

THE M SERIES M3i INDOOR BIKE

HOW WE BUILT **THE ULTIMATE MACHINE**
FOR INDOOR GROUP CYCLING

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



WE BUILT THE **ULTIMATE** **INDOOR BIKE**

More than 20 years ago, Keiser set out to create a bike that would exceed the demands of indoor group cycling.

- A bike that fits riders of **all body shapes and sizes**
- A bike that achieves **a quiet – but true – road bike experience** inside your gym or home
- The **ONLY** bike built in the United States to ensure **the tightest quality control**

...and we accomplished it all with

**THE SIMPLEST OF
ENGINEERING DESIGNS.**

SPECIFICATIONS

HEIGHT
45" / 1143 mm

WIDTH
26" / 660 mm

LENGTH
49" / 1245 mm

WEIGHT
85 lbs / 38.6 kg



BECAUSE...
**YOU ARE
ALWAYS
OUR PRIORITY**

Thanks to the lessons learned from our past generations of bikes and our constant innovations, the Keiser M3i isn't just any indoor group cycling bike.

It's the industry's only indoor group cycling bike built around YOU. That's...

YOU the rider

YOU the gym owner

YOU the service technician

HERE'S HOW WE DID IT.

KEISER®

V-SHAPE FRAME

MATCHES RIDERS OF ALL SIZES

Many indoor group cycling bike manufacturers talk about providing a road-bike experience, but they failed to recognize what's important about road bikes:

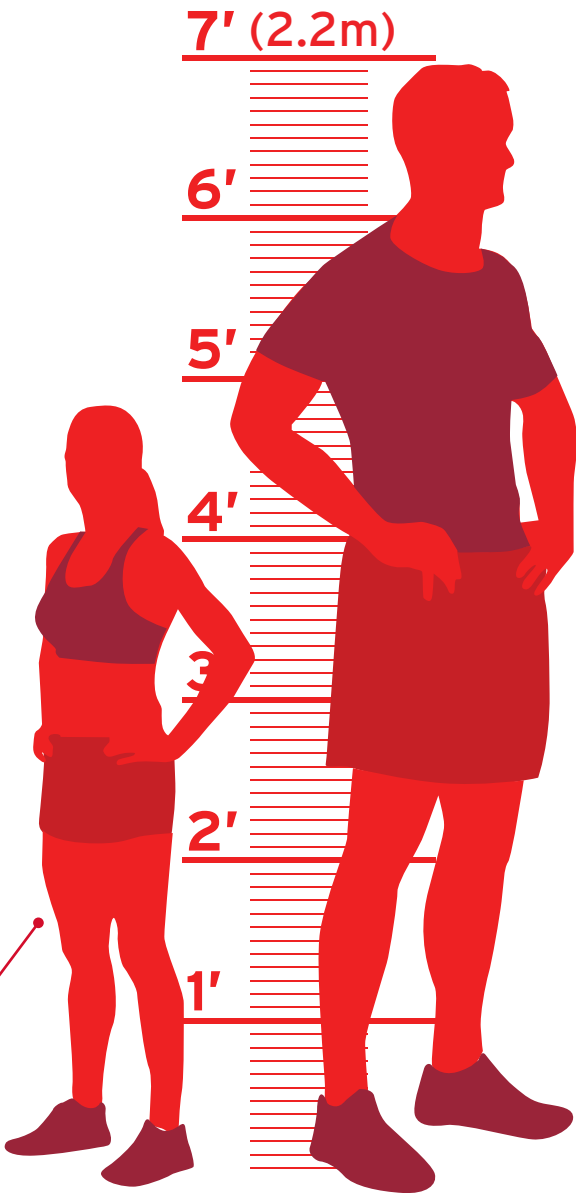
FRAMES VARY TO ACCOMMODATE RIDERS OF DIFFERENT SIZES.

Our solution was to engineer the industry's FIRST V-shape frame for an indoor bike.



Our V-shape frame design allows the M3i to mimic different road-bike frames by allowing the seat and handlebars to be simply raised in conjunction with one another to adjust for longer legs, torsos and arms.

The M3i matches riders from 4'10" to 7' (1,473mm to 2,233mm) tall with a weight capacity of 350 pounds (159kg).



REAR-WHEEL DESIGN: MORE RELIABLE & BETTER PROTECTED

Other indoor group cycling bikes mistakenly place the rider's sweat zone directly over the flywheel and other vulnerable mechanisms – an obvious engineering flaw that leads to corrosion, excessive cleaning and a shorter bike life.

Keiser was the FIRST to put the flywheel at the rear of a bike, allowing the M3i to be more reliable, easier to clean and better protected from sweat and corrosion.



Further protection of drive-train
The angled channel on the bike frame flows excess fluid away from the drive-train.

Less maintenance, longer bike life
With superior sweat protection, gym owners can save money through lower maintenance costs and a longer bike life.



GUARANTEED ACCURACY

BIKE AFTER BIKE AFTER BIKE...

It's easy to "claim" accuracy, but we guarantee it. As the FIRST company to use magnetic resistance, Keiser revolutionized indoor cycling by delivering a quiet, reliable ride with immediate accurate data for EVERY M3i bike.

And unlike most competitors' bikes, the M3i has been certified for accuracy.



The nerve center of the M3i

The simple, elegant axle assembly is the core piece responsible for predicting and delivering accurate ride data, EVERY TIME – and EVERY COMPONENT is inspected to meet precise tolerances.

TRUE POWER READINGS

The M3i is the FIRST indoor bike to receive the globally recognized EN957-10 certification for accuracy and safety.



EN957-10

IMMEDIATE RIDE DATA

The FIRST indoor bike designed to predict the power generated at any speed in any gear – ensuring that both instructors and riders are provided with accurate ride data immediately.



On the M3i, indoor group cyclists can always hit their power and cadence targets immediately.

GUARANTEED CONSISTENCY

Our relentless Quality Control procedures ensure that every M3i delivers the same immediate accurate ride data, bike after bike after bike. And every day an M3i production bike is randomly dyno-tested to ensure quality and accuracy.



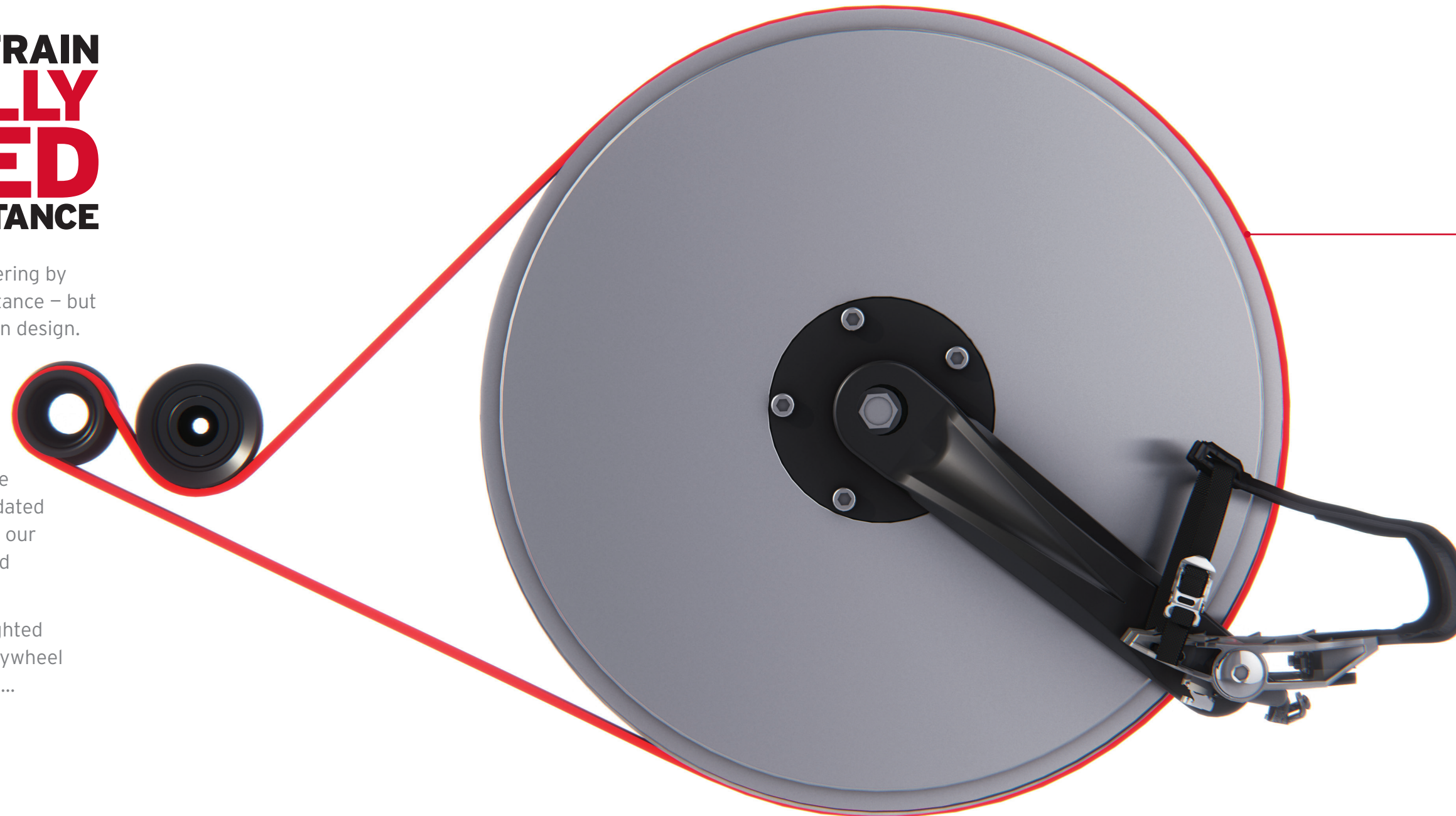
THE FIRST DRIVE-TRAIN SPECIFICALLY DESIGNED FOR MAGNETIC RESISTANCE

The competition endorsed Keiser's engineering by following our lead on using magnetic resistance – but they should have also copied our drive-train design.

Our simple drive-train, with just a single Poly-V belt, produces the higher speeds necessary for a lighter-weight aluminum flywheel to provide the kinetic energy and magnetic resistance to simulate a good road-bike experience. Using an outdated drive-train, designed for heavier flywheels, our competitors must use a perimeter-weighted flywheel to accomplish the same thing.

They even brag about their perimeter-weighted flywheel, cog-belt drives or crank-arm-to-flywheel ratios. But what they're really telling you is...

THEY DESIGNED THEIR BIKE WRONG.



QUIET, SMOOTH AND MAINTENANCE-FREE

To design their indoor bikes right, our competitors will have to copy Keiser's single Poly-V belt drive-train, because it's the perfect balance between SIMPLICITY and PERFORMANCE.

The Poly-V belt is the key to our drive-train design because it transmits very high loads over very small pulleys, achieving a good road-bike experience:

- **Without** a perimeter-weighted flywheel
- **Without** a more complicated drive-train
- **Without** the unnecessary noise and vibration of a cog belt

No required maintenance, zero adjustments

The belt's pre-tension design also requires zero adjustments, and the M3i drive-train requires no maintenance other than routine inspection.

The Poly-V belt is THE choice of automotive manufacturers

The Poly-V belt is the preferred choice to run the accessories on the front of car engines, because it's so quiet, durable, and reliable.



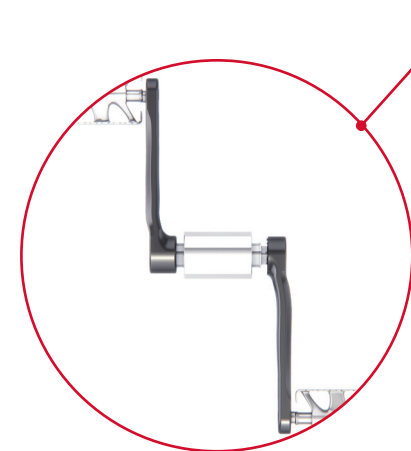


KEISER[®] *m3*

CRANK ARMS DESIGNED TO FIT ANY RIDER

Many indoor group cycling bike manufacturers talk about the distance between their bike's two pedals, and boast about their narrow Q Factor. But their bikes were built around the narrow shoes and pelvises of elite cyclists, even though footwear of any width and people of all body shapes can be found in group cycling classes.

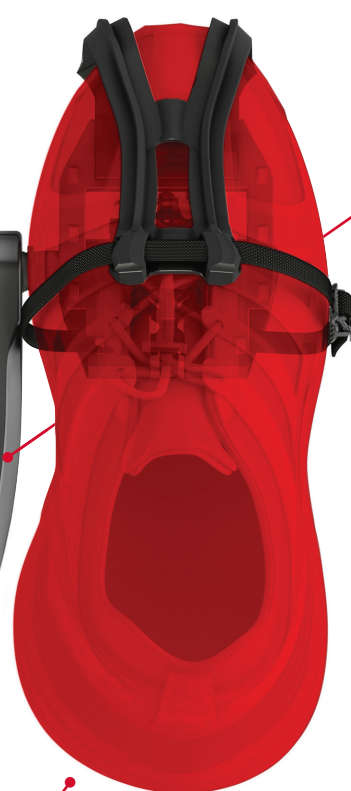
WHY WOULDN'T YOU DESIGN A BIKE TO FIT EVERYONE?



The straight crank arms on most indoor bikes are only designed for bike shoes and narrow pelvises.

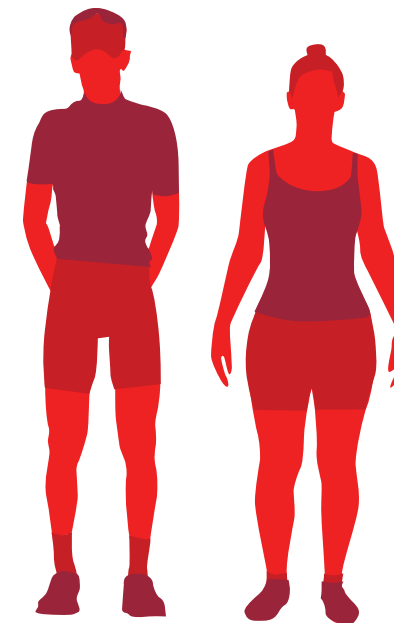


Curved crank arms provide ample room for any type of rider footwear, including bulky gym shoes.



CURVED CRANK ARMS TO FIT WIDER HIPS AND BULKY SHOES

Instead of using straight crank arms to achieve a narrow Q Factor, Keiser recognized the need for versatility. We added curvature to the M3i crank arms to maintain the proper distance for wider hips and any type of rider footwear, from narrow bike shoes to the bulkier gym shoes most commonly worn in group classes.



For SPD riders, the design of our bike pedal ensures that the cage below remains parallel to the ground and clear of the floor surface.



THE REVOLUTIONARY KEISER M SERIES PEDAL

Keiser also set a new industry standard with our SPD-compatible M Series indoor group cycling bike pedal. Engineered beyond consumer standards for group classes, it's more than a pedal – it's a game changer, providing superior comfort, safety and durability.

See how we reimagined our bike pedal at
[KEISER.COM/PEDAL](https://www.keiser.com/pedal)

THE ONLY BIKE TO ACCOMMODATE ANY BODY SHAPE AND FOOTWEAR

KEISER®

GREATER COMFORT, LESS MAINTENANCE, EASIER TO USE

The M3i features a wide array of details, benefits and features, offering additional fit and comfort for riders, enhanced durability for gym owners, and simplified upkeep for maintenance technicians.

Simplified maintenance

M3i drive-train can be accessed by removing just **eight** Phillips head screws vs. over three times more on some competitors' bikes.



Standard media tray

For holding cell phones and tablets.

Easy access to shifter

Mounted directly to handlebars for ease of use and increased safety, especially when riding out of the saddle. Interval training is activated by simply pushing the shifter all the way down and back up, making it ideal for **HIIT workouts**.



Water bottle holder

Incorporated into frame design and fits both small and large sizes.

Easy-to-adjust seat and handlebars

Quick, intuitive vertical and horizontal adjustments of seat and handlebars.

Robust knobs

Requiring less maintenance than a traditional cam-lock.

Easy to transport

Fewer parts and a lighter flywheel for ease of transport.

Wide array of hand positions

Continuous design of handlebars provides multiple hand positions for indoor cycling.



Stretch pad

Located on bike base to facilitate pre- and post-ride stretching.





KEISER DIGITAL SYSTEM POWERS IDEAL WORKOUTS

To meet the needs of riders, gym owners and maintenance technicians, we thought of everything when designing the Keiser digital system.



First computer to show power output

The M3i digital display is simple, with everything a rider needs to know on a single screen.

Back-lit display

Automatically turns on when the room light drops below a set level and remains on, unlike other bikes.

No buttons

Eliminating inconvenience and a cause of wear and maintenance.

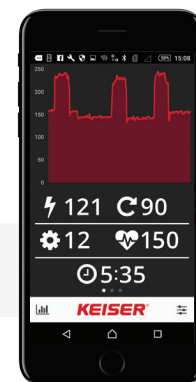
Track every ride

As the FIRST bike to offer Bluetooth® with open API, the M3i is able to communicate with group class projection systems while **simultaneously** syncing data to riders' cycling apps on their smart phones or tablets.

Record every detail

Download the Keiser M Series or M Series Pro app to easily log every detail of your ride and see your progress.

GET THE KEISER
M SERIES APPS



SUPERIOR TECHNOLOGY AND CONVENIENCE

Turn a class into a competition

The Keiser Projection System transforms classes into interactive competitions by projecting data onto a screen controlled by the instructor. The system listens only to M Series bikes via a triple-redundancy signal.

Bike #	Power	Cadence	HR	Energy	Bike #	Power	Cadence	HR	Energy
1	119	108	152	56	2	170	80	148	277
3	162	96	166	22	4	121	75	139	495
5	192	83	160	1176	6	141	110	152	355
7	135	106	161	318	8	193	75	132	1911
9	150	95	126	91	10	103	63	139	725
11	103	107	153	1854	12	175	65	127	986
13	115	80	142	1707	14	120	65	163	686
15	170	61	135	542	16	127	94	133	1984
17	178	84	161	1615	18	178	81	137	510
19	180	64	149	622	20	175	85	127	1256
1:06:33 KEISER Metrics 12,123KJ									

Team	Members	Score	Rank
Team 1	4, 8, 12, 16, 20, 24, 28, 32, 36, 40, 44, 48, 52, 56, 60	987kJ	3rd
Team 2	1, 5, 9, 13, 17, 21, 25, 29, 33, 37, 41, 45, 49, 53, 57	1286kJ	1st
Team 3	2, 6, 10, 14, 18, 22, 26, 30, 34, 38, 42, 46, 50, 54, 58	809kJ	4th
Team 4	3, 7, 11, 15, 19, 23, 27, 31, 35, 39, 43, 47, 51, 55, 59	1056kJ	2nd
1:06:33 KEISER Metrics 12,123KJ			



Compatible with all major providers

As the industry's FIRST company-designed projection system, Keiser eliminates any need for gym owners to work with separate bike and projection suppliers. But in true Keiser fashion, the M3i receiver is also compatible with all major projection system providers, giving gym owners a wide array of options.

FIRST WITH A STANDARD COMPUTER SHOWING POWER OUTPUT

KEISER

EDUCATION EMPOWERS RESULTS

In person – and online at keiser.com/education – Keiser’s world-renowned Master Trainers offer the lessons, skills and tools so instructors can take their indoor group cycling classes to the next level.

BECOME A CERTIFIED KEISER INSTRUCTOR

Foundations is an on-site, eight-hour course during which a Keiser Master Trainer teaches and applies all of the required information attendees need to become a Keiser indoor group cycling class instructor. The class includes:

- Practical and theoretical training
- A detailed training manual
- A certificate of completion
- Continuing Education Credits (CECs)

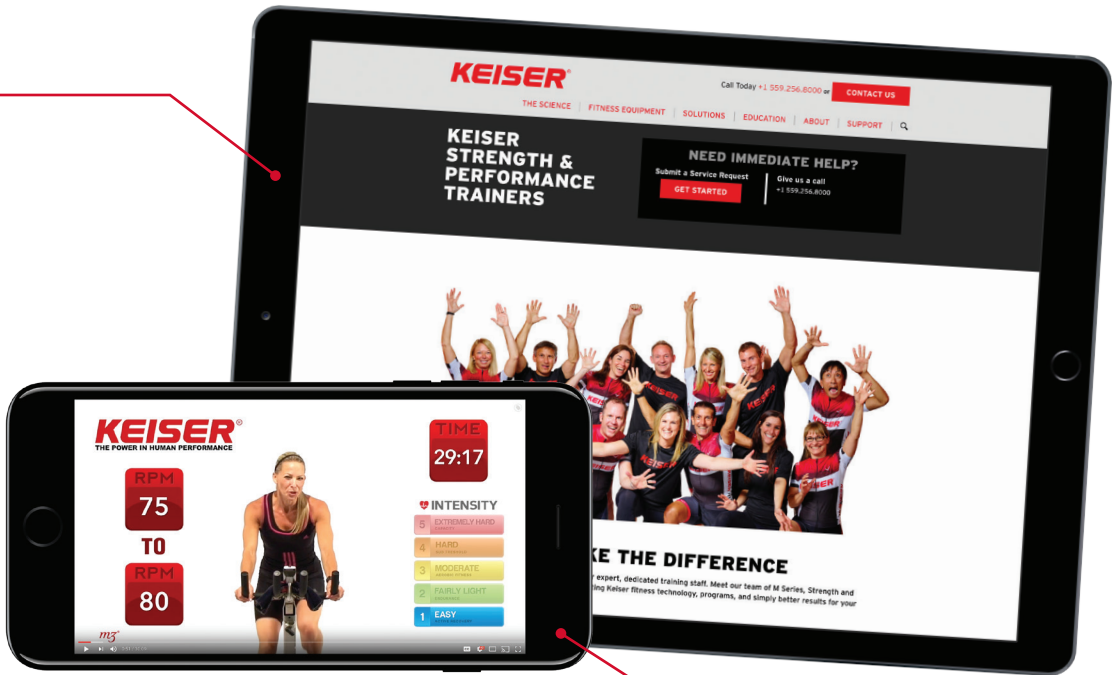
The **Foundations Correspondence** option is offered for those unable to attend an on-site course.



TAKE YOUR CLASSES TO THE NEXT LEVEL

Become an instructor who teaches group class workouts the right way thanks to research-based educational courses from Keiser Master Trainers proven to:

- Increase class retention
- Improve client results
- Boost the bottom line for your business



Find additional educational content at youtube.com/keiserfitness

REGISTER FOR TRAINING AT A GYM NEAR YOU

Our calendar for upcoming Keiser indoor group cycling courses and workshops can be found at keiser.com/education/training.



Learn more online at KEISER.COM/EDUCATION



INNOVATION POWERS THE FUTURE

Keiser's commitment to constant innovation continues to lead the indoor cycling industry.

With more than a quarter million of our M Series sold worldwide and countless reviews placing it at the top of the industry, it's easy to see why there is no indoor group cycling bike on the planet more proven than the M3i – and the only bike built entirely around YOU.



– Amazon.com (120+ reviews)

"Best indoor cycle overall."

– SmartMonkeyFitness.com

"A beast when it comes to spin bikes."

– BodyGearGuide.com

"The design and appeal of the Keiser M3i is worth the cost alone."

– Top Fitness Magazine

WATCH THE VIDEO


and learn more online at keiser.com/M3i.




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