

SET UP AND OPERATION

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

EMERGENCY STOP

The shift lever can be used as an emergency brake to stop the motion of the flywheel. To use the resistance shifter as an emergency brake, move the lever all the way forward to stop all motion within one revolution, refer to Figure 23. With any braking procedure, wait until the pedals and flywheel come to a complete stop before dismounting.

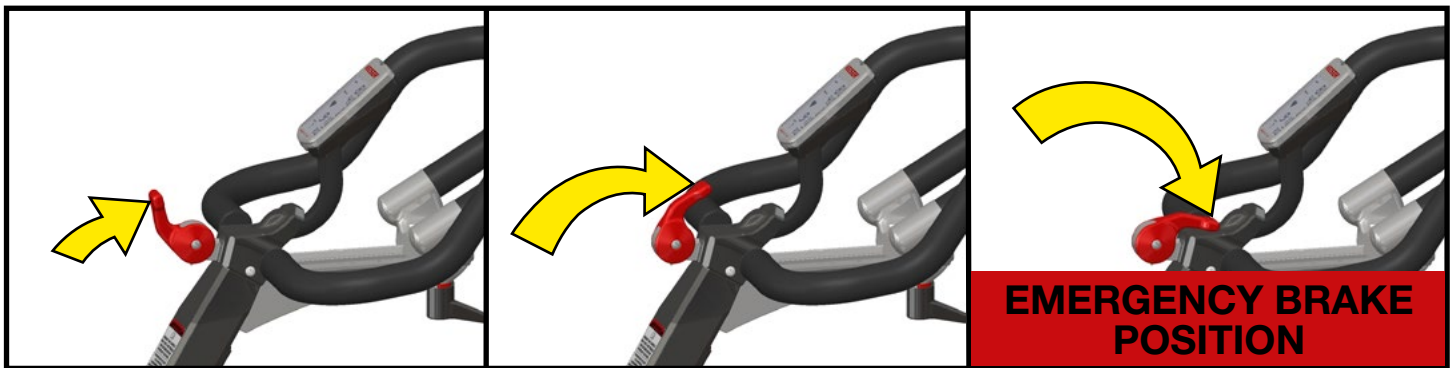


Figure 23. Emergency Brake Position

ADJUSTMENT KNOB INSTRUCTIONS FOR SEAT AND HANDLEBAR HEIGHT

(The seat adjustment knob is shown, the handlebar vertical adjustment knob operates in the same manner)

Refer to Figure 24, turn the adjustment knob counter clockwise until it loosens. Pull the knob out towards you. While holding the knob raise or lower the seat/handlebar post to reach the desired position. Re-engage the knob ensuring it locks into the desired hole in the seat/handlebar post. Turn the knob clockwise until it is hand tight. Check the seat/handlebar post to ensure it is secure; there should be no movement in any direction.

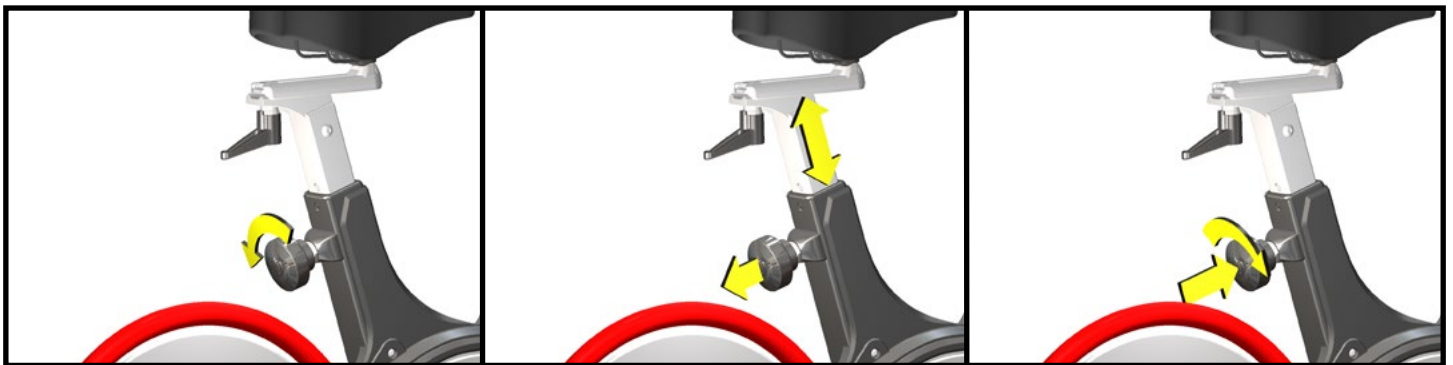


Figure 24. Pull Pin Instructions

LEVELLER FOOT ADJUSTMENT

The leveller foot is located on the left rear corner of the base frame. The leveller foot is adjusted by slightly lifting the appropriate corner of the cycle and screwing the foot clockwise or counterclockwise.

If the cycle requires levelling, rotate the foot inwards (or counterclockwise from a topside view) until the cycle is resting on the 3 fixed feet. Next, with the cycle resting on the 3 fixed feet, rotate the leveller foot out (or clockwise from a top view) until it just comes in contact with the floor. Test the cycle for stability, fine tune adjust the leveller foot as needed.



Figure 25. Leveler Foot Adjustment

POSTURE AND BODY POSITION

Keiser recommends that the back is always in a neutral position. To avoid injury, maintain good posture and control of both the upper and lower body, refer to Figure 26.



Figure 26. Basic Posture

SELECTING SEAT HEIGHT

WARNING:



- Maximum weight of the rider shall not exceed 300 lbs (136 kg).
- If the hips rock back and forth with each pedal stroke, the seat position may be too high. Uneven rocking from side to side may result in hip or back injuries.
- If a participant's knees are bowed outward (beyond their normal ergonomic position), the seat may be too low. If the knees are too flexed, unwanted stress is placed on the knee caps. The knee should never be in an overextended position.

1. Stand beside the cycle, close to and beside the seat of the cycle.
2. Position the seat so that the top of the seat is level with the crest of the hip.
3. Sit on the seat with the balls of the feet over the center of the pedals.
4. Begin to pedal very slowly.

NOTE: When the foot is in the six o'clock position there should be a slight bend in the knee. See Figure 27.



Figure 27. Slight Bend in Knee at Six O'Clock Position.



WARNING: Seat height adjustment shall not exceed the mark "STOP" indicating minimum insertion depth for safe operation.



PEDAL PLACEMENT



WARNING: The indoor 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. Never remove your feet from the pedals while in motion as serious user injury may occur.

Always secure the pedal clip strap:

1. Place the widest part of foot over the pedal.
2. Locate the strap and pull up on it to tighten. It should be snug but not too tight to cause discomfort.

NOTE: Pedaling at high speeds or pedaling while standing are considered advanced techniques, and should only be performed by advanced users.



Figure 28. Foot Placement in Pedal

HANDLEBAR HEIGHT ADJUSTMENT



WARNING: Placing the handlebars too low may over-stress the arms, mid back and neck. Maintain a high, comfortable position until a higher skill level is reached.

1. The handlebar should be adjusted after performing the seat height adjustment.
2. The handlebar should be level or higher than the top of the seat.
3. Bend elbows slightly and place shoulders at a 90° position.



Figure 29. Overhand Front Handlebar Grip



Figure 30. Hook or Middle Handlebar Grip

NOTE: New cyclists are encouraged to keep their handlebar in a high, comfortable position to take any strain off of their back.



Figure 31. Extended Handlebar Grip



Figure 32. Time Trial Handlebar Grip

SETTING THE FORWARD AND BACKWARD SEAT POSITION

1. Adjust the seat to the correct height position.
2. Sit on the seat of the cycle.
3. Place hands on the handlebars and adjust the handlebars forward or backward.
 - NOTE: Arms should be a comfortable distance from the handlebars with the elbows slightly bent.
4. Place feet on the pedals in the three-o'clock and nine-o'clock position.
 - NOTE: The front of the knee cap should be aligned with the middle of the pedal at the point where the crank arm meets the pedal.
5. Bend elbows slightly and place shoulders at a 90° position.
6. Look down:
 - If toes are visible move/shift the seat back.
 - If the entire foot is visible move/shift the seat forward.

NOTE: Adjust and re-check the knee cap alignment. The knees should not extend beyond the elbows when pedaling.