

**KEISER®**

**STRENGTH | CARDIO | FUNCTIONAL**



## **M SERIES**

### **M5 | M5i STRIDER ELLIPTICAL**

**MODELS: 005600BBC, 005602BBC, 005603BBC,  
005600XXC, 005602XXC, 005603XXC**

**ASSEMBLY AND OPERATION MANUAL**

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**GENERAL INFORMATION**

**INTRODUCTION**

Congratulations on the purchase of your new Keiser M Series Strider Elliptical 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 Strider Elliptical. 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 Strider Elliptical 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>



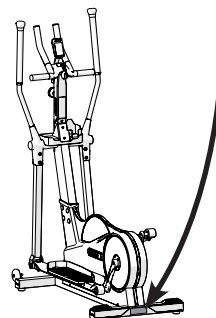
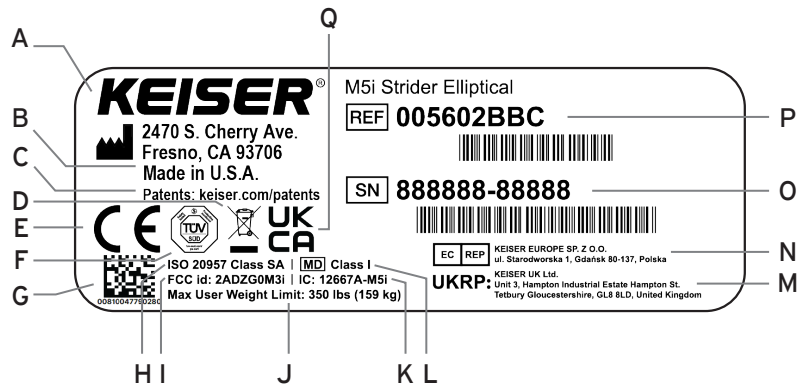
**SCAN**

**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 M5 or M5i (herein referred to as “Strider Elliptical”) 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 Strider Elliptical is for physical activity or Physiotherapy (sometimes referred to as physical therapy).
5. The Strider Elliptical 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 Strider Elliptical in physical therapy.
6. Maximum user weight limit: 350 lbs (159 kg). User height range: 58-82 inches (1473-2083 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 Strider Elliptical is intended for use in training areas of organizations where access and control is 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 Strider Elliptical. Quality athletic shoes are recommended for proper support and comfort. Do not wear clothing that might catch on any Strider Elliptical 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 Strider Elliptical affect the ability of the user to safely exercise on the Strider Elliptical. Pay attention to and focus on your exercise while using the Strider Elliptical.
12. Routinely check and pay special attention to components most susceptible to wear. Refer to the “Preventative Maintenance Schedule” (page 24) for further instruction.
13. Immediately replace damaged, worn, or broken parts and do not use the Strider Elliptical 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 Strider Elliptical” (page 22) for further instruction and safety information.
16. The Strider Elliptical 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 Footpads—including the Handles—will also be in motion. For this reason, never remove your feet from the Footpads or your hands from the Handles/Handlebar while the Flywheel is in motion as serious user injury may occur. Never take your hands off the Handles or Handlebars while the Flywheel is in motion.
17. It is recommended that the Strider Elliptical 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 Strider Elliptical to a controlled stop prior to making adjustments.
20. Before dismounting the Strider Elliptical, 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 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 Strider Elliptical is not a toy. Children shall not play with the Strider Elliptical. Children under 14 years old should not use the Strider Elliptical. Keep children and pets clear from the Strider Elliptical at all times, especially while in use. Cleaning and user maintenance shall not be performed by children.
23. The Strider Elliptical 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 Strider Elliptical without constant supervision by a spotter/supervisor.
24. The Strider Elliptical should not be positioned in direct sunlight, in areas of extreme temperature and humidity, or where the Strider Elliptical may be splashed with water or fluids. The Strider Elliptical is intended for indoor use only.
25. The minimum amount of free area around the Strider Elliptical is 24 inches (610 mm) on all sides. Refer to the “Training Space” section (page 7) for further placement direction.



**IMPORTANT SAFETY INFORMATION**

- 26. The Strider Elliptical is suited for both home and commercial use. To ensure your safety and to help prevent damage to the Strider Elliptical, 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 Strider Elliptical in a desired exercise location.
- 27. Failure to perform the "Proper Operation Check" (page 16) prior to normal use of the Strider Elliptical 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 Strider Elliptical, 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 machine 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 Strider Elliptical shall determine the suitability of the Strider Elliptical 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 Strider Elliptical 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 Installation Instruction 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**

**⚠️ 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

**⚠️ 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 handles and pedals turning.
- Do not attempt to dismount the machine or remove hands from handles or remove feet from pedals until pedals have come to a complete stop.
- Maximum user weight limit: 350 lbs (159 kg)

565375

995322

**KEISER**® M5i Strider Elliptical  
 2470 S. Cherry Ave. REF **005602BBC**  
 Fresno, CA 93706  
 Made in U.S.A.  
 Patents: keiser.com/patents SN **888888-88888**

ISO 20957 Class SA | MD Class I  
 FCC id: 2ADZG0M31 | IC: 12667A-M5i  
 Max User Weight Limit: 350 lbs (159 kg)

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Maintain safety and notification labels. Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Keiser Corporation for a replacement (see back cover for contact information).

**IMPORTANT SAFETY INFORMATION****CONTRAINDICATIONS**

There are a number of contraindications in the context of the relevant fields of the M5/M5i Strider Elliptical 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, M5/M5i Strider Elliptical 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 M5/M5i Strider Elliptical.

**TECHNICAL SPECIFICATIONS**

Model No.	Device Label (Short Description)	Device Full Description
005600BBC	M5 STRIDER-BLK-BLK-COMP	M5 Strider Elliptical , Black (frame color), Black (plastic color), Computer Display*
005600XXC	M5 STRIDER-SPC-SPC-COMP	M5 Strider Elliptical , Special (frame color), Special (plastic color), Computer Display*
005602BBC	M5i STRIDER-BLK-BLK-COMP	M5i Strider Elliptical , Black (frame color), Black (plastic color), Computer Display
005602XXC	M5i STRIDER-SPC-SPC-COMP	M5i Strider Elliptical , Special (frame color), Special (plastic color), Computer Display
005603BBC	M5i-FTMS-STRIDER-BLK-BLK-COMP	M5i Strider Elliptical , Black (frame color), Black (plastic color), M Connect Computer Display
005603XXC	M5i-FTMS-STRIDER-SPC-SPC-COMP	M5i Strider Elliptical , Special (frame color), Special (plastic color), M Connect Computer Display

\* No wireless communication.

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

**EQUIPMENT SPECIFICATIONS**

	Height	Depth	Width	Weight
M5i (with Media Tray)	66 in (1,677 mm)	51 in (1,296 mm)	23 in (584 mm)	127 lbs (58 kg)
M5 (without Media Tray)	64 in (1,626 mm)	49 in (1,245 mm)	23 in (584 mm)	126 lbs (57 kg)

Stride length: 13.5 inches (343 mm)

User weight limit: 350 lbs (159 kg)

User height range: 58-82 in (1473-2083 mm)

The Keiser M5/M5i Strider Elliptical is categorized per ISO/EN 20957-1 as an 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.

**TRAINING SPACE**

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

When Strider Elliptical equipment are positioned adjacent to each other, the free area may be shared.

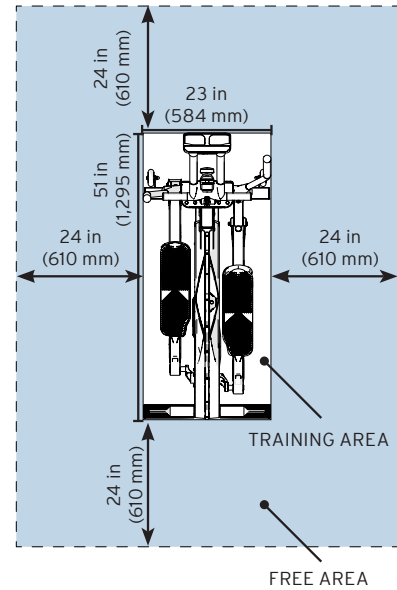


Figure 2. M5i Training Space Illustration (M5 similar)

**ASSEMBLY**

**TWO-PERSON PROCEDURE:** Due to the size and weight of the equipment, assembly requires two persons to safely and successfully complete installation.

**BEFORE YOU BEGIN...**











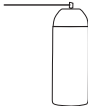

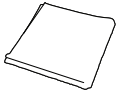
- To avoid damaging parts, do not use power tools.
- Substitution or modification of any part or component other than what is provided by Keiser will void your warranty.
- Remove the packing materials in the order listed in the “Unpacking” section (page 10).
- Keep all packing materials until you successfully finish all assembly steps.
- Place all parts in a cleared area and check for any damage or missing parts.

**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.


NOTE: Keiser Corporation is not responsible for damage or injury caused by incorrect installation, assembly or use.

**TOOLS AND MATERIALS REQUIRED**

					
Safety Glasses	Safety Box Cutter	Scissors	13 mm Socket and Ratchet	13 mm Wrench	11 mm Wrench
					
Torque Wrench (13 Nm/10 ft-lb - 23 Nm/ 17 ft-lb)	#2 Phillips Screwdriver	6 mm Allen Wrench	5 mm Allen Wrench	LPS 3® Rust Inhibitor or WD-40 Specialist® Corrosion Inhibitor	Mallet (non-marring)
					
Clean Cloth					

**M5/M5i ASSEMBLY GUIDE**

Scan the QR Code to watch the assembly video



**WATCH NOW**

<https://ksr.cm/M5-M5i-Assembly-Guide>

**PARTS LIST**

Familiarize yourself with the parts below before you continue to the unpacking and assembly procedures.

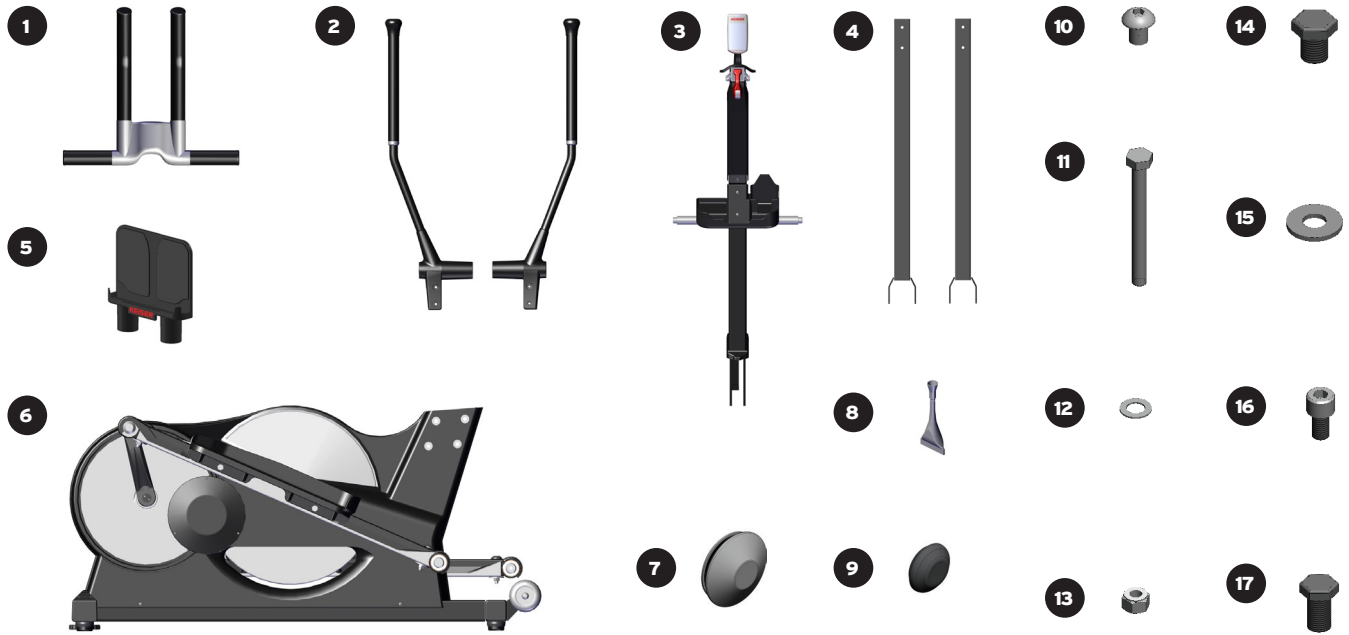


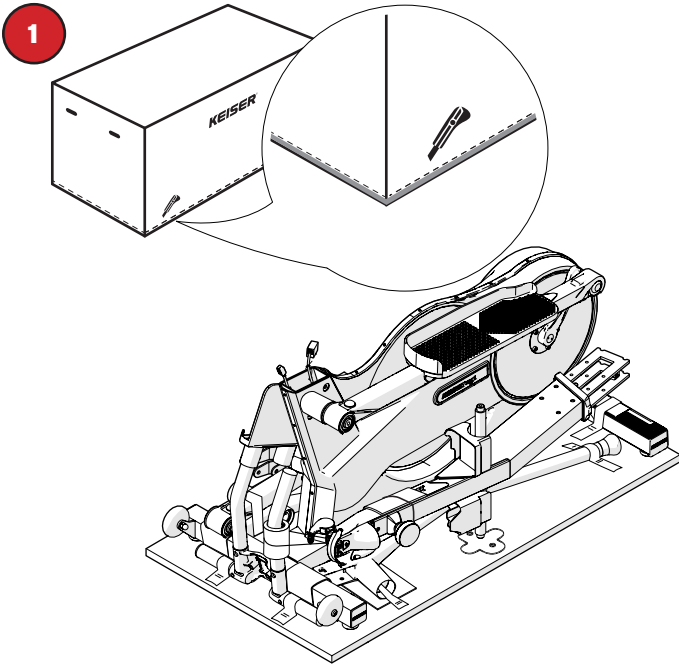
Figure 3. Parts List

	Description	Qty	Keiser Part Number
1	Handlebar Assembly	1	560809
2	Handles	2	560815B/X
3	Top Frame with Computer Display	1	-
4	Pedal Mount Hangers	2	560906
5	Media Tray (M5i standard, M5 optional equipment)	1	565063
6	Main Frame	1	-
7	Aluminum Caps (pre-assembled with O-rings)	2	565005
8	Loctite® 242 Threadlocker	1	105550
9	Rubber Bolt Cover	8	565058
10	Socket Button Head Cap Screw (M8X1.25X12 SS)	8	9515
11	Hex Head Cap Screw (M8X1.25X80 SS)	1	9518
12	Small Washer (ACFT 5/16 SS)	18	9369
13	Elastic Lock Nut (M8X1.25 SS)	1	9521
14	Hex Head Cap Screws (M8X1.25X10 SS)	8	9514
15	Large Washer (FW USS 5/16 ZP)	2	9344
16	Socket Head Cap Screw (M8X1.25X14 SS) preinstalled on Handlebar	2	9504
17	Hex Head Cap Screw (M8X1.25X16 ZP)	2	9511

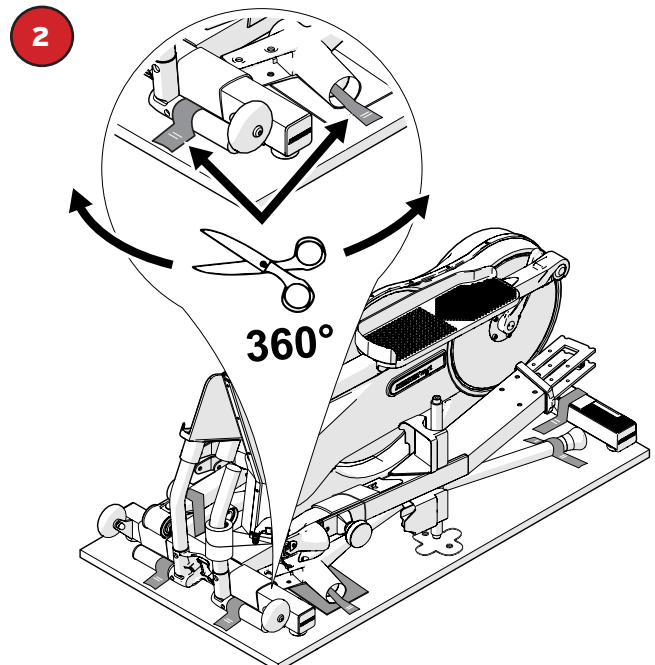
Damaged or missing parts? Contact Keiser Customer Support (see back page for contact information).

**UNPACKING**

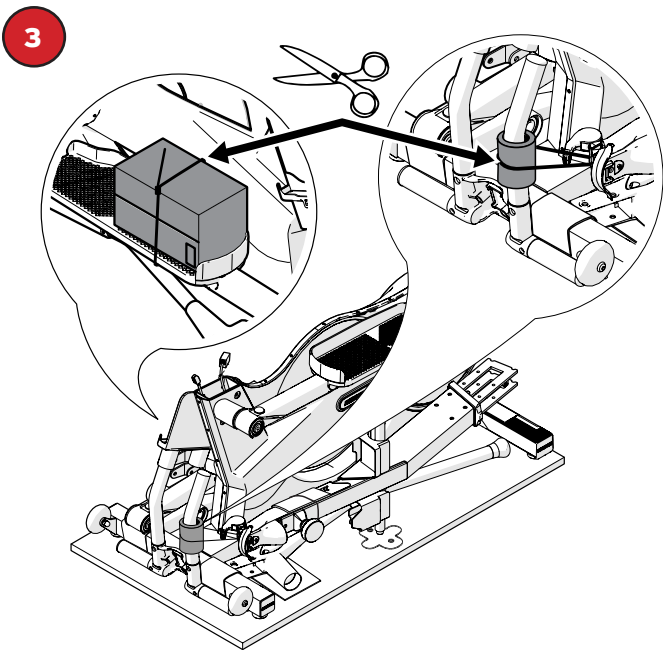
**HEAVY OBJECT:** Help required when lifting. Position the shipping box in a cleared area. Follow unpacking steps 1-4 below.



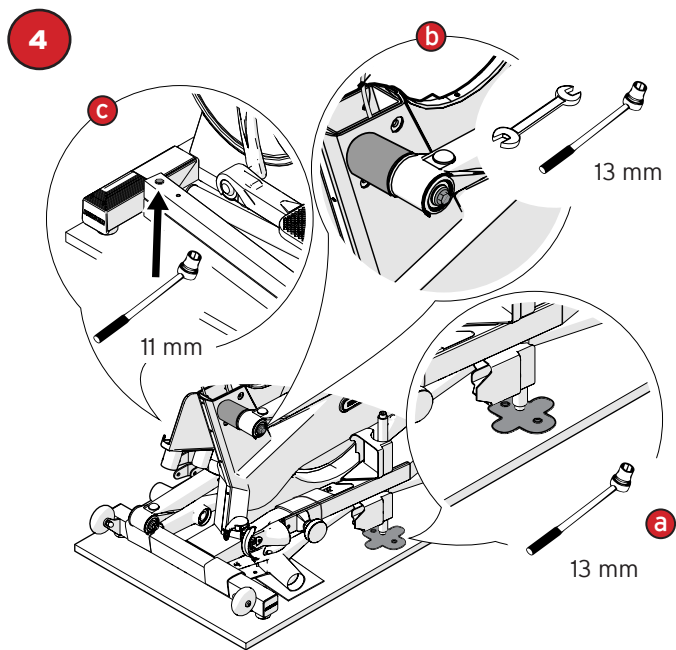
1. Open the Shipping Box by cutting along the dotted line using Safety Box Cutters.



2. Cut all the Straps that attach the equipment to the Shipping Box base using Scissors.

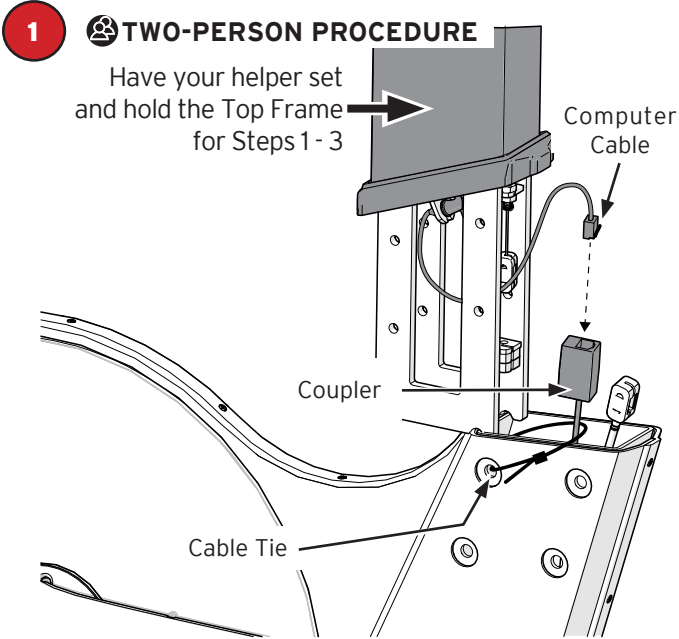


3. Release the Handlebars and the Loose Parts package by cutting the Cable Ties using Scissors.

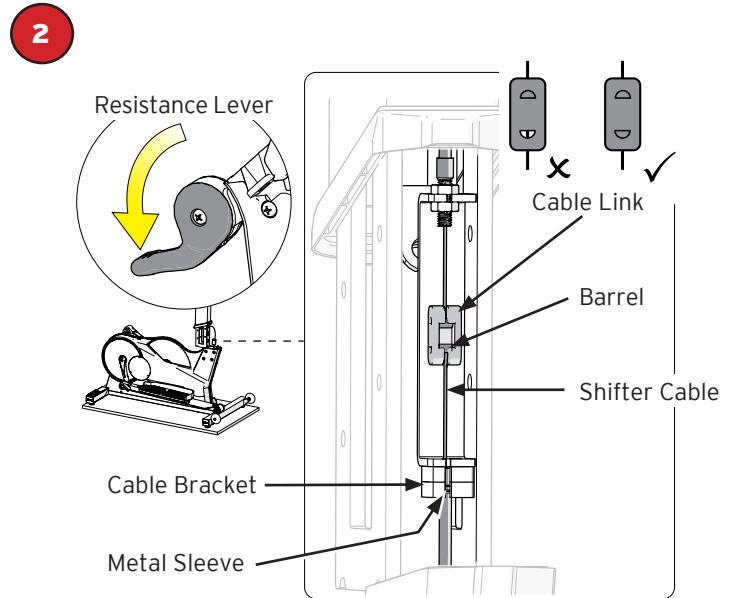


4. Release the (a) Top Frame from the wood base and remove the bracket from the Top Frame. Then, release the (b) Pedal Mount and (c) Pedal Hangers. Tools: 13 mm Socket and Ratchet, 13 mm Wrench, and 11 mm Wrench. Discard the bolts/washers and bracket, they are not required for assembly.

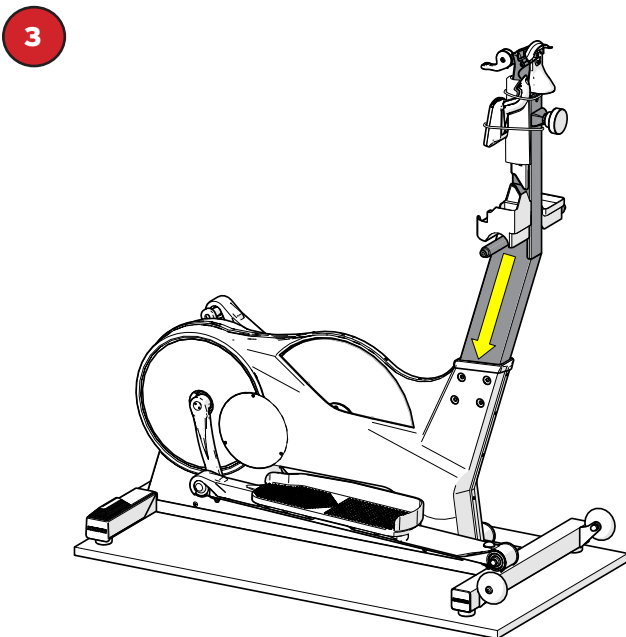
**ASSEMBLY 1 OF 3: TOP FRAME**



1. Connect the Computer Cable from the Top Frame to the Coupler of the Main Frame. Once connected, cut and remove the Cable Tie.



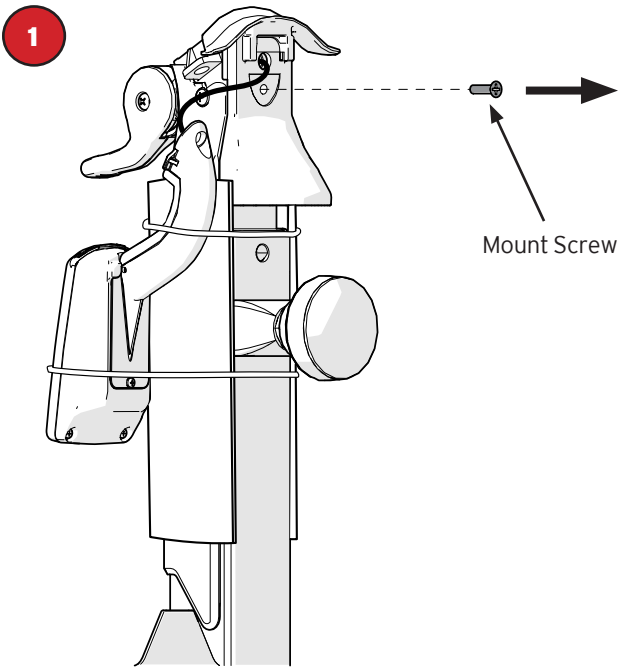
2. Set the Resistance Lever to the down position. Insert the Barrel of the Shifter Cable into Cable Link and snap into position. Insert the Metal Sleeve of the Shifter Cable into the Cable Bracket as shown. Check to ensure that the Barrel is visible through the side hole of the Cable Link.



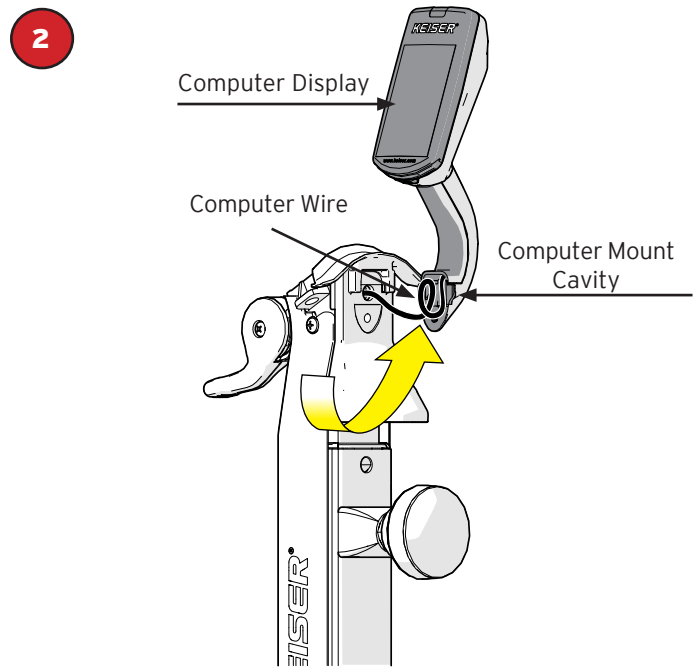
3. Insert the Top Frame into the Main Frame. Be careful not to pinch cables. **DO NOT INSTALL BOLTS.** The Bolts will be installed after the Computer installation has been tested.



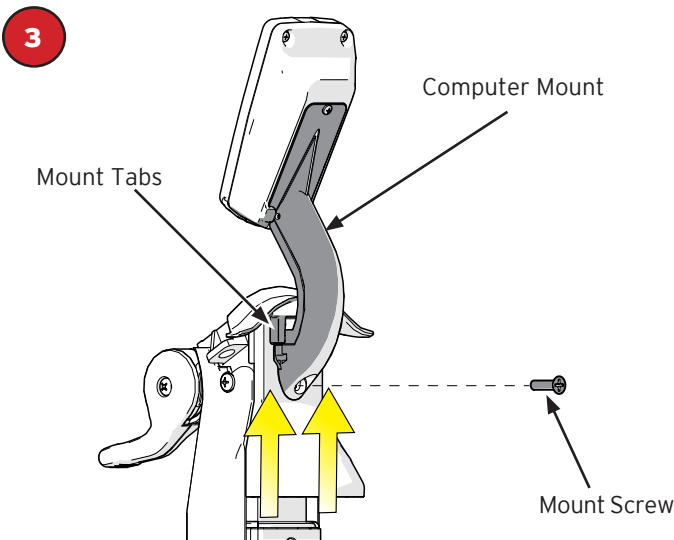
**ASSEMBLY 2 OF 3: COMPUTER DISPLAY**



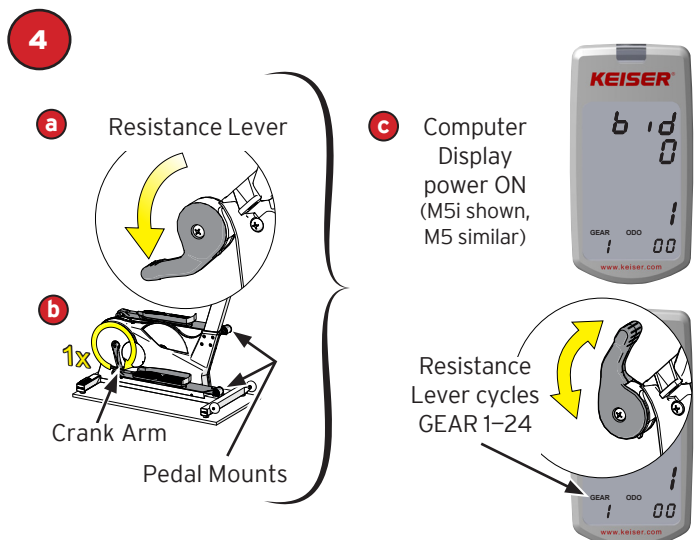
1. Remove the Computer Display Mount Screw using a #2 Phillips Screwdriver.



2. Remove the shipping material to release the Computer Display. Coil the Computer Wire into the Computer Mount Cavity. Avoid pulling or pinching the Computer Wire.



3. Slide the Computer Mount up and under the Mount Tabs. Align the screw holes and install the screw (removed in Step 1) using a #2 Phillips Screwdriver.

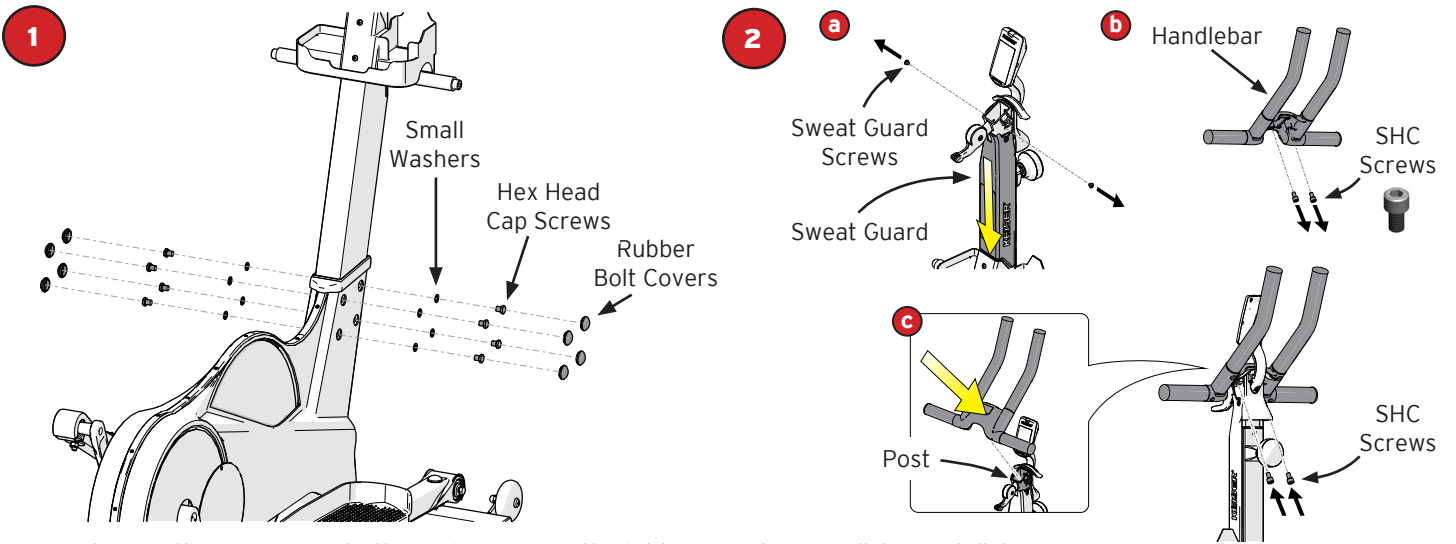


4. Resistance Lever and Computer Check:

- Begin with the Resistance Lever in the down position.
- While holding both Pedal Mount ends, rotate the Crank Arms one full turn.
- Check that the Computer Display powers ON and that the Resistance Lever cycles GEAR 1-24 (GEAR 88 = Emergency Brake).

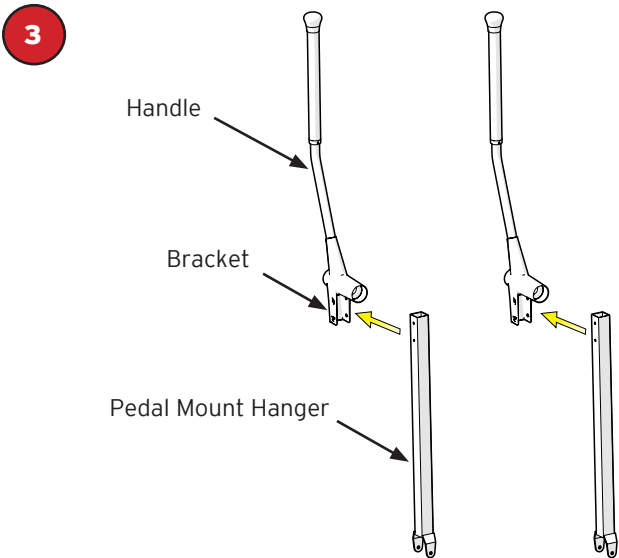
If the Computer Display does not power ON, or if the GEAR does not read 1-24 and 88, check cable connections (see Steps 1-2 on page 11).

ASSEMBLY 3 OF 3: FINAL ASSEMBLY

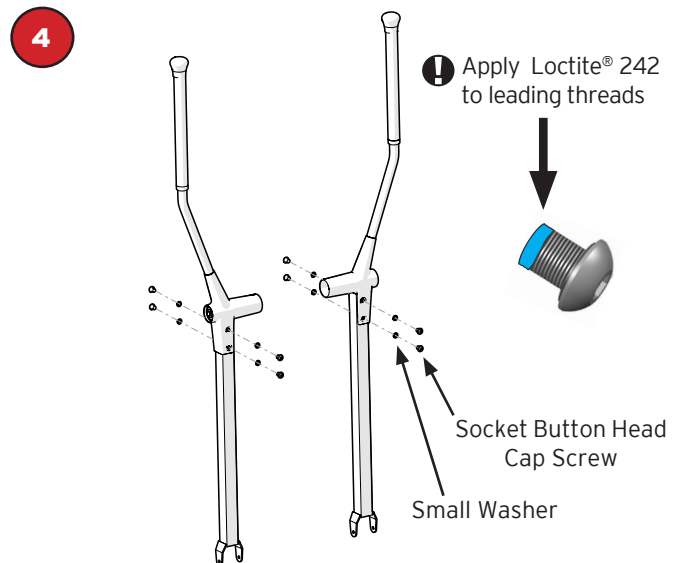


1. Secure the Top Frame to the Main Frame with eight Hex Head Cap Screws and Small Washers (Items 14 and 12) using a 13 mm Socket and Ratchet. Torque: 23 Nm (17 ft-lbs). Insert eight Rubber Bolt Covers (Item 9) into the holes of the Main Frame.

2. Handlebar Installation:
  - a. For easy installation, remove the two Sweat Guard screws (Tool: #2 Phillips Screwdriver) and slide down the Sweat Guard.
  - b. Remove the two Socket Head Cap (SHC) Screws from the Handlebar (Tool: 6 mm Allen Wrench).
  - c. Set the Handlebar onto the Post. Press down on the center of the Handlebar to seat properly, then start the two SHC Screws by hand. Use a 6 mm Allen Wrench to evenly tighten the screws.
  - d. Re-install the Sweat Guard to complete installation.

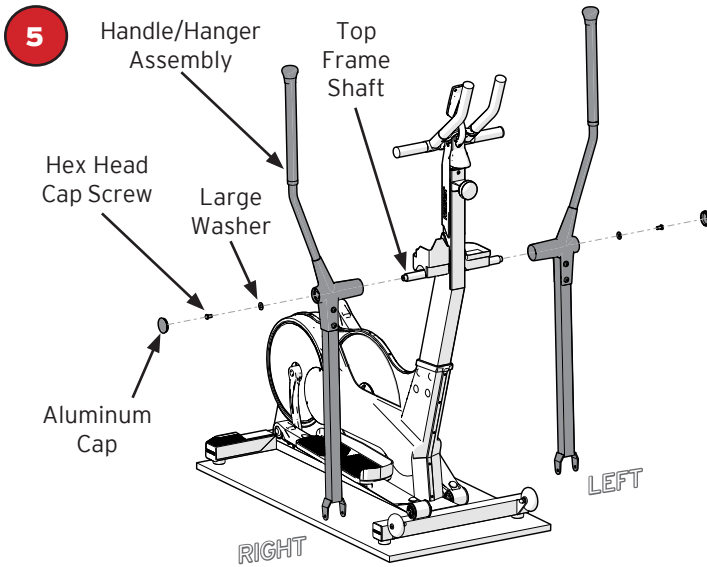


3. Handle and Pedal Mount Hanger Assemblies: Place a Pedal Mount Hanger into the bracket of a Handle. Align the screw holes. Repeat for the other Handle and Pedal Mount Hanger.

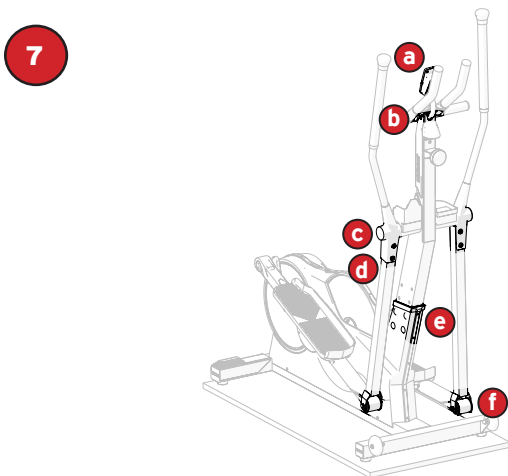


4. Secure the Handles to the Pedal Mount Hangers:
  - a. Place a Small Washer (Item 12) on a Socket Button Head Cap Screw (Item 10).
  - b. ⚠ Apply a few drops of Loctite® 242 to the leading threads of the Screw, then start the Screw into the threaded hole, hand-tight.
  - c. Repeat the steps above for a total of four Screws with Washers per Left and Right Handle/Hanger.
  - d. Tighten all Screws (four per Handle/Hanger) in an "X" pattern using a 5 mm Allen Wrench.

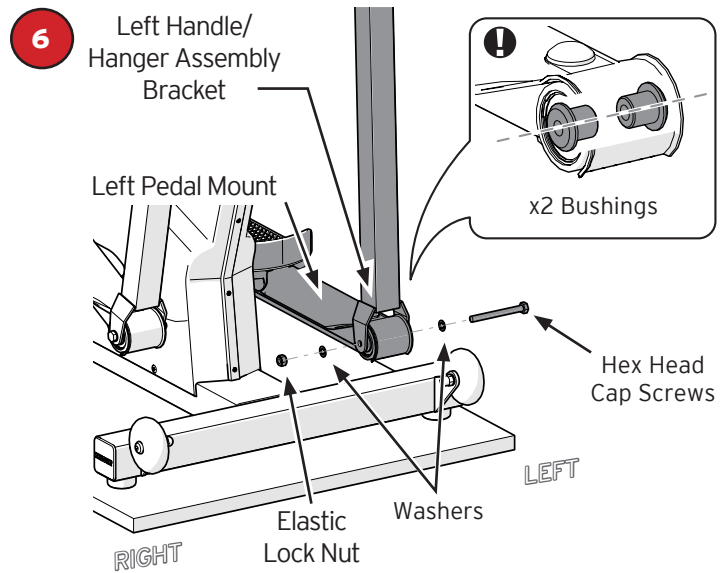
**ASSEMBLY 3 OF 3: FINAL ASSEMBLY (CONTINUED)**



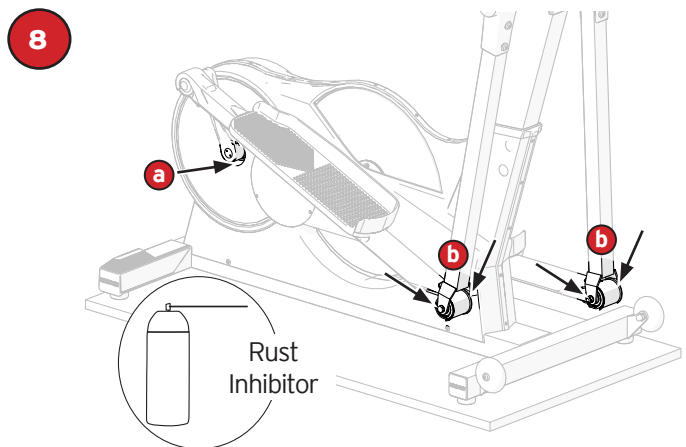
5. Attach the Handle/Hanger Assembly to the Top Frame Shaft with a Hex Head Cap Screw and Large Washer (Items 17 and 15) using a 13 mm Socket and Ratchet. Torque: 23 Nm (17 ft-lbs). Insert the Aluminum Cap (Item 7) into the Handle. If need, use a non-marring mallet to tap the Aluminum Cap into position. Repeat step for the other Handle/Hanger Assembly.



7. Final Assembly Checklist:
  - a. Computer Display is installed correctly and in working order.
  - b. Handlebar Screws tightened evenly.
  - c. Handle to Top Frame Screws, torque: 23 Nm (17 ft-lbs).
  - d. Handles to Hanger Pedal Mount Screws are tightened.
  - e. Top Frame to Main Frame Screws, torque: 23 Nm (17 ft-lbs).
  - f. Handle/Hanger Assembly to Hanger Pedal Mount Screws, torque: 23 Nm (17 ft-lbs).



6. ⚠️ Ensure the pre-installed Bushings (qty 2) are set inside each Pedal Mount. Align the holes of the Left Handle/Hanger Assembly Bracket and the Left Pedal Mount. Insert one Hex Head Cap Screw with Washer (Items 11 and 12) through the screw holes, toward the Main Frame. Place a Washer (Item 12) over the end of the Screw and install the Elastic Lock Nut (Item 13) using a Ratchet with 13 mm Socket and 13 mm Wrench. Torque: 23 Nm (17 ft-lbs). Repeat this for the right-hand side (NOTE: The required hardware for the right-hand side is pre-installed on the Right Pedal Mount).



8. Apply Rust Inhibitor:
  - a. Right Rear Bracket Bearing at the base of the Crank Arm.
  - b. Inner/outer Hanger Pedal Mount Bearings and Bolts.

Note: The application of a Rust Inhibitor is recommended annually after initial assembly.

Assembly is now complete. Continue to "Set Up and Operation" on the following page. Be sure to perform the "Proper Operation Check" (page 16) before use.

**SET UP AND OPERATION**

**PRODUCT OVERVIEW**

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

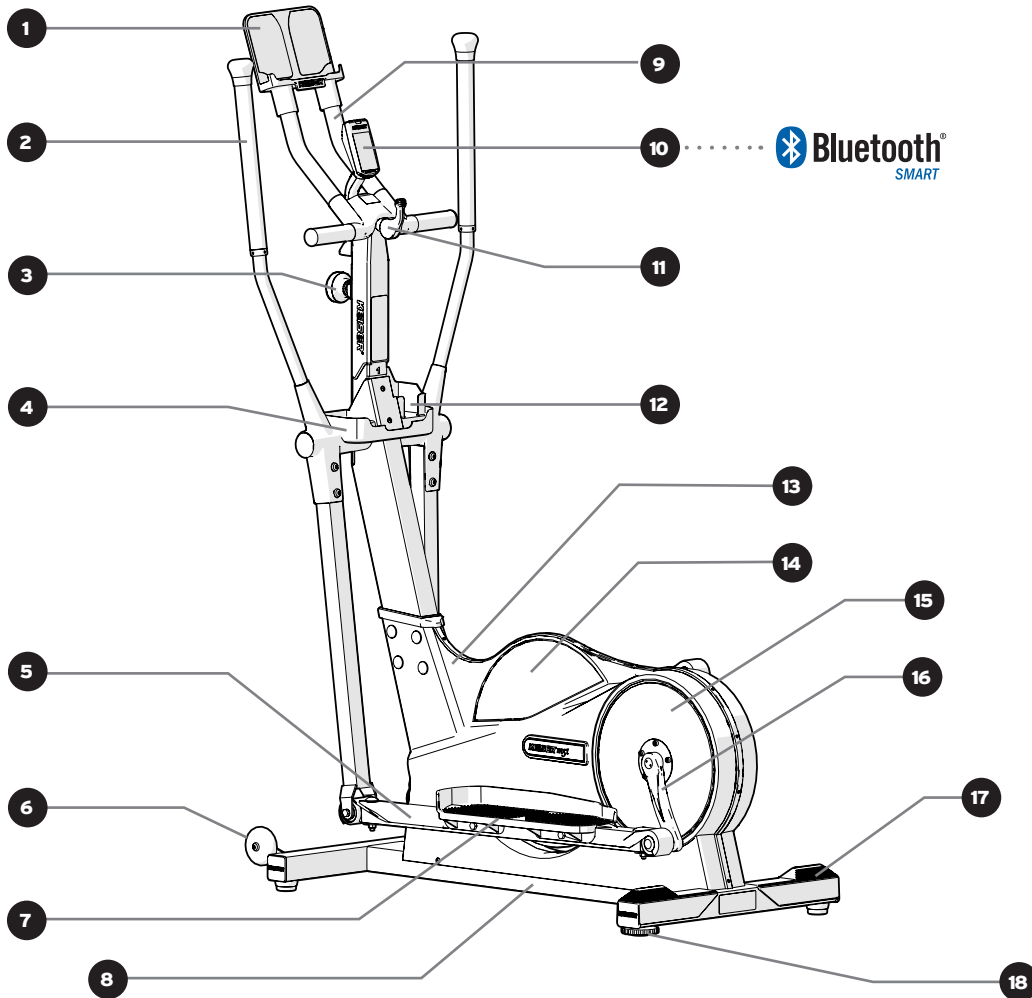


Figure 4. M5i Strider Elliptical (M5 similar)

<b>1</b> Media Tray (M5i standard, M5 optional equipment)	<b>10</b> Computer Display with BLUETOOTH® SMART*
<b>2</b> Moving Handlebars	<b>11</b> Resistance Lever / Emergency Brake
<b>3</b> Handlebar Height Adjustment Knob	<b>12</b> Water Bottle Holder
<b>4</b> Valet Tray	<b>13</b> Sweat Guard
<b>5</b> Pedal Mount	<b>14</b> Flywheel
<b>6</b> Transport Wheels	<b>15</b> Pulley
<b>7</b> Footpad	<b>16</b> Crank Arm
<b>8</b> Base	<b>17</b> Stretch Pads
<b>9</b> Stationary Handlebar	<b>18</b> Base Stabilizer

\* 005602, 005603 M5i models only

## PROPER OPERATION CHECK

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

Strider Elliptical Proper Operation Check:

- All Screws are tightened or torqued properly (refer to "Final Assembly Checklist," page 14, Step 7).
- The Computer Display powers ON and that the Resistance Lever cycles GEAR 1–24 (GEAR 88 = Emergency Brake).
- Strider Elliptical is properly stabilized, level to the floor (refer to "Base Stabilizer" section below).
- The Handlebar height is properly set (refer to "Handlebar Height Adjustment Knob" section, page 17).

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

## TRANSPORT

To position the Strider Elliptical at the desired location refer to Figure 5 and follow the instructions below:

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

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

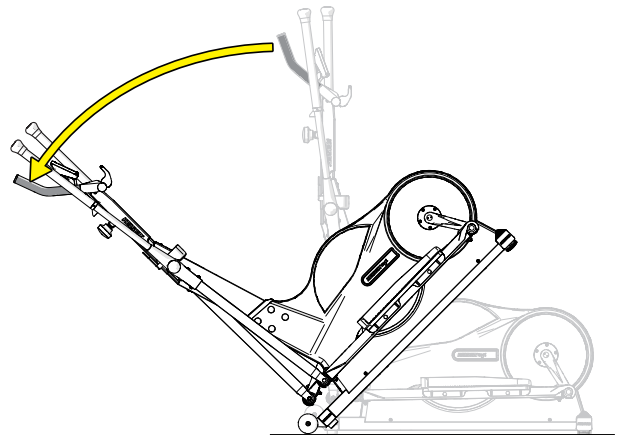


Figure 5. Transporting the Strider Elliptical

## BASE STABILIZER

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

To stabilize the Strider Elliptical, refer to Figure 6 and follow the instructions below:

1. Hold the Handlebar steady, then with your foot, swipe the Base Stabilizer counter-clockwise to drive it back into the base. This will un-stabilize the Strider Elliptical.
2. Slightly push across the Handlebar, 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 Strider Elliptical.

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

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

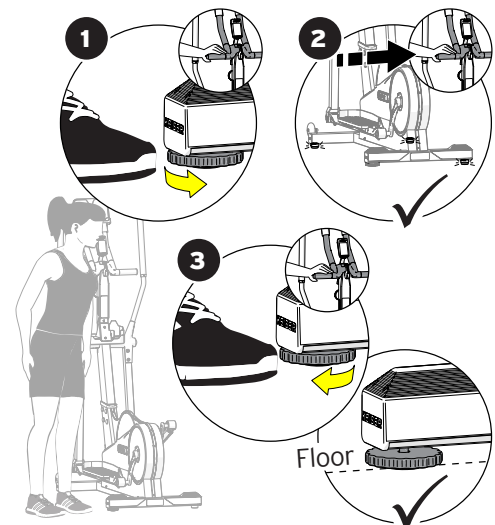


Figure 6. Base Stabilizer Adjustment

## RESISTANCE LEVER

Resistance is controlled by the Resistance Lever, refer to Figure 7. The Resistance Lever can be set to any gear from 1 to 24. The higher the gear number setting, the greater the resistance.

## EMERGENCY BRAKE

Move the Resistance Lever to the most forward position to engage the Emergency Brake, refer to Figure 7. This will stop the motion of the Flywheel within one revolution. Wait until the Handles and Footpads come to a complete stop before dismounting.

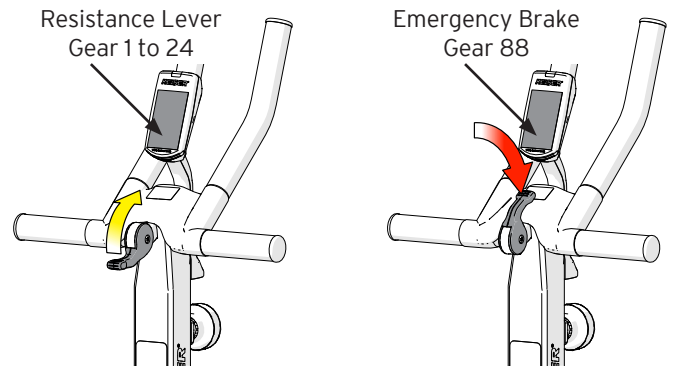


Figure 7. Resistance Lever and Emergency Brake Positions

## HANDLEBAR HEIGHT ADJUSTMENT KNOB

The Handlebar Height Adjustment Knob allows for the vertical adjustment of the Handlebar in 1/2 inch (13 mm) increments. To set the Handlebar height, refer to Figure 8 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 Handlebar to the desired 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 Handlebar.

To reduce the potential for muscle strain, set the Handlebar so that the horizontal grip is generally at elbow height when standing on the Footpads. Fine-tune handlebar height for comfort.

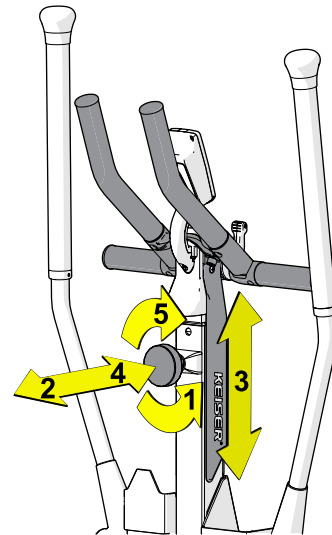


Figure 8. Handlebar Height Adjustment

## FLYWHEEL AND FIXED GEAR SYSTEM

The Strider Elliptical is not designed with a freewheel, but a fixed gear system. The Handles, Footpads, and Crank Arms are attached by linked components that cannot be disengaged.

When the Flywheel is pedaled into motion, the Footpads—including the Handles—will also be in motion. For this reason, always keep your feet on the Footpads and your hands on the Handles/Handlebar while the Flywheel is in motion.

The Crank Arms can turn in either direction. It is recommended that you turn the Crank Arms in the forward direction, as shown by the arrow in Figure 9.

Pedaling at high speeds or in the reverse direction 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.

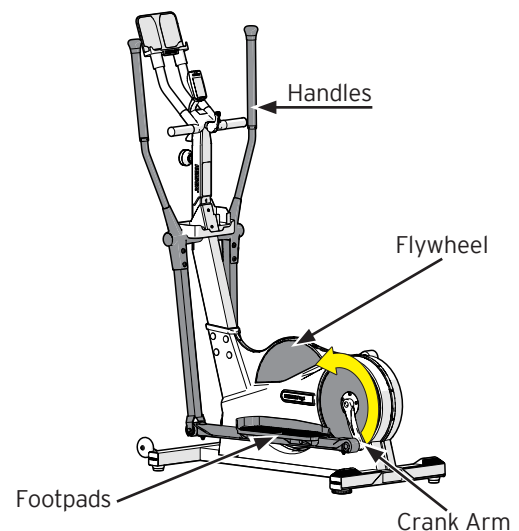


Figure 9. Crank Arm Direction Illustration



## 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. This is your stride rate, also referred to as the cadence of a runner.
- 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  $\pm 5$  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 strap, once the computer locks onto the signal, the heart symbol will blink and display the heart rate (heart rate feature applies to all M5/M5i models). 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 Strider Elliptical for the first eight seconds. This feature is for service and maintenance purposes only. After approximately eight seconds:
  - **M5** – The Odometer "ODO" will disappear and the Trip Distance will display for the remainder of the workout.
  - **M5i** – 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: Trip is a calculated distance value (flat road run) based on power production.

### DISPLAY FEATURES

**All M5 and M5i** (models 005600\*\*\*, 005602\*\*\*, 005603\*\*\*)

#### WORKOUT DATA

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

**M5i** (models 005602\*\*\*, 005603\*\*\*)

#### 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. M5i 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 M5i, a Machine ID number is required, which identifies your M5i for individual or group Bluetooth discovery. The Machine ID number is viewable within the first eight seconds (displayed as "bid" and followed by any number 1 to 200, see Figure 11). To assign a Machine ID to your M5i, follow the instructions on page 20. Note: Machine ID set to "0" will not be discovered by Bluetooth devices.

#### 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 striding has stopped are inclusive of all striding times and intervals that have taken place during your workout.

**M5i with M CONNECT DISPLAY** (model 005603\*\*\*)

The M Connect Display can share data, such as power, cadence, speed, and heart rate with third-party fitness apps and training content, including all Keiser M Series apps on connected devices. No additional setup or external devices required (see "Initial Setup with Fitness Apps," page 21).



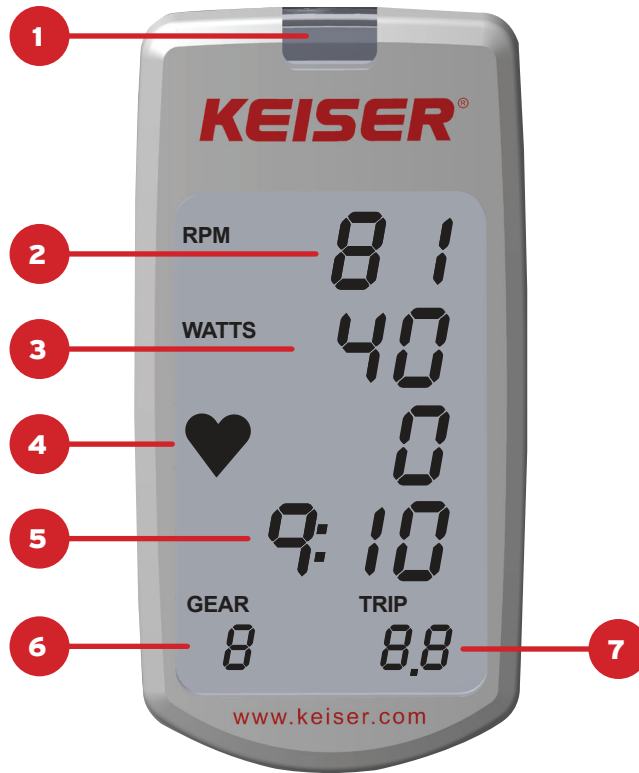
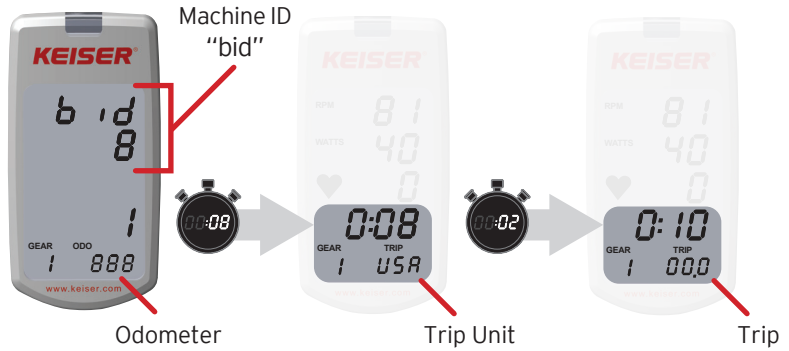


Figure 10. Computer Overview

**M5i**  
Models 005602\*\*\*, 005603\*\*\*



**M5**  
Model 005600\*\*\*

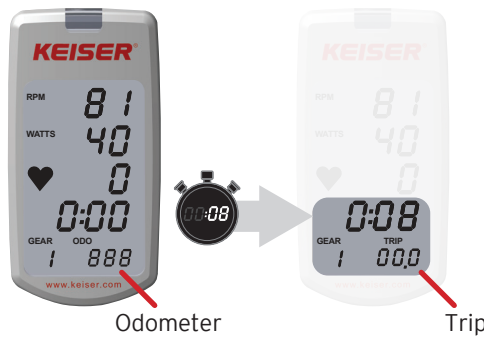
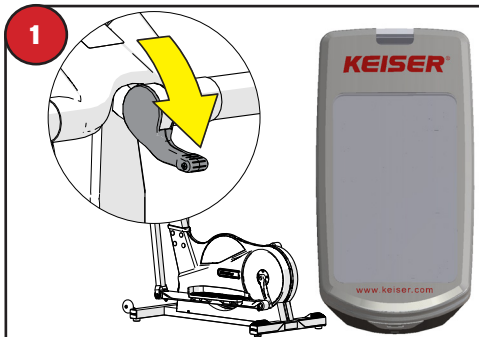


Figure 11. Computer Start-up Display

**⚠ 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 M5i DISPLAY TRIP UNITS AND MACHINE ID**

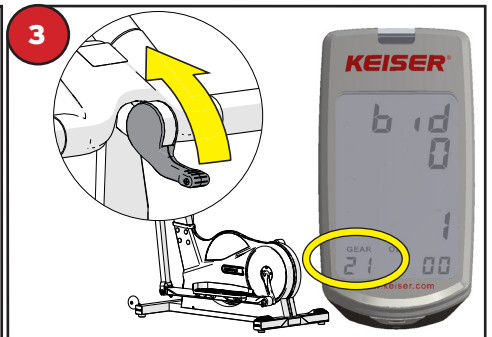
To receive and download workout information from your M5i to any Bluetooth® SMART device, a Machine ID number (displayed as "bid") is required. Perform the following one-time procedure to set both the "bid" and the Trip Unit (miles or kilometers) at once. NOTE: Steps 1 through 7 must be completed within one minute.



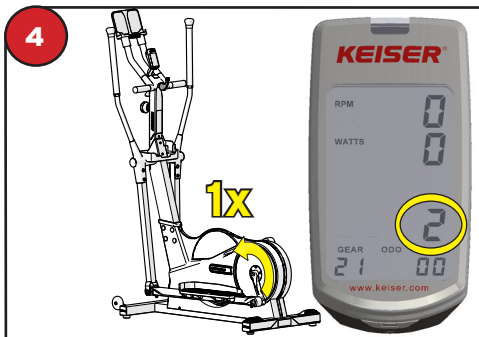
Begin with the computer off and pull Resistance Lever all the way down towards you. This is GEAR "1" position.



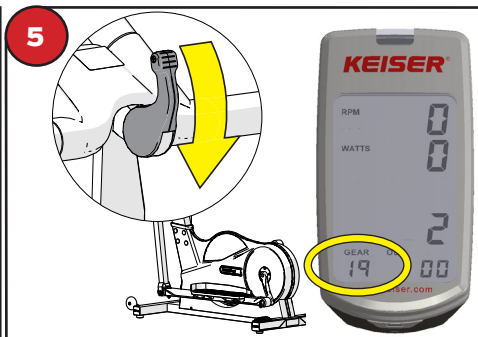
Pedal 1 full revolution to change the TIME value to "1", then stop.



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



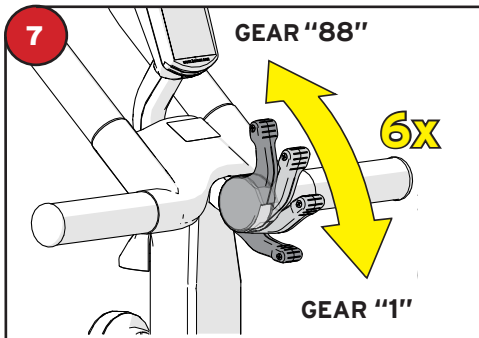
Pedal 1 full revolution to change the TIME value to "2", then stop.



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

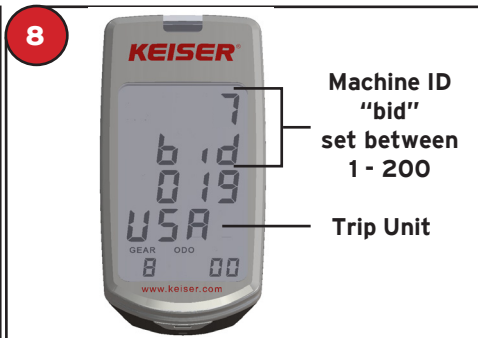


Pedal 1 full revolution to change the TIME value to "3", then stop.



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.

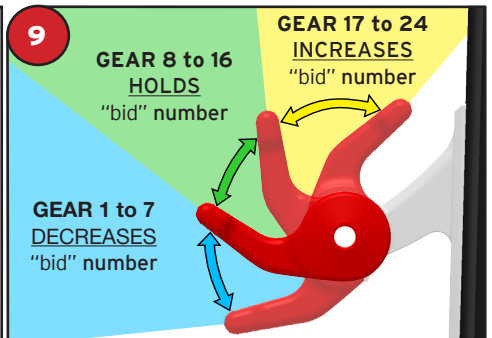


Trip Unit confirmation:

"USA" = miles  
"EURO" = kilometers

Continue to Step 9 to record the Machine 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 Machine 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 (estimated time one minute).

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

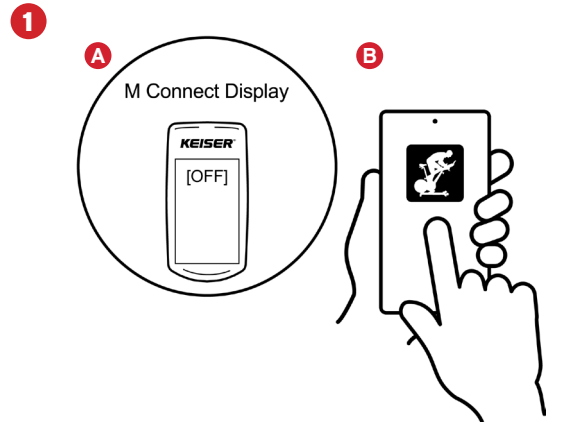
**M CONNECT DISPLAY**

Connect to your favorite fitness app with no additional setup or external device (M5i model 005603\*\*\* only).

**Initial Setup with Fitness Apps**

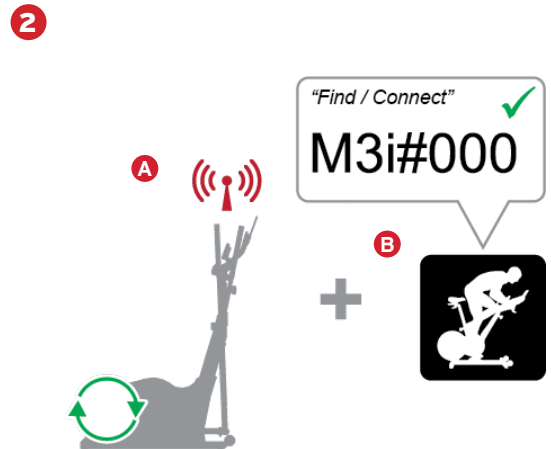
**1 Setup**

- A. Begin with the M Connect Display OFF (sleep).
- B. Launch your fitness app.
- C. OPTIONAL – Heart Rate Monitor (HRM). If using a HRM, choose your connection:
  - M Connect Display – connect to the HRM signal automatically simply by pedaling to wake up the M Connect Display. Heart rate data will show on the M Connect Display (pulsing heart symbol).
  - Fitness App – connect in your app’s devices list to receive and record heart rate data.
    - 📌 You must hold the HRM next to your app, away from the M Connect Display, to find and connect.



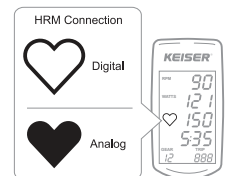
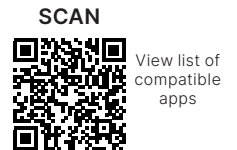
**2 Connect to Fitness App**

- A. Pedal to wake up the M Connect Display.
- B. Continue pedaling and connect to M3i#000 in the app’s devices list.
- C. OPTIONAL – HRM users: Hold the HRM next to your app, away from the M Connect Display, to find and connect.
  - Available workout data transmitted: Power, Cadence, Speed, and Heart Rate.
  - HRM users: HRM not detected? See the Helpful Notes section below.



**HELPFUL NOTES:**

- Fitness apps with Fitness Machine Service (FTMS) or Cycling Speed and Cadence Support (CSCS) technology are required to receive workout data from the M Connect Display. See app features for available workout parameters. For a list of compatible fitness apps, scan the QR code to the right or visit [ksr.cm/app-compatibility](http://ksr.cm/app-compatibility).
- HRM not detected?
  - » Ensure the HRM is turned ON and positioned correctly; check HRM for low or dead battery.
- HRM connection:
  - » Connect the HRM to the M Connect Display at the start of your cycling session for best user experience.
  - » A pulsing heart symbol on the M Connect Display indicates HRM connection (see HRM Connection illustration).
  - » To change HRM connection from the M Connect Display to your app: Stop pedaling and allow the display to go to sleep. Restart your app and HRM. Repeat Step 2, only this time with the app closer to the HRM.
  - » Certain apps detect HRM signal within a “power/cadence” menu or a cycling session. Remember to hold the HRM next to your app, away from the M Connect Display, to improve detection.
- Connect the M Connect Display from your app’s devices list, not from your phone/tablet Bluetooth settings.
- Default Machine/Bike ID number (“bid”) is “0” and shown as device ID “M3i#000” on third-party apps.
- To change the default Machine device ID, refer “How to Edit Display Trip Units and Machine ID” section, page 20.



## HOW TO EXERCISE ON THE STRIDER ELLIPTICAL

The Strider Elliptical is intended for cardiovascular, strength, and power conditioning exercise. The following Body Position and Exercise Positions sections are a brief overview for the safe operation of the Strider Elliptical.

### 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.

#### 3. HANDS

Ensure a firm grasp on the Handles or Handlebar throughout the exercise. Vary your handgrip to prevent muscle strain. Adjust the Handlebar height for comfort.

#### 5. FEET

Position your feet on the Footpads with the toe end of your shoes resting against the front wall of each Footpad. Pedal at an even pace to maintain balanced pedal strokes.

#### 2. POSTURE

Maintain the natural curvature of your spine to achieve proper posture. Avoid leaning forward or arching your back. Adjust Handlebar height, handgrip, and foot placement/stance to positions that support good posture.

#### 4. ARMS

When using the Handles, maintain a comfortable range of arm motion, keeping the Handles in front of your body and within reach. When using the Handlebar, maintain a slight bend at the elbows throughout your workout.

#### 6. LEGS

Your legs should be on the same vertical plane as the Footpads. Maintain a slight bend at your knees throughout your workout.

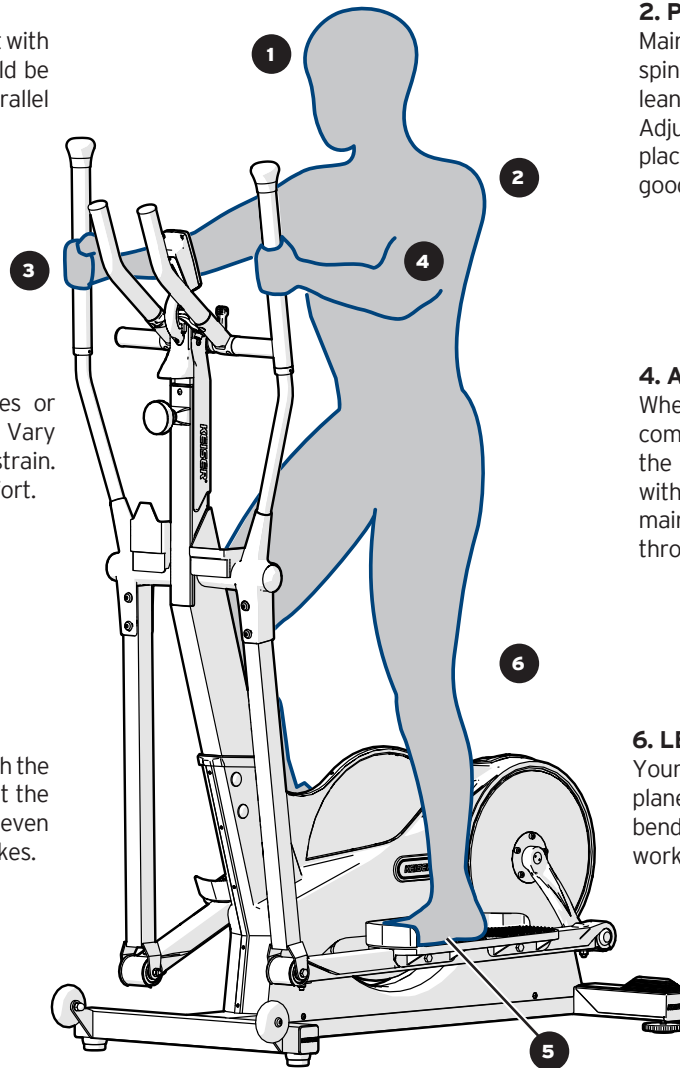


Figure 12. Body Position

#### Start Your Exercise:

1. Set the Resistance Lever Down, pedal one Footpad to the lowest position.
2. Grasp the Stationary Handlebar.
3. Step onto the Footpads, lowest Footpad first, then pedal.

#### End Your Exercise:

1. Bring the Strider Elliptical to a complete stop using the Handles/Footpads or the Resistance Lever/Emergency Brake.
2. Once a complete stop is reached, step off of the higher Footpad first, then the lower one.

**⚠ WARNING: To prevent injury, never remove your feet from the Footpads while the Flywheel is in motion. Wait until the Flywheel comes to a complete stop before you attempt to step off of the Strider Elliptical. Keep the top surface of the Footpads 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 Strider Elliptical 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 13) engages the upper and lower body for cardiovascular and pulmonary endurance, as well as for strength and power conditioning.

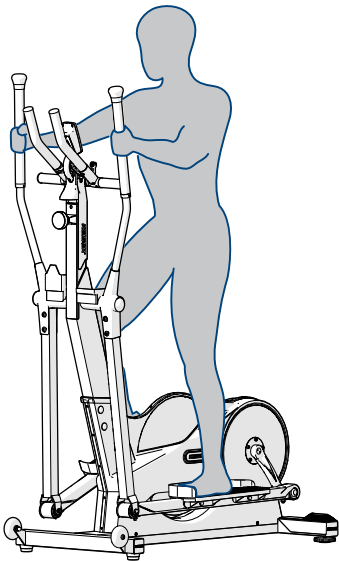


Figure 13. Total Body Training Exercise Position

**Lower Body Training** (Figure 14) focuses on the lower body muscle groups for a high-intensity cardiovascular exercise.

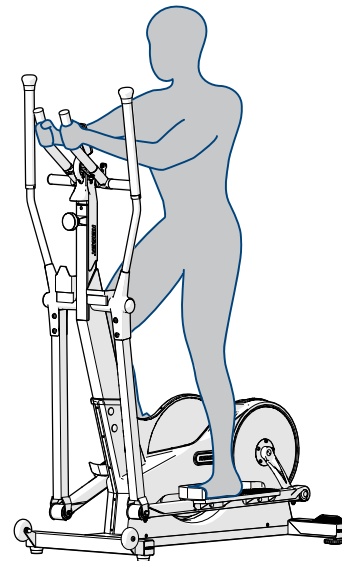
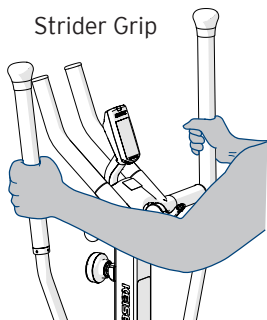
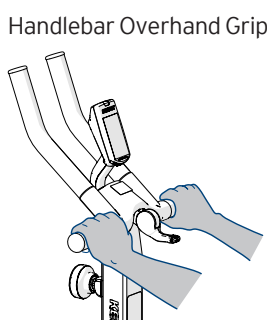


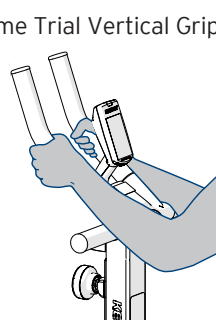
Figure 14. Lower Body Training Exercise Position



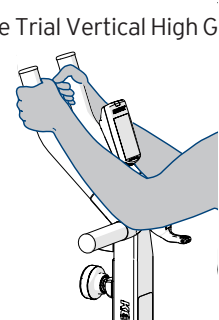
Strider Grip



Handlebar Overhand Grip



Time Trial Vertical Grip



Time Trial Vertical High Grip

Figure 15. Grip Positions

Combine resistance and intensity, along with varied time durations, for your desired cardiovascular, strength, and power conditioning. Remember: Take the time to pedal during cool down, and stretch after your workout.

M5i: Download workout averages to any Bluetooth® SMART device with an M5i 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 Strider Elliptical until all repairs have been completed and tested by a certified Keiser technician.**

**PREVENTATIVE MAINTENANCE SCHEDULE**

<p><b>Every Workout</b></p>	<ul style="list-style-type: none"> <li>• Strider Elliptical is properly stabilized, level to the floor (refer to “Base Stabilizer” section, page 16).</li> <li>• Check that parts most susceptible to wear are not damaged or broken (Handles, Grips, Adjustment Knob, and Footpads).</li> <li>• Cleaning: Target areas in the sweat path with a dry soft towel or cloth.</li> </ul>
<p><b>Weekly for the 1st Month</b></p>	<ul style="list-style-type: none"> <li>• Check to ensure that the Strider Elliptical is in safe proper working order (perform the full “Proper Operation Check,” page 16).</li> <li>• Check that parts most susceptible to wear are not damaged or broken (Handles, Grips, Adjustment Knob, and Footpads).</li> </ul>
<p><b>Monthly</b></p>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<p><b>Quarterly</b></p>	<ul style="list-style-type: none"> <li>• Apply wax to protect the paint finish on metal parts:             <ol style="list-style-type: none"> <li>1. Wipe down and thoroughly clean the Strider Elliptical prior to applying wax.</li> <li>2. Use an easily applied automotive treatment such as Meguiar’s® Quik Detailer Mist and Wipe.</li> <li>3. Target areas that come in contact with sweat as they are most vulnerable to rust.</li> </ol> <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> </li> </ul>
<p><b>Annually</b></p>	<ul style="list-style-type: none"> <li>• Check to ensure all external visible screws and nuts are not loose and that they are tightened.</li> <li>• Check that parts most susceptible to wear and replace if damaged or broken (Handles, Grips, Adjustment Knob, and Footpads).</li> <li>• 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 25 for complete instructions).             <p>NOTE: For establishments with multiple Strider Elliptical machines, replacement of all computer batteries at the same time is recommended.</p> </li> <li>• Apply LPS 3® Rust Inhibitor or WD-40 Specialist® Corrosion Inhibitor to the Right Rear Bracket Bearing at the base of the Crank Arm and the inner/outer Hanger Pedal Mount Bearings and Bolts.</li> <li>• Apply lubricant to the Adjustment Knob:             <ol style="list-style-type: none"> <li>1. Unscrew and remove the Adjustment Knob.</li> <li>2. Clean threads with a lint-free cloth.</li> <li>3. Apply a moderate amount of lubricant to threads, then replace the Adjustment Knob.</li> </ol> <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> </li> </ul>



## 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 16 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 Display Mount, then reinstall the screw removed in step 1.

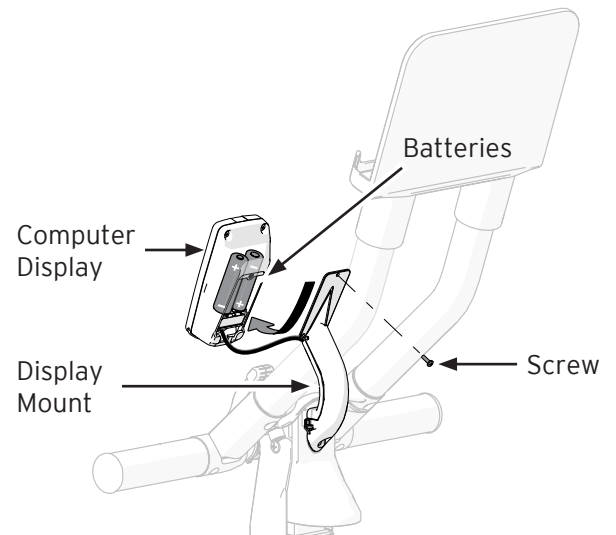


Figure 16. Strider Elliptical Battery Replacement

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 Strider Elliptical 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	   

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 M5/M5i Strider Elliptical 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 M5/M5i Strider Elliptical 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 M5/M5i Strider Elliptical 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](mailto:service@keiser.com). Please include the product, model number identifiers, and serial number and country that compliance information is needed for 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 M5/M5i Strider Elliptical warranty online at [keiser.com/support/warranty](http://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](http://keiser.com/support) (Monday–Friday, 7 am to 5:30 pm PST), or by email at [service@keiser.com](mailto: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 Strider Elliptical installation and/or operation after reading this manual, contact Keiser Customer Support:


 1 559 256 8000

 [service@keiser.com](mailto:service@keiser.com)

 [keiser.com/support](http://keiser.com/support)

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

**Manufactured in the USA**  
**KEISER CORPORATION**

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Fresno, CA 93706