

- 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.



- 2 Plug the power cable into a standard wall outlet.
- 3 Rotate the crank.  
The LED is white.

## Training

### Tacx Training App

You can download the Tacx Training app to your compatible phone, tablet, or computer.

- Ride exciting courses without leaving your home.
- Create your own rides, workouts, and more.
- Manage your training, customize the default settings, and diagnose issues.
- Sync your indoor training data with your Garmin Connect™ account.
- Update your trainer software.

### Pairing the Trainer with the Tacx Training App

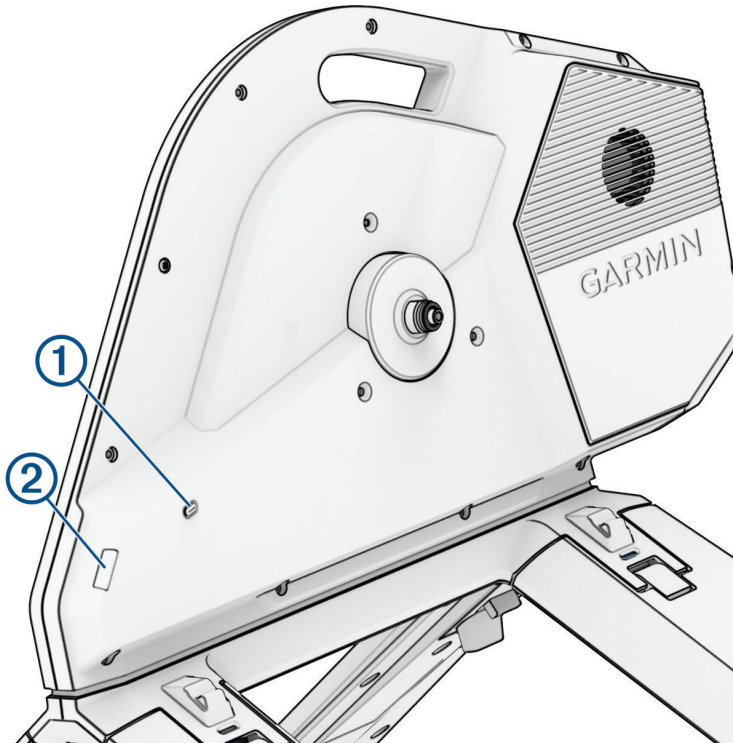
The first time you pair the trainer with the Tacx Training app, you must connect the trainer to an external power source.

**TIP:** For ethernet or Wi-Fi® network connections, you can purchase a network adapter accessory at [buy.garmin.com](http://buy.garmin.com).

- 1 Select an option:
  - Scan the QR code with the camera on your phone, and follow the on-screen instructions.



- To add the Tacx NEO 3M trainer to your existing account, open the Tacx Training app, and select **Settings > Device Manager**.
- 2 On the trainer, press the pairing button ①.



- 3 On the Tacx Training app, follow the on-screen instructions.  
The connected trainer is green.
- 4 Select a workout or course.
- 5 Start pedaling.  
The trainer LED ② changes from white to blue when paired with the app using Bluetooth® technology.

### LED Status

The LED changes based on the trainer status and type of connection.

LED Activity	Status
White	The trainer is active and working properly.
Blue	The trainer is controlled by your Bluetooth device.

LED Activity	Status
Green	The trainer is controlled by your ANT+® device.
Yellow	The trainer is controlled by the Tacx smart network adapter (sold separately).
Flashing red	Indicates a critical trainer error. You can check the Tacx Training app for more information.

The floor LED changes colors during training.

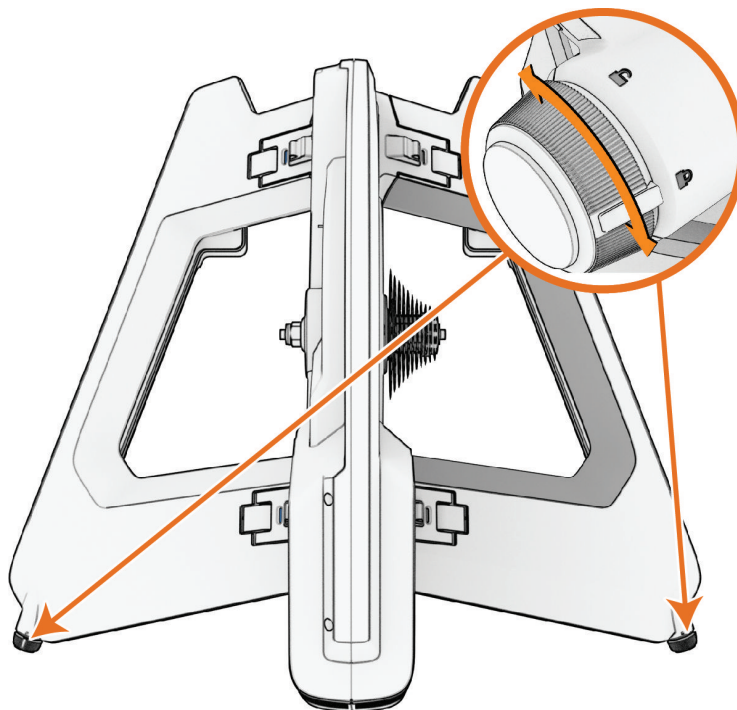
Floor LED Activity	Status
Blue	Indicates low power output.
Purple	Indicates medium power output.
Red	Indicates high power output.

### Going for a Ride

Your first ride on the Tacx NEO 3M trainer should be a short, manual training ride. You should get comfortable with the motion plates.

- 1 Unlock the motion plates.

**TIP:** You must rotate each knob toward  until it clicks.



- 2 Start pedaling slowly.  
The trainer LED is white.
- 3 Practice shifting and increasing your speed.

### Tips for Natural Riding

- Avoid sprinting when the motion plates are enabled. You can sprint if the motion plates are locked.
- If you feel motion sickness while riding, try these options:
  - Focus your vision on a point in front of your bike.
  - Watch a training video while riding.
  - Drink plenty of water before and during your ride.
  - Stop riding until you feel better, and try again.

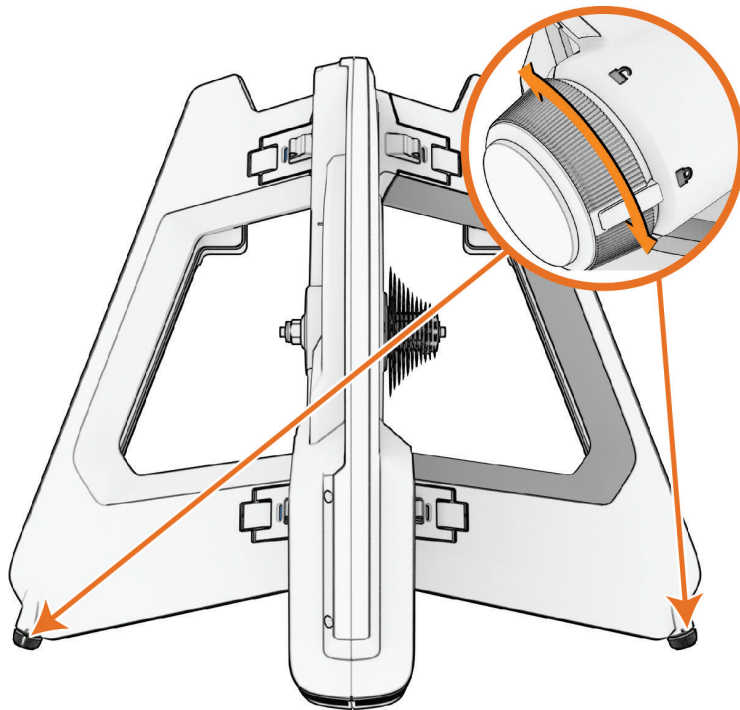
### Device Information

#### Device Care and Storage

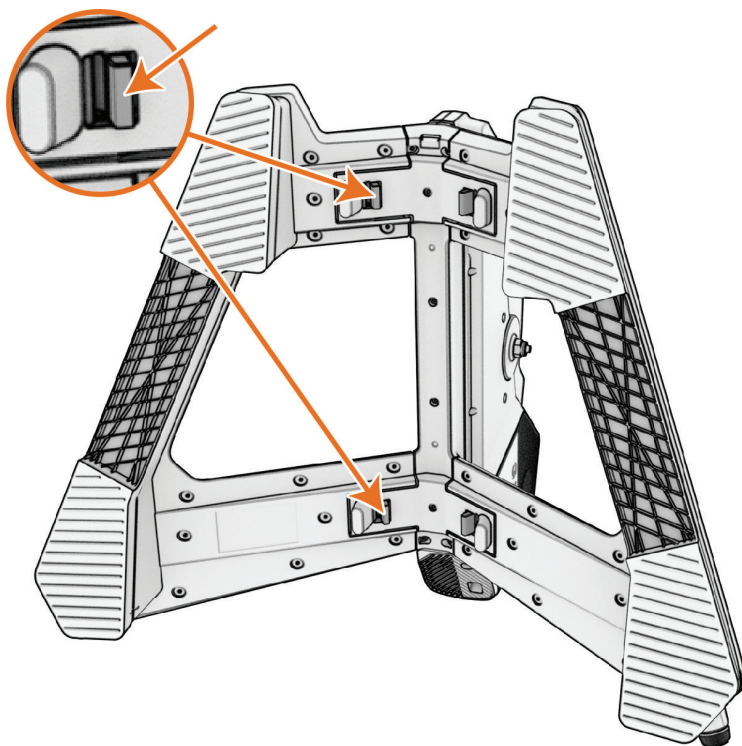
- Unplug the trainer when it is not in use.
- Check the alignment, and lock the motion plates when the trainer is not in use.
- Wipe off the trainer after every use.
- Clean the trainer before storing it.

#### Folding the Trainer for Storage

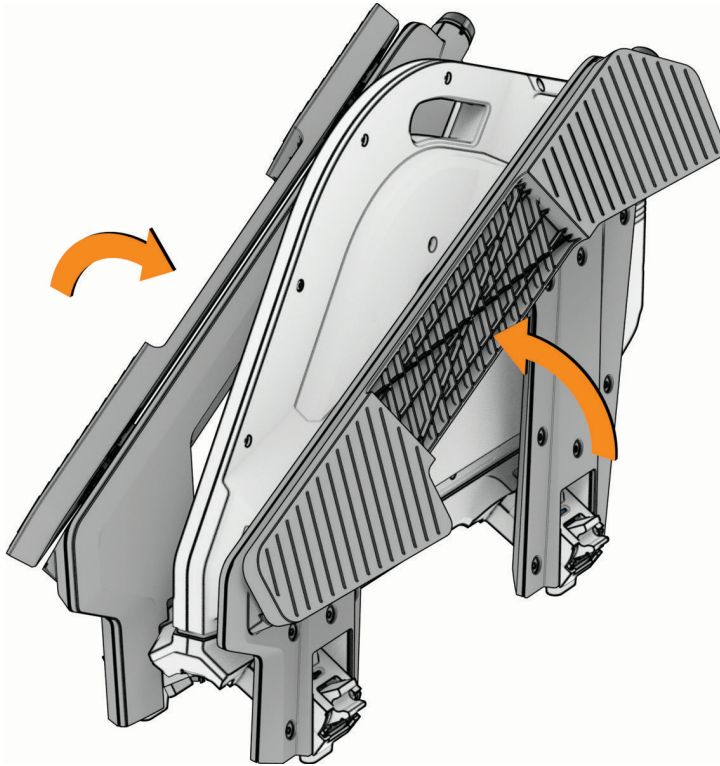
- 1 Check the alignment, and lock the motion plates.



- 2 Lean the trainer back.
- 3 Unlock both sides of the trainer.



- 4 Fold up both sides until they click into place.



### Getting the Owner's Manual

Go to [www.garmin.com/manuals/NE03M](http://www.garmin.com/manuals/NE03M).

### Specifications

Power supply	Use the included power cable. From 100 to 240 V, 50/60 Hz
Operating temperature range	From -10° to 40°C (from 14° to 104°F)
Storage temperature range	From -20° to 60°C (from -4° to 140°F)
	<b>NOTICE</b>
	If the trainer is stored or shipped below this temperature range, allow the trainer to normalize to the operating temperature range, and wait 12 hr. before use. Extreme temperature changes can cause condensation inside the trainer that may result in property damage.
Wireless frequency and transmit power	2.4 GHz @ 6 dBm maximum
Maximum rider weight	125 kg (275 lb.)

# Tacx® NEO 3M

## Manuel de démarrage rapide

FR

### Mise en route

#### ⚠ AVERTISSEMENT

Consultez le guide *Informations importantes sur le produit et la sécurité* inclus dans l'emballage du produit pour prendre connaissance des avertissements et autres informations importantes sur le produit.

#### AVIS

N'utilisez pas le home trainer Tacx NEO 3M avec un autre accessoire tel qu'un Rocker Plate.

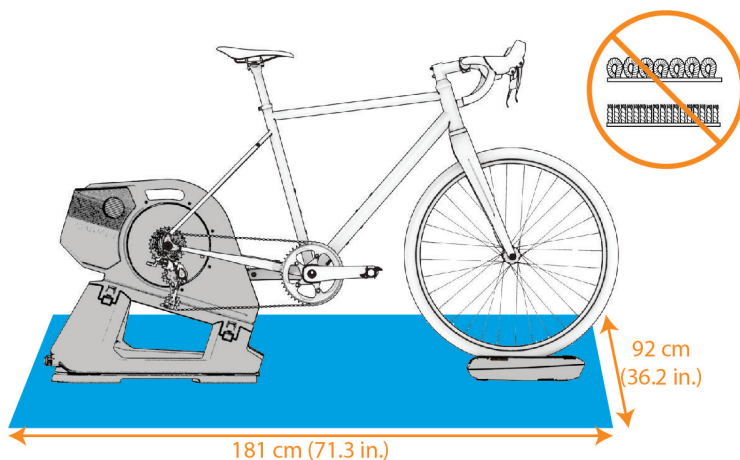
Le corps de la cassette et la cassette Tacx NEO 3M sont compatibles avec les systèmes à 11 vitesses Shimano et SRAM. Si vous avez un autre type de cassette, vous devez vous rendre sur [www.garmin.com/manuals/NEO3M](http://www.garmin.com/manuals/NEO3M) pour obtenir plus d'instructions.

- Lisez les instructions avant d'assembler le home trainer et de fixer votre vélo.
- Scannez le code QR avec l'appareil photo sur votre smartphone et suivez les instructions de l'application Tacx Training.



**ASTUCE :** l'application Tacx Training contient des instructions de réglage du home trainer, des vidéos et des mises à jour logicielles (page 25).

- Pour des résultats optimaux, utilisez le home trainer Tacx NEO 3M sur un tapis ferme ou à poils ras. Évitez les tapis moelleux et épais. Vous pouvez utiliser un tapis d'entraînement de 181 x 92 cm (71,3 x 36,2 po) ou plus.



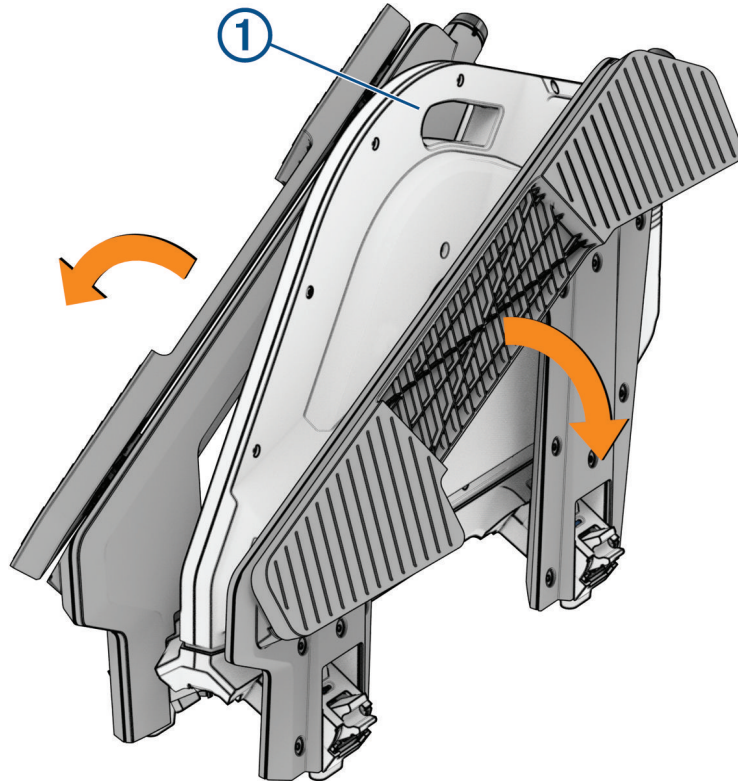
Des accessoires en option sont disponibles sur le site [buy.garmin.com](http://buy.garmin.com) ou auprès de votre revendeur Tacx.



## Instructions de montage Tacx NEO 3M

### Dépliage du home trainer

- 1 Dépliez les côtés du home trainer et soulevez la poignée ①.



**ASTUCE** : le home trainer est lourd. Vous pouvez déplier un côté et le verrouiller, puis répéter l'opération pour l'autre côté.

- 2 Assurez-vous que les deux côtés du home trainer sont bien verrouillés et en place. La fenêtre de l'indicateur est bleue lorsque les côtés sont correctement verrouillés.