

## Keiser M5

# Keiser M5 Strider User Manual

Model: M5

## INTRODUCTION

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The Keiser M5 Strider is an advanced elliptical trainer designed for effective cardiovascular workouts. It features a compact, eco-friendly design suitable for various environments, offering a smooth, quiet, and low-maintenance exercise experience. This manual provides essential information for the setup, operation, maintenance, and troubleshooting of your M5 Strider.



Figure 1: The Keiser M5 Strider, showcasing its compact and robust design.

## SETUP

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Proper setup is crucial for the optimal performance and longevity of your Keiser M5 Strider. While assembly is designed to be straightforward, careful attention to detail is recommended.

### 1. Unpacking and Placement

- Carefully remove all components from the packaging. Inspect for any shipping damage.
- Choose a flat, stable surface for placement. The M5 Strider has an eco-friendly, space-saving footprint, making it suitable for various room sizes.
- Ensure adequate clearance around the machine for safe operation and maintenance.

## 2. Assembly

Refer to the included assembly guide for detailed, step-by-step instructions. All necessary tools are typically provided. Ensure all bolts and fasteners are securely tightened before use.



Figure 2: The Keiser M5 Strider's compact design allows for flexible placement within a home or gym environment.

## OPERATING INSTRUCTIONS

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The Keiser M5 Strider is designed for intuitive operation, providing a smooth and effective workout.

### 1. Getting Started

- Step onto the foot pedals, ensuring your feet are centered and secure.
- Grasp the moving handlebars firmly.
- Begin a natural striding motion, pushing and pulling with your legs and arms.

### 2. Adjusting Resistance

The M5 Strider features a magnetic resistance mechanism with 20 levels of resistance. Adjust the resistance using

the knob located on the main frame. Turn clockwise to increase resistance and counter-clockwise to decrease it. This allows for fine-tuning your workout intensity.

### 3. Using the Onboard Computer

The intuitive onboard computer displays key workout metrics such as time, distance, calories burned, and RPM. Familiarize yourself with the display and navigation buttons to monitor your progress effectively. Note that calorie count may vary and is often an estimate; for precise intensity monitoring, consider using a heart rate monitor.



Figure 3: User demonstrating proper form on the Keiser M5 Strider.



Figure 4: Another user demonstrating the striding motion on the M5.

## MAINTENANCE

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The Keiser M5 Strider is designed for low maintenance and durability, featuring unmatched corrosion protection and high-quality components like ball bearings throughout. Regular, simple maintenance will ensure its long-term performance.

### 1. Cleaning

- Wipe down the machine with a damp cloth after each use to remove sweat and dust.
- Avoid using abrasive cleaners or solvents that could damage the finish or electronic components.

### 2. Inspection

- Periodically check all bolts and connections to ensure they remain tight.

- Inspect moving parts for any signs of wear or damage. The unit's design minimizes slop/play in arms due to quality construction.

### 3. Lubrication

The M5 Strider's whisper-quiet operation and use of ball bearings generally mean minimal lubrication is required. Consult the full product manual for specific lubrication points if any squeaking or friction is observed.

## TROUBLESHOOTING

This section addresses common issues you might encounter with your Keiser M5 Strider.

### 1. Computer Display Not Working

- Check if the computer's internal cable has become unplugged, which can sometimes occur during shipping. This is typically an easy fix by re-seating the connection.
- Ensure batteries (if applicable) are correctly installed and charged.

### 2. Unusual Noises or Resistance Issues

- Verify all assembly bolts are tight. Loose connections can cause creaking or instability.
- If the magnetic resistance feels inconsistent, ensure no foreign objects are obstructing the flywheel or resistance mechanism.

For issues not covered here, or if problems persist, contact Keiser customer support for assistance.

## SPECIFICATIONS

Detailed technical specifications for the Keiser M5 Strider:

Feature	Value
Brand	Keiser
Model Name	M5 Strider
Item Model Number	M5
Colour	Raven Black
Material	Steel/Alloy
Resistance Mechanism	Magnetic
Number of Resistance Levels	20
Item Weight	61.2 kg (135 Pounds)
Length	63.5 inches
Width	22.5 inches
Maximum Weight Recommendation	350 Pounds
Special Features	Eco-friendly, space-saving footprint

Feature	Value
Manufactured In	U.S.A



Figure 5: Side profile of the Keiser M5 Strider, highlighting its dimensions.





Figure 6: Front view of the Keiser M5 Strider.



Figure 7: Rear view of the Keiser M5 Strider.

## WARRANTY AND SUPPORT

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Keiser products are known for their excellent quality and durability, designed to provide many years of service. While specific warranty details are not provided in this document, Keiser stands behind its products.

### Customer Support

Should you require assistance with assembly, operation, maintenance, or troubleshooting, Keiser customer support is available to help. Users have reported positive experiences with Keiser's helpful support team when encountering issues.

Please refer to the official Keiser website or the documentation included with your purchase for contact information and detailed warranty terms.