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**NOTICE:** This document provides important safety instructions, adjustments, and general troubleshooting information for the maintenance of the BowFlex™ Max Trainer™ SE/SEi exercise machines.


If you need assistance, please call **BowFlex Customer Service** (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: [global.bowflex.com](http://global.bowflex.com)

 **This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.**


BowFlex Inc., [www.bowflex.com](http://www.bowflex.com), 5415 Centerpoint Parkway, Groveport, OH 43125 U.S.A. - Customer Service: North America (800) 605-3369, [cs@bowflex.com](mailto:cs@bowflex.com) | outside U.S. [global.bowflex.com](http://global.bowflex.com) | Printed in China | © 2023 BowFlex Inc. | BowFlex, JRNY, and the BowFlex logo are trademarks owned or licensed by BowFlex Inc., registered or otherwise protected by common law in the United States and other nations. | ORIGINAL DOCUMENT - ENGLISH VERSION ONLY

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## Important Safety Instructions

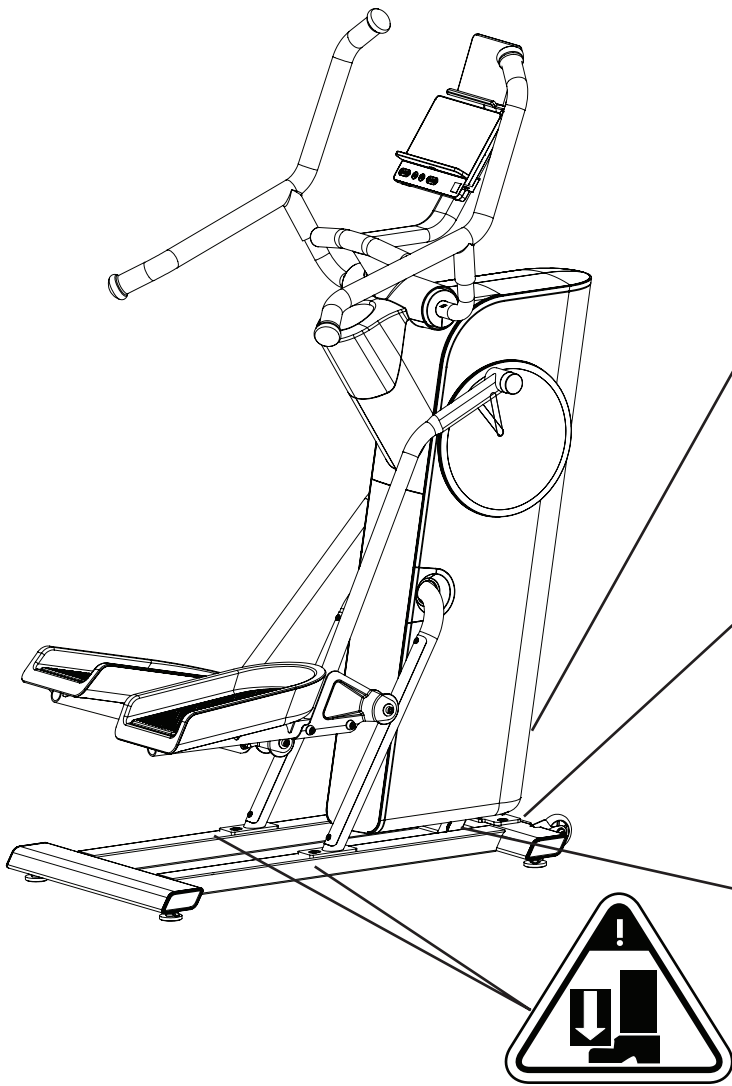
 This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

Before servicing or using this equipment, obey the following warnings:

 Read and understand the Service Manual before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.

- Keep bystanders and children away from the product being serviced at all times.
- Disconnect all power to the machine before you service it.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- Use only replacement parts and hardware that are supplied or approved by BowFlex. Failure to use BowFlex-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. 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.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety and will void the warranty.
- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• **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:

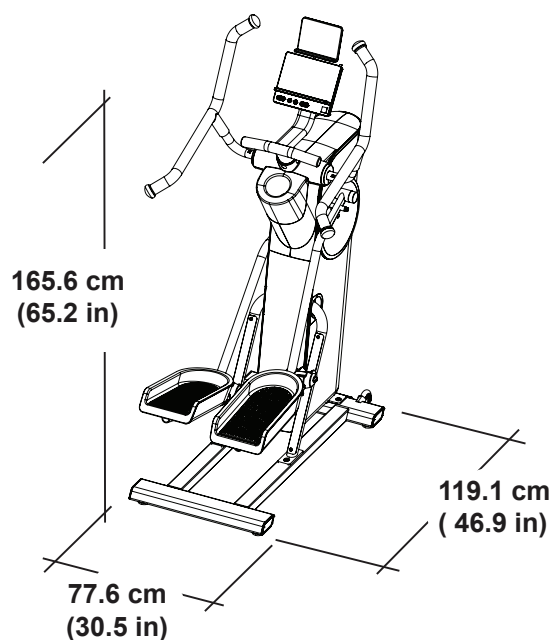
- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

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

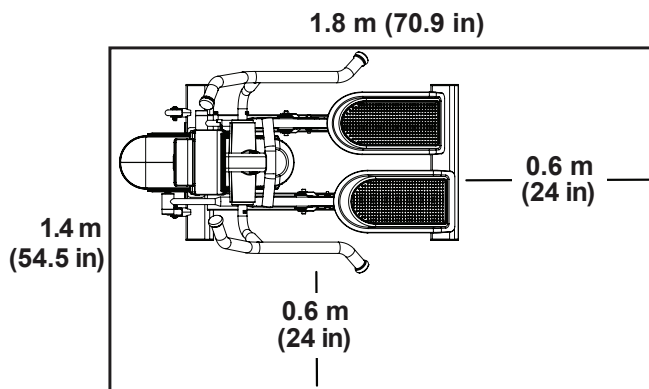
Maximum User Weight	136 kg (300 lb.)
Total Surface Area (Footprint) of Equipment	9,313.6 cm <sup>2</sup>
Maximum Pedal Height	52.2 cm (20.6 in)
Machine Weight	Approx. 65 kg (143.3 lb)
Power Requirements (AC Adapter)	Input Voltage: 90-240V AC, 50-60Hz, 1.5A Output Voltage: 12V DC, 3A



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.



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.



## 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).

## 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.

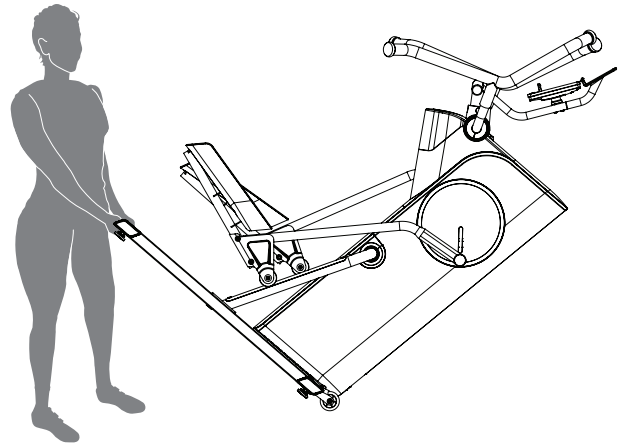
1. Grasp the back of the Stabilizer to carefully tilt the machine forward onto the transport rollers.



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.

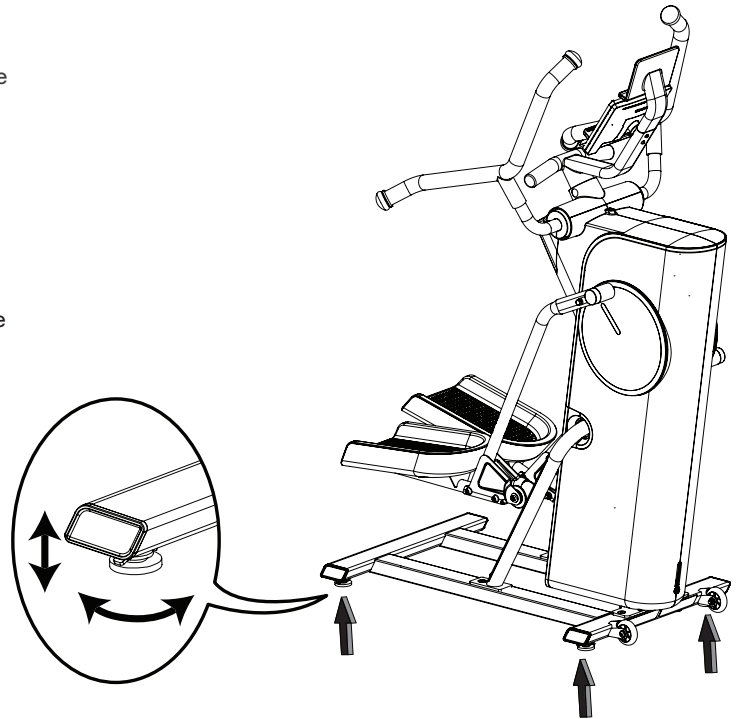


Do not adjust the levelers to such a height that they detach or unscrew from the machine. Injury to you or damage to the machine can occur.

3. Tighten the locking nuts.



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



## Demonstration Mode

During Demonstration Mode, the Console will cycle through messages prompting to connect to the JRNY™ app, and display sample workout information. The machine ships with Demonstration Mode inactive.

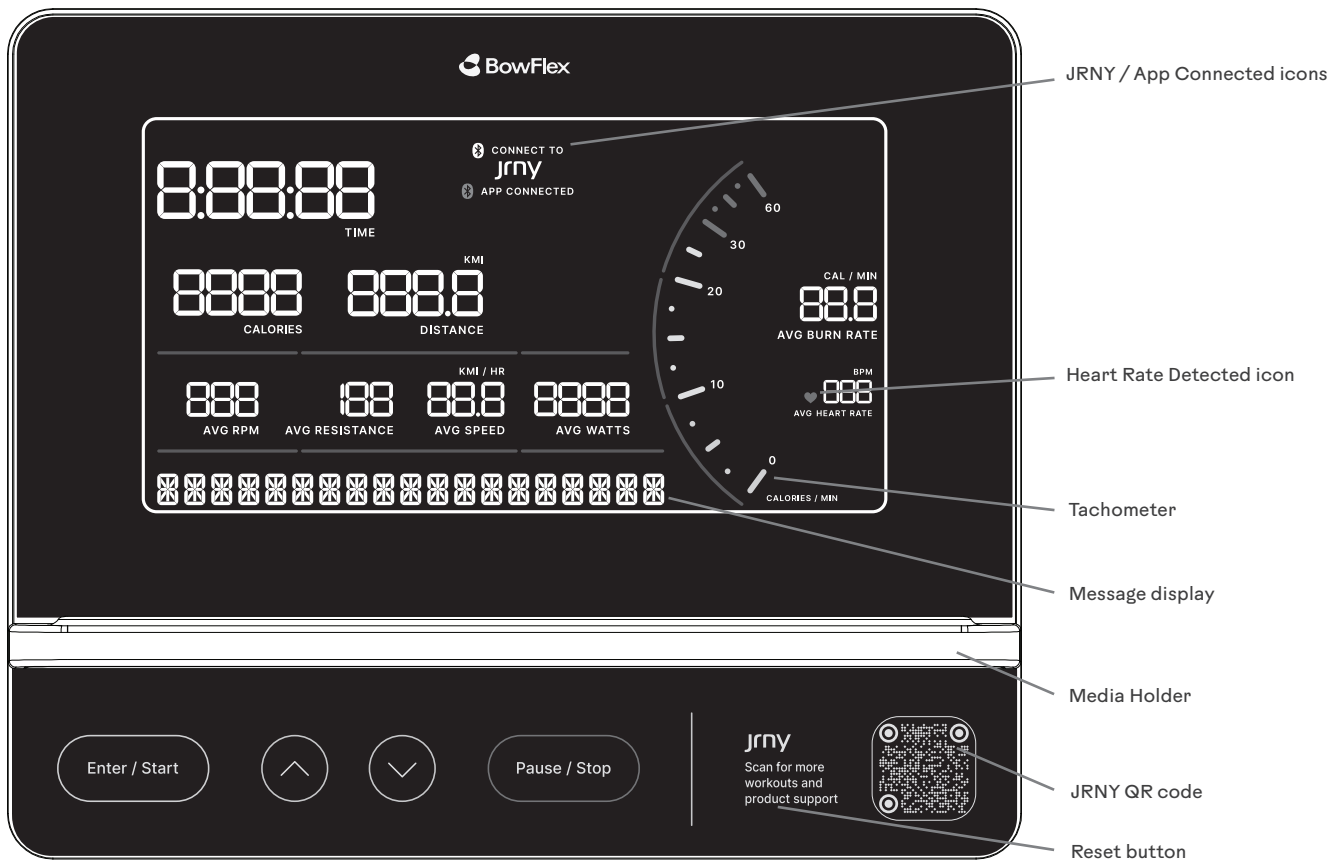
To activate the Demonstration Mode:

1. With the machine activated, push 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.

**Note:** The setting will take effect after the next time the machine goes into Sleep Mode.

2. Inspect the Console to be sure that Demo mode is active and running on the Console Display.

To exit Demonstration Mode, perform the above steps.



## Changing Unit Measures (English 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 (KM or MI). With the desired unit of distance displayed, push the Pause/Stop button to save.

**Note:** The default distance unit is MI.

## 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.

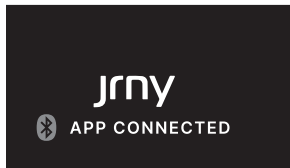
**Note:** The default volume setting is Medium.

## 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 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.

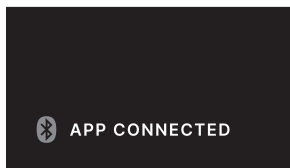
If the app will not sync to the machine, restart your device and the machine. Repeat Step 3.



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](http://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.*

*\*A JRNY™ membership is required for the JRNY™ experience – see [www.bowflex.com/jrny](http://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](http://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.*

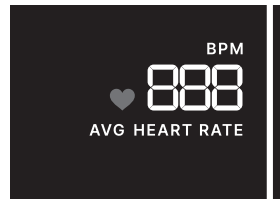
## Bluetooth® Heart Rate Strap (not supplied)

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.

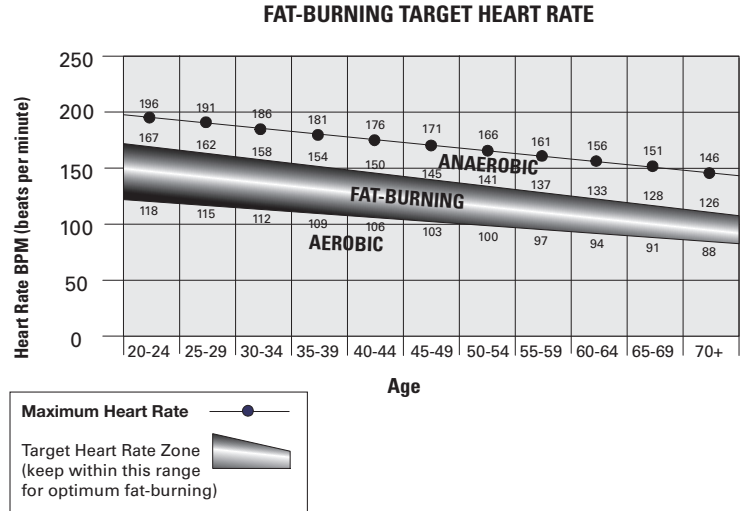
Your at-rest heart rate is influenced by endurance training. The typical adult has an at-rest heart rate of approximately 72 BPM, whereas highly trained runners may have readings of 40 BPM or lower.

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.*





### 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.

## Maintenance

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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.

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**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.*

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**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.

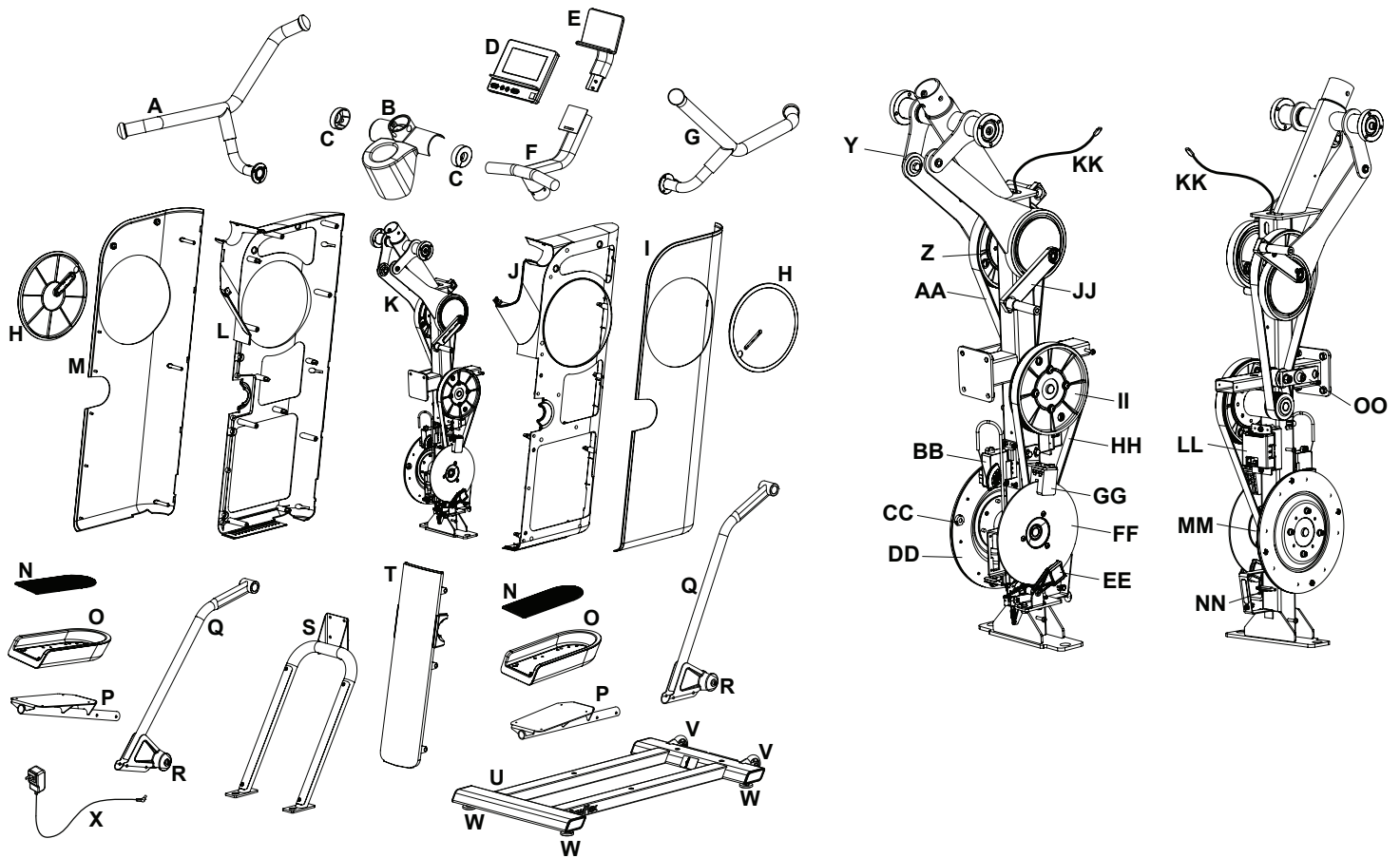
*Note: Do not use petroleum based products.*

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**Monthly** Make sure all bolts and screws are tight. Tighten as necessary.  
(Or after 20 hours)

 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

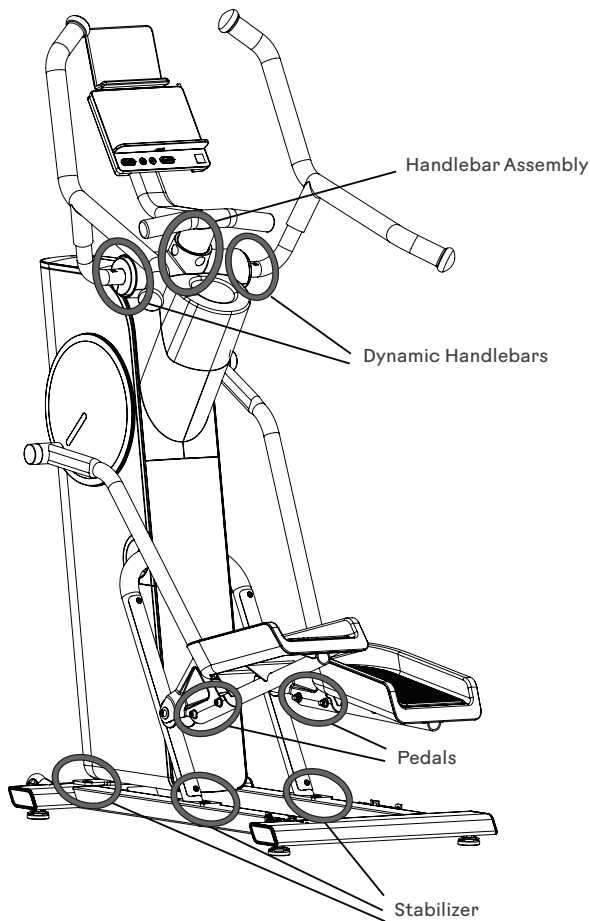
OO Tensioner

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	Be sure cable is connected securely.
	Check data cable integrity	Cable sheath should be intact and undamaged. if partially or fully cut, replace the 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).
No response on Console when button is pushed	Console Button Assembly	Try other buttons to get any response on the Console.
	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 speed/RPM reading	Check data cable integrity	Cable sheath should be intact and undamaged. If partially or fully cut, replace the cable.
	Check data cable connections	Be sure cable is connected securely.
	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.
	Check magnet position (requires shroud removal)	Magnet should be in place on pulley.
		If tests reveal no other issues, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
Unit operates but Bluetooth® Heart Rate (HR) not displayed	Heart Rate Monitor (not provided)	Make sure strap is directly against skin and contact area is wet.
	Device Pairing	Make sure Heart Rate Monitor is not paired/connected to any other device such as a phone or tablet.
	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).

Condition/Problem	Things to Check	Solution
Console continuously displays sample workout information, with “connect to jrny app” and then “get more workouts” displayed	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.
Manual workout stops after 5 minutes	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. If the problem persists, check the data cable connection to the PCBA (requires shroud removal).
Console displays an update prompt	Console	Allow the Console updates to run. The screen may go dark and the LED on the back of the console will flash continuously 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.
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.
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).
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).

Condition/Problem	Things to Check	Solution
Squeak noise	Roller wheels	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.
Clunk or thump sound per pedal rotation/foot pedals loose/unit difficult to operate	Hardware	Tightly secure all hardware on the Pedals, Legs and Handlebar Arms (see below).




*NOTICE: Before Troubleshooting any noises, be sure the indicated hardware has been fully tightened. After the 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.*



Level I :                   Low - very little mechanical knowledge or exposure.  
Level II :                   Intermediate - some experience with mechanical procedures  
Level III :                   Advanced - knowledgeable about mechanical procedures

 When disposing of old parts, obey the applicable local and provincial requirements.

**NOTICE:** This document provides instructions for the replacement of the DC Power to PCBA Cable and on the BowFlex™ Max Trainer™ SE/SEi exercise machines.

If you need assistance, please call BowFlex Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: [global.bowflex.com](http://global.bowflex.com)

**This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.**

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## Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Disconnect all power to the machine before you service it.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- Use only replacement parts and hardware that are supplied or approved by BowFlex. Failure to use BowFlex-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. 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.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

## • SAVE THESE INSTRUCTIONS

### Tools Required (not included)

Short #2 Phillips screwdriver



Standard screwdriver



14mm open faced wrench  
15mm open faced wrench

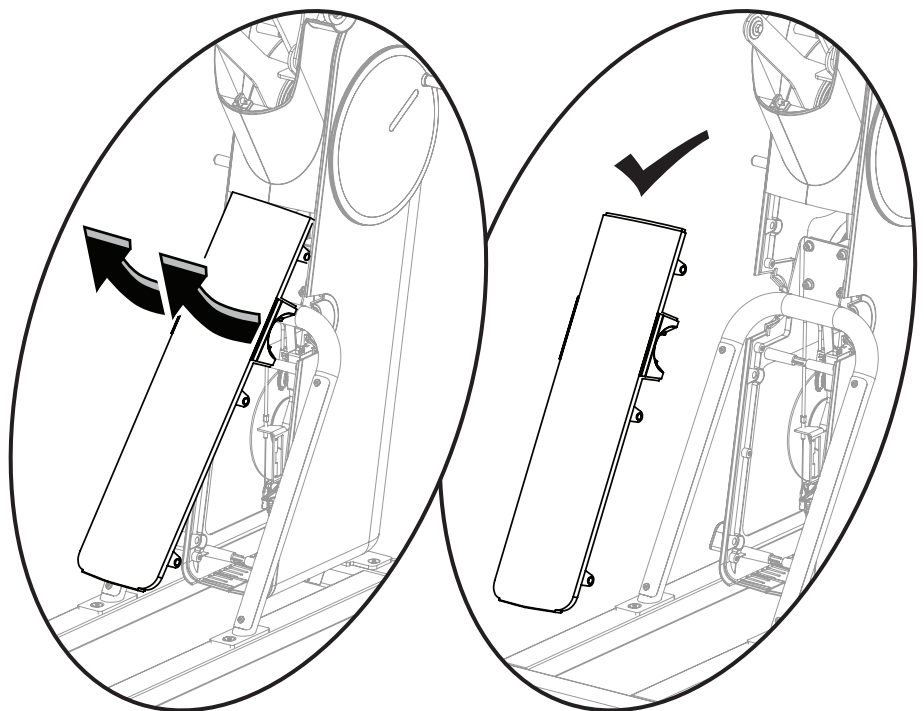


*Note: Your machine may not match the images provided exactly.*

1. Unplug the AC Adapter from the wall outlet and machine.



2. Grasping the Rear Shroud with the side openings, abruptly pull out and upward to release the Rear Shroud from the Frame Assembly.



3. Remove the Cap from the hardware that secures the Leg Assembly.

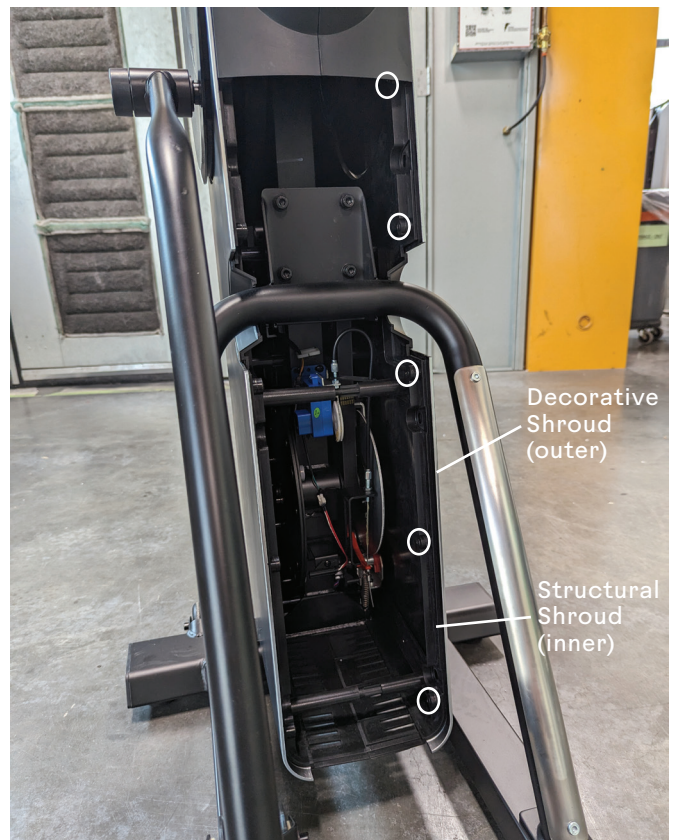


4. Using a 14mm open faced wrench, remove the hardware that attaches the Leg Assembly. Remove the Leg Assembly from the Frame Assembly.



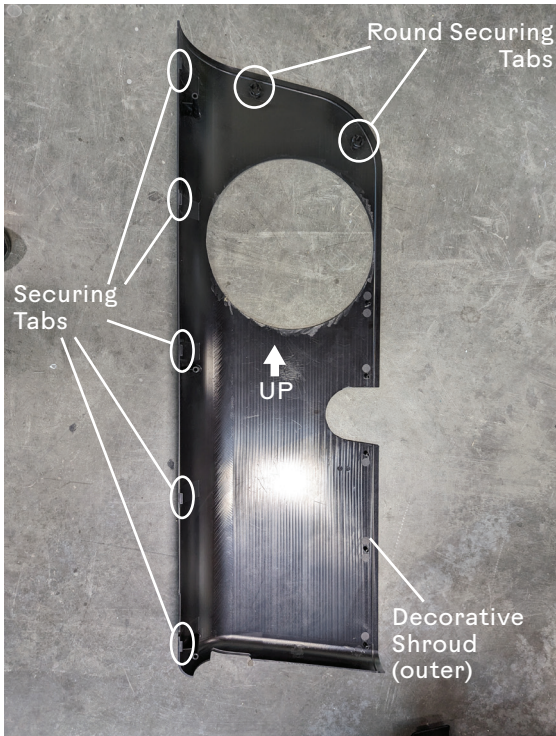
5. Using a Short #2 Phillips screwdriver, remove the 5 screws (indicated by ovals) that secure the Decorative Shroud to the Structural Shroud.

*Note: The upper screw is slightly under the Structural Shroud.*



6. At the top of the curve of the Decorative Shroud, gently pry outward to disengage it from the Structural Shroud.

*NOTICE: There are two Round Securing Tabs that need to be released.*



7. From the front of the machine, gently pry the Decorative Shroud outward to release the upper Securing Tab. There are 5 Securing Tabs that secure the Decorative Shroud on the front of the machine.

*Note: A standard screwdriver covered with cloth or paper can be inserted and twisted between the Decorative Shrouds to help release the Securing Tabs.*



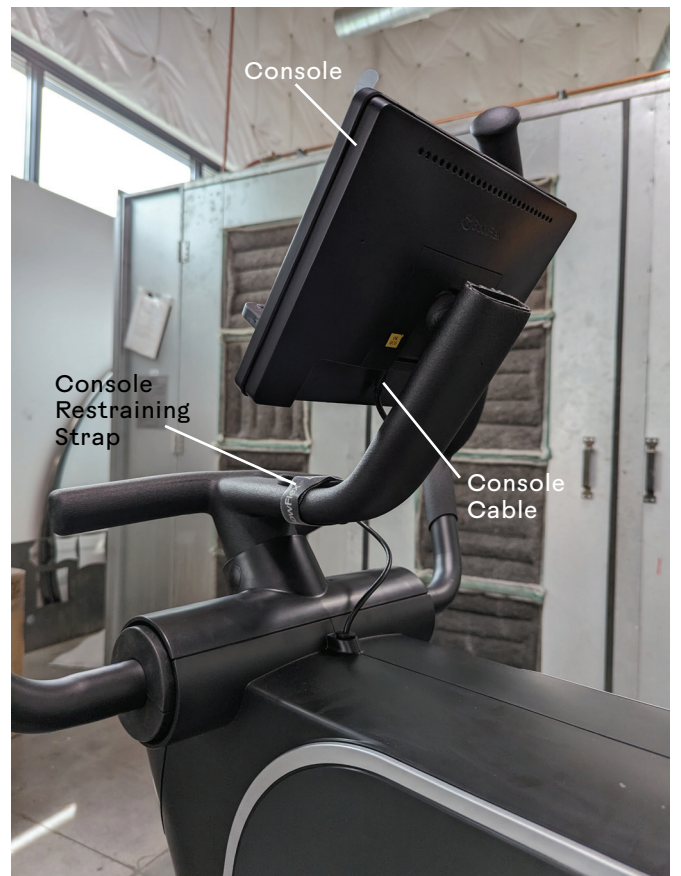
8. Remove the Right Decorative Shroud.

9. Repeat the last 6 Steps to remove the Left Decorative Shroud.



10. Remove the Console Cable from the Console, and undo the Cable Restraining Strap.

*NOTICE: Do not cut or pinch the cable.*

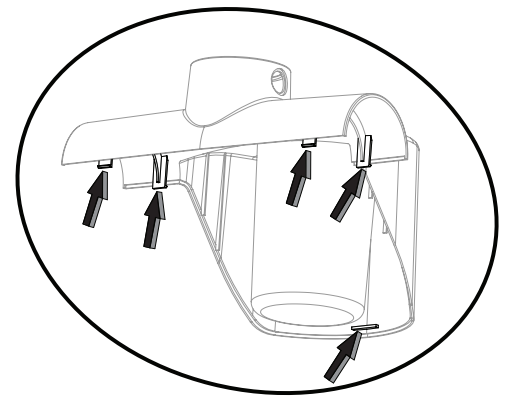


11. Remove the 3 Plugs (2 indicated here from the Handlebar Assembly).
12. Using a 5mm hex wrench, remove the hardware that was under the Plugs from the Handlebar Assembly.
13. Slide the Handlebar Assembly, with the Console and Media Rack, from the Frame Assembly.
14. Remove the Ring Shrouds from the Dynamic Handlebars.



*Note: The Dynamic Handlebars have been removed for clarity.*

15. Release the 4 upper Securing Tabs on the Top Shroud by working from one side to the other, and then gently release the lower Securing Tab.





16. Remove the Crank Cover Insert to expose the Crank Cover hardware.



17. Using a #2 Phillips screwdriver, remove the hardware (indicated by ovals) from the Crank Cover. Remove the Crank Cover and place outside of the work area.

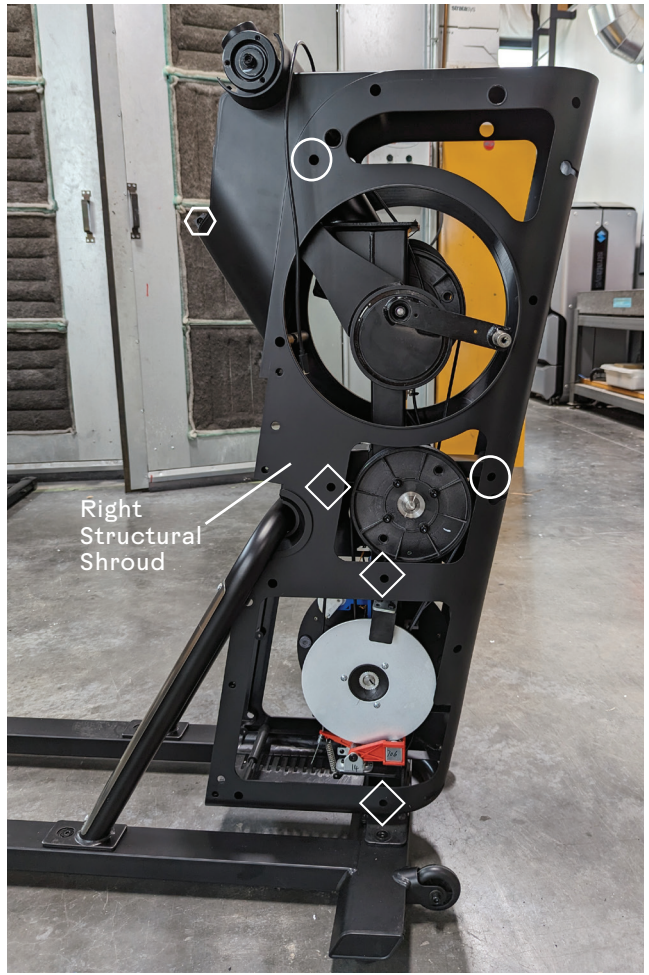




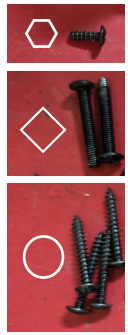
Number of screws: Left Shroud = 12

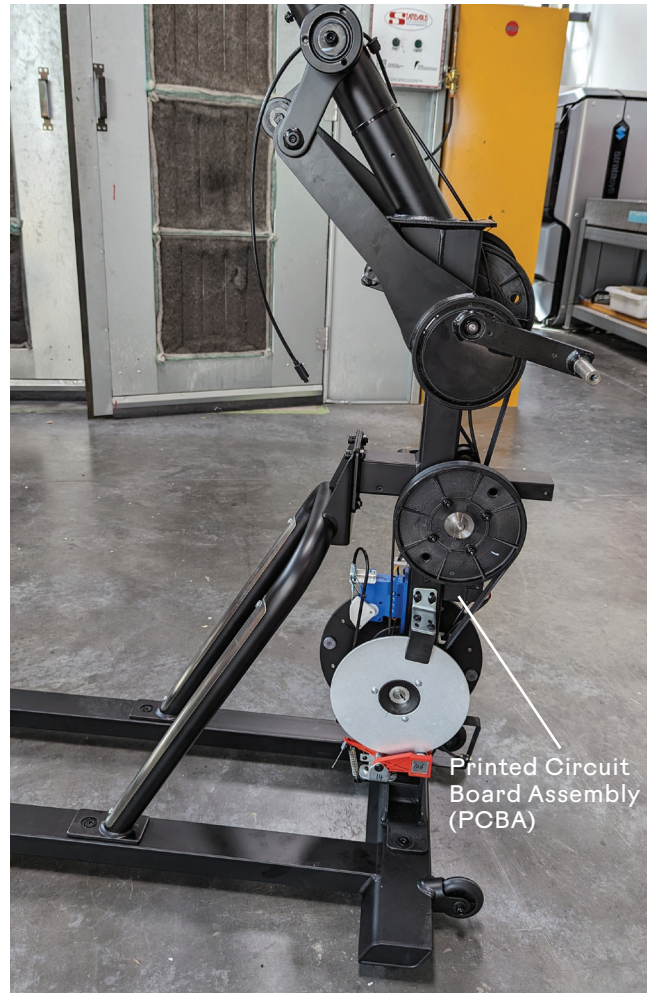
18. Using a #2 Phillips screwdriver, remove the indicated hardware from the Structural Shrouds.

*Note: To assist with re-assembly, the key to the type of screw and where it is used is provided.*



Right Shroud = 6

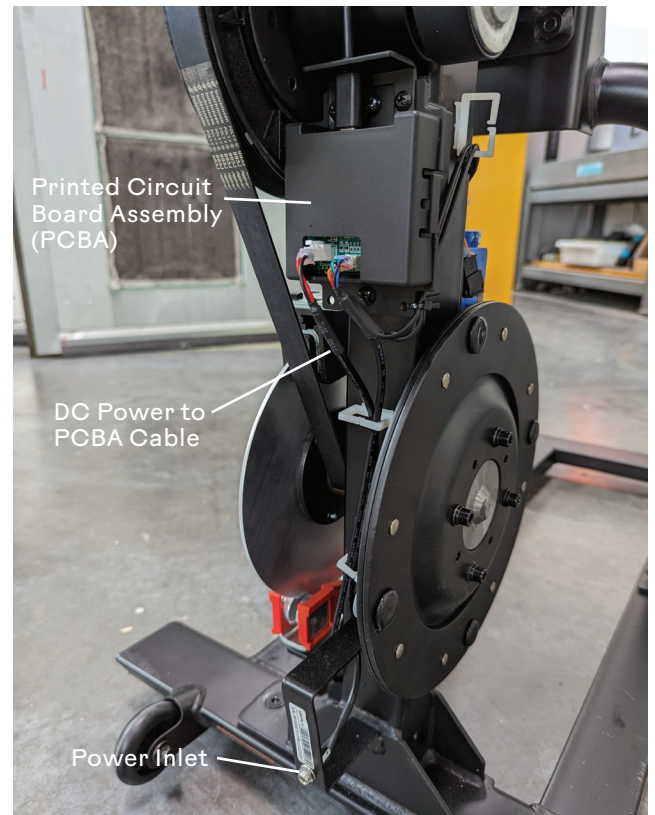




19. Remove the DC Power to PCBA Cable from the PCBA.

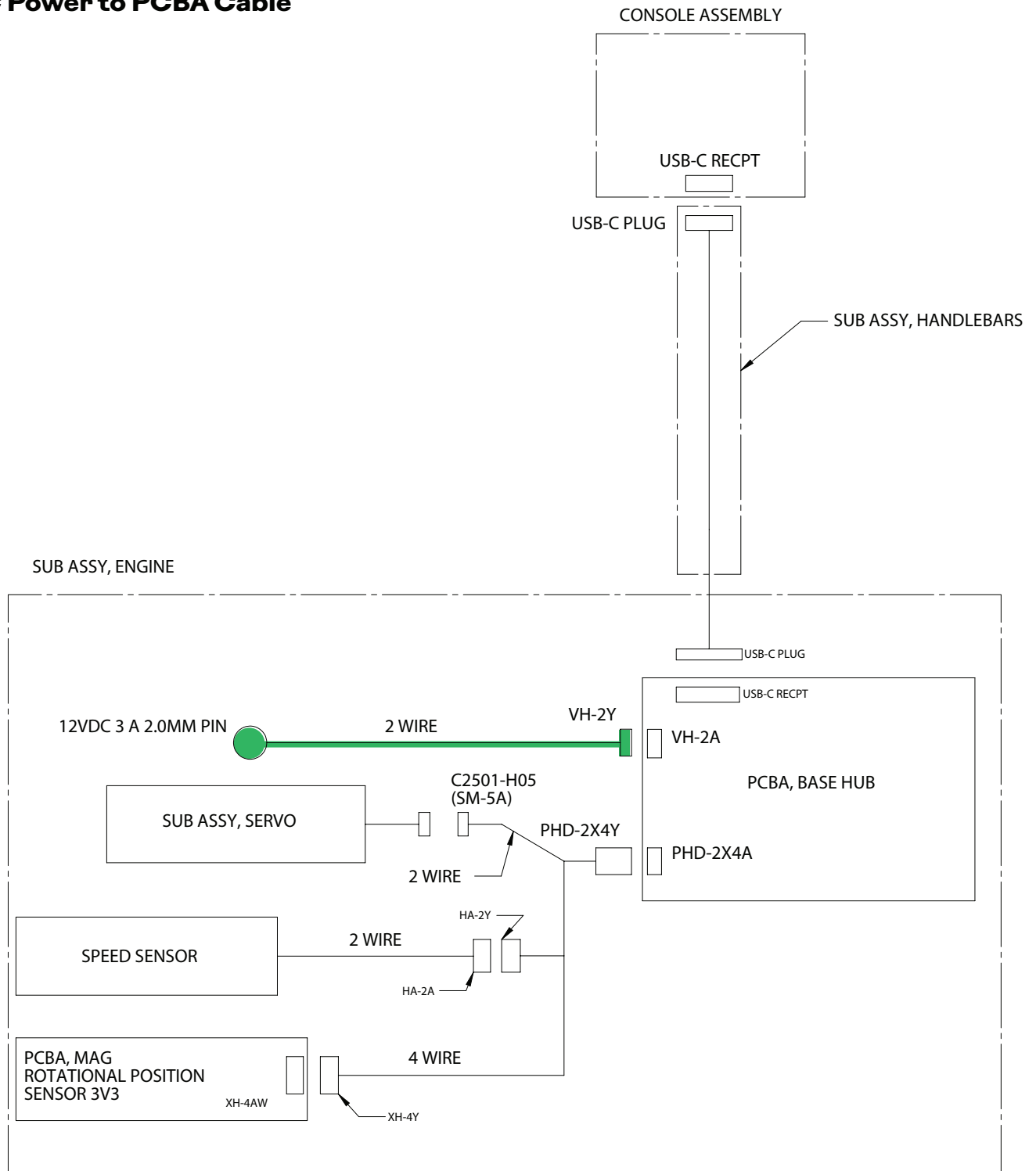
*Note: Be sure to note how the cable attaches for re-assembly. If the Cable Connector is secured by a small amount of glue, use a pair of small nose pliers to grab and remove the glue.*

**NOTICE:** Do not cut or pinch the cables.



# ELECTRICAL WIRING ROUTE DETAIL

## - DC Power to PCBA Cable



20. The DC Power to PCBA Cable routes to the Power Inlet. Using a 15mm open faced wrench, remove the securing washer from the Power Inlet.

*NOTICE: Do not cut or pinch the cables.*

21. Attach the new DC Power to PCBA Cable to the Frame.

*NOTICE: Do not cut or pinch the cables.*



22. Route the new Cable along the old Cable, through the two securing clips.

*NOTICE: Do not cut or pinch the cables.*

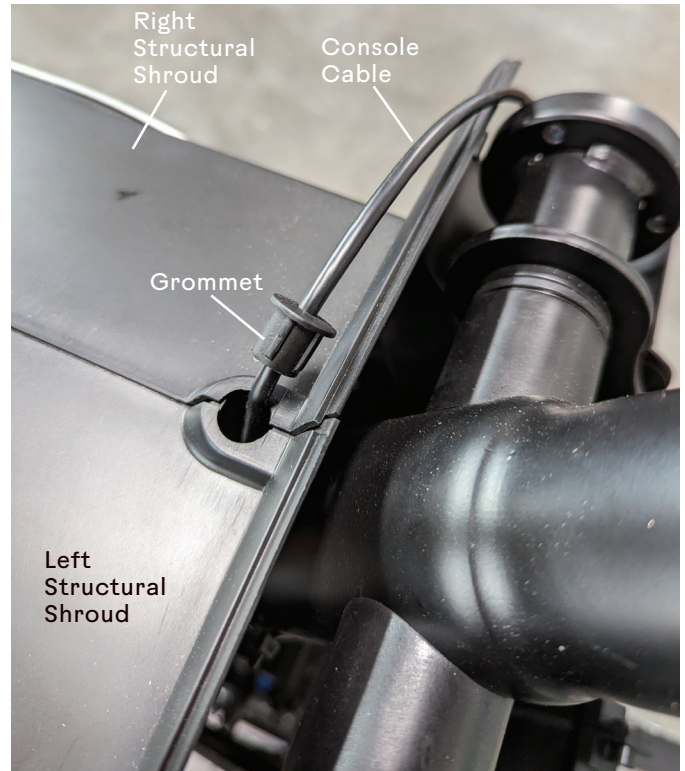
23. Connect the new Cable to the PCBA, and remove the old DC Power to PCBA Cable from the machine.

*NOTICE: Do not cut or pinch the cables.*

24. Re-install all remaining parts that were removed in reverse order.

When replacing the Structural Shrouds, be sure that the Main Mast Cable is routed through the opening between the Structural Shrouds, and that the Grommet is outside of the Shrouds. Once they have been attached, slide the Grommet down into the opening between the Structural Shrouds.

*Note: Do not cut or pinch the Console Cable.*

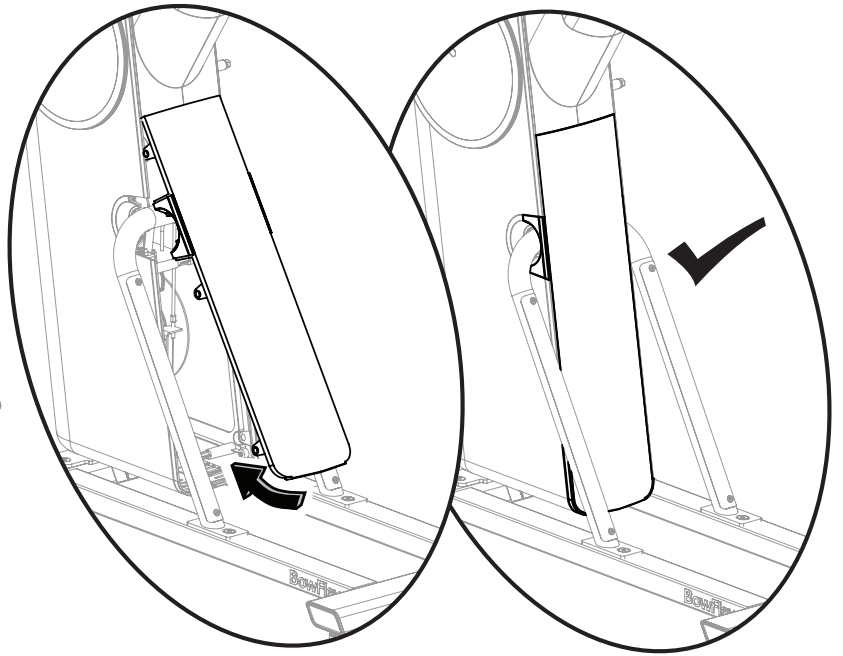


When re-connecting the Cable to the Console, the Cable Connector has a tab that can only be connected to the Console in one orientation. Connect the Console Cable to the Console in the proper orientation.

*NOTICE: Do not cut or pinch the cable.*



When re-installing the Rear Shroud to the Frame Assembly, place the upper part of the Rear Shroud onto the Frame Assembly. Then pivot it downward into place. There are 6 tabs that will secure it.



## 25. Final Inspection

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

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**NOTICE:** This document provides instructions for the replacement of the Split Cable Assembly (Servo, Resistance and Speed) and on the BowFlex™ Max Trainer™ SE/SEi exercise machines.

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## • SAVE THESE INSTRUCTIONS

### Tools Required (not included)

Short #2 Phillips screwdriver



Standard screwdriver



14mm open faced wrench



(1) Zip-Tie (Replacements)  
Something to cut a Zip-Tie



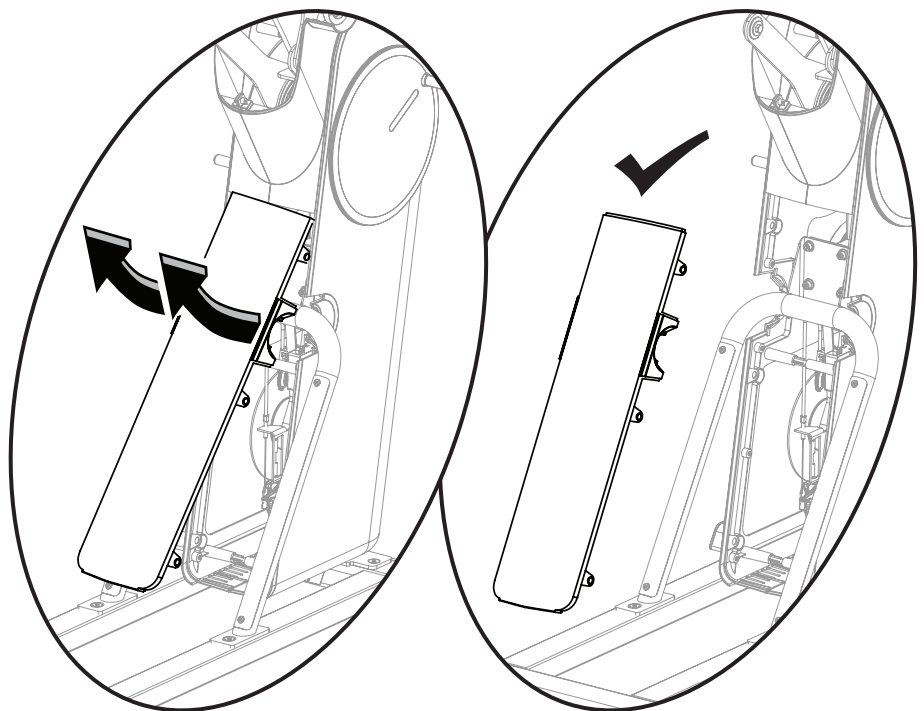


*Note: Your machine may not match the images provided exactly.*

1. Unplug the AC Adapter from the wall outlet and machine.



2. Grasping the Rear Shroud with the side openings, abruptly pull out and upward to release the Rear Shroud from the Frame Assembly.



3. Remove the Cap from the hardware that secures the Leg Assembly.

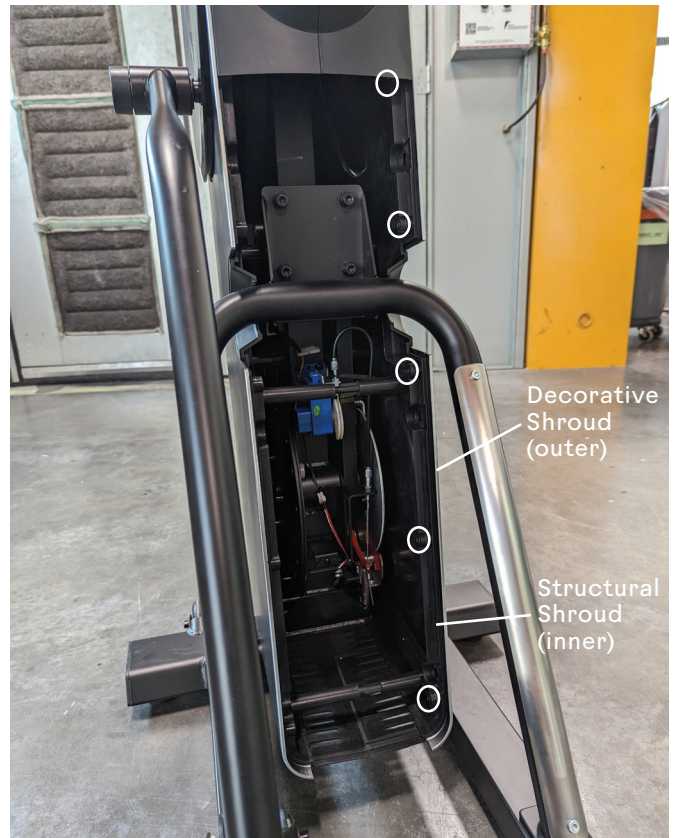


4. Using a 14mm open faced wrench, remove the hardware that attaches the Leg Assembly. Remove the Leg Assembly from the Frame Assembly.



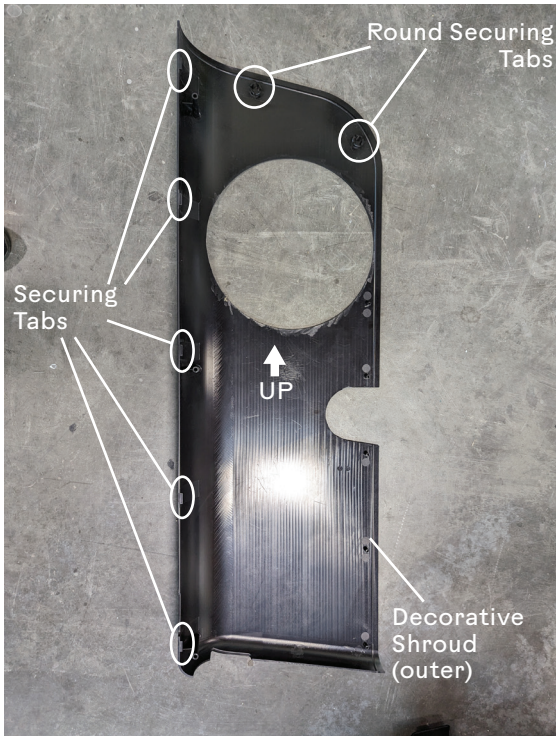
5. Using a Short #2 Phillips screwdriver, remove the 5 screws (indicated by ovals) that secure the Decorative Shroud to the Structural Shroud.

*Note: The upper screw is slightly under the Structural Shroud.*



6. At the top of the curve of the Decorative Shroud, gently pry outward to disengage it from the Structural Shroud.

*NOTICE: There are two Round Securing Tabs that need to be released.*



7. From the front of the machine, gently pry the Decorative Shroud outward to release the upper Securing Tab. There are 5 Securing Tabs that secure the Decorative Shroud on the front of the machine.

*Note: A standard screwdriver covered with cloth or paper can be inserted and twisted between the Decorative Shrouds to help release the Securing Tabs.*



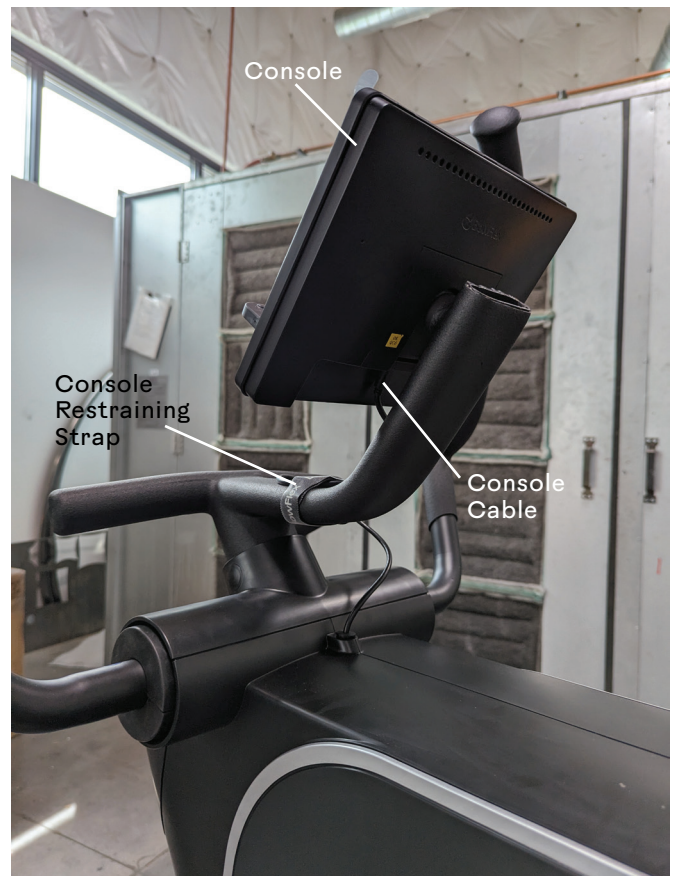
8. Remove the Right Decorative Shroud.

9. Repeat the last 6 Steps to remove the Left Decorative Shroud.



10. Remove the Console Cable from the Console, and undo the Cable Restraining Strap.

*NOTICE: Do not cut or pinch the cable.*

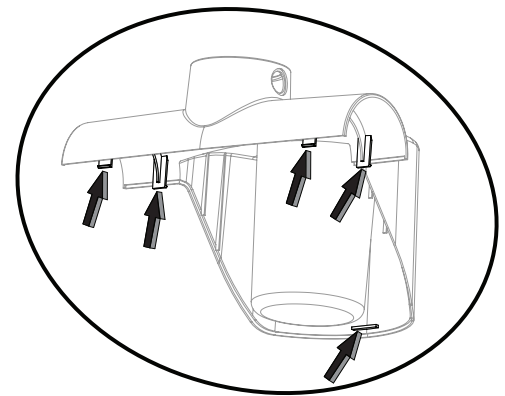


11. Remove the 3 Plugs (2 indicated here from the Handlebar Assembly).
12. Using a 5mm hex wrench, remove the hardware that was under the Plugs from the Handlebar Assembly.
13. Slide the Handlebar Assembly, with the Console and Media Rack, from the Frame Assembly.
14. Remove the Ring Shrouds from the Dynamic Handlebars.



*Note: The Dynamic Handlebars have been removed for clarity.*

15. Release the 4 upper Securing Tabs on the Top Shroud by working from one side to the other, and then gently release the lower Securing Tab.



16. Remove the Crank Cover Insert to expose the Crank Cover hardware.



17. Using a #2 Phillips screwdriver, remove the hardware (indicated by ovals) from the Crank Cover. Remove the Crank Cover and place outside of the work area.

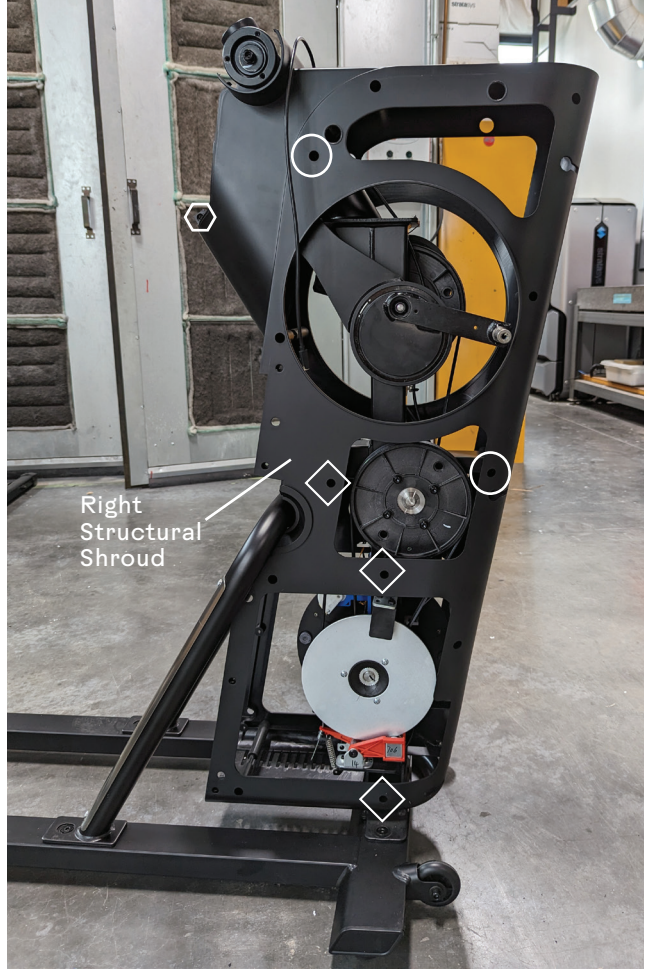




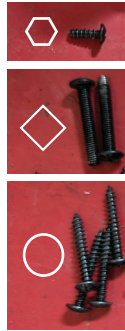
Number of screws: Left Shroud = 12

18. Using a #2 Phillips screwdriver, remove the indicated hardware from the Structural Shrouds.

*Note: To assist with re-assembly, the key to the type of screw and where it is used is provided.*



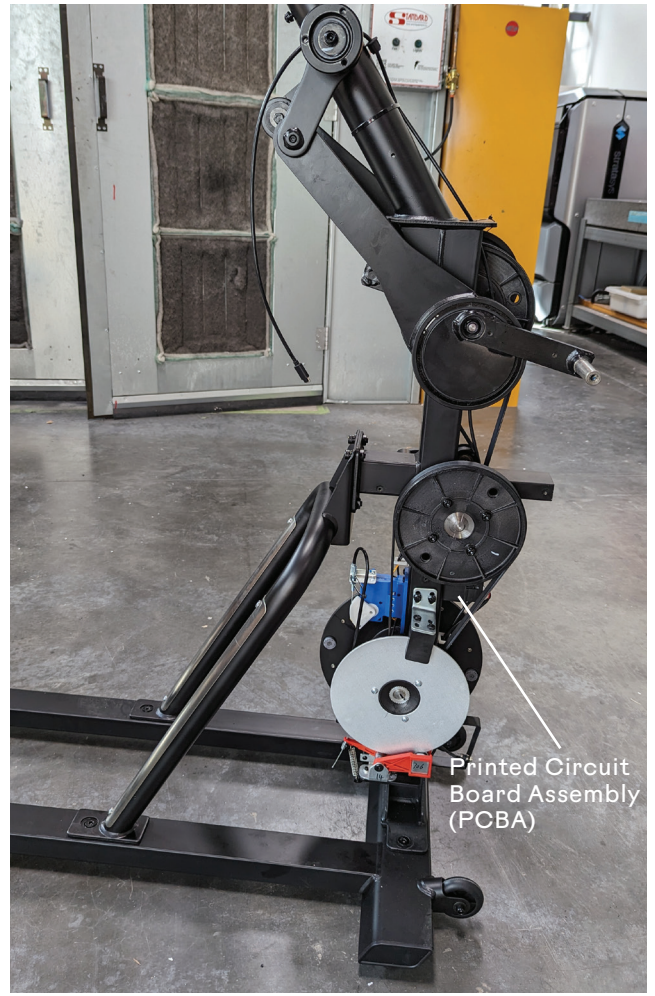
Right Shroud = 6







Printed Circuit Board Assembly (PCBA)



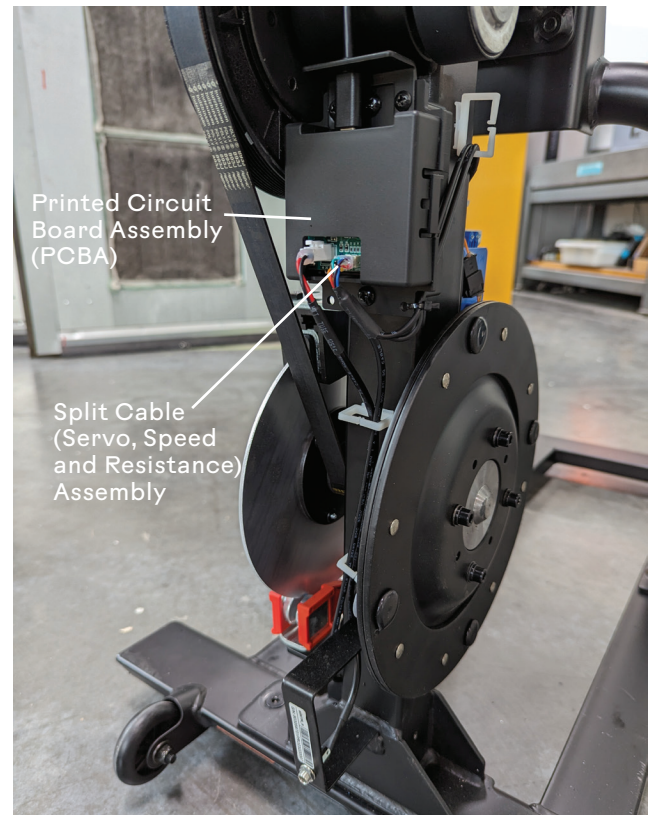
Printed Circuit Board Assembly (PCBA)

19. Remove the Split Cable from the PCBA.

*Note: Be sure to note where all cables attach for re-assembly. If the Cable Connector is secured by a small amount of glue, use a pair of small nose pliers to grab and remove the glue.*

**NOTICE:** Do not cut or pinch the cables.

20. The Split Cable routes to the Servo Motor, Speed Sensor, and the Resistance Sensor. Disconnect the old Split Cable from the PCBA, and connect the new Split Cable to the PCBA. This will make it easier to route the different arms of the Split Cable along the old path.

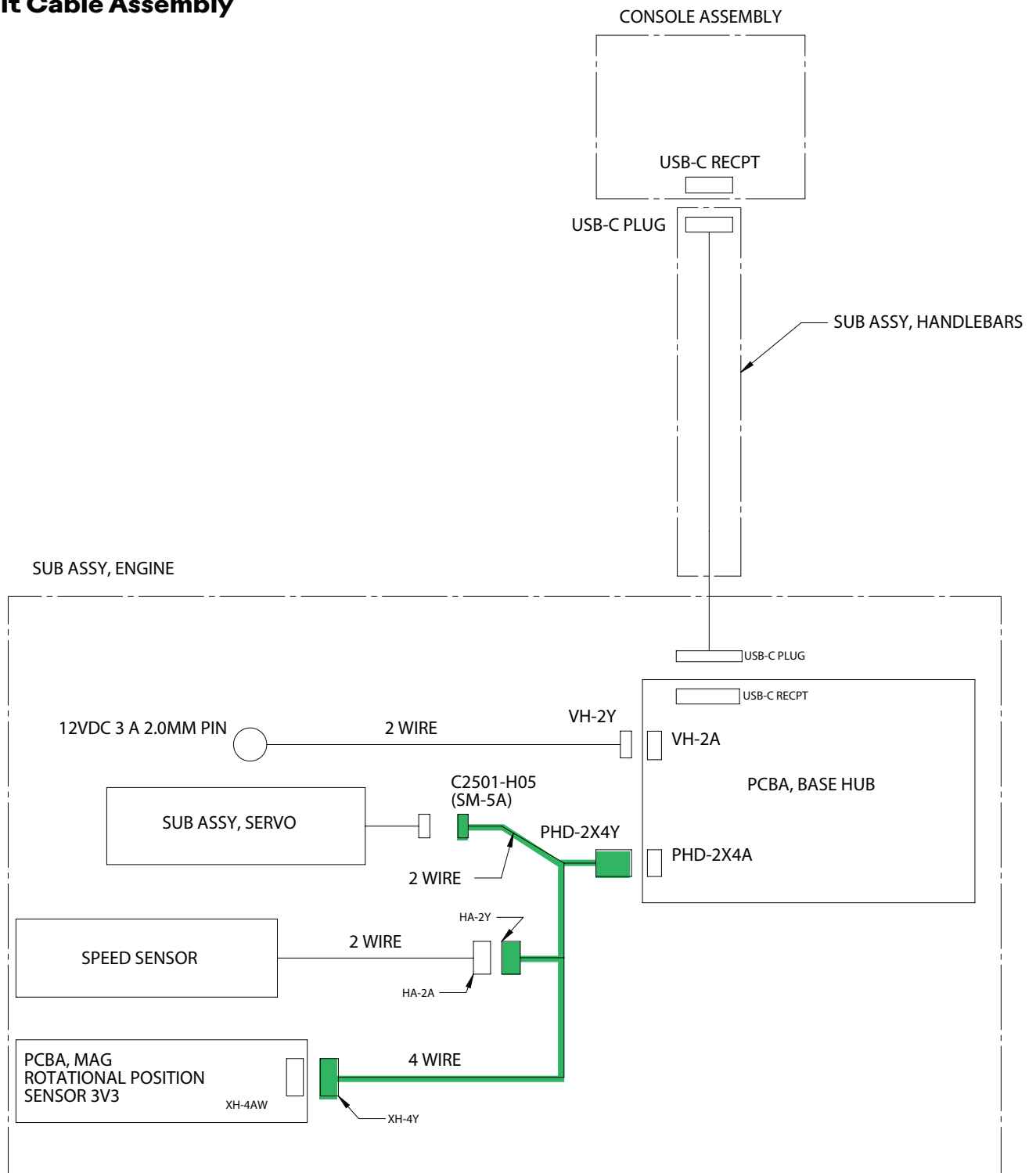


Printed Circuit Board Assembly (PCBA)

Split Cable (Servo, Speed and Resistance) Assembly

# ELECTRICAL WIRING ROUTE DETAIL

## - Split Cable Assembly



21. Disconnect the Split Cable - Resistance PCB Arm from the Resistance PCB.

22. Remove the old Split Cable - Resistance PCB Arm from the two securing clips on the Frame, and route the new Split Cable - Resistance PCB Arm to the Resistance PCB. Connect it to the Resistance PCB.

*NOTICE: Do not cut or pinch the cable.*



23. Cut the Zip-Tie that secures the old Split Cable - Servo and Speed Arms after noting how it secures the cables. This will assist with re-assembly.

*NOTICE: Do not cut or pinch the cables.*

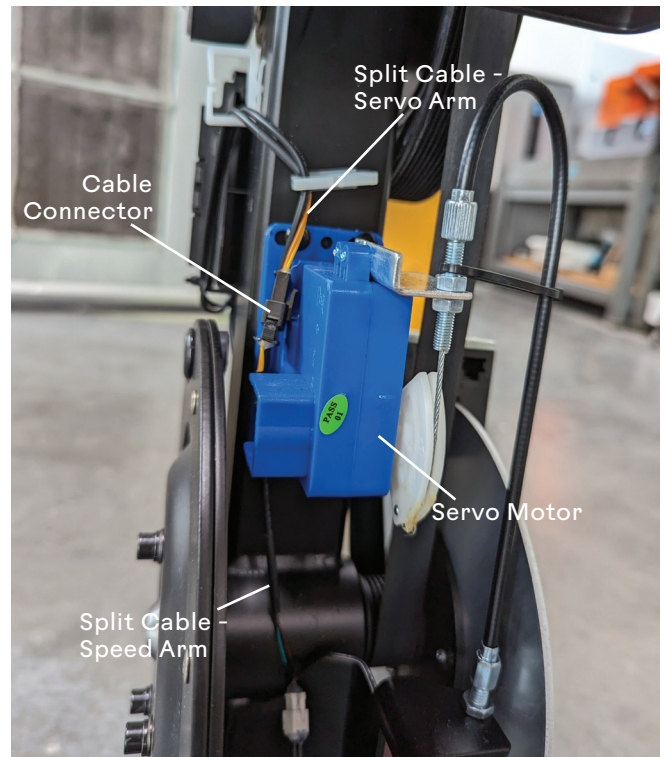


24. Disconnect the Cable Connector between the Split Cable- Servo Arm and the Servo Motor.

*NOTICE: Do not cut or pinch the cables.*

25. Route the new Split Cable - Servo Arm to the Cable Connector to the Servo Motor, and connect them.

*NOTICE: Do not cut or pinch the cable.*



26. Disconnect the Cable Connector between the Split Cable- Speed Arm and the Speed Sensor.

*NOTICE: Do not cut or pinch the cables.*

27. Route the new Split Cable - Servo Arm to the Cable Connector to the Servo Motor, and connect them.

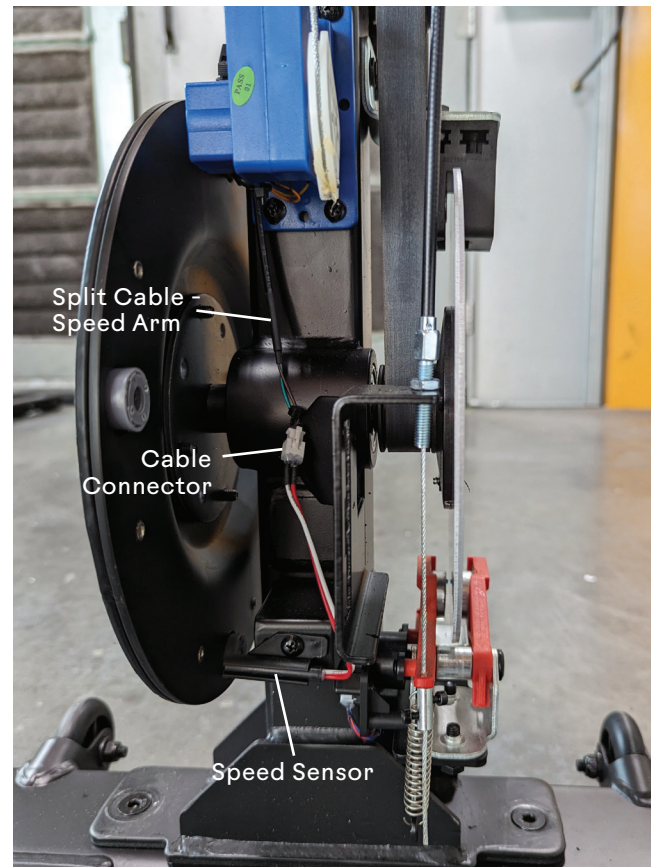
*NOTICE: Do not cut or pinch the cable.*

28. Fully remove the old Split Cable Assembly from the machine.

*NOTICE: Do not cut or pinch the cable.*

29. Replace the cut Zip-Tie and secure the new Split Cable - Servo and Speed Arms the Frame.

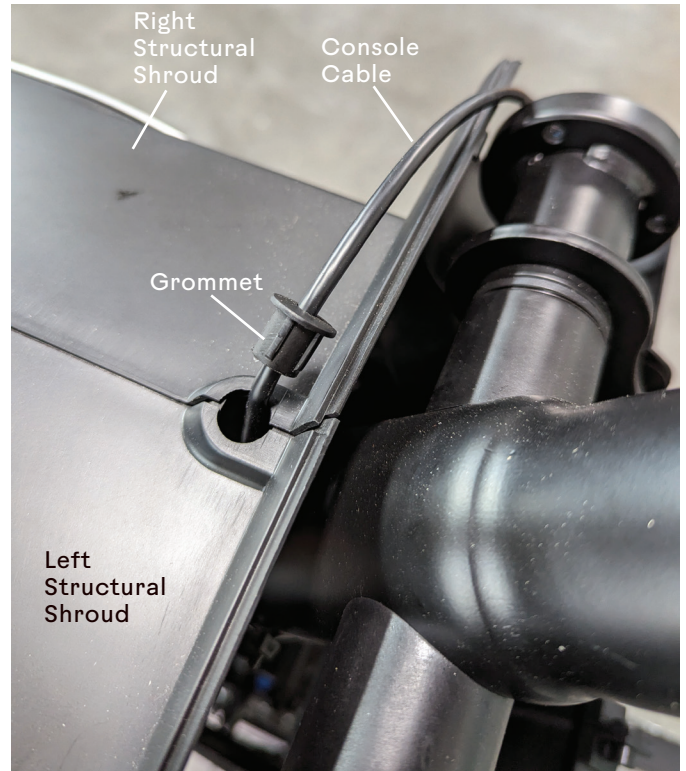
*NOTICE: Do not cut or pinch the cables.*



30. Re-install all remaining parts that were removed in reverse order.

When replacing the Structural Shrouds, be sure that the Main Mast Cable is routed through the opening between the Structural Shrouds, and that the Grommet is outside of the Shrouds. Once they have been attached, slide the Grommet down into the opening between the Structural Shrouds.

*Note: Do not cut or pinch the Console Cable.*

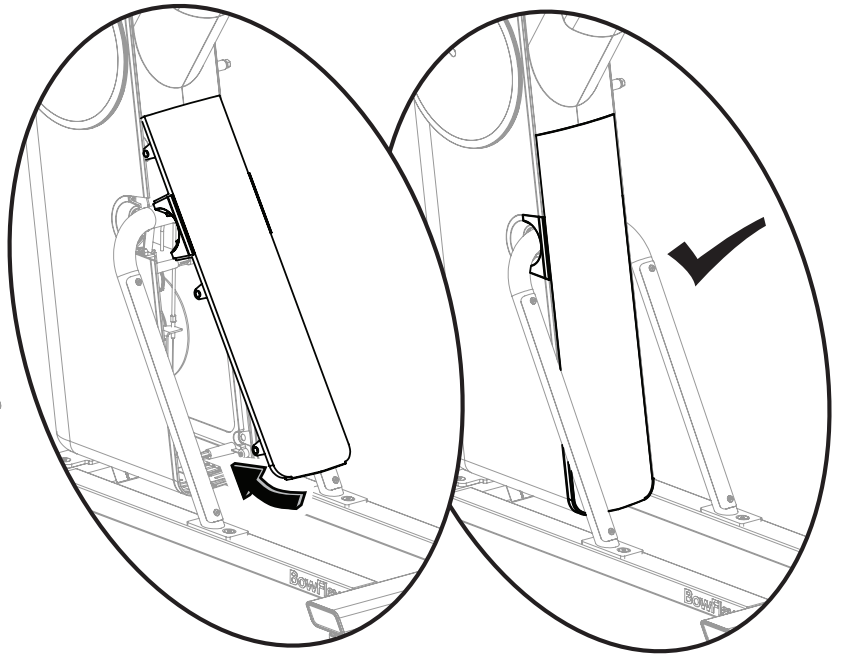


When re-connecting the Cable to the Console, the Cable Connector has a tab that can only be connected to the Console in one orientation. Connect the Console Cable to the Console in the proper orientation.

*NOTICE: Do not cut or pinch the cable.*



When re-installing the Rear Shroud to the Frame Assembly, place the upper part of the Rear Shroud onto the Frame Assembly. Then pivot it downward into place. There are 6 tabs that will secure it.



### 31. Final Inspection

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

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**NOTICE:** This document provides instructions for the replacement of the Console Assembly on the BowFlex™ Max Trainer™ SE/SEi exercise machines.

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## • SAVE THESE INSTRUCTIONS

### Tools Required (not included)

4mm Hex wrench



*Note: Your machine may not match the images provided exactly.*

1. Unplug the AC Adapter from the wall outlet and machine.

2. Using a 4mm hex wrench, remove the hardware (indicated by ovals) from the Media Rack.

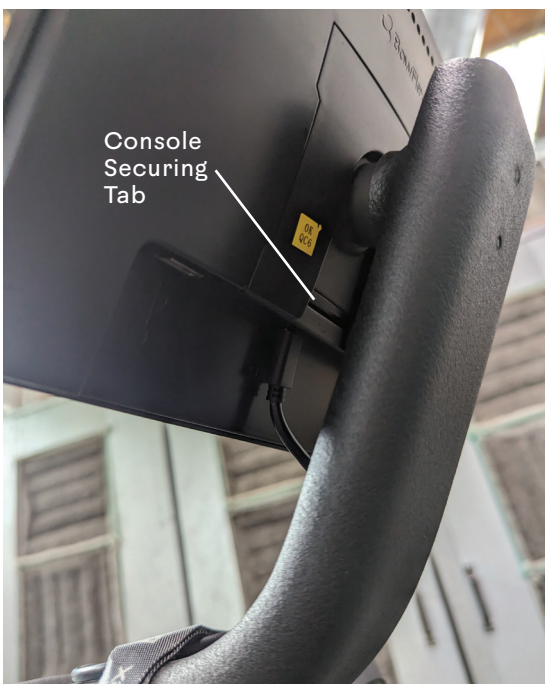
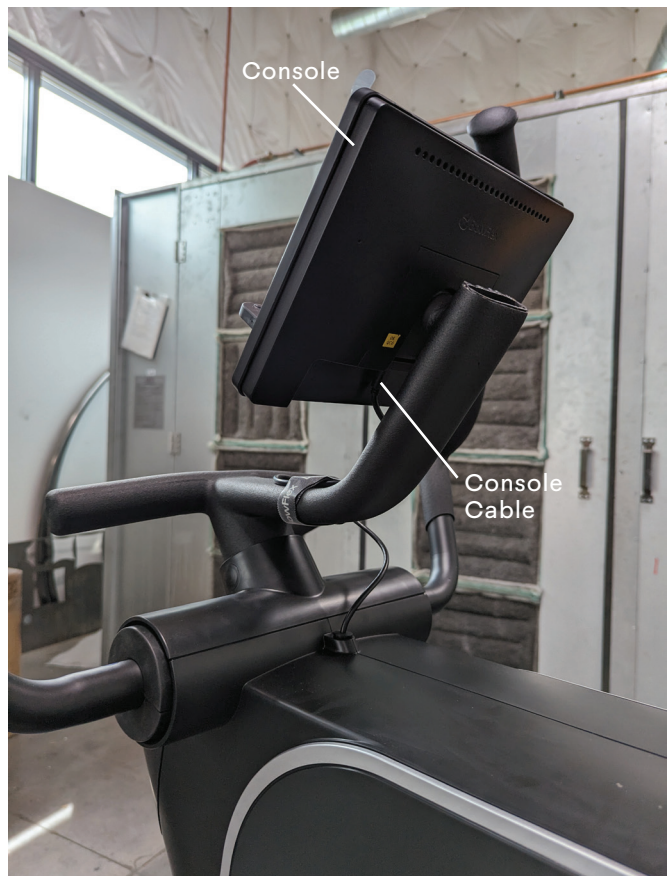
3. Slide the Media Rack from the Handlebar Assembly.



4. Remove the Console Cable from the Console.

*NOTICE: Do not cut or pinch the cable.*

5. Push the Console Securing Tab in and push the Console upward. The Console will slide up and off of the Handlebar Assembly.





- Slide the new Console onto the Handlebar Assembly until the Securing Tab is engaged.

*NOTICE: Do not cut or pinch the cable.*

- The Cable Connector has a tab that can only be connected to the Console in one orientation. Connect the Console Cable to the new Console in the proper orientation.

*NOTICE: Do not cut or pinch the cable.*



- Re-install all remaining parts that were removed in reverse order.

### 9. Final Inspection

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## • SAVE THESE INSTRUCTIONS

### Tools Required (not included)

Short #2 Phillips screwdriver



Standard screwdriver



14mm open faced wrench

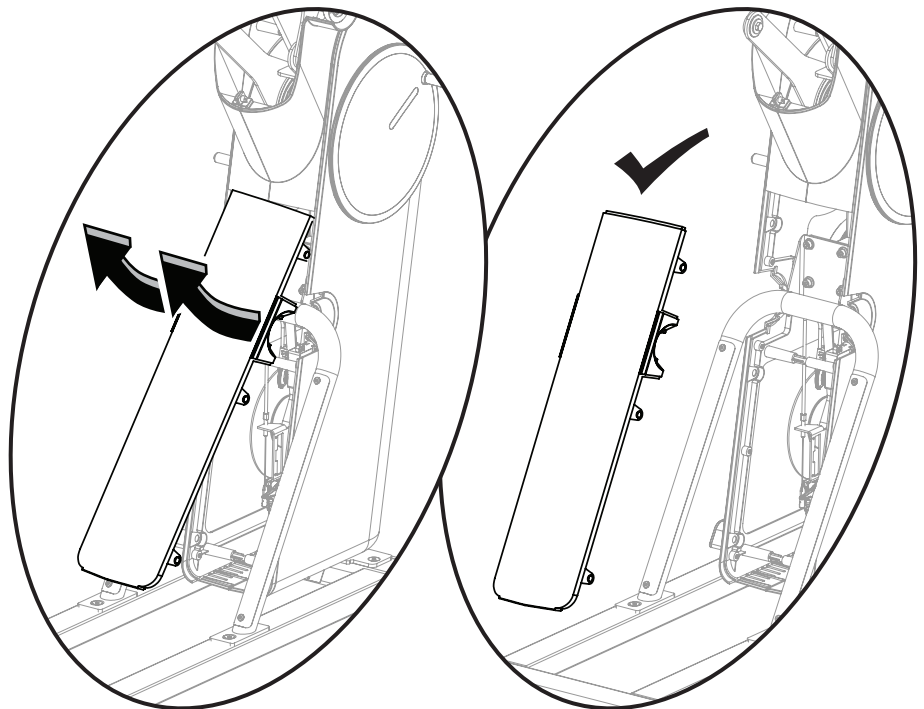


*Note: Your machine may not match the images provided exactly.*

1. Unplug the AC Adapter from the wall outlet and machine.



2. Grasping the Rear Shroud with the side openings, abruptly pull out and upward to release the Rear Shroud from the Frame Assembly.



*Note: The following images show the removal of the Right Decorative Shroud. The procedure is the same for the Left Decorative Shroud.*

3. Remove the Cap from the hardware that secures the Leg Assembly.

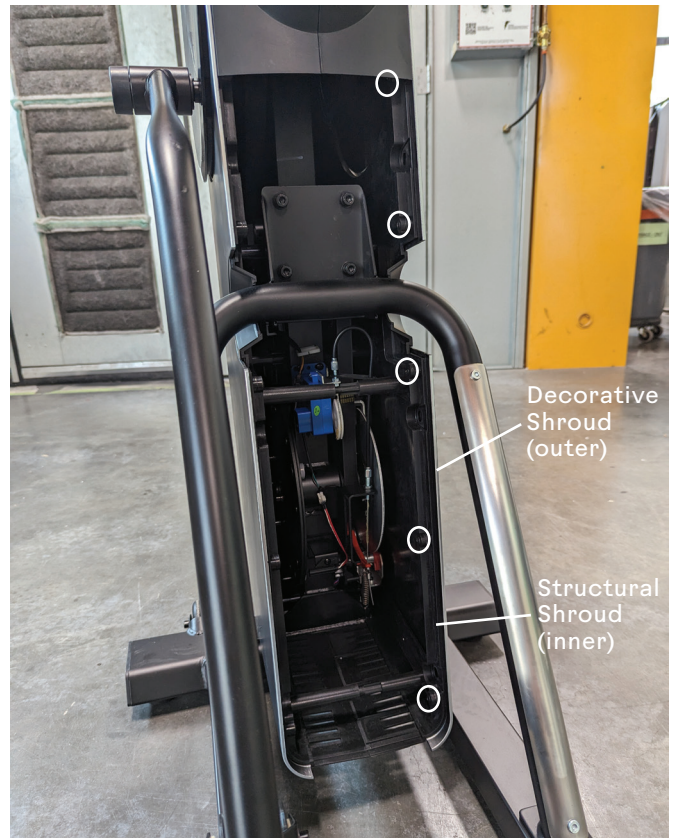
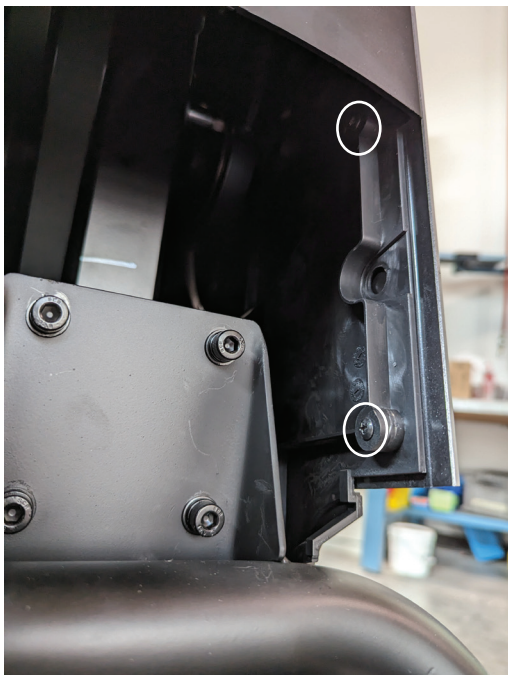


4. Using a 14mm open faced wrench, remove the hardware that attaches the Leg Assembly. Remove the Leg Assembly from the Frame Assembly.



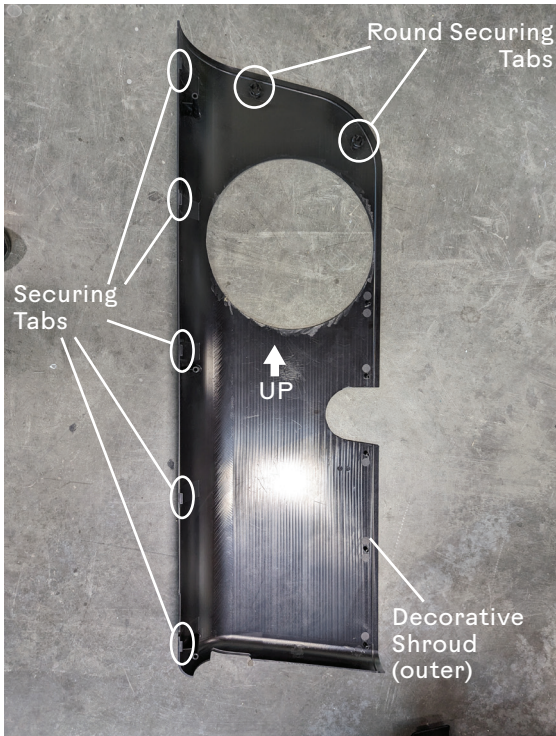
5. Using a Short #2 Phillips screwdriver, remove the 5 screws (indicated by ovals) that secure the Decorative Shroud to the Structural Shroud.

*Note: The upper screw is slightly under the Structural Shroud.*



6. At the top of the curve of the Decorative Shroud, gently pry outward to disengage it from the Structural Shroud.

*NOTICE: There are two Round Securing Tabs that need to be released.*



7. From the front of the machine, gently pry the Decorative Shroud outward to release the upper Securing Tab. There are 5 Securing Tabs that secure the Decorative Shroud on the front of the machine.

*Note: A standard screwdriver covered with cloth or paper can be inserted and twisted between the Decorative Shrouds to help release the Securing Tabs.*

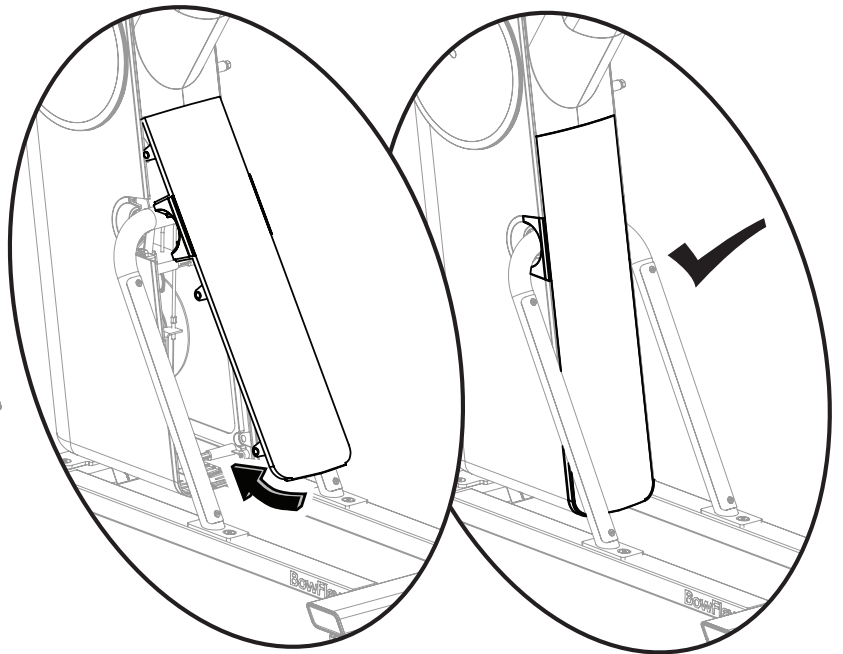


8. Remove the old Decorative Shroud. To attach the new Decorative Shroud, reverse the order of removal.



9. Re-install all remaining parts that were removed in reverse order.

When re-installing the Rear Shroud to the Frame Assembly, place the upper part of the Rear Shroud onto the Frame Assembly. Then pivot it downward into place. There are 6 tabs that will secure it.



10. Final Inspection

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

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

**NOTICE:** This document provides instructions for the replacement of the Main Mast (or Console) Cable on the BowFlex™ Max Trainer™ SE/SEi exercise machines.

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- Keep bystanders and children away from the product being serviced at all times.
- Disconnect all power to the machine before you service it.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
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## • SAVE THESE INSTRUCTIONS

### Tools Required (not included)

Short #2 Phillips screwdriver



Standard screwdriver



14mm open faced wrench



(3) Zip-Ties (Replacements)  
Something to cut a Zip-Tie



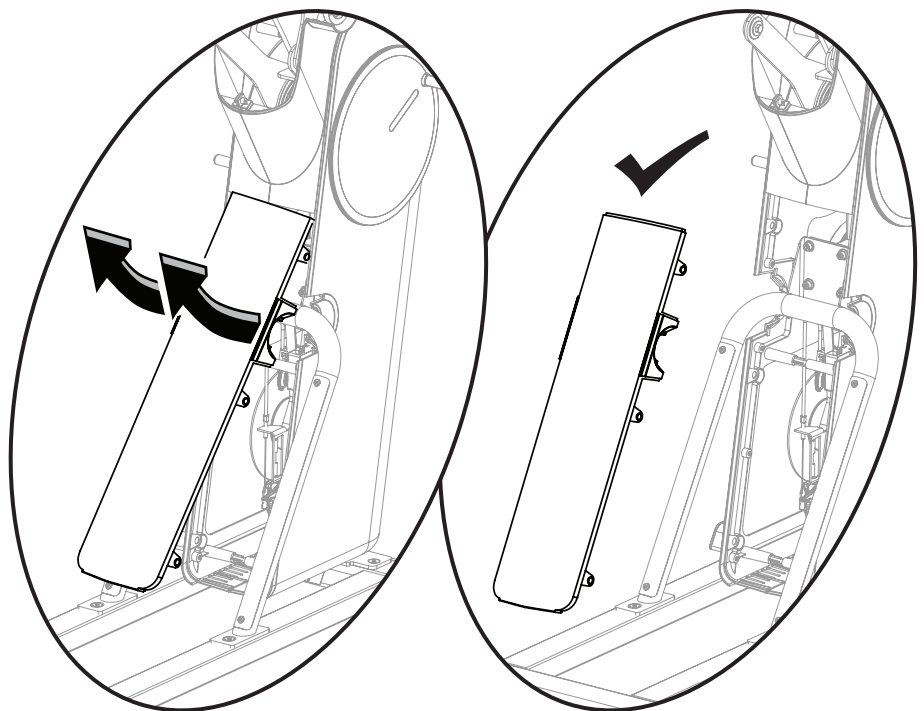


*Note: Your machine may not match the images provided exactly.*

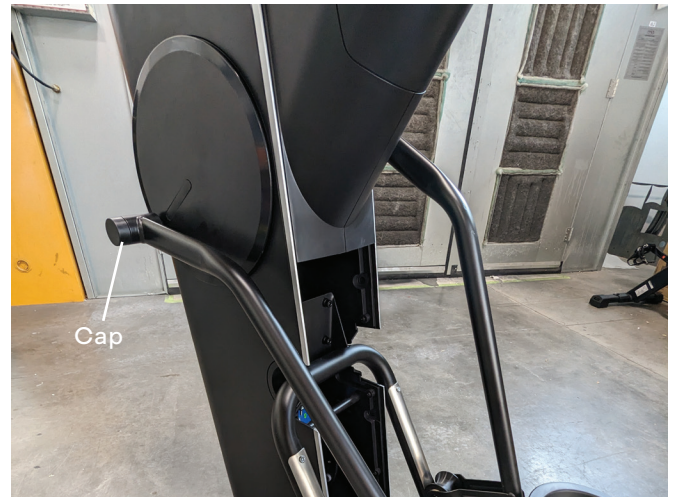
1. Unplug the AC Adapter from the wall outlet and machine.



2. Grasping the Rear Shroud with the side openings, abruptly pull out and upward to release the Rear Shroud from the Frame Assembly.



3. Remove the Cap from the hardware that secures the Leg Assembly.

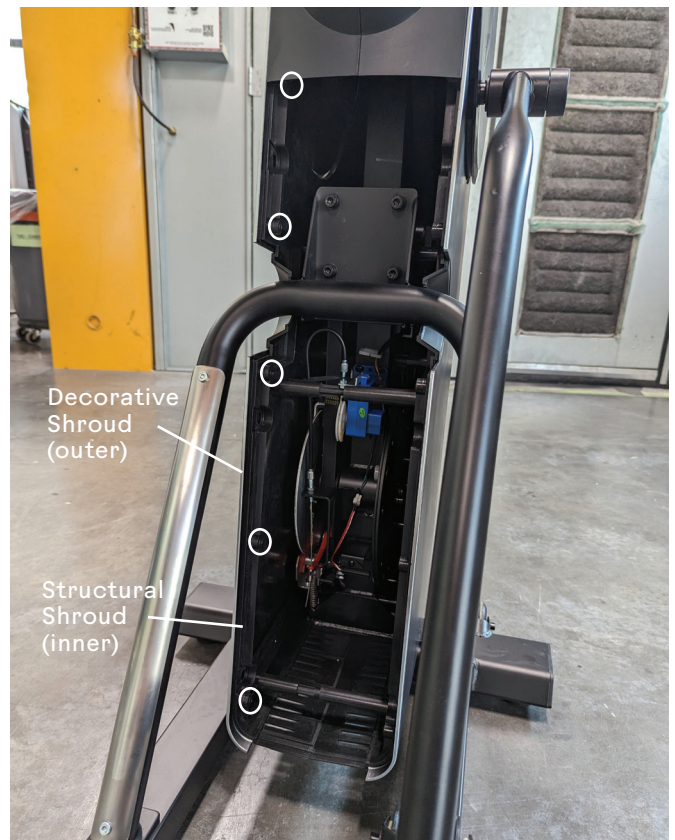
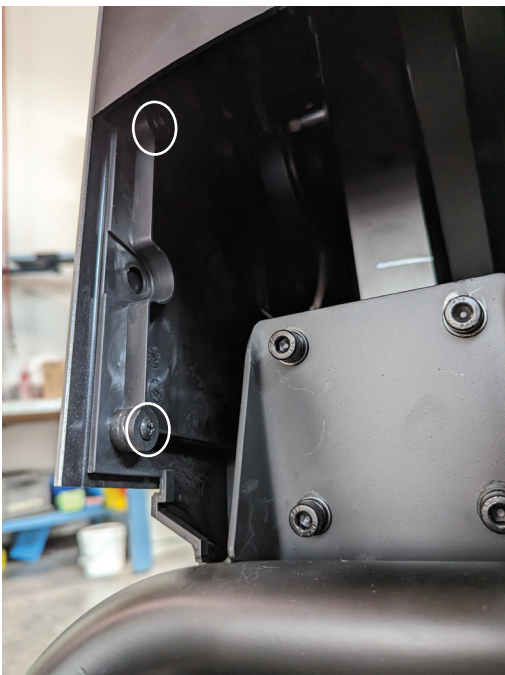


4. Using a 14mm open faced wrench, remove the hardware that attaches the Leg Assembly. Remove the Leg Assembly from the Frame Assembly.



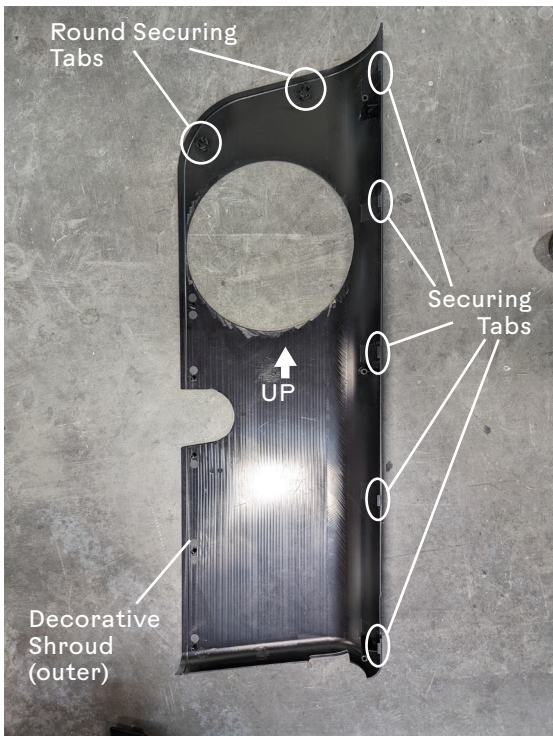
5. Using a Short #2 Phillips screwdriver, remove the 5 screws (indicated by ovals) that secure the Decorative Shroud to the Structural Shroud.

*Note: The upper screw is slightly under the Structural Shroud.*



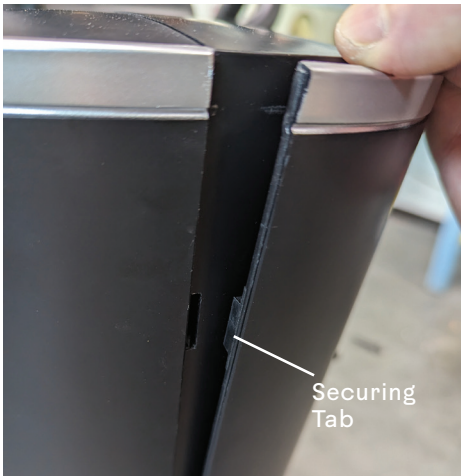
6. At the top of the curve of the Decorative Shroud, gently pry outward to disengage it from the Structural Shroud.

*NOTICE: There are two Round Securing Tabs that need to be released.*



7. From the front of the machine, gently pry the Decorative Shroud outward to release the upper Securing Tab. There are 5 Securing Tabs that secure the Decorative Shroud on the front of the machine.

*Note: A standard screwdriver covered with cloth or paper can be inserted and twisted between the Decorative Shrouds to help release the Securing Tabs.*



8. Remove the Crank Cover Insert to expose the Crank Cover hardware.

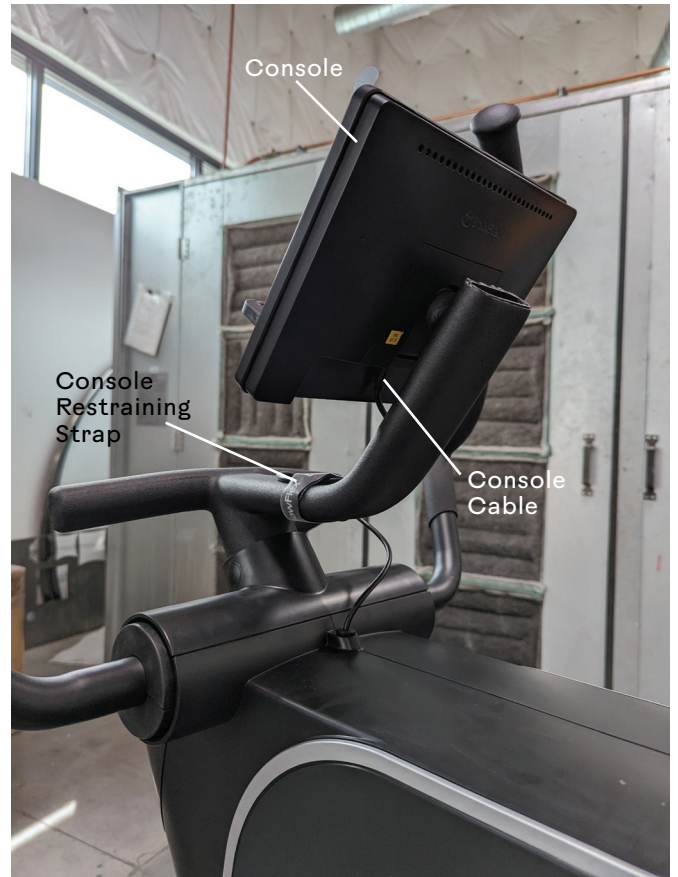


9. Using a #2 Phillips screwdriver, remove the hardware (indicated by ovals) from the Crank Cover. Remove the Crank Cover and place outside of the work area.



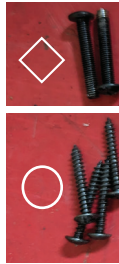
10. Remove the Console Cable from the Console, and undo the Cable Restraining Strap.

*NOTICE: Do not cut or pinch the cable.*



11. Using a #2 Phillips screwdriver, remove the indicated hardware from the Structural Shrouds.

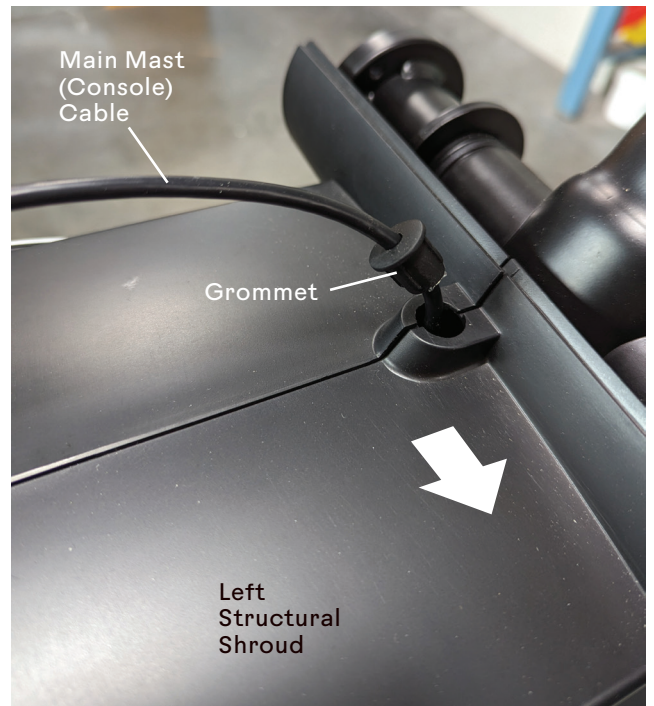
*Note: To assist with re-assembly, the key to the type of screw and where it is used is provided.*



12. Flex the Left Structural Shroud outward just enough to release the old Main Mast Cable from the opening, and place the new Main Mast Cable into the opening.

*Note: Be sure that the Grommet on the Main Mast Cable is outside of the Structural Shrouds.*

**NOTICE:** Do not cut or pinch the cable.

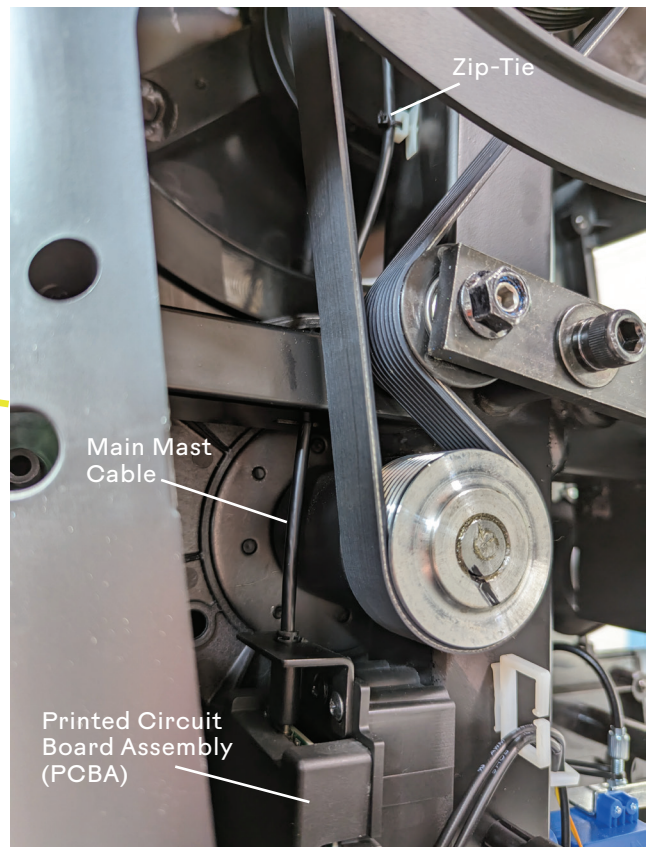
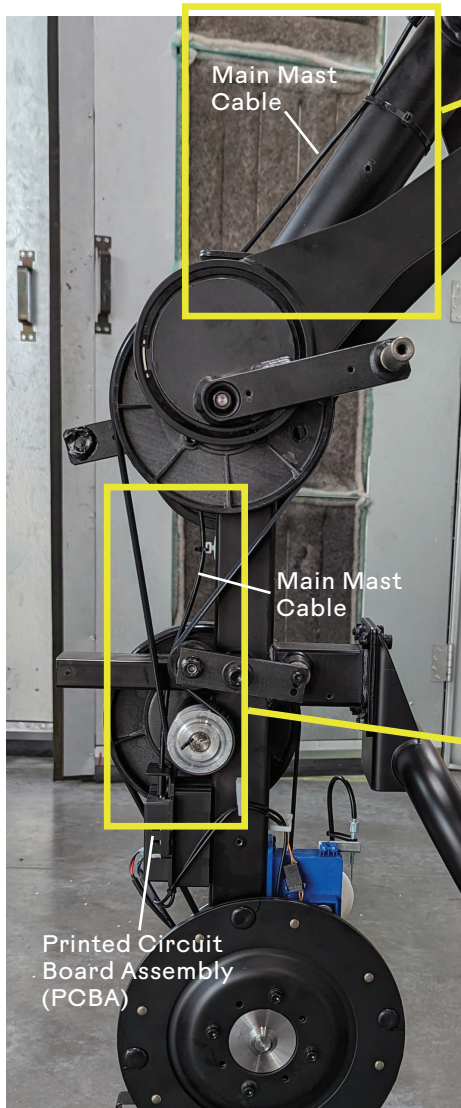
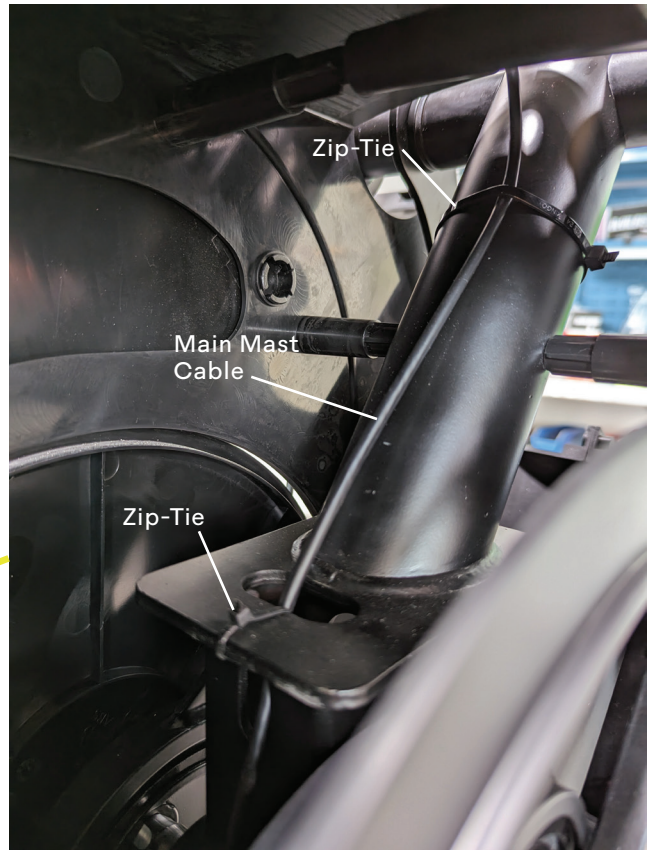


13. The Main Cable routes downward along the Frame, secured by three Zip-Ties, where it connects to the Printed Circuit Board Assembly (PCBA).

Route the new Main Cable along the old Cable through the Frame, being sure not to cut or pinch the Cable.

14. Disconnect the old Main Cable from the PCBA, and connect the new Main Cable to the PCBA.

15. Cut each Zip-Tie that secures the old Main Cable and replace it with a new Zip-Tie, securing the new Main Cable to the Frame. Continue until the old Main Cable is fully disconnected from the Frame, and remove it from the machine.



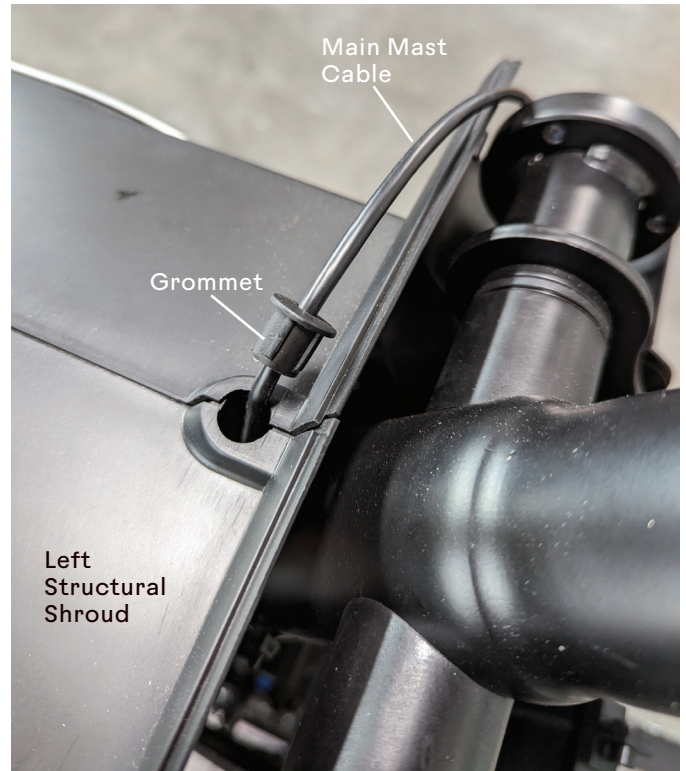
*Note: The Structural Shrouds have been removed for clarity.*



16. Re-install all remaining parts that were removed in reverse order.

Slide the Grommet down into the opening between the Structural Shrouds.

*Note: Do not cut or pinch the Console Cable.*

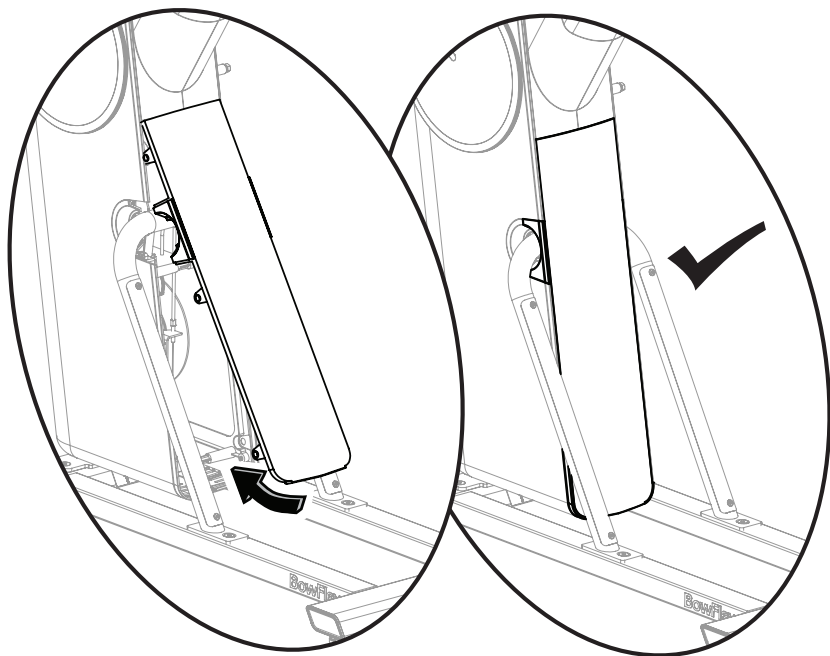


When re-connecting the Cable to the Console, the Cable Connector has a tab that can only be connected to the Console in one orientation. Connect the Console Cable to the Console in the proper orientation.

*NOTICE: Do not cut or pinch the cable.*



When re-installing the Rear Shroud to the Frame Assembly, place the upper part of the Rear Shroud onto the Frame Assembly. Then pivot it downward into place. There are 6 tabs that will secure it.



#### 17. Final Inspection

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

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## • SAVE THESE INSTRUCTIONS

### Tools Required (not included)

Short #2 Phillips screwdriver



Standard screwdriver



14mm open faced wrench

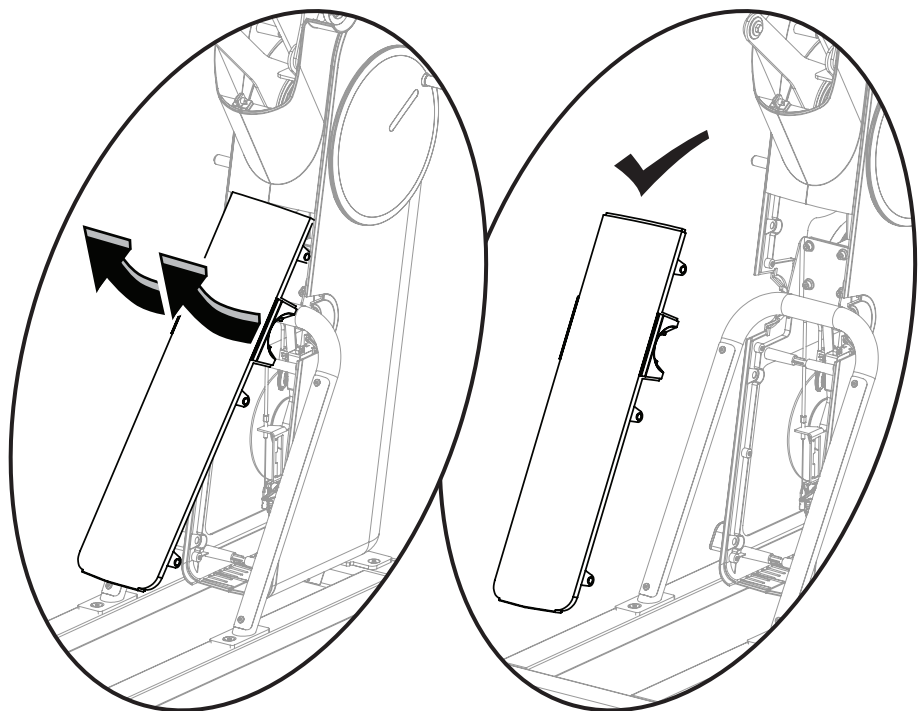


*Note: Your machine may not match the images provided exactly.*

1. Unplug the AC Adapter from the wall outlet and machine.



2. Grasping the Rear Shroud with the side openings, abruptly pull out and upward to release the Rear Shroud from the Frame Assembly.



3. Remove the Cap from the hardware that secures the Leg Assembly.

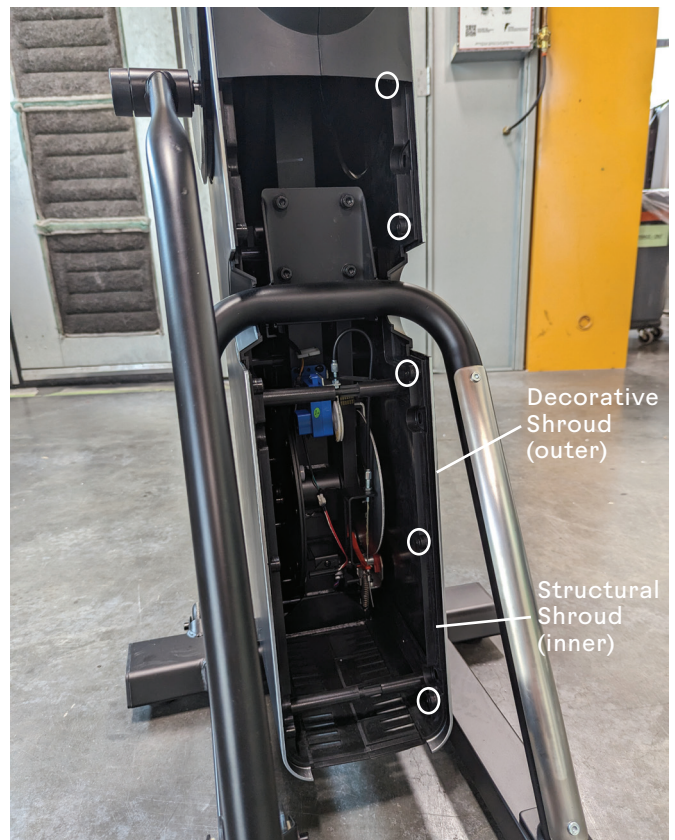


4. Using a 14mm open faced wrench, remove the hardware that attaches the Leg Assembly. Remove the Leg Assembly from the Frame Assembly.



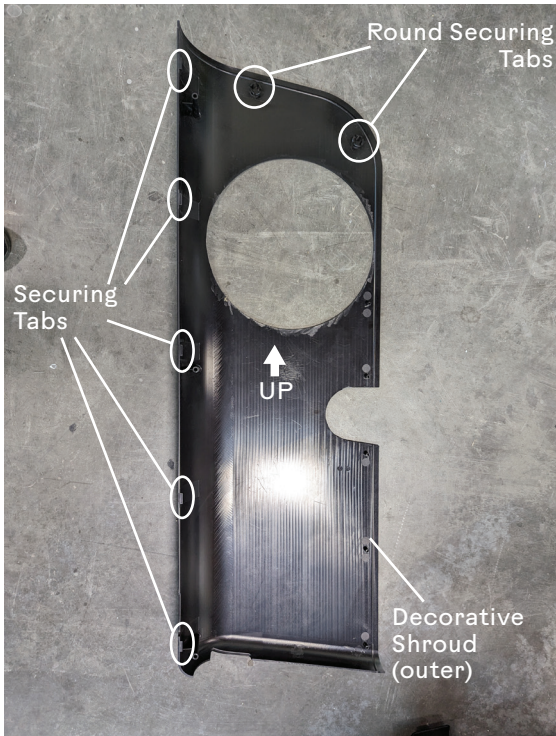
5. Using a Short #2 Phillips screwdriver, remove the 5 screws (indicated by ovals) that secure the Decorative Shroud to the Structural Shroud.

*Note: The upper screw is slightly under the Structural Shroud.*



6. At the top of the curve of the Decorative Shroud, gently pry outward to disengage it from the Structural Shroud.

*NOTICE: There are two Round Securing Tabs that need to be released.*



7. From the front of the machine, gently pry the Decorative Shroud outward to release the upper Securing Tab. There are 5 Securing Tabs that secure the Decorative Shroud on the front of the machine.

*Note: A standard screwdriver covered with cloth or paper can be inserted and twisted between the Decorative Shrouds to help release the Securing Tabs.*



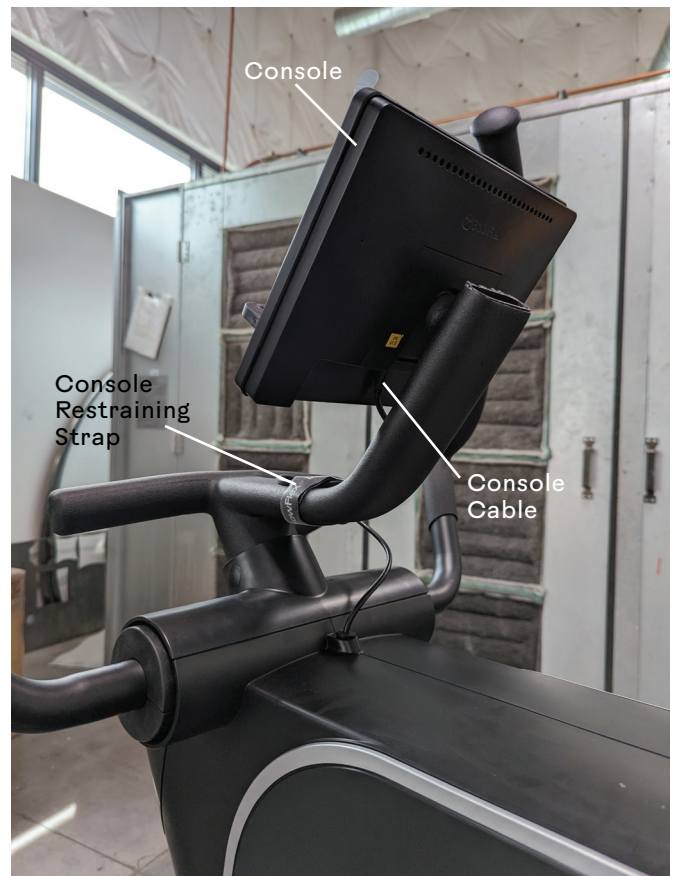
8. Remove the Right Decorative Shroud.

9. Repeat the last 6 Steps to remove the Left Decorative Shroud.



10. Remove the Console Cable from the Console, and undo the Cable Restraining Strap.

*NOTICE: Do not cut or pinch the cable.*



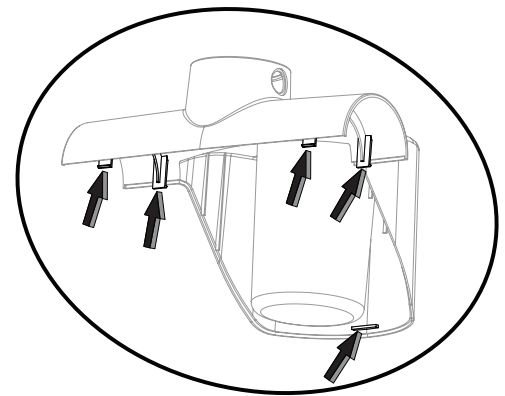


11. Remove the 3 Plugs (2 indicated here from the Handlebar Assembly).
12. Using a 5mm hex wrench, remove the hardware that was under the Plugs from the Handlebar Assembly.
13. Slide the Handlebar Assembly, with the Console and Media Rack, from the Frame Assembly.
14. Remove the Ring Shrouds from the Dynamic Handlebars.



*Note: The Dynamic Handlebars have been removed for clarity.*

15. Release the 4 upper Securing Tabs on the Top Shroud by working from one side to the other, and then gently release the lower Securing Tab.



16. Remove the Crank Cover Insert to expose the Crank Cover hardware.



17. Using a #2 Phillips screwdriver, remove the hardware (indicated by ovals) from the Crank Cover. Remove the Crank Cover and place outside of the work area.

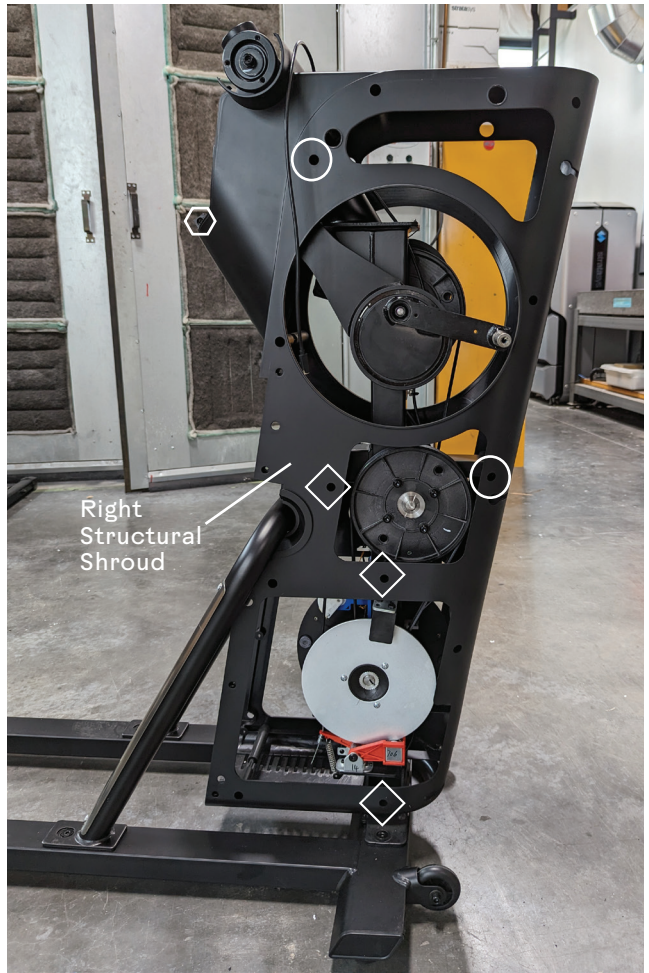




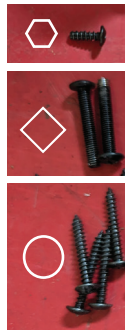
Number of screws: Left Shroud = 12

18. Using a #2 Phillips screwdriver, remove the indicated hardware from the Structural Shrouds.

*Note: To assist with re-assembly, the key to the type of screw and where it is used is provided.*

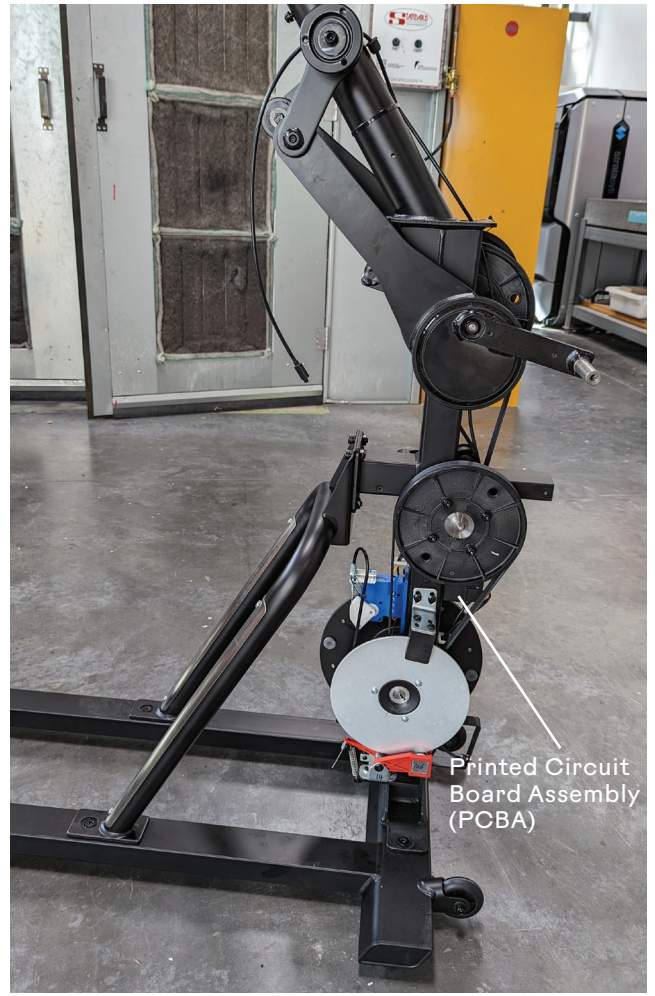


Right Shroud = 6





Printed Circuit Board Assembly (PCBA)



Printed Circuit Board Assembly (PCBA)

19. Remove the Cables from the PCBA.

*Note: Be sure to note where all cables attach for re-assembly. If the Cable Connectors are secured by a small amount of glue, use a pair of small nose pliers to grab and remove the glue.*

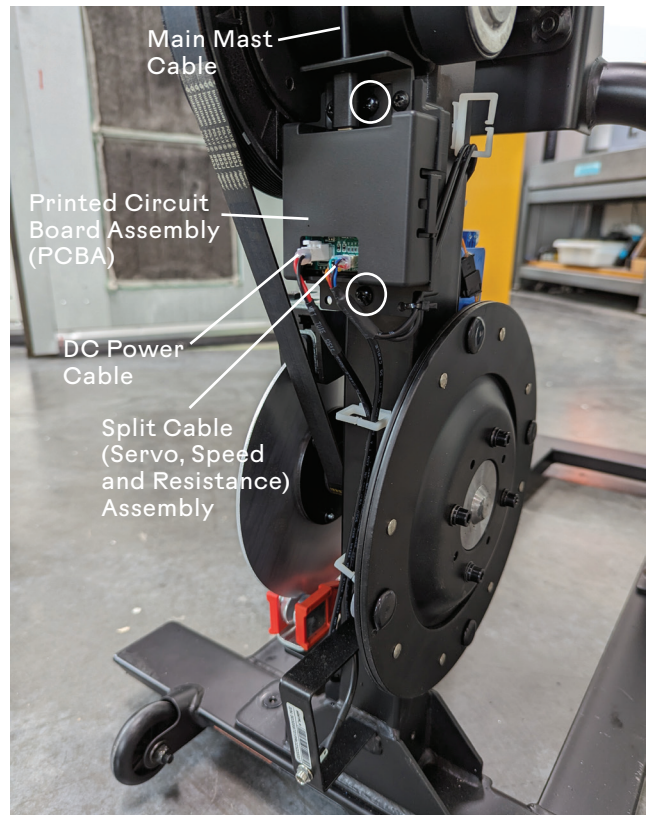
**NOTICE:** Do not cut or pinch the cables.

20. Using a #2 Phillips screwdriver, remove the two screws (indicated by ovals) that attach the PCBA to the Frame.

21. Using a #2 Phillips screwdriver, attach the new PCBA to the Frame.

22. Re-connect the Cables in their appropriate positions on the PCBA.

**NOTICE:** Do not cut or pinch the cables.



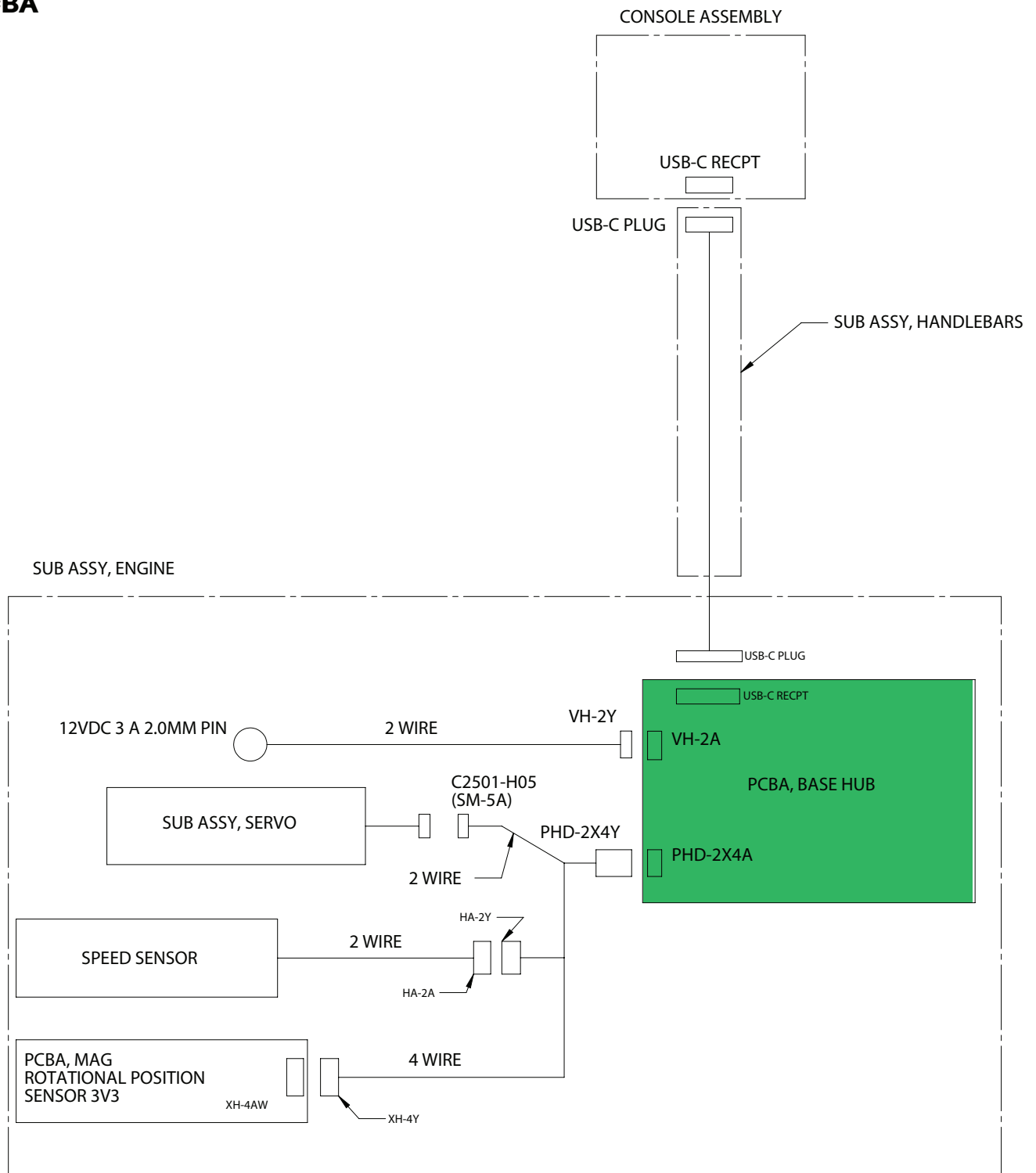
Main Mast Cable

Printed Circuit Board Assembly (PCBA)

DC Power Cable

Split Cable (Servo, Speed and Resistance) Assembly

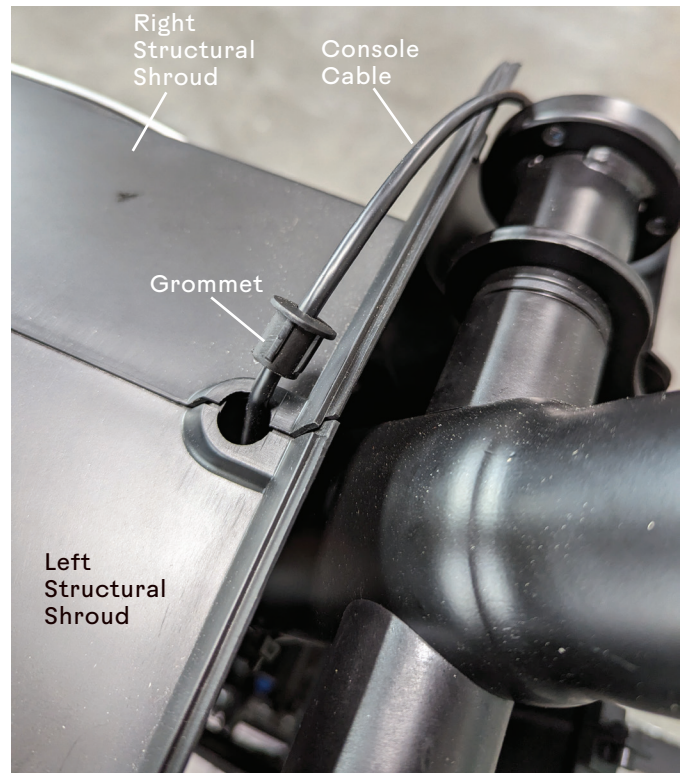
# ELECTRICAL WIRING ROUTE DETAIL - PCBA



23. Re-install all remaining parts that were removed in reverse order.

When replacing the Structural Shrouds, be sure that the Main Mast Cable is routed through the opening between the Structural Shrouds, and that the Grommet is outside of the Shrouds. Once they have been attached, slide the Grommet down into the opening between the Structural Shrouds.

*Note: Do not cut or pinch the Console Cable.*

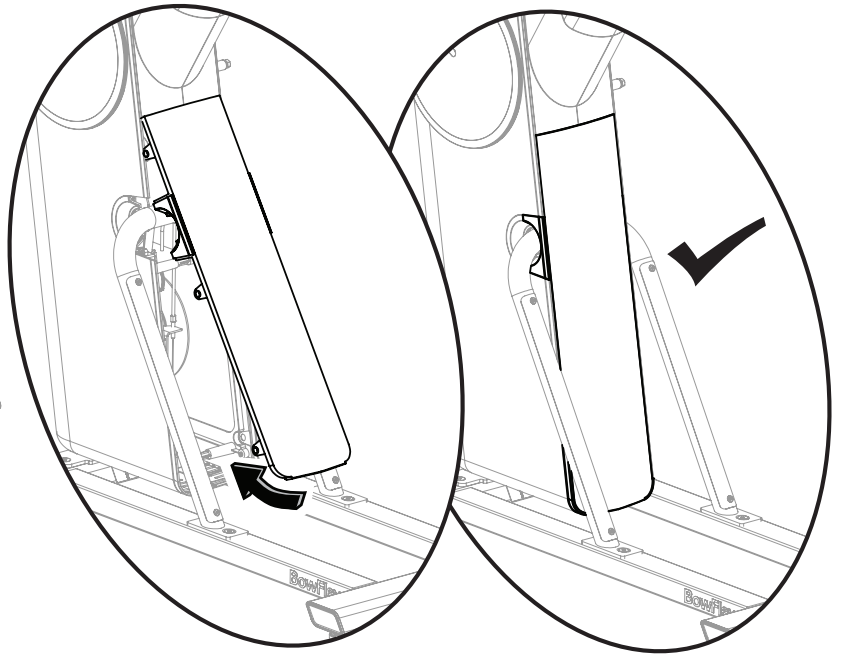


When re-connecting the Cable to the Console, the Cable Connector has a tab that can only be connected to the Console in one orientation. Connect the Console Cable to the Console in the proper orientation.

*NOTICE: Do not cut or pinch the cable.*

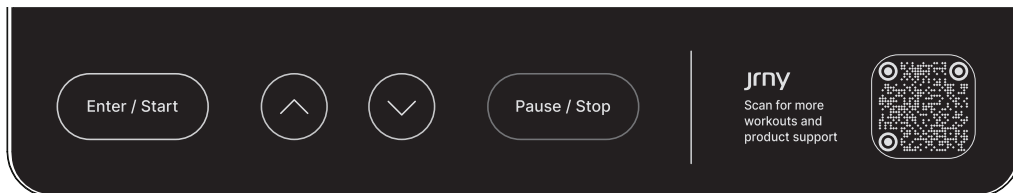


When re-installing the Rear Shroud to the Frame Assembly, place the upper part of the Rear Shroud onto the Frame Assembly. Then pivot it downward into place. There are 6 tabs that will secure it.



### Calibrating the Resistance:

*Note: During the calibration process no one should be pedaling the machine. Standing on the pedals is okay during the calibration process.*



24. 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).

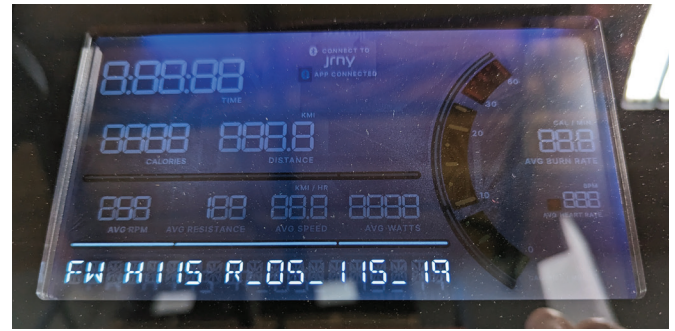
*Note: To exit the System Menu and return to the Power-Up Mode screen, push the Pause/Stop button.*

25. The Console display shows the System Units prompt with the current setting. Tap the Enter/Start button 6 times to advance through the System Menu.



26. The Console display shows the Hardware Variant & Console Firmware Version.

Push and hold for 3 seconds the Pause/Stop button to go to the Manufacturing Test Menu.



27. The Console display shows the START TEST SUITE menu option. Push the Down (▼) button 2 times to advance to the AUTO CAL\_RESISTANCE (Automated Calibrate Resistance) option.



28. The Console display shows the AUTOCAL\_RESISTANCE (Automated Calibrate Resistance) option. Push the Enter/Start button.

*Note: If the Pause/Stop button is pushed part way through the calibration (exit), the new calibration is not saved.*



29. The console will display changing text and numbers for approximately 30 seconds as the servo motor moves.





30. The console display will change to “CNFRM C4095 AGC xx”.

31. Push the Enter/Start button to confirm and save the resistance calibration values. The display will momentarily change to “SAVING CAL”, then display “AUTO CAL\_RESISTANCE”. Calibration is complete.

*Note: Pushing the Pause/Stop button will abort the calibration process, with the new calibration values not being saved, and the last saved calibration values being restored.*

32. Power off the machine.

33. Final Inspection

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

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

**NOTICE:** This document provides instructions for the replacement of the Resistance PCB (Printed Circuit Board) on the BowFlex™ Max Trainer™ SE/SEi exercise machines.

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### Tools Required (not included)

#2 Phillips screwdriver

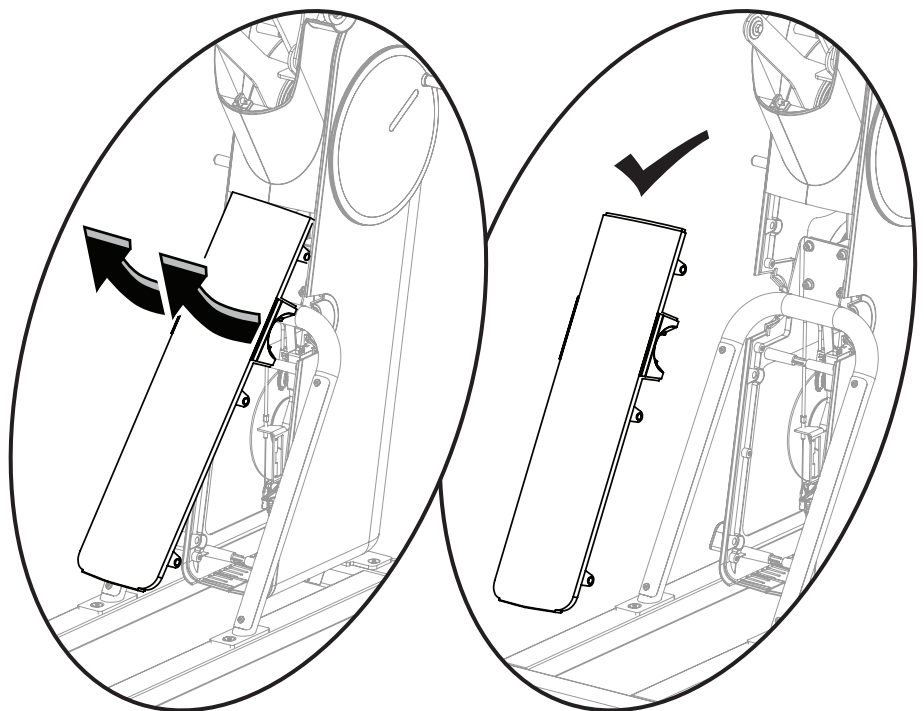


*Note: Your machine may not match the images provided exactly.*

1. Unplug the AC Adapter from the wall outlet and machine.

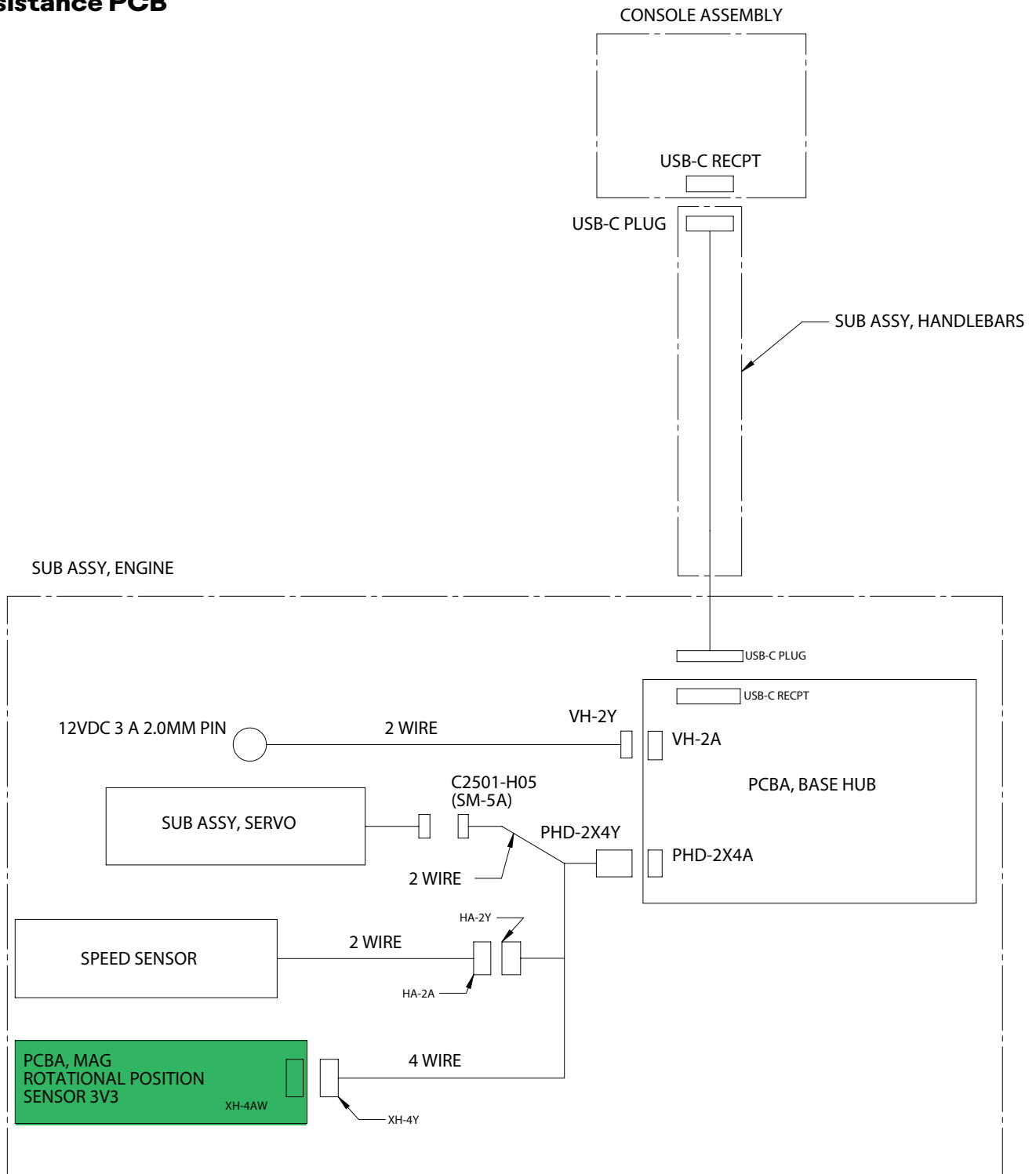


2. Grasping the Rear Shroud with the side openings, abruptly pull out and upward to release the Rear Shroud from the Frame Assembly.



# ELECTRICAL WIRING ROUTE DETAIL

## - Resistance PCB



3. Disconnect the Cable Connector from the Resistance PCB.

*Note: Be sure to note how the cable attaches for re-assembly. If the Cable Connectors are secured by a small amount of glue, use a pair of small nose pliers to grab and remove the glue.*

*NOTICE: Do not cut or pinch the cables.*

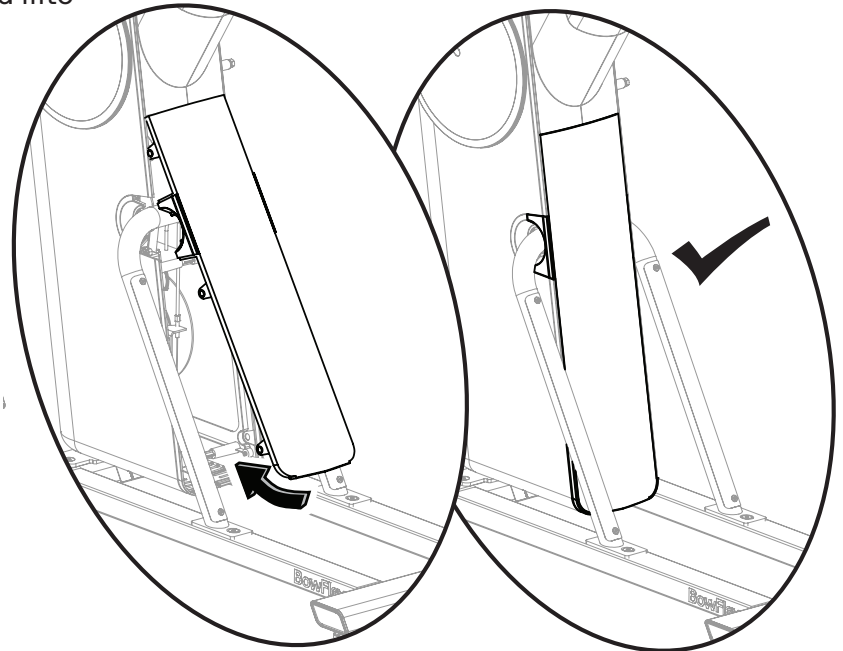
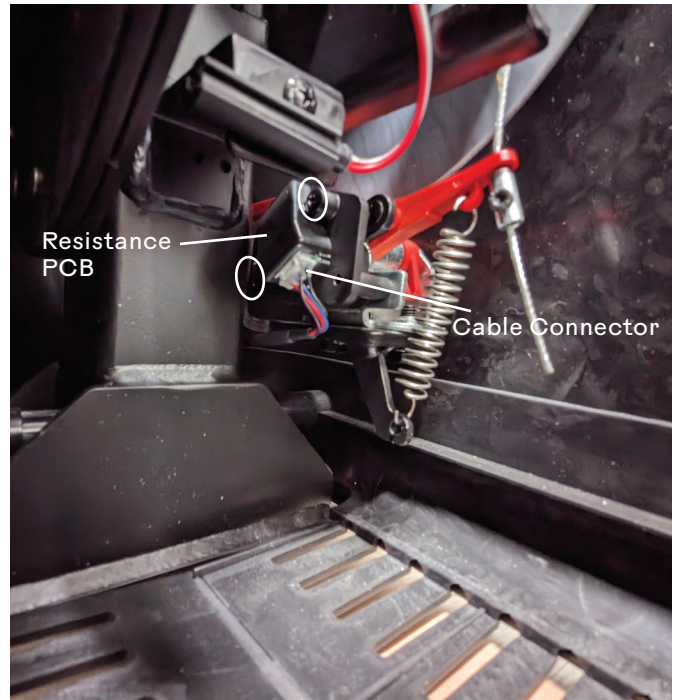
4. Using a #2 Phillips screwdriver, remove the screws that attach the Resistance PCB to the Frame Assembly.

5. Using a #2 Phillips screwdriver, attach the new Resistance PCB to the Frame Assembly.

6. Connect the Cable Connector to the new Resistance PCB.

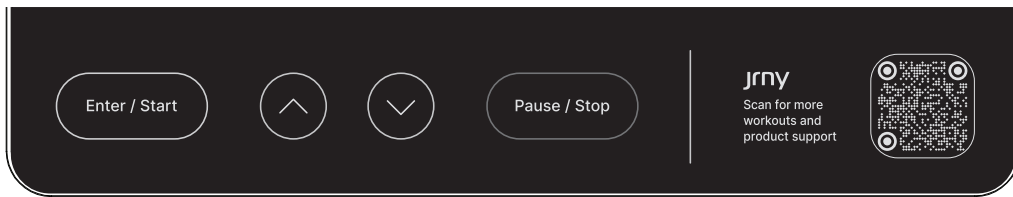
*NOTICE: Do not cut or pinch the cables.*

7. Re-install Rear Shroud to the Frame Assembly. 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.



## Calibrating the Resistance:

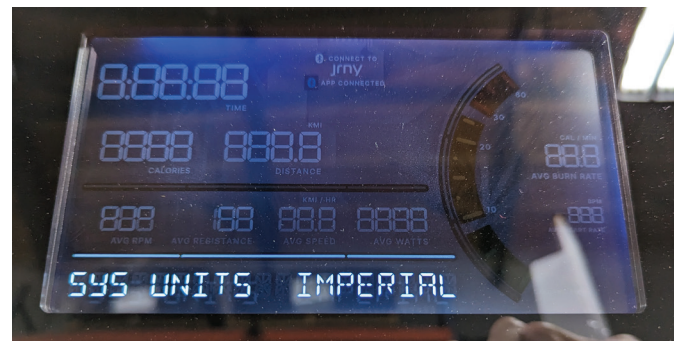
*Note: During the calibration process no one should be pedaling the machine. Standing on the pedals is okay during the calibration process.*



8. 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).

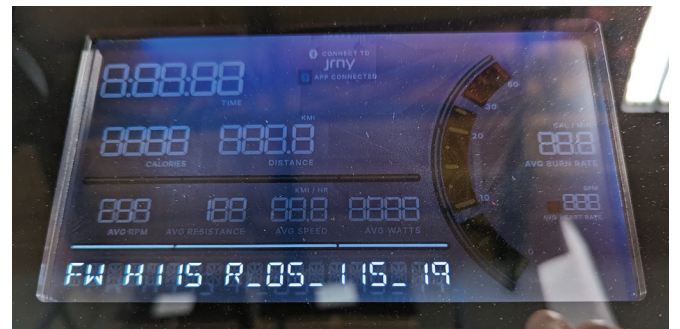
*Note: To exit the System Menu and return to the Power-Up Mode screen, push the Pause/Stop button.*

9. The Console display shows the System Units prompt with the current setting. Tap the Enter/Start button 6 times to advance through the System Menu.



10. The Console display shows the Hardware Variant & Console Firmware Version.

Push and hold for 3 seconds the Pause/Stop button to go to the Manufacturing Test Menu.

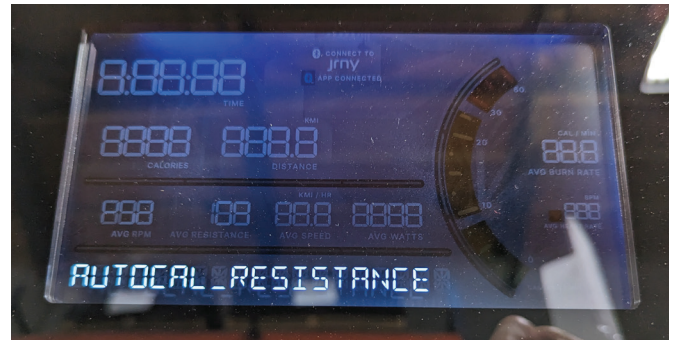


11. The Console display shows the START TEST SUITE menu option. Push the Down (▼) button 2 times to advance to the AUTO CAL\_RESISTANCE (Automated Calibrate Resistance) option.



12. The Console display shows the AUTO CAL\_ RESISTANCE (Automated Calibrate Resistance) option. Push the Enter/Start button.

*Note: If the Pause/Stop button is pushed part way through the calibration (exit), the new calibration is not saved.*



13. The console will display changing text and numbers for approximately 30 seconds as the servo motor moves.

14. The console display will change to “CNFRM C4095 AGC xx”.



15. Push the Enter/Start button to confirm and save the resistance calibration values. The display will momentarily change to “SAVING CAL”, then display “AUTO CAL\_ RESISTANCE”. Calibration is complete.

*Note: Pushing the Pause/Stop button will abort the calibration process, with the new calibration values not being saved, and the last saved calibration values being restored.*

16. Power off the machine.

## 17. Final Inspection

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

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

**NOTICE:** This document provides instructions for the replacement of the Servo Motor on the BowFlex™ Max Trainer™ SE/SEi exercise machines.

If you need assistance, please call **BowFlex Customer Service** (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: [global.bowflex.com](http://global.bowflex.com)

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## Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

**⚠ This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.**

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Disconnect all power to the machine before you service it.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- Use only replacement parts and hardware that are supplied or approved by BowFlex. Failure to use BowFlex-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. 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.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

## • SAVE THESE INSTRUCTIONS

### Tools Required (not included)

#2 Phillips screwdriver



8mm wrench  
10mm wrench



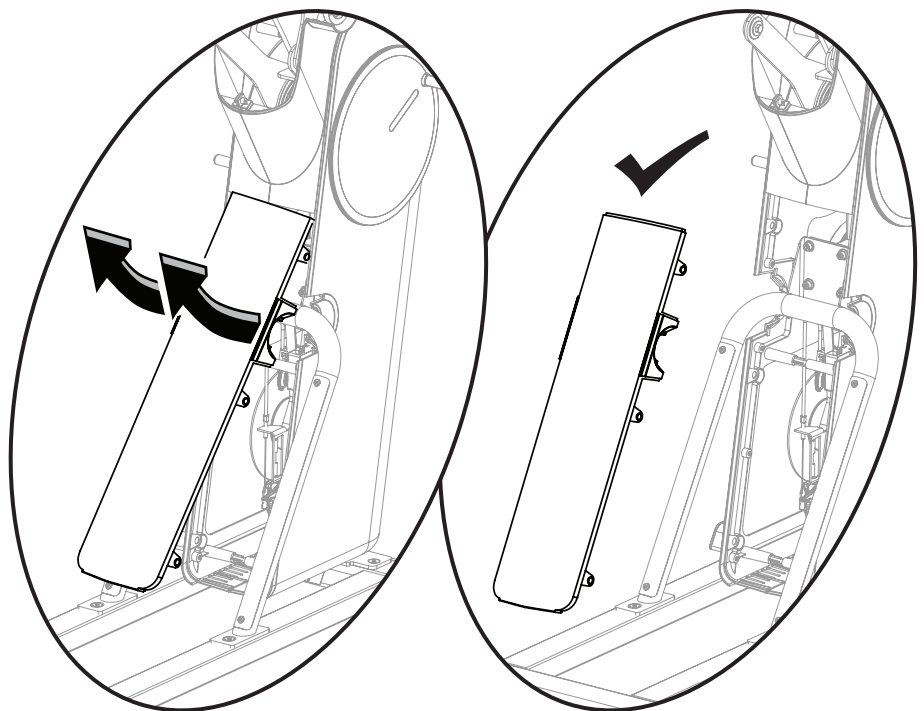


*Note: Your machine may not match the images provided exactly.*

1. Unplug the AC Adapter from the wall outlet and machine.

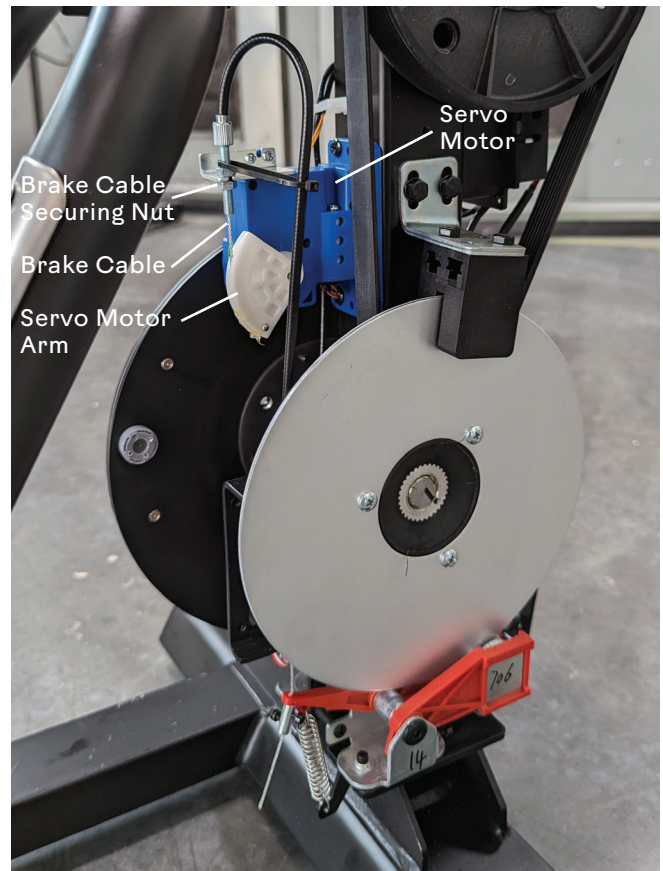


2. Grasping the Rear Shroud with the side openings, abruptly pull out and upward to release the Rear Shroud from the Frame Assembly.



*Note: All Shrouds have been removed for clarity.*

3. Using an 8mm open ended wrench, loosen the Brake Cable Securing Nut until the Brake Cable can be released from the Servo Motor Arm.



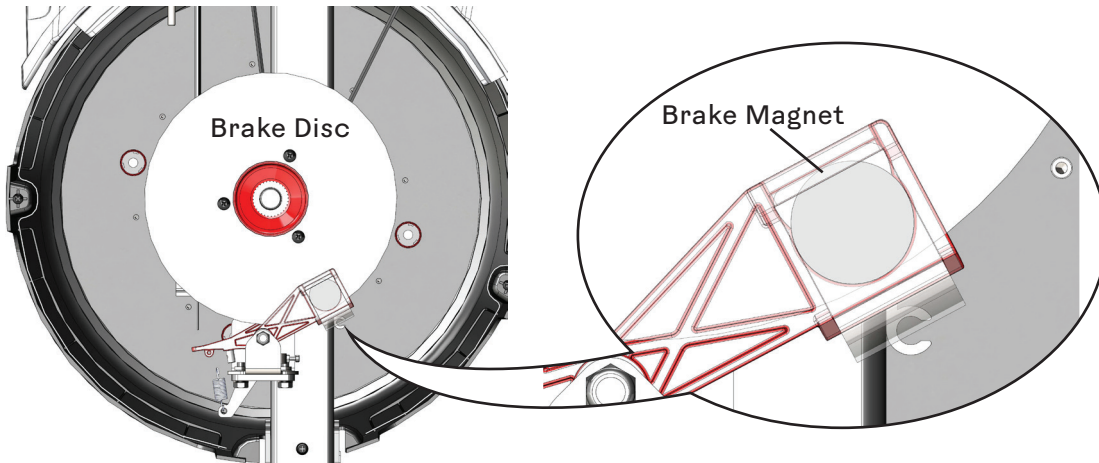
4. Disconnect the Cable Connectors from the Servo Motor.

5. Using a #2 Phillips screwdriver, remove the 4 screws (indicated by ovals) that attach the Servo Motor to the Frame.

6. Attach the new Servo Motor to the Frame and connect the Cables.

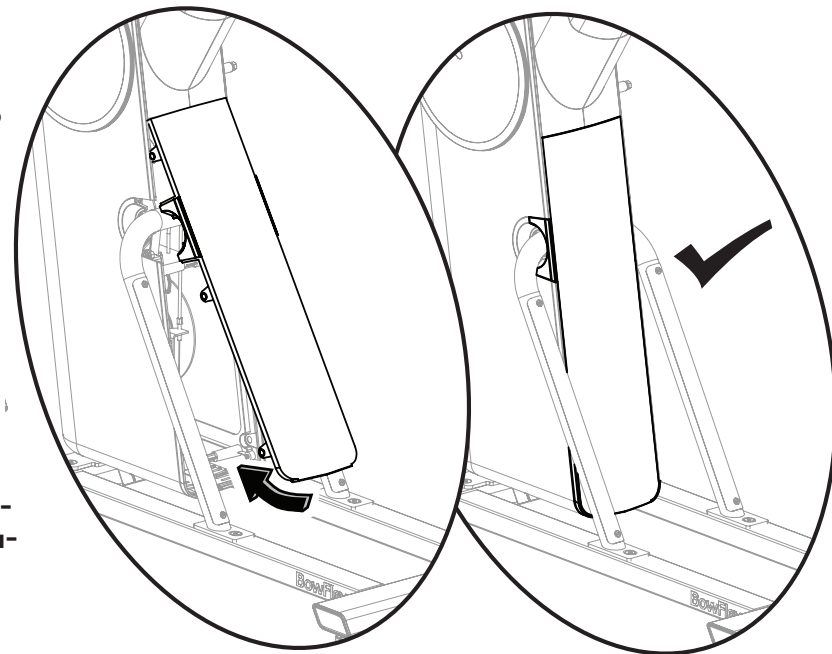


7. At the maximum resistance setting, the outer edge of the Brake Magnet should line up with the outer edge of the Brake Disc.



8. If the Brake Assembly needs to be adjusted, use a 8mm open ended wrench to loosen the Brake Cable Securing Nut. Turn the Adjustment Barrel by hand until the magnet is placed correctly.

9. Re-install Rear Shroud to the Frame Assembly. 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.



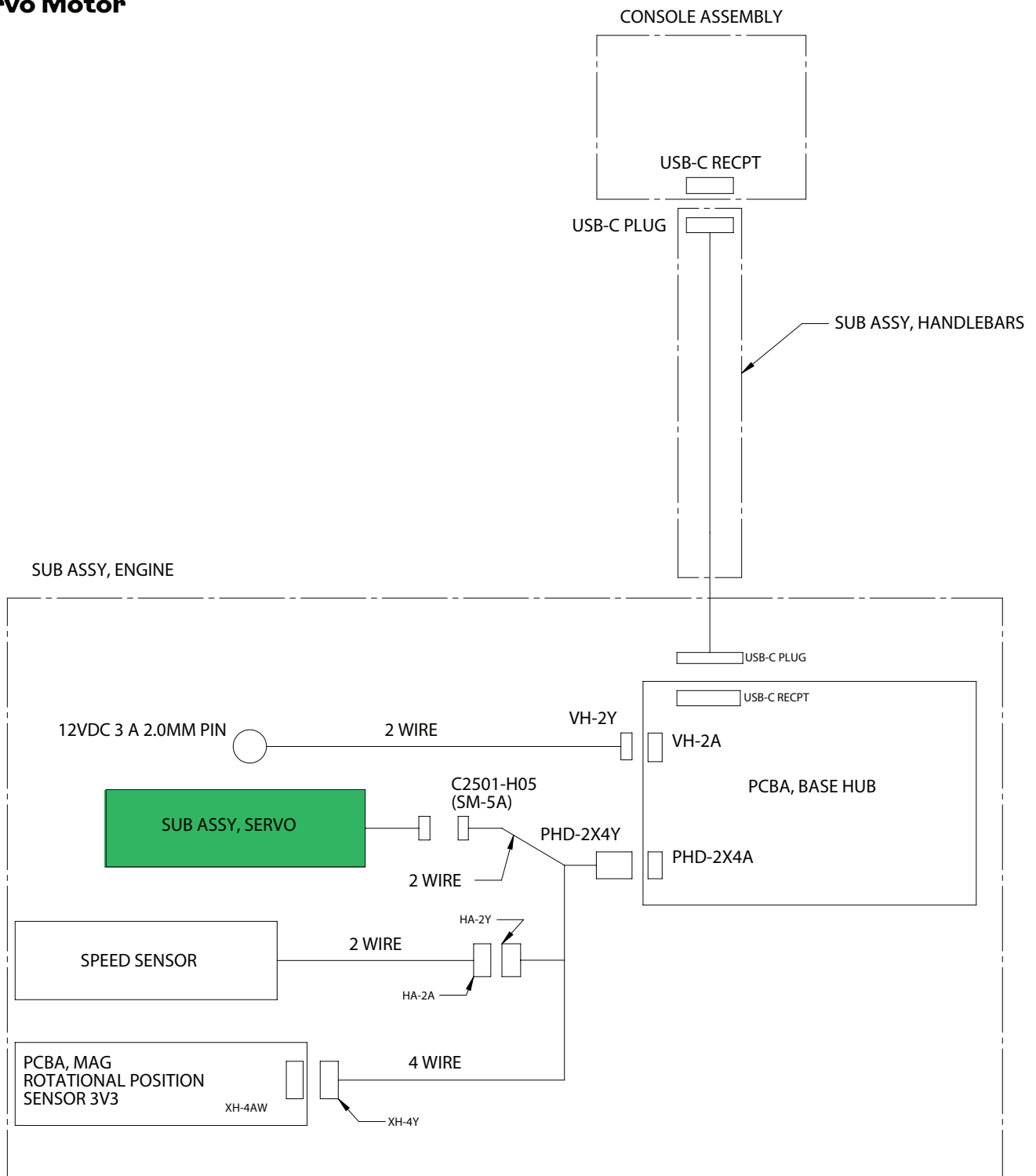
#### 10. Final Inspection

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

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

# ELECTRICAL WIRING ROUTE DETAIL

## - Servo Motor



**NOTICE:** This document provides instructions for the replacement of the Speed Sensor Mount on the BowFlex™ Max Trainer™ SE/SEi exercise machines.

If you need assistance, please call BowFlex Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: [global.bowflex.com](http://global.bowflex.com)

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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
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- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

## • SAVE THESE INSTRUCTIONS

### Tools Required (not included)

#2 Phillips screwdriver

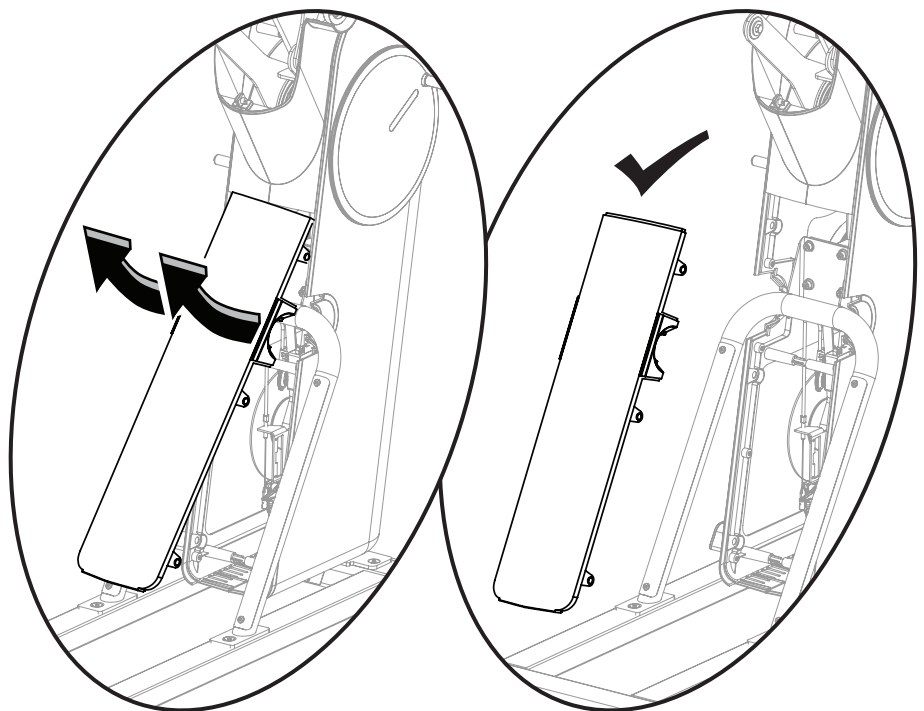


*Note: Your machine may not match the images provided exactly.*

1. Unplug the AC Adapter from the wall outlet and machine.



2. Grasping the Rear Shroud with the side openings, abruptly pull out and upward to release the Rear Shroud from the Frame Assembly.



3. Using a #2 Phillips screwdriver, remove the 1 screw (indicated by oval) that attaches the Speed Sensor Mount to the Frame Assembly.

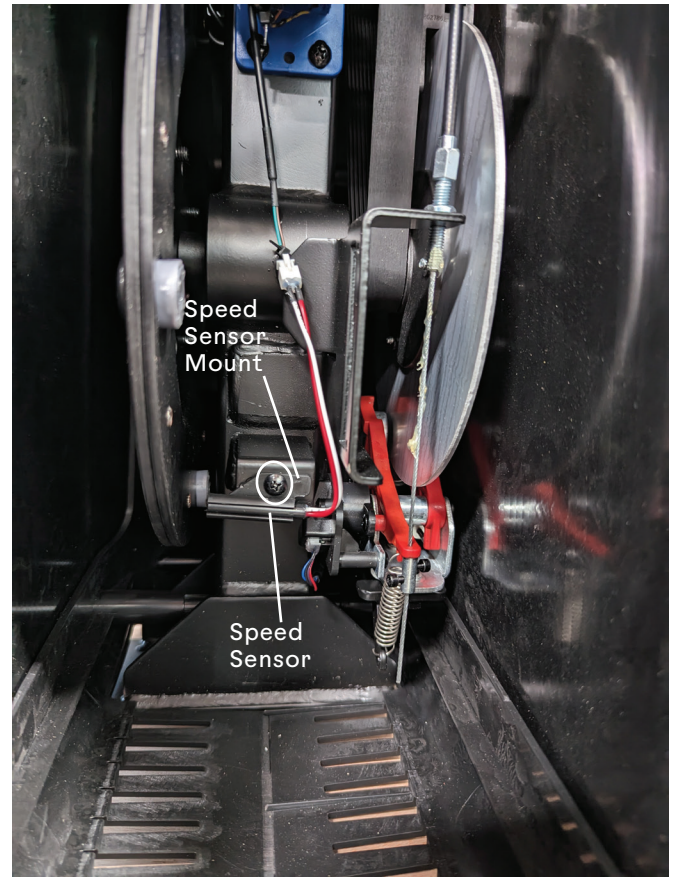
4. Remove the Speed Sensor Assembly from the old Speed Sensor Mount.

*NOTICE: Do not cut or pinch the cables.*

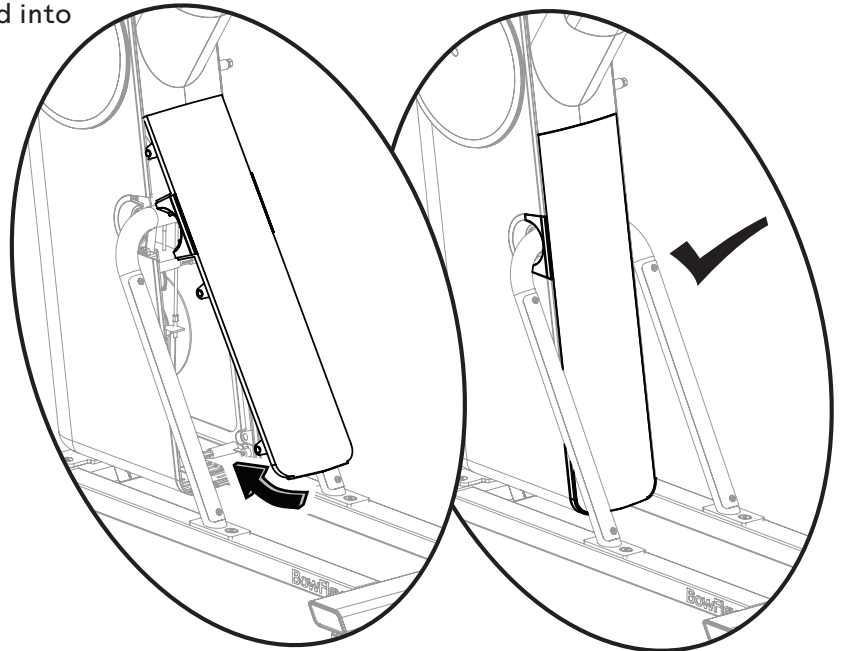
5. Slide the Speed Sensor Assembly into the new Speed Sensor Mount.

*NOTICE: Do not cut or pinch the cables.*

6. Using a #2 Phillips screwdriver, attach the new Speed Sensor Mount to the Frame Assembly.



7. Re-install Rear Shroud to the Frame Assembly. 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.



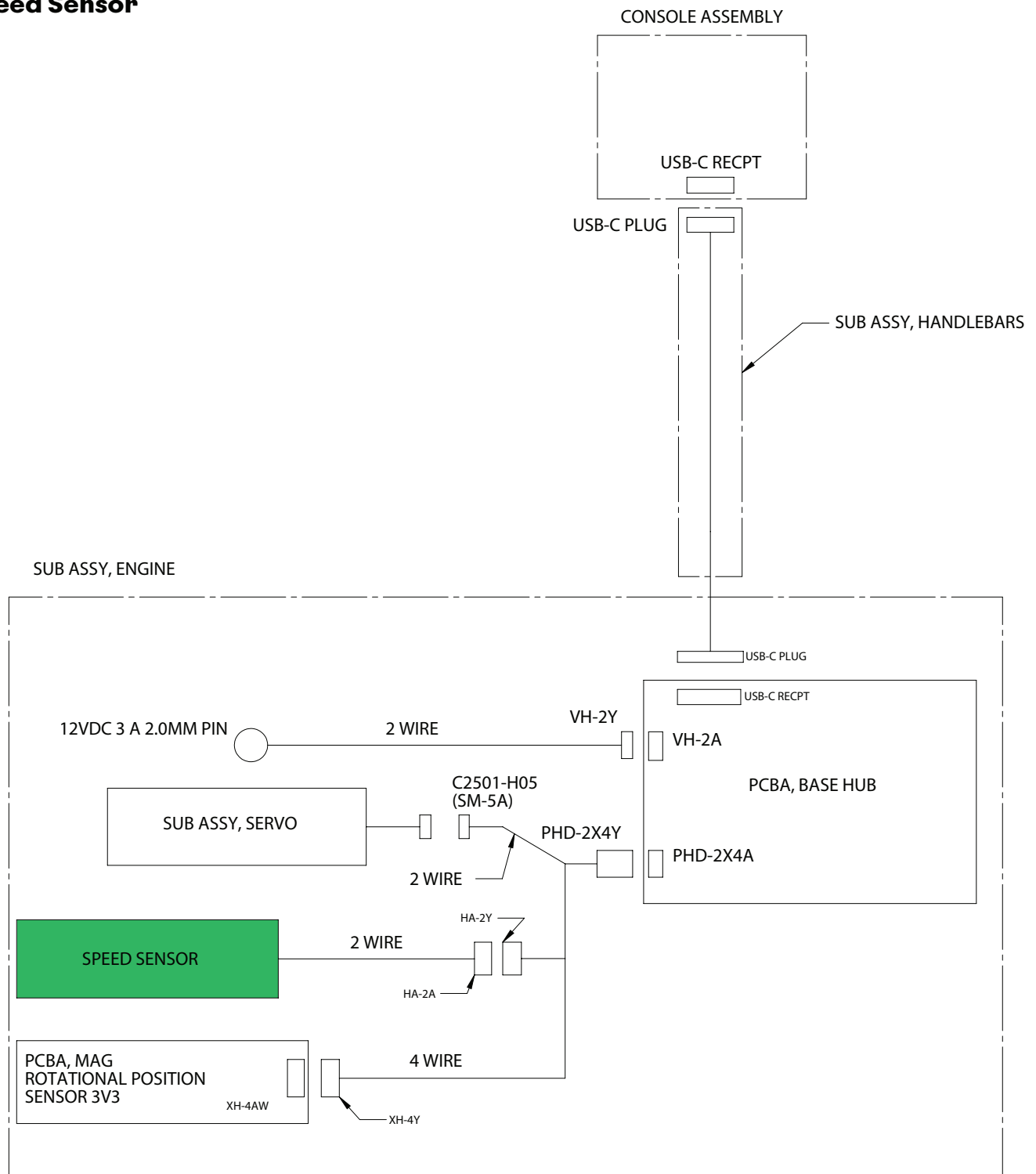
### 8. Final Inspection

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

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

# ELECTRICAL WIRING ROUTE DETAIL

## - Speed Sensor





**NOTICE:** This document provides instructions for the replacement of the Structural Shrouds on the BowFlex™ Max Trainer™ SE/SEi exercise machines.

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## • SAVE THESE INSTRUCTIONS

### Tools Required (not included)

Short #2 Phillips screwdriver



Standard screwdriver



14mm open faced wrench

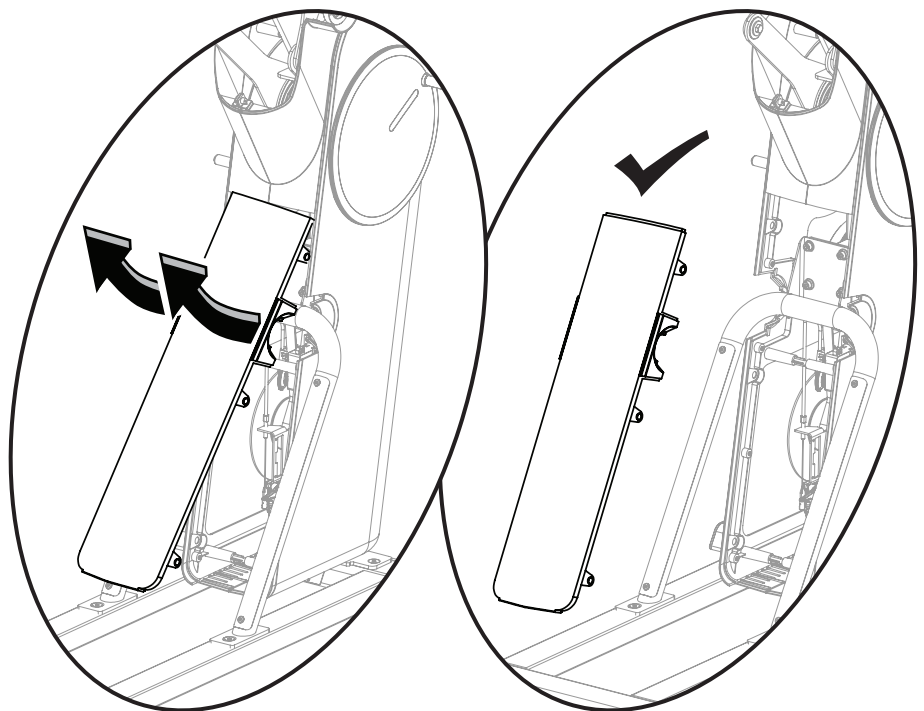


*Note: Your machine may not match the images provided exactly.*

1. Unplug the AC Adapter from the wall outlet and machine.



2. Grasping the Rear Shroud with the side openings, abruptly pull out and upward to release the Rear Shroud from the Frame Assembly.



3. Remove the Cap from the hardware that secures the Leg Assembly.

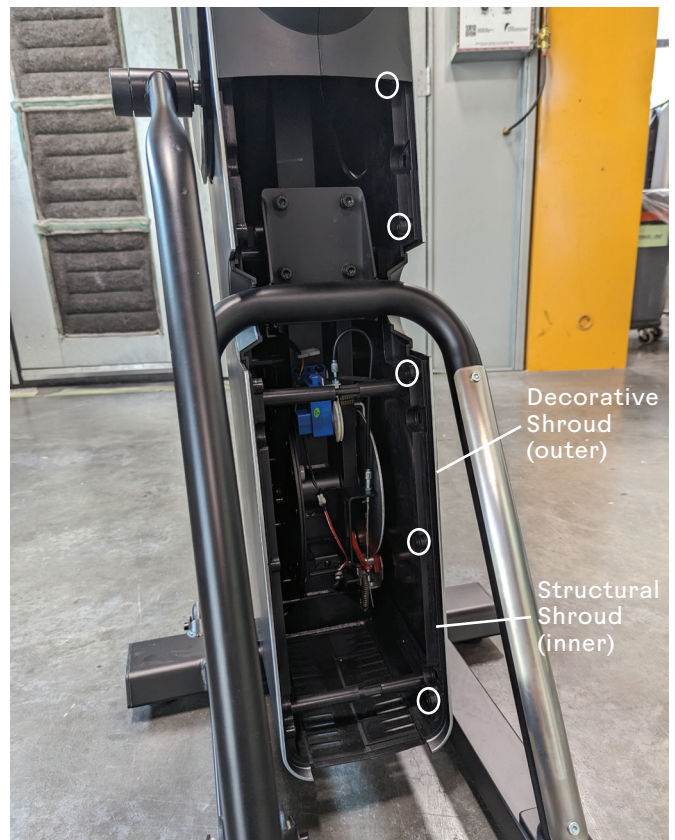


4. Using a 14mm open faced wrench, remove the hardware that attaches the Leg Assembly. Remove the Leg Assembly from the Frame Assembly.



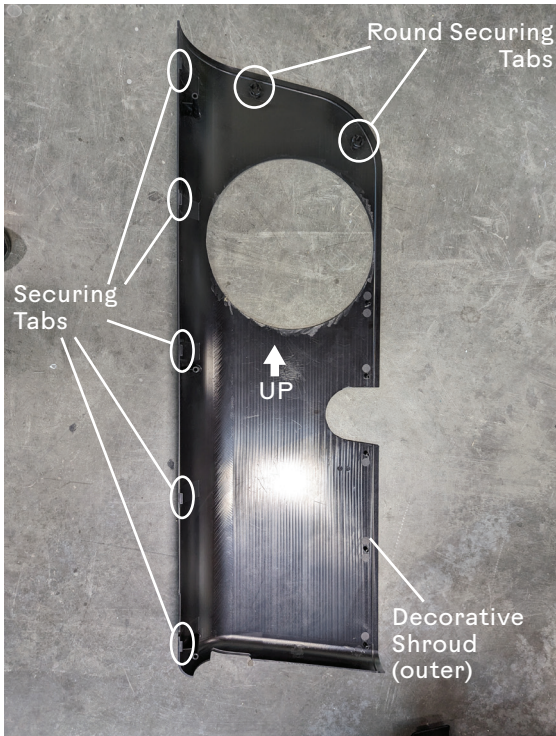
5. Using a Short #2 Phillips screwdriver, remove the 5 screws (indicated by ovals) that secure the Decorative Shroud to the Structural Shroud.

*Note: The upper screw is slightly under the Structural Shroud.*



6. At the top of the curve of the Decorative Shroud, gently pry outward to disengage it from the Structural Shroud.

*NOTICE: There are two Round Securing Tabs that need to be released.*



7. From the front of the machine, gently pry the Decorative Shroud outward to release the upper Securing Tab. There are 5 Securing Tabs that secure the Decorative Shroud on the front of the machine.

*Note: A standard screwdriver covered with cloth or paper can be inserted and twisted between the Decorative Shrouds to help release the Securing Tabs.*



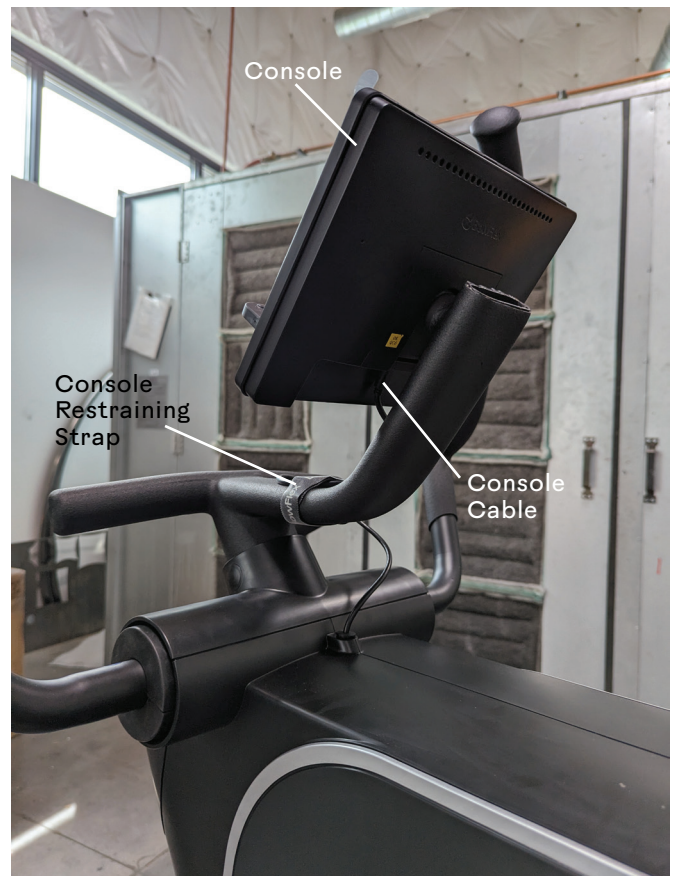
8. Remove the Right Decorative Shroud.

9. Repeat the last 6 Steps to remove the Left Decorative Shroud.



10. Remove the Console Cable from the Console, and undo the Cable Restraining Strap.

*NOTICE: Do not cut or pinch the cable.*

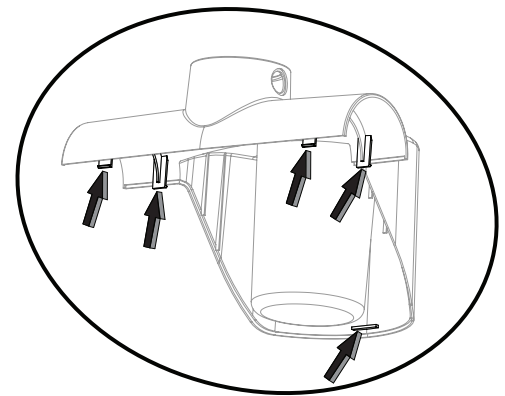


11. Remove the 3 Plugs (2 indicated here from the Handlebar Assembly).
12. Using a 5mm hex wrench, remove the hardware that was under the Plugs from the Handlebar Assembly.
13. Slide the Handlebar Assembly, with the Console and Media Rack, from the Frame Assembly.
14. Remove the Ring Shrouds from the Dynamic Handlebars.



*Note: The Dynamic Handlebars have been removed for clarity.*

15. Release the 4 upper Securing Tabs on the Top Shroud by working from one side to the other, and then gently release the lower Securing Tab.



16. Remove the Crank Cover Insert to expose the Crank Cover hardware.



17. Using a #2 Phillips screwdriver, remove the hardware (indicated by ovals) from the Crank Cover. Remove the Crank Cover and place outside of the work area.



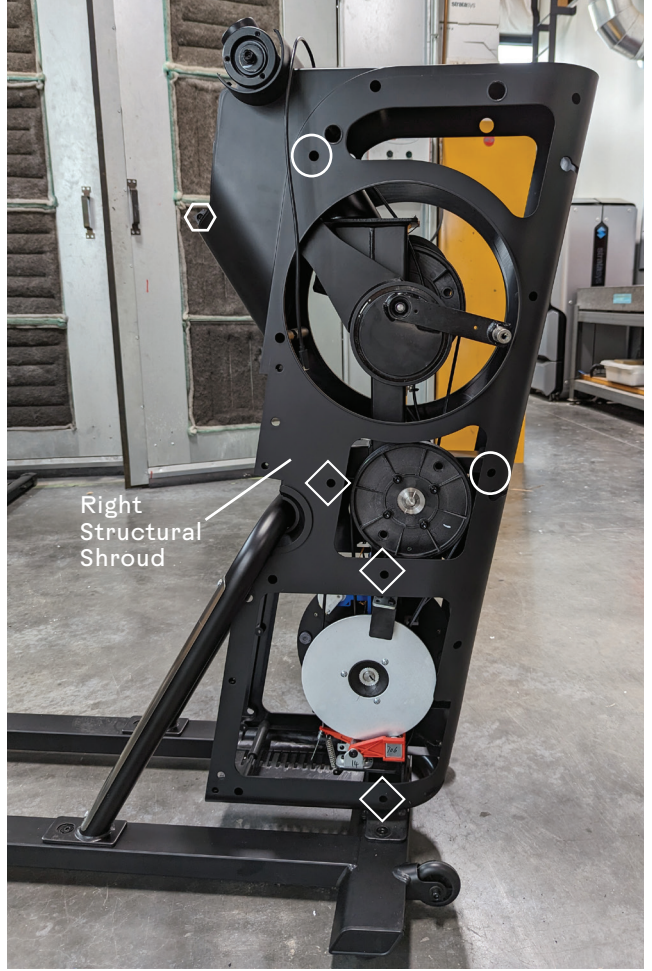




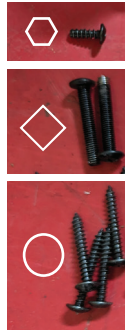
Number of screws: Left Shroud = 12

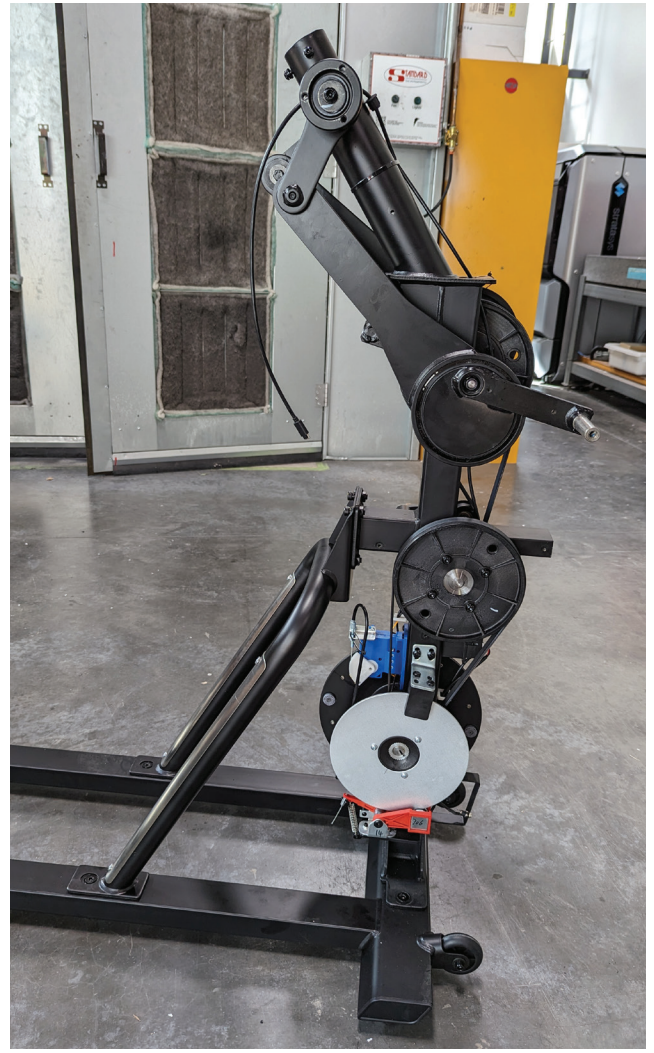
18. Using a #2 Phillips screwdriver, remove the indicated hardware from the Structural Shrouds.

*Note: To assist with re-assembly, the key to the type of screw and where it is used is provided.*



Right Shroud = 6

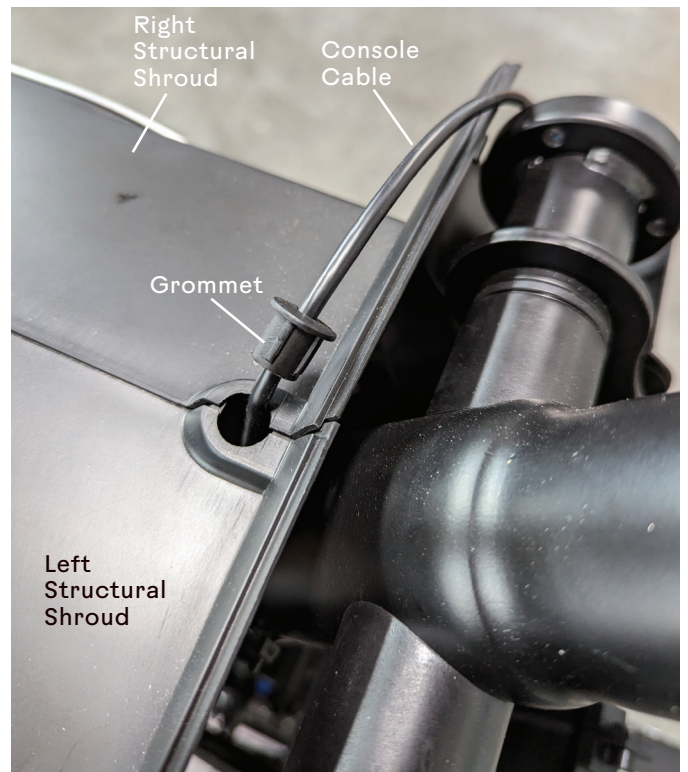




19. Place the new Structural Shrouds in place on the Frame. Be sure that the Console Cable (or Main Mast Cable) is routed through the opening between the Structural Shrouds, and that the Grommet is outside of the Shrouds.

*Note: Do not cut or pinch the Console Cable.*

20. Using a #2 Phillips screwdriver, attach the new Structural Shrouds.



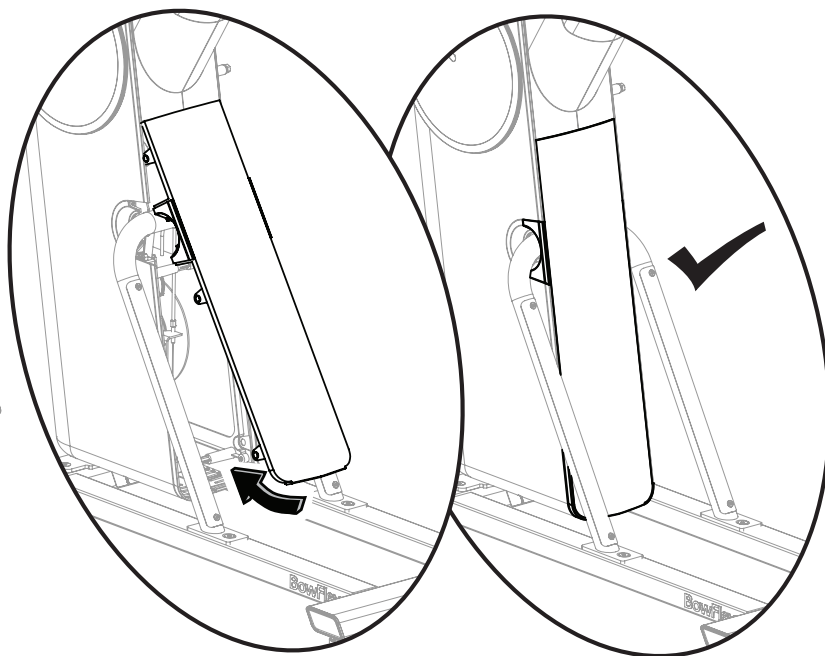
21. Re-install all remaining parts that were removed in reverse order.

When re-connecting the Cable to the Console, the Cable Connector has a tab that can only be connected to the Console in one orientation. Connect the Console Cable to the Console in the proper orientation.

*NOTICE: Do not cut or pinch the cable.*



When re-installing the Rear Shroud to the Frame Assembly, place the upper part of the Rear Shroud onto the Frame Assembly. Then pivot it downward into place. There are 6 tabs that will secure it.



## 22. Final Inspection

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

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