

GARMIN®

TACX® NEO 3M

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Tacx® NEO 3M Quick Start Manual

Getting Started

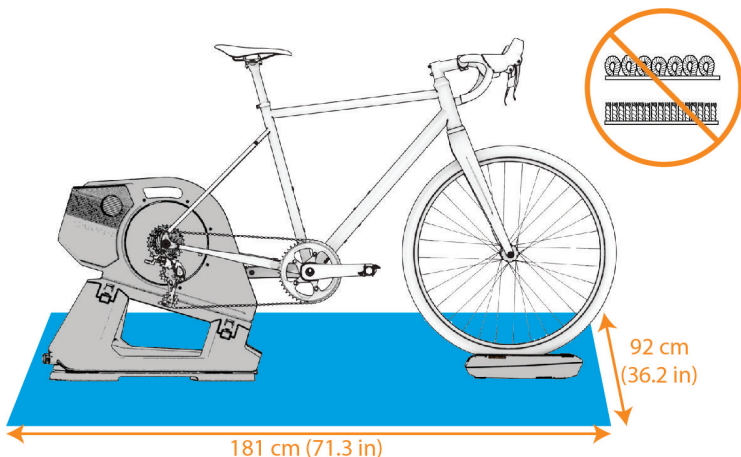
⚠ WARNING

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.

- Read the instructions before you assemble the trainer and attach your bike.
- 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.

- Download the Tacx Training app (page 11).




Tacx NEO 3M Assembly Instructions

Installation Kit


NOTICE

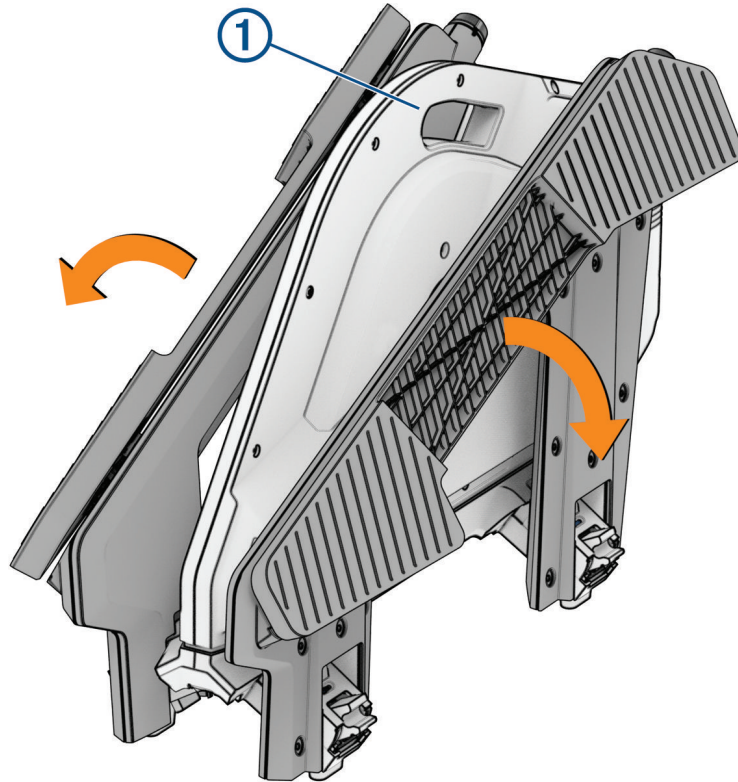
These instructions and the pre-installed end cap supports are for bikes with a 135 mm quick release axle or a 142 mm thru axle only. If you have another axle size, do not continue. You may damage the trainer or your bike. The cassette body is compatible with the Shimano® 11-speed combination cassette. If you have another axle or cassette style, you must go to www.garmin.com/manuals/NEO3M for more instructions.

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

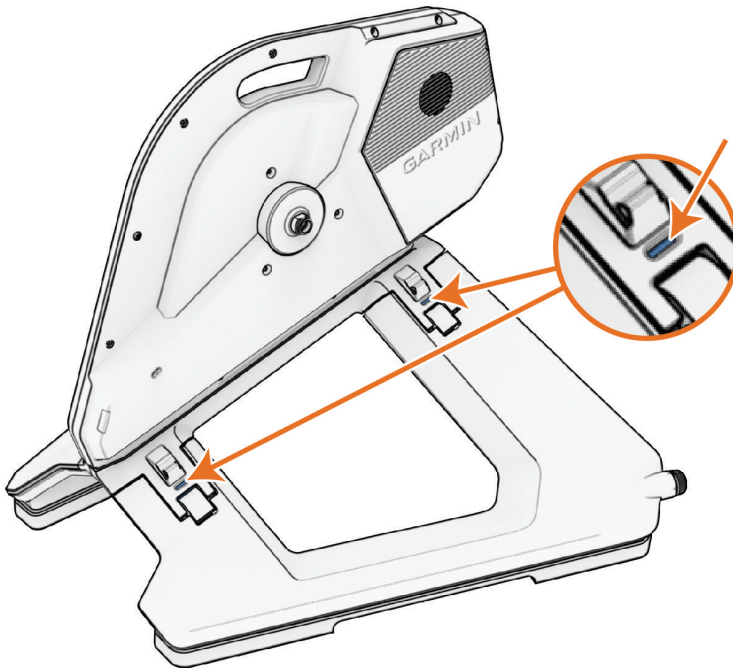
If you are using a 130 mm quick release axle or 148 mm thru axle, you must swap out the end cap supports using the blue end cap tool. For more instructions, go to www.garmin.com/manuals/NEO3M.


Attaching Your Bike to the Trainer

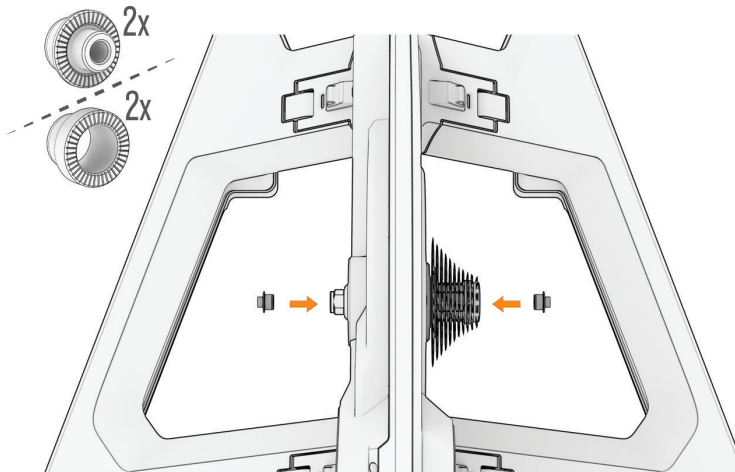
- 1 Unfold the sides of the trainer, and lift up on the handle .



- 2 Ensure both sides of the trainer lock into place.
The indicator window is blue when the sides are properly locked.



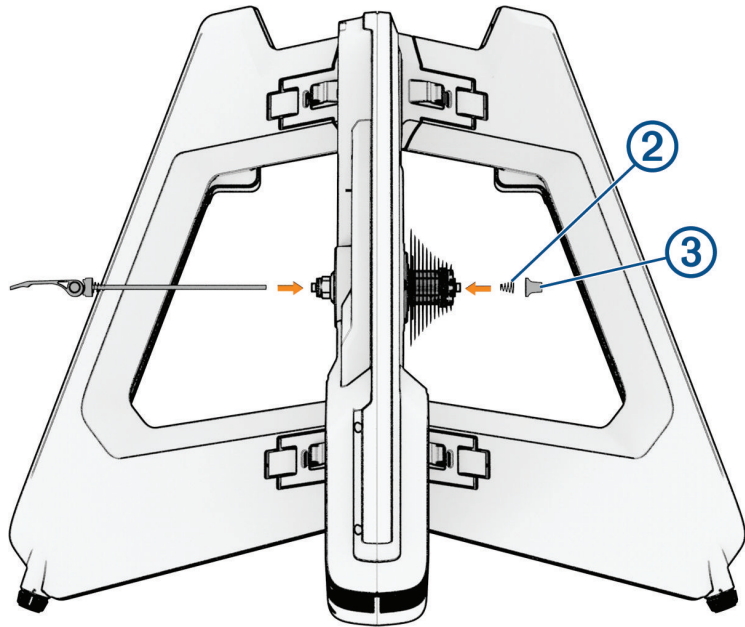
- 3 Place the trainer on a firm and level surface.
- 4 Open the installation kit , and select the end caps for your axle type. The end caps are labeled QR and Thru-Axle 12mm.
- 5 Snap the end caps into the pre-installed end cap supports.



- 6 On your bike, shift to the smallest cassette gear.
- 7 Remove the rear wheel from your bike.
NOTE: You should keep the bike and all of the parts within reach.
- 8 If your bike has disc brakes, install a spacer (not included).

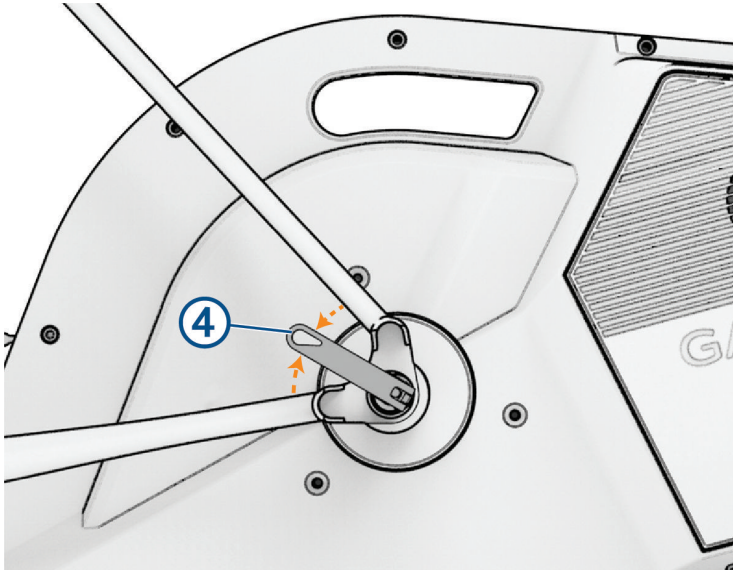
For more information, see the instructions for your disc brakes.

- 9 For a quick release axle, follow these steps:

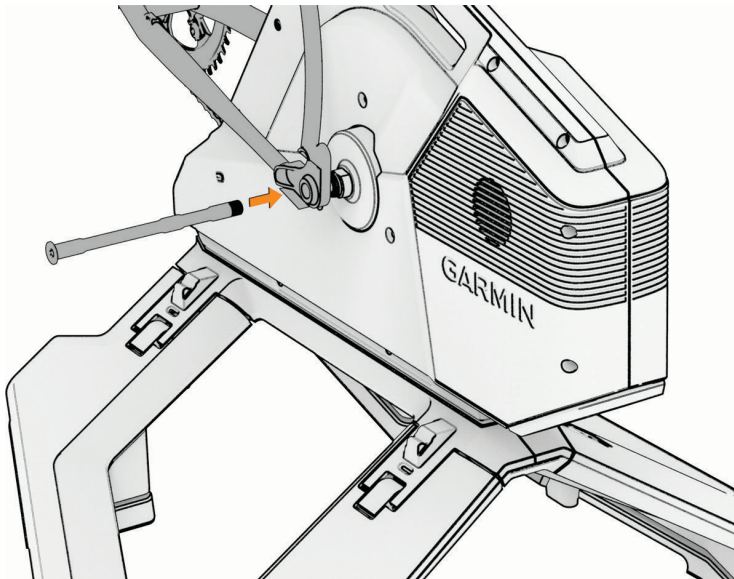


- 9.1 Insert the skewer from the non-drive side of the trainer.
- 9.2 Place the conical spring ② on the skewer.
- 9.3 Hand tighten the cap ③, leaving enough room for the bike frame.
- 9.4 Align your bike on the trainer, and place the chain on the smallest sprocket of the trainer cassette.
- 9.5 Tighten the cap, and close the quick release handle ④.

TIP: Close the handle between the frame bars so it's easier to grip.



10 For a thru axle, follow these steps:



10.1 Place your bike on the trainer, making sure the chain is on the smallest sprocket of the trainer cassette.

10.2 Insert the axle, and hand tighten.

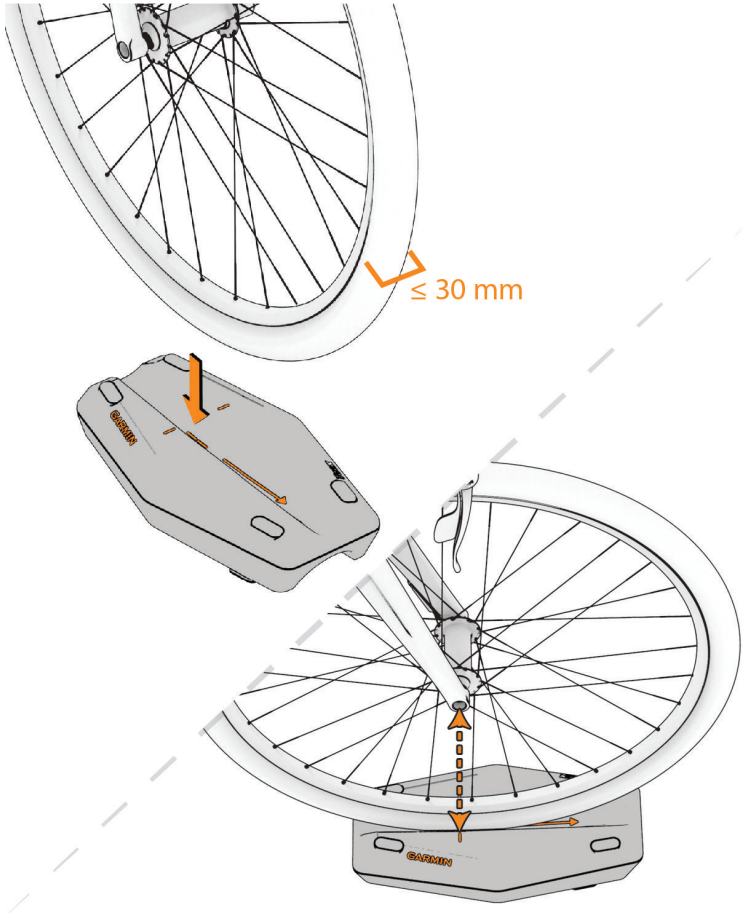
10.3 Tighten the axle to the torque specification indicated on the axle or in your bike instructions.

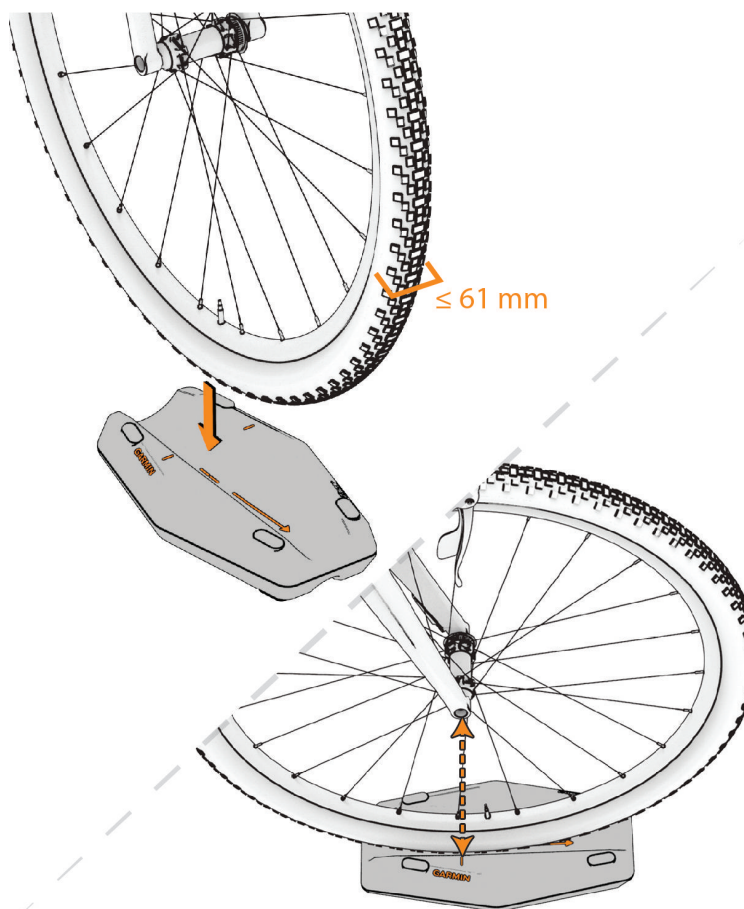
Positioning the Front Wheel Support

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.





- 2 Sit on the trainer, and pedal a few times.
- 3 If necessary, adjust the placement of the front wheel support.

Connecting the Power Cable

⚠ CAUTION

The power cable is in the product box. Do not attempt to use a third-party power cable or adapter with the Tacx NEO 3M trainer because this could lead to personal injury or damage to the trainer.

- 1 Plug the power cable ① into the port ②.