

KEISER CARDIO

M3i TOTAL BODY TRAINER

Model 5512



PERFORMANCE IN REAL TIME

The M3i Total Body Trainer came about because our athletic customers needed a bike with an upper body component that would hold up to the rigors of athletic performance. We designed a bike built on the sound platform of the proven M3i. The M3i TBT is perfect for those seeking a full body workout, allowing them to train upper and lower body at the same time or independently, or even perform single limb rehabilitative movements. Keiser Integrated Technology allows the coach to monitor each athlete's performance while on the bike in real time on a smartphone or tablet and retain the data to monitor progress.

▶ Visit [keiser.com](https://www.keiser.com) to learn more.

FEATURES

- V-shaped frame to accommodate riders of all body shapes and sizes
- Magnetic resistance for a smooth and quiet workout
- Infinite incremental resistance changes
- Rear-wheel design for protection from sweat and corrosion
- Transport wheels for ease of transport
- Self-tensioning, zero maintenance Poly-V Belt Drive for low maintenance and reliability
- Intuitive, simple to read console displaying Cadence, Power, Kcals, Heart Rate, Ride Time, Odometer, Trip Distance, and Gear, all on one screen
- Keiser Integrated Technology using Bluetooth connectivity to record and track progress using our M Series apps
- Robust adjustment knobs that require less maintenance than cam-locks
- Four-way adjustable seat
- Stretch pads

SPECIFICATIONS

HEIGHT: 54" / 1372 mm

WIDTH: 29" / 737 mm

DEPTH: 49" / 1245 mm

WEIGHT: 112 lbs / 51 kg

KEISER® | BECAUSE...
'GOOD ENOUGH' ISN'T.™

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