KEISER®

STRENGTH | CARDIO | FUNCTIONAL

M SERIES
M3 INDOOR GROUP CYCLE

MODELS: 005501BBC, 005501XXC

ASSEMBLY AND OPERATION MANUAL

CONTENTS

GENERAL INFORMATION

INTRODUCTION

Congratulations on the purchase of your new Keiser M3 Indoor Group Cycle and welcome to the Keiser family. Your new resistance system is a revolutionary way to exercise providing a smoother, quieter, and more predictable workout. We commend you on your decision to work toward your health and wellness goals. For your safety, and to ensure the best experience and maximum gains, it is critical that you read and understand this manual before you begin using the M3. If you have any questions regarding assembly and/or operation after reading this manual, our Keiser Customer Support team will be happy to assist by telephone at 1 559 256 8000 or via live chat at keiser.com/support (Monday–Friday, 7 am to 5:30 pm PST), or by email at service@keiser.com.

Yours in Health,
Keiser Corporation

REGISTER YOUR PURCHASE

Register your M3 to stay informed of safety notifications and for faster, more accurate warranty service.

Scan the QR Code to the right to access the interactive online warranty registration form or visit:

https://www.keiser.com/forms/warrantyregistration

SCAN

RECORD YOUR SERIAL NUMBER

Please take a moment at this time to record the serial number in the space provided below.

Serial No.: _____

Serial Number Information	
A	Manufacturer name, logo, and address
B	Country of manufacture
C	Patent information notification
D	WEEE Directive mark
E	CE mark
F	TÜV SÜD mark
G	Unique Device Identification (UDI)
H	ISO Accuracy and Usage Classes
I	FCC Identifier
J	Maximum User Weight Limit
K	Canadian IC Identifier
L	Directive and standards compliance
M	UK Responsible Person
N	European Authorized Representative
O	Serial number and date of manufacture
P	Model number and product description
Q	UK Conformity Assessed mark

Marking plate illustration is for reference only. Refer to the marking plate attached to the equipment for specific product information.

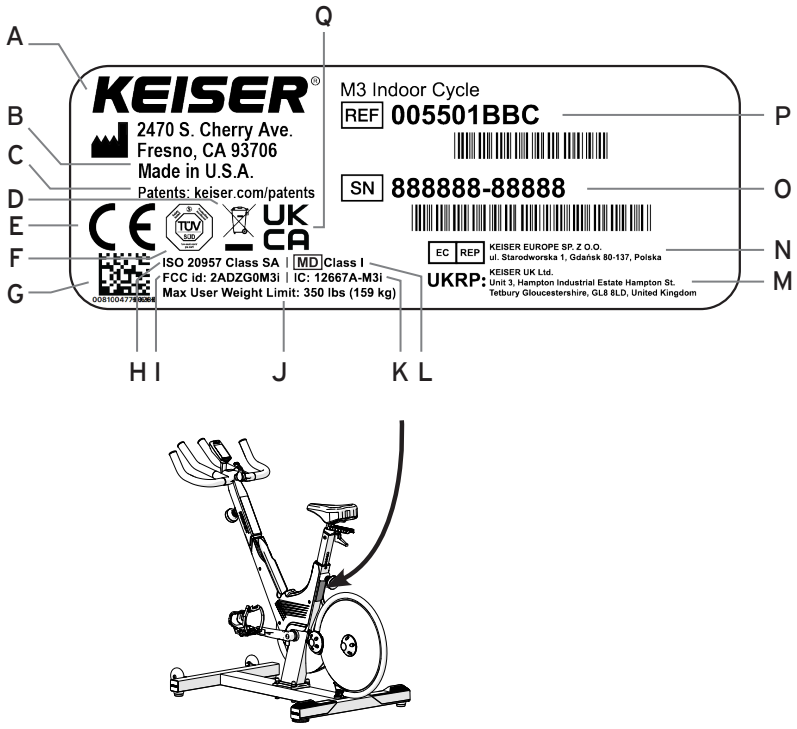


Figure 1. Serial Number Location and Information

IMPORTANT SAFETY INFORMATION

It is the sole responsibility of the purchaser of Keiser Corporation equipment to instruct all individuals, whether they are the end user or supervising personnel, on proper usage of the equipment. Keiser Corporation recommends that all users of its equipment be informed of the following information prior to use.

1. Read these instructions. Keep these instructions.
2. Heed all warnings. Follow all instructions.
3. Use the Keiser M3 Indoor Group Cycle (herein referred to as "bike") for its intended purpose as described in this manual. Do no use attachments/accessories that have not been recommended by the manufacturer.
4. Intended use of the bike is for physical activity or Physiotherapy (sometimes referred to as physical therapy).
5. The bike is intended for individuals aiming to maintain and restore maximum movement and functional ability throughout their lifespan, including circumstances where movement and function are limited by aging, injury, pain, disease, disorders, conditions, or environmental factors, especially in case of using the bike in physical therapy.
6. Maximum user weight limit: 350 lbs (159 kg). User height range: 58–84 inches (1,473–2,134 mm).
7. Consult your physician before beginning any exercise program.
8. Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately and consult your physician.
9. The bike is intended for use in training areas of organizations where access and control are specifically regulated by a person responsible for determining the suitability of use and maintenance.
10. Wear proper shoes. Dress shoes, sandals, slippers, or bare feet are not suitable for use on the bike. Quality athletic shoes are recommended for proper support and comfort. Do not wear clothing that might catch on any moving parts. Tie long hair back.
11. Distractions, such as watching television, reading, using a computer device, or talking on the telephone while using the bike affect the ability of the user to safely exercise on the bike. Pay attention to and focus on your exercise while using the bike.
12. Routinely check and pay special attention to components most susceptible to wear. Refer to the "Preventative Maintenance Schedule" (page 22) for further instruction.
13. Immediately replace damaged, worn, or broken parts and do not use the bike until all repairs have been completed and tested by a Keiser-certified technician.
14. Only use replacement parts recommended by Keiser Corporation. Attempting to repair or replace any damaged, worn, or broken parts on your own is not recommended. A Keiser certified technician should be consulted.
15. Proper posture and body position is necessary to achieve a safe, comfortable, and effective workout. Correct foot placement and arm reach must always be maintained during every workout. Refer to the sections under "How to Exercise on the Bike" (page 19) for further instruction and safety information.
16. The cycle is not designed with a freewheel, but a fixed gear system. When the flywheel is in motion, the pedals will also be in motion. For this reason, never remove your feet from the Pedals while the Flywheel is in motion as serious user injury may occur.
17. Always secure your feet on the Pedals with the clip-in system or the Pedal Cage before your workout.
18. It is recommended that the bike be pedaled in the forward direction.
19. The Resistance Lever also functions as an Emergency Brake, allowing you to safely slow or stop the motion of the Flywheel. Move the Resistance Lever forward to slow the motion of the Flywheel. Move the Resistance Lever to the most forward position to engage the Emergency Brake.
20. Do not make adjustments during exercise. Use the Pedals or the Resistance Lever to slowly bring the Flywheel to a controlled stop prior to making adjustments.
21. Before dismounting the bike, push the Resistance Lever to the most forward position to engage the Emergency Brake. Wait until the Pedals come to a complete stop before dismounting.
22. Pedaling at high speeds or in the reverse direction or pedaling while standing are considered advanced techniques and should only be performed when the user has reached an advanced level or under supervision by a person that has reached an advanced level.
23. The bike is not a toy. Children shall not play with the bike. Children under 14 years old should not use the bike. Keep children and pets clear from the bike at all times, especially while in use. Cleaning and user maintenance shall not be performed by children.
24. The bike can be used by children age 14 years and above. Persons with mental disabilities, reduced physical, mental, or sensory capabilities, or lack of experience or knowledge should not use the bike without constant supervision by a spotter/supervisor.
25. The bike should not be positioned in direct sunlight, in areas of extreme temperature and humidity, or where the bike may be splashed with water or fluids. The bike is intended for indoor use only.
26. The minimum amount of free area around the bike is 24 inches (610 mm) on all sides. Refer to the "Training Space" section (page 7) for further placement direction.
27. The bike is suited for both home and commercial use. To ensure your safety and to help prevent damage to the bike, read all instructions before operating. Seek professional installation technicians if you are not able to safely perform the work necessary to unpack, assemble, and set the bike in a desired exercise location.

IMPORTANT SAFETY INFORMATION

28. Failure to perform the "Proper Operation Check" (page 13) prior to normal use of the bike will void your warranty and could result in serious injury.
29. The use of any exercise equipment, including, without limitation, Keiser's strength training equipment in which resistance can be changed at anytime during the repetition, and any fixed gear bike, including, without limitation, the Keiser bike, without proper instruction and/or supervision violates the terms of the agreement for purchase of such products. The ability to add resistance anytime during a repetition, including, without limitation, the ability to do a heavy negative may be dangerous, especially for anyone that does not recognize or respect the potential danger. The inability to stop pedaling on a fixed gear Bike before the flywheel stops may also be dangerous to anyone riding, especially anyone that does not recognize or respect the potential danger.
30. Users, agents, and/or anyone directing the use of the bike shall determine the suitability of the bike for its intended use, and said parties are specifically put on notice that they shall assume all risk and liability in connection herewith.
31. If you have any questions regarding bike installation and/or operation after reading this manual, contact Keiser Customer Support:

1 559 256 8000

service@keiser.com

keiser.com/support

Telephone and Live Chat
Monday–Friday 7 am to 5:30 pm PST

CONVENTIONS USED

This manual contains the following marks:

⚠ **WARNING**: Indicates a hazardous situation that, if not avoided, could result in death or serious injury.

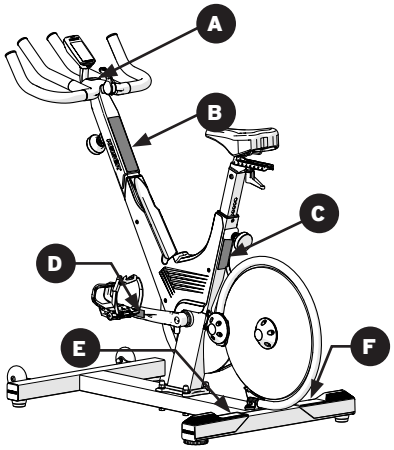
⚠ **CAUTION**: Indicates a hazardous situation that, if not avoided, could result in minor or moderate injury.

HEAVY OBJECT: Indicates help is required during lifting to avoid muscle strain and/or back injury.

TWO-PERSON PROCEDURE: Indicates help is required to safely and successfully complete installation.

IMPORTANT: Indicates information considered critical, but not hazard-related.

SAFETY AND NOTIFICATION LABELS

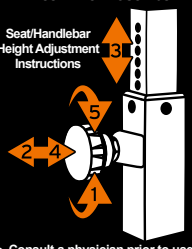


A

⚠WARNING
Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.
555376

B

⚠WARNING
Read the User Manual, follow all instructions prior to use. Ensure proper instruction is attained prior to using this machine. IMPROPER USE OF THIS MACHINE CAN RESULT IN SERIOUS INJURY.



- Consult a physician prior to use and stop if you feel faint, dizzy, or exhausted.
- Refer to User Manual for additional warnings and safety information.
- This machine must be used in a supervised environment.
- Keep children away.
- Keep body, clothing, and accessories clear from all moving parts.
- Inspect machine prior to use. Immediately report worn, loose, or damaged parts and refrain from using the machine.
- Always ride in control. Stop in a controlled manner as flywheel momentum will keep pedals turning.
- Do not attempt to dismount bike or remove feet from pedals until pedals have come to a complete stop.
- Maximum user weight limit: 350 lbs (159 kg)

555387

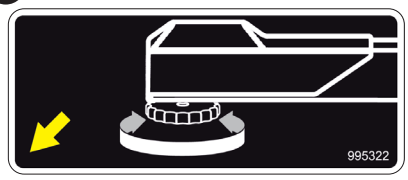
C

KEISER
2470 S. Cherry Ave.
Fresno, CA 93706
Made in U.S.A.
Patents: keiser.com/patents
M3 Indoor Cycle
REF 005501BBC
SN 888888-88888
ISO 20957 Class SA | Class I
FCC id: 2ADZG0M3I | IC: 12667A-M3I
Max User Weight Limit: 350 lbs (159 kg)
UKRP

D

⚠ CAUTION ⚠
TORQUE PEDALS TO
47 Nm (35 ft-lb)
FAILURE TO DO SO AND/OR INTERCHANGING PEDALS WILL VOID THE WARRANTY AND MAY RESULT IN SERIOUS PERSONAL INJURY.555371

E



F

Maintain safety and serial number labels. Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Keiser Corporation for a replacement (see contact information on this page).

WARNING: Incorrect or excessive exercise may cause injury. If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.

IMPORTANT SAFETY INFORMATION

CONTRAINDICATIONS

There are a number of contraindications in the context of the relevant fields of the M3 bike use. In rehabilitation, only the medical staff can determine the form and extent of therapy. Medications can have an influence on the rehabilitation (e.g. neuroleptics, benzodiazepines, barbiturates, anti-epileptics, etc.). In the following cases, M3 bike training may only be carried out after consultation with a doctor:

- Pregnancy
- Acute thrombosis
- Fresh wounds (e.g. after surgery)
- Artificial joints or prosthetics
- Bone fractures
- Spinal disc damage
- Traumatic injury to the spine
- Diabetes
- Epilepsy
- Inflammation
- Acute migraine headache
- Chronic illnesses
- Cancer
- Acute myocardial infarction or unstable angina pectoris (determined by a stress test)
- Cardiovascular diseases e.g. severe high blood pressure at rest, carditis, congestive heart failure, severe valvular heart disease, dangerous heart arrhythmias at rest, or aortic aneurysm

If the patient is experiencing acute illness, febrile condition (i.e. fever), or newly occurring pain, this represents an absolute contraindication for physical stress. In such situations, it is necessary to postpone training until the patient's health has improved sufficiently.

In some situations (especially in patients with coronary heart disease or lung disease) overstraining can lead to an acute intensification of the patient's symptoms. In such situations, an exercise ECG is essential and training is only possible under medical supervision.

The use of the automated operation (pulse automatic, preset programs, external control via computer or other device) is prohibited, unless the strain was authorized by a physician in accordance with the patient's capacity/health.

For applications in endurance training, diagnostics and performance testing of patients, performance diagnostics, and stress tests, the same contraindications apply (among others) as with all physical stress. If there is doubt, it is important that a physician be consulted before using the M3 bike.

TECHNICAL SPECIFICATIONS

Model No.	Device Label (Short Description)	Device Full Description
005501BBC	M3-BLK-BLK-COMP	M3 Indoor Group Cycle, Black (frame color), Black (plastic color), Computer Display
005501BBN *	M3-BLK-BLK	M3 Indoor Group Cycle, Black (frame color), Black (plastic color)
005501WBC †	M3-WHITE-BLK-COMP	M3 Indoor Group Cycle, White (frame color), Black (plastic color), Computer Display
005501XXC	M3-SPC-SPC-COMP	M3 Indoor Group Cycle, Special (frame color), Special (plastic color), Computer Display
005501XXN *	M3-SPC-SPC	M3 Indoor Group Cycle, Special (frame color), Special (plastic color)

* No computer display, no wireless communication.
† Model sold in US only.

See pages 17–18 for computer display features.

EQUIPMENT SPECIFICATIONS

Height: 44 in (1,118 mm)
Depth: 51 in (1,296 mm)
Width: 26 in (661 mm)
Weight: 87 lbs (40 kg)

Power: 1.5V AA Alkaline Batteries (quantity two, Keiser PN 966502)

Maximum user weight limit: 350 lbs (159 kg)

User height range: 58–84 inches (1,473–2,134 mm)

The Keiser M3 Indoor Group Cycle is categorized per EN/ISO 20957-1 as a Class S product for use in a controlled environment such as sports or fitness facilities under the supervision of a trainer.

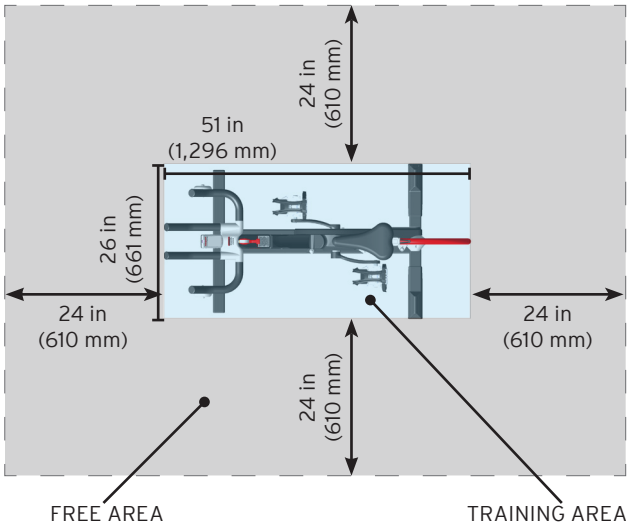


Figure 2. Training Space Illustration

TRAINING SPACE

The minimum amount of free area space around the bike is 24 inches (610 mm) on all sides (refer to Figure 2).

When bikes are positioned adjacent to each other, the free area may be shared.

ASSEMBLY

BEFORE ASSEMBLY...

- To help prevent damaging parts during assembly, do not use power tools.
- Substitution or modification of any part or component, other than what is provided by Keiser, will void your warranty.
- Left-hand side Pedal is marked "CR-L" and right-hand side Pedal is marked "CR-R."
- Keep the packing materials until you successfully finish all assembly steps.
- Keiser Corporation is not responsible for damage or injury caused by incorrect assembly/installation, use, or improper care/maintenance.

AFTER ASSEMBLY...

Protect your investment and ensure longer equipment life. Apply a quality rust and corrosion inhibitor to the following parts and areas after assembly, annually thereafter:

- Left Bottom Bracket Bearing
- Clip-in area of each Pedal

See "Proper Operation Check" on page 13 for application locations. For complete equipment care information, refer to the "Preventative Maintenance Schedule" on page 22.

TOOLS AND MATERIALS REQUIRED

UNPACKING

- Scissors
- Cutting Pliers
- 1/2-inch (13 mm) Wrench
  if Shipping Board is present

ASSEMBLY

- #2 Phillips Screwdriver
- Two 10 mm Open-end Wrenches
- 15 mm Open-end Wrench
- 15 mm Crowfoot
- 16 mm Open-end Wrench
- 16 mm Crowfoot
- Ratchet
- 6-inch Ratchet Extension
- Torque Wrench
  up to 35 ft-lbs / 47 Nm
- 5 mm Hex Key
- 6 mm Hex Socket Bit (long bit recommended)

Note for in-home users: The M3 Series Tool Kit (PN 550887, sold separately) contains all the assembly tools listed above, including tools for unpacking (1/2-inch Wrench only), seat adjustment (14 mm Socket), and battery replacement (#1 Phillips Screwdriver).

MATERIALS

- Clean Cloth
- Rust and corrosion inhibitor

UNPACKING

HEAVY OBJECT: HELP REQUIRED WHEN LIFTING.

IMPORTANT: AVOID EQUIPMENT DAMAGE, DO NOT USE BOX CUTTERS.

Place all parts in a cleared area and check for missing parts (refer to the Parts List and Hardware & Fittings sections in the following pages). Parts damaged in shipping or missing? Contact Keiser Customer Support (see back page for contact information).

PARTS LIST

Familiarize yourself with the parts below before you continue to the assembly procedure.

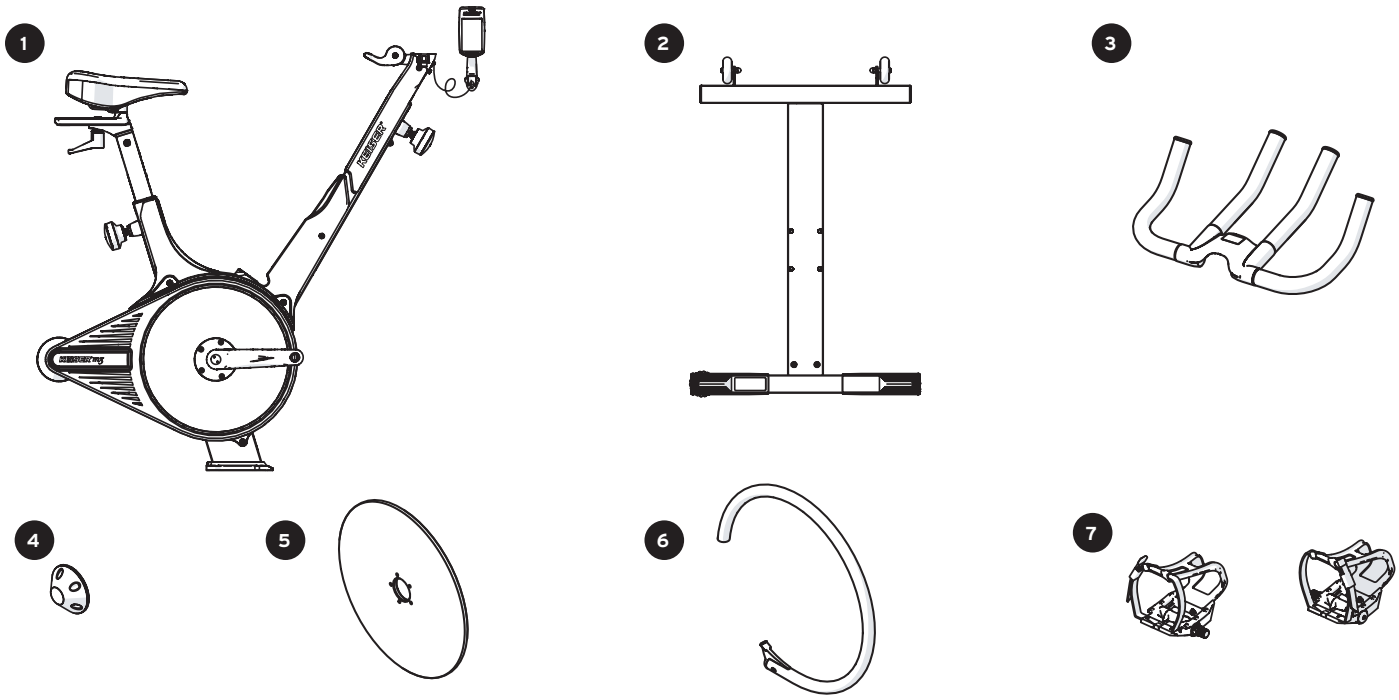


Figure 3. Parts List

	Description	Qty	Keiser Part Number
1	M3 Main Frame and Computer Display*	1	-
2	Base	1	550814
3	Handlebar	1	550844
4	Hubcap	1	555005
5	Flywheel	1	555003
6	Flywheel Guard	1	550845
7	Keiser® M Series Bike Pedal Set	1	555473

* Computer display included on models 005501BBC, WBC, and XXC only.

HARDWARE & FITTINGS

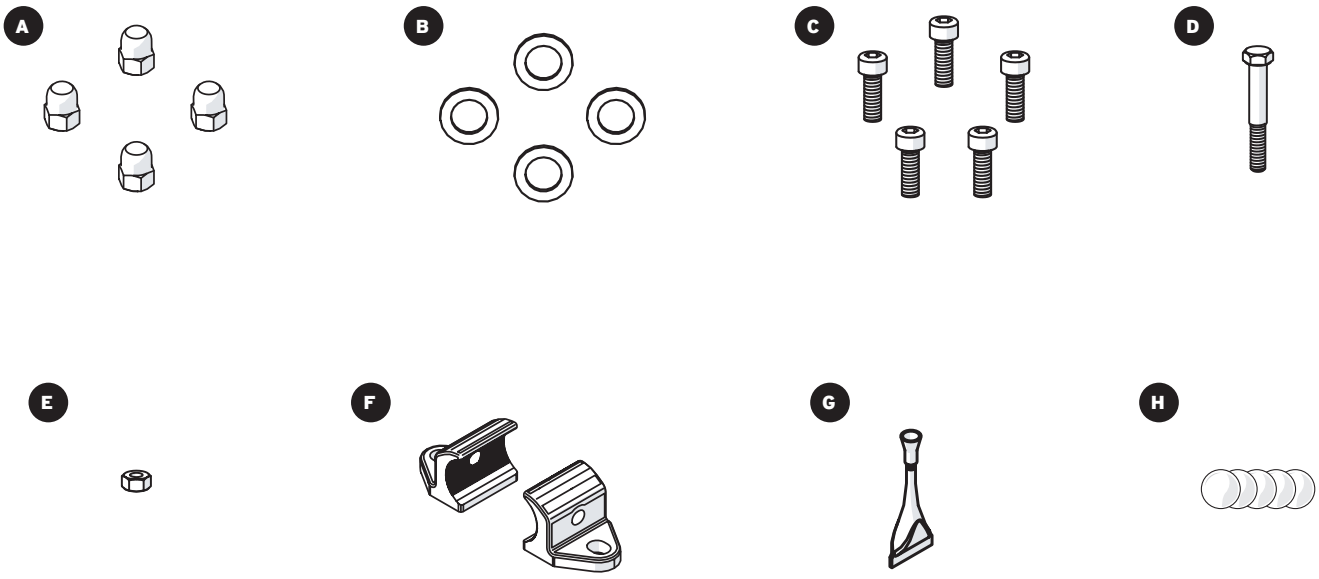


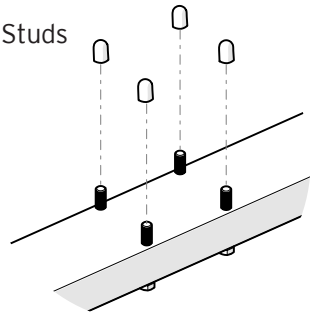
Figure 4. Hardware and Fittings

	Description	Qty	Keiser Part Number
A	Acorn Nut (7/16-20 SS)	4	555022
B	Washer (FW-ACFT 7/16 SS)	4	9384
C	Socket Head Cap Screw (M6X1X20 SS)	5	9502
D	Hex Head Cap Screw (M6X1X45 SS)	1	9525
E	Hex Nut (M6X1 SS)	1	9508
F	Flywheel Guard Clamp	2	555025
G	Loctite® 242 Threadlocker	1	105550
H	Hub Cover Decal	5	555379

HOW TO ASSEMBLE THE BIKE

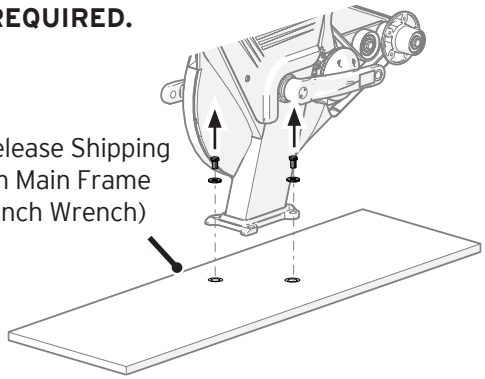
1 Prepare Base and Main Frame.

Pull Caps off Base Studs



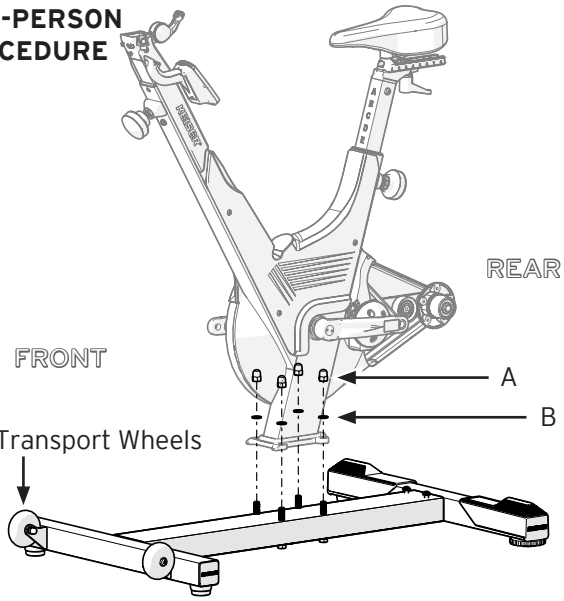
HEAVY OBJECT: HELP REQUIRED.

If present, release Shipping Board from Main Frame (Tool: 1/2-inch Wrench)



2 (a) Position the front of the Main Frame facing the Transport Wheels, then carefully lower the Main Frame onto the Base over the Base Studs.

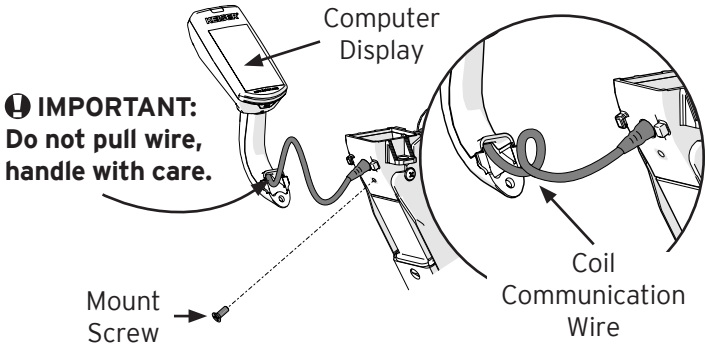
TWO-PERSON PROCEDURE

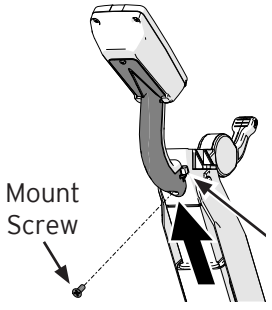


(b) Install one Washer and one Acorn Nut (Items B and A) onto each Base Stud. Tighten Acorn Nuts using a 16 mm (5/8 inch) Open-end Wrench. Torque to 35 ft-lbs (47 Nm) using a 16 mm (5/8 inch) Crowfoot and Torque Wrench.

3 (a) Release the Computer Display from the packing material and remove the Mount Screw using a #2 Phillips Screwdriver.

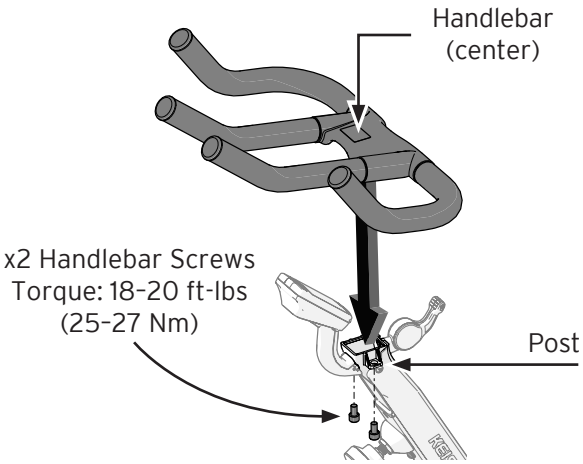
(b) Coil the Communication Wire into the Computer Mount Cavity. Avoid pulling/pinching the wire.





(c) Slide the Computer Mount up and under the Mount Tabs. Align the screw holes and install the Mount Screw (removed in Step 3a) using a #2 Phillips Screwdriver.

4 (a) Remove the two Handlebar Screws from the Handlebar using a 6 mm Hex Socket Bit and Ratchet (NOTE: Anti-seize lubricant on the Screws can create messy work; handle with care).



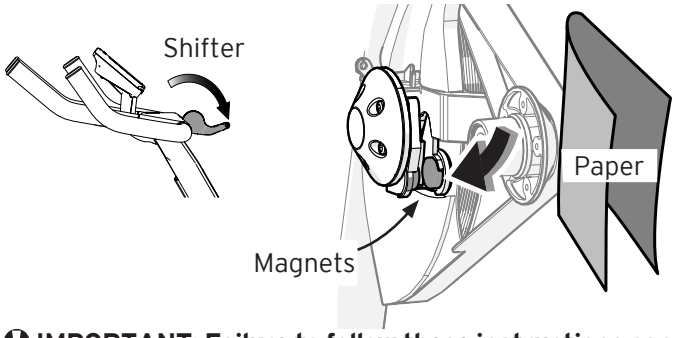
(b) Place the Handlebar onto the Post as shown. Then, slightly tilt up the Handlebar for clearance to start the two Handlebar Screws.

(c) Press down at the center of the Handlebar to level on the Post. Then, tighten the screws until snug using a 6 mm Hex Socket Bit. Torque to 18-20 ft-lbs (25-27 Nm) using a 6 mm Hex Socket Bit and Torque Wrench.

HOW TO ASSEMBLE THE BIKE

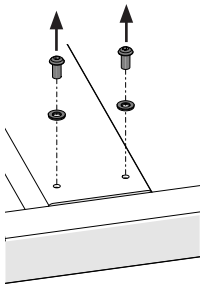
5 Prepare for Flywheel installation.

Move Shifter to the down position. Wedge a piece of paper between the Magnets.

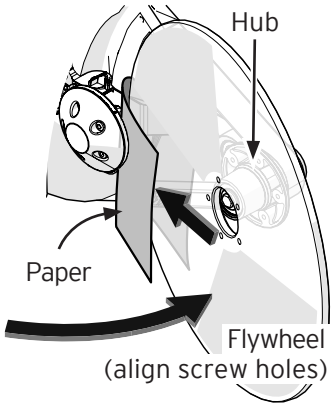


IMPORTANT: Failure to follow these instructions can lead to cosmetic damage to the Flywheel.

It is recommended to remove x2 Flywheel Guard Mount Screws and Washers from the Base for easy installation later in the assembly procedure (Tool: 5 mm Hex Key).



6 (a) Pivot the Flywheel into the folded paper and onto the Hub. Push the Flywheel up against the Hub until it is fully seated. Align the screw holes, and discard the folded paper.

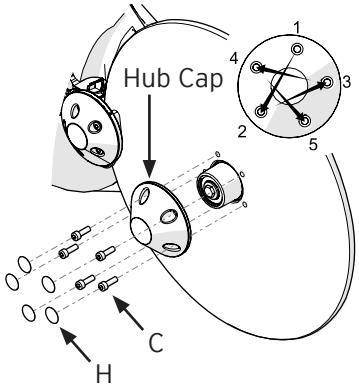


(b) Place the Hub Cap onto the Hub. Align the screw holes. Start five SHC Screws (Item C).

(c) Tighten the screws in a star pattern until snug using a 5 mm Hex Key.

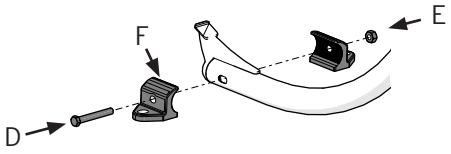
DO NOT OVERTIGHTEN MAY DAMAGE THREADS.

(d) Apply Hub Cover Decals (Item H) over each of the screw holes.

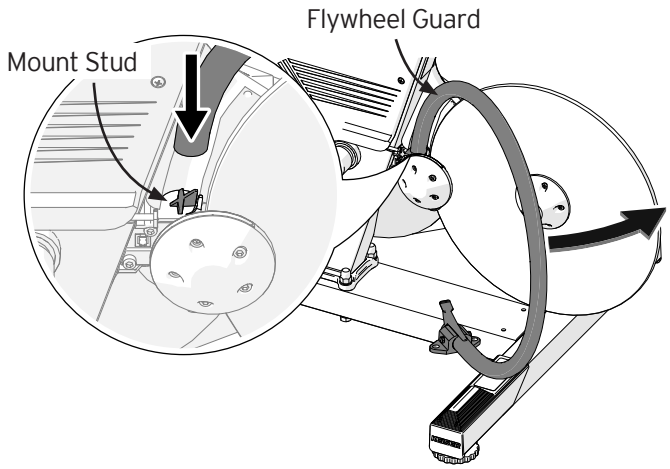


7 Prepare for Flywheel Guard Installation.

(a) Install the Clamps to the Flywheel Guard, finger-tight (Items D, E, and F).

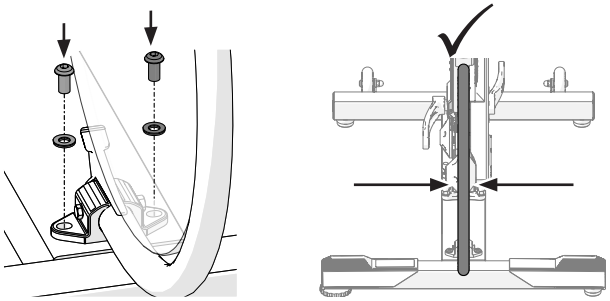


(b) Place the open end of the Flywheel Guard onto the Mount Stud, then pivot the Flywheel Guard into position.

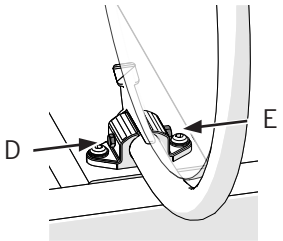


8 Align and secure the Flywheel Guard.

(a) Attach the Clamps to the Base using x2 Mount Screws and Washers (removed in Step 5), finger-tight. Align the Flywheel Guard to the Flywheel.

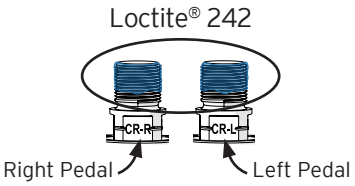


(b) Once the Flywheel Guard is aligned, tighten x2 Mount Screws using a 5 mm Hex Key. Complete installation by tightening the Bolt and Nut (Items D and E) using two 10 mm Wrenches.



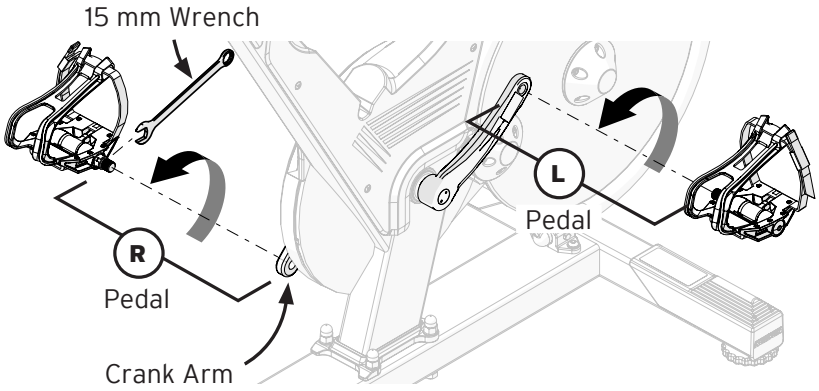
HOW TO ASSEMBLE THE BIKE

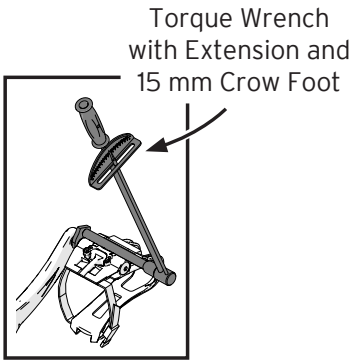
9 (a) Clean the Pedal threads using a clean cloth, then apply Loctite® 242 Threadlocker (Item G) to the leading threads of the Pedals.



(b) Install the Pedals into the Crank Arms:

- Start the Pedals into the Crank Arms by hand.
- NOTE: The LEFT Pedal is reverse-threaded.
- Restart if you feel resistance or if the Pedal does not drive straight into the Crank Arm.
- Tighten the Pedals (Tool: 15 mm Open-end Wrench).
- Torque the Pedals to 35 ft-lbs/47 Nm (Tool: Torque Wrench with 6-inch extension and 15 mm Crowfoot).





⚠WARNING: Failure to follow these instructions will result in mechanical failure and can cause serious injury.

Assembly is now complete. Continue to the "Proper Operation Check" section below.

PROPER OPERATION CHECK

Apply a rust and corrosion Inhibitor to the Left Bottom Bracket Bearing and to the clip-in portion of each Pedal (recommended after assembly and annually thereafter, see Figure 5).

When all assembly requirements have been met, and you have read and understood the Important Safety Instructions, test ride the bike. Fine-tune and adjust the Seat/Handlebar height, including the Seat depth and Base Stabilizer as needed. It is recommended that the bike be pedaled in the forward direction.

Proper Operation Check:

- All Screws are tightened or torqued properly (refer to "How to Assemble the Bike" section, beginning on page 11, Steps 2 – 9).
- The Computer Display powers ON (pedal one full revolution) and the Resistance Lever cycles GEAR 1–24 (GEAR 88 = Emergency Brake).
- Bike is properly stabilized, level to the floor (refer to "Base Stabilizer," page 15).
- The Seat and Handlebar height, including Seat depth, are properly set (refer to "Seat/Handlebar Height Adjustment Knob" and "Seat Depth Adjustment L-Handle" sections, page 16).

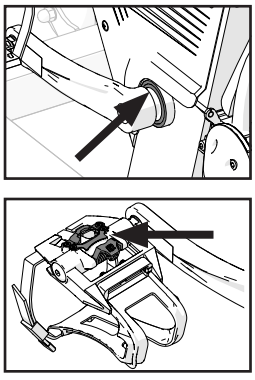


Figure 5. Rust and Corrosion Inhibitor Application

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the bike before operation. Failure to perform the Proper Operation Check prior to operation of the bike will void your warranty and could result in serious injury.

SET UP AND OPERATION

PRODUCT OVERVIEW

Take this time to familiarize yourself with the bike by reviewing the Product Overview below.

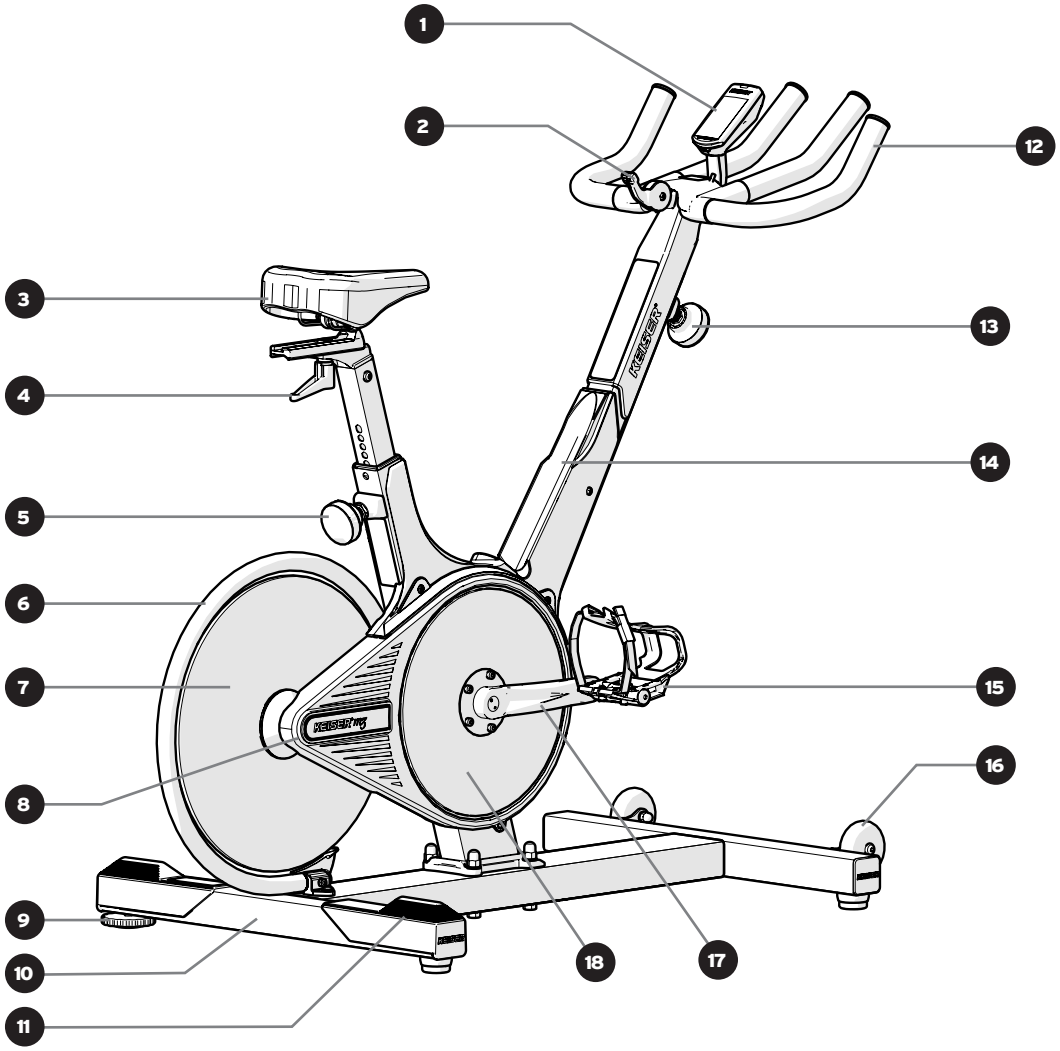


Figure 6. M3 Indoor Group Cycle

1	Computer Display*	10	Base
2	Resistance Lever / Emergency Brake	11	Stretch Pads
3	Seat	12	Handlebar
4	Seat Depth Adjustment L-Handle	13	Handlebar Height Adjustment Knob
5	Seat Height Adjustment Knob	14	Water Bottle Holder
6	Flywheel Guard	15	Pedals
7	Flywheel	16	Transport Wheels
8	Belt Guard	17	Crank Arms
9	Base Stabilizer	18	Pulley

* Computer display included on models 005501BBC, WBC, and XXC only.

TRANSPORT

To position the bike at the desired location refer to Figure 7 and follow the instructions below:

Be sure there is a minimum of 24 inches (610 mm) free space for the bike on all sides before placement.

1. Grasp the Handlebar with both hands.
2. Tilt the bike toward you until the Transport Wheels contact the floor.
3. Roll the bike to the desired location; tilt it slowly away from you to set down.

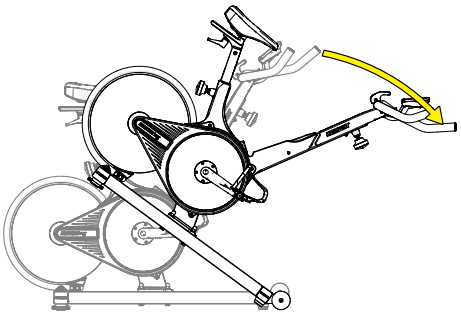


Figure 7. Transporting the Bike

BASE STABILIZER

The bike must be placed on a flat, level surface. If the sub-floor is not level, the Base Stabilizer allows for stabilization.

To stabilize the bike, refer to Figure 8 and follow the instructions below:

1. Hold the Seat steady, then with your foot, swipe the Base Stabilizer counter-clockwise to drive it back into the base. This will un-stabilize the bike.
2. Slightly push across the Seat, until the Base Feet at all three corners contact the floor, then hold.
3. With the three Base Feet making contact with the floor, swipe the Base Stabilizer clockwise with your foot until the Base Stabilizer makes contact with the floor. This will stabilize the bike.

Test for stability. The bike should sit flat without rocking. Adjust and fine-tune the Base Stabilizer as needed.

NOTE: The bike should not be used until it is stabilized. If the bike is moved to a different location, adjust the Base Stabilizer as needed to stabilize the bike.

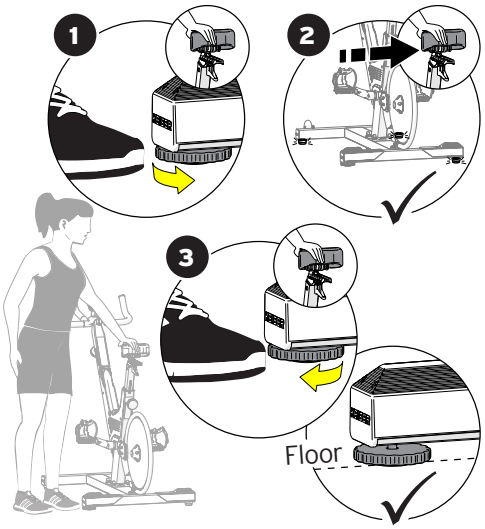


Figure 8. Base Stabilizer Adjustment

RESISTANCE LEVER

Resistance is controlled by the Resistance Lever. The Resistance Lever can be set to any gear from 1 to 24. The higher the gear number setting, the greater the resistance (refer to Figure 9).

EMERGENCY BRAKE

Move the Resistance Lever to the most forward position to engage the Emergency Brake. This will stop the motion of the Flywheel within one revolution. Wait until the Pedals come to a complete stop before dismounting (refer to Figure 9).

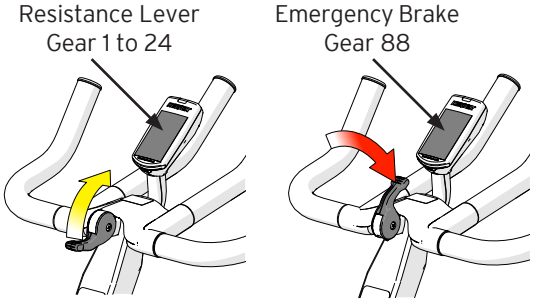


Figure 9. Resistance Lever and Emergency Brake Positions

SEAT/HANDLEBAR HEIGHT ADJUSTMENT KNOB

Set the Seat height to align with the top of your hip when standing beside the bike. Refer to Figure 10 and follow the instructions below:

1. Loosen the Adjustment Knob by turning it counterclockwise 1/4 to 1/2 turn.
2. Pull the Knob outward and hold with one hand.
3. With your other hand, slide the Seat to the desired height position.
4. Release the Adjustment Knob. Ensure it locks into the desired position hole.
5. Turn the Adjustment Knob clockwise until it is hand-tight to secure the Seat.

The Handlebar Height Adjustment Knob (not shown) operates in the same manner. Handlebar height set at, or slightly above, the Seat height is recommended.

⚠CAUTION: Do not exceed maximum Seat height adjustment mark "STOP." Tighten all adjustment knobs before bike use.

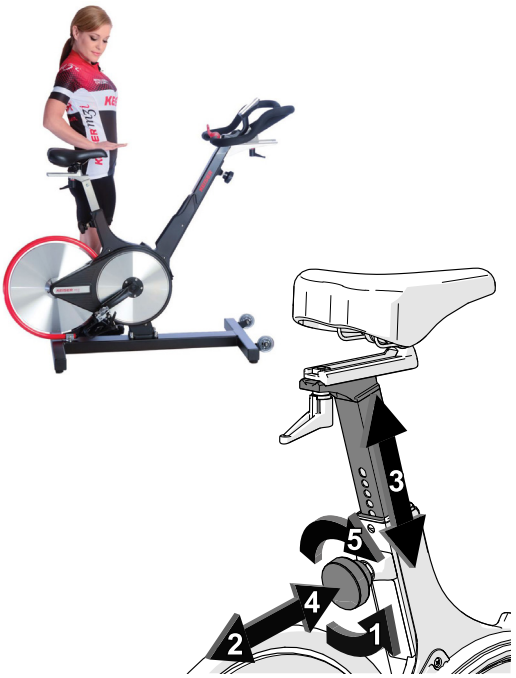


Figure 10. Seat Height Adjustment

SEAT DEPTH ADJUSTMENT L-HANDLE

Set the Seat depth (horizontal adjustment) to where the distance between the Seat and Resistance Lever is approximately the same distance between your elbow and fingertips. Refer to Figure 11 and follow the instructions below:

1. Loosen the L-Handle by turning it clockwise (view from above).
2. Slide the Seat forward/backward.
3. Tighten the L-Handle by turning it counterclockwise (view from above).

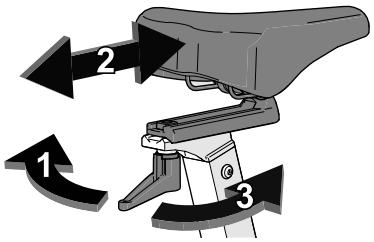


Figure 11. Seat Depth Adjustment

PEDAL CAGE STRAP ADJUSTMENT

Always secure your feet onto the Pedals using the Pedal Cage before your workout. Refer to Figure 12 and follow the instructions below:

1. Place the widest part of foot over the Pedal.
2. Pull up on the Pedal Strap to tighten the Pedal Cage, snug to fit.
3. After workout, push down on the buckle to release the Pedal Strap tension.

Cycling Shoes: clip in cleats at the opposing side of the Pedal Cage.

The bike is not designed with a freewheel, but a fixed gear system. When the Flywheel is in motion, the Pedals will also be in motion. Stop by reducing pedaling frequency in a controlled manner or by using the Emergency Brake.

Figure 12. Pedal Cage Strap Adjustment

COMPUTER DISPLAY

OVERVIEW

1. **BACKLIGHT SENSOR** While the computer is awake, the backlight sensor automatically detects ambient light levels in the room and turns on the backlight display when needed.

2. **RPM (CADENCE)** The RPM displays the revolutions per minute of the crank arm—also known in the cycling world as cadence—and is roughly the speed at which the cyclist is pedaling.

3. **POWER AND ENERGY** The power output is displayed in Watts (currently generating) and Kilocalories (total value for the workout). The computer toggles back and forth between Watts for eight seconds and Kilocalories for two seconds. The rated accuracy for power between 30 and 160 RPM is ±5 Watts for power below 50 Watts, and ±10% for power above 50 Watts.

4. **HEART RATE** If there is no Heart Rate signal, a steady heart symbol and a zero will be displayed. If a user is wearing a Heart Rate strap, once the computer locks onto the signal, the heart symbol will blink and display the heart rate. Compatible Heart Rate Sensors: POLAR® H9, POLAR® H10, or similar devices.

5. **ELAPSED TIME** The number shown reports the total workout time spent and will reset to zero after 60 seconds of inactivity or if the computer is reset using the gear shifter.

6. **GEAR** Gears from 1 to 24 are displayed on the bottom left hand of the screen.

7. **ODOMETER/TRIP DISTANCE** When the computer is activated, the Odometer "ODO" will display the distance accrual of the bike for the first eight seconds. This feature is for service and maintenance purposes only. After approximately eight seconds the Odometer "ODO" will disappear to display the Trip units for two seconds followed by the Trip Distance for the remainder of the workout. Trip is a calculated distance value (flat road run) based on power production.

DISPLAY FEATURES

WORKOUT DATA

To view RPM, Power, and Heart Rate, averages at any point in the workout, stop pedaling for three seconds. Averages will flash until you start pedaling again or until the computer goes to sleep after 60 seconds. To reset all workout data during your workout: Stop pedaling for three seconds, then move the Resistance Lever up/down quickly two times to reset all workout data to zero.

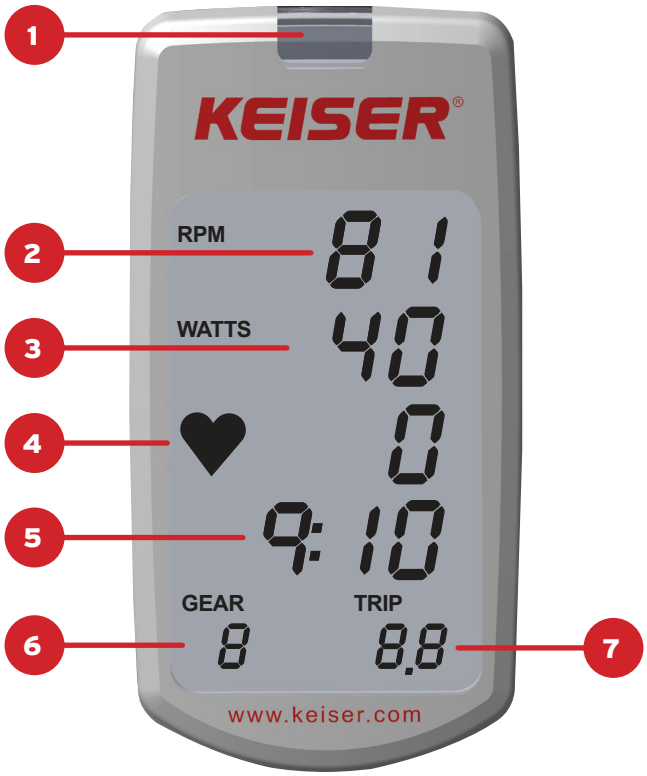


Figure 13. Computer Overview

Figure 14. Computer Start-up Display

⚠WARNING: Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

HOW TO EXERCISE ON THE BIKE

The M3 cycle is intended for cardiovascular workout. Special programs have been designed for group exercise environments. The bike must always be used in a supervised area under control of a trained and authorized instructor. The following pages are a brief overview for the safe and proper operation of the bike.

RIDE SET UP

Set the three points of contact on the bike to support proper body positioning:

1. SEAT Set the Seat height to align with the top of your hip when standing beside the bike.
2. HANDLEBAR Set the Handlebar height at, or slightly above, Seat height.
3. PEDALS Place the widest part of the foot on the Pedal, or clip in with cycling shoe cleats (SPD). Set the Resistance Lever to a lighter gear and begin pedaling. Slow or stop pedaling and check your ride set up:
   - Knee – A slight knee bend must be present when the foot is at the lowest position. The knee must not be locked (i.e., the seat is too high) or have too much flexion (i.e., the seat is too low).
   - Seat Depth – The front of the knee should be in line with the widest part of the foot when the Pedal is positioned at three o'clock (away from Flywheel). Check for a slight bend at the elbows, neutral spine position, and shoulder blades drawn back and down.

Get off the bike before you make any adjustments.

⚠CAUTION: Ensure ride set up supports proper body positioning and all adjustments are secure before your ride. Be sure to stretch and warm up prior to your ride to help avoid injury. Add time to cool down and stretch after your ride to reduce stiffness/soreness. Failure to follow this instruction may result in injury.

Start Your Exercise:

1. Set the Resistance Lever down and set the Pedal that corresponds to your leading leg pointing forward.
2. Clip in, or step in, to the Pedal with your leading leg, followed by your trailing leg to mount the bike.
3. Check that the cleats are properly secured to the Pedals, or pull up on the Pedal Strap to tighten the Pedal Cage (snug to fit), before you start your exercise.

⚠WARNING: To prevent injury, always wait until the Flywheel comes to a complete stop before you attempt to dismount the bike.

End Your Exercise:

1. Bring the Flywheel to a complete stop using the Pedals or the Resistance Lever/Emergency Brake.
2. Kick your heel away from the bike to clip out. Pedal Cage Riders: push down on the buckles to release the Pedal Strap tension.
3. Step off of the higher Pedal first, then the lower one, to dismount.

POSTURE

As in any activity, proper posture is important. The preferred riding posture is to:

- Maintain a neutral spine and slightly hinge forward from the hips.
- Keep a natural curve in the low back.
- Activate the core (midsection; deep abdominal muscles).
- Open up across the collarbones.
- Draw the shoulder blades back and down.
- Keep the elbows slightly bent when the hands are placed on the handlebar.
- Maintain good lower body alignment from the hip to the knee, down to the second toe.

Figure 15. Proper Riding Posture

RIDE POSITIONS

Observe the following suggested ride and hand positions for your desired workout. Include a variety of hand positions in combination with the cycling postures to add variety and to help prevent wrist and hand discomfort. Maintain proper ride positioning with control of both the upper and lower body for optimal cycling experience (Note: M3i bike model shown in ride positions illustrations; M3 ride positions are similar).

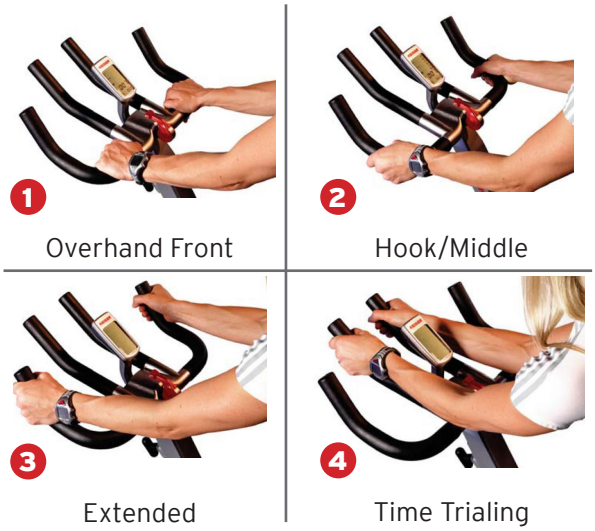


Figure 16. Hand Position Illustrations

BASIC
Cadence: 60-110 RPM

Distribute body weight evenly between the Seat, Handlebar, and Pedals. The basic posture serves as a point of reference for all other riding positions.

- Keep your upper body relaxed with your shoulder girdle and neck in neutral alignment.
- Engage the core (midsection, deep abdominal muscles) with the pelvis in a neutral position.
- Knees are parallel and in line with the second toe.
- Avoid seat discomfort by ensuring your glutes shift back into the seat.

NOTE: Fine-tune the Seat or Handlebar settings for comfort and to support the basic ride position.

Figure 17. Basic Ride Position

Figure 18. Seated Climb Position

SEATED CLIMB
Cadence: 60-90 RPM

Add moderate to heavy resistance to simulate a hill climb. This naturally shifts the rider slightly towards the back of the seat.

- Focus on maintaining a steady cadence; avoid side-to-side body rocking by keeping even pedal strokes.
- The upper body remains relaxed; keep core engaged.
- Keep a light grip on the handlebar; hand position 1 or 2 complements the seated climb.

Figure 19. Standing Climb Position

STANDING CLIMB
Cadence: 60-90 RPM | Heavy 60-75 RPM | Faster 75-90 RPM

Gear up to a higher resistance and transition to a standing position. There is a natural and slight body sway to create momentum and to power each pedal stroke.

- Keep each pedal stroke smooth and fluid.
- The center of gravity is low in the body with very minimal body weight on the handlebar; hand position 2 or 3 complement the standing climb.
- A cadence of 60-90 RPM is recommended for climbing; varying from heavy to light resistance
- Heavy climbs: shift weight back, RPM from 60-75.
- Faster climbs: shift weight slightly forward and over the middle of the seat at 75-90 RPM.

RIDE POSITIONS (CONTINUED)

LIFTS
Cadence: 70-90 RPM

Lifts are advanced postures. Riders will alternate from seated to standing positions at the desired pace. Goal: take full advantage of body weight and strength.

- The resistance is moderate to heavy, and the lift or "attack" is short.
- Riders should lift the glutes back off the seat versus straight up, keeping the center of gravity low and back.
- No weight should be on the Handlebar; elbows in front of shoulders.
- Hand position 2 or 3 complements the lift.

Figure 20. Lifts Position

TIME TRIALING
Cadence: 90-100 RPM

The time-trialing posture allows cyclists to ride slightly faster.

- The rider's body is low and in a neutral position with body weight shifted slightly forward.
- The shoulder girdle and neck are in neutral alignment
- Riders should shift slightly forward in the seat.
- Hand position 4 complements the time trial; keep the elbows raised slightly off the handlebar.

Figure 21. Time Trialing Position

PEDALING

Pedaling utilizes a series of muscle contractions and relaxations that must be coordinated and synchronized. Pedal at an even, steady pace. Be sure to recruit all of the lower body muscles at every phase of the pedal stroke for an effective workout.

Figure 22. Muscle Contribution in Pedal Phases

CADENCE (RPM)

Slow	60-80 RPM
Moderate	80-100 RPM
Fast	100-110 RPM

GEAR RANGES

1-5 Introduction (prior to start of class)	5-10 Warm Up	8-12 Easy Flat	10-14 Hard Flat
12-16 Easy Climb	14-18 Hard Climb	16-24 Very Hard Climb	

Gear ranges are suggested settings to help riders meet their training goals. Instructors may use gear ranges to help direct and coach riders of varied abilities. It is important that the individual rider establish gears based on their current fitness level, goals, and ability.

MAINTENANCE

CAUTION: Routine maintenance is an essential part of maintaining the highest level of equipment safety, as well as optimal equipment performance. Immediately replace damaged, worn, or broken parts and do not use the bike until all repairs have been completed and tested by a certified Keiser technician.

PREVENTATIVE MAINTENANCE SCHEDULE

Every Workout	• Bike is properly stabilized, level to the floor (refer to "Base Stabilizer" section, page 15). • Check that parts most susceptible to wear are not damaged or broken (Adjustment Knobs, L-Handle, Pedal Cages, Pedal Straps, and Seat Upholstery). • Cleaning: Target areas in the sweat path with a dry soft towel or cloth.
Weekly for the 1st Month	• Check to ensure that the bike is in safe proper working order (perform the full "Proper Operation Check," page 13). • Check that parts most susceptible to wear are not damaged or broken (Adjustment Knobs, L-Handle, Pedal Cages, Pedal Straps, and Seat Upholstery).
Monthly	• Clean the external body/parts thoroughly, targeting areas that come in contact with sweat, using a damp soft towel and a mild detergent (neutral, non-caustic). Wipe dry the equipment.
Quarterly	• Apply wax to protect the paint finish on metal parts: 1. Wipe down and thoroughly clean the bike prior to applying wax. 2. Use an easily applied automotive treatment such as Meguiar's® Quik Detailer Mist and Wipe. 3. Target areas that come in contact with sweat as they are most vulnerable to rust. NOTE: Failure to apply a coat of wax to high-sweat areas at a minimum of four times a year will decrease paint and frame life due to corrosion and will void the warranty.
Annually	• Check to ensure all external visible screws and nuts are not loose and that they are tightened. • Check parts most susceptible to wear and replace if damaged or broken (Adjustment Knobs, L-Handle, Pedal Cages, Pedal Straps, and Seat Upholstery). • The low battery signal ("LO-BA") will appear on the computer display when it is time to replace the batteries (two AA batteries, refer to "Computer Battery Replacement" on page 23 for complete instructions). NOTE: For establishments with multiple bikes, replacement of all computer batteries at the same time is recommended. • Apply LPS 3® Rust Inhibitor or WD-40 Specialist® Corrosion Inhibitor to the Left Bottom Bracket Bearing and to the clip-in portion of each Pedal. • Apply lubricant to the Adjustment Knobs: 1. Unscrew and remove the Adjustment Knobs. 2. Clean threads with a lint-free cloth. 3. Apply a moderate amount of lubricant to threads, then replace the Adjustment Knobs. NOTE: Both the threaded stud and the threaded insert nut are stainless steel. It is critical to keep the threads lubricated with a heavy grease (preferably white or clear in color), such as HYDROTEX® Acculube #2 or any compound with equivalent anti-wear and corrosion resistant properties.

COMPUTER BATTERY REPLACEMENT

Do not operate the equipment during battery replacement procedure. "LO-BA" will appear on the computer to indicate that the batteries are low and need replacement.

NOTE: If batteries are dead (depleted), the Computer Display remains blank. To replace the batteries, refer to Figure 23 and follow the instructions below (Tool required: #1 Phillips screwdriver).

1. Remove the screw that secures the Computer Display to the Display Mount (remove Media Tray, if equipped, for easy access the screw).
2. Remove the two AA batteries.
3. Install two new AA batteries, observe the correct polarity (see +/- marking inside the battery compartment).

   NOTE: R6 (Zinc-Carbon) or LR6 (Alkaline) type batteries are acceptable. Do not use FR6 (Lithium) or similar type batteries.
4. Tuck the Computer Wire back into the Mount as you slide the Computer Display up and onto the Display Mount, then reinstall the screw removed in Step 1.

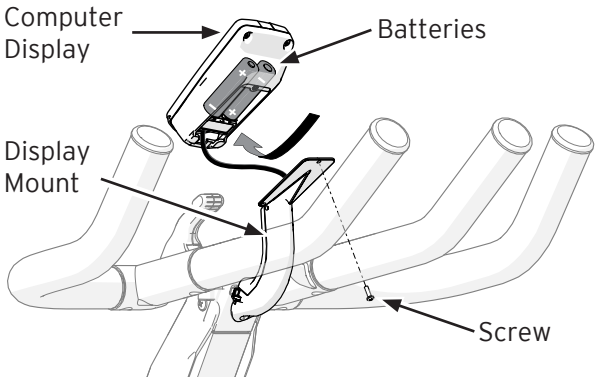


Figure 23. Bike Battery Replacement

Immediately after battery replacement, the Computer Display enters a diagnostic mode for approximately 1 minute (system data readout, followed by a series of flashing numbers). After the diagnostic mode, the Computer Display will enter sleep mode (blank screen), and the cycle is ready for use.

⚠ CAUTION

Do not dispose of batteries in a fire. The batteries may explode.

Do not open or mutilate batteries. They contain an electrolyte which is toxic and harmful to the skin and eyes.

Replace batteries with the same number and type of batteries as originally installed in the equipment.

Recycle batteries in accordance with local recycling procedures.

M SERIES CALIBRATION

All M Series equipment is factory calibrated. There is no need to calibrate. If a component associated with the resistance mechanism or computer has been replaced, contact Keiser Customer Support for the calibration procedure (see back page for contact information).

REGULATORY AND COMPLIANCE NOTICES

Standards	ISO/EN 20957-1 Accuracy Class A (High accuracy) and Usage Class S (Studio, commercial use); IEC/EN 60601-1 and IEC/EN 60601-1-2.
Marks	

⚠ **California Proposition 65 Warning:** This product contains chemicals known to the State of California to cause cancer, birth defects, and/or other reproductive harm.

SAFETY NOTIFICATIONS

Displayed watts testing parameters: "Watts," "Kilocalories," "Heart Rate," and "Trip Distance" are not suitable for use in applications where the health and safety of a patient may be dependent on the accuracy of those parameters.

Clinical Settings Note: In clinical settings, patients may operate this equipment in accordance with this user manual and the instructions and guidance provided by the healthcare personnel responsible for supervising their treatment and care. However, patients shall not perform preventive maintenance, repairs or replace batteries on equipment installed in clinical facilities.

TYPE/DEGREE OF PROTECTION	CLASSIFICATION/IDENTIFICATION/WARNINGS	SYMBOL
The degree of protection against electric shock	The computer display is powered by 2 AA cell alkaline batteries. Electrical safety evaluation conducted by TÜV SÜD per IEC/EN 60601-1 requirement.	
The degree of protection against the ingress of liquids	Not protected	N/A
The degree of safety in the presence of a flammable anesthetic mixture with air or with oxygen or nitrous oxide	Not suitable	N/A
The mode of operation	Continuous	N/A
Information regarding potential electromagnetic or other interference and advice regarding avoidance	The M3 Indoor Group Cycle uses electromagnetic and RF energy only for its internal function. Therefore, its EMC and RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.	N/A
EMC Notices, Statement of Compliance	See Electromagnetic Compatibility (EMC) section, page 25.	N/A
ID of specified optional external power supplies or battery chargers	The M3 Indoor Group Cycle does not require an external power supply.	N/A
ID of any risks associated with the disposal of waste products, residues, including disposal of the equipment itself at the end of its useful life.	The M3 Indoor Group Cycle contains electronic circuit assemblies and 2 AA cell alkaline batteries that may require compliance with specific local disposal or recycling procedures.	
The specification of the environmental conditions of transport and storage	Use indoor in climate-controlled environment only. Keep away from areas of extreme humidity. NOTICE: Equipment not tested at extreme high/low temperatures.	N/A

ELECTROMAGNETIC COMPATIBILITY (EMC)

EMC Notices – Statement of Compliance

This product has been determined to be compliant with the applicable standards, regulations, and directives for the countries where the product is marketed.

Compliance documentation, such as Declaration of Compliance for the product, are available upon request by contacting service@keiser.com. Please include the product, model number identifiers, and serial number and country that compliance information is needed in request.

Korea

이 기기는 가정용(B급)으로 전자파적합등록을 한 기기로서 주로 가정에서 사용하는 것을 목적으로 하며, 모든 지역에서 사용할 수 있습니다.

"This equipment is for home use and has acquired electromagnetic conformity registration, so it can be used not only in residential areas but also other areas."

US FCC COMPLIANCE STATEMENT

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

DISPOSAL

This equipment contains electrical or electronic components and alkaline batteries that must be disposed of properly to comply with the EU Directive on disposal of waste electrical and electronic equipment (EU WEEE Directive 2002/96/EC).

Contact an appropriate waste disposal company upon the equipment's end of service life. Disposal must be in accordance with respective national regulation.

Wear parts: After being replaced, wear parts must be disposed of according to country-specific waste laws.

If you have any questions about equipment disposal, please contact your local dealer or Keiser Customer Support (see back cover for contact information).

WARRANTY STATEMENT

View or print your M3 Indoor Group Cycle warranty online at keiser.com/support/warranty.

If you have any questions about your warranty, please contact Keiser Customer Support at 1 559 256 8000 or via live chat at keiser.com/support (Monday–Friday, 7 am to 5:30 pm PST), or by email at service@keiser.com.

Customers outside the United States may obtain warranty information directly through a Keiser international distributor or dealer in the country of installation, or direct from Keiser's international division.

European Authorized Representative

EC REP

KEISER EUROPE SP. Z O.O.
ul. Starodworska 1
Gdańsk 80-137
Polska

UK Responsible Person (UKRP)

KEISER UK Ltd.
Unit 3, Hampton Industrial Estate
Hampton St., Tetbury
Gloucestershire, GL8 8LD
United Kingdom

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CUSTOMER SUPPORT

If you have any questions regarding the bike assembly, installation, or operation after reading this manual, contact Keiser Customer Support:

1 559 256 8000

service@keiser.com

keiser.com/support

Telephone and Live Chat
Monday–Friday 7 am to 5:30 pm PST

Manufactured in the USA
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