Start your workout

1. Plug in the machine.

2. Push the User button to select a user.
   - Push and hold the User button to customize your profile, then push Enter/Start to confirm.

3. Push the MAX 14 Minute Interval button to begin your workout!

4. Sprint targets
   - Recover targets
   - Maximum burn rate achieved

This workout has a total of 8 Intervals of Sprint and Recover. Try to keep the needle within each of the targets. Push the Resistance Level buttons to make the workout easier or harder.

The Bowflex Max Trainer™ “learns” your fitness level, and adjusts for your next workout.

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Read and understand all warnings on the machine and the complete manual.
Plug in your machine, and secure your smart device to it.

Enable the Bluetooth® wireless feature on your smart device.

Create your personalized custom workouts

Connect your M6 Max Trainer™ machine, and create your User Profile.

When ready to exercise, start the Fitness Assessment workout. Follow all the prompts while doing the workout.

Note: When the App is the active display, the Console is de-activated.

At the end of the workout, the machine will know your current fitness level and create your custom workouts.

Download the "Bowflex Max Intelligence™" App, and open it.

Secured smaller device.