

**BOWFLEX**

**MAX**  
TRAINER

M3

OWNER'S / ASSEMBLY MANUAL



Manual en Español  
Latino Americano:  
[www.support.nautilus.com](http://www.support.nautilus.com)

# Adjustments

## Moving the Machine

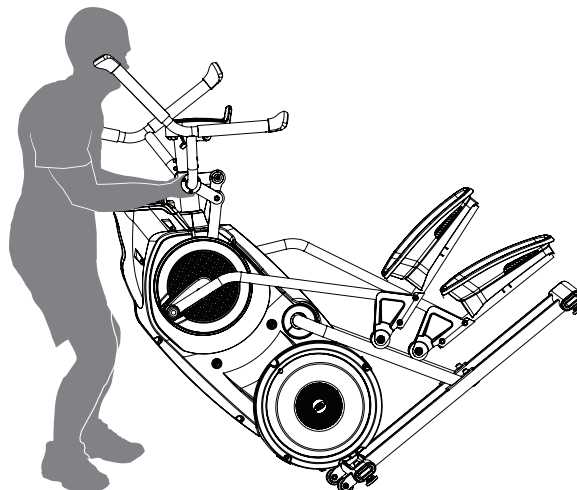
**!** The machine may be moved by one or more persons depending on their physical abilities and capacities. Make sure that you and others are all physically fit and able to move the machine safely.

1. Grasp the inner, unmoving part of the Pivot Assembly to carefully tilt the machine toward you onto the transport rollers.

**!** 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

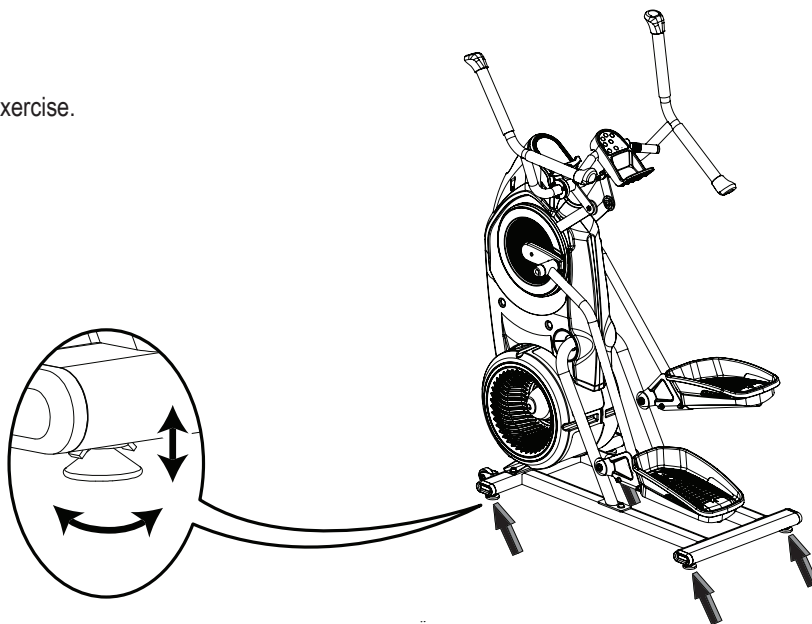
The machine needs to be leveled if your workout area is uneven or if the Rail Assembly is slightly off the floor. To adjust:


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.



 This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.

**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 stickers become loose, unreadable or dislodged, contact Nautilus® Customer Service for replacement stickers.

**DANGER** To reduce the risk of electrical shock or usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

- 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.
- 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. Contact Nautilus® Customer Service for repair information.
- Maximum user weight limit: 300 lbs. (136 kg). Do not use if you are over this weight.
- This machine is for home use only.
- 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 24" (0.6 m) on each side 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 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, the 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.

## Console Features

The Console provides information about your workout on the display screen.


### Burn Rate Display

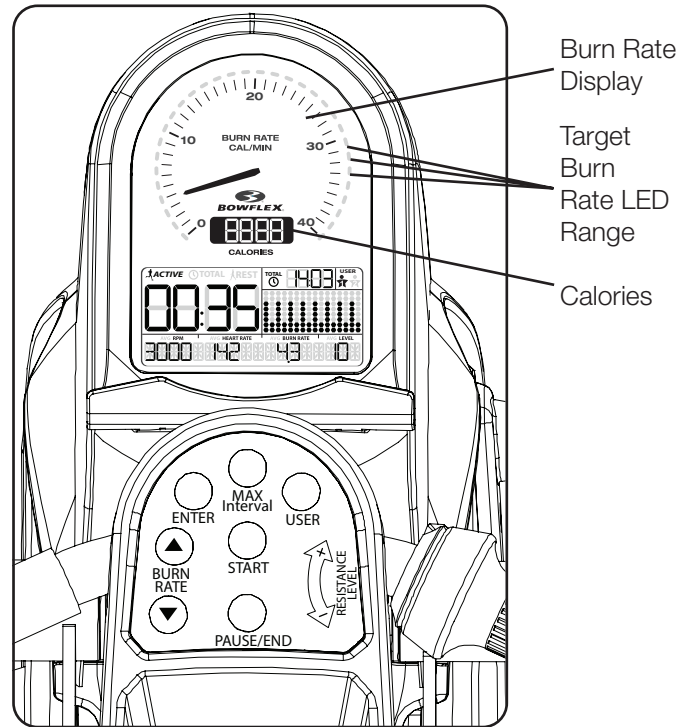
The Burn Rate Display shows the level of calories being burned per minute. This rate is a function of the current level of RPM (pedal speed) and resistance level (1-8). As either of those values increase, the Burn Rate will increase.

### Target Burn Rate LED Range

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

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

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



### 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.

### Calories

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

## LCD Display Data

The console display shows the workout measurements and current options.

### Time

The TIME display field shows the time count for the active workout. There are three types of time display depending on the style of workout: Interval, Manual, or Steady State.

**ACTIVE:** During an Interval workout, the TIME display will shift between the ACTIVE and REST intervals with an audible confirmation, counting the time down for the current segment. ACTIVE is the sprint, or high Intensity, segment of the Interval workout.

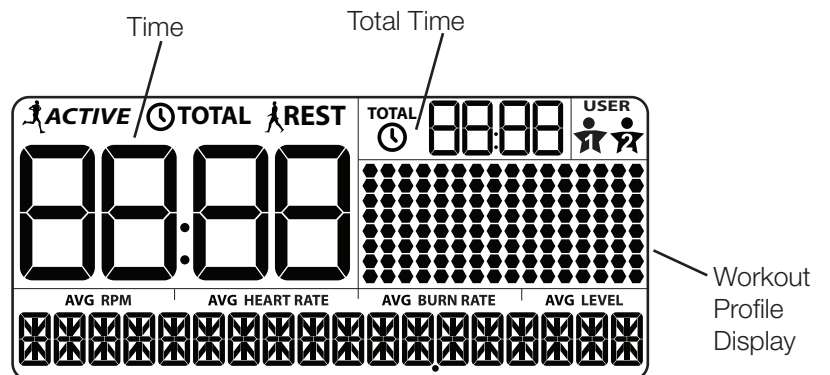
**TOTAL:** During a Manual workout, the TIME display will count up until the workout is ended.

The maximum display is 99:99. If the time count is more, the workout will be ended.

**REST:** During an Interval workout, the reduced workout level that counts down until the next ACTIVE segment.

### Total Time

The TOTAL TIME display field shows the time count for an Interval workout. This display will be blank during a Manual workout.



## User Profile

The USER PROFILE display shows the selected user profile. A user profile is always selected.

Note: For more accurate calorie counts and target Calorie Burn Rates, customize your User Profile.

## Workout Profile Display

The Workout Profile Display area shows the Burn Rate profile of the program. Each column in the profile shows one interval (workout segment). The higher the column, the higher the Targeted Burn Rate of the workout. The flashing column shows the current interval.


**Note:** During a workout, the Workout Profile Display will not reflect updates to resistance level, only burn rate.

## RPM

The RPM display field shows the machine revolutions per minute (pedal speed). The maximum display is 200.

## 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.

## Burn Rate

The 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).

## Level

The Level display field shows the current Resistance Level (1-8). The higher the Resistance Level, the harder it will be to push the Pedals.

## Keypad Functions

ENTER button- Push to accept the displayed value for the option.

MAX INTERVAL button- Push to start the MAX INTERVAL workout, push and hold for 3 seconds to edit the interval times (ACTIVE and REST) for the MAX workout program.

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

BURN RATE Increase (▲) button- Increases the Target Burn Rate during a workout, or increases a value (time, age, weight, or height).

START button- From the WELCOME screen starts a Manual workout, starts a selected Program workout, or resumes a paused workout.

BURN RATE Decrease (▼) button- Decreases the Target Burn Rate during a workout, or decreases a value (time, age, weight, or height).

PAUSE/END button- Pauses an active workout, ends a paused workout, or goes back to the previous screen.

## Resistance Level Shifter

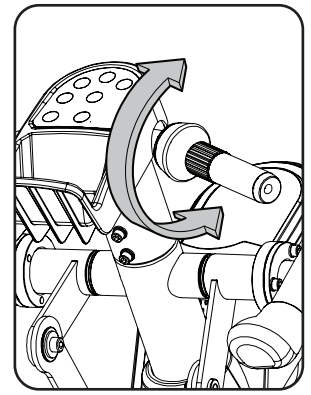
Your Bowflex Max Trainer® machine uses Resistance to change the intensity of your workout or to adjust the pace of the Pedals. The level of Resistance is adjusted by the Shifter on the right side of the Static Handlebar. A "1" setting is the minimum amount of resistance, the "8" is the maximum resistance. The closer the Shifter is set to the "8" setting, the more energy will be needed to move the Pedals downward.

During a workout, if you keep your RPM rate stable and increase the Pedal Resistance, your Calorie Burn Rate will increase. This results in a more intense workout.



To get yourself oriented with the process, begin with the Shifter set to 4. If this setting does not allow enough Pedal travel at a casual stepping pace, adjust the Shifter toward the 1 setting until you are comfortable with the amount of travel. If you find that the Pedals move too much and you are not able to increase the stepping pace, adjust the Shifter setting toward the 8 setting, allowing less Pedal movement. The Pedals should be set so they displace enough to absorb the impact of your motion at your desired stepping pace.

**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.



It may be helpful to note the Shifter setting for future reference when there are multiple users of the machine.

## Remote Heart Rate Monitor

Monitoring your Heart Rate is one of the best procedures to control the intensity of your exercise. The Console can read telemetry Heart Rate (HR) signals from a Heart Rate Chest Strap Transmitter that operates in the 4.5kHz - 5.5kHz range.

**Note:** The heart rate chest strap must be an uncoded heart rate strap from Polar Electro or an uncoded POLAR® compatible model. (Coded POLAR® heart rate straps such as POLAR® OwnCode® chest straps will not work with this equipment.)

**!** If you have a pacemaker or other implanted electronic device, consult your doctor before using a wireless chest strap or other telemetric heart rate monitor.

The heart rate displayed on the console is an approximation and should be used for reference only.

## Chest Strap

Using the heart rate transmitter chest strap lets you monitor your heart rate at any time during your workout.

**!** 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.

To put on your chest strap:

1. Adjust the strap length to fit snugly and comfortably against your skin. Secure the strap around your chest, just below the chest muscles, and buckle it.
2. Lift the transmitter off your chest and moisten the two Grooved Electrode Areas on the back.
3. Check that the wet electrode areas are firmly against your skin.

The transmitter will send your heart rate to the machine's receiver and display your estimated Beats Per Minute (BPM).

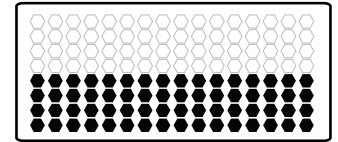
Always remove the transmitter before you clean the chest strap. Clean the chest strap regularly with mild soap and water, and thoroughly dry it. Residual sweat and moisture may keep the transmitter active and drain the battery in the transmitter. Dry and wipe clean the transmitter after each use.

**Note:** Do not use abrasives or chemicals such as steel wool or alcohol when you clean the chest strap, as they can damage the electrodes permanently.

If the Console does not display a heart rate value, the transmitter may be at fault. Check that the textured contact areas on the chest strap are making contact with your skin. You may need to lightly wet the contact areas. If no signal appears or you need further assistance, call your Nautilus® Representative.

## Manual ( Quick Start ) Program

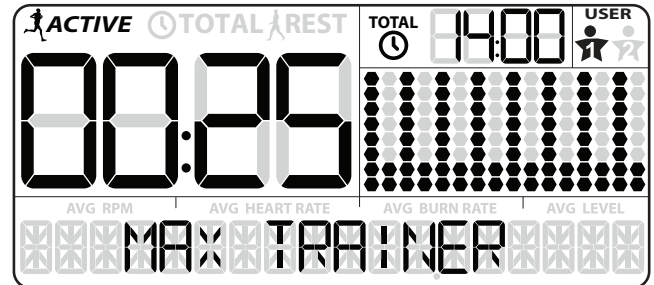
The Manual workout program is an open-ended workout that tracks your total time, allowing you total control. The Workout Profile Display shows the Target Burn Rate for the Manual program.



1. Stand on the machine.
2. Push the USER button to select your User Profile.
3. Push the START button to begin the Manual workout program.
4. When done with your workout, stop pedaling and push PAUSE/STOP to pause the workout. Push the PAUSE/STOP button again to end the workout.

## MAX Interval Workout Program

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

**Note:** The Workout Profile Display will adjust the Burn Rate profile to the current User settings.

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

**Note:** The Target Burn Rate (LED) Range is provided only as a suggested target. The 5 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. To change the Target Burn Rate (LED) Range, push the appropriate Burn Rate button until the Target Range is near the desired value.

At the last 3 seconds of the "ACTIVE" workout, the Console will begin an audible countdown.

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

The Target LED Range will shift from red to green and sweep to a reduced Burn Rate. During the REST Interval, continue to workout but at a lower level.

At the last 3 seconds of the "REST" workout, the Console will begin an audible countdown. The interval is about to shift from a "REST" to an "ACTIVE" interval again.

6. As the interval time reaches "00:00", the Console will make an audible confirmation and shift to the next "ACTIVE" segment.

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

7. When the last "REST" segment is completed, the Console will display "WORKOUT COMPLETE", and then show the workout results. The Console will display the total time of the "ACTIVE" intervals, 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.

## Paused / Results Mode

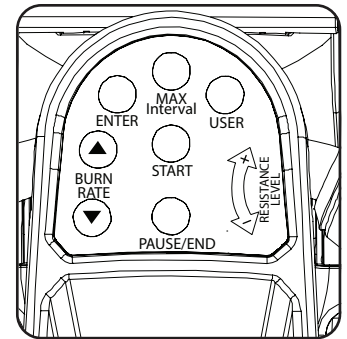
To Pause a workout:

1. Stop pedaling and push the PAUSE/STOP button to pause your workout.  
**Note:** The Console will automatically pause if there is no RPM signal for 5 seconds.
2. To continue your workout, push START or start pedaling.

When paused, the Console display will show “WORKOUT PAUSED”, and then flash the workout values.

If the workout does not resume or if the PAUSE/STOP button is pushed, the workout will display “WORKOUT COMPLETE”, and the result values are displayed (Total Calories, Total Time, Average RPM, Average Heart Rate, Average Burn Rate, and Average Level). If the workout was a MAX Interval workout, the Console will also display the total “ACTIVE” interval time.

If there is no RPM for 5 minutes, the Console automatically go to the Power-Up / Idle Mode.



## Changing Resistance Levels

Use the Resistance Level Dial to adjust the resistance level. A Resistance level of “1” is the least resistance, a setting of “8” is the highest resistance level.

## Edit a User Profile

For a more accurate calorie count and Target Calorie Burn, a User Profile should be customized to the User.

1. Push USER button to select your User Profile (User 1 or User 2).
2. Push and hold the USER button for 3 seconds to begin the Edit User mode.
3. The Console will display the AGE prompt with the default age value ( “32” ). Use the Burn Rate/Increase or Burn Rate/Decrease buttons to adjust the value, and push ENTER to set the value.
4. The Console will display the GENDER prompt with the default gender value ( “FEMALE” ). Use the Burn Rate/Increase or Burn Rate/Decrease buttons to adjust the value, and push ENTER to set the value.
5. The Console will display the UNITS prompt with the default units value ( “LBS” ). Use the Burn Rate/Increase or Burn Rate/Decrease buttons to adjust the value, and push ENTER to set the value.
6. The Console will display the WEIGHT prompt with the default weight value ( “160” ). Use the Burn Rate/Increase or Burn Rate/Decrease buttons to adjust the value, and push ENTER to set the value.
7. The Console will display the HEIGHT prompt with the default height value ( “60 INCHES” ). Use the Burn Rate/Increase or Burn Rate/Decrease buttons to adjust the value, and push ENTER to set the value.
8. The Console will display the RESET SETTINGS prompt with the default value ( “NO” ). Use the Burn Rate/Increase or Burn Rate/Decrease buttons to adjust the value, and push ENTER to accept the value. All Workout settings for the User will be reset to the default settings.
9. The Console will display the RESET USER prompt with the default value ( “NO” ). Use the Burn Rate/Increase or Burn Rate/Decrease buttons to adjust the value, and push ENTER to accept the value. All Workout results and settings for the User will be erased with a reset.
10. The User Profile review is complete, and the Console will display the WELCOME screen.

On the initial edit of each User Profile, all screens must be reviewed and accepted. After the initial edit, a User can adjust a value, set it, and push PAUSE/STOP to exit the Edit User mode.



## Customize the MAX Interval Program

The interval times and burn rate levels can be adjusted on the MAX Interval Program. The adjusted values will be set as the default settings for future workouts.

1. Step up to the machine.
2. Push and hold down the MAX Interval button for 3 seconds.
3. The Console will display the "ACTIVE" interval time, flashing. The ACTIVE segments in the Profile display will also be flashing. Push the Burn Rate/Increase or Burn Rate/Decrease buttons to adjust the "ACTIVE" interval time.  
**Note:** Intervals are limited to a maximum of 10:00 for each type ("ACTIVE" or "REST"), and the entire workout is limited to a maximum of 99:04 minutes.
4. Push the ENTER button to set the displayed value.
5. The Console will display the "ACTIVE" Burn Rate adjusted to the User settings, flashing. Push the Burn Rate/Increase or Burn Rate/Decrease buttons to adjust the "ACTIVE" Burn Rate level.
6. Push the ENTER button to set the displayed value.
7. The "REST" interval time is now displayed, flashing, along with the other segments on the Profile display. Push the Burn Rate/Increase or Burn Rate/Decrease buttons to adjust the "REST" interval time.
8. Push the ENTER button to set the displayed value.
9. The Console will display the "REST" Burn Rate adjusted to the User settings, flashing. Push the Burn Rate/Increase or Burn Rate/Decrease buttons to adjust the "REST" Burn Rate level.
10. Push the ENTER button to set the displayed value.

# Console Setup Mode

The Console Setup Mode lets you control the sound settings, or see maintenance statistics (Total Run Hours and Software Version).

1. Push and hold down the Burn Rate/Increase and PAUSE/END buttons for 3 seconds while in the Power-Up Mode to go into the Console Setup Mode.

**Note:** Push PAUSE/END to exit the Console Setup Mode and return to the Power-Up Mode screen.

2. The Console display shows the Sound Settings prompt with the current setting. Push the Burn Rate/Increase or Burn Rate/Decrease buttons to change between the settings of "OFF" and "1" through "7". A setting of 7 is the loudest sound level.
3. Push ENTER to set.
4. The Console display shows the TOTAL RUN HOURS for the machine.
5. For the next prompt, push the ENTER button.
6. The Console display shows the Software Version prompt.
7. Push the ENTER button to exit the Console Setup Mode.

The Console will display the Power-Up Mode screen.