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## Is bowflex m3 worth it

Our Ratings are 4.79 Stars out of 5 Stars from 19,594 Reviews as of 2/1/22 While we have liked Bowflex products in the past and have commended their ability to build durable machines, we are not as impressed with the M3's quality. If you are in the market for a Max Trainer, the M5 may offer longer lasting quality. Even still, the M3 is likely to be able to withstand light to moderate use from a weekly user; just so long as the user does not lock it in a hot garage and leave it constantly plugged in. Please keep in mind that one of the biggest factors in a machine's longevity is the type of care that it receives. Brief OverviewWhile they are not necessarily ellipticals, we like to include the Max Trainers in our elliptical reviews because they closely resemble the same type of workout. Bowflex has created a unique workout experience that is backed by multiple success stories. But they have basically let their design carry them in the Max Trainer M3. This machine does not have half of the features that other machines have in this price range and is lacking in quality. Still, the experience and design offer an uncommon edge and we recognize the effort. Thus, we have named the Max Trainer M3 our Second Place 2019 Best Buy elliptical in the \$700 to \$999-dollar range. I like to think of Max Trainers like pasta salad in the salad family. Typically, we think of dressed up lettuce or green leaves- not delicious carbs coated in mayo. But both have the same basic construction: toppings, dressing, and seasoning. Likewise, the Max Trainer is like an elliptical but offers a more inclined workout. Bowflex has designed a machine that offers the movement and full-body interaction of an elliptical while also providing the challenge of a more upright structure. This design is great, but we do not like how Bowflex has heavily relied on the design to justify the price of the M3. Don't get us wrong, the actual workout experience and benefits may be greater due to the design, but you may not receive as much bang for your buck since Bowflex has cut so many corners. To start, why has Bowflex only included a one-year warranty? One year on what? The frame? The parts and labor? And if it is only a year for the parts or the frame, then that means that Bowflex has given the M3 a warranty that is standard for a \$400 dollar machine. If they are charging a thousand for a machine, you would think they would take the time to give it a decent warranty. We have reviewed many Bowflex products and often commend their warranties; the M3's warranty is just disappointing. Secondly, Bowflex only put in eight built-in workouts; some of the cheapest ellipticals have at least thirteen. While many of the Bowflex products are not known for their programming, you would think that they would give the M3 a little more value to make up for the price tag. Lastly, and probably most important, we are not pleased with the quality of the M3. This machine is the lightest machine in our top four within this price range which usually speaks to the quality of material that the machine is built with. They cut corners with the warranty and the programming, so you would at least hope that the actual structure would be solid. Still, there is a reason why we ranked the Max Trainer M3 so high. As we talked about before, this machine offers a much different workout experience than the average workout experience. Another benefit is the amount of floor space that the M3 takes up. Both features appeal to the type of busy-body customer that is taking over the workout machine market. Subsequently, it would be reasonable for a novice user to like the M3 because it has a different, enticing design, a reasonable price tag, and does not take up too much room. Different Kind of Workout Number of Programs 1 Front Drive, Center Drive or Rear Drive N/A Adjustable Stride Length N/A Flywheel Weight N/A Weight Capacity 300 lbs Step Up Height N/A Unit Dimensions 46.1" x 25" x 62.9" Resistance Levels 8 Heart Rate Sensors Included Chest Strap Weight of Unit 143 lbs Warranty 1 Year In past reviews, we have remarked that we do like the price of the Max Trainer M3, but we have not been pleased with the quality. The Max Trainers do not evenly compare to ellipticals. But amongst one another, the M3 is hardly worth the price difference as the M5 has much more quality. We are not very pleased with the lack of programming, unclear and disappointing warranty, and the quality of the M3. We do believe that Bowflex could have kept more closely to their normal standard of quality as they do in most of their products. With that said, the Max Trainer M3 offers a type of workout that is uncommon in the elliptical market. What the M3 lacks in additional features, it somewhat makes up for with overall experience and innovative design. Consequently, we would recommend our Second Place 2019 Best Buy Winner in the \$700 to \$999-dollar category for a light to moderate user. A top alternative to treadmills, the Bowflex Max Trainer M3 is gentle on your joints and supports wonderfully speedy calorie burn. Using the Max Trainer M3, you can burn calories at up to 2.5 times your treadmill rate. This is mainly because Max Trainers engage not only your lower body but also your upper body:The lower body exercise is like elliptical training or stair stepping.The upper body exercise uses moving arms. The arm motion is similar to that on some elliptical trainers, but it's about 80% more effective.Additional benefits stem from the Max Trainer M3's zero-impact design. Fitness machines that are zero impact or low impact significantly reduce your risk of injury when compared with treadmills. They also help you exercise more intensely with the same perceived effort, so results come more quickly. It makes sense that the tagline for these Bowflex trainers is "Max results. Max reasons."This treadmill alternative is the entry-level model in its series, which also includes the Max Trainer M6. The M3 covered in this review has eight resistance levels, two preset workouts, and two user profiles. It sells for under \$1,500 online and is delivered with a chest strap for wireless heart rate monitoring.There are some key differences between the Max Trainer M3 and M6 that contribute to the higher cost of the latter. For example, the M6 features more preset programs and the number of resistance levels. However, the maximum and minimum resistance levels on each model are the same. These products have one-year and two-year parts warranties, respectively.Below are lists of what we like and don't like about the Bowflex Max Trainer M3. We conclude the review with a summary and verdict.What We Like:There are many features on the Max Trainer M3 that make it stand out from the crowd. These include:No Impact: Even on the most cushioned treadmills out there, you are still going to be subject to some degree of impact. You exercise to feel better about yourself and your body but yet some forms of exercise can actually leave you injured and in pain. That's why investing in equipment that leaves you pain-free is a fantastic option. The Max Trainer M3 will keep your joints protected and you feeling great as you go about your workout session.Various Intensity Abilities: Since you aren't losing any energy through shock absorption within your own body, you can put 100% of your energy towards your workout sessions. Those exercising on the Max Trainer M3 are generally able to exercise at higher intensity levels than those who are exercising on treadmills or doing other higher impact forms of exercise. This can lead to better results over the long haul.Upper Body Workout: The upper body workout that you get with many cardio trainers is minimal, if any. Not with the Bowflex Max Trainer M3. This one will even give you a better arm workout than most elliptical trainers, which is important for building a well-rounded level of fitness.Resistance Levels: To help ensure you make ongoing progress, the Bowflex Max Trainer M3 provides eight resistance levels to ensure that as you get more fit, you can up the resistance and see improvements. This also helps you perform high intensity interval training with ease and add enough variety to your workout sessions so you never become bored. If you need more resistance, no problem. Just opt for the M6 model, which offers 16 different resistance levels.Heart Rate Monitoring Systems: Keep tabs on your heart rate easily by using the wireless chest strap that's included. This will help ensure that you are working out in your target heart rate zone.Dual User Profiles: This machine is perfect for the couple who wants to get in shape together or for two roommates living together. With two user profiles, each person can set up their workouts right where they left off.Extras: Bowflex designed the M3 for comfort. Your machine will also come with a water bottle holder for keeping your water close by along with a reading rack so you can read a book, magazine, tablet, or just watch a movie on you Smartphone.Compact: For those who are short on space, the Max Trainer M3 is a perfect option. With a footprint of just 49 inches by 26 inches, you can easily fit it in even the tightest of spaces. It also weighs only 143 pounds, so isn't too terribly hard to move as needed.We award this machine four stars but not five. Here are a few potential drawbacks of choosing the Max Trainer M3:

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