the Console will automatically go into Sleep Mode.

   Note: If an Interval workout is ended before all 16 segments have been completed, the Console will only show the last segment completed on the Program Profile.