

GARMIN®

TACX® NEO 3M

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Tacx® NEO 3M Quick Start Manual

Getting Started

⚠ WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

NOTICE

Do not use the Tacx® NEO 3M trainer with another motion accessory such as a rocker plate.

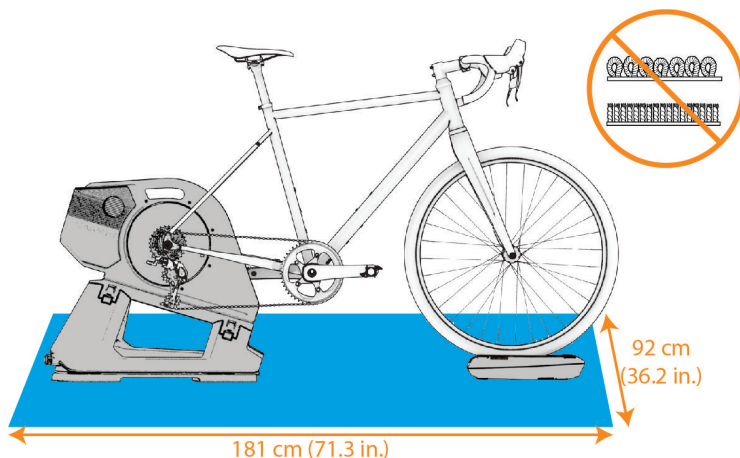
The Tacx NEO 3M cassette body and cassette are compatible with Shimano® and SRAM® 11-speed systems. If you have another cassette style, you must go to www.garmin.com/manuals/NEO3M for more instructions.

- Read the instructions before you assemble the trainer and attach your bike.
- Scan the QR code with the camera on your phone, and follow the Tacx Training app instructions.



TIP: The Tacx Training app includes trainer setup, videos, and software updates (page 10).

- For best results, use the Tacx NEO 3M trainer with a firm mat or low pile carpet. Avoid soft and high pile carpet. You can use a training mat that is 181 x 92 cm (71.3 x 36.2 in.) or larger.

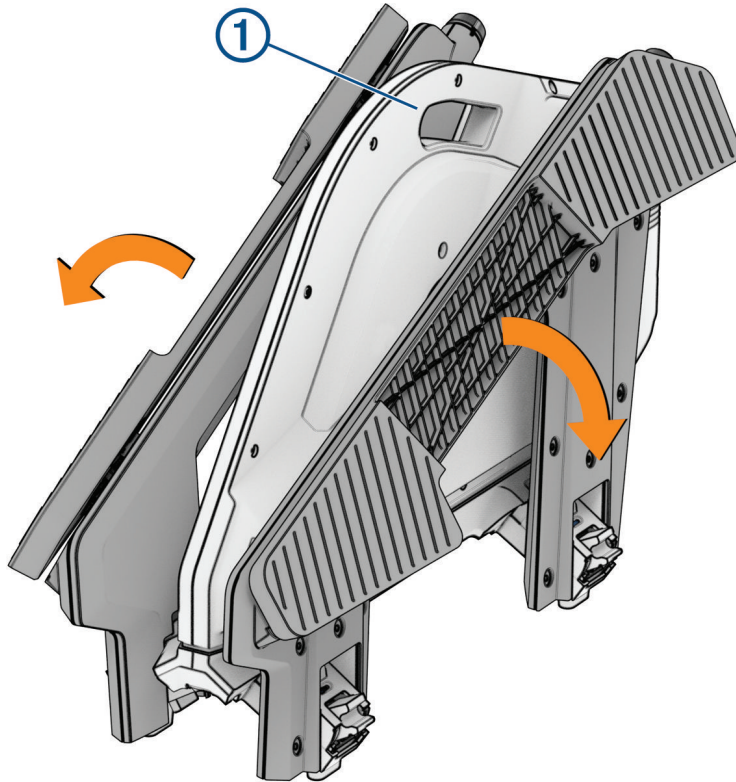


Optional accessories are available at buy.garmin.com or from your Tacx dealer.

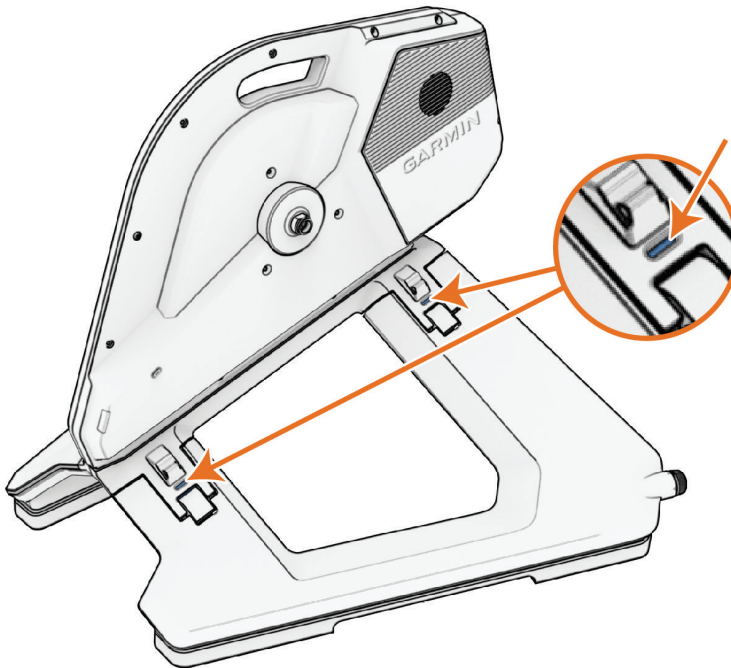
Tacx NEO 3M Assembly Instructions

Unfolding the Trainer

- 1 Unfold the sides of the trainer, and lift up on the handle ①.




- TIP:** The trainer is heavy. You can unfold one side and lock it, and repeat for the other side.
- 2 Ensure both sides of the trainer lock into place.
The indicator window is blue when the sides are properly locked.



- Place the trainer on a firm and level surface.

Installation Kit

NOTICE



The installation kit  contains a quick release axle, compatible end cap supports and end caps, washers, and the blue tool.

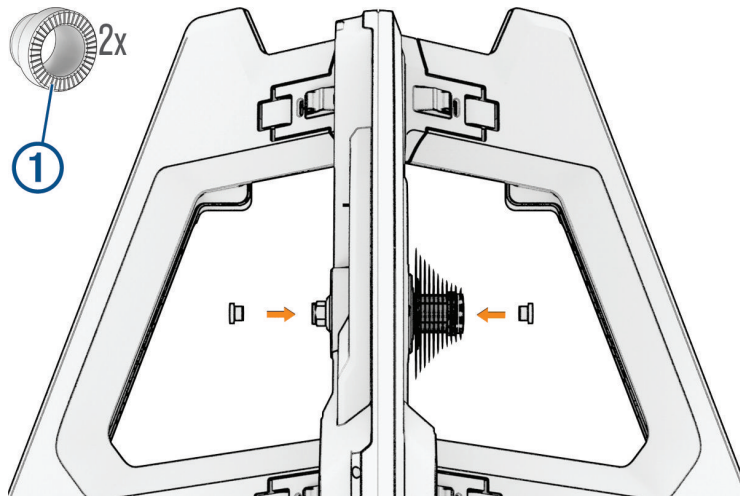
Axle	Non-Drive Side End Cap Support	End Caps (2)
142 mm thru	Pre-installed hardware	Thru-Axle 12mm
148 mm thru	NDS/148 Thru Assembly requires the blue tool.	Thru-Axle 12mm
135 mm quick release Common for most road bikes with disc brakes.	Pre-installed hardware	QR
130 mm quick release Common for most road bikes with rim brakes.	NDS/130 QR Assembly requires the blue tool.	QR

Attaching Your Thru Axle Bike

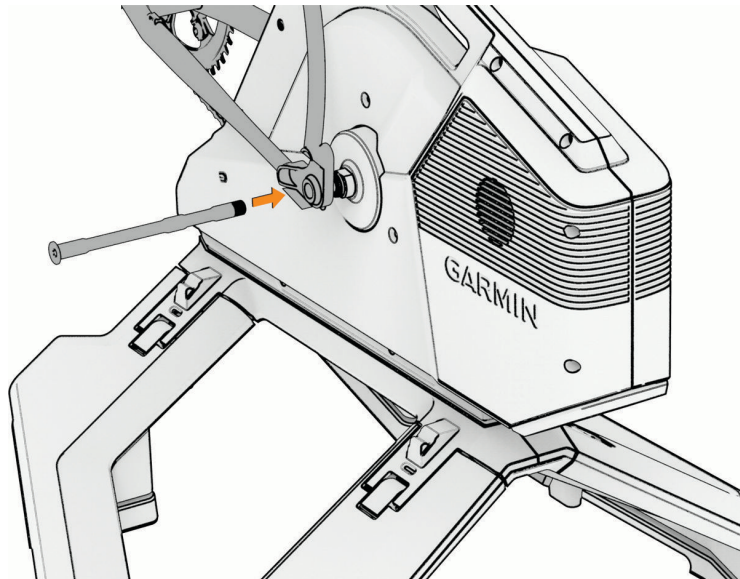
The trainer has pre-installed end cap supports for bikes with a 142 mm thru axle.

NOTE: If you are using a 148 mm thru axle, you must swap out the end cap support using the blue tool. For more instructions, go to www.garmin.com/manuals/NEO3M.

- Open the installation kit , and select the **Thru-Axle 12mm** end caps.
- Snap the end caps  into the pre-installed end cap supports.




- 3 On your bike, shift to the smallest cassette gear.
- 4 Remove the rear wheel from your bike.
NOTE: You should keep the bike and all of the parts within reach.
- 5 Place your bike on the trainer, making sure the chain is on the smallest sprocket of the trainer cassette.
- 6 Insert the axle, and hand tighten.

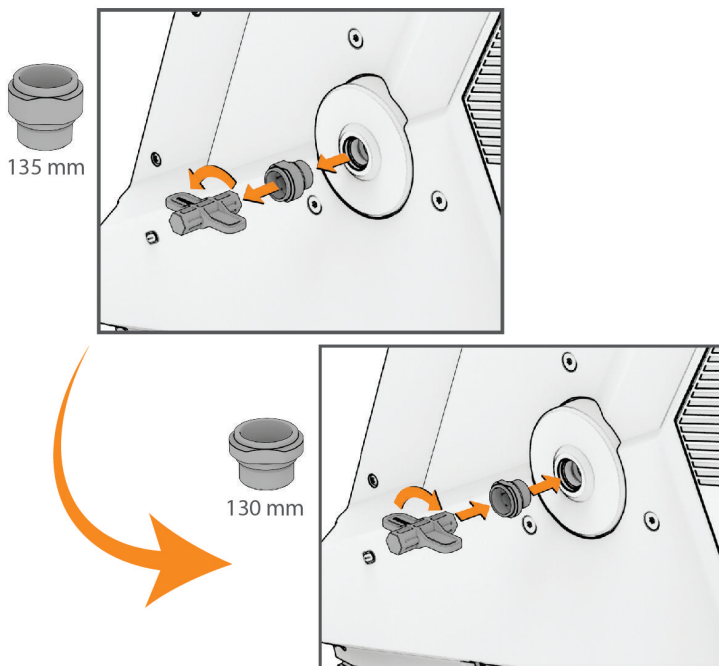




- 7 Tighten the axle to the torque specification indicated on the axle or in your bike instructions.

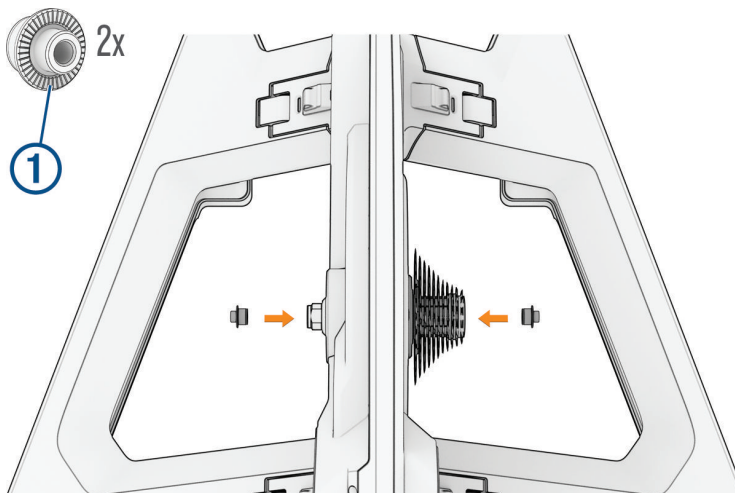
Attaching Your Quick Release Axle Bike


- 1 Select an option:
 - If you have a 130 mm quick release axle, go to step 2.

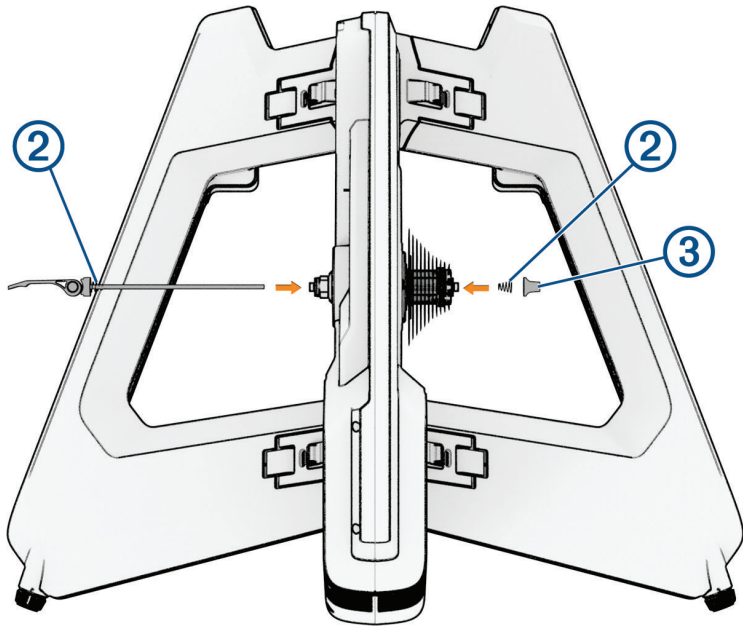
- If you have a 135 mm quick release axle, go to step 5.
- 2 Open the installation kit , and select the **NDS/130 QR** end cap support and the blue tool.
 - 3 Use the blue tool to remove the existing end cap support on the non-drive side.
 - 4 Use the blue tool to install the **NDS/130 QR** end cap support.



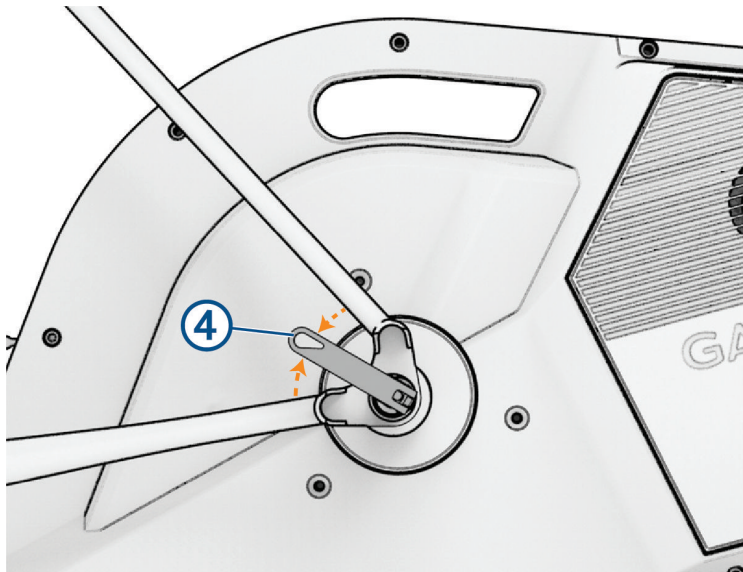
- 5 Open the installation kit , and select the **QR** end caps.
- 6 Snap the end caps  into the end cap supports.



- 7 Insert the skewer from the non-drive side of the trainer.
- 8 Replace the conical springs  on the skewer.



- 9 Hand tighten the cap ③, leaving enough room for the bike frame.
- 10 On your bike, shift to the smallest cassette gear.
- 11 Remove the rear wheel from your bike.
 - NOTE:** You should keep the bike and all of the parts within reach.
- 12 Align your bike on the trainer, and place the chain on the smallest sprocket of the trainer cassette.
- 13 Tighten the cap, and close the quick release handle ④.
- TIP:** Close the handle between the frame bars so it's easier to grip.



Positioning the Front Wheel Support

Before you can position the front wheel support, you must attach your bike to the trainer.

The two-sided front wheel support raises the front wheel of the bike for a natural cycling position and increased stability. The smaller side of the wheel support can hold a maximum tire width of 30 mm (1.18 in.). The larger side of the front wheel support can hold a maximum tire width of 61 mm (2.4 in.).

- 1 Place the front wheel support under your front wheel.

