

NEO MOTION PLATES

Owner's Manual

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Table of Contents

Important Safety and Product Information.....	1
Device Information.....	7

Important Safety and Product Information

⚠ WARNING

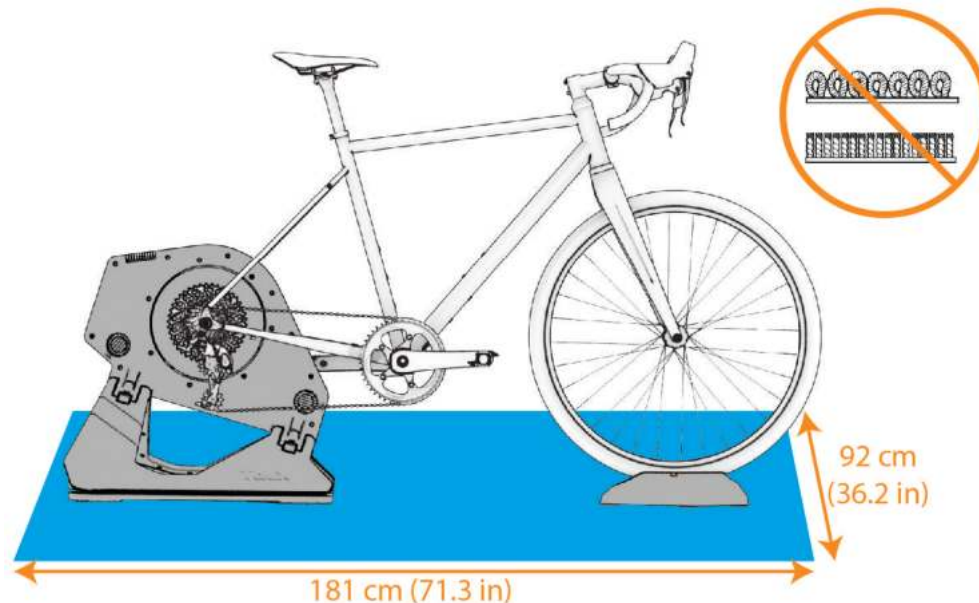
- Failure to heed the following warnings could result in death, serious injury, or property damage.
- See the *Important Safety and Product Information* guide in the Tacx® NEO product box for product warnings and other important information.
- Use the NEO Motion Plates accessory with your Tacx NEO trainer on a flat surface that is clear of any obstructions.
- The NEO Motion Plates accessory contains magnets. Under certain circumstances, magnets may cause interference with some internal medical devices, including pacemakers and insulin pumps. Keep devices and mounts that contain magnets away from such medical devices.

NOTICE

- Failure to heed the following notice could result in personal or property damage, or negatively impact the device functionality.
- The NEO Motion Plates accessory contains magnets. Under certain circumstances, magnets may cause damage to some electronic devices, including hard drives in laptop computers. Use caution when devices that contain magnets are near electronic devices.

Before Assembly

- The package contains 2 plates and 1 front wheel support.
- The maximum tire width is 28 mm.
- For best results, use the NEO Motion Plates 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.



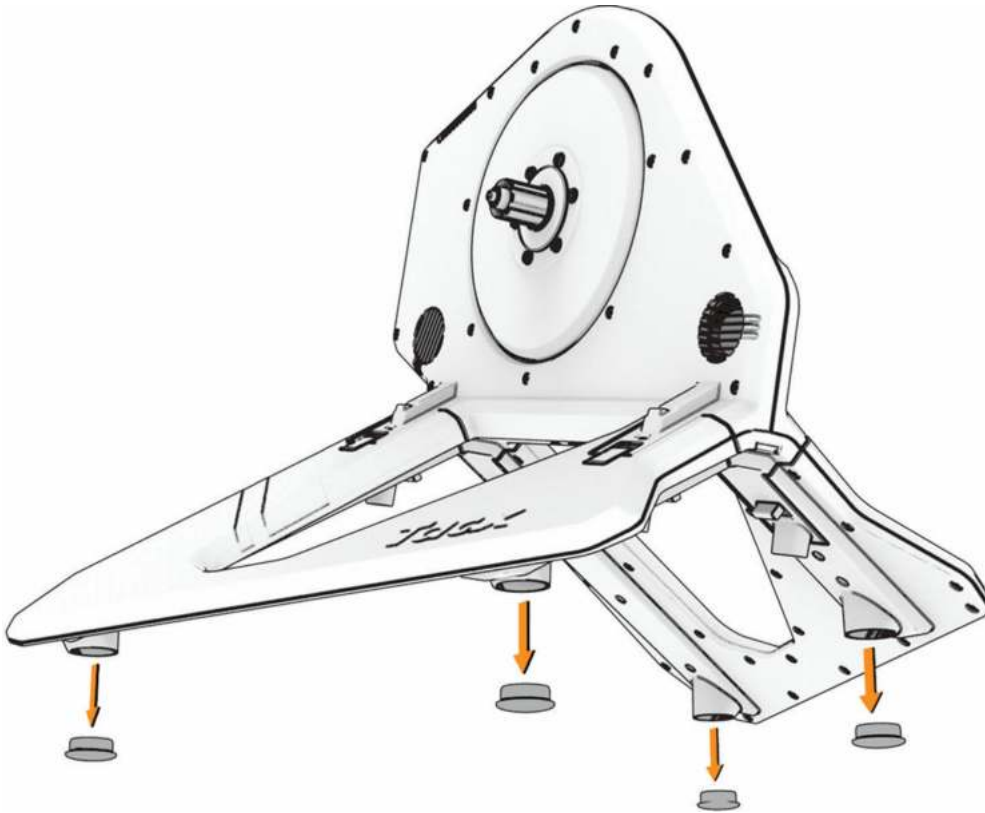
Optional accessories are available at buy.garmin.com or from your Tacx dealer.

- Do not use the NEO Motion Plates with another motion accessory such as a rocker plate.

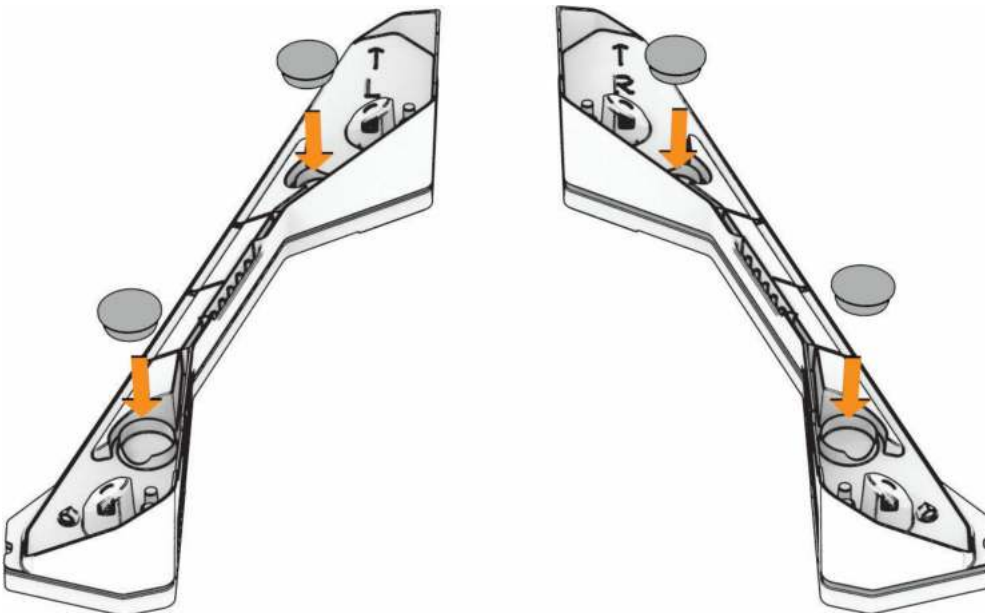
Installing the NEO Motion Plates

You can use the NEO Motion Plates accessory with any Tacx NEO trainer.

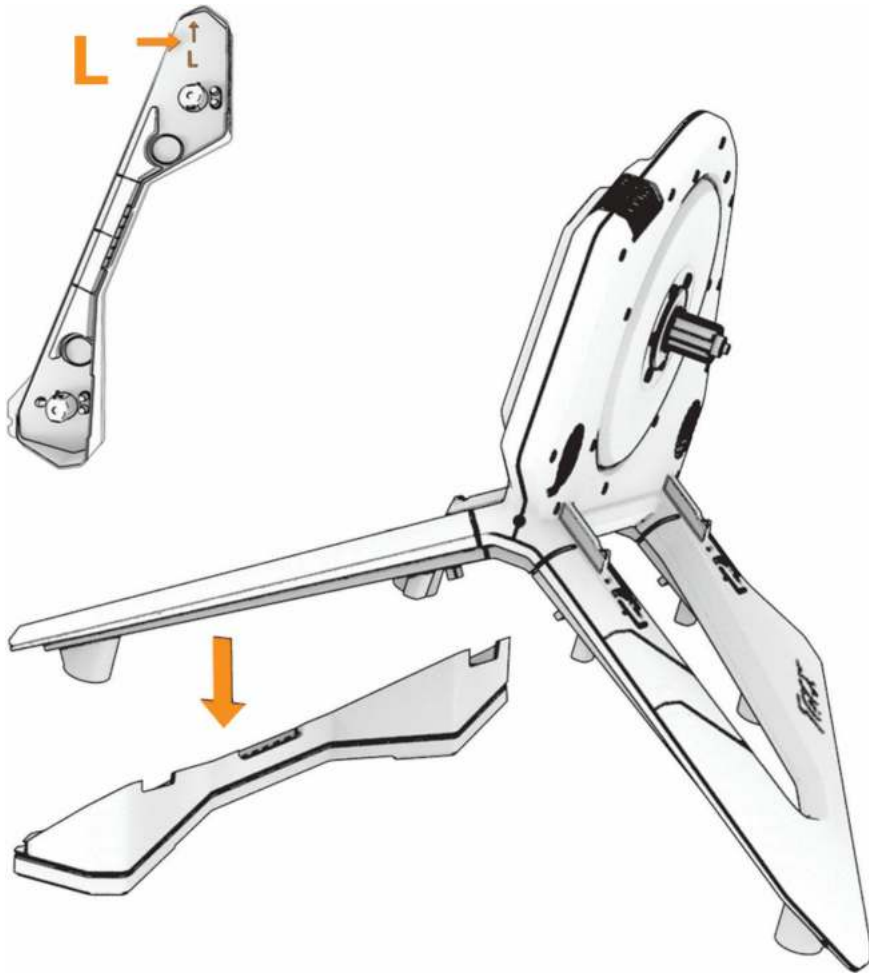
- 1 Remove the 4 feet from the Tacx NEO trainer.



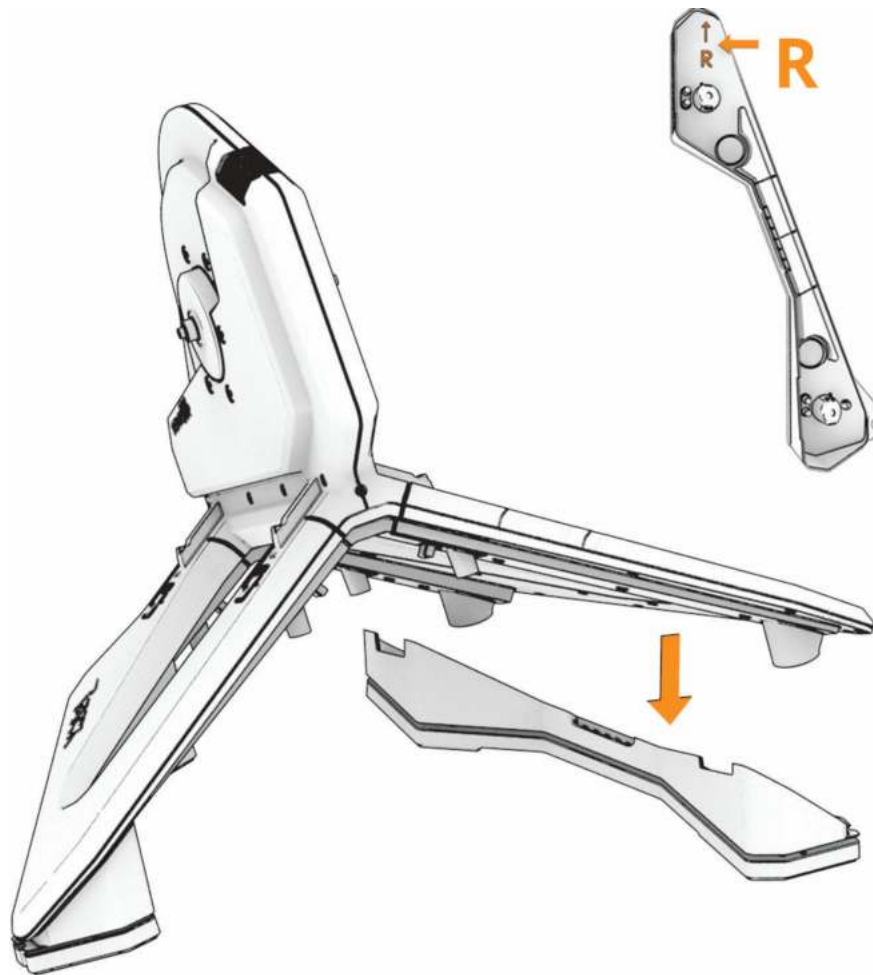
- 2 Store the feet on the NEO Motion Plates.



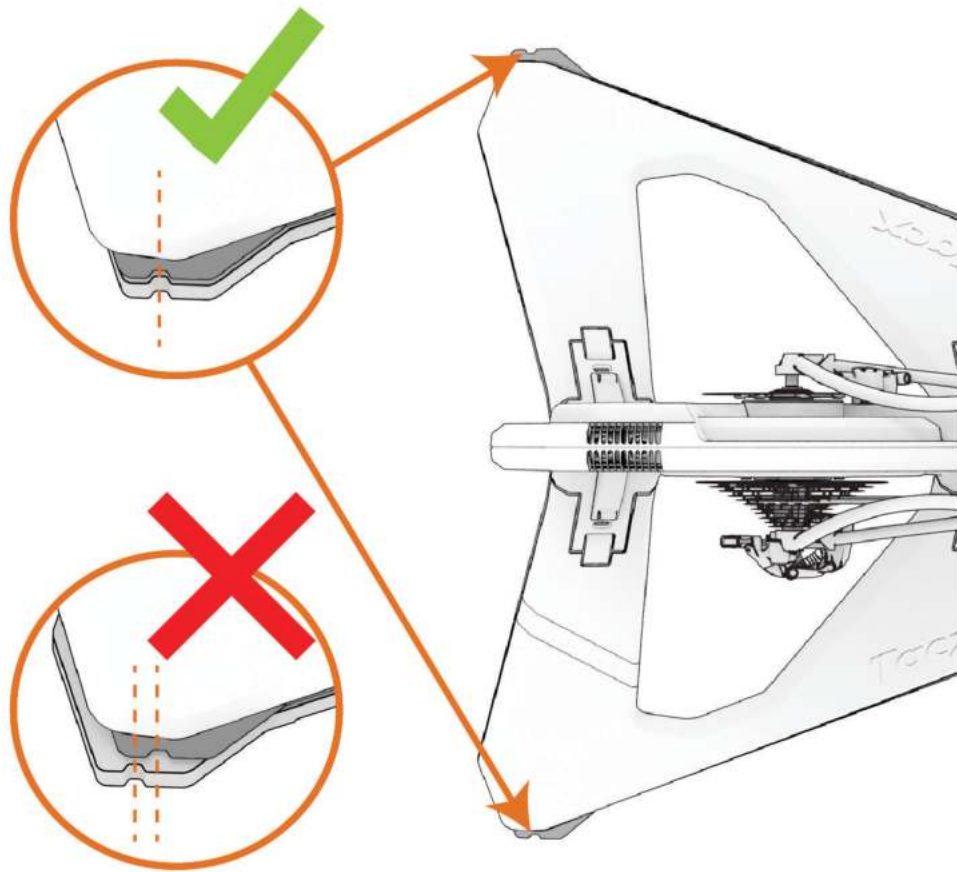
3 Lift the left side of the Tacx NEO trainer, and align the left plate.



- 4 Lift the right side of the Tacx NEO trainer, and align the right plate.



- 5 Check the alignment of the plates on both sides.
You may need to lift and adjust each side to align the plates correctly.
NOTE: Both plates must be fully seated.



Positioning the Front Wheel Support

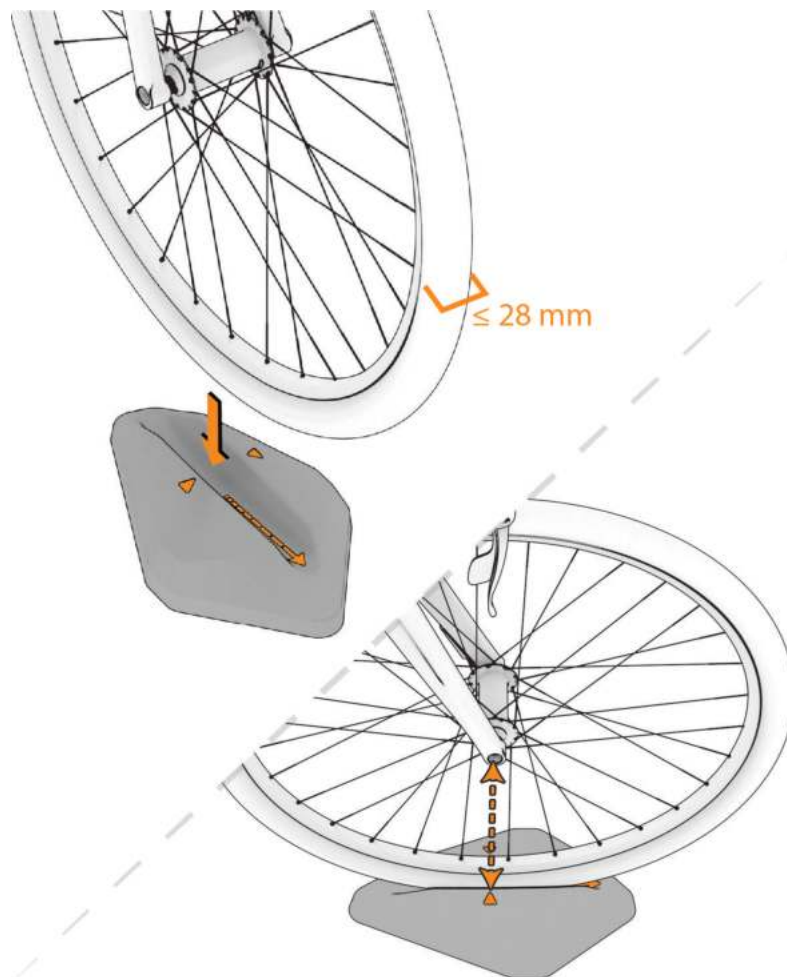
Before you can position the front wheel support, you must install the NEO Motion Plates ([Installing the NEO Motion Plates, page 2](#)).

The front wheel support raises the front wheel of the bike for a natural cycling position and increased stability. The maximum tire width is 28 mm.

- 1 Use the front wheel support included with the NEO Motion Plates accessory instead of the front wheel support included with your Tacx NEO device.



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



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

Device Information

Training Tips

Using the NEO Motion Plates accessory with your Tacx NEO trainer provides natural movement during your training rides.

- The device is designed for normal cycling. For best results, avoid sprinting.
- If you feel motion sickness while riding, try these options:
 - Focus your vision on a point in front of the trainer.
 - 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 Care and Storage

- Wipe off the trainer and NEO Motion Plates accessory after every use.
- Clean the trainer before storing it.
- Push in the levers to unlock the base of the Tacx NEO trainer.
Both sides fold up and click for storage.

Tacx Training App

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

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

