BowFlex

MaxTrainer™ SE/SEi

Assembly/Owner's 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 you local distributor. To find your local distributor, go to: https://global.bowflex.com

BowFlex Inc., 5415 Centerpoint Parkway, Groveport, OH 43125 USA, www.bowflex.com - Customer Service: North America (800) 605-3369, cs@bowflex.com | BowFlex (Shanghai) Fitness Equipments Co, Ltd, Room 1701 &1702, 1018 Changning Road, Changning District, Shanghai, China 200042, www.bowflex.cn - 86 21 6115 9668 | outside U.S. https://global.bowflex.com | Printed in China | © 2023 BowFlex Inc. | BowFlex, the BowFlex logo, Schwinn, Max Trainer, and JRNY are trademarks owned or licensed by BowFlex Inc., registered or otherwise protected by common law in the U.S. and other countries. Google Play™ is a trademark 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 BowFlex Inc. is under license. Other trademarks are the property of their respective owners.

Original Manual - English Version Only

Scan the QR code to download the JRNY App and get started today.

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.
- To reduce the risk of electrical shock or unattended/ unsupervised usage, 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.
- 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 BowFlex 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.

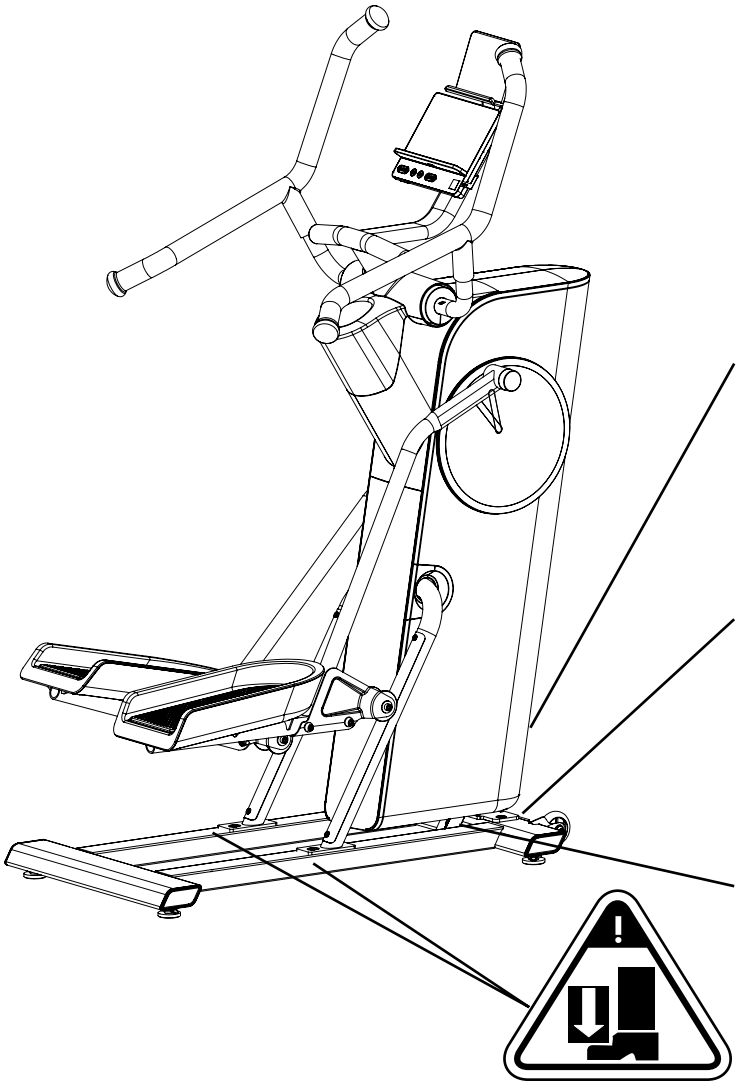
Before using this equipment, obey the following warnings:

⚠ 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.
- The Max Trainer™ SE 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.
- The Max Trainer SEi machine is intended for Home/Consumer or Studio/Institutional use. When the machine is placed into a Studio/Institutional environment, usage should be limited to less than 3 hours per day, and it should only be used in areas where access and control of the machine are managed and supervised by approved staff. The degree of management depends among other things on the specific setting in which the machine is placed, security of that environment, and familiarity of the users with the equipment. Because others will have used the machine previously, make sure the incline, pedals and handlebars are correctly adjusted, tightened and secured.
- 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 Dynamic Handlebars independently. Reduce the pace to slow the Dynamic Handlebars and Pedals to a stop. Do not dismount the machine until the Pedals and Dynamic 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.



Serial Number Label

WARNING!

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

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

Product Specification Label

FCC Compliance

Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

The machine and power supply comply with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This machine and power supply have been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

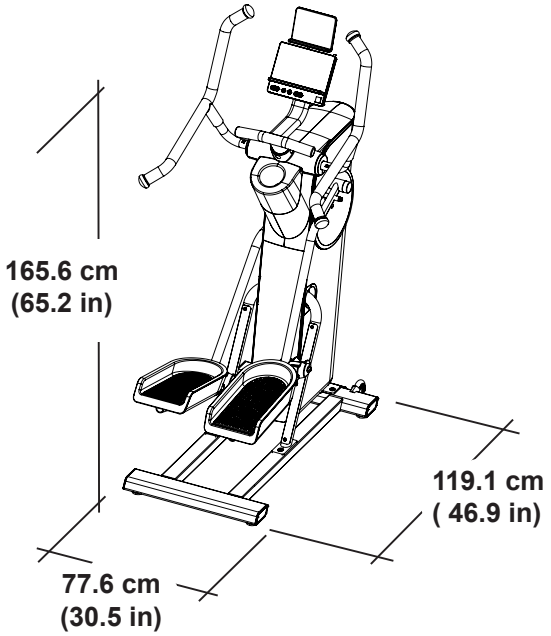
- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

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

Assembly

Maximum User Weight	136 kg (300 lb.)
Total Surface Area (Footprint) of Equipment	9,313.6 cm^2
Maximum Pedal Height	52.2 cm (20.6 in)
Machine Weight	Approx. 65 kg (143.3 lb)
Power Requirements (AC Adapter)	Input Voltage: 90-240V AC, 50-60Hz, 1.5A Output Voltage: 12V DC, 3A

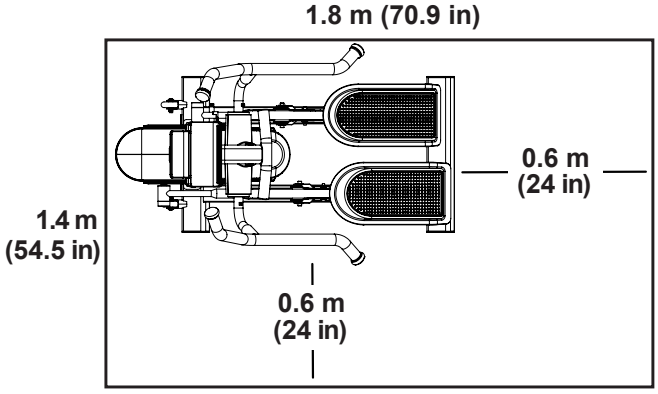
DO NOT dispose of this product as refuse. This product is to be recycled. For proper disposal of this product, please follow the prescribed methods at an approved waste center.



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 138 cm (54.5 in) x 180 cm (70.9 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. Estimated time to assemble the machine is 30 - 45 minutes.

NOTICE: Inspect the machine for damaged parts due to delivery. If damage is found, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada) for assistance.



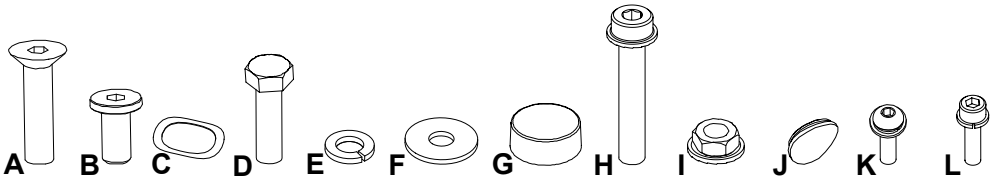
Basic Assembly Tips

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
A	2	Flathead Socket Head Screw, M10x1.5x40
B	2	Low Profile Socket Head Screw, M10x1.5x20
C	2	Wave Washer
D	2	Hex Head Screw, M8x1.25x25
E	2	Lock Washer, Black
F	2	Washer, Flat Wide M8 Black

Item	Qty	Description
G	2	Cap
H	4	Socket Head Flange Screw, M8x1.25x50 Black
I	4	Hex Flange Nut, M8 Black
J	3	Plug
K	3	Button Head Cap Screw/Washer, M6x16 Black
L	6	Socket Head Hex Screw/Washer, M6x1.0x20 CL12.9 Black

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

1:1 To assist with selecting the correct hardware, a 1:1 scale image, or "actual size", is provided with the assembly step.

Tools

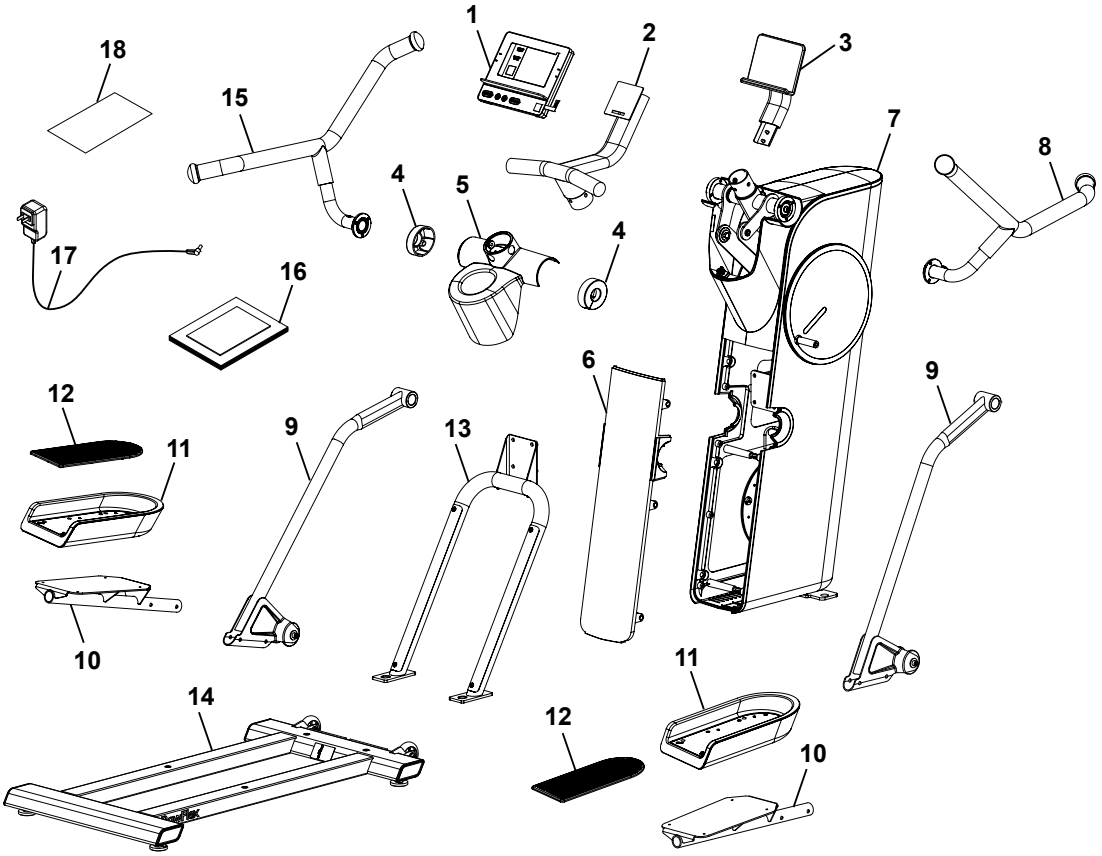
Included



4 mm
5 mm
6 mm



13 mm
17 mm



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

Item	Qty	Description
1	1	Console Assembly
2	1	Handlebar Assembly
3	1	Media Rack
4	2	Ring Shroud
5	1	Top Shroud
6	1	Rear Shroud
7	1	Main Assembly
8	1	Right Dynamic Handlebar
9	2	Leg

Item	Qty	Description
10	2	Pedal
11	2	Pedal Platform
12	2	Pedal Pad
13	1	Rail Assembly
14	1	Stabilizer Assembly
15	1	Left Dynamic Handlebar
16	1	Document Kit
17	1	AC Adapter
18	1	Hardware Card

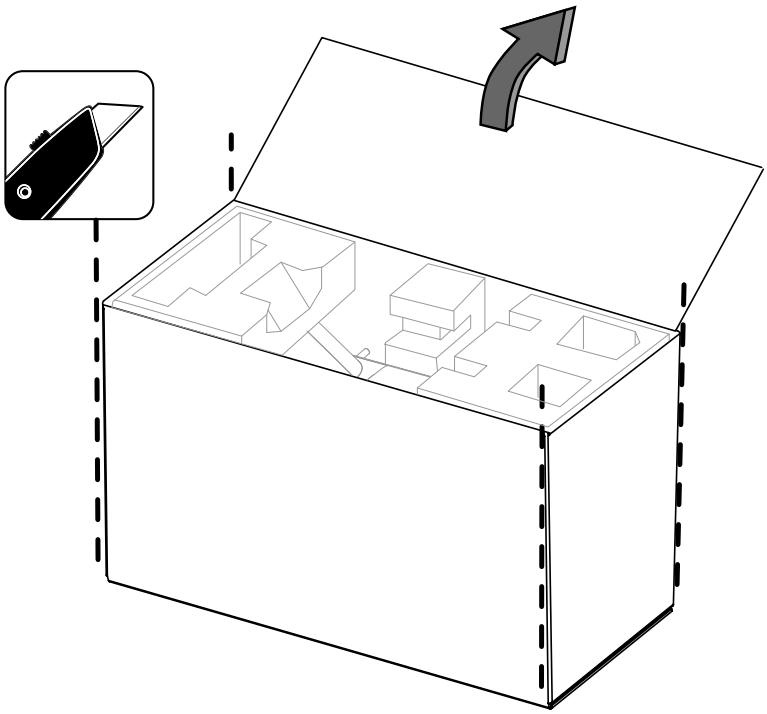
For assembly video, please visit:

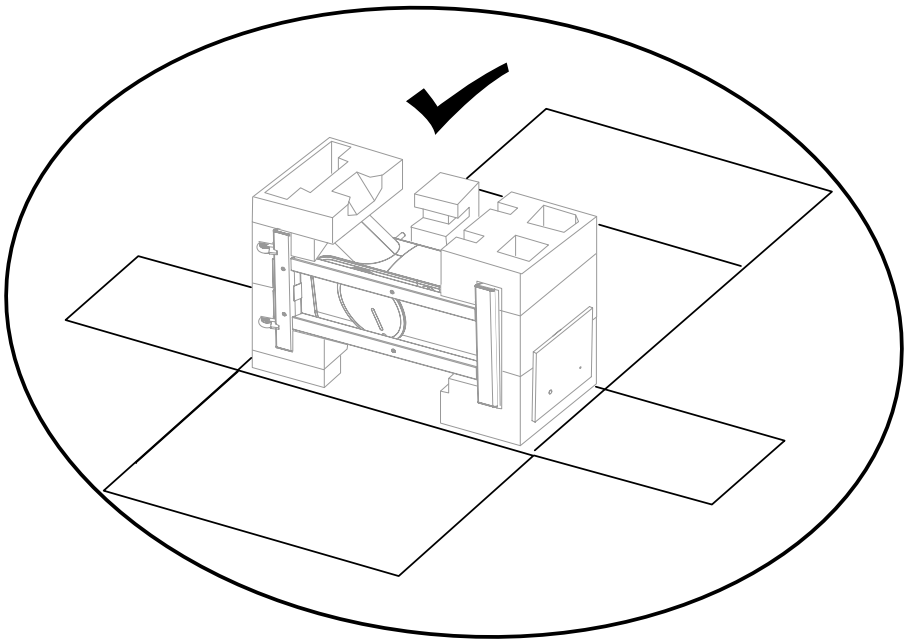
www.bowflex.com/getting-started.html

1. With the Box Near the Intended Workout Area, Open the Top Flap and Safely Cut the Corners of the Box

Be sure not to injure yourself when cutting the box with scissors or a box cutter. Keep hands and fingers away from the motion of the scissors or box cutter at all times. Be aware that the box has shipping staples which can be harmful. Keep your hands and fingers away from them at all times.

NOTICE: The box can be used to protect the flooring. The contents of your box may not match the images provided exactly.

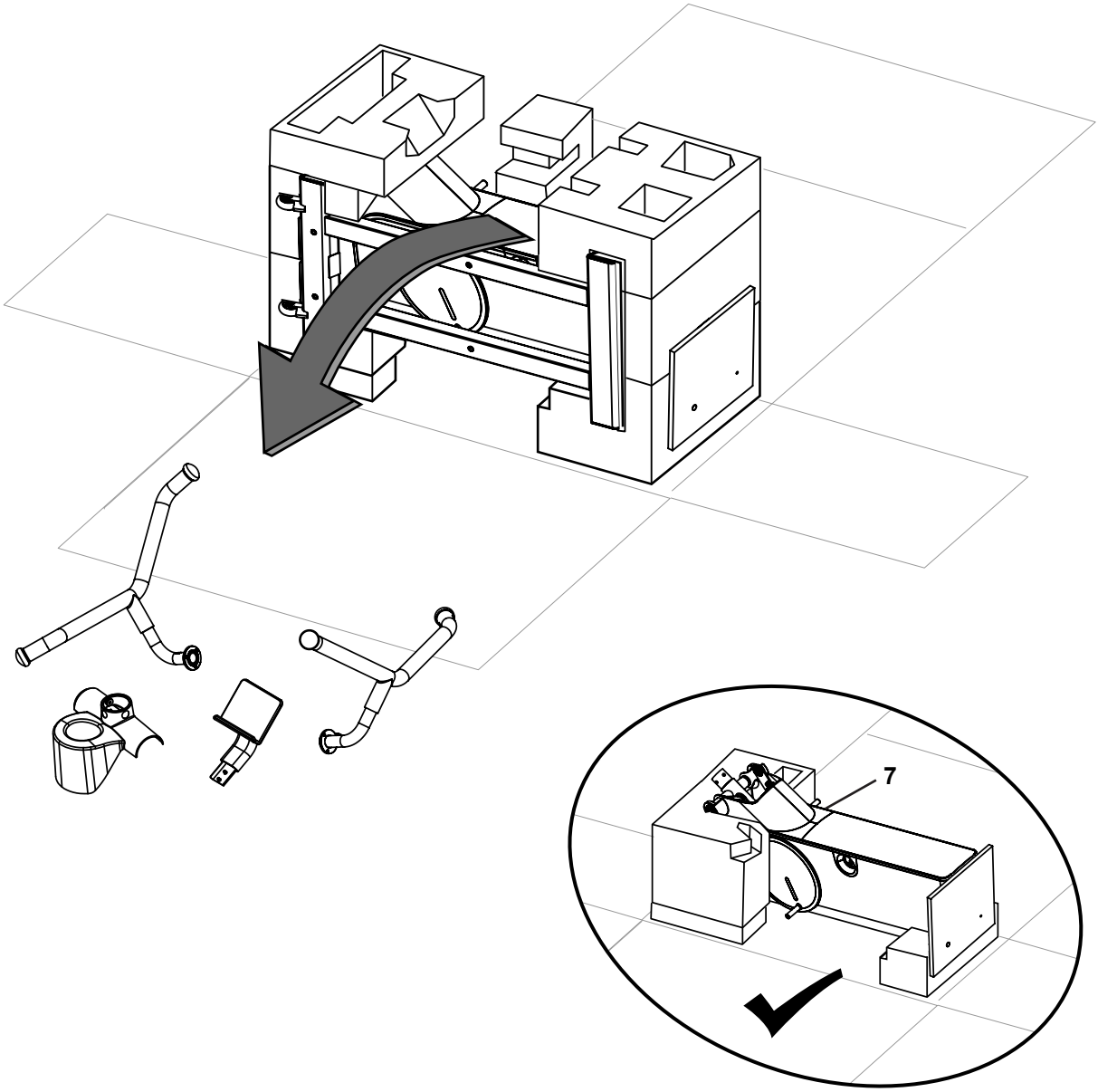




2. Unpack All of the Parts and Packaging From Around the Main Assembly, Leaving the Main Assembly and the Parts Under It in Place

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. Be sure to keep any hands or feet clear of parts during unpacking.

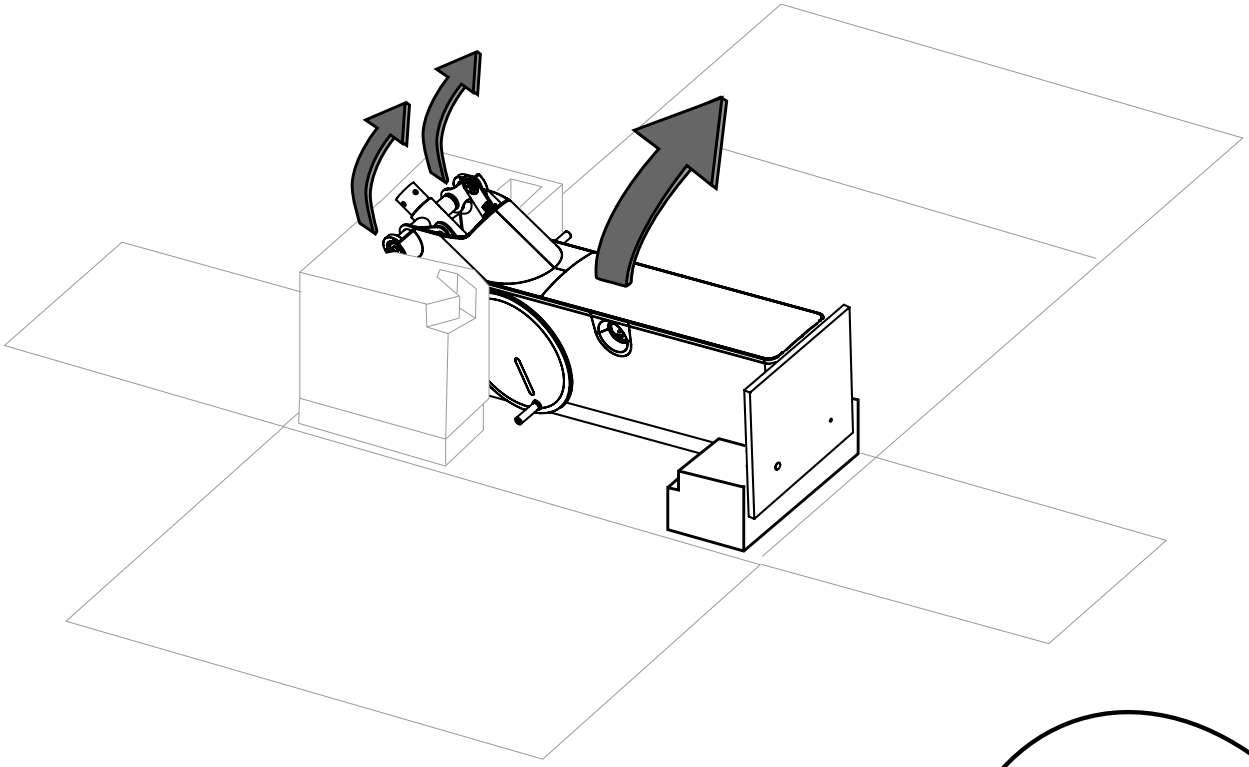
NOTICE: Keep the area clear immediately around the box. If your machine is in two boxes, the Main Assembly is in Box 1.

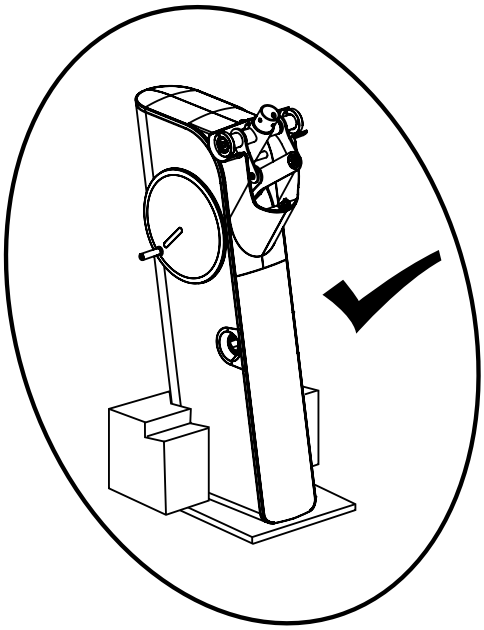


3. Safely Pivot the Main Assembly into the Upright Position

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. If needed, have a second person assist with the pivoting.

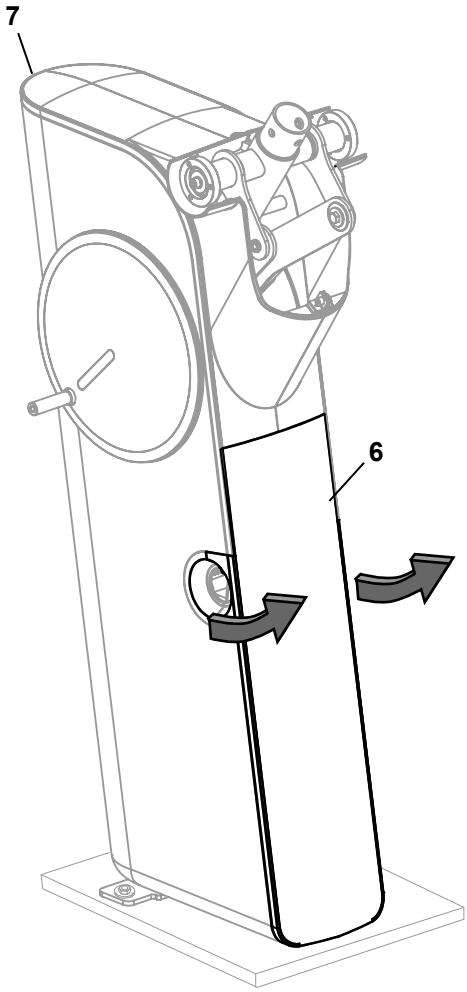
NOTICE: Move the parts that were under the Main Assembly out of the assembly area.

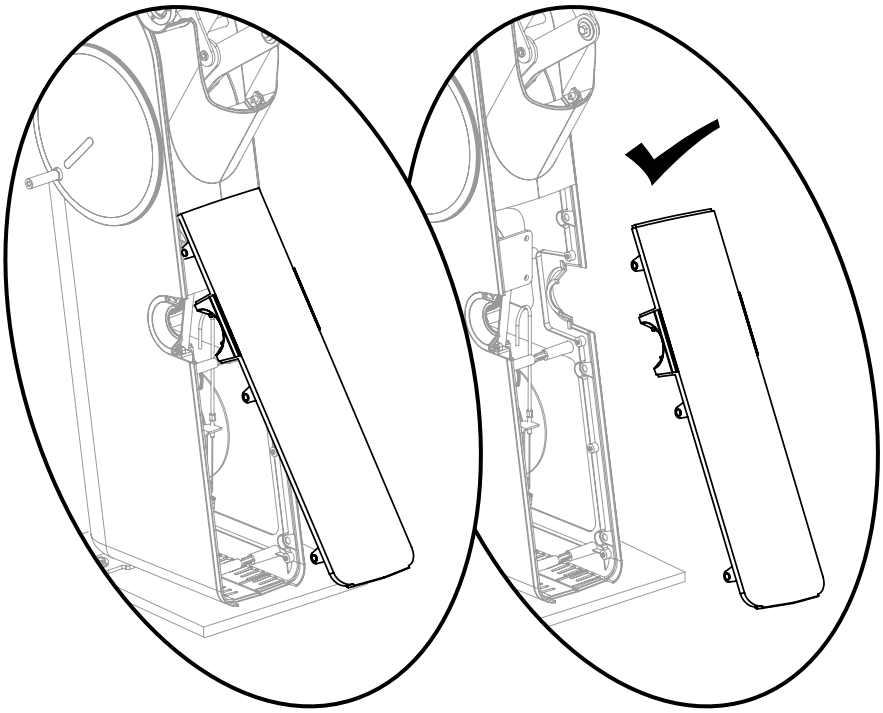




4. Remove the Rear Shroud from the Main Assembly

NOTICE: Grasping the Rear Shroud with the side openings, abruptly pull out and upward to release the Rear Shroud from the Main Assembly.

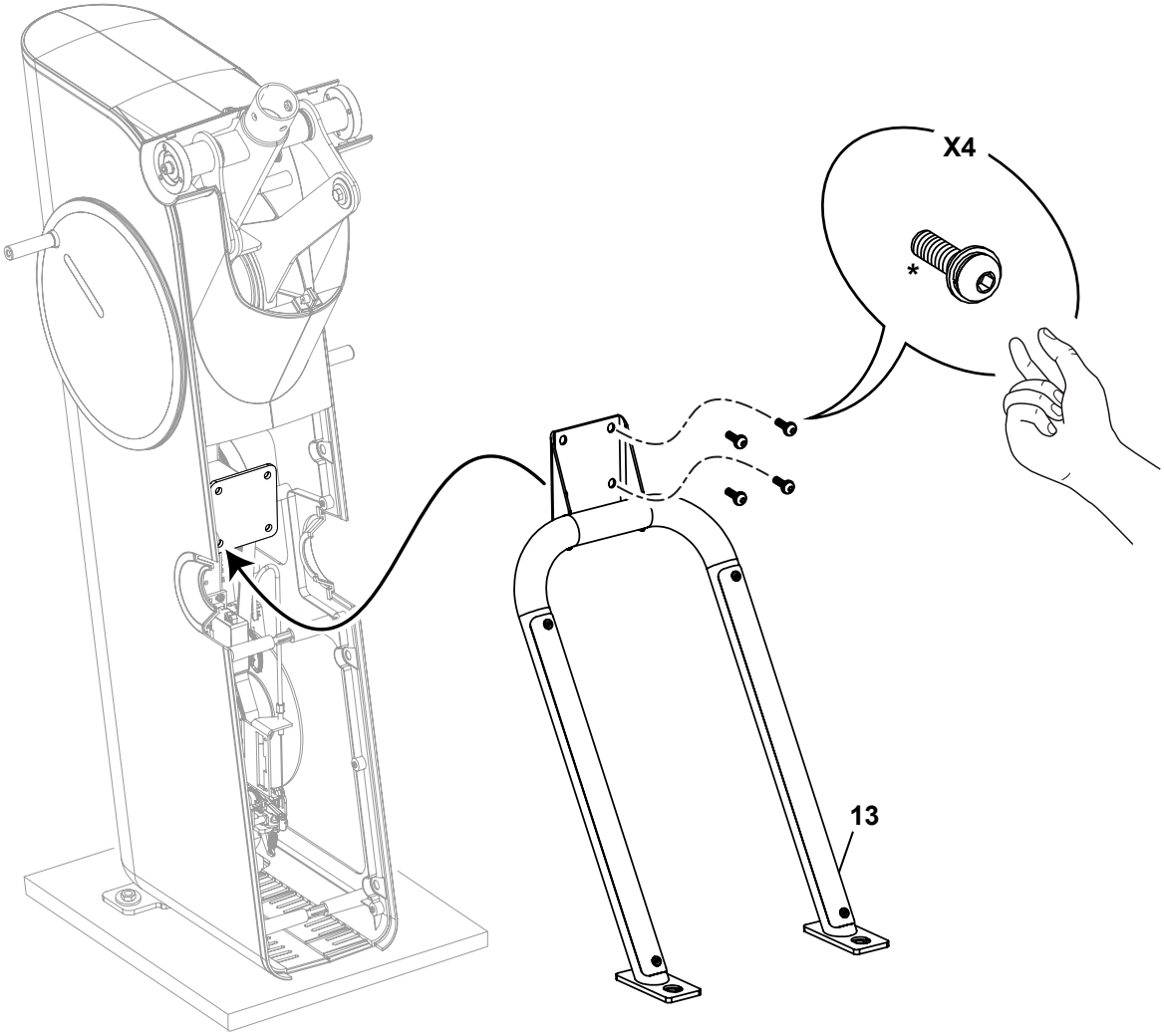


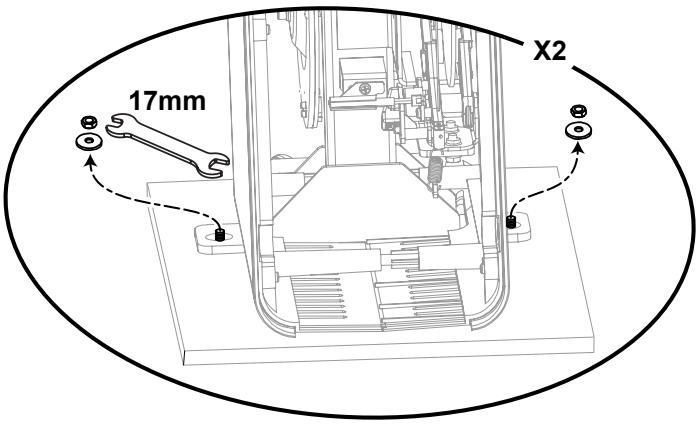


5. Attach the Rail Assembly to the Main Assembly. Then Remove the Hardware from the Shipping Plate

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: Only hand tighten hardware until instructed to fully tighten. Hardware (*) is pre-installed and not on the Hardware Card.

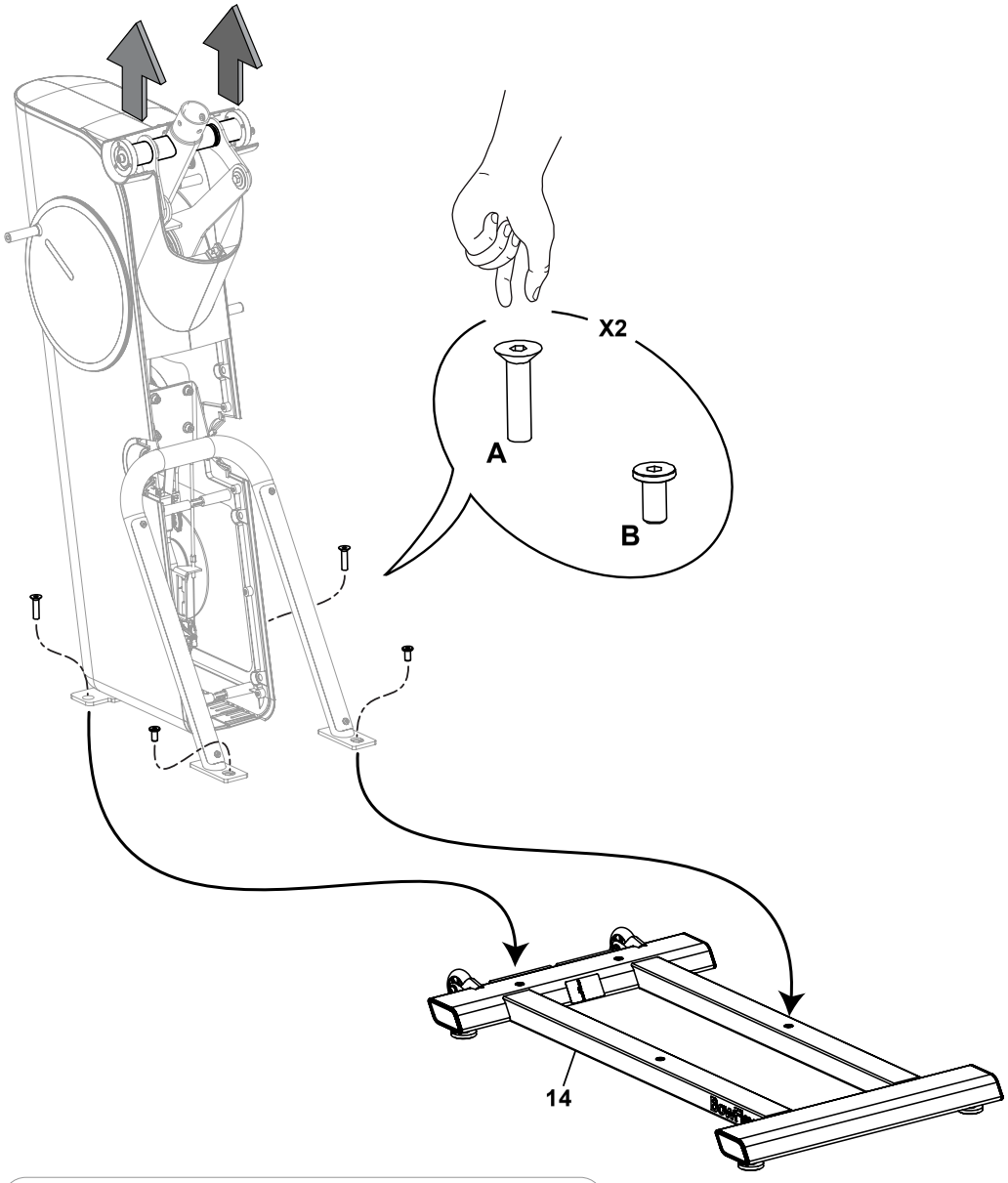


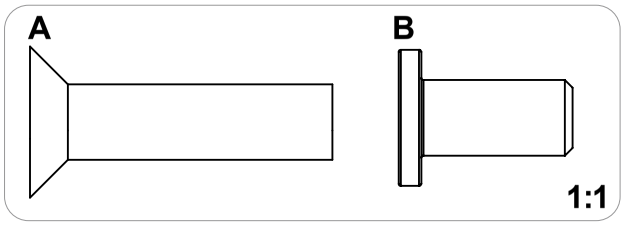


6. Carefully Lift the Frame Assembly from the Shipping Plate and Attach to the Stabilizer Assembly

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 interior of the pivot assembly as indicated below.

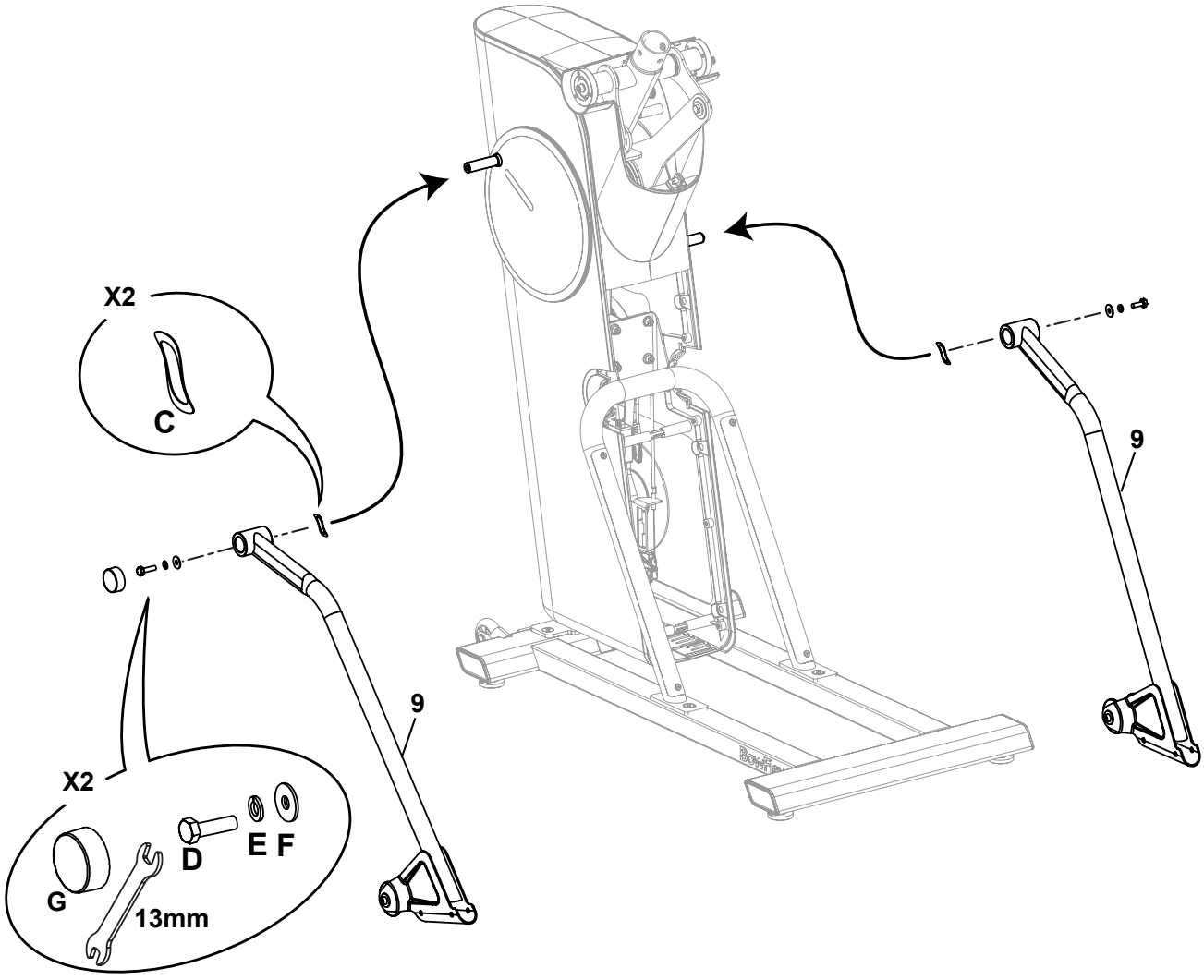
NOTICE: Once all hardware has been hand tightened, ***fully tighten ALL hardware from previous steps.***

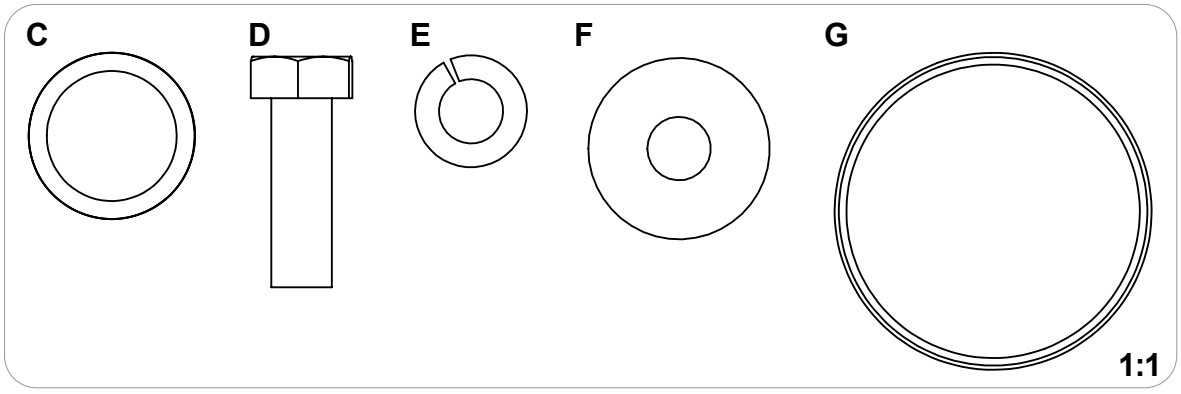




7. Attach the Legs to the Frame Assembly

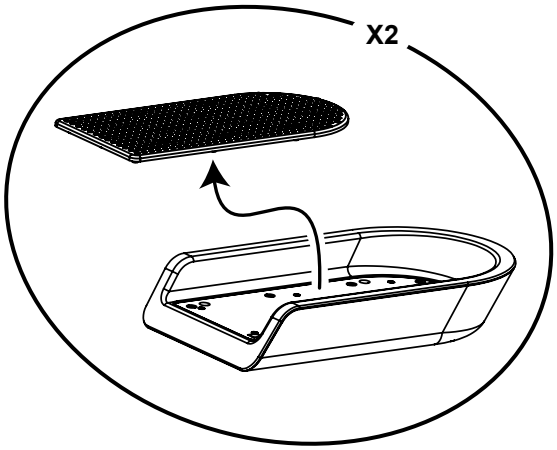
Be aware that the Legs are connected and when either of these parts move the other does as well.

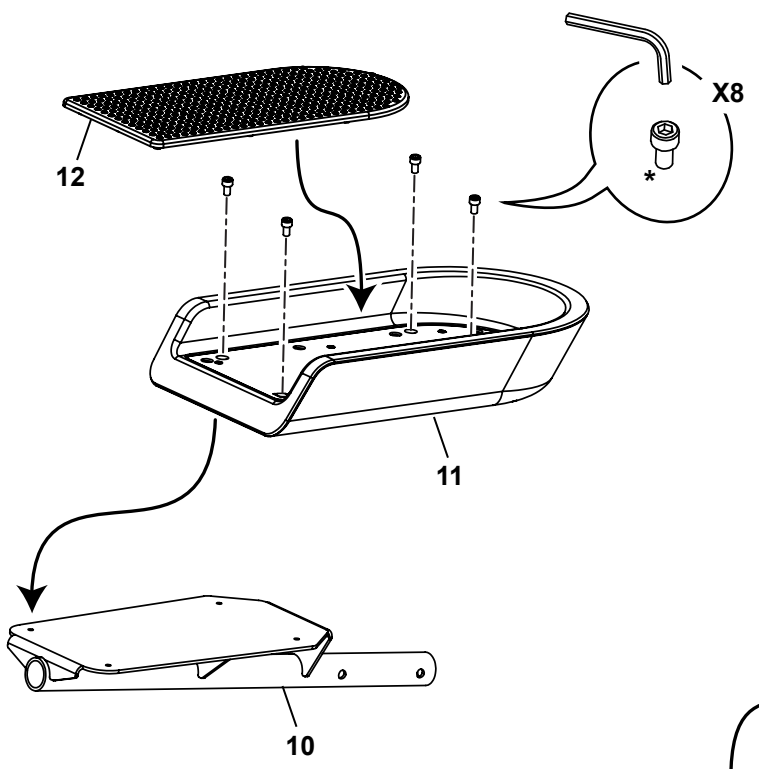


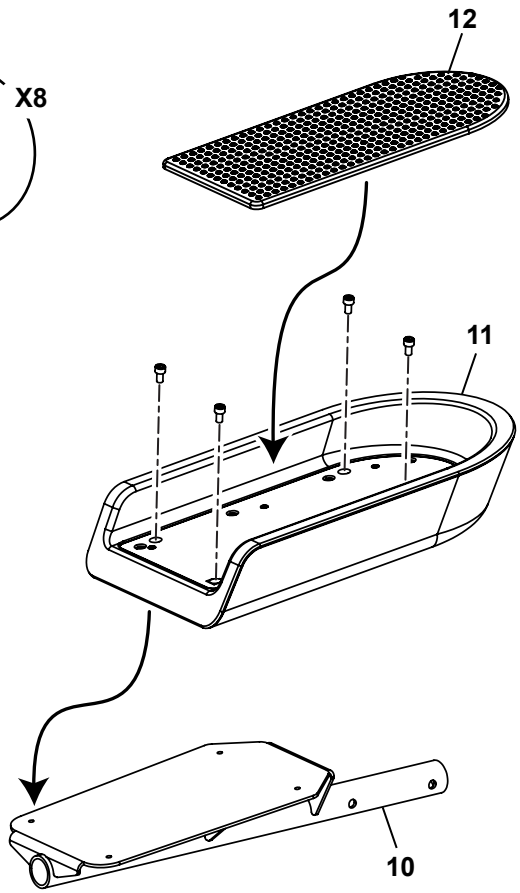


8. Remove the Foot Pads from the Foot Platforms. Then Attach the Foot Platforms and the Foot Pads to the Pedals.

NOTICE: Hardware (*) is pre-installed and not in the Hardware Card.

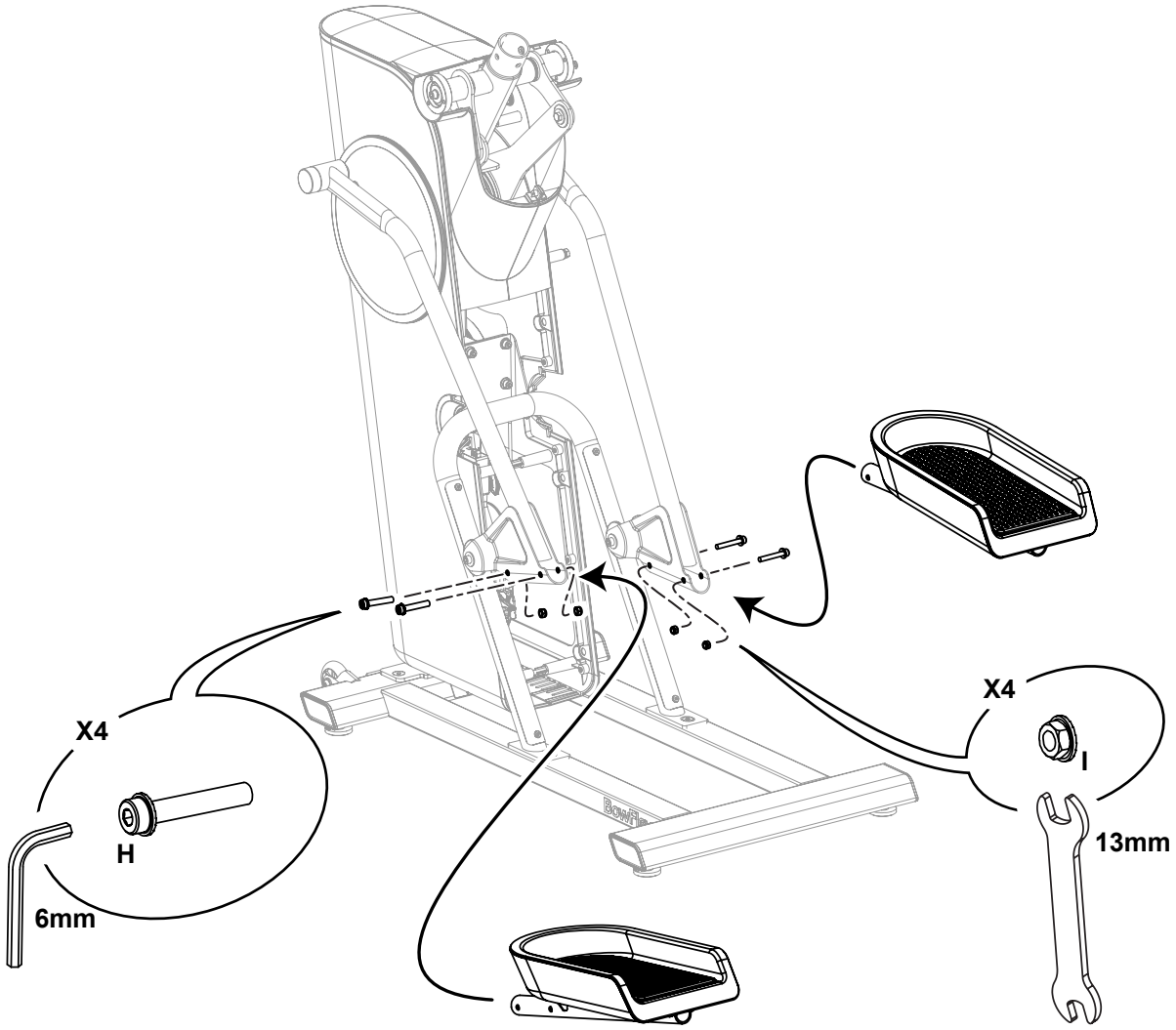


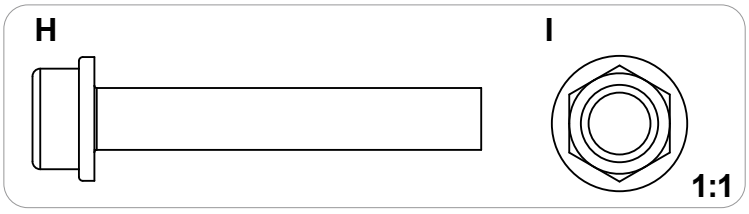




9. Attach the Pedal Assemblies to the Frame Assembly

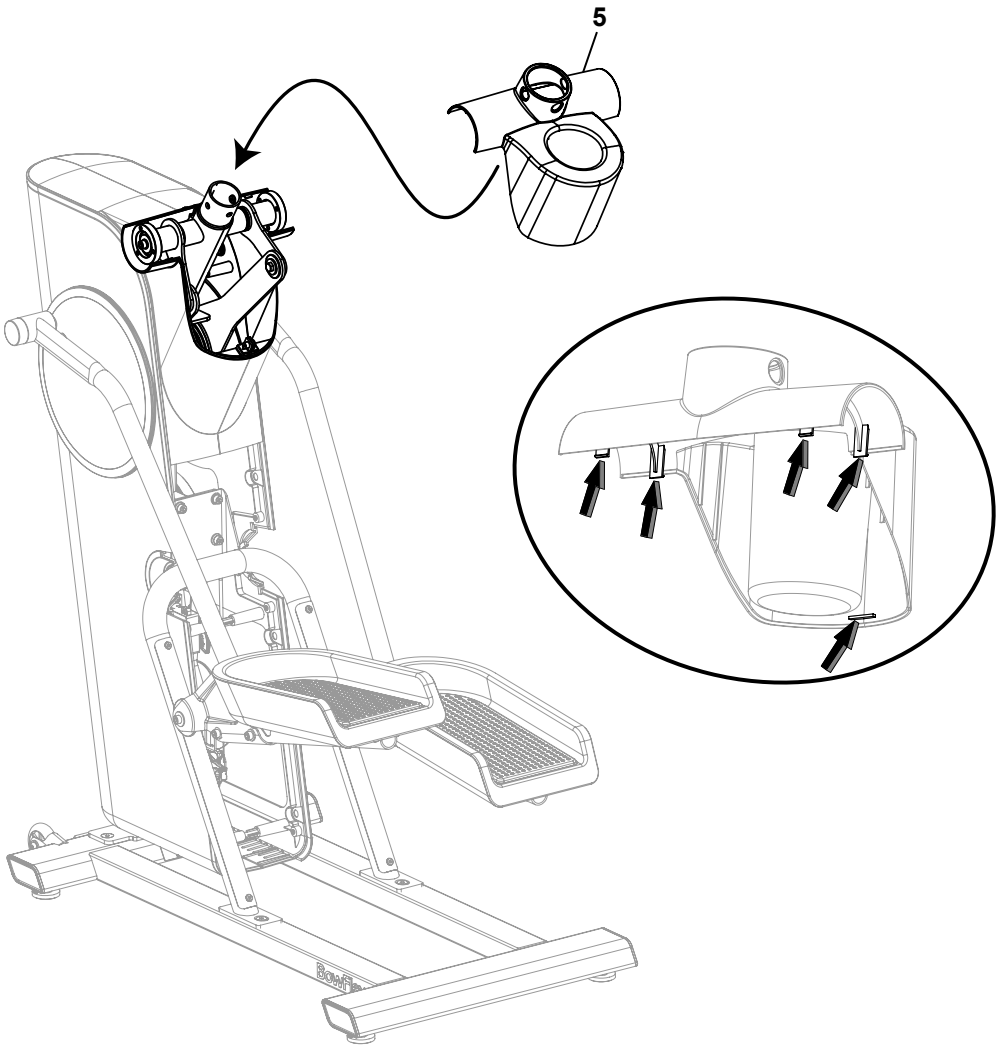
In order to avoid possible serious injury, when inserting the tube ends into the Leg Assemblies be careful to avoid fingers or hands being caught or pinched.





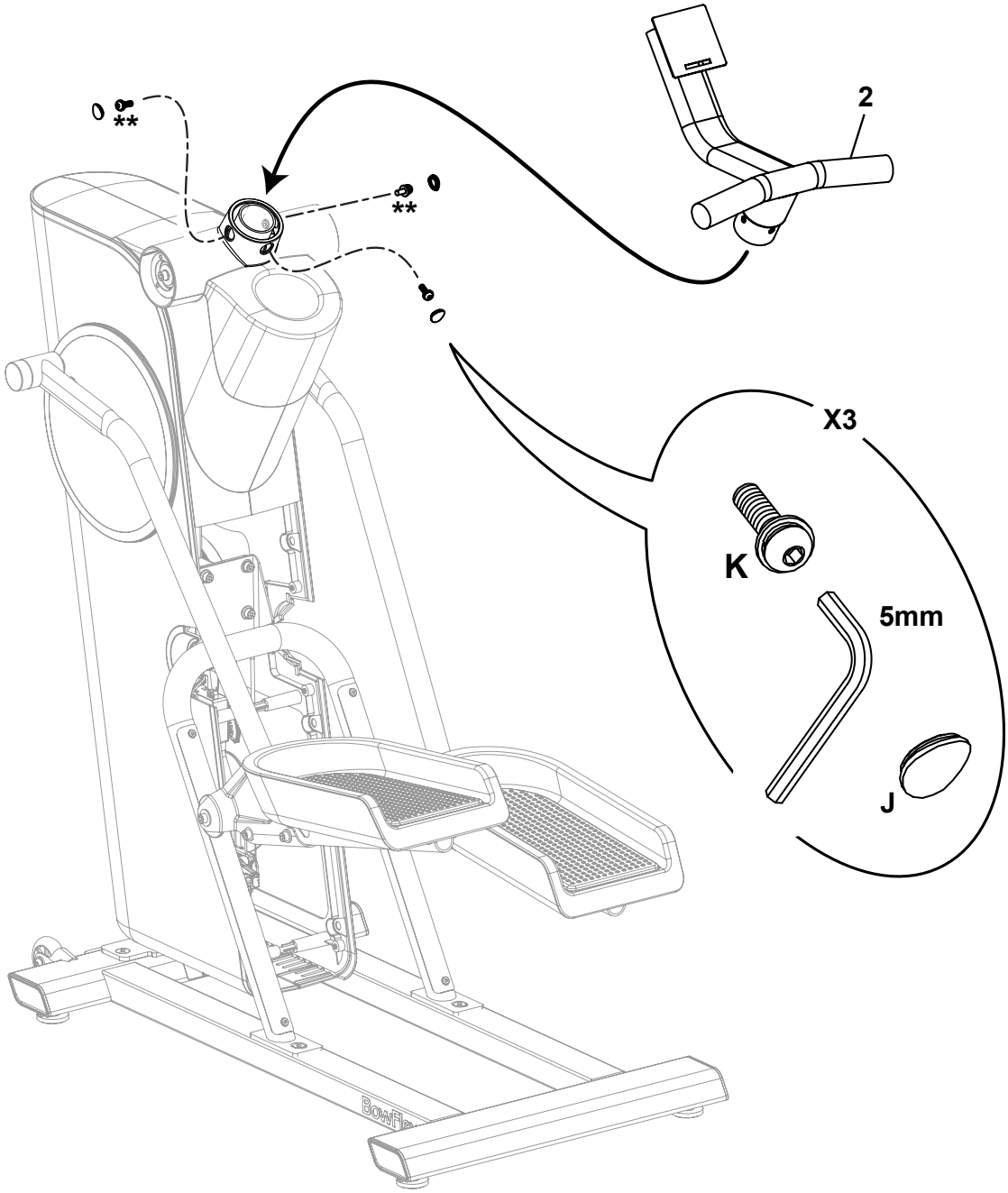
10. Snap the Top Shroud to the Frame Assembly

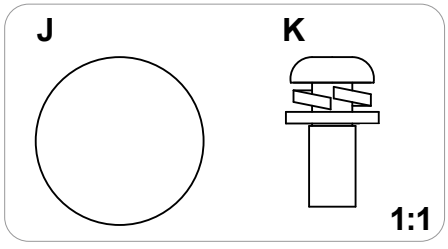
NOTICE: There are 5 tabs that will secure the Top Shroud.



11. Attach the Handlebar Assembly to the Frame Assembly, and Then Insert the Plugs

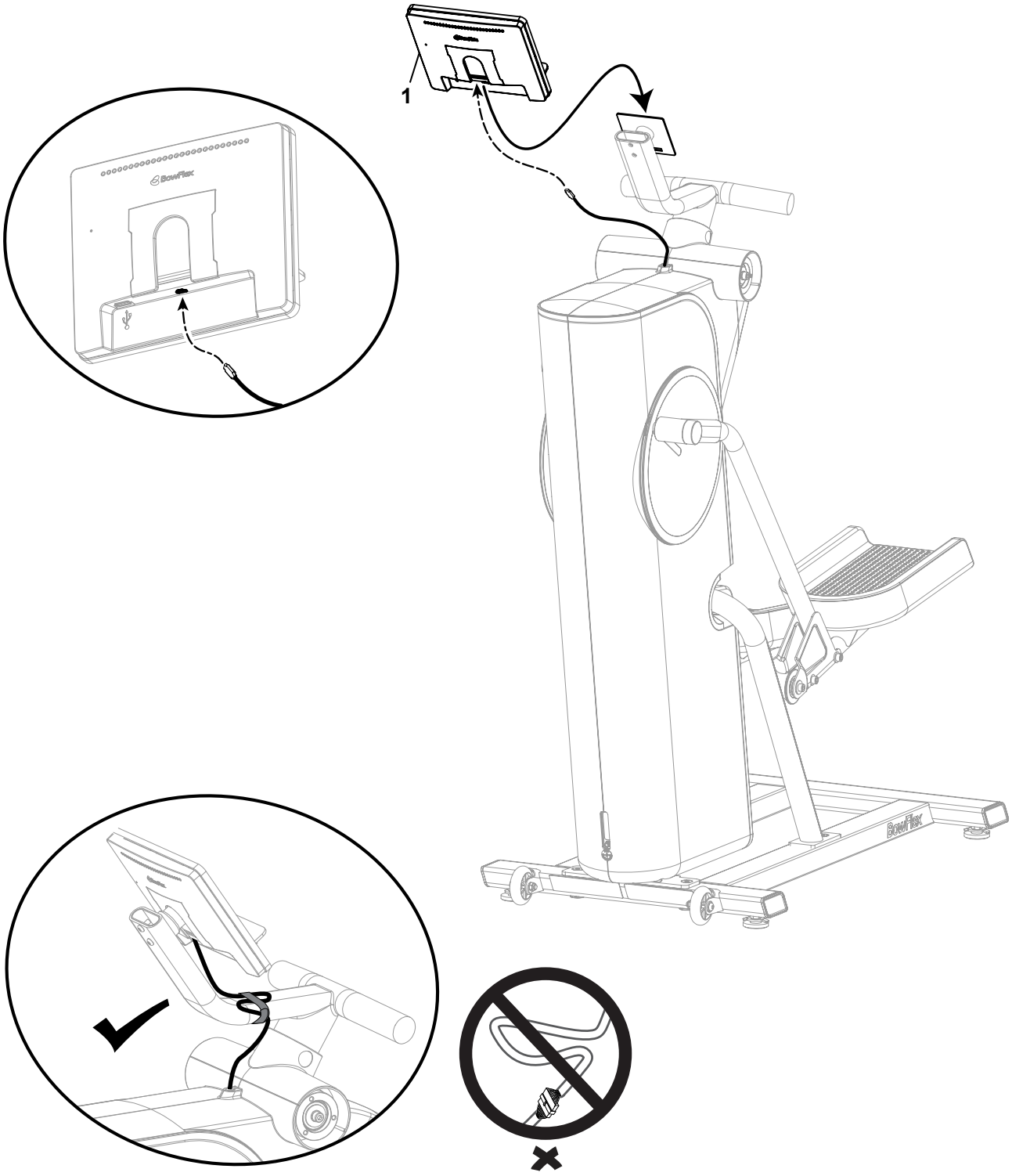
*NOTICE: ** Install the hardware on the sides first. Do not fully tighten until ALL hardware has been started.*





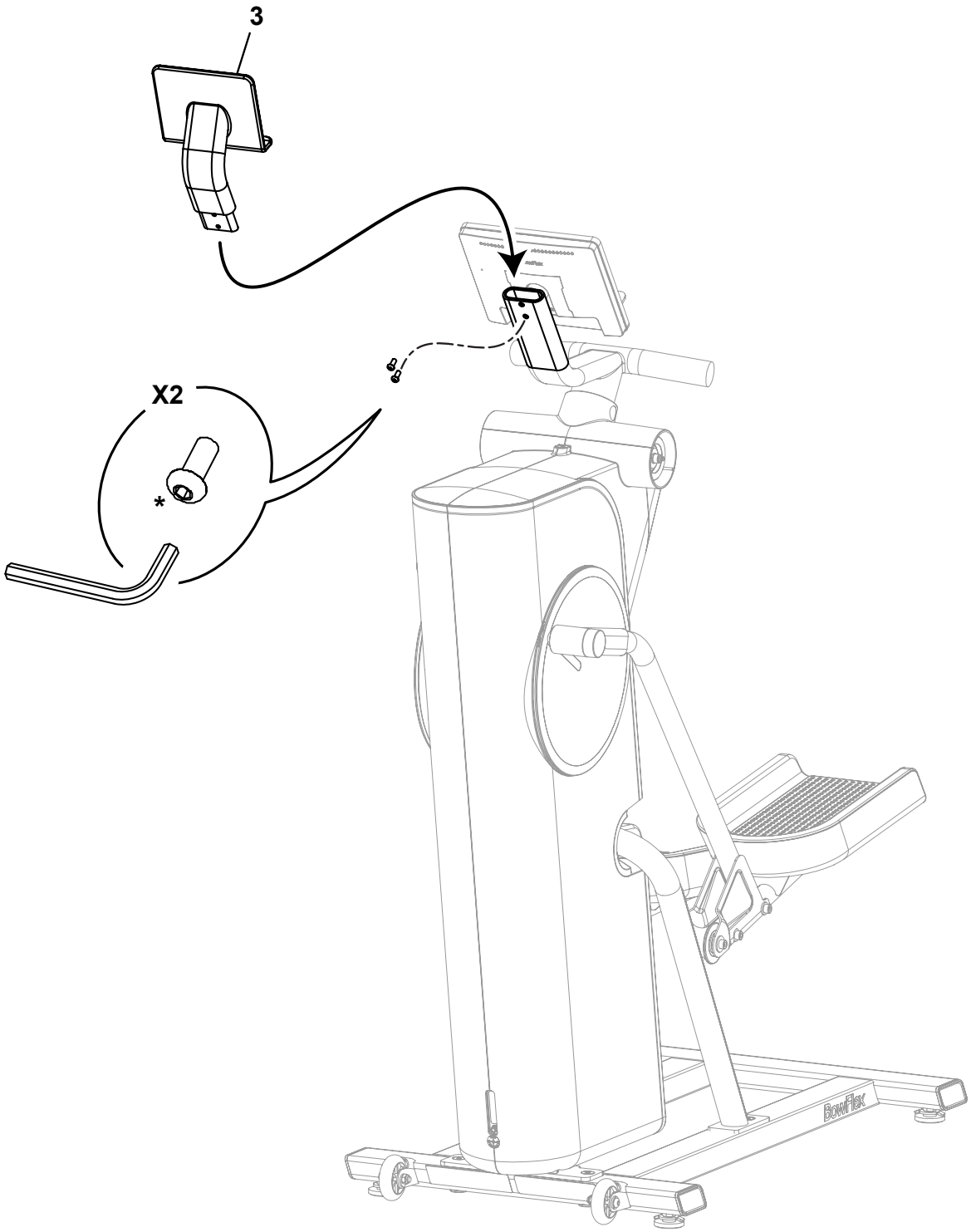
12. Connect the Cable to the Console, and then Attach the Console to the Handlebar Assembly

NOTICE: Do not cut or pinch the Console Cables. Slide the Console down until the tab snaps into place, securing it Once secured, use the provided cable strap to secure the Cable to the Handlebar Assembly.



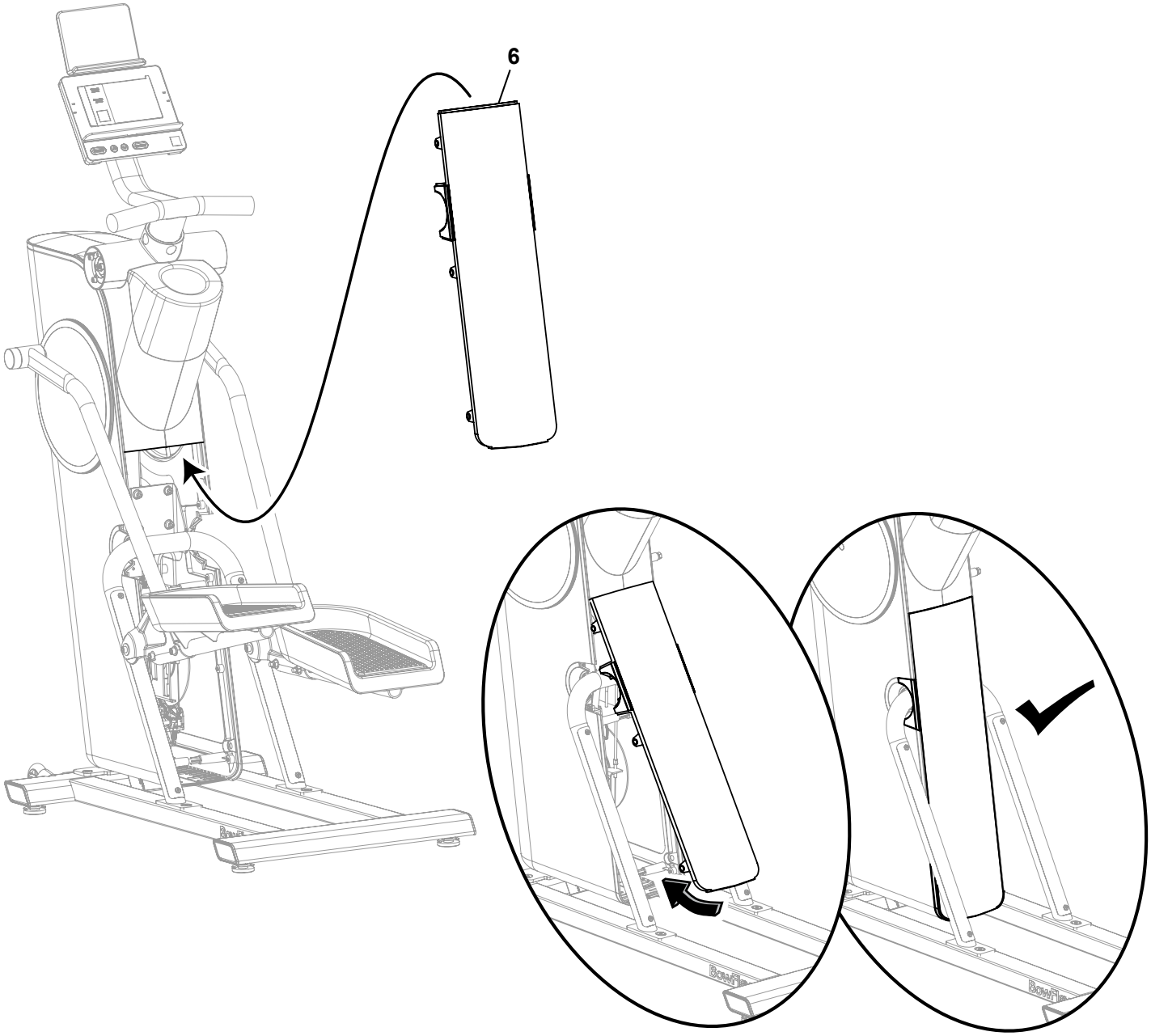
13. Attach the Media Rack to the Frame Assembly

NOTICE: When inserting the screws, slightly tilt the Media Rack toward the Console to be sure that the hardware fully engages the Media Rack. Hardware (*) is pre-installed and not on the Hardware Card.



14. Attach the Rear Shroud to the Frame Assembly

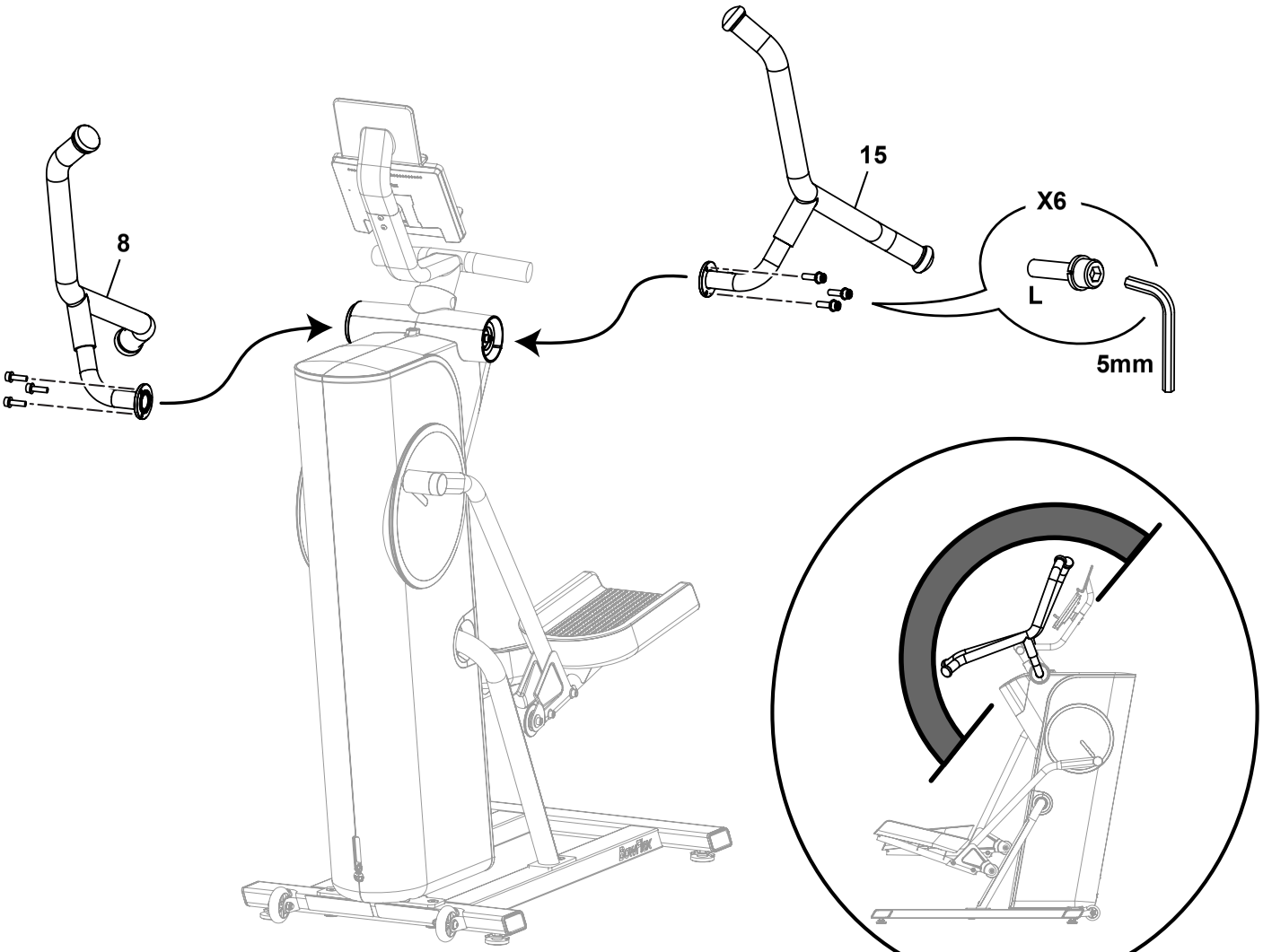
NOTICE: Place the upper part of the Rear Shroud onto the Frame Assembly, and then pivot it downward into place. There are 6 tabs that will secure it.

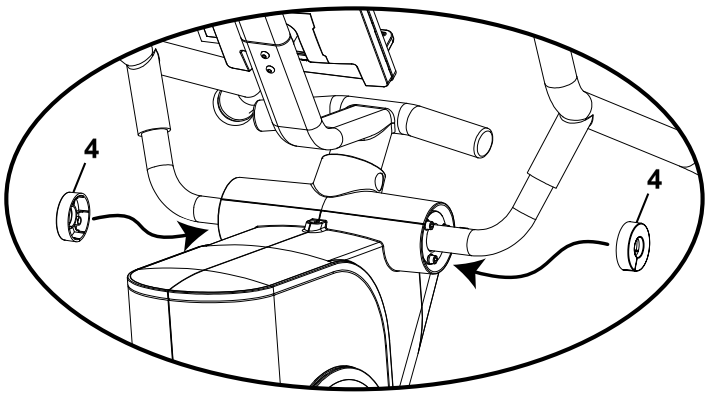


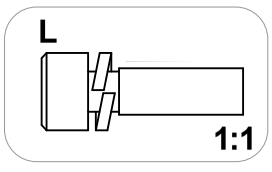
15. Attach the Dynamic Handlebars to the Frame Assembly, and Then Attach the Ring Shrouds

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

NOTICE: Be sure to attach the Dynamic Handlebars so that they are in the range of operation for the User. With the Pedals level, the Dynamic Handlebars will be in a matching position. Be sure that the tabs on the inside of the Ring Shrouds align with the hardware to fully attach them.

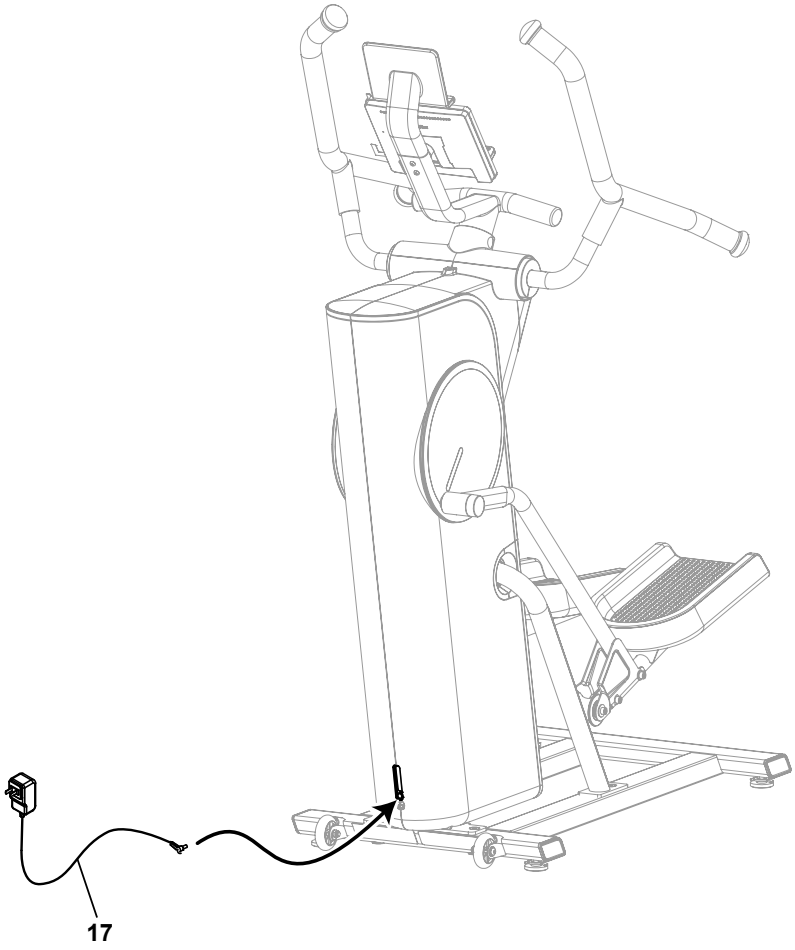






16. Connect the AC Adapter to the Frame Assembly

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



17. Final Inspection

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

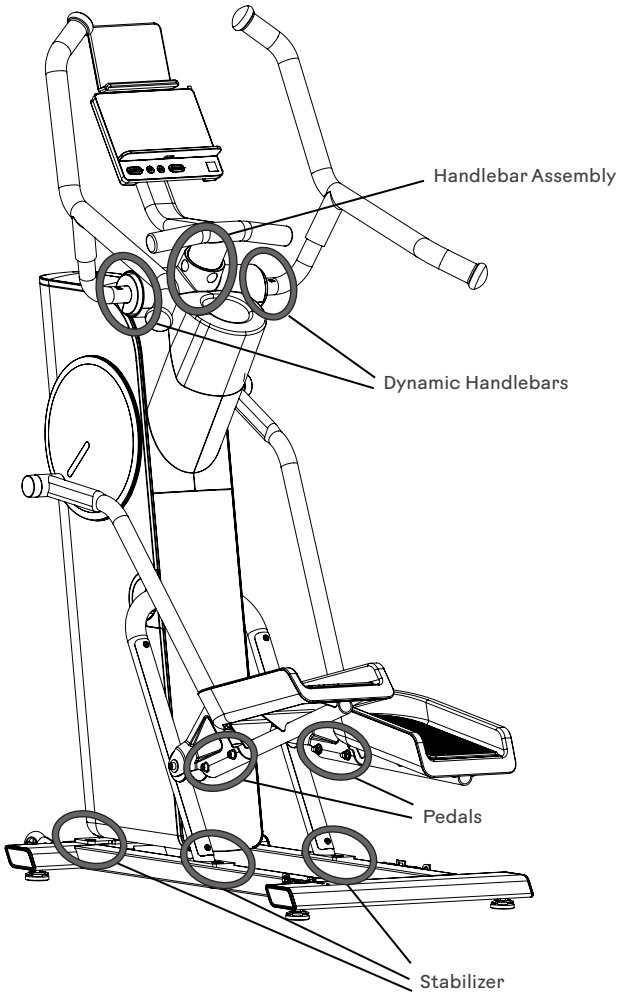
Note: Remove any protective covers from the face of the Console. Remove the plastic scratch guard strips from Rails.

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

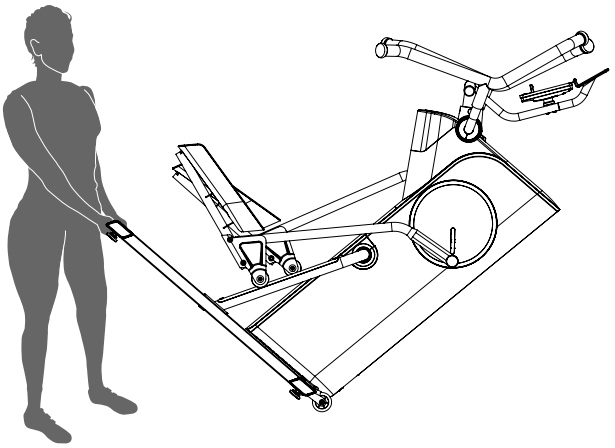
⚠ Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

NOTICE: After your first few workouts, some hardware will need to be tightened again. To ensure quiet and smooth operation, make sure to tighten the indicated hardware after three workouts.

Be sure to inspect and fully tighten all hardware monthly or after every 20 hours of use.



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 back of the Stabilizer to carefully tilt the machine forward 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

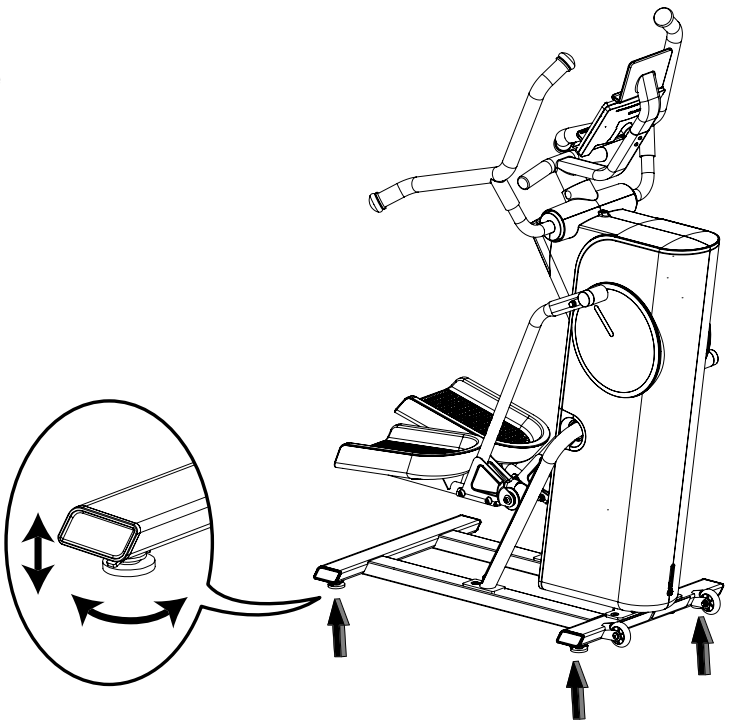
The machine needs to be leveled if your workout area is uneven or if the Rail Assembly is slightly off the floor. To adjust:

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.

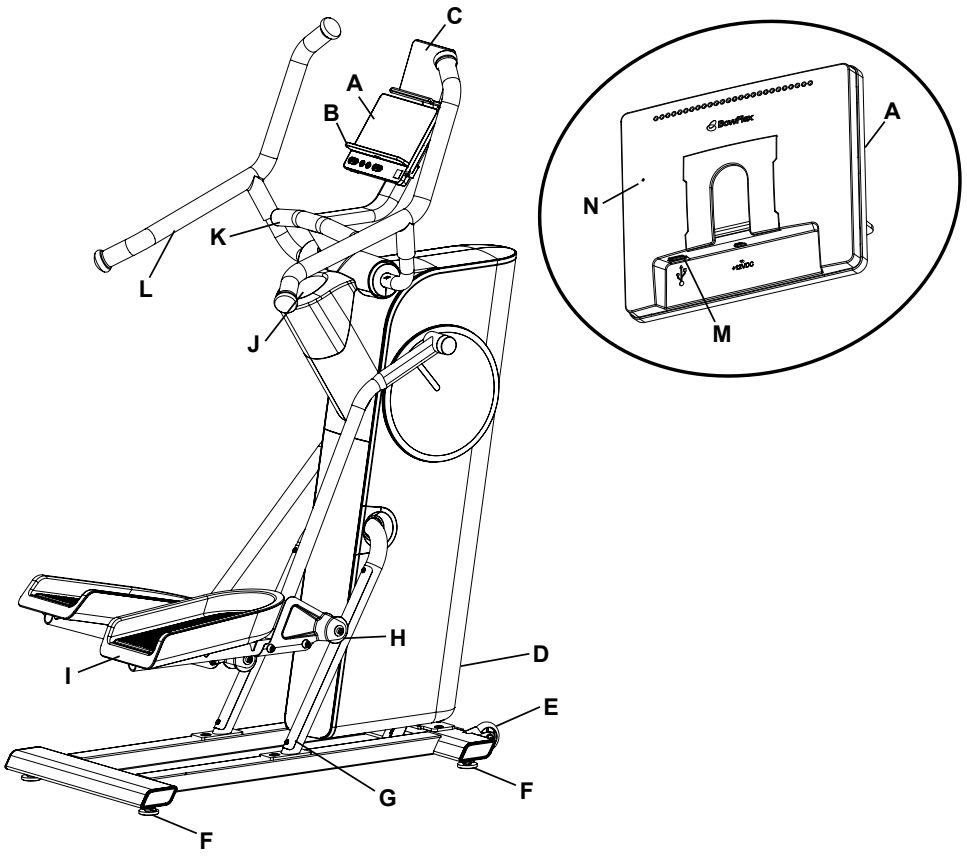
3. Tighten the locking nuts.

Make sure the machine is level and stable before you exercise.



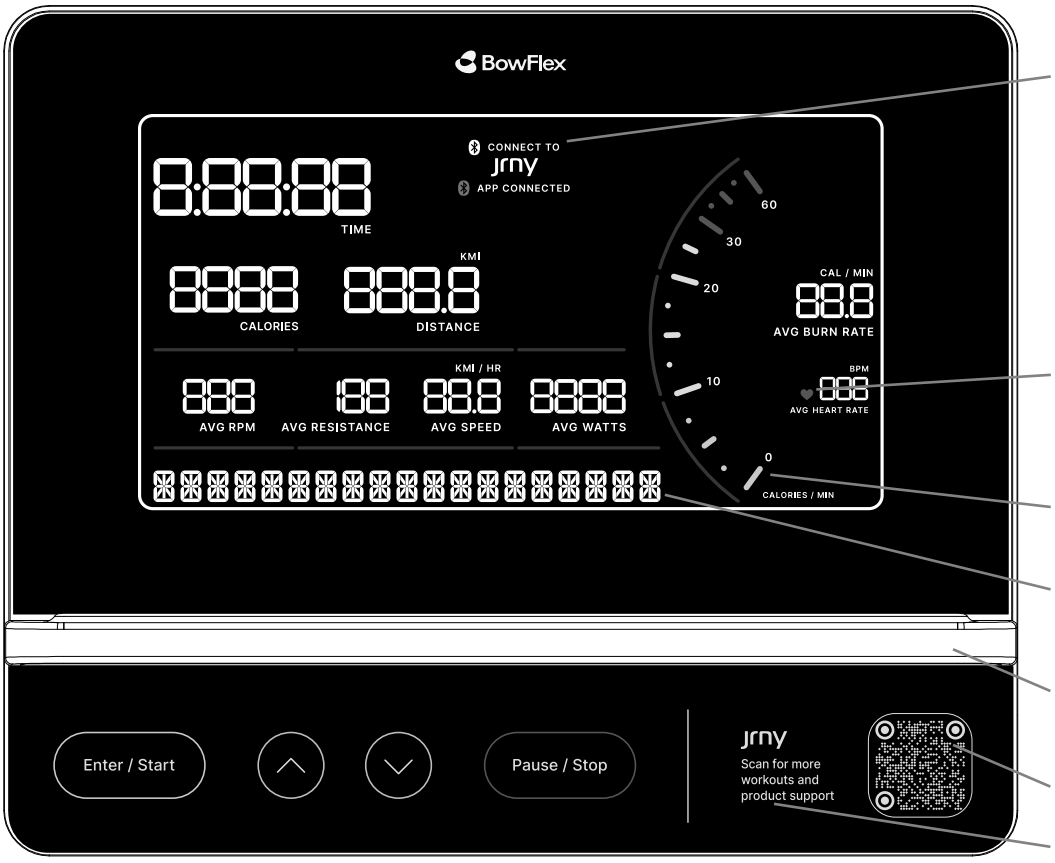
Machine Features

A	Console
B	Media Holder
C	Media Rack
D	Power Inlet
E	Transport Wheel
F	Leveler
G	Rail Assembly
H	Roller
I	Pedal
J	Water Bottle Holder
K	Static Handlebars
L	Dynamic Handlebars
M	USB Port
N	Console Status LED
O	Bluetooth® Connectivity (Not shown)



⚠ 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

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

Keypad Functions

Enter/Start button

Starts a workout, confirms the workout values, and moves forward through menu options.

Increase (▲) button

Push to increase the resistance level, or move through available settings options.

Decrease (▼) button

Push to decrease the resistance level, or move through available settings options.

Pause/Stop button

Pauses an active workout, confirms a setting value, or ends a paused workout.

JRNY QR code

To look for more workouts and product information, scan the QR code with your device.

Reset button (centered in text)

For service technician use only. When pushed during power up, the button restores the Console settings to the factory default state. The Console will require updates to be applied in order to become fully functional. Workout data is not affected.

The console will sound a tone when a button is pushed (if the Volume setting is on).

Workout Data Display



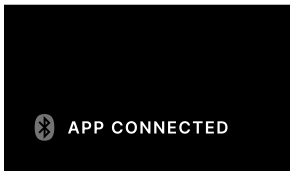
White Bluetooth® logo + “CONNECT TO” + JRNY™ icon

Display shows before, during and after a Manual workout if the machine is not connected to the JRNY™ app.



Blue Bluetooth® logo + JRNY™ icon + “APP CONNECTED”

Display shows during a workout with a personal device using the JRNY™ app.



Blue Bluetooth® logo + “APP CONNECTED”

Display shows during a workout with a personal device using an App other than the JRNY™ app.

TIME

The TIME display field shows the time from start to finish of workout. During the workout, the display counts up from zero.

The maximum time is 9 hours 59 minutes and 59 seconds.

CALORIES

The CALORIES display field shows estimated calories that you have burned during the exercise. The maximum calories value is 9999 Kcal.

DISTANCE

The DISTANCE display field shows the distance count (KM or MI) in the workout.. The distance counts up from 0 (zero). The maximum distance value is 999.9.

Note: The default distance unit is miles (MI). To switch units between kilometers and miles before a workout, push the Enter/Start button and hold for 3 seconds to enter the Console Setup Mode. The System Units prompt appears.. Push an Increase/Decrease button to change the units (KM or MI). With the desired unit of distance displayed, push the Pause/Stop button to save.

RPM

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

RESISTANCE

The RESISTANCE display field shows the current resistance level. The range of resistance is 1 - 16, which can be modified by increments of 1.

SPEED

The SPEED display field shows the currently calculated speed of the user in miles per hour (MI/HR) or kilometers per hour (KM/HR).

The maximum SPEED is 99.9 (KM or MI) / HR.

WATTS

The WATTS display field shows the estimated power output at the current RPM and resistance level, displayed in watts (746 watts = 1 hp).

Message Display

The Message Display field shows program notifications, prompts and answers.

Tachometer

The Tachometer shows the current Burn Rate (calories per minute) of the user.

BURN RATE

The BURN RATE display field 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. As either of those values increase, the Burn Rate will increase.

Heart Rate Detected icon

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

HEART RATE

The HEART RATE display shows the beats per minute (BPM) from a Bluetooth® Heart Rate Monitor. When a heart rate signal is received by the Console, the icon will flash. If no heart rate is detected, the display will not be displayed.

⚠ 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.

Connect your device with the JRNY™ app for more dynamic workouts

If you have a JRNY™ membership*, it can be accessed through your device when synced to the console of this BowFlex™ machine. With that JRNY™ membership, you receive guided workouts adapted

**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.*

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.

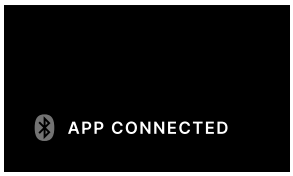
If the app will not sync to the machine, restart your device and the machine. Repeat Step 3.



When connected, the Console will display the blue Bluetooth® logo + JRNY™ icon + "APP CONNECTED" displays.

Workout with Other Apps

This fitness machine has integrated Bluetooth® connectivity which allows it to work with a number of third-party apps. For our latest list of compatible apps, please visit: www.bowflex.com/apps



When connected with a non-JRNY™ app, the Console will display the blue Bluetooth® logo + "APP CONNECTED" displays.

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.

NOTICE: Do not connect a USB Device to the Power/Data Port on the Console.

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® Heart Rate Detected 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.



The Bluetooth® Heart Rate Detected 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.

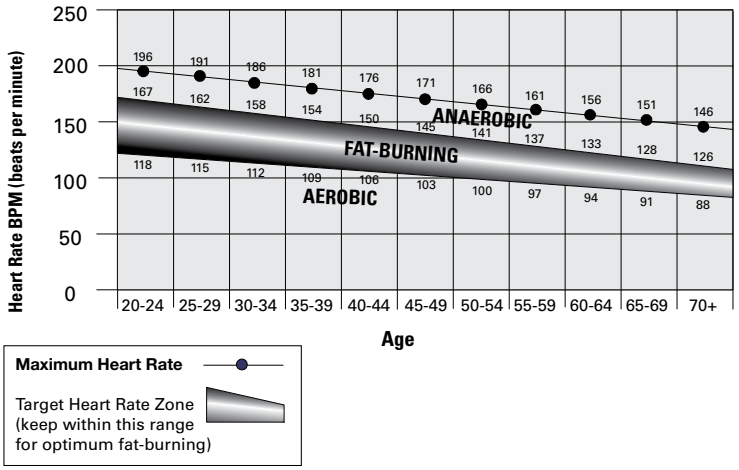
The Heart Rate table is an estimate of what Heart Rate Zone (HRZ) is effective to burn fat and improve your cardiovascular system. Physical conditions vary, therefore your individual HRZ could be several beats higher or lower than what is shown.

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



Operations

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 Resistance 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 be used to add stability during a workout, and for mounting and dismounting.

Grasp the Static Handlebars for a workout focused on legs. 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 Dynamic 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 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. Be sure it is clear.
3. Connect the power adapter to the machine and into a grounded AC Wall Outlet.
4. If you use a Remote 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.

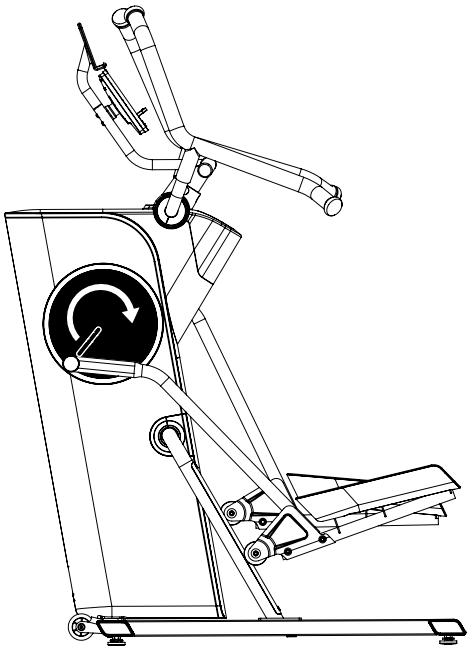
Be aware that the Pedals and the Handlebars are connected and when either of these parts move the other does as well. In order to avoid possible serious injury, grasp the Static Handlebars to steady yourself.

6. Grasp the Static Handlebars under the Console 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. When ready, push the Enter/Start button to start a manual 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 that the Crank Cover on the left of the machine is moving clockwise as shown.



Power-Up Mode

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

Auto Shut-Off (Sleep Mode)

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

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

Changing Resistance Levels

Push the Resistance Increase(▲) or Decrease(▼) buttons to change the resistance level at any time in a workout program.

Starting a Manual Workout

1. Resistance shows the current resistance level. Heart Rate (if connected) shows the current reading (BPM). All other data values are zero.
2. Push the Enter/Start button and start pedaling.
3. The Workout will begin.

Changing Unit Measures (Imperial/Metric)

To switch units between kilometers and miles before a workout, push the Enter/Start button and hold for 3 seconds to enter the Console Setup Mode. The System Units prompt appears. Push an Increase/Decrease button to change the units (Imperial (MI) or Metric (KM)). With the desired unit of distance displayed, push the Pause/Stop button to save.

Note: The default distance unit is MI.

Pausing or Stopping

1. To pause your workout, tap the Pause/Stop button one time. While paused, the Console will display “Workout Paused”.
2. To continue your workout, tap the Enter/Start button one time.

The workout will end after being paused for 5 minutes.

When paused, the Console display will display the current workout values for the workout. To end the paused workout, push the Pause/Stop button.

Muting the Console

The Console has the option to be muted. It does not affect the output from your personal device.

1. Push and hold for 3 seconds the Enter/Start button to enter the Console Setup Mode. The System Units prompt appears.
2. Push the Enter/Start button twice. The Audio Volume prompt will appear with the current volume setting.
3. Push the Decrease button until MUTE is displayed as the Volume setting.
4. With the desired volume setting displayed, push the Pause/Stop button to save. The Console will display “Settings Saved” for 2 seconds, and then exit the Console Setup Mode.

Note: The default volume setting is Medium.

Workout Summary

After a workout, the Console display will show “Workout Complete”. The Console will show the Workout Summary values for 5 minutes.

Note: The workout must be longer than 1 minute in order for the JRNY™ app to store the data. The data is not stored in the Console.

The summary includes total and average workout values. The total workout values are Time, Calories and Distance. The average workout values are RPM, Resistance, Speed, Watts, Burn Rate and Heart Rate (if available).

Note: If no Heart Rate was provided during the workout, the Console will not report a value.

The Workout Summary will end after 5 minutes or if the Pause/Stop button is pushed.

Console Setup Mode – System Menu

The Console Setup Mode allows you to set units of measurement to either Imperial or metric, adjust screen brightness, view maintenance statistics (such as Run Time hours and software version – for service technician use only), or reset the Console.

1. Push the Enter/Start button and hold for 3 seconds while in the Power-Up Mode to go into the Console Setup Mode (System Menu).

Note: Push the Pause/Stop button to save and exit the System Menu and return to the Power-Up Mode screen. The Console will display "Settings Saved" before exiting to the System Menu.

2. The Console display shows the System Units prompt with the current setting. The default setting is Imperial English units. Push the Increase/Decrease buttons to change between Imperial (MI/LB) and metric (KM/KG).

Note: If the units change when there is data in User Statistics, the statistics convert to the new units.

3. Push the Enter/Start button to set the selection and continue to the next menu option.

Note: To save the selection and exit the System Menu, push the Pause/Stop button.

4. The Console display shows the Screen Brightness prompt with the current setting. The levels of brightness are: 5 (100%), 4 (80%, default), 3 (65%), 2 (50%), 1 (35%). The display shows the brightness of the selected level. Push the Increase/Decrease buttons to move to the desired level.
5. Push the Enter/Start button to set the selection and continue to the next menu option.
6. The Console display shows the Audio Volume prompt with the current setting for the Console beeps. The volume levels are: Off, Low, Medium (default), High. Push the Increase/Decrease buttons to move to the desired level. It does not affect the output from your personal device.
7. Push the Enter/Start button to set the selection and continue to the next menu option.
8. The Console display shows the Disconnect Bluetooth prompt. The default option is NO. The YES option will disconnect all Bluetooth® devices. Push the Increase/Decrease buttons to change between options (YES/NO).
9. Push the Enter/Start button to set the selection and continue to the next menu option.
10. The Console display shows the Auto Connect HR (Heart Rate) prompt. The default option is YES. Push the Increase/Decrease buttons to change between options (YES/NO).
11. Push the Enter/Start button to set the selection and continue to the next menu option.
12. The Console display shows the Display Metrics prompt. The default option is NO. Push the Increase/Decrease buttons to enable/disable the display of metrics when connected to the JRNY™ app.
13. Push the Enter/Start button to continue to the next menu option.
14. The Console display shows the Hardware Variant & Console Firmware Version.
15. Push the Enter/Start button to continue to the next menu option.
16. The Console display shows the Base Serial Number.
17. Push the Enter/Start button to continue to the next menu option.
18. The Console display shows the Hardware Variant (machine type).
19. Push the Enter/Start button to set the selection and continue to the next menu option.
20. The Console display shows the Run Time hours (total number of hours of workout time).
21. Push the Enter/Start button to continue to the next menu option.
22. The Console display shows the BLE Version.
23. Push the Enter/Start button to continue to the next menu option.
24. The Console display shows the EX SNSR Version.
25. Push the Enter/Start button to continue to the next menu option.
26. The Console display shows the Error Log prompt (for service technician use only). Push the Decrease button to see the saved errors. At the end of the errors, the Console display shows the Clear Errors prompt. Push PAUSE/STOP to clear the log. If cleared, the Console will exit the Console Setup Mode.

27. Push the Enter/Start button to continue to the next menu option.
28. The Console display shows the Reset Console prompt. The default option is NO. Push the Pause/Stop button to exit without starting Reset.

Note: The YES option will reset the System Units, Screen Brightness and Demo Mode to default settings. It does not reset the Run Time Hours.

Push the Increase/Decrease buttons to change between options (YES/NO).

Push the Enter/Start button to go back to the System Units prompt (first System Menu option).

Push the Pause/Stop button to set the selection and exit the System Menu.

29. The Console will display the Power-Up Mode screen.

Read all maintenance instructions fully before you start any repair work. In some conditions, an assistant is required to do the necessary tasks.

Equipment must be regularly examined for damage and repairs. The owner is responsible to make sure that regular maintenance is done. Worn or damaged components must be repaired or replaced immediately. Only manufacturer supplied components can be used to maintain and repair the equipment.

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.

To reduce the risk of electrical shock or unattended/unsupervised usage, 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.

Daily

Before each use, examine the exercise machine for loose, broken, damaged, or worn parts. Do not use if found in this condition. Repair or replace all parts at the first sign of wear or damage. After each workout, use a damp cloth to wipe your machine and Console free of sweat.

Note: Avoid excessive moisture on the Console.

Weekly

Check for smooth roller operation. Wipe the machine to remove dust, dirt, or grime. Clean the rails and surface of the rollers with a damp cloth.

Apply silicone lubricant to a dry cloth and wipe the rails to eliminate roller noise.

Silicone lubricant is not intended for human consumption. Keep out of reach of children. Store in a safe place.

Note: Do not use petroleum based products.

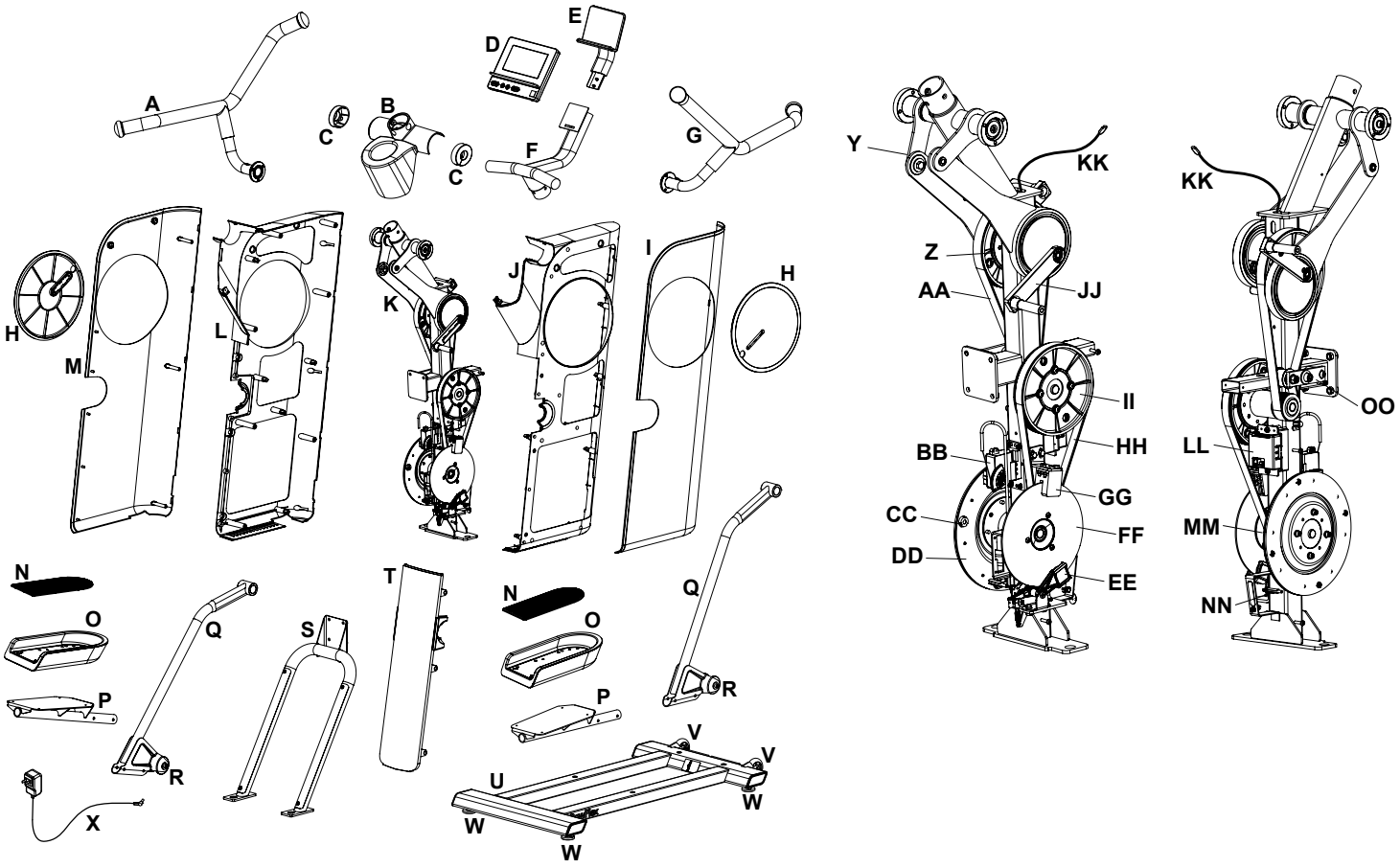
Monthly

(Or after 20 hours)

Make sure all bolts and screws are tight. Tighten as necessary.

When the machine is used in a Studio/Institutional environment, we recommend that the Pedals be replaced every year to maintain maximum user safety and performance. Only use replacement Pedals available from BowFlex. Other brands of Pedals may not be designed for this product, and can cause danger to users and bystanders, and will void the warranty.

Note: If necessary, only use a mild dish soap with a soft cloth to clean the Console. Do not clean with a petroleum based solvent, automotive cleaner, or any product that contains ammonia. Do not clean the Console in direct sunlight or at high temperatures Be sure to keep the Console free of moisture.



A	Dynamic Handlebar, Left
B	Top Shroud
C	Ring Shroud
D	Console Assembly
E	Media Rack
F	Handlebars
G	Dynamic Handlebar, Right
H	Crank Cover
I	Shroud, Right
J	Structural Shroud, Right
K	Main Assembly (Frame)
L	Structural Shroud, Left
M	Shroud, Left
N	Pedal Pad
O	Pedal Platform
P	Pedal
Q	Leg
R	Roller
S	Rail Assembly
T	Shroud, Rear
U	Stabilizer
V	Transport Wheel
W	Leveler
X	Power Adapter
Y	Arm Drive Assembly
Z	Drive Pulley, Upper
AA	Drive Belt
BB	Servo Motor
CC	Speed Sensor Magnet
DD	Radial Disc
EE	Brake Assembly
FF	Disc Brake
GG	Stationary Magnet Carriage
HH	Drive Belt, Lower
II	Drive Pulley, Lower
JJ	Crank Arm
KK	Data Cable
LL	PCB Board Cover
MM	Brake Pulley
NN	Speed Sensor
OO	Tensioner

Condition/Problem	Things to Check	Solution
No display/unit will not turn on	Console in sleep mode	Push any Console button or move pedals to wake up Console.
	AC Adapter	Check for visual sign that AC Adapter is cracked or otherwise damaged. Replace AC Adapter if damaged.
	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet.
	Check connection at front of unit	Connection should be secure and undamaged. Unplug connector and inspect inlet for any damage. Plug connector back into inlet.
	Check Status LED in back of Console	If Status LED is: - on (solid), then the Console is starting up. May take up to 3 minutes. (Status LED is off when Console is operating.) - blinking , then console software is updating.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Check data cable integrity	All wires in cable should be intact. If any are visibly cut or pinched, replace cable.
	Check console display for damage	Check for visual sign that console display is cracked or otherwise damaged. Replace Console if damaged.
		If the above steps do not resolve the problem, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).

Condition/Problem	Things to Check	Solution
No response on Console when button is pushed	Console Button Assembly	Try other buttons to get any response on the Console.
	Check data cable integrity from Console Button Assembly to Console	All wires in cable should be intact. If any are visibly crimped or cut, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Check console display for damage	Check for visual sign that console display is cracked or otherwise damaged. Replace Console if damaged.
	Check Console Button Assembly	Check for visual sign that the Console Button Assembly is otherwise damaged. Replace the Console Button Assembly if damaged.
		If the above steps do not resolve the problem, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
No speed/RPM reading	Check data cable integrity	All wires in cable should be intact. If any are cut or crimped, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Check magnet position (requires shroud removal)	Magnet should be in place on pulley.
	Check Speed Sensor (requires shroud removal)	Speed sensor should be aligned with magnet and connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.
	Console Electronics	If tests reveal no other issues, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).

Condition/Problem	Things to Check	Solution
Unit operates but Bluetooth® Heart Rate (HR) not displayed	Heart Rate Strap (not provided)	Make sure strap is directly against skin and contact area is wet.
	Heart Rate Device Batteries	If HR device has replaceable batteries, install new batteries
	Interference	Try moving unit away from sources of interference (TV, Microwave, etc).
	Replace Heart Rate Device	If interference is eliminated and HR does not function, replace device.
		If the above steps do not resolve the problem, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
Console shuts off (enters sleep mode) while in use	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet.
	Check connection at front of unit	Connection should be secure and undamaged. Replace adapter or connection at unit if either are damaged.
	Check data cable integrity	Check data cable integrity
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Reset machine	Unplug unit from electrical outlet for 5 minutes. Reconnect to outlet.
	Check magnet position (requires shroud removal)	Magnet should be in place on pulley.
	Check Speed Sensor (requires shroud removal)	Speed sensor should be aligned with magnet and connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.

Condition/Problem	Things to Check	Solution
Pedals will not move	Pedal locations	The Pedals may be “bottomed out”. 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.
Unit rocks/does not sit level	Check leveler adjustment	Adjust levelers until machine is level.
	Check surface under unit	Adjustment may not be able to compensate for extremely uneven surfaces. Move machine to level area.
Foot pedals loose/unit difficult to operate	Hardware	Tightly secure all hardware on the Pedal Arms and Handlebar Arms.
Rubbing sound outside of Shrouds during operation	Caps	Slightly loosen Caps on Crank Arms
Metallic rubbing sound from within Shrouds during operation	Brake bracket	Brake bracket needs to be aligned. Contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
Machine seems to release Pedals for a moment during operation	Belt slip	Contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
Console continuously displays a video of machine features	Console is in demonstration mode	Press and hold the hidden button beside the JRNY QR code on the Console for 3 seconds. The hidden button is centered in the text to the left of the QR code. The setting will take effect after the next time the machine goes into Sleep Mode.
Console displays “Base Connect Error”	Data cable	Make sure the data cable connection to the Console is firmly seated.
Console displays an update prompt	Console	Allow the Console updates to run. The screen may go dark during the update process. Do not turn the power off or leave the machine unattended. Once the updates are completed and the Power-Up Mode screen is displayed, the machine may be powered off.

Warranty

We want you to know that your BowFlex™ Max Trainer™ machine is a superior product. Your satisfaction is guaranteed. If, for any reason, you are not 100% satisfied with your BowFlex™ Max Trainer™ machine, please follow the instructions below to return your merchandise and receive a refund of the purchase price, less shipping and handling.

This BowFlex™ Max Trainer™ Buy Back Guarantee applies only to merchandise purchased by consumers directly from BowFlex Inc. This guarantee does not apply to sales made by dealers, retailers, or distributors.

1. Call a BowFlex™ Max Trainer™ Representative at 1-800-605-3369 for a Return Authorization Number (RMA). An RMA will be granted if:
    a. The BowFlex™ Max Trainer™ exercise machine was purchased directly from BowFlex Inc.
    b. The request to return the product is within 6 weeks of the delivery date of your merchandise.
2. If an RMA is granted, the following instructions will prevent delays in the processing of your refund.
    a. The merchandise must be returned to the address given to you at the time of the Return Authorization Call.
    b. All returned merchandise must be properly packaged in good condition, preferably in the original boxes.
    c. The exterior of the boxes should be marked clearly with:
        • Return Authorization Number
        • Your Name
        • Your Address
        • Your Phone Number
    d. Additionally, a piece of paper with your name, address and phone number or copies of your original invoice should be placed in each box of merchandise.
    e. Your RMA number is time sensitive. Your shipment must be post marked within two weeks from the date the BowFlex™ Max Trainer™ Representative issued the Return Authorization Number.

Note: You are responsible for return shipping and for any damage or loss to merchandise that occur during return shipment. BowFlex recommends that you obtain tracking numbers and insure your shipment.

Unauthorized Returns

BowFlex Inc. defines an unauthorized return as any merchandise returned to our facilities without a valid and current Return Merchandise Authorization (RMA) number issued by BowFlex. Failure to properly mark packages with a valid RMA number, or allowing an RMA number to expire, will cause BowFlex Inc. to consider a return unauthorized. Any merchandise returned without a RMA number will not be subject to a refund or credit and BowFlex will discard the product. The customer assumes all shipping and handling charges for any unauthorized return.

Who Is Covered

This warranty is valid only to the original purchaser and is not transferable or applicable to any other person(s).

What Is Covered

BowFlex Inc. warrants that this product is free from defects in materials and workmanship, when used for the purpose intended, under normal conditions, and provided it receives proper care and maintenance as described in the Product's Assembly and Owner's manual. This warranty is good only for authentic, original, legitimate machines manufactured by BowFlex Inc. and sold through an authorized agent and used in the United States or Canada.

Terms

Warranty terms for products purchased in US/Canada are as stated below.

Frame	10 years
Parts	2 years
Electronics	1 year
Labor	1 year

(Labor support does not include the installation of replacement parts involved in the initial product assembly and preventative maintenance services. All repairs covered under the labor portion of the warranty must be preauthorized by BowFlex. The customer will be responsible for a minimal trip charge.)

For warranty & service of products purchased outside US/Canada, please contact your local distributor. To find your local international distributor, go to:

https://global.bowflex.com

How BowFlex Will Support the Warranty

Throughout the terms of the warranty coverage, BowFlex Inc. will repair any machine that proves to be defective in materials or workmanship. BowFlex reserves the right to replace the product in the event a repair is not possible. When BowFlex determines replacement is the correct remedy, BowFlex may apply a limited credit reimbursement toward another BowFlex Inc. brand Product, at our discretion. This reimbursement may be prorated based on length of ownership. BowFlex Inc. provides repair service within major metropolitan areas. BowFlex Inc. reserves the right to charge the consumer for travel outside these areas. BowFlex Inc. is not responsible for dealer labor or maintenance charges beyond the applicable warranty period(s) stated herein. BowFlex Inc. reserves the right to substitute material, parts or products of equal or better quality if identical materials or products are not available at the time of service under this warranty. Any replacement of the product under the terms of the Warranty in no way extends the original Warranty period. Any limited credit reimbursement may be prorated based on length of ownership. THESE REMEDIES ARE THE EXCLUSIVE AND SOLE REMEDIES FOR ANY BREACH OF WARRANTY.

What You Must Do

- Retain appropriate and acceptable Proof of Purchase.
- Operate, maintain, and inspect the Product as specified in the Product Documentation (Assembly, Owner's Manuals, etc.).
- Product must be used exclusively for the purpose intended.
- Notify BowFlex within 30 days after detecting an issue with the Product.
- Install replacement parts or components in accordance with any BowFlex instructions.
- Perform diagnostic procedures with a trained BowFlex Inc representative if requested.

What Is Not Covered

- Damage due to abuse, tampering or modification of the Product, failure to properly follow assembly instructions, maintenance instructions, or safety warnings as stated in the Product Documentation (Assembly, Owner's Manuals, etc), damage due to improper storage or the effect of environmental conditions such as moisture or weather, misuse, mishandling, accident, natural disasters, power surges.
- A machine placed or used 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.
- Damage caused by exceeding maximum user weights as defined in the Product's Owner's manual or warning label.
- Damage due to normal usage and wear and tear.
- This warranty does not extend to any territories or countries outside the United States and Canada.

How to Obtain Service

For Products purchased directly from BowFlex Inc. contact the BowFlex office listed on the Contacts page of the products Owner's manual. You may be required to return the defective component to a specified address for repair or inspection, at your expense. Standard ground shipping of any warranty replacement parts will be paid by BowFlex Inc. For products purchased from a retailer, you may be asked to contact your retailer for warranty support.

Exclusions

The preceding warranties are the sole and exclusive express warranties made by BowFlex Inc. They supersede any prior, contrary or additional representations, whether oral or written. No agent, representative, dealer, person or employee has the authority to alter or increase the obligations or limitations of this warranty. Any implied warranties, including the WARRANTY OF MERCHANTABILITY and any WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE, are limited in duration to the term of the applicable express warranty provided above, whichever is longer. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Limitation of Remedies

Except as otherwise required by applicable law, the purchaser's exclusive remedy is limited to repair or replacement of any component deemed by BowFlex Inc. To be defective under the terms and conditions stated herein. In no event will BowFlex Inc. Be liable for any special, consequential, incidental, indirect or economic damages, regardless of the theory of liability (including, without limitation, product liability, negligence or other tort) or for any lost revenue, profit, data, privacy or for any punitive damages arising out of or related to the use of the fitness machine even if BowFlex Inc. Has been advised of the possibility of such damages. This exclusion and limitation shall apply even if any remedy fails of its essential purpose. Some states do not allow the exclusion or limitation of consequential or incidental type damages so the above limitation may not apply to you.

State Laws

This warranty gives you specific legal rights. You may also have other rights, which vary from state to state.

Expirations

If the warranty has expired, BowFlex Inc. may assist with replacements or repairs to parts and labor, but there will be a charge for these services. Contact a BowFlex office for information on post-warranty parts and services. BowFlex does not guarantee availability of spare parts after expiration of warranty period.

International Purchases

If you purchased your machine outside of the United States consult your local distributor or dealer for warranty coverage.

For assembly video, please visit:

www.bowflex.com/getting-started.html