

KEISER THE MSERIES

*m*ove
*m*otivate
*m*aximise

KEISER®
THE POWER IN HUMAN PERFORMANCE



KEISER THE MSERIES

When Keiser's rear wheel drive POWER Pacer hit the market it changed the way people looked at indoor cycling. Now there was a machine that challenged your guests and also allowed them to take control of resistance all the while protecting its working parts from the damaging sweat zone.

Called by many the cardio cycling system of choice the Keiser cycles have spawned a following of trainers and facilities worldwide. Now the tradition of fun, effective, easy to maintain cardio continues with the Keiser M Series cardio equipment including the innovative M3 Indoor Cycle, M5 Strider elliptical trainer, M3 Total Body Trainer, and our newest addition, The M3+ Indoor Cycle.

This is all in addition to Keiser being a North America distribution provider for SCIFIT featuring scientific solutions for fitness.

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M3i

KEISER INTRODUCES INTELLIGENT CYCLING

The computer can transmit your workout output to a receiver for projection onto a screen and can also partner up with a wireless phone or tablet

TECHNICAL INFORMATION:

Measurements:

Height: 45" / 1143 mm	Length: 49" / 1244.6 mm
Width: 26" / 660.4 mm	Weight: 85 lbs. / 38.56 kg

Features:

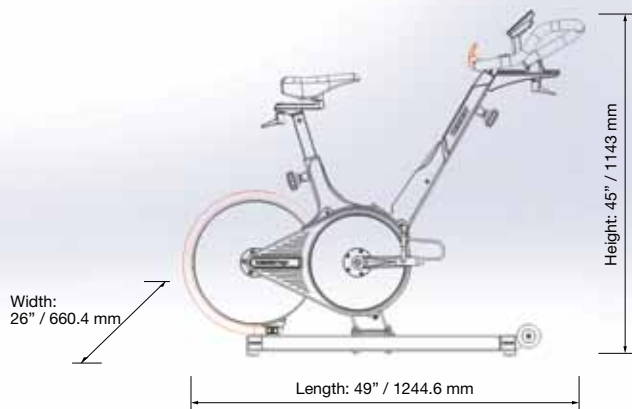
- New improved Keiser Adjustable Combo Pedals
- Easy Transport
- Gravity Based Water Bottle Holder
- Dual Placement Comfort Handles
- Four-Way Adjustable Seat Position (Up, Down, Forward, and Backward)
- Adjustable Handlebar Height
- Anti-Slip Belt (Requiring No Adjustment)
- Non Wear Magnetic Resistance
- Easy to Install
- Infinite Resistance Adjustment
- Smooth Resistance Shifter
- Comfortable Saddle
- Optional Computer System
- Virtually Maintenance Free
- Unprecedented Warranty
- Whisper Quiet
- Computer (Optional)
- New color scheme (black and red)
- New, easier to use seat post lock pin mechanism
- Available in Matt Black and upon request in Silver

Computer Features:

- RPM (Cadence)
- Power Output Displays in Watts (currently generating) and Kilocalories (Total for the ride)
- Heart Rate (Polar compatible)
- Pedaling Time
- Gear (Resistance) (1 to 24 gears)
- Trip Distance
- Transmission from workout data to receiver for projection onto a screen and can also partner up with a wireless phone or tablet.

Additional M3 Options:

- M3 Indoor Cycling Foundations Training
- M3 Compatible Polar™ Coded HRM





INTELLIGENT
CYCLING HAS
ARRIVED

M3i



M3 CYCLING

TECHNICAL INFORMATION:

Measurements:

Height: 45" / 1143 mm

Width: 26" / 660.4 mm

Length: 49" / 1244.6 mm

Weight: 85 lbs. / 38.56 kg

Features:

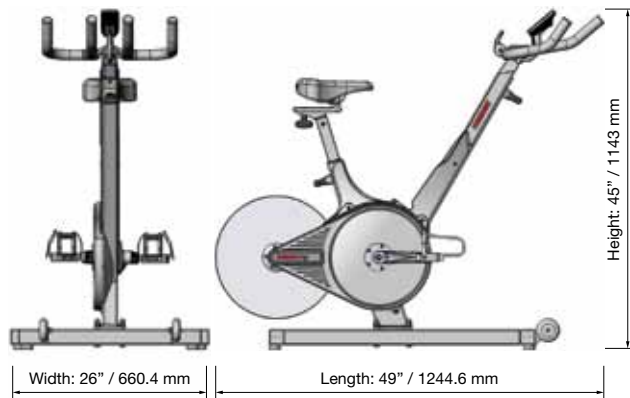
- Adjustable Shimano Combo Pedals
- Easy Transport
- Gravity Based Water Bottle Holder
- Dual Placement Comfort Handles
- Four-Way Adjustable Seat Position (Up, Down, Forward, and Backward)
- Adjustable Handlebar Height
- Anti-Slip Belt (Requiring No Adjustment)
- Non Wear Magnetic Resistance
- Easy to Install
- Infinite Resistance Adjustment
- Smooth Resistance Shifter
- Comfortable Saddle
- Optional Computer System
- Virtually Maintenance Free
- Unprecedented Warranty
- Whisper Quiet
- Computer (Optional)
- Available in Silver and upon request in Matt Black

Computer Features:

- RPM (Cadence)
- Power Output Displays in Watts (currently generating) and Kilocalories (Total for the ride)
- Heart Rate (Polar compatible)
- Pedaling Time
- Gear (Resistance) (1 to 24 gears)
- Trip Distance

Additional M3 Options:

- M3 Indoor Cycling Foundations Training
- M3 Compatible Polar™ Coded HRM





M3

MEGAWALK
De nieuwste fitnessrage!

**JOIN FUN GROUP
CLASSES CROSSTRaining**

M5 STRIDER

TECHNICAL INFORMATION:

Measurements:

Height: 72" / 1829 mm

Width: 28" / 711 mm

Length: 38" / 965 mm

Weight: 135 lbs / 61.24 kg

Features:

- Easy Transport
- Water Bottle Holder
- Loose Items Tray
- Dual Placement Stationary Handles
- Padded Moving Handlebars
- Adjustable Height
- Anti-Slip Belt (Requiring No Adjustment)
- Non Wear Magnetic Resistance
- Easy to Install
- Infinite Resistance Adjustments
- Smooth Resistance Shifter
- Comfortable Footpads
- Virtually Maintenance Free
- Unprecedented Warranty
- Whisper Quiet
- Computer
- Available in Silver and upon request in Matt Black

Computer Features:

- RPM (Revolutions Per Minute)
- Power Output in Watts (currently generating) and Kilo Calories (Total for the ride)
- Heart Rate (Polar™ compatible)
- Striding Time
- Gear (Resistance) (1 to 24 gears)
- Trip Distance

Additional M5 Options:

- M5 Striding Foundations Training
- M5 Compatible Polar™ Coded HRM
- Group concept Megawalk available – the FUN group classes crosstraining

COMPETITOR SIZE COMPARISON





M5

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MEGAWALK

De nieuwste fitnessrage!

**BE
FIT!**

anything less is
an excuse





M3 TOTAL BODY TRAINER

M3 Total Body Trainer - Our newest addition to the M Series Cardio Line, offering the same smooth Magnetic Resistance system as the M3 Indoor Cycle. Perfect for those seeking to obtain a concurrent, full body workout, or work the upper or lower body independently.

M3TB

TECHNICAL INFORMATION:

Measurements:

Height: 52" / 1320.8 mm

Width: 29" / 736.6 mm

Length: 48" / 1219.2 mm

Features:

- Light Weight Aluminum Flywheel
- On Board M Series Computer
- Easy Transport Wheels
- Gravity Based Water Bottle Holder
- Four-Way Adjustable Seat Position
- Available in Silver and upon request in Matt Black











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