

Thank You

for choosing the Bowflex® LateralX® LX3



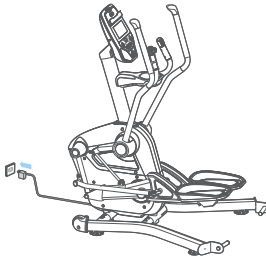
Read and understand all warnings on the machine and the complete manual.

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Start your workout

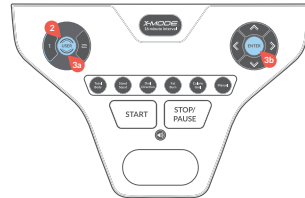
1

Plug in the machine.



2

Push the User button to select a user.

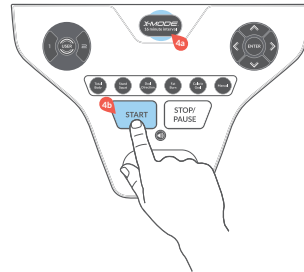


3

Push and hold the User button to customize your screen brightness, then push Enter to confirm.

4

Push the X-mode™ 16 Minute Interval button, then push Start to begin your workout!

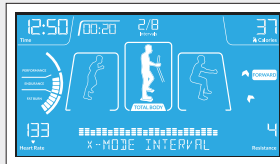


X-mode™ 16 Minute Interval Workout

The Console screen displays the X-mode™ program at the first Power-Up. To start the program, push the X-Mode™ button and then the Start button.



Your workout will begin after the three second, audible beep countdown.



The Coaching Cards cue you as the workout switches during the interval.



Total Body: 90 seconds
This activity works your arms and legs.



Lower Body: 30 seconds
This activity focuses work in a squat position.

Repeat for 7 more intervals.



Track your progress

1

Download the free "Bowflex LateralX™" App.

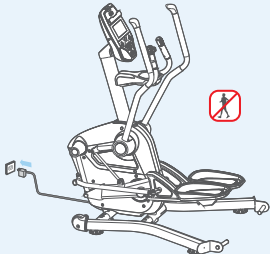


2

Enable the Bluetooth® wireless feature on your smart device.

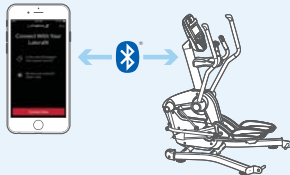
3

Plug in the machine.
Do not use machine while pairing.



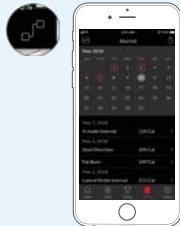
4

Open the App and follow the instructions to sync your device and machine.



5

After a workout, tap the sync icon to download workout data. Then go to the Journal screen to see your workout results.



Learn more:
www.bowflex.com/apps



Read and understand all warnings on the machine and the complete manual.

BOWFLEX
LATERALX
LX3

QUICK START GUIDE

