

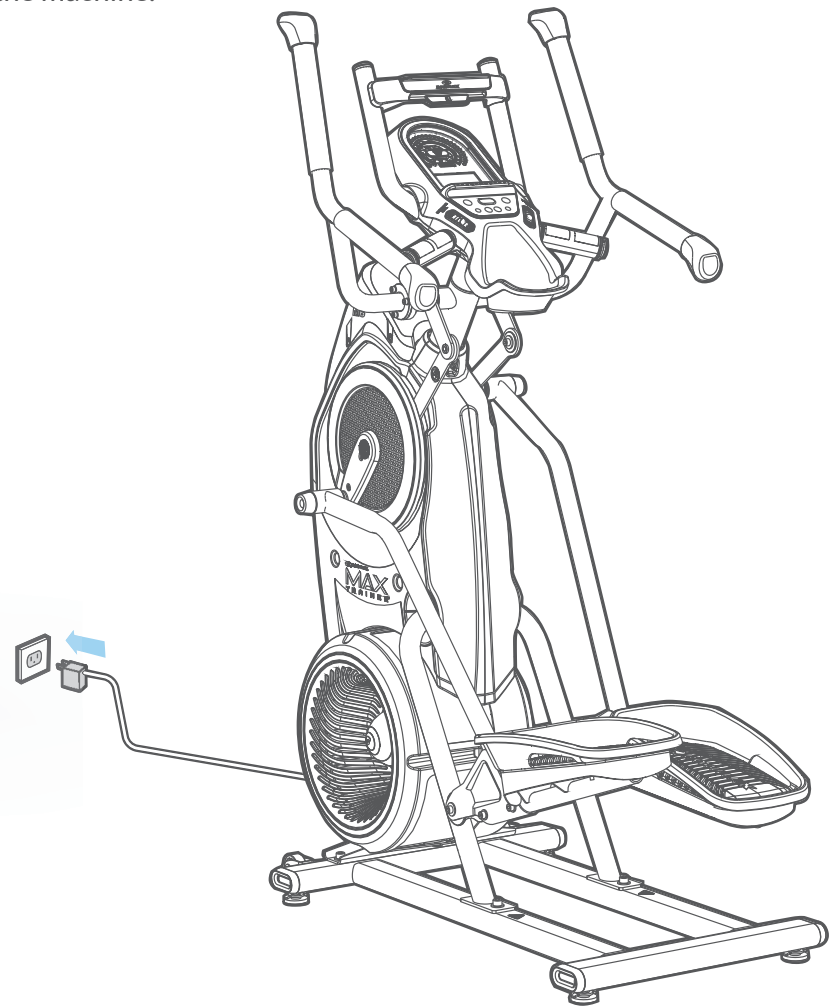
# Thank You

for choosing the Bowflex Max Trainer™ M6

## Start your workout

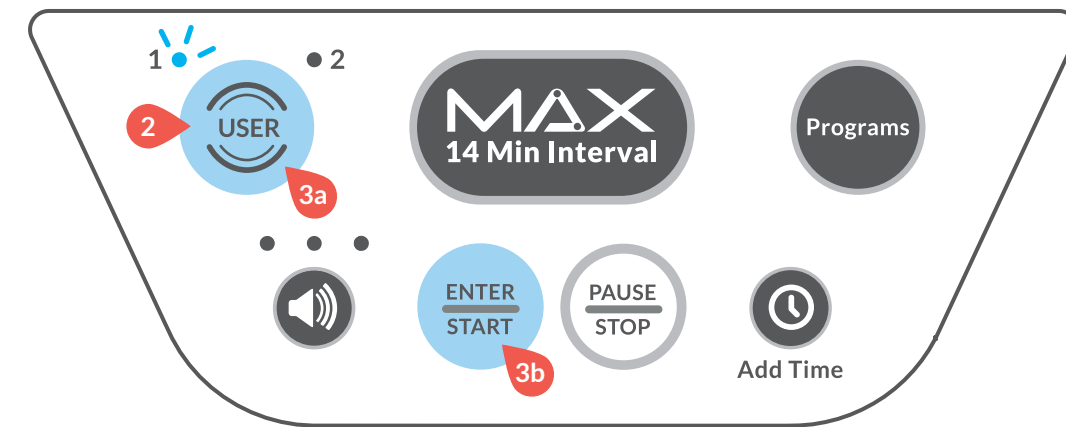
1

Plug in the machine.



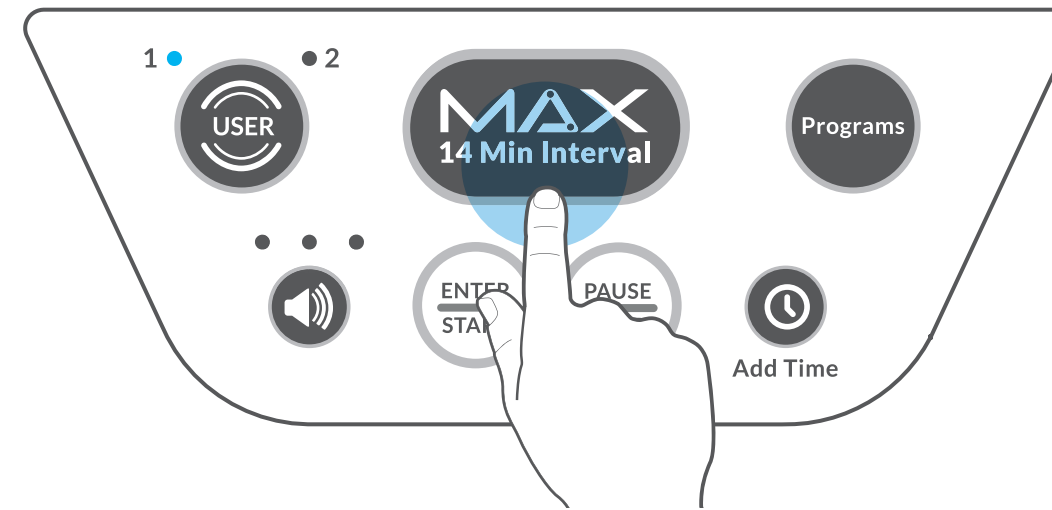
2

Push the User button to select a user.



4

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



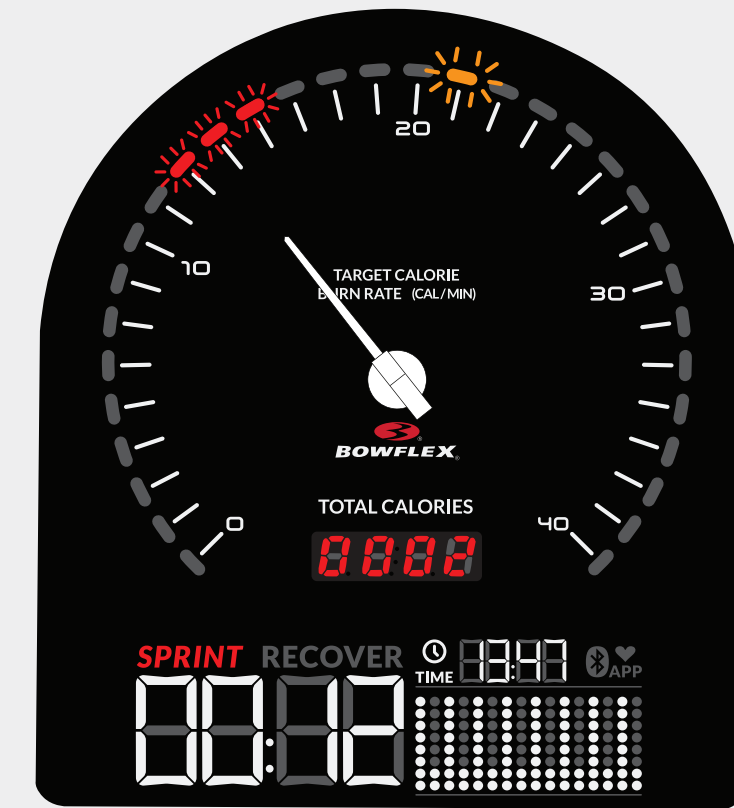
3

Push and hold the User button to customize your profile, then push Enter/Start to confirm.

## MAX 14 Minute Interval Workout

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™ M6 “learns” your fitness level, and **adjusts** for your next workout.



- Sprint targets
- Recover targets
- Maximum burn rate achieved



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

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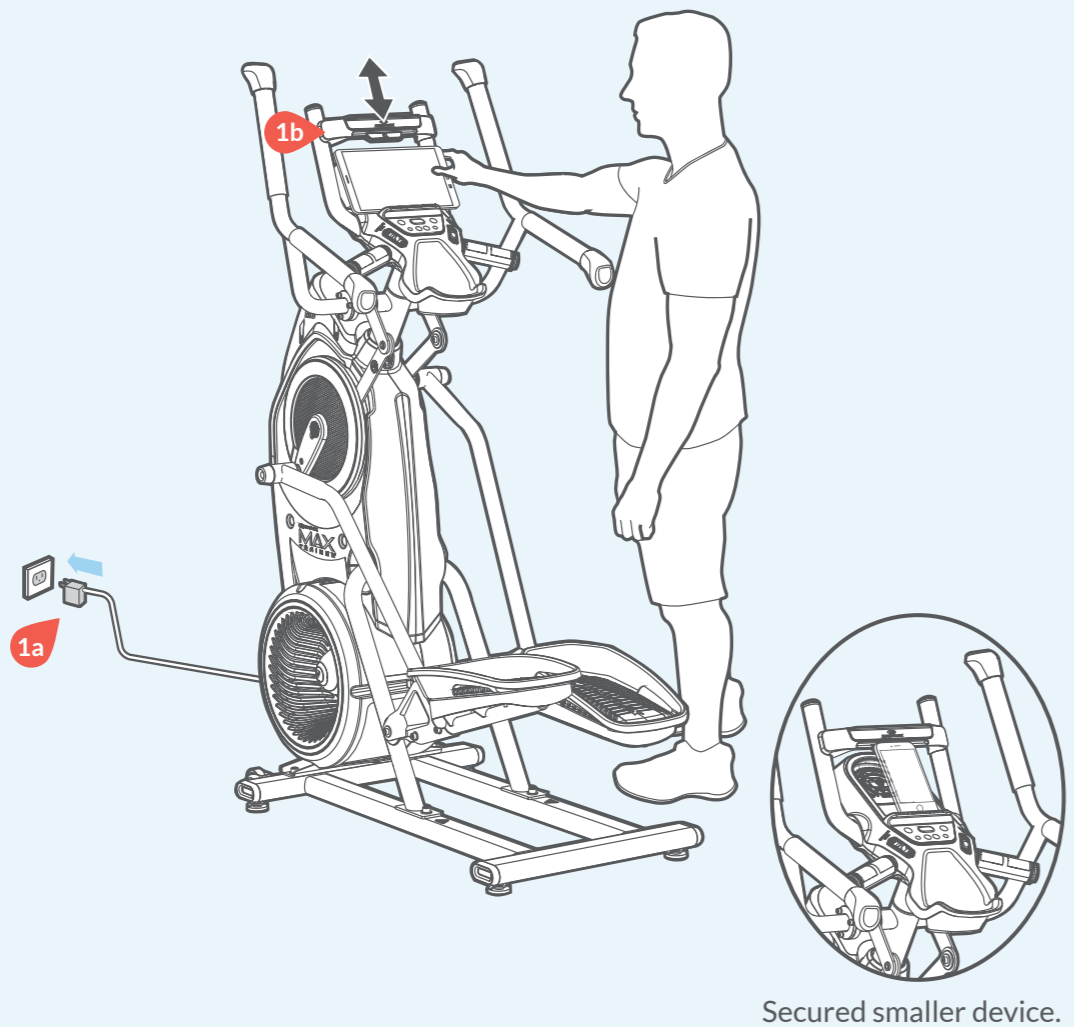


Need help?  
[www.BowflexMaxTrainer.com/howto](http://www.BowflexMaxTrainer.com/howto)

# Create your personalized custom workouts

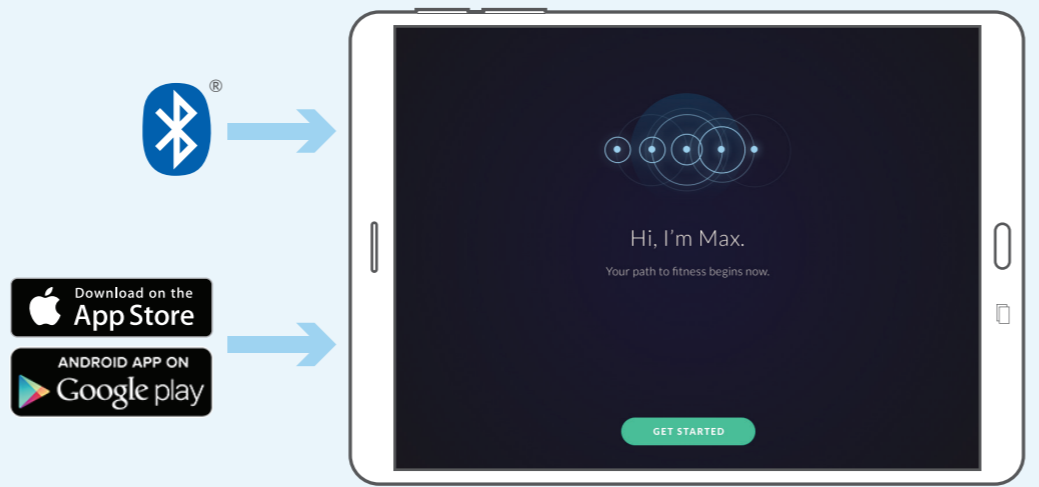
**1**

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



**2**

Enable the Bluetooth® wireless feature on your smart device.

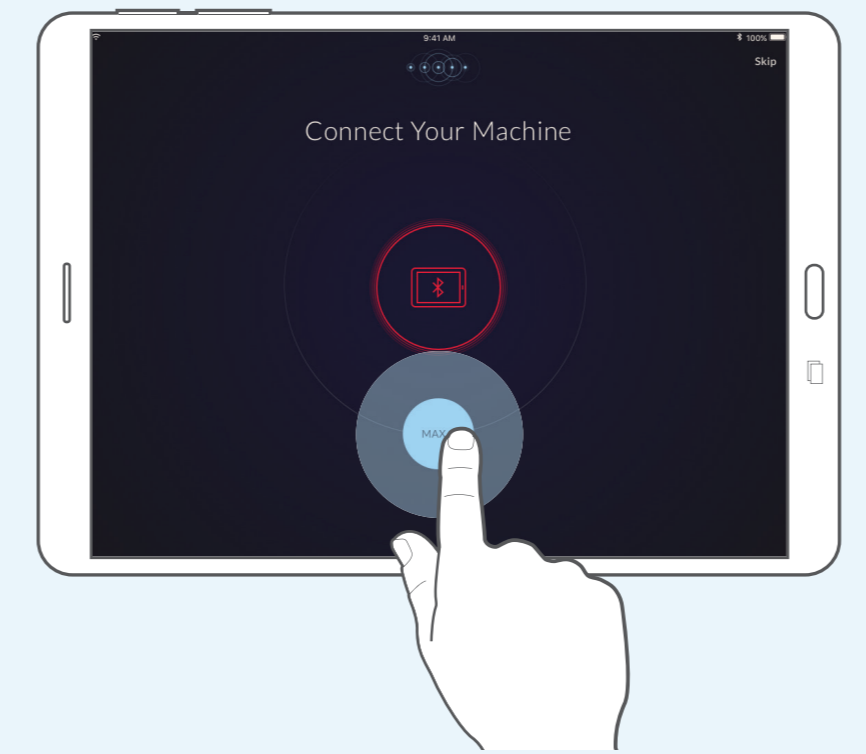


**3**

Download the "JRNY™" App, and open it.

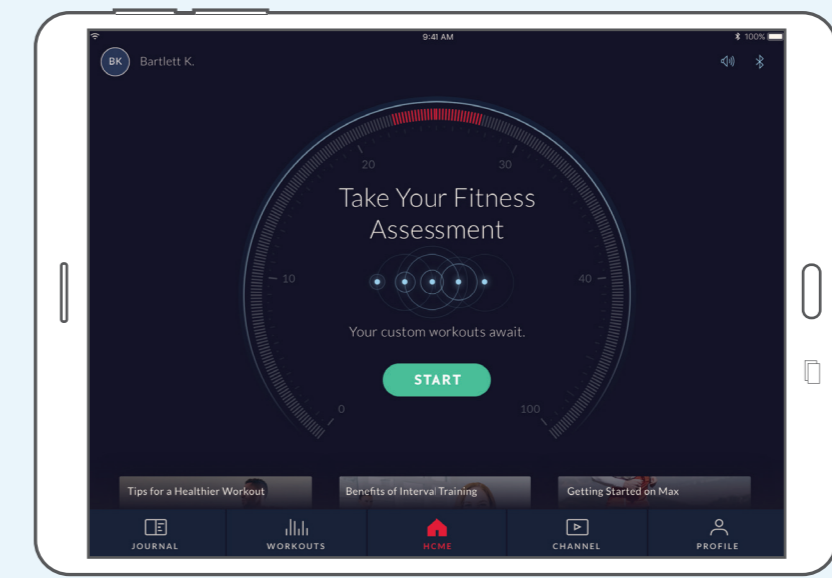
**4**

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




**5**

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.

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



**QUICK START GUIDE**

