



KEISER INTERACTIVE CYCLING GROUP CLASS EXPERIENCE

TAKE YOUR INSTRUCTION TO THE NEXT LEVEL WITH THE EASE OF AN APP



ENHANCE YOUR INDOOR CYCLING INSTRUCTION WITH FTP TESTING, DYNAMIC TRAINING & MORE

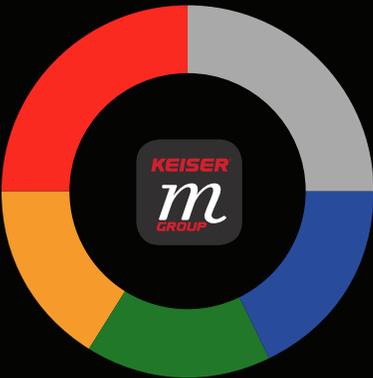
With the **Keiser M Series Group app** featuring **Functional Threshold Power (FTP) Training**, indoor cycling instructors can enhance their teaching capabilities to easily transform classes into fun and fiery competitions that inspire riders and keep them coming back for more.



THE M SERIES GROUP APP CREATES MORE ENGAGING CLASSES

The M Series Group app enables instructors to lead engaging, informative FTP-based classes by allowing them to control the start and stop of FTP testing and intervals. This lets riders focus solely on their workout, whereas other class systems require riders to fiddle with their bike console and activate the FTP Test at the instructor's command. Keiser keeps it simple.

Using the app in a class, instructors can easily separate riders into teams, with or without performing an FTP test. Following a test, instructors can teach using the app's colorful Zone Dials and Leaderboard Rankings based on FTP percentages, with results compared to FTP at the end of a ride.



ZONE 1
<50% | EASY

ZONE 2
55-75% | MODERATE

ZONE 3
76-90% | SOMEWHAT CHALLENGING

ZONE 4
91-105% | CHALLENGING

ZONE 5
>106% | VERY CHALLENGING

NOTE: To train using FTP functionality, instructors perform an FTP test during each class. To save FTP test results, riders can store the data in their own M Series app. The M Series Group app is reset each workout.

TAP INTO A WIDE VARIETY OF TRAINING OPTIONS

The **M Series Group app** comes at no additional cost and is easy to use.

To begin, simply open the app and tap the Start button. A timer will automatically begin on the top left of the screen, starting with the Warm Up section.

From there, you can choose which bikes are displayed on the projection screen and take classes all the way through the Main Workout into the Cool Down with just a few taps or swipes of your finger.



FEATURES OFFERED BY THE APP INCLUDE:

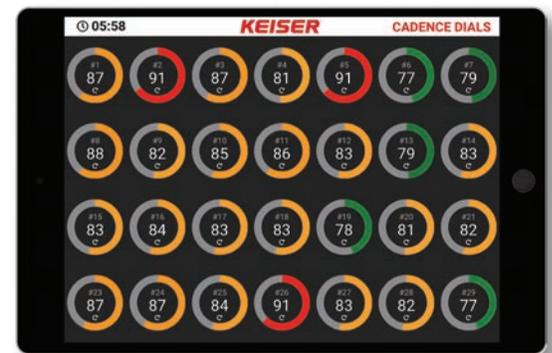
- Unranked Rides
- FTP Testing
- Intervals (Timed Sets)
- Team Challenges
- Class Summaries

Add in the freedom to use Distance, Energy and Cadence for performance monitoring, and the app doesn't lock you into any one type of class. Other group class apps simply don't offer such a wide variety of training options.

Warm Up



Cadence Dials



LINK WITH APPS AND PROJECTION SYSTEMS SIMULTANEOUSLY

The Keiser M3i offers the exclusive capability to connect with an unlimited number of systems and apps simultaneously. Instructors can receive real-time data in the group class projection system while riders are still able to use apps like the Keiser M Series app for individual performance tracking without interference.



M SERIES APP FOR CONSUMERS

Easily track and log every detail of riders to see progress.



GET UP AND RUNNING **FAST**

The M Series Group app is designed to be easily portable, simple and easy to use, requiring only a smart phone, tablet or PC and a TV. As the industry's **ONLY** class tracking system to require no initial set-up for additional hardware or software, it can be up and running in just minutes.



TO START A CLASS, INSTRUCTORS SIMPLY:

- 1 Open the M Series Group app on their smart phone, tablet or PC
- 2 Connect to the studio's TV wirelessly via Apple AirPlay or Miracast, or with a wired HDMI connection¹
- 3 The identical display that appears on the app will be projected onto the TV screen

In a classroom, up to 40 M3i bikes² will automatically sync with the app via Bluetooth®, projecting a wealth of accurate, real-time rider data onto the leaderboard screen, which the instructor controls. If any riders do not wish to have their data projected, the instructor can hide them on the screen.

PROJECTED STATS INCLUDE:

- Power (Watts)
- Cadence (RPM)
- Heart Rate (BPM)
- Energy (Kcal & KJ)
- Distance (Miles & Kilometers)
- Functional Threshold Power (Zones & Percentage)



Search for M Series Group app in the Apple App Store or Google Play Store.



UNLOCK THE POTENTIAL THROUGH EDUCATION

To learn how to enhance their overall training techniques and lead engaging, high-energy M3i-based classes using the M Series Group Class app, instructors can register for a Keiser Foundations Correspondence Course through our Keiser PowerED online store at **EDUCATION.KEISER.COM**

COMPATIBLE PROJECTION SYSTEMS

In true Keiser fashion, the M3i is also compatible with many major projection system providers, giving gym owners a wide array of options.



FOOTNOTES

1. For screen mirroring, Keiser recommends using a Galaxy Tab A 8" and a ScreenBeam Mini2 device for screencasting. Visit Keiser.com for more information.

2. Keiser recommends that the PC version of the M Series Group Class System be used by facilities with more than 40 bikes (it can support up to 200 bikes). Both the PC and web-based versions of the system require a M Series Triple-Redundant Receiver (PN990836) to be plugged into the computer. The receiver can be ordered from Keiser. Visit Keiser.com for more information.