

KEISER®

STRENGTH | CARDIO | FUNCTIONAL



M SERIES

M3 | M3i TOTAL BODY TRAINER

MODELS: 005510BBC, 005510XXC, 005512BBC, 005512XXC

ASSEMBLY AND OPERATION MANUAL

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GENERAL INFORMATION

INTRODUCTION

Congratulations on the purchase of your new Keiser M Series Total Body Trainer and welcome to the Keiser family. 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 Total Body Trainer. 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 Total Body Trainer 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>



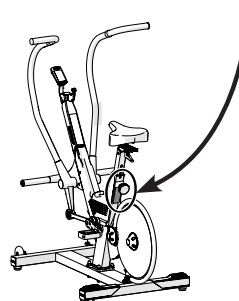
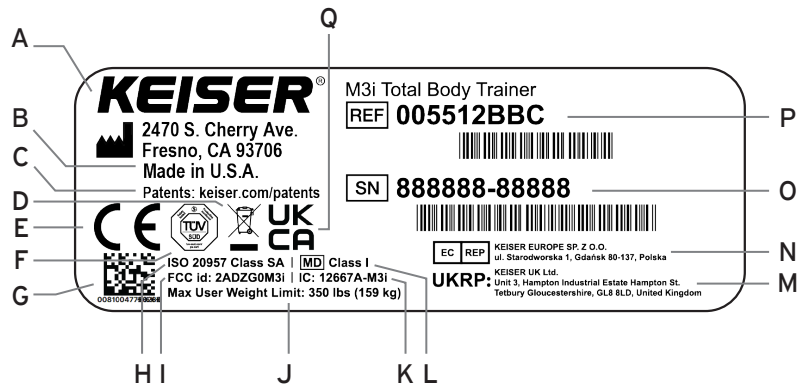
SCAN

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 before use.

1.  Read these instructions. Keep these instructions.
2. Heed all warnings. Follow all instructions.
3. Use the Keiser M3i or M3 Total Body Trainer (herein referred to as "TBT") for its intended purpose as described in this manual. Do not use attachments/accessories that have not been recommended by the manufacturer.
4. Intended use of the TBT is for physical activity or Physiotherapy (sometimes referred to as physical therapy).
5. The TBT 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 TBT in physical therapy.
6. User weight limit: 350 lbs (159 kg). User height range: 58-82 inches (1,473-2,083 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 TBT 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 TBT. Quality athletic shoes are recommended for proper support and comfort. Do not wear clothing that might catch on any TBT 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 TBT affect the ability of the user to safely exercise on the TBT. Pay attention to and focus on your exercise while using the TBT.
12. Routinely check and pay special attention to components most susceptible to wear. Refer to the "Preventative Maintenance Schedule" (page 23) for further instruction.
13. Immediately replace damaged, worn, or broken parts and do not use the TBT 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 TBT" (page 21) for further instruction and safety information.
16. The TBT is NOT designed with a freewheel, but a fixed gear system. The Handles, Footpads, and Crank Arms are attached by linked components. These cannot be disengaged. When the Flywheel is in motion, the Pedals—including the Handles—will also be in motion. For this reason, never remove your feet from the Pedals or your hands from the Handles while the Flywheel is in motion as serious user injury may occur. Never take your hands off the Handles while the Flywheel is in motion.
17. It is recommended that the TBT be pedaled in the forward direction.
18. 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.
19. Do not make adjustments during exercise. Use the Handles or the Resistance Lever to slowly bring all motion of the TBT to a controlled stop prior to making adjustments.
20. Before dismounting the TBT, push the Resistance Lever to the most forward position to engage the Emergency Brake. Wait until the Footpads and Handles come to a complete stop before dismounting.
21. Pedaling at high speeds or in the reverse direction, or utilizing the TBT for independent upper or lower body exercise, 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.
22. The TBT is not a toy. Children shall not play with the TBT. Children under 14 years old should not use the TBT. Keep children and pets clear from the TBT at all times, especially while in use. Cleaning and user maintenance shall not be performed by children.
23. The TBT 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 TBT without constant supervision by a spotter/supervisor.
24. The TBT should not be positioned in direct sunlight, in areas of extreme temperature and humidity, or where the TBT may be splashed with water or fluids. The TBT is intended for indoor use only.
25. The minimum amount of free area around the TBT is 24 inches (610 mm) on all sides. Refer to the "Training Space" section (page 7) for further placement direction.
26. The TBT is suited for both home and commercial use.

IMPORTANT SAFETY INFORMATION

To ensure your safety and to help prevent damage to the TBT, 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 TBT in a desired exercise location.

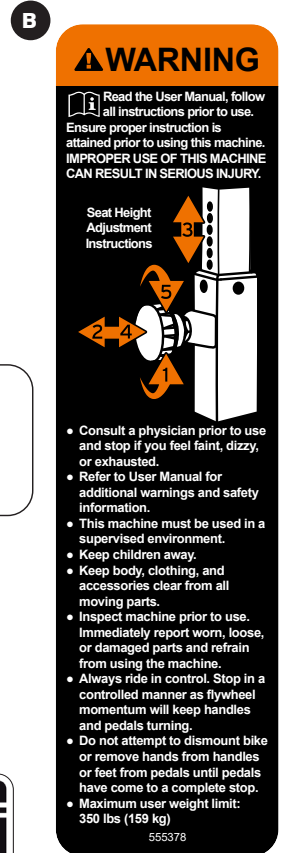
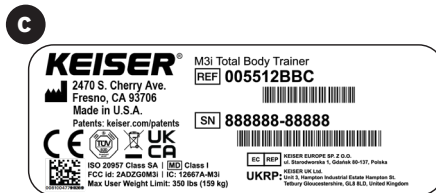
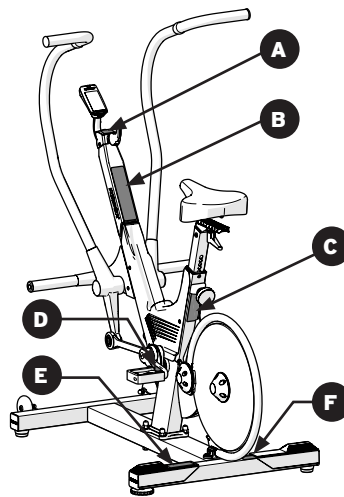
- 27. Failure to perform the "Proper Operation Check" (page 16) prior to normal use of the TBT will void your warranty and could result in serious injury.
- 28. The use of any exercise equipment, including, without limitation, Keiser's strength training equipment in which resistance can be changed at anytime during the repetition, and any fixed gear bike, including, without limitation, the Keiser TBT, 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.
- 29. Users, agents, and/or anyone directing the use of the TBT shall determine the suitability of the TBT for its intended use, and said parties are specifically put on notice that they shall assume all risk and liability in connection herewith.
- 30. If you have any questions regarding TBT 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



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).

IMPORTANT SAFETY INFORMATION**CONTRAINDICATIONS**

There are a number of contraindications in the context of the relevant fields of the M3/M3i Total Body Trainer 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/M3i Total Body Trainer 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/M3i Total Body Trainer.

TECHNICAL SPECIFICATIONS

Model No.	Device Label (Short Description)	Device Full Description
005510BBC	M3 TOTAL BODY TRAINER-BLK-BLK-COMP	M3 Total Body Trainer, Black (frame color), Black (plastic color), Computer Display*
005510XXC	M3 TOTAL BODY TRAINER-SPC-SPC-COMP	M3 Total Body Trainer, Special (frame color), Special (plastic color), Computer Display*
005512BBC	M3i TOTAL BODY TRAINER-BLK-BLK-COMP	M3i Total Body Trainer, Black (frame color), Black (plastic color), Computer Display
005512XXC	M3i TOTAL BODY TRAINER-SPC-SPC-COMP	M3i Total Body Trainer, Special (frame color), Special (plastic color), Computer Display

* No wireless communication.

See page 18 for complete computer display features on all display types.

EQUIPMENT SPECIFICATIONS

Height: 54 in (1,372 mm)
 Depth: 49 in (1,245 mm)
 Width: 29 in (737 mm)
 Weight: 112 lbs (51 kg)

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

User weight limit: 350 lbs (159 kg)

User height range: 58-82 in (1,473-2,083 mm)

The Keiser M3/M3i Total Body Trainer is categorized per ISO/EN 20957-1 as Accuracy Class A (High Accuracy) and Usage Class S (Studio, commercial use) product for use in a controlled environment such as sports or fitness facilities under the supervision of a trainer.

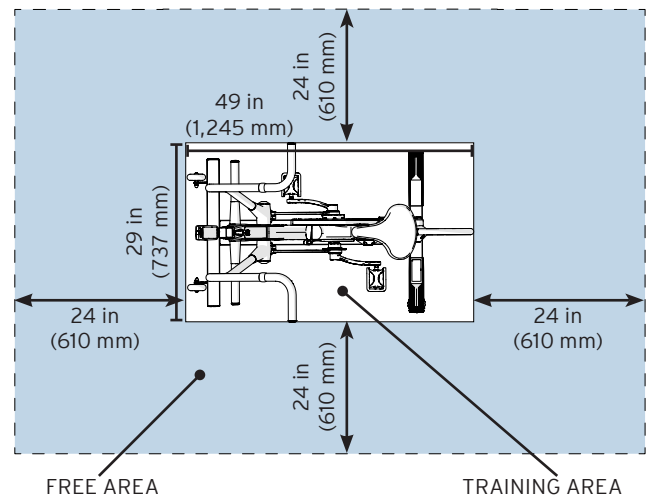


Figure 2. Training Space Illustration

TRAINING SPACE

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

When TBT equipment 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
- Left and right side Link Bearings

See "Proper Operation Check" on page 16 for application locations. For complete equipment care information, refer to the "Preventative Maintenance Schedule" on page 23.

TOOLS AND MATERIALS REQUIRED

UNPACKING

- Scissors
- Cutting Pliers
- 1/2-inch (13 mm) Wrench

ASSEMBLY

- #2 Phillips Screwdriver
- 8 mm Wrench
- Two 10 mm Open-end Wrenches
- Ratchet
- 6-inch Ratchet Extension
- 13 mm Socket
- 15 mm Open-end Wrench
- 15 mm Crowfoot
- 16 mm Open-end Wrench
- 16 mm Crowfoot
- 17 mm Socket or Open-end Wrench
- Torque Wrench
up to 35 ft-lbs / 47 Nm
- 5 mm Hex Key
- 6 mm Hex Key

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.

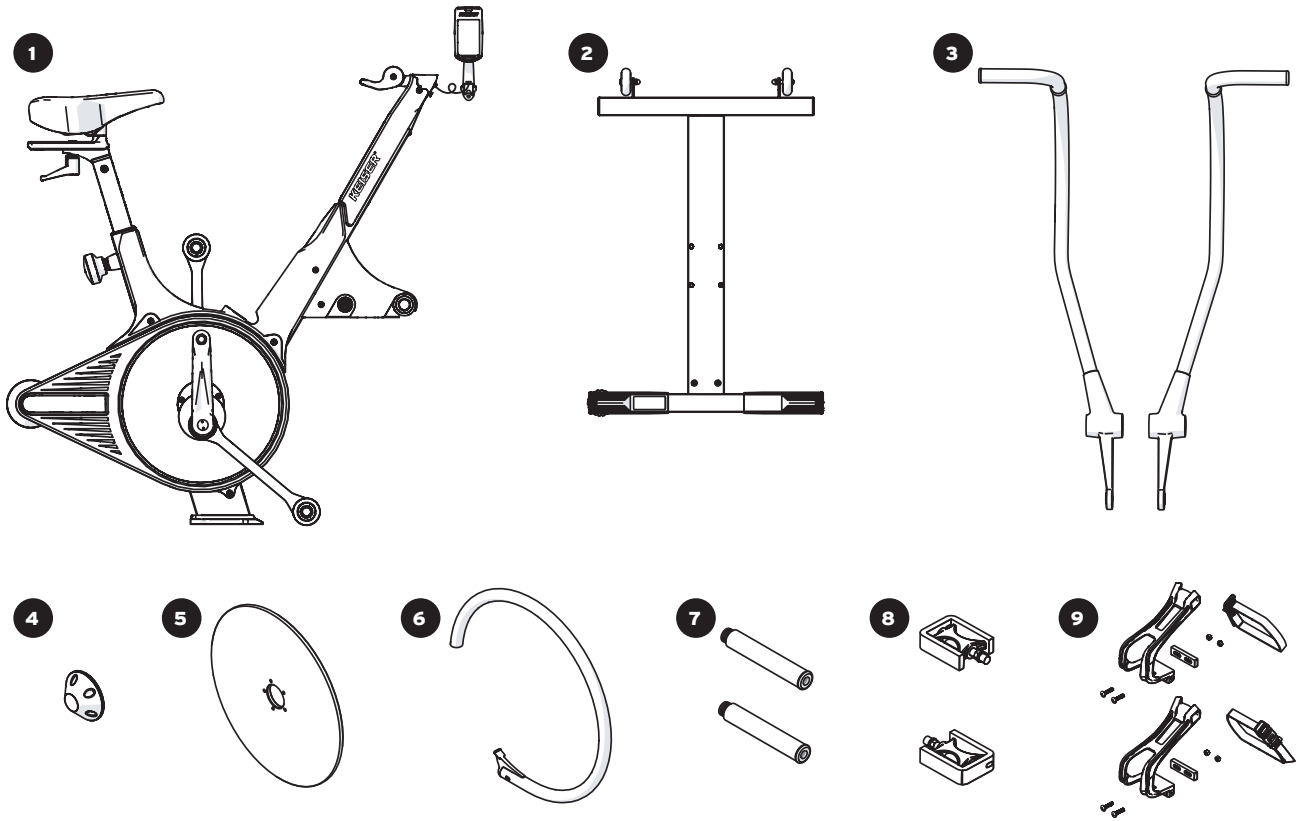


Figure 3. Parts List

	Description	Qty	Keiser Part Number
1	Main Frame with Computer Display	1	-
2	Base	1	550814
3	Left and Right Handles	1	550832, 550833
4	Hubcap	1	555005
5	Flywheel	1	555503
6	Flywheel Guard	1	550845
7	Foot Rest Set	1	550834
8	Pedal Set	1	555438
9	Toe Clip and Strap Set	1	550895

HARDWARE & FITTINGS

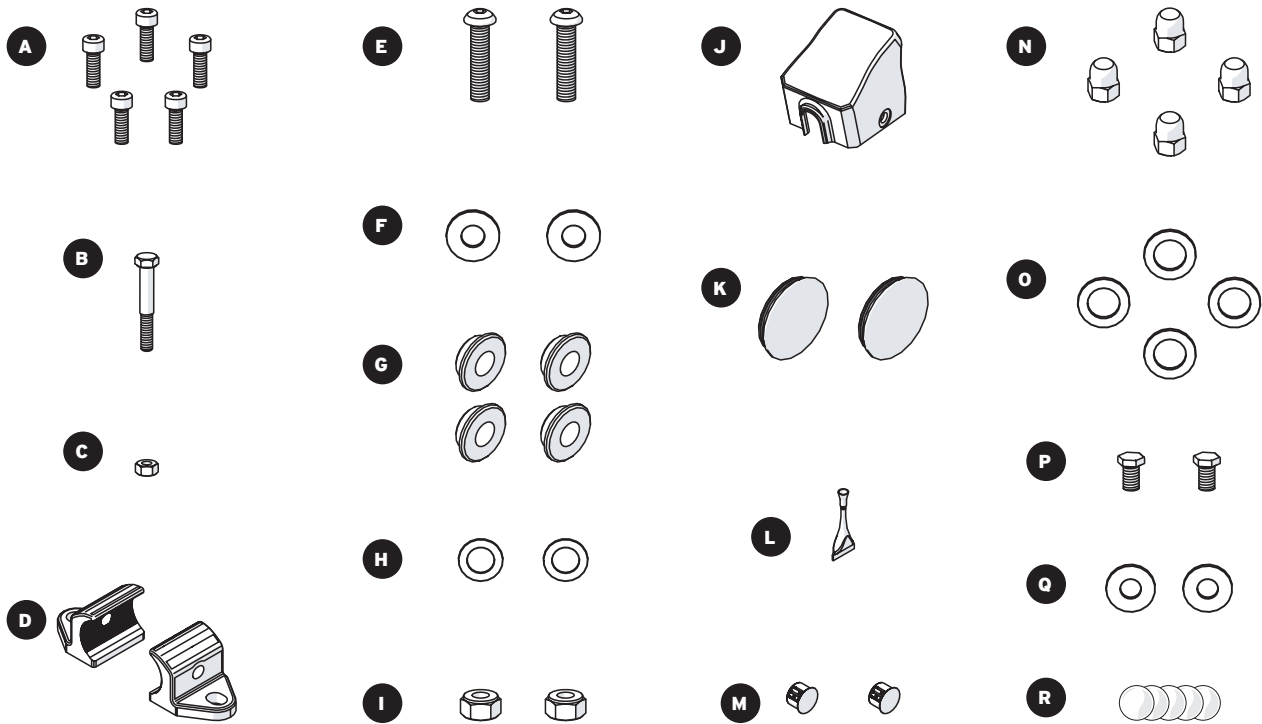


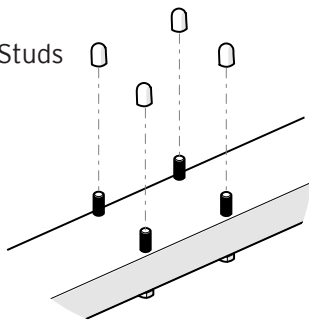
Figure 4. Hardware and Fittings

	Description	Qty	Keiser Part Number
A	Socket Head Cap Screw (M6X1X20 SS)	5	9502
B	Hex Head Cap Screw (M6X1X45 SS)	1	9525
C	Hex Nut (M6X1 SS)	1	9508
D	Flywheel Guard Clamp	2	555025
E	Socket Button Head Cap Screw (M10X1.5X45 SS)	2	9526
F	Washer (FW .88X.39X.07 NP)	2	115450
G	Bushing	4	305002
H	Washer (FW-ACFT-3/8 SS)	2	9355
I	Hex Elastic Lock Nut (M10X1.5 SS)	2	9507
J	Shifter/Display Mount Cover	1	555082
K	Aluminum Caps (pre-assembled with O-rings)	2	565005
L	Loctite® 242 Threadlocker	1	105550
M	Hole Plug	2	555439
N	Acorn Nut (7/16-20 SS)	4	555022
O	Washer (FW-ACFT 7/16 SS)	4	9384
P	Hex Head Cap Screw (M8X1.25X16 ZP)	2	9511
Q	Washer (FW-USS 5/16 ZP)	2	9344
R	Hub Cover Decal	5	555379

HOW TO ASSEMBLE THE TOTAL BODY TRAINER

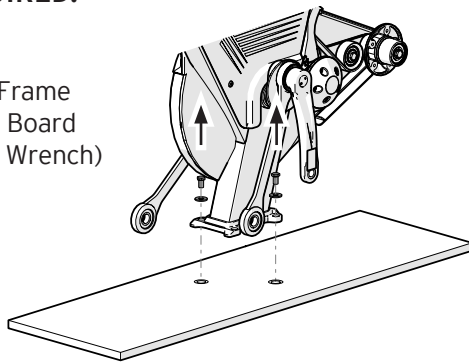
1 Prepare Base and Main Frame.

Pull Caps off Base Studs



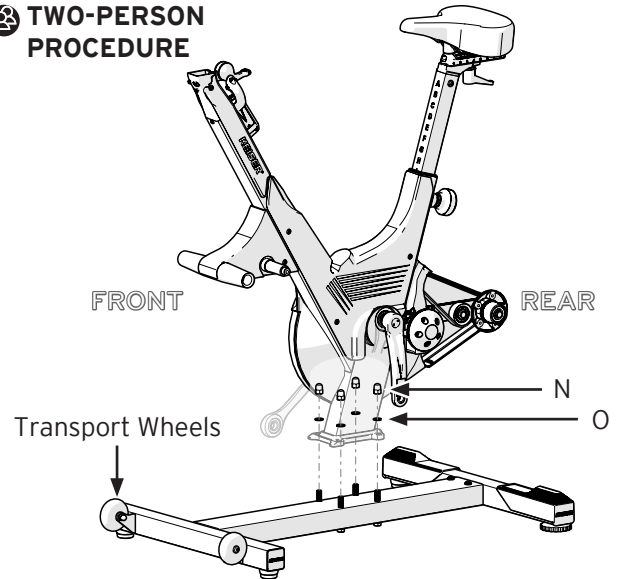
HEAVY OBJECT:
HELP REQUIRED.

Release Main Frame
from Shipping Board
(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.

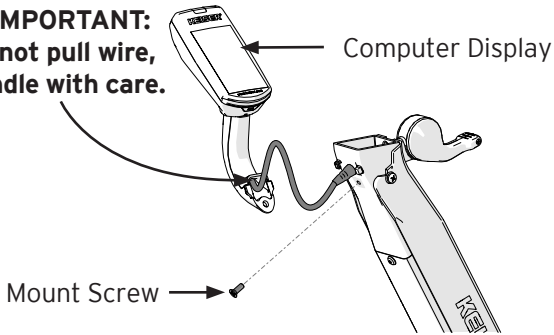
TWO-PERSON PROCEDURE



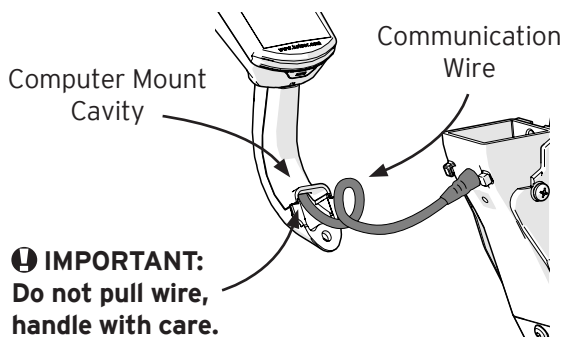
(b) Install one Washer and one Acorn Nut (Items O and N) onto each Base Stud. Tighten Acorn Nuts using a 16 mm (5/8 inch) Open-end Wrench. Torque to 35 ft-lbs (47 Nm) using a 16 mm (5/8 inch) Crowfoot and Torque Wrench.

3 (a) Remove the Mount Screw using a #2 Phillips Screwdriver. Carefully release the Computer Display from the packing material.

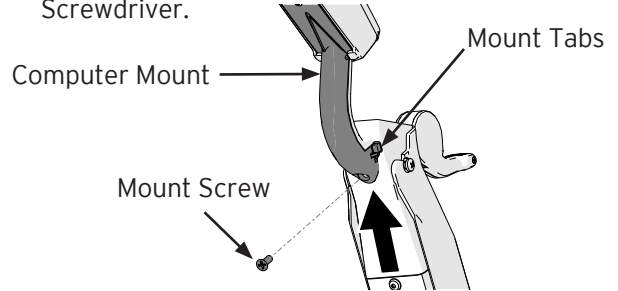
IMPORTANT:
Do not pull wire,
handle with care.



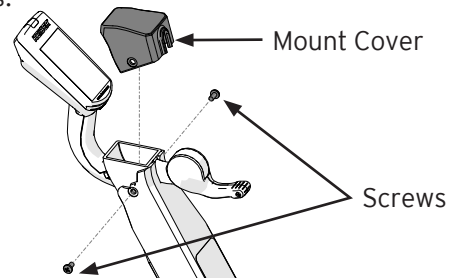
(b) Tightly coil the Communication Wire into the Computer Mount Cavity.



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



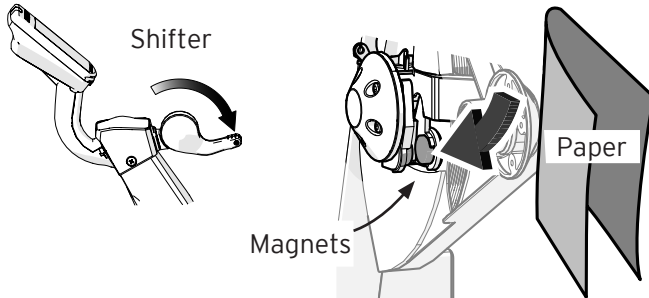
(b) Remove the two screws along the side of the Sweat Guard (#2 Phillips Screwdriver). Next, slide the Mount Cap (Item J) into position. Install with the two original screws.



HOW TO ASSEMBLE THE TOTAL BODY TRAINER

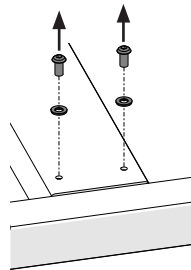
5 Prepare for Flywheel installation.

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

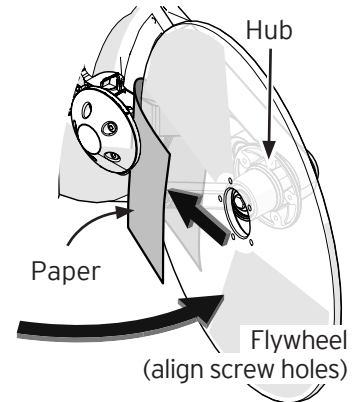


⚠ IMPORTANT: Failure to follow these instructions can lead to cosmetic damage to the Flywheel.

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.

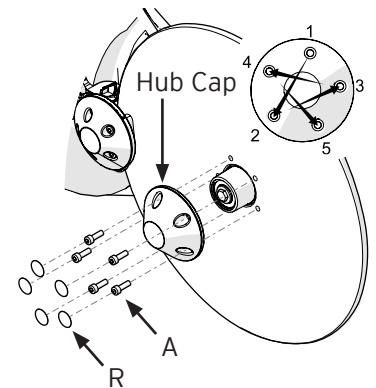


(b) Place the Hub Cap onto the Hub. Align the screw holes and start the five SHC Screws (Item A).

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

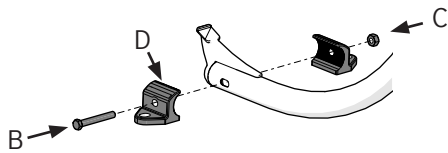
⚠ DO NOT OVERTIGHTEN MAY DAMAGE THREADS.

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

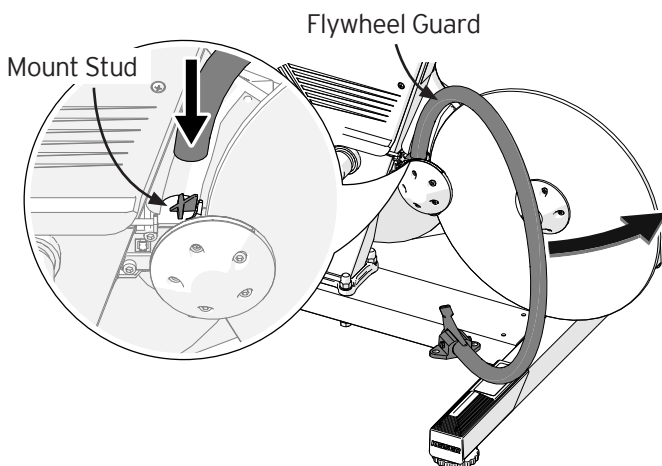


7 Prepare for Flywheel Guard Installation.

(a) Install the Clamps to the Flywheel Guard, finger tight (Items B, C, and D).

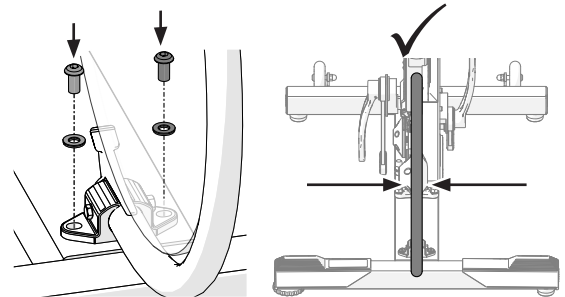


(b) Place the open end of the Flywheel Guard onto the Mount Stud, then swing the Flywheel Guard into position.

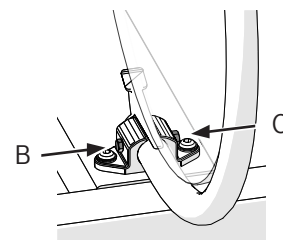


8 Align and secure the Flywheel Guard.

(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.

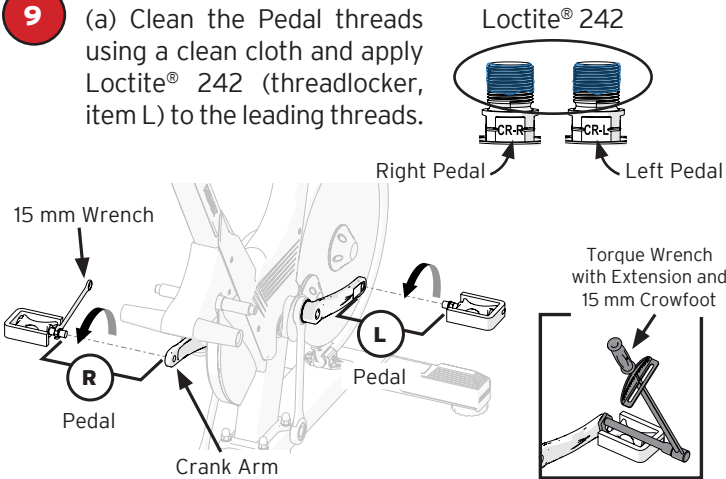


(b) Once the Flywheel Guard is aligned, tighten x2 Mount Screws using a 5 mm Hex Key. Complete installation by tightening the Bolt and Nut (Items B and C) using two 10 mm Wrenches.



HOW TO ASSEMBLE THE TOTAL BODY TRAINER

- 9** (a) Clean the Pedal threads using a clean cloth and apply Loctite® 242 (threadlocker, item L) to the leading threads.

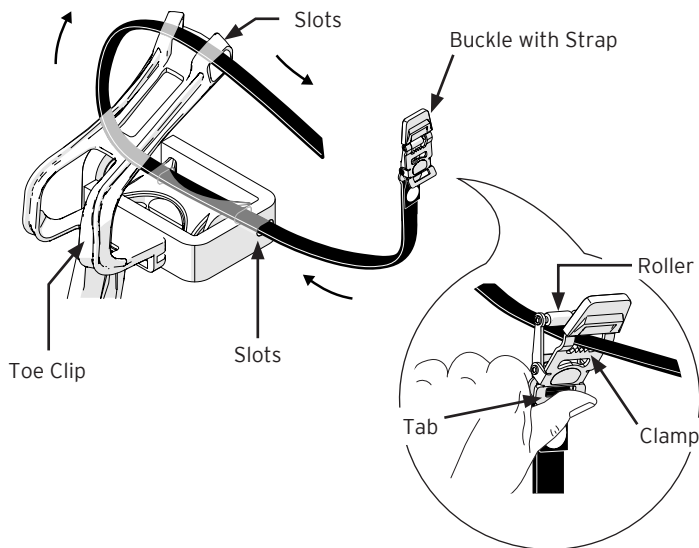


- (b) Install the Pedals into the Crank Arms:
- Start the Pedals into the Crank Arms by hand.
 - NOTE: The LEFT Pedal is reverse-threaded.
 - Restart if you feel resistance or if the Pedal does not drive straight into the Crank Arm.
 - Tighten the Pedals (Tool: 15 mm Open-end Wrench).
 - Torque the Pedals 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.

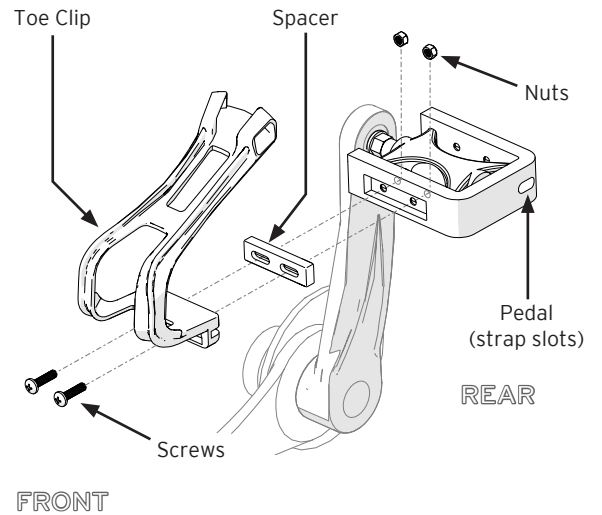
- 11** Install the Pedal Straps:

- (a) Position the Buckle pointing up, facing toward you.
 (b) Loop the Strap through the slots of the Pedal, then back through the slots of the Toe Clip.



- (c) Pinch at the lower tab of the Buckle to open, and route the Strap under the roller and over the clamp.
 (d) Repeat the steps above for the opposite Pedal Strap.

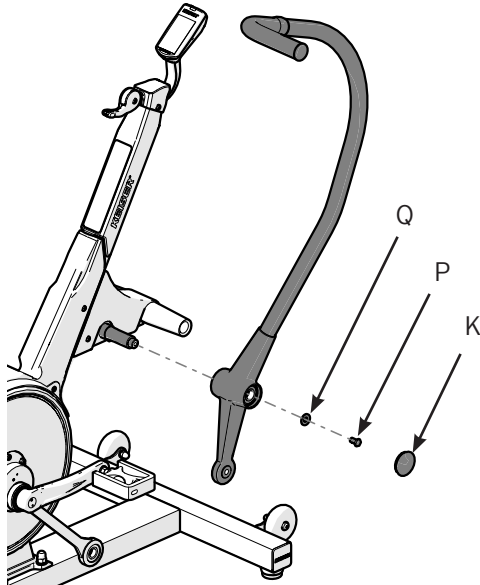
- 10** Install the Toe Clips to the Pedals:
 (a) Set the Toe Clip with Spacer onto the mounting area of the Pedal (opposite side of the strap slots).



- (b) Secure the Toe Clip with Spacer onto the Pedal (hardware supplied in the kit) using a #2 Phillips Screwdriver and an 8 mm Wrench. Tighten until snug.
 (c) Repeat the steps above for the opposite Toe Clip.

HOW TO ASSEMBLE THE TOTAL BODY TRAINER

- 12** (a) Slide the Handle onto the Pivot Shaft (Right Handle shown below).

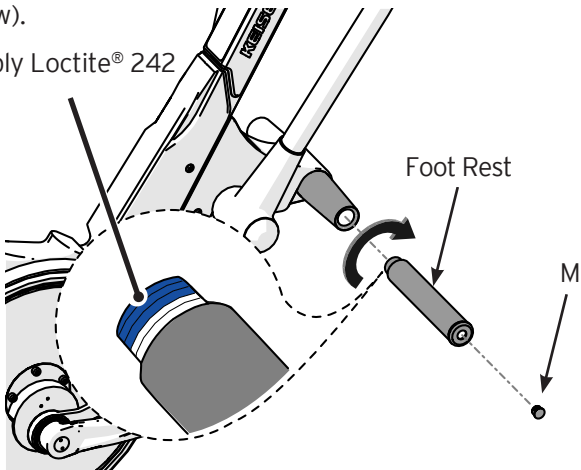


(b) Install one Washer and one Screw (Items Q and P) using a Ratchet and 13 mm Socket, torque to 17 ft-lbs (23 Nm).

(c) Install Aluminum Caps (Item K) onto Handle.

- 14** (a) Clean the Foot Rest threads using a clean cloth, then apply Loctite® 242 Threadlocker to the leading threads of the Foot Rest (Right Foot Rest shown below).

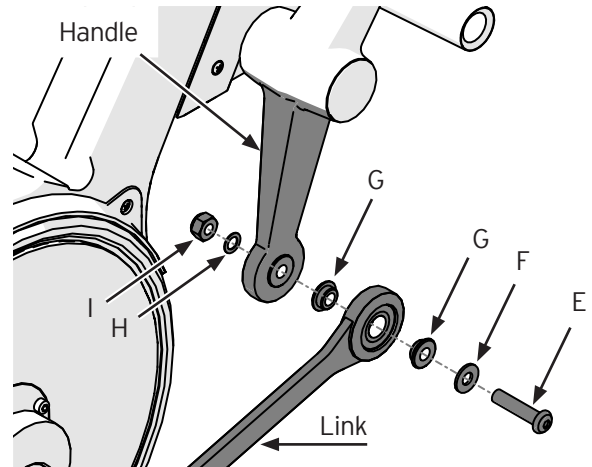
Apply Loctite® 242



(b) Screw the Foot Rest into the Main Frame as shown. Torque to 35 ft-lbs (47 Nm) using a 3/8-inch Drive Ratchet with 6-inch extension.

(c) Repeat this step for the opposite Foot Rest.

- 13** (a) Align the Handle and Link holes, then assemble using Items E, F, G, H, and I. (Right side shown below).



(b) While holding the 6 mm Hex Key on the SBHC Screw (Item E), tighten and torque the Hex Elastic Lock Nut (Item I) to 17 ft-lbs (23 Nm) using a Torque Wrench and 17 mm Socket.

(c) Repeat Steps 10 and 11 for the opposite Handle.

Assembly is now complete. Continue to “Set Up and Operation” on the following page. Be sure to perform the “Proper Operation Check” (page 16), including Rust Inhibitor application, before use.

SET UP AND OPERATION

PRODUCT OVERVIEW

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

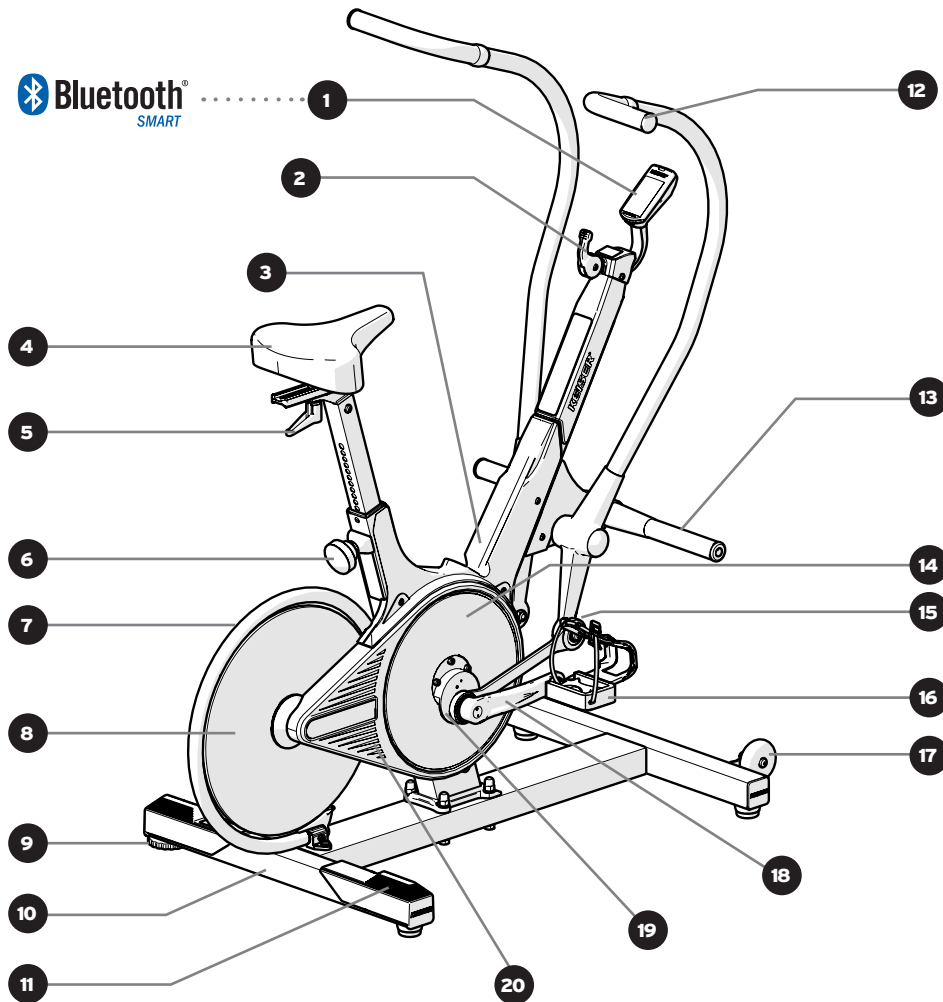


Figure 5. M3/M3i Total Body Trainer

1	Computer Display with Bluetooth® SMART*	11	Stretch Pads
2	Resistance Lever / Emergency Brake	12	Handles
3	Water Bottle Holder	13	Foot Rests
4	Seat	14	Pulley
5	Seat Depth Adjustment L-Handle	15	Links
6	Seat Height Adjustment Knob	16	Pedals with Toe Clips and Straps
7	Flywheel Guard	17	Transport Wheels
8	Flywheel	18	Crank Arms
9	Base Stabilizer	19	Eccentrics
10	Base	20	Belt Guard

* 005512 M3i models only

PROPER OPERATION CHECK

Apply a rust and corrosion inhibitor to the Left Bottom Bracket Bearing and to both Link Bearings (recommended after assembly and annually thereafter, see Figure 6).

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

Proper Operation Check:

- All Screws are tightened or torqued properly (refer to “How to Assemble the Total Body Trainer” section, beginning on page 11, Steps 2 – 14).
- The Computer Display powers ON (pedal one full revolution) and the Resistance Lever cycles GEAR 1–24 (GEAR 88 = Emergency Brake).
- TBT is properly stabilized, level to the floor (refer to “Base Stabilizer” section below).
- The Seat height/depth are properly set (refer to “Seat Height Adjustment Knob” and “Seat Depth Adjustment L-Handle” sections, page 17).

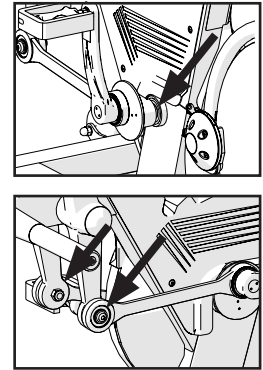


Figure 6. Rust Inhibitor Application

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

TRANSPORT

To position the TBT 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 TBT on all sides before placement.

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

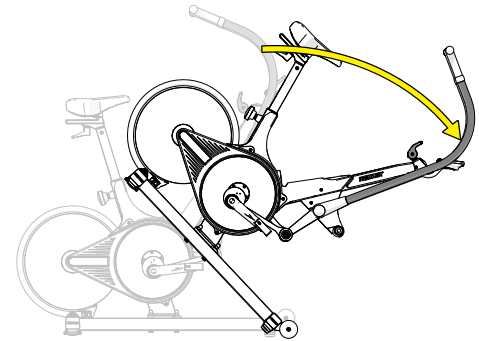


Figure 7. Transporting the TBT

BASE STABILIZER

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

To stabilize the TBT, 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 TBT.
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 TBT.

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

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

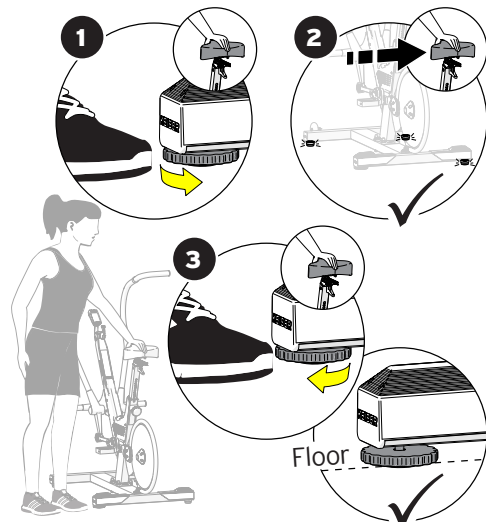


Figure 8. Base Stabilizer Adjustment

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 Handles and Pedals come to a complete stop before dismounting (refer to Figure 9).

SEAT HEIGHT ADJUSTMENT KNOB

Set the Seat height to align with the top of your hip when standing beside the TBT. 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.

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

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).

TOE CLIP & STRAP ADJUSTMENT

Secure your feet onto the Pedals using the Straps before workout.

Always bring the Pedals/Flywheel to a complete stop and set the Emergency Brake before making any adjustments to the Straps. Refer to Figure 12 and follow the instructions below:

1. Open the Buckle and route the Strap under the roller and over the clamp.
 2. Place the widest part of your foot over the Pedal and inside the Toe Clip.
- Tighten the Strap – pull upward on the Strap until snug to fit and without causing discomfort.
 - Loosen or release the Strap – push downward on the tab of the Buckle.

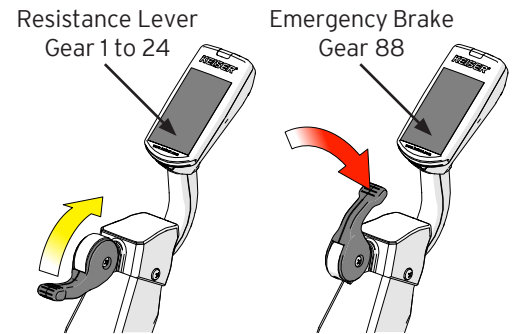


Figure 9. Resistance Lever and Emergency Brake Positions

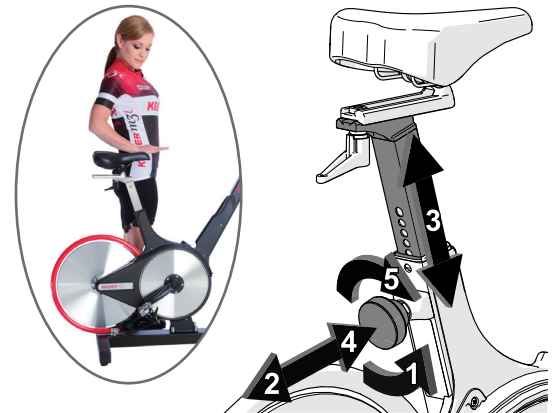


Figure 10. Seat Height Adjustment

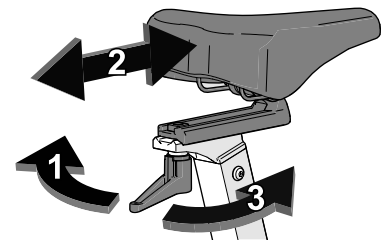


Figure 11. Seat Depth Adjustment

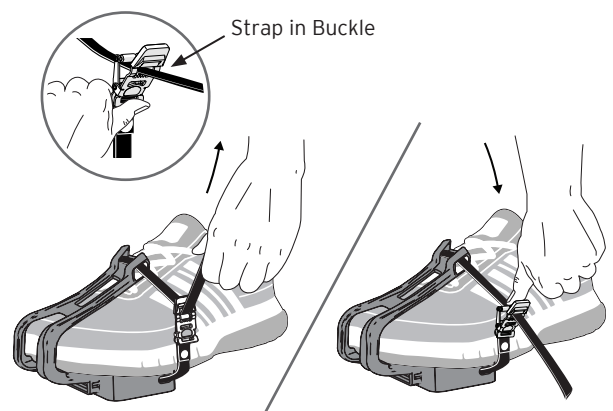


Figure 12. Toe Clip & Strap Adjustment

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 $\pm 10\%$ 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 Sensor, 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 TBT for the first eight seconds. This feature is for service and maintenance purposes only. After approximately eight seconds:
 - **M3** – The Odometer “ODO” will disappear and the Trip Distance will display for the remainder of the workout.
 - **M3i** – The Odometer “ODO” will disappear to display the Trip units for two seconds (“USA” = Miles, “EURO” = Kilometers), followed by the Trip Distance for the remainder of the workout (Note: To change the Trip units, follow the instructions on page 20).

NOTE: On the M3/M3i, Trip is a calculated distance value (flat road ride) based on power production.

DISPLAY FEATURES

M3 and M3i Models

WORKOUT DATA

To view averages: RPM, Power, and Heart Rate, at any point in the workout, stop pedaling for three seconds. This will flash your averages until you start pedaling again or until the computer goes to sleep after 60 seconds.

M3i Model

INTERVAL TRAINING

To initiate an interval, starting from a high gear drop the Resistance Lever to “GEAR 1” for 1/4 of a second and lift it up to a higher gear immediately. “inL #” will display confirming the interval has started.

Repeat the above steps to end the interval (“inL End” will display) and the averages for that interval will blink.

Note: The averages displayed at the end of your workout when pedaling has stopped are inclusive of all pedaling times and intervals that have taken place during your workout.

Bluetooth® SMART ENABLED

The Bluetooth® SMART enabled computer allows Bluetooth® SMART Ready devices such as cellphones, tablets, and computers to gather information about your workout. M3i compatible apps allow data to be stored to track progress over time and make the data available to other fitness applications. Classrooms are able to utilize real time performance tracking programs which give the entire class an opportunity to see their performance compared with other participants in the class.

To receive and download workout information from your M3i, a Bike ID number is required, which identifies your M3i for individual or group Bluetooth discovery. The Bike ID number is viewable within the first eight seconds (displayed as “bid” and followed by any number 1 to 200, see Figure 14). To assign a Bike ID to your M3i, follow the instructions on page 20. Note: Bike ID set to “0” may not be discovered by Bluetooth devices.

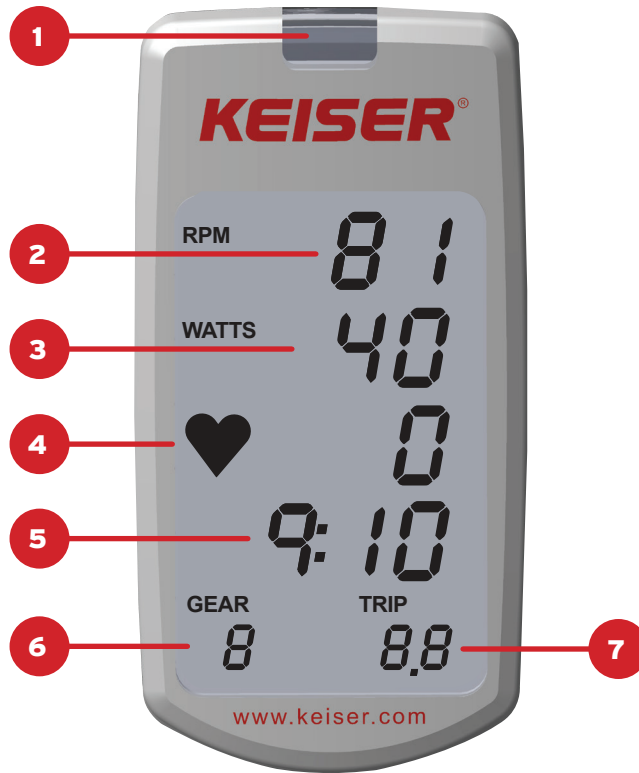
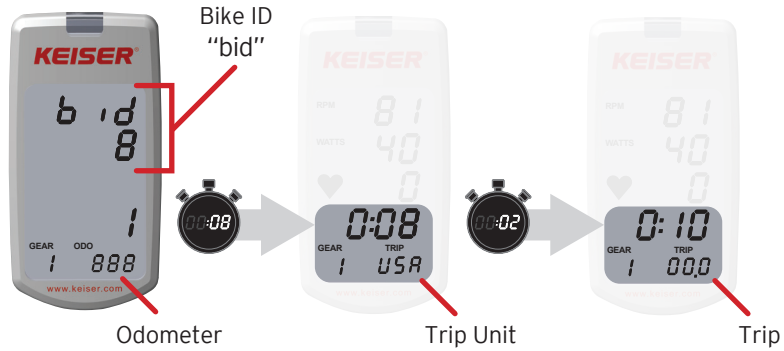


Figure 13. Computer Overview

M3i MODEL



M3 MODEL

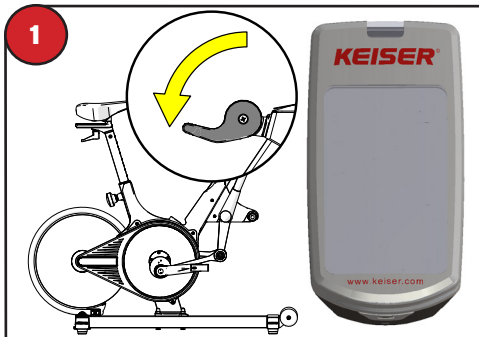


Figure 14. Computer Start-up Display

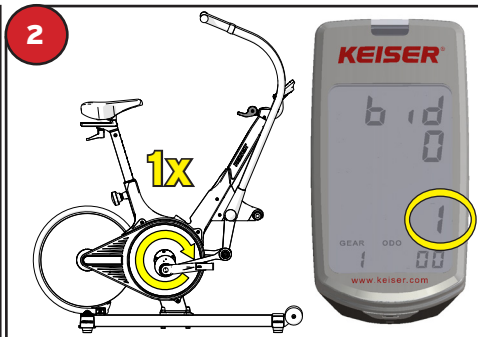
⚠ WARNING: Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

HOW TO EDIT M3i DISPLAY TRIP UNITS AND MACHINE ID

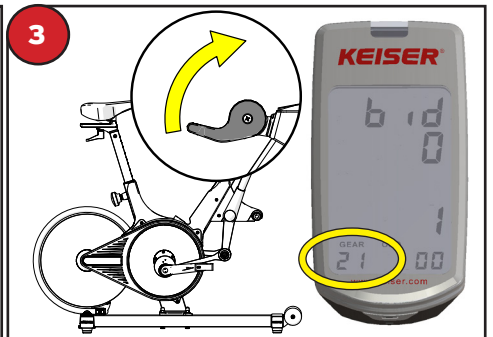
To receive and download workout information from your M3i to any Bluetooth® SMART device, a Bike ID number (displayed as "bid") is required. Perform the following one-time procedure to set both the "bid" and the Trip Unit (miles or kilometers) at once. NOTE: Steps 1 through 7 must be completed within one minute.



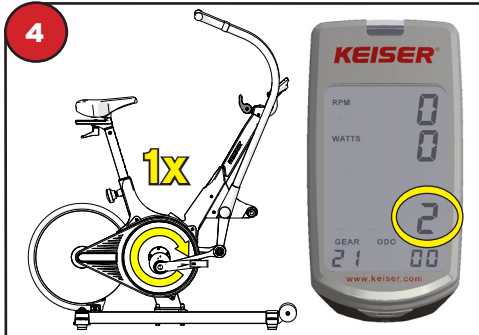
1 Begin with the computer off and pull Resistance Lever all the way down towards you. This is GEAR "1" position.



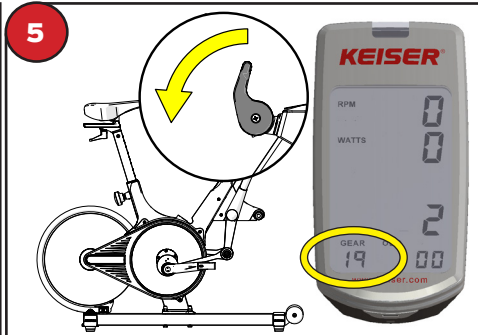
2 Pedal 1 full revolution to change the TIME value to "1", then stop.



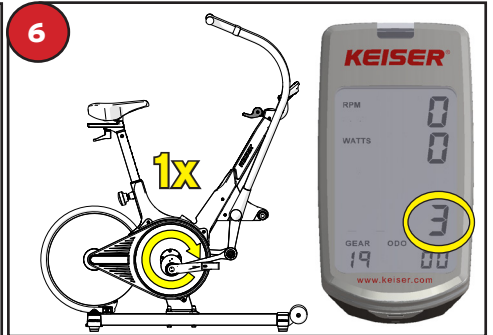
3 Shift the Resistance Lever to GEAR "21" for Miles, or GEAR "19" for Kilometers.



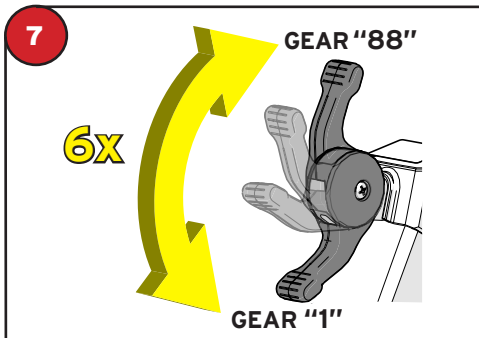
4 Pedal 1 full revolution to change the TIME value to "2", then stop.



5 Shift the Resistance Lever to GEAR "19" for Miles, or GEAR "21" for Kilometers.

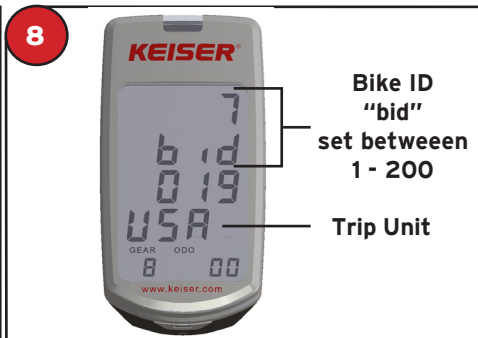


6 Pedal 1 full revolution to change the TIME value to "3", then stop.



7 Shift the Resistance Lever from top to bottom (GEAR "88" to GEAR "1") for a total of 6 times.

NOTE: If the computer shuts down at any time before Step 8, the procedure has timed out. Restart the procedure from Step 1 at a time when the procedure may be completed within one minute.

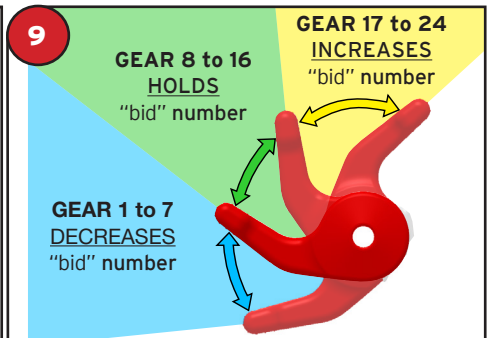


Trip Unit confirmation:

"USA" = miles
"EURO" = kilometers

Continue to Step 9 to record the Bike ID ("bid") number.

NOTE: "Err#" = incorrect gear setting within Steps 3-5. Restart the procedure from Step 1 after the computer shuts down (1 minute est. time).



Set Bike ID ("bid"):

- increases "bid" number
- decreases "bid" number

Set the "bid" number to any number between 1 and 200.

Save the "bid" number: Set to any number between 8 and 16 and allow the computer to sleep (1 minute est. time).

IMPORTANT: The computer must be allowed to sleep to save the "bid" number and Trip Unit, and exit edit mode.

HOW TO EXERCISE ON THE TBT

The TBT is intended for cardiovascular, strength, and power conditioning exercise. Before you begin your exercise, be sure to adjust the Seat height and depth to the position that supports good body position.

BODY POSITION

1. HEAD AND NECK

Keep your head and neck in alignment with your body. Your eyes and ears should be on the same horizontal plane and parallel with the floor.

2. POSTURE

Maintain the natural curvature of your spine to achieve proper posture. Avoid leaning forward or arching your back.

3. ARMS

Maintain comfortable range of arm motion, keeping the Handles in front of your body and within reach. Ensure a slight bend at the elbows when Handles reach full extension.

4. HANDS

Ensure a firm grasp of the Handles throughout the exercise. Vary your handgrip for comfort and to help prevent discomfort.

5. LEGS

Your knee cap should align with the Pedal axle when the Pedal is positioned at three o'clock (away from Flywheel). A slight bend at the knee should be present when the Pedal extends down to six o'clock (toward floor).

6. FEET

Keep the widest part of each foot over the center of the Pedals (or resting on the Foot Rests in the Upper Body training position). Pedal at an even, steady pace to maintain balanced pedal strokes.

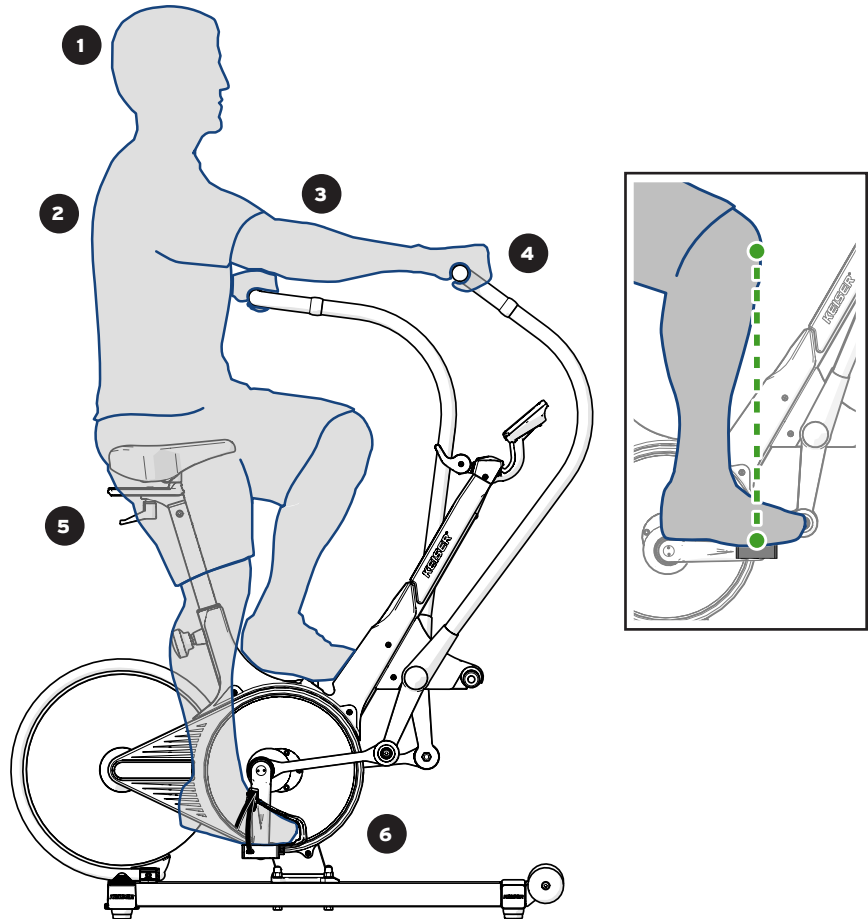


Figure 15. Body Position

⚠ CAUTION: ENSURE SEAT HEIGHT AND DEPTH SUPPORT PROPER BODY POSITIONING TO AVOID INJURY.

SEAT HEIGHT – Hips rocking side to side during pedaling indicates the Seat is positioned too high; knees bowed outward indicates the Seat is positioned too low. Adjust the Seat to align with the top of your hip when standing beside the TBT.

SEAT DEPTH – Adjust the Seat depth until only the toe end of your foot is visible when the Pedal is positioned at three o'clock (away from Flywheel).

Failure to follow this instruction may result in injury due to unnecessary stress on joints, muscles, and soft tissue.

Start Your Exercise:

1. Set the Resistance Lever down, then set a Pedal to the lowest position.
2. Grasp the Handle nearest to you.
3. Step onto the lowest Pedal first to mount the TBT.
4. Strap your feet securely onto the Pedals.

End Your Exercise:

1. Bring the Flywheel to a complete stop using the Handles/ Pedals or the Resistance Lever/Emergency Brake.
2. Once the Flywheel/Handles come to a complete stop, loosen the Pedal Straps by pressing downward on the tab of the buckle.
3. Step off the higher Pedal first, then the lower one, to dismount.

⚠ WARNING: To prevent injury, always wait until the Flywheel comes to a complete stop before you attempt to dismount the TBT. Keep the top surface of the Pedals clean and dry.

EXERCISE GUIDELINE

Consult your physician before beginning any exercise program. To help ensure a safe, comfortable, and effective workout, remember to:

1. **Warm up:** Proper warm up before you begin your workout helps to get your muscles ready for exercise and can help prevent serious injury.
2. **Control resistance:** Always work with resistance that you can handle through a full range of motion. Know your limitations.
3. **Breathe:** Keep your breathing at a constant but steady pace. Avoid holding your breath as this may cause physical harm.
4. **Keep your form and control:** Learn and know how to perform the exercise correctly. Keep a steady/fluid motion throughout your workout. Engaging your abdominal muscles will help keep balance and protect your spine.

⚠ CAUTION: PROPER WARM UP REQUIRED TO HELP PREVENT SERIOUS INJURY. This TBT should only be used with proper instruction. Always maintain good form and control during exercise. If you feel pain or are unable to maintain good form, stop immediately. Failure to follow these instructions could result in serious injury. If you are unclear on proper form, consult a physical therapist or trainer.

EXERCISE POSITIONS

Total Body Training (Figure 16) is an all-around exercise suited for users of any fitness level that provides a challenging workout. The upper and lower body are engaged for cardiovascular and pulmonary endurance, as well as for strength and power conditioning.

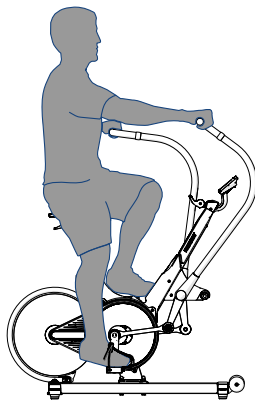


Figure 16. Total Body Training Exercise Position

Independent Upper Body Training (Figure 17) is an advanced workout position that focuses on the upper body and core muscle groups. Maintain a firm grip and complete control of the Handles for optimal workout and to prevent injury.

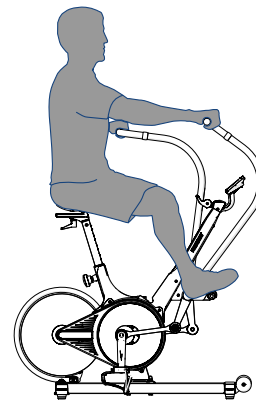


Figure 17. Upper Body Training Exercise Position

Independent Lower Body Training (Figure 18) is an advanced workout position that focuses on the lower body muscle groups. Position hands on your hips to maintain balance and to prevent injury.

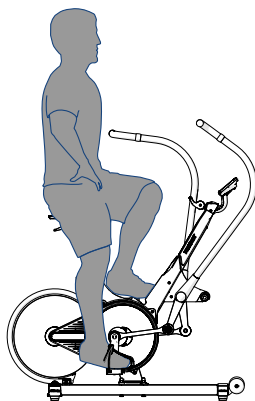


Figure 18. Lower Body Training Exercise Position

REMEMBER:

- Combine resistance and intensity, along with varied time durations, for your desired cardiovascular, strength, and power conditioning.
- Take the time to pedal during cool down, and stretch after your workout.
- M3i Users – Download workout averages to any Bluetooth® SMART device with an M3i capable application.

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 TBT until all repairs have been completed and tested by a certified Keiser technician.

PREVENTATIVE MAINTENANCE SCHEDULE

<p>Every Workout</p>	<ul style="list-style-type: none"> • TBT is properly stabilized, level to the floor (refer to “Base Stabilizer” section, page 16). • Check that parts most susceptible to wear are not damaged or broken (Adjustment Knob, L-Handle, Pedal Toe Clips and Straps, and Seat Upholstery). • Cleaning: Target areas in the sweat path with a dry soft towel or cloth.
<p>Weekly for the 1st Month</p>	<ul style="list-style-type: none"> • Check to ensure that the TBT is in safe proper working order (perform the full “Proper Operation Check,” page 16). • Check that parts most susceptible to wear are not damaged or broken (Adjustment Knob, L-Handle, Pedal Toe Clips and Straps, and Seat Upholstery).
<p>Monthly</p>	<ul style="list-style-type: none"> • 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.
<p>Quarterly</p>	<ul style="list-style-type: none"> • Apply wax to protect the paint finish on metal parts: <ol style="list-style-type: none"> 1. Wipe down and thoroughly clean the TBT 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. <p>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.</p>
<p>Annually</p>	<ul style="list-style-type: none"> • 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 Knob, L-Handle, Pedal Toe Clips and 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 24 for complete instructions). NOTE: For establishments with multiple TBT equipment, 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 both Link Bearings (Handle-Link connection point). • Apply lubricant to the Adjustment Knob: <ol style="list-style-type: none"> 1. Unscrew and remove the Adjustment Knob. 2. Clean threads with a lint-free cloth. 3. Apply a moderate amount of lubricant to threads, then replace the Adjustment Knob. <p>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.</p>

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 19 and follow the instructions below (Tool required: #1 Phillips screwdriver).

1. Remove the screw that secures the Computer Display to the Display Mount.
2. Remove the two AA batteries (follow manufacturer's recommendations for handling, maintaining, and disposing of batteries).
3. Install two new AA batteries observing the correct polarity (see +/- marking inside the battery compartment). 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 Mount, then reinstall the screw removed in Step 1.

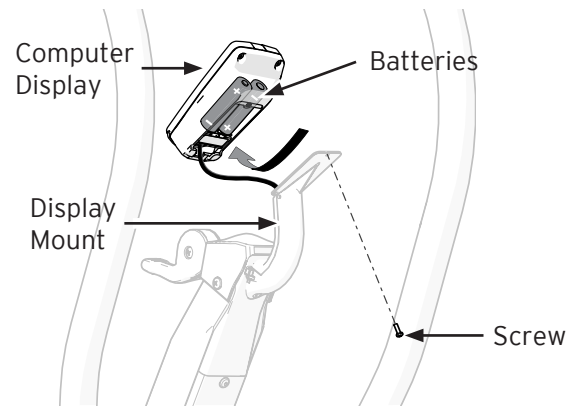


Figure 19. TBT Battery Replacement

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.

BLUETOOTH® SMART word mark and logos are registered trademarks of Bluetooth SIG, Inc.; LPS 3® Rust Inhibitor is the registered trademark of ITW Pro Brands, an Illinois Tool Works Company; WD-40 Specialist® Corrosion Inhibitor is the registered trademark of WD-40 Company; HYDROTEX® is the registered trademark of Hydrotex, Partners, Ltd.; MEGUIAR'S® is the registered trademark of Meguiar's, Inc.; and POLAR® is the registered trademark of Electro Oy.

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/M3i Total Body Trainer 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 27.	N/A
ID of specified optional external power supplies or battery chargers	The M3/M3i Total Body Trainer 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/M3i Total Body Trainer 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.

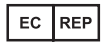
If you have any questions about equipment disposal, please contact your local dealer or Keiser Customer Support (see back cover for contact information).

WARRANTY STATEMENT

View or print your M3/M3i Total Body Trainer 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 Pacific Standard Time), 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**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

CUSTOMER SUPPORT

If you have any questions regarding the M3/M3i Total Body Trainer 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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