

## Keiser M3i

# Keiser M3i Indoor Cycle Bundle Instruction Manual

Model: M3i | Brand: Keiser

## INTRODUCTION AND OVERVIEW

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The Keiser M3i Indoor Cycle Bundle is designed to provide a high-quality, durable, and virtually maintenance-free indoor cycling experience. This manual provides essential information for the safe and effective use of your M3i Indoor Cycle, including setup, operation, adjustments, and maintenance. The M3i is built in the U.S. from domestic and globally sourced materials, ensuring high quality control standards. It features an industry-first V-shape frame that mimics various road-bike frames, allowing for seat and handlebar adjustments to accommodate riders from 4'10" to 7' tall. The bundle includes a Media Tray, Stretch Pads, and the M Connect Display for seamless connectivity to your favorite fitness applications.

## PRODUCT COMPONENTS

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Figure 1: The Keiser M3i Indoor Cycle, showcasing its sleek design and robust frame.

- **M3i Indoor Cycle:** The main unit featuring a V-shape frame, magnetic resistance system, and belt drive.
- **M Connect Display:** Digital computer for tracking workout data.
- **Media Tray:** Designed to hold tablets or smartphones during workouts.
- **Stretch Pads:** Integrated pads for pre- and post-workout stretching.
- **Pedals:** Dual-sided pedals accommodating both regular athletic shoes with toe cages and cycling shoes with SPD cleats.
- **Flywheel:** Rear-mounted flywheel for smooth and quiet operation, protected from sweat.

## SETUP AND ASSEMBLY

The Keiser M3i Indoor Cycle is designed for minimal assembly. The product ships largely assembled, requiring only a few simple steps to prepare for use. Please refer to the detailed assembly instructions provided in the separate Quick Start Guide included with your purchase for specific steps. Ensure all components are securely fastened before initial use.

## ADJUSTMENTS FOR OPTIMAL FIT

Proper adjustment of the seat and handlebars is crucial for comfort, efficiency, and injury prevention. The M3i is highly adjustable to fit a wide range of body types.

## Seat Adjustments



Figure 2: Side view of the Keiser M3i, highlighting the seat and handlebar adjustment points.

- **Seat Height:** Locate the adjustment knob on the vertical seat post. Loosen the knob, raise or lower the seat to your desired height (your leg should have a slight bend at the knee when the pedal is at its lowest point), and then tighten the knob securely.
- **Seat Fore/Aft:** Locate the horizontal adjustment lever beneath the seat. Loosen the lever, slide the seat forward or backward to achieve a comfortable position relative to the handlebars, and then tighten the lever securely.

## Handlebar Adjustments



Figure 3: Front view of the Keiser M3i, showing the handlebar configuration and media tray.

- **Handlebar Height:** Find the adjustment knob on the vertical handlebar post. Loosen the knob, raise or lower the handlebars to a comfortable height (typically level with or slightly higher than the seat), and then tighten the knob firmly.
- **Handlebar Fore/Aft:** The handlebars can also be adjusted horizontally. Loosen the appropriate lever (refer to your Quick Start Guide for exact location), slide the handlebars to your preferred distance, and secure the lever.

## OPERATING INSTRUCTIONS

Follow these steps to begin your workout on the Keiser M3i Indoor Cycle.

### Getting Started

1. **Foot Placement:** Place your feet into the pedals. If using athletic shoes, secure them with the toe cages and straps. If using cycling shoes, clip them into the SPD side of the pedals.
2. **Power On:** The M Connect Display will automatically activate once you begin pedaling.
3. **Resistance Adjustment:** Use the red resistance lever located on the handlebar post to increase or decrease the workout intensity. Moving the lever forward increases resistance, while moving it backward decreases it. The display will show your current "Gear" (resistance level).

### M Connect Display Functions



Figure 4: Close-up of the M Connect Display, showing RPM, Watts, Heartrate, Gear, and Trip data.

The M Connect Display provides real-time feedback on your workout:

- **RPM (Revolutions Per Minute):** Your pedaling speed.
- **Watts:** Your power output.
- **Heartrate:** Requires a compatible Polar-brand Bluetooth HRM chest strap (not included).
- **Gear:** Your current resistance level (1-24).
- **Time:** Duration of your workout.
- **Distance:** Estimated distance covered.
- **Calories:** Estimated calories burned.

The M Connect computer can also connect seamlessly to various fitness apps for enhanced tracking and workout experiences.

## MAINTENANCE

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Regular maintenance ensures the longevity and optimal performance of your Keiser M3i Indoor Cycle.

- **Cleaning:** Wipe down the bike after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners.
- **Inspections:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Flywheel:** The rear-mounted flywheel is designed to be low-maintenance and protected from sweat corrosion. Keep it clean and free of debris.
- **Belt Drive:** The belt drive system is virtually maintenance-free and does not require lubrication.

## TROUBLESHOOTING

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If you encounter any issues with your Keiser M3i, refer to the following common troubleshooting tips:

- **Display Not Working:** Ensure the batteries in the M Connect Display are fresh and correctly installed. The display activates upon pedaling.
- **Resistance Issues:** Check that the resistance lever is functioning correctly and not obstructed. Ensure the magnetic resistance system is free from debris.
- **Unusual Noises:** Inspect all visible connections and moving parts for looseness. Tighten any components that may have come loose during use.

For more complex issues, please contact Keiser customer support.

## SPECIFICATIONS

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Feature	Detail
Brand	Keiser
Model Name	M3i Indoor Bike
Model Number	005507BBC

Feature	Detail
Special Features	Made in USA, V-shape frame, Magnetic resistance system
Color	Raven Black
Power Source	Battery Powered
Recommended Uses	Indoor
Item Weight	38.56 Kilograms
Material	Alloy Steel, Metal (Handle Material: Stainless Steel)
Resistance Mechanism	Magnetic
Number of Resistance Levels	24
Drive System	Belt
Product Dimensions (D x W x H)	51"D x 26"W x 49"H
Maximum Weight Recommendation	350 Pounds
Adjustable Height Range	4'10" to 7' tall (for riders)

## SAFETY INFORMATION

Please read and understand all safety warnings before operating the Keiser M3i Indoor Cycle. Failure to do so may result in serious injury or death.

- The use of any exercise equipment, including the Keiser M3i bike or any fixed gear bike, without proper instruction and supervision violates the terms of this agreement for purchase of such products.
- The inability to stop pedaling on a fixed gear bike before the flywheel stops may be dangerous to anyone riding, especially anyone that does not recognize or respect the potential danger.
- Therefore, users, agents, or anyone directing the use of said equipment shall determine the suitability of the product for its intended use, and said parties are specifically put on notice that they shall assume all risk and liability in connection herewith.
- Always ensure proper instruction and supervision for all users.
- Keep children and pets away from the equipment during operation.
- Wear appropriate athletic footwear and clothing.
- Consult a physician before beginning any exercise program.

## WARRANTY AND SUPPORT

For warranty information, technical support, or replacement parts, please refer to the warranty card included with your product or visit the official Keiser website. You may also contact Keiser customer support directly for assistance.

**Keiser Customer Support:** [Customer Support](#)

