

**KEISER®**

**STRENGTH | CARDIO | FUNCTIONAL**



## **M SERIES**

# **M3 INDOOR GROUP CYCLE**

ASSEMBLY AND OPERATION MANUAL

BECAUSE...  
**'GOOD  
ENOUGH'  
ISN'T.**

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## GENERAL INFORMATION

### INTRODUCTION

Congratulations on the purchase of your new Keiser M3 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 M3. 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, online 24/7 at [keiser.com/support](http://keiser.com/support), or by email at [service@keiser.com](mailto:service@keiser.com).

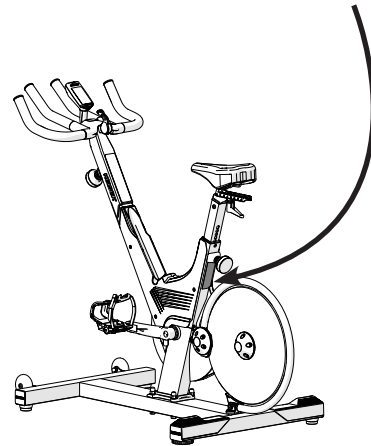
Yours in Health,  
Keiser Corporation

### RECORD YOUR SERIAL NUMBER

Please take a moment at this time to record the serial number ("Serial No.") in the space provided below.

Serial No.:

Serial Number Location



### REGISTER YOUR PURCHASE

Register your M3 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

### CUSTOMER SUPPORT

If you have any questions regarding the bike installation and/or operation after reading this manual, contact Keiser Customer Support:

☎ 1 559 256 8000

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


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

**KEISER CORPORATION**

📍 2470 S. Cherry Ave.  
Fresno, CA 93706

## 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 M3 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. Maximum user weight limit: 300 lbs (136 kg). User height range: 58-84 inches (1,473-2,134 mm).
5. Consult your physician before beginning any exercise program.
6. 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.
7. The bike is intended for use in training areas of organizations where access and control is specifically regulated by a person responsible for determining the suitability of use and maintenance.
8. 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.
9. 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.
10. Routinely check and pay special attention to components most susceptible to wear. Refer to the "Preventative Maintenance Schedule" (page 21) for further instruction.
11. 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.
12. 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.
13. 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 18) for further instruction and safety information.
14. 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.
15. Always secure your feet on the Pedals with the clip-in system or the Pedal Cage before your workout.
16. It is recommended that the bike be pedaled in the forward direction.
17. 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.
18. 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.
19. 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.
20. 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.
21. 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.
22. 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.
23. 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.
24. The minimum amount of free area around the bike is 24 inches (610 mm) on all sides. Refer to the "Training Space" section (page 6) for further placement direction.
25. 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.
26. Failure to perform the "Proper Operation Check" (page 12) prior to normal use of the bike will void your warranty and could result in serious injury.
27. 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

## IMPORTANT SAFETY INFORMATION (CONTINUED)

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.

28. 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.
29. 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

## 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 SERIAL NUMBER LABELS

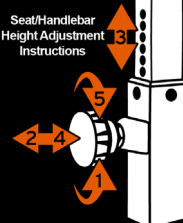
**⚠ WARNING**

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

555376

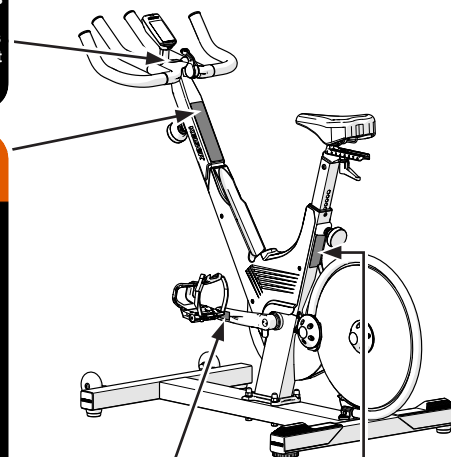
**⚠ WARNING**

Read the User Manual, follow all instructions prior to use. Ensure proper instruction is attained prior to using this machine. IMPROPER USE OF THIS MACHINE CAN RESULT IN SERIOUS INJURY.



- Consult a physician prior to use and stop if you feel faint, dizzy, or exhausted.
- Refer to User Manual for additional warnings and safety information.
- This machine must be used in a supervised environment.
- Keep children away.
- Keep body, clothing, and accessories clear from all moving parts.
- Inspect machine prior to use. Immediately report worn, loose, or damaged parts and refrain from using the machine.
- Always ride in control. Stop in a controlled manner as flywheel momentum will keep pedals turning.
- Do not attempt to dismount bike or remove feet from pedals until pedals have come to a complete stop.
- Maximum user weight limit: 300 lbs (136 kg)

555387

**⚠ CAUTION ⚠**

TORQUE PEDALS TO 47 Nm (35 ft-lb)  
FAILURE TO DO SO AND/OR INTERCHANGING PEDALS WILL VOID THE WARRANTY AND MAY RESULT IN SERIOUS PERSONAL INJURY.



RoHS

**KEISER®**

2470 S. Cherry Ave.  
Fresno, CA 93706

MODEL: 005501XXX

SERIAL NO.: 888888-88888

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 by telephone at 1 559 256 8000, online 24/7 at keiser.com/support, or by email at service@keiser.com.



**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.

## EQUIPMENT SPECIFICATIONS

Height: 43 in (1,092 mm)

Length: 52 in (1,331 mm)

Width: 26 in (660 mm)

Weight: 91 lbs (41 kg)

Maximum user weight limit: 300 lbs (136 kg)

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

## TRAINING SPACE

The minimum amount of free area space around the bike is 24 inches (610 mm) on all sides (refer to Figure 1).

When bikes are positioned adjacent to each other, the free area may be shared.

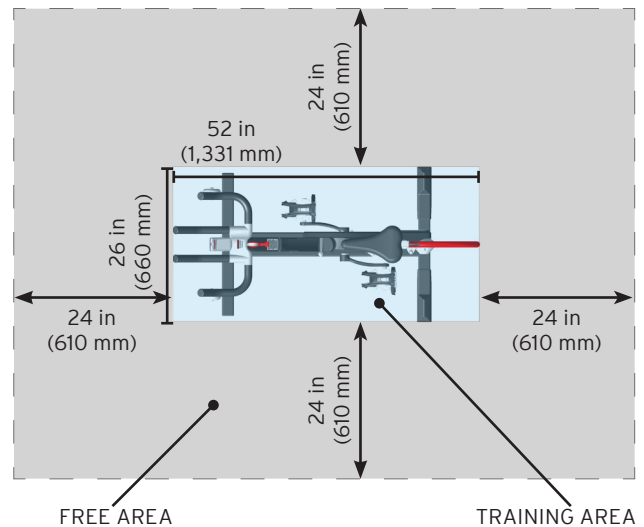


Figure 1. Training Space Illustration

## ASSEMBLY

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

- To avoid damaging parts, do not use power tools.
- Substitution or modification of any part or component, other than what is provided by Keiser, will void your warranty.
- 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.

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

## TOOLS AND MATERIALS REQUIRED

**CAUTION:** Always follow tool manufacturer's safety and operating instructions.



Safety Glasses



Scissors



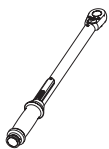
Cutting Pliers



#2 Phillips  
Screwdriver



1/2-inch (13 mm)  
Wrench



Torque Wrench  
(35 ft-lb/47 Nm)



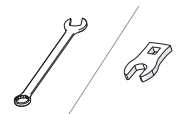
4-6 inch  
Extension



Two 10 mm  
Open-end Wrenches



15 mm  
Open-end Wrench  
and Crowfoot



16 mm (5/8 inch)  
Open-end Wrench  
and Crowfoot



5 mm  
Allen Wrench



6 mm  
Allen Wrench



Clean Cloth



LPS 3®  
Rust Inhibitor or  
WD-40® Long-Term  
Corrosion Inhibitor

## PARTS LIST

Familiarize yourself with the parts below before you continue to the assembly procedure.

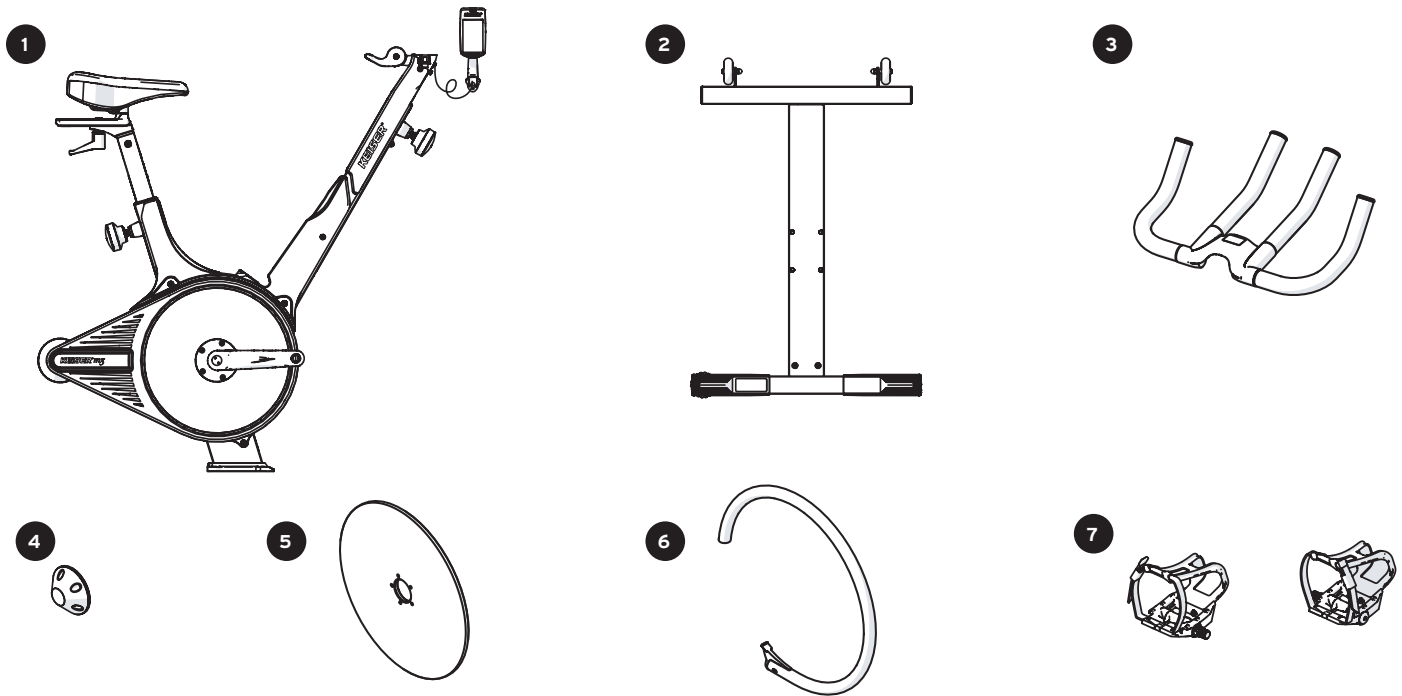


Figure 2. Parts List

	Description	Qty	Keiser Part Number
1	M3 Main Frame and Computer Display	1	550820XXC, 550874X
2	Base	1	550814
3	Handlebar	1	550844
4	Hubcap	1	555005
5	Flywheel	1	555003
6	Flywheel Guard	1	550845
7	Keiser® M Series Bike Pedal Set	1	555473

## HARDWARE &amp; FITTINGS

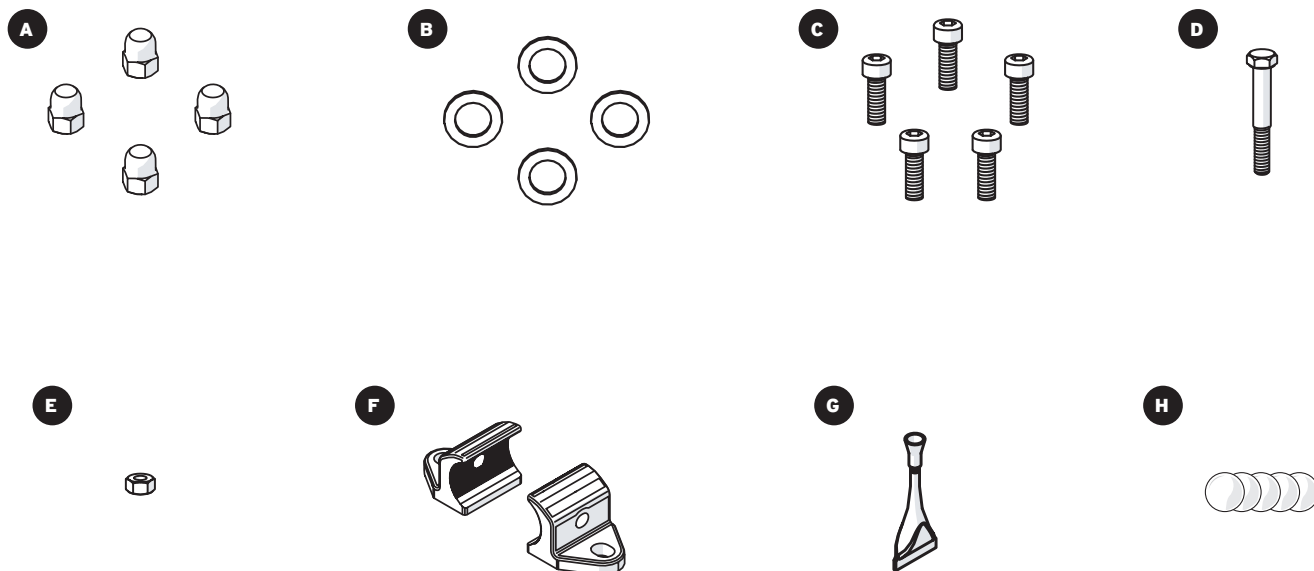


Figure 3. Hardware and Fittings

	Description	Qty	Keiser Part Number
A	Acorn Nut (7/16-20 SS)	4	555022
B	Washer (FW-ACFT 7/16 SS)	4	9384
C	Socket Head Cap Screw (M6X1X18 SS)	5	9547
D	Hex Head Cap Screw (M6X1X45 SS)	1	9525
E	Hex Nut (M6X1 SS)	1	9508
F	Flywheel Guard Clamp	2	555025
G	Loctite® 242 Threadlocker	1	105550
H	Hub Cover Decal*	5	555379

\* Hub Cover Decal will be shipped with, and are to be installed on, the M3 sold within the European Union only.



## UNPACKING

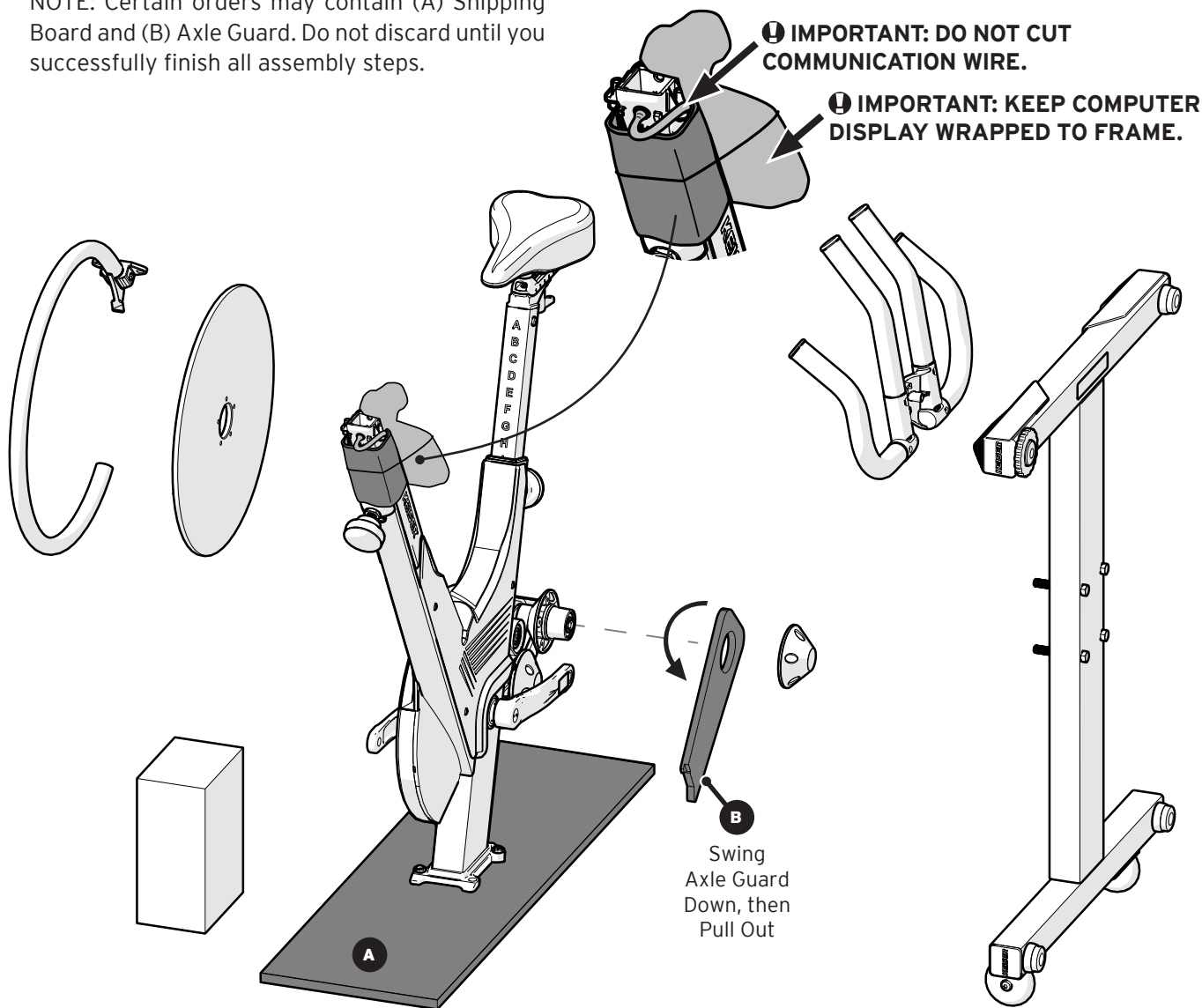
**HEAVY OBJECT: HELP REQUIRED WHEN LIFTING.**

**IMPORTANT: AVOID EQUIPMENT DAMAGE, DO NOT USE BOX CUTTERS.**

- 1** Position the bike shipping box in a cleared area. Pry up the top flap and tear down along a corner seam to open the shipping box.

- 2** Carefully release the parts and boxes (shown below) by cutting the stretch wrap, straps, and cable ties using Scissors and Cutting Pliers.

NOTE: Certain orders may contain (A) Shipping Board and (B) Axle Guard. Do not discard until you successfully finish all assembly steps.

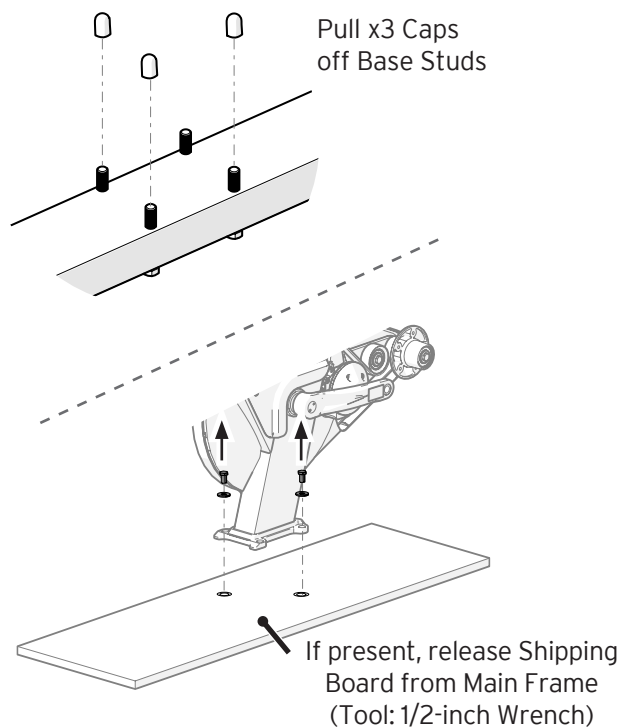


- 3** Place all parts in a cleared area and check for missing parts. Refer to the Parts and Hardware & Fittings sections for itemized lists (pages 7 and 8).

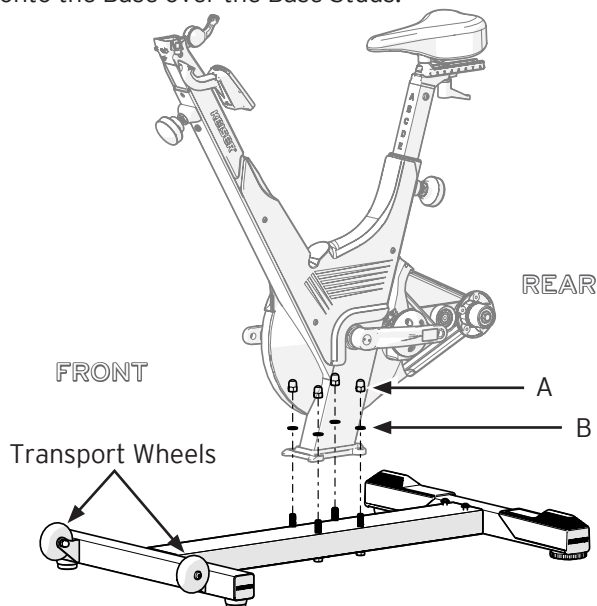
Parts damaged in shipping or missing? Contact Keiser Customer Support by telephone at 1 559 256 8000, online 24/7 at [keiser.com/support](http://keiser.com/support), or by email at [service@keiser.com](mailto:service@keiser.com).

## HOW TO ASSEMBLE THE M3 BIKE

- 1** Prepare Base and Main Frame.



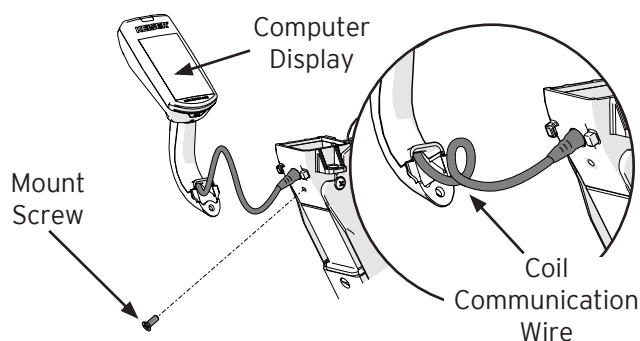
- 2** (a) Position the front of the Main Frame facing the Transport Wheels, then carefully lower the Main Frame onto the Base over the Base Studs.



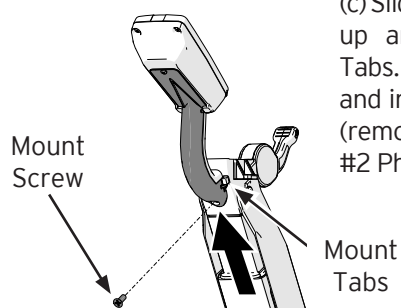
- (b) Install one Washer and one Acorn Nut (Items B and A) onto each Base Stud. Tighten Acorn Nuts using a 16 mm (5/8 inch) Open-end Wrench. Torque to 35 ft-lbs (47 Nm) using a 16 mm (5/8 inch) Crowfoot and Torque Wrench.

- 3** (a) Release the Computer Display from the packing material and remove the Mount Screw using a #2 Phillips Screwdriver.

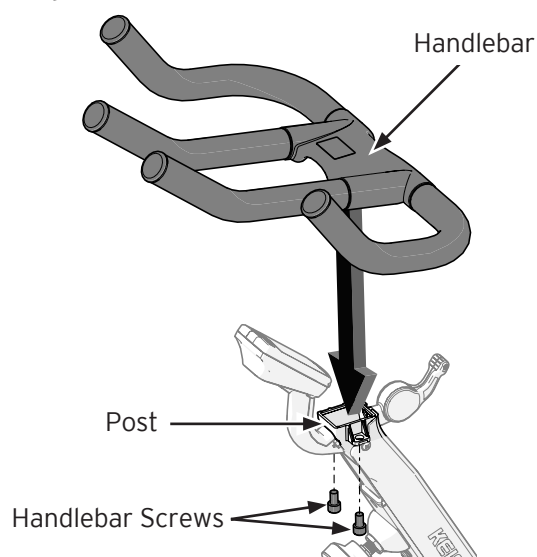
- (b) Coil the Communication Wire into the Computer Mount Cavity. Avoid pulling/pinching the wire.



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



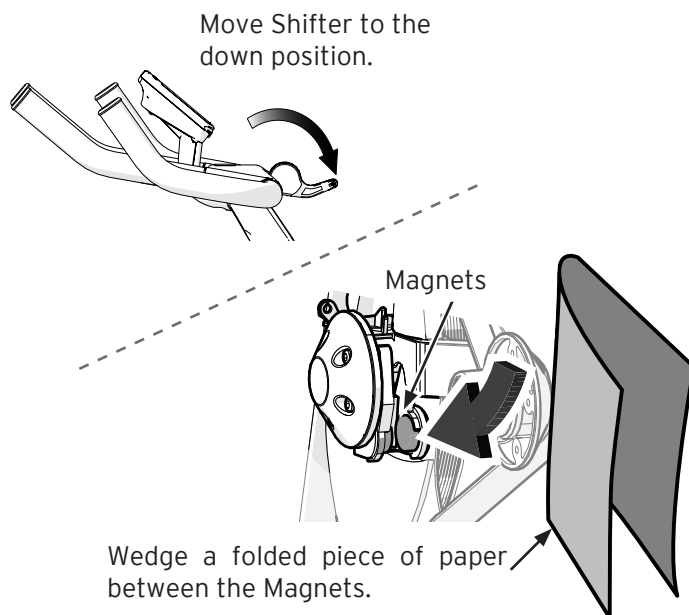
- 4** (a) Remove the two Handlebar Screws from the Post using a 6 mm Allen Wrench.



- (b) Place the Handlebar onto the Post as shown, with the mounting holes aligned.

- (c) Start each Screw into the mounting holes by pressing down at the center of the Handlebar with one hand; this will set the Handlebar evenly onto the Post. With your other hand, tighten each Screw evenly until tight.

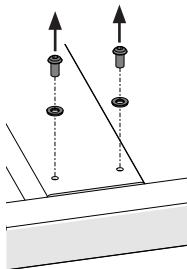
## HOW TO ASSEMBLE THE M3 BIKE

**5** Prepare for Flywheel installation.

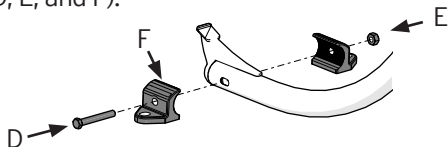
**IMPORTANT:** Failure to follow this step may lead to cosmetic damage of the Flywheel.

**7** Prepare for Flywheel Guard Installation.

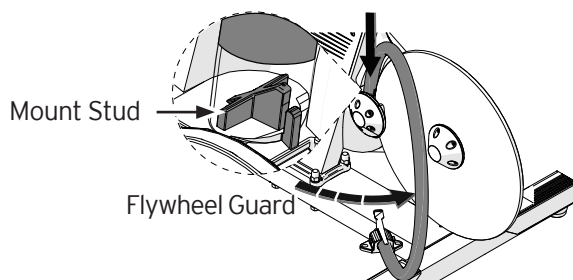
(a) Remove the two Mount Screws and Washers from the Base using a 5 mm Allen Wrench.



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



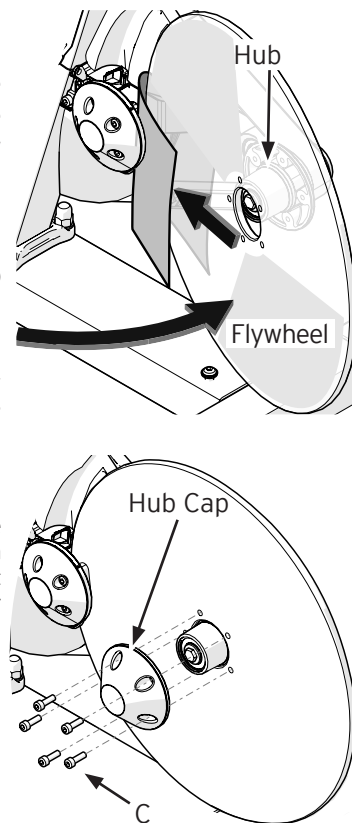
(c) Place the open end of the Flywheel Guard onto the Mount Stud, then swing the Flywheel Guard into position.



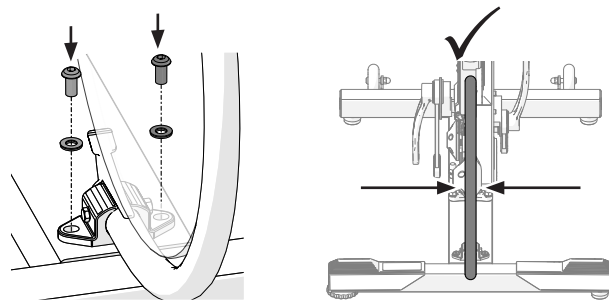
**6** (a) Pivot the Flywheel into the folded paper and onto the Hub. Push the Flywheel up against the Hub and align the screw holes. Discard the folded paper.

(b) Place the Hub Cap onto the Hub and align the screw holes. Install five SHC Screws (Item C). Tighten the SHC Screws in a star pattern using a 5 mm Allen Wrench.

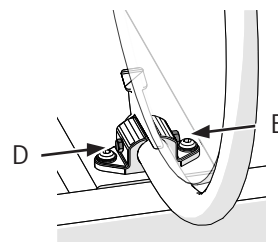
NOTE: For Bikes sold in the European Union, apply a Hub Cover Decal (Item H, not shown) on the Hub Cap over each of the SHC Screws.

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

(a) Attach the Clamps to the Base using the two Screws/Washers removed in Step 7a, do not tighten. Align the Flywheel Guard to the Flywheel.

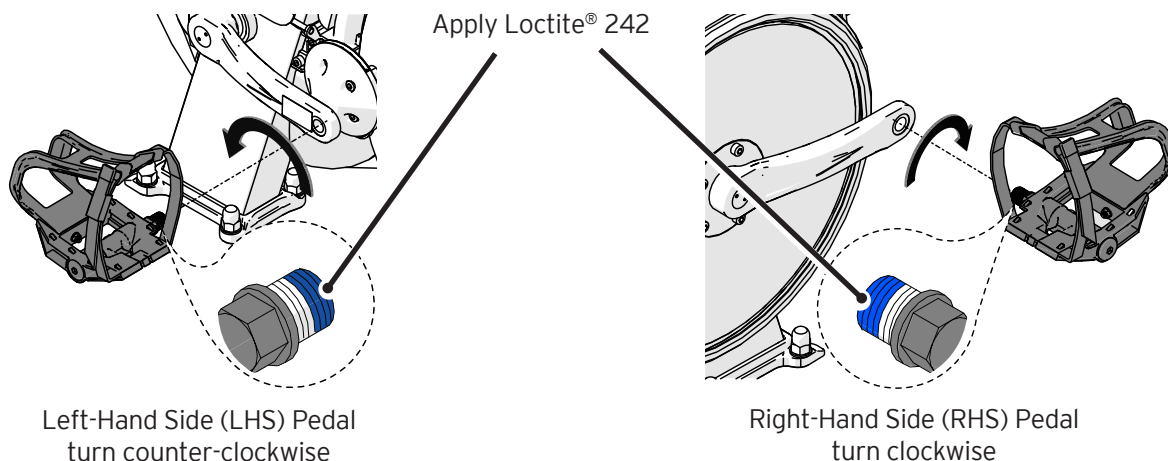


(b) Once the Flywheel Guard is aligned, tighten the two Screws using a 5 mm Allen Wrench. Complete installation by tightening the Bolt and Nut (Items D and E) using two 10 mm Wrenches.



## HOW TO ASSEMBLE THE M3 BIKE

- 9 (a) Clean the Pedal threads using a clean cloth, then apply Loctite® 242 Threadlocker (Item G) to the leading threads of the Pedals.



**⚠ WARNING: Failing to install the Pedals with Threadlocker, or crossing the threads, will result in mechanical failure and may cause serious injury.**

(b) Use a 15 mm Open-end Wrench to install the Pedals to the Crank Arms. LHS Pedal stamped "CR-L" thread left (counter-clockwise); RHS Pedal stamped "CR-R" thread right (clockwise). Torque Pedals to 35 ft-lbs (47 Nm) using a Torque Wrench, 15 mm Crowfoot, and 6-inch extension.

Assembly is now complete. Continue to the "Proper Operation Check" section below.

## PROPER OPERATION CHECK

Apply Rust Inhibitor to the Left Bottom Bracket Bearing and to the clip-in portion of each Pedal (recommended annually after initial assembly, see Figure 4).

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/Handlebar height, including the Seat 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 M3 Bike" section, beginning on page 10, Steps 2 – 9).
- 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," page 14).
- The Seat and Handlebar height, including Seat depth, are properly set (refer to "Seat/Handlebar Height Adjustment Knob" and "Seat Depth Adjustment L-Handle" sections, page 15).

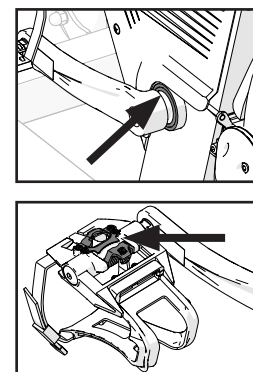


Figure 4. Rust Inhibitor Application

**⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the 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.**

## SET UP AND OPERATION

## PRODUCT OVERVIEW

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

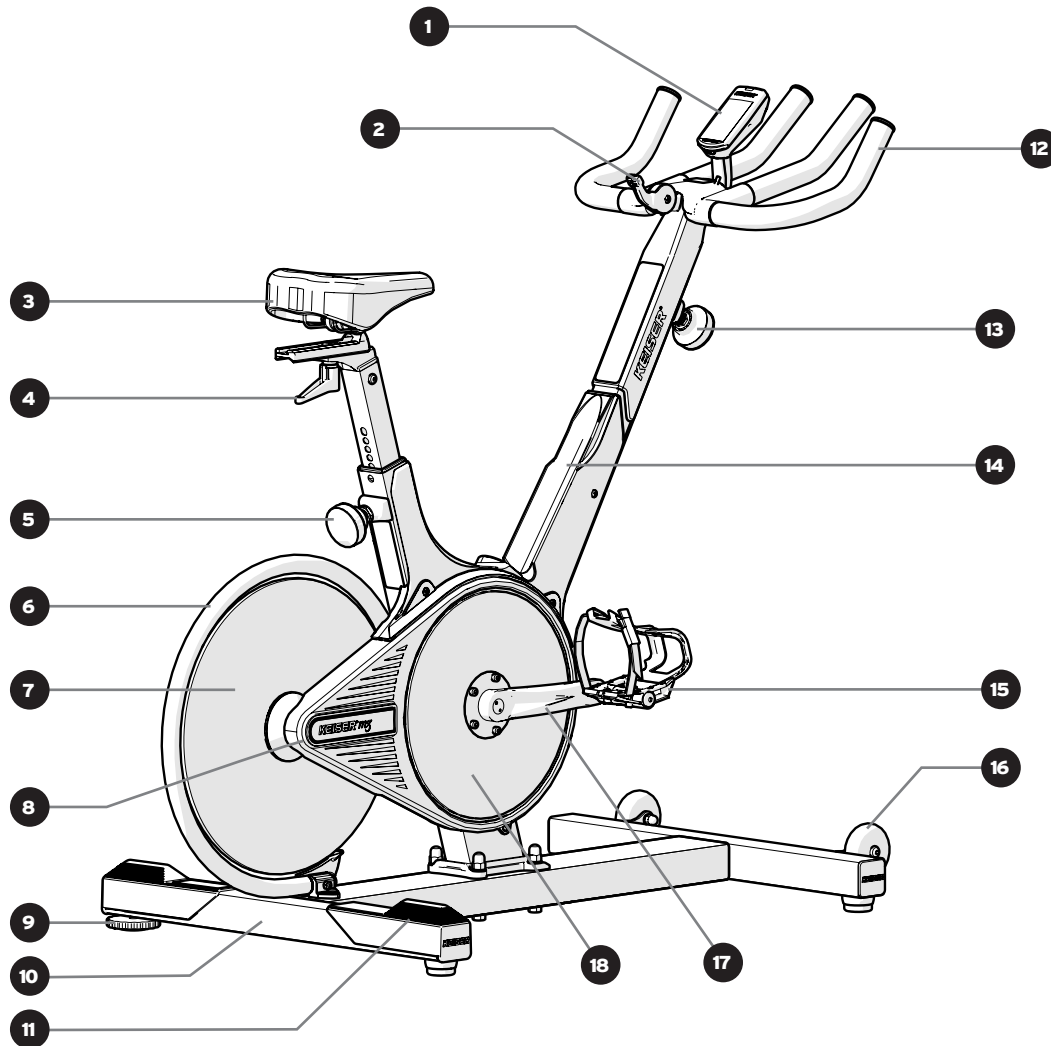


Figure 5. M3 Indoor Group Cycle

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

## TRANSPORT

To position the bike at the desired location refer to Figure 6 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.

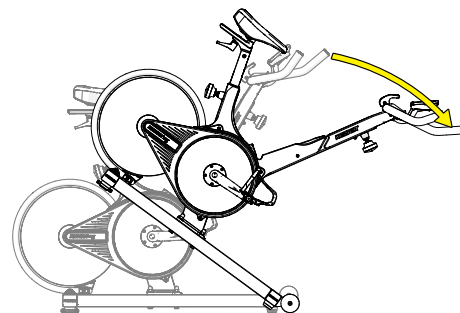


Figure 6. Transporting the Bike

## 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 7 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.

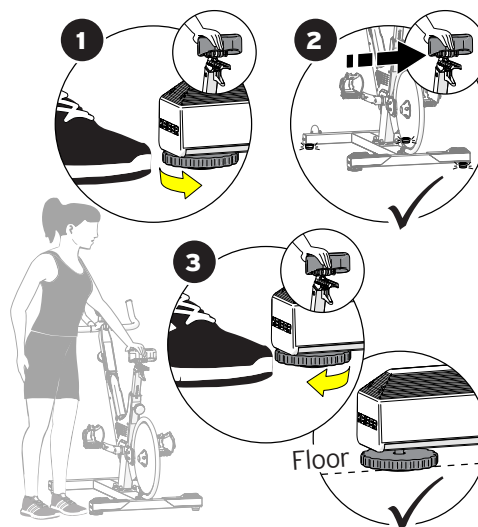


Figure 7. Base Stabilizer Adjustment

## 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 8).

## 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 8).

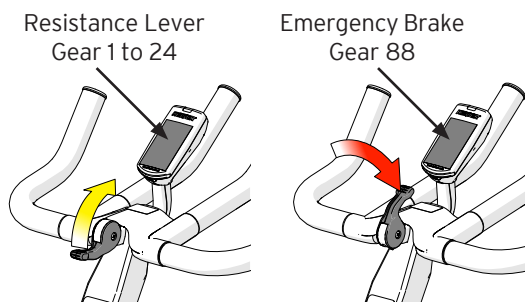


Figure 8. Resistance Lever and Emergency Brake Positions



## 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 9 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.**

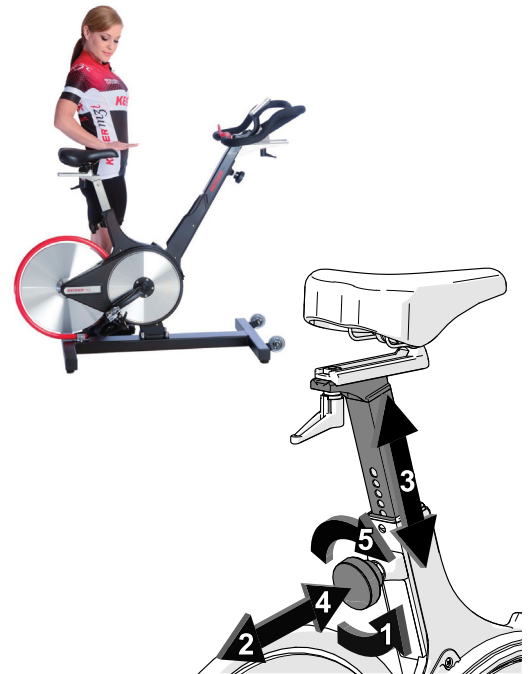


Figure 9. Seat Height Adjustment

## SEAT DEPTH ADJUSTMENT L-HANDLE

Set the Seat depth (horizontal adjustment) to where the distance between the Seat and Resistance Lever is approximately the same distance between your elbow and fingertips. Refer to Figure 10 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).

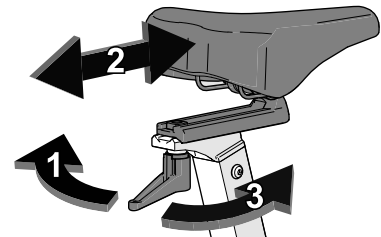


Figure 10. Seat Depth Adjustment

## PEDAL CAGE STRAP ADJUSTMENT

Always secure your feet onto the Pedals using the Pedal Cage before your workout. Refer to Figure 11 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 11. Pedal Cage Strap Adjustment

## COMPUTER DISPLAY

### OVERVIEW

- 1 BACKLIGHT SENSOR** While the computer is awake, the backlight sensor automatically detects ambient light levels in the room and turns on the backlight display when needed.
- 2 RPM (CADENCE)** The RPM displays the revolutions per minute of the crank arm—also known in the cycling world as cadence—and is roughly the speed at which the cyclist is pedaling.
- 3 POWER AND ENERGY** The power output is displayed in Watts (currently generating) and Kilocalories (total value for the workout). The computer toggles back and forth between Watts for eight seconds and Kilocalories for two seconds. The rated accuracy for power between 30 and 160 RPM is  $\pm 5$  Watts for power below 50 Watts, and  $\pm 10\%$  for power above 50 Watts.
- 4 HEART RATE** If there is no Heart Rate signal, a steady heart symbol and a zero will be displayed. If a user is wearing a Heart Rate strap, once the computer locks onto the signal, the heart symbol will blink and display the heart rate. Please note that the Heart Rate strap must be POLAR® compatible and coded.
- 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 followed by the Trip Distance for the remainder of the workout. Trip is a calculated distance value (flat road run) based on power production.

### DISPLAY FEATURES

#### WORKOUT DATA

To view RPM, Power, and Heart Rate, averages at any point in the workout, stop pedaling for three seconds. Averages will flash until you start pedaling again or until the computer goes to sleep after 60 seconds. To reset all workout data during your workout: Stop pedaling for three seconds, then move the Resistance Lever up/down quickly two times to reset all workout data to zero.



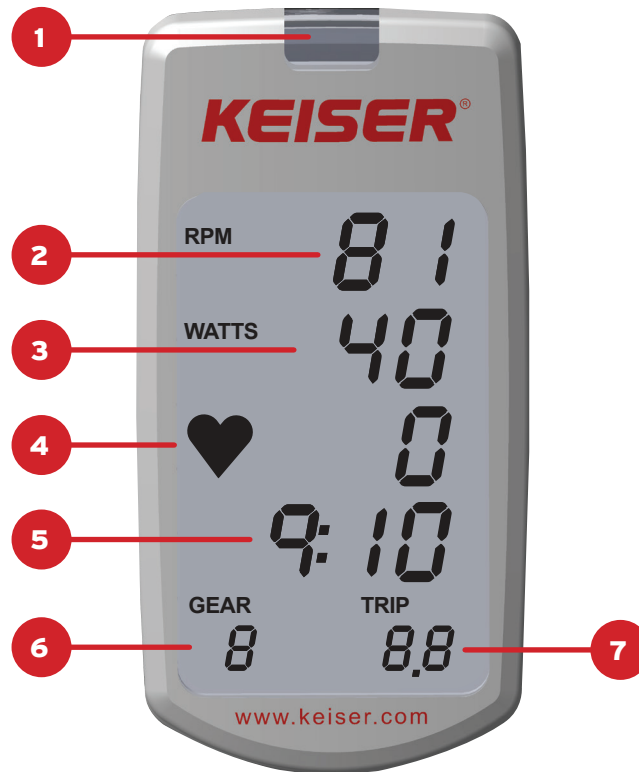


Figure 12. Computer Overview



Figure 13. 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 EXERCISE ON THE BIKE

The M3 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).
  - 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). Check for a slight bend at the elbows, neutral spine position, and shoulder blades drawn back and down.

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 14. 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 (Note: M3i bike model shown in ride positions illustrations; M3 ride positions are similar).

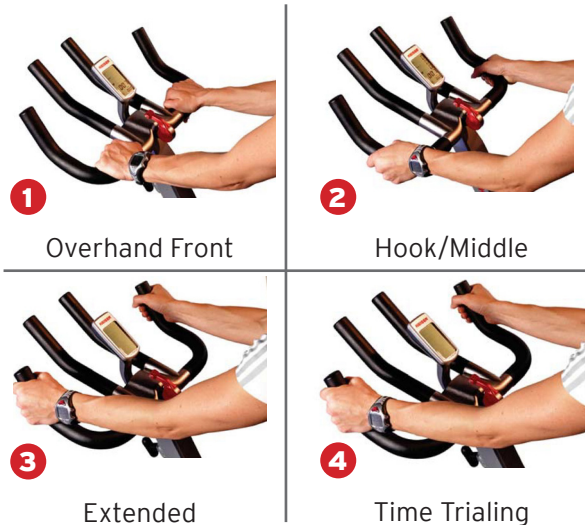


Figure 15. Hand Position Illustrations

### 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.



Figure 16. Basic Ride Position

NOTE: Fine-tune the Seat or Handlebar settings for comfort and to support the 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 17. 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, RPM from 60-75.
- Faster climbs: shift weight slightly forward and over the middle of the seat at 75-90 RPM.



Figure 18. 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 19. Lifts Position

### TIME TRIALING

**Cadence: 90-100 RPM**

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

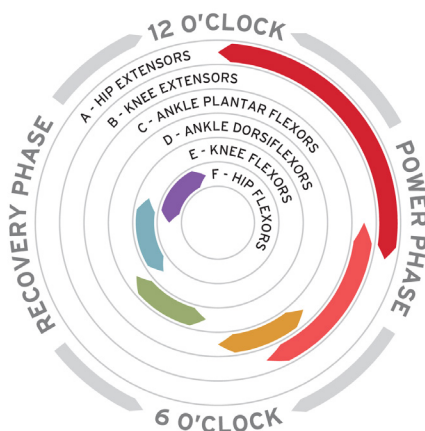
- The rider's body is low and in a neutral position with body weight shifted slightly forward.
- The shoulder girdle and neck are in neutral alignment
- Riders should shift slightly forward in the seat.
- Hand position 4 complements the time trial; keep the elbows raised slightly off the handlebar.



Figure 20. 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 21. 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> Introduction (prior to start of class)	<b>5-10</b> Warm Up	<b>8-12</b> Easy Flat	<b>10-14</b> Hard Flat
<b>12-16</b> Easy Climb	<b>14-18</b> Hard Climb	<b>16-24</b> 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 14).</li> <li>Check that parts most susceptible to wear are not damaged or broken (Adjustment Knobs, L-Handle, 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 12).</li> <li>Check that parts most susceptible to wear are not damaged or broken (Adjustment Knobs, L-Handle, 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-Handle, 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 22 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® Long-Term 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

"LO-BA" will appear on the computer to indicate that the batteries are low and need replacement. To replace the batteries:

1. Remove the screw that secures the Computer Display to the Mount using a #1 Phillips screwdriver (refer to Figure 22).
2. Remove the two AA batteries (follow manufacturer's recommendations for handling, maintaining, and disposing of batteries).
3. Install two new AA batteries observing the correct polarity (see +/- marking inside the battery compartment). R6 (Zinc-Carbon) or LR6 (Alkaline) type batteries are acceptable. Do not use FR6 (Lithium) or similar type batteries.
4. Tuck the Computer Wire back into the Mount as you slide the Computer Display up and onto the Mount, then reinstall the screw removed in step 1.

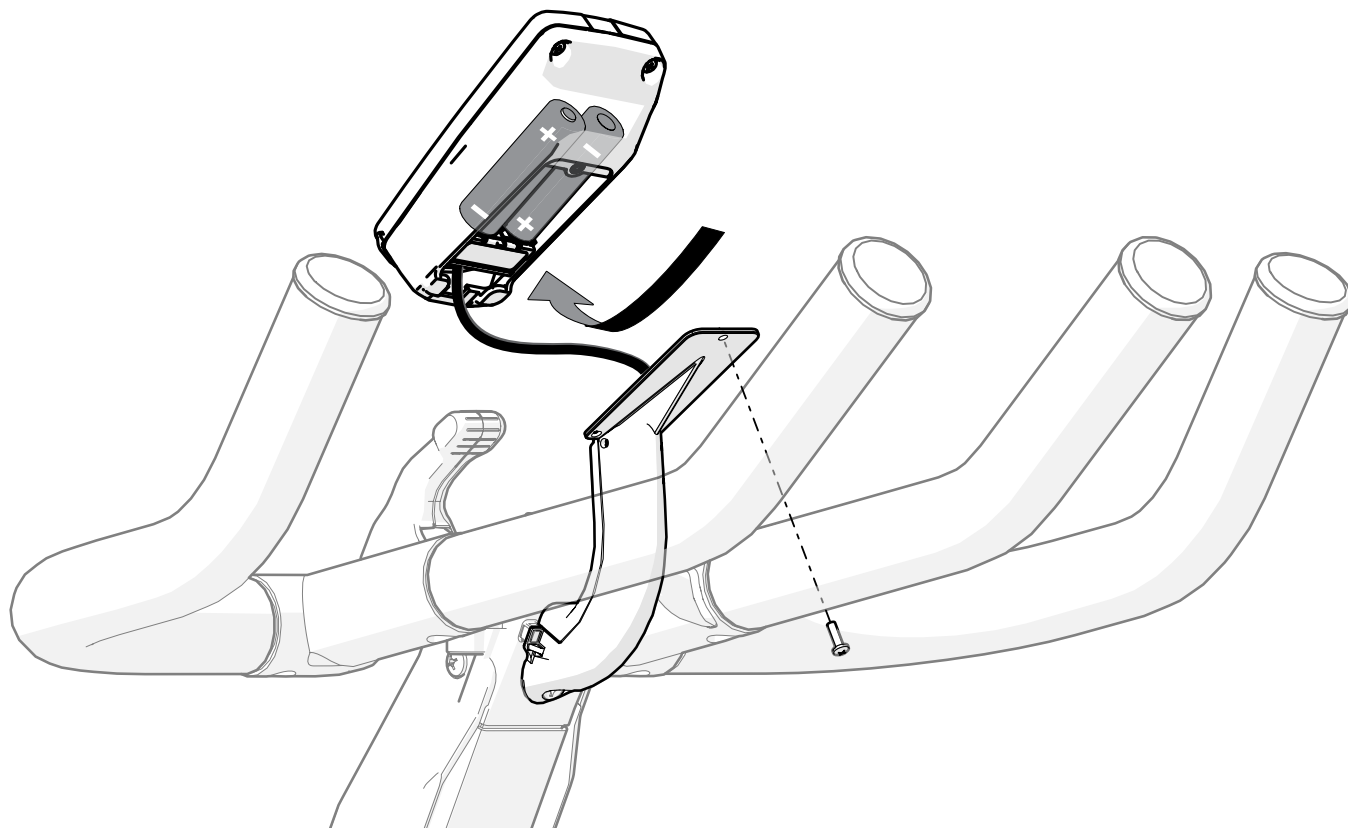


Figure 22. Bike Battery Replacement

NOTE: Upon end of life of your bike, contact Keiser Customer Support for handling direction (see back page for contact information). Be sure to follow your local government guidelines for battery disposal/recycling.



**WARNING: Install batteries correctly (+/-). Do not disassemble or dispose of batteries in fire. Check local government guidelines for battery disposal/recycling in your area. Battery leakage is extremely caustic and contact with bare skin should be avoided. Follow battery manufacturer's recommendations for care and use.**

## 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

### COMPLIANCE

This device complies with Industry Canada Licence-Exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'industrie 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, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

### REGULATORY NOTICE

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.

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


LPS 3® Rust Inhibitor is the registered trademark of ITW Pro Brands, an Illinois Tool Works Company; WD-40® Long-Term 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.


## WARRANTY STATEMENT

For information about Keiser's product warranty and thereto related information, refer to [keiser.com/support/warranty](https://keiser.com/support/warranty).

## 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)

## **KEISER CORPORATION**

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