KEISER®

STRENGTH | CARDIO | FUNCTIONAL

M SERIES
M3i STUDIO PLUS
INDOOR GROUP CYCLE
MODELS: 005509BC, 005509XC

ASSEMBLY AND OPERATION MANUAL

CONTENTS

GENERAL INFORMATION

INTRODUCTION

Congratulations on the purchase of your new Keiser M3i Studio Plus 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 bike. If you have any questions regarding assembly and/or operation after reading this manual, our Keiser Customer Support team will be happy to assist by telephone at 1 559 256 8000 or via live chat at keiser.com/support (Monday–Friday, 7 am to 5:30 pm PST), or by email at service@keiser.com.

Yours in Health,
Keiser Corporation

REGISTER YOUR PURCHASE

Register your bike 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

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

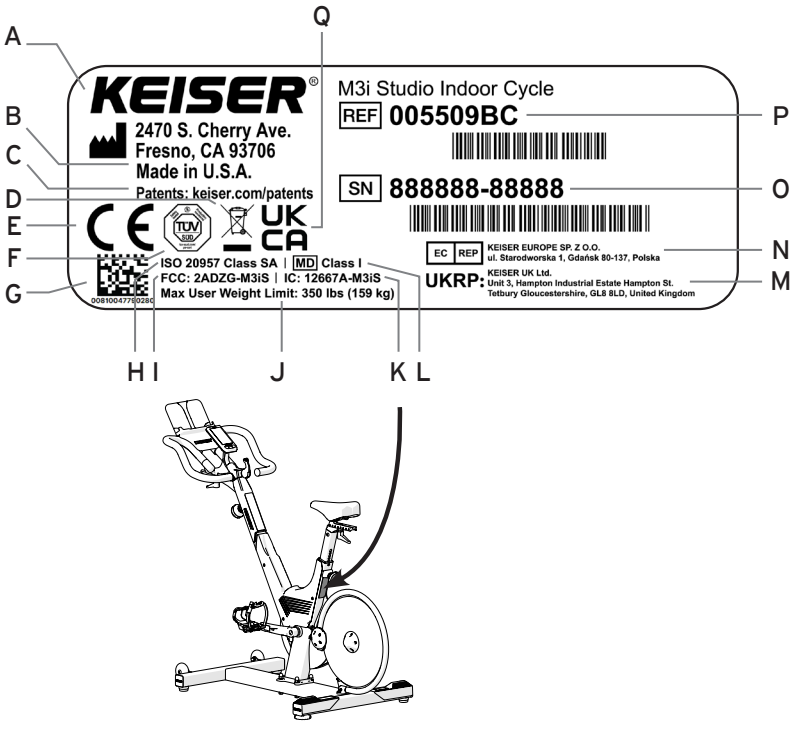


Figure 1. Serial Number Location and Information

IMPORTANT SAFETY INFORMATION

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

1. Read these instructions. Keep these instructions.
2. Heed all warnings. Follow all instructions.
3. Use the Keiser M3i Studio Plus Indoor Group Cycle (herein referred to as "bike") for its intended purpose as described in this manual. Do no 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 29) 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 26) 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.

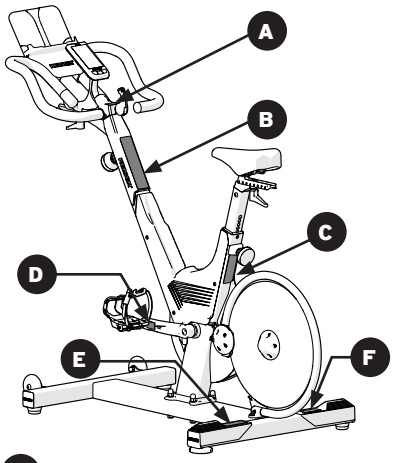
⚠ **CAUTION**: Indicates a hazardous situation that, if not avoided, could result in minor or moderate injury.

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



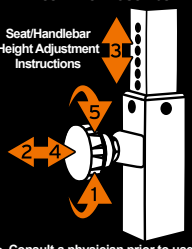
A

⚠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

B

⚠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: 350 lbs (159 kg)

555387

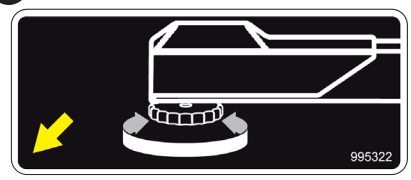
C

KEISER
2470 S. Cherry Ave.
Fresno, CA 93706
Made in U.S.A.
Patents: keiser.com/patents
M3i Studio Indoor Cycle
REF 005509BC
SN 888888-88888
ISO 20957 Class SA | Class I
FCC: 2ADZG-M3IS | IC: 12667A-M3IS
Max User Weight Limit: 350 lbs (159 kg)
UKRP

D

⚠ 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.555371

E



F

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 Studio Plus 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 Studio Plus 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) overstraining can lead to an acute intensification of the patient's symptoms. In such situations, an exercise ECG is essential and training is only possible under medical supervision.

The use of the automated operation (pulse automatic, preset programs, external control via computer or other device) is prohibited, unless the strain was authorized by a physician in accordance with the patient's capacity/health.

For applications in endurance training, diagnostics and performance testing of patients, performance diagnostics, and stress tests, the same contraindications apply (among others) as with all physical stress. If there is doubt, it is important that a physician be consulted before using the M3i Studio Plus bike.

TECHNICAL SPECIFICATIONS

Model Number	Device Full Description
005509BC	M3i Studio Plus Indoor Cycle, Black (frame color), Computer Display
005509XC	M3i Studio Plus Indoor Cycle, Special (frame color), Computer Display

EQUIPMENT SPECIFICATIONS

Height: 49 in (1,245 mm)
Depth: 51 in (1,296 mm)
Width: 26 in (661 mm)
Weight: 92 lbs (42 kg)

Maximum user weight limit: 350 lbs (159 kg)

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

Power: The Display does not require batteries and is powered by a generator located in the flywheel hub.

The Keiser M3i Studio Plus 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.

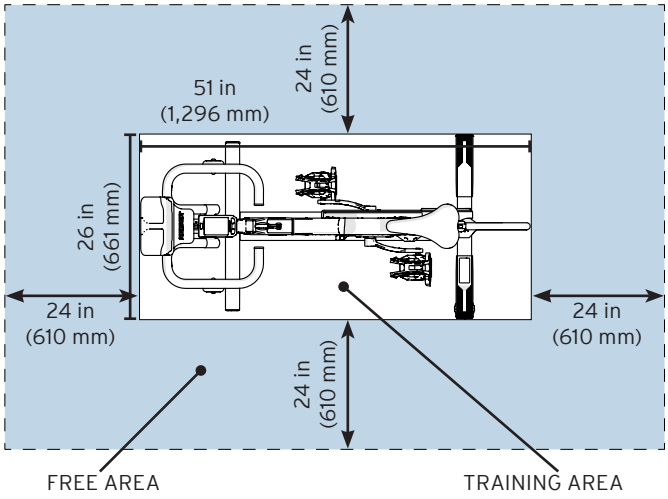


Figure 2. Training Space Illustration

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

TECHNOLOGY

This product features Bluetooth® and ANT+™ wireless technology.

Bluetooth®

ANT+

This product is ANT+™ certified and complies with the following specified ANT+ device profiles:

CAD PWR S&C SPD

Visit *www.thisisant.com/directory* for compatible products and apps.

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.

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" section on page 15 for application locations. For complete equipment care information, refer to the "Preventative Maintenance Schedule" section on page 29.

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 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.

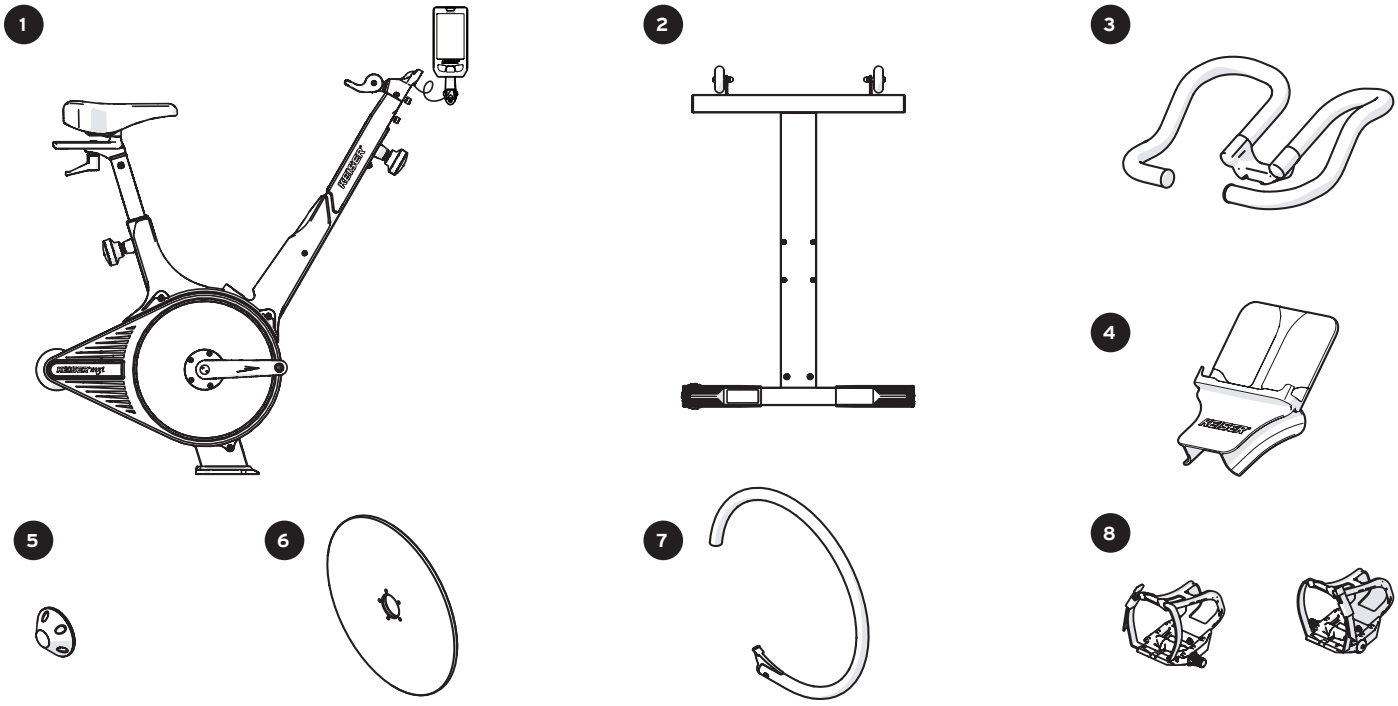


Figure 3. Parts List

	Description	Qty	Keiser Part Number
1	M3i Studio 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

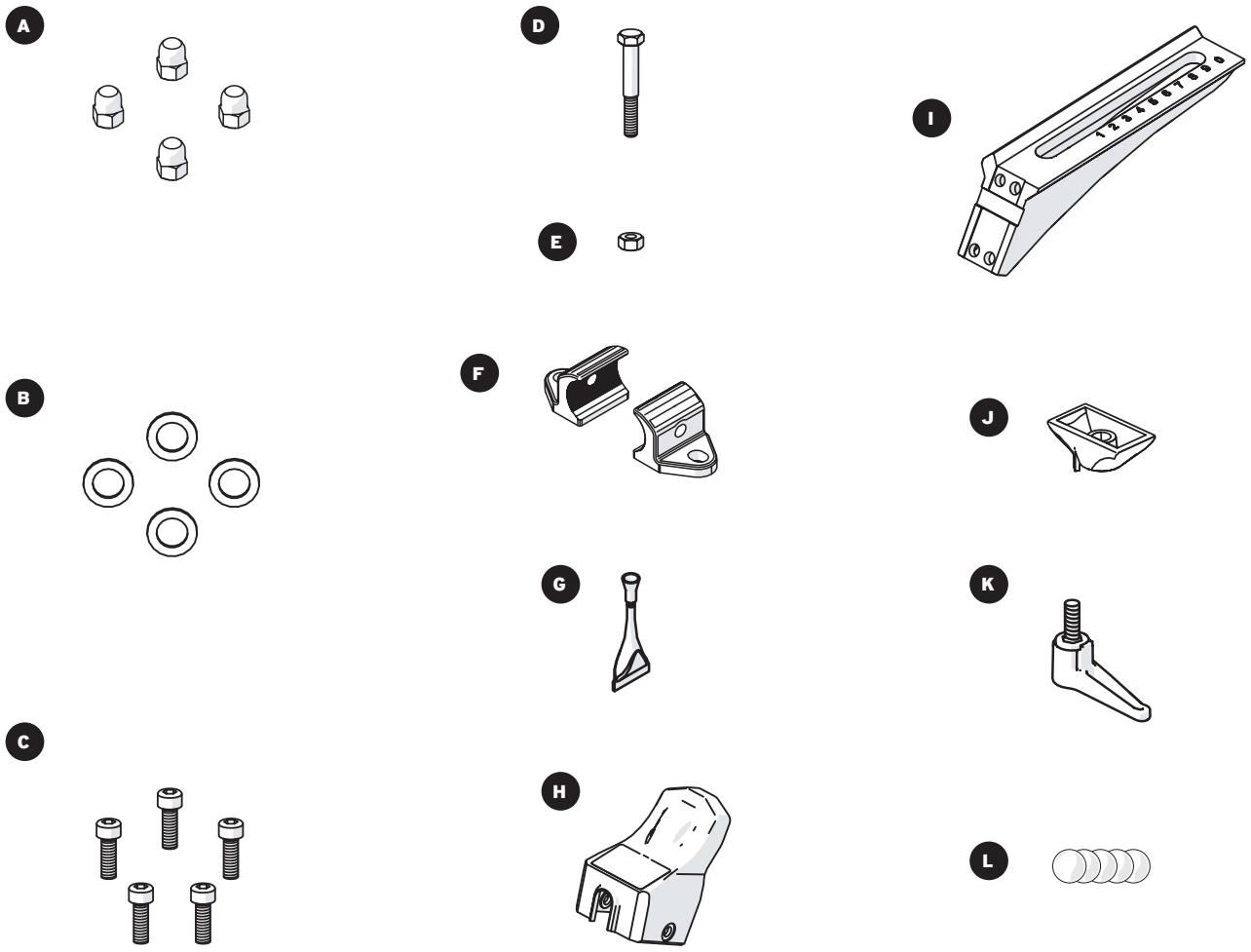


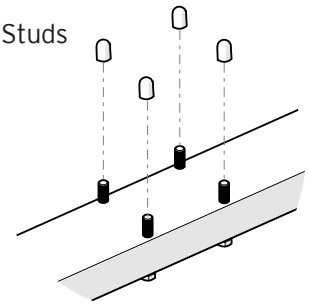
Figure 4. Hardware and Fittings

	Description	Qty	Keiser Part Number
A	Acorn Nut (7/16-20 SS)	4	555022
B	Washer (FW-ACFT 7/16 SS)	4	9384
C	Socket Head Cap Screw (M6X1X20 SS)	5	9502
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	Display Mount Cover	1	555080
I	Handlebar Slide	1	555026
J	Handlebar Spacer	1	555031
K	L-Handle Assembly	1	550828
L	Hub Cover Decal	5	555379

HOW TO ASSEMBLE THE BIKE

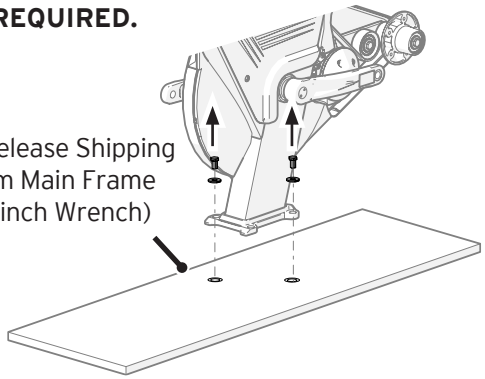
1 Prepare Base and Main Frame.

Pull Caps off Base Studs



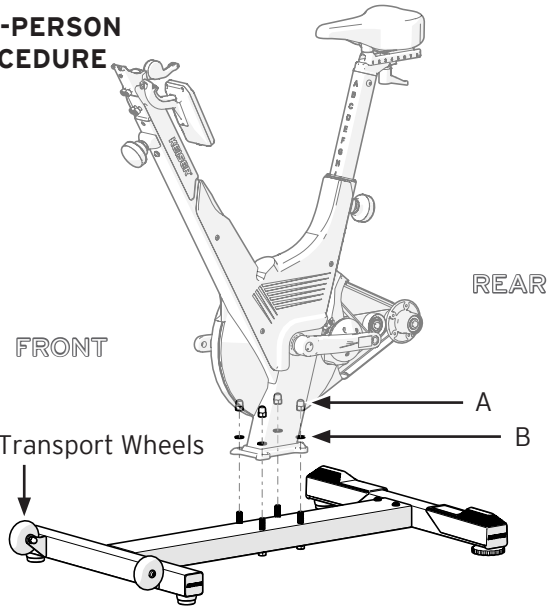
HEAVY OBJECT: HELP REQUIRED.

If present, release Shipping Board from Main Frame (Tool: 1/2-inch Wrench)



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.

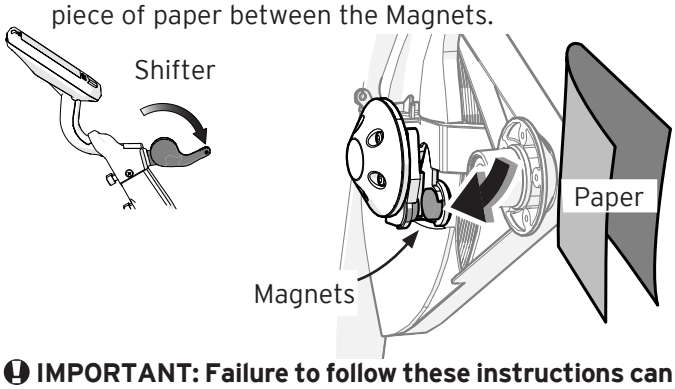
TWO-PERSON PROCEDURE



(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.

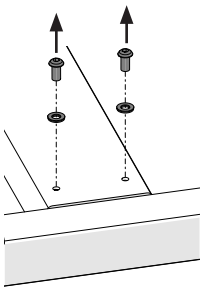
3 Prepare for Flywheel installation.

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

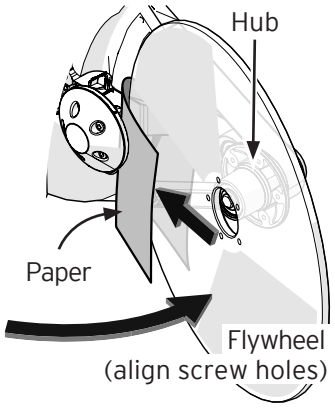


IMPORTANT: Failure to follow these instructions can lead to cosmetic damage to the Flywheel.

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).



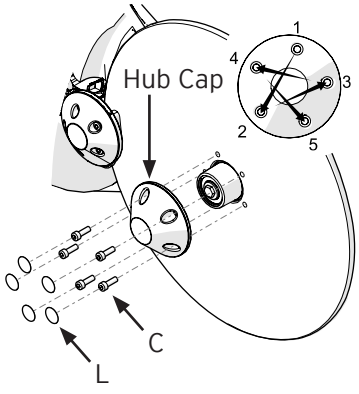
4 (a) Pivot the Flywheel into the folded paper and onto the Hub. Push the Flywheel against the Hub until it is fully seated. Align the screw holes, and discard the folded paper.



(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.

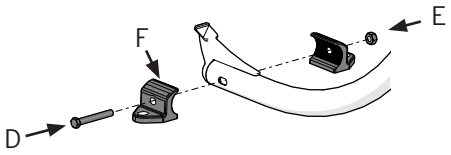


(d) Apply Hub Cover Decals (Item L) over each of the screw holes.

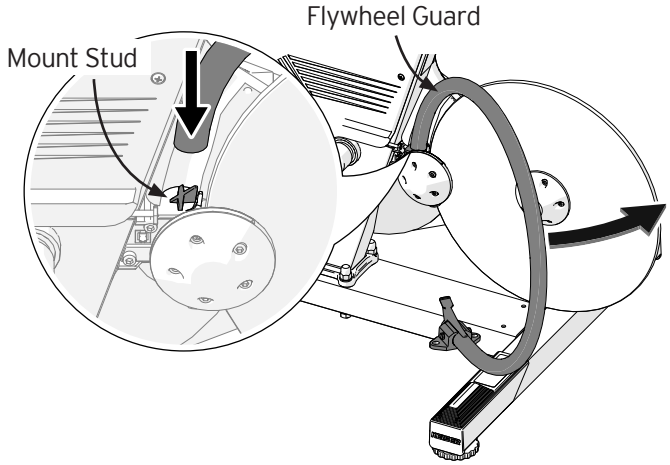
HOW TO ASSEMBLE THE BIKE

5 Prepare for Flywheel Guard Installation.

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

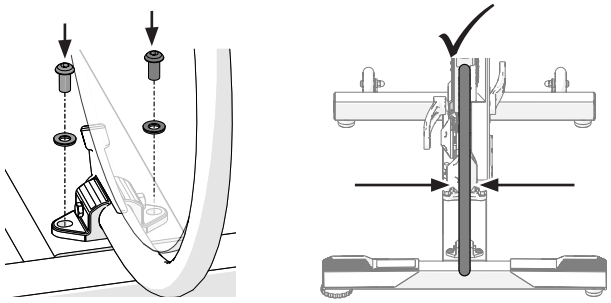


(b) Place the open end of the Flywheel Guard onto the Mount Stud, then pivot the Flywheel Guard into position.

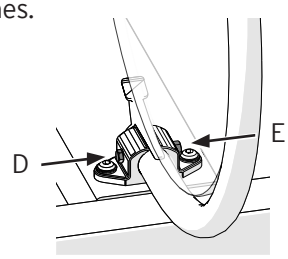


6 Align and secure the Flywheel Guard.

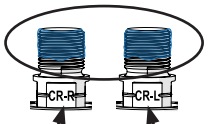
(a) Attach the Clamps to the Base using x2 Mount Screws and Washers (removed in Step 3), finger-tight. Align the Flywheel Guard to the Flywheel.

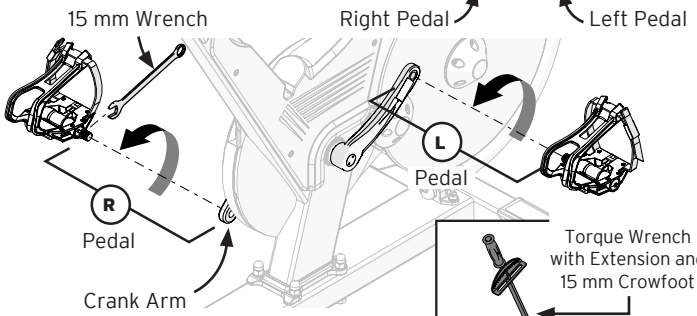


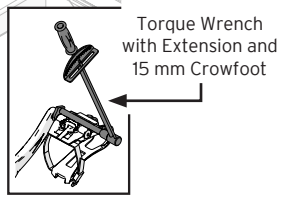
(b) Once the Flywheel Guard is aligned, tighten x2 Mount Screws using a 5 mm Hex Key. Complete installation by tightening the Bolt and Nut (Items D and E) using two 10 mm Wrenches.



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







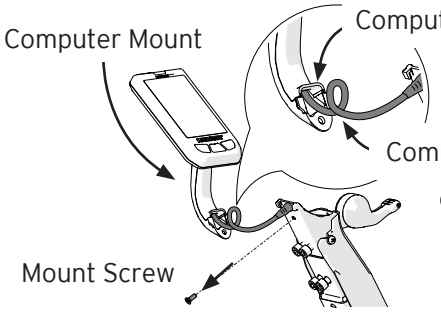
(b) Install the Pedals into the Crank Arms:

- 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.

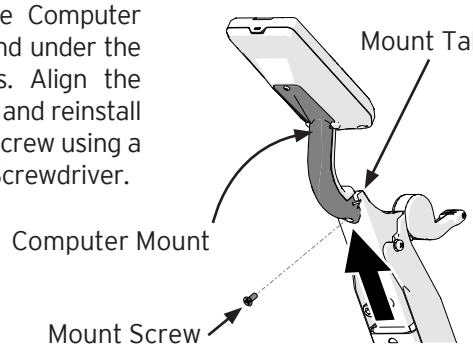
8 (a) Remove the Mount Screw using a #2 Phillips Screwdriver.

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



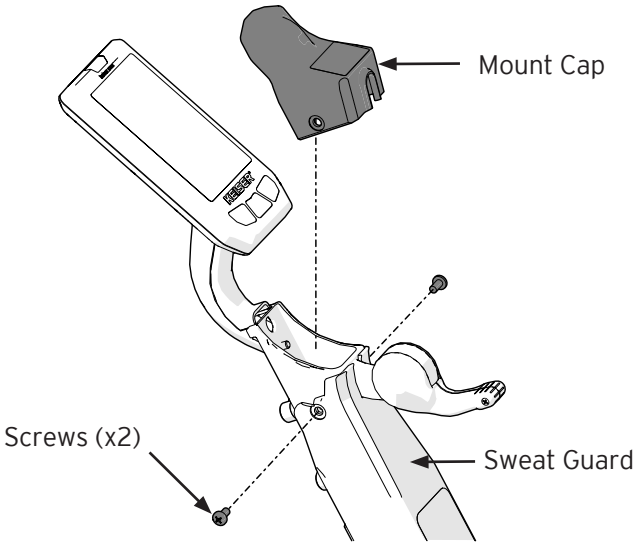
IMPORTANT: Do not pull wire, handle with care.

(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 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.

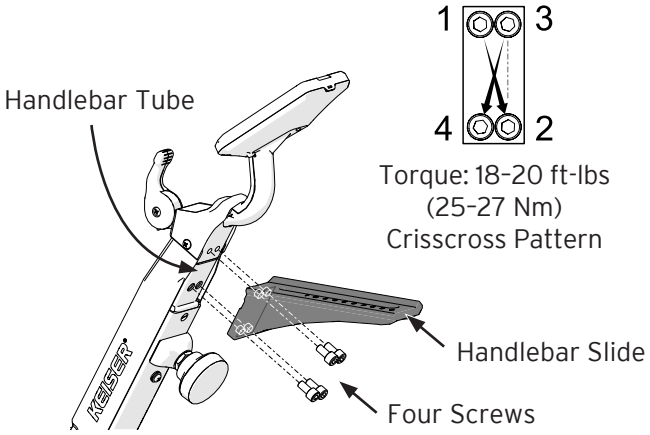


10 Handlebar Slide installation.

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).

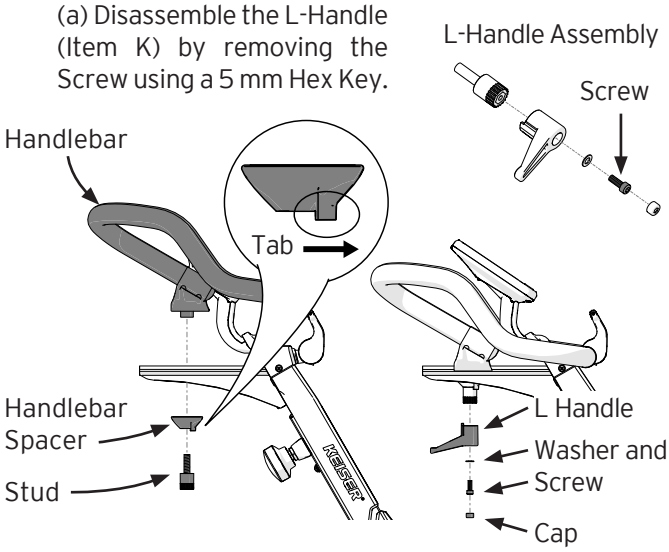
b) Position the Handlebar Slide (Item I) onto the Handlebar Tube; numbers face up, screw holes aligned.

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.

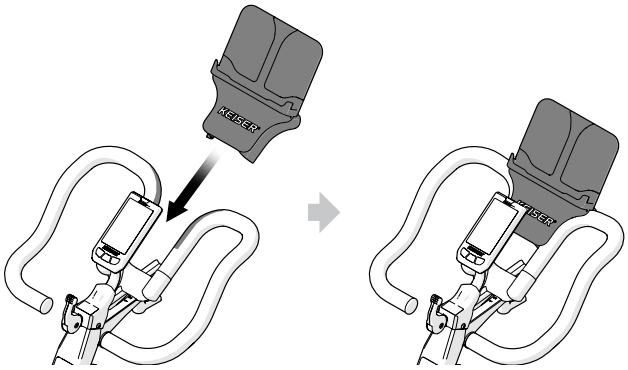
(a) Disassemble the L-Handle (Item K) by removing the Screw using a 5 mm Hex Key.



(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.

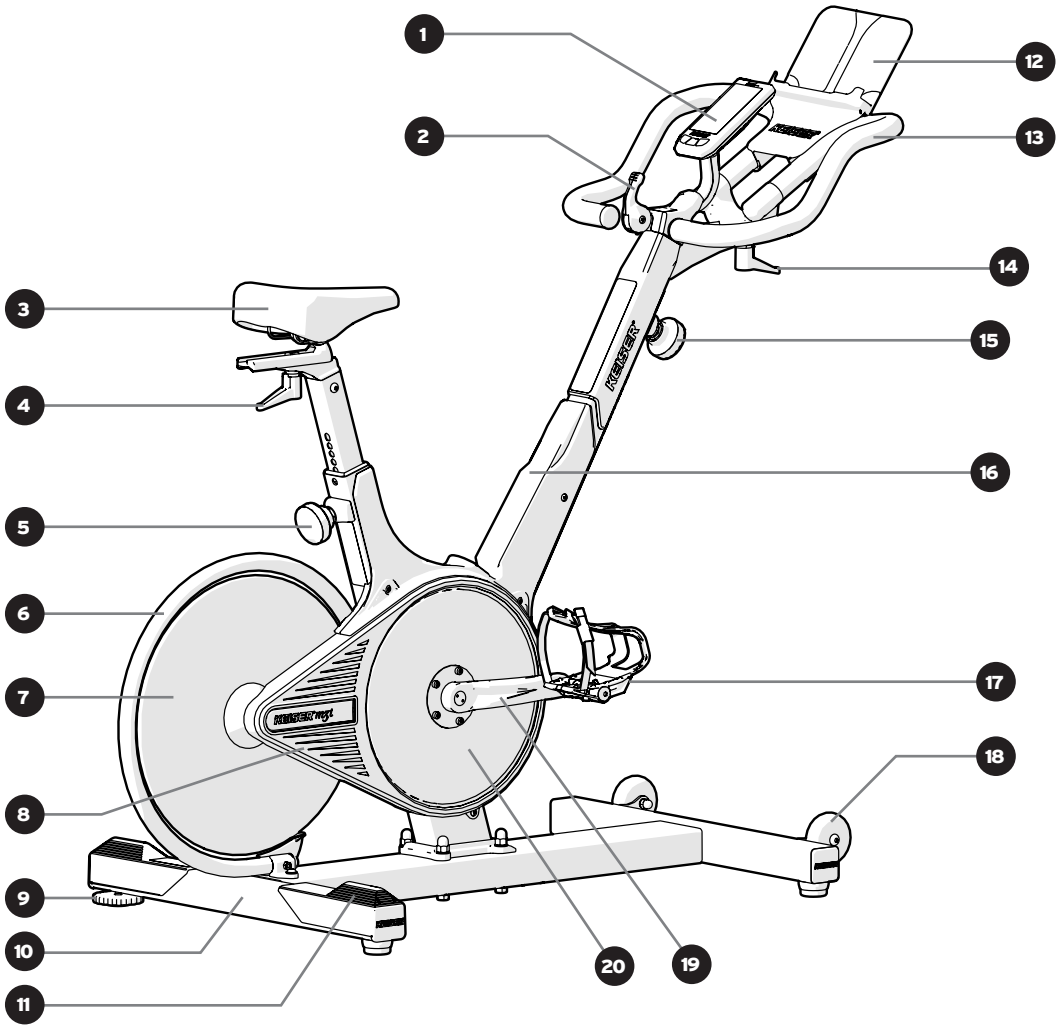


Figure 5. M3i Studio Plus Indoor Group Cycle

1	Computer Display	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 Bike" section, beginning on page 11, Steps 2 – 12).
- The Computer Display powers ON (pedal one full revolution) and the Resistance Lever cycles GEAR 1–72 (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).

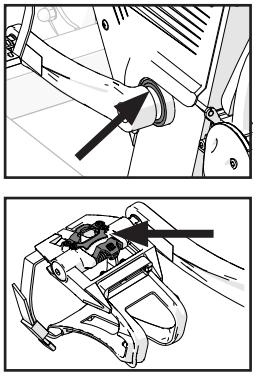


Figure 6. Rust & Corrosion Inhibitor Application

⚠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.

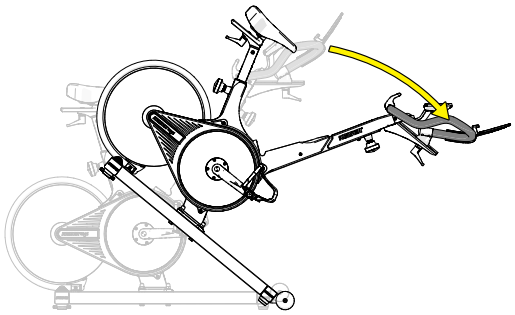


Figure 7. Transporting the Bike

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.

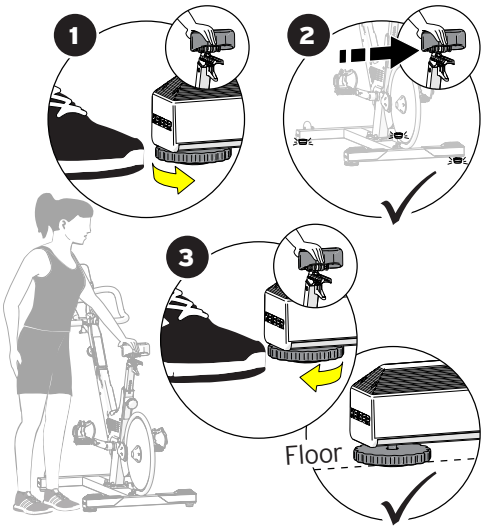


Figure 8. Base Stabilizer Adjustment

RESISTANCE LEVER

Resistance is controlled by the Resistance Lever. The Resistance Lever can be set to any gear from 1 to 72. 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).

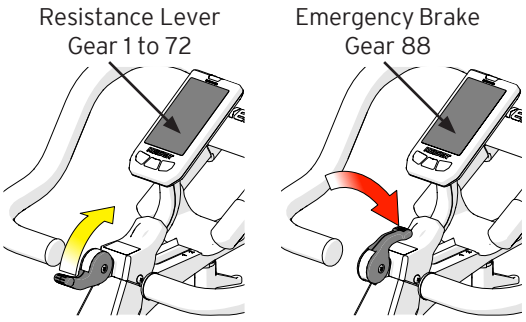


Figure 9. Resistance Lever and Emergency Brake Positions

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 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.

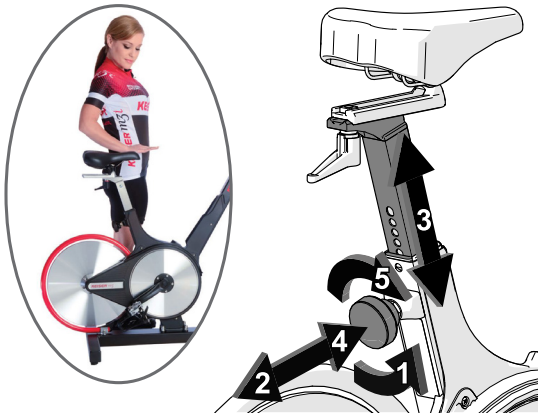


Figure 10. Seat Height Adjustment

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.

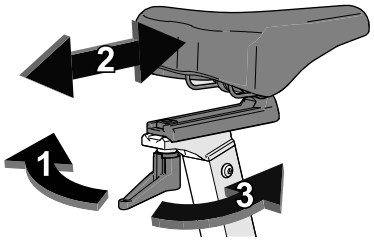


Figure 11. Seat Depth Adjustment

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 12. Pedal Cage Straps Adjustment

COMPUTER DISPLAY

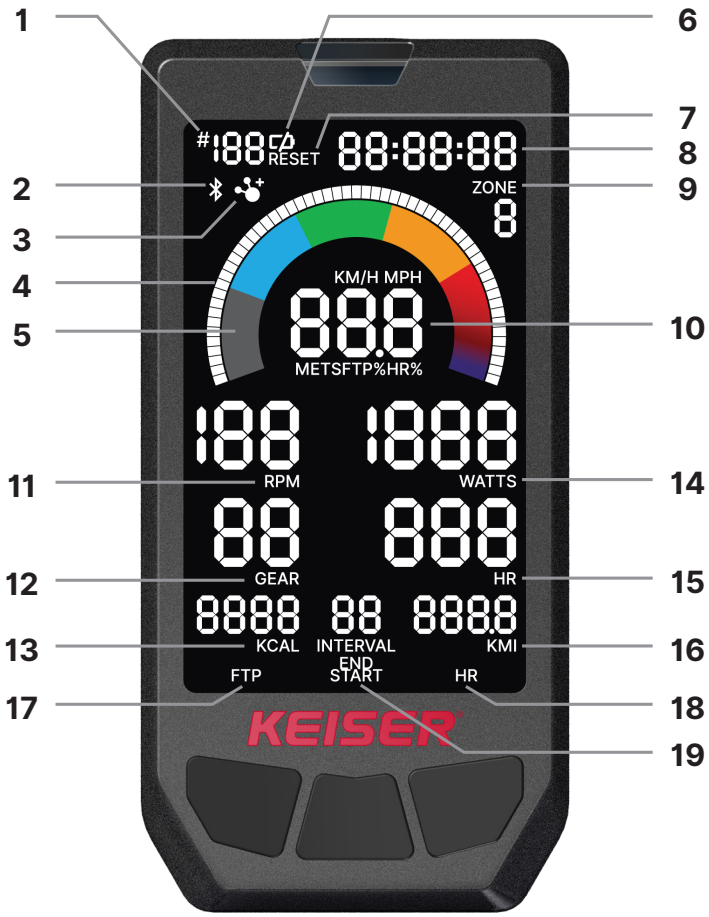
OVERVIEW

1	Display Housing
2	Backlight Sensor
3	Backlit LCD Screen
4	Left Button: **-** / **FTP**
5	Center Button: **INTERVAL** / **END** / **START**
6	Right Button: **+** / **HR**

Buttons are multi-functional and allow the rider to:

- Enter personal rider profile data in the Rider Setup screen.
- Toggle ride modes: Speed, FTP, HR, and METS.
- Initiate interval training.
- Reset rider metrics, including elapsed time and distance.
- Scan to connect or reconnect to a compatible heart rate monitor (HRM).

DISPLAY FEATURES



1	Bike ID#	Assignable bike identification number range 1 – 199 (default is 0).
2	Bluetooth icon	Flashing = search is in progress. Icon remains lit when connected to a compatible device using Bluetooth.
3	ANT+ icon	Flashing = search is in progress. Icon remains lit once connected to a compatible device using ANT+.
4	Progress Bar	Zone indicator in FTP or HR modes.*
5	Ride by Color™	Color-coded training intensities in 5, 6, or 7 FTP zones and 5 Heart Rate zones.*
6	Low Power icon	Displays when the capacitor is at low power. Continue pedaling to charge.
7	**RESET**	Resets ride averages and totals.
8	Time	Elapsed time of the ride.
9	**ZONE**	Current FTP or Heart Rate zone number.*
10	Center Dial	Display modes: Speed (**KM/H** or **MPH**), **FTP%**, **HR%**, or **METS**.
11	**RPM**	Pedal cadence measured in revolutions per minute.
12	**GEAR**	Resistance level settings range 1 – 72. Gear “88” = Emergency Brake.

13	**KCAL**	Cumulative kilocalories value during the ride.
14	**WATTS**	Power output during the ride displayed in watts.
15	**HR**	Heart Rate (BPM) active when rider is wearing a compatible heart rate sensor.
16	DISTANCE	Elapsed distance of the ride displayed in miles (**MI**) or kilometers (**KM**).
17	FTP mode	Left Button toggles the Center Dial between **FTP%** and Speed (**KM/H** or **MPH**).*
18	HR mode / METS mode	Right Button toggles the Center Dial between **HR%** and Speed (**KM/H** or **MPH**). If METS is enabled, the Right Button toggles between **METS** and **HR%**, with average Speed shown at the end of ride.*
19	**INTERVAL END START**	Center Button **START** enters the Rider Setup screen. **INTERVAL START/ END** records/ends ride intervals. The interval number above flashes during the interval.*

*Rider setup required to activate feature.

DEFINITIONS

KM/H, **MPH** (Speed) – The Display measures a rider's estimated speed in miles per hour (**MPH**) or kilometers per hour (**KM/H**). The unit of measurement can be changed in the Display Settings (refer to the "Display Settings" section). The speed value calculated by the Display is based directly on the amount of power produced by a rider (flat road).

MI/KM (Distance) – The Display measures the distance traveled in miles (**MI**) or kilometers (**KM**). The unit of measurement can be changed in the Display Settings (reference the "Display Settings" section). The Display calculates distance traveled based on a rider's average speed for a given amount of time. Note: The odometer (readout appears at the bottom right of the Start-up screen) measures the cumulative distance traveled on the bike.

RPM (Revolutions per minute) – Measurement of the revolutions per minute of the crank arm—also known as cadence in the cycling world—and is roughly the speed at which the rider is pedaling.

GEAR – Gear is the resistance level displayed as a number within a range of 1 – 72. Resistance is controlled by the Resistance Lever: Move the lever forward to increase the resistance, move the lever back to decrease the resistance. The gear max "88" is the Emergency Brake.

WATTS – Power (displayed in Watts) is a measure of work output over time. It is calculated by the formula P = F x V, or specifically, Power (work output) = Force (pedal cadence in a given gear) x Velocity (RPM).

KCAL (Kilocalories) – Measurement of the approximate amount of food energy used by a rider's body in kilocalories (KCAL).

FTP (Functional Threshold Power) – Functional Threshold Power (FTP) is defined as the highest power a rider can sustain for one-hour, steady effort without becoming overly fatigued (i.e. lactate threshold). The calculated FTP number is the power output (measured in Watts) you should be able to maintain for approximately one hour at your current level of fitness. This metric is used to measure a cyclist's fitness and determine training intensities (power zones). Below are the 7 power zones used:

Zone 1	Active recovery	<55% FTP
Zone 2	Endurance	56% to 75% FTP
Zone 3	Tempo	76% to 90% FTP
Zone 4	Threshold	91% to 105% FTP
Zone 5	VO2 max	106% to 120% FTP
Zone 6	Anaerobic Capacity	121% to 150% FTP
Zone 7	Neuromuscular Power	>150% FTP

Note: The Display can be configured for 5-zone and 6-zone FTP training (reference the "Display Settings" section).

FTP% (Functional Threshold Power Percentage) – Represents the intensity of exercise as a percentage of a rider's calculated FTP. Riders can input their **FTP** number in the Rider Setup screen. During a ride, the **FTP%** displays in the Center Dial, along with the current **Zone** number (top right corner) and Progress Bar to show where you are in a given zone. Note: Rider setup required to activate feature.

HR (Heart Rate) – The Display will show the rider's heart rate in beats per minute (BPM) when connected to a compatible heart rate monitor (HRM). Refer to the "Heart Rate Monitor" section for connection instructions.

MAX HR – Is the highest number of heartbeats per minute (BPM) that an individual's heart can achieve during maximal physical exertion. The calculated **MAX HR** is used as a reference point for determining target heart rate zones for various types of exercise/training. Below are the 5 heart rate training zones used:

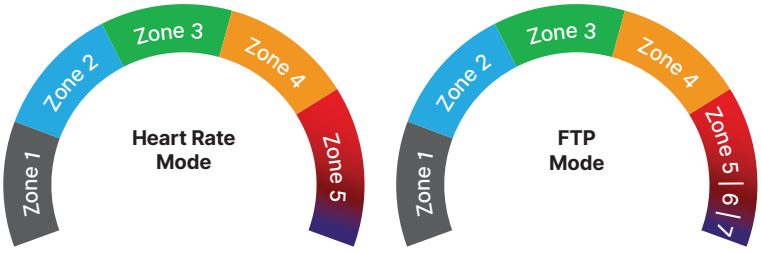
Zone 1	Recovery Level	50% to 60% Max HR
Zone 2	Endurance Level	60% to 70% Max HR
Zone 3	Aerobic Level	70% to 80% Max HR
Zone 4	Anaerobic Threshold	80% to 90% Max HR
Zone 5	VO2 max+ Level	at/above 90% Max HR

HR% (Max Heart Rate Percentage) – Represents the intensity of exercise as a percentage of a rider's calculated maximum heart rate. Riders can input their **MAX HR** value in the Rider Setup screen. During a ride, the **HR%** displays in the Center Dial, along with the current **Zone** number (top right corner) and Progress Bar to show where you are in a given zone. Note: Rider setup and connection to a compatible heart rate sensor required to activate feature.

METS (Metabolic Equivalent of Task) – Represents the ratio of the rate of energy expended during an activity to the rate of energy expended at rest. During a ride, the MET value displays in the Center Dial. User weight input is required (refer to "Rider Setup" section for instructions). Note: METS mode disabled by default. To enable METS mode, refer to the "Display Settings" section.

Activity Level	MET Value
Sedentary (rest)	≤ 1.5
Light Intensity	1.6 - 2.9
Moderate Intensity	3.0 - 5.9
Vigorous Intensity	≥ 6.0

RIDE BY COLOR™ – A Keiser training system used to guide and monitor training intensities utilizing color-coded zones (Color Dial). Train in 5, 6, or 7 zones in FTP mode and 5 zones in Heart Rate mode. Each zone corresponds to a specific intensity level based on a rider's fitness level. See **FTP** and **MAX HR** for intensity level categories and their percentage ranges.



ZONE – Represents different training intensity levels, categorized by zone number/color. Zones are based on a rider's calculated FTP number or Max Heart Rate Percentage.

Center Display – The Center Dial view is Speed (**KM/H** or **MPH**). When rider data is input in the Rider Setup screen, the FTP mode, including HR mode when connected to a compatible heart rate sensor, are activated. Press the Left Button [**FTP**] to toggle between **FTP%** and Speed (**KM/H** or **MPH**). Press the Right Button [**HR**] to toggle between **HR%** and Speed (**KM/H** or **MPH**).

Time – measured and displayed in HH:MM:SS format at the top right of the Ride screen.

INTERVAL – Refers to a structured training session that involves alternating time periods, typically categorized based on the duration and intensity of the effort. Press the Center Button [**INTERVAL START**/**END**] during your ride to start or end an interval. Note: Rider setup required to activate feature.

RESET – This function (press and hold the Left and Right Buttons) resets ride averages and restarts the elapsed time and distance. Note: Rider data **FTP**, **MAX HR**, and **LBS** / **KG** (Weight) rider data are not affected.

START YOUR RIDE

Pedaling is required to turn on and power the Display.

Note: The Low Power icon flashes when the capacitor is at low power. Continue pedaling to charge. Once the capacitor is charged, the Low Power icon shuts off.

Start Your Ride

1. Start pedaling: The Start-up screen with a Progress Bar appears, encouraging the rider to continue pedaling.

   Note: The Odometer readout appears at the bottom right corner during this time.

2. Once the Progress Bar closes at the top, the Ride screen turns on.

Free-ride Session

After the Start-up screen, the Ride screen displays basic ride data and metrics, along with elapsed time and distance.

No rider data input required.

Center Dial view is Speed (**KM/H** or **MPH**).

The rider can remain in this Free-ride screen as long as desired.

To connect a heart rate sensor, refer to the “Heart Rate Monitor” section.

To end the ride and view ride averages and totals:

- Stop pedaling. After a few seconds of inactivity (no pedaling, no buttons pressed), ride averages and totals flash for 1 minute. Display turns off.

For a more personalized training session, see next section for setup instructions.

RIDER SETUP

Enter rider data (FTP, Max HR, and User Weight) in the Rider Setup screen for personalized metrics.

Additionally, training modes are activated in the Center Dial, depending on the rider data entered:

Enter FTP value	- to activate →	**FTP mode**
Enter Max Heart Rate	- to activate →	**HR mode** (connected HRM required)
Enter User Weight	- to activate →	**METS mode** (on enabled Displays)

To enter rider data in the Rider Setup screen:

1. Pedal to turn on and power the Display.*
2. Once in the main Ride screen, press any button to enter the Rider Setup screen:

MENU	DESCRIPTION
FTP	Functional Threshold Power measured in watts Range: 50 - 550
MAX HR	Maximum Heart Rate measured in BPM Range: 90 - 220
LBS / KG	User Weight in U.S. customary or metric Range: 50 lbs - 350 lbs / 22 kg - 158 kg

Note:
- To skip a menu option and leave a blank value, press the Center Button [**END**].
- To revert to a blank value, long-press the Left or Right Button until the end range is reached, then press the same button again to clear the value.

3. Use the Left/Right Buttons [**-/+**] to adjust your **FTP** value, then press the Center Button [**END**] to confirm.
   - Repeat the above step for **MAX HR** and **LBS / KG** menus.
4. After User Weight is entered, press the Center Button [**END**] to confirm and complete the Rider setup.

To edit rider data after setup, long-press the Left or Right Button until the Rider Setup screen appears.

* The Display must be powered on to enter rider data in the Rider Setup screen. A flashing Low Power icon indicates the capacitor is at low power. Continue pedaling to charge.

Refer to the next section for further instructions and additional features.

Modes

Modes are activated in the Center Dial depending on the rider data entered (refer to the "Rider Setup" section).

During a ride, use the Left and Right Buttons to switch modes in the Center Dial as follows:

- **FTP mode**: Press the Left Button [**FTP**] to switch between **FTP%** and Speed (**KM/H** or **MPH**).
- **HR mode**: Press the Right Button [**HR**] to switch between **HR%** and Speed (**KM/H** or **MPH**).

HR mode note:

» A compatible heart rate sensor required (not included) to display HR mode in the Center Dial.
» If a heart rate sensor is not connected, the Right Button defaults to Speed mode and [**HR**] remains off.
» To connect a heart rate sensor, refer to the “Heart Rate Monitor” section.

- **METS mode**: If METS is enabled on the Display, and User Weight has been entered, the Right Button will switch between **METS** and **HR%**. In addition:

» Speed (**KM/H** or **MPH**) will no longer be active during the ride.
» The Speed average of your ride will appear at the end of your ride.

Intervals

- Press the Center Button [**INTERVAL START**] to start an interval. The interval number above flashes during the interval.
- Press the Center Button [**INTERVAL END**] to end an interval. Interval ride averages flash and the time and distance totals will display for 10 seconds, then the screen returns to the Ride screen.

  Note: To start the next interval with no delay, press the Center Button [**INTERVAL START**].

Reset

- Press and hold the Left and Right Buttons until the **RESET** icon appears at the top left corner.
- Ride averages reset, and the elapsed time and distance restart.

To end the ride and view ride averages and totals:

- Stop pedaling. After a few seconds of inactivity (no pedaling, no buttons pressed), ride averages and totals flash for 1 minute. Display turns off.

HEART RATE MONITOR

Note: ANT+ or Bluetooth-compatible heart rate sensor required (not included). Heart Rate Monitors, and how they establish connection, vary. Refer to the sensor manufacturer's instructions before attempting to connect to the Display.

To connect a heart rate sensor:

1. Put on the heart rate sensor and position yourself near the Display.
2. Pedal to turn on and power the Display.
3. Activate your heart rate sensor (follow the manufacturer's instructions).
4. Scan for heart rate signal: Press and hold the Center Button [**START**] until the ANT+ and Bluetooth connectivity icons start flashing to activate the scan.
   - Note: Displays with Home User mode enabled will scan for heart rate signal automatically at startup.
5. Upon connection, Heart Rate [**HR**] will show your current BPM and the appropriate connectivity icon will remain lit.

The Display detects heart rate from any bike ride position.

Long-press [**START**] to disable the Heart Rate [**HR**] feature; repeat to re-enable.

FITNESS APPS

The Display exports workout data to compatible fitness apps/devices that use Bluetooth Fitness Machine Service (FTMS), Cycling Speed and Cadence (CSCS), Cycling Power Service (CPS) or ANT+.

To connect your fitness app/device at any point in your ride:

1. Pedal to turn on and power the Display.
2. Ensure Bluetooth or ANT+ on your app/device is enabled.
3. Connect:

   Bluetooth FTMS, CSCS, and CPS
   Within the app, search and connect to the Display identified as "M3iS" followed by your Bike ID #.

   ANT+
   Select the desired workout data:

PROFILE	EXTENSION/BIKE ID #
Speed/Cadence	"1***"
Cadence	"2***"
Speed	"3***"
Power	"4***"

Upon connection, workout data from the Display will appear on the app/device. At the end of your ride, save your workout data per the app/device manufacturer's instructions.

DISPLAY SETTINGS

Change the following in the Display Settings menu.

MENU	DESCRIPTION	SETTING OPTIONS
b id	Bike ID	Any number 1 – 199 (Bike ID# default is 0)
USA / SI	Units of speed and distance	USA - U.S. customary (default) SI - metric
boL	Metabolic Equivalent of Task (METS) mode	OFF - mode disabled (default) On - mode enabled
FTP	FTP zone training methods	5, 6, or 7 (default) number of zones
USr	Display User mode (see note below for further details)	CLUb - Club User mode (default) HoME - Home User mode

1. Pedal to turn on and power the Display.
   - Continue pedaling until the Low Power icon disappears.
2. Press and hold the three Display buttons for 6 seconds to enter the Display Settings menu.
   - " b id " (Bike ID) is the landing page for the Display Settings menu.
   - Edit time limit is 5 minutes.
3. Use the Left/Right Buttons [**-/+**] to select a menu, then press the Center Button [**START**] to edit the setting.
4. Use the Left/Right Buttons [**-/+**] to make your adjustment, then press the Center Button [**END**] to confirm.
5. Repeat the previous two steps to adjust any other menu setting.
6. To exit Display Settings, long-press the Center Button [**START**].

Allow the Display to sleep and restart after any changes for optimal performance.

Display User mode note:

- Home User mode automatically remembers your FTP, Max HR, or weight data entered from your previous ride. Additionally, it will automatically scan for heart rate signal during the first 5 minutes of your ride.

- Club User mode automatically resets all user-provided data (FTP, Max HR, or weight) after each ride to prevent user errors and to keep personal information private. Automatic scan for heart rate signal is disabled.

HOW TO EXERCISE ON THE BIKE

The M3i Studio Plus 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.

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.

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.

Figure 13. 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 17. 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 14. Basic Ride Position

Figure 15. Seated Climb 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 16. Standing 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.

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 18. 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 19. 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.

Figure 20. Muscle Contribution in Pedal Phases

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	• Bike is properly stabilized, level to the floor (refer to "Base Stabilizer" section). • Check that parts most susceptible to wear are not damaged or broken (Adjustment Knobs, L-Handles, Pedal Cages, Pedal Straps, and Seat Upholstery). • Cleaning: Target areas in the sweat path with a dry soft towel or cloth.
Weekly for the 1st Month	• Check to ensure that the bike is in safe proper working order (perform the full "Proper Operation Check" section). • Check that parts most susceptible to wear are not damaged or broken (Adjustment Knobs, L-Handles, Pedal Cages, Pedal Straps, and Seat Upholstery).
Monthly	• 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.
Quarterly	• Apply wax to protect the paint finish on metal parts: 1. Wipe down and thoroughly clean the bike prior to applying wax. 2. Use an easily applied automotive treatment such as Meguiar's® Quik Detailer Mist and Wipe. 3. Target areas that come in contact with sweat as they are most vulnerable to rust. 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.
Annually	• Check to ensure all external visible screws and nuts are not loose and that they are tightened. • Check parts most susceptible to wear and replace if damaged or broken (Adjustment Knobs, L-Handles, Pedal Cages, Pedal Straps, and Seat Upholstery). • 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. • Apply lubricant to the Adjustment Knobs: 1. Unscrew and remove the Adjustment Knobs. 2. Clean threads with a lint-free cloth. 3. Apply a moderate amount of lubricant to threads, then replace the Adjustment Knobs. 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.

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.

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, or repairs 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 generator located in the flywheel hub. 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 Studio Plus 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 31.	N/A
ID of specified optional external power supplies or battery chargers	The M3i Studio Plus 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 Studio Plus Indoor Group Cycle contains electronic circuit assemblies that may require compliance with specific local disposal or recycling procedures.	
The specification of the environmental conditions of transport and storage	Use indoor in climate-controlled environment only. Keep away from areas of extreme humidity. NOTICE: Equipment not tested at extreme high/low temperatures.	N/A

ELECTROMAGNETIC COMPATIBILITY (EMC)

EMC Notices – Statement of Compliance

This product has been determined to be compliant with the applicable standards, regulations, and directives for the countries where the product is marketed.

Compliance documentation, such as Declaration of Compliance for the product, are available upon request by contacting service@keiser.com. 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 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).

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WARRANTY STATEMENT

View or print your M3i Studio Plus Indoor Group Cycle warranty online at 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 (Monday–Friday, 7 am to 5:30 pm PST), or by email at 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

EC REP

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

keiser.com/support

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

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