

BOWFLEX

MAX
TRAINER™

M16

OWNER'S / ASSEMBLY MANUAL



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To validate warranty support, keep the original proof of purchase and record the following information:

Serial Number _____

Date of Purchase _____

If purchased in US/Canada: To register your product warranty, go to: www.bowflex.com/register or call 1 (800) 605-3369.

If purchased outside US/Canada: To register your product warranty, contact your local distributor.

For details regarding product warranty or if you have questions or problems with your product, please contact your local distributor. To find your local distributor, go to: www.nautilusinternational.com

Nautilus, Inc., 5415 Centerpoint Parkway, Groveport, OH 43125 USA, www.NautilusInc.com - Customer Service: North America (800) 605-3369, csnls@nautilus.com | Nautilus (Shanghai) Fitness Equipments Co, Ltd, Room 1701 &1702, 1018 Changning Road, Changning District, Shanghai, China 200042, www.nautilus.cn - 86 21 6115 9668 | outside U.S. www.nautilusinternational.com | Printed in China | © 2018 Nautilus, Inc. | Bowflex, the Bowflex logo, Nautilus, the Nautilus logo, Schwinn, SelectTech, Max Trainer, and JRNY are trademarks owned or licensed by Nautilus, Inc., registered or otherwise protected by common law in the U.S. and other countries. Google Play™, and Nut Thins® are trademarks of their respective owners. Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Nautilus, Inc. is under license.


ORIGINAL MANUAL - ENGLISH VERSION ONLY

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

 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.

! DANGER

Carefully read and understand the Assembly instructions. Read and understand the complete Manual. Keep the Manual for future reference.

! WARNING

To decrease the risk of burns, electric shock, or injury to persons, read and understand the complete Owner's Manual. Failure to follow these guidelines can cause a serious or possibly fatal electrical shock or other serious injury.

- 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.
- The machine should never be left unattended when plugged in. Unplug from outlet when not in use and before cleaning, maintaining or repairing the machine.
- Before each use, examine the machine for damage to power cord, loose parts or signs of wear. Do not use if found in this condition. If purchased in US/Canada, contact Customer Service for repair information. If purchased outside US/Canada, contact your local distributor for repair information.
- Not intended for use by persons with medical conditions where those conditions may impact the safe operation of the machine or pose a risk of injury to the user.
- Do not drop or put objects into any opening of the machine.
- Never operate this machine with the air openings blocked. Keep the air openings free of lint, hair and the like.
- 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.
- **SAVE THESE INSTRUCTIONS.**

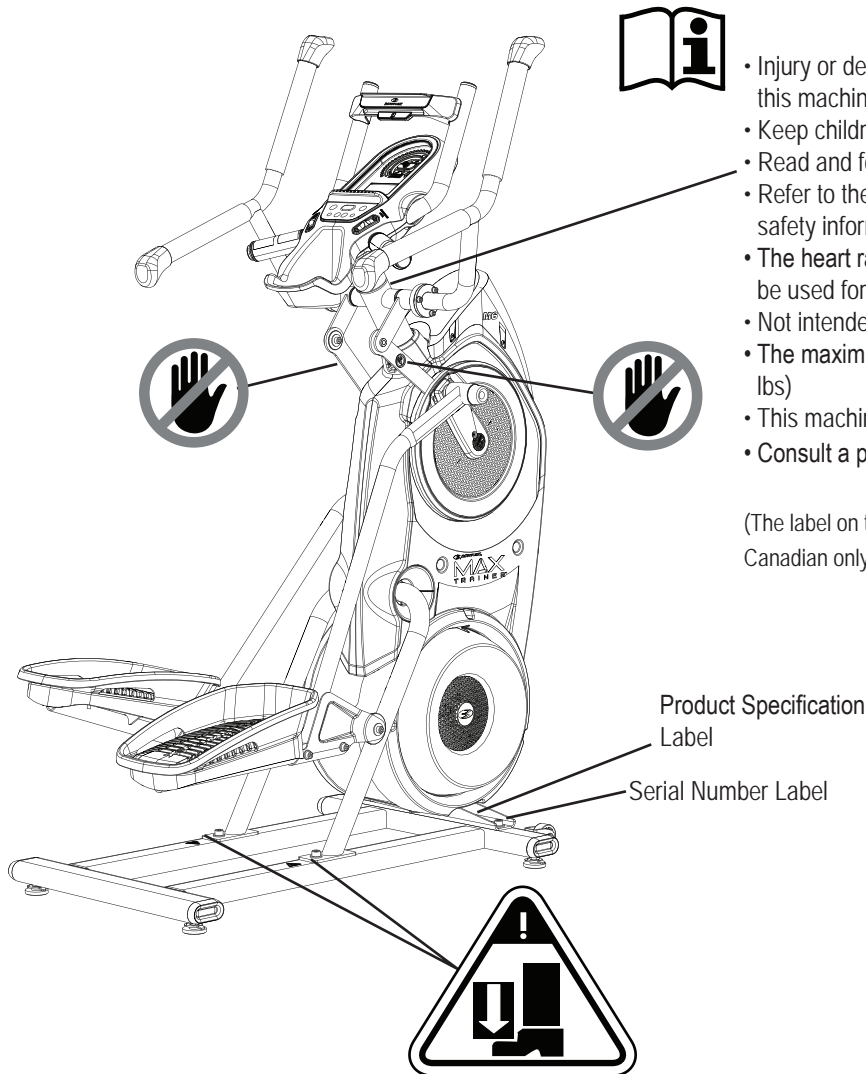
Before using this equipment, obey the following warnings:



Read and understand the complete Manual. Keep the Manual for future reference.

Read and understand all warnings on this machine. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.

- Children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- Not intended for use by anyone under 14 years of age. Individuals between 14 and 17 years of age must be supervised when using this machine.
- Consult a physician before you start an exercise program or a new health and diet plan. 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.
- Before each use, examine this machine for loose parts or signs of wear. Do not use if found in this condition. Monitor the Pedals and Crank Arms closely. If purchased in US/Canada, contact Customer Service for repair information. If purchased outside US/Canada, contact your local distributor for repair information.
- Maximum user weight limit: 136 kg (300 lbs.). Do not use if you are over this weight.
- This machine is for home use only. Do not place or use the machine in a commercial or institutional setting. This includes gyms, corporations, work places, clubs, fitness centers and any public or private entity that has a machine for use by its members, customers, employees or affiliates.
- Do not wear loose clothing or jewelry. This machine contains moving parts. Do not put fingers or other objects into moving parts of the exercise equipment.
- Set up and operate this machine on a solid, level, horizontal surface.
- Make the Pedals stable before you step on them. Use caution when you step on and off the machine.
- Do not operate this machine outdoors or in moist or wet locations.
- Keep at least 0.6 m (24 in) along the side used to access the machine and to the rear of the machine clear. This is the recommended safe distance for access and passage around and emergency dismounts from the machine. Keep third parties out of this space when machine is in use.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.
- Perform all regular and periodic maintenance procedures recommended in the Owner's Manual.
- Keep the Pedals and Handlebars clean and dry.
- 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.
- This machine cannot stop the Pedals or Upper Handlebars independently of the Resistance Fan. Reduce the pace to slow the Resistance Fan, Upper Handlebars and Pedals to a stop. Do not dismount the machine until the Pedals and Upper Handlebars have come to a complete stop.
- Do not drop or put objects into any opening of the machine.
- Prior to use read and understand the Owner's Manual. The appliance is not to be used by persons with functional limitations and impairments, reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 14 away from this machine.
- Children should be supervised to ensure that they do not play with the appliance.
- **SAVE THESE INSTRUCTIONS.**



WARNING!

- Injury or death is possible if caution is not used while using this machine.
- Keep children and pets away.
- Read and follow all warnings on this machine.
- Refer to the Owner's Manual for additional warnings and safety information.
- The heart rate displayed is an approximation and should be used for reference only.
- Not intended for use by anyone under 14 years of age.
- The maximum user weight for this machine is 136 kg. (300 lbs)
- This machine is for home use only.
- Consult a physician prior to using any exercise equipment.

(The label on the machine is available in English and French Canadian only.)

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.

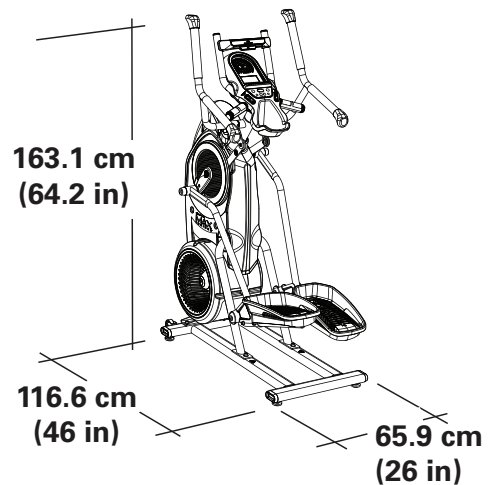
This product complies with the European Radio Equipment Directive 2014/53/EU

Specifications / Before Assembly

- Maximum User Weight:** 136 kg (300 lb)
- Total Surface Area (footprint) of equipment:** 9648.8 cm²
- Maximum Pedal Height:** 48.5 cm (19.1 in)
- Machine Weight:** 61.7 kg (136 lb)
- Power Requirements:**
Input Voltage: 100-240V AC, 50-60Hz, 0.5A
Output Voltage: 9V DC, 1.5A



DO NOT dispose of this product as refuse. This product is to be recycled. For proper disposal of this product, please follow the prescribed methods at an approved waste center.



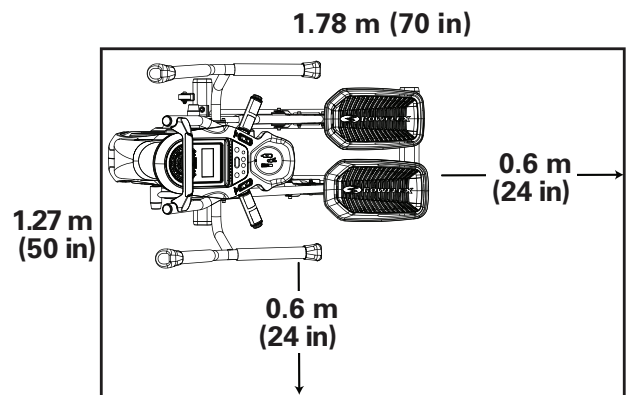
Before Assembly

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 127 cm (50 in) x 177.8 cm (70 in). Keep the workout area clear 0.6 m (24 in) along the side used to access the machine and to the rear of the machine. 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.

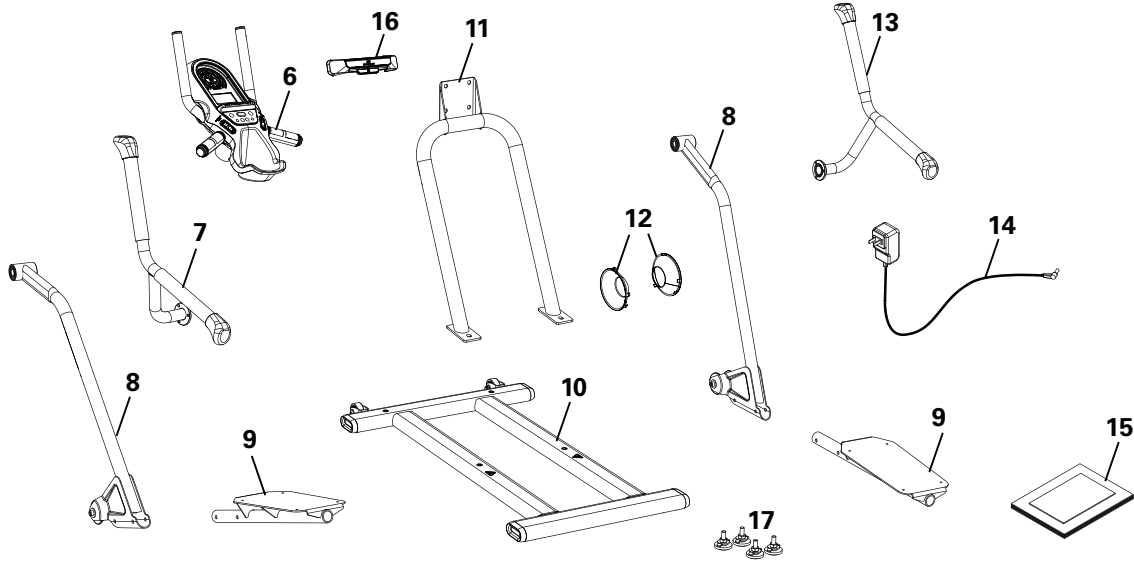
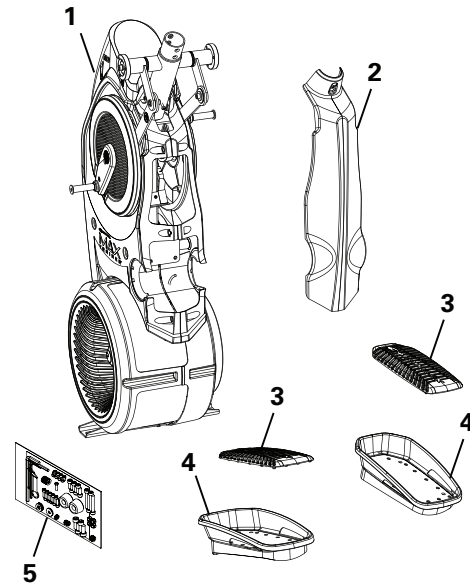


Machine Mat

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 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, contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada).

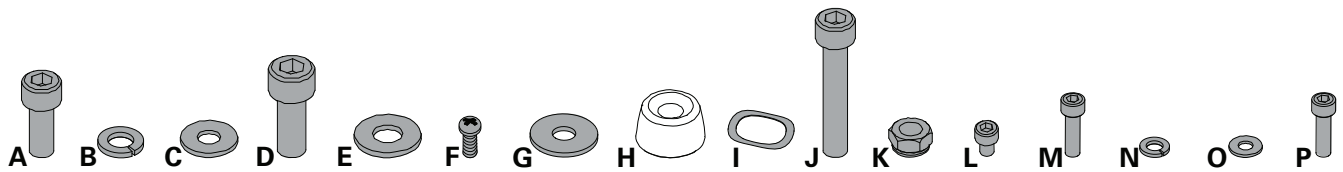
Item	Qty	Description
1	1	Frame
2	1	Shroud, Rear
3	2	Foot Platform
4	2	Foot Pad
5	1	Hardware Card



A decal has been applied to all right (" R ") and left (" L ") parts to assist with assembly.

Item	Qty	Description	Item	Qty	Description
6	1	Console Assembly (w/Aerobars)	12	2	Cap
7	1	Dynamic Handlebar, Left	13	1	Dynamic Handlebar, Right
8	2	Leg	14	1	AC Adapter
9	2	Pedal	15	1	Manual Kit
10	1	Stabilizer Assembly	16	1	Media Capture Bar
11	1	Rail Assembly	17	4	Levelers

Hardware / Tools



Item	Qty	Description	Item	Qty	Description
A	6	Socket Head Hex Screw, M8x1.25x20 Black	I	2	Wave Washer, 17.2x22 Black
B	6	Lock Washer, M8x14.8 Black	J	4	Socket Head Hex Screw, M8x1.0x55 Black
C	12	Washer, Flat M8x18 Black	K	4	Lock Nut, M8 Black
D	4	Socket Head Hex Screw, M10x1.5x25 Black	L	8	Socket Head Hex Screw, M6x1.0x8 Black
E	4	Washer, Flat M10x23 Black	M	4	Socket Head Hex Screw, M6x1.0x20 CL10.9 Black
F	1	Pan Phillips Screw, M5x0.8x20 Black	N	10	Lock Washer, M6x14.8 Black
G	2	Washer, Flat M8x24 Black	O	4	Washer, Flat M6x13 Black
H	2	Cap	P	6	Socket Head Hex Screw, M6x1.0x20 CL12.9 Black

Note: Select pieces of Hardware have been provided as spares on the Hardware Card. Be aware that there may be remaining Hardware after the proper assembly of your machine.

Tools

Included



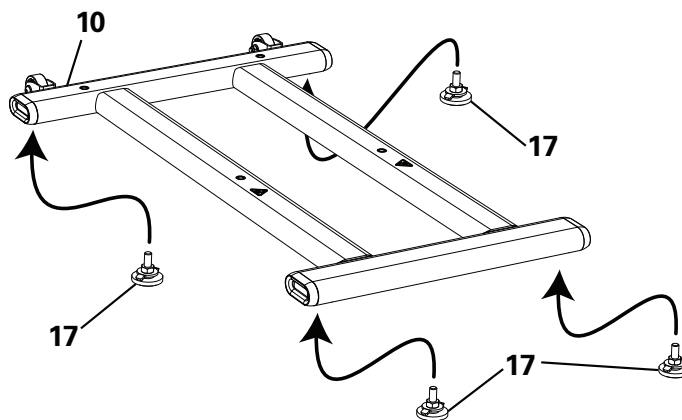
#2
5 mm
6 mm
8 mm



13 mm

Assembly

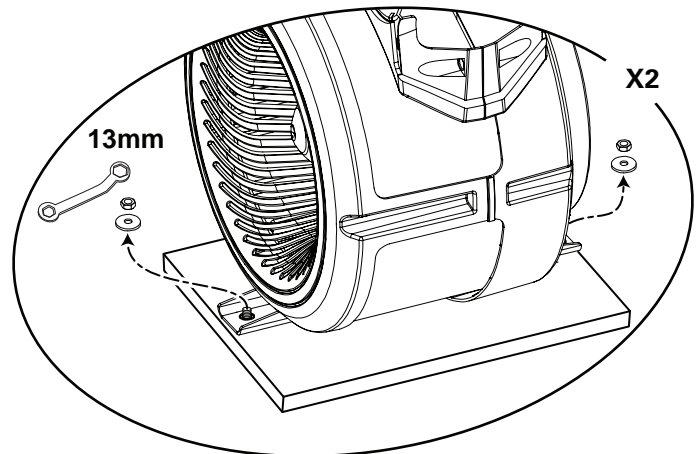
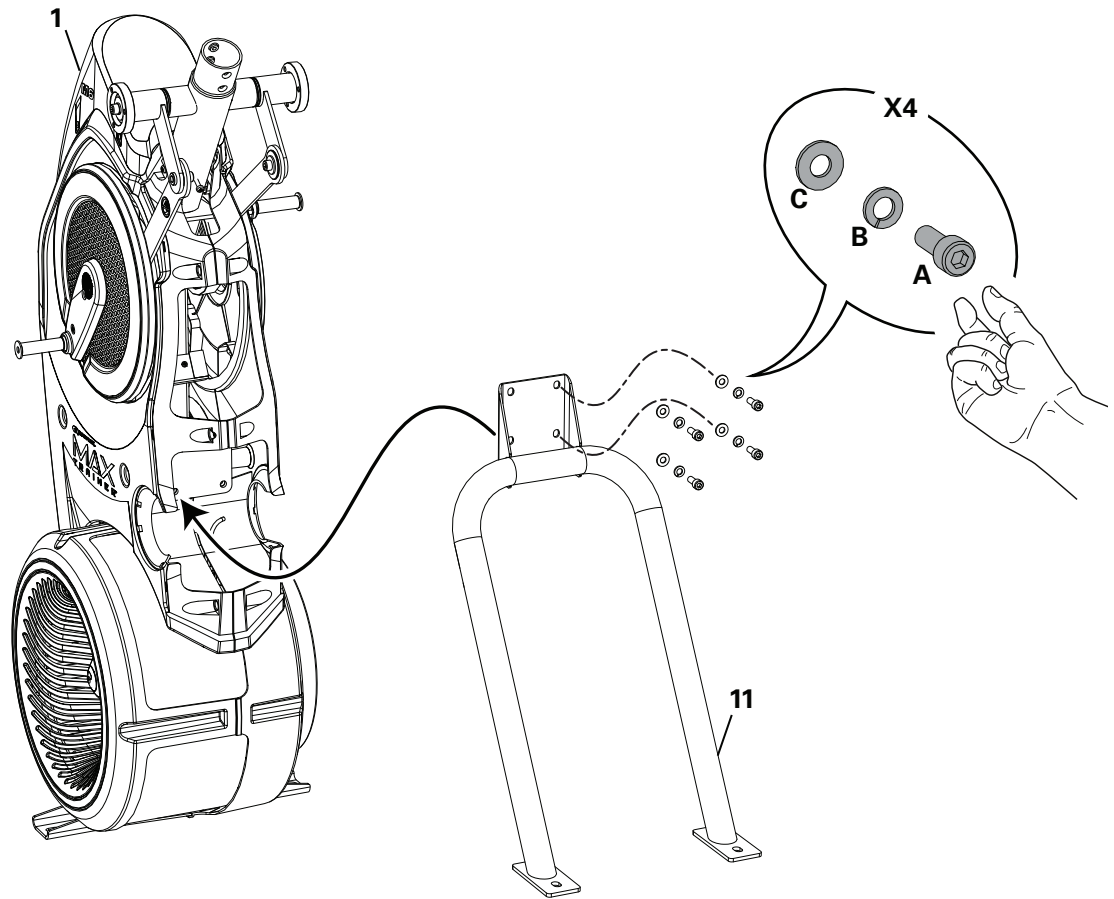
1. Attach Levelers to the Stabilizer Assembly



2. 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.

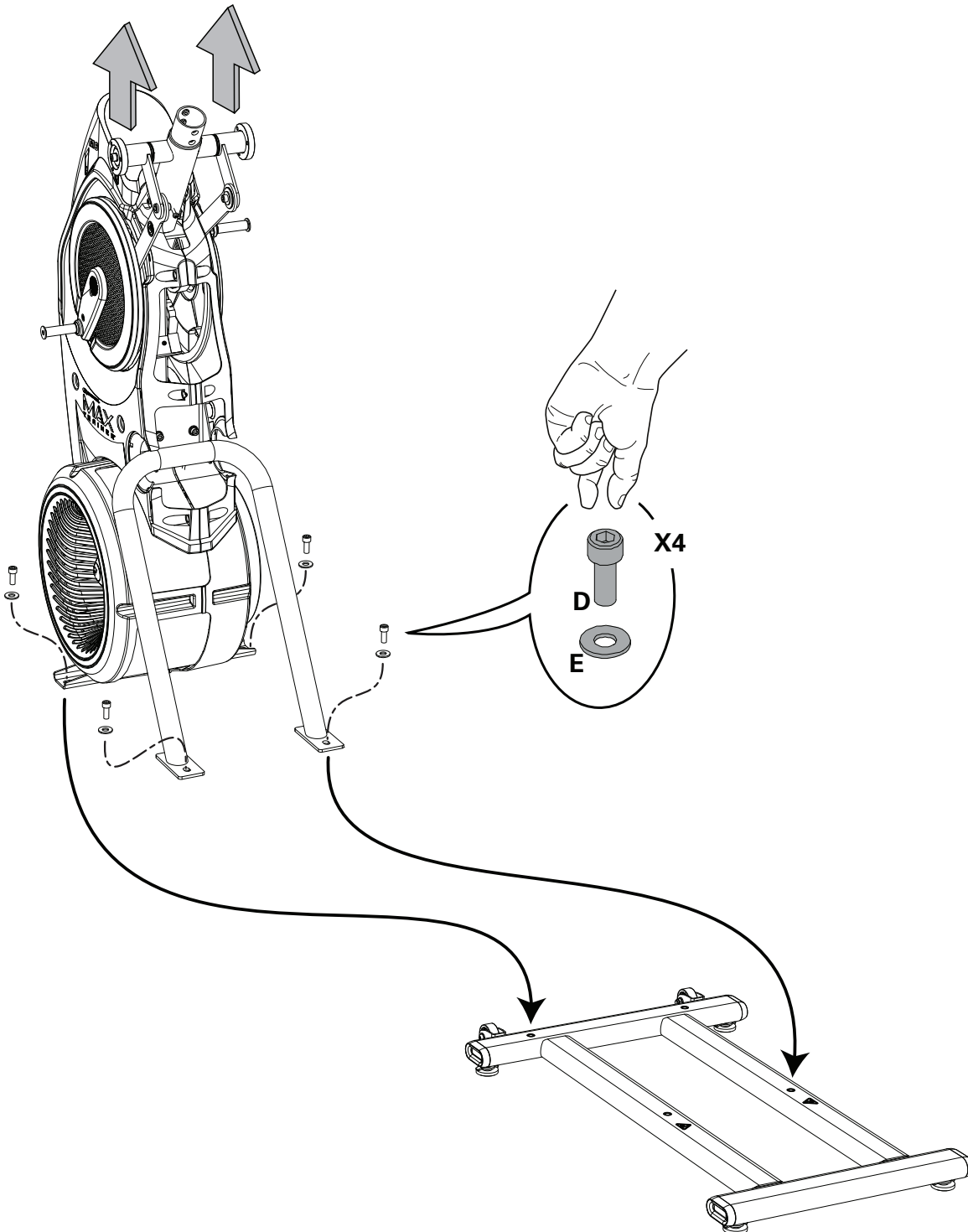
NOTICE: Hand tighten hardware.



3. Carefully Lift the Frame Assembly from the Shipping Plate and Attach to the Stabilizer Assembly

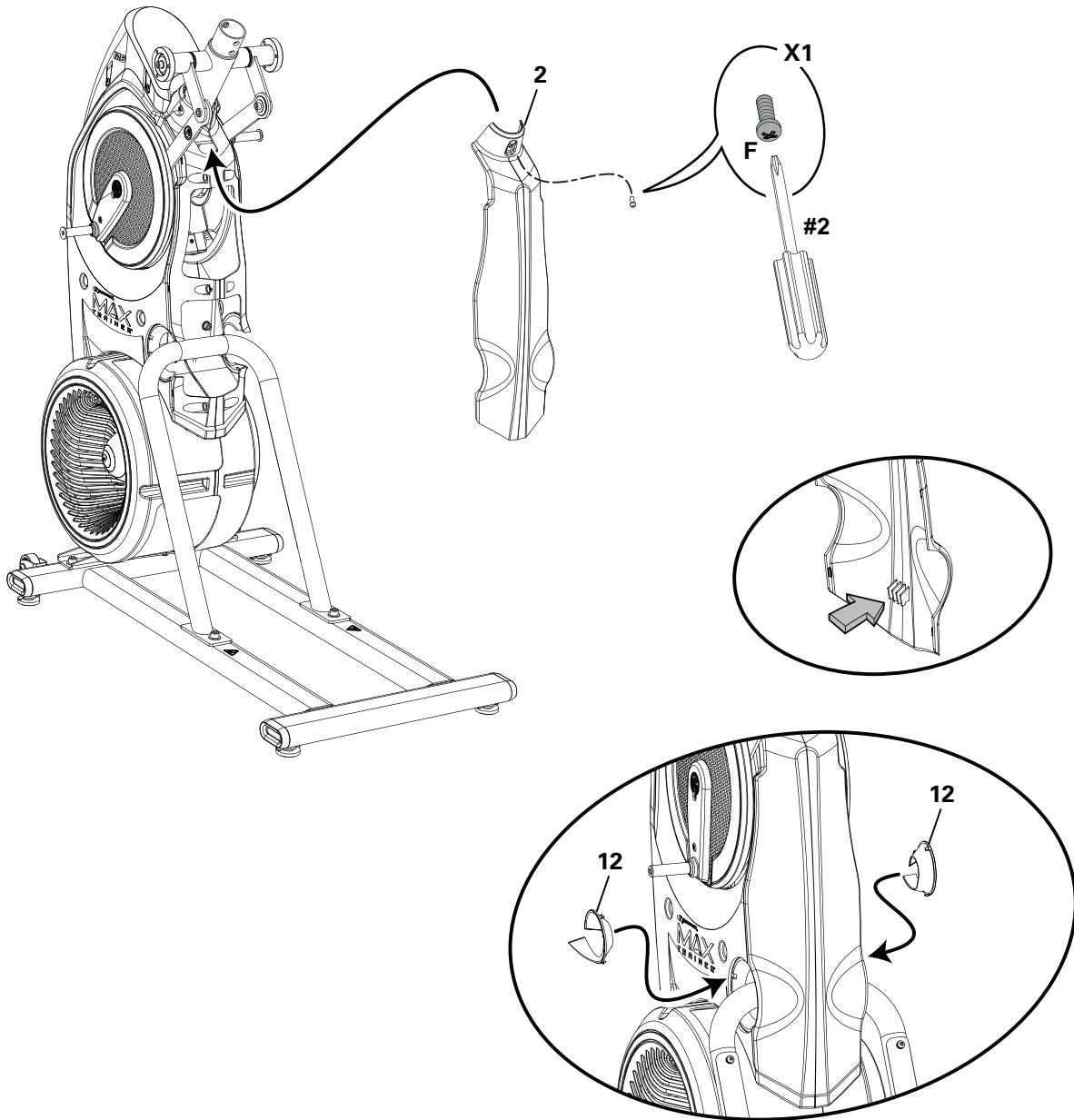
! Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own. Lift the Frame Assembly from the exterior of the pivot assembly as indicated below.

NOTICE: Once all hardware has been hand tightened, fully tighten ALL hardware from previous steps.



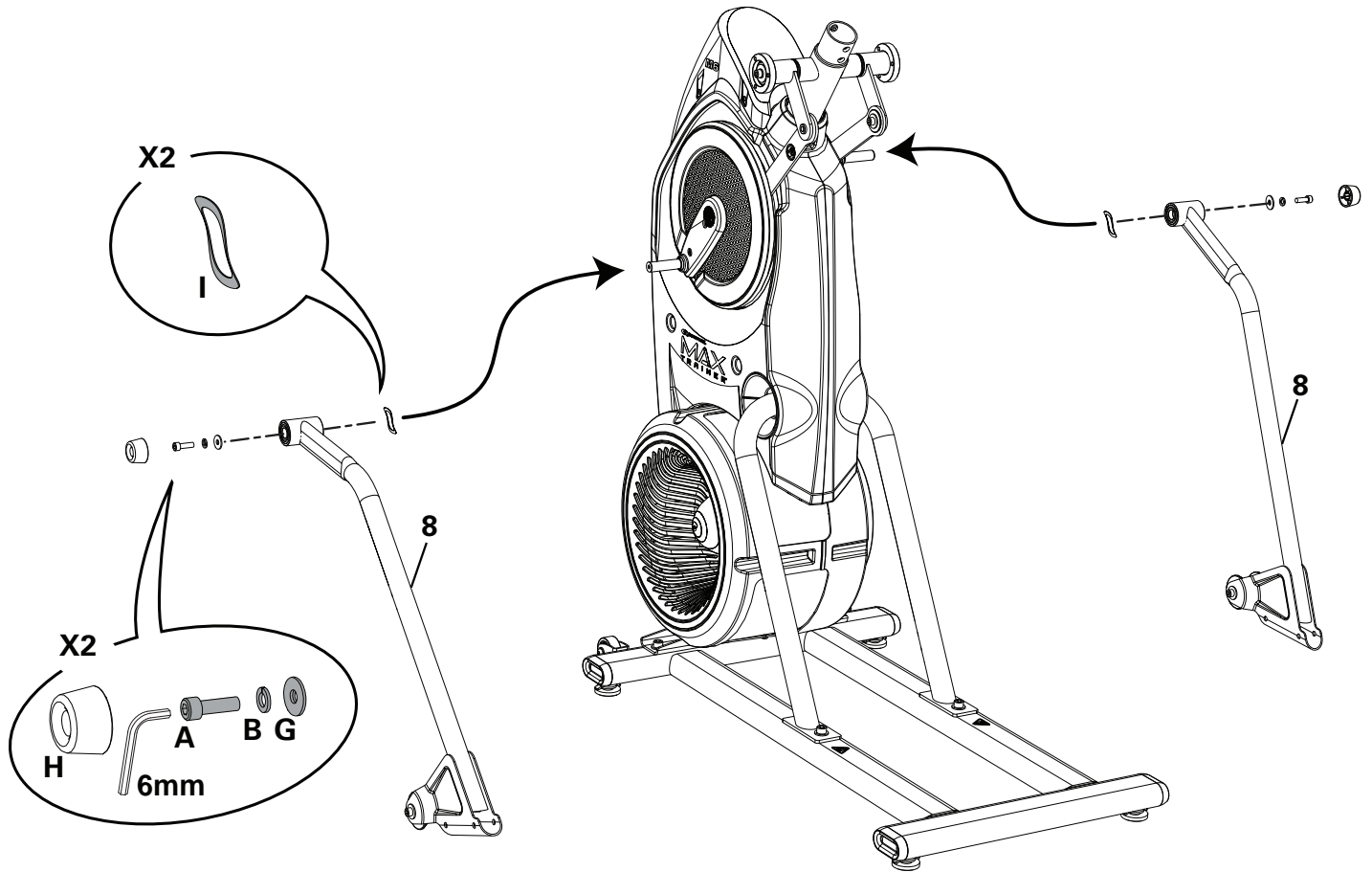
4. Attach Rear Shroud and Caps to the Frame Assembly

NOTICE: Place the inside hook of the Rear Shroud on the Frame Assembly and then pivot it up into place.



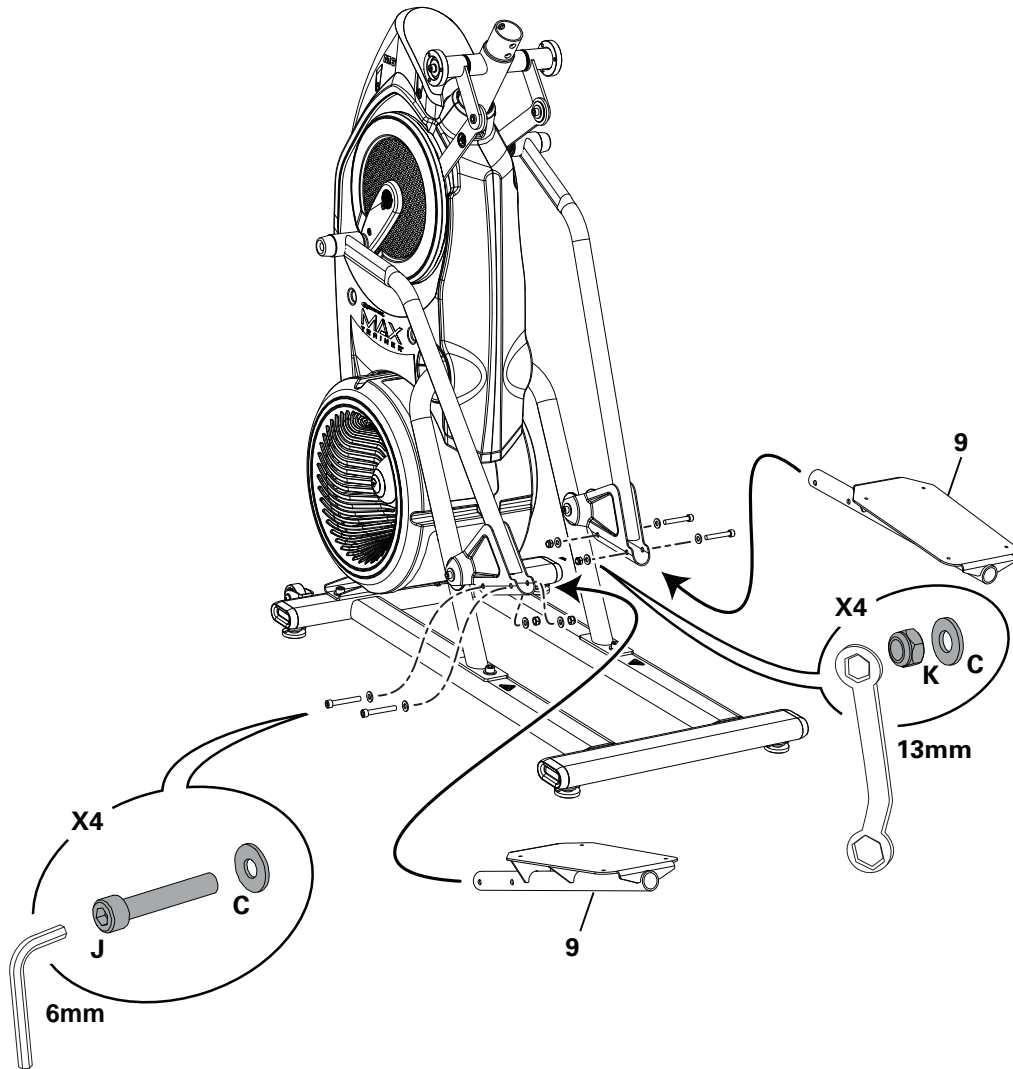
5. Attach Legs to Frame Assembly

 Be aware that the Legs are connected and when either of these parts move the other does as well.

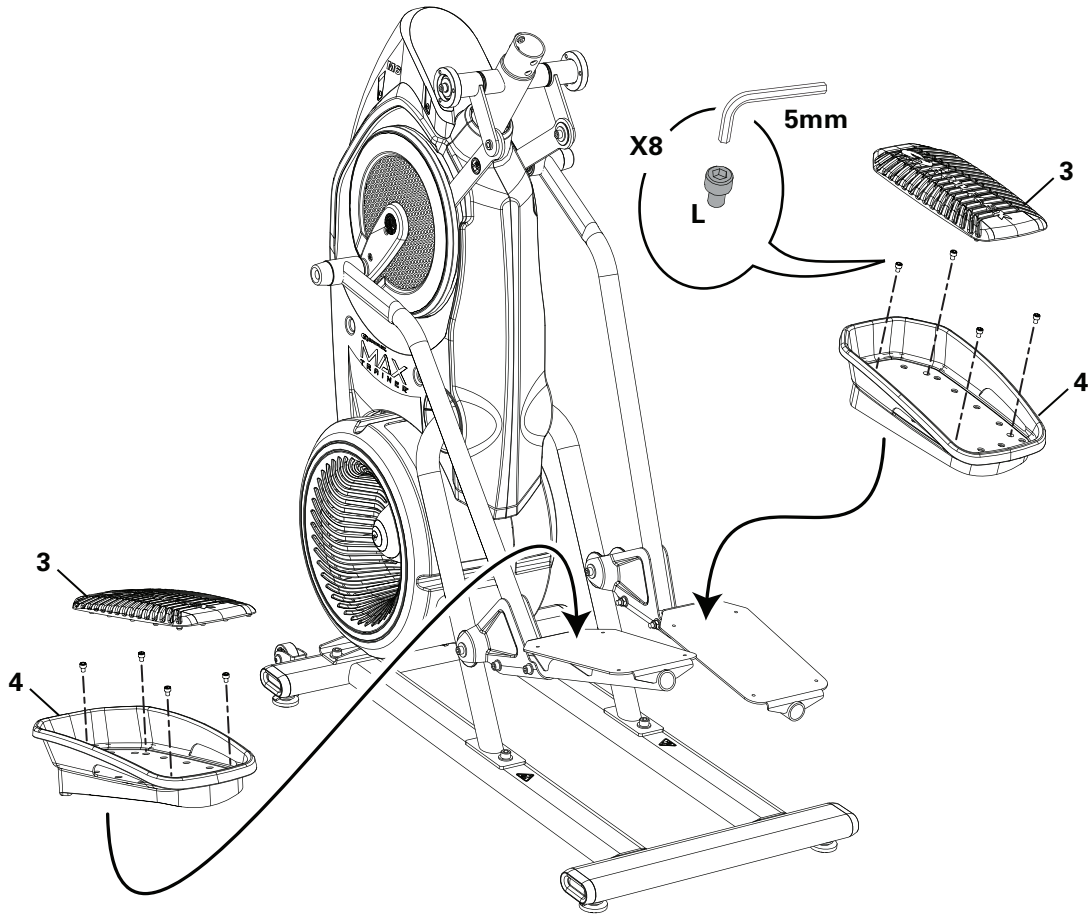


6. Attach Pedals to Frame Assembly

⚠ 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.

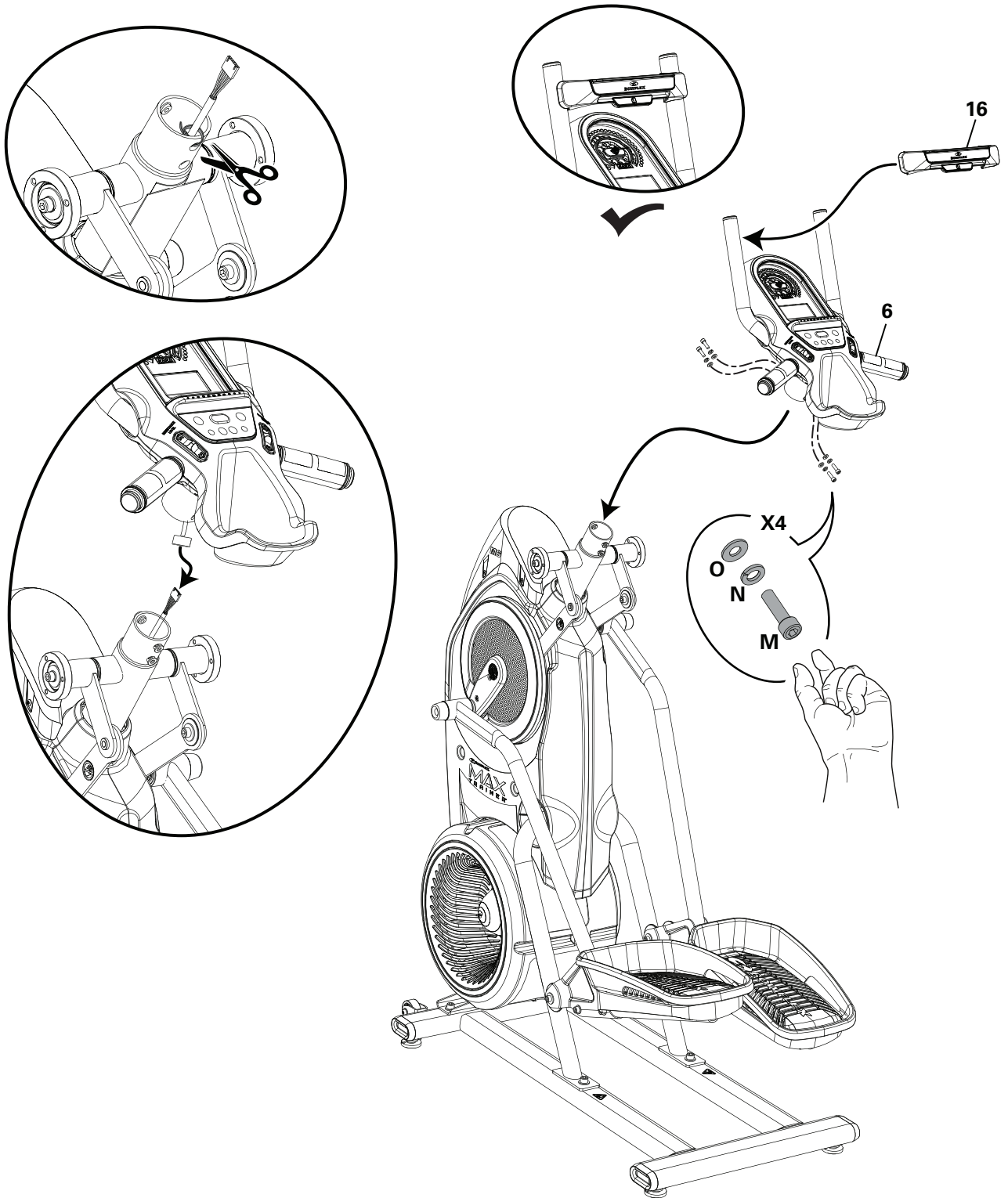


7. Attach the Foot Platforms and then the Foot Pads to the Pedals



8. Cut the Shipping Zip-Tie that Secures the Cables, Connect the Cables, and Attach the Console Assembly and Media Capture Bar

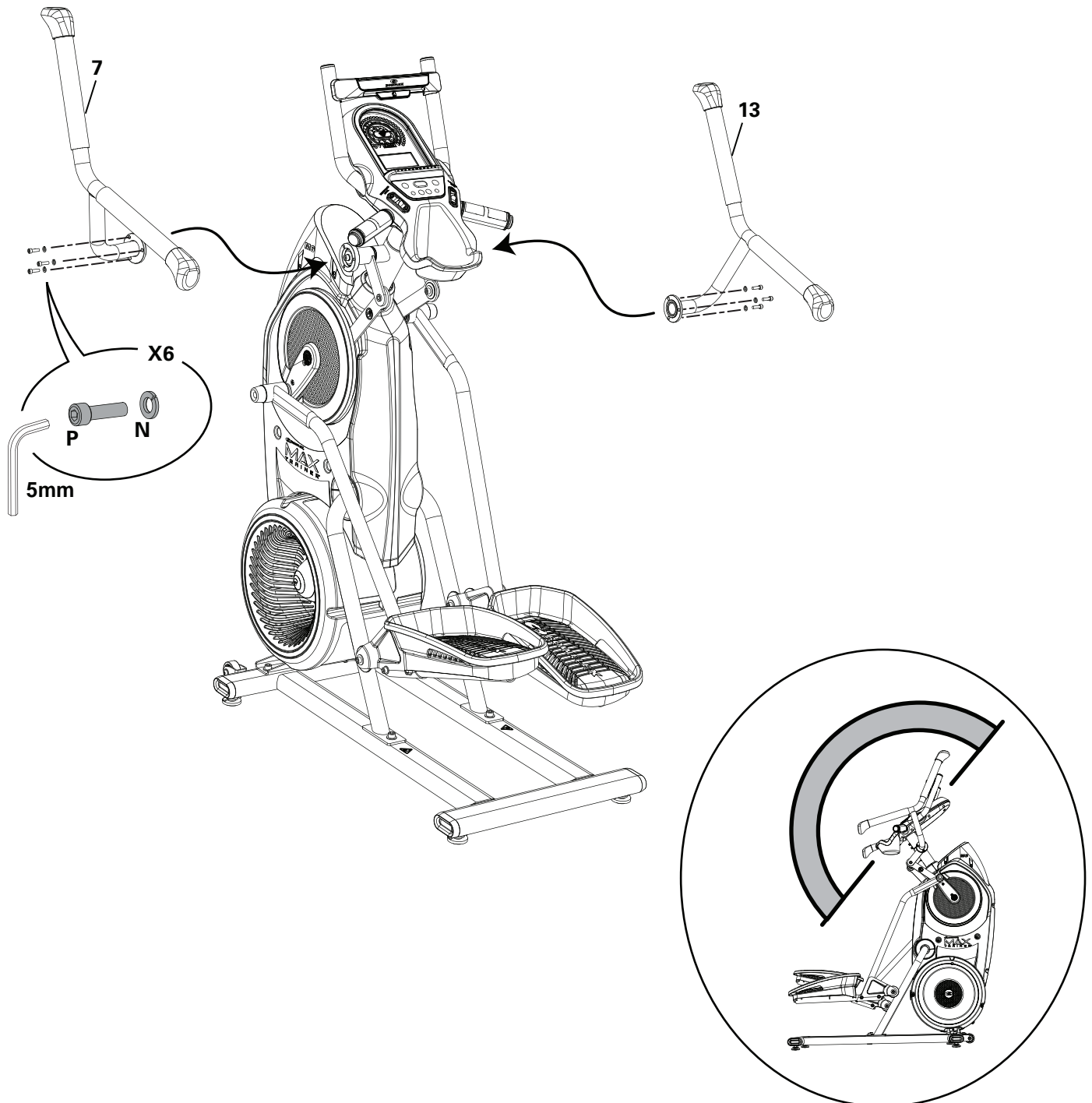
NOTICE: Do not let the Cables drop into the Frame Assembly. Do not cut or crimp the Console Cables. Once all hardware has been hand tightened, fully tighten the hardware with the 5mm hex wrench.



9. Attach the Upper Handlebars to Frame Assembly

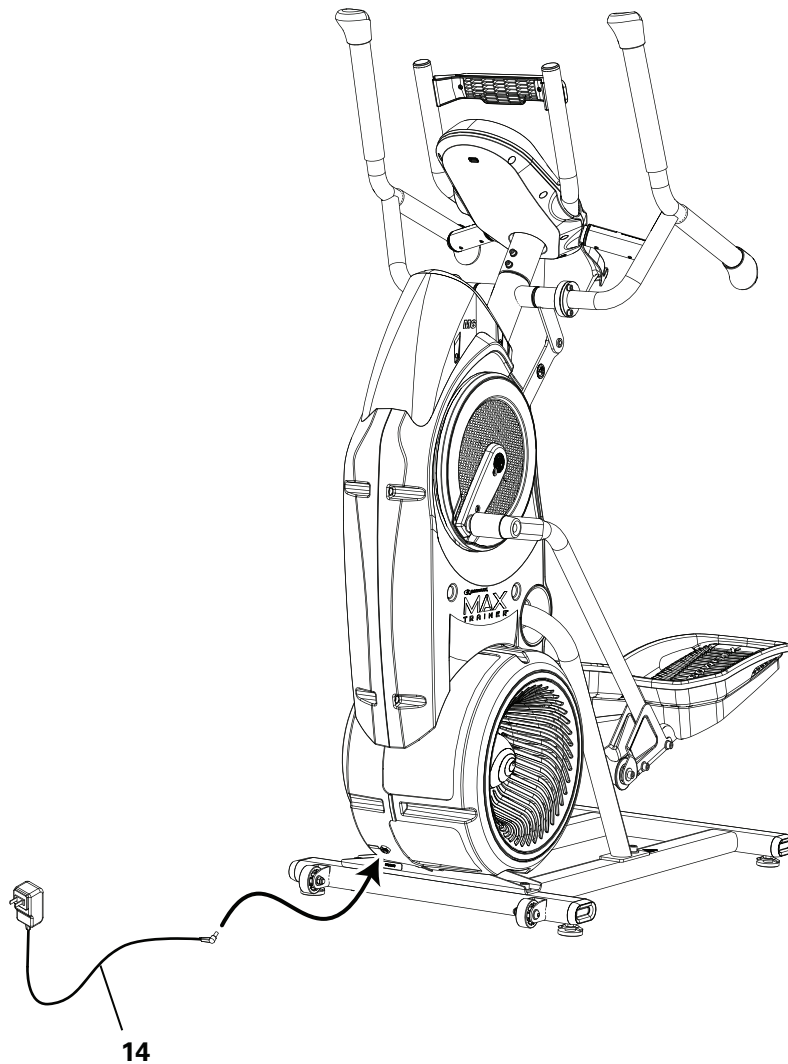
! Be aware that the Pedals and the Upper Handlebars are connected and when either of these parts move the other does as well. Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or 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.



10. Connect the AC Adapter to the Frame Assembly

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



11. 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.