

**KEISER®**

**STRENGTH | CARDIO | FUNCTIONAL**



## **M SERIES**

# **M3i INDOOR GROUP CYCLE**

**MODELS: 005506BBC, 005506XXC, 005507BBC, 005507XXC**

**ASSEMBLY AND OPERATION MANUAL**

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## GENERAL INFORMATION

### INTRODUCTION

Congratulations on the purchase of your new Keiser M3i Indoor Group Cycle and welcome to the Keiser family. Your new resistance system is a revolutionary way to exercise providing a smoother, quieter, and more predictable workout. We commend you on your decision to work toward your health and wellness goals. For your safety, and to ensure the best experience and maximum gains, it is critical that you read and understand this manual before you begin using the M3i. 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](https://www.keiser.com/support) (Monday–Friday, 7 am to 5:30 pm PST), or by email at [service@keiser.com](mailto:service@keiser.com).

Yours in Health,  
Keiser Corporation

### REGISTER YOUR PURCHASE

Register your M3i 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 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                         | Medical Device Risk Classification    |
| 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           |

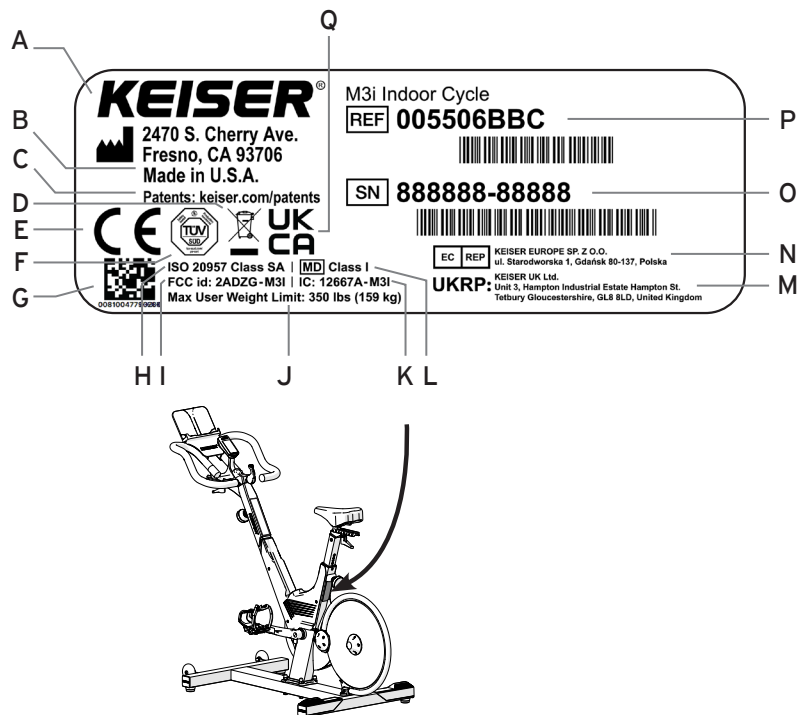


Figure 1. Serial Number Location and Information

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

**IMPORTANT SAFETY INFORMATION**

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

1.  Read these instructions. Keep these instructions.
2. Heed all warnings. Follow all instructions.
3. Use the Keiser M3i Indoor Group Cycle (herein referred to as "bike") 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 bike is for physical activity or Physiotherapy (sometimes referred to as physical therapy).
5. The bike is intended for individuals aiming to maintain and restore maximum movement and functional ability throughout their lifespan, including circumstances where movement and function are limited by aging, injury, pain, disease, disorders, conditions, or environmental factors, especially in case of using the bike in physical therapy.
6. Maximum user weight limit: 350 lbs (159 kg). User height range: 58-84 inches (1,473-2,134 mm).
7. Consult your physician before beginning any exercise program.
8. Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately and consult your physician.
9. The bike is intended for use in training areas of organizations where access and control are specifically regulated by a person responsible for determining the suitability of use and maintenance.
10. Wear proper shoes. Dress shoes, sandals, slippers, or bare feet are not suitable for use on the bike. Quality athletic shoes are recommended for proper support and comfort. Do not wear clothing that might catch on any moving parts. Tie long hair back.
11. Distractions, such as watching television, reading, using a computer device, or talking on the telephone while using the bike affect the ability of the user to safely exercise on the bike. Pay attention to and focus on your exercise while using the bike.
12. Routinely check and pay special attention to components most susceptible to wear. Refer to the "Preventative Maintenance Schedule" (page 24) for further instruction.
13. Immediately replace damaged, worn, or broken parts and do not use the bike until all repairs have been completed and tested by a Keiser-certified technician.
14. Only use replacement parts recommended by Keiser Corporation. Attempting to repair or replace any damaged, worn, or broken parts on your own is not recommended. A Keiser certified technician should be consulted.
15. Proper posture and body position is necessary to achieve a safe, comfortable, and effective workout. Correct foot placement and arm reach must always be maintained during every workout. Refer to the sections under "How to Exercise on the Bike" (page 21) for further instruction and safety information.
16. The cycle is not designed with a freewheel, but a fixed gear system. When the flywheel is in motion, the pedals will also be in motion. For this reason, never remove your feet from the Pedals while the Flywheel is in motion as serious user injury may occur.
17. Always secure your feet on the Pedals with the clip-in system or the Pedal Cage before your workout.
18. It is recommended that the bike be pedaled in the forward direction.
19. The Resistance Lever also functions as an Emergency Brake, allowing you to safely slow or stop the motion of the Flywheel. Move the Resistance Lever forward to slow the motion of the Flywheel. Move the Resistance Lever to the most forward position to engage the Emergency Brake.
20. Do not make adjustments during exercise. Use the Pedals or the Resistance Lever to slowly bring the Flywheel to a controlled stop prior to making adjustments.
21. Before dismounting the bike, push the Resistance Lever to the most forward position to engage the Emergency Brake. Wait until the Pedals come to a complete stop before dismounting.
22. Pedaling at high speeds or in the reverse direction or pedaling while standing are considered advanced techniques and should only be performed when the user has reached an advanced level or under supervision by a person that has reached an advanced level.
23. The bike is not a toy. Children shall not play with the bike. Children under 14 years old should not use the bike. Keep children and pets clear from the bike at all times, especially while in use. Cleaning and user maintenance shall not be performed by children.
24. The bike can be used by children age 14 years and above. Persons with mental disabilities, reduced physical, mental, or sensory capabilities, or lack of experience or knowledge should not use the bike without constant supervision by a spotter/supervisor.
25. The bike should not be positioned in direct sunlight, in areas of extreme temperature and humidity, or where the bike may be splashed with water or fluids. The bike is intended for indoor use only.
26. The minimum amount of free area around the bike is 24 inches (610 mm) on all sides. Refer to the "Training Space" section (page 7) for further placement direction.
27. The bike is suited for both home and commercial use. To ensure your safety and to help prevent damage to the bike, read all instructions before operating. Seek professional installation technicians if you are not able to safely perform the work necessary to unpack, assemble, and set the bike in a desired exercise location.

## IMPORTANT SAFETY INFORMATION

28. Failure to perform the "Proper Operation Check" (page 15) prior to normal use of the bike will void your warranty and could result in serious injury.
29. The use of any exercise equipment, including, without limitation, Keiser's strength training equipment in which resistance can be changed at anytime during the repetition, and any fixed gear bike, including, without limitation, the Keiser bike, without proper instruction and/or supervision violates the terms of the agreement for purchase of such products. The ability to add resistance anytime during a repetition, including, without limitation, the ability to do a heavy negative may be dangerous, especially for anyone that does not recognize or respect the potential danger. The inability to stop pedaling on a fixed gear bike before the flywheel stops may also be dangerous to anyone riding, especially anyone that does not recognize or respect the potential danger.
30. Users, agents, and/or anyone directing the use of the bike shall determine the suitability of the bike for its intended use, and said parties are specifically put on notice that they shall assume all risk and liability in connection herewith.
31. If you have any questions regarding bike installation and/or operation after reading this manual, contact Keiser Customer Support:

☎ 1 559 256 8000

@ service@keiser.com

🌐 keiser.com/support

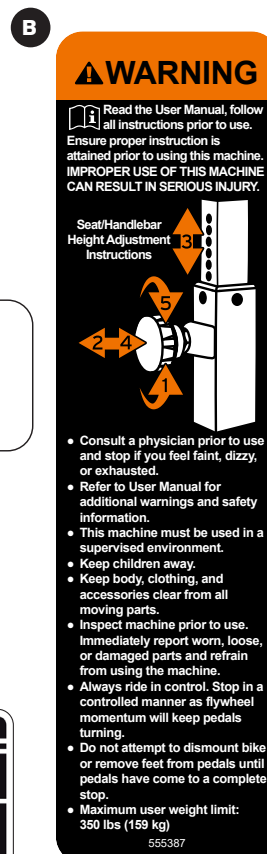
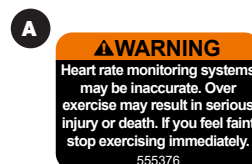
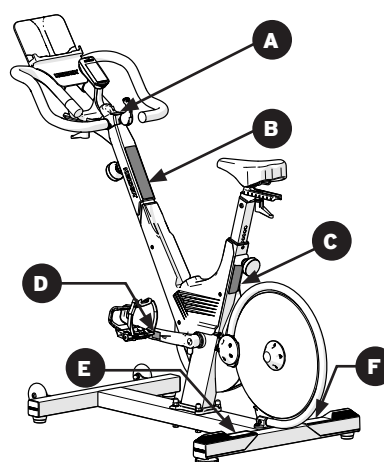
Telephone and Live Chat  
Monday–Friday 7 am to 5:30 pm PST

### CONVENTIONS USED

This manual contains the following marks:

- ⚠ WARNING:** Indicates a hazardous situation that, if not avoided, could result in death or serious injury.
- ⚠ CAUTION:** Indicates a hazardous situation that, if not avoided, could result in minor or moderate injury.
- 🔧 HEAVY OBJECT:** Indicates help is required during lifting to avoid muscle strain and/or back injury.
- 👥 TWO-PERSON PROCEDURE:** Indicates help is required to safely and successfully complete installation.
- ❗ IMPORTANT:** Indicates information considered critical, but not hazard-related.

### SAFETY AND NOTIFICATION LABELS



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 info on this page).



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

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

There are a number of contraindications in the context of the relevant fields of the M3i bike use. In rehabilitation, only the medical staff can determine the form and extent of therapy. Medications can have an influence on the rehabilitation (e.g. neuroleptics, benzodiazepines, barbiturates, anti-epileptics, etc.). In the following cases, M3i bike training may only be carried out after consultation with a doctor:

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

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

In some situations (especially in patients with coronary heart disease or lung disease) overtraining 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 M3i bike.

## TECHNICAL SPECIFICATIONS

| Model Number | Device Full Description                                                                                                                       |
|--------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| 005506BBC    | M3i Indoor Cycle, Black (frame color), Black (plastic color), Computer Display, Front-to-back Handlebar                                       |
| 005506XXC    | M3i Indoor Cycle, Special (frame color), Special (plastic color), Computer Display, Front-to-back Handlebar                                   |
| 005507BBC    | M3i Indoor Cycle with Third-Party App Connectivity, Black (frame color), Black (plastic color), Computer Display, Front-to-back Handlebar     |
| 005507XXC    | M3i Indoor Cycle with Third-Party App Connectivity, Special (frame color), Special (plastic color), Computer Display, Front-to-back Handlebar |

## EQUIPMENT SPECIFICATIONS

Height: 49 in (1,245 mm)

Depth: 51 in (1,296 mm)

Width: 26 in (661 mm)

Weight: 92 lbs (42 kg)

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

Maximum user weight limit: 350 lbs (159 kg)

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

The Keiser M3i Indoor Group Cycle 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.

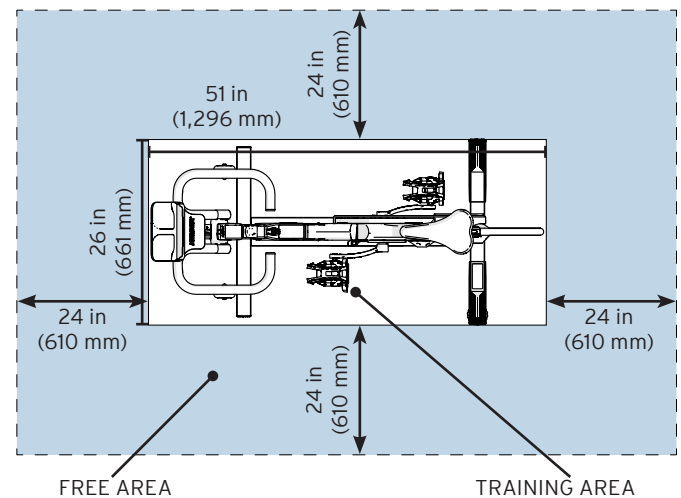


Figure 2. Training Space Illustration

## TRAINING SPACE

The minimum amount of free area space around the bike is 24 inches (610 mm) on all sides (refer to Figure 2). When M3i cycles 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.

**M3i  
ASSEMBLY  
GUIDE**

Scan the QR Code  
to watch the  
M3i Indoor Cycle  
assembly video



WATCH NOW

<https://ksr.cm/M3i-Assembly-Guide>

**AFTER ASSEMBLY...**

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

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

See "Proper Operation Check" on page 15 for application locations. For complete equipment care information, refer to the "Preventative Maintenance Schedule" on page 24.

**TOOLS AND MATERIALS REQUIRED****UNPACKING**

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

**ASSEMBLY**

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

**MATERIALS**

- Clean Cloth
- Rust and corrosion inhibitor

In-home users: Assembly and maintenance tool kit PN 550887 sold separately. Visit [keiser.com/shop](https://keiser.com/shop) to order.

**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.

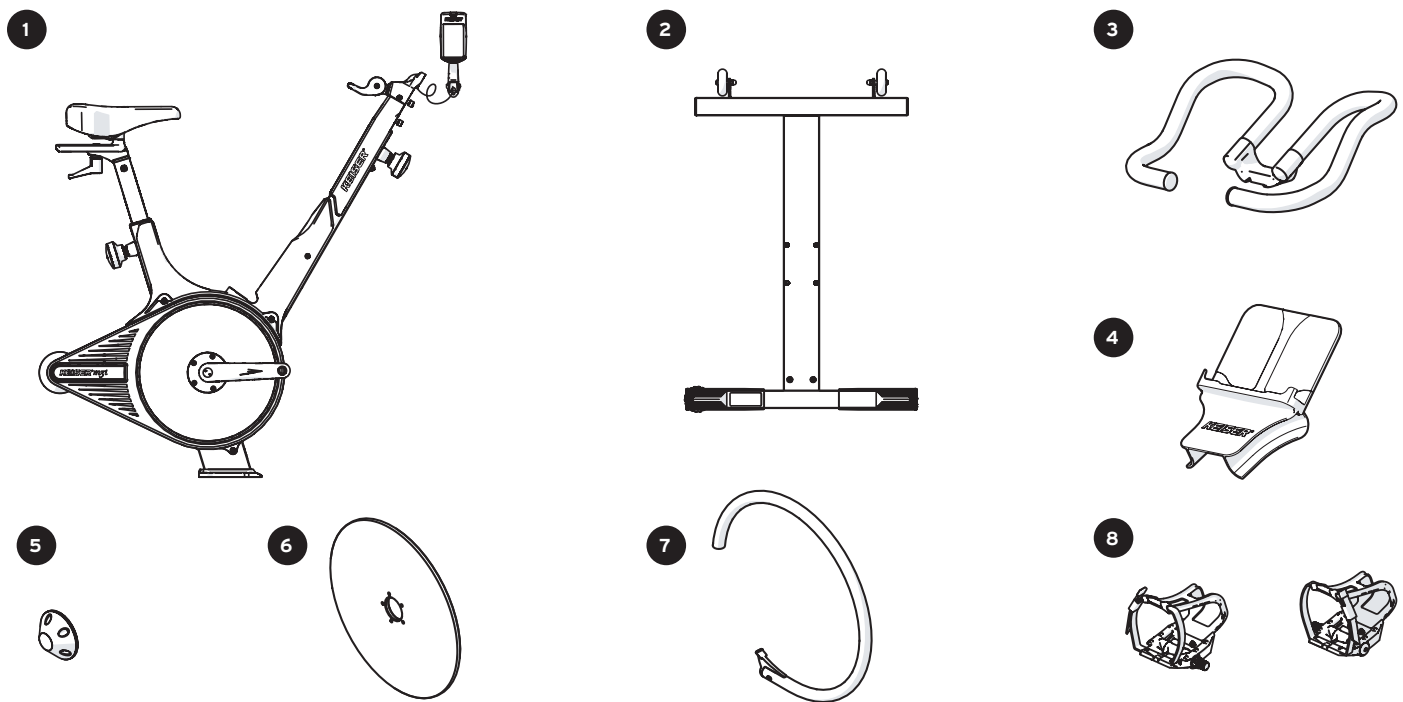


Figure 3. Parts List

|   | Description                         | Qty | Keiser Part Number |
|---|-------------------------------------|-----|--------------------|
| 1 | M3i Main Frame and Computer Display | 1   | -                  |
| 2 | Base                                | 1   | 550814             |
| 3 | Handlebar                           | 1   | 550844             |
| 4 | Media Tray                          | 1   | 555085             |
| 5 | Hubcap                              | 1   | 555005             |
| 6 | Flywheel                            | 1   | 555003             |
| 7 | Flywheel Guard                      | 1   | 550845             |
| 8 | Keiser® M Series Bike Pedal Set     | 1   | 555473             |

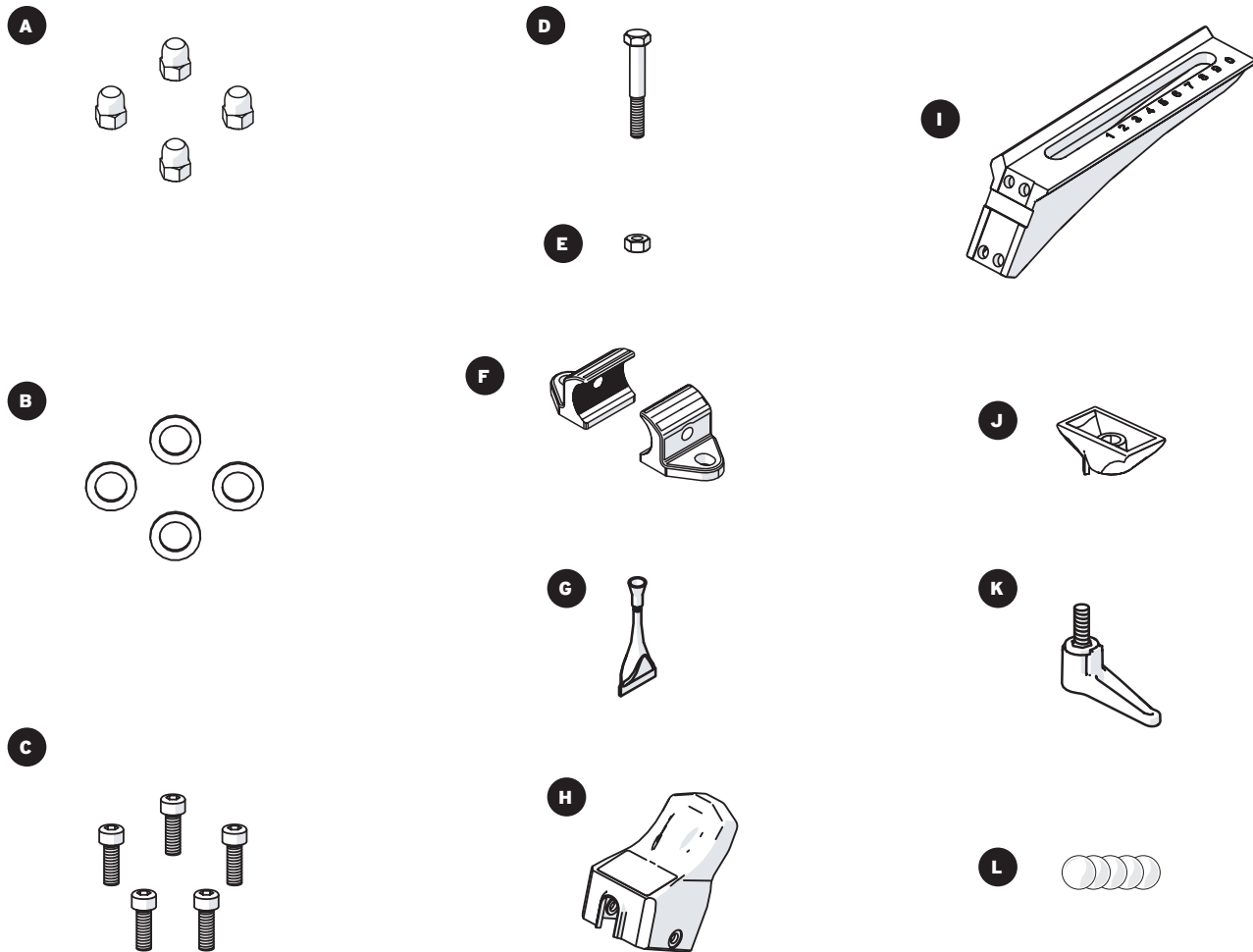
**HARDWARE & FITTINGS**


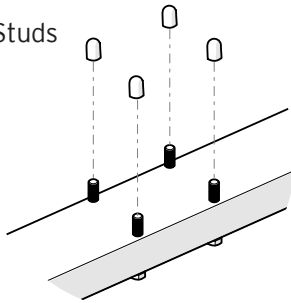
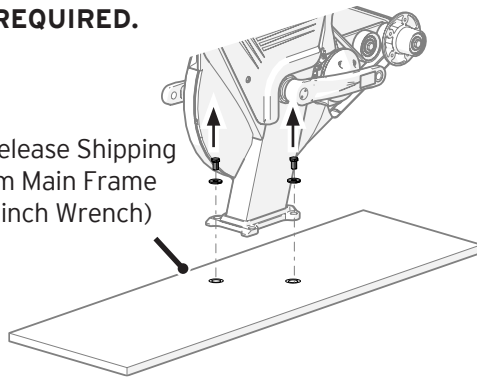
Figure 4. Hardware and Fittings

|          | Description                        | Qty | Keiser Part Number |
|----------|------------------------------------|-----|--------------------|
| <b>A</b> | Acorn Nut (7/16-20 SS)             | 4   | 555022             |
| <b>B</b> | Washer (FW-ACFT 7/16 SS)           | 4   | 9384               |
| <b>C</b> | Socket Head Cap Screw (M6X1X20 SS) | 5   | 9502               |
| <b>D</b> | Hex Head Cap Screw (M6X1X45 SS)    | 1   | 9525               |
| <b>E</b> | Hex Nut (M6X1 SS)                  | 1   | 9508               |
| <b>F</b> | Flywheel Guard Clamp               | 2   | 555025             |
| <b>G</b> | Loctite® 242 Threadlocker          | 1   | 105550             |
| <b>H</b> | Display Mount Cover                | 1   | 555080             |
| <b>I</b> | Handlebar Slide                    | 1   | 555026             |
| <b>J</b> | Handlebar Spacer                   | 1   | 555031             |
| <b>K</b> | L-Handle Assembly                  | 1   | 550828             |
| <b>L</b> | Hub Cover Decal                    | 5   | 555379             |

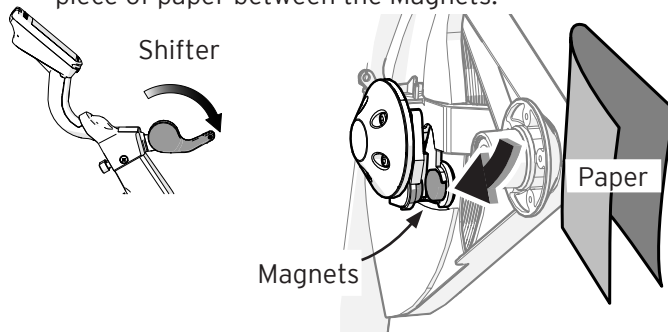
## HOW TO ASSEMBLE THE M3i BIKE

**1** Prepare Base and Main Frame.

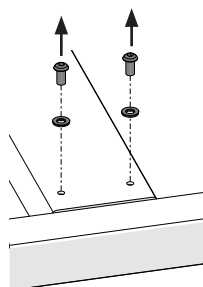
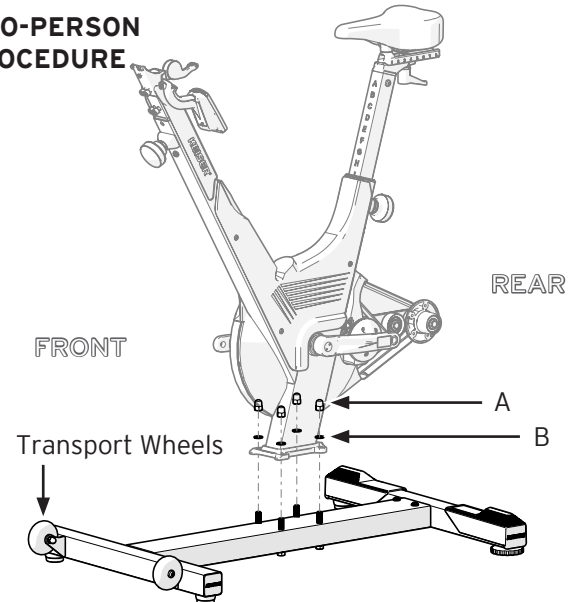
Pull Caps off Base Studs

**HEAVY OBJECT:  
HELP REQUIRED.**If present, release Shipping Board from Main Frame  
(Tool: 1/2-inch Wrench)**3** Prepare for Flywheel installation.

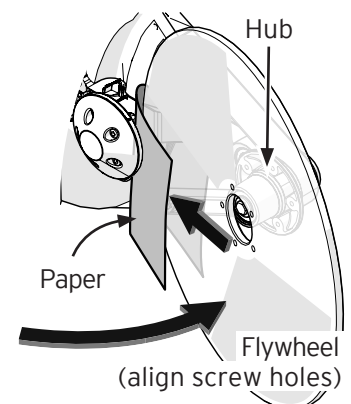
Move Shifter to the down position. Wedge a piece of paper between the Magnets.

**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).

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

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

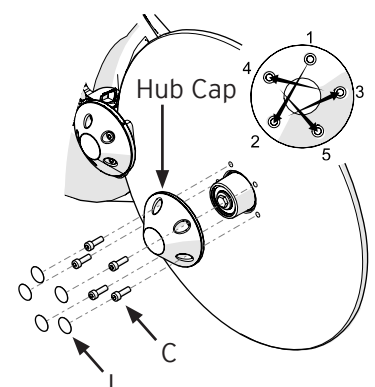
**4** (a) Pivot the Flywheel into the folded paper and onto the Hub. Push the Flywheel against the Hub until it is fully seated. Align the screw holes, and discard the folded paper.

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

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

**DO NOT OVERTIGHTEN  
MAY DAMAGE THREADS.**

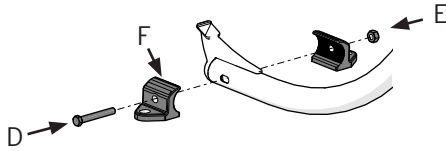
(d) Apply Hub Cover Decals (Item L) over each of the screw holes.



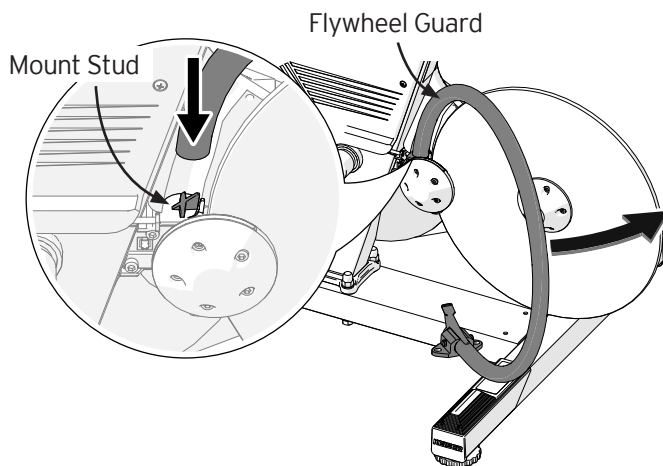
## HOW TO ASSEMBLE THE M3i BIKE

**5** Prepare for Flywheel Guard Installation.

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

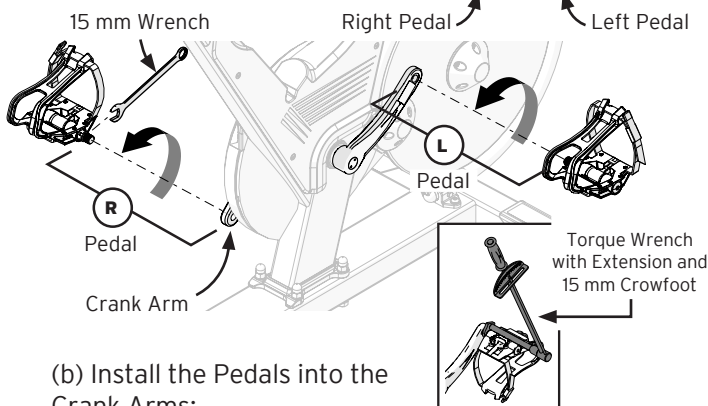
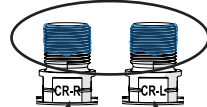


(b) Place the open end of the Flywheel Guard onto the Mount Stud, then pivot the Flywheel Guard into position.



**7** (a) Clean the Pedal threads using a clean cloth and apply Loctite® 242 (threadlocker, Item G) to the leading threads.

Loctite® 242



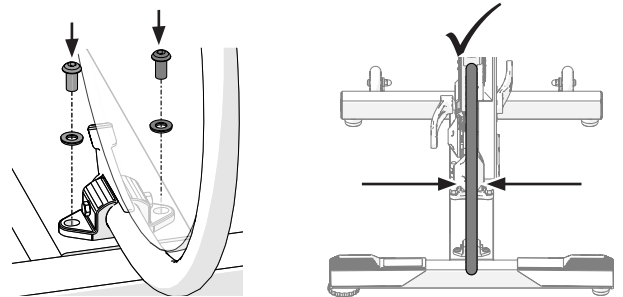
(b) Install the Pedals into the Crank Arms:

- 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).

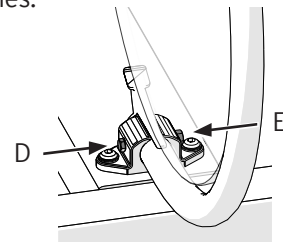
**⚠ WARNING: Failure to follow these instructions will result in mechanical failure and can cause serious injury.**

**6** Align and secure the Flywheel Guard.

(a) Attach the Clamps to the Base using x2 Mount Screws and Washers (removed in Step 3), finger-tight. Align the Flywheel Guard to the Flywheel.

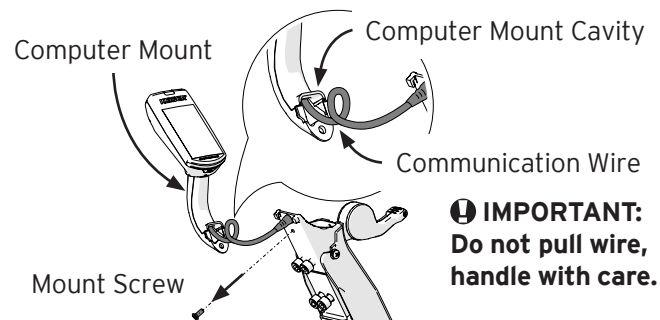


(b) Once the Flywheel Guard is aligned, tighten x2 Mount Screws using a 5 mm Hex Key. Complete installation by tightening the Bolt and Nut (Items D and E) using two 10 mm Wrenches.

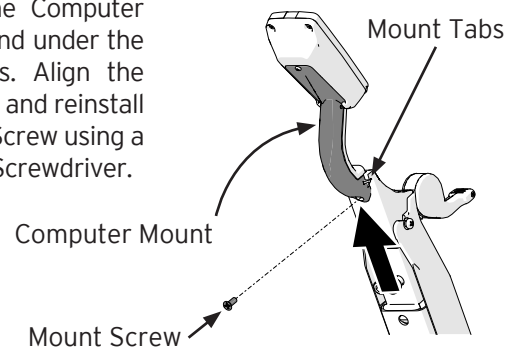


**8** (a) Remove the Mount Screw using a #2 Phillips Screwdriver.

(b) With the Computer Display released from the packing material, tightly coil the Communication Wire into the Computer Mount Cavity.

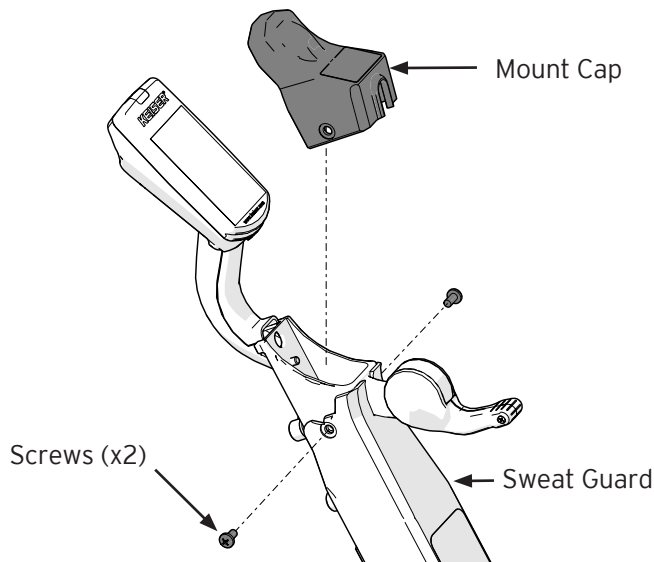


(c) Slide the Computer Mount up and under the Mount Tabs. Align the screw holes and reinstall the Mount Screw using a #2 Phillips Screwdriver.



**HOW TO ASSEMBLE THE M3i BIKE**

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

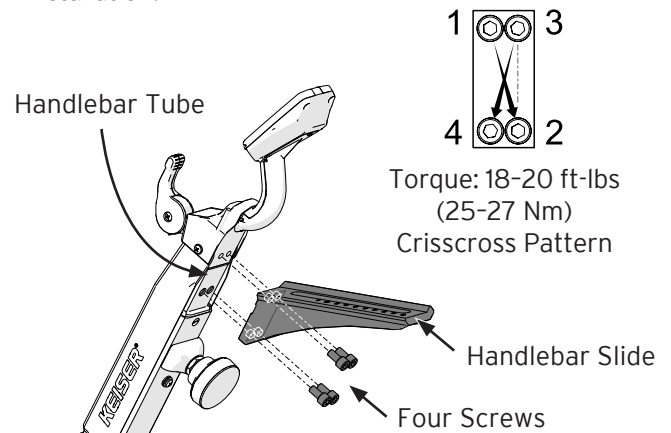


- 10** Handlebar Slide installation.

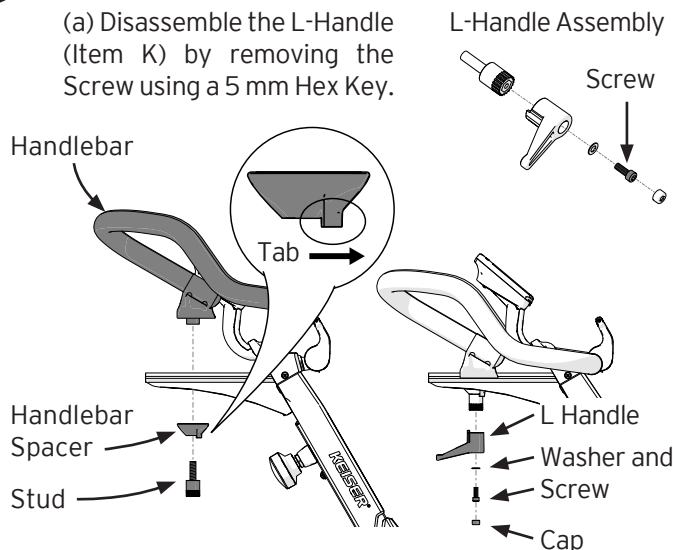
a) Remove the four Screws from the Handlebar Tube using a 6 mm Hex Socket Bit and Ratchet (NOTE: Anti-seize lubricant on the Screws can create messy work; handle with care).

b) Position the Handlebar Slide (Item I) onto the Handlebar Tube; numbers face up, screw holes aligned.

c) Install the four Screws, hand-tight only (use a 6 mm Hex Socket Bit for easier reach). Then, torque the Screws to 18-20 ft-lbs (25-27 Nm) in a crisscross pattern using a 6 mm Hex Socket Bit and Torque Wrench. Repeat the torque procedure (crisscross pattern) to ensure proper installation.



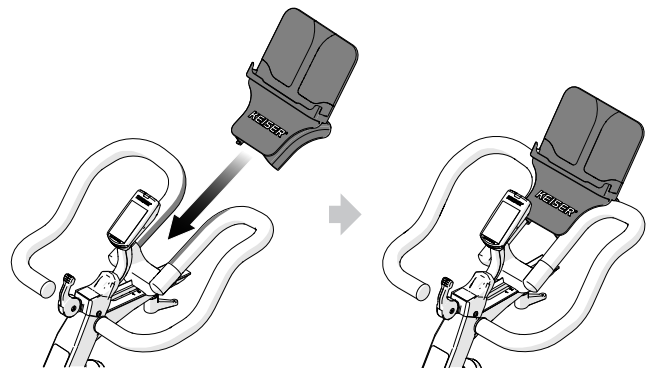
- 11** Handlebar installation.  
(a) Disassemble the L-Handle (Item K) by removing the Screw using a 5 mm Hex Key.



(b) Insert the Stud through the Handlebar Spacer (tab pointing down and facing toward the bike), through the Handlebar Slide slot, and screw into the Handlebar.

(c) Place the L-Handle onto the Stud, pointing away from the Bike. Re-install the Screw and Washer using a 5 mm Hex Key. Finish with Cap.

- 12** Install the Media Tray by wedging it in between the Handlebar.



Assembly is now complete. Continue to "Set Up and Operation" on the following page.

Be sure to perform the "Proper Operation Check" (page 15) before use.

## SET UP AND OPERATION

## PRODUCT OVERVIEW

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

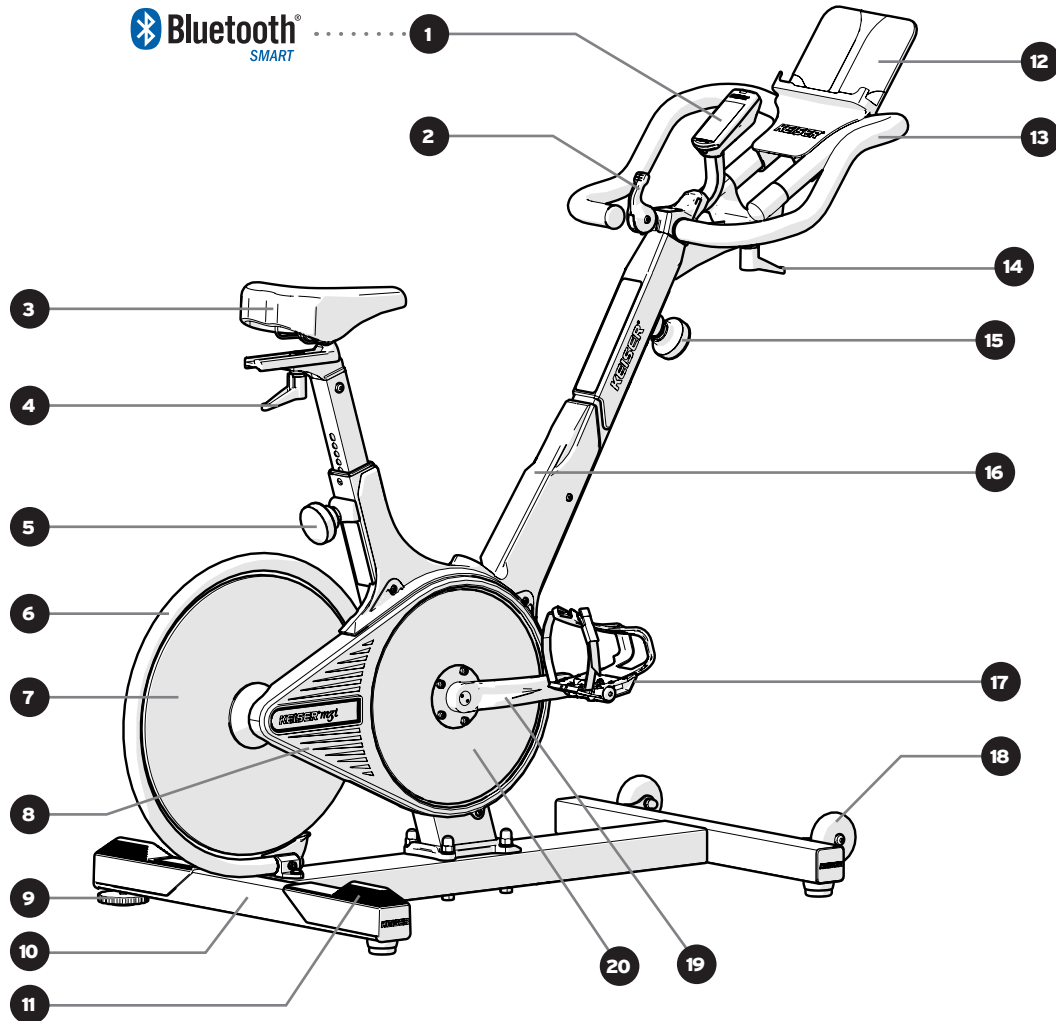


Figure 5. M3i Indoor Group Cycle

|    |                                        |    |                                     |
|----|----------------------------------------|----|-------------------------------------|
| 1  | Computer Display with Bluetooth® SMART | 11 | Stretch Pads                        |
| 2  | Resistance Lever / Emergency Brake     | 12 | Media Tray                          |
| 3  | Seat                                   | 13 | Handlebar                           |
| 4  | Seat Depth Adjustment L-Handle         | 14 | Handlebar Depth Adjustment L-Handle |
| 5  | Seat Height Adjustment Knob            | 15 | Handlebar Height Adjustment Knob    |
| 6  | Flywheel Guard                         | 16 | Water Bottle Holder                 |
| 7  | Flywheel                               | 17 | Pedals                              |
| 8  | Belt Guard                             | 18 | Transport Wheels                    |
| 9  | Base Stabilizer                        | 19 | Crank Arms                          |
| 10 | Base                                   | 20 | Pulley                              |

## PROPER OPERATION CHECK

Apply a rust and corrosion inhibitor to the Left Bottom Bracket Bearing and to the clip-in area of each Pedal (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 bike. Fine-tune and adjust the Seat and Handlebar height/depth and Base Stabilizer as needed. It is recommended that the bike be pedaled in the forward direction.

Proper Operation Check:

- All Screws are tightened or torqued properly (refer to “How to Assemble the M3i Bike” section, beginning on page 11, Steps 2 – 12).
- The Computer Display powers ON (pedal one full revolution) and the Resistance Lever cycles GEAR 1–24 (GEAR 88 = Emergency Brake).
- Bike is properly stabilized, level to the floor (refer to “Base Stabilizer” section below).
- The Seat and Handlebar height/depth are properly set (refer to “Seat/Handlebar Height Adjustment Knob” and “Seat/Handlebar Depth Adjustment L-Handle” sections, page 16).

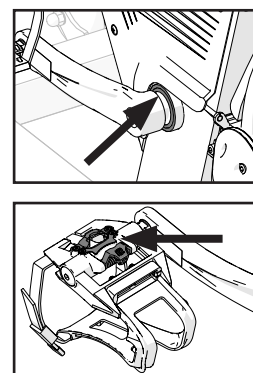


Figure 6. Rust & Corrosion Inhibitor Application

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

## TRANSPORT

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

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

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

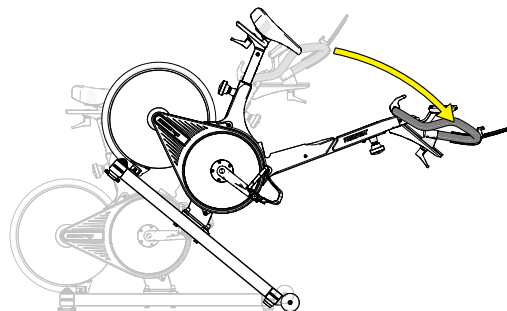


Figure 7. Transporting the Bike

## BASE STABILIZER

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

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

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

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

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

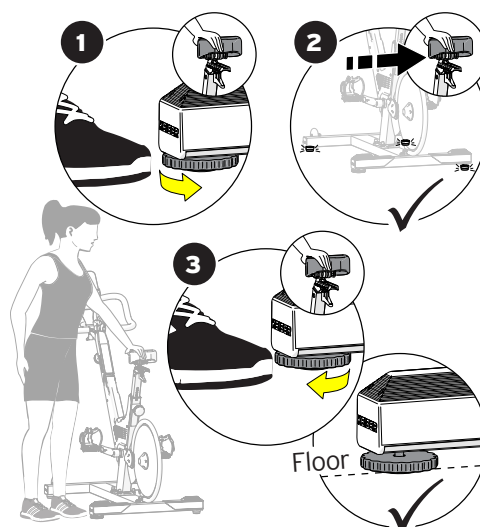


Figure 8. Base Stabilizer Adjustment

## RESISTANCE LEVER

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

## EMERGENCY BRAKE

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

## SEAT/HANDLEBAR HEIGHT ADJUSTMENT KNOB

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

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

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

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

## SEAT/HANDLEBAR 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).

The Handlebar Depth Adjustment L-Handle (not shown) operates in the same manner. Handlebar depth set to where a slight bend at the elbows are present is recommended.

## PEDAL CAGE STRAP ADJUSTMENT

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

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

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

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

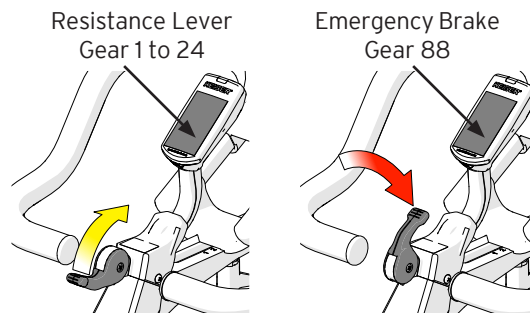


Figure 9. Resistance Lever and Emergency Brake Positions



Figure 10. Seat Height Adjustment

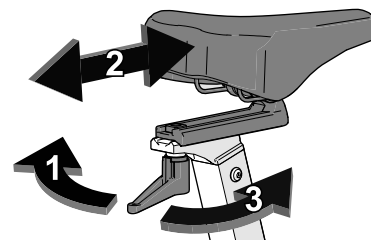


Figure 11. Seat Depth Adjustment



Figure 12. Pedal Cage Straps 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  $\pm 5$  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 rate 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 rate symbol will pulsate and display the heart rate. Compatible Heart Rate Sensors: POLAR® H9, POLAR® H10, or similar devices.
- 5 ELAPSED TIME** The number shown reports the total workout time spent and will reset to zero after 60 seconds of inactivity or if the computer is reset using the gear shifter.
- 6 GEAR** Gears from 1 to 24 are displayed on the bottom left hand of the screen.
- 7 ODOMETER/TRIP DISTANCE** When the computer is activated, the Odometer “ODO” will display the distance accrual of the bike for the first eight seconds. This feature is for service and maintenance purposes only. After approximately eight seconds the Odometer “ODO” will disappear to display the Trip units for two seconds (“USA” = Miles, “EURO” = Kilometers), followed by the Trip Distance for the remainder of the workout. Trip is a calculated distance value (flat road run) based on power production (Note: To change the Trip units, follow the “How to Edit Display Trip Units and Bike ID” procedure on page 19).

### DISPLAY FEATURES

#### 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.

#### 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 Studio Display 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 the opportunity to see their performance compared with other participants in the group (Bike ID setup required for classroom setting, see “How to Edit Display Trip Units and Bike ID,” page 19).

#### M CONNECT DISPLAY

Model 005507\*\*\* only

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 20).

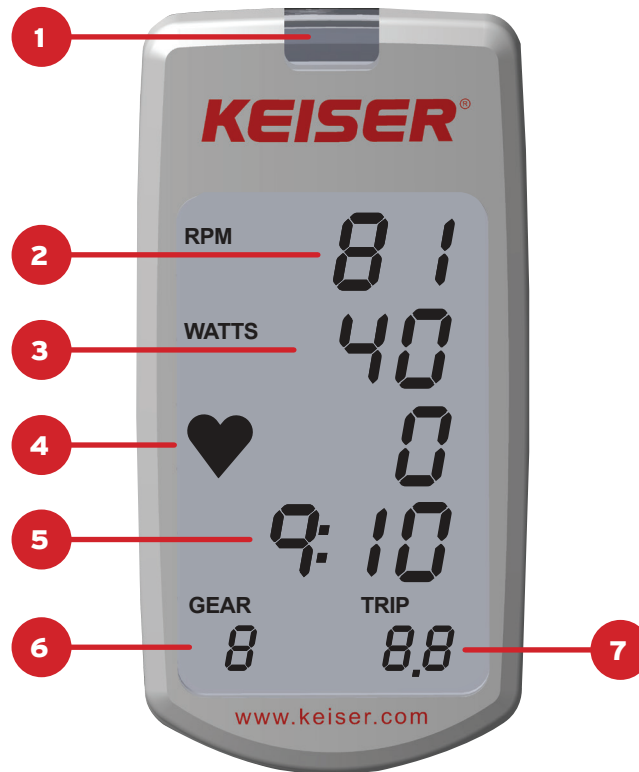


Figure 13. Computer Overview

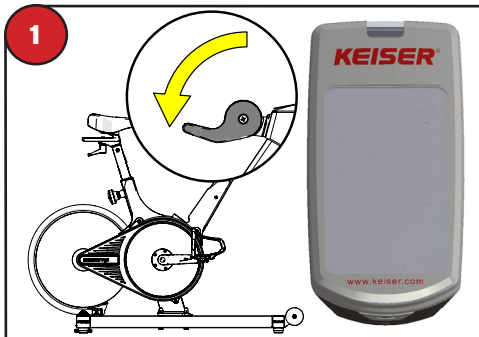


Figure 14. Computer Start-up Display

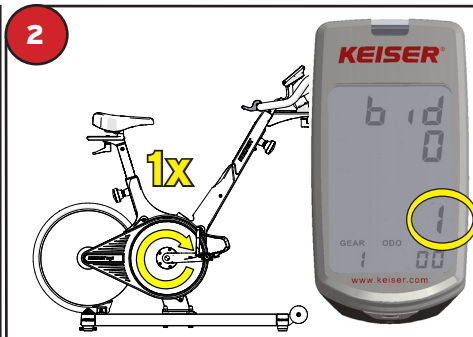
**⚠ WARNING:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

## HOW TO EDIT DISPLAY TRIP UNITS AND BIKE ID

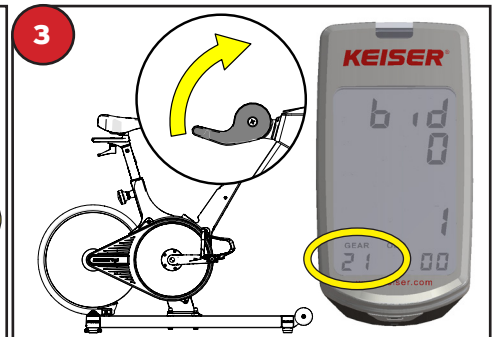
To receive and download workout information from your M3i to any Bluetooth® SMART device, a Bike ID number (displayed as "bid") is required. Perform the following one-time procedure to set both the "bid" and the Trip Unit (miles or kilometers) at once. NOTE: Steps 1 through 7 must be completed within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



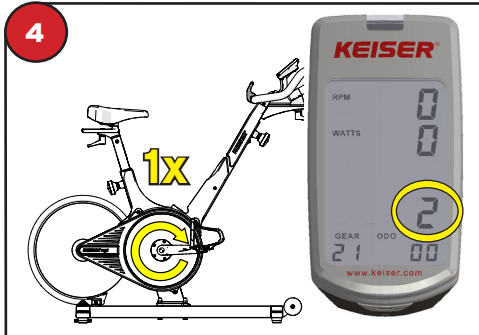
Begin with the computer off and pull Resistance Lever all the way down towards you. This is GEAR "1" position.



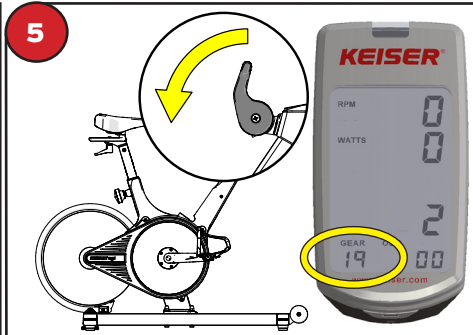
Pedal 1 full revolution to change the TIME value to "1", then stop.



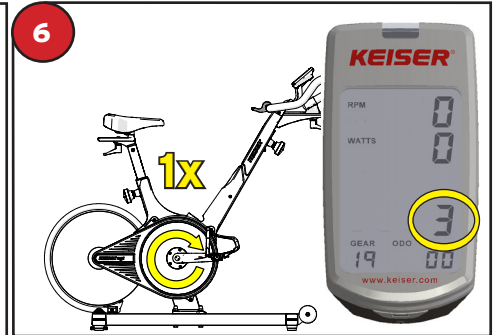
Shift the Resistance Lever to GEAR "21" for Miles, or GEAR "19" for Kilometers.



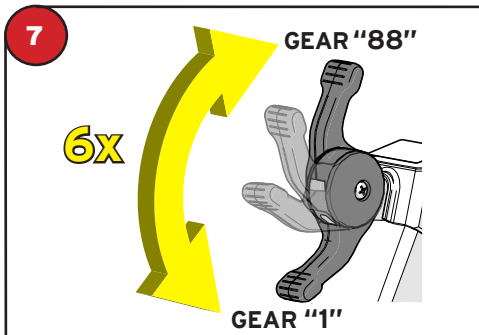
Pedal 1 full revolution to change the TIME value to "2", then stop.



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.

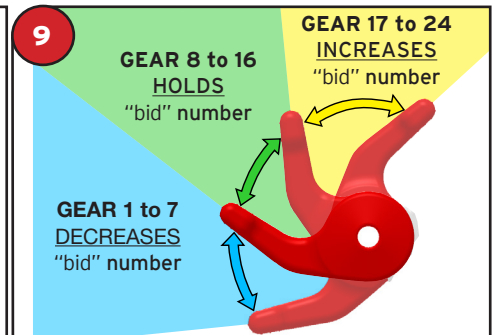


Trip Unit confirmation:

"USA" = miles  
"EURO" = kilometers

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

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.

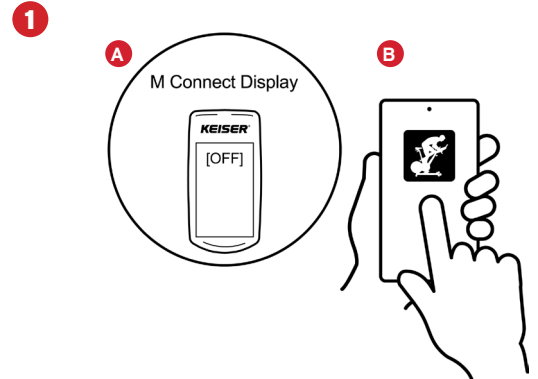
## M CONNECT DISPLAY

Connect to your favorite fitness app with no additional setup or external device (model 005507\*\*\* only).

### Initial Setup with Fitness Apps

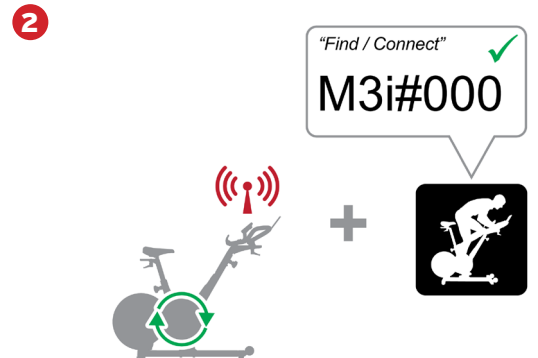
#### 1 Setup

- Begin with the M Connect Display OFF (sleep).
  - Launch your fitness app.
  - 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

- Pedal to wake up the M Connect Display.
  - Continue pedaling and connect to M3i#000 in the app's devices list.
  - 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.



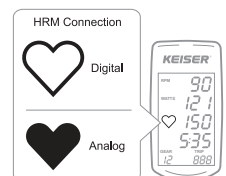
### HELPFUL NOTES:

- 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](https://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 bike 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 Bike ID number ("bid") is "0" and shown as device ID "M3i#000" on third-party apps.
- To change the default device ID, refer Edit Display: Trip Units and Bike ID section.

### SCAN



View list of compatible apps



## HOW TO EXERCISE ON THE BIKE

The M3i cycle is intended for cardiovascular workout. Special programs have been designed for group exercise environments. The bike must always be used in a supervised area under control of a trained and authorized instructor. The following pages are a brief overview for the safe and proper operation of the bike.

### RIDE SET UP

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

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

Get off the bike before you make any adjustments.

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

#### Start Your Exercise:

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

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

### POSTURE

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

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

#### End Your Exercise:

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



Figure 15. Proper Riding Posture

## RIDE POSITIONS

Observe the following suggested ride and hand positions for your desired workout. Include a variety of hand positions in combination with the cycling postures to add variety and to help prevent wrist and hand discomfort. Maintain proper ride positioning with control of both the upper and lower body for optimal cycling experience.



Figure 16. Hand Position Illustrations

### BASIC

**Cadence: 60-110 RPM**

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

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

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



Figure 17. Basic Ride Position

### SEATED CLIMB

**Cadence: 60-90 RPM**

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

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



Figure 18. Seated Climb Position

### STANDING CLIMB

**Cadence: 60-90 RPM | Heavy 60-75 RPM | Faster 75-90 RPM**

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

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



Figure 19. Standing Climb Position

## RIDE POSITIONS (CONTINUED)

### LIFTS

**Cadence: 70-90 RPM**

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

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



Figure 20. Lifts Position

### TIME TRIALING

**Cadence: 90-100 RPM**

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

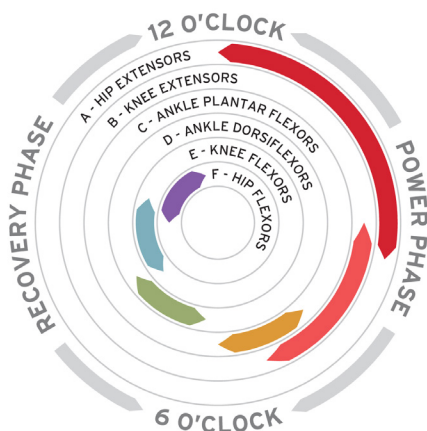
- The rider's body is low and in a neutral position with body weight shifted slightly forward.
- The shoulder girdle and neck are in neutral alignment
- Riders should shift slightly forward in the seat.
- Hand position 4 complements the time trial; keep the elbows raised slightly off the handlebar.



Figure 21. Time Trialing Position

## PEDALING

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



- A. Hip Extensors
- B. Knee Extensors
- C. Ankle Plantar Flexors
- D. Ankle Dorsiflexors
- E. Knee Flexors
- F. Hip Flexors



Figure 22. Muscle Contribution in Pedal Phases

### CADENCE (RPM)

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

### GEAR RANGES

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

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

## MAINTENANCE



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

## PREVENTATIVE MAINTENANCE SCHEDULE

|                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Every Workout            | <ul style="list-style-type: none"> <li>Bike is properly stabilized, level to the floor (refer to “Base Stabilizer” section, page 15).</li> <li>Check that parts most susceptible to wear are not damaged or broken (Adjustment Knobs, L-Handles, Pedal Cages, Pedal Straps, and Seat Upholstery).</li> <li>Cleaning: Target areas in the sweat path with a dry soft towel or cloth.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Weekly for the 1st Month | <ul style="list-style-type: none"> <li>Check to ensure that the bike is in safe proper working order (perform the full “Proper Operation Check,” page 15).</li> <li>Check that parts most susceptible to wear are not damaged or broken (Adjustment Knobs, L-Handles, Pedal Cages, Pedal Straps, and Seat Upholstery).</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Monthly                  | <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>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Quarterly                | <ul style="list-style-type: none"> <li>Apply wax to protect the paint finish on metal parts:               <ol style="list-style-type: none"> <li>Wipe down and thoroughly clean the bike prior to applying wax.</li> <li>Use an easily applied automotive treatment such as Meguiar’s® Quik Detailer Mist and Wipe.</li> <li>Target areas that come in contact with sweat as they are most vulnerable to rust.</li> </ol> </li> </ul> <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>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Annually                 | <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 parts most susceptible to wear and replace if damaged or broken (Adjustment Knobs, L-Handles, Pedal Cages, Pedal Straps, and Seat Upholstery).</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).</li> </ul> <p>NOTE: For establishments with multiple bikes, replacement of all computer batteries at the same time is recommended.</p> <ul style="list-style-type: none"> <li>Apply LPS 3® Rust Inhibitor or WD-40 Specialist® Corrosion Inhibitor to the Left Bottom Bracket Bearing and to the clip-in portion of each Pedal.</li> <li>Apply lubricant to the Adjustment Knobs:               <ol style="list-style-type: none"> <li>Unscrew and remove the Adjustment Knobs.</li> <li>Clean threads with a lint-free cloth.</li> <li>Apply a moderate amount of lubricant to threads, then replace the Adjustment Knobs.</li> </ol> </li> </ul> <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 23 and follow the instructions below (Tool required: #1 Phillips screwdriver).

1. Remove the screw that secures the Computer Display to the Display Mount (remove Media Tray, if equipped, to access the screw).
2. Remove the two AA batteries.
3. Install two new AA batteries, observe the correct polarity (see +/- marking inside the battery compartment).  
NOTE: R6 (Zinc-Carbon) or LR6 (Alkaline) type batteries are acceptable. Do not use FR6 (Lithium) or similar type batteries.
4. Tuck the Computer Wire back into the Mount as you slide the Computer Display up and onto the Display Mount, then reinstall the screw removed in Step 1.

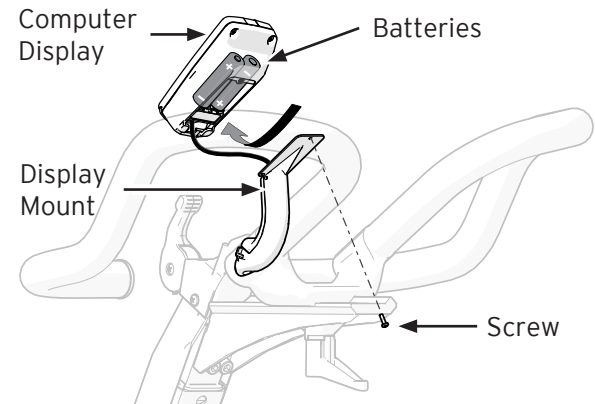


Figure 23. Bike Battery Replacement

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

**⚠ CAUTION**

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

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

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

Recycle batteries in accordance with local recycling procedures.

**M SERIES CALIBRATION**

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

## REGULATORY AND COMPLIANCE NOTICES

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

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

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 M3i Indoor Group Cycle uses electromagnetic and RF energy only for its internal function. Therefore, its EMC and RF emissions are very low and are not likely to cause any interference in nearby electronic equipment. | N/A                                                                                   |
| EMC Notices, Statement of Compliance                                                                                                                | See Electromagnetic Compatibility (EMC) section, page 27.                                                                                                                                                                   | N/A                                                                                   |
| ID of specified optional external power supplies or battery chargers                                                                                | The M3i Indoor Group Cycle does not require an external power supply.                                                                                                                                                       | N/A                                                                                   |
| ID of any risks associated with the disposal of waste products, residues, including disposal of the equipment itself at the end of its useful life. | The M3i Indoor Group Cycle contains electronic circuit assemblies and 2 AA cell alkaline batteries that may require compliance with specific local disposal or recycling procedures.                                        |  |
| The specification of the environmental conditions of transport and storage                                                                          | Use indoor in climate-controlled environment only.<br>Keep away from areas of extreme humidity.<br>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 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.

Changes or modifications not expressly approved by Keiser could void the user's authority to operate the equipment.

This device contains license-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's license-exempt RSS(s). Operation is subject to the following two conditions:

1. This device may not cause interference.
2. This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

1. L'appareil ne doit pas produire de brouillage;
2. L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

## 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 M3i Indoor Group Cycle 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 bike assembly, installation, 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**

**2470 S. Cherry Ave.**  
**Fresno, CA 93706**