Thank You
for choosing the Bowflex Max Trainer™ M8

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

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.

MAX 14 Minute Interval Workout

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

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Read and understand all warnings on the machine and the complete manual.
Create your personalized custom workouts

1. Enable the Bluetooth® wireless feature on your smart device.

2. Plug in your machine, and secure your smart device to it.

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

4. Connect your M8 Max Trainer™ machine, and create your User Profile.

5. Connect the M8 Max Trainer™ machine, and create your custom workouts.

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.

Note: When the App is the active display, the Console is de-activated. Do not access your personal information on the Console. If you are using the Console to set up your personal information, please refer to the complete manual.