



BOWFLEX M3 Max Trainer User Guide

[Home](#) » [Bowflex](#) » BOWFLEX M3 Max Trainer User Guide 

Contents

- [1 M3 Max Trainer](#)
- [2 Important Safety Instructions](#)
- [3 Documents / Resources](#)
 - [3.1 References](#)
- [4 Related Posts](#)

M3 Max Trainer



**MAX
TRAINER™ /M3
OWNER'S/ ASSEMBLY MANUAL**



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 (600) 605-3389.

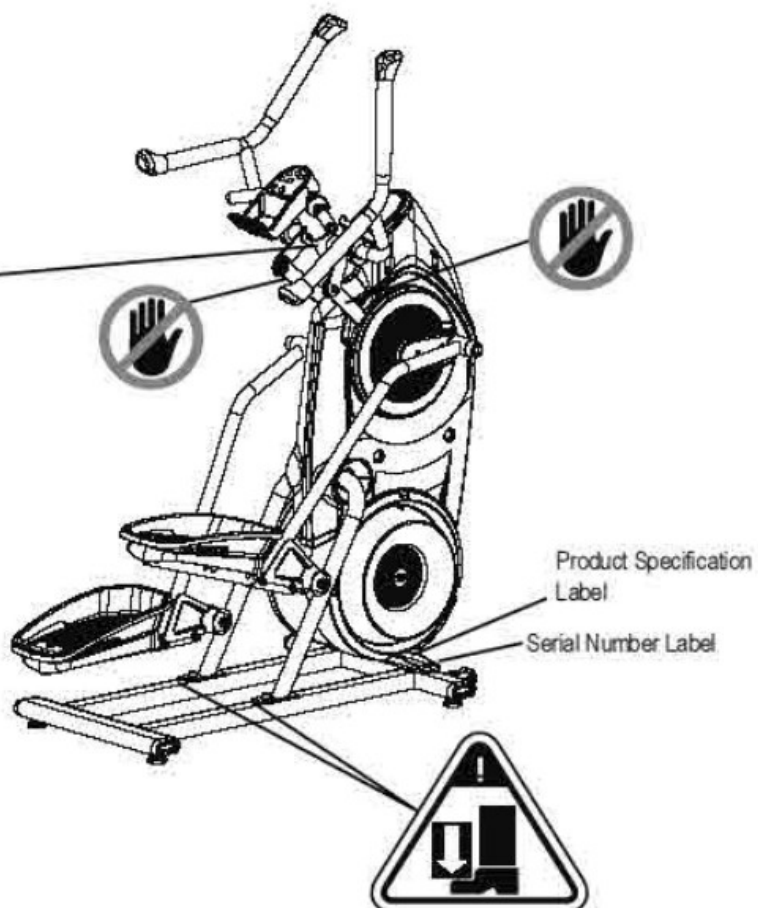
If you have questions or problems with your product please call 1 (600) 605-3369

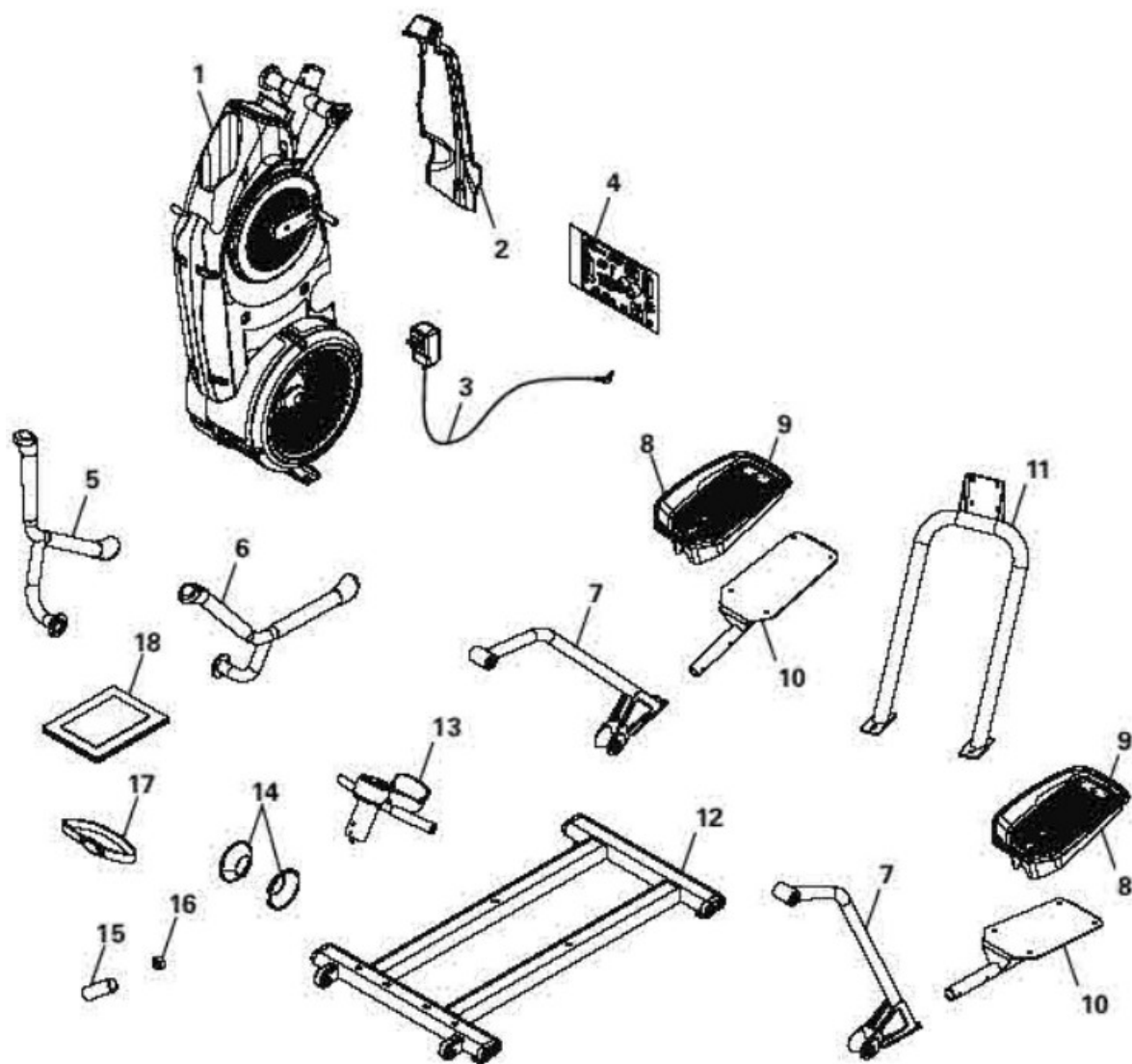
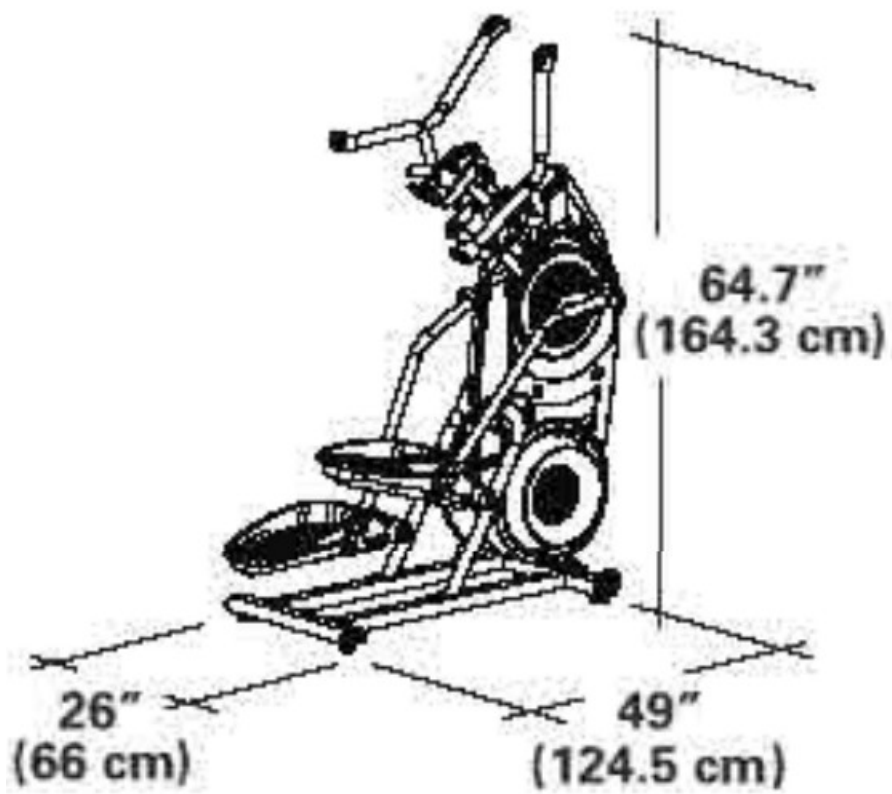
Nautilus, Inc. 5415 Centerpoint Parkway, Groveport, OH 43125 USA, www.Nautilusinc.com – Customer Service: North America (800) 605-3369, csnis@nautilus.com | Nautilus (Shanghai) Fitness Equipments Co, Ltd, Room 1701 &1702, 1018 Changning Road, Changning District, Shanghai, China 200042, www.nautilus.cn – 8 21 6115 9668 | outside U.S. www.nautilusinternational.com | Printed in China | ©2014 Nautilus, Inc. | Bowflex, the Bowflex logo, Nautilus, the Nautilus logo, Schwinn, SelectTech, and Max Trainer are trademarks owned or licensed by Nautilus, Inc., registered or otherwise protected by common law in the U.S. and other countries. Polar®, OwnCode®, MyFitnessPal, and Nut Thins® are trademarks of their respective owners. Other trademarks are the property of their respective owners.

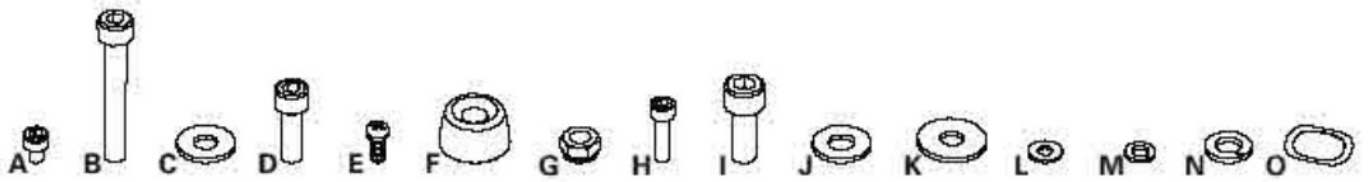
Important Safety Instructions

⚠ 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 300 lbs (136 kg).
- This machine is for home use only.
- Consult a physician prior to using any exercise equipment.







Included

Not Included



#2
5 mm
6 mm
8 mm



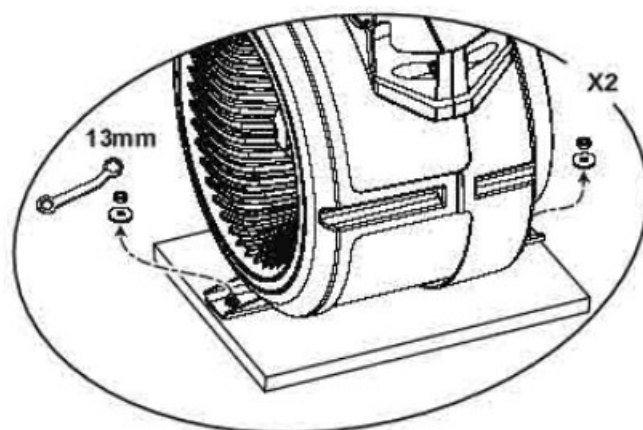
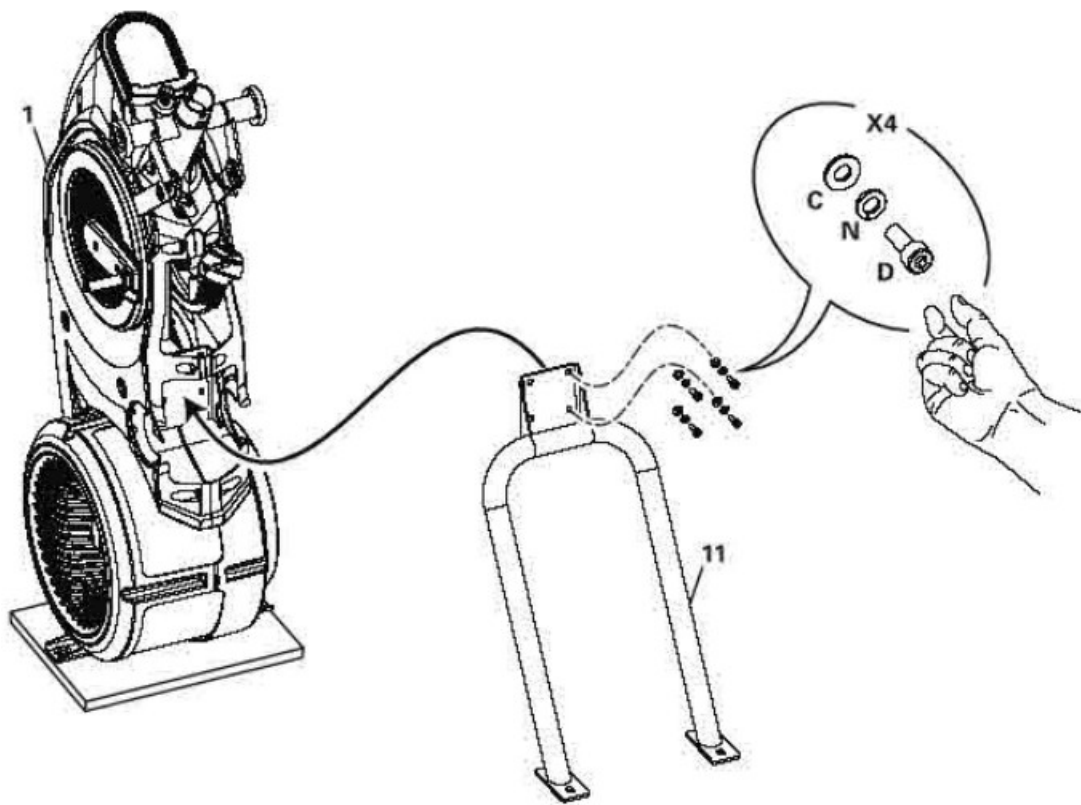
(recommended)

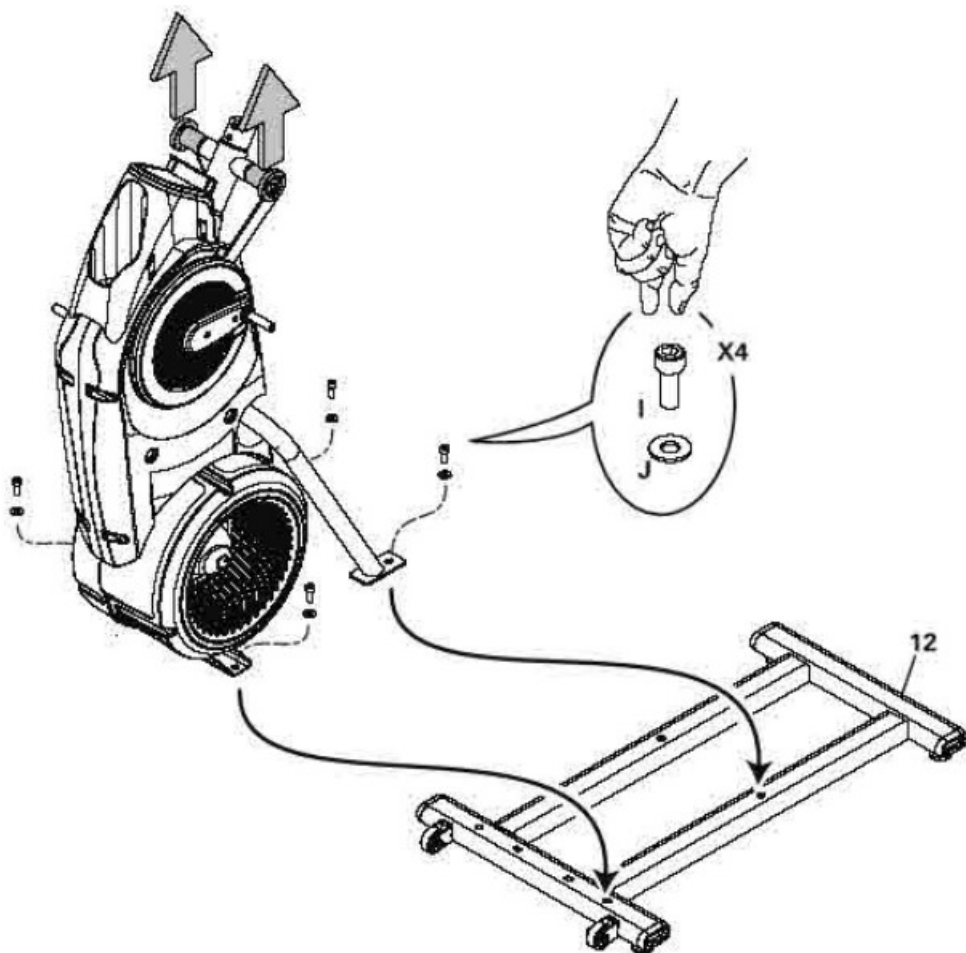


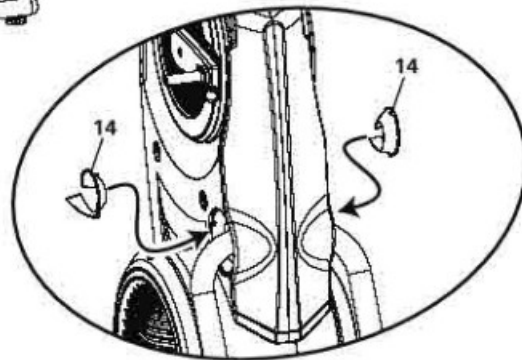
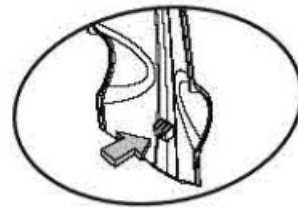
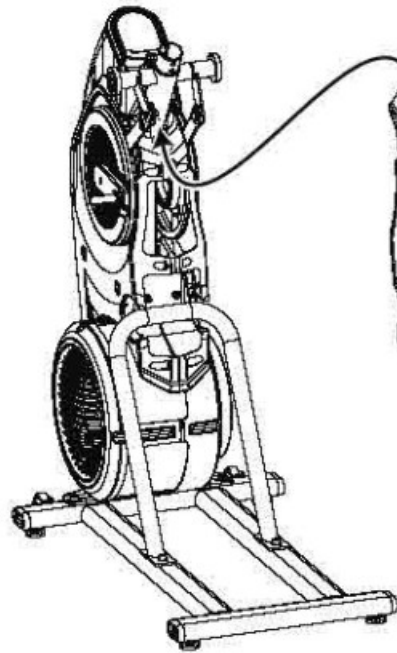
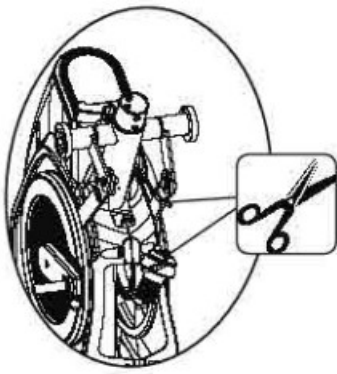
13 mm

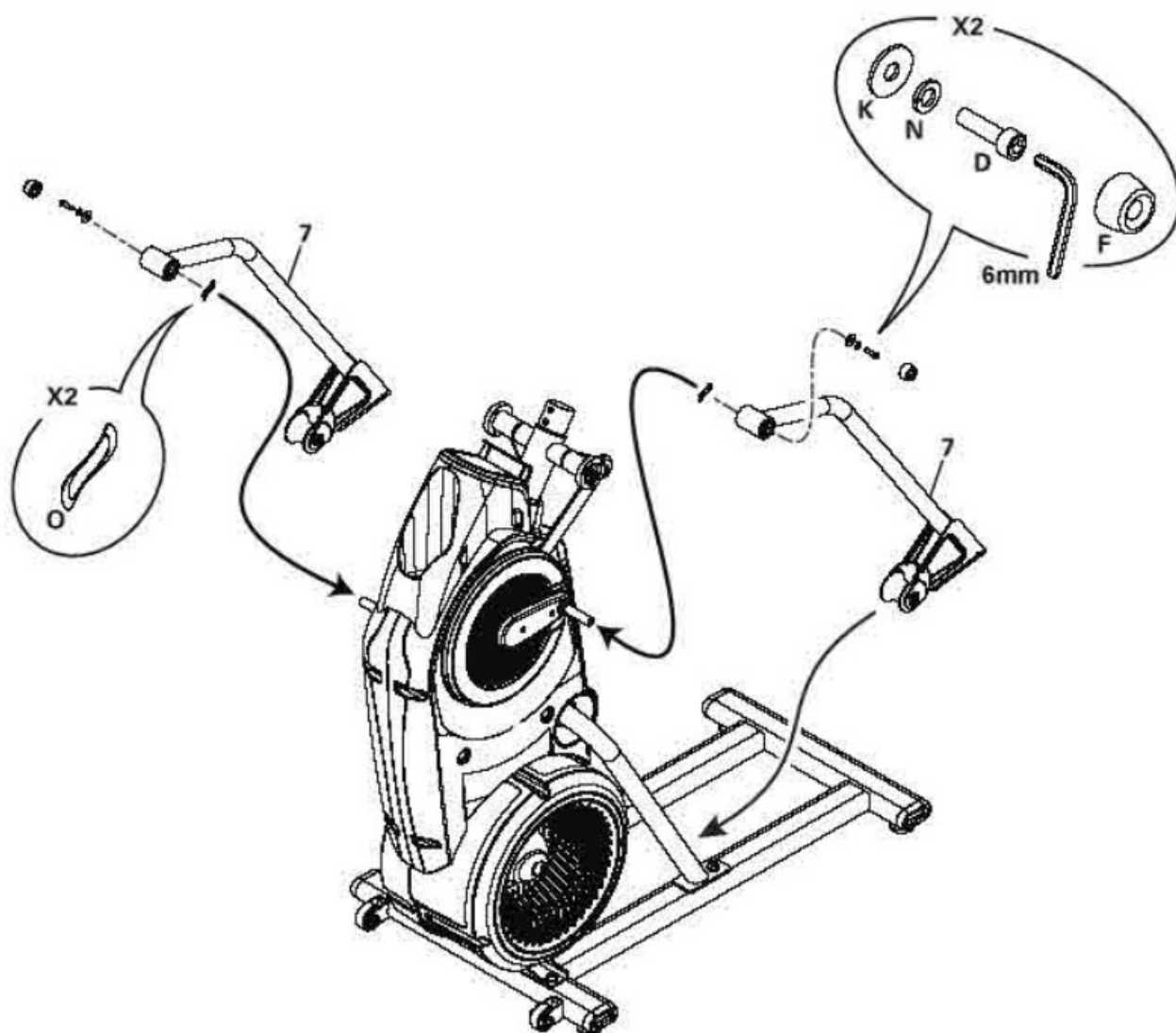


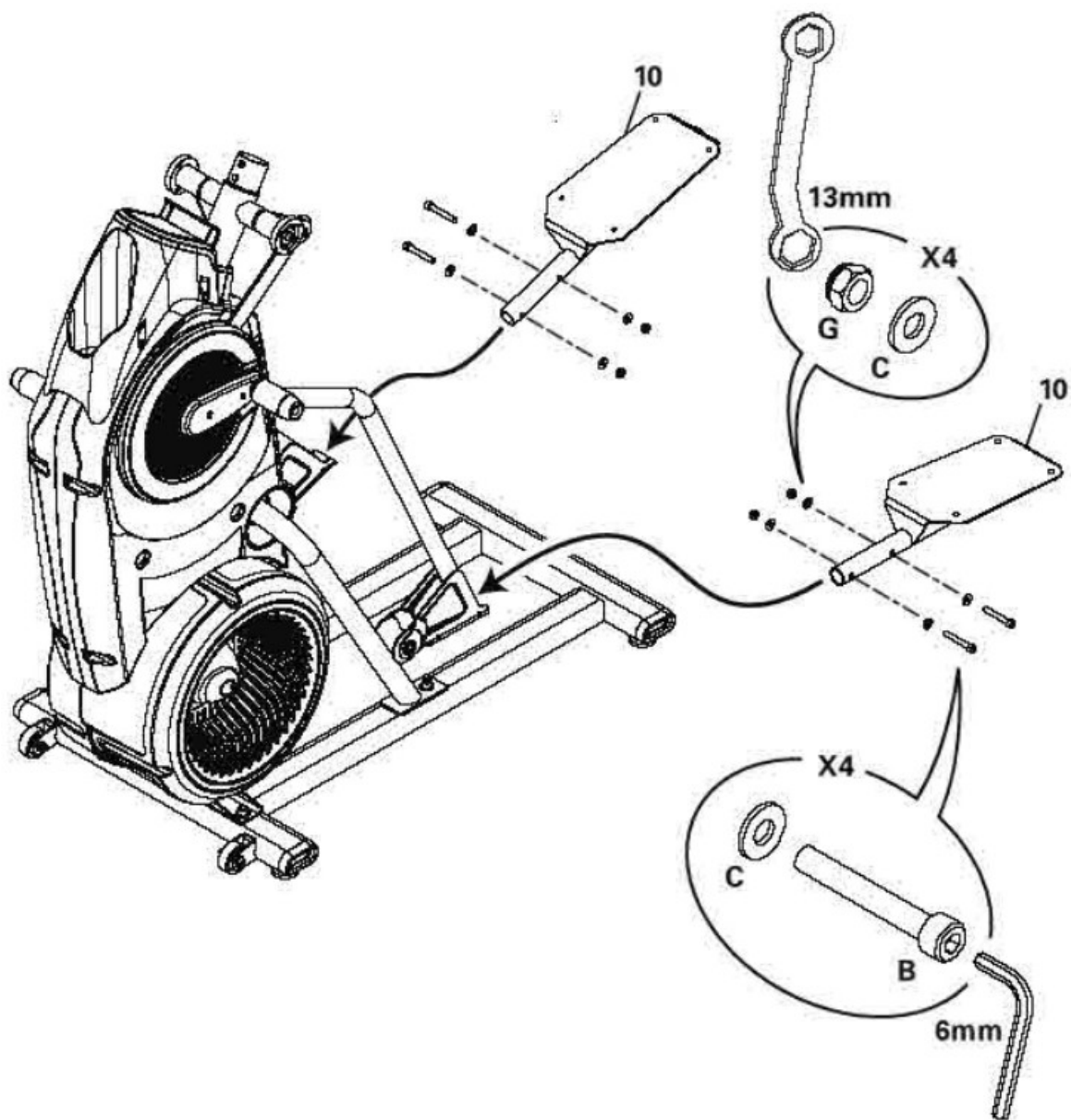
(recommended)

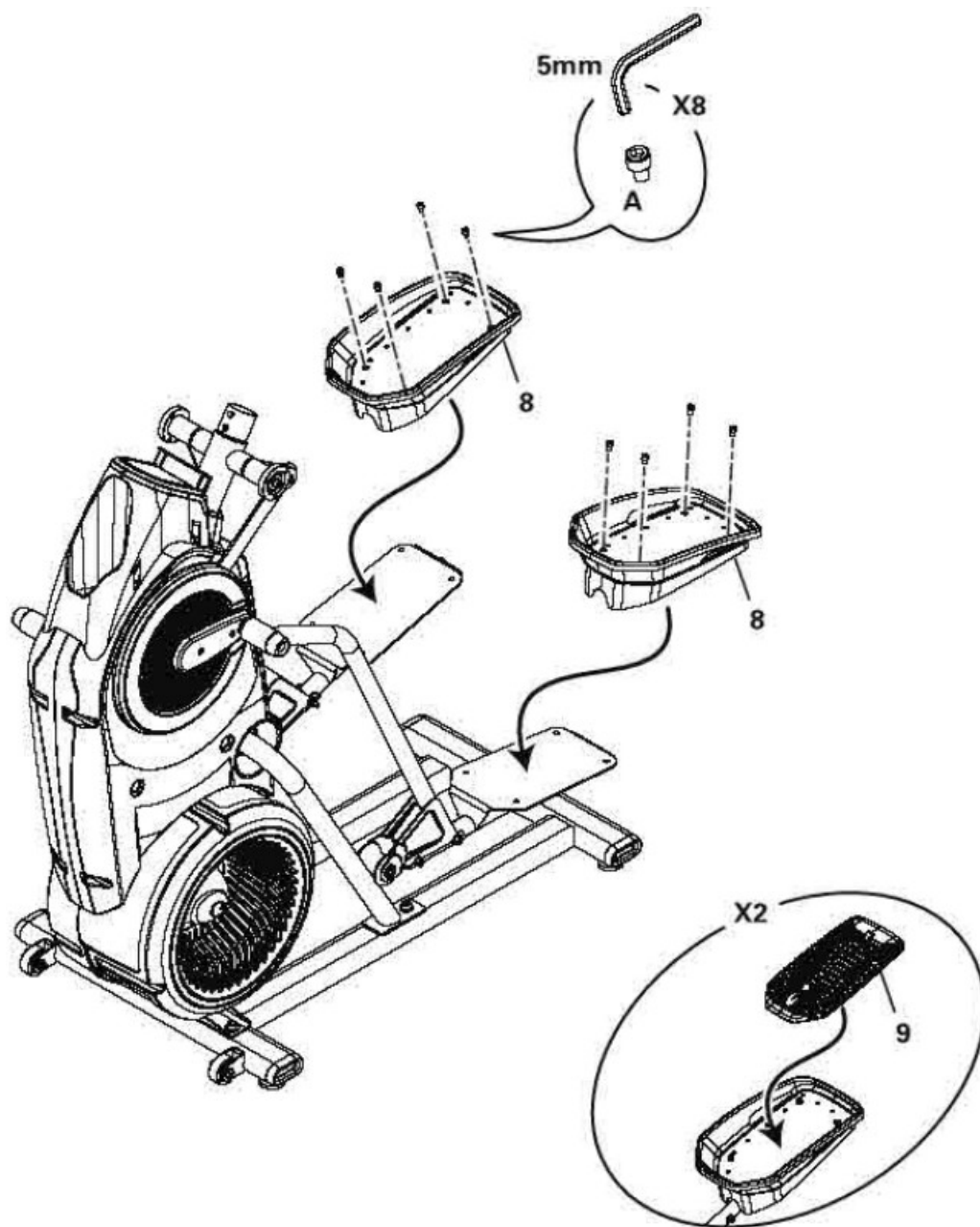




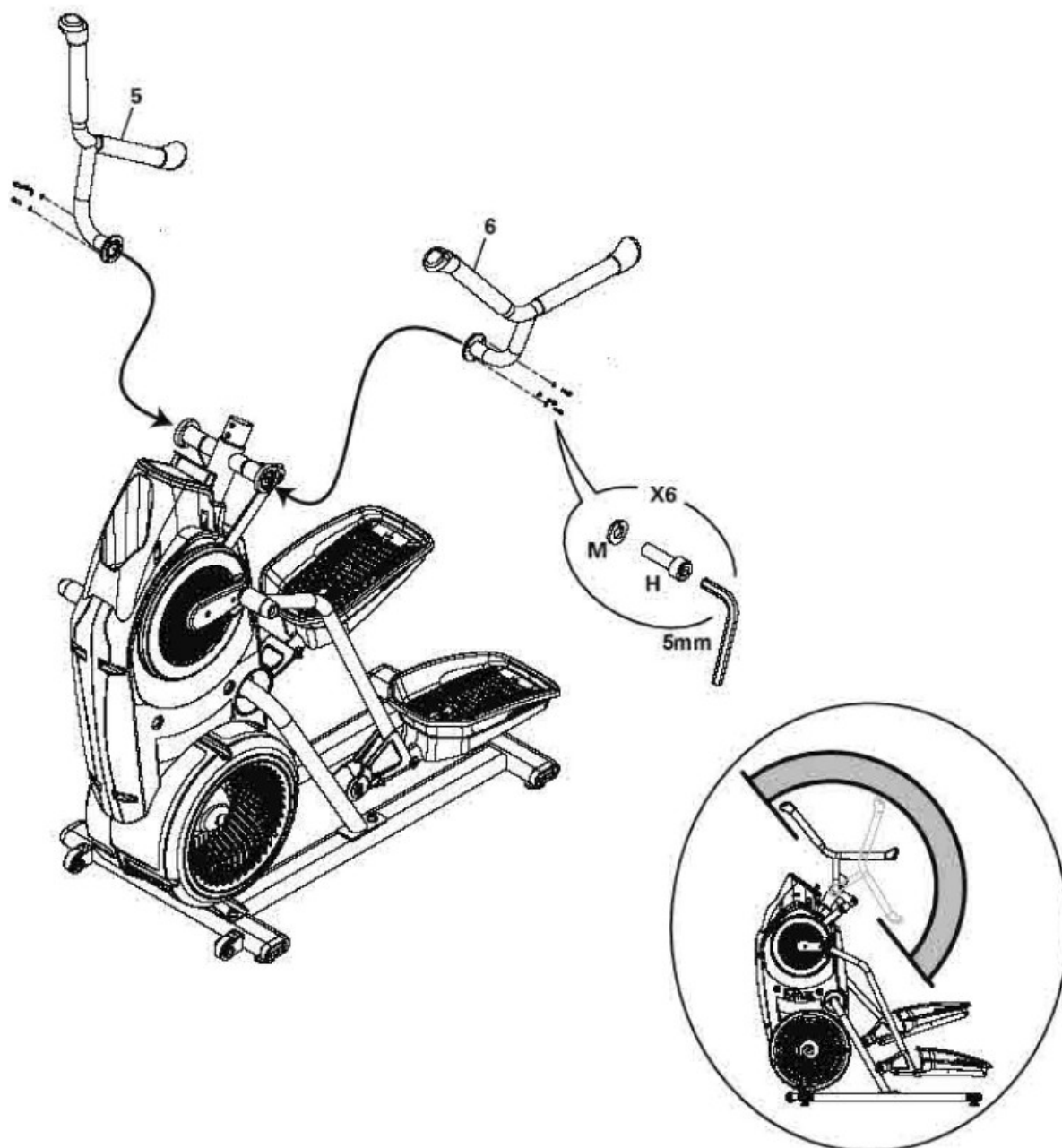


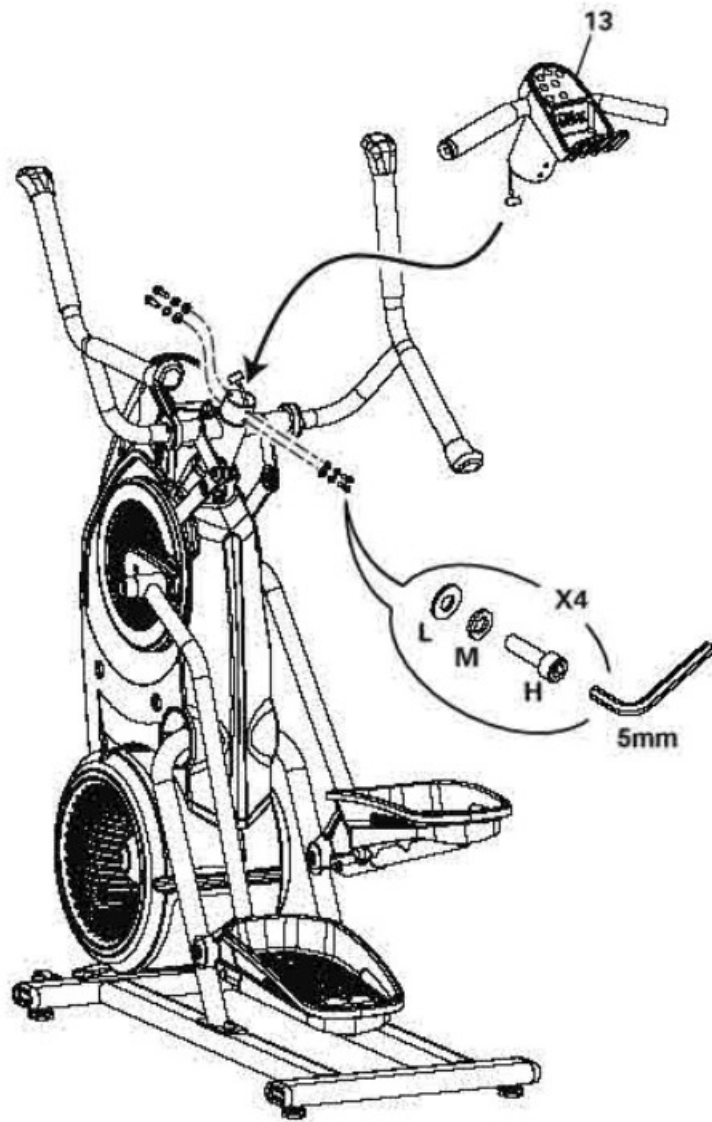
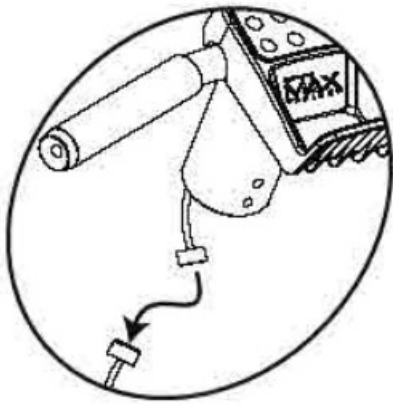


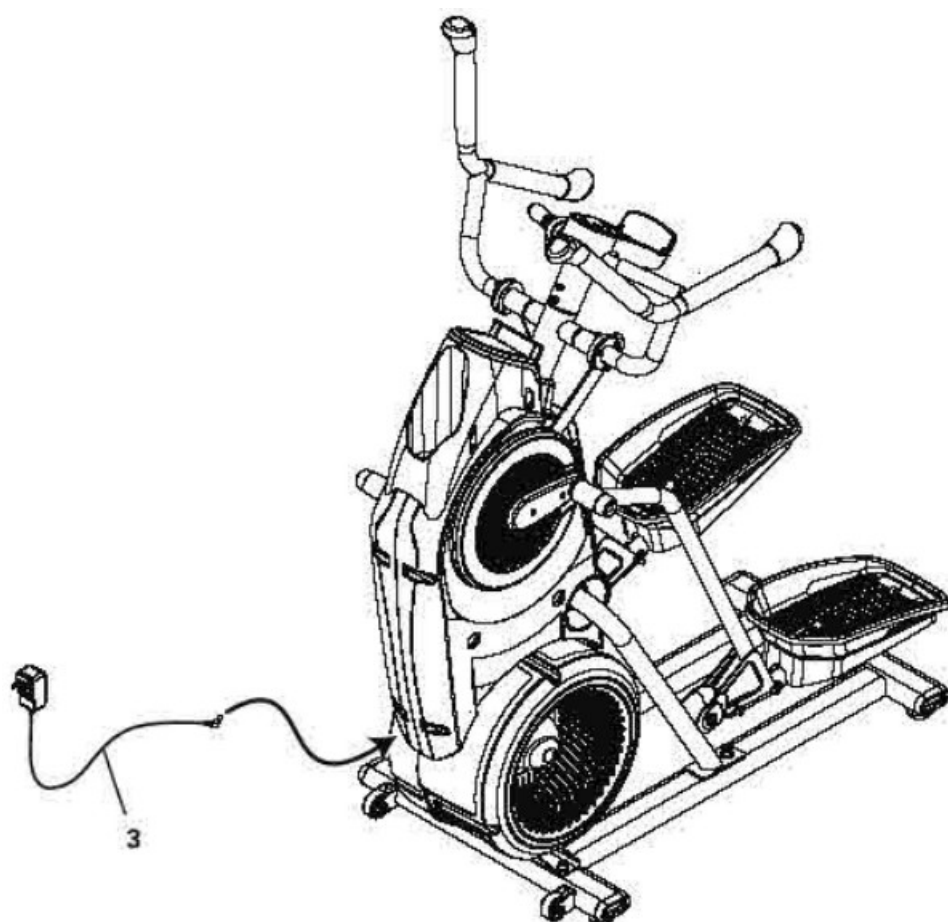
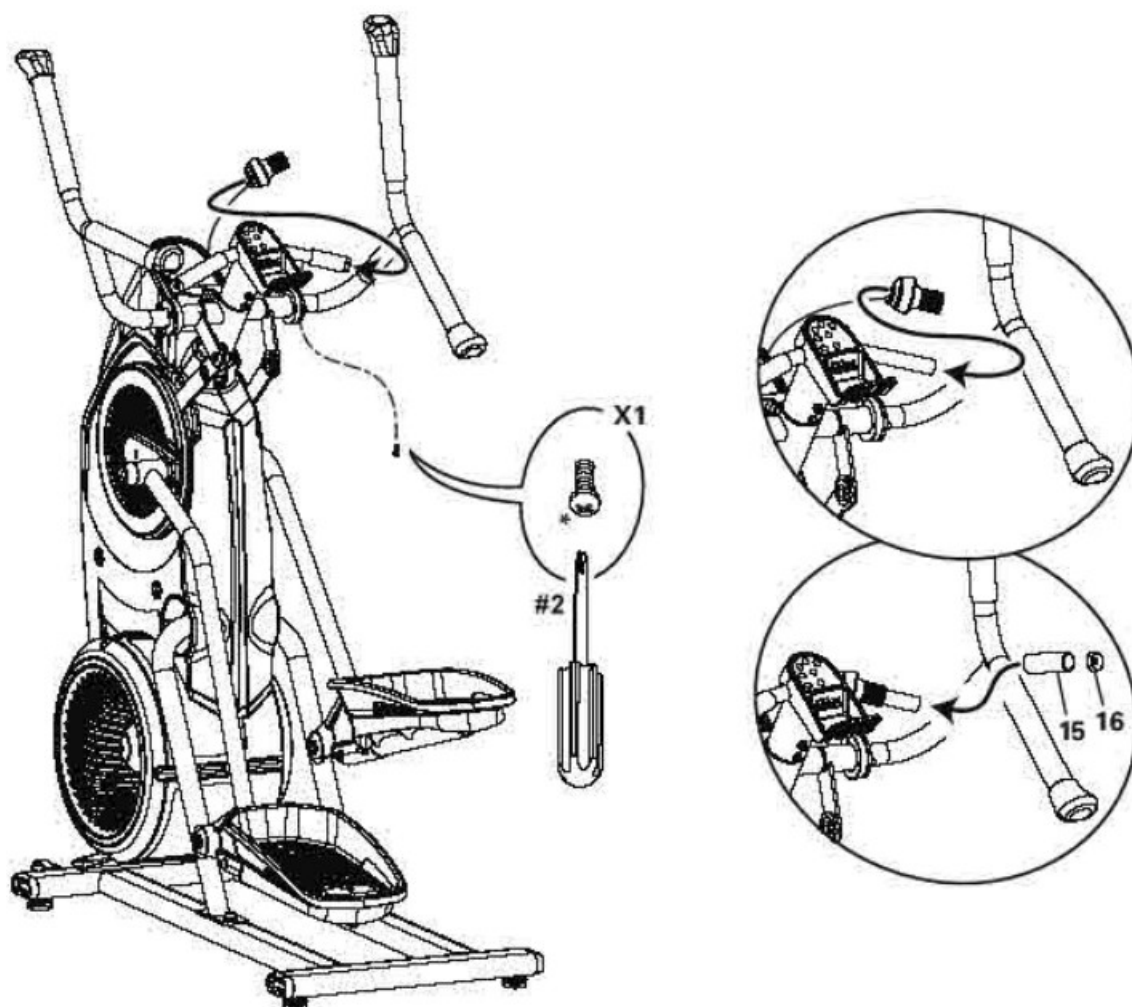


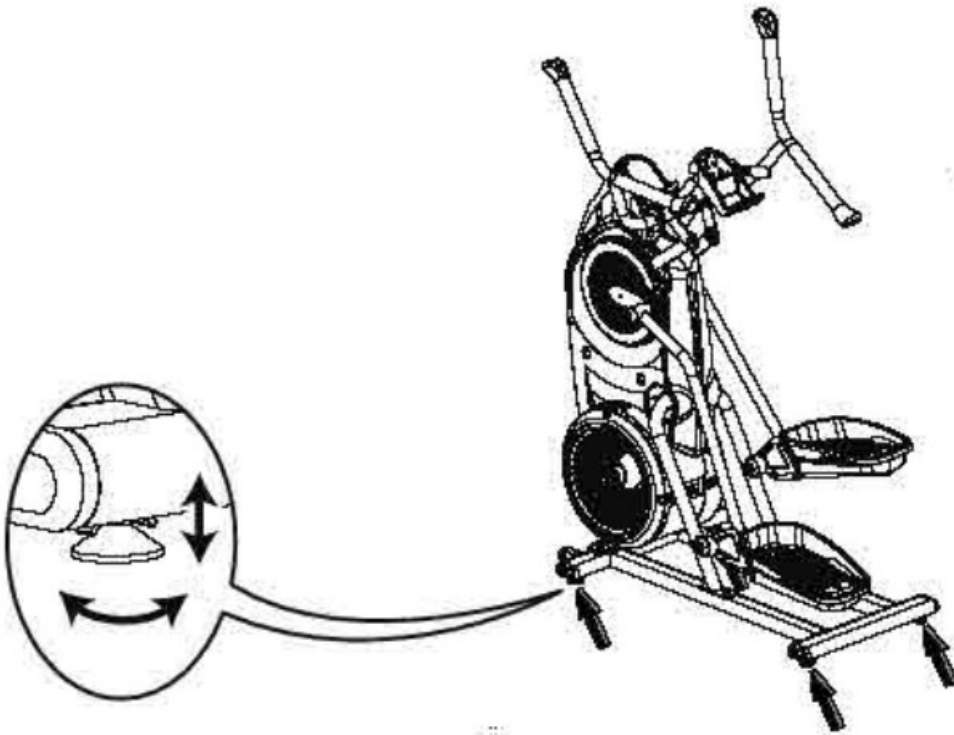
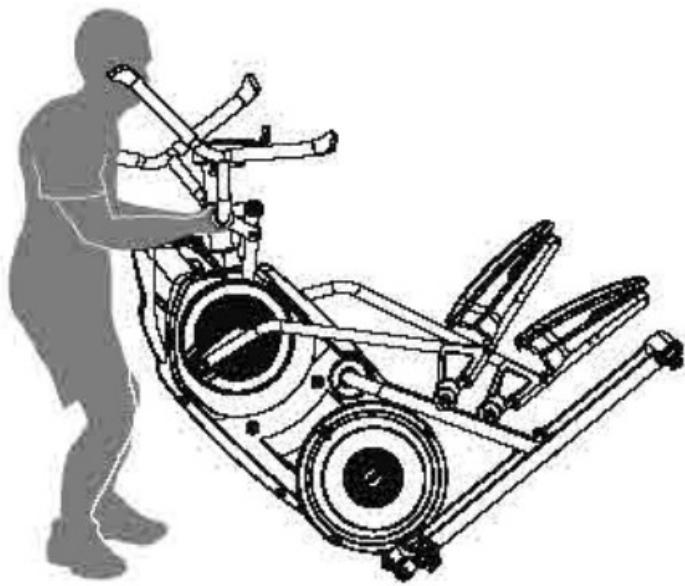


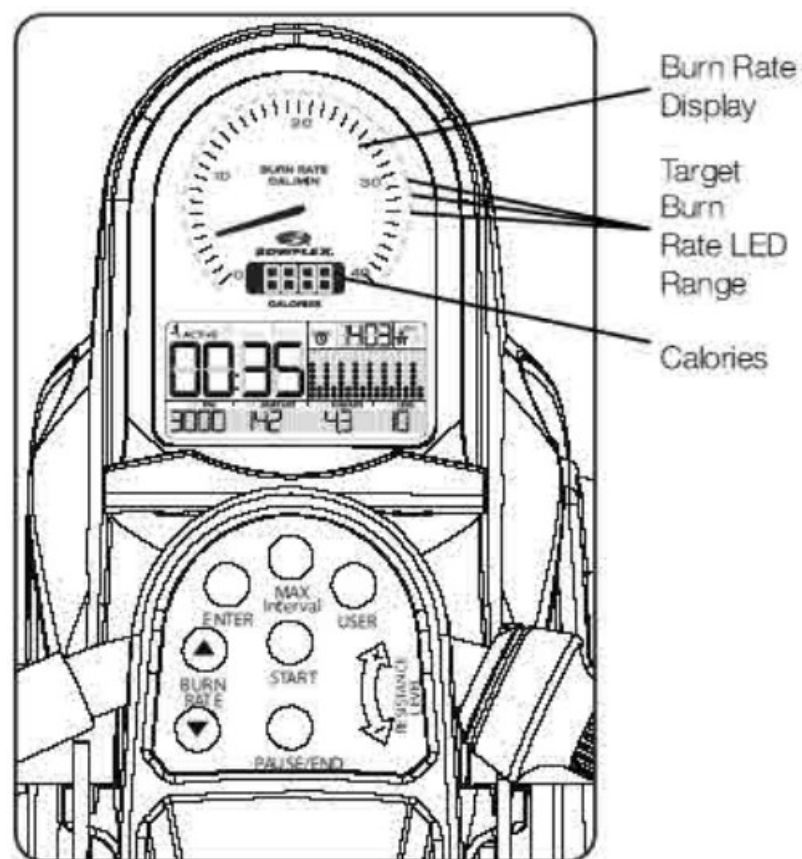
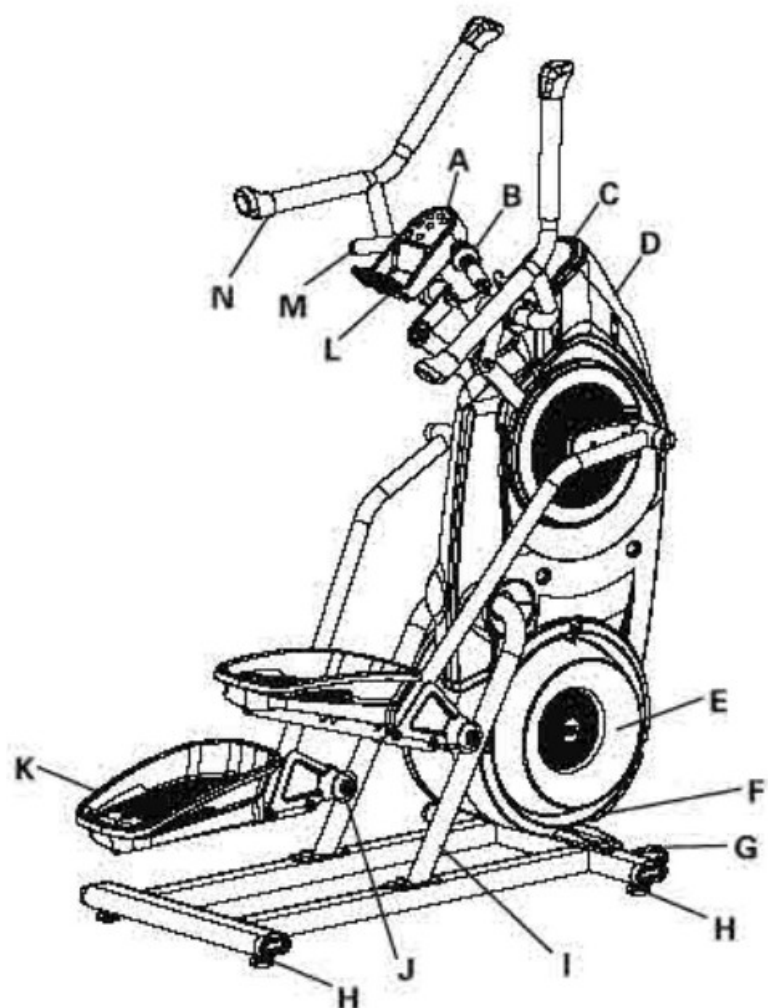
NOTICE: Be sure to attach the Upper Handlebars so they can be correctly grasped by a User when on the machine.





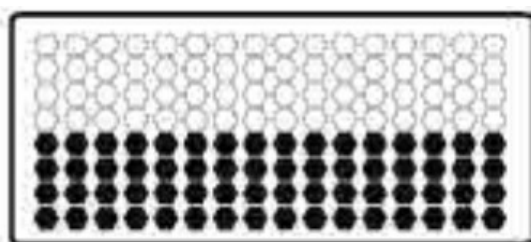
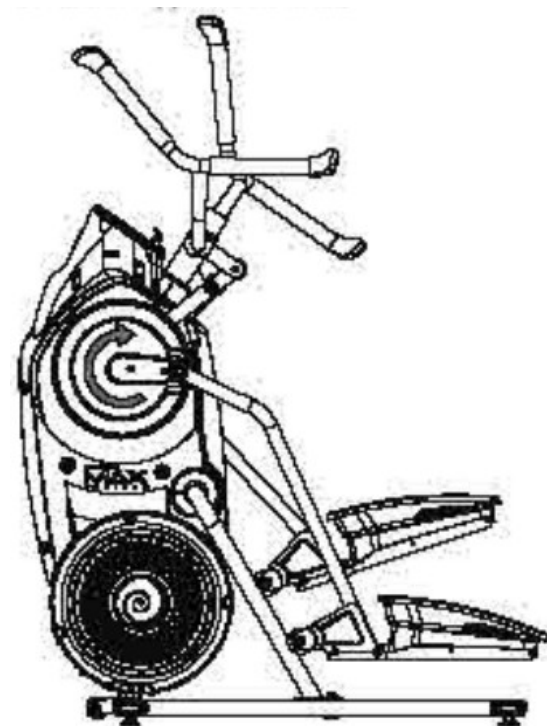


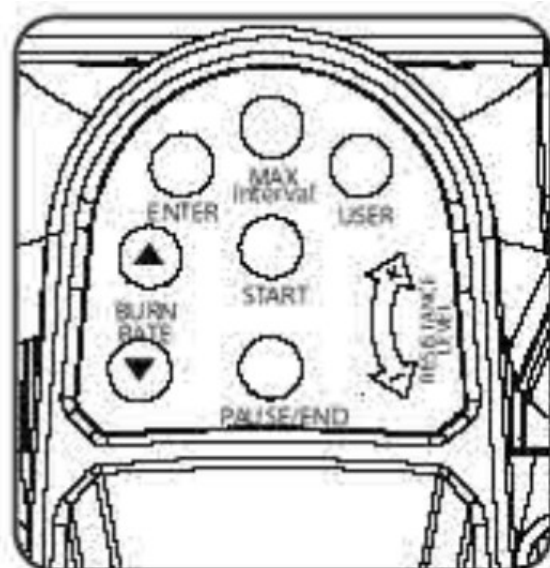


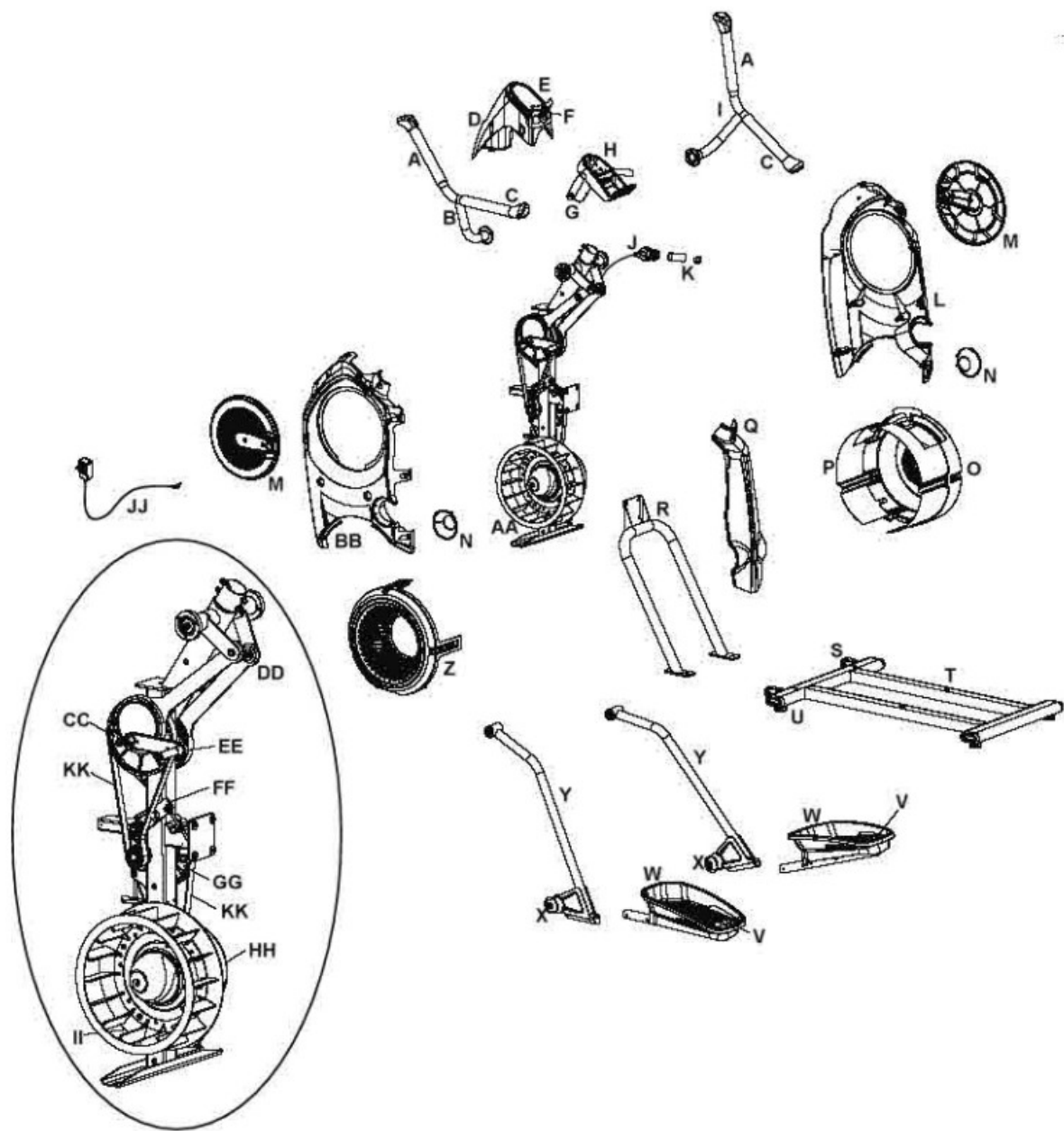












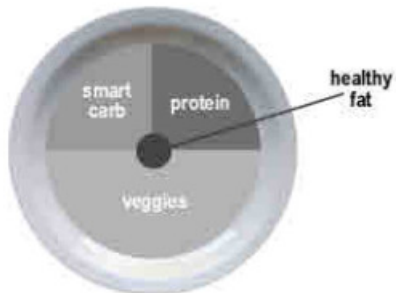
Breakfast



Snack #1



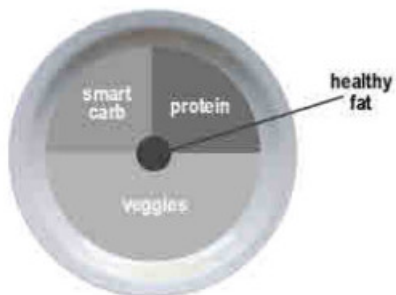
Lunch



Snack #2



Dinner



1 cup = baseball



1/2 cup = lightbulb



1 oz or 2 tbsp
= golf ball



1/4 cup nuts
= Altoids tin



3 oz chicken or meat
= deck of cards



1 medium potato
= computer mouse



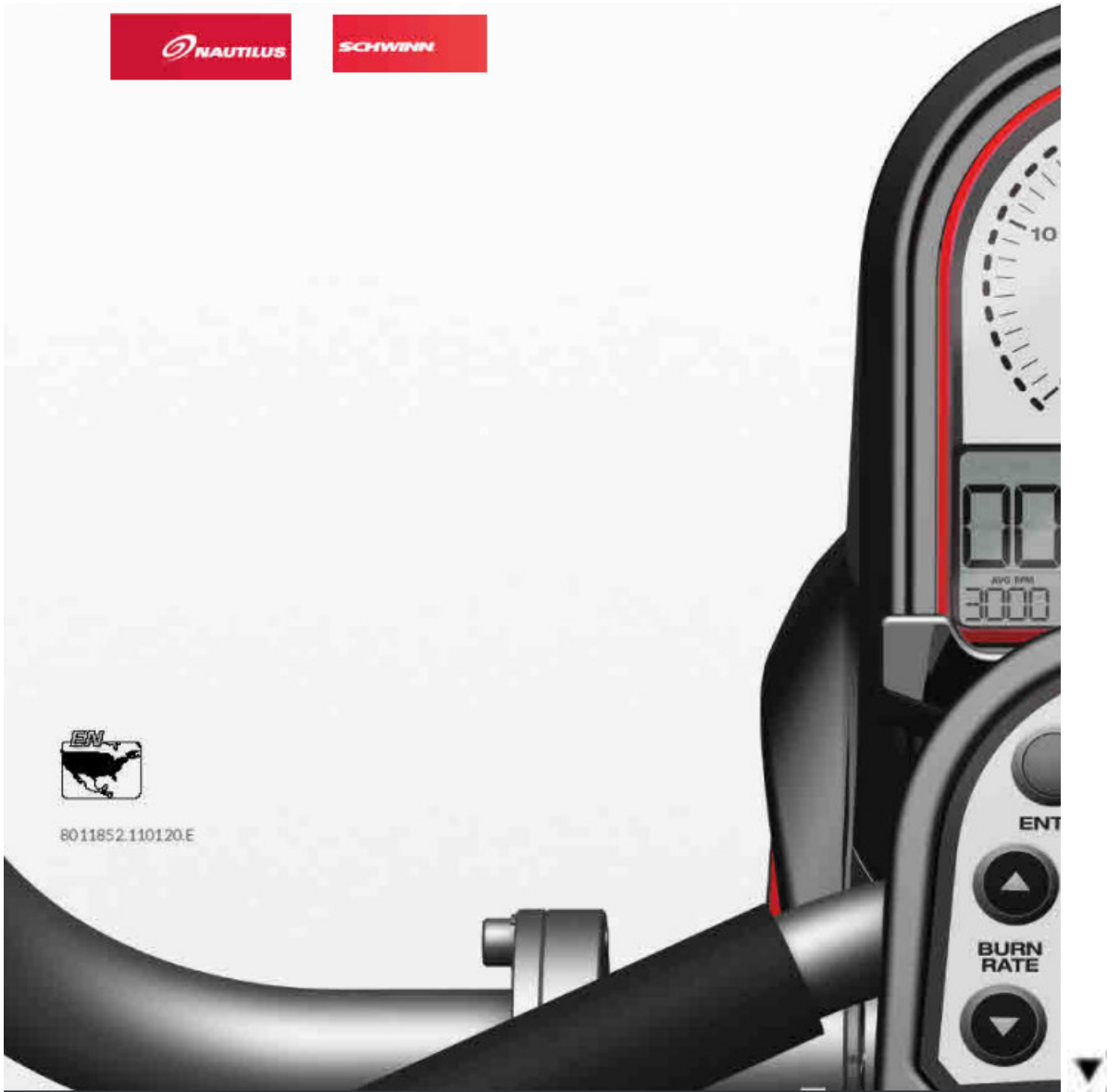
1 medium piece of
fruit = tennis ball



1 - 1/2 oz cheese
= 3 dice



8011852.110120.E





[BOWFLEX M3 Max Trainer](#) [pdf] User Guide
M3 Max Trainer, M3, Max Trainer, Trainer

References

- [User Manual](#)